

University Women

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PROGRAMME COMMITTEE

The Monsoon Magic Meet held on Wednesday, July 20, was visualized as a morning of pure entertainment and rare fellowship amongst the members of W.G.U.

The ever-popular game played and contested with uninhibited enthusiasm in our childhood – Musical Chairs and Four Corners – set the tone for the rainy morning's agenda.

Four unique quiz games were then presented to each member to test their "out of the box" thinking abilities and their interest and devotion to old, melodious songs and their singers of yesteryears. The results were outstanding.

The two games of Housie that followed were played with traditional concentration. The cash prizes were received by the winners with sweet satisfaction and shy smiles.

The Chinese Lunch served was a pleasant change and enjoyed by everyone.

Thank you members for your constant support and affection.

– Kashmira Meher-Homji

Computer Centre CREATIVITY AT ITS BEST!

Since the first batch of students who are doing the Basic Computer Literacy Course at Women Graduates Union were half-way through their curriculum, it was important to stimulate their thought process and give them a platform to display their talent and creativity.

A Computer-Designed Flyer Competition was held, in which nine students, between the ages 17 to 20 years, participated. The theme of the Flyer was to help market WGU's Computer Courses to the public. A brief was given to the participants on the different Courses being conducted at the Computer Centre, and they were asked to design their Flyers within 60 minutes, with the objective of attracting the attention of potential students.

The participants went about trying to produce their creative best with enthusiasm and excitement, and each tried to out-beat the other by bringing in newer elements into their flyer designs.

The entries were judged by a panel comprising of three Senior Citizens (viz. **Shivaram Bhat, Asha Kumar and Rashna Bharucha**) and the Trainer of the Computer Centre, **Carmen D'Costa**. The Judges were amazed at the output of the students, since none of the students had any formal training on designing. In the words of Mr. Bhat, "Judging these Flyers is a difficult task. Even at this age, I don't think I could produce something as innovative as this. I am very impressed with the creativity of these kids, especially since this is a computer-based activity."

The best entry adjudged was that of **Reeta Nishad**, with **Praveen Chauhan** and **Akshay Chavan** taking second and third places respectively. At the prize distribution ceremony, while giving the participants tips on what really works with the target audience, Ms. D'Costa handed over attractive prizes to the three winners and chocolates to the rest of the participants to motivate them.

The winner, **Reeta Nishad** was overjoyed that her entry was declared the best and reiterates that she will continue her journey into the computer world with even greater vigour.

It is a matter of pride that Women Graduates Union is playing a role in building the future of the less privileged youngsters by tapping their creativity and building a positive competitive spirit amongst them.

COUNSELLING AND GUIDANCE CENTRE

The Counselling and Guidance Centre of WGU organised a talk cum workshop on **Alternative Healing** on July 13, 2016 at the Amy Rustomjee Hall.

Alternative Healing refers to a variety of health care practices, products and therapies. Examples include new and traditional medicine practices such as Homeopathy, Naturopathy, Chiropractic, Energy Medicine, various forms of Acupuncture, traditional Chinese medicine, Ayurvedic medicine, Sekkotsu, etc..

The keynote speaker was **Divya Bajaj**, who is an Alternative Therapist with specialization in Reiki, Chakra Healing, Crystal Therapy, Tarot Cards, Hypnosis, Energy Healing, Frequency Healing and Healing with Angels. She stressed upon living in the moment, to love oneself and let go. She made the audience practice the Hawaiian style of meditation known as '**Ho'oponopono** (ho-o-pono-pono) Healing Meditation'. This therapy is connected to the subconscious mind and is a practice of reconciliation, forgiveness and cleansing of the mind. Ho'oponopono corrects, restores and maintains good relationships among family members and friends by getting to the causes and sources of trouble.

An interesting and informative session.

NON-VIOLENCE IN PARENTING

Arun Gandhi, grandson of Mahatma Gandhi and founder of the M.K. Gandhi Institute for Non-violence, in his lecture at the University of Puerto Rico, shared the following story as an example of "non-violence in parenting".

"I was 16 years old and living with my parents at the institute my grandfather had founded 18 miles outside of Durban, South Africa, in the middle of the sugar plantations. We were deep in the country and had no neighbours, so my two sisters and I would always look forward to going to town to visit friends or go to the movies.

One day, my father asked me to drive him to town for an all-day conference, and I jumped at the chance. Since I was going to town, my mother gave me a list of groceries she needed and, since I had all day in town, my father asked me to take care of several pending chores, such as getting the car serviced. When I dropped my father off that morning, he said, 'I will meet you here at 5:00 p.m., and we will go home together.'

After hurriedly completing my chores, I went straight to the nearest movie theatre. I got so engrossed in a John Wayne double-feature that I forgot the time. It was 5:30 p.m. before I remembered. By the time I ran to the garage and got the car and hurried to where my father was waiting for me, it was almost 6:00 p.m.

He anxiously asked me, 'Why were you late?' I was so ashamed of telling him I was watching a John Wayne western movie that I said, 'The car wasn't ready, so I had to wait,' not realizing that he had already called the garage. When he caught me in the lie, he said: 'There's something wrong in the way I brought you up that didn't give you the confidence to tell me the truth. In order to figure out where I went wrong with you, I'm going to walk home 18 miles and think about it.'

So, dressed in his suit and dress shoes, he began to walk home in the dark on mostly unpaved, unlit roads. I couldn't leave him, so for five-and-a-half hours I drove behind him, watching my father go through this agony for a stupid lie that I uttered. I decided then and there that I was never going to lie again.

I often think about that episode and wonder, if he had punished me the way we punish our children, whether I would have learned a lesson at all. I don't think so. I would have suffered the punishment and gone on doing the same thing. But this single non-violent action was so powerful that it is still as if it happened yesterday. That is the power of non-violence."

"Forgiveness is choosing to give up my right to hate you for hurting me."

Mumbai Traffic Over one lakh offenders booked

Moving to deter motorists from running over elementary traffic regulations whenever they find it convenient, or possible, the state traffic department has proposed to slap them with five times the penalty they are required to pay now for various felonies.

The measure, which has recently proven to work in other capitals in the sub continent, comes after the traffic division decided at the start of this year to accept fines through debit and credit cards.

"In the past six months, more than 1 lakh cases of signal jumping, rash driving and so on have been registered, and around 6,000-7,000 licencees suspended for three months in response. But until we make the laws more stringent, people will not fall in line with the regulations," said Transport Minister Diwakar Raote to Mumbai Mirror.

Incidentally, auto drivers who overcharge or refuse to go by the meter, are also being sought to be regulated under the proposal with the imposition of stringent fines.

"We are trying to introduce steps to enforce traffic discipline, and have sent the proposal to the state about two weeks ago," stated Traffic Commissioner Shyam Wardhane. Minister Raote said the Motor Vehicles Act, which is way behind the times to be able to check the current breed of road users, needs to be modified if it is to prove efficacious.

During 2011-15, the city traffic police caught 36,216 motorists for rash driving, and collected Rs. 69.15 lakh in fines. Over the same period, 20,137 paid Rs. 34 lakh for speeding.

Current Fine System Peanuts For 'petty' Offences

Rs. 50 is what an auto driver cheating the meter is liable to pay currently

Rs. 100 is what you are supposed to be fined if you

- Drive with a learner's licence without the 'L' sign
- Ride without a helmet
- Drive without safety belts
- Drive without a licence and other documents like RC book, insurance, etc.
- Ride with more than one pillion rider
- Create obstruction for traffic
- Park in a no-parking zone
- Cut lanes, or go through a no-entry zone
- Use cell phone while driving

Rs. 200 is what an offender currently pays for:

- Disobeying traffic police's hand signal
- Giving false info to traffic police

PLANS FOR THE YEAR

The Programme Committee for 2016-2017 proposes to hold meetings with entertainment, Fund Raising programmes, informative workshops and seminars organized by our various committees throughout the year for the members of W.G.U.

Suggestions are invited from members. Preferred topics of interest and concern may be conveyed to me in writing, well in advance. Members willing to share their talents and expertise, whether in cooking, toy- or jewellery-making, etc., would be welcome to demonstrate at a special get-together planned for the purpose. Our endeavour is to promote fellowship and forge friendships amongst us. Your constant and unfailing appreciation and support would surely enable us to achieve our goal to empower women in every which way.

Friends, an advance notice of our forthcoming events and programmes with details are regularly conveyed to you via the monthly Newsletters, emails and circulars with limited response from you. The cut-off date for registration is always mentioned in the announcements. We shall now try to enforce this rule strictly. Do register in time and take advantage of our excellent, informative and enjoyable get-togethers.

- Kashmira Meher-Homji

Consumer News No Honking Day on August 22

Ceaseless honking by vehicles assaulting our senses by day and night, has turned our daily lives in the city into a sleepless nightmare.

Symptoms of stress caused by the deafening noise of relentless honking, as much from luxury cars as taxis, are becoming more and more severe, and affecting children, the working population and senior citizens alike.

A major problem is the lack of public awareness about anti-noise pollution laws and the fact that official agencies are unable to allocate resources to educate motorists, resulting in failure to enforce rules on the streets.

Now, Times of India has launched a campaign to educate, inform and persuade the Indian public about the disastrous effects of unchecked noise pollution. Continuous exposure to abnormally high decibel levels leads to a number of ailments such as hypertension, heart disease, loss of hearing and lack of concentration.

The climax of the campaign will be a '**NO HONKING DAY**' on August 22.

Women Graduates Union is also supporting this much needed endeavour to galvanise social change. Members are requested to observe 'No Honking Day' on August 22 and urge their families and friends to help make the drive a success.

HOW LONG DOES IT TAKE TO DECOMPOSE

Paper Towel - 2-4 weeks

Banana Peel - 3-4 weeks

Paper Bag - 1 month

Newspaper - 1.5 months

Apple Core - 2 months

Cardboard - 2 months

Cotton Glove - 3 month

Orange peels - 6 months

Plywood - 1-3 years

Wool Sock - 1-5 years

Milk Cartons - 5 years

Cigarette Butts - 10-12 years

Leather shoes - 25-40 years

Tinned Steel Can - 50 years

Foamed Plastic Cups - 50 years

Rubber-Boot Sole - 50-80 years

Plastic containers - 50-80 years

Aluminium Can - 200-500 years

Disposable Diapers - 550 years

Monofilament Fishing Line - 600 years

Plastic Bags - 200-1000 years

We request you, please share this piece of information. It will create awareness that Plastic is one of the major reasons related to the Global Green House Effect.

You have to guard your wealth, but knowledge guards you.

Therefore knowledge is better than wealth.

Knowledge cannot be stolen, while wealth is constantly exposed to the danger of being stolen. Accordingly knowledge is better than wealth.

- HAZRAT ALI
