

INTERNATIONAL WOMEN'S DAY 2017

THEME: #BEBOLDFORCHANGE



“women are the real architects of society”

Chief Guest R.Raja kumari (ZP,CEO)

Smt. M. Vijaya (SCIENTIST, NSTL)

Education means an overall development!! We must embark on a journey to an allround development of women.Valuable lessons are hidden every where.All it takes is a great teacher to all students where to look.

- 1.Potential to earn and stand on own.
- 2.Poverty Alleviation



MESSAGE

Chairman WE&GC

I applaud every woman in the team of WEGC for their hard work and dedication and support they have invested in bringing out the half-yearly magazine, “YUTHIKA- Empowering Women & Transforming Society”, and wish all female fraternity in all their future endeavors.

I appreciate every woman staff and girl student who shared the joy of participation in co-curricular and extracurricular activities along with their commitment to curriculum.



Prof.G.Swami Naidu
Principal
Chairman-WE&GC

CONVENOR

As a Convener Women's Empowerment and Grievances cell I would like to express Women's Empowerment And Grievances cell of JNTUK-UCEV, Vizianagaram the girl students and the women fraternity of our collage are being motivated encouraged and supported in health, security, education, technology employability, leading innovations leadership..

A woman in herself is a full circle and complete within herself she has insideher the capacity to fight for whatever is right!

“Stop negative self-talk to reduce stress add positive thinking.”

Positive thinking often starts with self-talk. Self-talk I s the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, life is filled with negativity. If your thoughts are mostly positive, you're likely to be happier and strong. Positive thinking benefits our health in many ways: increased life span reduces depression, distress and helps in improving the psychological and physical well-being. I would like all the people to add these into the life. They state all men and women are equal- better way to state .

“ HE came from the letter SHE” yet there's a long path to reach the term equal in



Dr.G.Jaya Suma
CONVENOR

Head of the department
Information technology



ABOUT COVER PAGE

First Business women in India
KALPANA SAROJ



Noble Peace Prize Winner
MOTHER TERRESSA



First Women Enigneer
-A.LALITHA



A Women in politics
SUSHMA SWARAJ



First Air Hostreas
NEERAJA BHANOT



First Women Pilot
SARLA TAKRAL



JHANSI RANI LAKSHMI BAI



First Woman-as Social Activist
KIRAN BEDI



First woman as Lawyer
CORNELI SORABJI



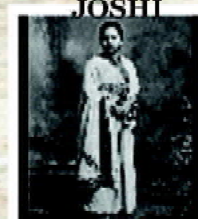
First Woman President
PRATHIBA PATEL



FIRST WOMEN TO ENTER SPACE
KALPANA CHAWLA



First women doctor
ARANDI BAI GOPALRAO JOSHI



First woman Prime Minister
Indira Gandhi



Great singer
LATHA MANGESHKAR



First woman scientist to win nobel prize
MARIE CURIE



INTERNATIONAL WOMENS DAY 2016

THEME: #“Planet 50-50 by 2030: Step It Up for Gender Equality”.



“WOMEN ARE THE REAL ARCHITECTS OF SOCIETY “

Chief Guest :1)Smt. B.S.Krishnaveni

What comes to your mind, when I say Gender Equality?

Gender equality is the goal, while gender neutrality and gender equity are practices and ways of thinking that help in achieving the goal. Gender parity, which is used to measure gender balance in a given situation, can aid in achieving gender equality but is not the goal in and of itself.

“You are more powerful than you know; you are beautiful just as you are.”

“Both men and women should feel free to be sensitive. Both men and women should feel free to be strong...it is time that we all perceive gender on a spectrum not as two opposing sets of ideas.”

For some people Volunteering is about giving but for the likes of you it is a way of living.....



ARTICLES

IN DIGITAL ERA Why It Is So Tough, Women to Be the Leader

In Digital Era, Why It Is So Tough, Women to Be the Leader Leadership is incomplete without women and all women's strengths, confident and ambitious like a man. In this present digital world it is greater prospective potential to make identical legends. In digital era, as humans are advancing much faster in technology, still women are lacking behind due to the lack of support, encouragement, individuality and full of restrictions etc...., As more inclusive than the clinical one- we don't know who is developing behind the machine. Who is executing and maintaining the applications, and yet the digital world is still dominated by men. Many parameters like time, strength confidence and energy have been infused in figuring out what women leaders need, but what we really need is finance itself and access to money with respect and authority. Concern authorities should take highest priority to initiate policy to give women leadership positions. Otherwise the digital economy will never be gender inclusive, as well as the women status cannot be improved remarkably in the digital era.

As mankind is advancing faster in technological field like Artificial Intelligence but, man's intelligence is making women behind. In recent review women have scored higher than men in holding relationship, inspiring, motivating others, participating in self development, self care, and self empowerment, at the same time men "Take charge". Women are good at initiating, organizing, executing and in providing fast response with efficient outcomes. With all these efforts and assets, why it is so hard for competent people - especially competent women to advance and be a leader, occupy leadership positions?

-Dr.G.JAYA SUMA

Women safety in India

In India Sati Savitri, Durga, Laxmi are worshipped by people treating them as goddesses where as there is increasing number of violence against women. The amount of violence against women has increased by many fold due to the greater exposure of women in every field of life. Women were previously restricted to the four walls of the houses and after globalisation they have got the chances and opportunities to stand equally in all sectors at par with male. Women are now a days cab drivers and they are also the CEO of top companies.

It is a good sign that the patriarchal mind set of the society has changed to some extent but not to the extent it was supposed to. It is the same mind set that restricts women to go out and work making them as a tool for domestication. It is the same mind set that treats males as superior than female and always try to dominate the women folk.

There are different kinds of tools that is being used by the male dominated society to prove their domination over the female. Eve teasing, sexual harassment, rape, domestic violence against women are these weapons used by the male to display the male superiority. This is one of the prime reason violence is increasing in India and women safety is a concern in India.



INTERNATIONAL WOMENS DAY,2018



INTERNATIONAL WOMENS DAY,2019 THEME: GO GREEN GO BRAVE



Women health ,women security ,women education ,women employability, women in technology, women in politics, women in leading innovations.

We welcomed our honored Guests Dr.B.Pranathi, S.Sudharani DRDO Scientist NSTL Visakhapatnam and DSP Ms.Gowthami in the occasion of our college international women's day celebrations ,celebrated by our women empowerment and grievance cell.

we women are no less than men in any field whether it deals with scientific,global ,teaching and in technology. "women is a full circle. within her is the power to create,nurture and transform". Undertaking a women is a mistery and it needs a lot of perseverance and knowledge.A Women is the epitome of love,sacrifice ,care,and ability to nurture life.



Disha Act ,2019



The AP Criminal Law (Amendment) Act 2019 or Andhra Pradesh Disha Act seeks to amend the code of criminal procedure for "Heinous offences of rape " so that in the presence of "adequate conclusive evidence,he investigation is completed with in seven working days. the new law also says trail must be completed within 14 working days,thus reducing the total judgement time to 21 working days.

WEGC Organize awareness program of Disha Act 2019 on 16th october 2019 and educate the students of JNTUK-UCEV .In this Disha awareness progrsm local circle inspector delivered speech on Disha Act 2019 and clarify doubts of students.
Disha Women Protection Act - 2019

Thanks To Honorable Chief Minister
Sri Y.S.Jagan Mohan Reddy Garu
Stop violence Against women
16th December 2019
Orgained by

Women Empowerment & Grievance Cell (WEGC).



MEDICAL CAMP:



WEGC organise medical camp on 29th jan 2019.In this event al the girl students and women faculty were participated ,Inthis program the following doctors,Dr.G.Bhaya lakshmi (Gynaecologist),Dr.B.Padmavathi (civil assistant surgeon),Dr.Sravani and Dr. Rani (Medical officer),smt.swarna latha (Nutritionist),Sri Rajababu(opthalmologist)



5. Increased focus, motivation and job satisfaction knowing that family and work commitments are being met
6. Increased job security from the knowledge that an organisation understands and supports workers with family responsibilities
7. Decreased Health Care Costs and Stress-Related Illnesses: With increasing company focus on the high cost of health care, work/life programs are becoming an intelligent choice to help lower the number of health care claims.
8. Improved employee performance and increased productivity
9. Enhanced morale
10. Reduced attrition
11. Decreased absenteeism and sickness rates
12. Lowering of burnout and stress
13. Retention of staff
14. Rise in company image in society.

The above benefits can be materialized when the correct strategy is chosen at right time at correct situation from the available feasible strategies.

Challenges to Work Life Balance

- Only paper work, no implementation of policies: Many organizations have the policies only on paper. There is very less concern for the implementation of the policies.
- Lack of communication: Communication about work/life programs is essential.
- Although an organization may offer a rich menu of work/life benefits, the desired effect—yielding positive business results—is unlikely to occur if employees do not know about the programs or understand them.
- Team Work: Introducing, operating and implementing work-life balance requires collaborative working and is very much an holistic process.
- Time Consuming : Implementing a WLB strategy takes time . Timescales for implementation need to be realistic

Ultimately in our increasingly hectic world, the work-life strategy seeks to find a balance between work and play. A sentence that brings the idea of work life balance to the point is "work to live. Don't live to work." Work-life balance programmes offer a win-win situation for employers and employees. While the employee may perceive work-life balance as the dilemma of managing work obligations and non-work responsibilities, work-life balance from the employer's point of view encompasses the challenge of creating a supportive company culture where employees can focus on their jobs while at work.

Dr. P. Sreedevi

WOMEN AT WORK - PLACE

To encourage gender diversity and empower women, some of the policies and practices a few organizations follow are:

- Equal opportunity at a workplace and fair treatment to both men and women at all stages of employment life cycle - hiring, training, pay scale, promotions, mistakes and achievements treated equally for both genders, etc



Along with the mind set the slow pace of operation of Indian judiciary is another major reason for the increasing women safety in India. The police of India is not efficient and not neutral and that is the reason why the cases of violence against women takes long time in the investigation phase. In the name of social pressure and shame many women did not come out and report the matter to police. This is one of the many reasons why the number of cases reported are less than the actual number of violence happening against women.

It is a shame that rapes take place everyday. Rape is a disease which attacks from everywhere to everywhere. It is an evil that has no boundaries. It is present in every nook and corner of the world. It doesn't differentiate between a 3-year-old kid and an 80-year-old lady. From parties to workplaces to our homes, rape and harassment have become a norm. The survivors of these heinous crimes are then left to be humiliated throughout their life. Some of them even spend their whole "after rape life" on ventilators or they are burnt alive.

In order to improve women safety in India the first task is to improve the number of women in every sphere of society. Along with that the change in mind set of people is very essential for the safety of women. From family to educational institutions men should be taught about respecting females. Further, there should be fast-track courts to hear the cases and they cases should be investigated in a time bound manner. Only strict laws can not solve the problem of women safety in India rather the implementation of these laws in a time bound manner can solve the issue to a large extent.

- Dr.Ch.Bindu Madhuri

'God-Network of Creation'

If we think about our interactions with others during the day, we may find that we behave differently when we think we are being observed. It is human nature; we are on our best behaviour when we think our employer, superiors, neighbours, friends or others whom we want to impress are watching us.

What if we knew that God was watching? Would we lead more virtuous lives? People wonder, "Where is God?" Spiritual Masters and saints teach us that God is within us. The power that moves the body is the Power of God. To begin to comprehend this reality, let us take the example of a computer network. The master computer is linked up with all the individual computers in the network.

The operator of the master computer can know what is going on with each individual computer simultaneously. Individual operators may or may not be aware that the operator of the master computer has access to their computers and knows what they are up to. If they knew someone had access to their computer, they would be more cognisant of their work.

Likewise, God is the Master operator of the network of creation and our souls are the individual computers. Everything we think, say and do is known to God. If we were aware that God hears our thoughts and words, and watches our deeds, imagine how quickly our behaviours would improve. We would be extremely careful to avoid lapses in the ethical virtues of non-violence, truthfulness and humility; we would always act in a positive way. Gradually, our lives would be transformed.



Dr.Ch.Bindu Madhuri



In a Field Dominated by Men, She's in Charge

She's in Charge Tonya Hicks, an electrician, overcame discrimination and sexual harassment. She now runs her own growing business.

Growing up in Meridian, Miss., Tonya Hicks adored working on cars and rebuilding motors with her Uncle Melvin, an industrial mechanic. "I learned all about my tools from ratchets to socket wrenches by handing them to him, and sometimes sliding under the cars to have a look," she said. "Even as a 5-year-old, the back of my sundress would have oil stains and under my nails would be black – which didn't go over well with Mama."

Her mother's displeasure was just the first of a string of obstacles in the route Ms. Hicks followed to becoming an electrician and running a growing business. Discrimination, sexual harassment and that she is a woman of color were all hurdles as she made her way into the male-dominated industry. In the United States, 2.4 percent of electricians are women, and 9.5 percent of electrical contracting businesses are owned by women.

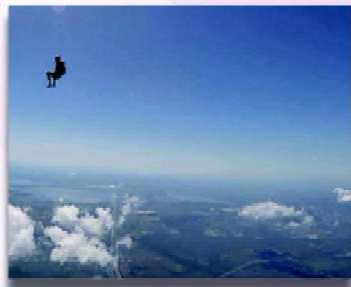


Dr.Ch.Bindu Madhuri

She Wants a Higher Profile for Black Skydivers. See How High.

Danielle Williams has been skydiving since 2011. Whenever she shows up at a new place, even when she is carrying all her equipment – a sign she is no novice – the staff assumes she is a beginner.

After shrugging it off at first, she began to believe that people made that assumption because she is African-American and a woman.



"There's a pretty common phenomena for black skydivers – regardless of where you are in the world," she said, "that when we travel to a new drop zone, we're always ushered to the tandem area" – where new skydivers jump connected to an instructor. "It doesn't matter whether you have a year in the sport or 25 years in the sport.

Dr.Ch.Bindu Madhuri

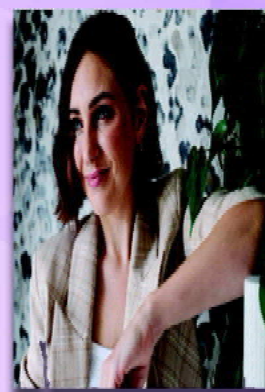
Wish It Existed? Make It Yourself. She Did.

Zoë Foster Blake, the founder of the Go-To skin care line and a prolific author, says there's never been a better time to be an entrepreneur.

When Zoë Foster Blake gets frustrated by a problem, she creates the solution. Struggling to rein in emotions during a bad breakup? She made an app for that. Looking for a flatulence-based narrative to read to your child? She wrote it. Trying to find skin care products that are simple and natural, but not obnoxious? She has made them, too.

Lore

Dr.Ch.Bindu Madhuri



When Zoë Foster Blake gets frustrated by a problem, she creates the solution. Struggling to rein in emotions during a bad breakup? She made an app for that. Looking for a flatulence-based narrative to read to your child? She wrote it. Trying to find skin care products that are simple and natural, but not obnoxious? She has made them, too.

Ms. Foster Blake, 39, is a beauty editor turned author and entrepreneur who is seemingly everywhere in her native Australia. One of her books, "The Wrong Girl," was turned into a television series there. She regularly appears on the covers of the glossy magazines she used to write for and has a loyal following on Instagram. Her children's book, "No One Likes a Fart," was named picture book of the year at the 2018 Australian Book Industry Awards. And her cruelty-free natural skin care company, Go-To, just keeps growing.

Hailing from a small country town, Ms. Foster Blake moved to Sydney at 17, where she completed a degree in media and communications. She started her career in magazine publishing in what she says were "the glory days of magazines," but her high-octane productivity pushed her to look further afield: She began her own beauty blog in 2006 just as the blog world was ramping up and had three books published by the time she was 30.

What are some crimes committed against women?

Some of the crimes against women are rape, honor killing, child abuse, dowry death, acid attack, female foeticide, trafficking, child marriage and more.

How can we ensure the safety of women in India?

One can take preventive measure to ensure women safety. Women must be taught self-defense techniques. Laws must be made more stringent relating to crimes against women. Men should be taught from an early age to respect women and treat them as equals.

Dr.Ch.Bindu Madhuri

Women and Work Life Balance

One of the most important and positive changes taking place all in excess of the sphere is the increasing number of women in every profession. The recent trend also suggests an assuring rise of women in managerial positions all over the world. However, it is a cause for concern that women are mostly concentrated in the lower and middle levels of management and their representation at the senior and top management levels remains low. One of the most important reasons inhibiting women's rise to the top positions in management is the work life conflict that they experience because of their strong commitment to family responsibilities. In such case they should get support both from the family and from the employers in order to have better career advancement and to reduce the turnover rate of women employees.

Benefits of Work Life Balance

Recognised benefits of work-life balance policies for employees include:

1. Improved work-life balance – a reduction in the impact of work on home and Family life
2. Reduced stress levels
3. Control over time management in meeting work-life commitments
4. Autonomy to make decisions regarding work-life balance

Women Down the Ages VS Women Now Women down the ages were not given their due respects yet they went on without complaints. Women since time immemorial had powers to bring a change. Women fought with all odds to emerge as a winner. History is replete with examples of courageous women like Lakshmbai, Indira Gandhi, Hellen Keller and so on. Women now are more empowered and aware of their rights and the society has accepted their stand. The society is changing and paving way for the growth of the women. The changes can be seen in the fields of education, healthcare, equality and job opportunity. The new decade has seen a marked change in attitude towards women at large. Women have made strides in every field like politics, space exploration. Relevance of Women's Day Celebration The International Women's Day is celebrated on 8th March all over the world. This is not just another day but it is a day to appreciate and give respect to all the women who are the essence of our lives. This day is a day to honour the life, grit and determination of women. These words of Charles Malik, former President of United Nations General Assembly aptly sum up the role of women "The fastest way to change society is to mobilise women of the world." Legislations are made so that women get equal opportunities.

Need for Women's Day Celebration This day is the need for the hour as it is a time for introspection. This day has been recognised by United Nations General Assembly as a means of recognizing the contribution of women to the society. There is now increased participation of women in different areas such as policy making. Women have showed that if not superior; they are equal to men in all fields and taking tough decisions.

Women's Day Celebrations Many countries have declared 8th March as official holiday and some countries have declared it as holiday for women. Men show love and respect to the women in their lives on this day. Thousands of events are held all over the world on Women's Day. It is a day to inspire women and promote the cause of social equality. In India women's organizations, NGO's take part in women's Day celebration by staging plays, organising seminars, giving awards to women achievers.

- K. ABHI RAM MEHAR SRI SAI
11ST YEAR CSE, 19VV1A0536

Successful Indian Woman Entrepreneurs that are an inspiration for every girl in the country.

Broken the Glass - Ceiling

- Indu Jain is the current chairperson of the Bennet, Coleman and Co. Ltd., one of the largest media group in the country.
- Kiran Mazumdar Shaw is the founder Chairman and the Managing Director of Biocon Limited which is one of the leading pharmaceutical company in the country.
- 'Indra Nooyi' the CFO and the president of the Pepsi Co.
- Vandana Luthra VLCC Health Care Limited, the beauty, and wellness giant of the country currently has a presence in over 11 countries over Asia, Africa and the Gulf Cooperation Council(GCC).
- Naina Lal Kidwai is one of the most successful and famous Indian Woman of today. She was formerly the Country head and Group General Manager at HSBC Group India.
- Chandna Kochar is currently the MD and CEO of India's largest private sector bank 'ICICI Bank'.
- There would hardly be an Indian television fan who hasn't heard the name Ekta Kapoor. She is the woman who changed the face of Indian Television forever.
- Suchi Mukherjee is the founder and CEO of LimeRoad and e-commerce website under the category of lifestyle and accessories.
 - Richa is the founder and CEO of Zivame, an online Lingerie Store in India.
 - Kashaf shaikh is the founder of a website called 'Dealivore' an authentic website where online shoppers can find valid coupons for multiple stores across the country.

- Dr. P. Sreedevi



- Mentoring and coaching to support career growth, encouraging women employees to identify their developmental areas and choose mentors including male mentors.
- Safe and secure channels of informal communication and collaboration to seek support with each other
- Connect with senior women leaders to share their success stories.
- Policies designed around work from home, flexi working hours, women safety etc.
- Gender-sensitization workshops for all leaders including male supervisors around forward-thinking topics like unconscious bias, leadership & mentoring, diversity & inclusion etc.
- Zero tolerance to abuse and harassment.
- Encourage women to showcase their leadership by giving them high-visibility initiatives.
- Conscious efforts to bring in gender diversity at the top level management.

In a typical corporate world, the problems of equality can be predominantly found at the upper and middle management levels. Studies indicate that for most women these are due to fears that are internal – fear of mistakes costing them their job, fear of men being capable of doing a better job. It is often these inferior thoughts that impede a woman from growing further in her career. Self-confidence is of utmost importance for women to succeed in any task along with the ability to be accepting of their mistakes and learning from them. Failure is inevitable but what matters is a never say die attitude. With a passion to be the best at what they do and the drive to achieve their end goals, women can innovate and make extraordinary out of the ordinary.

-Dr. P. Sreedevi

ఓ అగ్ని

ఈ పచ్చని అడవిని, అడవిలో రంగు రంగుల పూలని, ఈ బంగారు అడవి సంపదను తగలెడితే లాభమేంటి?

అడవులను కాదు ఆడవాళ్లను హింసించే ఈ మానవ మృగాలను తగలెట్టు!

ఆడపిల్ల అని తెలిసి గర్భం లోనే చంపేస్తున్న ఆ మూర్ఖుడిని తగలెట్టు!

బాలికలను అమ్మాయిలను స్త్రీలను అసభ్యంగా చూస్తున కామ కళ్ళను, వారి గూర్చి అసభ్యంగా మాట్లాడుతున్న నాలుకను తగలెట్టు!

ఇల్లాలి తాళిని తాకట్టు పెట్టడానికి కన్నువేసి, సత్యహరిశ్చంద్రున్ని అని చెప్పుకొని తిరిగే వాడిని తగలెట్టు!

ముక్కోటి దేవతలకు నమస్కరించి మూడు పూట్ల కుటుంబం కోసం కష్ట పడే దేవతకు కష్టమొస్తే చూడని ఆ పురుష అహంకారాని తగలెట్టు!

ప్రేమ అని చెప్పి మానసికంగా శారీరకంగా మోసం చేసి, మానభంగాలు చేసి, ఆవుముతో దాడులు చేసి వారి పై తుపాకీ గుళ్ళ వర్షం కురిపించి తగలెట్టు!

అరబ్బులకు అబలలను అమ్మకపు బొమ్మలు చేసి అమ్మిన వాడిని, అమ్మాలి అని చూసే వాడిని మరువక తగలెట్టు!



పుట్టినది మొదలు పిల్లలకి అనురాగాన్ని రంగరించి,పించి పోషించి, వారిని పెద్ద చేసి, పెద్దంటి వారిని చేసిన అమ్మ జబ్బు పడింది, మంచాన ఉంది. ఆ పరిస్థితి లో ఇంక అమ్మ చనిపోతే మంచిది సేవ చేయలేకపోతానామ్ అని కోరుకునే ఆ అమ్మ పిల్లలను తగలెట్టు!

తొమ్మిది నెలలు మోసి, బాధని అనుభవిస్తు మనిషికి రూపమిచ్చి కని, ఆ కనే బాధను ఆనందం గా భావించే ఈ స్త్రీని ఆనందంగా మనశాంతిగా ఉండనివని ఆ కట్నాల ఆశల అత్తలను, పురుషులను తగలెట్టు!

ఓ అగ్ని

నీ లాంటి జ్వాల, మండే గుణం, వర్ణం ఈ రకరకాల బాధలు పడ్తున్న స్త్రీలకు ఇవ్వు.

ఇచ్చి వారిని చుట్టూ బురద ఉన్నా కమలం లా పుష్పించేలా, చుట్టూ ముళ్ళు ఉన్నా గులాబీలా వికసించేలా చేయి.

- Mr.B.R.K.Ambedkar

#ItsOkayToNotBeOkay

Health isn't just physical, there's a lot more to that. We all mostly hesitate to accept the fact that mental health is as important as usual physical health. We all have thought at some point of our life that a psychiatrist treats mental patients only, but not every stress or depression breakout comes under that. Even the people who have had a great career and a caring family can also have suicidal thoughts. We call them cowards but have we ever put ourselves in their shoes to understand how miserable or hopeless they might have felt to get thoughts to end their lives. I mean who doesn't want to live? We all pray for a healthy life but would you believe if I say that yes from someone that we've been knowing for a long time might have prayed for death? But sadly, there are people who are left with no hope of the future that we see. one can lower the chances of depression or get over it only if he or she realises how important their mental health is and that taking therapies won't make them a psycho. It might be getting anxiety attacks or stress or feeling very low about oneself or anything that makes you feel unhappy shouldn't be left untreated. People are evolving over time and so are their insecurities, we need to accept ourselves first and try to have peace within. I hope you all will realise that #ItsOkayToNotBeOkay!

G. Devika
16VV1A0528

Women empowerment

Calling a nation independent does not make it independent. When all people of a country are not independent, then how can we say our country independent? To go outside, always a woman ask her family member, for a late night work a man is always required for the woman or in place of woman, but man is not needing anyone, not requiring any permission. This is why because all think that women can do only household works not outside. Woman empowerment refers to make women powerful to make them capable of deciding for themselves. Women have suffered a lot through the years at the hands of men. In earlier centuries, they were treated as almost non-existent. As the times evolved, women realized their power. There on began the revolution for women empowerment. As women were not allowed to make decisions for them, women

empowerment came like a breath of fresh air. It made them aware of their rights and



how they must make their own place in the society rather than depending on man. It recognized the fact that things cannot simply work in someone's favour because of their gender. However, we still have a long way to go when we talk about the reasons why we need it. Need for women empowerment Almost every country, no matter how progressive has a history of ill-treating women. In other words, women from all over the world have been rebellious to reach the status they have today. While the western countries are still making progress, third world countries like India still lack behind in women empowerment. In India women empowerment is needed more than ever. India is amongst the countries which are not safe for women. There are various reasons for this. Firstly, women in India are in danger of killings. Their family thinks it's right to take their lives if they bring shame to the reputation of their legacy.

Moreover, the education and freedom scenario is very regressive here. Women are not allowed to pursue higher education, they are married if early. The men are still dominating women in some regions like it's woman's duty to work for him endlessly. They do not let them go out or have freedom of any kind. In addition, domestic violence is a major problem in India. The men beat up their wife and abuse them as they think women are their property. So, women are afraid to speak up. Similarly, the women who actually do work get less paid than their Male counterparts. We need to empower these women to speak up for themselves and never be a victim of injustice. How to empower women? If we think of our school time, there are stories of Rani laxmibhai, Kalpana chawla, Indhira Gandhi and Sarojini Naidu. They are ladies too. But why they became so famous? Because it's their family who have supported them. Their family fought with the society to get their girls independent. Now also woman are increasing the fame of our country take example of Manushi Chillar, PV Sindhu. They are independent How? Because their family allowing them to fight. To empower women first thing is to make them fight with their problems. There are various ways in how one can empower women. The individuals and government must both work together to make it happen. Education for girls must be made compulsory so that women can become literate to

make a life for themselves. Women must be given equal opportunities in every field, irrespective of gender. Moreover, they must also be given equal pay. We can empower women by abolishing child marriage. For a better morning we work for the whole day, this way for a better tomorrow we should start working from today. Government doing so many schemes, but these will not be helpful unless we support. Because the development of a country starts from thinking of an individual. here women are honoured, divinity blossoms there, and where ever women are dishonoured, all action no matter how noble it may be, remains unfruitful. "Yatra naryastu puhyante ramante tatra devata, Yatra itaastu na puhyante sarvaastatra falaah kriyaah"

-Poojitha satyanarayana Ruthala

"Women's day and the greatness of woman"

Women's Day is celebrated throughout the globe on 8th March every year. Celebrating Women's Day is an opportunity to appreciate the remarkable contribution of women to our society. Read on to find more about the International Women's Day celebration. 'Woman'- is a word that conjures up a lot of images in our minds and brings out varied emotions as selfless love, nurturing and caring attitude. Who is a woman? The dictionary meaning of a woman is adult female human but this definition cannot do justice to the role of woman. A woman is much more than these words. Read on to find more about the significance of Women's Day celebration. Understanding a Woman "A woman is a full circle. Within her is the power to create, nurture and transform." Understanding a woman is a mystery and it needs lots of perseverance and knowledge. A woman is the epitome of love, sacrifice, care and ability to nurture life. The quality of a woman can be understood with these thoughts "If a woman has to choose between catching a fly ball and saving an infant's life, she will choose to save the infant's life without even considering there are men at the base." Such is the power of a woman. The ability to nurture life makes woman the most powerful and strongest being. She can play different roles with ease be it that of a dutiful wife, obedient daughter, caring mother or adoring sister.



“A modern woman accepts that being a woman will probably be the complicated and doesn't judge other women for their choices”

society expects modern woman to be just as good as man, but that equality seems to be only when woman turns 18. A modern woman considers that the thing woman has yet to learn is “nobody gives you power. You just take it”

A fact of modern life is that it takes women longer to get ready than men. We have to give modern woman the possibility to choose, because now the moment of choices is like an investment. Women want to buy something not for one moment, but she wants to have it for long time. Finally, be who you are and say what you feel, because those whose minds don't matter, and those who matter don't mind”.

A.S.I. Manasa, K.Ramya, G.Sharmitha

“Women in modern world”

“We all have heard of the time when women lived under the shadow of her husband or father but now we are living in the time where women have come out as independent and self-made. Be it academics, sports or entertainment, women are walking side by side in every mean of life. In today's world, women have broken the conventional belief that she can achieve only until she gets married and start a new family, we have seen a lot of strong mothers coming out as true gems.

Education has helped women to learn about their liberal rights and of course the rising opportunities have paced up the game. Be it a housewife or a CEO, she learns an amazing decision making asset and literally excels in whatever she takes up to. Liberation of women has got its own form in this new era and has given a lot of hope to our young girls.

Women have proved that there ain't any laidbacks anymore that can stop them. Women today has become a lot more confident about themselves and has indeed come a long way. Every woman is indeed a superwoman.”

G.Devika
16VV1A0528

“In today's world, women play a very important role in every aspect. For example, in olden days most of the professions, which are very tough tasks like fighter pilots, where men held the job but nowadays, women also came forward to do that kind of jobs and also in the fields of space research, they play a major role (For example sending mangalayan satellite). Like this, in many other professions women are the leading personalities.”

M.VIJAYA
17VV1A0330

“What is the definition of modern women?”

“Modern is not in the way of being fashionable or changing the leads according to situational patterns. Modern women are defined in the way of being themselves with matured thinking style. The qualities acquired by the women are not compatible to anyone in the world in such a way they don't let to destroy their way.... In a simple way... Modern woman is your mother and your role model of your life comes from your birth.”

MANVITHA, EADI
17VV1A0310



THOUGHTS

“Women's role in today's world is just as similar as in the past that she is the one and it depicts she is the only one. Daily she does multiple tasks. She wakes up early, she cooks food, she goes to office and works in home also. Being a woman in recent days needs a zeal in them to face the world.

If you consider chronologically, from history to present day, whatever the situation may be either positive or negative, history repeats, a girl/lady/woman is blamed behind every cause/creed.

My sincere urge to my students is to mind the way they carry themselves in the society.

How do they behave in the society does really matter. Always be in your limits. If a girl is in her limits, society will be safe and girl's life is safe.

My only message is to follow proper Etiquette and Netiquette to have a safe career and safe life in a safe society.”

Thank You

Dr. V.S. Vakula
Asst. Professor
Dept. of EEE

“What is the role of women in today's world?”

She is independent, assertive, passionate, courageous and multi-facet. Women are the essence of strength, love and sacrifice. They have attained immense success in each and every field, whether it is politics, sports or academics. From housewives to head of the organizations, the transition can be seen at an accelerating rate. Modernizations have widened hope and today's women are better utilizing the latest technology and opportunities. They have established themselves socially, politically and economically in almost every field. Out of all, being a mother, daughter, sister, and wife, women makes every home a sweet home with her yearlong patience, love and affection. Happy Women's Day.”

Smt. A. Padmaja
Asst. Professor
Dept. of EEE

“Read books thoroughly. Never disrespect elders may be teachers, parents, mentors etc. Use mobile phones for a good usage. She is a mother, she is a child, she is a girl. Whatever their role, they always give their 100% support to do the work in the righteous way and in good manner itself.

A good book will relieve a good society. Like that way, a good girl will be useful to shape the society. Be safe wherever you go. I don't want another girl of our's that ongoing victims in our society to be buried.”

Mrs. Sowbhagya Lakshmi
Asst. Professor
BSS & HS Dept.



"In today's society, women has leading and challenging roles. So ,that the today's society will be in best way with women strength measure in terms of excellent patieny of women fraternity.

Young girls should participate and to be successful in their lifes with following qualities.

- ☒ Respect to parents and mentors
- ☒ Follow the culture and beauty of our Indian tradition wherever you go , don't forget your motherland and way of approaching others which are taught by our parents.
- ☒ Humble to all whatever the situation may be but, be confident and always stand on.
- ☒ Demotivating yourself with other's words and deactivating your dreams of what people think about you ,be stick to the point upto the truth and the society will automatically stick to your point if it is strong ,honest and true."

Dr. Neelima
Mechanical dept.

"In this modern world ,both in technological and digital era, still gender discrimination. The most of the girls and women feeling insecure to shine bright , speak out and stand out. Ie right to speak , ask and utilize in the most of the areas of the world. I just want to evacuate theirs rights to feel freedom to say anything and do anything in right way.

Right to speak

When we consider before independence and present situation ,the society is still treating female gender in that way only. So my sincere appeal to the society is to educate and empower the male child.

Fundamental right to educate children from 0 to 14 yrs of age and utilize rules of the government enacted for girls.

Save girl and save society.

A sincere message to the young girls to maintain both physical and mental fitness.. Balance home,work, friends, family and relationship. Achieve your goal and make a better society. Your every step should make your elders, parents, teachers and leaders to feel proud ,honoured and atmost happy . Let your dreams and goals come true."

Dr.G.Jaya Suma
IT Dept.

"In this filthy world, I just want to say that to the parents to understand their daughter's thoughts atleast. I need to explore and just want to say to them that please talk to their children and understand them.

We are in this modern world, but the parents doesnt know how to talk with their children about their dreams. It is my sincere advice to one's parents to talk with their children and know their interests.

Don't compromise for others. Just stick to the point until you get the right answer for your struggle by hook or crook. Never leave your struggle over anything. If there is truth in you, whole society will help you achieve it."

SAI RAMYA
17VV1A0232
IV EEE



"Women is the quintessence of a strength, love, sacrifice and courage. The journey of liberation of women has crossed many milestones and the role of women has changed tremendously. Earlier, women were seen only as housewives who are projected to cook and take care of their family. But today's women are adorned with patience and preservance and they have been able to create a positive impression in the society. Today along with handling tough clients at office they successfully multitask at home too.

A woman needs to understand her rights so that she can walk at par with men. Education is an important key to success so empowering women can become more permitent if women were well informed and educated. They have established themselves socially, politically and economically in almost every field.

Women are no longer considered unfit or weak for military or for other defence forces. Recently AVANI CHATURVEDI has set a perfect example and has created a milestone by becoming India's first female fighter pilot. By this we can say that women are more focused and have unique decision making power even at senior leadership level in a better position than men.

Empowering women can help the society to grow and develop at a faster rate."

A LOHITHA
17VV5A0271
IV EEE

"Role of women. What not she is capable of everything, from a home maker to a prime minister, she plays the role of every character.

She cares her children as a mother, she can educate the society as a teacher, she serves the people as a doctor, she leads the nation as a leader.

Even our respected prime minister sir, was also brought up by a woman. "

Mounika
III -MECHANICAL

"WOMEN IN A MODERN WORLD"

- Women are the epitome of strength, love, sacrifice and courage.
- They have immense success in every field whether it is sports, politics or academics with the encouragement of co education.
- Women are now marching side by side in every walk of life.
- The role of women has changed tremendously and they have been able to create a positive impression in the society.
- The status of women – social, economical, political and general – in India today is much higher than in ancient and medvial period.
- Though the status of women have been raised in the eyes of law but they are still much far from equality with male.
- Women are still exploited and humiliated in modern Indian society.
- Modern Indian needs the efforts of women to check drug abuse, to uplift the down trodden and attend on the sick and needy.
- Only they have the understanding and patience. To achieve these they can join together and fight against discrimination, sex abuse, observance of sati, dowry, alcoholism, etc.
- They have a positive role in politics as seen in our neighbouring countries,
- At the end of the day don't forget that you are person, don't forget that you are a mother, a wife and a daughter.

RENUKA
III -ECE



Human Resources

This field is designed for those who have a penchant for working in the corporate field and have the capability to resolve organizational problems. Human resources is one of the rapidly developing career opportunities for women.

Digital/ I.T industry

With the rapid expansion of the digital or Information technology industry, the demand for professionals who have the required skills is forever on the rise. Digital Industry provides a lot of opportunities for the roles of software engineers, programmers, system engineers, data analysts and data scientists. This is the field of great opportunity for women who take interest in the IT sector and computers.

Media and Journalism

For women who are creative and good at communication, the media sector holds a wide range of opportunities. This field of work allows women to exercise their creative freedom to a considerable extent with the opportunity for mental stimulation.

Interior Design

Women often put in a lot of effort and planning into decorating and setting up their own homes. Needless to say, it requires a lot of keen observation, talent, an excellent sense of design and creativity to beautifully maintain a home. It is one of the best career ideas for females because it allows women to use their creativity in a productive fashion.

Defence

The Indian Armed forces comprises of Army, Navy, Air Force and Coast Guard. The role of women in the armed forces was limited to the medical profession. In 1992, the doors were thrown open for entry as regular officers in aviation, logistics. In 2000, the Equality amendment to the Military service law granted equal opportunities in the military to women found physically and personally suitable for a job. Women started to enter combat support and light combat roles in a few areas, including the Artillery Corps.



WOMEN IN MODERN WORLD:

1. Nowadays women are entering into every field, but we are lack of security in this society.
2. Women are the primary care takers of children and elders in every country of the world.
3. Women play a key role in supporting their house holds and communities in generating income and acheiving nutrition security.
4. Women can bring about a positive attitudinal change as she plays a dominant role in the basic life of a child.
5. Nowadays there is equal pay for equalwork irrespective of their gender.
6. Women are organising various businesses summits to encourage newly budding women entrepreneurs"

GURRAM PRAJAYANTHI
II ECE
18VV1A0417



RECREATION ROOM



RECREATION ROOM



LADIES WAITING HALL



Career Guidance for Women

Career Guidance is a comprehensive program that helps an individual to develop one's skills and knowledge in choosing the best career option that suits them. From becoming leaders of the world to acting as a home maker, bread winner, mother, wife, sister, daughter, friend, confidant and many more, today's woman can do it all. Women have come a long way in asserting their freedom and establishing their position in society. It is important for women to choose a career for which they don't have to compromise on their other roles in life. In order to support women empowerment, we need to ensure that women are able to choose the right career that fits their personality and lifestyle. The following are the guidelines that assist women in making optimal choices for their overall development in their respective occupations.

- **Understanding your current scenario**

A dream to be successful in career holds a lot of thoughts that a woman wanted to become. Paying attention to what you wanted to be, becomes the first step of promising your growth in the chosen career option.



- **Know your worth**

Women often don't think of knowing their worth. Identifying one's own strengths and abilities often helps women in choosing the best career option that proves their excellence and productivity.

- **Get help from others**

Having someone who keeps you accountable, once you start to know what you are good at, is really helpful. We all know, sometimes, even the critics can help us to take the best out of us and put into action. Everything is possible for a strong woman who can handle societal influence.

- **Focus on your own goals**

After knowing their strengths and interests, women should start working on it. Due to their familial roles and for some other reasons, women often do not focus on what they actually wanted to become. So, one way to help get things done is to focus on the goal but not on the obstacles.

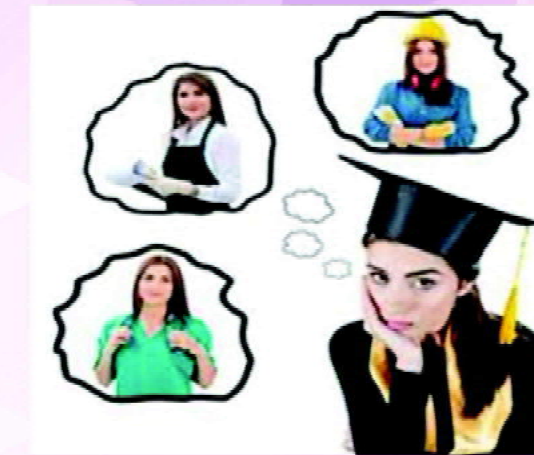
- **Implementing your ideas**

A dream can be true when you put your actions go through. After the completion of their studies, women often stay home and wait for the opportunity to come. Gaining knowledge of what you study is not enough, implementation of wisdom is important too.



Opportunities for women

A world where women are economically empowered will be a fairer, happier and more prosperous place to live for everyone. Women in India are getting out of the house and making a mark for themselves. Today there is no such thing as "female jobs" or "ladies jobs". There are plenty of opportunities for women in building up their career. Many women are confused to choose which career options suit them the best. Women usually go to have a career in usual fields are not pushed to have a career in challenging fields. This results in the absence of women from mainstream fields, where men are dominated most of time and then the perception occurs that they are not suitable for the women. Some of the best career options for women are highlighted below.



Women as an entrepreneur

This is a great career opportunity for women who look forward to starting and managing their own business from the grass-root level. Entrepreneurship gives women the flexibility to divide their time between their job and their other responsibilities as per their own choice.

Teaching

Teacher is always considered as one of the best career opportunities for women. Teaching is not only an extremely noble and rewarding profession but also an excellent way in which women get to play an important role in shaping people's lives. Mother is the first and the best teacher in everyone's life.

Medicine

Being natural caregivers, the field of medicine has seen the rapid rise in the demand for female professionals. Ranging from doctors to nurses, there are a plethora of jobs that are suitable for women in the field of medicine. Gynaecology and obstetrics still demand more women practitioners than men.



WEIGHT LOSS:

Overweight is defined as a BMI of 25 or more, thus it includes pre-obesity defined as a BMI between 25 and 30 and obesity as defined by a BMI of 30 or more. Pre-obese and overweight however are often used interchangeably, thus giving overweight a common definition of a BMI of between 25-30.



TIPS TO REDUCE WEIGHT:

1. Eat a high-protein breakfast. ...
2. Avoid sugary drinks and fruit juice. ...
3. Drink water a half hour before meals. ...
4. Choose weight loss-friendly foods (see list). ...
5. Eat soluble fiber. ...
6. Drink coffee or tea. ...
7. Eat mostly whole, unprocessed foods. ...
8. Eat your food slowly



WELLNESS :

Wellness is more than being free from illness—it is a dynamic process of change and growth. With well-researched stories on diet and weight loss, plenty of home remedies, advice from renowned fitness experts and tips on how to de-stress, this is a section that caters to the busy working woman, helping you stay healthy and fit with effortless ease

DIET:



Since meat - especially red meat - is generally not recommended for people with RA, except in small amounts, plant-based protein sources are a must-have. Proteins are the building blocks of muscle strength, which can help strengthen the joints and reduce inflammation. Legumes, lentils, nuts, seeds, tofu, and even dark green veggies like broccoli and kale can fulfil that requirement.

A HEalthy eating plan includes:

- 1) Emphasizes vegetables, fruits, whole grains, and fat-free or dairy products.
- 2) Includes lean meats, poultry, fish, beans, eggs, and nuts.
- 3) Limits saturated and trans fats, sodium, and added sugars.
- 4) Control portion sizes.



BODY MASS INDEX CHART

Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness. BMI can be used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual.

Weight (lbs)	Height (feet, inches)					
	5'0"	5'3"	5'6"	5'9"	6'0"	6'3"
140	27	25	23	21	19	18
150	29	27	24	22	20	19
160	31	28	26	24	22	20
170	33	30	28	25	23	21
180	35	32	29	27	25	23
190	37	34	31	28	26	24
200	39	36	32	30	27	25
210	41	37	34	31	29	26
220	43	39	36	33	30	28
230	45	41	37	34	31	29
240	47	43	39	36	33	30
250	49	44	40	37	34	31



5 BEST DIY COCONUT OIL HAIR MASKS



Beauty means feeling comfortable in your own skin and appreciating your imperfections. Beauty means feeling good about yourself whether it is because of makeup or nice clothes or exercising; it is having confidence in yourself. Confidence... "Beauty is a means of empowering yourself."



OATS UPMA

Oats are the new 'in' thing in India and, considering their health benefits, are a great substitute to a lot of Indian grains and cereals in the Indian diet. Oats are rich in fibre and in nutrients like manganese, copper, biotin, phosphorous, magnesium, zinc, etc. Plus they help lower cholesterol, keep you fuller for longer, and are a good source of anti-oxidants. But if you are bored of the same old oats recipes, here are some quick-fix oats recipes you can whip up in under 30 minutes! And trust us, they are all scrumptious!

Ingredients:

- 2 cups of cooking rolled oats
- Turmeric, salt, chopped chillies
- Chopped onions, carrots, green peas, finely diced bell peppers
- Curry Leaves
- Urad Dal
- Oil
- Mustard Seeds
- Lemon
- Grated coconut
- Coriander



Method:

Heat about 1 teaspoon of oil in a pan, add oats, turmeric, a little salt, and green chillies. Roast for 4-5 minutes till the oats turn light brown. Add some water to the oats, cover them and let them cook for 5-7 minutes or till they turn soft. Meanwhile, in another pan, add some more oil and mustard seeds. Once the seeds crackle, add the urad dal and roast till the dal turns a golden brown. Then add some curry leaves, salt, turmeric and onions and saute till the onions turn translucent. Add chopped carrots and peas and cook for about a minute till the carrots turn slightly soft. Add salt, top with bell peppers and once you feel your oats are almost cooked, add this vegetable mixture to the oats and cook for about a minute.

This method retains the crispiness of the vegetables as they are semi-cooked. If you like your vegetables well boiled, then add the oats mixture to the vegetable mixture and then add the water and bring to a boil.

Once the oats upma are ready, garnish them with grated coconut, finely chopped coriander and squeeze the juice of a lemon on top.

Benefits of Cooking in Clay Pots

- Mrs.B.Nalini

Here are some clay pot cooking health benefits that you should know:

1. Clay Pots Lend a Nice Flavour to Food

Clay pots are made of clay, which is alkaline in nature. This property enables it to interact with the acids in the food while cooking, thus balancing its pH. Not only do they make the food healthier but also lend a nice aroma to it. The food cooked in clay pots becomes rich in various minerals such as iron, phosphorus, calcium, magnesium etc.

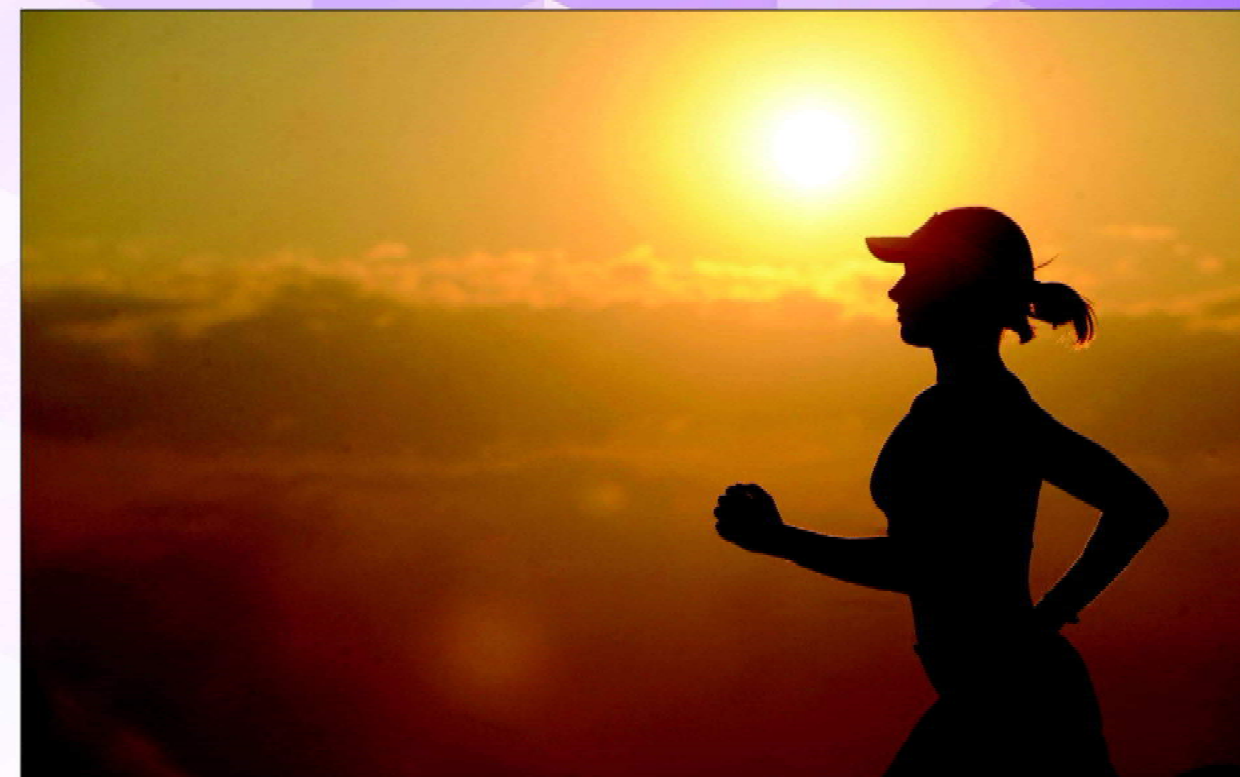
2. Clay Pots Retain the Nutritive Value of Food

Clay pots are porous and allow the heat and moisture to circulate evenly during the cooking process. This lets the food retain more nutritive value than food prepared in other kinds of utensils. Also, meat prepared in clay pots remains juicy and tender.



FITNESS:

In a nutshell, fitness is defined as the state of being physically fit and healthy. ... "Fitness" is a broad term that means something different to each person, but it refers to your own optimal health and overall well-being. Being fit not only means physical health, but emotional and mental health, too.



Here are the most handy fitness tips for women who have no time at hand

1. Healthy Breakfast- a must! ...
2. Replace junk food with healthy snacking. ...
3. Follow a structured exercise pattern. ...
4. Keep your body hydrated.
5. Cut out the carbs.



Lorem Ipsum
WHAT TO AVOID :



Processed foods contain a large amount of nitrates. Nitrates are used mostly in meats like cold cuts to keep them from growing bacteria or losing aesthetic appeal. In the 1970's, the USDA attempted to ban nitrates. Most processed foods contain fats. These are of the type of saturated fats. Sugars are very high in calories. Salt is used as a preservative in foods and can increase blood pressure and cause bloating.

THE WORST OFFENDERS:

1. Prepackaged snack foods such as corn snacks and chips.
2. Convenience packaged single serve microwave items.
3. Most canned foods because of their high salt content.
4. Refined white flour used in breads used in breads and baked goods.
5. Frozen dinners.
6. Pre-packaged school lunches.
7. Sugary breakfast cereals.



RECIPES

SOYA BEANS IN CABBAGE CUPS RECIPE:

Items needed:

- 2 tsp chopped garlic
- 2 tsp chopped green chillies
- 2 Tbsp tomato sauce
- 3 Tbsp coriander chopped
- 2.5 Tbsp soya sauce
- 1 Tbsp Thai red curry paste
- 1/2 cup bean sprouts
- Peanuts (optional)
- Juice of 3/4th lemon
- Spring onion
- Coriander, chopped
- Chilli flakes

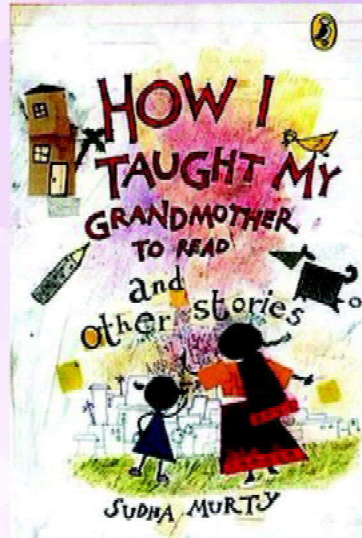


How to Make Thai Soyabean In Cabbage Cups

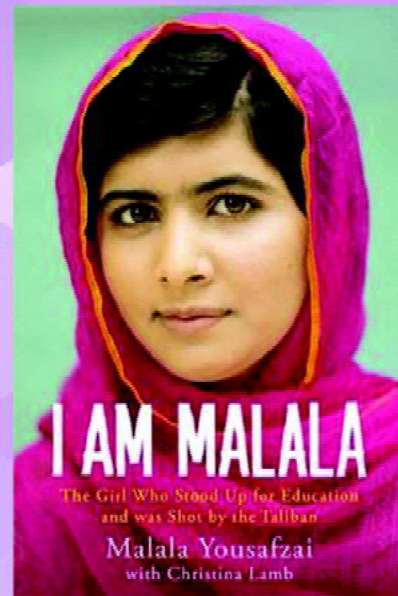
- 1. Soak soya bean in water for at least half hour. Wash 3-4 times. Now squeeze them and take all water out.
- 2. In a wok, heat 1 tablespoon oil. Saute the chopped onion. Now add chopped garlic and green chillies.
- 3. Toss in soya bean. Saute till water dries.
- 4. Add the tomato sauce, soy sauce, Thai red curry paste and if not vegetarian, put in 1/2 chicken stock cube crumbled.
- 5. Add little crushed black pepper and saute. Now add spring onions and saute till crisp.
- 6. Add coriander spring onions, chilli flakes and few toasted peanuts. Taste for salt and squeeze lemon juice.
- 7. Serve with cabbage cups made out of small cabbage.



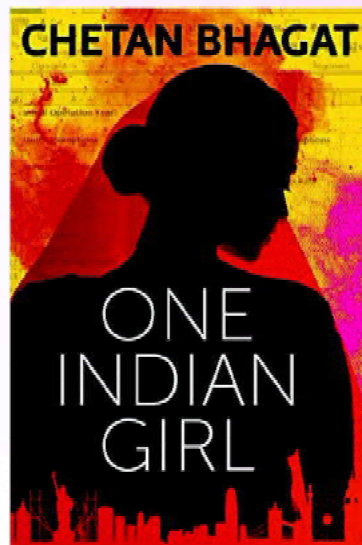
BOOKS FOR WOMEN:



How I Taught My Grandmother to Read is a non-fictional narrative or a short story written by famous Indian prolific fiction author Sudha Murty. This story was published in the book How I Taught My Grandmother to Read and Other Stories in the year 2004 by Penguin Books India. This story narrated the incident where the author recalls that how she had taught her illiterate grandmother to read.



I Am Malala: The Story of the Girl Who Stood Up for Education and was Shot by the Taliban is an autobiographical book by Malala Yousafzai, co-written with Christina Lamb. The book details the early life of Yousafzai, her father's ownership of schools and activism, the rise and fall of the Tehrik-i-Taliban Pakistan in Swat Valley and the assassination attempt made against Yousafzai, when she was aged 15, following her activism for female education.



One Indian Girl is the seventh fictional novel and the ninth book overall by the Indian author Chetan Bhagat. One Indian Girl is the story of Radhika Mehta, a worker at the Distressed Debt group of Goldman Sachs, the investment bank. The book begins with Radhika making arrangements regarding her marriage with Brijesh Gulati who works in the Facebook company in San Francisco.

3. Clay Pots Are Healthy for Your Heart

Excess use of oil for cooking is one of the leading causes of weight gain. If you wish to make your meals less oily, then clay pots are one of the best options because they require very less oil for cooking food. These pots take longer to heat and use a slower cooking process, helping to retain the natural moisture and natural oils present in the food.

4. Clay Pots Make Your Dish Aromatic

The actual aroma of the food is retained when cooked in an earthen or clay pot. This happens because of the porous nature of the clay pots and also because it uses a slow cooking process.

5. Clay Pots are Pocket-Friendly

Clay pots are readily available in almost all parts of the country. They come in different shapes and sizes, so you can pick the one best suited to your requirements. Earthen pots are also reasonably priced, enabling you to cook rich food without burning a hole in your pocket.



How To Use Clay Cookware?

Clay or earthen pots are available in glazed and unglazed forms. Where the glazed ones are ready to use, however, you will be required to prepare the unglazed ones before you use them for cooking. If you are wondering how to use earthen pots for cooking, here are some steps you should follow:

1. Preparing Clay Pots Prior to First Use:

- Take the earthen pot and immerse it in water for a couple of hours.
- You can also leave it immersed in a sink filled with water overnight.
- Remove from water and let the pot dry completely.

2. Seasoning Clay Pots:

- Take any vegetable oil and rub it nicely all over the pot.
- Fill the pot up to $\frac{3}{4}$ level with water and cover with the lid before placing it on your stove at low temperature for 2-3 hours. You can also keep it in your oven at 350 degrees Fahrenheit instead.
- Bake the pot for 2 to 3 hours before removing from the heat. Let it cool down before washing. This process hardens the pot, makes it crack resistant and also helps in getting rid of the clay smell.

3. Before Cooking:

- Submerge the clay pot in water for approximately 15 to 20 minutes before cooking food so that the pot absorbs water. The steam released as the pot gets heated slowly helps in preventing the food from drying out while maintaining its natural flavours.
- Ensure proper temperature settings because a sudden increase or decrease in temperature may lead to cracks or breakage. Place the pot in the centre of the oven and let it slowly heat. Always cook food on low or medium heat.

4. While Cooking:

- The ideal cooking temperature should be between 190 degree Celsius and 250 degrees Celsius. Unlike metal cookware, clay pots take longer to heat, therefore, on an average, cook the food for 15 to 20 minutes longer in comparison to your regular pots.
- While cooking food in a clay pot, the temperatures need to be set approximately 40 degrees Celsius higher than your regular cookware. In case, the recipe has a longer duration, it is suggested that you cook on low heat.
- Never add cold water or cold spices while the pot is hot as it may lead to breakage or cracks. If required, add only warm water.

5. Post Cooking:

- Always use oven mittens or any kind of bakers pad to lift the hot pot.
- Place the pot on a mat, wooden surface or kitchen towel. Placing a hot pot on a cold surface may lead to cracks.
- Be careful of hot steam while removing the lid of the pot.

How To Clean Clay Cookware?

Taking care of your clay pot is important too, therefore, follow these simple steps while cleaning your earthen cookware:

- As far as possible, make sure you hand-wash the clay pots and avoid putting them in a dishwasher.
- Immerse the pot in warm water to loosen the bits of food.
- Do not use harsh chemical detergents and avoid excessive scrubbing.
- A mixture of baking soda and water can be applied to the pot for removing the strong smell of certain ingredients.
- If any kind of mould gets formed, put salt or baking soda on a scrub pad and gently remove the mould.
- Boil the pot in water for 20 to 30 minutes to unclog the pores.
- Never use detergent or soap to clean the clay pots. The pores may absorb the soap and lend a soapy flavour and taste to your dishes.

- Mrs.B.Nalini
Asst.Professor ECE

“MILLET DOSA”

(Qty: 10-12 dosas)

INGREDIENTS

- Pearl millet – 180 g
- Black gram (without the skin) – 180 g
- Rice – 150 g
- Boiled rice – 40 g
- Fenugreek seeds – 1 teaspoon
- Salt – to taste
- Oil for drizzling

METHOD

1. Rinse the pearl millet and soak it for 4 to 5 hours. Soak separately black gram, rice, boiled rice and fenugreek seeds for 2 hours.
2. Grind all of them together to make a smooth batter, adding water as required.
3. Transfer the batter into a container with a lid and allow it to ferment in a warm place for 5-6 hours.
4. If the fermented batter is too thick, add water to bring it to spreading consistency.
5. Heat a griddle, take a ladle full of batter and keep spreading it in a circular motion outwards.



6. Drizzle oil around the dosa. When one side is crisp and brown, flip it and cook the other side for 30 seconds. Flip over and fold it.
7. Serve with any chutney
(Courtesy of Smart Food Millet Recipes, ICRISAT. 2016.)

LEMON MILLET RECIPE

Delicious lemon millet is a quick millet dish that is healthy and nourishing to the body.

Servings: 2

INGREDIENTS (1 CUP = 240ML.)

- ½ cup kodo millet varagu / arikelu
- 1 ½ cups water
- Salt as needed
- 1 ½ tbsp oil (use as needed)
- ½ tsp mustard
- 1 to 1 ½ tbsp bengal gram or chana dal
- 1 to 1 ½ tbsp skinned black gram or urad dal
- ¼ cup peanuts or cashews split (use as needed)
- Pinch asafoetida or hing
- 1 green chili slit
- 1 red chilli broken
- 1/8 tsp turmeric or haldi
- 1 tsp ginger grated
- 1 sprig curry leaves
- 1 lemon Medium to large (use as needed)

METHOD

How to cook millets?

1. Add ½ cup millets to a pot and wash thoroughly. Drain completely. Add 1 ½ cups water, salt as needed to the pot and allow to soak for a while. You can also skip soaking.
2. Cook them on a medium flame until all the water is absorbed, but slightly soggy. Cover the pot and simmer on the lowest heat until completely cooked. Fluff gently with a fork and cool completely.
3. How to make lemon millet
4. Heat a pan with oil. Add mustard when they begin to splutter, add chana dal, urad dal, cashews and red chili, green chili.
5. When the dals turn slightly golden, add curry leaves, ginger and green chili.
6. Curry leaves turn crisp very soon, then turn off the stove and add turmeric and hing.
7. Add the cooled millets and squeeze in the lemon juice.
8. Mix everything well.
9. Serve lemon millet rice with curd, veg salad, papad or pickle.

NUTRITION (estimation only)

Calories: 468kcal | Carbohydrates: 53g | Protein: 14g | Fat: 23g | Saturated Fat: 2g | Sodium: 688mg | Potassium: 378mg | Fiber: 11g | Sugar: 2g | Vitamin C: 41.3mg | Calcium: 41mg | Iron: 3.6mg



- By Smt. A.Padmaja
Assistant Professor
Dept. of EEE



TIPS TO DECORATE HOME:

"Even if you're pinching pennies, there's still plenty you can do to create a stylish, inviting home for yourself and whoever you have over."

Then for the fun part—on to decorating. With years of budget decorating behind (and in front of!) us, we've amassed a few helpful tips for making house with a slim wallet. Follow our cheap home decorating tips and get inspired by the ideas that prove that style doesn't need to come at a price below.

Paint an Accent Wall

Painting your walls on your own is one of the most cost-effective decorative updates you can make to your home and painting just one wall is an affordable (and seriously cool) upgrade.

Disguise a Dated Sofa with a Slipcover

Rather than buying an entirely new sofa, purchase a simple slipcover to give your space a new look.

Get Rid of Unsightly Items

Before you start worrying about what you can and cannot afford to buy, consider what you should get rid of. Dated, worn, or damaged items could be doing the look of your home a disservice, and if they're non-essential, removing them can give your home a clean slate.

Add Trim to Your Curtains

Instead of buying new curtains, invest in what you already own by adding an iron-on trim to basic curtain panels.

Hang Prints

Framed prints don't have to be expensive, but they can transform a room. If you're really ready for a project, try your hand at your own art piece and frame your creation to hang on its own or as part of a gallery wall.

Pot a Plant

Faux plants can make for chic décor at a low price. Find an affordable option and then style it on a beautiful stand or in a handcrafted pot.

Turn Plates Into Wall Art

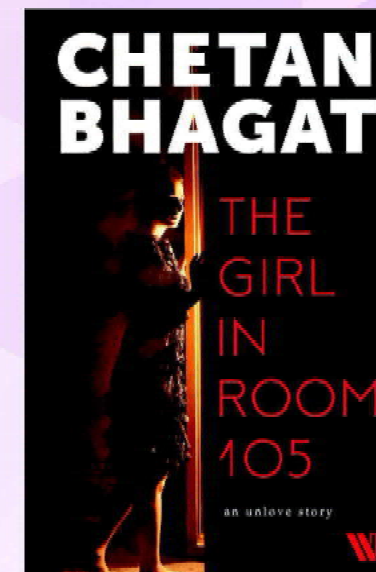
If you never use the china plates from your wedding or you love the look of a cheap set you scored from H&M, plates can make for some seriously chic wall décor. Hang a few in a cluster on a blank wall for an instant update.

Rearrange the Furniture

This zero-cost decorating idea only requires a bit of time, creativity, and some strong muscles. Pick a room and make it feel brand new by organizing the furniture in a new layout.

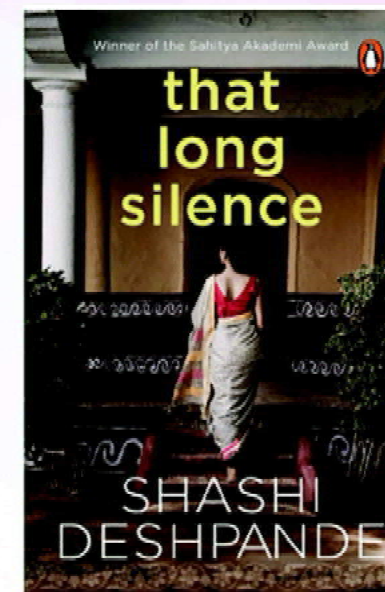
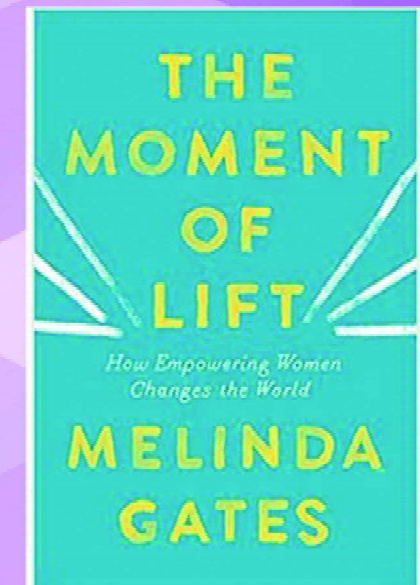
Infuse Your Bookcase with Personality

Wallpaper isn't for the walls. Use a small amount of wallpaper (you can find chic, removable wallpaper from brands like Chasing Paper) to decorate the interior of a bookcase.



The Girl in Room 105 is the eighth novel and the tenth book overall written by the Indian author Chetan Bhagat. The book became a bestseller based on prearranged sales alone. It tells about a IIT coaching class tutor who goes to wish his ex-girlfriend on her birthday and finds her murdered. The rest of the story is his journey where he stands by his ex-girlfriend after her death to find justice.

Philanthropist Melinda Gates has spent the last 20 years traveling the world, meeting people from all walks of life. She's learned a lot from these experiences, but her biggest takeaway? "If you want to lift a society up, you need to stop keeping women down." In Moment of Lift, she encourages her readers to support women everywhere—and her narrative will leave you feeling empowered and ready to get involved in any way you can.



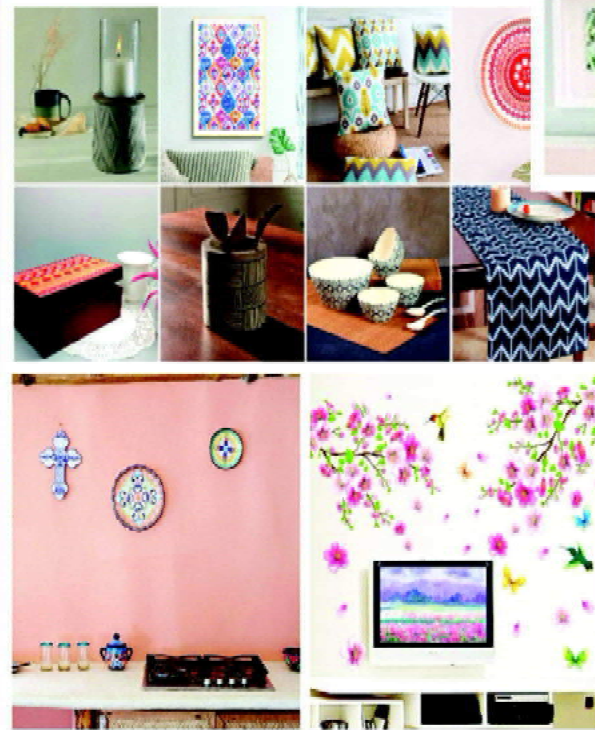
Jaya's life comes apart at the seams when her husband is asked to leave his job while allegations of business malpractice against him are investigated. Her familiar existence disrupted, her husband's reputation in question and their future as a family in jeopardy; Jaya, a failed writer, is haunted by memories of the past. Differences with her husband, frustrations in their seventeen-year-old marriage, disappointment in her two teenage children, the claustrophobia of her childhood—all begin to surface. In her small suburban Bombay flat, Jaya grapples with these and other truths about herself—among them her failure at writing and her fear of anger. . . Shashi Deshpande gives us an exceptionally accomplished portrayal of a woman trying to erase a 'long silence' begun in childhood and rooted in herself and in the constraints of her life."



DECOR

Home decorating tips:

1. Mount curtains high above your windows.
2. Hang art pieces right at eye level.
3. Station pretty baskets around the house.
4. Style decorative objects in odd numbered groupings.



5. Layer your light sources.
6. Always, always make your bed.
7. Use rugs to separate zones.



AIR PURIFYING PLANTS:

AIR-PURIFYING PLANTS

houseplants can filter out harmful toxins and help clean the air.



SPORTS DAY COMPETITION - 2020



HOROSCOPE:

ARIES:The Aries Horoscope 2020 indicates that the new year will be full of personal and professional success. You'll find this coming year is far more active and goal-oriented, Aries, and any residual feelings of being mired down and stuck clear quickly.

TAURUS:The Taurus people are, usually, very rational. In every second of life, they focus their efforts working hard to obtain the desired well-being and standard of living. This doesn't mean, however, that fortune can't smile upon a Taurus if they try their chances at the lottery.

GEMINI:According to Gemini 2020 horoscope, you're coming shortly into a solid building period of your life, Gemini, so for 2020 use the remaining influence to dig into what you really hope to accomplish in your life.

CANCER:People born in Cancer will be quite lucky in 2020. Even though they don't generally believe in luck, and money and fortune are not that important for Cancer, the new year will be a prosperous period for them.

LEO:For Leos, the stars and the chances seem to keep smiling in 2020. The warning, however, is real for the Leos because they tend to exaggerate with money spending.

VIRGO:The Virgo Horoscope shows that 2020 will debut with an amazing momentum in the business domain, and especially in important personal acquisitions. It can be about a house, an inheritance, or a very important gain that Virgos have been waiting for a long time.

LIBRA:The libra 2020 horoscope promises to be one where personal growth and inner understanding make powerful changes in your life. The new year starts with a holiday atmosphere after the tumultuous 2019, which restores Libra's zest of life and urges them to focus more on their desires and most beautiful hobbies.

SCORPIO:According to your horoscope, 2020 will be major growing year, Scorpio, and much of what you reap in the way of rewards comes from efforts made in the past.

SAGITTARIUS: According to your 2020 horoscope, It appears there is a lot of change coming into your life over the year, Sagittarius, and you get a chance to rework both how you present yourself to the world and what you present to the world

CAPRICONS:Unlike in 2019, the year 2020 will be extraordinary for Capricorns. And here we are talking about all the aspects of their lives. The year 2020 will be one of the best years for Capricorns, full of material and emotional well-being.

AQUARIUS:According to the 2020 horoscope, with all the energy in your sign, Aquarius, this year promises to be more energized than last year. 2020 is a lucky year, a year of changes for the better. You will find peace, harmony, and happiness.

PISCES:In 2020, the Pisces will have a tremendous fortune in love, although they won't realize it from the beginning. Although the year seems to start the way it normally does, love will arrive later on in the most unusual form. In June, the Pisces will strengthen the love relationship they already have, or they will start a new, promising one.



Stock Up on Candles:

Candles are an affordable feature that can seriously shift the mood and atmosphere of a space for the better. For a really elevated look, search for candles that come in stylish holders rather than those with loud labels.

Paint the Floors

Hear us out. A good floor paint won't cost you much more than any regular interior paint and you can use it to create the look of linoleum or vinyl floors at a fraction of the cost.

Pick Out a New Lamp Shade

This small detail can make a big difference. Treat yourself to a fresh lamp shade to give new life to an older piece.

upgrade Your Bedding

You don't have to replace everything, but even something as simple as a new duvet cover can give your bedroom a contemporary look.

Reorganize Your Bookshelf

If your bookshelf has deteriorated into a place to hold anything and everything you don't have a designated place for, it's time to purge. Get rid of the clutter and then have fun with the way you organize what's left. Perhaps you stack your books according to color or spruce things up with some new bookends.

Fresh flowers instantly bring a home to life with their vibrant colors, fragrant scent, and sophisticated look. Invest in a nice vase and replenish your bunch with a few extra bucks at the market each week.

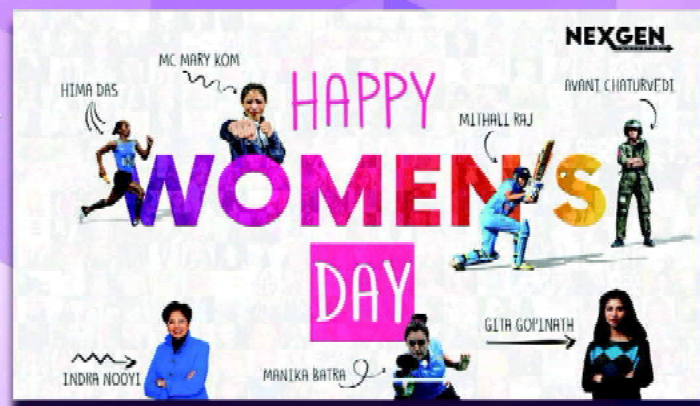
Frame Family Photos

Turn your personal memories into art by printing out a few photos on high-quality materials and styling them with nice frames. Make a gallery wall or simply display a few shots on a console table or bookshelf.



FAMOUS BLOGS

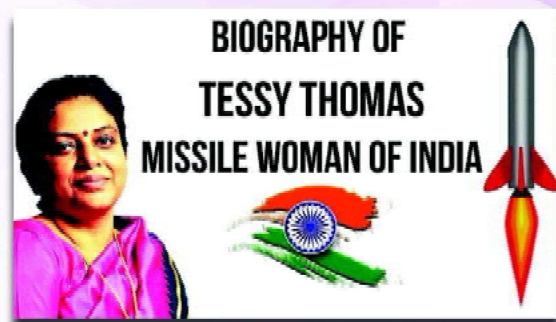
7 inspiring women achievers of India who made our nation proud
<https://www.nexgi.com/blog/famous-indian-women->



Ritu Kumar – World Famous Fashion Designer:
<https://www.cxovoice.com/10-most-influential-women-entrepreneurs-in-india/>



Meet the women scientists leading the Chandrayaan-2 launch:
 Read more at:
<https://yourstory.com/herstory/2019/07/india-women-scientists-chandrayaan2-launch-isro>
<https://alltogether.swe.org/2019/07/two-women-are-spearheading-chandrayaan-2-indias-latest-space-mission/>



Indian missile women of India
<https://www.studyiq.com/blog/biography-tessy-thomas-free-pdf-download/>



Kiran Mazumdar-Shaw EY Entrepreneur of the Year India 2019:
<https://kiranshaw.blog/>
https://www.ias.ac.in/Initiatives/Women_in_Science/The_Women_Scientists_of_India



How a Bengal grocer's determined daughter fought all odds to become an IAS Officer
<https://www.thebetterindia.com/161310/upsc-ias-sweta-agarwal-bengal-news/>

Vijayawada police to honour 120 women achievers:-
<https://www.newindianexpress.com/states/andhra-pradesh/2017/mar/08/vijayawada-police-to-honour-120-women-achievers-1578992.html>



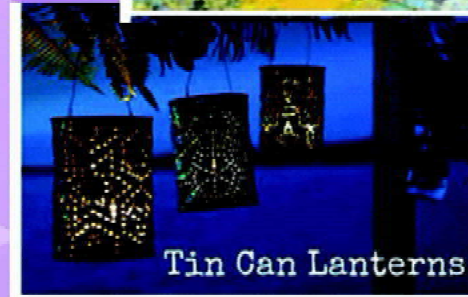
Meet the women IAS AND IPS Officers implementing Andhra 's Landmark "Disha" law:-
<https://www.thebetterindia.com/208367/andhra-pradesh-disha-act-women-safety-ias-ips-death-penalty-india-nor41/>

<https://idreamcareer.com/blog/Best-Career-Options-for-Women:>
BEST CARRER OPTIONS FOR WOMEN
<https://www.naaree.com/top-career-options-women-india/>



TIN CAN LANTERNS IDEA:

Turn that old bean or soda can into a beautiful lantern for the festive season. Your little one will need your help with these one.



BIRD HOUSE FROM CARTON IDEA:
Your old milk or juice carton can be a little birdies home.

**POETRY:**

A woman as a child is very sweet and mild
Woman as a girl is life's most precious pearl

Woman in teenage is every boy's craze
Woman as a sister shows what is love and care

Woman in her youth is world's wonderful truth
Woman in good health is nation's real wealth

Woman, from womb to tomb, is like an innocent lamb
Woman as a writer is the most prolific fighter
Woman in service is the very definition of service

Woman as a manager brings grace to her fancy
Woman as a judge tampers justice with mercy

Woman as a bride is every home's pride
Woman as a wife is the best man can get in his life

Woman as a mother is like dream come true
Woman as mother-in-law corrects any faults

Woman as a grandmother is world's best storyteller
Woman as a daughter, unlike a son, is daughter forever

Woman-oh woman –you are god's wonderful plan
Try never to be like a man, oh woman, be a woman forever.

By Nalini
Assistant professor
ECE Dept.

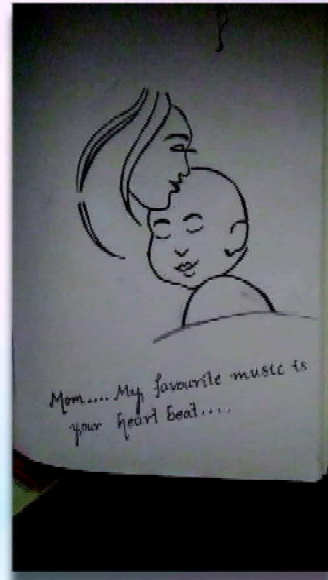
A WAY OF LIFE:

Talk - softly
Walk - humbly
Eat - sensibly
breath- deeply
sleep -sufficiently
dress - smartly
act - fearlessly
work - patiently
think- truthfully

Dr. Neelima
assistant professor
Mech Dept.



A.T.S.S.SAI KUMAR RAJU
I ECE -19VV1A0404



NARAVA KAVYA
III CSE-17VV1A0530



NARAVA KAVYA
III CSE-17VV1A0530



Smt.A.PADMAJA
Asst.Professor EEE



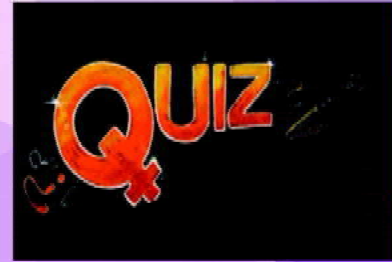
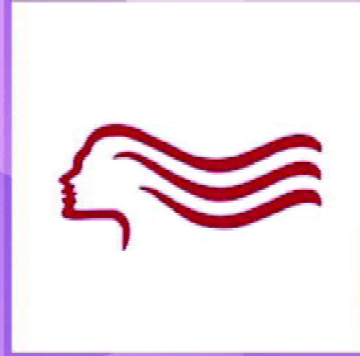
D.BABY PRATHYUSHA
II CSE-18VV1A0507



Mrs.B.Nalini
Asst.Professor ECE

Quiz-Quest

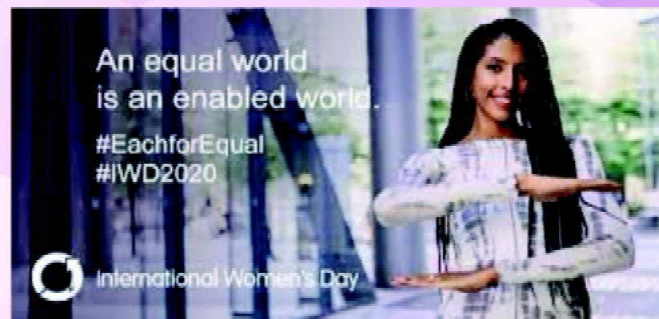
- 1) First woman to circumnavigate or sail round the world?
- 2) Youngest woman to climb Mount Everest two times in India?
- 3) Name the online platform launched by the Ministry of Women and Child development to support women entrepreneurs?
- 4) Woman who invented the first hygiene menstrual tool, sanitary belt?
- 5) A scheme that provides education to girls and their welfare?
- 6) National mission for empowerment of women was launched on which day?
- 7) The woman who became first IAS officer in India?
- 8) The woman who became the world's youngest serving state leader?
- 9) Who pioneered the movement of women education in India?
- 10) The first women to get Nobel Prize in India?
- 11) Who is the first woman to fly in space?
- 12) The first woman ambassador of India?
- 13) The chair person of National Commission for women India?
- 14) Malala day is commemorated on which day to honour women & children's rights around the world?
- 15) What is the theme for International women's day (8th March) 2020?
- 16) During which war did Florence Nightingale serve soldiers?
- 17) Who is known as "Missile woman of India"?
- 18) The first-ever female CEO in the world?
- 19) Indira Gandhi Matritva Sahyog Yojana was launched in which year?
- 20) What is the main aim of Disha Bill, 2019 passed by Andhra Pradesh Government?





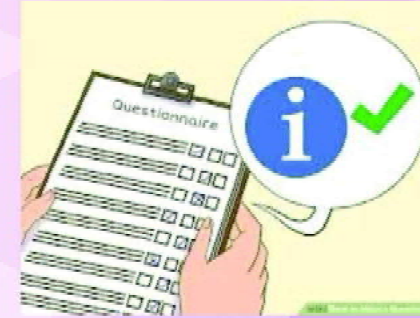
ANSWERS:

- 1) Ujwala Rai
- 2) Dicky Dolma
- 3) Mahila E-haat
- 4) Mary Beatrice Davidson Kenner
- 5) "Beti Bachao Beti Padoo"
- 6) 15th August, 2011.
- 7) Anna George Malhotra
- 8) Sanna Marin (at the age of 34), Finland
- 9) Savitribai Phule
- 10) Mother Teresa
- 11) Valentina Tereshkova
- 12) Marie Curie
- 13) Rekha Sharma
- 14) July 12
- 15) I am Generation Equality : Realizing Women's Rights
- 16) Crimean war
- 17) Tessy Thomas
- 18) Katharine Graham (Fortune 500 company)
- 19) 2010
- 20) The bill aims to complete investigation of cases related to crimes against women within 7 to 14 days.



Questionnaire

*Make use of this personality assessment tool to know more about yourself.



- 1) What is the most important to you?
 - One's self development
 - One's professional development
- 2) In cases of workplace bullying, what measures should women take to overcome that?
 - Complain your boss
 - Handle it yourself
- 3) What may be the biggest challenge in a woman's life?
 - Lack of women in positions of power
 - Patriarchy
 - Others
- 4) What type of management skills should a woman possess to handle her work both at home and at workplace?
 - Emotional Intelligence
 - Critical thinking and problem solving
- 5) What do you think is the best career option for woman?
 - Entrepreneurship
 - Journalism
 - Teaching
 - Others
- 6) What habits should women inculcate so as to keep herself stay fit and healthy?
 - Eat often, eat veggies
 - Drink plenty of water regularly
 - Daily exercise
- 7) In which areas women should focus on for their overall development?
 - Personal hygiene
 - Proper mental health
 - Goals and responsibilities

