

HORIZON

STRIVE TO BE LIMITLESS

WOMEN EMPOWERMENT

SHE MATTERS



MARCH EDITION

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It's
herstory
not just history

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Learn about the many trailblazing women rewriting the narrative by fearlessly stepping into roles traditionally dominated by men, breaking barriers and paving the way for future generations to thrive.

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Finding the right balance in life can be tricky. Even more so if you're a woman in this stereotypical world. Let's delve into the do's and don'ts in order to strike the right balance.



EDITOR'S MESSAGE

As we embark on another edition of our magazine, I am filled with a sense of pride and anticipation to present to you an inspiring collection of stories, insights, and perspectives centered around the theme of women's empowerment.

In this issue, we delve into the intricate tapestry of women's lives, celebrating their resilience, achievements, and the remarkable impact they have on shaping our world. From the boardroom to the classroom, from the bustling streets to the quiet corners of our homes, women are leaving an indelible mark, breaking barriers, and rewriting the narrative of empowerment.

You will read about women who have bravely dreamed beyond limits, triumphant over hardship, and bravery in the face of adversity in the pages of our magazine. We examine the many dimensions of empowerment, such as achieving financial security, having political representation, having access to education, and pursuing well-being and self-care.

It is a pleasure for me as the editor to select these many viewpoints and views, bringing to life the experiences of women who are advocates for equality, forward-thinkers, and change agents. I sincerely hope that women everywhere will find inspiration, strength, and empowerment in the pages of our magazine, which will serve as a constant reminder of their innate resilience, tenacity, and boundless potential.

I cordially welcome you to delve into our magazine's pages, consider the narratives presented, and accompany us on our shared quest for a more just and inclusive world. Together, let's honor the strength of women's voices, the beauty of their diversity, and the ways in which their empowerment has transformed society.

Thank you for embarking on this journey with us.

SIDDHI SHASTRI

WOMEN IN UNCONVENTIONAL PROFESSIONS

For long women have been given the task of homemaking and indoorsy activities. But the times are changing and some of these women are completely abolishing the stereotypical notions. India is undergoing a transformative journey where women are contributing as much as or even more to society than men as they handle both their professions and home. Here are a few stories that show how women are challenging the stereotypes and emerging successful:

- **PREMA RAMAPPA: FIRST LADY BUS DRIVER IN BANGALORE**

Prema Ramappa Nadapatti is a widow in Bangalore. After her husband died 10 years ago, all the responsibilities of the family fell on her shoulders. Prema has always wanted to do something different showing her mindset to challenge stereotypes. Her colleagues call her "Daredevil" for her courage in this male dominated profession.



- **AVANI SABADE: CAPTAIN OF INDIAN RUGBY TEAM**

For those who think that women are physically weak, Avani Sabade is here to change that notion. Being the captain for her national team in such a physically challenging sport is admirable. Avani has proved that women are equally capable of playing a "man's sport".



- **HARSHINI KANHEKAR: INDIA'S FIRST FEMALE FIREFIGHTER**

Harshini Kanhekar went to National Fire Service College (NFSC) in Nagpur, which is an all-male college. She was the only woman to enter and graduate from that college. Though she received certain judgements in the beginning, she was well praised later.



- **RAJNI PANDIT: PRIVATE DETECTIVE**

In a country where women are used to hearing "It's not safe after dark", Rajni Pandit chose to take up a thrilling and high-risk job. This shows that mindset is all that matters. With her bravery and courage, Rajni Pandit became the first female private investigator of Maharashtra.



- **IOCL: ALL WOMEN PETROL PUMP IN MUMBAI**

In 2021, Indian Oil Company Limited announced the opening of an all-women operated petrol pump in Chembur, Mumbai. This has been a step in opening up opportunities for women in all sectors of economy. IOCL now has 83 petrol stations throughout the country that are entirely operated by women.



- **ALISHA ABDULLAH: CAR RACER**

Racing is a new sport in India and has been gaining recognition in the recent past. The sport is majorly driven by men in many countries. But Alisha Abdullah had different way to it. Alisha started gaining interest in racing at an early age and used to attend Go-Kart racing championships since she was 13 years old. Today, Alisha is the first female national racing champion and one of India's best race car drivers.



- **MEHVISH MUSHTAQ: APP DEVELOPER**

At the age of just 23, Mehvish Mushtaq, a young girl from Kashmir developed her own app that allowed people of Kashmir to get all the important emergency contacts such as police, doctors and other emergency centers instantly and call for help. She is the first Kashmiri female to develop her own app.



- **MAYANTI LANGER: SPORTS JOURNALIST**

Men have always been interested in sports more than women in general. Being a sports journalist was a unique concept in itself. Mayanti was in her college football team and she later on pursued her passion in sports as a successful sports journalist.



- **DR. TESSY THOMAS: FIRST FEMALE DIRECTOR OF AN INDIAN MISSILE PROJECT**

Tessy Thomas is a prominent scientist in the Defense Research and Defense Organization (DRDO). She is one of the very few female scientists all over the world who are working for nuclear ballistic missiles. Working on such an important mission is a big achievement in itself and Dr. Tessy Thomas is the first female director for that project. This shows the hard work, determination and mental strength and intelligence of women.



- **KARNAM MALLESWARI: WEIGHTLIFTING**

Weightlifting is not a career that women would normally choose. Karnam Malleswari was the only Indian weightlifter to win a medal in the 2000 Sydney Olympics. She won a bronze medal in the competition. This breaks the stereotypical notion that women are physically weak.



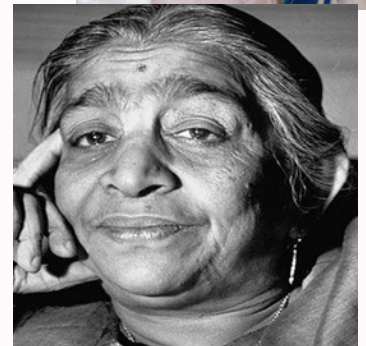
- **MOTHER TERESA: FIRST WOMAN TO WIN A NOBEL PRIZE**

Born in 1910 as Agnes Gonxha Bojaxhiu, Mother Teresa was a highly regarded Catholic nun and missionary who gained notoriety for her unwavering commitment to helping the underprivileged, ill, and socially outcast members of society. She established the Missionaries of Charity, a nonprofit that runs leprosy and HIV/AIDS treatment facilities, hospices, and orphanages. She received multiple honors and recognition from all around the world for her altruistic labor in the Calcutta (now Kolkata) slums of India, including the Nobel Peace Prize in 1979. Mother Teresa became known as "Saint Teresa of Calcutta" upon her canonization by the Catholic Church in 2016. Her life was marked by humility, compassion, and a strong dedication to easing the suffering of others.



- **SAROJINI NAIDU: GOVERNOR**

Sarojini Naidu (1879-1949) was a well-known poet, politician, and Indian freedom fighter. Her powerful writings and speeches were essential in the Indian independence cause. Naidu was the first female governor of an independent India as well as the first female president of the Indian National Congress. She was also a highly esteemed poet, known for her lyrical poems and frequently dubbed the "Nightingale of India". Generations after generation is inspired by Naidu's literary works, which are imbued with themes of social justice, feminism, and patriotism.



- **BACHENDRI PAL: INDIAN MOUNTAINEER**

Bachendri Pal is an Indian mountaineer. In 1984, she became the first Indian woman to climb the summit of the world's highest mountain, Mount Everest. She was awarded the third highest civilian award in India, Padma Bhushan by the Government of India in 2019. She started mountaineering at the age of 12 when she, along with her friends, scaled a 13,123 ft high peak during a school picnic. Her family and relatives were against the idea of her becoming a professional mountaineer and wanted her to become a teacher instead.

- **P V SINDHU: OLYMPIC SILVER MEDALIST**

Pusarla Venkata Sindhu, or P.V. Sindhu, is a professional badminton player from India who is well-known for her abilities and accomplishments in the game. Sindhu, who was born in Hyderabad, India, in 1995, became well-known throughout the world for her extraordinary skill and commitment to badminton. She has been regarded among the world's best players for a long time and has won multiple medals in major competitions like as the Commonwealth Games, Olympics, and World Championships. Interestingly, Sindhu became the first Indian woman to win a silver medal in badminton at the 2016 Rio Olympics. P.V. Sindhu has inspired millions of people with her strong playing style and incredible consistency, and she is still a prominent figure in Indian sports.

- **KIRAN BEDI: IPS OFFICER**

Renowned Indian police officer Kiran Bedi is also a social activist and former tennis star. 1949-born Bedi made history in 1972 when she became the first female member of the Indian Police Service (IPS). She served in a variety of roles during her career, always exhibiting incredible bravery and honesty. For her creative methods to law enforcement, including programs aimed at women's protection, traffic management, and prison reform, Bedi received significant praise. She was also heavily involved in the peacekeeping operations of the United Nations. Bedi continued to be involved in social work after leaving the police force, supporting causes like women's emancipation, education, and anti-corruption campaigns. Her achievements and unrelenting dedication to public service have won her respect and appreciation on a national and worldwide level.



- INTERVIEW -

1. What inspired you to pursue a career in education, particularly in becoming a principal?

I wanted to pursue a career in the education field, since childhood. As a principal, I have a passion for learning and making a positive impact on both schools and students. I've always been passionate about shaping young minds and fostering a positive learning environment. I also enjoy the challenges of leadership and creating an inclusive school environment.

2. Can you share a moment in your career when you felt particularly proud to be a woman in leadership?

One moment that stands out to me was when I successfully implemented a new program at my school that aimed to empower young girls to pursue leadership roles. I feel very proud when I look back and see someone inspired by my journey. It's rewarding to know that my experiences can motivate others to overcome their own obstacles and strive for their goals.

3. As a principal and a mother, how do you instill the values of equality and respect for all genders among your students?

As a principal and a mother, I strive to instill the values of equality and kindness among both students and children. I believe it is crucial to teach them to respect and appreciate people of all genders, backgrounds, cultures and treat everyone with kindness. By promoting empathy and understanding, I hope to contribute to a more inclusive and compassionate society.

4. What initiatives or programs have you implemented to empower female students and staff members in your school?

I've implemented various initiatives to empower female students and staff at our school. This includes organizing mentorship programs where female staff members guide and support female students. Alongside leadership workshops, we incorporate storytelling and motivational speeches to inspire and uplift girls. Creating opportunities through workshops and career exploration programs enables them to discover their potential. We encourage and support them through clubs, guest speeches, and engaging activities. Additionally, recognizing and celebrating their accomplishments through awards, inspiring them to excel further and pursue their dreams confidently. Along with this, we also organise a social event under the name 'Gaurav Matrutvacha' where we honor and felicitate the mothers of various personas for their contribution to building a bright and successful future for their children.

5. How do you think the role of women in educational leadership has evolved over the years, and what changes would you like to see in the future?

The role of women in educational leadership has evolved significantly over the years, with more women occupying leadership positions. However, challenges like gender pay gaps and underrepresentation persist. I hope to see continued progress towards gender equality in leadership, with increased support and opportunities for women from diverse backgrounds.

6. In your experience, how does the presence of female leadership impact the overall school culture and academic success?

In my experience, having female leadership in schools can have a positive impact on the overall school culture and academic success. Female leaders often bring a collaborative and nurturing approach to leadership, which can create a more supportive and inclusive school environment. This can lead to improved student morale and engagement, as well as better relationships between students and teachers. Female leaders mentor and support others by offering guidance, encouragement, and networking opportunities for everyone to succeed academically and personally.

7. What steps do you take to ensure that the voices of women and girls are heard and valued in decision-making processes within your school?

I make sure that women and girls feel comfortable sharing their thoughts and ideas. I encourage them to speak up and participate in meetings and discussions. I also provide support and mentoring to help them feel more confident when needed. By doing this, I ensure that the voices of women and girls are not only heard but also valued in decision-making. I strive to integrate their perspectives into the decision-making process to create a more inclusive and equitable learning environment for all students.

8. As a woman in a leadership position, what challenges have you faced in your career, and how have you overcome them?

As a principal, a mother, a wife, a daughter, it does become difficult in life, managing so many responsibilities, especially finding the right balance. Work sometimes would disrupt my personal life and wouldn't allow me to spend as much time as I would like with my family. But they have constantly supported me and that's all I need to overcome all challenges.

9. How do you balance your professional responsibilities as a principal with your personal life?

Balancing professional responsibilities as a principal with personal life involves setting clear boundaries, prioritizing tasks, and delegating when necessary. As long as you make these priorities, you can easily make time for family, relaxation, and hobbies to avoid burnout and maintain well-being.

10. What advice would you give to young women aspiring to pursue leadership roles in education or any field?

My advice to young women aiming for leadership roles is to believe in yourself, stay strong in the face of challenges, find mentors for guidance, keep learning, build a supportive network, be true to yourself, and speak up for what you deserve. And stay positive

MRS. YOGITA SHASTRI
TRUSTEE
ANGELS FOUNDATION
PRINCIPAL
ANGELS GROUP OF EDUCATION



THE BACKBONE OF SOCIETY

Women are the backbone of society because they are incredibly resilient, strong, and compassionate in a wide range of contexts. As daughters, they stand for the persistence of hope, connecting the past and goals for the future. Sisters are loyal friends who create relationships that endure a lifetime via shared laughter, dreams, and unfailing support. In addition to offering affection and company, wives serve as a pillar of stability in their families, fostering cultures of equality and understanding.

Outside the home, women are the lighthouses of friendship, providing unwavering companionship, empathy, and support. As mentors, they provide direction and motivation, sharing knowledge and developing the potential of those in their vicinity. By questioning social norms, promoting equality, and leading projects that result in significant change toward a more inclusive and equitable society, women leaders are breaking through social norms.

Giving women control over their life through resources, opportunities, and strong support systems is the foundation of true empowerment. Women who are economically empowered are essential for providing for their families, contributing to household income, and making wise decisions that will benefit them in the long run. In this journey of empowerment, education is a potent tool that gives women the information and abilities they need to follow their dreams, stand up for their rights, and take an active role in community development initiatives.

Another essential component of women's empowerment is having access to high-quality healthcare, which empowers them to live healthier lives, make wise decisions about their health, and have a good influence on their families and communities. Furthermore, cultural empowerment encourages a sense of pride and inclusivity in women's heritage, customs, and cultural accomplishments by celebrating the wide diversity of women's identities and contributions.

The empowerment of women surpasses personal goals and results in significant advancements for society. Not only can empowered women improve themselves, but they also act as agents of good change, enhancing the quality of life for individuals, families, and communities at large. We create conditions that facilitate women's growth and development and promote women's empowerment efforts, paving the way for a time when everyone may thrive and make a positive, inclusive contribution to society.

In essence, women's empowerment is not merely a concept but a fundamental necessity for societal advancement. By recognizing and harnessing the potential of women across all spheres of society, we take significant strides towards building a world characterized by equality, opportunity, and shared prosperity.

HOMEMAKERS

We imagine an empowered woman to be educated, self-sufficient, having a job and making a career. But an empowered woman is also the one who chooses to be a housewife and handle her family. Women empowerment is the feeling of freedom a woman has to make her own life choices. These women choose to stay home and take care of their family. They are not celebrated, they are not appreciated, they are not thanked enough for their incredible contribution to our society. They raise their children to be respected and cultured adults. They take care of the well-being of their elders every day. They selflessly continue to dedicate their lives for their family. In the earlier days women were forced to stay home and become housewives even though they had their own dreams of having a career in some or the other field. While some women choose this life for themselves and that is very respectable. Here is a story of an Indian housewife on how she goes on about her daily life:

Neerja is a 30-year-old housewife with 2 kids and her mother-in-law in the house. She wakes up at 5 o'clock in the morning as she has to make breakfast and pack the tiffin for her kids and her husband. She also has to give her mother her morning medicine before and after breakfast. She takes a shower and prepares breakfast and lunch tiffin for her family and wakes everyone up at 6:30.

She helps the kids get ready for school and then serves breakfast for everyone. Once the kids are off to school and her husband is off to work, she manages time to have breakfast herself. After that she does the dishes. At 11 she goes for grocery shopping. She comes back by 12:30 and makes fresh, hot lunch for her mother and herself. After lunch she does the laundry. By 3 o'clock the kids come back home from school. At 4 o'clock she starts preparing tea and snacks for her mother and children. In the evening, she watches TV along with her mother while doing some or the other chore (cutting vegetables, folding clothes). By 7 her husband comes back from work and she has to start preparations for dinner. By 9 the family has dinner and Neerja again has to do the dishes for the evening. After such a long and tiring day Neerja puts her kids to bed by 10pm and goes to bed after that.

This is the story of many housewives around the world. In a corporate setting we have 8 hours of work followed by holidays on Saturday and Sunday. Now imagine the life of a housewife. Other than the 8 hours of sleep she almost gets not rest at all. A housewife has to work 12-16 hours a day and can't even take a holiday on the weekends. She may not directly contribute to the country's growth but she is definitely involved in the success of her husband and children in their lives. Without her a husband can't go to work without worry of the house. Without her the children cannot grow up to be successful adults. These women are having great understanding of home sciences and home economics. It is high time that the society understands that being a housewife is not a piece of cake. We must stop tagging them as "Just a housewife" and start respecting their contribution to their families.

There are many Neerjas in the world and they are the unsung heroes. The society talks highly of women who accomplish great heights in their professional careers and that is good. But these women's stories also need to be heard and cherished as they contribute to the society silently and efficiently.



- INTERVIEW -

1. What does women empowerment mean to you personally, and how do you advocate for it in your daily life?

For me, women empowerment is getting equal opportunities to women in all aspects of life without being judgemental and by understanding the fact that there's biological difference between men and women. In my daily life, I advocate for women empowerment by supporting women of different age groups, social and economic backgrounds. It's by advocating the women's rights through various roles like a family member, friend, colleague, mentor and even as a leader.

2. How do you encourage female students to pursue their academic and professional goals, especially in fields traditionally dominated by men?

I interact with female students to understand their academic and professional goals and the challenges they think of to achieve those goals. Many a times they just need some motivation and guidance which I provide. In addition to that, I share motivational stories of real-life female legends who broke the myth that men dominated fields are unachievable by the women, emphasizing the importance of self-belief, resilience, and determination in overcoming any obstacles they may face.

3. What advice would you give to women who are striving to balance their personal and professional aspirations?

I don't believe in advice. But from self-experience I can say that positive self-image, believing in yourself and effective communication skills are the essence of keeping balance between personal and professional aspirations. Also, it's essential to create a strong network of family members, friends and colleagues with whom we can share the problems without hesitation and asking for their help, if required.

4. In your experience, what are some of the key challenges women face in juggling their professional and domestic roles, and how can we address them?

Some key challenges women face in juggling their professional and domestic roles are shouldering too many responsibilities, expectations from self to be perfectionist, lack of support systems, and understanding priorities in personal and professional life are some of the key issues. To address these challenges, we need to promote gender equality in personal and professional life. There should be flexible work arrangements, and supportive workplace cultures.

5. What support systems do you think are essential for women to thrive both in their careers and in their roles as caregivers?

Essential support systems for women to thrive include a support system for child-care like creche facility, sharing responsibilities and special leaves for parental care. It's also crucial to promote a culture of support at workplace.

6. Can you share any strategies you've found effective in achieving a healthy work-life balance, particularly as a woman in a demanding profession?

As a woman in a demanding profession, some effective strategies for achieving a healthy work-life balance include prioritizing tasks, setting boundaries, and practising self-care. I find it helpful to establish clear work hours, delegate tasks when possible, and make time for activities that rejuvenate me outside of work. Additionally, fostering open communication with colleagues and supervisors about workload and personal commitments can help in managing expectations and reducing stress.

7. How do you see the role of men in supporting and promoting women's empowerment?

In the country like India where patriarchy is dominant, men can play a crucial role in supporting and promoting women's empowerment by advocating for gender equality, and it should start from their own families. They can create inclusive environments at home as well as at the workplace where all individuals have equal opportunities to succeed without feeling insecure.

8. Who is a woman from history or present-day that you admire for her contributions to women's empowerment, and why?

It's difficult to admire one woman. But Arunima Sinha is a remarkable individual known as the "Himalayan Trekker" and an inspirational figure in the world of mountaineering and sports. She is a former national level volleyball player from India who made headlines globally for her extraordinary resilience and determination. In 2011, she was pushed out of the moving train by the robbers. As a result, she suffered severe injuries, including a leg amputation below the knee. Instead of succumbing to despair, Arunima set her ambitious goal to climb the Mount Everest. In 2013, she successfully conquered Mount Everest, becoming the first female amputee to reach the summit. She continued to pursue her passion for mountaineering and adventure sports, setting new goals and breaking barriers. Beyond her mountaineering achievements, Arunima Sinha is also an advocate for empowerment and disability rights. She uses her platform to inspire others, especially people with disabilities, to pursue their dreams and overcome obstacles. Through her motivational speeches, books, and charitable work, she continues to spread a message of hope, resilience, and perseverance.

9. How do you envision the future of women's empowerment, and what are the key areas we need to focus on to make progress?

Envisioning the future of women's empowerment involves fostering a culture of respect and equality. Key areas to focus on include bridging the gender pay gap, increasing women's representation in leadership positions, combating gender-based violence, and ensuring access to education and healthcare for all women and girls globally.

10. How can we continue to foster a supportive and inclusive environment for women within our institution?

To foster a supportive and inclusive environment for women within our institution, it's essential to implement policies and initiatives that promote gender diversity, provide opportunities for academic and professional development, and to create effective mechanism to address any instances of discrimination or bias. Organizing gender equality awareness programs and establishing support networks can also help empower women and promote a culture of inclusivity and equality.

PROF. (DR.) MANJIREE VAIDYA
HEAD OF THE INSTITUTION,
AMITY SCHOOL OF LANGUAGES,
AMITY UNIVERSITY MUMBAI.



Girls Can Do
Anything



**SMART
STRONG
INDEPENDENT**

FINDING THE RIGHT BALANCE

BALANCE IS NOT SOMETHING YOU FIND, ITS SOMETHING YOU CREATE.

Imagine a woman who has a lot on her plate. She wakes up early to take care of her family's needs, from making breakfast to getting the kids ready for school. Once she starts her workday, the pressure mounts as she juggles professional tasks while knowing there's a heap of chores waiting for her at home. It's a similar story for another woman without kids; her work responsibilities spill over into her personal life, leaving her feeling overwhelmed. Both women struggle to find a balance between work and personal life, feeling like it's an impossible feat.

This struggle is a common reality for many women worldwide. Women often end up spending more time on unpaid tasks like cooking, cleaning, and childcare compared to men. This inequality is even more pronounced in developing countries.

There's also something called the 'hidden load.' It includes tasks like meal planning, organizing kids' schedules, and managing emotions, which don't get noticed but take up a significant amount of time. This imbalance can lead women, especially those who are caregivers, to leave their jobs or opt for lower-paying positions.

- **Sort out your priorities:** Understand what's non-negotiable and what can be adjusted. One of the first steps in achieving balance is to set clear priorities. Take some time to reflect on what matters most to you in both your personal and professional life. Whether it's advancing your career, nurturing relationships, pursuing personal interests, or taking care of your well-being, identifying your top priorities will help you allocate your time and energy more effectively.
- **Effective Time Management:** Time management is key to successfully balancing personal and professional responsibilities. Utilize techniques such as prioritizing tasks, creating to-do lists, and using calendars or planners to organize your schedule. Be realistic about what you can accomplish in a day and learn to delegate tasks when necessary. By managing your time effectively, you can minimize stress and maximize productivity in both areas of your life.
- **Learn the art of delegation:** Seek help from coworkers, spouse, and family members. Don't hesitate to reach out for support when needed. Surround yourself with a supportive network of friends, family, and colleagues who can offer encouragement, advice, and assistance. Sharing your challenges and triumphs with others can help lighten the load and provide valuable perspective. Additionally, consider joining support groups or seeking professional help if you're struggling to find balance on your own.
- **Self-Care:** Self-care is essential for maintaining balance and overall well-being. Make time for activities that nourish your body, mind, and soul. Whether it's exercising, practicing mindfulness, pursuing hobbies, or spending quality time with loved ones, prioritize self-care activities that rejuvenate you. Remember that taking care of yourself is not selfish—it's necessary for being able to show up fully in both your personal and professional life.

WOMEN'S DAY CELEBRATION

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OF
INTERNATIONAL
WOMEN'S DAY, THE
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HEARTFELT
APPRECIATION BY
DISTRIBUTING
ROSES AND
GREETING CARDS
TO BOTH THE
DEDICATED
TEACHING AND
NON-TEACHING
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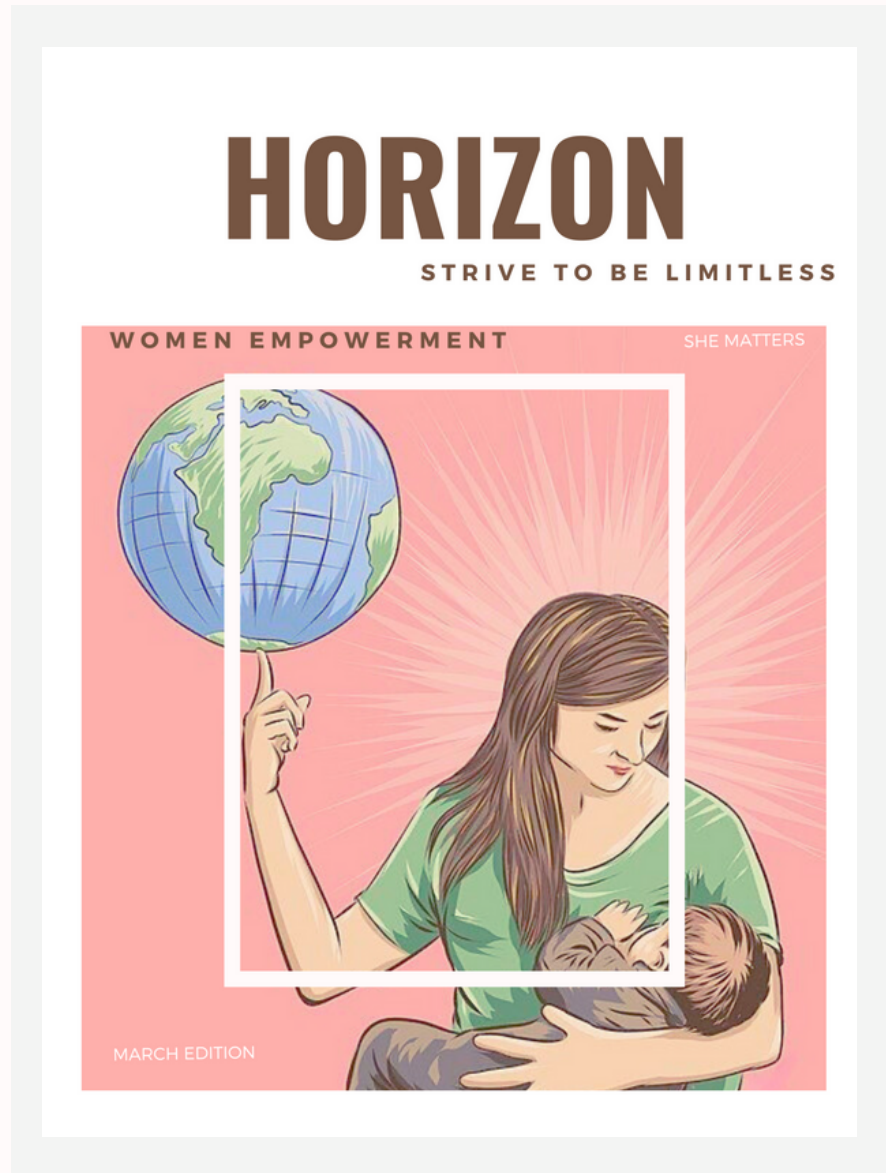
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IS FEMALE**

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