



MACFASTTM
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**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)
Thiruvalla - 689101**

STREESHAKTHI

**(WOMEN EMPOWERMENT
PROGRAMME CONDUCTED BY
RADIO MACFAST 90.4)**



Streeshakthi

This project is aimed at shining a spotlight on women who have been learning, growing and lifting the world up through their career or parallel initiatives. Launched in 2009, Streeshakthi' remains one of the popular programs of Radio MACFAST-90.4 till date.

Successful women entrepreneurs, educationalists, social workers, environmentalists and students are invited for the talk show arranged as part of the weekly Streeshakthi' programme. Pre COVID, these interviews used to be held at the studio. However, recording of the programme continues over phone from the studio itself against the backdrop of the COVID-19 pandemic.

Radio MACFAST-90.4 very well recognises the importance of Streeshakthi' programme in helping out young girls, boosting their self-confidence and pushing them even beyond the limits set by themselves.





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PROGRAMME CHART

- 1) 17 04 21 Sthree Shakthi (**Alexandria Bostain** -) RJ Manasi
- 2) 24 04 21 Sthree Shakthi (**Aleen Cust** - Aleen Isobel Cust was an Anglo-Irish veterinary surgeon. She was born and began her career in Ireland. In 1922 she became the first female veterinary surgeon to be recognised by the Royal College of Veterinary Surgeons) RJ Manasi
- 3) 01 05 21 Sthree Shakthi (**Anasuya Sarabhai** - Anasuya or Anusyabehn Sarabhai was a pioneer of the women's labour movement in India. She founded the Ahmedabad Textile Labour Association) RJ Manasi
- 4) 07 09 18 Sthree Shakthi (**Annamma Mathew** - Annamma Mathew, also known as Mrs. K. M. Mathew, was the founder chief editor of Vanitha, the largest selling women's magazine in India, and wife of K. M. Mathew, Chief Editor of Malayala Manorama) RJ Norlene
- 5) 07 08 21 Sthree Shakthi (**Anne Frank** - Annelies Marie Frank was a German-Dutch diarist of Jewish heritage. One of the most discussed Jewish victims of the Holocaust) RJ Manasi
- 6) 21 09 18 Sthree Shakthi (**Ansha V Thomas** - senior operations manager at Indian airforce) RJ Norlene
- 7) 16 01 21 Sthree Shakthi (**Aroma Rose Palakkal** - The First Lady in Kerala Who Made Chocolate from

Banana Stem) RJ Manasi

- 8) 19 06 21 Sthree Shakthi (**Arundhati Roy** - Suzanna Arundhati Roy is an Indian author best known for her novel The God of Small Things, which won the Man Booker Prize for Fiction in 1997 and became the best-selling book by a non-expatriate Indian author.) RJ Manasi
- 9) 07 11 20 Sthree Shakthi (**Arya Nanda** - winner of Sa Re Ga Ma Pa Li'l Champs 2020) RJ Manasi
- 10) 11 09 21 Sthree Shakthi (**Avni** -) RJ Annu
- 11) 27 03 21 Sthree Shakthi (**Bhanu Athaiya** - Bhanu Athaiya was an Indian costume designer. She worked on over 100 films, with Indian filmmakers such as Guru Dutt, Yash Chopra, B.R. Chopra, Raj Kapoor) RJ Manasi
- 12) 04 03 16 Sthree Shakthi (**Bindhu** - Bindu Nanubhai Desai, better known mononymously as Bindu, is a former Indian actress who was popular in the 1970s. She has acted in over 160 movies in a career that spanned four decades, receiving seven Filmfare award nominations) RJ Vaiga
- 13) 26 12 20 Sthree Shakthi (**Christine Lagarde** - Christine Madeleine Odette Lagarde is a French politician and lawyer who is the current President of the European Central Bank, a position she has held since 1

November 2019. Prior to this appointment and between July 2011 and September 2019, she was the Managing Director of the International Monetary Fund) RJ Manasi

- 14) 08 05 21 Sthree Shakthi (**Clara Bhatt** Special Program -) RJ Manasi
- 15) 05 12 20 Sthree Shakthi (**Dr. KS Tresa** -) RJ Manasi
- 16) 10 07 21 Sthree Shakthi (**Indra Nooyi** - Indra Nooyi is an American business executive and former chairperson and chief executive officer of PepsiCo) RJ Manasi
- 17) 09 10 21 Sthree Shakthi (**Jahanara** -) RJ Annu
- 18) 03 04 21 Sthree Shakthi (**Kajal Janith** - a 10th class girl from Varkala, Edava , model) RJ Manasi
- 19) 10 08 18 Sthree Shakthi (**Kala Vijayan** - Kala Vijayan is an Indian classical dance performer, choreographer, author and actor.) RJ Norlene
- 20) 02 10 21 Sthree Shakthi (**Kamala Bhasin** - Kamla Bhasin was an Indian developmental feminist activist, poet, author and social scientist) RJ Annu
- 21) 20 03 21 Sthree Shakthi (**Kamala Suraiyya** - Kamala Das, popularly known by her one-time pen name Madhavikutty and married name Kamala Das, was an Indian poet in English as well as an author in Malayalam from Kerala, India) RJ

Manasi

- 22) 30 01 21 Sthree Shakthi (**Kasturba** - Kasturbai Mohandas Gandhi was an Indian political activist. she was involved in the Indian independence movement in British India) RJ Manasi
- 23) 14 09 18 Sthree Shakthi (**Kiran Bedi** - Kiran Bedi is the first woman in India to join the officer ranks of the Indian Police Service, social activist and tennis player) RJ Norlene
- 24) 26 06 21 Sthree Shakthi (**Kiran Bedi**) RJ Manasi
- 25) 23 01 21 Sthree Shakthi (**Mallala Yousafzai** - Malala, is a Pakistani activist for female education and a Nobel Peace Prize laureate. She is also the world's youngest Nobel Prize laureate, and second Pakistani) RJ Manasi
- 26) 10 04 21 Sthree Shakthi (**Marie curie** - Marie Salomea Skłodowska Curie, was a Polish and naturalized-French physicist and chemist who conducted pioneering research on radioactivity) RJ Manasi
- 27) 17 07 21 Sthree Shakthi (**Maya Angelou** - Maya Angelou was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years) RJ Manasi

- 28) 19 12 20 Sthree Shakthi (**Merin Gregory** - Merin Gregory is an Indian film Singer, who has worked predominantly in Malayalam movie industry) RJ Manasi
- 29) 29 05 21 Sthree Shakthi (**Mother Teresa** - Mother Mary Teresa Bojaxhiu, honoured in the Catholic Church as Saint Teresa of Calcutta, was an Albanian-Indian Roman Catholic nun and missionary) RJ Manasi
- 30) 21 11 20 Sthree Shakthi (**Oprah Winfrey** - Oprah Gail Winfrey is an American talk show host, television producer, actress, author, and philanthropist) RJ Manasi
- 31) 28 11 20 Sthree Shakthi (**Priya Shine** - Priya Shine is an actress and writer, known for Vahni (2018) and 2 Penkuttikal (2016)) RJ Manasi
- 32) 04 09 21 Sthree Shakthi (**Rajarajeswari Vanitha Samrabham** -) RJ Annu
- 33) 14 11 20 Sthree Shakthi (**Rithu Parnna**) RJ Manasi
- 34) 01 03 19 Sthree Shakthi (**Roopali Dash**) RJ Norlene
- 35) 31 07 21 Sthree Shakthi (**Rukmini Devi Arundale** - Rukmini Devi Arundale was an Indian theosophist, dancer and choreographer of the Indian classical dance form of Bharatanatyam, and an activist for animal welfare) RJ Manasi
- 36) 24 07 21 Sthree Shakthi (**Saina Nehwal** - Saina Nehwal is an Indian professional badminton player. A former world no. 1, she has won over 24

international titles, which includes
eleven Superseries titles) RJ Manasi

37) 02 01 21 Sthree Shakthi (**Sandhya Radhakrishan** -) RJ Manasi

38) 18 09 21 Sthree Shakthi (**Sandhya Suhani** -) RJ Annu

39) 03 07 21 Sthree Shakthi (**Sarla Thukral** - Sarla Thukral was the
first Indian woman to fly an aircraft. Born
in 1914, she earned an aviation pilot
license in 1936 at the age of 21 and flew
a Gypsy Moth solo) RJ Manasi

40) 13 02 21 Sthree Shakthi (**Sarojini Naidu** Special Program -
Sarojini Naidu was an Indian political
activist and poet. A proponent of civil
rights, women's emancipation, and
anti-imperialistic ideas, she was an
important figure in India's struggle for
independence from colonial rule) RJ
Manasi

41) 12 06 21 Sthree Shakthi (**Shantha Sinha** - Shantha Sinha is an
Indian anti-child labour activist. She is
the founder of Mamidipudi
Venkatarangaiya Foundation, popularly
known as MV Foundation, and is a
professor in the Department of Political
science in Hyderabad Central University
) RJ Manasi

42) 13 03 21 Sthree Shakthi (**Smitha Suraksha** - Suraksha-Service
was founded by Mrs. Smitha with sound
and esteemed support from her
husband Afzal. Incorporated in the

Malapuram district of Kerala state , the company has slowly and gradually grown to be one of the largest domestic and commercial stove suppliers in Kerala. Suraksha Service today features a prominence amongst the gas burner suppliers, gas stove dealers and gas cylinder trolley dealers in the state of Kerala. Keeping in stride with times, we also offer you the convenience to buy gas stoves online, book maintenance services online and also to register your complaints online.

43)

From

being a startup to being a recommended household name, the journey has been a long one, confesses Mrs.Smitha, who is the CEO of the firm) RJ Manasi

44) 22 05 21 Sthree Shakthi (**Sukathakumari** - Sugathakumari was an Indian poet and activist, who was at the forefront of environmental and feminist movements in Kerala, South India.) RJ Manasi

45) 16 11 18 Sthree Shakthi (**Sunu Fathima** -) RJ Norlene

46) 31 08 18 Sthree Shakthi (**T V Anupama IAS** - T. V. Anupama is an Indian Administrative Service officer. She served as the 43rd District collector of Thrissur. In 2010, Anupama secured fourth rank in the Civil Services

Examination.) RJ Norlene

- 47) 05 06 21 Sthree Shakthi (**Vandhana Shiva** - Vandana Shiva is an Indian scholar, environmental activist, food sovereignty advocate, ecofeminist and anti-globalisation author) RJ Manasi

