



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. 256 July 2020

Corona and Naturopathy **Shraddha Shailesh Dhepe- Naturotherapist**

The Corona virus has caused much controversy and anxiety. All countries are trying to control it, but no concrete solution has yet been found. One common opinion is that if the immune system of a person is good or strengthened, it will help to keep Covid -19 at bay.

Our immune system can be kept at its best level by regularly following these tips

Body Function-

1. Intake of Vitamin C, found in lemons, amla, oranges, apples, leafy vegetables and modified cereals.
2. Adequate rest and sleep helps to replenish physical and mental wear and tear.
3. Meditate and think positively to boost body and mind as it focuses consciously on breathing during retention, and prevents negative thoughts and anxiety. Also, due to conscious breathing, a lot of oxygenated air enters the lungs and carbon dioxide is released.
4. Increase lung capacity- fill the lungs with air, count upto 10 and slowly release the air. Surya Namaskars and rope- skipping can be practised too.

DIET:-Fast foods are harmful, and there is a tendency to nibble at titbits throughout the day. Acidity, gas, constipation and loss of appetite are commonly experienced.

Lifestyle changes to rectify these mistakes-

1. Morning- squeeze half a lemon in water and drink - 3 to 4 glasses -Result- clean bowels.
2. Chew a tsp. of ginger powder before meals to relieve phlegm and improve digestion.
3. Replace bread, butter, maida with Poha Upma, Dosa, Idli,
4. Include buttermilk and chutneys of mint and coriander leaves, flaxseed, garlic, and amla.in meals .
5. Use ginger, garlic, onion in cooking.
6. Early supper- warm vegetable soups, warm water after meals and a cup of hot milk and turmeric before bed-time

Beat the virus!!

*(Translated from the original in Marathi)
By-Rekha Joshi)*

Public Relations

Session on 'How to build our Immune System'

On Wednesday, 10th June an awareness session was conducted by Dr. Neeta Mhatre from Indian Development Foundation (IDF). It was a very informative session in layman's language. 55 people from different parts of India participated.



It was emphasized that one should strictly follow the new norm of living to build one's immunity.

The main points are

1. SMS....

S...soap and water are required to wash your hands,

especially the cuticles, till the wrist, for 20 secs.

M...mask is a must.

S....social distancing.

2. drink hot water with turmeric, twice a day, regularly.

3. No plastic ware to be used....only steel vessels.

4. Mask can be re-used by washing in hot water for 20 mins....if the mask starts smelling, please throw it away....it is not safe (it carries germs).

5. Remove your shoes outside the house before entering.

6. Immediately have a hot water bath. Wash the clothes in hot water. If you are planning to go out again, use the same clothes. Keep one set only for going out and after a month you can throw it away.

7. Take Vit. C (1000)

8. Take Vit D

9. Zinc supplement (1000)

10. Take 20/20 vaccine before monsoon (name of the vaccineinfluvac)

Sweet Notings

Sharon Pires

Power and Money are fruits of life but family and friends are roots of life! We can manage without fruits but can never stand without roots.

Power and Money – the more you have the more you want. Power corrupts. Excess money breeds greed. Both used for wellbeing of all are valuable. When is money enough? Wise decisions, concrete action and utilization of funds for growth and development of society is essential. With great power comes great responsibility. Family and friends are irreplaceable. Family is there for us through thick and thin, a great realization during this pandemic. A true friend is like a rock, sharing good and bad times. Both help us to take root and brave the storms of life, without them money and power are meaningless.

Love and death are two uninvited guests, when they will come nobody knows, but both have similar effects – one takes the heart and the other takes its beats.

Love is a splendid thing, when and how it happens few are aware ...we just fall in love. The love of our life takes importance over everything else. Death - a certainty of life, yet the exact moment is unknown. As the Bible says 'Death comes like a thief at night' Are we prepared for it? The lover steals the heart that beats for him, but death steals the heartbeat bringing a deadly silence into existence. This pandemic, has seen many deaths, but love lives on...as hearts have been touched along the way!

Please Note Important Guidelines for Jottings

1. Word-limit for articles 200-250.
2. Reports should be brief.
3. Only activity-based photos approved by the chairperson of the respective committees should be sent.
4. Only photos of size 1 MB /300 KB with captions
5. will be accepted and should be sent by mail.
6. Only those articles shortlisted by the Jottings Committee will be printed.
7. Members to submit their articles on or before 15th of the month.
8. Articles to be sent to Staff, Mildin – cfsybombay@gmail.com.

Outreach during Quarantine

1. YWCA of Bombay in collaboration with Helping Hands Charitable Trust distributed essentials to 50 families of Fort Community



3. YWCA of Bombay in collaboration with Ram Roti Nayan Bhai Seth Trust, Kandivali distributed essentials to 76 families from Rama Bai Ambedkar Nagar



2. YWCA of Bombay in collaboration with Golden Citizen Trust distributed 60 kits of essential to Tata Nagar Community, Belapur.



4. YWCA of Bombay with the help of Asif Mohd Salim Farash distributed essentials to KinnarMaa Foundation.




Birthdays in July

1 st July	Poonam Priya	Chembur
3 rd July	Maria Corera	Fort
4 th July	Elizabeth Palanna	Andheri
10 th July	Ovita Parulekar	Byculla
15 th July	Brenda Nazareth	Fort
17 th July	Shanta John	Byculla
20 th July	Sarasa Isaac	Thane
22 nd July	Jeanette Fernandes	Fort
22 nd July	Rosy Sequeira	Byculla
26 th July	Lalitha Dhara	Andheri
27 th July	Alpana Banerjee	Chembur
28 th July	Juliet P. Solomon	Andheri
29 th July	Hilda Patrao	Byculla

**Celebrate Your Day & Be Happy
always. May the year ahead
bring loads of happiness**

**HAPPY BIRTHDAY,
We Love You!**









YWCA OF BOMBAY

"Cooking is an art, but all art requires knowing something about the techniques and materials"
Learn the art of culinary in YWCA

**Long term course & Short term courses of Cookery,
Bakery and Confectionery**

- Craft Course Cookery, Bakery and Confectionery & Craft course bakery and confectionery courses affiliated by Maharashtra state vocational board.
- In long term course 3 months (Internship program).
- A Certified short term Cookery and bakery course.

YWCA of Bombay
75, Motlibai Street, Near Maratha Mandir,
Mumbai - 400008

Announcements

Government Recognized Courses at YWCA, Byculla

Cookery, Bakery & Confectionery
(3 months internship in 5 Star Hotel)

Bakery & Confectionery
(3 months internship in 5 Star Hotel)

Nursing

Duration: One Year
Qualification: Std X

YWCA Course CHASI

(Companionship Help to Aged Sick and In-
fants)

Duration: 7 Months
Qualification: Std VII

Contact Details:

Nursing and CHASI –
Nirmala Samel 9867683489

Cookery, Bakery & Confectionery –
Nachita Desai - 9969481083

ADMISSIONS OPEN!!!



YWCA of Bombay
महिला विकास विभाग

सदर संस्था अतिशय माफक शुल्क घेऊन शालेय शिक्षण सोडलेल्या मुली व इतर कमी शिक्षित तरुण स्त्रिया - मुलींसाठी खास दर्जेदार तांत्रिक शिक्षणाचा उपक्रम उपलब्ध करून देत आहे.

व्यवसायिक प्रशिक्षण केंद्र

अध्यासक्रम	शैक्षणिक पात्रता	अवधी	फी
Nursing Care (सरकार मान्यता प्राप्त कोर्स)	१० वी पास	एक वर्ष	८,०००
CHASI Course आजारी, वृध्द आणि लहान बालकांची सेवा देणारा मदतनीस कोर्स	७ वी	७ महिने	४,०००

१०० टक्के नोकरीची हमी मर्यादित प्रवेश जागा

YWCA of Bombay 75, Motlibai Street, Near Maratha Mandir,

5. YWCA of Bombay in collaboration with Nayanbhai Charitable Trust, Kandivali distributed essentials to 100 Thane community beneficiaries (30Balwadi children, 30 study class children & 40 senior citizens) YWCA of Bombay in collaboration with Adhata Trust distributed essentials to 50 senior citizens of Colaba Community.



- 6. Bharat Uttam Sangh provided 68 kits of essential items to Jogeshwari on 1st June 2020
- 7. On 17th May, Pink List India group provided 2000 masks to Transgender group from Ghatkopar.

8. YWCA of Bombay with the help of Nayanbhai Charitable Trust, Kandivali distributed essentials to 200 Adivasi people at Vasai.



- 9. On 2nd and 4th June, Central for Social Action provided ration kits to survivors of 100 Dahisar and 100 at Jogeshwari area.
- 10. Provided help to 50 survivors of The All India Democratic Women's Association through Helping Hand Charitable Trust.

Membership

Environment Webinars

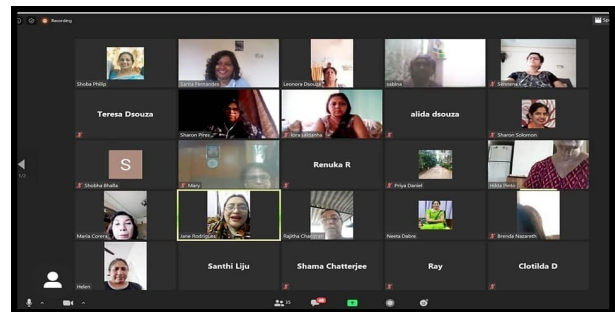
YWCA conducted two webinars by Sarita Fernandes, **marine and coastal policy researcher.**

Women and Conservation was held on 19th May. Developmental models across the globe have looked at environment as an inexhaustible resource which can be exploited to make profits. Our forests and oceans have been exploited. Hence it is very important to conserve Nature. Policy-makers and environment activists felt that there should be a balance and raised their voices. Now importance is given to National Parks and policies made for development. It is important to work on law and policy and review the Environment Impact Assessment to save the environment. Gender bias is prevalent in Conservation. Parents as well as organisations do not promote daughters/women going out into the field.

In the case of fisherfolk, the men go fishing and it is usually the women who sell the fish and have the money. Hence they are economically independent and have a bigger say in conservation. They understand the need of the sea and the shore and have been able to take stands on conservation.

Youth and Climate Change was held on 22nd May **Young people are talking about Climate Change and organizing protests.**

Two notable youth movements are –**School strike for Climate / Fridays for future:** Students skip school one day in the week and stand at railway



stations or outside government offices with placards with messages to save the environment. This was started by Greta Thunberg and got a lot of publicity.

Extinction Rebellion has young professionals and mature youth who prepare policies and charters and submit to the government. Different projects are also taken up on Twitter.

Climate change has taken place due to the Industrial Revolution causing increase in carbon levels and rise in temperature. Ice melting and increasing level of seas in turn affect storms and rain cycles.

Intergenerational Sustainability – Each generation feels- ‘I should be able to see and eat what my parents have experienced and my children in turn should be able to experience the same’. However, due to some developmental projects, the whole landscape is changed. Future generations will get inferior quality of food and will not be able to enjoy the forests and seas their parents had experienced. Hence it is important to reject such development models.

Survival: Natural disasters such as floods, cyclones and pandemics are on the rise which cause disruption and loss. This is reshaping our social life. Youth are exposed to adulterated food and pollution and certain species have become extinct.

The Youth need Political Pill to understand the demand, Policy on Climate, Youth as stake holders in development.

Spiritual Retreat

Spiritual Emphasis has been and is key to YWCA foundations and its effective reach. The stronger each member is spiritually, the greater its light to bring HOPE. The Spiritual Emphasis Committee has been actively hosting retreats every alternate Friday during this lockdown time, where speakers and topics are picked to address the realities we face today with God’s Word in hand.

The retreat theme on 29 May, 2020 was based on Isaiah 11:1-3, prophesying on the coming Messiah who bears the Spirit of Wisdom, Understanding, Counsel, Fortitude, Knowledge, and Fear of the Lord.

On 12 June we had Vimala Raichur speak about ‘Lockdown Blessings’, reminding us from the book of Genesis to Revelation about God’s plan and purpose for our lives with eternity in view.

On 26 June we will present ‘A Union with God’, strengthening the prayer life of the YWCA family.

We are inviting speakers once a month from within the YWCA community. We would like to encourage those who God may have impressed upon, to speak and teach. Do contact Deltina or any of the Spiritual Emphasis Committee Members – Brenda, Priya Daniel, Lora and Alida. They will be happy to set you up with the guidelines to best be effective in the delivery of the message.

“For the Word that God speaks is alive and full of power making it active, operative, energizing, and effective; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and spirit, and of joints and marrow, of the deepest parts of our nature, exposing *and* sifting *and* analyzing *and* judging the very thoughts and purposes of the heart.” Hebrews 4:12

Women’s Development Unit

A. Capacity- building

1. Conducted meeting with Community Staff on Zoom app on 27th May 2020.
2. Organized training on Rationing Issues in Covid-19 for community staff on 2nd June 2020.
3. All parasocial workers attended a staff meeting on 27th May 2020.
4. On 2nd June all community staff and youth members of the different communities attended a training workshop on Rationing. A Whatsapp group of Rationing issues were created.
5. Most of the PSW are constantly trying to contact the CDOs of BMC to get free ration for people who do not have ration cards. Social Workers also requested them to distribute homeopathic tablets in all our communities.

B. Youth group: A monthly youth group meeting was held at all communities in the month of May. Following are the details about the meetings:

- a. Rationing information
- b. BMC forms to those who do not have a ration card.
- c. Distribution of food grains to beneficiaries.
- d. Shared information about online courses and job advertisements.

C. Balwadi Teachers' Report

All balwadi teachers created hand-crafted articles like woollen wall- hanging birds, table lamp, book-marks, puppets, flower pot, hand fan, toran, different types of traffic signals, bottle puppets, use of clay, alphabets, jewellery- box, frame- framing, flowers, taste- bud mapping, mobile stand, candle holder, woollen napkin, paper plate painting, wall pen stand, cups from card board paper, flower basket, stick puppets, shapes cut out of craft, box puppet, Best out of Waste & puppet show based on a story.

Toy Bank gave daily activity to Balwadi children and siblings on Whatsapp group.

Meenakshi Sonawane : Meenakshi makes activity-worksheets and shares them with study class children on whatsapp group.

D. Sustainable Livelihood

Monthly SHG meetings were conducted in Thane, Mankhurd, Chembur and Fort, Byculla groups on whatsapp. The following topics were covered;

1. Awareness of COVID-19
2. Rationing facilities provided by the government.

3. Awareness on prevention of Domestic Violence.
4. Information about employment vacancies in different hospitals and companies.
5. How to boost immunity.

Aasra - Conducted online individual and group counselling sessions with clients.

Hospital Aide

Placement of Hospital Aide students Batch 2019 - 2020

Lilavati Hospital -- 25 students

Bal Asha Trust - 1 student



BSES Hospital—2 students

Bakery: During the lockdown, Bakery students made good profits by accepting orders.

Asha Kiran

Community Livelihood Programme-

Short term Courses : Dress- Designing and Blouse-Making Course -16, Yashwantrao Chauhan Open University Preparatory Course -12 and Beautician Course - 28 were completed online. Exams will be conducted as per government guidelines.

Capacity-building:

On 4th June a Webinar on Rationing Rights was conducted by Mr. Gorakh Awhad from Rationing Kriti Samiti. It was organized for community local leaders and ex- students of community workers. It was an interactive session.

The following topics were covered - Temporary Ration Card, Complaint Book, Income Criteria for White, Orange and Yellow Ration Cards etc.

PASI

On 26th May a **Webinar on ‘Women of the Elements’** was conducted by Ms. Rashmi Anand, activist, writer, and victim of domestic violence, now works with the issues that devastated her life and the lives of her children. She’s working primarily with issues of **Gender Violence and Domestic Violence**.



She shared her life story of how she was physically abused by her husband for ten years. She finally decided to end the marriage and left with her two children of which a six-year-old child was not speaking due to the stress. She did not press charges against her husband in spite of the threats that he had made. She won the custody of their children. She has authored thirteen books. Her life story has been covered by the Indian TV show Satyamev Jayate.

Awareness on ‘Mental Health’

On 2nd June an informative talk on ‘Mental Health’ was conducted by Ms. Nazneen Chhunawala, (Counsellor, M-POWER Organization). She focused on how to maintain mental health & well being while dealing with the ongoing COVID-19

distress. The following topics were covered-



- Ø Mental health care during COVID-19
- Ø Self-care and maintaining routine during COVID-19
- Ø Social distancing
- Ø Handling stress while working during lockdown
- Ø Building Resilience: Dealing with Challenging Times
- Ø Coping with depression manifest during the COVID-19 Pandemic
- Ø Dealing with anxiety and fear surrounding the COVID-19 Pandemic
- Ø Communicating Sensitive with the community during COVID-19 Pandemic

*Happy National
Doctors' Day!*

Thank you for being on the front lines!
You all are true heroes, risking your lives
every day to help and save the lives of others.
We appreciate you and please stay safe!



*Parental love is
the only love that
is truly selfless,
unconditional and
Forgiving.*

Happy Parent's Day

Area Reports

All Area meetings were held in the month of June through Zoom. All members shared about their activities during COVID-19.

Andheri Area- All members shared their lockdown activities and experiences.

Bandra Area- Area member Dr. Danielle Pereira conducted a talk on 'Dealing with Stress'.

Belapur Area- Priyadarshini John shared her experience of dealing with COVID-19 patients.

Borivali Area – Lalitha Fernandes shared the YWCA PPT with the area members. Shoba Philip (GS) explained about Fund Raising.

Fort Area- Prayer Fellowship was organised by Elizabeth Peters for members.

Chembur Area-Alpana Banerjee shared the recipe of rasgulla and sweet mango chutney.

Recipe for RASOGULLA..... Heavenly Delicious!

Ingredients:

1 litre full cream milk, 1.5 cups of white sugar, drinking water, lemon juice (3 tsp with equal amount of water) or white vinegar (2 tsp with equal amount of water), kesar, finely cut pistachio flakes, 4 cloves of crushed green cardamom

large dia utensil, muslin cloth piece 300 X 500 mm

Procedure:

- A. Boil 1 litre of full cream milk. As it comes to boil, minimize the flame.
 - i) Put off the flame in another 10 seconds and immediately start adding lemon juice or vinegar.
 - ii) It is to added immediately with a trickle of continuous drops. Now chhena will start separating . DON'T STIR. ONLY VERY GENTLY

MOVE THE CONTENT JUST ONCE OR TWICE WITH SPATULA.

- iii) Be watchful. If you find that chhena has already separated and greenish water is clear, stop adding lemon juice or vinegar any further. Similarly, if you find that it is not fully separated, then add a few more drops. This is a critical step, to be done carefully, to ensure that Rosogollas become soft yet spongy.
 - B. Allow the greenish water (whey) and chhena to cool down. Take the muslin cloth and strain away the whey. Whey is nutritious and can be used in soups or curry. Now pour normal water to wash the chhena in that same muslin to remove the smell of lemon.
 - C. Tie the cloth piece with chenna inside. Squeeze softly to remove dripping extra water. Now hang the muslin cloth with chhena inside for 3-4 hours. You can also place a heavy object over the muslin having chenna tied inside, on the platform, if hanging is not feasible. However it is preferable to hang the Chhena for 3-4 hours, after initial squeezing, for better results.
 - D. After 4 hours knead the chhena well. Press between the two palms and make 14-15 small round soft chhena balls. Make sure the balls are smooth and not having any cracks.
 - E. Take 1.5 litre of drinking water, add 1.5 cups of sugar, 3 or 4 crushed cloves of green cardamom and boil in a large diameter container (4-5 litre). As it starts boiling, add 1/4 th cup (small) of milk into it and stir. The impurities of sugar floats up. Take a spoon and remove impurities. Sugar syrup is now clear. In this clear boiling sugar syrup, slowly and carefully add, all the chhena balls, one by one. Do not touch the chhena balls in the container, any more. Keep the flame high for boiling with out lid, for 15-20 minutes.
 - F. Switch off the flame and within 5 minutes take out the Rosogollas, one by one, with sugar syrup, into serving bowl. Keep the rest of sugar syrup for next use.
 - G. Garnish with kesar and/or finely cut flakes of pistachios, as per choice.

Programmes and Committee Meetings for July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fort Area 4.00 pm Shelter Home Meeting 11.30 am	2 Andheri Area 03.30 pm	3 Chembur Area 03.30 pm	4 AK & DDH Meeting 2.00 pm Bandra Area 3.30 pm
6	7 Byculla Area 11.00 am WDU Meeting 11.00 am Belapur Area 03.30 pm ABH Meeting 4.00 pm	8 Spiritual Emphasis 5.00 pm	9 Anugraha Meeting 4.00 pm	10 PIYA Meeting 1.00 pm	11 International Centre 11.00 am Borivali Area 11.00 am
13 LWH Meeting 7.30 pm	14 POSH Meeting 11.00 am	15 Jottings Meeting 4.00 pm	16 General Hostels 11.30 am Buildings 02.30 pm	17	18 Public Relations 9.30 am Membership Meeting 11.00 am Personnel Meeting 2.00 pm
20 PASI Meeting 4.00 pm	21	22 Finance Meeting 2.00 pm	23	24	25 Board Meeting 2.00 pm
27	28	29	30	31	

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