



By Love Serve One Another

# JOTTINGS

Faith in God the Father Almighty  
and in Jesus Christ His Only Son Our Lord and Saviour  
and in the Holy Spirit



## Purpose

- Promotion of the full development of women and girls through its programmes
- To develop a membership that is responsive through service to the changing needs of the community in a changing world.

*For Private Circulation only*

*No. 227 November 2017*

## Parent Children Relationship

*(Ovita Parulekar)*

We tend to criticize and condemn, find fault or stress the negative qualities of our children, rather than encourage, appreciate, praise or even emphasize the plus points in them. A pat on the back for even a minor achievement or quality goes a long way in building up his/her confidence. Constant criticism on the other hand will cause him/her to do worse rather than better.

Comparing your children with others either at home or with outsiders could be disastrous. Remember your child is special, unique, God's handiwork! Incomparable! Parents love for children must be unconditional. Give your child a lot of your time and attention. Never stop them from asking questions by saying 'I have no time' or 'you're far too young to know'. Try answer all questions truthfully.

Always listen and speak to your child right from the time of conception Give them a lot of warmth and affection. Your child is never too old to be hugged or embraced or kissed. We expect too much of our children forgetting that



they are still small just babes of yester years. Admire and appreciate your child's work, even a word that's correct in the exercise. Remember they are children who will learn with kindness rather than harshness.

Praise your child occasionally. It will not give them a swollen head. Its absence may cause a broken heart. Admire your child looks. There is so much worth admiring! If nothing, then at least see the eyes which glisten with love for you, which God only has planted in their hearts.

## A Thought...

Whatever our parents tell us is only for our bright future!

A rock doesn't become a beautiful sculpture if it resists the pain of the chisel chipping it away. For us to become something beautiful we need to allow our parents to chisel out the bad habits and behavior from ourselves. Those are what our parent do when they disciplines us.

The mother lifts the child up on her waist to feed her, to cuddle her, and to put her to sleep, But the father lifts the child up on his shoulders to make her see the world that he couldn't see.

We can realize the pain the mother undergoes by listening to her, but the father's pain can be realized only when others tell us about it.

Our father is our teacher when we are five years old, a villain when we are twenty, but a guidepost when he is no more in our midst. The mother can go to her daughter's or son's home when she is old, but the father doesn't know how to do that, he is always independent and alone.

Hence it's time to love, respect and care for our parents when they are alive rather than to cherish them when they are no more.

## Spiritual Emphasis

### Spiritual Emphasis Time of Healing Prayer

With an attendance of over 60, members and staff were blessed at the evening of Healing Prayer meeting on 11th October at Y, Fort. The guest speaker Pastor Thomas Ouseph spoke about the reason for sickness and Jesus being our Supreme Healer (Exodus 15:26 & Isaiah 53: 4,5). Many people received healing and felt the powerful touch of God when they were prayed over. According to him sickness can be



- Due to natural virus in the air
- Because of aging and lack of body maintenance-bad lifestyle
- Because of sin (also brings sickness) John 5:1-14, Bethesda Pool
- Due to Curse- generational from one

generation to another

- Due to Demonic attack: Luke 11:1-14 Crippled women
- For the Glory of God: John 9:1-2 Blind person

How to receive healing:

- Come to Jesus the great physician- Mat 11:28
- Believe in Jesus and accept the work He did on the cross
- Ask/call upon Jesus (story of blind man healed- Luke 18:35-43)



## Matters of the Mind

(JMT)

I can still remember my mother's voice saying firmly, "**mind**, what I'm telling you". For us children that meant 'mind your manners' or 'mind how you cross the road'. In short, she expected us to **remember** her injunctions.

Have you noticed, being mindful nowadays suggests unwinding and **forgetting**? Designers produce booklets of elaborate patterns for you to ink or pencil-in thus assisting you to forget your worries and fears. (**Colour the picture and relax your mind**) This is called "Mindfulness, Anti-stress colouring". You can hire a life-coach who advises methods of mindlessness by which you can live free of tension.

Without wishing to be a killjoy, this hints at some inward panic in case our modern life-styles are causing burn-out and overtaxing our tired brains. Are we really lacking the stamina of our forebearers who might have thought pattern-scribbling rather odd?

Traditionally, when the pace of life was slower, leisure was only for the richest while the working classes slogged hard, then slept. Lengthy periods of meditation was available only to hermits or the enclosed religious orders.

This is not to say that relaxation and quiet times are not helpful. This craze for mindfulness, so-called, using pencil-art is great for those with learning difficulties, for the over-active personalities and may help the anxious or depressed. For the bed-ridden colouring can ease the hours of boredom.



However, as a still-active senior, I rather resent my diary-planner coming with empty "mindfulness" pages of pattern. For sure my memory is less reliable these days, but it is not that fragile that I'm needing a mental crutch. As yet, those intricate spaces seem to suggest only they will get me through the days. Not for me! Time spent shading colours might keep my Dentist waiting!

In former times, the senses were calmed with home-played music, with gazing at natural beauty like sunsets or the greens of field or forest. Tension, then and now, is often eased with a friendly chat or a laugh with someone dear.

Perhaps, the best mind-healing comes when we sit in a pew in God's dedicated house with fellow worshippers. As we sing and pray, our spirits lift and contentment comes as we re-connect with the God of all Peace.

**Isaiah 26 v3 says "You will keep in perfect peace him whose MIND is steadfast, because he trusts in You". (New International Version)**

# ANNOUNCEMENTS

Hey Friends, Evening of Christmas Carols is round the corner.... Time to put on our singing caps, clear our throats and get together to make a melody to Jesus Christ our Lord



## Membership Presents

### Senior Citizens Programme for Y members (60 yrs and above)

Date : Wednesday,  
22<sup>nd</sup> November 2017

Timing : 10.45 am - 2 pm

Venue : YWCA Fort

Registration : Rs. 100



Come Dressed in Your Best for a time of Fun and Frolic.....Love to see All of You there. Do confirm Your 'Attendance' at Area Meetings or to Area Chairperson or Membership Staff

## YWCA AND YMCA Week of Prayer Schedule

### YWCA and YMCA Week of Prayer and World Fellowship 12 - 18 November 2017

DATE	DAY	TOPIC/PASSAGE	TIME	VENUE
12 Nov 17	Sunday	STAND UP SPEAK UP! Mark 10:46-52	9am	TAYLOR MEMORIAL CHURCH
13 Nov 17	Monday	BRINGING DOWN THE WALLS Ephesians 5:11-14	3pm	YWCA, Andheri
14 Nov 17	Tuesday	A VOICE IN THE WILDERNESS 2 Corinthians 10:5	3pm	YMCA, Bandra
15 Nov 17	Wednesday	DO NOT BE SILENT-I AM WITH YOU Acts 18:9-10	7.30pm	YMCA, Belapur
16 Nov 17	Thursday	I WILL PUT WORDS IN YOUR MOUTH Deuteronomy 10:17-19	3pm	YWCA, Byculla
17 Nov 17	Friday	LORD I HAVE HEARD- NOW I SPEAK Proverbs 31:9	3pm	YMCA, Ghatkopar
18 Nov 17	Saturday	CELEBRATION-THE POWER OF RESISTANCE Isaiah 40:3-5; Psalm 121	7pm	YWCA, Fort

ALL members are welcome and encouraged with family and friends to be part of THE WEEK OF PRAYER.

\*Kindly Confirm Attendance\*

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## Birthdays for the month of November

3 <sup>rd</sup> November	Elizabeth L Mascarenhas	19 <sup>th</sup> November	Clara S Mani
7 <sup>th</sup> November	Iris Rodricks	20 <sup>th</sup> November	Chandraprabha Nundy
8 <sup>th</sup> November	Merlyn Thomas	25 <sup>th</sup> November	Simone Sebastian
11 <sup>th</sup> November	Joycia Thorat	27 <sup>th</sup> November	Susan Thampi
11 <sup>th</sup> November	Premlata Singh	28 <sup>th</sup> November	Dr. Sarojini Gangurde
13 <sup>th</sup> November	Sandra Francis	29 <sup>th</sup> November	Kamalini Suchitta
16 <sup>th</sup> November	Lavina Shirsat	30 <sup>th</sup> November	Bhanukala Ganeshan
18 <sup>th</sup> November	AneelaRao		

**HAPPY BIRTHDAY**



Like fresh dewdrops of a new day,  
**May God's loving hand's and mercy**  
**Be upon you on your special day and**  
**throughout the year**  
**God Bless, Have a Great Day and Year**  
**HAPPY BIRTHDAY, We love you!!!**

## Memorian



Salomi Joseph passed away on 3<sup>rd</sup> October 2017 at the age of 106 at Bangalore. She was a very active member for very many years of YWCA of Bombay and also served as a president. She was very much capable, silent worker and contributed in starting the Andheri branch. Her work and ability was appreciated by all.

### FOR WHAT IT'S WORTH

(From the movie 'The Curious Case of Benjamin Button')

For What It's Worth, It's Never Too Late.  
 To Be Whoever You Want To Be,  
 There Is No Time Limit.  
 Stop! Whenever You Want.  
 You Can Change, Most Stay The Same.  
 There Are No Rules To This,  
 You Can Make The Best Or The Worst Of It.  
 Hope You Make The Best.

Hope You See Things That Stop You.  
 Hope You Feel Things  
 That You Never Felt Before,  
 Hope You Meet People  
 With A Different Point Of View.  
 Hope You Live A Life You're Proud Of.  
 And If You Find That You Are Not,  
 Hope You Have The Strength  
 To Start All Over Again!

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## Sweet Notings

(Sharon Pires)

**Develop a passion for learning. If you do, you will never cease to grow  
- Anthony J. D'Angelo**

The more you learn the more you grow. You imbibe new ideas, learn new ways of doing things and your approach to life becomes more extensive. Your understanding of concepts is also enhanced. You learn from the experiences of others and can make informed decisions in difficult situations. Yes, learning is a continuous process and it gives you a sense of confidence as you gain knowledge in a particular discipline. You can learn from anyone, no person is too small or too big to share their experiences, you just have to be open and receptive. So Keep Learning and Keep Growing!

**A smile is the light in your window that tells others that there is a caring,  
sharing person inside. - Denis Waitley**

We all like to be known as caring sharing people. A genuine warm smile can do this for you. A smile is so powerful, it radiates joy and a sense of wellbeing. It brings healing and comfort to a troubled soul. If a smile can make so much of a difference and it also takes less effort to radiate it as compared to frowning then why don't we choose to smile more and sulk less. It does so much for those who share it and for those who receive it. Your smile is the best make-up you can wear that does not need regular touch-ups, just a happy person to share it. You will see the difference your smile can make to the world – so go ahead and smile remember it is a curved line that can set difficult situations straight.

## Pre – Convention Report

The Pre-convention meeting was held on 5<sup>th</sup> and 6<sup>th</sup> October at YWCA of India, New Delhi, with the Northern and Western Regions. Theme: 'Women Against Violence'. Dr Shakuntala David, National President emphasized on the need to have Awareness, Implementation and Rehabilitation for women in distress.

**Y-** 10% of our membership should be young.

**W-** look into ourselves, are we women against women.

**C-** living the Christian faith and be Christlike and network with other Christian movements.

**A -** Be associated to YWCA of India/ World.

Dr. Abhjit Das spoke on understanding 'Why



men commit violence? and need to involve men in women's empowerment programmes'. Jodie Serpes, Staff - PIYA, presented 'Youth's Perspective on Women Against Violence'. Presentation of YWCA of India's activities and projects was followed by discussion of local YWCA's programmes and initiatives for the

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next four years. The NGS presented a session on Standards for Good Management and Accountability.

Reflections by YWCA of Bombay. Regional Action plans were made and presented by

each region. Constitution amendments – National and Local constitutional changes were discussed and planning for the 2018 Convention at Goa from 10<sup>th</sup> to 13<sup>th</sup> February 2018 was worked out.

## Women's Development Unit

- 1) Dance movement programme was held in all Balwadis during the month of September.



- 2) In the month of September a session on Good and Bad Touch was conducted by Meenakshi and Lavina (Balwadi Teachers) at Chembur and Fort for Balwadi children.
- 3) On 21<sup>st</sup> September Neeta Dabre, Sangeeta Wetal, Kiran Patil, Rita Magar and Deepika Tambe attended a full day workshop on 'safety at public places for girls' organized by Vacha under Learning Community Project at Hotel Mirador, Andheri



**Health** - In the month of September **Medical Camps** was conducted in collaboration with

L&T for 152 and 150 service users at **Mankhurd** and **Chembur** respectively.

**Education:** - One girl from Belapur referred to YCMOU for FYB Com class

### Capacity Building

- *Neeta Dabre conducted the session on 'Domestic Violence Act 2005' and 'Women's Rights and Responsibilities' with stakeholders of Asha Kiran on 26<sup>th</sup> September.*
- *A session on 'Good and Bad Touch' was conducted by Neeta Dabre with Study Class and Balwadi children on 29<sup>th</sup> September at Byculla.*
- *On 25<sup>th</sup> September a session on 'Difference between love, infatuation and attraction' was*



*conducted by Nisha Misal at GaribJanta Nagar at Colaba for 26 adolescent girls and a documentary film 'Khushi' was also screened.*

- In the month of September an awareness session on '**Prevention of Cancer**' was conducted by Kamran Sheikh from Cancer Aid Research Centre for 156 participants at **Byculla, Fort, Mankhurd and Thane**

**Byculla:** A session was conducted by Family Welfare and Research Centre on '**Reproductive health/ sexuality**' and more values for 32 adolescents girls.

**Fort:** An awareness session on "**Violence Against Women**" was conducted by Dolcy D'souza on 7<sup>th</sup> September for 45 participants.

**Wadala:** A session on '**Literacy**' was conducted by MsAsmita from Jan Shikshan Sansthan on the occasion of International Literacy Day for 23 tailoring students and community girls.

### **Mankhurd**

- A session on '**Health and Nutrition**' was conducted by BMC Health Post on 7<sup>th</sup> September for 22 service users.
- A session on Drug Addiction was conducted by Mr.Yogesh Dhonde and Mr. Santosh Dighankar, staff of **Support** organisation for 30 stake holders.

**Belapur:** A session on 'Rights and Responsibilities of Women' was conducted by Dolcy D'souza for 43 women.

### **Thane:**

- Two sessions on '**POCSO Act**' was conducted by Jeshta (NN student) and Maya Manohar on 15<sup>th</sup> September for 245 Ashram children of Uplift Foundation at Kasara.
- A session on '**Good and Bad Touch**' was conducted by Ms Nanda Patil for 20 Study class and Balwadi children.

### **Sustainable Livelihood**

Monthly SHGs meeting were held at **Belapur** - agenda was to promote their business and **Mankhurd** - agenda was on how to handle bank account by community officer from M-West Ward BMC.

**Mankhurd** - Meeting was conducted by Mr. Ashish and Mr. Firoz from Kotak Education Foundation for 20 women. They discussed and

explained about their courses and six women enrolled.

### **Special Events**

- Teachers Day celebration was held on 4<sup>th</sup> September at Byculla with 50 staff. TISS, Nursing and Study class students put up group dance, songs and games.

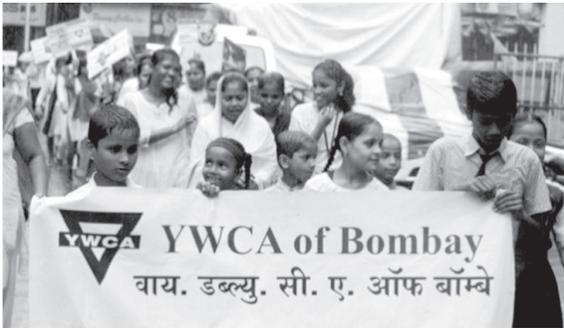


- 200 service users participated in the Health Exhibition on Nutrition, Body Mass Index and Health checkup organized by Family Welfare Training Centre, Mumbai under the Ministry of Health and Family Welfare, Govt of India was conducted at Y Byculla.



- Nearly 300 plus staff and students completed the environmental rally on





'International Day' for the Preservation of the Ozone Layer at Byculla

- Job Fair: - A successful Job Mela was organized in association with AMP (Association of Muslim Professionals) on 23<sup>rd</sup> September at Y Belapur. Many candidates had registered online, 50 Candidates came for interview out of which 18 were shortlisted and 9 of them were given jobs.

**Youth Group(Kiran Patil) PSW:**Exposure visit was organized by Byculla Youth group to J. J. Dharamshala (Old Age Home) on 7<sup>th</sup> August with 21 youth. The elder enjoyed games and action songs.

### Senior citizen group:-

- A monthly senior citizen group meeting was held on 18<sup>th</sup> September. 18 members were informed on Health and Hygiene by Maya Manohar.

### Info: -

- *Tulsiwadi community centre will be terminated from 1<sup>st</sup> Nov 2107*

- Deepika, Kiran and Vaishali Shinde attended the Youth Convention on 23<sup>rd</sup> to 25<sup>th</sup> Sept at Nasik. Issues like right education, vocational training for youth, constitutional rights, gender discrimination, Govt. Schemes, caste and creed were some of the topics taken up.

### Aasra:

- Dolcy D'souza and Hemlata Garud conducted session on Women's Rights at Belapur for 43 Women.
- Hemlata Garud along with five students attended WE Action networking monthly meeting on 22<sup>nd</sup> September at Majlis office at Santacruz and discussed on Basic Legal Knowledge.
- Hemlata Garud attended Job Mela along with five clients at Vidyavihar organized by Majlis on 15<sup>th</sup> September.



- Two girls from Belapur completed Beautician Course and got job at Taruna Beauty Parlour at Kharghar and getting salary Rs 8,000/- per month
- Two girls completed Beauty Parlor Course at DLH Fort and got job as trainee at Hong Kong Beauty Parlor, Colaba. Getting stipend Rs 4,000/- per month.

## Asha Kiran Programme and Activities

- Ongoing Festival Business (Tailoring and Beauty Parlour) started from 27<sup>th</sup> September 2017.
- Asst. Coordinator (Shraddha More) took a session for community SHG Groups on 22<sup>nd</sup> September. She spoke about how to maintain the records, election procedure, distribution of loan and Govt. schemes.
- World Alzheimer's Day was celebrated on 26<sup>th</sup> September. A session on "Dementia" was conducted by Dr. Sharmila Donde from Parkinson's, Neurology Foundation. She



spoke about the symptoms and prevention of the disease and methods to deal with the patient. Ms. Dhanalakshmi from Silver Innings shared her experiences.

- d) On the occasion of the World Elders Day, seniors attended A 'Vintage Musical Extravaganza' Program organized by Lions Club ChandrakantDoshi on 3<sup>rd</sup> October at Bhaidas Hall. Total 17 seniors along with the community seniors enjoyed the programme.
- e) "World Elders Day" was celebrated on Friday, 6<sup>th</sup> October in which seniors took part in ramp walk. Dhanashree, Senior presented the role of "Bharat Mata" and



gave a message. Ms. Arifa Khan (Ex. YWCA staff) taught awareness songs. Game and dance were also organized.

- f) Session Domestic Violence: 23 parents from Crèche, 26 Parents from Study Centre and 15 from Other Courses (Total 64) attended this session conducted by Ms. Neeta Dabre (Asst. Coordinator-WDU).



- g) Session on Good and Bad Touch: Total 76 along with staff and students attended this session held on 27<sup>th</sup> September. Resource person, Dr. Falguni Gaitonde spoke on Physical and Hormonal Changes in once body.
- h) **Hobby Class-** Rangoli class was held from 4<sup>th</sup> - 14<sup>th</sup> October 2017.

## PIYA

### Session on Gender Equality - 27<sup>th</sup> September

This session was conducted by Mr. Onil Kulkarni, Founder and Director of Swadhistan



NGO in Mumbai. It was attended by 50 students of the NSS Unit along with their Professors. He focused on stereotypes in society and how we can break the gender roles that society frames for us. The speaker also focused on sex Gender concepts, Patriarchy and its roots, Gender Based Discrimination and violence and deviating from gender roles and norms.

## Session on Skill Development - 29<sup>th</sup> September

This session was conducted by Mr. Roshan D'souza, Freelancer Trainer and Guide with IDF, for 60 students. It helped the students to identify their skills and talents.



## Debate Competition

Students from Ruia College, Government Law College, Sathaye College and our Hostel



residents participated in the Debate competition on Mumbai's Disaster Preparedness which was held at Achamma Bhavan, Byculla.

## PASI

### Session on 'Cyber Crime'

35 Students of Maharashtra College, Byculla attended the session on 'Cyber Crime' conducted by Adv. Aileen Marques on 26<sup>th</sup> September.

She explained about Cyber Security, Privacy Policy & Software updated & also spoke on technically preventing one from getting trapped in Cybercrimes.

### Safety Tips

- Use antivirus Software
- Uninstall unnecessary software

- Never use the same password twice
- Maintain a Backup
- Check Security settings



## Area Reports

**Andheri:** 30 members attended the area meeting held on 5<sup>th</sup> October. On the occasion of Elder's Day a programme was conducted for Senior Members of Y and Residential Senior Citizens.

**Belapur:** 5 members attended the area meeting held on 3<sup>rd</sup> October. A session on 'Children's Health and Nutrition' was conducted on 9<sup>th</sup> October by Dr. Rashmi for community children.

**Byculla:** 7 members attended the area meeting held on 3<sup>rd</sup> October. Simple Exercises was conducted by Hilda Patrao.

**Chembur:** 11 members attended the area

meeting held on 6<sup>th</sup> October. Few members met Mr. Raikar of Raikar Builders to enquire about a suitable place for YWCA Chembur Area. They distributed fruits and Chocolates to 60 destitute ladies at Beggars Home in Chembur.

**Fort:** 12 members attended the area meeting held on 4<sup>th</sup> October. After the meeting the movie "War Room" was screened.

**Bandra:** 8 members attended the area meeting held on 7<sup>th</sup> October.

A condolence meeting was held in memory of Sangeeta Harjani at Andheri on 29<sup>th</sup> September 2017.

## Programmes and Committee Meetings for November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Fort Area</b> 10.45 am Fort <b>Prayer Fellowship</b> 11.30 am, Fort <b>Anugraha Meeting</b> 4.00 pm Belapur	2 <b>LWH Meeting</b> 11.30 am Fort	3 <b>Chembur Area</b> 03.30 pm Chembur	4 <b>Bandra Area</b> 3.00 pm Grace Villa
6 <b>Spiritual Emphasis</b> 11.30 am Byculla	7 <b>Byculla Area</b> 11.00 am Byculla <b>Belapur Area</b> 03.30 pm Belapur	8 <b>Prayer Fellowship</b> 11.30 am, Fort	9 <b>Prayer Fellowship</b> 11.00 am, Byculla WDU Meeting 11.00 am Byculla <b>DDH Meeting</b> 1.00 pm Asha Kiran <b>Andheri Area</b> 03.30 pm Asha Kiran	10 <b>PASI Meeting</b> 11.00 am Byculla <b>Membership Meeting</b> 11.15 am Fort	11 <b>Asha Kiran</b> 11.00am Andheri <b>PIYA Meeting</b> 4.00 pm Andheri
13 <b>ABH Meeting</b> 11.30 am Byculla <b>World Week of Prayer</b> 3.00 pm YWCA Andheri	14 <b>International Centre</b> 11.00 am Fort	15 <b>Prayer Fellowship</b> 11.30 am, Fort	16 <b>Prayer Fellowship</b> 11.00 am, Byculla <b>General Hostels Buildings</b> 02.00 pm, Byculla <b>World Week of Prayer</b> 3.00pm YWCA Byculla	17 <b>Personnel Meeting</b> 12.00 noon Byculla	18 <b>Public Relations Meeting</b> 3.00 pm Fort <b>World Week of Prayer</b> 7.00 pm YWCA Fort
20 <b>Jottings Meeting</b> 11.00 am Byculla	21 <b>Finance Meeting</b> 01.00 pm Fort	22 <b>Senior Citizens Programme</b> 10.45 am to 2 pm Fort <b>Prayer Fellowship</b> 11.30 am, Fort	23 <b>Prayer Fellowship</b> 11.00 am, Byculla	24	25 <b>Board Meeting</b> 11.00 am Byculla
27	28	29 <b>Prayer Fellowship</b> 11.30 am, Fort	30 <b>Prayer Fellowship</b> 11.00 am, Byculla		

### DROP IT IN

If you do not receive a copy of the JOTTINGS for the month please inform our Byculla office immediately.

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