



VARUNI

NWVA Karanja

NEWSLETTER
JUL-DEC 2019





HANDING OVER TAKING OVER



NWWA COMMITTEE MEMBERS



NWWA WELFARE COMMITTEE MEMBERS

Credits for the Cover Page
Front Cover : Bhoomika Baral ,Class VIII
Back Cover : Ujjwal Negi VIII

MESSAGE FROM PRESIDENT



Karanja Naval Station is a vibrant community which is always abuzz with activity. The station is blessed with the bounty of nature and has seen vivid colours and hues as the year zipped past us... It is unique in its nature as we have an amalgamation of 16 different units, working as one. The recent “Coastal Cleanup Day” and “Unity Run” conducted by the station saw an overwhelming response as is the spirit of the entire Karanja community. A new building has been added to NCS Karanja to compliment the ever-growing strength of the school. It has been an honour and a privilege to have taken over as President, NWWA Karanja.

Individually we are one drop, together we are an ocean ..

- Ryunosuke Satoro

As the adage goes, we as a team work relentlessly towards a common goal of strengthening old bonds in the community and beginning new ones. **2019**... has been a year packed with events and activities, and Team NWWA Karanja has been steadfastly busy, in conducting various activities like talks, competitions and workshops for children and ladies, a Health camp for PSO's, a Children's health camp, Senior Citizen trips, Milans, maiden edition of Inter –School competition “Manthan” and much more. Glimpses of which are showcased in this edition of Varuni..

I would like to take this opportunity to extend a very warm welcome to all the young ladies who have recently joined the Naval fraternity. It is indeed my pleasure to present to you this vibrant edition of Varuni. This little “window to the world” unveils the hidden literary and creative talent of our ladies and children. The beautiful front and back cover design of this magazine is the result of an art competition, themed “Colours of Life” held for children. I would like to extend my heartfelt gratitude to Team Sanchar for an absolutely delightful December issue. I would also like to thank all the Committee members and dear ladies of Karanja for their unconditional support and dedication towards the effective completion of all the activities and events.
“Team work makes the dream work.”

Wishing everyone a happy, cheerful, healthy and prosperous 2020....

Happy Reading!!!

Best Wishes

Akhila Reddy Dube
President
NWWA KARANJA

EDITOR'S YEAR END NOTE...

"Celebrate endings – for they precede new beginnings" said Jonathan Lockwood Huie.

Another year approaches and NWWA looks forward with great optimism, but not before recounting 2019, a year which saw a multitude of activities keeping the campus alive and happening!

As fun for the NWWA ladies continued unabated, NWWA Karanja was pleased to have Mrs. Akhila Reddy Dube join in June 2019 and take over its helm. Quick off the mark in joining the exuberance, more gatherings and activities followed. The station ladies have always gathered around the good cause of NWWA and social bonhomie added bonding to the team.

You don't live the same year 75 times and call it life. A start was made in adventure and camping when some ladies chose to go rafting. We are hopeful that this outdoor streak will find greater appeal to NWWA members.

That besides, team Sanchar will be happy to receive contributions from the residents. Please avail this platform to exhibit your talent, be it in the form of articles, poems, drawings, paintings, recipes or some interesting anecdotes.

All & all its been a joyful 2019.

Wishing you as much and more happiness for 2020

Warm regards

Ruchi Anand



TEAM SANCHAR



From Left to Right

Mrs. Binu Singh , Mrs. Akhila Dube , Mrs. Ruchi Anand , Mrs. Gayathry Rethish

We look forward to hear from you at sancharkaranja@gmail.com

NWWA ACTIVITIES

ASHIRWAD

VISIT TO VINAYAK TEMPLE

On 9th Aug 2019, Ashirwad group under the aegis of NWWA Karanja had organised a visit for Senior citizens to Vinayak Temple and Shri Manakeswara Mandir at Kegaon. Senior citizens of the station along with staff members had participated in the activity. Both the temples are ancient, renowned and of great importance as they were evolved as "Swayambhu", meaning that it originated from that particular location.



VISIT TO SAIBABA TEMPLE

On popular request from our senior members, Ashirwad group organised a visit to Sai Baba Temple at Vahal village near Ulwe on 19th Oct 19. Management Committee of the Temple facilitated a special darshan and Aarti for all the devotees. Light refreshments and tea were served to all attendees to culminate the programme. The visit was flagged off from Family Welfare Centre, Karanja. Mrs. Akhila Dube presented each member with a gift and a packet of sweets, adding much cheer to all the elders!



AROGYA

MEDICAL CAMP FOR PSO's

As part of a new initiative a medical camp for PSO's was organised for the residents of Naval Station Karanja at INHS Sandhani. The camp included a talk by the Medical Specialist regarding the various ailments that can be caused from head to toe of a human body, pertaining to ladies. The talk was very informative and suggested a lot



AROGYA

of good remedies for common ailments. All the PSO's who attended the camp were later given a general check-up by specialists, like the Gynaecologist, Paediatrician, Dentist. They were also given vitamins and iron tablets. The camp was a huge success with over a 100 PSO's attending the camp over a period of half a day.

CHILDREN'S HEALTH CAMP

A health camp for children under 5 years of age was conducted at INHS Sandhani on 30th October 2019 by NWWA Karanja. Mrs. Akhila Dube inaugurated the camp and presided over the camp along with AROGYA coordinator, Mrs. Usha Rani. The camp began with a talk on general child health, development and immunization by Sqn Ldr.Neha Saxena(Paediatrician). Apart from a general medical check-up, the children also underwent anthropometric measurements and developmental assessment including immunization status update for the parents. A total of 78 children benefited from a comprehensive evaluation at the camp.



SPARSH

VISIT TO SEABIRD SPECIAL CHILDREN SCHOOL, URAN

On 9th Aug 2019, a team from 'Sparsh' comprising of Mrs Akhila Dube President, NWWA Karanja ,Mrs Richa Ahuja (Group Coordinator), Mrs Mamta Hiremath (Activity Coordinator) visited the 'Seabird Special School administered by Swami Brahman and Pratishtan, Center for Special Children. The school caters to the needs of the children with Intellectual and Development disabilities from the rural areas of Uran in the Raigad district. As part of the outreach programme badminton rackets ,balls and a net were gifted to the children of the school.



DONATION DRIVE-VISIT TO GOONJ,THANE

“Mercy blesseth him that gives and him that takes”

- William Shakespeare

A simple act of kindness can positively impact someone’s life. Sparsh group decided to collect wearable and clothes in good condition from the residents from 3rd October 2019 to 6th October 2019. The response was over whelming! On 14th October 2019, Group Coordinators along with Mrs Akhila Dube and NWWA staff went to Goonj Foundation, an NGO located in Thane to hand over the 11 cartons of clothes collected for the noble cause.



JAGRITI

PUPPET SHOW AND STORY TELLING SESSION

A Story Telling session was conducted by Mrs.Rinti Sengupta ,a certified storyteller who also specializes in puppetry, for the children of Kindergarten on 1st and 8th Aug 19.The session also included Puppets and Draw Story with songs accompanied by the Ukelele. The children had a gala time and thoroughly enjoyed the Puppet show.



WORKSHOP FOR STUDENTS

A very educative workshop on various psychological issues relating to adolescence was conducted at NCS,Karanja on 27th Aug 19.The theme for the workshop for children was “**Grow Responsibly, Understand your body**”. It was conducted for the students of grades VI-X. The workshop was conducted separately for boys and girls with an innovative approach by Mrs.Bhargavi Ajit, the resource person. A total of 54 boys and 55 girls attended the workshop.



WORKSHOP FOR TEACHERS

“Joy of Teaching” a workshop for teachers was conducted on 27th August 2019. Mrs. Bhargavi Ajit, the resource person brought out the importance of using different methods and approaches to the curriculum being taught in schools. A total number of 27 teachers attended the workshop including teachers of NKG and the teachers of classes I, II and III of Navy Children School, Karanja.



PRAKRITI

VISIT TO NATURE PARK AND TUNIR HOUSE

Prakriti Group organized a nature walk on 18th August 2019. Children were shown the 800 year old “BAOBAB TREE”, located inside the hospital premises. Children also visited the Deer Park and Nature Park followed by a visit to Tunir House . This was conducted for children aged between 7-15 years.



COASTAL CLEANUP DRIVE

A Coastal Clean Up Drive was held to commemorate the 150th birth anniversary of Mahatma Gandhi. The drive was a huge success over 850 personnel including officers, defence civilians, ladies and children from the station participated in the event.



PRAGATI

Pragati group NWWA (Karanja) organised a ‘Rakhi Making & Healthy Tiffin Competition’ for the ladies on 30th Aug 19 at Sangini hall. A lot of creativity was on display by the enthusiastic participants giving the judges a tough time. The prizes for the same were distributed on the AGM Milan day, by Mrs. Priya Pandit, Vice President ,NWWA (WR).



SAMUDRI

The shopper’s delight in the station, our very own Samudri – A Platform For Indigenous Gifts, is always well stocked with products from different states. Samudri provides a wonderful platform for our ladies to display handmade products like terracotta and silk thread jewellery, scented candles and many more such products.



IN-HOUSE TALENT



‘ Reaching Out ’ Mural

(made by Mrs. Harpreet Kaur and Mrs. Garima Singh)

KALAKENDRA



DANCE CLASSES



KEYBOARD CLASSES



GURUKUL CLASSES



MARTIAL ARTS CLASSES



TAILORING CLASSES



ABACUS CLASSES



SAUNDARYA



EARLY BIRDS



MEDICAL CAMP



INDEPENDENCE DAY CELEBRATION



TEACHERS DAY CELEBRATION



ONAM CELEBRATION



JANMASHTAMI CELEBRATION



CHILDREN'S DAY CELEBRATION

WELCOME MILAN

A Special Milan to welcome Mrs.Akhila Dube, President ,NWWA Karanja was organised on 5th July 19. The Milan comprised of a small entertainment programme which consisted of songs and games. Exciting prizes were also distributed by the NWWA President to the winners of spot games and raffle .Mrs. Akhila Dube addressed the gathering and sought the support and cooperation of all ladies of Karanja in achieving the common goal of women empowerment, community welfare and development. She also interacted with all the ladies over tea.



ORIENTATION MILAN

An Orientation Milan for the newly married ladies of the station was organised on 22 Oct 2019. The aim of the orientation was to provide young naval wives (especially the newly married ladies without prior naval or defence background) with information and guidance required as she joins the elite naval community and hopes to make her transition into the naval family relatively smooth and comfortable. The orientation session was held by Cdr. Preeti Yadav, Logistics Officer, INS Tunir. Mrs Akhila Dube, President NWWA Karanja handed over ABHINANDAN to the newly married ladies .



My Holiday Escapades

-Aarushi Shah
Class VII



It's about the Shillong trip where I went with my parents, grandparents, my aunts and my uncle. On the second day of our trip, we went to see **Arwah caves** which is 07 kms from Cherrapunji, it is one of the longest caves in India. It is about 54 km long, but only a small portion of approx. half a kilometre is available for tourists to go in. My parents told me that no one is able to reach to the end of the caves as there is little oxygen deep inside; which made me more curious to go inside than earlier. While we were on our way to the cave, I saw a very beautiful waterfall. When we reached, to our surprise there was just a small entrance to enter the cave. Inside we found stalagmites due to the dripping water on the stairs. As we were going inside, it was becoming dark so all of us switched on our torches. There was one stretch inside which was slippery; due to the dripping of water from the top and also a small stream of water was flowing inside the cave. These caves had different shapes of rocks due to weathering by the river flowing through it. Moving forward was becoming tough. There were more people and less oxygen, so my grandparents decided to rest. Me and my twin sister were with our parents

and we saw the most fascinating thing ever seen in our life. There were fossils imprinted all over the rocks! The fossils were of different shapes and sizes. My father explained to us the various things which were depicted by the fossils. We were very excited as I was seeing the fossils for the first time. My uncle told me that fossils were on the side walls rather than on the ground because the cave was a natural one and because the cave was a natural one and it contained water in which there was marine life. As the cave got damaged during earthquakes these marine creatures and other objects get stuck on the rocks and over thousands of years, the rocks inside the caves had been worn out by the flowing water and these fossils had been exposed. After the story I was amazed. Then we came out and went to the nearby viewpoint to see the waterfall and we clicked lot of pictures there. It was a memorable experience trip which I will cherish for a long time.

A TRYST WITH KOLAD, KUNDALIKA AND FRIENDS.....



RUCHI ANAND

Karanja being a small station, gives us ladies a lot of opportunities to interact. After spending more and more time together, more and more of us realised that outings with ‘girlfriends’ is more and more in demand. So, here we were, half a dozen of us deciding on getting a slice of some nearby destination, adorning the financial capital, Mumbai.

Having spent many days on the Google, we

opted for an offbeat escapade for this weekend. The Kolad Village is popular for the mighty Kundalika river and river rafting activity. This was the first ‘all girls’ trip for many of us and excitement was only to be experienced and not expressed. Lists were made right from a safety pin to snacks, to clothes, to goggles and what not! Though most of us were late risers but everybody was dot on time to leave early in



the morning of a beautiful Saturday. The cameras were pulled out even before we started; didn’t want to miss out on a single moment of fun; And there we rolled into the Emerald ghosts leaving the azure Arabian Sea Behind. The weather couldn’t have been better with light drizzle and cool breeze. Adding to the beauty were many white waterfalls peeping through the fluorescent green hills.



The most entertained was the driver, in the company of six crazy women, who would start singing any random song in chorus. No inhibitions, no baggage of husbands and kids-total bliss!!!

After covering a distance of about 82Kms in approx. 4hours, which included tea breaks and selfie breaks we reached our destination, The DM Farms. This property was zeroed down after a lot of research as it had both tents and rooms, which fulfilled our desire and gave us a feel of camping as well, 2 in 2, you see!

It was a very peaceful place in a green and serene village of Kolad. The caretakers served us fresh hot meals, spent the evening exploring the village on foot and the night went on and on with gossip on every and any topic, music, jokes and laughter.



Rafting was scheduled for the next morning for those who had opted, but was scared and reluctant. But they came back fully charged up having thoroughly enjoyed themselves. Though they did not carry their cameras but nothing disturbed them for having themselves clicked by



others, capturing their first rafting experience.

After lunch it was time for us to pack our bags again and head back. The return journey was as adventurous with stopping enroute to pick up fresh fruits from the roadside in the rain, to enjoy hot tea somewhere else, those who were trying to doze off were shaken up with nonstop chattering. And finally a pleasant trip came to an end. Girls just wanna have fun -yes, another trip is in pipeline now!

VIP VISITS



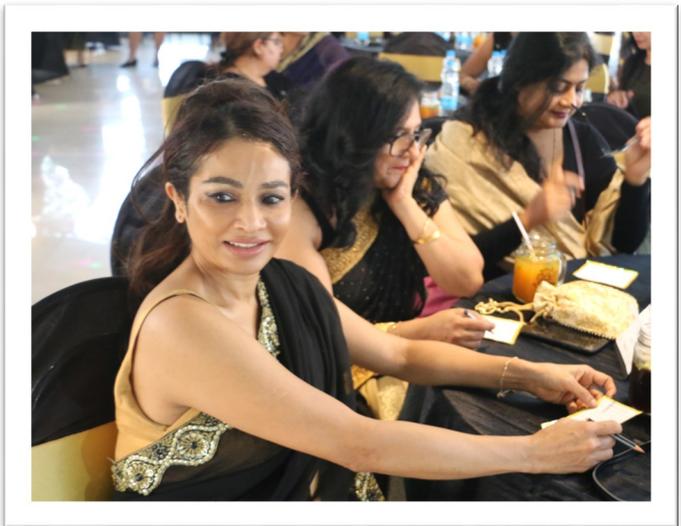
MRS.SUNITA AJIT KUMAR,PRESIDENT NWWA WR



MRS.PRIYA PANDIT,VICE PRESIDENT NWWA WR



**MRS.SARITA RAWAT
W/O MAJ GEN TPS RAWAT AVSM,VSM****



**MRS.SANGITA VISHWANATHAN
W/O R ADM KG VISHWANATHAN VSM**

NWWA Karanja

Bids farewell to.....

Mrs.Grace Koshy

Welcomes....

Committee Members

Mrs.Suchi Bahuguna , Mrs.Usha Rani , Mrs.Richa Ahuja , Mrs.Suman Mohanta , Mrs.Mamata Hiremath , Mrs.Garima Singh

Welfare Members

Mrs.Binu Singh, Mrs.Prem Indoriya , Mrs.Nanta Barogya, Mrs.Anil Chauhan

WORKSHOPS CONDUCTED AT FAMILY WELFARE CENTER



DECOUPAGE WORKSHOP FOR LADIES



DECOUPAGE WORKSHOP FOR CHILDREN



CANVAS PAINTING WORKSHOP FOR KIDS BY MRS.HARPREET KAUR

SPECIAL AGM MILAN 2019



AGM Special Milan was organised on 14th September, 2019. Mrs. Sunita Ajit Kumar, President NWWA (WR) was the chief guest. Mrs. Priya Pandit, Vice President NWWA (WR) was the guest of honour. Other Senior ladies from NWWA(WR) were also present to grace the occasion.

The theme for this year's Milan was "Rainbow- Colours of Life": . The Milan started off with a welcome speech by Mrs. Akhila Dube ,President, NWWA Karanja followed by the yearly activity report and financial report by the Secretary and Treasurer respectively .A small entertainment programme comprising of games, songs and a fashion show depicting handloom sarees from different states which symbolised the unity of ladies in NWWA was also organised. The ladies from WR interacted with the ladies of the station over a cup of tea. The guests also made a quick stopover at Samudri for some shopping .This was followed by a lunch with the Committee members at the Station Mess.

Mrs. Sunita Ajit Kumar ,President NWWA (WR) graciously presented a gift to Mrs. Akhila Dube, President NWWA Karanja.





POEM RENDITION



SPOT GAMES



FASHION SHOW



RAFFLE PRIZE DISTRIBUTION



THE SELFIE CORNER



RAINBOW SHADES

I LOVE KARANJA BECAUSE....



Karanja is a beautiful place to live in.

When I first came to Karanja, I thought that it was an island with few facilities. After a few days, I realized that I was wrong. Karanja is a developed station of the Navy. We have a shopping complex which fulfils our daily needs, an auditorium which sometimes plays latest movies, Hospital with all basic medical facilities, NCS up to 10th standard and many more beautiful places like Nature Park, Peer Baba and Volna Tower Hills. Of course, I enjoy the

boat ride also, which is a regular feature of our life, whenever we need to go Mumbai. During my initial days, I saw a board on which was written “Clean Green Serene”. Now I have understood the meaning, Clean means clean surroundings, Green means green environment and Serene means serene climate. People live here very happily and enjoy this place. Regular clean-up, plantation and coastal clean-up drives are organized to maintain the beauty of this place.

**Ujjwal Negi
Class VIII**

RASHTRIYA EKTA DIWAS CELEBRATIONS



On the occasion of birth anniversary of Sardar Vallabhbhai Patel, Rashtriya Ekta Diwas was celebrated at Naval Station, Karanja on 31 Oct 19 ‘Unity Run’ followed by Rashtriya Ekta Divas Pledge ceremony were organised for service personnel.

Further, the Navy Children School (Karanja) conducted a walkathon for school children enchanting *Ekta Humari Shaan hai, Humara Bharat Mahaan hai*, followed by a special school assembly showcasing importance of United India and a quiz competition on Jammu and Kashmir.

BORN, RAISED & TRANSFERRED

by Janhvi Singh



I grew up with a deep rooted love for the uniform and a very disciplined lifestyle (wake up early, make your own bed and always strive to be the best at whatever you do, these were the three cardinal rules, along with a million others). Most of my life lessons, I've learnt purely because of growing up in the Naval community. We look at our fathers and we learn to put duty first. We look at our mothers and we learn exactly what strength means. And, someday, when we move out into the "civilian world", we'll remember what we've learnt and take pride on how we "never sweat the small stuff". I have friends scattered all across the country, I've changed schools time and again and i know how to live with half of my stuff still unpacked. I learnt to love the nation before anything else and to follow every Navy Day parade like a religion. I find myself drawn more to a talk show by Capt. Raghu Raman & less inclined towards watching a celebrity vlog. Of course, growing up, I've had my fair share of complaints. ("Papa ka sailing jaana zaruri hai kya?" "Transfer?? Phir se??") But more than two decades later, I understand the responsibilities that come with the uniform better.

We are, proud daughters (and sons) of men and women who understand selflessness and brotherhood like no one else. And while my father taught me the true meaning of being a patriot and a responsible citizen, it is my mother that taught me far more. Because that is what we often unsee. The role of the fauji wife, the mother, the glue of the household, the goddess with the multitasking hands and the watchful eyes (always trained on her kids). It is her who taught me to stay strong, always. However brave the men in the uniform are, these women are twice as brave. And they are the ones who have taught me that my privilege in society and my education is not just a staircase to luxury but also a platform from where i can reach a helping hand to those in need. These women have taught me that duty comes in a hundred different forms and that duty towards your fellow ladies and the downtrodden is just as important. More often than not, we forget to thank you. But not this time. To my mother and all other fauji mothersShukriya.

COFFEE EVENING

BOLLYWOOD BLING

Ladies of INS Tunir hosted a BOLLYWOOD BLING-BLACK AND GOLD themed glittery Coffee Evening on 23rd Nov 19 at NOI,Karanja. Mrs. Sangita Vishwanathan was the Chief Guest for the evening. The event started off with an Orientation Capsule for the newly married ladies by Mrs.Ruchi Anand followed by the distribution of “Welcome Young Lady” book to the newly married ladies. The highlight of the evening was the Tambola and a Drum Jam session by Happy Beats Drum Circle which was a unique experience for our ladies. Mrs. Sangita Vishwanathan crowned the “Golden Girl” of the Day and also distributed prizes to the raffle winners.



DISTRIBUTION OF WELCOME YOUNG LADY BOOK



RELEASING OF VARUNI



DRUM JAM



ORIENTATION CAPSULE



WITH THE GOLDEN GIRL OF THE DAY...



THE TEAM BEHIND THE BLING

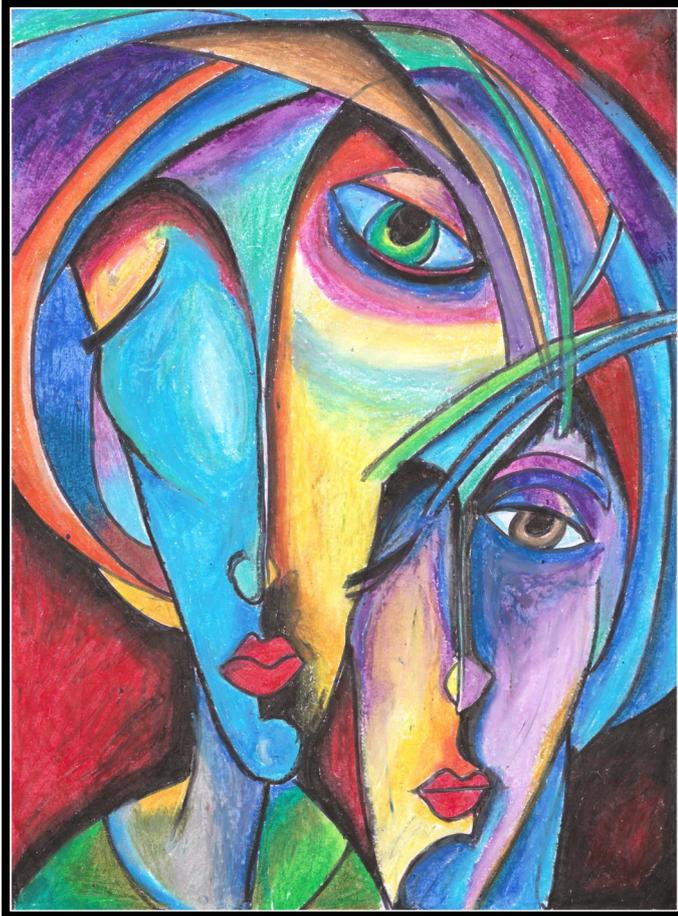
MANTHAN 2019 Inter-School Competition

Naval Station Karanja hosted the maiden Inter-school Competition at Navy Children School Karanja on 27 November and at Naval Kindergarten on 28 November as part of Navy Week Celebrations 2019. A total of 142 participants from six schools of Raigad District and NCS Mumbai participated in various Inter-school Competitions.

NCS Mumbai won the overall trophy of Manthan 2019 with NCS Karanja, a close Second and Uran Education Society School at Third position. Prizes for the children were sponsored by the JAGRITI Group of NWWA, Karanja. Cmde Shirish Dube, Chairman NCS & NKG and Mrs. Akhila Dube, President NWWA, Karanja felicitated the prize winners during the respective Valedictory Functions.



OUR BUDDING ARTISTS



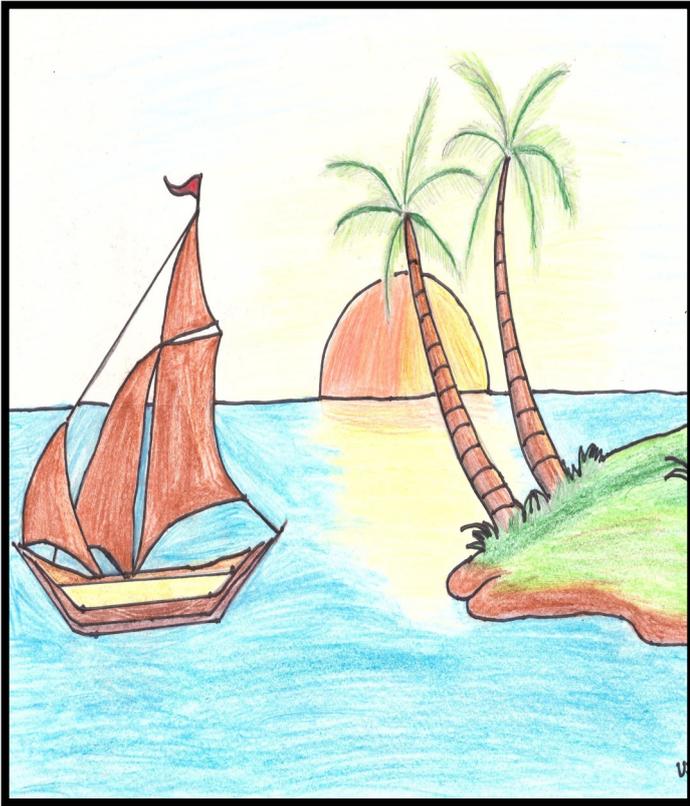
SANIKA BHATIA
CLASS IX



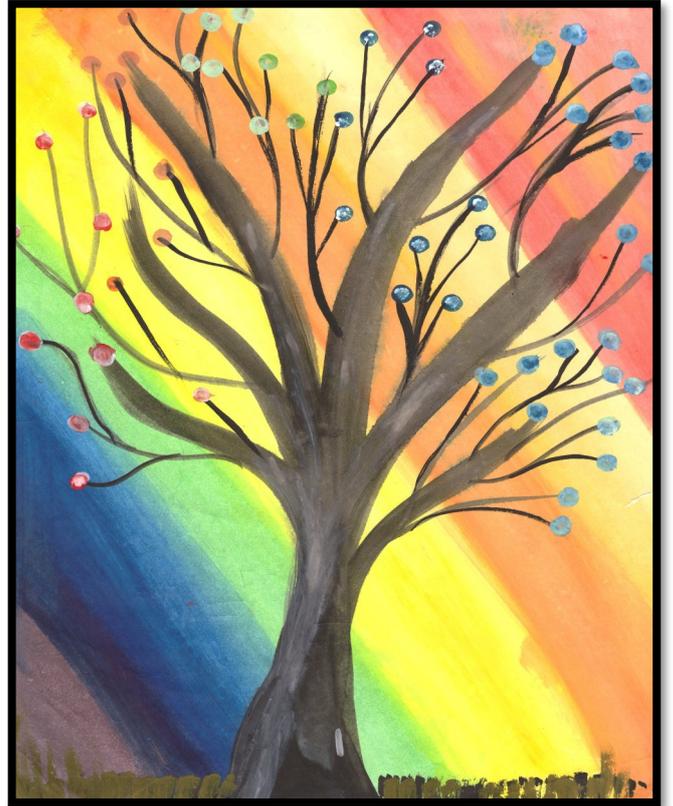
IPSHIKA KUMARI
CLASS VII



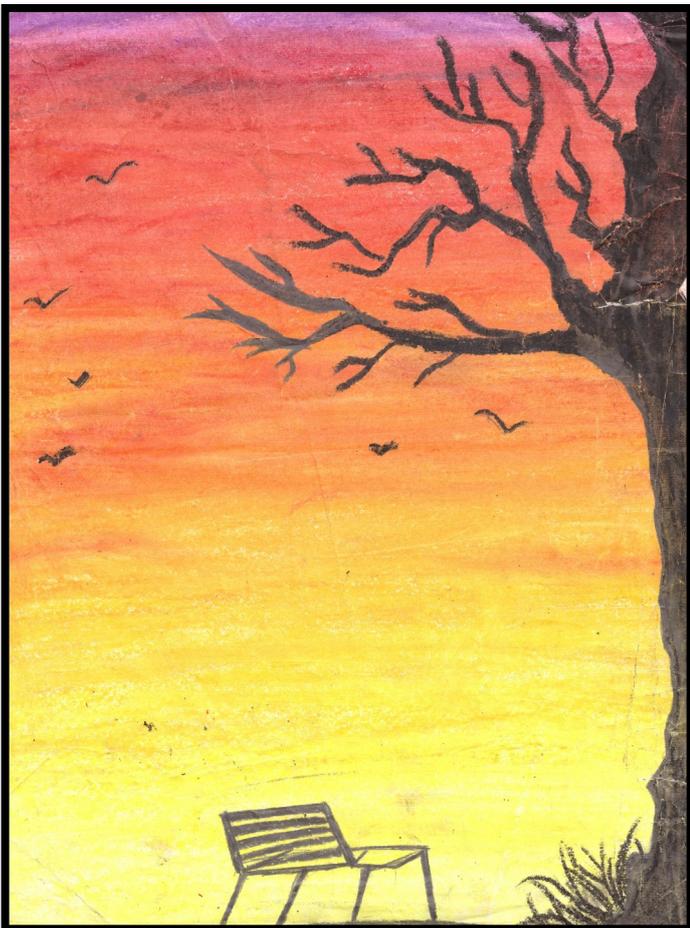
AVIKA BHATIA
CLASS V



UJJWAL NEGI
CLASS VIII



J KERUTHIKA
CLASS VIII



SASHANK KUMAR
CLASS IX



SANIKA BHATIA
CLASS IX

LET'S BAKE

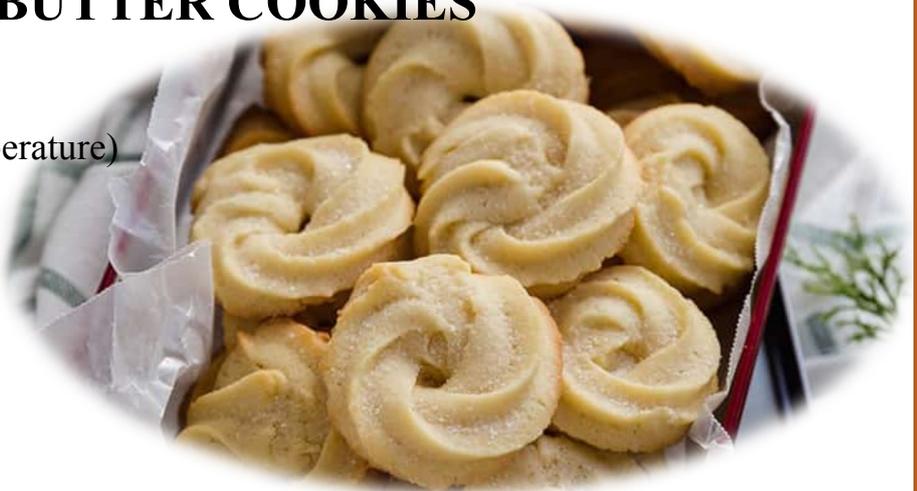
-RADHIKA JAGAN



BUTTER COOKIES

Ingredients

- Butter 110 gms (room temperature)
- Castor Sugar ½ cup
- Icing Sugar ½ cup
- Flour (Maida) 1 ½ cups
- Egg 1 small
- Vanilla Essence ½ tsp



Method:

- ♦ Pre heat oven to 190 C. Cream the butter and sugar well.
- ♦ Add the egg in slow additions and mix in vanilla. Beat till Uniform
- ♦ Add the flour till you get a uniform pipeable mixture
- ♦ Pipe the mixture using a star nozzle as small rosettes on to a butter paper.
- ♦ Bake for 12 to 13 mins or until the edges are slightly browned.

COCONUT CAKE

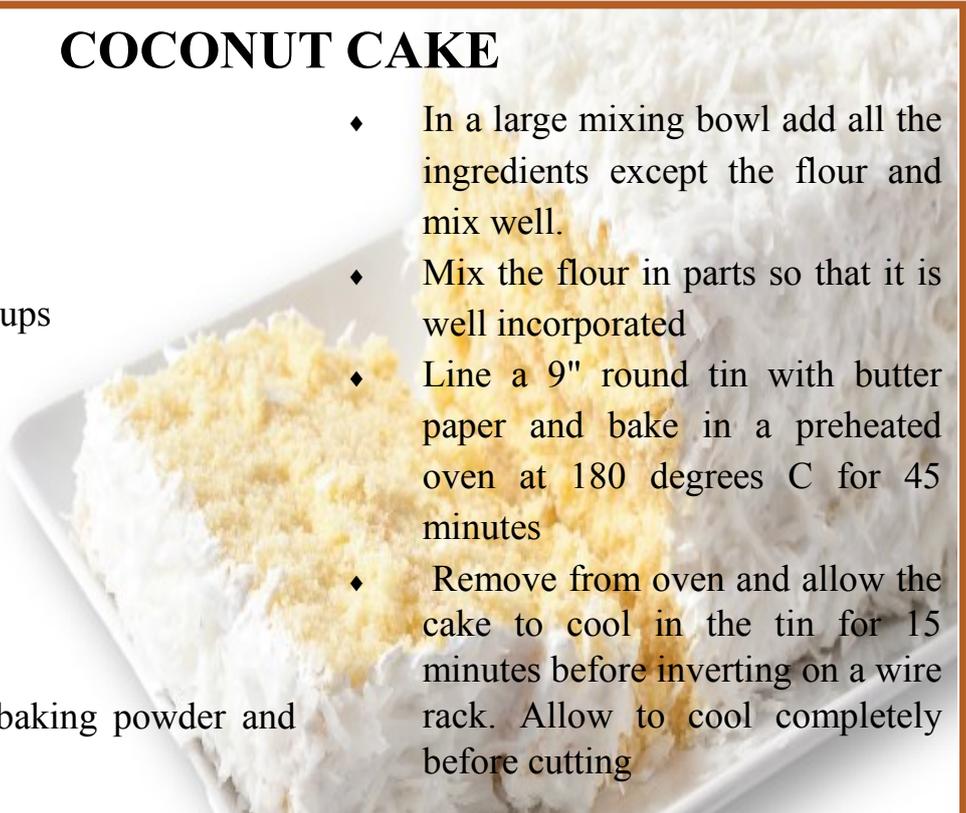
Ingredients

- Flour (Maida) 1 ½ cups
- Castor sugar 1 ¼ cups
- Shredded coconut 1 ¼ cups
- Baking powder 1 tsp
- Salt 1 pinch
- Butter melted 125 gms
- Eggs 3
- Milk ¾ th cup

Instructions: -

- ♦ Sift the flour with baking powder and salt. Keep it aside

- ♦ In a large mixing bowl add all the ingredients except the flour and mix well.
- ♦ Mix the flour in parts so that it is well incorporated
- ♦ Line a 9" round tin with butter paper and bake in a preheated oven at 180 degrees C for 45 minutes
- ♦ Remove from oven and allow the cake to cool in the tin for 15 minutes before inverting on a wire rack. Allow to cool completely before cutting



“सर्वांगीण विकास” (नौसैनिक परिवार कल्याण केन्द्र)

-बिनु सिंह



प्रेम के भाव के अंतस बहाते रहें,
जीव से जीव के तार जुड़ जाएंगे ।
राह मुश्किल सही किन्तु विश्वास हो,
‘नवा केन्द्रा’ का साथ हो जीवन सुधार जाएंगे ॥

आज हमें गर्व है कि हम ‘फौजी’ के परिवार हैं लेकिन हमारा क्या योगदान है अपनी और अपने राष्ट्र कि उन्नति में । फौज की जीवन शैली बहुत अलग है। साधारण जीवन जीने वालों की तरह हमें साधन और वातावरण दोनों ही नहीं मिल पाते। हमेशा याद रखिए अपने ऊपर अधिकार प्राप्त कर लेने का नाम ही ‘स्वराज’ है। स्वतन्त्रता का आनंद हमको भी मिल सकता है । हम भी अपनी उन्नति कर सकते हैं , इसके लिए हम आभारी हैं हमारे “नौसैनिक परिवार कल्याण केन्द्र” जहां हमें हमारे सर्वांगीण विकास के लिए समय , सुविधा और सहयोग मिलते हैं, लेकिन हममें से बहुत कम इस सच्चाई को जानते हैं। बाकी तो एक गलत राय बना लेते हैं कि ----- उसी गलत सोच के साथ मैंने भी अपने कीमती दसियों साल गँवा दिये।

एक दिन ‘ज्योति’ दक्षिण भारतीय बहन ने नवा से जोड़ दिया, जुड़ने के बाद उन्हें बहुत पश्चाताप हुआ कि अपने अहं में मैंने अपना बहुत नुकसान किया । NWWA में प्यार , विश्वास , सहयोग अनेकों गुण , सीखने –सिखाने कि क्षमता और राष्ट्रवाद कूट –कूट कर भरा है । हर प्रांत के लोगों से मिलना और उनकी संस्कृतियों को जानना और अपनाना ये हम फ़ौजियों को सौभाग्य से प्राप्त हुआ है। आज हम बाहर जाकर गर्व से कहते हैं कि हम किसी प्रांत विशेष के नहीं , हम हिंदुस्तानी हैं। ये सब मुमकिन हुआ NWWA केन्द्र से जुड़ने के बाद । मेरा सभी बहनों से आग्रह है आप लोग भी NWWA केन्द्र से जुड़े और अपने जीवन की सार्थकता को समझें क्योंकि यही हमारे परिवार और समाज दोनों को सुंदर बनाने में सहयोग करता है।

“यही है इबादत यही दीन ईमान ।

कि दुनियाँ में काम आए इंसा के इंसा”

“Love Unexpressed is Sacred” अत्यक्त प्रेम ही पवित्र होता है। जो NWWA में मिलता है दिखता नहीं। सबके के लिए एक जैसा प्रेम और व्यवहार होता है। जरूरत है एक कदम आगे बढ़ाने की बाकी सबकी अनुभूति ‘नवा’ करा देगी।

“वक्रत रहते संभल जाइए,
वरना श्रेयस के पाठ से भटक जाएंगे
‘नवा’ की शरण में आ जाइए,
काम स्वयं सब सुधर जाएंगे ।”
जय हिन्द जय भारत,
वंदे मातरम् ।

जय हिन्द

प्रकृतिक सम्पदा



ये हमारा करंजा बेस 'है निराला ॥
 कौन कह सकता है मुंबई का भाग है...
 जहां हर तरफ फैला है प्रकृति का साम्राज्य है,
 जहां सागर भी बहता शांत है,
 मानो करंजा बेस 'पर करा रहा विश्राम है।
 एक तरफ मुंबई में भागम -भाग है,
 प्रदूषण ने मचाया कोहराम है।
 वहीं करंजा बेस में हर तरफ शांति का साम्राज्य है,
 न धुंवा न धूल है हर तरफ मोहिनी सुगंध है।
 हरियाली ने जैसे आच्छादित कर दिया,
 हर दिशा में में बस मनोरम दृश्य है।
 ये हमारा करंजा बेस 'है निराला ॥

परमात्मा ने प्रकृति का वरदान दे इसे सजाया,
 फौजियो ने बखूबी इसकी गरिमा को है बढ़ाया।
 आओ इसे और भी सुंदर बनाए,
 मिल-जुल कर ऐसे रहें कि
 ये एक गुलदस्ता बन जाए।
 स्वच्छ और सुंदर वातावरण बन रहे
 इस प्रकृतिक धरोहर का वैसे ही सँजोये रखना
 अपना कर्तव्य हम बनाएँ।
 ये हमारा करंजा बेस 'है निराला।
 हमें नाज है हिंदुस्तान है हमारा ॥

जय हिन्द
 -बिनु सिंह

स्त्री

स्त्री तुम पुरुष न हो पाओगी
 वो कठोर दिल कहाँ से लाओगी
 ज्ञान की तलाश क्या सिर्फ बुद्ध को थी?
 क्या तुम नहीं पाना चाहती वो ज्ञान?
 किन्तु जा पाओगी, अपने पति परमेश्वर
 और नवजात शिशु को छोड़कर,,,,,,,,,,,,,
 तुम उनपर जान लुटाओगी,
 उनकी होठों की एक मुशकराहट के लिए
 अपनी सारी खुशियों की बलि चढ़ाओगी ।
 स्त्री तुम पुरुष न हो पाओगी
 वो कठोर दिल कहाँ से लाओगी
 क्या राम बन पाओगी????
 क्या कर पाओगी अपने पति का परित्याग,
 उस गलती के लिए जो उसने किया ही नहीं????
 ले पाओगी उसकी अग्निपरीक्षा
 उसके नाजायज़ संबंधों के लिए भी????
 क्षमा कर दोगी उसकी गलतियों के लिए,
 हजार गम पीकर मुस्कराओगी,
 स्त्री तुम पुरुष न हो पाओगी
 वो कठोर दिल कहाँ से लाओगी
 क्या कृष्ण बन पाओगी????
 जुड़ पायेगा तुम्हारा नाम किसी परपुरुष के साथ,
 जैसे कृष्ण संग राधा,,,,,

अगर तुम्हारा नाम जुड़ा.....
 तो तुम चरित्रहीन कहलाओगी.....
 तुम मुस्कराकर बात भी कर लोगी,
 तो भी कलंकिनी कहलाओगी.....
 स्त्री तुम पुरुष न हो पाओगी
 वो कठोर दिल कहाँ से लाओगी
 क्या युधिष्ठिर बन पाओगी????
 जुए मैं पति को हार जाओगी????
 तुम उसके सम्मान की खातिर,
 खुद को कुर्बान कर जाओगी.....
 मौत भी आये तो उसके आगे खड़ी हो
 जाओगी ।
 स्त्री तुम पुरुष न हो पाओगी
 वो कठोर दिल कहाँ से लाओगी
 तुम नाजुक हो,
 तुम सरल हो,
 तुम सहज हो,
 तुम निश्चल हो,
 तुम निर्मल हो,
 तुम कोमल हो,
 तुम जीवन हो,
 तुम प्रेम ही प्रेम हो,
 हाँ, इसलिए तो तुम स्त्री हो.....



FAMILY WELFARE CENTRE

CLASSES CONDUCTED AT FWC

SL	CLASSES	NAME	DAYS	TIMING
1	Dance (Children) Western/ Bolly Freestyle	Mr. Shiba Ram Sethi	Mon to Thu	5 pm - 6 pm
2	Dance (Ladies) Western/ Bolly Freestyle	Mr. Shiba Ram Sethi	Tue to Thu	4 pm - 5 pm
3	Martial Art (Children)	Mr Nilesh Jadhav	Tue & Wed	4 pm - 6 pm
4	Tailoring (Ladies)	Mrs Kanta	Mon to Fri	10 am - 12 pm
5	Music (Keyboard) (Children)	Mr. Melwyn Fernandes	Mon to Thu	4 pm - 5 pm
7	Beauty Parlour (Advance Course)	Mrs. Krishna Sharma	Mon to Fri	11:30 am - 1:00 pm
8	Beauty Parlour (Basic Course)	Mrs. Krishna Sharma	Mon to Fri	10 am - 11:30 pm
9	Abacus	Mr. Ravi Somwanshi	Only Sun	8 am - 10 am
10	Gurukul	Mr. Qureshi	Mon to Thu, Sat & Sun	4pm - 8pm
12	Beauty Parlour Services	Mrs. Geeta	Mon – Sat	10 am - 6:30 pm
13	Library	Mrs. Pushpa	Mon-Fri & Sat	10am –1 pm 4 pm – 6 pm
15	Yoga	Mrs. Monika	Tue, Thr & Sat	9 am – 10 am

COMMUNITY SUPPORT SERVICES

- SAUNDARYA - Beauty Parlour
- UDYOGIKA - Tailoring Services
- SAKHI - Counselling
- LIBRARY



COMMITTEE MEMBERS

CORE COMMITTEE MEMBERS

President/ Sakhi	Mrs.Akhila Reddy Dube
Secretary	Mrs.Gayathry Rethish
Treasurer	Mrs.Suba Pradha

GROUP CO-ORDINATORS

GROUP	COORDINATOR	ACTIVITY COORDINATOR	MEMBERS
SAMUDRI	Mrs.Rachna Bhatia	Mrs.Lintu Lijo	Mrs.Sandhya
SANCHAR	Mrs.Ruchi Anand	Mrs.Gayathry Rethish	Mrs.Binu Singh
AAROGYA	Mrs.Usha Rani	Sq Ldr.Neha Saxena	Mrs.Shila Sharma
SPARSH	Mrs.Richa Ahuja	Mrs.Lintu Lijo Mrs.Mamta Hiremath	Mrs.Shila Sharma
PRAGATI	Mrs.Neelam Negi	Mrs.Sashi Singh	Mrs.Pushpa Barakoti
JAGRITI	Mrs. Neha Alok	Mrs.Priyanka Tiwari	Mrs.Binu Singh
PRAKRITI	Mrs.Suchi Bahuguna	Mrs.Garima Singh	Mrs.Nanta Barogya
AASHIRVAD	Mrs.Jamuna Babu	Mrs.Pooja Kant	Mrs.Anil, Mrs.Prem Indoriya
KALAKENDRA	Mrs.Suman Mohanta		
EARLY BIRDS		Mrs.Gayathry Rethish	Mrs.Pushpa Barakoti
SAUNDARYA			



UJWAH
MEET

