



VARUNI



Resilience : Turn Obstacles into opportunities

SEP 2020

INS VALSURA



Mrs. Tanuja Sawant



WELFARE PARIVAR



Foreword by President NWWA, Southern Region



I feel there is an opportunity and greatest learning in all adversity.

“You should never view your challenges as a disadvantage. Instead, it’s important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages”

- Michelle Obama

To say that humanity is going through unprecedented times is an understatement. The past few months have thrown our lives into a vortex of uncertainty and one is never sure how the next day is going to turn out. I’m sure we’ve all received the well-meaning advice to “stay positive” on many occasions during these trying times

While we are going through tumultuous times during COVID 19, and the situation is grim, yet there is a lot happening to the planet and the human beings at large. The bounty of nature was taken for granted and the pollution levels were rising, however, with the reduction in travel, the skies are now clearer, the air purer and the environment greener.

Staying positive is a core ingredient in the recipe of successful coping in a crisis. I saw a lot of positivity in these adverse times, families spent more time together, we found alternatives and celebrated birthdays online and bonded online with near and dear ones across countries. Work from home is the new normal, some of our children are lucky to be working from their parent’s home. They are getting to spend quality time with their parents, getting home cooked food and contributing to household chores. The value building happening during this time has been enormous and will be looked back as a period of inner growth. Positive emotions are a key resource for us during the crisis because they can increase your resilience.

I urge you all to build yourself inside out. It is how you manage your inner world that will enable you to handle the outer world. It is a beautiful time to learn meditation, yoga,

read, appreciate nature and draw inspiration to write, draw or savour the moment. Nurture your body, detox yourself from negative thoughts, eat light, think right and do right. Build your immunity and learn the art of minimalism.

For me personally 2020 is a milestone year as I complete a Certificate course in social initiative from IICD Kozhikode. Nine ladies did this pilot course and it was a huge milestone for NWWA. In fact these ladies, because of their excellent performance, have got fellowship from Centre of Excellence of Social innovations from IICD K. I look forward to many more women from the naval community joining this course for it is truly a golden opportunity.

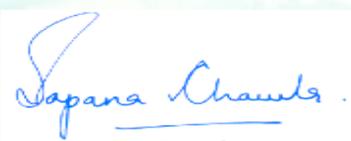
I am extremely proud of leading a very vibrant team of ladies who have not only looked after themselves and their families but also the community at large. NWWA SR has conducted a plethora of activities, from online meditations to bird watching competitions, virtual fashion shows, mask making competitions to name a few. NWWA SR has reached out to old age homes, orphanages and distributed care packages. NWWA SR including all our nine units i.e. INA, Mandovi, Agrani, Chilka, Shivaji, Valsura, Dronacharya, Hamla and Kochi have made more than 15,000 masks and have even sent some to friendly foreign countries such as Maldives and Philippines.

The outbreak of COVID-19 and the consequent lockdown had confined everyone at home for their own safety. BEATING LOCKDOWN INERZIA and maintaining a balanced equation of online & offline pursuits was the primary focus of NWWA Valsura. From mastering culinary skills, to learning French or showcasing their artistry through social media platforms, everyone experienced a spirit of oneness. Corroboration of physical, mental & emotional wellness through Fitness Challenges was a success. The transitional Surya Namaskar on International Yoga Day displayed warm fellowship even amidst the social-distancing. Environmental initiatives did not lose their fervour with activities like Nature as your Canvas, Plantation Drive and Earth Day celebrations. Several initiatives were taken to reach out to the masses through various drives like Mask Making by NWWA Valsura Tailoring Team, Ration Donation, Cake Distribution and guiding the PSOs through the Unlock guidelines. Other than this, numerous competitions were held to keep up the cherubic enthusiasm of our young minds.

Each one of us is a warrior and your fight will not go to waste and the learning during this period will hold you in good stead for years to come. Being positive and reaching out to the community is the need of the hour so that we all can come out of this experience stronger. I want to end with a quote.

“Every morning we are born again. What we do today is what matters most”

- Lord Buddha



Mrs Sapana Chawla
President NWWA (SR)

Foreword by President NWWA, INS Valsura

“No one can whistle a symphony. It takes a whole orchestra to play it”

- H.E Luccock

It is an honour to serve as President (NWWA), INS Valsura; and leading a team of extremely talented and committed ladies gives me immense pride. The wonderful alliance with creativity, enthusiasm and 'never say no' attitude has kept the spirits of the community high.



During the difficult times of the pandemic, our community rose to the occasion and did not let the lockdown dampen their spirit of discovery. The "Stay at home" period led to many innovations, self discoveries and a thirst to connect.

We all experienced different ways of re-discovering ourselves, like Online French lessons by our very own French pedagogue, sumptuous recipes by SheChefs, exploring the Nature of Valsura through the eyes of amateur photographers, the route to wellness with Fitness Challenge, and the amazing 'Wonder Week' videos curated by our talented ladies. This kept everyone indulged and motivated, and I look forward to more such enthusiasm and collaboration.

A two way communication is very important for the growth of individuals and the organisation as a whole. And, I aim to connect with each of you in a manner where we can freely exchange ideas, concerns and suggestions.

I would like to thank Mrs Sapana Chawla, for being our guiding force and support. She has been consistently motivating and encouraging us through her words of wisdom. It is our privilege to be part of the journey and plans that she has envisioned for the betterment of the community.

I aspire to build upon the strong foundation laid by our predecessors, and take it forward as a team, towards a common vision of an empowered community, which brings a positive difference to everyone's lives.

A handwritten signature in black ink that reads "Mrs Jyoti Patney". The signature is written in a cursive style.

Mrs Jyoti Patney
President NWWA, INS Valsura

From the Editor's Desk

*I ask you not, from misfortune,
God you save me, rescue me
I am fearless in disaster,
Just do so much, O Lord.
I ask you not to take away grief,
Wipe distressed heart.
So that I win the sorrows,
Provide such power
I am fearless in disaster
Just do so much, O Lord.*

These lines of Rabindranath Tagore shed light on the fact that the only way to get out of any calamity is to face that calamity. When one looks at the picture of this pandemic, many questions arise. Like when this lockdown be lifted, how many people have been infected with the disease, etc. These questions can generate a lot of negative feelings inside a person beyond his knowledge.

Humans are social organisms. Living in society is its choice and responsibility. Whenever the whole community is going through a disaster, it is natural that many frustrating thoughts within a human being, who has been isolated from the world, will sow new seeds. Amid this lockdown, social media and technology have a big hand in keeping up with our close ones, knowing their health and well-being. Technology has become an integral part of our everyday lives. It is helping us to coordinate our imagination with reality. However, spending a significant amount of time on social media and debates on news channels creates an atmosphere of tension around a person. Apart from these seeds, if thought with an open mind, there are some seeds that will make the garden of the brain grow and flourish instead of making it barren.

Another way of bringing positive thinking amid lockdown is through helping people around us in our own way. We can feel better by sharing our work at home, taking care of those who work for us or by helping someone financially, emotionally or mentally. Some studies suggest that personality traits such as optimism and pessimism can affect many areas of your health and well-being. Positive thinking that usually comes with optimism is an essential part of effective stress management—taking advantage of this forced holiday, if we



Mrs. Sonu Gulia



Mrs. Nandita Pant



Dr. Divia Manoj

spend our time in things that interest us, such as art, singing, dancing, etc.

NWWA is dedicated to using technology to spread hope and positivity in times of crisis. The organisation has been using digital platforms to reach out to readers without breaking the rules of the lockdown or messing up the environment. NWWA conducted various events (like Photography Competition, Fitness Challenge, Outreach Service, etc. that have been mentioned in the magazine) with the help of technology, so as to not let anyone feel alone in this battle. We thank the readers, the participants, and all the people involved in making this possible, from the bottom of our heart. We sincerely hope that of VARUNI fills the reader's heart with light and warmth. This hope will help us win this calamity with grace. It's, anyway, written in Geeta,

**“सत्त्वानुरुपा सवस्य श्रद्धा भवित भारत |
श्रद्धामयोऽयं पुरुषो यो यच्छ्रद्धः स एव सः**

The faith of all humans conforms to the nature of their mind. All people possess faith, and whatever the nature of their faith, that is

Mrs. Sonu Gulia

ACTIVITY REPORT : January 2020 - August 2020

CHANGE OF COMMAND



The establishment witnessed a Change of Command on 28th January 2020. Mrs Archana Raghuram handed over the baton of President NWWA, INS Valsura to Mrs Jyoti Patney, in a solemn ceremony at the NWWA Dwarika Office. At the same time, Mrs Jyoti Patney was invited to a forum where a

concise presentation was given showcasing the journey of NWWA Valsura in the previous months and a road map for future. The members of various NWWA groups were present and they had a brief interaction with the new President.



Mrs. Shailja Gaur
NWWA Secretary

FAREWELL MILAN

Mrs Archana Raghuram, President NWWA and Mrs Saudamini Yaduvanshi, Vice President NWWA, were bid farewell by the ladies of Valsura at the picturesque Amiya Bagh. The natural scenic beauty of the venue was enhanced by setting up a village décor. The proceedings included a medley of songs, dance and fun games, which enthralled everyone present. Several ladies, whose lives had been touched and transformed due to the selfless and dedicated efforts by both the stalwarts, gave heartfelt emotional speeches, expressing gratitude for them. The inspiring words by both the guests motivated everyone to continue the legacy they were leaving behind. The evening culminated with interactions amongst the ladies over sumptuous meals.



FAREWELL COFFEE EVENING

The ladies bid their cheers to Mrs Archana Raghuram through an elegant coffee evening. It was an evening of whirling performances, games & entertainment, heart warming adieus, and all of that was beautifully bagged in the theme of "Royalty". Ladies were seen adoring various styles from western to ethnic with complete distinction. There was a sense of stirring emotions in the speeches and movies prepared by the ladies as their token of love. The evening came to a culmination with conversations over supper.



WELCOME MILAN

NWWA Valsura enthusiastically welcomed our new President, Mrs. Jyoti Patney, with a colourful and vibrant Milan. The floral theme heralding Spring the season of fresh

flowers and new beginnings, accentuated the event. Lively group song, mesmerising dance performances and interactive games kept everyone entertained. The motivating words by the chief guest captivated the audience and set the ball rolling for an illustrious chapter in the history of NWWA Valsura.



WELCOME COFFEE EVENING

The new NWWA President, Mrs. Jyoti Patney was accorded a warm welcome in the coffee evening held on the theme "The Sky is no

Limit!!!', which was an illustration of the glorious heights NWWA Valsura hopes to attain under her able leadership and guidance. Ladies were elegantly attired in hues of blue and white with a similar themed décor. The highlight of the evening was "Knowing Our President" section, which allowed the ladies a peek into her journey as a naval wife. The rapid fire section was candid and brought out smiles from our chief guest and ladies alike. A scintillating dance number and fun games added zing to the event.



NWWA DIWAS CELEBRATION

NWWA INS Valsura celebrated the 34th NWWA DIWAS with great zeal. It had the feel of a carnival with a plethora of events spread over a week. It commenced with a morning dedicated to health and fitness, beginning with the beautiful rendition of NWWA song. All the ladies enjoyed a fun and energetic performance of Zumba dance, coupled with an informative talk on Women Health & Wellness. The new edition of the newsletter 'Varuni', themed- Balance, was released on this happy occasion. During the week, **Jagruti** group had organised an awareness session for the children about Dental Hygiene and Healthy Practices. An on the spot painting and quiz competition saw enthusiastic participation by the little ones. This exciting week came to its culmination with a ladies picnic at the picturesque 'Pelicanoes', organised by **Prakriti** group. It was a fun-filled evening with delectable feast, games & prizes, with some witty conversations and jovial banter amongst all the ladies.



HEALTH CHECKUP AND DONATION AROGYA AND SPARSH

Through a collaborative effort, **Sparsh** and **Arogya** groups organised a health check-up for the underprivileged children of the establishment. There were close to 30 children, including those of contractual labourers and students of Family Welfare Centre Literacy class. This check up covered parameters like basic health, height, weight, eyesight as well as dental. This was followed by a Health & Hygiene lecture for them, which was also attended by the parents of these children and the ladies of INS Valsura. Keeping with the true spirit of the Sparsh motto - "Sharing is Caring", gifts comprising of toys, stationery and other essential items were distributed to the tiny tots, along with meal boxes for them and families.



TEMPLE VISIT : AASHIRWAD

Aashirwad group organised a trip to the famous Swami Narayan temple for the senior citizens of the naval fraternity. They were accompanied with enthusiasm by Mrs Jyoti Patney, our new President NWWA, INS Valsura. The event was very well received by the elderly as they turned up in large numbers, and enjoyed refreshments & singing en-route to the temple.



March 2020 - July 2020 : SHOWCASING OUR LOCKDOWN EFFICACIES

The outbreak of COVID-19 and the consequent lockdown has confined everyone at home for their own safety. For some it's an opportunity to rejuvenate and re-connect with friends / family, while others may find this prolonged confinement stressful. Such a scenario has never been encountered by mankind in the last century. Thus, it is extremely important to keep ourselves engaged during such challenging times. With this objective, NWWA Valsura consistently organised competitions / at-home activities which were specially curated for the men, women and children of the establishment. It was a delight to see such oozing talent in every Valsurian, who with their sheer tenacity and fortitude, made even the most difficult of times appear like a passing moment.

NURTURING YOUNG MINDS

Children are the most creative being and they must be nurtured with utmost care. However, when

schools announced closures with indefinite holidays and there was suspension of outdoor/sporting activities too, engagement opportunities sounded bleak. NWWA Valsura presented them with multiple extra-curricular & craft opportunities. Weekly At-Home Events ensured that the children were engrossed with painting, collage, art work, creative writing and even dance, and this received a positive response. Whether it was Earth Day or International Dance Day, every occasion was well utilised to keep up the excitement of our shining stars who participated stupendously. There were multitude of responses, and the children were awarded with prizes for participation, excellence and their ingenuity.



PHOTOGRAPHY COMPETITION : NATURE OF VALSURA



Picture Courtesy: SLt Devan Singha

Nature is infinite and an unending story of transformation. We firmly believe that there is an artist in all of us and there was no better way than to indulge in photography to capture the immense natural beauty of Valsura. It was an open for all competition, where trainees to officers & sailors and their families participated with absolute enthusiasm. It was an arduous task to pick winners amongst the large collection of stunning photographs that were received.

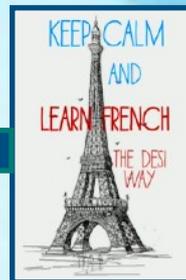
ENRICHMENT ENDEAVOURS

We are bestowed with so much talent in our establishment and this came to fore in the lockdown period. One of our thriving volunteers is also a French Pedagogue, who willingly prepared social media French tutorials. This has immensely helped our audience to polish their linguistic ability.

With the closure of restaurants & malls, it certainly had ramification on one's longing for gourmet. At this point, one of our very talented SheChef displayed absolute creativity by sharing new recipes everyday. There was an overwhelming response to her voluntary contribution during these testing times.

• Les chiffres (21-40) et des noms
• Numbers from 21-40 along with a few nouns.

- 21- vingt et un
- Ex: Vingt et un livres
- 21 Books
- २१-बही-एक
- Vint-ty-ehh lee-vaht
- 22- vingt-deux
- Ex: vingt-deux cahiers
- 22 notebooks
- २२-नोट-बुक
- Vint-duh kaa-see-ay
- 23- vingt-trois
- Ex: vingt-trois romans
- 23 novels
- २३-नॉवेल-बुकी
- Vint-tro-ah roman



• Les chiffres (41-60) et des noms
• Numbers (41-60) and some nouns.

- 41: quarante et un
- Ex: quarante et un ordinateurs
- 41 computers
- कै-रॉ-ते-अं-नो-र-दी-ना-न-र
- kay-ron-ty-un or-dee-na-tar
- 42: quarante-deux
- Ex: quarante-deux ordinateurs portables
- 42 laptops
- कै-रॉ-ते-अं-नो-र-दी-ना-न-र-पो-र-ता-ब्ल
- kay-ron-t duh or-dee-naa-tar por-taa-bluh

CLASSIC VANILLA POUND CAKE



INGREDIENTS:

Butter --- 150g
Sugar --- 1cup
Eggs ---2 nos
Milk--- 2/3 cup
Vanilla essence ---1 teaspoon
Maida --- 2 cups
Baking powder --- 3/4 teaspoon
Salt --- 3/4 tsp

METHOD

1. Cream butter and sugar until pate and fluffy.
2. Add one egg at a time and beat. Add vanilla essence.
3. Add half cup flour and alternate with milk and mix until combined.
4. Bake for 40-45 min in 180 degrees preheated oven. 8" or 9" round pans can be used. Fill only 2/3 rd of pan.



WONDER WEEK : PRAGATI

Team Pragati executed 'Wonder Week', a series of self curated videos made by the very talented ladies of Valsura. It was a platform for the ladies to showcase their artistry, and for others to develop new skills; all from the confines of their homes. There were videos of skin care, delectable recipes, DIY mask stitching, mehendi designs and even folk dance. For many, it was their maiden attempt towards creating online tutorials, that too prepared with resources available at home. The wide circulation of these videos ensured maximum beneficiaries, and the positive response boosted the morale of our Varunis.



MOTHERS' DAY SPECIAL: JAGRITI



COVID has changed lives for everyone. But when asked a mother; she smiled and said "Today is as beautiful as yesterday, and as new as it'll be tomorrow". Whether it's cooking, daily chores, home schooling, elderly care or the love & moral support for family, moms follow no lockdown. As a dedication to all mothers, team Jagriti came forward with an idea to make it a momentous day, who have been doing their best amidst these challenging times. They organised Mother's Day celebrations via WhatsApp Antakshari. All the ladies extensively participated, by singing their favourite songs through voice messages. They rejoiced their favourite moments of motherhood by even sharing a picture of them & their children. These photos were compiled and shared in the form of a video, narrating their cherished memories that made them feel very special.

FITNESS CHALLENGE : AROGYA

Amidst the lockdown scenario, keeping a healthy mind & body has been of key importance for everyone. The Arogya team seized this as an opportunity and showcased the importance of exercising through a 5 day Fitness Challenge. Each day was well planned by the team and they shared personalised workout regimes with gradual progression. The daily challenges spurred the ladies who responded with gusto, and shared the videos of their participation towards a healthier way of living. In addition to this, many of them shared their expertise with desi remedies and tips like quick healing for minor ailments, headache, glowing skin and immunity boosting. This activity definitely helped in motivating our ladies towards the course of healthy body & soul.



WORLD ENVIRONMENT WEEK : PRAKRITI

On the occasion of 'World Environment Day' Prakriti Group conducted a week long activities varying from art events to plantation and awareness sessions. For the awareness sessions, the team created some very simple and useful tutorials by choosing critical topics like waste segregation, correct way of garbage disposal to ensure the safety of the janitors. They also focused on the disposal of hazardous items, steps to reduce, reuse and recycle. One of the resident's also shared tips for a DIY compost at home. The plantation drive received a substantial response, with so many children sharing their joy of sowing new seeds of hope & life. The art competition called "Nature as your Canvas" saw both ladies and children participating with zeal and creativity. There were multifarious entries which left the judges perplexed, as it was hard for them to select a few winners. The activity had a pleasing epilogue with a movie where a few children & ladies of the establishment showcased their contributions to save the environment.



INTERNATIONAL YOGA DAY

NWWA INS Valsura commemorated the International Yoga Day, in keeping with this year's theme, Yoga @Home and Yoga with Family. Yoga tutorials were shared with all the ladies digitally. Families enthusiastically shared their pictures and videos performing various asanas at home. These were a testimony of the valiant Valsurians, who demonstrated that they did not let COVID dampen their spirits. Every person's story of yoga expressed what it means to them, and how it has been a positive energising life force for them.



FATHERS' DAY

The day dedicated to fathers, the first heroes for children, was made special by little Valsurians as they expressed through songs, photographs, cards, drawings and writings, what their fathers mean to them. The same were then compiled in the form of a video and shared on digital media.



RAKSHABANDHAN : SPARSH

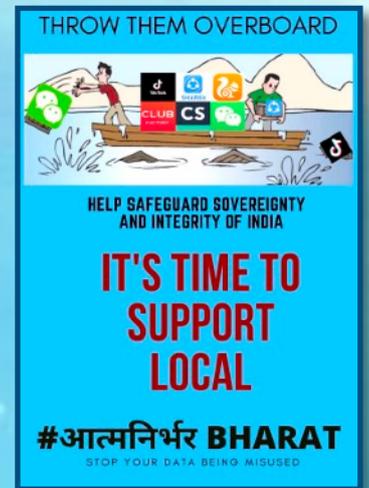
Rakshabandhan was celebrated with our frontline security personnel, the DSC jawans, with rakhis handcrafted by ladies and

children. The effort to spread cheer in these times of limited travel and post was well received.



VOCAL FOR LOCAL

Poster making competition was conducted in order to raise awareness and sensitivity towards creating a self reliant India. The overwhelming response we received is a testimony to the resolve and determination among Valsurians to promote local goods.



TIGER DAY : JAGRITI

Jagruti group celebrated International Tiger Day by sharing awareness videos, fun facts and a virtual quiz about the majestic animal.

International Tigers Day is an annual celebration to increase awareness about conservation of this Majestic Species.

“ WHERE TIGERS THRIVE, IT IS A SIGN THAT ECOSYSTEM IS HEALTHY.”

NWWA INS VALSURA Team JAGRITI has made an effort to increase our children's awareness about this significant cause.



INDEPENDENCE DAY

Tiny tots of Naval KG provided a patriotic fervor to Independence Day by dressing up as freedom fighters. Flag hoisting was conducted in the presence of school staff.



JANMASHTAMI

Little ones from Naval KG brought the innocence and playfulness of Radha and Krishna to Valsura homes by dressing up for the occasion and participating in a virtual dance competition.



GANESH CHATURTHI : PRAKRITI

Tutorials on DIY eco friendly Ganesha idol and modak recipes were shared to bring in the festive spirit on the auspicious occasion of Ganesh Chaturthi.



ONAM : PRAGATI

Rangoli making competition and saree draping fest were organised as part of Onam celebrations by Pragati group. Videos explaining the significance of this traditional festival and the famous Onam Sadhya were shared to add to the festivities.



WORLD CONSERVATION DAY

As a humble tribute to Mother Nature, compilation of the numerous innovative conservation practices being adopted by the base was shared with all Valsurians.



WORLD CONSERVATION DAY

World Conservation day is observed internationally on 28th July each year. It is to raise awareness among people all over the world to understand the importance of saving resources, recycling, preserving and also the consequences of damaging it. It is necessary to create a healthy environment to safeguard the present and future generations.

INS Valsura and NWWA Valsura are constantly engaged in conserving the biodiversity and ecosystem of our surroundings. Let's have a look at some green initiatives which our community has taken towards achieving this aim.

"The Earth is what we all have in common"

OUTREACH SERVICE: DONATION DRIVE

As an outreach initiative by NWWA, the families of INS Valsura were invited for voluntary ration donation for the needy, and this received an overwhelming response. Sealed ration packets were handed over at a drop off point in the base, manned only by the service personnel to ensure cohort integrity. The contributions were delivered to Maharaja Ranjit Singh Old age home, whilst ensuring all hygiene aspects.



REACHING OUT THROUGH AUDIO VISUAL AIDS



As the lockdown conditions were progressively eased, NWWA Valsura did their bit to spread awareness about the need for extra precautions and care. A series of audio-visual presentations were shared via WhatsApp and the ladies were encouraged to share the same with their PSOs for maximum reach. Crucial points that were covered are - precautions while visiting the market, modes of payment to avoid contact, usage of lift/stairs and measures to be taken on returning home from a market/crowded place.

SAMUDRI REPORT

The new year saw Samudri start on a positive note, with an increase in merchandise sourced from different parts of the country. The shop also underwent an audit and stock reconciliation in view of the change of command in end Jan '20. The unprecedented lockdown had the shop shutting down business. However, the spirits could not be dampened and the team got back with a unique idea of going online. Merchandise has been sorted into various categories, digital catalogue prepared and shared with all Valsurians. Orders have started pouring in and we hope this maiden endeavour would help us get the ball rolling again.



Mrs. Shalini Peri



FAMILY WELFARE CENTRE REPORT

Year 2020 started on a positive note for Family Welfare Centre (FWC). The library, which was closed temporarily, is now operational after reorganisation and revamp. The in-house talent was on abundant display during the various events conducted in the first quarter of 2020.

The lockdown imposed due to Covid-19 did not dampen the spirits of the ladies, who despite being at home, managing the children and household chores demonstrated immense initiative, courage, and spirit in contributing towards the welfare of the community.

The tailoring team of 13 ladies, under the guidance of Mrs. Nagina, volunteered and stitched more than 4000 masks. Our in-house bakers contributed their best, by baking cakes for chefs, medical, hygienist, and conservancy staff, who have been relentless in their efforts towards keeping COVID at bay. In recognition and appreciation of their efforts, the cakes were handed over by the Commanding Officer. All these were accomplished by strictly adhering to the social distancing and lockdown rules, and hygiene standards. With the gradual relaxation of lockdown, we are looking forward to resuming all activities in a graded manner commencing with Saundarya and SheChefs.



Mrs. Preethi Bhargavi



NWWA, INS Valsura Welcomes

Mrs. Preethi Bhargavi, Mrs. Vidya Raman, Mrs. Laxmi Padki, Mrs. Pooja Gupta, Mrs. Sayali Khandelwal, Mrs. Tania Malik, Mrs. Ankur Semwal

NWWA, INS Valsura Bids Farewell to

Mrs. Momita Mandal, Dr. Sona, Mrs. Shalini Agan, Mrs. Sarabjeet, Mrs. Reshma Khan, Mrs. Manjula Dooba, Mrs. Deepika Teja, Mrs. Pooja Chauhan

NWWA STAR

It was a moment of great pride for all Valsurians when our Vice President NWWA, Mrs. Saudamini Yaduvanshi, was awarded the prestigious NWWA Star Award this year in recognition for her untiring and dedicated service to the community.

As Vice President NWWA, Mrs Saudamini Yaduvanshi ably guided ladies during all the activities and played a key role in the smooth functioning of the organization.



Mrs. Yaduvanshi considered the entire base as her home and each Valsurian as a family member. Her warm, friendly and cheerful demeanour helped make a personal connect with everyone she met. She proactively reached out to the ladies, encouraging them, helping them forego inhibitions and drawing out the best in them. She empathized with the ladies, lent a compassionate ear for all their problems and went out of her way to help them overcome challenges, physical and emotional alike.

Exceptionally talented and an accomplished professional in the field of fashion technology, she pioneered the unique She Chefs initiative. She provided a platform for housewives passionate about cooking to turn entrepreneurial. Each lady had her own signature dishes, on which Mrs. Yaduvanshi maintained strict quality control and soon, SheChefs' delicacies came to be an integral part of Valsura households, ladies' meets and occasionally, wardroom events.

Mrs. Yaduvanshi was also instrumental in bringing forth another venture, wherein ladies adept in various skills like stitching, crochet, macramé, quilling, flower making and so forth, were encouraged to make end of the line sale products. These included tie and dye runners, cushion covers, greeting cards, rakhis, fancy diyas, jewellery,

bouquets, towel bands and many more. The items were put up for sale during exhibitions and were much appreciated. A firm believer in Best Out of Waste, she ensured that several of the aforementioned items were created such. A striking example is old wardroom bedsheets being chemically bleached and used to make table covers and recreation of wooden scraps into beautiful works of art.





Her personal touch is evident from the fact that she was involved in each step of these creations, often procuring raw material herself and working out intricate designs.



Mrs Yaduvanshi personified the ethos of NWWA, i.e, community bonding, engagement and welfare, in the true sense. NWWA Valsura is immensely proud of our star and wherever she goes, she would forever remain etched in our hearts and a part of our family.



ARTICLES

RESILIENCE - A LIFESTYLE



Mrs. Shraddha Aggarwal

Its during our very worst fall that we can either die or learn to fly. - Sira Masetti

Has anyone ever thought why children books are full of rhymes like 'itsy bitsy spider' 'row row row your boat' and various moral stories? Because childhood is the stage when one learns the most. When a child is born he is unable to move, slowly he starts crawling, walking, running, jumping and trying to reach out to things around him. In the process he suffers many falls but he bounces back. While doing so, he concentrates only on the thing he wants to reach to and when he does so, he turns towards another. Even after achieving his goal he doesn't stop. If every child is born with resilience then how do they become so vulnerable in the process of growing up?

One of the reasons can be our social circle and it can also be our family or relatives. Giving out my own example, my parents are one of the reasons for me being resilient. Their childhood passed in a very underdeveloped village of Maharashtra. As shown in many movies, they moved to Mumbai to pursue job without any backing and few acquaintances. They always say, they could have got easily misled and the people who could have misled them were the trusted ones. But they trusted their inner instincts and were firm on their dreams. Most importantly they were aware of their actions. They were emotionally stable and determined which we lack in many situations. We are either neutral or theatrical and give up very easily.

Whenever I felt low, my parents always used to quote their example to make me realise that I am in a far better environment and should not bend easily to hardships in life. We as children never like parents quoting their examples, but, today as a mother, when I look back, I feel how it ameliorated me. Life is full of opportunities and also setbacks. It is upon us how we perceive it. Being willowy is not so difficult, it comes with a little assertiveness. Learn from your mistakes or accept your mistakes positively. Introspect yourself. Not everyone is a child prodigy. Manage your time, pick up a hobby and pursue it. Follow the pollyanna principle and remember pleasant times. It helps to process good thoughts within. Make resilience a lifestyle and not just a situation based reaction.

For once we all can be **'Itsy Bitsy Spiders'** or the **tortoise who wins the race!**

ABUNDANCE

During these testing times, a lot of inspirational messages regarding COVID-19 have been circulating on social media. It was one such message on one of my family whatsapp groups, which forced me to introspect. It was a self authored poem by the renowned actor Vinay Pathak, titled "Corona tujhko samjha Terror, nikla tu toh Teacher re". Knowingly or unknowingly, I embarked on this seemingly benign journey of inner thoughts and observations, which turned out to be self enlightening and satisfying at the same time. As I dwelled deeper, I noticed that the present circumstances have forced me to start enjoying the little things that surrounded me in **Abundance**.

Actually, we have got this opportunity to take a break from our hectic lives and analyse roles of others in our lives. How our lives have been enriched by our family, friends and surroundings to appreciate the things that need me or are drawn to me. It made me feel healthy, blessed and successful. Corresponding to our personal progress and growth, we all are in process of building a collective unifying energy with support from each others creativity. This creative energy needs to flow. This process of giving and receiving has to continue.

With this fulfilling idea and realisation of state of **Abundance**, I forgave myself for the things that I haven't done and achieved yet. I want to lead my feeling and choose to gain value, get inspired, remember the good, invest in myself and spread positivity. With this **Abundance**, I want to take a big leap towards happiness, wellbeing and satisfaction. I choose to be grateful to this time which taught me and made me realise, what does **Abundance** means in life? I am sure it's relative, all of us would have different answers to this, but it is worth exploring. I decided to continue my journey focusing on more important but ignored aspects of life. Moving forward, I decided to celebrate my newly found mantra of rejoicing in simple pleasures, though some fine tuning is always needed.



Mrs. Sayali Khandelwal

WITH ORDINARY TALENT AND EXTRAORDINARY PERSEVERANCE, ALL THINGS ARE ATTAINABLE

My challenges started when I had to take a decision to leave my job as a Branch head at VLCC and to become a full time mother. It was a Sunday afternoon holding my two-year-old daughter in one hand and a milk bottle in other, I was wondering what next!

And then I came across this advertisement on Facebook about 'Mrs India Pride of Nation 2018' contest. I discussed about participating in the contest with my husband and he instantly nodded a yes. Though I was a little apprehensive initially but my confidence boosted after the first audition. I cleared one round after another and entered the finale. For the finale, I had to leave home for four days, stay with other participants and no kids and families were allowed to meet.



Mrs. Minty Gautam

On one side, I was worried about my daughter Chitrakshi, as who would take care of her in my absence, there had not been a single moment since her birth that I had left her alone, without my touch. That's when my mother-in-law pitched in and came to my rescue. There could not have been a better assurance that my daughter will be in safe hands. Only then I could participate whole heartedly. And to my surprise, I ended up being the Sub-Title Winner of 'Mrs India Pride of Nation 2018.' It was a moment of pride and happiness. It could not have been possible without the love and endearing support of my husband and above all, my mother-in-law.

Entering the pageant not only boosted my confidence, but also brought in me a sense of empowerment. It was a life changing moment for me. It taught me invaluable life skills, the value of education, self-love, kindness and the importance of helping others. I would say, one of the biggest take aways was that it taught me the importance of supporting other women. For me, there is nothing more empowering than being on stage and showing the world the strength and beauty I have within me. I also discovered my hidden talents. There was no looking back thereafter. I felt excited about what was lying ahead. I was featured in a newspaper. I started getting many offers to do modelling for various brands and products. One year after the pageant, I joined Glamour Gurgaon, the same organisation which hosted the beauty pageant as a Training Coordinator. While participating in the pageant, I also realised the value and importance of fitness, both mental and physical. So I enrolled myself for a Zumba course. Soon I became a qualified Zumba Instructor too. That was a great value addition to my resume and helped me at my job. I had armed myself with confidence to face any situation, be it professional or personal front. We came to INS Valsura in August 2019, where I met some of the magnificent ladies doing extraordinary work through a wonderful medium called NWWA. I have been taking zumba classes for the ladies and Bollywood dance classes for young children. The recent lockdown due to onset of COVID-19 brought everything to a stand-still. However, it didn't dampen my spirits and I did not let myself sit idle. So, I recently pursued a certified Yoga Teacher Training course through distance learning.

To summarise, I just want to say that there are ups and downs in everyone's lives, we face lots of obstacles and challenges, but we should endeavour to overcome those barriers which come our way. It may slow down our progress, which is acceptable, but it should not stop us completely. The nature of life is to grow. We are not stones. As a human being, our very basic nature is to grow and evolve. It is very important to identify where our interests lie. If we have any talent, we should make most of it. Everyone is unique in one way or another. Even if you examine a person with disabilities, you will find something special within him or her. Therefore, never ever, doubt your existence in this world. Sometimes we simply forget it. We can find the talent in the hobbies or skills acquired during education or in the form of writing, speaking, programming, designing, painting, singing, or managing employees or customer.

It may be decorating home or cooking. It could be anything. Sometimes we simply ignore our talent because it seems like an ordinary thing. There should be no differentiation as to big, small or ordinary talent. A talent is a talent. If anyone asks what your talent is? Say proudly that, "I can cook well". If you appreciate your talent, you give it a new direction to evolve. Take the first step and explore the dimensions, by turning obstacles into opportunities. I am very thankful to NWWA for giving me opportunity to showcase my talent and allow me to put it to good use. I have endeavoured to motivate the ladies as much as possible, so that they realise that they can also do much more than their household chores. Not only will it help them to learn something new, but also will give them more confidence to come out of their homes /and make a mark for themselves. I feel this also has a very positive impact on the upbringing of their children when they see their mother being creative, respected outside, recognised for their work, responsible for important activities etc.

Be a woman who supports other women. Complement each other, give words of encouragement and empower each other.

RESILIENCE DURING LOCKDOWN TIMES: A HUSBAND'S PERSPECTIVE



Cdr Amit Ahuja

COVID-19 undeniably has got the world to a grinding halt and the extended lockdowns have tested each individual/ family/ organisation, posing unique challenges to grapple for mere essentials, which until now were a triviality. The pandemic has been harrowing in every which way and the incomprehensibly difficult times have demanded a resilient response on all facades. While my heart definitely goes out to those affected and professionals on line of duty, the 'new normal' way of life has gradually dawned on most of us, and I predominantly locked down like the majority, ended up braving a unique scenario on the domestic front (aka home ministry).



As we settled into this 'new normal' and continued the lockdown process, my wife too was initially elated having me actively participating in the domestic chores and cherishing the so called 'family time'. I too was accepting this short lived and new found break from work, and was feasting on savoury delights, courtesy my wife's culinary skills.

With the days passing by, my wife like any quintessential woman was jittery, for she was bereft of her innate talent, hobby and fetish for 'shopping'. I could feel the anxiety growing steadily, as she could no more window shop or haggle or get her hands on an article, which was in her cross-hairs. The customary biweekly/ monthly trips (mostly not fructifying) to the fashion houses were

bygone. Gradually, the resentment was evident in the fickling moods, and my happiness though knew no bounds, I had to exhibit concern and adopt a consolatory approach. The ban on e-commerce had further exacerbated the situation.

With no light at the end of the tunnel, the default consequence of this de-attachment from the external world, has thus been building of a 'Resilience' of sorts in the woman at home, to stay aloof of her shopping escapades. This for sure has reprieved many a husband like me from cliched women oriented trips to the market. There's been some respite with the onset of 'Unlock 1.0'; however it is also publicised that all it takes is 21 days for a habit to engrain, and voila that's worked in my favour. Therefore, I for one, can proclaim that this newly acquired resilience in the household has indeed been a welcome change and a blessing in disguise .



HINDI ARTICLES

आत्मविश्वास

नेत्रों में कुछ सपने लेकर, भर कर मन में आशाएं,
दिल में हैं अरमान यही, कुछ कर जाएं कुछ कर जाएं ।

क्या हुआ अगर सूरज सा तेज नहीं मुझमें,
दिये सी जलती देखोगे,
अपने ख्वाब प्रकाशित करने से,
तुम मुझको कब तक रोकोगे ।

कठिनाइयों की भट्टी में, जब जब मुझको झोंकोगे,
तब तक फिर सोना बनूंगी मैं,
तुम मुझको कब तक रोकोगे,
तुम मुझको कब तक रोकोगे ।



श्रीमती पिंगी रजौरा

विपत्ति को अवसर में बदलना

जीवन का उद्देश्य ही इस तरह होना चाहिए कि हर विपत्ति को हम अवसर में बदल दे ।

हम इंसान भगवान की बनाई हुई वह खुबसूरत कला है जैसा दूसरा नहीं अर्थात इंसान जो चाहे, परिस्थितियाँ चाहे जैसी भी हो अपनी समज और धैर्य से उसको अपने अनुकूल बना सकता है । महत्वपूर्ण यह नहीं है कि सागर में लहरे कितनी जोर से है और किस तरफ है हमें अपनी नौका को किस तरफ पार करना है और कैसे करना है यह महत्वपूर्ण है ।



श्रीमती पूनम

विपत्ति तो इंसान को यह समझने में आती है कि इस समय हम अपना बेहतर कैसे दे सकते हैं और किस प्रकार हम समय को अपने अनुकूल बना सकते हैं । इस समय सारी दुनिया कोरोना महामारी की वजह से अनिश्चिताओं के गहरे समुद्र में डुबते जा रही है। लेकिन हमें इस आपदा और विपत्ति के क्षण में अपने धैर्य और सामंजस्य का परिचय देते हुए संसार हित का कार्य करना है और इस आपदा को जग हित के अवसर में बदलना है। इस समय हमें यह ध्यान रखना है कि हमें अपने - अपने स्तर पर इस महामारी को रोकने का प्रयास करना है और इसके फैलाव की कड़ी को तोडना है।

अब जैसा कि हम सब की समझ में आ गया है कि हमें अपने आप को सुरक्षित रखते हुए आगे कैसे बढ़ना है और अपने जीवन में 'सोसियल डीस्टेंसिंग' अर्थात 'दूरी' बनाते हुए अपने जीवन को आगे बढ़ाना है । इस वैश्विक विपत्ति के समय में भी हमें यह समझ में आया कि हम कैसे इस समय का सदुपयोग करते हुए अपने और दुसरो की सेहत का ध्यान कैसे रख सकते हैं । अपने आप को इस विपत्ति की घड़ी में दुनियां, देश, समाज और परिवार के कल्याण एवं उन्नति के प्रयास के लिए सदैव कोशिश में लगे रहना है ।

“सच है विपत्ति जब आती है, कायर को ही ढहलाती है, सूरमा नहीं विचलित होते, क्षण एक धीरज नहीं खोते, विघ्न को गले लगाते है, काँटो में राह बनाते है, मानव जब जोर लगाता है, पत्थर पानी बन जाता है ।”

Recipes

INSTANT CHOCO LAVA MUG CAKE

This lockdown gave me the opportunity to bond with my little chef in the kitchen. So here's presenting his favourite recipe.



1. In a large bowl, add 1/2 cup Chilled Water, 3 tbsp oil, 1 tsp Lemon Juice, 1/3 cup Castor sugar, 1 tsp Vanilla essence.

2. Stir the mixture till sugar dissolves.

Dry Ingredients: 1/2 cup all purpose flour, 1/2 teaspoon baking soda, 2 tbsp Cocoa powder, pinch of salt.

3. Mix all the dry ingredients in a separate bowl

4. Now add dry mix to the water mixture little by little and stir slightly to make a smooth and lump-free batter !!!

5. Put 3-4 small cubes of dark chocolate in a mug and then pour the cake mix on the top until 3/4 level.

6. Microwave on high power for 90 seconds to 2 mins..

Tadaaa - Choco Lava cake is ready to eat

Note: Alternatively you can also bake the same in Oven at 180 C for about 8-10 mins .



Mrs. Priyanka Ahuja



BANANA CHOCOLATE CAKE (EGGLESS)

In these testing times, all of us are facing various challenges. One challenge is to keep the kids engaged and keeping their menu interesting and healthy at the same time. Also we need to do all this with the basic ingredients available. This recipe is an absolute favourite of my children – one of which loves bananas and the other doesn't even touch them. Still whenever I make this cake it's all gone in a day. Do give it a try.

Ingredients: Wheat flour/ atta-1 ¼ cup , Sugar-½ cup, Cocoa powder-¼ cup, Baking soda-1 tsp, Salt-¼ tsp, Bananas (ripe)-2-3, Lemon juice/vinegar -1 tsp , Oil -1/3 cup, Water-1/3 cup.

Method:

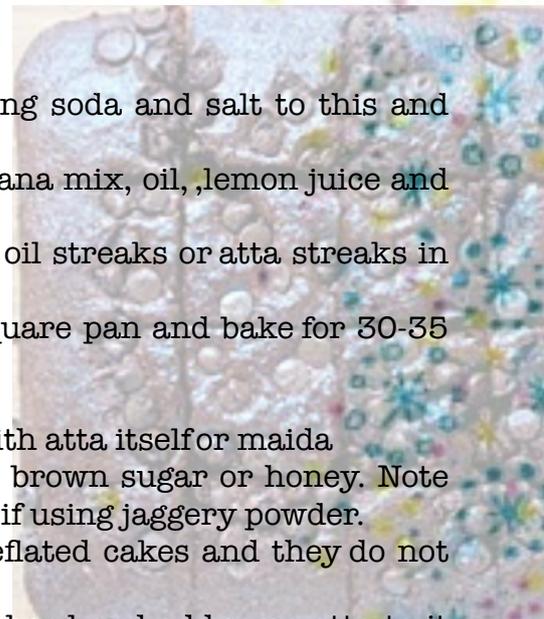
1. Mash bananas. Add sugar and mix.
2. In a bowl, Sieve together atta, cocoa powder. Add baking soda and salt to this and mix.
3. Now make a well in the centre and add the mashed banana mix, oil ,lemon juice and water.
4. Mix gently until they are combined and you do not see oil streaks or atta streaks in the mix. DO NOT OVER-MIX.
5. Preheat oven to 170 degree. Pour in an 8inch round/square pan and bake for 30-35 min

Notes:

1. If cocoa powder is not available then replace the same with atta itself or maida
2. Instead of white sugar we can use fine jaggery powder, brown sugar or honey. Note that there will be a slight difference in taste and texture if using jaggery powder.
3. Over mixing the wheat flour cake batter will lead to deflated cakes and they do not cook well.
4. If you wish to add chocolate chips or nuts, put them in bowl and add some atta to it and coat them well. Then remove excess atta and add the dusted nuts or chocolate chips to the batter. This will keep the chocolate chips from sinking to the bottom.



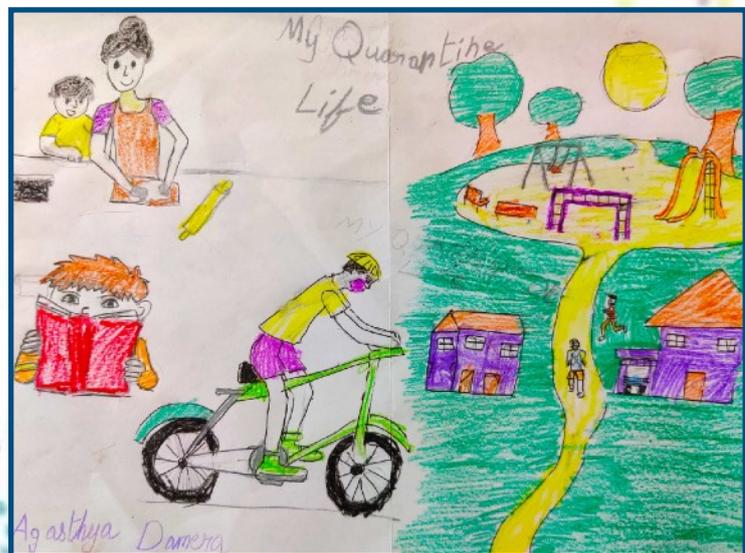
Mrs. Radhika Damera



MY QUARANTINE LIFE



Agasthya Damera



A DASH OF POSITIVITY





International Yoga Day

REDUCING CARBON FOOTPRINT



PLANTATION DRIVE



DRIP IRRIGATION



NWV JRA
NO VEHICLE DAY - TWICE A WEEK



SUNSET POINT

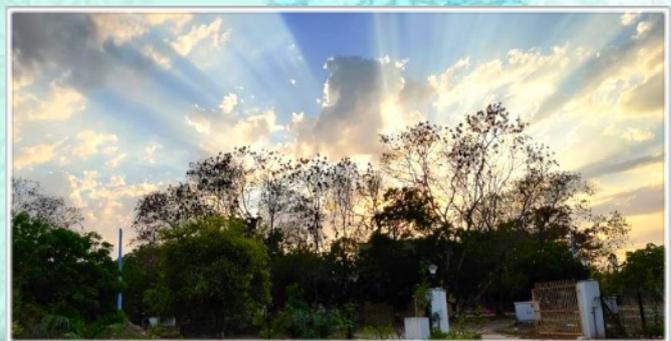
Photography Competition

BIOMEDICAL WASTE MANAGEMENT

Controlled burning of Biomedical waste to evade health hazards.



INCINERATOR AT SICK BAY



ENERGY CONSERVATION

The solar plant not only makes INS Valsura self sufficient but in fact feeds back to the city's power grid.



2MW SOLAR POWER PLANT

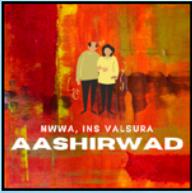


World Conservation Day

Plantation Drive



NWWA INS VALSURA



The Senior citizens support group, for the parents or 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 Pooja Chauhan, Mrs Supreeta Jairaj, Mrs Padmavathi



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

Team: Mrs Shraddha Aggarwal, Mrs Minty Gautam, Mrs Mitali Mishra,
Mrs Namrata Pant, Mrs Neha Sharma, Mrs Banesh Devi, Mrs Shilpi Singh



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 D Priyanka, Mrs Swati Singh,
Mrs Tanuja Sawant, Mrs Bharti, Mrs Shraddha Misra, Mrs Payal Saini



Nurturing the talent of our ladies & 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 S John, Mrs Neetu Singh, Mrs Veena Tiwari, Mrs
Vijaya Chaudhary, Mrs Sayali Kumbhar, Mrs Shreyasi Tripathi, Mrs Asha Singh



The nature 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 Nandana Verma, Mrs Sarita Yadav,
Mrs Tania Mallik



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 Vibha Shukla, Mrs Divya Poswal, Mrs Ankur Semwal



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: Dr Divia Manoj, Mrs Shreya Singh,
Mrs Nandita Chaturvedi, Mrs Sonu Gulia



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 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 Pooja Jayaswal, Mrs Sandhya Singh, Mrs Sumbal Trehan

For they see life like no other...



Valsura through our children's lens