



Suhasini delivering a speech at her alma mater Sarada Vidyalaya.

SUHASINI REVISITS OLD SCHOOL AFTER FOUR DECADES

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Suhasini Mani Ratnam revisited her school Sarada Vidyalaya in the city after 41 years. Not as an alumni or celebrity, but part of an initiative called ChampionWoman, which strives to impart self-esteem and goal-setting abilities to school, college and women in the workforce. Organised by Global Adjustment Foundation as part of Independence Day celebrations, Suhasini was invited to address the students in a 'Role Model' series segment and shared her life experiences with them.

The actress, filmmaker and social activist tells *DC* how it was a fitting gift to spend time with the students on her birthday, which falls on August 15.

"I used to be one among you and watch with mouth agape when people spoke in English, today it was self-belief and hard work, which brought me where I am. See I have done my homework," is how Hasini commenced her speech amid thunderous applause.

The National Award winning actress adds, "Self-esteem is very important. I used to be able to go to the Headmistress and say 'Please give me two more marks to get first rank' because I believed in myself (smiles). I still like it when the movie director tells me where to stand and what to say, they taught me this kind of instruction gathering right here in this school. I feel it is like speaking with confidence yet being obedi-

ent. Anger is poison, so keep it at bay. Follow spiritual practices to manage stress. Neatness from head to toe gives you lasting success. These are the things which I learnt right from my school days."

The actress strongly feels that healthy friendship takes you forward in life. "Healthy friendships are very important for lifelong marching ahead. Forty years later you should have the same strong friendships as I have. I am still in touch with my schoolmates and we still continue our friendship bond. It is my birthday on August 15 and it is such a gift to be with you all here today."

The Sindhu Bairavi actress released the measuring scale "Rulers of India" that has all our 15 Prime ministers on it. "Let's know our India. Let's learn about India. Let's march forward. I stand before you so happy to be part of the ChampionWoman journey which teaches you all this in a classroom. Come let's build the nation!," she signed off with an inspirational note.

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Suhasini with the ChampionWoman team.