

WE ARE THE PEOPLE...

"Our people are our most important asset." You must have heard these words many times, if you work in an organization. Yet how many organizations act as if they really believe these words? Not many. We at UCDC literally try level best to manifest this core value. We articulate our vision, mission or purpose, values, and strategies. Our vision is : Empowering and enhancing the wholeness of the migrants and the marginalized

Our workforce focusing on this vision consists of Staff, Governing Board members, medical practitioners and volunteers. Volunteering is freely undertaken and not for financial gain; it involves the commitment of time and energy for the benefit of society and the community.

• HEALTH CARE – MEDICAL PERSONNEL

**Dr. (Mrs.) Namrata Joshi**

Consulting Eye & Lasik Surgeon Practices in Asian Heart Hospital, Guru Nanak Hospital, Kurla Baba Municipal Hospital and privately in Bandra (E). Is a trained classical singer (Indian music) and also plays the mandolin. Sports enthusiast-Nation Level player for volley ball.

**Dr. Nageshwar Rao**

Homeopath (morning) 14 years at the Centre. Possesses a total of 40 years' experience in homeopathy. Also practices in charitable clinics at Navy Nagar, Colaba; Churchgate & in a mobile clinic.

**Dr. Shweta Pathak**

Physiotherapist in morning Clinic since 1 ½ yr. Qualified from College of Paramedical Sciences at Vasai. Also practices at a hospital at Goregaon.

**Dr. Divya Padia**

Dentist in morning clinic-for 1 year. Qualified from YMT Dental College, Khargar. Also works as Associate Dentist in a private clinic for 3 years.

**Dr. Aarushi Jhaveri**

Physiotherapist in evening clinic Working for the past 7 months at our Centre. Graduated from K. J. Somaiya Hospital. Believes in living life to the fullest and helping people do so through her profession.

**Dr. Shobha Menezes**

Homeopath in evening clinic – Consulting Homeopath with a BHMS degree from Mumbai. Also practices privately in Bandra.

**Dr. Esmey Dias**

Dentist in evening clinic Graduated from Manipal University, Mangalore. Practising for the past 3 years out of which a good chunk of it has been at UCDC. Her mantra is 'Think Big, Work Hard, Live LARGE'. The glass is always half full no matter what!

**Dr. Michelle Fizardo**

M.D. in Homeopathy; Diploma in Nutrition & Diet Planning, specialized in pediatrics. Has been practicing since the last 3-4 years. Has recently joined the Center's medical panel.



Dr. Jawahar Mansukhani

Dermatologist practicing at the centre for the last 28 years. Consultant at Mahavir Hospital at Khar and Mata Lachmi Hospital at Sion. Advisor to Birla SUNLIFE. As a Rotarian, he is instrumental in organizing medical camps and other philanthropic activities at UCDC in collaboration with the Rotary Club.



Dr. Krishnan N.

Ayurvedic doctor at UCDC's newly opened Ayurveda Clinic & Panchkarma Therapy Centre – consults thrice a week in the mornings. Has a total of 17 years experience in the clinical field in different parts of India. Was Head of Medical Operations at an ayurveda hospital in Kerala for 2 ½ years – also worked in Chennai & in Mumbai as consultant in private clinics.



Dr. Veena Advani

General Practitioner at UCDC for more than 15 years. Qualified as MD (TB & Chest Specialist) from Nair Hospital and also holds Diploma in Tuberculosis Diseases. 32 years' experience in General Dispensary & TB Hospital, Mumbai. Retired as Medical Superintendent of TB Hospital in Parel.



Dr. Josephine Fernandes

Is a Physical Therapist with 30 years experience in the field (last 20 at Holy Family Hospital). During her career, she has worked in all branches of Physiotherapy. In UCDC she now specializes in treatment of stroke patients where she puts into practice some of the newer techniques. She is also a member on the UCDC, Governing Board.

• TEACHING & NON-TEACHING AND SOCIAL WORK PERSONNEL



Theresa Suares

Creche-in-charge 26 years at UCDC. Recipient of a cash award & certificate from the Rotary Club of Bombay Bandra in recognition of her services to society, especially children . Counsels & encourages dropouts to enroll for distance learning or vocational courses.



Mercian Rodrigues

Receptionist & Gov.Body Member 30 years in UCDC –began work at an early age, this being her first job. A people's person. Her hobbies are sewing & listening to music.



Sudha Jadhav

Bldg.Maintenance & Creche Helper 21 years at UCDC Good in handling and caring for children and maintaining order and cleanliness of the Centre.



Philomena Patel

Balwadi 28 years at the Center - Joined the Centre at the age of 16. Underwent a Balwadi Teachers Training course & has been teaching at our balwadi

since then



Vijay Jadhav

Office Boy 16 years at UCDC. Experience as a billiards marker at Bandra Gymkhana. Initially joined as part-time employee, now works full-time. A handyman around the Centre, his interests include flower making & creative art.



Winnie Fernandes

Office Assistant 14 years at the Centre. An under- Grad armed with a Secretarial Diploma. Has experience of 8years as PA to MD in a semi-Govt. organization. A homemaker & voracious reader, loves to cook, sew & embroider.

**Samreen Vidyasagar**

Balwadi Teacher for 3 ½ years – As a child she was in the crèche & balwadi at UCDC. Worked in a confectionery shop as behind the counter sales for a year. On completion of SSC, joined the Centre as balwadi teacher.

**Sonal Damankar**

Tailoring Teacher
5 years at UCDC. Completed a Tailoring Course and taught at Canossa H.School & St.Michael's H.School, Mahim for a total of 14 years. Hobbies are sewing and cooking.

**Helen Concessio**

Adult Literacy Teacher
Completed high school and joined Johnson & Johnson P. Ltd. Enjoys teaching teenagers and working with them.

**Theresa Varghese**

Social Worker (part-time) & Gov. Board Member. Part-time Social Worker in the afternoon. Second innings at UCDC, first time having worked for 6 ½ years. Graduated in BSW from N. N. College of Social Work. Worked with destitute & rescued children, placing them in adoption nationally & internationally (Asha Sadan). Worked with children rescued from brothels, in their rehabilitation (St. Catherine's Home)

**Sushila Kuril**

Assistant Social Worker joined the Centre in May 2012. Completed para-profession course in Social Work. Worked at Jeevan Adhar Seva Sanstha for 3 years as a Social Worker looking after senior citizens and orphans.

**Lavina Patole**

Beautician Teacher
4 years at UCDC – Beautician Course done at Nasik. Thereafter worked for 3 years in a beauty parlour & for another 3 years ran a beauty parlour in partnership with a friend. Taught for 2 years at Canossa H.School, Mahim & for 1 year at an NGO. Enjoys singing, sewing & drawing.

**Aloysia Tigga**

Balwadi Teacher
Joined as a part-time assistant at the Dental Clinic. Currently she is a fulltime employee, part-time as a Balwadi Teacher and part-time Dental clinic Assistant.

**Pricy Das**

Dental Assistant
2 years at UCDC – worked as a receptionist for a year & later with HIV+ children with an NGO for 1 ½ year. Main hobby is reading philosophy & psychology books.

**Ruby Fernandez**

Adult Literacy teacher at the Centre since June, 2012. Private tutor teaching primary & secondary students for the past 10 years. Also tutors NIOS students. Has completed vocational courses from YWCA in computers, baking & confectionery and a certificate course in mehendi designing.

**Mona Rose Fernandez**

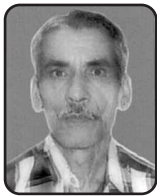
Special Study Classes teacher at the Centre since June, 2012. A Science graduate from Rizvi College with medical entrance exams. Is a private tutor for NIOS students. Completed a course in Travel & Tourism & DCA after which worked in a reputed travel agency as counter staff (ticketing).

**Kusum Honhaga**

Creche Helper
2 ½ years in the Centre – is a home-maker and enjoys cooking.

**Sangeeta Gamre**

Bldg.Maintenance
21 years in UCDC – a quiet but sincere worker doing the afternoon shift.

**Ramnath Yadav**

Watchman at UCDC. He hails from Allahabad, U.P. Father of six children, three of whom are in Mumbai and has been in Mumbai since 1975

**Xavier Dias**

Computer Trainer
In UCDC for 4 years. 25 years experience with a multinational as Materials Manager. Teaching is his forte; likes music and traveling.

**Adrena D'Souza**

Part-time Accountant
7 years at the Centre – Proficient in the Tally package and basic computers.

**• VOLUNTEERS****Joe Ferreira**

Reception in evening. 13 years at the Centre – Retired from BSES (now Reliance Infrastructure) after 37 years of service.

**Asha Tuliani**

Yoga Teacher
A post - graduate from the University of Mumbai, with a Diplome De Langue from Alliance Francaise De Bombay & 'Maitrise De Lettres' from the

University of Besancon, France. Lecturer in French at K.C.College and H.R.College and also at N.M.College; taught at the Convent of Jesus and Mary & was Executive Asst. to French Trade Commissioner & Consul General of France.

**Abdul Hamid Pagarkar**

Adult Literacy Teacher Associated with the Centre since a year. Employed as a purser in the Merchant Navy from 1965 to 2002. Toured all countries of the world. Member of ALM.

**Creswell D'Souza**

Adult Literacy Teacher & Senior Citizen cell. 8 years at UCDC as Adult Literacy teacher Conducts housie for senior citizens at the Centre.

**Arthur Pereira**

Reception in morning. 7 years with the Centre. 34 years experience with an Insurance Co. first as stenographer and later promoted to Officer.

**Anita Thomas**

Creche (morning) 4 years at UCDC – a graduate Science (Zoology). Worked at a travel agency for 10 years.

**Simi Sharma**

Creche & Balwadi
A volunteer at the Centre for the past 5 months. Post graduate, majoring in History. Early Childhood Care training from Gandhi Shikshan at Juhu. 8 years

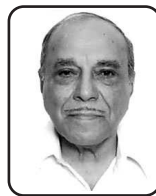
teaching experience in a nursery school.

**Noella D'Souza**

Su-Jok Acupressure Therapist at UCDC since 8 years. Available by prior appointment. Life member of 'Indian Forum for Alternative Medicine & Holistic Health Sciences'. Holds a degree in Commercial Arts & conducts art/handy-craft & vegetable / fruit carving classes.

**Nitu Mishra**

A volunteer in Adult Literacy Classes. Has just completed her SSC from St. Joseph's Convent and is currently continuing with her college education whilst also pursuing a basic computer course. Her hobbies include teaching and dancing.

**Xavier Louis**

Graduate from St. Joseph's College, Bangalore. Was a volunteer with Dignity Foundation for over 2 years & was awarded by Rotary Club of Bombay for service to Elder abuse Victims. Member of ALM, St. Andrew's Road; President of Sr.Citizens Cell of St. Annes, Bandra. A freelance writer, also attends to civic & traffic problems in Bandra (W) area.

**Dr. Winnie Pereira**

Yoga Teacher at UCDC since June 2000. An M.B.B.S.(Mumbai) and D.C.H. (U.K.) – Practised as Family Medical Officer with Pediatric Speciality in full-time service with BARC, Medical Division, Trombay from 1968-2000.

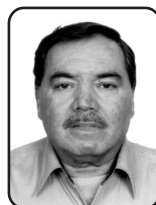
**Aishwarya**

A volunteer in Adult Literacy Classes. She is currently doing her TYBA in Sociology. Awarded a medal in sports and took part in elocutions. Hobbies include dancing, playing tennis and dabbling in photography.

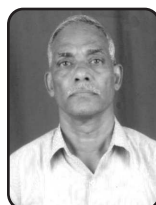
**Celia Williams**

Served the Centre's Sr. Citizen Cell for the past 15 years. A Science graduate from St. Xavier's College, she switched over to St. Xavier's Institute of Education and secured B.Ed. & M.Ed. degrees. Taught for 5 years in schools in Delhi, Shillong & Lucknow, after which she continued her teaching career at St. Joseph's Convent, Bandra, until her retirement in 1992. Since then she has been involved in various types of community work

• GOVERNING BODY MEMBERS:

**Ian Robertson**

Gov. Board Member. An M.Com. & CAIIB Worked for 41 years in Bank of India in various managerial positions in branches & administrative offices in Mumbai, Lucknow & Eastern UP. Retired as Sr. Manager in 2011. Hobbies include reading, music, photography & traveling

**Anthony Mathias**

B.A.(Economics)/DMS; Diploma in air conditioning & refrigeration; Diploma in electrical wireman. Retired from Tata Power Company; Consultant at Tata Power Company. Trustee of St. Anthony Institute; ex-Secretary of Tata Power Co.Hockey Team-3rd Division. Enjoys social work, sports, politics and movies.

**Shalina Colaco**

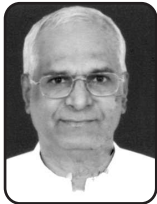
Governing Board Member. A B.Sc. majored in Zoology from Dhempo College of Arts & Science, Goa. Worked as an air hostess for 13 years; based in Hong Kong during this period. Considers working at the Centre an elevating experience. Enjoys listening to music and dancing.

**Mario Rocha**

Worked with Mafatlal Industries Ltd. and retired as Advertising Manager and now retained with them as a consultant. Represented Mafatlal Group Sports Club in soccer & played at the National level for over 10 years. Life member of the Advertising Club – Bombay

**Joseph Coutinho**

Elected Chairman of the Governing Body during the Extraordinary Annual General Body Meeting in April, 2012. Bachelor of Commerce from Bombay University. Banking professional with over 24 years of experience in Treasury, Commercial Banking and Operations with American Express Bank Ltd. – India and over 5 years experience in Category I Merchant Bank – Strategic Capital Corporation (I) Private Limited and over 4 years with Barclays Bank Plc. Successful hands on experience in facilitating product development and organizational behaviour related development programmes.

**Fr. Bernard Rodrigues**

Ordained a priest on April 22, 1981. Holds a Masters degree in Social work and has been Director of Sarva Seva Sangh, Pune for a while and ex-officio Trustee of UCDC, too. Currently an ex-officio Governing Board member of UCDC in his capacity as the parish priest of St. Theresa's church, Bandra.

**Ronald M. Mendonca**

Educated at St. Xavier's High School & St. Xavier's College. An ardent sportsman, represented these institutions in athletics, football & hockey. Has been a member of Gov. Body of UCDC since 2002; President of Sant Theresa Seva Parivar; Parish Councillor-St. Theresa's Church, Bandra, Vice President & Trustee of the Bombay Catholic Sabha (Mumbai Province); Social, Cultural, Sports & Humanitarian activist; a world traveler & staunch supporter for the empowerment of women and the girl child. Established the Mendonca Foundation with the aim of alleviating suffering & promoting dignity of mankind. A multifaceted personality deeply committed towards the causes he works for. Recipient of the award "Hind Rattan" (Sword of Honour) by NRI Society of India.

**Ernest Fernandes**

He has been an active supporter of UCDC for over 25 years. Over the years he has encouraged several others to join UCDC. Has been the Chairman of the Governing Body for many consecutive terms. Mr. Fernandes was born in Karachi, then undivided India, 73 years ago. He studied at St. Patrick's School in Karachi and the alumni of this school include great personalities like Z.A. Bhutto, Musharaf, both past Presidents of Pakistan, and Mr. L.K. Advani, former Home Minister of India. The Fernandes family shifted to Mumbai in January 1947.

**Fr. Johney Vattamala**

Ordained a priest on 30th April, 1998. Worked as Treasurer of minor seminary in Kerala and later at Atma Darshan, Andheri. Currently the Provincial Treasurer and also is the ex-officio Trustee of UCDC since 2008.

**Joan Buckenham**

Qualified teacher taught in schools in Bangalore & Calcutta for a period of 10 years. Qualified Trained Office Head Administrator at St. Joseph's Convent, Bandra for 22 years. Has been organizing a widows group called the 'SURVIVORS' for the past 14 years. Started a retired teachers group called 'SJC WINGS' for the past 8 years. Joint Secretary Cultural & Literary, Bandra Gymkhana for 24 years. Hon. Secretary-Senior Citizens, Bandra Gymkhana for the past 2 years. Enjoys reading & cooking.

MEDICAL CHARITY CLINICS

The medical clinics are conducted with the intention of reaching these facilities which otherwise are not so easily affordable, to the poor considering the specialty of the service rendered. Providing outstanding and quality service at affordable and subsidized fees is the holy grail of our Centre. People may be poor but that does not prevent them from receiving quality service. This good quality service, where each person is treated with good care, is applicable to all the medical units and we make sure that it is for the right reasons!



Inauguration of Auyurvedic Clinic Shri Baba Siddique (MLA)

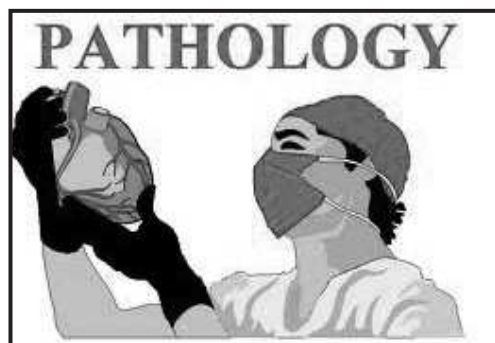
Ayurveda Clinic:

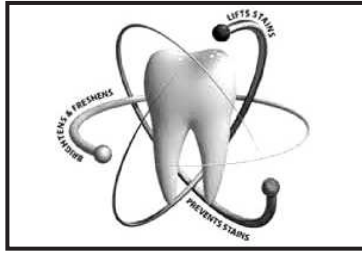
The newly opened Ayurveda Clinic of the Centre was blessed on 15th March, 2012. Formal inauguration of the Ayurveda & Panchakarma Clinic took place at 11 AM by Hon. MLA-Baba Siddique, and our local Corporator, Mr. Asif Zakaria. This ancient therapy literally means 'the science of life'. Seeking new methods of treatment for ailments, more and more people are now going back to nature and alternate therapies. It is here that ayurveda proves itself to be a healing art. This clinic is operational on Tuesdays, Thursdays and

Saturdays from 9 AM to 12-30 PM. Available for consultation is Dr. Krishnan N.

Pathological Centre:

Bio-nex in collaboration with UCDC offers various pathological and clinical routine tests, specialized tests along with ECG, available at very reasonable rates. The emphasis here is that prevention is better than cure. As a result, several diseases could be prevented if diagnosed at an early stage. The technician is available at the Centre from Monday to Saturday from 8.30 AM to 10 AM and from 3 PM to 6 PM.





Dental Clinic & Speciality Centre:

Our dental clinic has acquired the latest equipment and has experienced dentists and specialists to advise and treat all the dental problems. So whether it is a tooth-ache that is bothering you or a filling which has come undone, just walk into UCDC and see your dental troubles vanish! All these at a subsidized and affordable cost! The dentistry has been shifted to a new spacious room with 2 dental chairs and is operational from Monday to Saturday from 10 AM to 8 PM. The doctors in attendance are Dr. Divya Padia and Dr. Esmey Dias.

Our speciality dental clinic is well equipped with facilities and specialized doctors for implants, Sinus Lift Surgeries, Facial Pain and Cosmetic Surgeries, TMJ disorders, Lingual Orthodontics, Clear Aligners/Invisalign, Pediatric orthodontics. On the panel of the Speciality Centre is Dr. Ritika Arora (Periodontist), Dr. Nitin Ahuja (Oral & maxillofacial Surgery), Dr. Asim Undre (Orthodontist) and Dr. Daryl Crasta (Orthodontist). Prior appointment is necessary to avail of the treatment by these specialists.

Physiotherapy & Stroke Rehabilitation:

Physiotherapy helps restore movement and function to as near normal as possible when someone is affected by injury, illness or by developmental or other disability.



Physiotherapists at UCDC are not only there to solve problems - they are also there to help prevent them from arising in the first place. A physiotherapist can help you find the best way to use your body to maximize your strengths, eliminate bad habits and put minimal strain on weaker areas, to help you enjoy a more full and healthy life.



Several patients benefit from the physiotherapy treatment meted out by our therapists – Dr. Shweta Patak, Dr. Aarushi Jhaveri and Dr. Arshee Iqbal Sherif. The clinic runs from Monday to Saturday and is open from 9.30 AM to 7 PM.

Motivating and enabling stroke patients to regain mobility and function as near normal as possible is what our experienced therapist, Dr. Josephine Fernandes does. She comes in Tuesday and Thursday from 11.30 AM to 3 PM also by prior appointment.