



By Love Serve One Another

*Blessed
Christmas*

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. 306 December 2024

Preparing for Christmas: God's To-Do List for Your Soul **Annie Cardoz**

Would you show up to a Christmas party without dressing up? Don't let your heart arrive at the Lord's celebration unprepared. Advent is about prepping your soul to welcome Jesus, the reason for the season. Here's how you can prepare:

1. Get on the Word Express (No Ticket Needed!)

Why doom scroll endlessly during your commute when you can scroll through actual wisdom? Start small - download a Bible app or subscribe to a Bible plan and follow it. "Your word is a lamp to my feet and a light to my path." (Psalm 119:105)

2. Tithing, but Make It Weekly

Instead of waiting for that end-of-month guilt trip, split your tithes into smaller portions and give weekly. It is about the heart and intention. "God loves a cheerful giver" (2 Corinthians 9:7).

3. Be the Gift Someone Needs

Remember the friend to whom you always say "Let's catch up soon!" This season, do it. Be the hands and feet of Jesus. (1 John 3:18)

4. Practice Advent Acts of Kindness and declutter Your Heart Like Your Closet

Leave a note of encouragement, pay for someone's coffee, or give up your seat on the train. Share what you have. (Hebrews 13:16)

5. Sing your heart out (Even If Off-Key)

Thank God this season for everything. Sing praises to God, whether in the shower or in your car. (Psalm 96:1)

So, grab your spiritual toolkit—and make your heart sparkle brighter than your Christmas lights.

Christ at Christmas

Sharon Pires

Is Christ the Centre of your
Christmas celebrations?

It's a question we all need to ask
ourselves, including me,
as we hang up ornaments on the
Christmas tree

Or bake cakes and prepare
goodies weeks ahead,
with shopping and purchasing
to be well dressed.

Cleaning, decorating and
sprucing up the home

Endless calls and messages on
the phone,
planning parties, outings and
get-togethers.

Have we invited Christ to be at
the centre?

Of all our gatherings and
interactions

A question each of us has to answer.

Can we mingle with the poor and
needy at this happy time?

To bring into their lives some joy and
sunshine

Can we seek Christ in the silence of
our hearts.

Thankful for the countless blessings
He imparts

and of our festivities make Him a
part.

Can we see Him alive in our
neighbours?

As the good in them we seek to
discover,

to the sick and elderly can we
administer.

Can we reach out in love, serving one
another

And make Christmas a season for all
to remember?

PIYA

Bust Stress through Creative Expression

The unique event at Candies, Pali Hill, held on 26th October attracted 31 participants from all walks of life in the age range of 7 to 74 years. The aim of the PIYA Committee was to help participants combat stress and give expression to their creativity.

In a relaxing environment the technique of Dot Painting in Mandala style was showcased by our very own creative artist and PIYA committee member, Mallika. Participants were shown live samples of various patterns one can achieve with different diameters of the dotting tool. Concepts of texture, fluidity and colour

contrasts were explained.

Each individual had to create two works of art permitting free expression of creativity in a new and fresh way. Bottled water and freshly baked cookies were provided by the location partner.

All participants filled out a survey form at the end of the session. Some of the positive feedback received included; the Dot Mandala workshop was interesting and provided us an opportunity to learn something new. It was nice to meet other women. The location was exceptionally beautiful. The workshop attended by me and my daughter was unique and we loved it.

Sweet Notings

- Sharon Pires

Start where you are, use what you have, do what you can –Arthur Ashe

As a volunteer we put our heart and soul into whatever we do. We need to make a start with what we have and put it to good use, waiting and watching for something big to take off may be too late. It's important to make a start right away, and what better time than on International Volunteers' Day on 5th December.

What a wonderful sight when everyone is treated right.

No human being should be without rights and dignity. Make our voices count in the fight for justice and humanity. Together we can make a difference as we celebrate Human Rights Day on 10th December. Let's join together to stand on the right side of history.

Democracy cannot survive without the guidance of a creative minority – Harlan Stone

We should never be afraid to stand with the minority, if they are right, because one day they can become the majority. A creative dedicated minority can make the world a better place.

As we celebrate Minority Rights Day on 18th December, all should be aware that minority rights are based on four pillars: protection of existence, protection and promotion of identity, equality and non-discrimination, and the right to effective participation, under Article 27 of the International Covenant on Civil and Political Rights (ICCPR) and Article 30 of the Convention on the Rights of a Child (CRC).

Kerala - 'God's Own Country'

Compiled by Rekha Joshi

Kerala is the 21st largest Indian state by area, bordered by Karnataka to the north and northeast, Tamil Nadu to the east and south, and the Lakshadweep islands to the west.

Formed on 1st November 1956, it's the 13th largest Indian state by population. Thiruvananthapuram is the capital and Malayalam is the official language. Kerala, land of coconuts derives its name from the Malayalam word 'kera' coconut tree and 'alam' land.

It lies on India's tropical Malabar Coast, and has nearly 600 km of Arabian Sea shoreline. It is known for its palm-lined

beaches and backwaters, a network of canals. It offers unique experiences like houseboat cruises in Alleppey. It is famous for its Ayurvedic treatments. Its mountain slopes support tea, coffee and spice plantations as well as wildlife. National parks like Eravikulam and Periyar, Wayanad and other sanctuaries, are home to elephants, langur monkeys and tigers.

Named as one of the ten paradises of the world by National Geographic Traveler, Kerala is one of the prominent tourist destinations of India, known for tropical greenery as its major attractions. Onam, the state harvest festival is celebrated by all communities.

Happy Birthday

Birthday List for the month of December 2024

Date	Members	Area	Staff
2nd December	Indira Jenna	Andheri	
	Sarah Dongre	Byculla	
4th December			Dilip Devlekar
5th December	Jayanti Premkumar	Chembur	
	Nita Khazan Singh	Andheri	
6th December			Sanjay Tirlotkar
9th December	Daksha Kanavia	Andheri	
10th December	Prasanna Benger	Belapur	
13th December	Susi Jacob	Chembur	
14th December	Ceydrica D'souza	Borivali	
15th December	Stella Bapu	Byculla	
15th December			Premi Jain
17th December	Flory D'souza	Andheri	
18th December	Leonara D'souza	Bandra	
19th December	Usha D'cruz	Andheri	
20th December			Pallavi Pawar
23rd December	Sarojini J. Hingorani	Andheri	
	Prabhavathy Christdoss	Fort	
24th December	Elizabeth Peters	Fort	
25th December	Raina Michyari	Fort	
	Saroj Hilbert	Byculla	
	Shaneya Solomon Sharma		Andheri
27th December	Maria Victoria Aguiar	Byculla	
28th December	Jyotima Saurabh Rajput	Belapur	
	Shama Chatterjee	Andheri	

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

HAPPY BIRTHDAY
We love you!!!



Prayer Requests

JESUS CALLING - PRAYER REQUEST

**Online Prayer request channel was
opened by SE Committee.**

Prayer requests will be confidential.

**Below is the list of members
available for prayers:**

Gissy Jacob	9702499500
Suneela Arun Kumar	9322776627
Prabhavaty Christdoss	9892717323



**PASI Committee collaborates with
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**

In Memoriam

- Vimala Raichur Andheri Area Member passed away on 18th November 2024**
- Capt Sebastian Anchees husband of President Pavana Anchees passed away on 18th November**

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

Thank You

My children join me in thanking all of you dear ones, members and staff for being with us as we bade our final goodbye to our beloved dad / Sonu (Captain Sebastian Anchees). It meant a lot to us and gave us immense strength. Jesus' words further comfort us "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die"

Pavana Anchees

Tributes to our beloved
Mrs. Vimala Raichur



**When great souls die,
the air around us becomes
light, rare, sterile.
We breathe, briefly.
Our eyes, briefly,
see with
a hurtful clarity,
Our memory, suddenly sharpened,
examines,
gnaws on kind words
unsaid,
promised walks
never taken.**

By Maya Angelou

Indeed truly this poem is reverberating Mrs. Vimala Raichur's reminiscences in my mind and heart as well as all the 'Y' Andherians to the core, not leaving behind our entire YWCA of Bombay.

A great salute and homage to our beloved 'Veteran' Leader of YWCA, who is and was an inspiration to one and all. Her friendly, witty, intelligent, meticulous, cheerful, organizational and oratory skills were par excellence!

A wonderful child of God, an excellent Bible teacher, voracious reader, learned and empowered woman, empowered the women of all strata.

A friend to tiny tots to all ages. She was the backbone of 'Y' with her awesome knowledge of Administration and Constitution of YWCA, above all the two score experience of 'Y' in various departments, wherein she put her efforts to build up the Association to the next level, worked among all the members with love and determination.

She spearheaded the celebration of the 25th Anniversary of Asha Kiran, which is an outstanding mark in the history of Asha Kiran. She planned to stay with her daughter Natasha, grandchildren Ryan & Amelia, in US for six months and with her son Nikhil, for six months but God's ways and plans are different.

In everything give thanks for this is God's will for you in Christ Jesus !!!

Shobha Bhalla



O come let us adore Him, Jesus Christ the Lord

Evening **OF CAROLS**

Celebrate the spirit of Christmas with our
enchanting Carol Service.

*Gather with family and friends to enjoy the
timeless melodies that echo the joy, warmth,
and love of the season*

Guest Speaker: Sr. Pastor Xavier Seivan, Lighthouse Ministries



Saturday, 7th December, 2024
5.00 pm



YWCA of Bombay
Heritage Hall, Lady Willingdon Hostel,
Next to St. Anne's School, Colaba

For details please contact Christina @ 8426986647



Women's Development Unit (WDU)

Navratri Celebrations

Garba was organized for all balwadi and crèche children. Children dressed in colourful traditional attire, joined in with energy, enthusiasm and danced to the rhythmic beats.



Byculla



Fort

Diwali Celebrations

On 25th October, Diwali was celebrated with joy and enthusiasm across all our centres with 222 children. The centres were decorated with vibrant rangolis and diyas that brought out the festive spirit.



Lantern making, Byculla



Belapur

Nutrition Competition: Nutrition competition was conducted on 23rd, 24th and 25th October at Fort, Belapur, Geeta Nagar, Byculla, and Chembur, highlighting culinary skills and fostering a strong sense of community spirit. Participants presented a diverse range of dishes, showcasing an engaging mix of recipes and flavours. Notably, some dishes were prepared by male participants, reflecting a positive shift in traditional gender roles within the community. A particularly inspiring aspect of the event was the participation of a differently-abled woman, who demonstrated remarkable determination and enthusiasm.



Belapur



Fort



Chembur



Byculla

Seniors' Day:

Seniors' Day was celebrated enthusiastically across Geeta Nagar, Byculla, Fort, Belapur and Chembur, honouring 134 elderly members of our community on 21st and 25th October. These events were tailored to engage, educate, and entertain senior citizens, while acknowledging their valuable contributions to society and fostering a sense of inclusion and respect.

At Byculla Chetana Shah conducted an informative session on savings schemes for senior citizens.



Fort



Byculla



Belapur

Session on Mental Health : Mental health sessions were conducted in October at Byculla by Counsellor Garima Malik for 60 parents. It provided participants with a deeper understanding of mental health issues like stress, anxiety, and depression, focusing on practical self-care techniques. The session also highlighted the importance of seeking help, identifying available resources within the community and encouraging open communication. Participants engaged actively, sharing experiences and expressing newfound awareness, mental health plays in overall quality of life.



Byculla



Session on Mental Health - Geetanagar

Family Life Education:

A session on Family Life Education was conducted by Sunita Patil for 70 parents at Belapur on 17th October. The session provided participants with valuable insights into financial planning, highlighting the pros and cons of small and large families.



session on Family Life Education at Belapur

Week without Violence: Parents of balwadi children and beneficiaries from communities attended the 'Week without Violence' sessions organised by PASI. After the session a few cases of domestic violence got registered at Aasra for counseling.

Hearing checkup Camp

A follow-up hearing checkup camp was conducted by a team of professionals on 11th October for 60 balwadi and crèche children. A few students were referred for ENT checkups and earwax cleaning.

Montfort Care
hearing check-up
camp for
creche and
Balwadi children



Montfort Care
Hearing
check-up
camp - Fort

In collaboration with L&T, a **health check-up camp** was organized at the Geeta Nagar community on 16th October for 115 beneficiaries, providing essential medical services.



Geeta Nagar

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

e-mail: ywcaandheri@rediffmail.com

Mob. : 9619618079 / 9619615027

SHG group meeting: Monthly self-help groups meetings were conducted at Chembur, Fort, and Geeta Nagar to discuss programmes and initiatives with focus on strategic planning in October.

Adolescent group:

On 15th October, a session on 'Best-out-of-waste' was held at Geeta Nagar, led by Sulbha Gopane and TISS students for 14 participants. It emphasized creative recycling and sustainability practices.



Best out of waste - Geeta Nagar

The **VBS programme** was held in October at Fort, Belapur and Byculla for 65 children. These sessions collectively aimed to empower community members through skill development, safety awareness, and creative learning, fostering growth and self-reliance.

Staff capacity building programme

A one-day training workshop on Protection of Children from Sexual Offences Act (POCSO) for WDU social workers, Balwadi/crèche teachers, utility staff, and study class teachers was conducted by Adv. Reshma Jagtap from District Legal Service

Authority (DLSA) on 28th October at Fort.

The workshop provided a comprehensive understanding of the POCSO Act and related child protection mechanisms. Emphasis was placed on early intervention, mandatory reporting, and creating supportive environments for affected children. Participants were encouraged to apply these insights in their interactions with children and their families, ensuring adherence to legal and ethical standards for child protection.

A nutrition workshop was conducted with demos on Shegale (traditional bread), Bajra Raab (Millet Drink), Nachani Suttva (Finger Millet Porridge) Vegetable and Spice Mix. The session highlighted the importance of traditional recipes for boosting immunity and overall nutrition. Staff members gained insights into simple preparation with locally available ingredients that can enhance health.



Asha Kiran

The new tailoring course batch with 15 students started on 14th October. It is designed to train students in basic and advanced tailoring skills for a comprehensive learning experience.

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

email: belapur.hostel@ywcabombay.co.in

Ph: 022-27570786

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



The Diwali Mela held on 25th and 26th October brought together our vibrant community. 21 stalls showcased a wide variety of products including, clothes, imitation jewellery, snacks, handbags and shopping bags and beauty products. A special stall was dedicated to nail art and mehendi, adding a creative touch to the event. Besides providing a platform for these talented women to display their products it also gave them valuable exposure to sales skills and customer interaction.



An awareness session on First Aid for 25 participants was organized on 5th November by Assistant Coordinator Treesa Rex. It was a great opportunity to learn life-saving techniques and understand how to handle critical situations with responsiveness and calm.



On 5th November 17 students of the beautician and tailoring course received certificates from the General Hostel and AK Secretary Vidula Raj. She congratulated the students and wished them a bright future.



The joyful Children's Day celebration on 14th November was a memorable event for our study class and crèche children. The programme featured cultural performances by the children, along with inspiring messages from staff and committee members, creating a vibrant atmosphere. YWCA is grateful to the Lions Club Juhu, for their generous sponsorship of gifts and lunch.



Shelter Homes

Residents celebrated Diwali on 2nd November. Women were dressed in colourful sarees. The place was decorated with rangolis and lamps. Activity games were organized and prizes given to the winners. Dancing, music and merriment reflected the festive atmosphere and renewed hope of a better future.



President Pavana's visit to shelter home on 15th October



A session on Legal Rights of Women was organised on 24th October. The five important rights - right to equality, dignity and decency, education, healthcare, protection against domestic violence guaranteed by the Indian Constitution were explained to them.

FORT: Lady Willingdon Hostel, 18 Madame Cama Road, Fort, Mumbai 400 001. Email: fort.hostel@ywcabombay.co.in

Ph. : 8655093534

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



Girls' Safety awareness session was conducted by Dolcy D'Souza on 30th October. Topics covered were - Travel in a group, learn self-defence techniques, stay alert at all times, carry pepper spray or whistle and appear confident.



Shelter Home residents put up a stall at BMC RC ward, Borivali west on 28th & 29th October.



Nirbhaya Scott from Dahisar Police station visited Shelter Home on 25th October.

Birthday of four residents was celebrated in October.

Spiritual Emphasis

Vacation Bible School (VBS)

VBS was conducted for Community children at 4 centres – Fort, Byculla, Andheri and Belapur from 4th to 6th November.

The three-day programme was a vibrant and joyful gathering of children aimed at fostering faith, knowledge, and fellowship in an enjoyable and interactive environment.

- **Action Songs:** Children actively participated in action songs, with energetic movements and meaningful lyrics that brought the stories to life.
- **Bible Memory Verses:** Through interactive sessions children learned and recited Bible verses, helping them internalize the values and messages of the scriptures.
- **Games and Activities:** Designed to be engaging and educational, the games encouraged teamwork, problem-solving and healthy competition.
- **Puppet Show:** A delightful puppet show brought Biblical stories and moral lessons to vivid reality, captivating the children's attention and giving them valuable insights in an entertaining way.

International Center: 18, Madame Cama Road, Fort, Mumbai 400 001

Ph : 022-6624 7222

email: ic.manager@ywcabombay.co.in

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

- This year's VBS was a resounding success, fulfilling its mission to educate and inspire. Gifts were distributed to all the participants. The enthusiastic participation of 196 children underscored the positive impact of the event. We look forward to building on this success for future VBS programmes.



PASI

Week without Violence

Date : 21st to 26th October

Location: YWCA Buildings-Belapur, Byculla, Fort, Andheri

Online Sessions on 22nd & 26th October



Overview

The YWCA and Majlis collaborated to observe the 'Week Without Violence'. This initiative aimed to raise awareness and educate the community about issues related to violence and the safety of women and children. Majlis brought expert speakers, while YWCA organized the venue, audience, and refreshments. The physical and online events, covered a wide range of vital topics.

Session updates :

1st Day: 21st October at Anugraha, Belapur.

Participants: 51

Topic Responding to Domestic Violence - Speaker Adv. Stephen Ghodke

2nd Day: 22nd October

Participants: 65

Topic: 'Property Rights for Women' speaker Adv. Rupali Akolkar, Panel Trainer, Majlis.

3rd Day: 23rd October at YWCA, Byculla.

Participants: 71

Topic: 'Financial Abuse' speaker Adv. Kaumudi, Panel Trainer, Majlis.

4th Day: 24th October at YWCA, Fort. Participants: 104

Topics – 'Child Sexual Abuse' speaker Adv. Mallika Verma, Programme Director, Majlis

5th Day: 25th October at YWCA, Andheri. Participants: 65

Topics – 'Domestic Violence & Trauma' speaker Adv. Unnati Dhurandhar

6th Day: 26th October Participants: 35

Topic: 'Travel Without Fear' speaker Dipika Vaz from Krav Maga Global, India

Conclusion

The Week Without Violence provided valuable insights on various aspects of domestic violence and personal safety. All sessions were well-organized, with active participation both in-person and online. Special thanks to the Area Members who encouraged attendance and supported the event's success.

It was an impactful week filled with informative discussions, excellent speakers, and active participants.



Awareness Session on 'Good and Bad Touch' and Child Rights

Date: 7th November

Location: Gulalwadi Municipal School, Grant Road (East)

Age Group: 5 to 17 Years

Participants: 68 children

On 7th November the PASI committee members held an awareness session on 'Good and Bad Touch' and Child Rights at Gulalwadi Municipal School, Grant Road (East). The session aimed to educate underprivileged children to understand the topic and equip them with skills to protect themselves.

The session was driven by a growing concern among parents and educators about children's safety. Speaker Saira Banu from Aawaaz E-Niswaan carefully explained the difference between 'Good Touch and Bad Touch'. She explained private areas,

emphasizing that no one is allowed to touch them. Saira taught the children to recognize their discomfort and encouraged them to say 'No' or 'Stop' to anyone, even if the touch came from a familiar person. Children learnt strategies to handle unwanted advances, by running away and shouting for help. Importantly, they were urged to inform adults whom they trust if they experience any uncomfortable situations, especially if someone asked them to keep it a secret from their parents.

The session was impactful, with children learning crucial information about personal safety and their rights.



Area Reports

Andheri: 30 members and 1 guest attended the meeting on 7th November. Devotion was led by Sadhana. A Mental Health Session was conducted by Garima Malik (Y Staff), which was interactive, and

encouraged members to participate in activities and engage in meaningful discussions on mental well-being. Upcoming events were announced to the members.



Bandra : 8 members attended the meeting on 2nd November. Devotion was led by Leonara. A session on the Need and Concepts of Detoxification was conducted by a Bandra member Beryl D'Monte. It was indeed a very informative session. Members discussed. The Evening of Carols.



Belapur: 9 members attended the meeting on 4th November. Devotion was led by Dr. Sunila Sanjeev.

Mental Health Session was held on 18th November at YWCA Belapur.

Guest Speakers:

1. Dr. Shubhangi Dere M.D (Psychiatrist and Psychotherapist)
2. Dr. Dipak Patil M.D (Non-Violent Communication Expert)

The theme of Session was Compassionate Communication at workplace.

An interactive playway method was used to highlight the following aspects of communication.

1. Basics of Communication
2. Observation Vs Judgement
3. Feelings and Communication
4. Needs Vs Strategy
5. Empathy Game.

27 women, 7 YWCA members, 3 staff members of YWCA registered and participated in the session.

The feedback given was encouraging to continue with other modules in future.



Byculla: 12 members and 1 guest attended the meeting on 5th November. Devotion was led by Chairperson, Rekha Joshi. On 7th November, members visited the Shepherds Widows Home and began the evening with a prayer, All had an enjoyable time with the residents and sang songs. Bath towels and chocolates were distributed to the residents.



Played a game of Housie and winners received napkins as prizes. A session of singing in Hindi, Marathi, and English was much appreciated and the residents enthusiastically participated in the singing.

Chembur: 14 members and 1 guest attended the meeting on 8th November at

Seva Dhan. Devotion was led by Lovey Pariyaram. Guest Speaker Mary Anurekha Prof. of K. J. Somaiya college Science and Commerce held a talk on 'Depression anxiety and loneliness ' faced by all age groups and how to overcome it. The session was interactive.



Borivali: 13 members attended the meeting on 7th November. Devotion was led by Geeta Daniels. Shubangi gave an inspiring talk on 'Health and Yoga,' and also taught some basic Yoga exercises. Members also discussed plans for the Evening of Carols.



Fort: 9 members attended area meeting on 7th November. Devotion was led by Sandra Francis. 6 members visited the street children's school at Saint Columbus Church on 14th November to celebrate Children's

Day. 36 children attended the programme. Group games were organized which children enjoyed. Sweets and prizes were given to the winning teams. It was an enjoyable and fulfilling evening for all of us.



**Jottings
Committee
wishes everyone
a
Christ-centered
Christmas
and
a
Happy New Year
2025.**

Programmes and Committee Meetings for December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7 PASI Meeting 11.00 am on Zoom Evening of Carols 5:30 pm LWH Fort
9	10	11	12 IC Meeting 10.30 am Hybrid	13	14 Staff Christmas Celebrations 10.00 am Fort 
16	17 Jottings Meeting 11.00 am Byculla	18	19	20	21
23	24	25	26	27	28
29	30	31			

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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