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Urjo Newsletter



THE ISSUE

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Activities : Jan -Mar 2021



Workshop on Basics of Banking



A workshop via zoom was organised on 13th January, 2021 on Basics of Banking. Mrs Nilima Mukherjee, an ex-banker and member of Urjo Executive Committee, was the facilitator of the workshop. It was attended by both members as well as non-members and focused on FAQs on doing various forms of banking transactions, formalities for taking loans etc.

Meeting of Urjo members post pandemic

A meeting of the members was held on 6th March 2021 after a gap of one year, post lockdown. Members shared valuable insights gained during pandemic and shared ideas and thoughts on next year's activities. There was another meeting of Urjo members on 20th March, 2021.

In addition, members celebrated International Women's Day and shared stories which matched with this year's theme #Choose To Challenge.



Webinar on International Women's Day

Urjo conducted a webinar to celebrate IWD 2021 on 8th March, 2021. It was titled # Determined # True Inspirational Stories. The speakers were as follows:

1. **Ms. Archana Dighe** – A non-member who is a HR trainer and also heals people through holistic therapies. She spoke of her challenges as a single mother and how she overcame them.
2. **Ms. Lina Bardhan**– A non-member who is a Rehabilitation Psychologist and runs Noble Mission, a school for differently abled children. She spoke of how she was discriminated as a girl child and how she overcame it and challenges she faces now while running the school.
3. **Ms. Nilima Mukherjee**–An Urjo member and an ex banker. She spoke of challenges she faced in her workplace and how she dealt with them.
4. **Ms. Sarmistha Niyogi** – An Urjo member and an Economist. She recited her own poem which focused on the atrocities happening due to the mindset of Indians and how this needs a radical change to bring about women empowerment.

There was a Question Answer Session after the presentations conducted by **Dr Ratnabali Chakravorty**, Founder Member of Urjo and Senior Consultant, Obstetrics & Gynaecology.

This programme was very well received and was a resounding success with more than 70 people joining the webinar. It received very good feedback.



Counselling Session at Apanghar jointly conducted by Urjo and Symbiosis Institute of Business Management (SIBM)

This programme on "Well Being of Elderly " was held on 16th March 2021. The counselling session was on mental health, social security, yoga and games related to senior citizens conducted by students of SIBM with Urjo providing logistical and infrastructure support. It was a very useful session for Boarders of Apanghar and they enjoyed participating in the games and quiz.



Celebration of International Happiness Day 2021 with students of Noble Mission

20th March is a UN designated day dedicated to the "importance of happiness in people's life"

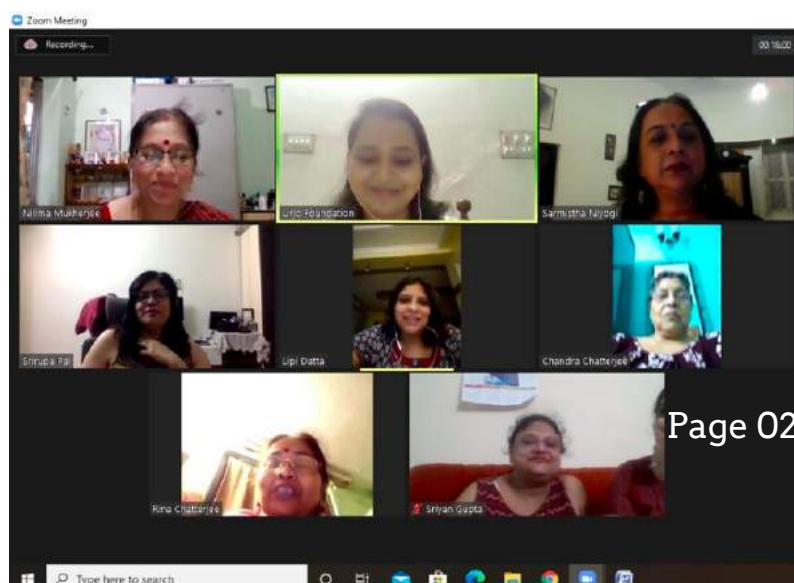
With the above objective in mind, on 19th March, 2021, Urjo celebrated the day with a very poignant programme with especially abled children of Noble Mission School. The students felicitated Urjo members and entertained us with excellent performances of dance, music and recitation.

It was a memorable experience for Urjo Members. Urjo sponsored food packets for the students, parents and teachers.



Celebration of World Poetry Day on 21st March, 2021

Urjo members celebrated this Day via a zoom meeting. Two members recited their own poems which included a poem on Urjo's contribution towards betterment of one's life. This elicited positive response from members and a discussion followed on Urjo's way forward. Three members recited famous Bengali and English poems. There was also a video of Amitabh Bachhan's recitation of an inspiring Hindi poem penned by Harivansh Rai Bachchan, his father.



Yoga and Meditation with Brahmakumaris

Every 10th Day of the Month Urjo members used to visit Brahmakumaris centre for meditation. During COVID time Urjo roped in Brahmakumaris for online session of yoga and meditation. Brahmakumaris conducted sessions 3/4 times a week for Urjo members for their mental health and wellbeing. These sessions benefitted the members greatly.

