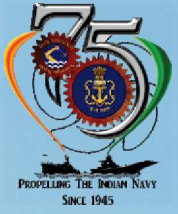




VARUNI

STATION LONAVLA
FEB 2020



*The Platinum Commission
Renewed Togetherness*



NWWA CORE COMMITTEE



Left to right - Mrs Neha Srivastava (Secretary), Mrs Sujata Mohanty (Vice President), Mrs Meenal Seth (President), Mrs Harman Singh (Secretary), Mrs Gargie Rao (Treasurer).



TEAM SANCHAR



Left to right - Mrs Amisha Mathur (Activity Coordinator), Mrs Sujata Mohanty (Group Coordinator), Mrs Meenal Seth (President), Mrs Vandana Shukla (Activity Coordinator), Mrs Harman Singh (Activity Coordinator).



MESSAGE



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

All who have accomplished great things have had a great aim, have fixed their gaze on a goal which was high, one which sometimes seemed impossible.” – Orison Swett Marden

Ralph Waldo Emerson once said, “Do not follow where the path may lead. Go instead where there is no path and leave a trail.” NWWA (Southern Region), which incorporates a wide swathe across the country with Dronacharya and Ezhimala in Kerala, Agrani in Tamil Nadu, Valsura in Gujarat, Hamla and Shivaji in Maharashtra, Mandovi in Goa and Chilka in Orissa, has indeed blazed the trail accomplishing all the goals we had set for ourselves. It has been a great honour and privilege to serve as President (NWWA) Southern Region. My compliments to all the committed ladies who are doing admirable work towards building and maintaining the spirit of this wonderful organisation.

In keeping with the vision of NWWA to empower women and provide them a platform for growth, NWWA (SR) has conceived an important project and brought it to fruition. We have collaborated with the prestigious Indian Institute of Management, Kozhikode for a three month certificate course on Social Entrepreneurship. This pilot project, exclusive to naval wives, will commence shortly in Kochi.

Another major achievement, after many months of meticulous planning, has been the creation of a brand new facility called 'Backwaters-Katari Bagh Samudayak Kendra'. 'Backwaters', as the name suggests, is fronted by serene backwaters of the channel and includes 'Bayside Treats', a trendy health cafe, 'Panache', a state of the art beauty parlour, 'Ekagrata' tuition rooms and an open activity area.

Our sub-units too have joined hands in bringing about a positive impact on our environment. While NWWA (Agrani) carried out 'Plogging' and 'Swachhta Hi Suraksha' Community Sharmdan, NWWA (Dronacharya) planted over 200 trees and have been conducting

beach cleaning regularly for making it an avian paradise. NWWA (Valsura) and NWWA (Hamla) recycled furniture from the scrap-yard for visual display of Samudri store, and also recycled used paper for gift wrapping respectively. NWWA (Chilka) has taken the green initiative by creating 'Nari Shakti Van', and the new 'Chilka Phulwari Nursery'. NWWA (Mandovi) conducted talks on dental hygiene and importance of Gynecological tests and NWWA (Ezhimala) NWWA (Shivaji) have focused on infrastructural improvement of the Beauty Parlour and Balwadi respectively. It took the grit and vision of a 16 year old from Stockholm, Greta Thunberg, to capture the world's imagination on the impact of global warming and raise the alarm to necessitate action on urgent footing. Her persistence has resulted in more than 60 countries pledging to meet their carbon footprint reduction targets by 2050. Global warming is probably one of the greatest threats faced by humanity and all living creatures. It is happening even as you read this .

Nations around the world are researching ways to mitigate climate change. The Indian Navy has taken serious measures to reduce the carbon footprint on its platforms and naval bases and NWWA is supporting and augmenting these measures. Here at NWWA (SR) we continue to protect, nurture and improve our surroundings.

Replacing common use plastic items with cloth bags, bamboo straws, steel tiffin boxes in NCS, copper or glass water bottles etc., has been one line of action. In addition, we are also spreading the message to our surrounding communities and have engaged with local authorities to take actions in areas outside the naval base. We are also involving our children as our ambassadors to spread this message through the Outreach and Prakriti groups using jingles and street plays. We believe in walking the talk and making a difference! In 2020, let us redouble our efforts to ensure a plastic free environment with positive reinforcing steps to Reduce, Reuse, Recycle and Replace.

Women can be the harbingers of change as they have multiplier effects on issues of importance- she can change her household, her community, her society and nation. NWWA (SR) has made it a point to include informative and educational messages in all our coffee mornings or Milans. We are encouraging a new concept called 'She Chefs'. Under this, naval wives can sell their home made food products. We have brought a significant beauty brand called Panache to our naval base at affordable costs and even opened a café dealing in health products next to the gym . Our intention is to promote healthy living by inculcating healthy lifestyle practices in our community. We had a "chai pe charcha" with young navy wives to educate them on what NWWA is and what we can achieve together, if we all share responsibility.

I am confident that there will be committed and enthusiastic participation by all our women in the various activities we have planned in the coming months. I would like you all to continue to share your ideas and join hands towards community service.

I thank the NWWA (SR) members for their sustained and immensely laudable efforts in achieving our common goals. We may have miles to go but we will, hand in hand, step by step, walk the path and attain our aims.



Mrs Sapana Chawla
President NWWA (SR)



MESSAGE

MRS MEENAL SETH
PRESIDENT NWWA
(Station Lonavla)



Dear ladies,

As I reflect upon the months gone by, I feel consumed by a sense of immense satisfaction, deep pride and gratitude. The synergy of the ladies of Station Lonavla compels me to act upon dreams of even greater import and compassion. This positive and collective energy entirely pervades this beautiful naval base, which in the truest sense, is home to me. Very aptly, the theme for this edition of Varuni is 'The Platinum Commission- Renewed Togetherness.' The supreme sacrifices and 75 years of enduring efforts by our valorous men in uniform and their equally intrepid ladies has earned for INS Shivaji its sweetest reward- the Award of President's Colours. I congratulate each and every member of Station Lonavla on this wonderful occasion that not only fills our heart with great honour but also gratitude for all those who have toiled day and night for all these years to make INS Shivaji what it is today.

NWWA Station Lonavla are a group of women who are forever on the lookout for prospects to make life better for every single member of this wonderful family. It is your sheer will and passion that has transformed the NWWA Kendra into a facility that inspires the entrepreneur in a woman. Education, motivation and compassion are the hallmark of a true leader and these are the qualities that I have found to be in profusion in every lady of Station Lonavla. Be it Soundarya, Udyogika, Prakriti, Samudri, Ashirwad or Sanchar, all committees deserve applause. It is because of your hard work that Soundarya Parlour is now a state-of-the-art facility and Balwadi and Kala Kendra have been revamped. I congratulate all the ladies of NWWA Station Lonavla on their wonderful achievements and at the same time encourage them to make best use of the new Yoga Studio/ Dance Room, the much awaited Delish Kitchen that can now be used for cookery lessons and the sewing classes at Udyogika!

Yet it is just the very beginning and issues germane to the times we live in still remain to be addressed. Environment remains the topmost challenge as climate change is for real and the prospects are dire if we do not begin to reverse the damages now and here. The Sixth Extinction is well on its way and global warming management can soon be out of humanity's future control. Therefore our priority is to make Station Lonavla a plastic free base and sensitize our children towards the gravity of dangers we as humanity are facing due to excessive fossil fuel use. We need to work together to build a sustainable eco community at Station Lonavla and remain committed to doing the best we can for our environment.

Having said that I would also like to underscore the evolving role of NWWA in 2020. This indeed is the new age NWWA that is much more conscious, global, pervasive and progressive. While we all understand *Renewed Togetherness* in its literal sense, it very clearly means that this is coming together for a purpose. A togetherness with a clear intention to build meaningful, empathetic relationships that ensure that NWWA 2020 is able to touch the lives of the youngest and the newest members of the naval community in a significant way.

Well, time is ripe ladies to take a deep breath and invoke all your inward resources for the fulfillment of the larger dream- the dream of happiness, contentment and prosperity. I pray for the best for each one of you and may God bless the men and women of Station Lonavla, now and always!

Meenal Seth

Mrs Meenal Seth
President NWWA
(Station Lonavla)

ACTIVITY REPORTS

WELFARE COMMITTEE



At the helm of affairs

A formal transfer of authority and responsibility of NWWA, Station Lonavla took place on 12th December 2019. It was on this day that our new NWWA President, Mrs Meenal Seth took over as the President and has since then been a catalyst for all the ladies to move forward in ways never expected.

An interactive session with the SMQ ladies was held on 7th January 2020 at Deepika Hall by the Vice President and the Welfare Coordinator. A total of 45 ladies were part of the event and various agendas were discussed.

Birthday is a momentous occasion that must be celebrated with fun and fervor. Birthdays are celebrated at the end of each month for all Committee and welfare members. We celebrate birthdays in Kendra with a cake cutting ceremony followed by a small tea party.

This year *Basant Panchami* was celebrated at WTC. It was attended by Mrs Meenal Seth, President NWWA along with the Committee and welfare members.

The coordinator for the Welfare Committee is Mrs Aditi Pant.



KALA KENDRA



The Coordinator for Team Kala Kendra is Mrs Aditi Pant and the activity Coordinators are Mrs Anju Sahota and Mrs Siji Shibu Joy.



Facelift of NWWA Kendra : NWWA kendra has undergone a major facelift which has not only improved the existing property but has also enhanced the surroundings. The entire façade has been redone with elevation tiles.



A new *Dance/ Yoga Studio* has come up at the Kendra along with a *Delish Kitchen* which provides us with the basic facilities needed to run a cookery class. Kendra has come up with a new *Learning Station* that will be utilized for running various activity classes.



Zumba and Mehendi classes have been started at Nausena Bagh for ladies from the month of February. While Zumba is being conducted by a civilian trainer, Mehendi classes are being run by a resident of NSB.

Baking classes are also being conducted at Kendra by a trained baker.



PRAKRITI

The Coordinator for Team Prakriti is Mrs Manisha Chandra and the activity coordinator is Mrs Ranjeeta Singh.

Team Prakriti organised an experiential learning activity for the children of Station Lonavla on 25th Jan 2020. The main aim of this activity was to provide children with information about different plants and flowers. This activity was then followed by a drawing competition for the young talents at Shivaji House with Republic Day as its theme. A total of 51 children participated in the activity.



ASHIRWAD



The coordinator for Team Ashirwad is Mrs Anju Sahota and the activity coordinator is Mrs Pranavi Vibhute.

Team Aashirwad conducted an activity for senior citizens of Station Lonavla on 27th January 2020 at WTC. It was attended by Mrs Meenal Seth, President NWWA, along with the Committee and welfare members. The team organised fun activities like games and an interactive session for the evening. A jazz band also played melodious tunes. The senior citizens actively participated in all the activities organised by the team. The winners were felicitated with gifts and the day culminated with refreshments and take away sweetmeats.

ARCHIVES

The Coordinator for Team Archives is Mrs Harman Singh.

A report was sent to SR Archives Team in November 2019 regarding the activities of Station Lonavla to be included in a coffee table book.



AROGYA



The Coordinator for Team Arogya is Mrs Humaira Naz and the activity coordinator is Mrs Lata Jani.

A *Cancer Screening and Detection Camp* was organised by Team Arogya in association with INHS Kasturi for the ladies of Station Lonavla on 07th & 08th November 2019. The camp included PAP Smear and Mammography investigation for ladies 40 years and above.

They also organised a lecture cum interactive session on 14th November 2019 on World Diabetes Day.



Grihalaxmi Health Camp was conducted by Team Arogya in association with INHS Kasturi for ladies of Station Lonavla from 22nd to 25th Jan 2020. The camp was inaugurated by President NWWA, Station Lonavla and Commanding Officer, INHS Kasturi on 22nd Jan 2020. A lecture on menstrual hygiene and reproductive antenatal care was delivered. A Bone Densitometry test followed by detailed medical examination of all ladies was also organized. A total of 154 ladies attended the health check-up camp.



SOUNDARYA

The coordinator for Team Soundarya is Mrs Parul Dalal and the activity Coordinator is Mrs Astuti Jha.

Team Soundarya helped the ladies with make-up and hair styling at the Fashion Show for Alumni Meet and Milans.



BALWADI



The Coordinator for Team Balwadi is Mrs Suleena Mantrawadi and the activity coordinators are Mrs Lata Jani and Mrs Supreet Kaur.

Balwadi has been relocated to new premises and was inaugurated by the then NWWA President Mrs Poornima Srinivas. The school now accommodates two classrooms, TV room, an activity room and a new washroom for students.

The contributions made by Mrs Vinita Chauhan, the then coordinator were highly appreciated.

Revamping Balwadi : A new shed and kitchen have been built at Balwadi premises. The new shed provides the much-required space for carrying out various outdoor activities. This area has been provided with a slide, toy cars and other play equipments for children. The area was also surfaced with latest paved tiles.

Keeping in mind the need for providing a hygienic place for washing and storing pantry items, a new kitchen has been built with latest facilities and an aqua guard has been installed.





Christmas Celebration: Christmas was celebrated by Balwadi students at Naval KG on 20th Dec 19. Santa Claus visited and brought joy to the children of Balwadi by distributing gifts. A magic show was also organised for children.



The students of Balwadi visited NKG on 26th January to celebrate Republic Day. Mrs Meenal Seth, President NWWA and Cmde Ravnish Seth, Commanding Officer, INS Shivaji and Station Commander were the Chief Guests for the occasion.



Dr Mrs Archana Singh, wife of Director General Medical Services, Navy visited Balwadi on 3rd February. She interacted with the students and teachers and also appreciated the school facilities.



Sports Day : The students of Balwadi showcased their love for sports on 25th February 2020. The event was held at Abhimanyu Gymnasium. Cmde Ravnish Seth, Commanding Officer, INS Shivaji and Station Commander and Mrs Meenal Seth, President NWWA were the Chief Guests for the event.



All the children received participatory medals for their performance. The 24 winners of the races were also felicitated by the Station Commander. The parents were later briefed about the school and the activities undertaken during the academic year through a presentation.



SPARSH

The Coordinator for Team Sparsh is Mrs Bhagyasree Sangale and the activity coordinator is Mrs Aparna Madipeddi.

As an initiative to provide support to the needy, an outreach program was organized on 1st Feb 20 by Team Sparsh. Donation boxes were placed outside the unit run canteen, regimental shop and NWWA Kendra. Items like grocery and toiletries were collected for donation.

Mrs Meenal Seth, President NWWA along with the Core Committee members and Sparsh Coordinators visited the NAB LIONS HOME for aging blind at Khandala. The collected items were then donated to the Institute.



SANCHAR



Team Sanchar released the Varuni newsletter on 13th November 2019 at Sahyadri VIP guest house in the presence of all committee members. The theme of the edition was *The Force Within - Our Stars, Our Strength*. It reflected the creativity of ladies of Station Lonavla. The edition showcased the work of various ladies in the field of art and creativity.

SAMUDRI



The Coordinator for Team Samudri is Mrs Harman Singh. The activity Coordinators are Mrs Ranjeeta Singh and Mrs Ashee Gupta and Mrs Gargie Rao is the Treasurer for the shop.

The month of January brought some fresh zing to the shop. Under the able guidance of Mrs Meenal Seth, President NWWA, the shop was rearranged and was stocked up with a lot of new products, keeping in mind the requirements of the community. The ladies were also encouraged by the President to come up with more handmade products to be showcased at the shop.

Dr Mrs Archana Singh, wife of Director General Medical Services, Navy visited Samudri, the NWWA Shop on 3rd February 2020. She was very appreciative of the new stock and the variety of affordable products made available to the community.



UDYOGIKA



The Coordinator for Team Udyogika is Mrs Gargie Rao and the activity coordinator is Mrs Neelam Taksak.

Cultural evenings and programs like Milan and Alumni Night add colour to the social fabric of INS Shivaji. The costumes for participating ladies and children for these events are being exclusively designed and stitched by Team Udyogika by using in-house talent. The quality and ingenuity of the costumes and their designs were highly appreciated.

PRESIDENT'S COLOUR

Commissioned on 15th Feb 1945, INS Shivaji completed 75 years of glorious service to the Nation this year. Over the last seven and a half decades this premier marine engineering training establishment of the Indian Navy proudly boasts of having churned out the finest, the most competent and all-round service personnel the Navy has ever seen.

The Hon'ble President of India and the Supreme Commander of Indian Armed Forces, Shri Ram Nath Kovind awarded the President's Colour to INS Shivaji on 13th February 2020. The President's Colour, which is the highest honour that can be bestowed upon any military unit, was received by Nishan Adhikari, Lt Cdr Roshan K Singh during an impressive ceremonial parade comprising 130 officers and 630 sailors that include a 150 men Guard of Honour.

Shri Bhagat Singh Koshyari, the Hon'ble Governor of Maharashtra, Admiral Karambir Singh, Chief of the Naval Staff, Vice-Admiral AK Chawla, Flag Officer Commanding-in-Chief, Southern Naval Command along with senior defence and civilian dignitaries were present on the occasion and witnessed the ceremonial parade. The event was also attended by various school children and SCC cadets.

The Hon'ble President congratulated the Officers and Sailors of INS Shivaji for their impeccable turnout, smart drill and impressive appearance of the Establishment. It is pertinent to mention that INS Shivaji is the first commissioned Unit to be bestowed this honour.

The Hon'ble President was accompanied by the First Lady of India, Mrs Savita Kovind. The ladies and the officers also had an opportunity to interact with the Hon'ble President and the First Lady at High Tea, attended by dignitaries, officers and families of Station Lonavla. A special cover and a coffee table book commemorating the Platinum Jubilee of INS Shivaji were also released by the Hon'ble President.



PRESIDENT'S COLOUR



❧ PRESIDENT'S COLOUR ❧



Reflections

President's Colour through the eyes of a Naval wife

As I pen down my thoughts today, the 12th of February 2020, the INS Shivaji fraternity awaits the arrival of the President of India. At this institution, year-long celebrations, marking 75 glorious years of service to the Nation, culminate tomorrow with the award ceremony of President's Colour.

Just yesterday I heard a tiny tot, speaking over the phone, face dripping with excitement, "Nani, India ke President INS Shivaji aa rahe hain". It is indeed a privilege bestowed on very few establishments, where the President decides to stay overnight. One has to see to believe the amount of security and immense man-hours being spent to make this a flawless event. As a newly-wed naval wife, pride fills my heart to be amongst the lucky few who get to witness this once-in-a-lifetime experience.

I will soon miss waking up to the beats of the drum, with the drill practice starting at 7am every morning. Rehearsals of the 21-gun salute, immaculate marching in unison and accompanying Naval band confirm that this will be an impressive ceremonial parade. As I step out for a walk around this beautiful campus, the whiff of cut grass, trimmed hedges and fresh paint fill my senses. INS Shivaji looks festive-ready with fluttering flags and fountains dancing in the gentle Lonavla breeze.

The Naval Police's shining-white pilot motorcycles roar as they *recce* the route for the President's planned movement. The barber and the *dhobi* at INS Shivaji seem to have become even more important these days, giving the officers and sailors smart haircuts and delivering crisp No.2 uniforms. A lucky corner of a room at home is getting stacked up with my husband's latest buys – a pair of bright white uniform shoes, new buttons, rank epaulettes and badges.

Evenings are filled with chatter. Naval wives, sans their super-busy husbands, discuss the activities lined up for the grand event. Of course, we debate about which saree would be apt for the special occasion! And then, there is the never-dying excitement and chatter of kids in the playground filled up with their own innocent speculations and versions of the President's visit.

Even as the skies get darker and the moon shines brighter, it feels like no one sleeps in INS Shivaji. I think about tomorrow, the numerous efforts that have gone in and the gaiety and solemnity of the occasion. I imagine the awestruck look of the guests when they see the new Platinum Jubilee gate with the institute's motto proudly displayed, *Karmasu Kaushalam – Skill at work*. I can't wait to watch the grandeur of the special drill, the smart turn-out of the Nishan Toli and the Nishan Adhikari receiving the prestigious Colour from our President.

And then, there is going to be high-tea with the President. I bet the classical tunes and soft musical notes by the INS Shivaji band will leave everyone feeling gratified for being a part of the armed forces. The silverware will shine even more and the stewards will be at their best serving delicacies by the proficient chefs. I look forward to the joyous feeling of being a part of this wonderful experience.

I now sit down to complete this article in the mid-day of 13 February 2020, a date that will forever remain a milestone for INS Shivaji. I am home from the grand ceremony and words fail me to describe what I experienced of few hours ago. INS Shivaji has been awarded the prestigious President's Colour. Henceforth, the Nishan will be proudly displayed and will be a part of all ceremonial parades – never ceasing to inspire us all.

- Mrs Amisha Mathur

❧ SHIP'S 75TH ANNIVERSARY CELEBRATIONS ❧

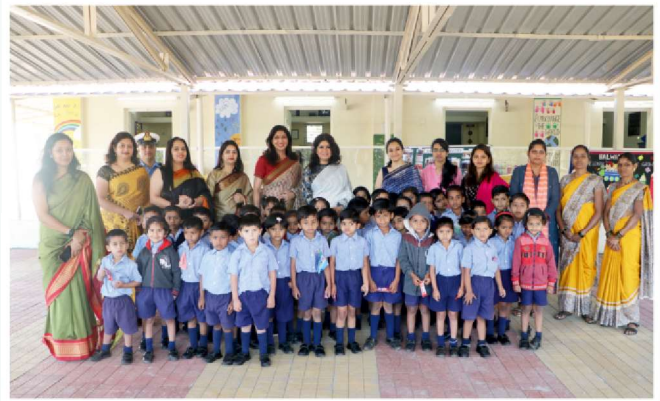
On the occasion of Ship's 75th Anniversary on 15th Feb 2020, a special evening based on the Chowki Dhani village theme was organized for the families of Station Lonavla. The night was a big hit amongst the residents because of its special attractions like bangle making, puppet show, live rajasthani folk dance and music, potter's wheel, tattoo making, mehendi etc. The evening also witnessed a cake cutting ceremony, releasing of colourful lanterns and special gifts being given to all the children of the base, followed by a sumptuous dinner for all.



VISITS OF MRS SAPANA CHAWLA, PRESIDENT, NWWA (SR)



A morning yoga session at WTC with Mrs Sapana Chawla



Mrs Sapana Chawla's visit to Balwadi



Mrs Sapana Chawla's visit to Samudri

VISITS OF MRS SAPANA CHAWLA, PRESIDENT, NWWA (SR)



Mrs Sapana Chawla at the newly inaugurated Soundarya Parlour



Mrs Sapana Chawla at Udyogika



Mrs Sapana Chawla's visit to the NWWA Kendra



Mrs Sapana Chawla participating in the ongoing Zumba class at Kendra

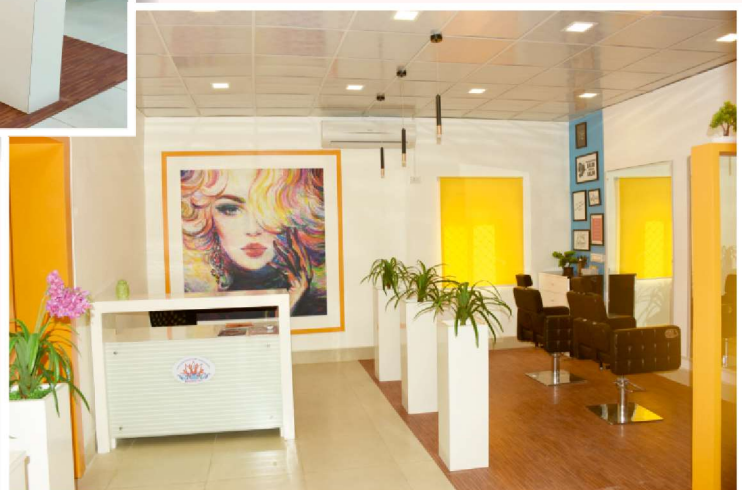
INAUGURATION OF SOUNDARYA

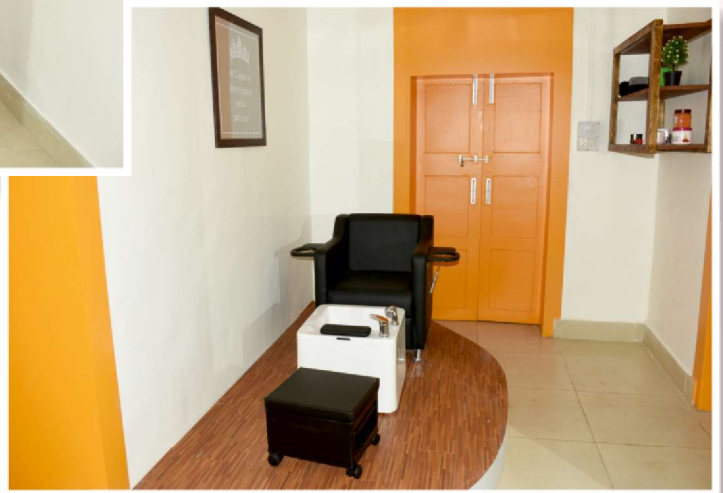


Soundarya The Beauty Lounge was inaugurated by Mrs Sapana Chawla President NWWA, Southern Region on 7th Feb 2020. It is a newly constructed salon with facilities and services that aim at rendering maximum customer satisfaction by providing the best services, using quality products and a pleasing experience at an affordable price. The salon is set up in NWWA kendra complex.

The staff consists of two well trained beauticians and a receptionist to take appointments for services provided in the parlour.

There are separate rooms/stations for a wide range of services like facial, waxing, manicure, pedicure and hair therapy. Waiting at the Parlour will no longer be tiresome for the ladies as they can relax with their cup of coffee and latest magazines.





❧ INAUGURATION OF UDYOGIKA ❧

The newly designed and refurbished Udyogika Centre was inaugurated by Mrs Sapana Chawla, President NWWA, SR on 7th Feb 2020.

The new Udyogika Centre has been provided with the facility of a trial room and has been upgraded with new chairs and table tops for all the machines.



SPECIAL MILAN FOR MRS SAPANA CHAWLA, PRESIDENT, NWWA (SR)



A special Milan was organised by the ladies of Station Lonavla, for Mrs Sapana Chawla, President NWWA (SR) on 7th February 2020 with the theme *Retro Meets Metro-A Saga of 75 Years* commemorating the Platinum Jubilee of INS Shivaji.

Bollywood's transition from silent movies to B&W talkies to colour cinema of today was the essence of the Milan. The evening had many entertaining performances which included a depiction of the Maaz of Bollywood, an interesting Jugalbandi between the saree and jeans and a dance medley showcasing the journey from retro to remix. Mrs Sapana Chawla gave the ladies a glimpse of the initiatives of NWWA Southern Region through a presentation. The flash mob by the ladies was well appreciated and saw the Chief Guest herself joining in to shake a leg. Mrs Sapana Chawla also interacted with the participants and the ladies of the base encouraging them to take initiatives towards a cleaner and greener planet.



❧ FAREWELL MILAN ❧

A special Milan was held to bid farewell to Mrs Poornima Srinivas on 6th December 2019. The theme for the Milan was UDAAN. Ladies prepared special dances and a fun quiz session was also held for the same. It was followed by tea and interaction.



❧ WELCOME MILAN ❧

A special Milan was organised by the ladies of Station Lonavla to welcome the new President NWWA, Mrs Meenal Seth on 17th December 2019. Ladies came in large numbers to attend the Milan. Special dances, quiz games and interactive sessions were prepared by the ladies. An interview was also held for Mrs Meenal Seth where she was asked interesting questions to enable the ladies to get to know her better. This was followed by tea and interaction.



☞ COFFEE EVENING ☜

On 16th January 2020 a special coffee evening themed *Festive Attires of India* was held to welcome Mrs Meenal Seth, President NWWA. A special welcome song, a stand-up comedy *Break Up with KaamwaliBaa* and a fun filled game session was held in accordance with the theme. Best dressed ladies were appreciated and felicitated by Mrs Meenal Seth. Later President NWWA was formally welcomed by Mrs Sujata Mohanty with a token of love and gratitude. Mrs Meenal Seth also addressed the gathering and shared her vision for NWWA, Station Lonavla.



☞ NWWA DIVAS CELEBRATIONS ☜

On the occasion of 34th NWWA Divas, Mrs Sapana Chawla, President NWWA (SR), interacted with Ladies of Station Lonavla on 13th Feb 2020. The event commenced with a special note as all ladies came together to sing the NWWA song which was followed by a cake cutting ceremony.



ALUMNI NIGHT

As a part of the Platinum Jubilee celebrations, the Unit organised an Alumni Night on 30th Nov and 1st Dec 2019 to connect with Naval veterans. More than 200 veterans and alumni participated in the event. A Shivaji Alumni Forum was also launched by the seniormost alumnus.

Vice Admiral GS Pabby, COM, graced the event as the Chief Patron. Several alumni, including some octogenarians arrived to mark the 75 years of their alma mater. The event culminated with a vibrant cultural program put up by the staff, trainee officers and sailors.



The highlight of the event was an in-house fashion show put up by the ladies of Station Lonavla with their sarees draped in various innovative styles. This show depicted the creativity of Naval wives.

The guests also visited various training facilities & infrastructure and appreciated the growth of the unit over last seven and a half decades.

PLATINUM JUBILEE RUN

INS Shivaji conducted an Ultra Marathon (Platinum Jubilee Run) of 75 km to commemorate 75 years of service to the Nation on 21 Dec 19. The 75 km race flagged off by Cmde Ravnish Seth, Commanding Officer INS Shivaji and Station Commander, saw participation of 29 runners including civilian and service personnel. In addition to the Platinum Jubilee Run, more than 1800 enthusiasts from Pune, Mumbai and Lonavla including service and defence civilian personnel and their family members participated in races in 5 km, 10 km, 21 km and 32 km category held on 22 December 2019. The 5 km race was flagged off by Mrs. Meenal Seth, President NWWA. Maj D P Singh (Retd), a Kargil War hero, also known as India's Blade runner, was the Race Ambassador and a participant in 10 km race. The event was organised in association with RUNBURN.



United Colours Of Station Lonavla



Back Cover Credit : Mrs Veena Seetharaman
 The image showcases two women standing on the structure of '75'. The lady in the posture of number 7 depicts the yesteryears and the lady in the posture of number 5 welcomes the future endeavors with a bouquet.



NWWA COMMITTEE



Left to right (standing) - Mrs Amisha Mathur, Mrs Astuti Jha, Mrs Siji Shibu Joy, Mrs Pranavi Vibhute, Mrs Anju Sahota, Mrs Supreet Kaur, Mrs Parul Dalal, Mrs Ranjeeta Singh, Mrs Bhagyashree Sangale, Mrs Aparna Madipeddi, Mrs Vandana Shukla, Mrs Lata Jani, Mrs Neelam Taksak, Mrs Ashee Gupta.

Left to right (sitting) - Mrs Harman Singh, Mrs Neha Srivastava, Mrs Humaira Naz, Mrs Aditi Pant, Mrs Meenal Seth, Mrs Sujata Mohanty, Mrs Manisha Chandra, Mrs Suleena Mantravadi, Mrs Gargie Rao

WELFARE COMMITTEE



Left to right – Mrs Ruchi Sharma, Mrs Nirmla Yadav, Mrs Kamlesh Yadav, Mrs Ramita Singh, Mrs Sushila Bhati, Mrs Meenal Seth, Mrs Aditi Pant, Mrs Vijayi Luxmi, Mrs Reeta Chaturvedi, Mrs Sushma Charak, Mrs Geeta Goswami, Mrs Jyotsana Sharma.

TOGETHER WE
ACHIEVE

75

