

experiment and take risks. We are able to cope better with difficult times in our personal and professional lives. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively and make meaningful contributions to their communities. One can maintain this positive mental health by connecting with others, staying positive, getting physically active, helping others, getting enough sleep, developing coping skills and if needed getting professional help.

So let us pledge to stay positive and gift ourselves good Mental Health.

— Dr. Vatsala Thakur

ENTHUSIASM

Whenever you have
taken up work in hand,
you must see it to the finish...

Enthusiasm is the greatest
asset you can possess,
for it can take you further than
money, power or influence.

— Dada Vaswani

Very meaningful words from a great religious leader !

It is not necessary to believe in God to be a good person. In a way, the traditional notion of God is outdated One can be spiritual but not religious. It is not necessary to go to church and give money - for many, nature can be a church. Some of the best people in history did not believe in God, while some of the worst deeds were done in His name.

— Pope Francis

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University Women

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Saluting all 60-Plus Women

It is some time since I last addressed you through the Newsletter. Firstly, I would like to convey my warm and heartfelt good wishes to you for Navratri, Durga Puja, Dassera and Diwali. May you have a wonderful time this festive season with your family and friends.

After the inauguration of the Centenary Year, there was a little lull in our activities because of the uncertainties of the monsoon season. However, as soon as the monsoon clouds receded, we had a Book Discussion. First-time author, Renu Balakrishnan, talked to our members and guests about her book 'Four Aleys' and read excerpts from it. The lively discussion which followed made the occasion very enjoyable.

A number of other activities have been planned to make this a memorable year. On October 31, there will be a Centenary Year Special Diwali Mela with participation from many NGOs and women entrepreneurs.

In this year of celebration, let us celebrate the new powerful 60+ woman. Some are still income-earners, some doing small businesses from home. Yet others give their time and expertise in running NGOs and other community based activities. It is these voluntary workers who run orphanages and old age homes, para medical and Jr. Teacher Training facilities and institutes which impart a variety of skills which lead to income generation for the less privileged young adult.

Today's 60+ woman has a passion for life. She runs her home, is fashion-conscious and stylish, has a positive attitude and she knows how to cope even when things are tough. She influences and empowers, always ready with ideas and willing to work hard for a cause.

Let us celebrate the 60+ woman. Let us celebrate all the 60+ women who are WGU members.

— Nandita Singh
President

Centenary Year Special Programme Book Discussion

An enthusiastic audience gathered in the Amy Rustomjee Hall on October 7, to welcome, listen and discuss the book **“Four Aleys”**, by the popular author, **Renu Balakrishnan**.

A brief introduction of the author by **Nandita Singh**, President of the WGU, helped create an awareness amongst the audience of the sensitivity and commitment with which Renu wove the various streams of this intricate story, and which she managed to put together quite cleverly to portray the lives of the four Aleys.

The detailed description of an entire joint family living in a huge mansion was depicted with a touch of pathos and humour. Their values, their individual characteristics, desires, beliefs, traditions and feelings are all observed with a rare understanding. The life of the youngest Aley, her thoughts, her reactions to deep-rooted traditions and customs, her longing to be loved, her dreams and hallucinations are captured with unflinching detail. The structure of the story, unfolding slowly but surely, from childhood to maturity,

is creditably handled. At times the activities of the four Aleys and the time-frame in which they are happening become somewhat confusing, perhaps intentionally.

The reading of selected passages from the book revealed the mastery of the author’s craft, and left the audience intensely interested, thus gaining the undivided attention of the entire audience.

Questions on the story-line, the unique customs of the Keralites in the 1950s, that time in history when landed gentry similar to this family were served by obedient servers – not necessarily slaves but nevertheless captive labourers whose services were accepted as a way of life - proved to be a revelation, as communism set in just after this period.

It was an exciting experience to be present and to comprehend the unfolding of this complex account of all the four Aleys.

The event ended with kudos and a vote of thanks to **Renu Balakrishna** for graciously accepting the invitation from the WGU.

System to Combat Violence against Women – Mamta Baxi

5. A Women’s Perspective on Development with reference to the Nair White Transactional Model for Communication – Niti Chopra (Vadodara)

The CC Meeting was held on August 23, 2015 in the Conference Room of Hotel Shagun.

The minutes of the last CC Meeting held in February at Chennai were read and passed. Mrs. Mythili Sundar, Hon. Secretary, IFUWA reported that though IFUWA voted for ‘No Name Change’, the name change from IFUW to Graduate

Women International (GWI) has been approved by a large 70% majority. The new name has been publicly launched. GWI Triennial Conference will be held in Cape Town from August 24 to 26, 2016.

The Hon. Treasurer read out the Income & Expenditure A/c for the period 01-04-2014 to 31-03-2015 and Balance Sheet as on 31-3-2015.

Dr. Meena Muthiah, President IFUWA donated Rs. 2,00,000/- towards the IFUWA Scholarship.

The hospitality and personal attention throughout by the UWA Vadodara members, who hosted the CC Meeting, was greatly appreciated.

Counselling and Guidance Centre Mental Health

Every year on October 10th, **‘WORLD MENTAL HEALTH DAY’** is celebrated to spread awareness, educate and draw attention to Mental Illness and its effects on life. This day was designated by the World Health Organization (WHO) and World Federation of Mental Health to raise public awareness of mental health issues. It aims to get us all talking openly about mental illnesses and the treatment and preventions that are available to us.

Mental health is a level of psychological well-being, or an absence of a mental disorder; it is the “psychological state of someone who is functioning at a

satisfactory level of emotional and behavioural adjustment” (Wikipedia).

Mental health is important at every stage of life, from childhood and adolescence through adulthood. As it involves emotional, psychological and social well-being, it affects the way we feel, think and act. As physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a state of good mental health.

When we are mentally healthy, we enjoy our life and environment, and the people in it. We can be creative, learn,

IFUWA MEETING AT VADODARA

The 1st CC Meeting of the 2nd year of the 6th Triennium (2014-17) of the Indian Federation of University Women's Associations along with a Seminar was held on August 22 and 23, 2015, at Vadodara.

A total of 27 delegates from various UWAs attended the CC Meeting: Chennai – 4, Delhi – 4, Mumbai – 3, Kolkata – 2, Pune – 7, Bangalore 2, Thiruvananthapuram – 3.

On August 22, the Inauguration Programme of the Seminar on 'Pathways to Development – A Woman's Perspective' was held at the Central Auditorium, Parul University, Waghodia, Vadodara.

In the morning, after registration, there were welcome addresses by Swati Bedekar, President, UWA Vadodara and Dr. Geetika Madan Patel, Trustee and BOG, Parul University, Medical Director, Parul Sevashram Hospital.

Guest of Honour, Shubhangi Rajee Gaikwad, Hon. Chancellor, M.S.U, Vadodara spoke about her experiences as Chancellor of the University, and of her visits to the remote areas of Gujarat. Other Guests of Honour were Ranjanaben Bhatt, Honorary member of Parliament, Vadodara, Anarben, Co-founder, Manav Sadhana and M.D., Gramshree Sanstha and Craft Roots.

After 11.30 a.m., the technical session

began with Amita Shah, Hon. Secretary, UWA Vadodara, welcoming the dignitaries and the audience. The Speakers were Purvi Mehta, Senior Advisor and Head of Agriculture for South Asia and Bill & Melinda Gates Foundation, India, Kusum Kaul Vyas, Managing Trustee, Utkarsh Healthcare Foundation, India and Mrs. Bhatt, Global Head, Process Cluster, L & T Technology Services. All the speakers touched everyone's hearts. They were brief and to the point and put forth their ideas in a very simple manner which could be understood by members and students of Parul University.

The speakers enlightened us with their ideas and made us realize how very essential it was to empower women and girl child right from their childhood, creating an environment of growth and development.

There was a Paper Presentation Session in the afternoon. Papers were presented on :

1. Development of Leadership Capacity – Dr. Ranjana Banerjee (Kolkata)
2. Tryst with Destiny: Empowering Women thru Financial Inclusion – Dr. Seema Singh (Delhi)
3. Status of Women in India in the Present – Dr. Meena Muthiah (Chennai)
4. Nari Adalat – An Alternative Justice

Gossiping is good

When someone tells you that you are a gossip monger, feel good about it. Gossiping is good for you. According to a new study by Michael Slepian of Columbia Business School, New York, keeping secrets is like carrying physical weight that can rob you of your energy.

A series of experiments were carried out to assess the effect secrets had on one's ability to judge the steepness of a hill. People with preoccupying secrets judged the hill to be steeper than it actually was. "This is the same kind of outcome we see when people are carrying physical burdens, seeing the world as more challenging, forbidding and extreme," said Slepian. According to the study, one of the best ways to gain back your efficiency is to get the burden off of your chest. If you can't share it with a confidant, write it down in your personal diary.

Exercise boosts gut bacteria diversity

A reduced diversity of gut bacteria has been linked to diabetes and obesity while a healthy and diverse profile is associated with a favourable metabolic profile and immune health. Diet is known to have a key influence on gut bacteria diversity and growth. Now, a new study has found evidence of a link between exercise and gut bacteria profile, as reported in medical journal Gut.

The researchers looked at faecal and blood samples from rugby players and healthy men who were not professional athletes to assess the range of microbiota they were hosting in their gastrointestinal tract. The rugby players had a significantly wider range and larger number of gut bacteria.

Slumping can cause headache

Experts suggest 80% of tension-type headaches are actually caused by increased pressure on the neck, made worse by bad posture, reports Daily Mail. Slumping leads to knots forming in the neck muscles, which release chemicals that make nerves more sensitive to pain. This causes pain to be felt in the head.

The head and neck have at least 36 muscle groups of which 20 have been shown to refer pain to the head. These muscles are used for many activities such as moving the head, maintaining posture, eating, talking and facial expressions.

App to tell renewable energy potential

Smartphone users can now access the most reliable data on global renewable energy potential for free, according to www.irena.org. The International Renewable Energy Agency (IRENA) has released an app called the 'Global Atlas Pocket' that can turn your smartphone or tablet into a personal renewable energy prospector.

The purpose is to enable investors identify potential investment opportunities in wind, solar, marine, ocean, thermal and geothermal energy, bio-energy and hydro power. It brings together 1,000 maps from 50 data centres across 67 world governments to deliver information on renewable energy resources anywhere in the world. India is among the countries covered. The app is available on all platforms – BlackBerry 10, iOS, Android and Windows Phone.

— Consumer Alert