

# *University Women*

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University Women

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## **From the Desk of the President**

The new Centenary Year 101 started with great expectations after the AGM. All the Chairpersons of the various Committees started working very diligently and with tremendous enthusiasm.

The Hostel Committee takes great pains to look after the Sir Purshotamdas Thakurdas Working Women's Hostel, which provides residential accommodation of a high standard to working women from different parts of the country. The hostel is run with high levels of efficiency, discipline and hygiene and is in great demand as it is one of the best in the country. It is well-located and easily accessible.

The Scholarships Committee has been striving hard to disburse the maximum number and the highest amounts of scholarships on a need-cum-merit basis to educate women. Scholarships worth more than Rs.5 lakhs will be disbursed in the field of Research, Management, Engineering, Career training, Medicine and Nursing. An Awards programme is scheduled for January 10, 2017, with Chief Guest, Dr. (Mrs.) Shubha Tole, Professor, Department of Biological Sciences, Tata Institute of Fundamental Research.

The Counselling and Guidance Committee recently arranged a meaningful workshop on Heal Thyself with Alternative Healing. Ms. Divya Bajaj, Alternative Therapist spoke effectively.

Counsellor Ms. Vatsala Thakur conducts sessions with parents of Balwadi and Study Centre children. She has visited The Pavement Club Children of the 'Homeless Street Children Project' taken up by the St. Andrews and St. Columba Church, Fort, on topics like Good Touch Bad Touch, Importance of Discipline, Punctuality and Hard work.

A workshop on Financial Literacy was also organized for the parents of the Balwadi children conducted by Rajesh Alphonso of Mizhuo Bank.

A workshop with the Study Centre girls was conducted on the topic Menarche as most of the girls were entering puberty and going through the various age related bodily changes.

A twinning program on Noise Pollution and Awareness was arranged by the Consumer

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& Civic Affairs Committee along with My Dream Colaba and CALM. Children from different schools actively participated and spread the message by displaying Banners at various traffic signals in and around Colaba / Cuffe Parade areas. An interactive talk and presentation on That Noise in your Life by Sumaira Abdulali, Convener Awaaz Foundation, was held. She is at the forefront of the movement against Noise Pollution in Mumbai. These programmes were vastly covered by the Press and media and WGU received maximum coverage.

The Computer Centre started off with much activity. Many new courses were started for children, beginners, housewives, professionals and senior citizens by Ms. Carmen Decosta, Trainer. Out of the donation received from Dr. Nagpal, who looks after the health check-up programmes of the children of the Study Centre and Balwadi, a special SmartKids Computer Course was designed for lower income group children. Do read the details on another page.

Power Yoga classes commenced for young women on how to remain fit. Power Yoga is a general term used to describe a vigorous, fitness-based approach to vinyasa-style yoga. Though many consider it to be "gym yoga," this style of practice was originally closely modelled on the Ashtanga method. Our hostelites and young working women have taken advantage of this power yoga. Normal Yoga classes are also held in the evenings twice a week.

The Behramji Lalkaka Balwadi runs very efficiently. Children are taught by the play way method. Milk and nutritious snacks are provided and regular medical check ups are held.

Spoken English classes are conducted four times (morning and afternoon) in a week at the Study Centre by two lady volunteers, Zarine Commissariat and Ruby Vatcha. Children have started speaking English confidently. A generous donation was received from Zonta International for a Steel Cupboard and DVD Player, through Kashmira Meher-Homji. The Lions Club of Cuffe Parade donated a handsome amount of Rs.1.5 Lakhs for the children of the Study Centre to provide a nutritional diet to the children. This amount was received in memory of District Governor, Late Lion Parimal Shah, whose wife Mrs. Prabha Shah is a WGU member. A Music System for the use of all the committees at their respective functions was also donated by them.

The Programme Committee organized a record number of programmes for members during the course of these past few months. Members enjoyed the fellowship and bonhomie at these meetings, which were invariably followed by mouth-watering lunches provided by our in-house caterer, Acme Caterers.

- Salome's This N That programme on Fitness, Diet, Grooming, Breathing, Meditation and Chi-Gong was very much appreciated by all.

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- A book review / Reading by Ms. Uma Swamithan on Healing with Herbs was very interesting.
- A Health Workshop was organized in collaboration with Bhatia Hospital by Dr. Siddharth Dagli, Sr Cardiologist and Dr. Shreya Sakre on the dos and don'ts to keep oneself safe from cardio-vascular disease and cardiovascular & respiratory problems.

A much awaited Diwali Mela, **Mini Fund Raising Programme** was successfully held, details of which appear elsewhere in the Newsletter.

Friends, our **Major Fund Raising Event** is scheduled for Sunday, **February 5, 2017**, at the Roof Top of Hotel Diplomat, Colaba, behind Taj Mahal Hotel. Live entertainment, with a starlight dinner, also awaits you. Do grace the occasion with family and friends and boost our efforts. Donations and Advertisements from Well Wishers and the Corporate Sector will help generate funds to run this institution efficiently. Please keep this date free and support our cause.

Thank you for your active participation in all our programmes and projects. We do look forward to welcoming many **New, Younger and Active Members**, who will work hand in hand with us for the success of this great 100 year old institution, fondly called the **WGU**.

Best wishes,  
- Havovi C. Gandhi

## My Friends!

As we grow older, and hence wiser, we slowly realize that wearing a \$300 or \$30.00 watch makes no difference - - they both tell the same time...

Whether we carry a \$300 or \$30.00 wallet/handbag --- the amount of money inside is the same;

Whether we drink a bottle of \$300 or \$10 wine -----the hangover is the same;

Whether the house we live in is 300 or 3000 sq.ft. ----- loneliness is the same.

You will realize, your true inner happiness does not come from the material things of this world.

Whether you fly First, Business or Economy class, if the plane goes down---you go down with it.

Therefore, I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven & earth, .... That is true happiness!!

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## **SMARTKIDS COMPUTER COURSE**

Generally, when children have school holidays, especially the children from the lower income group, they tend to pass their time by wandering around the streets and sometimes land up with bad company.

Thanks to a generous donor, WGU thought of trying out an experiment by nominating 10 bright kids of Std. 6th to Std. 8th from the WGU Study Centre to a one-hour daily SmartKids Computer Course during the 3-week Diwali 2016 School vacations.

Practically all these children had never had an opportunity to touch a computer before, and therefore, had some fear that they would not be able to learn to use the computer. Keeping this in mind, the Computer Trainer designed a very exciting-cum-educative programme for the children. The curriculum included interesting computer games to get accustomed to the mouse, Painting, Drawing, Microsoft Word skills, and developing theme-based PowerPoint presentations with animation and slide transitions. The brighter children who were able to complete their day's activity before time, were provided with computer games like bike racing, memory games, jigsaw puzzles, fishing, connecting the dots, etc. to motivate them.

The educative and exciting programme made the kids thoroughly lose their inhibitions about using a computer and at times it was difficult to get them to shut down the computer for the day. Infact, on the last day, they requested a two-hour session instead of the usual one hour, which the Trainer accommodated by requesting the regular students to take a day off. The children, besides occupying themselves usefully, developed typing and presentation skills, which would certainly help them in the future.

This has been a wonderful and gratifying experiment, which has motivated the other children in the Study Centre to perform well so that they get nominated for the programme in future.

### **Five Undeniable Facts of Life**

1. Don't educate your children to be rich. Educate them to be happy so when they grow up they will know the value of things not the price.
2. Best awarded words in London ... "Eat your food as your medicines, otherwise you have to eat medicines as your food."
3. The one who loves you will never leave you because even if there are 100 reasons to give up he or she will find one reason to hold on.
4. There is a big difference between a human being and being human. Only a few really understand it.
5. You are loved when you are born. You will be loved when you die. In between, you have to manage!

If you just want to Walk Fast, Walk Alone! But if you want to Walk Far, Walk Together!

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## TRAUMATIC & TERRIFYING TIMES

The last month has witnessed a spate of startling developments unfolding with uncanny regularity in the world - most of these man-made, some natural. These serial events have shaken the global environment and taken its toll with surprise, shock and awe.

On October 24th, the universally respected Tata edifice and Tata brand image suffered severe and serious damage. It was widely felt that the crisis could have been handled more graciously in keeping with Tata values and tradition. The final outcome is awaited with bated breath.....

Next came the double-whammy on November 8th, with the declaration of Demonitisation of the Indian currency and in a few hours the shocker that Donald Trump was in fact the 38th President of the USA. The world awaits his new policies and the new personalities, who will influence the entire world, with great trepidation. Earlier Brexit had turned the tables in the U.K. and given globalisation a blow from which recovery will be a long-drawn out affair and a serious setback to world trade and economic progress.

At home, while demonitisation is hailed as an economic breakthrough, or even an economic miracle, with long-term gains for the GDP, the common man has had to bear the brunt, which has clearly demonstrated a totally unprepared and uncaring attitude. There have been frequent changes in policies, around 50 deaths, untold misery and unfortunately a refusal to admit that the poor, specially those in the rural areas, who are not required to pay taxes, could have been treated a bit better.

Next, a devastating earthquake measuring 7.8 on the Richter scale, followed by a damaging tsunami in New Zealand, with no human lives lost and only a few injured, because of their preparedness.

Finally, the recent horrifying rail accident in Kanpur, with a tragic toll of 140 dead and around 100 injured, showing up once again the crying need to revamp and restructure our outdated railway system in India. Invariably it is the economically vulnerable who suffer the most.

- Ed

### Six Best Doctors in the World

1. Sunlight
2. Rest
3. Exercise
4. Diet
5. Self Confidence and
6. Friends

Maintain them in all stages of Life and enjoy healthy life.

## DIWALI MELA AT WGU

A very successful Diwali Mela was held at the Amy Rustomjee Hall on October 22, 2016. The programme was inaugurated with the lighting of the lamp by the Chief Guest, Captain Percy Master, his wife Arin Master, Dr. Ranjana Banerjee, Trustees and Office Bearers of WGU. Dr. Ranjana Banerjee, Convener, Scholarship, IFUWA was an unexpected and very welcome visitor at the Mela.

35 stalls displaying jewellery, garments, decorative items and food were put up. NGOs like Women's India Trust (WIT), Savera, Victoria Memorial School for the Blind, and Society for Welfare of Dogs were specially invited to participate in the Mela.

This year, we had a very good response and visitors continued to walk in throughout the day. The food stalls did a roaring business. A stall for head and foot massage was put up by the Victoria Memorial School for the Blind, and we were happy to note that it was well patronized. Garments and Jewellery stalls notched up brisk sales. Decorative lights, rangoli and soft background music made for a festive atmosphere all day.

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*If light is in your heart you will find your way home*  
– Rumi

*“Neither fire nor wind, birth nor death  
can erase our good deeds.”*  
– Buddha