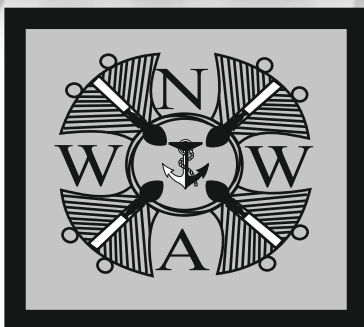


Varuni

September 2013



Farewell and Welcome

We bid adieu to

Mrs Charu Tandon
Mrs Sangeeta Mishra
Mrs Alka Gautam
Mrs Vandana Pathak
Mrs Rajni Sharma
Mrs Masooma Dubey
Mrs Smita Rath
Mrs Meera Sunderajan
Mrs Sanjida Panda
Mrs Sheetal Alok
Mrs Mamta Patil
Mrs Arushi Gupta
Mrs Sweta Vashistha
Mrs Shikha Singh
Mrs Taariqa Atri
Mrs Preeti Kapoor

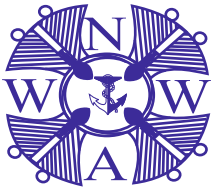


We Welcome



Mrs Sumathi Ajit
Mrs Surekha Patil
Mrs Shelly Jaiswal
Mrs Sudeepta
Mrs Roji Sharma
Mrs Navdeep Kour
Mrs Poonam Upadhyay
Mrs Neeta Ramrao
Mrs Supriya Wahi
Mrs Ishu Shivravan
Mrs Akriti Nandal
Mrs Vidyalakshmi Nair





NWVA Message from the President NWVA INS VALSURA



Dear Friends,

Welcome back. I am sure you would have all enjoyed the summer break whether here at Valsura or elsewhere.

Many new ladies have joined the NWVA Valsura family. I extend a warm welcome to them and look forward to their active participation in the forthcoming activities. Also, we had to bid good bye with a heavy heart, to the Valsura ladies who proceeded on transfer during the break. But as we all know, goodbyes are not forever and goodbyes are not the end. They simply mean we'll miss them until we meet again. We wish them all the best in their next station.

Unlike the drought like situation last year, this year we had good monsoon rains in Jamnagar. It is so nice to see greenery all around and I was overjoyed to see that the peacocks have returned to Valsura. A number of small water bodies have sprung up where birds like egrets, spoon bills, herons, godwits, ducks and painted storks can be seen in abundance. A nature walk and bird watching trip was organized recently by the Pragati group and conducted by our own 'Salim Ali', Cdr SC Das. It was heartening to see an overwhelming response for this trip from the ladies and children of Valsura.

We recently had a number of medical camps for the women of Valsura which included breast and abdominal examination by ultra-sonography, bone density test and CPR training. We women should take special care of our health and these regular health camps being conducted by the Arogya group and the PMO, Valsura are very positive developments.

In the end, wish you all a very happy and fun filled times ahead.

Manju Naithani
Manju Naithani

From the Editor's Desk

By Kalyani Subramanyam



Dear Readers,

As I complete one and a half years in Valsura and work on the 3rd edition of the Varuni, I feel extremely satisfied to bring to you the immense talent and the voices of Valsura through Varuni.

In the last quarter we bid farewell to our Sanchar team member Srihita Reddy who has moved to Mumbai. We miss her valuable support in liaising, getting all the photographs together and editing. We wish her all the best in Mumbai.

We warmly welcome our new member Aakriti Nandal who comes with proficiency in English writing.

In this newsletter, we bring to you an update of the NWWA activities over the last 4 months. NWWA as always has had many interesting events and opportunities for ladies and children to learn, build their skills and enhance their knowledge.

I hope you enjoy reading this and look forward to receiving your valuable feedback on our magazine. We welcome your articles for the forthcoming editions at kalysub@yahoo.com or the NWWA Kendra.

Sincerely,

Kalyani Subramanyam

NWWA INS VALSURA

The pillar of NWWA is it's dynamic core committee. With the transfers and movement, the NWWA committee was reorganized and a new core committee was formed consisting of the following :-

The Core Committee

President	Mrs Manju Naithani
Vice- President & FWC Coordinator	Mrs Swati Shukla
Little Angels & Literacy Coordinator	Mrs Sumathi Ajit
Treasurer	Mrs Surekha Patil
Secretary	Mrs Suvarna Surkute



NWWA President
Mrs Manju Naithani with the
core Committee members



Mrs Manju Naithani
with the NWWA
Members

NWWA GROUPS: CO-ORDINATORS & MEMBERS

The First meeting of the session was held on 5th July. The various NWWA groups, respective coordinators and members were announced. NWWA president Mrs. Manju Naithani interacted with these groups & members.

S.No	GROUP	CO-ORDINATORS	MEMBERS
1	PRAGATI	Mrs Swati Shukla Mrs Sumathi Ajit	Mrs Vini Dhody Mrs Ishu Shivrayan Mrs Deepika Chand Mrs Neeraj Singh Mrs Sangeeta Jha Mrs Pooja Kant
2	SANCHAR	Mrs.Kalyani Subramanyam Mrs Rashmi Singh	Mrs Malavika Shiv Kumar Mrs Aakriti Nandal
3	JAGRITI	Mrs Mini Gopakumar Mrs Shelly Jaswal	Mrs Prithi Sujit Mrs Poonam Upadhayay
4	AROGYA	Mrs Nita Ramrao	Mrs Shruti Manhas Mrs Darshana
5	PRAKRITI	Mrs Hema Raghu Mrs Preeti Das	Mrs Amrita Suryanarayana Mrs Ritu Sharma Mrs Purnima Paliwal
6	UDAAN	Mrs Swapna Joy Mrs Roji Sharma	Mrs Sudeepta S Rahul Mrs Shruti Pande Mrs Sherry John
7	SPARSH	Mrs Deepti Ahluwalia Mrs Dipika Dhal	Mrs Swati Kumar Mrs Rachna Mishra Mrs Supriya Wahi
8	SAMUDRI	Mrs Swati Shukla	Mrs Huma Midha Mrs Akanksha Guleria
9	LITTLE ANGELS	Mrs Sumathi Ajit	
10	SAUNDARYA	Mrs Preethi Das	
11	TARANGINI	Mrs Sumathi Ajit	

**Pragati
Members**



Sanchar Members



Udaan Members

**Jagriti
Members**





Arogya Members



Samudri Members



Prakriti Members



Sparsh Members



Saundrya Co-ordinator



**Little Angels &
Tarangini Co-ordinator**

NWWA Secretary Report by Suvarna Surkute

Coffee Evening and Thanksgiving



On 24th April 2013 a coffee evening on the theme 'Shades of Summer' was hosted. All the ladies came dressed in the cool and soothing shades of summer. The event began with a welcome song followed by a group dance. The fun filled evening had the ladies participate and compete in a 'Salad Decoration' contest in which they prepared interesting decorations and won prizes. A 'Miss Summer' competition was also held with a ramp walk and Q& A session. Three ladies were crowned Ms Summer. This event served as a thanksgiving for all the NWWA members. The President NWWA, Mrs Manju Naithani appreciated and thanked all the ladies for their enthusiasm, hard work and contribution towards making the activities of NWWA meaningful and exciting.

Welcome of New Born Babies

On the 25th of May, the senior ladies from NWWA visited the newborn babies in Valsura. They greeted the mothers and handed over token gifts for the babies.

Summer Camp

A summer camp was organized by NWWA from 27th May to 27th June 2013 for children in the age group of 3-8 yrs. The activities were conducted by 2 of the trained assistants of the Little Angels School over a session of 2 hours each day. The camp was appreciated by the parents of the all the 30 participants. The children were primarily engaged in arts and craft. In the craft sessions, the children were taught to make masks, a variety of aeroplanes, boats and origami skills. The facilitators also taught the children storytelling through puppet theatre and made them play various team games, which gave them an opportunity to learn leadership skills.

World Environment Day

Along with the world, Valsura celebrated the 'World Environment Day' on the 5th June with a tree plantation drive. Around 300 Kesar Mango plants were planted in one large plot named 'Kesar Vatika' and Badam saplings were planted in the newly constructed Civilian residential area in Valsura.



On the same day, a poster making competition was also held on the theme 'Clean and Green Environment' and this had active participation from the sailors, officers and children. The best posters were awarded prizes.

Capsule on Cardio Pulmonary Resuscitation and Basic Life Support

The Arogya group organized a capsule on CPR/BLS (Cardio Pulmonary Resuscitation/ Basic Life Support) on 16th July for all the NWWA ladies. The objective of the session was to impart BLS and CPR skills to ladies so that they are equipped to respond in times of need and can save precious lives. The lecture was attended by about 70 ladies. Surg Lt Cdr Sadaf Shaheen delivered a presentation and gave a demonstration on a mannequin.

The ladies present at the session were also given an opportunity to practice the techniques of CPR on the mannequin.

Milan

The Ladies of Exo & Training department organized a Milan on the theme 'Saawan' in the month of July. The NWWA Annual General Meeting was also held during this event. The NWWA Secretary for 2012, Ms Vinni Dhody explained the role of NWWA and its groups to the ladies. She also updated them on the activities carried out by NWWA. Her presentation was very motivating and inspiring. Ms Gauri Mukhedkar, Treasurer 2012 presented the financial report for the year.

Based on the theme of 'Saawan' everyone was dressed in shades of green.

The cultural event began with a welcome song and it was followed by a dance. A quiz on songs from Bollywood based on props was conducted and many ladies won prizes.

The program concluded with a speech by Mrs Manju Naithani welcoming the new ladies and encouraging all the members to participate enthusiastically in NWWA activities.

Yoga Camp

A Yoga Camp was held in the base from 1st to 10th August. An instructor from the Ayurveda University of Jamnagar conducted sessions for 10 days for an hour each day. He brought out the connection between the mind and the body and shared ways to de-stress.



His camp started with 'Sukshma Vyayam' or gentle exercises and gradually progressed to Surya Namaskar, Dhanurasan etc. He taught the ladies many exercises specifically for the abdomen and back. The ladies and senior citizens who participated in the camp were very satisfied with the learning from the camp. The University conducts a 1-year diploma course in Yoga and ladies were encouraged to sign up for the course. Mrs Shukla who attended the camp has this to say after attending the camp, "I found that my body became more flexible by the end of the program. I also felt more relaxed both physically and mentally."

Coffee evening

The ladies from CAT and the LES department organised a coffee evening: 'Shake it Up!' which looked at the importance of getting healthy and fit. The fun filled evening had all the ladies dressed up in sports and exercise gear. The event began with a short video on Women and Sport. The ladies were given a presentation on 'Eating Right', where they were explained the importance of a balanced diet and the right combinations of food.

An exciting round of 1 minute games was conducted which had ladies competing to skip the rope, play the dart, hit the Table tennis ball and blow maximum balloons in the time of one minute. The ladies lived up to the challenge and competed to win prizes. An interesting feature of the event was a demonstration of the preparation of Lemon n Cheese Cake and Rainbow salad. The chef Kapil Kumar, Ldg Cook (O), from the Ward Room, explained the preparation step by step and the ladies were also given recipe sheets.

The event ended with an aerobics work out session with all the ladies hitting the floor to exercise to peppy music.

Bird Watching and Nature Walk

The Prakriti group organized a bird watching activity and nature walk on the 1st of September in and around the surrounds of Valsura. At 6 AM in the morning 135 ladies and children left the comfort of a lazy Sunday bed, to enjoy the breathtaking sights of the Valsura environs and get a better understanding of the natural environment. The activity was conducted by our resident ornithologist Cdr Subhash Das who started the walk explaining the basic rules of birdwatching. The group then went about the whole base, stopping frequently



to see beautiful birds. The sight of the lovely flamingoes, drongos, bulbuls, robins and many more birds filled the hearts of the ladies and the children which sheer joy. At the end of the event a quick quiz was conducted to see the awareness and alertness of the children. The group left the event with a sense of achievement and a commitment to protect the nature.

Celebrations for the Independence Day:

Independence Day was celebrated with a lot of joy and enthusiasm at the Little Angels and Naval KG school and the Literacy class. The tiny tots at Little Angels saluted the flag and sang the National Anthem. At the Literacy Class the children gave a speech on the significance of Independence day and sang patriot songs. The Naval KG school had organised a cultural event to celebrate the 66th year of Independence. It was wonderful to see the children dressed up in ethnic dresses and dance to the various numbers.



Celebrate with Cakes



Chocolate sponge cake

Ingredients

- 6 eggs
- 4 serving spoons of self raising flour + 1 tsp. baking powder
- 2 serving spoons of cocoa powder
- 6 serving spoons sugar
- 1 tsp. chocolate essence

Method:

Separate egg white from egg yolk. Beat sugar and egg white till it becomes stiff. Add the yolk. Mix the flour, baking powder and the cocoa powder together. Then slowly fold the flour mixture into the egg base. Line the tin. Pour the entire mixture in the tin and bake for 25 to 30 minutes in a preheated oven at 180 degree Celsius.

For the Icing:

- $\frac{1}{2}$ Liter of cream
- 200 gram sugar
- Chocolate Essence
- $\frac{1}{2}$ cup milk (chilled)



Beat cream & sugar on ice. Slowly add milk and gradually keep beating adding the entire milk until it becomes light & fluffy. Once cooled, cut the cake into 2 halves and soak it in the sugar syrup. Sandwich the cake with cream mixture. Add the remaining cream on the top. Then pipe in the cream and decorate it with the help of star nozzle.

For Truffle Icing:

- 500 grams dark chocolate
- 100 grams cream

Grate the chocolate and put it on a double boiler. Add cream to it mixing continuously to avoid lumps. When the mixture is smooth pour it on the cake. Pipe in the cream mixture and decorate the cake.

Basic Pineapple sponge cake

Ingredients:

- 6 eggs
- 6 serving spoons of self raising flour +
- 1 tsp. baking powder
- 6 serving spoons sugar
- 1 tsp. Pineapple essence



Method:

Separate egg white from egg yolk. Beat sugar and egg white till it becomes stiff. Add the yolk. Mix the flour & baking powder together. Then slowly fold the flour mixture into the egg base. Line the tin. Pour the entire mixture in the tin and bake for 25 to 30 minutes in a preheated oven at 180 degree Celsius.

For the Icing:

1. $\frac{1}{2}$ Liter of cream
2. $\frac{1}{2}$ cup milk (chilled)
3. 200gram sugar
4. Pineapple Essence
5. Pineapple pieces

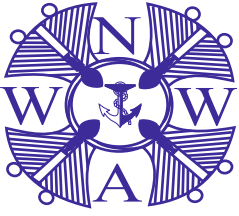
Method:

Beat cream & sugar on ice. Slowly add milk and gradually keep beating adding the entire milk until it becomes light & fluffy. Once cooled, cut the cake into 2 halves and soak it in the sugar syrup. Sandwich the cake with cream mixture. Add the remaining cream on the top. Then pipe in the cream and decorate it with the help of star nozzle and pineapple pieces.



It takes 17 muscles to smile and 43 to frown.





नव्वा अध्यक्ष का संदेश



प्रिय सहेलियो,

आप सभी का एक बार फिर स्वागत हैं। मुझे पक्का यकीन है कि आप सभी ने गर्मी की छुट्टियों का भरपूर आनंद उठाया होगा चाहे आप वालसुरा में हो या फिर कहीं ओर।

अभी - अभी नव्वा परिवार में बहुत-सी महिलाएँ शामिल हुई हैं। मैं, उन सभी का हार्दिक अभिनंदन करती हूँ और आने वाली गतिविधियों में उनकी सक्रिय भागीदारी की आशा रखती हूँ।

साथ ही, मैं भारी मन से गर्मी के अवकाश के दौरान तबादले पर जाने वाली महिलाओं को अलविदा कहती हूँ। पर जैसा कि हम सभी जानते हैं कि अलविदा कभी हमेशा के लिये नहीं कहा जाता है और ना ही इससे कुछ खत्म होता है। इनका सीधा-सा मतलब है कि जब तक हम उनसे दुबारा नहीं मिलते हम उन्हें याद करते रहेंगे। हम उन सभी को उनकी नई मंजिलों के लिए शुभकामनाएँ देते हैं।

पिछले साल की सूखे जैसी परिस्थितियों से अलग इस साल जामनगर में अच्छी बारिश हुई है। अपने आस-पास की हरियाली को देखना एक सुखद अनुभव है। साथ ही, वालसुरा में मयूरों को वापस आता देखकर मुझे बेहद खुशी हुई है। जगह - जगह पर छोटे - छोटे जलाशय बन गए हैं जिसमें इग्रेट, स्पूनबिल, बगुले, गोडविल, बत्तख और पैंटेड स्टॉर्क जैसे प्रवासी पक्षी बहुतायत में दिखाई देते हैं। हाल ही में प्रगति समूह द्वारा आयोजित तथा हमारे अपने सलीम अली कमांडर एस सी दास द्वारा संचालित एक “प्रकृति की सैर” और “पक्षी-दर्शन” कार्यक्रम हुआ था। वालसुरा की महिलाओं तथा बच्चों में इस कार्यक्रम के प्रति उमड़ती उत्सुकता को देखना एक सुखद अनुभव था।

वालसुरा की महिलाओं के लिए भी हाल ही में हमने कई चिकित्सा - शिविर लगाए हैं जिनमें अल्ट्रा - सोनोग्राफी द्वारा स्तनों तथा पेट की जाँच, अस्थि घनत्व परीक्षण तथा सी पी आर प्रशिक्षण शामिल हैं। हम महिलाओं को हमारे स्वास्थ्य का विशेष ध्यान रखना चाहिए और वालसुरा के आरोग्य - समूह तथा प्रधान चिकित्सा अधिकारी द्वारा संचालित ये नियमित स्वास्थ्य शिविर बहुत ही सकारात्मक कदम हैं।

अंत में, मैं आप सभी को आनंद और खुशियों से भरे आगे आने वाले समय की शुभकामनाएँ देती हूँ।

मंजू नैथानी
मंजू नैथानी

नव्वा अध्यक्ष

"बरखा रानी आई है"



बरखा रानी आई है,
संग हरियाली लाई है ।
मटक मचल के मोर पपीहे,
देखो ली अंगड़ाई है,
बरखा रानी आई है ॥

सज गये बगियाँ और उपवन,
हरी हरी रूत ले के आई सावन ।
रंग बिरंगे तितली भँवरें,
कलियाँ पर मंडराई है,
बरखा रानी आई है ॥

नदियाँ सर – सर बहने लगी,
झरने झर - झर गिरने लगे ।
कौए भालू और चिड़ियाँ
सबने डुबकी लगाई है,
बरखा रानी आई है ॥

आँख मिचौली खेले बादल,
कभी धूप कभी छाँव करे ।
कभी तेज सी पवन चले,
कभी बूंदे बरसाई है,
बरखा रानी आई है ॥
संग हरियाली लाई है.....

मौसम पंडित

किचन टिप्स

1. मठरी बनाने के लिए मैदे को तिल के तेल से गुथने से वह ज्यादा कुरकुरी और स्वादिष्ट बनती है ।
2. मशरूम को पकाते समय उसमें 1 चम्मच नींबू का रस और मक्खन मिला दे, तो उनका सफेद रंग रहेगा और टूटेंगे नहीं ।
3. जमीकंद छीलते समय हाथ में तेल लगाने के बाद भी खुजली होती है लेकिन उसके बाद यदि हाथों में नमक रगड़ ले तो जलन व खारिश बिल्कुल नहीं होगी ।
4. लहसून के पाउडर का डिब्बा किचन में खुला छोड़ कर रखे सारे काकरोच गायब हो जायेंगे, और किचन में सिर्फ आपका राज होगा ।
5. मक्खियों से परेशान है तो कपूर की एक दो डली लोहे की किसी चीज पर डालें, मक्खियाँ फौरन भाग जाएगी ।
6. खाना पकाते समय सोड़े का प्रयोग न करें इससे भोजन के पौष्टिक तत्व नष्ट हो जाते हैं ।
7. मोमबत्ती को ठंडे पानी में रख कर जलाओं देर तक जलेगी और रोशनी अच्छी देगी ।
8. नींबू का अचार खराब हो रहा है तो थोड़ा सा सिरका मिलाकर पका दे अचार ठीक हो जायेगा ।
9. चीनी के जार में 3-4 लौंग डाल दें तो चीटियाँ नहीं आयेगी ।
10. अण्डे का आमलेट बनाते समय अंडे में 1 चम्मच दूध डाल कर फेटिए आमलेट अच्छा बनेगा ।

सेहत-भरे नुस्खे



1. सुबह - शाम खाली पेट 5-10 तुलसी के पत्ते चबाने से पाचन शक्ति ठीक रहती है ।
2. नारियल के दूध को चेहरे पर लगाने से ग्लो आता है ।
3. सांस की परेशानी से बचने के लिए रोज रात में सोने से पहले लहसून की 3-4 कलियाँ दूध में उबालकर पीजिए ।
4. अगर आपके परिवार में मधुमेह की अनुवांशिकता है तो हर सुबह करी पत्ते चबा डाले इससे मधुमेह आपके पास फटकेगा भी नहीं और बाल भी सफेद नहीं होंगे ।
5. दही व्यक्ति को दीर्घायु बनाती है । दही का प्रतिदिन सेवन करें ।
6. दवाई से जुकाम दब जाती है इसलिए 2 चुटकी चीनी और 1 चुटकी नमक मिलाकर मुँह में डालकर ऊपर से हल्का गरम दूध पी ले जुकाम दो दिन में छूँ-मंतर हो जायेगा ।
7. बालों को हाईलाइट करने के लिए ग्रीन टी लगायें । ग्रीन टी को पानी में उबालकर ठंडा करके बालों को धोएं बाद में साफ पानी से धोएं ।
8. बालों में बाउंस लाने के लिए नीम की पत्तियों को पानी में उबाले और बालों को धोएं बाल झड़ेंगे नहीं व रूसी भी चली जाएगी ।
9. मेथी दाने को 1 गिलास पानी में रात भर के लिए भिगो कर रख दें । इस पानी को अगले दिन सुबह पी ले इससे न केवल रंग साफ होता है बल्कि यह एक दर्द निवारक औषधि का भी काम करता है ।
10. झुर्रिया दूर करने के लिए प्याज के रस में शहद मिला कर लगाए ।

Words of Wisdom

The Story of the Butterfly



A man found a cocoon of a butterfly.
One day a small opening appeared.
He sat and watched the butterfly for several hours
as it struggled to squeeze its body through the tiny hole.
Then it stopped, as if it couldn't go further.



So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bits of cocoon. The butterfly emerged easily but it had a swollen body and shriveled wings. The man continued to watch it, expecting that any minute the wings would enlarge and expand enough to support the body, neither happened! In fact the butterfly spent the rest of its life crawling around. It was never able to fly. What the man in his kindness and haste did not understand that the restricting cocoon and the struggle required by the butterfly to get through the opening was a way of forcing the fluid from the body into the wings so that it would be ready for flight once that was achieved.

Sometimes struggles are exactly what we need in our lives. Going through life with no obstacles would cripple us. We will not be as strong as we could have been and we would never fly!



