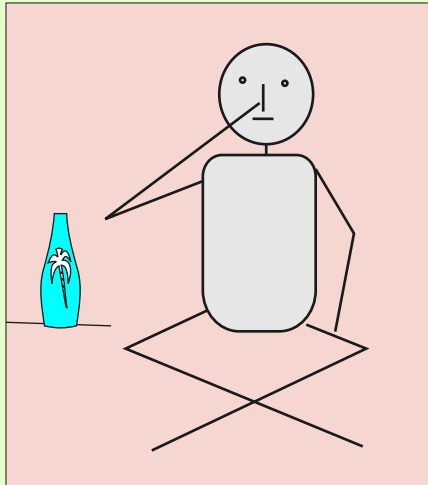


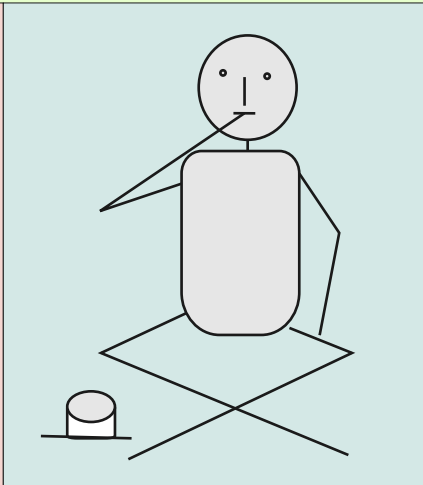


# Care to be taken during winter:

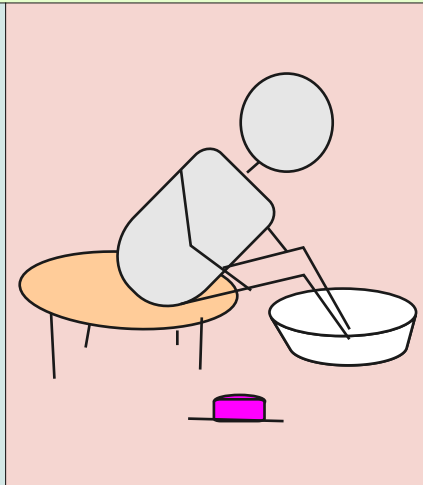
# Our Health in our hands.



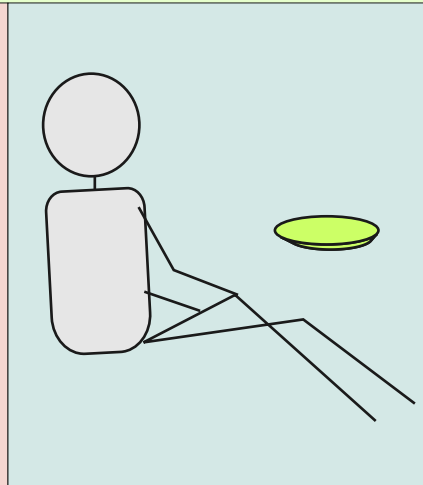
In winter, due to dryness, there can be bleeding from the nose. Lubricate the inner side of the nose with any oil available in the house.



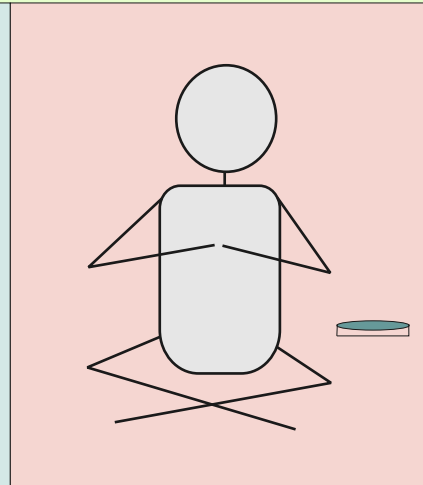
Lips turn dry to cold. Apply ghee available in the house to the lips.



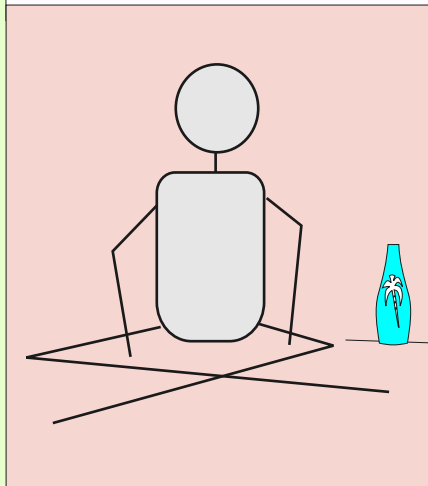
Hands and feet develop cracks in winter. Wash your hands and legs clean and apply Kokam-oil on the cracks.



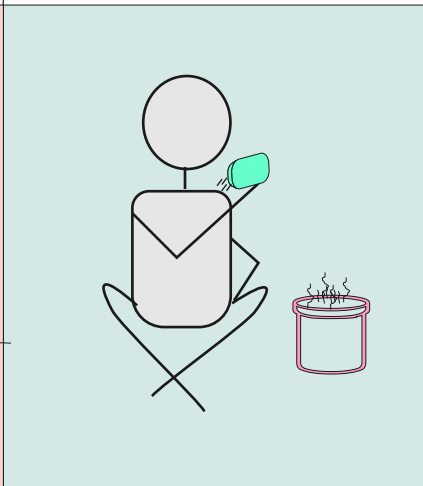
Those suffering from bone diseases should take heat-treatment and massage with castor-leaf oil.



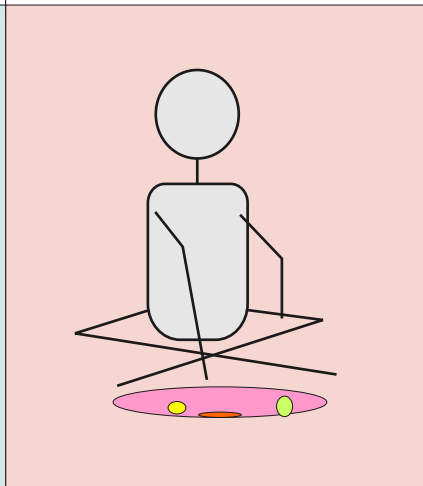
Persons suffering from asthma should take warm oil, add salt to it and massage the chest with it.



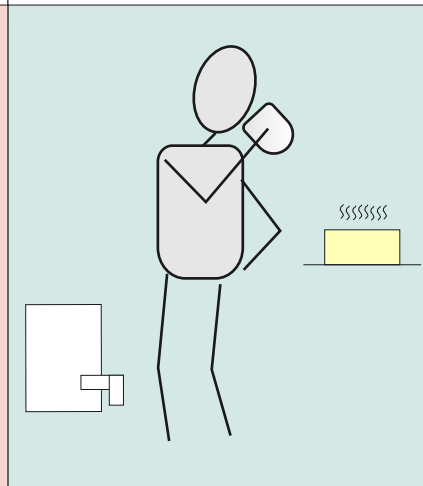
Skin turns dry due to cold weather. So one should apply coconut or groundnut oil before taking bath or before sleeping.



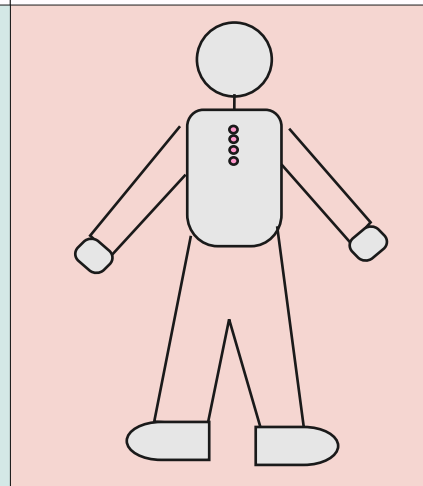
Avoid taking a cold-water hairbath everyday in winter.



In winter, one needs to consume substances that will increase heat in the body. So include groundnut, jaggery, sesame, dates and also non-veg and eggs in your diet. Avoid bananas.



One does not feel thirsty in winter and so less water is consumed. It is however important to drink lots of water in winter too. Try to drink warm or hot water as far as possible.



In order to protect oneself from cold, take special care of ears, eyes, palms, feet and wear warm clothes.

## Our Government

### schemes implemented by the Pune corporation for slum- dwellers

Financial assistance for constructing personal toilets (Under Backward Class Welfare Scheme)							
Pune corporation is employing this scheme under UCD to encourage the development of backward families in the slums. Under this scheme, grants are given to economically and socially backward and other backward classes for fulfilling their basic needs.							
Specialities	Beneficiary	Age-limit	Educational qualification	Annual income of the family	Documents	Location for getting and submitting the form	Contact
Under this scheme, backward families are given a grant upto Rs.15,000 for constructing private toilets.	Backward families within the boundaries of the corporation	No	Newly literate	Below Rs. 1,00,000	<ol style="list-style-type: none"> <li>1. Ration-card within boundaries of Pune corporation (True copies)</li> <li>2. Income agreement of Neighbourhood Society Group.</li> <li>3. Caste certificate from State Government</li> <li>4. Permission letter for constructing the toilet from regional corporation office (No objection certificate)</li> <li>5. Receipt for having paid the service-tax</li> <li>6. Map-copy of the toilet</li> <li>7. Estimate of the construction cost of the toilet.</li> <li>8. Construction license</li> <li>9. Authentic slum-dwellership proof from the regional corporation office</li> </ol>	<ol style="list-style-type: none"> <li>1. Group-union in your locality</li> <li>2. S.M.Joshi Hall, Daruwala Bridge, Pune :26336249</li> </ol>	S.M.Joshi Hall, Daruwala Bridge, Pune :26336249

Written by :  
Mrs. Vijaya Bhosge,  
Shehadeep.

# HELPLINE

For Health-Mutual fund members



For health problems contact:

# 020-26051524

Monday to Saturday between 9:30 a.m. and 5:30 p.m.

After 5.30 p.m call Dr. Abhijeet on **9225516860**



## Family matters

Conversation between daughter-in law and mother-in-law



Sandhya, get up a bit early. Who will complete the household chores? Lalitabai addressed this sentence to her daughter but it was meant for daughter-in-law who was fast asleep inside. Then the daughter-in-law also told her husband loudly that she was not in the habit of getting before 8 o'clock at her parents' place. Those who want to get up early and work are free to do so. Obviously this statement was directed to the mother-in-law. Such discontent is heard in every household. We enjoy the fights between mother-in-law and daughter-in-law in serials like 'Saas bhi kabhi bahu thi' and 'Tu Tu mein mein'. But does anyone learn anything from these?

In order to maintain good communication between mother-in-law and daughter-in-law, do think upon the following suggestions:

- Both enter their roles with prejudice that the mother-in-law is a person who constantly dictates, troubles, torments and daughter-in-law is a person who is irresponsible, shuns from work and avoids the mother-in-law. So, both start pointing each other's faults. If one begins the relationship like a blank slate, trust about each other will develop in minds of both.
- Another reason of discontent is 'power'. The mother-in-law feels that I had all the power till my son got married and now someone will come and snatch it from me. This feeling gives rise to discontent. If the mother-in-law shares the power and lets the daughter-in-law participate in decision-making, she too will respect her mother-in-law and a feeling of understanding will develop in them.
- The daughter-in-law feels that her mother-in-law hates her behaviour even if she is good and the mother-in-law feels that the other has no gratitude how-much ever she helps. This gives rise to retorting or back-biting. The best solution to this is that both should sit together and express their expectations, divide work and help each other. One should tell about pinching things in a soft way and not complain through one's son or husband.
- Many times, neighbours or relatives add to the discontent with their remarks. Don't entertain such gossip and spoil your relationship. This relationship also like others have to be nurtured with trust and love. Our best wishes to beautify and strengthen this relationship.

Written by:  
Mrs. Neha Ghanekar  
Swabhimaan