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University Women

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Study Centre Activities

Eye Camp

An Eye Camp held on July 25, 2015, in collaboration with the **National Association for the Blind** (NAB), was a labour of love.

Of the fifty-three Study Centre children examined, 17 children were detected as having poor vision, needing correction with numbered spectacles. Of these 5 children were requested to go to J.J. Hospital for further investigations. Members of the staff - watchmen, the boys working in the canteen and the cleaning ladies of the Hostel, were all examined. Of these 18 required spectacles.

A total of 38 spectacles with good quality frames and glasses were delivered entirely free of cost by the NAB representatives. Our grateful thanks have been conveyed to the NAB.

Prize Distribution

A Prize Distribution Function was organised by the Study Centre Committee on Saturday, August 1, 2015, at 3 p.m., in the Amy Rustomjee Hall. Three prizes in order of merit per class were given in cash. All the 53 children received school bags, exercise books and stationery. Nutritious snacks were later served.

Trustees and members of the Managing Committee graced the occasion..

Health Conditions as you age

It's more important to keep your bones, belly and brain in tip-top shape as you enter your golden years. Proper nutrition, timely treatment, an active life and happiness go a long way in keeping you glowing. There are certain common conditions one has to watch out for in order to prevent them or treat them effectively, such as :

1. **Osteoporosis** : It is a condition in which bones become very fragile and can easily break during a fall or even when you're making everyday movements. As one ages, the body begins to absorb old bone tissue faster than new bone tissue can be created, and the bones tend to become thinner and weaker.
2. **Glaucoma** : It is related to vision as the years go by. It involves an increase in the fluid pressure inside the eye, which can gradually damage the optic nerve that connects the retina to the brain. One can lose peripheral vision and eventually even direct vision may be affected. If untreated it may result in blindness.
3. **Hearing Loss** : Conditions like Presbycusis, i.e. decreased ability to hear high pitched sounds, and
- secondly, noise-induced hearing loss are common.
4. **Alzheimer's disease** : Alzheimer's disease is a neurological disorder in which the death of brain cells causes memory loss and cognitive decline. A neuro-degenerative type of dementia, the disease starts mild and gets progressively worse.
5. **Cognitive Impairment** : It refers to age related memory loss that has not become Alzheimer's but is cause for worry. People with mild cognitive impairment can carry on conversations and solve problems, but they're often forgetful and can become confused when taking on more complex tasks like paying bills or following multiple-step directions.
6. **Arthritis** : Arthritis occurs when the fluid and cartilage in a joint wears out, causing bones to scrape against each other and create pain. The most common form of arthritis affecting senior health is osteoarthritis, which results from a lifetime of wear and tear on the joints — especially in the fingers, hips, knees, wrists, and spine.

— Dr. Vatsala Thakur
Counsellor

Women's Empowerment Programme

The Programme and Fund Raising Committee and the Counselling and Guidance Committee co-ordinated with the Business Associate of TATA AIA Insurance Company **Shaila Patel** to hold a Seminar on “**Fenomena**” . .

This initiative was taken to introduce women to a career in Life Insurance as a means to Empowerment. Women with spare time and an inclination to augment their income and who are also dynamic, with communication skills, could join the “Distributions Force” of the Tata AIA after attending a 5-day training conducted free of cost by the Tata AIA.

The presentation by Shaila Patel and the Audio-Visual by **Pankaj Ramagadia** were both interesting and informative.

A few of the participants present were inspired to offer themselves for the training.

The event was held on Saturday, July 25, 2015 in the Amy Rustomjee Hall.

It was a step towards the goal of WGU to empower women in its Centenary Year.

SNIPPETS

Deficiency of salt also harmful

It is common knowledge that excess salt intake aggravates hypertension and elevates your risk of heart diseases. Researchers have found that people who consume more than 8,000mg of sodium per day are 50-70% more likely to suffer a heart attack or stroke than those with normal intake.

However, not everyone knows that taking too little salt can also be harmful. According to a study published in the Journal of American Medical Association, a lower sodium intake, between 2,000-3,000mg per day, has also been linked to a 20% higher risk of cardiovascular-related death as well as hospitalization for congestive heart failure.

Fatter and happier?

Fat people have a reputation of being more jovial. This is proven true by a recent study conducted at McMaster University in Hamilton, Canada. The study has found that a gene mutation that is associated with obesity is also linked to an 8% decrease in the risk of depression.

However, researchers clarified that the study, published in the journal Molecular Psychiatry, does not advocate the fact that getting fatter makes you happier. The effect was seen merely with the presence of one copy of this mutant in your genome, irrespective of whether you are actually obese.

Second brain in our stomach

A research conducted at the University of California, US, revealed that our guts exert control over our mood and appetite. You must have often experienced butterflies in your stomach. The sensation is apparently caused because of a network of neurons lining our gut, which is so extensive that scientists have termed it as the 'second brain' of our stomach.

The second brain can control gut behaviour independently of the brain. According to the study, a big part of our emotions are probably influenced by the nerves in our gut. Butterflies in the stomach are a signal of physiological stress response.

Indian recipes retain most iodine

Indian recipes, whether cooked with iodised or non-iodised salt, are likely to retain most of the iodine during cooking, found a study at the National Institute of Nutrition, Hyderabad, reports Down to Earth. The researchers found that on an average 65.9% iodine was retained in Indian recipes in both cases.

However, the researchers warned that the amount of iodine in food made with non-iodised salt is much lower. Informatively, the iodine level in iodised salt is so adjusted that a person gets 150 microgram per day which is safe, as prescribed by WHO.

— Consumer Alert

Forgetting names? Easy tips to remember them

Many a time you come across a person who appears familiar; yet you can't recall his/her name. The situation becomes quite embarrassing. These tips may help you remember names easily:

- **Pay attention** : Being attentive is the first step. Whenever you meet people for the first time, be attentive to them when they tell you their name.
- **Repeat it frequently** : Whenever you meet someone new, repeat his/her name a couple of times.
- **Verify** : It is always important to verify that you comprehend the name correctly. If the name is too complicated to recall quickly, always make it a point to ask them to repeat it.
- **Mistakes help you remember** : Make it a point to use the name while talking to that person. You will be corrected at the first instance, if you make a mistake or have remembered the wrong name. Once you fail to remember, the next time you will never forget it.
- **Use associations** : Cultivate a habit to link a person's names with the simpler names and words used commonly by you and those you easily remember, e.g. you may use 'Anu' (which is more commonly used) to remember 'Anushka' or 'Mads' to remember 'Madhavan'.
- **Observations help** : Try to observe distinctive facial features, peculiar habits and tendencies of persons you come across. Associate such observations with the person's name.
- **Imagine writing the name** : Getting a feel of what it would be like to write the name and saying it to yourself will help you remember it better.
- **Be patient with yourself** : Give yourself time to get comfortable with memorising new names or recalling old ones. Don't lose your morale by thinking that forgetting names is an inherent trait you've been cursed with.

Source : brainsmart.com; cnn.com; apa.org

Thoughts to Mull Over

Work for a cause
Not applause

Live life to express
Not impress

Don't strive to make your presence
noticed

Just make your absence felt.

— Kashmira Meher-Homji

One good book is equal to a 100 good friends, but one good friend is equal to a Library.

— Late, Ex-President - Dr. A.P.J. Kalam

The Wonder of WhatsApp

When TV came to my house, I forgot how to read books.
When the car came to my doorstep, I forgot how to walk.
When I got the mobile in my hand, I forgot how to write letters.
When the computer came to my house, I forgot spellings

When the AC came to my house, I stopped going under the tree for cool breeze.
When I stayed in the city, I forgot the smell of mud.
By dealing with banks, I forgot the value of money.
With the smell of perfume, I forgot the fragrance of fresh flowers.
With the coming of fast food, I forgot to cook dal and rice.
Always running around, I forgot how to stop.
And lastly when I got WhatsApp, I forgot how to sleep.

Memorable Lines by Mother Theresa :

**If your Eyes are Positive, You will Love the World.
But if Your Tongue is Positive, The World will Love you.**

A woman's love is in action. She looks with her heart and feels with her eyes.

A woman is the bank where her family deposits all anger, worries and hurt.

A woman is the cement that keeps her family together and her love lasts a lifetime.