



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. 282 September 2022

What Makes A Good Teacher Great

Alice Panikal

A teacher should have an inborn passion for teaching students with love, respect and patience every single day. She should be a role model as they look up to her as a role model. She should have complete knowledge of what she is teaching and prepare herself well. Her aim is to know if the students have understood what is taught to them.

The various teaching skills using props / kite / charts / placards etc. for proper presentation with skillful and joyful learning are imperative for a teacher. She should be a Facilitator and her communication skills should be at the level of the students and evaluating them after every topic to gauge whether they have understood what is taught. A teacher in the Primary Section teaches her students to read, write and learn and motivates them by appreciating their efforts, especially those who are weak and slow learners. She should give them complete attention and affection with a gentle pat on their back, guiding them by her love.

For a teacher each child is Unique with talent and skills deep inside them. She should be able to build their confidence by training them, guiding them and giving them the opportunity to participate in various School Competitions such as Writing, Elocution, Art, Singing, Dancing at stage level, including

Sports. She should also inculcate in students moral values to be honest, kind, loving, truthful and disciplined and see to their all-round development. She inspires them and motivates them to learn and grow, to go into this Big wide world and they can Beam with Pride.

My Quote:

T - Thoughtful and Transparent Thinker who is

E - Excellent at Educating with Patience

A - Amazingly Awesome Students !

C - Classroom becomes a Second

H - Home where a teacher gives her Love, Guidance

E - Encouragement so that students pursue knowledge with enthusiasm to

R - Reach their full Potential to become

Responsible Citizens of India.



Happy Teachers Day !

Responses sent by members to the following

As a teacher I'm most proud of...

As a teacher my most special memory is...

As a teacher I loved...

As a teacher my biggest challenge was...

As a teacher what I cherish most is...

As a teacher what I cherish the most is that I have imparted education to children irrespective of religion, financial status or behavior. Today these children who are grandparents themselves are imparting my teachings to their families. So I cherish the biggest gift of being remembered by my students and knowing that my legacy carries on through them.

Severine Andrades, Andheri

As a teacher my biggest challenge was understanding the different learning abilities of the students. Students differ in their grasping, memory, concentration, ability to learn and write and show varied interests in various subjects.

Roshan Doctor, Fort

As a Teacher my most special memories. Even after my accident, The students said Ma'am.. we will not let you down with studies, You get well soon ☐ As a teacher I had a passion to teach the underprivileged students to build their future...☐

Indira Jenna, Andheri

As a teacher my most special memory is when a class 3 student asked me after how many days I would be back, when I had explained in detail to the class that I will go to another city on a transfer of my husband.

Raina Michyari, Fort

As a teacher what I cherish the most is spending time with my students who are just like my children...they want to share their lives....and I want to listen.....

They want to share their joy and sorrow...I want to partake of it....I just cherish being there with them...see them smile...laugh., and get excited to learn....

Mallika David Amulraj, Andheri

As a teacher the most special memory is that since June I was on medical leave. My Principal, colleagues visited me at the hospital and students came home to spend time with me and enquiring about my health and when would they see me in school. What more could I expect than the love of all these.

Shobha Bhalla, Andheri

I loved the opportunity I got to spend time in the company of students during their vulnerable years to discuss issues which were confusing and challenging in a fast changing world and bring about some clarity in their understanding of the happenings around them.

Mary Cheru, Chembur

As a teacher what I cherish most in my students, is their sense of humour, curiosity to learn, helping them in their difficult areas. Making note of their talents & guiding them to grow.

Some choose to keep in touch. Above all, they make me smile.☐

Priya Daniel, Borivali



What I cherish most as a teacher is the child's curiosity, it is the art of helping children to discover to learn because education is their passport to the future.

Patricia Furtado, Bandra

As a teacher I enjoy teaching my students and love being in the company of children. As a teacher my greatest challenge is disciplining so many children entrusted to me.

Agnes Monterio, Borivali

As a Preprimary Teacher my biggest challenge was taking my noble profession as a Mission of Christ. So I dwelt on the 3 Magic Words first, in order to mould my students' tender yet absorbing minds.... The goal in my mind was to aspire to inspire them for FINE LIVING.

Fatima Gomes, Bandra

As a teacher I am proud that I could train and facilitate school teachers and bring about a change in the teaching learning practices which in turn deeply benefits the underprivileged students at large.

Nisha Nair, Chembur

As a teacher what I cherish most is the true joy to witness students faced with various challenges- physical, emotional, peer pressure and isolation, bloom into smart, successful future citizens!

Other students were prompted to empathize with the less privileged too and bond well with all!!

Thank the Lord for His guidance in making me go that extra mile for all students throughout my career..

Rekha Joshi

Even though a long time has passed, I still cherish the love and gratitude of the young minds and hearts I moulded.

Roshil Pinto

Sweet Notings

Sharon Pires

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

The traditional way of teaching with chalk and blackboard, was how we all grew up. Things were tough then, we had to book a book the previous day and run to the library to get it before someone else picked it up. There was limited scope for reading with the constraint of good reading material... but yet we did read.... Today a reader, tomorrow a leader. Today there is information overload but the challenges are different, constant up-gradation and learning of new skills is vital. Teachers challenge young minds by creating the right balance for them to explore their potential.

Wishing every teacher...

A Happy Teacher's day on 5th September.

Live as if you were to die tomorrow, learn as if you were to live forever –

Learning has no age and never ceases until you cease to be, and if you've left behind a good legacy people will still learn from you and emulate your virtues and behavior. Live your best life as you know not the time or the hour of your departure, but be a Life Long Learner and discover the joys of enhanced knowledge and growth. With a desire and thirst for acquiring new ideas and thinking with the passion and power to make 'Learning' your goal you can be an achiever and inspiration to many as we celebrate International Literacy Day on 10th September.



Who Is My Neighbour?

Jennifer Talwalker



For those of us who regularly eat three hearty meals a day plus nibble at something tasty at tea-time, find it extremely disturbing that there are so many poor families who struggle to have even one meal a day. As reported on television, it was sad to know that many pregnant women in our city are so sorely undernourished that they are giving birth to very low-weight babies. The medical fraternity is struggling to cope with premature deliveries and sick mothers-to-be have to share two to a hospital bed.

sometimes even at midnight, presumably for a big order.

What contrasts this city has! Times are hard after the lockdown and I have no answers to the problems of affordable housing or rising food prices.

Full marks to our YWCA feeding programs, especially those catering to children. They are our future and hopefully will live to see a more equitable society.

Yes! This is in our Mumbai which boasts, on the one hand, millionaires living in luxury. In contrast, I am amazed by a large family who sleep on the pavement opposite our building, with a rickety cover over their heads. I see the womenfolk's fingers working fast to string blossoms for the ever-popular gajras that they sell. This, through all weathers and all hours,

Rare Facts

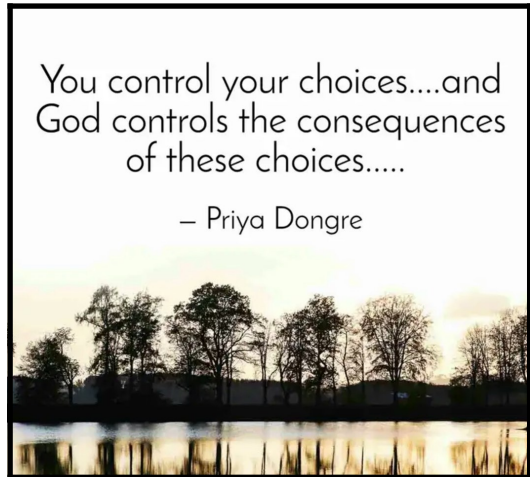


A Bible research note claims that David possessed double the amount of wealth the richest country in the world has today. King David had 1,30,000 talents gold and 10,07,000 talents silver in his treasury. Their value is equal to 6,014,070,000 American dollars! It is two times the value of the total currency circulated in the United States of America.

Quote Priya Dongre

You control your choices....and
God controls the consequences
of these choices.....

– Priya Dongre



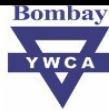
In Memoriam

Evaristo Andrades husband of Severine Andrades Andheri area member expired on 28th July.

Francis Juliano Sequeira husband of Gemma Sequeira, Bandra area member expired on 19th August

We pray for God's comfort and peace to the grieving families.





YWCA OF BOMBAY

Donate

Make a Difference



BANK DETAILS

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



Donations will be used for the welfare of children in communities and shelter homes.

Donate and avail of tax exemption u/s 80G.

After making the donation online, kindly send PAN no., address & payment details to acc.manager@ywcabombay.co.in for acknowledgement letter & receipt.



Basic 3 months
Advance 6 months

Beautician Course

Admissions are now open



Belapur- 8424812240
Byculla - 9326172029
Fort - 9869652178

Certificates will be given on successful completion



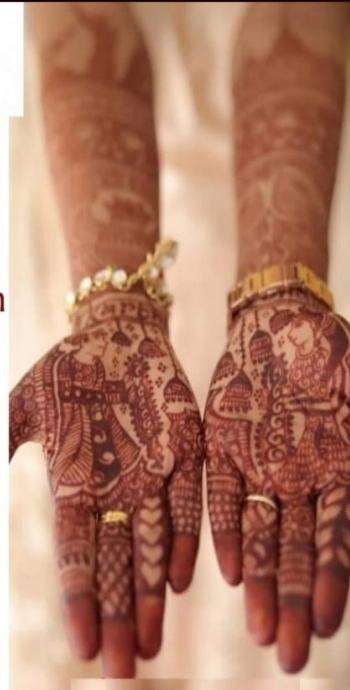
Mehendi Course

Admissions are now open
Basic Course- 3 months

Timing- 1 to 3 pm

Address

Nav Shivneri Co-Operative Housing Society, Waman Tukaram Patil Marg, Opp. Amar Cinema, Govandi Mumbai- 88



Contact
Deepika Tambe
9892777511

Certificates will be issued on successful completion



Tailoring Course

Admissions are now open

Timing

1 to 3 pm & 3 to 5 pm

Address

YWCA of BOMBAY
75, Motlibai Street,
Opp. Baby Garden,
Near Maratha Mandir,
Mumbai- 400 008

Advance Course- 6 months
Basic Course- 3 months

Contact No.
Sunita Waghmare
9326172029

Certificates will be issued on successful completion



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

Ph. : 27570786

Birthdays in September

Date	Members	Area	Staff
1 st September	Jane Gillian Rodrigues	Bandra	
2 nd September	Annie Fernandes	Fort	
2 nd September	Parvathy Venkitachalam	Chembur	
2 nd September			Vidya Pardhe
3 rd September	Esmeralda D'Mello	Bandra	
3 rd September	Maraline Fernandes	Borivali	
4 th September	Geraldine D'Moore	Bandra	
4 th September	Deodita Barretto	Andheri	
			Emmanuel David
5 th September	Hazel Castelino	Fort	
6 th September	Yvonne Alphonso	Bandra	
6 th September	Sarah Oommen	Belapur	
7 th September	Priyadarshini John	Belapur	
8 th September	Smita Pathak	Andheri	
9 th September			Kasturi Manchekar
9 th September			Sadhana Misal
10 th September	Meena D'Souza	Andheri	
12 th September			Mahalaxmi Yadav
14 th September	Sylvia Sprida Fernandes	Andheri	
14 th September	Josephine Fernandes	Bandra	
14 th September	Gertrude Fernandes	Bandra	
16 th September			Vandana Bhoite
19 th September	Mercy Itty	Belapur	
19 th September	Ujwala Reddi	Belapur	
22 nd September			Sangeeta Waghela
23 rd September	Pavana Anchees	Belapur	
24 th September	Dr. Ratna Bhattacharya	Fort	
24 th September			Vaijanti Mane
25 th September	Viola Ohol	Byculla	
26 th September	SMP Cynthia	Byculla	
27 th September	Lisa Aby	Y-Deepa	
27 th September			Renato Sequeira
28 th September			Sejal Kokate
29 th September			Nirmala Samel

WE LOVE YOU ! *Happy birthday* GOD BLESS YOU !

COVID The Year Gone By

President, *Sharon Pires*



The year gone by has been a challenging and difficult one for YWCA, just as it has been for many organisations across India and the world as well. We are not complaining, we are thankful for the hand of God that has upheld our organisation during these tough times and put new ideas and thoughts into the minds of our staff, members and beneficiaries. All our committees have made every effort to curb expenses, generate new ideas and keep the membership and other activities alive. Our meetings did not stop, our connectivity remained strong despite internet and bandwidth issues. We prayed regularly, we reached out often and our homes became our new workplace – doing almost everything from Home not away from it. COVID most certainly taught us many lessons.

Collaboration can happen from home it just requires the intention and desire to make it possible.

Creativity - we all realised our inherent potential and came up with new ways of doing things

Opportunity - we learnt to tap opportunities that came our way and make the best of everything,

we experienced when God closed one door he opened a window for us.

Openness - we realised how important this was for us, to share and care, to be frank and open in our dealings with others, to embrace learning with an open mind.

Viral - the virus and its impact and disastrous consequences had gone viral, creating a global pandemic, and we notice often in our lives too negativity goes viral; why not spread positivity, let it go viral so that it can destroy the negative influences in our lives and make the positive impact truly precious.

Virtual - is something we all learned to embrace, to stay connected, to continue our work and to make our interactions meaningful at a time when restrictions on meeting physically were imposed.

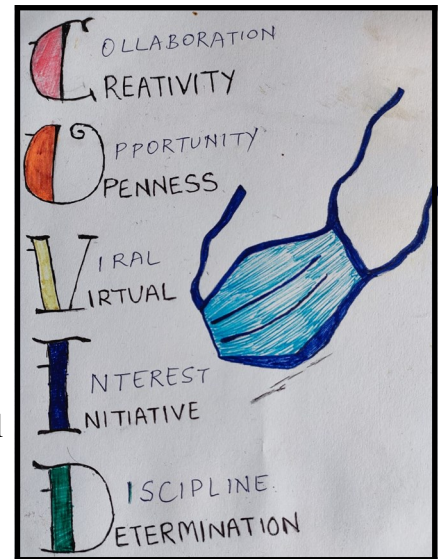
Interest - if we take up something with passion and involvement, we get interested in what we are doing and eventually experience 'Doing something we truly love'.

Initiative - is something that comes from within, we step up and make a difference, we raise our hands and voices and say 'I will do it'. Our staff have come forward in these tough times to take on additional responsibilities and learn new skills and our members too have come up with novel ideas to make working meaningful and engaging.

Discipline - is vital to success, we need to work on this daily and being at home has made us realise the importance of discipline and its impact on our functioning.

Determination - a sense that we can do it come what may, when we work as a team we support each other and ensure the task gets done well. Use your mask to protect yourself from Covid but unmask yourself from negativity, regressive habits and futile thoughts. We are what we think and our thoughts determine our actions... so be positive and productive.

In the past year we have seen a new look to our Jottings, and many new contributors, training programs for our staff on Team building, Relationships etc. Interesting programs for the youth, public, students and members. Renovations to our Asha Kiran building, excellent occupancy and good feedback for our IC and Hostels, reaching out to the Community through our Balwadis, Creches, WDU programmes and Shelter Homes. Youth, Y Deepa and Senior Citizens have been able to engage with YWCA through programs organised for them. I extend my grateful thanks and appreciation to all. Every committee has done their best, along with the staff to ensure we live up to our motto '*By love serve one another*'





ANNOUNCEMENTS



ELECTIONS

Date: Saturday, 17th September 2022

Timing: 10.00 am to 02.00 pm

**Venue: YWCA of Bombay, 75, Motlibai Street, Near Maratha Mandir, Byculla,
Mumbai 400 008.**

*(Please carry your Membership ID Card)
(Lunch will be served and a movie screened from 12.30 pm)*

ANNUAL GENERAL MEETING

Date: Saturday, 17th September 2022

03.00 pm to 05.00 pm

**Venue: YWCA of Bombay, 75, Motlibai Street, Near Maratha Mandir,
Byculla, Mumbai 400 008.**

Members are earnestly requested to participate in both the events.

NOMINATING COMMITTEE ANNOUNCEMENT

**Resumé of the candidates standing for election 2022 - 23 will be
displayed on all the Notice Boards and the photos (hard copy) only
at Byculla Notice Board from Wednesday,
7th September 2022**



Celebrations on the 75th Anniversary of India's Independence in Y Hostels

Vidula Raj

LWH:

India's 75th Independence Day was celebrated with fervent patriotism on 15th August 2022 at 9 am. Residents, Guests, Committee and Area Members, Beautician Course Students, Adolescent Group and Staff were present, with attendance of over 60 people. The heritage building was decorated with multiple flags, rendering a festive look. The ground was covered with flowers in the colour of the tricolour. The National Tricolour was hoisted by senior member Anuradha Patil, after which participants sang the National Anthem in unison. This was followed by a colourful and spectacular programme, a solo dance, a fiery speech and an Independence Fashion Parade by the students. The President gave a soul-stirring speech. The programme was presented by the General Hostels Secretary (GHS) who also gave the vote of thanks. It ended with sumptuous snacks and sweets.



Anugraha:

India's 75th Independence Day was celebrated with patriotism. On 15th August at 8:15 am. Belapur Police Station P.S.I. Sarita Aapke was invited as the Guest of Honour to hoist the National flag. A small cultural programme, included a dance and fancy dress, performed by the Tailoring and Mehndi Class students. Speech were given by the Guest of Honour to encourage all the attendees. The celebration concluded with vote of thanks by the Hostel Secretary (HS), followed by snacks and sweets.



DDH:

Independence Day was celebrated on 15th August 2022 at 9 am. Members, staff, residents and guests attended the programme. The Hostel Secretary (HS) welcomed everyone followed by a prayer recited by CP Vinita Reuben. A new flag post was made in front of the main entrance. Bindu Singh unfurled the Flag and the National Anthem was sung. Forty people attended the event. Patriotic songs were sung, speeches were made and the place was decorated with rangoli, fancy craft and drawings. Area member Shyamal Dhareshwar spoke about her father's experience as a freedom fighter. Vote of thanks was given by Asha Kiran Secretary. Everybody enjoyed the programme and sweets were distributed.



ABH:

India's 75th Independence Day was celebrated with fervent patriotism Hostel Secretary (HS) gave the welcome address. Chief Guest was Yogendra Penche, Senior Police Inspector of Agripada Police Station, who was presented with a Y gift. The Flag was hoisted by our Senior Member Jennifer Talwalkar, followed by singing of the National Anthem. A deeply moving devotion was done by Area Member Vanita Narvekar. Nursing students gave patriotic speeches and sang a song, followed by a group song-and-dance routine by the Bakery Students. Thereafter, a traditional fancy dress programme was conducted, based on Unity in Diversity, where dresses of different Indian States were on display. Vote of thanks was given by area Member Rekha Joshi. The programme ended with distribution of snacks and sweets.



Membership Christina

“Waste Management at home”

An online session on “Waste Management at home” was organized on 8th August by the Membership Committee. Over 40 members attended the session. The speaker Dr Smita Birkar, Founder of 5RCycle Foundation, sensitized the audience about the major issue of waste disposal in India. She emphasized that though measures are being taken for recycling plastic, food wastage continues to be a huge problem that is unaddressed.

As she holds a Post Graduate degree in Plastics Engineering, USA she decided to venture into solid waste management and established 5RCycle Foundation, a non-profit organization which promotes good waste management practices at the grass root level itself.

Prior to Recycling, one must focus on the 4R’s – Refuse, Reduce, Reuse and Repurpose in our daily lives. If each one of us takes effort in this regard beginning in our homes and then in our own societies it will certainly minimize landfill waste and help to maintain a balanced ecosystem. Separating waste at the source itself will help to decrease damaging greenhouse gases. Recycling sector in India will enable conservation of environment, create employment and boost our economy.

She conveyed her thanks to the YWCA Fort area for being part of this initiative since a year and encouraged all other areas to join in this effort. Please get in touch for more details.

Mrudul Raiborde , Fort Area Member

Spiritual Emphasis Christina

The Spiritual Emphasis Committee conducted a virtual meeting on 22 July 2022. Rev. U. S. Raiborde spoke on the topic of ‘Joy’. He shared in detail the difference between ‘joy’ and ‘happiness’, the joy

stealers and its causes and results. He illustrated through the example of Paul and Silas and concluded that God is the source of eternal joy. The meeting ended with a vote of thanks and a closing prayer.

Women’s Development Unit (WDU) Nisha Misal

Deepika Tambe conducted a session on menstrual hygiene on 9th July for 18 adolescent girls and Nirmala Niketan students hosted games for the group.

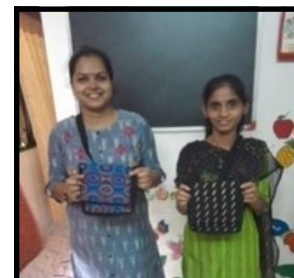
Kiran Patil attended Rationing Kriti Samittee meeting on 12th July at Chembur on new schemes and complaints book.

Vaishali Shinde conducted a family planning session for 8 community members on 15th July at Kanjarwada.

Balwadi teachers distributed 150 meal boxes and Kelloggs to Balwadi and study class children at Belapur, Fort, Byculla and Chembur.

All community staff attended The Breakfast Revolution (TBR) orientation meeting of Decimal Foundation. on 20th July.

Deepika along with 6 tailors of Chaitanya Mahila Bachat Gat visited Jijabai Mahila Bachat Gat Garment Factory at Ghatla. They are now being trained for stitching bags



Balwadi report

Parents meeting was organised at all Balwadis in July. Para social workers gave details about Vocational Courses run by YWCA at different centres. Primary health centre staff shared information about water borne diseases, its types, symptoms, prevention and treatment. Teachers explained rules and regulations of the Balwadi. The details of the programme on Water borne diseases are as follows:



Centre	Resource person	No. of Participants
Belapur	Dr. Archana Tawade, Sunita Patil (A.N.M.) & Team	63
Chembur	Bhakti Patil (ANM) Vaishali Shind (CHV)	37
Fort	Mr. Dharmaprakash Kori Medical Officer	55
Byculla	Dr. Darshan Patil, Suchita Joshi –PHN	10

Kiran Patil visited Fort Community, parents of balwadi and creche children. Parents were given an overview of this meeting which made them aware of BMC primary health centre facilities. This benefited them largely. The work of YWCA was highly appreciated by the BMC and the beneficiaries. Parents gave positive feedback and praised the activities of the Y.

Capacity building:

Certificates were distributed to participants on completion of Fast Food Training and beautician course on 7th July at Byculla.

Certificates were distributed to participants of Beautician course, Fort area on 22nd July. WDU members Ovita Parulekar, Administrative Secretary, Priya Dongre, Vidula Raj and Nisha Misal attended the program inspiring the students and guiding them towards being independent and aiming high in life. Kiran Patil was appreciated by committee members for her generous and kind work.

President, Sharon Pires, Co-Chairperson, Sharon Solomon, Nisha Misal, Dolcy D'Souza, Nachita Desai, Rasika Dabre, Nirmala Samel, Sejal Kokate, Shraddha Dhepe and 120 Nursing and Bakery Students attended a Leadership Programme which was organised on 3rd August. The speaker for the session was Dr. Narayan Iyer, CEO of Indian Development Foundation. This session was initiated by Indira Jenna. The session was very inspiring and motivated all the students and staff of YWCA. Dr. Narayan gave premix cake packets as a token to all present.





Staff Capacity building

YMCA collaborated with YWCA on their new venture on VTC Nursing aide course at Kanhe Branch. The inauguration was on 29th July. Our President Sharon Pires along with our Nursing tutors Ms. Rasika Dabre, Ms. Nirmala and WDU programme officer Ms. Nisha participated in the programme. They shared their experiences with the students and the YMCA Team.



Health: General Health Check-up camp was conducted on 15th July by L&T Health Centre at Chembur Shivneri Nagar for 113 beneficiaries.



YWCA was pleased to partner with Indian Development Foundation (IDF) on Har Ghar Tiranga movement where our VTC students from the tailoring department along with the teachers made 100 Indian Flags for IDF. Staff and Students were really happy and satisfied that they contributed their bit to our Nation.



Bakery

Coccart employed 8 students in their Food Production and Pastry Department. Chinese Wok employed 3 students in their Food Production Department. Joolie Harad received an appreciation certificate and Best Trainee of the month from Courtyard Mahableshwar in the Pastry Department

Psychological Counselling

Byculla		Belapur		Shelter	
New	Follow up	New	Follow up	New	Follow up
03	12	04	06	03	17

Asha Kiran Shraddha More

General Medical Camp was held on 12th August with the collaboration of Senior Citizen Group of Versova and Indian Federation on Ageing. Following tests were done: Blood pressure, Random Blood Sugar, Eye check-up, Thyroid and General Physician check-up. Eighty people attended. Free medicines were given.



Notebooks donated by Lions Club of Versova were distributed among Study Centre girls.



Orientation for both batches of Beautician Course was given on 18th July. Introduction and information about the various programmes run at YWCA was given by Asst. Coordinator, Shraddha More.



Cooperative Housing Society Management Course

Batch No 1 to 6 evaluation report is as follows:

Students who have completed the Course- 154

Students working as managers - 66

Students working as consultants - 7

Total Number of empowered students -73

Success stories

1. Saniya Sawant ex-student of Advance Tailoring is working with Animedh Trust, Andheri-E as a Supervisor since the past three years. She is drawing a salary of Rs.16,500/- together with other benefits.
2. Punita Chawrasia and Afrin Shaikh our ex-Advance Tailoring students are also working with Animedh Trust since the past two months and drawing a salary Rs.8,000/- per month.
3. Rehman Shaikh, from the Boys group is working with Amazon as a Manager and drawing a salary of Rs.30,000/- per month. We had referred him to Kotak Education Trust.

Shelter Homes Dolcy D'Souza

A programme on how to make sustainable products from waste (Best out of waste) was conducted on 31st July. A Tree plantation programme was also conducted on the same day at Ashray Shelter Home.

Success stories of the Shelter homes:-

A) Manav Seva Sangh referred to us a girl who has been an orphan since childhood and was kept in different shelter homes. She had no identity, so Police named her Baby Ali. She was suffering from TB when she entered our Shelter Home. With proper treatment, yoga, meditation and special diet, she is doing very well. She appeared for the HSC exams and wants to complete further education in computer technology. Currently she is working as a caretaker and earns Rs.18,000/- per month. She is very happy as she gets money as well as a good family.

B) - A professional nurse referred by One Stop Centre had to go through constant mental and physical harassment by her husband as he was always demanding money without going to work. She had to go through a lot of distress and anxiety due to this. She was humiliated by the constant arguing and violence in front of the children. She was devastated when there was no one to support her and decided to leave the house and registered her case at One Stop Centre. They shifted her to Ashray Shelter Home with her two children. Through counselling we realized that they were very disturbed. Counselling sessions were started by using Mpower Organisation. This had a positive effect on her work and she started doing well. Now she is working harder and earning more money. She took a rented house and is living peacefully with her children.

Area Reports Christina

In all areas orientation for Election was conducted by Nominating committee members.

Andheri Area: Twenty six members attended the meeting on 4th August which began with a devotion led by Sadhana Powar. Birthday greetings were exchanged followed by a talk by Vaishali Gandhi Shah, an impact entrepreneur. Vaishali co-founded *Srujna Charitable Trust*, an NGO for women empowerment, eleven years ago through which they have impacted the lives of over 55,000 women across India. She is also the founder of *Your Purpose Company*, which conducts training and coaching sessions for the growth of women in India. She has won over eight national and international awards for her work and also been featured in leading media publications for her work. It is her belief that together, women will change the world and to that end she leaves no stone unturned.



Bandra Area: : Nineteen members and two guests attended the meeting on 6th August which began with a . devotion led by Joanne Pereira. Members celebrated the birthday of Ms. Fatima Gomes who sponsored the snacks for the meeting. The Ekta Programme was discussed. The activity for the month was a beach clean-up at Bandstand Fort on 7th August at 8.30 am. Antoinette Pereira concluded the meeting with a song. It was a memorable meeting.



Belapur Area: : Dolly Soloman led five members in a devotion to begin the meeting on 13th August. Mary Mathew spoke on the topic of *Independence Day*, highlighting the plight of the underprivileged women in our society. Members also discussed the EKTA programme.

Area Reports Christina

Borivali Area: Eight members and one guest attended the meeting on 4th August which began with a devotion by Doris Bhandare. Shalini conducted a Zumba session. Members shared birthday wishes for Doris and Lily Sebastian. On 11th August, Lawrence D'Souza led a session on *How to Thrive Through Old Age*.



Chembur Area: Nita Susan Jacob led six members in a devotion to start the meeting on 6th August. Lovey Pariyaram spoke on *Unity and Diversity*. Members sang a few patriotic songs - Jayanti Premkumar sang *Aye Watan Aye Watan*, Alpana Banerjee sang *Tere Aawaaz Pe Koi Na Aaye Agar* and Mary Cheru sang *Rise India Rise*.

Byculla Area: Six members and three guests attended the meeting on 2nd August which began with a devotion by Emema Christy and prayer fellowship. Members discussed the Ekta Programme and Independence Day.

Fort Area: Raina Michyari led seven members in a devotion for the meeting on 10th August. Members discussed the Ekta programme and a visit to the *Piety Home* followed by a prayer fellowship.

Tickle your Tastebuds Angela Fernandes

Dry Bombay duck Pickle

Ingredients :

25 slim bombils (dry Bombay Ducks), cleaned (fins and stomach part clean) wipe with a damp cloth, left to dry
25--30 green chillies (spicy or non-spicy) depending on your taste
1/4 kg cleaned garlic
1/2 teaspoon each mustard, methi, cummin, pepper (all roasted)

Procedure :

Slit the dry Bombay ducks in smaller pieces and fry till crispy in deep oil, strain and set aside.
Then, in the same hot oil add 6 sprigs of curry leaves, let them splutter, add turmeric, and the paste of green chillies, garlic, roasted mustard seeds, cummin

seeds, methi, and pepper corns, all ground in 250 grams of apple cider vinegar; fry till aroma emits, paste thickens and water dries up. Finally add the fried Bombay ducks, add salt to taste. Mix well.

The Bombay duck pickle is ready to eat after 2--3 days.

Store In glass containers.

#Remember green chillies, salt and apple cider will be according to your taste buds.

I definitely need a feedback, and a picture, when you prepare it....





**Bombay
YWCA**

Empowering Women



**Admissions open for
Short-term Bakery Course**

Hurry!!!
Batches are filling up fast

For details, contact
NACHITA -9969481083/9769097448

Enroll Now



YWCA of Bombay

Online Care-giver Course

Starting soon

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.

For more information contact:
Nirmala Samel (Nursing teacher)
022 23096544/55
Ext: 206



**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

**We are Hiring!
Join our Team**

YWCA of Bombay invites applications for the post of Assistant Co-ordinator, Women's Development Unit (WDU) - Female candidate

Requirements

- MSW with knowledge of Computer
- 3-5 years of experience in managerial role
- Age: 30 – 50
- Fluency in English, Hindi and Marathi
- Christian

Please apply with expected salary and recent photograph to YWCA of Bombay, 75, Motlibai Street, Near Maratha Mandir, Mumbai 400 008.
Email: admin.secretary@ywcabombay.co.in

Programmes and Committee Meetings for September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Borivali Area 11.30 am Andheri Area 3.30 pm	2 Anugraha Meeting 3:00 pm	3 Bandra Area 3.00 pm International Centre 1:00 pm Fort
5 Fort Area 11.00 am LWH Meeting 2.30 pm	6 Byculla Area 11.00 am ABH Meeting 2.30 pm	7 PASI Meeting 2.00 pm Fort AK/DDH Meeting 1.00 pm	8	9 Shelter Homes Meeting 11.00 am Asha Kiran General Hostels 2.30 pm Chembur Area 3.30 pm	10 Belapur Area 12.00 noon WDU Meeting 2:00 pm Byculla
12	13 Personnel Meeting 11.00 am Jottings Meeting 4.00 pm	14 Finance Meeting 2.00 pm	15	16 Board Meeting 2.00 pm	17 Election 10 am to 2 pm AGM 3.00 pm Byculla
19	20	21	22	23	24
26	27	28	29	30	

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