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# ***University Women***

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**University Women**

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## **A Celebration of Good Health Balwadi & Study Centre**

**Dr Laja Nagpal**, as part of the celebrations of the WGU Centenary, held the bi-annual Health Check-up for Balwadi and Study Centre children in mid-April.

She confirmed that the children had grown well and that normal growth was a good indicator of health and well-being in childhood.

With just a week to go for summer holidays, she gave the children some important tips:

Drink plenty of water

Wear loose lightweight clothes

Avoid the mid-day sun

Schedule outdoor activities for the morning and evening...and Cool off with a bath.

Thank you, Doctor, for a good health report and also for your helpful advice!

## **Study Centre Activity**

Twenty four lucky children of our Study Centre were invited to participate in an interactive session with the children of the Junior Section of Cathedral and John Connon School.

A hired bus was booked for their conveyance to and from the Cathedral School. The day and date, Tuesday, 21st April, 2015, will be remembered by our children as they

thoroughly enjoyed painting posters, playing games and dancing to loud music with total abandon. They were presented with school bags, boxes of homemade snacks and ice-cream. At the end of 1 hour of interaction – the children took leave of their ‘ friends ’ with sincere smiles of gratitude and joy.

Thank you Cathedral students.

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## Panic Disorder

**Ira**, a 30 year old IT professional, went in for psychotherapy because of repeated and intense anxiety attacks in which she felt chest pain, breathlessness, heart palpitations and numbness making it seem she was having a heart attack. On several occasions she was rushed to the hospital. In childhood she had infections that made bladder control difficult and had painful urination. Even though the problem was absent ever since she was 15, she panicked whenever she found herself in a situation where there was no rest room nearby. She felt trapped when in a meeting, or in a conversation where she felt she couldn't break away from, or in heavy traffic where she couldn't come out of the car and many similar situations. After going through many such experiences she could not eat or go to work and took sick leave because she began to panic in interpersonal relationships.

Panic attacks are sudden episodes of intense fear that trigger severe physical reactions in the absence of any real danger. The physical and cognitive symptoms experienced are heart palpitations, dizziness, shortness of breath, sweating, trembling, chest pain, headaches, hot flushes, hyperventilation, faintness, tightness of throat, chills, fear of loss of control or death, abdominal cramps or

feelings of unreality. Many people have just one or two panic attacks in their lifetimes. However, if one has recurrent, unexpected panic attacks and spends long periods in constant fear of another attack, he has a condition known as Panic disorder. Adults with panic disorder will often change their behaviour to feel safer and prevent future panic attacks. For example, having a companion accompany them, avoiding physical activities that might trigger panic-like feelings, carrying items such as medication, water, or a cell phone, sitting near exits or bathrooms, etc.

The main cause of panic disorder is not known. However the factors which play an important role are genetics, major stress, temperament which is more susceptible to stress and certain changes in the way parts of one's brain function. Panic attacks or panic disorders are hard to manage on one's own, and might get worse without treatment. Complications that panic attacks may be linked to are depression, alcohol or substance abuse, problems at work, increased suicidal tendencies, avoidance of social situations and development of specific phobias, such as fear of leaving the home etc. Panic disorder can be treated with psychotherapy and medication.

— **Dr. Vatsala Thakur**  
Counsellor, WGU

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## ENVIRONMENT

### Seven products that harm the environment

Many everyday items that we take for granted have a significant impact on Mother Earth. Here are a few household products that hurt the environment more than you'd expect:

#### 1. **Tea bags**

An average tea drinker consuming 5 cups of tea a day using tea bags gets through about 13 sq m of perforated paper every year! According to a report by Which? Gardening, tea bags produced by some of the top tea manufacturers including, Twinning and Tetley, are only 75% biodegradable. While most tea bags are made with paper fibre, they also include plastic polypropylene — an ingredient that makes tea bags heat-resistant but is not fully biodegradable. Luxurious silken (basically plastic) tea bags are even more harmful as they contribute to landfill waste.

#### 2. **Anti-bacterial soap**

Most anti-bacterial liquid soaps and body washes include an ingredient called triclosan. Research shows that small quantities of triclosan persist after being flushed down the drain and even after water is treated at sewage plants. They end up in water bodies and can disrupt algae's ability to perform photosynthesis and also build up in fatty tissues of animals higher up in the food chain.

#### 3. **Lawn mowers**

Mowing the lawn is actually bad for

the environment. As per a Swedish study, a lawn mower produces nearly the same amount of oily air pollution as a 100-mile car trip. According to the US Environmental Protection Agency (EPA), people can reduce the impact it has by using lawn equipment in the early morning or in the late afternoon.

#### 4. **Plastic bottles**

About 50 billion bottles of water are consumed every year, 30 million in the US alone. A huge quantity of oil is used every year to produce these bottles. Moreover, the US recycle rate for PETs, or bottles made with polyethylene terephthalate, is only 23% - which means 80% of plastic water bottles end up in landfills. Also, not all plastic bottles placed in designated containers are recycled because only certain types of plastic can be recycled.

#### 5. **Paper cups**

If you think your morning paper cup of coffee is recyclable and environmentally friendly, think again. These cups are also coated with low-density, heat-resistant polyethylene that is not biodegradable. In addition to these cups heading for a landfill and taking more than 20 years to decompose, the very process of making them is extremely harmful to the environment. Production consumes forests and large volumes

of water, and expels dirty water.

#### 6. **Microbeads**

Found in everything from toothpaste to exfoliating face washes and body scrubs, microbeads actually wreak havoc on the environment. According to a recent study by the Australian Research Council Centre of Excellence for Coral Reef Studies at James Cook University, these tiny pieces of plastic find their way down our drains to the ocean. Soaking up toxins like a sponge, they then contribute to the plastic pollution

of water bodies negatively affecting marine organisms.

#### 7. **Disposable razors**

According to the EPA, about 2 billion razors are thrown away every year. Although you can recycle the steel blades, your disposable razor most likely makes its way to the landfill. Add that to the higher environmental cost of production using raw materials and the water used while actually shaving and you've got one of the most wasteful bathroom products around.

Source: [www.globalpost.com](http://www.globalpost.com)

**Very thought-provoking. Written some years ago but which we need to be reminded of from time to time. . . . We wish we Indians could follow it to improve our country.**

### **Abdul Kalam's Letter to Every Bharatiya Indian**

Why are we in India so embarrassed to recognize our own strengths, our achievements?

We are such a great nation. We have so many amazing success stories but we refuse to acknowledge them. Why?

We are the first in milk production.

We are number one in Remote sensing satellites.

We are the second largest producer of wheat.

We are the second largest producer of rice.

Look at Dr. Sudarshan, he has transferred the tribal village into a self-sustaining, self-driving unit.. There are millions of such achievements but our media is only obsessed with the bad news and failures and disasters.

I was in Tel Aviv once and I was reading the Israeli newspaper. It was the day after a lot of attacks and bombardments and deaths had taken place. The Hamas had struck. But the front page of the newspaper had the picture of a Jewish gentleman who in five years had transformed his desert into an orchid and a granary. It was this inspiring picture that everyone woke up to. The gory details of killings, bombardments, deaths, were inside in the newspaper, buried among other news.

In India we only read about death, sickness, terrorism, crime..

Why are we so NEGATIVE?

Another question : Why are we, as a nation so obsessed with foreign things?

We want foreign T.Vs, we want foreign shirts. We want foreign technology.

Do we not realize that self-respect comes with self-reliance?

I was in Hyderabad giving this lecture, when a 14 year old girl asked me for my autograph. I asked her what her goal in life is.

She replied: I want to live in a developed India.

For her, you and I will have to build this developed India . You must proclaim. India is not an under-developed nation; it is a highly developed nation.

YOU say that our government is inefficient.

YOU say that our laws are too old.

YOU say that the municipality does not pick up the garbage.

YOU say that the phones don't work, the railways are a joke. The airline is the worst in the world, mails never reach their destination.

YOU say that our country has been fed to the dogs and is the absolute pits.

YOU say, say and say.. What do YOU do about it?

Take a person on his way to Singapore . Give him a name - 'YOURS'. Give him a face - 'YOURS'. YOU walk out of the airport and you are at your International best. In Singapore you don't throw cigarette butts on the roads or eat in the stores. YOU are as proud of their Underground links as they are.. You pay \$5 (approx. Rs.60) to drive through Orchard Road (equivalent of Mahim Causeway or Pedder Road) between 5 PM and 8 PM. YOU come back to the parking

lot to punch your parking ticket if you have over stayed in a restaurant or a shopping mall irrespective of your status identity... In Singapore you don't say anything, DO YOU? YOU wouldn't dare to eat in public during Ramadan, in Dubai .. YOU would not dare to go out without your head covered in Jeddah.

YOU would not dare to buy an employee of the telephone exchange in London at 10 pounds (Rs.650) a month to, 'see to it that my STD and ISD calls are billed to someone else.'YOU would not dare to speed beyond 55 mph (88 km/h) in Washington and then tell the traffic cop, 'Jaanta hai main kaun hoon (Do you know who I am?). I am so and so's son. Take your two bucks and get lost.' YOU wouldn't chuck an empty coconut shell anywhere other than the garbage pail on the beaches in Australia and New Zealand ..

Why don't YOU spit Paan on the streets of Tokyo ? Why don't YOU use examination jockeys or buy fake certificates in Boston ???

Why don't YOU spit Paan on the streets of Tokyo ? Why don't YOU use examination jockeys or buy fake certificates in Boston ???

We are still talking of the same YOU. YOU who can respect and conform to a foreign system in other countries but cannot in your own. You who will throw papers and cigarettes on the road the moment you touch Indian ground.

If you can be an involved and appreciative citizen in an alien country, why cannot you be the same here in India ?

## Press Publicity for WGU Centenary Celebrations

The WGU, with its low-profile press preference over the years, has been in the news lately for its Centenary Celebrations.

Hopefully Members have been following and proudly poring over several well-written articles in the press which have appeared in the last couple of months.

Check out the “Parsiana”, dated April 21st, 2015, with its detailed article and early photographs, written by **Farookh Jijina**, commendably covering the formative years and the spirited women who guided the institute so admirably in those initial years.

The Parsi Times dated April 18th, also covered the WGU’s multi-faceted activities and the celebrations on March 20th at the University Convocation Hall.

The one-of-its-kind WGU Hostel, the Purshotamdas Thakurdas Hostel for Working Women, was featured in an evocative item written by **Ranjona Banerji**, a former resident of the WGU Hostel in the mid-eighties, in the Mid-Day dated April 15th. She lavishes praise on the running of the hostel, its special location, its cleanliness and good food. She states, “In spite of its influential members and these “Look at me me me” times, however, the WGU has been refreshingly low-key about the way it functions. And that is why a centenary celebration is all the more worthwhile.”

It’s wonderfully refreshing for the WGU to receive all this recognition and all the well-deserved accolades!

— Ed

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Let’s encourage one another  
As we seek to stay on track,  
If we keep our goal before us,  
We will not look back.

— SPER

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