



VARUNI

FEBRUARY 2021

COVID FREE AND SELF RELIANT "VALSURA"



MRS. POOJA KADIAN

NWWA COMMITTEE

CORE COMMITTEE

PRESIDENT - MRS JYOTI PATNEY

VICE PRESIDENT - MRS PREETHI NAVEEN

NWWA COORDINATOR- MRS SHALINI PERI

TREASURER - MRS POONAM SHARMA

SECRETARY

PREVIOUS - MRS SHAILJA GAUR

CURRENT - MRS RADHIKA DAMERA

GROUP CO-ORDINATORS

AASHIRWAD - MRS SELVARATNA

AROGYA - MRS POOJA MISHRA

JAGRITI - MRS ANSHU SINGH

PRAGATI - MRS VIDYA RAMAN

PRAKRITI - MRS NIDHI KARKI

SAMUDRI - MRS SHALINI PERI

SANCHAR - MRS POOJA KADIAN

SAUNDARYA - MRS PREETHI NAVEEN

SPARSH - DR SHASHI PRABHA





MESSAGE FROM NWWA PRESIDENT (SR)

Life is a journey... this sojourn will be rough at times, with roadblocks and setbacks that challenge us. Along this path, while you may have your eyes fixed on the destination, you will experience highs and lows but, in the process, you evolve and grow in strength, wisdom and stature. I deeply believe that life is a journey punctuated by milestones, and that we should all strive to enjoy this odyssey by being active, positive, caring and optimistic.

While we look forward to an enriching 2021, 2020 will go down in history as a milestone year with a few outstanding achievements. 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 efforts towards conservation of our ecosystem and we celebrated the *Swarnim Vijay Varsh* – the 50th Anniversary of our incredible victory in the 1971 War. NWWA [SR] helped conceive and collate ideas and collaborated seamlessly 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.

I understand that this edition of *Varuni* recounts the wonderful journey of NWWA (Valsura) and the stellar activities undertaken that highlight how resilient you have been. NWWA (Valsura) valiantly played a very pivotal role in keeping all the families at INS Valsura in good spirits during the pandemic. I am pleased to know that Valsura was abuzz with activities. Ladies at Valsura have not failed to gain the community's respect as they launched a maiden venture to reach out to Sahayikas, with steps taken to empowering them by conducting embroidery classes for their young dependents, over a period of two months, for skill enhancement and future financial independence. Having said that, the creative bent of mind further led them to take up massive infrastructural upgrades creating an *AATMANIRBHAR VALSURA* and the crowning glory was the reports of how major upheaval in infrastructure was handled deftly utilizing recycled materials and upcycling old MES furniture to create a state of art refurbished *SAMUDRI* outlet. The inspiring team of NWWA members planned, designed, revamped, and embellished the store magnificently. At the family welfare center, too, the *UDYOGIKA* workspace was also remodeled to accommodate more students and made spacious. The walls of *Udyokika* have been decorated tastefully with beautiful mural paintings. A new aesthetically done up committee conference room and yoga room have also been designed by their team. I am honored to have had the privilege to inaugurate the two new vibrant well equipped *Saundarya* beauty parlors. These social infrastructural changes are praiseworthy and exemplary and definitely a legacy the establishment will benefit from for years to come. Having conscientiously adhered to all precautionary guidelines laid out by leadership, it is indeed commendable that you not only faced the pandemic with resilience but also stone walled it. **Due to such a diligent response at every possible level at INS VALSURA, the Base is 100% COVID-FREE till date!**

During the unprecedented times that blanketed all of us and the world at large, a whole set of new vocabulary got added to our daily life. I mused upon the word "COVID" and surprised myself with the deeper scoop of knowledge that stared back at me. Allow me to unpack this nugget of truth for you!

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 virtuously
I-INTEGRATE and assimilate what you have
D-DECONGEST (DECLUTTER) your mind

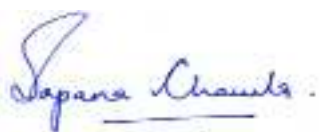
When I coined this acronym, it helped me transform my perspective of the sharp learning curve we all had to negotiate last year.

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. At Kochi too, our journey was marked by notable milestone achievements. Team *Sparsh* regularly reached out to the orphanages and offered them much needed succour by providing financial assistance, health drinks, groceries and clothing for the inmates. *Tarsh* block printing workshop at Rameshwaram, Kochi was relocated to naval base in order to provide better infrastructure and facilitated greater involvement of NWWA staff. A trendy, spacious and attractive *Tarsh* studio with stylish décor was envisioned and work promulgated in Oct 2020. It will be located next to the *TARSH* workshop to showcase the exclusive designer wear created by our inhouse designers from NWWA (SR). Also, I am delighted that an open gymnasium is almost ready and is intended for the welfare and benefit of the sailors' families at SMA Rameswaram. Both this gym and the *Tarsh* studio are going to be inaugurated by mid-February. We have also envisaged creating tuition rooms for the wards of our domestic help in Katari Bagh as a social initiative

To sum up, NWWA (SR) has veritably negotiated the unprecedented challenges with a stoic, balanced and 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 and counsel that teamwork and diligence will help us achieve wonders and never permit any adversity to triumph over us. I am singularly proud of the hard work and RESILIENCE put in by all NWWA members and seek your continued participation and suggestions to spread happiness, vibrancy and positivity. Life, after all, is short and it is my cherished belief that we should keep taking positive steps in this journey to improve and build a better tomorrow. Yes, the words of the American author Sherri Mandell alludes to this very attitude

"Resilience is not about overcoming but becoming"

Let us therefore continue our journey and resolve to make meaningful contributions to our community. Let milestones like precious ornaments decorate our journey. I end by wishing the spirited NWWA (VALSURA) community the very best for a happy, healthy and fulfilling 2021.



Mrs Sapana Chawla
President NWWA
(Southern Region)

MESSAGE FROM NWWA PRESIDENT (INS VALSURA)



At the outset I would like to appreciate team NWWA Valsura for their untiring commitment and efforts in keeping the community connected through numerous activities carried out during pandemic times. The activities were initially conducted through the online mode, and subsequently held in small groups maintaining the covid protocol. This not only kept the spirit and morale of the community high, but also gave our ladies and children an opportunity to relish the fun & leisure amidst the prevailing scenario. We, as a community, focused on the positives and thus our takeaways from the pandemic would be - valuing what we have and gratitude for things we took for granted. It even gave many of us more family time and helped us in rediscovering a new way of life. An earnest gratitude to those who worked selflessly for the society and country, like our healthcare workers, frontline workers, our officers and men of the establishment.

The lockdown has indeed been tough for all- especially the women, for they had the added responsibility of running the house, homeschooling as well as keeping their children engaged at home. It is in these times that we all reached out and became each other's support.

We moved from a state of complete uncertainty & fear to a new way of living, by maintaining social distancing norms. Yet, NWWA Valsura worked for the community in unison as a passionate & compassionate team. The ideation of the team even led to a major enhancement of social infrastructure, making us *Aatmanirbhar* in various aspects, and emerging as a truly self reliant community.

As Helen Keller has said, "Alone we can do so little, Together we can do so much". The strength of our community is a true reflection of this adage.

I would like to thank Mrs Sapana Chawla for always guiding, encouraging and supporting our initiatives. She has also been consistently motivating us towards self care and healthy habits. It's our privilege to be part of the journey and the plans she has envisioned for the betterment of the community and improving the quality of life. May we continue to achieve greater heights under her able guidance and mentorship.

My sincere gratitude to all the members of Valsura Parivar who have helped maintain near normalcy and unity in our community **which has helped ensure zero cases of COVID -19 in our establishment over the last 11 months.**

Wishes for safe and healthy times in 2021!

Mrs Jyoti Patney
President NWWA, INS Valsura

FROM THE EDITOR



Mrs Pooja Kadian

"2020" – Alas! What an unprecedented year it has been. It was incredibly paradoxical, wherein it exhibited striking dichotomy of simultaneously experiencing agonising tragedy, trepidation and devastation alongside buoyant optimism, resilience and hope. Our community has transitioned into a 'New Normal' of quarantine, social distancing, sanitisers, masks and remote learning. Memories of repercussions of the pandemic on INS Valsura family are still afresh, wherein lanes of our base, usually throbbing with life and activity had utterly emptied out. In the face of these challenges, **RESILIENCE** is a vital necessity and INS Valsura family has not only shown mammoth of resilience to adjust to new normal, but has thrived in this adversity.

Whilst the wrath of the pandemic has still not descended upon the shores of INS Valsura, it could only be achieved by unceasing perseverance, meticulous planning and impeccable implementation by our whole COVID organisation. In an exemplary display of grit, fortitude and sociability, all members of NWWA Valsura have held their families together along with maintaining the affable social fabric and it can be aptly described by the Sanskrit quote "*Pratikultaayah Shaktiyah*", meaning "*strength through adversity*". Flowing with the paradigm shift of virtual learning, various online webinars were organised viz joyful online storytelling session, fascinating virtual comics for the children and inspirational talks on nutrition and healthy living with unique insights from Mrs Sapana Chawla, President NWWA (SR).

To maintain good mental health and for the social cause, NWWA Valsura conducted a webinar on hygiene cup and breast cancer, a grandparent's day with their children and a benevolent donation drive of essential medical equipment for Vridhashram. Pandemic exacerbated financial vulnerabilities of marginalised sections, therefore, an embroidery activity was conducted for domestic help's daughters to make them "*Self-Reliant*" and a jubilant picnic for domestic helps was organised to remunerate their unrelenting services.

NWWA Valsura was privileged to host Mrs Sapana Chawla, President NWWA (SR) as its first guest post pandemic and her invaluable discussions on healthy living and joyful life benefitted all ladies of the base. Mrs Sapana Chawla inaugurated ingenious projects like 'PositiviTea – The Tea Bar', beauty parlour 'Saundarya', NWWA shop 'Samudri' and shopping complex 'Dwarika'. The indomitable spirit of self-reliant Valsura was lauded by Mrs Sapna Chawla, as these marvelous and life changing projects were accomplished with sheer élan and stoicism by optimum utilisation of in-house resources and talents despite pandemic restrictions.

"Hope is the thing with feathers, that perches in the soul

And sings the tune without the words, and never stops at all." - EMILY DICKINSON

"Hope" is a miraculous and unbeatable thing which resides inside our souls and as vaccines begin to roll out, preliminary rays of hope are piercing through the fog of uncertainty to illustrate glimpses of normalcy. Welcome to 2021, let this year be about all new beginnings, all new hopes and all new inspirations. Here's to a fabulous new year and wishing everyone positivity, health and happiness. May this decade be a turning point in our lives.

HAPPY READING!

THE EDITORIAL TEAM

The editorial team of Sanchar, NWWA INS Valsura proudly presents to you our new edition of Varuni.

We endeavoured to cover all the activities and new additions to the base that have further enhanced our self-reliant community.

We extend our heartfelt gratitude to each of the contributors to this magazine. We also thank all the residents of Valsura for contributing directly or indirectly towards COVID-19 free Valsura.

May you enjoy reading it as much as we did weaving it.

Happy Reading!

Mrs Mitali Mishra

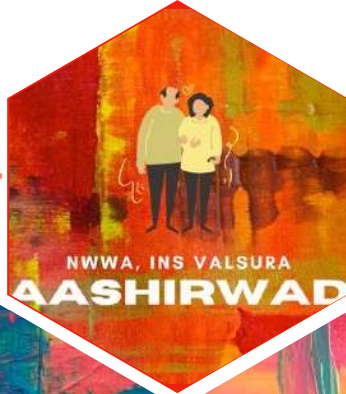
TEAM SANCHAR



Left to Right - Mrs Pooja Mishra, Mrs Pooja Kadian, Mrs Nandita Pant, Mrs Jyoti Patney (President, NWWA Valsura), Mrs Sonu Gulia, Mrs Mitali Mishra, Mrs Shailja Gaur

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COVER STORY

Co-created by Mrs Pooja Mishra & Lt Paritosh Singh



"At last he rose, and twitched his mantle blue; Tomorrow to fresh woods and pastures new." - John Milton

The beginning of a new year is called to be 'Janus- faced'. The word finds its origins from the Roman deity Janus who is considered to have two contrasting aspects or faces. Likewise the Janus - faced new year 2021 comes with one face towards the old baggage of nasty pandemic and the other face looking forward with hope towards a better, safer and healthier future. A new year filled with new beginnings, perspectives and opportunities to explore and evolve.

It doesn't cease to intrigue us how it took a tiny virus to bring the world to a grinding halt and shake our paced lives. Although the transformative catastrophe unleashed despair and despondency worldwide, the dark cloud came with the proverbial silver lining, for all who sought it. Resilience became the prime virtue

and Self Reliance a global buzz word, as well the only way of living in *annus horribilis*. With unprecedented challenges come unprecedented solutions. In the adversity afoot- '**Resilience and Self Reliance**' have come up as the new age superpowers.

We at INS Valsura not only recognised this as the need of the hour but also imbibed these new-age values of Resilience and Self Reliance to sail through a challenging phase.

Immense resourcefulness came at the administrative level as various measures were taken- an infallible setting up and running the Covid Cell, strict compliance to social distancing norms, administering and sanitising quarantine blocks, conducting door to door awareness programs along with the most desirable security and safety measures ensuring that INS Valsura remained an invincible fortress: COVID free; a safe haven in midst of ensuing chaos.

"JUST LIKE MOONS AND LIKE SUNS, WITH THE CERTAINTY OF TIDES. JUST LIKE HOPES SPRINGING HIGH, STILL I'LL RISE." - MAYA ANGELOU

NWWA VALSURA - AN EPITOME OF STRENGTH & AGILITY

To ensure maximum efficacy of the above measures, the ladies of Naval Wives Welfare Association (NWWA) INS Valsura too kept the spirits of the base higher with their exemplary cooperation and coordination. The remarkable initiative of mask making and distribution drive has been one such example of the unwavering determination of NWWA INS Valsura ladies. Varied activities were conducted to channelise the energy of children who were not able to attend school- 'Puppet Storytelling' being the most favourite one amongst them. Daily necessities were made available for the families residing inside the base who couldn't go out due to nationwide lockdown. We kept each other motivated and pumped up while the adversity hit us all hard.



During COVID-19, INS Valsura as an establishment has followed every guideline and directive issued by the Government of India (GoI) and IHQ MoD (Navy) from time to time, in letter and spirit. A total of around 4000 personnel and their dependents (In-living and MLR) were placed in Home Quarantine as well as Institutional Quarantine. Various benevolent measures initiated by INS Valsura towards awareness and prevention of COVID-19 at the establishment premises have kept everyone safe.

On the hindsight, pandemic taught us to slow down and savour un-paced moments in our ever so busy lives. Not just we accepted roaming like masked bandits as the new normal and pushed ourselves to wash our hands regularly but also reconnected with our selves and our dear ones. We found time to reunite with our long lost friends on social media while social distancing, learned to relish home-cooked food better and be grateful for each day as we live and stay healthy.

Thence, slowly and gradually we rebuilt our lives with resilience and newfound perspective.

All of this is just a snippet of how the hard work of each and every personnel involved helped to keep **INS Valsura COVID free**. Some key personnel have been instrumental in achieving these results. The organisation was steered by Cdr Y M Rao, coupled with key contributions from Lt A Thakur & G Dabral, which has benefited everyone due to excellent planning and flawless on ground implementation of various policies and guidelines.

The story doesn't end here, rather it's just a beginning. Each one of us must rethink the future of our environment and tackle climate change and environmental degradation with ambition and urgency. Only then can we protect the health , livelihoods, food security and nutrition of all people, and ensure that our 'new normal' is a better one.



Lt Paritosh Singh

Awareness Campaigns

through lectures, door to door campaigns & info sharing about Arogya Setu app

Infrastructural setup

Commendable execution of a dedicated Covid cell and 24x7 manned control room, building hands free sanitisers & screening booth

Uninterrupted services while social distancing

via canteen, market supplies, courier services, ration delivery,



SOFTWARE ENHANCEMENT

Quarantine management through in-house web-based application immensely helped to ascertain and record travel history, for quick decision making. Real time data like quarantine blocks availability, auto generation of medical certificates post completion of quarantine was made available



OPERATING RYTHM

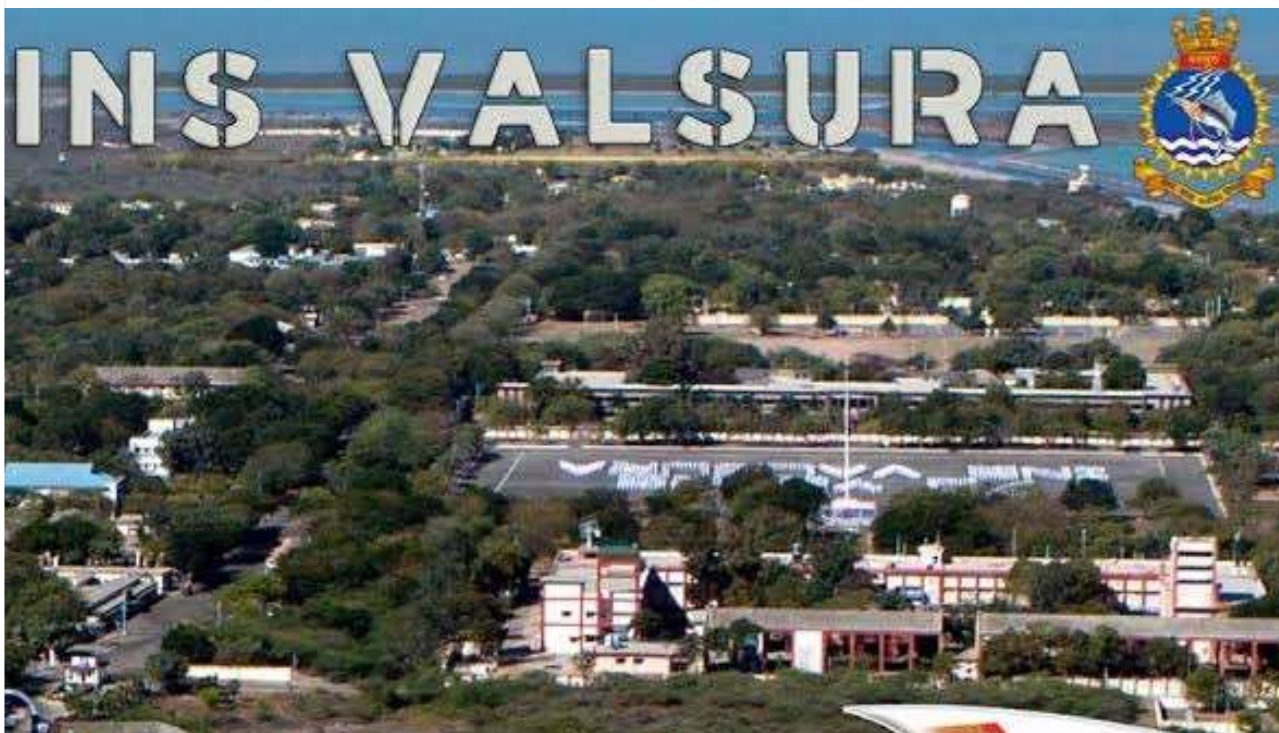
Home quarantine, Isolation of duty personnel, Separate Quarantine blocks, SOP for incoming personnel, controlled entry to the base - all these measures were strictly adhered with the support of all the personnel and families.



SANITATION & SAFETY

Separate facility for incoming personnel, clean-ship of MT vehicles, quarantine blocks, goods & incoming packages (couriers), provisioning of PPE usage with 4000 masks stitched in-house

**COVID
FREE
VALSURA**



Correlating to this edition's theme - Resilience and Self Reliance, we could think of no finer example but the story of 'the Phoenix- rising from the ashes'. It's a story that goes back thousands of years and seems to be more relevant today than ever.

The Phoenix is a Greek mythological massive bird, with luminous skewers and stunning wings. It is known for burning down itself to ashes after living for hundreds of years. The mythical bird then rose from its ashes. The story is a true depiction of the transformation from death to life, from lows to highs, from failure to success and from finish to the new beginnings. The story edifies that - Falling apart gives you a reason to build something new and better. Even the making of a star requires - crumbling down of the gaseous nebula.

INS Valsura emerged as a vanquisher, where we rose above the challenging times and created opportunities amidst adversity while staying covid free.

"Hang on to your hat. Hang on to your hope. And wind the clock, for tomorrow is another day."

— E.B. White

Resilience

does not involve returning to our original form.
We can never be the same.

What stretches us launches us forward.

What compresses pulls from deep within us the strength to break out.

Eventually, you have been through this process so many times, a reflex kicks in. You know that you aren't alone and you aren't breakable.

You feel the pain, say a prayer, make a plan.

That is when the magic happens.

You can feel yourself expand with pure strength.

Then you know, whatever storm is coming, you will continue to rise. You are that strong.

~ Jennifer Bostic



Mrs Shailja Gaur
NWWA Secretary



ANNUAL GENERAL MEETING 2020



The Annual General Meeting 2020 was conducted virtually by NWWA INS Valsura on 5th September. The proceedings included presentations by core committee members and a glimpse of the activities conducted during the year, followed by the release of our biannual newsletter - Varuni.

Mrs Sapana Chawla, President NWWA (SR) graced the occasion as the chief guest. She joined us live and provided valuable insights into health and wellness, which signified the ongoing National Nutrition Week celebrations being held by NWWA Valsura. The ladies were privileged to attend a live meditation capsule under her able guidance.



Mrs Sapana Chawla appreciated the contribution of NWWA Valsura in all the ventures, highlighted the importance of positivity in these times of adversity and inspired all to keep giving their best. In her address, President NWWA Valsura, emphasised the importance of team work. The evening culminated with a convene of Varuni contributors in adherence to the social distancing norms.

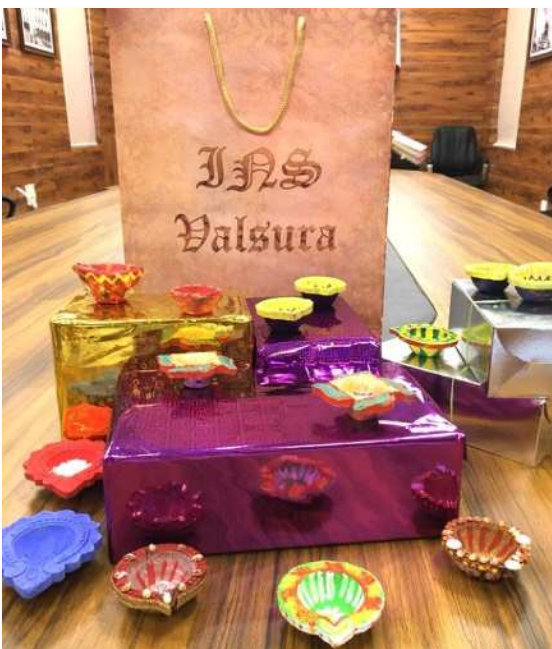


GRANDPARENTS DAY



A recipe made with love, moments to cherish forever" It was a sweet and thoughtful gesture by Team **Aashirwad** NWWA INS Valsura to organise an activity that rekindled the bond of grandparents & children in such a special way. Children not only enjoyed cooking with their grandparents, but also created beautiful memories to cherish for years to come. The pictures shared by the children were framed and gifted to them by Team Aashirwad.

Dadi Nani ki kahaniyan are the ones we all remember till date and NKG children's activity was a sweet reminder of the same.



DONATION DRIVE

Diwali is not just a festival to celebrate, it is also a time to express gratitude, renew hope for a brighter future, and spread cheers to not just our dear ones, but to various sections of the society as well. **Arogya & Aashirwad** groups at NWWA INS Valsura did a wonderful act of kindness and care this festive season.





Essential medical equipment like glucometer, thermal gun & blood pressure machine etc were donated to Maharaja Ranjit Singh Vridhhashram at Jamnagar. This was accompanied with beautiful hand painted diyas prepared by the children of Valsura, in association with **Jagriti** group, along with sumptuous Diwali sweets. It was indeed a wonderful way to keep pandemic woes at bay, and continue spreading cheers and hope around.

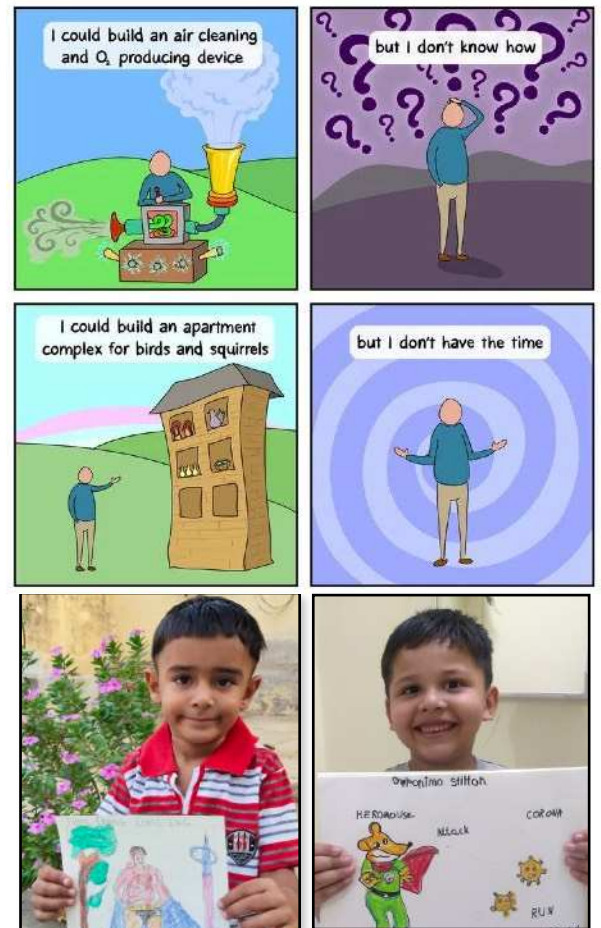
NUTRITION WEEK

During lockdown, the social engagement prospects were nil, hence it was necessary to ensure that regular fitness and workout opportunities keep the spirits high amongst the ladies. On the occasion of **National Nutrition Day** (Sep 1-7), NWWA INS Valsura Team **Arogya** dedicated the entire week towards nutrition, fitness and healthy living. A virtual run was organised for all the ladies and children of the establishment, which was accompanied with healthy recipes and information sharing on Postpartum health. At this point, it was a pleasure to have some tips and insights from Mrs Sapana Chawla, President NWWA (SR) hearing about experiences and her appreciation and focus on nutrition & fitness.



COMIC DAY

Team Jagriti, NWWA Valsura, undertook a maiden attempt to take Valsurians back to their carefree childhood days by commemorating the **World Comic Book Day** on 25th September, 2020. The weeklong celebrations included competitions for children wherein the younger ones drew and coloured their favourite comic characters, while older children were encouraged to come up with their own comic book heroes. Each day, comic strips and extracts were shared virtually which brought smiles and pleasant memories for all. The event was culminated in the form of a video showcasing the creativity of little Valsurians.



ONLINE STORY TELLING

Listening to stories is a rejoicing feeling and telling stories to our kids is just another way of having fun. With the new norm of distant and virtual communications on a rise, an online Story telling session was organised by Team Jagriti in collaboration with The hands & Stories. **Mrs Rinti Sengupta**, a renowned story teller, took us all through the world of stories with puppets and some foot tapping Jemba beats. It was an absolute delight not just for the children but also the parents.



FESTIVE COOKING



Festivals in India are an occasion to rejoice, reconnect with loved ones and foster new bonds. This festive season, Team **Pragati**, NWWA INS Valsura, provided a unique opportunity to all the ladies to come together and **express gratitude to our galley staff for their untiring and dedicated selfless service to the base.** 'Festive Cooking' was undertaken wherein the ladies joined hands and lovingly prepared delicacies at the temporary community kitchen set up at the Kendra, under the able guidance of our very talented She Chefs. Everyone contributed either by way of donating ingredients or by lending a helping hand. Over 100 cupcakes, 8kg dhokla and 200 kachoris were prepared. The novel endeavor was very well received.

The impact of this first of its kind initiative went well beyond what can be described in words. Grateful smiles from the recipients overwhelmed everyone. The activity contributed to the strengthening of the community, building awareness of diverse cultures and acting as a source of community pride.



SOW & GROW

"The food tastes way better when you grow your own". It may sound plain and simple but it can make a lot of difference in one's life. Growing your own food is a great opportunity to learn more about nutrition, cooking and improving your diet, especially in the current scenario where everyone is looking for ways to boost their immunity. The advantages of organic foods are manifold, and it not only changes our lifestyle, but also makes one passionate about natural foods. It's just like a tête-à-tête with Mother Nature. With the spirit of nurturing the mother earth and taking the negativity away, Team Prakriti NWWA Valsura conducted the activity 'Sow And Grow' on 1st Oct 20, on the occasion of World Vegetarian Day. From children to adults, everyone took this opportunity to tickle mother earth and germinated vegetable seeds. The DIY compost guide showcased by team Prakriti during **World Environment Day** turned out to be extremely helpful here, because homemade manure is something that plants relish the most. Over the months, many families have relished the journey of their plants, from seeds to samplings and bearing fruits. Sowing your seeds in their right climate and at the right time of year is important as it adds the success of your harvest, because no fruit / vegetable tastes better than those grown with your own hands.



THE GARDEN PARTY

In the last 7 months, everyone at INS Valsura has given their best to follow lockdown measures and these efforts have helped Valsura to stay COVID free. Including our Sahayikas (the domestic helps), an integral part of our community, continued to put in their relentless efforts with no qualms. During such unprecedented times, it's absolutely essential to ensure mental wellness. Hence, in an effort towards maintaining positive mental health and acknowledging the staunch devotion showcased in the current situation, Team **Sparsh** at NWWA INS Valsura organised a garden party for all the Sahayikas. An enthusiastic participation was observed full of games, prizes, sumptuous food and some fun interactions. Everyone had fun keeping in mind all the social distancing norms.



EMBROIDERY ACTIVITY



An introductory program to Embroidery and basic stitching was organised by Team **Sparsh** NWWA INS Valsura, wherein classes were conducted for the young dependents of domestic help by in-house talent of Valsura. This program not only presented them with all the tools and basics of embroidery, but also enhanced their creativity, built their confidence and opened avenues to further learning opportunities. The grand finale of this activity was showcased with a presentation of their projects, and provided them with an opportunity to perform as well.



AWARENESS WEBINAR ON HYGIENE CUP & BREAST CANCER

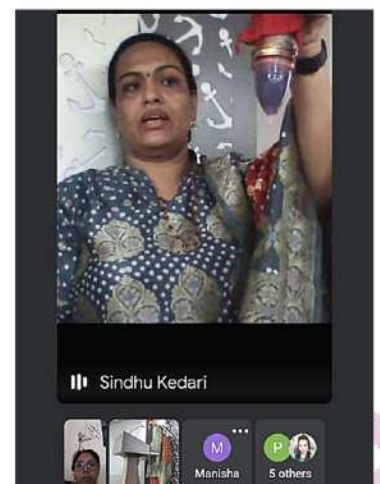
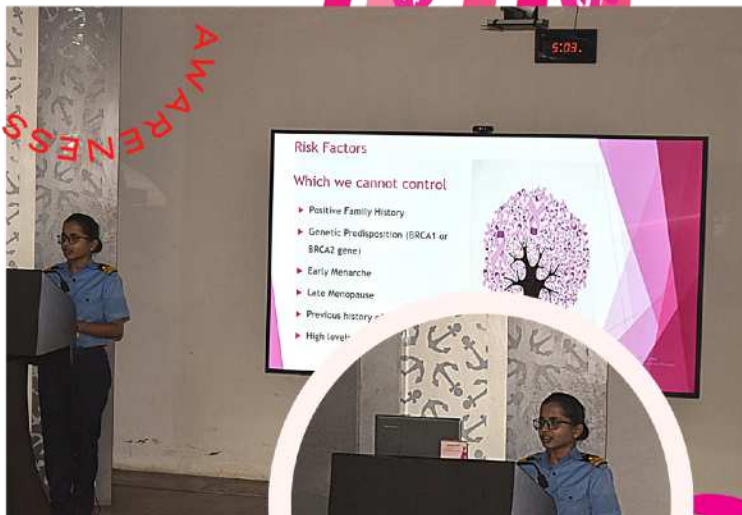


Team **Sanchar**, NWWA INS Valsura, in association with the sick bay, conducted a talk on "Explore the Hygiene cup" and "Breast Cancer Awareness" on 31 Oct 20. The session was presented by Dr Divia Manoj and Surg Lt Sindhu respectively. The former session was primarily focused on spreading awareness on the usage and benefits of the hygiene cup - Menstrual Cup. The key highlights of the session were - Why choose a menstrual cup, Why sanitary napkins and tampons are not a good choice, how to choose the right menstrual cup and who can use, cleaning/sterilising. The session was indeed an eye opener for many ladies and they discovered various important aspects of the hygiene cup.

The talk on Breast Cancer Awareness by Surg Lt Sindhu focused on causes of breast cancer, cancerous vs non cancerous cases and steps for self examination. The session also clarified common myths around it, and showcased healthy choices that can help avert breast cancer possibilities.



MENSTRUAL CUP



Mrs Sapana Chawla , President NWWA SR visited INS Valsura in Dec 2020. It was a matter of immense delight for NWWA Valsura that they welcomed Mrs Sapana Chawla as their first guest since the lockdown came in place. Keeping all the covid regulations in mind, creative engagements were organised by NWWA Valsura to allow an ideal forum of interaction between the ladies and President NWWA SR.

Kesariya themed Milan was organised showcasing the spirit of Self Reliant Valsura. A group of ladies and children showcased the valour and allegiance of Valsurians through a self curated musical skit performance. Through this performance, the audience took a peek of the journey through the unprecedented times of the COVID Pandemic, while staying put with absolute positivity and strength. The high points of the evening also included a felicitation ceremony by Mrs Sapana Chawla, President NWWA SR and Mrs Jyoti Patney, President NWWA Valsura, wherein certificates were awarded to the enthusiastic contributions of team Udyogika and team Sparsh. This was followed by token of appreciation to Sparshita Sharma of class 6th for her participation in the dance performance commemorating 50 years of victory of 1971 war.



Mrs Sapana Chawla applauded the stupendous contributions of each and everyone for the vibrant spirit of NWWA Valsura. She commended their contributions in every aspect towards keeping Valsura a COVID-free community.

ROYAL GUJARATI LUNCHEON



Royal Gujarat themed luncheon was hosted for Mrs Sapana Chawla by Mrs Jyoti Patney and ladies of Valsura. The colourful gujarati decor, the trendy attires and sumptuous traditional Gujarati meal created the perfect ambience for a rendezvous. The afternoon began with a flashmob garba performance by a group of ladies, which pleased the gathering with a delightful surprise. Mrs Sapana Chawla met each of the committee members and appreciated their valuable contributions. Addressing the gathering, she complimented the ladies for strengthening the spirit of togetherness during testing times and motivated them to keep their focus on developing knowledge and newer skills in their area of interest.



A FEATHER IN THE CAP

During the visit, Mrs Sapana Chawla reviewed and appreciated the progress of various infrastructural projects conceptualised and accomplished by NWWA INS Valsura amidst COVID restrictions. She inaugurated several projects of NNWA as well as INS Valsura as well as shared with us a few words of wisdom.

Various infrastructural projects of the establishment and NWWA include a three-storey Shopping Centre named 'Dwarika', new Samudri complex, new Saundarya Parlour, facelift to the President's Office, addition of Committee Conference Room, Yoga Room & Udyogika to the Family Welfare Centre, Foundation Stone laying of Saraswati Block: PositivityTea - The Tea Bar and an Audio-Visual Room at Naval Kindergarten.



Whats new
in Valsura?





THE A-TEAM



SAUNDARYA - TRIPTI



AV ROOM - NAVAL KG



OUR ARCHIVES - PRESIDENTS WALL



SAUNDARYA - SMA



SARASWATI BLOCK



PRESIDENT'S OFFICE



UDYOGIKA



SAMUDRI - THE NWWA SHOP

SHAPING FUTURE THROUGH EXPANSION & EVOLUTION

By Mrs Preethi Naveen



The year 2020 saw a slew of infrastructural augmentation with new Saundarya Parlours, Udyogika room, relocation and face-lift of President's room, newly added conference room and yoga room to Family Welfare Centre (FWC). With the movement of Samudri from Tripti Complex to the erstwhile INCS complex, the space vacated by Samudri came as a blessing in disguise. Thence, a well suited place was found to relocate Saundarya.

The additional space provided us the opportunity to replace the outdated equipment with state-of-the-art ones, concomitant with tastefully designed interiors. This transformed the place into an aesthetically designed salon offering specialised services.

In addition to this, Saundarya II was conceived and implemented in Sailors Married Accommodation (SMA) market, which offers basic salon services for those running short of time.

Both the salons were strategically chosen to be located in the main markets of the establishment in order to entice the visiting women and increase the footfall. Udyogika too saw a major facelift with the entire facility being redesigned by our in-house talent of ladies, wherein we converted it into a centre that nurtures creativity and imagination amongst the budding tailors as well as artists.



SAMUDRI REPORT



The gradual easing out of lockdown restrictions and the upcoming festive season spurred on team Samudri to reopen the store in a phased manner, with strict adherence to social distancing norms.

As we learnt to adapt to the new normal, we received unstinted support and cooperation from staff as well as

customers. There were continuous efforts towards stock procurement from all across the country. Two exhibitions were also held, which received an excellent response.

Post-Diwali, the shop was shut down for relocation in the new market complex. A contemporary look was conceptualised and dedicated team meetings were held to work out every single detail. Simultaneously, all-out efforts were made to add more variety to our stock, keeping the prices competitive.

The interiors of the shop were designed using minimal resources. Wooden scraps were up-cycled and Base Storage Office (BSO) furniture was used for display, with maximum emphasis on showcasing Samudri products.

This idea showcases how Samudri stock items such as runners, dining table covers, bed linen and more can creatively bring out the best look in our standard naval houses.

The renovated store was inaugurated by Mrs Sapana Chawla, President NWWA (SR) on 16th December 2020, who greatly appreciated the ambience and aesthetics of the store.

STOP DROP & SHOP!



ACTIVITY REPORT

JAN - FEB 2021 By MRS RADHIKA DAMERA



PRAKRITI & JAGRITI - DIY BIRD FEEDERS

Bird feeders are a beautiful way to give back to nature, and an opportunity to teach our children about natural habitat. With the guidance of both the teams, the young ones came up with innovative feeders made of cardboard boxes, plastic bottle, coconut shells, popsicle sticks etc. Children embellished their gardens with DIY feeders on 'Feed the Birds Day' on 3rd February.



JAGRITI & PRAKRITI- BIRD PHOTOGRAPHY COMPETITION

Valsura - The Bird watchers paradise. Flamingos, Siberian cranes and numerous other exotic birds are a common sight here. To acknowledge this bliss, and encourage our amateur birdwatchers, a photography competition was organised. Overwhelming response was received across all age groups, which made it a tough task to reward a selected few.



NWWA ORIENTATION

An Orientation Capsule was organised for the spouses of newly wedded naval personnel. The session set a sprightly tone with a presentation focused on familiarisation with NWWA's Organisational Structure, its groups, and few tips on social graces and etiquettes. President NWWA Valsura welcomed the ladies by presenting the NWWA publications.





AROGYA - WHOLESOME WELLNESS

Stay at home necessities have largely impacted our fitness regimes. Focussing on overall wellness of our community, team Arogya commenced a 5-week fitness program. It covers aspects like physical & mental wellness, healthy eating and detox. Informative videos, mid-week motivation & inspirational fitness transformation stories of our own cadre have been extremely encouraging.



SPARSH - KNITTING CLASSES

Another encouraging initiative was commenced for the young dependents of the Sahayikas, with bi-weekly knitting coaching by our in-house talent. This act has resulted in boosting the confidence of the participants, and be a source of additional income while they utilise their leisure time.



AASHIRWAD PICNIC

Being the most susceptible age group, the pandemic situation has been very tough for all the senior citizens of Valsura, as elsewhere. To break their monotonous routine, a picnic was organised at Amiyabagh where some fun games rekindled their childhood spirit.

INCOMING OFFICERS WIVES



Mrs Manorama Rawat, Mrs Deepika Sharma, Mrs Sumeet Sarao, Mrs Harpreet Kaur, Mrs Kavita Bisht, Mrs Pooja Mishra, Mrs Gitanjali Sharma, Mrs Paruathy Lal, Mrs Apoorva Gupta, Mrs Pooja Kadian, Mrs Khushboo Chaudhary, Mrs Gunjan Sethi, Mrs Anukriti Tomar, Mrs Asha Thakur, Mrs Pragya Singh

OUTGOING OFFICERS WIVES

Mrs Chhabi Singh, Mrs Shraddha Aggarwal, Dr Divia Manoj, Mrs Neetu Singh, Mrs Veena Tiwari, Mrs Swati Singh, Mrs Tanuja Sawant, Mrs Mitali Mishra, Mrs Nandana Verma, Mrs Tania Malik, Mrs Parul Saini

REMINISCING INS VALSURA

A TRIP DOWN
MEMORY
LANE

Mrs Geeta Ganeshan

Valsura- An emerald isle and birdwatcher's delight, where friendships bloom and SPARKS ignite.

Mrs Rekha Prabhat

Unforgettable memories of Valsura days bring a sweet smile to my face. I learned that it's better to change your situation than people, and not to stress mistakes or failures. Taking everything as a learning experience is a key to achieve success in work and life. I faced many challenges with determination. Though my contribution is only a drop in the ocean I'm satisfied that I did my duty to the best of my ability.

Mrs Manju Naithani

Valsura has always been an enchanted place for me, with such lovely birds, flamingos and many more. We called the flamingos headless birds, for their heads were always immersed in the salt pans. Cycling around the periphery was a sheer bliss. Simply love Valsura- it's an oasis in the desert.

Mrs Deepa Sivakumar

The experience at the helm of NWWA Valsura has been immensely satisfying, as one gets instant results. NWWA has contributed in large measure, to what Valsura is today, in terms of community infrastructure, education, flora & fauna as well as healthy living.



Mrs Archana Raghuram

Together we achieve more. Valsura is a place where you get to realise how wonderful teams can be – with unbridled passion, amazing commitment, absolute steadfastness in getting things done. It is a great learning experience for me to see how much of talent exists in one place among our own teams, and how we can channelise all that to achieve great results. To me, Valsura is all about wonderful people and a wonderful team that showed me - whether it's good or challenging times, when we stick together we make it together.

Mrs. Saudamini Yaduvanshi

Valsura personifies the camaraderie of Mandir visits, bhajans, old-age home visits, coffee evenings, singing and dancing at the same time organising various events with both compassion and grit. It is like a large family with people of all age groups, living under the same roof, blanketed in each other's love and care - Valsura is my VIBGYOR

Mrs Reshma khan

Once a Valsurian always a Valsurian. Nobody can stand testimony to this more than us. The manner in which we were treated like an extended family, amidst corona times when my husband was posted out for sea tenure, is something which will remain etched in my memories forever. Love you Valsura from the bottom of my heart .Let this spirit stay alive always and enlighten everyone for years to come.

Mrs. Mita Biswas

During my stay at Valsura, I have been a part of various NWWA events. I helped in successfully coordinating them and happily participated in each of them too. I am very grateful to NWWA Valsura for giving me additional opportunities to help me learn & excel. Every memory at Valsura will forever remain in my heart.





BATTLING COVID-19!

A NOT SO SWEET SEPTEMBER

Penned by Mrs Sumeet Virk



September 2020 was such a month that mere recollection of those days sends chills down my spine. In August, I visited my native place Patiala which was amongst top corona hotspots in Punjab, with my 2.5-year-old son Angad, for preparations of my brother Ajay's wedding in October. While we got all busy with preparations little did we know what was coming!



15th September: a sweeper at my brother's office was tested COVID-19 positive. After a few days, my brother and I both had severe fever and body ache. We both home quarantined ourselves.

22nd September: my brother lost his sense of taste and smell, and started feeling breathless. He got himself tested for COVID-19 which came positive. One of our cousins, who is a doctor in Fortis Delhi, messaged us a prescription of medicines and advised us to get a few devices. He insisted that we drink *kadaahh*. By evening my energy levels had dropped and I had developed a mild fever, around 100F. We started experiencing varied symptoms, including my toddler.

23rd September: I was tested COVID-19 positive. I had lost my sense of taste and smell, also felt breathless. My son had a mild fever and swelling in his right leg. Thankfully, his swelling on the leg was gone by 24th September 2020 and fever too got milder. His love and innocent face gave me courage.

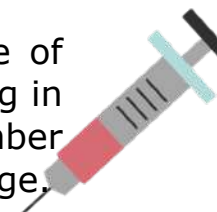
I began to get calls from District Magistrate's office every day to ensure if we're quarantining properly at home. The officials came to inform our neighbours and sanitised our house from outside.

25th September 2020: my mother developed a high fever of 103 F-104 F. Her fever stayed for 3 days with no other symptoms.

4th October: my brother was tested negative and after two days on 6th October my Covid test too came negative. We also got back our sense of smell and taste. My mother completed her 14 days home quarantine on 9th October 2020. It was all because of her will power and selfless love that all four of us were able to make it so far, in such difficult times.

10th October 2020: my husband finally came to see us and we resumed the wedding preparations. After my brother's marriage, we got back to INS Valsura.

The most important thing which I learnt during the 2 weeks of my isolation during COVID is that- instead of cribbing for all the silly things in life, we should always be thankful for our life, family, friends and good health. This pandemic has been a one-of-a-kind situation. Although it brought human fallibility to the fore, it has also given us a new perspective. Humanity must prevail. This too shall pass!



My learnings from life-changing experience of the pandemic !

Penned by Mrs Priyanka Ahuja

*"In the courageous standing of uncertainty, faith shows most visibly its dynamic character." - **Paul Tillich***

We've read enough about life during the pandemic, and we can't deny the fact that although the outbreak confined us all at our homes, each day has been a learning. I find myself fortunate for being in INS Valsura- one of the safest places, during the tough times of pandemic. It took us quite some time to accept the fact that we shall be homebound during the pandemic whilst all of us had our presumptions regarding its end. Now, it's already going to be a year living and fighting with the crisis.



The initial dawn of the lockdown affected me but gradually I got acquainted with the 'new normal'. Soon enough, I realized that this is the best time to make some sustainable lifestyle changes. Here, enlisted are my learnings during the pandemic:

1. First and foremost, this tough time taught me to be more patient & optimistic towards life.
2. I learnt to seek pleasure and satisfaction in the simplest of things.
3. I learnt to be a minimalist and prioritize the essential necessities.
4. I learnt to stay connected with my near and dear ones.
5. I also learnt to take a break, relax and do nothing. For a while, I shook off the social pressure to do something or other always. I binge watched all long due web series and movies.
6. I realized that self-care is not self-indulgence but our responsibility. I utilized this time to make some healthy lifestyle changes and be more consistent towards my fitness regime.
7. Last but not least, this crisis taught me to be contented and grateful for whatever I have.

I would end the read with a perfectly suitable quote-

*"Self-Reliance is the only road to true freedom, and being one's own person is its ultimate reward." - **Patrica Sampson***

What Valsurians had to say about lockdown?



MRS NANDITA PANT

"Materialistic choices generally lure us, but we can very well sustain and be happy with limited options"



DR SHASHI PRABHA

"Lockdown made us self-sufficient and we started doing a lot of things by ourselves."



MRS KHUSHBOO CHAUDHARY

"Lockdown has taught curtailment of unwanted expenses."



MRS POONAM SHARMA

"Lockdown proved to be an opportunity to spend time with the family and strengthen our bonds."



MRS GUNJAN BASSON

"Lockdown has enhanced my creative skills and allowed me to rediscover artistic inspiration."



MRS SONU GULIA

"Compassion is the radicalism of our time."



MRS GEET SHARMA

"The air got cleaner and environment greener. As well as local industries got a boost."



MRS SUMBAL TREHAN

"I learned to play multiple roles as a mother, caretaker, teacher & playmate for my son."



LT CR SHIVANGI MALIK

"One should be willing to sacrifice/ trade their comfort for greater good of the society."



MRS ANKUR SEMWAL

"Learned to appreciate the nature and importance of being in a nature-rich environment."

A NERDY RESOLUTION

Penned by Mrs Radhika Damera

Being an indulgent reader since childhood I realised that I was not reading as much as earlier. Over a period of time, I pacified myself thinking that social media and smartphones are the culprits- eating away most of my leisure time. I want to imbibe the habit of reading in my children and decided to 'Lead by example'.

I started by adding reading to my list of resolutions for the year 2020. Little did I know then that this year would be so challenging by all means. As I consciously made an effort, I could take out some time every day, before bedtime. That became my "me time". Since I use a Kindle e-reader, there were no complaints from the husband about lights out as well. I read to my heart's content. Sometimes I get caught by my husband binge reading books.

Book after book steadily I read. By the end of the year, I can proudly say that I successfully read 16 books without abandoning any. List of books include

BECOMING BY MICHELLE OBAMA

It is a nice read for all women in general.

MALICE BY KEIGO HIGASHINO

If you haven't read this author pick this right away. You will be hooked.

OF MICE AND MEN BY JOHN STEINBECK

An American classic which talks about slavery with a subtle humour.

THE SILENT PATIENT BY ALEX MICHAELIDES

This thriller was slightly predictable for me.

BORN A CRIME BY TREVOR NOAH

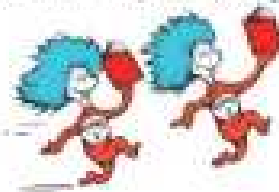
This one blew my mind. If you thought Indians faced racism from the British, apartheid in South Africa is on a whole new level.

THE REMAINS OF THE DAY BY KAZUO ISHIGURO

A free trip to the British countryside



The MORE
that you READ,
the MORE things
you will know.
The MORE that you
Learn,
the MORE places you'll go.



**ANNE OF GREEN GABLES- BOOK 1 BY LUCY
MAUD MONTGOMERY**

This is a delightful read for children and adults alike.

**THE NO.1 LADIES DETECTIVE AGENCY BY
ALEXANDER MC CALL SMITH**

This book will take you to Africa, the land of many tribes and wildlife.

**THE PALACE OF ILLUSIONS BY CHITRA
BANERJEE DIVAKARUNI**

A very different perspective of our epic Mahabharata.

BIG LITTLE LIES BY LIANE MORIARTY

If you like Drama, you'll get a lot of it here.

I OWE YOU ONE BY SOPHIE KINSELLA

Whenever I need a light and enjoyable read, I pick up Sophie Kinsella's books. In case you don't already know, she wrote the series of books "Confessions of a shopaholic" which was made into a Hollywood movie.

**THE GIRL WITH THE DRAGON TATTOO
BY STEIG LARSSON**

A classic book. A slightly dark read.

THE STATIONERY SHOP BY MARJAN KAMALI

A nice love story with Iranian backdrop, this book gives an insight into Iranian culture and traditions.

**THE DEVOTION OF SUSPECT X BY
KEIGO HIGASHINO**

I had to pick one more after 'Malice' and I was not disappointed.

THE WOMAN IN THE WINDOW BY A.J. FINN

I thoroughly enjoyed the suspense.

PACHINKO BY MIN JIN LEE

This book gave a whole new perspective about Korea. I had to read a lot of history about Japanese colonization in between to get an actual idea of the book.

During this entire lockdown period, I travelled through these books to USA, Japan, Iran, England, Canadian Colonies, Afghanistan, Korea, Sweden etc. It was an immense joy experiencing their cultures and googling words and phrases used in the local language. I experienced the seasons as described, the food that was mentioned, imagined the characters and sometimes how they might look. That's the joy of reading – it gives wings to our imagination. It teaches us everything without any visual illustrations. Each book left

me with a different feeling- gratitude, grief, bliss and nostalgia to mention a few. That is the magic of books I can say. So, I think I have said enough to add reading to your list of resolutions for 2021

This is that one resolution you will not regret about and you already have a book list given. So why the delay, pick any book, find a nook and a cup of your favourite drink. Read away!

COVID 19 PANDEMIC

A TIME TO REBOOT, REDISCOVER

The time of COVID-19, a bane for the entire world, a time resulting in huge loss of life, loss of jobs and livelihood, and a sense of stagnation in life for everyone. A time that brought everyone to ground zero, there was no rich and no poor, the virus was barring only those who were strong within.

All thanks to the almighty, I found my silver lining during these tough times. In March 2020, I went to my parent's house to celebrate Holi. The break got extended due to nationwide lockdown.

The period of lockdown made me anxious, restless and brought a sense of fear. The only good part was I was with my family. My mother sensed my restlessness and gave us an interesting challenge: 'SELF DETOX'.

The challenge was for 21 days and had the following conditions:

- Early to bed and early to rise
- Clean eating, no processed food
- Meditation twice a day
- No negative content to be read or watched
- No gossiping
- Group family meals

Although the routine had sounded lame to me initially, I started to feel the difference in my body, skin; and most of all in our home. There was so much positivity and happiness in the aura. Let's ponder - Why are we being so crazy in competing with others and

running after success, when we only need to reconstruct ourselves from time to time. What's in our control are our thoughts and the energy which we radiate.

My takeaway from the pandemic is - a good detox of mind, body and soul. While exiting a year of pandemic, I have only upgraded myself.

*"Sarvesam Svastir Bhavatu
Sarvesam Shantir Bhavatu
Sarvesam Purnam Bhavatu
Sarvesam Mangalam Bhavatu"*

Meaning: May there be happiness in all, may there be peace in all, may there be completeness in all, may there be success in all.

By Mrs Shreyashi Tripathi



Penned by Slt Tushar Mehrotra

March 2020: Human race was struck by the Novel Coronavirus. The world came to a standstill and thousands of people perished. The situation was slipping through our fingers like quicksand. Dreams were shattered and futures lay uncertain. Normalcy, as we knew it, was obliterated.

It was the month of April and COVID was already on its peak. Our time at the Academy was over and we were flown to INS Valsura for our next phase of training. Gradually we got accustomed to the routine of Valsura and realised that as the world collapsed around us, we were in a safe cocoon. For our families back home too, it was very reassuring.

It's indeed worth mentioning that our base is one of the handful units pan Navy which didn't have even a single case of COVID-19. This veritable achievement was only possible due to the efforts undertaken by everyone as a part of the Valsura family under the leadership of the Commanding Officer to keep INS Valsura untouched by the virus. Every protocol was executed with utmost discipline which was ensured by the staff and under trainees all alike.

In adherence to the guidelines and advisories, many measures were taken to ensure that Valsura stays alive and healthy. A screening centre was set up outside the main gate which recorded every necessary movement through the gates of Valsura. Goods of necessity were sanitised without fail to eliminate even the remotest probability of coming in contact with the virus. A dedicated COVID reception was set up to monitor everyone moving in and out of the base. A COVID cell was organised under the keen supervision of the Executive Officer to monitor

every single aspect of COVID related activities. The cell controlled various day-to-day tasks from quarantine management to food distribution. It also co-ordinated between various departments, all with great efficacy.

A major role was played by departments like the Logistics through the Central Galley and of course the Sick Bay which was the prime war front against the pandemic. The various market places in the base kept the supply lines alive with staggered timing and necessities like sanitisers and face masks. Special attention was paid to hygiene and sanitisation of various accommodation areas. Specific emphasis was laid upon the under trainees in this regard. Duty Staff ensured daily clean ship of the dormitories, galleys and dining halls. The effort put in by the medical staff was praiseworthy as they risked their own lives to keep us safe.

However, it would be an injustice to not mention the commendable effort our leadership put on display in times of a humungous crisis. In a time when the world was in despair, they made sure that every single soul placed in their charge remains out of the harm's way, much like what a true leader should do. The most remarkable feature of this battle against COVID-19 was- the 'Self Reliance' of the Valsura family. All Valsurians stuck to the motto of- "*Jab tak dawai nahi, tab tak dhilai nahi*" with respect to COVID-19 as well as discharge of their duties.



THE **NEW** NORMAL

By Mrs Shraddha Aggarwal



Mar 23rd, 2020 – The Prime Minister of India announced a nationwide lockdown to curb the deadly Coronavirus spread. The lockdown imposed a stronger challenge to the

community residing inside INS Valsura. With a population of close to 5000, offices and accommodation in close proximity, limited medical infrastructure (both within and outside the base), and a strong dependency on local trade for meeting day to day requirements; imposing the lockdown seemed a daunting task.

But the deadly virus that had left the entire world grappling had to be denied entry into the base. Thus, the inevitable decision to shut the gates of INS Valsura had to be made. In the months that followed this decision, which appeared unrealistic and temporary initially, started appearing wiser. While the daily news continued tracking the alarming rise in the number of cases across the country, **INS Valsura continued to remain one of the few bases of the Armed Forces to remain Corona – free.**

Social distancing, proper sanitisation and use of masks were the key mantra for every valsurian to fight against corona virus.

It was during these testing times that I had to travel to another state for an

unavoidable requirement. Leaving the base after almost six months, what I saw outside left me shocked. The life outside nearly made me believe that this whole virus thing was just a hoax. The ease with which the populace was flouting all preventive rules was startling. The term social distancing seemed to have lost all relevance as I could see people crowding all around, be it the tea stall, the supermarket or the autorickshaw packed with passengers well beyond its seating capacity.

When I boarded the aircraft at the Jamnagar airport, the story was no different here. While I sat on my aisle seat donning my face mask and the airline's face-shield, the air-crew struggled to achieve any degree of order amongst the other passengers. Being the only one in the aircraft wearing the protective gear made me feel like an alien; at least that's what the look on the co-passengers' faces seemed to be signalling. I therefore decided to dive into the book I was carrying, more to avoid the stares that I was getting, than my interest in actually reading it.

Thankfully, my first-hand experience with the way the civilian populace was dealing with this pandemic soon came to an end. **As I entered the gates of INS Valsura, I felt an overwhelming feeling of safety. INS Valsura has been the very base which, through its resilience,** fought effectively against the virus, and also imbibed into each one of us the right meaning of the 'new normal' in our **COVID FREE VALSURA.**

हम मिलकर लड़ेंगे, हार नहीं मानेंगे,
इस वायरस को हम देश से,
मिलकर मार भगाएंगे।

वालसुरा: सपनों की प्यारी

हम हार नहीं मानेंगे, मिलकर देश जिताएंगे।

अंशु कुमारी



वालसुरा एक ऐसी छोटी सी दुनिया है। जहां हम सभी एक साथ सुरक्षित रहते हैं। यहाँ पर लोग अलग-अलग राज्यों से आते हैं और मिल-जुलकर रहते हैं। एक साथ रहने के कारण हमें एक दूसरे के बारे में बहुत कुछ जानने को मिलता है, जैसे विभिन्न प्रकार का खान-पान, रहन-सहन, परंपराएँ और बहुत कुछ। हमारे देश के लोग अपने देश से प्यार भी बहुत करते हैं। कुछ लोग अपने देश के लिए अपनी जान को भी न्यौछावर कर देते हैं। ऐसे ही वालसुरा के लोग भी हमेशा देश और देश के लोगों की सुरक्षा के लिए तैयार रहते हैं।

हम सभी को पता है कि भारत एक ऐसा देश है जहाँ हर धर्म के लोग एक साथ रहते हैं, ऐसे ही वालसुरा और देश के कई जगहों पर भी सब मिल जुलकर एक साथ रहते हैं।

हमारे देश को बहुत बार बहुत सी मुसीबतों का सामना करना पड़ा है, और हमेशा ही जीत हासिल हुई है। वैसे ही 2020 में आया हुआ वायरस कोरोना वायरस से आज पूरी दुनिया बहुत जूझ रही है। इस वायरस के कारण कई लोगों ने अपने अपनों को भी खोया है। इस महामारी में भी देश के लोगो ने बहुत साहस दिखाया है।

इसी कारण हमारा देश आज सबसे ज्यादा सुरक्षित और स्वस्थ है। ये हमारे देश के विज्ञानिकों, पुलिस कर्मचारियों और डॉक्टरों की अद्भुत कर्म निष्ठा का ही परिणाम है जो आज भारत ने न केवल कोरोना वायरस के टीके का विकास एवं सफल परीक्षण किया है, साथ ही अन्य देशों की कोरोना के विरुद्ध लड़ने में सहायता भी की है। हमारा देश एक **वसुधैव कुटुम्बकम्** का अद्वितीय उदाहरण है।

कोराना पर कवीता

कितने खोफनाक मंजर हैं यहाँ तबाही के
घुटने टूटे सुपरशक्ती की तानाशाही के
कितने खोफनाक मंजर हैं यहाँ तबाही के
फंसी हुई दुनिया कैसे, अपने ही पांसों में
एक वायरस टहल रहा, आदम की सांसों में
अवरोधक लग गए, पाँव में आवाजाही के
कितने खोफनाक मंजर हैं यहां तबाही के
सुनते है यमराज कहाँ-कब कोई भी विनती
रोज यहाँ गिरती लाशों की, कोन करे
गिनती
दिखते हैं ताबूत अनगिनत, यहाँ उगाही के

कितने खोफनाक मंजर हैं यहाँ तबाही के
कहाँ गया इश्वर बहुव्यापी, जग का
विषपायी

एक वायरस ने दुनिया को, किया धराशायी
कुछ दिन में तो लोग मिलेंगे नहीं गवाहि के
कितने खोफनाक मंजर हैं यहाँ तबाही के
व्लगाए थम गयी, प्रगति की संध्या वेला है
यह दुनिया लगती जैसे, दो दिन का मेला है
कहा गए वे दिन, पहले से सरितप्रवाही के
कितने खोफनाक मंजर हैं यहाँ तबाही के



श्रीमती ममता पाठक

बीस की टीस

जनवरी मिली जीने के लिए, फ़रवरी हो गई फ़ुर्र।
मार्च में हुए सराबोर रंगों से, मार्च जाते जाते आ गया- 'कोरोना'।
कोरोना से बचने के लिए, पूरी अप्रैल 'मास्क' बनाए।
सीख दी योगा-आयुर्वेद की, जन-जन को मास्क पहुँचाए।
मई-जून जब आयी सखी, घर में ही थाली बजायी सखी।
दीप जलाए, मंगल गाए, कुछ क्षण अपने दुख भुलाए।
सितंबर में ईको फ्रेंडली गणेश मूर्ति बनायी सखी।
पारंपरिक साड़ी प्रतियोगिता, ऑनलाइन भाग लिया सखी।
रंग बिरंगे फूलों की रंगोली से, आँगन अपना सजाया सखी।

अक्टूबर जब आया सखी, नववा जाने को मन ललचाया सखी।
नवंबर में कुछ कर दिखलाऊं, सराहना में पा जाऊँ सखी।
दिसम्बर ने प्रोत्साहित किया, बनाकर आत्मनिर्भर सखी।
ऐसा मिलन हुआ सखी, तोहफ़े हर्षित मिल गए सखी।
साल बदला, समय बदला, बदली बीस की टीस।
वह क्षण आ ही गया, जिसका सभी को इंतज़ार था।
वो कुछ और नहीं अपने, वैज्ञानिकों द्वारा टीके का आविष्कार था।
यह टीका ही, नई आशा की किरण दिखाएगा।
बीस के अवसादों को भुला, इक्कीस को स्वर्णिम बनाएगा।



श्रीमती पनम जोशी

कोरोना! क्यों रोना?

ये हमारा वालसुरा है, हरियाली से भरा पूरा है।
जगह जगह पर दौड़ते ट्रेनीज़, जेब में सेनेटाइजर पड़ा है।
सुबह शाम हो रही क्लासेज़, किताबों से बैग भरा है।
दूर-दूर बैठे हैं देखो, मुँह पर सबके मास्क चढ़ा है।
अगर किसी ने उतारा मास्क, आगे देखो एलपीएम खड़ा है।
पड़ोसी देश से आया कोरोना, सब लोगों के सिर चढ़ा है।
अच्छी भली कट रही थी जिंदगी, अब स्टैंड ईज़ी भी बन्द पड़ा है।
गेट के अंदर बचे हुए हैं, बाहर देखो कोविड खड़ा है।
जुड़ गई हैं हड्डियाँ सारी, स्पोर्ट्स फॉलिन स्थगित पड़ा है।
वीक स्वीमर भी अब होंगे फेल, स्विमिंग पूल पुल तो बन्द पड़ा है।
इन्हीं रूल्स ने बचा रखा है, वरना कोविड भी ज़िद पर अड़ा है।
दूर रहो भई इस कोरोना से, कंधों पर तुम्हारे देश खड़ा है।
कोविड को निकल जाने दो बस, लिबर्टी के लिए बाहर ऑटो खड़ा है।



मुकेश ढाका
(ईएआर / एपीपी)

कोरोना के विरुद्ध - सशक्त INS वालसुरा

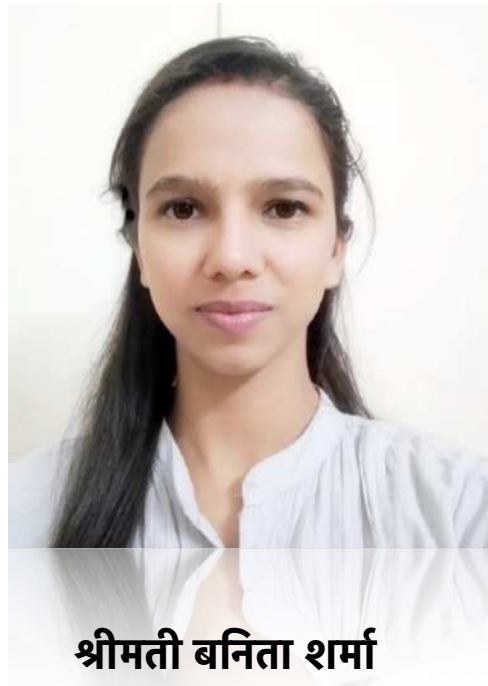
यूँ तो युद्ध थे बहुत हुए, स्वतंत्रता के कई संग्राम लड़े
सीमा पर कई युद्ध आम लड़े, कभी तोपों से तो कभी
तलवारों से
धूल चटाई थी दुश्मन को, अपने तेज प्रहारों से।
अब की बार एक नई जंग की बारी थी
योद्धा न कोई टिक पाए, ऐसे एक अदृश्य रिपु की
पारी थी
समग्र मानवता पर प्रहार हुआ, जग में हाहाकार
हुआ।।

बेबसी और लाचारी का ये मौसम पहले कभी न था
दिनों की गिनती कब हफ्ते, महिनो और साल में
बदल जाएगी
ये भी कभी सोचा न था।
असर इस चिंगारी का, कुछ तुझ पर भी तो होना था
सशक्त तो था तू पहले ही, अब संयम न खोना था
।।

कदम से कदम मिलते थे जहां, गूंज उठती थी ये
हवाएं भी
देशभक्ति के नारों से, वो मेले अब सुनसान थे।
अपनों से अपनों को दूर किया, अधीर किया बेचैन
किया
पर ये तो मात्र क्षणिक बलिदान थे,
कर्तव्य और निष्ठा के ये केवल तुच्छ प्रमाण थे ।।
जो रोज नए योद्धा तैयार करे, वो खुद कैसे न वार
करे
उतर गया मैदान में तू भी, दो दो हाथ करने को
दुश्मन के विरुद्ध तूने भी, जीत की हुंकार भरी
बुद्धिमत्ता से मिल-जुलकर, अनुठी रणनीति तैयार
करी ।।

समय चलो वो बीत चला, अब उत्सव का मौका है

लहरें कई टकराएंगी, आंधियां भी अनेकों आएंगी
ये जीवन की नौका है।
अटल रहें यदि अपने पथ पर, जीत भी गले लगाएगी
जंग हो कितनी भी विशाल, हर बार सीख नई
सिखलाएगी ।।



श्रीमती बनिता शर्मा

**क्या हार में क्या जीत में
किंचित नहीं भयभीत मैं**

**कर्तव्य पथ पर जो भी मिला
यह भी सही वो भी सही
वरदान नहीं मांगूंगा**

हो कुछ पर हार नहीं मानूंगा

-अटल बिहारी वाजपेयी



CUSTARD CREAM BUNS



Recipe by:
Mrs Parvathy Rahul



Ingredients

| | |
|------------------|-----------|
| BREAD FLOUR: | 3/4TH CUP |
| SUGAR : | 3 TSPS |
| UNSALTED BUTTER: | 3TSPS |
| FRESH MILK: | 100ML |
| SALT: | 1/4TH TSP |
| EGG YOLK: | 2 |
| PLAIN FLOUR: | 2TSPS |
| FRESH MILK: | 140 ML |
| SUGAR: | 2TSPS |
| VANILLA EXTRACT: | 1 TSP |

Custard Cream

- Separate egg yolk from 2 eggs. Add sugar into this and mix until combined.
- Pour fresh milk into this mixture and add plain flour mix gently until combined.
- Pout this into a saucepan and cook over low heat. Stir until custard becomes thick and creamy.
- Add vanilla extract.

Bun

- Combine flour, sugar, salt, yeast and mix everything together.
- Add milk and mix until it forms a dough. Knead it using hands for about 5 mins.
- Incorporate butter into the dough and knead about 10mins.
- Let it rise for 1 hr at room temperature.
- Then divide it into 6 equal parts and roll them into balls. Let them rest for 15mins.
- Flatten the dough and make a hole at the centre for the custard cream.
- Pipe the cream into the dough and let it rest.
- Bake at 180 C for 15- 20 mins.
- Serve hot soft custard cream buns.
- **ENJOY!!!**

Chef's Notes

Custard filling can also be prepared by eggless ready made custard powder for veg version.



Instructions for dumplings

- Pour some water into the flour and make a soft dough, keep it for half an hour
- Now finely chop all the vegetables, crush the cabbage and squeeze its water
- Put a tsp of oil in a pan, add ginger and garlic paste and make it little firm
- Put cabbage in it and all the vegetables and let them cook on a high flame
- Now put soya sauce, vinegar, pepper, salt in it and let it cook well
- After cooking all the vegetables for 10 minutes, let the vegetables cool down
- Now make small balls of flour and with the help of rolling pin, roll the dough to make medium thin circles (4-5 inch in diameter)
- Add prepared stuffing in the centre
- Start pleating the edges slowly and gather everything
- Press in the middle and seal the momos forming a bundle
- Heat up a steamer and arrange the momos in the tray without touching each other
- Steam the momos for 10-12 minutes or till shiny sheen appears over it
- Finally, veg momos are ready to **ENJOY!**



Ingredients

| | |
|--------------------|--------------|
| All purpose flour- | 100 g |
| Cabbage- | 500 g |
| Carrot- | 50g |
| Capsicum- | 50g |
| Spring Onion- | 50 g |
| Ginger- | 1 inch |
| Garlic cloves- | 4 |
| Black-pepper- | ½ tsp |
| Soya sauce- | 1 tsp |
| White vinegar- | 1 tsp |
| Salt- | as per taste |
| Dried red chilli- | 4 |
| Garlic Cloves- | 3 |
| Tomatoes- | 2 |
| Black pepper- | ¼ teaspoon |
| Salt- | as per taste |

Instructions for chutney

- Heat 3 cups water in pan, when it comes to boil add tomatoes and dry red chillies to it.
- Boil it on a medium flame for 8-9 minutes.
- Strain the water and allow tomatoes and red chillies to cool.
- Take a blender and add the strained tomatoes, red chillies, black pepper, garlic cloves and salt to it.
- Grind the mix finely and spicy red sauce is ready to be served with momos.

Chef's Notes

You can make large batches of uncooked dumplings, place them on an oiled tray and store in freezer to cook later.



NWWA INS VALSURA



The Senior citizens support group for the parents of naval personnel. They facilitate spiritual discourses and other outdoor activities, to transform old-age into a 'Golden Era'.

TEAM: Mrs M Shanmuga Priya, Mrs A Selvarathna, Mrs Padmavathi

Arogya supplements and educates about the medical facilities through seminars, blood donation camps, periodic health check ups etc; for all sections of Naval community.

TEAM: Mrs Pooja Mishra, Mrs Shraddha Aggarwal, Mrs Neha Sharma, Mrs Ankur Semwal



A platform for conducting & supporting extracurricular activities such as debates, workshops & competitions for the meritorious and young achievers of our community.

TEAM: Mrs Anshu Singh, Mrs Bharti, Mrs Apoorva Gupta

Nurturing the talent of ladies and helping them discover new skills. Empowering them to utilise their skills to even start their own small scale enterprises, if desired.

TEAM: Mrs Vidya Raman, Mrs Sherry John, Mrs Sayali Kumbhar, Mrs Shreyasi Tripathi





The nature's club – promoting environmental education through workshops & interactive sessions, engaging the residents & children for awareness towards the environment.

TEAM: Mrs Nidhi Karki, Mrs Sayali Khandelwal, Mrs Parvathy Rahul

Social Outreach organisation – reaching out to the underprivileged sections of the society and providing financial/medical aid and fulfilling the emotional and employment needs.

TEAM: Dr Shashi Prabha, Mrs Laxmi Padki, Mrs Khushboo Chaudhary, Mrs Pooja Kadian



Sanchar – Publishing the quarterly/biannual newsletter called Varuni, which serves as a platform for naval wives to share their stories and experiences with the community.

TEAM: Mrs Pooja Kadian, Mrs Shailja Gaur, Mrs Mitali Mishra, Mrs Nandita Chaturvedi, Mrs Sonu Gulia, Mrs Pooja Mishra

The NWWA Shop – a Boutique with a difference, which is committed to the creation of economically viable products for the naval community. It also provides a unique forum for Naval ladies to exhibit or sell their creations.

TEAM: Mrs Shalini Peri, Mrs Radhika Damera, Mrs Priyanka Ahuja



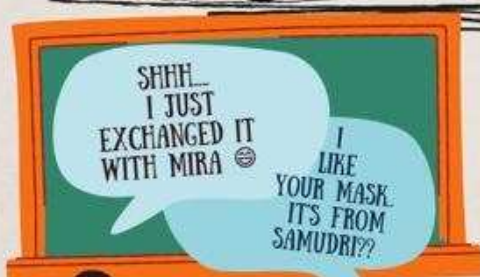
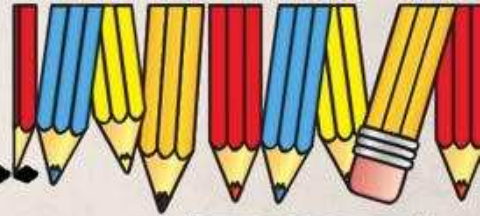
The Beauty Parlour- run by the professionally qualified naval wives. And facilitating opportunities for the women to attend relevant courses at regular durations, for training & enhancement of their job opportunities.

TEAM: Mrs Preethi Naveen

CREATIVE KIDS CORNER



Story hereafter...



CHILDREN IN 2019



CHILDREN IN 2020

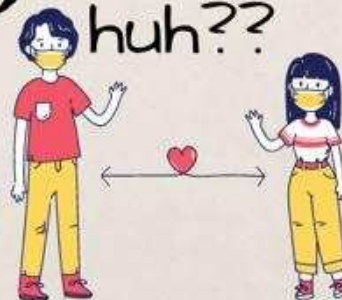


CHILDREN IN 2021



By Mrs Shailja Gaur

huh??



HEY,
DID YOU
ALSO START
WEARING
YOUR MASK
WHEN YOU
TURNED
4YRS OLD. ??

CANTEEN



BABE,
IT'S JUST
IMPOSSIBLE
TO SHOP
LIKE THIS

MOM, I CAN STUDY
AT HOME...
I DON'T WANT
TO GO TO SCHOOL
ANYMORE!

WHEN WILL
THE SCHOOLS OPEN



Back to
SCHOOL

HAVE I SEEN THIS
PLACE BEFORE ??

BREATH IN & SAY
POSITIVI-TEA



SAUNDARYA

OH NO!!!
I FORGOT
MY MASK AT
HOME!!





NWWA CORE COMMITTEE INS VALSURA



**NWWA WELFARE COMMITTEE
INS VALSURA**

God whispered, "My precious child, I love you
and will never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you."
-Mary Stevenson



 Mrs Khushboo Chaudhary