



B N PATEL INSTITUTE OF PARAMEDICAL AND SCIENCE (PARAMEDICAL DIVISION)

B N PATEL COLLEGE OF PHYSIOTHERAPY

Managed by Sardar Patel Education Trust, Anand



NEWSLETTER

Message from the desk



Men and women both belong to kitchen; both belong to work space, both have right to freedom of choice, freedom to build our beliefs individually. I also talked about how every girl must educate herself to build her career, make her money, to build herself esteem, nature her beliefs and be an equal partner in a relationship rather than boxing herself in stereotypical gender roles. Everything must be a CHOICE. Working or otherwise! I also support other women's efforts because I am not her and she is not me. We are all meant to shine differently.

-Dr. Arrpita Arorah

Director

B. N. Patel Institute of Paramedical and Science (Paramedical Division)

B. N. Patel College of Physiotherapy

B. N. Patel Institute of Nursing

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Women's Health

Greetings to all the Wonderful, Outstanding, Marvellous, Adorable, Nicest gift from god – WOMEN !! Wishing you a very Happy International Women's Day. As this time the whole world is suffering from a pandemic COVID-19, participation of women as a front-line and health sector workers, as scientists, doctors and caregivers shown us the path of success in this battle.

The role of the society is not only providing the platform to the women to showcase their excellence but also to take a look at securing the safe future by their proactive efforts on taking care of women's health, which is still one of a major issue in rural areas.

While both men and women contract various conditions, some health issues affect women differently and more commonly. Many women's health conditions go undiagnosed and they bear exclusive health concerns like breast cancer , cervical cancer , menopause and pregnancy.

Women suffer higher heart attack deaths compared to men. Depression and anxiety exhibit more frequently among female patients. Urinary tract infections , sexually transmitted diseases , urinary incontinence cause more harm to women.

If we optimize women's health throughout the stages of life when she have time of choices (20s to late 30s) the major task is to balance career and family. At a time of change (late 30s to late 40s major issues are hormonal changes of menopause and when it is a time to live well the major concern is to manage chronic disease.

So, no matter what stage of life you are passing through , it is essential for all women to Eat Healthy , Be Active , Manage Stress , Supplement wisely.

Eat a variety of foods, drink plenty of water , cut back on junk food. Do regular exercises to be active. Exercises can be done in form of brisk walking , dancing , strength training , flexibility training at least 30 minutes a day in most days of the week.

To manage stress , identify stressors in your life , schedule personal relaxation time, promote restful sleep.

Lastly, as it is said that it's the caring that she cares to give , the passion that she shows; and the beauty of a woman with passing years only grows...!!

Dr. Hemangi D. Parmar
Asst. Prof. (MPT)

BMW Recognizing and Empowering Women (The unstoppable Force)



The unstoppable force: Celebrating the spirit of womanhood, BMW Group India curated several exciting experiences for women across the country. From sheer driving pleasure to sports events including golf tournaments and bicycling, women were invited to experience the joy of the BMW world. Several immersive and luxurious experiences from the world of art, health and wellness, beauty and gourmet dining were held at various dealerships. BMW Group Range Drive held in Delhi NCR, Chandigarh, Hyderabad and Chennai presented women drivers an opportunity to experience the dynamic performance, precise handling and safety features of BMW and MINI cars including sedans, Sports Activity Vehicles (SUV), convertibles and sports tourers. Here, a special Art District Tour was organized in association with Tippling Arts and Segway. In Chandigarh, the drive organized by Krishna Automobiles saw participation from several women leaders who have made a big mark in their professional fields. Renowned fashion designer Ritu Kochhar and Sub Lieutenant Shivangi Swaroop, the first woman to steer an Indian naval aircraft to the skies, were at the front in BMWs. In Mumbai, "Women's Rally to the valley" organized by western india automobile association where over 400 women raced from Mumbai to aamby valley and also raised awareness about road safety. Another novel experience was the BMW Cruise Ride held by Deutsche Motoren where female cycling enthusiasts discovered Delhi's rich heritage and architecture on BMW Cruise bikes. In Surat, women drivers were invited to drive their favourite BMW cars to the iconic Dandi memoria.

Source: *Bmwindia_official (Instagram), Businesswireindia (google)*

Dharti Brahmhatt
(M.Sc. MT CLT part-2)

MG Motor India inducts young women professionals under 'Genesis', a train & hire program to empower young women

Underlining its commitment to enabling more inclusive and diverse workplaces, MG (Morris Garages) Motor India has today inducted the pilot batch of professionals under 'Genesis', a unique train & hire program aimed at empowering young women in the country. MG felicitated 28 selected aspirants at an event held in New Delhi.

Through 'Genesis', MG provides extensive training on automotive sales and delightful customer experiences through a blend of classroom learning, on-the-job training, and online learning. Launched in association with Prudentia Learning Solutions, the program equips young women with the skills and expertise they need to secure employment as a Relationship Manager with authorised MG dealerships. The first 'Genesis' batch was handpicked after rigorous evaluation of more than 5,000 applicants and completed 510 hours of blended learning modules under the 55-day program. Graduates are now being placed at MG dealerships across Delhi-NCR as Relationship Managers.

Speaking on the success of the first batch, **Gaurav Gupta, Chief Commercial Officer – MG Motor India**, said, "As an organisation, our commitment to empowering women reflects in the number of women employees that are a part of the MG Motor India family. Through 'Genesis', we want to continue maintaining a healthy diversity in our workforce by providing better employment opportunities to women from semi-urban and rural areas. The success of the pilot batch is a moment of great pride for us and motivates us to continue giving women access to career opportunities with MG Motor India."

MG Motor India has been facilitating the creation of a more equal and diverse society with various in-house and on-ground initiatives. Women professionals currently account for 31% of the organization's workforce – the highest in the industry. Going forward, MG plans to expand the ambit of the program to other regions and train more than 100 young women professionals on aspects such as brand, customer centricity, soft skills, industry, product know-how, and allied services etc.

Source: www.mgmotor.co.in

Ravina S. Pithadiya
(M.Sc. MT CLT Part-2)



Let her READ, Then watch how she LEAD

There is a myth about women's gossiping all day long. So let's have chit-chat session about women's with superpowers. Let's talk about their fascinating power leadership. A woman works hard and leads the family, house chores, and many more. She manages it all from grocery to government. Travelling back to history, we had such great women leaders who ruled their kingdoms in a great manner like Razia Sultana, Rani Lakshmi Bai, Rani durgamati, chand bibi, kittur chhenamma, And many more women's who made milestones in history like Indira Gandhi, kalpana chawla, kiran bedi. They just bloomed despite of social practices, superstitions, and women inequality. There power and strength make us believe that women can do everything. In this era, we have many great women's who leads in every field giving a glimpse of them, Zia Mody, a corporate lawyer who was ranked first in fortune India's list of most powerful women in India in 2019. Kiran Mazumdar Shaw, The chairperson and managing director of bicon limited (India's largest pharmaceutical company). Ekta Kapoor, who reigned the Indian television and with audiences taste and time turned balaji into Alt balaji an ott platform. Falguni nayar, her e-tail store nykaa.com is India's leading beauty retailer. Nita Ambani, she is a board member of reliance industries and East India hotels and also leads several organizations such as football sports development limited. Mithali raj, the captain of the Indian women cricket team, put India on the map in women's Cricket. Priyanka Chopra, former Miss India and Miss World, priyanka is now a global icon. She is an actor, a producer, a singer, an entrepreneur, and a philanthropist. Dr Pragati Singh, the founder of Indian Aces, a community of asexual. From these women we get an idea that female leaderships are great and fruitful. Women's nowadays are taking part in every job may it be in armed forces, in shops, a rickshaw Driver and in every field. But the women should lead and progress more towards technology and women in technology should be encouraged. There are many organizations working for women's empowerment like women in tech (WIT). And there is nothing beautiful as women supporting other women. Here's to strong women, May we know them, May we be them, May we raise them.

Sahin Lasari
(SY imaging)

List of women's with padma awards 2K21

Wherever you will go, you will find women as leaders who work as a CEO of big fortune company to the housewife who raises her children and heads her household. Our country was built by strong women and she will continue to breakdown walls and stereotypes.

Padma awards are one of the highest civilian awards of the country where 29 women's are honored with this prestigious award in 2k21.

Padma Bhushan

1. MS. Krishnan Nair Shantakumari Chithra (Art, Kerala)
2. MS. Sumitra Mahajan (Public Affairs, Madhya Pradesh)

Padma shri

3. MS. Bhuri Bai (Art, Madhya Pradesh)
4. MS. P Anitha (Sports, Tamil Nadu)
5. MS. Lakhimi Baruah (Social Work, Assam)
6. MS. Rajni Bector (Trade and industry)
7. MS. Sangkhumi Bualchhuak (Social work, Mizoram)
8. MS. Bijoya Chakravarty (Public affairs, Assam)
9. MS. Subbulakshmi (classical vocalist, Tamilnadu)

Women empowerment in today's era

"Women are the largest untapped reservoir of talent in the world"

- Hillary Clinton

Women's empowerment is keys to any country's social and economic development. Women's empowerment and economic development are closely related: in one direction, development alone can play a major role in driving down inequality between men and women; in the other direction, empowering women may benefit development. It is undeniable that women empowerment in the corporate world has a crucial direct impact on the economic growth and simultaneous national development. Today, companies realize the values and qualities that women bring to the table in terms of integrity, sincerity, multitasking and motivation, in addition to technical competence. Women today are unlocking their potential through mutual empowerment and mentorship. As we begin to break gender barriers, India is embracing a new future of women's empowerment. Companies with women on their board usually outperform other companies in terms of financial success and innovation. Women today are given more opportunities and support to advance their careers. Certainly, having more women in leadership roles also has changed the corporate landscape. India is seeing women adapt to more advanced jobs. Workshops, networking programs and summits are providing the knowledge and support women need to succeed and contribute to their roles as corporate leaders. They are also looking at ways to provide perks that can promote a healthy and dynamic balance between work and life. In India, Women representation in the corporate scenario seems like a reservoir of women leadership is certainly untapped. There are many organizations leading the change in the past decade, India's corporate world is inclusive of women holding significant positions in top-notch organizations.

Dr. Chitra Patel

Assistant Professor (PhD Biochemistry)

Poster presentation winners in national conference, **Emerging Trends in Allied Health Sciences -2021**

B. N. Patel Institute of Paramedical and Sciences
(Paramedical division)

From UG categories : Rank 2 Anjali Swami

Rank 3 Sakshi Patel

From PG categories : Rank 3 Meera Makadiya

10. MS. Mouma Das (Sports, West Bengal)
11. MS. Shanti Devi (Politician, Odisha)
12. MS. Radha Vishwanathan (Vocalist, Karnataka)
13. MS. Chutni Devi (Social Worker, Jharkhand)
14. MS. Dulari Devi (Art, Bihar)
15. MS. Radhe Devi (Art, Manipur)
16. MS. Anshu Jamsenpa (Sports, Arunachal Pradesh)
17. MS. Purnamasi Jani (Art, Odisha)
18. MS. Prakash Kaur (Playback singer, Pakistan)
19. MS. Sanjida Khatun (Art, Bangladesh)
20. MS. Niru Kumar (Social Worker, Delhi)
21. MS. Lajwanti (Art, Punjab)
22. MS. Pappammal (Agriculture, Tamil Nadu)
23. MS. Jaswantiben Jamnadas Popat (Trade and Industry, Maharashtra)
24. MS. Birubala Rabha (Social worker, Assam)
25. MS. Bombay Jayashri Ramnath (Art, Tamil Nadu)
26. MS. Sindhutai Sapkal (Social worker, Maharashtra)
27. MS. Sudha Hari Narayan Singh (Sports, Haryana)
28. MS. Mridula Sinha (Literature and Education, Bihar)
29. MS. Nidumolu Sumathi (Arts, Andhra Pradesh)

Physical Therapists in the times of COVID-19

Physical therapy is a branch of Rehabilitation which delivers the treatment without any medications and complications. As a part of Community Rehabilitation Physical Therapist plays a major role in making most of the disabilities affect less in day to day activities. Patients after operations or any neurological trauma like conditions require a Physical Therapist to strengthen what has gone weak. In the times of COVID-19 Pandemic Physical Therapist being a front line workers have contributed in reduction of pain and also have counseled them for the same via various methods like: online session, video help. Challenging and risking them to help patients with their complaints and make them feel better.

As we all are well aware with the Challenging times of the Pandemic COVID-19, it has brought a lot of downfall curve to most of the people. Physical Therapy is a complete hands-on skill practice where most of the cases need physical presence for the best results. Due to the Lockdown the females were stuck in all the household chores, which in turn has given them a big break in to the practice. Because the practice requires physical presence for most of the conditions like: Arthritis, Low back pain, Stroke, Paralysis, Fractures, etc. being in the house and not able to deliver the practice was a major back step for the females. The main house hold chores are done by the females along with the help of the family members in certain aspects and taking care of everyone has not given much of a time for the female to continue her practice during lockdown. Females belonging to Orthodox families have faced the issues to not put themselves forward as a frontline worker to deliver the help needed to the patients. The academic females have faced a lot of issues delivering lectures because of the time management as it becomes difficult to give yourself time for preparation as compared to males. Many females have faced mental trauma during the COVID-19 times because of the burden coming all of a sudden and not able to cope up with the same. Technological help which is now coming as an trend to help patient who are into geriatric category or the patients who are suffering from certain symptoms of COVID-19, many of the females have faced issues to help them through technological step.

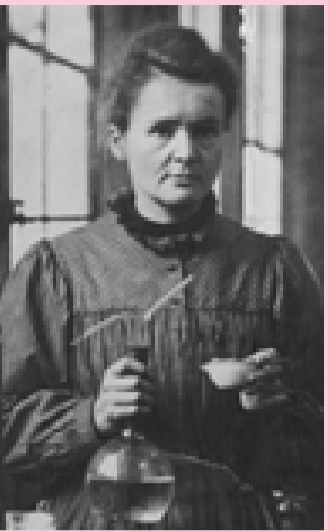
Dr. Dhruvi sheth
MPT (WH)

There is no limit to what we, as women, can accomplish. Here is the name of some lady who inspired millions.

1. **Pratibha Devisingh Patil** - First female president of India (From 2007 to 2012)
2. **Indira Gandhi** - First female prime minister of India also first female awarded from Bharat ratna (From Jan. 1966 to Mar.1977, Jan. 1980 to Oct. 1984)
3. **Kiran Bedi** - First female IPS officer of India (From 1972 to 2007)
4. **Anandi Gopal Joshi** - First female doctor of India (Born - 31 Mar. 1865 Died - 26 Feb. 1887) Academic- Woman's Medical College of Pennsylvania, USA
5. **Kalpna Chawla** - First female Indian astronaut, Born - 17 Mar. 1962 Died - 1 Feb. 2003, Time in space: 31 days, 14 hours and 54 minutes. Missions - STS-87, STS- 107
6. **Mary Kom** - First female sportsperson Born - 24 Nov. 1982 Weight class- Atomweight, Flyweight Weight's category- 48kg/ 51kg

-Krupali Khaniya, Khetan Shah (SY CLT)
Source: Google

THE MOTHER OF RADIOACTIVITY – MARIE CURIE (MADAME CURIE)



SCIENCE is all about a system of knowledge that is concerned with physical world and its phenomenon and that entails unbiased observations and a systematic experimentations. Different scientists can get different solutions to the same problem. Like men, women equally contributed in the field of science. As per data reports of 2019, noble prizes had been awarded to total of

866 men, 53 women and 24 organizations. Among 53 women, the only woman who won 2 noble prizes is MARRIE SKLODOWSKA CURIE (Madame Curie). The first noble prize awarded to Madame Curie along with her husband PIERRE CURRIE was in the field of physics for discovering the radioactivity in the year 1903. The second noble prize awarded to Madame Curie along with her daughter IRENE JOLLIOT CURIE was in the field of chemistry for the discovery of the radioactive elements like POLONIUM and RADIUM in the year 1911.

EARLY LIFE OF MADAME CURIE

She was born in WARSAW, POLAND on November 7 1867. She received general education in local schools and some scientific training from her father. In 1891 she went to PARIS to continue her studies at the SORBONNE where she obtained licentiate ships in Physics and Mathematical Science. In 1903 she became head of physics laboratory at the SORBONNE, gained her doctor of science degree. In 1906 after the tragic death of her husband PERRIE CURIE, she took his place as professor of general physics in the faculty of sciences. The first time in history a woman have held this position. Also she was appointed as Director of CURIE LABORATORY in the radium institute of the University of Paris founded in 1914.

The Importance of MADAME CURIE is reflected in the numerous awards bestowed on her;

| | |
|------|---|
| 1903 | Noble prize in physics |
| 1903 | Davy Medal |
| 1904 | Matteucci Medal |
| 1909 | Elliott Cresson Medal |
| 1910 | Albert medal |
| 1911 | Noble Prize in Chemistry |
| 1921 | Willard Gibbs Award |
| 1931 | Cameron Prize for therapeutics of university of Edinburgh |

The Unit Curie (Ci) was the unit for radioactive decay in the CGS (Centimeter Gram Second) System. It was officially replaced by the BEQURELL in 1975 by ICRU (International Commission of Radiation Units and Measurements). The CURIE is named after Marie Curie and her husband Perrie Curie, French Physicist who performed much of the early fundamental work in radioactivity.

Madame Curie throughout her life actively promoted the use of radium to elevate the suffering and during world war 1 assisted by her daughter IRENE, she personally devoted herself to this remedial work.

She was the member of the conseil Du physique Solvay from 1911 until her death and since 1922 she had been a member of committee of intellectual cooperation of League of Nations.

Madame Curie served in the field of science till her last breathe. She died on 4 July 1934, due to aplastic anemia possibly to be caused by prolonged exposure to radiation as she was carrying test tubes of radium in the pocket of her lab coat. Her research on radioactive materials for many years took a toll on her Health.

-Source: Wikipedia, Google

Krupanshi Panchal, Isha Patel
(SY IMT)

WOMAN WHO SERVED FOR NATION



Since 1888, Women have started serving in the Indian Armed Forces for Indian Military Nursing Service. In World War-I and II about 350 British Indian Army Nurses have lost their life. Under the Army Act of 1950, women were eligible for regular commissions. In 1958 women were recruited only in the Army Medical Corporations and later by 1992; they started inducting women in non medical roles. One of such woman is **Dr. Punita Arora** who was the first woman as a Lieutenant General in the Indian Army, Vice Admiral Surgeon in the Indian Navy and also first to achieve three star rank in the Indian Army. Along with these she was also awarded with Vishisht Seva Medal for helping victims of Kaluchak massacre and Sena Medal for providing gynae-endoscopy and oncology facilities and pioneering IVF and assisted reproductive technique for infertile couples in the military hospitals.

Punita Arora was born in 31 May, 1946 in poor Punjabi family at Lahore. In her life she was inspired by her father because he was struggling to provide good education and healthy food for her. After schooling she has got admission in Medical College at Kanpur but before two days of joining, she got an envelope from the Armed Forces Medical College regarding her selection in the college. After reading the letter her father forced her to join the college. At first, she was not interested to join. During her college days, there was a bond for students to sign and for that, they would get Rs.75. Without knowing the details about the bond she signed it to help her father. At a particular time of her life when she needed maternal leave, there were no such policies so she thought to leave the armed forces. There was a surgeon who advised her that time changes, people changes so the policy also changes. If you leave now then no women will be there in the armed forces so she decided not to leave and struggle to change the policy and give appointment to become a surgeon. It took 2 years to establish a new policy that a woman officer can do a job of medical officer in the Indian army. She had started infertility project in the Indian army after completing her professional career.

"You are the architect of your own life; there is no barrier you can't break if you try hard enough"

- Dr. Punita Arora

-Source: Wikipedia and TedxTalks

-Hemangi Mate, Patel Mitali
(SY RDT)

Educating girls for the betterment of Indian society



Around a century back, men in our country were considered to be the bread earners of the family and women had their role clearly defined, which was to be at home and look after the children, the elders in the family and do other household chores. Women who tried to surpass their role as a homemaker were rebuked by the society. However, the mindset of people changed over the years and they started to accept that education is as important for girls as it is for the boys. Though, the times have changed now however we still have a long way to go. This format is an effort from our end to promote the education of girls. Here is why it is important to educate your girl child:

To Make her Self-Dependent and Confident

We all know the importance of being self-dependent. Good education, no doubt, helps women secure a job and become financially independent. So she can fulfill her financial needs on her own. Promote gender equality- Gender equality continues to be a prevalent issue in today's society due to the persistent gap in terms of access to opportunities for women and men. Gender equality is a fundamental human right that every human being is entitled to regardless of their race, ethnicity, sexuality or religion. The role men and women play in the society are totally determined and as a result there is a gender gap.

Improve literacy rate- India's literacy rate continues to be below the global average. Many NGO's have helped to make a slight difference in the literacy rate. NGO's like CARE India has impacted more than 1,36,000 children (52% girls from the marginalized communities) and 9,00,000 children (54% girls) directly and indirectly. When girls are educated they can focus on other things rather than getting married at a young age. They can serve the society in many ways by practicing the profession that they want. This can help to play an important role in the society.

To Help Her Contribute towards National Growth

A nation can prosper only if both men and women living there are well-educated and contribute towards its growth and development. A nation where more than half the population is uneducated can never gain prosperity. Girls who are educated well, go on to excel in different fields including medical, engineering, arts and sports and thereby contribute towards the national growth. Education also helps in reducing the crime rate in the society which again helps in strengthening the nation as a whole.

Alter the regressive nature of the society- It is believed that girl education in India is not that important as they grow up to eventually be stay-at-home mothers. Due to the regressive nature of India's society, the development of girl education has been hampered to a large extent.

Education has been a right for a decade now but Indian girls are only just beginning to claim their half of it.

-Source: Wikipedia, Google

-Krupali Khaniya (SY CLT)

BREAST CANCER IN FEMALES



Our world is made up of so many incredible women; from hustling for an amend to making a huge difference in this society. They are impacting lives in great ways. Today, I want to remind them all how strong they mentally are and how smoothly they can handle even the hardest part of their lives. We all know how important a health can be to a person. At present in India there are 1,71,631 females suffering from cancer among which 1 in 9 females is suffering from Breast cancer. Breast cancer is the most common invasive cancer and second leading cause of death after lung cancer in females. There are various risk factors associated with breast cancer such as Heredity of cancerous genes, use of hormone replacement therapy, personal habits such as weight; exposure to carcinogens; smoking; alcohol; environmental pollutants and physical inactivity. The American Society of Clinical Oncology (ASCO) reports that 62% of women are diagnosed at stage 1. This Breast Cancer can be diagnosed via 4 methods,

- 1) Breast ultrasound- Used to determine whether a new breast lump is a solid mass or fluid-filled cyst.
- 2) Diagnostic mammogram- Used to screen for breast cancer if any abnormality is detected.
- 3) Magnetic resonance imaging (MRI)- The MRI scan will make a detailed picture of areas inside the breast.
- 4) Biopsy- It is a definitive way to make a diagnosis of breast cancer. It removes tissue or fluid from the breast to be looked at under a microscope and do more testing.

At present, the incidence rate of breast cancer is increasing, which seriously endangers the health of women. Currently there is no sufficient knowledge on the causes of breast cancer; therefore, early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an option. In such cases, palliative care to relief the suffering of patients and their families is needed.

Source: gloocan 2020

- Krupali Khaniya
(SY CLT)

Housewife, career women or both



She is a housewife. She is someone's daughter who gave up on her dreams to settle your paradise. As a housewife a women has a full time responsibility, a link which connects the whole house arrangements. She has to do so many important tasks like Cooking breakfast and lunch, she has to clean the house, wash the clothes, etc. despite working for the whole day she doesn't get the same respect as working women. This is unfortunate the major difference between a working women and housewife is that working women gets paid for her work while the housewife does not. Thus barriers are breaking in recent era many women happily pursue the careers of their choice. Then there are other women who take on a career due to financial constraints. They continue to work because their family needs their salary to survive. Not all of these women have glamorous jobs or phenomenal careers. They go to work each day to put food on the table, plain and simple. Then they go home and still perform all the household duties that the traditional housewife would do. Many women are fortunate to have a husband who helps in the home, but for those that do not, it is time to use your voice and realize it is okay to ask for help. It does not make you a "bad housewife" to have help. It actually makes you better in your own way because you are able to engage in the home without the burnout and exhaustion. In today's society, you are a house wife, a career woman, or both it's all your choice.

-Janvi Chauhan, Devika Nair
[SYOTAT]



There are so many examples of women rising and leading the world in front line.

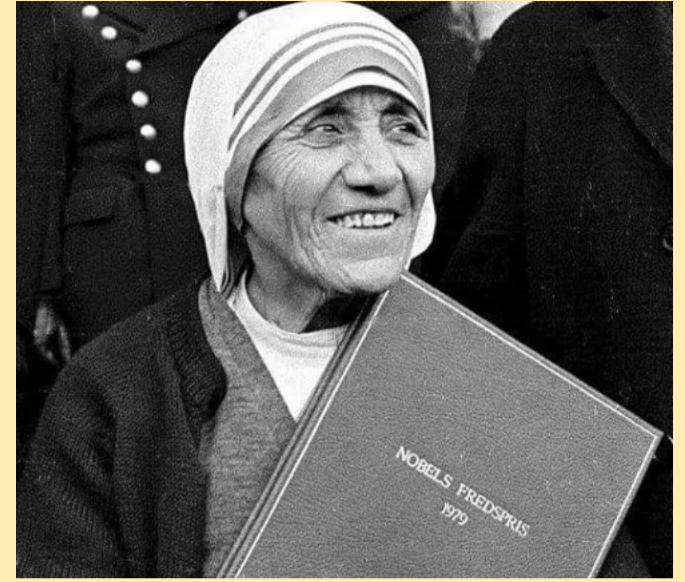
Current top positions in government by women:

1. **Kamla Harris** (vice president, USA)
2. **Jacinda Ardern** (PM, New Zealand)
3. **Sheikh Hasina** (PM, Bangladesh)
4. **Angela Merkel** (Chancellor, Germany)
5. **Bidya Devi Bhandari** (President, Nepal)

Famous female CEOs from India:

1. **Indra Nooyi** (CEO Pepsico)
2. **Kavery Kalanithi** (CEO Sun TV network)
3. **Kiran Mazumdar** (CEO Biocon Limited)
4. **Urvi A Pirmal** (CEO Ashok Pirmal Group)
5. **Chandana Kochhar** (CEO ICICI Bank)

MOTHER TERESA BOJAXHIU



"Be faithful in small things because it is in them that your strength lies"

- Mary Teresa Bojaxhiu

Mother Mary Teresa Bojaxhiu was born on 26 August 1910 in Skopje, Kosovo, Vilayet, Ottoman Empire which in present day known as Skopje north Macedonia. She visited Ireland and India {where she lived the most} after living eighteen years in Skopje. She died on 5 September 1997 at age of 87 in Kolkata, West Bengal, India. In 1950, Teresa founded the missionaries of charity, a Roman Catholic religious congregation that had over 4,500 nuns and was active in 133 countries. The congregation manages homes for people who are dying from diseases of HIV/AIDS, Leprosy and Tuberculosis. It also helps in running soup kitchens, dispensaries, mobile clinics, children's and family counseling programmed, as well as orphanages and schools. The members of the charity take the vows of chastity, poverty and obedience and the last fourth main vow to give the "wholehearted free service to the poorest of the poor". She at age of 12 by reading the books in which the stories of missionaries and their services in Bengal convinced her that so she should commit herself to religious life. Teresa left her home at age of 18 to join the sisters of Loreto at Loreto Abbey in Rathfarnham, Ireland to learn English with intent of becoming a missionary; English was the instruction language of the sisters of Loreto in India. Teresa took her solemn vows on 14 May 1937 while she was teacher at the Loreto convent school in Entally, Eastern Kolkata. She served there for nearly twenty years and was appointed its head mistress in 1944. In 1952, Teresa opened her first hospice with help from Calcutta officials. During her visit to Darjeeling by the train, she heard the call of inner conscience. She felt that she should serve the poor by staying with them. After that she left the school and founded her own missionaries of charity. She serves humanity with two saris with a blue border which further became the uniform of the charity home. She served and work for her whole life to work for the poorest of the poor and provide shelter and free service to them. For her contribution for so many years in this field she was awarded in 1979 Nobel peace prize for her work struggle to overcome poverty and distress, which also constitutes a threat to peace.

Source: Google

-Dhruvi Vyas
(SY IMT)
