



Women's History Month

The history of women of Indian Origin is full of pioneers, who have broken gender barriers and worked hard for their rights, and made progress in the field of politics, arts, science, law, etc. Let's celebrate the many 'first' times that these remarkable women achieved something great.



Reita Faria Powel is an Indian model, doctor and beauty queen, who won Miss World 1966 to become the first Asian woman to win the title. She also went on to become the first Miss World winner to qualify as a doctor.



Arati Saha became the first Indian and Asian woman to swim across the English Channel in the year 1959. She also became the first female sports person to be awarded Padma Shri in 1960.



Kalpana Chawla was the first woman of Indian origin who reached in space. As a mission specialist and a primary robotic arm operator, she went into space in 1997. She was posthumously awarded the Congressional Space Medal of Honor.



Anandibai Gopalrao Joshi became the first Indian female physician in the year 1887. She was also the first Indian woman who was trained in Western medicine and the first woman to travel to the United States of America.



Justice M. Fathima Beevi became the first female judge who was appointed to the Supreme Court of India in 1989.



Indira Gandhi became the first woman Prime Minister of India and served from 1966 to 1977. Indira Gandhi was named as the "Woman of the Millennium" in a poll which was organized by BBC in 1999. In 1971, she became the first woman to receive the Bharat Ratna award.



Bachendri Pal became the first Indian woman to reach the summit of Mount Everest in 1984. Later, she led expeditions in 1993, 1994 and 1997 with a team comprising of only women in 'Indo Nepalese Women's Mount Everest Expedition,' 'The Great Indian Women's Rafting Voyage' and 'First Indian Women Trans-Himalayan Expedition.'



Saina Nehwal became first Indian women to win a medal in Badminton at 2012 Olympic Games. Later in 2015, she became the first Indian woman to secure no. 1 position in world rankings.



Pratibha Patil became the first woman President of India and held office from July 2007 to July 2012.

"The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous: be strong, be extremely kind, and above all be humble."-Serena Williams





Thank you very much for participating in the ICA Youth Club "Movie-Night for a cause" event. All the proceeds were donated to the health care workers at the Mary Greeley Hospital! Pictured left: Sivani Manimaran and Aneesh Shrotriya. (ICA Youth Club Members)

ICA Alumni kids presented a mesmerizing night full of Classical music.

Pictured Right: Sruti Sarathy (Violin), Kevin Balaji (Vocal), and Ajay Gopi (Mridangam).



Thandai

Yields: 2 cups

Ingredients:

- 1 cup slivered Almonds
- Dried Rose Petals - Handful
- 1.5 cups of Milk
- 2 TSP Sugar
- 2 TSP Rose Water
- Saffron for garnishing



Directions:

- Soak almonds in 1/2 cup of milk for 2 hours.
- Put soaked almonds, milk, rose water and sugar in the blender.
- Add half of the rose petals in the blender as well. Blend everything well.
- Ta-da!! Pour the Thandai into cups & garnish with saffron and rose petals.

A little Background on Thandai

- If you are a Bollywood fan family like ours, you must have seen people drinking it in every Holi song. :)
- Bollywood has made Thandai an official Holi drink.
- I LOVE the taste and it is full of nutritious ingredients.
- We use my Nani's recipe (shared here) in our house. She always believed in simple yet delicious recipes.
- Hope you enjoy the recipe this Holi with these Holi songs!



**Recipe By: Sia Agnihotri
6th Grade, AMS (Winner)**





Green Corner



The days are growing warmer and sunnier and the bird song is growing louder. As a cautious gardener, I am holding myself back from starting too early. But who is to blame if one starts to dream of the garden? Spring, it seems, does not want to wait any longer. So your friendly Green Corner is back with some tips and pretty pictures to kick off the season. Welcome to the possibilities of 2021!

Start seeds – If you are like me and cannot wait to get your hands dirty, you can start some seeds indoors. This will not only give you a head start to the season but also allow you to see the full life cycle of the plant firsthand. Start cool-season seeds like kale, chard, spinach, and lettuce right away. Warm-season vegetables like tomatoes, eggplant, and peppers can also be sown now under grow lights, or by a sunny south-facing window.

- Choose clean containers with holes in the bottom
- Use a high-quality seed starting mix
- Provide bottom heat
- Provide plenty of light – place seed trays in a sunroom or under shop lights in a warm indoor spot making sure to give plants 14-16 hours of light a day.



While most seed companies are running low on stock this year, local stores like Wheatsfield Co-op, Holub's, and even big box stores like Lowe's can be a good resource.

Some other tasks that can be done this month - Prune summer-blooming bushes and trim tall perennial grasses to about 6 inches above the ground. Tidy up planting beds. Remove any fallen leaves or mulch from the daffodils. Fix those rabbit fences and stakes from the previous season. This is also a good time to plan any new planting beds or growing areas if you have not already done that.



While the temps may have warmed up quite a bit, don't forget that the last frost date for Ames is around the first weekend of May. It can still dip below zero any time between now and then, so keep an eye on those new seedlings. Above all, enjoy the weather



Got gardening questions that can't be answered by Google? Send them to your friendly Green Corner at phulbaarrii@gmail.com.





Announcements



- Please share children's artworks, recipes, poems or any informational articles to be published in our next ICA Newsletter. The best entry will win a \$25 gift card.
- **Dr. Raman's Blog:** Dr. Raman has started a bi-weekly blog to bring cheer to his readers in this time of pandemic chaos and political turmoil. If you would like to subscribe to this blog, please send a message to vvrsp@rit.edu.
- "How do you like our newsletters?" Please let us know at contactus@icaiowa.org. We love to hear your encouraging messages. Also, share any suggestions that can make the newsletters a better read for our members.

Resources

Pictures on the front page of the newsletter are selected from various internet sources.

- <https://www.indiatoday.in/education-today/gk-current-affairs/story/the-first-indian-women-312243-2016-03-08>
- <https://www.hitc.com/en-gb/2021/03/01/womens-history-month-quotes-2021/>

