

A TRIBUTE

LT. CDR NIKHIL PHILIPOSE



The sound of a blast, shook my heart
And lit up the calm midnight sea
Without a warning, that burning boat
Took you, my Daddy, away from me

I would've done all I could to save you
I wish I was a little stronger
At one month of age, my fingers still
curled
I wish you had stayed a little longer

Your friends come by & take me in their arms
And say you have a soul that can never die
I smile at each one of them and reply

I know and so, I will not cry
Rest in Peace they say? Well, I won't let you
For there is a lot of me that you have to see
Every turn, every crawl, every step I take
Right there beside me you'll have to be

You won't miss a moment you didn't intend to
My first day at school, my first bruised knee
I know I'll cry and why not? I'm a girl
Yet you are the first person I will look up to see

A Submariner, a Fighter, a Patriot
Thank You Daddy, we are a proud family
Knowing your ashes blended with the metal of your boat
You are a legend in the eyes of Mommy and me

I will imagine you proudly wrapped in the tri-colour
As every gun salute shakes me up a little
All your friends will step up to give you a final salute
But your flame will keep burning in this monsoon drizzle

I will bid you a smiling and joyous Good bye
But when I'm alone I know I'll shed a silent tear
I will close my eyes & hope against hope
That when I open my eyes, you will be here...



In memory of Lt.Cdr Venkatraj, who passed away in the Sindhurakshak tragedy.
The poem has been written on behalf of his two year old daughter.

तिरंगे को सलाम

डा. प्रतिभा सिंह

रात के आँधियारे में तुम,
 यूँ चूप-चाप चले गये,
 तुम्हारे साथ ही बच्चों के
 सब एहसास चले गये।

बादल भी वही, सावन भी वही
 पर माहौल बड़ा संगीन है,
 नेवी-नगर, नोफरा, अस्विनी, नववा,
 हर शख्स यहाँ गमगीन है।

आश्रितों को शक्ति दे,
 शहीदों को शांति दे
 ईश्वर उन परिवारों को
 रोटी भली भांति दे।

देह-लोक से देव-लोक में
 तुम्हें भारत का पयाम है,
 मेरे प्रिय नौसैनिक वीरों

तुम्हें तिरंगे का सलाम है.... तिरंगे का सलाम है....

THE SPECIAL PEOPLE SPECIALISTS

KAANCHAN BHAGWAT



A typical conversation that I've had umpteen number of times:

"You teach at Sankalp?" (Asked with an incredulous expression).

"What a noble thing to do" (said with a look that is a mixture of shock, pity and even disdain).

"Good thing to pass your time" (By now I am close to fuming, as I am a professional Special Educator and teaching at Sankalp is not a mere pastime for me – it is practicing my trade.)

I sincerely can't fathom why people feel that being a Special Educator or a Rehab professional is akin to doing social work or is merely a pastime. Its time our society sat up and took note of the fact that there are differently-abled individuals and that there have to be specialists who help in their rehabilitation, placement and mainstreaming.

For those who may not know, Special Education deals with the education of children with Special Needs and a Special Educator is a trained professional who works with them. Children with Learning Disabilities, visual/hearing/speech impairments, physical and mental handicaps, Autism Spectrum Disorders- to name a few – all come under the purview of Special Education. A Special Educator does a B.Ed. (Spl. Ed.) course as a Post-Graduate course and further specializes in one of the areas mentioned earlier by completing a M.Ed. (Spl.Ed.). A Special Educator is registered with the Rehabilitation Council of India and is thus licensed to work, quite like doctors are registered with the Medical Council of India. It is a highly specialized field – and one that needs liaising with other professionals like Physiotherapists, Occupational Therapists, Speech

Therapists, Clinical Psychologists, Neurologists and many others.

The NWWA-run Sankalp schools (which exist in every major Naval Base), cater to the educational requirements of Special Needs children of our Services' personnel. Sankalp (Visakhapatnam) was the first of these schools and was started by NWWA in 1990. All Sankalp schools are staffed with trained professionals who are not merely "doing time pass", but rather are looking into very specific requirements of each child. The amount of assessments, reporting, planning and programming that goes into each child's file is mind-boggling! The children's physical, emotional, recreational, vocational and academic prognosis and progress are well-documented. A lot of effort goes into the development of each and every child and seeing the slightest sign of progress is a feeling beyond description!

So the next time you buy a Sankalp product, do so with a sense of pride, not with a feeling of charity. And the next time you visit a Sankalp, look at the grit and determination evident in the efforts of the staff and children alike – for that is what is the guiding force behind the schools – the Sankalp to do better.



Aorta - an armed forces organ donation initiative

DR KANAN BHARDWAJ



Organ transplantation has become a viable option to treat end stage liver, renal, cardiac, pancreatic diseases and intestinal failure. Limiting factor in successful organ transplantation program has been the acute shortage of available organs for transplantation. Every year more than three fourths of needy patients die waiting for a transplant due to lack of organs. The answer to this lies in developing a successful deceased donor organ transplantation program by enhancing organ donation. India has an abysmally low rate of organ donation. This has been mainly due to the low awareness among the general population and medical community on the concept of brain death and organ donation. To obviate this, a need for a sustained awareness campaign was envisaged which led to the development of The Armed Forces Organ Retrieval and Transplantation Authority (AORTA) on 11 Apr 07.

AORTA maintains the organ donor registry for the armed forces for individuals who wish to pledge to donate their organs in the event of their brain death. Till date over 10,000 serving and retired personnel, civilians and their families have pledged to donate their organs.

A total of 116 Brain Deaths have been declared in Army Hospital till date of which 90 families were counselled of which 43 accepted and finally 38 multiple organ donations have



been carried out till date. This is one of the highest number of brain death declaration and multiple organ donation achieved by a single institute in the country. The multiple organ donations have facilitated 46 liver (including two livers received from AIIMS), 67 kidney, 64 corneal and 18 heart valve transplants. Armed forces have also shared 19 kidneys with AIIMS and other Command Hospitals in the country. Goa naval area has taken a step towards this noble cause.

NWWA (Naval Wives Welfare Association) with INHS Jeevanti organised a seminar on Organ Donation at Rajhans on 26th Aug 2013. Eminent speakers from team of AORTA delivered a talk on benefits of organ donation. Surg Capt CS Naidu, VSM transplant and Gastro Intestinal surgeon and Col Sandeep Thareja, VSM gastro physician from AORTA delivered a talk followed by a question answer session for audience. Flag Officer Goa Area Rear Adm BS Parhar, NM and NWWA President Manjit K Parhar took a pledge to donate their organs in case of brain death. The seminar was attended by more than 300 people from Naval community, Ex-servicemen and civilian community and more than 200 people have already pledged to donate their organs. It is felt that there is an urgent need of hour to pledge for such noble cause and donate our organs in case of brain death.



Where's the party tonight

RADHIKA ARUNKUMAR

Everyone has had a disaster happen in the kitchen with the arrival of unexpected guests at one point or another. I am sure my account could be similar to what many may have experienced. If someone tells me otherwise, well, hats off to them.

It has been 20 yrs to date but I can never forget that particular day in the kitchen. You would think what could possibly go wrong at a dinner birthday party for my husband and six course-mates. A young wife in action with the kitchen in full control, the bell rings announcing the arrival of the guests. But what do you see, apart from those invited... there are a few who have invited themselves.. "Elbow-Bender me akele baithe hue the"..Hello!! five young men sitting together..how could they be 'akele'.... So there I go scurrying to the kitchen to extend the food to accommodate the five walk-ins leaving hubby dear to entertain. Not a smart cook I had cooked just enough for a few. Well you can blame it all on the young and inexperienced me. I pressure cook some dal, add tomatoes and potatoes to the existing menu patting my back for thinking quick.

Wearing a smug look I walk into the front room only to be hit upon with another ten odd course-mates and ship-mates who have heard about the birthday



party. Today I wonder why we didn't call for food from IMSC!!!. Back in the kitchen, there is furious thinking and heavy duty activity starting from adding water to the dal, pressure cooking rice to add to the existing biryani and frying extra pories. Having done that, I find we have had another set of friends who have dropped in to wish hubby dear, and since we were all the 'no formalities' types, they decided to invite themselves to dinner as well.. Back I go to the kitchen to see what can be done when the maid sheepishly

tells me we are out of rice and atta. Inspecting the various preparations I find the dal has become watery, the four vegetable dishes tasteless and the biryani lumpy due to the various surgical procedures that all of them have undergone.

Trying to seek out hubby dear in the swelling crowd of thirty odd boisterous young men seemed futile. It was then that I remembered what my hubby always says..'bash on regardless..jo hoga dekha jaayega'. Giving up..I decided to join the party that was in full swing....tributes to Kishore da and Rafi saab.. academy jokes ...a couple of course-mates getting 'senti'..was the order of the evening.

I don't remember when the party ended ...but what I do remember distinctly... we had no left overs.....!!!!

Cookery





Handvo *A baked snack from the land of the Mahatma*

Ingredients:

Rice – one small cup	Sour curd – one small cup
Split pigeon peas – half cup	Cooking oil – four table spoons
Golden gram – half cup	Sesame seeds – one tea spoon
White lentil – half cup	Mustard seeds – one tea spoon
Bottle Gourd – half cup grated	Asafoetida – one pinch
Cabbage – half cup chopped	Cooking Soda – one tea spoon
Ginger & green chillies paste – one table spoon	Curry leaves and Salt as per taste

Procedure:

1. Soak rice and pulses separately for one hour.
2. Grind rice and pulses to a coarse consistency adding curd and water as required. Achieve cake batter like consistency.
3. Heat oil in a pan and add mustard seeds. Once it starts to crackle add sesame seeds, curry leaves and asafoetida.
4. Add this mixture to the batter and then add ginger & green chillies paste and soda bicarb and all vegetables.
5. Grease a baking tin with oil. Pour in the mixture. Bake for 15 to 20 minutes in a pre heated oven at 180 deg until a tooth pick comes out clean.
6. Cool and cut to small square pieces. Serve at room temperature.

Calories per serving:

60 Kcal

Cost:

Rs 75/- for 6 pieces



Vazhaipu Vadai

A 'healthy' snack from the land of temples

Ingredients:

Vazhaipu – one cup cleaned and chopped
 White lentil – half cup small
 Split Bengal gram – one cup
 Red and Green chillies – two each
 Curry leaves – handful
 Asafoetida – one pinch
 Salt – as required
 Oil – as required for frying

Procedure:

1. Wash and soak the lentils together for one hour.
2. Grind to a coarse consistency.
3. Add chopped red and green chillies, asafoetida, chopped curry leaves, salt and the vazhaipoo. Pat the mixture into small round pieces
3. Heat oil in a pan. Fry each piece until it is golden brown.
4. Serve with tomato relish.

Calories per serving:

75 Kcal

Cost:

Rs 60/- for 6 pieces



Kosmalli *A traditional salad from South India served on special occasions*

Ingredients:

Golden gram - 30 gms
 One large Carrot grated
 One large Cucumber diced
 One small Mango diced
 Peanuts (roasted and crushed) – 30 gms
 Grated coconut, Coriander, Green chillies
 Lemon and Salt – as per taste

Procedure:

1. Wash and soak Golden gram for one hour. Drain water.
2. Mix Golden gram, carrot, cucumber, mango, grated coconut and peanuts.
3. Add finely chopped green chillies, coriander, lemon juice and salt.
4. Serve immediately.

Calories per serving:

75 Kcal

Cost:

Rs 45 /- for 6 pieces



Elai Adai *A steamed dessert wrapped in banana leaves from God's own country*

Ingredients:

Jackfruit jam – two small cups
Coconut – grated one and half cup
Raw rice – two and half cups
Banana Leaves – as required for wrapping

Procedure:

1. Soak rice for three hours. Grind to a smooth paste and add a pinch of salt.
2. Add coconut to the jack fruit jam and heat till it is mixed well and obtain a smooth consistency.
3. On a banana leaf, spread rice paste and spread the jackfruit jam on top and fold like a kerchief ensuring that the sides are sealed.
4. Steam the packed banana leaves.
5. Serve at room temperature.

Calories per serving:

65 Kcal

Cost:

Rs 12 /- per piece



Panagam *A traditional tropical drink made with a refreshing twist*

Ingredients:

Jaggery - 100 gms
Dried ginger powder – 15 gms
Cardamom powder – 20 gms
Water – 600 ml
Lemon and Mint – for taste

Procedure:

1. Muddle 80 gms of Jaggery, 10 gms of dried Ginger powder, 20 gms of Cardamom and a few sprigs of Mint to a fine paste using a pestle and mortar.
2. Take 600 ml of water and add few drops of lemon juice.
3. Mix in the paste with a ratio of one table spoon for each 100 ml of water. Increase or decrease concentration as per taste.
4. Coat rim of serving glass with powdered jaggery and dried ginger powder.
5. Serve at room temperature.

Calories per serving:

20 Kcal

Cost:

Rs 8 /-per glass



Quiche *(It is a savoury, open-faced pastry crust with a filling of savoury custard with cheese, meat, seafood, or vegetables. It is part of French cuisine)*

Ingredients:

Maida-125gms	1 Sweet corn (full) boiled and removed
Butter- 50gms	½ Cup Cheese (more cheese can be added as per taste)
Milk	Oregano
4 Eggs	1big Onion
Yeast	1pkt Bacon
1Capsicum (can use red/yellow bell peppers)	Salt to taste
3tbs Celery	
3 Sprigs Spring onions	

Procedure:

In ¼ Cup Luke warm milk mix 1/2 leveled tsp yeast and keep aside for 15mins or till fermented. Knead 125gms of Maida with 50gms butter and 1-2 tsp of salt to make dough. Roll it out to make the base of the pie but not very thick. Line this on a pie dish pressing the bottom and along the sides leave the remaining dough for folding onto the mixture. In a pan put the bacon (bacon gives out oil) add the onions n fry, nicely add the capsicum and switch off flame. Take the pie dish, sprinkle spring onions and oregano generously. Add the bacon mixture with sweet corn to the make the pie dish ¾ full. Now take 4eggs and mix them with 8 tbsp milk, beat well and pour it over the above mixture to fill the pie dish but not to over flow .Sprinkle ½ cup cheese and oregano. The remaining pie dish dough to be folded inwards to secure the mixture. Bake for 40 minutes at 240 degrees.



Apple Cider

Ingredients:

5 Apples, Cinnamon, Cardamom, Cloves, Tea leaves

Procedure:

Remove cores from apples and cut them into 2cm cubes. Place apples, cinnamon, cloves and cardamom in a large saucepan. Pour over 5 cups cold water. Place over medium heat and bring to boil. Reduce heat to low. Simmer partially covered, for 18 to 20 minutes or until apples are soft. Strain the juice into a jug. Pour into heatproof glasses and serve.

Pumpkin Pie

Ingredients:

1kg Pumpkin
Milk Maid
Milk
Maida
Yeast, Butter
Salt
Cinnamon powder



Procedure:

In $\frac{1}{4}$ cup luke warm milk mix $\frac{1}{2}$ leveled tsp of yeast and keep aside for 15mins or till fermented. Knead 125gms of maida with 50gms butter and 1-2 tsp of salt to make dough. Roll it out to make the base of the pie but not very thick. Line this on a pie dish pressing the bottom and sides as you go and cut the remaining dough after the sides are lined

Boil the pumpkin, cool and puree it, add cinnamon powder and a tin of milk maid mix well and pour into the pie dish over the base. Bake for 40 minutes on 240 degrees. Check if done by inserting a toothpick which should come out clear.



Cheesecake

Ingredients:

125 Grams biscuits crushed
80 grams butter
100gms cheese spread
2tsp cream
1cup whipped cream
4 tbsp gelatin melted (double boiler)
Few drops of lemon juice
1 Cup Banana puree (any fruit crush only pulp no water)
Essence vanilla (same as fruit pulp)
200gm hung curd

Procedure:

Mix crushed biscuits and butter to make the base of the cheese cake by pressing down onto the base of the dish, keep aside. In a bowl mix hung curd, banana puree, cheese-spread, cream, essence, lemon juice, whipped cream and finally gelatin and pour onto the base of biscuit and butter. Place in refrigerator to set for a couple of hours



Sesame Roll *(It is a savoury, open-faced pastry crust with a filling of savoury custard with cheese, meat, seafood, or vegetables. It is part of French cuisine)*

Sesame Roll Ingredients

Filling

4tbs oil
2-4 green chillies
1 onion
1 capsicum
2tbs celery
All the above finely chopped
1cup grated cabbage
100gm Paneer grated
50gms Grated cheese

For the pancakes

½ cup corn flour
½ cup maida
2 eggs

For the roll

Bread crumbs
Sesame seeds

Salsa dip Ingredients



Tomato
Onion
Vinegar
Sugar
Tomato sauce

Procedure:

For filling

Sautee All the above as in sequence for 2 minutes .Add 1tsp mixed herbs and 1tsp white pepper powder. Now add 100 grams paneer grated and 50gm grated cheese. Lastly add salt to taste.

For the pancakes

Mix all the ingredients for pancakes and make the batter water consistency not thick. Pour batter in pan n make thin pancakes and keep aside.

For the roll

Take a pancake put a little filling and roll it folding the sides and seal with the pancake batter. Brush this batter over entire roll and then roll over a mixture of bread crumbs and sesame roll. Fry till golden brown.



CHOCOO - 1A - 1A - DA

(Mock tail)

Ingredients:

Coconut cream/milk – 80ml
 Vanilla ice cream – 6 scoops
 Pineapple juice – 600 ml
 Chocolate syrup – as required
 Crushed ice – as required

Procedure:

RMix all the ingredients in a blender. Rotate the chocolate syrup in glasses. Pour the juice mixture in the glasses and add crushed ice.

COCK A DOODLE DO

Ingredients:

6 boiled eggs
 2 tblsp chopped capsicum
 2 tblsp chopped onion
 2 tblsp chopped tomato
 2 tblsp minced chicken
 2 tblsp mayonnaise
 Salt to taste

Procedure:

IScoop out the yolk from the boiled eggs. Mix all ingredients and the stuff in white shell of the egg.



ROLLING "SIM - SIM"

(Fried)

Ingredients:

4 tblsp oil
 Finely chopped: 2 onion
 2 capsicum
 2 green chilies
 2 tblsp celery
 1 ½ cup grated cauliflower
 ¾ cup grated paneer
 1 tsp white pepper powder
 ½ cup grated cheese
 ¼ tsp mixed herbs
 Salt to taste

Procedure:

Heat the oil and add onion, capsicum, green chilies, celery and sauté for a minute. Add cauliflower, paneer, white pepper powder, cheese, herbs and sauté for 2 minutes. Add salt.

Ingredients for pancakes:

2 eggs
 ½ cup maida
 ½ cup corn flour
 salt to taste

Procedure:

Mix the above ingredients using 2 cups water and on non-stick pan make thin pan cakes. Stuff it with the made stuffing n roll over breadcrumbs n sesame and deep fry it.



IDEALLY “S(a)TAYING”

Ingredients:

- Cocktail idlis – 48
- 2 onion - cubed and layers separated
- 1 green capsicum – deseeded and cubed
- 2 tomato – deseeded and cubed
- 3 – 4 garlic cloves – chopped
- 2 tblsp lemon juice
- 2 tblsp oil
- 1 tsp pav bhaji masala
- 2 green chilli chopped
- 2 tblsp roasted peanut
- ½ cup coconut scraped
- 2 tblsp fresh coriander – chopped
- Satay sticks – 12

Procedure:

Skewer onto each satay in the following order: onion, idli, green capsicum, idli, tomato, idli, onion, idli and green capsicum. Arrange the satay sticks on a plate and sprinkle salt, garlic, pav bhaji masala, one tablespoon lemon juice and one tablespoon oil. Heat a tawa, pour oil and arrange the satay sticks on it. For the chutney grind together green garlic, green chillies, peanuts, coconut, salt, remaining lemon juice, coriander leaves and a little water. Turn the satay sticks so that they get cooked evenly all around. Serve hot with the chutney.



THE LAMBington! (Baked)

Ingredients:

- 125 gm wheat flour
- 1 pinch salt
- 125 gm castor sugar
- 2 extra large eggs
- 175ml milk
- 125ml butter or margarine
- 5ml vanilla essence
- 200 gm desiccated coconut
- Chocolate Icing ingredients
- 4 cups icing sugar
- 75 gm cocoa
- 125 ml milk

Procedure:

1. Place flour and salt in mixing bowl, add sugar, eggs, milk and butter
2. Beat for 2 – 3 minutes or until well blended.
3. Add vanilla essence.
4. Pour the mixture into greased and lined 230mm square baking pan.
5. Bake at 180 °C for 30 – 40 minutes or until skewer inserted into centre comes out clean.
6. Turn out onto cooling rack.

Chocolate icing method:

1. Place icing sugar and cocoa in saucepan over hot water; gradually add milk, stirring until smooth.
2. Trim crusts from cake.
3. Cut into 20 to 25 squares, dip into chocolate icing and then into coconut.
4. Allow to set on cooling rack.

LADY, PLEASE DON'T COOK

CAPTAIN SRIKANT B KESNUR



To take a panga with one naval wife is an act of madness, to take on the whole sorority is to be a glutton for punishment and to write against cooking in a NWWA magazine devoted to the subject is surely an act of blasphemy. And yet, fully aware of the consequences, here are my few words beseeching the naval wife to let cooking be. To begin with, a couple of caveats.

First, for a guy whose own culinary expertise is limited to making a cup of tea or boiling an egg, I admit that cooking is indeed an art and will willingly yield to those who claim that it is an indicator of highly-evolved aesthetic sensibility. So if a lady wants to cook cordon bleu cuisine for her khaandan who am I to judge? Second, I am a culinary conservative. Eclectic and adventurous otherwise, I am quite

a party pooper when it comes to food and prefer my simple 'dal-roti-sabzi' fare. But does this disqualify me from offering my unsolicited comments on an issue that most naval wives hold sacred? I am sure there must be some kindred souls somewhere whose OODA loop goes haywire when forced to decide on what to eat beyond a single dish and who groan inwardly when they see a

table laden with food. My gripe with the ladies is not the food per se, but the fact that they have made food the centerpiece of any get-together, as though their reputations depended on it.

And yet, ladies, I daresay that you should not cook, for a party that is. The trouble is not worth it. First, most guys lose sense of taste after a couple of tots and will willingly eat anything and praise you to high heavens for it. I once saw my tipsy friend gush superlatively over the baingan bharta the hostess had never cooked! Second, we come to your house to meet and talk to you. Your husband like most Navymen is a solid and likeable bloke. But he is a monochromatic character whom we have met enough already. Most naval guys only talk of two things – who is going where and who is doing what to whom. You will agree that you are indeed the better half or the more interesting one anyway. We want to know more about you, your hobbies and interests, your views about the Navy, what drives you to exasperation and what keeps you level-headed. We relish your irreverence and charming lack of understanding of the naval hierarchy. A sense of humour will help and it is more probable that you will have it than your hubby (or so we hope). Even if you are a complete neophyte in the Navy, we would like to know what you are making of your surroundings. What matters in all this is conversation, not curry, dialogue, not dessert. So why do you need to fret in the kitchen all the time and prove that you are a great cook? Imagine, instead sitting in the drawing room and breaking the gender barrier

and not letting men gravitate to the bar and ladies to the zenana khana.

My own experience has been that a single course meal garnished with gupshup, laced with laughter and sprinkled with smiles can beat a five course meal hollow. Some of my best meal memories have been single course simple affairs. Soups and salads, pav bhaji, pizza

and display your culinary wares to their full zenith. But even on such occasions, which we hope are rare, conversation and interaction is the main thing – the rest mere embroidery. If you dig into your own memory bank, you will discover that the best meals we had were the ones where you spontaneously rustled up something on a rainy evening when we listened to the



with a glass of sula, vada pav and vodka, beer and biryani, khichdi-kadhi, fondue and breadsticks, anda bhurjee and even Maggi noodles. Irrespective of whether we laughed and joked or had serious intense conversations, food was incidental. This did not mean it was a letdown; on the contrary it was made with much love and affection but without unnecessary hassles. Sure, there is a time to bring out the crystal, do up the house, deck up the table

lilting strains of Asha Bhonsale or the ones where we dropped in uninvited for a quick cuppa but stayed back the whole evening over a meal of rajma chawal and went home licking our fingers. Food is like that – at the end of the day it is suffused more by the warmth and the company than by the number of dishes or the dazzle of the décor.

Capt Srikant B Kesnur loves his wife's cooking when she keeps it simple, which is very often!

Men With Spice

CDR PRASHANT TOLE



Why can't I cook? It started with being born and brought up in Mumbai to working parents, my mother would leave the house at 0800 and be back only by 2000. My father's office was walking distance from our house and so on weekdays most of the basic cooking was done by him. At an early age, my sister and myself started helping our father and by the time we were in our tenth we could cook basic Indian food i.e. dal - chawal and sabzi - salad.

After marriage, as the kitchen was not alien to me I naturally helped here and there. Then our children, a boy and twin daughters (born just twenty months apart) came into the picture and suddenly just helping in the kitchen was not enough. I had to cook to help out Madhu!!

Why do I like cooking? Well, the politically correct answer as per the modern day considerate husband, hands on father and post master chef era handbook would be (yes because) cooking is not a chore, it's a Zen experience which is immensely therapeutic. I regard cooking as an art, conceptualizing a dish, mixing ingredients, infusing flavours and passion. I would consider cooking more like a hobby for me. When both husband and wife are working the man must share the responsibility of the house and kitchen with his spouse. In today's modern lifestyle one must have a holistic approach to staying healthy, only homemade meals ensure your family eats

fresh and wholesome food with natural organic ingredients etc. etc.(wow).

The above answers may win a reality show; but honestly the by god truth is, I (like to) cook because 'I can', since I was taught early. It gives me tremendous satisfaction. Cooking is easy; anyone (who tries) can cook. Moreover I personally feel it is a necessary skill, like knowing how to sew your own shirt buttons, do the ever essential parallel parking, replacing a burnt out electrical plug/socket or formatting your laptop. And lastly, most importantly, if you are a foodie and you like to eat.....it's a good idea to know how to cook as well!!!!



MY COOKING *DISASTER*

MEHAK ROY



It was the 22nd of February and I realised in the morning that it was my mother's birthday. I wished her and since my father was sailing, I had not thought of what to give her yet. So I put my brain to it but everything I thought of would have required me to go to the town which I could not do on my own. So, I bought her a game of Pictionary since it is her favourite game. Also I decided to bake her a cake when she would go for work.

Finally, she left in the evening and I rushed to the kitchen and began to look for all the ingredients I

required to make the most amazing cake in the world. But, since we had just moved in, I really had to search for the ingredients.

Then my mother came back and I gave her a wonderful surprise because the cake looked out of this world. After having the first bite of my awesome creation my mother instantly knew what was wrong with it. She very kindly asked me to show which bottle of baking soda I had added to the cake and I very confidently pointed out to the bottle of salt and then realised what I had done. We both burst out laughing. She really appreciated my efforts and so did the other victims of my creations.



MEAL – IN – A DISH: OUR 'KNIGHT IN SHINING ARMOR'

MONIKA SHRIVASTAVA

FOOD, GLORIOUS FOOD.... the song from Charles Dickens' classic, *Oliver Twist*, describes an individual's feelings for food aptly. Indian food is a lifestyle....in fact, most of us live to eat and not eat to

live! This four letter word...FOOD... binds more than just hearts (or, should I say, stomachs!); it brings together families, communities, and even plays a large role in defining our nation. The circle of

life—birth, marriage, and death— is incomplete without food; all three stages are solemnized over food. So, what's all this fuss about 'a meal-in-a dish'?

The first time I served my husband



his favourite gobhi ka parantha, I saw his face light up...this was very quickly replaced with a puzzled look..."where's the sabzi?" "In the parantha," I quickly replied equally puzzled. "This is what is called a meal-in-a dish!" I continued enthusiastically... only to be served up a cold stare and to be dished out with an advice that I should go to Old Delhi's Paranthhe Waali Gali to learn all about paranthas and how they should be served. Thank God, we were not in Delhi at that time...if I had taken his advice I would have probably stopped serving paranthas thereafter, altogether!

When one is newly-married, all one wants to do is 'please'... as in making happy; you want to please your husband, your in-laws, your husband's friendspardon me if I've left out some names. One has been brought up with the saying that the way to your man's heart is through his stomach....so you go all out....buy recipe books, watch cookery shows etc. just so that you can see that million dollar smile of your man at the end of the day.

So when does this all change? Enter the kids.... between sleepless nights, soiled nappies (now diapers), fussy maids, water shortage, electricity failure, and a reputation of being this wonderful 'cook' it is a miracle if you can get even a meal ready on time. You meet the challenge head-on; you rediscover the joys of serving khichdi, stuffed paranthas (without the sabzi!), and a little later Maggi noodles. Your excuse ...the

babies enjoy it!

Soon you have exhausted your resources....the reasoning behind why a meal-in-a dish is the best— how it is the most nutritious, involves maximal usage of leftovers, convenient (you save on vessels, gas, and the most important— time).The kids are growing...HOMEWORK begins, so do other extra-curricular activities. Chances are that by now you would have picked up a small job... you know 'just to keep yourself busy!' You too have graduated to more exotic dishes....after all there is a



limit to how much of displeasure in the form of grunts you can take! You pull back a little and then make a come-back equipped with a variety of savouries (still a meal-in-a-dish). Now its biryani and pulav instead of khichdi, a variety of paranthas (including cheese and daal paranthas though still without the sabzi), continental food (pizzas, burgers, lasagne, pastas, quiche), Chinese (chowmein, hakka noodles), South Indian food (upma, uttapa, and the various types of rice)

amongst other yummy delights like poha, seviyan, sabudaana, cheela, bread pakoras. Everyone is happy... so you are happy! The evergreen khichdi and Maggi resurface when the lion is out on a prowlI mean when the man of the house is on TY (Temporary) Duty. A bit of advice though: after a Command Reception or a Formal Party when you feel inspired by the 3, 5, or 7 course meals...please go ahead and implement it at home. Call some friends over.... this way everyone continues to be happy (

and you could remind your family for the next one month or till such time they don't see through your little white lie, that you still love cooking elaborate meals!)

Informal parties, too, have seen a make-over (whether for better or for worse is debatable). Beer and Biryani Lunches are in vogue...and so are Pasta and Chowmein birthday parties. You feel at home wherever you go!

The kids are gone...you are suffering from the "Empty Nest syndrome". You don't

feel like cooking, he does not feel like eating. You go out and... hold your breath... order a BIRYANI!

A rose if called by any other name would still smell as sweet. Call it being conveniently convenient, practical, or lazy, the truth is we all believe in the concept of a meal-in-a-dish without particularly calling it by that name. I call it every Naval wife's "Knight in Shining Armor" for obvious reasons...when you are tired or ill or busy what comes to our rescue? A MEAL-IN-A-DISH of course!

FOOD BY DUDE

SHUBHAM SWAROOP

Hod knows how and why I suddenly developed an interest in the culinary world; probably inherited this trait from my mom who BY THE WAY is easily the best chef in the world (no kidding!); but whatever the reasons maybe, I'm glad it came to me soon enough. It's got me thinking about why I love cooking: well in a way I can let out the creative side of me and I love the challenge of providing good food for my family. It's also the time when I can usually chill out in the kitchen with my favourite music. I also enjoy learning about nutrition and discovering what certain foods do in preparation and when we eat them. I love trying new things, but equally enjoy bringing together the family favourites that give us a sense of identity. Basically I love food!

So in order to take my interest in cooking to the next level I decided to join this amazingly awesome (the words fall short to describe it) the 'Junior Super Chef' course conducted by the CGH Earth, Casino Hotel (Kochi). Being a home cook I probably wouldn't have had the opportunity or this rare chance to work in a professional kitchen with their fantastic team of fine chefs.

So, without further ado, I would love to share my unforgettable cooking experiences under the guidance of professional executive chefs, like Chef Ajith (Head chef at Brunton Boatyard) and Chef Shyam (Sous Chef at Casino Hotel). The very first day was based on some basic cooking techniques and introduction of some French terms commonly used in the culinary world. The next few days saw a gradual upgradation in the level of cooking & included delicacies that you normally eat at restaurants like



Beef Ularthiyath (A traditional beef curry of Kerala), Spaghetti Bolognese, Kerala fish curry, Chicken satay, Guacamole & shrimp ragi tostado (A simple mini ragi dosa, with guacamoles, red bell pepper & shrimps) and Patrani machchi (this delicacy inspired from the parsi cuisine) and one of my favourites. We also, visited an organic farm and had a salad and smoothie making contest, we had to hand pick the fresh produce directly from the farm which was awesome.

Finally, to top it all we had a fantastic dinner party (it was more like a cultural evening...or let me just rephrase that, "we had a blast!") for our parents on the final day, and the entire food right from chopping to serving, was done by us (No worries...it was Edible AND Delicious, Chef Dominic and Chef Ajith kept an eye on us all along). No way can you conclude such an interesting learning experience than having the chance of being the chef to 500 odd hungry parents waiting for their children, to serve them (in the actual attire of a chef) a 3 course meal in an ornate, massive banquet hall (trust me....it feels way cooler than it sounds), truly a dream come true.

My very own NARNIA

SHIKHAR AGARWAL

“...Hold me close, sway me now...” As I jive to this blithe tune, swaying slightly in coordination with the stirring of the creamy cheese sauce I’m making, I can only try and describe the heavenly aroma that arose from the pan in swirls and could have dragged even the next door neighbour with a blocked-nose, straight to the kitchen. Taking my time, breathing in the tangy exuberance, I imagine if this is what Elysium smells like and if so, well, I’m going to be a very good boy from now on!

Having finished with the 3 minute routine of two clockwise, and three anticlockwise stirs(yes, those strokes are very good for personal satisfaction, if not necessary), I take the pan off the stove and keep it aside to cool slightly as I set out to roll the dough for the raviolis and prepare the filling.

This is how I spend most of my free time. The lure of food is too enticing and I just can’t say no to it, ever. And it’s not just the eating part that I love, rather the cooking part, the concoction of the potion that has alluded to this craze of mine. Cooking food is the best way to relax as I am lost in the world of breads, pastas and gravies. All pending assignments,

chores and other worrying tasks are forgotten once I start doing the thing I most love. It is a portal that helps me escape the reality and transports me to that ethereal world of wonders, the world full of food. My very own Narnia.

Eating something cooked with your very own hands gives a sense of satisfaction that cannot be achieved by eating something prepared by others, even if it were the great “Gordon Ramsay”. It’s incomparable to any other pleasure that exists on our planet. The entire process of chopping, stirring, frying, baking, the whole of molecular gastronomy, has a profound effect on my mood, and is ALWAYS successful in brightening up my day.

Almost my entire extended family is a big fan of food, so there is no lack of inspiration. Further, shows like Masterchef, Highway on my Plate, have done a lot to kindle that fire in me.

My love for cooking extends to finding out new ingredients, experimenting with some and whipping up bizarre things (that probably can’t even be eaten!). Did you know that cooking, like any other creative work helps broaden your imagination and



even exercises your grey cells? It is an activity highly recommended for recreation, by me as well as by experts.

So don’t wait anymore, just put on your chef hat, take out a pan, a kadhai, anything, put it on the flame and start experimenting! There, you have just given yourself the best and the most exhilarating present ever. You know that feeling when you step off a roller-coaster, no, not that nauseous feeling, but the one where you feel on top of the world? Well, multiply it by a gazillion and you might come close to level of happiness and satisfaction that one feels when you watch people appreciate(or in my case even attempt to eat!) something that you’ve cooked.

Start right now! Who knows, you might be the next Masterchef! Happy Cooking! ...and before I sign-off, let me share this with you - courtesy my passion for cooking I was invited to the finale of Amul Masterchef India 2011 to be a judge . And guess who the chief guest was that evening? Whom I got to meet? Akshay Kumar, of course !!!

The trend setters in **NAVY**



**MANJU
NAITHANI**



**DILRUBA
PANDEY**



**BHARGAVI
AJIT**



TARANVIR



**ANITA
VASISTH**



**ARCHANA
MARYA**



**KAVITA
SHARMA**



**RAKSHITA
BHATT**



**YASMEEN
ANWAR**



RAKHI



SNEHA



SUNITHA
SRINIVASAN



SUKHMANI



ANITA
ARAB



RITU
MUKHERJEE



HIMANI
GAIROLA



RIYA
KAKKAD



SHAGUN
SOBTI



HARPREET
KHERA



AN ENRICHING EXPERIENCE

SEJAL SETH

The ending of class 10 board exams is a big relief for every 'Tenthie' and I was no exception to this rule! The list of 'to-do' tasks after boards was never ending. Sleeping at odd hours at night, waking up late, eating out...all this seemed so exciting in the beginning but soon the excitement gave way to boredom and I soon realised that the so called 'to-do' tasks were not exciting at all. I started wondering 'what next'?

I always had a flair for doing creative things and I guess it has been passed on to me by my super creative mom who then advised me to put my artistic skills to good use and conduct classes for the tiny tots at INS Shivaji. I jumped at the idea and wore the brightest of my thinking cap and Voila! I had a plan!!! I decided to utilise the time in hand and put to use



all that I had learnt in my childhood. I decided to conduct hobby classes daily in the morning for 10 days. The students were as excited as I was. They would reach Kala Kendra much ahead of time and would wait for me eagerly. Every morning, the day would begin with the greeting "Good morning Didi" in their chirpy voices and I almost felt like a newly appointed primary teacher ready to share my skills with my class.

The curiosity of my students to know what was in store for them every day encouraged me even more to teach them everything I knew. I wanted these classes to be an expression of their creativity and talent!

I taught them to make cards with lace, ropes, mirrors etc. The pop-up doll and Donald duck card made them squeal with delight. They were given full freedom to play with paints in the form of hand stamping, foot printing and vegetable printing, something which their moms did not allow them to do at home. We also did glass bottle painting where they painted their names and favourite cartoons on used glass bottles.

After so much of excitement and activity our stomachs would often grumble with hunger. I would treat my little friends to Maggi every now and then. This proved to be the icing on the cake and a time which I put to good use by entertaining them with stories, talking about good habits and in turn got amused by their innocent talks!!! I was overwhelmed with joy when at the end of the 10 day session, all the kids individually gave me a 'Thank you' card which they had painstakingly made putting to use all that they had learnt in their little hobby club.

These classes also taught me some invaluable lessons in life. I realised the joy of sharing and that patience was indeed a golden virtue. That was the day I said 'Hats off' and 'Salute' to my teachers who had not only shared their knowledge with me but had also groomed me into a young girl that I am today. That day my father endearingly called me his 'Young Entrepreneur' and the word keeps ringing in my ears even today... inspiring and encouraging me to take my second step soon.

Distant horizons

KARUNA MENON

The Indian Navy has given me opportunities I could not ever have imagined. And along the way, it has taught me much about myself and the world around me.

Being a Navy 'Brat'—and I use that term in the best possible way!—moving from one place to another is inevitable. Each move is followed by an array of new experiences and new faces. When one is small, you tend to go with the flow with little awareness. But things become more real as you grow up. And that's when you realise that you too are being trained by the Navy in a very special way. It may not be as rigorous as the regimen my father underwent at the NDA, but it is equally significant!

In 2005, I was beginning to get comfortable in Mumbai. I had a close group of friends (as close as seven-year-olds can be), and was happy in school. Suddenly, the transfer order came. My father was being sent for a course to Jakarta, Indonesia. I panicked. I wasn't ready to leave my life and my friends behind. But of course, my mother and I decided to accompany him. I was expecting the worst: a huge earthquake that would destroy us (very common in that area; in fact, the great tsunami had just occurred), being bullied at school, and so on. But boy was I wrong!

I was enrolled in an international school, where I met people from different countries, from Russia and Italy to Singapore, Korea and, of course, Indonesia. My teachers were amazing and, luckily, no gigantic life-destroying earthquake hit us. I had a grand time. The 18 months flew past and it was great to be home, in Mumbai (again!).

Years passed. I moved to Delhi, and then back to Mumbai again. Last year, in March 2012, we learnt that my father has been selected for a course at The Naval War College in Newport, Rhode Island in the US. Not surprisingly, I experienced mixed emotions regarding the move. I was at a crucial academic year, was well-settled at school and had a fantastic set of friends. Ultimately, though, we decided to take the leap and accompany my father.

My parents and I travelled to Rhode Island in July 2012. I had a month-and-a-half to adjust to my new life before the school term began, during which I interacted

with children from over 40 countries, whose fathers were doing the same course, all the way from Argentina to Kuwait and Australia. It took

us teenagers—there were around 15 of us—time to get to know each other but we soon became inseparable. This time, being 14, I was old enough to appreciate the different cultures, traditions and countries I learnt about. And when school started, I was able to get the hang of the new system. We also accompanied my father to excursions across the country. I had the privilege of travelling to some major tourist destinations, from Boston, New York and Florida to the Grand Canyon in Arizona and Washington DC.

Even more important than the sights and sounds was what I learnt personally. My international friends taught me so much about the world, their languages and their way of life, leaving me culturally and politically enriched. As I was also present during election season, when Barack Obama won his second term as president, I learnt a lot about the American governmental structure and how the voting system works. In turn, I was able to teach my friends about India, our culture, customs, cuisine and all the things that make us uniquely Indian. And eventually, after 11 months of missing faces, places, Maggi noodles and Kurkure, I returned home happy, and proud to have represented India in my own little way!

It was a fantastic year, in large part because of the lessons I have learnt through the years being part of the Indian Naval Family. Indeed, we Navy Brats have learned to adapt to new situations, be tolerant of other people and their beliefs, embrace diversity in all its hues, travel efficiently without a fuss, and take on every challenge life throws at us with cheer. All this learning has made us better, more adaptable, more empowered individuals.

I am now in the process of determining my career path; the future beckons, uncertain yes, but also exciting. However, there's one thing I know for sure. I have an identity that will define me my entire life, no matter where I go or what I do: I will always be a proud Navy Brat!



FOLLOWING VALUES OF PARENTS A PASSE?

RIDHI ARUNKUMAR

“Hey mom, Can I go for a party at my friend’s place?”

“Hmmm...Who all are coming? And most of all...Are there going to be boys?”

And with the mention of “Boys” my father is suddenly all attentive. And there follows an intensive question and answer session that moves from boys to usage of cell and dressing and attitude and everything under the sun except ‘the permission’ for going to the party. This is basically an event that happens at every modern day household. And as we reply, or retaliate there is... ‘You don’t know the world as we do’ and so on and so forth and get accused of being rude and impolite to elders.

Well now why did the argument

start.... all because there are boys coming to the party...For heaven’s sake ‘They’re all friends’. But, that might be a little difficult for some parents to understand. This conflict of interests between parents and the now generation is huge. The environment that we are growing up in, and what they have grown up in, is so different, that it’s baffling to us at their way of thinking. By the way dear parents “you” have given us the freedom to think and act. Thankfully, I have parents who aren’t so close-minded, but ‘believe’ me when I say there are many parents, who are over-thinkers, and some, who might just be downright orthodox.

The basic principles that our parents have been brought up, in terms of lifestyle, behaviour, attitude, were rather simple actually not so technologically advanced. Can any of us imagine a life without Google or Whatsapp. But you have to give them the credit for they have achieved many a thing the hard way without these very gadgets that we cannot do without. Many of us find them absurd,



or funny, or just plain weird when they give us the gyan on life or try to impose their ideals and principles on us especially when it comes to hanging out with the same or opposite sex, talking and language mannerisms, dressing up etc. So are these values passé? I don’t think so. Their advice to us on many situations has some reason behind them. Parents after all are experienced way too much while we haven’t even started. But that doesn’t mean us kids are on a wrong side. Give us some credit here. We are your children; we blend what you tell us, with what we have around us. We just want you to understand us.

So, at the end of the day, adults and kids don’t be judgemental, listen. We might learn something from each other.

LEARNING Parents



LEARNING Kids

The Soul's Song

DEEKSHITA PALIATH

Hear that melancholic strain
It fills you up with so much pain
Listen to it, it tells a tale
Listen before its breath might fail.

The story of a strange sadness
Of loneliness and no goodness
Of fright and despair in equal measure
All for someone's cruel pleasure

For people broke its wild spirit
Caged, teased and bullied it!
Hear its song, for it is the reality
It sings of cruelty, arrogance and vanity

What is it that sings? You might want to ask
You hide it behind your horribly pretty mask
Hear its song before it chokes and dies
The song of conscience behind your eyes!



Mess it Up....

ADHIRAJ RASTOGI

I recently had the 'honour' to dine in Transit Mess
And enjoy the hospitality and food in my 'Civil' dress.
Before I stepped in, I was given a solid briefing
By my mom and dad, on how to do the eating.
"Make no noise and be gentle with your cutlery
Take smaller servings and please don't drop the curry"
With a fork on the left and knife on the right
A neatly laid out tableoh, what a sight!
It all looked like a plain canvas waiting to be painted
Though I tried my best, the white linen soon got tainted
Smartly I covered the blot, with the plate on my side
And then ran my eyes around to check if that was a successful hide
With great satisfaction of being unnoticed, I began slurping the curry
A pair of familiar eyes staring at me, made my head bury
My moments thereafter, I knew, would be long monologues
With parents lecturing me back in my room on how not to "hog".
Sometimes I wonder why the English chose the word 'MESS'
To define such classy dining rooms with smart men attired in their dress
For sure, I do not want to Mess it up next time I visit the officers' Mess
It is indeed a tall order to follow by us...Gen Next, I confess.



Our link with humanity...

SHUCHI MAHAJAN

As I entered the room, 'Purple Waves' in Sangli Apartments, I realized why a class run by a group of teenagers was doing well. The excitement amongst children, from nursery to class nine, was noticeable. They were eagerly waiting for their teachers and their arrival, brought on the chanting- "Didi aayee- Didi aayee". I observed how learning flowed effortlessly between the children and their young teachers. It was an unusual sight but with Mehak, Rahel, Arundhati and Mehika, unusual was the way. Excerpts from my chat with the forbearers of 'We- Linked with Humanity' ...



Whose idea was it to start an initiative like this to educate the domestic helps' children?

Rahel: It was Mehak's idea. We were working on our school newsletter when she suddenly came up with the idea of starting a NGO to teach domestic helps' children. We wondered how it would be possible as we were just in tenth standard at that time.

Arundhati: Also, we didn't know how and from where to start. Mehak guided us all the way.

Mehak: One of my cousins had her own NGO in Noida where she was doing similar work. When she needed help, I had volunteered. Since I was there for a month, I had the basic idea to run it.

How did you think of doing it for domestic helps' children?

Mehak: My mother has always been teaching domestic helps' children. I inherited this passion

from her. Also, I knew that these friends of mine are like-minded and will be up for it if I float the idea.

Please share the experience of the first day when you took a class.

Rahel: The first day we were expecting only 5-10 children, but when we reached the room we were surprised to see approximately 40 children! It was very encouraging to see them turn out in such large numbers. We just opened a book and started

teaching them. As they were extremely receptive and shared what they wanted to learn, it wasn't difficult. Initially, we weren't sure but everything has just fallen in place.

How did the children come to know about the classes?
All (at once): Mostly by word of mouth!

What were your parents' reactions when you came up with the idea?

Mehak: My parents have been my inspiration in this cause. They were very happy and proud.

Rahel: My parents were a little apprehensive at the beginning. They were unsure about what we had embarked upon. Once when they came to drop me off to the class, saw these children studying and their parents pleading us to teach them. That got them emotional and since then they have been really supportive and motivating.

Arundhati: My parents too thought the same way.

They too were worried since class ten was supposed to be very important and our exams were approaching. When they saw how passionate we were, how it was all working out and the fact that children were willing to learn from us, things changed.

Tell us about any problems that you faced while starting these classes?

Rahel: When we started, we had a very small room which used to be a gym 10 years back. It had old equipments and there was hardly any space to accommodate a class of fifty children.

Arundhati: We taught older children in that room and were forced to teach little children outside in the basketball court. Finally, after some time, we got this bigger room, 'Purple Waves', which could accommodate more children. We are thankful to the Air Vice Marshal Rajeev Sachdeva, President, Sangli Apartments Officers' Association for providing it to us for running our classes.

Mehika: Also, teaching small children required a lot of patience which we did not have initially because we ourselves were children!

Arundhati: Then there was a great language barrier! When we started we did not realize that most of them had Hindi medium books for Science, Maths and Social Studies. We felt lost because our Hindi was not very good.

Rahel: Thankfully since their books were standard NCERT books, we managed to get these in English medium which we would literally translate every chapter, word by word, to explain it to them.

Do you think your learning needs were any different than theirs, when you were at their age?

Rahel: The level of education that they receive in school is much lower than what we received at their age. While teaching them, we realized that they do not have an understanding of the basic concepts in any subject. They generally get expected questions in their exams which they mug up.

Mehika: To our surprise, we also came to know that some of them even manage to get exam papers for money. Also, we saw essays and paragraphs in English where the use of language was incorrect. In fact

that led to some confusion too; as what we taught here was not taken very well by their teachers who insisted that they learn what was being taught in the school!

Arundhati: The sad part is that they have to memorise and write exactly as it is given in their books otherwise they won't get good grades. Thus, our aim through these classes is to ensure better understanding of concepts making it easier for them to memorise things in a better way.

Mehak: Our main focus is on spoken English. This is what they lack the most. We are trying that if they can't speak fluent English, at least they should be able to frame basic sentences to converse. (That difference I did notice when I spoke to these children. They used a lot of English words confidently and effortlessly.)

What kind of educational values do they have?

Mehak: They have a very high respect for education. They know how important it is for them to study since they see their parents working very hard to get them to school. They fully understand looking at us what exactly education does to a person.

Rahel: There is a fire in their belly! It is amazing to see these children study hard. Surprisingly, all of them are there for the classes on time if not five minutes early, every single day that we teach. That speaks volumes about their respect for learning and education.

Did you invest any money to teach them?

All: Not really. We paid for stationary items like markers, from our pockets. Rest, we all had our NCERT books on our cell phones.

Apart from studies, do you take moral classes too?

Rahel: No, we don't but we do give them moral lectures when necessary. Mostly, they are disciplined but at times when they get argumentative we do teach them manners.

Arundhati: Also, like if somebody is caught cheating, we tell them how bad it is and that could put them in trouble. We share all the good values taught to us over the years by our parents and teachers, with them. And most importantly we display them setting



an example.

You are teenagers and life is so full of choices at this stage. What did you **have to give up for your NGO and what are you trying to achieve through it?**

Rahel: Honestly, as a teenager, one would like to spend time going to a mall and chill. But we realized that it was worthless wasting time on it when we could create something beautiful or do something purposeful instead. I am very happy that we started this and feel satisfied to be doing something worthwhile.

Mehak: We skipped birthday parties, movies and friends' meetings. It was not very easy. But as time progressed and the initiative grew we realized that there will be so much time later on to do these things in life.

How did your peers react to your starting a NGO when they were busy studying and socializing?

Arundhati: They were indifferent first. They probably thought that it would end at a point and were not very hopeful. But we progressed and when they came and saw what we were doing, we won their respect. Later, some came and helped as volunteers too.

Rahel: We had a friend and volunteer, Varun Tiwari who has now moved to Mumbai and has started the classes there.

How do you feel about the cause and what message would you like to give your peers?

Rahel: We would just like to say that one should try and do more than just the usual stuff. There's much more to life than just sitting at home and going to a mall. There are many people who admire what we are doing but also doubt our endeavour as they think it could distract us from our own personal goals. We have been told that at the end of the day what matters is going to good colleges and making it big in life. That thought has left us shaken a lot many times. We do realize that it is very important for us to do well in life. But our heart still goes out to these children.

Shouldn't they have an opportunity to go to good colleges, too?

ALL (in chorus): They have so much potential!

Mehika: And I bet one or two will actually become something really good in life like Amar...

Mehak: ...Or Lalita. She is one kid who will probably teach other children later in life. Some work very hard.

Rahel: We are convinced about what we have taken up to do. Also, it has in turn helped us in our studies and personality development.

Arundhati: While teaching I got my basics cleared in Maths.

Mehika: I certainly am more patient and confident and my social skills have improved.

Mehak: It is an experience where everybody is gaining!

All (together): And our Hindi has become much better!!! (All laugh in agreement).

What plans for the long run?

Rahel: What worries us the most is that once we move away on transfer, who will run these classes? What will these children do? How will they get help to learn? Since we started it, we would not want it to die.

Arundhati: We cannot give up on it and leave suddenly one day. We do have others coming in, but they are not as regular as us.

Mehak: We would like it to be taken seriously. We need to find a solution soon.

We feel really proud that you all are so concerned and giving.

All (smile): It's nice to hear compliments! I am sure you must be getting a lot of them often... (We all laughed)

Rahel: Thank you for including us in your magazine... You have earned a place for yourself in it!

We asked a few children to share their thoughts about their favourite "Didis" before they left. We were told that Didis helped them clear their doubts as many times as they wanted unlike their teachers who scolded them if they asked more than twice. They wished to be engineers, doctors, businessmen and teachers when they grew up and their young teachers were their inspiration. When asked what they would do if these teachers moved on transfer, their faces turned sombre and came a prompt innocent reply- "Didiyon ki bahut yaad ayegi!"



THE THURSDAY CLUB

UMANG BHAT NAIR



It was a Secret Seven adventure by Enid Blyton. Once Thursday arrived, I was counting minutes till my friends came. My mother made us some fresh orange juice and gave us some chips. We sat down in my room and started discussing the books we had read. I had a lot of fun listening to my friends' views about the books and the ways they thought the books could have been made more interesting by the author. I also shared my views and found that it was a lot of fun to express your opinions about something you have read to other people. It also made me think much deeper about the books I was reading.

Sometimes a very simple idea can have a great impact on our lives.

In 2008, I lived in NOFRA, Mumbai. In the evenings, other than a swim at IMSC, I didn't do much. I did, however, read a lot of books. Reading was both a hobby and a passion and I have always been surrounded by books at home. My mom suggested that we ask some of my friends, who also loved reading, to start a book club with me. I liked the idea a lot and gave my mother the green signal.

We decided to have our first session of the book club on the first Thursday of March. Three of my friends came over on Thursday at 6:30 pm. The first thing we did was talk about our favourite books. After half an hour, we each took one book from my collection and promised to analyse it and talk about it next Thursday.

I read the book I had chosen and finished it by Tuesday.

Soon, all my friends heard about my successful book club and became regular members. It was a great way to spend time together, all year round, rain or shine. It was also a truly fantastic way to improve our vocabulary, writing and analytical skills. With the help of the club, I eventually started writing my own stories!





MY FIRST DOG RESCUE

SHARADA S NAIR

This incident took place during my class X summer vacations. At the time, my mother and I were feeding five adorable puppies near the horse stable. (My mother helps many a stray by feeding them and taking them to the vet when the necessity arises). So one evening my friend, Lisa and I went there to visit the pups. We couldn't find them and we were looking all over the place for them. That is when I saw a very skinny female dog with her head completely stuck in a plastic container. When I saw her I could almost feel the suffocation she was going through.

Lisa and I ran to the dhobi-wala and luckily found a phone there. I called up my mother and in an instant she arrived at the horse stable. We tried to get a hold of this dog, but her vision was blurred due to the

container and whenever she saw any movement, she ran away. So, our first day of trying to help this dog was in vain.

We were unable to find or help her for the next few days. In the evenings ladies walking in the area used to laugh at the dog. Apparently they felt that having a plastic vessel on your head was the new fashion. We even sought help from animal rescuers but they did not help us.

On the fourth day, however, my mother called two of her friends to help us out. So with the help of Mr. Umakant and Mrs. Sunita, and two of my friends, Lisa and Rajat we searched for the dog and having spotted her surrounded her so that we could easily get a hold of her.

Luckily, she was right in front



of Sunita aunty and aunty being smart enough started walking towards the dog. She quickly grabbed the dog's hind leg and we all together pinned her down. Rajat pulled out the container and we set her free.

It was the happiest moment of our lives. We all hugged each other and cried tears of joy. That was the first time I ever rescued an animal and I feel extremely proud of myself, my mother and those who helped me save this dog. Since my mother looks after the strays, I in my own way help her to reach out to these lovely animals.



Rain

ARYAN & YUVANSH MAHLAWAT



As I sat by the pond
A ripple caught my eye
I searched for the drop
And looked up to the sky

The ripple effect
Didn't let my wonder fizzle
As many more drops
Came down from heaven, a drizzle

As the droplets start to come big
They hit the ground with a thud
And start to dig
The driest of mud

The farmers face brightens up
The tired bulls look up
The dry land quenches its thirst
Looking forward to more rain burst

And lo! The sunlight then unites
To coronate the skyline
Oh what a sight
A rainbow, my heart smiles

From nature
There's much to learn
If we yearn
Immense knowledge we can earn

Balance
Is the key
Not excess, not less
With imbalance many a devastation we
see

This droplet
That we search in the sky
Can create havoc ...
Make loved one's cry

So we pray
I do each night to our lord
The rain that brightens the farmers face
Gives joy and birth, not act like a sword
Each year come down in easy pace.



SALUTE FROM A NAVY KID

SRISHTI ROSHAN

I've always been asked a certain set of questions by my schoolmates: "How do you like the naval way of living?" "How do you cope with all the transfers?" "How do you feel about changing schools every now and then?" I have been a student of NCS for about two to three years only, so I have to face the questions more often as most of my schoolmates are not from the Naval fraternity.

My schoolmates in Goa have been with me from prep so it is the same school, same house and yes same friends. It's kind of alien to me because Navy kids generally don't get

the luxury of same station for a long duration. Whenever I tell them about how much we have moved, they are shocked and always say "Whoa! How come?" I feel proud of the fact that I survived through all these transfers. In fact, I take it in a positive way.

For instance, my move to Goa has been wonderful for me. I was enrolled in a private school where the children are from various parts of the world. I am exposed to their way of life and I have learnt a lot from them. It is also in Goa that I began to excel in athletics. I have won many laurels for my school. Last month, I received



an award from Mr. Abhinav Bindra. It was such an honour to receive an award from a fellow shooter who is also an Olympic medallist. My singing skills have also improved a lot as we frequent places where they play live music and karaoke. A year ago, when I first started singing in front of a crowd, I was so nervous but today I can 'waka waka' my way through the crowd and have a ball doing it! Almost everyone here sings or plays a musical instrument. They are so encouraging and pat your back when they love your song.

In fact, in the naval way of life, we can find adventure in everything. Like going to school in an ambulance, being driven in an ancient Ambassador packed like sardines, going to school in a one-tonne Shaktiman, swinging on the rope like Tarzan just to get into the truck, not to forget your bones rattling away during the ride! You also get exposed



to good table manners at a very young age, spick-and-span shoes and uniforms, proper etiquette, and parties where the LOL moment comes when uncles dance with no rhythm with their weird 'moves'! More seriously speaking, I've had the opportunity to try my hand at adventure sports like rappelling, rock climbing, river crossing, river rafting, trekking, camping in the wild and scuba diving. Having all these facilities in and around the base is quite a boon for us kids, from swimming pools, basketball and badminton courts and football grounds to skating rinks, libraries, gyms and recreational parks. At a time when girls feel so unsafe to be out alone, we are so privileged to be secure as we live in secluded but protected areas, not to mention beautifully maintained and manicured neighbourhoods.

Being the child of a working mom and an adventurous dad, there are times when I have to be on my own. I am in charge of the house whenever they travel or are out socialising. And I am proud to say that this way of life has taught me to take care of myself, be responsible and independent. I am quite a junior master chef (even if I say so myself) though I am still working on keeping my room clean at all times—I am getting there, mom! Naval life exposes us to many facets of life and prepares us to face challenges in a highly competitive global village. Are we ready to take on all the trials and tribulations the world has to offer? Yes, I believe we are; we just need a little more time.

In the words of Zayn Malik of the pop group One Direction, "There comes a day when you realise turning the page is the best feeling in the world, because you realise there is so much more to the book than the page you were stuck on." As we keep turning the pages of our life, we know that we are what we are because of the Navy. Here's a salute from a Navy kid!

THOSE RULES AND REGULATIONS

PRANJALI SARDANA



**"Don't talk back to others,"
says our magnificent Queen Mother
"But that's how communication works," I say
Then start their rules and orders
They tell us we have got manic disorder
Dad tells me how he was in his days
Always following his parents, he says
"Don't talk to strangers,"
"They can be great dangers,"
"You must eat everything on your plate!"
It's is like we are in slaves state
These rules have been taught to us by your grandparents.
If you don't follow then you will be taken under parental warrant
But those rules are from the seventies
And have to be followed for further more centuries
We say, "they have all gotten old-fashioned"
But not one has been left un-mentioned
Parents need to get us in order
But not with the old ruling border
All these rules are just cliché
I think, we need new rules for display.**

A note to my daughter



PRIYA ARYA

*Tomorrow my darling you shall not remember,
the day in your life you decided, not to surrender.*

*This note will help you fondly recall;
how you would never get tired of a fall.*

*I would sit you up in your safe cot;
And you would simply go thud a lot.*

*As soon as you were held upright,
you would put up a face brave & bright.*

*Start to kick with your legs again,
your eyes singing to me "no pain, no gain".*

*Smiling & gurgling through it all;
I want you to remember you were never tired of a fall.*

*If at some point in time;
for reasons unknown you choose to resign...*

*Just come back to this note & fondly recall;
how you would never get tired of a fall.*

*My darling this is to remind you now & forever, that falling & beginning again is
a part of life's trial & error.*

The keyword here is 'never giving up, come what may ever!'

NWWA SARKAR

VIBHA PATEL



*The day a lady becomes a naval wife,
She gets membership for entire life;
Greeted warmly when she enters the fold,
'Welcome young lady', so she is told;
First Lady of unit is the unopposed president,
She's comforting when any lady is hesitant;
She has the ultimate solution for every trouble,
Whether it is inspired through silence or verbal;
NWWA plays vital role in making life worthy,
Its continuous efforts make the members sturdy;
"Milan" gives opportunity to share, laugh and learn,
Each lady's enthusiasm multiplies in turn;
Coffee evenings are intended for long discussion,
All members get together to wipe out confusion;
Every tension goes away with 'Tambola' night,
Grand masti continues as the ladies stay bright;
Ladies gain self-confidence and dignity at par,
That's the biggest achievement of 'NWWA Sarkar'!*

NWWA

*In the middle of trying to address pressing issues of Vikramaditya and Sunayna,
Out of the bolt, Came a sudden, surprising requirement of a poem for Veerangana;*

*A familiar sinking feeling, and desperate futile attempts to look even busier,
Tempered by a realisation that, if not office; atleast home needs to be cosier;*

*First fleeting thoughts of Husbands Nites, Coffee Mornings and Beauty Parlors,
Gives way to a sobering contemplation of Sahara, Sankalp, Prerna and many others;*

*Immersed in a vortex of activities, amongst people in whites, from nine to seven,
Easy and convenient to forget the support from our colourful life- companions even;*

*Gratifying to think of quite a distance travelled, great deeds and achievements many,
Not possible without the steadfast support, living the Naval way without a complaint, any;*

*Sailing the blue seas, riding the waves without a care, but with a rare thought for the family,
The sheet anchor, back there, bringing up children, singlehandedly, running a home, verily;*

*Takes time to understand, wisdom dawns rather late, the multifacets of our NWWA,
When one understands, sees the reach and the outreach, one can only say 'WAH, WAH'*

- KRN

Values... *ANUPAMA MANDI*



**Values, values in the safe...
 Passed down from generations old,
 values worth tons of gold.
 Some tucked away in antiquity,
 Yet others jostle for space in the mundane day,
 Aired and dusted, polished and chiseled by promising hands,
 Gelded into the hearth of the sea warriors,
 Shining trophies in the wait,
 To be passed on yet again....**

**Values, values on the ebb...
 Sinking deep into the sand, joining the ranks.....,
 colonial bunks, easy camaraderie, friendly neighborhood rapport, old world charm and grace...
 The remains of an era gone by....., now home to coral blooms.**

**New waters reflect the eastern horizon,
 new values, fresh promises in bountiful swirls,
 Materialism in its fold, it garners foreboding strengths.
 Imparting lessons of patriotism and valor, honor and integrity to its foot sailors.....
 Values, values renewing afresh....**

**Ozone proof sunrays glisten hard on rocky shores...
 The new combatant wave gathers speed and current,
 Churning up the old sands deep down, clashing the old with the new...
 Ready to combat yet again, the protectors of the country's seas.....
 Swamping their soils, embedding seeds hoarded far and wide,
 On the piers of the sealord.**

**The setting sun shines benign, on the mushrooming sprouts.
 Diving suddenly into the seas, as it spots the old guard...
 Strong and tall, sails ablaze... conquering the new wave.
 Values, values in the safe.**

DREAMS AT TRANSIT ACCOMMODATION

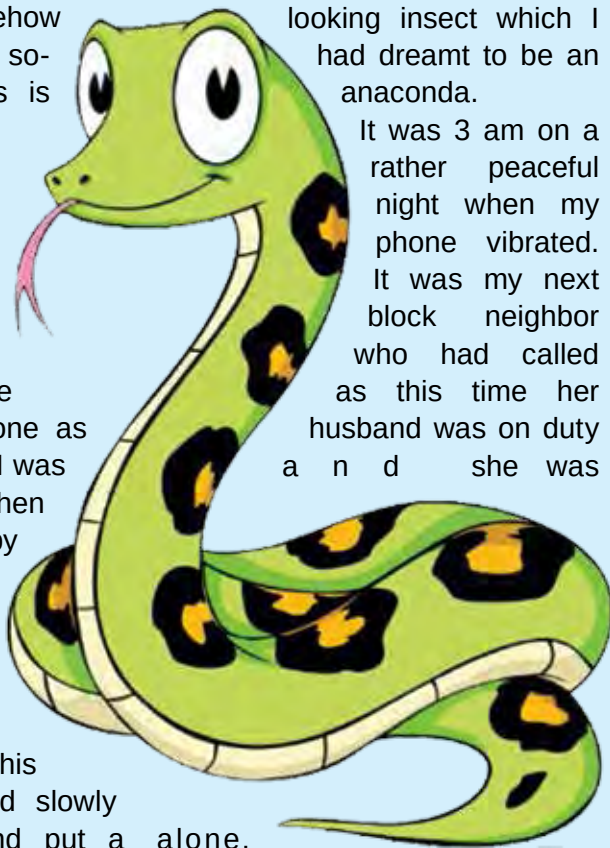
CHAITRA RAO

As newly-weds, we transcended through the clouds from the west to the east coast of India as we landed in Vizag (city of dust-iny!). The sea-facing transit accommodation at Dolphin-Hills became our first home. Away from dust and heat, the location, slowly, but surely, proved to be somewhere closer to my honeymoon dreams. Two cozy rooms and a kitchenette are supposedly more than enough for beginners but still somehow the hunger to shift to the so-called 'A-type' quarters is still on. Come Thursday, I would start pestering my husband to check the number in the roster at quartering office hoping that we strike one soon.

One cloudy day, for the first time, I was all alone as my hubby was on duty. I was drinking water in the kitchen when I saw a small creepy creature wriggling on the door mat. It was a baby snake and I was scared if its mother was somewhere near. I called my husband on his cell phone and headed slowly towards the snake and put a

container over it to trap it. The whole night I couldn't sleep and kept praying and kept a watchful eye on the snake. I even managed to dream about the snake growing huge till morning. Soon it was dawn and end of my nightmare. My husband reached home early thanks to 'Sunday routine' and he was unable to stop himself rolling on the floor laughing when he lifted the container to reveal the miniature snake looking insect which I had dreamt to be an anaconda.

It was 3 am on a rather peaceful night when my phone vibrated. It was my next block neighbor who had called as this time her husband was on duty and she was



She asked us to reach her home immediately. We were scared but still we went to her house and knocked the door. She opened and said that she was scared as she had heard the door bell ring twice. We looked around to see if someone was there in hiding. Then suddenly she realized it was a dream and all of us broke into laughter.

There are many more incidents to pen down but the above ones are my favorites. We may move into spacious and luxurious quarters in the near future but the 'Dolphin-Hill transit' will always be etched in my mind as our first nest.

Memoirs of an Interviewing Officer

(Actual replies given by candidates appearing in Interviews)

CDR SANJAY PATHAK

1. Why is West Bengal called West Bengal despite that being located in the east of India?

- Don't Know.....or.....Never thought of it
- I think because Bangladeshis migrated from their country towards West i.e. India
- I think because Ganga and Hoogly rivers enter the state from their west side.

2. Why is sea water salty?

- Because sea animals secrete some salty discharge (oops!!!!)
- Because lot of NaCl is present in sea.

3. Which sea /ocean water would be touching your

feet, if you stood on the beach in Kanyakumari?

- No sir.....Not my feet, Ocean will touch Mother India's feet....

4. Where all is Navy located in India?

- Only three places.... Bhopal, Bangalore and Coimbatore.

5. And which seas/oceans are there in these places where navy is located?

- Bangalore.... its Indian ocean
- Coimbatore...i will go and find out today evening
- Bhopal...i am sure only lakes are there...but why Navy is located there without se/ocean....i don't know

6. What do the colours of our National Flag signify?

- Orange (not saffron) stands for Hindus
- White for Christians
- Green for Muslims

7. Ok, so what about hundreds of other religion, since India is secular country?

- Sir, Chakra is there na...it has 24 spokes for all other religions

8. Why do you want to join defence forces i.e. Navy

- Because it gives lot concessions
- Officer life is hi-fi
- I want to die for my country
- Army is too tough, Navy is ok for me
- I don't know swimming, so Navy will teach me swimming
- I want to make money in Navy (may be he wanted to say...I want to earn...)

9. Why do you want to join only Naval Academy and not NDA?

- Sir, because NDA is only for Army
- NDA is located in Bangalore
- NDA is very tough, Navy is ok for me





10. **What are the coastal states of India?**

- Sir i could not understand ...
- Can you explain this word "Coastal"

11. **What happens in the Air Conditioner that we get cool air?**

- Outside air gets into compressor, compresses and gets cool and comes out in our rooms.... (this answer is very commonly told by BTech graduates...of those 3 room Engg Colleges)

12. **When you switch on the fan, what do you think travels first to the Fan, Voltage or Current?**

- Sir.....(amazed look)....i never thought of this before.....I think current because it

starts the fan...(wow.....common answers from electrical Engg graduates)

13. **What are the seas and oceans around India?**

- Arabian Sea, Bay of Bengal and Pacific Ocean (very common answer from all graduates from engg colleges of Phagwara, Ludhiana, Jalandhar... Punjab..... may be "KENADA"Canada effect)

And many more.....list is endless....

Such is level of awareness of our engineering graduates aspiring to join Defence Forces.

ANECDOTES FROM WARDROOM BARS

SMITA PATHAK

- A LtCdr had this particular fetish of having 02 ice cubes floating on top of his drinks. In pursuing so, he had scared the wits out of all the bar stewards. Once, he had a sore throat and he ordered Brandy with warm water...Guess what... such was the tyranny, the trembling steward got him Brandy with warm water and 02 ice cubes on top..... "Diligence Personified"

- There was this new steward who was on an emergency replacement for bar steward. He wasn't formally trained enough in handling his goblets and salts. Goof up in making drinks was an understatement for him. Attitude on top of that was nerve wrecking for all officers therein.

It was then, that a Cdr asked for a cocktail "Bloody Mary". The bar steward promptly responds, "Sir please gaali mat dena...I know I can't make a drink properly but sir Bloody mat boliye mere ko"



- There was this bunch of new Midshipmen in a training base who were sitting through the closing hours of the bar. The bar steward came upto them and gently said, "Last drink sir"

The Mids were far from sober and one of them; with fresh pips on his shoulders, got a bit nervous, "Kaun pooch raha hai, Koi problem hai Kya?"

The look on the bar steward's face was worth a million.....



Metamorphosis

**PAYAL
SONI**

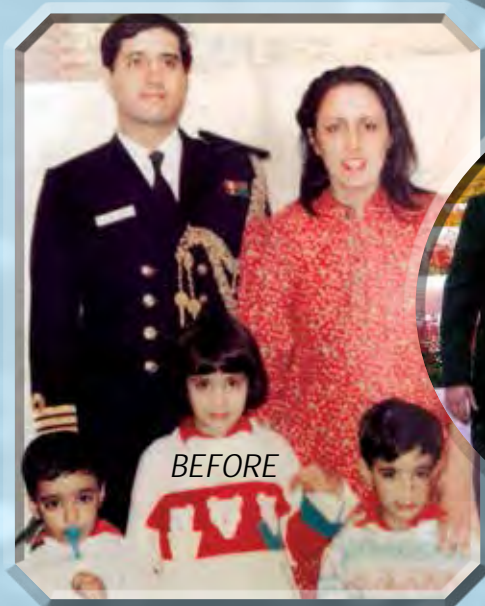


**HARPREET
KHERA**

**JAISHREE
PRASAD**



**UMA
NADELLA**



**MINU
DHOWAN**

**BINU
YADAV**



Northern Region



Anubhavi : organises a lunch on get-together for retired officer's wives and entertain them with cultural programme. Co-ordinator has been regularly interacting with ladies to keep abreast of their well being.

Arogya : team visited Army hospital (R&R) regularly throughout the year.2. The team organized the finals of the healthy baby. To update information on Arogya over the NWWA website, a list of three FAQs regarding Arogya with their relevant answers, was placed on the NWWA website. A talk on Cancer Awareness was organized at Varunika.

Jagriti : helps with the selection of teachers in NCS.

Little Angels : commencement of new session in both the schools & ensuring children settle down in the new environment with ease. Individual attention to children by the respective teachers. Story Telling Session organized for Little Angels-I, Chanakyapuri.

Outreach: outreach to pursue NWWA's commitment for social service for the needy. The team has been further strengthened by joining of Mrs. Indira Sudan and Mrs. Asha Kumar. During the year the team

visited the following organizations, Earth Saviour Foundation, Vigyan Vijay Foundation, Save the Children Foundation, Palna and St Mary's Old Age Home.

Pragati : AGM was held at Chanakyapuri. NWWA Kendras at Naraina & Palam were renovated and inaugurated by President, NWWA. Dance, Mehndi & Painting Classes for NWWA members and Tuition classes for Children were started at Naraina. Hindi Essay Competition for ladies was held during Hindi Pakhawada. Workshop on Essay Writing, debating & Personality development was held for children. Cooking Competition was held for ladies. A visit to Humayun Tomb was followed by picnic for all adies. Workshop on healthy relationship within family and neighbourhood was conducted for ladies. A demonstration class was held by Fevicryl on various forms of painting and creative art for ladies. A Sports day was organised on NWWA day.

Prerna : a Tri-services group which embodies positivity and hope. Regular visits to R&R Hospital. Concerns and anxieties of patients are shared and



counselled. A talk on 'Positive Attitude in Life' was conducted by Brahm Kumari. Mrs Bimla Bisht and Mrs Sanskruti Ghormade joined Prerna group.

Sahara : the Naval regimental System which was created to support the families of our deceased colleagues has proven extremely helpful. A cultural program and lunch was arranged at Navy House for Sahara group.

Sakhi : provides need based help and ladies can seek help from Dr Neerja Thergaonkar, counsellor at NSB1 Kendra.

Sankalp : it received generous monetary gifts for our special children from the following benefactors. A month long workshop on speech therapy and lip reading was conducted in Sankalp. Our special children are being examined by rotation on a regular basis. For the first time, Sankalp participated in the Annual day function of the Navy Children School as

part of our ongoing integration programme with them. All the Sankalp students performed a group dance together on the patriotic song Rang De Basanti and garnered enthusiastic applause from the appreciative audience for their praise worthy efforts.

Sanchar : Mrs Padmini Nair took over from Mrs K. Belina as Coordinator- Sanchar. Mrs. Jaishree Prasad and Mrs. Paromita Ojha joined Sanchar to form an enthusiastic new team. The team has toiled hard for the last few months to release the much anticipated NWWA annual magazine 'Veerangana' within the stipulated period of time and also meet the expectations of the discerning readers. The Team also released a Newsletter in November which was well appreciated.

Tarsh : the Block Printing Unit, at Nausena Bagh, Chanakayapuri has completed four years. Private orders are taken here for printing. People can get



their own dress materials, sarees, linen, dupattas etc. and get them printed with the block of their own choice and in the colours of their preference. The unit is open Monday to Friday from 1000 hrs. to 1300 hrs. There are six trained permanent printers. Training programmes are organised and professionals are invited for guidance to enhance the skills of the printers and also to train more ladies. Regular workshops are held for ladies who are interested to know more about this art and want to pursue it as a hobby. It's a popular joint where friends get together to enjoy the magic of colours over a cup of coffee.

Udyogika : works towards the training ladies for designing and tailoring garments. The unit was busy completing the orders given to trained ladies. Udyogika is fully equipped to design and stitch e.g. quilted jackets, gowns, blouses, shrugs, lace top, curtains, cushion covers, quilted bed spread etc. Udyogika also takes order for alterations of garment.

Vastralaya : NWWA shop Samudri continues to provide a unique forum for the naval ladies to work together both as suppliers and customers. During the year the group procured variety of products from different places in India, from Jamnagar, Mhow, Kerala, Kota, Hyderabad to export items. Tarsh helps Samudri to customise towels.

NWWA Port Blair

PRAGATI Badminton Tournament, for the ladies was conducted by NWWA .Independence Day was celebrated by the children of Bal Pathshala and Crèche at both the NWWA Kendras (Ajay Baugh and Vijay Baugh) .. Some of the teachers even sang songs and shared their experiences of NWWA. NWWA organised a Quiz Competition at AB Kendra and VB Kendra for the children of classes 7th 8th and 9th.NWWA organized a lecture on "Management of Marital Conflicts" by clinical Psychologist Dr. Ankita Saha. PRAKRITIA drawing competition was organised by 'Prakriti' – the Nature Club of NWWA . AROGYA organized doctors talk on CPR (Cardio-Pulmonary Resuscitation) and hand wash at Vijay Baugh .ASHIRWAD A visit to Naval Museum Samudrika and Anthropological Museum was conducted by NWWA (Ashirward). A whole hearted participation from the senior citizens was observed with over 30 senior citizens from the naval fraternity participating.SPARSH The Sparsh conducted the activity for Sparsh at the Pranab Kanya Sanga situated at Delanipur near Doordarshan office.The activity included a lecture demonstration about first aid for different injuries

and other medical emergencies. Generous donation



of essential emergency paediatric medicines and other first aid material was also made by NWWA to the centre.NWWA works as a stepping stone for all ladies who have talents and creativity. From this year we have started keeping handmade items of our naval ladies like artificial jewellerys, cushion covers, dori-work, thread work and products from Udyogika in the Samudri (NWWA shop). SAMUDRI has been successful in pulling crowd by displaying a wide range of products throughout the year. Various festivals and other important occasions were kept in mind and the other products were procured accordingly.



NWWA Dehradun

Dehradun has over the past year been busy with various activities. Despite our small numbers it was heartening to see the ladies come forward to participate in the various activities like Sparsh, Milan's, competitions, e.t.c. and under the guidance of our NWWA Dehradun President, Mrs. Sandhya Jha, we shall endeavor to carry forward our aim of educating and fostering better relation among our ladies through various activities.

NWWA Dehradun bid fare well to a few committee members The SPARSH team organized a visit

to RAPHAEL RYDER CHESHIRE INTERNATIONAL CENTER. The center is a home for those suffering from leprosy, and the intellectually challenged. Dry rations were donated to the institute. In addition cake, biscuit packets, as well as sandwiches that the committee ladies made at home were also distributed among the residents.

A donation drive was conducted. Clothes, books, and rations generously donated by the N.H.O fraternity were collected by the NWWA committee and given to the YWCA old age day care center. The ladies also interacted with the elderly present there.

A special Milan was held to welcome Mrs. Minu Dhowan Vice President NWWA. Another MILAN was organized in October on the theme Festivals. Cooking competition and Best Dressed Lady competition was held keeping the tricolor theme in mind. The result was a mouth watering array of tri color cutlets, sandwiches, puloas, snacks etc. A Painting Competition was held .NWWA organized an Inter School Quiz competition. The chief guest NWWA Dehradun President, Mrs. Sandhya Jha gave away prizes and certificates to the winners and all participants.



Western Region



For our beloved senior citizens, the Ashirwad group organized a special darshan and satsang at the ISKON Temple at Girgaum. Further, as part of the Navy Week celebrations, the naval senior citizens boarded the 'Vasudha' for a 'HARBOUR CRUISE' wherein, besides enjoying the majestic blue of the waters around, they were treated to specially packed lunch served onboard the boat. Arogya continues to organize tambola for the patients at INHS Asvini. Balpathshala celebrated Diwali with the message 'say no to fire crackers,' and encouraged creativity by decorating diyas instead. Children were also informed about climate change and its effect on our earth. Children's day was celebrated in a grand manner at the school with a movie on a big screen at school and a moon walker for entertainment. To make this day even more special, they were all given gifts and chocolates by INS Angre. The Sports day was celebrated with gusto and enthusiasm and witnessed 100% participation. The School is looking bright and clean after receiving a fresh coat of paint and whitewash.

The Block Printing Unit is constantly adding a lot of

products to its inventory, which include foam bags, mobile covers, mobile pouches, table covers and fancy bags. The unit is successfully experimenting with printing on coloured Maharashtrian sarees and coloured Chanderi dupattas. Cuddles maintains its usual high standard in providing day-care facilities to naval children.

The children are taught various types of art work such as finger printing, fruits printing, paper crumpling, etc. They also enjoy story-telling and nursery rhyme sessions on a regular basis. In Hostels, regular rounds are conducted by Officers and NWWA representatives. While more facilities are being provided to the residents, it is also being ensured that discipline of the highest order is maintained. Jagriti conducted an Inter-school Quiz Competition at the Angre Auditorium wherein five Schools - KVI, KVII, KVIII, Army Public School, and Navy Children School, participated. The numerous classes continue to be conducted smoothly at Kala Kendra. In addition, Tabata and Zumba have been included in Aerobics classes. The Pragati group is very active and conducts various activities from time



To celebrate 'National Wildlife Week, Prakriti group organized various activities for naval children. Samudri showcased handicrafts and textile items from various states. A range of ethnic silverware has been recently added to the shop, which received an overwhelming response. The tailoring associate units 'Udyogika' and 'Vastralaya' are flourishing with a huge work order in hand.

Sahara ladies are constantly provided all possible assistance and guidance. Regular visits are made to Sindhurakshak affected ladies and assistance is provided to them by NWWA. Smt Satvaseela Chavan W/O Shri Prithviraj Chavan, Chief Minister Maharashtra also visited the NWWA Kendra to express solidarity and meet these brave ladies. Sakhi strives towards providing emotional support and Professional counseling to naval families. Sanchar team continues to encourage the naval community to share their views on varied current issues and other topics of interest. Their October 2013 edition on Sindhurakshak struck a chord in everyone's heart. The Varuni newsletter published Quarterly is very informative and enjoyable to read. All festivals were celebrated with great fervor and enthusiasm at Sankalp. A special lunch for children at US club and langar at Sankalp were organised as part of Children's Day celebrations. Navy week activities gave the children wonderful opportunities to see helicopters at INS Shikra, a chance to perform with the naval band and NCS choir and a harbour cruise. Many organisations carried out different activities in school including distribution of gifts and snacks. Saundarya beauty parlours are running smoothly and are constantly upgrading to modern techniques in the field of beauty.

to time. The office at the Welfare Centre has been painted and sofa re-upholstered giving the office a fresh look. A cake-baking demonstration was held for the residents of Navy Nagar where the baking



teacher baked a Marble cake. Being a qualifying requirements, 30 students took practical tests as part of the beautician course. The co-ordinators conducted a Spoken English test for 13 students. The sale at the Prakriti outlet has doubled, this year. A wide variety of ceramic pots and bonsai are now available apart from regular potted plants.

Sparsh group makes regular visits to orphanages, old age homes and other charitable organizations to assist the underprivileged.

Recently the Sparsh team visited Goonj Foundation at Andheri to donate old clothes.

The NWWA (WR) was honoured by the visit of the First lady of the Navy, Mrs Chitra Joshi, President, NWWA, on 06 Apr 13.

The President reviewed the various activities being conducted by NWWA(WR) and was very appreciative of the efforts made to host her. NWWA(WR) derives a lot of strength from the guidance and encouragement that it is blessed to receive from the President NWWA. Being a part of the uniformed fraternity, Mrs Alka Singh, spouse of Mumbai Police Commissioner Satyapal Singh, expressed her solidarity towards the Navy and visited the NWWA centre and had an engaging interaction with the ladies.

Mrs Kerrie Griggs, spouse of VADM R J Griggs,

Chief of Navy Royal Australian Navy, visited Mumbai and was enthused by the wide scope of social and welfare activities being organised by NWWA. Smt Satvaseela Chavan, spouse of Chief Minister of Maharashtra visited us and joined the naval family in expressing our sorrow and sharing the grief of the widows of the Sindhurakshak tragedy.

The year ended with NWWA hosting Vivian Ifeyinwa Ezeoba spouse of VADM D J Ezeoba Chief of Nigerian Navy.



Eastern Region



Ashirwad : engaged senior citizens with visits and activities that saw an overwhelming response, both from officers' and sailors' families. In February, nearly 95 members visited temples located near Visakhapatnam Steel Plant. In summer, outdoor activities were replaced by indoor ones to beat the heat. A movie screening was organized and Grandparents' Day was celebrated at Naval KG School. Since August, a physiotherapist has been making weekly rounds at Ashirwad parks to guide them through gentle exercises to promote good health.

Arogya : with the support of INHS Kalyani, Arogya organized a Medical Camp for Ex-Serviceman at Kasimkota in June. 20 Medical Officers and 80 Paramedical staff were involved in the camp. It was heartening to learn that most of the retired service personnel were visiting ECHS polyclinic and availing of Navy's medical facilities regularly. Arogya spent a day at Prem Samajam, an NGO which does social work to provide social and emotional support to the less blessed in the society. A Medical camp was conducted at Prem Samajam in November as an outreach programme on the occasion of the Navy Day Celebration.

Balwadi: this pre-school programme for the children of domestic helpers constitutes Nursery, LKG and UKG wings with strength of 70. That ten children from Balwadi got admitted in various Kendriya Vidyalayas, early this year, is a testimony to their relentless efforts. Periodic medical camps for dental and general health were conducted where multivitamins and deworming tablets, and toothpastes were distributed. Daily, nutritious mid-day meals are provided to the children.

Jagriti : two career counselling sessions were conducted over two academic years for students from IX - XII. Early 2013, a workshop on vocational guidance was conducted by Mr. Shadab Siddiqui, Director of Step Up Education Services and later in the year, renowned Counsellor Mrs Usha Albuquerque, of Career Smart guided students of Class IX and X in careers. The annual Inter-school Quiz competition was the highlight event of the year where a rolling trophy was introduced for the first time.

Library: the NWWA Library located at Naval Park is a big draw with ladies and children, alike. It has a separate reading enclosure for children and a refreshment room and has become, literally, a chill-out zone. With activities ranging from handwriting competition to "Bake Sale" (which provides the ladies with a platform to display their culinary skills) it has become, both, an "intellectual" and a "creative" adda of sorts.

Little Angels : the school organized a special exhibition to showcase the various facets of teaching tiny tots. Regular workshops and training /orientation programs were conducted for the teachers and parents that helped them in discussing and finding



solutions to practical classroom difficulties and other skill-enhancing techniques. Celebrations, excursions, special days, concept days, role plays and special events form a vital part of its curriculum. Regular puppet shows, creative special assemblies and various creative and innovative teaching aids and methods ensure that the little ones are mentally stimulated and absorb the maximum from the environment.

NWWA Complex: educational and hobby classes such as Zumba, Hindustani vocal and Indo-Western dance continued to be conducted regularly. Workshops on chocolate-making, art and craft, best-out-of-waste, origami, paper quilling, chess, robotics and advanced baking pulled in full houses. A dance workshop, Monsoon Masti, was conducted by



Prakriti: prakriti conducted a lot of activities to instil love of nature and importance of environmental housekeeping among the denizens of naval base, particularly children, whether in Dolphin Hill or Naval Park. Thus, the staple of planting trees, going on nature walks, painting competitions on themes such as "Pollution-free Vizag" or "Energy Conservation" and "Best-out-of-Waste" went a long way in bringing environmental concerns in the forefront of the children's consciousness.

SAHARA: Sahara was instrumental in getting two porta cabins approved for wives of deceased naval personnel at 104 Area and Nausena Baugh, each. By a new promulgation, naval widows will be accorded priority for job vacancies in all units under ENC, INCS, and NCS. In April, a workshop on "How to live a Happy Life" was conducted by a team of



Shiamak Davar International which saw participation of 50 children.. Fashion accessories, rakhis, suits, paintings, handmade diyas and candles, handicraft items, Chikankari, Phulkari, Mangalgiri, Banaras and Uppada sarees were showcased at the exhibitions. In August, a long-standing requirement was fulfilled when an air-conditioned dance studio fitted with latest acoustics and visual technology was inaugurated by Mrs. Ragini Chopra, President NWWA (ER).

Pragati: regular classes such as tailoring, mehendi, beautician's course, music and dance, cooking and baking, and even "Spoken English" were conducted. Some new vocational classes were also introduced to teach tie-and-dye, Bharatnatyam and thread-work in Dolphin Hill and saree-draping and zardozi work in Nausena Baugh, respectively. Pragati's account registers are ringing with profits as embroidered towels, dining sheets, table cloths etc. made by sailors' wives are selling like hot cakes through NWWA shop and exhibitions.





Brahmakumaris at a Milan.

Sakhi : under the stewardship of Monika Shrivastava, an Occupational Therapist and a Qualified Psychologist, Sakhi has been conducting workshops on Anger Management for all defence personnel (officers and sailors) as a preventive measure to control incidences of marital disharmony and other related issues. Four units have been covered under this initiative till November 2013. Cases of marital disharmony and other family-related problems are being handled by the Marriage Counselor, Mrs. Arunasri.

Samudri : apart from stocking newer items, Samudri also introduces innovative concepts periodically. They now have gift vouchers in different denominations to facilitate affordable shopping. Their latest enterprise, Vastralaya, brings together sailors' wives with tailoring talent to undertake orders for stitching. This has been a huge success. Through Samudri, naval wives now have a platform to exhibit their paintings, candles, designer jewelry and so on.

Sanchar : the Sanchar team has been working hard behind the scenes to bring out Varuni every quarterly.

In the final quarter, it conducted the annual cookery competition for officers' wives and a Hindi essay-writing competition for children on behalf of Veerangana.

Sankalp : year 2013 saw 33 students enroll in Sankalp. Educational and recreational activities ranged from dance instruction by Shiamak Davar Group to role play as teachers on Teacher's Day! Quarterly medicals were conducted by INS Virbahu in July. In September, ladies from INS Kalinga visited Sankalp (V) and interacted with the children. Special Olympics were held on 29th September where students from Sankalp participated in shot put, relay, standing long jump and throwing the ball events. Sankalp has also created a "Choir" group with support from one of ENC Naval band's musicians. Sankalp invited an NGO Niramaya Group to sensitize parents on issues like medical benefits, insurance, and legal guardianship.

Sparsh : the outreach wing of NWWA (ER) supports the special school, Mandala Vikalangula Sankshema Sangham(MVSS Pathasala), situated in





Achyutapuram, 30 kms from Visakhapatnam. It has 80 in-living handicapped children. Sparsh team visits the Pathasala once in 2 months where the coordinators interact with the children. Group Coordinator and Yoga expert Mrs. Meena Bhokare taught them yoga and provided them a CD so that they could

practice daily. Sparsh trained kids in 'Spoken English' and donated provisions, toiletries, bedsheets, towels etc. as per their requirement.

Tarangini : kept up its tempo of producing scintillating entertainment programmes for events from Teacher's Day to Musical Evening (to be held in future). One of its biggest achievements has been to motivate and mobilize a large number of ladies – wives of, both, officers and sailors. Tarangini has played a pivotal role in scouting and nurturing talent among ladies under the helm of much-talented Mrs. Yasmeen Anwer.

Udyogika : has institutionalized the management process and established SOPs complete with supporting MIS. Udyogika's reach has breached the limits of navy domain and it has conducted two exhibitions – one at Palm Beach Hotel and other at Vizag Steel plant – for the public at large, during the year.



Southern Region

Keeping with the essence of Anubhavi a gettogether based on the theme 'Retro' was organized. An enthusiastic participation and interaction was witnessed among all generation of ladies.

With the help of INHS Sanjivani, Arogya organises talks and conducts various medical camps. A talk on cancer detection and a cancer screening camp was conducted. The Healthy Baby show had 97 cute participants. A cheque of Rs 25,000/- was given to CO, INHS Sanjivani on the eve of Independence Day by President NWWA (SR). Gifts to the new born babies of Sailors, Jawans and Airmen are regularly given. A blood donation camp was met with enthusiastic response.

Regular talks on Health and diet are organized for the Ashirwad senior citizens. Various trips to ships and visits have seen good participation. A visit to the Maritime Museum maintained by INS Dronacharya was an eye-opener to many. Yoga class has been initiated at Kala Kendra.

Balpathshala is the school for the children of our domestic helpers. As part of Onam celebrations the children put up a Thiruvathira Kali and everyone enjoyed the sumptuous lunch hosted by the NWWA welfare committee. A pookalam competition too was organised for the parents.

The spoken English classes of Chetna that are in progress at NWWA Kendra, Rameshwaram & Naval Base has been well received by the ladies.

Little Angels School, Naval Base has a new annexure; a new Xerox machine too has been installed. Jagriti conducted the annual NWWA Quiz and Bhavan's Vidya Mandir won the coveted trophy. Children of defence personnel from KVs and NCS were felicitated with cash prizes and certificates for excellence by President NWWA (SR).

Kala Kendra is buzzing with various activities for ladies, adolescent girls and children. A Homeopathy Clinic with two well-qualified doctors is also functioning here. Flower Making and French Classes too have been initiated.

Pragati's initiative towards various classes like Tailoring course certified by Usha and Embroidery classes at Naval Base and Rameshwaram has met with great success. The crèche 'Cuddles' at Naval Base has had a face lift and is well utilized and proven to be an asset. Onam celebrations conducted by Pragati were well appreciated.

The Samudri shop was recently renovated and has new products on display providing a huge variety. As an initiative towards environment friendliness, paper bags have been introduced as carry bags on a



certain amount of purchase.

Sakhi continues to provide counselling and help to the members of the community who need them.

Sankalp kids are taken to Cottolengo Special School, Fort Kochi once a week to develop social interaction and vocational skills. Rakshabandan, Independence Day and Teachers Day were celebrated. The group song presented by Sankalp kids during Onam celebration won tremendous appreciation.

Team Sanchar continues to bring out issues of Varuni that showcases creative writing and talent of the naval community in Kochi. The Cookery competition that was organized was a grand success.

Reaching out has always been NWWA's greatest benevolence in the public sphere and as usual the Sparsh team maintained its tempo in this regard. NWWA (SR) sponsored the expenditure for schooling of two girl children of domestic help. On the occasion of Onam, new clothes were gifted to inmates of the Thevara Old Age House. Dry provisions & clothes were handed to Maturchaya Bal Bhawan for Boys & Matrushakti Ballika Sadanam for Girls. In its attempt to familiarize the naval community with tribal issues, a 3 day exhibition cum sale was organized showcasing artefacts and products made by tribes from all over India. The exhibition was conducted by India Tribes under the aegis of TRIFED, Ministry of Tribal Affairs, Government of India.

Suruchi continues to carry on several hobby classes that are well appreciated. Tuition classes are also being conducted.

Team Tarangini the cultural wing of NWWA (SR) has many ladies helping out actively in the cultural programmes put up during coffee evenings, milans and various special events.

The Udaan club most loved by children organized a movie show called "The Dolphin Tale" as well as a painting competition on the theme 'Colours of Nature'. The children came up with numerous creative ideas which were appreciated by everyone.

Vastralaya surged ahead with renewed vigour this new session bringing in new products. It has been a great platform for ladies to showcase their stitching talent. The continuous demand for various products has helped to boost the personal confidence of the ladies as well.

NWWA (SR) also conducted a workshop for young wives in order to familiarize them with the naval way of life. The ladies were apprised of a host of topics

ranging from naval protocol, grooming, conduct in the social milieu, activities of NWWA and importance of community bonding. The finer nuances of fine dining and etiquettes were also detailed.

NWWA (SR) also had the privilege of hosting Mrs (Dr) Wai Mar Mar Htun, W/o Vice Admiral Thura Thet Swe, Naval Chief Myanmar.

Warming upto the theme 'Retro', the naval fraternity dressed and danced to the tunes of the 70s and 80s ensuring that the NWWA nite was 'Shaam Mastani'.

N W W A Shivaji

U d y o g i k a
N W W A
conducted
W a r l i
Painting
Workshop
f o r
children and
ladies. Basic

techniques and
motifs were taught
and the workshop

had an enthusiastic response. Sparsh team visited NAB Lions Home for Aging Blind in Khandala and also organized a visit to SAMPARC (Social Action for Manpower Creation) Malvali, which is home to 120 orphan and needy girl children. Arogya organized a health talk delivered by Dr. SundarRaj Perumal M.D.(Ayurveda) and Dr. Kavita SundarRaj Perumal M.D.(Ayurveda) on Ayurveda and its importance in present day life. Annual sale at NWWA shop Samudri was organized and evoked fabulous response and brisk sales.



NWWA Mandovi

From Jagruti, Sakhi, Arogya and Sparsh to Samudri,



Vastralaya, and Saundarya, all facets of NWWA Mandovi continued to function efficiently, providing support and service. Further, NWWA instituted tuition classes

in science and mathematics for students of class IX and X, as well as art classes. Other noteworthy events included a Sports Day on the occasion of NWWA Diwas; a Nature Trail on the periphery of INS Mandovi by naturalist Rahul Alvares, a visit to the Mae de Deus old-age home where foodstuff and clothes were donated; a presentation on money management and employment opportunities by representatives of ICICI Bank; and a Hindi recitation and story narration competition. The second annual NWWA Mandovi Quiz saw 20 schools participate. In keeping with the spirit of community and harmony, NWWA organised activities through the year to celebrate Independence Day, Janmashtami, Teacher's Day and Ganesh Chaturthi, ranging from flag-colouring and Bhajan Sandhya to drawing competitions and a rangoli making competition.

NWWA Valsura

The various groups of NWWA Valsura organized a range of activities, which engaged the residents of Valsura and focused on enhancing of skills and knowledge of the naval community. The highlight of this period was the health camps organized by the Arogya group. The focus of the camps was to encourage

ladies to access medical services, get screened and to take charge to prevent these diseases from occurring. The first camp looked at 'Assessing the Bone Density'. Addressing the concern of growing



number of cases of women being diagnosed with Breast and Cervical cancer, the Arogya group organized a second camp with a technical team coming in to conduct Breast and Abdominal Sonography.

NWWA Hamla

NWWA Hamla 'Outreach-Sparsh' team visited "Dreamz Home" an orphanage at Malad (E) and donated old clothes and ration to the Orphanage. The Prakriti Club organized a competition on "Best out of Waste" for children who came up with creative ideas which were appreciated by everyone.



A medical lecture on 'Health Awareness & Life Style Modification' for the naval fraternity and a Monsoon Medical Camp for the downtrodden fishing community of Bhati Village at Madh was organised with the aim to provide them with free medical facilities at their doorsteps. A cooking workshop by the catering department was conducted for the benefit of the ladies.

NWWA Dronacharya



The Ashirwad team visited Good Hope old age home and met their immediate requirements like grocery, toiletries and dress materials. A beautiful performance by the students of NCS Choir group at the old age home had the inmates reminiscing their childhood memories, and also compelled a few to join the performance.

NWWA Chilka

A hilarious Husband's Nite choreographed on the theme Sholay Village followed by a scrumptious village style meal served village ishtyle was a huge hit. Surg. Lt Cdr Mili Chaudhary (Gynaecologist) conducted a medical lecture on "Women's' Health and Family Planning" for the domestic help in the station, on account of an increasing incidence of abortions. A workshop was also held for the same group on paper bag making, in order to reduce the use of polythene bags in the station and increase their own income. NWWA team regularly and enthusiastically cooks gourmet meals for the in living patients at INHS Nivarini, the latest endeavour being cakes and savouries served doing the movie breaks. Prakriti Club members participated in a "Best-Out-Of-Waste" contest and Balpathshala students were treated to free haircuts during Shramdaan. A "Child Health Awareness Programme" was conducted in collaboration with INHS Nivarini, in which a record participation of the station community was seen.



Visiting paediatricians examined over 140 children, and the diagnoses ranged from URI to autism. Contemporary dance and adult literacy classes, and Advanced Fashion Designing course have been started.

NWWA Ezhimala

NWWA Ezhimala continuously strives to offer ideas and opportunities for conserving the environment. It also lent a helping hand to two charitable trusts in Kannur this year - Santhwanam old age home and Sri Mookambika Balika Sadan. For those looking for excitement and adventure, a Rock Climbing Workshop was conducted under the guidance and direction of Mr. Samir Patham, a qualified instructor based in Pune. A special presentation for the Officers to illuminate the role of NWWA in community building was widely appreciated. Officers also reiterated a need for such presentations so as to enlighten the new entrants into the Navy and to dispel concerns



and reservations over the role of NWWA and its activities. A workshop on fine dining and etiquette was conducted by the Vice Admiral Pradeep Chauhan, Commandant, INA. In lieu of the traditional coffee morning, NWWA Ezhimala organised a trip for the ladies to the famous Craft Village and Tourist Spot, 'Sargaalaya' at Vadakara.

NWWA Agrani

Agrani celebrated Environment Day with élan, Naval Personnel and their families planted saplings in and around Agrani. Later on there was slogan writing and essay writing competitions for the ladies and children keeping environment day in mind. Dr. Bhuvuneswaran, Scientist at Institute of Forest Genetics and Tree Breeding gave a lecture on "How to Save the Environment". Mrs. Chitra Krishnaswamy taught the families about Kitchen Waste Management by Composting Method. A visit was conducted by the committee members to the Marialaya Orphanage to meet the three girls adopted by INS Agrani.

Responses From *Anubhavis*

1. Comment on the camaraderie between course mates/colleagues and their families during your time.

*My life in Navy began in May 1972. During our times, sociability, mutual understanding and trust between course mates, colleagues, neighbours and co-workers were indeed tremendous. That initial foundation of mutual trust, understanding and camaraderie has remained a big blessing even during our retired life. The assurance, "Yes, our people are around" is indeed comforting.

....



SHIRLEY RAMSEY

Mrs Shirley Ramsey

*In our times Navy was much smaller in its size and number. Virtually just one big happy and well knit family, where everyone knew everyone, simple in ways and needs where we shared good times and bad times with much concern. Memories are rich and rewarding which we cherish despite many years gone by. Those were the days of wine and roses....

Mrs Lillian Gomes

2. What was the dressing etiquette during your time?

*In general, an unwritten dress code of "saris for all occasions" was followed; both garish attire and casuals were avoided, and elegance was visible. With changing fashion trends came in a lot more colour, variety and experimentation in dressing. Likewise, the jewellery too has transitioned from somewhat subdued to heavy now. Today, I think, a young wife could wear the same sari-jewellery combination



LILLIAN GOMES

to attend the Ship's Cocktails, Dinner at CO's residence, Husband's Night or a friend's Wedding Reception with equal aplomb. Earlier, one would dress differently for each of these.....

Mrs Meera Kaushiva

*Traditional Indian dresses, especially, saris were the unwritten code for dressing for formal get-togethers. Crisply starched cotton saris during the afternoons and silk saris for functions in evenings were the norm.....

Mrs Shirley Ramsey



KUMKUM PRAKASH

*There were no laid down and defined dressing etiquette and the choice was limited to either a sari or a salwar kameez. Trousers and other casual outfits were meant for the beach or maybe a squadron picnic. Social events at the Institute and the officers' mess were not frequent—so whenever an occasion did come, like the Navy Ball----we looked forward to dressing up in our best sari – which was of course the preferred outfit for the majority of the ladies.....

Mrs Kumkum Prakash

3. NWWA in your opinion is...

*A “unique institution” to which it is an honour to belong. An institution because it is officially recognized, has a hierarchy and recorded history of work as per

its charter. It is unique because one can join it only on account of the husband's service. But one contributes one's own time and effort purely on a voluntary basis and also when, due to husband's appointment, certain responsibilities devolve automatically upon the member. With the exclusive NOWA reconfiguring to more inclusive NWWA, its activities also became better structured and professional. Today, NWWA is an excellent platform through which

talents, skill, qualifications and competence of the members can be channelized for the benefit of the naval community.....

Mrs. Meera Kaushiva



MEERA KAUSHIVA

*In my opinion NWWA is the backbone of the unique Family system that one is required to lead in the naval life cycle. I have never come across any parallel to this organisation. Where could you find a President so co operative and ever willing to meet each and every requirement of the members, especially sailors' wives? Service at the doorstep is the motto here. Special care is taken to ensure that all are included in every activity. Many coming from the villages are literally groomed under the watchful eyes of NWWA with a view to ensure that they are able to stand on their own feet in the shortest possible time. They are also given lessons on Women's rights and I am glad to note that incidences of harassment by Husbands have shown a steady decline in the Navy.....

Mrs. Gigi John

*NWWA is a wonderful organization—it has been a source of inspiration for a many of us and personally for me a, great teacher. Qualities like patience. a cheerful disposition and above all understanding that every human being is different and should be accorded the same dignity, irrespective of rank and position. The core values of NWWA have been



GEETA BANGARA

strengthened by the collective efforts of all its members— Past and Present. My sincere hope is that NWWA and its true meaning and worth will be a source of inspiration and guide the coming generation, towards fulfilling their responsibilities and obligations towards the betterment of the naval Community.....

Mrs Kumkum Prakash

4. What motivated you to be part of NWWA?

*The day I got married I automatically became a part of NWWA. Over the years I saw the naval wives in the NWWA committee voluntarily contributing their time and effort, for the betterment of the community. I admired them for this and wanted to be a part of this group.....

Mrs Geeta Bangara

5. Your suggestions to make NWWA more effective and attractive for ladies to be active members.

*I feel that NWWA's activities should be based on the present and future needs of the naval community. Naval wives are well-educated, aware and very talented. But, at the same time, many among them are working mothers too! Ladies should be encouraged to take part in NWWA activities according to their choice, interests, hobbies, inclination and most importantly within the time available to them.....

Mrs Shirley Ramsey

*NWWA should continue to showcase the Talents of each and every member with a view to improve their confidence levels. Our members come from diverse regions and therein lay our opportunity. If we tap the potential of every member we would come across several fields that have so far not even been heard of. These could be traditional healing techniques, learning methods, farming/ agricultural inputs, and general methods of improving our quality of life etc.....

Mrs Gigi John

*The trends and thinking today is very different from our times. The priorities are different What we need to concentrate on now is that as most of the young wives today are more career conscious, let us try and take advantage of their skills. Even sailor's wives today are more enterprising and educated. We need to move on beyond the same embroidery, stitching, beauty courses etc, look at IT, BPO training etc....

Mrs Kamini Bakshi

*With changing times and lifestyles, NWWA, too is facing many challenges which have to be met and solutions found. To make NWWA more effective and encourage more ladies to spare some of their time, my suggestions are listed below:

1 - more interaction between ladies, informally—as there maybe hesitation on account of



GIGI JOHN

language, social etiquette, or an unfortunate incident that may prejudice opinions of both the officers and their ladies.

2 - Communication and accessibility should be easy between the concerned senior wife and the younger wives—for all ranks, so that one gets the assurance that someone will give a patient hearing to their problems etc.

3- Encourage expressions of ideas and views-----without fear of reprimand, bias, and ridicule.....

Mrs Kumkum Prakash

6. An unforgettable memory from NWWA.

*As a part of the NWWA Divas celebrations in Kochi, a two-day capsule was organized at the Kendra and time slots assigned to all units. It was wonderful to see our ladies address large gatherings of the White Uniform and with great flair put up slides & presentations to apprise them of the activities and achievements of the various arms of NWWA. The aim of this elaborate exercise was to take the husbands on board, for many of whom it was all an eye-opener. A dramatic upswing was visible particularly in the younger ladies' involvement thereafter.....

Mrs Meera Kaushiva

*Just 2 months after my marriage at my first coffee morning at



KAMINI BAKSHI

Kochi - sitting alone in the last row, the COS wife walked upto me, spoke and moved me to the front rows, asked if there were any problems that I had. Then Mrs Pereira who was the CNC's wife literally held my hand and took me in front of everyone and introduced me. She told me to get in touch with anyone gathered there for any help or guidance. What touched my heart and brought tears to my eyes - that here I was being so warmly taken into the fold and I felt now I have a "HOME AWAY FROM HOME"....

Mrs Kamini Bakshi

*It was my first coffee morning as a young Lt.'s wife. I was excited but a little apprehensive. However, this was soon put to rest as we were received warmly at the entrance to the WNC mess by none other than the president WNC Mrs.

Pereira. Seeing a new face she spent a few moments getting to know me and welcoming me to the naval fraternity. After the cultural event, Mrs.Pereira was talking to all of us and addressed everyone by name including me whom she had just met. It made me feel like a part of this large family. Thereafter I never skipped a coffee morning unless there was a pressing engagement.....

Mrs Geeta Bangara

7. Navy kids used to truly stand head and shoulders above their civilian peers when it came to being polite, disciplined and courteous. Does this hold good even now?

*There is no doubt that our children stand tall amongst their peers- yesterday and today! I do hope that the trend continues for ever at least on the politeness front. ...

Mrs Gigi John

*This generally does not hold good any more. Kids are not to be blamed entirely, but with both the parents working, the kids lose out on value systems, discipline, being polite and courteous. This is not a generalized statement. We still do see a minor number of kids who are very well brought up, but it is sad that the kids are also rank conscious which is a great deterrent in their development.....

Mrs Kamini Bakshi

Loneliness



LAKSHMI SHANKAR

*Ears keep listening to
the sound of falling rain water drops
Eyes keep seeing
the shadows of twisting lights
The edginess continues to touch the cheek
and shiver the lips
wetness of long travelling winds
continues to knock at the door
There no one meets any one any longer
The inner torrential rain that
leaves nothing for any one
is emitting youthfulness, throwing up desires
Come here, come let's hold on tight to
loneliness that we can't let go,
and allow the rain that drenches and dries up fire!*

विमान जो आसमान पर छा जाएँ



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SAFETY BEGINS AT HOME

FOLLOW THESE TIPS FOR LPG SAFETY...

BEFORE USE

- ✓ Always keep the cylinder in upright position at ground level in a well ventilated place
- ✓ Always keep the gas stove on a platform above the cylinder level
- ✓ Do not keep the cylinder in a cabinet or in a pit below floor level
- ✓ Keep the cylinder away from other sources of heat
- ✓ Never keep kerosene or other stoves on the floor where an LPG cylinder is in use.
- ✓ Check the cylinder valve to ensure that the rubber 'O' ring is present inside
- ✓ Use only soap solution to check gas leaks; never use lighted match-sticks for checking leaks
- ✓ Retain safety cap with nylon thread attached to the cylinder. Fix the cap on to the valve to stop leak, if any
- ✓ Shelves or storage cabinets should not be placed above the hot plate-reaching out to containers could cause accidents.



IN CASE OF GAS LEAK

- ✓ Do not panic
- ✓ Close regulator and burner knobs
- ✓ Do not operate electrical switches or appliances in the room
- ✓ Isolate the main electrical supply from the outside only
- ✓ Open all doors & windows for ventilation
- ✓ Put off all flames, lamps, incense sticks, etc
- ✓ Put the safety cap on the cylinder
- ✓ Call your distributor or emergency service cell for help
- ✓ LPG being heavier than air, tends to settle at the ground level on leakage. If LPG leakage is noticed, use all available ventilation to disperse the gas.





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Mita Thapa



Cdr Manish Mantravadi



Retd Cdr Pooja



Archana Dixit



Manasa Venkatesh



Archana Mishra



Sonali Upadhaya



Shivani



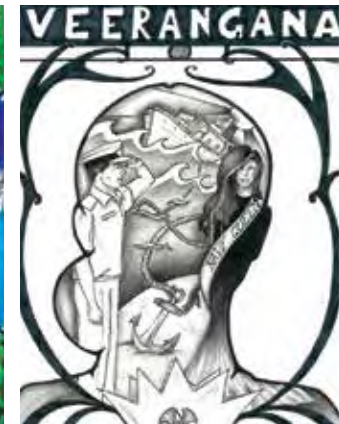
Captain N Bapna



Archi Kamble




Divya Gadre



Lisa Gonsalves

A Sailor's Song

(AN EXCERPT)



Fair is the mead; the lawn is fair
And the birds sing sweet on the lea;
But echo soft of a song aloft
Is the strain that pleases me;
And swish of rope and ring of chain
Are music to men who sail the main.

Then, if you love me, let me sail
While a vessel dares the deep;
For the ship's wife, and the breath of life
Are the raging gales that sweep;
And when I'm done with the calm and blast,
A slide o'er the side, and rest at last.

PAUL LAURENCE DUNBAR
(FROM LYRICS OF THE HEARTSIDE, 1899)