

# International Women's Day with the Power of Words!

Your Words, Your Voice

Let's Celebrate the Power of Women's Narratives!

# WE स्मृति



## EDITORIAL TEAM



**Dr. Vijayalaxmi**  
Chief Editor "Weस्मृति"

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Today, as we come together to celebrate International Women's Day, it brings me immense joy to announce the launch of magazine "WEस्मृति", a testament of women within our institute and beyond.

Our institute has always been committed towards building an environment of inclusivity, where everyone, regardless of gender, feels valued and supported in their endeavours.

I extend my heartfelt gratitude to everyone who contributed to the creation of this magazine, from the writers and editors to the designers and organisers.



**Dr. Sandeep Arora**

Chancellor  
Kalinga University  
Kotni, Near Mantralaya  
Naya Raipur – 492101 (CG) India

I am delighted to extend my warmest greetings to each one of you on the occasion of International Women's Day.

Today, as we launch our magazine "WEस्मृति" we celebrate the remarkable achievements and contributions of women.

I would like to express my gratitude to all the contributors, editors, and everyone involved in bringing this magazine to life. Your efforts have made this publication a true reflection of our institute's values and commitment to equality.

Together, let us continue working towards a future where every woman is celebrated, respected, and afforded equal opportunities.



**Dr. R. Shridhar**

Vice-Chancellor  
Kalinga University  
Kotni, Near Mantralaya  
Naya Raipur – 492101 (CG) India

International Women's Day serves as a poignant reminder of the invaluable contributions women make to our society, and "WEस्मृति" is a testament to our commitment to acknowledging and amplifying these voices. This magazine not only encapsulates the spirit of empowerment but also serves as a platform for sharing stories, experiences, and insights that inspire us all.

I would like to express my gratitude to the editorial team, contributors, and everyone involved in bringing "WEस्मृति" to life.

Let us use International Women's Day as an opportunity to not only launch "WEस्मृति" but also to reiterate our commitment to creating an inclusive and supportive environment for all members of our community.

Wishing you all a Happy International Women's Day!



**Dr. Sandeep Gandhi**

Registrar  
Kalinga University  
Kotni, Near Mantralaya  
Naya Raipur – 492101 (CG) India

“WEस्मृति” meaning 'memories' in Sanskrit, embodies the essence of our diverse and dynamic community. This magazine is a celebration of the remarkable achievements, stories, and contributions of the women within our society who have played pivotal roles in shaping our academic, professional, and personal landscapes.

The magazine features a rich tapestry of personal reflections. It is a testament to the strength, creativity, and passion that women bring to every facet of our society.

We extend our heartfelt gratitude to all the contributors, editors, and everyone involved in the creation of “WEस्मृति”. Your dedication and hard work have resulted in a publication that we can all be proud of.



**Prof. G. S. Tomar**

Chairperson  
IEEE MP Section

As we celebrate International Women's Day, I extend my warmest wishes to each of you. Today, we honour the resilience, strength, and achievements of women worldwide. In this spirit, I'd like to congratulate all the women who have shared their insights related to prioritising self-care, nurturing well-being and embracing the beauty of balance in all aspects of your life. May you navigate challenges with grace and resilience, knowing that each obstacle is an opportunity for growth and empowerment. May you celebrate your achievements with pride, recognising the remarkable impact of your contributions to our community and beyond.

Hearty congratulations to the team members who worked dedicatedly to bring all the thoughts of women into a single platform. This Magazine "WE स्मृति" by IEEE MP Section is shaped to create a sense of solidarity and belonging for the journeys of other women.



### **Dr. Vijayalaxmi, SMIEEE**

Chairperson IEEE WIE AG MP Section,  
Joint Secretary, IEEE MP Section  
Director IQAC  
Kalinga University  
Kotni, Near Mantralaya  
Naya Raipur – 492101 (CG) India

As the Chief Editor of “WESमृति”, it is with immense joy and pride that I announce the launch of our much-anticipated magazine on the occasion of International Women's Day.

This magazine is a tribute to the strength, resilience, and brilliance of the women who contribute significantly to every aspect of our society.

My heartfelt thanks go out to the talented contributors, dedicated editorial team, and everyone involved in bringing “WESमृति” to life.

On this International Women's Day, let us unite to appreciate and amplify the voices of the incredible women in our midst.

Thank you for your support, and here's to a future where every voice is heard, and every achievement is celebrated.





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1. Creative Thinking
2. Stress Management
3. Healthy Life
4. Positivity
5. ME Time

## Section 1: Creative Thinking

### Creative Thinking is the Best Medicine for a Healthy Mind

If you are too busy in your daily life full of work, responsibilities, tension and anxiety it's a high time to steal a moment from your busy schedule and spend time with yourself. The best way to overcome all this is creative thinking which sign of healthy mind. It is very important to spend time with yourself, for this creativity is the best medicine. Any creativity of your choice like painting, crafting, and décor can give you the rest and happiness what your mind is sicking for in this hectic life. Find your creative area and enjoy.

All the Best!!!

### Beyond Stress Relief: Building a Resilient Mind with Creative Flow

Creative thinking can be a powerful tool for women to manage stress in several ways.

- 1. Escape & Expression:** Engaging in creative activities like painting, writing, dancing, or music allows for emotional release and a break from stressful thoughts. It becomes a form of self-expression, reducing tension and fostering relaxation.
- 2. Sense of Accomplishment:** Completing creative projects provides a sense of accomplishment and boosts self-confidence. This positive reinforcement combats negative emotions.
- 3. Community & Connection:** Many creative pursuits can be done in groups, building connections and fostering a sense of belonging.
- 4. Mindfulness & Presence:** Creative activities often require focus and concentration, promoting mindfulness and a sense of being present in the moment. This helps detach from worries and anxieties, lowering stress levels. Creative thinking is a skill that can be nurtured and developed by anyone, regardless of background or experience.



**Mrs. Akanksha Mishra**

Assistant Professor  
Kalinga University, Naya Raipur



**Dr. Rajeshwari Garg**

Assistant Professor  
Guru Ghasidas Central University,  
Bilaspur

# ARTICLES:

## Creative Thinking

On the occasion of International Women's Day, celebrated by IEEE, let's embrace the power of creativity thinking and honour the contributions of women in the field of technology.

1. Amplifying women's voices: Encourage women to share their unique perspectives and ideas in the field of technology, fostering a diverse and inclusive innovation ecosystem.
2. Encouraging STEAM education: Advocate for promoting Science, Technology, Engineering, Arts, and Mathematics (STEAM) education among girls, nurturing their creativity and critical thinking skills.
3. Inspiring role models: Highlight the achievements of women in technology and showcase them as role models to inspire the next generation of female innovators.
4. Breaking gender stereotypes: Challenge gender stereotypes in the tech industry and encourage women to pursue their passion for technology fearlessly.
5. Collaboration and mentorship: Promote collaboration and mentorship programs that connect women in technology, fostering a supportive network for sharing ideas and fostering creativity.

By celebrating creative thinking and empowering women in technology, we can create a more inclusive and innovative future for all.

**Happy International Women's Day!**

## Creative Thinking

Let's celebrate how powerful ideas can change the world on International Women's Day. First of all, when one embraces one's imagination, the possibilities for creativity and problem-solving are unlimited. Second, fresh ideas and ground-breaking discoveries can be produced through creative thinking. Thirdly, encouraging a creative atmosphere promotes cooperation and a range of viewpoints. Furthermore, engaging in creative activities like reading, writing, or the arts enhances our creative abilities. Progress and growth also result from questioning accepted wisdom and investigating novel concepts. Furthermore, rather than being a setback, failure becomes a teaching opportunity when we tackle difficulties creatively. Keep in mind that creativity has no boundaries and that it thrives when it is cultivated with bravery and curiosity. Let's encourage one another to communicate, unleash our creative potential, and leave a lasting impact on the world.



**Ms. Mallepula Manasa**

Student



**Ms. Srija Pal**

Student

Vellore Institute of Technology, Vellore

## ARTICLES:

### Empower Women with IoT Smart Watch

India is a strong nation that is also known for having the largest democracy in the world. However, society often makes explicit examples of how backward women are. It is due to personal problems, social problems, and several laws that discriminate against women. One of the biggest problems women faced in their life is sexual assault, gender inequality, Domestic Violence, Child abuse. One of the biggest Problem affecting women in India is rape where women's entire life is destroyed. Statistics show that it is one of the most frequent crimes committed against girls and women worldwide. Currently, there is indeed no good solution to this problem. The existing devices are not as effective as a lot of human interaction to operate. Women have the right to be free from unsafe environments. So, I propose an IoT-based device on GSM, GPS, OLED DISPLAY, CLOUD, and BUZZER.



**Ms. S. Suha Fathima**

Student  
St. Xavier's Catholic College of  
Engineering

### Creative Thinking

An individual with creative thinking skill possesses variety of capabilities including analytical skills open mindsets, problem-solving abilities, you can stimulate creative thinking by brainstorming, using drawing techniques such as mind-mapping and by playing role-playing games. Developing your creative thinking abilities can lead you several benefits including the ability to solve problem more effectively, and the ability to understand other people's perspectives. Taking a creative approach at work may mean finding better ways to communicate, improving your working practices, or developing and implementing new ideas.



**Ms. Pallavi Kumari**

Student  
GEMS Polytechnic College

## ARTICLES:

### Smart Stress-Relief Desk

Develop a smart desk equipped with stress-sensing technology. The desk's surface contains sensors that detect the user's stress levels based on physiological signals like heart rate and muscle tension. When elevated stress is detected, the desk activates a built-in system to provide immediate stress relief. In essence, the "Smart Stress-Relief Desk" is a highly sophisticated integration of cutting-edge technologies, machine learning, and personalised adaptation, all aimed at providing an unparalleled stress management experience tailored to individual needs and preferences in a workplace setting.



**Ms. Kiruthika E V**

Student  
St.Xavier's Catholic College  
of Engineering

### Smart Manhole Management System - SMMS

The creation of smart manhole covers was made possible by the integration of sensor and Internet of things (IoT) technology. These covers may have a variety of sensors installed in order to track water levels, pressure, temperature, and even to identify any unwanted access. Because the interior of manholes has terrible environmental conditions that make manual maintenance risky and time-consuming, the primary goal of this project is to offer a system that monitors water level, air temperature, water flow, and toxic gasses.



**Dr. Surya Mukhi**

Associate Professor  
ISL Engineering College, Hyderabad

## Section 2: Stress Management

### Stress Management

International Women's Day shows how strong women are. When life gets tough, handling stress is super important. First, it's essential to know how stress affects you and what makes it happen. Then, facing stress directly helps women feel more in charge. Next, practicing mindfulness and self-care helps build up their strength to deal with tough times. Lastly, turning to spirituality can give comfort and help see things clearly when life is rough. Let's celebrate women's successes and help them stay strong by giving them ways to handle stress better.



**Ms. Madhu Sahu**

Assistant Professor  
Kalinga University, Naya Raipur

### Stress Management

Stress management is defined as the tools, strategies, or techniques that reduce stress and reduce the negative impacts stress has on your mental or physical well-being. A variety of techniques can be used to manage stress. These include mental, emotional, and behavioural strategies. When stress management is used regularly, stress can come from work, finances, relationships, and a variety of other places, but stress can also come from inside the body, from illnesses or inflammation. These stressful events initiate activation of the Hypothalamic-Pituitary-Adrenal (HPA) axis. Some of the most important activities for stress management include optimising sleep, eating, and exercise.



**Ms. Nidhi Sahu**

Student  
Kalinga University, Naya Raipur

## ARTICLES:

### Empowering Women: Effective Stress Management Strategies

In today's fast-paced world, women often juggle multiple roles and responsibilities, leading to high levels of stress. However, by implementing effective stress management strategies, women can improve their overall well-being. First and foremost, prioritising self-care is essential, including adequate sleep, healthy eating, and regular exercise. Additionally, practising mindfulness and relaxation techniques, such as meditation or deep breathing exercises, can help alleviate stress. Seeking social support from friends, family, or support groups can also provide valuable emotional support. Finally, learning to set boundaries and delegate tasks, when necessary, can prevent feelings of being overwhelmed by incorporating these strategies into their lives, women can better manage stress and thrive in all aspects of life.

### Stress Management

A tireless lady

Felt efforts are not enough

I am a woman trying hard

Unable to satisfy all....

A tireless lady

Dream for a woman

Cooking-feeding-cleaning-working

Unable to work for all...

A tireless lady

No one told you're doing good

No one told you're the best

Unable to have love for all...

A tireless lady

You are the precious pearl

You are the good soul; you are doing all good

You are so pretty cool...



**Mrs. Rajkumari Gokul Sahu**

Housewife



**Mrs. S. Chinthiya**

Lecturer

GEMS Polytechnic College

## ARTICLES:

### Stress Management

On this International Women's Day, let's talk about stress management and how important it is to our overall health. First of all, admitting that stress is a normal part of life makes it much simpler to comprehend the negative effects of it. Second, lowering stress can be achieved by engaging in mindfulness practices like meditation or deep breathing exercises. Thirdly, preventing overload may be achieved by prioritising work and establishing reasonable goals. Furthermore, engaging in regular physical activity is a great method to improve mood and reduce stress. Asking friends, family, or experts for help can also be a helpful coping strategy. Furthermore, stress reduction depends on preserving a positive work-life balance. Developing interests in hobbies and leisure pursuits that make you happy and relaxed can also be quite advantageous. Finally, keep in mind that self-care is not selfish; it's a vital aspect of managing stress and nurturing overall well-being. Let's share our strategies and support each other in navigating life's challenges with resilience.



**Ms. Srija Pal**

Student  
Vellore Institute of Technology,  
Vellore

### Stress Management

Stress is an automatic physical, mental and emotional response to a difficult event. It's a common part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen your quality of life. Managing the stress varies from person to person but here are some common ways how my mom manages her stress. Whenever she feels stressed, she tries to follow some of the tips like engaging herself in any physical activities like walking, jogging, yoga to relieve stress. Maintaining a balanced diet, getting enough sleep, and avoiding excessive caffeine intake which help her manage stress better. Engaging in hobbies where she enjoys, such as gardening, reading, or cooking, which provide her a mental break from stress and promote relaxation. Sometimes talking to friends and family members, which offer her emotional support and different perspectives on managing challenges. Sometimes she uses time management techniques like making to-do lists, prioritising tasks. Setting boundaries to say No to the work she doesn't want to do. By incorporating these strategies into her routine, my mom manages her stress and maintains her well-being.



**Ms. Koda Aayushi Rao**

Student  
Kalinga University



## ARTICLES:

### Stress Management for Women & Strategies to Cope up

Life goes wild, but don't let stress take over! There are quick fixes such as deep breaths or a mini-meditation that can help calm your mind. Have a to-do list where big tasks are broken down into small steps to make them less overwhelming. Move-engage in a short walk or exercise, and feel better instantly. Spend time with friends or get enough sleep so as to stay tough. Positive thinking drives away negative thoughts. Don't let work consume you – set boundaries and allow for fun. These simple moves will keep you sane and enable you to handle anything life throws at you!



**Ms. Dhriti Sahu**

Student  
Kalinga University, Naya Raipur

### Stress Management

Stress management means to reduce the negative impacts caused by stress and to improve a person's physical and mental well-being. It is very obvious that we cannot avoid all kinds of problems give rise to stress but there are many stressors in our life which we can definitely eliminate. It is important to learn how to manage stress and deal with it. Managing stress can help you lead a more balanced, healthier life. Firstly, it is mandatory to identify the cause and try to make things easier by avoiding them and surrounding yourself with the relievers (person, things, activities, etc). Sharing problems/thoughts with our believed ones, spending time with our loved ones or doing something what makes one's happy can be some way that will reduce stress. Doing exercises, meditations, drinking proper water and moreover, a healthy diet would help to reduce the side effects of stress on one's health.



**Ms. Sakshi Sinha**

Student  
Kalinga University, Naya Raipur

**"IT'S NOT STRESS THAT KILLS US, IT IS OUR REACTION TO IT."**

## ARTICLES:

### **Navigating Life's Waves: Simple Stress Management Tips**

Stress management involves learning techniques to handle and reduce the impact of stress on your life journey smoothly. Start by taking slow, deep breaths—picture inhaling calm and exhaling tension. Break big tasks into smaller, more manageable steps; life often throws waves of stress our way, but learning to ride them makes making progress less daunting. Take short breaks to refresh your mind, maybe with a stroll or a moment of quiet. Sharing your feelings with someone you trust can lighten the load. Stay positive, focusing on solutions rather than dwelling on problems. Prioritise self-care, ensuring you get enough rest and maintaining a healthy routine. Remember, with these simple strategies, you can surf through stress and find calm waters. Stress is like a storm, but you hold the umbrella. To manage it, start with deep breaths – inhale calm, exhale worry. Break tasks into smaller steps, making them feel less overwhelming. Take short breaks, maybe a walk, to clear your mind. Share feelings with a friend; talking helps. Embrace positivity; focus on solutions, not just problems. Prioritise self-care, ensuring enough sleep and a healthy routine. Remember, you're the boss of your stress, not the other way around. With these simple steps, you can navigate life's challenges with a smile, keeping stress at bay.



**Ms. Megha Raj**  
Student  
GEMS Polytechnic College

### **Family: A Heaven in Life's Hustle**

Amid the whirlwind of juggling professional duties and striving for a harmonious family life, one constant solace emerges: spending cherished moments with my daughter. Despite the challenges and pressures of balancing work and home responsibilities, my daughter served as the ultimate stress buster. Each interaction, whether playing, reading, or simply being together, provides a sanctuary from the demands of the outside world. Even amidst disagreements and the inability to contribute fully to household tasks, the bond shared with my daughter remains a source of immense comfort and joy. Embracing these moments reinforces the importance of family amidst life's relentless pace.



**Ms. Snehal Ukey**  
Service  
John Deere India Pvt. Ltd

## ARTICLES:

### Balancing Wellness: Stress Management in Healthy Living

Feeling a tightness in your forehead? It could be a sign of stress weighing down on you. Stress knows no bounds when it comes to women, regardless of their age or stage in life. Whether you're juggling a career, running a household, or pursuing your entrepreneurial dreams, stress is an ever-present companion. Unmanaged stress doesn't just linger; it manifests in various health issues over time. Stress can be managed by embracing practices like yoga-pranayama, deep-breathing exercises, physical activity, prioritising sleep, and indulging in hobbies. By incorporating these holistic approaches, women can alleviate stress and cultivate a healthier, more balanced life.

### Stress Management

Stress management is crucial for women as they often juggle multiple roles and responsibilities. Firstly, prioritising self-care is essential. Allocating time for activities that bring joy and relaxation, such as exercise, reading, or hobbies, can significantly reduce stress levels. Regular physical activity not only helps in releasing endorphins but also improves overall well-being.

Effective time management is another key aspect. Women can benefit from creating realistic schedules, setting achievable goals, and learning to say no when necessary. Delegating tasks and seeking support from family and friends can also lighten the load.

Establishing a strong support system is crucial. Connecting with friends, family, or support groups provides an outlet for expressing feelings and receiving encouragement. Seeking professional help, such as counselling or therapy, is also a valuable option.

Mindfulness and relaxation techniques play a vital role in stress management. Practices like deep breathing, meditation, and yoga can promote emotional balance and mental clarity. Developing a positive mindset and cultivating gratitude can shift focus from stressors to positive aspects of life.

Lastly, maintaining a healthy lifestyle through proper nutrition and sufficient sleep contributes to overall resilience. By adopting these holistic approaches, women can effectively manage stress and promote their mental and physical well-being.



**Dr. Gayatri Phade**

Professors and Head E&TC  
Sandip Institute of Technology &  
Research Centre, Nashik



**Mrs. Anu G Pillai**

Assistant Professor  
Kalinga University, Raipur

## ARTICLES:

### Stress Management

Women are believed, to face situations heads on rather than using the 'fight and flight' response. This is thought to be mediated by oxytocin, an anti-stress hormone produced more in females as compared to males, hence helping them manage stress tactfully.

With women always trying to match up to their male counterparts at work while living up to the ideal housewife standards at home; they are more prone to be stressed. Stress usually manifests its effects on behaviour and can be easily spotted with changes in appetite, avoiding responsibilities or increased use of alcohol, drugs, etc. Certain physical symptoms that can be seen are Low Energy, Headaches, upset stomach including diarrhoea, constipation and nausea, Insomnia, Loss of sexual desire, nervousness and shaking cold or sweaty hands and feet and also clenched jaw and grinding teeth. This can, in turn, lead to mental health problems, such as different types of depression, anxiety and personality disorders; cardiovascular disease, including heart disease, high blood pressure, heart attacks and stroke; obesity and other eating disorders; menstrual problems, sexual dysfunction, such as impotence and loss of sexual desire in both men and women. Skin and hair problems, such as acne, psoriasis, eczema and permanent hair loss; gastrointestinal problems, such as GERD, gastritis and ulcerative colitis.



**Ms. Bhumika Patel**

Student  
Kalinga University, Naya Raipur

### Stress: Consequences and Management

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Difficult situations like economic crises, domestic abuse, and high expectations of society are making people stressed, anxious, and depressed. Everyone experiences stress to some degree. When stressed, we may find it difficult to concentrate. We may experience headaches or other body pains, an upset stomach or trouble sleeping. We may find we lose our appetite or eat more than usual. The way we respond to stress, however, makes a big difference to our overall well-being. Family problems were the leading cause of suicides in India. Mental health issues, academic pressure, and social stigma are driving India's students to suicide. Therefore, it becomes essential to manage stress.

#### Stress Management

**1. Get plenty of sleep** Getting enough sleep is important for both body and mind. Sleep repairs, relaxes, and rejuvenates our body and can help reverse the effects of stress.

#### 2. Connect with others

Keep in touch with family and friends, and share your concerns and feelings with people you trust. Connecting with others can lift our mood and help us feel less stressed.

#### 3. Recognize when you need more help.

If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counsellor.



**Dr. Mimi Akash Pateria**

Professor  
SSTC, Bhilai

## Section 3: Healthy Life

### Reiki – A valuable tool for holistic healing.

Reiki healing, a Japanese technique for stress reduction and relaxation, has gained popularity worldwide. It is based on the idea of channelling universal life energy through the practitioner's palms to the patient, promoting emotional, mental, and physical well-being. Originating in the late 19th century, Reiki focuses on balancing energy fields to alleviate ailments and enhance overall health. It can accelerate healing, reduce pain, and induce deep relaxation. During a session, the practitioner places their hands lightly on or just above the client's body, allowing the energy to flow through them. Reiki is an alternative approach to health and wellness as a complement to traditional medicine. Its focus on restoring harmony on physical, emotional, and spiritual levels makes it a valuable tool for holistic healing.



**Dr. Sanyukta Gandhi**

Educator & Reiki Master  
Bharat Mata Senior Secondary School

### Healthy Life:

Friends, we can lead a healthy life by heeding the wisdom of our elders. It's crucial to consume meals promptly thrice a day despite workloads or commitments. Daily, commit to 30-45 minutes of walking and warm-up exercises without fail. Within our 24-hour day, allocating 23 hours to family, society, relationships, and friends is admirable, but dedicating one hour exclusively to our personal interests—be it books, music, or other motivating activities—is essential. Let's prioritise self-care for a healthier life. Take care and embrace a healthy lifestyle.



**Mrs. Priya Ganesan**

Homemaker

## ARTICLES:

### **Nurturing a Healthy Mind: Essential Practices for Wellness**

A healthy mind is the cornerstone of a fulfilling life, yet often overlooked in our quest for physical wellness. Cultivating mental well-being requires attention and intention. Start by prioritising self-care rituals such as mindfulness meditation, regular exercise, and quality sleep. Nourish your brain with a balanced diet rich in nutrients and antioxidants. Foster meaningful connections with loved ones and engage in activities that bring you joy. Practice gratitude and positive thinking to rewire your brain for happiness. Remember, a healthy mind is not just the absence of illness but a state of resilience and vitality.



**Ms. Vaishali Sinha**

Assistant Professor  
Kalinga University, Naya Raipur

### **Healthy Life**

Living a healthy life involves a combination of healthy eating habits, staying hydrated, ensuring sufficient sleep, and dedicating at least 30 minutes to exercise daily. The synergy between body and mind is undeniable. Your will-power determines your ability to overcome challenges. Even when faced with illness, a strong will can sustain life, sometimes surpassing the effectiveness of medication. Thus, cultivating happiness is essential. Foster social connections and engage in hobbies for mental well-being. A joyful mind enhances focus and productivity. As Richard Davidson aptly said, 'The key to a healthy life is having a healthy mind'



**Ms. Rushali Thakkar**

Assistant Professor  
M. H. Saboo Siddik College  
of Engineering

## ARTICLES:

### Thoughts and Ideas on Healthy Life for Women

I am a retired officer with 40 years of service in governments worked at planning and executive levels in many departments. As Forest officer in early years, I had to be on tours for 20 days in a month and eat outside besides making night halts in interior forests. Walking long distances in rough terrains and exposure to sunlight made me a hardy and seasoned. Breathing fresh air and continuous communication with likeminded people gave me full satisfaction in job front. Strong family support and spouse sharing responsibility in home care is a must for women. Never forget to eat well and burn calories for good health. Learn to draw limits in the workplace and at home. Ignore those trying to pull you down and judge you.

**Be a lifelong learner and love yourself!!!**

### Healthy Life

Menopause directly impacts half the world's population and indirectly affects the rest. While officially recognised with 40 symptoms, the reality is more complex. Challenges extend 3 to 10 years pre-menopause, posing increased risks to bone, brain, and heart health post-menopause.

Due to increased life expectancy, 1/3rd of a woman's life is spent in menopause; as research women experience it in their 30s due to lifestyle changes, it's time for an open dialogue.

Let's create a supportive society that acknowledges the physical, psychological, emotional, and social impacts of menopause.

It's a long-time overdue conversation, but critical. It's natural and inevitable, so let's talk about it and make society truly menopause-friendly.



**Mrs. C. S. Rama Lakshmi**

Retired from Govt. Service  
(Govt. of Andhra Pradesh and  
Telangana)



**Ms. Sharmila**

Entrepreneur  
Menopause Experts Group

# ARTICLES:

## Healthy Life

On the occasion of International Women's Day, let's celebrate the strength and resilience of women by focusing on the importance of a healthy life. Here are some thoughts and ideas to inspire your student speech:

**1. Empowerment through self-care:** Encourage women to prioritise their physical and mental well-being, reminding them that taking care of themselves is not selfish but necessary for their overall empowerment.

**2. Breaking stereotypes:** Challenge societal norms and stereotypes that limit women's choices in terms of health and fitness. Encourage women to pursue activities they enjoy, whether it's sports, yoga, dancing, or any other form of exercise.

**3. Mental health matters:** Highlight the significance of mental health and the need to address issues like stress, anxiety, and depression. Encourage open conversations and support systems that promote mental well-being.

**4. Nourishing the body and mind:** Emphasize the importance of a balanced diet, regular exercise, and sufficient sleep. Encourage women to make healthy choices and educate them about nutrition and its impact on overall health.

**5. Building a supportive community:** Encourage women to come together and support each other in their health journeys. Promote the idea of creating safe spaces where women can share experiences, seek advice, and motivate one another.

Remember, International Women's Day is a time to celebrate women's achievements and advocate for gender equality. By promoting a healthy life, we empower women to thrive and make a positive impact in all aspects of their lives.

## Healthy Life

In today's fast-paced world, maintaining good health is more important than ever. The current generation is becoming increasingly health-conscious, with a growing emphasis on wellness and self-care. Regular exercise, a balanced diet, and adequate sleep are no longer optional but essential components of a healthy life. Moreover, mental health is just as important as physical health, and stress management techniques such as meditation and mindfulness are becoming increasingly popular. Additionally, technology is playing a significant role in promoting health and wellness, with fitness trackers, health apps, and virtual workout classes making it easier than ever to stay on top of your health goals. By prioritising our health and making conscious choices, we can lead fulfilling lives and be better equipped to handle the challenges that come our way.



**Ms. Mallepula Manasa**

Student



**Mrs. T. C. Swetha Priya**

Assistant Professor - IT Department  
Stanley College of Engineering and  
Technology for Women



## ARTICLES:

### Strategies for Women's Health: Empowering Paths to Well-being

Prioritise self-care through activities like exercise and meditation. Maintain balanced nutrition with whole foods and mindful eating. Incorporate regular exercise into your routine for at least 30 minutes most days. Manage stress with deep breathing and support systems. Stay proactive with preventive care and regular check-ups. Prioritise quality sleep and foster positive relationships. Mind your mental health and seek help when needed. Limit harmful habits and continue learning about women's health for informed decisions. These empowering paths pave the way to a healthier, happier you."



**Dr. Jyoti Ainapur**

Academician  
Guru Nanak Dev Engineering

### Empowering Women: A Holistic Approach to Health

In today's fast-paced world, women's health is paramount. A balanced diet rich in fruits, vegetables, and lean proteins, coupled with regular exercise, forms the cornerstone of wellness. Adequate hydration, stress management techniques, and quality sleep are equally vital. Engaging in preventive healthcare such as regular check-ups and screenings. Ensures early detection of any potential issues. Additionally, prioritising mental health through mindfulness or therapy promotes overall well-being by embracing these holistic practices women can cultivate resilience and vitality. Enabling them to lead fulfilling lives and pursue their passions with vigour and confidence.



**Mrs. Sharmila  
Devi Chauhan**

Housewife

### Music, Decoration & Story Reading- My Secret to Stay Happy

During the daytime, when I feel alone, I love listening to songs. I love to make decorative art. It not only helps me to keep myself busy but also encourages me to explore. When nobody is at home, I play a little loud music and dance. I feel not only men, women also can stay happy by involving them with some productive work not by pulling legs of others.

At night, I relax by reading a book, pulling legs of my husband. I feel happy thinking about the fun things I did during the day. If I still get some free time, I encourage daydreaming with beautiful thoughts. One can make others happy if she/he herself/himself is happy.



**Mrs. Aparna Sen**

Housewife

## ARTICLES:

### Healthy Life

In honour of International Women's Day, let us emphasise how crucial it is for women to have healthy lives. Prioritising your physical well-being via regular exercise and a balanced diet is crucial. Secondly, self-care and mindfulness are vital habits that should never be overlooked for the sake of mental health. Thirdly, having strong interpersonal ties and being in a supportive environment are essential components of general wellness. We might be able to flourish in all facets of our lives if we strive for work-life balance. Regular medical examinations and preventative care are also essential for long-term health. Incorporating interests and pursuits that make us happy and fulfilled into our lives is also essential. Lastly, but just as vital, learning to love and accept your body as it is necessary for a really healthy lifestyle.

### Cultivating Healthy Relationships: The Formula to Stay Healthy

Believe in nurturing positive relationships with family, friends, and loved ones who support and uplift you. Surround yourself with people who encourage your growth and provide emotional support during challenging times. Healthy relationships contribute to emotional resilience and overall happiness. Money is something that can buy happiness for some moment but healthy relationship will keep your mind fit always and once your mind is fit, you can find the joy of your life.

### Wellness Wisdom: A Guide to Healthy Living for Women

For women's overall wellness, it is essential to establish good physical and mental health. This can be achieved by encouraging regular physical activity, a balanced diet, and good sleep. Women can sustain emotional resilience when they are made aware of the value of ways to reduce stress such mindfulness and meditation. Wellness also helps in early detection and avoidance of disease when preventive healthcare practices are emphasised. Including routine check-ups, screenings, and vaccines, women may improve the quality of their lives, lower their risk of serious illnesses, and grow in all facets of life by emphasising self-care and cultivating healthy habits.



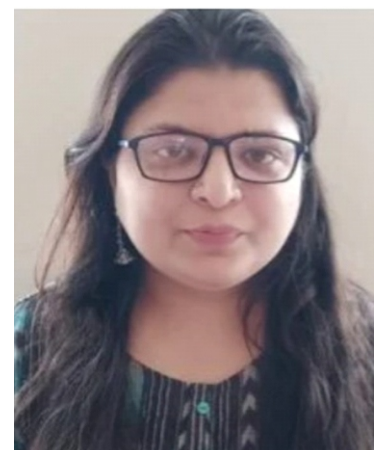
**Ms. Srija Pal**

Student  
Vellore Institute of Technology, Vellore



**Mrs. Sanjukta Karmakar**

Teacher  
Montessori Model School, Tamluk,  
West Bengal



**Mrs. Khushbu Douhani**

Assistant Professor  
Vardhaman College of Engineering

## ARTICLES:

### Healthy Life

Making good lifestyle choices means caring for health and well-being. But Now-a-days it's very difficult to maintain healthy life due to many reasons such as stress, sleeping habits, diet and many more. These all effects our health, due to which, we may face many health issues.

So, to maintain healthy life, one should adopt some good habits such as focusing on physical fitness, getting better sleep, having healthy diet, manage the stress and many more. I personally believe that, for having a health life one should have a mental peace. Mental peace directly impact on our good health and good health has a direct impact on our personality. Person with healthy lifestyle is generally more confident, self-assured, sociable and energetic.

So, I conclude that, maintaining healthy life not only make person confident and productive but also drives them to success. A person with a healthy life will enjoy both personal and social life.

### Regular Walk for a Reason

The type of lifestyle we are leading today is hampering health and mind. This is a high time to focus on our health. Women often require to manage their family as well as their job and hence they need to stay healthy to manage their regular routine properly. Regular exercise can help us stay healthy and also can keep us free from stress. During the day, if it gets difficult, one may choose to go for a walk in the evening. It really helps me and keep myself refreshed.

### Mood-Boosting Wearables

Innovative mood-sensing wearables redefine self-care for women, offering personalised instructions to uplift mood and foster a healthy lifestyle. Using advanced algorithms, these devices analyse biometric data and contextual factors to suggest tailored activities for emotional well-being. From guided mindfulness exercises and mood-enhancing workouts to gratitude journaling prompts and social connection reminders, each instruction is designed to fit seamlessly into women's daily lives. By empowering women to prioritise their mental health and cultivate resilience through simple, actionable steps, these wearables are transforming the way women approach self-care, leading to greater overall well-being and vitality.



**Mrs. Kalpana Mohanty**

Housewife



**Ms. Shreyasi Biswas**

Service  
West Bengal Govt.



**Ms. Rashima Basni Kumar C**

Student  
St. Xavier's Catholic College  
of Engineering

## ARTICLES:

### HEALTHY LIFE

Health is an important aspect of one's life. Health can be categorised as physical health, mental health, emotional health, social health, etc. However, all these categories are interrelated and impact each other. If all are maintained, a person will enjoy a better life. A healthy lifestyle includes regular exercise, a healthy diet, taking good care of self and healthy sleep habits. Self-discipline is also very important for maintaining a good lifestyle. When we are self-disciplined, then we are more organised and regular in maintaining good health. Thus, good health is the key to enjoying a good life and remaining happy.



**Ms. Sweety Malik**

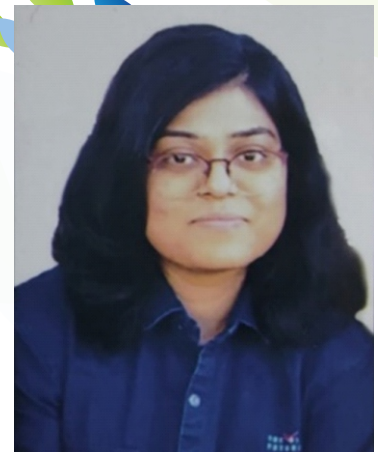
Assistant Professor  
Samadhan College, Bemetara

### Thriving in the Fast Lane: A Woman's Blueprint for Balance in Mind and Body

Modern women combine job and home duties with ease in this fast lifestyle. It is obvious that mental and physical health require attention.

One to two hours daily can make a profound difference – a commitment to holistic health through a blend of physical exercises and mindful practices. Incorporate breathing exercises like Anulom, Vilom and Kapalbhathi, stretching for flexibility, and vigorous activities like jogging or skipping for muscle activation and detoxification. Imbalances in diet, sleep, and daily habits can affect reproductive health, impacting daily life. Unhealthy dietary choices, irregular sleep patterns, and insufficient physical activity can foster issues like indigestion and weight gain.

So, Cheers to the resilient women excelling in diverse fields; prioritise your well-being by dedicating 1 to 2 hours daily to yoga and meditation, ensuring a healthy foundation as you conquer societal responsibilities and shape our world!



**Ms. Sanskriti Chandra**

Student  
IIIT, Naya Raipur

## Section 4: Positivity

### Positivity

Positivity is a powerful force that can transform both our mindset and our experiences in life. Embracing positivity allows us to approach challenges with optimism, resilience, and a proactive attitude. Here are some thoughts on positivity:

**1. Mindset Matters:** Cultivating a positive mindset can make a significant difference in how we perceive and navigate the world around us. By focusing on the good in every situation and maintaining a hopeful outlook, we empower ourselves to overcome obstacles and find opportunities for growth.

**2. Strength in Adversity:** Positivity doesn't mean ignoring or denying the existence of challenges; rather, it's about facing them head-on with courage and determination. When we maintain a positive attitude during difficult times, we tap into our inner strength and resilience, enabling us to endure hardships and emerge stronger on the other side.

**3. Gratitude and Appreciation:** Practicing gratitude fosters a sense of contentment and abundance in our lives. By acknowledging and appreciating the blessings, big and small, we cultivate a positive perspective that amplifies our overall sense of well-being.

**4. Self-Fulfilling Prophecy:** The beliefs we hold about ourselves and the world can shape our reality. A positive mindset can act as a self-fulfilling prophecy, propelling us towards success and fulfilment by attracting positive outcomes and opportunities.

**5. Impact on Relationships:** Positivity is contagious and can have a profound impact on our relationships with others. By radiating positivity, we uplift those around us, foster stronger connections, and create a supportive environment where everyone can thrive.

**6. Embracing Growth:** Positivity encourages us to embrace change and see setbacks as opportunities for learning and growth. By reframing challenges as stepping stones to progress, we adopt a growth-oriented mindset that fuels continuous improvement and personal development.

**7. Self-Compassion:** Positivity also involves being kind and compassionate towards ourselves. It's about acknowledging our flaws and imperfections with understanding and forgiveness rather than harsh self-criticism.

In essence, positivity is a choice—a conscious decision to focus on the bright side of life, even in the face of adversity. By nurturing a positive mindset and integrating it into our daily lives, we can unlock a world of possibilities and create a more fulfilling and meaningful existence.



**Dr. Sheetal Sharma**

Professor and Dean  
VIT, Bhopal

## ARTICLES:

### **Radiant Resilience: The Power of Positivity in Women**

In a world often fraught with challenges, women emerge as resilient beacons of positivity, illuminating paths of strength and hope. Positivity is not merely a state of mind but a transformative force that shapes the narrative of a woman's journey. A positive mindset is the cornerstone of mental well-being, providing women with the resilience to confront adversity with grace. Through celebrating achievements, fostering self-love, and embracing optimism, women create a supportive sisterhood that transcends boundaries. Amidst the multifaceted roles women play – as caregivers, professionals, and leaders – maintaining a positive outlook becomes a formidable strength. It fuels confidence, enabling them to pursue ambitions, break glass ceilings, and foster a culture of collaboration. A positive mindset is not oblivious to challenges but reframes them as opportunities for growth.

"Radiant Resilience" is not about denying hardships; it's about embracing challenges with an unwavering belief in one's capabilities. As women harness the power of positivity, they unlock their full potential, inspiring others and creating a future illuminated by strength, courage, and unwavering optimism.

### **Are you sad? Feeling lonely?**

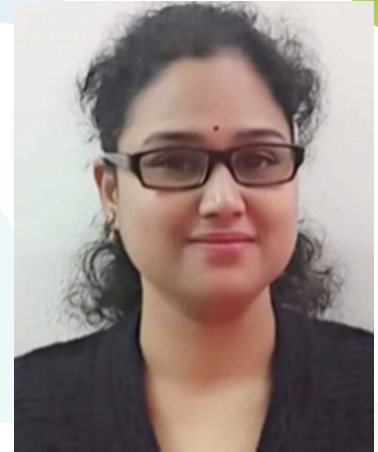
1. You are the Engine of your family.

Yes, you are the main part of your family; we require service regularly in the form of a day out with family, with friends and with kids.

2. You are an Elephant!

Wait my lovely lady not in size okay! Do you know how elephant walks, slowly, steadily, many dogs will be barking but it won't care for them, in a same way you also should move, many people may speak, leave them behind and concentrate on your goal and just move on.

Don't bother about anything because You are lioness, you always roar.



**Ms. Deepti Patnaik**

Assistant Professor  
Kalinga University, Naya Raipur



**Ms. Laxmi Brungi**

Assistant Professor  
Jain College of Engineering, Belagavi

## ARTICLES:

### POSITIVITY

Every consciousness operates through various energies—masculine, feminine, positive, or negative—forming a dynamic cycle influenced by life's circumstances. While life inevitably presents challenges and uncertainties, engaging in inner work becomes essential for personal growth and maintaining equilibrium. Inner work encompasses relaxation practices such as meditation and yoga, spiritual endeavours like sadhana, and pursuing artistic passions like music and dance. Through these practices, we endeavour to balance our energies, fostering resilience and harmony within.

Life's unpredictability often manifests as unexpected hurdles, yet a consciousness grounded in balanced energies can harness profound inner strength to navigate through adversity. By confronting life storms with resilience, one not only overcomes personal trials but also radiates positivity to those around them.

Positivity, therefore, becomes both a journey and a way of life, fostering tranquillity within the mortal confines of the body.



**Ms. Pooja Kumari**

Assistant Professor  
Kalinga University, Naya Raipur

### POSITIVITY

Positivity doesn't always refer to simply smiling and looking cheerful, however it is more about one's overall perspective on life and their tendency to focus on all that is good in life. It can greatly influence one's mental and emotional well-being, leading to increased resilience, improved relationships, and overall better quality of life.

I keep positivity in myself by reading "Bhagwat Geeta". I feel it is making changes in my mindset and always helps me get rid of negativity and overthinking. Remember that, "The mind is everything, what you think you become."



**Mrs. Anita Gupta**

Home Maker

## ARTICLES:

### POSITIVITY

Positivity is an interdisciplinary exploration of the science, philosophy, and practical applications of positive psychology. This course delves into the psychological constructs and interventions aimed at enhancing well-being, resilience, and flourishing in individuals and communities. Drawing from research on positive emotions, character strengths, and the cultivation of optimism, one can learn strategies for fostering positive relationships, achieving personal goals, and navigating life's challenges with resilience and optimism. Through experiential exercises, reflective practices, and discussions on ethical considerations, participants will develop a deeper understanding of the factors that contribute to a fulfilling and meaningful life, both for themselves and those around them.



**Ms. Shravani Mathur**  
Assistant Professor

### POSITIVITY BOOSTS LIFE

If you don't like something, change it; if you can't change it, change the way you think about it and that too, always positive. Positivity is a choice; the happiness of your life depends on your optimistic approach. Smile more, strengthen your brighter side and avoid negative thoughts. The negative approach towards anything can bring only stress and sadness. There is a battle between two wolves inside us all, between positive and negative. The wolf which wins is "The one you feed." Which ones we feed every day depends on our thoughts. So, Be Positive.



**Dr. Ani Thomas**  
Professor and Head  
Bhilai Institute of Technology, Durg

### Positivity

Exercises in gratitude and focusing on the good things in life boost our optimism and bring us happiness. Spending time with happy, positive people makes our days better and inspires us to realise our greatest potential. If we choose to perceive the beauty in the world and believe in the power of positivity, we have the ability to influence not just our own lives but also the lives of people around us.



**Ms. Jensika Rani**  
Lecturer  
GEMS Polytechnic College



## ARTICLES:

### Positivity

Everyone desires to know the key to success. A lot has been said and preached about positive thinking by motivational, learned preachers and career counsellors. Positive thinking helps you cross hurdles, remain calm and patient during a low phase in life. It helps you handle a crisis in a better way and helps you achieve your goals. It changes your outlook towards life and boosts your self-confidence. Not only that, but it helps you stay focused as well. When you are positive, you tend to pull yourself out of any negative loop and don't lose focus on what you really want to achieve. Positive thinking is an attitude that pushes you to expect good and desired results. The Power of positivity helps you in creating and transforming energy into reality and to achieve this a positive mindset helps you to seek happiness, health and a happy ending regardless of the situation. Lots of successful people have recognised positivity as the key to success. The power of positivity may change your personal and professional life. Thus, in the tough situations, people ask you to think positive and be positive throughout, no matter what the situation is. To understand what makes positivity a must for you to meet success.



**Ms. Shruti Sharma**

Student  
Kalinga University, Naya Raipur

### POSITIVITY

On this International Women's Day, let us unite to celebrate the positive influence that optimism has had on our lives. Above all, having a positive outlook on life empowers us to face and conquer obstacles. Second, practising thankfulness acts as a constant reminder of the wealth in our life, which promotes satisfaction and happiness. Thirdly, we might get inspiration and motivation by being among joyful, upbeat people. Furthermore, by concentrating on solutions rather than problems, we may effect good change. Furthermore, maintaining a positive perspective stems from viewing obstacles as chances for development. Additionally, spreading positivity and kindness to others benefits our community as a whole. Recall that maintaining a positive outlook on life offers a way of life that empowers us to thrive and uplift others. Let's embrace positivity wholeheartedly and shine brightly on this special day and beyond.



**Ms. Srija Pal**

Student  
Vellore Institute of Technology,  
Vellore

## ARTICLES:

### Spread Kindness - The Tune of Happiness

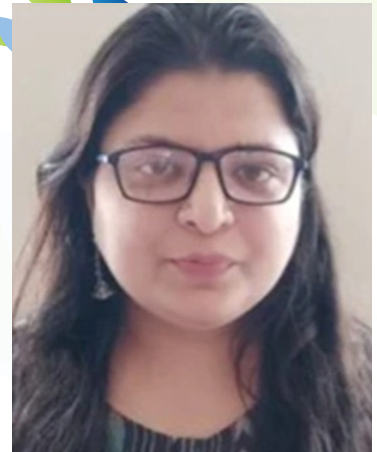
While interacting with others, I try to spread positivity and kindness. A warm smile, a heartfelt compliment, or a listening ear can brighten someone's day and lead to a deeper connection. I make it a point to express appreciation for the people in my life, recognising their unique qualities and contributions. It's very easy to hurt someone, but people rarely find ways to make others happy. It doesn't charge even a single penny to smile at someone, forgive someone and share happiness. Wish you all a happy and healthy life.



**Mrs. Samarpita Datta Jana**  
Home Maker

### Embracing Respect for Every Woman, Irrespective of Marital Status

Marriage is a significant institution in our society, but it should never be the sole determinant of a woman's worth. Whether a woman is married, divorced or widowed, she deserves the same level of respect, appreciation, and recognition for her contributions to her community. Being widowed or divorced doesn't diminish a woman's inherent worth or erase her past experiences, achievements. On this International Women's Day, let's embrace the significance of titles such as Miss, Mrs, and Ms, a step closer towards building a more respectful, equitable, and inclusive society for all.



**Ms. Khushbu Douhani**  
Assistant Professor  
Vardhaman College of Engineering,  
Hyderabad

### Positivity

Positivity is the radiant energy that illuminates the darkest corners, turning challenges into opportunities. It's a magnetic force, attracting joy and resilience and a resilient mindset that transforms setbacks into stepping stones.

Positivity is an unwavering belief in the silver lining, a beacon of hope that fosters growth, gratitude and an unwavering faith in the beauty of possibilities.

"FAILURE" is not the opposite of success. It's a part of "SUCCESS".



**Ms. Kalpana Pandey**  
Librarian  
GEMS Polytechnic College

## ARTICLES:

### Positivity

#### HELPING OTHERS IS MERITORIOUS, HUNTING IN OTHERS IS PERNICIOUS

Positive approaches in day-to-day life not only affords satisfactory and peaceful life for self but makes the surroundings pleasant too. Accepting the truth while carrying out the routine results in complete satisfaction. Foppery may give glimmer success but ultimately provide trouble too much in life. Vanity not only destroys self but all dependent too like Ravan, hence everyone should refrain from vanity. Fair means may not give success some time but give an experience that ultimately provides success. Lastly, I would say "what man will bow today he will rip it tomorrow. Present life is based on past Karma, and present karma will decide future life. Therefore "DO GOOD SEE GOOD BE GOOD" that is the way of POSITIVITY.



**Dr. Ruchi Lodhi**

Associate Professor  
Gyan Ganga College of  
Technology Jabalpur, MP

### Positivity

Positivity is an attitude which helps to highlight a brighter side of your personality. Positivity is very important for your healthy life. Positive thinking Molds the person mindset in good way. Every person has some nor do other obstacles in their life, but facing those obstacles with positivity make the person strong and self-dependent. Our mind could get distracted by negative thoughts but one should be able to convert those thoughts in positive way. Positivity helps the people to take right decision, which help them to attain success. Positive person always spread positivity. I personally believe, on being positive because in life we always go through ups and downs, during good times we be very happy and positive, but when we face any downfall, we immediately lose hope and start being negative. Instead of thing negative, we should think positive and have hope on the process because I believe everything in our life always happen for a reason. So, this positive attitude helps me to cope- up with the situation and help me to stay calm and happy.

I conclude, with positivity you can see bright side of your personality, become optimistic and expect the best to happen.



**Ms. Rutika Umesh Kankrej**

Solid Work Designer  
Vision Engineering (Pvt.) Ltd

## ARTICLES:

### Positivity: Power of Positive Words

Positivity is the radiant force that infuses life with resilience and hope, illuminating even the darkest corners of existence. It serves as a catalyst for growth. The power of positive words in our daily lives cannot be overstated. With each word we speak, we have the ability to shape not only our own experiences but also those of the people around us. Positive words have the remarkable ability to uplift spirits, inspire confidence and strengthen relationships. They can turn a difficult situation into an opportunity for growth. Positive thinking can help manifest something by influencing your mindset and behaviour in a way that aligns with your goals. When you maintain a positive outlook, you tend to focus on solutions rather than obstacle, which can lead to taking protective step towards achieving what you desire. However, it's essential to pair positive thinking with realistic planning and effort to increase the likelihood of manifestation.



**Ms. Kajal Nayak**  
Student  
Kalinga University, Naya Raipur

### Positivity in Women's Life

In my point of view, every day, women are making a difference in their communities, workplaces and families. Their determination and perseverance inspire others to reach for their dreams and overcome obstacles. Women are creating business, leading ground-breaking research advocating for social justice and nurturing the next generation.

Supporting and uplifting one another is one of the aspects of women's lives. Building strong networks and communities where women can share experiences, offer mentorship and empower each other is essential for personal and professional growth. Celebrating the successes of women both big and small helps to foster a culture of positivity and encouragement. Women possess an incredible capacity to adapt, lead, and inspire others

By recognising and celebrating these strengths, we contribute to a world where women are empowered to fulfil their potential and make a lasting impact.



**Dr. Anita Verma**  
Assistant Professor  
Kalinga University, Naya Raipur

## ARTICLES:

### Positivity

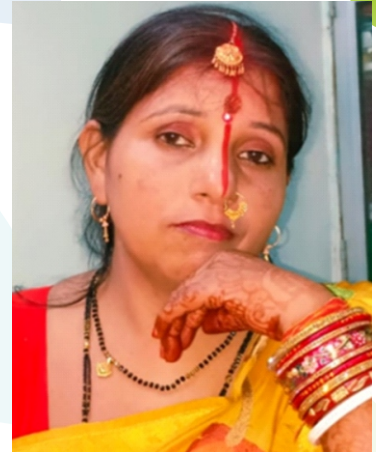
Positivity means thinking in the right direction which shows the bright side of life and expects the positive result. Positive thinking is a kind of mental and emotional attitude which wants good and favourable results. In today's time, being positive is a great thing in itself and when these things come to a girl's life, then this is a big deal that how can she manage. All girls have different ways of managing, but I have a unique way of living a positive life. The first is that I do not depend on anyone else and believe more in doing my own work by myself. By doing puja, i get different kinds of peace due to which I remain more positive in my life. Having a good diet and following a good daily routine also brings positivity. I think that everyone can remain positive by adding such things to their life.

**Positive thinking helps with stress management and can even improve your health. Practice overcoming negative self-talk with examples provided**

### The Health Benefits of Positive Thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress and pain
- Greater resistance to illnesses
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- Reduced risk of death from cancer
- Reduced risk of death from respiratory conditions
- Reduced risk of death from infections
- Better coping skills during hardships and times of stress



**Mrs. Suman Devi**  
Housewife



**Ms. Nicky Kumari**  
Student  
GEMS Polytechnic College

## ARTICLES:

### An Everyday Leader Mindset

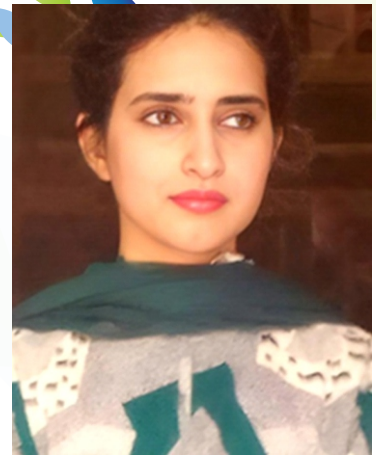
Success lies not solely in upskilling or prestigious credentials but in attitude. Being an everyday leader in micro activities cultivates leadership skills, making one an SME and leader. Start by harnessing passion, then fan it through learning and a growth mindset. Acquire skills to ignite confidence and continuously improve. Stand confidently, using skills to shape the present and future. Despite challenges, especially for women, go all in, knowing each step has a great impact. Remember, leaders create leaders, not followers; maintain humility while mentoring. Fuelled by passion and confidence, this journey defines true leadership on International Women's Day and beyond.



**Ms. Manali Debroy**  
Product Lead

### Positivity

Celebrating International Women's Day, let's clasp the power of positivity. In a world filled with diverse perspectives, each woman contributes a unique shade to the vibrant palette of human experience. Positivity blooms when we acknowledge and celebrate these differences, fostering an inclusive environment where every voice is heard and valued. Let's uplift one another, recognising that the strength of unity lies in embracing the beauty of individual minds. Together, we create a harmonious symphony, echoing the resilience, creativity, and grace that define the spirit of all beautiful minds on this special day.



**Ms. Safoora Saleem Shahnazi**  
Founder & CEO - Xperteq Learning  
Association for Professionals & Students

### Positivity

Positivity is a personal choice that we make. There may be days when things don't go as planned. At such times, we have two options: we can either dwell on the day or feel sad, or we can approach the next day with renewed energy and a positive attitude. It's all about how we perceive things. One person may see the glass as half empty, while others may see it as half full. It's all a matter of perspective. In a world full of ups and downs, smiles and scowls, we should focus on the positives and never give up. Life is a journey that is never easy, but by focusing on good things and being around positive people, we can make it more enjoyable. Of course, bad things happen, too, but it's up to us to decide how we deal with them. We can either cry about the bad parts or focus on the good and work even harder to achieve our goals.



**Ms. Asmita Mukherjee**  
Student  
Bhilai Institute of Technology, Durg

## ARTICLES:

### Section 5: Me Hours

#### Self-care and ME Time

Juggling through the day with numerous chores, we hardly have any time to be with ourselves. Why is it important to have me time? As our body and mind are connected, if we don't give our mind rest and we have stress and anxiety, our body shows symptoms of pain, abdominal aches, etc. Reversely if the body is too tired because of lack of ample rest, our moods start to be gloomy. Me time is essential to keep the mind and body in sync. So just "Take a Pause". Mindfully going through the day helps to have me time. Just, pause and breathe.

#### Me Hour - An Hour for You, from You

In today's hustle-bustle life, where everyone is busy fulfilling their duties, be it home related or professional. Running round the clock to either get a relaxing job or the house of their dreams. This busy life is even more challenging for women, where they have to play multiple roles from being a wife, mother, daughter etc. to professionally, being a manager, IT expert, professor etc. The load of deadlines hovering over her mind creates an invisible pressure. In all this chaos, she barely thinks about herself.

After achieving a goal when she looks back, she feels that the whole time she was just chasing and ultimately reached the destination without any happiness. This may invoke the existential crisis with questions like what's the point of all this hard work that dooms your life. So, giving yourself no time and just being in a rat race may put us in an alarming stress situation. This stress may become depression when life gives you sour fruits or things do not turn out to your expectations. In such situations, your "Me hours" sail you through the rough sea of anxiety and depression.

As a step towards "Me hours", she should reward herself for the little victories during the journey, like if a new tried technique works out or in performance analysis, analytic and simulated plot matches, whoa! Get yourself a good treat. This makes the journey beautiful. Also to break the monotony of life, a half-day/full-day break on weekends where you just pamper yourself, considering yourself to be worthy and appreciating your inner beauty and intelligence. This projection towards life does not require you to look for validation from others, nor does it degrade you from sarcastic criticism. So, these beautiful "Me Hours" act as a shield from the negativity around me.

So, without thinking "what people will think", you go girl and enjoy your "Me Hours", an hour stolen from you, for the beautiful you.



**Dr. Monica Nagpal**  
Mindfulness Meditation Coach  
Hopeandhappiiness



**Ms. Neha Sharma**  
Ph. D. Scholar  
Indian Institute of Technology,  
Indore

## ARTICLES:

### Nurturing a Healthy Mind: Essential Practices for Wellness

EVERYONE deserves a little time to themselves each day – it's not whether you deserve it – it's whether you can afford NOT to.

We all owe it to ourselves to make some time for ourselves, as it genuinely can make all those around us happier as a result.

#### Benefits Of Me Time

#1 – You get clear space to think things through – and this can mean you get clarity for things that you haven't been able to before. It's great for things like goals, and longer term planning.

#2 – You get to decide what to do – which may not be possible in most of your everyday life. We all tend to compromise with other people for what to do each day – that's part of life. It's therefore nice to be able to think just about yourself and not feel guilty.

#3 – You get to reconnect with yourself – and what you love. Whether you take time for a hobby, for relaxing, or to try something new – it's all about you!

Get organised in life and at home. Create systems that work for you and your family. Declutter the unnecessary – and you'll automatically find time saved from things like cleaning, errands, chores, etc. The key is to treat yourself well day to day – eat well, keep yourself fit, treat yourself now and then, and simply enjoy life!

A happy person makes those around them happier – and if you create some time for yourself, this will directly affect how happy you are.

### Healthy Life

"Dil dhundhta hai fir wahi fursat ke rat din, dil dhundhta hai fir wahi fursat ke rat din baithe rahe tasawwur-e-jaana kiye huye....." these lyrics of a song composed by Gulzar from the movie Mousam (1975) incite the essence of the article as in today's fast-paced world, we women often find ourselves juggling multiple roles and responsibilities, from career demands to family obligations and societal expectations. Amidst this busy lifestyle, carving out time for oneself can often become a challenge. However, the concept of "Me Hours" is gaining traction as a vital component of self-care and overall well-being for women.

Self-care is not indulgent; it's a necessity for maintaining balance and resilience in today's hectic world. Women, in particular, often prioritise the needs of others ahead of their own, leading to burnout and diminished well-being. "Me Hours" provides an opportunity to replenish energy reserves and cultivate a positive relationship with oneself.



**Dr. Archana M. Kinagi**

Associate Professor  
Sharnbasva University,  
Kalaburagi



**Dr. Garima Choubey**

Teaching, Gyan Ganga College of  
Excellence, Jabalpur



## ARTICLES:

### I Teach Underprivileged Children in My Free Time

During my free time, I engage in the rewarding activity of teaching underprivileged children. I believe that every child deserves access to quality education, regardless of their background or financial situation. As an educator, I take it upon myself to make a positive impact in the lives of these children by providing them with a safe and nurturing learning environment. Through my teaching, I aim to equip them with the necessary knowledge and skills to help them overcome the challenges they face and succeed in their lives.



**Dr. Smita Premanand**

Assistant Professor  
Kalinga University, Naya Raipur

### Me Hours

In a busy, hectic routine, it is very important to have time for yourself. Being a wife, mother, sister and daughter, we are always concern about our family likes and dislikes. However, in this journey, we neglect ourselves. Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit good feelings to others. You cannot give to others what you don't have yourself. While some may misconstrue self-care as selfish, it's far from that. Hence, taking an hour for yourself or "Me Hour" can be incredibly beneficial for your mental and emotional well-being.

I spend my "Me Hour" by pampering myself or by self-care activities, such as taking a long bath, doing a face mask, or giving myself a manicure/pedicure. Another thing I do is identify what matters to me, my strengths and weaknesses, behaviours, tendencies, and thought patterns. This way, I learned self-love and acceptance. I improved on my weaknesses and became more confident and happier.

Remember that "ME HOUR" is essential for recharging and rejuvenating yourself, so don't feel guilty about taking this time for yourself. Prioritising self-care allows you to show up as your best self in other areas of your life.



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## ARTICLES:

### Me Hours

A day consists of 24 hours. A person's typical sleep duration is 8 hours. There are still 16 waking hours to use. There are 9 hours left after deducting the 7 or 8 hours that most individuals work each day. The majority of those 9 hours are devoted to life administration, which includes eating and drinking, shopping, cleaning, and unpaid labour (such as caregiving). Naturally, there are significant cultural disparities among that group.

The 5-hour rule: Most people can accomplish their goals for a few hours at the very least. For over 50% of the populace, those hours are squandered on phone worship unrelated to work. However, these are not the individuals who will go on to become tomorrow's inventors, business owners, and success stories.

A small industry that analyses and dissects the ideals and practices of "self-made" millionaires has emerged during the last several decades. One of the most important conclusions that keeps coming up is the "5-hour rule." This basically means that we should learn, reflect, and think for one hour every day. This constitutes the "5-hour" rule, which we carry out five times every week. The theory is that spending an hour a day learning sharpens your intellect, enhances your abilities, and helps you practice self-control. The 5-hour rule, as it is known in the field of education, imparts knowledge and skills.

### Empowering Me-Hour: A Woman's Journey to Self-Care

In the life of the modern working woman, each hour holds immense value, often stretched to its utmost limits as she gracefully balances the demands of her professional and personal worlds. From dawn until dusk, she meticulously plans and executes her time with precision. Rising before the sun, she seizes the tranquillity of early morning to tackle urgent emails, strategies her day, and steal a few precious moments of solitude before the day's hustle begins. Throughout the workday, she deftly navigates meetings, deadlines, and projects, leveraging her time with efficiency and expertise. Yet, amidst the whirlwind of work obligations, she never loses sight of her personal responsibilities. During lunch breaks and stolen moments, she deftly juggles familial obligations, scheduling appointments, and arranging childcare to ensure no aspect of her life is overlooked. Evenings bring a fresh set of challenges as she transitions from the demands of the office to the warmth of her home, seamlessly shifting gears to fulfil her roles as partner, parent, and caregiver. Her hours are a delicate equilibrium of productivity and presence, thoughtfully allocated to meet the myriad needs of her multifaceted life.



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## ARTICLES:

### A Date with I, Me & Myself

We ladies are naturally multitaskers or rather we are trained to be so. Is it a BANE or a BOON? We can never compromise on our work. We ladies must start accepting that it's okay to be not okay. The feel of guiltiness must be wiped when we do things that makes us feel happy and satisfied. The concept of "ME TIME" must be habituated. We must learn to dedicate ourselves few hours to perform things that makes us feel happy. It could be a Solo Drive, Reading a novel, Dancing, Painting, Meditation or anything. In doing so we not only protect our physical and mental health but also, we feel empowered right from within.

### Me Hours

Me time isn't just spending time on your own...it's about being present with yourself, mind and body. 'Me Time' is the conscious effort of taking time out to recharge your batteries. It's completely normal to have your own private me time, irrespective of your marital status, whether you have kids or not, or how much time you really have. 'Me time' helps you unwind, de-stress and recharge your whole being. More often than not, when women are asked to take some personal space and time out for themselves, they reply with worries about lack of time.

### Women's Day

A daughter who serves,  
A sister who loves,  
A mother who bears,  
A friend who cares,  
Bestowal of love, life,  
Friendship and trust,  
A picture of poise,  
Strength and grace,  
A dreamer, achiever,  
A winner all along,  
We celebrate you,  
Happy women's day



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## ARTICLES:

### Embracing Self-Care in a Hectic World

In the fast-paced tempo of modern life, figuring out time for oneself has become essential. Enter 'Me Hours,' a dedicated period exclusively focused on self-care and personal well-being. Whether it's meditation, a rejuvenating hobby, or simply relaxing with a good book, Me Hours encourages individuals to prioritise their mental and emotional health. In a society that often glorifies busyness, these intentional breaks serve as a reminder to recharge and connect with oneself. By incorporating Me Hours into our routines, we cultivate a healthier work-life balance and foster a positive mindset. Ultimately, investing time in self-care pays dividends in overall happiness and fulfilment."

### Me Hours

On this International Women's Day, let us discuss "Me Hours" and how vital they are in our daily lives. Above all, making time for ourselves in our hectic schedules is necessary for self-care and renewal. Second, "Me Hours" provides us the opportunity to put our health first by relaxing, picking up new hobbies, or practicing mindfulness. Thirdly, we may respect our personal time by establishing limits and declining unwarranted demands. Taking time to reflect on oneself during "Me Hours" promotes self-awareness and personal development. Furthermore, engaging in joyful and fulfilling activities helps us feel more content overall and replenishes our energy. "Me Hours" might act as a helpful reminder of our value and significance in addition to our obligations and responsibilities. Recall that investing in ourselves is not selfish; it's a necessity for leading fulfilling lives. Let's embrace the concept of "Me Hours" and prioritise our well-being unapologetically.

### Me Hours

"Me Hours" is crucial for women, offering essential refuge from life's demands. Engaging in activities such as mindfulness, deep breathing, or writing during these moments effectively reduces stress and boosts resilience. Moreover, including regular physical activities like yoga, walking, or dancing improves heart health and releases endorphins, promoting overall well-being. Intentional planning and setting boundaries are vital for guilt-free self-care during "Me Hours". Recognising these periods validates self-value and emphasises the significance of holistic health. Ultimately, these "me hours" empower women to take back their time and prioritise self-care, ensuring they get the care they truly need.



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## ARTICLES:

### Me Hours

Yes, you read it right! Me Hours i.e. hours for me or let's say for us; a never heard phrase in the past but often used in present time. A luxury added in the bucket list of women, but that didn't come easily rather we had to earn it hard.

God has given everyone 24 hours to manage work and leisure. Every member of the house makes a very efficient use of it. It's only us who fail in this regard. We have ample time for every one and every work except for our self. This failure has a long history and deep root in division of labour usually done by the patriarchal society owing to which all the never ending household chores came to women and men got a well-defined and well scheduled work in offices and fields. Work that had a beginning and an end and after which men could enjoy their time left with them. But the work of women did have a beginning but no end.

### Me Hours

While chasing our big future dreams, we often forget to take some time out for ourselves, doing the little things that we love and that make us happy. I always make sure to steal some "Me Hours" for myself amidst this rush of life. During this time, I love to listen to my favourite songs, experiment with recipes, paint, take a slow walk in nature listening to the whispers of trees and birds, treat myself to my favourite chocolate pastry, write down my thoughts in a diary, etc. These little things make me "me" and make me appreciate life's beauty.

### Me Hours: Embracing Life's Mosaic

A Professor's Journey through Roles, 'Me Hours,' and the Enduring Beauty of Wisdom and Love. In the tapestry of my life, I find strength in the diversity of being a professor, wife, mother, and daughter. Each role, a vibrant colour, contributes to the intricate beauty of my existence. As a professor, wife, mother, and daughter in one, I weave the threads of academia, family, and love. 'Me hours,' amidst lectures and nurturing, add a unique shade to the canvas, reminding me that embracing life's varied hues includes cherishing the quiet intervals that make the symphony of roles even more harmonious.



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