



# Nirmala College for Women

(Autonomous) Re-accredited with "A" Grade by NAAC

2019 - 20 | Vol. 57



*Empower*

*She is clothed with strength and dignity;  
she laughs without fear of the future.*

- Proverb 31:25



# Editorial

“A woman is a full circle, within her is the power to create, nurture and transform”.

The inspiring stories of Rani Laxmi Bai, Vijayalakshmi Pandit, Dr. Anandibai Joshi, Sarojini Naidu and now, till Kamala Harris and others, are not just fairy tales for light reading. They are the struggles and pursuits of strong-willed and skilled great women of our land's ancestry. A woman makes a family, complete; fair enough, if one extrapolates the logic; “.... Women make the world complete !!!”.

How to define a perfect woman? A woman is a beautiful, marvellous creation, often mysterious, interesting, and unusual! She has a strong character and personality, is consistent, has a variety of interests outside and within her family and home, and has more to her than meets the eye! We can't talk about creating sustainable change and development without taking into account available resources. Engaging people and allowing more and more women and girls – to actively participate in global processes and decision-making bodies, and letting their opinions guide action, can make this work in reality.

Our Nirmala fraternity, keeps its focus in inculcating awareness among the young women that they come to know their 'potentials-within and possibilities-without' for the improvement of their academic, social, economic, religious and health status. Higher education, once the privilege of the elite and the urban, is made increasingly possible for a young woman of a remote village, by our college. Education gives women options and empowers them to be independent thinkers and agents of change. We focus on developing women's competencies and ensuring their equal access to all fields of education in order to widen their talents and perspectives so that they become empowered women to compete for challenging jobs in the growing economy on par with men.

Realizing that sometimes the young women could get in a rut and it's easy to let their motivation falter without them even realizing, we bring out, this outstanding intellectual and informative deliberations in the form of articles and stories, upholding the moral and ethical values, from the students and the staff, to help our bevy, keep themselves motivated and kick-off their academic journey to a great start for their promising future.



'WOMAN - Empowered' is our central theme of this magazine for the academic year 2019-2020. This magazine's focus is to create a quest or a curiosity in each college young woman to ask herself the following questions and to assist them to find right answers:

- ❖ Am I a powerful woman or a woman empowered I always wanted to be?
- ❖ Do I have what it takes to bring out the real woman within me?
- ❖ Do I know the ways I can use to transform myself into a perfect woman?

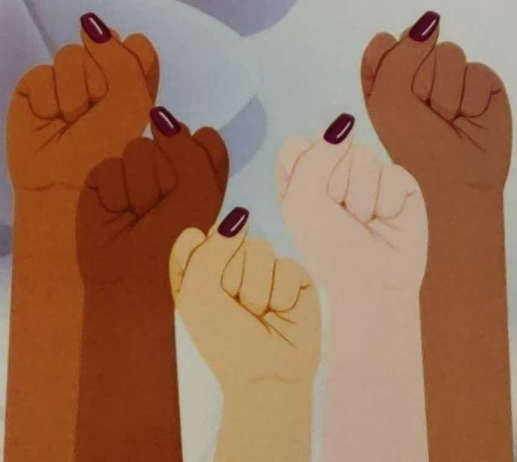
A woman empowered is also a woman with great power that energizes the perfect woman within her. She is a woman of meaning and positive influence. A powerful woman is a woman who can be herself, who smiles all the time and never cares about what others think, who is dying inside but is strong enough to let go of the pain and create a happy atmosphere for everyone, and the one who has a distinctive personality.

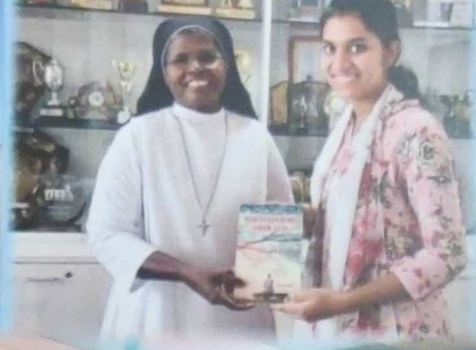
Kamala Harris, the exemplary woman, has spent her life crashing through glass ceilings and accumulating "firsts.". Now she is to become the first female vice-president and her vice-presidency will make history. She will be the first black American and the first Asian-American to hold the country's second highest office. All this was most certainly not an overnight's achievement, but years of perseverance, tolerance, hard work, strategic thinking and most importantly the self-confidence that took to rise up to the country's one of the highest ranking official.

We encourage every woman, to dream big, aim higher and to never get saturated by domestic or societal pressures or setbacks, for history and science has proved that a female's brain and body is designed to multi-task and think & execute with greater stability – with this, you can make anything happen! As it is always believed that, "Women are far superior than men and it is foolish to pretend or fight for equality; Whatever you give a woman, she will only make it greater". Imbibe all the robust and positive elements and amplify it multi-fold to make our world a better place.

With the same spirit, we are ready to unleash the success stories and thought-provoking articles, from the empowered women of our Nirmala family...

Dr. Francina Shalini. A.  
Chief Editor





# WOMEN : A Heroine... Not A Victim...

A strong woman would rather walk alone in darkness than follow anyone else's shadow. She is a proof that you can walk through hell and still be an angel. It's pain that shapes a woman into a warrior. She overcomes everything that was meant to destroy her. Her damaged petals are what made her more beautiful than all the other flowers. She is kind but strong, and that is where so many mistake her. They interpret her kindness for weakness and force her to show her strength. Never ever mistake her silence for weakness. Remember that sometimes the air stills, before the onset of a hurricane. I remember the words of Mark Antony speaking of a woman's character that ... "And one day she discovered that she was fierce, and strong, and full of fire, and that not even she could hold herself back because her passion burned brighter than her fear." That's why Steve Maraboli says, "The empowered woman is powerful beyond measure and beautiful beyond description."

Empowerment means accepting and allowing people who are on the outside of the decision-making process into it. This puts a strong emphasis on participation in political structures and formal decision-making. Empowerment is a process that creates power in individuals over their own lives, society and in their communities. Women must have access to the opportunities available out there without limitations and restrictions such as education, profession and lifestyle. Empowered women involve into the action of raising the status of women or the oppressed class through education, creating awareness, literacy and training.

Entitling women is necessary for the very development of a society, since it enhances both the quality and the quantity of human resources available for development. Equality implies the full participation of both men and women in everything. Women must feel equal to men, and acquire confidence to rightfully claim back what is truly theirs: their self-worth, their dignity and the respect. They must have complete control of their life in both the workplace and their houses.

Authentic women feel they have the right to have their voices heard, and they stand together with other women, not putting them down. Every woman has a powerful female model who inspires them beyond measure. That female powerful model could be St. Mother Tresa of Kolkata or Princess Diana or anybody else... These two are truly authentic persons, and their compassionate hard work to help those in need is something significant that the whole world admire. Powerful women are such a success, and they empower others to become a success as well.

Women put on a dress that makes her feel beautiful and fabulous—the perfect fit dress is the platform for any woman to be herself. But the empowered women besides being entitled, they empower their inner beauty to shine. They plant their own garden and decorate their own soul instead of waiting for someone to bring them flowers. They make the choice, in order to take the chance if they want anything in life to change. They feel they are amazing, confident, positive, independent, and prepared to succeed. They never wish to be someone else's definition of beautiful. They follow the individuals and the crowd but go further than the crowd. They don't handover the paintbrush to anyone else but remain the artists of their own lives. When they get

wounded, they say the wound is not our fault. But the healing of the wound is our responsibility. They try little by little, day-by-day, what is meant for them will find its way. They believe in phrase "Don't be afraid!" because it is written in the Bible 365 times. That's a daily reminder from God to live everyday being fearless.

Life isn't always easy. Many great accomplishments take a significant amount of time and hard work. So to achieve amazing feats, perseverance is the key. Women are most passionate and wish to be well accomplished. A special mix of talents and accomplishments, have made many women in history, role models for million women around the world. Women have the capacity to motivate, inspire and call the family members and friends to action, and notably they are rooted in their strong personality. Normally women are vocal and but honest about some of the harsh realities faced in both the family and the society.

Women are known for truly leading and inspiring others. They build a sense of purpose by sticking by their convictions when the family or business gets tough. They have both empathy and compassion in order to build healthy relationships within the family. For women, compassion is their ticket to family members' hearts that earns them the trust and respect of their family and friends.

Powerful women demonstrate their self-confidence in numerous ways. Whether it is their families or work places, they never shield away from standing up for what they believe in. While not every woman is fortunate enough to have strong support network growing up, but the great thing about the confidence of empowered women is that they try to improve the confidence as they make the decision to do so and start appreciating who they are and what unique qualities they have to offer. It all starts with one-thing... women's choice to believe in themselves. Once they do, their capacity as a leader or an empowered person will rise ten fold.

Honesty and integrity demand that truth matters! Don't take short-cuts or play by your own set of rules. Success does not count unless you earn it fair and square. The true authenticity is one of the most valued leadership traits. If you want to an empowered inspiring lady—start off by being honest. Honesty is more than just telling the truth—it's about creating a culture of transparency. Able woman speaks eloquently, walks with grace and portrays herself in a positive and respectful light. She carries herself with confidence and composure, even when no one is watching—and as if everyone was watching.

As a woman, how do you define yourself? Are you a powerful woman? A powerful woman is she that builds a home, nurse, nurture and mentor tomorrow's leaders. Are you, as a powerful woman, prepared to build a home, sustain a community and wish to create a larger society? If you are, then you are a powerful, inspiring, enabled and empowered woman who is powerful beyond measure and beautiful beyond description. Work hard at being the best version of yourself!

Dr. A. Francina Shalini  
Assistant Professor of Mathematics

# Inaugural Function



# Valedictory Function

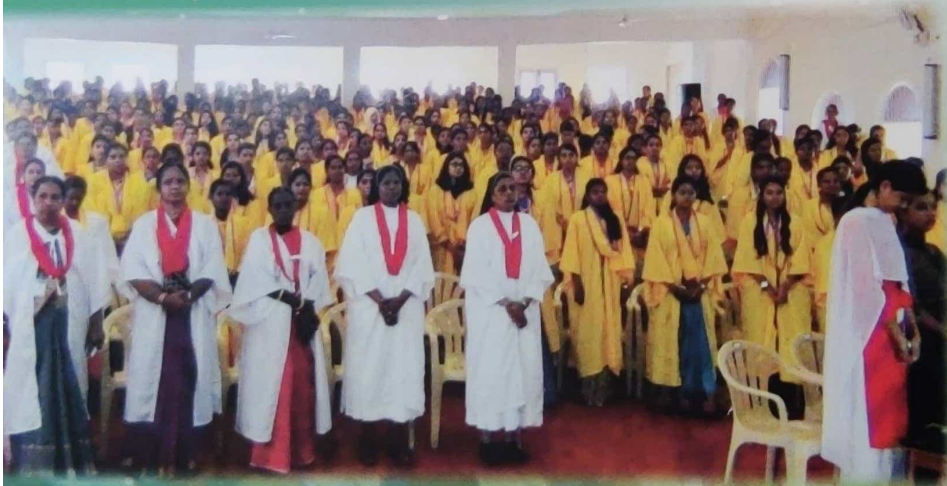




# Independence Day



# Graduation



# Sports Day



# Department Activities



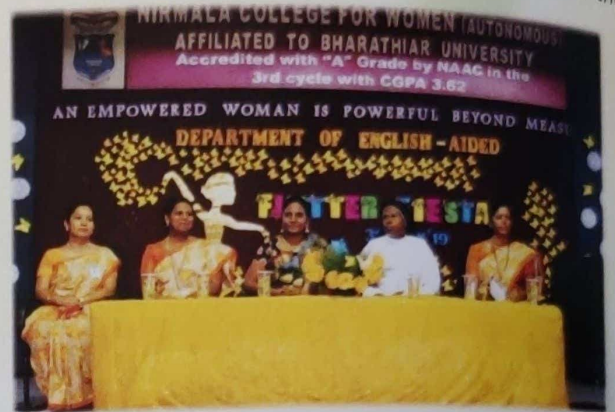
National Seminar - Dept. of Tamil (Aided)



Hindi students enjoyed a field trip to "Siruvani - Dam" and conveyed the message of 'Swachh Bharat' over the



French Dept. - Exposure visit



Dept. of English (Aided)  
State Level Intercollegiate Literary Fete



"Phenomenal Women Award" - Dept. of History



Guest Lecture - Dept. of Economics



Video Conferencing Ms. Preetha Job, Accounts Manager  
Fintech LLC, New Jercy, USA - - Dept. of Maths (Aided)

# Department Activities



Seminar on "Applications of Nano Science, Solar Energy and Magnetic Materials"  
Dept. of Physics



International Year of Periodic Table  
Dept. of Chemistry



Workshop on Taxonomy - Dept. of Botany



Workshop on Genome Editing - CRISPER and Bioinformatics Tools - Dept. of Zoology



National symposium on Applications of GIS and Remote Sensing on Geographical Studies and Research  
- Dept. of Geography



International Conference - Dept. of Commerce (Aided)



National Seminar on Tamizh Ilakkana Ilakkiyangaal Pannokkuparvai - Dept. of Tamil (SF)

# Department Activities



National Seminar - Dept of English (SF)



A National Conference on "Emerging Trends Shape Future of Indian Business"  
Dept. of Commerce (CA), (PA) & PG



(DEPT of CS,CA,IT) An International Video Conference on "International Symposium on Innovative Thinking In Machine Oriented Applications And Security Management"



A One Day National Seminar on "Current Tenors in Graph Theory"  
Dept. of Maths (SF)



Outbound Training in Kotagiri - Dept. of Business Management



e-Conference on "Contemporary Innovative Developments in Applied Biology" - Dept. of Bioinformatics



E-Commerce - Guest lecture on the topic "E-Banking"

# Village Adoption

## Pallamalai Tribal Village



# NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

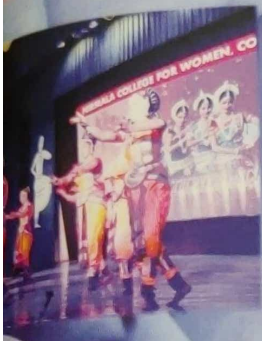


## 72<sup>nd</sup> COLLEGE DAY CELEBRATION





# Navarasam



6-Mas

Silent Night... Holy Night...



தமிழர் திருநாள்

Colours of Happiness...

Holy



# Clubs in Action



**Placement and Career Guidance**



**SSL**



**RSP**



**Catechism and Moral Instruction Committee**



**RRC**



**Nectar**



**Chetna Women Cell**



**Consumer Club**

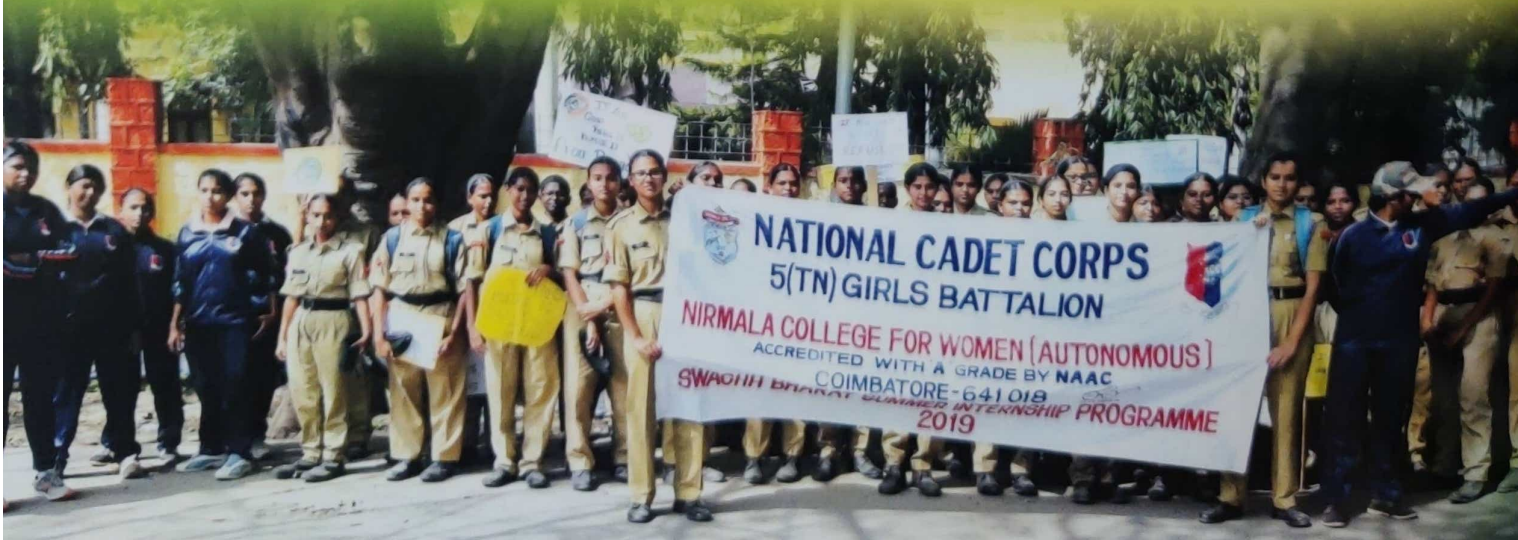
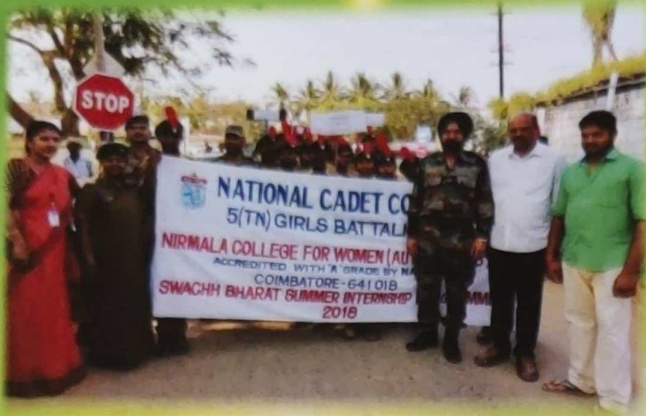


**Sthree Needhi**



**AICUF**

# National Cadet Corps



# National Service Scheme



*Life of Love*



*Do not wait for Leaders, Do it Alone...  
Person to Person*

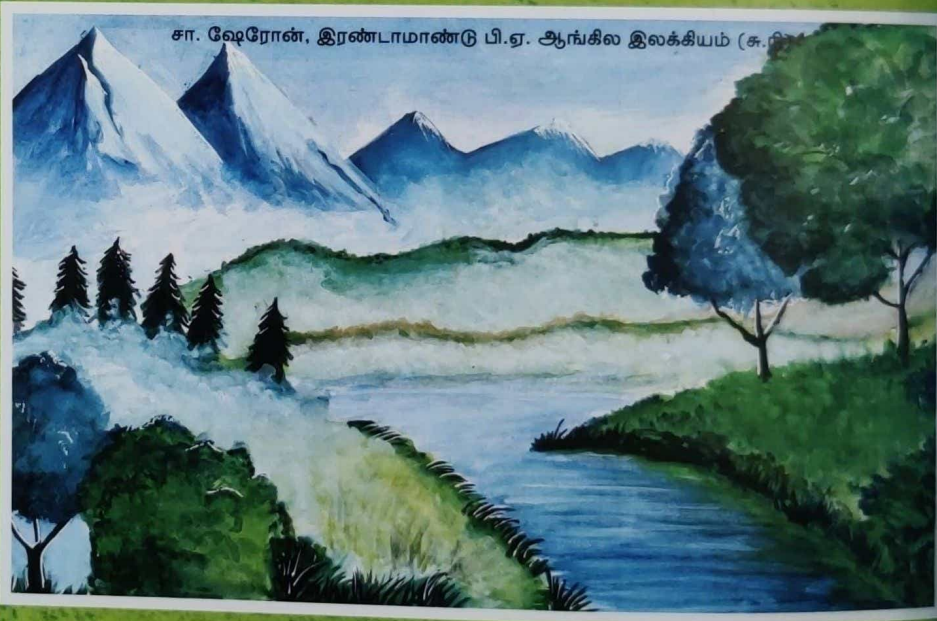
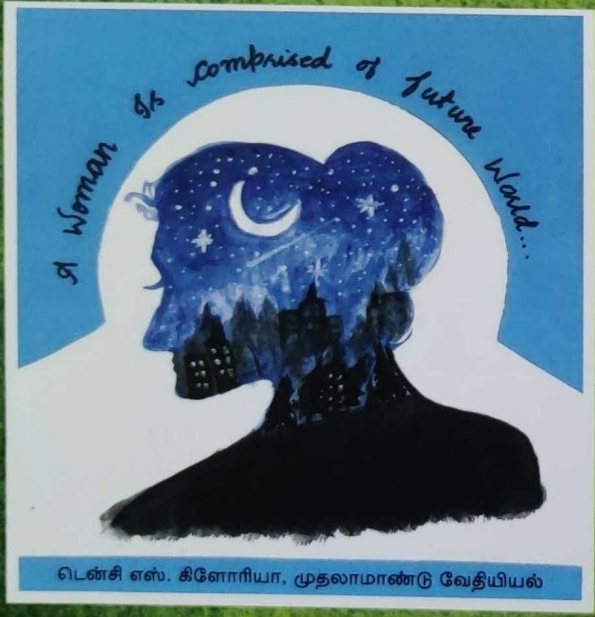
# *Profound Nirmalites!*



**Mrs. Gracy Prakash**  
Reserve Bank of India  
Batch 1982 (B.Com.)



**Mrs. M. Janaki**  
Indian Administrative Services  
Director, Ministry of Housing  
and Urban Affairs  
Government of India, New Delhi  
Batch 1994 (History)



என்.எஸ். டிரிஷ்யா, முதலாமாண்டு எம்.எஸ்.சி. புனியியல்





IT'S NEVER OVER...  
AND I NEVER LOSE...  
BECAUSE,  
I NEVER QUIT.

*Ansily, I Msc Mathematics*

*With a burning passion to realize the goals!*



*Go confidently in the Direction  
of your dreams!*