Womenia

Turning adverse circumstances into opportunities

A Computer Science graduate from Wanaparthy district, Peddhabudi Vanaja chose entrepreneurship over a conventional job, building a thriving construction support business

Now earning Rs 1 lakh a month, she is not only financially independent but also creating employment opportunities in her village.

In the quiet village of Bandapalli in Wanaparthy district, 30-year-old Computer Science graduate Peddhabudi Vanaja is redefining what success looks like. At a time when many chase conventional engineering jobs, Vanaja chose a different path—one that not only brought her financial independence but also created livelihoods for others in her community.

"Despite completing my Computer Science Engineering, I didn't want to sit and wait endlessly for a job. I wanted to build something on my own and create opportunities right here in my village," says Vanaja.

Her journey took a decisive turn through initiatives led by the Society for Elimination of Rural Poverty (SERP), under the guidance of Minister Danasari Anasuya and SERP CEO Divya Devarajan. In collaboration with the National Academy of Construction, the programme introduced women to non-conventional sectors like centring units and construction technologies.

"The training completely changed my perspective. I realised there is huge demand in construction and very few women are part of it. That gave me the confidence to step in," she explains.

The programme equipped her with technical knowledge—from materials like steel and aluminium to understanding design drawings and managing workflows—along with essential business skills.

"It wasn't just about learning a skill. We were trained on how to run a business—how to plan manpower, manage materials, and execute work properly," she adds.

With institutional support, Vanaja secured a Rs20 lakh loan under the Prime Minister's Employment Generation Programme, which enabled her to establish her enterprise. She aligned her business with the growing demand under the Indiramma Housing Scheme.

"Today, I operate three centring units in my village. Each unit supports construction work, and there is steady demand because of the housing projects," she says.

Now earning close to Rs 1 lakh per month, Vanaja has not only achieved financial stability but also created jobs locally.

"This journey has changed my life. I am earning well, but more importantly, I am able to provide employment to others. People now see that women can succeed even in sectors like construction," she notes.

Vanaja is among 772 women trained under this initiative across the State. So far, 154 have established centring units, while 16 have applied for assistance under PMEGP, with Detailed Project Reports already sent to districts for further support.

"There are so many opportunities if we are willing to step out of our comfort zones. With the right training and support, women can achieve much more than they imagine," she says, summing up her journey.

Mamta Kulkarni says Indian women are not health conscious

THEIR LIVES REVOLVE AROUND THEIR HUSBANDS & CHILDREN

Actress Mamta Kulkarni has opened up about her perspective on how she feels that Indian families, especially the women in Indian families, do not take care of their health and are absolutely zero health conscious.

In a video shared by her on her own social media account, Mamta also said that the lives of most Indian women revolve around their families and taking care of their husbands and children, which is why they do not focus on their own health, stating that is absolutely wrong.

"I have noticed that some Indian families, especially women often do not focus on workouts. They dedicate their lives to their children and husbands, which sometimes leads to poor health. The same applies to men and children,they are often not very health conscious."

The actress also stated that she has seen even men and children in India coming to health clubs but just chit chat and do nothing about their health.

Further, she was seen expressing how important it is for each one to take care of their health.

Citing example of citizens of other countries, Mamta said that from kids to elders, everybody is very health conscious. From vitamin D to gymming, everybody takes care of their health, which is why they are so well built and fitter than Indians.

"Our body needs everything, including vitamin D. People often laugh at foreigners wearing bikinis, but they don't realise how much vitamin D they are getting. That contributes to better growth and fitness. You will notice that many of them are taller and remain active even in their 80s, running in gyms and staying fit. Even small children are active,they swim, dive, and play."

She also cited her own example and said how she takes care of herself. "I now make it a point to spend time near the sea at least once or twice a week, usually on Saturdays, Sundays, or Mondays. This has been my process for many years, both physically and spiritually. Our body is made up of five elements: earth, water, fire, air, and sky."

She added, "I visit the beach once a week or once in two weeks. What do I do there? I walk barefoot on the sand. It is believed that walking barefoot on the beach can help cure many ailments. When I cannot go to the beach, I visit the health club instead. I go to the pool two to three times a week. I usually go around 2 pm, swim for an hour, and then spend at least another hour or two sunbathing."

She added, "I take sunbaths for two to three hours. I also swim, chat, and spend two to three hours here, sometimes from 1 pm to 5:30 or 6 pm. I also take steam and then, if possible, walk barefoot on the beach. When I was in Dubai, I used to walk barefoot on JBR beach. On Fridays or Saturdays, I would spend time there and walk on the sand for an hour under the sun."

Speaking about the benefits of walking bare feet on sand, Mamta said, "It is believed that the salt in the sand draws out impurities from the body. Some even say that people with paralysis can benefit from this practice if done consistently for a few months."

She concluded, "You should spend time in the sun and in nature to stay healthy. Breathe deeply as I am doing now and meditate. I often meditate while looking at the sun for hours. Come closer to nature, enjoy your food and life, but remember: if you are healthy, you are truly alive. You are your world. Jai Maa Bhavani."

EAT SMART THIS SUMMER WITH THIS PROTEIN-PACKED DIET

Summer has arrived early, and with beach trips on the horizon, now is the perfect time to kickstart your fitness routine. While gym sessions are essential, diet plays an equally vital role in sculpting and maintaining a healthy body weight. Ritika Samaddar, Regional Head of Dietetics at Max Healthcare – New Delhi, recommends this straightforward, protein-rich plan featuring California Almonds, Greek Yoghurt, and Salmon.

Morning Kickstart: California Almonds and Boiled Eggs

Begin your day with a few California Almonds. Rich in protein, healthy fats, vitamin E, and magnesium, they help sustain energy levels without sudden spikes. They are an excellent addition to any fitness-focused diet. Pair them with two boiled eggs for complete protein. This combo is portable, filling, and perfect for busy mornings.

Lunch: Grilled Chicken Breast Salad

Opt for grilled chicken breast tossed with mixed greens, cherry tomatoes, and cucumber. This meal delivers lean protein, fibre, and hydration from veggies, keeping you light yet satisfied through the afternoon.

Evening Snack: Greek Yoghurt with Chia Seeds

Recharge in the late afternoon with Greek yoghurt topped with a teaspoon of chia seeds. This snack delivers probiotics for gut health, sustained energy, and a refreshing, cooling effect.

Dinner: Baked Salmon with Quinoa

End your day with a baked salmon fillet served alongside cooked quinoa and steamed broccoli. This nutrient-rich plate offers omega-3 fatty acids for skin health, anti-inflammatory benefits, and complete proteins to support overnight muscle repair. This simple routine emphasises supporting muscle building, controlling hunger, and aiding weight management. Avoid heavy carbs in the afternoons as they are difficult to digest. Aim for portion control, good hydration and light exercise. These easy, practical tips can help you stay fit and energised during the summer heat.

Alaya F makes 150 attempts to get a pose right: Know how much to push yourself

Actress Alaya F loves to stay on top of her fitness game. Through her latest social media post, the 'Jawaani Jaaneman' actress shared that she took 150 attempts to get a pose she saw on Instagram right. Posting a clip of herself attempting the post, Alaya revealed that the exercise left her with peeled elbows and nausea.

"Here's a short glimpse of some of the 150+ attempts, peeled elbows and no stop nausea it took me to successfully do a pose I saw on Instagram (sic)", she captioned the post.

The 'Freddy' actress further stressed that she is not encouraging anyone to push their physical limit beyond the necessary point.

Alaya said that it is always crucial to listen to one's body.

"PS: this is not me advocating for pushing your body even when it feels completely done. It's always super important to listen to your body because everyone is different! so please be rest assured, I know how much to push myself and when to stop but out of all the things my teachers call me, 'stubborn' is my favourite Thank you for always making sure than my stubbornness is never at the cost of my safety haha @sunpreet_sing", she went on to write.

Talking about her professional commitments, Alaya will soon be a part of Hrithik Roshan-produced thriller series "Storm".

The much-discussed drama will have Parvathy Thiruvothu, Srishti Shrivastava, Rrama Sharma, and Saba Azad playing key characters, along with others.

Suvinder Pal Vicky, Ashish Vidyarthi, Rajit Kapur, Ashok Pathak, Gautam Rode, Priyanka Setia, and Ranjan Raj have also been roped in as the ancillary cast.

Talking about his next, Hrithik had shared, "What drew me to 'Storm' was the compelling world that Ajitpal has created. The story is raw, layered, and powerful, with unforgettable characters which will be essayed by incredibly talented actors."

CROSSWORD

ACROSS

3 Cooking aids (5)
8 Thick slices (5)
10 A ___ being : one of us ? (5)
11 _ _ roll: having a long spell of success (2,1)
12 Mechanical man (5)
13 Distorted (7)
15 Extremely small (5)
18 Embrace (3)
19 Horse's gait (6)
21 Grades (7)
22 Tinted (4)
23 Gaming stake (4)
24 Mao ___ : thoughtful Chinese chairman ? (3,4)
26 Figures of speech, figurative usages of words (6)
29 Azidothymidine; a drug that improves the symptoms of aids (3)
31 Lhasa is its capital (5)
32 Usefulness (7)
34 Form (5)
35 Prefix for "dermis" or "center" (3)
36 Hollywood great ___ Davis (5)
37 Norse giant (5)
38 Mining for valuable minerals (5)

DOWN

1 Causes air currents (5)
2 Stricken with shame (7)
4 Goad (4)
5 Inventor ____ Alva Edison (6)
6 Former Force India driver (5)
7 Egyptian capital (5)
9 Black bird (3)
12 Move backward (7)
14 Pull hard (3)
16 Hold on to (5)
17 Chose or selected (5)
19 Develop slowly (7)
20 Noted film maker Mahesh ___ (5)
21 Discharge from the army (5)
23 Horns (7)
24 Tie up (6)
25 Israeli submachine gun (3)
27 Metal pin (5)
28 Pasta sauce - "poets" anagram ? (5)
30 Like those waters that run deep (5)
32 __ __ arms : riled ? (2,2)
33 BSE deal (3)

Solution to April 9

SUDOKU

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

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

Solution to April 9