



# V A R U N I

April '18  
INS Valsura

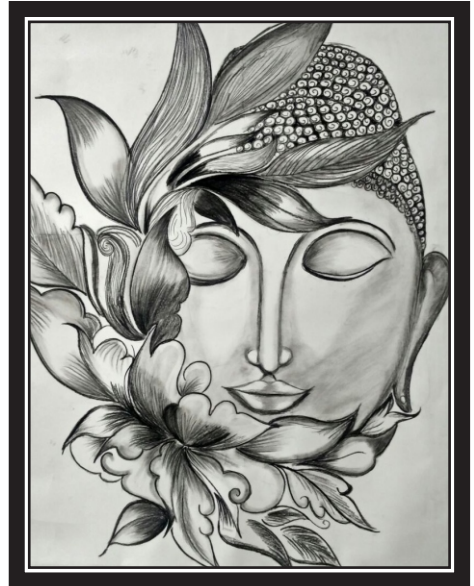


~ Five Women by Shri Jamini Roy

***An Amazing Team, A Vibrant Community***



# Talent Unbound at INS Valsura



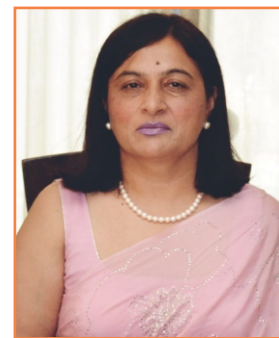
*Behind every successful woman, there is a tribe of other successful women who have her back,*







## Message from the NWWA President



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 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 the 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!!

*Mrs. Reena Lanba  
(NWWA President)*

*The question isn't who is going to let me? It is, who is going to stop me? ~Ayn Rand*



## Foreword



Welcome to the first edition of 2018 of Varuni. This will also be the last for me as we move out of the blissful environs of Valsura. This being the year of Women's Empowerment, as mandated by our President, Mrs. Reena Lanba, we decided to commence health checkups for all ladies of the base. The tests were comprehensive and included thyroid, pap smear, lipid profile etc. and was hugely beneficial to the small community within Valsura. We acknowledge with gratitude, the co-operation and coordination extended by the PMO to enable this exercise.

We started the year with the much-awaited visit of Admiral Sunil Lanba, the Chief of the Naval Staff. Valsura was all decked up and the ladies and children joined hands with the Officers and sailors for the final rendition of the Son -et –Lumiere depicting the history of the establishment. This was followed by the visit of Mrs. Sharmila Karve, President NWWA (Southern Region) and the special NWWA Milan held in her honour at the picturesque “Pelicanoe” Sailing Club, was a riot of fun and games, invigorating conversation and laughter. The Platinum Jubilee Special Edition of Varuni was also released by her during the visit. NWWA Day was celebrated on 14 Feb with gusto. A Zumba session, Yoga and Meditation were the highlights of the day. The Junior Master Chef contest was a runaway success and so was the Photography competition within Valsura.

We sadly bid farewell to all the committee members who were leaving on transfer and all of them had been the strength of NWWA right through the year. On a personal note, they had become my close friends and created a wonderful and vibrant environment for NWWA to function.

I will end this note with bottom-of-my-heart thanks to the many people whose hard work goes into the running of NWWA. I acknowledge with deep gratitude the contributions of Sangeetha Kumar, Sarleen Dhody, Sujata Kully, Pooja Sharma and Meeta Biswas for helping me in everything.

It may be hard to say goodbye, but the “GOOD” with it is a promise of something better!!!

*Mrs Pamela Dasgupta  
President, NWWA (Valsura)*

*The empowered woman is powerful beyond measure and beautiful beyond description. ~ Steve Maraboli*







## Team Sanchar's Voice

Dear Readers,

This grand old lady has turned 75 and she only seems to be getting zestier by age. Yes, you heard it right - Valsura celebrated its 75th birthday in December and the girl power of Valsura continues to commemorate it, whilst marching shoulder to shoulder with our Men in Whites, by conducting a multitude of activities. We, in the naval fraternity, have emphatically endeavored to highlight women's health and educate every home maker and hearth keeper to value her own well-being. Only a healthy nurturer can raise as well as sustain a healthy family. Guided by the PMO of Valsura, a comprehensive medical camp exclusively dedicated to women's healthcare was conducted at Valsura which met with a resounding success.

Team Valsura yet again put its best foot forward during the visit of Admiral Sunil Lanba wherein the Son-et-Lumiere - The Cultural Show saw the ladies and children bring out the colourful history of Valsura over the decades gone by. Team NWWA hosted Mrs. Sharmila Karve, President NWWA (South) amidst the verdant surroundings of Pelicanoe – The Sailing Club. An accomplished careerist in her own field, Mrs. Sharmila Karve was treated to delectable dishes and regaled in an evening of fun and frolic. The release of the Platinum Jubilee Edition of Varuni, at her hands, was the highlight of her visit.

February 14, 2018 saw the ladies of Valsura celebrate NWWA Diwas with an added emphasis on mental and physical well-being. Zumba, yoga, meditation and satiating the taste buds kept the ladies busy on NWWA Diwas. Master Chef Valsura and Photography competitions saw many contenders vying for honors. With the soaring mercury, many of us have resorted to limiting outings only when the shadows get longer. The weatherman tells us that the summers shall be scorching and so it is incumbent on us to not only care for ourselves by staying hydrated but also ensure that the greens of Valsura are able to tide over this time of the year. Let us conserve water and gear up for the coming torrid noonday suns.

Happy Reading .....!

Swati Prasad  
Editor



From L to R:

Mrs. Namrata Chaudhuri (Team Member), Mrs. Nithya Raghunath (Coordinator), Mrs. Swati Prasad (Editor), Mrs. Sneha Roy (Team Member)

*Women are the largest untapped reservoir of talent in the world. ~ Hillary Clinton*







# NWWA Activity Report

~ Mrs Pooja Sharma (Secretary, NWWA)



## AROGYA

To address the vital issues of cervical cancer and breast cancer, the Arogya group of NWWA (INS Valsura) conducted a health checkup camp in association with the Sick Bay (INS Valsura) and Department of Gynaecology (Guru Govind Singh Government Hospital, Jamnagar) on February 12, 2018. The main motive of this camp was to encourage an early and proactive screening for cervical cancer.

Dr. Nalini (HoD, Department of Gynaecology, Guru Govind Singh Government Hospital, Jamnagar) interacted with the ladies and exchanged information pertaining to the significance and appropriate procedure of a self-breast examination. The session was attended by 76 ladies, who got their PAP smear tests done at the camp.



## PRAKRITI

To celebrate the rich flora and fauna INS Valsura has, a Photography Competition was conducted by the Prakriti group of NWWA (INS Valsura). The competition invited all the Valsurians to share their cherished captures under the two categories viz. "Beautiful Birds of Valsura" and "Beautiful Landscapes of Valsura". The competition saw massive participation. Five photographs from each of the two categories, were adjudged as the best ones and were suitably rewarded with prizes by Mrs. Pamela Dasgupta, President, NWWA (INS Valsura).



## PRAGATI

A **Special Milan** was held on January 28, 2018 in honour of Mrs. Sharmila Karve, President, NWWA (SNC) at The Pelicanoe. The ladies of Valsura family put up an entertaining show comprising of various games and skit-based advertisements. During the event, Platinum Jubilee edition of Varuni was also released by Mrs. Sharmila Karve.

On March 17, 2018 morning, a **Thanksgiving** function was organized at newly inaugurated community hall 'Utsav'. This event was conducted to extend thanks to the ladies for helping and supporting us throughout the year in one way or other.

Mrs. Pamela Dasgupta, President, NWWA (INS Valsura) presented the ladies with gifts as a token of appreciation. Many fun games and quizzes were conducted followed by refreshments.



*Natural Fighters: Oranges help maintain great skin and vision.*







### SPARSH

Swearing by the motto of 'Sharing is Caring', the Sparsh group of NWWA (INS Valsura), organised a donation camp at Family Welfare Center (INS Valsura) for the children of the Literacy Class on January 19, 2018. The camp saw Valsurians making heartfelt and generous contributions in kind under the able guidance of Mrs. Pamela Dasgupta, President, NWWA (INS Valsura). The camp was a massive success as it was made lively by the beautiful smiles it could put on the innocent



### ASHIRWAD

Ashirwad group of NWWA (INS Valsura), organised a "Dental and Health" camp for the senior citizens of the base on March 20, 2018 at the Sick Bay (INS Valsura). The main aim of the camp was to take cognizance of life threatening diseases and disorders at an early stage. The event was made success by a huge turnout of the elderly.



### JAGRITI

The Jagriti group of NWWA (INS Valsura), conducted "Junior Master Chef" Competition on January 24, 2018. The activity was aimed at providing a platform to the children of the base to showcase their "without fire" cooking skills. The event saw participation from 50 children across the age groups of 6 – 9 years, 10 – 13 years and 14 – 17 years. The children prepared an array of dishes without using fire. The dishes looked delectable and were suitably named. The chief guest for the event was Cmde Indrajit Dasgupta, Commanding Officer (INS Valsura).

The judges panel comprised of Cmde Indrajit Dasgupta, Commanding Officer (INS Valsura), Mrs. Pamela Dasgupta, President, NWWA (INS Valsura) and Training Captain (INS Valsura). The other attendees included coordinators of other groups of NWWA (INS Valsura), parents of the participants, officers and sailors of the base. The winners across the three age groups were suitably rewarded. The event was full of fun and frolic and everyone enjoyed the evening.



### COFFEE EVENING

A Coffee Evening was held on February 9, 2018 at The Flamingo Point (INS Valsura) to bid farewell to Mrs. Sangeetha Kumar, Vice President, NWWA (INS Valsura). It was a 'SPRING' themed coffee evening and ladies dressed their best in shades of yellow. The event was a grand success as the ladies merrily participated in an array of games organised for them. A raffle draw was held and was followed by some lip smacking street food served as refreshments.



*Natural Fighters: Apples help your body develop resistance against infection.*







## VIP VISITS

Mrs. Sharmila Karve, President, NWWA, SNC, visited the establishment during the Annual Inspection from January 27, 2018 to January 29, 2018. A Milan was held in her honour at the Pelicanoe on January 27, 2018. Further, a special lunch was organised on January 28, 2018 at Impulse, where Mrs. Sharmila Karve interacted with the Officers' wives and shared her varied experiences as a proud naval wife. Mrs. Sharmila Karve also visited the FWC, Dwarika, Naval KG, Little Angels and Samudri. She acknowledged and appreciated the efforts being put in towards welfare of the community at large.

Adm Sunil Lanba (CNS), visited the base to commission the MV Lab facility on January 24, 2018. It was his first visit to Valsura after taking over the reins as the CNS.



## FAMILY WELFARE CENTRE

In keeping with its motto, FWC (INS Valsura), conducted a spate of activities towards Community Welfare. Classes ranging from fitness (Zumba), Contemporary Dance (for ladies and children), Painting/Drawing (crayon and acrylic colours) and Tuitions (LKG to VIII) continued along with Certificate Courses for ladies and young girls in the fields of tailoring, beautician (including self-grooming and personal hygiene) and Mehndi.

These formed the backbone of welfare activities and accordingly witnessed very enthusiastic participations. The Ayurvedic OPD being run at FWC has also been a big draw, especially amongst Senior Citizens of the base. In addition, this quarter the FWC also started baking classes (basic and advanced) and ice cream making classes for young ladies, due to which the center has been filled with mouthwatering aromas every morning. The Library of FWC is adequately stocked and extensively used by children. Efforts are being made to revamp the assets and enhance the selection available. The Literacy Class of FWC has been expanded to 14 underprivileged children. A mid-day meal is also provided to these children. In addition to this, Arogya group of NWWA (INS Valsura) conducted an annual health checkup camp for the children.



## SAMUDRI

"Samudri" the NWWA shop has been stocked with an eclectic range of items including household essentials, utility items, artifacts, clothing such as suits, saris etc. An exquisite collection of Saris and Bhuj handicrafts added to the "Gujarat ki Sugandh" section saw elevated sales in the quarter. Items have also been sourced from Kota and Mhow to bring in variety and were received with an overwhelming response. To help and support specially-abled underprivileged 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 alongwith item codes has been uploaded on Valsura website.



*Natural Fighters: Strawberries can potentially fight against cancer and ageing.*







### NWWA DIWAS

NWWA, INS Valsura celebrated the 31<sup>st</sup> NWWA Diwas themed "Health and Fitness", on February 13, 2018 at the FWC. The event was kicked off with the recital of an inspiring message from Mrs. Reena Lanba, President, NWWA, highlighting key initiatives of NWWA towards empowerment of women. The event was attended in large numbers by the ladies of the base. Keeping up with the theme, Zumba and Yoga sessions were organised, followed by an enriching experience of meditation.

The prime motive of the sessions was to promote a sense of physical and spiritual well-being amongst the ladies. The event concluded with bonding over some healthy snacks.



### LITTLE ANGELS (INS VALSURA) ACTIVITY REPORT

January '18 to March '18

~ Mrs. Shubhda Chaturvedi (Teacher, Little Angels)

The last quarter of the Academic Session 2017-18 of Little Angels was meticulously planned to keep the Teaching and Learning process interesting for the curious young minds. Apart from the monthly 'Theme Based' curriculum and different Colour Days celebration, numerous activities were conducted for the overall development of the little ones. For the very first time, children celebrated Kite Festival with utmost enthusiasm. The Annual Sports Day was organised on January 12, 2018, where Mrs. Pamela Dasgupta, President, NWWA (INS Valsura), gave away Certificates and Medals to the winners of various competitions. Little Angels also celebrated the 69<sup>th</sup> Republic Day with Cmde Indrajit Dasgupta, Commanding Officer (INS Valsura) hoisting the tricolour.



A "Jungle" themed Annual Day was celebrated on February 24, 2018. It was a visual treat for the parents and the audience to visit the Jungle World with the Little Rock Stars as they performed their best with commendable confidence and zeal. The event was presided over by Cmde Indrajit Dasgupta, Commanding Officer (INS Valsura). Mrs. Pamela Dasgupta, President, NWWA (INS Valsura), Training Captain (INS Valsura) and Executive Officer (INS Valsura) were also present to boost the morale of the children. The academic session was concluded with a Convocation Ceremony on March 09, 2018, where the Chief guest Mrs. Pamela Dasgupta, President, NWWA (INS Valsura), gave away the convocation certificates to the charming little graduates.



*Natural Fighters: Papaya helps improve digestion and cures ulcers.*







# GLIMPSES



*Tiny Graduates*



*Strong Teeth for Healthy Eating!*



*Best Gifts are Handmade*



*Junior Master Chef*



*Educating Young Minds*



*Finding One's Inner Self*

*The empowered woman is powerful beyond measure and beautiful beyond description. ~ Steve Maraboli*







# GLIMPSES



*Pride, Confidence, Finesse*



*Felicitation!!!*



*They made it all happen!*



*Life is beautiful!*



*Musically minded!*



*Food and Friendship*

*Beauty Tip: Comb your hair with a wooden comb for beautiful hair.*







# Christmas in School

~ Mrs. Nithya Raghunath

Although I hail from an orthodox Hindu family, I am convent educated. That is the reason Christmas and Christianity hold a special place in my heart. I remember parking my cycle inside the school compound and walking, like a wound-up toy, straight towards the church, kneeling down and praying. Prayers that included begging for extra marks in the exams, or for the math teacher to be absent or for a test to be cancelled, followed by bribes and promises in return. That little church has been standing there since many decades, a witness to many baptisms, funerals, etc. But most of all, an amused witness to scores of school children from different walks of religion kneeling at the altar, praying and bribing Jesus and asking Mother Mary for recommendations.



This church has also seen Christmas being celebrated with most grandeur year after year. The choir practices, the holy crib, Santa Claus (usually our science teacher dressed up in Santa costume) giving away chocolates and a bunch of squealing girls getting ready for the 10 days' vacation that followed. The best part of Christmas was, of course the choir practice which gave us, the privileged few, the liberty to skip afternoon classes which were otherwise spent in bored slumber or kneeling outside the classroom for falling asleep in class. We looked forward to choir practice all year. The other good thing about Christmas was playing Secret Santa. What fun the game was!

A couple of days before the big day, we would see the peon lugging the Christmas tree and setting it up in the church. We would check on it every day to see how beautifully it was decorated. We would even, sometimes water it from our water bottles. We would eagerly wait for Santa to come bouncing in when the choir started singing the last song, "We wish you a merry Christmas". All we received was a 50 paise toffee, oh but how priceless that toffee was. It still holds a very special place in my heart.



It is perhaps these little joys that make my heart leap even today when December arrives, and I see streets and malls being decorated so beautifully. No festival has given me more joy than when I see people clad in red and white, pretending to be Santa everywhere. No music has thrilled me more than the tunes of Christmas carols. And no sweet has warmed my heart more than the little brown toffee wrapped in cheap green plastic wrapper that used to be handed to me by Santa. I thank my school for giving me such fond memories and teaching me to embrace multiple religions and making me proud to belong to a nation with such a diverse culture.

## We bid farewell to....

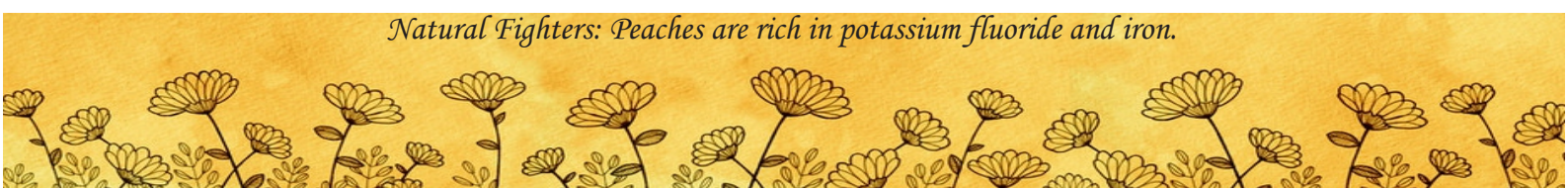
Mrs. Sangeetha Kumar  
Mrs. Vidhya Menon  
Mrs. Bindal Thakker  
Mrs. Priya Mavi  
Mrs. Poonam Upadhyay  
Mrs. Priyanka Singh

## Welcome to Valsura family....

Mrs. Saudamini Yaduvanshi  
Mrs. Priyanka Sharma  
Mrs. Shivangi Turan  
Mrs. Shashi Prabha  
Mrs. Priyanka Ahuja  
Mrs. Eveginiya Bhat

In the Last Quarter  
(January - March 2018)

*Natural Fighters: Peaches are rich in potassium fluoride and iron.*







# The Inseparable

~ By Cdr M M Kumar

Millions of years ago,  
When the sky in a burst of excitement,  
Sent his lightening love for earth,  
She drank it in.

Into her deepest depths,  
Where lie all her guarded secrets  
Born were the twins 'Belonging' and 'Unbelonging'.

Part by part, bit by bit,  
Glued were they to each other.  
Inside the egg when the first rays of sun struck,  
One was pushed into the shadow,  
The other basked in energy bright.  
Pangless cracks inside the womb.

In a miraculous duel that ensued,  
The bright and the dark broken open,  
Soaked in the fresh air,  
Felt the soil below their feet.  
Thus, began their uncharted journey of survival.

The bright grew into flesh and bones strong,  
The dark bloomed into an energy.  
Siblings from the same mother,  
Lost commune, gulfed wide apart,

The belonging travelled miles,  
He drank and made merry.  
Discovered life to be his way,  
Everything else supplementing him.

He the cause, he the effect.  
He the right, he the wrong.  
Oblivious to his sister — Unbelonging.



Belonging began to grey,  
Experienced everything.  
Been there and done that.  
Yet incomplete he felt.

He lay still with his eyes closed.  
Walked into the throes of darkness.  
At a distance he felt the Sun,  
Sensed a bliss as he neared  
At the nucleus stood his sister- Unbelonging.

The quest ended, replete he felt.  
With the abundant he merged  
The climax of longing for Unbelonging.

A volcano erupted in his entrails,  
Its shear strength threw his lips wide apart,  
The tongue rolled  
And let out a loud "I".

The hills, the valleys, the rivers,  
And the trees echoed "I".  
A fresh life brewed within.

Between the two limits  
The sky and the earth,  
He spread lavishly.  
The first word of language to form — "I".



*Kitchen Hacks: To get shiny utensils, rub wet tamarind.*







# Summer Festivities at Valsura

~ Lt Cdr Ronil Chaudhuri

Summer festivities begin at Valsura with fresh whites hanging on the clotheslines visible once again after a hiatus of three months. The birds are assembling in the salt pans alleviating themselves from the heat and satiating themselves in sea food. The occupants of top floors once again look a little uncomfortable directly being on the receiving end of the sun that shines brighter by the day. The cold-blooded reptiles are on the prowl looking for cozy cool corners in the garage and the likes of Guptas and Reddys return from a long leave to be greeted by frogs occupying the living spaces.



Air Conditioners at homes and offices are once again working hard to compress the age-old Freon while the less privileged remain happy under the blades. Sunday mornings are perfect for a good read on the "Machaan" for those who live in the wardroom unless they are offering hands for greater goods for the base. As the temperatures soar and the green turns gray along Warner avenue, the ducks, mist and greenery of Aqua Park pack a refreshing punch. The kids meanwhile climb a step of life graduating from playschools to kindergarten to primary school to high school. Few grownups decide to chart out their way into new waters while most are still contemplating.



So, are these what we mean by summer festivities? Festivities at Valsura don't wait for festivals, on the contrary the geostrategic location of the base demands that we celebrate at the first available occasion lest we miss out on opportunities later. To find happiness in the small joys of life is a continuous process and all Valsurians are proud to be celebrating life every day.

## Fruity Festive Delight

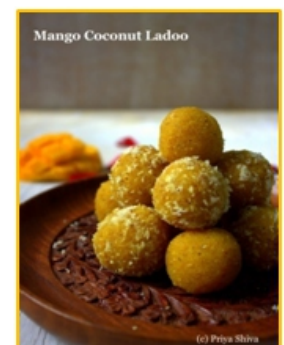
~ Mrs. Sneha Roy

### MANGO COCONUT LADOO

**Ingredients** - Freshly desiccated coconut - 2+1/2 cups, Mango - 1 (big one), Sweetened condensed milk - 250 gm and Green cardamom – 4

### Instructions -

1. Keep ½ cup of the grated coconut separately to use it in the end.
2. Take out the pulp from the mango by discarding the skin and seed. Add in your blender and blitz it to make a puree.
3. Now add condensed milk, mango puree and coconut into a heavy bottom pan and mix well.
4. Heat the mixture and keep stirring so that it does not stick to the bottom of the pan.
5. Once it starts boiling, lower the flame and cook on a low flame till the mixture starts leaving the sides of the pan or starts thickening. It will take 4-5 minutes.
6. Remove from flame and let it cool down. Remove the pods from cardamom, powder it and add in the pan and mix well.
7. Take a small portion of the mixture. Roll into round shape ball. Roll in the reserved coconut.
8. Enjoy these ladoos with your family and friends.



*Kitchen Hacks: To clean iron pan use salt and water.*







## नवा अध्यक्षा की कलम से....

NWFWA की 32 वीं वर्षगांठ पर आप सभी को हार्दिक शुभकामनाएं एवं बधाई। इस मौके पर मैं आप सबको नव वर्ष की भी शुभकामनाएं देती हूँ, और सब के लिए मंगल कामना करती हूँ। पहले NOWA के रूप में, या वर्तमान में NWFWA के रूप में हम सब ने मिलकर NWFWA को एक बेहद शक्तिशाली और जीवंत संगठन का रूप दिया है। हर एक NWFWA सदस्या ने विभिन्न समाज सेवा और समुदाय के कल्याण और बेहतरी के लिए अपना योगदान दिया है। मैं पूरी NWFWA टीम को अपनी उपलब्धियों के लिए बधाई देती हूँ और आशा करती हूँ कि आगे भी आप इसी जोश के साथ समुदाय के बेहतरी के लिए अपना योगदान देती रहेंगी।

NWFWA के सभी सदस्यों का आपसी प्यार और हम सबका साझा उद्देश्य कि हम एक खुशहाल, सामंजस्यपूर्ण और सशक्त समुदाय बनाएं, हमें एक प्रगतिशील पथ पर आगे बढ़ने की प्रेरणा देता है।

जैसा कि आप सब जानती हैं, प्रत्येक नौसैनिक पत्नी शादी के पहले दिन से ही NWFWA की सदस्य बन जाती है। यह बेहद जरूरी है कि हर एक सदस्य को NWFWA की, और हमारे समुदाय की पूरी जानकारी हो। इस बात को मैं जोर देकर कहना चाहूंगी कि आप सब आगे आएँ और हमारी welfare committee से हर तरह की जानकारी लें, और इसका हिस्सा बनें। Welfare committee NWFWA का एक बहुमूल्य और महत्वपूर्ण अंग है। Welfare के लक्ष्यों को पाने के लिए आप सब का भी इस में भाग लेना जरूरी है। हमारी welfare committee लगातार पूरे जोश और हौसले के साथ समुदाय कल्याण में जुटी रहती है। Welfare committee के इस योगदान के कारण ही NWFWA अपने समुदाय कल्याण के लक्ष्य और उद्देश्यों को पाने में सफल होती है। पूरी Welfare team को मेरी ओर से शाबाशी और बधाई।

इस साल को मैंने 'सशक्त महिला - सशक्त पीढ़ी, घोषित किया है। मेरा यह मानना है कि एक सशक्त महिला एक सशक्त समाज के निर्माण में अहम भूमिका निभाती है। मुझे पूरा भरोसा है कि हम सब मिलकर यह उद्देश्य हासिल कर पाएंगे।

एक तरफ जहां हम आप को मौका देते हैं कि आप अपने पसंद का कोर्स करें और स्वावलंबी बनें, वहीं दूसरी ओर हम creche तथा आशीर्वाद जैसे NWFWA की शाखाओं द्वारा यह तसल्ली भी देते हैं कि घर परिवार के देखभाल में कोई कमी ना रहे, क्योंकि सुरक्षित और सुखी परिवार एक नौसैनिक को अपना कर्तव्य निभाने का हौसला देता है।

पिछला साल बहुत तेजी से गुजरा है। जिसमें हमने कई मुकाम हासिल किए और नए शुरुआत भी किए। बेहद खुशी और गर्व के साथ मैं बताना चाहूंगी कि हमने एक नया NWFWA गान तैयार किया है जिसके शब्द नौसेना के एक अफसर ने लिखे हैं, और इसे गाया है हमारी कुछ बहनों ने।

हमारे TISS programme का फायदा बहुत सारी बहनों ने उठाया है। इनमें से कई अच्छी स्कूलों में नौकरी कर रही हैं।

Well Woman क्लीनिक के जरिए NWFWA की हर बहन सालाना अपना पूरा medical check up भारत के किसी भी नेवल स्टेशन में करवा सकती है।

NCS में पूर्व छात्रों के संगठन को बढ़ावा दिया जा रहा है। NES के साथ मिलकर हमारे स्कूलों में कई महत्वपूर्ण बदलाव ला रहे हैं। Prepmantra एक online app है जिस की सहायता से हमारे बच्चे हर प्रकार के entrance exam की तैयारी बिना किसी खर्च के घर से ही कर सकते हैं। NWFWA website के जरिए आप NWFWA की सभी गतिविधियों की जानकारी ले सकती है।

Archives यानी अभिलेखागार। इसमें हम किसी भी संस्था के इतिहास की पूरी जानकारी ले सकते हैं। कौन से वर्ष में कब कहां क्या हुआ था आदि। यह एक आसान माध्यम है जिसमें विभिन्न तस्वीरों और लेखों के द्वारा हमें गुजरे सालों की झलकी मिलती है। इस साल हमने NWFWA के पूरे इतिहास को समेटकर आप सबके लिए उपलब्ध कराया है। इस विशाल काम को मेरे साथ मिलकर अंजाम दिया हमारी कमिटी की कुछ बहनों ने।

आप सब की जानकारी के लिए NWFWA अध्यक्षा होने के नाते, मैं नेवी की सड़क सुरक्षा और अंगदान की राजदूत भी हूँ। मैं जिस कमांड में भी जाती हूँ नौसैनिक परिवारों को इस विषय पर जागृत करती हूँ। हर साल सड़क दुर्घटनाओं में कई जानें जाती हैं। कई मरीजों को वक्त पर अंगदान ना मिलने पर उनकी मृत्यु हो जाती है। मैं चाहती हूँ कि आप सब भी इस विषय पर गंभीरता से सोचें। पिछले महीने हमने एक NGO की सहायता से NCS के कुछ बच्चों को सेफ्टी हेलमेट बाटें। इसी तरह हम आगे भी समाज सेवा जारी रखेंगे।

NWFWA अध्यक्षा होने के नाते मेरा प्राथमिक उद्देश्य है की हर NWFWA सदस्या मुझसे जुड़े और मुझसे खुलकर बात कर सके। आपकी कोई भी सलाह या चिंता मुझ तक पहुंचाने के लिए आप अपने welfare coordinator या regional president की मदद ले सकती हैं। अपने पति को जानकारी में जरूर रखें। अगर कोई निजी बात हो तो आप NWFWA के सखी coordinator से बात कर सकती हैं। मैं विश्वास दिलाती हूँ कि आपकी बात गुप्त रखी जाएगी।

अंत में मैं आप सब को यह आश्वासन देना चाहूंगी की नौसैनिक परिवार कल्याण हमेशा मेरी प्राथमिकता रहेगी और मैं हर NWFWA सदस्य की मित्र एवं मददगार बन कर रहूंगी। NWFWA हमसे है, हमारे लिए है और हमेशा हमारे साथ है।

जय हिंद !!

श्रीमती रिना लान्बा

अध्यक्षा, नवा

*The question isn't who is going to let me? It is, who is going to stop me? ~Ayn Rand*







# प्राक्कथन

वर्ष 2018 की वरुणी के प्रथम संस्करण में आपका स्वागत है। वालसुरा के आनंदमयी वातावरण से विदा होने के कारण यह मेरे लिए अंतिम संस्करण भी होगा।

जैसा कि हमारी अध्यक्ष महोदया, श्रीमती रीना लांबा द्वारा घोषित किया जा चुका है कि यह वर्ष महिला सशक्तिकरण का वर्ष होने के कारण, हम लोगो ने प्रतिष्ठान की सभी महिलाओं के लिए स्वास्थ्य - जांच कराने की शुरुआत किये जाने का निर्णय लिया। ये सभी परीक्षण पूरी तरह से सम्पूर्ण थे और इनमें थायराइड, पेप स्मीयर, लिपिड प्रोफाइल आदि शामिल थे और वालसुरा की एक छोटे से समुदाय के लिए बहुत बड़े मददगार थे। इस अभियान की सफलता के लिये प्रधान चिकित्सा विभाग द्वारा किये गए सहयोग और समन्वयन की हम सभी कृतज्ञतापूर्वक प्रशंसा करते हैं।



हमने यह साल की शुरुआत नौसेनाध्यक्ष श्री सुनील लांबा के बहुप्रतीक्षित दौर से की है। वालसुरा पूरी तरह से सुसज्जित था और महिलाओं और बच्चों ने भी अधिकारियों और नौसैनिकों के साथ मिलकर स्थापना के इतिहास को दर्शाने वाले प्रदर्शन " सोन एट लुमियर " को अंतिम पड़ाव तक पहुंचाने भी बेहद मदद करी। इसके बाद नव्वा अध्यक्ष ( दक्षिण ), श्रीमती शर्मिला कर्वे का दौरा हुआ, जिनके सम्मान में दर्शनीय पेलिकनो, नौकायन क्लब में आयोजित नव्वा का विशेष मिलन कार्यक्रम, आमोद-प्रमोद, ठहाको और आपसी मेलजोल से सराबोर रहे। इस दौरान प्लैटिनम जयंती पर आधारित वरुणी के विशेष संस्करण को भी लोकार्पित किया गया। 14 फरवरी के दिन नव्वा दिवस को धूमधाम से मनाया गया। जुम्बा से परिचय, योग और ध्यान इस दिन का विशेष आकर्षण रहा। जूनियर मास्टर शेफ मुकाबला के साथ साथ वालसुरा के अंदर फोटोग्राफी प्रतियोगिता भी सफलतम आयोजन सिद्ध हुए।

तबादले पर जानेवाले सभी समिति के सदस्यों को हम सभी दुख के साथ विदाई देते हैं, आप सभी लोग साल भर नव्वा की ताकत बनी रही। व्यक्तिगत तौर पर, वे सभी मेरी घनिष्ठ दोस्त बन गई और उन्होंने नव्वा के संचालन में बहुत ही करामाती और जिंदादिल वातावरण बनाने में मदद की।

मैं उन सभी लोगो का तहेदिल से शुक्रिया अदा करती हूँ जिन्होंने नव्वा के संचालन में बेहद कठिन परिश्रम किया है। मैं गहन कृतज्ञता के साथ मेरे सभी कामों में हाथ बँटाने के लिए संगीता कुमार, सरलीन ढोड़ी, सुजाता कुल्ली, पूजा शर्मा और मीता विश्वास के अंशदानों का उल्लेख करना चाहूंगी।

हम सभी को अलविदा कहना बहुत मुश्किल लग सकता है पर हर विदाई के साथ कुछ और बेहतर मंज़िलो से मुलाकात का वायदा भी निहित रहता है।

पमेली दासगुप्ता

नव्वा अध्यक्ष, वालसुरा

*Health Tip: Massage your ears to help your organs relax and recharge.*







## !! सुबह हो आयी हूँ...!!

रात भर आराम के बाद  
मैं सुबह हो आयी हूँ!

निन्दियाये बच्चों को  
अठखेलियों से जगा रही  
किरणों की मानिंद  
इन चेहरों पर थपकी सी गुनगुनायी हूँ!

स्नान-ध्यान के तप से गुज़र कर  
हर आस की उत्तरदायी हूँ!

चाय की चहक से आरम्भ  
आलिंगन के जोर तक हर्षायी हूँ...  
कभी माँ, कभी बहू, कभी पत्नी  
अजब, ग़ज़ब सब रिश्तों पर निभ आयी हूँ!

द्वारों पर सजे लिहाफ़ों को हटाकर  
घर-भीतर भोर हवा की तरुणाई हूँ...

नित्य-भोज की स्वतंत्र निर्माणी  
मैं रसोईघर की रुबाई हूँ...  
चारदीवारी भीतर सुख विश्वास में जीकर  
मैं खुद कमाल हो आयी हूँ!

नित्य वंदना, प्रभु अर्चना  
तारणहार को भक्ति रस की भरपाई हूँ!

जीवन की जीवट आस हूँ...  
प्रसन्नता का समुचित प्रयास हूँ...  
रौशनी का सूरज आसमाँ में उगते ही  
मैं सुबह हो आयी हूँ!

नामदेव पाटिल  
एम सी ई ए (आर) 2, एल ई एस



## !! सरहद का दर्द !!

सुन गुमसुम हवाओं की बातें  
चुपके से निहार तारों की रातें  
हमारे मकान की छत पर से  
खाली खाट के किनारे  
फर्श पर बिछा बिछौना  
जाने कैसे-कैसे  
उन शरारत की मूरतों को समझाती हो तुम  
कि क्यों उनके ही पापा नहीं आते!  
गूँजता है जितनी बार भी टीवी  
गोलियों के नये-नये बहानों से  
हर बार बंद करके कान  
खबरें सारी की सारी  
भीगी आँखों से सुनते जाते  
जाने कैसे मुझसे ही  
मुहब्बत करती जाती हो तुम  
झल्लाते हुए  
झुंझलाते हुए  
हर हद से बेहद हारकर भी  
इश्क में सचमुच... आशिकी की हद तक जाते हुए!!

*Kitchen Hack: Tongs can be used to juice a lemon.*







# KIDS ZONE

## IF CAKES AND PASTRIES GROW ON TREES

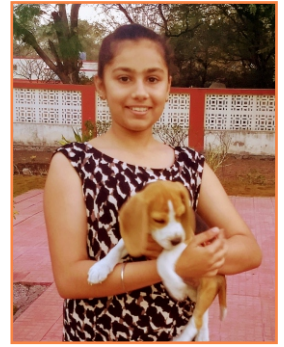
~ Aatmita Dhody

If cakes and pastries grow on trees  
it would look so funny,  
Bakers will have start to worrying  
because they will have no money.

If cakes and pastries grow on trees  
No one will ever be hungry,

Just water, air and sunlight  
To make a delicious and a yummylacious  
pastry.

If cakes and pastries grow on trees  
Every day we will get a treat,  
There will be so much to eat  
ONLY! if cakes and pastries grow on trees.



## A Trip on a Rocket

~ Aatmita & Simrat Dhody

At night I wish I could touch the stars,  
How can I, they are so far?  
If only I had a shiny red rocket,  
The whole sky would be in my pocket.

I would take off with a blast so loud,  
Go straight up, right through the white  
clouds.

In no time, I would reach the Moon,  
But without air, I'd die very soon.

So, I'd rather go to planet Mars,  
And catch little Aliens in my jars.  
I would also go to Sun, but not to near  
I would burn my spaceship, or so I fear.

When I am tired, I will turn back,  
And release the aliens before they attack.  
I hope to reach home before it's too late,  
And open the fridge to have some chocolate.



*Our children can be our greatest teachers if we are humble enough to receive their lessons. ~ Bryan McGill*







## The Magic Tree

~ Hriday Agarwal



Once upon a time there was a king who loved animals and birds. His favorite was a beautiful and magical parrot named Abhi. Abhi was a wise and intelligent bird and very close to the king, so he always took decisions for the king's family matters. One day the king and Abhi were sitting in the royal garden. On the tree near by Abhi saw his friends enjoying with their family, after seeing them enjoy he also wanted to visit his family. He took permission from the king and promised to bring him a special gift for him when he returns. The king allowed the parrot to go. The parrot flew on the oceans, over the mountains, in the forest and reached his home. As one week passed, he had to return to the King. Abhi before leaving said to his parents, "grant me a last wish, by giving me a magical fruit for the king!!" He took the magical fruit with him, in the forest, over the mountains, and on the oceans. He gave it to the king and told him to sow the seeds in the royal garden. The tree grew bigger and taller within a day, bearing fruits. Next morning a ripped fruit fell from the tree on the cobra passing by. As the cobra got frightened, he bit the fruit. Due to which the fruit got poison in it. That same day the gardener of the royal garden picked that fruit up and gave half of the fruit in the temple and half to his family. After having the fruit, the priest of the temple and his family died immediately. This news went to the royal court. The king was very angry, he took out his sword and killed the parrot. Next day the two washers were passing by, saw the magic tree. They plucked one fruit and ate it and became young. This news also went to the royal court. The king realized his mistake.

**MORAL:** Never take decisions in haste. Think calmly before jumping on to conclusion. Have patience.

## The Lizard and the Fly

~ Anika Raghunath



There was a lizard on the wall of a house. He noticed a fly and wanted to eat it. He tried to catch it with his tongue. He had poison on his tongue, so the fly's body started to burn. But the lizard did not know that the fly also had poison on its body. So, the lizard's tongue also started to burn. They both wanted medicine and didn't know where to find them. So, Peter Parker (spider man) came and put webs on both of them and they felt better.

*Children see magic, because they look for it. ~Christopher Moore*





