

OCTOBER 2020 ISSUE • NWWA TN & P AREA

VARUNI



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FROM THE PRESIDENT'S DESK

It is a privilege and an honour to have taken over as President, TN&P Area. Though I have done so at a time when many things have changed and we face many challenges, I have found that everyone has rallied to the call. These testing times and our new norms of living have made everyone look at life from a new perspective. The safety of our community has become paramount, and the challenge that we face is to maintain physical distance and follow COVID-19 protocols while also connecting with each other emotionally and fostering a sense of community and support. With this in mind, we at TN&P Area have worked towards the vision of “physically distanced but socially connected.” Our volunteers have taken all efforts to connect with the Naval families, whether the new brides or the children of the community. We have, in turn, seen a lot of enthusiasm and participation among our families in the activities conducted by the NWWA team in Chennai area.

“Just like trees in a forest, we can grow separately without growing apart”—indeed, with this edition of Varuni, too, our aim was to work towards this goal of connecting with everybody during these pandemic times. I am very proud to say that the team at Chennai has been very supportive and has added a lot of positivity among our naval fraternity. This edition of Varuni also showcases the different activities conducted to bring the community closer and extend support to individuals in facing the pandemic.

I would like to thank each and every member who has contributed to make this vision possible. I would also like to thank the editorial team, who have worked tirelessly to bring out this edition of Varuni.

Take Care and Stay Safe.
Jai Hind.

Mrs. Vandana Chadha
PRESIDENT NWWA, TAMIL NADU & PUDUCHERRY AREA



FROM THE EDITOR'S DESK

The world today has become rampantly dynamic and might never be the same again. The Tamil Nadu & Puducherry NWWA community has led by example, harnessing and enhancing the characteristic resilience that the community defines. The local chapter of NWWA in Chennai, has been continuously supporting the ladies with the right information and awareness during these unprecedented times while also helping them devise their transition and coping strategies through numerous virtual events and activities. Be it prepping the kids for remote schooling, training their children to cope with the communal restraint and utilising the downtime for skill development or even nurturing hobbies that include culinary skills, NWWA has been part of the women's journey to self-discovery.

Speaking for myself, this is the first time I've experientially appreciated the value of 'Minimalism' owing to the pandemic. I learned the art of living based on qualitative experiences over quantitative possessions. Simple joys like indoor and outdoor gardening have gradually replaced the pleasures of shopping and spending. It is an absolute pleasure to be able to be a part of NWWA events virtually, where I look forward to continuously learning and growing with the community. The Varuni magazine sets the platform for all of us to collectively reflect and resurrect from our journey so far. I sincerely thank the President NWWA TN & P area, Mrs. Vandana Chadha, the Sanchaar team, Mrs. Priyanka, Miss Deeksha Shyam, Mrs. Apurva Kapoor, and Mrs. B. Babita, for their support in the preparation and publication of this issue.

Mrs. Meenakshi Raman Shyam
EDITOR, VARUNI MAGAZINE

LAUDABLE EFFORTS BY TEAM SANCHAAR

Mrs. Priyanka Rathi Mundra



Miss Deeksha Shyam



Mrs. Meenakshi Raman
Shyam



Mrs. B. Babita



Mrs. Apurva Kapoor



COVER CONCEPT

The Front Cover Design : Chennai Covid Connect - C3 has multiple interpretations. The cover of this edition of Varuni 2020, TN&P Area, the cover shows the cityscape on one side and the Navy wives staying connected through these challenging times on the other. It is the celebration of the unwavering NWWA spirit with which we continue to motivate, encourage and ignite hope, while we stand for each other.

Cover design by : Mrs. Apurva Kapoor

The Back Cover Design: Pure Expressions is by the budding artists of our community who inspire us to keep our creative spark alive while igniting hope as we shine through these wearisome times.

Artwork by : Ladies and children of all ages

ISOLATED TOGETHER

“Opportunities to find deeper powers within ourselves come when life seems most challenging”

- Joseph Campbell

With Covid in the air, everyone has been cowering in the safety of their homes. If we do step out of our homes, which is a rare occurrence, we are sure to wear a mask and carry a couple of sanitizers. Fear has grown in each one of us. We have feared for our lives, our loved ones' lives. Covid is like a giant hand, creeping along, touching people with its fingers of pain. Yet, we all are standing strong. Even while a pandemic threatens to extinguish the human race, we have shown true humanity. United, we have helped each other through the rough phases of the lockdown. We have bonded, connected, and become closer than ever mentally, and emotionally, if not physically. Hatreds have been forgotten and past mistakes forgiven. New habits have been inculcated, and laughter and cheer have spread. At one point in time, words were hardly exchanged in households, phones were allowed at the table, and shutting oneself up in a room for the entire day was acceptable. However, the lockdown has brought families together, mended broken relations, and with persistent efforts, children have been brought out of their phones and tabs. Family reading times, exercise times, and just sitting together has brought great joy to everyone who is suffering through this excruciating period of time. When the year started, everyone assumed that it was going to be a long, boring one. No one really expected to create memories which will last a lifetime. Yes, there is a pandemic going on. Yes, people are dying. But we are safe for now. We have time to sing songs for our family. Make cards for birthdays. Click photographs, learn to draw, do whatever we want to do. So, let's continue to make the best out of the situation, always keeping in mind that if we imagine our life to be a large, dense, cloud and us as the pilots of the plane going through it, then every cloud has a silver lining and this turbulence too shall pass. This makes the burden a hundred times easier. And a pilot ALWAYS has a co-pilot. There will always be someone to support you, be your pillar of strength. It might be your parents, siblings, or your friends. No one is ever alone. We should not lose heart. Keep Calm and Carry On.

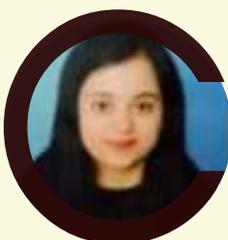


**By Miss Malavika Vivek,
D/o Cdr Vivek Koman**

Pandemic Kindness

The Coronavirus outbreak (Covid-19) has taken a lot of us by surprise. Some people have described it as an episode of Black Mirror that they want to turn off, while others have said that they feel like their entire world is upside down. During these challenging times, kindness costs very little, yet its value is immense. One thing that we have seen all over the world is that kindness is prevailing in these uncertain times. All of us witnessed how millions of Indians across the country switched off the lights in their homes and lit candles, diyas or flashlights in response to Prime Minister Narendra Modi's appeal to show the nation's collective resolve and solidarity in its fight against coronavirus. This act of kindness won the hearts of every Indian and inspired me a lot.

As we all know, every state is fighting against coronavirus. I was in Delhi during the start of the pandemic. I noticed some people were facing a lot of trouble because they had no food to eat due to the lockdown. However, several communities and societies joined forces to distribute food, masks, and sanitizers to these daily wage earners and Covid-19 patients belonging to such families. The state police went beyond their call of duty to serve the community as well. They also distributed food across the city at the time of this crisis. Doctors, nurses, and all the healthcare workers played an extremely significant role, working tirelessly and selflessly, day in and day out, to beat the virus. Inspired from all this, I felt like supporting the cause as well and hence I donated two months of my savings to a charity. One of the best things I learned from all these acts of goodwill that I witnessed is that kindness is the most important tool to spread happiness in our community.



By Mrs. Priya Kaushal

DIARIES

The world is getting wounded. And every life is counted.
With the clock ticking, how are we going to save the living?
They say it is a respiratory disease. The symptoms are general, like a fever or even a sneeze.
It seems that the virus is new in town. It is so novel, that the other viruses have to bow down.
This intruder is called the coronavirus and it wears a crown of spikes.
It is nicknamed Covid-19, and till date, nobody has made its vaccine.
There is no treatment, surgery, or cure. The lesser precautions we take, the higher it will soar.
Doctors, nurses, policemen, essential services, and paramedics are all willing to give their lives to stop this brutal pandemic.
Let us kill the virus by starting at home. Around our house, let us build an antivirus dome.
Use masks as a shield and sanitizers as a sword. Then wiping off the virus will be as easy as playing a musical chord.
Let us meditate to attain the Brahmastra from the Almighty, before the virus is uncontrollable and turns nasty.
Please, please, please be at home, be safe, and have a smiley face!
The positive side of Covid-19:
We may be desperately missing the fun of dining out, but the fact is that we're all eating simple, healthy food right now. Those of us who are continuing to exercise within the confines of our home are not only maintaining our physical health but our mental health as well.
This has also been an opportunity for many of us to spend some quality time with ourselves. Thanks to online tutorials, people have taken up new hobbies and activities. Some are learning an instrument, some a new language, and so many are acquiring a new skill with great enthusiasm.
This is unmistakably an opportunity to reset our body clocks, rewire our brains, do away with bad lifestyle habits from before the lockdown and plan the positive transformations we need to make in ourselves and our lives when this crisis is eventually averted.



By Mrs. Gazal Kalra

CHANGING ADVERSITIES TO

opportunities

Difficult circumstances can be transformed into opportunities for growth and success. We experience agony and pain when we come to face an emotional, social, or financial upheaval over which we have no control. We may feel like giving ourselves up to fate in such situations. But dealing with all that causes suffering also clears a path to progress. It means focusing on strengths and understanding our limitations better.

Positive thinking can turn adversity into an opportunity for healing, forgiveness, and compassion. With a positive mindset, our deeds automatically get done with no fear of the future. Interacting with positive people helps. Spending time alone, reading, listening to music engenders positive thinking, for it connects us to the whole. Another way to deal with suffering is by engaging yourself in community services as well as by learning skills to acquire knowledge and wisdom.



By Mrs. Jyoti Kanchi

KALEIDOSCOPE OF NWWA ACTIVITIES TILL OCTOBER 2020

PILLARS OF STRENGTH



President NWWA, Mrs. Vandana Chadha, meeting with the committee members



An interactive session with the Welfare Committee

KALEIDOSCOPE OF NWWA ACTIVITIES TILL OCTOBER 2020

BONDING



NWWA President, Mrs. Vandana Chadha, visiting all sailors' and officers' accommodations to ensure COVID protocols are being followed

KALEIDOSCOPE OF
NWWA ACTIVITIES
TILL OCTOBER 2020
SPREADING HAPPINESS
KALA KENDRA



Online Janmashtami Celebration

KALEIDOSCOPE OF NWWA ACTIVITIES TILL OCTOBER 2020

EK NAYI UDAAN PRAGATI



First Prize: Mrs. Bindiya Kaushik



Winners of Hindi Pakhwada

HINDI PAKHWADA

नववा प्रगति चेन्नई ग्रूप ने *हिन्दी पखवाड़े* के अवसर पर १३ सितंबर को एक आनलाइन कविता प्रतियोगिता का आयोजन करवाया।

विषय था '*मेरी आशाएँ, मेरे सपनें*'

हमारी बहनों ने इसमें अत्यधिक रुचि दिखाई और बहुत सुंदर कविताएँ लिखीं जो उनके जीवन को दर्शाती हैं।

कुल २० प्रतिभागियों ने अपनी कविताओं की प्रस्तुति की। इनका उत्साह देखकर हम सभी बहुत हर्षित हुए।

नववा प्रेसिडेंट, चेन्नई एरिया, श्रीमती वंदना चड्ढा के हाथों तीन श्रेष्ठता पुरस्कार व दो सांत्वना पुरस्कार दिए गए।

प्रथम पुरस्कार - बिंदिया कौशिक

द्वितीय पुरस्कार - रश्मि सिंह

त्रितीय पुरस्कार - खुशबू भंडारी

सांत्वना पुरस्कार - माधुरी शर्मा, पूनम तोमर

KALEIDOSCOPE OF NWWA ACTIVITIES TILL OCTOBER 2020

REACHING OUT HOLISTICALLY SPARSH



Hygiene kits being distributed to conservancy staff at
NWWA Kendra, INS Adyar/Nofra, NCB, Maduravoyul , Nofra 2/ INAS 313

KALEIDOSCOPE OF NWWA ACTIVITIES TILL OCTOBER 2020

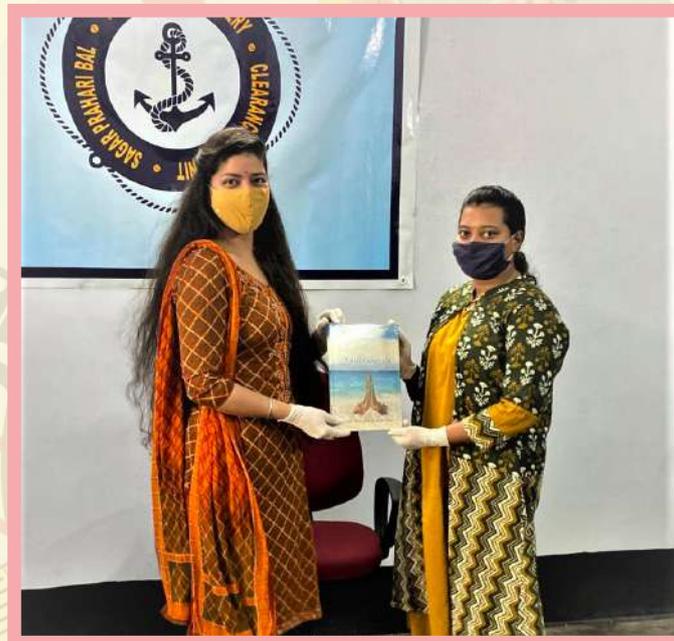
OUR INNATE STRENGTH WELCOME YOUNG LADIES



**Young ladies being welcomed by First Ladies of all units of
Chennai**

KALEIDOSCOPE OF NWWA ACTIVITIES TILL OCTOBER 2020

OUR INNATE STRENGTH ABHINANDAN



**Young women being welcomed by First ladies of all units of
Chennai**

KALEIDOSCOPE OF NWWA ACTIVITIES TILL OCTOBER 2020

PHYSICALLY DISTANT BUT SOCIALLY CLOSE



FOTNA and President NWWA interaction with First couples of all units, reinforcing the importance of staying connected with all members of their units

QUOTE UNQUOTE

"The world has slowed down so you can rediscover yourself."

- Anonymous



"Self-distancing is the new self-care."

ANONYMOUS

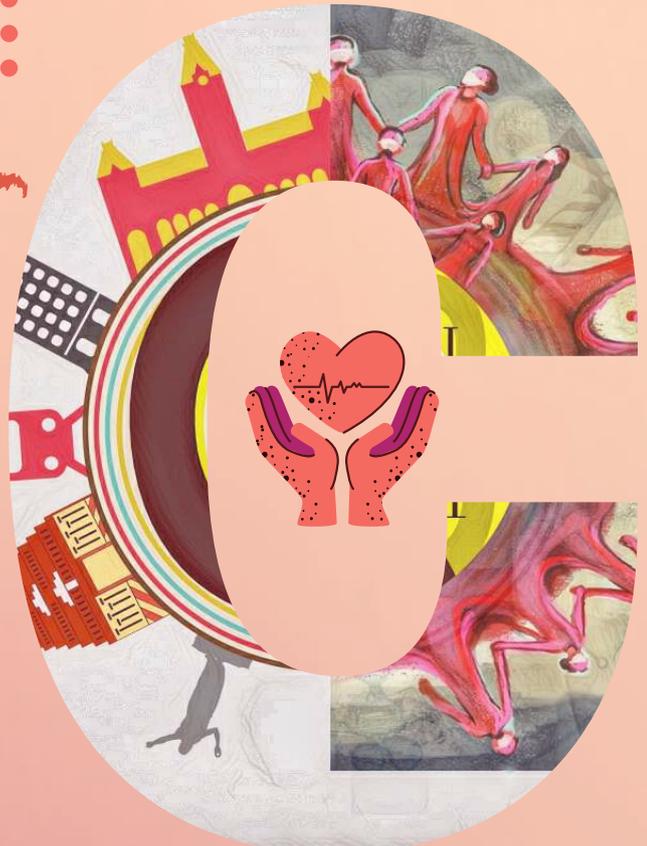
"There is nothing like returning to a place that remains unchanged to find the ways in which you have altered."

NELSON MANDELA

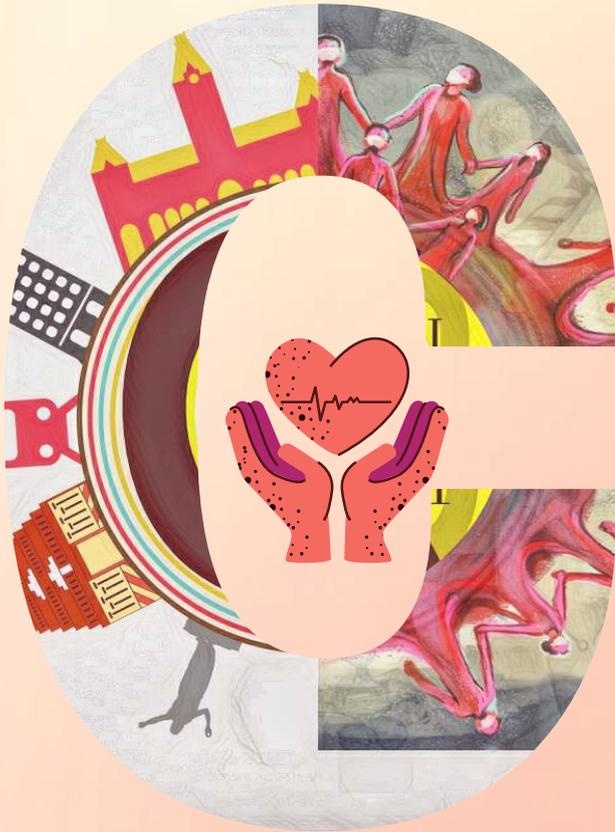


"Let new India arise out of peasants' cottage, grasping the plough, out of huts, cobbler and sweeper."

Swami Vivekananda

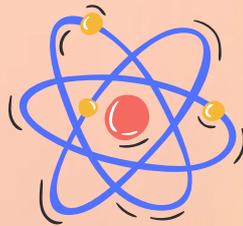


QUOTE UNQUOTE



"The future depends on what you do today."

M.K.GANDHI



"Ask not what your mask can do for you, ask what your mask can do for your country."

-John F. Kennedy

"Better to wear a mask and be thought a fool, than to remove your mask and remove all doubt."



MARK TWAIN

A PEEK INTO OUR POETRY CORNER

THE LOCKDOWN SHOWDOWN

When did the lockdown start?
In March,
And it filled our hearts,
With joy and happiness.
Happiness? Why, you may ask?
Because TV we would watch,
And find out that our task,
Had come down a notch.
What happened? And how?
The new illness Corona
Spread at the raise of a 'brow

Little did we realize,
That it was unwise,
To feel happy about something
That would make our lives
So fragile.
What happened next?
School was now a study room,
Handwriting became text
And homework turned into gloom.
Then what?
We all felt distraught,
And got caught
In deep thought.
Slowly, the world is reopening,
We all see the light.
But who knows,
If it's too bright?



By Agastya Dey,
S/o Cdr Kunal Dey

A PEEK INTO OUR POETRY CORNER

" मेरी आशाएँ, मेरे सपने "

सबके दिल की होती है आशाएँ, सबके मन की होती है एक उड़ान।

मेरी भी है कुछ आशाएँ, मेरे भी है कुछ ख़्वाब ।
कभी उतार कभी चढ़ाव, कहीं हो जाते है ये पैसों के मोहताज ॥

था इक सपना कुछ ऐसा हो नाम अपना,
सबसे अलग हो पहचान मेरी, सबसे बड़ा नाम हो अपना।
कुछ अनोखी थी मेरी आशाएँ, कुछ अनोखा था मेरा सपना ॥

आज जब खुद को आइने में देखती हूँ,
दो पल बैठ कर खुद के लिए सोचती हूँ।
बदल गयीं है आशाएँ बदल गये है सपने, सिमट गए है बस ये मेरे परिवार के मोह में।

ना आज अपने लिए कोई आशा है, न है कोई सपना,
पति और बच्चों के सपनों को बना लिया है अपना।

उठ जाती है फिर भी दिल में ख्वाहिशें कई बार,
पंछी की तरह उड़ कर ज़िन्दगी जी लू इक बार।

न जाने कब भरेंगे उड़ान मेरे सपने, न जाने कब साथ देंगे मेरी आशाओं में मेरे अपने,
कभी तो बनेगी मेरी अलग पहचान, कभी तो होंगे पूरे मेरे सपने... ॥



- बिंदिया

First Prize - Hindi Pakhwada

A PEEK INTO OUR POETRY CORNER

मेरी आशाएँ, मेरे सपने

मेरी आशाएँ, मेरे सपने,
आसमान की शीतल हवा की तरह हैं,
जिसे छूने की उम्मीद,
और ठंडक को महसूस करने की,
कोई सीमा नहीं हैं।

मेरी आशाएँ, मेरे सपने,
कई बार आँखों से आसूँ बनकर बहे हैं,
फिर अगले ही पल,
नई जोश के साथ आँखों में आ बसे हैं।

मेरी आशाएँ, मेरे सपने,
कई बार अपने की खुशी को,
पूरा करने के लिए धम्मे हैं,
और कई बार उनकी आँखों में खुशी,
देखने के लिए पंख लगाकर उठे हैं।

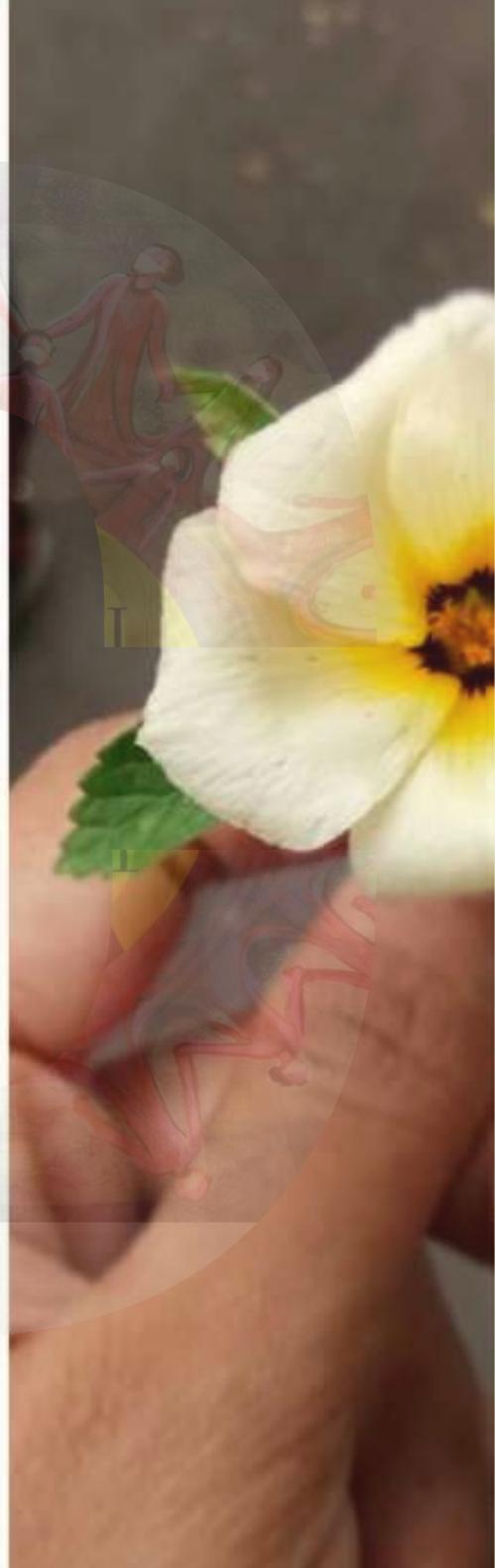
मेरी आशाएँ, मेरे सपने,
मैंने अपने ज़िंदगी के हर पल में जिया हैं,
जो भी मेरे जीवन में आया,
उसका मैंने हमेशा
खुली बाँहों से स्वागत किया हैं।

मेरी आशाएँ, मेरे सपने,
ना कभी चोट लगने पर घूँघल्लें हुए हैं,
ना कभी घर की जिम्मेदारियों में दबे हैं,
ना एक औरत होने का कभी अफसोस हुआ हैं,
जीवन में हमेशा खुद की परवरिश पर गर्व हुआ हैं।

मेरी आशाएँ, मेरे सपने,
आसमान में खिलखिलाते हुए,
इंद्रधनुष के रंगों की तरह हैं,
मेरे जीवन के हर पल में,
खुबसूरत लम्हों की तरह हैं।



श्रीमती खुशबू सिंह भंडारी



A PEEK INTO OUR POETRY CORNER

एक संवाद : माँ शिशु और
कोविड
चारों ओर है कोरोना का
हाहाकार ,
घबराती हूँ कहीं दब ना जाए तेरी
पुकार।
यह संकट छाया ऐसे काले
बादलों की तरह,
रौशनी की किरण न दिखाई दे
रही,
जाने कब होगी सुबह।
सारी दुनियाँ थम सी गई,
सब कुछ लगता वीरान सा,
तेरे आने का वक्रत हो गया थोड़ा
हैरान सा।
क्या क्या ख्वाब देखे थे मैंने,
तेरे आने की हर तरफ़ थी
खुशियाँ,
यह काल ऐसा आया,
चार दीवारों में सिमट कर रह गई
हमारी दुनियाँ।
न जाने इस काली रात की कोई
सुबह है भी या नहीं,
डरती हूँ, दे ना पाऊँ तुझे तेरा
बचपन कहीं।

ओ माँ,
तू डरती क्यों है, क्यों है इतनी
घबराई,
पुकार क्या, मेरा मन भी पढ़ ले,
ऐसी हमारे सम्बन्ध की गहराई।
यह महामारी भी समाप्त हो
जाएगी ऐसी ही है आशा,
माँ तेरी ममता ही तो धीरज की है
परिभाषा।
माना की यह समय है बड़ा
कठिन,
पर माँ तेरे साहस जैसा है ना कोई
रथिन।
चाहे चलता रहे यह लॉकडाउन
का सिलसिला,
ऐ माँ, मुझे तो स्वर्ग तेरी गोद में
मिला।
छटेंगे ये काले बादल,
होगा एक नया सवेरा,
टूटेंगी बंदिशें सारी,
और होगा सुरक्षित बचपन मेरा।
ऐ माँ,
तू शक्ति स्वरूपा, सर्वशक्तिमान,
तेरी तो पूजा करता है भगवान।



By Mrs. Shwetha Kurana

KALEIDOSCOPE OF NWWA ACTIVITIES TILL OCTOBER 2020

MARCHING AHEAD KALA KENDRA



Sew Much More: Our tailoring unit

BIDDING ADIEU



Farewell to Mrs. Asha Kumar

KALEIDOSCOPE OF
NWWA ACTIVITIES
TILL OCTOBER 2020

**SHOULDER TO SHOULDER
OUR OUTSTATION UNITS
PTC KALPAKKAM**



Charity Begins from Home



**Adversity Creates Opportunity:
Eco-Friendly Homemade Ganeshas**

Team Kalpakkam, though remotely located, rose to the occasion and encouraged people to rediscover personal lives and re-ignite hidden talents

SHOULDER TO SHOULDER FROM INS KATTABOMMAN

10 THINGS I LEARNED DURING THE PANDEMIC

- **The worthiest of all wealth:** 'Health is Wealth' is a proverb you've probably heard over a hundred times but realized its true meaning only during the pandemic. I have come to know that the wealthiest person in the whole world is one who has a good heart, both literally and metaphorically.
- **You don't have to treat the MI Room like your in-law's place:** My daughter had a small rash and normally, I would have rushed to the MI room and picked the surgeon's head, who in turn would have prescribed a medicine that would put all our chemistry knowledge to shame. This time, I just applied coconut oil and it worked like magic, slow but steady.
- **Hygiene (High Jean) is not fashion:** Remember the good old days when the first thing we did after returning from school or playing was washing our hands and legs? Well, this trend is back in fashion, ladies.
- **Exotic food is not always found in fancy places:** I qualified to expert from novice, as per the words of my better half (maybe just a ploy all husbands play on their wives), in the cooking department. I became an expert baker and pushed my culinary skills to its limits.
- **The easiest way to a man's heart is through his stomach:** I realized that good food and romance are synonymous (is it true with all husbands? If yes, why God why!?). Our Hotel Anna lost a little business, and I got some extra real estate in my husband's heart.
- **Plants have life:** I don't mean this biologically. I learnt the language of the flowers just by talking to them. Absurd, right? The light-heartedness and the connection you feel when you talk to plants are priceless. It's an emotion that my pen cannot scribble, absolutely out of the world.
- **I am wealthier than I think:** Our maid was having some turbulent finances, and the lockdown just added insult to injury. My husband and I swiped out, every last rupee in our bank account and gave it to her without asking anything in return. Both of us had zero in account for over a fortnight, and we felt rich and happy, something I doubt even Jeff Bezos would have felt.

SHOULDER TO SHOULDER

FROM INS KATTABOMMAN

10 THINGS I LEARNED DURING THE PANDEMIC

- **A harmonious community is a pillar of strength:** Civilization flourished when communal harmony was its driving force. At NWWA, we made and distributed masks at the beginning of the pandemic when everything was out of stock. We also distributed rations to the needy, with contributions from the entire community. Lifting each other up during tough times has created a social bond, an invisible adhesive among families that I'll cherish forever.
- **Make-up and Beauty:** I could have gifted a Range Rover to my husband if I had saved all the money I used to spend in the beauty parlour. Mother Nature showed me that I could use kitchen ingredients as a one-stop solution for all beauty needs.
- **The Half-Full argument:** This is probably the best lesson the pandemic has taught me: count your blessings and you will feel like the luckiest person on the planet. I have my beautiful little world which is part of a bigger world; when I make my own world beautiful, the whole world becomes paradise.



By Mrs Blessina J

KALEIDOSCOPE OF
NWWA ACTIVITIES
TILL OCTOBER 2020

**SHOULDER TO SHOULDER
TEAM INS RAJALI**



Fire Drill



**Plant for the Planet:
Tree Plantation Drive**

KITCHEN CHRONICLES

LOCKDOWN - PIZZA BASE RECIPE

(QUICK EGGLESS BAKING WITHOUT AN OVEN AND YEAST)



During the lockdown, pizzas were on the top of the cravings list. This got us to try and come up with simple and healthy ways to create our favourite at home!

This fresh, homemade pizza base is ready in a matter of 10 minutes with simple ingredients. It is very easy and quick to make, and is made without yeast or an oven. It is eggless as well.

The best part is that you can make yours customized the way you want, like making it herbed, with garlic . . . the list is endless!

INGREDIENTS:

(Makes 2 medium-size bases)

- All-purpose flour/ atta - 1 cup
- Yoghurt - 1/2 cup
- Baking soda - 1/2 tsp
- Baking powder - 1/2 tsp
- Salt - to taste
- Mixed herbs - 1/2 tsp (Optional)
- Olive oil/ any cooking oil - 1 1/2 Tbspn
- Plain flour - for dusting
- Salt for baking - 1 1/2 cups

METHOD:

Start off by adding the 1 1/2 cups of salt to an idli cooker or a pressure cooker (even a normal pan works well as long as the base is large).

Spread the salt evenly in the cooker. Place a wire stand or grill stand in the salt. Place a perforated plate or a mesh above it. Cover and heat for 5 - 7 minutes as we get the dough ready

For the dough:

On a kneading plate, add the all-purpose flour, salt, baking powder, baking soda and herbs. Mix the dry ingredients well with the yoghurt. Once the dough is formed, add oil to it. Extra virgin olive oil or normal cooking oil will do. Knead this for about 1 to 2 minutes.

Once the dough is ready, divide it into two and, on a dusted rolling board, roll into slightly thick bases with a rolling pin.

Once done, transfer the base into any steel round utensil, like a cake tin. Line the cake tin with oil and dust it with flour.

Once you've placed the dough into the cake tin, use a fork to make several pricks in the base. Now pop this tin into the cooker for about five minutes, covered, on medium flame. Once it's done, set aside for two to three minutes before taking the dough out of the cake tin. You will notice it would have risen slightly. For best taste, consume it within two days.

Add a simple tomato herb paste, your favourite toppings and bake/tawa cook to relish your fresh homemade pizza!



By Mrs. Apurva Kapoor

KUCH RASBHARE PAL

पाइनएप्पल फ्रूट केक



सामग्री: -

वैनिला बेस - जिसकी विधि ऊपर बताई गयी है

विप क्रीम - १ कप अथवा २०० ml

पाइनएप्पल क्रश - २ टेबल स्पून

पाइनएप्पल जेल - २ टेबल स्पून

जेल बनाने की विधि: -

२ टेबल स्पून पाइनएप्पल जेल को स्पून से बिट करे फिर उसमे दो ड्रॉप्स येलो कलर मिक्स करे और थोडा थोडा पानी डालकर मिक्स करे. इतना मिक्स करे की वो स्पून से एक तार बन कर ऊपर से गिरे.

सोकिंग सिरप बनाने की विधि: -

एक कप पानी में (२०० ml) १/४ कप सुगर डालकर हल्का सा बॉईल करे फिर ठंडा होने दे. ठंडा होने के बाद ४-५ ड्राप पाइनएप्पल एसेंस डाल कर मिक्स करे.

आइसिंग की विधि: -

केक (वैनिला बेस) को तीन लेयर में कट करे. पहला लेयर के ऊपर सोकिंग सिरप डाले फिर उस पर व्हिप क्रीम लगाये और फिर पाइनएप्पल क्रश डाले, फिर केक का दूसरा लेयर डाले और सेम विधि अपनाए अब तीसरी लेयर के ऊपर सोकिंग सिरप डाले और विप क्रीम लगाये. विप क्रीम लगाकर उसे रेफ्रीजिरेटर में सेट होने के लिए रख दे. १५-२० मिनट के बाद केक के ऊपर पाइनएप्पल जेल को डाल ले और कोई भी पसंदीदा डिजाईन करे. केक को रेफ्रीजिरेटर में ६-७ घंटे सेट होने दे.



श्रीमती बी बबिता

NWWA WELFARE COMMITTEE



SAMUDRI IN-CHARGE :
MRS. ANJU MISHRA



NWWA IN-CHARGE :
MRS. BANIA HAZRA

WELFARE MEMBER :
MRS. SYAMLATA



TAILORING TEACHER :
MRS. PREMLATA

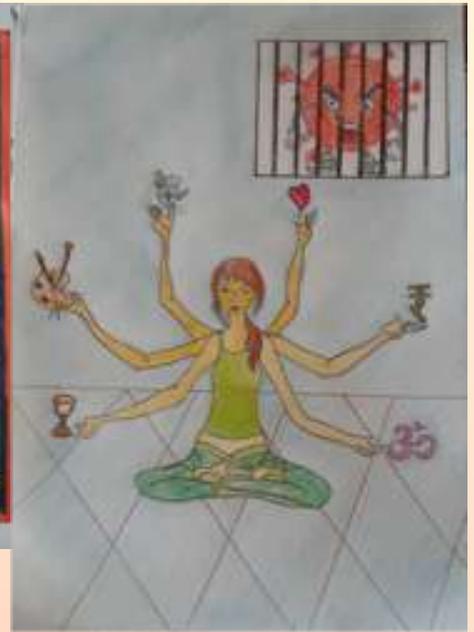
BEAUTICIAN :
MRS. PADMINI



Behind the scenes:
Dharmendra LS (GS)
Admin In-Charge



By: Anjali Singh



By: Miss Malavika Vivek



By: Akash Hazra, Grade12



By: Kushbu Singh Bhandari

Pure expressions



By: Master Siddharth and Mrs. Tilaka Pradeep



By: Mrs. Indirani