

University Women

Monthly Newsletter of Women Graduates Union



University Women
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PRESIDENT'S NOTE



Bina Thadani

Dear Friends,

As we come to the end of the year 2019, WGU would like to wish all of our members a very Happy New Year and the best of 2020.

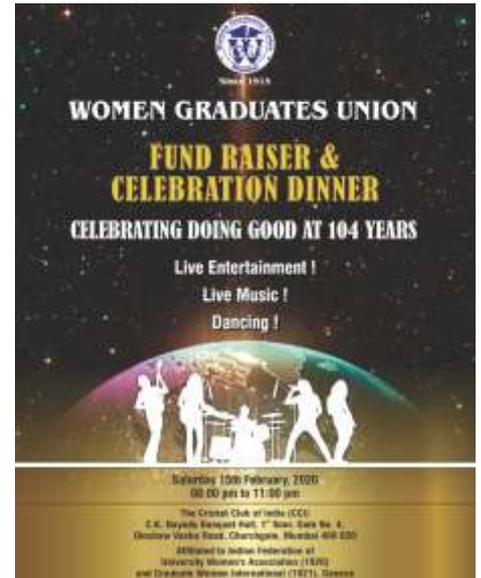
2019 has been a busy year for WGU.

Several knowledge sharing, and entertaining programmes for our members and friends have been organized and it is rewarding to see that you have been attending WGU programmes in large numbers. Our work for our Balwadi children, study centre students, scholarship awards, counseling, civic affairs and yoga classes continued through the year. Our 2019 International Women's Day celebration and awards was a big success. The quarterly newsletter which has been very well received, in this issue features the 2019 scholarship awardees, an article on girls' education in the fields of Science, Technology

Engineering and Mathematics, (STEM) and more.

All these initiatives and activities, have only been possible because of the support of members of our various committees, who freely give of their time and energies, the goodwill of our friends, our editorial team, our teachers and office staff, our hostel wardens, our caterers, printers and other suppliers. We thank you all sincerely.

To do all this our annual fundraising effort is on, and we ask you all to participate with an amount however small, towards the work and mission of your Association to empower girls and women through education and lifelong learning. You can also support the effort with advertisements for WGU's Fund-raiser Souvenir. And save the date for our annual Fundraiser Dinner on February 15, 2020, an evening of live music, dancing, performances and sumptuous dinner. Get your Donor Cards early! ■



COME ONE, COME ALL!

Bring your family, friends and neighbours and have a super fun filled evening!

Donor Cards available at Rs. 1000/- per person at the WGU Office.

- A Souvenir is being brought out on this occasion.
- Advertisements and Donations are welcome.
- Requesting all members to collect the appeal forms from the WGU office.
- Please get as many advertisements and donations as you can.
- Every contribution will go a long way towards fulfilling our worthwhile projects.

WGU Annual Scholarship Awards 2019 Spearheading the avowed aim of higher education of women



WGU Scholarships Chairperson **Dolly Sagar** opened the event by congratulating all the scholarship awardees and stated that

success comes to those who believe in themselves. She added that hard work is essential to achieve your goals and that even today women have a long way to go. This time, of the increasing number (148) of applications received she said there were as many as 19 for PhD Research, several for BMS, BAF for Financial

Services and Banking, as well as Information Technology. She said that applications would also be welcome for professional qualifications in other areas like Homeopathy, Ayurveda, and Physiotherapy, Teachers training - B.Ed, Early childhood Education, Media and marketing. Dolly thanked all the donors for their generosity and for sharing WGU's vision of awarding equal opportunities for the higher education of capable, less privileged girls, every year.

She then introduced the Chief Guest, reputed Indian journalist and author



Bachi Karkaria, best known for her satirical column Erratica in the Times of India newspaper. She also writes the advice column

Giving Gyan in Mumbai Mirror. Bachi served as an editor at The Times of India for many years and has helped create new brands for the Bennett Coleman & Co Ltd media group. The author of the best selling title Dare To Dream: A Life of M.S. Oberoi, she is a regular panelist on television news programs. Among other honours Bachi is the recipient of a number of awards and on advisory boards of AIDS control organisations.

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WGU Annual Scholarship Awards 2019

WGU President **Bina Thadani** congratulated the scholarship awardees for their commitment to their own education despite all the difficulties they face in their lives. With reward comes responsibility, she said, so use your talents to make a positive impact on your community. Think of yourself as a citizen of the world.

Think big and reach beyond your comfort zone. Technology and automation are fast replacing jobs but you are a new generation, so think of new ideas, work in teams, and find a bigger purpose to work for, be it curing lifestyle diseases, equality and safety for women, stopping climate change, or quality education for all children.

Phd research students Rekha Rajput and Yashica Mirchandani were invited to speak about their work.

Yashica's area is new biomedical research in latest drug delivery systems based on Nano particles, to reduce toxic effects in treating Rheumatoid arthritis.

Physics student Rekha is researching the Solvo thermal method of synthesizing semiconductor materials like titanium oxide etc for eliminating carcinogenic pollutants that occur in drinking water, caused by various dyes used in textiles, leather and at times even in food.

WGU congratulates these brave, brilliant young women and we wish them all the very best in their future endeavours.



Yashica Mirchandani

Rekha Rajput



Four Mantras

of Bachi Karkaria



Our chief guest Bachi Karkaria spoke with her famous brand of humor, the wisdom of her years in journalism and her spontaneous warmth,

and she held everyone old and young, captive. She thanked WGU for inviting her to speak and joked about how she wished she had heard of the WGU Hostel when she first started her career and was desperately looking for accommodation. She congratulated the girls for choosing to research solutions to very relevant current problems.

"In the 40 years of my career, I have gone through life's many ups and downs. 4 mantras which I carried with me always and they guided through my life. To Bachi's ultimate success story, the first 3 were from her father. Though "when one is young one rarely listens to advice from parents, but I must have, by osmosis, and did internalize them and let them guide me. And the 4th was from my boss and mentor Khushwant Singh."

1st Mantra - Make your own sunshine.

How you deal with life and people is in your own hands. It's never always sunshine, there will always be clouds, the nasty people in your life. So create your silver lining. Don't get bogged down with barriers put in front of you, tales of harassment and the 'Glass Ceiling'. Break through those barriers. Make the best of opportunities given to you even if you feel you have not been given a good deal. She gave the example of how in turbulent times in office politics and competitive journalism, she was given a punishment posting by a particular editor. She turned that into a success story. Turn a problem into an opportunity and a weakness into strength.

2nd Mantra Never be friendless. You need friends to share and get advice. Today you have facebook and social media and so many virtual friends. Recognize true friendship and find the time to nurture those friendships. Today life is so busy with so many distractions but find time for your true friends.

3rd Mantra - Be Flexible. If you bend, you won't break. It doesn't mean you should let people stamp over you but don't take unnecessary stands. Today the world is filled with controversies, opinions and

differences. Choose your battles focus where will make a difference.

4th Mantra. Take your work seriously but never yourself. "This mantra was not given to me, but more by my watching, by example, and by absorption. It was from my boss and mentor Khushwant Singh. However successful you are, never think that the sun rises and sets because of you. Be a decent human being. Work on things that matter, or is of interest to people. Not just to impress. Bachi watched her boss on the highest rung of successful journalism but he would write an article and often give it to his trainees to edit. Don't use the word humble which could be hypocritical or the word insecure. Just keep your feet on the ground and be ready to learn more.

"The world is getting larger and wider and at the same time getting smaller and narrower." She concluded. "Concentrate on the wider and not the narrower and world is yours."

Simple, wise, relevant mantras to remember not only in your workplace but in your life and relationships. Looking around I felt everyone in the room made a mental note of every one of them, as Bachi got a huge applause.

- by Suman Bakshi

WGU Annual Scholarship Awards 2019



WOMEN EMPLOYABILITY and WOMEN EMPOWERMENT...a talk by Adv Gauri Chhabria

Principal Dr. Rajshree Trivedi of Maniben Nanavati Women's College had invited Adv. Gauri Chhabria to speak on 'Women Employability and Women Empowerment', to the students and their parents.

The event was very well attended by 200 students and parents.



A floral welcome to Adv Gauri Chhabria from Principal Dr. Rajshree Trivedi.



A view of the audience listening with rapt attention.

Our Prominent Guests From Academia



The Consumer & Civic Affairs Committee Chairperson, Purobi Ghosh Mohan, hosted the visit of 3 prominent lady academicians to WGU. Seen in the photograph are Mrs. Rajshree Trivedi, Principal, Maniben Nanavati Women's College and Dr. Vibhuti Patel, Professor, TISS (seated 3rd and 4th from left) with the Chairperson (standing 2nd from right), along with other members of the Committee.

Higher education in STEM - the path to a successful future for women.

Science, Technology, Engineering, and Maths, collectively known as STEM, are the four primary academic disciplines currently responsible for driving the entire world's economy and maintaining our general well-being. **It has found application in a wide variety of industries and therefore jobs, including biochemistry, chemical and civil engineering, infrastructure design, computer science, nanotechnology, robotics, and more.**

Women are particularly under-represented in (STEM) education, and consequently in STEM careers. Even today no more than about 10 per cent of students in the IITs are girls. According to a UNESCO report only 35% of STEM students in higher education globally are women, only 3% in higher education choose information and communication technologies (ICT) studies.

Some of the highest-paying jobs in the world today are in applying technological knowledge for problems like climate change, food security, improved medical care, freshwater resources and for protecting our biodiversity. **Girls and women should be key players in crafting solutions to improve lives and generate inclusive growth for all, and importantly to secure a fair share of future jobs for themselves.**

We need to combat stereotypes, train teachers to encourage girls to pursue STEM careers, and change parental mindsets. Women often do not take up careers in their fields of study, despite the large amount of time invested in education prior to employment.

Policies and legislation can build the capacities of teachers to motivate girls towards selecting STEM subjects.

Government of India schemes such as Vigyan Jyoti and Atal Tinkering Labs are designed to foster creativity and innovation at school level. These are inclusive and encourage girls to break the shackles and pursue a career in STEM. More needs to be done at various levels.

In this issue of University Women, we have spoken to women scientists, as well as

students, about their views on women's education in STEM streams and its relevance for women.

Only 17 women have won a Nobel Prize in physics, chemistry or medicine since Marie Curie in 1903, compared to 572 men. Only 28% of all of the world's researchers are women.

Sunita Sarawagi

Dr Sunita Sarawagi is a clear example of a woman who fits easily into a male dominated field without experiencing any gender bias and come out a winner.

She never let the fact that she was the only girl in a class of 25 boys deter her from single mindedly following her goals and passion for her subject.

Following her Ph.D. Sarawagi did stints at IBM Almaden Research Center, and Carnegie Mellon and joined IIT-Bombay in 1999 where she is currently the Institute Chair Professor, Computer Science & Engineering. She is the recipient of the 2019 \$ 100,000 Infosys Prize in Engineering and Computer Science. Her area of research is Data mining and machine learning.

Sunita feels that mindsets and barriers should be overcome and women can be more encouraged to choose a subject, by exposing children from the very beginning to different paths (including science). "I feel young brains should be given as much exposure as possible, and then allowed to choose a stream that they align with best. When asked why India has such few girls in STEM she feels "In our country we have several complex problems in our society and general illiteracy is a bigger problem ... I would like social scientists to take a holistic view in analyzing the reasons behind this." For students, to be

interested in a subject, dedicated teachers and professors are the integral need. Elsewhere she has stated, "Considering one of India's biggest challenges is the lack of teachers and infrastructure, I want to see if we can do anything about it in terms of technology."

Uma Ladiwala

Along with her achievements in the field of Science, Uma is an accomplished artist; an avid trekker, a published photographer and a catalyst in changing the school science curriculum so children learn to understand and love science. Dr. Uma Ladiwala qualified with an MD, then switched to a career in basic scientific research in neuro-immunology. She worked at the Tata Institute of Fundamental Research (TIFR, Mumbai) before establishing her lab at the new UM-DAE Centre for Excellence in Basic Sciences (Mumbai). She has several publications in reputed international journals.

Q. How did you get interested in your subject/field.

My interest in science and research was already evident in the early years of school. It probably arose out of my curiosity about Nature and the World around me, and I was able to sustain that curiosity due to some of the good science school teachers, but also because I read widely about these subjects, beyond prescribed school textbooks.

Q. Were your family supportive?

Not really. I recall that my mother wanted me to pursue a career in Fine Arts and she was quite disappointed when I chose a career in the sciences.

Q. Any problems or hurdles faced in college/university due to skewed ratio of women to men, etc.?

One incident occurred when I topped in the 1st MBBS final exams (I qualified with an MD and after a few years of practice, switched to a career in basic science research). After the awards



ceremony, a male student reprimanded me for this achievement, accusing me of wasting a seat since I would in all probability get married and not practice and the seat could have, therefore, been potentially useful for a male student instead!

Q. Why do such few women opt for STEM streams in India?

The paucity of women in STEM fields is seen worldwide, not just in India. The reasons for poor female representation in science have been studied. It appears that gender stereotypes due to family and societal influences are an important factor in the selection of subjects and careers by girls and women. Even if girls do opt for STEM fields in school, far fewer continue with a career in the chosen fields at the undergraduate and post-graduate level and later too, possibly due to a loss of confidence as a result of a non-supportive environment, and the rigors of the field.

Q. How can mindsets and barriers be overcome, how can women be more encouraged?

This can happen by recognizing that women do have valuable talents and abilities, and can contribute significantly to STEM fields given the right support—both emotional and practical, encouragement with monetary and career advancement, and by removing any discriminatory practices. In contemporary society many women seek fulfillment in careers, in addition to domestic responsibilities, and at great cost to themselves.

Q. What suggestions do you have to encourage women in this field?

Many people emphasize the importance of good teachers. Research using student scores on standardized tests confirms the common perception that some teachers are more effective than others and also reveals that being taught by an effective teacher has important

consequences for student achievement. Effectiveness of teachers includes not only the ability to convey scientific information efficiently, but also to emotionally encourage and support students. They are often overburdened and have little time to research and prepare their lessons. Opportunity for the continuing professional education of teachers is important.

Q. Why is it very important for many more women to enter STEM streams?

It is particularly important for girls to enter STEM streams, even if they don't choose STEM careers later. A sound, basic education in science has been found to enhance an understanding of principles that will influence women's choices even for parenting and maintaining the health and well-being of their families. ■

by Suman Bakshi and
Bina Thadani

WGU Scholarship awardees in STEM (Science, Technology, Engineering, Mathematics)



Nikita Dhumal

Electrical Engineering

Right from her 10th standard in school, Nikita Dhumal knew that she wanted

to be an engineer – an electrical engineer. Her parents were very supportive. Her homemaker mother was thrilled that her daughter wanted to study a scientific field.

In college, though only thirty percent of the students were girls, Nikita didn't face any problems. The teachers were supportive and the male students were unbiased.

Nikita is now in her final year before she graduates with a B.E. (Electrical). She plans to work as a trainee engineer for a couple of years and earn to complete her M.Tech. A commendable plan.

She wishes that more girls would get into STEM streams. Nikita suggests that this can be encouraged at school level itself. Informative workshops and seminars can show how interesting STEM subjects are. There are many career opportunities available in STEM fields and that the scope is growing.

Khorshed Nayak



Anjali Ranavare

Information Technology
(Computer Application)

Yet another awardee of a scholarship, Anjali is 20

years of age and is pursuing her Masters' Degree in Computer Application, having completed her Bachelors' in Science with IT.

Armed with confidence and a clear focus, Anjali wants to have a career in Information Technology and aims to work for the big IT companies such as Infosys and Capgemini.

Anjali's mom, though a housewife, encouraged her and supported her fully to pursue the sciences. And Anjali wants to say this to all girls – go for science, because, today everything is Digital and hence the scope is tremendous. In the sciences there are various fields such as Engineering, Pharmacy etc. to and one can find many paths to a career depending on the aptitude and love for the subject.

Equal opportunity for girls and boys? In her class, yes. But what happens at the campus placement is to be seen.

Anjali funded her studies by applying for scholarships and borrowing from relatives. She is thankful to WGU for the scholarship awarded to her which has given her a push to pursue her Masters' Degree.

Hiroo Thadani



Priyanka Ladole

Mechanical
Engineering

Currently, Priyanka, 21 years old, is pursuing

a BE in Mechanical Engineering. How did she get into this field which, until a few years ago was considered a male bastion?

Her elder brother is a mechanical engineer, and from a young age she would be fascinated by his books and read them, and found interest in this field. She especially loved machine drawing and so it became easier for her to take up her field of study. Her widowed mother was very happy and encouraged her fully. With her humble background, Priyanka took an education loan from a bank, supplementing her scholarship award from WGU.

The ratio of boys to girls in her class is 1:7 but Priyanka feels, the girls are treated equally and fairly. Should more girls be encouraged to join the science streams? Girls feel that this is a very hard line, that they have to work hard especially in factory workshops. But now many softwares are available that make this work easier. So, girls should be encouraged and their confidence built right from school years to go in for Science and Technology studies.

Hiroo Thadani

Festive Fun Food and Frolic on 30th October 2019



Trustee Mr. Cawas Lalkaka along with Balwadi Chairperson – Mrs. Havovi Gandhi, Dr. Nagpal, Teachers and WGU members Aban Mukherji and Usha Bhandarkar

Quiz on Women Achievers

- Who was the First Woman Mountaineer To Climb Everest?
 - Bachendri Pal
 - Premlata Agarwal
 - Arunima Sinha
 - Santosh Yadav
- Who was the first Indian woman to fly an aircraft?
 - Maud Wagner
 - Marina Ginestà
 - Sarla Thakral
 - Kathrine Switzer

1. a) Bachendri Pal. In the year 1990, Bachendri Pal was listed in the Guinness Book of World Records for her achievement as the first Indian woman mountaineer to climb the Mount Everest.

2. c) Sarla Thakral. Sarla Thakral, the first Indian woman to get an aviation pilot licence and fly an aircraft. Thakral received the title of the first Indian to get airmail pilot's licence years old. She also has achieved the title of the first Indian to get



Behramji Lalkaka Balwadi's Christmas Party at Balwadi Compound. Children enjoying snacks with the teacher Mrs. Divya Rane.



A Novel Gifting Idea Give A Gift Of WGU Membership

Thinking of a birthday or anniversary or occasion gift For a sister, a daughter, a lady friend or neighbour or colleague? Give a gift that gives in return.....gift a WGU membership!

Life Member (Graduate)

(includes additional membership of IFUWA and of Graduate Women International- GWI)

Rs. 12,000 only

Ordinary Member (Graduate)

(includes additional membership of IFUWA and of Graduate Women International- GWI)

Rs. 1,000 per year

Associate Life Member

(graduate or diploma holder)

Rs. 5,000 only

Associate Member

(graduate or diploma holder)

Rs. 400 per year

Download a membership form

WGU website : www.womengraduatesunion.org

Or Contact on 22151947 / 22186220 • Email : wgu1915@gmail.com

JOB VACANCY IN WGU for an ASSISTANT ACCOUNTANT

WGU requires a qualified Accountant to assist in general office accounts. Some work experience and a knowledge of Tally is necessary. This is a full time position with a 5 day work week.

JOB VACANCY IN WGU for a SECRETARY

WGU requires a Lady Secretary for administrative supervision and secretarial work in the office, and co-ordination of events. This is a full time position with a 5 day work week, for an enthusiastic, qualified, computer knowing lady, with some experience.

Interested candidates may send their detailed resume by email or post to **Email: wgu1915@gmail.com**

Members of WGU --- if you know of any suitable lady candidates for the above 2 posts , please inform them to apply.

Address: Women Graduates Union, Women Graduates Union Road, Colaba, Mumbai 400005.

Readers We'd Love To Hear From You

Express Yourself in Your Newsletter

Give us your feedback and comments on the Newsletter. Share with us your ideas and concerns on women's education and empowerment. Contribute to the Newsletter by way of viewpoints or how you tackled a civic or consumer or community problem.

Send us information (with source) or contact details which are useful to readers. Thought provoking quotations, even humorous ones are also welcome.

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PLASTIC REDUCTION AWARENESS - SAVE THE SEA

A Clean Harbour Project at gateway of India and Colaba.



L-R Vice Admiral M. J. Singh, Dy Chairman MbPT
Mr. Yashodhan Wanage, President RBYC Mr. Cyrus Hirjee
& Mr Mulla of Ferry owners Association



Clean Harbour Project - CHP is India's Anti Plastic Revolution through a unique movement led by children of the organisation Children's Movement for Civic Awareness - CMCA. We are aligned with the principles of the United Nations Sustainable Development Goals.

'Clean Harbour Project' (CHP) has been started by Jyoticare Benevolent Foundation (www.jyoticare.org) with the aim to clean the Mumbai Apollo Bunder Harbour waters of all the plastic waste which gets washed towards the Jetties at the iconic Gateway of India and the shores of Colaba. The Core team consists of MsJyoti Singh, Ms Tripti Narula, Ms Cynthia D'mello, Ms Roweena Kavadia, Ms Bella Shah and Captain Homi Motivala, with the mission to get rid of the plastic waste as part of the global mission to 'Say No to disposable plastic'.

An ongoing project

Our partners on board in this project are Mumbai Port Trust (MbPT), Royal

Bombay Yacht Club (RBYC), Children's Movement for Civic Awareness (CMCA), My Dream Colaba (MDC), Taj Group of Hotels, supported by MCGM, Colaba Police, Indian Navy, Coast Guard, Sea Cadet Corps (SCC), Local Ward A Corporators and the Ferry Operators Association.

For this event, Jyoticare Foundation has acquired an Eco Friendly designed Water Garbage Scooper (WGS) for environmental protection. WGS is manually propelled over water to collect floating garbage. The zero emissions platform

can be maneuvered in shallow water also and is suitable for harbour use. This design has been based on a device developed by Southern Naval Command, Kochi and then further developed and manufactured by Elecon Peripherals Ltd, a company based in Anand, Gujarat.

The inaugural event was flagged off on 14th November 2019 at the iconic Gateway of India where students from Little Flower of Jesus school - member school of CMCA - Children's Movement for Civic Awareness, Mumbai, performed a street play on Cleanliness and a Healthy Living Environment. Through this play, we are trying to sensitize people about how pollution affects not only human health but also about the hazards of plastic to marine life and environment. Through children we are trying to send this message to bring about a change and make a difference in our society.

Further street plays by students were performed in Colaba to spread awareness of our message. CMCA is happy to have such performances on a regular basis in different areas.

Our WGS will also start collecting waste from the Apollo Bunder Harbour with manpower assistance from RBYC to drive the WGS and from Taj Mahal Hotel for garbage disposal.

Anti-Litter Posters have been put up on all the ferries as a part of the initiative including the ferries operating from Uran.

Congratulations to the Clean Harbour Project Team! ■

SAY NO TO SINGLE USE PLASTIC

CLEAN HARBOUR PROJECT



STOP PLASTIC POLLUTION



SAVE OUR FISH



SAVE OUR SEA



SAVE OUR FISH



AMY RUSTOMJEE HALL

Now is the time to book WGU's Hall for your meetings or brunches, lunches, teas or dinners.

Full Hall seating available for 100 persons. Half Hall space for approx. 40 persons.

Keep this excellent venue at Women Graduates Union in mind as you make plans for your events.

For Hall enquiries and please call **Akanksha at**

022-22186220 / 22151947.

Email : wgu1915@gmail.com



Books

Girl, Stop Apologizing : A Shame-Free Plan for Embracing and Achieving Your Goals

by Rachel Hollis



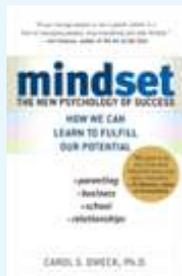
In *Girl, Stop Apologizing*, #1 New York Times bestselling author and founder of a multimillion-dollar media company, Rachel Hollis sounds a wake-up call. Women not living into their full potential. They feel a tugging on their hearts

for something more, but they're afraid of embarrassment, of falling short of perfection, of not being enough.

Women have been taught to define themselves in light of other people—whether as wife, mother, daughter, or employee—instead of learning how to own who they are and what they want. With a challenge to women everywhere to stop talking themselves out of their dreams, Hollis identifies the excuses to let go of, the behaviors to adopt, and the skills to acquire on the path to growth, confidence, and believing in yourself.

Mindset : The New Psychology of Success

by Carol S. Dweck



After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in almost every area of

human endeavor can be dramatically influenced by how we think about our talents and abilities.

The major crux of the book is that there are two kind of people in this world: those that have a 'fixed' mindset, and those that have a 'growth' mindset.

People who have a fixed mindset avoid challenges, give up easily.

Folks that have a growth mindset see their intelligence as malleable and they have an intense desire to learn.

Bill Gates, "One of the reasons I loved *Mindset* is because it's solutions-oriented. Dweck and her research have helped my foundation colleagues and me understand more about the attitudes and habits that allow some students to persevere in school despite big challenges."

It's entertaining, fun, practical, and definitely worth your time. You should read this book.

Ways to feel instantly young again

1. Change your routine

If you usually get up at 8am, have breakfast while reading the news, then go for a walk to the shops, do it differently for a week. For example, instead, get up at 7.30am, walk to the nearest café and have breakfast there instead. By changing your routine in this way you'll expose yourself to new activities and people, and keep things feeling fresh and new.

2. Refresh your look with a haircut

Get a haircut, or go to get a make-up makeover at a department store. If that's not doable, try dying your hair at home, using curling tongues or curlers for a new look, or simply try different make-up or clothes.

3. Discover somewhere new and make yourself feel young again

It needn't be an expensive worldwide cruise, even a simple train or bus journey to a small town you've never been to before is enough to open your eyes and make you feel young again. Spend time exploring on your own or with friends, visit a museum or art gallery, browse the shops, and enjoy a meal or coffee while you're there.

4. Go down memory lane to rediscover your youth

Looking back on your life needn't make you feel old, quite the reverse in fact, when you realise how easily you can slip back into your teenage mindset by listening to music from that time, or looking at photos.

5. Go back to school or university

It's never too late to learn to do something new. Plumbing, watercolour painting, a new language – sign up for a class to discover your hidden talents. Even if you're no good at it, you'll enjoy the learning experience.

6. Spend some time with the kids

Spending time with children is a great way to feel young again as you can't help but laugh along with them. You can offer to read to children at your local library or invent a game, help them enact a small play or take them to the park.

7) Get your adrenaline pumping.

Do something daring you have never done before. Sing karaoke. Go trekking. Audition for a play. Getting out of your comfort zone, makes you feel young.

8. Spend a day at the seaside

There's nothing like paddling in the sea, eating an ice cream as you stroll along the prom, and even getting the sand out of between your toes, to rekindle childhood memories and recapture the feeling of just being a kid again.

9. Look for volunteering opportunities

Giving up your own time for someone else makes you feel younger because it shows you how much you still have to give to the world.

10. Listen to some fast music

Research shows that music set to a fast beat gets our hearts beating faster as well as releasing endorphins. It needn't be modern music either – there's plenty of classical music set to a fast beat (think of any chase scene in classic old films, for example), as well as more recent pop music. ■

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