



FOR PRIVATE CIRCULATION ONLY

No. 307

JANUARY 2025

Rising above challenges: Ushering 2025

Annie Cardoz

As 2025 begins, Joseph's story reminds us to persevere through life's challenges. Sold into slavery by his brothers (Genesis 37:28) and falsely imprisoned (Genesis 39:20), Joseph could have despaired. Yet, he trusted God, using his gifts to interpret dreams even in prison, saying, "Do not interpretations belong to God?" (Genesis 40:8). Elevated by Pharaoh to govern Egypt, Joseph saved many during famine (Genesis 41:41). His journey inspires us to trust God's plans, no matter how difficult the season.

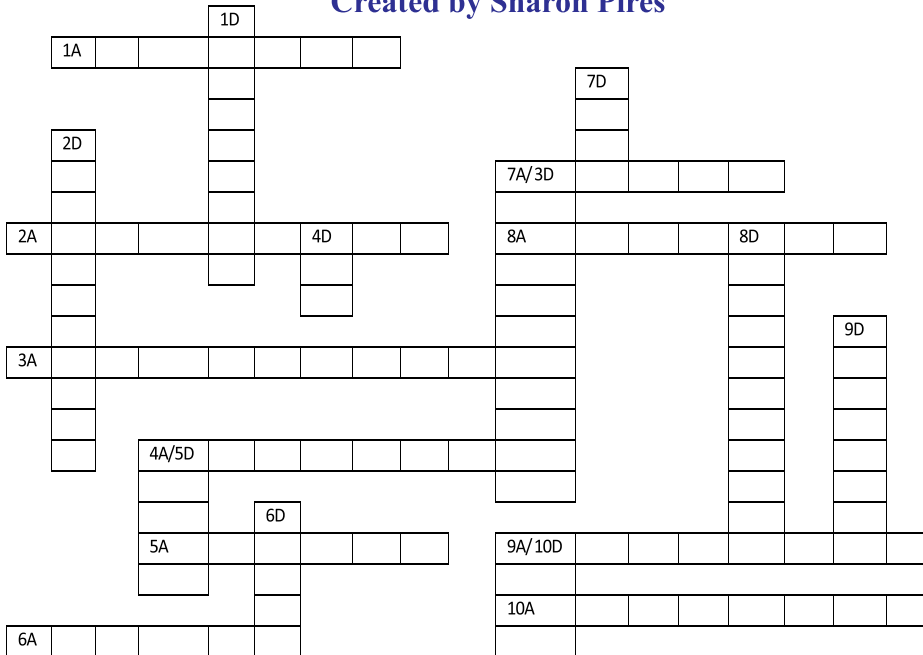
David's rise from shepherd to king also calls us to faith. He faced giants and fled from Saul's wrath, yet proclaimed, "The LORD who delivered me...will deliver

me" (1 Samuel 17:37). David's patience encourages us to set realistic goals and trust God's timing in achieving them. For instance, breaking down a major career objective into smaller milestones can help us focus and grow steadily, just as David refined his skills in the wilderness.

Finally, Esther's courage to risk her life for her people shows the power of bold faith. Declaring, "If I perish, I perish" (Esther 4:16), she acted with purpose. Similarly, advocating for a cause close to our heart or stepping out of our comfort zone can lead to fulfilling God's plans for us. Embrace 2025 with faith, courage, and trust in His timing.

Happy New Year Crossword

Created by Sharon Pires



ACROSS

1. We all love to enjoy ourselves in the company of our _____(7)
2. Just before the year ends the _____(9)begins
3. Today more than ever before we need to care for our _____(11), and save our depleting natural resources
4. For every problem there is a _____(8) we need to look for it and implement it.
5. If we want _____(5), we need to be the agents of it.
6. There is no place like home and there is no one like _____(6)
7. Send forth your spirit oh Lord, and _____(5) the face of the Earth (Psalm 104: 30-34)
8. Love in action is what we are all called to do, to be of _____(7)to our brothers and sisters.
9. The more we are _____(8) the happier we shall be.
10. We burn the _____(8) oil the night before our exams just like we welcome the New Year at 12 am.

DOWN

1. In joyful acknowledgement and gratitude for the year gone by, we _____(9) life and the new year that's dawned upon us.
2. We will not let any _____(11) go a-begging
3. It is that time of the year when we make promises to ourselves, but often break them within a few days. (11)
4. At the end of the year we are advised to do away with the ____ (3) and embrace the new.
5. At YWCA we make every effort to create a safe environment (5) for all our beneficiaries
6. At the start of the new year we wish everyone hope, joy, love and peace. Its lovely to see so many _____(5) faces.
7. _____(4)one another as I have loved you (John 13: 34-35)
8. The more we immerse ourselves _____(11) in what we do, the better the result.
9. We need to stay active and alert at all times _____(8)
10. It is a scarce and fleeting resource but once gone cannot be retrieved, so use it well. ____ (4)

Please send your answers to Mildin on whatsapp 8828024246 or jottings@ywcabombay.co.in by 15th January 2025

Birthdays in January

Date	Members	Area	Staff
1st January	Nutan Mistry	Andheri	
	Dr. Sonal Ohol	Byculla	
			Anita Khare
3rd January			Shamal Pawar
4th January	Severine Andrade	Andheri	
	Joanna Pereira	Bandra	
	Janet Fernandes	Borivali	
5th January	Annie Aranha	Byculla	
8th January			Yogini Y Warang
9th January			Vinod L. Kamble
11th January			Agnel Fernandes
12th January	Isabel Murzello	Bandra	
14th January	Harsharan Kaur	Andheri	
16th January	Swati Das	Byculla	
17th January	Noreen Peters	Andheri	
20th January	Mary Cheru	Chembur	
23rd January	Jacinta Lobo	Bandra	
24th January	Milly Verghese	Belapur	
26th January	Angela Fernandes	Borivali	
			Manisha Thakur
28th January	Renuka Reuben	Andheri	
29th January	Shoba Bhalla	Andheri	
30th January	Lalita John	Chembur	

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

HAPPY BIRTHDAY

We love you!!!



150

YEARS OF EXCELLENCE
Empowering Women, Inspiring Change

YWCA of Bombay

The Board of Management, Members and Staff of the YWCA of Bombay

cordially invite you to

'Women at the Well' - A Thanksgiving Service



Saturday, 25th January, 2025
At 4.30 pm



St. John The Evangelist Church
(The Afghan War Memorial Church)
Duxbury Lane, Colaba,
Mumbai - 400005

Your presence will be a blessing as we reflect on our remarkable journey & give thanks for our shared mission and achievements.

Please be seated by 4.15 pm.

RSVP by 20th January 2025

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In Memoriam

Rajeshwari Nair mother-in-law of Jayanti Premkumar Chembur Area member passed away on 28th November 2024.

Julie Donan mother of Yvonne D'souza Borivali Area member passed away on 29th December 2024

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

Special Event

Chembur Area commenced **Music Movement Therapy (MMT)** with 28 special children of Seva Dhan, Chembur in October. Music is known to stimulate brain cells thus releasing 'feel good hormones' which contribute to a positive attitude. The objective was to use 'Music and Movement' to enhance their physical, emotional and social development.

MMT conducted by Jude Rodriques was an enlightening and enjoyable experience. The sessions which incorporated audio, visual and kinesthetic elements fostered a strong bond between the teacher and the differently-abled children. The interactive approach promoted a supportive and engaging environment.



Sweet Notings - Sharon Pires

1st January 2025, **New Year's Day** marks the beginning of a fresh year, celebrated globally with festivities and resolutions. It's a time for reflection and renewal, with communities coming together to embrace new beginnings, setting the tone for the

year. **Global Family Day** promotes peace and sharing among humanity, encouraging families to live in harmony. As we continue to evolve, the global challenges of climate change, gender justice, digital privacy concerns and

public health are daunting but through meaningful collaboration and individual responsibility we can overcome and bring about lasting positive impact.

Educating the mind without educating the heart is no education at all – Aristotle

There is an urgent need to build a sustainable and peaceful world. The focus on inclusive and quality education, ensuring equal access to learning opportunities for all, will be the focus as we celebrate International Day of Education on 24th January. Education that enlightens the mind and touches the heart will have a lasting impact.

As we celebrate Republic Day on 26th January, let's salute, **the true spirit of our nation that lies in the hearts of its people, who work tirelessly towards building a better tomorrow**, and upholding the Indian Constitution.

In the digital world note the quote, 'It's think before you post'

The fast-paced increase and spread of digital technology emphasises the need for better protection of personal data. As we celebrate Data Privacy Day on 28th January, educating individuals and organisations about securing their digital presence and maintaining data privacy is vital.

General

The **Christmas celebration** for staff organized on 14th December was a delightful event filled with joy, camaraderie, and festive spirit. Staff and members came together to make the occasion a memorable one, reflecting the essence of Christmas.

The event began with a warm welcome by Therese George, General Secretary. The staff presented a soulful devotional song and devotion was led by Priya Daniel.

HR Chairperson Renuka Reuben addressed the gathering with words of encouragement and motivated everyone to strive for excellence while fostering unity and compassion.

The event featured a variety of entertainment activities performed by the staff from various YWCA departments.

Staff introductions created a strong sense of connection and appreciation, celebrating the diversity and contributions of the entire team.

A fellowship lunch brought everyone together, including staff, HR and Board members. This gathering was a wonderful opportunity to share a meal, strengthen bonds and enjoy a moment of unity in a relaxed and festive environment.

Administrative Secretary Priya Dongre proposed a vote of thanks.

The programme concluded with the distribution of gifts.



Christmas Celebrations at Hostels

LWH

Creating Christmas Memories Through Collaboration

The Christmas In-night on 11th December at the tastefully decorated LWH Hall began with a warm welcome and prayer by acting CP Smita Pathak and Committee introductions by Elaine Fernandes. Our residents anchored the entire programme. 72 residents, guests, and members were in joyful attendance, adding a festive fervour to the evening. Christmas cake and cold drinks were distributed.

Thanks to Ceydrica D'Souza for introducing the multi-talented Clive Pereira a Quality Assurance professional, passionate writer, mentor, sports enthusiast, and nature lover. He believes in doing good through positive actions that multiply and spread joy. He added to the festive occasion through movement and dance, as all enthusiastically participated in line dancing to the rhythmic beat.

The Wired Youth Choir Team organized by Pastor Sharon David, from New Life Fellowship (Metro), an energetic bunch of youngsters lifted vibrant voices in exultant praise. Akshita and Nicholas Mohite and their youth enacted the skit 'Saul to Paul'. Akshita shared her moving testimony with Christ as the centre of her life. It was encouraging to see our residents raise their melodious voices in praise.

All participants were presented a token by Priya Daniel, General Hostel Chairperson. Dr. Ratna Bhattacharya proposed a vote of thanks. Lit candles brightened the safe

space as the 'Silent Night' tune echoed around. Hostel Secretary Bharti prepared a beautiful parting remembrance for all guests. Chocolates were distributed to the residents followed by a sumptuous dinner.



ABH

The ABH hostel hosted a delightful Christmas programme on 11th December that filled the space with festive cheer. The hostel was beautifully adorned with Christmas decorations, creating a warm and joyful atmosphere.

The programme began with a warm welcome by CP Swati Das, followed by an inspiring Christmas message by Saroj Hilbert. The celebration continued with various performances, including dances, songs, and speeches by the residents, which added to the festive spirit of the evening.

The Hostel Secretary proposed a vote of thanks and appreciated everyone for their

valuable contribution in making the event truly special. The event concluded with fellowship over a delicious dinner.



AK / DDH

The Christmas In-night celebration on 18th December was a joyful event held to commemorate the festive season. The gathering brought together residents, guests and members who exchanged heartfelt wishes and spread holiday cheer.

AK Secretary, opened the event with a warm welcome and devotion was led by CP of DDH Lora Saldanha.

The celebration started with carol singing by members, followed by a lively performance by the AK guests and DDH residents. The entertainment included singing, dancing, ramp walk and poetry recitations, all contributing to the festive spirit.

The DDH residents gifted YWCA an **artwork** created by them, symbolizing their love and appreciation for the organization.

A **themed photo booth** was set up, allowing participants to capture memories with a Christmas backdrop.

The resident also showcased their creativity by making **Christmas Trees** using waste materials on the respective floors, adding a personal touch to the celebration.

The evening was filled with warmth, excitement, and festive cheer. The event not only celebrated the spirit of Christmas but also promised a year of possibilities and new beginnings.

The celebration concluded with a vote of thanks by Alida D'Souza CP AK, expressing gratitude to everyone involved in making the event a memorable one.



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Anugraha Hostel

On 20th December Anugraha celebrated a memorable Christmas Night in the presence of various esteemed guests, members and residents.

The programme commenced with an opening prayer by CP Sara Oommen, followed by a warm welcome address by Hostel Secretary Pushpalata. The hostel was beautifully decorated, creating a festive atmosphere that added to the spirit of the occasion.

Dr. Sunila delivered a meaningful Christmas message, focusing on the humble birth of Lord Jesus Christ, the King and Savior. This was followed by a Christmas carol session, where all participants sang together, accompanied by Anurag on the keyboard.

The event was attended by 12 residents. One of the residents, who would soon be leaving the hostel, sang a song and expressed her gratitude towards YWCA, describing it as her second home. She shared her feelings of warmth and belonging, and the members reassured her of their continued support.

The celebration concluded with a delicious dinner.



Membership

Seniors Day was celebrated on 22nd November at ABH Byculla, the theme being 'Evergreen'

The event began with a welcome by Ceydrica D'Souza and devotion was led by Mary Cheru. Gissy Jacob then introduced the esteemed guest speaker, Dr. Evelet Sequeira, an MD, wellness coach, and facilitator.

Dr. Evelet Sequeira conducted an engaging session on how seniors can prioritize their health, sharing practical tips and demonstrating simple exercises accompanied by music. The participants enthusiastically joined in, making the session both enjoyable and beneficial.

The energy soared as seniors showcased their lively dance moves, creating a festive atmosphere. Musical chairs added to the excitement and winners were rewarded. Takeaway gifts were given to all.

The programme concluded with a vote of thanks by Angela Fernandes, followed by a delectable meal, enjoyed by all.

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An **Evening of Carols** was held on 7th December at LWH Fort, with 150 participants.

The theme was 'O come let us adore him, Jesus Christ the Lord.'

The programme began with a warm welcome by compere, Mallika Amulraj, followed by an opening prayer led by Noreen Peters. The guest speaker, Pastor Xavier Selvan, delivered an inspiring message about 'How we can truly adore Christ.'

The highlight of the event was the intergenerational Nativity skit, which was a beautiful depiction of the Christmas story. Each area group showcased their talents through carol singing and skits, making the program really spectacular. The Board members also presented a special Hindi song adding to the festive spirit.

Gifts were distributed to the Y Deepa and youth participants as a token of

participation.

The evening concluded with a vote of thanks by Lovey Pariyaram.

The Evening of Carols was a joyous and heartwarming celebration that captured the Spirit of Christmas, leaving everyone in a festive and cheerful mood.





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Spiritual Emphasis

The **World YWCA and YMCA Week of Prayer** was observed from 10th to 16th November with the theme 'Moving with Faith.'

The inaugural service was held at Taylor Memorial Methodist Church. President Pavana Anchees delivered the welcome address and General Secretary Therese George read the Bible passage.

Programme Details:

Date	Day	Topic	Time	Venue	Resource Person
10th Nov	Sunday	Moving with Faith through the Storm	9 am	Taylor Memorial Methodist Church	Rev. Yogesh Mykalwar
11th Nov	Monday	Moving with Faith through the Drought	3 pm	YWCA Andheri	Pastor Vinny Varghese
12th Nov	Tuesday	Moving with Faith through the Valley	3 pm	YMCA Ghatkopar	Sister Sandra Joseph
13th Nov	Wednesday	Moving with Faith through the Field	6.30 pm	YMCA Belapur	Pastor Selwin Thangaraj
14th Nov	Thursday	Moving with Faith through the Fire	7.30 am	YMCA Andheri	Pastor Santan Dias
15 th Nov	Friday	Moving with Faith through the Dark	2 pm	YWCA Byculla	Pastor Rajesh Mathew
16 th Nov	Saturday	Moving with Faith through the World	7pm	YWCA Fort	Rev. Alwin Raj

Members of the Spiritual Emphasis Committee and representatives from various YWCA areas actively participated in the Week of Prayer. Each session featured an inspiring message shared by a guest speaker reflecting on the theme with spiritual insight.

The Week of Prayer was a meaningful and enriching experience for all.



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The Nursing Department organized *Anand Mela* on 22nd November. Students, under the guidance of their teachers, set up snack and game stalls. The event was inaugurated by WDU members by lighting of the lamp. 60 nursing, bakery, study class students, staff and members thoroughly enjoyed the *event*.

Women's Development Unit (WDU)

A **seed ball workshop** was organised in collaboration with two NGOs namely Hope Foundation and Turning Tide Foundation for 50 senior women on 23rd November at Byculla. They conducted an awareness session and provided all the materials for the seed ball activity. Seed balls and seed bombing are techniques of natural farming where we become instrumental in disbursing the seeds of our native trees. The seed balls workshop was a great success for community participants.



An awareness programme titled '**Meri Rasoi Meri Jimmedari**' was conducted in collaboration with Hindustan Petroleum Corporation Limited (HPCL). As part of the programme, a Nutrition Competition was held on 1st December exclusively for 14 cookery, bakery, and confectionery students at Byculla. Trophies were presented to the three winners of the cookery contest and certificates to the others.

The programme included a safety clinic, a short quiz, and an award presentation for delivery men and best outlets. Notable attendees were Advocate Asha Landge former member Women Commission. Mr. Sunil Zode, Chairman of Indian Chambers of Commerce For Affirmative Action, Ms. Mandira Basak, Deputy General Manager - HPCL and Deputy Dean Sarika Chapne, Nair Hospital, members and staff.

A safety workshop was conducted and pledge was taken by all present.

- Take responsibility for switching off the regulator when it is not in use.
- I will always keep my gas stove on a raised platform and above the level of cylinder.
- I will ensure to check for correct weight and leakage while receiving the cylinder.
- I will get my LPG installation inspected every 5 years by an authorized mechanic.
- If I smell LPG, I will act fast by switching off the regulator, by avoiding touching electrical or battery-operated equipment, and by immediately calling 1906.



A follow-up **Hearing Check-up Camp** was organized by Montfort Care on 22nd November for 43 balwadi and creche children at Byculla.



A Cervical Cancer Screening and Health Check-up Camp was organized on 14th November at Byculla in collaboration with a team of professionals from the Family Planning Association of India (FPAI) and Larsen and Toubro (L&T). A total of 172 individuals benefited from services such as Pap smear tests, blood pressure and sugar level checks, breast cancer screening, menstrual and urinary infection ultrasounds, and oral health examinations.



On 22nd November women from the Geeta Nagar community set up a fabric jewellery stall, while two girls from the Chembur community organized a Mehendi stall, at the TISS campus which generated good revenue for the budding entrepreneurs.

An awareness session on **Cyber Safety** was conducted by Garima Malik and Sangeeta Wetal of Aasra at various locations.

- On 5th November for 52 adolescents at Geeta Nagar.
- On 6th November for 39 adolescents at Chembur.
- On 8th November for 63 adolescents at Fort community.
- On 26th November for 30 adolescents at Byculla.



On 4th December, women from the Byculla and Geeta Nagar communities set up a bag and a fabric jewellery stall at Corporate Service Solutions, MSCI NESCO IT Park in Goregaon. Both stalls were successful and generated a significant surplus.

8 WDU staff attended a **Voter Awareness Campaign Walk** organized by the Rann Samar organization at Churchgate on 16th November. Slogans were chanted, and talks were arranged for the public.

In the month of November, every Friday a **craft workshop** was conducted by Balwadi teacher Kasturi Manchekar for 15 seniors at Byculla which included several sessions of tissue paper flower making.

General Secretary Therese George guided the participants on earning income through small business ventures.



A **Talent Competition** was held on 19th and 26th November for balwadi, crèche, and study class children who showcased their talents in poetry, dance, singing and acting. The children captivated the audience with their remarkable performances. Prizes were awarded to the winners, and all participants received gifts as part of the Children's Day celebration.

Areawise participation details are:

- Belapur Balwadi: 85 children
- Fort Balwadi and Crèche: 81 children
- Chembur Crèche: 29 children
- Byculla Crèche: 32 children
- Byculla Study Class: 27 students
- Belapur Study Class: 25 students





On 5th November **Toy Bank outreach** play workers Nikhat Beg and Afsana Shaikh conducted a session on puzzles and games for 85 balwadi children at Belapur. On the same day, Sapna Jaiswal and Jyoti Saroj conducted games for 32 children at Byculla



A '**Children's Carnival**' programme was held on 17th November for fifteen study class students and adolescents from Fort and Byculla communities, along with WDU staff. The event, organized in collaboration with Decimal Foundation and the Arya Honda Centre at Prabhadevi, featured activities for car servicing like tire changing, panel spray painting, wax polishing. A variety of games were organised for children.



Asha Kiran

An awareness session on **Domestic Violence** was organized on 27th November for 24 women in Tape village, Andheri West conducted by Assistant Coordinator Treesa Rex. The session was highly informative, empowering participants with knowledge and resources to address domestic violence.



On 10th December **Human Rights Day** was celebrated at Asha Kiran for 35 Seniors from communities in Andheri. Committee member Komal Oberoi addressed the group, highlighting key aspects of Human Rights and facilitated discussions about their expectations and suggestions for senior citizen welfare.

The event also provided a platform for open dialogue and interactive activities like Antakshari and Musical Chairs which added an element of fun and engagement.



HIV/AIDS and help prevent spread of the disease.

- An awareness session on Domestic Violence was held which can help break the stigma and silence around violence against women and promote laws and policies for women welfare.



Shelter Homes

Various activities were conducted in November and December with residents.

- Dance Therapy every week
- Talent Competition
- Puntis making for Diwali Exhibition in BMC
- Engaging Games
- Children's Day celebration
- An AIDS awareness session was held to increase knowledge about

PASI

On 9th December, the PASI Committee visited **Ashray Trust** in Bandra, which houses 40 children in the age group of 6-8 years of parents affected by AIDS. A motivational talk on benefits of education, hygiene and good behaviour through games was conducted by Clotilda D'Souza, after which gifts were distributed to the children..



The **Western Regional Conference at Pune YWCA** was held on 16th and 17th November, with members from Pune, Goa, Nagpur and Mumbai participating. It was heartening to have many young members attending from across the region. The theme was 'Gender Justice in Contemporary India'. The conference on the first day, began with a prayer service 'Unshackled and Unstoppable' by the YWCA National team.

Kunjamma Matthew, National President shared Visionary strategies and insights to build a strong and collaborative leadership and expand the reach of YWCA.

Kiran Moghe, economist and activist addressed the gathering. She spoke of the history of the women's movement. She shared several statistics on the appalling rate of crimes and atrocities committed against women. Fatima Sheikh and Savitribai Phule, both Gender Justice pioneers promoted education for girls. Discussions should be encouraged to spread awareness, build solidarity and mobilise people to bring about positive change in society.

Program Manager Pranita Biswasi shared on the topic 'Gender responsive climate change driven by young women'. The Rise – up program was discussed and its positive impact was highlighted.

A case study was shared and all teams had to make a presentation on how they propose to nurture nature in the coming year. Innovative ideas and practical tips were shared by all.

A session was conducted by the youth which was interactive and engaging. A discussion on issues of concern and possible solutions followed. After a short break all areas came together to perform a cultural item. This brought out the creativity of the members and also promoted a light-hearted and relaxing atmosphere after a power packed day.

On Day 2, YWCA of Nagpur, conducted the worship service on the theme 'Breaking Chains, Embracing Freedom'. A presentation by each local association on the programs and activities was shared and summarized by Vice President, WR Roselle Solomon.

Dia Ann Mathew National General Secretary took us through a brief history of the YWCA movement and Standards of Good Governance. An interesting and informative quiz with active participation from all teams created a great amount of excitement.

Everyone took home a token gift from Pune YWCA and a beautifully painted bag by YWCA of Bombay. The hospitality of YWCA of Poona in their newly renovated premises was much appreciated by all.

Programmes and Committee Meetings for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Holiday	2 Anugraha Meeting 1:30 pm Belapur	3 Chembur Area 3.30 pm	4 Bandra Area 3:00 pm
6 Belapur Area 11.30 am	7 Byculla Area 11.00 am LWH Meeting 11:00 am Fort WDU Meeting 11:00 am Byculla ABH Meeting 2:30 pm Byculla Spiritual Emphasis Meeting 4:00 pm on Zoom	8 Borivali Area 11.30 am	9 IC Meeting 10.30 am Hybrid Fort Area 11.00 am DDH Meeting 12:00 noon Andheri PASI Meeting 1:00 pm Fort Andheri Area 3.30 pm	10 SGMA 11.30 am AK Shelter Homes Meeting 11:30 am AK	11 AK Meeting 11.00 am Andheri PR Meeting 11:00 am AK
13 Membership Meeting 11.00 am Byculla	14	15	16 Buildings Meeting 10.00 am on Zoom Jottings Meeting 11.00 am Byculla	17 PIYA 7.00 pm on Zoom General Hostels Meeting 11:30 am Byculla	18 HR Meeting 10.00 am Andheri
20	21 Finance Meeting 4.00 pm on Zoom	22	23	24	25 Thanksgiving Service 4.30 pm Afghan Church
27	28	29	30 Board Meeting 11.00 am Byculla	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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