Wollega University Vision:
Wollega University aspires to be one of the top 25 Universities in Africa by 2033 (2025 E.C.).

Mission:
To produce competent and innovative professionals in various disciplines through practical and lifelong learning to engage in research and community services and promote good governance to the development endeavors.

Core Values:
+ Innovation and Creativity
+ Excellence
+ Quality
+ Academic Freedom
+ Stewardship
+ Empowering
+ Commitment
+ Democratization
+ Diversity &
+ Team Spirit.

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Dear Wollega University Staffs, Students, and other readers,

As a visionary organization, over the years, Wollega University has registered incredible achievements in its teaching-learning; research endeavors and community engagement which in fact is leading the university realize its magnificent vision “…to be one of the top 25 universities in Africa in 2033 GC”. This existing entity is doing its best on assuring quality education, better service delivery, client satisfaction, and net-working with national and international teaching and research institutions as well stakeholders to hold its becoming the leading institute, indeed. With this regard, thus, there are various means of reaching its stakeholders get the updates of the aforementioned WU activities of which WU INFO SCIENCE and CIICO are the major ones. On this issue 2, volume 11 of the university’s INFO SCIENCE, it becomes an honor for me to express my good wishes to all our university community on behalf of the office of Corporate Communications Directorate.

Dear readers, this is a special edition issued while celebrating the 10th anniversary of Wollega University by featuring the major achievements in reform implementation work from 2007-2016/17GC. At this juncture, I would like to briefly introduce and let you know the contents of the current issue (henceforth WU INFO SCIENCE V.11, Issue 2). Inside this issue, timely contents such as workshops, different trainings, national conferences, community service endeavors, international students’ award, and field visits are presented.

In a nutshell, the pages of the issue summarize the significant amount of work carried out in the past months from January to April, 2017. The university’s achievements and the contributions of all staff members are clearly indicated. It is this contribution and effort to share knowledge, concerns and special insights with the WU community and our stakeholders at large that has made this magazine possible to be issued. Thank you all, indeed!!

Enjoy your Reading and Happy 10th Anniversary of WU!
“WU is BY the community, IN the community and FOR the community!!”

Zeleke T. Lucha (PhD),
CCD, Director
To fill the gap, in this year, the Office of the Research and Technology Park has invited professionals to prepare training manual and transfer their research output to the end users. Based on the prepared training materials (7 modules), the Research and Technology Park Directorate Office successfully performed five days (5 days) training workshop on relevant topics of research output published on different reputable journals including the STAR Journal to local communities of about 60 Agriculture Extension Officers and Model farmers of the different districts of East Wollega Zone.

The title of the training workshop provided to the end-users of selected district of East Wollega Zone was “Adoption to Soil Health and Fertility Improvement and Best Animal Feeding Technology for Sustainable Development Agenda”.

The core of knowledge content areas (Modules) of the research topics and the corresponding researchers (professionals) which were conveyed during the five days (5 days) training workshop to the target groups were shown in following Table.

The core objectives of the practical based training manual prepared for the target groups of the small holder farmers were to:

- Improve the knowledge of the target groups through the provision of better awareness on soil acidity and integrated termites management practices.

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Training on Communications and Presentation Skills for School Teachers

The Office of Vice President for Community Engagement and University-Industry Partnership organized one day training on “Communications and Presentation Skills for Nekemte Preparatory School Teachers” on November 11, 2016 at NPS Auditorium, Nekemte Preparatory School. Prof. Pranab K Bhattacharya, Department of Management, College of Business and Economics, Wollega University trained more than fifty teachers.

Dr. Tifsehit Solomon, Vice President for Community Engagement and University-Industry Partnership, Wollega University made an opening remarks. Mr. Dereje Benti, Director, Nekemte Preparatory School and Mr. Shewangizaw were also present.
Conducting educational, research and community based conferences is becoming the culture of Ethiopian Universities in general and Wollega University in particular. With this regard, Wollega University organized a National Conference on “Quality Education in Ethiopia: The Missing Link between Theory and Practice” on 23-24 March 2017 at Wollega University Main campus. His Excellency Mr. Moges Ede’e, East Wollega Zone Administrator, made opening remarks emphasizing that currently the Ethiopian government recognizes the importance of quality education at all levels for national development. He further stated that so as to ensure this objective, our educational content must be harmonized with the countries economic in line with the vision of the nation. Prof. Abiy Yigzaw, Bahir Dar University, and Dr. Firdisa Jebesa, Addis Ababa University made keynote speech.
Different researchers and professionals of diverse field have participated on the conference through “Call for Papers” made by the office of university Research and Technology Transfer. Thirty papers were selected out of seventy abstracts that were submitted during the call for papers. During the Conference, issues related to professional development programs, implementation of instructional supervision, efficiency of practical—based education, primary school absenteeism, effective student’s learning, accords and discords between English language teachers and students perception, new modular learning-teaching approach, behavioral intervention for pre-school children, EFL teacher’s productive skills errors, effect of cooperative learning on students’ and practices and challenges of counseling service and status and implementation of active learning were presented and discussed. They all are directly and/or indirectly addressed the current status of the quality of education in Ethiopian schools and institutes.

Earlier Dr.Eba Mijena, President, Wollega University welcomed the honorable guests, presenters and participants. He basically stressed the very importance of professional obligations in improving quality of education at all levels through sharing their research outputs, discussions and publications made out of rigorous research endeavors.
Wollega University organized two days National Conference on “Agriculture, Climate Change & Environmental Safety: The Challenges on National Transformation in Ethiopia” at Shambu Campus on 17-18 February 2017. Through its “Call for Papers” the University’s Research and Technology Transfer Vice President collected more than 100 research papers and tediously screened 43 qualified papers for presentations. More than forty research papers were presented by academicians, research scholars and practitioners from various Ethiopian public universities.

During the presentations held in different venues, the participants discussed a number of critical issues including technical efficiency of milk production, value chain analysis of beef, coffee, and maize production. Besides, modulation of postpartum reproductive performance in tropical dairy cows; rainfall features and crop water requirement in chickpea production; impacts of selected watershed management practices on rehabilitation of degraded land; monitoring and characteristics of waterlogged irrigation fields; anthropological inquiry in retrospect of biodiversity -and forest policy; hydrological response to climate change; soil carbon sequestration and its role to mitigate climate change and advanced food security; smallholder household’s adaptation strategies to climate variability; effects of climate change adaptation strategy on farm household’s were points of discussion for further endeavors. Finally, indigenous weather forecasting system and key factors affecting market participation of small dairy farmers were presented for argument.

Dr Abera Deressa, Former State Minister for Agriculture and Board Member of Wollega University made opening remarks in the presence of Mr. Abebe Kebede, Horro Guduru Wollega Zone Administrator and Board Member of Wollega University. Dr. Amsalu Ayana, Integrated Seed Sector Development (ISSD), Addis Ababa and Dr. Alemtsehay Tesfa, Nekemte Dairy Farm delivered keynote speech. Dr. Eba Mijena, President, Wollega University made welcome remarks and highlighted the importance of the conference and outlined its different thematic areas for future utilization.
Water Spring at Fite Baqo Made Ready for Use

An inaugural programme of a water spring constructed in collaboration with local communities and government offices at Fite Baqo kebele of Limmu woreda near Guttin town was held. Dr. Nagesh Geleta, Business and Development Vice President of Wollega University inaugurated the water spring on 21 February 2017 in the presence of Dr. Zeleke Teshome, Director, Corporate Communications Directorate, Mr. Fikadu Alemu, Mayor, Fite Baqo Town, Mr. Dasana Jirata, Manager, Fite Baqo kebele, & Dr. Kedida Sonto, Dept. of PADM. Mr. Jemal Ahmed, Manager, Limmu Woreda Water Office and Mrs. Tsehayinesh Abebe. Coordinators of the Project were also present. The spring will serve more than thousand residence of the town.

During Inaugural Programme

After Inauguration
A Professional in Community Services

Community service has become a culture and habit for some professionals and students in Wollega University. We are now proving that we can influence the community and bring practical changes. We want to share what the Public Administration instructor (Dr Kannan Ambalam) in Wollega University has done with his Master of Public Administration (MPA) students and the local community at Demeksa Kebele. The course taught by this instructor is named Development Administration. He related the course with the practical problem he observed in Demeksa Kebele. People have been suffering from the lack of bridge and pure drinking water for centuries. The instructor, mobilizing his students and the local community, constructed two bridges and one water spring as part of his course. What does this teach us? We could say many things for the programs we are running in the University. We have 97 programs at the moment. We learnt that if the 97 programs relate at least one course to the practical problem of the community, we can really bring dramatic change very soon.

The inaugural ceremony of this water spring was organized at Damaksa Kebele of Digga woreda on 14 March 2017 (Tuesday) in the presence of the University administration, the local community, students and kebele leaders. The spring will benefit nearly 100 households, both from Damaksa Kebele and the nearby areas. Besides it will be useful for the School, Church, Farmers Training Centre and Health Post.
Wollega University Students win 2017 EPS North America Award

Two regular Students, Bedria Shukural (2nd year) and Said Shemsu (3rd year) from the Department of Physics and Physics Lab respectively, College of Natural and Computational Sciences, competed and won the 2017 Ethiopian Physics Society in North America (EPS-NA) award under the Undergraduate Student level.

Basically, the students were selected for this prestige international competition in terms of their academic and/or research excellence beside extracurricular activities and community services they rendered. The award carries a certificate and cash prize to recognize their contribution for the academic endeavors.

Indeed, Ethiopian Physics Society in North America (EPS-NA), a non-profit organization, registered in the State of Connecticut, founded on August 2, 1998GC by Ethiopian physics professionals to enhance physics research and education, awards yearly to Ethiopian Physics students (both post and undergraduate) who excel in their studies, research and community services on competitive basis.

Wollega University academic community congratulated the awardees. This is one means of realizing the vision of our university by producing competitive graduates for national and international concerns.
Wollega University organizes one day training on “Cooperative Learning”

By the instigation of Wollega University management, the Centre for Assessment, Training and Development has organized a one day training program on “Cooperative Learning” focusing on team work culture on 21st January 2017. The resource person, Dr. Alemayehu Teklemariam, School of Education, Addis Ababa University, provided this training for directors, deans, department heads and instructors of Wollega University holding various positions.

Dr. Eba Mijena, President, Wollega University made an opening remark emphasizing that quality is impractical without cooperation. He asked the participants to create a positive situation in their offices, and class rooms which is critical to implement cooperative learning. Basically, the content of the training was drawn from his book entitled “\ Nemtulogntekelihawntumnrpan-em\” focused on the meaning, significance of cooperative learning, the need for cooperative learning and different challenges involved in implementing the cooperative learning among or between faculties, offices, teachers and scholars.

Dr. Alemayehu highlighted different advantages of cooperative learning including the promotion of ethics, morality and honesty, enhancing diversity and better understanding of each other in team work to address problems, increasing mental maturity and social attitudes in helping stakeholders. Besides, it was emphasized that cooperative learning will improve thinking capacity and capability, service quality and delivery, mutual respect, loyalty to society and inclusiveness. Furthermore, the importance of formation of “\ Nemtulogntekelihawntumnrpan-em\” and the concept of “one for all, all for one” were also discussed during this training.
Workshop held on “Personality Development, Leadership and Communication Skills” for Class Representatives

The Corporate Communications Directorate, Wollega University organized One day Workshop on “Personality Development, Leadership and Communication Skills” for Class Representatives of Wollega University, main campus, on December 03, 2016. Dr. Zeleke Teshome, Director, Corporate Communications Directorate made opening remarks and emphasized the earnest needs for training class representatives for their development of communication and leadership skills. He motivated class representatives to participate in such workshops.

Prof. Pranab Kumar Bhattacharya, Department of Management conducted the sessions on Personality Development and Communication Skills. He highlighted the aspects of personality development and how it can be used in actual management practices. He also stressed the need of communication, based on which a person can achieve his career goals.

Prof. Pranab Kumar Bhattacharya, Department of Management conducted the sessions on Personality Development and Communication Skills. He highlighted the aspects of personality development and how it can be used in actual management practices. He also stressed the need of communication, based on which a person can achieve his career goals.

Dr. Vijay Kumar Pandey, Department of Management conducted the sessions on Leadership, Public Speech and Group Discussion. He discussed on requirements of developing personality for a good leader. He also demonstrated the skills of public speaking and how to get better points in group discussion.

The skills practically learnt from the workshop will equip the participants in managing their classes in a better way and become an empowered citizen of the country. This workshop was attended by 110 class representatives. The participants who had successfully completed the sessions were certified for participation.

Participants during the Workshop
Sensitization Workshop on Land Degradation in Wollega Zones

As part of its active engagement in addressing the community problems, Wollega University in collaboration with Abbay Basin Authority, Nekemte organized a two days workshop on “Land Degradation in the West, East and Horro Guduru Zone of Wollega: Trends, Challenges and Management Strategies for Potential Stakeholders” on 25-26 November 2016 at Wollega University main campus, Nekemte.

The workshop mainly focused on a number of issues facing the community in Wollega zones which include integrated water resource management for sustainable development, termite problem and its management, soil acidity, mass movement and soil erosion in different areas of Wollega zones. More than 200 participants from different government offices, particularly water resource, agriculture and environment and land management of West, East and Horro Guduru zones of Wollega and farmers and instructors from different colleges attended this important workshop.

Dr. Eba Mijena, President, Wollega University, Dr. Abera Dheresa, Wollega University Board Member, Wollega University and Mr. Abdlkadir M, Head, Abbay Basin Authority, Nekemte made opening remarks. During his address, Dr. Eba Mijena highlighted the importance of land for life and sustainable development. Further, he emphasized that effective land management should be a priority area for research and community engagement. Also he asked the participants to share their experiences and actively implement the lessons learned during the workshop in the society in order to add value for the community and Wollega University.
Life Skills Training for First Year Female Students

As per the strategy of Ministry of Women, Children and Youth Affairs, Gender Affairs Directorate of Wollega University organized Life Skills Training for 937 first year female students on 12/02/2009 E.C to enable them to be psychologically and academically fit in their current and future academic career which will reduce the increasing rate of dropout and repetition among female students.

The purposes of this training include enabling female students successfully complete their university education; to cope up with campus life; to forecast challenges and adjust their behavior; to enhance their self-confidence; to develop their assertive behavior; to adjust their study skill; and to know about effective use of time. Basically, this training mainly focused on different issues including creating Self-Awareness, Self-Esteem, Self-Confidence, improving Communication and Negotiation Skills, enhancing skills related to Team Work and Conflict Management.
In realization of one of the mission of Wollega University, students attending Master of Public Administration (MPA) of the Department of Department of Public Administration and Development Management (PADM), College of Business and Economics facilitated the construction of two wooden bridges across river Ayeru and Wadabo on November 8, 2016, at Damakisa Kebele in Digga Woreda. In fact, this was done in collaboration with local communities and government officials from the Woreda. These two bridges are believed to help large number of people from five kebeles of two nearby woredas namely Digga and Leka Dulecha. Three kebeles from Leka Dulecha woreda i.e., Gute Abba Kuna, Alle Qawis and Minna Qarsa, and two kebeles from Digga woreda- Damakisa and Firomsa. Apart from this, the students of Damakisa Elementary School will also benefit from these two bridges for their daily consumption during their schooling times.

To mention some, Woreda Animal Production Office, Health Extension Workers, School Directors, Woreda Road Authority Office, Agriculture office, Micro Business Office and Communication Office have fully participated in the facilitation process by coordinating community. Largely, the community has participated and contributed wood and other construction materials as a sign of ownership and in recognition of the endeavor of the University.
Wollega University organizes a special Lecture on “Tax Justice”

The School of Law, Wollega University organized a special Lecture on “Tax Justice” on 13 January 2017 at Wollega University Main campus. Dr. Dereje Alemayehu, Germany, who served as chair of Tax Justice Network Africa, delivered the lecture. Dr. Dereje, who has authored several books on development, governance, accountability, and illicit financial flows, highlighted a number of critical issues related to global financial tractions concerning with multinational corporations. He explained in detail on how the MNCs and other investors are misusing the tax holidays and tax incentives provided by the developing countries. Besides, he noted that a number of smaller islands have been used by these MNCs as ‘tax haven.’ He emphasized the need for improving tax system and regulatory mechanism to control the flow of profit and resources out of developing countries.

The participants raised several important issues that included the role of World Trade Organizations (WTO), tax administration, tax liabilities, tax evasion, aid, capital gain tax and others. The students and teachers from the School of Law and other Wollega University academic community attended this lecture.
The Centre for Assessment, Training and Development of Wollega University organized five days training on “Transformational Leadership Skills Development” on 23-27 December 2016. The training focused on enhancing the transformational Leadership Skills Development. The discussions include boundary spanning and leadership, characteristics of organizational leadership, emotional intelligence, conversation of leaders-listening, breakthrough initiatives, integral approach, and projects on boundary spanning and breakthrough initiatives.

The participants were able to improve their understanding on differentiate between usual and unusual thinking; span organizational boundary for integrated leadership; develop perspectives in boundary spanning; co-ask, co-plan, and co-create; and create community of learning. The participants identified and commented six practical and institutional projects as part of group activities during the training. These projects are transformation leadership development, automation of Wollega university human resource management, green and clean environment, establishing two multi-purpose training halls, transforming class room and library services and quality teaching and learning.

Dr. Waqqari Negari, Director, Centre for leadership and Governance, Ethiopian Civil Service University, Addis Ababa provided this training. More than fifty participants attended this training. The participants included President, Vice Presidents, Deans, Directors, Vice Directors.
The Research and Technology Park of the Wollega University (RTP-WU) organized two days field trips at Shambu focusing on adaptation trials, indigenous seed conservation and multiplications of different highland crop yields (Cereals, Pulses, Oil, Horticultural and forage crops multiplications as well as panel discussion at Guduru and Gitilo research centers. Field trips and panel discussions provided an excellent opportunity for participants to learn about a specific topic, procedure or practices firsthand by directly visiting the outcomes and drawbacks at its sources and production processes. Besides, it became one of the major means of transferring new ideas innovation, technologies, practices, skill from the originators to the end users and to make it useful to the surrounding community.

The important purpose of these programmes was to make the small scale farmers to be involved in the adoption and adaptations of new agricultural technology and technology’s products at an early stage so that the end result is useful to increase their production and productivity. Additionally, it also helpful to make the stakeholders to get exposure to observe the status of adapted crops to the community’s local climate and similar agro-ecological zone.

More than 300 invited guests and stakeholders from Horo-Guduru Zonal and Woreda administrative officers, agricultural extension officers, agents and model farmers of the different Districts of Horo-Guduru Wollega Zone were participated. The Participants visited the disseminated crop varieties, promisingly adapting and, well adapted crops, indigenous seed conservation, multiplications of different highland crop yields (Cereals, Pulses, Oil, Horticultural and forage crops multiplications) as well as the Local Horo- Breed and Cross Breed Cattle.

There are many information and skills that were acquired during these events. These include the keen interest shown by the participants to accept and adopt new agricultural technologies as well as the higher natural capacity of the local community to accept new science and technology for sustainable agricultural development agenda and to link their indigenous knowledge with the up-to-date technology.
Do You Know That: BIRTH WITH THE LAMAZE METHODS

The Lamaze technique, also known as the psychoprophylactic method or simply Lamaze, started as a prepared childbirth technique popularized in the 1940s by French obstetrician Dr. Fernand Lamaze based on his observations in the Soviet Union as an alternative to the use of medical intervention during childbirth.

Preparing for birth with the lamaze method:
You can learn this method by taking a series of classes. The goals of these classes are to help you get ready for labor and to replace any negative preconceptions about pregnancy and the birth process with positive feelings.

First Class: Third Trimester: Your first Lamaze class will give an overview of the anatomical, physiological, and emotional changes that are part of pregnancy. It will focus on changes in the third trimester.

Changes in the Third Trimester: The first Lamaze class will also cover changes in the third trimester. As your body grows to accommodate the growing baby, you may begin to experience the following changes:

- You may feel a lack of energy or tiredness.
- You may laugh or cry easily. You'll have an increase in blood volume. You may notice edema (swelling) in your ankles and feet. You may need to urinate frequently.

Activities: The activity session for the first class may include progressive relaxation, positive affirmations, and positive imagery.

During progressive relaxation, you first contract and then relax each body part, starting with your feet. This process helps you recognize how your body feels when it's relaxed and not tense. During labor, your cervix opens more easily if you're relaxed. You'll also practice positive affirmations, replacing negative thoughts with positive images.

Second Class: Special Place Imagery: During the second class, you'll discuss the roles of prenatal and postnatal care, and discuss the benefits of Lamaze delivery.

Fetal Movement Counting Waking And Sleeping Cycles Of Babies.

Special Place Imagery: A second relaxation sequence is taught during the activity portion of the class. Using special place imagery involves picturing yourself in a pleasant place and focusing on the sights, sounds, and smells of the special place. This technique helps you distract yourself from the pain and focus on positive feelings.

Third Class: The Lamaze Theory: Your instructor will present and discuss the perception of pain. You may be encouraged to share what you've been told or believe regarding labor. As you understand more about the nature of birth, you may begin to see it more and more as a normal event.

Childbirth preparation can help you and your partner trust more in your body's ability to experience the birth of your baby positively. It can also help you and your partner to participate in the experience more fully.

Fetal development: Another focus of the third class is the developing fetus and its transition to a newborn baby. You'll learn: how your developing baby is practicing breathing. How your baby is preparing for the first breath. When your baby begins to breathe. When your baby starts to cry. You'll also discuss how alert and reactive a newborn baby will be in their first 30 minutes of life and that it's often best to start breast-feeding while the baby is active.

Breathing Techniques: Lamaze breathing techniques are designed to pattern your breathing to decrease the pain you feel. As each contraction begins, you can take a deep, cleansing breath. This deep breath is followed by slow, deep breathing through the nose and out through pursed lips. The focus on careful breathing distracts you and decreases how much discomfort you perceive.

Fourth Class: Active Labor: During this time, you and your partner will work very hard to deal with labor. A jetted tub, rocking chair, or birthing ball may help you get more comfortable. When your cervix is fully dilated, the first stage of labor is complete. In the second stage of labor, you'll usually feel an urge to push as the baby descends into the birth canal. With each contraction, you're encouraged to think about breathing as the baby pushes the baby down and under your pubic bone. As the baby's head stretches the vaginal opening and becomes visible, you can reach down and touch the baby's head to help you focus. Your partner is encouraged to breathe with you. Remind you that you're doing a great job. Massage your back, thighs, or lower abdomen. Give you liquids to drink. Give you a cool cloth for your forehead. Be present with you.

Touch Relaxation: Touch relaxation is a technique to help you cope with labor pain. You learn to condition yourself to relax each muscle group as your partner touches it.

Fifth Class: Pushing Techniques: You may find yourself involuntarily pushing as your baby moves down the birth canal. There are various techniques to assist this natural urge. You can take in a breath at the beginning of the contraction and slowly release the air as you push. This is known as the open glottis method. You can also take in a deep breath, hold the breath, and bear down with all the force you can muster.

Back Labor: Some women feel most of the pain of labor in their back. Pelvic rocking on your hands and knees or squatting can ease this discomfort. A hot pack or an ice pack on the lower back may also be helpful. Firm counter-pressure applied to your lower back by your partner can also provide some comfort.

Postpartum Coping: A supply of nutritious foods is helpful during this time. You should learn to accept help from friends and family. You're encouraged to nurture your sense of humor and learn the skills of parenting a new baby.

Sixth Class: Rehearsal: The sixth and final class will consist of a review of the materials covered throughout the program. You'll also participate in a labor rehearsal.

The Takeaway: The Lamaze method is just one program that can help you get ready for birth. Many people find the strategies and techniques it teaches helpful for the big day and beyond. A little preparation can help you go into labor feeling positive and confident about what's going to happen.

References

“www.nursesofindia.net”

Mr. P. Thana Sekaran,
Department of Psychiatric Nursing,
Wollega University.
Recommended Reading Web Sites

www.Links4kids.co.uk

Since 1998 – now with over 20,000 links to the best education and fun! Includes Education, Homework, Kids, Maths, Parents, Soccer, Teachers, Teens, Worksheets and much more . . .

Chaltu Demissie

Acronyms & Jargons

**CG:** Character Generator: a device which produces graphic materials which display on the screen.

**SoT:** Sound on Tape: a piece of audio and video materials associated with a story that involves as an actuality or sound Bits.

**ENG:** Electronic News Gathering: an installation helps to gather news from different areas by using cellular phone or other communication devices.

**ESS:** (Electronic Still Store): a device which receives information from different sources and put it as a document

**WEBSITE JARGONS**

**Domain:** a set of websites on the internet, which end with the same group of letters. For example: com, org, net.

**E-Zine:** a magazine published in electronic form on the internet.

**Mirror site:** a website which is a copy of another website but has a different address on the internet.

**Online:** controlled by or connected to a computer or to the internet.

**Publish:** to make something available to the public on the internet.

**Visit:** an occasion when somebody looks at a website on the internet.

**Webcast:** a live broadcast that is sent out on the internet.

Chaltu Demissie
Top 11 Health Benefits of Drinking Water

1. **Lose weight**: Drinking water helps you lose weight because it flushes down the by-products of fat breakdown. Drinking water reduces hunger; it’s an effective appetite suppressant so you’ll eat less. Plus, water has zero calories.

2. **Natural Remedy for Headache**: Helps to relieve headache and back pains due to dehydration. Although many reasons contribute to headache, dehydration is the common one.

3. **Look Younger with Healthier Skin**: You’ll look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturizes skin and increases skin elasticity.

4. **Better Productivity at Work**: Your brain is mostly made up of water, thus drinking water helps you think better, be more alert and more concentrated.

5. **Better Exercise**: Drinking water regulates your body temperature. That means you’ll feel more energetic when doing exercises. Water also helps to fuel your muscle.

6. **Helps in Digestion and Constipation**: Drinking water raises your metabolism because it helps indigestion. Fiber and water goes hand in hand so that you can have your daily bowel movement.

7. **Less Cramps and Sprains**: Proper hydration helps keep your joints and muscles lubricated, so you’ll less likely get cramps and sprains.

8. **Less Likely to Get Sick and Feel Healthy**: Drinking plenty of water helps fight against flu and other ailments like kidney stones and heart attack. Water adds with lemon is used for ailments like respiratory disease, intestinal problems, rheumatism and arthritis etc. In another words one of the benefits of drinking water is that it can improve your immune system.

9. **Relieves Fatigue**: Water is used by the body to help flush out toxins and waste products from the body. If your body lacks water, your heart, for instance, needs to work harder to pump out the oxygenated blood to all cells, so are the rest of the vital organs, your organs will be exhausted and so will you.

10. **Good Mood**: Your body feels very good and that’s why you feel happy.

11. **Reduce the Risk of Cancer**: Related to the digestive system, some studies show that drinking a healthy amount of water may reduce the risks of bladder cancer and colon cancer. Water dilutes the concentration of cancer-causing agents in the urine and shortens the time in which they are in contact with bladder lining.

   The human body is anywhere from 55% to 78% water depending on body size. A rule of thumb, 2/3 of body is consists of water, and it is the main component of human body. Did you know that your tissues and organs are mainly made up of water? Here is the composition:

   - Muscle consists of 75% water
   - Brain consists of 90% of water
   - Bone consists of 22% of water
   - Blood consists of 83% water

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