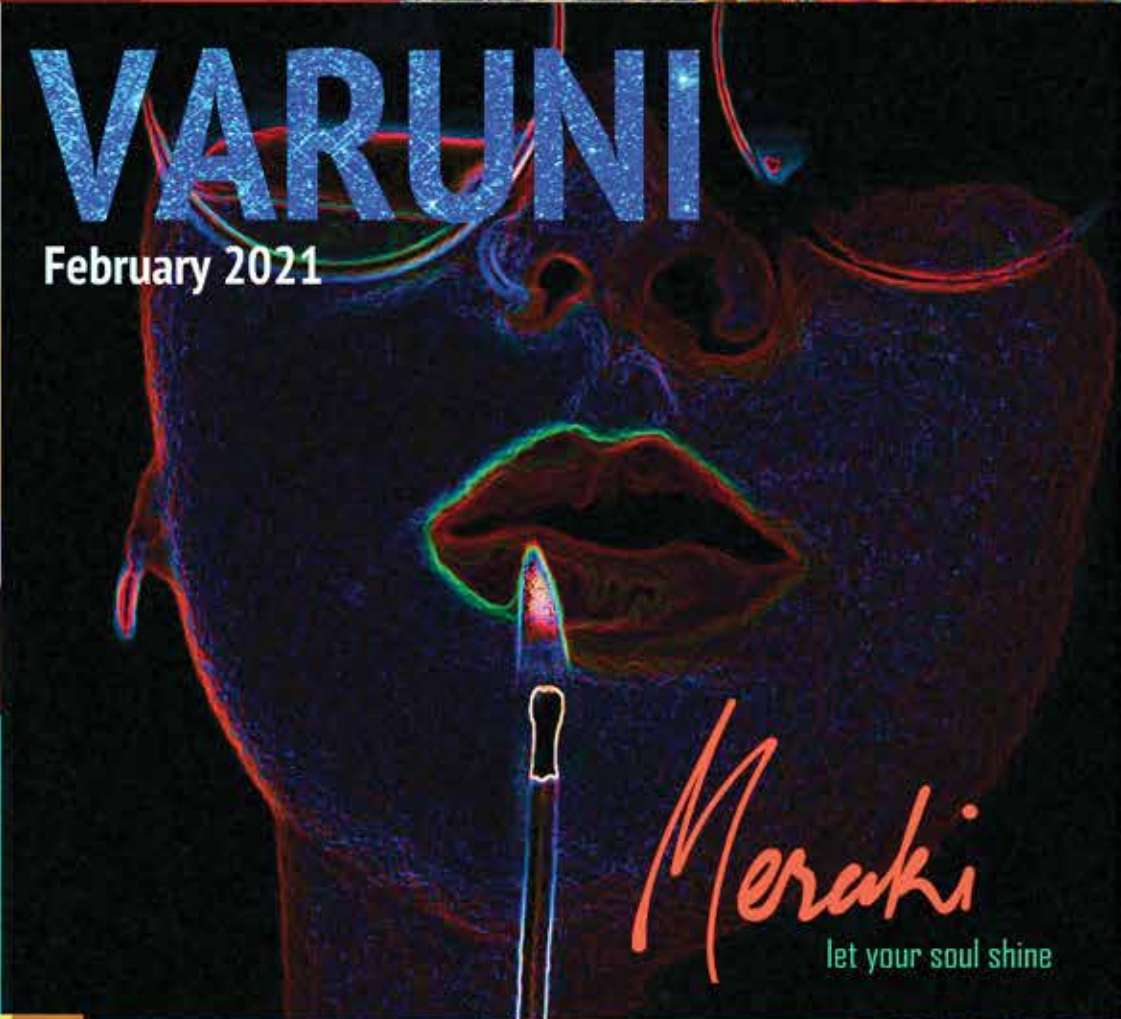




VARUNI

February 2021



NWWA Station Lonavla

CORE COMMITTEE

Mrs Harman Singh, Mrs Meenal Seth, Mrs Sujata Mohanty, Mrs Gargie Rao.



MESSAGE FROM PRESIDENT NWWA (SR)

“Where the mind is without fear and the head is held high
Where knowledge is free,
Where the world has not been broken up into fragments
By narrow domestic walls.”

Rabindranath Tagore’s poetry convicts us to live life abundantly and fearlessly. Life is a journey...dream of. There will be rough terrain, road blocks and all. While your eyes are fixed on your destination enjoy the life lessons learnt during the course of highs and lows, as your personal growth becomes a milestone in itself. We should all strive to enjoy this odyssey by being active, positive, caring and optimistic. While we look forward to an enriching 2021, I am proud to highlight the spectacular milestones that are like a constellation of stars dotting the skyline of year 2020. Two Naval children won the prestigious *Pradhan Mantri Rashtriya Bal Puraskar Award*, the SNC was awarded the prestigious Golden Peacock Environment Management Award for its relentless attention and heartfelt care for the environment and we celebrated the *Swarnim Vijay Varsh* – the 50th Anniversary of our incredible victory in the 1971 War with NWWA [SR] helped conceive and collate ideas and collaborated with children of NCS, Kochi to create an outstanding musical tribute. The musical video, featured a powerful rendition of the patriotic song *TERI MITTI*, and was extensively lauded for its conceptualisation and finesse in production. This video celebrating the 1971 Indo-Pak War *Swarnim Vijay Varsh* received many accolades and won praise across the nation and globally. Highlighting our unity in diversity this musical production reverberates with the power of community in action.

At this juncture I must laud the leadership and the milestone achievements notched by NWWA Shivaji. You have been outstanding with your creativity raising the bench mark for one and all. True to the theme you have chosen for this newsletter, ‘MERAKI’ a Greek work that alludes to the impactful mark an individual leaves imparting an indelible unique imprint, NWWA Shivaji has achieved just that. *Shhhhh....library 410402* inaugurated in September 2020 it has found its way to the heart of every one who loves books. I understand that it is well stocked with over 600 books categorised for all age groups and has been the centre for story telling sessions for our youngers readers and in general sparking a keen interest in the community to get back to reading. Conceptualised by Mrs Meenal Seth *Café Coffeelicious* is also another amazing project that I was honoured to e-inaugurate on 15th Oct 2020. It is a vibrant, youthful cafe with contemporary decor. *Cafe Coffeelicious* also provides a fantastic platform for the culinary crusaders of Sugar ‘n’ Spice to sell their home-cooked food items. It’s very inspiring to see and appreciate how seamlessly the café and the Samudri outlet have created a win-win situation by working in tandem to maximise in reaching out to the community to serve well and in unison. I also had the privilege to inaugurate NWWA music and dance studio *Razz-Ma-Tazz and All That Jazz*. This Studio has a band and musical instruments like keyboard, clapboard and guitars and this facility is also used to conduct dance/Zumba classes for ladies and children. It was my pleasure to release a cookbook on 04 Feb 21 titled *Kahani Kitchen Kitchen Ki*. This book includes a number of recipes by Shivaji community and showcases their culinary skills. Such creative and winsome projects are precious milestones that define the role and purpose of NWWA.

I must acknowledge the splendid efforts of all sub-units of NWWA (SR) across all Stations, NWWA Kendras focused on one single aspect – ‘What could we do to help our community’, and that is a very powerful action-oriented thought. To put on record, a few milestone achievements that I wish to highlight from Kochi include the tireless efforts of Sparsh who reached out to several needy orphanages in Kochi and offered them much needed succour by providing financial much needed succour by providing financial assistance, health drinks, groceries and clothing for the inmates. Tarsh worked cohesively and passion-

ately to relocate our Tarsh block printing workshop from Rameshwaram, to the Naval Base in order to provide better infrastructure and to facilitate greater involvement of NWWA staff. A trendy and attractive Tarsh studio at Naval Base is being designed and will be located alongside the TARSH workshop. This trendy spacious studio replete with stylish décor is all set for inauguration in mid-February. Our creative inhouse designers who are all navy wives continue to create beautiful, classy, exquisite, designer wear. The studio will provide easy access for the community to take appointments for personalised signature ensemble of saris, stoles and accessories with the signature TARSH label. To augment the health and fitness quotient of our community, an open gymnasium was inaugurated on 10th February 2021 at SMA Rameswaram for the benefit of all sailors' families living there. We have also envisaged creating tuition rooms for the wards of our domestic help in Katari Bagh as a social initiative.

During the unprecedented times that shut down the world at large, it opened doors of introspection to our daily life. I mused upon the word "COVID" and saw hidden a deeper message and lesson. I take this opportunity to share the acronym with you, which I coined-

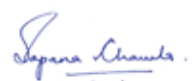
I believe this challenging time has afforded us to look deeper within and discover

- C- The **CORE** of ourselves to
- O- **OBSERVE** ourself in order to adopt course correction
- V- **VALUE** everything you have and live with right virtues
- I- **INTEGRATE** and assimilate what you have
- D- **DECONGEST** your mind .

NWWA has negotiated the unprecedented COVID times with a positive attitude. We remained focused and alive to the needs of the command and our community. I am certain that the journey that NWWA covered in 2020 and will continue to progress in 2021 will be replete with inspiring, innovative and resourceful actions. Let us all take heed that teamwork and diligence will help us achieve wonders and never permit any adversity to triumph over us. Life, after all, is a journey and it is my cherished belief that we should keep taking positive steps in this journey to improve and build a better tomorrow. I quote Agnetha Fältskog (ABBA member) who alluded to this journey and said...

"My path has not been determined. I shall have many more experiences and pass many more milestones"

Let us therefore continue our journey and resolve to make meaningful contributions to our community ...each a precious milestone like a star-studded clear night sky. I end by wishing the spirited NWWA Shivaji community the very best for a happy, healthy and fulfilling 2021.



Mrs Sapana Chawla
President NWWA
(Southern Region)



Dear readers,

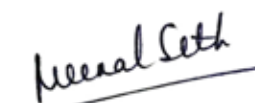
Amidst all the paraphernalia associated with the multitude of activities and events that make up a NWWA calendar, there is always a centered focal point which gives essence and sublimity to all our tasks. The impetus behind every NWWA initiative is empowerment and happiness of the ladies involved and of our naval community. I feel, we at Station Lonavla have been successful in achieving our goal in every activity we have conducted so far.

The vaccination drive at Station Lonavla might just be most poetically described as *komorebi*, that tantalizing feeling one gets as one sees the rays of the sun dancing through the leaves of a tree. The year 2021 is the year of hope, of restoration, of revivification but NWWA Station Lonavla left no stone unturned in 2020 to conduct all the events with care, compassion and positivity. Inauguration of up-to-date facilities such as *Café Coffeelicious*, *Shhh...Library 410402*, NSB parlour, *Razz-Ma-Tazz* and *All That Jazz* Music and Dance Studio, and refurbishing the NWWA Kendra and Samudri Shop reflect the exemplary spirit and grit of Team NWWA. During lockdown, while cooking was on everyone's mind, we transformed it into an opportunity and compiled a NWWA Community Cookbook *Kahani Kitchen Kitchen Kitchen Ki* which will serve as a testimony to these testing times for generations to come. The cookbook will remain a cherished souvenir for all the contributors of wonderful recipes and a handy culinary companion to not only naval wives but also husbands.

I also take this opportunity to bid goodbye to all the ladies of the station, NWWA staff members and the families of the base as my tenure as NWWA President, Station Lonavla comes to an end. It has been an unforgettable time at INS Shivaji. More than leading I have followed my conscience; more than guiding others I have steered my energies towards *arête*; rather than commanding I have heeded my values for the happiness and upliftment of the naval community. I shall remain forever grateful to the Almighty, to my guide and mentor, Mrs Sapana Chawla, President NWWA (SR), to the ladies and to the base itself for helping us realize our dreams!

I feel great joy as we release the February edition of *Varuni*, 2021. This newsletter is a treasured memorabilia for the ladies of Station Lonavla as they with terrific enthusiasm, motivation and sincerity put in their heart and soul into the making of our noteworthy NWWA calendar and it will definitely be a delight to our readers.

When the time came to define our accomplishments and name this edition, the English language, it seemed to us, fell short of words! After deliberating upon a suitable title for a considerable amount of time, we drew the line on *Meraki!* A beautiful, modern Greek word, derived from the Turkish 'Merak' (labour of love), Meraki implies the infusion of one's soul, creativity and passion into what one is doing so much so that one puts something of one's self into it. It is with such love and undivided attention that we have been working that *Code Meraki* is now the unproclaimed code of conduct for Team NWWA, Station Lonavla.



Mrs Meenal Seth
President NWWA
(Station Lonavla)

Indomitable spirit is all what it takes to make the world a beautiful place. Having weathered and won over the woes of pandemic, Station Lonavla is back in its full majesty and splendour. NWWA, Station Lonavla has been an instrument of change, infusing splendid freshness and rejuvenating the spirit of the Station under testing times. Through perseverance and dedication, ladies of the Station have emerged victorious through soulful creativity and immersive involvement truly justifying our theme **Meraki**, *let your soul shine*.

Mrs Meenal Seth, President NWWA Station Lonavla led from the front 13 Committees along with Pragati members to bring about major infrastructural changes and institutionalised various programs for the betterment of the community.

Prominent facilities like *Razz-Ma-Taz and All That Jazz* Dance and Music Studio, Soundarya - the beauty parlour at NSB and *Shhh.... Library 410402* have added fresh hues to the Station. Likewise, a new office space has been created, aptly named **सतत्य**, signifying continuous, consistent and compassionate perseverance of all NWWA Presidents. A hub of happiness spun around the cup of coffee – *Café Coffeelicious*, a new activity room with a decor based on the theme of Warli tribal art was also created to enhance the beauty of the Kendra. The NWWA Community Cookbook, *Kahani Kitchen Kitchen Ki* is a truly wonderful naval cookbook that brings to our tables diverse recipes from all over the country.

With great sense of pride I would like to put it on record that Mrs Meenal Seth, President NWWA, Station Lonavla was awarded the *Certificate of Excellence* by Mrs Sapna Chawla, President NWWA, SR, in recognition of continuing excellence in all her endeavours. In addition, Mrs Harman Singh, NWWA Secretary, Station Lonavla was with awarded *Young Achiever's Award* by Mrs Sapana Chawla and Mrs Gargie Rao, NWWA Treasurer, Station Lonavla received a certificate in recognition of her efforts from Mrs Meenal Seth.

Through such selfless involvement and dedication, NWWA Station Lonavla has successfully turned a new leaf of resounding excellence with equal pinch of elegance and panache. The present edition of Varuni is thus a toast to the unwavering spirit of the naval women, who have let their soul shine and have prevailed upon all that has come their way.

On behalf of Team Sanchar, I want to express my heartfelt gratitude to all the ladies of Station Lonavla for their dedication in making community living so beautiful.

Mrs Sujata Mohanty



TEAM SANCHAR

Mrs Amisha Mathur, Mrs Meenal Seth, Mrs Sujata Mohanty, Mrs Venkata Chaitanya.



NWWA STATION LONAVLA

PRESIDENT NWWA	MRS MEENAL SETH
VICE PRESIDENT	MRS SUJATA MOHANTY
SECRETARY	MRS HARMAN SINGH
TREASURER- KENDRA & VASTRALAYA	MRS GARGIE RAO

S NO	COMMITTEE	GROUP CO-ORDINATOR	ACTIVITY CO-ORDINATOR
1	SAKHI	MRS MEENAL SETH, PRESIDENT NWWA	
2	ARCHIVES	MRS HARMAN SINGH	
3	SANCHAR	MRS SUJATA MOHANTY	MRS VENKATA CHAITANYA MRS AMISHA MATHUR
4	BALWADI	MRS SULEENA MANTRAVADI	MRS RASHMI REDDY MRS BHAGYASHREE SANGALE
5	PRAKRITI	MRS MANISHA CHANDRA	MRS HIMANSHI TARAGI
6	PRAGATI	MRS ADITI PANT	
7	KALA KENDRA	MRS ADITI PANT	MRS SIJI SHIBU JOY MRS DHANYA JITIN
8	SOUNDARYA	MRS PARUL DALAL	MRS ASTUTI JHA
9	SPARSH	MRS VANDANA SHUKLA	MRS APARNA MADIPEDDI
10	ASHIRWAD	MRS ANJU SAHOTA	
11	SAMUDRI	MRS LEKHA ANAND	MRS YENDAMURI BHANUMATHI MRS ASHEE GUPTA
12	AROGYA	MRS HUMAIRA NAZ	MRS LATA JANI
13	UDYOGIKA	MRS GARGIE RAO	MRS VARTIKA SINGH

PRAGATI MEMBERS

- MRS VIJYAI LUXMI
- MRS NIRMALA YADAV
- MRS REETA CHATURVEDI
- MRS SUSHMA CHARAK
- MRS RUCHI SHARMA

NWWA Station Lonavla bid farewell to LO NWWA, Lt Cdr Sathish Kumar, Mrs Supreet Kaur, Mrs Akshata Mithare, Mrs Ranjeeta Singh, Mrs Kamlesh Yadav, Mrs Jyotsana Sharma, Mrs Ramita Singh, Mrs Geeta Goswami and Mrs Susheela Bhati.

AROGYA

Team Arogya, NWWA Station Lonavla along with INHS Kasturi conducted a health check-up camp for domestic helpers on 18th August 2020. Mrs Meenal Seth, President NWWA, Station Lonavla graced the event as Chief Guest. Among various topics covered, COVID-19 awareness and prevention, maintaining health and hygiene, domestic violence and first aid kit usage were noteworthy. The event culminated with distribution of First Aid Kits and complete body checkups along with issuance of Health Card.



The children of Balwadi celebrated Republic Day with gusto. Mrs Sayali Salvi spoke about the importance of the Indian Constitution. It was followed by flag hoisting ceremony and national anthem. Mrs Bhagyashree Sangle narrated the inspiring life story of Dr Ambedkar. The students joined the teacher for the song nanha munha raahi hu. The entire programme was streamed live from the Balwadi premises to the students.

BALWADI



Balwadi celebrated Children's Day with a beautiful cultural programme. The show commenced with dance performances by Ms Shraddha and Ms Anvi and culminated with various poetic recitals by the children of Balwadi. Mrs Meenal Seth conferred the prizes for Story Telling competition for LKG and UKG classes and distributed gifts to the children.

PRAGATI

Several ladies at INS Shivaji created their own Ganpati Bappa at their homes on the occasion on Ganesh Chaturthi and shared videos and pictures of the celebrations. Selected winners were awarded by Mrs Meenal Seth.



REPORT

ACTIVITY

ARCHIVES

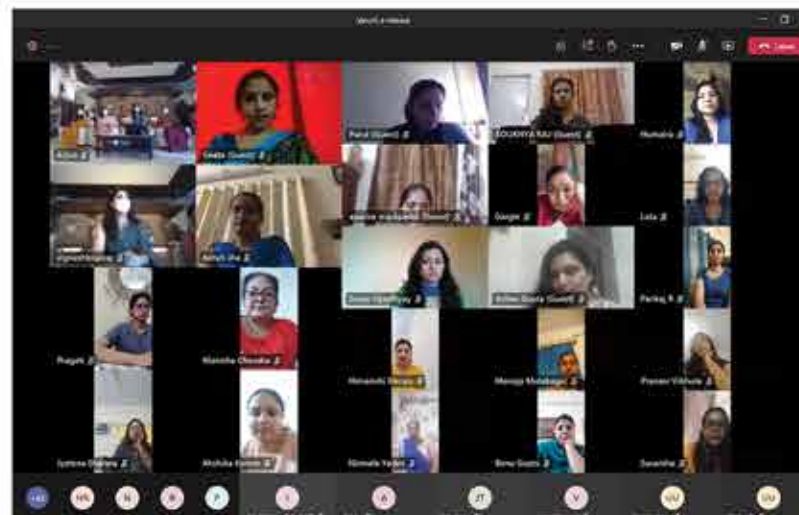
A report including archive worthy activities of Station Lonavla was sent to archives team of SR in September 2020 to be included in a coffee table book.



To break the monotony of lockdown, an online Rangoli competition was organised by the Welfare Committee of NWWA on 14th November, 2020 on the auspicious occasion of Diwali. The competition saw enthusiastic participation so much so that Diwali turned out to be not just the festival of lights but also of colours. All the winners were congratulated and felicitated by Mrs Meenal Seth.

SANCHAR

Team Sanchar, NWWA, INS Shivaji released the August e-edition of Varuni and aptly titled Covid Blues to Colourful Hues on 31 Aug 2020. This edition covered an era the memories of which would remain etched in our minds forever. This edition was not just a compendium of tasks accomplished in last six months, but also a joyous celebration of NWWA's zeal through a colourful collection of voluntary deeds.



On the occasion of Hariyaali Teej, ladies adorn leheriya sarees and make intricate mehendi designs. Team Pragati organised a mehendi competition wherein exuberant ladies clicked pictures of their henna clad palms. Entries were judged by Mrs Meenal Seth and the winners were awarded with prizes.



Varuni E-Release



Samudri

At Station Lonavla, Samudri is more than just a shop; it is an outlet that brings together famous artwork from all across the country under a single umbrella for benefit of the Naval community. Samudri is presently being both restocked and refurbished with the desire to make it more inclusive for all members of the community and not just the ladies. All trainees and male members are also intended to benefit from the new range of products being sold at Samudri. New stocks include sarees from Bengal weavers; suits, jackets, shirts and jutis from Jaipur; Khurja pottery, plates, cups etc; bags, tote bags, overnighters, cotton bedcovers in indigo, readymade 2 pcs and 3 pcs suits; shirts, kurtis, Bhagalpuri silks and Jamdani sarees.



Samudri has introduced gift vouchers of different denominations for gifting on various occasions. A voucher may be presented to a family and it can be redeemed at the shop within the given timeline.



PRAKRITI

Dhanteras, a festival for worship of Lord Dhanvantari is widely celebrated as a day to invest in gold. However, this year at NWWA, Station Lonavla, this festival was celebrated in its true sense by initiating an awareness campaign among ladies towards their health as Lord Dhanvantari is also considered to be the vaidya (doctor) of Gods. Half of the women populace in India suffer from iron deficiency due to imbalanced diet. This Dhanteras, the Prakriti group of Station Lonavla took a pledge to invest not only in their health but also the masses by compiling an awareness video on prevalent anemia and means to cure it through easily available food staples.



KALA KENDRA

Kala Kendra committee of NWWA Station Lonavla organised a free online **Zentangle** workshop for the ladies and children of the Station. Zentangle, a relaxing art form made by drawing structured patterns called 'tangles' by use of dots, lines and simple curves provides stress and anxiety relief. The workshop was conducted by Mrs Manisha Pawar of Akriti Art Academy, Pune and witnessed overwhelming participation by ladies.



Cake Baking at NSB



NWWA has commenced **tuition classes** for the benefit of students of classes 1st to 5th. The classes began on 6th January 2021. These classes also help them build a bond with each other especially in absence of physical schooling during pandemic. Additionally, various extracurricular activities are also conducted for the students.



On 1st December 2020, an **entertainment evening** was organised by the Pragati and Ashirwad committees of NWWA for the senior citizens of the station. The event was streamed online as well to ensure wider participation. The program included songs, dances, bhajan mandali performances and a quiz. Prize distribution and felicitation of all attendees with gift bags of assorted fresh and dry fruits by Mrs Meenal Seth marked the culmination of the event.



A **walk in nature** walks the soul back home! This pandemic had its effects in many forms over the human body and mind. As nothing heals better than nature, Team Prakriti organized a nature walk on 12th Dec 2020. The tryst with nature involved 3 km of trekking in wilderness covering several scenic stops and water streams. On completion of the trek, a quiz was organized for kids across all age groups. On the spot prizes were distributed by Mrs Meenal Seth. Both educative and entertaining, the trek ended with a sumptuous breakfast.



On the eve of heavenly rendezvous of Saturn and Venus, Team Prakriti conducted a star gazing event named **Christmas Star** on 22nd December at WTC. The twinkling youngsters of Shivaji witnessed Jupiter and Saturn having a tête-à-tête post 400 years. It was a mesmerising experience to see the Saturn rings and Jupiter moons in this divine conjunction just after sunset

With waning year comes Christmas, a festival of happiness and giving. To bring joy and smile on faces of kids, Team Sparsh organised a **fun-filled event for children of domestic helps** of Station Lonavla at Shivaji House. Kids enjoyed various amusing games, magic show and company of Modern Santa who arrived on a ceremonial Gypsy, rather on reindeers, and surprised the kids with gifts and goodies. Mrs Meenal Seth and all the committee members graced this occasion.



It's the spending and saving habitude that makes one wealthy and not the earnings. In order to help us understand Where, How and When to invest, on December 9, 2020 Team Sanchar conducted a talk on **Manage Your Money Better**. It was delivered by CA Chaitanya Srinivas, FCA, CISA (USA), CFE. She manages her own Audit and Consultancy firm with over 16 years of professional experience. Her talk gave an insight into efficient spending and budgeting along with smart investment strategies and tips on investing. Officers, sailors and ladies actively participated in person and also via online platform. The gripping session ended with a riveting quiz and an interactive question and answer session.



Santa came early for the students of Balwadi with its **Christmas celebrations** on 22nd December at the Balwadi Shed. Students depicted the impact of education on overall social and emotional development through a skit named Boxes of Emotions. Ms Shraddha performed a dance on the number Chamka Sitara to welcome the birth of Jesus Christ, whereas Master Arjun recited the Christmas Carol 'Jingle Bells'. The shed was decorated in festive hues with a Christmas tree, a crib depicting the birth of Christ with Santa showering gifts to the children. Handmade stockings and reindeer masks made by teachers were gifted to the students. Mrs Meenal Seth attended the event as the Chief Guest along with NWWA Committee members. Station Commander Cmde Ravnish Seth paid a surprise visit and distributed chocolates among the kids.





Soundarya and Udyogika collaborated for an event on 28th December 2020 at NWWA Kendra as part of Nov-Dec NWWA Vaganza. While Team Soundarya conducted activities like **saree draping** in various styles, **hairdos** such as French bun and Donut bun and application of French Manicure, the trained tailors of Team Udyogika conducted an enthralling **tassel making** activity with colourful beads and threads. The occasion was graced by Mrs Meenal Seth.



Talent is what one is capable of doing, motivation is how much one is willing to do, and attitude is how well one does it. Our NWWA winter carnival was an amalgamation of all the above – talented Shivajians, riding on high levels of motivation, created magic for the community with their positive attitude. NWWA Winter carnival was inaugurated by Cmde Ravnish Seth, Commanding Officer, INS Shivaji and Station Commander Lonavla on 19 Dec 2020. As part of the Carnival, various games and entertainment counters were installed for fun and frolic. Several food stalls, straight from the kitchens of fellow Shivajians, offering cuisines from various parts of India were also set up. The platform gave an opportunity to portray budding talents and NWWA committee members through their scintillating performances. A token of appreciation for excellent dance performance in Southern Naval Command's Musical Tribute for "Swarnim Vijay Varsh" was handed to Ms Sana Sai by Mrs Meenal Seth, President NWWA, Station Lonavla on behalf of Mrs Sapna Chawla, President NWWA, Southern Region.



As part of Nov Dec NWWA Vaganza, Samudri the NWWA Shop organised an **End of Season Rack Sale** along with a **Lucky Draw**. If the bill amount was Rs 500/- or above, the bill was folded and put in a lucky draw. The winners were announced at the end of the day. The daily lucky draw winner won a coffee date for 2 at Café Coffeelicious. At the end of the week a bumper winner was announced by Cmde Ravnish Seth, Station Commander, Lonavla. The winner got a gift voucher of worth Rs 350/- along with a pizza date for two at Café Coffeelicious.





HOMEOPATHIC CLINIC

With over 5 million Covid cases globally and various emerging newer strains, the race for a cure or vaccine intensifies. Homeopathy was recommended by Ministry of AYUSH as a form of preventive medicine. NWWA Station Lonavla identified this opportunity to set up a NWWA Homeopathic Clinic for the Station serving at a reasonable price. Two homeopathic doctors, namely, Mrs Smita Dharmamer (BHMS, PGD counselling) and Dr Dhanya Jithin (BHMS, MD) from the officers' community were gracious enough to shoulder the responsibility and started providing consultations from the Kendra, Balwadi (especially for domestic helps and their families) and NSB. The response from the community has been overwhelming.



NWWA PICNIC

A picnic to Aamby Valley on 29th January was organized by NWWA for the committee and Pragati members, who constantly strive for the welfare of our community. It was a day filled fun and adventure. Starting from a beautiful ride uphill, Pin balls, Zipline, sumptuous Lunch, Games and what not - Disconnect to Reconnect! Committee member Mrs Ranjeeta Singh and Pragati member Mrs Kamlesh Yadav were given farewell during this picnic.



COMMITTEE MEETING

On 6th Nov 2020, Mrs Meenal Seth President NWWA, Station Lonavla, hosted the Committee and Pragati members at Shivaji House. The purpose was to have a committee meeting, to celebrate Diwali and applaud the efforts of NWWA members, which were recognized and appreciated by Mrs Sapna Chawla, President NWWA, SR. NWWA members involved in the recently renovated Samudri, newly commissioned Café Caffeelicious, Library sit-out at Nausenabaug and Soundarya at Nausenabaug were felicitated for their unmatched display of commitment to the naval society. The sincerity of purpose and commitment displayed by Mrs Meenal Seth, President NWWA, Station Lonavla and the respective committee members who rose to the occasion and selflessly worked towards the vision envisaged, were appreciated by President NWWA, SR when she e-naugurated the facilities. She was so pleased with the effort that she announced on the spot cash prizes for ladies and also awarded with Certificates of Appreciation. The evening was merry with games and good food.





Shhhh...Library 410402 at NWWA Kendra was inaugurated by Mrs Meenal Seth on 29 Sep 20. In these times of virtual existence, the library has become a much sought-after venue for children to get in touch with reality. Story telling sessions organised at the library were thoroughly enjoyed by the participants. With a collection of over 600 books suitable for all age groups, this library with its elegant furnishing and ambience provides a perfect atmosphere for a pensive read. Well lit, air-conditioned and with wall-to-wall carpeting, it is a wonderful place for a rendezvous with books. With ergonomically designed bookshelves ensuring easy accessibility to various age groups, Library 410402 serves as a perfect catalyst for minds with a spark.



Women are the perfect architects of society. To honour such intrepid leaders, who have worked earnestly for the welfare of the community, NWWA Station Lonavla has created a Wall of Fame that acquaints us with these ladies who have occupied the chair of President NWWA of this station and have worked tirelessly in the best interest of the community. A new, more accommodating space was also created as a mark of respect for the work accomplished by them. This new office space has been aptly named सततत्व, signifying continuous, consistent and compassionate perseverance of all NWWA Presidents. This new President's Room was inaugurated by Cmde Ravnish Seth, Commanding Officer, INS Shivaji, Station Commander, Lonavla on the 29th September, 2020.

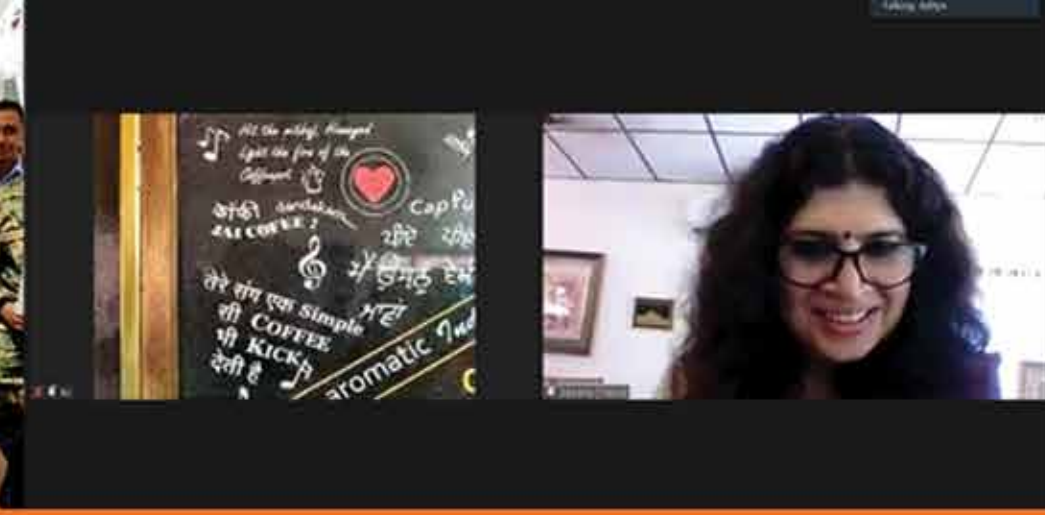
Grand Opening

Café Coffeelicious.

conceptualised by Mrs Meenal Seth, President NWWA, Station Lonavla and her team was e-naugurated by Mrs Sapana Chawla, President NWWA (SR) on 15 Oct 2020.

The Café served the pressing need of an eatery in the vicinity of the Samudri Shop and the Station Canteen. With the aroma of freshly brewed coffee, an array of teas to choose from and the warmth of home-baked cookies, in no time the Café became a hub of happiness for the residents of this naval base nestled amidst the pristine Sahyadris. Café Coffeelicious is frequented often by under-trainee officers and sailors and its delicacies are much loved.

With a contemporary decor which exudes cheer and liveliness, it has become a happening selfie-point for Gen Z. Café Coffeelicious and the Samudri Shop have developed a symbiotic relationship wherein the Cafe increases sales by exhibiting the fresh arrivals and other exquisite items of the shop while Samudri ensures in turn that customers do not leave the premises before they have had their cuppa. Café Coffeelicious also provides a fantastic platform for the culinary crusaders of Sugar 'n' Spice to sell their home-cooked food items with a menu that's flexible and varied.



As the saying goes 'A day of pampering totally brings back that youthful glow.' Soundarya: *The Beauty Parlour*, a place to relax, reflect and revive ones spirits was e-naugurated by Mrs Sapna Chawla, President NWWA, SR, on 15th October 2020 at NSB. The parlour was renovated with all contemporary facilities and latest equipment to provide the populace with self-care at its best. The parlour is managed by a well-trained beautician from our own community and provides services like haircut, hair colour, hair treatment, facial, pedicure, manicure and everything that pampers you. Soundarya is a one stop solution for all the beauty needs with high levels of hygiene at affordable prices.



Coffee Evening

The ladies of CMET department, Station Lonavla, organised a coffee evening on the theme The Red Carpet for ladies of the base. The evening was full of glitz and glamour with a beauty contest, a medley of dances, rocking evergreen tunes and enthralling games. The beauty contest winners were awarded by Mrs Meenal Seth who graced the evening as the Chief Guest. The event was widely appreciated and ended with the ladies enjoying an assortment of snacks and captured memories at the shining photo booths.



Capt. Rohit Pant was adjudged Nawab-e-Khas for the evening and won the Mr Adam title.

Adam's Night was organised by NWWA for our men in white. Officers were dressed up impeccably according to the theme The Royal Regalia.



Shaam-e-Shivaji, *'the royal regalia'*

It was a mesmerising evening with a Qawwali, a skit, dance, a scintillating quiz and several other interesting performances. Mr. Adam's contest was organized and was actively participated in by the men. Three titles- Shahzad-e-Khas, Riyasat-e-Khas and Nawab-e-Khas were awarded to the winners and runner-ups. The 2nd runner up of Mr Adam's contest was Lt Bharat Khandpal who was adjudged Shahzad-e-Khas while Capt Sabesan bagged the 1st runner up title, Riyasat-e-Khas. Our multi-talented ladies of Station Lonavla did not leave any stone unturned to make each and every moment enjoyable. A flash mob by the ladies towards the end of the programme left everyone pleasantly surprised. The joyous event ended with a sumptuous dinner.

Most remarkably, all the resources required for this mega event were arranged inhouse. Be it decor, food, lighting or sound-everything was managed within the Station, for not just Adam's Night, but all other events held at Station Lonavla.



**Razz-Ma-Tazz
And All That Jazz**
NWWA MUSIC & DANCE STUDIO
Inaugurated by
MRS SAPANA CHAWLA
President NWWA Southern Region
4th February 2021

Mrs Sapana Chawla, President NWWA, Southern Region visited the NWWA Kendra, Station Lonavla on 4th February 2021. A brief of various activities and achievements during the year was presented and was highly appreciated by her. Mrs Sapana Chawla, President NWWA (SR) inaugurated the NWWA Dance and Music studio, aptly called Razz-Ma-Tazz and All That Jazz at NWWA Kendra. The studio has a variety of musical instruments - a band, keyboard, clashboard and guitars and a vast space for energetic dance practices and Zumba classes. NWWA, Station Lonavla is looking at hosting multiple activities here in the coming months to encourage all community members.



Mrs Meenal Seth receiving Certificate of Excellence, a unique and prestigious award from Mrs Sapana Chawla, President NWWA, SR for her exemplary work and inspiring leadership during her tenure as President NWWA, Station Lonavla.

NWWA Station Lonavala came up with a unique idea to share knowledge of special recipes through a cookbook called *Kahani Kitchen Kitchen Ki*. The men and women of the establishment eagerly contributed to creating this prized repository. The cookbook was released by VAdm AK Chawla, Flag Officer Commanding in Chief, Southern Naval Command and Mrs Sapana Chawla, President NWWA (SR) on 4th Feb 2021. All showed great enthusiasm in getting their hands on a copy of this special cookbook.



Popular as Horiatiki, this green salad recipe comes with the added goodness of pineapples, walnuts, olives and honey. A tangy Mediterranean zingy 'twist' dress is full of flavours and adds for a zesty side accompaniment to main course as well!

Classic Greek Salad
By Sapana Chawla

Ingredients:
2 green bell peppers (chopped)
4 tomatoes, cut into wedges
1 cucumber, cut into half moons, then sliced
1/2 cup pineapples, sliced and cubed
1/2 cup walnuts, finely sliced
2 pineapples, sliced
2 fresh red onions, finely sliced
2 fresh red jalapenos, sliced
1/2 cup fresh dill, finely chopped
1/2 cup fresh parsley, finely chopped
1/2 cup fresh mint, finely chopped
1/2 cup fresh basil, finely chopped
1/2 cup fresh oregano, finely chopped
1/2 cup fresh thyme, finely chopped
1/2 cup fresh rosemary, finely chopped
1/2 cup fresh lavender, finely chopped
1/2 cup fresh lemon juice
1/2 cup fresh olive oil
1/2 cup fresh honey
1/2 cup fresh salt
1/2 cup fresh pepper

Instructions:
1. Lay out a large platter with all the ingredients and toss well together.
2. Drizzle with the dressing, honey, olives and pineapples. Mix well and serve with a side of bread or a glass of wine.
3. In a bowl, whisk together olive oil, vinegar and honey for the dressing.
4. Now let the dressing sit for 10 minutes so the oil and vinegar can emulsify well.
5. Hearty Greek Salad is a must-try!



Welcoming the President

स्वात्मनि स्नेह्यत आदौ

Love yourself first



Mrs Sapana Chawla, President NWWA, Southern region had an open dialogue session **Heart to Heart** with all the ladies of Station Lonavla. Mrs Chawla was very kind and prompt in answering the rapid-fire round. The session was insightful and the ladies were privileged to receive interesting inputs on the ideal way of life. The takeaway for all the ladies was give, forgive and live-in gratitude.



A new activity room, with decor based on the theme of **Warli tribal art** was put up to enhance the beauty of NWWA Kendra which too was appreciated by Mrs Chawla. A delectable, floral themed lunch was organized, and a musical Tambola was played with all the committee and Pragati members.



Mrs Sapana Chawla also visited Samudri, a NWWA shop and a one stop, irresistible destination for home decor, furnishings, gift articles and what not! Mrs Chawla's shopping spree at **Samudri** was extremely motivating.



NWWA Diwas was celebrated on 5 February 2021. Mrs Chawla's guidance on yoga, meditation, healthy lifestyle and the art of forgiving were enlightening. A *Certificate of Excellence* was awarded to Mrs Meenal Seth, President NWWA, Station Lonavla for her magnificent contribution. *Young Achievers' Award* was given to Mrs Harman Singh (Secretary NWWA, Station Lonavla) by Mrs Sapana Chawla for her outstanding contribution to NWWA activities while Mrs Gargie Rao (Treasurer NWWA, Station Lonavla) received a certificate in recognition of her efforts by Mrs Meenal Seth.

Welcoming the President

Congeries of Happenings

VAdm AK Chawla, PVSM, AVSM, NM, VSM, ADC, FOC-IN-C, Southern Naval Command also paid a visit to the NWWA Kendra & facilities and appreciated the efforts of NWWA Station Lonavla.



It was a beautiful Sunday morning when the first couple of Station Lonavla decided to prepare a UP special breakfast for one of undertraine sailor's galley. They made Swaal Aloo, Matar Nimone, egg bhurji, mint chutney for around 300 inliving sailors. The gesture was much appreciated and the sumptuous breakfast was relished by all.

NWWA Committee and Pragati Members



WALL OF FAME



Mrs Shaku Rao

"A privilege to be on the Wall of Fame and thus guide the community of Station Lonavla."

Mrs Anjali Deshpande

The Wall of Fame is such a wonderful and heart warming repository of memories, feel blessed to have had the opportunity to follow in the footsteps and then continue to lead the way for glorious community!

Mrs Indira Krishnan

"Privileged to be on the Wall of Fame. An excellent way to remember good times."

Mrs Anuradha Bakhshi

"An honour and a privilege to be on the 'Wall' at the Alma Mater of the Engineers. It brings back wonderful memories of the youthful energy and exuberance which was a hallmark of the Establishment."

Brenda Lowe

"So touched to still be remembered! The Wall of Fame does just that!!"

Mrs Sunitha Srinivasan

"These opportunities don't come around too often. It is an honour and privilege to be part of the Wall of Fame of the mighty Shivaji. We as team leaders were in a position to bring about changes and so something amazingly special for our Alma Mater."

Mrs Ashwini Batra

"An opportunity to serve the Naval community is an extremely satisfying and enriching experience. To be a part of the Wall of Fame is a precious by-product. Feeling humbled and grateful."

Mrs Srivalli Srinivas

"Wall of Fame, a wonderful place to reinforce the faith that the strong Shivaji family is the motive force for everlasting propulsion."

Mrs Leena Arvindan

"Privileged and honoured to be on the Wall of Fame amongst the team leaders who epitomized the spirit of community service and contributed in holding the mantle high of a glorious establishment"

Mrs Meenal Seth

"This Wall of Fame is a tribute to the wonderful women who have served the naval community from सतततय. Being a part of this luminous constellation of stars from the NWWA galaxy fills my heart with gratitude."