

University Women

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A Hundred Glorious Years of W.G.U.

We are nearing the close of the Centenary Year celebrations which we inaugurated with a programme in the Convocation Hall of University of Mumbai, last March. Very few organizations have been fortunate enough to earn this distinction. Having said this, I am aware that it is not the length of the journey that is as important as what the organization has achieved along the way.

On that score, W.G.U. has a glorious record. Right from the beginning of the twentieth century, W.G.U. has been championing the cause of women's empowerment through education and employment. It started with the introduction of women to supervisory positions in factories and went on to introducing women members to the Bombay University Senate to improve facilities for higher education for women. Lady Justices of Peace ensured women's interests received the attention they deserved.

The working women's Hostel allowed women from all over the country to avail of job opportunities in Mumbai. Likewise, our Balwadi and Study Centre facilitate learning in the early and middle years. Computer courses for the young and old are an absolute necessity in today's world.

Our other projects like the Counselling and Guidance and Consumer and Civic Affairs Committees provide service for our members and our neighbourhood. The Silver Corner also provides an extremely necessary service for the elderly members of our community.

One of the earliest endeavours, the Scholarship Committee has been giving scholarships to needy but meritorious girls for undergraduate and post graduate education. This year, three special Centenary Scholarships were given to three girls working on their doctoral thesis.

Going forward, we hope to introduce new short courses for girls who have completed their school education. The first such course to be introduced will be the one on Spoken English. There is a great demand for this course and an ability to speak English will open doors to a great variety of jobs.

- Nandita Singh

PUBLIC INTEREST

Take antibiotics off the menu!

CERC joins Consumers International's campaign on World Consumer Rights Day

Every year, March 15 is observed as World Consumer Rights Day (WCRD) – an annual occasion for celebration and solidarity within the international consumer movement. On this day in 1962, President John F. Kennedy first addressed the issue of consumer rights in the US Congress.

Consumers International's (CI), the umbrella body for 250 consumer organisations (including CERC) in over 120 countries, set the theme for this WCRD as 'Antibiotics off the menu'. Antibiotic residues in food products like milk, honey, eggs and chicken is a serious health threat today as it leads to the emergence of 'superbugs' - microorganisms which are resistant to antibiotics.

As part of the CI campaign, CERC has written to McDonald's, Subway and KFC calling on them to stop serving meat and poultry from animals routinely given antibiotics used in human medicine. CERC also conducted a photo campaign outside the outlets of these three restaurant chains and posted the photos on social media.

Schoolchildren and college students visited CERC and were educated on this issue. Food inspector, Mr. D.J. Solanki, from the Food and Drug Administration, Government of Gujarat, along with CERC experts conducted the lectures. A special session was held for senior citizens of Dignity Foundation.

CERC wrote to the Food Safety and Standards Authority of India (FSSAI) strongly urging it to take urgent action to:

- Prohibit use of antibiotics critical for humans as growth promoters and for mass disease prevention in animals
- Set standards for residues and limits for antibiotics use in poultry, dairy and meat industries
- Ensure regular testing of these food products and establish a country wide system for monitoring use of antibiotics in food producing animals

CERC has written to the Ministry of Health, Bureau of Indian Standards (BIS) and Ministry of Consumer Affairs (MoCA) to take action on this issue. We have also written to Amul, Dabur and Venkateshwara Hatcheries Pvt Ltd. In addition, CERC is campaigning through an online petition and urging other consumer groups to support its advocacy efforts.

What consumers can do:

- Demand that organic foods without antibiotics, growth hormones and other chemicals are made available
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- Check labels with care and opt for such foods
- When you are ill, always ask your doctor whether it is necessary to take an antibiotic
- Always complete the course of an antibiotic as if you don't it could lead to your developing antibiotic resistance
- Do not indulge in self-medication by using an old prescription
- Spread awareness on the matter, especially to household help

CERC Consumer Alert – April 2016

DUST IF YOU MUST

Dust if you must, but wouldn't it be better
to paint a picture or write a letter,
Bake a cake or plant a seed,
Ponder the difference between want and need ?

Dust if you must, but there's not much time,
With rivers to swim and mountains to climb,
Music to hear and books to read,
Friends to cherish and life to lead.

Dust if you must, but the world's out there,
With the sun in your eyes, the wind in your hair,
A flutter of snow, a shower of rain.
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go – and go you must –
You, yourself, will make more dust.

Million Lives transformed through Solar Power

India's leading power Su-Kam Power Systems Limited is transforming the lives of people in the remotest villages of the country by providing electricity through solar energy. The dearth of electricity is affecting their education system and the day-to-day lives of these people. However, with Su-Kam's solar installations, many Indian villages have been successfully illuminated. "In today's energy hungry nation, electricity is still a distant dream for millions. However, our initiative has empowered people to generate their own electricity by utilizing sun's energy through solar power roof top installation" quoted Mr. Kunwer Sachdev, MD Su-Kam. "Su-Kam, the hub of innovation has successfully set up large scale and cost effective projects in 40,000 households across 19 districts in rural Uttar Pradesh".

– CERC Green Alert Jan-Feb 2016)

BITES OF WISDOM

Never ask Google for Medical Advice

I have Gone from Mild Headache to Clinically Dead in Three Clicks....

I love the kind of hugs where you can physically feel the sadness leaving your body

I wish there was a way to donate Fat like you donate Blood !

Sometimes the thoughts in my head get bored, and go for a stroll out through my mouth.
This is never a good thing.

I told you that I do not have Alzheimer's. I have "some - timers"
Sometimes I remember and sometimes I don't.

I have just been diagnosed with NCD - NO CAN DO!

Good friends make bad days a little more bearable.

Life is too short to be serious all the time.
So if you can't laugh at yourself, just call me, and I'll laugh at you.

The Secret to happiness is a good sense of humor and bad memory.

Ice Cream is clearly God's way of saying he likes us a little bit chubby.

They are NOT grey hairs! They are my WISDOM HIGHLIGHTS!!
I just happen to be extremely wise!

I am not short, I'm fun sized!

I have a brain like the Bermuda Triangle.'
Information goes in, never to be found again!

So much to do.... No desire to do it!

I may not be Wonder Woman, but I can do things that make you wonder.

OMG! I almost went to the toilet without my phone!

Losing weight doesn't seem to be working for me,
so I'm going to concentrate on getting taller.

Always believe something wonderful is going to happen.
Even with all the ups and downs, never take a day for granted.
Smile, cherish the little things and remember to hug the ones you really love.

Sometimes I forget to thank the people
who make my life happy in so many ways.

Sometimes I forget to tell them how much I really do appreciate them for being an important
part of my life.
So Thank You all of you,
Just for being here for Me.

WGU Computer Centre

**Introduces Professionally Conducted
Affordable New Computer Package Courses with Certificates
for children, beginners, housewives, professionals and senior citizens**

Smart Kids Course - 30 days

Fun Filled Computer Knowledge coupled with Educational Computer Games

Introduction to Computers, Usage of Windows applications like “Paint Brush” “Calculator” etc, Introduction to MS-Word and MS-Excel and Educational Games-viz. Word games, Numerical games and Sentence formation.

Beginners’ Basic Computer Literacy Course---60 days

Introducing beginners to the world of computers

Introduction to Computers, Windows Applications, MS Office (Word, Excel, Power Point), Internet Search Engines and E-Mail, Case Studies and practice sessions

Professional Advanced Computer Course---60 days

Course designed as a step up towards career growth with case studies

Advanced MS Office-Word, Excel and Power Point, Internet Search Engine and E-mail, E commerce, Slides coupled with Case Study discussions and Project Work

Senior Citizens Course---45 days

Connect with your near and dear ones via Computer media, manage portfolios and enjoy computer games

Introduction to Computers, Window applications, Introduction to MS - Word and Excel, Internet Search Engines, Email, Chatting on Skype and Facebook, Computer Games e.g. Solitaire, etc.

Wonderful World of Internet Magic ---20 days

Insight of the various “Search Engines” and “Email Management”

Internet Search Engines, E-mail, Chatting on Facebook and Skype and Basic MS-Word and Excel

Tailor Made Computer Course

As required - timings, duration, etc.

Do not miss this golden opportunity

Contact: Ms. Carmen D’Costa, Computer Centre
Women Graduates Union (10.15am – 5.15pm Monday-Friday)

Telephone No: 22165403 • Email: compcen.wgu@gmail.com

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

“Feminism has fought no wars. It has killed no opponents. It has set up no concentration camps, starved no enemies, practiced no cruelties.

Its battles have been for education, for the vote, for better working conditions... for safety on the streets... for child care, for social welfare... for rape crisis centers, women’s refuges, reforms in the law.

If someone says, “Oh, I’m not a feminist,” I ask, “Why, what’s your problem?””

- Dale Spender