



WISE INDIA

Women In Science and Engineering

ISSUE #4, JULY 2013

NEWSLETTER

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From The President's Desk...



Inspiring and Empowering women all around the world, Women In Science & Engineering India (WISE) has been progressing since its

inception in 2010. Dedicated to its mission and vision, WISE intends to extend its approach to a much wider audience across the country and further to members outside India too.

WISE INDIA-the voice of Indian women scientists and engineers thus brings you the fourth edition of our Quarterly Newsletter with an objective to enliven the overall interaction and participation of all the WISE members, enabling them to work together for mutual benefit and integrate into the WISE family.

The newsletter incorporates information about national and international conferences, seminars and workshops, WISE activities etc. We would like to share the activities in which WISE members have been involved since the last newsletter was out. Here are the latest updates:

- *Launch of beacon – a monthly lecture*

series by women role models in the field of science and engineering. The first lecture was held on 15th June 2013 in the office of Prime Group, Gurgaon. The event was sponsored by the AMBUJA CEMENT Ltd.

- Mrs. Sangeeta Wij, President WISE INDIA was invited to address the Indian Business Women Forum organized at the Embassy of the republic of Indonesia on 17th May 2013.
- The regional conference for International Network of Women Scientists & Engineers is to be held in Nairobi, Kenya from 6th to 7th November, 2013.
- Establishment and kick-off meeting of women in science & engineering - Sri Lanka chapter was held on 9th July, 2013 in Colombo.

I look forward to receive your comments and active support in our endeavour.

Happy Reading!

Sangeeta Wij, President WISE INDIA



BEACON- monthly lecture series

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Indian Business Women Forum

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Maintaining the Work-Life Balance

by Prerna Khurana and Sanjana Chopra (Indira Gandhi Delhi Technical University for Women)

Introduction Can women have both a career and a satisfactory personal life? Often working women drop out of the work force when they are doing well, simply because they want to stay at home with their children, or care for an ageing parent or for both reasons. And then there are women who have children later in life because they want to work for reasons of personal satisfaction or for money. So, can a woman have it all? The working woman should refuse to take on too much. She should adopt a sense of priorities. Today's career women are frequently challenged by the demands of full-time work and when the day is done at the office, they carry more of the responsibilities and commitments to home. Women complain that their lives are a juggling act that included numerous responsibilities at work, heavy meeting schedules, business trips, on top of managing the daily routine responsibilities of life and home. Successfully achieving work/life balance will ultimately create a more satisfied workforce that contributes to productivity and success in the workplace and peace at home.

Abstract As the number of dual career couples is gradually increasing and the support of the joint family is going away men and women employees are struggling hard to manage their professional and personal lives. Women professionals find it difficult to fulfill demands of the family and society and at the same time do justice to the demands of their profession at workplace. This issue becomes even more pertinent in a country like India where most of the familial roles are gendered. Work-life balance is about people having a measure of control over when, where and how they work. It is achieved when an individual's right to a

fulfilled life inside and outside paid work is accepted and respected as the norm, to the mutual benefit of the individual, business and society.



"Careful planning and personal effort is the advice from those who have found balance in both career and home life."

Objectives

- Helping women analyze the past history and consequences of work-life conflict
- Making women understand the challenges associated with managing professional life and personal life.
- Enhancing self-awareness and developing capabilities to sustain a healthy work-life balance.
- Developing strategies to incorporate work into overall life issues effectively.

Methodology *Strike an equilibrium:*

- Schedule your time efficiently at work. -
- Put yourself on your datebook and take some time out for yourself and family. --
- Leave work on time often.
- Stay focused while in the office, and budget your time effectively. Try to schedule a block of time during the day without meetings when you can focus on your tasks with minimal interruptions.
- Research flex-time options within your

organization. If available, it may be a helpful solution.

- Plan your weekends and time off as you plan your work week.
- Schedule activities with family and

friends. Make your time away from work count.

Workplace Policy: A formal workplace policy on work-life balance may include flexible hours arrangement such as job-sharing and part-time working; flexible leave arrangements like career breaks and parental leave; teleworking; emergency childcare; work from home. Organizations need to ensure equal treatment of all women workers and help employees in the application of work-life balance policies.



Conclusions Achieving a work-life balance for working women caught in the vicious trap of work and family commitments will always be a challenge. Careful planning and personal effort is the advice from those who have found balance in both career and home life. As summarized,

"Plan, prioritize and schedule as efficiently as possible, and don't be afraid of hard work!" Work-life balance is a person's control over the conditions in their workplace. It is accomplished when an individual feels dually satisfied about their personal life and their paid

occupation. It mutually benefits the individual, business and society when a person's personal life is balanced with his or her own job. The work-life balance strategy offers a variety of means to reduce stress levels and increase job satisfaction in the employee while

enhancing business benefits for the employer. In our increasingly hectic world, the WLB strategy seeks to find a balance between work and play. A sentence that brings the idea of work life balance to the point is: "Work to live. Don't live to work".

BEACON- A monthly lecture series by women role models in the fields of Science & Technology

Padmashree (Technology) Shri Surinder Mehta, Chairman and Managing Director, Prime Group inaugurated the BEACON Lecture Series on 15th June 2013 at Prime Group's Corporate office in Gurgaon.

Shri Mehta is the driving force behind the Prime Group's excellence in technological fields and also an ardent support of women In technology.

Dr. Vandana Bhatt, a renowned Project

Administrator & Arbitration Expert from

Mumbai delivered the first BEACON lecture.

She shared her exciting and thought provoking views on women empowerment and her own success story with an exhilarating audience.



Dr. Vandana Bhatt at first BEACON lecture

Indian Business Women Forum

Mrs. Sangeeta Wij, President WISE India, was invited to the **Indian Business Women Forum** organized at the **Embassy of the Republic of Indonesia** on 17th August 2013. Mrs. Wij presented her work experience and shared her journey thus far as a woman engineer and entrepreneur with other participants and shared details about various national and international activities being undertaken by WISE and INWES. She also requested the forum participants for their support to WISE activities.



Mrs. Wij addressing the gathering at IBWF



INWES in
NAIROBI



Regional Conference of the International Network of Women Engineers & Scientists (INWES)

6-7 NOVEMBER 2013, NAIROBI, KENYA



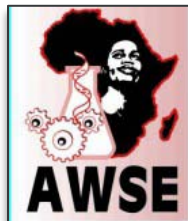
millennium development goals.

The forum will also be useful in sharing ideas and making useful partnership across the nations of Africa in order to use STEM for further development of their countries. It will also be a platform to meet various policy makers and donors who would fund their research. Other useful skills will be imparted through various discussions based on the challenges that women face in their careers.

Africa still lags behind other developing regions in terms of education, research and technology yet science can solve many economic, ecological and health problems faced by Africa.

Significant strides, though, have been made towards increasing the number of women in STEM careers. However, there are still steps to be made to ensure that women climb the corporate ladder to leadership positions.

To this end, this conference seeks to highlight the achievements and challenges of the various African Women Scientists and Engineers in the past decade. It also seeks to emphasize the contribution of the Woman scientist and engineer towards achievement of the



OBJECTIVE

Planning Innovative Programs and Strategies to increase the Number and Career Successes of Women in STEM

ORGANIZED BY

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Kick Off Meeting of Women in Science and Engineering – Sri Lanka (WSESL)

The first meeting of Women in Science and Engineering Sri Lanka (WISE SL) was held on July 9, 2013 at Practical Action office, No. 5 Lionel Edirisinghe Mawatha, Colombo 5, Chaired by Dr. Vishaka Hidellage, with the participation of the interim coordinator Ms Nethra Hidellage and 9 other women in science and engineering domain. Dr Kong-Joo Lee and Dr Jung Sun Kim from INWES and Ms Sangeetha Wij and Mr. Dillip Pattnaik from WISE India joined the meeting via Skype and gave a background to the international network and the work of Korean and Indian chapters including regional responsibilities they undertake.

The group then brainstormed about the objects and priorities of the national chapter of INWES in Sri Lanka. The ideas generated during the brainstorming and the discussion later led to agreeing on creating awareness both about WISE SL and focus on promoting science and engineering education. Creating awareness about employment opportunities for students who study science at school level and special focus on helping remote schools and schools in war affected areas to learn science, mathematics, engineering and English.

The Group gathered for the first meeting agreed to call ourselves Women in Science and Engineering Sri Lanka (WISE SL) and agreed that expanding membership is a priority. Practical Action agreed to host the initial meetings but the group also acknowledged the lack of own resources being a challenge to the move towards developing strategies and plans to achieve desired priorities. As such zero/low cost strategies to kick off the organization until resources can be acquired were discussed and agreed.

Modes of communication amongst the group were by creating a Dropbox folder and Google / Facebook Group and look for an open source/no cost website to host WISE- SL. Formalization of WISE SL by registration, logo etc. will be discussed as the group becomes larger. A Working Committee with a chairperson, secretary, treasurer and five committee members was appointed on voluntary basis as an interim measure. The upcoming Regional meeting of INWES to be held in Nairobi Kenya was shared among the members to decide on their participation. The group decided to meet via Skype in 2 month time and in the mean time to think about possible avenues for raising resources.



Kick Off Meeting of Women in Science and Engineering - Sri Lanka (WISE SL)
Date: 9th July 2013, Venue: Practical Action, Colombo, Sri Lanka

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WISE INDIA Members' Achievements

1. Ms. Sangeeta Wij, President of WISE India, was awarded the **CEAI National Award for Excellence in Engineering as a Woman Engineer** for the design of a Power Transformer Plant at Nellore, India.
2. Ms. Sangeeta Wij has been elected as **Vice President of International Network of Women Engineers and Scientists (INWES)**.
3. Prof. Vijaya Khader, eminent academician, administrator & extension worker, and an outstanding scientist, was conferred with the **3rd Dr. Rajammal P. Devdas Memorial Award** on 17th Nov 2012 at Sri Venkateswara University during the 44th National Conference organized by Nutrition Society of India on the topic "Current Trends in Food Security to meet National Nutritional Challenges". The Award was given for her major research work on *Socio Economic Empowerment of Rural, Farm, Fisher and Tribal Women Besides Improving Health & Nutritional Status of Vulnerable Groups of Population*. Prof. Vijaya Khader was instrumental in starting the INTER-FACULTY POST GRADUATE PROGRAM IN FOOD TECHNOLOGY at A.N.G.R.A.U.
4. Shruti Gandhi, a budding young engineer and WISE member, is all set to attend the 'BIEN 2013 Young Women Scientists Camp' at Korea from 21st to 24th August 2013. All her participation expenses are being covered by KWSE and BIEN Secretariat including travel, stay and related expenses.
5. Ms. Niraja Shukla, WISE member conferred with the Young Engineer Award during The INWES Regional Conference organized by WISE in October 2012, received **Diploma in Transport Economics from Institute of Rail Transport, New Delhi with All India Rank 4**.

Forthcoming Conferences / Workshops

1. International Conference of Women Scientists and Engineers (BIEN 2013) to be held in Seoul, Korea from 22nd to 24th August, 2013 in celebration of the 20th anniversary of the founding of the Association of Korean Woman Scientists and Engineers (KWSE). (http://eng.kist.re.kr/kist_eng/)
2. 5th Asia and Pacific Young Researchers and Graduates Symposium (YRGS) to be held from 15th to 16th October, 2013 (<http://yrqs2013.mnit.ac.in>) at Malaviya National Institute of Technology, Jaipur.
3. UGC sponsored National conference on "Drug Designing and Discovery" to be held in Devchand College, Arjun Nagar on 6th and 7th Sept, 2013. Last date for abstract submission is 1st August, 2013. (www.devchandcollege.org)
4. The International Conference on Women in Science and Technology (IConWiST 2013) and the Asia and Pacific Nation Network (APNN) Meeting 2013 to be held in Taipei, Taiwan from 14th to 17th September, 2013. (www.2013iconwist.com.tw)
5. The first World Engineers' Summit (WES) 2013 on Innovative and Sustainable Solutions to Climate Change to be held from 9th to 15th September 2013 in Singapore. (www.WES2013.org).
6. The regional conference for International Network of Women Scientists & Engineers is to be held in Nairobi, Kenya from 6th to 7th November, 2013 ORGANIZED BY African Women in Science and Engineering(AWSE). (www.aawse.org)



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JOIN US

Membership Categories	Annual Subscription
Member Individual	Rs. 500 /-
Member (Student)	Rs. 200 /-
Member (Organization)	
Up to 3 members	Rs. 10,000 /-

Life Member (Individual) / Life Member (Organization)

Individual / Organizational Members can become Life Members by paying ten times of Annual Membership Fees.

Interested people may contact us for further details.

WISE-INDIA NEWSLETTER

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