

## Women Achiever's Honored



**Mrs. Usha Ramaiah**  
(Animal Activist)



**Smt. Dr. K S Umadevi**  
(Educationist)



**Smt. Nirmala Amarnath**  
(Social Activist)



**Smt. Kavitha Bharath**  
(Entrepreneur)



**Kum. Anushree Sampath**  
(Cine Actor)



*Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.*

## INTERNATIONAL WOMEN'S DAY

The life path of a woman in India has unfortunately not been smooth. SHE has been treated as unwelcomed member, living her life at the will and convenience of others in family, devoting and sacrificing her whole life in serving family members even at the cost of her own comfort and wishes, and in spite of all these, facing exploitation, physical, mental and emotional.

But, her perseverance, determination and her conviction have made way through all hurdles and in today's scenario, she has been successful in unfolding her worth. SHE has made a mark, in almost all spheres of life and society.

SHE is today, looked upon as an epitome of success, harmony, compassion, beauty and intellect. SHE has been instrumental in resolving issues on national and international level and at the same time bonded relations too.

YUVA Global Foundation honored women achievers from different areas by saluting the personification of perfection in Maharani Lakshmi Ammanni College for Women, Bangalore. This programme aimed to showcase the women achievers whose journey would be inspiring to the students.

*"The programme organized by Yuva Global on the occasion of International Womens Day was an inspiring programme. I hope it has empowered and encouraged our younger generation to achieve a lot and do great things in their life". - Mrs. Usha Ramaiah*

*"Not all of us can do great things. But we can do small things with great love."-Mother Teresa*



## LIFE SKILLS CLASSES

The term 'Life Skills' refers to the skills usually associated with managing and living a better quality of life, they help us to accomplish our ambitions and live to our full potential.

Perhaps the most important life skill is the ability to learn. By learning new skills we increase our understanding of the world around us and equip ourselves with the tools we need to live a more productive and fulfilling life. Life skills are not always taught directly but often learned indirectly through experience and practice.

*Yuva Global Foundation concluded the yearlong Lifeskills programmes for the academic year 2013-14 on 1<sup>st</sup> March 2014.*

## FOOD FOR FIFTY

*An evening with 55 children at Seva Sadan*



Yuva Global Foundation serves food to 50+ needy every month on a last Saturday. Yuva team served the food (Vegetable Bath & Fruit Salad) to the children of Seva Sadan, an orphanage for girls. The members also spent quality time engaging themselves with the children in various activities.



**HELPING HANDS ARE BETTER THAN PRAYING LIPS.**

**FEEDBACK:** *If you have any questions or comments about any of the articles, please send an e-mail to [contact@yuvabengaluru.org](mailto:contact@yuvabengaluru.org)*

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