

12 trainee sailors of INS Shivaji test positive for Covid-19

The first case was found on June 18 and the infected cadet was part of a batch of 157 trainee sailors who had reported back after leave following the easing of lockdown earlier this month, a release issued by the naval station on Tuesday said.

At least 12 trainee sailors of the Lonavala-based INS Shivaji, one of the premier training establishments of the Indian Navy, have so far tested positive for coronavirus, officials said. The first case was found on June 18 and the infected cadet was part of a batch of 157 trainee sailors who had reported back after leave following the easing of lockdown earlier this month, a release issued by the naval station on Tuesday said.

One of the trainee sailors from the batch was found to be symptomatic during the quarantine period and tested positive for coronavirus on June 18, it said. "Further, all the other high-risk contacts who are staying in that particular quarantine facility are being tested as per the standard procedure and

Maharashtra: 8 cadets test positive at INS Shivaji

Now, the district administration and INS Shivaji authorities have decided to test all the 150 cadets in the same batch as the eight cadets.

INS Shivaji Lonavla: 150 trainees to be tested for COVID after 7 found positive

These more trainee sailors are being tested for COVID-19. The district administration and INS Shivaji authorities have decided to test all the 150 cadets in the same batch as the eight cadets.



INS Shivaji Lonavla, Lonavla, Maharashtra, has been notified as a COVID-19 hot zone. The INS Shivaji campus houses a population of 150 trainees and have no co-morbidities, so there's no need to worry," said Barge. The INS Shivaji campus houses a population of 150 trainees and have no co-morbidities, so there's no need to worry," said Barge.

12 out of 157 trainee COVID positive till

PUNE: Four more trainee sailors at the premier marine engineering institute, INS Shivaji Lonavla have tested positive for COVID-19. The total number of positive cases at INS Shivaji is now 12. The TOI had in its issue dated June 23 reported that 12 trainee sailors out of 157 trainees tested positive as on date.

Four more trainee sailors test Covid-19 positive at INS Shivaji



PUNE: Four more trainee sailors at the premier marine engineering institute, INS Shivaji Lonavla have tested positive for COVID-19. The total number of positive cases at INS Shivaji is now 12. The TOI had in its issue dated June 23 reported that 12 trainee sailors out of 157 trainees tested positive as on date.

CORONA TAKES STOCK MARKET TANKS BELOW

Mumbai: The S&P 500 index crashed below the 29,000-level while the Nikkei dived almost 500 points on Wednesday as the coronavirus pandemic maintained its death grip on markets across the globe. S&P 500 lower.

covid blues to colourful hues



TEAM NWWA STATION LONAVLA



Meenal Seth



Sujata Mohanty



Harman Singh



Gargie Rao



Lekha Anand



Humaira Naz



Manisha Chandra



Aditi Pant



Sabeena Mantravadi



Anja Sakota



Lata Jari



Geeta Goswami



Parul Dalal



Ranjeeta Singh



Vijjay Luxmi



Vandana Shukla



Kamlesh Yadav



Bhagyashree Sangale



Ramita Singh



Siji Shiba Joy



Reeta Chatravadi



Aparna Madipedi



Neha Singh



Sushila Bhati



Ashlee Gupta



Astuti Jha



Jyotsana Sharma



Akshata Mithare



Nirmla Yadav



Sapreet Naar



Ruchi Sharma



Amisha Mathur



Sushma Charal



Himanshi Taragi



MESSAGE FROM NWWA PRESIDENT (SR)

I feel there is an opportunity and greatest learning in all adversity.

"You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages."

- Michelle Obama

To say that humanity is going through unprecedented times is an understatement. The past few months have thrown our lives into a vortex of uncertainty and one is never sure how the next day is going to turn out. I'm sure we've all received the well-meaning advice to "stay positive" on many occasions during these trying times.

While we are going through tumultuous times during COVID 19, and the situation is grim, yet there is a lot happening to the planet and the human beings at large. The bounty of nature was taken for granted and the pollution levels were rising, however, with the reduction in travel, the skies are now clearer, the air purer and the environment greener.

Staying positive is a core ingredient in the recipe of successful coping in a crisis. I saw a lot of positivity in these adverse times, families spent more time together, we found alternatives and celebrated birthdays online and bonded online with near and dear ones across countries. Work from home is the new normal, some of our children are lucky to be working from their parent's home. They are getting to spend quality time with their parents, getting home cooked food and contributing to household chores. The value building happening during this time has been enormous and will be looked back as a period of inner growth. Positive emotions are a key resource for us during the crisis because they can increase your resilience.

I urge you all to build yourself inside out. It is how you manage your inner world that will enable you to handle the outer world. It is a beautiful time to learn meditation, yoga, read, appreciate nature and draw inspiration to write, draw or savour the moment. Nurture your body, detox yourself from negative thoughts, eat light, think right and do right. Build your immunity and learn the art of minimalism.

For me personally 2020 is a milestone year as I complete a Certificate course in social initiative from IIM Kozhikode. Nine ladies did this pilot course and it was a huge milestone for NWWA. In fact these ladies, because of their excellent performance, have got fellowship from Centre of Excellence of Social innovations from IIM K. I look forward to many more women from the naval community joining this course for it is truly a golden opportunity.

I am extremely proud of leading a very vibrant team of ladies who have not only looked after themselves and their families but also the community at large. NWWA SR has conducted a plethora of activities, from online meditations to bird watching competitions, virtual fashion shows, mask making competitions to name a few. NWWA SR has reached out to old age homes, orphanages and distributed care packages.

NWWA SR including all our nine units i.e, INA, Mandovi, Agrani, Chilka, Shivaji, Valsura, Dronacharya, Hamla and Kochi have made more than 15,000 masks and have even sent some to friendly foreign countries such as Maldives and Philippines.

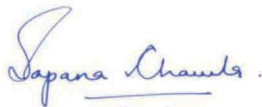
The “Together we can win” initiative by NWWA whereby all the committees came up with various informative videos saw a whole host of innovative videos made by our very talented community.

The distribution of umbrellas and blankets to domestic helps of the base from the proceedings of Reverso-The Home Food Festival organized by many lady chefs of the Shivaji for in-living officers who had been away from home since the onset of COVID-19 , was indeed a lovely gesture by the ladies of NWWA Shivaji.

Each one of us is a warrior and your fight will not go to waste and the learning during this period will hold you in good stead for years to come. Being positive and reaching out to the community is the need of the hour so that we all can come out of this experience stronger. I want to end with a quote.

“Every morning we are born again. What we do today is what matters most.”

- Lord Buddha



Mrs Sapana Chawla
President NWWA (SR)



Dear ladies,

Last few months have been months of paradoxes. This has been a time of inner growth and also a time when restyling our outer life became a desideratum. While there has been fear of the disease, a prodigious battle has been fought to conquer this pandemic and its devastating consequences. In the middle of these turbulent seas, it has been our endeavour to keep the port red and starboard green lights completely functional and burning bright. Mrs Sapana Chawla, President NWWA (SR), has been navigating us towards the shores of positivity, inner peace through meditation, yoga and proximity to our Mother Nature and our gratitude to her is limitless.

Lockdown came at a time when the resplendence of the Award of the President's Colour to Shivaji had not yet faded away and we were still to come out of the Women's Day celebrations, thoroughly enjoying the screening of the movie *English Vinglish*.

But as we heard our Prime Minister announcing a nationwide lockdown on 24th March, 2020 on four-hour notice, the mood of the country altered and so did ours. Now was the time to ensure the safety of each and every member of the Station family and also prepare our ladies and children for the inevitable changes that were to become the new normal in their lives.

Nature once again wreaked havoc when the strongest cyclonic storm ever to hit Maharashtra, Nisarga, caused devastation in our base on



3rd June. But kudos to the invincible spirit of the ladies, officers and children of Station Lonavla, that be it three days without water and electricity due to Nisarga, or online classes for kids due to COVID-19, or all NWWA activities going digital, our families only got tougher and together they outperformed their own creative, physical and spiritual thresholds in the face of these challenges.

Lockdown invoked the hidden entrepreneurs and philanthropists within us and the success of *Sugar n Spice, all things nice!!!* and REVERSO, the home food festival for in-living officers is proof of the courage and warmth of our womenfolk. These months will be cherished forever for tremendous creative output, quality family time, spiritual and emotional growth, for developing deep respect for natural abundance.

Well ladies, bright sunny mornings shall continue to beckon us to make fresh beginnings and fill the lives of all around us with *Colourful Hues*. I hope you will enjoy reading this edition of *Varuni* and our NWWA Dream Team will continue to give you more and more occasions to smile and spread good cheer!

Meenal Seth

Mrs Meenal Seth
President NWWA
(Station Lonavla)

FROM THE EDITOR'S DESK

Today we stand witness to unprecedented hardships that people world over are going through. Our naval community likewise is reeling under tough times with all the things that we took for granted becoming precious and rare. In such testing times, NWWA Station Lonavla, like a breath of fresh air has been bringing positivity and happiness amongst all personnel in the station. The present edition of Varuni thereby highlights the efforts of NWWA in washing away the COVID blues and filling our lives with colourful hues.

Through a series of virtual events hosted on Internet, NWWA Station Lonavla rejuvenated the spirits of the station families thereby lightening the built-up stress owing to the prevalent restrictions.

The lockdown phase was taken as a silver lining with ladies rekindling their old hobbies, nurturing their talents and sharing the same with the community thus infusing freshness into the lull concomitant with COVID lockdown. Aiming at bringing us together and keeping our spirits high in such unprecedented times, this special edition of Varuni showcases the very essence of a happy community.

On behalf of Team Sanchar I want to express my heartfelt gratitude to all the ladies and their children for having contributed such interesting articles for this present edition. Concurrently I would elicit the patronage of the readers through contributions in the form of articles, anecdotes and experiences. Readers are encouraged to send us suggestions/articles at varuniinsshivaji2020@gmail.com.

Mrs Sujata Mohanty

Team Sanchar



Left to Right - Mrs Amisha Mathur, Mrs Sujata Mohanty, Mrs Meenal Seth, Mrs Harman Singh, Mrs Vandana Shukla.



NWWA COMMITTEE MEMBERS 2019-20

STATION LONAVLA

PRESIDENT NWWA	MRS MEENAL SETH
VICE PRESIDENT	MRS SUJATA MOHANTY
SECRETARY	MRS HARMAN SINGH
TREASURER	MRS GARGIE RAO

COMMITTEE	GROUP CO-ORDINATOR	ACTIVITY CO-ORDINATOR
SAKHI	MRS MEENAL SETH, PRESIDENT NWWA	
ARCHIVES	MRS HARMAN SINGH	
SANCHAR	MRS SUJATA MOHANTY	MRS VANDANA SHUKLA MRS HARMAN SINGH MRS AMISHA MATHUR
BALWADI	MRS SULEENA MANTRAVADI	MRS BHAGYASHREE SANGALE MRS SUPREET KAUR
PRAKRITI	MRS MANISHA CHANDRA	MRS HIMANSHI TARAGI
WELFARE	MRS ADITI PANT	MRS AKSHATA MITHARE
KALA KENDRA	MRS ADITI PANT	MRS RANJEETA SINGH MRS SIJI SHIBU JOY
SOUNDARYA	MRS PARUL DALAL	MRS ASTUTI JHA
SPARSH	MRS APARNA MADIPEDDI	
ASHIRWAD	MRS ANJU SAHOTA	MRS NEHA SINGH
SAMUDRI	MRS LEKHA ANAND MRS GARGIE RAO (TREASURER)	MRS HARMAN SINGH MRS ASHEE GUPTA
AROGYA	MRS HUMAIRA NAZ	MRS LATA JANI
UDYOGIKA	MRS GARGIE RAO	

WELFARE COMMITTEE MEMBERS

MRS VIJYAI LUXMI	MRS KAMLESH YADAV
MRS NIRMALA YADAV	MRS REETA CHATURVEDI
MRS RUCHI SHARMA	MRS GEETA GOSWAMI
MRS RAMITA SINGH	MRS JYOTSANA SHARMA
MRS SUSHILA BHATI	MRS SUSHMA CHARAK

ACTIVITY REPORT

AROGYA

As part of the *Together We Can Win* initiative by NWWA, Team Arogya shared tips about how to stay safe and sanitize our homes to protect ourselves and our loved ones from coronavirus.

Sanitization of hands

Wash hands at least for 20 seconds till well above the wrist. Make sure to wash back of palm, finger web space and tips of fingers.

Sanitization of home

Take a clean cloth and use sanitizer/Dettol/Colin to clean the doorbell, door handles, latches and other surfaces which may have been touched while entering the home.

NWWA newsletter themed *The Platinum Commission- Renewed Togetherness* was released on 28th February, 2020. President NWWA, Station Lonavla congratulated Team Sanchar for the release of the March edition of Varuni. The event was attended by the members of the NWWA and Welfare Committee. Fun activities and games like lemon and spoon race and fastest in the needle thread work were enjoyed by the ladies followed by lunch. It was also an occasion to bid farewell to Mrs Neha Shrivastava, Core Committee member of NWWA, Station Lonavla.



Sanitization of vegetables

- After arriving from the market keep the bag away from household items.
- Take out all the vegetables and immerse the bag in hot water (>70 degree) mixed with surf for 30 min.
- Wash the vegetables thoroughly with warm water and let them dry up for 3 hours before using them.

SANCHAR



VARUNI Release

WELFARE

Together We Can Win initiative by NWWA was a platform for our community to come together to win against the pandemic COVID-19. As part of this initiative, three Welfare Members came up with videos on recipes and step-by-step procedure of making tutti-fruity cake, gujiya and mango chutney. These delicious recipes were a big success among the ladies of the base as they were simple and well explained



Mask Making

As part of measures being taken to combat COVID-19, ladies of INS Shivaji contributed by stitching cloth masks from their homes for the Shivaji family. These masks are being sold at a nominal price and can be picked up from Samudri and also some grocery shops of the base.

Visit to the Labour Camp

A little help can bring many smiles. With the country going under lockdown in March, the daily wage labourers of the base were left without any work and money. Their families living in the labour camp were facing many difficulties. NWWA, Station Lonavla took the initiative to help them with daily essentials. Ladies of the station collected and donated non-perishable items such as clothes, toys, stationery items and books. These contributions spread cheer amongst those kids and families alike.



ASHIRWAD

A video was played by Team Ashirwad to explain basic safety guidelines for the elderly to safeguard themselves during this pandemic. People need to take extra care after a certain age as they often tend to develop health issues like blood pressure, diabetes and low immunity. Safety guidelines for the elderly are:

1. Use mask or face cloth
2. Stay home
3. If meeting is essential then follow social distancing norms
4. Do not touch your face, eyes or nose
5. Wash your hands regularly





Graduation Day Celebration

Graduation Day for UKG students of Balwadi was held on 12th March, 2020. The students presented a poem, a group song and a dance performance for the guests on Graduation Day. Later all the children gathered for a photo shoot in their graduation costume with President NWWA.

Miss Tanishqa Rajesh Nhalve and Master Veehan Pravin Sasane received the scholarship cash prize and certificates of appreciation for best performance in academics and overall participation during school activities.



As part of the *Together We Can Win initiative* by NWWA, Team Balwadi shared information on how to engage kids in quarantine.

This video provided information about

- the benefits of creating a consistent routine for kids.
- helping children deal with unpredictability change.
- planning activities with kids.
- craft/origami ideas for kids.

Information in this video was aimed at helping parents and kids to deal with stressors due to changes in lifestyle imposed due to lockdown.

Samudri Online Sale



Due to restrictions imposed by the administration, all the products of Samudri were made available to Shivajians through an online sale. Details of items with their pictures were shared on various WhatsApp groups and ladies were asked to place their orders with the Shop Coordinators. Packets could be picked up later from the shop following social distancing norms.

SAMUDRI

Team Samudri took the initiative of making paper bags in order to reduce the use of plastic bags. An interesting and informative paper bag making video made by Samudri Activity Coordinator



was shared with the ladies of Station Lonavla. Ladies made beautiful paper bags which were put up for sale at Samudri. The best bag design was felicitated with a prize.

Ice-cream making

This was a ten day course in which ten different ice-cream flavours were taught.

Cake baking

This was a ten-day eggless baking course which required no prior knowledge of baking. Five kinds of cakes were taught along with icing techniques.



HEALTH DRINK VIDEO

Together We Can Win initiative by NWWA was a platform for our community to come together to win against the pandemic COVID-19. As part of this initiative, Team Kala Kendra came up with a video on a health drink aimed at uplifting the mood of the community during lockdown. This drink, with its five magical ingredients- flavourful cinnamon, time tested turmeric, vitamin C loaded lemon, wonder spice ginger and deliciously golden honey- does not only revive one's mood but also helps in digestion, boosts immunity, makes one leaner and gives a glowing skin.

HOME KITCHEN BASED FOOD SERVICE

Kala Kendra came up with a new initiative of a home kitchen-based food service named 'Sugar n Spice and All Things Nice!!!'



This initiative has not only empowered homemakers to become entrepreneurs but has also provided the naval base with an option of ordering healthy food prepared by these lady chefs. Presently the menu comprises Mughlai, South Indian and Maharashtrian food options along with a variety of cakes. A 10 percent cut of the sales goes to NWWA that generates funds for more of such activities.



SOUNDARYA

Soundarya, *The Beauty Lounge* continues to be in service in its new avatar providing quality service along with complete adherence to COVID-19 protocols for safe practices.

Soundarya during the initial stages of lockdown reopening provided doorstep salon services for the safety and comfort of customers. Now the parlour has been reopened with one beautician and the use of facemask, face shield, hand gloves and sanitizers have been made mandatory for the beautician while the use of face mask is compulsory for customer. Surprise checks are conducted to ensure strict compliance to COVID-19 safety guidelines.

Soundarya endeavours to provide safe and quality services to the ladies of Station Lonavla and bring about cheer in the community in these challenging times.

During lockdown, Team Soundarya introduced the ladies to a homemade face-scrub made up of easily available kitchen ingredients. A video was made explaining the step-by-step procedure of preparing this face scrub and applying it for best results.



SPARSH



As part of the NWWA initiative *Together We Can Win*, Team Sparsh made an informative video on how

to keep aside old clothes in good condition to donate them later. Old clothes must be washed well, dried and ironed and packed in a bag or suitcase with naphthalene balls in the corners to avoid fungus and bad odour. An old bed sheet must be placed at the bottom of the suitcase or trunk and the folded clothes must then be placed to store them in donation worthy condition.

Visit to Balgram



INS Shivaji, along with SHO Lonavla, carried out sanitisation and fumigation of Antar Bharati Balgram, an orphanage cum school on 02 Apr 20 to protect children from coronavirus. The orphanage houses about 120 children and is located just outside the establishment.

As part of social outreach programme, education of two girl children from the school was also sponsored by INS Shivaji. Mrs Meenal Seth, President NWWA, Station Lonavla spearheaded the activity and distributed food packets to the children of Balgram.



At the beginning of the pandemic there was a severe scarcity of masks. Ladies of Station Lonavla were encouraged to make their own masks from their homes following basic stitching techniques explained in the DIY mask-making video made by Team Udyogika.

PRAKRITI

As part of the *Together We Can Win* initiative, Team Prakriti shared information on DIY Dry Leaves activity. Below are the important aspects of the video.

Why dry flowers...

1. Dried plant materials provide distinctive indoor decoration which is long lasting and require little care.
2. Drying flowers and foliage expand gardening activities without elaborate equipment or previous experience and is inexpensive.

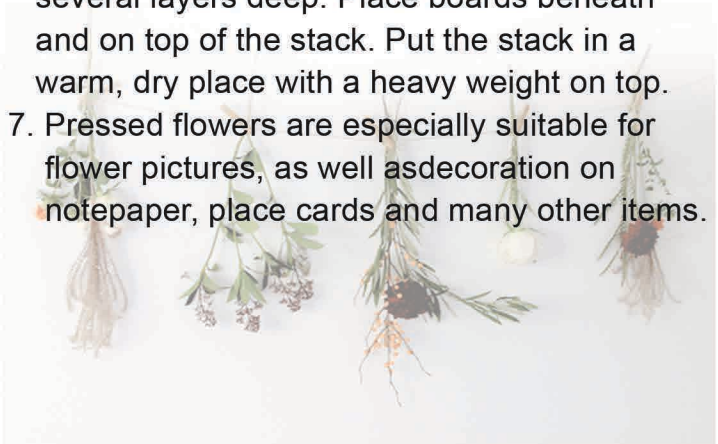
When and how to collect flowers for drying...

1. Flowers and other plant materials for drying should be picked close to their prime and anytime during the growing season.
2. Always collect more material than is needed, which is free from insects and disease damage.
3. While collecting, look for branches and stems with sweeping curves or lines that will add distinctiveness to the arrangement.
4. Many garden flowers, as well as wild plants, can be dried simply by hanging



them upside down in a warm, dry place for several weeks.

5. The flowers can also be dried by pressing that requires sandwiching flowers and foliage between layers of an absorbent material like newspaper.
6. Position the flowers and tissues in the folded newspapers or books, and then stack them several layers deep. Place boards beneath and on top of the stack. Put the stack in a warm, dry place with a heavy weight on top.
7. Pressed flowers are especially suitable for flower pictures, as well as decoration on notepaper, place cards and many other items.

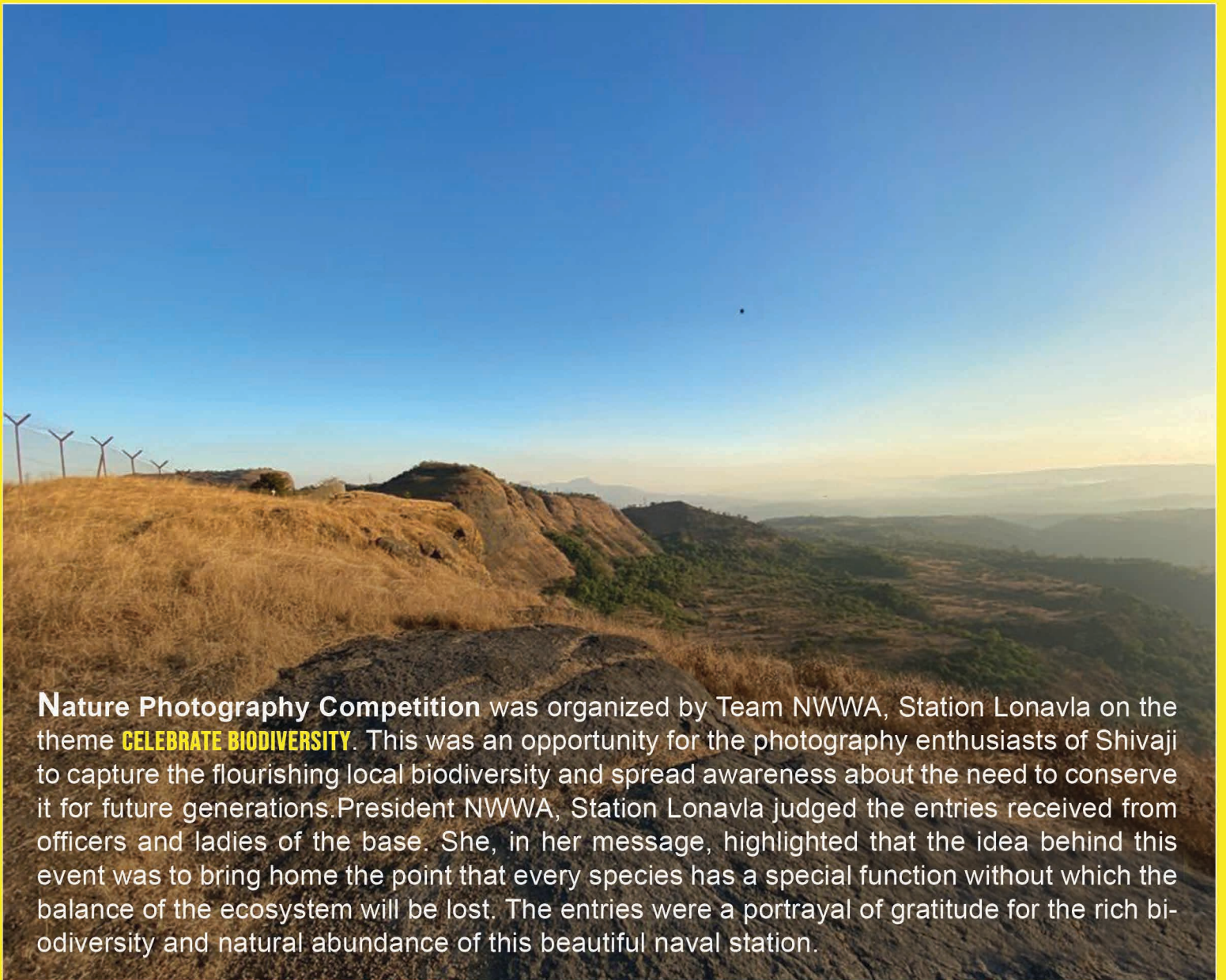




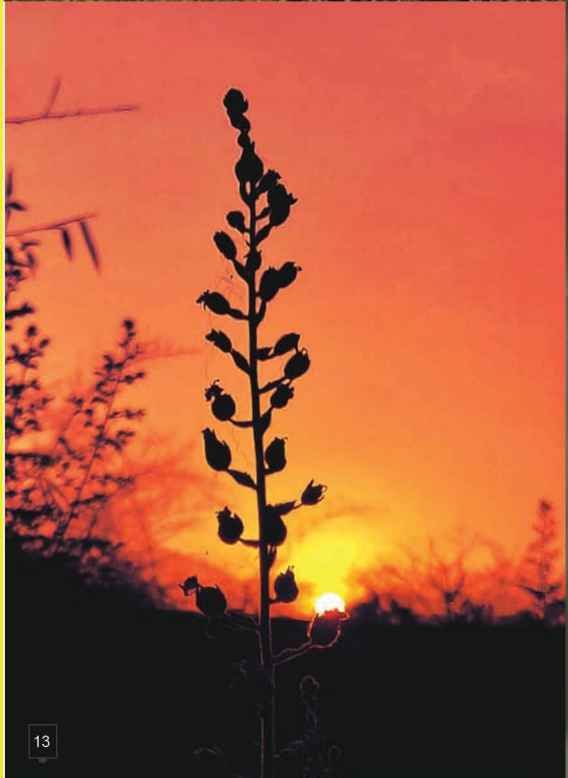
LITTLE GREEN FINGERS

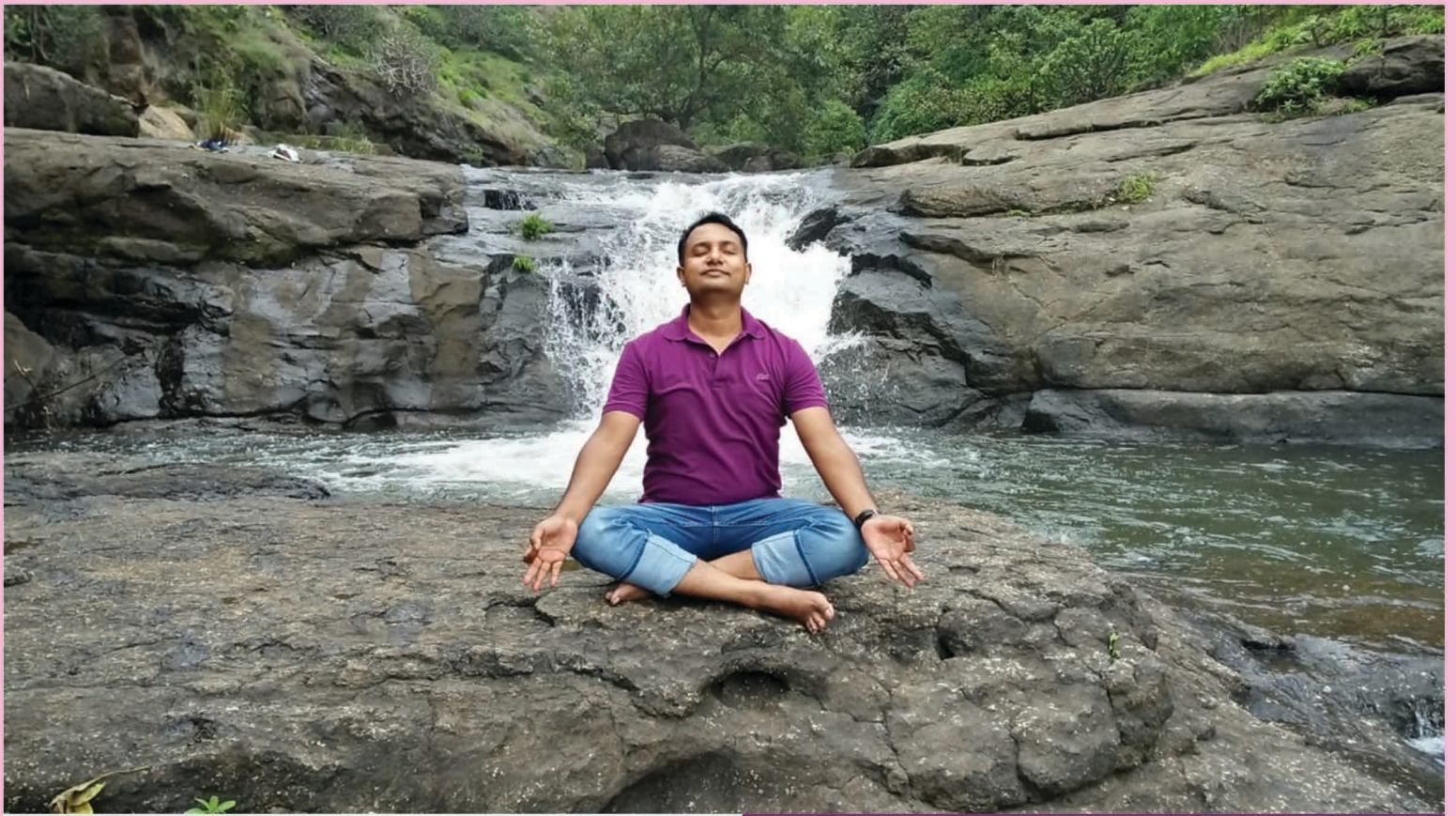
Team Prakriti organised a Seed Sowing Activity for the kids of Station Lonavla in the age group of 5 to 10 years. The prime objectives of this exercise were to bring the participants close to Mother Earth, develop patience, feel responsible towards nature and understand the growth process of plants. The activity involved managing recycled pots, mustering seeds of different colours and sizes, scooping soil into pots, using fingers to cover the seeds with soil and moistening the soil with spray water. This activity brought joy to the parents as well as their children were thrilled to witness the germination process of seeds.





Nature Photography Competition was organized by Team NWWA, Station Lonavla on the theme **CELEBRATE BIODIVERSITY**. This was an opportunity for the photography enthusiasts of Shivaji to capture the flourishing local biodiversity and spread awareness about the need to conserve it for future generations. President NWWA, Station Lonavla judged the entries received from officers and ladies of the base. She, in her message, highlighted that the idea behind this event was to bring home the point that every species has a special function without which the balance of the ecosystem will be lost. The entries were a portrayal of gratitude for the rich biodiversity and natural abundance of this beautiful naval station.





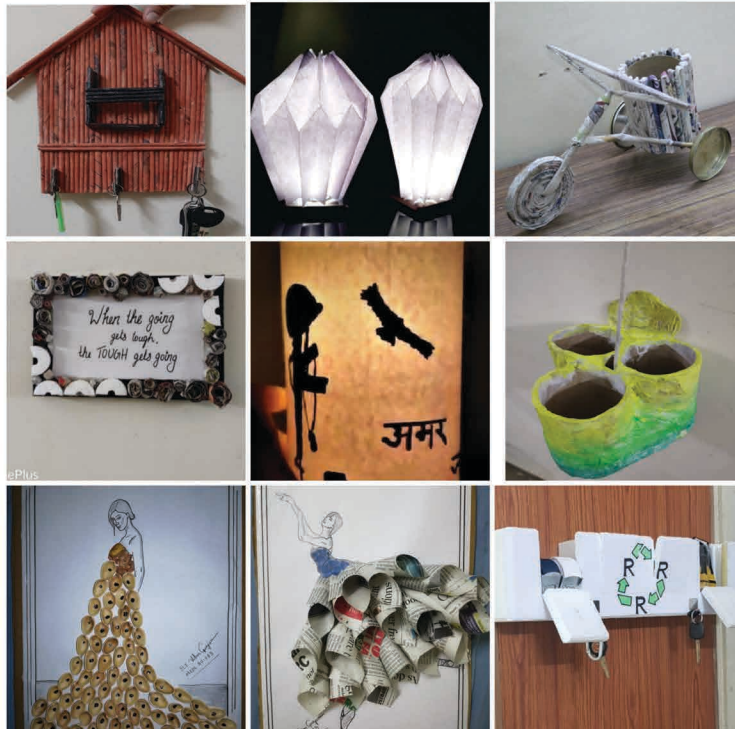
*My little girl enjoying the
beauty of Lonavala from NSB*



Photography is much more than simply picking up a picture capturing device and pressing the click button. It is a way of cherishing the moments gone by and smiling at flash back. For some, it is preserving the uniqueness of the now and leaving it for the future generations to understand and appreciate the past which no longer is. Outlining these thoughts, NWWA Station Lonavla invited entries on the theme **OF THE PEOPLE OF SHIVAJI, IN SHIVAJI, BY SHIVAJI**. The competition aimed at highlighting various facets of the vibrant everyday life of this beautiful base. The event **Daily Shots** was aimed at capturing the essence and warmth of the cohesive community of the base. Enthusiastic participation from the residents capturing the serenity of the base, its lush green campus, flora and fauna and the flurry of several activities that keep the members of this close-knit society on their creative toes, made this event a memorable one.

BEST OUT OF WASTE *by children*

We don't inherit the earth from our ancestors; we borrow it from our children. In order to infuse the children with a spirit of conservation, economical use of natural resources and reduce wastage, NWWA, Station Lonavla organised Best out of Waste craft-making competition for the kids of the base. The competition saw a plethora of talent and the winners were awarded with interesting prizes by President NWWA, Station Lonavla.



BEST OUT OF WASTE *by ladies and officers*

Creativity is making something useful or beautiful out of the discarded. Staying true to this, NWWA Station Lonavla organized Lock-down Wastedown competition for the officers and ladies of the base. The entries had to be DIY crafts made from waste material available or unique waste management techniques used at home. Out of the many entries, President NWWA, Station Lonavla selected the best three and awarded exciting prizes.



Essay Writing Competition

Giving a comprehensible form to their thoughts and opinions, children from classes V to XII participated in the English essay writing competition organised by NWWA, Station Lonavla. Choosing any one topic out of the three given, children let their creative juices flow. The competition saw some very talented writers expressing their thoughts artistically. Exciting prizes were given away to the best three entries by President NWWA, Station Lonavla.

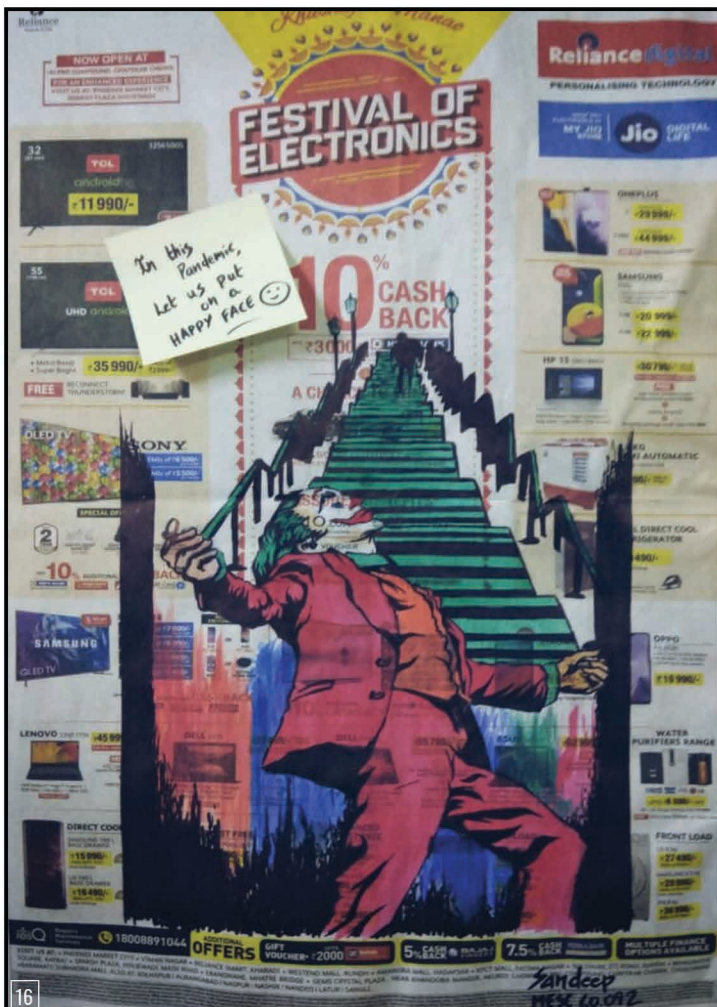
RAKHI MAKING COMPETITION

In order to celebrate the special bond between brothers and sisters, NWWA, Station Lonavla organized a weeklong rakhi making competition for the children of the base. Participants were encouraged to use eco-friendly material in their own special way. These rakhis made from grains, pulses, mustard seeds, matchsticks, pistachio shells and even white chocolate were gifted by NWWA to the DSC Jawans and Fire Station Staff on Rakshbandhan much to their happiness as most of them could not receive the rakhis sent to them from their homes. President NWWA, Station Lonavla congratulated all the children for their creative participation and gave away the prizes for the rakhi making competition.



NEWSPAPER PAINTING COMPETITION

Keeping in mind the vast pool of talented painters, NWWA Station Lonavla carried out a painting competition for all officers and ladies in the month of May. All painting media was accepted, however with a twist. Paintings were to be portrayed on old newspapers stored at home, upscaling them to artistic masterpieces. There was an active participation with the winners being awarded by President NWWA, Station Lonavla.



STONE PAINTING COMPETITION

On the occasion of World Environment day on 5th June, NWWA, Station Lonavla organised a stone painting competition for children. Parents encouraged their children to collect smooth stones and use them as canvas for their imaginative illustrations. Participants were asked to send a high definition photograph of their artwork and themselves. The competition saw enthusiastic participation and the winners were rewarded by President NWWA, Station Lonavla.



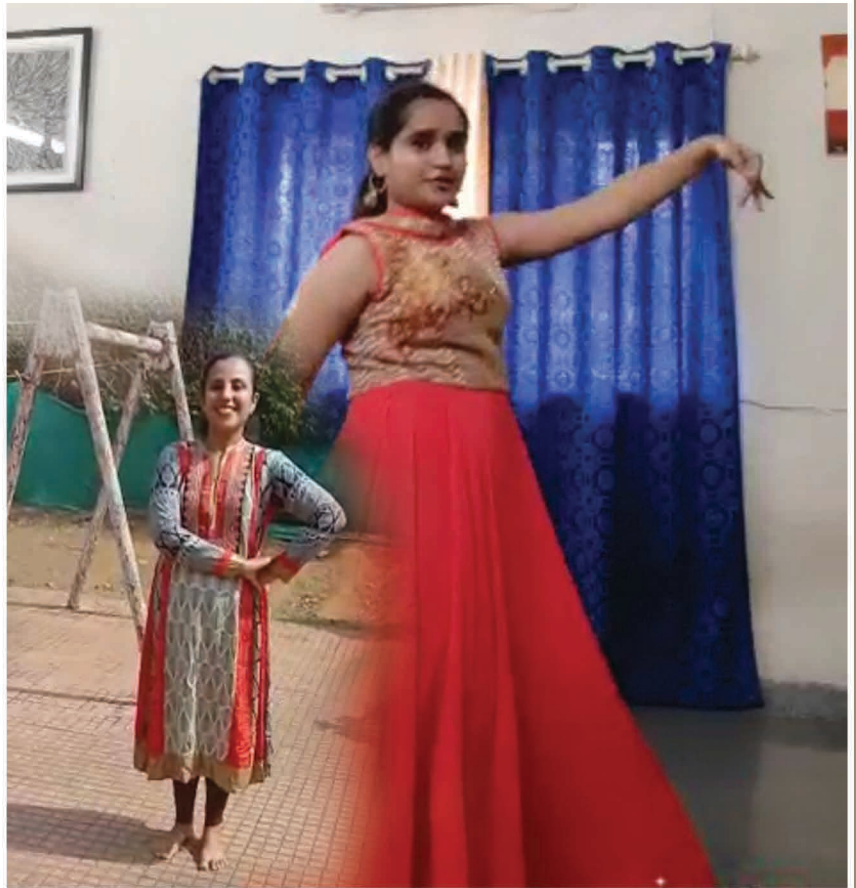
patriotic poem recitation competition

NWWA, Station Lonavla organised a solo patriotic poem recitation competition for the young dynamites in the age-group of 6-12 years. Children, with encouragement from their parents, put on their thinking caps and submitted their 2 to 3 minutes poetry recitation videos and showcased their undaunted love for the country.



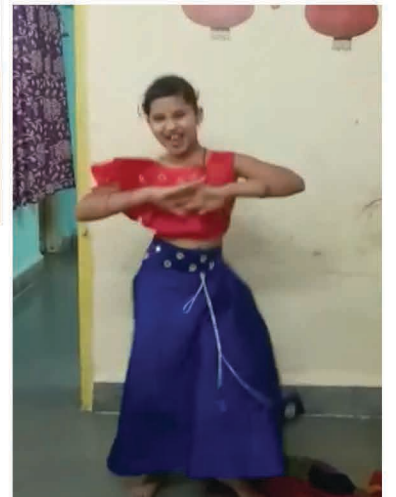
DANCE COMPETITION FOR LADIES

What if there can be no DJ nights or club outings during lockdown? There ain't no better dance floor than your own living room and the ladies of NWWA, Station Lonavla demonstrated that in their one-minute dance clip sent for this dance competition. Be it solo or choreographed with their family, the submissions were oh so professional and fluid. The winners were awarded by President NWWA, Station Lonavla with interesting prizes.



SOLO DANCE COMPETITION FOR KIDS

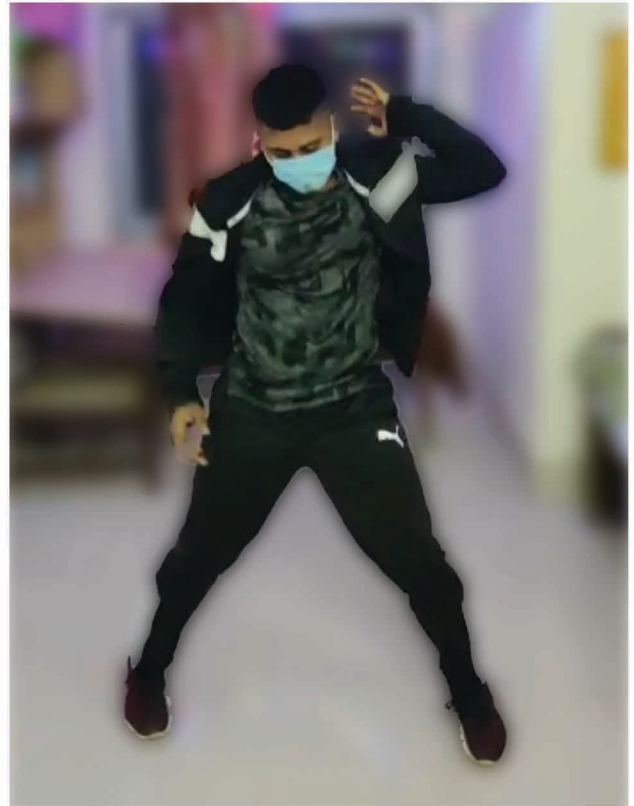
NWWA threw open an opportunity to showcase solo dancing skills of children in age groups 4 to 10 years and 11 to 16 years. COVID-19 induced lockdown could not deter the spirit of the families of Station Lonavla as parents recorded videos of their children dancing to the tunes of their favourite songs, all decked up in colourful costumes and finery. Entries were sent to President NWWA, Station Lonavla who graciously selected the best videos and gave away prizes to the winners.





BAG MAKING COMPETITION

Taking cues from the video shown by Team Samudri, children participated in the bag making competition and came up with extremely innovative ideas. The beautiful bags were then placed at Samudri and are being loved by all as carry away bags.



DANCE CHALLENGE FOR MESC OFFICERS

An impromptu dance challenge was organised by NWWA for MESC officers which was enthusiastically accepted by the trainee officers. The immense participation showcased the plethora of talent and enthusiasm amongst them. The diversity in performances was surprisingly astonishing. They posted short videos in fabulous attires and exhibiting dynamic dance moves. The challenge also served as a morale booster during the times of nationwide lockdown due to COVID-19 wherein these young officers are away from their families for an extended duration.

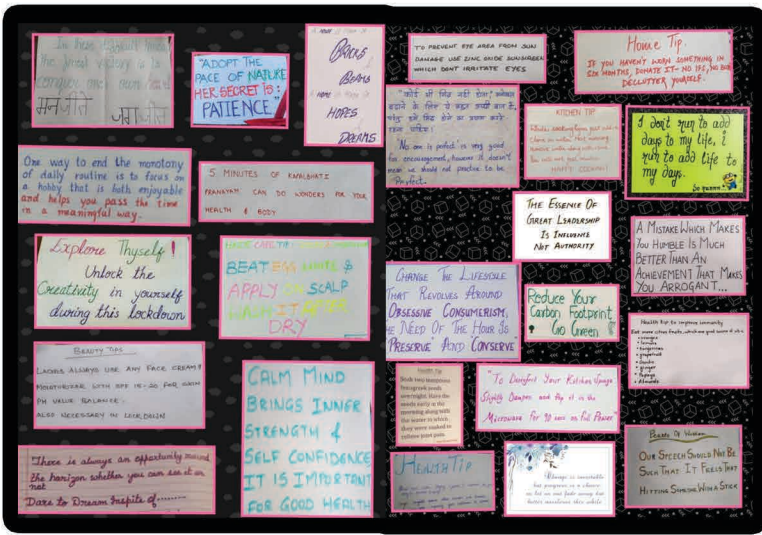
PAINTING COMPETITION

To help children hark back to their pre-lockdown days and give expression to the activities they enjoyed doing earlier and are unable to do so now because of lockdown, a painting competition was organized on the theme Things I miss these days. Children from preschool to class IV took part in this competition. Many beautiful paintings by the tiny tots were received and the winners were awarded by President NWWA, Station Lonavla.



PEARLS OF WISDOM

“Learning is a two-way street always under construction.” In the activity titled Pearls of Wisdom, all ladies of Station Lonavla were requested to provide a small tip that they believed could be used by all other ladies in bringing about a positive change in themselves, their families and their homes. Ladies enthusiastically participated in this activity sharing their words of wisdom with their counterparts.



Hariyali Teej

What is Indian life without the colour and joy of festivals? Other than being occasions to pass down rich Indian traditions to our children, festivals are a loving excuse, often mandatory, to bring our family and friends together. They play an important role in adding structure to our social lives and take us back to our roots.

COVID-19 failed to deter the families of Station Lonavla from celebrating Hariyali Teej as they connected digitally and shared pictures of the celebration on social media. Even if physically away from their loved ones, families successfully nourished the ties of love and culture praying for everyone's health and happiness.



The families of Station Lonavla wholeheartedly participated in the Slogan writing competition on the theme Make in India. Honorable Prime Minister's 'Vocal for Local' campaign is an initiative to emphasize on a self-reliant, or 'aatmanirbhar' India. The government has emphasized upon the need to not just make products in India but also manufacture and promote local brands. Determined to build a stronger and a more powerful India, entries in this category gave President NWWA, Station Lonavla a tough time deciding the best slogan.

SLOGAN WRITING COMPETITION



21 DAY ABUNDANCE MEDITATION

Buddha was once asked, “What have you gained from meditation?” He replied, “I have gained nothing, but have lost anger, anxiety, depression, insecurity and fear.” An overwhelming response was received to the invite of President NWWA, Station Lonavla from all the ladies and officers of the base to the 21 day Meditation Course. How to train the mind to focus and redirect thoughts regularly towards positivity and peace was taught effectively through guided meditation videos. The participants were amazed to experience the magic of meditation in a few days of practice, which promised them a positive outlook, self-discipline, healthy sleep patterns and even increased pain tolerance. Mrs Meenal Seth, President NWWA, INS Shivaji started this Abundance through Short Meditations course by Deepak Chopra for Shivajians once she herself felt inspired and experienced the benefits of the guided meditation course conducted by Mrs Sapna Chawla, President NWWA, SR. Around thirty enthusiastic participants, including ladies and officers, became part of Mrs. Seth’s group seeking spiritual, material and health abundance.

CAKE BAKING BY PRESIDENT NWWA

‘Gestures of love are incomparably more attractive, effective and valuable than words.’ In a warm gesture, Mrs Meenal Seth, President NWWA, Station Lonavla spent her Sunday morning (14th June, 2020) baking for more than 250 in-living officers of INS Shivaji. In times when it is not easy to get leave and visit your hometown, Mrs Seth brought heartfelt smiles of gratitude and delight on the faces of in-living officers in their home-away-from-home at INS Shivaji.



REVERSO

The Home Food Galore

To break the lockdown monotony, lady chefs of the Shivaji family organized REVERSO, The Home Food Galore for in-living officers who have been away from home since the onset of COVID-19. The home food festival inspired scrumptious preparations from the talented kitchens of the base. Abiding by the COVID-19 protocol, a number of stalls served delicacies from various states of the country. A large variety of eats ranging from burgers, pizzas, hotdogs, vadapavs, sabudanavadas, veg paninis, samosachat and momos were up for grabs. For lovers of the afters, there were Irish bagels, delectable cupcakes in flavours such as red velvet, strawberry, pineapple, banana walnut and chocolate cakes, tea cakes and much more. A fun game *Guess My Weight, Says The Cake* saw keen participation from officers who livened up the carnival mood by taking a shot at conjecturing the weight of the gateaux.



for a noble cause



The proceeds of **REVERSO** were put to charitable use by way of buying umbrellas, blankets and dry rations for all the domestic helpers of the base. The evening witnessed wholehearted participation of officers who also thanked Team Reverso for this wonderful lockdown carnival.



INTERNATIONAL YOGA DAY

International Yoga Day (21 June) was celebrated by the ladies of Station Lonavla. Families performed yoga at their homes as community get together was not possible view COVID-19 and shared photographs. The celebration underscored the importance of yoga, meditation and pranayama and how they bring about spiritual, mental and physical well-being.



Independence Day Activity

To keep the spirits high during lockdown, Team NWWA, Station Lonavla organised a special activity for ladies and children as a run up to the 74th Independence Day of India. Being proud naval wives, the ladies of INS Shivaji participated with great fervour and displayed their creative side with submissions of tri-colour food display, art work, home decorations, rangolis and beautiful saffron, white and green attires.





International Women's Day

It is a day when women are recognized for their achievements, contributions and their opinion world over. It is a day that stresses on the need to make every woman feel that she is being understood and respected for what she is. International Women's Day is celebrated every year on the 8th of March. The day was celebrated in tandem with the theme for the year **I am Generation Equality: Realizing Women's Rights**. All the ladies of the base thoroughly enjoyed the special screening of the movie *English Vinglish*.



"I alone cannot change the world. But I can cast a stone across the waters to create many ripples."

Mother Teresa





When the world is fighting a pandemic, it is our youth and children who show us the way. At INS Shivaji, youngsters came out with a powerful message of fighting this pandemic together as true Covid warriors.

Covid-19 induced lockdown has left its mark on relationships. While singles are resorting to virtual dates, separated couples are hooked to different video apps. But still others are doing the unthinkable!

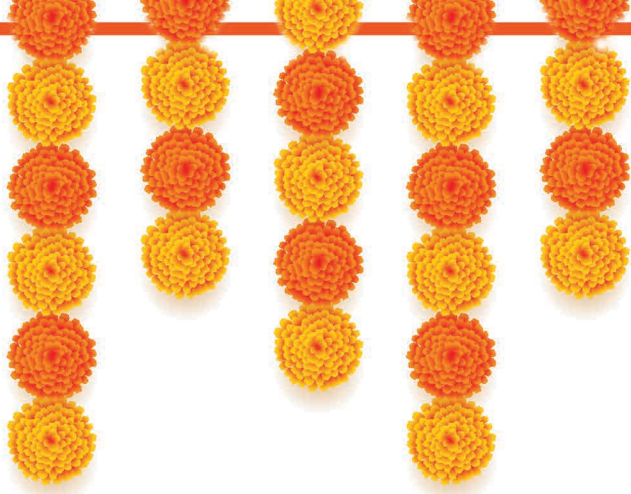


Got married during lockdown!

Our Wedding was scheduled for 15th April 2020 and we all know that marriage of a daughter is the greatest dream of every parent. The first nationwide lockdown was announced till 13th April, so we postponed it for a while, hoping that the lockdown would ease out soon and normalcy would be restored. Our families had been planning a big fat Indian wedding at Ahmednagar since January 2020 and when coronavirus hit, prospects began to look hazy. Plans to mobilize the groom's family and preparations for the wedding ceremony all desisted after announcement of Lockdown 2.0.

A ray of hope waked up in us when the government announced that marriage ceremonies will be permitted with minimal strength of 50 persons and the day that would change our lives forever was decided – 11th June, 2020!

Part of the difficulty in holding even a small marriage ceremony during lockdown was that most government offices, hotels, wedding lawns, catering and commutation services were shut. This was tough on me and my fiancé. The two of us lived and worked in separate Covid zones.



Fortunately, my fiancé got approval from his seniors and got his leave sanctioned. Four days! Big deal in COVID times and our families decided to make it happen! We agonized over every little detail starting with the trimming on my dupatta to the exact shade of gold on my partner's sherwani, the outfits, the food, the minimal guest list, the flowers etc.

It was 1st June 2020 when my father reached from Mumbai and was kept in home quarantine. We got anxious how the preparations would be done!

8th June 2020 – UNLOCK 1.0! Something we were eagerly waiting for! All our preparations were done in a week. My father-in-law and sister-in-law who were coming from their home town (Patiala) and my fiancé reached on the evening of 9th June. Instead of ceremonies being extended over a week, we squeezed them all into two days. My friend put my mehendi on. It was a simple, DIY affair.

10th June 2020 – We decorated the house ourselves- just throw on some nice curtains and some flowers. My family with our neighbours help turned the terrace of my house into a wonderland for our haldi ceremony, where we had not had the chance to spend quality time in years.

And finally it was 11th June 2020!

Coronavirus had brought a new discipline into our lives: the need to sanitize. Bridal make-up got a whole other layer. All make-up brushes were sanitized, the artist wore a face-shield, the premises were frequently fogged and temperature checks were carried out often.



The wedding took place in 'City Lawns', the first affair after unlock 1.0. The squad- my family, immediate neighbours and a few staff members working in the lawn, happily ensured all the flowers were fumigated. Sanitizers replaced *gulabjal* while greeting our handful of guests at the entrance, and uncomfortable masks became a wedding accessory that could very nearly be flaunted!

It may not have been the way we planned it, but it was an amazing wedding. All the wedding rituals were then performed in the presence of our closest family, friends and colleagues. Everyone could just be themselves, and said this was way better than the usual big fat Indian weddings. Every moment was memorable. With fewer people, we had better arrangements and it was far less chaotic. Wedding sure might be an event for families and friends, but more than that it's about two people becoming one.

The fact that all the pieces in the puzzle just fit together so beautifully on the day made us realize that happiness is just a state of mind. All my relatives who were hesitant of us doing this were totally elated and grateful the next day because our wedding reminded them of the stories they heard from their parents about how weddings used to happen in earlier times. Simple, intimate and beautiful.

Mrs Suryamala Bharadwaj

The year 2020 started with the news of deadly Coronavirus in far off China. With the government's decision to send a special flight to Wuhan, the epicentre of the virus outbreak, to bring back stranded Indians, the country's national carrier Air India was tasked to carry out the evacuation program. During lockdown Air India operated several flights to ferry medical supplies and help Indians stuck in different countries. Aptly named Vande Bharat Mission, operations were being carried out to and from the remotest cities around the world.

I had one such opportunity to operate a repatriation flight from London in July 2020. Dealing with several doubts and fears, I reported for the mandatory pre-flight Covid test in Mumbai. I was scheduled to operate the Mumbai-London flight 2 days later.

In spite of the uncertainty of coming back home 'safe', the crew was motivated and confident of carrying out the operation successfully. Somewhere deep down each one of us had a belief that it was a noble cause, being true Covid warriors, doing our part for our country- something that we would remember for the rest of our lives.

I reported at Mumbai's International Airport at 0700 for my flight in full PPE. The flight attendant hand-bag which otherwise had grooming essentials, now contained more of sanitisers, masks and gloves. After an extended briefing at the airport, the crew boarded the aircraft.

We entered the sanitised aircraft and donned our PPE (Personal Protective Equipment) suit, shoe-covers, N95 masks, glasses, visors and gloves. This was going to be the protective barrier between us and the deadly virus for the next 11 hours flight to London. I was to work in the forward section right next to the cockpit and was responsible for all interaction with the cockpit during the flight.

In my 17 years of being with Air India, I have had the privilege of flying many heads of states and dignitaries like the Prime Minister, Vice President and the President of India on special flights. This too was a special flight but for different reasons. Staying in a PPE for long hours restricts you from having a meal or water or even using the restroom.

VANDE bharat MISSION



As soon as the aircraft touched down on the runway, several passengers stood up and gave us a standing ovation. The pain of not having seen my two year old twins for over a month seemed to melt away at this moment!

After 11 odd hours in the PPE, at least 20 glove changes and innumerable times of using the sanitiser, we landed in London that wore a rather deserted look. Following norms of social distancing and zero interaction, we checked into our hotel, which was to be our home for the next 3 days. I finally got to relax after 15 long hours since leaving my home in Mumbai!

The next 3 days saw us being confined to our rooms with only room service being delivered at the doorstep. Layovers in London usually meant shopping or sightseeing and not being locked up in our rooms all day. But this time, staying safe was more important to us.

The return flight to Mumbai was filled with students, families, the elderly etc, with many of them shedding tears of joy for finally getting to return to India amidst this pandemic when all other airlines had suspended their operations and cancelled all the sold out tickets. We landed back in Mumbai after a 10 hour flight. As soon as the aircraft touched down on the runway, several passengers stood up and gave us a standing ovation. The pain of not having seen my two year old twins for over a month seemed to melt away at this moment! Next day I drove down to Lonavala and was assigned a 14-day institutional quarantine. This long wait was put to use by completing a couple of cross-stitch projects to adorn my walls and remind me of the flight and the quarantine.

This experience made me think about what John F Kennedy once said, "Ask not what your country can do for you, ask what you can do for your country."

I am proud that I could be a part of this one-of-a-kind mission, the largest evacuation program carried out by any country in the wake of this pandemic. Stepping out and being at the forefront in these difficult times to help people unite with their loved ones has taught me to value human life and relationships more than ever. I feel grateful that I got to do my bit for my country and will continue to do so in future.

Mrs Vandana Shukla

THE ART OF GROWING ORCHIDS

Orchids are a diverse and widespread family of flowering plants with blooms that are often vibrant, colourful and fragrant. Hence growing orchids can be a highly satisfying and addictive hobby for most gardeners, both professional and amateurs. Generally, orchids are considered very finicky and difficult to grow, which causes a lot of budding gardeners/flower enthusiasts to veer away from growing them. However, this is not the case and once you know how simple it is to grow orchids, you will be pleasantly surprised to watch them thrive with minimal care.



Orchids may be either

Terrestrial growing in soil as medium with rhizomes or tubers



Epiphytes growing on support of other plants/rocks with modified aerial roots for absorbing moisture from the environment. Epiphytes mainly find nutrients from organic decaying matter or bird droppings.



ORCHID GROWTH PATTERNS AND ASSOCIATED GROWING TIPS

Most orchids lack permanent woody structure and grow according to two patterns:

MONOPODIAL

The stem of these orchids grows from a single bud. Flower spikes in most monopodials will shoot out from the sides of the stem. e.g. Phalaenopsis, Vanda, Vanilla. While watering monopodials, always water at the base of the plant.



SYMPODIAL

These orchids produce a series of adjacent shoots which grow, mature and give flower spikes and then stop growing. Growth from the rhizome continues with new lead growth. Many sympodial orchids have a visible pseudobulb which stores nutrient for further growth and water for long dry periods. e.g. Cattleyas, Dendrobium.



Basics of good orchid growth

Regardless of which type of orchids you are growing, if you imitate a plants natural habitat, it will thrive. This involves learning a few basics.

LIGHT: As a general rule orchids need to be given bright light for a minimum of 6-8 hours a day. Leaves become dark green when exposed to low light and yellowish when exposed to too much light. Leaves tend to be sunburnt when reddish brown patches appear on the leaves. Avoid exposing leaves to direct unfiltered sunlight.

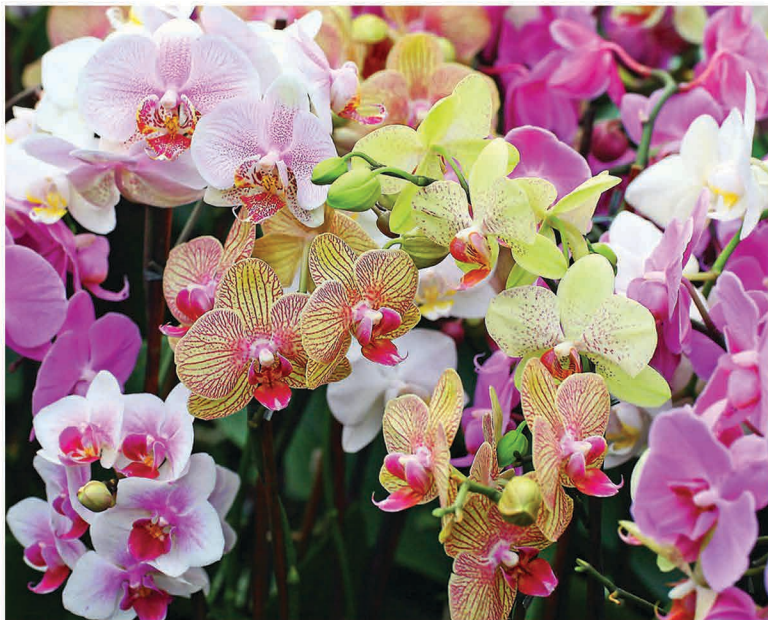
Tip: While buying a plant look for healthy green leaves.

TEMPERATURE: Most orchids like day temperatures between 21-30 degree Celsius and appreciate a 10-15 degree drop in temperature at night. Most commonly available orchids from local nurseries will do well in the areas temperature.

Tip A drop in temperature for 8-10 days promotes the growth of flower spikes in most orchids.

HUMIDITY: Most orchids like humidity to be about 40%-70%. Hence they thrive in highly humid climate.

Tip: If humidity is low you can consider keeping your plant in the area where you dry clothes.



You can also keep a tray of water nearby which will increase humidity levels and help the aerial roots to absorb moisture.

WATER: Overwatering kills more orchids than anything else! When in doubt, don't water. Water your orchids when the top layer of your potting medium becomes completely dry. Wet the aerial roots while watering. Healthy roots are firm and white with green growing tips. If the roots look soft, brown and mushy they are usually dead in which case your plant will appear shrivelled and dry.

Tip: If your plant looks unhealthy, try re-potting after removing the dead roots and decaying velamen gently. Take care to leave the healthy inner filament, if any, intact as it still has capacity to absorb moisture.

RE-POTTING: It is best to re-pot your plants as soon as you bring them home as potting mix from the nursery usually begins to decompose and compress the roots which leads to their decay and death soon after they are brought home. It is also advisable to re-pot every 2 years for the same reason.

Potting medium: As most orchids are epiphytes, their roots need access to a lot of air. Hence it is advisable to use pots with big holes all along the sides and underneath. For epiphytes, use coconut husk or bark chips as potting medium along with a few smooth stones and charcoal. You can also use sphagnum moss.

Conclusion

A regular check of your plants and some basic care will ensure big showy blooms enhancing the beauty of your home and garden for years to come. Wishing you all Happy Gardening with mesmerizing orchids.

Suleena Mantravadi

BATTLE AGAINST COVID-19

DOES CRITICIZING THE LOCKDOWN RESTRICTIONS REALLY HELP?

The world is currently going through a major crisis. Entire medical community is in chaos due to the devastation caused by the SARS-CoV-2 strain of virus. While all the field experts are striving to discover ways of battling the virus effectively, some of us are still sitting at home criticizing the lockdown policies and restrictions imposed by the concerned authorities. So does this criticism really help? How does it affect the concerned authorities in handling the situation? Even as the World Health Organization was criticized for its confusing and contradictory decisions during this outbreak, we have to keep in mind the ever-changing circumstances that we have to encounter with a novel strain of virus. Being a medical practitioner by profession, I have witnessed the versatilities associated with disease presentation and management. It is indeed a Herculean task for the concerned authorities managing an unknown disease without voluntary support and initiatives from citizen. These lockdown restrictions have been based on sound medical advice from all over the world that mandates strict social distancing and isolation. Not just lockdown but all other policy directives from authorities involved in virus management are based on scientific data and research developments happening in India and other countries fighting Covid.

Therefore it is only wise and fitting that the citizens of India lend a helping hand to the authorities when they have to take seemingly bitter decisions for the country's better future. We all must operate hand in hand with the government in this battle against Covid-19 as 'United we stand, divided we fall.'

Dr. Dhanya Jithin

DON'T GIVE UP

**This is the time of ultimate panic
This is the time that is growing tragic
This is the time to keep Hope burning
Like a candle in the dark
Don't give up, Don't give in.**

**Your mind is scattered all over the place
Your anxiety is growing at a fast pace
It wants to control you, scare you
You don't let it do this to you
Don't give up, Don't give in.**

**It will depress you, it will break you
Let your willpower come to your rescue
Your strength is your greatest power
To rise above the cowards
Don't give up, Don't give in.**

**Tough times don't last forever
Have the belief that you will not deter
The rules are simple – Stay home, Stay safe
To wipe out the mischief-maker without any trace
Don't give up, Don't give in.**

*Olivia Shibu Joy
Std. VIII*

❖ कोरोना एक महामारी ❖

मंद मंद सी बहती पवन |
चारों तरफ सन्नाटा है
एक बीमारी कोरोना ने,
कैसा ये डर बाँटा है ॥

रेल बंद है, बस बंद
बंद हो गई जहाज हवाई |
अजीब सी ये मुसीबत,
जो चल विदेश से आई ॥

उम्मीद रख तू ऐ इन्सान,
ये बला भी टल जाएगी |
हट जाएगी काली रात
जिंदगी फिर से पटरी पर आएगी ॥

क्यों तरस रहा है इन्सान,
घर से बाहर निकलने को |
खड़ा कोरोना घर की चौखट पर
जीवन तेरा निगलने को ॥

घर पर रहकर जीत सकेगा,
कोरोना से ये जंग इन्सान |
लॉकडाउन का पालन कर लो
वरना दुनिया बन जाएगी शमशान ॥

Mrs Usha Mehra

❧ आप नेवी के जवान हो ❧

आप नेवी के जवान हो, मेरी आखों का नूर हो, मेरे चेहरे का गुरुर हो,
मुझे आप पर नाज़ है, आप मेरा स्वाभिमान हो मेरा आत्मविश्वास हो,
मेरे सिर का ताज हो, आप नेवी के जवान हो ।

हर पल पल के साक्षी हो, सुखदुःख के साथी हो, मेरे फूल से बच्चों के आदर्श पिता हो,
मेरे जीवन के असली देवानंद धर्मेन्द्र आप हो, मेरे लिए तो आप ही असली हीरो हो,
मेरे रक्षक हो आप नेवी के जवान हो, मुझे आप पर नाज़ है ।

हर मौसम को आपने दिल से जिया है, गर्मी सर्दी और बारिश सब झेला है, फिर भी हर
हाल में पेशे को सर्वोपरि माना है, आप नेवी के जवान हो, मुझे आप पर नाज़ है ।

कभी सिनीयर ने डॉटा है, कभी आपने जूनियर को फटकारा है, कभी प्यार तो कभी
गुस्सा ये तो मानव जीवन की परिभाषा है, फिर भी हर कामयाबी को छुआ है, कभी छुट्टी
की टेन्शन कभी बच्चों की पढ़ाई, करियर की चिंता कभी कभी बीबी के स्वास्थ्य की चिंता
कभी ट्रान्सफर कभी घर की वेटिंग लिस्ट, कभी एम . ई . स . के साथ झक झक और सबसे
बड़ी मुसीबत शेयरिंग में रहना । इस सबके बावजूद ३५ साल नेवी को दिये हैं, सिविल
सर्विस के तीन गुना हैं, आप नेवी के जवान हो, मुझे आप पर नाज़ है ।

सत्रह साल की छोटीसी उम्र में नेवी में शामिल हुए, हर बड़ी से बड़ी जहाज पर तैनात हुए
हिमगिरि रणजीत विक्रांत विक्रमादित्य में खुब सेलिंग किया है, पीछे बीबी बच्चों ने बहुत
झेला है, लेकिन सबने हर कदम पर साथ निभाया है, हर दिन को त्यौहार माना है, आप
एक आदर्श बेटा हो, भाई हो पति हो, पिता हो, और नेवी के आज्ञाकारी जवान हो,
मुझे आप पर नाज़ है, आप नेवी के जवान हो ।

अगस्त १९८४ से २०२० तक पहुँच गये, बहुत खड़े मिठे अनुभव हैं, जीवन के बहुत कुछ
सिखा दिया, नेवी ने बहुत स्मार्ट बना दिया, नेवी ने सारा भारत घुमा दिया, नेवी ने अपने
बच्चों को कामयाब बना दिया, मुंबई में घरोंदा दिया, होन्डा सिटी में घुमा दिया, खुदा ने
नन्हें धैर्य के नाना आपको बना दिया,
आप नेवी के जवान हो, मुझे आप पर नाज़ है ।

Mrs Kamlesh Yadav

❖ 'नवा संस्था' की प्रतिभा ❖

'नवा संस्था' नौसेना की प्रतिभा आज सुनाती हूँ,
इसके कार्य कलापों का मैं सबको राज बताती हूँ
नौसैनिक, परिवारजनों की है देखाभारी,
हर क्षेत्र में उनको दक्ष बनाने की, लेती है जिम्मेदारी |

अशिक्षित को शिक्षा देकर, उनका उत्साह बढ़ाती है,
सिलाई, कढ़ाई, ब्यूटीपार्लर और मेहँदी कोर्स कराती है |
अब तो इंग्लिश और कम्प्यूटर की भी क्लासें लगती हैं,
तभी तो नवा की सब महिला व्हाटस अॅप पर मेसेजेस करती हैं |

बच्चों को भी ट्यूशन मिलता, डान्स की क्लासें चलती हैं,
खाली समय में महिलाएं, जिम का सदुपयोग करती हैं |
ड्रॉइंग, पेंटिंग करने का भी इसमें अच्छा मौका है,
म्यूजीक, योगा करने से भी, किसने तुमको रोका है |

अपने कदमों पर ही चलना, इस संस्था ने बतलाया,
हर मुश्किल से लड़ना हमको, इसी नवा ने सिखलाया |
धन्य - धन्य है इस संस्था को, जिसने मेरा जीवन सफल बनाया,
हर एक क्षेत्र में निपुण बना, मुझको गौरव सम्मान दिलाया |

इसलिए तो कहती हूँ, इस नवा संस्था से जुड़ जाओ,
अपनी - अपनी दिखा के प्रतिभा, इस संस्था का नाम बढ़ाओ
इस संस्था का नाम बढ़ाओ ||

Mrs Vijyai Luxmi



सूक्ति वाक्य

समय और संकल्प आपके पास विशेष
खजाने हैं, इन्हें न जाने दें |

प्रत्येक व्यक्ति ईमानदारी को ही पसन्द
करता है, एक चोर भी अनीति से कमाये धन का
नीति से बँटवारा चाहता है | चाहत सबकी एक ही होती है |

सफलता का कोई रहस्य नहीं यह सिर्फ
अत्यधिक परिश्रम चाहती है |

संसार में बड़ा वही है जिससे मिलकर
कोई खुद को छोटा महसूस न करे |

क्षमा करना सीखिये क्योंकि हम स्वयं
ईश्वर से यही अपेक्षा रखते हैं |

जीवन में जिस व्यक्ति की जितनी कम
आवश्यकता है वह व्यक्ति उतना ही सुखी है |

उपवास सिर्फ अन्न का ही क्यों? कुविचार और अन्य बुराइयों का भी
होना चाहिये | एक दिन का ही सही |

प्रेम सदा क्षमा करने में विश्वास करता है
जबकि अहंकार सदा क्षमा सुनना पसन्द करता है |

अपने जीवन में आये हर छोटे से छोटे कष्ट के लिये
ईश्वर और किस्मत को कोसना उचित नहीं |

Mrs Ambika Gautam



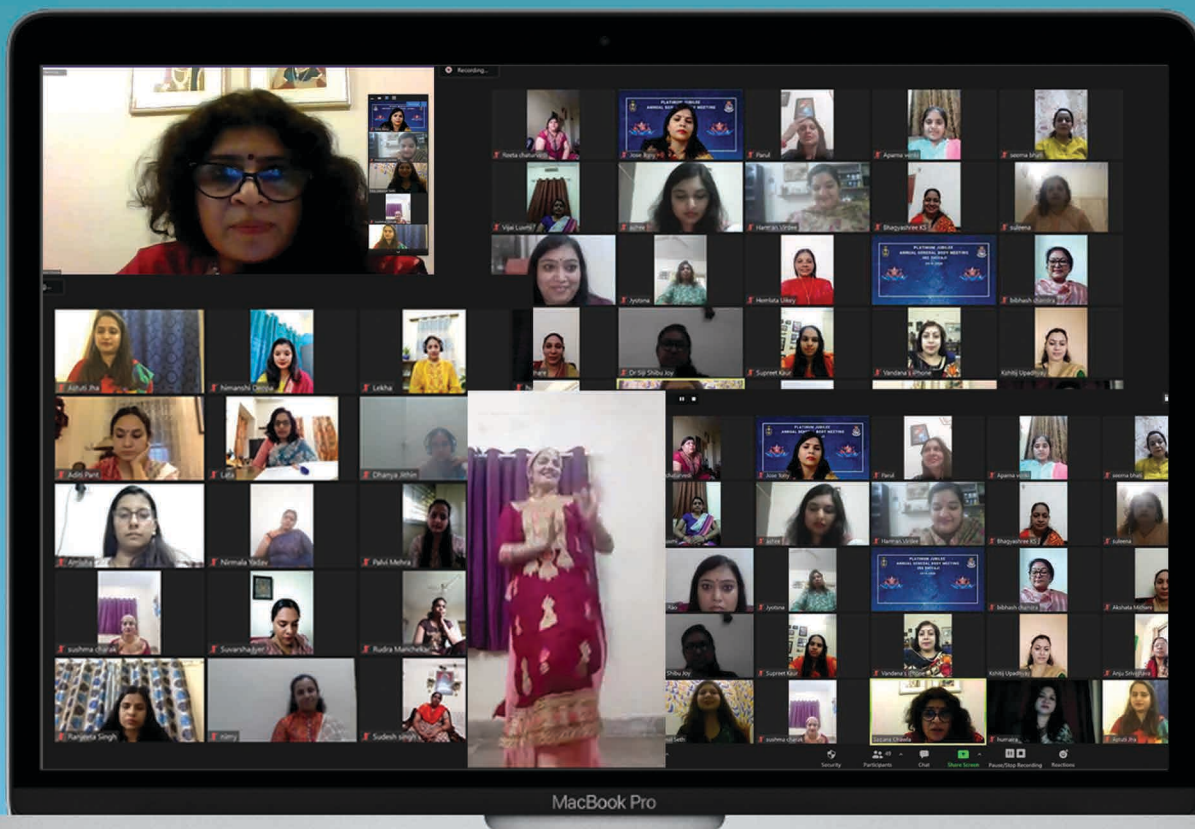
MYRIAD COLOURS OF SHIVAJI



NWWA, Station Lonavla conducted a virtual AGM on 18th August, 2020. Mrs Sujata Mohanty, Vice President, NWWA Shivaji welcomed Mrs Meenal Seth, President NWWA, Station Lonavla and all the ladies of the base. A melodious Welcome Song by Mrs. Bhagyashree invoking the blessings of Lord Ganesha set the tone for the GM. It was followed by the Secretary Report by Mrs Harman Singh enumerating various activities and competitions conducted successfully by NWWA Shivaji despite the challenges posed by COVID-19 induced lockdown. Mrs Gargie Rao, Treasurer, NWWA Shivaji, then presented the Financial Report. At this point, the ladies of INS Shivaji were filled with joy by the joining in of Mrs Sapna Chawla, President NWWA, SR in the virtual Annual General Meet.

She was rendered a warm welcome by Mrs Meenal Seth, President NWWA, Station Lonavla. Mrs Chawla's words of wisdom imbued each member present in the meet with positivity, good cheer and motivation. Mrs Sushma Charak, Welfare Member, presented a graceful dance performance on the song Bhumro and received much encouragement from President NWWA, SR. Mrs Seth then thanked Mrs Chawla for her kind presence and inspiring words after which Mrs Chawla bid adieu to the ladies and exited the meet. Mrs Seth then addressed the ladies of Station Lonavla. She praised and thanked all the members for their hard work and commitment and encouraged all the ladies to follow all the COVID-19 safety norms to keep themselves and their families safe.

ANNUAL GENERAL BODY MEET 2020





Tried the appam & Chicken curry from Mrs Shibu for lunch...It was just too fingerlicking yummy.....

Good evening Bhagyashree.. thank you so much for the vadapavs.. it was really delicious.. we really enjoyed it.

It was delicious and full of flavor.....loved it!!! thank you so much for making our lives easy

The biryani was very good He enjoyed his lunch that day Thank you once again



Thank you so much for the awesome pooranpoli dear Bhagyashree. Really enjoyed it. My daughter also loved it. How much you had sent.. so sweet of you.



Hello Ma'am Seeking apology for being late to reply. It was delicious as usual. Spice, monsoon and BF of magic hands. Really enjoyed a perfect holiday breakfast.

Hi sir The taste and aroma was A1 as usual. I think mam is blessed with magic hands. The amount of chicken and appam was appreciable too. Finally the 'Home delivery' option in this monsoon lured me to click yes this

The biryani was very good He enjoyed his lunch that day Thank you once again

Thank you for the lips-macking puffs....the layers were crispy n perfect n delicious stuffing.

Maam, the cake and Ice cream combo was a hit, two and three plates have been taken by Inliving of officers.. On behalf of Wardroom and especially the in-living officers, I would like to express my sincerest gratitude to you maam. The gesture itself is beyond words to express...A very BIG THANK YOU MAAM..

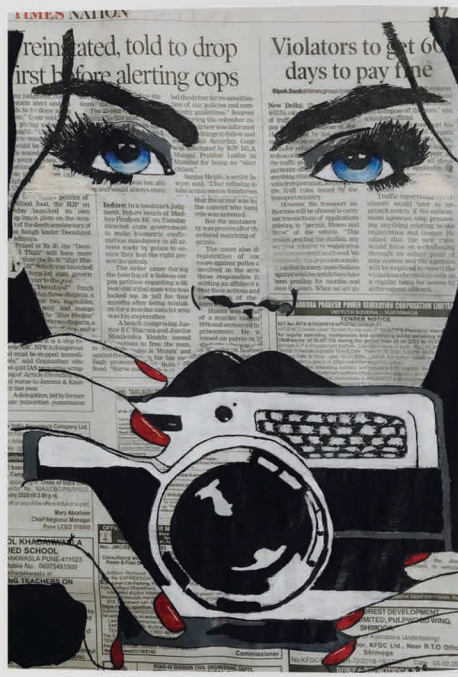
It was awesome Mrs Mantravadi.. The preparation was so divine. I liked the nuttiness of cashews in between. Consider I have already pre booked for the next time.





lokāḥ samastāḥ sukhino bhavantu

CAPTURING...



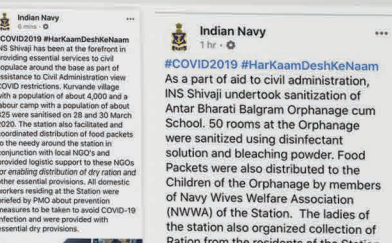
love
faith
HOPE

POSITIVITY

Preventive Measures by INS Shivaji



WE WERE IN NEWS



Reminiscences of a Daughter

A lot went into the planning for the Award of President's Colour to INS Shivaji. This is a candid shot of my dad, the CO, watching one of the umpteen rehearsals of the President's chopper. Oh! What a time it was! With so much at stake, so much to look forward to and hearts so filled with pride. The air was tense and every person in Shivaji only wished for everything to go well from safe landing to take off of the Hon'ble President of India. I, a proud daddy's girl, was overwhelmed to see the base in full swing and getting prepped up for such a momentous day!

Sejal Seth

