



Women's Day News Letter

"Where there is a WOMAN, there is a MAGIC."

- Ntozake Shange

The Woman...
gives the gift of her thoughtfulness,
shows her care with a word of support &
understanding with a smile.

Let's admire the women in our lives.



Women are forces of nature, and Nature guards them

The mother goddess (Shakti), a symbol of life with a great capacity for tolerance and sacrifice, was revered in ancient times and women were accorded a respected position in society. The superiority and willingness of women to attain quick development in all fields on this planet have significantly contributed to the advancement of human civilization. Her rank and position have evolved throughout history, starting in the Vedic era and continuing up to the present. They were viewed as the guardians of morality and values.

The history of Women's Day In 1908, 15,000 women in New York went on strike because of low pay and terrible conditions in the factories where they worked. The following year, the Socialist Party of America organized a National Women's Day, and one year after that, there was a conference in Copenhagen, Denmark, about equality and women's right to vote. In Europe, the idea grew and became International Women's Day (IWD) for the first time in 1911 and the United Nations declared 8 March International Women's Day in 1975.

Women, since 21st century entered into various fields from higher level to low level jobs like space science, locomotives to fuel filling stations and driving public autos. She is the bundle of hidden capacities, power of will with patience and perseverance as Savitri to achieve her goal, as Jhansi Rani for power of resistance to the injustice and slavery.

Today it is an important day to celebrate the economic, political and social contributions women have made to our world. Important topics that are highlighted during women's day are gender equality, girl and women leadership, personal and family safety, poverty, women education and empowerment. Government of India has sought to foster women empowerment in a comprehensive manner that deals with five components of women empowerment and security: health security of the mother and child, social security, financial security, security of the future through educational and financial programmes and the physical safety of Women.



Colour, Compassion, Care, Laughter, Life, Love, fragrance, balance, patience, melody, magic, music, inclusion, creation, creator, celebration, strength, support.....and more. Wishing a happy women's day to all the awesome women who add life to everything around them

*Dr. Nachiketa Rout
Director, NIEPMD*

*The hands that do the dishes, clean and cook
Also hold the powerful pen and post on Facebook.
Stand up, speak up and be a rebel
Efforts will pay; results will treble.*

- Dr. A. Amarnath,

Deputy Registrar (Admin) (Offg.), NIEPMD

Every woman needs to remember that:

"Women are unique, strong, powerful" and need to stand up for "what they believe".

Hunt your dreams by creating a new path, with originality and smart work, which pave way for future generations.

"Admire yourself being a woman!", "Fill each and every moment with happiness".

On the occasion of International Women's Day 2023, this Newsletter is dedicated to all the incredible women.

*"மாதராய் பிறந்திட மாதவம் செய்திட வேண்டும்
"மங்கையராய் பிறப்பதற்கே மாதவம் செய்திட வேண்டுமம்மா"*

- கவிமணி தேசிக விநாயகம் பிள்ளை

Emotional Notes on Women's Empowerment

This year's theme for International Women's Day is "DigitALL: Innovation and technology for gender equality."

It has been seen that in a global analysis of 133 AI systems across industries found that 44.2 per cent demonstrate gender bias, that only women make up only 22 per cent of artificial intelligence workers globally. And yet, from the earliest days of computing, to the present day of artificial intelligence and virtual reality, women have made huge contributions, without acknowledgement and appreciation.

Herein lies the tale: women's contribution in each and every field (despite bias and prejudice), is huge, and nowhere, have they gained what is their due right, their due acknowledgement and their due appreciation.

From being the Creator's choice for starting the circle of life, to nurturing, rearing and supporting life, to stepping out and stepping up to being an inalienable part of arts, commerce, science and sports, they are everywhere, in everything, but always... unheard, unseen and behind the scenes, why?

Let us take a pledge this WWD, to welcome, to encourage, to promote, protect and ensure the equal right of every woman, to enter and to excel in every field of her choice, however traditional or innovative that choice may be.

I would like to also ask our National Institutes, our CRCs, our DDRCs etc, to make special efforts to ensure that the human rights and fundamental freedoms of all women with disabilities in India, whether urban or rural, are upheld, and realized, both de jure and de facto.

Wishing all women, a very Happy International Women's Day, let's bring the colours of Holi into more women's lives, and acknowledge and appreciate their every achievements.

—Aloka Guha, Founder – Chairperson, WTA



Rediscover THIS Story: Do you Know THEIR GENDER?

Let Us Change the Perception & Establish OUR IDENTITY

W: Wonderful Person

O: Outstanding in All Roles

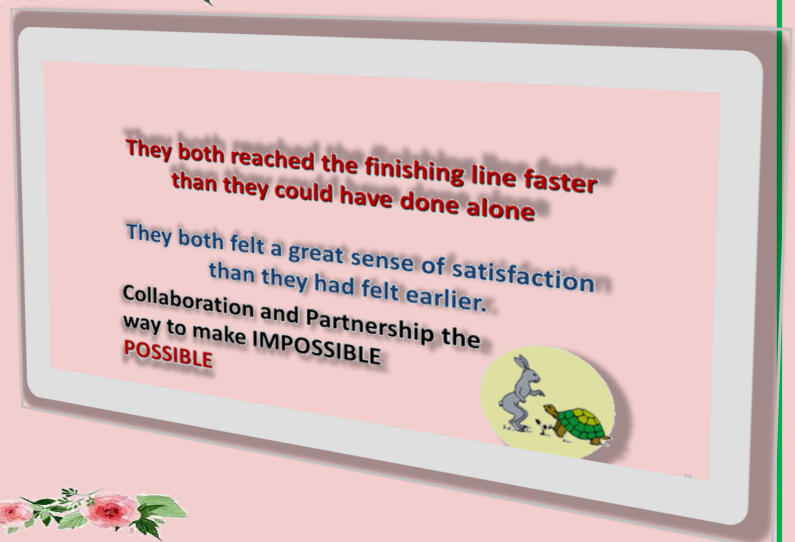
M: Marvelous Companion across all relations and roles

E: Empowering Self and others

N: Normal Human being

With Best wishes to Humankind

– Sudesh Mukhopadhyay, Former Chairperson RCI



*Adventurous strengths, Bestowed talents, Cherished beauty, Decorated thoughts, Energized potential,
Flourished desire, Gathered mind, Healthified physique, Ignited energy, Justifying behaviour,
Kindness in action, Leveraged inner power, Multiple interest, Nurtured passion,
Optimistic transformation, Pleasing personality, Quering nature, Raising sun, Self-reliant confidence
Transformative ideas,*

Unique individuality makes Valuable women.

Happy international women's day wishes to you all.

—Dr. J. Sujathamalini Dean & Prof. DSERS, Alagappa University

WOMEN - Her beauty radiates from within, A glow that shines through thick and thin, Her intelligence and wit are sharp, A powerful force that leaves a mark. —Lemuel Williams. P - BPO 3rd Year

Gender equality is the first and foremost Human Rights of women.

When women live safe, fulfilled and productive lives, they reach their full potential.

Malala Yousafzai, says "I raise up my voice-not so I can shout, but so that those without a voice can be heard", and that is true. Unless we women stand for ourselves in this world hitherto ruled by the heavy hand of men, women will never be liberated. They will be shackled to mundane household duties and child bearing, we would never have had successful women in every field. Women are successful housewives besides being teachers, lawyers, sportswomen, pilots, scientists, doctors and employed in the armed forces. They stand shoulder to shoulder with men and are adept in multi-tasking.

International Women's Day is a global celebration of women's social, economic, cultural, and political achievements and has been observed worldwide since 1911. This year the holi day falls on Wednesday, March 8, 2023. Wishing all women a very empowering day today and every day. Also to be grateful to those who have been our mentors and role models and to resolve to give forward to support every women to fulfill her dreams

—Prof. Roopa Nagarajan, Registrar, SRTHER (DU)



After six decades what life has taught me that being a woman I am enough and do not have to prove to anybody. We should develop courage to stand for ourself and should stay kind and committed. The most beautiful women we have seen in our life are those who have known defeat, struggle, suffering but still they are compassionate, gentle and sensitive. And I strongly believe in the quote "Accept no one's definition of your life; define yourself.

—Anuradha Bagchi, (Director) Education, Helen Keller Institute for Deaf and Deafblind



I would like to share to all women this message by Mother Theresa, "Do not allow yourself to be disheartened by any failures as long as you have done your best"

*- Dr. Usha A. Dalvi, Professor Emeritus, Dept. of Audiology and Speech Language Pathology
Sumandeep Vidyapeeth*



Women should celebrate their womanhood every single day. In a society where women in general are fighting for equality, women with disabilities are subjected to neglect and are marginalized further. They should be empowered with education and opportunities for employment. Only this will lead to an inclusive and equitable society, which is a foundation for sustainable development.

—Dr. Sujatha Bhan, Prof & HOD Spl. Edu, SNDT Women's University, Mumbai



I stand with her - 2023

Women in the modern should stand up and challenge patriarchy. The reason for challenging patriarchy lies in the fact that gender inequality underpins and intensifies risks and vulnerabilities in areas of gender-based violence and limited access, especially by women and girls, to education, healthcare, agricultural lands and water points, safe livelihood opportunities and adequate shelter.

Society must combat structural and behavioural barriers to gender equality to make the world a better place to live.

Young women need to come together to reach a world where women and girls, in all their diversity, have equal rights. Young women need to challenge all discriminatory social norms and promote equal rights for all so that they can create more equitable, inclusive and just societies.

Ms. Gazala Paul, Executive Director and founder trustee of Samerth Charitable Trust

Women - A cure for all problems, and an one stop solution—Abhishek Kumar BPO 1st Year

International Women's Day 8th March 2023.

Gender equality is the first and foremost Human Rights of women. When women live safe, fulfilled and productive lives, they reach their full potential.

"Women will be hidden no more. We will not remain hidden figures. We have names. ... It was a woman that gave you Dr. Martin Luther King, Jr. It was woman that gave you Malcolm X. And according to the Bible, it was a woman that gave you Jesus. Don't you ever forget it." ~ Janelle Monáe.

Malala Yousafzai, says "I raise up my voice-not so I can shout, but so that those without a voice can be heard", and that is true. Unless we women stand for ourselves in this world hitherto ruled by the heavy hand of men, women will never be liberated. They will be shackled to mundane household duties and child bearing, we would never have had successful women in every field. Women are successful housewives besides being teachers, lawyers, sportswomen, pilots, scientists, doctors and employed in the armed forces. They stand shoulder to shoulder with men and are adept in multi-tasking.

International Women's Day is a global celebration of women's social, economic, cultural, and political achievements and has been observed worldwide since 1911. This year the holiday falls on Wednesday, March 8, 2023, and serves as a reminder for all of us to celebrate the powerful and inspiring women in our lives (including ourselves!).

The IWD 2023 #EmbraceEquity campaign theme seeks to get the world talking about why "equal opportunities are no longer enough" - and can in fact be exclusionary, rather than inclusive.

Equity can be defined as giving everyone what they need to be successful. In other words, it is not giving everyone the exact same thing. If we give everyone the exact same thing, expecting that will make people equal, it assumes that everyone started out in the same place - and this can be vastly inaccurate because everyone is not the same.

Let us all strive to give equity to women and make them successful. Equality is giving everyone a shoe but equity is giving everyone a shoe that fits her (in this case, women).

I am proud to be a woman because I have worked my way up in life despite the adversities and struggles that I have had to face with no male support, for which I do not regret.

Wishing all Women, best of luck, as we celebrate International Women's Day on Wednesday, the 8th of March 2023 with a hope that the promises made to women on this day, will be carried out.

- Ms. Dipti Kannad, Former Principal The Clarke School for the Deaf, Chennai



For centuries, women as a human being have been looked down upon as less capable or less skilled, less decisive, compared to the other gender. This has made most women to under estimate our potential that we are naturally gifted with and our abilities that we can upscale. So let's tap our potential, consider ourselves no less than anyone, seek no concession or quota but prove to ourselves we are equally good and even better!

—Anitha Selvaraj, Sr. Business Manager, HCL Technologies Ltd.



Mandatory education of girl child and ensuring that each one of them is sent to school is a grand step towards woman empowerment. An educated woman can well take care of her own needs as well as the needs of her family.

They only need to take positive steps and be involved in every activity rather than engaging in household chores and family responsibilities, they should know about all the happenings around them and in the country.

They are taken in every field and show their high interest. Finally, after a long struggle, women are getting their rights to move forward on the right pathway.

It is the birthright of women to give equal value to men in society. To truly bring about empowerment, every woman needs to be aware of her rights from her end.

- Mrs. Anandi Narayanan, Correspondent and Business partner, Kidzee School, Chennai

Women! Seems to be just a word, but that authenticity and purity of love is 'eternal'

Jyaky Jemotia M.Ed. SE MD 2nd Year

Glorifying Women

The lexicon of any language has no words to describe MOTHER

My Mother was a woman like NO OTHER Gave me LIFE NURTURED me TAUGHT me
DRESSED me FOUGHT for me HELD me SHOUTED at me KISSED me
but most importantly SHE loved me UNCONDITIONALLY

—Shri. Krupanandam Vasarapudi, MEPMD



I salute the two most important women in my life who helped get to where I am today! First, my late Maa Shanta Paul, who not only gave me birth but also taught me that "living for others is real life". And second, my loving wife- Gazala, who walked shoulder to shoulder with me on the path of living & caring for others.

—Shri. Akhil Paul, Director, SENSE INTERNATIONAL



உன் உதிரம் தந்து
என்னை உயிராக்கினாய்....
உன் கனவுகளை வெட்டி
என் கனவுகளாகினாய்..... - அம்மா

முனைவர் கு. கு. தனவேந்தன் -Special Teacher MEPMD



Women - An epitome of strength and resilience that pushes us to strive our goals

—Shri. Debashis Rout, Professor, OT



A woman is strong enough to face life. She has that smile on her face to shine. She sacrifices for her loved ones without a hint. There is sadness in her eyes but she doesn't tint. She feels happy to see everyone smile. She is complete in every sense. A woman is a beautiful creation of God. A big salute to her from heart. Without female there are nothing.

"Dedicated to my Mother"

—Shri. Janardan Patna, Asst. Prof. OT



Feminism isn't about making women strong, since a women with a voice is by definition itself is strong.

—J. Harsha, Asst. Prof., Dept. of OT

ஒரு ஆணின் வாழ்வில் தனது பல பரிமாற்றத்துடன் உலா வருபவள் - "பெண் "

- திரு. மா. லட்சுமண ராஜ் - Dept. Of Social work

WOMEN - the person who taught me to be strong man, and nurtured me into WHO
I AM.—AjayKumar E BPO 1st Year

மகளிர் தினத்தில் மட்டும் போற்றப் பட வேண்டியவர்கள் அல்ல பெண்கள் தினம் தினம் கொண்டாடி போற்றப் பட வேண்டியவர்கள் பெண்கள்!

—திரு. கோகுல் ஸ்ரீனிவாசன், BOT



பெண் குலத்தின் விடிவெள்ளி!!! - மருதுவார் முத்துலட்சுமி ரெட்டி

பாரதி கண்ட..... புதுமை பெண்ணா நீ?- இல்லை
பாரதி கண்ட.... முதன்மை பெண்ணே நீ தான்!

—திரு. ப. மு. கபாளீஸ்வரன், BOT



இறைவனால் பரிசளிக்கப்பட்ட இனிய தேவதை- அம்மா !!!

—திரு. ச.லோகேஷ், BOT Consultant



என்னை நன்செய் நிலமாக்க....
நீ புன்செய் நிலமானாய்...- அம்மா

- திரு.சசிகுமார், Special Educator, NIEPMD Model School



கடவுள் படைத்த அற்புதக்கனி பெண்கள்

—திரு.பிரேம் குமார், Accounts



என் வாழ்நாளில் நான் இதுவரை கடவுளை நேரில் கண்டதில்லை, கடவுளை காண ஆசைப்பட்டதும் இல்லை, ஏனென்றால், என் தாயே எனக்கு கடவுளாக தெரிகிறாள் அன்றும் இன்றும் என்றும்.....

—திரு. மஹாதேவன், Special Educator, Model School, NIEPMD



நதியும் பெண்ணாய், நாடும் தாயாய்,
மொழிகளில் நீயாய், முப்பெரும் தேவியாய்
பூக்களுக்கும் பெயராய், பூமியும் இவளாய் எங்கும் எதிலும் நிறைந்திருப்பவள் பெண்.

—திரு. தி. முத்துராமலிங்கம், Special Educator, NIEPMD Model School



பெண்மையின் பங்களிப்பு
நாட்டிற்கும், வீட்டிற்கும் இன்றியமையாதது

—திரு.ஷகீல் - Dept. of Social work

Women - flower from a garden, whom spreads their fragrances everywhere—S.S.R. Sundar

Glimpse of Women's
Day Activity at
NIEPMD, Chennai



*"Men can do certain things well and women other things.
Men and women are complementary to each other.
One need not prove one's strength."
- Sudha Murty*

அன்னைத் தமிழே!
உனக்கு
மகளிர் தின வாழ்த்துக்கள்
என் அன்னையும், நீயும் ஒன்றே எனக்கு
சொல் தந்தது நீ- அதை சொல்லித் தந்தவள் என் அன்னை
நில மகளே !
மகளிர் தின வாழ்த்துக்கள் உனக்கு
நீ என்னைத் தாங்குவதால் இந்நொடி வாழ்கிறேன்..
நதி தேவியே!
மகளிர் தின வாழ்த்துக்கள் உனக்கு
நின் தாகம் தணிக்கும் செயலைப் பார்த்து
பாரதி கனவு நனவாச்சி
பாரினில் பெண்கள் ஜெயிச்சாய்ச்சி
அடுப்பை படிப்பு வென்றாச்சி
என் அப்பத்தாவும் ஆன்லைனில் வந்தாச்சி
ஆணுக்கு பெண் நிகராச்சி
அனைத்து துறையிலும் பெண்ணாட்சி...

- சண்முகப்பிரியா, DAIL Trainee, NIEPMD



A WAY FORWARD MESSAGE

There is nothing stronger than a woman who has rebuilt herself

—Hannah Gadsby

A woman is one of the most admirable creation in the universe. We admired as a Mother, Wife, Daughter, Sister, Friend and In-Law. As women employees of NIEPMD, lets be brave and take pride as we work to uplift individuals with disabilities. Let's stay strong, fearless, independent and continue the noble work. Happy Women's Day—Cheer up for ever!!!

