



# VARUNI



July-September 2018

INS VALSURA

## Whats' Inside



Activity Report

Page 6



Cover Story

Page 10



Kids' Corner

Page 18

Cover Art :

Mrs. Rekha Kaushal





## Message from Mrs. Reena Lanba (President, NWWA)

Warm greetings and congratulations to all of you on the 32<sup>nd</sup> anniversary of NWWA. On this occasion, I would also like to wish you all a Happy New Year. As the former NOWA, or now as NWWA, we have together made NWWA a very dynamic and vibrant organization. Every NWWA member has contributed to the welfare and well-being of the community. I congratulate the entire NWWA team on its achievements and hope that with similar passion and commitment you will continue to contribute for the betterment of the community.

The camaraderie of all members of NWWA and our common goal to create a happy, harmonious and empowered community inspires us to move forward on a progressive path.

As you all know, each naval wife becomes a member of NWWA automatically after her marriage. It is very important that every member of NWWA is rightly and fully informed about our community. I would like to emphasize that all of you should show the interest to know and involve yourself in whatever measure you can. The Welfare Committee is an invaluable and important part of NWWA. Our welfare committee is constantly engaged in community welfare with full zeal and enthusiasm. Due to the contribution of the Welfare Committees, NWWA succeeds in achieving the goals and objectives of its community welfare. Congratulations and kudos to the entire Welfare team. I have declared this year as the 'Year of Empowered Woman-Empowered Generation'. I firmly believe that a strong woman plays an important role in the formation of a strong and healthy society. I am sure that together we will be able to achieve this objective.

On one hand, while we provide you the opportunity to pursue the course of your choice, and become self-reliant, on the other hand we give support via 'Ashirwad' and crèche in order to keep the family front happy. A safe and happy family encourages naval personnel to perform their duties fearlessly.

Last year has passed by very swiftly. We have implemented several new initiatives and consolidated existing ones. With great pride, and happiness I would like to inform you all that we have composed a new NWWA song. The lyrics have been written by a Naval officer and it

has been sung by some of our own ladies. The TISS programme has been very well received. Many ladies have benefited from this recognized course and some of them are working in reputed schools today. Through the 'Well Woman Clinic', every naval wife can get an annual medical checkup in any naval station in India. The old students' association of NCS has been resurrected. Together with the NES, we are making many important changes in our schools. 'Prepmantra' is an online app with the help of which our children can prepare for all types of entrance exams from home without any cost. Through NWWA website you can get information about all the activities of NWWA. Archives cell of NWWA has also been instituted recently. This year, we have made the entire history of NWWA available to everyone. This monumental work was done with the efforts of some of our committee members who spared no effort to turn my vision into reality.

Being NWWA President, I am also the ambassador for road safety and organ donation. Whenever I travel to other commands, I spread awareness among the naval families on this issue. Every year, several people are killed in road accidents. Many patients die as they do not get organ donation on time. I would urge you all to think seriously about this matter. Last month, with the help of a NGO, we have distributed safety helmets to some children of NCS. In similar ways, we will continue to serve the society.

Being NWWA President, my primary objective is to connect with every NWWA member. I would like each one of you to be in a comfort zone where you can freely express your concerns or give suggestions. You can take help from your welfare coordinator or Regional President to bring any matter upto me. Please keep your husband informed. If there is any personal matter you can talk to NWWA's Sakhi-coordinator. I assure you that your issue will be kept strictly confidential.

In the end, I would like to assure all of you that the Naval Family Welfare will always be my priority and I will be a friend and support you in every way. NWWA is by us, for us, and with us, always.

Jai Hind!!



## Message from Mrs. Sapana Chawla (President, NWWA, Southern Region)

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

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

NWWA, today, undertakes several activities which include: empowering our women through specialized training provided at subsidized rates; contributing towards making Navy Children Schools world class; running schools to meet the requirements of special children; providing creches for working women; supporting the elders in our community; encouraging healthy habits; encouraging talented individuals in various fields; and working to make our environment green and sustainable. These efforts

ensure that the Naval community remains a vibrant, healthy and happy place and we need to pursue them with purpose and vigor.

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

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

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

Jai Hind!!

“

I am proud to lead this motivated and talented team of ladies who have volunteered to contribute towards the betterment of our community despite their own commitments and responsibilities on the home front.”



## Foreword by Mrs. Archana Raghuram (President, NWWA, INS Valsura)



'Responsible leadership' is what I would term my initial few weeks at Valsura! I take a leaf from Mrs Sapana Chawla's words that one has gained much from being a Naval spouse, and it is one's responsibility to give back as much as possible to the community. Having set foot into Valsura as a young bride decades ago and given birth to a son during that long stint, it was a moment of a lifetime being welcomed back after all those years, amidst much fanfare as the first lady, by the wonderful team of ladies.

Dream-come-true for any leader to see such an enthusiastic and creative team all around... but with that comes a sense of responsibility to ensure that the bonding and engagement in the community stays, and in fact, multiplies over a period of time.

As President NWWA, Mrs Lanba, rightly mentions in her message, NWWA as an organization is about creating 'empowered women and an empowered generation'! Towards this goal, we the ladies of INS Valsura have embarked on a journey to create and nurture various initiatives. "She Chefs", a unique catering initiative by the ladies is among the first to bring out the home chefs into 'tasting' (pun intended) a career with their expertise. It was also heartening to see ladies voluntarily coming

forth to put their talent to work for reasonable commercials associated with them... for example, creating jewellery with silk thread; designing 'Rakhis' with quilling techniques and other variety of threads; putting their tailoring abilities to create designer blouses; making pickles and other savouries to sell at the 'Sawan Mela' (covered ahead).

Valsurians also rose to the call of duty when news of flood relief for those hit by Kerala's unprecedented rains, reached our shores. Of course, nothing can compare to the noble service rendered by all our dear friends in Kochi who probably never saw the sun set or rise for weeks while attending to the homeless and needy round-the-clock! But we did what we could by putting together basic health kits and basic hygiene kits together for immediate redressal.

As a team, we are setting ourselves a goal of increasing the engagement index within the community to unprecedented levels! It's fun when the entire team breathes the same goal, and is passionate about accomplishing it!

Jai Hind!!

## From the Editor's Desk



While INS Valsura has always been a beehive of activities round the year, the last few months saw a surge in the same. We have been quite busy with a few changes. We bid adieu to a lot of wonderful families and threw our arms open to the new families joining us. Bidding farewell to our Commanding Officer, Commodore Indrajit Dasgupta and our first lady, Mrs. Pamela Dasgupta was the hardest. It was a tearful affair to say the least. However, every ending as they say has another beginning, and we saw that with our next Commanding Officer, Commodore Raghuram and his good lady, Mrs. Archana Raghuram taking over. We would like to extend a very warm and loving welcome to our First Lady, and are now busy launching multiple new initiatives with her leadership.

The enthusiasm of the ladies of Valsura is overwhelming, encouraging and inspiring, and needless to say, the icing on the cake. We have more to tell you about what we have been doing, in the pages to come. So, strap on your seat belts and get ready for a roller coaster ride of this quarter's Varuni. Hope you enjoy reading it as much as we enjoyed putting it together for you.

Team Sanchar



# Activity Report – July 18 to September 18



## HANDING OVER – TAKING OVER

The establishment witnessed a Change of Command on 30 May 18. Mrs. Pamela Dasgupta handed over the baton of President, NWWA, INS Valsura to Mrs. Archana Raghuram at a solemn ceremony held at NWWA, Dwarika in the presence of the core committee and coordinators.

## MALGUDI NIGHTS AND BAKE SALE

"Malgudi Nights" was an evening that was one of its kind. We had story tellers from India, Sri Lanka and Africa who enthralled parents and children alike. The session was interactive and was filled with fun and laughter. The evening ended on a sweet note with a bake sale put up by Mrs. Geetu Chakravarthy, a master baker.



## PRAGATI

'A dream doesn't become reality through magic; it takes sweat, determination and hard work.' TEAM Pragati lived up to this motto and put up an enthralling show before the audience in the form of a SAAWAN MELA held at the Stadium. The mela was inaugurated by the first lady, Mrs. Archana Raghuram who, along with the other attendees, were left awestruck by the immaculate planning and grandeur of the event.

The major attraction of the mela were the beautifully decorated stalls ranging from that of mehndi, sumptuous food items, attractive cards, silk thread jewellery to aesthetically made paintings put up by the ladies of Valsura, under-trainees from various divisions and vendors from Jamnagar. The kids thronged the various rides that were specifically catered to keep them occupied.

The mela was no less than a cultural extravaganza as our very talented in-house artists mesmerized the spectators with their melodious voices and scintillating dance moves. The guests from the sister services viz. the Army and the Air Force particularly complimented the children who performed no less than seasoned artists on stage. To acknowledge the contribution to the community and build Esprit-De-Corps, the bumper raffle prizes were

drawn by the residents of Valsura who were chosen from different walks of life. People who came on stage included those who had spent over two decades in Valsura, longest serving personnel, gardeners, laundry in-charge, school ayah, teachers, doctors and so on. The winners of course invited loud cheers from the crowd. The most decorated stall went to the Chakra division and the NWWA stall with ladies setting up their wares was the 'most visited' stall.



## SUMMER BREAK

NWWA remained officially closed during the months of May and June.

## JAGRITI

To inculcate and boost creativity and imagination amongst the children, the Jagriti group of INS Valsura organized a dynamic Painting and Card Making Competition at FWC, INS Valsura. In this activity, children of various age groups ranging from UKG to grade 12 participated. Children created master pieces on various themes viz. Drawing a joker, Natural scene, Birthday, Christmas, Teacher's Day, Save Rivers, Save Environment and so on. The activity concluded with eco-friendly wrapped exciting prizes presented by our first lady Mrs. Archana Raghuram, President, NWWA, INS Valsura.



## LITTLE ANGELS

The session, which was organized at FWC, was presided over by Mrs. Archana Raghuram, President, NWWA and saw enthusiastic participation by the parents.

On the occasion of the 72nd Independence Day, the Little Angels reverberated with the tiny tots intoning the melodious tunes of Saare Jahaan se Accha with utmost zeal and confidence. Cmde C Raghuram, VSM, Commanding Officer, INS Valsura hoisted the tricolour in the presence of teachers and students. The festivities concluded with distribution of sweets to the little patriots. A mindful attempt is underway to reinforce the facility with modern teaching aids drawing parallels with the latest advancements and methodologies.



## SPECIAL MILAN

A Milan was organised to welcome the new first lady, Mrs. Archana Raghuram to the Valsura family on 21 Jul 18 at FWC, INS Valsura. The ladies graced the occasion in hues of greens and blues, true to the spirit of the theme - Saawan.

The hall resonated with the soulful voices of our young and enterprising ladies as they sang a welcome song in the honour of Mrs. Archana Raghuram. This was followed by some rib tickling games that saw massive participation from the ladies. A perfectly synchronised dance based on a medley of rain songs was performed next that got a huge round of applause from the audience.

Dr. Divia Varghese gave an eye opening presentation on "The Need for Pelvic Floor Muscle Strengthening".

Home Chefs, a unique concept where the talented culinary specialists of Valsura provide home cooked meals, sweets and savouries, was given a formal headway at the Milan, and bulk orders floated in as soon as the event drew to a finish.

## COFFEE EVENING

A salt and pepper theme-based Coffee Evening was organised at Impulse -The Pub 18 to welcome Mrs. Archana Raghuram into the Valsura family. As the name suggests, ladies turned up at the venue decked up in blacks and whites, looking no less than a diva!

Post a recital of the message by Mrs. Reena Lanba, President, NWWA, the programme kick-started on a quirky note with the emcees playing their parts and adding a dash of humour to the evening.

What drew everyone's attention was a 'team building activity' that was a pleasant surprise planned by the first lady herself. The ladies were asked to organise themselves into five groups, assign a goal for NWWA Valsura, and pour out their imagination regarding the same onto a canvas. The trick was that the teams had to leave behind their canvas every five minutes and revive the work done by another team.

The goals of teamwork, sharing in another's vision and building blocks for others to follow, came through sparkingly through the course of the activity.





## AROGYA

A workshop on 'Posture related' issues was conducted by Dr. Akanksha Sinha (PTI) MIAP. Dr. Akanksha shared real-life problems and tips to handle them effectively at home. Issues such as back-ache, knee pain, neck pain and pain in the soles were discussed with suggestions for home remedy. Dr. Akanksha also shared apt suggestions for pregnant women, and ensured great engagement with the ladies.



## ASHIRWAD

The start of the activities of the Ashirwad group was marked by the timeless, age-old game of Antakshari. It was heartening to see so many senior citizens taking to stage as a part of a team, and singing their way to winning!

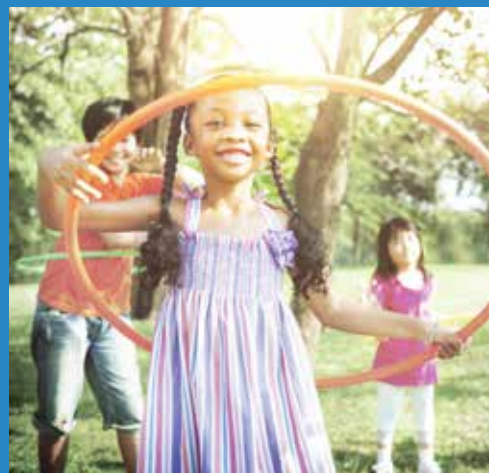
## Our Upcoming Activities

### SPARSH

The Sparsh group would be organizing a visit for approximately 80 children (Boys: 50, Girls: 30) from a local Orphanage to INS Valsura on 08 Sep. 18. The following activities along with participation of kids from the establishment, are planned to be conducted as a part of this visit:-

- (a) Screening of movie at Ujjwal
- (b) Cricket Match (for Boys)
- (c) Dodge Ball (for Girls)

In addition, contribution from Valsurians comprising of essential items would also be handed over to the representatives from the Orphanage. In the true spirit of group's motto, 'Sharing is Caring', the event is aimed to bring smiles on the faces of these children and make their visit to Valsura a memorable one.



### PRAKRITI

Prakriti group will be conducting an activity, for children along with their mother for crafting 'BIRD FEEDER'. The duo with their innovative ideas are expected to make splendid bird feeders and display their hidden creativity.

Bottles, mesh bags, paper plates and cardboard would be some of the items that will be provided to the participants for making bird feeder.



## FWC Report



**Mrs. Soudamini Yaduvanshi**

Family Welfare Centre (FWC), INS Valsura, is the centre for social and welfare activities of the entire base. It's the heartbeat of our base with music bellowing from its gills in the evenings and mornings.

The honeybee colourful exteriors reflect the many colours of the activities that are conducted here. As we enter, a long corridor welcomes us. The central courtyard with its neem façade brings in a fresh whiff of light and air.

This year marked the beginning of a lot of firsts. A unique concept of "She Chefs" was launched wherein our ladies have volunteered to be home chefs. The team consists of five (05) home chefs viz. Mrs. Geetu, Mrs. Neha, Mrs. Manisha, Mrs. Aruna and Mrs. Mamta. The cuisine ranges from Mughlai to Chinese. We have two excellent bakers who prepare melt-in-the-mouth desserts and goodies. Chinese chef, Mrs. Mamta, is our momo queen. Mrs. Neha's laddoos and mathris are a tea time family favourite. Mrs. Aruna's bakes are birthday favourites. Mrs. Geetu's cakes are all art pieces, aesthetically and taste likewise. "Recycling" project converting old clothes into grocery bags is our next pet project, which has got a good response and many takers.

The tailoring team has showcased immense talent with crochet, beadwork, applique, tatting and u-pin.

In-house rakhi production and sales were a big hit.

## Samudri Report



**Mrs. Sarleen Dhody**

Samudri the NWWA shop, has been stocked with an eclectic range of items, including household essentials, utility items, artefacts, clothing such as suits and saris. An exquisite collection of bandhini Sarees and Bhuj handicrafts added to the "Gujarat ki Sugandh" section saw overwhelming response.

To help and support specially-abled children, few handmade items such as notebooks and rugs have been procured from the local Blind School.

In an effort to get the Samudri catalogue to everyone's fingertips (quite literally), the catalogue of Samudri along with item codes has been uploaded on Valsura's website.

### NWWA, INS Valsura, welcomes the following ladies...

- |                           |                             |
|---------------------------|-----------------------------|
| 1) Mrs Anusiya Manikandan | 11) Mrs Deepika Teja        |
| 2) Mrs Reshma Khan        | 12) Mrs D Priyanka          |
| 3) Mrs Divya Poswal       | 13) Mrs Manjula             |
| 4) Mrs Sandhya Singh      | 14) Mrs Nandana Verma       |
| 5) Mrs Sarbjeet Kaur      | 15) Mrs Minty Bhatti        |
| 6) Mrs Shraddha Misra     | 16) Mrs Ankita Sehgal       |
| 7) Mrs Vibha Shukla       | 17) Mrs Veena Manish Tiwari |
| 8) Mrs Niharika Sharma    | 18) Mrs Sneha Davalbhakta   |
| 9) Mrs Tuhina Oli         | 19) Mrs Shreya Singh        |
| 10) Mrs Vishnu Lekshmi    |                             |

### And we bid farewell to...

- |                        |                       |
|------------------------|-----------------------|
| 1) Mrs Meenakshi Suhag | 5) Mrs Barkha Agarwal |
| 2) Mrs Swati Prasad    | 6) Mrs Sujata Kully   |
| 3) Mrs Silky Bhushan   | 7) Mrs Shivangi Turan |
| 4) Mrs Priti Singh     | 8) Mrs Sneha Roy      |

### Anita Yadav- Tailor, FWC

I was married in 1996. During the beginning of my married life, I lost my right leg due to an incident.



This was the most difficult time of my life but my family became my support system.

In April 2017, I came to INS Valsura, but never attended any NWWA program because of my physical problem. However, in Valsura, my room is close to the NWWA centre and I was encouraged by the ladies to start joining and participating in various activities.



So I decided to join NWWA for stitching and I am very happy about my decision.

### Poonam- Mehndi Teacher

I recently came from Mumbai in Apr 2018. Initially I was upset because my life had changed and I didn't want that. But then I joined the FWC and I became a Mehndi teacher, and now I have a new purpose to my life.



NWWA has given me an opportunity to interact with new people and show my talent, which has given me immense pleasure.



### Savita Singh- Yoga Teacher, FWC

I was born in Allahabad in U.P. My primary education is from Allahabad and higher education from Unnao. After graduation, I got married to Raghvendra Singh. Teaching was my

dream from my childhood, but after marriage, I became a house wife, so I got distracted from my dream. After 10 years of marriage, I moved to INS Valsura with my family. One day, when I was talking to my younger brother who is in the Indian Airforce, he told me about the 'M.P.I.Y.N.E.R Gujarat University, Jamnagar' and he motivated me to pursue it. But I was scared as I have the responsibility of my three children who are going to school. But my husband and I am now encouraged me to pursue it, and I am now a yoga teacher!



It is nothing short of a miracle for me.



### Poonam Joshi- Music Teacher FWC

में पूनम जोशी F. W. C. में प्रगति ग्रुप की सदस्या हूँ। प्रगति ग्रुप से जुड़े हुए मुझे लगभग दो महीने हो गये हैं। मैंने सन १९९० में कला की से स्नातक की उपाधि प्राप्त की एवम मैंने तबला और हारमोनियम संगीत बाध्य यंत्रों में प्रभाकर डिप्लोमा प्रयाग संगीत समिति से किया है। प्रगति ग्रुप ने मुझे संगीत (ढोलक) की तथा तबला, हारमोनियम एवम शास्त्रीय गायन की कक्षाएं लेने का अवसर प्रदान किया है।

ढोलक की कक्षाएं पिछले एक महीने से सुचारु रूप से चल रही है। तबला, हारमोनियम तथा शास्त्रीय गायन की कक्षाएं अभी प्रारंभ नहीं हुई हैं। यदि यह कक्षाएं समय से प्रारंभ हो जाएगी तो मुझे शिक्षार्थियों को संगीत की शिक्षा देकर संतुष्टि का अनुभव होगा।

प्रगति ग्रुप से जुड़ने से मुझे बहुत कुछ सिखने और सिखाने को मिला। प्रगति ग्रुप की सदस्या सर्वांगन प्रतिभा के धनी हैं। सभी सदस्य ग्रुप की क्रिया कलापी में बड़बड़कर के सहयोग करते हैं। तथा एक दूसरे को प्रोत्साहित करते हैं।

धन्यवाद  
प्रगति ग्रुप



## She Chef - Aruna

Today there is no dearth of personalized items in the world. In this visibly customer centric world, special moments of life can be crafted to create an unforgettable experience. Two of these special occasions are birthdays and weddings which revolve around the celebratory cake cutting. Though customized cakes are not new to India, over the past decade, home bakers have been actively baking and crafting cakes.



I was always interested in baking... always thought about baking some brownies or cookies for my kid, but then it got interesting and I wanted to learn more and ended up becoming a professional.

Today I am a well-known baking teacher in INS Valsura, thanks to NWWA for this opportunity. I first volunteered in Sawan Mela which was held in 2017 in Valsura, and there was no looking back since then.

This year NWWA has started a programme called "She Chefs", which completely changed my life. I am proud to be a part of this programme. Thank you INS Valsura.

## She Chef - Manisha Yadav

सौदामिनी (Saudamini Ma'am)

में जब नेवीनगर मुंबई में आई तब मुझे सिर्फ महाराष्ट्रियन डिसेस बनाना आता था।

नेवीनगर के सानिध्य में रहकर मैंने साउथ और नार्थ इंडियन डिसेस बनाने सिख लिया। जब मैं यह डिसेस बच्चों को खिलाती थी तब वह बहुत खुश होते थे इसी में मेरी खुशी थी।



यहाँ ट्रेनिंग आने के बाद मेरी मुलाखत Saudamini Ma'am से हो गई। उन्होंने मुझे पूछा आपको क्या बनाना आता है। मैंने कहा मुझे खाने की सारी डिसेस बनानी आती है तब मॅडम ने मेरा हौसला बढ़ाया और मेरे ऊपर विश्वास करके मुझे खाने की चीजे बनाने का मौका दिया। मॅडम मुझे हरपल गाइड करती है। और मेरा हौसला बढ़ाती है। आप सबके वक्तकत के वजह से मुझे सिखने का और मौका मिल रहा है। मेरा एक ही उद्देश है। की मैं आपको अलग-अलग डिसेस खिलाकर खुश रखू।

धन्यवाद मॅम।

## She Chef - Neha Sharma

I had an inclination towards cooking since my childhood. I had always desired to be a chef. I learnt as many recipes as I could and kept refining them but my talent was confined to my home. Then, came 'She Chef' from NWWA Valsura, I immediately volunteered for it, as it was a dream come true for me. 'She Chef' has changed my life completely. Now I have an identity of my own.



'She Chef' has made me self-reliant and independent. I am thankful to NWWA Valsura for this beautiful concept.

## She Chef - Geetu Chakravarthy

My earliest memories of baking are over three decade's.

When my sisters and I would eagerly look over my mother's 'flying saucer' oven as she baked a sponge cake for the family.

The aroma of a fresh bake, taste of the brown crust and sight of a cake fluffing over got me in love with baking.



I started honing my baking skills over two decades ago when the opportunity presented itself at my home town, Jalandhar, what started as a hobby soon became a home run business which was christened 'Chocoholic confectionately yours' spread wholly by word of mouth. Soon my yoga class fellows were my biggest customers and their friends having tasted my bakes, the secondary customers & there after there was no stopping. Home chefs at Valsura presented me with the ideal opportunity to further hone my baking skills and spread happiness through my oven. I am eagerly looking forward to expanding my clientele and in the not so distant future having a small Cakery on a quaint hilltop.





## Engaging Toddlers at Home

By Mrs. Nithya Raghunath

Toddlers! The cute little riots that they are! I, being a parent to an over inquisitive toddler myself, have been a part of discussions with parents of toddlers as to how to keep them out of mischief and keep them engaged productively. We all have those moments everyday where we want to pull our hair out, or hide in the closet and just breathe freely for ten minutes or sip a hot cup of tea or coffee in peace. And now, thanks to the rise in the number of TV channels and interesting apps on our phone, we all give in to our helplessness and give our children access to the same. Does that make us bad parents? Definitely not! I am guilty of that too, believe me. So, what do we do, you ask? Here are a few ways in which you can engage the little packets of never ending energy productively and keep your sanity intact.

- When you take them out, point out to interesting things. Point out to interesting activities that are happening around you. Children are curious little learners and they would love nothing more than to be shown things that are different from their home environment and taught how things work. For instance, if you are near a construction site, you can pause for a moment and let them take in the sights. Talk to them about what is happening there. If you take them to the airport, talk to them about the different things there. Keep them interested in the outer world.
- Encourage movement around the house. Keep conversing about your chores and involve them in little things, like putting their toys and books away, dusting unbreakable things and things that are within their reach, like the furniture. Talk to them about how you fold the clothes. Teach them what clothes belong to whom in the family, etc.
- Put them in a high chair and let them observe what you are cooking. Talk to them about what masalas you are adding, what vegetables you are chopping and why is it good for them. That way they will also develop a new interest in the food they eat and who knows, they might start eating better too.

- Children are naturally attuned to music and rhythm. Put on some rhymes (audio only) and encourage them to dance to it. Take a break and dance with them. They will bond better with you.
- Play along. Take a few minutes off your busy day and sit on the floor with their building blocks or play dough or just paint a picture together.
- Take art outside. This is my most favourite bit. Give them some coloured chalk and let them draw in the drive way or the back yard. It is alright if it looks messy, you can always wash it off with a bucket of water. It is ok for them to get messy as well. You can wash them too.
- Teach them organization skills. Teach them to put their things away in a particular manner. Reward them with stickers when they do something well.
- Invest in touch and feel and pop up books. Let them sit with it while you finish your chores, and later when you read the story out to them, they will enjoy it even more.
- Arrange a treasure hunt for them around the house.
- When you take them shopping, arrange a scavenger hunt. Like for instance, ask them to point out four foods that are green in colour, or three things that are circle in shape. Not only are you teaching them different things, you are also making shopping interesting for both of you. And you keep them from running around aisles and pulling out stuff from the shelves.
- You can do the same things when going out on long drives. Set challenges and ask them to find three trucks, or two brown dogs, etc.

These are just a few tips that I thought would help. If there are more that you do or can think of, please drop in a mail to [varuni.valsura@gmail.com](mailto:varuni.valsura@gmail.com) and you can get a chance to be featured in our next issue.

Happy Parenting!



# Home Away from Home: Engaging Toddlers in Pre-School

By Cdr Sarfaraz Khan



**"A teacher takes a hand, opens a mind and touches a heart".**

Toddlers love to explore. As they play, they learn so many things. If you send your child to a pre-school, he or she will get to play and learn at the same time during organized activities. Children will discover social interaction, cognitive skills, as well as physical skills. They will also be able to develop their self-esteem and creativity.

The most importance advantage of sending your kids to a pre-school is that it enables them to get enmeshed in the social fabric with other children. Every child needs this to prepare them for the actual school pretty soon. Yes, it is true that you can provide your kids with social interaction at your home, but then, the group activities that they will be participating in at a pre-school would be different as they will be able to learn more.

The lessons that they will be taking up are, indeed, invaluable. They will learn how to listen, follow instructions, do things correctly, share, take turns, and much more.

During their pre-school years, the kids' bodies are growing at a fast pace. They will discover something new every day. They can even race with other kids to see how fast they can go. They can do jumping, running, skipping, dancing, hopping, crawling, and other activities. These activities may sound simple, but they are milestones to your little ones' growth and development.

At pre-school, toddlers will also be asked to do different things to develop their creativity. And, for sure, you will be amazed to see your child come home with a new art or project at the end of the day.

Another important benefit of taking a child to a good pre-school is the development of his or her self-esteem. At school, your son or daughter will surely be able to learn how to be independent while doing things. And this is something that is beyond what parent can put in front of their children at their homes. The confidence that they will gain would be truly priceless.

I would like to thank all the teachers who have been associated with shaping the character and personality of my kids .

“

**The most important advantage of sending your kids to a preschool is that it enables them to get enmeshed in the social fabric with other children. Every child needs this to prepare them for the actual school pretty soon.**”



# Engaging with Photography - A Route to Mental Wellness

By Cdr BK Raghunath



I initially took up photography for one simple reason – I couldn't draw. Whilst doing my M-Tech, I self-reasoned that photography must be pretty easy. Just point the camera and shoot, right? But as I started clicking through the lens of my DSLR, the potential it provided me to engage my artistic side dawned upon me and I soon discovered the therapeutic qualities of photography. Photography tasks its patrons with the opportunity to truly see an environment and thereby assisting them in making the most out of any situation. It requires adaptability and focus, driving photographers to chase that elusive perfect shot. This is why many people find engaging with photography, an effective method for cultivating good mental health. I have often found photography to be the difference between a good or a bad day. This article brings to fore, a couple of ways that I've found, engaging with photography, being beneficial for my own mental wellness.

## MINDFULNESS:

Mindfulness can be an important fixture in mental health. Usually, you'd think of yoga or meditation when discussing it. But photography is no different, encouraging the photographer to enter into a state of attentiveness with regards to his surroundings and his own thinking. Photography isn't just like mindfulness, it is mindfulness. Seeking out a photographic subject, requires a deep focus on all of the body's sensory inputs. Photography for me is not looking, it's feeling. If you can't feel what you are looking at, then you're never going to get others to feel anything when they look at your pictures. You need to feel the picture, imagine what it is that you want to depict in the picture, communicate with the picture, only then would it be able to communicate with others.

## MOTIVATION:



The camera trains the eye to seek out detail and opportunity. Whether you notice it or not, chances are you'll quickly begin to see the world through the perimeter of a viewfinder – camera in hand or not. A photographer's process is often cyclical – seeking out subjects will drive you to document them photographically. And to photograph those subjects adequately, you'll need a discerning eye. One feeds the other and motivation fuels both. The effort required to get that perfect shot, resulting in you getting the picture that you so desired, is immensely motivating, which in turn stimulates your mind to try and yet freeze another moment in time.

Artists have always translated art from their mental manifestations. Photography cultivates thought, inspiration, awareness and focus. Your photography reflects your own experience, creates new perspectives and helps present them to people. Effectively engaging one's skills as a photographer, can help cultivate a mindfulness, that will flow towards creativity and in-effect ease some of the burdens of mental lows. So, now is the time to pick up the camera nearest to you and get onto some "time freezing". If someone thereafter, comments on your photo clicking obsessive nature, educate them on how you are actually on the path of "mental wellness."

## CONCLUSION:



## When Nature comes calling!

By Cdr Naveen Chakravarthy

A long time ago, as the story goes, there stood a tree in an open ground. The tree went about its job silently. Birds built their nests on its branches, it flowered with the seasons, lending shade to the tired traveller and a shelter to the passers-by in rain.

Then one day a house was built next to the tree. So fast was the house built that it soon dwarfed the tree. The proud house and its occupants hardly noticed the tree. As the occupants business flourished, the house grew bigger and place cleared under the tree for their new motor car. Some of its branches were cut to make place for the ever expanding house.

Time passed by, the occupants came into bad times, the house could no longer be maintained. The occupants fought

each other for the house and soon the courts stepped and there stood the house in a dilapidated state, awaiting the Court's decision.

The house once proud, no longer standing tall, its roof caved in and the walls a crumble. Just a skeleton, remained. The house realised its mistaken pride and grew humble in its final stage.

And then nature came calling. The old tree grew over the house protecting it from the sun and the rain. Showering it with flowers.

In our brief stint on this planet, we believe that what we create is the best not realising that we and our creations are just a tiny pop up in this vast expanse of time. Mother nature has withstood the test of time and will outlast us when our time has come.



## Recipe: Coffee Walnut Cake with Homemade Bailey's Glaze

By Mrs. Geetu Chakravarthy

### Ingredients-

- 3 1/3 Cups all-purpose flour
- 1 1/2 Teaspoons salt
- 2 Teaspoons baking powder
- 1 Teaspoon baking soda
- 3/4 Cups buttermilk
- 3/4 Cups strong filter coffee decoction or any strong coffee, cold
- 2 Teaspoons vanilla
- 1 1/2 sticks (12 Tablespoons) unsalted butter, soft
- 1 3/4 Cups sugar
- 3 Large eggs
- 1 Cup Chopped walnuts
- 200 gms of sweetened condensed milk
- 125 ml heavy cream
- 125 ml of whiskey
- 1 tsp of instant coffee granules
- 1 tbsp dark chocolate syrup
- 1 tsp Vanilla Sugar or pure vanilla Extract

### Instructions for Homemade Bailey's Glaze-

- Mix vanilla sugar Or Vanilla Extract into the whiskey and allow it to dissolve first.
- Place all of the ingredients in a blender and blend using the pulse setting on your blender. Don't blend too much otherwise you'll end up with whipped cream. Don't worry if you think it looks too thin it will thicken up slightly once it's been in the fridge.



### Instructions for the Cake-

- In a separate bowl, mix together the dry ingredients (flour, baking powder, baking soda, and salt).
- Using a stand mixer or a hand mixer, beat the butter and sugar together until they're light and fluffy, about 5-10 minutes. Then add the eggs one at a time, mixing in between each one.
- Next, you need to incorporate the dry ingredient mix and the wet stuff into the creamed butter. Start adding the flour mixture, alternating with the buttermilk and coffee, little at a time roughly in 4 turns. Gently fold the mixture until the flour is fully incorporated with the butter, sugar and eggs add chopped walnuts. Do not over mix batter.
- Scrape the bowl one last time to be sure all ingredients are thoroughly blended. Divide the batter into the pans or loaf tins and bake at 170°C for 30-35 minutes or until a wooden skewer inserted in the centre comes out clean and dry.
- Remove the cake from the oven and let it rest for 5 to 10 minutes.





## श्रीमती सपना चावला, अध्यक्ष नवा (NWWA), दक्षिणी क्षेत्र का संदेश



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

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

वर्तमान में नवा (NWWA) ने विभिन्न क्रियाकलापों का बीड़ा उठाया है जिसमें प्रमुख है: आर्थिक सहायता प्राप्त मूल्यांश पर विशेष प्रशिक्षण द्वारा महिला सशक्तिकरण, नेवी चिल्ड्रन स्कूल को विश्वस्तरीय बनाने हेतु योगदान देना, दिव्यांगों के विशेष प्रयोजनों का ध्यान रखते हुए विद्यालय का संचालन, कार्यरत महिलाओं के लिए शिशु सदन (क्रेच) की सुविधा उपलब्ध कराना, हमारे समुदाय के वरिष्ठ नागरिकों का सहयोग करना, अच्छी आदतों को प्रोत्साहन देना, विभिन्न क्षेत्रों के प्रतिभा-संपन्न लोगों को प्रोत्साहन देना और प्रमुखतः हमारे वातावरण को सदा बहार तथा वहनीय बनाने के लिए सतत

प्रयत्नशील रहना। इन प्रयासों से हमारे नौसैनिक परिवारों की खुशियाँ, सुस्वास्थ्य तथा उत्साहशीलता सुनिश्चित की जाती हैं। इन प्रयासों के प्रति हमारा उद्देश्य एवं जोश सर्वदा अक्षुण्ण रहेगा।

भारतीय नौसेना परिवार का हिस्सा होने के नाते मेरा यह दृढ़विश्वास है कि नौसेना से हमें बहुतसम्मान मिलता है और हमारा परमकर्तव्य है कि भारतीय नौसैनिकों तथा अधिकारियों की निःस्वार्थ देशभक्ति की भाँति हम भी निःस्वार्थ भाव से नौसेना समुदाय की उन्नति के लिए भगीरथ प्रयास करते रहें, जहाँ “सर्वजनहिताय — सर्वजनसुखाय” की भावना परिलक्षित हो।

मुझे पूर्ण विश्वास है कि आगे भी आप सभी महिलाओं का स्वैच्छिक व सतत् सहयोग मिलता रहेगा जिससे दक्षिणी नौसेना कमान की नवा (NWWA) संस्था बुलंदी की नई ऊँचाइयों को छू सके। मैं विशेषतः इस परिवार में जुड़नेवाली नई महिला सदस्यों का अभिनंदन करती हूँ तथा यह आश्वासन देती हूँ कि उन्हें हर प्रकार का सहयोग व सुविधाएँ दी जाएगी जिससे उन्हें इस परिवार से सामंजस्य स्थापित करने में आसानी होगी। अपनी सुविधाओं तथा ज्ञान को साझा करना ही सबसे बड़ी खुशी है। मुझे पूर्णतः उम्मीद है कि आप लोगों का सहयोग सतत् मुझे मिलता रहेगा जिससे हमारे जीवन में एक सकारात्मक प्रभाव देखने को मिलेगा।

जय हिंद।



## प्रस्तावना: श्रीमती अर्चना रघुराम (अध्यक्ष, नवा, भा नौ पो वालसुरा)

मैं, वालसुरा में गुजारे गये शुरू के अपने कुछ सप्ताहों को “उत्तरदायी नेतृत्व” की संज्ञा देना चाहूँगी। श्रीमती सपना चावला के शब्दों से कुछ अंश लेते हुए, जिसमें उन्होंने कहा है कि हमने नौसेना अधिकारियों और नौसैनिकों की पत्नी होने के कारण बहुत कुछ हासिल किया है, और यह हम सभी की जिम्मेदारी है कि हम सभी जितना भी हो सके इसे वापस इस समुदाय को लौटा सकें। दशकों पहले वालसुरा में एक युवा दुल्हन के रूप में प्रवेश करने और इस लंबी अवधि में एक बेटे को जन्म देने के बाद, यह मेरे जीवन का अविस्मरणीय समय था जब इतने सालों के बाद महिलाओं के अद्भुत टीम द्वारा जोश और उल्लास के साथ, प्रथम महिला के रूप में मेरा स्वागत किया गया।

अपने आस-पास इतने उत्साह और रचनात्मकता से भरे समूह को देखना, एक समूह प्रमुख के लिए सपने को साकार होने जैसी बात होगी... परंतु इसके साथ ही इस बात को सुनिश्चित करने के लिए एक उत्तरदायित्व की भावना का होना भी आवश्यक है कि यह आपसी भाईचारा और एक साथ मिलकर काम करने की भावना समुदाय में बनी रहे, और दरअसल, समय के साथ कई गुना बढ़ती रहें।

जैसा कि नवा अध्यक्ष श्रीमती लान्बा ने अपने संदेश में सटीक उल्लेख किया है कि संगठन के तौर पर नवा का उद्देश्य “सशक्त महिला और सशक्त पीढ़ी” की रचना करना है। इस लक्ष्य की प्राप्ति के लिए हम, भारतीय नौसेना की सभी महिलाओं ने विभिन्न कदमों की शुरुआत करने और उन्हें आगे बढ़ाने का बीड़ा उठाया है। “शी-शेफ्स,” महिलाओं द्वारा पाक कला से संबंधित

उठाया गया एक अनूठा कदम, उनमें से सर्वप्रथम है जिसका उद्देश्य घर की रसोई में खाना बनाने में निपुण बावर्चियों को उनकी विशेषज्ञता से युक्त करियर का “स्वाद” लेने के लिए प्रोत्साहित करना है, यह भी एक खुशी की बात थी कि महिलाएँ अपनी स्वैच्छा से अपनी प्रतिभाओं को इनके साथ जुड़ी व्यावसायिकता के साथ कार्य के रूप में परिणत करने के लिए आगे आ रही हैं, उदाहरण के लिए रेशम के धागों से गहने बनाना, गुथने की तकनीकों और अन्य प्रकार के धागों की सहायता से राखी डिजाइन करना, सिलाई में प्रवीण होने पर डिजाइनर ब्लाउस बनाना, “सावन-मैले” (आगे बताया गया है) में बेचने के लिए आचार एवं अन्य पकवानों को बनाना शामिल हैं।

जब केरल में हुई अप्रत्याशित बारिश के कारण आपदाग्रस्त हुए वाह पीड़ितों के राहत का समाचार हमें मिला, वालसुरा भी अपने कर्तव्य से पीछे नहीं हटा। बेशक, कोची के हमारे सभी प्रिय मित्रों द्वारा दी गई महान सेवा की तुलना किसी से नहीं की जा सकती है, जिन्होंने बेघर तथा जरूरतमंद लोगों की चौबिसों घंटे की सेवा में दिन-रात एक कर दिया! परंतु हमने तात्कालिक निवारण के लिए प्राथमिक स्वास्थ्य किट तथा प्राथमिक स्वास्थ्य रक्षा किट की सुपुर्दगी के साथ, वह सब किया जितना हम कर सकते थे।

एक टीम के रूप में, हम अपने लिए एक लक्ष्य का निर्धारण कर रहे हैं, जिसके अनुसार हमें समुदाय में उपस्थित एक साथ मिलकर काम करने की भावना के सूचकांक को एक अप्रत्याशित ऊँचाई पर ले जाना है। जब पूरी टीम एक समान लक्ष्य को अपने साँसों में शामिल कर लेती है और इसे प्राप्त करने के लिए जोश से भर उठती है, यह एक बेहद आनंददायक क्षण होता है।

शुभकामनाओं सहित

## अच्छा! तो लिखती हो तुम ?

शुद्धा यतीश चतुर्वेदी

अच्छा! तो लिखती हो तुम?  
कवि हो? क्या लिखती हो?  
क्या होता है, जब बनती है कविता?  
हँस कर सोचा मैंने,  
ऐसे प्रश्नों का, क्या उत्तर हूँ  
क्या समझाऊँ  
कैसे बनती है कविता?  
सौम्य भाव से, सहज हृदय से,  
चंचल दृ निश्चल दृ भावक मन से,  
दो दृ चार शब्द आँ गिरते हैं, पन्नों पर,  
उठते हैं, चलते हैं,  
और कह जाते हैं जीवन के,



कुछ गहन राज।  
उन शब्दों की मनमानी से,  
बचपन की बूढ़ी नानी से,  
या फिर रहीम की बानी से,  
जो भी मिल जाए,  
मन को जरा मथलने पर  
जो भी दिख जाए,  
छत पे जरा टहलने पर  
बस बन जाती है कविता!  
अच्छा तो! हाँ कवि हूँ मैं।  
लिखती हूँ।  
क्या बतला दूँ। क्या होता है ?  
बस बन जाती है कविता।

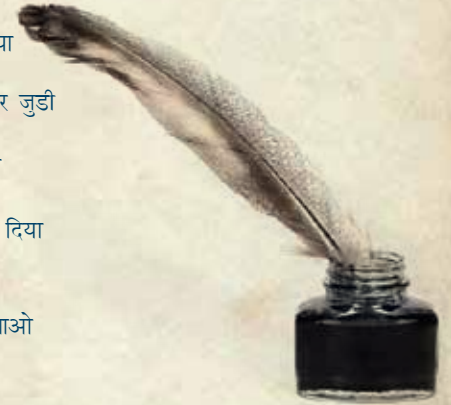
## पग प्रगति की ओर

पूनम जोशी (प्रगति ग्रुप से)

धन्य भाग्य लेकर जन्मी  
बाबुल के घर अंगना खेली  
पढ़ा लिखा माँ बापू ने  
नौ सैनिक के संग ब्याह रचा भे जी  
छोड़ बाबुल का घर अंगना  
नौ सैनिक के अंगना आन बसी  
अर्पण देह नेह सब मेरा  
हृदय भी भाव बिभोर हुआ  
सात फेरे नौ सैनिक संग लेकर  
जन्मों का नाता नेवी से जोड़ लिया



जब नेवी (NNWA) के संग डोर जुडी  
सेलिंग और शेयरिंग के गम में  
एफ डब्लू सी ने मेरा उधार किया  
हुनर सिख कर तरह तरह के  
आत्मनिर्भर और कर्तव्यनिष्ठ बना दिया  
करती हु में सबसे आत्म निवेदन  
समय के साथ होता है परिवर्तन  
मातृ भूमि की राज को शीश लगाओ  
इसी तरह सहयोगिनी बनकर  
एफ डब्लू सी की डोर बढ़ाओ



## Kids Corner

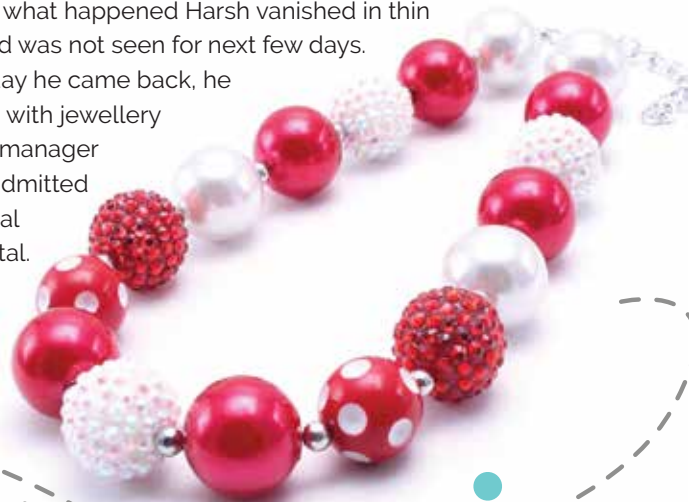
### The Great Indian Necklace

by Ishika Sharma

Once upon a time, there was a lady named Sucheta. She always wanted expensive necklaces and earring pairs like her friends. Once, she decided to convince her husband to get her a beautiful necklace. When her husband Harsh came from work in the evening, she expressed her desire. Harsh straight away refused, making Sucheta upset. This led to an enormous fight in which Sucheta won finally. The very next day, the couple went to a jewellery shop. Sucheta had a bag in her hand whereas Harsh had a plan in his mind. She liked the most expensive necklace over there named as 'The Great Indian Necklace'. They purchased it and went home without paying money!! Two persons followed them to their home. On reaching her home, Sucheta unlocked her safe and as she was about to keep her necklace, the lights went off. Sucheta being afraid of dark ran out of the room leaving the necklace. The two thieves saw everything from a window. This being the right time, they jumped



inside the room. As they were stealing the necklace, lights were restored. They were caught red-handed by Sucheta and she started beating them. One of them said "we haven't done anything, everything is your husband's fault." "My husband! what do you mean by my husband!" she exclaimed. The thieves explained "Your husband Mr. Harsh told our shop manager today that my wife is insisting to purchase a necklace which I don't want to buy. So he planned that whatever you will purchase, he will take home without paying money. You should send two of his workers and make a theft at your residence so that you are fooled that someone stole your necklace, but we don't think it seems to be that way". Hearing this Sucheta became as furious as a volcano and ran towards her husband yelling "HAAAAARRSSSHHH" and then do you all know what happened Harsh vanished in thin air and was not seen for next few days. The day he came back, he along with jewellery shop manager was admitted to local hospital.



## में अपनी दादी की छाया

By Aatmita Kaur Dhody

दादी ने पहले मुझको उठाया  
खुशी के आँसू को टपकाया  
रोते से चुप कराया  
में अपनी दादी की छाया।

रात को मुझको सुलाया  
और सुबह भी मुझे उठाया  
जल्दी से है नहलाया  
बस्ता बाद स्कूल भिजवाया।

रूठ जाने पर सेहलाया  
और कहानी से मनाया  
मजाक से मुझको हँसाया  
में अपनी दादी की छाया।



सूरज ने गीत गाया  
मेघ—राज ने नाच दर्शाया  
सब धूम—धाम से नाचे  
जब हम सबसे जन्म दिन मनाया।

में अपनी दादी की छाया।  
में अपनी दादी की छाया।

## Brotherly Love

By Wapongtemsü Jamir

A brother like you,  
I am lucky to have  
A brother like you that  
I can get only in a life time  
The felicity of having you was the  
beginning of a rollercoaster.  
A maladroit brother but still  
resplendent for me  
Your cheerful face always fills  
me with sentiments and forgiveness  
The disastrous times we may have but can  
never stop my love for you  
I am sure a brother like you can bring joy and  
hilarity in anybody's life!



## Tree Plantation Drive

By Mohammed Ebrahim Khan

Tree plantation is good for the environment. Everyone knows that trees are the source of Oxygen. I had been a part of the tree plantation drive activity which happened on 28<sup>th</sup> July 2018 at INS Valsura. All of us planted lots of trees and enjoyed a lot.



They inhale Carbon Dioxide and exhale oxygen without which the survival of living beings is not possible on earth.

Apart from inhaling carbon dioxide trees also absorb various harmful gases including sulphur dioxide and Carbon Monoxide and also filter harmful pollutants from the atmosphere, thereby providing us fresher and cleaner air to breathe. The growing amount of air pollution caused by the smoke emitted by vehicles and factories can be controlled only if we plant more and more trees. However, this is not the only reason why tree plantation is important.

Some of the top advantages of growing trees include:

- Providing fruits and leaves that serve as food for birds, animals as well as human beings.
- Maintaining bio diversity.
- Providing wood, rubber and other raw materials that are used for manufacturing various goods such as furniture, doors, windows, utensils, stationary items and decorative items.
- Conservation of water.
- Habitat for birds and animals.
- Climate Control.
- Preservation of soil.

Even though trees offer so many benefits and are extremely important for maintaining the ecological balance, we are cutting these ruthlessly. Tree plantation is essential to compensate for this loss.

"The best time to plant a tree is just now"

## My Dog Toto

By Indira Yaduvanshi

Preening every day,  
what a chore  
Tail up leg out, tuck, twist and stretch

Preening every day,  
oh! What a bore!  
Tail down leg in, bend, reach and nibble  
Preening every day is the price we pay  
to crouch and spring

Jumping day and night  
Oh! What a delight!

Jumping in the sand  
Hiding in the bushes  
Having fun day and night

Showing his decent face as if he didn't do anything  
Chasing people, running behind shoes  
What do you think? I am not a fool  
Oh! How naughty are you being my Toto





**Best Article in English:** Cdr Sarfaraz Khan

**Best Article in Hindi:** Mrs. Poonam Joshi

**Best Recipe:** Mrs. Geetu Chakravarthy

**Best Children's Article:** Aatmita Dhody and  
Mohammed Ebrahim Khan

**Back-page Art:** Cdr Naveen Chakravarthy

**PS:** The nominated entries are the ones that are published in this edition.

We love to hear from you. Please send us your feedback and suggestions to [varuni.valsura@gmail.com](mailto:varuni.valsura@gmail.com)

Looking forward to meeting you with our next edition that will once again be packed with interesting articles and recipes.

Thank you one and all for your contributions.