

University Women

RNI No. 22821/1976

₹ 2-50

University Women

December 2015

Issue No. 12



BEST WISHES FOR A HAPPY NEW YEAR

This has been a very Special year for the WGU ! The Centenary Year, Celebrated with Great Enthusiasm and Excitement !

In March 2015, the **Inaugural Function of the Centenary Year** was celebrated at the Convocation Hall of the University of Mumbai, with special invitees and guests. The Chief Guest was Professor Vasudha Kamat, Vice-Chancellor of the SNDT Women's University, and the Keynote Speaker was the eminent banker Ms Arundhati Bhattacharya, Chairman SBI. The event was a resounding success.

This was followed by a lively **Book Discussion** of Renu Balakrishnan's "Four Aleys", with the author and the animated WGU audience in October.

The **Diwali Mela**, later in October, was a fun-filled festive affair, held after a gap of two years. Bigger and better than in the past, many more stalls were booked with a variety of products and foods. Moreover, it also helped raise funds for WGU projects.

Many more special events will continue into the new year, so members make sure you are there to join in the celebrations being specially planned to mark this major milestone.

May 2016 be the best yet for the WGU & You

From the President's Desk...

This is the season we look forward to - there is a slight nip in the air and the festive feeling continues. In a cosmopolitan city like Mumbai, the joy which accompanies a festival celebrated by any one community pervades the atmosphere. It all began with the Parsi New Year and was followed by Ganesh Puja, Durga Puja and Diwali, and now Eid and Christmas are fast approaching. Before long, we will be bringing in the New Year. This would be therefore a good time to take stock of the past year.

Did we manage to do all that we wanted to do this year? Did we see enough of our family, friends, aunts and uncles, nephews and nieces and what about school and college friends? Sometimes, catching up with people we had lost touch with, brings great happiness. What about yourself? Have you been able to have some 'me' time to occasionally indulge yourself? Do take some time to feel good about yourself. All the thought you put into being a good wife, mother, mother-in-law, daughter, friend and so much more. How well you managed your time between home, work - voluntary or otherwise - and leisure. Let us usher in the New Year with hope for good health, happiness and good cheer for us and our dear ones.

Happy New Year

Nandita Singh



CENTENARY YEAR SPECIAL PROGRAMME

As part of the Centenary Year Celebrations, a talk and presentation on **Chiropractic** was organized on December 7th.

The speaker, **Dr. Ismat Kanga**, a Bombay girl, graduated from the Canadian Memorial Chiropractic College in Toronto. Research in her chosen field interested Dr. Kanga and she pursued a graduate residency programme in Clinical Sciences. In 2014, she obtained her fellowship from the College of Chiropractic Sciences.

Dr. Kanga explained that Chiropractic physicians practise a drugfree, hands-on approach to healthcare, that includes patient examination, diagnosis and treatment. The most common therapeutic procedure performed by chiropractic doctors is known as spinal manipulation also called chiropractic adjustment. **The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become restricted in their movement as a result of a tissue injury.**

The visuals made it easy for the audience to understand the whole procedure. There are many reasons for seeking chiropractic care :

- Back pain
- Neck pain
- Arthritis
- Strains And Sprains
- Work And Force injuries
- Knee pain
- Shoulder pain
- Jaw/TMJ pain

What made Dr. Kanga's talk interesting for every member of the audience were some simple do's and don'ts :

- Wearing the right kind of shoes
- Discarding shoes before they are too worn out
- Bending without harming oneself
- Adopting the correct posture when working on a computer
- Tips for using a cell phone

The talk was followed by a lively Question and Answer session.

A delicious lunch rounded off this information-packed session.

Mother Teresa Miracles & More

A diminutive lady, with extreme dedication and determination , she devoted her life to help uplift the really down-trodden. Serving the poor and the sick of Kolkata for 45 years, Mother Teresa was the embodiment of limitless love, selfless service and a healing touch, who went on to win the coveted Nobel Peace Prize.

The crowning glory of being declared a Saint of the Roman Catholic Church for the

miracles she achieved, in more senses than one, is soon to be realised. Pope Francis has recognised a second medical miracle thus confirming her elevation to sainthood soon.

The nuns of the Missionaries of Charity are extremely excited and pleased that "the saint of the gutters" would be canonised in early September 2016, as reported by PTI.

IFUWA CC MEETING IN MUMBAI

The WGU will be hosting the IFUWA CC Meeting on February 27, and 28, 2016.

Saturday, February 27, Morning	: Seminar on 'Women and Law'
Evening	: Dinner and Entertainment
Sunday, February 28,	: CC Meeting

BRAIN EXERCISES

Here is a brain exercise whose aim is to stimulate the connections or associations between words in your temporal lobe. In the columns you have pairs of words. Your goal is to find a third word that is connected or associated with both of these two words. The first pair is PIANO and LOCK. The answer is KEY.

The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors. Key is what is called a homograph: a word that has more than one meaning but is always spelt the same. Ready to stimulate connections in your temporal lobe(s)? Enjoy!

- | | |
|-------------------|-----------------------|
| 1. LOCK - PIANO | 7. BED - PAPER |
| 2. SHIP - CARD | 8. ARMY - WATER |
| 3. TREE - CAR | 9. TENNIS - NOISE |
| 4. SCHOOL - EYE | 10. EGYPTIAN - MOTHER |
| 5. PILLOW - COURT | 11. SMOKER - PLUMBER |
| 6. RIVER - MONEY | |

So try the puzzle...

(Answers on page 5)

THE CHALLENGE OF CRITICAL CLIMATE CHANGE

A historic Agreement between 195 nations has been achieved at the recent UN Climate Change Conference, COP21, held in Paris, setting aside contention and recognising the need for cooperation. Transcending national interests, for the first time there is official acknowledgement that extreme weather needs focused remedies too.

As reported in the Economic Times recently, the Paris Agreement has something for every country, making it easier for all to make the necessary adjustments.

All the key issues have been carefully addressed, including the long-term goal of all the countries agreeing to stop the rise in greenhouse gas emissions as soon as possible and giving more time to developing nations. Also agreement has been reached on reduction of emissions, the long-term temperature goal, "loss and damage" due to unusual weather events with early warning systems, emergency preparedness, enhanced financial support to developing countries to implement adaptation plans, cooperation on technology transfer, etc.

As Ban Ki-moon put it, "Now we must stay united - and bring the same spirit to the crucial test of implementation."

– Ed

The Best of Mark Twain

Mark Twain was a man of many parts: A great American novelist, a lecturer, a philosopher. He was fascinated with technology and science, and loved talking about philosophy and the world around us. But above all he was a man of words and wit. He is definitely one of the people we most like to read quotes from, sometimes just for the fun of his rapier wit.

"Clothes make the man. Naked people have little or no influence on society."

"Never put off until tomorrow what you can do the day after tomorrow."

"Whenever you find that you are on the side of the majority, it is time to reform."

"Be careful about reading health books. You may die of a misprint."

"I have never taken exercise except sleeping and resting."

"Go to heaven for the climate, Hell for the company."

"Honesty is the best policy – when there is money in it."

"Under certain circumstances, profanity provides a relief denied even to prayer."

"I have a higher and grander standard of principle than George Washington. He could not lie; I can, but won't."

"All you need in this life is ignorance and confidence; then success is sure."

"Do something every day that you don't want to do; this is the golden rule for accepting the habit of doing your duty without pain."

"I am not one of those who in expressing opinions confine themselves to facts."

"Part of the secret of success in life is to eat what you like and let the food fight it out inside."

Friendship Quotes That Say It All

Friends are our backbone, the people we turn to when we are in need. Sometimes it is hard to express to our friends how much we care about them and appreciate their friendship in our lives. Here are some famous quotes on friendship that will say it best to the friends you care about. Share this with your friends to brighten their day!

"It is not a lack of love, but a lack of friendship that makes unhappy marriages" - Friedrich Nietzsche

"True friendship comes when the silence between two people is comfortable" - David Tyson Gentry

"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything" - Muhammad Ali

"There's not a word yet, for old friends who've just met" - Jim Henson

"The truth is, everyone is going to hurt you. You just got to find the ones worth suffering for" - Bob Marley

"Ultimately the bond of all companionship, whether in marriage or in friendship, is conversation" - Oscar Wilde

"I don't need a friend who changes when I change and who nods when I nod; my shadow does that much better" - Plutarch

"It is one of the blessings of old friends that you can afford to be stupid with them" - Ralph Waldo Emerson

"Friendship is born at that moment when one person says to another: "What! You too? I thought I was the only one." - C. S. Lewis

"Good friends, good books, and a sleepy conscience: this is the ideal life" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

"Be true to your work, your word, and your friends" - Henry David Thoreau

"It's the friends you can call up at 4 a.m. that matter" - Marlene Dietrich

"Some people go to priests; others to poetry; I to my friends" - Virginia Woolf

"There is nothing better than a friend, unless it is a friend with chocolate" - Linda Grayson

Answers to Brain Exercise on page 3

- | | | |
|----------|----------|-----------|
| 1. Key | 5. Case | 9. Racket |
| 2. Deck | 6. Flow | 10. Mummy |
| 3. Trunk | 7. Sheet | 11. Pipe |
| 4. Pupil | 8. Gun | |

SAVE THE DATE - ANNUAL FUND RAISING EVENT

The Annual Fund Raising programme will be held on Saturday, February 27, 2016, at the Paradise Lawn, Radio Club, Mumbai ,from 7 pm onwards.

Donor Cards - Rs. 800/- inclusive of Dinner and Entertainment Programme

- **Live Band**
- **Ghoomer Dance**
- **Thali Balancing Dance**
- **Garba Dance**

**"Real strength isn't measured by how much you can lift up;
it is measured by how much you can let go"**

-Dave Willis

**"The secret of a happy life is giving God the first part of your day,
the first priority to every decision and the first place in your heart"**

- Madame Maritem Candano Pa-alisbo