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Empower yourselves, Kiran Bedi tells students

SPECIAL CORRESPONDENT

CHENNAI: As they grow older, women need four times more energy than men to tackle the daily demands of running a household. The best way to re-energise oneself is to look within and prepare for the day, Lieutenant Governor of Puducherry Kiran Bedi told the students of Stella Maris College.

Today, women are changing the world and they should be masters of their destiny by empowering themselves, she said. Freedom to live and the ability to be free are important.

"Master the internet, as technology will make women stronger. Learn to earn for yourself; don't be dependent.



DOSE OF INSPIRATION: Lieutenant Governor of Puducherry Kiran Bedi with students of Stella Maris College. — PHOTO: R. RAGU

"Money empowers women," she told the students at the diamond jubilee celebrations of the college's history

department.

She took the students through her journey as a police officer and said marriage

is a choice and motherhood is a decision women make. But they bring about many changes to their lives, which begin to revolve around others.

She urged the students to set aside some time for themselves immediately after waking up.

"Look within and be your own friend. You can navigate your life. You can switch on your internal energy and focus better on what you want to do," she advised the students.

Earlier, principal Sister Jasintha Quadras said the department of history had been launched 60 years ago. The college honoured former heads of the department with mementoes.