



Varuni

à new paradigms



STATION LONAVLA
AUGUST 2021



Mrs Gargie Rao, Mrs Sujata Mohanty, Mrs Pooja Rawal, Mrs Dhanya P



Mrs Chaitanya Srinivas, Mrs Sujata Mohanty, Mrs Pooja Rawal, Mrs Dhanya P



MESSAGE FROM PRESIDENT NWWA (SR)

As Buddha says, ‘ Our life is shaped by our mind, for we become what we think. ‘

While the last year has been a somewhat tough one for mankind, one does marvel at the fact that mankind has adapted itself to the new normal... letting go of the old and paving way for the new. Your mind is a powerful thing When you fill it with positive thoughts, your life will start to change.

I would say we have evolved in the process and hit a new high in terms of resilience and mental fortitude. Life begins at the end of your comfort zone and we have proven it. Adapting to the new normal, it was indeed heartening to see NWWA continue with its good work undeterred. Infact, at times it outdid itself by moulding itself to the requisite change and reaching out to the community and beyond.

Change is the only constant in life. Adapting ourselves to the new; breaking mental barriers and stereotypes are all symbolic of growth. Thomas Kuhn, an American philosopher of science said, “We see the world in our theories”

It’s time to see beyond the theories and bring about a new paradigm in life. I compliment NWWA Shivaji for this thought riveting topic, ‘A new paradigm’ for this edition of Varuni. It is time to think out of the box, implement your positive thoughts in your daily lives and bring about a change.

A change that will not have restricted mindsets and boundaries but a major shift in thinking that will upend and upskill the community and the society at large.

It gives me immense happiness to note how NWWA Shivaji relentlessly continues to set a higher benchmark and a new paradigm to ensure that relief and succor reaches everyone in the community and beyond.

(Continued)



It's a joy to see how several glass ceilings have been broken and great strides taken towards assimilating progress and freedom across socioeconomic boundaries. Donation drives for the labourers and networking with INS Shivaji and INHS Kasturi to ensure that the labourers are given their first dose of COVID 19 are indeed praiseworthy gestures. I also applaud the initiative taken to provide educational opportunities to the labourers' children in Balwadi and in arranging a special cultural evening with the tiny tots of Balwadi on the occasion of celebrating 75 years of India's independence.

Also, I would like to compliment team Arogya for stressing upon safety at home, who with the assistance of INHS Kasturi created and shared a video on 'Prevention of home accidents in children' making the families equipped with the knowledge of preventing, identifying and giving first aid treatment in such cases. Such efforts and initiatives exemplify the value of NWWA and are indeed commendable.

I feel humbled and honoured to be a part of NWWA that has ceaselessly endeavoured to spread positivity and happiness at all times. I am confident that NWWA Shivaji will continue to take great strides and grow from strength to strength.

As you raise your bar and set new standards, I am reminded of the quote by Jamie Paolinetti,

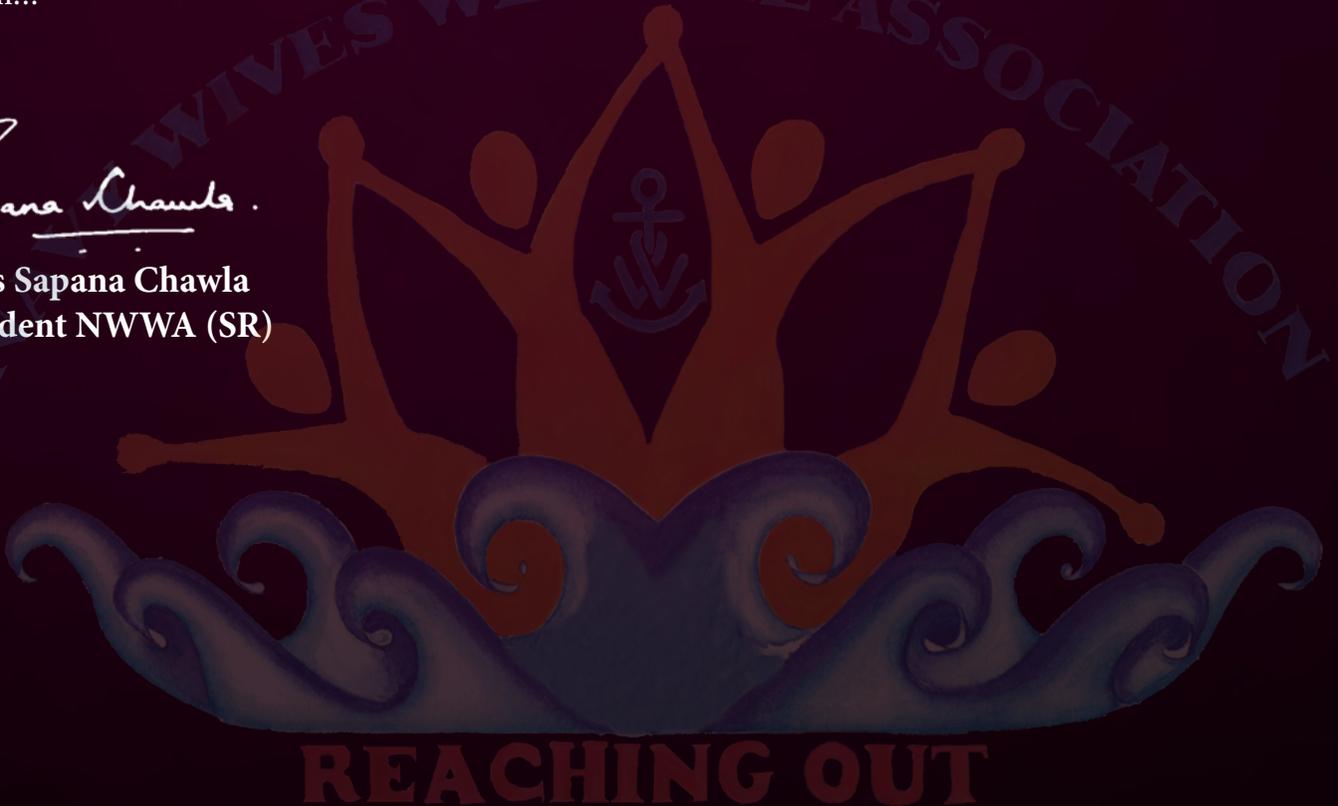
"Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless."

Fly high!!!



Sapana Chawla .

**Mrs Sapana Chawla
President NWWA (SR)**





Dear All,

NWWA Shivaji is an admirable fraternity of unique, talented, and dedicated women, who are committed to the welfare of the community through compassion and benevolence. Throughout the second wave, their efforts have played a pivotal role. It is therefore heart-warming to be writing this message for this issue of Varuni.

The ongoing pandemic has led us to a new-found appreciation for the little things in life. We are now looking at everyday joys that were once considered monotonous, with a fresh perspective. It has reminded us of just how much our community bonds mean to us. We must express our gratitude to the numerous gifts of nature and take extra care of our environment, our physical and emotional health in order to embrace a new way of life - **A New Paradigm.**

This issue of Varuni provides a glimpse of how we at NWWA Shivaji have tuned ourselves to the new norms.

Under the mentorship and guidance of multitalented president Southern Region Mrs Sapana Chawla, we are directing our efforts towards serving the community in the best possible manner. Mental health issues are a major concern, and we constantly try to create a friendly environment where diverse ideas and opinions can thrive.

It has been our endeavour to transit all the NWWA activities, skill development programs to a digital platform, in order to remain connected from the safety of our homes. I am proud to say that we have succeeded in doing so.

Balwadi classes for the underprivileged, NKG classes and tuition classes are being conducted online. Ladies, kids and trainees are involved in multiple engaging, entertaining activities including competitions to provide a platform allowing them to showcase their creativity and nourish their curiosity.

I am confident that NWWA Shivaji will continue to focus on the holistic wellbeing of fellow Shivajians.

I congratulate the editorial team and everyone who has been a part of this issue of Varuni. Wishing everyone happy healthy times ahead!

Mrs Pooja Rawal
President NWWA (Station Lonavala)

FROM THE EDITOR'S DESK

Dear All,

We bring to you the August 21 edition of Varuni themed 'A New Paradigm'. In a nutshell, this issue will highlight all the activities undertaken by NWWA and showcase the enthusiasm of our small community.

With much gusto, our blossoming sorority welcomed Mrs Pooja Rawal as the superseding NWWA President. Immediately on takeover, she undertook multiple welfare activities for the under privileged. Under her guidance, team NWWA organised donation drive for residents of labour camps and enrolled the labourers for first dose of vaccine amongst many such online drives and offline activities.

We also bid farewell to our then President NWWA, Station Lonavla, Mrs Meenal Seth and wished her good luck in all her future endeavours. She surely has left an indelible mark in our hearts and at NWWA, Station Lonavla.

Finally, on behalf of Team Sanchar, I express my heartfelt gratitude to all ladies of Team NWWA and children for having contributed such interesting articles for this issue. You make it all possible.

Firmly believing that the best ideas come from our beloved readers, we urge you to share your suggestions at varuniinsshivaji@gmail.com.

Sujata Mohanty

Cover page Design and concept by Mrs Pooja Rawal (President NWWA, Station Lonavla)

Covid 19 a global pandemic, countless tragedies!

Most often the caregivers at home and in the community are women. They stay grounded while they nurture lives. Here's saluting and celebrating these heroes!

More power to them!



COMMITTEE LIST NWWA STATION LONAVLA



PRESIDENT NWWA	MRS POOJA RAWAL
VICE PRESIDENT	MRS SUJATA MOHANTY
SECRETARY	MRS DHANYA P
TREASURER	MRS GARGIE RAO

COMMITTEE	GROUP CO-ORDINATOR	ACTIVITY CO-ORDINATOR
SAKHI	MRS POOJA RAWAL, PRESIDENT NWWA	
ARCHIVES	MRS YENDAMURI BHANUMATHI	
SANCHAR	MRS SUJATA MOHANTY	MRS CHAITANYA SRINIVAS, MRS DHANYA P
BALWADI	MRS SULEENA MANTHRAVADI	MRS ASTUTI JHA
PRAKRITI	MRS MANISHA CHANDRA	MRS HIMANSHI TARAGI
PRAGATI	MRS LEKHA ANAND	
KALA KENDRA	MRS SIJI SHIBU JOY	MRS SAYANTI MANDAL SAINI
SOUNDARYA	MRS HIMANI AHLAWAT	MRS SHILPA MISHRA, MRS VARTIKA SINGH
SPARSH	MRS VANDANA SHUKLA	MRS APARNA MADIPPEDI
ASHIRWAD	MRS ANJU SAHOTA	
SAMUDRI	MRS LEKHA ANAND	MRS YENDAMURI BHANUMATHI, MRS PALLAVI RANJEET DASARE, MRS AATIRA F ALEEM
AROGYA	MRS HUMAIRA NAZ	MRS BENU GUPTA
UDYOGIKA	MRS GARGIE RAO	MRS VARTIKA SINGH

PRAGATI MEMBERS
MRS POONAM SHARMA
MRS RAKHI DUTTA
MRS SAGARIKA BEHERA
MRS SINI SAI
MRS PRASEETHA SREEJITH
MRS SWATI CHAKRABORTY
MRS BIBIN SMITHIN

ACTIVITY REPORT

AROGYA



Awareness video on Menstrual Hygiene

Infections of Reproductive Tract (RTIs) are usually silent epidemics that devastate women's lives. Although there are diverse causes, several studies have demonstrated a strong and consistent association between poor menstrual hygiene practices and higher prevalence of lower RTIs.

Team Arogya, NWWA, Station Lonavla together with INHS Kasturi, also took part in their contribution to this noble awareness drive prepared an awareness video for educating all the ladies of the reproductive age group of the Station, including domestic helps.



Awareness Video on Prevention of Home Accidents in Children



Being a leading cause of preventable disabilities and death, home accidents among children should be comprehended on a serious note. It is this understanding which prompted Team Arogya, with the assistance of INHS Kasturi, to create and share an awareness video on "Prevention of Home accidents in Children". The ultimate goal is to make the families equipped with the knowledge of preventing, identifying and giving first aid treatments in such cases.

BALWADI

Awareness video on Covid -19

During summer vacation the teachers and coordinators of Balwadi created an awareness video on COVID 19. The teachers demonstrated the use of masks, washing and sanitation of hands and talked about the need for maintaining social distancing. They urged the parents and kids to remain safe by staying at home and not venturing out of their houses unnecessarily.



Monsoon Magic

Team Balwadi came up with innovative ideas of getting the kids of the Station occupied in some indoor activities while getting out their creativity. They shared a video on Monsoon Card Making and Monsoon Wall Decoration and then conducted an Art & Craft competition on Monsoon Magic for the children. All the winners were congratulated and felicitated by Mrs Pooja Rawal, President NWWA, Station Lonavala.



Distribution of Books

Education is the most powerful weapon to change the world. Keeping this in mind, NWWA promotes the social cause of basic education for all. The book distribution of the kids of Balwadi (LKG & UKG) for the academic year 2021–22 was done at Balwadi. From this year onwards, NKG books were introduced to Balwadi kids also. The whole event was done by Team Balwadi, following all the COVID protocols including social distancing.



Kids of Labour Camps are part of Balwadi

“The great aim of education is not knowledge but action”. The perception of this famous quote by Herbert Spencer led Team Balwadi to emerge into full swing, by extending the educational opportunities to two kids of residents from the labor camps near to the Station. When the whole educational system came to a standstill during the pandemic waves, NWWA, Station Lonavla whole heartedly supported those underprivileged and helpless parents. NKG books were distributed to them free of cost and necessary arrangements for attending online classes were also ensured.

Online Kargil Vijay Diwas Celebrations

Team Balwadi, NWWA, Station Lonavla is always in their high mode. On this occasion of Kargil Vijay Diwas, the tiny tots of Balwadi had a very interesting session. The teachers narrated the incident of Kargil war and described the valor of our soldiers as they battled the enemy to capture key peaks and points on the Himalayan ranges. The session concluded with the song "Aye mere watanke logon" adding to the patriotism of the little ones.



PRAGATI



Rakhi Making Competition

Rakhi or Raksha Bandhan has deep significance in our culture. It is a celebration of unconditional love and a promise of protection between two people usually siblings. Team Pragati organized an Eco-Friendly Rakhi making competition.



Online Cooking Competition

Team Pragati, NWWA, Station Lonavla organized 'Healthy Monsoon Munchies' an online cooking competition on healthy recipes, from 10 - 23 July. The talented lady chefs of Station Lonavla were asked to share recipes. The recipes were remarkably versatile and innovative. The winners were selected on the basis of the nutritional value, presentation and interest, love and dedication of the participant towards her recipe. Winners were felicitated during an interactive Milan 'Mann-Ki-Baat with Mrs Pooja Rawal.



Online Tuition Classes



The COVID 19 pandemic has had a major impact in our life, more so amongst the children, who have not seen their school in the last 18 months. This has the potential to impact the natural growth of the children because lack of school means no interaction with other kids. To reduce the impact, NWWA Lonavla has started tuitions in different subjects for children as an effort toward confined learning and to provide a feel of classroom instructions along with direct interaction with teachers.

International Youth Day

On the occasion of International Youth Day to keep the young spirits high Team Kala Kendra, NWWA organised an Online Solo Dance Competition between 04 - 09 Aug 21 of their own style and theme with pre-recorded videos. The event was open for all young minds above 15 years of age as dance captivates the youth almost anywhere and everywhere through the emotions in motion. The competition witnessed an enthusiastic response from among the young minds as we all know dance has no barriers and it is something that everyone can feel, everyone can understand and definitely something everyone can enjoy. The results were declared online on the International Youth Day, 12 Aug 21.



PRAKRITI



Online Competitions on World Environment Day

In relation to World Environment Day Celebrations, online competitions were conducted by Team Prakriti from 01 - 03 Jun 21, to spread awareness on Environment. The competitions held in various age group and categories as follows

1. **Little Angels of Nature** – For the cutest picture of kids < 5 years, on the theme “World Environment Day”
2. **Poster Making Competition** – For age group 6 to 15 years, on the theme “A genuine solution to all problems – Prakriti”
3. **Article writing in Hindi/ English** – In open category on the theme “Save Mother Earth from plastic waste during the ongoing pandemic”
4. **Fun with Papers** – Do it yourself activity on reusing papers for ladies of the Station.

Winners were felicitated by President NWWA, Station Lonavla with gifts and certificates of appreciation at Balwadi premises following proper COVID protocols.

World Photography Day

On the occasion of World Photography Day team Prakriti organised an online photography competition for all ages on the theme 'Monsoon Bliss'.



ARCHIVES

Team Archives collected various old and new archive worthy pics and made a collage, in order to prepare another picture board to the archives wall of Kala Kendra.



SAMUDRI

Summer Sale

A summer sale was conducted at Samudri from 23-29 May 21 with exciting offers on almost all the products. In view of the existing COVID scenario, only two customers were permitted inside the shop at a time. Also, other safety guidelines like proper sanitization of the hands before entry to the shops, wearing of masks all the time, maintaining social distancing, using contactless payment methods etc. were followed properly. The summer sale received a warm response from the people.



Handloom Day Sale

07 Aug 21 is observed as National Handloom Day to commemorate the Swadeshi Movement and to celebrate our country's rich fabrics and colourful weaves. In view of this, Team Samudri conducted a Handloom sale from August 06-08. The versatile collection of handloom sarees of Samudri captured good response from the ladies of the Station.

SOUNDARYA

Reopening of NSB parlour

The NSB parlour, which was non-functional for a while, was officially reopened with the appointment of Mrs Sagarika Behera as the new beautician. The parlour will now function on all Mondays and Fridays and all the services will be done on appointment basis following all the COVID protocols.



SPARSH

Donation Drive to Labour Camp

Team Sparsh, NWWA, Station Lonavla conducted a Donation drive on 30 Jul 21, for labourers and families residing at the labour camps just outside the base. These unsung people survive on scant resources in difficult circumstances and do back breaking labour to help us create and maintain our buildings, houses, roads and other infrastructure inside the base. Rations, masks, sanitizers, toys and other necessary items were collected and distributed.



ADIEU!!!

NWWA Station Lonavla bid farewell to Committee/Pragati members - Mrs Vijaya Luxmi, Mrs Nirmala Yadav, Mrs Reeta Chaturvedi, Mrs Sushma Charak, Mrs Ruchi Sharma, Mrs Aditi Pant, Mrs Rashmi Reddy, Mrs Lata Jani, Mrs Harman Singh, Mrs Parul Dalal, Mrs Bhagyashree Sangle, Mrs Ashee Gupta, Mrs Amisha Mathur, Lt Cdr H K Yadav (LO NWWA), Lt Bharat Khandpal (LO NWWA), SLt Perna Kumari (LO NWWA).

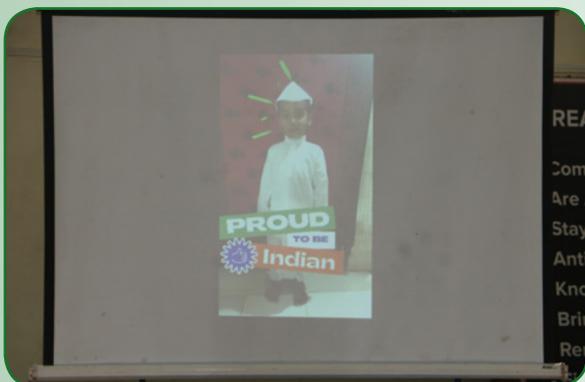
INDEPENDENCE DAY CELEBRATIONS



Balwadi school celebrated Independence Day with enthralling performances. Ms Bhumika was dressed as Bharat Mata and gave the opening speech which conveyed the importance of celebrations this year. Mast Tanwish presented a dance on a medley of patriotic songs and had the audience in awe with his moves. Ms Aishwarya recited a poem and Master Prayansh recited the song "Teri Mitti". Kids Pradnik, Shreyan, Ansh, Spandan and Shreesh who could not attend due to covid restriction sent recordings of various performances and photographs in costume which were compiled in to a video by Mrs Astuti Jha and played during the program.



Comde Arvind Rawal, Commanding Officer, INS Shivaji and Mrs Pooja Rawal, President NWWA, Station Lonavla graced the occasion and gave away gifts and certificates to all the participants. The venue was decorated with tricolour balloons and a beautiful rangoli of the map of India was made at the entrance by Team Balwadi. The entire NWWA committee of Station Lonavla witnessed the occasion.



INDEPENDENCE DAY CELEBRATIONS



Independence Day celebrations of Team NWWA, Station Lonavla was both entertaining and welfare oriented. The Domestic helps play a pivotal role in the life of a defence family. They continuously render their selfless help and support, especially during the times when the husband is away on duty and the lady has to manage everything all alone. As a gesture of appreciation for their help and support, for celebrating 75 years of India's independence, the kids of these domestic helps were invited to attend a cultural evening organized by the tiny tots of Balwadi. They were also given school kits and grocery.



MANN-KI-BAAT WITH MRS POOJA



Milan, " Mann Ki Baat with Mrs Pooja Rawal" was organized on 31 July 2021. The same was attended by the ladies of the base. Ladies had showcased their talents with a Fashion show, depicting the traditional drapes of various states of our country. Tambola and a spot quiz were also played. This was followed by an interactive session with Mrs Pooja Rawal, President NWWA, Station Lonavla and an inquisitive rapid-fire round. This engrossing session ended on a cheerful note with Ladies winning exciting prizes.



The Unsung Warriors - Our Backbone



Our able and very efficient Kendra Staff play a very vital role in all matters of NWWA and executing various events efficiently. Starting from a simple core committee meeting or VIP visits,, their contribution stands noteworthy and outstanding. Their exceptional contribution in the segregation process during the recent donation drive for the residents of labour camps near Shivaji, is an instance to their commitment levels. Currently we have 2 LMEs, 1 defence civilian and 1 helper to assist us in carrying out every day of NWWA Kendra efficiently, an E-Vehicle was gifted by the Station to NWWA. Since then, NWWA Station Lonavla is privileged to own its own E-Vehicle.



Welcoming Newly Weds

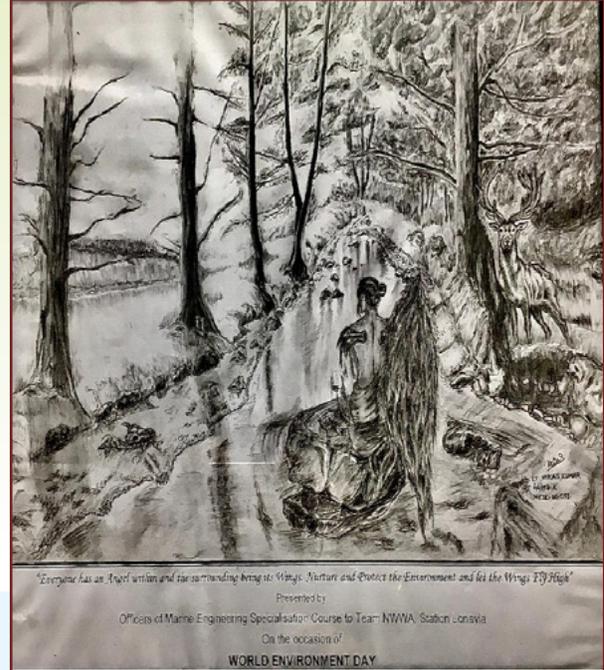
Indian Navy is well known for its legacy which they pass on to the younger generation from the time they are enrolled. This tradition was imbibed by NWWA too, by extending a cordial welcome to the newly-weds of the Station as soon as they arrive. This marks the gesture of holding them as a part of our family. An official welcoming for 3 newlywed ladies was done by President NWWA on 16 Jun 21 at NWWA Kendra, with planters and they were presented with the book "Welcome Young Lady". This was followed by a High tea.



Vaccination Drive for Labourers

As a result of the tedious efforts of Team NWWA, Station Lonavla, the residents of labourers were enrolled for receiving their vaccine against COVID 19. With the help and support from INS Shivaji and INHS Kasturi, first dose of Covaxine was given to all the residents of labour camps on 13th August.





World Environment Day Celebration

World Environment Day celebrations by NWWA, Station Lonavla started with a Tree Plantation Drive at Balwadi premises. President NWWA along with all the Committee members, Team Pragati members and Kendra Staff actively participated and contributed towards the 2021 theme of ecosystem restoration. Several saplings, mainly of fruit trees like jamun, mango tree, guava etc were planted in the Balwadi premises.

A small exhibition was conducted at NWWA Kendra where the MESOC officers showcased some crafts made using waste materials. They also presented a small painting to President NWWA, as a token of their affection and gratitude towards the NWWA community for supporting the Indian Navy. The felicitation ceremony for the winners of Article Writing Category (Trainee Officers), by President NWWA with certificates of appreciation, was also done during this time.



Commanding Officer rounds at NWWA Kendra



There was an official visit of the Commanding Officer, INS Shivaji, to NWWA Kendra, Udyogika & Soundarya. President NWWA along with core committee, LO NWWA & Staff Officer to CO was present for the same. The facilities of NWWA Kendra, Udyogika & Soundarya were shown. The visit was followed by High tea at President NWWA's Office.





Mrs Sapana Chawla, President NWWA, Southern Region in Aligned, Synchronised and Full Ahead Mode.

INTERNATIONAL YOGA DAY



Yoga is a physical, mental and spiritual practice originated in India. It embodies unity of mind and body and is a holistic approach to health and well-being. NWWA, Station Lonavla encouraged all the ladies and kids to do Yoga at their homes itself, in view of the current pandemic scenario. The main aim was to focus on the beneficial effects of Yoga especially in the prevailing unpredictable crisis of the conflict between body and its immunity power. The families were also encouraged to send their beautiful photos of Yoga poses.



DIGNITARIES IN OUR STATION

MRS MANJU NAITHAN'S VISIT



Mrs Manju Naithani, W/O Admiral Sandeep Naithani Chief of Materiel, visited Station Lonavla from 19-21 Aug 21. After a short visit to all the amenities of NWWA, Station Lonavla, a small interactive session with the Committee ladies was held at Pitstop.

Mrs Manju Naithani was ushered to an Onam themed ambience created by the floral decorations, flower carpets and the pooja set up by the committee ladies dancing to the tunes of Malayalam Onam songs. The traditional look of the ladies added to the charm of the event. The session officially began with the lighting of lamps followed by a journey to the usual way of Onam celebrations at God's own country. The interactive session continued for a while with the interesting discussions on the activities of NWWA and the imbibed spirit of festivals. It was followed by a Mini Sadhya which was much appreciated by Mrs Manju Naithani and the ladies.



MRS PRIYA PANDIT'S VISIT



ARTICLES

April 11, 2021 - That Moment of Elation and Saudade at Vigyan Bhavan, New Delhi



I could feel my heartbeat pounding fast. As it was time for the award ceremony, the silence of the hall made me a little uncomfortable. My memories went past to the International conference of AYUSH held two years before in that very same venue. I was in my first year of post-Graduation and had attended the event with my batch mates. Each and every moment of that day flashed in my memory.

The Vice president of India, Shri M. Venkaiah Naidu was the chief guest and Shripad Naik, the Minister of State (Independent Charge) for Ministry of AYUSH along with other dignitaries from the ministry of AYUSH, CCH and CCRH were also present. It was that year the first award for “Quality MD Dissertations in Homoeopathy” was announced and presented. The grandeur of the event, live coverage by all national media, receiving award from the President or Vice President or Health Minister, all these grabbed my imagination. I could still remem-

ber that it was from this very moment that I started fancying about me receiving this award. It just became my aim in no time.

“The award goes to Dr. Dhanya P”.

It took a few seconds for me to come back to that new reality of restrictions imposed by the pandemic. This year, very few people were permitted to attend it at the venue. All others were attending the conference virtually. There were no ministers or higher officials of ministry. There was little live media coverage.

As I slowly stepped on to the stage to receive the award, I could hear loud and continuous cheering from the front seats. It was my better half and our little one.

It was a moment of elation receiving the award and seeing their happy faces and thinking of my fulfilled aim, but a moment of saudade for the lost fancy imaginations and grandeur.

Dr. Dhanya P

PANDEMIC PARADISE



We are so obsessed with chasing our future that we have forgotten how to live and enjoy the present. Beauty lies in the eyes of the beholder.

I sat by my window and gazed at the world beyond it. At the drop of a hat, I saw a marigold flower which had bloomed to its fullest beauty. Have you ever been inquisitive enough to think about the way the mountains stand full of pride and confidence? The trees dancing to a mysterious natural tune. The winds whistling around as if trying to make me sing. This was the first time I saw a bird making its nest. None of us could ever give a competition to this little bird. This was the best form of nature's beauty I had ever witnessed.

When I ponder upon this pandemic period, I will indeed cherish the family time. It has given me an opportunity to spend quality time with my family. Some things I realized were that my little brother

has the potential of being creative at his best. Also, my knowledge of my parent's tales has exponentially increased. My parents are my pillar of strength and my brother is always the partner in crime.

With a slower pace comes an opportunity for discovery and grasping new opportunities. So, I experimented on playing a keyboard and realized that I can be really good at it with daily practice. I had my trial rounds at culinary skills too. Eureka! I cracked the secret ingredient in every delicacy which played a big role in yumilizing my dishes. I know you are trying to guess the ingredient, of course its love. I also started noticing the small things in life like germination of plants which till now I had only read in books. The whole process from bud to bloom was an eye-opener for me. I also experienced the fun and satisfaction of growing one's own produce. This pandemic had made me realize my many hidden talents and of course as the saying goes practice makes a man perfect, so I made the most of this time and spent my day honing my talents. Now when I look back, I feel that we are all so filled with our bucket list of unfulfilled desires that we never remember to count our blessings. It has also made me

“Yesterday is history, tomorrow is a mystery but today is a gift that's why we call it the present.”

realize that my wants necessities and thus teaching me the best lesson of how to live by my needs and curb my wants. To emphasize my point, I would like to quote Gandhiji: “The world has enough for everyone's need, but not enough for everyone's greed”.

It may sound very cliché but this lockdown period has turned out to be a pandemic paradise for me. We should all embrace the present and make the most of it as “You will never know the value of a moment until it becomes a memory.”

Miss Olvia Shibu Joy



PLASTIC WASTE AND ITS MANAGEMENT

The problem

• Although at first glance the restrictions on movement of people and transport during the pandemic has reduced the greenhouse gas emissions, It still remains a fact that the pandemic has made matters worse in that the increasing use of single use and disposable plastic.

With the need for safeguarding public health from the onslaught of COVID being the utmost priority, the protection of the environment remains a distant priority. Over time this shift in de-prioritising environmental protection and regeneration will have long term consequences on the ecosystems and the future generations of humans both of which are intrinsically linked.

• The current trend of increased amount of plastic debris will likely be aggravated by excessive use and consumption of single use plastic including protective gear such as PPE, gloves and masks and disposed hand sanitizer containers. Additionally, with newer medications, an increase in medical waste products including packaging, is likely to be seen in the near future

• Due to the highly contagious nature of SARS-CoV-2 virus, all hospital wastes are being classified as highly contagious and require incineration under high temperatures, followed by land-filling of residual waste. Uncontrolled incineration of medical waste, mostly made of plastic, contributes to the release of greenhouse gases and other dangerous compounds. Incorrect disposal of disposable gloves and masks have been a cause of littering in several public places.

• 79% of the plastic made in the world enters our land,

water and environment as waste and some of it also enters our bodies through the food chain. Only 9% of all plastic waste ever produced has been recycled. About 12% has been incinerated, while the rest 79% has accumulated in landfills, dumps or the natural environment.



• Plastic is mostly not marked according to segregation (PET, low density polyethylene, Polypropylene etc) thus making the task of recycling extremely difficult using the required industrial process.

• Many small and medium scale businesses are dependent on plastic. We use non biodegradable plastic in every household. Banning these will make them and their dependant businesses to go bankrupt.

Simple Steps to Promote Better Plastic Waste Management.

• Better understanding of the characteristics of the product, who can recycle, what can be recycled and how economical is the process.

• Segregation at source.

• Review of use of multi layered plastic.

• Incentivise recycling. E.g., Credits for plastic trading on online and offline platforms.

• **Single-use Plastic Ban.** Focus on tested biodegradable and compostable alternatives for plates, cutlery and cups. Rigorous segregation of waste along with the scaling up of recycling process of plastic

(Continued)

- **Finding Plastic Alternatives.** Although the world is making progress on finding alternatives to plastic, these alternatives need to be feasible, fast and easy to produce, affordable and should be adaptable to different industry needs.

- **Contribution of Industry.**

Industries like packaging, use plastic in heavy quantities like in plastic tape, wrappers, foam fillers containers etc. The industry needs to take its producer responsibility more seriously and focus on streamlining collection and recycling process of plastic waste. E-commerce industry, food delivery business use plastic items for packaging purposes. In this case plastic cannot be simply banned and there are no viable alternatives but these industries can be encouraged to use different strategies to reduce plastic footprints like reducing amount of air in plastic air filled bags etc.

Specific COVID 19 Related Strategies for Environmental Protection.

- Alternative means such as promotion of the use of reusable masks followed by those with disposable filters can be considered. During the pandemic, it is important to gather reliable information and accordingly segregate the waste in to that which can be recycled and reused after proper decontamination and then determine what goes for incineration and landfills. Appropriate disinfection technology including UV, ozone gas, chemical disinfectants if medical waste is not too high, may be an option. Decontamination of PPE, including face shields, surgical masks and

N95 respirators could be useful to maintain adequate supplies and promote environmental sustainability. Thus municipalities need to create responsible waste collection and treatment guidelines to apply during pandemic.

- It is important to create a long lasting synergy between scientific research and the solution by the government and also increase public awareness to promote sustainable behaviour. Scientists need to actively enable knowledgeable debates between politicians, producers and general public. Governments need to seek more efficient systems of plastic waste management along with strict laws and regulations for production, use and consumption of plastic products including incentives for recycling and redesigning.

- There is a need for creating effective communication strategy with decision makers in order to persuade people to change their behaviour, lifestyle and consumption patterns. Once established, the rising awareness should not be interrupted or reversed and cannot take a backseat in view of other priorities as it requires long term efforts to result in behavioural change. It is of utmost importance to recognise that human health is related to our environment and ecosystems. If humanity fails to respect this connection and continues to think of “today” instead of a “sustainable future”, there will not be a life-sustaining viable future on Planet Earth for our future generations.

Mrs Suleena Mantravadi





Plastic, a bane or a boon ?

Plastic products have played a significant role in protecting people during the COVID-19 pandemic. The widespread use of personal protective gear created a massive disruption in the supply chain and waste disposal system. Our streets, beaches and ocean have been hit by a tidal wave of COVID-19 waste including plastic face masks, gloves, hand sanitizer bottles and food packaging.

Increased environmental pollution during the pandemic

Globally, the world produces more than 400 million tonnes of plastic every year and the vast majority of plastic products are not recyclable. United Nations published a report estimating that 79% of plastic waste is thrown in landfills, dumps, or the environment, while about 12% is incinerated and only 9% recycled. In fact, 32% of packaging waste-which is estimated a 141 million tonnes- in 2018, leaked into the environment. All these statistics account for the discharge of plastic waste before the breakout of the pandemic.

These are the stats before the breakout of the pandemic in 2019. A sigh of relief was breathed when the quality of air and water started improving due to the curb in exhaust gases as well as unwanted discharges contaminating the water bodies. A 5 percent decrease in greenhouse gases was also noted. The same cannot be said about solid waste production. With the outbreak of COVID-19, the medical waste production in Wuhan, China boomed to 240 TPD (tonnes / day) from 40 TPD. Indian scenario wouldn't be any different since it has more COVID-19 cases than China.

Extent of the problem

More than 12 months after the World Health Organization (WHO) declared COVID19 a global pandemic, we're still dependent on those disposable blue "paper" masks. The world uses 129 billion per month, 3 million a minute, or 50,000 every second depending on how you frame it. Recognizing the fact that nearly all PPE is designed with nonrecyclable plastic, governments all over the world are aware it's going to pile up. Compounding the issue, plastic was created to last a long time.

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Conventional medical waste treatment method

Medical grade waste cannot be treated in the similar way as that of other plastic wastes. The most reliable and commonly used treatment process for health-care waste is pyrolytic incineration, also called controlled air incineration or double...chamber incineration. The main characteristics of pyrolytic incinerators, which may be especially designed for hospitals. Segregation is an important element in efficient healthcare waste management. By separating hazardous from non-hazardous waste one can dramatically reduce the volume of waste that requires specialized treatment. There are four basic processes involved in the treatment of healthcare waste: thermal, chemical, irradiative, and biological processes. The unfortunate reality worldwide is, however, that an enormous amount of healthcare waste, including waste generated as a result of our pandemic responses, is either mistreated with improperly maintained technologies, or not treated at all.

The advent of new technology

Even in this advent of stereotypical waste management processes there are a handful of companies and researchers that have come up with better degradation and recycling options.

Plastic laced pavement

Researchers from RMIT University in Australia proposed assimilating discarded masks into the building of roads. A two-lane, 0.62-mile stretch of this

plastic-laced pavement will use 3 million masks, keeping 93 tons of wearable type of polypropylene out of the landfill.

Plaxtil

A French company collected 70,000 masks last year, melding them into a new type of plastic called Plaxtil that can be made into visors and other products. The Venetian casino in Las Vegas pledged to recycle its employees' masks into plastic decking and railroad ties. These methods told come in handy for the masks which are used and have to be disposed.

Biodegradable mask

A Dutch design firm came up with a different approach by manufacturing a not so typically used type of mask which will in turn replace the commonly used blues. Each of them is worth pursuing, but when possible, the best course of action may be avoiding those classic blues altogether. Highlighting one ingenious idea, a Dutch design firm is behind a biodegradable mask intended to be planted in the ground once discarded. Once buried, seeds embedded in the covering will sprout flowers.

Conclusion

Just like COVID-19, our waste, plastic, and PPE pandemics cannot be solved overnight. But knowing how to pivot to sustainability, responsibly dispose of waste, and recycle as much as humanly possible is half the battle.

SLt Cyril John (44294T)



Hamare Rasoi Se

Rava Appe

Ingredients

- Rava – Fine Rava or semolina roasted until aromatic
- Vegetables – Any vegetables you prefer. Here I have added only carrots
- Curd and Enos Fruit Salt– To make Appe soft and fluffy
- Other Ingredients – Oil, mustard seeds, cumin seeds, chana dal, hing, curry leaves, ginger, green chili, dry red chili, and cashew nuts

Method

Heat vegetable oil in a pan. Add mustard seeds, cumin seeds and chana dal. After frying for a few seconds, add hing, curry leaves, ginger, green chili, dry red chili and cashew. When the cashew turns slightly brown, add roasted rava to the pan and switch off the gas. Once cold, add curd, carrot and water to make idli like batter consistency. Cover the batter and keep aside for 15 minutes. Also add salt, Eno Fruit Salt, and give it a mix.

Heat an appe pan and after applying oil, pour the batter. Cover the pan and let the appe cook until nicely browned from the bottom. Flip and cook from the other side as well. Remove from pan and serve hot.



Mrs Rakhi Dutta

Sukhiyan

Ingredients

- Greengram - 1 cup
- Jaggery - 1/2 cup
- Rice flour
- Turmeric powder - A pinch
- Cardamom powder - 1/4 tsp
- Salt - A pinch
- Oil for frying
- Maida - 3/4 cup
- Grated coconut - 1/2 cup

Method

Soak the green gram for 2-3 hours and cook green gram with enough water. Drain well and set aside. Make sure that the green gram should not be overcooked.

In a bowl, add boiled green gram, jaggery and cardamom powder and mix them well. In a mixing bowl add rice flour, turmeric powder and little water to create a smooth slightly thick paste.

Heat oil in a pan. Dip the round shaped green gram filling into the rice flour batter and fry them in the hot oil. After 6,7 minutes flip it to the other side. Once it is evenly cooked, serve it.



Mrs Bibin Smithin



Veg Spring rolls

Ingredients

For dough

- 2 cup flour
- 1 tbsp Oil
- Salt
- Carrom seed

For stuffing

- Two big sized potatoes
- Half cup onion
- Half cup carrot
- Half cup green peas
- Half cup capsicum
- Small amount of ginger and garlic
- One big spoon of corn starch
- Turmeric powder
- Salt
- Cumin seeds
- Coriander powder
- Green chilli
- Amchur powder
- Garam masala
- Coriander leaves

Method

For dough - Knead 2 cup flour with 1 big spoon of oil and sufficient amount of water. Add salt and small amount of carrom seeds and keep the dough untouched for 10 mins.

For stuffing- Properly boil the potatoes and mash them. In a hot pan with 2 big spoon of oil, add cumin seeds, onion, ginger, garlic, turmeric powder, coriander powder, and after 2 min of properly cooking of the spices, add all the vegetables and fry. Now add the mashed potatoes and mix them properly. Add garam masala, amchur powder and coriander leaves and cook for 2 mins. Your filling is ready.

For rolls - Take handful amount of the dough and make it into small balls. Add little amount of the prepared filling and wrap into a semicircular form. Now make cuts from the bottom and criss-cross them into desirable form. In a hot pan, add sufficient amount of oil and deep fry the rolls till it gets golden brown. Enjoy them with coriander chutney, tomato sauce, mayonnaise etc as per your flavour.



Mrs Sagarika Behera



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“Coming together is the beginning, staying together is progress, working together is success.”

HENRY FORD



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