



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. 294 November 2023

YMCA and YWCA Week of Prayer and World Fellowship

**A joint message from the Presidents of World YWCA, Mira Rizeq and World
YMCA, Soheila Hayek**

As we prepare to embark on our Week of Prayer and World Fellowship this year, under the theme, 'Seeds to Blossoms: Cultivating Hope and Love in Solidarity,' we invite you to reflect on the profound connection that binds us together as part of the global YWCA-YMCA movement and family. We are an assorted garden of individuals, each unique and requiring different care to thrive, much like the various plants we can cultivate, while pushing together toward a brighter future right now and for generations to come.

In our movements, we embrace a diversity of backgrounds, cultures, and perspectives. Just as in a garden, where we can cultivate an array of plants, we encourage you to recognise the beauty and strength that comes from this diversity.

Some may require more sunlight, while others flourish in the shade. Some need regular watering, while others thrive with occasional nurturing. Our differences can indeed be our strength; in recognising this, we honoured the essence of intergenerational solidarity and shared leadership that can go beyond any potential barrier.

Much like the gardener who tends to each plant's specific needs, we can nurture one another by listening, learning, and adapting our support to ensure that every individual within the communities we serve can grow and bloom. By acknowledging and respecting each person's uniqueness as a human being with human rights, we embody the true spirit of solidarity and contribute to the global garden of peace, justice, and equity.

As we reflect on the journey from seeds to blossoms, let us also remember that the care we provide today may not yield immediate results. Just as a tiny seed takes time to grow into a mighty tree, our efforts in supporting one another may require patience as well as the creation of the right environment. We may plant the seeds of positive change today, and future generations may enjoy the fruits of our labour. But this can be an opportunity for us as individuals and as a global community to learn and adapt to the understanding that our actions today can be the foundation of a more vibrant and inclusive YWCA-YMCA movement tomorrow.

In this Week of Prayer 2023, we invite you to come together in prayer with open hearts, embracing the diversity that enriches our movements. Let us reflect on the gardeners who tend to each other's needs and can create a safe space and environment where every seed can grow into a beautiful blossom. May this Week of Prayer inspire us to cultivate hope and love, strengthening the bonds that unite us for positive change.

We look forward to our collective reflections, prayers, and actions as we navigate this inspiring journey together.

With warmth and solidarity,
Mira Rizeq - President, World YWCA
Soheila Hayek - President, World YMCA



Theme:
FROM SEEDS TO BLOSSOMS
CULTIVATING HOPE AND LOVE



Date	Day	Topic /Passage	Time	Venue	Resource Person
12th Nov 23	Sunday	Nourishing the Ground - with Hope for Growth	9.00 am to 10.30 am	St. Stephen Church, Bandra	Rev. Thomas Jacob
13th Nov 23	Monday	Sowing the Seeds of Solidarity - for a flourishing future	7.00 pm	YWCA Belapur	Ms. Eunice James
14th Nov 23	Tuesday	Tending with Care - Towards nurturing environments		Procter Branch, YMCA, Byculla	Will be updated
15th Nov 23	Wednesday	Guardians of Growth - Enhancing Solidarity Building		YMCA, Ghatkopar	Will be updated
16th Nov 23	Thursday	Pruning For Resilience-to shape transformation	3.00 pm	YWCA Andheri	Pastor Ameya Chavan
17th Nov 23	Friday	Harvesting the fruits of Unity	3.30 pm	YMCA Sonapur Community, (Bhandup)	Will be updated
18th Nov 23	Saturday	Concluding Day Seeds To Blossoms: Cultivating Hope and Love in Solidarity	7.00 pm	YWCA Fort	Mrs. Sybil Thomas

Old but Golden
Jennifer Talwalker

Recently Shantha John and I paid a visit to Byculla Y's current oldest member Esther Kurien. Some of you may remember the days when she was very active in all our programmes.

Dear Esther Kurien welcomed us with a big smile. At over 100 years old her complexion remains smooth and her daughter Shanti claims her appetite remains good.

Of course, she needs a wheelchair and a walker, but she retains a keen interest in our programmes. What impressed us was her clear mind on old hymns and Bible content. It was a pleasure to sing and pray with her and remember old times.

May we all grow old gracefully, though weak in body, strong in faith.

Happy Birthday

Birthdays in November

Date	Member	Area	Staff
1 st November			Sachin Namaye
2 nd November			Vidula Raj
4 th November	Serena Ubale	Y-Deepa	
5 th November	Tiara Kunder	Bandra	
5 th November			Priyanka Pawaskar
6 th November	Joise Fernandes	Andheri	
6 th November	Helen Noronha	Bandra	
6 th November	Antoinette Pereira	Bandra	
7 th November	Iris Rodrigues	Fort	
7 th November	Jayshree Jethwani	Bandra	
12 th November	Swarupa Emmanuelle	Fort	
13 th November	Sandra Francis	Fort	
15 th November			Asha More
16 th November	Lavina Shirsat	Byculla	
16 th November			Namrata Shelar
17 th November	Carol Monthero	Byculla	
17 th November	Threezza Martis	Borivali	
18 th November	Aneela Rao	Fort	
20 th November	Chandraprabha Nundy	Belapur	
20 th November			Manish Chirankar
25 th November	Meena Sathe	Andheri	
26 th November	Vanita Patel	Bandra	
26 th November	Anaiah Londhe	Y-Deepa	
27 th November	Susan Thampi	Chembur	
27 th November			Vaishali Shinde
29 th November	Kamalini Suchitta	Andheri	
30 th November			Dinkar More



Count your life by smiles, not tears.

Count your age by friends, not years.

HAPPY BIRTHDAY, We love you!!!

Sweet Notings

- Sharon Pires

Kindness is doing what you can, where you can, with what you have.

Kindness is beautiful. As we reach out to one another in love and service, we bring happiness and hope, and experience peace and joy in return. Kindness is a soul-stirrer; it energises the mind and heart of both the giver and the receiver. Let us minister to one another on **World Kindness Day on 13th November** and feel the therapeutic healing that caring and sharing can bring.

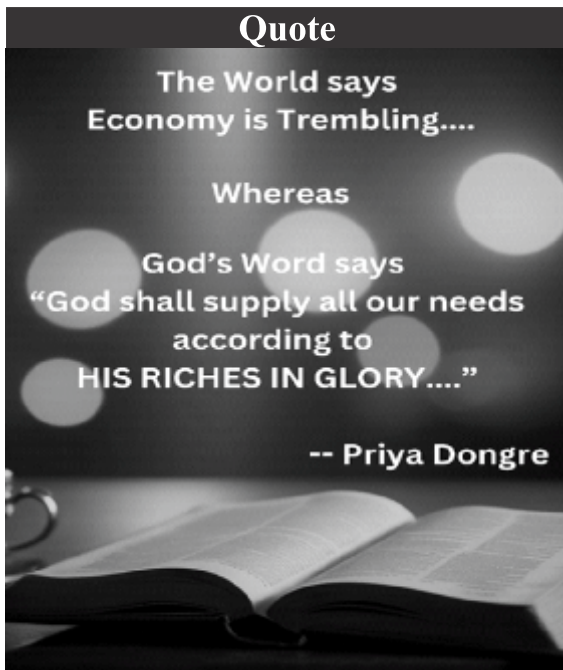
Every child is a different kind of flower and together they make this world a beautiful garden.

Unique and special, with a variety of talents and behaviour, children manifest beauty that only they can exuberate. We need to encourage children to be themselves, to

express freely and to shine. Children are God's gift to our world, and we need to create an environment where they feel wanted and loved. Let **Children's Day on 14th November** be the start of this exceptional bond.

There are not one but many reasons to call you MANTastic and you are a real man even when you are hopelessly roMANTic.

Let us celebrate the men in our lives, their love, support, encouragement, toughness, commitment and perseverance. Both men and women make sacrifices to make this world a better place. Just as it is said behind every successful man there is a woman, it also works the other way around. Wishing every man a **'Happy Men's Day' on 19th November**.



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Rare Facts



The Animal with the Biggest Brain

The sperm whale has the largest brain in the world. Incredibly, the sperm whale has a brain that weighs around 18 pounds. This fact is not that hard to believe considering that the sperm whale (or cachalot) is the most enormous-toothed whale, not to mention the fact that it is the biggest toothed predator.



Contributed by Angela Fernandes

It's time to take a look at how amazing (and a bit freaky!) we all are!

Check out these **05 fascinating facts** about the human body...

1. Your mouth produces about **one litre of saliva** each day!
2. Your brain is sometimes **more active when you are asleep** than when you're awake.
3. Laid end to end, an adult's blood vessels could **circle Earth's equator four times!**
4. The word "**muscle**" comes from the Latin term meaning "**little mouse**", which is what ancient Romans thought flexed bicep muscles resembled.
5. Bodies give off a **tiny amount of light** that is too weak for the eye to see.

Contributed by
–Rekha Joshi

Source- National Geographic Kids Magazine



ANNOUNCEMENT

Your Feedback on Jottings -
Newsletter may be sent to
Mildin Nadar, Staff designate at
jottings@ywcabombay.co.in



Evening of Carols

Saturday

2nd December 2023

Time: 5 pm

LWH Fort

Theme:

Jesus-Born to Love

Seniors Day

Date: Thursday 23rd November
10.30 a m- 3.00 pm

Venue: Heritage Hall, LWH, Fort

Theme: '**Celebrate You**'

Guest Speaker:

Salome Roy Kapur

Registration fee Rs.120/-

Shalini Dongre (18th May 1927 – 27th September 2023) Shanta John



It was with profound grief that we heard about Shalini Dongre's sad demise. She joined the YWCA of Bombay in her early 20s, as a staff, when she completed her graduation from Wilson College. She was sent to Ooty for YWCA Secretary's Training. Thereafter she worked as Programme & Membership Secretary. She continued working till she got her 1st child. Later in 1959 she joined Y as a member and continued till her end, 54 years. She served on all committees and was the President of YWCA of Bombay from 1989 to 1991. She also served on YWCA of

India National Committees. She continued to participate in the programmes of the Y till age-related disabilities arose. Through the bakery department, nutrition education to the underprivileged in the community was one of her pet projects. She always looked out to do something more for people and successfully carried out her dreams.

Most significant features of Shalini were her high sense of moral values, love of people, simplicity in word, thought and deed, sense of dedication and broad-mindedness. One learnt a lot from her. She was a source of inspiration for most of us.

Strong faith in God and service to all with love was her strength. She was a wonderful, caring and loving wife, mother and grandmother and an affectionate and sincere friend. Shalini was, to my mind, as perfect as any human being could get. I was privileged and fortunate to have known her and will cherish and treasure her friendship forever.

ANNOUNCEMENT



Dear Esteemed Members and Cherished Friends,

The PASI Committee is elated to share with you a momentous collaboration that warms our hearts with pride and optimism. The YWCA of Bombay, in its enduring commitment to the well-being of our environment, has joined hands with The Recycling Company, affectionately known as Threco, to embark on a journey of E-waste collection and recycling.

Threco stands tall as one of India's foremost Integrated Waste Management enterprises, holding the esteemed authorization of the Maharashtra Pollution Control Board (MPCB) to recycle a spectrum of materials, including E-waste, metals, cables, Li-ion batteries, solar panels, and paper.

This venture's significance lies in its comprehensive approach, encompassing a diverse range of electronic items, spanning from laptops, desktops, monitors, keyboards, and mobiles to printers, remotes, routers, cables, headphones, accessories, batteries, telephones, chargers, cooling devices, air conditioners, televisions, ovens, music systems, electronic toys, refrigerators, tube lights, and so much more.

To facilitate and embrace this eco-friendly initiative, Threco has thoughtfully provided three dedicated bins for E-waste collection. These bins have found their

home within our very own YWCA centres, each thoughtfully selected to serve as convenient E-waste drop-off points for those associated with and residing near these locations:

- 1) Asha Kiran, Andheri
 - 2) Achamma Bhavan Hostel, YWCA, Byculla
 - 3) Lady Willingdon Hostel, YWCA, Fort
- We stand united and extend an open invitation to all YWCA members and everyone in our extended community to participate in this endeavour. Together, we can collectively channel our efforts towards a cleaner and more sustainable environment.

Our mission is simple yet profound: Reduce, Reuse, and make a positive impact in our ongoing commitment to protect our beloved Earth, ensuring its preservation for generations to come.

As we embark on this journey towards environmental stewardship, we express our heartfelt gratitude to each and every one of you who has lent your support and enthusiasm to this noble cause. Together, let us make our world more beautiful, meaningful, and sustainable.

Your contribution matters, and your alliance in this endeavour is deeply appreciated. We look forward to a lasting and enriching association as we work hand in hand to create a cleaner and brighter future.

With warm regards and gratitude,
PASI Committee

General

Annual Medical Checkup for 101 permanent and contract staff was held on 4th September at Byculla.



Spiritual Emphasis (SE)

The SE Committee organised a retreat on 2nd September at Asha Kiran, Andheri. Guest Speaker Rosy Tennison spoke on the theme 'Building Young People' and encouraged young people to get involved in churches. Lunch was followed by Bible quiz and fellowship.



Asha Kiran

34 study centre and crèche children participated in the Swachh Bharat Abhiyan on 12th September. Children were made aware of cleanliness in their surroundings and the importance of washing hands.



15 students registered for the Care-giver Course which commenced from 11th September

Self-grooming stall by beauty parlour and pani puri stall by SHG group were put up on 16th September for AGM at Byculla.

Raincoats, school bags and notebooks were donated to Study-centre and crèche children by Juhu Lions Club on 6th September followed by lunch.



Assistant Co-ordinator Chhaya Gadge conducted an interesting and interactive session on POCSO on 10th October for 41 participants.



19 parents were present for Parent-Teacher meeting for crèche children on 12th October. Future programmes regarding education and health were discussed.

Women's Development Unit (WDU)

- Outdoor games for Balwadi children were organized.
- In September Decimal Foundation organized:
 - Palm painting and pataka for Balwadi and creche children.
 - A session on Nutrition and Balanced Diet for Balwadi and creche parents.



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

Ph: 26702831/ 26702863

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

➤ Breast-feeding sessions were organised for Balwadi parents.

Date	Centre	No. of Participants	Resource person
25/09/2023	Chembur	14	Dr. Supriya Nagre
27/09/2023	Fort	35	Dr. Vishaka Banote
27/09/2023	Byculla	14	Shradha Dhepe -Nursing Teacher
11/10/2023	Belapur	56	Dr. Archana Tayde
	Total	119	

Health :

- General Medical Camps were organised at Byculla and Chembur in September for 95 and 104 beneficiaries respectively.



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

➤ **Adolescent group:**

Ozone Day drawing competition was organized for 154 Study class students at Belapur and Byculla and Adolescent groups at Fort, Chembur and Geeta Nagar communities in September.

Objective of Ozone Day: Preservation of ozone layer and raising awareness of the need for continued action to safeguard this crucial region of the Earth's atmospheric layer.



➤ **Senior Citizens Group:**

Chembur: 15 Senior citizens actively participated in the festival dance workshop conducted by Yoga teacher Sunita Kamble on 25th September.

➤ **Capacity-building programme for Staff:**

- a. Kiran Patil and Sulbha Gopane attended monthly Rationing Kriti Samiti meeting on 12th September.
- b. Toy Bank conducted a training programme for teachers on 20th and 29th September at Fort and Byculla.

Special Event - Teachers' Day was celebrated on 9th September at Byculla.

Sustainable Livelihood:

- Fort: Conducted meeting with Kranti Mahila Bachat gat on 5th September on bank savings and stalls at AGM.
- WDU beneficiaries participated enthusiastically on AGM Day by putting up stalls for Mehndi and accessories.



Bakery:

• Placements

Sr. No.	Name of student	Hotel	Monthly Income (Rs)
1	Atharva Jankar	Barbeque Central Kitchen	15000/-
2	Mohit Nakti	Bawa International	12000/-
3	Ganesh Kamble	Cling Confectionery	18,000/-
4	Pradnya Ausarmal	Vaishali Kitchen	10000/-

Nursing:

1. Clinical internship of Nursing-care Course commenced in the following hospitals:
 - Parsee General Hospital
 - BSES Hospital
 - Wockhardt Hospital
 - Dalvi Hospital
 - Jain Hospital
 - Ruxmani Hospital
2. Nursing teacher Shraddha Dhepe conducted a session on Acupressure and Sujok in Belapur & Chembur community on 11th, 17th and 18th September.
3. Nursing teacher Akshaya More conducted a session each on Arthritis and Hand-washing in Geeta Nagar community, Fort community and Byculla in September.

Shelter Homes

International Homeless Day was observed on 10th October at Ashray Shelter Home. Assistant Commissioner and BMC CDO/CO attended the programme. Different activities were conducted.



Products prepared by residents of Shelter Homes were sold on AGM Day.



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

Ph: 22020122
22823411

Area Reports

•Y Areas Election Result

Area	Members Present	Day & Date	Chairperson	Secretary	Treasurer	Committee Members
Andheri	23+1 guest	Thursday, 5 th October	Lora Saldanha	Sharon Solomon	Nutan Mistry	Sushila Shetty Sadhana Powar
Bandra	22	Saturday, 7 th October	Flavy D'Souza	Louella Rana	Helen George	Clotilda D'Souza Jacinta Lobo Vanita Patel Patricia Furtado
Belapur	7+1 guest	Monday, 9 th October	Mary Mathew	Rajitha Chandran	Jyotima Rajput	Chandraprabha Nundy Myrtle Shipley
Borivali	12+1 guest	Thursday, 5 th October	Ceydrice D'souza	Wilma Galbao	Doris Bhandari	Yvonne D'Souza Janet D'Costa Lily Sebastian
Byculla	10	Tuesday, 10 th October	Dr. Sonal Ohol	Rekha Joshi	Vanita Narvekar	Swati Das Ovita Parulekar Saroj Hilbert
Chembur	12+3 guests	Friday, 6 th October	Nita Susan Jacob	Mary Cheru	Jayanthi Prem kumar	Susan Philip Susi Jacob Nisha Gopalan
Fort	10	Thursday, 12 th October	Teofilda Pinto	Sandra Francis	Pamela Azaredo	Dr. Anuradha Patil Elaine Fernandes



Byculla



Belapur



Bandra



Chembur



Borivali



Andheri

Programmes and Committee Meetings for November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Borivali Area 11.30 am	2 Fort Area 10.30 am Andheri Area 3.30 pm PASI Meeting 2:00 pm Byculla	3 Chembur Area 3.30 pm	4 Bandra Area 3:00 pm WDU Meeting 11:00 am Byculla SGMA Meeting 11.00 am Fort
6 Belapur Area 11.30 am Anugraha Meeting 2:00 pm Belapur	7 Byculla Area 10.30 am ABH Meeting 12 noon Byculla Shelter Homes Meeting 2:30 pm Asha Kiran	8 DDH Meeting 3:00 pm Andheri	9 LWH Meeting 2:30 pm Fort	10 PIYA 7.00 pm On Zoom General Hostels Meeting 1:00 pm Byculla	11 AK Meeting 11.00 am Andheri IC Meeting 10.30 am Fort Membership Meeting 10.30 am
13	14 Holiday	15 Buildings Meeting 11.00 am on Zoom	16 Jottings Meeting 11.00 am on Zoom Spiritual Emphasis Meeting 1.00 pm Asha Kiran	17	18 Personnel Meeting 10.30 am on Zoom PR Meeting 1:30 pm Andheri
20 Finance Meeting 10.00 am (Tentative) on Zoom	21	22	23	24	25 Board Meeting 10.00 am Byculla
27	28	29	30		

DROP IT IN

If you do not receive a copy of the JOTTINGS for the month please inform our Byculla office immediately.

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 Vocational Training Institute. email : ywcajottings@gmail.com
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