



ANNUAL REPORT

2020-21



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

Neera Chopra | Secretary | ELSA 2020-21

After two years on the Executive Committee of **ELSA**, one year in the position of a Secretary, the time has come for me to leave. I propose to do justice to my term by imparting some last minute wisdom. I wish to thank my fellow Alumni members for giving me the opportunity to elect me & serve in this position and truly feel that the last two years here have been fulfilling, and have given me the opportunity to gain valuable experience.

Come September 2019, We were on a roll.

Then Covid-19 impacted our world, in ways we could not have imagined. Covid-19 certainly presented challenges, but as we say, **“At ELSA, we don’t ask for a lighter load. We ask for broader shoulders.”**

And that’s what this EC did.

Despite all our challenges, each of you can be proud of this alumni association Executive Committee for what we have accomplished in the most demanding circumstances ELSA has ever faced:

- We collaborated to create virtual events for our alumni ranging from our book club, networking events and panel talks.
- We hosted the 2nd& 3rd BasantBazaars and made it an annual feature
- We increased the number of members.
- We successfully raised funds for several causes.

Remember who we represent.

The best college in the country
A large number of alumnae
A body of distinguished alumni
All our alumni have done LSR College proud
One of the fastest-growing alumni associations

And let us keep it going. Let’s continue growing, fundraising, advocating for ELSAs everywhere and supporting our Alumna however and whenever we can.

Autograph your work with Excellence!

A MESSAGE FROM

Dr. Meenakshi Gopinath

*Principal Emerita (LSR College) and
Advisor, ELSA*



Dear Friends,

What unusual times we have lived through these past two years
Through it all the ELSA network has only grown stronger with many more members, new initiatives and bonds sustained in the virtual mode. With a new ELSA chapter taking wings in Jaipur and the ELSAs overseas reaching out to reconnect, the magic of LSR resonates across space and time.

The President ELSA, and all our team leaders on the Executive Committee demonstrated, **Dil Se** that when it comes to Social Responsibility, all hands are on deck to draw in the amazing resources that the ELSA community represents. From providing emotional and financial support during COVID to pooling in resources to bridge the digital divide in support of students in need, to celebrating our dynamic entrepreneurs through the very successful Phagun Phuhaar Bazaar the commitment and zest was palpable.

What was particularly reassuring this past year is how a variety of other initiatives like the **ELSA CONNECT** events and the **DIGITAL INCLUSION** Project flourished alongside in a spirit of collaboration and the celebration of diversity. Special thanks to Former President of the LSR Students Union, Vinita Bali (Class of '75) for being our moral compass!

Time has gone by rather soon and as this Executive passes on the baton to a new group of animators, one cannot but applaud and be grateful for the deep commitment and sense of joy they brought to our space....our very own Camelot. All our good wishes as you continue to make waves and transform the domains of your engagement.

As always, proud to be an ELSA and many thanks for making it possible

KTFF !
Yours
MG

ELSA EXECUTIVE COMMITTEE MEMBERS | 2020-2021

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.



MALINI DHIR

HON. TREASURER

The year that wasn't. 2020-21 was a year to be remembered for what it taught us. Lockdowns, breakdowns, hardships and heartbreak. No one was left untouched by the enormity of the pandemic. ELSAs kept hope afloat and came together to help the college students in need. I felt privileged to be part of the team that worked towards empowering them and bringing a smile to their faces. It is trying times that help us realise how little we need and how a small deed can bring happiness to many. As the Hony. Treasurer, I interacted with ELSA Entrepreneurs at the Holi Bazaar – the thrill, the relief and excitement it gave them made me feel overjoyed. This year, I have watched ELSAs band together to support each other during this summer – some lost loved ones but the care and comfort the ELSA community provided was unprecedented.

Proud to be an ELSA and to have been a part of the Executive Committee that faced challenges head on and come out tops. More power to US!!

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.



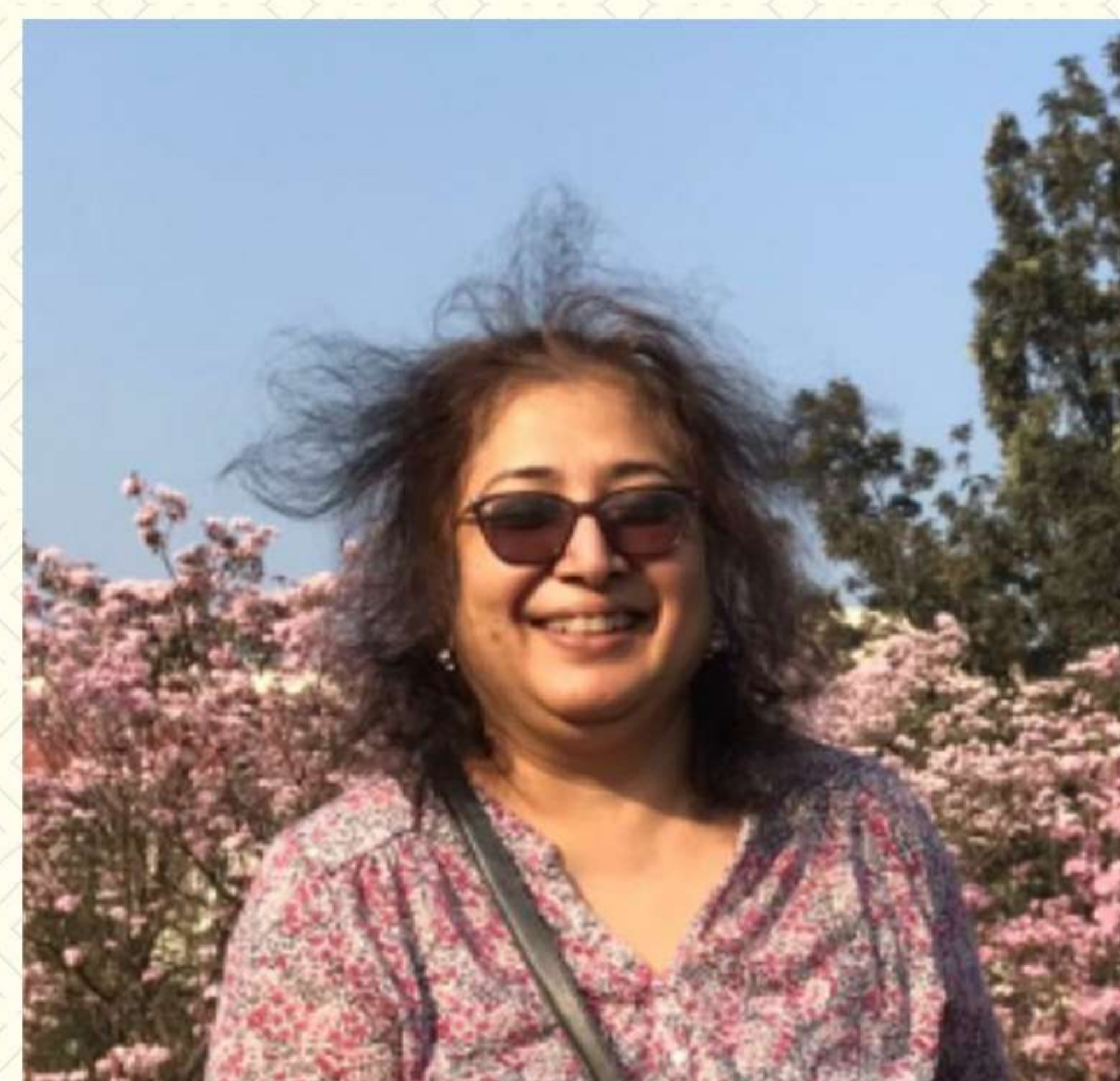
ARCHANA PURI

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 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. Both, LSR & ELSA, have played a significant role in shaping me as an individual, feminist and has most importantly, given me lifelong friendships. ELSA to me is an inclusive platform that brings together women, leaders in their own right, by creating a community and fostering a culture of diversity and mutual respect.



As someone committed to public welfare and building a better world, ELSA has given me opportunities to contribute to society in a meaningful manner, especially in the last 18 months since the onset of Covid-19

SMITA M RAJARAM

It seems just yesterday that I became a part of the EC 2019-2021 and already the term for this EC is over. To say that this period had been one of great learning. This EC saw the toughest time possible, of reaching out and connecting with ELSAs all across the world during the terrible time of CORONA. From figuring out how to keep connecting ELSAs through talks, to rising to the need for computers by girls in LSR, the EC rose to the occasion to the best extent possible. And in the course of that, I learn a lot. About patience, and kindness and the importance of working silently for the greater good. I learnt about leadership and comradeship - lessons that I will carry with me and which mark me with the special stamp of being an ELSA. I am grateful to each of the EC members for the brilliant spirit of sorority that they hold up and wish the next EC all the best. Needless to say, I am right here for the EC. For everything and anything.



KALPANA MUDALIAR

ELSA to me is about building unshakeable bonds and empowerment through networking. I am proud of belonging to this community of strong willed and independent women who are always ready to speak up their minds and eager to make a difference. The three years which I spent in LSR shaped my thoughts and personality into what I am today.

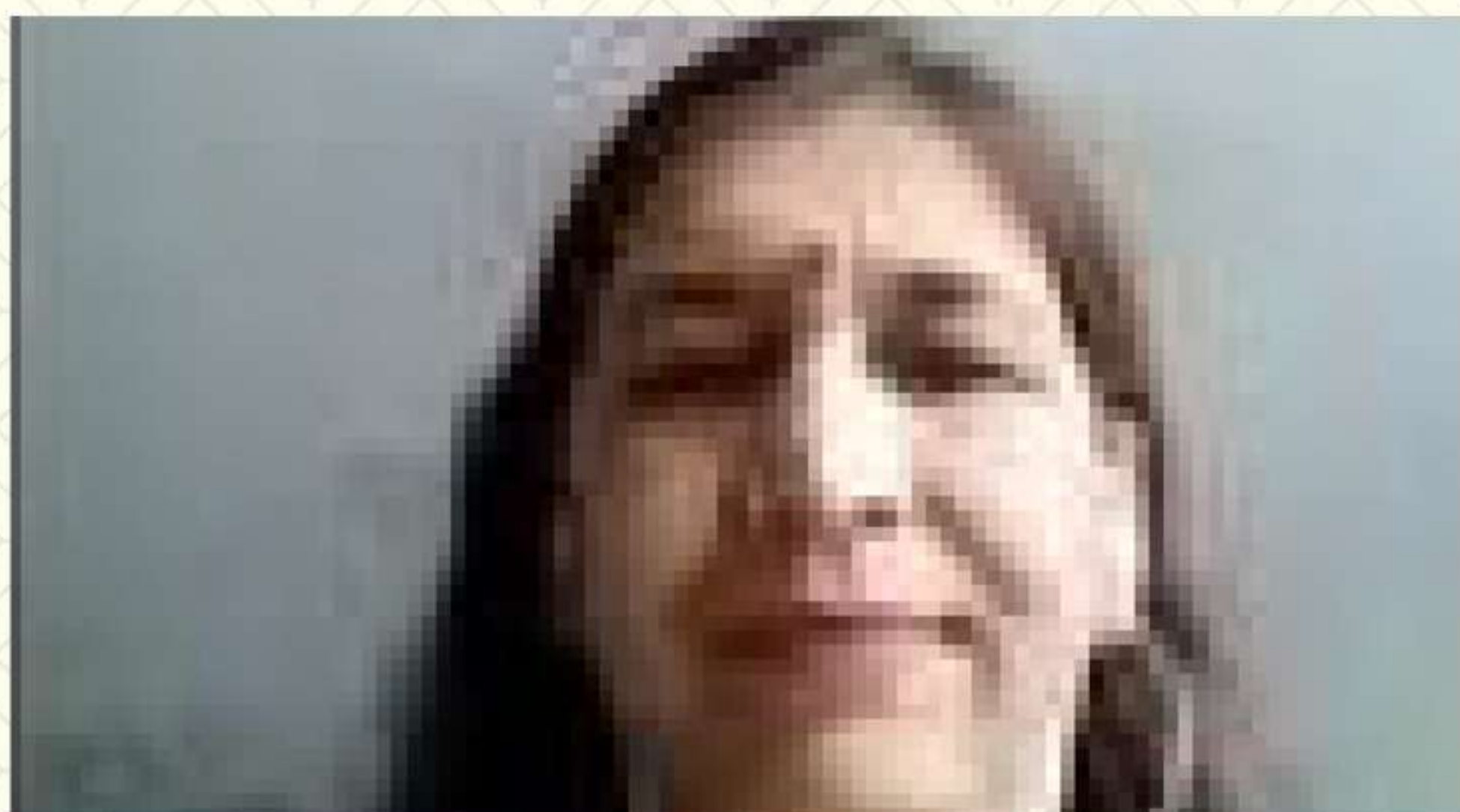
I was a co-opted member of the EC for the last one year and I must say that I was thrilled to get this opportunity to get connected with my alma mater once again and this time in a position to do something for the alumni and the association. I have learnt a lot during the last one year and I will now always try to stay connected and contribute to the EC in whatever way I can.

ELSA AGM 2020

The **AGM 2020** was held online for the first time in the history of ELSA on **12th September 2020**.



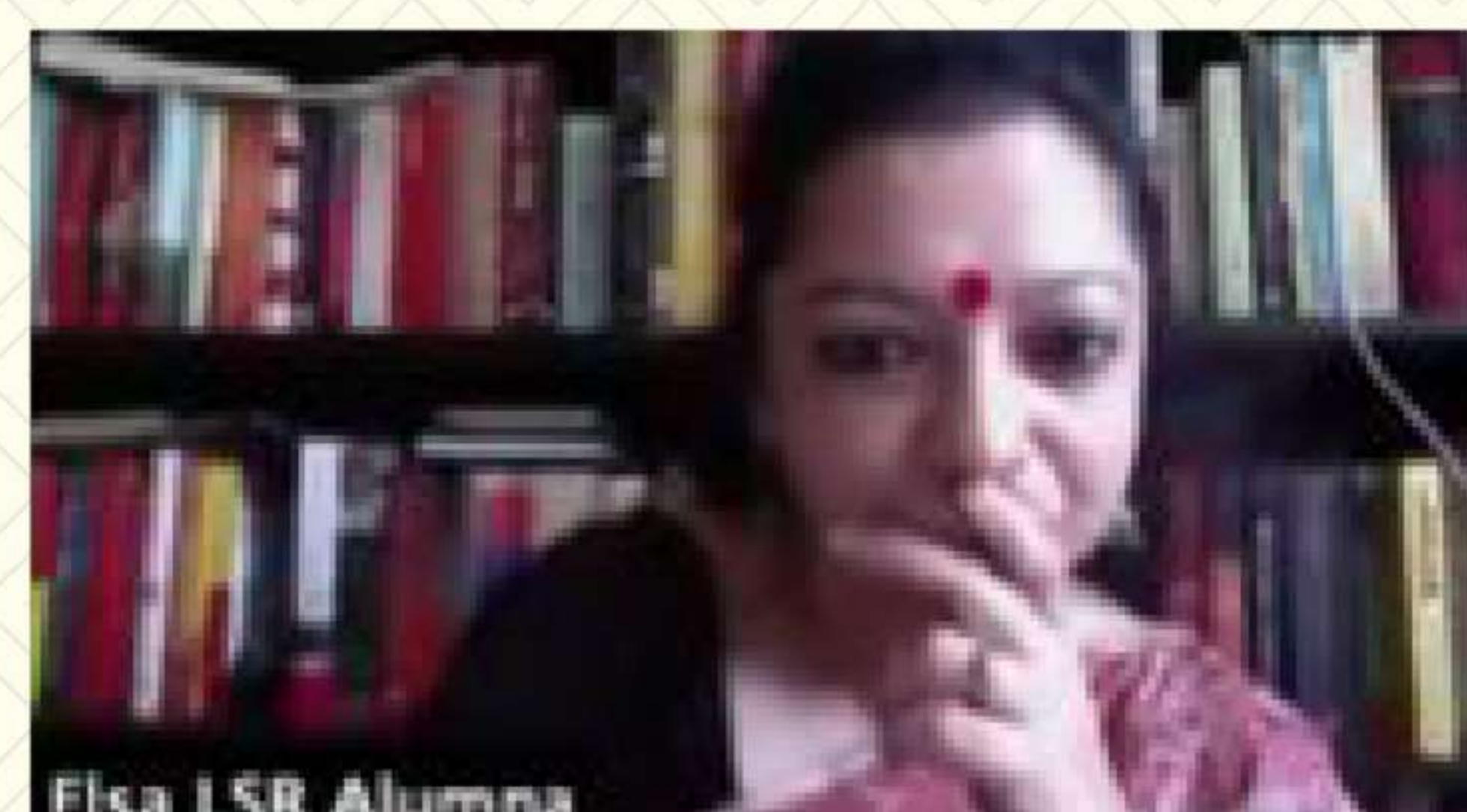
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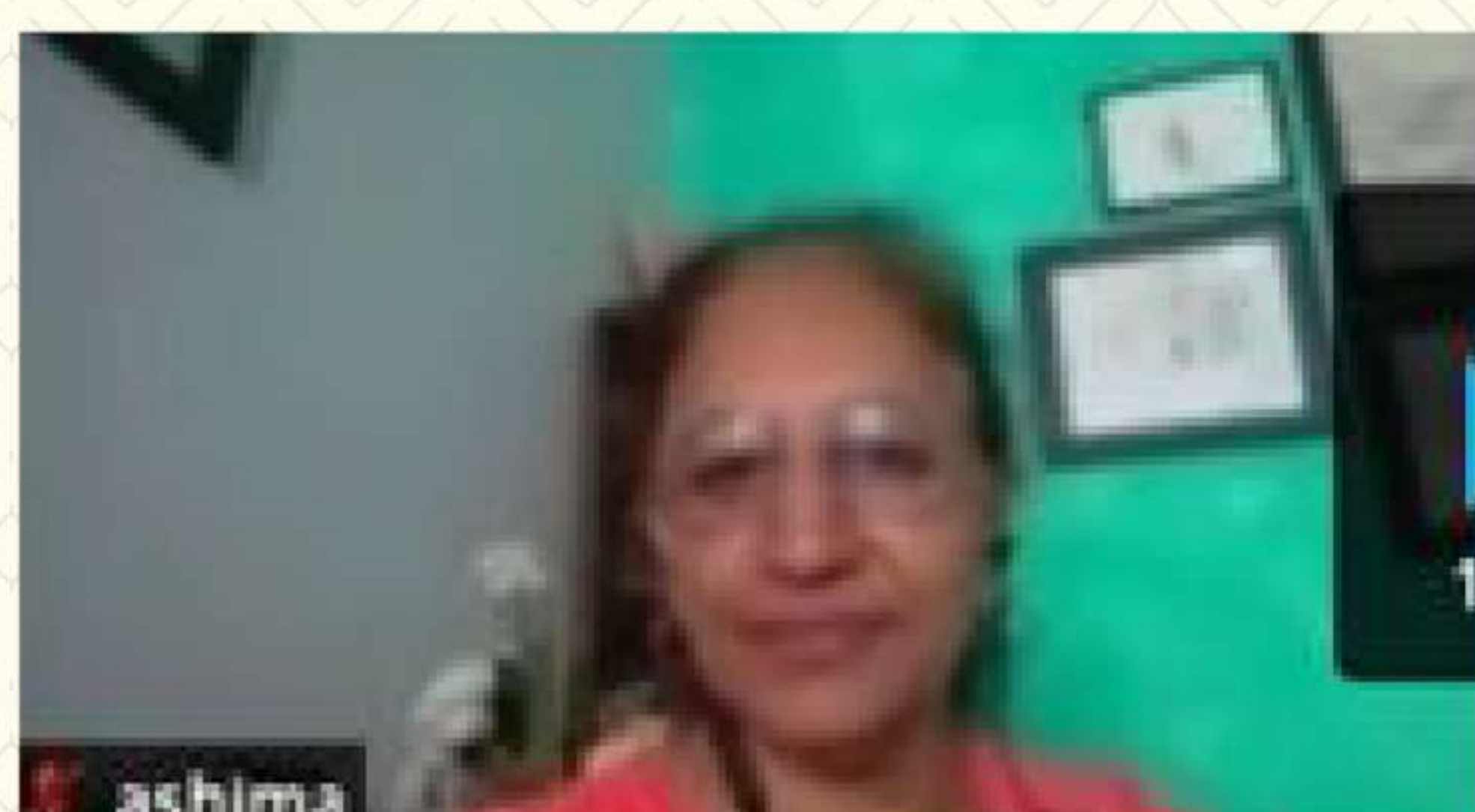
Sahana Das ENG HONS 1984



Prachi Agarwal | '93 Philosoph...



Elsa LSR Alumna



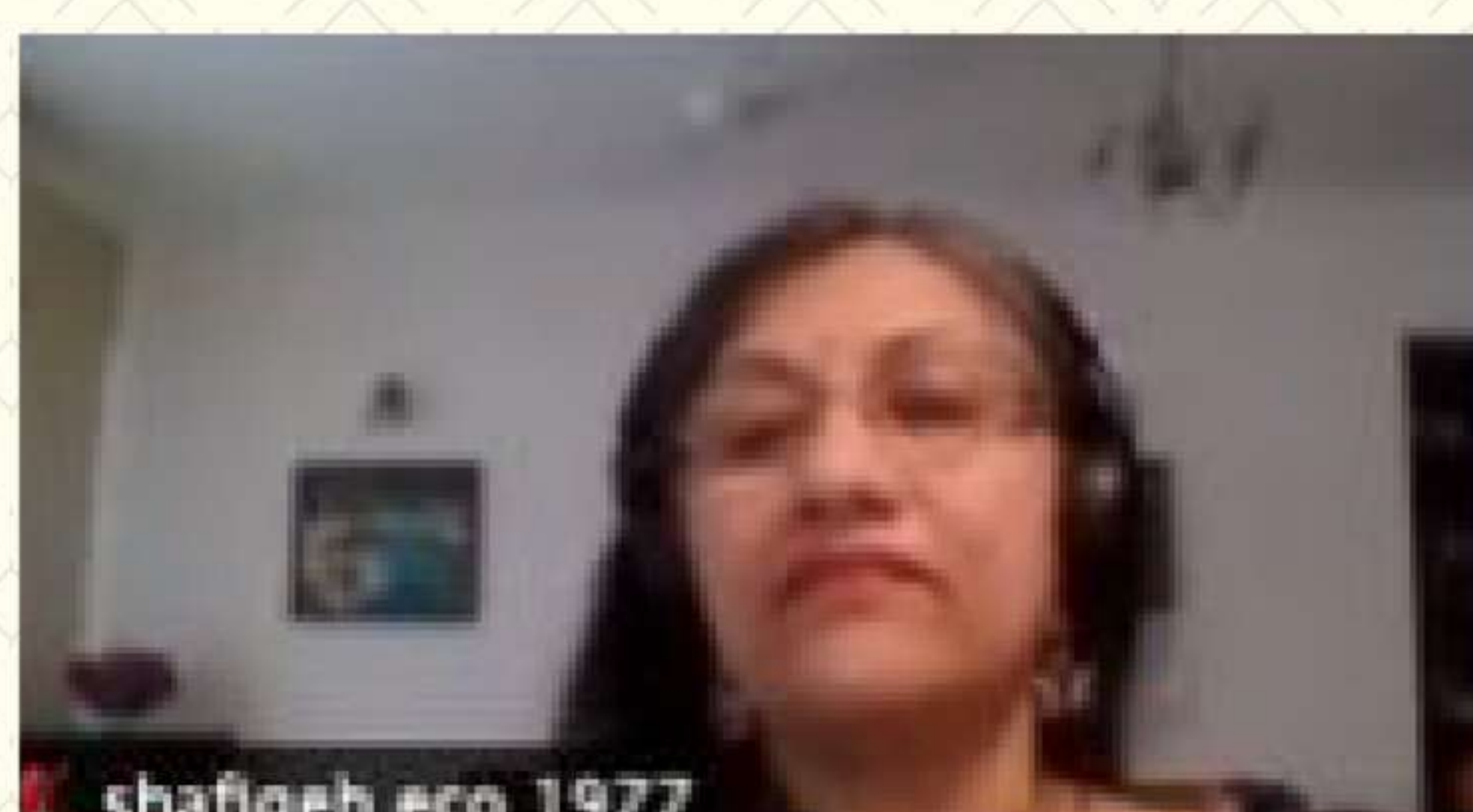
ashima



Archna Puri



Archana Dhar Kaul, history, 1...



shafiqeh eco 1977



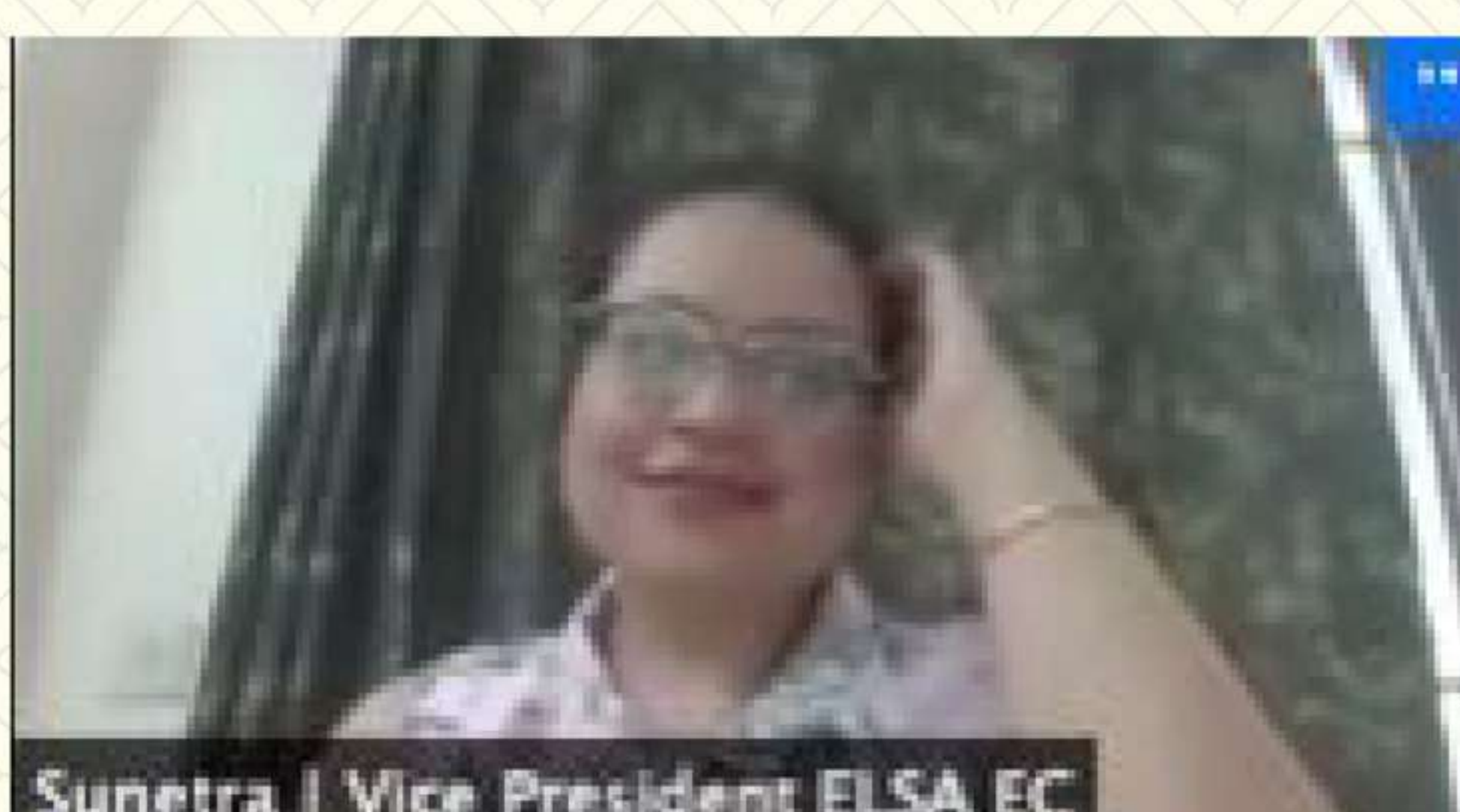
Madhulika BCom 1984



Anu Misra Hist 1993



Seema Sahay BA(hons)His.87



Sunetra | Vice President ELSA EC



Parool Trehan | President



Neera Chopra Secretary EC 19...



Sarita Sarna | BA Integrated'91



Malini Dhir Eco 85

The 7th annual general body meeting of the Lady Shri Ram Alumni body (ELSA) was held on the 12th of September 2020 and was attended by a large number of ELSA members. Infact, this was the best attended AGM so far! As it was an online event, ELSAs from everywhere could attend it. More than 70 ELSAs attended the AGM! The AGM was crisply moderated by Neera Chopra, the Hon Sec, ELSA EC, who welcomed the members. The Annual Report, presented by Parool Trehan, President, ELSA EC, showcased the activities and achievements and involvement of ELSA members across the globe, inspite of it being a year of unprecedented difficulties and WFH due to COVID-19. The audited accounts presented by Malini Dhir, the Hon Treasurer, ELSA EC, showed a very healthy fiscal balance. The extensively engaging AGM was brought to an end with a vote of thanks by Sunetra Sil Vijaykar, Vice President, ELSA EC.

The discussions were engaging & many points emerged. The concerns that were raised, were noted, enquired about and information shared with all those who had expressed their concern, whether with respect to the scholarship fund which lies with the college or with respect to membership. All suggestions were also duly noted and efforts are ongoing to include all suggestions made. We thank all ELSAs for taking out time from their busy schedules to support the ELSA Community in such large numbers.



THE YEAR THAT WAS... ELSA HUB

One of the main aims of the ELSA Alumni Association is to help the ELSA alumni community expand their business by reaching out to the worldwide ELSA Community. We have created a platform where the alumni fraternity can advertise their products and services. It is an alumni-to-alumni forum. It is an online catalogue for alumnae-owned businesses.

Lifetime Members are eligible to feature their products and services at the ELSA HUB. There is a minimal charge of Rs 700 charged to those who wish to advertise their products and/or services on the ELSA Hub.

No sale is transacted on the ELSA Alumni Association website. The HUB has only a facilitating and cataloguing role.



**An initiative by the Ex-Lady Shri Ram
college students' association for all ELSA
entrepreneurs**

PHAGUN PHUHAAR - BIKANER HOUSE TO PROMOTE WOMEN ENTREPRENEURS

February and March have always been months of great excitement as this is when ELSA hosts its Annual bazaar, to promote women entrepreneurs. Given the times that we are living in currently, there was much apprehension about whether we should consider doing so only virtually.



But then, the joy and energy that came from all the vendors and the thought of all ELSAs getting together, was something we could not let go. Hence, after much deliberation, we decided to go ahead with holding the bazaar physically, while taking all precautionary measures for those who set up the stalls, as well as those who came to visit. With temperature scanners, sanitisers, masks in place, the Phagun Phuhaar 2021 was held in Bikaner House, New Delhi, on 20, 21 March 2021.



And what a resounding success it was, and what fun! There were products ranging from **beautiful designer cotton outfits, to handcrafted jewellery.** **From silver and semi-precious jewellery, to pickles and sweets.** We had it all!!!

Besides loads of exciting creative handmade stuff, we were able to showcase lots of lip-smacking food too. We were pleased to include NGOs like the Salaam Baalak Trust who displayed products made by street children and **Srijanatmak Manushi Sanstha** whose Children's dance performances were showstoppers.



Our very own LSR NSS cell also participated in the Bazaar. We are deeply grateful to **Roli Singh, Principal Resident Commissioner** and an ELSA, for her tremendous help in organising the **Phagun Phuhaar Bazaar**. We also thank all the ELSAs who took out time to come, enjoy and encourage all the ELSA entrepreneurs. What would we do without you!!



They say **a picture speaks a thousand words** so we present before you these snapshots of the various participants of the Phagun Phuhaar Bazaar and the special guests who graced the event!





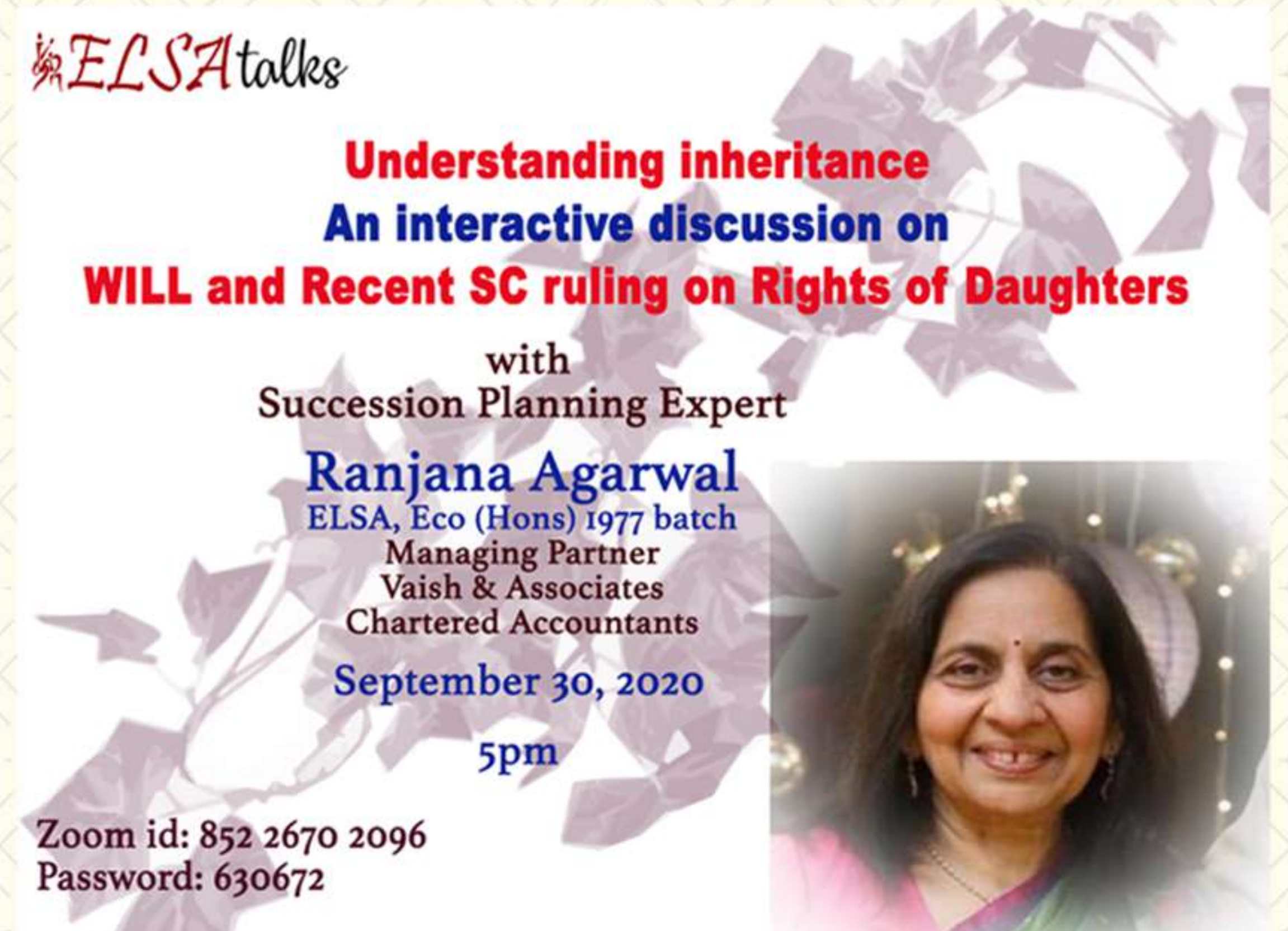
WEBINARS

ELSA TALKS

RANJANA AGARWAL

30TH SEP, 2020

An interactive informative session on **Will Making and Inheritance Laws**. **Ranjana Vaish** (now Agarwal) is on the board of many companies and has been past president of Ficci Flo. She is also a partner of Vaish & Associates Chartered Accountants and Lawyers! This very informative session curated by Ritu Sud Mathur was very well attended and appreciated by ELSAs.



MIRA GUPTA

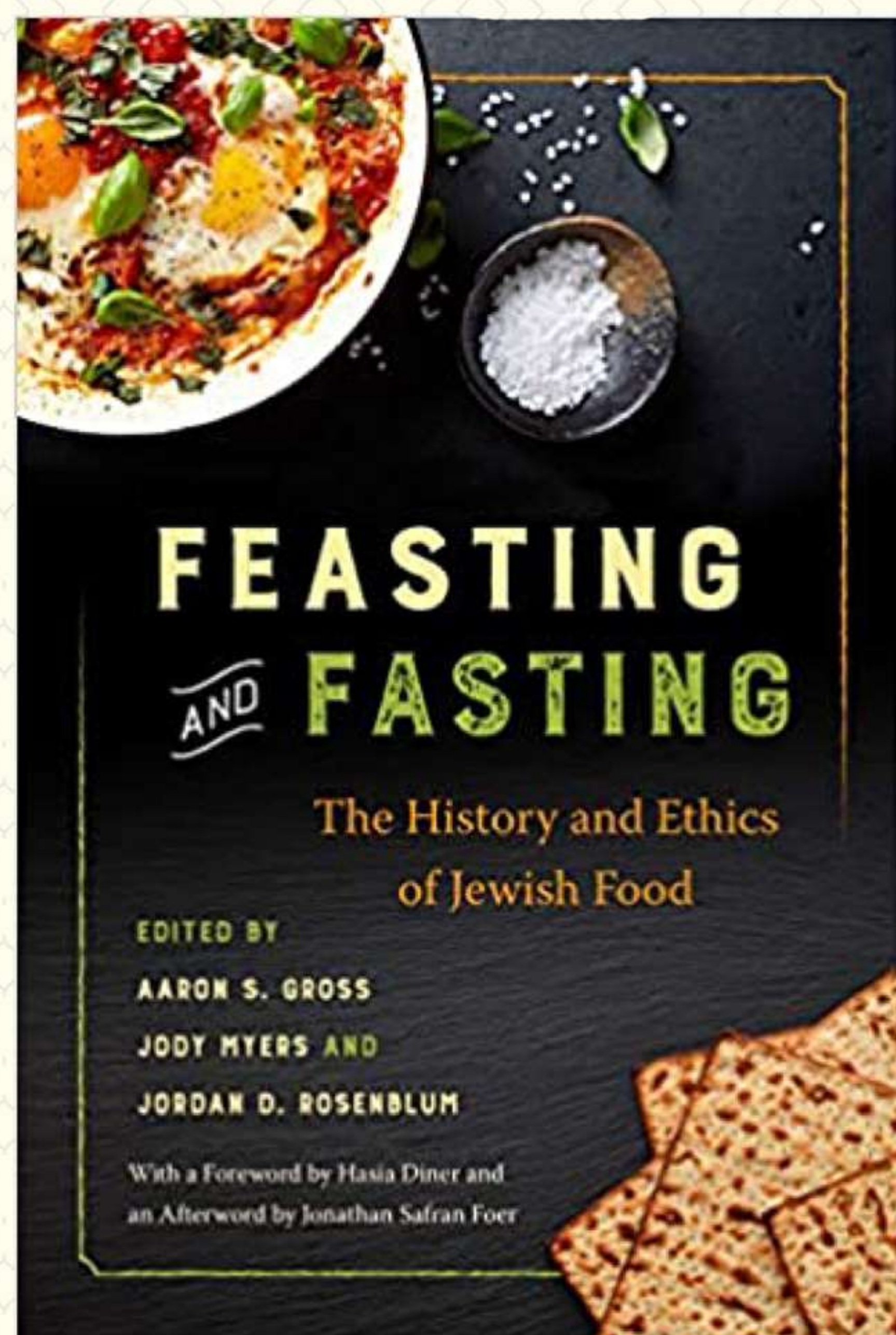
14TH OCT, 2020

LSA Talks was a session on History of Indian Textiles by Mira Gupta. It was a delightful session to say the least. Mira's deep interest



and engagement with the topic flowed through as stories which held each of us enthralled. The stories took us to the fields of Indigo and Madder, another plant which has traditionally been used for dyeing. It took us to the streets of England where workers protested the introduction of chintz from India to their women, a fabric so light and colourful that they became favourites over drab and heavy linen and wool. India's colorful textiles and weaves were centre stage at this ELSA Talk, and a game changer. The coming of the Industrial revolution led to the mass production of the exquisite weaves of our country. We saw paintings and photographs of Mughal expresses on indigo jeans! in those times! And the detail that Akbar liked to wear two Kashmiri shawls - the concept behind the doshala. Stories of beetle wing embroidery, the resurrection of the Yale University connected to the Madras checks, of the cross influence of Madras checks and Scottish tartans and Indian ikkats vs Cambodian ikats.

The discussion after the talk was just as enriching, with questions about how heirlooms like shawls can be preserved and the role that weaves play in our lives in connecting us to our histories. A talk beautifully woven by Mira, brought to us by Anu S Misra. Thank you!



ANU KALRA

17TH OCT, 2020

Fabulously interesting session by **Anu Kalra** on the concepts of **Fasting & Feasting** and their connection with various faiths. She directed our attention and our thoughts towards understanding fasting as balancing, as searching for an equilibrium which was good for each one of us as also different for each one of us. The looking inwards, which is facilitated by fasting, was the main aim of fasting, in any faith. We also understood fasting from the point of empathy, that fasting enabled one to understand the pain of hunger and therefore more empathy towards those who don't have.

Fasting from the point of view of gratitude, for after fasting, when we eat, our sense of gratitude for what we are eating is heightened. The session brought about introspection, a certain going within, which was so calming. Thank you, Annu, for yet another beautiful session.



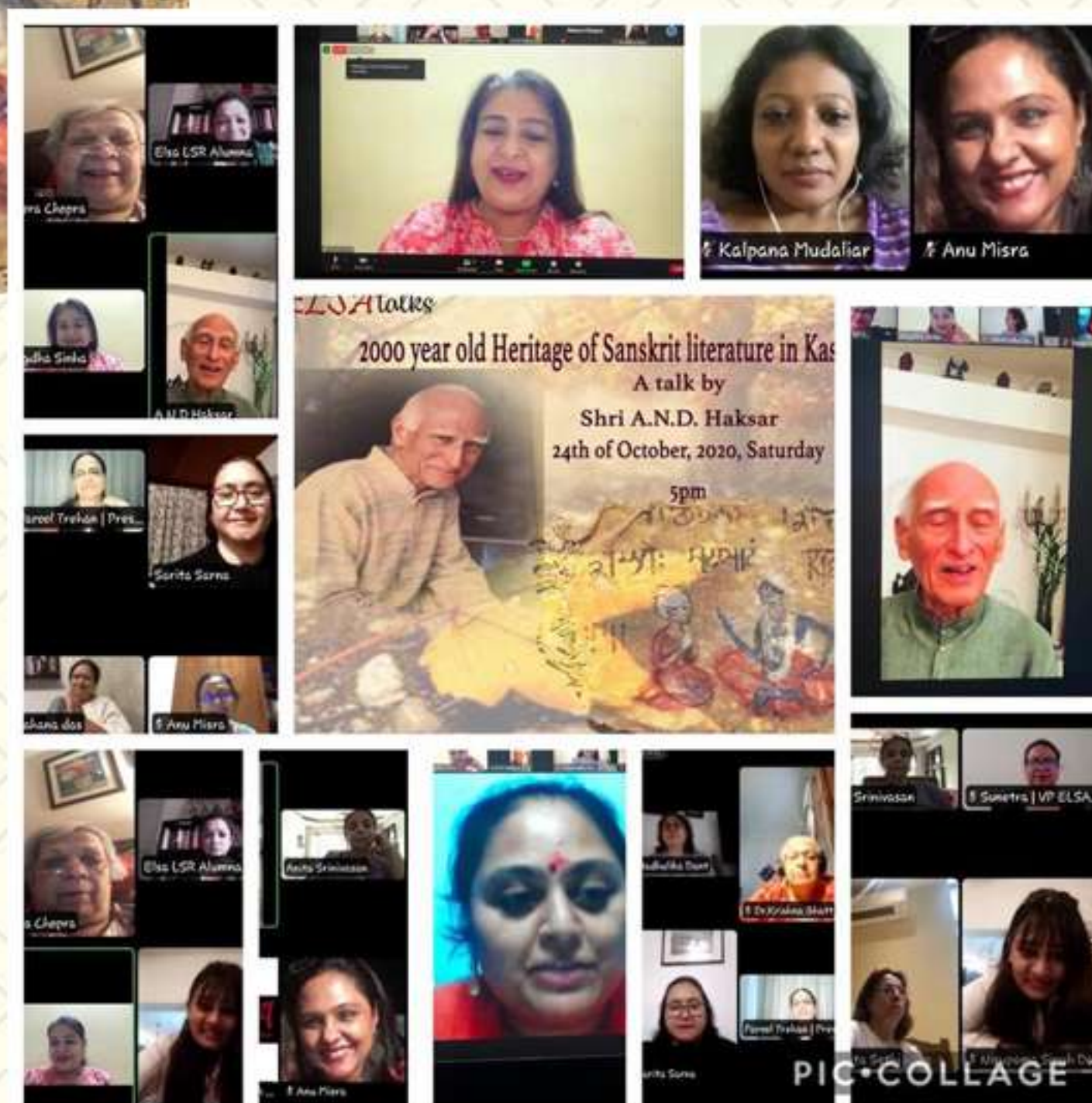
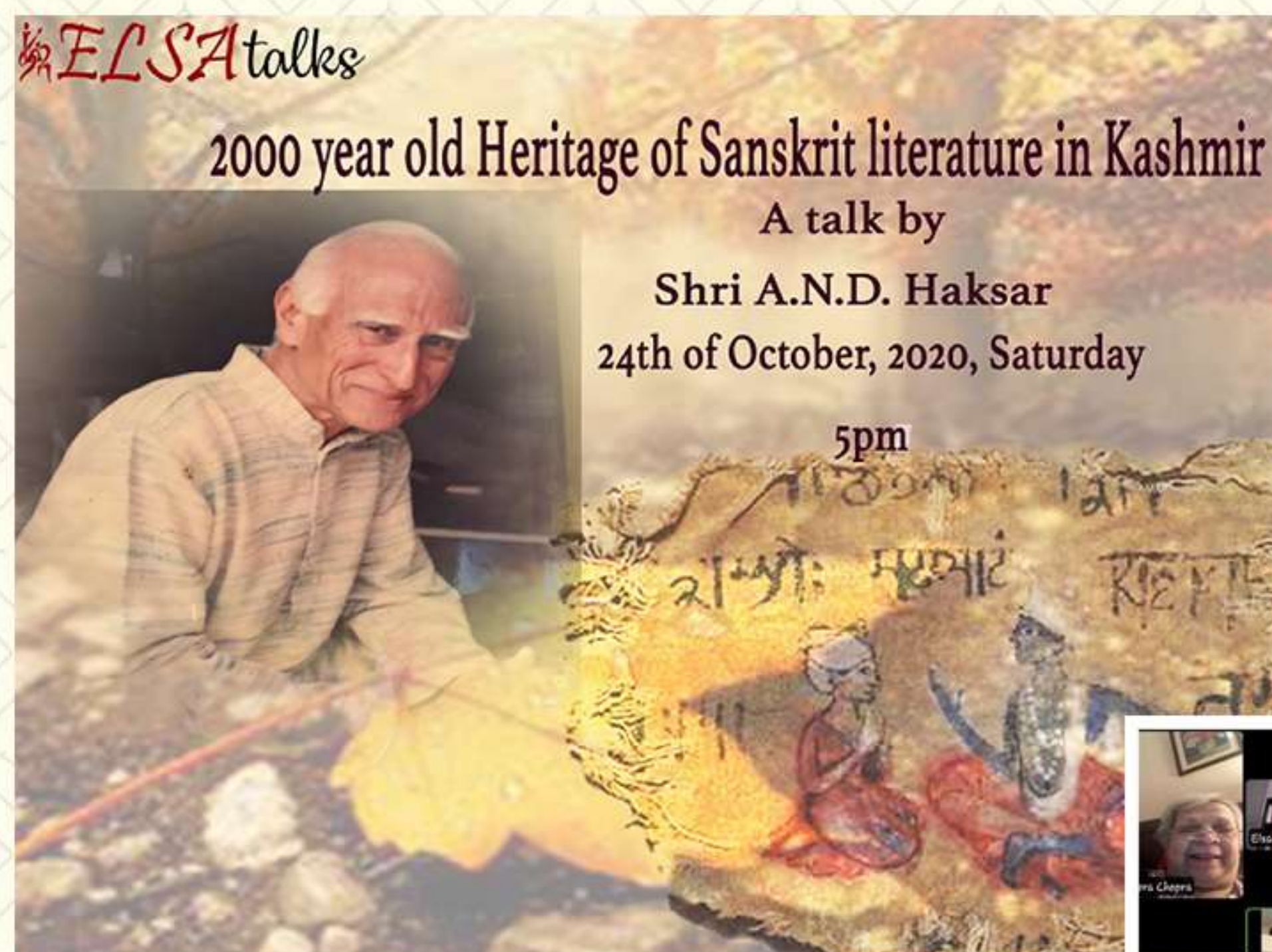
Having had a career in brand management and advertising spanning over 25 years, Annu spends a major part of her time either pursuing her own spiritual quest or in supporting people's efforts at enhancing their well-being. She interprets traditional wisdom in the modern context through her writings, paintings, talks and sharing through workshops and personal counselling sessions. She has created Aavirbhaav - a self-help system of guidance and meditation cards, based on her paintings of Indian Gods and Goddesses, and written a book of interpretation for the same. Smita Rajaram curated the talk.

ESHNA KUTTY

21ST OCT, 2020

ELSA EC was thrilled to bring to you a conversation with the “overnight sensation”, ELSA **Eshna Kutty**, a young 24 year old who has taken social media by storm. This youngster is taking **hula hooping to a whole new level** and letting the world realise that this piece of plastic can be magic in her hands.

Eshna is a self-taught hooper who picked up hooping about 10 years ago. Her aim was never to imitate the moves she saw on YouTube but to study them as a pass time and to use it as a form of exercise. Eshna also began to appreciate the grace and flow of the form, which is why she calls it ‘flow art’. Now, she has countless dedicated followers who follow her hula performance videos. Puneet Sikka curated the talk.



A.N.D HAKSAR

24ST OCT, 2020

On the 24th of October, 2020, we had the good fortune to hear **Shri A.N.D Haksar** on the topic of "**200 year old heritage of Sanskrit Literature in Kashmir**" in conversation with **Mugdha Sinha**. As a student and a learned exponent of Sanskrit, Shri Haksar traced the history and influence of

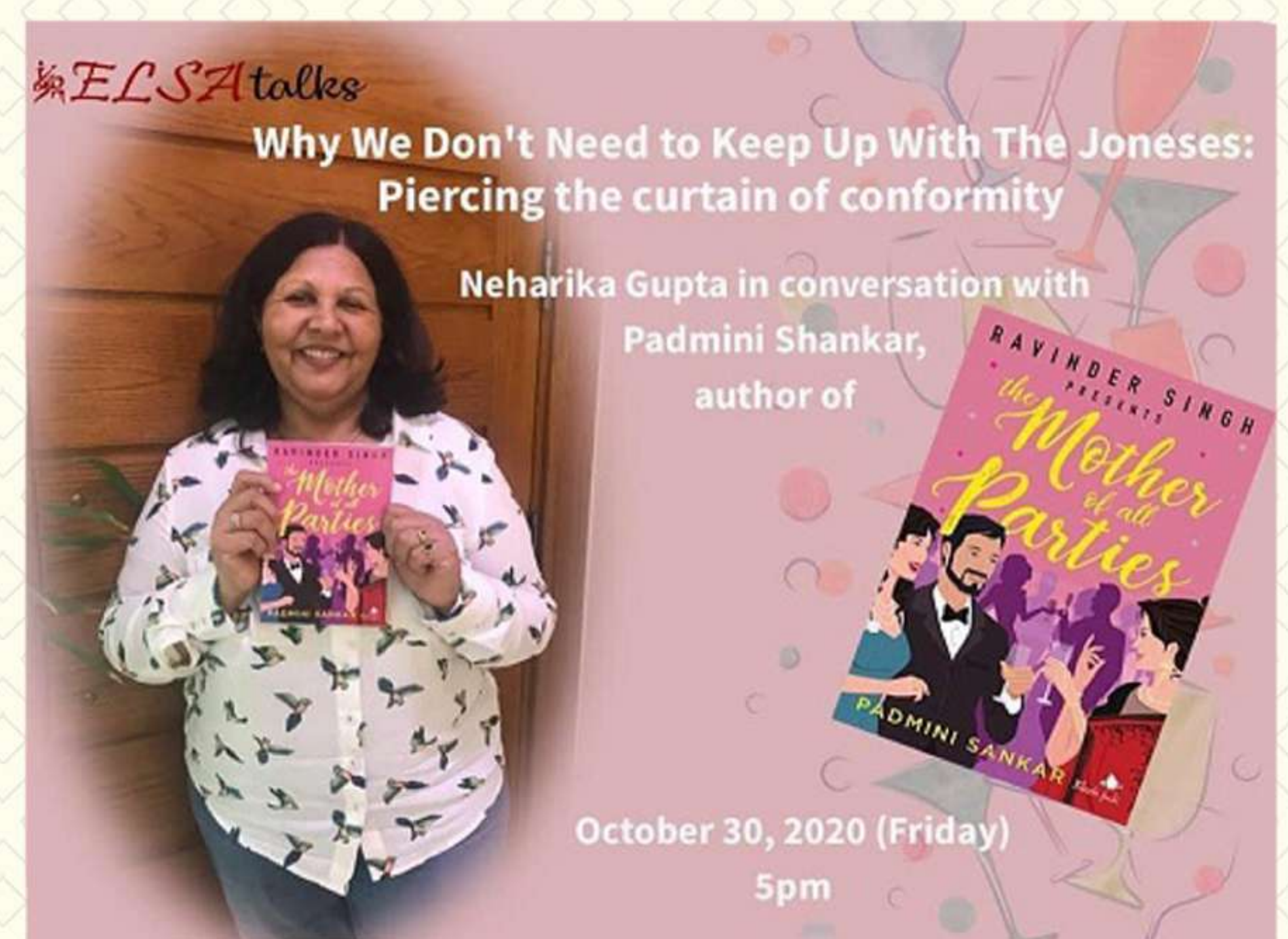
Sanskrit literature across the country. During his years of serving in the Indian Foreign Service, he said he had been amazed to find that many of the mottos of the government institutions in Indonesia were in Sanskrit, even that of their National Airlines! When he wanted to rekindle his pursuit of Sanskrit, he realized that doing translations was the best way to do so. And as he moved from translating one text after another, he realized that his knowledge kept growing. In response to Mugdha's question about the difference between the Sanskrit he knew and that taught in schools, he said that he felt that the latter was designed for scoring, and therefore more literal.

While what he did was to communicate the emotion and the flavour of the text that he translated. He even drew our attention to the fact that in Sanskrit drama, men of high class spoke in Sanskrit, while men of a lower class and most women, spoke in Prakrit, which was more natural. This is how, he said, literature is reflective of the society we live in. Sanskrit also travelled out of India through the various people who stepped out to study, like Bilhan, who went to Karnataka and wrote about the kings there. He also reminded us that many communities made up Kashmir and its rich heritage of literature and art. This wonderful session is impossible to capture in limited words. It left us all richer with more understanding and wonder - wanting to know much more. Thank you, Mugdha Sinha, for facilitating the conversation and making it flow so effortlessly. A thank you to **Nirupama Singh Dar**, also, for introducing us to such a fabulous reservoir of amazing knowledge.

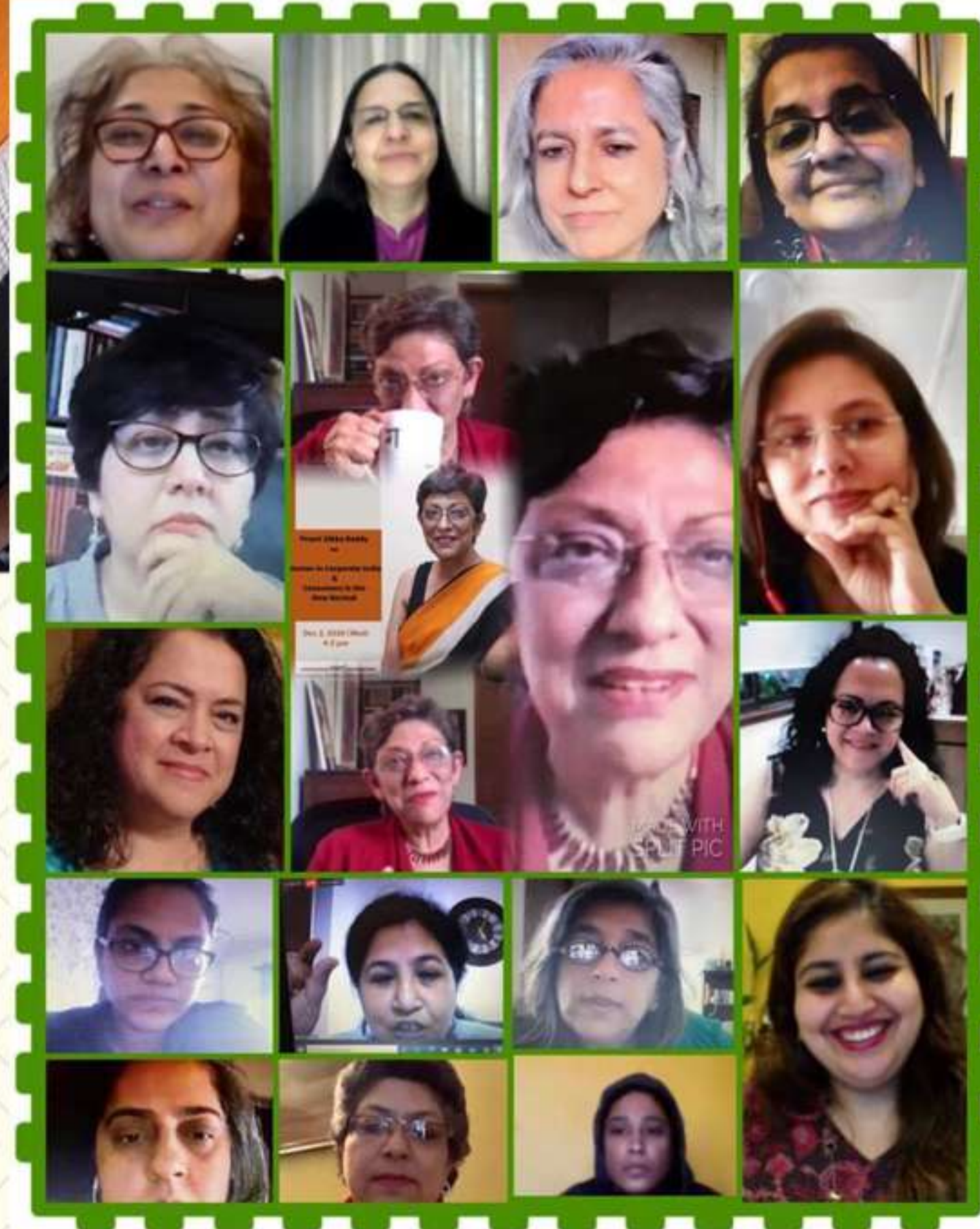
PADMINI SANKAR

30TH OCT, 2020

Padmini Sankar, an ELSA, English Honours graduate from the '78 batch and a **Jane Austen junkie**, wanted to write a social satire for the longest time. Her first book **'The Mother of All Parties'**, was co-published by Black Ink and HarperCollins India this year and it has received some rave reviews. Its screen rights have been acquired.



In her novel, Padmini takes us through the **glitz and glam** of the Dubai party circuit, all while capturing one **woman's journey to self-awareness**. Family drama, love and, of course, glittering parties ensue. But what lies behind the fancy tableware and beneath the brands is something to be seen. From one author to another, we joined Padmini in conversation with millennial writer and author of **"Adulting"**, **Neharika Gupta** (batch of 2012) as they burst the show-sha bubble of adults with their parties and millennials with their Instagram lifestyles. Neharika holds an M.A. in Creative Writing and her novel, Adulting, made it to the Nielsen top ten and Amazon bestseller lists when it launched, in August 2019.



PREETI SIKKA REDDY

2ND DEC, 2020

Preeti Sikka Reddy, (ELSA, Economics (H) 1979) is one of **Impact's 50 Most Influential Women in Indian Media, Marketing & Advertising**, a list she has consistently featured in for the last five years. As CEO, South Asia, Kantar Insights, Preeti has over three decades of experience in consumer marketing, consulting, and research helping leading Indian and multinational companies make informed decisions

using consumer understanding. Her consulting and research experience covers a multitude of industries – FMCG, durables, retail and services. She is currently **Chairperson of CII-IWN's (Indian Women's Network) Maharashtra chapter**. She also has an MBA from XLRI. Gayatri Srivastava moderated this conversation with elan.

ASHIMA AGGARWAL

9TH DEC, 2020

Ashima Aggarwal (ELSA, Mathematics (H), 1984) is an MA, M.Ed. with a **Certification in Entrepreneurship** from Wharton Online, University of Pennsylvania. Having taught mathematics over a span of 30 years, almost 22 years of which were spent as a senior faculty at **DPS, RK Puram**, she has moved on to be an entrepreneur. Now **Director** with a startup, **Skilleit**, which is trying to **take entrepreneurship to the youth**, making them aware of the journey of a startup and instilling entrepreneurship as a **critical 21st century life skill**. She has recently launched her own online education platform as a step towards being an entrepreneur and to experience the journey for herself.





UMA MANGAL

16TH DEC, 2020

Uma Magal (ELSA, 1984, History Hons) is an **independent documentary film maker, writer and teacher**. Her current film, **‘Other Kohinoors’ - The Rocks of Hyderabad**, is really a love letter to her hometown Hyderabad, its stunning terrain and the culture as influenced by this terrain. The Kohinoor, which is from the Golconda Area in Hyderabad, is just one of the many jewels that this region has given to the world. The Kohinoor is

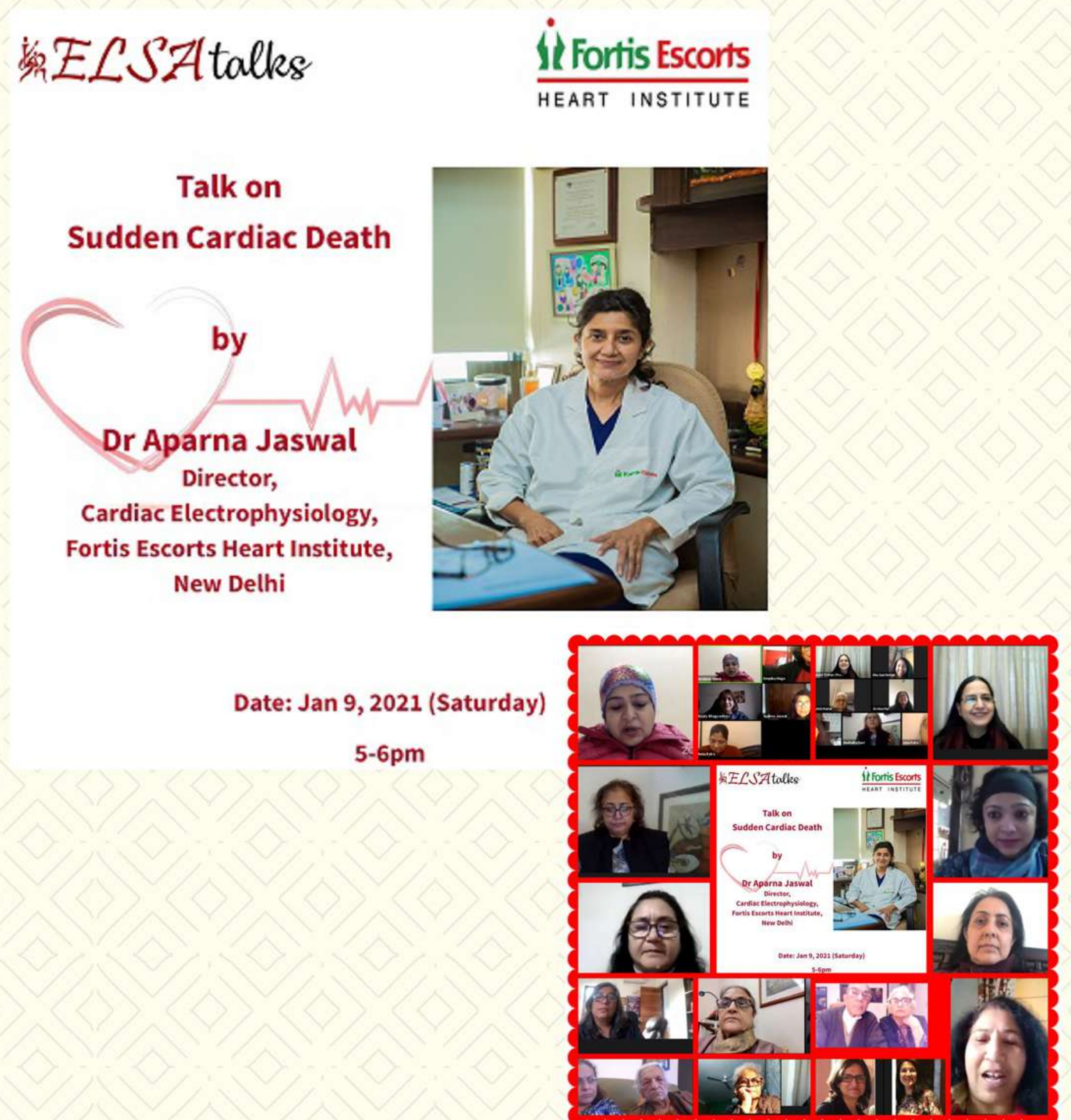
of course the Rockstar of all the gems. But her documentary showcases how the ancient, prehistoric rocks in Hyderabad, are just as invaluable and precious, ecologically and socially. It attempts to show how the rocks are tied into the sensibilities of the city and its culture. The talk was curated by Ritu S Mathur.

DR. APARNA JASWAL

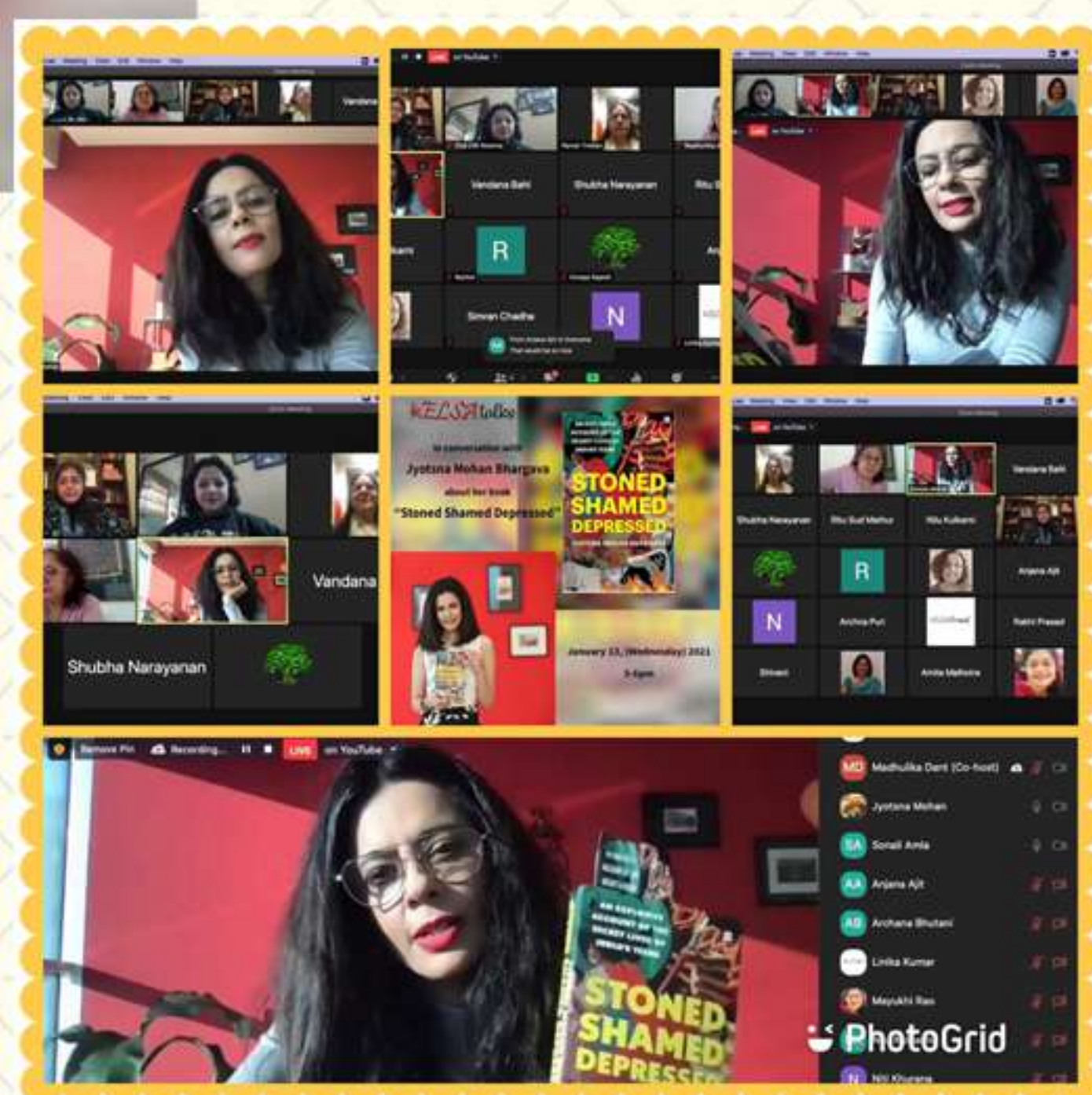
9TH JAN, 2021

In the recent past, we have come to know of many instances when people have expectedly lost their lives to cardiac deaths. How and why does this happen? Can it be prevented? Are women beyond a certain age, more or less susceptible to sudden cardiac deaths? This and more, was discussed in the ELSA Talks, titled **“Sudden Cardiac Deaths”** by **Dr. Aparna Jaswal**. Dr. Aparna Jaswal is an acknowledged **expert in Cardiology**

at **Fortis Escorts Heart Institute**, Okhla, New Delhi. She has been working at FEHI since 1998. Dr. Jaswal is an accredited Certified Cardiac Device Specialist from the HRS, USA. Dr. Jaswal has many research projects and has been actively participating in National and International Research Trials. She has been invited as a faculty to various national and international symposia and workshops.



She is also the first electrophysiologist to start an EP program in Mauritius in November 2010. Dr. Jaswal has advanced as a Fellow of the Heart Rhythm Society, USA in March 2011. The talk was curated by Mugdha Sinha.



JYOTSNA BHARGAVA | 13TH JAN, 2021

Jyotsna Mohan Bhargava worked with NDTV for 15 years as a **senior news anchor and senior news editor**. She is a columnist for newspapers and magazines in India and abroad. Jyotsna Mohan Bhargava (ELSA, English (Hons), 1994) investigated the secret lives of India's urban teens and came up with an eye-opening account of struggles with addiction to substances, social media and gaming, dealing with

intense peer pressure, bullying and body shaming and the resultant physical and mental health issues. Stoned, Shamed, Depressed chronicles the confused journey to adulthood of teens along a road that is full of temptations, where boundaries are easily blurred, and where the lure of easy adventure, often in the virtual world, can unleash events that have repercussions for years to come. The narrative interweaves accounts of teens, parents, teachers and child psychologists to reveal a deeply disturbing picture of today's school life in urban India. The talk was curated by Sonali Amla.



FUNDRAISERS: DIL SE



ELSA, the official association of Ex-students of Lady Sri Ram College, is committed to transforming lives through sustainable support and action. During the lockdown, ELSA EC rose to occasion when a crisis of access to technology occurred and was staring the LSR students in the face, by initiating the 'DIL SE' fund. This is an endowment fund set up to receive contributions to be used for providing digital support to the students and

supplement the college's need-based scholarship program. With contributions to the fund, ELSA EC facilitated provision of 31 laptops to the students of LSR. Besides the contributions from alumni, the EC took the decision to contribute Rs. 3 lacs out of the corpus of the association towards the Fund.



We are grateful to all those who contributed *dil se* to the DIL SE fund, and made this small step possible. The endeavour shall continue and we urge you to keep contributing.

To all those who are still waiting to become part of this pay forward drive, the **DIL SE Fund is still open** and **accepting contributions**, should you or any one amongst your circle, including non ELSAs, wish to chip in towards building a corpus for the students. This would **help institutionalize** our humble efforts to **support our college and students** for all times to come. The link and all necessary details, including the bank account for the same are as follows:

<https://lsralumna.org/elsa-dil-se.php>



Thank you to our generous donors

Shambhavi Singh
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Amitabh Singh
Anju Kumar
Juhi Bhatt
Sunetra Vijaykar
Srishti Mukherji
Anjanna Bhargava
Kritika Mahajan
Sunila Awasthi
Rekha Ganjwal
Samrudhi Sarangi
Ratna Chadha
Aparna Aggarwal
Megha Shankar
Navneet Bawa
Saveera Bahl
Monisha Chowla

Vrinda Sharma
Aditi Misra
Shelly Saini
Radhika Ganapathy Ojh
Arati Kaul
Geeta Sondhi Gujral
Nandita Bedi
Veena Mankar
Reeti Sethi
Dipali Talwar
Aakansha Agarwal
Monisha Krishna
Kirthi V Rao
Priya Bhat
Rohini Puri
Nidhi Sinha
Vitika Sharma Banerjee
Annu Kalra
Parool Trehan
Shalini Thukral
Neera Chopra
Amita Malhotra
Varsha Kripalani
Madhulika Dant

Pawan Agarwal
Richa Sakhuja
Saachi Bhalla
Binaifer Sooi
Pratibha Singh
Deepa Bhartia
Sachi Bhargava
Sharbari Sen
Ritu Arora
Meenakshi Gopinath
Pooja Bahuguna
Monica Jasuja
Shruti Gupta
Anu M Misra
Roli Jindal
Mrinalini Sapra
Rashmi Singh
Bindu Tandon
Kamal Marwah
Roopam Singh
Ritu Rekha

PRATISHTHA DEVESHWAR

Happy to share an update about Pratishtha, who ELSA helped last year spread word about her requirement for funding to enable her to study at Oxford. We rose to her call for help as always, and ELSA's across the world donated. We were also able to connect Pratishtha to our London chapter to help her settle there.

“I am beyond honoured to share that I have been awarded with the highest accolade a young person can achieve for social action and impact - The Diana Award! The international award was conferred this year at a grand virtual ceremony that was graced by various illustrious people including Prince Harry, Duke of Sussex himself who congratulated the 2021 recipients of The Diana Award!

The award is established in memory of Princess Diana and to be anywhere close to her name is such an honour in itself! I'm grateful that my work has been recognised through this award. I'm so grateful to all the people who have been an incredible part of my journey and have supported me throughout the unconventional choices I made along the way, without doubting my abilities at all! Most of all my parents and grandparents who stand behind me like a rock and trust me with everything I do!

This is not for me but for every person who has reached out to me seeking support, giving me an opportunity to help them live a better life, and together we create a beautiful world for us all!”



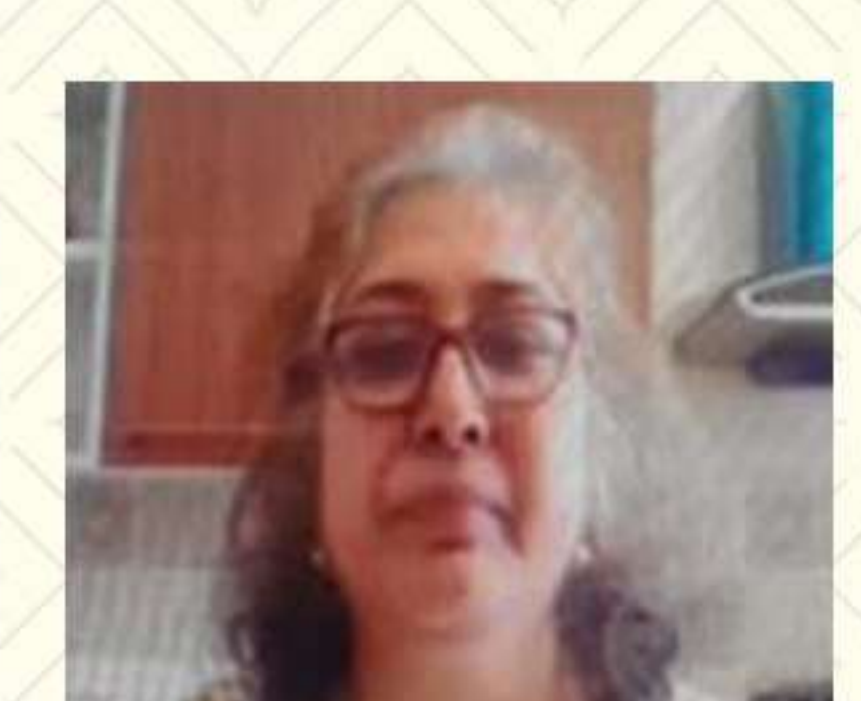
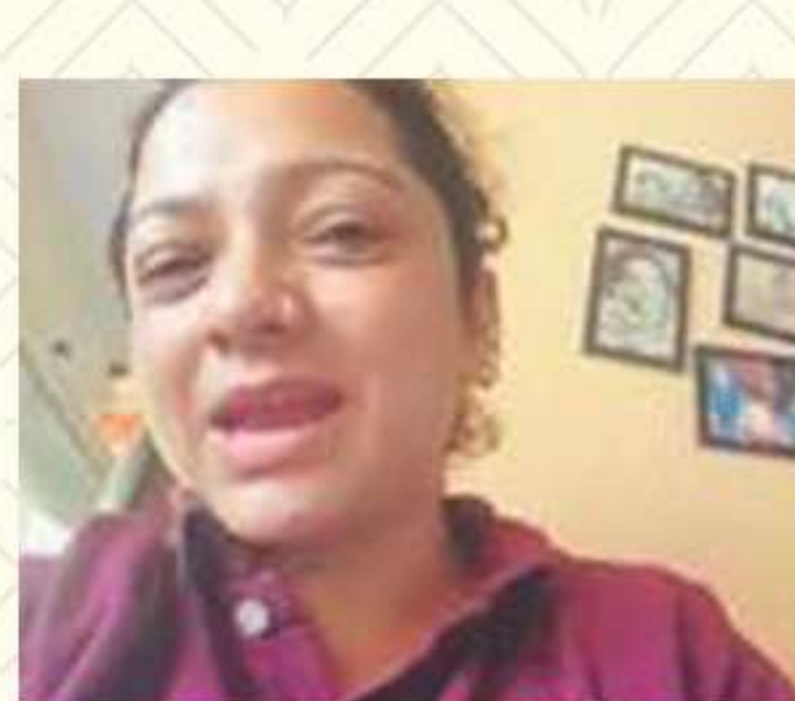
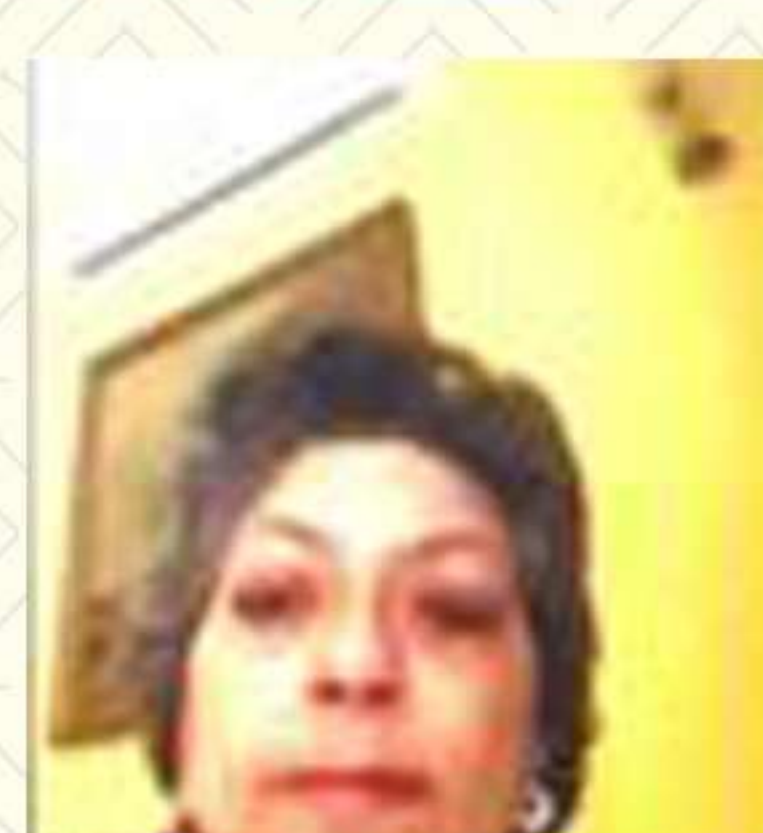
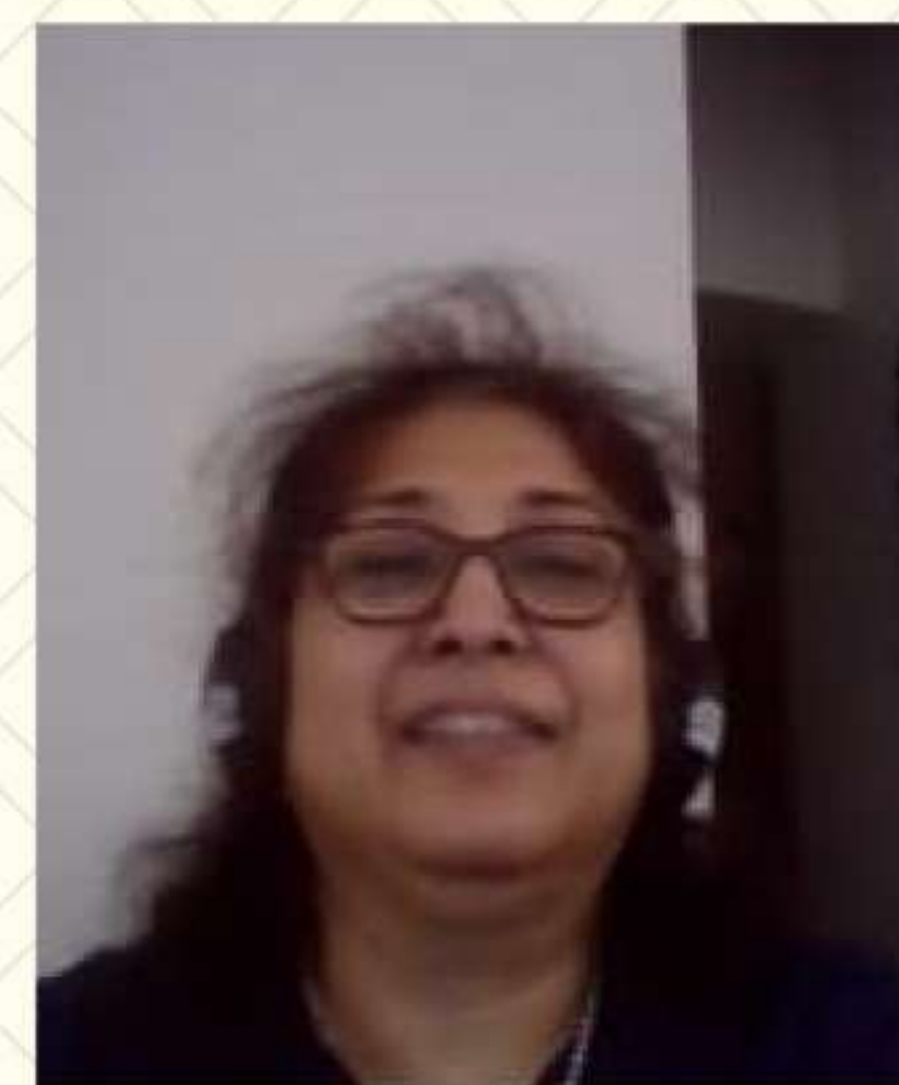
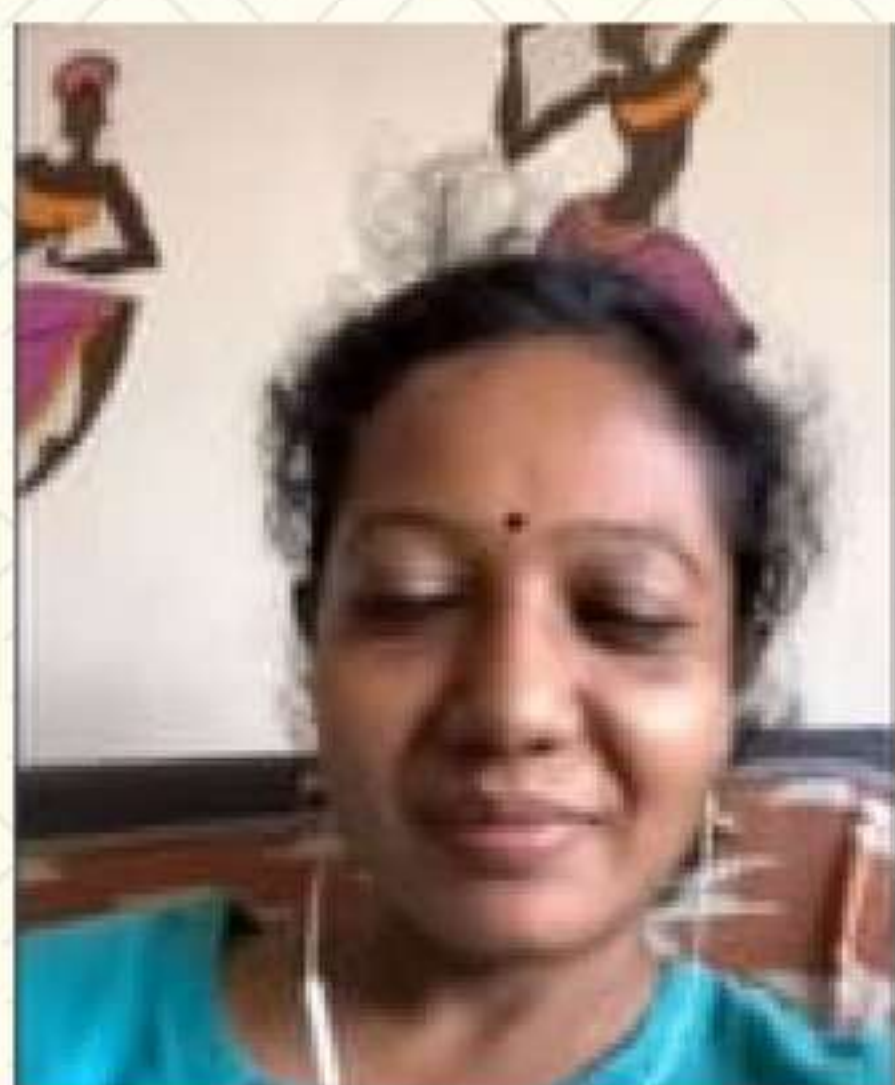
EC MEETS

The EC members met in person on the college campus while they could.

However most of the formal **meetings** were held **online over zoom**. Despite the physical distance, the show went on with as much enthusiasm as before.



Just like the rest of the world, we members too were caught up in the **pandemic** but managed quite a few **initiatives** during the year.



JAB WE MET

WALKALONG

Huge **health benefits** heighten the need to make sure all live in walkable communities. Our bodies are made for walking (I may add our boots too). For us ELSAs in Delhi NCR, it happened more as a spontaneous act of escaping the long WFH, post Covid lockdown, a response to someone's query about who all would be interested in going to **Aravalli Diversity Park**, and astonishingly a whole lot of ELSAs jumped and took up the chance to be out in the sun!



Few things in life relieve stress, instil creativity and boost health, more than taking a stroll. What started as a stroll has become an informal ELSA activity, and a dedicated group called WalkAlong has been formed. The venues so far covered have been **Lodhi Gardens** and Aravalli Biodiversity Park, Gurgaon. We hope to visit most of Delhi's parks and heritage sights soon.



DELHI/ NCR

Challenges faced during Corona

Mrs. Saroj Kaushal took a session on 11th July 2020 on challenges likely to be faced by us , our friends and families during the pandemic. She discussed in detail the threat posed to retention of jobs, need for learning new skills, equipping with knowledge of computers, financial planning, health insurance for self and family members. The information about available medical facilities was also emphasised. Members were advised to be sensitive towards mental health issues resulting out of fast changing situations in and around us. The use of networking and reaching out to members was also stressed.

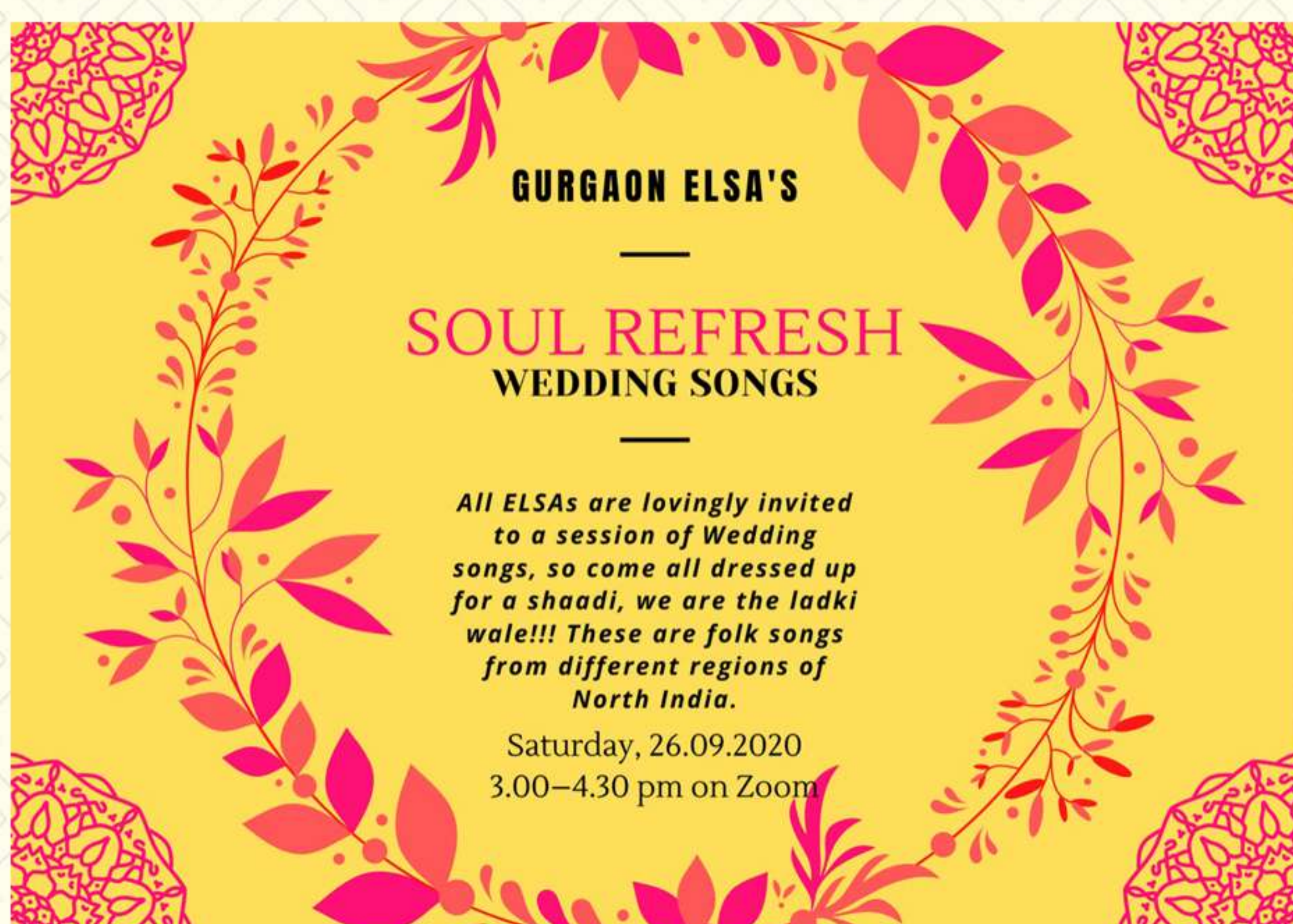
Yoga

Mrs. Rohini Khullar took two sessions on yoga including Pranayama. on 19th & 22nd July 2021. She also explained about the significance of different elements and types of yoga. Members greatly appreciated Rohini's sessions and continued to seek her guidance for a long time.

Anger Management

Vandana Kohli took two sessions on Anger Management on 5th & 11th September 2021. Her sessions were very well attended as many members felt the need to understand anger, its symptoms and the way of managing it in their daily life as it had become an issue across ages due to corona.

Jab (when) we met after a gap of few months on 26.09 2020 we had a fun filled evening with singing of folk songs from different regions of North India . This session was enjoyed by each one of us and was a much needed therapeutic activity for all of us.



On 10th October, 2020, we had a session on Interventions for a just Society; Role of Sexual Harassment at workplace Act by our ELSA Dr. Surabhi Dhingra, Associate Professor, Delhi University. Dr. Dhingra emphasised that all of us are part of the system and need to shoulder responsibility for providing a safe society. She also emphasised upon the members that Empowered women can empower women with the help of legal tools. The session was appreciated by all the members as it exposed them to a wider perspective of sexual harassment.

17 the October 2020

This was a very interesting topic taken by Dr. Anupama Jhingon, our ELSA Gurgaon member. She discussed in depth about our emotions, the reason for emotional challenges and need for mental health. As pandemic had affected all of us, this talk helped us in understanding our behaviour and also those around us. It was a very meaningful session.

24th October 2020

Dr. Poddar spoke on vibrational healing. It was really the need of the hour and everyone liked it.

2nd January 2021

We started our New Year by meeting up on 2nd January 2021. We shared how we faced challenges posed by 2020. We all hoped that the New Year bring relief from the pandemic, good health and happiness for members and their families.

9th January 2021

Manju Dhanda took a session on delicious soups when these are relished most in the winter months of North India. Her culinary expertise, affable attitude and

GURGAON ELSAS
brings you
Soul Refresh Saturday Meets

"I am a Part of the System: Shouldering Responsibility"

**Interventions for a just society:
Role of Sexual Harassment of
Women at Workplace Act**

Empowered women can empower women: Using
the Legal Tools

By Dr. Surabhi Dhingra
Associate Professor, Delhi University
PRESIDENT- POSHCA (NGO EMPANELLED WITH MINISTRY OF
WOMEN AND CHILD DEVELOPMENT)

On Saturday, Oct 10, 2020
From 11.00 am to 12.30 pm
VENUE: ZOOM



passion for teaching was extremely commendable. ELSA has role models like Manju and members need mentors like her. She is sheer inspiration for all of us

7th April 2021

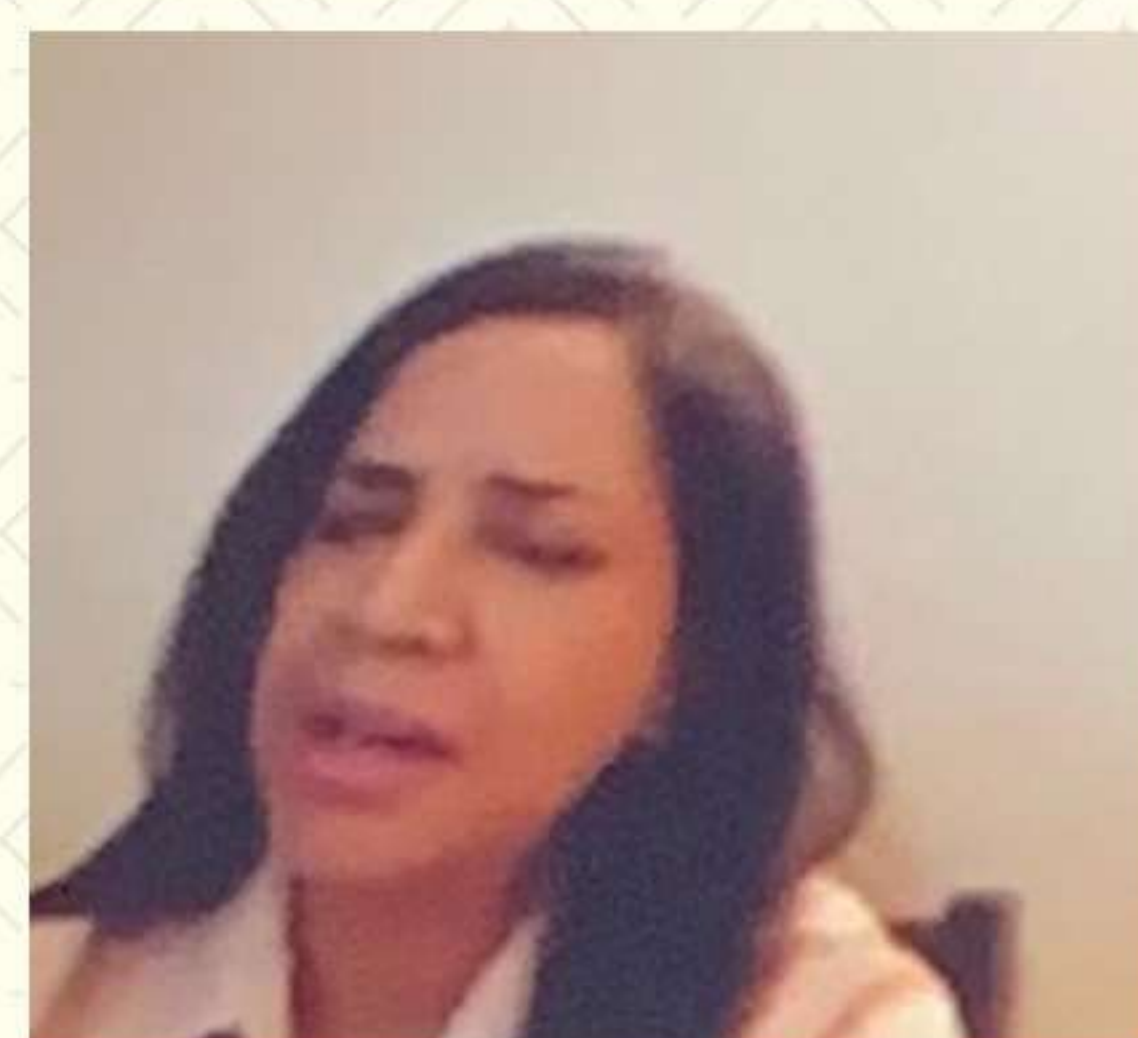
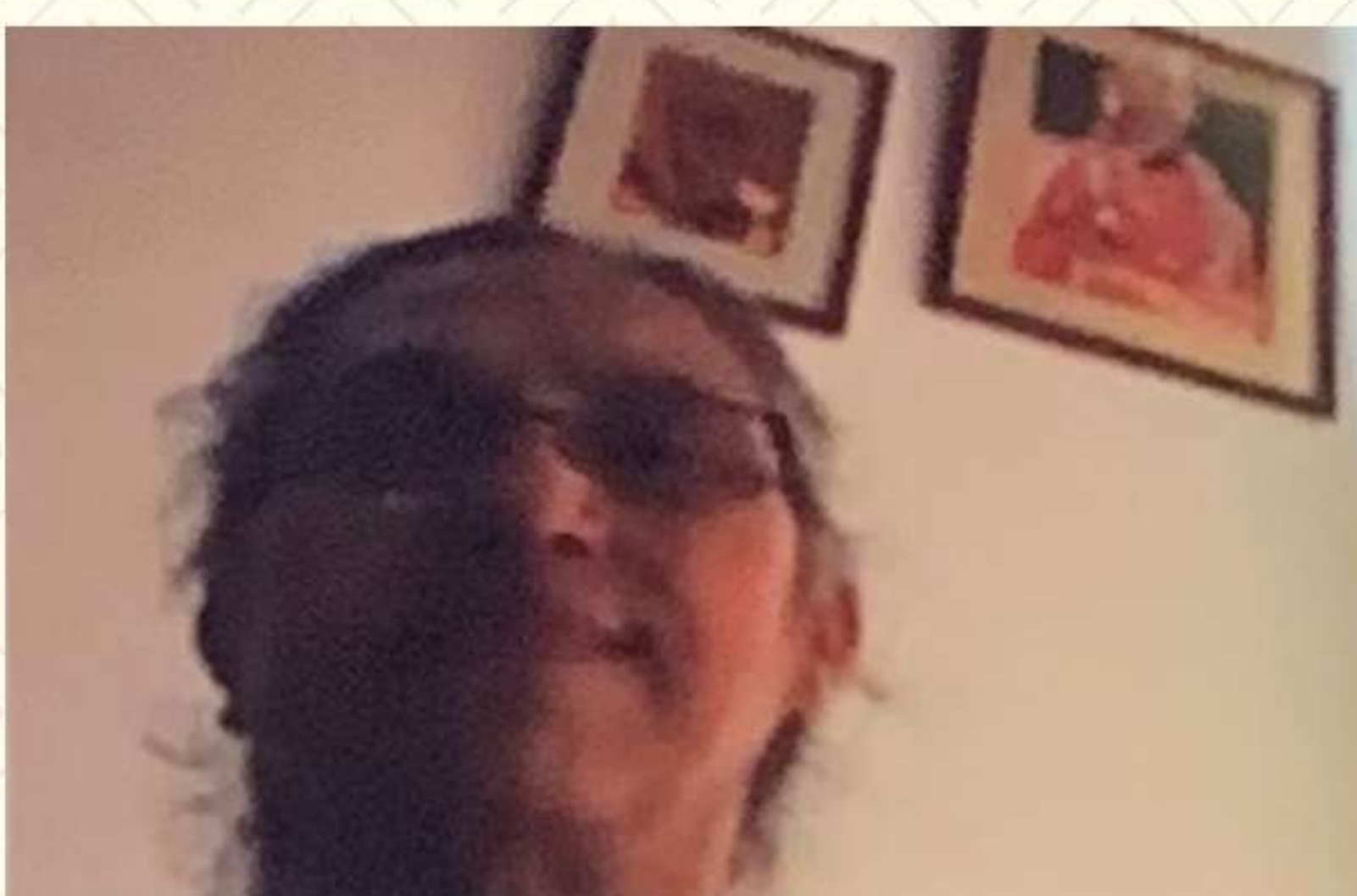
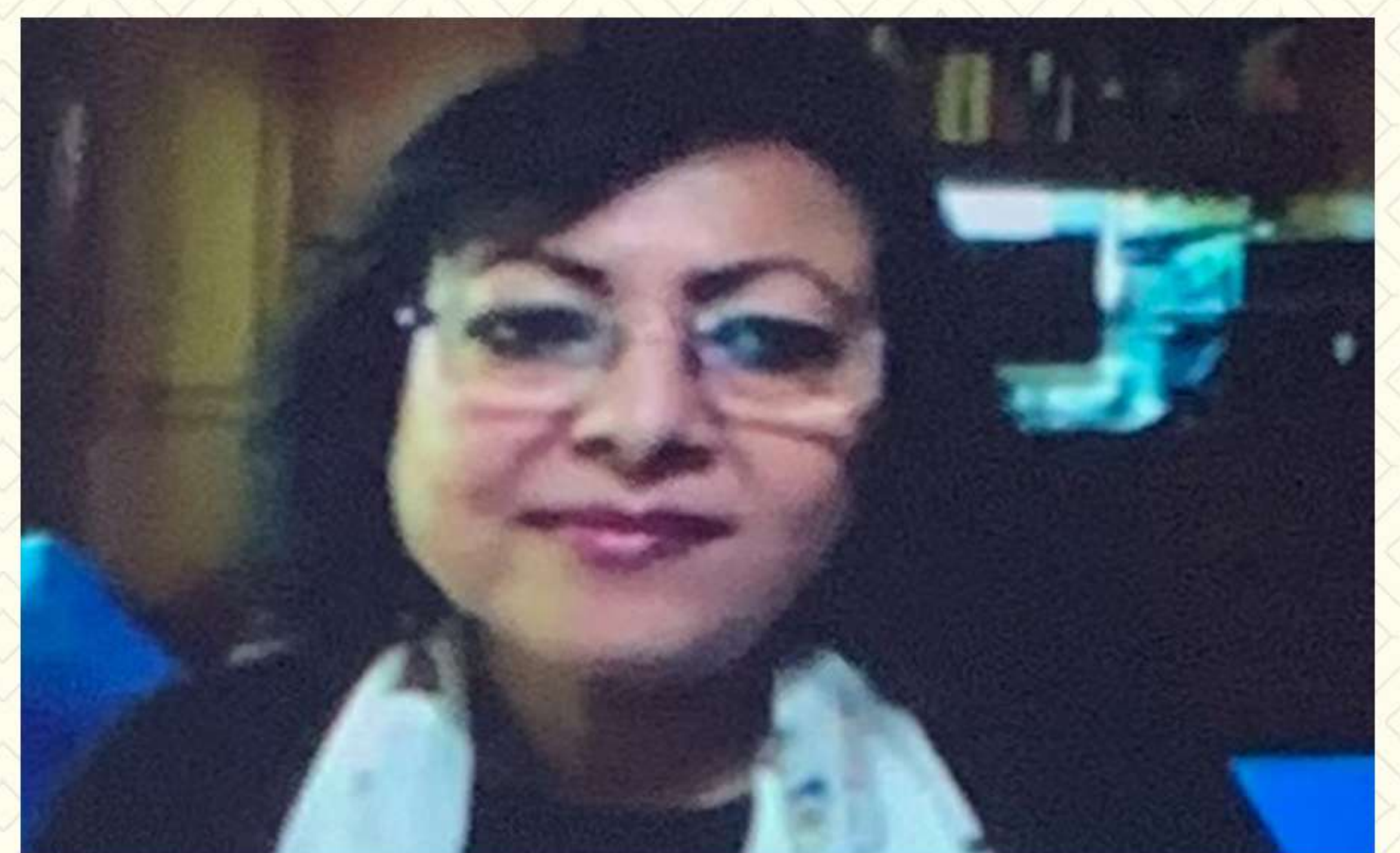
Members went out for Lunch at Le Meridian, Gurgaon which was organised by Mrs. Sangeeta Sharad. Ladies enjoyed being together after a fairly long time.

19th May 2021

Met on 19th May 2021 and shared the challenges faced by members and their families during the pandemic. It gave an opportunity to share their grief, concerns and the importance of network in providing help. Help of ELSA members was specially appreciated

26th August 2021

About 20 ladies met on 26.08.2021 virtually in Gurgaon .It was a relaxed meeting where members expressed their relief from the corona pandemic. We were glad and excited to catch up after a long period. An Antakshari was played where a medley of old and new songs were sung. The singing and loads of laughter was infectious. Everyone tried to recall their favourite songs and sang with gay abandon. Few of them pitched in with their favourite English numbers. On the whole it was a fun filled afternoon.

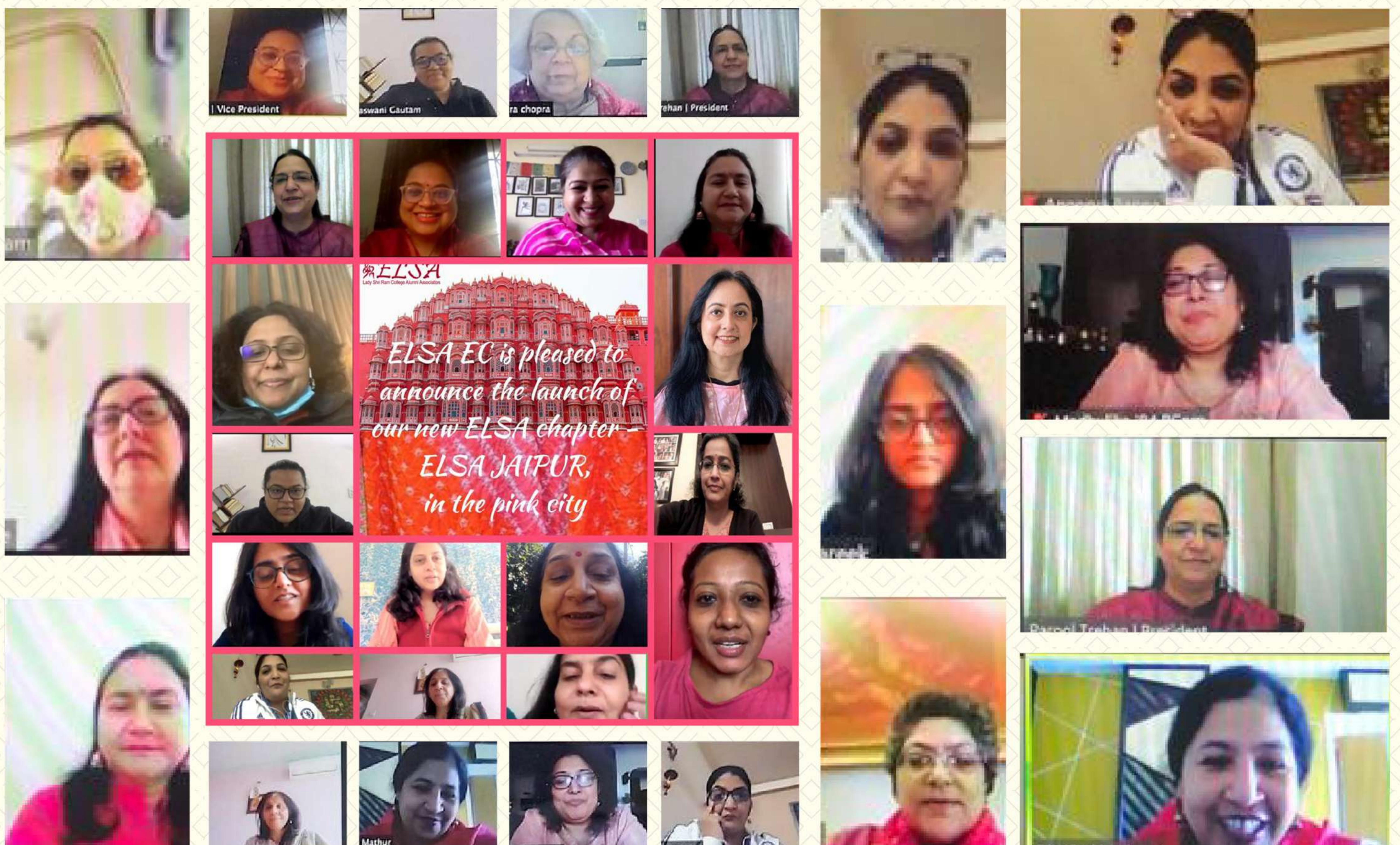


JAIPUR

It is with great pride and jubilation that we announce the formation of our 'ELSA Jaipur' chapter. After the formal chapter of Bangalore and two informal chapters of Mumbai and Gurgaon, this is ELSA's 4th chapter. A great step for ELSAs worldwide!

To mark the launch of the chapter, we had a formal zoom inauguration followed by warm, friendly chit-chat with the bright, young and accomplished ladies of the Jaipur chapter, including some well-known names such as **Chhavi Rajawat**. The excitement to do something together was palpable. We thank **Mugdha Sinha**, our EC member, for making this possible.

Chapters are the only way forward, to link with local ELSAs in various cities. The requirements to become a chapter can be enquired about, from any of the EC members. We look forward to the ELSA bond and organisation expanding further with members from other cities also coming forward and forming chapters.

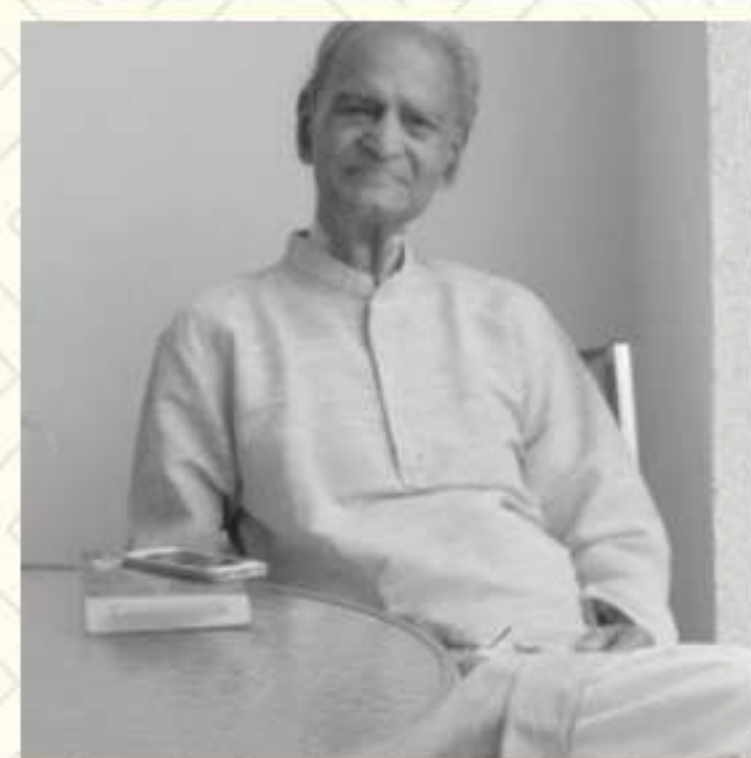


BANGALORE

ELSA Bangalore is pleased and proud to share that ELSAConnect has grown since our last update. Sessions are held every Tuesday, Thursday, and Saturday, as they have been from early April. ELSAConnect sessions have bonded us on a variety of topics, from the highbrow to the deeply emotional. Each session reveals to us the many talents and multifaceted nature of our communities.

We are honoured and thrilled that so many ELSAs step forward to engage with **ELSAConnect**, whether as a speaker, a moderator, a host, our fabulous technical team, or our content drivers. Included here, are the various posters from our sessions. They say each picture is worth a thousand words, and we hope that you are drawn in to engage with us, either live or on our YouTube platform.

We started the year with a Reflection Session on Key Learnings from last year. It was wonderful to hear many of us cite the support of the sisterhood, through our **ELSAConnect** and **ELSATable** sessions, as well as the Kannada classes and active WhatsApp hobby groups. ELSA Connect continued to bring together riveting women. This included a panel on Women in the Workplace in a Post-COVID World with Dimple Agarwal, Deputy CEO (UK) & Managing Partner Deloitte, Priyanka Sudarshan, Global HR VP, Capgemini India and moderated by Jaya Jyoti, HR Business Partner Flipkart. Shubha Sarma shared her life and its governing philosophies that help her balance her bureaucratic career, her writing career, and her family life. Deepika Deshpande Amin brought to vivid life her theatre and film life anecdotes, replete with photographs of young compatriots such as Shah Rukh Khan. Roopsi brought her inimitable self to the table and inspired us all with her go-getter approach to life.

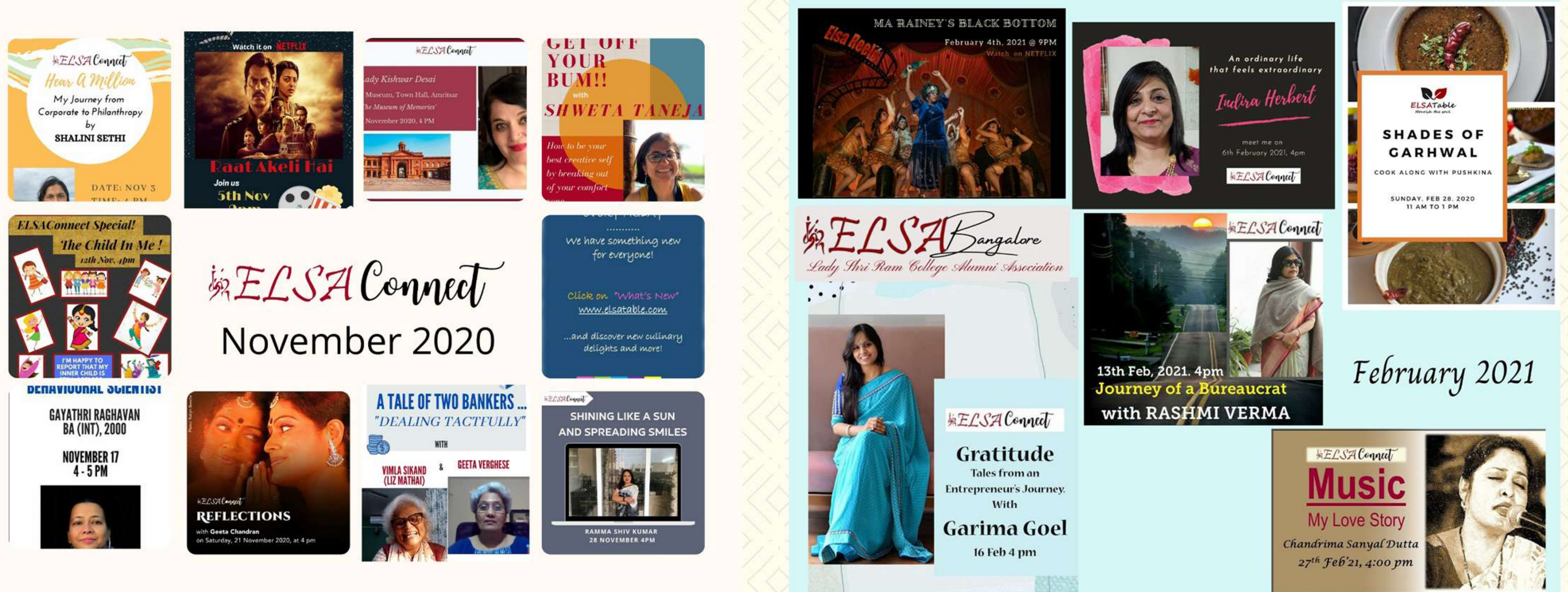


Sessions can be caught up with here: <https://bit.ly/ELSAbIryT>

ELSA Reels' January movie, was not one, but six films ~ Abhimaan, Chupke, Mili, GolMaal, Anand and Guddi, as a Retrospective on Hrishikesh Mukherjee.

ELSA Reads opened our first Book Club meeting on a high note with Amor Towles 'A Gentleman in Moscow'. Several of the book club members are currently well into the pages of our selected book for the next meeting. Our girls continue their Kannada practice with conversational Kannada get-togethers, where they exercise their vocabulary and keep their camaraderie going.

Elsa Table kicked off its 3rd cook-along with Nevedita Kharbanda. Olfactory senses. Check. The whiff of steaming Bhalla to be dunked in chilled sweet curd, browning of kebabs as they cooked slowly on a tawa and the visuals of the green Kofta curry reminding us of the impending Republic Day celebrations.



Armed with enthusiasm and hunger, creativity, crockery, and cutlery - observers and doers - took part in the delectables dished out by Neve. She gave us a lot of tips and interesting ideas to experiment with in the kitchen.

The cook-along was our first event, where we experimented with opening up our event to a few non-Bengaluru members. Next event will be in February, and, we hope, all ELSAs and chapters can join us in the culinary journey.

ELSAReels watched Ma Rainey's Black Bottom and enjoyed a robust discussion, as per usual, augmented by a film nugget on mise en scène. In March, ELSAReels watched Court and discussed its nuances and directorial choices, in a discussion led by our own award-winning filmmaker, Sandhya Kumar. The nugget as usual was brought to us by Preeta Dutta and focussed on Production Design.

ELSAConnect had a succession of talented, accomplished ELSAs sharing their lives. Chandrima Sanyal Dutta regaled us with her prodigious talent and high-flying adventures through music. Garima Goel took us through her entrepreneurship journey to making her mark in the discerning world of décor, fragrances, and aromas. Indira Herbert shared her offbeat adventures and her professional joy as a teacher and Special Educator. Rashmi Verma revealed her spine of steel as she drew back the curtain on her years as a bureaucrat. Catch up on all these sessions and more at <https://bit.ly/ELSAbIYT>

ELSAConnect in March had a month that brought us Bollywood star Rasika Dugal charting her path from LSR to the bright lights and all the unmissable characters that have been brought alive through her work. Kiran Bhatia facilitated the Empathy Gym, an interactive session for us to reflect on the meaning and value of empathy in our daily life; mulling its distinction from sympathy and how empathy transforms our interactions, strengthens kindness, and builds caring relationships. Mumukshu Mohanty lit a fire in each of us to take on The Art of Storytelling, by illustrating how to leverage this timeless form of human expression and so, write our own stories. Catch up on all these sessions and more at <https://bit.ly/ELSAbIYT>

ELSA Bangalore is proud to announce the winners of the **ELSA Cares Awards 2020:**

Sethi Foundation's Hear a Million Programme by Shalini Sethi Vishwas, the Counselling Centre project by Kamla Venkateshwaran.

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 -JeevanRath. The project got overwhelming support. In two weeks, a little over one lac rupees were collected. The project also supports women as entrepreneurs, as the eco-friendly biodegradable sanitary pads that are distributed to women are the ones that are made by women's NGOs such as Myna Mahila.

A book collection drive was initiated by Mumbai Elsa to collect and donate books for building a library in Arunachal Pradesh. With a tagline of 'The journey of a lifetime starts by the turn of a page' the drive was initiated by ELSA Radhika Khanna and was supported by Gesu Kaushal, Veena Mankad, Shruti Tulsian, and Anu Misra. We managed to collect over 700 kg of books in good condition from ELSAs all over Mumbai and sent them off to Arunachal. Here's hoping that these books bring the readers as much joy as they gave us while going ahead with this campaign.



MUMBAI



AUGUST 8, 2020

Chai For Cancer, curated by ELSA **Viji Venkatesh** is a popular fund raiser in India and globally. Mumbai ELSA came together with '**Chai for Cancer**' to support a wide range of activities focused on cancer patients. A unique amalgamation of Music and Charity, ELSAs across cities sang for a cause. With every song, ELSAs donated heartily to the cause. This fund raiser with a heart and a voice was quite a success.

NOVEMBER 2020 – DIWALI

On account of the pandemic, while studies resumed online, many students come from homes that need to choose between the internet for education and putting food on the table. Mumbai ELSA proudly collaborated with the **Salaam Mumbai Foundation**, led by ELSA **Nandini Ramanchandran**, in their campaign **#BridgetheGap** aimed at reconnecting students to school by donating just Rs. 250 a month for a data pack.

The best way to celebrate the festival of lights was by bringing the light of knowledge into the lives of underprivileged children.

ELSAs opened their hearts and helped raise funds for this very noble cause.



JULY 17, 2021

Music ELSA, a very popular event. Mumbai ELSAs hosted their third event with a fun filled online Antakshri Session in July 2021. Ladies enjoyed the evening singing Bollywood songs and folk songs, from the 1960s to the present day, songs of love and break up.... all in the same breath.

It did not matter if one could sing or sing along – as long as Music was celebrated.



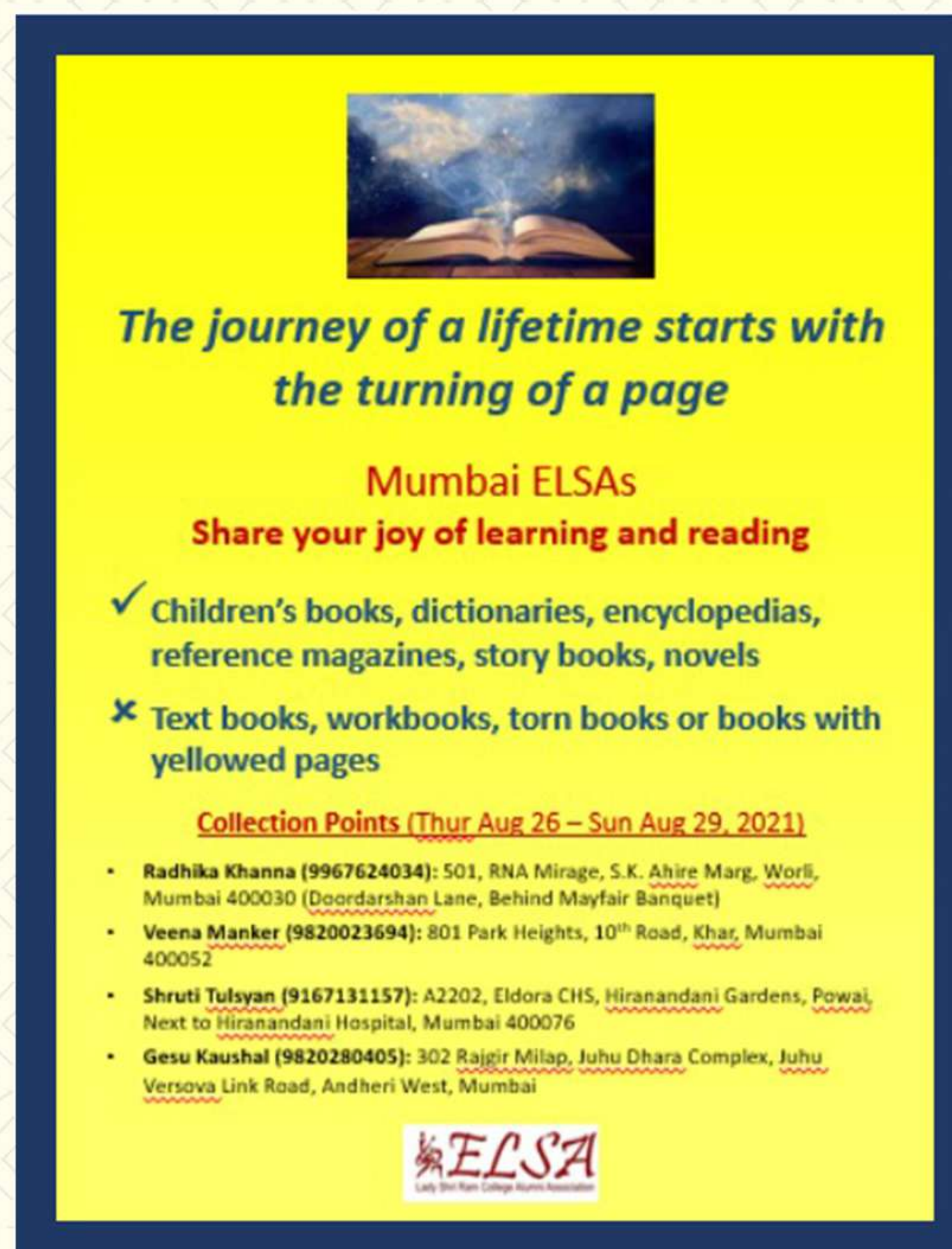
AUGUST 21, 2021

The Chai for Cancer was back as Mumbai ELSA hosted another successful fund raiser with **'The Antakshri Adda'**. Gracious ELSAs sang to their hearts content, and those who didn't want to sing in public, made song requests on their behalf. At the eve of a festive weekend with **Onam** and **Raksha Bandhan**, what better way to celebrate than to share with those in need!



AUGUST, 2021

Charity at Mumbai ELSA continues with ESLAs donating pre-owned books for a library in Arunachal Pradesh. A request initiated by ELSA **Radhika Khanna** triggered the idea to hold a collection drive by Mumbai ESLAs that was received with overwhelming support. **Stephen King** famously said, '**Books are a uniquely portable magic!**' and that is the aim of this effort – to spread that magic.



The journey of a lifetime starts with the turning of a page

Mumbai ESLAs
Share your joy of learning and reading

- ✓ Children's books, dictionaries, encyclopedias, reference magazines, story books, novels
- ✗ Text books, workbooks, torn books or books with yellowed pages

Collection Points (Thur Aug 26 – Sun Aug 29, 2021)

- **Radhika Khanna (9967624034)**: 501, RNA Mirage, S.K. Ahire Marg, Worli, Mumbai 400030 (Doodarshan Lane, Behind Mayfair Banquet)
- **Veena Manker (9820023694)**: 801 Park Heights, 10th Road, Khar, Mumbai 400052
- **Shruti Tulsyan (9167131157)**: A2202, Eldora CHS, Hiranandani Gardens, Powai, Next to Hiranandani Hospital, Mumbai 400076
- **Gesu Kaushal (9820280405)**: 302 Rajgir Milap, Juhu Dhara Complex, Juhu Versova Link Road, Andheri West, Mumbai

ELSA
Lady Sri Han College, Mumbai

Given the ongoing Covid-19 pandemic, physical meetings continued to be restricted. However, during the second wave in April-May 2021, the ELSA Mumbai community offered help, support and advice to each other in various ways, from helping arrange medical help, to checking for hospital availability to emotional support for those who grieved the loss of dear ones.

DEHRADUN

On March 27, **Gracious Suman Marwah** opened her blooming spring garden to ELSA for a pre **Holi Chaat Party**. It was fun to meet in person, across batches and the outdoors were beautiful!



We had **Bhavna Kapoor** - a health coach, **Isha Vaish** - running an NGO for water conservation, **Chandni** - running the Kasiga School, **Surya** - having her own farms and orchards around Doon, **Parul Suneja Goel** - Associate Director at Summer Valley School, Nupur- running her own catering supplies business, **Anchal Sondhi** - teaching at Welham Boys, **Surbhi Gupta** - an educationist, **Rupa Bishnoi**- a special educator, **Suniti Khanna, Nanavatty, Rajni Sharma** and **Suman Marwah**.

HYDERABAD

Some ELSAs met up in Hyderabad in September 2020, to keep the connections going, keeping the rules of "**Meeting during times of Corona**" in mind.



TRAVEL WITH ELSA

On the 1st of April this year two cars with seven ELSAS left from Delhi and Gurgaon for a memorable trip to **Ramgarh Shekhawati** in **Rajasthan**. An exciting time lay ahead, exploring and discovering beautiful unique temples & havelis, staying in the quaint rooms with modern amenities and eating the fantastic food at **Vedaranya Haveli**, all thanks to **Shruti Nada Poddar**.



Great place, great company, great food and great service.. *What more could one ask for!*

The gorgeous artworks in the **Chatris**, the beautiful **Ganga Temple** (an ancient temple to the holy river Goddess in the midst of the desert is really quite admirable), a one of its kind **Veda Temple**, cluster of Havelis, the stunning **Haveli and Rangmahal** in the 180 yr old construction, the ethereal **Shani Dev Temple** with mirror work and frescos were part of the marathon heritage experience over the next two days. Some of us took off by road (excellent I must say) for darshan of Salasar Balaji too and after spending some time at a very well managed Gaushala feeding the cows and cuddling a baby monkey, were back in time to enjoy the grand finale of the trip with song and dance in the inimitable Rajasthani folk style. The Ramgarh Shekhawati trip was brilliant thanks to the inimitable ELSA spirit demonstrated & experienced in the vibrant & fun company of the ladies as well as the warm hospitality and passion (to restore the glory of Ramgarh Shekhawati) of Shruti Nada Poddar.

GLOBAL MENTORSHIP PROGRAM



MEMORABILIA

This year we came out with our most awaited **ELSA jackets and masks**. Jackets were available in two colours navy blue and maroon and in two styles full and sleeveless.



We also had special **ELSA hoodies** designed in grey as there was a huge demand for them in the winter. In addition, assorted ELSA masks were also created by a fellow ELSA and made available in **packs of 3 and 5**.

ELSA MEMBERSHIP

Membership is the one sustained growing aspect of the organization.

At the time of printing ELSA had 1070 members. These members have chosen to join this network of empowered women and add to the strength of the community.

By becoming members not only do they benefit from **interaction, networking and bonding** but they collectively **represent and work on causes** for the benefit of not just the community but **women** at large.

There has been a change made in the member corpus donation for fresh graduates. **Life time membership** is being offered to them at a reduced rate of **Rs. 2500/-** for a period of **one year after graduation**.

MEET an LSR graduate, INTRODUCED ELSA to them (the only official recognized alumni association) and grow the TRIBE !!!!

MEMBERSHIP BENEFITS



ELSA
Lady Shri Ram College Alumni Association



as a valued partner, offers to ELSA members Pan India:

Out Patient Consultations- 15% Discount

Out Patient Diagnostics- 15% Discount

Preventive Health check- 15% Discount

Inpatient Admissions- 10% Discount (Applicable on Cash basis only, excludes Drugs, Consumables, Implants, & Packages)

Stay tuned for more details on email..

MEMBERSHIP BENEFITS



What's in it for you if you become a member of



An opportunity to build a strong network, and bond with other alumni



Platform to participate as a speaker and audience in our events and webinars



Eligible to be a beneficiary of schemes or assistance programs, administered by the association



Access to the Global Mentors Network (GMN). Become a mentor or get guidance as a mentee



Invitations to members-only events and get member concessions



Access to groups like music ELSA, TravElsa, Legal platform and also the alumni directory



Regular updates on events, campaigns, webinars and all activities of the association



Showcase and participate in ELSA Hub events like Basant Bazaar at members only rates



Entitlement to vote in the general body and to be elected and serve the association as an executive committee member

pepperfry.com



NEED NEW FURNITURE?

WE CAN HELP

Website discount + 10% incremental discount on all categories

Coupon Code- in your email

Validity : 23rd February - 30th June 2021

FOR ELSA MEMBERS ONLY

For queries: info@lsralumna.org