



EVE GREYA

V O L . 0 7 | | I S S U E 1



MESSAGE FROM HONOURABLE MADAM CHANCELLOR

As we approach International Women's Day on March 8, 2025, it's important to recognize the need to support the rights of all women and girls, ensuring fairness and empowerment.

Education is key to empowerment. Gaining knowledge and skills helps break down barriers, opening doors to opportunities that lead to independence. Educated girls are better prepared to make informed choices, find meaningful jobs, and contribute positively to society.

Here are some ways to make a difference:

- Learn and Share:** Attend workshops or seminars about the challenges women and girls face worldwide. Share what you learn with friends through discussions or presentations.
- Promote Inclusivity:** When organising group activities or projects, make sure everyone's voice is heard and valued, no matter their gender.
- Get Involved:** Participate in college outreach programs focused on gender equality and women's rights. Help organise events like panel discussions, film screenings, or community service projects that address these issues.

By taking these actions, you help create a culture that values and uplifts every woman and girl. Your efforts not only enrich your own life but also pave the way for a more fair and just society.

Let's commit to these principles, understanding that our combined efforts are essential in advancing gender equality and empowering all women and girls to reach their full potential.

Wishing everyone a very Happy Women's Day!

**DR. ANURADHA GANESAN
VICE PRESIDENT - VMRF**

WOMEN EMPOWERMENT CELL

Women Empowerment Cell (WEC) is formulated in our Institution to empower our lady faculty and girl students to help them understand and respond suitably to the issues pertaining to women. It is a cell made more responsive and gender sensitive to women's needs and to eliminate discrimination and all forms of violence against women. A sense of community spirit is created that allows women to face these challenges as a team rather than individually.

The goal of Women's Empowerment is to bring about the advancement, development and empowerment of women. WEC puts efforts to integrate gender equality and women's empowerment into democratic governance, crisis prevention and recovery, and environment and sustainable development. It also encourages women to find practical solutions to their challenges so that each one becomes self-reliant in their own right.

Ever since the inception of the committee, WEC, as a team has been striving to promote awareness among girl students and educate them on gender-specific issues in the areas such as health, legal, career and social

- OBJECTIVES -

- Identification of strong leaders and changed makers and building their capacity. To promote a culture of respect and equality for female gender.
- The provision of opportunities and programs for women to be financially, mentally and emotionally empowered so as to promote their growth as individuals in their own right.. Periodically organize skill development courses for faculty, students and rural woman. To inculcate entrepreneurial attitude among young minds.

Above all, ensures a secure and progressive learning environment for the girl students.

Glimpses of Women's Day Celebration 2024





Women Empowerment cell Activities 2024-2025

Personality development and Menstrual hygiene

Women Empowerment Cell (WEC) of VMCC organized a seminar on "Personality development and Menstrual hygiene" on 1st August 2024. The wellness of women menstrual health was focused and this stood as a huge eye opener.



Personality development and interview readines



The program 'Personal Hygiene for Boys' organized on 19.05.2024 exclusively for boys' was organized with the goal to promote personal grooming for overall confidence building and personality Enhancement

WOMEN'S DAY COMPETITION 2024-2025

VINAYAKA MISSION'S CHENNAI CAMPUS

VIDEO CONTEST OF MOST INSPIRING WOMEN – FACULTY MEMBERS



ROLE PLAY BY FEMALE FACULTY



VMCC female faculty members unleashed their inner talents, celebrating their individuality and creativity

CELEBRATING MYSELF FOR FEMALE FACULTY

WOMEN'S DAY COMPETITION

2024-2025

WHO AM I – FOR GIRL STUDENTS

Girl students of all the institute – AVIT, MBA, SAS, SAHS, VMLS and VSEP enthusiastically participated in the competition and showcased their talent.



REGARD BEFORE DISCARD – FOR GIRL STUDENTS

The waste was utilized by the girl student which was converted into beautiful and reusable decorative items, consumables, table needs, etc aiming at sustainable environment by incorporating their creative skills.

FACULTY CORNER

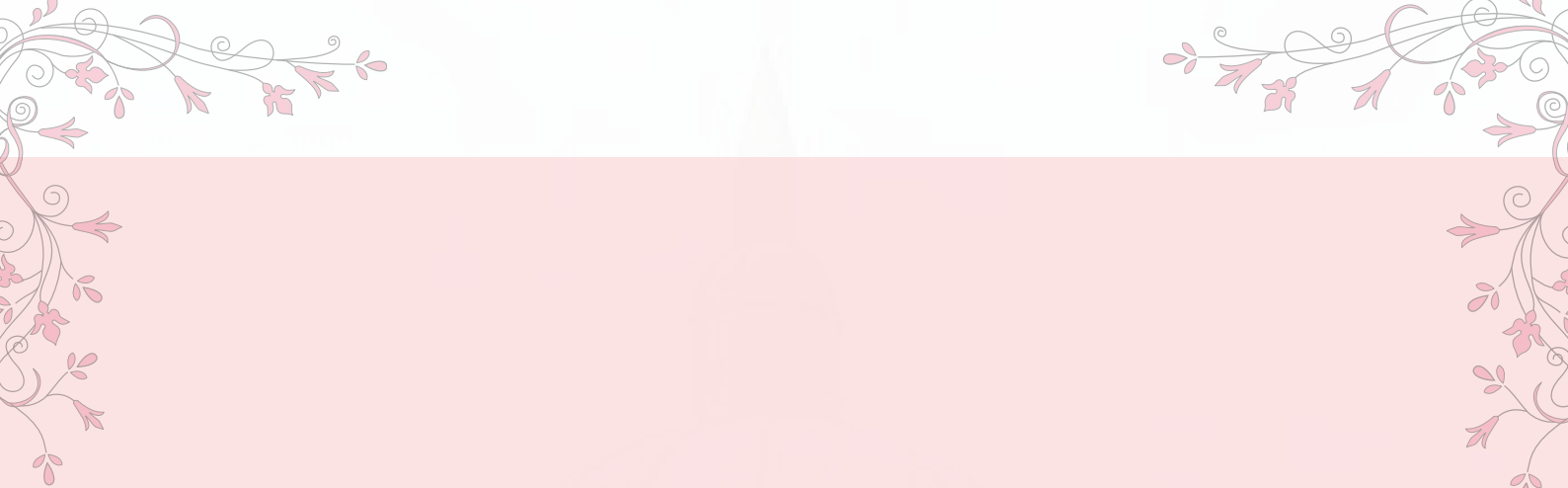


ACCELERATE ACTION – EMPOWERING WOMEN IN LEADERSHIP AND DECISION-MAKING

This year's theme for International Women's Day, #Accelerate Action, serves as a powerful reminder that the world cannot wait any longer to empower women in leadership and decision-making. During this women's day celebrations 2025, we are reminded that the path to gender equality requires deliberate action, and it's time for society and workplaces to step up and play a more active role in breaking down the barriers that have historically prevented women from taking leadership positions.

The Importance of Women in Leadership: Women's representation in leadership is essential for creating more effective, inclusive, and dynamic decision-making environments. When women are in leadership roles, it not only fosters a diverse and balanced perspective but also drives innovation and growth. It's found that gender-diverse leadership teams perform better, fostering creativity, improving decision-making, and enhancing overall productivity. However, despite this evidence, women continue to be underrepresented in leadership roles across industries, from the corporate world to politics. It's time to move beyond token gestures of inclusion and commit to real, systemic changes that give women the same leadership opportunities as their male counterparts. Every level of society, from businesses to government offices, must provide women with equal access to leadership opportunities.

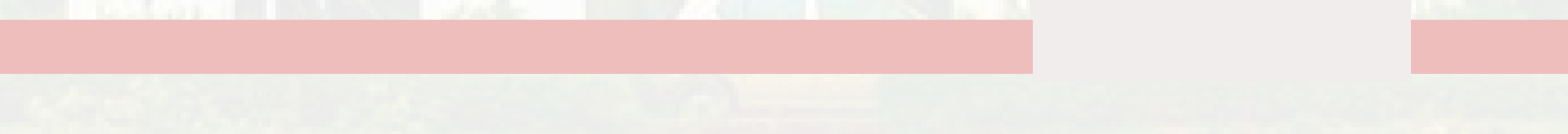
Women's Voices in Decision-Making :For true equality to be realized, women's voices must be included in all decision-making processes. This means not only having women in leadership positions but also ensuring that their perspectives are valued in shaping policies, laws, and organizational strategies. Women's lived experiences are critical for understanding the full scope of societal challenges and crafting solutions that are just, equitable, and sustainable. When women are excluded from decision-making, the policies and systems that affect their lives may overlook or fail to address their specific needs. Issues like healthcare, education, gender-based violence, workplace equality, and economic opportunities are often better addressed when women's experiences are directly involved in the conversations that lead to the solutions. Including women in decision-making ensures that these policies are comprehensive, inclusive, and truly reflective of the diverse needs of society.



Role of Society and Workplaces :Achieving gender equality in leadership requires more than just a change in laws and policies; it necessitates a shift in societal attitudes and workplace cultures.Society and workplaces must prioritize providing equal opportunities for women at all levels. This includes actively mentoring and sponsoring women, creating inclusive hiring practices, and ensuring that women are given the same access to resources and opportunities as men. Additionally, organizations must recognize and address the gender biases that often exist in promotion and leadership opportunities. Men are often assumed to be natural leaders, while women must prove themselves time and again. This must change.

The call to #Accelerate Action is clear. We can no longer afford to wait for change to happen at a gradual pace. The time to act is now. By making intentional, systemic changes in how women are included in leadership roles and decision-making processes, we can build a more equitable and just world for future generations.Let’s embrace this theme with the urgency it demands, ensuring that women are not only empowered to lead but are actively included in shaping the decisions that define our societies. By accelerating action, we move one step closer to achieving true gender equality, where women’s voices are heard, their contributions valued, and their leadership celebrated.

**Dr.S.P.SANGEETHA
VICE PRINCIPAL(ACADEMICS)
COORDINATOR-WEC**



THE BLIND AND THE UNHEARD WOMEN OF THIS WORLD



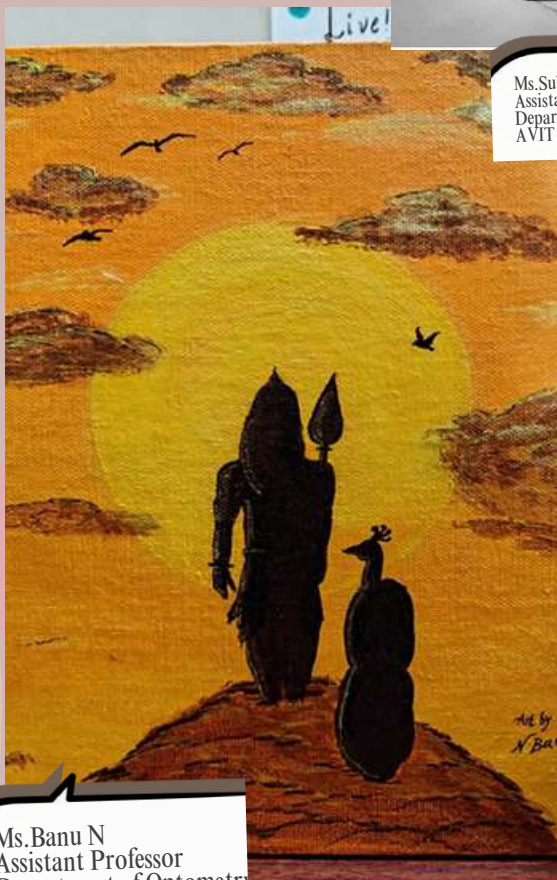
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WOMEN

Women are the pillars of resilience and compassion, carrying the weight of the world with grace and strength.

“Women are the real architects of society.” – Harriet Beecher Stowe

Women, like rivers, are dynamic, constantly shaping and molding the world around them. They possess an untamable strength, flowing with creativity and power.

WOMEN can be described as

W - Wonderful

O - Outspoken

M - Magnificent

E - Empowered

N - Nurturing

Women have always played a crucial role in shaping society, contributing to every facet of life, from family dynamics to cultural, political, and economic advancements. Throughout history, women have been instrumental in driving change, though often they have faced significant obstacles due to gender inequality. Despite these challenges, women have consistently demonstrated resilience, strength, and a capacity to lead and innovate.

In modern times, the fight for women's rights has gained momentum, with movements advocating for equal opportunities in education, employment, and personal freedoms. Women have shattered many barriers in traditionally male-dominated fields, becoming leaders in politics, business, science, and the arts. Their achievements are a testament to their unwavering determination and the ongoing pursuit of gender equality.

“A woman is the full circle. Within her is the power to create, nurture, and transform.” – Diane Mariechild

Furthermore, women are key to fostering strong communities, as they often serve as nurturers and caretakers, ensuring the well-being of their families and society. Women's perspectives and voices are integral to creating inclusive and progressive societies, where their contributions continue to enrich the fabric of the world. The empowerment of women not only benefits them individually but also leads to the advancement of society as a whole.

**by
Dr. V. Shella Mary,
Professor,
Dept. of Management**

CELEBRATING MYSELF!

"Be yourself; everyone else is already taken." — Oscar Wilde

I celebrate myself not for my name, position, or achievements but for something that makes me uniquely me—being short!

You might wonder, what's so special about that? After all, society often glorifies height. But my journey has taught me that being short is not a limitation—it's a gift! Yes, I have been called many names: duck, tomato, kullachi, kuttachi, dwarf, jester—some hurtful, some amusing. But one nickname remains my favorite—LADDU! These words made me reflect on my height, and in doing so, I discovered countless reasons why being short is a boon, not a bane.

Tiny but Mighty – Childhood Perks

As a child, I was a perfect fit—quite literally! I fit effortlessly into my parents' hands and arms, making it easy for them to carry, cuddle, and care for me. In school, I was always seated in the first row, ensuring I was the center of attention. However, teachers often focused more on the backbenchers, failing to realize that "appearance is deceiving!" We first-benchers had our fair share of fun too!

Small but Memorable – Teenage Years

My teenage years made me realize that being short meant standing out in the best way possible. While my siblings and cousins frequently outgrew their clothes, I had the privilege of sharing and swapping outfits—a perk that made them envious! Shopping became an even greater advantage—I had twice the choices at half the price, as I could explore both the kids' and adults' sections.

A Perfect Match – Marriage and Adulthood

When it was time for marriage, my parents found me a perfect match—a man standing tall at 5'8". Our height difference often became a subject of amusement, but we never paid attention. To me, he was the "Unreachable made Reachable!" From dusting the ceiling fans to changing light bulbs and curtains, he always stood by my side, quite literally! And for me, the coziest place to rest my head has always been his chest—whether I felt high or low.

A Short Mother to a Tall Son

Life took a humorous turn when I became a mother to a tall son. The irony of a short mother raising a tall child never goes unnoticed! He often teases me, saying, "Mama, just a few more inches, and I'll tower over you!" Little does he realize that he is simply queuing up behind his father, ready to support me, always. And the best part? I will always remain young in his eyes because, to him, I never 'grew old'!

The Ultimate Message – Be Yourself!

To those who criticize—remember, one day, you too will be judged. And to everyone reading this, take this as a reminder: we are all unique. Whether you are short, tall, stout, lean, dark, or fair—embrace who you are. Prove yourself, shine bright, and come out with flying colors!

Because at the end of the day, it's not about how tall you stand—it's about how high you rise!

**Ms. Bharathi P,
Research Scholar,
Department of H&S,
AVIT**

Balancing Dreams and Diapers: The Journey of a PhD Scholar and a New Mom

Motherhood and academia—two demanding roles, each pulling in different directions. One thrives on logic, deadlines, and rigorous research, while the other flourishes on instinct, sleepless nights, and unconditional love. As a PhD scholar and a new mother, I find myself at the intersection of these two worlds, balancing the weight of scholarly pursuits with the delicate embrace of my new born.

The Silent Battles

There are moments when I stare at my research papers, the words blurring into a haze of exhaustion. My baby's cries interrupt my train of thought, and I wonder—can I do justice to both? The academic world waits for no one, and neither does a hungry infant. Deadlines loom, but so do first smiles, first words, and first steps.

Society often paints a picture of a woman's journey as an either-or equation. Either you pursue your career with relentless ambition, or you embrace motherhood with complete surrender. But what if we choose both? What if we refuse to fit into predefined boxes and instead, create our own balance?

Strength in Vulnerability

There are days when I feel overwhelmed, questioning my own strength. But in those very moments of doubt, I find power. Motherhood has made me more resilient, more patient, and more determined than ever. The sleepless nights have not dulled my mind but sharpened my focus. The lullabies I sing at night are not just for my child—they soothe my own anxieties, reminding me that every challenge is temporary.

Every time I pick up my research paper after calming my baby, I am proving that women can be both nurturers and scholars, caregivers and intellectuals. The very act of pursuing my PhD while raising a child is a silent revolution, an assertion that we are capable of greatness in multiple forms.

Empowering a New Generation

To every woman who finds herself torn between career aspirations and the demands of motherhood—know this: You are enough. Your dreams are valid, and your sacrifices do not go unnoticed. Whether you are writing research papers at midnight or feeding your baby at dawn, you are shaping the future.

Motherhood does not hinder ambition; it fuels it. The drive to succeed is no longer just for ourselves but for the little hands that reach out to us, trusting us to lead by example. Our children deserve to see strong, passionate women who refuse to give up on their dreams. So, to all the warrior moms out there juggling bottles and books, keep going. The world needs your wisdom, your strength, and your unwavering spirit. And when you feel like you are failing, remember—you are raising a human and chasing your dreams. That, in itself, is extraordinary.

By

**Sheeba Sisly S.
Research Scholar,
H&S department, English,**

To My Mother On Women's Day

You are the light that guides my way,
A love so strong, it will never sway.
With every smile, with every touch,
You've given me more than words can clutch.

A heart so kind, a soul so bright,
You fill my world with endless light.
Through storm and sun, through joy and pain,
Your love has been my sweetest gain.

You taught me strength, you showed me grace,
With every challenge, you held your place.
A woman fierce, yet soft and true,
There's no one else quite like you.

So on this day, I want to say,
Thank you, Mom, in every way.
For all you give, for all you do,
Happy Women's Day to you!

By G Harika
Avit Cse Department
3rd year / 6th Semester

Women's Day



Art by G Sawan kumar
BE.CSE 3rd year
Reg no. 3502210536

Women's Day

A tribute to the women of might,
Who shine so bright, like stars in the night.
Their strength and courage, a beacon of light,
Guiding us forward, through the darkest of nights.

With hearts full of love, and spirits so free,
They conquer the world, with dignity.
From the home to the workplace, they make their
mark,
Leaving a trail of excellence, like a shining spark.

Their beauty is more than skin deep,
It's a reflection of their souls, where love and kindness
creep.
Their laughter is music, that echoes through the air,
A joyous sound, that's beyond compare.

They are the caregivers, the nurturers, the guides,
Who shape the future, with their gentle, loving strides.
They are the leaders, the innovators, the game-
changers too,
Who break the mold, and forge a new path, anew.

So let us celebrate, these women of might,
Who inspire us, with their courage and light.
Let us honor their achievements, and recognize their
worth,
For they are the backbone, of our families, our
communities, and our earth.

To the women of the world, we say thank you,
For all that you do, and all that you bring to our lives,
anew.
May your day be filled, with love, laughter, and cheer,
And may your spirit, continue to soar, year after year.

Happy Women's Day, to each and every one,
May your beauty, strength, and resilience, have just
begun.
May you continue, to shine your light,
And inspire us all, with your remarkable might.

Name : Vedhachalam k
Department : BE EEE
Register No : 3462310504

STUDENT CORNER



Be true. Be kind.

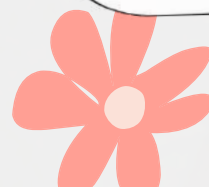


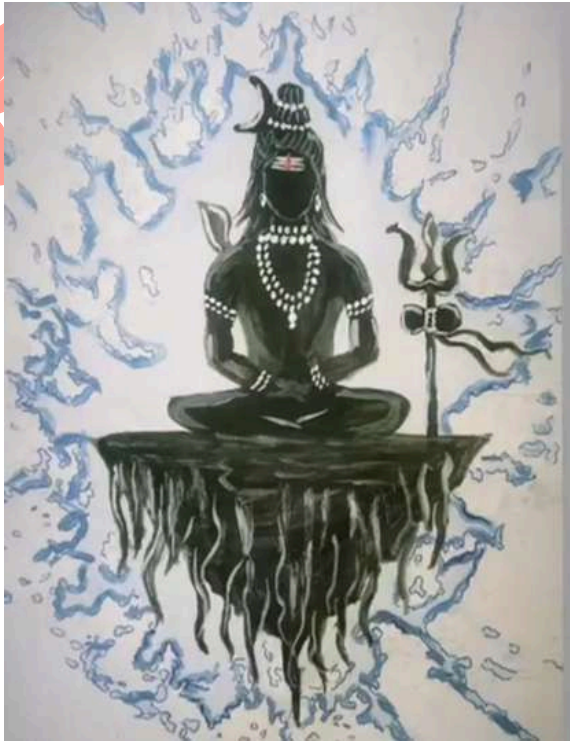
By

Soundarya,
Third year
B.Sc.Neuroscience technology
SAHS



Mr. Leyang
Final year
Civil Engineering
AVIT





BY

MS.SINDHU.R
THIRD YR CARDIAC
TECHNOLOGY
SAHS

UNFORGETTABLE MEMORIES

The days of the memories are wonderful,
The days of the life are memorable.
It's easy to say that memories are hard to forget,
but reality is the way you take it.

Less the time with you all,
still I remember my first day at college.
Hard to forget but love to more ,
Never been thought the time got lesser day by day .

One day we all will meet ,
Hours of day will be again a memory for me.
Meeting and spending a time is not easy until it happens.
Still waiting eagerly.

Willingly waiting for the moments of wonderful days.
In this entire college days with you all .
The days of memories are only a memory.
The days of the memories are wonderful,

With lots of love
Yankee Tirkey
III BBA
School of Arts and Science , VMCC

Her Strength

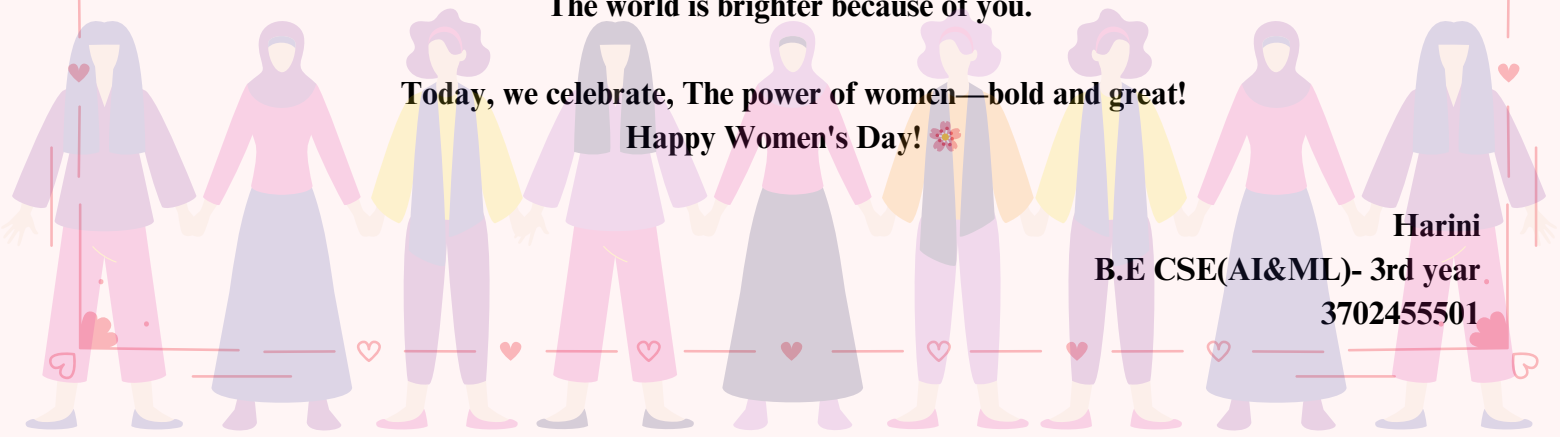
She wakes up with the sun,
Her journey has just begun.
With courage in her heart, she stands tall,
With dreams in her hands, she won't fall.


Through tough times, she will succeed,
She keeps hope alive, that's her deed.
With every step, she shows the way,
Her strength shines every day.

To all women, strong and true,
The world is brighter because of you.

Today, we celebrate, The power of women—bold and great!
Happy Women's Day! 🌸

Harini
B.E CSE(AI&ML)- 3rd year
3702455501





Every year on March 8th, we celebrate International Women's Day, but this day is much more than just a date on the calendar. It's a reminder of the strength, struggles, and achievements of women all over the world. Women have always played a huge role in shaping society, but too often, their contributions go unnoticed.

From fighting for the right to vote to demanding equal pay, women have had to work hard to get the rights they deserve. Even today, in many parts of the world, they continue to fight for basic freedoms. Women's Day is a time to celebrate the progress we've made while also recognizing that there's still work to do.

History is full of incredible women who have made a difference. Marie Curie changed science forever with her discoveries in radioactivity. Malala Yousafzai stood up for girls' education even when her life was in danger. Wangari Maathai worked to protect the environment and empower women in Africa. These women, and many others, have left a lasting impact despite facing discrimination and barriers.

Women have been leaders, inventors, artists, and revolutionaries. Yet, they often don't get the recognition they deserve. That's why Women's Day is important—it shines a light on these achievements and reminds us to appreciate the strong women in our own lives.

Even though we've come a long way, women still face many challenges. In many places, they are still paid less than men for the same work. Many women are not given leadership roles, even when they are equally or more qualified. Domestic violence, sexual harassment, and gender-based discrimination remain huge problems worldwide.

Movements like #MeToo have helped bring attention to these issues, giving women the courage to speak up about harassment and injustice. In countries like Iran and Afghanistan, women are still fighting for basic rights—like the freedom to study, work, and choose how they dress. These struggles remind us that Women's Day is not just about celebrating—it's also about taking action.

Despite these challenges, Women's Day is also about hope and celebration. It's a day to appreciate the mothers who guide us, the teachers who inspire us, the doctors who heal us, and the artists who move us. It's about recognizing every woman's strength, whether she is leading a company, raising a family, or following her dreams.

Think about the young girl learning to code, the single mother building a new life, or the grandmother sharing her wisdom—these are all victories worth celebrating. When we lift up women, we lift up society as a whole.

International Women's Day is not just about looking at the past; it's about creating a better future. A world where women and men have equal opportunities, where gender doesn't limit what someone can achieve.

Change doesn't happen in a day, but every small step matters. Supporting women, speaking up against injustice, and creating opportunities for equality are things we can all do, every day. Because when women succeed, the whole world moves forward.

So let's celebrate women—not just on March 8th, but every single day. The fight for equality continues, and together, we can make the world a fairer, kinder place for everyone.

by
MD SHAHBAZ ALAM
BE(E.E.E)

BREAKING BOUNDARIES AND SHAPING THE FUTURE

The Incredible women like Rosa Parks: The mother of civil Rights Movement, Malala Yousafzai: The youngest Nobel Prize Laureate, Jane Goodall: The Primatologist and Conservationist, Frida Kahlo: The Artist and Feminist Icon, Greta Thunberg: The Climate Activist.

The above listed incredible women among many others, shattered glass ceilings, challenged stereotypes and inspired us to strive for a more just and equitable world. The stories serve us a testament to the power of women's leadership, resilience and determination. As we celebrate their achievements, we must also recognize the countless women who continue to break barriers and shape the future.

LET US RESPECT! RECOGNIZE!! AND SALUTE WOMEN!!!

M. AYSHA BEGUM,
B.Sc CHEMISTRY II YEAR

The Unheard Voices

In a land where dreams were caged so tight,
Girls were told, "Stay out of sight."
"Books aren't for you, just learn to cook,"
Their wings were clipped before they took.

They watched the boys with pens in hand,
While they were forced to take commands.
No lessons taught, no pages turned,
Yet later scorned for what they hadn't learned.

"You do nothing!" the voices shout,
"You just stay home, just move about!"
But when they begged to learn and grow,
The answer was a firm, "No, no!"

They raised the children, kept the flame,
Yet never earned respect or name.
"You don't earn, you don't provide,"
Yet who stood always by their side?

Had they been taught, had they been free,
What wonders could these women be?
Doctors, teachers, leaders strong—
A world where they had always belonged.

So let them rise, let them learn,
Let the fire inside them burn.
For every girl deserves her chance,
Not just a life of circumstance.

Break the chains, break the past,
Knowledge will forever last.
A woman's strength is fierce and true,
Given the chance, there's nothing she can't do.

Archana shakya
B.E(CSE-CS)
3602210505

பிரம்மன் படைப்பின் அதிசயமே
அச்சங்களை அடியோடு அழித்திடு
வீரத்தினை வேராக ஊன்றிடு
கனவுகளை கண்மூடாமல் தூரத்திடு
வெற்றிகளை விண்ணதிர
கொண்டாடிடு
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இந்த வாழ்க்கை உனக்கானது...!!
தேவதைகள் தின வாழ்த்துக்கள்...

சரித்திரம் படைக்க
பிறந்த சித்திரமே ✨
பிரபஞ்சம் போற்றும் பேரழகியே 😍
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தன்னம்பிக்கையோடு தடம்
பதித்திடு 🦶
கண் திறந்து பார்த்திடு 👁️
கனவுகளை எட்டி பிடித்திடு 😊
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தேடி வரும் 🎉
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"மகளிர் தின" வாழ்த்துக்கள் 🙌

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WOMEN HEADS



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WOMEN HEADS



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Assistant Dean - Inclusivity
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Dr. S. Saranya
Head & Associate Professor
Department of English



**A TEAM OF DEDICATED
WOMEN FACULTY AT
VINAYAKA MISSION'S
CHENNAI CAMPUS**





Editorial Board

Greetings!

A happy Women's Day wishes!

The editorial board of the Seventh edition of the WEC newsletter takes great joy in wishing all on this wonderful day. We believe that this magazine completely captures the essence of WEC and its prominent role in VMCC. The board has been coming together regularly to brainstorm the content and the design of this year's newsletter.

The newsletter serves as a platform to showcase the achievements of women faculty and female students across various aspects of academics, co-curricular, and extra-curricular activities. It has long been a tradition at WEC to honor women achievers in society who have made significant contributions to fields such as Education, Literature, Fine Arts, Sports, Science, and Technology. The board of members selects one candidate from a pool of shortlisted nominees, based on a set of established criteria.

Additionally, the Exceptional Mother Award recognizes single mothers who work tirelessly to educate their children, following a thorough review of collected data. Female students who excel in academics, co-curricular, and extra-curricular activities, and serve as brand ambassadors for empowered women, are also celebrated.

The editorial board takes pride in documenting the recipients of these awards for the year 2025 in all categories.

Furthermore, the creativity of students and staff is showcased, providing them with space to express their thoughts and feelings through art, poetry, short stories, articles, and more, in both English and Tamil. The editorial board is continually amazed by the creative energy of the students and faculty, and plans to expand the platform for their work in future editions.

The board's hope is that this newsletter will serve as a testament to the current contributions of women to society and to the future potential of women leaders and innovators. We invite you to turn these pages and witness the remarkable achievements that shape the future.

Thank YOU

Wishing all the women out there a happy women's day and be unstoppable!!!!



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