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Women: The Strongest Nurturers

by Bhavya Paruthi

For ages, women have been labelled as natural nurturers and while that is scientifically accurate, it does not change the fact that they have strong biological instincts that allow them to sense the dangers in their surroundings.

Women have been proven to be sensitive and emotional beings. The tend or befriend theory provides evidence that women show heightened amygdala reactivity to threatening stimuli, may be better able to exert prefrontal cortical control over emotional behaviour and may consciously register fear more strongly via anterior cingulate activity. This means that they have a sensitivity towards the environment and are able to instinctually sense fear.



In short- women are definitely sensitive, but that is no sign of weakness, instead it is a super power that allows them to be better equipped to deal with threats and dangers. In fact, even the female genetic make-up which consists of XX Chromosomes, in contrast to males which is XY Chromosomes is also considered to have genetic advantage (Libert et al. 2010). The X chromosome shows better survival to various immune challenges. So, all in all, females really do have an unwavering inner strength. They are a model of perseverance and determination. They confidently embrace infinite roles and through their remarkable resilience, overcome every single challenge in life.

Powerful Women throughout History

To all the remarkable women who've forged paths, shattered ceilings, and left indelible marks on history.

In this Women's History Month, we celebrate your courage, resilience, and boundless contributions.

From activists to scientists, artists to leaders, you've transformed the world with your brilliance and strength.



1725, Ahilyabai Holkar

Born in 1725 in the Maratha Empire, she was a revered ruler known for promoting dharma and industrialization. Leading with wisdom and bravery, she ensured peace in Malwa, and even led battles herself.

1867, Madam C.J. Walker

Born Sarah Breedlove to parents who had been enslaved, this groundbreaking Black entrepreneur pioneered hair-care products for Black women, empowering them economically. She was the first female self-made millionaire in America. She also supported education and social services, leaving a significant philanthropic legacy.



1879, Sarojini Naidu

Born in 1879 in Hyderabad, was a prominent Indian political activist and poet. Known as "the Nightingale of India," she played a crucial role in India's independence movement. In 1925, she was appointed as the President of the Indian National Congress and later became the Governor of the United Provinces in 1947.



1898, Golda Meir

Golda Meir was an Israeli politician who served as the fourth prime minister of Israel from 1969 to 1974, the turbulent period of the Yom Kippur War. She was Israel's first and only female head of government and the first female head of government in the Middle East.



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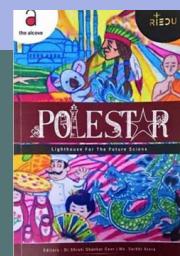
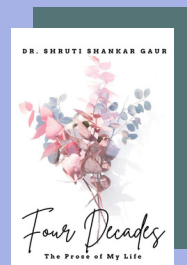
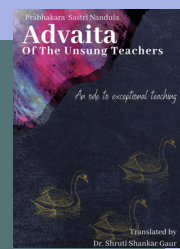
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PUBLICATIONS



1920, Rosalind Franklin

Rosalind Elsie Franklin was a British chemist and X-ray crystallographer whose work was central to the understanding of the molecular structures of DNA, RNA, viruses, coal, and graphite. Franklin also contributed new insight on the structure of viruses, helping to lay the foundation for the field of structural virology.



1964, Melinda French Gates

She is a global leader in philanthropy, serving as co-chair of the Bill & Melinda Gates Foundation, one of the world's largest and most influential charitable organisations. Her passion for creating a better world for all extends beyond her work with the foundation, as she actively promotes women's and girls' rights and champions opportunities for underprivileged communities.



2023, Women took us to the moon!

On August 23, 2023, ISRO achieved a historic milestone with the Chandrayaan-3 Vikram Lander's soft landing on the Moon's South Pole, making India a global leader in lunar exploration. This feat was accomplished thanks to the exceptional leadership of women scientists who played a pivotal role in spearheading the mission.

This included certain leaders like Dr VR Lalithambika: Guiding Gaganyaan, Nandini Harinath: Orchestrating Mars Orbiter Mission, Vanitha Muthayya: Leading Chandrayaan-2 to Success, Anuradha TK: Pioneering Satellite Project Leadership, Moumita Dutta: Architecting Success with Optical Expertise, Ritu Karidhal: A Driving Force in Lunar Exploration.



2024, Greta Gerwig

The 2024 TIME Woman of the Year, is a multifaceted artist whose impact extends far beyond the silver screen. Her directorial debut "Lady Bird" and adaptation of "Little Women" garnered critical acclaim and multiple Oscar nominations. Gerwig's fearless exploration and championing of women's narratives make her an inspirational figure in the ever-evolving landscape of leadership.



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