

University Women

RNI No. 22821/1976

₹ 2-50

University Women

September 2016

Issue No. 9

Consumer and Civic Affairs Committee NOISE POLLUTION

The CCAC organised two highly successful events recently.

Anti-Honking Drive

The CCAC supported by well-known environmentalist **Sumaira Abdulali**, founder of AWAAZ, Colaba Advanced Local Management (CALM) and My Dream Colaba (MDC) held a very successful **ANTI-HONKING** drive on 20th August as part of their ANTI-NOISE POLLUTION campaign.

Members from the WGU, residents from citizens action groups such as CALM and MDC and also students and teachers from schools in the vicinity like Convent of Jesus and Mary, Holy Name High School, Colaba Municipal School, IBS Business School – Powai, Little Flower of Jesus school and other municipal schools from other areas as well as Abdulali herself stood at the five traffic signals and junctions between Regal and Colaba and Cuffe Parade with banners and placards, urging motorists to cease honking unnecessarily.

The banners attempted to educate motorists about the hazards of rising noise pollution in the city. **Mr. Anil Kumbhare**, Deputy Commissioner of Police, Traffic, was not only present at certain sites but also deputed traffic personnel to join the drive.

That Noise in Your Life

A Talk and Presentation by **Sumaira Abdulali** of AWAAZ Foundation

A talk and presentation was also held on September 2, 2016, at the Amy Rustomjee Hall on the harmful effects of noise pollution.

There was an animated interaction on the topic by students from KC College, Government Law College and HR College as well as a large audience of WGU members and residents. The discussion centered on excessive noise on the roads during festivals and even in Silence Zones. The students were interested to learn about mobile apps available with which they could monitor decibel levels and make complaints, if need be.

With Mumbai being declared as the NOISIEST CITY in India, we send out a request to all to work towards minimizing 'That Noise in Your Life'.

- Dinoo Vasunia

Programme Committee

Healing with Herbs

Tulsi, turmeric, methi, ajwain, lasoon, all staples of an Indian diet and the herbs of grandmothers' 'cures', are so often dismissed as old fashioned nonsense by the modern mum. Why do we spurn them and rely on patent drugs and antibiotics which work fast but harm the body in the long run?

On Monday, September 12, 2016, **Uma Swaminathan**, author of a beautifully illustrated book '**Healing with Herbs**' gave an interesting talk on the benefits and longterm harmful effects of the herbs used in our diets. Excessive dependence on patented medicines adversely affects us all. Grandma's traditional remedies and recipes were based on experience and observation - cultural traditions built up over generations. Swaminathan's talk enumerated the several plants which benefit the human body. The unknown secrets of ancient herbal medicines and their benevolent efficacy in curing several chronic ailments were explained satisfactorily.

Her advice:

Consume seasonal fruits and vegetables

Do not overcook - follow the recipes religiously

Do not reuse oil used for frying - throw it away

These were some of the gems accepted whole heartedly by the enraptured participants. The audience showered her with questions related to arthritis, diabetes, cholesterol control, bloating, etc, and Uma responded readily and patiently to all the queries.

All too soon the morning had to be brought reluctantly to a close!

Thank you Programme Committee for another successful and well attended event.

- **Kashmira Meher-Homji**

Finished

Especially for English Language Lovers

Can any one tell the difference between 'Completed' and 'Finished'? No dictionary has ever been able to define the difference between 'Complete' and 'Finished.'

However, in a linguistic conference, held in London, England, Sun Sherman an Indian American, was the clever winner. His final challenge was this. His response was: When you marry the right woman, you are 'Complete.' If you marry the wrong woman, you are 'Finished.' And, when the right woman catches you with the wrong woman, you are 'Completely Finished.' His answer received a five minute standing ovation.

Counselling and Guidance Centre

The Counselling and Guidance Centre of WGU organized a workshop on August 26, on **Child Sexual Abuse** under the heading '**SAFETY OF GIRL STUDENTS**' with the Pavement Club Children of the 'Homeless Street Children Project' taken up by the St. Andrew and St. Columba Church, Fort. It was conducted by the inhouse counsellor, **Dr. Vatsala Thakur**. The workshop was conducted at the St. Columba Board Room. It was also attended by the **Principal and Students of GD Somani School**.

The students were told about CSA and how they can protect themselves as well as differentiate between Good Touch and Bad Touch. How and why it is important to tell their parents if something happens to them as well as how to cope with it. It was insisted that they had to remember it was not their fault if a mishap occurs and they should not blame themselves for it.

A short film '**Komal**' was shown to them for giving them clarity on the subject. The students were also made to do an activity on Good Touch Bad Touch which they participated in enthusiastically. An interaction session followed wherein the students were asked if they had themselves or any friend faced CSA. A few students came up with incidents where their friends or cousins had been affected. The counsellor advised them individually so that they could help them.

Certificates of participation signed by the Counsellor were given to all the participants. A group of 27-30 children participated in the workshop. It was a great success and the Counsellor was invited by the Chairman to do similar workshops and lectures in the future.

Membership Fees

Ordinary and Associate Members are requested to pay Rs. 500/- and Rs. 200/- respectively, for the current year April 2016 to March 2017. Subscriptions for the previous years (if not already paid) should also be sent.

We are updating the members' list with email and telephone numbers, so kindly send us the updates.

Kindly contact WGU Office

Aluminium Foil for Pain

How to eliminate pain using a simple aluminum foil

Despite being an amazing kitchen tool that is useful for food preparation and food protection, the foil now receives a new dimension. It has recently been shown to help treat different types of pain.

Therefore, if you suffer from neck pain, lower or upper back, shoulders or knees, or if you experience an unpleasant pain in the heel that does not allow you to move properly, there is now an easier than ever solution. All you have to do is cut a piece of aluminum foil and place it on the place where the pain is. You will be amazed how the pain will disappear in a very short period of time.

The foil has the power to reflect biotechnology that passes through our bodies in biological active points and send them back to those Meridians, from where they actually come. This is very beneficial for the place where the pain is experienced, and the meridian with which it is connected. So you can free your body of several pains that you have been experiencing for a long time.

The concept of using aluminum foil as a remedy has been introduced years ago by Chinese and Russian healers and was investigated and explained in detail by the psychotherapist, Wilhelm Reich, who was a student of the famous neurologist Sigmund Freud.

So how is this treatment of pain with foil done?

The method of treating pain is quite simple: you should only cut a piece of aluminum foil, place it in the place where the pain comes and secure it with tape.

This treatment can be used to treat all types of pain in the back, legs, wrists, heels. What is even more interesting, this treatment was positive even in the treatment of gout, sciatica and rheumatism.

With the same procedure, you can even reduce the size and visibility of scars from surgical incision. According to the ancient Chinese healers, treatment should be applied for a period of 10 to 14 days.

(Internet)

**When your head starts to worry,
And your mind just can't rest,
Put your prayers down on paper,
And let God do the rest.**

COMPUTER COURSES by a TRAINED PROFESSIONAL at WOMEN GRADUATES UNION

There is something for everyone! Whether you have no computer experience or need just a little extra training.

We have courses that teach you the basics of how to operate a computer, including typing (keyboarding), Internet and email.

And, courses that cover Microsoft Word, PowerPoint and Excel to learn simple spreadsheets and documents.

Contact Carmen, our professional trainer who has years of rich experience in this field (Phone: 22165403)

Take the mystery out of computers!

INTEGRATED GRIEVANCE REDRESSAL MECHANISM

Consumers can now register any grievance concerning goods and services online and expect it to be addressed within 60 days.

The Union Consumer Affairs ministry has launched an Integrated Grievance Redressal Mechanism (INGRAM) bringing all the stakeholders – including consumers, government agencies, private companies, regulations and call centres – onto a single platform. “Consumers can call (1800-11-4000) to register their complaint or send an SMS on 8130009809.

They can also log on to 'consumerhelpline.gov.in'. Each grievance received will be taken up with the concerned company or agency for speedy disposal,” said a Consumer Affairs ministry official.

The official added that over 200 private companies had joined the platform and pledged to uphold its aim. "The action taken will be updated on a real time basis by the agency concerned. As a follow-up action, these agencies will be reminded and consumers will be able to access the status of their complaint,” the official added. In June, during his interaction with secretaries, Modi had asked the Consumer Affairs ministry to list the number of complaints against each company. Annually over three lakh complaints are lodged through consumer helplines.

From TOI



Programme and Fund-Raising Committee

DIWALI MELA

Fun, Frolic and Festivities



A Diwali Mela will be held on **Saturday, October 22, 2016**,
at the Amy Rustomjee Hall, from 10-30 a.m. to 8.00 p.m.

Avail of this splendid opportunity to display and sell your homemade
items and showcase your talent.

**Household items, Ready-made Garments, Handicrafts,
Diwali Decorations, Sarees, Jewellery, Food Items**

Book Your Tables Before October 16th

Table with 2 chairs – Rs. 800/-

Table for NGOs and Food Stalls Rs. 500/-

For Bookings, contact the WGU Office on 22186220 , 22151947
email – wgu1915@gmail.com

Come and celebrate with family and friends.

Please donate your time, energy, resources and riches.

Years Wrinkle The Skin,
But To Give Up Courage
Wrinkles The Soul

SAMUEL ULLMAN
