

University Women

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INTERNATIONAL WOMEN'S DAY 2017 A SEMINAR ON 'PAST LIFE REGRESSION'

The Counselling and Guidance Centre organized a special programme on March 8th to celebrate International Women's Day at the Amy Rustomjee Hall.

A talk by a Certified Transpersonal Regression Therapist, **Dr. Anita Bhasin**, on **Past Life Regression** was organized alongwith various activities to celebrate the day. The programme started with a welcome song and with the presenting of a rose to all the ladies . They were then briefed with the work done by the C&G Centre in the past year by the Counsellor, **Dr. Vatsala Thakur**.

This was followed by the welcome address of the WGU President, **Havovi Gandhi**. The Chairperson, C&G Centre, **Gauri Chhabria**, felicitated the President, WGU. Guest Speakers, **Dr. Anita Bhasin** and **Ms. Rashmi Gupta Gheewala** were felicitated by the President and Vice President, WGU, and the C&G Centre Chairperson.

Gauri Chhabria spoke on Women's empowerment and congratulated all for the good work done for society. She motivated one and all to encourage their household maids to empower themselves and their children so that they could lead a better life. She also cited an example of a house help who brought up her three blind sons and educated and encouraged them so that they could become self reliant.

This was followed by a lecture on Past Life Regression by **Dr. Anita Bhasin**. She explained how some past experiences impact our present behaviour, emotions, mental and physical states. For example, a traumatic experience which happened earlier may make you fear that situation or object in the present scenario. She also spoke about cases where people have gone into their previous births during the regression session and got cured after recalling the incidents as the fear of that experience diminishes or totally goes away.

She said the intention of each action counts and not the action. Our intention behind the action decides whether or not we should be rewarded for that karma. After the lecture she answered the questions of the audience. Everyone present enjoyed the topic and were quite active in the conversation.

The vote of thanks was given by the Hon. Secretary, WGU, **Dolly Sagar**. This was followed by the cutting of a cake, Photoshop session with various funky props and a scrumptious lunch which all enjoyed.

BEING COMPUTER LITERATE IN TODAY'S WORLD

Computer literacy refers to the ability to use computers in an effective manner. In these days, the use of computers has become an essential skill to hone. Whether you need to complete school or college work, get a job, or for personal use, like banking, online shopping, booking a cab or movie tickets, knowing basic computer functions is vitally important.

For the younger generation, the likelihood of getting a job without knowing the basics of computers is very slim! Almost every business uses computers in most aspects of their business. Now that the use of computers has expanded to the extent that it has (and will only grow more), gaining the necessary skills improves the ability of both the young and old to perform in the modern world.

Many of the seniors feel intimidated at their lack of knowledge, especially when they see a friend booking a ticket or cab online with such ease, or their 9-year-old grandson using complicated features in the smartphone. To quote a humorous story that my nephew narrated to me – ‘His grandmother called to tell him she’d got herself an e-mail account. “Great,” he said. “Send me a message so I’ll have your e-mail address.” He waited and waited, but she never sent it. Several days later, an envelope arrived at his home - Grandma had written her email address on a piece of paper and mailed it to him.

At the WGU Computer Centre, we understand that not everyone has the basic skills. Courses have therefore been designed to bridge the gap in knowledge at different levels - whether it be for senior citizens, children or teenagers who are on the threshold of life.

For seniors, the goal is to help them sustain themselves in this Information Age. Young children are taught computers through educational games. For those who have just finished school or junior college, making them conversant with the Computer Operating System (Windows) and Office Automation (Microsoft Office) is the goal. For those who know the basics, but want to know more, an advanced course helps students upgrade themselves.

In the past ten months, the WGU Computer Centre has trained 62 students - 50% of which has been youngsters who had just finished their tenth or twelfth standard, 15% young children during their school vacations and the balance, seniors who are generally terrified that if they touch the wrong key, the computer may go bust.

The challenge in teaching the youngsters has basically been that they are mostly vernacular students, and therefore teaching them computer skills in English is an extremely difficult but satisfying experience. They are so full of energy and raring to learn, that the positive energy rubs off on the trainer.

Senior citizens have a wealth of life experience, but feel the pressure from their kids or their friends to get online. Teaching computers to seniors means we start from square one – right from the basic mouse and keyboard skills. For most of them, manoeuvring

the mouse and remembering the use of various special keys on the keyboard is possible only after constant drilling and practice.

At the end of the day, whether it be youngsters or senior citizens, we keep reminding them that in order to keep their skills fresh, they need to practice as often as possible. In the words of Allan Lokos, in his book "Patience : The Art of Peaceful Living" – 'That's why it's called a practice. We have to practice a practice, if it is to be of value.'

THE MYSTERIES OF ANATOMY

Brilliantly written verse... For lovers of the English language.

Where can a man buy a cap for his knee,

Or the key to a lock of his hair?

Can his eyes be called an academy?

Because there are pupils there?

In the crown of your head can jewels be found?

Who crosses the bridge of your nose?

If you wanted to shingle the roof of your mouth,

Would you use the nails on your toes?

Can you sit in the shade of the palm of your hand,

Or beat on the drum of your ear?

Can the calf in your leg eat the corn off your toe?

Then why not grow corn on the ear?

Can the crook in your elbow be sent to jail?

If so, just what did he do?

How can you sharpen your shoulder blades?

I'll be darned if I know. Do you?

FUN IN THE SUN FOR KIDS

The Study Centre children of both the batches were taken to **Sanjay Gandhi** National Park on February 25, 2017, for an excursion and an adventurous experience.

On reaching the National Park, the whole group went on a Safari Ride, the main attraction of the park. They were thrilled when they spotted the big cats, lions and cheetahs. Herds of spotted deer were seen in plenty and made the children really happy. Following the safari ride, a mini train ride was undertaken, which was also very thrilling for the kids. Exciting games and play time in the children's park on the swings, slides, and Tarzan bars made time pass quickly.

Before leaving for home, snacks and a refreshing cool drink were handed out to all. Music was played on the return journey in the bus. The children joined in the singing of the songs even though tired, some drifting off to sleep. Another round of refreshing Frooti and biscuits was given to all the thirty children.

The children of the Study Centre were well behaved and disciplined throughout the day.

GHEE

Bring on those ghee chapatis

Ghee was once thought to be unhealthy because it is saturated, but research has now revealed the truth about fats and oils. Ghee is one of the seven healthy fats YOU NEED in your kitchen.

Modern science now verifies what Ayurvedic health science has said for thousands of years: Ghee has a host of health and cooking benefits and is good for the mind and spirit.

Ghee is an essential power food!

Great For Cooking and Taste Ghee has a high smoke point (250 °C 482 °F).

You can cook and fry with ghee and it will not break down into free radicals like many other oils. It has a Buttery taste without causing dairy allergies.

Ghee is made from butter but the milk solids and impurities have been removed so most people who are lactose or casein intolerant have no issue with ghee. Ghee has a nutty buttery taste without disturbing dairy sensitivities.

High Nutrition: Ghee is rich in the oil soluble vitamins A and E. It is also rich in K2 and CLA (Conjugated Linoleic Acid) – an antioxidant with anti-viral properties if it is sourced from grass fed cows.

Energy and Weight Management: Ghee is converted directly into energy like carbohydrates. Ghee is Nutritionally Rich. Like Coconut Oil, Ghee is rich in medium chain fatty acids which are absorbed directly to the liver (like carbs) and burnt as energy. Athletes can use ghee as a consistent energy source.

Weight Loss: The energy from these medium chain fatty acids can be used to burn other fats in the system and lose weight.

Digestion and Immune Strengthening: Ghee (unlike other oils) is rich in butyric acid, a short chain fatty acid. Beneficial intestinal bacteria convert fiber into butyric acid and then use that for energy and intestinal wall support. A healthy body therefore makes its own form of 'ghee' but you can aid that greatly by just consuming it. Eating ghee is like eating probiotics, prebiotics and fiber combined.

Healthy Digestive Tract: Research shows that people with unhealthy digestive tracts do not produce butyric acid.

Healthy Immune System: Research shows that adequate production of butyric acid supports the production of killer T cells in the gut, and thus a strong immune system.

Anti-Inflammatory and Anti-Cancer: Researchers are using oral butyrate supplements and butyrate enemas to treat inflammatory bowel diseases such as Crohn's and ulcerative colitis. Ayurvedic physicians have been using ghee enemas for centuries to decrease inflammation.

Strong Appetite: Ghee stimulates the secretion of gastric acid, thus aiding in the digestive process. Better digestion equals better health and weight loss. **Mind and Spirit:** Ghee can help cleanse negative emotions from the body and feed the positive.

Molecules of Emotion: Modern research is now revealing that negative emotions have a chemical nature. This is what ancient cultures have always maintained, that the mind and body are one. These chemicals are attracted to and stored in fat. Ghee can be used to replace those fats. Plus, if used properly in a cleanse, can attract and pull out these emotional toxins so they can be cleansed from the body.

Positive Food: Within Ayurveda, ghee is considered one of the most satvic foods. Satvic foods promote positivity, growth and expansion of consciousness.

'Holy' Cow: The positive subtle effects of ghee are said to come from the fact that it comes freely from cows. Cows are special or holy because they receive and store thousands of spiritual energies from the environment. The milk from cows therefore contains the essence of all those energies and ghee is the essence of the milk.

Storing Ghee: The two things that will degrade ghee are water and sunlight. Always store your ghee in a container with a good seal in the dark. This is why it is best not to store ghee in the refrigerator if you are using it often. When you open it up to the warm air, water will condense on the ghee and cause oxidation. Ghee will last 2-3 months if you keep it in an airtight container. When kept in a refrigerator, without opening, ghee can last up to a year.

One reason why Indians measured their wealth in the number of cows they owned, can be attributed to the gift of Ghee.

CERC

Men! Men! Men!

If you advise them, they think you are dominating

If you don't, you are not doing anything

If they call, they are missing you,

If you call, you are disturbing them

If they ask you anything, it's their right

If you ask them, you are interfering

If they care, they love you.

If you care, you are possessive

So difficult....hats off to all women who handle them every day!

REVISED MEMBERSHIP FEES

At the Special General Body Meeting held on Thursday,
9th March 2017, the

Annual Membership Fees were revised as below:

- | | |
|-----------------------------------|--------------|
| 1) Ordinary Membership Fees | Rs. 1,000/- |
| Life Membership Fees | Rs. 12,000/- |
| 2) Associate Membership Fees | Rs. 400/- |
| 3) Associate Life Membership Fees | Rs. 5,000/- |

The Fees will be effective from 1st April 2017.

Compassion is a language the deaf can hear and the blind can see.
Mark Twain

*You cannot do a kindness too soon for you never know when
how soon it will be too late.*
Ralph Waldo Emerson

Be a rainbow in someone else's cloud.
Mary Angelou
