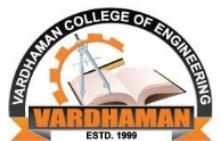


# ALMIKA



## VMEG Newsletter



## WOMEN

All Women achievers are considered to be pride of our Nation. Those women who strive and work hard to be successful by following their passion are the stars of future. Supporting women's ability to succeed and advance economically leads to healthy and productive households, growing businesses, and the well-being of communities and nations.

## Step for Empowerment

Being the members of WIE(IEEE) our first step towards women empowerment had been conducting a training program for two days on basics of computer for government school girls. We are glad to get such opportunity where we could spend time for teaching them providing our labs with required facilities and a system assigned to each of them. More importantly we were gladsome about the feedback we received.

## SUMITHA KRISHNAN-

Sunitha Krishnan is a social worker, who has always been the one to stand up for and help everyone out in anyway possible. Krishnan was a precocious child, she was a badass from the beginning. Her passion for social work became manifested when, at the age of 8 years, she started teaching dance to mentally challenged children. By the age of 12, she was running schools in slums for underprivileged children. At the age of 15, while working on a neo-literacy campaign for the Dalit community, Krishnan was gang raped by eight men.



This incident served as the impetus for what she does today. Instead of breaking down due to the rape, she recovered from the incident. She started an organization called Prajwala, that stands on five pillars: prevention, rescue, rehabilitation, reintegration and advocacy. Her organization has saved and recovered over 12,000 survivors of sex trafficking. She sold her all to build this organization up, to educate and provide a place for the women who had nowhere else to go to.

Since she stands up for a controversial topic, she's been a victim of constant threats and attacks. She's been hit multiple times, pushed, threatened to be killed. But Sunitha stands firmly on her ground and says that these attacks only make her stronger. Sumitha has also used her platform by creating various movies to raise more awareness of sex trafficking in India.

I hope this inspires at least one of you to go ahead and grab the opportunity to fulfill your dreams. To stand up for what you believe in and to speak out when it's needed

**'EACH TIME  
A WOMAN  
STANDS UP  
FOR HERSELF,  
SHE STANDS  
UP FOR ALL  
WOMEN.'**

- Maya Angelou

# POORNA MALAVATH: 'MY REASON FOR CLIMBING MT EVEREST WAS TO PROVE GIRLS CAN ACHIEVE ANYTHING'

The first time Poorna Malavath saw Mount Everest, she turned to her coach and said cheerfully, "It's not that tall. We can climb it in a day." She was 13 years old.

Malavath had come to the Everest base camp from a government residential school in Telangana after eight months of gruelling mountaineering training. As part of her training, she had had to scale Mount Renock at 17,000 feet in the Kanchenjunga range in the Himalayas, which was then followed by acclimatisation in the mountains around Ladakh, at -35 degrees Celsius. On 25 May 2014, Malavath, along with her 17-year-old friend S Anand Kumar, summited Everest. She became the youngest girl in the world to have ever done this.

Malavath, who is now 16 and is finishing her class 12 exams, is firm about one thing. She says time and again that the only thing she has wanted her achievements to prove, was that, "Girls can achieve anything". She says this when I ask her what she likes about mountaineering, and she says it again when I ask her about her interest in sports. "People think girls can't do everything, but in my experience, they can," she says. "It was my reason for climbing Everest." She belongs to a tribal family. Her parents (mother Lakshmi and father Devidas) are farm labourers. She joined Telangana Social Welfare Residential Educational Institutions Society for her education.

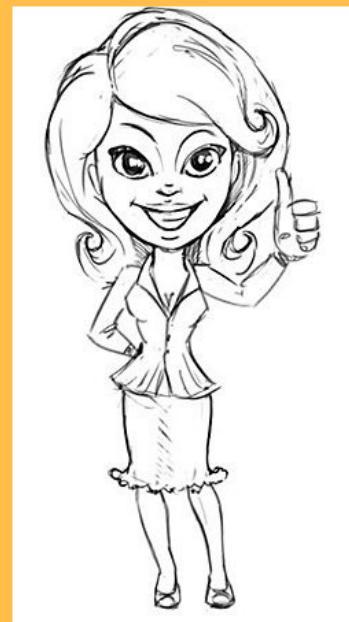
Her talent was spotted by the secretary of the Society Dr.R.S Praveen Kumar. She was shortlisted for Operation Everest along with a dalit boy, Sadhanapalii Anand Kumar. In preparation for climbing Mount Everest she trekked to mountains of Ladakh and Darjeeling. Her story is being made by bollywood film industry. This is the story of her, when a 13 year old girl can fight against all the odds why not you? Whats your story? If you don't have any start working hard now for your dream. There is nothing that you cannot do. Good luck :)



# You are stronger than you think

## Strength and Courage

It takes strength to be certain,  
It takes courage to have doubts.  
It takes strength to fit in,  
It takes courage to stand out.  
It takes strength to share a friend's pain,  
It takes courage to feel your own pain.  
It takes strength to hide your own pain,  
It takes courage to show it and deal with it.  
It takes strength to stand guard,  
It takes courage to let down your guard.  
It takes strength to conquer,  
It takes courage to surrender.  
It takes strength to endure abuse,  
It takes courage to stop it.  
It takes strength to stand alone,  
It takes courage to lean on a friend.  
It takes strength to love,  
It takes courage to beloved.  
It takes strength to survive,  
It takes courage to live.



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