

# WVVISIT

Magazine for women

Second Issue





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Warm greetings to you all,

On behalf of our SIT Management and Women in Development cell, We feel delighted to publish our second issue of our Wisit, a women magazine with the foresight of our team guiding lights for us in our work in editing the journal.

Readers will notice a new cover, which we hope represents in some way a new beginning as we move on to the second issue of the journal under our editorship.

The immediacy of e-based publication makes it possible for us all to be fully connected to each other and to developments in education field and to be directly involved in ongoing knowledge construction. We may also highlight some personalities in various fields which really brings out some remarkable change in our students life .

We wish all our current and future readers happy reading and learning.

- Editorial Team

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## WISDOM IS POWER

By

**Dr. R. Usharani, Lecturer (SG)/ICE, S.I.T, Trichy**

Knowledge is not power, but wisdom is power.

Knowledge is information from past while wisdom is the key to the future.

Knowledge is knowing or understanding something. Knowledge is having awareness of facts and truths

But wisdom is the state of being wise. Wisdom is the ability to use knowledge and/or experience intelligently. Wisdom can determine what is wise vs what is unwise.

Our former Chief Minister Thiru K. Kamarajar was a wise person. Even though he may not have had formal education and a college degree, but he was instrumental in revolutionary reforms and infrastructure for education in TAMILNADU.

If the leaders are wise, then there will be no corruption at all. If there is no corruption, then India will be the number one country in the world in all domains.

Wise people are self-disciplined, honest, true leaders. Wise people treat others fairly with respect as they would like to be treated.

Wise people keep themselves productively busy, living life to the full in the present moment.

A good education system must focus on producing wise people.

Today unfortunately, schools and colleges concentrate mainly on academic (scholastic) education. Today's children are smarter than the older generation. It is not an easy task to groom or counsel them to be wise men or women.

Education must train children to be wise with healthy mind. Healthy mind comes with self-competition. We must teach our children to focus on being better than they were yesterday. If there is self-competition, there is no negative thoughts. When we compete with others, there will be a lot of negative thoughts. Only positive thoughts must be put into the child.

A child must get a medal if he/she came in with 35% mark and improved to 75%. He/ She should not be compared with another child who got above 75%.

The focus of the educational institution must be producing responsible wise citizen with self-discipline, good character, honesty, integrity etc, A wealthy career will come if the children are good human being irrespective of wherever they are and whatever they are doing.

**So, wisdom is power.**

**Mrs. Nina George**  
**Deputy General Manager(HR)**  
**NTPC Limited, Chennai**



“It was the best of times, it was the worst of times...” may be the apt Dickensque description for the world we are today.

On the one hand we are bound by the terrors of a persistent global pandemic, and its many repercussions... loss of precious lives, jobs, crashing economies, and a lingering fear of the future and the unknown.

On the other hand though, there has never been a better time for being alive... literally too!

At this very moment there are the least wars and terrorism than has ever been, there is more access to health and education, information is free, and there is open access to many opportunities. It is the best time ever, to be practicing gratitude, trusting in the advancement of science that has come to our rescue, rethinking life priorities to invest ourselves in what truly holds meaning for us, and appreciate our abilities to still survive and thrive and more importantly to dream...

It is a fact that all women define success differently. For some it might be gathering the courage to be the first in their family, to step out of home to gain an education; for others to gain a profession. For some it may be, to become a leader; and for some others, to be an entrepreneur. For some it may be the devoted nurturing of their family; for some others the self-less nurturing of a society. Each definition is unique, and unquestionably driven by a lot of passion and intention.

Women, characteristically look for holistic success in life. Their dreams are an amalgamation of personal and professional goals. This is especially true of young millennial and Gen Z women, who are passionate, optimistic, and purpose-oriented, while also wanting to balance out both facets of their personality.

In the business environment that I am familiar with, women are in the best situation than ever before. Maternity & childcare trends are best adapted for working women to get maximum benefits. Organizations are

sensitized to women issues and are eager to show them they care. Glass ceilings are breaking the world over, with nearly 30% women in senior leadership. At least 87% of global businesses have women in their senior leadership.

It is also generally being accepted that women do make better leaders than men. They have an edge when it comes to multitasking, empathetic processing, are great motivators and also champion their cause with much passion and conviction.

And so now, it is left to the women themselves, to make what they can of this best mix of both worlds. It is the perfect opportunity to spread wings and soar high and turn all those dreams to reality. So what gets us from dream to reality? Here is what I think make up a few building blocks of success:

#### 1. Recognition of Self-Worth:

The most detrimental factor for women dreaming big or wanting to fulfill their goals, is their uncertainty with regard to their own abilities.

Don't get discouraged by other people's successes or timelines. You are unique and your journey to your dreams is unique. Don't wait for someone else to tell you that you are worthy of that dream. Confident awareness of potential, and loving and appreciating oneself is the very first step.

#### 2. Plan Your Dream:

Why is this your dream? Root yourself in that “why”. Get as clear as you can about it. Visualize what it is that you want to achieve down to what it smells like, feels like, tastes like, sounds like.

Then, make an action plan. Write it down. An achievable one that is divided up into bite-size pieces. When you get off track, don't judge yourself just get back to work. Remind yourself of “why” you own this dream, and let it guide you. Do remember that no effort is too small. Like little drops make the ocean, all the tiny efforts will add up towards the fulfillment of our goals.

### 3. "Carpe Diem" -Seize the Day!

When we are not afraid to take up every opportunity to do something that drives us closer to our goals, it all adds up to our benefit. Never shy away from making the best use of such opportunities, which will give you the best possible exposure and hone your skills. Try to keep updated with the latest news and developments in the areas of your interest. Go ahead and seize that extra project, that paper presentation, or that skill certification, whatever it is that will step your game up.

### 4. Surround yourself with your "People":

In this journey towards self-actualisation, it is highly essential that we should have the right people near us, who will form our support system, share our vision

and encourage our dreams even when we are sometimes plagued with doubt. It is valuable to seek out a mentor who can give you necessary guidance from their knowledge and experience. They could be a parent, a peer or a professor who can support you, and whom you can trust with your thoughts and fears.

### 5. Don't be afraid to fail:

Success begets success, but failure gives us lessons, that success never can. It is the key to growth, empathy, and creation, so it is important to value a failure. History is proof that failure creates remarkable success stories. Remember Thomas Alva Edison? He nailed the incandescent light bulb

only on his 1000<sup>th</sup> attempt. Now imagine what if he had stopped after 100 attempts or maybe a 500? So don't be afraid to fail... But be very afraid if that failure makes you not want to try again. Do take time to reminisce the journey you have come along. Look back to only remember but never to regret.

### 6. Practise the Pause: In general it is known that

women are very cautious and risk averse, weighing the "what ifs" much more than men do. Being overcautious does not help, because it means there is more "thinking" than "doing".

It however makes a difference to take a break and pause from time to time and take stock of where you are on your road to your dream. Analyse what has been done; make a course correction if required. But it makes all the difference to just take a little pause, before reacting to any situation, jumping to conclusions, letting prejudice cloud your decisions, or shutting out possibilities.

7. We rise by lifting others: When women get together, they can do incredible things. When we support and help other achieve their dreams we will achieve ours. Don't measure yourself against anyone else, and use other women as an inspiration and not as competition. Be that person who can encourage and support others in their journey to success. Let us remember to uphold each other with goodwill and trust.

Let us remember that true empowerment is when we build each other up and walk ahead together fearlessly and head held high, striding towards our dreams. Together we can build a revolutionary society that respect and applaud the voice and value of women.

*When there are no ceilings, the sky's the limit"-  
Hillary Clinton*

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*Mrs. Nina George*

*She is currently working as Deputy General Manager in Human Resources at NTPC Ltd., a leading power utility PSU of the country. She completed her B.Sc. (Chemistry) from Holy Cross College in 2002 and MBA from NIT, Trichy in the year 2004. She is an avid reader and quizzing enthusiast.*

# புலிட்சர் பரிசு

சீனாவில் உய்குர் முஸ்லிம் மக்களுக்கு இழைக்கப்பட்ட அநியாயத்தை உலகுக்கு அம்பலப்படுத்தியவர் இந்திய வம்சாவளி பெண் மேகா ராஜகோபாலன் ஆவார்.

## நியூயார்க் :

சீனாவில் ஜின்ஜியாங் மாகாணத்தில் லட்சக்கணக்கான உய்குர் முஸ்லிம் மக்களுக்கு எதிராக மனித உரிமை மீறல்களை ஜின்பிங் அரசு செய்து வருவதாக உலகளாவிய குற்றச்சாட்டு உண்டு. இந்த இன மக்கள் தொகை பெருக்கத்தை கட்டுப்படுத்த பெண்களுக்கு கட்டாய கருத்தடை சாதனங்கள் பொருத்தப்படுவதாகவும் புகார்கள் வந்தன. இந்த உய்குர் இன மக்களை லட்சக்கணக்கில் பிடித்து அடைத்து வைப்பதற்கு சீனா ரகசிய கட்டமைப்புகளையும் உருவாக்கியது. இந்த ரகசிய கட்டமைப்புகளை புலனாய்வு செய்து கண்டுபிடித்து உலக அரங்குக்கு அம்பலப்படுத்தியதில் இந்திய வம்சாவளி பெண் பத்திரிகையாளர் மேகா ராஜகோபாலனுக்கு முக்கிய பங்கு உண்டு. அவருடன் மேலும் இருவருக்கு பங்களிப்பு இருக்கிறது. அவர்கள், அலிசன் கில்லிங் மற்றும் கிறிஸ்டோ புஷ்செக் ஆவார்கள்.

இவர்களுக்கு பத்திரிகை, இணைய ஊடகம், இலக்கியம், இசை, நாடகம் போன்ற துறைகளில் சிறந்த சாதனை படைக்கிறவர்களுக்கு அமெரிக்க பத்திரிகை வெளியீட்டாளர் ஜோசப் புலிட்சர் பெயரால் வழங்கப்படுகிற புலிட்சர் விருது அறிவிக்கப்பட்டுள்ளது. சினிமா துறையினருக்கு ஆஸ்கார் விருது போல பத்திரிகையாளர்களுக்கு புலிட்சர் விருது தனி கவுரவம் ஆகும். அமெரிக்காவின் கொலம்பியா பல்கலைக்கழகம்தான் இந்த விருதை 100 ஆண்டுகளுக்கு மேலாக வழங்கி வருகிறது என்பது குறிப்பிடத்தக்கது.

லண்டனில் உள்ள மேகா ராஜகோபாலன், புலிட்சர் விருது அறிவிக்கப்பட்டிருப்பதற்கு மகிழ்ச்சியும், அதிர்ச்சியும் ஒரு சேர தெரிவித்திருக்கிறார். இவர் அமெரிக்காவின் 'புஸ்பீட் நியூஸ்' இணையதள செய்தி நிறுவனத்துக்காக லண்டனில் பணியாற்றி வருகிறார். சீனா இவருக்கு தடை விதித்த நிலையில், கஜகஸ்தான் நாட்டில் போய் ஜின்ஜியாங்கில் அடைபட்டுக்கிடந்தவர்களை சந்தித்து பேசி சீனாவின் அட்ரீழியத்தை தீர்த்துடன் அம்பலப்படுத்தியதற்கு 15 ஆயிரம் டாலர் (சுமார் ரூ.11 லட்சம்) ரொக்கப்பரிசைக் கொண்டு இந்த புலிட்சர் பரிசு மேகாராஜகோபாலனுக்கு வழங்கப்படுகிறது. உள்ளூர் செய்திகளை வழங்குவதில் புகழ்பெற்ற நீல் பேடி என்ற இந்திய வம்சாவளி பத்திரிகையாளருக்கும், கேத்லீன் மெக்குரோரி என்பவருக்கும் கூட்டாக மற்றொரு பிரிவில் புலிட்சர் பரிசு அறிவிக்கப்பட்டுள்ளது.

Compiled by  
C.Devikiruba, III CSE



புலிட்சர் பரிசு என்பது, ஊடகவியல், இணைய ஊடகவியல், இலக்கியம், இசையமைப்பு என்பவற்றுக்காக ஐக்கிய அமெரிக்காவில் வழங்கப்படும் ஒரு விருது ஆகும். இது இத்துறைகளுக்கான மிக உயரிய விருதாகக் கருதப்படுகின்றது. இது நியூ யார்க் நகரத்தில், கொலம்பியா பல்கலைக்கழகத்தால் வழங்கப்பட்டு வருகிறது.



மேகா ராஜகோபாலன்  
(MECHA RAJAGOPALAN)  
லண்டனில் உள்ள மேகா  
ராஜகோபாலன், 2021 புலிட்சர்  
விருது அறிவிக்கப்பட்டுள்ளது.



**Divya Jennifer**  
III year, civil



**Kavya**  
III Year, civil



## World Environment Day

World Environment Day is celebrated on June 5 every year to remind people about the importance of nature. It is celebrated across the globe to tell people that nature should not be taken for granted and must be respected for its values.

### History of World Environment Day:

World Environment Day is one of the biggest annual events organised by the United Nations (UN) to generate awareness about the significance of nature and greenery. The United Nations Assembly established World Environment Day in 1972, which was the first day of the Stockholm Conference on the human environment.

In 1974, it was celebrated with the theme 'Only One Earth'. Since then, various host countries have been celebrating it, and the idea for rotating the center of these activities started. World Environment Day was first observed in 1974 in the US.

### The theme for this year:

The theme for World Environment Day 2021 is 'Ecosystem Restoration' and Pakistan will be the global host for the big day. This day will also see the launch of the UN Decade on Ecosystem Restoration.

### Significance of the Day:

The main idea behind celebrating World Environment Day is to highlight the importance of the environment and to remind people that nature should not be taken for granted.

It is celebrated across the globe to respect and acknowledge everything that the environment has given us and to take the pledge that we will protect it.



# Chikapalli Anasuyamma

## Environment Conservationist



- A native Of sangareddy district in India's newest state, Telungana, Chikapalli's love for environment, Knows no bounds. The 50-Year- old conservationist is an inspiration for many. Like many rural Women, she never went to a school and was in her mid twenties when her husband deserted her soon after her marriage; as a result, she was forced to take up meager jobs to support herself and her son. This is the time when she came across a local, women-led grassroots organization, the Deccan Development Society (DDS) , which focused on transforming barren lands into forest areas. Chikapalli soon realized environmental preservation is her calling and decided to join this group, an association that has lasted decades and resulted in numerous achievements for both. At DDS, she learnt plant-growing and reforestation techniques and skills and used them for better environment management.
- In 1990, raging floods at the Singoor dam site destroyed dam site destroyed 49 villages, of which, a village named Indoor, was one. The poorest communities, particularly the Dalits, many of whom were landless, were most severely, impacted by these floods. Their plight deeply moved chikapalli, who went to the village, met the affected tribals and convinced them that reforesting a neighbourhood hillock could provide them sustainable livelihood opportunities. In what became her most memorable initiative, she managed to train over 40 Dalit women from that village to develop a forest over barren lands.
- Till date, Chikapalli has planted over million (20 lakh) trees over 1200 acres of land and has led the development of nearly 25 forests across 22 villages in her district. In recognition of her untiring efforts towards protecting the endangered forest near Zaheerabad, in her home district, she was awarded the coveted UNESCO Award in September 2019 while her organization, the DDS was also awarded the UN'S renowned "Equator Prize" in July 2019, for providing sustainable solution for environment conservation.



Follow pathways by doing the things you normally do on autopilot differently. Brush your teeth with your non-dominant hand. Walk around as if you're going backwards through time. Talk to yourself in a different language. Whatever you can do to mix it up, do it!

Doing this forms new pathway. Do everyday things differently. Challenge your brain to form new connections and s and connections in your brain. Quite often we take for granted how easy life is, especially once we get the basics down. When you mix it up, your brain has to relearn the skill, challenging it all the more.

Meditate. Much research has shown that not only is meditating good for stress levels and mood, but it's also good for brain functioning. It has been shown to improve blood flow to the brain, patience, concentration, and memory. And it's totally relaxing, too.

Try 30 minutes each day. You may split this into 10 or 15 minutes blocks 2-3 times a day. It is preferable to do when you wake up, after you exercise, and at night directly before you go to bed.

Consider taking supplements. A much safer alternative to taking "smart" drugs is taking natural supplements. Just make sure you're taking the right amount by talking to your doctor first. All of the ones below come backed by scientific research:

- Caffeine
- Creatine
- Ginkgo Biloba
- Omega-3 fatty acids

Start doing regular aerobic exercise. Aerobic exercise seems to be more beneficial. Exercise twice a day for 45 minutes when you wake up and before you go to bed. You should preferably couple this with meditation after you exercise.

This is good for your waistline, too, and fitness, in turn, can improve your mood. The more endorphins you release in your exercise sessions, the more active your brain is and the better you'll feel.

Sleep when your brain actually wants it. Some people are in their prime thinking zone at 9 in the morning. Some at 9 at night. Even others at 2 AM or whenever they've finished their third cup of coffee. Since everyone is different, sleep when your brain wants it. Do you do your best work at night? Then sleep late. You're not being lazy, you're being wise!

Aim to get a solid 7-9 hours of sleep a night, too. When you're tired, your brain can't function at 100%. It cuts down what it thinks it can, sort of putting you in hibernation mode, and only does what it absolutely has to keep you alive and breathing. Consistent inadequate sleep also prevents your brain from developing to its full potential, and can lead to various mental and physical illnesses down the line.

T. Saranya

Lecturer/Computer Engineering

# International Yoga Day 2021

## Theme 2021

**" Yoga for Well-Being "**



International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. According to the Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy (AYUSH), yoga is a physical, mental and spiritual practice. It said that yoga plays an important role in relaxing the mind and body and boosting people's immune system. Yoga has been around for ages and has garnered popularity across the world over the years, said the ministry. During the COVID-19 pandemic, when working remotely has become the new normal, Yoga also encourages people to remain active and have a more balanced state of mind.

### **Yoga For Well-Being: International Yoga Day 2021 Theme**

According to the United Nations, the theme for International Yoga Day 2021 is 'Yoga for Well-Being' and how the practice of Yoga can promote the holistic health of every individual. It further elaborates on how the COVID-19 pandemic has caused a huge psychological impact along with the fallouts on the physical health front. "The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant," read the official note on International Day of Yoga.

The World Health Organisation (WHO) has mentioned Yoga as a means to improve health in its Global Action Plan for physical activity 2018-30. UNICEF (United Nations Children's Fund) says children can practice many yoga poses without any risk and get the same benefits that adults do. These benefits include increased flexibility and fitness, mindfulness and relaxations.

In order to encourage people to adopt Yoga and stay healthy during the ongoing COVID-19 pandemic, the UN and the Ministry of Ayush, Government of India will be conducting a series of virtual events like "Yoga and Me" photography contest, jingle composing competition, discussions, quizzes, among others.



**Manasvini**  
II year, Civil



**Harshini**  
II year, EEE



**Amrithavarshini**  
III year, EEE



**Gunashri**  
II Year, CSE

# AMAZING ENGLISH

## Comedy Corner

Punctuation is Powerful.

An English Professor wrote these words.

“A woman without her man is nothing.”

On the chalk board and asked the students to punctuate it correctly.

All of the Males in the class wrote:

“A woman, without her man, is nothing.”

All of the Females in the class wrote:

“A woman: without her, man is nothing.”

## WHEN BODY PARTS ARE USED AS VERBS

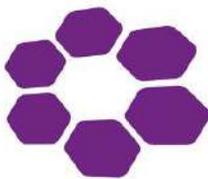
Many parts of the body can be used as verbs in either a physical or a metaphorical sense.

- ❖ “You can **head** a company but if things go wrong, you’ll have to **shoulder** the blame, or **face** your investors.”
- ❖ A good leader will **back** his employees, but if you don’t **toe** the line the management can **skin** you.
- ❖ Did you **muscle** your way into that job?
- ❖ You might **eye** someone suspiciously, or wait for the police to **finger** a suspect.
- ❖ But if you need to get out of town, you can **thumb** a ride or you can ride with me if you can **stomach** the thought.
- ❖ Use strong **arm** tactic if you want to **elbow** out someone.
- ❖ I don’t always sing along with the radio, but I sometimes do **mouth** the words.

**That’s Amazing English!**

**R. Hemalatha**

**Lecturer/English**



**INTERNATIONAL WOMEN  
In ENGINEERING DAY**

**23 June**

International Women in Engineering Day (INWED) is a special day during which women engineers celebrate their achievements. Taking time to celebrate women's achievements in a traditionally male-dominated field reminds all of us how rewarding our work is. It gives us an opportunity to show off our careers, interests, and achievements.

INWED is an international awareness campaign that was first established as a national celebration in Great Britain by the Women's Engineering Society in 2015. It was awarded UNESCO patronage in 2016.

The notion that a special day is needed to raise the profile of women in the field is reflective of the fact that the engineering industry continues to be portrayed as male-focused. We explore what organizations can do better to promote systemic change and remove barriers that lead to the attrition of women in engineering.

As underrepresented as women are, celebrations like #INWED21 give us a chance to highlight the work of visionaries, advocates, allies and fighters who strive to make the industry more diverse and accessible to all.

Since recognizing women in engineering, the field is growing in popularity. More and more women flock to the engineering field as they become inspired by the women who pioneered the field before them. The ultimate goal is to have equal representation of people from all walks of life working in STEM roles.

Having equal representation in roles which are meant to make our lives easier can make a huge difference for everyone. A great example of this is artificial intelligence, or AI. If we only have one group of people designing the technology, it may only benefit the people who look like them, make the same amount of money, live in the same types of homes or neighbourhoods, or go to the same types of schools. If we have a diverse group of people designing technology, then the product will benefit many people among various different backgrounds.

Throughout history, women have been bringing their skills to the table. Their minds curious, their wits quick, they have broken the mold and pursued their dreams. They have made ground-breaking discoveries in their fields. Without their work, many of the things we enjoy today may not exist. Women today are inspired by them. That is why we celebrate this holiday, so the women today can inspire the women of tomorrow.

**M. Vadivukkarasi**

**Lecturer/Chemistry**

# Famous Women Engineers



The vice president of Apple's iPhone operations, Priya Balasubramaniam started working at Apple since 2001.



Twitter's vice president of engineering, Nandini Ramani was involved in several other projects, with one of them being Twitter's Early Bird Camp internship program for high school students.



Anjali Joshi, Vice president of Product Management, Google. She has worked on Google's cloud and infrastructure.



Aparna Ramani, Director of engineering, Facebook helps in processing real-time data and analytics and Facebook's News feed.



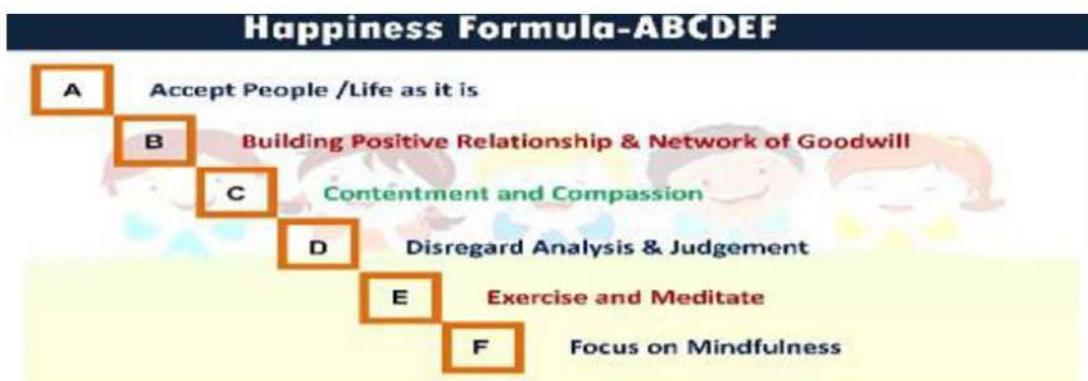
*"Happiness depends upon ourselves."*  
Aristotle

The term *happiness* is used in the context of mental or emotional states, including positive or pleasant emotions ranging from contentment to intense joy. It is also used in the context of life satisfaction, subjective well-being, eudaimonia, flourishing and well-being.

- There are two ways to be happy: change the situation or change your mindset towards it.
- Happiness is mind-based not brain-based.
- Happiness should be realised not analysed.
- Happiness need judiciary balance between contentment and commitment.

**Certain areas of human experience encourage happiness and wellbeing.** These include,

- The quality of relationships in the home.
- The quality of relationships with friends.
- The ability to contribute to economic and social life.
- A strong philosophy of life



### World Happiness Report 2021

- India has been ranked **139 out of 149 countries** in the list of UN World Happiness Report 2021, which was released recently. Finland topped the list.
- The **World Happiness Report 2021** issued by the UN Sustainable Development Solutions Network, focuses on the effects of Covid-19 and how people all over the world have fared.
- Pakistan is on **105th**, Bangladesh on **101<sup>st</sup>** Position.

S.M. Lydia Christy  
Lecturer/Chemistry

# SILVER WINNER



## Mirabhai Chanu



#TOKYOOLYMPICS

Saikhom Mirabai Chanu is the talk of the nation today who wins India's first medal at Tokyo Olympics 2020 with silver in weightlifting 49 kg category on Saturday 24<sup>th</sup> July 2021. She became only the second Indian to win an Olympic medal in weightlifting after Karnam Malleshwari's historic bronze at the 2000 Sydney Olympics. She received India's highest Civilian Sports honour Rajiv Gandhi Khel Ratna for 2018. Chanu was awarded with the Padma Shri by Government of India. She is only the fifth Indian National to win a silver medal at the Olympics.

Saikhom Mirabai Chanu, a native of Manipur's capital city Imphal, was born on August 8 1994 in Nongpok Kakching 44 Km away from Imphal, Manipur to a Meitei family. Her family identified her strength when she was just twelve years old. She could easily carry a huge bundle of firewood home when her elder brother found it hard to even pick it up and now she is 26 years of old. She won her first gold medal in a local weightlifting competition when she was 11 years old.

Later She began her international weightlifting career by competing in the world and Asian Junior Championships, where she won medals in both. She idolises Indian weightlifter Kunjarani Devi.

She ended India's 21-year wait for a weightlifting medal at the Olympics and she exorcised the ghosts of the 2016 Games where she had failed to log a single legitimate clean and jerk lift. Considered her weakness in the run up to the marquee event, Chanu attempted 84kg in her first snatch attempt. The Manipuri took her time and cleanly heaved the barbell. She lifted 87kg in her next attempt and raised the weight to 89kg, which was one 1kg more than her personal best of 88kg that she had lifted at the national championship last year. She later broke into a dance too to celebrate the historic podium finish. Her success motivates every Indian.

# PUZZLE



**MathSphere**  
Sudoku



Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

Hard Puzzle 5

2	7					9	3
		6		3	9		
3						1	5
	3		2	4			7
9	2	5				4	8
4			6				
						7	5
5					8		1
		4		3	9		



**MathSphere**  
Sudoku

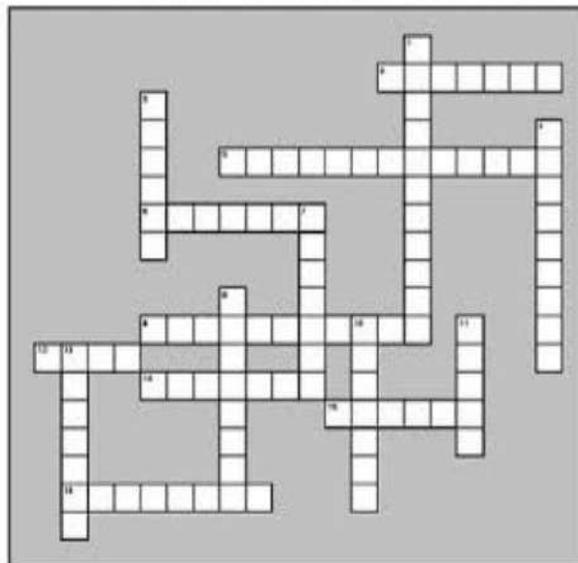


Hard Puzzle 5 answer

2	7	1	4	5	6	8	9	3
8	5	6	1	3	9	7	2	4
3	4	9	8	2	7	1	5	6
6	3	8	2	9	4	5	1	7
9	2	5	3	7	1	4	6	8
4	1	7	6	8	5	2	3	9
1	8	3	9	4	2	6	7	5
5	9	2	7	6	8	3	4	1
7	6	4	5	1	3	9	8	2

## Cross word puzzle: Investigations

Solve the crossword using the list of words and the clues.



infer  
observe  
examine  
revealed  
inconceivable  
aspects  
link  
detective  
inquisitive  
inspect  
conclude  
inquiry  
analyze  
mental  
deduce  
investigate

### Across

2. a question
5. unimaginable
6. to examine all the parts of something in order to understand it
9. to look into a situation (often a crime, but it can also be a mystery)
12. a connection; one part of a chain
14. to notice or watch
15. to figure out something unknown by considering all its known aspects and reasoning it through
16. to consider the evidence and then decide what is true or correct (OR to end something)

### Down

1. curious; wants to understand things
3. related to the mind
4. a person whose job is to find or recognize the hidden information needed to solve a crime
7. to look closely at something
8. shown or made known
10. different sides or ways of looking at something
11. to make a logical guess that something is true based on the evidence, although the evidence is not clear enough to be absolutely certain
13. to look at something carefully to find problems or specific information

Thuvaraga.S.  
II year CSE



Doctors have been fighting a long war from the frontlines against the ongoing COVID-19 pandemic, saving lives at the cost of their own. To pay a tribute to the selfless work done by doctors and to honour their dedication towards serving the humanity, the Government of India along with the Indian Medical Association (IMA), a national voluntary organisation of doctors in the country, celebrate National Doctors' Day on July 1 every year. With the pandemic still far from over, this day is important to honour many doctors who have sacrificed their lives in the last year. Here is all you need to know about the National Doctors' Day.

#### National Doctors' Day 2021: History And Significance

National Doctors' Day was established by the Government of India back in 1991 in honour of the birth and death anniversary of the physician and the second Chief Minister of West Bengal, Dr Bidhan Chandra Roy. Since then, July 1 in India is marked as National Doctor's Day to show gratitude to all doctors.

#### National Doctors' Day 2021 Theme: Save The Saviours

Being trapped in the uncomfortable Personal Protective Equipment (PPE) for hours every day, treating COVID and non-COVID patients, taking online consultation, dealing with the shortage of medical supplies and staff, keeping up with everyday developments in the field of COVID-19 research, the pandemic has been hard on the doctors. With an aim to dedicate the day to the doctors who succumbed to COVID – 19,

The theme of the day this year is 'Save The Saviours'.

During his recent 'Mann Ki Baat' address on June 27, Prime Minister Narendra Modi hailed doctors for going out of their way for performing their duty. PM Modi had said, On July 1, we will celebrate National Doctors' Day. This day is dedicated to the birth anniversary of the great doctor and statesman of the country, Dr BC Roy. We are all grateful for the contribution of doctors during the Corona period. Our doctors have served us without caring about their lives. Therefore, this time National Doctors' Day becomes even more special.