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# ***University Women***

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**University Women**

**July 2015**

**Issue No.7**

## **CCAC**

Consumer and Civic Affairs Committee

T A L K

by **KAIWAN MEHTA**

Renowned Architech

on

**PUBLIC LIFE IN MUMBAI**

**Monday 10th of August, Amy Rustomjee Hall**

Registration closes by 11-30 a.m. on 10/8/2015.

Tea will be served at 4-30 p.m. Talk will begin at 5-00 p.m.

Members and guests do attend in large numbers.

## **Programme and Counselling and Guidance Committees**

### **Coffee-Morning**

**on Friday, 14th August, 2015, from 11-00 a.m. onwards**

To celebrate Independence Day and to chase away the Monsoon Blues

Come armed with jokes and tall tales.

Enjoy music, dance, games, lip-smacking eats and lots of fun and frolic.

Come one, come all and make the rafters ring!

Register on : 22151947 / 22186220 latest by 10th August, 2015

Lunch Rs.100/- per person

Registration Rs.30/- per person

## **Spot a Pothole? Tweet a photo to Civic body to register complaint**

Now you can report potholes on Twitter as well. The Brihanmumbai Municipal Corporation (BMC) has launched the Twitter handle [@potholetracking](#) to register complaints about potholes on city roads. The handle will be linked to the civic body's existing pothole tracking website [www.voiceofcitizen.com](http://www.voiceofcitizen.com), where citizens can launch complaints by uploading pictures of potholes and track the status of work done on them.

Once a picture of a pothole is tagged with [@potholetracking](#) a complaint will be officially registered following which road engineers and contractors will have to fill the pothole within 48 hours.

So far a total of 1,344 potholes have been reported on the website, of which 938 have been filled.

Additional Municipal Commissioner, SVR Srinivas said, "The Twitter account has been made considering citizens are more active on this platform and it becomes easier to upload (pictures)."

Many potholes have also surfaced on roads, which have just been completed and on those still being built. However, there is no system to address the problem of potholes on the widely used Eastern and Western Express Highways maintained

by the Public Works Department.

With reports of the emergence of 1,344 potholes and several instances of filled potholes getting washed away this monsoon, Civic Chief Ajoy Mehta has ordered an inspection of the contents of the cold mix used to fill potholes in the city.

An estimated 38 potholes which had been repaired have been washed away in the season's first few showers and Rs.14 crores has been allocated by the civic body for filling up potholes this year.

The Cold Mix technology to fill potholes had been introduced by the civic body in 2012 to replace the conventional hot mix technology, which could not prevent filled potholes from being washed away by the rain.

Prior to 2012, the BMC used to fill potholes using hot asphalt with stone chips, which constituted hot mix. The Cold Mix technology was supposed to be quicker and resistant to wear and tear for a longer period of time.

However, even the newer technology, which is more expensive than the one involving the hot mix, could not prevent filled potholes from being washed away.

— Hindustan Times, 1.7.15

## **Zero -Tolerance policy Towards Potholes on Mumbai's Roads**

Barely three weeks into the four-month season, as many as 1,274 complaints have been recorded on the dedicated portal that the BMC helpfully put out a few years ago. The annual ritual potholes-----before the ten-day Ganesh festival sets in—will run

its course this year too.

Delays in commuting, accidents resulting in loss of lives, health issues such as damage to the spine and bones have now become a part of the monsoon season. Even the Bombay high court has

been seized of the issue.

Is it all that difficult to construct roads that will not develop potholes and craters every single monsoon? Of course, it is not. By now, we are familiar with the fact that a cartel of contractors who undertake road construction and repair work are responsible for turning Mumbai into the world's only reality amusement park-city with exhilarating rides, with the apparent passive participation of those BMC--- corporators and officers---whose job it is to keep the roads in vehicle-ready condition.

Municipal Commissioner Ajoy Mehta recently went around some areas to review the pothole filling work now being done by contractors and asked BMC officers to send the material for quality tests.

Fair enough, but it hardly begins to address the problem. The repairs of potholes, while a concern, is not the fundamental issue.

The construction of roads and pavements in a shoddy manner and without adhering to specifications is.

More than 30% of the potholes are on newly constructed roads, according to the BMC website.

Is this not scandalous? The BMC has just spent nearly Rs. 2,000 Crore to build 840 roads and plans to lay another 350 after rains.

Mehta should develop a zero-tolerance policy for bad and potholed roads, and poor pavements.

Interested citizen and citizens' groups can play the watchdog role as roads are constructed and potholes are repaired, and report to the commissioner if they find or suspect anything amiss.

For this, the BMC will have to be transparent with its specifications of roads constructed and the terms of contract with contractors.

If the corporation---- and commissioner Mehta intend to honestly address the core issue of bad roads, it is quite simple. He would know where to begin. He would also know what it could cost him. It all comes down to intent, really.

— Hindustan Times, 1.7.15

## Sleep Disorders

A good night's sleep is the key to a day well begun. But sometimes one wakes up with a terrible headache.

This may be when you are stressed or worried about something, or when some event which disturbs you has occurred. However, if you experience disturbed and sleepless nights very often then you could be termed with a 'Sleep Disorder'.

Sleep disorders involve interruption in sleep patterns and can impact both physical and mental health negatively. While some sleep disorders are caused by medical problems others are caused

by lifestyle and sleep habits. The most common sleep disorders prevalent are :

**Insomnia** : It refers to difficulty in falling asleep or staying asleep or also when the person is not feeling refreshed after sleeping for 7 to 9 hours. The person feels tired during the day and it can lead to moodiness, fatigue, difficulty concentrating and other effects related to lack of sleep. Insomnia can significantly lower a person's quality of life.

**Sleep Apnea** : Here the individual's breathing is interrupted while sleeping very frequently. Often these interruptions

are not enough to wake a person, but significantly disturb sleep and he feels tired and fatigued.

**Narcolepsy** : People with narcolepsy experience frequent “attacks” of sleep, which last from a few seconds to 30 minutes or more while a person is awake and are unrelated to the amount and quality of nighttime sleep. Other symptoms may include **Cataplexy** : a sudden muscle weakness often triggered by strong emotions such as laughter, anger or surprise. This weakness may cause the head to drop, the knees to give out, facial muscles to sag or even a complete collapse of the body. **Sleep Paralysis** : Inability to talk or move when waking up or falling asleep.

**Vivid Dreams** : These dreams often occur when first falling asleep and can be “hallucinogenic” in nature and easily confused with real life.

**Nocturia** : It refers to getting up to urinate once or more during a night.

**Restless Legs Syndrome (RLS)** : It is a disorder that causes a tingling or prickling sensation in the legs that is temporarily eased by moving the legs.

These movements interfere both with falling asleep and staying asleep.

**Kleine-Levin Syndrome** : It involves recurrent episodes of excessive sleepiness called hypersomnolence and may be associated with difficulties of thinking and eating.

Sleep disorders can be overcome to a certain extent by making a few changes in our routine. One can start by —

- Developing sleep rituals such as a quiet environment, switching off the lights or reading for 20 minutes before sleeping.
- Aim to sleep and get up at the same time every day.
- Having no television in the bedroom.
- Avoid coffee, alcohol and nicotine 4-6 hours before bedtime.
- Exercise daily but with a gap of 4 to 5 hours before bedtime.
- Make sleep a priority and don't sacrifice it for anything.
- Eat early so that the food gets digested and you can sleep peacefully.

— Dr. Vatsala Thakur  
WGU Counsellor

## Eight Beautiful Sentences

They are like the Ten Commandments to follow for a lifetime.

- 1] Prayer is not a “spare wheel” that you pull out when in trouble, but it is a “steering wheel” that directs the right path throughout life.
- 2] Do you know why a car's windshield is so large & the rear view mirror is so small? Because our past is not as important as your future. Look ahead and move on.
- 3] Friendship is like a book. It takes few seconds to burn, but it takes years to

write.

- 4] All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last forever either
- 5] Often when we lose hope and think this is the end, God smiles from above and says, “Relax, it's just a bend, not the end!
- 6] When God solves your problems, you have faith in His abilities; when God doesn't solve your problems He has faith in your abilities.

- 7] When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.
- 8] Worrying does not take away tomorrow's troubles, it takes away today's peace.
- Internet

### **WGU member represents Association of Medical Women International at the United Nations**

**Dr. Arnavaz M. Havewala**, Dental Surgeon, and WGU Managing Committee member, was nominated as a representative of the Medical Women's International Association to attend the Fifty-Ninth Session on the Commission of Women, held from 9th to 20th March, 2015, at the United Nations Headquarters in New York.

There were more than 9000 registrations from representatives of various Women's Organisations from all over the World.

The 59th C.S.W. Consultation Day – “Celebrate the Feminist and Women's Movements 1975-2015” was the First Event. The Keynote Address-- “The Selling of Innocents” by **Ruchira Gupta**, Women of Distinction Awardee and Winner of the Clinton Global Citizen Award. She showed clips from her film.

“Beijing +20-Voices from the Regions” was a Historic Review of the UN/International Women's Movement from 1975-1995. **Dr. Gertrude Mongella** spoke on “What Beijing Plus 20 Must Accomplish”.

Young Activists, who are actively carrying out the vision for the Beijing Platform for Action, all under 20 years of age, spoke on “Strategic Action to Strengthen the PBfA : Young Activist Perspectives”.

This was followed by the Celebration March, jointly organized by New York City, UN Women and Civil Society partner, from the Dag Hammarskjöld Plaza to

Times Square.

The Grand Opening Ceremony was held on March 9th, in the Main Hall of the United Nations. The NGO CSW Forum organized an Artisan Fair, where artists, artisans and skilled workers from all over the world, showcased their creations, most of them handmade.

On the same day, the NGO CSW Forum reception was held in the evening, and **Ruchira Gupta**, Women of Distinction Awardee, was honoured.

Seminars and Symposiums on “Women's Mental Health and Well-Being in the Post-2015 Global Agenda : Advances and Challenges”, “The Role of MWIA in Promoting Health and Reproductive Rights, since Beijing and Beyond”, “Young Women Lead - Our SRHR, HIV, and GBV Priorities for Post-2015” and many others..

The Bahai Centre had many interesting Seminars, where innovative and useful ideas were put forward.

There were Round-Table discussions on Gender Equality and Women Empowerment.

The British Medical Association had an interesting interactive session to present results of their work/research on AIDS, wherein doctors were the main participants and “The Lancet” the main publisher of the research that was undertaken.

**Dr. Havewala** visited the New York University School of Dentistry, and interacted with **Dr. Ross Kerr**, Professor, Oral Medicine and Pathology. She spent a very interesting and fruitful time in the Department, and learnt some new methods of case recording, biopsy and photographing patients.

## **Computer Centre News**

Get Internet Savvy at a discounted rate

Hurry members – Limited offer

WGU has pleasure in offering its members a 15-day Internet Course giving an insight into “Search Engines” and “email Management”.

**Special discounted rate of Rs 500/-.**

Do not miss this golden opportunity to connect to one’s near and dear ones across the globe.

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**OUR SINCEREST LAUGHTER  
WITH SOME PAIN IS FRAUGHT;  
OUR SWEETEST SONGS ARE THOSE  
THAT TELL OF SADDEST THOUGHTS.**

**“To A Skylark”**

**Shelley**

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