



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. 269 August 2021

Is there Hope at the End of the Tunnel? JMT

Hope is a word which occurs often throughout the Bi- learn in school or college again and relish all ble but as months grow into years and the Covid the comradeship involved, not forgetting the excitescourge rages across the world, perhaps our hopes be- ment of festivals and wedding celebrations in style. come despairing. Thanks to our brilliant scientists, ef- We are learning that patience is needed until the time fective vaccines were speedily produced and remain when all the suffering, dving, and desperation of overour best tool. However, as restrictions remain and nor- worked health professionals will be overcome. There mal activities are stifled maybe we begin to despair. is no quick fix. HOPE rises with trials and better days The sad death figures are ever-expanding if you take a WILL COME. global view. The American poet Amanda Gorman's words come to mind:

"That even as we grieved, we grew.

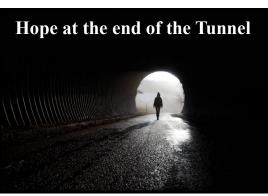
That even as we hurt, we hoped.

That even as we tired, we tried."

Is not that how, with God's help, we face tragedies and loss always?

Possibly freedom restrictions will bring home to us and make us appreciate more the joys of eating out,

congregating for worship, theatre experiences. and freedom travel. to The day will surely come when children can





Wish you all a Very Happy Independence Day.

The New Normal Dr. Anuradha Patil

From the beginning of last year the Corona virus has been roaming all over the world, causing sickness and death in its wake. Governments imposed lockdowns and rules such as face mask, handwashing and social-distancing. Everything was in lockdown mode. We humans, being adaptable as ever, learnt to consider this as normal now.

The end of the year brought forth the vaccines. Ah! What a relief! We are now protected to some degree, but still need to continue with the protective practices. So the "new normal" is mask-up in crowded places, use sanitizer, no handshakes, only fist or elbow bumping, Namaste being the best way to greet people. Schools and offices have rearranged their furniture keeping in mind physical distances. Work from home continues as the "new normal" as offices need staff to be physically present at work only on some days of the week. Most people now prefer to order their grocery and other items online and cash transactions have been minimized. Everything has become digitized in the "new normal".

However, the Digital Divide is widening. Not everyone has access to computers. Of special concern are underprivileged children who cannot participate in online learning, which has become the "new normal". Seniors too have to learn to cope with online ordering and internet banking. The pandemic has put paid to our old normal way of life and we all have to settle for the **New Normal**.

Finance for All

Suzanne Fernandes (Youth Member)

Create a Finance Calendar

If you do not trust yourself to remember to pay your monthly bills or annual taxes, think about setting reminders for these important money to-dos in the same way that you would for a doctor's visit.

Track your Net Worth

Your Net Worth is the difference between your assets (which could be your bank balance or any saleable items) and your debt. A simple formula of assets minus debt can tell you about the progress you are making towards your financial goals or warning if you are failing.

Set a Budget

A budget should be the starting point for every financial goal in your life. Budgeting your income and expenses could help you budget your net worth. So you know where you can reach at the end of a period you set. One important point here is that budgets should be based on what you can reasonably assume to occur. Setting high goals and then watching them fail is not the best idea, be it financial or non-financial.

Start saving ASAP

Not next week, not when you get your next income, start today. It is not necessary that the amount is high. Even small regular savings can help you inculcate the habit and thus lead you to saving big enough to reach your goal.

Do not let your money rest. Invest.

If you have more than six months' savings in your emergency account and you have enough for your short-term financial goals, then start thinking about investing.

PRAYER is a Way to Draw Close to God,—Jas. 4:8. Helen George

Jehovah our God wants us to draw close to him and to communicate with him.

He urges us to "persevere in prayer," and he makes himself available at all times. (Rom. 12:12)

He is never too busy or at meetings. Regular communication with Jehovah helps us remain close to him. Jehovah wants us to pour out our hearts to him in prayer. (Ps.62:8).

We do well to ask ourselves this question: 'Do my prayers tend to be like superficial, reprinted

messages, or are they like heartfelt, handwritten letters?'

No doubt you love Jehovah deeply, and you want to keep your relationship with him strong.

To do that, you must communicate with him regularly. Confide in him.

Share your joys and your pains with him. Be confident that you can go to him for help.

So draw close to Jehovah and he will draw close to you.

Sweet Notings Sharon Pires

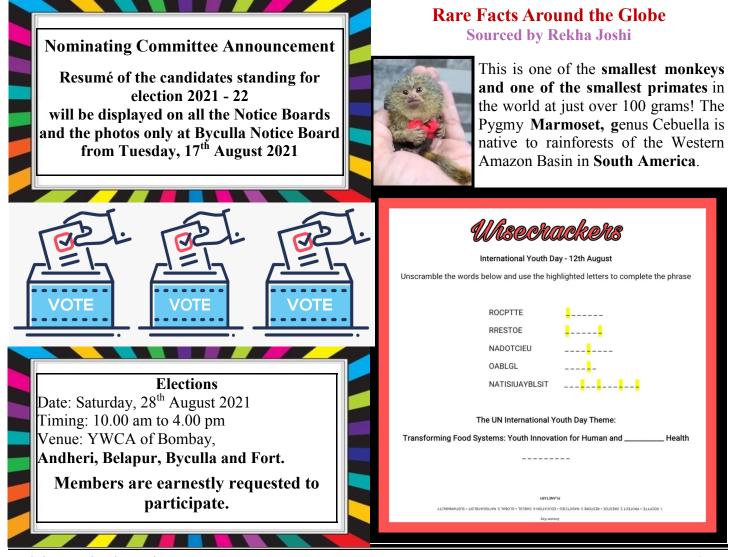
Anything is valuable in two situations – before getting it and after losing it. In between we do not realise its value.

If we see or want something we don't have, we endeavor to secure it. We work hard to make our dreams a reality. Soon we are back to our old ways and life takes its course. Suddenly we experience its loss, due to negligence or over-indulgence and we want it back. What happened in the interim? This applies to health, education, relationships, jobs, commodities - just about anything we term valuable. We need to always realise its worth and act accordingly.

Ego and love are branches of the same tree. Just

the difference is – love always wants to say sorry and ego always wants to hear it.

Look at the humble mud pot constantly reminding itself that it is made of mud and will return back to the soil, so it's free from pride and anger. In simplicity lies its greatness. We too are made from dust and will thus return, yet we harbour anger and revel in pride. Our egos are too precious to be hurt. We are quick to retaliate rather than let go, and move on. Operating out of love will make us accommodating and responsive. Saying sorry does not make us small, instead it elevates us to greater heights. We like to hear a sorry but someone needs to say it. Like the tree, let's live in harmony.



Birthdays in August

Date	Member	Area	Staff
2 nd August	Sharon Solomon	Andheri	
2 nd August			Purva Kalne
3 rd August	Komal Oberoi	Andheri	
4 th August	Vinita Reuben	Andheri	
4 th August	Alpana Banerjee	Chembur	
7 th August			Sachin Birmole
8 th August	Eileen Rodrigues	Byculla	
9 th August	Suneela Arun Kumar	Belapur	
9 th August			Ebnezer J. Hosmani
10 th August	Lora Saldanha	Andheri	
11 th August	Michelle M. Vas	Bandra	
12 th August			Mary Peter
16 th August	Rekha A Joshi	Byculla	
16 th August	Emema Daphne Christy	Byculla	
17 th August	Dr. Lata Clements	Andheri	
17 th August			Apeksha Rane
19 th August	Fatima Gomes	Bandra	
19 th August	Mrudul Raiborde	Fort	
20 th August	Lily Joseph Sebastian	Borivali	
22 nd August	Gissy Jacob	Belapur	
25 th August	Pricilla Albuquerque	Andheri	
26 th August	Aneesha Reuben	Andheri	
27 th August	Rajitha Chandran	Belapur	
28 th August	Santi Liju	Andheri	
28 th August	Olga Lobo	Fort	
	Нари		



BELAPUR : Anugraha Hostel, Sector 8, CBD-Belapur, Navi Mumbai-400 614. e-mail: ywcabelapur@gmail.com Ph.: 27570786





Please Note Important Guidelines for Jottings



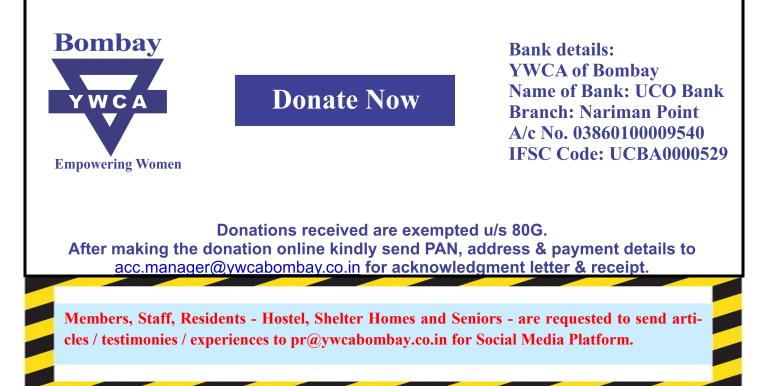
- 1. Word-limit for articles 200-250.
- 2. Reports should be brief. Report of all events till the 20^{th} of the month should be covered.
- 3. All reports should reach within 3 days after the meeting/event.
- 4. Only activity-based photos approved by the chairpersons of the respective committees should be sent.
- 5. Only photos of size 1 MB /300 KB with captions, will be accepted and should be sent by mail.
- 6. Pictures/photographs 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.co.in 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. Articles should be original and include personal experiences, spiritual, humorous, informative etc. Articles from Staff, Residents -Hostels, Shelter Homes and Seniors - are welcome.

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

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





GOVERNMENT-RECOGNIZED 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: Passed Std 10

YWCA Course CHASI Companionship Help to Aged, Sick & Infants Duration: 7 months Qualification: Passed Std 7



Contact Details Nursing Care: Nirmala- 9867683489 Bakery: Nachita - 9769097448

YWCA of Bombay



Online Care-giver Course

Starting soon

HURRY! LIMITED SEATS ONLY

Eligibility criteria

Qualification: Passed Std 7 Medium of instruction: Marathi & Hindi Duration of course: One month Fee: Rs 500/-





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

Contact for more information Nirmala Samel: 09867683489 Nisha Misal: 09820907672



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

9820907672/ 022 23096544/ 022 23096555

We also provide tiffin service for the home-quarantined.

All hygiene & safety norms are followed as per Covid-19 protocol. We are sure you will love the experience.

- A humble request to Chairpersons of all Y areas: Please encourage members to contribute articles for Jottings. Articles should be original and include personal experiences, spiritual, humorous, informative etc. Articles from Staff, Residents Hostels, 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



Membership

On 15th July Rebecca Taylor conducted an interactive 2) Facial Scrub (skin polish) beauty workshop on Health and Well-being and a tutorial on Make-up for 93 participants of all age groups from YWCA across the country.

Ms. Taylor is the director of an international event ously along with soap. tional repute, her paintings are auctioned and 28 of her gently. paintings are on permanent public display in a few This exfoliates the skin and polishes it. countries including India. She is a Guinness World Record holder in wax sculpture and national awardwinning cartoonist with three national records.

During the session valuable tips were shared. Y members who missed this workshop could benefit from some of the home remedies the ingredients of which

can be easily sourced from the kitchen

Home-spa Treatment 1) Cleanser Instant coffee powder Alovera gel

Instructions Mix together and apply. Wash off.



Granulated sugar

Instructions

Take a handful of sugar and apply all over skin gener-

management firm in Australia. An artist of interna- The lather keeps the sugar from falling and massage

3) Face-pack for glowing skin to remove pigmentation Coffee powder

Maida (all-purpose flour)

Honey

Curd

Instructions

Mix together. Apply with a brush.

Home spas are a great way for women to unwind. It not only improves physical well-being, but also has a positive and therapeutic effect on one's mental wellbeing. A few lit candles, flowers, well- placed towels, music to set the mood would create the perfect ambience for a spa at home. Little effort, with great benefits in the long run.

The first step to a well-balanced lifestyle is acknowl- These natural home remedies have no side-effects and edging that positive changes need to be made in our can be used on all skin types. daily routine.

Women's Development Unit

Staff Capacity-building (Community Staff)

- 1. On 2nd June a session on **Menstrual Hygiene** was organised by YWCA Goa for 20 staff members.
- On 13th June a session on Prevention of Sexual Harassment was organised by YWCA for 16 staff members.
- 3. On 26th June online training on **Disaster Management** (DM) organized by the DM Department of BMC was attended by 54 participants from youth groups and community staff.

Health Case-work

Arifa Sheikh, a four-year old girl from Chembur Community, was undergoing cardiac treatment at Wadia Hospital. Heart surgery was advised which would cost Rs 1,10,000/-. Having lost his job during the lockdown, her father contacted para-social worker Sangeeta Wetal who approached Mr. Santosh Surve from Jan Jagruti Kendra for help. Rs. 50,000 was donated by the above-mentioned organization. On June 21st, Arifa was successfully operated upon and all expenses were waived off by the hospital.

On 3rd July an online **Career Guidance** workshop was organized for 62 night school students of Masoom Organisation. Assistant Co-coordinator Neeta Dabre welcomed the students and GS Shobha Philip gave information about the organization. Nachita Desai, Nisha Misal and Rasika Dabre provided information about the following courses:

- 1. Nursing Care
- 2. Bakery
- 3. Care-giver
- 4. Short-term Courses

Three ex-students expressed gratitude to YWCA for the benefits of the above-mentioned courses in their work-life.

Information

Received 100 sanitary pad packets (6 pads in each packet) from A ward BMC.

Distributed ration kits to YWCA staff, Aasra clients, Shelter Homes etc.

After many days of tireless efforts, received Affili-

ation Certificate and LOSA 2020-21 from Maharashtra State Skill Development Exam Board. Distributed 38 ration kits to Aasra clients.

Bakery Success stories: -

Laxmi Aade student of Cookery, Bakery and Confectionery (batch 2018-2019) referred by Sneha Sadan passed with a good percentage. Having done her Internship at Sahil Hotel in food production department, Laxmi was associated with Orchid Hotel. She is now working in Pastry Department at ITC Grand Central and earning Rs. 12,000/- per month.

Kajal Waghmare student of Cookery, Bakery and Confectionery (batch 2019-2020) was sponsored by YWCA. Hard working and efficient, Kajal did her internship training at Sahil Hotel and also worked part-time at Zomato for the last 6 months. At present Kajal is working full-time at Zomato and earning Rs. 8,000/- per month.

Sheela Gaikwad student of Cookery, Bakery and Confectionery (batch 2019-20) is doing internship at IBIS Hotel, Turbhe and receives Rs. 2,000/- per month as stipend.

Utkarsha Chorge student of Bakery and confectionery (batch 2019-20) is doing internship at Cloud Kitchen and receives Rs. 2,500/- per month as stipend.

Internship Placement of 2020-21

O' Cakes - Suraj Dhotre, Nilesh Pavale, Jeetu Bokoliya, Kiran Singh and Sarrah Banda are receiving Rs. 3000/- per month as stipend.

Sahil Hotel - Harshad Kadam, Nikita Rahate and Tejal Kamble are receiving Rs. 2000/- per month as stipend.

Nursing Care

Employment Report: One student is working at Covid Vaccination Centre, Kurla E and earning Rs. 25,000/- pm.

On 6th July certificates were distributed to 19 Caregiver Course students.

Asha Kiran

- 1. On 16th June, a webinar was organized by Ration Kruti Samittee (RKS) on the occasion of International Domestic Workers' Day. Domestic workers ID card was the topic of discussion.
- 2. Transgender activist Priya Patil requested for financial help, which was granted by Andheri area members.
- 3. On 17th June, Andheri area member organized the distribution of 8 ration bags to needy beneficiaries.



- 4. On 28th June, Decimal Foundation sponsored the distribution of 20 ration bags to the staff.
- 5. From 6th July, online Study Classes for 18



The occupancy at our Shelter Homes during last month was --

- Ashraya Nivara Kendra: 27 residents
- Ummeed Nivara Kendra: 19 residents. Activities such as exercises, meditation, prayer and games are conducted on a regular basis. 5 residents completed twelve-day training with Mobile
 - Creche. On 18th July, residents participated in an

PASI

On 7th July a webinar on 'Cyber Security' was organ- threats in the form of media forwards and email mesised for 110 participants of N. L. Dalmia Institute of Management Studies and Research.

The speaker Advocate Pankaj Bafna spoke about the lack of cyber-security knowledge among the youth and the measures to be taken to stay protected. The different kinds of security breaches and common

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

students of Stds 8th, 9th and 10th organized by Finance and Digital Literacy Organization have started.

6. On 7th July, 90 notebooks were donated by Chandrakant Doshi, Lions Club, for 25 online Studycentre students.



- 7. Bag making New fabric donated by AK member, were used by ex-student and Sakhi member Shabana to stitch 14 bags. Each bag costs Rs150/-. Income generated Rs1,200/-.
- From 5th July, 4th batch of CHSM (Co-operative 8 Housing Society Management) Course started with 27 students

'Sahara' Family Counselling Centre started at Asha Kiran.

Working days: Tuesdays & Thursdays 10am to 6pm

Shelter Homes

interactive online session 'Managing Thoughts and Emotions' conducted by Nitin Shah. Our centres have received donations for groceries, food, clothes and toiletries and we express thanks to our well-wishers for their contributions. Do connect with us if you wish to sponsor students for education. You may contact us @ 9137601864... Ummeed Nivara Kendra

saging were explained. The webinar ended with an interactive question-andanswer session followed by vote of thanks.



Ph.: 22020122/22823411

On 8th July a webinar on 'Human Trafficking & Sexual Exploitation' was conducted by Mrs. Kashima Kareem for 67 participants. Ms Kareem explained the following in detail:

1. Human-trafficking for commercial sexual exploi-

All area meetings were conducted on Zoom

Andheri Area: 28 members attended meeting on 1st July. Devotion was led by Sharon Solomon. Feminist Anthropologist Nishi Mitra vom Berg, professor in School of Development Studies at the Tata Institute of Social Sciences, Mumbai conducted a session on 'Ageing and Self-care'. Nishi used evocative materials such as posters and quotes in her presentation to inspire and motivate the members to make ageing a meaningful and beautiful experience such as:

- 1. To celebrate and enjoy life-resources.
- 2. Cope with its demand
- 3. Love ourselves and our new tasks in this phase of life

Bandra Area: 28 members attended meeting on 3rd July. Devotion was led by Joanne Pereira. Members shared their experiences on various topics:

- 1. Single Parenting
- 2. Looking after In-laws
- 3. Parenting Tips
- 4. Caring for the Environment
- 5. Taking Care of Animals
- 6. Caring for Grand-parents

Belapur Area: 11 members attended meeting on 3rd July. Devotion was led by Mary Mathew. Members shared their personal experiences of the pandemic. Members discussed forthcoming programmes.



Borivali Area: 10 members attended meeting on 10th Julv. A session Foron

- tation/servitude.
- 2. Human organ trade.
- 3. Bondage
- 4. Illegal adoption
- 5. Preventive measures to be adopted for the above.

Area Reports

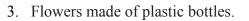
was conducted by Annie Dsilva. Lalitha Fernandes provided a brief insight on the Election **Process**. Forthcoming programmes were planned. On 18th July an interactive webinar 'Managing vour Thoughts and Emotions' was conducted in Hindi for Shelter Home residents. Alida D'souza conducted a session on Laughter is the Best Medicine.

Byculla Area: 10 members attended meeting on 16th July. Devotion was led by Emema Christy. CP Vanita Narvekar gave a talk on Skin Care and shared valuable tips on the following:

- 1. Keeping wrinkles at bay
- 2. Home-made products and application
- 3. Regular exercise
- 4 Nutritious diet
- 5. Adequate sleep

Chembur Area: 8 attended members meeting on 2nd July. An interesting workshop on Best Out of Waste was conducted by Jayanti Premkumar. Javanti gave a demonstration of the following:

- 1. Plant container made of plastic bottle and broomstick.
- 2. Lampshade made of old plastic file and broomstick.



Fort Area: 4 members attended meeting on7th July. Sharon Pires conducted a short session on Mind Matters with Physical Activity. Prayer fellowship was conducted by Aneela Rao.

ASHA KIRAN: 53, J. P. Road, Andheri West, Mumbai-400 058 e-mail: ywcaandheri@rediffmail.com





Ph.: 26702831/26702863

giveness and Reconciliation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Byculla Area 11.00 am	4 Fort Area 4.00 pm Shelter Home Meeting 11.30 am	5 Andheri Area 3.30 pm Anugraha Meeting 5.00 pm	6 Chembur Area 3.30 pm	7 Belapur Area 12.00 noon Bandra Area 3.00 pm AK & DDH Meeting 2.00 pm
9 LWH Meeting 8.00 pm	10 WDU Meeting 11.30 am ABH Meeting 3.00 pm Spiritual Emphasis 5.00 pm	11	12	13 PASI Meeting 5.00 pm	14 International Centre 11.00 am Borivali Area 3.30 pm
16 Membership Meeting 12.00 noon	17 Jottings Meeting 2.15 pm	18	19 General Hostels 2.30 pm	20 Buildings 2.00 pm	21 PR Meeting 11.00 am Personnel Meeting 1.00 pm PIYA Meeting 9.00 am
23 Finance Meeting 2.00 pm	24	25	26 Board Meeting 2.00 pm	27	28 Election 10 am - 4 pm
30	31				

Programmes and Committee Meetings for August 2021

BYCULLA : 75, Motlibai Street, Near Maratha Mandir, Byculla, Mumbai 400 008.Ph. : 23096544Achamma Bhavan Hostel, Institute of Nutrition and Baking23096555Vocational Training Institute. email : ywcajottings@gmail.com23020469website: http://www.ywcabombay.co.in23020469