



Farewell & Welcome



We bid adieu to

Mrs Manju Naithani
Mrs Swati Shukla
Mrs Preeti Das
Mrs Kalyani Subramanyam
Mrs Vinni Dhody
Mrs Swapna Joy
Mrs Deepika Dhal
Mrs Sangeeta Jha
Mrs Sherry John
Mrs Shruti Pandey
Mrs Malavika Shiv Kumar
Mrs Rachna Mishra
Mrs Akanksha Guleria
Mrs Shefali Raj



We Welcome

Mrs Meena Nair (NWWA President, Valsura)

Mrs Pooja Shukla
Mrs Nitisha Mittal
Mrs Smita Mohan Lanka
Mrs Neeru Vohra
Mrs Surbhi Singh
Mrs Poonam Sharma
Mrs Akanksha Awasthi
Mrs Noopur Mukherjee
Mrs Sunita Sharan
Mrs Manju Rani Prajapati



Message from President NWWA (Valsura): Mrs Meena Nair

*"We are not what we know, but
What we are willing to learn."*

Dear Friends,

Getting back to NWWA Valsura after almost a decade was a reality that was sinking in gradually and the warmth extended by NWWA members was overwhelming. I must therefore thank all the NWWA members for their valuable co-operation in my transition to a new role in the New Year.

NWWA Valsura kick started the New Year with a host of activities that witnessed enthusiastic participation of all members with a strong sense of purpose. Conduct of group activities such as health camps, NWWA Day celebrations, workshops, picnic etc. with meticulous planning speaks volumes of the efforts put in by the team members. Adam's night showcased the hidden talent of the ladies. The exuberance of members in shouldering the social responsibilities is certainly the biggest strength of NWWA.

As we breeze past the spring into the summer, it is also time for us to say goodbye to members who move on transfer. I wish them good luck for happier times ahead as they prepare to take on new roles both personal as well as professional. On a similar note, I welcome the new members to Valsura family and wish them a happy and fulfilling stay. I urge them to use NWWA platform to hone their skills through their active participation in various activities and initiatives. Let's pull together and take NWWA to greater heights of purpose and vibrancy.

Best wishes and good luck!!



With warm regards

Mrs. Meena Nair

Editor's Note

True happiness comes from the joy of deeds well done and the zest of creating things new...

- *Antoine de Saint*



Dear Readers ,

Greetings and a warm welcome to our summer edition of NWWA magazine. I on behalf of the NWWA fraternity take this opportunity to welcome our new President NWWA (Valsura) Mrs Meena Nair. Having taken over the reins of Coordinator, I, on behalf of my team, shall do the utmost to preserve, nurture and further the legacy of this magazine.

We at NWWA, had our platter full with activities in last quarter. The plethora of events included NWWA day, Adam's Nite, NWWA picnic in addition to Milans, Coffee evenings. The ladies have been busy planning and executing these activities to make them a success in every manner. Not surprisingly, such initiatives have resulted in acquisition of new management skills for some and re-discovery of existing talent for many.

There is nothing permanent except change. The transfer season, typical to Naval calendar, witnessed a series of good byes to old and welcomes to new members. The Sanchar team bid farewell to Mrs Kalyani Subramanyam and Mrs Malavika Shiv Kumar. Absence of Mrs Kalyani's vibrancy, vivacity and guidance will surely be missed. Departure of Mrs Malavika, known for her valuable contribution towards editing, will leave behind a void.

While we were all cruising towards end of quarter, we were struck with a shocking tragedy when we lost a young trainee officer in a road accident during a bike expedition. I, on behalf of NWWA, convey heartfelt condolences to the bereaved family of the officer and may his soul rest in peace.

While the journey continues, I look forward to valuable participation from one and all. As we stare into the thick of summer, I wish all the readers a happy, fulfilling and needless to say, a well-deserved summer break.

Best wishes.

Rashmi Singh



NWWA Activity Report

On 2nd Jan 14, Mrs Manju Naithani passed over the baton to Mrs Meena Nair. Mrs Meena Nair was accorded a warm welcome by NWWA family. We wished Mrs Manju Naithani Good Luck & Happy times ahead.

General Activities

Visit by Mrs Payal Soni President NWWA (Southern Region)

Mrs Payal Soni, President NWWA (SR) visited INS Valsura on 18th Dec 13. During her short stay, she interacted with all the group coordinators, Pragati Members, and other ladies over a tea function at Family Welfare Centre. The previous edition of NWWA magazine was released by her. The Nana-Nani Park and the adjoining Emu Park were also inaugurated during her visit.



Milan

A Milan was organised by the ladies of Valsura to bid farewell to Mrs Manju Naithani on 28th Dec 13 at FWC. The dress code for the evening was colour red. A ramp show of ladies draped in traditional ethnic attires showcased the wide spectrum of Indian culture. Ladies participated with great zest in a Valsura centric quiz competition. A cooking contest was organised for the ladies, where the main ingredient was *Besan* and each one had to make an innovative dish. A farewell song

was presented by the very enthusiastic Pragati members. The gala evening concluded with Tambola which is a hot favourite event amongst the Valsurian ladies.



A NWWA Milan was hosted by the Valsurian ladies at FWC for formally welcoming Mrs Meena Nair on 5th Feb14. The theme, *Harvest Festival* for the evening was an apt representation of festivities such as Pongal, Lohri, Makar Sankranti etc. The ladies suitably attired to the occasion. Ladies participated in fun games like one minute games and Ad making. The highlight of the evening was the Rangoli contest where creativity was at its best. The evening culminated with a round of Tambola and Raffle prize distribution.



A special Milan evening for Mrs Uma Kumar was organized on her farewell visit to Valsura on 12th March 14. The theme for the evening was Holi, the festival of colours and the dress code for the ladies was satrangi. Apt to the occasion, the ladies came dressed in rainbow colours. The venue was decorated with a Rangoli of flowers and colourful dupattas. A medley of songs, to the



delight of all, was presented by the in-house talented singers. A popular game based on Ad punch lines and brand captions was the highlight of the day. A group dance was performed by the ladies in consonance with the prevalent theme. The programme concluded extending best wishes to Mrs Uma Kumar.

Coffee Evening

A farewell coffee evening was organized by the ladies of Valsura on 30th Dec 13 to bid farewell to outgoing NWWA President (Valsura) Mrs Manju Naithani. The theme for the evening was *Bollywood Ishtyle*. The ladies descended upon the event dressed up like Bollywood Divas.



The event started with a melodious song presented by Mrs Mini Gopakumar. There were bollywood quiz and scintillating medley dance by the young vibrant ladies. What added to razzmatazz was the innovative articulation and distribution of filmy awards. The evening, full of bollywood tadka, was savoured by one and all.

A Welcome Coffee evening was hosted by Valsurian ladies for Mrs Meena Nair on 1st Feb 14. The theme for the evening was *"Shades of life"*. Dressed to kill in yellow being the color code reminded us of a host of golden daffodils. The highlight of the evening was a fashion show based on the theme of rainbow colours. A fun filled evening had all the ladies contesting in ad making game. The event concluded with a motivating speech by Mrs Meena Nair in which she exhorted the entire members to continue the good work.



Group Activities

Sparsh

The sparsh group organized an evening for the elderly people of INS Valsura which was held on 25th Jan 14. 25 elderly people gathered for the event. A visit was organised for them to the Valsura Museum followed by a visit to the Nana-Nani Park. At the park a short talk was delivered by Mr Patel from Essar group about the Emu birds which have been recently positioned in newly created emu park adjacent to Nana-Nani Park. Tea and snacks with Cmde Nair at the park concluded the activity.



Arogya

A free Ultrasonic Mammography Camp for screening of breast cancer for the ladies of age group 40 yrs and above was conducted on 10th & 11th Feb 14, by Arogya group with the help of medical department, at the sick bay. The camp was inaugurated by Mrs. Meena Nair. About 65 ladies underwent the ultrasonic mammography of breast and the individuals with the positive finding were referred to Military Hospital and GGSB (Guru Gobind Singh Hospital) for further investigation.

NWWA Day

On the occasion of NWWA Day, Pragati and Udaan groups had organised "Master-Chef Valsura" contest on 14th Feb 14. The participants had to prepare one savory and one sweet dish each. Three prizes were awarded in each category. Mrs Meena Nair felicitated all the winners and praised the enthusiasm and creativity of all the participants.



NWWA Picnic

A picnic was organized for all the ladies of Valsura by the Pragati group on the 22nd Mar 14. Members had arranged for interesting games and activities which added fun and enjoyment to the morning attended by 95 ladies. The women folk let themselves go, free spirited and thoroughly enjoyed. The day was full of fun and frolic. The exclusive Rajasthani dance and puppet show was the highlight of the day.



Adam's Night

NWWA Valsura organised a Kings & Queens's themed evening on 22nd Feb 14, with great zest and enthusiasm for all the handsome Adams of the base. In keeping with the theme, all Adams were royally dressed up like kings. The stage was decorated in sync with the theme like a durbar for the maharajas of Valsura. The guests were welcomed with tilaks and showering of rose water and flower petals, the traditional way of welcoming the Kings.

The evening kick started with a melodious song, followed by a group dance on medley of old and new numbers. The highlight of the show was the fashion show themed as "Romancing the Queens", where the ladies were dressed up like the queens from Rani Bhagmati to Mumtaz etc. The night was full of exciting group games which were met with enthusiastic response by the gentlemen.

Last but not the least was the eagerly awaited Mr Valsura Contest 2014. Ten dashing young men, selected on the basis of personality and confidence were put through three rounds wherein they were evaluated for their sophistication, style and modern outlook towards women. The panel of judges was selected from a cross section of the gathering. In line with the thought of handsome looks with brains, the wits of the finalist were also put to test with grueling questions posed by the judges. Lt. Gourav Yadav finally emerged as the winner of the contest and was rewarded with spectacular gifts. Later, the winners of the raffle prize were announced. The night was rounded off with foot tapping music inviting one and all to the dance floor.



Little Angels:

Another fun filled quarter for the tiny tots of Little Angels!

Christmas Celebrations: The kids celebrated Christmas before the term break with a song and dance program. The Christmas spirit was evident when they sang and danced to "Jingle Bells." Santa Claus distributed sweets and gifts to the tiny tots.

Republic Day: Republic day was observed with patriotic fervor at the school. The Commanding Officer hoisted the National Flag and children joined in singing the National Anthem.

Health Camp: The medical and dental officers of INS Valsura conducted a health camp for the children of Little Angels. PMO Surg Cdr TM Ramrao conducted a health talk and taught the kids the importance of hygiene.

Annual Day: The Annual Day function was held on 13th Feb 14 at Ujjval auditorium. The kids rocked the stage with their enthusiastic performances. The month long efforts of the staff paid off and the well-coordinated program received words of praise from the Commanding Officer and a standing ovation from the audience.



Convocation Ceremony: Black coats and hats were the costume of the day as the kids posed for photos at the end of the convocation ceremony wherein they were awarded their preschool diplomas.



Literacy class

A successful year indeed for the children of the literacy class! Five students from the literacy class were successfully placed in schools. The teacher not only taught and guided them, but also motivated them and their parents to take this step.

Yoga Classes

To promote health awareness, yoga classes started at FWC and received wide participation from the Valsura community. Classes are conducted four times a week by Yoga specialists.



Nature walk

In order to promote awareness of flora, fauna and scenic topography that characterise Valsura, a Nature walk was organised for the Valsurian Community in the morning of 2nd March 14. The nature walk began from the historical Rozi Mata Mandir through a landscape of water bunds and muddy tracks as walkers jostled their way with much excitement, covering a distance of more than 7 kms. There were experienced guides who educated the first timers. The walk culminated with breakfast at Valsura Museum Park. The walk evoked wide participation from members of all age groups.



Work shop on Cartooning and caricature

The National Institute of Design, Ahmadabad organised a two day foundation cartoon workshop on 15th & 16th Mar 14 for the Valsurian fraternity. People from all age group participated with lots of eagerness to explore the art of cartooning, which seemed an unknown territory to them.



Visit by the veteran Master Chiefs

Four retired Electrical Branch Sailors (of the rank of Master Chief EARs/EAPs) visited the establishment in early Mar 14 along with their wives for a Valsura darshan. The aim of the visit was to see the establishment where they were trained in early 70s. NWWA organized a visit to the clock tower, water catchment areas and the Museum.



Down the Memory Lane: **Tête-à-tête** with Mrs Uma Nadella Kumar

It was her farewell visit, but for me it was finally the moment of rendezvous with one of the very quintessential of the first ladies of Valsura. Mrs. Uma Kumar has been an epitome of elegance, simplicity being her ultimate sophistication. During my inspiring interaction with her I was totally convinced being simple is the true mantra to be dignified.



What is the first thought that comes in your mind when you think of Valsura?

When I think of Valsura I think of white salt pans lined by pink flamingoes, a majestic swordfish and a green base. I think of a parade ground beside the clock tower. I think of morning colours and divisions and sports in the evening. I think of ladies catching up and coffee evenings. I think of wardroom parties. I think of different celebrations and festivities that the whole base participates in. So really my first thought when I think of Valsura is a big close knit family.

Friends in Valsura are friends for life!! Your take on it?

Truly friends in Valsura are friends for life. In Valsura, you feel like you're part of a big family, where we share our joys and sorrows and support each other in times of need. It is because of my friends in Valsura that I did not really find it difficult when my husband went away for the NHCC course. I have fond memories of the time spent in Valsura. The seeds of friendship that you sow in Valsura, will last you a lifetime. Many say that your college friends last forever but I believe it's the ones you make in Valsura.

Ma'am please recall your experience of first coffee evening/Milan at this wonderful base?

My very first coffee evening was a welcome hosted by the ladies of Valsura. It was the first time I met all the ladies and it was a heartening experience. I was still staying in Rozy View and I had to rummage through my suitcase to look for a sari in pastel shade as that was the theme that day. It was only then I realized that even *though I've celebrated so many birthdays of my children, I could not manage to blow a single balloon which was one of the games. I doubt I still know how to do it now!*

On behalf of your children ma'am few words about their childhood memories of Valsura?

I think my children have spent formative years of their childhood here. In all they have spent close to 5 years growing up in this base and they have the fondest memories attached to this base. My elder daughter has enjoyed cycling the expanse of the base on her ladybird which she first got here. My younger one is a little bit shy but really opened up during the Diamond jubilee celebrations as part of the concert practice sessions. They used to enjoy all the birthday parties and activities that used to happen in the base at regular intervals. I must add that their experience at Valsura has definitely made them come closer to nature and more sensitive towards environmental issues.

“Nothing is permanent except change” your views of Valsura then and now?

In Valsura, everyone comes up with new ideas and brings about changes and improvements to the base. *So it's always nice to see the changes whether it is in the form of the 3D auditorium, golf course, increase in green cover or the other facilities that have been created for the welfare of the people.*

Memories as NWWA President of Valsura.

In today's time, I understand it is difficult to take time out from busy schedules and participate in different activities. But I have been very fortunate that whenever there has been any visit or any occasion all the ladies have whole heartedly participated and worked towards making the event a success. It is due to their support and co-operation that I had a smooth sailing. One thing that I would like to especially mention is that I've never had any NWWA member refuse to be part of any activity or do their bit. As I've said earlier they have all helped me shoulder my responsibility as NWWA President.

Your message to present NWWA members at Valsura.

I would like to tell each one of you to make the most of your tenure in Valsura. It is a place that offers you opportunities like no other place. Now is the time to pick up a skill or a sport whether it is golf, badminton, tennis or squash. In fact, both my kids have learnt swimming here. It is a base close to nature and has the peace and calm that no city can offer.

How would you summarize memories of your stay at Valsura House?

It was a real privilege to be the occupants of Valsura House. But our stay in Valsura House was made memorable by the induction of the peacocks then. We used to have huge number of parrots in the morning and occasionally the Black ibis perched atop the coconut trees. We enjoyed gardening there and sharing our abundant harvest of chickoos and coconuts. Also we enjoyed a bumper crop of groundnuts, corn and carrots in our backyard. It gave me the opportunity to improve my gardening skills.



CROWNING ON A PAGEANT NIGHT

Lt GOURAV YADAV

The night was cold and dark, a cliché of any horror novel. Predictably though, it is not about setting of any novel, but about how we felt on the ramp that night, fresh from my reminiscences of that exuberant night buzzing with excitement, energy and anticipation. It all started around 7 Feb when a group of 10 boys (ahem! men) were hurled into the arena of Adam's Night. The event was a pageant show to select Mr.Valsura and the participants, some on their own accord and some involuntarily, started preparation for the big day. It is an annual affair generally conducted in the presumably receding winter nights of Feb, hosted and managed by a band of vivacious and talented ladies of NWWA. And surely enough, congruous to their reputation, NWWA spares nothing to make the event, a grand success. The effort was spearheaded by a motivated NWWA team. What followed soon after the plan, was hectic practice sessions in which no sweat was spared to make us feel like kin of blue blood, much to the reputation and spirit of Royalty characteristic of Maharajas and Nawabs of the erstwhile Hindustan (the theme of the event was Kings and Queens)

While every setting of the show was carefully analysed by NWWA team, the major thrust was to be on our "attire". We scoured the markets of Jamnagar for that perfect brooch, that perfect angrakha or that perfect turban and candidly enough left nothing to chance for the stakes were quite high!!!

The other part was our introduction, everybody was a king in his own right from Tipu Sultan to Nawab of Lucknow, this part was introduced to make an audience connect and to justify the costume and our antics on stage. The last part or my predicament was the ramp walk, and the ladies were sure that they would make a Milind Soman or Arjun Rampal out of us. (Although we didn't attain those pinnacles, we didn't make a laughing stock of ourselves). Those weeks of grueling sessions, I am saying



grueling to make it more dramatic, finally culminated in to the D-Day, our night the Adam's Night of 22nd Feb. I wouldn't say I was not jittery I guess everybody was but I was confident to live up to the faith reposed by NWWA in me.

So here we were all dressed up in our grand costumes, syncing our lines with our heartbeats, and a little jealous of our friends on the other side holding glasses of liquid courage, merry-making among themselves. The pageant had three rounds starting with the traditional costume round in which we were paraded in our regal attires, boasting of our deeds and to make the first impression on the judges. The second round was the walk on the ramp in our pinstriped suits. The final round was about the shortlisted 5 contestants out of 10.



After the customary pageant show, the contestants were asked tricky questions. True to convention, what mattered was spontaneity and all the contestants measured up reasonably well. Now the part where I am inclined to frugally is about the role I played. I played the part of Jamsaheb of Nawanagar and gave a rendition of about 20 lines on the great ruler, it was quite heartfelt. My final question was about the place I was going to build for my wife. Though unlike Shahjahan or Shahrukh, I chose to give her a place in my heart (quite romantic I think). I think it was the game-changer that catapulted me to the crown of Mr. VALSURA. A dream runs indeed for a novice like me. This would not have materialized but for the hard work and dexterity of the female power of Valsura. In the end, let me conclude with another cliché- 'NWWA rocks'.

Fun Facts about Smiling:

- Smiling boosts your immune system
- Smiles relieve stress by releasing endorphins
- It is easier to smile than frown
- It takes 5 to 53 muscles to smile
- Babies are born with the ability to smile
- There are 19 different types of smiles



Honesty like a Trap

By Shreya Dwivedi



Honesty is the best policy as we all know,
But in 21st era, Honesty is like a trap.
This traps honest people like leaf scraps ,
The dishonest people lay the trap,
While honest if trapped have only two things to do!!
Either to tell a lie like others,
Or to keep quiet and suffer.
If they raise their voices against dishonesty,
And because they are few in numbers,
Dishonest people easily out number.
Thus prejudice works against former
And honest thereby branded guilty by others
Realities I gasp in wonder.
But in darkness of dishonesty,
There is still a hope for light of Honesty!!!

*Honesty is
the best policy*

Essence of time – time to revisit

In the din and bustle of activities around us, we often deprive ourselves to pause and introspect. The article is a result of my own introspections of life around me and the theme central to it is the essence of time that I intend to sensitize all about. Candidly, I thought it apt to drape this article into a talk 😊

You know something that is very interesting about time? It is so finite and also so infinite; we feel it intensely in both its expansiveness and constraint, and yet it is intangible.

You breathe in and you live and you fight and fight hard to live as much as you can in the time you've got—then you breathe out. We are so caught up in the rat trap of this big wide world, that every second means money to us.

We are so caught up in its frenzy that we lose ourselves to it. Our identity becomes a question mark. We are no more guided by our conscience but by tried and tested algorithms. We are turning into slaves of our own creations.

Money, fame, power is our only goal! We could do just anything for it. Just anything!

Our want and greed for more has made us so shallow.

Oh wouldn't we be happy if there was a movie made on us or a book about our life?

Definitely, right?

But I believe these dreams are petty, because we have done nothing worth to be remembered.

Our lives have become so monotonous and mechanical. We have forgotten the true essence of life, which I believe is to enjoy and appreciate the subtle and surreal beauty.

As John Keating said:-

"We are the members of the human race, and the human race is filled with passion. Medicine, law, business, engineering are Nobel pursuits and necessary to sustain life, but poetry, beauty, romance, love are what we stay alive for!"

We spend plenty of time engrossed into work that rarely brings out our true self. At times, this gets very close to being enslaved by time leaving the morons in us. We rarely let ourselves run free enough to just throw our head back, laugh and relax.

But why? Because it takes too much time? It's ironic that we never have time to appreciate its essence and use to make a quality of our own life.

Make every moment of your life worth living:

As Bob Dylan said: "He not busy being born is busy dying"



Ashwita Nair



A Naval Beginning

Mrs. Nupur Chatterjee and Mrs. Akanksha Awasthi, shares about their life in navy post marriage.

Being a wife of Naval Officer has been a baggage full of excitements as well as anxiety. Hailing from a complete civilian background, I had much more to unfold at Navy than I had thought of, post my marriage to a young Officer last year. It was no less than a nightmare for me when I reached the Naval Base two months after our marriage, for the first time, only to learn that I am to stay at the Command Transit Accommodation, all alone, since my husband was going on a weeklong sail. He introduced me to our Transit quarters, gave me all the relevant numbers of MES and other concerned departments to complete the pending 'Taking-over' requirements of the quarters and then, off he was on a long sail.

That week was perhaps the greatest challenge in my thorough fare as a Naval wife, day one of which dawned with the night my husband sailed off from Vizag base. I then found myself familiarizing with the perimeter of INS Circars. A scribble of phone numbers of his course mates, whom I could call at an hour of need, lay by the table. However, it was greatly relieving as they dropped by themselves, to check on my needs and show me around the base. For some unknown reasons, Officers in

uniform, staying at Command Accommodation would tense me more. My greatest anxiety was my ignorance towards the dining etiquettes. When I first took my seat at the Breakfast table of the dining hall, an omelet was served on my plate. Presented with a fork and knife to savor the palette, I was still looking out for a spoon to initiate the act. And as was still struggling, trying to figure out how to have my first bite of omelet using these 'weapons', I was a bit taken aback to see a Commander with his family approach my table, to give me company. Somehow then I managed to gather myself and finish off the breakfast as soon as possible.

Coordinating with the concerned MES Departments for repairs of the quarters allotted was yet another challenge for me. I did not have a clear idea of the roles of every department. However, necessity being the mother of invention, I gradually discovered their respective activities and managed to get most of the things in place, including whitewashing of the quarter, by the end of the week. All this running around, transformed me suddenly from just being a wife to now, a Naval wife. By now, I had already got some reasonable glimpse of the Naval culture (including jargons), exploring it all by myself in the initial days.

Later, on my husband's return, it was my first and very sudden visit to his ship. At the threshold of the gangway, I



interestingly noticed all the crew members standing on the deck and saluting someone. At first, I very confidently assumed it to be for my husband who was escorting me. But then, I later noticed, the Captain of the ship, to whom I was already introduced at my Welcome party, also saluting someone. Obviously, it could not have been my husband. It was then that I recalled that my husband had once told me that it's a tradition to salute the lady as she steps onboard. I was also asked not to return it back. So yes, thankfully, though I did return something, it was just a smile and a greeting to all of them, but not a salute.

Then, over a period, I picked up major skills of 'Hospitality' and 'Culinary'. I would not have developed it any faster, if not for my Husband's course mates and bachelor colleagues who would always drop by, begging for Maggie (at least) after they returned back from a late night movies or

just after a casual night-out with their friends.

Draping a saree was yet another different ball game for me altogether. However, with the social gatherings scheduled every other day, I could soon form the habit. Later, I also learnt to recognize various uniforms that our husbands would wear during several specific occasions and of course identifying their list of accessories.

The culture of Navy, I realized, is very dynamic. It gives you an opportunity to socialize with different strata of people, hailing from different parts of the country. It makes your skills, your attitude towards the society more polished and for surety, a woman does turn out in the Naval fraternity as a more confident and self-dependent lady. And, as you get to see Navy's contribution towards the nation so closely, you feel that it is indeed a matter of honour to be the **'wife of a Naval Officer'**.

Mrs. Nupur Chatterjee

Ahh! What to say about my life. It has changed a lot after marriage for the better.

It has all been possible due to the love and support of the love of my life; my husband. My life was extremely different as a civilian. I was so careless, always dependent on my mom and dad for everything I needed. I was the part of the crowd. But now after marriage it's totally a new experience. My world has witnessed an enormous change.

Now that I am a part of the Navy family, I have been having a gala time in Valsura. I like Valsura and have been enjoying its pleasing environs and life in general to the fullest. I have made good friends here and sincerely wish never to part ways with them. But this can't happen. As we become a part of naval life we have to learn to move on. I am living my life in my own style. My friends, Suwarna, Akanksha, Shruti and we enjoy each other's company a lot. We are very good friends. We party together, take part in events and have also formed a nice dancing group.



I have my own house now that I can decorate as per my whims and fancies that I nurtured prior to taking the walk on the aisle. Candidly, I must also admit that none of these would ever materialize but for the unstinted support my better half. Besides, he has always complimented my own efforts through his innovative ideas. In areas with little know-how, he does not interfere with what I do. I feel like the queen of my house, the princess of my husband and he's my ever loving Prince.

The joy and privilege of being a naval wife also comes with certain responsibilities and expectations from the naval community. I make it a point to adhere to good naval practices of conduct and dispositi. Further, I appreciate the fact that whatever I do, I represent my husband as well. However, given the all round support and guidance, adopting a noble naval life has been a cakewalk for me, an act accomplished with consummate ease.

It's just the beginning. I have to see a lot more interesting things and meet many wonderful people in navy. I am eternally grateful to my wonderful parents and my adorable husband.

Mrs. Akanksha Awasthi

Staying Healthy in summers



Have a quick look at some health tips for staying healthy during summers.

Include Tulsi Seeds - Use tulsi seeds in your drink. This has good cooling effects.

Yogurt - Yogurt and other low fat dairy products will also help you remain cool and provide you with calcium and protein.

Have fruits - Fruits and vegetables have organic salt in them and they are sufficient for the body in summers. Increase the intake of fresh fruits. Try to start your day with fruits and if possible take only fruits in breakfast. Take watermelon, pears, apples, plums and pineapple.

Fried food - Cut the intake of fried and fast food items.

Hygiene - Try to maintain good hygiene level regarding your body, clothes as well as in your choices of food items too.

Yoga and Exercise - Limit your strenuous activities to early morning and late evening to avoid getting exhausted and worn out.

Farewell Friends...

By : Cdr Subhash Das

It was my very first morning in Valsura way back in May 2005, when a boisterous flock of you shook me out of my bed and forced me to go to the balcony in P block. OMG!! There were whole lots of you in different colours, different shapes, sizes, different behavior etc. But each one of you was very pretty and unique. I stood mesmerized and the trance went on till the one in the corner approached a small rock right in front of me, climbed on top and called out real loud which sounded somewhat like who's done it?? Who's done it?? (Later I came to know that it was Grey Francolin). It was like love at first sight and I fell in love with you all majestic creations of nature. Falling in love with the place which provided you the shelter was next. It was amazing to note that you all co-existed with some 4500 wonderful men, women and children of the naval family.



After a while, the other love of my life, my parents and wife Preeti, arrived in Valsura. The morning walks with them around the lake area then seemed so surreal and serene which cannot be described in words. It is difficult for anyone to keep away from such bounties of nature. My Dad returned to stay with us in Valsura after my Mom died in spite of me having four other siblings. It is not only the natural beauty; it was the love, respect and warmth shown by the Valsurians which made him and many other senior citizens choosing to stay for longer periods in Valsura.

The admiration for you feathered beauties grew and I bought a camera and binocular which became my constant companions ever after. Apart from shooting photographs of you or taking a close look at you, these contributed immensely to my personal safety at hostile tribal areas since I would look like one of the many foreigner bird enthusiasts. Initially I merely took the cover of a birdwatcher but slowly without my realization, I had actually become one. I am lucky to have explored and gradually acquired world-wide growing phenomena called Bird watching.

During the almost nine year tenure, we both saw a varied lot of things happening in Valsura such as many new projects, many new initiatives and many new faces. I came across some wonderful people and made some friends for life. I lost my beloved mother and my son was born. I could create and present a small golf course to Valsura which I am proud to this day and so happy for the way the successive commissions have added and developed the area. I authored a small photographic guide to the birds of Valsura, which generated a lot of interest on the avifauna of the area. The first lot of enthusiastic children, a total of seven, was taken in my car to introduce them to you. This group expectedly grew many folds subsequently. It was

so nice to see small children taking so much interest in you and I was pretty happy that you all have an assured future- at least in Valsura. Having realized the potential of this time consuming activity, all VIPs without exception, were subjected to a small doze of this lovely medicine called Bird watching. From a nature lover to bird watcher to Photographer to being a bird watching guide- the transformation was complete.

Supreet was growing up in his carefree world of the safe neighborhood. I am sure not many places in the world can afford such a safe and protected place for children to enjoy their little freedom from home. The deadly cobras, vipers; the majestic Neelgais or the spotted deers and the jackals lived happily in their own world and never bothered these little Valurians any time. The small cycles left haphazardly on the road was no case of indiscipline but an indication that the children riding those had a sudden spurt of an idea and have engaged themselves in that game leaving everything and oblivious to other things in life. In spite of a hard day at school, these children would be full of energy and plan for the evening after alighting from the school bus.

Preeti had started enjoying the NWWA activities. She was made the coordinator for Prakriti group, a rather obvious choice given my own new found inclinations. I became the sought after target to conduct nature walks and bird watching trips. It was also the time I realized the potential of NWWA in shaping up of the naval family. I had not seen a more vibrant, cohesive and purposive NWWA family anywhere else. The theme functions, picnics, outreach programmes, coffee evenings, programmes for VIP visits etc. kept the ladies happy, engaged and cohesive. It was also the time that I realized that during the bird watching trips, you can keep a group of 80 children quite but it is impossible to keep ten ladies quite!!!

It was difficult to keep a track of the officers and men who joined and left Valsura as they were so many. But like me, all of them made small or big contribution to improve this little paradise. The interests shown by the Commanders-in-Chief and the first ladies added momentum to the different projects and the Commanding Officers steered many wonderful plans and projects, adding feathers to their caps.

Valsura is wealthier, wiser and greener when we leave you all and go off to the East coast. Valsurians have realized your importance and your beauty. Your photographs are displayed at numerous places. You will not regret for having chosen Valsura as your destination when you migrate from thousands of kilometres away. Very special thanks to you all for that magnificent and perfectly timed fly-past during my farewell dinner. Me, Preeti and Supreet are sad to leave you and those wonderful people behind and have to say Farewell friends but I am so happy to have initiated the Valsurians who would take care of the base, your habitat when you would be gone at the end of migration. I know they would be there with open arms when you return and say 'welcome back friend'.



A Dream Come True- Visit to INS Valsura

By: Mrs Vidya Karthik

I had heard a lot about *Valsura* from my husband as a place with a very good social life and surrounded by interesting historical and scenic locales. My dream to visit this place was finally fructified after a 26 hour train journey with my kids from Delhi which I made to join my husband, who was already doing his PCT in *Valsura*. I had a long list of 'must see places' that included spiritual places like *Dwaraka* and *Somnath* thoughtfully joint with the never ending list of *Bandhni* shopping.



On the very first day of my stay itself, I sensed the beauty and serenity of the base. The energy level and positivity in the air is really calming and soothing. There is large number of children's park, where my kids really enjoyed. The quality of the play equipment at the parks is also remarkable. The evenings are really vibrant with kids playing in large numbers in all the parks. The weather in the evening is cool and breezy and so my kids

thoroughly enjoyed themselves for 2-3 hours every day, in these parks. The *HathiGoda* Park and the very innovative and creative Science Park were very unique.

The different species of birds flying during the morning hours is really breath taking. Not to miss the beautiful golf course with huge expanses of undulating green amidst the salt pans. I went and took lessons in Golf, for almost a week, to understand the nuances of the game.



During my stay, on one of the weekends, I grabbed the opportunity to take part in Workshop on Cartooning and Caricature. It was really interesting, as this was conducted by the professionals from National Institute of Design, Ahmedabad. This made me realize that all of us have the talent of sketching. They taught us to leave aside our inhibitions and motivated us to develop our imagination and put it on paper. The ability to draw an identifiable image with a few strokes of charcoal gave me a sense of achievement and satisfaction.

My visit to the famous *Somnath* and *Dwaraka* temple gave me the calmness and mental peace. We also went to the Gir forest (interpretational zone) wherein we saw lions, vultures, black buck deers, *neelgai*, fox, spotted deer etc. Seeing the majestic wild cats in their natural surroundings was a humbling experience. As my kids love animals, we also went to the Junagad Zoo. The zoo was very well maintained and populated and will easily rate as one of the best in our country. In fact we were amazed to see Snow White parrots and peacocks. I also got an opportunity to see the Valsura House, a beautiful mansion with tasteful furniture and décor. I am going back to Delhi carrying some sweet and great memories to cherish throughout my life.



Thanks for the memories

It is said 'places make people' but after spending about two years in the serene of Valsura I strongly believe that its 'people who make places' and it's the wonderful people of Valsura who have over the years made this base a wonderful place to live and work in.

We all, many a time find ourselves moved to places you least expected!! Something similar happen to me when we got posted to INS Valsura. The then retort was -why me to Jamnagar ?

I move on to Mumbai after spending about two years here, let me tell you, this place has a charisma of its own and one would not find such a quality of life elsewhere in Navy. My ensuing paragraphs will make it clear, why I do say so....

What are the things that worry you when you move to a new place? Accommodation, domestic help, good friends, safety and play areas for children, good social and quality time with family etc. Well, I had all these, with ease. Above all, I had a wonderful NWWA to interact and work with. The Milan and the coffee evenings were a pleasure and each lady of Valsura would love to be a part of it. The theme parties were just an excuse to add on to your wardrobe !Working together was never such fun, than at NWWA Valsura.

How can I forget the adorable Naval KG and its wonderful staff where the tiny sparks captivated and inspired me to continue in this profession.

The memories of this stay at Valsura will ever be cherished and remain close to my heart. Thank you for memorable time. Will Miss you all.
Long live Valsura!

- **Swapna Joy**

Today when I look back at my two years at Valsura, I realise that my association with NWWA has contributed immensely in shaping my personality. During this time, I had the opportunity to participate in activities ranging from Qwali to nature walks. While visits to Blind School and Vridhashram awakened my social responsibilities, coordinating events like Sports Day and Picnics nurtured my organisational abilities. But I think the



best take-away from this tenure has been the interaction with ladies from all walks of life; sometimes receiving guidance from seasoned members and at other times providing support to others. This rich and memorable experience, which can only happen in a close community like Valsura, will always be cherished by me forever.

- **Vini Dhody**

I enjoyed every moment I spent at Valsura. I am extremely overwhelmed by the warmth and friendly support of the entire team of the Valsurian ladies. This place has brought me closer to the nature as I developed a keen interest in bird watching and has turned me into an outdoorsman. There was never a dull moment throughout my stay at this place.

Valsura would have a special place in my heart. This stay would be unforgettable and if give a second chance, I would love coming back to this place. Cheers and all the best.

-**Swati Shukla**

Bye, bye my dear Valsura! I feel a lump in my throat as I say this. Everything about my stay in Valsura was like a dream come true; it was a home away from home. A lovely drive away from the bustling town, down the road flanked on either side with sea water and Flamingoes floating usher you into the gated home that lights warmth in your heart as you cross its threshold. The lush green habitat where peacocks greet us with a good morning; where trees shade you against harsh summers, where a cute temple on the hillock reminds you of a divine protective hand and above all the Naval family takes you into its fold – these will remain with me as sweet memories all through life.

At Valsura, NWWA was like an anchor giving me love, amity, strength and camaraderie. What more do I need. Every evening was an experience in joy, every one of you was a friend in need. We shared our little delights; we thrashed our troubles together and stood by each other. Valsura, this is not a good bye; it's a pause. I'd love to come back one day and live life all over again.

- **Malavika Shiv Kumar**

Chocolate éclairs: By Mrs Swati Shukla

Ingredients-

Choux Pastry:

- 1/2 cup (65 grams) all purpose flour
- 1/2 teaspoon granulated white sugar
- 1/4 teaspoon salt
- 4 tablespoons (55 grams) unsalted butter, cut into pieces
- 1/2 cup (120 ml) water
- 2 large eggs, lightly beaten

Glaze: (optional)

- 1 large egg, lightly beaten

Pastry Cream:

- 1 1/4 cups (300 ml) whole milk
- 3 large egg yolks
- 1/4 cup (50 grams) granulated white sugar
- 2 tablespoons (20 grams) all-purpose flour
- 2 scant tablespoons (15 grams) cornstarch (corn flour)
- 1 teaspoon pure vanilla extract

Chocolate Glaze:

- 2 ounces (55 grams) semi sweet chocolate, finely chopped
- 1/4 cup (60 ml) heavy "whipping" cream (cream with 35% butterfat content)
- 1/4 teaspoon pure vanilla extract
- 1/2 tablespoon light corn syrup (or golden syrup or glucose)

Method-

Choux Pastry:

Preheat oven to 400 degrees F (200 degrees C) and place rack in center of oven. To make all the eclairs the same size, I use a template. Take a piece of parchment paper and draw 12 - 3 1/2 inch (8.5 cm) lines, spacing the lines about 2 - 3 inches (5 - 7 cm) apart. Place the template under your parchment paper so you can use it as a guide.

In a bowl whisk the flour with the sugar and salt. Place the butter and water in a saucepan over medium high heat and bring to a boil. Remove from heat and, with a wooden spoon, add the flour mixture, all at once, and stir until combined.

Return saucepan to the heat and stir constantly until the dough comes away from the sides of the pan and forms a thick smooth ball (about 1-2 minutes). Transfer the dough to your electric mixer (can do this by hand or with a hand mixer), and beat on low speed to release the steam from the dough (about 1 minute). Once the dough is lukewarm start adding the lightly beaten eggs (dough will separate and then come together) and continue to mix until you have a smooth thick paste



(dough will fall from a spoon in a thick ribbon). Place the dough in a pastry bag fitted with a large plain tip and pipe 12 oblongs of dough (about 3/4 inch (2 cm) wide) onto the baking sheet (using template as a guide). (When piping have the bag at a 45 degree angle.) If desired, with a pastry brush, gently brush the tops of the dough with a lightly beaten egg.

Bake for 15 minutes and then reduce the oven temperature to 350 degrees F (180 degrees C). Continue to bake for a further 25 minutes or until the shells are a nice amber color and when split, are almost dry inside. Remove from oven and place on a wire rack to cool.

Pastry Cream:

In a heatproof bowl, mix the sugar and egg yolks together. Whisk the flour with the cornstarch and then add to the egg mixture, mixing until you get a smooth paste.

Meanwhile, in a saucepan bring the milk just to a boil (just until milk starts to foam up.) Remove from heat and add slowly to egg mixture, whisking constantly to prevent curdling. (If necessary pour through a strainer.) Then pour the egg mixture into a medium saucepan and cook over medium heat until boiling, whisking constantly. When it boils, keep whisking constantly for another 30 - 60 seconds until the pastry cream becomes thick. Remove from heat and stir in vanilla extract. (For a chocolate pastry cream stir in 2



ounces (55 grams) finely chopped semi sweet chocolate. For a mocha flavor add 1 1/2 teaspoons instant coffee or espresso powder to the hot milk.) Pour the pastry cream into a clean bowl and immediately cover the surface with plastic wrap to prevent a crust from forming. Cool to room temperature then refrigerate until firm (can be made up to 3 days ahead). Whisk or stir before using to get rid of any lumps that may have formed.

Chocolate Glaze: Place the chocolate in a heatproof bowl. Heat the cream just until boiling and immediately pour it over the chocolate. Gently stir until the chocolate has melted. Stir in the vanilla extract and corn syrup.

To Assemble: Split the pastry shells in half, lengthwise. Take the top shell and dip into the chocolate glaze, letting the excess drip off. Place on a wire rack to dry. Fill the bottom half (can spoon or pipe) with the cream. Once the glaze is dry, gently place the top half of the pastry shell on the cream. Can be covered and stored in the refrigerator for two days.

This makes 12 Chocolate Eclairs.

၈၁၁၁ ; ဣ၁၁၁ (၁၁၁၁၁၁၁၁) ၁၁ ၁၁၁၁

[illegible]
$$\partial \tilde{B}_U \partial \zeta \in \tilde{A} \partial \partial;$$
[illegible][illegible][illegible]

äððð'îððððð; ðððð çððððð±ðð'î çððððð

Beene

အံ့ပဲအံ့ပဲ ပဲဝဲဝဲဝဲ ဝဲဝဲဝဲဝဲ
ဝဲဝဲဝဲ ; ဝဲဝဲဝဲ, ဝဲဝဲဝဲဝဲဝဲဝဲ

Çàðððð©Ãð ''íð >ðððÃðð áððð''íð÷ ðáððððð èð±ðð



í ð÷ð ''í, ðð ðððð ðáðððð >ðððð÷ ''íð èðáð, èð>ðèðð >ðèçðð>ð |
Çàð ''í >ðð÷:ððð Ìððð Ìðð÷:ððððððð èððð÷ ðáðð>ð |

çðð èð>ð''íáððçð, , çð Çàð ''íð Ìðð÷:ðçðç÷ðð èð èð®ððð>ð |
Ìáðð÷ ð ððÃð ''íð÷:èððððð ÷ðð, ðð ®ððð>ð !

èððððð ÷ðð, ðð >ðèðð ''íððððð èð Çàðððð©Ãð Ìðð÷:ðððð >ð÷:íððð÷ ''íð èð |
èððð Ìððððð ; ðððð ðððð Ìðð èð , ðððð Ìðð÷:ðçðð ðáðÇàð ðððçðððáð èððð÷ ''íð èð ||

ðð÷:èðáð èð , ðð''íð, ©ðððð''í ±ðððððð ''íð ÇÇá , ðèð Ìðð÷:ðçððçðð ððð ððèððèð |
ð''íððððð ðáððð çðèð Ìðð , ðð''í >ðð ðèðððððð , ðèð Ìðð÷:ðçððçðð ððð ððèððèð |

, ðèðçððð>ððððð áððððÇ, í >ð ; ðçðððð ððèð èð
©ðððð''í , ðð''í ðððððð ðððððð ''í ðÇáð ðððððð, ðððððð ''íð áðð÷:ððððð ððèð èð ||

í ð÷:Èðð''íð ðððð©ððð ðð''í ðððððð, Çàðððð©Ãð çðððððð''íð÷
ðð÷:ðððð èðð''í áððððð Ìðððçðð Ìðð, èçð>ðÃ áðð®ð ÷ðð áððððð èð |

ðçððð ðáðð÷ ððððð ; ðð ððçððð ''í ðð''íð ððð÷:èðçððð ðèðð÷:èð
Èðèðð''íçðð ''íð ©ððð Ìðððððè, ''íèðð ; Ìðððð ðððððð Ìððð ððððð èð ||

í ±ðð >ðððððð èðçðððèðð ðððððð, Ìðð÷, ðð >ððððð''íð÷:çððð>ððððð èð±ðð,
çðèð ðÇáðð ; ðð çðèð Ìðððð ''íð, Çððð''í , ðèððÇ®ðáððððð èð±ðð ||

''íðððð Ìððð Ìðð ''íçðð÷:ðððððð èð , ðèððÇáð çð÷:ðçðð®ðáððððð èð±ðð ||
èð ðÇáð ðððÇàðððð©Ãð ; ðð ðçððð Ìððð ''íð, áððð ''íð÷:ðáððððð èð±ðð ||

ððððð ''ððððð,
ððððð - ; ðð >ð ðçððè, Ìðð ; ð÷





Drawings made by the participants during the Cartooning & Caricature workshop organised by NID Ahmadabad in Valsura.