



SASHAKT- THE WOMEN EMPOWERMENT SOCIETY



अवार्निYA

THE ANNUAL MAGAZINE

ACHARYA NARENDRA DEV COLLEGE



TO
ALL THE
POWERFUL
WOMEN





SASHAKT@ANDC

The deeply ingrained social malady of gender-based discrimination has been plaguing Indian society for an extended period. Overcoming this sensitive issue has been a protracted and arduous battle against the potent structural and male-centric forces of society. Despite women comprising almost 50% of the population, they continue to suffer from a dearth of equal opportunities to foster their all-encompassing personality development through education, sports, and career paths, among other areas. This is a flagrant contradiction to the principle of gender equality enshrined in the Indian Constitution's Preamble, Fundamental Rights, Fundamental Duties, and Directive Principles. The Constitution not only confers equality upon women but also authorizes the state to implement affirmative action measures in their favor.

Consequently, women's empowerment is one of the key factors in determining the success of development in the status and position of women in the society. The college took an initiative on women's empowerment, realizing that it was all about making focussed efforts towards not just physical or psychological but complete personality development involving medical counselling, sex education and laws on women's rights, etc.



SASHAKT@ANDC

To fulfil this objective, a society named 'Sashakt' was set up in 2003 with an aim towards the welfare and development of the female students and faculty members by providing equal rights and opportunities; and a platform for growth, ensuring their progress.

Sashakt organizes activities that

- empower female students and staff of the college**
- help women understand the laws and regulations on sexual harassment**
- educate students and staff on how to prevent and cope with harassment**
- campaign on prevention of sexual harassment**
- address women-related issues in society**
- create awareness on gender-sensitization**



FROM PRINCIPAL'S DESK



**PROF. RAVI TOTEJA
OFFICIATING PRINCIPAL,
ANDC**

Ever since its inception, Sashakt has played a pivotal role in the advancement of women both within and outside the academic sphere. The initiatives and programs that have been organized by the society have provided a platform for exposure to the various anomalies that exist in our society. Sashakt is one of the most active societies in the college and has carved out a niche for itself in the college milieu.

The society has not only provided students with valuable experience but also brought about a positive change in the very fabric of our community through persistent endeavors and hard work.

Kudos to all the volunteers who worked tirelessly and the faculty members who contributed to the excellence of Sashakt.

I wish the entire team of Sashakt and Avarniya the very best. May the society's future vision be achieved seamlessly.



FROM OUR CONVENOR



DR ANITA NARANG CONVENOR SASHAKT

Sashakt's fundamental principle is rooted in the emancipation of women and the provision of commensurate opportunities in the workplace. Over the years, Sashakt has effectively accomplished its objectives by counterbalancing patriarchal practices and inequitable opportunities. The society has served as a platform not only for women but for all those who have been marginalized. Nevertheless, this achievement would not have been possible without the diligent and industrious volunteers who were steadfast in their endeavor to create a better society. Each individual has accrued an abundance of knowledge in this journey, including myself, whether it was through disseminating sanitary pads or attending lectures by empowered women, all of which instilled a sense of obligation and motivation to create a positive impact on those who lack insight into women's potential and work capacity. Throughout the year, the society hosts a myriad of competitions and activities. I am also immensely grateful for my Core Team, who worked tirelessly day in and out towards the betterment of society and its functioning. I am also very grateful to all those who were directly or indirectly associated with this noble cause.

I am excited and overwhelmed for our first edition of Avarniya and grateful to the entire team who compiled such a coherent compendium of the society's journey. Good luck to all the future trailblazers of Change.



FROM OUR EDITOR-IN-CHIEF



HIRTIK SINGH EDITOR-IN-CHIEF, AVARNIYA'23

Upon joining Sashakt, my sole mission was to eliminate unusual male dominance from the very fabric of our society. Through the diligent efforts of our team and mentors, we have successfully instilled rational thinking in the youth regarding the topics of gender bias and equality. Although the idea upon which our society was founded is grandiose, it is not insurmountable. In the near future, I am confident that we will witness the manifestation of this idea into reality, which we as volunteers have attempted to bring to fruition in our society. Our society has not only concentrated on women's issues but also advocated for all marginalized individuals and served as their voice. Through various activities, we were able to make a significant contribution to the concept of equality.

From being a volunteer to the Editor-In-Chief of Avarniya, the first edition of the Sashakt magazine, the journey was a rollercoaster ride with its fair share of triumphs and tribulations, but the feeling has always been surreal. Being so close to all the activities and then translating them into words sometimes gave me an immense pump of adrenaline.

I am deeply grateful to our convenor Dr. Anita Narang for believing in me and keeping her unwavering faith in me to realize our First Edition. Her constant guidance and support has always motivated us to achieve bigger goals and make a significant contribution to society with persistent efforts. I am also very thankful to all the volunteers who helped in making Avarniya and became instrumental players of change. At Sashakt, we all hope that together we can bring about a change and make the world no less than a real utopian world.



CORE TEAM



**VRIDHI SINGH
(PRESIDENT)**



**SAARTHAK KUMAR
(VICE PRESIDENT)**



**ANUSHKA
(SECRETARY)**



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EVENTS

TOGETHER WE CAN BRING A CHANGE




TALK ON MENSTRUAL HEALTH AND HYGIENE




SASHAKT
The Society for Women Empowerment

ACHARYA NARENDRA DEV COLLEGE
NAAC GRADE 'A' / DBT STAR COLLEGE / NIRF 2021 RANKING 20
University of Delhi



under the aegis of IQAC and DBT Star College Scheme
invites you for a talk
on
Menstrual Health And Hygiene
by
Ms. Ankita Sukhwat
in collaboration with
Global Hunt Foundation



Date- 22nd June 2022
Time 5 pm
Joining Link - <https://meet.google.com/bif-xapi-hzf>

Convenor
Dr Anita Narang

Patron
Prof Ravi Toteja

On 22nd June, 2022 an online inaugural workshop was held in collaboration with the Global Hunt Foundation. Ms Ankita Sukhwat of Global Hunt Foundation delivered a talk on Menstrual Health and Hygiene highlighting the importance of proper nutrition, care and hygiene during the menstrual cycle. Many students and faculty joined the workshop on Google Meet Forum. The workshop was informative and the members of the society were aware about the methods to maintain the hygiene. Also various problems due to menstruation were taken up by the society and it's possible solutions for the betterment of the college.



Acharya Narendra Dev College University of Delhi

NAAC Accreditation Grade 'A' with Score- 3.31 | NIRF 2022 All India Ranking- 18 | DBT Star College



SASHAKT

The Women Empowerment Society



organizes

REEL MAKING COMPETITION

on the occasion of

World Breastfeeding Week

1st August 2022- 7th August 2022

Last date of submission- August 24, 2022

Prof. Ravi Toteja
(Principal)

Dr. Anita Narang
(Convenor)

Vridhi Singh
(President)

Saarthak Kumar
(Vice-President)

Anushka
(Secretary)

Sashakt society celebrated the International Breast Feeding Week from August 1st, 2022 to August 7 2022. An Intercollege Reel Making competition was organized on the topic Importance of Breastmilk to commemorate this occasion.

Winners of the event are-

Ms Rohani of PGDAV College secured 1st Position and Mr Nikhil Shukla of Guru Tegh Bahadur Institute of Technology took the 2nd Position. They were given appreciation certificate.



STRESS MANAGEMENT IN COLLEGE LIFE



Sashakt -The Women Empowerment Society and The Counseling and Mentoring Society of Acharya Narendra Dev College, University of Delhi organized a workshop on "Stress Management in College Life" on account of World Mental Health Day, 10th October, 2022.

The session started with Sashakt volunteer Hirtik Singh presented poem title - Am I Living in a rented soul. Ms. Saloni Sahni, consultant child psychologist at BLK Max Hospital was invited to deliver a talk on the topic, Stress Management in College Life . Ms Sahni is associated with the NGO Aparajita as a counselor. In her very interactive session Ms Sahni apprised the students about several issues related to mental health and stresses associated in the students life.

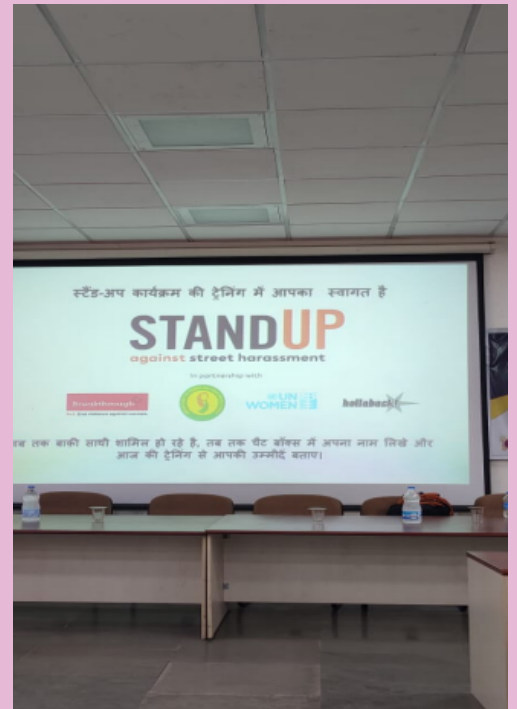




WORKSHOP ON "STAND UP AGAINST STREET HARASSMENT"

A workshop on "Stand up Against Street Harassment" by Breakthrough Trust in partnership with Hollaback foundation and L'Oréal Paris USA was organized on September 12th, 2022.

Mr. Salman Alvi, a gender-sensitive trainer with Breakthrough Trust held an interactive workshop where in he sensitized the students to intervene and raise voice against street harassment as a witness and how to defend oneself in such a situation.



The workshop was highly successful, and the students left with a better understanding of street harassment and how to take action against it. The seminar was a significant step towards creating a safer and more respectful society for all, as it empowered the students to take a stand against street harassment and intervene as witnesses.





WORKSHOP ON PERSONALITY DEVELOPMENT AND MENSTRUAL HYGIENE



Workshop on Personality Development and Menstrual Hygiene was organized on 26th September 2022 in collaboration with Enactus Society of ANDC, the Millions Minds Pvt . Ltd. And Whisper". More than 200 girls of Acharya Narendra Dev college attended the talk delivered by Ms.Yaashika Ranglani, a Corporate Trainer. Students were given tips about grooming, facing interview, and coping with menstrual cycle related stress. A gift hamper was distributed to the students on this occasion by Whisper





TALK ON LIVING SUNSHINE-BREAST CANCER AWARENESS MONTH



Sashakt- The Women Empowerment Society of “Acharya Narendra Dev College, University of Delhi in collaboration with Tarumitra- The Botanical Society of Acharya Narendra Dev College” celebrated the Breast Cancer Awareness Month also Known as Pink Month by organizing a talk Living in Sunshine on 12 th October,2022. Dr Inderjit Kaur Sethi, retired Associate Professor from SGTB Khalsa College and an active volunteer of Indian Cancer Society was invited to deliver the talk. Another volunteer of Indian Cancer Society Ms Meenakshi from Indian Cancer Society also attended the workshop and addressed the students. In her talk Dr Sethi discussed about various types of cancers affecting women and also the incidence of breast cancer.



LECTURE ON GENDER, SEXUALITY AND CASTE



Sashakt Volunteers attended the lecture on Gender, Sexuality and Caste by Sanghapali Aruna organised by Women's Developmental Cell of Miranda House in its Gumnaam Series.

The speaker explained the significant aspects of the subject and how we as members of society can contribute to it. She also talked about the discouragement faced by children/ Students/people due to their identity.

Overall it was a insightful session and made us introspect ourselves in true sense.

Name of Volunteers who attended the session-

- 1 Saarthak Kumar**
- 2 Suprobh Ahana Borah**
- 3 Hirtik Singh**
- 4 Goransh Bharal**
- 5 Devandra**
- 6 Saloni**





INTER-COLLEGE DEBATE COMPETITION



Sashakt

(The Women Empowerment Society)

Acharya Narendra Dev College

UNIVERSITY OF DELHI

Accredited 'A' Grade by NAAC - Score 3.31
NIRF-2022 All India Ranking 18 | IQAC & DBT Star College

PRESENTS

INTER COLLEGE

DEBATE COMPETITION

Link for the Registration:



Topic: Why are men allowed to be men and women are expected to be Super women?

Winners will be provided with e-certificate

Platform: Google Meet
Date: 12th November
Time: 5:00 PM Onwards

Prof. Ravi Toteja (Principal)	Dr. Anita Narang (Convenor)	Vridhi Singh (President)	Saarthak Kumar (Vice-President)	Jassi Goyal (Volunteer)
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On 12th November society organized a Intercollege debate competition in which more than 40 students from all the colleges of Delhi University participated.



SANITARY PAD DISTRIBUTION DRIVE

ACHARYA NARENDRA DEV COLLEGE University of Delhi

NAAC Accreditation Grade'A' Score-3.31 | NIRF All India Ranking-18 | DBT Star College

SASHAKT

The Women Empowerment Society



Organizes

Sanitary Pads Distribution Drive

In

Nehru Camp, Govindpuri

Date - 14 November, 2022

Time - 1:30 pm onwards



Prof. Ravi Toteja
(Officiating Principal)

Dr. Anita Narang
(Convenor)

Vridhi Singh
(President)

Saarthak Kumar
(Vice president)

Anushka
(Secretary)

Sashakt organised a Sanitary Pads Distribution Drive in Nehru Camp, Govindpuri on 14th November 2022.

The drive was successful in its attempt and also sensitised the women around better health facilities and practices.

All the volunteers had lot of insights about the success of the drive.



SELF-DEFENCE CAMP IN ASSOCIATION WITH DELHI POLICE



Sashakt in collaboration with Special Unit for Women and Children , Delhi Police organised a Self-Defence Camp from 21st November 2022 to 30th November 2022 in College premise.

The Camp was successful in its endeavour as more than 20 girl students attended the camp and learned the art of self Defence.



The trainers who came to teach made everyone well acquainted with types and defence mechanisms against different types of harassments.

Overall the objective of the event was fulfilled with satisfaction from both sides.



ORIENTATION SESSION



Sashakt organised an orientation session on 7th September 2022 for its volunteers in the seminar hall (ANDC) to impart values and working of how the society works and functions towards the betterment of each individual in our society. The core team including the President, Vice President and Secretary interacted with the newly recruited volunteers and discussed the future proceedings of the society. Later the Convenor, Dr Anita Narang, sensitised students on their role towards the society and motivated all the volunteers to work hard and diligently.



QUIZ COMPETITION ON INTERNATIONAL DAY FOR THE ELIMINATION AGAINST WOMEN VIOLENCE

*Acharya Narendra Dev College
University of Delhi*

Accredited 'A' Grade by NAAC- Score 3.31
NIRF-2022 All India Ranking 18 | IQAC & DBT Star College

SASHAKT
The Women Empowerment Society
Organizes

QUIZ
COMPETITION

on

*International Day for the
Elimination of Violence against
women*

Scan QR code

Last date to participate 6th December 2022

HURRY UP!

All the participants will get participation e-certificates

Prof. Ravi Toteja (Officiating Principal)	Dr. Anita Narang (Convenor)	Vridhi Singh (President)	Saarthak Kumar (Vice-President)	Anushka (Secretary)
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The society celebrated International Day of Discrimination against Women on November 25th, 2022. An online quiz was organised for teaching, non-teaching faculty and students against the elimination of violence against the women. All the participants were provided with participation e-certificates.



WORKSHOP ON GENDER VIOLENCE



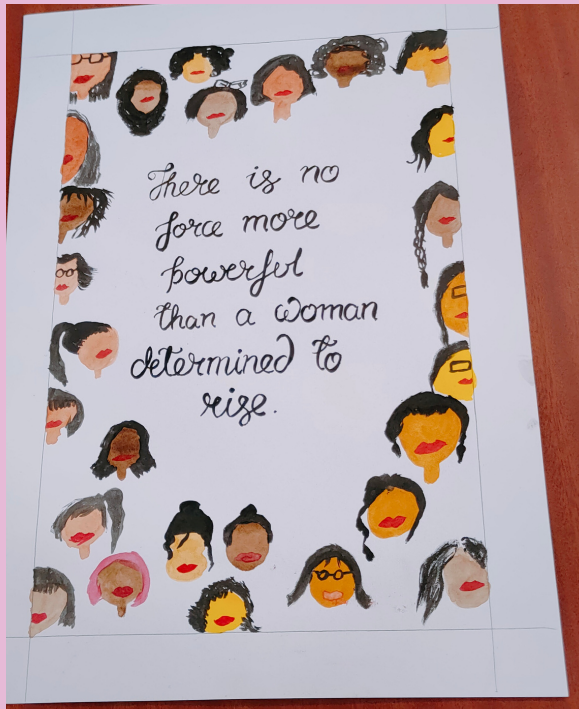
The workshop was organised by “Busara centre for behavioural economics” and “Breakthrough India” on “Gender violence” on 21st September 2022 to create solutions to make campuses safer spaces for both men and women. The workshop was organised for final year students only, in Delhi and Lucknow.

The workshop had the following events :-

1. Reading and signing of consent form of participation.
2. Introduction of all the participating students and organising team.
3. Fly to the moon activity, in which students imagine going to the moon from earth. The purpose of the activity was to know the imagination capability of the students.
4. Principles of co-designing solutions to combat gender violence.
5. Yes and...., activity was performed in group of two. The purpose of this activity was to respect each others views and opinions.
6. Design task #1 :- Students were divided into two groups and a situation of gender violence was given to each group. Then a discussion was held to give solutions about what would the person do as a victim and a bystander, covering following concerns-
 - Lack of awareness about non-physical forms of violence.
 - Lack of confidence.
 - Concern about society opinions.
7. Design task #2 :- Four ideas were presented, two to each group, on how to spread awareness on gender violence and motivate people to share their stories. Students were asked to write what they like about the idea, what they wish to improve, what they wonder about and what they want to remove, about both the ideas given to their group.
8. A discussion was held when all the ideas given by students were summarised, about how to spread awareness to youth through social media and how that content can be made appealing to the people.
9. An answering session to five W's:-
 - WHAT - what should be the ideas?
 - WHY - why people should be aware about this?
 - WHO - who should be aware?
 - WHEN - when is the best time to spread awareness?
 - WHERE - where should we spread the awareness?



POSTER MAKING COMPETITION ON NATIONAL GIRLS CHILD DAY



Sashakt - The Women Empowerment Society organised Poster Making Competition on the occasion of National Girl Child Day on the topic- Women Empowerment on 24th January 2023 in the seminar Hall of ANDC. The event saw plethora of artists around college , overall the event was a resounding success. The Winners were provided with certificates.





TALK ON HOW IMPORTANT TO BE FINANCIALLY, MENTALLY AND EMOTIONALLY INDEPENDENT



Sashakt on the occasion of NATIONAL GIRL CHILD DAY organised a Talk by Mrs Harpreet Kaur (Founder of Psychic Visions and Occult Academy) on "How Important is to be financially, emotionally and mentally independent " on 24th January 2023 in the Seminar Hall of ANDC. The Talk was made everyone confront various aspects of life and how we can deal with them without the distortion of our mental Health and ways in which it can be overcome. Many realistic approaches were mentioned during the session. overall the event was insightful and full of learning.



MOVIE SCREENING - DEAR ZINDAGI

Acharya Narendra Dev College

University of Delhi

Accredited Grade 'A' by NAAC with score of 3.31

NIRF All India Ranking 2022 - 18 | DBT Star College

SASHAKT

The Women Empowerment Society

In Collaboration With

Mentoring and Counselling Society

Observes

Self - Esteem Boost Month

February 1, 2023- February 28, 2023

Organizes

MOVIE SCREENING

February 8, 2023 | 1 PM onwards | Seminar Hall

Prof. Ravi Toteja
Officiating Principal

Dr. Anita Narang
Convenor, Sashakt

Dr. Geetika Kalra
Convenor, Mentoring
and Counselling Society

Vridhi Singh
President

Anushka
Secretary

Movie Screening was conducted in view of celebrating the Self- Esteem Boost Month from February 1, 2023- February 28, 2023. The movie screened was "Dear Zindagi". This event was mainly conducted to aware students about the importance of Self- Esteem in an individual's life.

- Event - Inter - College Quiz Competition
- Date- February 23, 2023
- Time- Google Form Open from 1st Feb - 21st February for Registration
- Venue- Seminar Hall, ANDC
- Theme- Self- Esteem Boost and Mental Health Wellbeing
- Coordinators- Kapil Sharma and Srijal



LOVE YOURSELF TASK COMPETITION

Acharya Narendra Dev College
University of Delhi
 Accredited Grade 'A' by NAAC with score of 3.31
 NIRF All India Ranking 2022 - 18 | IQAC & DBT Star College
SASHAKT
 The Women Empowerment Society
 In Collaboration With
Mentoring and Counselling Society
Observes
Self - Esteem Boost Month
 February 1, 2023- February 28, 2023
Organizes
LOVE YOURSELF
 (A lil more)
A Task Solving Competition

Register Now

Prof. Ravi Toteja Officiating Principal	Dr. Anita Narang Convenor, Sashakt	Dr. Geetika Kalra Convenor, Mentoring and Counselling Society	Vridhi Singh President
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Sashakt organised Love Yourself -A lil More (A Task solving competition) in its self-esteem boost month from 1 February 2023 to 28 February 2023. The event was a resounding success as people around colleges joined online and took part in the event.

 Love Yourself (A lil more) TASK- 1 February 1, 2023 Walk for 30 minutes or 7K steps daily.	 Love Yourself (A lil more) TASK- 2 February 9, 2023 Set a goal and work towards it.
 Love Yourself (A lil more) TASK- 3 February 15, 2023 Create a self- esteem collage with positive affirmations.	 Love Yourself (A lil more) TASK- 4 February 22, 2023 MAINTAIN GRATITUDE JOURNAL



FACT-RIZE QUIZ COMPETITION



Acharya Narendra Dev College
University of Delhi

Accredited Grade 'A' by NAAC with score of 3.31
NIRF All India Ranking 2022 - 18 | DBT Star College

SASHAKT
The Women Empowerment Society

In Collaboration With
Mentoring and Counselling Society

Observes
Self - Esteem Boost Month
February 1, 2023- February 28, 2023

Organizes
FACT-RIZE!
Quiz Competition
Winners will get Cash Prizes

 February 23, 2023
 10 AM Onwards
 Seminar Hall, ANDC



Scan this QR Code to Register

Prof. Ravi Toteja
Officiating Principal

Dr. Anita Narang
Convenor, Sashakt

Dr. Geetika Kalra
Convenor, Mentoring
and Counselling Society

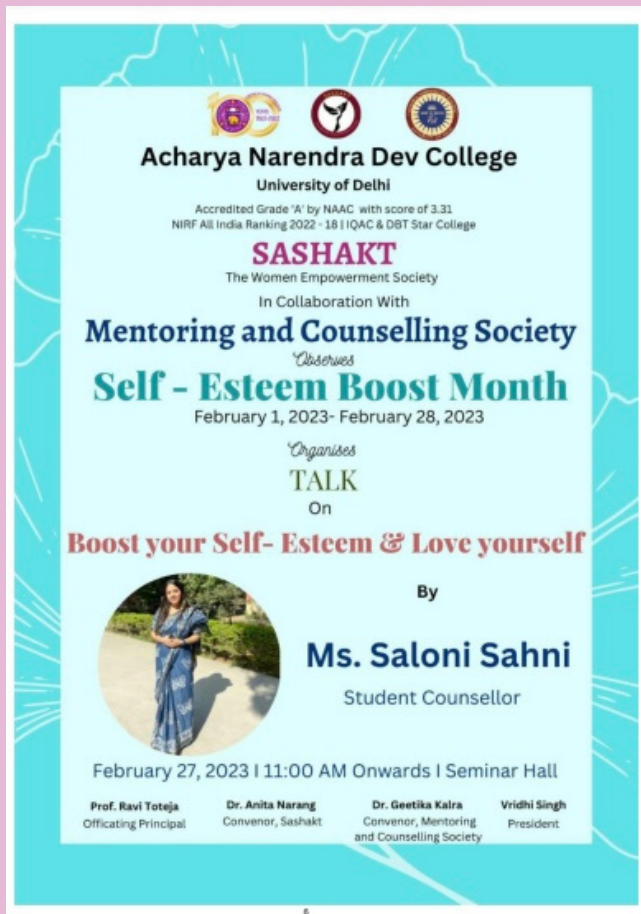
Vridhi Singh
President

Kapil Sharma
Event Coordinator

- Event - Inter - College Quiz Competition
 - Date- February 23, 2022
 - Time- Google Form Open from 1st Feb - 21st February for Registration
 - Venue- Seminar Hall, ANDC
 - Theme- Self- Esteem Boost and Mental Health Wellbeing
 - Coordinators- Kapil Sharma and Srijal
- FACT-RIZE! Quiz Competition**, was organized on topic Self- Esteem Boost and Mental Health Wellbeing in view of celebrating the Self- Esteem Boost Month from February 1, 2023- February 28, 2023. Quiz Competition was conducted to make all aware about this month and its importance. Students from different colleges participated in this competition. **Winners- I- Pratyush Singh Maharaja Agrasen college II- Darshit Singh Rawat Acharya Narendra Dev College Certificate of Appreciation- Deepali Singh Acharya Narendra Dev College**



TALK ON BOOST YOURSELF ESTEEM AND LOVE YOURSELF



A talk was conducted by Ms. Saloni Sahni, Student Counsellor at Acharya Narendra Dev College, University of Delhi on the topic “Boost your Self- Esteem and Love Yourself”.



TALK ON GENDER SENSITIZATION



On the occasion of International Women's day, the society organised a Talk on Gender Sensitization which was presided by Leena Zaveri, Advocate. She sensitised the ambassadors of the future towards gender neutrality and guided them about various women protection programs at workplaces.



The students discussed the Internal Complaint committee rules and regulations and further information about the POSH act. It was an informative session for the students and faculty about the existing women protection laws. They were informed about the measures they can take against any misconduct in the workplaces.



STRIVIA INTERCOLLEGE QUIZ COMPETITION



The society also held an Inter college quiz competition - STRIVIA to make the young generation aware of the women who made a difference in the world. The quiz was based on National , International unsung women's and around the Theme of International Women's day 2023 - DigitALL. The quiz was presented by-
Saarthak Kumar -Vice President Sashakt
Suprobh Ahna Borah - Event coordinator
Vijayalakshmi - Quiz master

Winners of the quiz competition were-

First Position - Anushka Tomar and Basila of Acharya Narendra Dev College

Second Position - Riya of Gargi college and Ambika of Zakir Hussain College

The event culminated with a vote of thanks by Hirtik Singh Rathore and winners were awarded cash prizes and certificates of appreciation



TRANSGENDER AND #METOO MOVEMENT IN TERMS OF GENDER PARITY

'Feminism is not anti men but it is equality and inclusiveness for all'

Gender Parity is a statistical measure and if we consider it deeply it goes in a very scientific manner that is used to describe ratios in men and women or boys in girls in a given population. Gender parity is one of the theories of feminism only since it has domains like education, STEM, Workforce and many other and it helps us to determine that is the country or the state working in terms of equality or not, if not which practices are required to ensure the same, how much empowerment is still needed, are the goals been accomplished or not. These are the questions which are posed on Gender Parity. But if we look closer in terms of gender parity it is often used interchangeably with gender equality and if we see more through the sociological perspective it looks like a binary distinction of gender identity. But living in the era of 2023 do we really have a binary distinction in terms of gender identity. Where Delhi has witnessed its 11th Queer Pride parade in the month of January this year which was celebrated with huge pomp and show, I suppose that this statement is supposed to be a little hypocritical. We the generation often regarded as 'gen-z' use pronouns like HE/HIM, THEY/THEM to support our fellow friends and then if we revolve our discussion to just the 'binary distinction' of male and female, I suppose it won't look fair.

Being Transgender at Work

Accepting oneself, breaking the monotony takes courage and that's why gender sensitization is the need of the hour. In the initial stages finding a job is the biggest task for them. Abina Aher is a transgender activist and an associate director of an organisation named TWEET - Transgender Welfare, Equity and Empowerment Trust. While describing her challenges in Josh talks she stated - 'She was forced into begging and due to circumstances had to get indulged as a sex worker in order to sustain her life but after a time when she decided to take up a job and have a stable life. She went to the interviews and the recruiter looking at her physical and sexual orientation often rejected her despite her

having skills in that particular field and after a lot of struggle she found a job that brought her stability. After moving from this if a transgender individual gets and lands up into a job then being judged, bullied, hearing slangs like 'aee chakka, aee mamu' has to be heard and in addition with that HARRASMENT which can come in any form maybe less salary, verbal, physical or sexual harassment.

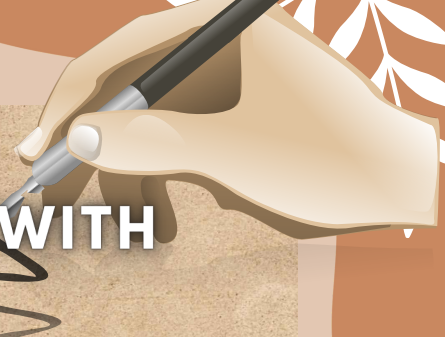
#METOO MOVEMENT

The #metoo movement has garnered a lot of attention in the west and then in India as well but have we ever heard of any #metoo movement in Transgenders. This is due to the very reason for this only because if they ever think of raising their voice, standing up for their dignity against any sort of harassment in return getting fired from the job, humiliation and social boycott is the reward which they get. Bhanwari Devi an activist in her 60's was gang raped by some men of upper castes when she was stopping a child marriage in front of her husband to which now we see in workplaces is Vishakha Guidelines to safeguard women against harassment. But in cases like these also something must have to be done.

CONCLUSION-

Begging, sex work is not included in GDP, income tax is not charged then how we can know that how many actually are working. And if such a workplace environment is full of gender discrimination then quitting the job seems much easier than doing one. Gender parity at a good level can only be achieved when everyone is respected, valued and feels safe while working. It's not that if we don't talk about harassment in males it doesn't exist or men don't suffer. In terms of Transgender if we say, if an individual has to go through such a rigorous process that is first accepting themselves, then making people accept them, getting included in the society (in satire even if it has to go through the way of harassment), then fight for job, fight for equitable salary, respect and a life filled with dignity which doesn't even need to be asked but is the very much right of every individual then I guess it's not progressive but it's regressive. Let's not be a society which contributes to the trauma but a society which walks the path of unity in diversity in real terms, is really kind and instead contributes in healing. Achieving a good gender parity is a cake walk but including everyone in the race of gender parity is surely not and we will strive harder to achieve this goal as well.

MEHAK TIWARI
SHYAMA PRASAD MUKHERJI COLLEGE FOR
WOMEN, UNIVERSITY OF DELHI



GENDER PARITY UPLIFTMENT OF EACH ONE WITH EVERYONE

The creator wants a world full of diversity,
so created a man, woman & trans identity.
Thinking they will coordinate with each other,
The creator was happy like no other.
Provided more muscular strength to men,
Possibly the biggest mistake that happened.
Women were nothing in front of men,
Making them suitable only for bringing up children.
Trans were lost in these juggling fights,
As they don't deserve to have any human rights.
The strong muscular people gained superiority,
Creating a norm called patriarchal society.
Accepting all the stereotype as a part of reality,
Never know when many become the prisoner of those 'Almighty'.
When creator was questioned for all the pain,
Why the unfairness happened with trans & women.
Why were they bind up in a set of rules,
Giving men all the freedom without any issues.
Don't you think they deserve all the right,
To wander freely & have their own sky full of light.
Can't we have an equal society,
Where we can uplift each other from disparity.
The creator answered with tears in the eyes,
Have created this world full of love and slice.
For me you all were dear and the child of mine,
It was you who divided into male and feminine.
Make this world filled with love and light,
Without being judged for choosing the colour of their kite.

**KAMNA PANDEY
(GARGI COLLEGE)**

अभिलाषा

यह शब्द अक्षरशः सत्य बन जाता है, जब लड़का नाम आता है,
लड़का क्या है ये? क्या ये आधार है समाज में अस्तित्व का,
उम्मीद के पाताल में, जिसने बहाया है कतरा-कतरा अपने खून का,
अभिलाषा के पहाड़ ने ली है जाने बहनों की,
जो नित प्रतिदिन झूल रही है, संशय के उस बादल पर,
संशय जो तय करेगा भविष्य में मिलने वाले उस सम्मान को, उस अभिमान को,
और तय करेगा उनके हिस्से आने वाले उस ताने को, उस अगली अभिलाषा को, जो फिर
शुरू करेगा दौड़ एक शब्द की,
उस लड़के की!

मैं भी एक लड़का हूं, लेकिन मैं डरता हूं,
मैं डरता हूं, उस शब्द से, जो झूम रहा है अपने ही घमंड से,
घमंड जो देता है छूट, अपने पैरों को पसारने का,
जो देता है दर्जा लड़का कहलाने का,
मैं डरता हूं, उस एहसास से, जो सहा है मेरी, आपकी और हम सबकी माताओं ने,
कभी सोचा भी है उस कष्ट को, जो सहती है हर नारी अपने ही दर्द को,
वो दर्द जो देते हैं हमी लोग, हमारा ही समाज, जो कराता है गर्भवती हर बार,
हर बार एक शब्द के लिए, उस लड़के के लिए!

मैं मानता हूं, समाज बदल रहा है,
समाज बदल रहा है अपने ही स्वरूप को,
वह स्वरूप जो, देता है थोड़ी छूट गर्भपात ना कराने की,
जो देता है थोड़ी छूट बच्चा ना गिराने की,
पर सोचा है, जैसे बदल जाते हैं आंकड़े राजनीति में,
वैसे ही बदल जाती है गिनती बच्चों की,
क्या एक, क्या दो, क्या तीन जब एक-एक कर संघर्ष चलता है,
संघर्ष चलता है, उस एक शब्द के लिए उस लड़के के लिए!

लड़का, एक शब्द है,आगे शब्द लगते चले जाते हैं
कोई कहता है घर का चिराग है ये,कोई कहता है घर की शान है ये, कोई कहता है हमारे खानदान
को आगे ले जाएगा,कोई कहता है अब पोता घरआएगा,
मैं पूछता हूं, आखिर ये अलगाव, ये भेदभाव, यह वरीयता क्यों,
क्या बेटी नहीं हो सकती है चिराग घर का, क्या वो नहीं हो सकती है शान घर का, अभिमान घर
का,
क्या वो नहीं बढ़ा सकती खानदान को,
कर सकती है, पर एक शब्द, एक शब्द जो छीन लेता है, अधिकार उनसे, उनके पैदा होने के
पहले से, एक शब्द !

मैं लिखता हूं, लिखता हूं उस जख्म को,
जो समेटे आ रहा हैं,खून के उन धब्बों को,
धब्बे जो नासूर बन जाते हैं, अपनी नन्हीं बच्ची की हत्या पर,
बच्ची,जो अनजान है अपने ही आप से, उस हैवान समाज से,
जो तैयार बैठा है उसको निगलने के लिए, छीन लेने के लिए वह पहचान जो शायद अधूरी रह
जाती है,उसके जन्म से,
बच्ची जो वैसे तो कहलाती है दुर्गा माँ, जिसको वही समाज देता है महत्व सिर्फ उन नौ दिनों में
जब आता है नवरात्र,
शायद यह डर ही है, डर उस माँ का, जगदम्बा माँ का,
जो करवाता है उनसे पूजा, पूजा उन्हीं बेटियों की,
जो कैद है समाज की बंदिशों से, अपने अधिकारों से,
जो लड़ती है, अपने ही सामान्य सम्मान के लिए,
उस एक शब्द से, जो बन गया एक शेष है, एक विशेष है!

बात खत्म एक शब्द पर नहीं, बल्कि एक शब्द से शुरू होती है,
जब वो माँ, अपने कोख से नौ महीने के बाद एक बच्चे को जन्म देती है,
बच्चे की हर जिम्मेदारी माँ ढोती है,माँ एक तपस्या है,
तपस्या एक चक्र है, जो निरंतर घूमता रहता है,
एक शब्द के चारो ओर,एक आस में, अपने ही बच्चे के प्यार में,
बच्चा यदि शाबाशी करें तो, तो पापा का बेटा कहलाता है,
और यदि शैतानी करे तो माँ पर दोष आता है, कैसी परवरिश दी है तुमने ये हर कोई कह कर
जाता है,
मैं एक पहल की शुरुवात कर सकता हूं, अपनी इस कविता से एक आगाज कर सकता हूं,
परिवर्तन तो सबको अपने अंदर लाना है,
बेटिया नहीं है किसी से कम ये सबको सिद्ध कराना है,
समाज में एक नया अलख जगाना है,
और अपनी बेटियों को सर-माथे से लगाना है!

Mrigank Shekhar Mishra
Dyal Singh College (M)

GENDER BIAS AND DISCRIMINATION

"To dismantle the years of endless male supremacy and racial prejudice is an indispensable subject for everybody, but the effort put up by none." Each day we may converse about eradicating these social evils, but the interrogatory question that comes up is "who is accountable for this?", who tends to finance such dullard worms? And who to eliminate this from our society. Aren't you flabbergast by the notion of generations of torment torture by so-called patriarchy? Tough, Times have changed, people matured, culture evolved, mindsets advanced but the non-mechanical rusted stereotypes in some houses still persist. Deep down we all discern, Be it radical or gender-based discrimination, both could be perilous for the victim, provoking him or her to take conscious yet devastating steps. Walking streets, big skyscrapers even, can hear those feeble fearful voices of women getting harassed or crushed against the floor for the invaluable materialistic dowry or just for the fun of that drunken man. I grieve each day, reading a newspaper, my eyes rolling over lines which says "THE GIRL IS RAPED BY...." And to my surprise, it's not merely due to the biology of a girl but because of the contamination of the boy (which is done by his family). Surprisingly, gender problems don't end with this, there's much more than that whether at homes, schools or civic places. What is above gender bias? Nothing, perhaps but analogous and that is "caste and racial bias". Now you'd be surprised why it said "analogous" because both have a uniform purpose, a purpose to take away the victims' contentment, elation and delight. Still, white people leave places where black even pants.

Discrimination can prevail as unanimously or individually in darks of home to the big level as of a whole nation, but one remains constant -The grief of the sufferer. There is a properly structured systemic injustice that is still cruising our nation even after 74 years of Sovereignty, elimination of such takes a powerful accountable ministry which indeed we have now. Everyone buzzes about the root problem, but no solution. Others even cursing the government for their protocols, but I guess the day mankind would sanctify its hearts and hold each other's hand to eternity that'll be the day, we'd call ourselves "A real India- an Aatmanirbhar India". Assisting women rather than molesting them, eating with sweepers (a person who tidies our dirty deeds) rather than shunning them, loving black people before loving black colour attire and sacrificing not them but you. We follow the common prejudice of uncommon partiality sometimes and partiality is even a form of discrimination. To eliminate, all this let us step forward not marching, lightning candles for victims but vigorously helping them financially and emotionally. Have you heard all those grannies, imploring before God to grace them with a baby boy rather than a girl-a Lakshmi, when the mother is in absolute pain of pregnancy, is a perfect example to show how much society lust or rather I should say bias toward boys? Nelson Mandela who fought his whole life in making others' existence, was a real atmanirbhar hero. If we could develop a little instinct of that in ourselves, it'd make a great difference.

"Let's care for humanity, Not for person's colour. Appreciate achievement, Not gender. Cherish human-relations, Not the cast they belong."

HIRTIK SINGH
(BIOMEDICAL SCIENCE, ANDC)

Identify Rizz

1



2



3



4



5



6



- 1 Neerja Bhanot
- 2 Reita Faria
- 3 Bachendri Pal
- 4 Justice M. Fathima Beevi
- 5 Durga Banerjee
- 6 Mithali Raj



Film Recommendations



200-HALLA HO



AJJI



SHERNI



NEERJA

QUIZ

Q1. Who is the Missile Woman of India?

- a) Ritu Karidhal b) Minal Sampath
- c) Tessy Thomas d) Moumita Dutta

Q2. Which one of these women was awarded the Bharat Ratna posthumously?

- a) MS Subbalakshmi b) Indira Gandhi
- c) Aruna Asaf Ali d) Lata Mangeshkar

Q3. Which woman has won a total of 56 Grand Slam tennis competitions events and 9 Wimbledon women's singles titles?

- a) Maria Sakkari b) Jessica Pegula
- c) Martina Navratilov d) Daria Kasatkina

Q4. She is an Italian neurologist who won a Nobel in 1986 for discovering what is known as Nerve growth factor. Who is she?

- a) Jane Cooke Wright b) Barbara McClintock
- c) Vera Rubin d) Rita Levi

Q5. This woman was one of the earliest female writers in Bengali literature. She was also the first Indian woman to write an autobiography. Who is she?

- a) Anita Desai b) Kamala Surayya
- c) Angana P Chatterjee d) Rashsundari Devi

Q6. Who is the first lady Prime Minister in the world?

- a) Indira Gandhi b) Golda Meir
- c) Sirimav Bandaranaike d) Margaret Thatcher

Q7. Who is the Missile Woman of India?

- a) Ritu Karidhal b) Minal Sampath
- c) Tessy Thomas d) Moumita Dutta

Q8. Which country has banned most foreigners from buying homes, to tackle housing crunch faced by locals?

- a) USA b) China
- c) Canada d) Germany

नियति ने आज एक विचित्र लीला रचाई थी,
विधि की अदालत में बड़ी गहमागहमी छाई थी।
मनु-मूषक का द्वंद्व समाप्त हुआ,
अब नर और नारी कटघरे में आए थे।

किसी बड़े धर्मयुद्ध सा माहौल था,
चारों ओर एक गुमनाम सी शांति छाई थी।
अनायास एक करुण रूदन की आवाज आई,
नारी के विलाप से मानो ब्रह्मा का तप टूटा जाता था,
कहने लगी मैं जगत जननी, प्रेम वत्सला,
मैं आदिशक्ति, मैं भाग्यलक्ष्मी, मैं शारदा शतरूपा,
लेकिन इस नरप्रधान व्यवस्था में
मेरी पीड़ा कौन सुनेगा भला।

तभी एक ध्वनि गूंजी अगोचर से,
विधाता नारी है न नर,
उसके यहां किसी को किसी का भय नहीं,
उसकी सभा में न्याय है अधर्म नहीं।

नारी बोली, मैंने नर को जन्म दिया,
मां की ममता दी, भगिनी का प्यार दिया,
अर्धांगिनी बनी तो मान दिया, पुत्री बनी तो अभिमान दिया।
बदले में नर ने मुझे क्या दिया ?
वृद्धा को घर से निकाला, बहन को संपत्ति से,
पत्नी मानो दासी बनी, बेटी को जीवित उबाल दिया
और कुछ न हुआ तो बाजारों में नीलम किया।

सबको नारी की बात बड़ी जचती थी,
लेकिन नर को हर आवाज़ खटकती थी।
बोल उठा, मां की ममता अतुल्य सही किंतु
पिता के नेह का क्या ? भाई की रक्षक भुजाओं का क्या ?
संगिनी की सुविधाओं के लिए उसके श्रम का क्या ?
और मां के चरणों में स्वर्ग ढूंढने वाले पुत्र का क्या ?
नारी पूजनीय तो नर का सम्मान भी जरूरी है
और सच तो ये है नर बिना नारी की कोख अधूरी है।

नारी ने पलटवार किया, बोली
नर को अपने पौरुष का दंभ रहा, मेरी पीड़ा का आभास नहीं,
हर रूप में त्याग मैंने किया, नर ने नहीं,
अग्निपरीक्षा मैंने दी, जौहर मैंने किया, सती मैं हुई,
पर्दा मैंने किया, ज्ञान के अधिकार से वंचित मैं रही
वासना का शिकार मैं, व्यभिचार की अभियुक्त भी मैं ही बनी।

नर ने कहा, तेरे तर्कों में बड़ा दम है लेकिन
इनमें पूर्ण सत्य थोड़ा कम है।
माना तेरा भक्षक नर था, किंतु रक्षक भी नर ही था।
तुझे बेड़ियों में जकड़ा नर ने, तो
तुझे स्वच्छंद बनाने वाला भी नर ही था।
फिर भी नारी ने त्याग किया तो देवी बनी और
नर के बलिदान को तो संसार ने समझा ही नहीं।

नर ने नारी से कहा,
मैं दृढ़ हूं, भावविहीन नहीं,
दर्द मुझे भी होता है, रोने का मैं भी अधिकारी हूं।
मैंने तेरे साथ अन्याय किया मगर,
मनुष्य हूं, क्षमादान का अधिकारी हूं।

नारी ने नर से कहा,
मैं कोमल हूं, अबला नहीं,
बल मुझमें भी है, शक्ति की मैं अधिष्ठात्री हूं।
मुझे न देवी की पदवी चाहिए, ना दासी का स्थान चाहिए,
मानव हूं, मानव सा सम्मान चाहिए।

नियति ने आज एक विचित्र लीला रचाई थी,
विधि की अदालत में बड़ी गहमागहमी छाई थी।

नर नारी का द्वंद्व समाप्त हुआ,
अब मानव और कानन कटघरे में आए थे।

आज इस विवाद में हर बात उठी थी,
नारी को वाक् स्वतंत्रता जो मिली थी।
नारी बोली, तूने मुझ पर बड़े अत्याचार किए,
नर बोला, तू भी पाप से मुक्त नहीं,
नारी बोली, तू मेरे तन का भूखा,
नर बोला, तू मेरे धन की भूखी,
नारी बोली, मैंने तुझे जन्म दिया,
नर बोला, मैंने तेरा पालन किया,
नारी बोली, मैंने तुझे भोजन खिलाया,
नर बोला, जिसका साधन मैंने जुटाया,
नारी बोली, मैंने तेरे लिए मृत्यु को हराया,
नर बोला, मैंने तेरे लिए पहाड़ तक गिराया,
नारी बोली, मैंने तेरे लिए कष्ट उठाए,
नर बोला, मेरे कष्ट तुझे नज़र ना आए।


नर-नारी का विवाद अपने चरम पर था,
सभा में सबको बड़ा अचरज था।
नारी का विलाप जारी था और
नर की आंखों में भी आज आंसू आए थे,
युग युग के द्वंद्वी एक दूजे को गले लगाए थे।

-अफ़शार अजमेरी
बी० एससी० (विशेष) वनस्पति विज्ञान
द्वितीय वर्ष

" Thanks for being a part of our voyage
Catch you on the flip side when we come back
with another edition of Avarniya"

**TILL THEN, LETS CONTINUE
CREATING POSITIVE CHANGE**

PROUD WOMEN
PROUD WOMEN
PROUD WOMEN



SHE IS
STRONGER
THAN YOU
THINK!

PROUD WOMEN
PROUD WOMEN
PROUD WOMEN

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