

Varuni

The Newsletter



Valsura
Nov 15

Glimpses of NWWA Activities



Jagriti and Prakriti



Tailoring Class



Sparsh



Arogya



Little Angels



Sanchar



Ashirwaad



Literacy Class



Message from President NWWA, INS Valsura - Mrs Deepa Sivakumar



Dear Readers,

I consider it as a singular honour to take over the reins of NWWA, Valsura in the midst of a busy and exciting calendar. The establishment has traversed a remarkable journey of growth over the last 16 years since I left and NWWA, true to its character, has kept pace with this momentum. My own transformation from a NWWA secretary in 1999 to the present incumbency of President mirrors this fine journey that has culminated in the venerable Valsura of today.

I would like to take this opportunity to welcome all the new committee members and I am confident that the new team, with all its exuberance, will take NWWA Valsura to greater heights. In due course of this exciting expedition, I am confident that the flurry of activities in the coming months including those related to the Navy Week 2015, would help germinate new talents and nurture old ones.

The past quarter unraveled with NWWA Valsura steadfastly spearheading the August chapter of "Swachh Bharat Abhiyan" in the establishment into the final culmination of the same on Gandhi Jayanti. Group activities were undertaken with panache, be it the Sports Meet for underprivileged children of domestic helps, or celebration of Grandparents Day to the vaunted elation of attendant elderly residing in the base. Besides, educational talks on mid-life crisis and practical banking evoked a high degree of interactive response from the attendant ladies in a clear vindication of the utility of such sessions. A dedicated lecture on "Ill effects of Internet" by a qualified expert was well received by the audience. Our sustained thrust and contribution in ensuring better quality of life for all Valsurians have been well acknowledged.

As the autumn is poised to descend into the fall of winter, new challenges and expectations would not let us rest on our laurels. Let us rededicate ourselves to bring NWWA closer to all Valsurians, ensuring community development through participation, fostering salubrious personal relationship and promoting a life of happiness and good health.

I wish you all a Happy Diwali, Merry Christmas and a prosperous New Year.

With warm regards,

Mrs S Deepa Sivakumar



From the Editor's Desk

Mrs Rashmi Singh

Dear Readers


Greetings and a warm welcome to our winter edition of NWWA newsletter. I on behalf of the NWWA fraternity take this opportunity to welcome our new NWWA President, Valsura Mrs Deepa Sivakumar who took over the reins in end of July this year. As Coordinator of Varuni magazine, I on behalf of my editorial team would continue to diligently preserve, nurture and foster the legacy of this magazine through active contribution from one and all.

The last quarter was abuzz with myriad activities that culminated into the festive and vibrant Dandiya celebrations that saw participation from across the spectrum of NWWA. The activities encompassing several groups of NWWA were conducted with active planning and participation from all members, a continued vindication of community ethos and spirit of NWWA. Not surprisingly, such initiatives have resulted in acquisition of new management skills for some and re-discovery of existing talent for others.

Migration of beautiful birds that accentuate the beauty of Valsura is discernible from a cursory glance at the water bodies apropos the palpable excitement of Navy Week celebrations through months of Nov-Dec. Alongside the festivity, Navy Week calendar is also a clarion call for all Valsurians to pull out all stops to showcase Navy and this establishment to city of Jamnagar. As we gear up for the ensuing weeks ahead, I take this opportunity to extend our warm Diwali wishes to one and all.

Best wishes

Rashmi Singh

Welcome	Farewell
Mrs S Deepa Sivakumar Mrs Sangeetha Kumar Mrs Sujata Kully Mrs Sonal Narayan Mrs Divya Mahajan Mrs Bindal Thakkar Mrs Rekha Kaushal Mrs Nivedita Tyagi Mrs Vamshadhara V K Mrs Ani Susan Pappam Mrs Bharti Uttam Kumar	Mrs Meena Nair Mrs Vidya Nair Mrs Aakriti Nandal Mrs Nupur Mukherji Mrs Dipika Chand Mrs Akhila Raju 

Dear Readers

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

NWWA Valsura (2015 - 16)



On 29th Jul 15, Mrs Meena Nair passed over the baton to Mrs Deepa Sivakumar.

The new NWWA President, Valsura was accorded a warm welcome by NWWA family. We wished Mrs Meena Nair good health, happiness and success in all the endeavors ahead.

The first meeting of the session was held with change of command and the various NWWA groups, respective co ordinators and members were announced. Mrs Deepa Sivakumar interacted with the coordinators and the members of the different group.



The Core Committee

President	Mrs Deepa Sivakumar
Vice President	Mrs Sonal Roy
FWC Coordinator	Mrs Sangeetha Kumar
Treasurer	Mrs Poonam Jaiswal
Secretary	Mrs Sudeepta Rahul





NWWA Valsura Groups : Co-ordinators & Members

S.NO	GROUP	CO-ORDINATORS	MEMBERS
1.	PRAGATI	Mrs. Jotsna Chacko	Mrs Rekha Kaushal, Mrs Priti Singh Mrs Sunita Sharan, Mrs Shanthi Arul Mrs Neeraj Singh, Mrs Banesh Devi
2.	SANCHAR	Mrs. Rashmi Singh	Mrs Pravallika Rongali, Mrs Sonal Sinha
3.	JAGRITI	Mrs. Hema Raghu	Mrs Poonam Sharma, Mrs Preethi Sujit Mrs Renu Mavi, Mrs Nibedita Mohanty
4.	AROGYA	Mrs. Manmeet Ragi	-
5.	PRAKRITI	Mrs. Anu Hari Mrs. Nidhi Karki	Mrs Poonam Upadhyay, Mrs Manju Rani Mrs Nivedita Tyagi, Mrs Bharti Uttam Kumar
6.	SPARSH	Mrs Nitisha Mittal	Mrs Shruti Manhas, Mrs Sujata Kully Mrs Deepika Chand ,Mrs Anee Susan Mrs Manmeet Ragi
7.	AASHIRWAD	Mrs. Shalini Agan	Mrs Divya Hinge, Mrs Priyanka Singh Mrs Surbhi Singh, Mrs Priya Tyagi
8.	SAUNDARYA	Mrs. Sudeepta Rahul	
9.	SAMUDRI	Mrs. Sonal Roy	
10.	SAKHI	Mrs. Deepa Sivakumar	
11.	LITTLE ANGELS	Mrs. Sonal Roy	



By : Mrs Sudeepta Rahul,
NWWA Secretary, Valsura



A C T I V I T Y R E P O R T

Milan

Farewell Milan: A Milan was organised by the ladies of Valsura to bid farewell to Mrs Meena Nair on 22nd Jul 15. Ladies came draped in southern style which was in sync with the theme for the event "Dakshin Express". Ladies participated with great zest in the cooking contest, where the main ingredient was idli batter and each one had to make an innovative dish. An evening full of fun and frolic culminated with teary eyes bidding farewell and wishing the very best to Mrs Meena Nair.

Welcome Milan: A NWWA Milan was hosted by the Valsurian ladies at FWC for formally welcoming the new NWWA President, Valsura Mrs Deepa Sivakumar on 5th Aug 15. The theme for the event was "Colours of India". The ladies suitably attired to the occasion showcased the wide spectrum of Indian culture. The highlight of the evening was the saas bahu skit which was hilarious enough to set the mood. Ladies welcomed Mrs Deepa Sivakumar promising a successful tenure ahead.



Coffee Evening

Farewell Coffee Evening: A farewell coffee evening was organised by the ladies of Valsura on 26th Jul 15 to bid goodbye to the outgoing NWWA President Valsura Mrs Meena Nair. The theme for the evening was "Nwaabi Shaam". The ladies came clad in Anarkali's and Sharara's totally mughal style. The highlights of the evening were the Nwaabi dance and Qawwali by our very talented ladies.

Welcome Coffee Evening: A welcome coffee evening was hosted by valsurian ladies for Mrs Deepa Sivakumar on 2nd Sept 15. The theme for the evening was "Bollywood" and ladies dressed up like Bollywood Divas. The event started with medley of songs presented by our in-house singers. There was a quiz on Bollywood and a scintillating dance performance by the young vibrant ladies. The evening was full of Bollywood tadka.

Celebrating Life with Valsura: Ladies of Valsura, wearing the colour of sky and sea the colour celebrated life in Valsura style. The evening was full of fun and frolic. The Shero shayari and the fun game pictionary were well received. A presentation on being woman and celebrating life was well acknowledged.



Group Activities

SPARSH group organised a “Sports Day” for the children of domestic help and the underprivileged. A group of fifty children (Age group- 4-13) participated with great enthusiasm. A variety of races such as draw and run, sack race, threading the bead etc was thoroughly enjoyed by the children. Mrs Deepa Sivakumar, President NWWA Valsura gave away prizes to the winners and certificates to all the participants.

AROGYA: An imperative and interactive talk was held for the welfare of all the Valsura ladies on “Depression and Midlife Crisis” The esteemed speaker a psychologist Mrs. Shambhavi Alve conducted the entire discussion which comprised of not just understanding depression as a whole but also its current evidence rate to probable causes and varied mood boosting exercises. It witnessed an enormous participation wherein ladies shared their heartfelt experiences, cleared their doubts, released their hesitations about this sensitive topic.

AASHIRWAAD group organised “Grandparents Day” for senior citizens and their grand children. A total of twenty five senior citizens and their grand children volunteered for the event. A visit to Valsura museum was organised along with fun games and performances by the attendees. The event concluded with a surfeit lunch at FWC. Mrs Deepa Sivakumar felicitated the prize winners and interacted with all the grandparents. A day well spent with the elderly.

PRAKRITI AND JAGRITI group together organised an activity based on “Best out of waste” for all the mothers and their kids. The event saw an overwhelming participation where the duo displayed awesome creativity and designed various decorative items like flower vases, wall hangings etc using throw away items like bottles, bangles, coconut shells and egg shells. Mrs Deepa Sivakumar gave away the prizes to the winning Jodi's of mother and child.

LITTLE ANGELS: The tiny tots of little angels have had an active quarter be it taking pride in celebrating Independence Day with the Commanding Officer Cmde B Sivakumar or enjoying festivals like Janmashtami Rakhi etc. A visit to NKG was organised to familiarize them with environs of Pre -Primary school. A fancy dress competition saw enthusiastic participation from the little ones. NWWA President, Valsura Mrs Deepa Sivakumar gave away prizes and certificates to the tiny tots.

SANCHAR: The July edition of Varuni Newsletter was released by Mrs Meena Nair, on her farewell coffee evening.

LITERACY CLASS: The literacy class being conducted at the Family Welfare Centre, continues its endeavor to educate children of household help and construction workers in the most conducive manner, encouraging and enabling them to join mainstream school at the earliest. A one-time cash award of Rs 1500 was awarded from NWWA to one such deserving student. Independence Day was celebrated at the Literacy class where the children had presented a dance sequence. This was followed by distribution of sweets by the Commanding Officer.

FAMILY WELFARE CENTRE: In keeping with the tradition, numerous activities towards welfare of community have been conducted at FWC in the last quarter. Maths and science tuition classes for the 9th & 10th grade students are being conducted along with tuition for all subject of classes LKG to 8th standard. Dance classes for children (Cinematic & Bharatnatyam) were introduced and have witnessed enthusiastic participation. A batch of 10 ladies completed three months tailoring course in last quarter. Mud art class elicited maximum participation from the ladies. The new batch for the spoken English class has seen roaring response from the ladies. The library at FWC is adequately used by people across the spectrum of naval

NWWA Initiatives & Other Events



- ❖ **Cultural Evening for COM:** A colourful and vibrant cultural evening was conducted in honour of Vice Admiral A V Subhedar, AVSM, Chief of Materiel. The event was highly appreciated by the Admiral, who complimented the participants and addressed the audience.
- ❖ **Swacch Bharat:** Swachh Bharat, a noble campaign launched last year, was organised this year with a great sense of enthusiasm amidst participation by ladies and children. The entire community came out in large numbers to ensure a plastic free Valsura. Poster and essay writing competition on relevant themes were conducted with broad community participation. The highlight of the campaign was "Street Play" that drew applause from one and all. The prize winners were felicitated at the end of the campaign.
- ❖ **Rakhi Celebration:** Based on specific request from city schools and other organisations, NWWA organised a Rakhi Event at FWC in which more than 25 students of Saint Xaviers School and ladies from Patanjali Sansthaan tied Rakhis to staff and trainee sailors. The event concluded with an address by President NWWA who applauded the efforts of the girls and ladies on the occasion.
- ❖ **Valsura Idol:** A vocal talent hunt competition "Valsura Idol" was organised at the clock tower. The event included categories of children and ladies as well. The event evoked an enthusiastic participation from across the spectrum of Valsura community. The finalists were instructed lessons at 'Sargam' by vocalists of Valsura band. The winners of Valsura Idol were felicitated by Cmde B Sivakumar.
- ❖ **Department Meetings:** meeting of ladies were conducted department- wise at FWC. General issues pertaining to welfare & community living were discussed with emphasis on improving quality of life.
- ❖ **Dandiya Night:** A dandiya night, to celebrate the occasion of Navratri was organised at wardroom after few days of practice session by a Dandiya instructor. The event was well received by all present.
- ❖ **Interaction with Commanding Officer.** Cmde B Sivakumar, VSM, Commanding Officer interacted with NWWA members and sought suggestions towards improvement of aspects pertaining to quality of community life, welfare of personnel and any assistance in running of NWWA activities.
- ❖ **Welcoming New Born Babies:** Commanding Officer and President, NWWA visited families blessed with a born new and offered their blessings.



My life as a Naval brat : By Aarthi Sivakumar

"Don't you get tired of relocation every time your dad gets transferred to a new place? Must be tough, right? New school, new friends, everything changes, how do you manage?" These are the questions, I am most frequently asked. Well, I love moving to new cities, meeting different people with diverse background and embracing the change. Yes, I am a Naval Brat. I've never known anything different. In fact, now I am biologically tuned to move every year. Each move has brought its own challenges and although there were a lot of tears, military families hold each other together when times get tough.

Growing up I took many things for granted. I thought the lifestyle I lived was something every kid in the world had access to. My really cool parents as opposed to the conventional orthodox Indian parents brought me up with a perfect blend of discipline and fun. They gave me the freedom to do whatever I wanted. I took bharatnatyam classes and did karate on the weekends, I learnt how to play the keyboard while I fractured my ankle in the skating rink!! I loved painting beautiful landscapes and portraits and at the same time I also ran marathons. There were no barriers in what I wished to pursue.



I grew up looking at my dad perform his daily routine with diligence, be it the morning run, office meetings, social events, family gatherings, my maths lessons, mom's grocery shopping, he did everything meticulously. Hence, I have always been organized and hardworking. Seeing my mom single handedly manage the house affairs in the absence of my dad made me strong, independent and a fearless woman. The vital lessons of fitness made me venture out every day for basketball and today, I feel very fit to take on any challenges.

Deployments, sailings or TY duties are perhaps the hardest of times. Every time my dad packed his suitcase, a depressing atmosphere would settle into the house. It was incredibly sad to bid farewell to the parent you love. But on the positive side you get showered with gifts when he would return. The distance makes you rejoice what you have as a family and value the time together.

Joining college was my first glimpse to the outside world, out of my safe cocoon. Often my college mates asked a simple question that left me absolutely tongue-tied. "Where are you from?" This standard question usually has a quick and easy answer but the simplest way I could answer it was by saying "everywhere." At the end of every semester I went home to a new house. It was never the same place. I guess for me "Home is where parents are".



Nevertheless the experiences of growing up in a military household helped me grow as an individual. They have taught me important lessons. These lessons include courage, responsibility, and organization. It can be difficult and hard at times, but the experiences I have gained will help guide me towards a successful future.

I've lived in many different places but a naval base is the only place that I have ever truly felt at home. To this day, I am comforted by the consistent and uniform environment that exists on any military base. I am privileged to be a naval brat!

How English changed my life by : Mrs Sulochna Kumar



I am Sulochna, wife of Rahul Kumar, at present residing in INS Valsura. As a kid when I was in school it was a dream for me to speak in english fluently and I always wanted to learn this language. However, the place which I belonged to was a small village in U.P with limited resources and options to learn this language. Although, I went to the best of school in the village but the school was a hindi medium school and there was no culture of talking in english.

I was always a good student, got good grades in all subjects including english but communicating in english was a challenge. As I completed my studies I was married to a very nice person, life went on and my fascination to learn english faded with time, until we were posted in Mumbai. Here, in Mumbai, everyone in our circle spoke good English and used English as a language to express their emotions.

And, then I realized the importance of speaking in english as I would always feel left out. I would often get nervous around people and I even stopped attending my children's PTM, as I would feel embarrassed in front of people who would speak to me in english.

Teaching is
listening,
learning is
talking

Well, as they say time doesn't stop for anybody, it didn't stop for us; our Mumbai tenure got over and we were in INS Valsura, by now both my confidence and my dream of speaking fluent english had taken a back seat.

Then, one day I saw an advertisement about classes for spoken english. My joy knew no bounds and I registered myself for the classes on that very day.

I had conquered half of the battle by registering myself for the classes but the half was still left as I was nervous and low on confidence. However, this time I was more determined to learn this alien language.

Teachers in the classes made me and other ladies comfortable and instilled confidence in us.

My initial days were difficult and it truly was a foreign language in every sense but slowly I started enjoying classes' everyday and started looking forward to it.

I began picking up the language and improvised. Now I have the confidence to speak and express myself in english with friends and family. Indeed a remarkable moment of my life.

On regular visits to FWC by NWWA president gave us a lot of boost by inspiring and encouraging me and other ladies to learn english. It not only changed my life by bringing confidence and new outlook towards life, but also enhanced my personality.

Thank you NWWA INS Valsura for this wonderful opportunity. I hope and wish that other ladies like me will take advantage of these kinds of courses and would realize their long pending dreams.



Forever 3!

By: Mrs Divya Nair Hinge

I have a favourite place in Valsura. It's called 'Little Angels'. This school for toddlers, I have realised, is a favourite with many parents like me, albeit for different reasons. For some it's a special place because it becomes a second home to their toddlers, for some because it gives them undisrupted three hours to manage chores while the kids are away, for some to mingle amongst themselves and for some because it's a notable milestone in their child's life.



Honestly, I love this place for all the above reasons too. But what I also love about this place is what the three year olds teach me here every day, in the shortest duration possible, as I come to pick and drop my toddler. One such day was October 6, 2015. It was the finale to the fancy dress competition organised by the school and the kids were a delight to watch.

This day was special because I remember the build up to this day. Parents had been asked to decide what their children would like to be dressed up as and the dialogues to go with it. What had followed was enthusiastic rounds of discussion amongst parents to make sure the costumes were not replicated and the dialogues remained unique.

Parents had gone to great lengths to procure the perfect costume and had crafted the most spectacular accessories. Dialogues had been rehearsed umpteen times and selfies with kids in their costumes had been taken. There was tension in the air as everyone kissed the kids at the door step of the school reminding the child to do their best.

After three hours of dropping them to school, the parents arrived, even more tense this time, animatedly discussing, wondering and consoling each other that the kids would do justice to their efforts. There was a silent prayer on everyone's lips. As the clock struck 12, parents walked and gathered outside the class anxiously waiting for the kids to arrive and the teacher to announce the results of the competition.

Everyone hoped to gauge the expressions on their kids' faces, which would eventually give away the results of the competition. But when the door opened, what followed was spectacular. There was neither disappointment nor any gloomy faces. The costumes had come off, but every kid was happy...happy to be back into their mother's arms. That's all what mattered to them. Every child was a winner. And I wished I had never grown up.

Recipes



By Mrs Deepa Sivakumar

BASIC ICE-CREAM

Most of the ice creams can be made using the basic ice cream, which with addition of different fruits or caramelized dry fruits gets converted to various mouth-watering variations.



INGREDIENTS

- ½ Litre milk
- 8 Tblspn sugar
- 1½ Tblspn cornflour
- 1½ Tblspn GMS powder
- ¼ Tspn CMC powder

METHOD

1. In one cup of milk kept aside, add all the dry ingredients. Mix well so that no lumps are formed.
2. Boil rest of the milk and add the above mixture when milk boils.
3. Stir continuously on high flame and remove from fire.
4. Continue stirring until mixture cools completely, taking care to see that no layer (malai) form on top. As the mixture cools, it will thicken.
5. When completely cool (even if a little warm, it can lead to crystal formation). Pour in to an air tight container. Place in freezer and do not open until it sets.
6. The basic ice cream is ready when it becomes extremely hard. It will be slightly creamish in colour but will become smooth when churned later.



MOZZARELLA RED PEPPER BYTES INGREDIENTS

- Mozzarella cheese - 200 gms
- Red pepper (chopped) - one
- Green pepper (chopped) - one
- Maida - 2 tblspn
- Butter - 2 tblspn
- Milk - 100ml
- Salt - to taste

For the batter

Eggs - 2 nos
Flour - 3 tblspn
Oil - for frying

METHOD

1. Melt butter in a heavy-bottomed pan and add the maida.
2. Add cold milk and whisk to avoid any lumps.
3. Add grated mozzarella and peppers and set the mixture in a bowl.
4. Shape the mixture by hand preferably in rounds, and dip in egg and flour batter.
5. Roll the mozzarella bytes in bread crumbs and fry.
6. Serve with mayonnaise.



नवा अध्यक्षा (वालसुरा) का संदेश **श्रीमती दीपा सिवाकुमार**



वालसुरा के रोमांचक और व्यस्त कैलेंडर के बीच, नवा वालसुरा की बागडोर अपने हाथ में लेते हुए मुझे अत्यंत गर्व का अनुभव हो रहा है। मेरे पिछले कार्यकाल के बाद, वालसुरा ने एक उल्लेखनीय यात्रा तय की है और अपनी गतिशीलता के लिए प्रख्यात अपनी गति के साथ तालमेल बनाए रखा है। 1999 में नवा सचिव से वर्तमान में नवा अध्यक्षा तक का मेरा परिवर्तन नवा के स्वर्णिम इतिहास का दर्पण है।

मैं इस अवसर पर, समिति के सभी नए सदस्यों का स्वागत करना चाहती हूँ और आशा करती हूँ कि नई टीम उत्साह के साथ नवा वालसुरा को और अधिक ऊँचाईयों तक ले जाएगी। इस गतिशील अभियान के दौरान 'नेवी वीक 2015' से संबंधित गतिविधियों से मैं आशा करती हूँ कि नई प्रतिभाएँ उजागर होंगी एवं पुराने प्रतिभाओं को पोषण मिलेगा।

पिछली तिमाही का अगस्त अध्याय 'स्वच्छ भारत' की अगुआई से शुरू होकर गाँधी जयंती में संपन्न हुआ। कई सामूहिक कार्यक्रम भी आयोजित हुए जैसे - घरेलू मददगारों के बच्चों के लिए खेल - कूद कार्यक्रम एवं बुजुर्गों के लिए दादा - दादी दिवस का आयोजन।

जीवन - मध्य संकट एवं व्यवहारिक बैंकिंग के शैक्षिक वार्ता में भाग लेने वाली महिलाओं की उच्च शैली की प्रतिक्रिया, इस तरह के कार्यक्रमों की उपयोगिता का स्पष्ट प्रमाण है। 'इंटरनेट के दुष्प्रभाव' विषय पर समर्पित व्याख्यान को दर्शकों द्वारा सराहा गया। जीवन की बेहतर गुणवत्ता सुनिश्चित करने में हमारे निरंतर जोर योगदान को सभी वालसुरावासियों ने अच्छी तरह स्वीकारा है।

जैसे ही शरद ऋतु की समाप्ति से सर्दियों का आगमन होगा हम प्रण लेते हैं कि नई चुनौतियों और अपेक्षाओं से हमारी ख्याति पर कोई आँच नहीं आने देंगे। आइए हम सभी वालसुरावासी सामुदायिक विकास को सुनिश्चित करने के लिए - भागीदारी के माध्यम से, स्वास्थ्यप्रद व्यक्तिगत संबंधों को बढ़ावा देने वाले और खुशियाँ फैलाने वाले प्रयासों की ओर प्रण लेते हैं।

मैं, आप सभी के लिए शुभ दिपावली, धन्य क्रिसमस और समृद्ध नए साल की कामना करती हूँ।

हार्दिक शुभकामनाओं सहित,

श्रीमती दीपा सिवाकुमार



तब कलम कोई चलती है



जब नन्हा सा कोई बचपन
मजबूरी में पिस जाता हो
मन में बसा हर सपना
आँखों से रिस जाता हो
जब जर्जर तन से कोई कपड़ा
कई जगह से घिस जाता हो
बहती हो आँसू की धारा
पर चेहरा मुस्काता हो
तब साहस करके कोई कलम
भावनाओं को जनती है
तब कलम कोई चलती है.....
तब कलम कोई चलती है ।

जब सीमा पर खड़ा सिपाही
दुश्मन पर गरजता है
और देश के भीतर वही सिपाही
अपने हक को तरसता है
पूरी जवानी दी देश को जिसने
बूढ़ापे में लाठियाँ खाता है
और संसद में बैठा कोई नेता
जब उस पर ठहाका लगाता है
जब राजनीति और सॉम्प्रदायिकता
देशभक्ति को यूँ छलती है
तब कलम कोई चलती है.....
तब कलम कोई चलती है ।



जब नोट बड़ा हो वोट से और
चोट लगी हो लोकतंत्रता को
जब विदेशी ताकत से ज्यादा खतरा हो
देशी ताकतों से संप्रभूता को
जब आरक्षण की आग में जलकर
प्रतिभाशाली देश छोड़ जाते हैं
और नस्लीय राजनीति के ठेकेदार
देश का बँदर - बाँद कर जाते हैं
जब कहीं अंधेरा छाया हो
और कहीं दिवाली मनती है
तब कलम कोई चलती है.....
तब कलम कोई चलती है ।

खैरात में मिली आज़ादी का
जब मोल ना कोई समझता हो
माया का भोगी बन हर कोई
चमड़ी - दमड़ी पर झपडता हो
जब इज्जत का रखवाला दूपट्टा
जान देने के काम में आता हो
और राखी बाँधकर कोई भाई
किसी बहन का चीर - हरन कर जाता हो
जब अनदेखे भविष्य की यातनायें,
आँसूओं के घेरे में पलती है...
तब कलम कोई चलती है.....
तब कलम कोई चलती है.....
ऐसे में कविता बनती है.....

श्रीमती निधि कारकी



नारी सशक्तिकरण

मौलिक रूप से हमारा समाज एक पुरुष प्रधान समाज रहा है। महिलाओं को हमेशा यहाँ दोगुना दर्ज का स्थान ही प्रदान किया गया है। पहले महिलाओं के पास

किसी भी प्रकार की स्वतंत्रता ना होने के कारण उनकी सामाजिक और पारिवारिक स्थिति एक पराश्रित से अधिक और कुछ नहीं थी जिसे हर दम पर एक पुरुष के सहारे की जरूरत पड़ती थी। वैसे तो आज़ादी के बाद से ही महिला उत्थान के लिए विभिन्न प्रयास किये जाते रहे हैं।

लेकिन पिछले कुछ वर्षों में महिला सशक्तिकरण की बयार में अत्यधिक तेजी देखी गई है। इन्हीं प्रयासों के परिणामस्वरूप महिलाओं के आत्मविश्वास में कई गुना बढ़ोतरी हुई है और वे किसी भी चुनौती को स्वीकार करने के लिए खुद को तैयार करने लगी हैं। नारी सशक्तिकरण के तहत महिलाओं के भीतर ऐसी प्रबल भावना को उजागर करने का प्रयास भी किया जा रहा है कि वह अपने भीतर छिपी ताकत को सही मायने में उजागर कर बिना किसी सहारे के आने वाली हर चुनौती का सामना कर सकें।

आज की महिलाएँ सिर्फ घर गृहस्थी को संभालने तक ही सीमित नहीं रही हैं बल्कि हर क्षेत्र में उन्होंने अपनी उपस्थिति दर्ज

करा दी है
व्यावसायिक क्षेत्र
हो या
पारिवारिक
महिलाओं ने यह
या साबित कर दि
है कि वे हर वो काम कर सकती हैं जो कभी
पुरुषों के योग्य समझा जाता था।



शिक्षा और आत्मनिर्भर बन जाने के कारण वह अपने ऊपर विश्वास कर अपने जीवन, संबंधी निर्णय लेने लगी हैं।

नारी सशक्तिकरण की पैरवी करते हुए हम इस बात को नकार नहीं सकते कि करने की बात जब हम एक को सशक्त करते हैं तो स्वाभाविक तौर पर हम दूसरे वर्ग के अधिकारक्षेत्र को सीमित कर रहे होते हैं। ऐसे हालातों में भारतीय पुरुष जो महिलाओं का दमन - शोषण करना अपना शौक समझते थे वह इस बात को सहन नहीं कर पा रहे कि दबी कुचली महिलाएँ अब अपने अधिकारों के लिए आवाज उठाने लगी हैं। यही कारण है कि महिला सशक्तिकरण को बहुत अधिक तरीक़ों से दिए जाने के बावजूद पुरुष वर्ग में एक तबका ऐसा भी है जो महिलाओं की आज़ादी को अपने लिए घातक मान कर चल रहा है। अपने झूठे पुरुषत्व को कायम रखने और महिलाओं को उनसे निम्न होने का अहसास दिलवाने के लिए वह कभी उसके सम्मान के साथ खिलवाड़ करता है तो कभी उस पर हाथ उठाता है। घरेलू हिंसा को रोकने और



स्त्री शिक्षा को बढ़ावा देने जैसे कानून हमारे समाज की कड़वी हकीकत को बयान करते हैं कि समय परिवर्तित हो जाने के बावजूद भी पुरुष आज भी स्वयं को महिलाओं को सम्मान देना पसंद नहीं करते। उनकी मानसिकता आज भी पहले जैसी ही है। विवाह के तुरंत बाद ही उसे अपनी पत्नी के साथ मारपीट करने का अधिकार प्राप्त हो जाता है। बेटी को शादी के बाद दूसरे घर ही जाना है तो उसे पढ़ा लिखाकर खर्चा क्यों किया जाए। लेकिन सरकार उन्हें लालच देती है तो वह उसे पढ़ाने के लिए भी तैयार हो जाते हैं और हम यह समझने लगते हैं कि परिवारों की मानसिकता बदल रही है।

दुर्भाग्यवश नारी सशक्तिकरण केवल शहरी क्षेत्रों तक ही सिमटकर रह गया है।

- एक ओर बड़े बड़े शहरों और महानगरों में रहनेवाली महिलाएँ शिक्षित आर्थिक रूप से, विभिन्न क्षेत्रों में ऊँचे पदों, स्वतंत्र पर काम करनेवाली और आधुनिक विचारधारा वाली महिलाएँ हैं जो पुरुषों के दमन को किसी भी रूप में सहन नहीं करना चाहती।

अपने साथ हो रहे अत्याचारों के विरुद्ध वह अपने दम पर लड़ना जानती हैं। इनकी लेकिन उन्होंने जो संख्या भले ही कम हो सम्मानजनक स्थिति प्राप्त की है वह बेहद प्रशंसनीय है।

हमारा पुरुष प्रधान समाज जिन परंपराओं और मर्यादाओं की दुहाई, संस्कारों देकर महिलाओं को अपने द्वारा निर्मित पुरुष द्वारा उन्हीं है दायरे में रखना चाहता

सीमाओं का अतिक्रमण और अवमानना कोई नई बात नहीं है।

हम भले ही खुद को आधुनिक कहने लगे हों लेकिन वास्तविकता यही है कि, आधुनिकता केवल हमारे पहनावे और व्यवहार में आई है लेकिन चरित्र और विचारों से अभी भी हमारा समाज और इसमें लोग पिछड़े हुए ही हैं। रहने वाले

पुरुष वर्ग महिलाओं को आज भी एक वस्तु की भाँति अपने अधीन बनाए रखना चाहता है। आज महिलाएँ गृहणी से लेकर एक सफल व्यापारी की भूमिका को सहज ढंग से निभा रही हैं। वह स्वयं को पुरुषों से बेहतर साबित करने का एक भी मौका गवाना नहीं चाहती। अगर वह खुद में छिपी ताकत को पहचान अपना पृथक और स्वतंत्र अस्तित्व निर्माण करने का प्रयास करती है तो वह पुरुषों से ज्यादा बेहतर निर्णय लेने की काबिलियत रखती है। आधुनिक युग की महिलाएँ पुरुष के समकक्ष ही नहीं बल्कि कई क्षेत्रों में तो भी चुनौती दे रही हैं। पुरुष के वर्चस्व को अपनी मेहनत और काबिलियत के बल पर आज की महिलाओं ने अपनी एक अलग पहचान बनाई है।

पूनम रायप्रगति सदस्य,

नवा वालसुर



Be Glad Your Nose Is on Your face!!!

Shared by: Ria Raghu

Be glad your nose is on your face,
not pasted on some other place,
for if it were where it is not,
you might dislike your nose a lot.

Imagine if your precious nose
were sandwiched in between your toes,
that clearly would not be a treat,
for you'd be forced to smell your feet.

Your nose would be a source of dread
were it attached atop your head,
it soon would drive you to despair,
forever tickled by your hair.

Within your ear, your nose would be
an absolute catastrophe,
for when you were obliged to sneeze,
your brain would rattle from the breeze.

Your nose, instead, through thick and thin,
remains between your eyes and chin,
not pasted on some other place—
be glad your nose is on your face!

Mother Earth

By: Smrithi Sivakumar

You have been treating me,

As your beloved child,

Oh mother Earth!!!

I belong to you

I walk

I eat

I laugh

I smell

I live by you

Oh Mother Dear!!!

Budding Artists



By : Smrithi Sivakumar



By : Arihant Singh



By : Arjun Raghu

Glimpses of NWWA Initiatives



CO Interaction with NWWA Ladies



Visit to New Born Baby



Swachh Bharat



Cultural Evening for COM



Valsura Idol



Department Meeting



Dandiya Night



Rakhi Celebration

