



*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. 304 October 2024

## **President's Message** **Pavana Anchees**

At the outset I thank God Almighty for His Richest Blessings upon YWCA of Bombay for the past 149 years. As we step into the 'sesquicentennial', I am overwhelmed by the glorious ways in which the Lord has led us thus far. We gratefully acknowledge the selfless and dedicated service of both volunteers and staff through the turn of two centuries and I know we have miles to go. As we read in Jeremiah 'For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future'.

I thank each one of you for vesting your faith and confidence in me. This is indeed a great honour and I shall do my very best, serving as the President of YWCA of Bombay. The word of God reminds us in Philippians 2:3 "do nothing out of selfish ambition or in vain conceit. Rather in humility value others above yourselves." I

have a great team to work with. I thank God for each one of them. I do know that each of us has received a gift from the Lord and we shall use it to serve one another as good stewards of God's varied grace, with commitment and steadfast faith as the Bible teaches us.

I take this opportunity to thank Ms. Blessy Babychan for her leadership in the past two years and the outgoing members of the Board. We have had the service of many volunteers who served in committees in various capacities. A big thank you to each one of them. I also wish to express my deepest gratitude to the General Secretary, Ms Therese George and her team of Staff members for their commitment and devotion to duty.

Let us spur one another on, toward love and good deeds, encouraging one another! May God bless us all!

## **God Predicted This: How to Stay Strong in a World Gone Astray**

**Annie Cardoz**

Today, faith seems to be fading with godlessness on the rise. Mocking Jesus has sadly become a trend. For example, the opening ceremony of the Paris Olympic Games had a blatant parody of the Last Supper. A drag queen, wearing a crown resembling a monstrosity, was seated at a table in clear mockery of Leonardo da Vinci's iconic painting, alongside a nude singer symbolising Dionysus, the god of wine. This public display of disrespect reflects a deeper issue—a world drifting further from God's truth. Furthermore, across Europe, there is a troubling rise in attacks on Christians where churches are being vandalised, burnt and desecrated. Many are repurposed into coffee shops and hotels, as declining faith and financial pressures push them into secular hands.

This should not surprise us because God warned us about all this. Prophet Isaiah reminds us that people will call "evil good and good evil" (Isaiah 5:20). Jesus warned us about persecution in John 15:18.

Through these dark times, and no matter how fierce the opposition, we must remember God's promise: "I will never leave you nor forsake you" (Hebrews 13:5). The world is desperate for hope, love, and light—things only found in Christ. We are called to be the salt of the earth to share the message of salvation that Jesus offers. Every voice matters. Take a stand today. Pray boldly. Speak courageously. Be the difference because Jesus has already overcome the world (John 16:33).

### **Interesting Facts of our State - Maharashtra**

**Compiled by Rekha Joshi**

Maharashtra in the west of India, with Mumbai as its capital as well as the 'Commercial' capital of the country, is the largest industrial and retail market globally, which is a unique feature about Maharashtra. It plays a vital role in the social and political environments of India. It is an influential state in India in industrial and agricultural output, education, exchange and transport.

The term "Maharashtra" came from the word "Maharishi (great chariot driver)".

It is the third-biggest state in India, the second-most populated state and home to about 124.7 million people.

The natural beauty of Maharashtra lies in being positioned with the Arabian Sea to the west and the Sahyadri range in the north. There are about 8 beautiful areas in Maharashtra. These are white-sand sea

beaches, greenery, population-free hilly areas, ancient temples and caves. Variety in culture and nature is inter-woven very easily here, and is a unique feature about Maharashtra. It is known as "the land of scholars, saints, and actors" as the maximum people in Maharashtra have attained their success in these fields of work.

It has the highest number of old forts, which is 450 and the maximum number (6) of "UNESCO World Heritage Sites" compared to the rest of the Indian states. Among around 1200 ancient caves in India, Maharashtra conserves nearly 800 caves in about 65 varied areas. The age of some of these caves is around 1500-2200 years.

Lastly, it is home to around 49 incredible Wildlife Sanctuaries, 6 National Parks and 7 Conservation Reserves.

## Birthday List for the month of October 2024

# Happy Birthday

Date	Members	Area	Staff
1st October	Vera Correia	Andheri	
1st October	Shyamala Dhareshwar	Andheri	
3rd October	Martha Dias	Fort	
3rd October			Dashrath Beloskar
4th October	Sharon Sara Jacob	Youth Chembur	
5th October	Vimal Alex	Byculla	
5th October	Jayshree Bardey	Byculla	
5th October			Priya Dongre
6th October			Subramanian Gomathi
9th October	Sabina Andrew Pereira	Borivali	
9th October			Ranjana Jadhav
9th October			Megan Menezes
10th October	Lalitha Fernandes	Borivali	
10th October			Vinod V. Kamble
10th October			Rasika K. Dabre
12th October	Grace Nitin Dongre	Y Deepa	
12th October			Nikita Kadam
13th October	Nilambari Ahir	Byculla	
14th October			J. D. Solanki
17th October	Daisy Jacob	Chembur	
19th October			Shashikant Bhatkar
19th October	Patricia Furtado	Bandra	
20th October	Sushila Devgupta	Andheri	
21st October	S Rajalakshmi	Andheri	
23rd October	Satyam Balachandran	Chembur	
24th October	Shobha Bhatia	Andheri	
25th October	Tehzeem	Andheri	
	Ahmedabadwala		
26th October	Agnes Monteiro	Borivali	
27th October	Lorraine Aguiar	Byculla	
29th October	Priya Daniel	Andheri	

*Count your life by smiles, not tears.  
Count your age by friends, not years.*

**HAPPY BIRTHDAY**  
*We love you!!!*



**Please Note**  
**Important Guidelines for Jottings**

1. **Word-limit for articles is 200-250.**
2. **Departmental Reports should be checked by the respective Chairpersons.**
3. **Reports should be brief.**
4. **Photos of activities conducted, and with captions, should be sent. Request the concerned CPs to approve the photos before being mailed.**
5. **Photos of size upto 1 MB / 300 KB with captions will be accepted and should be sent only by email.**
6. **Photos of events/activities should be emailed separately, as well as in Word document, along with the said article.**
7. **All articles should reach on or before 15th of the month.**
8. **All articles should be sent to Staff Mildin- [jottings@ywcabombay.co.in](mailto:jottings@ywcabombay.co.in) or a hard copy at Byculla, YWCA.**

**Important**

**Members,**

**kindly update your current postal address, mobile number and email id to Membership Staff Christina.**

Dear Members and Friends,  
**PASI Committee** is glad to announce the collaboration and support of **YWCA of Bombay to The Recycling Company (Threco)** towards **E-waste** collection and recycling.

Three **E- Waste** bins have been placed in the YWCA centres at -

- 1) Asha Kiran, Andheri
- 2) Achamma Bhavan Hostel, YWCA, Byculla
- 3) Lady Willingdon Hostel, YWCA, Fort

The main target is to **Reduce, Reuse and Recycle** to save **Planet Earth** and preserve the environment for future generations.

All electronic and electrical items like – laptops, desktops, monitors, keyboards, mouse, mobile phones, printers, remotes, routers, cables, headphones, accessories, batteries, telephones, chargers, coolers, ACs, TVs, ovens, music systems, electronic toys, refrigerators, bulbs, tube lights etc., should be disposed off in the prescribed manner.

Looking forward to support from all YWCA members and staff. Together, we can work towards a cleaner and better environment.



## Sweet Notings

- Sharon Pires

**Learn from the people who have walked the path before you. Respect your elders because someday and sooner than you could ever imagine, you're going to be old too.**

Our seniors have a wealth of experiences. They have lived life and have a vast plethora of knowledge to share with us. We have to only be open to listen and learn from them. The home remedies that my grandma used, when we as kids had a fever or stomach upset, were so valuable – quick, easy relief that we felt was magical. Good sound advice on almost anything was always freely available and effective too. The bedtime stories at night were a dream. The walks in the park were an outing we enjoyed. Happy memories are cherished by both grandparents and grandchildren and the parents love it too. Enjoy your day on 1st October and celebrate your life in abundance!

**Your diet is a bank account. Good food choices are good investments – Bethenny Frankel**

Any celebration without food is incomplete. It attracts people of all ages and satisfies not just the stomach but the senses as well, with its exhaustive variety, vibrant colours, tantalizing aromas and delightful taste. A hearty meal is a soul-stirring experience. We know from our life experiences that food, culture, people and landscapes are absolutely inseparable. We have often heard this phrase – 'You are what you eat'. Eat healthy, eat well, make the right choice, as you celebrate World Food Day on 16th October.

## Annual General Meeting (AGM)

The 149th AGM of the YWCA of Bombay was held on 21st September 2024 at Byculla. 74 members were present. YWCA President, Blessy Babychan delivered the Welcome Speech. Gissy Jacob, Chairperson Spiritual Emphasis, led the Devotion. Youth member Husena Barodawala spoke on the theme 'Inspiring Change, Shaping Futures'. Treasurer, Pavana Anchees presented the Treasurer's Report for FY 2023-24. Therese George, General Secretary, YWCA Bombay, presented the various programmes of the YWCA which were conducted throughout the year.

'Standard Operating Procedure' (SOP) booklets of seven departments that were formulated by the SGMA Committee were released by the President, Blessy Babychan and the SGMA team, led by Adv. Lalita Fernandes, Chairperson of the SGMA Committee. The President briefed the General Body on the points in the Uniform Constitution that were in conflict with the aims and objectives of the YWCA of Bombay. The General Body unanimously agreed to accept the Uniform Constitution, contingent upon the resolution of our concerns and queries.

The outgoing President dissolved all the Committees of the Board of Management for FY 23-24. Mary Cheru, Chairperson, Nominating Committee presented the Report and declared the Election results. The newly-elected President Pavana Anchees, members of the Board of Management and the Nominating

ASHA KIRAN: 53, J. P. Road, Andheri (W), Mumbai- 400 058.

e-mail: [ywcaandheri@rediffmail.com](mailto:ywcaandheri@rediffmail.com)

Mob. : 9619618079 / 9619615027

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



Committee members for the year 2024-25 took the oath-of-office in a short solemn ceremony, by raising their hands to serve the YWCA faithfully. The President delivered the Acceptance Speech and urged all present to spur one another toward love and good deeds, encouraging one another.

The AGM closed with greetings and blessings to the newly-elected Board of Management.

### **Spiritual Emphasis**

Spiritual Emphasis Committee conducted Spiritual Discourse on the theme **NEW LIFE**. The discourse was held on 23rd August on Zoom for 40 members. Susy Babychan opened the session with a welcome address. Vanita Narvekar led the opening prayer. Gissy Jacob introduced the guest speaker Eunice James who gave an inspiring message on the theme. Pastor Ebenezer James led the Praise and Worship. Vote of thanks was proposed by Suneela Arun Kumar.

---

BELAPUR: Anugraha Hostel, Sector 8, CBD-Belapur, Navi Mumbai- 400 614

email: belapur.hostel@ywcabombay.co.in

Ph: 022-27570786

---



## Women's Development Unit (WDU)

1) **Chembur:** A medical Health Check-up Camp was conducted on 8th August at Chembur for 112 beneficiaries.



2) **Waterborne Diseases and Breastfeeding :** On 9th August a session was conducted by Health-Post staff at Belapur for 52 beneficiaries. The session, led by Health-Post nurses and Health workers, covered essential topics such as the Causes and Prevention of Water-borne diseases as well as the Importance of Breastfeeding.



**FORT:** Lady Willingdon Hostel, 18 Madame Cama Road, Fort, Mumbai 400 001. Email: [fort.hostel@ywcabombay.co.in](mailto:fort.hostel@ywcabombay.co.in)

Ph. : 8655093534

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

3) **Independence Day** was celebrated at Belapur, Chembur, Fort and Byculla centres on 13th and 14th August. 229 Balwadi, Creche and Study-centre children participated in the celebration. Nursing Department held a solo and group-singing competition for 60 students.



4) **Youth Voices Against Violence on Women** - 15 Community youth from Fort, Geeta Nagar and Byculla along with PSW Kiran Patil, Deepika Tambe, Vaishali Shinde and Sulbha Gopane attended 'Youth Voices Against Violence on Women' organised by AKSHARA NGO at Dadar on 22nd August.



5) Nursing Department organized administration of the first dose of Hepatitis B vaccine for students on 30th August. 60 Nursing-care students successfully received the vaccination.



6) **Awareness Session on Hearing** - An awareness session was conducted for 72 parents with support of the Montfort Care Early Intervention Programme, which focuses on identifying hearing-impaired children within the first three years of life.





### 7) Importance of Yoga

On 17th August Yoga Day was celebrated at Fort with 28 participants. On 21st August the event was held at Geeta Nagar with 33 adolescents, followed by a celebration on August 22nd at Belapur with 25 senior women citizens. Additionally, on 28th August Yoga Day was celebrated at Byculla with 30 Community- women participants.



**8) Police-Station Visit:** 27 Geeta Nagar Community women and youth visited Cuffe Parade Police Station on 24th August. Women and youth shared their concerns about public transportation problems, known unsafe places in the Geeta Nagar area, with safety and security concerns. The Police officers have ensured women about CCTV camera installation, and police vehicle availability.



**9) Importance of Education:** A session on the importance of education was conducted on 17th August at Fort, with 22 participants in attendance. The session also included 28 students who had dropped out to discuss enrolment opportunities in formal education and courses available at YWCA. On 21st August a similar session was held at Geeta Nagar, engaging 33 adolescents, followed by another on August 22nd at Byculla with 25 Study-class students.



## Asha Kiran

1. An awareness session on **Health, Hygiene and Exercise** was organised on 9th August for the staff by Nursing teachers Rasika and Shradha from YWCA Byculla. It was a great session to promote health and good habits.



2. Independence Day was celebrated on 14th August by Day-care children. Dressed in the colours of the tricolour, they sang the National Anthem enthusiastically.



3. Health check-up was arranged for Creche children on 20th August by Decimal Foundation.



4. Raksha Bandhan was celebrated on 20th August by the Creche children.



5. Medical Camp for **Hearing** was conducted for 24 children up to 6 years on 30th August by Montfort Care Early Intervention Centre, Dadar. 1 child who was detected with hearing problems, was referred to the Centre. The investigations were free of cost.



6. Awareness Rally for 'Violence Against Women' was organised on 31st August in the complex.



## DO YOU WANT TO UPSKILL YOURSELF?



### JOIN YWCA OF BOMBAY'S

#### Communication and Administrative Skills Programme

##### Who Can Apply?

- Individuals with 12th grade qualification, seeking to upskill themselves.
- Working professionals.
- College students preparing for job opportunities.

##### Course Duration:

5 months

##### Timing:

2.00 – 6.00 pm (Mon – Fri)

##### Venue:

YWCA Asha Kiran Complex, JP Road, Andheri West

##### COURSE COVERAGE:

- Soft skills development
- Proficiency in English (written and oral communication)
- Report writing
- Working knowledge of Computers
- Working knowledge of social media

##### COURSE HIGHLIGHTS:

- Lectures and practical sessions
- Personalised attention
- Speed reading
- Monthly progress monitoring
- Mock interviews
- Internship opportunities

9619615027    akycapro@gmail.com    www.ywcabombay.co.in



2. The residents celebrated Raksha Bandhan by tying Rakhis made by them.



## Shelter Homes

1. Birthdays of all residents were celebrated.





3. Girls' Safety Awareness Session was conducted with practicals on 18th August.



4. Awareness Session on Social Justice was conducted on 2nd September. Resource person Ernest D'Costa provided legal information and explained the rights of the individual.



5. Medical Camps were conducted by Karuna Hospital as per order by Charity Commissioner:

- At Ummeed Shelter Home, Borivali on 14th September.



- At Ashray Shelter Home, Borivali on 22nd September.



## Public Affairs and Social Issues (PASI)

Solidarity Rally

Theme : End Violence Against Women

Date : 31st August

Venues: YWCA centres at Achamma Bhavan, Byculla, Asha Kiran, Andheri and Anugraha, Belapur.

In view of recent cases of horrendous sexual violence perpetrated against women and girls, YWCA organised solidarity rallies-cum-protests at its various centres to raise awareness about safety of women, and ending violence against them. Women from the community and the public actively participated in this rally.

The following speakers shared inspiring messages:-

- Audrey D'Mello, CEO, Majlis,

Sisters from St. Joseph's Home, Agripada and Therese George, General Secretary of YWCA, at Achamma Bhavan, Byculla. More than 100 participants attended.

- Dolpy D'Souza, President of BCS, PSI Seema Khan and Adv. Seema Singh from Nirbhay, Vice President Adv. Lalitha Fernandes and Dr. Usha Ubale, DDH CP, at Asha Kiran, Andheri. 65 participants attended.
- API Dhanashree Pawar, ASI Chetan Ahire and Police Constables from CBD Belapur, Navi Mumbai at Anugraha, Belapur. More than 200 participants attended.

The event served as a powerful reminder of our shared commitment, and the strength we possess when we stand together.

## TOGETHER WE CAN!







## Area Reports



Guest speaker Dr. Kamakshi  
seated third from left.

**Andheri:** 23 members and 3 guests attended the meeting on 6th September. Devotion was led by Nita K. Singh. A special prayer was said for all teachers and Committee members. Dr. Usha Ubale introduced guest speaker Dr. Kamakshi Bhate from the Organ Donation department of KEM Hospital. Dr. Kamakshi spoke about organ donation and answered the queries of the members. The meeting ended with vote of thanks by Dr. Lata Clements.



**Bandra:** On 4th September members visited Aashray Home which is a residence for orphan and vulnerable children in the age group of 2-12 years. Members interacted with the residents. The Home is filled with happy children, who are loved and encouraged to live a normal life. A 16" wall-mounted fan was handed over by the members. The amount for the above-mentioned fan was sanctioned by YWCA for Outreach Programme.

**Belapur:** 6 members and 1 guest attended the meeting on 2nd September. Devotion was led by Yasmin Koshy. Members plan to have Onam lunch on 27th September. Members discussed an earlier session on the use of the menstrual cup. Sanitary napkins cause environmental pollution. Menstrual cups could be used for two years and is cost-effective. A programme will be organized regarding sexual harassment of women at workplace as per the POSH Act for community women and men working in the unorganised sector.

**Borivali:** 18 members attended the meeting on 4th September. Devotion was led by Lily Sebastian. Geeta Daniels gave us an insight on the gifts of the Holy Spirit. She began with a hymn in Hindi. It was an enlightening session. The meeting ended with a prayer by Agnes Monteiro.



**Byculla:** 13 members and 1 guest attended the meeting on 3rd September. Devotion was led by Saroj Hilbert. Vanita Narvekar gave a talk on Skin-care. Members visited Shepherd Widows' Home on 21st August and spent time with senior residents. Devotional songs were sung. Chocolates and snacks were distributed to all.



**Chembur:** 9 members and 1 guest attended the meeting on 6th September at Seva Dhan. Devotion was led by Nita Susan Jacob. Plans were made for annual Onam lunch on 26th September. Members thanked CP for getting each member involved in the activities which enabled them to successfully complete all the programmes planned for the year.

**Fort:** 10 members attended the meeting on 5th September. Devotion was led by Teofilda Pinto. This was followed by a musical session. A meal prepared by members was enjoyed by all.



## **Election Results for the year 2024 -25**

### **Board of Management 2024 - 25**

#### **Office Bearers of the Association**

<b>President</b>	Pavana Anchees
<b>Vice President</b>	Susan Jacob (Gissy) Nikita Panhalkar (YBM)
<b>Honorary Treasurer</b>	Sharon Solomon
<b>Assistant Hon. Treasurer</b>	Lalitha Fernandes
<b>Recording Secretary</b>	Priya Daniel
<b>Newly-elected Board Members:</b>	Divya John (YBM) Pavana Anchees Sharon Solomon Lalitha Fernandes Alida D'Souza Nita Susan Jacob Sylvia Fernandes Sara Oommen
<b>Continuing Board Members:</b>	Annie Cardoz (YBM) Nikita Panhalkar (YBM) Priya Daniel Renuka Reuben Mrudul Raiborde Susan Jacob (Gissy) Suneela Kumar
<b>Nominating Committee:</b>	
<b>Chairperson</b>	Vanita Narvekar
<b>Member from the Board</b>	Priya Daniel
<b>Non-Board Members</b>	Lata Clements Ovita Parulekar Smita Pathak Angela Fernandes Clotilda D'Souza

## **DROP IT IN**

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

**BYCULLA** : 75, Motlibai Street, Near Maratha Mandir, Byculla, Mumbai 400 008. Ph. : 022-23096544  
Achamma Bhavan Hostel.  
email : jottings@ywcabombay.co.in website: <http://www.ywcabombay.co.in>

Printed by : Malar Arts, Mumbai-400 017.  
Tel. : 8767232356 Mob. : 9869063284 E-mail : malararts@gmail.com