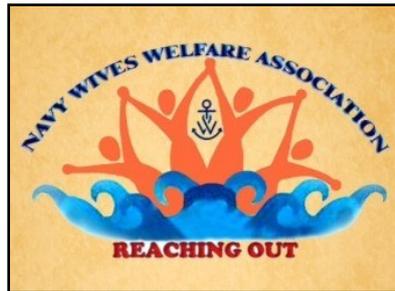


# VARUNI

Feb<sup>o</sup> 2017

NWWA NEWSLETTER - SNC

## Women Empowerment



# NWWA(SR) Committee

## Core Committee

President	Mrs Sharmila Karve
Vice - President	Mrs Avanti Nadkarni
Secretary	Mrs Archana Bhat
Treasurer (Ladies Club)	Mrs Meena Nair
Treasurer	Mrs Nisha Samuel



### Sitting (L to R) :

Mrs Avanti Nadkarni, Mrs Sharmila Karve, Mrs Madhu Hampiholi, Mrs Meena Prakash

### Standing (L tot R) :

Mrs Archana Bhat, Mrs Mayuri Mohan, Mrs Padma Iyer, Mrs Priyadarshini Rajkumar, Mrs Deepika Gopalakrishna, Mrs Archana Marya, Mrs Nimisha Kapadia, Mrs Priya Sharma, Mrs Richa Dureja, Mrs Manasa Vasisht, Mrs Babita Nair, Mrs Panchali Ghosh, Mrs Simi Lejo, Mrs Seema Jetley, Mrs Sucheta Krishnan , Mrs Surabhi, Mrs Hima Sasikumar, Mrs Aditi Deshpande, Mrs Nisha Samuel

## *Message From The President NWWA (SR)*



*It is a great pleasure to share my thoughts for Varuni 2017. This is the first issue of the year and I would like to take this opportunity to wish each one of our readers' happy beginning and a prosperous year ahead.*

*To be an ideal society everyone must be able to live without fear, chase their dreams, be financially independent, and most importantly feel empowered to take on the world. The theme of this issue of Varuni is Women Empowerment and it is a cause that is at the epicentre of all our activities in NWWA.*

*In the words of the former UN Secretary-General, Kofi Annan, ,  
"There is no tool for development more effective than the empowerment of women"*

*Women empowerment does not only mean gender equality, but it is a sum total of other things like social, economic and educational powers to women. It is the ability to be able to live your dreams without fear and chase success bravely.*

*I thank all the contributors for sharing their stories with us, for I strongly believe that one woman's success can only help another realise theirs.*

*Best Wishes and Regards,*

*Mrs Sharmila Karve  
President NWWA (SR)*

## *The Editors Corner...*



*Nimisha Kapadia*

*Manasa Vasisht*

*2016 was a very satisfying year for NWWA(SR). Our calendar was chock-a-block with various activities and we strived to do our bit for our community and the society at large. Apart from welfare activities, medical camps, hosting foreign delegates and recreational visits, NWWA also took active part in the Navy Week celebrations and tried to spread cheer in orphanages and old age homes as well.*

*Making women self-dependent and giving them the courage to pursue their passions is the ultimate aim of an ideal society. Women empowerment is imperative for the growth of any society, because when women are empowered they can make the world a better place by complementing, contributing and creating a better tomorrow for everyone.*

*For this issue of Varuni we have compiled stories, experiences, ideas and accomplishments of our Naval ladies, because experiences teach and success inspires.*

*Our gratitude to all the contributors for sharing your stories and experiences and we look forward to your continued cooperation.*

*We are just a couple of months into the new year, so here's wishing all of you a happy and delightful 2017.*

*You can reach us at [sancharkochi@gmail.com](mailto:sancharkochi@gmail.com)*

*Nimisha and Manasa*

## *New NWWA Logo*



*The new NWWA Logo exemplifies the strength of unity which is the fulcrum that nurtures harmonious co-existence of Naval Ladies through selfless service to the Naval community. The changing face of modern society necessitates reaching out to all and forging strong bonds within this big Naval family.*

*The four symbolic ladies representing each region are seen emerging from the ocean, holding hands in unison ever so strong and victorious, against all odds. The waves depict sea-going nature of their husband's job and challenges it brings along. The anchor depicts the stability which a Naval wife provides to her better half and keeps him rooted at all times. The anchor has a 'W' entwined in it, depicting "Women" and all the associated virtues of women in being the wind beneath the wings of their husbands.*

*The phrase 'Reaching out' ... adages the much needed rallying point for the society today. We need to foster the spirit of reaching out – to your neighbour, to your community, to the Navy and finally, to your country. The new logo has the colours Red, Orange, Blue and White incorporated to symbolize the tributes of Strength, vision, valour, courage, trust and peace.*

## *Secretary's Report...*

### TARSH

Tarsh held an exhibition on the Oct 25, 2016 of their block printed products at NOI. Discounted products were also put on sale and the overall response was good. Tarsh also put up a stall at the Navy Mela.

### SURUCHI

Keyboard and guitar classes commenced in November by Mr. Thomas. Oil painting classes have also commenced for ladies.

### PRAGATI

The tailoring units in Naval Base and Varuna have 12 and 15 students respectively. Libraries used 'Navy Week' and 'Christmas' as an opportunity to celebrate with the children frequenting them. 'Christmas' was the theme for Varuna library and there were beautiful drawings with Santa Claus and X'mas trees drawn by the children. Naval Ships, Aircrafts and Submarines were the sketches done by the children at library.

The drawing events took place on Dec 23, 2016 and Jan 6, 2017 at Varuna and Naval Base library respectively

### ASHIRWAD

Senior citizens were taken on board INS Sutlej on Nov 15, 2016 as part of Navy Week celebrations. The senior citizens thoroughly enjoyed the visit and left the Ship, proud of the fact that their children are doing a meritorious service to the country.

### PRAKRITI

Lecture cum interactive session was conducted by the NGO called 'TEAM BODHINI' on Oct 27, 2016 at NCS, Kochi for students from class III onwards. The sessions were to bring about awareness on child abuse and online sexual harassment of women.

A visit to the Kerala Folklore Museum was organized for children above 06 yrs on Jan 21, 2017. The event received a good response with 80 enthusiastic children. At the Museum, they were briefed regarding the history, architecture and culture of Kerala

### ANEKTA MEIN EKTA

A Milan was hosted by NSRY, NIAT, MO (K) & INHS Sanjivani on Oct 5, 2016 in Sailors Institute, Naval Base Kochi. The theme for the Milan was 'Anekta Mein Ekta' and was attended by 200 ladies.

### BONDING

A Coffee Evening was hosted by INWT, Venduruthy, NAQAS, NIETT & Schools on Nov 22, 2016 in Naval Officers' Institute, Katari Bagh Kochi. The theme for coffee evening was 'Bonding' and was well attended.

### MILAN

A Milan was hosted by HQSNC, MES, Flotilla and NAY(K) on November 30, 2016 in Sailors Institute, Naval Base Kochi. It was attended by around 200 ladies.

### NWWA NITE

NWWA Nite 2016 was organised on Saturday, Jan 28, 2017. The President NWWA(SR) and committee members hosted this night for the officers in whites. The theme for the evening was 'Famous Jodis', where couples were encouraged to dress up as any famous Jodi. Some interesting jodis were Zail Singh and Indira Gandhi, Raj and Vidya from Shree 420, and even a couple from Shree 840.

## *Woman Empowerment - Mrs Aradhana Mahlawat*

When the door closes....somehow He opens the window' an adage I believe is true. Obstacles have now become a Sudoku adventure for me and each time I see them as opportunities to discover a beautiful new facet to myself. But a few years ago I was not anything like this. It has taken deliberate training of my attitude and mind and fortunately my profession is an added impetus.

25 years as a Reebok Certified Fitness trainer I have had such a shift in the way I deal with situations. Pushing physical limits required a lot of mental strength and focus; it taught me one has to work towards making ones own dream come true...this helps you to connect with yourself on a different plane! If I were to put myself in a set profile, I would miss out on meeting another side of myself.

Being a Naval officer's wife, it was my choice to balance home, work and community commitments. So I could not restrict my thought processes with stringent requirements; one has to allow a major ingredient called flexibility to seep in.

As connecting with people was my joy I had the brilliant opportunity to allow the calling to take over. I pursued my further studies to become a Corporate trainer. With encouragement from my family and exploring further in the years to come I was welcomed as a mentor and personality enhancement trainer in schools. Teacher training programmes and interaction with parents and experienced educators sent a ripple effect where I knew this was just the beginning of so much more in life. My journey had just begun!

Today as a retired Naval Officers wife, mother

of two teenagers, fitness instructor, motivational skills trainer and more I have learnt you cant be defeated if you don't give up! Every day brings in for everyone the same opportunities; it's the choices we make that shapes our life and our relationships.

It is well said you see the world as you are...the day comes to you but how you receive the day makes it a successful one. Attitude matters. Today when I am introduced as a trainer. I chuckle to myself "as of now" cause I do believe there's so much more to do and to out do myself *picture toh baaki hai mere dost!*

Life's one hell of a party and only YOU are the DJ so rock on...instead of counting every moment for something magical to happen, lets get up and make every moment magically count.... the time is NOW

Stay blessed  
Jai hind!



One of life's biggest dilemmas, a question often difficult to answer; is it family first or our career that we worked so hard to make? Should we amend our priorities? The answer to this has never been an easy one – or can I say, not until now! We live in this wonderful age where we don't need to choose anymore.

Taking advantage of being connected 24x7, women can now choose to work when and how long they want to with the help of flexi-working hours. Big corporates have adopted progressive HR policies as they have realised that to keep and nurture talented employees, it is imperative to provide them with an environment that promotes flexibility. Regular part time jobs are now passé; what's trending are spilt shifts, job sharing, ROWE (Results-only work environment) and compressed work-weeks.

Flexible working hours have innumerable advantages especially for working mothers. Attending your child's PTM or open house does not have to mean taking a day off from work. Flexi work hours let women choose their work timings as well as the duration they need to work. Based on a survey conducted in the United States, with working women as their target group, a whopping 77% choose flexible work timings as opposed to increased salary. This trend clearly reiterates the fact that women feel more satisfied when they are in control of their home, their children as well as their jobs.

Flexible working hours have proved to be a boon for corporates as well in more ways than one. The general morale of the employees is positive as is their commitment to their workplace, absenteeism is largely reduced, revenue costs have seen a considerable decrease

and most importantly employees can work at a time when they feel most refreshed. As in everything in life there is a bad side to every good side but in this scenario it is a win-win situation for the most part.

Multi-tasking has always been an attribute women excelled at. When you club that with solid time-management skills, it provides the perfect set-up where neither work nor the family needs to take a back seat. Indra Nooyi, CEO Pepsi Co.'s most often quoted quote is 'Women can't have it all'. While there is a lot to agree with what she says, the work environment today is far more connected, remote and accommodating than it was a decade ago. Thus giving working women, especially mothers a fair chance at not missing out on important family commitments.

So whether it is dropping your child off at school, picking up groceries, enjoying a session of yoga or waiting for the maid who is always late, you can comfortably deal with all this and a 5-8 hour work session all in one day! This may look daunting on paper, but plan your day well and there is nothing that can stop you from being the best mother/wife and the star employee at work. There is an abundance of interesting opportunities for all of us looking for work. If the fear of having to stay away from home is holding you back from picking up a job or pursuing your passion, talk to your potential employer about flexi-working hours and you are more likely than not to be pleasantly surprised.



## *Open Online Courses, A Boon for Military Wives –Dr Aditi Deshpande*

Ever dreamt of learning at Harvard, Oxford, Wharton or Cambridge? Especially now, married to a naval officer, you would never expect such an opportunity. But lo and behold, its already here and in fact been around for some time now!

Let's get introduced – briefly – to Massive Open Online Courses, shortened to 'MOOC'. Conceptually an alternate source of education aimed at achieving unlimited and unrestricted participation through open access on the internet, MOOCs have been gaining acceptance and popularity since 2012.

Online courses have the potential to transform education, by offering a new genre of outreach on cultural and scientific subjects. These courses deliver a series of lessons to a web browser or mobile device, so they can be conveniently accessed anytime, anywhere. An online course is designed as a built in environment for learning, together with other learners from around the world. Learning online is as easy and natural as chatting with a group of friends.

Upon registering for an MOOC, one gets to learn with the experts, meeting educators from top universities and cultural institutions online, who can share their knowledge and experiences through videos, articles, quizzes and discussions. The course content can be accessed on static or mobile devices, providing a completely independent and flexible learning process that can enhance skill and employability.

But where can one find online courses of choice, made by experts from around the world? The most popular portals offering mobile learning, along with academic and

technical support, are edX, Coursera, Futurelearn, Khan Academy, Udacity etc. (And this is just the tip of the iceberg!). Their websites hold out details about various courses, timeframes, fees (if any) etc. Courses are online and open to everyone, with durations from four weeks for minor courses, to much longer for degree courses. It is possible to objectively compare various providers and individual courses online, for making the correct choice. For now, let's steal a quick look at one of the leading provider.

Coursera: Founded in 2012 by two Stanford Computer Science professors, Daphne Koller and Andrew NG, for sharing their knowledge and skills with the world, with the aim of teaching more learners in a few months than they could have in an entire lifetime through classroom lectures. Today, Coursera offers high quality lectures and non-graded material without any fees. Paid courses include cost for the complete course experience, including graded assignments and certificates. Financial aid is also available for learners who qualify. Coursera provides universal access to the world's best education, partnering with top universities and organizations to offer these courses online. Every course is taught by the top teachers from the world's best institutions. Courses include recorded video lectures, auto-graded and peer-reviewed assignments, and community discussion forums. Qualifying candidates receive a sharable electronic Course Certificate. Coursera has 23 million registered users, more than all other (notable) MOOCs put together!



## *The Super Women Squad- Bhavishya*

All mothers are super woman. Nobody multi tasks like us better! Period! We have some women who juggle career and parenting and everything in between. And it's no small feat to carve out a life that balances all of your many needs and responsibilities.

Then we have this breed of work from home moms. It's having best of both the worlds. There are plenty of opportunities for moms to pursue their career from home. It makes you feel more balanced and fulfilled as well as less resentful of all the sacrifices you have to make working full time. And along comes all the benefits of it.

**You have more time for family.** Try finishing your work by the time kids get back home, so you have time for them.

**No traveling:** The big factor we consider before leaping with joy over an appointment letter. You don't have to travel any distance.

**More productive:** A peaceful mind is more productive as we carry no home worries. No colleagues to interrupt too.( Wink)

**Work at convenience:** You are your own boss. No punch in or punch out time. You get to prioritize your day and work at your will. Unless, you have a deadline to meet.

**Feel independent:** Go shopping! Or go saving! Do what you want and feel the weight of your wallet.

## *A Shot Story - Manasa Vasisht*

We eat with our eyes, literally. TLC, Master Chef, and a multitude of food shows have exposed us to a world where there is as much emphasis on visual appearance of food as on its taste. A really easy trick that will ensure a collective wow from your guests is serving food in shot glasses. First put a dollop of the serving sauce (mint chutney, hung curd, mayo, tomato ketchup...) into the shot glass and then place the appetizer, (a piece of chicken, paneer, or cut veges...), on top of it. This trick works like magic for desserts as well. There is no end to how creative you can get so here are some pictures for inspiration:



## *The Child Who Wanted to be a Mother - Devika Hari*

At the smooth cut of the umbilical cord,  
both of us cried the very same moment  
My mother from the pain of separation  
And me...fearing the world that lay in waiting!  
Greedily guzzling the milky nectar of life  
My mother's proud smile in my peripheral vision  
I just wanted one thing in my life!  
I wanted to become a mother!!  
I kept that secret safe in my heart  
Till my aunt asked me one day when I was four  
'What do you want to be come, my love?'  
I didn't hesitate even for a second and said,  
'I want to become a mother!'  
They laughed at me, all those beautiful girls  
My aunt, my sisters, and oh, my mother too!  
'Why of all things a mother?', they chorused  
'And you certainly cannot, my darling!'  
Hiding behind the pleated skirt my mother wore  
She held me close and kissed away my tears  
But I was adamant, I said  
'I want...I just want to become a mother'  
The first day at school, total disaster!  
The scowling teacher asked our future plans  
That dreaded question, but I still said aloud my dream  
The laughter was instant, the class went berserk  
Even the scowl gone for a second, she too smiled!  
I went to my father that evening, still brooding  
My hero, he was, my last resort! If I sought the moon  
He would get her gift-wrapped for me, I was sure!  
I told him, my words barely a whisper  
'Father, I want to become a mother'  
Lifting me to his lap, he hugged me close  
His evening stubble rough on my cheeks!  
He was smiling when he said,  
my mother hovering close, beaming with pleasure  
*"Yes Son, sure you can become a mother!  
Every being has a 'mother' within,  
the 'mother' that stabilises the world  
the 'mother' who keeps the world moving  
through unconditional love and compassion  
You too can become a mother one day  
Be sure...for, even I am a mother at times!"*  
.....as I look back, decades later  
My own children having arrived into this world  
Have I become a mother.. and how good a mother I am?

## "पूछ रही हूँ जमाने से" - Mrs Anupama Trivedi

पूछ रही हूँ जमाने से  
क्या माँ के आँचल से प्यारा,  
क्या है कुछ और भी प्यारा?  
माना जिसे हमने जमाने से न्यारा।  
प्रतिरूप है वो शक्ति का न्यारा।।  
न होती शक्तिरूपणी माँ और  
न होते इस जहाँ में हम।  
कोख में आते ही जिसके  
शुरू हो जाती वर्तमान स्थिति से जद्दोजहद जैसे,  
शुरू हो जाती है जीवन की होड तैसे  
जमाने से लड़ने की शक्ति है वो जुटाती।  
प्रसव पीड़ा से पहले ही, अन्य पीडाओं को है सहती।।  
नारी भ्रूण को बचाने लड़ पडती जमाने से जो नारी।

आम नही कोई वो नारी।।  
होती है वो ऐसी सशक्त माँ  
जो लडकर जमाने से।  
डाल देती है, आनेवाली पीढियों के लिए  
एक सशक्तिकरण की नींव भारी।।  
माँ तुझे हैं प्रणाम जो दिया तूने प्राण  
दिया तूने साथ ही सशक्त रह  
इस जमाने में जीने की शक्ति  
तभी तो पूछ रही हूँ जमाने से कि  
क्या माँ के आँचल से प्यारा,  
है क्या - कुछ और भी प्यारा।  
है क्या - कुछ और भी प्यारा।।

## शक्ति की परिकाष्ठा -नारी - Mrs Seema Jetly

शक्ति की परिकाष्ठा -नारी  
तूँ देवी है तूँ अंबिका  
तूँ शक्ति है तूँ चंडिका  
तूँ सर्वस्व है तूँ माँ भी है  
तूँ कर्मस्व है तूँ छाँ भी है  
वृथा, कथा, दया सभी  
तूँ अंतहीन सैलाब है  
तूँ श्रींगार का ताज है  
सुंदरता तुम्ही में समायी है  
तूँ लू की गर्मायी है  
तूँ बर्फ की ठंडायी है

पहाड़ पर्वत झुके सभी  
तेरे आगे रुके सभी  
उठ खुद को पहचान बस  
उठा आत्मविश्वास का जाम बस  
फिर क्या न रोक पाएगी  
प्रकृति झुक जाएगी  
कर्मयोगी बस कर्म कर  
न आज तूँ किसी से डर  
नारी है तूँ आजकी  
शक्ति इस समाज की  
शक्ति इस समाज की।



## *Strawberry cheese cake - Mrs Anupama Trivedi*

### **The crust**

125 gm diet biscuit  
60 gm butter  
1 tbs sugar powder

### **The jelly**

3 tbs strawberry crush  
1 packet strawberry jelly

### **The cheese cake**

3 cups hung curd  
1 tin condense milk  
1 t-spoon cardamom powder  
Pinch of saffron

### **Garnish**

Kiwi, strawberries  
Black grapes

### **Method:**

1. Crush biscuits , add melted butter and sugar. After mixing all three ingredients set it on the base of round mould and refrigerate it.
2. Make jelly as per the instructions on the packet. Mix strawberry crush while making jelly to get the natural flavor of strawberries and set the jelly mix on top of biscuit crust.
3. Mix hung curd, condensed milk, cardamom and saffron ensuring there are no lumps. Now pour this mixture into a bowl and cover it with an aluminum foil. Steam this cake mix in a double boiler for 15 minutes. Cool and unmold this on top of the biscuits and jelly crust.  
Garnish with slices of kiwi, strawberry and black grapes.



## *Go the Seed Way - Manasa Vasisht*

Seeds are one of nature's most concentrated sources of nutrition. They pack a punch with essential vitamins and minerals and they can be consumed in a variety of ways. Chia seeds are the super food everyone is talking about now, but apart from that there are a variety of seeds we can use in our daily diet. They can be consumed raw, roasted or sprouted and some of the most nutritious seeds we can find in the market today are sunflower seeds, pumpkin seeds, wheat germ, chia seeds, pomegranate, hemp seeds and sesame seeds.

A small portion of these super foods will go a long way in building immunity and leading a healthy life. So don't restrict seeds to an after thought, use them as an integral part of your diet and sit and let it work its magic.

# Glimpses - NWWA Activities (Oct 2017-Jan 2017)



## Glimpses - NWWA Activities (Oct 2017-Jan 2017)



## Glimpses - NWWA NITE



# Glimpses - NWWA NITE

