

## Editorial

Dear All,

*"We can let the circumstances of life harden us so that we become increasingly resentful or afraid, or we can let them soften us, and make us kinder. You always have a choice."*

*- Dalai Lama*

As we sign out of 2015, PASSAGES would like to thank you for being a part of our family this year. It was extra special because of your support, love, prayers and many blessings.

It was unexpected in good ways and in some unfortunate happenings. Losing our dear Coomi, which consequently diminished our planning of workshops, became a setback for PASSAGES. We are grateful for the several spontaneous opportunities that came our way for the cancer activities of PASSAGES.

We're all excited for what's in store for us in 2016 and would like to take this opportunity to invite participation from our members and well wishers.

We wish you and your families a truly blessed New Year.

**Kaya Shewakramani**

## PAST EVENTS

**September 11, 2015**

**PARTY FOR THE C-KIDS (ASIAN CANCER FOUNDATION)**

This party was facilitated by PASSAGES for the not so privileged children, ailing from Cancer and undergoing various forms of related treatment. Gitanjali Deshpande, along with other volunteers of the Asian Cancer Foundation accompanied these children along with one caregiver each. The children are currently undergoing treatment at the Sion Hospital. The venue was the Clubhouse, Ashok Towers, Lower Parel. This party was made possible because of the efforts of Ms. Tianna Khambatta and friends; their very enthusiastic help made the event that they named - Chrysalis - a huge success! The children were treated to a fun filled morning of entertainment, which included tattoo artists, cupcake decorating and an art and craft session with renowned artist and sculptor, Arzan Khambatta; there was also a very interesting photo session followed by song, dance and lunch! Our sincere thanks to donors from Ashok Towers who helped in making this event a success!



October 3, 2015

## BREACH CANDY CLUB

In support of the Global Breast Cancer Awareness month, PASSAGES' volunteers spread the message of the importance of early detection and treatment, leading to more positive results.



October 7, 2015

## UNLEASH YOUR POTENTIAL

Facilitator: KHURSHEED MERCHANT

Reported by: Kaya Shewakramani

On October 7, 2015, several of us gathered at Khursheed Merchant's full-day, self-empowerment workshop. The group was a mixed lot comprising of some women entrepreneurs, an image consultant, sales consultants, social workers, nutritionists and some homemakers - all eager and enthusiastic for the full day, spontaneous workshop. Through various games and interactions, participants looked at issues with a commitment to action and new possibility.



The morning session exposed us to how performance was linked to learning and enjoyment through the stem / mid / and neo-cortical brain.

Through simple puzzles and games, we looked at how, as humans, we live language patterns and its influences on our performance and how we live with the meaning of the word. The brain extrapolates from the past.

'Learning' comes from the unconscious brain and 'Analysis' comes from assumption. Relaxed observation leads to non-judgmental choices. Some exercises like 'walking on glass' had us re-examine our perceptions and beliefs.

Through recognition of awareness, we were exposed to aspects of our personalities - endearingly called *chikalu* and *pappalu* (by Khursheed); the former being a state of derived responses and the latter being a place of past-based responses. Such limitations inhibit our potential and the potential of our team members.

We worked with Rapport and Power questions, designed to have the individual sustain energy, enthusiasm and communication, by looking at positive emotions.

We concluded in a space of high energy, trust and wellbeing. We were given cards with four daily affirmations to keep our self worth and sense of purpose, alive. The program was overall exciting and enjoyable.

October 9, 2015

## PASSAGES' MUSICAL NITE at ASHOK TOWERS

Our 'pink ribbon' efforts and Early Detection message were spread through the residents of Ashok Towers, Lower Parel, as we were invited to be part of the evening at the Kalyanji - Anandji Musical Program.

We owe our gratitude to Mr. Ramesh Jain and his family for including us in this beautiful evening with the residents of Ashok Towers; our very special thanks also to Mr. Ramesh Poddar for his generous donation towards our cause. This

evening would not have been possible without the tireless coordination and tremendous efforts of Khushnuma Khambatta, Neha Jain, Juhi Nag and the entertainment committee of Ashok Towers. A special thanks to our members – Simran Khubchandani, Shilpa Saraf and Rashna Doongaji, for being present to support us in distributing our print matter on Breast Self examination along with discount coupons for Mammogram from the SRL Jhankaria Diagnostic Clinic. PASSAGES was honored and privileged to be the beneficiary of several donations through the residents of Ashok Towers.



November 19, 2015

## LEVERAGING SOCIAL MEDIA FOR ENTREPRENEURS

Facilitator: AMI SAVLA (The Socialize Store)

Emojis have taken over our emotions. Facebook and Twitter have taken over our lives and created a generation who are obsessed with themselves and are in constant need of 'comments' and 'likes'. In keeping with current trends and to encourage and empower women entrepreneurs, we planned this session with Ami Savla. Ami helped us to understand and explore opportunities that social media presented in the new

age of Digital India. Various details about the nuances in social media networks were discussed. During this highly interactive session, tips and insights for creating templates, visuals and other marketing messages were imparted for those who wished to leverage social media. Start up ideas for women who want to expand and promote their Brands through social media. Ami exposed us to various Apps and websites, which offer pre-designed templates and graphics to use for Marketing and promoting Brands on Facebook, Instagram and other platforms to further our projects. Other websites like Fotor.com, Meetup.com - help to increase office efficiency. Overall the session added great insights and furthered our learning on Email Marketing and Etiquette and Networking Platforms.



November 28 & 29, 2015

## STYLECRACKER BOROUGH EXHIBITION (Turf Club)

The Passages' Pink Ribbon Bazaar (stall) with all its donated products helped generate funds for our Medicine Bank initiative. Awareness literature was also distributed. Our grateful thanks to Tanya Khubchandani Vatsa, Designs by K, Apaulogy and Mandalay for assisting us in our endeavor as well as to our volunteers for the day – Rita Advani, Snehal Salve, Rehana Sayed and Aamir Sayed.



December 5, 2015

## FESTIVAL OF CHARITIES (YMCA)

Organised annually by The Indus International group where NGOs are given stalls to draw attention to their various causes, the volunteers in the PASSAGES' stall here too distributed our Cancer awareness literature. Our sincere thanks to Rehana Sayed and Zamir Sayed for their dedication in volunteering their time for this event.



December 15, 2015

## THE JOY OF GIVING

Our PASSAGES' volunteers distributed gifts to underprivileged patients being supported by us (and some staff members), at the Cama Hospital.



## CANCER HEALTH PROGRAM – a brief update

During all our events and stalls at various Exhibitions, regular Awareness Literature is always distributed and the message delivered is emphasis on early detection as a very important preventive measure and one in which women themselves must do their bit through regular self-examinations.

Under our Adopt-a-Patient and Medicine Bank initiatives, the financial and medical support that we extend underprivileged cancer patients from the Cama and Albless Hospital, have been very well received and the number of patients has now increased. This on-going endeavor is ably supervised by two of our volunteers—Rita Advani and Snehal Salve.

Our team at PASSAGES also screens other Individual Financial Assistance appeals that come to our office. This is either a one time financial aid, or on going, as per their treatment requirements.