With a vision of strengthening the status of women in the campus, women’s cell of GPREC organised different activities and events during the academic year 2016-17. On the eve of International Women’s Day-2016, Women’s Cell organised a guest talk on “Women Empowerment” by Smt. Shalini Reddy, Sr. Manager HR & Head, Special Initiatives, TCS, Hyderabad. Many valuable insights were given by Mrs Shalini to motivate the girl students. Prize distribution was followed by cultural activities.

On the occasion of Miss P V Sindhu winning silver medal in Rio Olympics 2016, a group discussion was conducted for the girl students on 23rd August 2016, with the title “Athletic Spirituality”, with the intention of motivating the students towards sports and games as they help in their physical and mental build-up. A total of 75 girl-students participated in the GD, where Divya of CE, Sai Sruthi of CSE and Alekhya of ECE bagged 1st, 2nd and 3rd prizes respectively.

A start-up programme “Let’s Learn Together” was initiated to the lady faculty on “Academic Literacy for Research” during October and November 2016 to create awareness on research and its process. To create awareness on demonetization introduced by the Government of India, caption statement and petition writing competition was conducted on the theme “Demonetization” for all the girl students of GPREC on 9th January 2017. Madhuri of EEE and S. Ayesha of CSE won 1st, 2nd and 3rd prizes respectively.

Four girl students- K. Sathyabhamma, K. Harika, Farhath Tabassum & Rehana Begum along with Miss A. Sowjanya, faculty of ECE represented GPREC in National Women’s Parliament organized by the Government of Andhra Pradesh on 10th, 11th and 12th of February 2017. Harika was selected as a speaker for the seminar “Women Status & Decision Making”. On 4th March 2017, an awareness programme on “Girl Education - Need of the Hour” was initiated by women’s cell volunteers in the nearby village Pasapula to educate the girls on the importance of higher education.

International Women’s Day 2017 is being celebrated on 8th March on the campus with the theme “Be Bold for the Change”.

Theme of the Year

“BE BOLD FOR THE CHANGE”
Be bold enough to use your voice,
Brave enough to listen to your heart,
And strong enough to live the life you have always imagined...
Freedom lies in being Bold.
So Be bold, Be fearless, Be legendary,
And embrace every change around you.
You are here to be usher in the new age,
You are an agent of a new change,
Who can result in a revolutionary lineage

-Farahath Tabassum, ME
Experiences in National Women’s Parliament (February 10th, 11th and 12th, 2017)

The memories of the moments we have spent in NWP are everlasting and are worth cherishing throughout our life. Every session and event has been so inspiring that they all motivate us at every step of our life ahead.

Right from the day one, we could meet many inspiring delegates and leaders who helped us to expand our intellect. The program began with inaugural function and continued with inspiring and sensitizing speeches of many personalities like Dalai Lama, Chandrababu Naidu, Kiran Bedi and many more. The session continued with the discussion on the topic, “Socio Political Challenges in Women Empowerment”. In the next session, group discussions on various important issues of “women empowerment”, were conducted which received a very good response. The evening was lighted up with the cultural events at the beautiful ghat of Krishna River.

The second day continued with discussions on various other topics like “Women Status and Decision Making Power” and “Be Your Own She Hero”. Many eminent speakers like Dr.Seema Rao, Prakriti Poddar, Alka Lamba have inspired the entire gathering with their eloquent speeches.

The third day began with an energy of 2K run to highlight the need of women’s empowerment and it was initiated by well known sports persons, P.V Sindhu and Koneru Hampi. The day continued with discussion on various topics like “Women in Politics” and “Building Own Identity and Vision of Future”. Many women leaders like Ms. Sumitra Mahajan, Ms. Paritala Sunita have expressed their views on the above topics.

Finally, the program concluded with the valedictory function and ended with the National anthem. The cultural events have embraced the entire venue during evening sessions.

We have returned with lots of memories, inspirations and with a sense of motivation to step forward with confidence and belief in our dreams, work hard and be determined to achieve our goals.

-K. Sathyabhama, P. Harika, Farhath Tabassum & Rehana Begum

Building Own Identity and Vision of Future

The fastest way to change the society is to mobilize the women of the world. There is no tool for development more effective than the empowerment of women. The modern Indian women participate in various sports and games like football, hockey, athletics etc. This identity of women is also observed in International politics. Women have also achieved high fame in the areas of literature, music and acting. Women are also joining the fields of science and technology. From the former President, Smt. Pratibha Patil to the queen of music, Smt. M.S Subbulakshmi, from the astronauts like Kalpana Chawla to the C.E.O’s of various companies and banks, women have created their own identities in all the fields. In fact, there is no sphere or activity in which women are unsuitable or incompetent.

We must recognize that every girl and woman has the potential and strength to achieve their dreams. We should never cut the wings of our dreams. For, they are the heartbeat and freedom of our soul. Our dreams and our belief in them are the only source through which we can mould the vision of our future.

We need women at all levels, in various professions and fields including the scientific research centers to the hard core jobs of military and navy in order to ensure that women’s voices are heard and heeded, and never overlooked or ignored.

We must realize that we are born to achieve our greatest self, to live out our purpose and to do it with courage. One should always remember that life shrinks or expands in proportion to one’s courage. As we are liberated from our own fear, our presence automatically liberates others.

Remember that, nobody can make you feel inferior without your consent. When we speak, we are afraid our words will not be heard or welcomed but when we are silent, we are still afraid. So it is better to speak. Hence, one must be courageous, determined, dedicated, passionate, fearless and should take risk at every required step of life.

No matter where you are in life, inspire and empower yourself and the women around you. Success is never reached alone. Wisdom and knowledge are sweeter when shared. We must believe that one woman’s success can only help in another woman’s success.

This is a moment when we must review all our past achievements and look ahead to the challenges that remain, as well as to the untapped potential and opportunities so as to ensure a better future. Look at everything as though you were seeing it either for the first or last time. Then your time on the earth will be filled with glory.

Women in Politics – Global Scenario

It is important for us to understand the interventions necessary to accelerate gender equality at all levels of our political hierarchies. An equally represented government is more likely to be successful, because women think differently, tackle issues differently and have different strengths. It is often seen that male candidates use them as mere puppets and the women remain just the face and the power is enjoyed by their male counter parts.

Many women related issues remain unresolved and are just being overlooked till date. This would have been different if we had some women also playing important roles in governance. So, why not women take up a chance to come up and improve their stature in the country. We need them there and the reservation is required so that we have a better future as a society with women playing an equally important role. This is possible only when the barriers for entry of women into politics are removed.

-Satyabhama K, ME

Building Own Identity

The world tells you what you can do is never limited. Because strength does not lie in your body, It
exists in mind like Karanam Malleshwari. Greatness is not inherited, it is achieved like Sania Mirza. Glory is not reserved for a chosen few. It belongs to everyone who believe in it like Mary Kom, and identity is not something you are born with. It is what you create like Saina Nehwal.

So create your own identity. Before we could begin to formulate an identity as a woman, we have to stop self-hating. We need to learn how to love ourselves. To build our identity, there are five major building blocks. They are family, our relationship with others, decision, experience and perseverance. What we become is the result of what we have experienced. What is the secret of success? Right decision How do you make right decisions’? Experience How do you get experience? Wrong decisions!

A huge part of our identity and our character is how we deal with storms. We can’t stop or retreat because of difficulty. We must strategize and get creative about how we are going to survive during the storms.

-Rehana

My Inspiration
Dr Sarojini Agarwal, 80 yrs old woman now, is ‘MAA’ to the scores of girls and young women who live at Manishamandir, her home and ashram in Lucknow. Manisha mandir was set up in 1985 in three rooms in her own house after she lost her eight-year-old daughter in a road accident in 1978.

In Manisha mandir Mandi library, computer lab, workshops etc all are provided. Girls above the age of 17 are encouraged to take up a job. Dr. Sarojini also hangs a crib, named ‘Sanjeevan palna’ or cradle of life near the gate of her home. Here people could even leave their new born babies.

Recently, she set up the Beti Bachao, Beti Padhao to facilitate higher education, scholarships for girls from poor families are also provided. She is a care giver, companion and educator to hundreds of girls.

"Only good education can make the girls independent which is crucial for their self confidence".

-K. Naga Mounika, ME

Women Led Development

‘There is no tool for development more effective than the empowerment of women’…..no statement would have described the abilities of women more aptly. As mothers, they bear the responsibilities of carrying, giving birth and rearing the future citizens of the world. As daughters, sisters, and wives they have supported men in various ways. Women have dared to break the gender barriers of late, and become mountaineers, pilots and also seen in the armed forces. In ancient times, woman was considered nothing without a man—she could only be daughter, wife or mother. She could not take any leadership role. She was not allowed for decision making. In our country almost a century long struggle has resulted in women getting right to property.

Several measures were taken by the successive governments to grant equal rights to women and men in the economic and political fields. Health is another area where the women suffer. Rural women, specially have no access to even such a basic health care facility as wash rooms in their homes. Women health is therefore, a priority for government policies, with government initiating programmes like ‘Beti Bachao’, ‘Beti Padhao’ and ‘Janani shishu Karyakram’.

These women symbolize prime minister’s vision to think beyond “Women development” and move towards “Women Led Development”.

-Likhitha

The Word Search

Tennis-Sport Played By Sania Mirza

Role of Women in the Society and Building Tomorrow

We all know that today’s women are going to build a path in a very different way for their future. If a woman is educated, then the whole family will be educated by her talent which is very important for building a developed country.

Women play a variety of roles in our society from their birth till the end of their lives. A woman today no longer lags behind the man. Now-a-days our society is accepting the wider participation of women in various aspects like sports, education etc; she draws the attention of the world as an athlete and working as pilots; and they are even holding the helm of a country’s administration.

Earlier they were considered as only wives and mothers who have to cook food, clean home and take care of the whole family members alone. But now the condition has improved a little bit. They have started taking part in many activities. Now they became more independent and educated than they were in the past and they share equal rights and responsibilities as men.

It is a fact that women have thinking power thrice than that of men. Hence if women are in an organizing position there will be better future for the organization. As of today, we see most of the women working in NGO but their percentage as CEO is very less, which has to be increased.

Don’t think someone will come to motivate you, instead of that go in a way or create a way where you want to see yourself. Don’t turn back till you succeed.

-Wen Venkateswari & G. Swapna

Women’s Health

Women is one of the best creatures created by God. Women carry many responsibilities as mother, wife, and sister. They handle a lot. Sometimes they forget to eat. They don’t care about their health. They care about their families. Women tend to make a few mistakes when it comes to their health. These mistakes are small and not too noticeable, but these mistakes lead to harmful effect to their health.

Because of our inherent desire to take care of others, it’s natural that
we sometimes push our needs down the to-do list. And, sooner or later, we may suffer physical, mental or spiritual collapse. So how can you get a handle on juggling it all? Life can be a three-ring circus at times with many balls in the air and not enough hands. You need to keep an eye on all of them to make sure nothing gets dropped. By keeping yourself in the balance of the act, you’ll be able to keep things going smoothly, one performance at a time. Take yourself out of the equation and everything falls flat. Take care of yourself by starting three simple steps on the road to stability.

- **Physical:** Schedule your checkups and think about the last time you had important health screenings. Often we find it difficult to justify a vacation day or hiring a babysitter for something as mundane as a doctor’s visit. But think about the alternative: Can you afford to leave your job on disability if something goes untreated? How much would it cost in babysitting if you required regular medical care for something that could have been prevented?

- **Mental:** If you aren’t doing so already, start taking an omega-3 supplement. According to a recent poll, 41 percent of responders are missing out on the joint, heart brain-boosting benefits of the essential fatty acid found in salmon, walnuts and flaxseed oil. Research shows omega-3s may have potential health benefits to stave off such mental disorders as depression and dementia.

- **Spiritual:** Not enough can be said about the power of thinking positively for good health. Beyond channelling your inner Pollyanna, to keep stressors in perspective. How about meditation? You don’t have to chant “om” to reap the benefits of sitting quietly and thinking introspectively.

Recently, a survey conducted by Social Attitudes Research for India (SARI) reveals that women are taking less nutrition food compare to men. They should also take care of themselves along with their family. Thereby they can be strong.

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**Don’t Quit**

*When things go wrong, as they sometimes will,*

*When the road you’re trudging seems all up hill,*

*When the funds are low and the debts are high,*

_And you want to smile, but you have to sigh,*

*When care is pressing you down a bit,*

*Rest if you must, but don’t you quit!*_

*Life is queer with its twists and turns,*

*As every one of us sometimes learns,*

*And many a failure has turned about,*

*When they might have won had they stuck it out,*

*Don’t give up though the pace seems slow,*

*You may succeed with another blow!*_

*Often the goal is nearer than it seems to a faint and faltering one,*

*Often the struggle has given up*_

*When they might have captured the victor’s cup,*

*And they learned too late, when the night slipped down,*

*How close they were to the golden crown,*

*Success is failure turned inside out,*

*The silver tint to the clouds of doubt,*

*And you never can tell how close you are,*

*It may be near when it seems so far,*

*So stick to the task when you’re hardest hit,*

*It’s when things seem the worst that you must not quit!*

*(collected by)*

Musheera Tabassum, EEE

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**The Promotional Schemes Available in India for Women Entrepreneurship Development**

- Mahila Nikshp
- Mahila Vikas Nidhi
- Priya Darshini Yojana
- Trade-related entrepreneurship assistance and development [TREAD]
- Special programmes conducted by SIDOs [Small Industries Development Organization]
- CWEI [the Consortium of Women Entrepreneurs of India]
- WIT [Women India Trust]
- SEWA [Self-Employed Women Association]
- SHG’s [Self-Help Group]
- FWE [Federation of Women Entrepreneurs]
- KVIC [Khadi and Village Industries Commission]
- DIC [District Industrial Centers]

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**Women Participation for Rural Development**

In a United Nations Report, the status of women is stated succinctly—“Women comprise one half of the human race, do two thirds of the work, receive one tenth of the world’s income and own less than one hundredth of all property.” The status of women in India indicates that they are a vital part of the economy, one third of the national labour force, yet remain at a disadvantage concerning issues of survival, health, nutrition, literacy and productivity.”

Most Indian rural women are unskilled, have no control over land or other productive assets and are unable to obtain institutional credit, forcing them to seek expensive informal sources of credit for consumption and productive purposes.

The India Rural Development Project initiated in March 1997 has helped empower the poorest rural women in the states of Bihar, Gujarat, Karnataka, Madhya Pradesh, Haryana and Uttar Pradesh. The project emphasized a holistic scheme of four pillars-self help group, bank loans to groups, more opportunities to play a role in decision making within local government settings and experience in programs such as the UP Social Lands Reclamation Project and Tamil Nadu Women’s Development Project.”

It is important to recognize and support women’s productivity and strength. They are neither a fringe group nor should they be degraded to being recipients of charity.

-B. Rehana Begum, CSE

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**Safety Laws for Women in India- Legal Awareness**

There are many safety laws for women in India working in the field to provide safety to the women from all type of crimes against women. Some safety laws are:

1. Child Marriage Restraint Act 1929
2. Special Marriage Act 1954
3. Hindu Marriage Act 1955
4. Hindu Widows Remarriage Act 1856
5. Indian Penal Code 1860
6. Dowry Prohibition Act 1961
7. Maternity Benefit Act 1861
8. Foreign Marriage Act 1969
9. Indian Divorce Act 1969
10. Medical Termination of Pregnancy Act 1971
11. Christian Marriage Act 1872
14. Married Women’s Property Act 1874
15. Births, Deaths and Marriages Registration Act 1886
17. Muslim Women (protection of rights on divorce) Act 1986
20. Prohibition of Sex Selection Act 1994
21. Protection of Women from Domestic Violence Act 2005

-M.Nagamani, CSE

Women Empowerment

Women empowerment means emancipation of women from the vicious grip of social, economical, political, caste and gender biased discrimination. Women are the key to build a society. But unfortunately, women have been so long used as a resource, always available. But, "NO". The world has to be made to realize that women are an asset to the world. And most importantly, half of the world’s population nearly constitutes women. Hence “Malala Yousafzai” stated "We cannot all succeed, if half of this are held back"

So the world today needs more feminine leadership, because we face one of the most challenging tasks of transformation of our times. And the feminine is needed not just in the form of more women leaders, but also in the form of men honouring the feminism within them. Empowering women socially, economically, educationally, politically and legally is going to be a herculean task. It is not going to be easy to change the culture of disregard for women which are so deep rooted in Indian society, but it does not mean that it is impossible. The idea of women empowerment might sound hard by the yard, but by the inch, it is just a cinch.

All we need is a concentrated effort focussed in the right direction that would rest only with the liberation of women from all forms of evil.

"Educate one man, you educate one person, but educate a woman and you educate the whole civilization"

-M.R.Bhavana Priyaa, ECE & A.Venkata Ranga Pavani CSE

The Empowered Woman ….

The empowered woman, she moves through the world
With a sense of confidence and grace
Her once reckless spirit now tempered by wisdom
Quietly, yet she speaks her truth without doubt or hesitation
And the life she leads is of her own creation.
She rests like bed in poise,
Smiling at the echoes of posh world voices,
Hundreds and thousands of dreams waiting
To hold her attention before vacating,
And helps her bloom in the society……
The twilight turned ashy green
Worn out by the rigor of the day…
She retired to bed, unreachable depths
Eyes curtained by lids
Pulled to deep slumber, absorbed and entangled…
Astonished and captured by her divinity and glimpsed eyes
She glazed with her eyes wide open

She bringing in nebulous atmosphere,
For she was no mortal women..
Her pursed lips ready to reveal the glimpse of her turmoil
Her senses not heightened, she sees everything so clearly.
She hears the wind rustling through trees
She feels the softness of her hands and muses
At the strength that she possess…
Her needs and desires she has learned to express…
She has tasted the bitter and savoured the sweet fruits of life,
Overcome adversity and pushed past heartache and strife.
And the one thing she never understood,
She knows to be true,
It all begins and ends with you…..

-M. Sree Teja & L. Sai Tejaswini, CSE

Art of living-women empowerment

Delivering multiple roles effortlessly every single day, women are undoubtedly the backbone of any society. However, they’ve also been an ignored fraction of the society in many parts of the world. This, in turn, has caused women at large to bear the brunt of inequality, oppression, financial dependability and other social evils for centuries. women have been living under bondage that restricts them from achieving professional as well as personal heights.

Empowering women socially and economically- To restore their rightful and dignified status, the Art of Living has initiated women empowerment programs that provide a solid foundation to nurture the inner strength, creativity and self-esteem of women from all walks of life. With this, women are now able to go out in to the world, prepared to handle any challenge with skills, confidence and grace. They come to the forefront, where they become agents of peace and positive social change for themselves, their families, other women and their society.

Women empowerment programmes taken up by Art of living:

1. Economic Independence
2. Girl child education
3. HIV/AIDS
4. Prism program
5. Social empowerment
6. Leadership

-N. Usha Shivani, ECE
Reshma Qureshi’s Journey: From an acid attack survivor to a New York Fashion Week Model.

Reshma Bano Qureshi, the daughter of a Mumbai based taxi driver was only 17 years old when her life changed drastically in 2014. Her brother-in-law and his friends assaulted her at a railway station and threw acid on her face. They mistook her for her elder sister since both of them were wearing burqas, and that’s how the attack took place. In the months that followed, Reshma’s life plunged into darkness. However things started turning better when she met Ria Sharma, the Founder of ‘MAKE LOVE NOT SCARS’, an NGO that helped her overcome her depression.

In 2015, Ria launched the End Acid Sale campaign with Reshma as its ambassador. They used short videos to propagate their message and in the episodes Reshma would usually give a beauty tip and follow it up by talking about how it was easier to buy concentrated acid in the country, than getting a perfect beauty product. Her red lipstick video from the same series went viral, receiving over 15 lakh views. In 2016, the campaign also went at the Cannes Lions International festival of creativity.

Soon she was invited to walk the ramp at New York Fashion Week, one of the most notable events of global fashion calendar. On September 8th, 2016, two years after the acid attack, Reshma confidentially sashayed down the ramp, as a beacon of hope to so many other acid attack survivors, aspiring of moving onto a better life. Hopefully, not only will her step help change the societal perception of beauty but more importantly turn the lens on an important issue plaguing the women of the country.

G. Rehana Begum, CSE

Indian Women

A recent survey by Nielsen has revealed that Indian women are the most stressed out in the world: 87% of our women feel stressed out most of the time. These statistics caused me to stress out. Even in workaholic America, only 53% women feel stressed.

For now, here are five suggestions to reduce the stress levels among Indian Women.

One- don’t ever think you are without power. Be who you are, not someone wished you would be.

Two- if you are doing a good job at work place and your boss doesn’t value you, tell him that, or quit. Talented, hard-working people are much in demand.

Three- educate yourself, learn skills, figure out ways for economic independence.

Four- do not ever feel stressed about having a dual responsibility of family and work. It is difficult, but not impossible.

Five- most important, don’t get competitive with other women. Someone will lose more weight with a better diet-big deal? Do your best, but don’t keep looking out for the report card, and definitely don’t expect to top the class. There is no ideal woman in this world, and if you strive to become one, there will be only one thing.

So breathe, chill, relax and tell yourself you are beautiful. Do your best and deserve a peaceful life. Your purpose is to offer what you have to the world and have a good life in return.

- S. Tejaswini, ECE

Women on Screen

Movies are the main media to project anything into the society. Directors try to convince and get their collections, missing several logics and their commonsense showing huge discrimination through their films.

One gender should not be suppressed to make others great. A hero always comes for the rescue of heroine, making her helpless and highlights hero’s greatness. They use negative comedy and impose satires over female characters showing females as bad in movies.

A hero remains as a hero even at 60 years, why not a heroine? Why is she given the lower roles after her marriage? Its sarcastic that they use a girl for item song rather than a boy.

There are so many films getting success without a hero but a few without a heroine. Directors should build movies which support power in girls, oppose gender discrimination. They should make them realize that they aren’t less.

- N. Chandana Priya, ECE

Song of the Girl child...

Don’t get me married when I’m young,
Let me study, Let me study!
My sister kajri is unschooled,
she has eight children,
And doesn’t know how to raise them, so lots of them are sick
Let their sickness be less!
Don’t get me married when I’m young
Let me study, Let me study!

Many literate sisters go to work
at jobs, but
The illiterate sit, their veils pulled down,
In their homes’ darkness and shadow
Let me bring the new light!

- G. Rehna Begum, CSE

Close your eyes and imagine a paradise with an angel
Like a fairy, you will see a creation of God, a daughter.
A wonderful creation full of emotions, yet stronger.

- U. Mounika, EEE