



# **SOROPTIMIST WELFARE ASSOCIATION (SI Bombay Chembur)**

**Mahatma Education Society, Sion – Trombay Road,  
Chembur Naka, Mumbai 400071**

## **NEWSLETTER**

**Vol. 5, February 2022**

- ◆ Bombay Public Trust Act, (1950) Reg. No - F 46909 (Mumbai)
- ◆ Societies Registration Act, (1860) Reg. No – 2048



### **OFFICE BEARERS**

**Dr.Daphne Pillai**  
Founder President

**Ms.Yvette Lee**  
President

**Ms.Seeta Desai**  
President- Elect

**Dr.Celina Joy**  
Immediate Past  
President

**Ms.Preeti Pawar**  
Hon.Secretary

**Ms.Parveen Arif**  
Hon.Treasurer

**Ms.Munawira**  
Kotiyad Pillai  
Programme Action  
Co-ordinator

**Dr.Betty Sibil**  
Club Extension &  
Membership Officer

**Ms.Susanna**  
Cherian  
Communication &  
Publicity Officer

### **PRESIDENT'S MESSAGE**

Dear Sorooptimist Sisters,

I take this opportunity to thank all of you for your constant support during my 4-year tenure as President. The last 2 years were difficult for all of us. We had to change the way we reach out to our target populations and become creative with all the projects that we do.

I believe in the saying, 'Necessity is the mother of invention.' And during this pandemic we were able to do a lot of awareness and outreach work, because we all had one goal in mind- 'to make a difference.' We have continued to do our annual projects and have also added a few new ones to our list. I am so proud to be a part of such a dynamic and hardworking group of women.

This newsletter covers the projects that we have undertaken from August, 2021 to January, 2022.

Kudos to all of us!

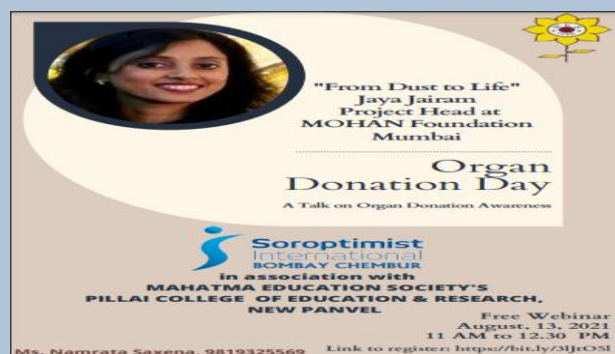
Regards,  
Yvette Lee  
President,  
Sorooptimist Welfare Association (SIBC)

## PROJECTS - AUGUST, 2021 to JANUARY, 2022



### ORGAN DONATION DAY

Soroptimist Welfare Association (SIBC) in association with Pillai College of Education and Research, New Panvel organized a talk titled “From Dust to Life” by Ms. Jaya Jairam, Project Head at Mohan Foundation to observe the Organ Donation Day on 13th August 2021. The project aimed to bridge the gap between the need and the availability of organs by bringing awareness, busting the myths associated with organ donations, and informing on the legalities to facilitate the process. The talk was hosted live on YouTube and around 100 participants attended the session. The talk is available at <https://www.youtube.com/watch?v=dJKBs7zbIIU>



### BHARAT NUTRITION WEEK

On the occasion of ‘Bharat Nutrition Week 2021’, Soroptimist Welfare Association (SIBC) in association with Pillai College of Arts, Commerce & Science (Autonomous), New Panvel, organized a seminar on ‘Good Nutrition: A key to women’s health & well-being’ for women sub-staff of the Panvel campus on 4th September 2021. The speaker for the seminar was Dr. Prachi Ambolkar, Consulting Clinical Dietician & Life Saving Skills Trainer. She shared her expertise about the good nutrition required for women. 49 women sub-staff attended the seminar. A Free Eye Check-up Camp by Nair Super Specialty Eye Hospital, Panvel was also conducted for the women.





In addition to this, an international webinar on 'An insight into Women's Health' for women staff was also organized on 3rd September 2021. The speaker for the webinar was Mrs. Akanksha Kulkarni, Clinical Nutritionist, Diet for U, United Kingdom. She discussed the importance of taking good care of one's health. She also shared her expertise on women's health in the areas of PCOS, nutrition during pregnancy, and menopause.

## INTERNATIONAL LITERACY DAY



To celebrate International Literacy Day, Soroptimist Welfare Association (SIBC) in association with Wonder Wheel Online Store started an online campaign where donors could donate school bags, stationery and other educational supplies for marginalized children studying in schools in Mumbai and nearby villages. The educational supplies collected were distributed to an Adivasi Zilla Parishad School in our adopted village, Warmal, Raigadh. More than 100 students benefitted from this project.



SIBC in association with the Social Service Committee of Pillai Institute of Management Studies and Research organized an international webinar on the theme "Literacy for all: Narrowing the Digital Divide" on 8th September 2021. The speakers were Mr. Brian Oduti- World Literacy Foundation Ambassador and Ms. Shukla Bose – Founder & CEO of Parikrma Humanity Foundation.

In addition, SI Bombay Chembur in association with Mahatma Night Degree College of Arts & Commerce, Chembur organized a webinar on "Literacy and Human Development: A distinctive outlook in new normal" on 8th September 2021.

## INTERNATIONAL DAY OF THE GIRL CHILD



On the occasion of this UN Day, SIBC members visited their partner NGO, Perna Naunihal Center, Kharghar, a shelter home for rescued CSWs and children of CSWs. A Warli Art session was organised for the girls and



the members also spent time interacting and playing games with them. A donation of Rs. 20,500/- given by our Friendship Link, SI Plymouth was also given to them. Sweet boxes were distributed.



SWA in association with Pillai College of Education and Research, Chembur observed International Girl Child Day on 11th October 2021 by organizing an expert talk by Mr. Sachin Dedhia, Founder and CEO-Skynet Solutions on the topic “Cyber Security and Social Media Dangers”. The theme of 2021 was Digital Generation – Our generation. Mr. Dedhia displayed a presentation listing and describing the various forms of cyber harassment such as hacking, and software used for hacking. Mr. Sachin explained how the data can be taken from WhatsApp, Facebook, Instagram, Snapchat, Hangouts messages, etc. He also emphasized the concept of cyber safety. Around 150 students attended the webinar and the project focused on SDG 5 and SDG 10: Gender Equality and Reduced Inequality.

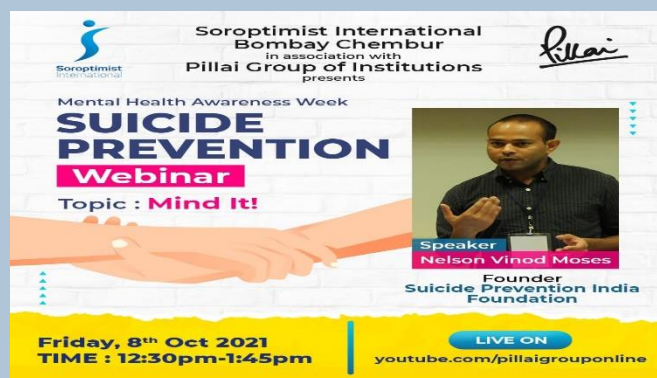


## WORLD MENTAL HEALTH DAY



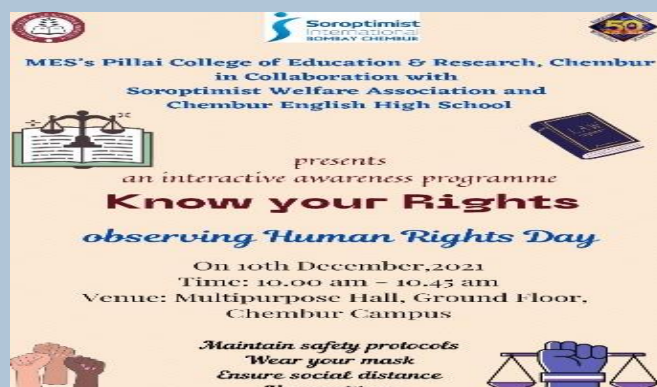
SIBC in association with Pillai HOC College of Arts, Science, Commerce and Science, Rasayani, Pillai HOC College of Architecture, Rasayani, and HOCL School, Rasayani organized a Webinar on “Emotional Well-Being in times of Crisis” on 11th October 2021. The talk was taken by Ms. Namita Shetty – Psychologist / Regression Therapist, Family Constellation Facilitator, and Life between Lives Therapist.

On this occasion another webinar was held by SIBC in association with Pillai Group of Institutions on the topic “Mind It” for school and college students on mental health and suicide prevention on 8th October, 2021. Mr. Nelson Vinod Moses, Founder Suicide Prevention India was the resource person for the session and the session was live on YouTube. Around 700 students attended this awareness session.



## WORLD HUMAN RIGHTS DAY

World Human Rights Day is celebrated worldwide on 10th, December 2021. Soroptimist Welfare Association (SIBC) in association with Chembur English High School & PCER Chembur arranged an informative program on the occasion of World Human Rights Day, for the students of standard 9th. The S.Y. B.Ed. students from the English Pedagogy class planned, performed, and executed the Program. It tackled a basic introduction to Human Rights Day and some key human rights in our constitution. Topics like child marriage and child labor were highlighted so that students understand the violation of human rights. The Right to Education was emphasized and discussed. Effective posters highlighting the various human rights were displayed. Around 60 students were part of the program.



## ADARSH, VILLAGE ADPOTION PROJECT

In continuation with various activities that SIBC has done in in Warmal, Raigadh, SIBC collaborated with the NSS unit of Pillai HOC college of Arts, Science and Commerce, Rasayani and Rotary Club, Patalganga and organized a Medical Camp and eye check-up camp for all the villagers on 16th October, 2021. Free medicines and spectacles were distributed to the villagers. SIBC members also discussed and educated the women on hygiene during menstruation and use of sanitary napkins. The project serves SDG #3 and SDG#17. Around 150 people of this Adivasi village were impacted by this project.



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Maharashtra 402107, India  
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## JOY OF GIVING WEEK

The project was a fundraiser with the specific aim of sponsoring meals for one week at the rate of Rs. 500 per family of three (child and two parents) meal for the residents of Access Life. Access Life is an Indian NGO that provides support to children (who are suffering from cancer) and their families (two parents). The organization collaborates with Tata Memorial Cancer Hospital, Mumbai, and supports these families with boarding, meals as well as medical support, and transportation from the Access Life Centre to the hospital and back. The names and financial details for fund collection were provided via a Google Form and funds were collected between 1st and 25th October 2021. A total sum of Rs. 1,43,700/- was collected. This money was handed over to Access Life on 12th November 2021. The project focused on SDG #2 “Zero Hunger” and SDG #3 “Good Health and Well Being”.



## WORLD TOILET DAY

The Soroptimist Welfare Association (SIBC) collaborated with Pillai College of Architecture, Navi Mumbai to observe World Toilet Day – an official United Nations international observance day falling on 19 November every year to inspire action to tackle the global sanitation crisis. This action is linked to the UN Sustainable Development Goal of “water and sanitation for all by 2030”. One can read more about it here: <https://www.un.org/en/observances/toilet-day>.

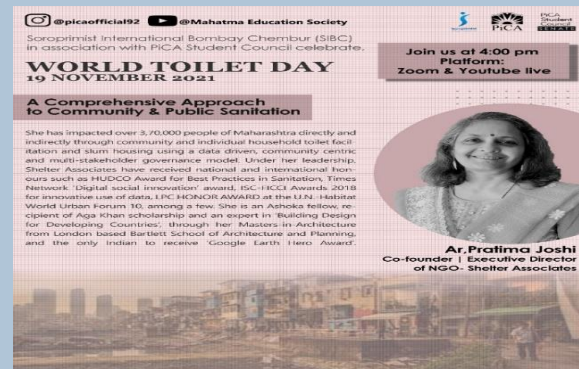
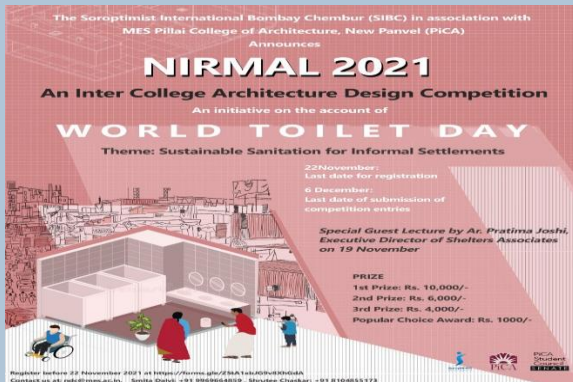
The main activity for observing the World Toilet Day was the conceptualisation of an annual inter-college design competition named NIRMAL. This was initiated in 2020. This year, NIRMAL 2021 was open to students of 9 architecture colleges in Navi Mumbai and Panvel area. A special guest lecture by Ar. Pratima



Joshi, Executive Director of Shelters Associates was organized on 19th November to mark the occasion of World Toilet Day. This NGO works for improving living conditions in slums and informal settlements where housing and sanitation are their major focus.

The lecture recording can be viewed here: <https://www.youtube.com/watch?v=uYCKFfh2jRo>

The theme for the design competition was 'Sustainable Sanitation for Informal Settlements'. On 20th January 2022, an online prize distribution ceremony was organized to announce the winners of the design competition. It was attended by participating students, faculty members, members of SIBC and NASI members. The winning entries were screened along with the jury comments. Our President, Ms. Yvette Lee did the honours of virtually handing over the prizes to the winning teams.



## INTERNATIONAL DAY FOR ERADICATION OF POVERTY



Soroptimist Welfare Association (SIBC) organized "Fistful of Grains" drive at Edukidz International, a leading preschool chain in Mumbai and Navi Mumbai to observe the "International Day for Eradication of Poverty" on 21<sup>st</sup> November 2021. The proceeds of the donation were given to Manav Jeevan Sena Trust, which runs an orphanage. The initiative instilled the value of kindness, sharing, and uplifting the marginalized in the hearts of the tiny toddlers.



## WEBINAR ON “THE GENESIS OF HUMAN RIGHTS LAW IN INDIA WITH SPECIAL REFERENCE TO WOMEN’S RIGHTS”

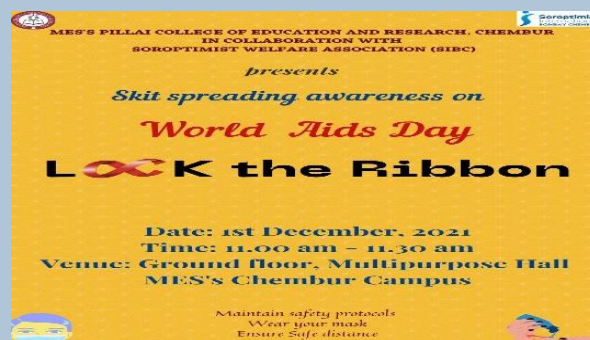


To observe 16 days of Activism Against Gender-Based Violence, SIBC, in association with Pillai Institute of Management Studies and Research organized a Webinar on the topic “The Genesis of Human Rights Law in India with special reference to Women’s Rights”. The speaker for the Webinar was Ms. Ayushi Kundu, an advocate at the Calcutta High Court and Soroptimist International President’s Appeal Coordinator. 16 Days of Activism Against Gender-Based Violence is an international campaign to challenge violence against women and girls and runs every year from 25th November, the International Day for the elimination of violence against women to 10th December, Human Rights Day. The 2021 theme is “Orange the World: End Violence against Women Now! Freedom from violence is a fundamental human right. Gender-based violence undermines a person’s sense of self-worth and self-esteem. It affects not only physical health but also mental health and may lead to self-harm, isolation, depression, and suicidal attempts. Ms. Kundu spoke about the genesis of the Universal Declaration of Human Rights and how India and various countries enacted some of them in their constitutions. She specifically referred to some of the heinous crimes in India that led to various laws like the Vishaka Guidelines etc. Over 100 students of the management institute and SIBC members attended the webinar. It was an interactive session and the students appreciated the same.



## LOCK THE RIBBON – WORLD AIDS DAY

The Soroptimist Welfare Association (SIBC) in association with Pillai College of Education and Research, Chembur showcased a skit to observe World Aids Day on 1st December 2021. The skit was performed to increase awareness about Aids as well as sensitize the issues surrounding the same. Around 100 B.Ed. students were a part of the skit.





## PREVENTION OF SEXUAL HARASSMENT AT THE WORKPLACE



Soroptimist Welfare Association (SIBC) along with The Internal Quality Assurance Cell (IQAC) and Women Development Cell (WDC) of Pillai HOC College of Arts, Science & Commerce, organized a webinar on the topic "Prevention of Sexual Harassment at Workplace" on December 9, 2021 to commemorate 16 Days of Activism. The resource person for the webinar was Advocate Shraddha Abhijit Yadav. She covered the topic very well by covering major aspects of sexual harassment at workplace and various ways of prevention. She talked about sexual harassment, duties of the employee, Posh Act 2013, its importance, changes brought by Industrialization, UN Convention (CEDAW), Bhavari Devi case, Vishakha guidelines, etc.



## BLANKET COLLECTION AND DISTRIBUTION DRIVE

Soroptimist Welfare Association (SIBC) distributed around 250 blankets and 3 boxes of warm clothes to street dwellers in Mumbai on Tuesday, 21st December, 2021. This was much needed with temperatures dropping in Mumbai. 500 biscuit packets were also distributed among children living on the street.



**Please follow our YouTube channel for recordings and videos of our Webinar held and projects done-**

**[https://www.youtube.com/channel/UCNN5A8fe3mawVOq9TicTK\\_Q](https://www.youtube.com/channel/UCNN5A8fe3mawVOq9TicTK_Q)**

## WHY I AM A SOROPTIMIST!!

**Dr. Sunita Wadikar – Past President (2001-03)**



*My journey of Soroptimism commenced because of two dynamic and loving women, viz, Ms. Antoinette D'Costa and Dr. Daphne Pillai.*

*Way back in 1995 it was Ms. Antoinette, the former NASI President and a hard core Soroptimist explained to us that the name Soroptimist was coined from the Latin word soror meaning sister, and optima meaning best. And so Soroptimist is best interpreted as the best for women.*

*She oriented us very convincingly to the functioning of Soroptimism, saying that it's a global voice for women. Soroptimist International is a worldwide volunteer service organization for women who work for peace, and in particular to improve the lives of women and girls, in local communities and throughout the world. This was impressive and meaningful enough to make me reflect upon joining Soroptimism.*

*Another important and very special person who influenced me was our very own founder President – Dr. Daphne Pillai. Her motivational and encouraging words tempted me to join our club and her trust got the best out of me in conducting various projects very successfully, thereby, impacting a good number of needy women and girls in the society. Her constant support helped me in forming a strong bond with not only SIBC but also at the National Association of Soroptimist International of India (NASI) level. I owe my immense gratitude to both these erudite, lovely women who initiated me into Soroptimism.*

*In retrospection, I also realized that the spirit of altruism had been engraved within me since my childhood days because of my parents who strongly believed that society nurtures us by giving in bounty, hence we owe our debts to this giving society around us. Growing up in such an environment and observing my parents reaching the unreached, especially during the floods, famines or any other natural calamity has cultivated strong roots of the community connect within me. So the calling within, passionate mentors around, and believing that –“A small good deed is always better than the grandest intention” made me grab the opportunity of being a dedicated Soroptimist. In fact, this channel has paved me a path to be constantly connected with the underprivileged women and girls of society to render my services in whatever little way possible.*

*Today, as our parent body (SIGBI) celebrates a centenary and we, in India turn over 30 years I feel blessed to be a proud Soroptimist and to be a part of such a vibrant, worldwide organization...*

## MEMBER ACHIEVEMENTS



Dr. Daphne Pillai was a speaker at the 'The Uncertain Times' webinar series organised by IWFCI Global on November 26th, 2021. Other speakers were Diana Abruzzi, International Chair and Presidents of IWFCI Chapters of Singapore, Japan, Indonesia, Malaysia. Jacqui Savage was the guest speaker, Founder of Medcorp Technology.

### Singaporeimagine Round Table Conference

Dr. Daphne Pillai was a speaker at the 'Singaporeimagine Round Table Conference' organised by IWFCI Singapore and supported by the Singapore Tourism National Board on Tuesday, March 30th, 2021. Her talk was on **BREAKING IMAGE STEREOTYPES IN BUSINESS**.



SIBC Member and Principal of Pillai College of Education and Research, New Panvel, Dr Sally Enos was honoured with the **ICONIC PRINCIPAL** award recognition at **ASIA- GCC AWARDS for Excellence & Leadership in Education** on 23rd December 2021.

## SIBC LUNCHEON

SIBC members gathered for a luncheon for the first time after the pandemic hit the world on December 3<sup>rd</sup> 2021 at Tiqri, Taj Santacruz. The members deepened the bonds of friendship over good food, lots of laughter and made good memories together.



## UPCOMING EVENTS AND PROJECTS

11th February 2022 - International Day of Women and Girls in Science

8th March 2022 - International Women's Day

April 2022 - SIBC AGM and Election for the term 2022-2024



## **SOROPTIMIST PLEDGE**

I pledge allegiance to Soroptimism and to the ideals for which it stands:

The Sincerity of Friendship

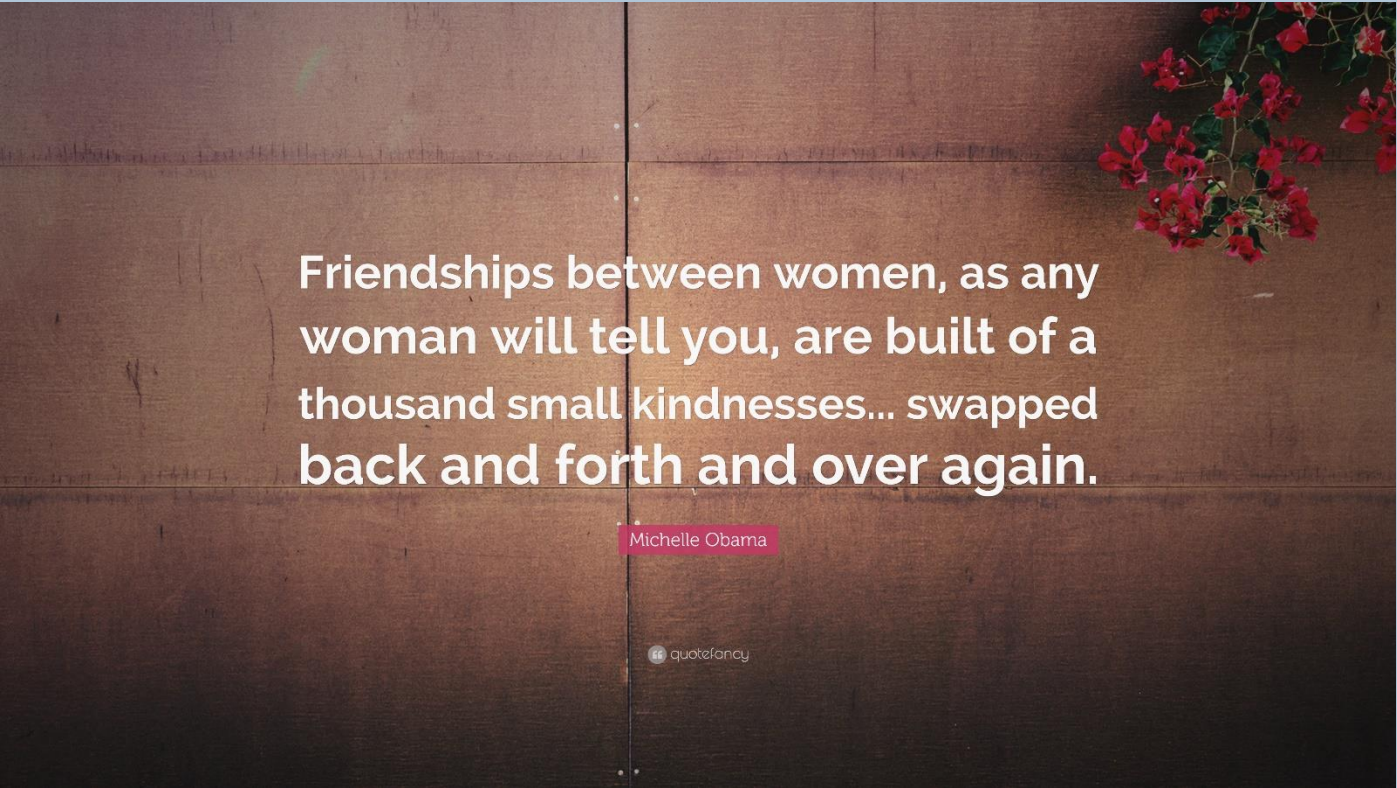
The Joy of Achievement

The Dignity of Service

The Integrity of Profession

The Love of Country

I will put forth my greatest effort to promote, uphold and defend these ideals, for a larger fellowship in home, in society, in business, for country and for God.



Friendships between women, as any woman will tell you, are built of a thousand small kindnesses... swapped back and forth and over again.

Michelle Obama

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