



**MUI WOMEN'S WING
PRESENTS**

A Treasure trove of Culinary secrets
anchored with love

Food for Thought

An E-Recipe book by
Families of Seafarers



'Food for Thought' by The Maritime Union of India – Women's Wing (MUI-WW)

An Enlightening Webinar on Personal Development highlighting the Virtual Launch of an E-RECIPE book 'Food for Thought' by Families of Seafarers.

Mumbai, India, July 25th, 2020

On July 19th, 2020, MUI-Women's Wing (MUI-WW) launched its first ever E-RECIPE book called – **FOOD FOR THOUGHT, a Treasure trove of Culinary secrets by families of Seafarers**. The Book Launch was done through a grand online webinar that also involved some highly enriching sessions by hospitality industry experts.

The Webinar began with **Mrs Saleha Shaikh, Founder and Head, MUI Women's Wing**, acknowledging and appreciating the efforts put in by the National Shipping Board, DG Shipping as well as FOSMA, MASSA, Unions and all stake holders for putting in their best efforts towards the Crew Changes. Ms. Shaikh then offered condolences to those families who had lost their loved ones during the Covid Pandemic. Special mention was made of **Capt. H Subramaniam**, whose contributions to the Indian Maritime Fraternity cannot be put into words.

Ms Shaikh then went on to explain how the Covid Pandemic had affected the lives of thousands of Seafarers and their families and how the MUI-WW has been actively bonding with the families through various channels and activities to keep up the morale and spirit of the family members of Seafarers.

Ms. Saleha then introduced the Special Guest, **Mrs. Sangeeta Chadha**, Founder member, Marex Media, and requested her to share a few words.

Mrs. Chadha shared her experience as a Seafarer's wife and related a few incidents of her time onboard while sailing with her husband Capt. Kamal Chadha. Mrs. Chadha is into voluntary work where she has been associated with CMCA, a Bangalore based NGO since the last 6 years which gave her the opportunity to create civic awareness in children. Sangeeta ji currently runs her own Charitable Trust, 'CHHAON' where they are striving to create 'Traffic Safety and Traffic Etiquette Awareness'.

Mrs. Chadha announced the launch of the 'Food for Thought' E-Recipe book which was followed by a video presentation. The recipes featured in the E-book are a part of a three - month long project by MUI-WW that was announced during the Covid Lockdown. The project involved submissions of the most creative and innovative recipes by Seafarers' families across India. Entries poured in huge numbers. The lockdown over the last few months fired up culinary talents within many homes and this project channelized all this energy into a meaningful book.

The Project team for the E-book consisting of **MUI-WW Head Ms. Saleha Zubair Shaikh along with Core Committee Members - Ms. Lata Khatri, Ms. Pouruchisti Ukaji and Ms. Ilham Bharmal** and additional members **Ms. Megha Dev** and **Ms. Priyanka Rathore**, shortlisted the most innovative recipes and formatted them into an E-book, a true labour of love .

The book launch was followed by the announcement of the '**Personality of the Month**' award.

The '**Personality of the Month**' feature, is a much awaited unique and special feature of the MUI-WW whereby they choose a Woman from amongst their members and highlight her extraordinary work and achievements.

On this occasion, the '**Personality of the Month**' was awarded to **Mrs. Shweta Pande**, wife of Captain Nitin Pande, sailing master with Anglo Eastern Ship Management .

Mrs Pande holds a Masters in Journalism, MBA, P.G.Diploma in Mass Communication (Public Relations and Advertising), as well as a P.G. Diploma in Early Childhood Education.

She has worked with Doordarshan, Times Of India, Dainik Jagran, and ETV. An entrepreneur, a social activist, Mrs Pande is also President of Srestham Education Trust and also runs Sri Chaitanya Vidyalaya, a CBSE school in Pune. The multitaled Ms. Shweta is also a theater artist, a Bharatnatyam and folk dancer, story writer and director. Ms. Pande is involved with a lot of social work. She has worked for the prisoners

in Beur Jail, Patna, towards their Personal Development. Ms Pande also works for the under privileged ladies suffering from domestic violence as well as with orphan children and at Old age homes. In the present Covid crisis, she has been working for the migrant labourers through her network. It was a pleasure to hear the various activities that Ms Pande is involved in and therefore highly deserving of the 'Personality of the Month' award.

Enriching sessions were conducted by Hospitality industry experts Ms Ujwala Sonawane and Ms. Laxmi Todiwan. **Ms Ujwala Sonawane**, Dean at ITM Institute, took an enlightening session on '**Dining Etiquettes**' that covered most 'Dos and Donts of Dining'.

'**Good to Great**' an interactive session on Personal development by **Mrs. Laxmi Todiwan**, Professor, Corporate Trainer, Founder, Indian Women in Hospitality and wife of Capt Rajesh Todiwan, took the participants on a path of self-discovery and transition.

The sessions were extremely informative and were well liked by all the participants.

An evening spent bonding, discussing dining etiquettes, and understanding how one can transition from 'Good to Great' made the book launch complete, memorable and truly special.

MUI-WW congratulates all the speakers at the webinar and all the home chefs who contributed recipes generously. We hope the E-recipe book, a labour of love, brings a smile and a ray of hope amidst every person who reads it.

Readers can avail a pdf copy of the Food for Thought E-recipe Book by emailing their request at **muiww@maritimeunionofindia.com**

About MUI-WW: MUI-WW is the Women's Wing of the Maritime Union of India. It looks into the welfare activities of #Seafarers and #FamiliesOfSeafarers through various schemes and programs.

For further details, contact : **muiww@maritimeunionofindia.com**

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Hashtags : #FoodForThought #MUI #MUIWW #MUIWomensWing
#PersonalityOfTheMonth #Erecipes #MerchantNavy

Tags : MUI, E-Recipe Book, Food for Thought, MUI Women's Wing