



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. 266 May 2021

Even Sparrows are Loved by the Creator

JMT



Very recently I saw a single sparrow on the window sill at the back of our residence. Have you noticed how rare such a sight is these days? Even a sparrow, the Bible tells us, is noticed by God. But experts report they are becoming endangered like other specimens of the animal world. Rather late in the day experts are discovering so many instances of destruction of the world which Genesis tells us God saw originally was "very good in His eyes".

All over the planet temperatures are rising, ice at the Poles is melting and essential plants are disappearing. Then too, rivers and lakes are getting

clogged and the sea beds accumulate our debris. I wish it was clear how we could put the brakes on this thoughtless trend of polluting Mother Earth. Our health is increasingly affected and much natural beauty is threatened. Let us heed the warnings. Let us each try to do our part. We should eschew all plastics when possible and learn not to waste natural gifts even as basic as water. I hope my sparrow has a hen and a nest full of baby sparrows. Don't you?



Sweet Notings

Sharon Pires

Home is where the Heart is!

Currently due to the grave effects of the pandemic, people across our nation are experiencing sickness, loneliness, isolation, loss of livelihood, uncertainty and death. With faith in our Lord and Saviour we plead for protection and place our lives in His love and care. Are we feeling lonely and isolated? People in hospitals fighting for their lives and doctors and nurses working round the clock to save lives

are experiencing isolation. We are thankful for our homes and families surrounded by people we love and who love us. Our homes can be a happy place. Let us make them everything they can be:

A church -- A place of prayer, let us reflect on the Word of God, meditate, thank, bless and plead for His grace and mercy on our families, friends and the world at large.

A learning zone – A place to read, learn, stimulate each other with positive thoughts and discussions, attend webinars and workshops online, gain knowledge and insights, develop new skills and explore our creativity.

A restaurant – Cook, create, try new dishes, prepare and relish meals as a family.

A celebration – Connect, play games, watch movies, dance, sing, make videos, spend quality time together.

A restful haven – A place to relax, rest and rejuvenate.

A structured place – Clean, organize, donate, label, decorate, etc.

A garden – Grow your own fruits and vegetables. It is engaging and fun.

Stay home, Stay safe, Stay loved. Home is truly the best place to be!

Birthdays in May

Date	Member	Area	Staff
1 st May			Dolcy D'souza
3 rd May			Lalbi Sheikh
5 th May	Jaya Damodaran	Chembur	
5 th May	Myrtle Rosalind Shipley	Belapur	
7 th May	Alice Panikal	Bandra	
7 th May	Jancy Simon	Bandra	
7 th May			Sornalatha Jacob
11 th May	Elsa D'cruz	Andheri	
12 th May	Mary Mathew	Thane	
12 th May	Geeta Murdeshwar	Andheri	
16 th May	Meena Azavedo	Andheri	
16 th May	Lovey Pariyaram	Chembur	
17 th May	Annie George	Chembur	
17 th May			Fatima Shaikh
18 th May	Shalini Dongre	Bandra	
20 th May			Vimal Prabhu
21 st May			Hemlata Garud
27 th May	Merina John	Andheri	
28 th May	Elaine Fernandes	Fort	
31 st May			Sarita Patankar

Wish you peace, love, joy and good health. May the day be filled with fun and laughter.

Happy Birthday! We Love You!



BELAPUR : Anugraha Hostel, Sector 8, CBD-Belapur, Navi Mumbai-400 614.
e-mail: ywcabelapur@gmail.com

Ph. : 27570786

Food & Hygiene Kit for seniors & children, plus an Educational Kit for children living in the community

Covid 19 Emergency Relief Fund for Jobless people and vulnerable sections of the society.
Reaching out to communities at Byculla, Fort, Chembur, Borivali, Andheri & Belapur.

Join hands with YWCA of Bombay to help more people and save lives



Empowering Women

Donate Now

Bank details:
YWCA of Bombay
Name of Bank: UCO Bank
Branch: Nariman Point
A/c No. 03860100009540
IFS Code: UCBA0000529

*Donations received are Exempted u/s 80G
After making the donation online kindly send PAN, address & payment details to
ywcafinancedept@rediffmail.com for acknowledgement letter & receipt*

Please Note

Important Guidelines for Jottings

1. Word-limit for articles 200-250.
2. Reports should be brief. Report of all events till the 20th of the month should be covered.
3. All reports should reach within 3 days after the meeting/event.
4. Only activity-based photos approved by the chairperson of the respective committees should be sent.
5. Only photos of size 1 MB /300 KB with captions, will be accepted and should be sent by mail.
6. Pictures/photograph accompanying articles/reports should follow Covid 19 Protocol.
7. Only those articles shortlisted by the Jottings Committee will be printed.
8. Members to submit their articles on or before 15th of the month.
9. Articles to be sent to Staff, Mildin – jottings@ywcabombay.com or a hard copy at Byculla, YWCA.
10. Language: English, Hindi & Marathi
11. A humble request to Chairpersons of all Y areas: Please encourage members to contribute articles for Jottings. Topics may include personal experiences, spiritual, humorous, informative etc. Articles from Staff, Residents - Hostel, Shelter Homes and Seniors - are welcome.



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Rs.300/- per Kg

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YWCA of Bombay

Annadata Tiffin Service

We deliver nutritious & delicious meals from Bandra to Churchgate.
Orders are accepted from 9am to 5pm on the previous day on phone.

Lunch: Veg-Rs 140/- & Non Veg-Rs 175/-



Call us on

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We also provide tiffin service for home-quarantined.
All hygiene & safety norms are followed as per Covid-19 protocol.
We are sure you will love the experience.



**GOVERNMENT-RECOGNISED
COURSES AT YWCA, BYCULLA**

**Cookery, Bakery & Confectionery
(Three-month internship in 5 star Hotel)**



**Bakery & Confectionery
(Three-month internship in 5 star Hotel)**

**Nursing Care
Duration: One year
Qualification: Std X**



**YWCA Course
CHASI**

Companionship Help to Aged, Sick & Infants

**Duration: 7 months
Qualification: Std VII**



Contact Details

Nursing Care: Nirmala- 9867683489

Bakery: Nachita - 9769097448

YWCA of Bombay



Online Care-giver Course

Starting soon



Eligibility criteria

Qualification: Std VII

Medium of instruction: Marathi & Hindi

Duration of course: One month

Fee: 500/-



Certificates will be given to all participants at the end of the training.

Contact for more information
Nirmala Samel: 9867683489
Nisha Misal: 09820907672



YWCA of Bombay

Announces

One-day Baking Class

at YWCA Centres

Fee: Rs 200/- each for beneficiaries
& Rs 300/- for others



Minimum 25 participants required
for commencement of class

Contact: Nachita Desai - 97690 97448

- **A humble request to Chairpersons of all Y areas: Please encourage members to contribute articles for Jottings. Topics may include personal experiences, spiritual, humorous, informative etc. Articles from Staff, Residents - Hostel, Shelter Homes and Seniors - are welcome.**
- **Language: English, Hindi & Marathi**
- **Word-limit for articles 200-250.**

International Centre : 18, Madame Cama Road, Fort, Mumbai - 400 001.
e-mail: ywcaic@mtnl.net.in

Ph. : 2202 5053 / 22826814

In Memoriam

1. Dr. Neville S. Bengali, husband of Beverly Bengali, Fort Area member, passed away on 30th March.
2. Dominic D'souza, husband of Roza D'souza, Andheri Area member, passed away on 14th April.
3. Amia Dias, Andheri Area member, passed away on 18th April.
4. Subash Gaikwad, staff YWCA of Bombay, passed away on 18th April.
5. Jaya Laxman Hotkar, mother of Vaishali Shinde, passed away on 18th April.
6. Chandrabhusan Rai, elder brother of Manoj Rai, passed away on 26th April.

Membership

Sacred Music

On 27th March, the Membership Committee organised Sacred Music. The theme was **New Life, Renewal of Hope**. The programme began with a welcome speech by Chairperson Ovita Parulekar. Opening prayer was led by Priya Daniel. Each area

presented songs of Thanksgiving to the Almighty for His love and supreme sacrifice on the Cross. Sharon Pires, President Y, spoke on Lent. Vote of thanks was proposed by Nisha Gopalan. It was a solemn evening in the presence of the Risen Lord.

Women's Development Unit

1. YWCA in collaboration with Decimal Foundation distributed 125 ration kits to the senior citizens of Colaba community, Fort & IC staff.
2. Deepika Tambe distributed 20 ration kits to senior citizens at Kalachowki.



3. Kiran Patil, Shamal Pawar, Vidya Sawant, Jayshree More and Meenakshi Sonawane distributed monthly nutrition boxes in different communities.



Staff Capacity-building

- On 10th March Women's Day programme was organised for staff at Byculla. Sharon Pires President Y, Shoba Philip General Secretary and Sanjay Kale Accounts Manager shared beautiful messages on Women's Day. Dance, group and awareness songs were presented by the staff.
- On 3rd March an orientation meeting of TOT training was arranged by **Arpan** organization for community staff. A three-day online teacher-training session was organised from 16th to 19th March.

2. On 6th April Neeta Dabre & Nisha Misal conducted meeting with Beautician Course students regarding online syllabus.
3. On 5th April Zoom meeting was arranged by Assistant Co-ordinator Neeta Dabre and General Secretary Shoba Philip for NN placement students and faculty. Nisha Misal and para-social workers attended the meeting regarding the planning of second semester.
4. YWCA in collaboration with Decimal Foundation distributed 80 ration kits to staff and beneficiaries of Asha Kiran, Andheri.

Report of Community staff

1. Kiran Patil distributed 40 ration kits to senior citizens at Fort.

Health: YWCA in collaboration with L & T Health Centre organised General Medical Health Checkup Camps for the following:

- On 5th March at Shivneri for 85 patients
- On 6th March at Panjrapol for 105 patients.



Information

- Received 225 ration kits, 5 boxes of Kellogg's & 1800 iron tablets from Decimal Foundation.
- Clothes, toothpaste, biscuits, sanitary pads, curtains and bed sheets received from Prarthna & group from Colaba which were sent to Shelter Homes.

Bakery

1. Exposure Visits were organised at O-cakes on 18th March and at Cloud Kitchen on 1st April. Hospitality of the directors and staff of O-cakes was greatly appreciated. WDU Committee records grateful thanks to Assistant Co-ordinator Neeta Dabre.



2. On 27th March Bakery session was conducted with 27 participants at Y Belapur.
3. Akshay Bhosale received appreciation certificate during internship.
4. Grocery kit was given to Farzana Qureshi ex-student of Cookery, Bakery and Confectionery batch of 2018-19.



Aasra

Mpower provided psychological counselling to the following communities in March:

Particulars	Byculla	Belapur	Shelter Homes
New Cases	5	4	4
Follow-up	9	13	7

Asha Kiran

1. On 12th March certificates of Disaster Management, Advance Tailoring Course and Care-giver Course were distributed to 26 students.
2. Medical mobile van for seniors comes every Thursday.

Capacity-building/training

1. On 27th March practical session for Care-giver Course was conducted for 3 students.



2. On 31st March preparation of cool /healthy drinks in summer were demonstrated for 9 students.

3. Dance Movement Therapy commenced from 25th March. Seniors attend the same every Thursday. 10 sessions will be conducted.

Empowerment

Suman Kamlesh Pal, Bushra Ahmed and Vanita Kuber from Care-giver Course were placed for 12 hours duty in Andheri (West), Marol and Mira Road respectively.

In-house Project

To generate income Asha Kiran staff started making summer special homemade raw mango **panha** (juice) and **chhunda** (sweet pickle). Nutritious supplementary drinks are needed to keep our body cool and healthy. Since it is rich in minerals and Vitamin C, the benefits are listed below:

- Improves digestion
- Reduces depression
- Helps fight diabetes
- Prevents cancer
- Good for the eyes



Public Relations

On the occasion of **Earth Day** and to create awareness, YWCA organised a competition on **Love towards Environment**. The activities are mentioned below:

1. Composting organic waste from kitchen and garden for free and natural fertilizer
2. Enriching the soil naturally
3. Quilt made of old sarees
4. Pen holder made of empty box
5. Doormat made of rope
6. Organic and pesticide-free plants and fruits
7. Decomposing flowers in potted plants
8. Growing plants
9. Storing water in earthen pots for birds
10. Using plastic material/coconut shell as pot
11. Converting plastic/polythene bags/empty bottles into pots for birds to drink and bathe
12. Making kaftan out of old dupattas
13. Using pillow covers to make doormats and bags



Emmema Christy, Byculla Area

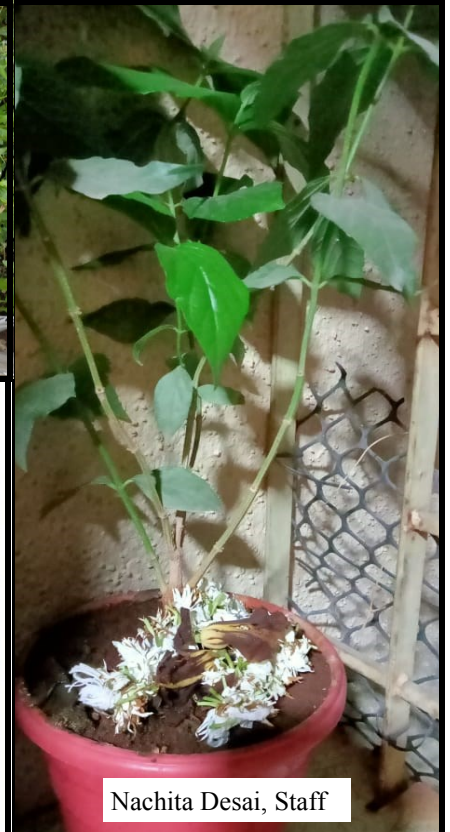
Lizzy Thomas, YWCA of Trivandrum



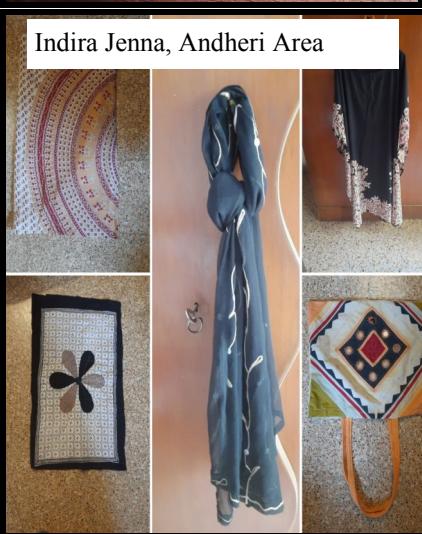
Jane Rodrigues, Bandra Area



Nilesh Pavale, Bakery Student



Nachita Desai, Staff



Indira Jenna, Andheri Area



Laila Furtado, Byculla Area



Neelam Sharma, Andheri Area

FORT: Lady Willingdon Hostel, 18 Madame Cama Road, Fort, Mumbai 400 001. E-mail: ywcalwh@rediffmail.com

Ph. : 22020122/ 22823411

Shelter Homes

Success story

SZ, daughter of a sex-worker, grow up in Asha Sadan and got married at the age of 18. She was a victim of domestic violence and was admitted to Umeed Shelter Home by the Salvation Army. She

joined the one-month online Care-giver Course and also received online counselling. Now SZ is working as a caretaker and earns Rs 16,000/- per month.

POSH

On 31st March a webinar on ‘**Impact of COVID-19 on Domestic Violence**’ was conducted by Adv. Nausheen Yusuf. She explained the steps women need to take when faced with domestic violence (DV). In this pandemic, women and girls have been victims of domestic abuse and gender-based violence. Isolation, financial and food insecurities,

crisis-anxiety, psychological impacts of unemployment are all factors conducive to more violence against women. Some preventive measures pertaining to DV were shared by Adv. Nausheen:

- The victim can approach police and other stakeholders.
- She can also seek legal help.

PASI

On 19th March a panel discussion on ‘**Women in Leadership: Achieving an Equal Future in a COVID-19 World**’ was moderated by Shoba Philip (GS). Panelists - Marcia D’cunha, Shefalle

Karanjekar and Virginia Saldhana, shared their workplace experiences. Leadership qualities of empowered women were also discussed.

Area Reports

All area meetings were conducted on Zoom.

Andheri Area: 14 members attended meeting on 8th April. Shama Chatterjee led the devotion and also conducted Housie.

Bandra Area: 7 members with 2 guests attended meeting on 10th April. Devotion was led by Linda Naronha. Members planned for next month’s programme.

Belapur Area: 8 members attended meeting on 10th April. Prasanna Benger demonstrated beautiful coloured pansy (flowers) from stocking material.

Borivali Area: 11 members attended meeting on 10th April. Priya Daniel led the devotion recount-

ing the story of Ruth and Naomi. Angela Fernandes conducted a session on basic tailoring. She showed the members how to prepare the draft for a night dress. Annie D’silva conducted exciting games.

Byculla Area: 6 members with 1 guest attended meeting on 6th April. Devotion was led by Ovita Parulekar. Rekha Joshi conducted an informative session on **Nutrition**.

Chembur Area: 7 members attended meeting on 6th April. Members discussed the importance of good health, fitness and nutritious diet.

Fort Area: 5 members attended meeting on 7th April. Aneela Rao spoke on the **Role of Women in Jesus’s Life**.

Members, Staff, Residents - Hostel, Shelter Homes and Seniors - are requested to send articles / testimonies / experiences to pr@ywcabombay.co.in for Social Media Platform.

Programmes and Committee Meetings for May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Holiday
3 Shelter Home Meeting 11.30 am	4 Byculla Area 11.00 am ABH Meeting 3.00 pm Spiritual Emphasis 5.00 pm	5 Fort Area 4.30 pm	6 Andheri Area 3.30 pm Anugraha Meeting 5.00 pm	7 Chembur Area 3.30 pm	8 International Centre 11.00 am Belapur Area 12.00 noon Bandra Area 1.00 pm AK & DDH Meeting 2.00 pm Borivali Area 3.30 pm
10 LWH Meeting 8.00 pm	11 WDU Meeting 11.30 am	12	13	14	15 PR Meeting 11.30 am Membership Meeting 12.00 noon PIYA Meeting 8.00 pm
17 POSH Meeting 11.00 am Jottings Meeting 2.15 pm	18	19	20 General Hostels 2.30 pm	21 Buildings 2.00 pm PASI Meeting 5.00 pm	22 Personnel Meeting 1.00 pm
24	25	26 Finance Meeting 2.00 pm	27	28	29 Board Meeting 1.00 pm
31					

BYCULLA : 75, Motlibai Street, Near Maratha Mandir, Byculla, Mumbai 400 008.
 Achamma Bhavan Hostel, Institute of Nutrition and Baking
 Vocational Training Institute. email : ywcajottings@gmail.com
 website: <http://www.ywcabombay.co.in>

Ph. : 23096544
 23096555
 23020469