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Photo: Justin George



Kiran Bedi, Lt. Governor of Puducherry, shares a laugh with students of Stella Maris College

Kiran Bedi shares ABCD of freedom

CHENNAI: The Lt. Governor of Puducherry was the chief guest at the inaugural function of Diamond Jubilee celebrations of Department of History and Tourism at Stella Maris College on Tuesday.

The mood was electric and students were keen to hear Kiran Bedi speak at the inaugural function of the Diamond Jubilee celebrations being held at the college auditorium. Known for her gift of the gab, the retired IPS officer addressed about 2,000 students. Congratulating the department for completing 60 years, she shared the ABCD of freedom with the students. She stressed on how A stood for ability to use all five senses effectively, B stood for respecting boundaries, C was all about listening to one's

conscience to decide what's right and what's not, and D stood for one's duty towards one and all. She highlighted how women, across the globe, are responsible for spearheading changes and technology is an important aspect that needs to be mastered to ensure one realises one's full potential.

From the ABCD of freedom, she moved to the 3Ms – money, marriage and motherhood that should be important considerations for women. She said that while money earned from one's ability is essential for self-reliance, marriage is a choice and can lead to a big change in one's life. But it is absolutely discretionary and reversible. The final M stands for motherhood and she put forth that it is again a choice but once opted in favour

of, it needs full commitment and sincerity.

While narrating vignettes from her life, she shared the importance of leading a disciplined life. She said how she woke up at 4 am daily, took some time off to carry out breathing and physical exercises to ensure she is charged for the day. Bedi put forth that morning time was the best to derive all the energy to prepare oneself for a long day and that students should follow the same. She peppered her speech with anecdotes and addressed other issues faced by students.

Later, she engaged students in breathing exercises, yoga *asanas* and even left the stage to engage in informal conversations. The students, who listened to her with rapt attention, left the venue thoroughly inspired.