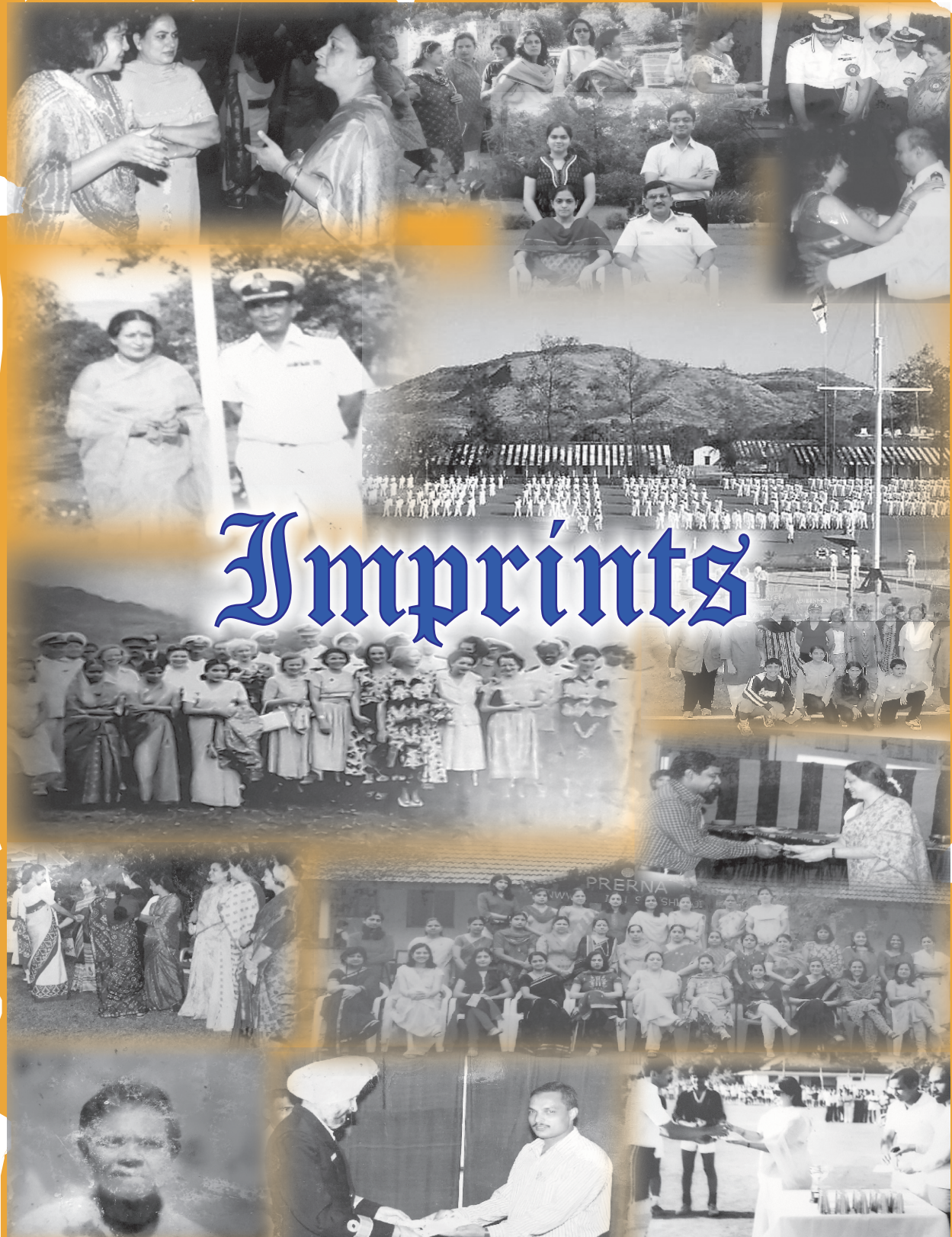




VARUNI

NEWSLETTER
OCT 2018



Navy Wives Welfare Association
Station Lonavla

STATION LONAVLA NWWA COMMITTEE



(left to right) **STANDING** – Mrs Veena Seetharaman, Mrs Parul Dalal, Mrs Garima Rai, Mrs Madhuri Sureddy, Mrs Gariema Singh Deo, Mrs Charul Aggarwal, Mrs Ranjeetha Singh, Mrs Bhagyashiri Sangle, Mrs Nidhi Seth & Mrs Ramya Nishant

SITTING – Mrs Gargie Rao, Mrs Neha Srivastava, Mrs Jaipreet Kang, Mrs Fanny Chakrabarti, Mrs Poornima Srinivas (President), Mrs Jyoti Ankalgi, Mrs Vinita Chauhan, Mrs Sonali Belliappa, Mrs Nidhi Malviya and Mrs Harman Singh



WELFARE COMMITTEE



(left to right) - Mrs Jaipreet Kang (Secretary), Mrs Kamlesh Yadav , Mrs Suman Verma, Mrs Anupma Mehta, Mrs Pallavi, Mrs Ramita Singh, Mrs Sonali Belliappa, Mrs Fanny Chakrabarti (Vice-President), Mrs Poornima Srinivas (President), Mrs Geeta Goswami, Mrs Madhuri Sagar, Mrs Kanti Singh, Mrs Nirmala, Mrs Vijaylakshami and Mrs Neha Srivastava (Treasurer)



Mrs Sapana Chawla
President, NWWA
Southern Region



Navy Wives Welfare Association,
Ashirwad Building,
NWWA Kendra,
Naval Base,
Kochi - 682004

MESSAGE

It is an honour to serve as President NWWA Southern Region and to take on the responsibility of leading this organisation. Over the years our organisation has transformed in sync with the Indian Navy and increased its ambit to cover a variety of activities associated with the welfare and well-being of the SNC Parivar.

I am proud to lead this motivated and talented team of ladies who have volunteered to contribute towards the betterment of our community despite their own commitments and responsibilities on the home front. I intend to build upon the strong foundation laid by our predecessors and take NWWA Southern Region forward in all its endeavours.

NWWA, today, undertakes several activities which include: empowering our women through specialised training provided at subsidised rates; contributing towards making Navy Children Schools world class; running schools to meet the requirements of special children; providing creches for working women; supporting the elders in our community; encouraging healthy habits; encouraging talented individuals in various fields; and working to make our environment green and sustainable. These efforts ensure that the Naval community remains a vibrant, healthy and happy place and we need to pursue them with purpose and vigour.

It's my firm belief that we have gained much from being a Naval spouse and it is our duty to return this favour by contributing our efforts towards the betterment of the Naval community, in the same manner as our officers and sailors who selflessly serve the country.

I look forward to the continued voluntary support and cooperation of all ladies in SNC to take our endeavours forward. A particular area of my emphasis will be to better integrate the large number of young ladies who join the Naval community and to provide them with necessary support and information, so that they integrate seamlessly into our Parivar.

There is no greater joy than giving. I look forward to working together with all of you in helping to make a positive difference to all our lives.

Jai Hind !

Mrs Sapana Chawla,
President NWWA
(Southern Region)



श्रीमती सपना चावला
अध्यक्ष नवा (NWVA) दक्षिणी क्षेत्र



संदेश

यह मेरे लिये अत्यंत गौरव कि बात है कि मुझे नवा (NWVA) अध्यक्ष दक्षिणी क्षेत्र के तौर पर सेवा करने का सुअवसर प्राप्त हुआ है और साथ ही इस संस्था को सुचारु रूपसे अग्रेसर करने की जिम्मेदारी प्राप्त हुई है। भारतीय नौसेना के साथ कदम से कदम मिलाते हुए दक्षिणी नौसेना कमान परिवार के कल्याण हेतु हमारी संस्था ने विभिन्न प्रकार के कार्यक्रमों की सफलता की सुनिश्चित किया है।

मुझे इस अभिप्रेरित व बहुमुखी प्रतिभा संपन्न महिला दलकी अगुवाई करने में अत्यंत गर्व महसूस हो रहा है। जिन्होंने हमारे समुदाय की भलाई के लिए अपने घरेलु जिम्मेदारियों व कर्तव्यों के बावजूद जीवन में एक महत्वपूर्ण स्थान दिया है। मैं नवा (NWVA) दक्षिणी क्षेत्र की सर्वमुखी उन्नति के हमारे पूर्वजनों ने इसकी स्थापना हेतु भगीरथ प्रयास किया था जिसे हमें विकास की नई ऊंचाइयों तक ले जाना होगा।

वर्तमान में नवा (NWVA) ने विभिन्न कियाकलापों का बीडा उठाया है जिसमें प्रमुख है आर्थिक सहायता प्राप्त मूल्योंपर विशेष प्रशिक्षण द्वारा महिला सशक्तिकरण, नेवी चिल्ड्रन स्कूल को विश्वस्तरीय बनाने हेतु योगदान देना, दिव्यांगों के विशेष प्रयोजनों का ध्यान रखते हुए विद्यालय का संचालन, कार्यरत महिलाओं के लिए शिशु सदन कच की सुविधा उपलब्ध करना, हमारे समुदाय के वरिष्ठ नागरिकों का सहयोग करना, अच्छी आदतों को प्रत्साहन देना, विभिन्न क्षेत्रों के प्रतिभा सम्पन्न लोगों को प्रत्साहन देना और प्रमुखताः हमारे वातावरण को सदा बहार तथा वहनिय बनाने लिये सतत प्रयत्नशील रहना इन प्रयासों से हमारे नौसैनिक परिवारों कि खुशियाँ, सुस्वास्थ्य तथा उत्साहशीलता सुनिश्चित की जाती है। इन प्रयासों के प्रति हमारा उद्देश्य एवं जोश सर्वदा अक्षुण रहेगा।

भारतीय नौसेना परिवार का हिस्सा होने के नाते मेरा यह दृढविश्वास है कि नौसेना से हमें बहुतसम्मान मिलता है और हमारा परमकर्तव्य है कि भारतीय नौसैनिकों तथा अधिकारियों कि निःस्वार्थ देशभक्ति कि निःस्वार्थ भाव से नौसेना समुदाय कि उन्नति के लिए भगीरथ प्रयास करते रहे जहां “सर्वजनहिताय सर्वजनसुखाय” की भावना परिलक्षित हो।

मुझे पूर्ण विश्वास है की आगे भी आप सभी महिलाओं का स्वैच्छक व सतत सहयोग मिलता रहेगा जिससे दक्षिण नौसेना कमान की नवा (NWVA) संस्था बुलंदी की नई उंचाइयों छु सके। मैं विशषतः इस परिवार में जुडनेवाली नई महिला सदस्यों का अभिनंदन करती हूँ कि उन्हे हर प्रकार का सहयोग व सुविधाएं दी जाएगी जिससे उन्हे इस परिवार से सामंजस्य स्थापित करने में आसानी होगी कि आप लोगों का सहयोग सतत मुझे मिलता रहेगा जिससे हमारे जीवन में एक सकारात्मक प्रभाव देखने मिलेगा।

जय हिंद !

श्री सपना चावला
अध्यक्ष नवा (NWVA) दक्षिणी क्षेत्र



Mrs Poornima Srinivas
President, NWWA
Station Lonavla



MESSAGE

Dear Ladies,

It is a great privilege and honour for me to assume the role of President NWWA, Station Lonavla. The past eight months have been abuzz with several welfare activities, health talks, sporting initiatives, orientation programmes and skill development courses conducted towards community welfare and women empowerment by Team NWWA. It is heartening to see the enthusiasm and initiative shown by all the Committee and Welfare Committee members who worked with utmost dedication.

Nothing can be more worthwhile than sharing your valuable time, energy and skills for this organisation and it does make a difference particularly when young wives show interest and are eager to lend a helping hand. I always believe that working in any capacity for NWWA is the finest contribution one can make to this great Service, which affords us oneness and a safe future. There is this supreme satisfaction of giving back to your own Naval community.

As part of our community living, we must make every effort to keep our surrounding areas clean at all times. As our Station has rich flora and fauna, it is our responsibility to be conscious about environment protection as well. Towards this, I urge each one of you to take an oath to ban usage of single-use plastic in support of the Station's endeavours.

As Shivaji ushers into its Platinum Jubilee Year in February 2019, a humble thought crossed our minds that there are several personnel who have been contributing selflessly since many years to this great Shivaji family. It is this very reason why we have named this edition of Varuni – '**Imprints**'. Our Sanchar Team reached out to a few such people, rekindled their memories and made them share their priceless thoughts.

I take this opportunity to convey my heartfelt appreciation to Team Sanchar in bringing out such a meaningful edition of Varuni.

Happy Reading! Wish you all a year ahead filled with smiles and happiness.

Jai Hind !

Mrs Poornima Srinivas,
President NWWA
Station Lonavla

TEAM SANCHAR



(left to right) Mrs Gariema Singh Deo (Activity Co-ordinator), Mrs Fanny Chakrabarti (Editor), Mrs Poornima Srinivas (President) , Mrs Ramya Nishant (Activity Co-ordinator) & Mrs Harman Singh (Activity Co-ordinator)



CORE COMMITTEE



(left to right) Mrs Neha Srivastava (Treasurer), Mrs Fanny Chakrabarti (Vice President), Mrs Poornima Srinivas (President) & Mrs Jaipreet Kang (Secretary)

ACTIVITY REPORT

WELFARE



Two 'Milans' were held to bid farewell to Mrs Leena Arvindan, the outgoing NWWA President, Station Lonavla, and to welcome Mrs Poornima Srinivas, NWWA President, Station Lonavla, respectively. A special Milan for the AGM was also held on 28th August.

The committee members, moving on transfer, were given a farewell and new committee members were also welcomed.

Team Welfare visited the ladies at the SMQ and the NSB areas and interacted with them on 16th March. Another visit was made to NSB on 19th September. The team plans to conduct more workshops and interactive sessions in the coming months. During the recent Operation Madad, on its part, NWWA, Station Lonavla, donated Rs25,000 towards the Kerala Relief Fund

Mrs Srivalli Srinivas, Mrs Sunitha Srinivasan and Mrs Suman Chandna visited the Kendra and the various NWWA facilities.

AROGYA

In January, the team conducted a Grihalaxmi Medical camp with INHS Kasturi to provide a free health check-up.

On 13th April, the 'Swayam Siddha/ Smart-Mom Contest' lecture series (aimed to increase awareness amongst members to develop confidence and self-reliance) were inaugurated. Spread over three months, the lectures comprised finance and household budget planning and personal health.



BALWADI

Balwadi celebrated Sports Day in March. The children celebrated Independence Day in August, with a special programme, themed 'National Symbols', comprising a relevant skit, a talk and a dance. Festivals like Janmashtami, Raksha Bandhan (the children created simple handmade rakhies) and Ganesh Chaturthi (the children used their imagination and drew little sketches of Lord Ganpati and coloured them) were celebrated.



Going ahead, the team plans to adopt the Reggio Approach for children, which emphasises on respect, responsibility and community through exploration and discovery, by introducing simple DIY, best-of-waste activities. They hope to conduct a little exhibition as well.

LITTLE ANGELS



A medical camp was organised in January at INHS Kasturi, where the children underwent a general examination and dental check-up. A picnic too was organised to the Aashiyana guest house grounds.

In May, Little Angels was officially handed over to the Indian Navy as per NWWA standing orders. The new academic session began with an Orientation Programme, where parents were briefed about the objectives and principles of the school. In August, a 'Green Colour Day' was held with a thumb-printing on a leaf sketch; Independence Day, Raksha Bandhan (children came in traditional attire and tied rakhies) and Janmashtami (complete with a dahi-handi) were also celebrated.

KALA KENDRA

Kala Kendra, with aesthetic changes too, is buzzing with instrumental music and dance (Bollywood and Bharatanatyam) and coaching classes (for primary and secondary students).

In keeping with the 'Health is Wealth' theme, a cycling trip was organised for the ladies in April and a one-day Zumba workshop was held at the Kendra. The Kendra is also conducting Yoga classes, with an instructor coming in from the reputed Kaivalyadhama .



UDYOGIKA



Udyogika was reorganised structurally and aesthetically. Tailoring classes were resumed on a formal note, complete with a manual and syllabi, with ladies enrolling in large numbers. The ladies designed fabric coasters, bags, runners and table mats, which were sold at Samudri. The latest additions are kitchen curtains, a special eco-friendly 'vegetable-bag' and a handy bag to hold yoga mats. In August, the unit began taking orders for stitching (table cloth, runners, cushion covers, salwar sets, kurtis and saree blouses) and also offered an opportunity to the ladies to conduct workshops and contribute in fabric painting, embroidery and stitching to enhance the products.

OUTREACH – SPARSH & ASHIRWAD

Over 100 children from the Balgram Orphanage visited the Base in January, along with their support staff. A movie 'Ice Age' was screened at Menaka Auditorium and the children were provided a packed lunch. On 20th April, the team also interacted with 29 children from Committed Communities Development Trust, Mumbai. The children visited the Base, various facilities, interacted with naval personnel and witnessed live fire-fighting drills at the Fire Brigade. Essentials and groceries were also donated to the Trust.

A Donation Box is being placed at the Unit-run Canteen to encourage residents to donate essentials and toiletries, which would be handed over to the Old Age Blind Home in Khandala.

In January, **Ashirwad** conducted an interactive programme, with games and tambola for senior citizens of the Base. This was followed by a performance by the INS Shivaji Naval Band.



SAMUDRI

Aesthetic changes were made to Samudri, and the shop stocked with crafts, pottery and articles from Delhi, New Craft Village, Khurja and Udyogika.

Stone and cloth jewellery and candles, made in-house by the ladies, were added.

The shop is scheduled to undergo a facelift and a renovation soon.



ARCHIVES

An Archives team has been set up to gather information, photographs and updates to maintain records of all the past Presidents of NWWA, Station Lonavla and of their achievements in the Base.

SOUNDARYA

The well-renovated beauty parlour Soundarya is fully functional. A new beautician joined the team of two at the parlour in July. Appointment letters were given to all of them. The parlour also assisted make-up and hairstyle for the ladies participating in the Monsoon Concert held in August.

SANCHAR

The team published the October 2018 edition of Varuni called 'Imprints'. The team also forwarded a report on NWWA activities to the Southern Command for Archives and a brief summary for the Quarterdeck magazine. Work is on for material to be forwarded for the next Veerangana themed 'Health is Wealth' and a quarterly NWWA e-mag.

PRAKRITI

In April, the team organised an Ikebana competition for all the ladies. On 5th June, celebrating World Environment Day, Prakriti held a plantation drive with ladies and families. They planted almost 100 butterfly-attracting saplings, with an aim to create a butterfly garden in the Base.

The team also conducted an old newspapers 'bag-making' activity in August, for ladies and children to create awareness about eco-friendly alternatives to plastic. The children stamped block-printed designs on the bags, which were later gifted to the NWWA Samudri shop.



MEMOIRS OF FIRST LADIES

THE LADIES OF LONAVLA

The endearing Mrs Shaku Rao's wit and wisdom are to be treasured. The ladies of Station Lonavla are enriched.



“Having been posted to INS Shivaji in December 1978 from a deputation at HAL Bengaluru for my husband, we arrived with a toddler son, a first for Shivaji House. We were greeted by the good and familiar Naval Base where I first arrived as a bride. Bengaluru was a wonderful experience, but I sorely missed the Naval atmosphere.

Memorable experiences, as with all of us having lived in Shivaji, are many. However, the bonhomie of the families stands out for me. Our dearest friends today are still the ones we made in Shivaji, and after almost six decades of friendship, we still meet often. The internet allows us now to keep in touch with those in distant lands, with news of one another and our families. This is joy immeasurable with INS Shivaji our bedrock.

NWWA, or NOWA as we knew it then, has had a sea change. Times have changed and the need for having NWWA was recognised too. Importantly, it now encompasses officers' and sailors' wives, and has become very streamlined, giving it more power and has given better results which were unimaginable when I was a bride. In a lighter vein, when I first arrived at Shivaji, the Education Officer had two wives which was legal in Andhra Pradesh!. Two wives and hence two subscriptions was the benefit to NOWA! To their amazing credit, they both lived in harmony under one roof, and had a very loving family. Those were the days my friends.

Living together as an extended family is my mantra for a happy stay at INS Shivaji. This gives peace and joy to one's children and husbands too.”



A MAGICAL JOURNEY

Mrs Anjali Deshpande has a one-of-a-kind-connect to INS Shivaji - as the daughter of a Commanding Officer, commissioning the first course of NEC and, twenty-five years later, as the First Lady. Warm, graceful and friendly, Mrs Deshpande shares her rich experiences.

“INS Shivaji holds a special place in my heart as I have spent two memorable tenures here. I had the good fortune to live in INS Shivaji as the daughter of the Commanding Officer in 1984. It was on the lawns of Shivaji House that a smart young Lieutenant asked his Commanding Officer, for his daughter's hand-in-marriage. The rest, as they say, is history. Twenty-five years later, I returned as the wife of the Commanding Officer!

As I recall, in the early eighties, NWWA was not so formally organised. But I do remember my mother being always busy with Welfare activities. With no NWWA Kendra or office, meetings and events were conducted in the Mess.

The focus was on community bonding with badminton matches, cooking competitions and garden shows, as well as Outreach programmes at the nearby Balgram and Kurwanda village.

I had the privilege to take over as President, NWWA, INS Shivaji in 2008. Thanks to the vision of my predecessors, there was now a well-oiled system in place. I had the luxury of functioning from a beautiful NWWA Kendra. An interesting analogy is that the small rubber plant planted by my mother in the Shivaji House garden had grown over the years into a majestic rubber tree! It stands overlooking the lawns even today, a tribute to the loving care of all the inhabitants of that heritage home. The aim of my NWWA team was to involve as many ladies as possible in activities, including fun events like children's Talent shows, cycle treks in the rain and the Base 'Nriya Natikas'. A unique initiative we started was activity classes for children of the domestic help and Mess workers with ladies, children and even undertrainee officers, teaching them English, music and sports.

Often I have been asked, “Was it better being the daughter or the wife of the CO?” My reply is, “it is like the difference between an Undertrainee Officer and a Staff Officer”.



As a trainee you have all the fun, with no responsibility. As a Staff Officer you have the fun, the responsibility and the power - to make a difference. Hopefully, in my small way, I was able to do that, simply by encouraging everyone to make the most of our idyllic retreat in the Sahyadris. My credo was – 'Step out, enjoy picnics with your children, potlucks with your neighbours and romantic dinners with the clouds rolling through your home. Revel in the opportunity to appreciate the glamour, pomp and show of Naval life by attending Station Receptions, Mess Nights, Parades et al”.

Living in a small Base is a unique experience compared to the relative anonymity of life at a Command HQ. A close-knit community working together builds strong bonds and a great opportunity to interact with the extended Naval family.

My words for young naval wives would be - Contribute your bit, be it little or large, towards enhancing the welfare and wellbeing of all those who are fortunate to call INS Shivaji their home. Trust me, when you give a little, you will get more happiness than you ever expected in return!”



KNOWING, GOING AND SHOWING THE WAY

The friendly and elegant **Mrs Sunitha Srinivasan** sums up her unique association (having lived here when Rear Admiral Srinivasan was posted as a Lt, a Lt Cdr, Cdr and Cmde) with INS Shivaji by quoting a few lines written by John C Maxwell (Author & Speaker): 'A leader is one who knows the way, goes the way and shows the way'.



“Almost 25 years ago, when I entered Shivaji for the first time in December 1994, I had a few inhibitions, little knowing that this would be the beginning of a wonderful relationship with the establishment. My husband, then a young Lieutenant, had just completed his M.Tech and we had welcomed our daughter Malavika, a few months earlier. We moved into a quaint Lieutenant's house in Rajendra Nagar (P-270/4) and were blessed to have wonderfully warm and effusive neighbours. I instantly felt at home. It was not long before I was drawn into the routine and rhythm at Shivaji. I volunteered actively for NWWA, regularly lending a hand at Little Angels as well. I was fortunate to be a part of the Golden Jubilee event too. We spend four-and-a-half years. During this time, my husband put on his next rank as Lt Cdr and we had our second daughter Lavanya in 1998. This phase meant five torrential monsoons, innumerable treks and picnics, impromptu bonfires and potluck dinners, social functions, parades and ceremonies, all creating a magical necklace of spellbound memories and innumerable friendships and blessings. Although I left Shivaji with a lump in my heart, I stepped as a confident Naval Wife, acknowledging

the role that NWWA played in this transformation.

My husband returned as Cdr-Training, PCT Officers, and a decade later, most unexpectedly, as Oi/C CMET. He was now a Captain. This tenure too was filled with unforgettable memories, including the Silver Jubilee of the NEC. Being Vice-President, NWWA, enabled me to take on a wider gamut of responsibilities, and experience first-hand what it was to organise, manage and execute well-laid plans. The team pulled together as one unit; and I learnt the importance of team work and camaraderie. During this tenure, I also had the opportunity to officiate as the President (as the First Lady was away). At that point I did not, for a moment, imagine that this was merely a portent of things to come.

Having left Shivaji in 2010, I yearned to go back. It was in December 2013 that my husband was selected to serve as the Commanding Officer of INS Shivaji. I had to now don the onerous hat of being the First Lady and President, NWWA, INS Shivaji. I had to 'SHOW' the way! I was blessed to have a 'Dream Team', reflecting an exuberant and spirited front. The experience garnered over the various tenures and the lessons learnt under dynamic Presidents and senior ladies of the past, stood me in good stead. The support and praise we received from the President, Southern Region, NWWA, is testimony to the effort and hard work put in by every single lady here. I look back at this tenure as being amongst the best and, unfailingly, thank God for his grace and blessings.

Shivaji has become an inseparable part of our lives. I am grateful to have received this precious bounty from the alma mater of the Engineers. But I am even more grateful for having had the opportunity to serve, nourish and cherish Shivaji. I have seen the establishment's Golden Jubilee and am honoured to see Shivaji march proudly into the Platinum Jubilee year. I hope and pray that I live to see 15 Feb 2045 when Shivaji would celebrate 100 years of honourable and unstinted service to the Indian Navy and the Nation. So help me God!”

IMPRINTS

INS Shivaji is home to several civilians. Their relationship with the Base is intrinsic and symbiotic. Generations have served, and generations will follow. Team Sanchar interacted with a few of the inspiring men and women.

CURATOR PAR EXCELLENCE



Light-eyed and a genial smile to go with it, **Shivram Dinkar Kadam**, a gazetted Foreman, is a mine of information on the training engines and machinery at the Base. He is perfectly placed too, as curator at the Naval Engineering Museum, Motivation Hall and Remembrance Hut.

His knowledge comes from a keen sense of learning and observing. Kadam's career has taken some intriguing twists and turns - he has been instrumental in the laying of the first LPG gas-stove pipe connection at the Wardroom Mess Kitchen in 1982, followed by the same in the other ten Mess kitchens in the Base (receiving training and authorization at an HPCL plant). He proudly recollects conducting 'cooking- gas-safety-and precaution' workshops for the ladies of (what was then known as) NOWA. **He has been awarded a C-in-C commendation in 1985 and a CNS commendation in 1998.**

FAMILY TRADITIONS ARE FOR KEEPS

Begin a conversation with **Mohammad Hafeez Youniz Khalifa** about his father, and your mind travels back to a time when the Base hosted the British, before an Independent India was born. **The well-built and friendly barber has the knack of fine story-telling. While his stories seem ageless, they are true.**

Hafeez's grandfather, a Hakim from Uttar Pradesh, moved to Lonavla and set up a Barber shop in the town in the early '30s. His father continued with the tradition, and shifted to the Base in 1945, when the British set up HMIS Shivaji.

Today, Hafeez walks in their footsteps. Having grown up, married and started his family life here too, his attachment to the Base is evident. He feels blessed to receive the respect (that he has rightfully earned), the love and the affection from the naval personnel and families stationed here. His son Mohammad too assists him at the shop. **Hafeez has never felt the need to move out because as he says, "INS Shivaji is home".**



WHEN LEGENDS OF A DIFFERENT KIND WALK THE EARTH

Walking down the lanes of the Base, if you happen to smile at a crinkle-faced, old man in the trademark Wardroom Mess blue uniform, and he returns your greeting, swinging his arms widely and saying, "Namaste!", you know you have met the legendary **Dattu More**. A household name for almost every officer that has lived in the Wardroom, he is also known for his love for a hearty drink or two. Tales have been spun around the man and his antics, the fondness for him so evident.



It has been 56 years since Dattu More entered the Base with a band of four men, seeking a job at the Wardroom.

While his memory now fades, and the men have passed on, he lives to tell a loving story or two of almost all the Commanding Officers that he has served since then.

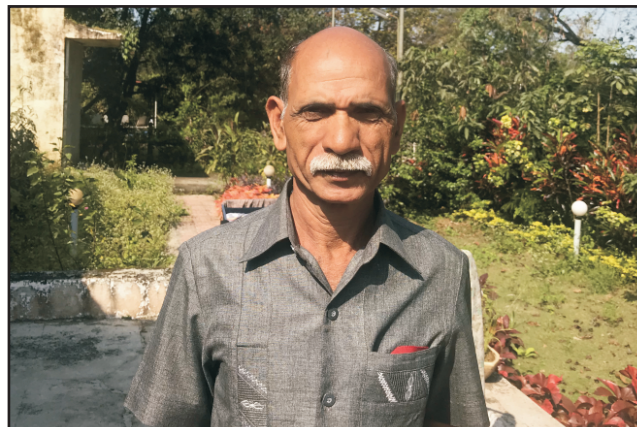
A worthy recipient of two C-in-C commendations, Dattu More still continues to serve, with a smile, extending his blessings to all.

OF GARDENS AND GARDEN MEN

A sprightly old man, directing a young assistant to weed out the overgrown patches in the gardenscape is a familiar sight at INS Shivaji. The old man, quite naturally, is an encyclopedia on gardening. Meet **Babu Bahu Kadu**.

His story too began at the Wardroom Mess 39 years ago, when he joined as a 'mess boy'. Eight months later, encouraged by the then Commanding Officer, VAdm IC Rao, Kadu shifted to farming. He recollects, "Shivaji had a vegetable and fruit plantation, close to the Sports Ground. But it shut down and I moved to the Bosun Store as a painter."

Kadu kept his love for gardening alive by tending to the areas around the Stores. He finally became '**Head Mali**' in 2010. **The INS Shivaji gardens flourished under his care.** "The gardens were spoken of so highly that I was sent to INS Valsura. However, my heart lay in Shivaji and I was happy to return," he recollects. But he did leave his mark at Valsura - planting almost 1,300 Mango saplings during his five-year stint there. Gardening remains his lifeline and his first love.



EIGHT PROFICIENCY AWARDS IN HIS BAG



Amongst the oldest serving helping hand at INS Shivaji, the light-eyed **Kashinath Govind Gaikwad** stands apart from the others for his sharp memory and his scope of knowledge.

Having put aside his dreams of joining the Army, Kashinath left school and arrived in INS Shivaji at the age of 15 to work as a 'mess boy'. He shifted jobs to Security and then to the Bosun Store.

He now manages the gardening upkeep of the VIP suites in the Base. To his credit, **he has won the coveted Proficiency Award eight times in a career spanning 50 years** of "dedication, dignity and love for INS Shivaji". His fervent hope: "My son should carry forward my legacy".

THE FAVOURITE TAI OF LITTLE ANGELS



Her frail form belies her steely resolve to etch out a decent life for her family. **Anita Parasuram Survase** is only 45, but she has aged with years of toil and grit.

She started her life in INS Shivaji as a construction worker, with her husband. It all changed when Mrs Malli, the then NWWA President, INS Shivaji, encouraged her to join Little Angels as they needed a caretaker.

It has been 22 years since, and Anita is content that she has "educated and settled her children well".

Her deep sense of attachment and love for Little Angels is reflected in her smile. It is priceless.

DRIVING CO SHIVAJI



'Calm and composed' is the one person you would like to have in the drivers' seat. So it is, as you watch **the 42-year-old civilian driver Ramchandrar Verma take on his ninth Commanding Officer to work**, everyday (he has been serving the Commanding Officers of INS Shivaji since 2007).

Detailed for this coveted job, thanks to his hard work, honesty, responsible attitude and loyalty, Verma never says no to any requirement. His adherence to rules and to following the naval code of discipline is also impressive.

Having driven an ambulance, a bus and even doing outstation tours, before moving to this duty, he calls his driving journey of 17 years a "memorable ride".

THE BALWADI 'DABBA UNCLE'

On the go, **Dinesh Jambulkar** begins his day at 6.30 am when he delivers milk in the neighbouring Kurwande village. A young 38, the reticent Jambulkar is willing to do any job, as long as it "feeds his family and helps to keep a clear conscience".

Jambulkar works as the 'gardener' at the Wardroom Mess and doubles up as a 'mid-day meals' delivery man to NWWA Balwadi.

He has been doing this for the last eight years. No wonder then, **the little children at Balwadi fondly call him 'Dabba Uncle'.**



THE SNAKEMAN



Bearing a fearless stance, with eyes that dart constantly, **Praveen Suresh Rokde** is your regular civilian Quarter Master at the Wardroom Mess, until he begins to wax eloquent about snakes. And then you know just why this lanky lad is known as the undisputed King 'Snake-Catcher', and just why his number is on an 'emergency-dial' on every INS Shivaji occupant's cell phone.

Praveen traces his fascination for snakes to watching a few Doordarshan documentaries on snakes as a young boy of 13, with his **first 'catch' in the Base being "a three-foot long Krait".**

Praveen owes his knowledge and his skill to catch snakes effortlessly, without any harm done to them, to Cdr Bhajahari Ghosh (known in the Indian Navy as a keen snake and wildlife enthusiast), who

supplied him with Marathi books on snakes and wildlife. The rest has been courtesy videos on YouTube. **For all his efforts, Praveen has been awarded the C-in-C Commendation in 2014.** So if you want a lesson or two on snakes, you know where you need to head to, or rather whom to contact. Praveen will oblige, happily.

THE BALWADI CHILDREN'S FAVOURITE

Empowerment comes in many forms. **Shobha Avinash Bhalerao** is one such form. Married at a young age and with very few means of livelihood, Shobha stepped into Balwadi as a 'helper' seven years ago.

A novice, she learned on the job, and managed to supplement the meagre earnings at home. Today, with an ailing husband, a mother-in-law and a daughter to support, Shobha is the sole bread-winner for the family. She feels independent and capable enough to educate her daughter.

At Balwadi, she is the children's favourite 'Aunty'. Shobha smiles and calls her time spent in Balwadi as her "stress-buster".



THE ELECTRICAL HANDY-MAN



With a mantra that advocates hard work, **Ashok Thokle** began work as a civilian bearer in 1987 at the Wardroom Mess, INS Shivaji.

While on the job, he pushed himself to learn the nuances of basic electrical repair. Thirty years since, Thokle is proud to be officially called the 'electrical handy-man' at the Wardroom.

His wisened face and shy smile reflect gratitude that is rare, as he "owes his life and well-being to INS Shivaji".

SUPPORTING SILENTLY

The NWWA 'support staff', as is known, is synonymous with the organisation. At NWWA, INS Shivaji, these men and women work silently behind the scenes, helping in little ways that go towards the smooth functioning of the NWWA Kendra.



(left to right) Mrs Ashwini Tikone, Mrs Pushpa More, Gaurav Kumar (LME), Sanjeev Kumar (LME) & Mr Nilesh Mahajan.

THE SALIENT HEROES

SECURITY NEVER CEASES



Walk into the INS Shivaji gates and they are the first force that you meet. The Defence Security Corps (the DSC) are the stern-faced, retired soldiers that you come across every day. However, most of us are not aware that these steely men continue to serve the nation - they are superannuated soldiers who are re-employed for a few years.

Their loyalty is unflinching, and their respect so ingrained that their greeting or a salutation given with full honour and pride, comes without a blink.

The DSC at INS Shivaji guards 14 posts in the Base, providing armed security, searchers and mobile patrols round the clock. The Base is home to 21 DSC families. The Base is secure, thanks to its spirited guards, the DSC.

THE INS SHIVAJI BAND OF MUSICIANS

No Indian Naval Officer or naval wife is stranger to the musical arm of the Indian Navy. From watching the Indian Navy Band march and play a beat at the Republic Day Parade to having the privilege of their 'live' performances at concerts and the Beating Retreat, they have become the essence of the Services. INS Shivaji is fortunate to have a unit band in the Base, it is integral to a training establishment.

The INS Shivaji Naval Band is versatile, and is unflinching there, entralling families at either Base events or Station receptions and during Navy Week celebrations. Their repertoire is impressive – ranging from Jazz to upbeat Bollywood numbers and patriotic songs – and their special compositions and medleys, a class apart.

Watch and hear them, and you end up either tapping your feet or nodding in sincere appreciation. The most beautiful experience is when the band performs the National Anthem and the Indian Navy theme song, because the swell of patriotic fervour that follows is instantaneous. The Base is privileged to be an exclusive audience.



OUR FIRE RESCUERS



The familiar sight of a Fire Engine streaming through the Base is reassuring as it signifies fire safety in the establishment. Established 46 years ago, the Fire Brigade of INS Shivaji also extends its services from Khapoli to Talegoan for handling major fires. The brave men are on the spot, without a second thought for their safety. The Fire Brigade here is also involved in maintenance of the two Domestic Fire Tender (DFT) vehicles, the fire hydrants, fire points, all portable extinguishers and static tanks.

The men at the brigade provide selfless service by rescuing snakes from the accommodation and office areas – their response is prompt and their tips on precaution worthy. They conduct training services for families and civilians about fire safety and also educate the residents about precautions to be taken against snakes and information on venomous and non-venomous snakes. It is

heartening to see that despite a tight schedule, the firemen make time for eco-conservation and organic farming. They take turns and tend to small green patches, growing their own vegetables. Surely a lesson for us to learn, here.

A HEALTHY US, A HEALTHY BASE

This year, the NWWA theme 'Health is Wealth' highlights the importance of health and the need to focus on a healthy lifestyle. Here's a wrap-up of INS Shivaji's activities at the Base, in this regard.



In the 'Swayam Siddha Smart Mom' contest held over three months, NWWA, INS Shivaji, has focused mainly on health and well-being. The interactive lectures, ranging from 'Pregnancy and Toddler Care' (gynaecologist Dr Nidhi), 'Child and Adolescent Parenting' (Mrs Vinita Chauhan, Group Co-ordinator, Balwadi) to 'Know Your Finances' (Lt Cdr Ridhi Dhoundiyal, DyLOGO), were interesting. The lectures, flagged off on 13th April, included a written test based on the content of the three lectures.



The contest culminated on 11th July, with an informative presentation on 'Personal Health' by Surg Lt Ayesha Begum, INHS Kasturi. The final five contestants presented a two-minute talk on 'Effects of Technology on children'. The winners were Mrs Raveena Singh ('Swayam Siddha Smart Mom' 2018), Mrs Vijaylaxmi Singh (first runner-up) and Mrs Raisa Sheikh (second runner-up).

A 'Vipassana Anapana' Orientation Course, to promote meditation amongst service personnel and families was organised by the Pune-Based NGO Mitra.

Over 800 personnel, including families, participated learning the 'Anapana' meditation technique that assists all-round mental, academic and personality development.



At the Base, the ladies have also participated in the Station Badminton Championships, in all levels - singles, doubles and mixed doubles. The winning smiles say it all.



As the Base is blessed to be located in a green environment, the ladies have been actively participating in cycling, walkathons and 'Run-for-Fun' events. Now that the rains are abating, plans are afoot to conduct regular trekking and walkathons for the ladies.



Furthermore, the ongoing Yoga classes are a blessing. With a trained Instructor coming in from the reputed Kaivalyadhama centre in Lonavla, the focus is on both mental and physical well-being. The classes are being conducted thrice a week, for an hour in the evening, and have a large number of ladies. A class was recently conducted near the Shivsagar Lake in the Base.



AGM 2017-18



The Annual General Meeting of NWWA , Station Lonavla, was held on 28th August, at the special Milan. The programme began with a welcome address by Mrs Poornima Srinivas, President NWWA, Station Lonavla.



The Annual report of NWWA activities and the Financial Report 2017-2018 were presented.

The ladies were familiarised with various courses offered under NWWA and young naval wives were welcomed with the traditional 'Abhinandan' book. An interactive quiz on NWWA and the Indian Navy was also conducted and a few ladies shared their learning experiences with NWWA.



ORIENTATION PROGRAMME

NWWA, Station Lonavla, organized the Orientation Programme in two phases. Almost 40 young officers' wives attended the first phase, held on 18th and 19th May, and over 100 ladies attended the second phase held on 26th and 27th September. The ladies were welcomed with the traditional 'Welcome Young Lady' and 'Abhinandan' books, respectively, as well as a handy



folder briefly covering the programme introduced the NWWA, social graces and Commodore K Srinivas, Shivaji & Station Commander Base interacted with the ladies acknowledged the efforts of the the naval community, assuring times.



contents of the capsule. The ladies to the Naval way of life, community service. Commanding Officer INS and all HODs and OiCs of the in the first phase and ladies for their contribution to them of full support at all



The second phase also included visits to Pratigya Sthal, Naval Engineering Museum, Motivation Hall and NWWA Kendra – a first for many.

The 'Orientation Programme' was well-conducted, received positive feedback from the ladies and was a resounding success.



MIXED BAG



Connecting with Mrs Poornima Srinivas



Team Balwadi



Holi hai



Saree with a Twist



Team Shivaji at the Monsoon Concert



NWWA Ladies participating in full strength



Little ones shine at the Monsoon Concert



Starting early with Environment Conservation