



श्री ELSA

Lady Shri Ram College Alumni Association

**ANNUAL REPORT
2019-2020**

ELSA Mission

A community that continues to nurture 'the LSR spirit of liberation through knowledge' and transforms lives through sustainable support and action

Welcome back LSR Alumni!



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Foreword

Dear Elsa members and friends, a very warm welcome to all.

As ELSA EC 2019-21, we started our term with a great amount of enthusiasm and energy. Our mission of empowering women to enable social change, acted as a guiding factor for planning our activities of talks, webinars, meetings & ELSA get-togethers. Our Cultural and Entrepreneurial Hub, 'Basant Bazaar', was participated and celebrated by our Alumni with great gusto and comradeship.

Covid-19 hit & challenged the whole world. The challenges that faced us were huge, resources reduced and physical movement stalled. The work from home environment only added to it. However, as ELSAs we believe that every adversity presents multiple new opportunities.

We ELSAs put our act together. We reinvented and reached out to strengthen others by going online. ELSAs started the *Share your Gift* series, where we had storytelling to invoke inner resilience, heard psychologists to keep us mentally strong, inspite of the lockdown. We also learned body healing bt hand-reflexology. Our highly experienced academicians spoke on coping with children, across all ages and tips on home schooling. Top most medical teams spoke to us about dealing with our health-issues and coping techniques during this Covid period. We also had sessions about inculcating nutritionally healthy eating habits and learning to growing our own herbs. Cooking and sharing recipes became a great comforting and bonding factor. Our initiative *ELSA talks* reached out and connected with our ELSA sisters all over the country and the globe. Our inclusiveness crossed physical boundaries with our *Pan ELSA talks*, where all ELSA members across the world could connect simultaneously.

As part of our social responsibility towards the less fortunate, we helped create many successful *Fund raisers* and used our ELSA platform to create awareness of social issues.

Very happy to share that inspite of limited sponsorships and activity, we have emerged *stronger financially*. We initiated a *special membership drive* at reduced rates , taking cognizant of the Covid stress situation. We're happy to share that we have added a total number of 270 members to our Association in the last one year, taking the total number of members to a landmark 1000.

We would like to acknowledge with gratitude, our partners BMU, Dastkar, Airtel, Taneira, Mirror Now and Apollo Hospital, Delhi.

Most importantly we thank the alumni for all their support. Going forth do connect with us, give us your ideas and suggestions.

ELSA today is an energy which flows through all of us as sisterhood.

Let's go higher.

Warm wishes to each one of you,

TEAM ELSA EC 2019-21

Message from

Dr Meenakshi Gopinath



*These are bewildering times, indeed!
But that has not deterred our ELSA.*

ELSA has worked with dedication and quiet commitment this past year. There has been a consistent effort to keep the network strong and alive. The new team has reached out to enlist many more members especially the vibrant millennials.

Through all the uncertainties of Covid the ELSA Talks platform has drawn in thousands of ELSAs to provide a community of anchor through sharing of individual journeys of success, courage and resilience.....creatively using the potential of virtual platforms.

The Bangalore chapter too, actively cheered by ELSA EC President Parool Trehan and her team, has added a beautiful colour to this tapestry through its ELSA CONNECT initiative

These-one-of-its-kind programs have had the distinctive LSR stamp of gravitas, dignity, self-confidence aesthetics and above all the 'joi de vivre' that has been so much a part of our collective journey.

There has also been a bringing to awareness of our responsibility for those less fortunate in these challenging times. Our motto of leadership with Social Responsibility has been palpable in all the endeavours this past year.

Thank you ELSA for keeping the bonds of friendship alive and enabling the rhythm of our individual striving to resonate with the harmony of collaborative purpose. Thank you also for being that special space for buoyant nostalgia and for keeping our creative juices flowing. That all the chapters....Bombay, GCC, UK, USA, Canada, Jaipur, Pune, Mizoram and now Chennai have striven for Common Ground even while keeping their distinctive stamp alive reflects the unity through diversity that has always been the LSR credo.

Your work truly reflects the empathetic and inclusive rhythms of leadership. Each year has its distinctive road and each new executive its particular stamp. May a thousand flowers bloom! We will all continue to draw on the collective energies that link us to our Alma Mater.

Keep the flag flying.

In deep gratitude,

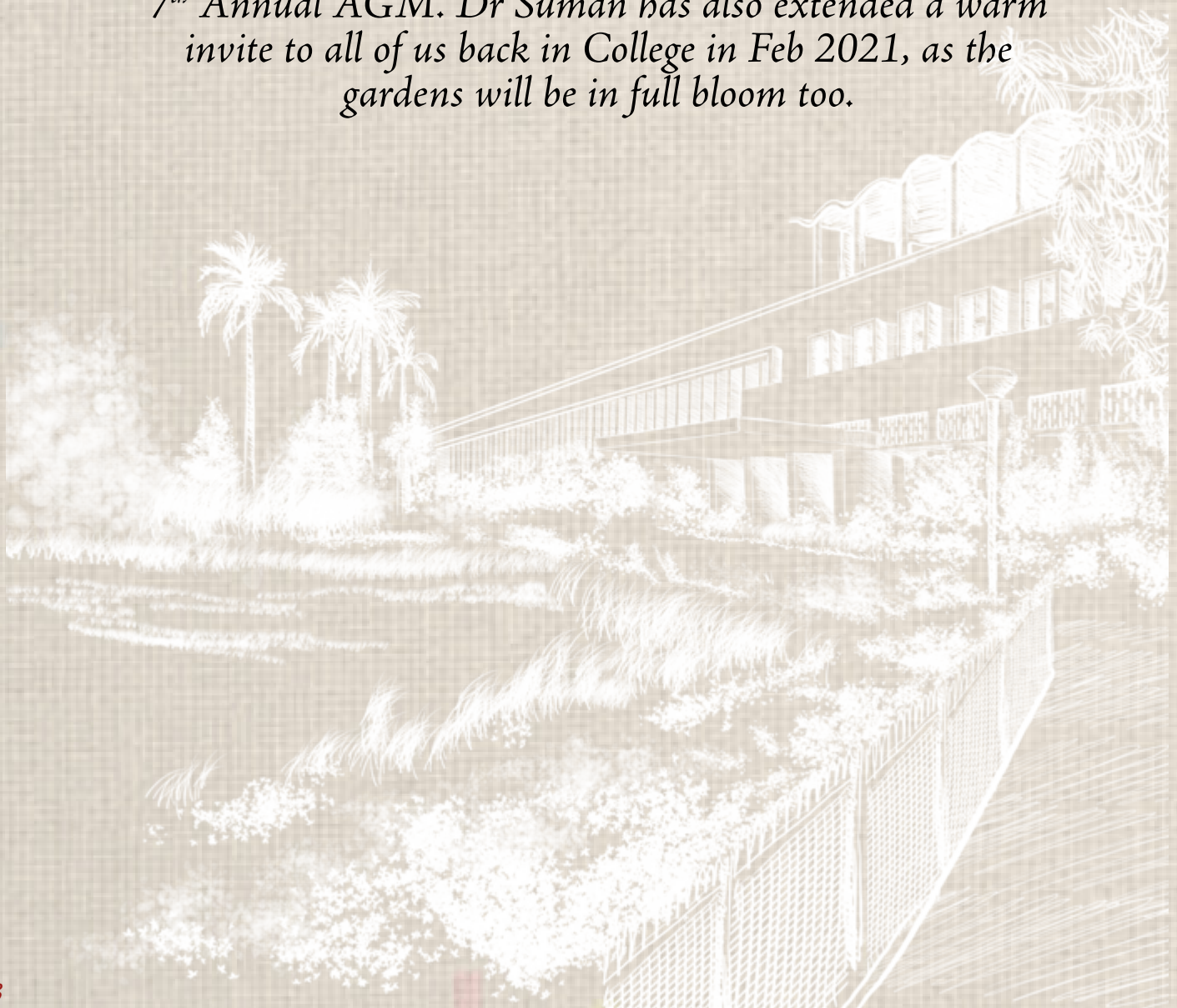
*Meenakshi Gopinath
September 2020*

Message from

Dr Suman Sharma



Our Principal Dr Suman Sharma, sends her best wishes to all ELSA members, on the occasion of our 7th Annual AGM. Dr Suman has also extended a warm invite to all of us back in College in Feb 2021, as the gardens will be in full bloom too.



Executive Committee Members 2019-21



Parool Trehan – President

ELSA today means to me so much more than it did before. ELSA is an energy which flows through all of us, as sisterhood. If college was knowledge, ELSA is wisdom. If college was discovering oneself and the world, ELSA is about being able to bring change, in doing and in being still, in expression and in silence. In rising and falling and rising again. In reaching out as a mentee and helping out as a mentor, taking help yet not following the herd, in being yourself and proudly so. In singing & dancing and laughing & crying together. ELSA today is a growing power and together we light up the world, with gratitude, compassion and strength. Proud to be an ELSA member, together let's strengthen it more.



Sunetra Sil Vijaykar – Vice President

ELSA for me is an ever-inspiring group of Empowered, Laudable, Sassy (and strong) Achievers. On the strong foundation of the LSR college, we stand united to support each other and drive change to meaningful actions. ELSA is about connectedness, beyond boundaries and ages, and working together for betterment of the fraternity and the society. We are fearless, relentless and unstoppable and this is what makes us unique and shine even in the dimmest light. Proud to be an ELSA!



Neera Chopra – Hon. Secretary

Engage myself in pursuits which can make a difference in the lives of Ex LSR girls. Live & laugh with like minded fraternity of my college. Serve the college community and the Society through activities and initiatives undertaken by ELSA. Achieve the goals of setting up Scholarship Scheme for Higher studies for Elsa girls, Connect the alumni worldwide with easy access, Platform for Career Guidance; Mentoring. Now as an Executive member I have an opportunity to make a difference, AND that I will be able to do through ELSA.



Malini Dhir – Hon. Treasurer

LSR is the place where we all spent our most formative years. It not only helped us in acquiring knowledge in whatever we studied there but also shaped our personality into what we are today. Most importantly, it brought us all together and created lifelong friendships. ELSA to me is a powerful platform of independent thinking women who can make a difference to the society. A six year old alumni association of a 65 year old college that is ranked amongst the best in country. I feel privileged to be an elected official in a leadership position of ELSA. My vision for ELSA is to connect all alumni of LSR across the world and create a network that can help each other, especially the younger and underprivileged. We can also be a conduit for the college to help them evolve with times and stay on top. The projects and activities taken up in the last one year have given me the confidence that we can do wonders if we put our minds together. The ELSA sisterhood rocks!



Anu Misra

ELSA means a way to reconnect and renew old bonds to celebrate the place that made me the person that I am. When two ELSAs connect meet anywhere in the world, the bonding is instant- age, batch, profession nothing matters. That is what I love the most about ELSA sisterhood.



Archana Puri

Elsa according to me implies an amazing network of Alumni who empower each other, have empathy towards fellow beings, embrace and help the needy, aiming to create a support system that will make us a proud Alumni . A network which is accessible, accommodating and affectionate.

Elsa aims towards promoting professional and socio - cultural networking through its various webinars and events. It promotes women entrepreneurs through its HUB. Enables batchmates to connect with each other and relive college days creating a special space for nostalgia.



Madhulika Dant

The best 3 years of my life both in college and the hostel. Don't remember the hard work of studies anymore but only the fun times and the various ways one experienced and got exposed to cultural and social activities. Helped me to grow as a human being and also made so many friends for life.

Elsa - the Alumni Association is another strong bond made in 2011 in Bangalore where the Association was conceived and then there was no looking back. As my friends and family say, I eat, breathe and live Elsa and anything to do with it!



Mugdha Sinha

ELSA-for me stands for a sisterhood of empowered women who believe in connecting not just the dots but also neural networks for the betterment of the fraternity and society at large in a simple, easy going manner....



Ritu Sud Mathur

The one thing that LSR taught me to do, was to truly believe in the concept of "Own Yourself". As an ELSA this belief has only been fostered. To me being an ELSA means to support and grow the fraternity by accepting and encouraging fellow alumnae.



Sarita Sarna

An extension of LSR, ELSA is an organisation incredibly close to my heart. My time in LSR and continued association with ELSA has played a huge role in shaping me as a person and has most importantly, given me lifelong friendships. A diverse platform that brings together women, who are leaders in their own right, by creating a community and fostering a culture of sisterhood, mutual respect and inclusiveness. As someone committed to social welfare, ELSA has given me an opportunity to explore and discover causes that I identify with and give back to society in a meaningful manner.



Smita M Rajaram

It means being part of a sorority of women who want to move and shake the world. It means seeing how youth, yours and other ELSAs, spent in the same institution, continues to shape your life so many years later. It means doing something about my belief that I can change things. It means giving back to the college that made me what I am. And what I continue to be.



Anushree Goel

My alma mater LSR will always hold a special place in my life as the institution that built me as a person. ELSA, for me, stands for leadership by women to empower each other. It's like that family that will always stand with you.



Vinita Sethi – Ex-officio

Elsa to me is an unapologetically progressive group of alumni to engage with an animated spirit of freedom. A cohort that doesn't judge but accepts diversity and exchange of ideas for mutual good. "You're just like a woman" - have heard that often, and as ELSA can say proudly "Yes, we are vulnerable, strong, dynamic, empathetic, whatever we choose to be." That's how I envisage an ELSA experience- an exchange without pretenses or aligning with ideologies. Varied visualizations, but we still find that inspiration when together. Together we make ELSA, where we can belong, and we want it that way.

6th AGM **September 8, 2018**
at the Manju Bharat Ram Hall- LSR

The AGM 2019 also marked a change in guard with the conduct of elections for the new Executive Committee members representing you for 2019-21. The AGM was preceded by voting and counting of votes. We would like to place on record our gratitude to Dr. Kasturi Kanthan for seamlessly concluding the election to the Executive Committee.





Back to College Tour



Dr Suman Sharma, took the ELSAs present for a tour of the new college wing. It was a pleasure to go down memory lane, sitting in the classroom and having Dr Sharma indulging us as the Professor holding class.



The year that was - a timeline



Lunch at Chor Bizarre, Bikaner House | October 2019

Delhi NCR ELSAs got together for a relaxed afternoon of chit chat and finger licking food at Chor Bizarre in Bikaner House.



ELSAree Day | 16th November 2019

38 beautifully saree clad Delhi NCR ELSAs got together in Gurgaon City Club, Phase IV, to meet the new ELSA batch Reps and also reinforced their commitment to the sustainability of handloom weavers in their exquisite handloom sarees. Games like *antakshari* and quizzes around our national woven sarees added to the fun in the event.



7th Clash of the Titans Debate | 16th November 2019

The 7th Annual Clash of the Titans debate organized by the Hindu Ex Students' Association, between six prestigious colleges of the Delhi University at the India Habitat Centre, saw Manisha Priyam and Shehla Hasan representing ELSAs through their participation.



Meeting with Batch Reps | 30th November 2019

Some of the EC members met for a wonderful, warm meeting with the newly selected batch reps, discussed plans to further strengthen the association, by reaching out to more ELSAs from each batch.



Book reading with Archana Gupta Garodia | 9th January 2020

It is not often that one has the opportunity to listen to a master quizzer talk about her book on 'The Women Who Ruled India' - a fine book, one would expect from an ELSA! Filled with little known facts about the women in the book, the session was informative and fulfilling to say the least.

Dr Meenakshi Gopinath's presence thrilled everyone.



Screening of The Subtext of Anger | 10th February 2020

The ELSA EC organized a screening and discussion session on the film – The Subtext of Anger, made by ELSA Vandana Kohli. The post screening discussion explored various facets of anger, the triggers that lie within us, among other aspects of anger and its control over us.

ELSA Hub Basant Bazaar

Basant Bazaar, in collaboration with Dastakar, was organised to welcome the spring with all its colours at the Kisaan Haat, on the 22nd, 23rd and 24th of February 2020. It provided a platform to showcase and encourage artisans and crafts people from all across the country, specially women artisans as a collaborative project with Dastkar.



The HUB at Basant Bazaar had women entrepreneurs with diverse products including, textiles, jewellery, paintings, home furnishings, organic food, hand bags etc.

Padma Shri Ms.Laila Tyabji – Founder of Dastkar attended the inauguration and appreciated the efforts made by ELSA.



The chief Guest Ms. Lakshmi Puri, Former Assistant Secretary General UN ; Deputy Executive Director UN women & Former Ambassador of India inaugurated the Bazaar.



ELSA Cultural Hub - Basant Bazaar

Cultural performances marked the arrival of spring and added to the energy at Basant Bazaar. The sound of music, dance and performances at the Bazaar, the beats of the drums, performances by the BSF Band projected India's rich cultural heritage.

The performances included amazing Hindustani vocal Music recital by 'Vidushi' Sunanda Sharmaji and Meeta Pandit ji. There was a jamming session with the ELSA Music Group that was enjoyed by everyone.



Meditation through music by Sensei India had Mass meditation outreach sessions with unplugged music performances to create awareness and de-mystify the myths behind the meditation .



Mix and match of the stupendous beats of Djembes & fusing it with the Dhol and symbols , chimes and allied instruments by OSA Drum circle.



Students of school for underprivileged children 'Samarpan Kishanganj' and NGO Srijnatmak Manushi Sansthan gave invigorating performances highlighting gender issues.

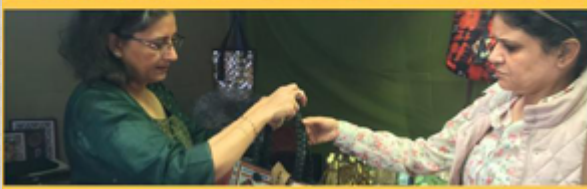
The classical Dance Performances by LSR dance society left the audience mesmerized.



An Interactive Book Reading session was held with Mr. Neeraj Kumar, former Commissioner Delhi Police on his book 'Khakhi Files.' It was hosted by Ms Shweta Aggarwal from Books en Beyond.



The Bazaar also had activities for children. A Madhubani painting workshop was organised by ELSA Shagorika Arindam Das, Kite making workshop and Mendi application was also a part of the creativity at the Basant Bazaar.



ELSA EC at Work and Play



Webinars



Sexual harassment at a workplace is considered a serious violation of a woman's fundamental right to equality, life and liberty under the Indian Constitution. It creates an insecure and hostile work environment, which discourages women participating in work, thereby adversely affecting their social and economic growth. With this goal in mind, the legislature formulated the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013.

Our first webinar in our E-Talk series talked about this act and addresses the questions that you may have in regards to what qualifies as a sexual harassment at a work place.

Ms. Kiron Prabhakar, ELSA was the presenter for this webinar. She has worked extensively in the area of sexual harassment of women at workplace. She has organised workshops to educate the employees of various organisations in respect to the provisions of Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013.



4th February, 2020

The Art of Storytelling by Janaki Sabesh
This was a global mentors network webinar where Janaki shared about the art of storytelling and how it influences all age groups, not just children but also adults. A wonderful presentation, attended and enjoyed by ELSAs across.

The New Normal

This year has been a year of unprecedented challenges, lock-downs, job losses, psychological pressures. In spite of all hardships, the indomitable Elsa spirit could not be broken and we withstood it all. We stayed connected online, shared recipes, had story telling sessions to motivate and be more resilient, raised funds for the homeless. Many of us used this period for new learning and enhancing our skills,

We started the Pan ELSA Talk Series which connected ELSAs from across the globe. For some ELSAs it was like rediscovering their bond with the Alma Mater after 50 years.

ELSA talks

Lockdown Poetry reading by Mugdha Sinha

11th April 2020

~ To combat the new normal that confronted us, refusing to give in to the isolation needed, ELSA EC designed sessions that could be conducted on Zoom and would be able to reach out to ELSAs the country and the world. The first #shareyourgift was done by Mugdha Sinha, who read out poetry by popular people, as well as her own poetry and had everyone enthralled.



Urban Farming webinar by Aditi Agarwal

15th April 2020

~ Aditi Aggarwal did a session on Urban Farming to address the need to understand how we can grow our own requirements in our own little spaces, given the trouble with use of pesticides on our fruits and vegetables.

Storytelling session by Vinita Dhondiyal Bhatnagar

on 17th April 2020

~ We also had a story telling session by Vineeta Dhaundiya Bhatnagar, which put hope and resilience into the hearts of ELSAs, facing the new challenges of the global pandemic and lockdown. Her two stories from a collection by Cassandra were so inspiring.



Covid19: A Psychological Experience by Kanika Ahuja

21st April 2020

~ Kanika Ahuja, Associate Professor, Department of Psychology, LSR college, talked about the research done by the college Psychology department on the Psychological effect of Covid on over 1000 people pan India and suggested great coping mechanism like having a problem solving approach, seeking social support, meditation, chanting praying. A much needed session during these times.





Learn to make tangerine pickle by Seema Uppal | 23rd April 2020
 ~Tangy, sweet, simple to make tangerine pickle was just the right thing for hot, hot summer days that were just beginning to swelter in April, to tingle the palate! Seema Uppal took us through the process of making tangerine pickle. And many of us have, since then, made bottles and bottles to satisfy our demanding tongues!

A Tale of Divine Wisdom by AnnuKalra

28th April 2020

~A beautifully done session explaining a well-known katha from our scriptures. It was a riveting introduction to a different perspectives of stories in our mythology, which we have all grown up on.



Parenting during Covid 19 and beyond by Aditi Misra

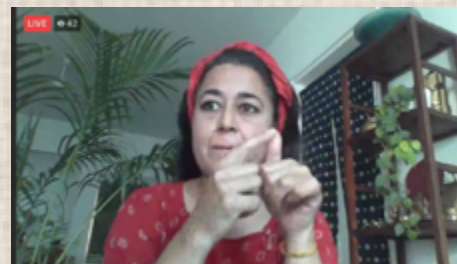
30th April 2020

~This session touched a chord in each parent who attended the session. The session covered all age groups, from infant to teenagers, touching upon pointers that parents can draw upon, to make their parenting more sensitive and responsive. Not just in these times but beyond too.

'Your health in your hands' by Smita Mankad

5th May 2020

~ DIY Hand Reflexology session for you and your family. In these times especially, when anxiety, stress are hounding us, health takes primary position. To enable us to take our basic health in our own hands, Smita Mankad did a DIY Hand Reflexology session for us and our family, teaching us to relieve pains and release toxins by pressing points on our hands.



Staying Positive and Coping with the New Norm

by Saveera Duggal Bahl

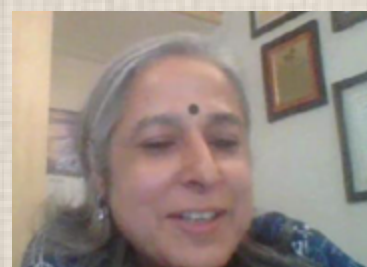
13th May 2020

~ Picking up an old hobby that we had always wanted to pursue, learning a new skill, that we had always wanted to, but never had time for. Interesting ideas and strategies that Saveera Duggal Bahl veered our minds towards to better utilize the time that we now had on our hands due to Covid-19 and deal with the new norm.

'Communicate better with your pets' by Nilu Kulkarni

2nd May 2020

~ Most of us who love pets, talk to them as if they understand us. And they do. But do we understand them as well as they understand us? Nilu Kulkarni, ELSA Bangalore helped us understand what our pets were trying to communicate with us, through her session on Communicating with our pets.



Adapting to change in uncertain times by Anjali Banarji

12th June 2020

~ Anjali (Bhagyashree to her batchmates) has worked many years in NGOs relating to Mental Health education and in the session, she shared with us some easy and practical steps to help us adapt better



A promotional flyer for an online health talk on "HOW TO COMBAT COVID-19" held on June 19, 2020. The event is presented by Apollo Hospitals and ELSA. It features two speakers: Dr. Rajesh Chawla (MD, FRCM, FRCM, FRCF, FRCF, FRCF, FRCF) and Dr. Havind Tandon (MBBS, MS). The topics are "COVID-19 & Respiratory Problems" (3:00 PM to 3:20 PM) and "Bone & Joint issues during COVID-19 situation" (3:20 PM to 3:40 PM). The moderator is Ms. Vinita Sethi. Contact information for Apollo Hospitals is provided, including a dial 1066 for emergency.

How to Combat Covid 19

19th June 2020

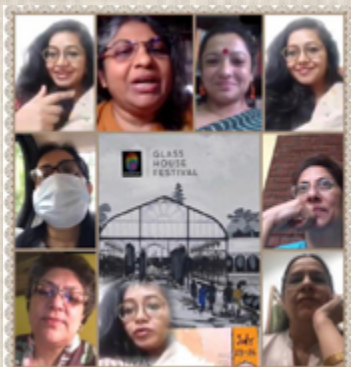
~ ELSA EC in collaboration with Indraprastha Apollo hospital brought an online health talk on 'HOW TO COMBAT COVID' under the ELSA Talk series. Two key doctors from the Apollo Indraprastha Hospital – Dr. Rajesh Chawla (Senior Consultant in the Department of Respiratory, Critical Care and Sleep medicine at the Apollo Hospitals) and Dr. Havind Tandon (Senior Consultant and Orthopedic Surgeon at the Apollo Hospitals), addressed concerns and shared medical information regarding the present health concern of COVID and other related issues

Screen girls (Mumbai)

11th July 2020

~ ELSA Mumbai hosted Elsa Talks with six dynamic and successful ladies who have made it big in the media industry. Screen Girls was held on July 11, 2020 and was moderated by Nidhi Tuli (ELSA 1995), an Independent Film Maker. Nidhi traced the motivations, inspirations, connections and life stories of Anuraadha Tewari (ELSA 1992), Writer – Director –Teacher; Rucha Pathak (ELSA 1992), Producer; Nupur Asthana (ELSA 1992), Director – Screenwriter; Kanupriya Pandit (ELSA 1994), Actor & Theatre Artist and Shruti Mahajan (ELSA 2002), Casting Director, through honest and free-flowing conversations. Anu Misra and Gesu Kaushal (ELSAS 1993) hosted the event which was attended virtually by ELSAs across the country. A recording is also available on youtube.

A promotional flyer for the "Screen Girls" event held on July 11, 2020. The event is presented by ELSA talks and moderated by Nidhi Tuli. It features six guest speakers: Anuraadha Tewari, Rucha Pathak, Kanupriya Shankar, Shruti Mahajan, and Nupur Asthana. The flyer includes a QR code and a link to download the Google Meet app.



Promoting Art Artists and Awareness with Yumna Hari Singh Jawa

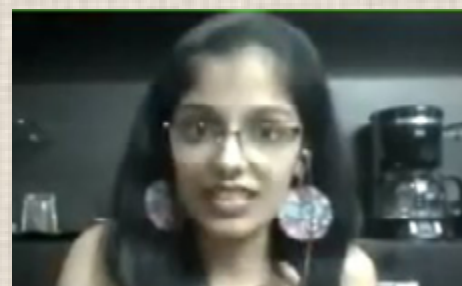
17th July 2020

~ The discussion with Yumna Hari Singh Jawa revolved around the need to give arts the importance and significance that they deserved, given the role that it has played in these troubled times. It was also an effort to encourage people to donate to the arts and artists, who cannot survive without patronage.

A talk with Pratishtha Deveshwar

21st July 2020

We were very happy to connect with Pratishtha, a final year Pol Science student of LSR and spread word about her requirement for funding to enable her to study in Oxford. Pratishtha is the first wheelchair bound person from this country to be able to study in Oxford and she reached



out to ELSAs to help her achieve her dream. And we rose to the call for help, as always. ELSAs across the world donated. We were also able to connect Pratihtha to our ELSA London chapter, to help her in settling there and create awareness for her required fund raising.

“Katha of the Putlis” with Anurupa Roy

24th July 2020



~ ELSA Anurupa Roy, shared with us her story of her journey into the world of puppetry and puppet making in the session on “Katha of the Putlis”. She introduced us to various forms of puppetry, information that most of us don’t have and don’t even know of. From shadow puppets to local puppets, she told us about how rich our culture is, in the performing art form of puppetry.

Tips of healthy eating with Shruti Agrawal

31st July 2020

~ Shruti Agrawal, a nutrition and health counsellor, gave us an extremely useful session on healthy eating. She directed our attention and focus on eating healthy by telling us to look closely at what we were eating - like where are we getting our daily share of proteins from, which oil were we using for what type of cooking, etc. With the current emphasis on health, on all over the world, the session was extremely interactive.



Shaped by Stories with Rituparna Ghosh

21st August 2020



~ Some weeks ago, ELSA alumni, Rituparna Ghosh brought forth the power of storytelling while taking us on an imaginative walk through our alma mater. A storyteller by profession (wouldn’t we love to put that on our resumes) she’d put together a little piece about starting college, her first day in fact, at LSR. What was striking was how deftly she linked her first day at college to where she was coming from in life that day and to where she was going. Through her experience, we went through our own first days in our heads. While she spoke, we realised

that our stories too were worth sharing. The thing to remember was how we chose to narrate them. She gave us the chance to experience this in breakout rooms of our own. And we learnt that the way we narrate our stories changes them and how we live our lives. When we narrate something, it gives it power. The stronger the story that we tell, the more profound an experience it has the potential to be. It’s all about how we choose to look at an experience after all, isn’t it. With Rituparna we entered memories of a place that intimidated us badly on our first day there but we left clutching some of our most vulnerable memories and formative experiences of life: good, bad and ugly (boyfriends). In short, she showed us, we all have a story to tell.

In Conversation with Abhilasha Bisht

28th August 2020

~ As part of #herstory series, we had Abhilasha Bisht, Additional Director General of Police, Telangana State Police. She spoke about the ease of women working in a typically masculine domain, like policing and whether gender continues to be a hinderance. She urged all ELSAs that women should always earn their own money and to form and appreciate the strength of a sorority, which deserved respect as fraternity had.



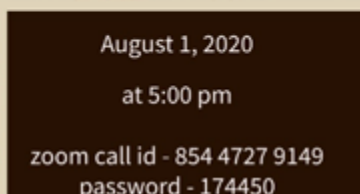
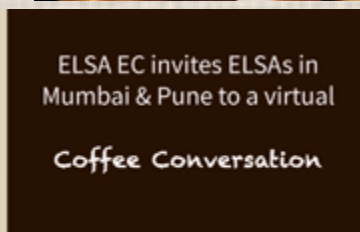
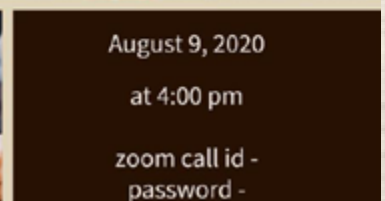
Our new initiatives...

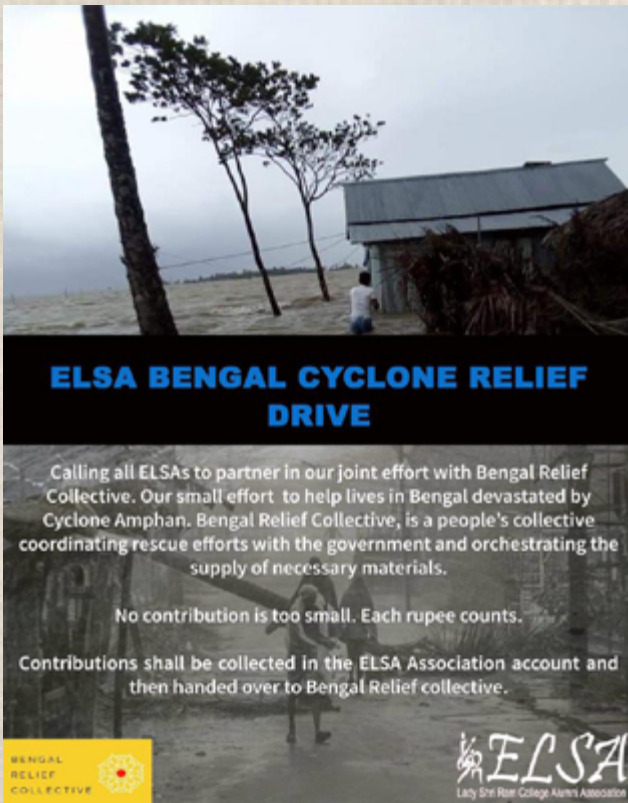
Coffee Conversations

The ELSA EC started a new initiative to reach out to ELSAs across the country. This initiative has been creatively called “Coffee Conversations”.

On a date and time of convenience, the entire ELSA EC team meets online with ELSAs in some city or the other across the country. Yes, with coffee in hand - we have already had fun sessions with ELSAs in Mumbai, Pune and Mizoram.

It has been great fun swapping stories, listening to what each ELSA has been upto, from the time they left college. Many ELSAs were seeing each other for the first time since having graduated! The nostalgia was palpable, as was the joy of being in the company of other ELSAs. These sessions enabled us to meet ELSAs who we would not have been able to connect with, even in normal times, given the geographical spread. But zoom, our new friend during Covid times, allowed us to go to each ELSA, albeit virtually, and connect. We cant wait to do the same conversations in other cities in the coming month!





Bengal Cyclone Relief

We were able to collect and hand over Rs 1 lakh, as our commitment to Bengal Relief collective & Premaya Foundation to aid them in their work on ground in West Bengal after the Cyclone. This money will go towards the second phase of rehabilitation and rebuilding work centred in Jhakhali.

The Migrant women's menstrual health Initiative—by ELSA Mumbai

The Mumbai ELSAs got together for a drive to donate money for the menstrual hygiene of migrant women in collaboration with FICCI Flo. The donation drive supported UNICEF'S project -Jeevan Rath.



Chai for Cancer Antakshari

ELSA Mumbai supported and facilitated an online Antakshari for ELSAs across the country, to come together to sing for a cause. In the playing of the Antakshari, each ELSA was to sing and for each song sung, 100 INR had to be donated towards funds for treating cancer patients who were not able to afford the treatment. This was initiated by another ELSA, Viji Venkatesh, for the Max foundation, which works with cancer patients.



Pan *ELSA* Connect



MAKING LIFE MATTER WITH RASHMI MISRA



ELSACONNECT
SATURDAY,
JUNE 05 @ 4 PM

ELSA CONNECT


Q&A WITH VINITA BALI




May 30 2020
Saturday, 4 - 5 PM
Zoom Meeting ID: 831 8063 3331
Password: 086351




A Life Less Ordinary
with Madhavi Kuckreja
July 25th | 4pm




ELSACONNECT



Rekha M. Menon
Chairman and Senior Managing Director
Accenture in India

Reinventing for resilience
Reflections for the post Covid world

ELSACONNECT
June 20, 2020 | 4 PM | Zoom




ELSA Connect

Telemedicine


Does your home
Dr. Surita Maheswari



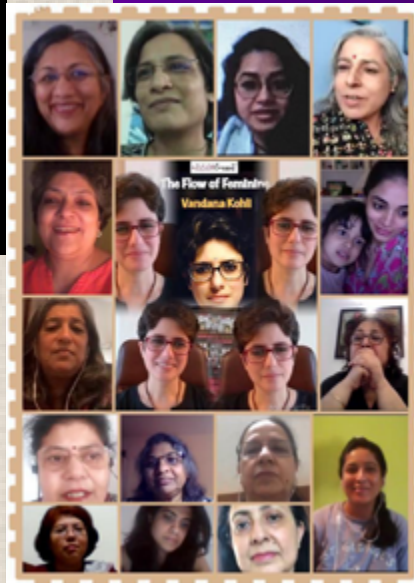
Chief Dreamer
Teleradiology Solutions and RXDX Clinics
July 7, at 4 pm
Livestream Elsabangalore YouTube



The Flow of Feminine
Vandana Kohli



On July 18, at 4 pm



Keeping it light
with ANNETTE PHILIP

Listening
TO OURSELVES
AND EACH OTHER



Sat, August 8, 2020
5-6pm
ELSA Connect

ELSA Delhi NCR

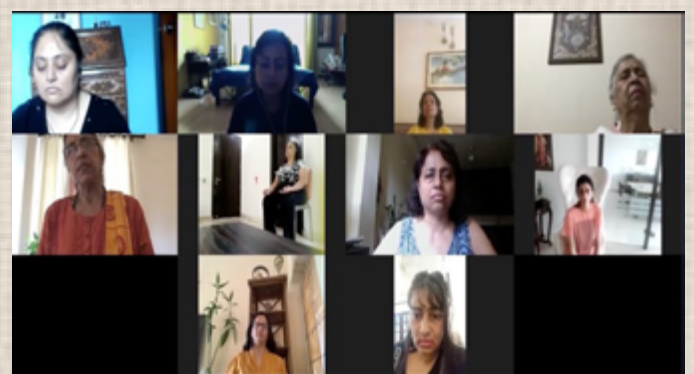


ELSAs meet at Gurugram -
Carnatic cafe at 32nd Milestone
January 2020

ELSAs met at Panchsheel Club, Delhi,
in Nov 2019



ELSAs meet at Gurugram- Cafe
Delhi Heights December 2019



ELSAs meeting via Zoom - Gurugram July 2020

ELSA Bangalore



• ELSA Talks

- o The Subtext of Anger by Vandana Kohli
- o Vignettes from the Art World by V. Sanjay Kumar
- o Event with Mr. Nandan Nilekani postponed due to Covid-19 restrictions

• ELSA in Conversation

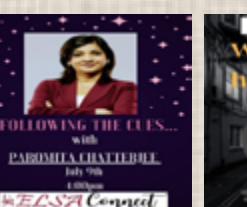
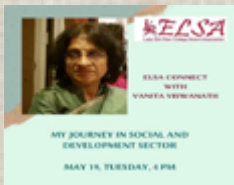
- o Apurva Purohit author of Lady You're the Boss
- o Manjul Bajaj author In Search of Heer

• travELSA

- o Lalbagh tour
- o Chiguru Farm
- o Partition Museum Amritsar

• ELSA Connect

- o Over 85 sessions so far
- § Bangalore ELSA speakers
- § Non-Bangalore ELSA speakers and audience
- § External speakers
- § Live virtual sessions & Recordings



- Digital Initiatives
 - o ELSA Strings
 - o ELSA Social Causes
 - o Recipe Goodness
 - o Gardening Gals
 - o ELSA Bangalore YouTube channel
 - o Instagram
 - o Facebook

• ELSA Cares

- o Awards to Sampark, Swapaksh
- o For Migrant repatriation

In addition..

- Movie an Popcorn night
- Lillete Dubey's play Devika Rani
- Malavika Sarukkai's dance performance
- 60 Days Sustainability challenge
- 21 Days Lockdown Challenge

Diwali Celebration | 13th October 2019

Around 50 ELSAs met in Mumbai on the 13th Of October, 2019, to kick off the Festive Season. The venue was the Club in the suburbs. Apart from filling up the room with sarees in a myriad of hues, it was a time to go down memory lane for every one present. The class of 1970 to the class of 2008 were represented by the Mumbaikar ELSAs. Those present also participated in the Goonj Daanutsav by making contribution, which were sent to the Goonj collective centre in Mumbai



ELSA Mumbai Annual Dinner | 15th February 2020

The Annual dinner of Elsa Mumbai was held on February 15, 2020 the event preceding the dinner was an Elsa Mumbai mentorship project where senior ELSAs met the younger ones and appraised them of their skills and the

mentoring that they could offer in case it was needed professionally. The dinner was attended by around 200 ELSAs as it was an evening that was spent over lots of talking bonding and reminiscing old times at LSR



ELSA at Mumbai Marathon

With a deep sense of community service, ELSA Mumbai participated in the annual Mumbai Marathon for the very first time. A team of seven enthusiastic ELSAs ran for gender equality, raising funds for the Concern India Foundation. All of them completed the Dream Run and were awarded medals and other marathon related memorabilia at the end of the race. They also showed solidarity with the Salaam Bombay Foundation and its CEO, Elsa Nandina Biswas. Mumbai is now teeming with enterprising Elsas and their strong bonds.



ELSA Meetups around the globe



Lucknow



Bangkok



Canada



Hong Kong



Bay Area, California

UK

The Conversation Series: - In conversation with Baroness Manzila Uddin – the 1st Muslim and 2nd Asian woman to enter and sit in British Parliament. Elsa UK hosted a session with Baroness Uddin on August 9th. This was one power-packed virtual session to organise and facilitate with Baroness Uddin. She's a #British life peer and community activist being the #first #Muslim and #second #Asian #woman to sit in the #Parliament of United Kingdom. In 2009 she was included on The Guardian's Muslim Women Power List for Britain. A real mover and shaker of a woman. The hour spent with her was like a masterclass in #politics! #Bame #womeninpower #womenofcolour #conversationsthatmatter #womeninpolitics

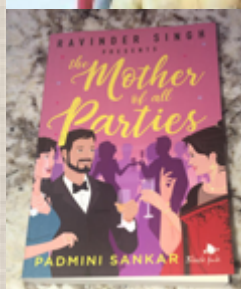


- While eyes and ears globally are on the #big #news of when the antidote to the #corona crisis, a #VACCINE will be out... Elsa UK hosted a webinar where we got to hear about some behind-the-scenes- action from scientist Chandra Datta- indian origin scientist at University of Oxford. Heard all about the challenges and #progress made wrt vaccine to fight the ongoing pandemic. #elsauk #womenscientists #CoronaCrisis



GCC

Due to the current scenario of Covid 19, organising a meeting has been very difficult, either at home or outside. Our group chat has, anyhow remained very vibrant. GCC ELSAs are a vibrant group... and always rising to support one another. Sandi Rich and Brinda Shroff were part of a virtual discussion on Financial Literacy for Millenials. A practical discussion to managing your financial life. Sandi, has always been an inspiring and a driving force for us. Our star this year has been Padmini Shankar. She authored her second book. The Mother of All Kitty Parties. The book is receiving rave reviews.



Lalbagh

22nd September 2019

Spell binding walk organized by ELSA Bangalore (thanks Linika Kumar and Aparna Das!) in Lalbagh Bangalore - a garden spread across hundreds of acres with one of the widest variety of fauna seen in one place! Vijay Thiruvady - raconteur par excellence - kept us enthralled with his recounting of the history of the place and the many nuggets he has experienced through his guided walks over the years! Perfect ending with brunch at the iconic MTR (Mavalli Tiffin Room) which hasn't changed since it was set up in 1924 (apart from a modernized kitchen!) History trivia: Battle of Plassey was fought in a grove of Palash trees and was called Plassey cos the British could not pronounce Palash!

Heritage walk

7th December 2019

Mehrauli Water Bodies & Zafar Mahal

ELSA EC organized a heritage walk for ELSAs and their families with renowned Heritage activist, writer and filmmaker Sohail Hashmi to the Mehrauli water bodies and Zafar Mahal. With steaming kulhads of tea bought from local shops in their hands, ELSAs walked down the narrow lanes of Mehrauli history, replete with tales about water management and phool walon ki sair.



Chiguru Farm Bangalore

January 2020

“we’ve become strangers to nature and the best way to live longer, healthier lives is to rewild ourselves by returning to nature whenever we can.” Welcome to the jungle! ELSA Alumni with their families, visited this farm situated in Bilikal forest. Situated between the buffer zone and a common elephant crossing location it gets wild animals frequently keeping farmer and food at stake. Yet, despite the natural world the odds seemed to be in our favour. The visitors were told that the parrots and monkeys give information



when bananas are ripe for picking, Tur dal (pigeon pea) was the best this time with zero pest attacks thanks to the birds making nests and getting rid of them, the butterflies and honeybees were booming in numbers with flowers, fruits, seeds exploding everywhere and the birds started their cacophony as early as 5 am. Which meant that spring was on its way! The farm had happy folks there with their families, excitement and chatter filling the air as they walked through and spoke of Trees that talk, saw the fierce Weaver Ants protecting Lemon trees. Fun facts were shared, that 3000 flowers make 1 spoon of honey and that earthworms make the best soil manure. And then getting mittied and muddied with Pottery session and Tractor ride. Ah! what a day that was, in the lap of nature!



Amritsar trip

21st to 23rd February 2020

A Specially curated trip to Amritsar was created for TravELSA by ELSAKishwar Desai, Chair, Partition Museum, Amritsar. It included the visit to the Golden Temple, Jallianwala Bagh, Wagah Border and the Partition Museum. Gobindgarh fort was a fabulous experience and gave everyone the insight into Punjabi history.



Annual Dinner 2019





Global Mentorship Network

23rd & 27th November, 2019 -

Call for Mentors and Mentee

ELSA EC gave a boost to the Global Mentor Network (GMN) by asking for ELSAs to come forth and register themselves as Mentors or Protegees under the Global Mentor Network, open only to ELSA lifetime members. The EC's call for GMN received a great response.

Global Mentors network or GMN

In the last months of 2019, nominations for mentors and mentees were called for. ELSA members were invited to join as Mentors and Mentees in different categories to participate in the programme in their specialized field. Over 15 mentees and 40 mentors nominated themselves. The 15 mentees were allocated a mentor. We continue to create a channel for all who are looking for guidance and mentorship and request to reach out to us to get connected to a mentor.



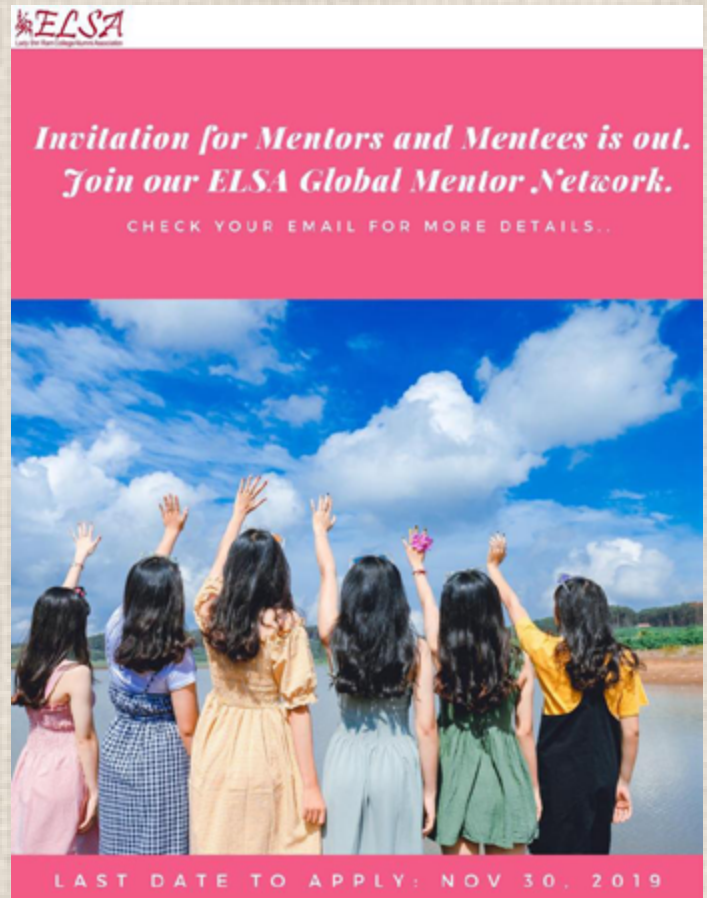
**EVERY
GREAT
ACHIEVER
IS INSPIRED
BY A GREAT
MENTOR**

**ENROLL AS A
MENTOR &/OR
MENTEE TODAY!**

Send names at:
admin@isralumna.org

**GLOBAL MENTOR
NETWORK**

ELSA



ELSA
The Global Alumnae Network

*Invitation for Mentors and Mentees is out.
Join our ELSA Global Mentor Network.*

CHECK YOUR EMAIL FOR MORE DETAILS..

LAST DATE TO APPLY: NOV 30, 2019

Special Membership Drive

We are happy to inform you that in the last one year we have added 270 new members to the sorority. The membership this year got a fillip during the special drive we had for a month. In view of the economically difficult Covid times, your EC ran a one time initiative of issuing memberships at a discount. This received a lot of traction.

In the difficult times we are going through, the one source of comfort has been our social support systems – the friends we have been able to reach out to, when anxiety has got the better of us, the people who have provided us with information, when we had none. In order to strengthen our association and expand its reach far and wide, ELSA EC ran a special membership drive. In view of the economic crunch which is a reality right now, ELSA EC offered lifetime membership at 50% discount for a limited period, to enable more and more ELSAs to become a part of this vibrant, strong, supportive sorority. This was received with a lot of appreciation by ELSAs and the association saw a massive upsurge in number of members. We have been able to make the association 1000 members stronger. We welcome all our new members.

If you are not already a member,

Become a Member



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