

# *University Women*

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University Women

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## **PROGRAMME COMMITTEE**

### **Emotional Re-wiring**

The Programme Committee organized a Seminar on Tuesday, June 21, 2016, on '**Emotional Re-wiring**' by **Dr. Bhavana Gautam**, a well-acclaimed Psychotherapist and Counsellor, whose qualifications and experience were evident and greatly appreciated.

Her passion for total Health Management led her to Wellness Management – to emphasize the need for preventive healthcare and a holistic approach going beyond regular treatment.

The hour-long programme impressed upon the audience the need to change the lifelong beliefs imbibed in one's childhood through the constant brain-washing from elders on what was right and what was wrong. Several myths were cleared. The need to be positive and assertive, thus strengthening one's own self-confidence to deal with crises and daily problems effectively and effortlessly, were emphasized.

## **Counselling and Guidance Centre**

Heal Yourself with Alternative Healing

Informative Talk by

**DIVYA BAJAJ**

OLD IS GOLD as the adage goes and the present scenario proves it by reverting to the age-old techniques of Alternative Healing

**Wednesday, July 13, 2016**

**Amy Rustomjee Hall, Women Graduates Union**

**11.00 a.m. Refreshments**

**11.30 a.m. Talk**

**Register before Monday, July 11th**

**Phone: 22151947, 22186220, 22160218; Email: wgu1915@gmail.com**

## **WGU COMMITTEES 2016-17**

The WGU is happy to announce the list of Committees and the respective Chairman for the current year.

### **Committees**

Behramji Lalkaka Balwadi  
Computers  
Consumer & Civic Affairs  
Counselling & Guidance  
Hostel  
Programme & Fund Raising  
Scholarships  
Study Centre  
Pay Scale  
Constitution

### **Chairman**

**Usha Allahrakhia**  
**Nazli Gidwani**  
**Dinoo Vasunia**  
**Gauri Chhabria**  
**Jayashri Basak**  
**Kashmira Meher-Homji**  
**Sheila Shastri**  
**Sangeeta Sugla**  
**Vasanti Ghatak**  
**Tannaz Tarapore**

## **Members-in-charge**

Editorial Board-Publisher  
Editor  
Membership & Public Relations  
Yoga

**Havovi Gandhi**  
**Dolat Kotwal**  
**Bina Thadani**  
**Shibani Chakravarty**

## **NOAH'S ARK**

### **Everything I need to know I learned from Noah's Ark...**

- ONE** : Don't miss the boat.  
**TWO** : Remember that we are all in the same boat.  
**THREE** : Plan ahead. It was not raining when Noah built the ark.  
**FOUR** : Stay fit. When you're 60 years old, someone may ask you to do something really big.  
**FIVE** : Don't listen to critics; just get on with the job that needs to be done.  
**SIX** : Build your future on high ground.  
**SEVEN** : For safety's sake, travel in pairs.  
**EIGHT** : Speed isn't always an advantage. The snails were on board with the cheetahs.  
**NINE** : When you're stressed, float awhile.  
**TEN** : Remember, the Ark was built by amateurs; the Titanic by professionals.  
**ELEVEN** : No matter the storm, there's always a rainbow waiting.
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## YES WE CAN

**Presidential election victory speech, Chicago, November 2008, by Barack Obama**

**This is a wonderful speech, directed at every American, stressing the need for change in an economically uncertain climate.**

“If there is anyone out there who still doubts that America is a place where all things are possible; who still wonders if the dream of our founders is alive in our time; who still questions the power of our democracy, tonight is your answer. It's the answer told by lines that stretched around schools and churches in numbers this nation has never seen; by people who waited three and four hours, many for the first time in their lives because they believed that this time must be different; that their voice could be that difference. It's the answer spoken by young and old, rich and poor, Democrat and Republican, black, white, Latino, Asian, Native American, gay, straight, disabled and not disabled – Americans who sent a message to the world that we have never been a collection of Red States or Blue States: we are and always will be, the United States of America. It's the answer that led those who have been told for so long by so many to be cynical, and fearful, and doubtful of what we can achieve to put their hands on the arc of history and bend it once more toward the hope of a better day. It's been a long time coming, but tonight, because of what we did on this day, in this election, at this defining moment, change has come to America.

I was never the likeliest candidate for this office. We didn't start with much money or many endorsements...This is your victory. I know you didn't do this just to win an election and I know you didn't do it for me. You did it because you understand the enormity of the task that lies ahead. For even as we celebrate tonight, we know that the challenges that tomorrow will bring are the greatest of our lifetime - two wars, planet in peril, the worst financial crisis in a century. Even as we stand here tonight, we know there are brave Americans waking up in the deserts of Iraq and the mountains of Afghanistan to risk their lives for us. There are mothers and fathers who will lie awake after their children fall asleep and wonder how they'll make the mortgage, or pay their doctor's bills, or save enough for college. There is new energy to harness and new jobs to be created; new schools to build and threats to meet and alliances to repair. The road ahead will be long. Our climb will be steep. We may not get there in one year or even one term, but America – I have never been more hopeful than I am tonight that we will get there. I promise you – we as a people will get there ...For that is the true genius of America - that America can change. Our union can be perfected, and what we have already achieved gives us hope for what we can and must achieve tomorrow.

...This is our moment. This is our time – to put our people back to work and open doors of opportunity for our kids; to restore prosperity and promote the cause of peace; to reclaim the American Dream and reaffirm that fundamental truth – that out of many, we are one; that while we breathe, we hope, and where we are met with cynicism, and doubt, and those who tell us that we can't, we will respond with that timeless creed that sums up the spirit of a people: Yes We Can. Thank you, God bless you, and may God bless the United States of America”.

–From "I HAVE A DREAM, Inspiring Words and Thoughts from History's Greatest Leaders" – Terry Breverton

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## Natural Antibiotics in your Kitchen

Long before there were pharmaceutical antibiotics, food and herbs that guard against infections and diseases were used. Superbugs have still not developed resistance to these natural antibiotics. Overuse of antibiotic pills leads to antibiotic resistance. To avoid this, use these home remedies found in your kitchen.

**Garlic and ginger:** Eat raw garlic cloves or use it in cooking as it is not only an antibiotic but also anti-inflammatory, anti-viral, anti-parasitic, anti-fungal and an antioxidant. Ginger is more effective against bacterial infections than antibiotics.

**Turmeric:** The wonder spice acts as an antibacterial agent and fights against infection in wounds or boils. It can be taken internally or applied directly to the skin.

**Honey:** It is one of the best natural antibiotics, antimicrobials and antiseptics known to man. An enzyme found in honey releases hydrogen peroxide which fights against infection and prevents the growth of bacteria. So, consume raw and organic honey.

**Yogurt:** The “good” bacteria in yogurt stimulate the production of white blood cells, which then attack invading microorganisms.

**Herbs and spices:** Basil and oregano have antibacterial properties. Cumin, mustard and bay leaf contain a powerful antibiotic compound that weakens bacterial resistance. Pepper is effective to fight off intestinal bacteria. Thus, include all of these in your cooking.

**Berries:** Cranberry, raspberry and blueberry have been shown to provide antibiotic benefits. They have been used to cure urinary tract infections and reduce the growth of salmonella, shigella and E. coli.

**Eucalyptus:** Aromatic leaves of eucalyptus are rich in powerful antibacterials and used in inhalation to treat respiratory infections or applied externally to prevent infection in wounds.

**Pomegranate:** Pomegranate juice has strong anti-bacterial and anti-microbial properties. It reduces microbes that are found in the mouth responsible for cavities and staph infections.

**Lemon:** Fresh lemon juice boosts your immune system as it is full of vitamin C with antibiotic effects. Lime juice is found to be protective against cholera.

**Coconut oil:** It has naturally occurring anti-fungal and anti-microbial properties and is packed with antioxidants not found anywhere else in nature. It is good for both topical application as well as internal consumption.

## A YOUNG BOY'S STORY

A young boy and his father were walking along a forest path. At some point, they came across a large tree branch on the ground in front of them.

The boy asked his father, "If I try, do you think I could move that branch?" His father replied, "I am sure you can, if you use all your strength."

The boy tried his best to lift or push the branch, but he was not strong enough and he couldn't move it.

He said, with disappointment, "You were wrong, dad. I can't move it."

"Try again," replied his father.

Again, the boy tried hard to push the branch. He struggled but it did not move.

"Dad, I cannot do it," said the boy.

Finally his father said, "Son, I advised you to use all your strength. You didn't.

You didn't ask for my help."

### **Some reflections on this story...**

We haven't used all our strength until we have recognized, appreciated and galvanized the strength and support of those who love and surround us, and those who care about our purpose.

Our real strength lies not in independence, but in interdependence.

No individual person has all the strength, all the resources and all the stamina required for the complete blossoming of their vision.

To ask for help and support when we need it is not a sign of weakness, it is a sign of wisdom.

It is a call for the greater strength that lives in our togetherness.

When we ask for help and we are refused, it just means we have to ask at another time, or ask in another way, or ask another person.

When by yourself  
You cannot manage  
To complete any task  
Use ALL your strength  
Turn around and ASK!

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## **Programme Committee**

**'Monsoon Magic'**  
**Wednesday, July 20, 2016, 11.00 a.m.**  
**Amy Rustomjee Hall, WGU**

**Housie, Antakshari, Games, Singing and Quiz Competitions to enthrall members.**  
**Plenty of prizes, Fun and Fellowship.**

**Do come with family and friends and enjoy!**

**The event will be followed by Lunch**  
**Members Rs. 130/- Guests : Rs. 150/-**  
**Registration Only: Members Rs. 30/- Guests : Rs. 50/-**

**Register by July 18th**  
**indicating Veg. or Non.veg.**  
**Phone: 22151947, 22186220 or email: wgu1915@gmail.com**

**(N.B. : The event may be postponed if there is heavy rain. Do confirm.)**

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**“In a free enterprise the community is not just the stakeholder in business but is in fact the very purpose of its existence.”**

**- Jamsetji Tata**

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