

MANOGAT

[A monthly info-letter for slum dwellers|Pune edition]

Issue: 12
June - 2007

June 5 : World Environment Day.
June 10 : Fathers Day.
June 26 : International day against
Drug abuse & Illicit Trafficking.
June 27 : World Diabetes Day.

Editorial

We started Manogat to reach 500-600 juggis in Pune and understand the feeling of lakhs of people there and to furnish them with information on several topics. This is the twelfth issue of Manogat. On this occasion let us resolve to reach more and more people in the coming year.

We heartily thank all those who volunteered to write for Manogat and helped in distribution, public-reading and feed-back collection. We hope that your participation and co-operation will increase to such an extent that Manogat will surely be an expression of the minds of the people in the juggis.

So, open up with your suggestions, complaints, problems through your feed-back. The best feed-back will be published in Manogat. The winners of the April issue are:

Best reader- April 2007

First prize

Got to know about the importance of education through this journal. Also realized that it is better to use one's education and take loan from appropriate places instead of borrowing from elsewhere for business or other reasons. In short, all the topics are good. They are useful, important and beneficial.

Miss Sheetal Ravindra Kumbhar
Bibwewadi Upper, Pune : 37

Second prize

I liked Manogat. It is important to be educated so that none can cheat us. I liked the tricks for saving.

Mrs. Vanita Popatrao Nalavde

Third prize

I liked the whole journal; Harba-Kerba's saving of profit, information about summer and also information about what is to be done after tenth and twelfth examination. I liked all the articles.

Mrs. Vaishali Suneel Phule.

Fight competition with determination.



Harba : Hello Kerba

Kerba : Hello, so, how's life?

Harba : I am ok. But, tell me one thing, what is this 'mall business'?

Kerba : Business? Why are you asking about it?

Harba : I have heard that one gets everything from vegetables to groceries in a mall and that too at a cheaper price! If people get things in a cheaper price than us, who will buy things from us?

Kerba : Harba, a mall is a big shop. A place where you get clothing, groceries, stationery, electronic goods, vegetables too...a hi-fi shop!

Harba : Then, how are things cheap in such hi-fi shops?

Kerba : Cheap? Tell me, will anyone sell things at loss? According to me, this is just their marketing technique.

Harba : What's that?

Kerba : That means, those goods which strikingly attract the customers' attention are sold at a cheap rate to attract them and once they are hooked, they end up buying even those things which are not necessities. Ultimately, the shopkeeper is benefited.

Harba : But this will doom us.

Kerba : How can you run away from competition? If you befriend your customers, be punctual, sell goods of best quality at a reasonable price and so on, why will your customer turn to the mall? How can he afford to go the mall for frivolous things? An ant can irritate an elephant; not by wrestling but by being tactful!

Harba : (Scratches his head)

Kerba : If you get disappointed, you are doomed today itself. If you fight, you will get a chance of succeeding. So, get charged with determination. You will succeed.

Harba : Thanks, my friend. Now just see how I take up my business.

Kerba : My best wishes are with you. See you soon.

Last month's answer

Harba agreed that he had made a mistake by using dirty ice and pledged to be honest in business henceforth. That's why, Kerba says to Harba 'Better late than never'.

This month's question

What care should Harba take according to Kerba in order to compete with the malls?

top of the month

If you are told that the earth is sick, would you believe it? But our earth is sick indeed. Environmentalists say that she has fever. The temperature of the earth has grown so much in the last few years that ice-mountains, ice-lands and ice-oceans are melting. The ice in the Himalayas has decreased by 5 to 10 km in the last ten to twelve years.

You might say that if a person is sick, one can take him to a doctor but what to do about this huge earth? But, this earth is sick because of exorbitant usage of fuel by man. The temperature of the earth has increased because of the excessive heat generated by cars, factories, garbage and electricity. If we follow the following few easy tips, we can surely save the earth:



Use cheaper and long-lasting CFL tubes instead of bulbs in the house.



Avoid using vehicles for short distances and use the vehicle for two persons instead of singular use.



Restrict the amount of household garbage generation. For eg. While throwing paper ensure that it has been used optimally. Students should write on both the sides of the paper. Use plastic bags wisely.



Try to protect and nurture trees in the surrounding area.

Nature always gives us joy and health. If we strive for its health it is ultimately going to benefit us, isn't it? Happy Environment Day!

Our Health is in our hands! (Mental health- Part 1)

So, how are you? Fine, thank-you. We immediately give this automated response. If anyone asks, 'Are you hale and hearty?', we think only about physical fitness. We have given information about physical health in the last few issues of Manogat. But it is important to be mentally healthy too. Try and remember...when you are depressed, you get a headache, students are sick when the exams are on threshold, tension gives us insomnia and lack of appetite...isn't it true? This means health is closely related to the mental state. There are dozens of dispensaries and medical shops for physical health but we don't take pains to care for, nourish and cure mental health.

Misery, strife and depression are indispensable for everyone. The question is how you handle these odds. You must have heard of students committing suicide due to depression generated by tenth standard results, jumping in the well due to boredom from torcher from the in-laws, murdering and bullying due to revenge.....all this is related to mental health.

We can take care of our mental health by many small things like talking openly to everyone in the household, speaking out about sorrow, jealousy and anger in one's mind in front of one's dear ones. The mind gets relieved due to this speaking up. Even if one person in the family is always quarreling, getting angry, addicted or ever complaining; he spoils the health of all the members along with ruining his own state.

Hence, it is equally important to protect one's mental health along with physical health. In the coming few issues of Manogat, we are going to share some small but important tips to protect mental health. So, ensure that you get your copy of Manogat.

And yes, be open about your mental troubles and problems through your responses. Remember; it is important to talk about mental tension in order to live a happy life.

Mental health is not just about mental illness

There are times when we experience hope, joy, energy and pleasure *There are also times when we experience distress, suffering and pain*

These experiences are related to our mental health

- *Mental health is a topic of significance to each of us*
- *Being aware of and talking about mental health is important*

TALK TO HEAL