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INAUGURAL FUNCTION OF CENTENARY CELEBRATIONS

A major milestone has been achieved. One hundred years has been reached with significant success. Few NGOs have had the proud privilege of chalking up such an awesome achievement. The Women Graduates' Union joyously celebrated this occasion with an Inaugural Function at the Convocation Hall of Mumbai University on Friday, March 20, 2015, with a distinguished audience in attendance.

The programme commenced with the lighting of the lamp by Chief Guest, **Professor Vasudha Kamat**, Vice Chancellor of SNDT Women's University and Keynote Speaker for the evening, **Ms. Arundhati Bhattacharya**, Chairman, SBI, Chief Guest, alongwith Retired Justice **Sujata Manohar** and Office Bearers of the WGU.

This was followed by a melodious Invocation to Ganesh and Saraswati sung by **Archana Grover**.

A short film, showcasing the highlights of the past 100 years of the WGU, its activities and ongoing projects was screened. Kudos to **Adi Poncha** and **Usha Bhandarkar** for producing this pertinent film in record time.

Floral tributes to the Chief Guest and the Keynote Speaker were presented by Past President and Trustee **Zia Maskati** and by Past President and Trustee **Shibani Chakravarty**, after which President **Nandita Singh** took the podium to welcome the dignitaries on the dais and in the audience. She spoke of the activities and achievements of the WGU and her vision for the future. Special projects are being planned as Centenary Projects in this Centenary Year. One of the projects in the planning, is to extend the Study Centre programme to Stds. IX and X, and to provide the children with special tutorial help in Maths, Science and English.

Another important project to be implemented in this Centenary Year, is an

Auxiliary Nurses Programme which is felt to be the need of the hour. There is a huge demand for nurses as they can provide home nursing for the sick and care for the aged, apart from nursing in Hospitals.

A special Centenary Year Scholarship for a Research Scholar pursuing a Ph.D. is to be given from this year onward.

Introduced by Vice-President **Havovi Gandhi**, **Prof. Kamat** spoke of the existing strong links between the WGU and the SNTD Women's University which were of benefit to both the organisations. Indian society being of a patriarchal mind-set, only a small percentage of girls receive higher education. This needs to change - fast. By sharing expertise gained through the years and working in collaboration, SNTD and WGU could strive to bring higher education to the reach of a greater number of women, thus benefiting more women and serving to empower them. Not only women but Society itself would gain in the long run.

Keynote Speaker, **Ms. Arundhati Bhattacharya**, introduced by Joint Hon. Secretary, **Dolly Sagar**, re-affirmed the sentiments expressed by **Prof. Kamat** and added that perseverance was the key to gaining success. Citing from her personal experience, she said that no individual should let difficulties or obstructions deter them from achieving what they have set out to achieve. Dream big and march forward with confidence and the road will open up before you !

The evening ended with a vote of thanks to all those who had contributed to making the Centenary Inauguration a great success.

High Tea was served on the lawns, to the accompaniment of soft music in the background, as guests intermingled to meet and greet, bringing the evening to a perfect end.

Members who missed this Centenary Celebration will certainly not get another chance to witness such a historic occasion in a historic setting - the beautiful, recently-renovated Convocation Hall of Mumbai University. It was constructed in 1874, renowned for its stained-glass windows and a splendid gallery on three sides. The perfect setting for such a celebration!

Thanks to all those who made the evening a success and to all the stalwarts - the members who have worked tirelessly through the years, including **Vidya Ranadive**, **Sudha Phadhye**, **Saroj Apte**, **Swarn Kohli**, **Suman Anand**, **Tannaz Tarapore**, **Sabita Chuganee**, **Dolat Kotwal**, **Sheila Shastri** and many, many more.

Press Conference announcing Centenary Year celebrations at Mumbai Press Club

A Press Conference was organized on March 16, 2015, at the Mumbai Press Club, followed by lunch. It was a first-of-a-kind, or at least a rare event for the WGU.

A large number of Press and Media persons were invited – editors, reporters, freelance journalists. Considerable effort was put in through social networking and personal contacts of members to invite a maximum number of well-known newspapers.

The forthcoming Centenary Celebrations to be held on March 20, 2015, at Mumbai University Convocation Hall was announced. Fifteen WGU Managing Committee members participated in the Press conference.

Among those present were many freelancers, Editors or Reporters of:

Parsiana, Zee Media, Dabangg Duniya Newspaper, Khabrein Aaj Tak, Mumbai Headlines, Absolute India, Afternoon Despatch and Courier, Sakal, Maharashtra TV, Aamchi Mumbai, etc.

The meeting was called to order by President **Nandita Singh**. She extended a warm welcome to the

gathering and also spoke about the vision for the future.

A brief introduction was given by each WGU member present covering the activities of Women Graduates Union. The proposed Centenary Scholarship project was explained as well as the ongoing scholarship schemes, with girls being awarded scholarships on a need-cum-merit basis.

An interesting question and answer session was held later. Apart from information being given by members, Press information kits were also handed out.

The vote of thanks was given by the Immediate Past President, **Gauri Chhabria**.

News coverage of the WGU event was received from DNA's online website, Dabangg Duniya, Hindmata, Ahinsak Bharat, NMTV News Channel (You Tube), Maharashtra TV News Channel (You Tube).

The Press Conference achieved its objective of announcing the Centenary Celebrations and spreading awareness of Women Graduates Union activities.

Central Govt. Selects CERC to establish Grahak Suvidha Kendra

The Consumer Education and Research Centre has been selected by the Dept. of Consumer Affairs, Govt. of India, to establish and manage a Grahak Suvidha Kendra (GSK) in Ahmedabad, as stated in "Consumer Alert, April' 15".

A Memorandum of Understanding was signed on March 31, 2015 and the GSK is to start functioning within eight weeks from the date of signing. It is likely that the GSK will cover three states - Gujarat, Maharashtra and Rajasthan. Seven GSKs are to be set up

in different regions of the country.

The GSK is to be established and run initially for three years on a pilot basis. Consumers will be advised and assisted in redressing their grievances and in registering their complaints in the appropriate consumer fora.

At the end of three years, two major goals are to empower Voluntary Consumer Organisations for effective mediation, advocacy and legal support and to improve the success rate of complaints resolved significantly.

Film on WGU Produced for Centenary Celebrations

A very special 15-minute film projecting the WGU history of 100 years with true stories was produced for the Centenary Celebrations and was screened at the Convocation Hall on March 20, 2015.

It showcased "the real stories which were residing in the hearts and minds of the people whose lives have been touched by the WGU", as expressed by **Usha Bhandarkar**, Co-Creator of the film. As she explains in detail, these stories were uncovered for the camera through a series of 71 exhaustive interviews.

Four editors worked a total of 318 hours to put the film together. Finally, she says, just 14 days from the first shoot, and many sleepless nights later the film was ready..... every frame glowing with warmth and sincerity. "A precious gift from **Adi Pocha** and his team at Squirkle Production".

How fortunate that Usha stepped forward and volunteered to initiate the exercise and coordinate the entire production!

A big thank-you to the entire team from the WGU.

*Behind me is infinite power,
Before me is endless possibility,
Around me is boundless opportunity.
Don't accept other's definitions of life.
Be Humble*

Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) is an anxiety disorder and causes severe anxiety in those affected. It is a disorder of the brain and behaviour. Anxiety is one's brain alarm system which tells one to react or protect oneself. When this alarm system keeps going off without any real physical danger it is OCD.

OCD is marked by intrusive thoughts that produce uneasiness, apprehension, fear or worry (obsessions), repetitive behaviours aimed at reducing the associated anxiety (compulsions), or a combination of such obsessions and compulsions.

Obsessions are thoughts, images or impulses that occur again and again and the person feels helpless in controlling them. Obsessions are typically accompanied by uncomfortable and intense feelings of fear, doubt, disgust or that things have to be done to perfection. Obsessions are time consuming and get in the way of daily tasks.

In the present times the words 'obsessing', 'being obsessed' or 'obsession' are

commonly used in day to day language casually referring to 'being preoccupied'. For example, a person may be obsessed with his new mobile he just bought or a car or a song but that doesn't affect his daily chores. However in the case of OCD the individual's obsessions affect his day to day functioning.

Compulsions on the other hand are repetitive behaviours or thoughts the individual indulges in to escape or reduce anxiety or the presence of obsessions. For example, a person may indulge in repeatedly washing his hands, bathing, washing clothes for hours, rechecking that doors and windows are locked, that the stove is turned off, difficulty in throwing away unwanted things etc.

Compulsions are time consuming and get in the way of normal day to day functioning of the individual.

OCD can be treated through Cognitive Behaviour Therapy (CBT) involving graded exposure and response prevention (ERP) and medication depending on its severity.

For Your Memory Bank

WGU's Centennial Event * on March 20, 2015, captured on a 2 DVD Set is available for Rs. 200/- only.

Please book your order with Mubaraka at the WGU Office: 22186220

* Venue, Reception, All Speeches, High Tea, Group Photo . . .

Once Upon A Time!

When Window was just a square hole in a room and
Application was something written on a paper.

When Keyboard was a Piano and Mouse just an animal.

When File was an important office material and
Hard Drive just an uncomfortable road trip.

When Cut was done with knife and Paste with glue.

When Web was a Spider's home and Virus was flu.

When Apple and Blackberry were just fruits . . .

That's when we had a lot of time for family and friends!

**IN THE GREAT COSMIC WHEEL HUMAN LIFE IS BUT A MOMENT
NOT TO BE WASTED IN MOMENTARY PLEASURES
INSTEAD TO BE INVESTED IN GOD'S WORSHIP.**

— MAHATMA GANDH
