

University Women

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Centenary Year Scholarship Awards

The Scholarships Award function was held on January 29, 2016, at the Amy Rustomjee Hall. Dr. Vandana Chakrabarti, Pro Vice Chancellor, SNDT University, was the Chief Guest.

This being the Centenary Year of the WGU, apart from the award for the WGU Scholar, three additional Centenary Scholarships were awarded to Research & Management students. A total of seven students received awards for research this year, a record number, thanks to our very generous donors who responded so generously to our appeal for funds.

The four major scholarships disbursed this year are listed below:

Monal Velangi	Ph.D. on Effects of Virgin Coconut Oil & Vitamin D Supplementation in Early Knee Osteoarthritis	WGU Scholar
Priyanka Mokashi	Ph.D. in Diabetes	WGU Centenary Scholarship
Swati Sahoo	Ph.D. in Anxiolytic Activity Of Medicinal Plants	Dinoo Dubash Centenary Scholarship
Manali Kamani	M.B.A.	Shanta Bhandarkar Centenary Scholarship

105 students received scholarships this year selected on a need-cum-merit basis valued at about Rs. 9 lakhs. Most of the students come from modest backgrounds, with negligible family incomes and many dependants. It is amazing to hear their stories of success in researching and studying esoteric subjects. Some were exploring remote possibilities of a cure for cancer, others were examining herbal products for cures for diabetes and other disabling conditions.

In her speech to the award-winners, the Chief Guest praised the students and their parents for recognising the importance of education up to the highest level. Citing the example of Helen Keller who overcame her disabilities to emerge as a beacon of hope to all, able and differently-abled, the Chief Guest asked them to encourage their own children, when the time came, to get a good education. A well-educated population was what India needed to develop into a healthy democracy and a healthy economy.

Education, employment and entrepreneurial opportunities have given wings to the aspirations of India's women, and the WGU has worked for a hundred years to aid women in this effort of empowerment.

Counselling & Guidance Centre

AGEING AND MEMORY

The C&G Centre held a lecture cum workshop on February 1st on the topic 'AGEING AND MEMORY'. The workshop was conducted by the in-house counsellor Dr. Vatsala Thakur at the Amy Rustomjee Hall, WGU.

The way memory works and gets affected with age were discussed. The audience was informed about the different types of memory and explained the difference between mild forgetfulness and severe memory loss. They were told about the various Memory Aids such as, to make a 'to do' list, use of associations, mnemonics, socializing, establishing a routine, proper sleep, good nutrition, brain games and a healthy and an active lifestyle. How brain games can help in sharpening one's memory and in delaying memory loss was discussed.

A few Brain games were also played and taught to the audience .A question answer session followed the workshop and all the queries were answered to their satisfaction. The audience was an enthusiastic lot.

LET OPEN SPACES IN CITY REMAIN ACCESSIBLE TO CITIZENS

We need to make efforts to ensure reserved public open spaces are accessible to people for free and there is a complete ban on any third party interest or rights being created on them.

The Brihanmumbai Municipal Corporation (BMC) has made a budgetary allocation of more than Rs. 200 crore for open spaces. The amount is sufficient to secure, develop and maintain the open spaces spread over 1,200 acres across the city. Using Oval Maidan and Dhote Udyan (both looked after by organizations which are NAGAR associates) are exceptional models, we have realised, it requires a capital cost of Rs. 7.5 lakh an acre and an annual maintenance cost of Rs. 106 crore. By this calculation, the total cost comes to Rs. 196 crore. This includes secured spatial fencing, landscaping (plan green lawn, indigenous trees and shrubs on the periphery), walking tracks, lights and water, around-the-clock security and a 10 x 10 feet shed for electric meter and garden equipment. Such a model will easily take care of the recreational needs of the community. Grandiose plans, fancy material and theme parks with astronomical budgets are neither desirable nor egalitarian.

Involving civil society, the end user, in the process of budgetary allocation would guarantee optimal use of open spaces and cater to the greater common good.

- MEHER RAFAT
Trustee, NAGAR,

Consumer and Civic Affairs Committee Western Railways Protection Force

‘Code for Safe Travel’

As the topic of women's safety was brought up at a recent CCAC Seminar, it seems timely to mention the gist of an article that appeared in the Mumbai Mirror on February 10 and sent in by Dinoo Vasunia, Chairman of the CCAC.

Women in this city can take charge of their own safety on the tracks with these guidelines.

In view of a slew of recent attacks on women travelling in locals, Western Railways' Railway Protection Force (RCF) is holding seminars across the city's schools and colleges to arm women commuters with a safety strategy against potential assaults.

Here are the important guidelines:

- 1. Don't board the middle ladies coach at night**
- 2. Be on your guard on these tricky routes:**
 - a) Churchgate – Grant Road**
 - b) Mahim – Bandra**
 - c) Bhayander – Mira Road**
 - d) Naigaon – Vasai Road**
- 3. WhatsApp Helpline: 9004499718**
Be alert to trafficking – specially concerning young children
- 4. Do not betray fear when you smell trouble. Stay Calm**
- 5. Lodge a complaint**
- 6. Turn on the GPS on your cell phone and keep it switched on**
- 7. Keep an eye out for drunkards/ druggies**
- 8. Take a mental picture of the wrong doer**
- 9. Know where you are on the tracks precisely**

BE ALERT

FROM ONE FRIEND TO ANOTHER.....

Take two minutes to read these sayings and be sure to read all the way to the bottom:

Written by Andy Rooney, a man who had the gift of saying so much with so few words. Rooney used to be on 60 Minutes TV show.

I've learned.... That the best classroom in the world is at the feet of an elderly person.

I've learned.... That when you're in love, it shows.

I've learned.... That just one person saying to me, 'You've made my day!' makes my day.

I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned.... That being kind is more important than being right.

I've learned.... That you should never say no to a gift from a child.

I've learned.... That I can always pray for someone when I don't have the strength to help him in any other way.

I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned.... That we should be glad God doesn't give us everything we ask for.

I've learned.... That money doesn't buy class.

- I've learned....** That it's those small daily happenings that make life so spectacular.
- I've learned...** That under everyone's hard shell is someone who wants to be appreciated and loved.
- I've learned....** That to ignore the facts does not change the facts.
- I've learned....** That when you plan to get even with someone, you are only letting that person continue to hurt you.
- I've learned....** That love, not time, heals all wounds.
- I've learned....** That the easiest way for me to grow as a person is to surround myself with people smarter than I am.
- I've learned....** That everyone you meet deserves to be greeted with a smile.
- I've learned....** That no one is perfect until you fall in love with them.
- I've learned...** That life is tough, but I'm tougher.
- I've learned....** That opportunities are never lost; someone will take the ones you miss.
- I've learned....** That when you harbor bitterness, happiness will dock elsewhere.
- I've learned....** That I wish I could have told my Mom that I love her one more time before she passed away.
- I've learned....** That one should keep his words both soft and tender, because tomorrow he may have to eat them.
- I've learned....** That a smile is an inexpensive way to improve your looks.
- I've learned....** That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.
- I've learned....** That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- I've learned....** That the less time I have to work with, the more things I get done.
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QUOTABLE QUOTES

- "Complaining about a problem without proposing a solution is called whining."
 - "The trouble with the rat-race is that, even if you win, you're still a rat - Lily Tomlin."
 - "Difficult roads often lead to beautiful destinations."
 - "I don't have time to worry about who doesn't like me.... I'm too busy loving the people who love me."
 - "My doctor asked if any members of my family suffered from insanity, I replied, no, we all seem to enjoy it."
 - "GREAT FRIENDS are HARD to find, DIFFICULT to leave, IMPOSSIBLE to forget."
 - "When the winds of change blow, some people build walls and others build windmills."
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