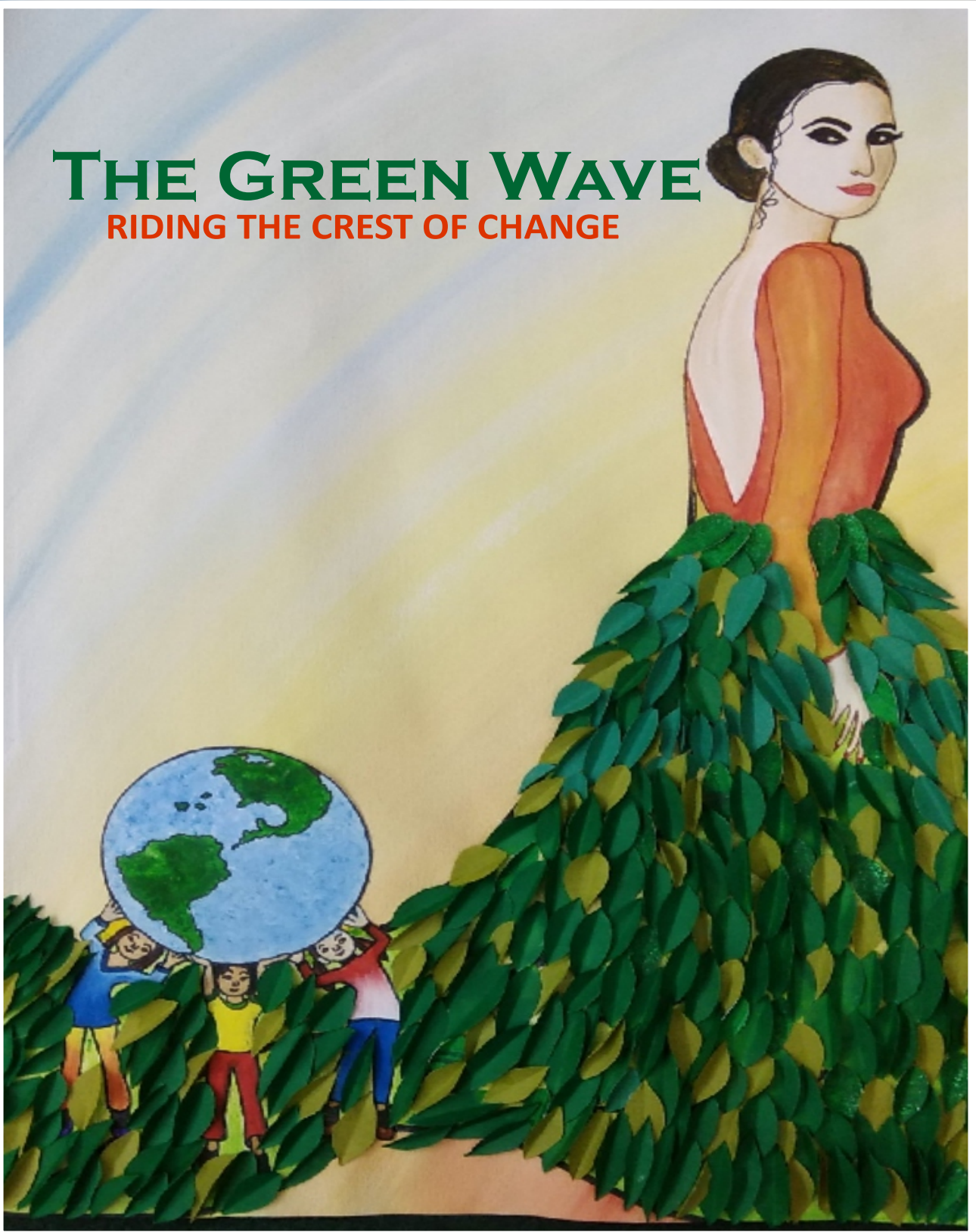




VARUNI
NEWSLETTER
MAR 2019

THE GREEN WAVE

RIDING THE CREST OF CHANGE



*Navy Wives Welfare Association
Station Lonavla*

STATION LONAVLA NWWA COMMITTEE



Left to right (standing) – Mrs Parul Dalal , Mrs Garima Rai , Mrs Bhagyashiri Sangle, Mrs Nidhi Malviya ,Mrs Gargie Rao, Mrs Nidhi Seth , Mrs Ranjeeta Singh, Mrs Madhuri Sureddy , Mrs Ramya Nishant , Mrs Nimy Elizabeth Sam, Mrs Charul Aggarwal

Left to right (seated) - Mrs Veena Seetharaman, Mrs Sonali Belliappa , Mrs Jaipreet Kang, Mrs Fanny Chakrabarti, Mrs Poornima Srinivas (President), Mrs Neha Srivastava, Mrs Vinita Chauhan, Mrs Jyoti Ankalgi, Mrs Harman Singh



WELFARE COMMITTEE



Left to right (standing) - Mrs Sushma Charak, Mrs Pallavi Singh, Mrs Ramita Singh, Mrs Vijaylakshami, Mrs Madhuri Sagar, Mrs Geeta Goswami, Mrs Nirmala Yadav, Mrs Kanti Singh and Mrs Kamlesh Yadav.

Left to right (seated) – Mrs Neha Srivastava (Treasurer), Mrs Fanny Chakrabarti (Vice-President), Mrs Poornima Srinivas (President), Mrs Sonali Belliappa (Welfare Co-ordinator), Mrs Jaipreet Kang (Secretary).



MESSAGE



MRS REENA LANBA PRESIDENT NWWA

I would like to convey my best wishes to all the ladies on the occasion of the 33rd NWWA Diwas.

My association with NWWA has been over 03 decades. It has been my endeavour to bring about change within my sphere of influence. As my husband's career progressed in the Navy, I held many portfolios of NWWA including Presidents of two Regions. When I took over as President NWWA on 01 Jun 16, it was a humbling experience and one which increased my ability to bring about change manifold. Bringing about change is not easy as it requires people to come out of their comfort zone and they tend to resist it. I am happy to inform you that in the past two and half years with the help of my committed team, I have been able to achieve positive changes which I hope will give direction to NWWA as envisaged by us.

My vision of NWWA is fairly straight forward where every NWWA member is **empowered and happy**. This is the vision that I *truly* wish to realise. Therefore ensuring a **family friendly and conducive environment** has been my

objective. **Physical, mental and spiritual health** are a prerequisite to being happy and these too are my focus areas.

Towards meeting my vision, I had to emphasize the importance of 'bonding and reaching out'. I declared **2016-17** as a 'Year of Bonding for NWWA' and changed the most visible aspect of NWWA—the Logo. The Logo exemplifies the changing face of modern society which necessitates reaching out to all and forging strong bonds within this big naval family. The tag line in the logo 'Reaching out'... adages the need to foster the spirit of reaching out – to your neighbour, to your community, to the Navy and finally, to your country.

The digital medium has allowed me to connect with **every** member of NWWA; the *Telegram App*, *NWWA page on Facebook*, NWWA website and *Veerangana* are some initiatives where we used social media to effectively *reach out* to our members, and this gives me immense personal satisfaction. The orientation capsule, publications '**Welcome young lady**' and '**Abhinandan**' have been conceptualized to smoothly transition our new brides into our fold as *well informed and valuable members* who contribute to our community and society. Most young brides today are confident professionals and smart homemakers but they are uninitiated to life in the military. The program helps them understand the demands of service life and conveys to them that they have the support of a vibrant community.

The **NWWA Archives** is a fine endeavour to record the rich history of NWWA where the 'past can meet the present'. Our **new NWWA song** made using inhouse talents showcases the true spirit of NWWA. On similar lines, **You Only Live Once**, *our own reality show*, provides a platform to our in-house talent to showcase themselves and bond socially. I am happy YOLO is now being conducted in other Regions also.

I declared **2017-2018** as the year of 'Empowered women Empowered Generations'. The **TISS Programme** and **INLINGUA collaboration** are some of the well received and highly successful initiatives undertaken recently to empower you all. Most ladies who have undergone the course have found suitable employment in good schools. The TISS program has taken root in all our major Naval bases with our centre in Delhi being the only TISS SVE hub in

Delhi. We have also collaborated with INTERNSHALA for internships with stipend at no cost for those undergoing Graduation/ Graduates. The Block Printing Unit–Tarsh has also been reinvigorated to increase the inventory of products. Skilling opportunities for tailoring and fashion has also been facilitated. Upgrading of our infrastructure to support our activities has also been my focus. We are also getting more visibility and footfalls for our **Samudri Shops** shops by co-locating them with the canteen pan India. The Samudri shop I inaugurated in Kochi INCS was the first shop open to all personnel making it truly a community boutique. We have also inaugurated the Shop in INCS Delhi where all of you can visit and buy our many products.

The theme for 2018-19 is '**Health is Wealth**' - a healthy mind, body and spirit. Activities planned for the year have added impetus on spreading, health awareness and fitness amongst women in our community. I have started the 'Swayam Siddha' or 'Smart Mom' contest in all Regions and also introduced the 'Well Women Clinic' for annual medical check up for NWWA Members. A Swastya Saheli book for individual medical records has also distributed in all Regions. The scale of well women clinic at Delhi was increased in 2018 to include a mammography camp. As part of NWWA Diwas celebrations which is held in February each year, I have introduced Mass Yoga and Zumba which provides a healthy way of bonding and interacting as you have seen today. Yoga and other sports activities are being conducted at all Kendras regularly.

Towards this year's theme, I have introduced an organic line under Udyogika wherein we have worked with natural fabrics such as jute, silk etc to bring you excellent clothing & accessories range. We are also selling natural products such as candles and handmade soaps under this organic line. Further, we have also tied up with 24 Mantra Organic, a firm which sources organic foods directly from the farmers to supply organic groceries at discounted prices to our NWWA shops pan India.

NWWA in collaboration with Naval Education Society has introduced many initiatives to improve the quality of education of various NCS pan India. Some changes such as improved student to teacher ratio, upgraded criteria for selection of teachers, well structured physical education program etc have already been introduced and others progressively. We aim to make NCS among the top schools at each location. NWWA has also been closely associated with

introducing new smart uniforms from the next academic year. The uniforms have been designed by a reputed Fashion Training Institute.

Some new initiatives include launching an E-Magazine 'E- Veerangana' on NWWA Diwas in order to encourage creative writing skills, which will be posted on the NWWA website where contributors can post articles throughout the year. Further, our soldiers are recognized for exceptional achievement or bravery with commendations and medals. However, our ladies are not recognised for their outstanding feats. I have instituted a NWWA Award called 'NWWA Star' to recognise our Navy Wives both whose husband's are serving and retired for exceptional achievement or bravery. The Award will consist of a Badge, Citation and cash prize of Rs 25000/- which will be given during NWWA Diwas each year starting this year. The Women Scientist Scheme of Department of Science and Technology has also been widely publicised through NWWA which otherwise would have gone fairly unnoticed.

Welfare and NWWA go hand in hand. This organisation is very close to my heart and will remain so. I can see NWWA growing from strength to strength with its footprint covering a larger section of the society.



Mrs Reena Lanba

President NWWA



MESSAGE



MRS SAPANA CHAWLA **PRESIDENT NWWA (SR)**

I am delighted to reach out to you, through yet another exciting edition of Varuni which coincides with the 33rd NWWA Diwas. The theme of this edition being 'The Green Wave - Riding the crest of change' is very relevant in today's world and is very close to my heart. The countries of the world at the United Nations in 2015, agreed on 17 Sustainable Development Goals (SDG) which are the blue-print to achieve a better and more sustainable future for all. A journey of a thousand miles starts from little steps from us.

INS Shivaji is blessed to be surrounded by a natural tapestry and I am extremely happy with the initiatives adopted by the base to treasure and preserve the environment. The Swatch Bharat Abyaan movement, the garbage segregation drive and in-house waste management plant ensures a green and clean environment. No Vehicle Day being observed on Saturdays also helps in reducing carbon footprint.

I am extremely proud of Team Shivaji for doing wonderful work to make the base green and eco-friendly. Yet another feather in the cap of Team Shivaji is that the NWWA Star is from their unit. Mrs Pallavi Singh has done outstanding work in making an ECO park, using waste materials and has taken eco-landscaping to a new level. She has utilised scrap, and recycled material into planters, feeders and garden decor props, creating an aesthetic, green space for the community. I congratulate her for all her efforts. She has been

awarded with a cash prize of Rs. 25,000 and a Certificate of Achievement.

NWWA Southern Region has been progressive and has undertaken many initiatives over the last one year. The setting up of the high-end boutique Samudri shop at INCS, Kochi and the inauguration of the second shop for our sailors' wives at Rameshwaram on NWWA Diwas has infused a spirit of entrepreneurship among the ladies. This is a huge platform to showcase skills and display hand-made products. We have created two new tuition rooms and called it 'Shikshan' for your children which have also been inaugurated on NWWA Diwas. Our children are the leaders of tomorrow and should get a good environment to study. We have even given a facelift to the Welfare Centre, so that you can learn baking, dancing, etc. in a beautiful environment.

The outreach to our Veer-naris and Anubhavi ladies have given them the confidence that their Navy will stand by them and help them at all times. We have initiated '*Swayam Siddha*' contest where we are in search for a smart mom and a complete woman. We have also taken onus of financially supporting three meritorious orphan girls from Valsalya Bhavan, a rescue home that shelters street children and are also providing for their education in nursing.

All this has been possible through the perseverance of a cohesive and happy team of ladies at the Southern Region and I congratulate INS Shivaji for keeping the flag of NWWA (SR) flying high.

God Bless



Mrs Sapana Chawla

President NWWA (SR)



MESSAGE



MRS POORNIMA SRINIVAS PRESIDENT NWWA STATION LONAVLA

Dear Ladies,

The last six months for NWWA at Station Lonavla have been very lively with several welfare activities including health camp, selfless efforts at Balwadi, celebration of NWWA Diwas, Navy Day and New Year, community sports etc. It is indeed heartening to see the bonding and cohesiveness among all the ladies, with the Committee and Welfare Committee members playing a vibrant role throughout.

I am glad to see more ladies coming forward and sharing their valuable time, energy and skills for the well-being of our Community. It is an apt time for all of us to join hands and discover the delights of connecting with our very own community and find new ways to contribute to our society.

The redesigned Samudri Shop, which reflects the true creativity of our ladies offering a unique opportunity for Naval wives to showcase their talents and find an outlet for their creations, has been one of the significant achievements of Team NWWA in the last six months. I compliment Team Samudri for their priceless efforts.

The Station's green initiatives in bringing up beautifully landscaped gardens at various places, waste management and the regular shramdaan can't be successful without our active participation and contribution. I am delighted that many of our ladies have willingly taken a step forward rendering their invaluable support in this direction. This movement has resulted in one of our ladies being awarded the NWWA Star recently by the President NWWA. This Edition of Varuni being named '**Green Wave – Riding the Crest of Change**' is truly a tribute to all our efforts. Keep this spirit going and let us make this Station even greener and plastic free.

I take this opportunity to congratulate Team Sanchar for bringing out such an eloquent edition of Varuni. Wish all members happy reading!

As Shivaji has already moved into the Platinum Jubilee Year, Team NWWA will stand committed to contribute even more to our community to make this milestone year a grand success.

Jai Hind

Mrs Poornima Srinivas

TEAM SANCHAR



Left to right – Mrs Ramya Nishant (Activity Co-ordinator), Mrs Fanny Chakrabarti (Editor), Mrs Poornima Srinivas (President), Mrs Harman Singh (Activity Co-ordinator)



EDITORIAL

'Imprints', the last edition of Varuni received a good feedback. Team Sanchar had loved every moment, from putting it together to the final release programme, where all the contributors interacted with Cmde K Srinivas, Commanding Officer, INS Shivaji and Station Commander, Lonavla, and with the officers and ladies of the Station.

So the team welcomed the challenge of bringing out their second edition in two months, working in tandem with the theme 'The Green Wave', Riding the Crest of Change.

In poetic verse: "We collected seeds of ideas, gathered an organic mix by connecting with our contributors, our photographers and committee members and sowed the design and page lay-out with IPS. Nurture, care and water came from the hours spent on the desktop, writing and editing. The plant has now grown and you hold the leaves in your hands".

Team Sanchar hopes the little initiatives taken up at Station Lonavla covered in this edition, encourage greener alternatives in thinking and lifestyle. We hope to limit the print editions too, and would be uploading the copies on web for easy access.

Go green!
Team Sanchar



Cover credits: Art by Mrs Anshu Chowdhury : "Creating a green movement , when a wave of green initiatives helps balance the ill-effects of global warming, for generations to come."

Designed & Printed at IPS, Station Lonavla

NWWA STAR

When **Mrs Pallavi Singh** (w/o Tej B Singh, RPO 400087R) lent a few gardening tips to men who were planting saplings at an area close to the Inner Gate in the premises, little did she know that she would be playing a major role in creating one of the most eco-friendly gardens at INS Shivaji. The men, from the Provost Office, were preparing for the annual Interdepartmental Garden competition at the Station.

Pallavi had always been fond of plants and expressed an interest in beautifying the area. Her intention was to focus on using recycled material, giving eco-landscaping a new meaning.



Over two months, while managing two toddlers at home, Pallavi selflessly devoted almost 150 hours to the garden. She converted waste into planters, feeders and garden decor props, in tune with the 'Go Green' Campaign adopted by the Station that encourages and promotes greening of spaces. On a personal note, Pallavi believes the project brought a positive change within her.

She now explores everything from the perspective of minimal use and recycling. Her home too is an expression of her creative, recycled decor. The garden, of course, is a major attraction.

It is no surprise then, that on 14th February 2019, on the occasion of NWWA Diwas, Mrs Pallavi Singh was declared the NWWA Star (SR) for her exemplary service to the community.

The NWWA Star is an award that has been initiated for the first time by Mrs Reena Lanba, President, NWWA, "in recognition of exceptional service or an act of bravery by a naval wife (serving or retired)".



On International Women's Day, 8th March 2019, Mrs Sapana Chawla, President, NWWA (SR) presented the NWWA Star, a citation and a cash award of Rs.25,000 to Pallavi at a Special Milan. A befitting coincidence!



NAVY WEEK CELEBRATIONS



Standing tall on Navy Day



Our pride - The INS Shivaji Band



Sea Cadets enthralling all at the Beating Retreat ceremony



'At Home' with civilian staff

NAVY WEEK CELEBRATIONS



Navy Nite - Fashion Show Divas



Interacting with the NAB members at lunch



*Picnic and lunch with
NRC Kirkee families at WTC*



INS Shivaji Tigers Point Hill Challenge Half-Marathon

THE GREEN WAVE AT INS SHIVAJI

Over the last few months, INS Shivaji has donned a greener and beautiful avatar. While the rains have long abated, the green campaign has gained momentum in several areas. Brief insight into a few:

THE ECO GARDEN OF SENSES

A spot for serenity - this is a shared sentiment of most residents of the base now, ever since the Shiv Sagar Lake, a reservoir that meets the drinking water needs of the residents, gained a garden of its own.

Down the WTC path, on a small detour rests this breathtaking span of layered greens. Earlier the area, located on the leeway side of the dam had the look of an abandoned spot with thickets and shrubs, wild vegetation and debris. However, as the 'Swachh Bharat Abhiyaan' campaign unfolded at Station Lonvala under the directive of Cmde K Srinivas, Commanding Officer, INS Shivaji and Station Commander Lonavla, efforts



were made to clear it and the DO(T) trainees were encouraged to pitch in. Their hard work and dedication has led to the creation of a beautiful garden. Under the guidance of their respective HoDs, the department's 'Wood Craft' Club members have creatively made decoratives with wire and wood, designed the entrance gate and fencing aesthetically, using sustainable bamboo from the surrounding vicinity, and have helped to landscape the vertical garden. The trainees have also painstakingly



Painted the various landmarks of the base, ranging from a sunset scene from WTC, the 'Vertigo Rotunda' to the small peak 'Duke's Nose' on the inner wall of the dam (about 150m in length and 10m in height).

Ensuring sustainability and viable eco-alternatives, the garden has been installed with energy-saving, solar-charged LED lamps on the lawns and has all-weather plants (keeping in mind the adverse monsoon impact). It truly is a serene sight to behold and an eco haven for the community.

SAYING IT WITH WALL PAINTINGS

When blank walls begin to speak with a purpose, messages become relevant. With this thought in mind, it was only natural to create meaningful art on some walls of the base. Since efforts were being made to maintain cleanliness and beautification, the walls proved to be the perfect canvas to promote the 'Swachh Bharat Abhiyaan' campaign. Amongst these, the most eye-catching has been the wall fencing the basketball court, opposite the Menaka Auditorium. Trainees of DO (T) painted this wall on the lines of the 'Clean India Mission' depicting initiatives taken up to maintain a clean and green base. The tag line 'Ek kadam swachhta ki ore' (one step towards cleanliness) motivates and encourages every member of the base to contribute towards cleanliness, hygiene and a sustainable environment.



WASTE MANAGEMENT

There is no waste if you have the intention and resources to reuse and re-purpose it. Keeping this in mind, Station Lonavla has taken a step towards converting its waste to wealth, by introducing an innovative waste management system with a user pay concept. The entire unit participates in this exercise by contributing Rs 2/day per household for waste processing. The system also entails **waste segregation** at source - each household segregates the waste into wet waste (kitchen waste, food leftovers etc), dry waste (paper, plastic and non-biodegradable items), Sanitary waste (sanitary waste, diapers) and e-waste (battery, phone, PC items, wires, etc).



Each household has been given two types of trash bags; green for wet waste and black for dry and e-waste. This segregated waste is collected door-

to-door. The green bags (wet waste and sanitary waste covered in newspaper) are collected every day, while the dry waste is collected twice a week (Tuesday and Thursday) and e-waste, once a month. The wet waste is processed into organic compost at a composting plant set up in a 40-acre area under development at the Station. Approximately, one ton a day is generated in the Station and, in fact, 500 to 600 kgs of compost have been used at the recent plantation drive carried out during the Ship's Anniversary on 15th



February. Station Lonavla has tied up with Nila Polycast Baction, a small start-up in Pune, to operate the composting site.

The firm specializes in Microbiology and has developed specialized bacteria to convert wet waste into compost within 25 days. Sanitary waste is incinerated in the pollution-free incinerator situated inside the Station while the e-waste is handed over to an e-waste recycler in Pune.

The waste management programme is at its infancy, but residents are making every effort to do their bit in reducing the carbon footprint.

THE PINEAPPLE STORY



We love stories with happy endings and, at this very moment, one occupant at INS Shivaji is living out her dream story on a small garden patch, outside her home.

Mrs Ranjeeta Singh's fascination for the pineapple began when she was a child and lived in Assam briefly (her father, who was in the Air Force, was posted there). She fell in love with the pineapple groves (that the North East is known to nurture), and dreamt of growing a few herself at some point in life.

INS Shivaji gave Ranjeeta the perfect land, outside her home, when she propagated the plant in the soil three years ago.

Today, the two plants have borne small pineapple fruits, almost a rare occurrence in this region. Ranjeeta's eyes light up with joy when she speaks about this childhood wish coming true.

Little efforts do make great 'green' stories, don't they?

CLASSES AT NWWA KENDRA

KALA KENDRA

CLASS	DAYS/ TIME	TEACHER
COMPUTER	MON-SAT (1000 - 1930 hrs)	Mr Jay Rawal (ARCHEIL INFOBIZ)
BAKING	MON-WED (1630 - 1830 hrs)	Mrs Hema Dhore
TUITION	MON-FRI	Mrs Gargie Rao
Std 1 st to 8 th	(1630 - 1730 hrs)	
Std 9 th to 10 th	(1730 - 1830 hrs)	
YOGA	(0930 - 1030 hrs)	Kaivalyadham
HINDI CLASSICAL SINGING	MON,WED,FRI (1700 - 1800 hrs)	Mrs Bhagyashri Sangle
ZUMBA	MON,WED,THURS (0915 - 1015 hrs & 1730-1830 hrs)	Mr Kuldeep Singh
TABLA, OCTAPAD, DHOLAK	1630-1730 hrs	POMUS Dutta



UDYOGIKA

CLASS	DAYS/ TIME	TEACHER
TAILORING	MON-WED (1130 - 1300 hrs)	Mrs Rajni Mehta
(BASIC)	MON-FRI (1130 - 1300 hrs)	
TAILORING (DESIGNER)	MON-FRI (1000 - 1130 hrs)	Mrs Vaishali Mane

For further details, contact: 2768/ 8275594640

ACTIVITY REPORTS

WELFARE

On 25th October 2018, Mrs Poornima Srinivas, President, NWWA , Station Lonavla, connected with the Master Chiefs wives at NWWA Kendra. The Core Committee, NWWA Committee and the Welfare Committee ladies were also present. They interacted over tea and refreshments.



The NWWA Library at NSB, which opened in October 2018, is fully functional with well-stocked books for adults and children. Plans are afoot to add the latest women's magazines to the collection.



On 16th January 2019, the Welfare Co-ordinator and Secretary NWWA, Station Lonavla, held an interactive session with the Welfare ladies of SMQ wherein various issues were discussed. **Over 100 ladies participated in the traditional 33rd NWWA Diwas celebrations held on 21st February at Station Lonavla.** Themed 'Health is Wealth', the programme comprised yoga, a quiz and a few games.

A short round of fun-filled games with prizes were also organised for the support staff ladies from NWWA Kendra, Balwadi and Little Angels. The occasion was also utilised to collectively acknowledge the efforts of Mrs Pallavi Singh who was chosen as the NWWA Star by Mrs Reena Lanba, President NWWA, for her exceptional service to the naval community. Welfare members of both SMQ and NSB participated wholeheartedly in the Milans.



AROGYA

Team Arogya and INHS Kasturi organised a 'Grihalaxmi medical check-up camp' for ladies (above 18 years of age) at the Station. The camp was inaugurated on 1st February with a lecture by Surg Capt Wahida Prizm, Commanding Officer, INHS Kasturi on CPR and basic life-support. **A bone density test was done on the same day, and a health card was given to each lady.** Over the next five days, specialized check-ups (Gynaecology, ENT, Dental, Eye, PAP smear test and ECG) were also carried out. The workshop was a big success with the ladies.



SAMUDRI

In November 2018, as the main shop was scheduled to undergo a complete overhaul, NWWA Samudri was temporarily shifted to the canteen premises. Khurja pottery and products from Udyogika (curtains, runners and napkins), continued to be major attractions. A few of these were also displayed at a pop-up stall during the Welcome Milan for Mrs Sapana Chawla on 12th December 2018.

In January, a decorative plant stand stressing on the relevance of air-purifying plants was installed. Plants like Aloe Vera, Boston Fern, Spider Plant, etc. were put on sale.

February proved to be a beautiful month, and **NWWA Diwas celebrations on 14th were very special as the newly-renovated NWWA Samudri shop was inaugurated by Team NWWA of the 36th**



Commissioning of Station Lonavla. Cmde K Srinivas, Commanding Officer, INS Shivaji and Station Commander Lonavla, was the Chief Guest. Cmde K Srinivas appreciated the efforts of Team Samudri. **The creative concept and design was conceptualised by Mrs Poornima Srinivas.** The event was also attended by CO KASTURI, OICs and HODs of all departments, Committee members and Welfare members. A day later, Mrs Kangana Berry visited Samudri.



Since the inauguration, Samudri has witnessed a jump in sales. The feedback from the community too has been very encouraging. With an aim to provide affordable products to the community and showcase in-house talent of the ladies of the Station, products made by at Udyogika too have been put on display. **In addition, products from the NAB Lions Home for Aging Blind and tribal art work of Warli by the children of the Committed Communities Development Trust are also available.**

On 8th March, Mrs Sapana Chawla visited the chic shop and commended the team for all their efforts.



UDYOGIKA

Udyogika, the NWWA small-scale tailoring unit, has been conducting tailoring classes and has also been designing products for sale in the NWWA Samudri store. On 12th December, for the Special Milan, the ladies put up a small stall at Menaka Auditorium. A day later, Mrs Sapana Chawla visited the unit and interacted with the ladies.

A few ladies have completed their designing and basic tailoring course and a new tailoring instructor too has been appointed. The unit is **successfully designing a 'Khun' fabric collection** comprising pouches, runners and cushion covers for sale at Samudri.



KALA KENDRA

On 14th November 2018, Children's Day was celebrated by Kala Kendra by organising a painting competition for children in three age groups (*details and winning entries on page 27*).

The competition was held at Station Lonavla and at NSB. Over 200 children participated in the event, along with children from Balgram, an orphanage associated with the Station.



Various classes (*details on page 14*) are being held at Kala Kendra. These include baking and singing classes, both conducted by ladies of the community.

On 13th December 2018, Mrs Sapana Chawla visited Kala Kendra. In the month of February, Mrs Kangana Berry, wife of Rear Adm Suraj Berry also visited Kala Kendra.



SOUNDARYA BEAUTY PARLOUR

On 24th October 2018, Team Soundarya conducted a workshop on make-up and hair-styling tips and 'saree-drapes' for the ladies. The team demonstrated make-up for day and party wear, different styling with long and short hairdos and stylized saree draping techniques. On 8th December 2018, Team Soundarya helped the ladies with make-up and hair-styling for the Fashion Show for Navy Nite at Station Lonavla.



PRAKRITI

Over the last few months, Team Prakriti, the environmental group, has been working on beautifying and landscaping the 'butterfly' garden, using waste and recyclable materials. The Team Coordinator also assisted as a judge in some categories of the Annual Garden Competition held by the Station.

On 24th February 2019, the team conducted a Nature Walk for the children in the community. The walk also comprised a small talk on the waste-segregation methods being followed at the Station and the relevance of indoor plants. A quiz was conducted based on this information. At the end of the walk, Mrs Poornima Srinivas interacted with the children and gave away prizes and gifts.



OUTREACH (SPARSH/ ASHIRWAD)

As part of an initiative to provide support to people in need, NWWA Outreach at Station Lonavla is associated with NAB (Lions Home for the Aging Blind), Khandala.

In October 2018, the Team had placed two donation boxes inside the unit-run canteen premises, encouraging the community to donate essentials and toiletries. The donated items were handed over to the NAB members on 28th November 2018, during a lunch hosted by the Station for the Navy Week celebrations.



On 29th January, Team Outreach organised a visit to NAB. Mrs Poornima Srinivas, accompanied by the Committee and Welfare members took a tour of the home. They visited the weaving unit, paper bag-making unit and the knitting unit managed by the members and interacted with the residents.

Team Outreach handed over a few daily consumables collected at the donation boxes at the Station and also gifted bed-sheets.



SANCHAR



The newsletter that you hold in your hands is courtesy the work done by Team Sanchar over the last two months. From working on the concept and title, selecting the cover design, writing and editing the pages to designing them, the team has had a wonderful time. Team Sanchar released the Varuni edition Oct 2018, themed 'Imprints' in November. The team also mailed the final articles to SR for Veerangana and e-Veerangana.



LITTLE ANGELS



The month of November was chock-a-block with activities at Little Angels. Diwali was celebrated with a small firecracker show outside the school premises. *Diyas* were lit under supervision and sweets were distributed. Children's Day was celebrated with a story-telling on Chacha Nehru and children received colouring books. A special Fancy Dress event, themed 'Nature' was held on 27th. The parents created handmade props and the little ones used these to perform catchy nursery rhymes. Small plant saplings from the 'Germination' activity were gifted to the children.

On 20th December, Mrs Poornima Srinivas hosted the children at Shivaji House for a special Christmas celebration. The children were welcomed by the NWWA Core Committee members, and then entertained with a Magic Show. A little tea party was also organised for the little ones. The children clamoured around Santa Claus, who arrived in a



Fire Truck. Towards the end of the event, the children received Christmas gifts from Mrs Srinivas.



On 27th February, Sports Day was conducted at the Abhimanyu Gymnasium. The children participated wholeheartedly in lively games. On 8th March, Mrs Sapana Chawla visited the school and interacted with the children. The school celebrated its Graduation Day on 15th March.

BALWADI

On the eve of Diwali, the children of Balwadi were taught the relevance of the festival of lights. They painted *diyas*, made a colourful *rangoli* and made paper cartons. In December, the children were taken to the Fire Station for an educative talk. They were enthralled. They were also shown snakes and were taught about a few preventive methods to guard against reptile sightings.

In December, the children enjoyed a special Christmas celebration at Shivaji House, hosted warmly by Mrs Poornima Srinivas.



It included a Magic Show and an interaction with Santa Claus, who arrived in a fire truck. The children enjoyed a little tea party and their Christmas gifts from Mrs Srinivas.

The month also included paper-folding activities. Mrs Ramya Nishant, along with dance and singing, conducted extracurricular activities, in the Activity Room, with props created by her. The other activities included seed-sowing as well. On 13th, Mrs Sapana Chawla visited Balwadi and interacted with the children and gifted toys to them.

In January, on the eve of Makar Sankranti, the children made kites and coloured them. They also celebrated Republic Day at the Naval KG school, where children conducted a Fancy Dress.



The month of February began with a parent-teacher meet on 8th, wherein parents were briefed about the final assessment of the students and briefed about oncoming admissions for the new academic session and Sports Day preparations. Mrs Kangana Berry visited Balwadi on 15th. Mrs Berry interacted with the children and the Staff and taught an impromptu poem to the happy children. **On 28th February, all the 44 children of Balwadi participated in their Annual Sports Day at the**



Abhimanyu Gymnasium. A host of innovative games ranging from block-building and stringing large beads to the traditional sack-race were played with josh and excitement.

Furthermore, in September, last year, in a beautiful gesture, Mrs Poornima Srinivas' brother, **Mr Jitendra Chowdhary, had gifted a cheque of Rs 1,00,000 to Balwadi, in loving memory of their mother.** This money has been put in a Fixed Deposit for ten years. The Interest amount would be awarded every year as a cash prize of Rs 3,250 each to 'The Best Student in Academics' and 'The Best Student in Sports and Extra-Curricular Activities' in UKG.



CORE COMMITTEE



Left to right – Mrs Jaipreet Kang (Secretary), Mrs Fanny Chakrabarti (Vice-President), Mrs Poornima Srinivas (President) & Mrs Neha Srivastava (Treasurer)

'GO GREEN' GARDEN ACES

The Annual Gardening Competition is a much-looked-forward to event by the community of Station Lonavla. It encourages and inspires naval personnel to green the spaces around their homes and departments. Here's a glimpse of the winning entries.



PROVOST GARDEN MAINTAINED BY DEPARTMENT



GARDEN MAINTAINED BY CAPT ANKALGI



SHIVAJI HOUSE GARDEN MAINTAINED BY OFFICIAL GARDENER MR SM TRIPATHI



INHS KASTURI GARDEN MAINTAINED BY OFFICIAL GARDENER MR KS SHINDE



KITCHEN GARDEN MAINTAINED BY CAPT CHAUHAN



KITCHEN GARDEN MAINTAINED BY MCPO RANDHIR SINGH

STATION ACTIVITIES



Pride, Honour & Respect



Lighting up lives with smiles at the Diwali Mela



Children from St Thomas School at INS Shivaji



Together at Station Lonavla Annual Picnic

STATION ACTIVITIES



Vice Admiral AK Chawla and Mrs Sapana Chawla with the participants of the Cultural Evening



Navy Foundation Day



Station Lonavla family at the Diwali Mela



Children from Sinhagad, Raigad and Kendriya Vidyalaya schools at Pratigya Sthal

MAGICAL MILAN

A Special Milan was organized on 12th December 2018 to welcome Mrs. Sapana Chawla, President, NWWA (SR). Themed 'Lotus', the event opened with a *slokha* rendition followed by an entertainment programme of dance and a quiz. The highlight was a graceful 'Mahamaya Fashion Show' done by the ladies of the Station.

Mrs Chawla addressed the ladies and later interacted with them over tea and refreshments.

A Milan was also organized on 8th March, during Mrs Chawla's visit. In keeping with the occasion, the theme was 'International Women's Day'. The programme comprised a song and an interesting and informative quiz on our country's women achievers. The ladies participated enthusiastically. A small chat show was conducted on stage with Mrs Chawla being the special guest.

The Milan had its special moment, when Mrs Chawla presented the NWWA star medal, cheque and certificate to Mrs Pallavi Singh, on stage.

Mrs Chawla addressed the ladies and interacted with them.



BUDDING ARTISTS

CHILDREN'S PAINTING COMPETITION WINNERS



NATURE - 4 to 7 YEARS



IPSHITA KHARAB, 1ST



NAITIK SANGLE, 2ND



IDHIKA SAXENA, 3RD

NATURE - 8 to 11 YEARS



VISHAL SEETHARAMAN, 1ST



AKSHITA PANDEY, 2ND

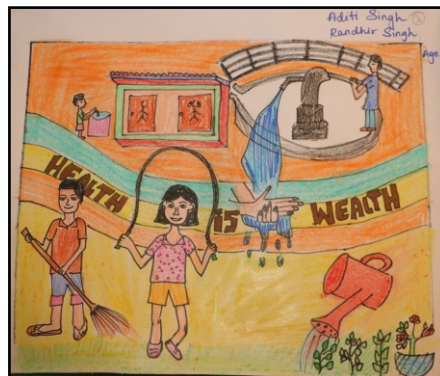


ANIMESH SINGH, 3RD

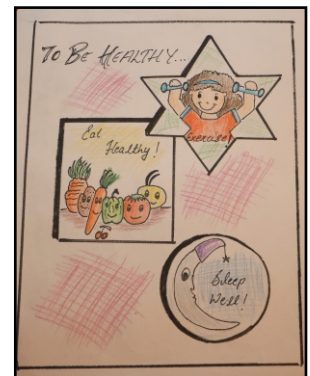
HEALTH IS WEALTH - 12 to 15 YEARS



SANIYA BHALERAU, 1ST



ADITI SINGH, 2ND



SUMIT KUMAR, 3RD



Akshita Pandey, 2nd in INS Shivaji Anniversary Painting Competition (Age group - above 12 years)