

*Interact is a not-for-profit division of EQUALS dedicated to providing networking, personal and professional development for its students, clients and other interested people.*

# Interact

## e-news

## Students Hit the Mark at Local Residential Care Facility

As part of clinical vocational placement, four EQUALS Enrolled Nursing Students are to be congratulated after an outstanding effort in the workplace.

The Director of Nursing at the north eastern aged care home was so impressed with their performance that she was hoping to employ them as Enrolled Nurses as soon as they graduate!

Well done and congratulations to...

**Asha Bhandari**  
**Srijana Hamal**

**Sushmita Budhathok**  
**Esther Njuguna**



## Fighting Poverty Through Education

We're thrilled to announce that EQUALS has recently become a sponsor of the School of St Jude in Tanzania, Africa.

The School of St. Jude is a sponsorship-supported School that primarily serves orphaned and vulnerable children from the lowest socio-economic backgrounds.

To learn more or be a friend of St Jude's, visit: [www.schoolofstjude.co.tz](http://www.schoolofstjude.co.tz).

## Clinic Success

Congratulations to our Diploma of Remedial Massage students, who recently participated in the Massage Clinic, hosted by Aspects of Healing.

Massage students are required to complete an intensive series of supervised clinical practice in order to meet the requirements of the Diploma, and achieve accreditation with the Australian Association of Massage Therapists.

We received encouraging, positive feedback on the quality of massage services performed. Well done to you all.

Subject to availability, Student Clinic Massages can be arranged by contacting Karen or Shannon on 8110 1200.

## New Funding!!!

**EQUALS have been awarded a limited number of newly released training opportunities.**

**These programs are funded by the State Government. A very limited number of places in the following qualifications are available...**

**DIPLOMA HOSPITALITY**  
**DIPLOMA RETAIL MANAGEMENT**  
**DIPLOMA BUSINESS ADMINISTRATION**

**If you are interested, or know someone who may be, please contact Shannon Thomson for eligibility and course information.**

## Welcome Jeanne

On behalf of staff and students, we would like to welcome Jeanne McNicol to EQUALS.

Jeanne is a qualified Educator and Teacher, having had many years experience working in the Department of Education and various schools. She also brings valuable experience in the areas of retail management and general business operations.

Jeanne has taken over responsibility as our **Client and Administration Co-Ordinator**, and can be found in the administrative offices on the second floor of our Leigh Street building.

Please make her feel welcome and introduce yourself if you haven't already.

## BENEFIT FROM BEING A STUDENT

Take advantage of being an EQUALS Student by receiving 20% off services, including Massage, Ayurveda, Bowen Therapy, Acupuncture and more! Only at **Aspects of Healing, 25 Leigh Street, Adelaide. Phone 8110 1222.**



# Introduction to Ayurveda

Written by Scott Blossom

Ayurveda, which translates as "knowledge of life," dates back 5,000 years to the ancient Sanskrit texts, the Vedas. It's a system of healing that examines physical constitution, emotional nature, and spiritual outlook in the context of the universe. According to the philosophy, universal life force manifests as three different energies, or doshas, known as vata, pitta, and kapha.

We're all made up of a unique combination of these three forces. Though everyone has some of each, most people tend to have an abundance of one or two of the doshas. This unique combination is determined at the moment of conception, and is your own personal blueprint, or *prakriti* (nature).

As you move through life, the proportion of each of the three doshas constantly fluctuates according to your environment, your diet, the seasons, the climate, your age, and many other factors. As they move into and out of balance, the doshas can affect your health, energy level, and general mood.

	VATA	PITTA	KAPHA
ELEMENT	Air and Ether	Fire	Earth and Water
QUALITIES	Dry, rough, cool, mobile	Hot, light	Heavy, moist, cool, stable
OUT OF BALANCE	Flighty, worried, fearful	Irritable, judgmental	Lethargic, stubborn, prone to overeating
IN BALANCE	Creative, lively	Motivated, purposeful	Stable, thoughtful, compassionate
PRONE TO	Constipation, lower back pain, anxiety, joint problems	Acne, diarrhea	Sinus problems, respiratory diseases, inflammation

Source: <http://www.yogajournal.com/health/1722>

# Nourishing Kids with Love and a Healthy Lunch

Written by Dayna Macy

Every morning, dutiful mom that I am, I pack school lunches for my seven-year-old boys. I keep it simple—maybe a few cherry tomatoes, some locally made cheddar cheese, whole grain crackers. I start out hopeful—surely today they will eat every bite! But no. Almost every afternoon, most of their lunch travels back home. This, I tell them with a stern frown, is not what I mean by recycling. I try not to take it personally, but I do. Parenting can teach you a lot about pride.

Swallowing mine, I conducted an informal lunch survey of second-grade parents to see if I could learn any new tricks. Some consensus did emerge: Kids like crunchy food. They like to dip. They like a variety of colors and textures and prefer a few smaller dishes to one big thing. Almost any sandwich filling tastes better rolled up in a tortilla or lavash than tucked between plain old slices of bread.

Making food fun is what's important," says Kyle Kornforth, the administrative coordinator of Berkeley, California's, Edible Schoolyard, where kids grow what they eat. "I tell my daughter she's eating a rainbow, one made of fruits, vegetables, and grains."

If you keep the right ingredients on hand, you can pack a nutritious lunch in minutes. Try nuts, fresh or dried fruit, cheese sticks, baked tofu, guacamole, carrots, capsicum slices,



hardboiled eggs, pita bread, and hummus. It also helps to make your kids part of the lunch process. Bring them to the grocery store and have them pick out a few nutritious items.

In the end, though, the notion of nonattachment should prevail. If despite your best efforts, your kids' food comes back untouched, let it go. Intention counts, and your child will still be nourished—if not by a sandwich, then by love.

Edited for Australian Readers

Source: <http://www.yogajournal.com/lifestyle/2635>