

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. 248 September 2019

World Literacy Day (UNESCO)

Ovita Parulekar

World Literacy Day was declared by UNESCO on 26th October 1966 at its 14th General Conference. It was celebrated for the first time on 8th September 1967. It aims to enhance the importance of literacy among the nations of the world. Literacy is an important aspect of the UN's Sustainable Development Goals and the UN's 2030 agenda for Sustainable Development.

According to UNESCO, 1billion adults in the world are illiterate. Of this two third are women. Empowering women and children through literacy is one of the best ways to fight poverty. No country can grow until at least 40% of its population can read and write. Therefore, we must promote literacy in our country by developing on the ideas listed below:

- Teach an adult in our neighbourhood to read and write and later connecting him /her to a library close by
- Organize a free book drive
- Start a book club in the vicinity
- Donate children's books to local library
- One can write an article for a local magazine /newspaper on how literacy has impacted one's life and family as this will surely inspire others.
- Volunteers can help in spreading adult literacy.

The Literacy Day theme this year (2019) is teamed with multilingualism. By embracing diversity in education and development of literacy, we can address various challenges in our day-to-day life, thereby contributing towards sustainable development.

Turning the World Upside-down - Christian Women Leaders Joycia Thorat

In today's polarized world, leaders play an important role in bringing social justice. In Biblical terms, it is referred to as realm of God or Kin-dom (Ada Maria). Jesus taught us to

pray 'the will of God be done on earth as it is in Heaven'. YWCA as a Christian voluntary organization is a global leader in transforming lives of people and so are we, the YWCA members. We are called to bring the Word of God (the Good News) to the world of God in action, by building a just world for everyone.

Despite the tremendous progress the world and our country has made in science, technology, education and finance, we have not been able to build an inclusive, equal, fair, safe, just and peaceful society for all. A world led by inclusive leadership irrespective of caste, colour, gender, race with Christian principles and values of love, justice and peace as fundamental values can be the solution for today's world of poverty, inequality, conflict, violence, climate change etc.

Canadian theologian Sarah Bassey, who refers to herself as *Jesus Feminist* said we are all called to love and lead like Jesus. A **Jesus feminist** is one who opposes all forms of injustice and challenges all structures and systems which limit people to reach their highest potential and live life in all its fullness and dignity.

Look at the world around us. We see injustice, violence and impoverishment all around us. We are called to love like Jesus and oppose structures which create hate and inequality . As Christian women leaders and Jesus feminists, we are called to walk that extra mile in leading and joining others to oppose all forms of injustice and build an inclusive, just and peaceful world and thereby bring in realm of God on earth.

My favourite passage in the Bible is Acts 17: 6 "Those who have turned the world upsidedown have come here too". We, the YWCA, is called to turn the world upside down .We can do it together as a team in the place and context we are located in. As Christian women leaders and Jesus Feminists, let us love and lead like Jesus and "turn the world upsidedown".

World Ozone Day Rekha Joshi



The International Day for the Preservation of the Ozone Layer is a day of global observance. In 1987 representatives from 31 countries met in Montreal, Canada and pledged to rid the world of substances that threaten the ozone layer. The Montreal Protocol on Substances that Deplete the Ozone Layer was drawn up. On December 19, 1994, the UN Assembly proclaimed September 16 to be observed as the International Day for the preservation of the ozone layer to commemorate the day when the Montreal Protocol was signed which was first celebrated on September 16, 1995.

Around the globe on this day, activities are organised to create awareness about preserving the ozone layer.

Educational institutions, government bodies and NGOs organise campaigns, talks and display banners highlighting the need to curb those activities which destroy the ozone layer. Some teachers use educational packages from the UN Environment Programme (UNEP) that have been specifically tailored to address topics about the Earth's ozone layer.

Ozone is a gas that exists in the stratosphere (a layer of the atmosphere between 10 to 40 kms above us) where it acts as a shield to protect Earth's surface from the sun's biologically hazardous and harmful ultraviolet radiation.

Closer to Earth, in the troposphere (the atmospheric layer from the surface to about 10kms) ozone is a harmful pollutant. This is accelerated by sunlight acting on the atmospheric pollutants like emissions from industries and from automobiles, which poses a serious threat.

Without the layer of ozone in the atmosphere, it would be very difficult for anything to survive.

Ozone depletion *means that ozone loss is exceeding ozone creation! The 'bad'* 'tropospheric ozone is increasing in the air we breathe. Scientists now know that the large Polar ozone losses are a direct result of the effects from human-produced chemicals and the 'good' stratospheric ozone is decreasing in our protective ozone layer.

Some of its harmful effects are:

 Humans would be more susceptible to severe diseases such as skin and breast cancer, sun burn, leukaemia, eye damage, and genetic (DNA) mutations.

- Lung tissue damage, Bronchitis, Obstruction in Lungs, Emphysema, Asthma
- Negative impact on aquatic life, climate cycles, air quality.
- Global Warming and severe shortage of food crops of sensitive species
- Destruction of valuable forests (fires).

Some simple steps we as individuals can follow to protect ourselves are-

- Use sunglasses and full body clothes especially in summer when there is high intensity of sunlight
- Avoid using black/very dark coloured clothes on a hot day, (black inner wear).
- Use sun block creams on the most exposed parts of the body like face, arms, neck, upper back (esp. a sari blouse)
- Reduce use of air conditioners, bursting of firecrackers.

A simple way to understand the ozone balance and importance of ozone is to think of a *leaky bucket*. As long as water is poured into the bucket at the same rate that water is leaking out, the level of water in the bucket will remain the same. <u>Likewise as long as ozone is being created at the same rate that it is being destroyed</u>, the total amount of ozone will remain the same.

Now putting additional ozone-destroying compounds like CFCs into the atmosphere is like increasing the size of the 'holes' in our bucket of 'ozone'. The larger holes cause ozone to leak out at a faster rate than ozone is created. Thus the level of ozone protecting us from the harmful sun rays will deplete.



Sweet Notings- Sharon Pires

Success will never lower its standards to accommodate us, we have to raise ours to achieve it. For every bird God provides food but not in the nest.

We all want to be successful and have different ideas of success. Success brings fulfilment, motivates us and helps us stay energized to keep going. Success is not something that will just fall into our lap, we have to go out and work for it. Get involved, dirty our hands, walk the distance, shed tears, face hardships to come out on top. The journey to the summit is always a tough one but it teaches us to keep trying and overcome each obstacle as we come to it. Ask the athlete who wins the gold medal or the Ms. World who wins the coveted crown- the sheer determination and years of hardwork and sacrifice that have gone into making the dream a reality. Many give up when they are so near to that desired goal, just a few resolute steps was all that was needed. Let us not fear failure as it is the stepping stone to success. It comes to those who strive for

it, not to those who wait and watch hoping that something will happen.

Every single thing that has ever happened in your life, is preparing you for a moment that is yet to come.

If you look back on your life, you will realize how true this is. So many things happen to us daily. Some big, some small, that impact our lives and those of others we meet and interact with. We are so caught up in our daily lives and the tasks to be accomplished, we do not pay much attention to our response in a particular situation. We do what we think is best at that time and move on. When we experience a critical, defining or difficult moment in our lives and reflect on how to respond to that situation, lessons learnt from the past help us to face what is hurled at us. We build our inner capabilities and discover inner strength we did not know existed within us. Everything happens for a reason, not just to break us but to build us up!





Membership Committee

invites you to participate in

Connect to Collaborate (Fun Fair)

and

Senior Citizen's Programme

Date : Saturday, 5th October 2019 Time : 11.00 am to 2.00 pm

Venue: Y Fort

All are Welcome with family and friends





Birthdays in September



1 st September	Jane Gillian Rodrigues	Bandra	
2 nd September	Annie Fernandes	Fort	
2 nd September	Parvathy Venkitachalam	Chembur	•
3 rd September	Esmeralda D'mello	Bandra	
3 rd September	Maraline Fernandes	Andheri	
4 th September	Deodita Leslie Barretto	Andheri	
5 th September	Hazel Castelino	Fort	
6 th September	Sarah Oommen	Belapur	
6 th September	Yvonne Alphonso	Bandra	
6 th September	Sheetal S. Bandekar	Andheri	
7 th September	Priyadarsini John	Belapur	
8 th September	Smita Pathak	Andheri	
10 th September	Meena D'souza	Andheri	
14 th September	Josephine	Bandra	
20 th September	Nancy Gibbs	Bandra	
23^{rd} September	Pavana Anchees	Belapur	
$24^{\hbox{\tiny th}} September$	Dr. Ratna Bhattacharya	Fort	1
26 th September	Cynthia Selvanayagam	Byculla	

"Be happy! Today is the day you were brought into this world to be a blessing and inspiration to the people around you!

You are a wonderful person!"





Members are requested to submit their articles for Jottings before / on 15th of every month. This should be sent to Staff, Mildin ywcajottings@gmail.com_or a hard copy at Byculla, YWCA.



SPIRITUAL EMPHASIS RETREAT

Date: Saturday, 21st September 2019

Time: 10 am to 1 pm Venue: YWCA Andheri

Speaker: Kshama Jayraj

Registration: Rs 120/Lunch will be served

All Members are Welcome



Quiz on Teachers' Day

- 1. Who gives the teachers the award on Teachers' Day?
- a) Prime Minister of India
- b) President of India.
- c) Chief Minister of State
- d) AICTE Head
- 2. In India, Teachers' Day is known as...
- a) Vidhyarthi Divas
- b) Shikshak Divas
- c) Swatantra Divas
- d) Gyan Divas
- 3. Who inaugurated 'World Teachers' Day'?
- a) UN
- b) UNESCO
- c) Red Cross
- 4. Over how many countries celebrate World Teachers' Day?
- a) 200
- b) 50
- c) 100
- 5. In which year was the University Education Committee formed?
- a) 1948
- b) 1942
- c) 1943

- 6. National Open University in India formed on 20th Sept 1985, is named after which late Prime Minister?
- a) Morarji Desai
- b) Rajiv Gandhi
- c) Indira Gandhi
- 7. The distribution of National awards to teachers was instituted in which year?
- a) 1952
- b) 1985
- c) 1957
- d) 1960
- 8. Read the following statements about Dr. Radhakrishnan and tell which is correct?
- a) He became the 1st Vice President of India.
- b) He was elected to the Constituent Assembly of India.
- c) In 1954, he was awarded Bharat Ratna.
- d) He had received the Peace Prize of the German Book Trade in 1965.
- e) All the above are correct.
- 9. In 1931, Dr.Radhakrishnan became the Vice Chancellor of which University?
- a) Mysore University
- b) Andhra University
- c) Karnataka University
- d) None of the above.

Answers will be given in the next month's issue.

International Youth Day Suzanne Fernandes

In 1999, the United Nations (UN) declared 12th of August as 'International Youth Day'. Thereafter, on each Youth Day, youth meetings are held all over the world to ponder over cultural and legal issues concerning the youth.

In a message about the Youth Day, the Director-General of UNESCO writes, "Young people are not only our future – they are our present. They are the most connected, outspoken and open-minded the world has ever seen."

Today, the youth in India have excelled in various fields. Prithvi Shaw (19 years) is the second - youngest Indian after Sachin Tendulkar to make a Test century and the youngest Indian to do so on Test debut. Garvita Gulhati (18 years) is the only Indian among 60 others from 42 countries to win the title of the 'Global Changemaker'. 'Team Cantavits' a group of 5 girls won a gold medal in 'Technovation World Challenge' though India had never participated in this challenge before.

India observed the International Youth Day, 2019 by conferring 'National Youth Awards' recognising the achievements of youth in various fields such as health, promotion of human rights, active citizenship and community service.

The theme for the year 2019, set by the United $\,$

Nations is 'Transforming Education'. This year's theme highlights the efforts to make education more inclusive and accessible to all youth, including the efforts made by the youth themselves. The youth response on how to improve education is insightful and needs consideration for immediate implementation. Some of the suggestions are:

- Teach practical skills.
- Encourage life-long learning.
- Make it more engaging and less about getting the right answers.
- Consider students as whole people with different needs, abilities and interests.
- Build up individuals for the community;
 Break down financial barriers.

In India, many initiatives have been taken by the youth to improve the current scenario of education. One of these initiatives is 'Kalam Bharat' which trained 850 undergraduates who were then sent to 400 schools in South India to set up libraries, provide sports equipment and deliver sessions on topics like water conservation, waste management, sanitation and more.

Youth have a lot of potential. They need to be given opportunities to develop their potential. Since they are young, they are torn between a world of hate and a world of dreams.

So much to lose, so much to gain. So much to fight for and so much to change.

Women's Development Unit

Balwadi Activity

Success story

Kalachowki Balwadi: Aaved Survi would not eat proper food or drink water. His mother would struggle to feed him chapatti and would have to grind it in the mixer and then feed him. He did not mix with other children as well, neither would he give his bag to the teacher. However, the child has improved significantly and has started mixing with other children and even sits with them during nutrition time.

Parent-Teachers' Meeting

- 1) Monthly parents meetings were held in all Balwadis in July. The following points were discussed:
- Review of last month's activities by teachers

- ➤ Regular Attendance of children
- Balwadi Timings
- Parents' Responsibilities and Contribution
- ➤ Children's Vaccination
- Birth Certificate Mandatory for further school admission
- ➤ Healthy Habits
- Nutrition Charts and Future Plans.
- Sessions conducted during parents' meetings.



Date	Balwadi	Meeting Agenda	Meeting Conducted	Number of Participants
5/7/19	Chembur	Rules and Regulations Of CrècheYWCA Courses	Balwadi Teacher	19
5/7/19	Byculla	Water-borne DiseasesYWCA Programmes	Shraddha Dhepe Nisha Misal Dolcy D'souza	20
8/7/19	Kalachowki	Health, Hygiene and NutritionYWCA Courses	Neeta Dabre Nisha Misal	23
10/7/19	Wadala	Domestic ViolenceChildcare	Hemlata Garud Sunita Waghmare	12
22/7/19	Kurla	Balwadi RulesYWCA Courses	Balwadi Teacher	12
24/7/19	Belapur	Introduction to YWCA Courses.Child Rights	Nisha Misal Dolcy D'souza	40
26/7/19	Borivali	YWCA CoursesShelter HomesBalwadi Rules and Fees	Balwadi Teacher Nirmala Niketan Students	20
26/7/19	Thane	YWCA CoursesHealth, Hygiene and Nutrition	Nisha Misal Maya Manohar	20

Adolescent Group:

Monthly meetings were held in all communities in July. The following topics were discussed:

- Personality Development
- Health and Hygiene
- Best Out of Waste
- Disaster Management
- Water-borne Diseases
- Disadvantages of Mobile-overuse.
- Session on Water Conservation and Tree Plantation
- Information about Medical Camp.



Youth Group:

Monthly meetings were held in all communities in July. The following topics were discussed:

- Meeting with representative of Kotak Education Foundation on Skill Training
- Information about English-Speaking Course
- A session on Menstruation by IDF (Indian Development Foundation) Programme.



Senior Citizens' Group:

Monthly meetings were held in all communities in July. Games were conducted and the following topics were discussed:

- Tips and Precautions during Flood
- Water-borne Diseases
- Health and Hygiene
- Exercise and Yoga
- Women Against Violence

Sustainable Livelihood:

Monthly SHG meetings were held in all communities in July with 14 groups. The following topics were discussed:

- a. Water-borne Diseases
- b. Practical Session On Nutrition
- c. Business Guidance
- d. Different Types of BMC Training
- e. Government Grant
- f. Pan Card
- g. Mahila Mandal Registration
- h. Future planning
- Introduction of New Social worker with beneficiaries
- j. Information of New SHG group
- k. Information of Vocational Courses of YWCA

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l. New file of New SHG

m. IDF Programme



Health:

General Health Check-up camps were conducted by L&T Health Centre-

- 1. On 2nd July with 152 service users at Thane.
- 2. On 5th July with 75 service users at Borivali.
- 3. On 19th July with 120 service users at Kurla.





Capacity Building:

- ➤ A Street Play was presented by Learning Community girls from Byculla and Kurla on 13th July at Byculla market on the following topics
- Reclaiming Play Grounds for Girls
- Library
- Awareness and Importance of Public Toilets.

Kiran Patil, Rita Magar, Shubhangi Gade and Jayshree Gawli (Para Social Workers) and Nirmala Niketan students helped them with the presentation of the play and the feedback from the public.





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> An awareness session on Menstrual Hygiene and distribution of sanitary napkin kits was organised by IDF at Byculla, Chembur and Kalachowki in July for 281 beneficiaries. The session emphasized the importance of personal hygiene especially during menstruation. Ms. Priti and Dr Rahul explained that unhygienic practices in personal hygiene especially during menstrual period can result in severe health problems like internal allergies, infertility and cervical cancer. Girls shared the problems they face during menstruation and the myths and practices that are prevalent in their communities.



- A session on Child Safety, Good and Bad Touch was conducted by Neeta Dabre and Meenakshi Padale for adolescent group on 31st July. The documentary 'Komal' was screened.
- ➤ Para Legal Training: A one-day workshop on Muslim Women's Rights was organised by Ms Shahin Kadri, Majlis at Wadala and Belapur on 30th July and 31st July respectively

Special Event - Tree-Plantation

A Tree-Plantation Programme was organised on 6th July 2019 at Borivili community. Saplings of Tulsi, Neem, Ashoka, Aloe Vera and 30 other varieties were planted. It was attended by the community, Shelter Home beneficiaries and staff.



Staff capacity Building

- 1. Workshop on Right to Information Act was organised for the 30 community staff on 25th July at Byculla. Mr. Krishna Gupta RTI Activist from PCGT (Public Concern for Governance Trust, Worli) was the speaker.
- 2. An awareness session on Breast Feeding and how it is beneficial for mother and child was organised for community staff (Social Workers, Balwadi Teachers, Helpers and Study Class Teachers) on 3rd August at Byculla. August 1st to 7th is observed as World Breast Feeding Week. Ms Rasika Dabre and Prajkta Dudhe were the resource persons from Nursing Unit of WDU. Initial Infant Care and timely vaccinations were emphasized.

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3. On 12th July a one-day workshop was organised on "Handling your Emotions towards Better Leadership" for HODs at Byculla. It was attended by Neeta Dabre, Nisha Misal, Nachita Desai and Dolcy D'souza from WDU. The EQ (Emotional Quotient) Workshop gave an understanding of Emotional Intelligence that prepared the participants to increase EQ including skills like emotional self-awareness, conflict resolution and understanding different personality types. The EQ Workshop was not about a transfer of information but about transformation.

Information

- Received computer for Mahul Shelter and clothes from members.
- ➤ On 2nd July Mr. Sanjay Kale, Manager, Accounts, gave a brief talk on business potential to the students of Mehendi and Beautician Course

Impact - 16 beneficiaries successfully completed different courses from YWCA and are now economically independent.

Asha Kiran

1. Sustainable Livelihood Programme Co-operative Housing Society Management Course - The above mentioned course was inaugurated on 14th July by Chief Guest Mr. Dinesh Wagh Retd. Deputy Registrar of Cooperative Housing Society. 26 students have enrolled. Classes are held every Sunday from 9 am to 2 pm.



2. Awareness Session - A session on **Cyber Safety** was organized for 66 students (short term course) on 2nd August by Ahaan Foundation, under the project '**Digital Stree Shakti**'.



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3. Capacity Building-(Staff/Beneficiaries)

- a) On 23rd July AK member Ms. Geeta Murdeshwar conducted a two-hour training for Crèche teacher Jyoti Dhiwal and PSW Swati Sawant on interaction with children and basic vocabulary to be used while teaching.
- b) Yashwantrao Open University Preparatory Course classes have started with 17 students both male and female.
- **4. Boys Support Group** 5 students from boys support group appeared for re-examination in SSC from 17th July to 24th July, Asha Kiran committee had granted permission to provide them free coaching on the premises. The boys gave a thank-you letter to the Committee.
- **5. Success Story (SHG) -** Rafiya Sheikh successfully completed BMC Nursing Aide Training Course of 4 month's duration and is now working in a private nursing home and earning Rs.8000/-per month.
- **6. Networking with NGOs -** FPAI (Family Planning Association of India) celebrated their 70th Anniversary at Mumbai Central Office; Shraddha More, Asst. Co-ordinator

attended the ceremony on 26th July. As a token of appreciation, a trophy was awarded to YWCA and all networking NGOs by FPAI.



7. **Students Report** - On 17th July a session on menstrual safety was held with power point presentation for 193 beneficiaries. IDF distributed free sanitary napkin kits for six months along with cotton napkin, soap, inner wear to study centre girls and their mothers.

8. Sponsorship

- a) Dosti Organization sponsored Rs. 3600/to Shamim Sayed for Para Social Worker Course.
- b) YWCA sponsored Rs. 12, 225/- to Chanda Raju Pimpalkar for SYJC Commerce at Kamla Mehta Jain College.

Teachers'

can change lives with just the right mix of chalk and challenges.

-Joyce Meyer



Independence Day Celebrations

Independence Day was celebrated
on 15th August at
Achamma Bhavan Hostel,
Anugraha Hostel,
Dipti Dhaman Hostel
and
Lady Willingdon Hostel.
After the solemn flag-hoisting ceremony,
patriotic song were sung with fervour
by the hostel residents
and
committee members.







Area Reports

The newly elected Membership Chairperson Ovita Parulekar and GS Shoba Philip along with Membership staff attended all the area meetings. The old committees was dissolved and a new committees formed.

The details are given below:

Area	Members Present	Days & Dates	Chairperson	Secretary	Treasurer	Committee Members
Andheri	33	Thursday 1 st August	Indira Jenna	Juliet Solomon	Meena D'souza	Shymala Dhareshwar, Susy Babychan, Tehzeem Ahmedabadwala
Bandra	14	Saturday 10th August	Esmeralda D'mello	Flavy D'souza	Jacinta Lobo	Helen George, Angela Fernandes, Yvonne D'souza, Elizabeth Rodrigues
Belapur	5	Wednesday 7 th August	Chandraprab ha Nundy	Rajitha Chandran	Suneela Arun Kumar	Myrtle Shiply, Yasmin Kuruvilla
Byculla	11	Tuesday 6 th August	Vanita Narvekar	Hilda Patrao	Rekha Joshi	Roma Bob Peters, Maria Aquiar, Eileen Rodrigues
Chembur	10	Friday 2 nd August	Nisha Gopalan	Jayanti Premkumar	Lovey Pariyaram	Jaya Damodaran, Susan Thampi
Fort	10	Wednesday 7 th August	Teofilda Pinto	Pamela Azaredo	Helen Mathias	Annie D'souza, Laila Furtado, Beverly Bengali

website: http://www.ywcabombay.co.in

Programmes and Committee Meetings for September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Byculla Area & Prayer Fellowship 11.00 am Byculla ABH Meeting 4.00 pm Byculla	4 Fort Area 10.30 am Fort Prayer Fellowship 11.30 am, Fort Belapur Area 3.30 pm Belapur Anugraha Meeting 4.30 pm Belapur	5 Prayer Fellowship 11.00 am, Belapur DDH Meeting 12.00 noon Asha Kiran Andheri Area 3.30 pm Asha Kiran	6 Chembur Area 3.30 pm Chembur	7 Asha Kiran 10.00 am Andheri Bandra Area 2.00 pm Grace Villa
9 LWH Meeting 11.30 am Fort	10 WDU Meeting 10.00 am Byculla	11 Prayer Fellowship 11.30 am, Fort Spiritual Emphasis 12.30 pm Fort	12 Prayer Fellowship 11.00 am, Belapur Prayer Fellowship 12.00 noon, Andheri	PASI Meeting 1.00 pm Byculla	14 International Centre 11.00 am Fort Membership Meeting 11.30 am Byculla PIYA Meeting 3.00 pm Andheri
16 Jottings Meeting 11.00 am Byculla	17	18 Prayer Fellowship 11.30 am, Fort	19 Prayer Fellowship 11.00 am, Belapur Prayer Fellowship 12.00 noon, Andheri General Hostels 11.00 am Buildings 2.00 pm Byculla	20	21 Public Relations Meeting 10.00 am Andheri Personnel Meeting 1.30 pm Byculla
23	24 Finance Meeting 1.00 pm Fort	25 Prayer Fellowship 11.30 am, Fort	26 Prayer Fellowship 11.00 am, Belapur 12.00 noon, Andheri Board Meeting 1.00 pm Byculla	27	28
29	30				

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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Printed by : Malar Arts, Mumbai-400 017.Tel.: 24086603, 8767232356 Mob.: 9869063284 E-mail: malararts@yahoo.com