



Leaderess

2023 Aug- Sep



*“A leaderess builds a harmonious
Family to create a sustainable world for everyone”*

(For Private Circulation only)

AIRD-WEP Leadership Academy

Provides holistic development for first-generation women college students
through Scholarship, Capacity Building, and Career Guidance.

EDITORIAL

Greetings Everyone!!

Education is a crucial tool that provides us with the necessary skills, techniques, information, and knowledge to understand and respect our responsibilities towards our society, families and nation. Its significance in our lives is immense and multifaceted. Education helps us develop a positive perspective towards the world and our community. It enables us to explore new ideas and gain knowledge, which boosts our confidence to make the right decisions. Moreover, education plays a vital role in personal and professional growth, which allows us to become productive and responsible citizens. In today's modern and industrialized world, education is the key to success and survival in a highly competitive environment. It illuminates the path towards a brighter future.

Education plays a vital role in honing important skills like decision-making, mental agility, problem-solving, and logical reasoning. Challenges arise in both personal and professional lives, and the ability to make well-informed and logical decisions is greatly influenced by one's level of education and self-awareness.

At AIRD WEP Academies, we recognize the critical role that education plays in the lives of our students. That's why we provide comprehensive academic support to help them excel in their studies. But our commitment to their growth doesn't stop there. We also offer training opportunities in a variety of fields to help them develop skills and abilities that will serve them well throughout their lives.

A.Vijayalakshmi
Academy Director

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Leadership Education

Social Analysis



In September 2nd and 3rd 2023, Our Academy organized a residential training program on "Social Analysis" for incoming students. Thirty-one students from Madurai Academy and nine from Ramnad Academy participated in the program, which Mr. Ariaravelan, a seasoned Development Professional, expertly led. Assisting him were our very own student mentor teachers, Ms. Asina Banu and Ms. Sarojini, who co-facilitated the training. To kick off the introduction session, a brainstorming game was played. Ms. Vijayalakshmi, the Academy Director, talked to the new students about the importance of the residential training program and the students' commitments.

Mr. Ariaravelan began the session by introducing Social Analysis as the process of systematically examining a social problem, issue, or trend with the aim of effecting changes in the situation being analyzed. He taught the concept of Social Analysis and then formed four groups, each with ten members. Two groups discussed what is needed for a better society, while the other two tackled what factors contribute to problematic societies. After the discussions, each group presented their views and it was found that common factors were Politics, Economics, Caste, Religion, Child Marriage, Liberty, Education, Population, Language, and Women's Safety.



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At our recent residential training on Social analysis, we had the honor of meeting the esteemed social activist leader, Mr. Rajaji. It was a serendipitous occasion that our students were able to attend his enlightening speech on the significance of ahimsa in today's world. His words were inspirational, motivating our students to become advocates of peace and propagate ahimsa to establish a more harmonious world.



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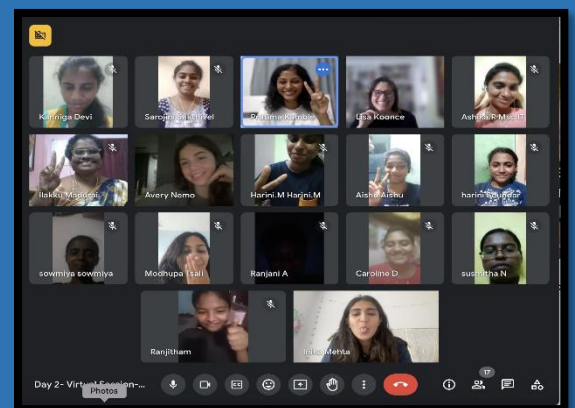
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Skill Courses

Python Class



The practical sessions for Python students took place in August and September 2023. During the sessions, Ms. Sangeetha Srinivasan, a professional from the US, was available to clarify any doubts related to coding. The Python students also participated in the Social Hackathon 2023, which is a platform for fundraising. Our students had the opportunity to engage in meaningful discussions with their peers from the US, exploring social issues and identifying their roles in finding solutions. In addition, US students will be organizing a walkathon to raise funds for Indian students, while we also fundraise for our own cause.



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Fundraising Program



We held a fundraising program for Ilakku on September 14, 2023, at CSI College of Arts and Science for women. This was our first initiative, and we operated a food stall. I appreciate the cooperation and participation of our students in this program. Despite our small profit, we gained valuable experience and learned many things. This experience has motivated us to keep moving forward. During the program, I explained our leadership academy programs to the students and promoted our renowned programs, which include scholarships, skill training, and career guidance.

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Basic English



Having strong communication skills in English involves proficiency in four modes: reading, writing, speaking, and listening. These skills come naturally to different individuals. You may know someone who excels in English conversation, effortlessly responding with insightful comments and witty observations. However, this same person may struggle with writing a basic cover letter or rarely read books. Being well-rounded in all modes of English Communication is beneficial for personal, social, and professional growth. In order to emphasize the significance of English in communication, we have initiated a Basic English course for our students who have a Tamil medium background. This course lasts thirty hours and focuses on teaching basic grammar. Our tutor, Mr. Murugan, a retired Navy professional, is assisting our students in their learning process.



Our academy recently conducted a Basic English mock exam, which was evaluated by our student mentor teachers. The students had a chance to clarify their responses with their teachers. This assessment process is intended to prepare them for the ultimate examination.

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Basic Computer



Our academy started basic computer classes for freshers. The 30-hour package covers Microsoft Word, Excel, PowerPoint, Access, and basic internet skills. 25 students are enrolled.



I had the opportunity to engage in a meaningful discussion with student representatives about our fundraising program.

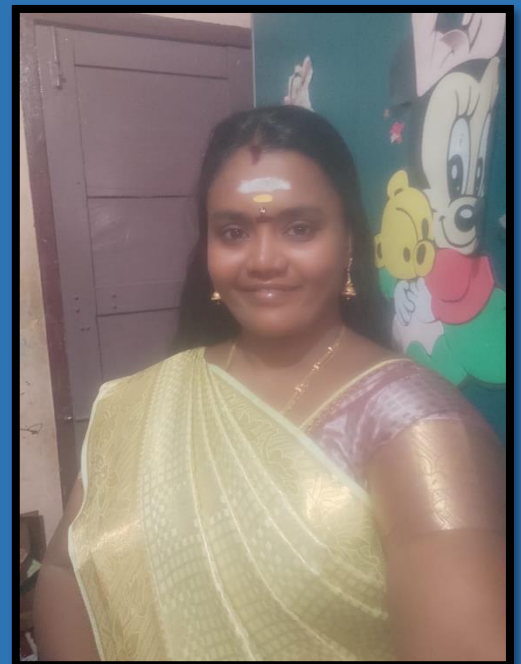
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Alumna success



We are thrilled to announce that Janaranjani, one of our exceptional students, has been chosen as a senior presentation specialist at Williams Lea Pvt Ltd, located in the vibrant city of Kochi, Kerala. We extend our warmest congratulations to her for this remarkable achievement.

We are thrilled to announce that Ms. Prabhavathy, one of our esteemed alumna has been appointed as the Math teacher for 8th grade at Velammal Bodhi Campus in Ladenenthal. With her impressive M.Sc. and B.Ed. degrees, we have no doubt that she will excel in her role and make valuable contributions to the education of her students. Please join us in congratulating her on this well-deserved achievement



We are proud to announce that our esteemed alumna, Ms.Sureka, has been appointed as a school counselor at NMS Montessori CBSE school in Trichy signifying a momentous milestone in our journey

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Interview New Students



I thoroughly enjoy conducting interviews with students to gain insight in to their academic and career aspirations, family history, and expectations. Afterward, I take pride in sharing details about our organization's initiatives.

Alumna Visit

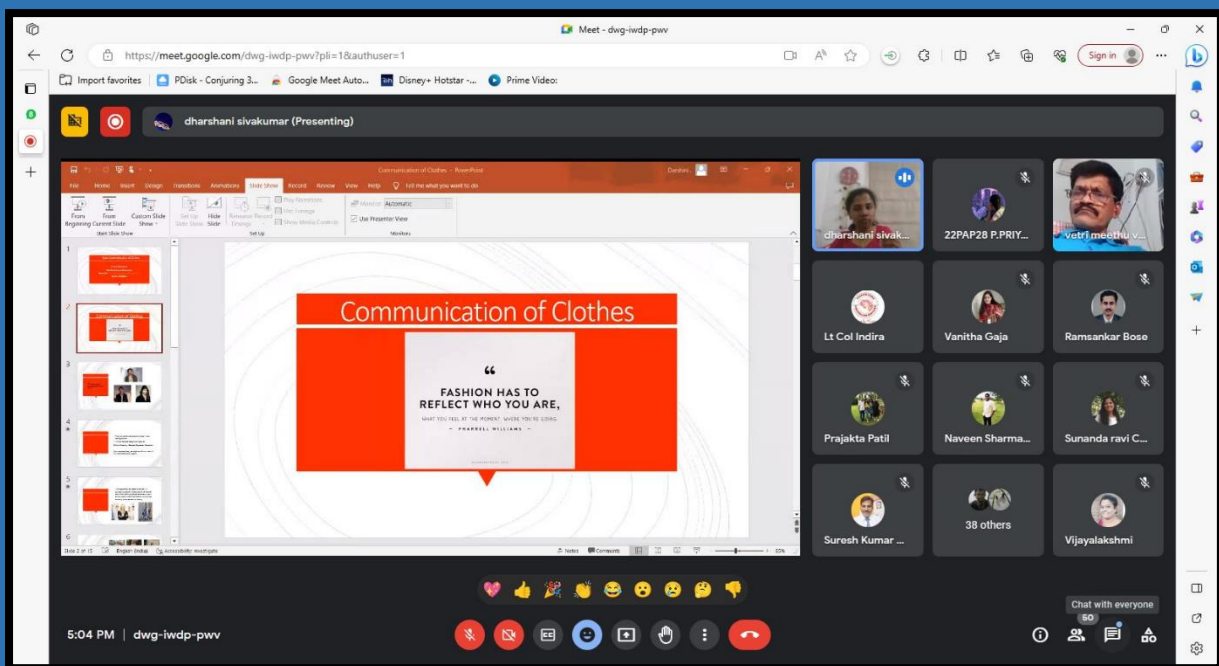


Ms.Subasri, one of our alumni, is now running a food stall and is bringing her daughter for education support.

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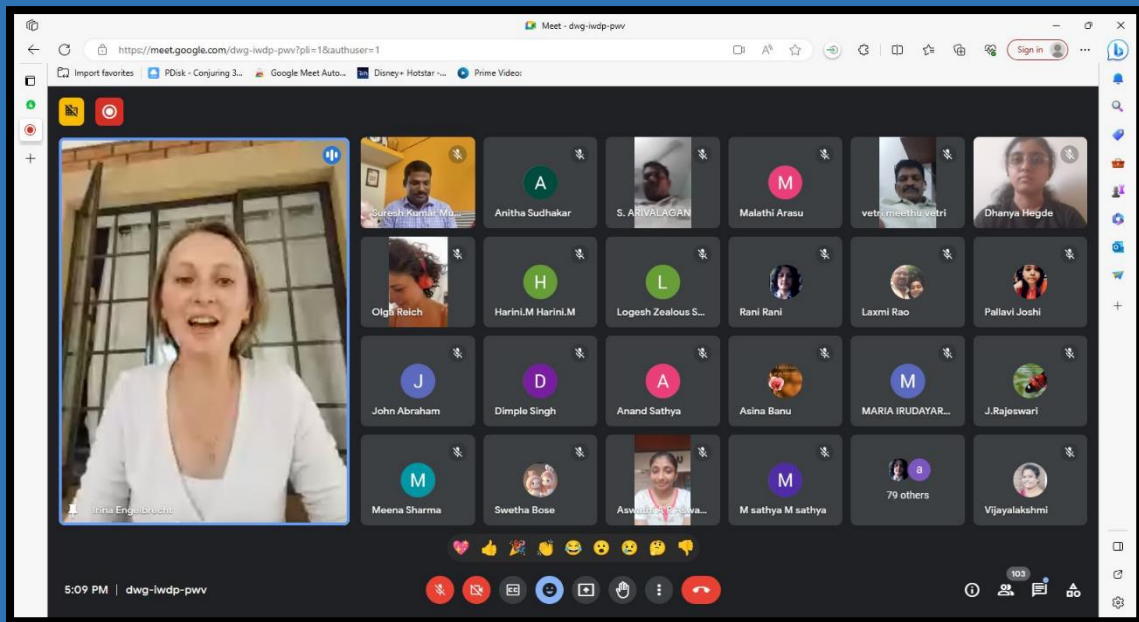
Online Webinars



During an online webinar titled "Communication of Clothes," Dharshini Siva Kumar, a soft skills expert, discussed the concept of clothing as a form of non-verbal communication. The discussion focused on how one's clothing choices can reflect their age, gender, political views, and socioeconomic status, and how appearance and clothing can convey a message about a person's identity. While clothing and physical attributes can offer insight into one's cultural background, it is essential to avoid making assumptions or judgments about others based solely on their appearance or clothing choices.

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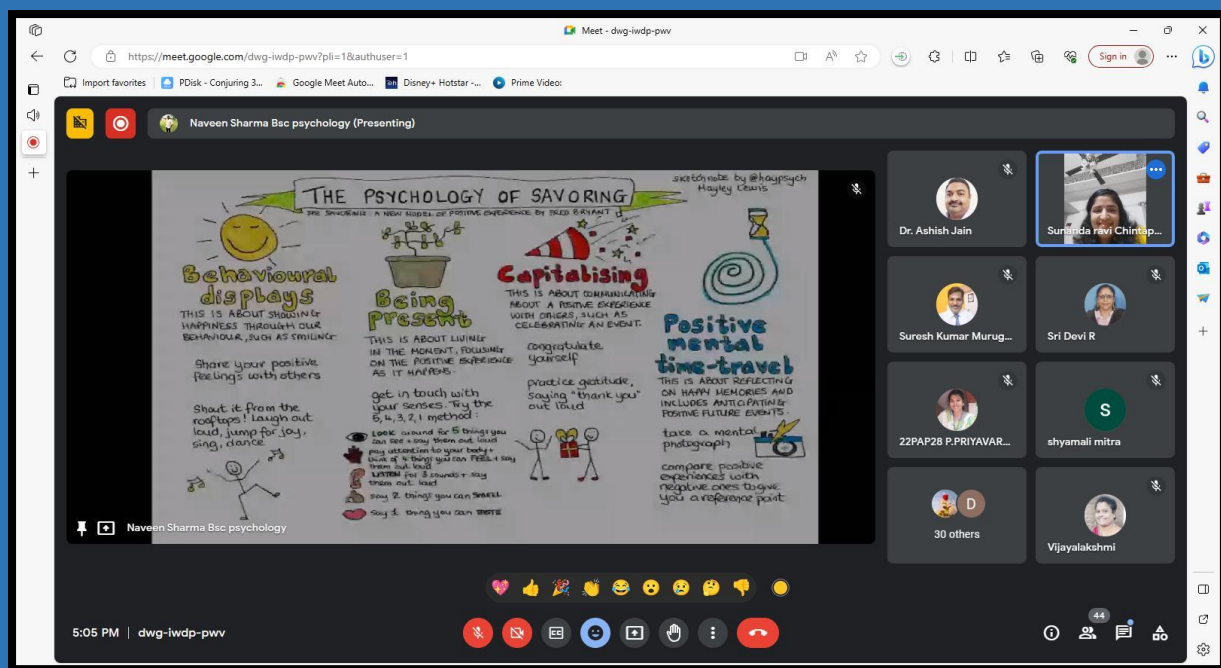
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During an online webinar, Irina Engel Brecht, who is a Universal Healing Tao Practitioner, Intellect Trainer, and Laughter Yoga Trainer, presented the topic of "Laughter Yoga". In her session, she addressed the need for "Laughter Yoga" in our lives. Many of us desire health and happiness in our lives, but instead, we are often stressed, depressed, sleep-deprived, hold negative thoughts, and feel isolated. If you can relate to this, then you are in the right place. Laughter Yoga provides a solution to bring more joy and laughter into our lives. For centuries, people have believed that "laughter is the best medicine," and modern science has proven it. The only problem is, that there has been no reliable method to bring more laughter into our lives. Humor and jokes do not always work, and there are not always reasons to laugh in our everyday lives. Laughter Yoga, however, is a tool that can deliver the benefits of laughter on command and demand, without requiring any outside reasons or conditions of life.

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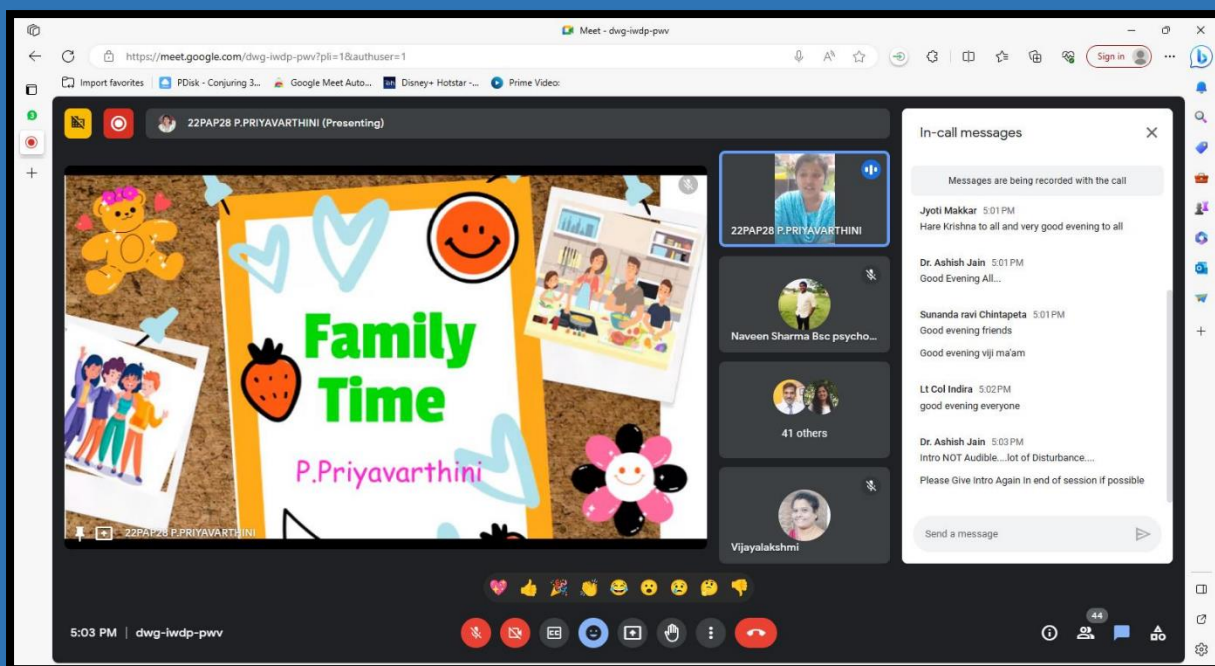
Mrs. Sunanda Ravi, a counseling psychologist from Maanasa Subhkara in Hyderabad, facilitated an online webinar titled "Savouring - A Recipe for Life" today. During the session, Mrs. Ravi covered several topics related to the challenges individuals and families face in balancing work, home, and social life in today's fast-paced world. She emphasized that modern technology has made the world more "instant," leading to increased pressure and a sense of overwhelm in many people. However, she explained that practicing savoring exercises consciously can help create a positive emotional spiral that expands thoughts and behaviors, promoting creativity, social connection, and resilience.

Savoring exercises involve consciously enjoying, feeling, appreciating, and extending the positive emotions of an experience using our five senses. This can include activities such as enjoying nature, art, sports, entertainment, reading, eating, and creating. The benefits of savoring include protecting against negative emotions during times of stress, increasing life satisfaction and happiness, preventing feelings of hopelessness and depression in older adults, and increasing self-esteem in young children. It can also help individuals balance family and career responsibilities more effectively.

The webinar was informative and provided useful insights on how savoring exercises can help individuals lead a more fulfilling life.

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Ms. Priyavarthini, II M.Sc. in Applied Psychology conducted an excellent online webinar on "Family Time" where she discussed various topics. In today's world, parents and their children don't spend as much time interacting as they used to. This can lead to children not receiving the love and attention they need from their parents. According to a report by American Demographics, parents now spend 40% less time with their children than they did a generation ago. However, it is crucial to remember that both quantity and quality time are essential when planning activities with your family. You can make your family time creative and enjoyable, creating lasting memories. Here are some tips to improve your family time:

1. **Eat meals together and listen to each other.** In today's fast-paced world, many children don't understand the importance of family meals. However, communication and unity during meals are fundamental to a healthy family life. Sharing meals allows you to talk about each other's lives, and it's an excellent opportunity for parents to listen, offer advice, and provide encouragement. Attentive listening shows your interest in one another, and it helps build trust.
2. **Read together often.** Studies have shown that reading to your children fosters an interest in knowledge, stimulates language development, and increases attention span. Look for books that your child would enjoy and ask questions about the content after you finish.
3. **Do chores together.** Teamwork is an essential part of family life, and assigning chores is an effective way to teach your children responsibility and accountability. Doing chores with your children can also improve communication skills.

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Ramnad Academy



The Ramnada Academy is organizing an introductory meeting for new students. The purpose of the meeting is to provide an overview of the academy and its facilities and to allow new students to get to know each other. The meeting is mandatory for all new students and will take place at the academy premises on the specified date and time.



Students had a fun time at the Academy

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