

University Women

RNI No. 22821/1976

₹ 2-50

University Women

May 2016

Issue No. 5

FROM THE DESK OF THE PRESIDENT

Dear Members,

I am pleased to share with you our first Newsletter of the 101st year . The aim of this publication is to keep you informed of new initiatives and updates concerning the happenings at the Women Graduates Union. Here you will find articles on different and interesting ways in which the WGU is furthering the vision of changing the world through education.

CHANGE IS INEVITABLE - GROWTH IS OPTIONAL. Change knocks the wind out of all good plans. Unless performance is reviewed regularly, growth becomes stunted.

With 170 Institutional Active members and more than 100 Associate members , we hope this Newsletter will serve as one of the ways to help you keep connected with us and to find many opportunities in which we can work together.

We support the amazing work accomplished by Chairpersons of different Committees, raising awareness of important issues and providing opportunities for underprivileged students, and their family members. We also help young women to focus on their higher studies and research programmes through scholarships and short term training courses.

We celebrated our Centenary Year with different programmes and invited eminent speakers to talk on legal issues concerning women in general. A book, compiled by Jayashree Basak, Hon Secretary 2015-16, along with the inputs by Past President Mrs. Sudha Padhye, “A Hundred Year Journey” speaks volumes of the work done by our peers to pass on the torch to the next generation. I do request all the members to read this book and feel proud of the achievements of this great 100 year old institution.

We look forward to hearing your stories and ideas for upcoming issues and welcome your ideas and feedback. Please feel free to contact the WGU Office.

Best wishes and warm regards,

— HAVOVI GANDHI

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Well Said

What a profound little paragraph..... stated way back in 1931 and it says it all “You cannot legislate the poor into freedom by legislating the wealthy out of freedom. What one person receives without working for, another person must work for without receiving. The government cannot give to anybody anything that the government does not first take from somebody else. When half of the people get the idea that they do not have to work because the other half is going to take care of them, and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that my dear friend, is about the end of any nation. You cannot multiply wealth by dividing it”.

— **Dr. Adrian Rogers, 1931**

TECHNOLOGY AND ITS AFTER-EFFECTS

A recent article in the China Daily supplement included in the weekend MINT LOUNGE, Hindustan Times Group, dated Saturday, May 7, on India, underlines the extreme dangers of uncontrolled hazardous e-waste or electronic waste resulting from dismantling discarded computer monitors, motherboards, cathode ray tubes, printed circuit boards, mobile phones and chargers, headphones, air conditioners and refrigerators.

Children and adults involved in this activity of extracting metal and plastic pieces for recycling are exposed to highly toxic fumes released when the discarded components are burnt. There are serious health risks involved, particularly damage to the liver and kidneys and children are most vulnerable.

India produces nearly 1.8 m tons of e-waste per year, with a growth rate of 25 per cent per annum and with 90 per cent of it still being recycled in the informal sector, as stated in a recent report from ASSOCHAM and Frost and Sullivan, a market research firm.

The Indian government has announced new rules on March 22nd to deal with this serious problem. Under these rules, "an extended producer responsibility" makes it mandatory for manufacturers to ensure that 30 percent of e-waste is collected by 2018 and 70 per cent by 2023. Producers must carry out publicity and consumer awareness programmes. A new consumer deposit-refund plan is also mandatory - at the end of the product's life a refund of an amount deposited at the time of purchase will have to be refunded when the product is returned.

The new strategy aims to gradually push out the informal sector, at the same time putting into place a Skills Development Programme to upgrade the skills of 3 lakh waste dealers in the next ten years and to train them in the safe handling of waste.

Rules may be laid down but who will ensure that they are scrupulously implemented?

—Ed

Swami Vivekananda - Some Truths

Litmus tests in life :

Don't let someone become a priority in your life, when you are just an option in their life. Relationships work best when they are balanced.

Never explain yourself to anyone. Because the person who likes you doesn't need it and the person who doesn't like you won't believe it.

When you keep saying you are busy, then you are never free. When you keep saying you have no time, then you will never have time. When you keep saying that you will do it tomorrow, then your tomorrow will never come.

When we wake up in the morning, we have two simple choices. Go back to sleep and dream, or wake up. The choice is yours.

We make them cry who care for us. We cry for those who never care for us. And we care for those who will never cry for us. This is the truth of life, it's strange but true. Once you realize this, it's never too late to change.

Don't make promises when you are in joy. Don't reply when you are sad.

Don't take decision when you are angry. Think twice, act once.

Time is like a river. You can't touch the same water twice, because the flow that has passed will never pass again.

Someone asked Swami Vivekananda : "What is poison ?" He had given a great answer: "Everything excess in life, is poison".

TEN NATURAL MOSQUITO REPELLENTS

In their case, size does not matter! Small and innocuous looking, mosquitoes can cause life-threatening diseases like malaria, dengue and chikungunya. Here are ten natural mosquito repellents that will help you tackle the menace.

1. **Neem, coconut, eucalyptus and lemon oils** : Mixing neem oil with coconut oil (or eucalyptus oil with lemon oil) in equal proportions and rubbing it on all exposed parts of the body will protect you from mosquito bites.
 2. **Garlic** : The pungent odour of garlic is known to repel mosquitoes. Boil a few crushed pods of garlic in water and spray the water around the room. Eating garlic regularly also helps as garlic is released through the skin's pores and changes the way you smell.
 3. **Camphor** : It has been found to have the longest mosquito repelling effect among natural products. Light camphor in a room and close all the doors and windows. After 15 minutes you will find the room free of mosquitoes.
 4. **Tulsi** : Tulsi is extremely effective in killing mosquito larvae. Also, according to Ayurveda simply planting a tulsi shrub near your window is all you need to keep mosquitoes away.
 5. **Dry ice** : The carbon dioxide that we exhale attracts mosquitoes. Dry ice emits a lot of carbon dioxide. So, trap mosquitoes by placing dry ice in a container with a lid in the room.
 6. **Used coffee powder** : Sprinkle ground coffee beans after use wherever you find stagnant water near your house. The mosquito eggs present in the water will be forced to come to the surface and, deprived of oxygen, they will die.
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7. **Lotus** : New research shows that lotus is an effective mosquito repellent and also kills mosquito larvae. Lotus is a good option as a natural repellent if grown in backyard ponds.
8. **Mint and lemongrass** : You can put mint leaves and essence in a vaporiser and spray in the room. Similarly, put chopped lemongrass soaked in water in a spray bottle and spray on yourself and your surroundings every couple of hours.
9. **Cinnamon oil** : It is an effective way to destroy mosquito larva. The spice's effectiveness against adult mosquitoes is not proven but it is believed that the same chemical that kills the larva could also repel mosquitoes. But do not use on the skin without diluting.
10. **Soybean oil** : Research has found that repellents made of soybean oil are just as effective as those containing DEET (a chemical found in many insect repellents).

CERC Consumer Alert - Sept. 2015

BOOK NOOK
WORLD'S BEST SHORT STORIES
JAICO CLASSICS

"It is not that you read a book, pass an examination and finish with education.

The whole of life, from the moment you are born to the moment you die, is a process of learning."

— J. Krishnamurti

This volume of timeless masterpieces from the greatest storytellers of all time, is meant more to entertain than to educate.

It is a selection of famous and fascinating stories from around the world, most of them read at some point in time, but still worth a re-read.

It contains literature classics by the likes of Rudyard Kipling, William M. Thackeray, Guy de Maupassant, J. M. Barrie and Edgar Allan Poe.

It is a good idea to own this paper-back, priced at Rs.350 only, to read on hot sultry days or when it is pouring with rain and you do not feel like stirring out.

It is certainly a "must have" for the WGU Library.

— Ed

ENERGISING MINDS THROUGH THE COMPUTER CENTRE

Today's world is an information-rich world and it has become a necessity for everyone to know how to manage technology. Be it a smartphone, or tablet, or laptop/PC, computers have become the epicenter of today's life. Right from emailing, social media (like Facebook, Skype, etc.) to online banking, online shopping or applying online for a passport, the need of the hour is knowledge of computers.

With the re-opening of the WGU Computer Centre, Women Graduates Union has moved a step ahead in contributing to the cause of spreading computer literacy at affordable fees. WGU Computer Centre offers a variety of courses to meet the needs of every age group and every level of competency, right from 'fun filled computer knowledge' for smartkids, to introducing beginners to the world of computers and an advanced course for those with a knowledge of computers, to energizing the minds of senior citizens by designing a course especially to meet their needs.

It is encouraging to see that in a short span of less than a month, the Computer Centre has picked up thanks to the support of a few members, with students ranging from the age group of 18 years to 80 years, with a 60:40 female / male ratio. The determination and quest for learning of the students, be it old or young, and the excitement on their faces when they have learnt something new, is an extremely joyful experience.

We would encourage members to grab this golden opportunity and equip themselves with a course to suit their needs, as well as to spread the word to their families, friends and neighbours.

All are welcome to join this wonderful world of gaining computer knowledge!

— Carmen D'Costa
Trainer - Computers and Conversational English

SHEER HABIT

MORAL EXCELLENCE COMES ABOUT AS A RESULT OF HABIT.
WE BECOME JUST BY DOING JUST ACTS, TEMPERATE BY
DOING TEMPERATE ACTS, BRAVE BY DOING BRAVE ACTS.

— ARISTOTLE
