

**POSTAL REGISTRATION No.MCS/134/2015-17**

Posted at Mumbai Patrika Channel Sorting Office, Mumbai - 1. Published and Posted on last Wednesday of every month.

# ***University Women***

RNI No. 22821/1976

₹ 2-50

**University Women**

**November, 2015**

**Issue No.11**

## **PROGRAMME AND FUND RAISING COMMITTEE**

### **DIWALI MELA**

The Women Graduates Union organized a grand Diwali Mela on Saturday, October 31, 2015, in the Amy Rustomjee Hall. This being the Centenary year, the Mela was celebrated as a very special and memorable event.

It was inaugurated by the newly elected Chairman of the Bombay Parsi Punchayet and Chairman of Writer Corporation, **Mr. Yazdi Desai**, who graced the occasion with his wife **Anahita**. He congratulated the Women Graduates Union, for completing 100 glorious years of its existence as a NGO promoting women's empowerment through education.

There were twenty eight stalls with clothes, jewellery both Indian and Western, exquisite embroidered sarees, festive Diwali Diyas, delectable snacks and a White Elephant Stall, put together by contributions from generous members and friends of the WGU.

Above all, the enthusiastic crowd of members, guests and shoppers, who flocked in all day, made it a special celebratory event. Organised as a mini fund-raising drive, kudos to the office-bearers and members of the Managing Committee for its resounding success.

### **ANNUAL HOSTEL ANNIVERSARY**

The WGU Hostel Anniversary is to be celebrated once again with fun and games on Friday, December 4, 2015, at the Amy Rustomjee Hall from 8 p.m. onwards.

A lavish contributory Dinner has been specially planned for members at Rs.200/- and for guests at Rs.225/- per head.

Please send in your acceptances on or before December 1, 2015.

Do come in large numbers to enjoy the evening with the residents.

## IFUWA NEWS

1. A brief report of the joint presentation by **Dr. Meera Bondre** of UWA, Pune, with members of UWA New Zealand, and Sierra Leone, at the Women's World's Congress (WWC), Hyderabad, has been uploaded by IFUW on its website.  
(August 17 - 22 Women's World Congress, Hyderabad)
2. **Arti Bhatti** of Vadodara has won the Dorothy Lee Grant for her work "Influence of Globalization on challenges faced by ethnic women students of higher education in London" at the University of London, U.K.

## An Ancient Prayer of the Woods

I am the heat of your hearth on the cold winter nights,  
the friendly shade screening you from the summer sun,  
and my fruits are refreshing droughts

quenching your thirst as you journey on.

I am the beam that holds your house,  
the board of your table,  
the bed on which you lie,  
and the timber that builds your boat.

I am the handle of your hoe,  
the door of your homestead,  
the wood of your cradle,  
and the shell of your coffin.

I am the bread of kindness and the flower of beauty.

'Ye who pass by, listen to my prayer : Harm me not.'

*(A prayer used in Portuguese forest preservation for more than 1,000 years)*

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### **What is Chiropractic?**

Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints like Back Pain, Neck pain, Arthritis, Strains and sprains, Work and sports injuries, Knee pain, Shoulder pain and Jaw/TMJ Pain

Doctors of Chiropractic – often referred to as chiropractors or chiropractic physicians – practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counselling.

The most common therapeutic procedure performed by doctors of chiropractic is known as “spinal manipulation,” also called “chiropractic adjustment.” The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile – or restricted in their movement – as a result of a tissue injury. Tissue injury can be caused by a single traumatic event, such as improper lifting of a heavy object, or through repetitive stresses, such as sitting in an awkward position with poor spinal posture for an extended period of time. In either case, injured tissues undergo physical and chemical changes that can cause inflammation, pain, and diminished function for the sufferer. Manipulation, or adjustment of the affected joint and tissues, restores mobility, thereby alleviating pain and muscle tightness, and allowing tissues to heal.

### **ASCI UPHOLDS COMPLAINTS AGAINST 74 MISLEADING ADS**

Advertising industry watchdog ASCI has upheld complaints against 74 campaigns for misleading ads, including those of e-commerce majors like Amazon and industries such as HUL, according to a recent PTI report in the Economic Times.

These complaints related to claims being unsubstantiated and false in most cases, e.g., TV ads for Amazon’s Kindle, and e-bay’s guarantee and 100 per cent satisfaction or refund/

replacement policy were found to be false or unsubstantiated. Whitening creams were criticised for false claims like a fairer look in eight days, and face washes for stating that they gave a fairer look for eight hours!

All this is encouraging but with what results? Have the offending ads been withdrawn ? Has any action been taken against offenders? At best we can only wait and watch.

— Ed.

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### **Trainer for WGU Computer Centre**

The WGU wishes to appoint a Trainer for its Computer Centre for training women, children and senior citizens.

- Knowledge of Computer Hardware, MS Office and Internet is a must.
- An English speaking candidate, with experience, would be preferred.
- A flair for marketing would be considered an added advantage
- Salary commensurate with experience.

For details please contact:

Sanam Mistry, Executive Secretary, WGU Office.  
Between 10.00 a.m. and 4.00 p.m. Monday to Friday.  
Tel. Nos. 22 15 19 47 and 22 18 62 20  
Email : wgu1915@gmail.com

### **Definition of TIME**

Time is slow when you wait !

Time is fast when you are late !

Time is deadly when you are sad !

Time is short when you are happy !

Time is endless when you are in pain !

Time is long when you feel bored !

Every time, time is determined by your feelings and your psychological conditions and not by clocks. So have a nice time always.

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## SNIPPETS

### Antacids increase bone fracture risk

Research from the Forsyth Institute, USA, says that antacids and heartburn medication increase risk of bone fractures. Stomach acid in the gastrointestinal tract is important for absorption of calcium in the intestines and its transfer to the skeletal system.

#### Two minute walk to offset harm of over-sitting

Antacids reduce the level of acidity in the stomach and bring relief to patients, but the reduction interrupts and even stops the gut from absorbing much needed calcium. The regulation of bone mass by the gastrointestinal tract

is an unexpected and important relationship between these two systems.

Walking for two minutes every hour offsets the health hazards of sitting for long periods of time, suggests a study by The University of Utah School of Medicine published in the Clinical Journal of the American Society of Nephrology (CJASN). Over-sitting increases the risk of early death, as well as heart disease, diabetes and other health conditions.

Replacing two minutes of sitting with light exercise like walking every hour could lower risk of dying by 33%. The study recommends adding two minutes of walking every hour in combination with two-and-a-half hours of moderate exercise in a week.

— CERC News, Nov. 2015

### 5th American Dental Congress

**Dr. Arnavaz M Havewala** was invited as a speaker for the 5th American Dental Congress at Philadelphia, U. S. A. October 4 - 6, 2015.

She presented the findings of the Research Project she had undertaken on the

Oral Health Status of Geriatric Parsees. Dr. Havewala has been conducting this project since 2013, covering Parsees over the age of 60 in Masina Hospital, the B. D. Petit Parsee General Hospital, the Parekh Dharamshalla and the Lady Jehangir Health Unit.

**CENTENARY YEAR  
CELEBRATIONS**

**Presentation on Chiropractic  
by renowned Chiropractor ISMAT KANGA**

**Monday, December 7, 2015,**

**Amy Rustomjee Hall, 11-30 a.m.**

**Tea will be served at 11-00 a.m.**

**Contributory Lunch : Rs.120/-**

**Registration only: Rs.30/-**

**Please Register before December 4, 2015.**

**Contact WGU Office - 22151947, 22186220**

**Email: wgu1915@gmail.com**

As far as we can discern,

the sole purpose of human existence is

to kindle a light in the darkness of mere being.

— Carl Jung