

समता

Women
Development
Cell



EDITION - 1

YEAR - 2018-19

ANNUAL NEWSLETTER-BILINGUAL

अभिव्यक्ति

"YOU MUST BE THE CHANGE YOU WISH TO SEE IN THE WORLD" - MAHATMA GANDHI

WOMEN'S RIGHTS
ECONOMIC ACHIEVEMENTS
ACTS OF COURAGE
SOCIAL AWARENESS
MARCHES
GENDER EQUALITY
WOMEN'S RIGHTS
GENDER EQUALITY
GIRLS HUMAN RIGHTS
INTERNATIONAL WOMEN'S
WORLDWIDE MOTHERS
RESPECT WOMEN'S
MARCH 8
EQUA

Sri Aurobindo College Evening
University Of Delhi



समता AT A GLANCE



VOLUNTEERING TEAM-REWORK YOUR LIFE WORKSHOP



REGISTRATION DESK FOR GIRL CHILD DAY COMPETITION



TEAM समता AT GENDER INCONGRUENCE WORKSHOP



BOLD THOUGHTS



SILENT PLACARD PROTEST

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अभिव्यक्ति

Edition -1 (2018-2019)

Official students' annual
Newsletter of Women's
Development Cell,
Sri Aurobindo College
(evening)



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PRINCIPAL'S MESSAGE



It gives me immense pleasure to present this inaugural issue of the annual newsletter of Women's Development Cell of our college.

Under the excellent leadership of Dr Vibha Batra, WDC has grown leaps and bounds this year.

This sheer variety of events that the WDC has been able to organize is a testimony to this growth and to its ethos of celebration of all genders.

The online events namely the weekly Sunday Shining, Winsome Wednesday are winning hearts. The latter is our weekly newsletter about women centric news.

The online competition Imagen Perfecta saw a good participation and prizes were given away.

The campus wall event 'Bold Thoughts' and workshop on 'Holistic Approach to Gender Incongruence'.....these pioneering programs enhanced the acceptance of diverse hues of genders and sexualities.

The project Udgam is the new Social Outreach Program initiated by the team with the first session on 2nd March held at Digital Shiksha Foundation educating small children about good/bad touch/ safe/unsafe touch ...and more to create a safety-net of awareness to prevent sexual abuse of children (boys and girls both) and inside/outside their homes.

This will be an ongoing project with at least one session a month.

I'm overwhelmed by the talent, passion and dedication of the students who have amply demonstrated these qualities through their persistent work.

I wish them all the best for their future endeavors!

Excellence Always!!

Dr. Namita Rajput

Principal OSD

Sri Aurobindo College (Evening)

CONVENER'S MESSAGE



Since I assumed the role of the convener of the WDC, our team has come a long way on the journey to acknowledge, celebrate and honour the feminine in humanity. A persistent endeavor to challenge the conventional, patriarchal mindset has been the hallmark of the multitude of programs organized by the team.

We have tried to initiate conversations around topics swept under the carpet or dumped into the closet by society, be it through our wall events centered around questioning the prevalent use of slurs demeaning the feminine or discussions about marital rape, victim-blaming in cases of rape and other sociocultural practices that reduce the women to the position of second-rate citizens. Through our efforts, we have been trying to effectively communicate the core of our ethos: humanity above all. People of alternative gender or sexuality (such as trans persons) should be treated as equal citizens and it is not just cruel but criminal to exclude them from the social mainstream.

In addition, I am very excited about our Project Udgam, which is our unique initiative to bring awareness about child abuse at a very early age. Through this initiative, we will educate and empower school children to resist any unwarranted touch. This will go a long way toward preventing sexual abuse through peer education when they grow up.

I will be remiss if I don't acknowledge and appreciate the immense energy brought into समता by our very passionate core team lead by a dedicated president.

I am extremely delighted to present the inaugural issue of our annual newsletter अभिव्यक्ति on the annual day of our college.

With many thanks,

Dr. Vibha Batra
Associate Professor
Sri Aurobindo College (Evening)

FROM THE DESK OF STUDENT EDITORS



SAURABH SINGH



ISHA KUSHWAH



SHUBHAM TAPARIA



RAVI MISHRA



PREET RAWAT

“Your words have the power to change the world”

With gratitude and love in our hearts we welcome you to the our 1st edition of WDC newsletter “अभिव्यक्ति”. This journey has been very invigorating and full of new experiences for all of us. We solely believe in displaying the best of content which directly connects us with you. We would like to extend our sincere thanks to our Principal DR. NAMITA RAJPUT and WDC Convener DR. VIBHA BATRA who were always there for our help and guidance. We also appreciate all the efforts and dedication from समता team-members and students directly or indirectly involved in achieving this milestone.

The aim of bringing out the newsletter is to acknowledge and empower the feminine while also unleashing the creativity and hidden talent of students and motivating them to work for a transformed social order. This newsletter provides a perfect platform for highlighting the social issues through prose and artistic poetries. We would also like to thank the entire college fraternity for their continuous support. Hope you will love reading our pioneering endeavor.

The editorial board welcomes your comments and suggestions, if any.

May almighty fulfil your dreams and ambitions!!

Thank you!

FROM THE DESK OF CORE TEAM



**SAURABH SINGH
(PRESIDENT)**

Teamwork is the ability to work together towards a common vision. The ability to direct individual endeavour toward an organizational objective. It is the fuel that allows common people to attain uncommon results. It gives me immense pleasure to showcase the result of one such milestone achieved by our teammates with their dedication and coordination.

Presenting before you, the very first successful edition of our annual newsletter!

This is the real secret of life – to be completely engaged with what you are doing right now, you have to stop calling it work, realize it as play!

And when you start enjoying your work, success paves its way for you!



**ISHA KUSHWAH
(VICE-PRESIDENT)**



**VAISHNAVI THAKUR
(SECRETARY)**

Individual commitment to a group effort--that is what makes a team work!

Coming together is a beginning, Keeping together is progress, Working together is success!



**RAVI MISHRA
(JOINT-SECRETARY)**

ANNUAL REPORT

SESSION 2018-2019

- **INTRODUCTION**

“The empowered woman is powerful beyond measure and beautiful beyond description”

समता - **Women Development Cell** has been working for the encouragement, empowerment, and development of women, creating awareness about gender equality, celebrating the feminine in every human being and working against every type of gender discrimination.

TEAM समता 2018-2019		
FACULTY	Convenor	Dr. Vibha Batra
	Co-Convenor	Mrs. Anista Chauhan
STUDENT	President	Saurabh Singh
	Vice-President	Isha Kushwah
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	Activity coordinator	Anjali Saharan

- **BOLD THOUGHT:**

A Wall Event was organised for students and faculty to know their perception of man, woman, transgender and how would they feel imagining themselves to be **Transgender** for a day. This was done to know the immediate reaction of people when they hear the word MAN, WOMAN and TRANSGENDER. The college fraternity enthusiastically participated and presented their views and valuable thoughts. Several good, bad, and mixed reviews were received, and we could figure out the gender stereotypes that we carry and felt the need to introspect and dismantle them. This type of event helps us in understanding minds of people and provides the early-mover advantage so that we can work parallel to it. This event focused on involving people to bring transformation in society rather than imposing our views on them.



- **CELEBRATING EQUALITY (INTERACTIVE SESSION)**

The day started with Poster Making Competition on the Topic 'Reducing The Gender Divide' which earned huge attention from the college students and participation was beyond imagination as it was the first event held by the women development cell. Then came the most awaited part of the day and surely a motivating, knowledgeable and encouraging part i.e. session held by our chief guest Ms. Rudrani Chhetri Chauhan, the founder of first transgender modelling agency and community-based organisation (CBO) Mitr Trust. She had a detailed talk on transgender rights, equality and pointed out that instead of looking them as aliens, we should come forward and acknowledge, accept, include, and embrace them in the society in the true spirit of HUMANITY ABOVE ALL. At last it is humanity that counts. This session lasted almost one hour but it's impact on everyone present there surely will last forever. She ignited the inner humanity among everyone and our Aurobindo family sent an appeal to the VC of Delhi University for providing free education for Transgenders. This event brought out the realisation among all present that we need to be inclusive.



- **BOLD THOUGHTS AND PLACARD PROTEST**

-Through this Event we tried to mirror the thoughts of youth and others on the issues like **“Is the Outfit of women the reason behind the increasing rape cases?”** And **“Why do we use Abusive Language to express ourselves and continuously increasing it's use in our daily life?”**. Everyone entering from the main gate just looked at the placards and got immediately struck with the question, inviting one for self-introspection. The Wall was filled with views and we were proud that we could initiate a talk around these taboo topics. This made students realise how slur demeans the women who are the nation builders and architects of the future of humanity. At another level, we demean ourselves by use of such language.



- **NATIONAL GIRL CHILD DAY**

A Poetry Writing Competition and Quiz Competition was organised on 12th October on the occasion of National Girl Child Day in the college library. We saw an overwhelming participation from the students. Thereafter poetry writing competition started at sharp 3:00p.m on the topic named **“BETION KI UDDAN”**. This event had the overall impact on students' minds in knowing the history and rich heritage of brave women all over the world.



• Holistic Approach to Gender Incongruence

An inspiring workshop in collaboration with KHEM was organised to sensitise all about a variety of gender-expressions and how each is a sub -set of the family called HUMANITY.

KHEM is an NGO which works for transgender people and their rights by creating an awareness in the society and creating a platform so that they can use their own set of skills in order to live a healthy and safe lifestyle. The aim of the workshop was to create an ecosystem that encourages early recognition and promotion of gender identity, without fear of social ostracization. The Founder of KHEM Air Commodore (retd.) Dr. Sanjay Sharma, it's Creative Director, Ms.Taksh and the Director for Marketing Communications and Public Relations, Ms. Naseema Tasneem gave us a brief, revolutionary and knowledgeable information on THE GENDERBREAD PERSON which is a lesson to remember for life.

Later, in the workshop, we had the most invigorating part of rounds named PRIVILEGES FOR SALE in which each group was to buy and auction the privileges of Transgender which they considered most worthy and there was a lot of hustle bustle. The object of this game was to show how transgender are denied their basic human rights guaranteed to every citizen of our country and was a revelation about their struggle to live a graceful life. Participants could actually feel the need to help them in mainstreaming into this world.



❖ IMAGEN PERFECTA

An inter-college online photography competition named IMAGEN PERFECTA was organised. A stupendous response was received from students all over the university and mail-section of our society was filled with fantastic and fascinating pictures. This event helped in understanding the importance of woman is our life with just a click. The main point which made this event unique and different from others is that it made the participants introspect on the crucial role of women in nation building.



❖ REWORK YOUR LIFE WORKSHOP

We organised a life-skills training workshop on the subject "Rework Your Life", Enlightened Souls Foundation (a non-profit company founded by Mr. Rohit Kumar an ex-student) hosted this workshop which was led by Ms. Divyangi, a certified NLP practitioner. Held on 7th February, 2019, it focused on exploring the purpose of our existence and reinventing our life to achieve the desired state of being.

The trainer shared tools and techniques for channelizing thoughts, getting rid of the emotional baggage through Inner Child teachings and self-love and it was appreciated by the participants. A certificate of participation was given by the company to students who attended the workshop.

To illustrate, the trainer engaged everyone in different kinds of activities which helped the participants to realise that we can do whatever we want to do and enjoy every moment now and not worry about what people think about us. She introduced us to a technique which entails writing our own good and bad points and keeping this under our pillow as a constant reminder to ongoingly work on our negatives while being proud and confident about our positives.



- **WEEKLY ONLINE INITIATIVES**

- We started two weekly initiatives i.e. Shining Sunday and Winsome Wednesday are undertaken to educate students about history, contemporary empowerment and modern role models in today's world who are promoting gender equality.
- **SHINING SUNDAY** aims at motivating every person especially women and shows all their encouraging and motivating works done by them, criticize all the stereotypes and taboo and promoting a healthy, learning, and safer environment for gender equality and freedom. Every Sunday we post a motivating poem, prose, or picture with deep message.
- **WINSOME WEDNESDAY** is also a weekly post initiative but with a different goal. It aims at showing all the motivating, great and exceptional work done by women and transgenders in any field and under any circumstances along with three major headlines related to women. These inspirational posts are the most eagerly awaited stuff every week.

WINSOME WEDNESDAY
ISSUE: 12th March 13, 2019

WOMEN DEVELOPMENT CELL
Sri Aurobindo College Evening University Of Delhi

NEWS UPDATE

NUMBER OF WOMEN VOTERS INCREASES BUT STILL NOT 50%
The number of women voters has increased from 47% to 48.1% in the coming 2019 Lok Sabha Elections in comparison to 2014. Around 4.35 crore new registrations have been filed.

MAZUMDAR-SHAH, THE NEW 65 OLD SELF MADE WOMEN BILLIONAIRE
This founder and Chairperson of Biocon recently appeared on the Hurun's list of self-made women billionaire in the world with a net worth of \$3.6 bn.

IBM TO TRAIN TWO LAKH WOMEN IN STEM SKILLS IN INDIA
IBM said it would train two lakh women in science, technology, engineering and math (STEM) skills across India in a three-year programme to increase the participation of girls and women in STEM careers.

FACTOPEDIA:
FATHIMA BEEVI.M
Fathima Beevi is a former judge of the Supreme Court of India. Appointed to the tribunal in 1989, she became the first female judge to be a part of the Supreme court of India.

NAMITA RAJPUT
Principal OSD

- ❖ **PROJECT UDGAM:**

With the prime motto of making the surroundings safe for each and every child of India, we have started a new project for teaching the children of 1st to 3rd grade about the Bad and Good touch. It is high time TO BREAK OUR SILENCE and take a step to transform the society. We will be working on teaching the children, how to react when somebody touches one inappropriately, what is bad touch, who to approach if such a situation happens to them and how to take care of themselves in Public when they are alone.

WHY THIS PROJECT

We live in a country where people are going on Mars, coffee is being made on machines and technology is booming sky high, but Sex Education is still a taboo. Parents & Teachers still feel an ache in their head when children ask them some "Inappropriate" sensual question out of curiosity where they either scold them or switch off the channel. We have a vision of building a nation where each and every child can live one's childhood safely and cherish the beauty around and where every parent can sip their tea with relief when their child is out of the house? It is high time that we create a society free of child abuse, child molestation and other horrendous crimes involving children below the age of 16. With the prime objective of lending a helping hand in reducing such crimes, we are starting this project.



PROJECT UDGAM

Our nation's children are our greatest asset and our most precious treasure.

~ Christopher Dodd

“UDGAM” means a new beginning and this is what Women’s development Cell of Sri Aurobindo College (evening) aspire to do with authenticity and faith. A nation strive for a young, empowered, and fearless attitude and our “PROJECT UDGAM” focuses on the same stature but with a more transparent and powerful idea. We aim to make our country’s base strong and liberal. Our country is going through a dull phase of crime against children which is increasing day by day. So in order to counter this our team with hard work and sheer dedication from brilliant minds launched “PROJECT UDGAM” which aims to make the surroundings safe for each and every child of India by teaching the children of 4-10years about the necessary information regarding good, bad and other types of touches, how to protect themselves against these types of assault, whom to consult and how to deal with these issues. This project will cover all the fundamental and technical yet easy to learn methods to provide safeguard to children. Through the series of videos, charts, and personal teaching we are constantly trying to take out their fears in order to act actively against any kind of harassment. It is the high time when we have to break our silence and take a step to make a change in the society. This project is one of the revolutions to bring that change and with continuous appreciation from public we will serve each second to make our India great and safe again. The stats show a very horrible image of “Child Sexual Abuse” round the globe. A very small part of that data is mentioned below:

- An estimated 7.9% of males and 19.7% of females universally faced sexual abuse before the age of 18 years.
- The highest prevalence rate of CSA was seen in Africa (34.4%).

- Europe, America, and Asia had prevalence rate of 9.2%, 10.1%, and 23.9%, respectively.
- With regards to females, seven countries reported prevalence rates as being more than one fifth i.e., 37.8% in Australia, 32.2% in Costa Rica, 31% in Tanzania, 30.7% in Israel, 28.1% in Sweden, 25.3% in the US, and 24.2% in Switzerland.
- The lowest rate observed for males may be imprecise to some extent because of under reporting.

✓ **Prevalence of various forms of child sexual abuse in India**

Forms of sexual abuse	Prevalence (%)	Gender-wise distribution (%)	Perpetrator* (%)	Not disclosed (%)
Sexual assault	5.67	Boys: 54.4 Girls: 45.6	Uncle/ Neighbour: 31	72
Forced to touch private parts	14.5	Boys: 58.4 Girls: 41.6	Friend: 38.5	77
Forced to touch exhibit parts	12.6	Boys: 60.2 Girls: 39.7	Friend: 44.4	82
Photographed in nude	4.5	Boys: 52 Girls: 48	Friend, uncle and neighbour	71.4
Forcible kissing	21	Boys: 45 Girls: 55.02	Friend: 35	72
Child forced to view private parts	17	Boys: 55.9 Girls: 44.4	Friend: 40.7	79
Pornographic material exposed to child	30.2	Boys: 67.03 Girls: 33	Friend: 66	80

*Only the maximum prevalence of the relation of the perpetrator with the victim in each of the forms of CSA has been mentioned in the table above

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4311357/>

First leg of this project was a major success and received lots of love and support from everyone. We joined hands with the “Digital Siksha Foundation” for our very first move in this cause and impacted over 50 little but brilliant children. Our President thinks these kids are future of our country and it is our prime responsibility to teach and grow them in order to not only take out their best but a courtesy of



fearlessness and confidence is maintained with no fear of any harassment and past nightmares done against them. We through our project hanker to influence over 1200+ children every year.

As the name समता suggests parity which believe in the theory of equality irrespective of caste, creed and religion and our project is a proud reflection of this thinking. A new start is made to teach every anti-social element about empowerment, confidence, and every revolution like this aspire for your knowledge and touch.

Everyone in this world yearn for safe and harmless surrounding and this is what Project Udgam is working for, but this project itself is not the cure to

all problems; we have to come up as a team and not as individuals to eradicate this crime as well work on our part for social responsibility. You, I, and they make this world so it is our responsibility to make it a better, safer, and happy place to live in. A new beginning for a new India is our long-term vision and Project Udgam is just a stepping stone of that vision with many more interesting but educational initiative waiting to come in the near future.

“Small acts, when multiplied by millions of people, can transform the world.”

We want you to launch your own Project Udgam and this is not any impossible or difficult thing, you just have to do is that whenever you get time or you witness any kind harassment against children just act with confidence and bravery and try to contribute you part towards this good cause. Everyone can have their own project Udgam and everyone can work to this cause, all we need is a big heart for humanity and if you are really serious for our children’s safety and wellness then come and join us, because remember someone has truly said:

“I can do things you cannot, you can do things I cannot: together we can do great things.”



ARE WE CULTURALLY CAPABLE OF RAISING GOOD DAUGHTERS?

Ankita Rathour
Louisiana State University
United States Of America

About the writer:

Ankita Rathour is a PhD at Louisiana State University. She teaches Women and Gender Studies and works in crime film and fiction, and postcolonial theory. She has published her stories, poems and articles with Fair Observer, Lost Tower Publications, Kalamos Literary Services, Cyberwit, Feminism in India, Central Dissent etc. She is currently working on the films of Ramsay Brothers.

A good daughter in the traditional Indian culture means a lot of things. But sadly, they are confusing for any girl. Be beautiful but not too much. Your beauty as a girl should not be obvious and definitely not invite a man's gaze. Be fair because no matter what, that would get you married. Be a kid. Be innocent. But also, be mature and learn all the chores by your preteen years. Take care of the family, learn to cook, help your mother in the kitchen. Don't ask for any self-agency. No. Don't have too many girl-friends as they would spoil you and definitely don't have male friends because men are predators. Smile when the guests come to your house but make sure to not be too vocal or outgoing or have a personality. Wear western clothes. Look like a foreigner. But don't show your legs. Men can get ideas. Being born in a home ridden with male dominated meanings, a daughter is meant to be confused. She is born in a suppressive order. This order sends her mixed signals. Instead of focusing on making our men better, we are busy sending distorted, hypocritical messages to our young daughters. We tell her to be something but not what she wants. Tell her to acquire an identity to keep the men in hierarchy and serve it for the rest of her life. This order of servitude is exerted by the men but is strengthened by the women of the family. As grown ups carrying a duty to raise our daughters well, we fail. Miserably. And no equity or equality will take place unless we acknowledge this problem. Unless we call out the patriarchal women and ask them to reset their values and get rid of their internalized misogyny, we are just dreaming without any vision. We got to tell these women that just because they had a difficult life, it doesn't mean

that their daughters must follow the suit. Our daughters are not born to pay for our miseries. Our daughters are not bodies carrying our sadist meanings.

Think about it. A bro code, a bhaichaara is adamantly visible in India. Is there any sisterhood? A sister-code? Women backing each other up? No? Women are attacking Kanaka Durga who tried to exert her human right to enter a temple. In Bollywood, female directors like Pooja Bhatt, well accomplished actresses like Rani Mukherjee and Kajol lend out no support to a commoner like Tanushree Dutta who is speaking out against abuse and harassment in the film industry. Kiron Kher is another sad example of women with cultural capital who support patriarchal status quo over a woman's right. Men in India are definitely having an easier life based on their gender. However, patriarchal women in India are making it much easier for men. We, as a feminine Indian culture are not on the right side of the history because our survival depends on heteronormative bourgeoisie masculine ideologies. And what happens when it comes to daughters? We make sure we produce and mold our daughters to fit this ideology. The ones who fit, survive. The ones who do not, either flee, give-up or die. Indian women with any bit of cultural power must do some extensive soul searching. They must shed their savarna, Brahmanical privilege. Once women decide to support their fellow women, we can move on to the next discussion on how to topple male patriarchy. Until then, equity, equality, feminism are just mere glorious theoretical words we are using to escape the reality, the misery of patriarchy.

दक्षिण एशिया की नयी लड़कियाँ

कमला भसीन
लेखिका
सामाजिक विज्ञानी

कमला भसीन (जन्म 24 अप्रैल 1946) एक भारतीय विकास नारीवादी कार्यकर्ता, कवयित्री, लेखिका तथा सामाजिक विज्ञानी हैं। भसीन का काम, जो कि 35 साल के आरपार फैला हुआ है, लिंग, शिक्षा, मानवीय विकास और मीडिया पर केन्द्रित है।[1] वे नई दिल्ली, भारत में रहती हैं। वे अपनी एनजीओ, संगत, जो कि नारीवादी साउथ एशियन नेटवर्क का हिस्सा है, और अपनी कविता "क्योंकि मैं लड़की हूँ मुझे पढ़ना है"[2] के लिए बेहतरीन जाना जाता है। ग्रामीण और शहरी गरीबों को तगड़ा करने के लिए उनकी सरगर्मियों की शुरुआत 1972 में राजस्थान में सरगर्म एक स्वैच्छिक संगठन से हुई थी। बाद में वे युनाइटेड नेशंस फ़ूड एंड एग्रीकल्चरल ऑर्गनाइज़ेशन (एफ़एओ) के एनजीओ दक्षिण एशिया प्रोग्राम से जुड़ी थी जहाँ उन्होंने 27 साल तक काम किया।

दक्षिण एशिया की नयी लड़कियाँ
जब से दक्षिण एशिया देशों के संविधानों ने कहा है की औरत और
मर्द बराबर हैं, तब से यहाँ लड़कियाँ बदल रही हैं। आइये देखते हैं कैसे
हवाओं सी बन रही हैं लड़कियाँ
उन्हें बेहिचक चलने में मज़ा आता है
उन्हें मंज़ूर नहीं बेवजह रोका जाना
परिन्दों सी बन रही हैं लड़कियाँ
उन्हें बेखौफ़ उड़ने में मज़ा आता है
उन्हें मंज़ूर नहीं उनके परों का काटा जाना

पहाडों सी बन रही हैं लड़कियाँ
उन्हें सर उठा जीने में मज़ा आता है
उन्हें मंज़ूर नहीं सर को झुका कर जीना

दरियाओं सी बन रही हैं लड़कियाँ
उन्हें फैल कर जीने में मज़ा आता है
उन्हें मंज़ूर नहीं जेलों-से घरों में जीना

सूरज सी बन रही हैं लड़कियाँ
उन्हें चमकने में मज़ा आता है
उन्हें मंज़ूर नहीं पर्दों से ढका जाना



MEN AND WOMEN IN CONTRIBUTION TO NATION BUILDING

Neha Khaitan, Assistant Professor
Don Bosco Institute of Management
Assam Don Bosco University

Bacha Khan said "If you want to know how civilized a culture is; look at how they treat it's women".

There are many centuries of prejudices for being a woman. But the simple fact is that wherever energy is directed, excellence comes into that field. The same corollary applies to all men and women in this world and therefore equality between men and women should not be an out of the blue concept. If a woman puts her energy in a house, she makes it a 'home'; if she channelizes her energy towards a business venture, she is an 'entrepreneur'; if she utilizes her energy in sports, she is a sportsperson and so on. Most of the times women's caliber is doubted and she has to prove her mettle in every field. We have seen women power in this Republic day. India celebrated its 70th Republic Day on 26th January, 2019 highlighted women's power. The all-women Assam Rifles contingent participated for the first time in a Republic day parade, Lieutenant Bhavana Kasturi created history to become the first women to lead an all-men contingency at the parade. Contingents of the Navy, Army Corps and a unit of Corps of Signals were all led by women officers and a woman officer performing bike stunts on Rajpath. It is a matter of great pride for the country that women are coming forward and taking lead roles. This also brings lot of motivation and inspiration to all women of our country. There is lot of research, examples and entities to exemplify women's role and contribution in different fields and nation building. The importance of women in a developing country cannot be overemphasized. It is rightly said that you educate a woman, you educate a generation. Treating a



woman right and not subjecting her to gender specific roles will bring gender-equality in our society. Women and her rights shouldn't be treated as 'entitlement' by men. It is very important to raise our sons right so that there is balance in family and society. Men must know and understand that it's not only a women's job to raise family. The role of men in raising family is very important to discuss because then the women can have her contribution outside the four walls of her home. Are men considered only a breadwinner of his family? What are the duties and responsibilities of a father? What is his role in raising children in family? Does he contribute in household chores as the house belongs to both mother and father? Do we discuss such things in our classroom

and living room? Mostly we talk about women's role and responsibilities in raising children and family. If the discussion is so polarized and gender biased, how can we expect gender equality in general. We teach so many things to our girls but when it comes to boys, we mainly focus on their education and source of livelihood. We should raise our girls to be brave and courageous rather than perfect. Because life decisions require use of both intellect and courage. Most of the decision and choices are not made by women themselves but are defined for them, either by her family or husband's family. She has little role to play in decision making. It is an irony that her aura and capability is respected less at home and more at work. We need to apply critical thinking while answering such pertinent questions. A mother works 24/7 for her family but her services are not accounted in GDP mainly because it is unpaid work. The same work done by domestic help is counted as work. Very often, a question comes to my mind, how can I serve my country? Do men serve their country greater than women? If not, then what is the contribution of women in nation building? We say that men and women are equal in every respect, then why so much hue and cry? Is Army, Air Force, Navy, Politics, social worker, scholar, statesman, scientist, sportsperson or industrialists only serve their country? Is honestly paying your taxes the only way of serving one's country? No, it cannot be in such small magnitude because a nation comprises of not only distinguished and Important persons but also largely by common man. "Desh banta hai uske log se" ... So, it's the people which makes a country 'great'. What are the ways by which we can serve our country? We don't need to be 'Hero' or an extraordinary person to serve our country. It is often said that we become extra-ordinary by doing ordinary activities. I, you, we all can contribute our nation by different ways some of which came to my mind are as follows:

- When we human beings help each other, when our fellow-beings, plants and animal and all living, non-living entity co-exist peacefully and in harmony, when we love more and judge less, when we do good, when we do our duties and

responsibilities rightfully, justly and not misusing our powers and authority, we are 'building a nation'.

- When we do not make public places and our community/surroundings dirty, when we are not destroying public property, goods and services, when we are using resources judiciously and not wasting them, we are 'serving our country'.
- When we do action making best use of our talent, resources, and services constructively, we are 'building a nation'. For example, when a doctor treats a patient and deliver service with good faith, he/she is serving one's country. When the police and courts do the functioning and duty rightfully, maintaining law and order, delivering justice, they help in 'nation-building'. When teachers do their job, they are 'building a nation'.
- We serve our country when we 'think big' and not fulfilling only one's self-need. Vision for larger good is important than smaller ones. We sometimes consciously and unconsciously serve our country by our personal acts. For example, men and women in their family by raising children, providing good food, moral values, safety and proper upbringing of their child are raising future generations of the country because a family is a unit of society and many families together make a society, a region, a state and a country.

We need to be aware and realize that by doing our duties and responsibilities, we become Hero and contribute in 'nation building'. It is in no way to belittle the contribution of our great forefathers who laid their lives for Independent India, Army, Navy, Airforce, Statesman, Scholar, Scientist, Sportsperson, Business houses, Constitutional posts etc. in the role of nation building. It is to bring out the awareness and realization to love your country and countrymen by serving it through constructive, simple and different ways and thus devoting our time, energy and resources in nation-building. After all, in the end, individuals do not matter; only institutions do.



**TUSHARIKA
AGGARWAL**
B.Com (Hons), Sem-6
>2nd Prize in
"MERCARI SELLAN",
College of vocational
studies



**VAISHNAVI
THAKUR**
B.Com (Hons), Sem-6
>2nd prize in
Solo dancing



**SAURABH
SINGH**
B.Com (Prog), Sem-6
>1st prize in Face
painting competition
>2nd prize in Poster
making competition
>2nd prize in Rangoli
making competition

Chef-d'oeuvre



**LALIT
KUMAR**
B.Com (P), Sem-4
>2nd prize in rangoli
competition

**ANJALI
SAHARAN**

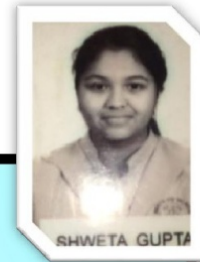
B.A Hindi (hons.), Sem-6
>2nd prize in rangoli
competition



The Pride of Our Team

**SHWETA
GUPTA**

B.A.(hons)Applied
Psychology, Sem-2
>2 nd position in
rangoli competition



**ISHA
KUSHWAH**

B.Com (Hons), Sem-6
>1st prize in Face
painting ->>
>2nd prize in Poster
making
>3rd Prize in newspaper
dressing



**GEETANJALI
BUDHIRAJA**

B.Com hons, Sem-6
>2nd prize in treasure
hunt by commercia
>1st prize in poetry
competition of wdc on
the topic beti bachao beti
padao.



AS BRITTLE AS ASH

Vartul Vishnoi
B.Sc 3rd Year, Life Science
Sri Venkateshwara College

If you don't get out there and define yourself, you'll be quickly and inaccurately defined by others."

— Michelle Obama

The contemporary world needs us to define and describe ourselves, manifesting our thoughts that make us who we are into words and presenting them to the society, hushing and quelling their imposed morality and cramped dispositions and the only reason being that people in today's world are highly volatile and critical towards everything around them. People or more putting it correctly, society today has an opinion on every petty thing about anybody and everybody about what one wears, who one hangs around with, judging the cadence of their words and even what one eats. It's not our job to do so, nor are we being paid for it but we don't realize the idiocy behind it because what we've come to understand is; it's normal and everybody does it. The truth is that it's not normal and one is not supposed to do it, not in a negative sense at least. How can you criticize every single aspect of somebody else's life when you still haven't ascertained your own essence on this planet? It surely must be either fun or a dexterous use of one's time otherwise there is absolutely no reason that one would put their minds to it.

The entire society is subjected to this phenomenon somewhere or the other but just to kick things up a notch, we decide to emphasize in a particularly peculiar way on women for everything they do. Moral obligations and the societal code, existing apparently since time immemorial, tells us how to behave and be, stating some rules and dictums that define our lives. Casual sexism tells us why boys shouldn't wear pink; what all is defined in society as girlish and boyish; defining the way of carrying themselves as boys and girls, even going to the extent of defining one's clothing, accent, musculature, attitude towards society, moral obligations; patriarchy tells us why men are superior in the society and can do what they want and it's a difficult life for women, as it has always been. Nothing new about any of this. So, what's different now?

Suddenly, the society, with very much difficulty, observes some musings and thoughts and epiphanies being penned down in the quiet of the night, hears a voice asking the how's and whys of the hitherto engraved that are due for their graves, winces over the evident and glaring spark of subversion in her eyes, dreads the fact that perhaps it's time to bend the knee and give what should have been given an era ago.



How hard is it to understand the fact that both sexes are equal and have been as such since the beginning of time? We should not have needed books, articles, seminars, clubs to realize this lucid truth but since it has come to this, we should actually make efforts to accept what we have been neglecting; the equal societal status of both sexes. Gender equality seems easy in theory and easier still to throw around words appreciating this ideology, but we stutter and shuffle when we are asked to accept the truth and practice it. It doesn't seem much difficult to shift our society's minds, now that the womanhood knows what they must strive for and since then, they have been working harder and harder to tell the patriarchs that they are putting their foot down for what's rightfully theirs.

This raises quite a number of eyebrows every now and then because of our short-sightedness but hopefully, in time, the people will come to accept the new way. Nothing except change is constant in this world. Oprah Winfrey with her story of rising to the zenith from nowhere, Hillary Clinton's life encompassed by struggles with American politics, Christiane Amanpour with her endeavor to report from a war-torn world, Cristina's struggle to become the president of Argentina; these ladies tell us nothing except 'since they have, anybody can'. This is the new face of the contemporary world of 21st century and it is changing and growing so apace that it's hard to keep pace with it. Perhaps we should live and BELIEVE in this new face of the society, shunning our egos and pride, as brittle as ash, which shall be our legacy for centuries to come.

धृतराष्ट्र की सभा में।

दीपक कुमार
आई.आई.एम.टी. कॉलेज
ग्रेटर नॉएडा

भरी बस में इंसानियत का दबदबा कुछ ऐसा था जैसे धृतराष्ट्र की सभा का कोई मेला था।

चढ़ तो गयी वो अबला बस के अंदर लेकिन नहीं पता था की चार लोगों के आगे नहीं चलेगा उसका कोई बस।

छेड़ रहे थे कुछ लोग उसे भीड़ की चारदीवारी में, लेकिन कुछ लोग ऐसे भी थे जो नज़रे झुकाए थे उस चारदीवारी की परछाई में।

या-मौला वैसे तो इतिहास गवाह है कि औरत पर मर्द का बस चलता है लेकिन आज सामने देख लिया कि औरत पर बस हैवानों का तंज़ कसता है।

फुसफुसा रहे हैं कुछ लोग आपस में - क्या मैं उन लडकों से कुछ बोलूँ तो तुम भी मेरे साथ बोलोगे?..क्या उस लड़की की इज़्ज़त उतरने से पहले उन लोगों का मुंह, साथ मिलकर तोड़ोगे?

गिड़गिड़ा रही है वो औरत और पूछ रही है सबसे की इस भीड़ में श्रीकृष्ण मिलेंगे कैसे?

लेकिन किसी के मुख पर कुछ बोल न था क्योंकि शायद उन आंसुओं का कुछ मोल ना था।

जीत कर भी हर गयी वो औरत उस विजयी रथ पर, प्रतीत होता है जैसे आज फिर कर्ण के रथ ने छल किया हो।



MOURNING MAN

Preet Rawat
B.Com(Prog), Sem-4
Sri Aurobindo College (Evening)

Men are said to be gutsy, tough and emotionally strong but what if they are not; aren't are they men? This precondition to be a man in this society is very much interpreted wrong, and this misconception has given rise to a major, or we can say a "Disguised Problem" which exists, but we are not seeing it.

Like women, these men also face many types of social and domestic violence but unlike women who stand against it, men eat that humiliation because "Men are meant to be tough" as perceived by everyone.

Men eat their emotions, injustice just to serve the perception that men are meant to be tough. This problem is so complicated that there are no data and statistics to prove it or measure the domestic violence done on them. Those who try to stand against this injustice they end up humiliating themselves and constantly mocked and made jokes by society because of the damn perception "men are meant to be strong." This perception ends up men in depression, loneliness and many other ailments because they are "Meant to be tough."

Such a disgrace to us when the world is crying for equality everywhere then why not equality in laws towards men. Most of the laws favour women which ultimately leads to misusing them and men are left powerless because again for society "it's always the man's fault." According to reports 75 percent of cases are withdrawn by women against a man in case of domestic violence, dowry etc. because they use charges to extort money.



It's not being anti-women but it's all about justice for all. It needs to be changed how we perceive a man to be, how to treat them in case of injustice done to them. "Sach yeh hai ki har mard ko dard hota h" and we should against it, keeping aside all the mockery and other taunts. Manhood is not just to show how strong we are despite endless harassment but to stand against every injustice done on men, no matter whether its domestic violence or sexual abuse because at last "it is not the society that will define you but it is you who will define and create a just society."

नारी

सिद्धार्थ राज सिंह
बी.ए (इकोनिमिक्स)
श्री अरविंद महाविद्यालय सांध्य

कभी माँ, कभी बहन,
कभी पत्नी, कभी बेटी,
कई रूप है तेरे,
सबमे तूने दुनिया को है ध्यार से सींचा।

लेकिन इन सबसे बढ़कर आज की नारी वो है,
जो केवल इन रिश्तों में बंध कर नहीं,
बल्कि खुदको आज़ाद कर रही हैं।

जो कह रही है कि अब वो सीता या द्रोपदी की
तरह लाचार नहीं होगी,
बल्कि,
इंदिरा और किरण की तरह सशक्त और
ताकतवर बनेगी।

जो कह रही है कि अब वो जेसिका या निर्भया की
तरह आसूँ नहीं बहाएगी,
बल्कि,
पद्मावती और पुनिता की तरह सीमा पे लड़कों के
साथ कंधे से कंधा मिलाके देश की रक्षा करेगी।

तो क्या हुआ अगर वो नारी है,
तो क्या हुआ अगर वो अपनी गुलाम सी ज़िन्दगी में
कुछ करना चाहती है,
तो क्या हुआ अगर वो समाज की बंदिशों से आज़ाद
होना चाहती है,



देश तो वही महान बनता है न जहाँ लड़का और
लड़की दोनो का सम्मान हो।

तो फिर क्यों नारी को रुलाता है ओ ज़ालिम,
आखिर जिस भारत माता को पूजते हो,
वो भी तो नारी ही है।

ARE YOU HUMAN?

Anupam Kumar Pathak
Manager (Legal & Secretarial),
UM Autocorp Pvt Ltd

Deep down my heart there exists lava of anger towards rapists of minor girl children. I avoid reading newspapers today because such incidents are reported very often and my anger shoots up the moment headlines appear before my eyes. Such is the magnitude of anger that I am not able to even read the detail of such acts. On Women's Day I attempted to share my anguish and anger through following poem. As I wrote I felt that words don't suffice my seething anger within. I present it to the World to share my anguish.

Ashamed I am-
Quivering I am-
Speechless I am-
Stupefied I am
of what has been done,
by sick ones of my creed
that none of the rest of us,
can ever dare to imagine,
even in the wildest of our dreams.
Forlorn and fuming I stand,
with my heart bleeding
for those buds,
whose lives were
trampled and nipped in bud,
by these spineless ones,
who unfortunately belong to my own
creed?
O mindless ones!
What makes you
such loathly creatures?
victimising unsuspecting lasses
for momentary pleasure?
for machoism?
O worthless ones!
Seek your psyche
for you have none!
ever thought of
what remains thereafter?
a scar for posterity,
a trodden life,
Innocence trampled by your lust
before they realize
that they are part of this world!
a living death!



So frequently the headlines scream,
of acts of your likes,
that I squirm in pain n' long justice be done,
but every punishment
fails to measure your wrong!
Let's all rise!
and sensitise not the bud
but the man next to us,
regardless to class, creed or culture,
for this menace needs to be culled,
as every child deserve
a better life!

नारी तुम नितनव्या सौम्या निर्भया हो

आरती गुप्ता- अनुभाग अधिकारी
श्री अरविंद महाविद्यालय सांध्य

नारी तुम नितनव्या सौम्या निर्भया हो,
नारी तुम नितनव्या सौम्या निर्भया हो,
आधुनिक जगत के अवनी-तल पे ।
नारी तुम नवरूपा- नारायणी- निष्काम- निश्चला- कर्तव्य- परायणा नवराष्ट्र निर्मात्री हो,
आधुनिक जगत के अवनी- तल पे ।
इस पल में ऑफिस, उस पल में घर,
न जाने क्या क्या रोल निभाती हो,
कभी इंदिरा नुई, तो कभी कल्पना चावला बन जाती हो,
कभी मीरा, कभी महादेवी,
कभी मदर टेरेसा बन जाती हो,
कभी सूघड़ शिक्षिका बन अनन्य बच्चों का भविष्य
बनाती हो,
कभी बहादुर कृत कर गुमनाम अनामिका बन जाती हो,
इन बेमिसाल नारियों में हर नारी का अक्स दिखती हो ।
नारी तुम नित नव्या सौम्या निर्भया हो...
नवरंग नवरस से परिपूर्ण नवरत्न सी सुसज्जित,
कभी लक्ष्मी, कभी सरस्वती,
कभी काली, कभी कृष्ण- प्रिया,
हर देवी सा दिव्यात्मक बन जाती हो।
नारी तुम नित नव्या सौम्या निर्भया हो...
नारी तुम नहीं केवल कामायनी की श्रद्धा हो,
विश्वास-
रजत- नग- पग- तल में,
हाँ पीयूष- स्रोत सी बहा करो जीवन के सुंदर समतल में,
पर कदम से कदम बढ़ाकर भी चला करो,
आधुनिक जगत के अवनी- तल पे।
नारी तुम नित नव्या सौम्या निर्भया हो,
नारी तुम नित नव्या सौम्या निर्भया हो,
आधुनिक जगत के अवनी- तल पे...



WOMEN EMPOWERMENT IS THE AIM

Vishal Maurya
B.Com(Hons) 3rd Year
Sri Aurobindo College Evening

Women, women everywhere, their empowerment is the aim
They all suffer a lot but nobody wants to blame.

Empowered by the policies
Still, they need to please.
They all want to fulfil their
dream
But society makes them scream.

They want to reach the moo
But society wants them home
by noon.

Everything has its price
what about their sacrifice.

They are the future gem
Kindly, stop restricting them.
They are not so mean
Please treat them like a queen.
Women empowerment will not be the need
Just give them a supportive deed
Women, women everywhere, their empowerment is the need.



हैवानियत के चलते...

आंचल चौहान

बी.कॉम

श्री अरविन्द महाविद्यालय सांध्य

सूट सलवार पहनने के बाद भी लोगों ने उसे खूब निहारा।

लेकिन ज़रूरत पड़ने पर उसने खुद को दिया नकाब का सहारा।

दरिदगी के चलते घरवालों ने उसके हाथ से चूड़ियों को भी उतारा।
लोगों की बुरी नियत के चलते उसने खुद को थोड़ा कम संवारा।

यही नहीं, हैवानियत के चलते मैंने आज के काम को कल पर भी टाला।

आखिर और कितनी पाबंदी लगानी होगी उसे खुद पर जिसने कभी कहा था कि मैं हूँ खुले भारत का एक सहारा।
खुद को इतना बदल लिया लेकिन माफी चाहूँगी की लोगों की सोच नहीं बदल पाई।

कम संवारो अगर खुद को तब भी आंखें मुझ पे ही आकर टिकती हैं पता नहीं क्यों बुरी नियत के आगे मेरी इज़ाज़त उनकी आंखों में बिकती है।

लेकिन शर्म मुझे तब आयी जब देखी मैंने बुढ़े लोगों की नीयत में भी खोट की परछाईं।

जाने और कितनी खुशियों को नज़र अंदाज करना होगा या फिर मुझे अकेले ही हैवानियत पर वार करना होगा।

बन जायेगा घर और पहुँच जाएगी हर घर मे बिजली।
लेकिन सवाल है मेरा सरकार से क्या हर घर में अच्छे संस्कार पहुँचा पाएंगे? या फिर मंदिर मस्जिद के मसले में नारी की सुरक्षा करना ही सब भूल जाएंगे।



MOVE ON

Saurabh Singh
B.Com Prog, Sem-6
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In every evening when the eventide,
When stars start to shimmer
And birds fence to fly
The surge of moon, with its moonlight
Profuse an epistle
Just move on, don't lie

The dark may be spooky
But don't leave your flare
Remember in the darkest of nights
Moon squat with dash
And showers love with blare
Evince path to the woebegone
And expound a word just don't plug, move
on!

Be like the river
Which comprise its own lane
Flooding with ecstasy
Sailing all the snag in its way
Be like the river which flow in its tenor
Just don't lie down, move on!

Life is like sun
This is accord to radiate your glitz
Sometimes dawn,
Sometimes eclipse
Don't just bother, you are made to shine
Just remember your goal
And move on!



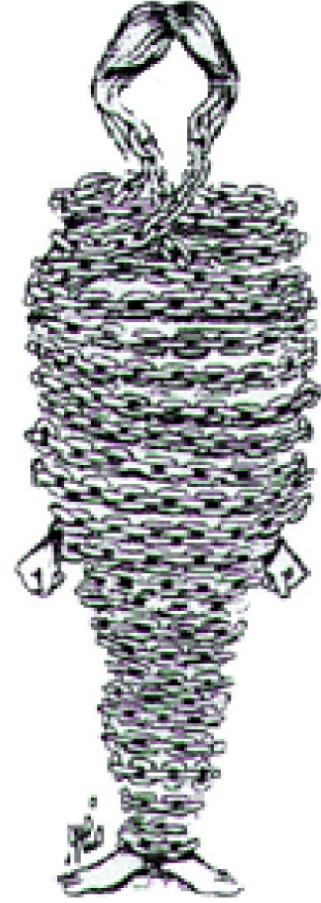
ऐसा क्यों?

ज्योति कालरा
स्वतंत्र लेखिका

ज्योति कालरा उम्मीद एक संवेदनशील लेखिका हैं। इनके तीन काव्य संकलन प्रकाशित हो चुके हैं। आज चांद ग्रस्त है गीली माटी तथा परतें प्याज की। हरियाणा साहित्य अकादमी द्वारा इन्हें प्रोत्साहन मिला है। अनेक पत्रिकाओं में इनकी रचनाएं प्रकाशित होती रहती हैं। लघुकथा तथा नाटक के क्षेत्र में भी इनका योगदान उल्लेखनीय है।

ऐसा क्यों?

बढ़ती उम्र के साथ
क्यों दुनिया सिखाती है हर नारी को
लज्जा के आवरण को देह पर समेटे रखना ।
अपने यौवन के बोझ को गरिमा से ढोना
संभालना अपनी काँच सी देह को,
संभाल कर हँसना ।
शाम ढले चारदीवारी में रहने को?
क्यों सिर्फ लड़के ही दिखाई देते हैं,
बिंदास सड़क पर दस बजे रात के बाद भी
बनियाइन पहन सड़क पर,
मस्ती में मोटरसाईकिल चलाते हुए
बदलती आवाज,
छाती और चेहरे पर उगते बालों से बेफिकर
पुरुष-स्त्री, लड़का-लड़की नर-नारी
समान पर
शील का पाठ सिर्फ नारी को?
जब तक हर पुरुष को भी नहीं सिखाया जायेगा समानता का पाठ
हर सड़क पर एक भेड़िया और
एक बकरी ही नजर आएगी
और अखबार की सुर्खियों में हर दिन
किसी बकरी के शोषण की खबर आएगी ।



MENSTRUATION – BOYS PERSPECTIVE

Dr. Prabha Arora
Additional Director
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Right from childhood, boys are exposed to lot many confusions in their minds related to the issues around the health of their mothers and sisters, and many other women, especially changes occurring in physical appearance and behavior during adolescence. Few of these confusions are: why women are not permitted to pray in the house or why don't women go to temple/kitchen during few days in a month and stay at home feeling sad, upset or over sensitive. Further, poorly understood parts are advertisements on media related to sanitary napkins especially on television.

As the boys continue to grow up, they are told to keep away from ladies' toilets. Even at home boys are told to refrain from touching suspicious objects (dirty linen) in the common toilet, further increasing the curiosity in their minds. They are unable to discuss these issues with their mothers, sisters or their fathers. Some parents on the other hand don't want their sons to spend their study time on such topics as they feel that this is not important.

During adolescence, boys go through many roles including as brothers and peers. It is important to reach boys across such roles as one of the critical challenges girls face at school/college is in relation to the issues and body changes during adolescence. The many gradual changes that a girl goes through are development of breasts, appearance of hair in the armpit and genital area, widening of hips and growth spurt. The culmination of these changes is marked by onset of menstruation. Menstruation is a process in which a sexually mature girl's body releases a small amount of blood mixed with secretions through her vagina few days in a month, regularly every month. This blood is necessary to nurture the fetus in womb. By regular loss of blood, a woman tends to get anemic and is in need of additional nutrition and iron for replenishment of blood. When a sexually active woman does not conceive, it is the nature's way of indicating the beginning of next cycle of events. Conversely woman does not experience periods during pregnancy and lactation.

Menstruation is a normal process that every healthy and sexually mature girl undergoes generally once every month. First occurrence of menstruation is called menarche and it marks the age when girls become sexually mature. Generally, menarche occurs between the ages of 9 and 14 years and varies on an individual basis. It is a sign of maturing, i.e. the girl is able to bear a child. Girls use different materials to absorb the blood (such as sanitary napkins) and they usually try to dispose this away from sight. The girl goes through many complexes during these times, especially when she is dealing with the changes in her body and the perception of the fear of being teased by boys, which impacts on her self-esteem. In as much as it is important for the hygiene during these days for the girls, the knowledge of these changes is equally important for the boys so that they can behave and act responsibly.

According to the National Family Health Survey (NFHS-3, 2005-06), the median age at first sexual intercourse for women age 25-49 years is 17.6 years, which is almost identical to the median age at cohabitation. This clearly reveals that Indian women generally begin sexual intercourse at the time of their first marriage. The median age at first intercourse among men age 25-49 is 22.6 years, five years higher than the median for women. The median age at first sex for men is lower than the median age at first cohabitation, but the difference is very small. Much of the difference between the observed pattern in age at first sexual intercourse among women and men can be attributed to the median age at marriage, which is almost six years higher among men age 25-49 than it is among women.

According to the NFHS-4 (2015-16) data, 26.8 % women age 20-24 years married before age 18 years and 7.9 % women age 15-19 years were already mothers or pregnant at the time of the survey. This gives an idea about the beginning of sexual activity during the adolescence years in a significant proportion of the population.

It is therefore important that adolescents need to protect themselves from the risk of early pregnancy by using

protective contraception and also from the sexually transmitted infections (STIs), which may result in infertility, if not treated adequately. Barrier contraceptives (physical protection for prohibiting the intermixing of sexual fluids) such as condoms, are available both for boys and for girls, which protects them from unwanted pregnancy as well as STIs. Otherwise STIs need treatment with appropriate medications.

The most common STI is Human Papilloma Virus (HPV) which is usually harmless but some types can lead to cancer or genital warts. Cancers are treatable if detected early. Also, HPV vaccine is available, which if given timely, primarily to girls (before the onset of sexual activity) and also to boys, if feasible, can prevent the development of HPV related disease.

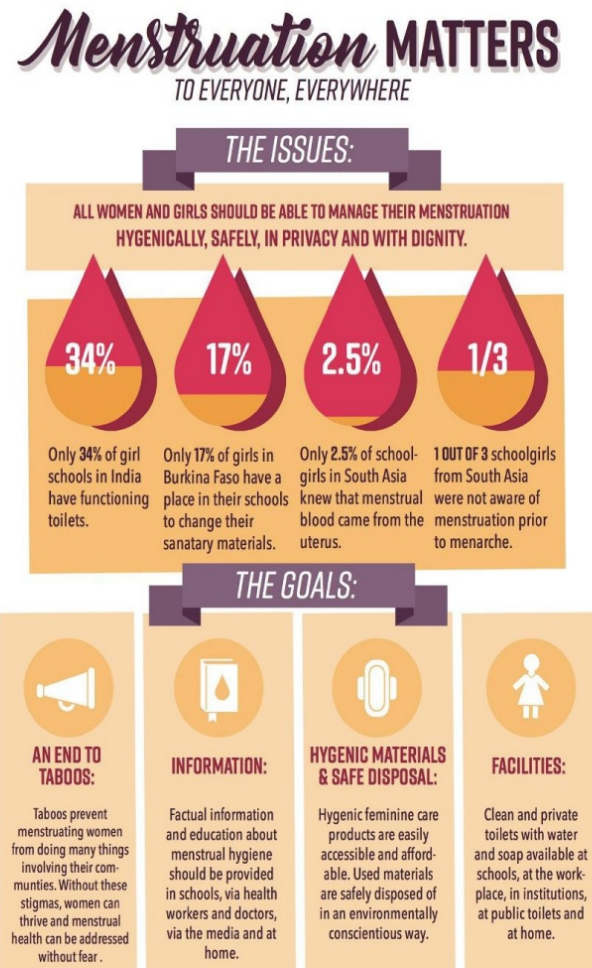
For a successful menstrual hygiene management (MHM), which is an integral part of the Swachh Bharat Mission Guidelines (<https://mdws.gov.in/documents/guidelines>), several initiatives have been undertaken. Since 2014, May 28 is observed as the Menstrual Hygiene Day worldwide to raise awareness regarding the challenges women and girls face to deal with menstrual cycles and highlight solutions implementable at global, national, and local levels. Government of India has incorporated MHM into national policies and programs as part of initiatives for improving health, well-being, and nutritional status of adolescent girls and women, as well as for reducing school absenteeism of adolescent girls.

Movies such as “Padman” and Oscar winning, “Period. End of Sentence” which have gained popularity recently are also made on the topic of menstruation. In the film “Padman”, upon realizing the extent to which women are affected by their menses, a man sets out to create a sanitary pad machine and to provide inexpensive sanitary pads to the women of rural India. In the short documentary film “Period. End of Sentence”, Indian women fight the stigma surrounding menstruation and begin manufacturing sanitary pads. The film follows a group of local women in Hapur, India, as they learn how to operate a machine that makes low-cost, biodegradable sanitary pads, which they sell to other women at affordable prices. This not only helps to improve feminine hygiene by providing access to basic products, but also supports and empowers the women to shed the taboos in India surrounding menstruation – all while contributing to the economic future of their community.

To overcome the challenges faced by girls during menstruation at the workplace, school and at home, good hygiene practices are needed. These can be in the form of providing separate water and sanitation facilities, providing facilities for disposal, easy availability of low-

cost sanitary protection material and open environment do discuss related issues.

On similar lines, it is essential for the school/ college management and teachers to orient themselves on MHM. Providing an MHM friendly environment in schools/ colleges including raising awareness will be helpful. The involvement of boys through creating spaces for open dialogue will enable boys to realize the importance of MHM as well as issues of reproductive health, women’s



self-esteem, nutritional needs, need for rest, recouping and empowerment and making them understand the sensitive phase of the adolescence of girls. Boys can attempt to break the communication barrier and discuss these matters with their teachers.

महिलाएं - समाज का आधार

रनी रूमी

(बी.ए), अरविन्द महाविद्यालय सांध्य

जेम्स मिल ने 1817 में अपनी पुस्तक 'हिस्ट्री ऑफ इंडिया' में लिखा था कि कोई समाज कितना सभ्य है, इसका पता उस समाज में स्त्रियों की दशा देखकर लगाया जा सकता है।

UNO ने अपनी एक रिपोर्ट में कहा है कि अभी हमारे समाज में महिलाओं को इंसान की पट्टी देने में और उनकी दशा सुधारने में 100 साल का समय और लगेगा। यानि महिलाओं को इस समाज में एक इंसान की तरह देखा जाये, उसे कोई एक सुन्दर, सजी-संवरी और पुरुष का मन बहलाने वाली गुड़िया से अधिक भी कुछ समझा जाये यह एक बहुत दूरगामी संभावना है। आज विश्व भर में महिला सशक्तिकरण के लिए अभियान चलाए जा रहे हैं। और पिछले 100 सालों से हर साल 8 मार्च महिला दिवस पर रंगारंग कार्यक्रमों का आयोजन कर के इसे उत्साह से मनाया जा रहा है। लेकिन आज भी एक 8 महीने की बच्ची से बलात्कार जैसी नृशंस घटना सामने आती है। और इस घटना पर पूरे देश में एक हलचल तक नहीं होती। सब अपनी जिंदागी में मशगूल रहते हैं। और ना जाने अन्य कितनी घटनायें जैसे तेज़ाब डालना, परेशान करना आदि रोज़ हज़ारों की संख्या में घटित होती हैं। यह कैसा पाखंडी समाज है? निश्चय ही यह बहुत ही गहन चिंता का विषय है। हमारा संविधान समानता की बात करता है। जिसमें से एक लैंगिक समानता भी है। जब संविधान की नजर में दोनों समान है तो फिर क्यों महिलायें अपने आप को आज कम आंक रही है। आज एक और "बेटी बचाओ, बेटी पढ़ाओ" के नारे के साथ हमारी मौजूदा सरकार महिला सशक्तिकरण पर जोर दे रही है और कह रही है कि इस कार्यक्रम के बाद महिलाओं के साथ होने वाली घटनाओं में कमी आयी है। लेकिन सरकार को शायद पता है या वो हमें गलतफहमी में रख कर अपना उल्लू सीधा कर रही है। लेकिन सरकार ने इसके कारण जानने की कोशिश नहीं की कि कहीं हमारी शिक्षा व्यवस्था में ही कोई कमी तो नहीं है, हमारे सोचने के पहलुओं में शायद कहीं कमी है। 2007 से 2017 तक महिलाओं के साथ होने वाले अपराधों में 83%की वृद्धि हुई है।

#me too #bad touch, इन अभियानों को चलाकर महिलाओं ने समाज से उत्तर मांगने का एक दमदार कदम उठाया है। कम से कम आज वो अपने साथ होने वाले अपराधों को बता तो पा रही हैं, नहीं तो एक सर्वे के अनुसार भारत की 98%महिलाओं के साथ यौन उत्पीड़न होता है। जिसमें से 95% महिलाएँ किसी को कुछ कह नहीं पाती हैं। लेकिन ये सारे अभियान कलाकारों,

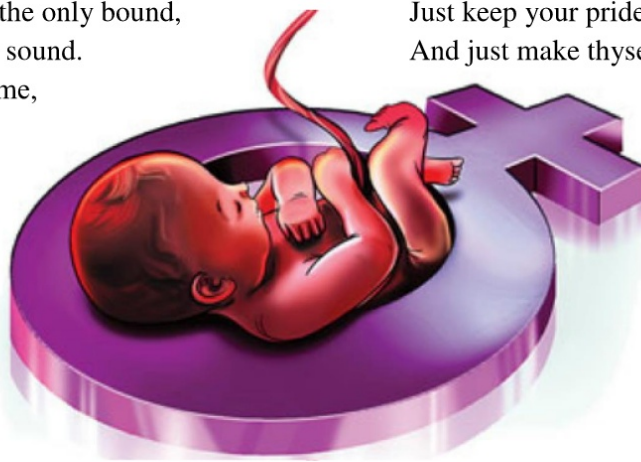
लेखकों, या किसी ऊँचे पद पर आसीन महिलाओं तक ही सीमित रह गए हैं। आम जनता तक एक तो ये पहुँच नहीं पाया। अगर जाता भी तो शायद परिणाम 0% ही होता। क्योंकि यह अभियान वित्तीय रूप से सक्षम महिलाओं ने चलाया है। और आम जनता में तो महिलायें पहले अपने पिता पर और फिर अपने पति पर आश्रित रहती हैं। और 90% बलात्कार हिंदुस्तान में अपने जानकार लोग ही करते हैं। उनके खिलाफ आवाज उठाने के लिए महिलायें कहां से हिम्मत लायें। जहां एक ओर तो महिलाओं की पुरुषों से कंधे से कन्धा मिलाने की बात हो रही है, वहीं बंगलोर के मॉल में एक वर्कशॉप का आयोजन किया गया था जिसमें 18 से 35 साल तक की महिलाओं ने हिस्सा लिया था। वहां सभी से एक सवाल पूछा गया कि जिस किसी के साथ भी यौन उत्पीड़न हुआ है, वो अपना हाथ उठाये। वहां मौजूद सभी ने अपना हाथ उठाया। जहां शायद ही कोई महिला इस जगन्म अपराध से अछूती रही हो, वहाँ महिला सशक्तिकरण के नाम पर लोगों को बहकाना..... मिथ्या में रखना मात्र है। अगर हम लोग सोचते हैं कि किसी एक दिन महिलाओं का दिन निश्चित करके, उस दिन सार्वजनिक वाहनों में महिलाओं के लिए किराया माफ़ करके, ब्यूटी पार्लर में सस्ते पैकेज कर के, सोशल मीडिया पर महिलाओं का सम्मान करके, उनके लिए एक वीडियो शेर करके, महिला दिवस की सबको बधाई देकर, अगर महिलाओं का सशक्तिकरण कर सकते हैं, तो ये भी अधूरा सच है। कोई निश्चित एक दिन तय करके अगर हम चाहते हैं कि महिलाओं पर जो अत्याचार रोज़ हो रहे हैं, हम उन्हें ख़त्म कर सकते हैंतो हम यथार्थ से अभी बहुत दूर हैं और सचाई से अपना मुंह छिपाने की और अपनी जिम्मेदारी से भागने की कोशिश कर रहे हैं। आज महिलाओं की लड़ाई को सिर्फ़ बलात्कार, या यौन हिंसा से मुक्ति तक सीमित कर हम सोचते हैं कि महिला सशक्तिकरण खुद ब खुद हो जायेगा... तो हम महिलाओं की लड़ाई को एक भटकी हुई राह पर लेकर जा रहे हैं। आज स्त्री स्वतंत्रता सिर्फ़ इतनी नहीं है, कि बलात्कार और यौन उत्पीड़न से छुटकारा हो तो हमारी जीत हुई। आज सवाल महिलाओं के अस्तित्व पर है, उनकी पहचान पर है। अगर वो इस सच को जान जायें तो लड़ाई आसान हो जायेगी। और भटकी राह को छोड़कर सही राह पकड़ अपनी लड़ाई जीतने की ओर चलेंगी।

I AM A GIRL, SO WHAT?

Ketan
Tourism, 1st year
College of vocational studies

I am a girl, so what?
The night I foayed into this mother earth,
I didn't make anyone glitter,
Just cause it was a lass' birth,
Did it make the truth bitter?
Though no one actually showed,
Unknowingly inside, everyone did.
But she didn't bother,
Inside the womb I resided for 9 months,
After all she was my mother.
Grandpa and mumma glad,
But my arrival to papa and dadi,
Why became a chapter so bad?
I grew up in lonely hands,
Like destroying an aesthetic castle,
Made up of sands.
I lived so homeless inside my home,
Frightened was I, when everyone left me alone.
Though I had consanguinity with everyone
around,
But being a girl was the only bound,
Me, alive, was never sound.
Why didn't you kill me,
Before I was born?

Why are girls treated as a disease,
Naming women-Bourne.
As my age gained pace,
From dozen to score,
Now it was my race,
I had to tell them,
Every girl isn't a whore.
Clean your mind you dirty world.
You have your wife, sister, and mother.
Before raping a girl,
Think of the females you have other.
A girl has same organs as you boys possess,
So why do you distinguish,
Putting girls into the hell like mess.
It's not just about me,
It's about every fecund
Why to say to men 'I prithee'
When women have the hands better.
Anyways, you can't change me,
Neither it's easy to carry a girl,
Just keep your pride and attitude
And just make thyself hurl.



माँ

ज्योति झा
विद्यार्थी
आई सी ए आई

माँ , कैसे लिख पाऊँगी तुम पर कोई कविता,

तुम हिमालय की अचल श्रंखलाएं मैं उस पर
कोई
कीकड़ का पेड़
कैसे होगी समझ , तुम्हारे स्थिरता की |

तुम उत्तरकाशी से आयी पवित्र गंगा,
मैं तुम बिन कोई जलरहित धार,
कैसे ले लू उपमा , तुम्हारे परछाई की |

तुम हो ममता की वेद - पुराण
मैं वर्णमाला सीखती ,
अबोध बालक
कैसे करू बखान , तुम्हारे स्नेह की |

माँ , कैसे लिख पाऊँगी तुम पर कोई कविता|



JOURNEY 2018-2019



FIRST VISIT OF PROJECT UDGAM
(DIGITAL SHIKSHA FOUNDATION)



INTERACTIVE SESSION-CELEBRATING
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VOLUNTEERS AT QUIZ AND POETRY COMPETITION



SOULFULL PERFORMANCE FOR
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ASTOUNDING TEAM OF समता



*“
The Strength Of The Team
Is Each Individual Member.
The Strength Of Each Member Is A Team”
- Phil Jackson*

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