

University Women

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Programme Committee Health Workshop

The Programme Committee in collaboration with Bhatia Hospital presented a **Health Workshop** on Wednesday September 21, 2016, at the Amy Rustomjee Hall.

The Senior Cardiologist of Bhatia Hospital, **Dr. Siddharth Dagli**, began by explaining, alongwith a power-point presentation, the risks, the symptoms and the “dos and don’ts” to keep oneself safe from cardio-vascular disease. Though most people have a basic understanding of this disease and its prevention, Dr. Dagli’s presentation was extremely lucid, laced with humour and easy for the layman to follow and remember. The graphic presentation of the actual procedure of stent placement in a blocked artery to open it up, was extremely interesting and the high-point of the talk.

In the question and answer session, Dr. Dagli very patiently offered explanations or rebuttals to the storm of questions put to him. The entire talk was aimed at informing, not frightening a person, of the risks, the methods of preventing heart attacks and suitable remedies. Thank you Dr. Dagli.

Dr. Dagli’s talk was followed by a presentation on “Cardiovascular and Respiratory Physiotherapy” by **Dr. Shreya Sakre**. Dr. Sakre’s talk took off from Dr. Dagli’s presentation - what to do after a heart attack and during the recovery period after heart by-pass surgery or insertion of stents. Dr. Sakre demonstrated through another power-point presentation, what exercises to do immediately after surgery and then the day by day additions to these exercises so as to essentially become fit and active again.

This interesting programme was followed by a contributory lunch. A good attendance and more importantly, a growing attendance has been a great satisfaction to the Programme Committee and its Chairman.

Global Competitiveness Ranking

India has moved up 16 spots to 39th rank in the World Economic Forum’s (WEF) Global Competitiveness Index. This is the biggest improvement by any country this year on the Global Competitiveness Index of the WEF.

India’s competitiveness has improved in goods market efficiency (60), business sophistication (35) and innovation (29). India’s financial markets developed significantly, propelling the country about 15 places to the 38th spot on that index, with a score of 4.4.

– Swarajya

Noise Pollution Complaints in Mumbai

Complaints about Noise Pollution in Mumbai are taken very seriously by the Police. You do not need to give your name or any details except the offence being complained of. Complaints can be made on the numbers mentioned below. Before complaining try to take a photo/video of pandals and processions violating noise limits. Do not forget to take a photograph of their banner or name too.

1. Mumbai Police SMS Service: 7738 133 133 / 7738 144 144. SMS your complaint, mentioning the exact location of noise, causes, consequences (if any), the exact time since the noise has been persisting and also some identification of the party or group causing the noise. Sometimes, within 10-15 minutes of sending the SMS you may receive a verification call from the Police Control Room to confirm the address and provide further details of the noise.

The SMS numbers do not receive calls. You need to dial 100 or 1090 if you do not receive a response for the SMS complaints and mention the exact problem you are facing.

The Major contributors to noise pollution are festivals, processions, fireworks, crackers, traffic, honking, political rallies, marriages, events, celebrations, construction activity, etc.

EXAMPLE: Fire crackers being burst at Cuffe Parade (Sunset garden) playground since 5 am.

EXAMPLE: Very loud music being played outside ABC Hospital (Silence Zone) at Tardeo by a political party rally since the past 2 hours.

This method of complaining will enable the complainant also to have a record of the complaint on their phone, at the same time the SMS is received at the Commissioner of Police's office, which in turn directs the local police to take action.

2. Mumbai Police Control Room: 100 or 1090

Call 100 and mention the exact problem you are facing.

Don't forget to ask for a complaint number. You can use this Complaint Number to follow up by SMS or call. You do not need to give your name or identity.

3. Contact the Local Asst. Commissioner of Police (ACP) to escalate a complaint:

Search for the number by selecting your police station:

<https://mumbai.police.maharashtra.gov.in/index.asp>

Provide your complaint number and details of the noise to the ACP Office.

4. Contact the Zonal Deputy Deputy Commissioner of Police (DCP) to escalate a complaint not solved by the ACP Office:

Search for the number by selecting your police station:

<https://mumbai.police.maharashtra.gov.in/index.asp>

Provide your complaint number and details of the noise to the Zonal DCP office.

Maharashtra Pollution Control Board,

Kalpataru Point, 3rd and 4th floor,

Opp. Cine Planet, Sion Circle, Mumbai 400 022

Ring up BMC to pick up debris

It was recently brought to light how debris gets dumped on mangroves and chokes them to death, besides releasing tons of pollutants.

Despite Rs. 80 lakh being collected so far, every month an average of barely 150 persons across the city make use of BMC's debris on call service, started in 2014. Many activists pointed out that even today few people are aware of it.

Citizens can call up the BMC, which comes and picks up debris from households or building repair sites. The civic body charges citizens around Rs. 200 per ton as transportation cost.

A senior solid waste management department official said, "Since the scheme was rolled out, an average of 150 persons called up the BMC to pick up debris generated from repair work per month. This is taken to dumping grounds for disposal. We have been trying to create greater awareness.

The recent controversy where the mangrove cell found debris dumped in the buffer zone, brings to light how people dispose of debris haphazardly, activists said. There is definitely NOT MUCH AWARENESS about the debris on call scheme of the BMC, with no information being made available to citizens off-hand. The BMC has rolled out the scheme but it has not got a push. The BMC should take strict action against those who throw debris on roads.

King's Circle activist Nikhil Desai said the BMC should prominently display numbers for people to call up at the ward office. "I have never seen the numbers at the F-North ward office. Such information should be put up at the entrance so that more people are aware of it", said Desai.

Activists said advanced locality management groups could help create awareness. "The BMC has been doing enough but sometimes it gets difficult, and ALMs can help. The numbers could be circulated among local residents by citizen groups."

- TOI, 24-9-2016

POTHLES

BMC CAN'T SEE 2,965 POTHLES while a civilian group counted nearly 3,000.

REPORT POTHLES HERE

The BMC has urged citizens to report potholes on its new mobile application MCGM 24x7.

Citizens can also register related complaints at the civic disaster management helplines 1916,1292,1293, 022-22691292 and 022-22691293

- Mumbai Mirror, 22-9-2016

Dengue is spreading to every corner of India

Follow these remedies to prevent dengue:

- Keep Neem oil soaked cotton balls in every corner of your house. This will prevent the entry of mosquitoes.
- Boil some Tulsi leaves in a cup of water and drink this concoction every day. This will strengthen your immune system.
- Garlic is an excellent mosquito repellent. Put a bulb of garlic near windows and other open spaces.
- Burn Camphor and keep the rooms closed for 20 minutes. This will completely eradicate mosquitoes.

Please share this information to prevent Dengue.

You think English is easy??

- 1) The bandage was **wound** around the **wound**.
- 2) The farm was used to **produce produce**.
- 3) The dump was so full that it had to **refuse** more **refuse**.
- 4) We must **polish** the **Polish** furniture..
- 5) He could **lead** if he would get the **lead** out.
- 6) The soldier decided to **desert** his dessert in the **desert**..
- 7) Since there is no time like the **present**, he thought it was time to **present** the **present**.
- 8) A **bass** was painted on the head of the **bass** drum.
- 9) When shot at, the **dove dove** into the bushes.
- 10) I did not **object** to the **object**.
- 11) The insurance was **invalid** for the **invalid**.
- 12) There was a **row** among the oarsmen about how to **row**.
- 13) They were too **close** to the door to **close** it.
- 14) The buck **does** funny things when the **does** are present.
- 15) A seamstress and a **sewer** fell down into a **sewer** line.
- 16) To help with planting, the farmer taught his **sow** to **sow**.
- 17) The **wind** was too strong to **wind** the sail.
- 18) Upon seeing the **tear** in the painting I shed a **tear**.
- 19) I had to **subject** the **subject** to a series of tests.
- 20) How can I **intimate** this to my most **intimate** friend?

**Don't let people pull you into their storm,
Pull them into your Peace.**

Attachment with Detachment

– by Sudha Murti

When my daughter, the older of my two, wed and left home, I felt a part of me gone.

With a daughter and a son, I know what both mean, differently.

When she was in her teens I felt as if she was my "physical extension" !

So when she left home to set up her own, I felt I lost a limb.

Next time she came to stay with us, I was astonished how her priorities had changed.

We too must've given the same shocks to our parents !

When she said Amma, she meant her mother-in-law, not me!

I felt she was always in a hurry to go back to her home and not stay on longer for a few extra days.

That was the first time, it dawned on me that I have to start practising detachment with attachment.

Two years after my daughter's marriage, my son left for the US for higher studies.

Having experienced a child's separation once, I was better equipped emotionally.

I plunged headlong into various classes from vedanta to ikebana -

I just wanted to be away from home...since my husband was a 24/7 workaholic.

My son used to write how he was missing my home cooked food, how he was waiting to come back to live in Chennai with us.

After a few years, he did come back and we got him married.

He started living separately with his wife and we were also happy that they wanted to be independent from the beginning.

But now, it was all changed !

When in the US, he missed my cooking, now if I called him to come over with his wife for a meal, it was always some excuse like "oh, amma, we have other plans for the day, please don't mind if we don't drop in today" !

I could see that his priorities had also changed completely.

We say so many things and give so much advice to others, but when it comes to our own children, acceptance comes very late. Our next step is to just leave them undisturbed in every way.

It was at that time, that I made the following, my 'new profile'.

In all my relationships , rather interactions, I give my best and do my best to live up to what I say.

My attachment with my children is complete.

However, I remain detached in the sense that I do not expect them to reciprocate my affection.

Most importantly, I make a conscious effort , not to interfere or pass judgement on the lives they choose to lead.

My concern for my near and dear ones will not fade with my detachment.

If you let go of the ones you love, they will never go away

this is the beauty of attachment with detachment !

I have learnt to love and let go.

This dictum has developed tolerance in me.

When I let people live the way they want to, I learn to accept them for what they are.

Most importantly, I learn to tolerate the world around me and this tolerance brings in me a sense of peace and quiet.

Now I have realised that we start growing mentally much more only after the children leave the house and we have to tackle the emotional vacuum, that arises, along with age-related problems .

I specially dedicate this post to my friends, who are totally dependent on their children's lives, to nurture their own selves emotionally.

Please develop your own interests, hobbies etc, however mundane they seem to be.

*Forgiveness is the key that unlocks
the handcuffs of hatred.*

– William Ward
