

Varuni

The Newsletter



Valsura
Dec 16



From the NWWA Album



Ripples - Our own Power Gym



Here we go Kayaking !



Vadm AR Karve Witnessing the Kayaking competition



"Dance Valsura Dance"



Monsoon Edition - Varuni Release



Festivities Galore - Diwali Mela 2016



Exuberant Ladies of Valsura

Front Cover Page: The Admiral sharing his Vision, "At Home" with the Mayor of Jamnagar, Visit of Mrs Sucharita Rajasekhar, Aashirwaad Group - Seeking blessings at Swaminarayan Temple, Versatile Dancers of Valsura

From The Presidents's Desk

By: Mrs. Deepa Sivakumar



Dear Readers,

It has been a wonderful journey for the last seventeen months as President NWWA, Valsura. The exceptionally talented team of ladies made my tenure very tranquil and successful. The NWWA calendar was busy and active over the last seventeen months filled with VIP visits, Navy week 2015 & 16 and the onset of Platinum Jubilee celebrations. The ever skillful and vivacious ladies displayed their talents in the Hawaiian themed "Adam's Nite" with a shoe string budget. I am proud to have led a team of ladies so proficient and competent.

The Green initiatives and other such activities like "Sharing is caring" for the welfare of the society were very well appreciated. Whether donation for the blind school children or teaching the young women about post-natal depression or vaccination and care, Valsurians benefitted immensely from numerous NWWA activities.

The Jagriti activity spell-a-thon saw an overwhelming response from the school children. The maiden initiative "DANCE VALSURA DANCE" gave a platform to the super talented children of Valsura. Be it the Star Gazing or the Garden Competition, the coordinators were ever ready to perform and conduct the activities. Our mega cultural shows were very popular due to untiring participation of our ladies and children.

Because of you ladies only I could dream and conduct so many events and activities with so much ease and confidence. I thank all the coordinators for standing and supporting me throughout my beautiful and memorable journey. A very special thanks to Mrs. Rashmi Singh, Mrs. Sudepta Rahul, Mrs. Sonal Roy, Mrs. Sangeetha Kumar, Mrs. PoonamJaiswal, Mrs. JyotsanaChacko and Mrs. SarleenDhody.

I also want to thank all the NWWA office bearers and all the helping hands in managing NWWA office, FWC and Little Angels. I want to thank the Staff Officers, Lt Shreya Chaudhary and Lt Surabhi Dangi, who has been of enormous help in coordinating all the NWWA activities. Special thanks to Mrs. Ruchira Brahma Tripathy for the timely release of the Varunis. I am grateful to all the officers and men of Valsura for their assistance and support during the conduct of various events.

My journey with NWWA in Valsura started twenty years back as secretary NWWA. My enriching voyage as President NWWA Valsura was very satisfying and overwhelming. I am going to miss each one of you. I extend a warm invitation to all the Valsurians to visit us in Delhi. I welcome and wish a great tenure to the new NWWA President Valsura. I am sure you will all live up to the motto of INS Valsura

" The light that emanates from here illuminates all "

Jai Hind

With Regards



Mrs Deepa Sivakumar

From the Editor's Desk Ruchira Brahma Tripathy



Dear Readers,

I am elated to bring to your table, Varuni Winter Edition, Dec 2016. It has been a pleasurable time for all of us as we steer towards the New Year and new beginnings with a bang, followed by a large number of activities which have successfully knitted each one of us into one big family.

This edition of the magazine is dedicated to the entire naval fraternity. The following pages would take you through the latest NWWA activities, articles, finger licking recipes, heart rendering poems and not to forget the colourful pictures through the Valsuralens. The December issue has been compiled keeping in mind the taste of its readers. It caters to the young, the old as well as the men in white.

I take the opportunity to extend my gratitude to Mrs. Deepa Sivakumar who has been my guiding force in the making of the Winter Edition. I would also like to thank all the contributors who have lent their valuable piece of work towards Varuni and made this issue possible.

As we bid adieu to 2016 and leapforward to 2017, let us believe that everything is possible, let us eat more real food, drink water and exercise daily even if it feels like a terrible idea. Let us buy good books and make time to read them. Let us shop for quality and not quantity. Let us purge the unnecessary and decrease clutter. Let us learn to forgive and forget, hug the one we love, find the best in others and show others the best in us.

Wishing you all good tidings and happy times ahead!!

Ruchira Brahma Tripathy
(Coordinator, Sanchar, NWWA Valsura)

Welcome	Farewell
<p>Mrs. Geetu Chakravarthy Mrs. Pooja Vinay Kumar Mrs. Archana Flt. Lt. Preeti Mrs. Swati Singh Mrs. Ranjitha</p>	<p>Mrs. Shweta Kaul Mrs. Nitisha Mittal Mrs. Manmeet Ragi Mrs. Pravalika Rongali</p> 

Dear Readers

You can E-mail your articles as your contribution to the magazine at varuni.valsura@gmail.com or submit a handwritten articles to NWWA Kendra (Dwarika)



Activity Report
By: Mrs. Pooja Singh Sharma
NWWA Secretary, Valsura



PRAKRITI ACTIVITY

Gardening competition was conducted by NWWA PRAKRITI GROUP on 15th of Oct. 2016. A heartfelt response was received from the residents of Valsura. The total participation were divided into following categories:

Residential Gardens, School Gardens, Division Gardens, Common Area Gardens. This comprised of cleanliness & neatness, variety and creativity. A lot of hard work was put in by all the participants for preparing and maintaining the garden to bring it upto the competition standards. All schools and divisions gardens were maintained beautifully and the hard work could be seen with the variety of flowers and plants available. All residential gardens were beautifully maintained and the judges were mesmerized with the variety of vegetables which were available at all personal kitchen garden. Mrs. Deepa Sivakumar President NWWA Valsura gave on the spot prizes for the best Residential, School, Divisions and Common Area Garden.

Way method and learning of secular values as well as adopting the practice of self hygiene and making them aware on how to keep their surroundings clean.

3. Our literacy class also provides supplementary nutrition and health care to all the children.

SANCHAR

The Summer Edition of Varuni was released in the month of May by Commodore B Sivakumar VSM, Commanding Officer INS Valsura. Articulately compiled, the edition comprised of poetry, recipes and a great variety of articles from all walks of life.

Mrs. Rashmi Singh handed over the editorship to Mrs. Ruchira Brahma Tripathy who compiled the Monsoon Edition 2016 under the able guidance of Mrs Deepa Sivakumar, President NWWA Valsura. The edition featuring articles, essays and photography was released on 26 September 2016.

LITERACY CLASS

1. This year, literacy class run by FWC has encouraged participation of 21 students, which comprise children of domestic help and construction labourers. As the classes consist of children of different age groups, different curriculum is followed keeping in mind their capabilities.

2. The Computer Based Functional Literacy Program (CBFL) in tie up with TCS is used in literacy class. The program also involves Play



Winners never quit and Quitters never win



AAROGYA

A spectacular Smart Mom Show was conducted at Family Welfare Centre on 30th September 2016. The event was organized by NWWA Arogya in coordination with Sickbay INS Valsura. The esteemed judging panel for the show included Mrs Deepa Sivakumar, President NWWA Valsura Pediatrician Dr. Sonamenla Jamir and Surg Lt Cdr J S Ragi. The event was conducted for the mothers with tiny tots belonging to age groups from six months to two years. The show comprised of various rounds which included a cute ramp walk of the mothers along with their babies. It was indeed a sight to behold. A lecture on breastfeeding was delivered by Tripti Kate, health worker at Sickbay, which included information about the correct latching technique, importance of colostrum for the baby and benefits of breastmilk over formula milk. A question and answer round was held pertaining to the right post natal care practices of the mother and the child to increase awareness and clear the age old myths. The event concluded with group photograph of all present there followed by an interactive session over tea and refreshments.

JAGRITI

The Jagriti group of NWWA INS Valsura conducted the maiden '*Dance Valsura Dance*' activity on 14 Nov 16 to commemorate the occasion of Children's Day. The basic aim of this activity was to provide a platform for the children of Valsura to showcase their dancing talent. A total of forty-five children in the age group of 6 -17 years registered their names and screening was conducted on 01 and 02 Nov. The finals were held at Clock Tower on 14 Nov 16 in which seventeen children fought hard for the title and the event was anchored by Miss Smrithi Sivakumar and Master Puruvansh Agan. A special dance performance was also presented by the children of Naval KG which was hugely appreciated by all. The event was greatly by Mrs. Deepa Sivakumar, President NWWA INS Valsura, Capt S Kumar, Training Captain and Cdr S Rahul, Divisional Commander. Also present in attendance were the coordinators of

NWWA groups, parents of participants and Officers and sailors of INS Valsura. The prize winners were awarded by Mrs. Deepa Sivakumar and Capt S Kumar. Snacks were distributed to the children at the end of the event. The event was full of fun and frolic and everyone enjoyed the evening.

SAMUDRI

Samudri NWWA stocks exquisite household goods, clothing range and dress material from various regions of India. Stoles from Kutch, vibrant Gajji Silk dupattas specially provided at discounted rates, local brass items besides a wide array of other items saw elevated sales record. The latest addition to the collection is the beautiful Kutchi Shawls that attracted the attention of one and all. Oriflame products are also provided at subsidized rates. A catalogue of Samudri items with item codes is now available on the Valsura website.

AASHIRWAAD

The Aashirwaad group of NWWA Valsura organised a trip to the famous Swami Narayan temple located in the heart of the city. This activity drew a participation of almost thirty five senior citizens of Valsura. The young-at-heart grandparents thoroughly enjoyed the Antakshri session while commuting to the temple. Once at the temple, they were left awestruck with its craftsmanship and beauty. They paid their obeisance to the deities and went around the place. Many were seen taking selfies and creating memories for a lifetime. They were served with refreshments on the way back. The trip culminated successfully with Mrs Deepa Sivakumar, President NWWA Valsura thanking everyone for coming forward and showing enthusiastic participation.



FWC REPORT

1. In keeping with the tradition, numerous activities towards welfare of community have been conducted at FWC in the last quarter.
2. Tuitions for all classes from LKG to 12th are conducted, for the senior students of 11th and 12th subjects like Physics, Chemistry and Economics are being conducted. Most of the 9th and 10th class students are benefitting from the Maths and Science classes. For students from LKG to Standard VIII, all subject classes are being conducted.
3. Dance sessions for ladies as well as children of various age groups like 5 to 8 years and 9 to 15 years have witnessed a very enthusiastic participation.
4. Painting classes for children are also very well appreciated as the emphasis is paid more to articulate their ideas and opinions into images and designs.
5. Yoga and Zumba classes elicited healthy participation from the ladies. A fitness program in Zumba is organised which not only involves dance and aerobic movements but the ladies enjoy the energetic music too.
6. The library of FWC is adequately used by the people of Valsura community.

LITTLE ANGELS

Scads of activities have been conducted in this quarter to enhance personal, social and emotional development, communication & language skills of our tiny stooges. We at Little Angels celebrated colour days to help children to identify and differentiate various colours and influences of different colours in their daily lives. The Little Angels dressed in their colourful hues celebrate the festival of lights, Diwali with utmost zeal and enthusiasm. A visit to the Motor Transport Pool & Traffic Park was conducted to familiarize the little ones with the environment around them and to inculcate in them the road safety ethics at a very tender age. It was a visual treat for all the parents and audiences to see the young stars in full bloom performing their best at the Annual Day Celebrations on 25 November 2016. Commodore B Sivakumar VSM,

Commanding Officer INS Valsura, and Mrs. Deepa Sivakumar, President NWWA Valsura were present to witness the outstanding performance displayed by the children. Santa came visiting the school and distributed sweet as a part of the Christmas Celebration. Class photographs were taken to adorn the memory album.

SPARSH

The Sparsh group organised sports day with kids from Literacy class followed by picnic on December 13, 2016, at "The pelicanoe". The kids had a great time competing with each other at various kinds of races during the event. After the exciting round of races they had another round of fun games planned, like the four corners and musical chair. They had refreshments and were excited to receive gifts. It was a morning well spent with ladies, led by Mrs. Deepa Sivakumar, President NWWA Valsura. She made it a point to personally encourage and motivate children for their splendid performance at the event and lauded the progress they were making in different areas like education, arts, music and other extracurricular activities.

SHARING IS CARING

Kids naturally think that once they have something in their hands, it can be considered theirs and theirs alone. "It's mine!" you hear them cry. Keeping the same in mind, an initiative "Sharing is Caring" was conducted for the underprivileged children. Valsurians came forward in response to the same and contributed stationary items, books and clothes. Emphasis was laid on the concept that when we share things with others, we bring a smile in their lives. The overwhelming response from the children made all the effort well worth it. We wish to continue the initiative in the coming months among our fraternity.

NAVY WEEK

The Navy Week celebrations of INS Valsura were kick started with a plethora of events conducted ranging from Painting and Quiz Competition for School Children to the Saurashtra Half Marathon. The ladies of NWWA, INS Valsura added a special charm to all these events by contributing gainfully not only to support but also involve themselves in active participation. The ladies ran the 10km mini- Marathon and the 6.5km Dream Run flagged off by Mrs Poonam Madam, MP (Jamnagar). The will and zeal displayed by the ladies stood as a testament to their steely resolve and strength through unity, which are the core characteristics of NWWA.

The Navy Week also saw the conduct of the quintessential Blood Donation Camp. This event was distinctive in the fact that ladies of NWWA, INS Valsura led from the front to encourage the volunteers to donate blood and save a life.

NAVY BAND CONCERT

The Navy Band resident at INS Valsura enthralled the civil populace of Jamnagar City by belting out tunes both old and new. The performance was appreciated by one and all with a special mention from the Mayor who was the Chief Guest for the function.

DIWALI MELA

Diwali Mela was held at INS Valsura for all personnel of the establishment. A total of 4000 personnel attended the event. The mela had entertaining tidbits for all ages ensuring a holistic package deal for the entire family. The mela also saw active participation by Children and UT Sailors who captivated the audience with their singing and dancing talents.

VIP VISITS

Being a unique training establishment in the Saurashtra region bestows a special privilege of hosting dignitaries both from Service and Civilian organizations. The establishment was fortunate to host VAdm AR Karve AVSM, FOCINC South during Annual Inspection, VAdm AK Bahl AVSM VSM, Inspector General KC Pande and Mrs Jaishree Pande, RAdm V Rajasekhar and Mrs Sucharita Rajasekhar , Radm Balachandran (Retd) and Mrs Indira Balachandran and Mrs Shashi Bhalla w/o RAdm RC Bhalla on the service front and Mrs Prathibhaben Kanakhara, Mayor of Jamnagar City, Mr. Ashish Nanda and Mrs Shubha Nanda Director IIM(A), on the civil front.



Motivation a Key to Happy Living

By: Mrs. Divya Mahajan



It is not what happens to us, but how we react that makes or breaks us. Life throws things at us when we least expect, some things are great, others are difficult. It is fascinating to watch the difference in peoples' reactions and how some individuals can find good in basically anything, a silver lining in every cloud. Others fall apart when difficult circumstances arise, believing they are being victimised and showing little resistance to the situation at hand. There is no benefit of sticking to that warm and safe zone that is very comfortable. The best way to achieve self-development is by getting out of our comfort zone. This article presents five practical ways to break out of our comfort zone.

Education:

Education plays a critical role in shaping the way we think and behave. We cannot move out of our comfort zone unless we develop the mind. One thing about the comfort zone is that it protects us from imaginary dangers. Education will assist us to determine whether the risks we are thinking about exist or not. We have to do some research because the things may not be as scary or as difficult as they appear. Moreover, we should not make a conclusion before we critically analyze the situation. We can read some blogs or books. We can also use the experience of other people to learn about the situation. Education is critical for anyone who wants to get out of his comfort zone.

We Should Learn To Face Our Fears:

We all have worries in our lives. The challenge is that, running away from our worries does not offer any solution. It only prevents us from moving to the next level. However, we should not face our fears with ignorance. The best way to cope with the fears of life is doing it taking one step at a time. One thing we should understand is that, fears lock us in our comfort zone. Once we face them, we may discover that there was no reason to tolerate those concerns in the first place.

Go Out With A Friend:

It is not advisable to be going out alone if we want to get out of our comfort zone. The advantage of moving with friends is that they assist us to see the world from a new perspective. We should always have a partner to go to the gym, parties, movies, and dance, among other recreational activities.

Keeping it to ourselves will lock us in our comfort zone. Going out with a friend will assist us to expand our reach. We should avoid going out alone and instead move with friends. We not only focus on getting the best outing experience but also pay some attention to those people around us.

Make New Acquaintances:

Making a new acquaintance will expose us to new interests, opinions, and experiences. People are static because they stick to old friends who have the same ideas. We require new exposure if we wish to realize self-development. It is not all about meeting new individuals in the usual way. We can try going through the biography of a person we don't know. We can also read a book from a writer we have never encountered. Such an approach will assist us to open up our mind.

Feed Our Mind With Positive Memories:

One thing that makes people stick to their comfort zone is the fear of the unknown. We pay a lot of attention to the risks and not the benefits of moving out of our comfort zone. We may find out that benefits outweigh the risks, but we don't give them equal treatment. It's high time we become positive about life and avoid being pessimistic. We should feed your mind with positive memories and avoid negative thinking if we want to get out of our self-imposed comfort zone.

Conclusion:

Having gone through these five practical steps of getting out of our comfort zone, I believe we have, all we require is to move forward.

Glimpses of NWVA Activities



V Adm AR Bahl interacting with the ladies



In a conversation with O-165 Course



Our Angels visit the MT Pool



Best Common area Garden- "DSC Garden"



Blood Donation "A Noble Deed"



"Hurrah ! I Won !" - NKG Sports Day



Run for Fun



Explaining the modern techniques of Arboriculture



Glimpses of NWWA Activities



Battle Rope Stunts



Budding Astronauts



Briefing the C-in-C about our Community Service



Young Kayakers at work



Felicitating Adv Mrs Komal Bhatt (Advocate)



Reach for the Sky



Inter School Quiz Competition 2016

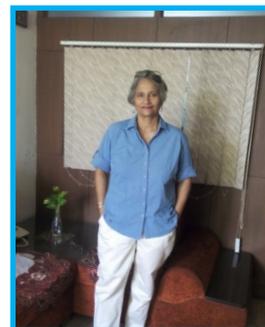


The Mashaal Display



THE BIG FAT INDIAN WEDDING

BY: Mrs. Kamlesh Khanna



A Cold Shivering Night
Fireworks in sight
Fog on ground
But Smog all around!
Band blaring tunes
Deafening my environs!!

Suited Hunks, flashy Chicks,
Well draped men;
Barely covered women!!
Ahh! the warmth of a cocktail
Oh! the cold of a mocktail!!

Limping oldies; jumping Kids
High spirited lads,
Goosebumped Chicks
Pray! Pray !they don' fall sick!!

Ostentatious decorations;
Romeo and Juliet sets
I'mlost for a moment
in the lighting glow
In the shimmering show!!

Crampy Washrooms;
For everyone just two
so, I see many, standing
In queue,
Jostling for the door,
elbowing to the mirror
To fix a loose "pallu"
To put a new "Bindi"
To redo the lips, thats gone a slip
Oh! just then.....
Ooch! Someone steps on my toe!!
Writhing in pain...trying to shut the tears..
anointed with apologies
.....I move to the show!!

Costa coffees, ginger teas
Italian pizzas n French breads
Fruits, of blue berries, cherries, and of
of passion!
Ice creams a plenty,
Sweetmeats In twenty;
what to eat, and what not to eat
All is at display, Soon to be thrown away!!

Wonder, the "khokhas" in play
must have been piled, day by day?
Some for the singers, like Pritam,
Abijeet n Flutist Baljeet
Few for the ushrers, paanwala's n
Bandwalla..
Fattest one for the Farm Walla!!

RollsRoycee at the Gate,
with BMW to mate,
All this In View; A lot can't View
After all, it's a "Grand Wedding"
Just learnt "Khet Ki Katai"
"Bicholoankikamai"

Its one O'clock now
I'm too worn to stand anymore
So, I bid GoodBye
to the Bride n Groom
Heavenly Blessings to them,
n sweet dreams to all....



Recipe: Carrot and Pumpkin Halwa

By: Mrs. Sonal Sinha

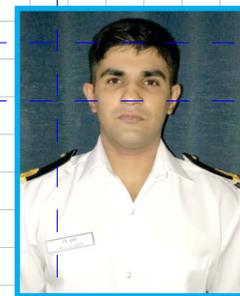


Ingredients

- Grated Pumpkin- 1 cup
- Grated Carrots- 1 cup
- Powdered Sugar- 2/3 rd cup
- Mawa (Khoya)- 1/3 cup
- Ghee (Clarified Butter)- 4 tablespoons
- Milk- 1/2 lt
- Almonds- 8-10 sliced
- Crushed cardamom – 4

Method

- Heat a kadhai over medium heat and add ghee or butter. Once its hot add sliced almond and fry in for a few seconds and keep aside
- Now in the same ghee, add grated pumpkin and carrots and fry it for 2-3 minutes on medium to high heat.
- Reduce the heat to medium and keep frying them for at least 15 minutes.
- Now add the milk to it, mix it well and let it cook for 2 minutes, cover it with a lid and cook it for 10 minutes over medium flame.
- Keep stirring in between and again cover it and let it cook for 5 minutes.
- After 5 minutes open the lid and cook it until all the milk is absorbed and carrots and pumpkin turn tender and soft.
- Once the milk is fully absorbed, add mawa to it, mix it well and let it cook for 10 minutes by stirring continuously.
- Add sugar and cardamom and mix it well. Stir the halwa till sugar melts completely. It will again become a little watery at this point of time. Keep stirring until all the sugar is absorbed and the halwa becomes dry.
- Add fried almonds and let it cook for some time until it's dry and become half of the quantity. Switch off the gas.
- Garnish with almonds, serve warm.



FROM THE WOODS

BY: SUB LT. RAVI

Mrityunjay heard something move in the bushes. It was unusual at this time for anything to move there for his village was a blend of nature where everything was in bounty for everyone. Surrounded by forests on all sides, the villagers lived on livestock and farming. The cycle of sunny bright happy days with men and women toiling in the fields followed by evenings of refreshment where people of all ages would sit down and elders would tell them stories of yore, ending in peaceful sleep at night had been going on and on since centuries in the village.

The village boundary was vaguely demarcated by the beginning of dense forest and the edges of cultivable land were guarded at night by the men on watch. Two young men posted on rotation everyday would serve as sentries at night and were excused from toil under sun the next day.

It was Mrityunjay's turn at watch tonight and he knew for sure it was a predator. The winter fog had made vision poorer at night. He heard it move again. The leaves were being crushed softly but it was hard to judge where and what exactly was there. Mrityunjay alerted his companion, Sudarshan and they both stood poised with hands steady and spears bent forward for a defensive bout with the beast.

The fur became more visible as it walked into the open clearing- it was a leopard. The golden green eyes glowed like jewels from the hell itself. He circled the sentries silently as if savouring the smell of its food tonight. Mrityunjay and Sudarshan stood still, breathing the cold air into their lungs and feeling the warmth of their breath on lips.

As he bent its hind legs for a leap, the forearms of the sentries stiffened. Whose blood would make the people jump in the morning when they'd come to farm? If the sentries died, the people would demand that all wild animals be killed. If the leopard died, people would celebrate its death. But was either justified? Hadn't the elders managed to live peacefully within the forest?

Suddenly, the leopard jumped forward for its meat. Sudarshan attacked instantaneously with his spear missing the beast and brushing past his ear. The beast was starving and he had nothing to lose. He soon landed and turned around for another jump. The green eyes turned bloodthirsty red this time. Just as he pounced, Mrityunjay jumped for the torch and waved it to shoo away the man eater. The leopard, sensing the heat, ran away into the wilderness.

The following night saw four sentries on watch. Four young well-built men to protect the village from the same hunger that made them cut trees and destroyed wildlife for their own farming. Yes, that same hunger in someone else was a potential threat. But this night had more gifts waiting for them. A pack of wolves howled around the boundary the whole night. None ever showed up, just howled as if they were playing bugle for the beginning of a battle. Two snakes were spotted. The four strong men killed the poor slithering creatures with stones and sticks. There was a dark silence after that, only crickets made sounds as the moon flew from one side of the horizon to another and the stars twinkled. There was more chaos this time in the village but they had a grand celebration after a proper burial of the snakes, as if proper burial after a murder would take away sin and atone for the killers probably.

Mrityunjay at the celebration spoke, "We need to protect our village by increasing the land under our control. The animals have started frequenting our lands and will soon come for our families. What do you say?"

Everyone agreed in unison except Sudarshan who felt it was they who had encroached into the wild. But nothing could be done about it. The survival's contest has only made animals more violent, human beings more territorial and nature more merciless. Evolution seems like a process that started from nature's fury inside a world of ocean and would end in nothingness back into that ocean.



But Sudarshan was neither the priest nor chief, so he decided to take a different course and walked into the wild with a few of his best friends. They went too deep inside the woods and meditated there to learn languages of the beasts and the birds and visited the village every fortnight. As time passed they started hearing the mother Earth talk to them and eventually gelled so well into nature that no one ever heard about them again.

It has been over five decades since they stopped visiting village. Mrityunjay is now the oldest man and is considered to be very learned. Tonight as they place the fire in the center, Mrityunjay stands and completes the story he had been reciting, "Sudarshan and others did return but as voices. The closer one is to nature, the stronger this voice in him becomes. These voices know everything and guide every human till date. These voices have kept us safe since then for those who listen, prosper and others perish.

BACK TO MY GREEN & CLEEN VALSURA

BY: AATMITA DHODY



It was just another day at Mumbai. The day was going well. Life was cruising along at Colaba where after spending weeks repacking and cleaning, repairing and decorating, we had just barely settled into a new house. And out of the blue, my father announced that we were going to Valsura again!!

Initially, I was sad that I will have to leave my friends. After all, I had just made them!! My parents tried to cheer me up by reminding me about all the good times we had last time around, and what all had changed in the past 2 years. But it's always hard to change my mind. That's where we met Arihant. He had told me all about Valsura and I was all excited about the idea of coming back. The days just sped-past packing, loading, travel and voila!!

There we were.....

The day that we reached here was not great as me and my brother both fell ill. Then our admissions.... finally my parents selected DPS for us and I'm really glad about that. We shifted into our new house and started setting down.

Gradually I started understanding that I was wrong at judging this place. The number of activities conducted here like kayaking, garden competition and not to miss "Dance Valsura Dance" where I participated made me forget Mumbai instantly. "DVD" was my first ever solo performance in front of so many people.

There's no doubt that I'm enjoying the place and I've made many new friends too. It's a very peaceful atmosphere and there are alot many birds.

Although the stories of the leopard and snakes do sometimes scare me but surrounded by so many soldiers make me feel secured. These days we are celebrating the Navy week. We all went for the Band performance and really enjoyed it. Now we are looking forward to the quiz competition and it will be great fun to watch.

It's a happy beginning and I guess many more happy times are here to come.

नवा अध्यक्षा का संदेश (वालसुरा) श्रीमती दीपा सिवाकुमार



प्रिय पाठको,

नवा वालसुरा की अध्यक्षा के रूप में पिछले सत्रह महीनों की मेरी यह यात्रा बेहद अद्भुत रही है। अत्यंत प्रतिभावान महिलाओं के समूह की सहायता से मेरा यह कार्यकाल बहुत ही शांतिपूर्ण और सफल रहा। पिछले सत्रह महीनों का नवा कैलेण्डर बहुत ही व्यस्त और सक्रिय रहा जिसमें अत्यंत महत्वपूर्ण व्यक्तियों का आगमन, नौसेना सप्ताह 2015 एवं 2016 और प्लेटिनम जयंती समारोह की शुरुआत शामिल रहे। बहुत ही कम बजट होने के बावजूद हमारी प्रतिभावान और जीवंत महिलाओं ने हमारी संस्कृति पर केंद्रित "एडम्स नाईट" के आयोजन में अपनी कला का प्रदर्शन किया। मुझे गर्व है कि मुझे इतनी दक्ष और समर्थ महिलाओं की टीम का नेतृत्व करने का मौका मिला।

समाज के कल्याण के लिए हरियाली सहित अन्य "साझेदारी में देखभाल" जैसी पहलों को बहुत सराहा गया। चाहे नेत्रहीन विद्यालय के बच्चों के लिए दान करने की बात हो, प्रसव के बाद अवसाद, टीकाकरण व देखभाल के बारे में युवा महिलाओं को जागृत करने की बात हो, वालसुरा के लोगो को इन विभिन्न नवा गतिविधियों से बहुत लाभ हुआ।

"जागृति" समूह के कार्यक्रम "स्पेल-अ-थॉन" को स्कूली बच्चों से बहुत अच्छी प्रतिक्रिया प्राप्त हुई। पहली कोशिश के रूप में आयोजित "डांस वालसुरा डांस" ने वालसुरा के प्रतिभावान बच्चों को एक अवसर प्रदान किया, चाहे "तारे देखने" या उद्यान प्रतियोगिता का आयोजन हो, समन्वयकर्ता हमेशा इसके प्रदर्शन और संचालन के लिए तैयार थे। हमारी महिलाओं और बच्चों की अथक भागीदारी के चलते हमारे आकर्षक सांस्कृतिक आयोजन बहुत ही लोकप्रिय रहे।

सिर्फ आप महिलाओं के सहयोग से ही ये सभी आयोजन और गतिविधियां इतनी सरलता और आत्मविश्वास के साथ सम्पन्न हो सके। मैं सभी समन्वयकों को मेरी इस सुंदर और स्मरणीय यात्रा के दौरान अपने सहयोग के लिए धन्यवाद देती हूँ, साथ ही श्रीमती रश्मि सिंह, श्रीमती सुदिप्ता राहुल, श्रीमती सोनल रॉय, श्रीमती संगीता कुमार, श्रीमती पूनम जायसवाल, श्रीमती ज्योत्सना चॉको और श्रीमती सरलीन ढोडी को विशेष रूप से धन्यवाद देती हूँ।

साथ ही, मैं नवा के सभी कर्मचारियों और सहायकों को "नवा कार्यालय, परिवार कल्याण केन्द्र व लिटिल एंजिल्स" के प्रबंधन के लिए धन्यवाद देना चाहूँगी। मैं स्टाफ अधिकारी लेफ्टिनेंट श्रेया चौधरी और लेफ्टिनेंट सुरभि दांगी को धन्यवाद देना चाहूँगी, जिन्होंने सभी नवा गतिविधियों के निर्विघ्न संचालन में बहुत सहायता की। "वरुणि" के सभी अंकों के सही समय पर प्रकाशन में सहयोग हेतु मैं श्रीमती रूचिरा ब्रह्मा त्रिपाठी का विशेष तौर पर धन्यवाद करती हूँ। साथ ही विभिन्न आयोजनों के संचालन के दौरान वालसुरा के सभी अधिकारियों एवं कर्मचारियों को उनके सहयोग के लिए धन्यवाद देना चाहती हूँ।

नवा वालसुरा में मेरी यात्रा, नवा के सचिव के रूप में 20 वर्ष पहले शुरू हुई थी। नवा वालसुरा के अध्यक्षा के रूप में मेरा कार्यकाल बहुत ही संतोषजनक और अद्भुत रहा। मैं आप सभी को कभी नहीं भूल पाऊँगी। मैं सभी वालसुरावासियों को दिल्ली में कभी भी मिलने का निमंत्रण देती हूँ। मैं वालसुरा की नई नवा अध्यक्षा का स्वागत करती हूँ और उनके आगामी कार्यकाल के लिए शुभकामनाएँ देती हूँ। मुझे यह पक्का विश्वास है कि आप सभी भा नौ पो वालसुरा के सूत्र वाक्य को चरितार्थ करेंगे।

"तस्य भासा सर्वमिदं विभाति"
(यहाँ से उत्पन्न प्रकाश, सभी को प्रकाशित करता है)
जय हिन्द

सादर

S. Sharni Deepa

एक शिकायत

शुभदा चतुर्वेदी



अभी मसरूफ हो मगरूर हो । ,
 फुरसत नहीं तुमको
 कि दो पल प्यार वाले
 आज मेरे नाम तुम कर दो,
 जिन्हें फिर याद करके ताउमर
 रूखसार पे मेरे,
 जो लाली खिल उठे,
 वो फिर किसी भी तरह ना जाए ।
 तुम्हें फुरसत नहीं इतनी कि
 मेरे पास तुम बैठो,
 घड़ी ये प्यार वाली ,
 वक्त येयूँ ही ठहर जाए । ,
 बहुत मशहूर हो, मशगूल हो ,
 अपनी ही शोहरत में,
 कि शायद ही मेरी गुमनाम चाहत
 तुमको दिख पाए ।
 बहुत से लोग बैठे है,
 तुम्हारे गिर्द जिनको तुम
 बहुत ही खास गिनते हो ।
 बहुत उन खास लोगो की
 बहुत उस खास महफिल में
 मेरी तन्हाई का शायद तुम्हें
 अहसास ना आए ।
 कि तुम मसरूफ हो मशहूर हो ,
 मगरूर हो शायद,
 नहीं तुम वो नहीं हो ,
 जिसका मैंने प्यार मांगा था,
 कि जिसकी आरजू की थी,

कि जिससे जिंदगी के साथ का
 इकरार मांगा था ।
 न जाने कौन हो तुम?
 कौन सी मशहूर हस्ती हो?
 मैं डरती हूँ , तुम्हारे सामने आने से,
 लगता है,
 कहीं शोहरत तुम्हारी
 प्यार को मेरेना खा जाए । ,
 बहुत मासूम चाहत है
 तुम्हारा नाम लेती है ।
 कि भोली सी मुहब्बत है,
 तुम्हीं पर जान देती है ।
 मगर तुम चांद हो, उस आसमाँ के ,
 जिस जगह शोहरत
 किसी चाहत के तारे को
 चमकने ही नहीं देती ।
 बहुत अफसोस है मुझको
 कि तुमसे दूर हूँ इतना
 हज़ारों कोशिशों के बाद
 तुम तक आ नहीं सकती
 किमसरूफ हो , तुम मशहूर हो
 फुरसत नहीं तुमको
 मैं डरती हूँ तुम्हारे सामने
 फरियाद करने से.....
 बहुत मगरूर हो तुम.....
 और तुम्हारी बादशाहत की जो दुनिया है
 वहां की शान , शौकत में – औ –
 मुझे डर है कि, शायद ही ,
 मेरी सादा मुहब्बत तुमको रास आए ।



Three Generation of first ladies of Valsura



Unveiling the Logo of Platinum Jubilee



Platinum Jubilee Circle



Reenactment of the Commissioning Ceremony



Proud to be part of Platinum Jubilee Celebrations

From the NWWA Album



1.Row Row Row your "Kayak" gently down the stream



Artistic Impressions



Admiring the "GO Green" Initiative



On way to the "Swami Narayan" Temple



Cutie Pies with the Smart Moms



In a conversation with the small wonders



Mess Nite with the C-in-C



Sharing is Caring

PRAKRITI PHOTO CONTEST - 2016

"You don't take a good photograph, you make it"

PRAKRITI group of NWWA Valsura invites all Valsurians to come forth and participate in a **nature photography contest**. Gear up and show your skill behind the lens and capture the striking beauty of the flora and fauna of Valsura

Mail ID: nwwaprakritigroup@gmail.com
Last date of submission: 20 Sep 2016

NOTE:
 Submit your entries with name, age and contact number. Winners will be awarded on 23 Sep 16 at 4-30 pm at FWC.

Milan

Megha Re Megha
Lets listen to the rhythm of the falling rain

NWWA Valsura cordially invites all the ladies for a special Milan in the honour of

Mrs. Rohini Subhedar

Venue : FWC
 Date : 19 Aug 2016
 Time : 9:30 AM (Morning)
 Dress code : Shades of Blue

NOTE: Rainbow Salad making competition (Fruits and Vegetables) will be held at FWC. Ladies are requested to make the salad at home and bring to FWC by 9:30 am.
 Ladies are requested to register their names at FWC by 17th Aug 2016.

GARDENING COMPETITION

(NWWA PRAKRITI)

A beautiful garden is a work of the heart!

NWWA Prakriti group invites all the Valsurians to participate for the Gardening competition.

ATTRACTIVE PRIZES FOR

- Best Residential Garden
- Common garden at all Schools, Divisions, Public area garden, BSC gardens.

Participants are requested to register at FWC before 12th October.

The judges will visit all the registered gardens on 14th October at 09:00am.

NWWA AASHIRWAAD ACTIVITY

Grandparents you are a treasure in our family
 A gift by god bestowed on us only
 There's no one quite as special
 And no one quite as nice

NWWA VALSURA AASHIRWAAD GROUP IS ORGANISING A MOVIE **PIKRU** FOLLOWED BY LUNCH FOR GRANDPARENTS OF VALSURA

DATE - 13 AUGUST 2016
 VENUE - UJJVAL
 TIME - 10:15 AM

INTERESTED FAMILIES PLEASE REGISTER NAMES OF GRANDPARENTS AT FWC BY 11th AUGUST 2016

NWWA SPARSH

Be all you can Bee

Sparsh group of NWWA Valsura is organising a picnic for our Literacy Class children in our own water world "The Pelicanoe".

Date - 13 Dec 2016
 Time - 09:00 AM

NWWA VALSURA AROGYA GROUP INVITES ONE AND ALL FOR AN INTERACTIVE TALK ON ORGAN DONATION

**BE A THINKER.
 BE A DO-ER.
 BE A DONOR.
 BE A HERO.**

DATE : 15 JULY 2016
 TIME : 04:30 PM
 VENUE : FAMILY WELFARE CENTRE

Adam's Nite

"Comedy is Simply a Funny way of Being Serious"
LIGHTS!!! CAMERA!!! "VALSURA" ACTION!!!

Call for Skit Entries

- O1skit- Staff Offrs
- O1skit -Involving Staff Offrs
- O3skits- UT Offrs

Time 5-6 minutes
 Group Strength: 6-8 participants
 Date: 26th Mar 16
 Venue: Wardroom anchorage

Theme: **OJT at Hawaii with Course Officer**

1st Audition: 16th Mar 16 at Ante Room Time: 1600hrs
 Contact: Cdr Bikram Tripathy (Staff Offrs)
 Lt Cdr Kartik Uppal (Involving Staff Offrs & UT Offrs)

Splashes of creativity



"Artists in the making". Navy Week painting competition -2016