



समता  
Women Developmental Cell  
Sri Aurobindo College (Evening)



# MANZAR



EDITION - 5th

# NEWSLETTER 2022-23



# CONTENTS

1.	<b>PRINCIPAL'S MESSAGE</b>
2.	<b>CONVENER'S MESSAGE</b>
3.	<b>FROM THE DESK OF THE CORE TEAM</b>
4.	<b>ANNUAL REPORT</b>
5.	<b>Guilty Daughter by Sreejita Bhowmick</b>
6.	<b>पुकार</b>
7.	<b>Fighting For Rights under Taliban</b>
8.	<b>Hijab or Humanity</b>
9.	<b>Unrealistic Beauty Standards and their Negative Impact on Body Image of Young Women in India</b>
10.	<b>Menstrual Leave in Kerala: Does it Actually Benefit Women or Further Stigmatize Menstruation?</b>
11.	<b>Smashing The Stereotypes</b>

# PRINCIPAL'S MESSAGE



**"I raise up my voice—not so I can shout, but so that those without a voice can be heard... We cannot succeed when half of us are held back."**

**-Malala Yousafzai**

It gives me immense pleasure to introduce our institution's Women Development Cell (WDC)-SAMTA through this publication.

I truly think that the advancement of women is essential to the growth of our society. SAMTA as a society works tirelessly to prove this point and spreads awareness across a wide spectrum of college students.

SAMTA fosters an atmosphere where women are inspired to succeed in all facets of their lives, including academics, personal development, and career advancement.

It has touched upon several sensitive issues that trouble women and other marginalized communities which often go unnoticed, so as to encourage and empower them to become self-sufficient, self-assured, and successful.

SAMTA actively strives to end all forms of discrimination and harassment towards women on campus to provide a safe and welcoming environment for them. It works to inculcate a climate of tolerance, respect, and empathy for all.

With this vision, The Women's Development Cell welcomes every person who supports the aim and has the willingness to make a change for the better.

**Prof. Vipin Kumar Aggarwal**  
**Principal**  
**Sri Aurobindo College (E)**

# CONVENER'S MESSAGE



**"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."**

**-Rosa Parks**

I am pleased to share our work with you through this publication as the convener of The Women Development Cell - SAMTA, of Sri Aurobindo College (Evening). SAMTA dedicates itself to cultivating an atmosphere where women can grab the opportunity to develop holistically and become finer versions of themselves.

By means of different initiatives such as events, workshops, seminars, and campaigns, both on-screen (like "Shining Sunday" and "Winsome Wednesday on Instagram") and on-ground, the society attempts to educate the common population about the miscellany of obstacles faced by women and marginalized factions. These ventures assist in destigmatizing topics that would otherwise be swept under the rug.

These episodes also provide them with safe spaces to express their ideas, concerns and thoughts on several problematic themes like inequality, unfair laws and policies, women empowerment, gender sensitization, and health and wellness etc.

It is committed to establishing a welcoming environment for women on our campus and seeks to eradicate harassment and discrimination based on gender.

As SAMTA reaches new heights, it also solicits the views and efforts of students and professors alike, in order to build a just and equal society.

**Dr. Ritu Jain**  
**Associate Professor**  
**Sri Aurobindo College (Evening)**

# FROM THE DESK OF CORE TEAM AND EDITOR

"In my 3 years of humble experience in this society, what I learnt is that it is important to make right decisions. But it's even more important to make the decisions right."



**Amaan Siddiqui.**  
**(PRESIDENT)**

Alone we can do so little, together we can do so much. SAMTA has set that example. It has been so close to my heart and I hope we continue to empower women in our own different ways and continue to contribute to make this world a better place for them.



**Prerna Chugh**  
**(VICE PRESIDENT)**

"I've learned from this society that when we support and uplift other women, incredible things happen. We empower each other and that strengthens us."



**Pranjali Sharma**  
**(GENERAL SECRETARY)**



**Manvi Garg**  
**(JOINT SECRETARY)**

We are thrilled to share with you the developments and accomplishments of our society in this year's annual magazine. This past year has been filled with challenges, but our team's unwavering dedication and diligent work have led to significant growth and success.

We have achieved several milestones in our projects, initiatives and drives. We are proud to share these achievements with you, and we hope they inspire you as much as they have inspired us. We are confident that together, we can make a meaningful difference and create a better future for all.



**Y.S. Brundavani**  
**(JOINT SECRETARY)**



**Vrinda Shrivastava**  
**CONTENT SUBHEAD (Editor)**

"SAMTA to me has been nothing but a warm and safe space where I could freely express myself. Being a content person, this expression was through words too! It has honed so many skills of mine and I am grateful for this amazing experience."

# ANNUAL REPORT

SAMTA, The Women's Development Cell of Sri Aurobindo College (Evening) strives to empower women and bring awareness about obstacles faced by women and other marginalised communities. It produces several initiatives.

Starting with weekly initiatives – 'Winsome Wednesday' and 'Shining Sunday'. The former showcases numerous women pioneers and personalities excelling in their respective fields. The latter focuses on motivational content by women writers, poetesses and the like.

1. **ALFAAZ**: SAMTA's monthly issue, 'Alfaaz', features crucial themes that trouble women daily like misogyny, digital rape, breast cancer etc. Since these are usually not brushed off, SAMTA attempts to reach a wider public and bring them to the forefront.



2. **OUTRAGE**: Outrage is another one of its events held at the college campus. It essentially involves the students and wishes to collect their views and opinions on an array of topics like the recent CU Case and other widely known cases.



3. **UDGAM** is a social event where members of SAMTA reach out to the underprivileged community. They teach children about topics like good touch and bad touch and equip them with a better understanding of society. This event helps in creating awareness as well as educating kids about the ways in which they can protect themselves.

The Women's Development Cell, SAMTA of Sri Aurobindo College (Evening) has collaborated with various organisations like Awana Foundation which is a youth training program, Khushi Foundation and Prayas Institute Of Juvenile Justice. In collaboration with these organisations SAMTA conducted UDGAM on various topics like good and bad touch, puberty, empathy etc.



4. WDC holds various events to commemorate important times of the year like Breast Cancer Awareness (Pink Warriors), National Women's Day (Inaayat'23), etc. These events include engaging activities that help in discovering the amount of awareness people actually have in comparison to the perceived version of it. They also include competitions and performances where students participate and exhibit their talents.

5. NETRI SUMMIT- In the political summit on Gender Inclusion, the exquisite crowd of SAMTA received the wonderful opportunity by NETRI to be a part of it. With 50+ speakers and 10+ panels, the Netri Foundation launched the first edition of their political summit in New Delhi on gender inclusion, called the Netri Summit. We were together amidst other university students releasing an arc of our own prestigious society.

6. PANKH 1.0: Most recently, SAMTA conducted a Pad Distribution Drive at Sanjay Camp, Chanakyapuri in collaboration with the NGO, Free Pads for India to educate women in the marginalised sector regarding the threats of using substitutes of pads and the pros of using reusable pads. Reusable and eco-friendly pads were distributed and they were asked to keep a regular check on their menstrual health.



# INARA'23-Annual Event

SAMTA – The Women’s Development Cell of Sri Aurobindo College (Evening) organized its annual event – Inara’23. This event was held in collaboration with the Gender Champions Society of the college.

Day 1 of the event involved many exciting and exhilarating activities.

## AKARSHI: “Nevertheless She Persisted”

Akarshi was the art competition held by SAMTA which aimed to uplift women with the theme – Nevertheless, She Persisted. The theme sought to bring into the spotlight the willingness of women as a community to make a change in the world for the better. Participants from across Delhi University showcased their talent and truly did justice to the theme. There were many wall events that were held as well. Talk for Empowerment was an engaging event which drew students from all over the campus into sharing their stories of empowerment to encourage and provide strength to those who seek it.

Menstrual Pong was an intriguing game which tested the knowledge of students and provided insight into the misinformation often interpreted as real by people.

Think Tank, the third red wall initiative brought to light the various kinds of sexist comments women have to face at every level of society be it homes, schools or other educational institutes, work settings and so on. It created awareness and simultaneously served the purpose of encouraging students to engage in civil behaviour. Finally, Take One Leave One was an affirmation-based beautiful initiative wherein students were required to write a positive affirmation on the wall and then were asked to pick any of the other ones already on the wall as per their choice. This activity acted as a booster to their confidence as well as created a light and happy atmosphere for the event.





**On Day 2, SAMTA was actively involved in the event through stalls. These were in collaboration with well-known social media stores.**

**These were: Jewels by Shea - Who provided us with stunning jewellery and accessories like scrunchies, necklaces, earrings, pendants etc. that accentuated the already fresh-looking students.**

**Elite Tote's - Whose motto was to go green and owing to the same, they displayed a wide range of gorgeous cloth tote bags to choose from.**

**Theia - Who were all for Bollywood through their adorable picture cards and bookmarks along with some pretty jewellery.**

**Swan Art Store - Who provided us with handmade art pieces that exceeded quality expectations. All stalls were women-led and motivated other women from the community to show off their own skills and expertise.**

**Youth Parliament was the cherry on top as it went about flawlessly. A concise group of young and innovative minds spoke on the agenda - Deliberating on the State of Women's Safety in India with Special Emphasis on Measures to Prevent Workplace Harassment.**

**All speakers were exceptional and brought new and out-of-the-box ideas to the table.**



# **GUILTY DAUGHTER**

**I carry my mother's sorrows,  
which with time has started to grow on me.  
It fits me like a corset around the waist,  
sometimes leaving me struggling to catch my breath.**

**I relive my mother's misfortunes,  
stitching every bit of it to my skin with a black thread.  
One stitch for every reminiscence of sorrow,  
sewed so tight that I can never let go.**

**I share my father's violence,  
in failing to look through a tender lens,  
In silent screams and withdrawals,  
in lacking affection and building w.all.s.**

**I shoulder my father's silence,  
of unloved childhood's swelling vengeance,  
of deserted maturing's bottled-up sobs,  
of laying down weapons that scars.**

**My parents are not villains,  
they too were left alone on inky lanes.  
In the uncanny affection that misery embeds,  
they learnt to love in way which tears me to shreds.**

**I am their guilty daughter,  
a product of their love when their agony took a breather.  
I put my pieces on the table in the shape of a heart,  
and wait for them to put them back from the start.**

**SREEJITA BHOWMIK  
B.A. Applied Psychology (Hons)  
2nd Year**

# पुकार

क्या खूब जमाना आया है,  
क्या समाज हमने भी पाया है ।।  
एक और नारी के ही आगे,  
हमारा समाज शीश झुकाते है।  
दूजी और नारी के ही तन को,  
मद नयनों से घूरा जाता है।  
जिस वक्ष से अमृत पी कर,  
हर बालक जीवन पाता है।  
न जाने फिर क्यो यौवन में  
उस पर ही दृष्टि गराता है।  
एक ओर नवरात्रों में हम,  
माता को वस्त्र चढ़ते है  
दुजी ओर किसे अबला के ही तन से,  
जबरदस्ती वस्त्र उतरे जाते हैं।  
नारी के ही गर्भ से जीवन पाकर,  
उनके जीवन में ही अग्नि बरसते है।।  
नही दे सकते अगर आप उनको सम्मान,  
तो मात छीनो उनका अपना स्वाभिमान।  
हर नारी का सम्मान करो ये है निवेदन,  
या तो मत करो नौ दिन का झूठा देवी वन्दन।

# **FIGHTING FOR RIGHTS UNDER THE TALIBAN**

The Taliban is an extremist militant group that first emerged in 1994 as one of the prominent factions in the Afghan Civil War. It held power over roughly three-quarters of Afghanistan from 1996 to 2001.

Following the United States' invasion of Afghanistan in 2001, the Taliban was quickly defeated in a campaign of American air power and special forces supporting anti-Taliban forces, being completely routed.

After almost 20 years of being driven out of power by US-led NATO troops, the Taliban retook control over Afghanistan's capital Kabul, in August 2021.

The group's regime is known for its brutal and oppressive policies toward women and minorities. Under their previous rule from 1996-2001, the Taliban enforced strict interpretations of Islamic law, severely restricting the rights and freedoms of women and girls. During this time, women were banned from working outside the home, attending school, and leaving their homes without a male guardian. Women were also required to wear a full-body covering called a burqa in public, and any violations of these rules were met with severe punishment, including public flogging or execution.

Since retaking control of the country in 2021, the Taliban has claimed to have changed their approach to women's rights, promising to allow women to attend school and work outside the home. However, reports from within the country suggest that these promises have yet to be fully realized, with women facing significant barriers to education and employment. The United Nations reported that Taliban forces were responsible for nearly 40 percent of civilian deaths and injuries in the first six months of 2021, although many incidents were unclaimed. Women and children comprised nearly half of all civilian casualties. In one incident, on January 10, 2021, an airstrike in Nimroz killed 18 civilians, including seven girls, six women, and four boys; two civilian men were injured.



**On January 17, 2021, unidentified gunmen fatally shot two women judges who worked for Afghanistan's high court and wounded their driver. The situation for women in Afghanistan under the Taliban remains a major concern for the international community, with calls for action to protect the rights and safety of Afghan women and girls. Many women have been forced to flee the country to avoid persecution and violence.**

**Human rights groups have also reported incidents of rape, forced marriage, and other forms of violence against women under Taliban rule.**

**In response to the challenges being faced by them, women have organized secret schools and underground educational programs to continue learning despite the restrictions. These programs are often run by female teachers who were unable to work under the Taliban's previous rule. While these programs operate under great risk, they provide a lifeline to many women and girls who are determined to continue their education.**

**They have also formed self-defence groups to protect themselves from violence and harassment. These groups often operate in secret and are composed of women from a range of backgrounds and professions. Some women have also taken to social media to share their stories and experiences, in an effort to raise awareness and build support for their cause.**

**Despite the challenges, women in Afghanistan continue to fight for their rights under Taliban rule. Their efforts are supported by activists and organizations around the world, who are working to amplify their voices and provide resources and assistance. While the road ahead is long and difficult, the determination and resilience of Afghan women are an inspiration to us all.**

**NIHARIKA SHARMA  
B.A.(Hons) English, 2nd Year**

# Hijab or Humanity?

The dawn of 13th September, 2022 witnessed something which shook humanity to its core. Mahsa Amini, a resident of Kurdistan, Iran alongwith her family were stopped on their way to Tehran by Morality Police. The sole purpose of Morality Police is to check whether the women are dressed up as "expected" or not just like every other women even Mahsa couldn't escape being a subject of "improper dress code" and was immediately taken under custody. On 15th September Tehran Police issues a notice where they declared that Amini suffered a heart attack and couldn't survive it although her family had a different take to this tragic incident. According to Amini's family, Mahsa was brutally beaten to death by the the morality police.

The death of Mahsa Amini, three days after her arrest by the morality police in Tehran, prompted the spread of large-scale protests in Iran, unprecedented in terms of both their geographic range and the diverse social backgrounds of the demonstrators. Hijab became an international Issue now. Women all over the globe took over the internet, started protesting on roads and offices and showed their subdued anger against the unjust hijab system through blogs and videos. The acts of hijab burning, and hair cutting did not merely launch a rebellion against government imposed dress codes, but also came to symbolize broader demands for fundamental political and economic reforms.

Iran being an Islamic Republic has always defended the unjust headscarf rule as the very root of their culture however feminists and human rights activists disagree with removal of hijab being a symbol of their moral and religious annihilation. The choice of wearing a hijab or as a matter of fact any piece of clothing should be the choice of the individual and not a religious community. The question is whether and how the Islamic Republic will be able to stop them. For years, young women in Tehran have been testing the rules on what they can wear publicly, pushing the limits of what's permissible, risking arrest and punishment but by publicly burning veils in street bonfires and cutting their hair, women have reset the terms of their relationship with the state.

Despite the turmoil that has been created there are hopes that the backdrop of such brutal culture is changing. The fact that women and men both have taken over the deeply ingrained and unjust veil system is in itself a ray of hope cutting through the darkness. It is however a matter of fact that the veil still outweighs humanity.

**ADITI SHANKAR**  
**BA Prog, 1st Year**

# Movie Review - Jennifer's Body

"Jennifer's Body" is a 2009 horror-comedy film directed by Karyn Kusama and written by Diablo Cody. The film stars Megan Fox as Jennifer Check, a high school cheerleader who becomes possessed by a demon and starts feeding on her male classmates. The film has been praised for its subversive themes and its portrayal of female sexuality.

As a female gaze and feminist point of view, "Jennifer's Body" offers a unique perspective on the horror genre. Unlike traditional horror films that often depict women as helpless victims, "Jennifer's Body" presents a strong and sexually empowered female protagonist who takes control of her own narrative. Jennifer is not a passive object of desire; she actively pursues and seduces her male victims.

The film also explores the complexities of female friendship and the ways in which women are pitted against each other in a patriarchal society.

Jennifer's best friend, Needy (played by Amanda Seyfried), is initially portrayed as the shy and nerdy sidekick to Jennifer's popular cheerleader persona. However, as the film progresses, Needy emerges as a strong and capable protagonist in her own right, challenging the stereotypes of the "final girl" trope.

Another important aspect of "Jennifer's Body" is its commentary on the male gaze and the ways in which women are objectified and commodified in mainstream media. The film features several scenes in which Jennifer is sexualized and fetishized by the male characters, but these scenes are portrayed as uncomfortable and unsettling rather than titillating. By turning the male gaze back on itself, the film challenges viewers to question their own complicity in the objectification of women.

Overall, "Jennifer's Body" is a thought-provoking and subversive film that offers a feminist perspective on the horror genre. By centering the narrative on a sexually empowered female protagonist and exploring the complexities of female relationships, the film challenges traditional gender roles and stereotypes.

Kaanchi Rana

B. A. Applied Psychology (Hons)

Second Year

# **Unrealistic Beauty Standards and their Negative Impact on Body Image of Young Women in India**

How many of you think you don't have the ideal body? Have you ever looked at yourself in the mirror and thought, "I can do better than this", or "I can get thinner than this", or "I have to gain more weight"? If so, then you have what is called a 'Negative Body Image'. According to the Oxford Dictionary, "body image refers to a person's subjective picture or a mental image of their body." A 'negative body image' essentially accounts for an overly negative perception of one's own body and/or body parts.

In India, more than one-fourth of young women (28%) reported moderate-to-severe body dissatisfaction in India, most of them being on the younger side. Why is this so prominent in young women? One of the factors are the overly high standards of beauty in India and the quest of younger women to conquer them in the minds. This is a huge reason behind the success of companies like 'Fair and Lovely', 'Whitetone', and shapewears.

Fair skin, zero figure, no stretch marks, long hair; all these factors are advocated by beauty pageants and models. They are considered to be the signs of a 'typical women' by society, which further forces younger women, especially teens to indulge in self-harming activities like excessive dieting, working out too much etc. They are unable to enjoy their hobbies since they are more concerned about their appearance. While working out and eating the right food are healthy habits, excess of anything is never the solution.

So what can you do to break this vicious cycle? Try writing positive affirmations to yourself and reading them everyday, looking at your 'whole self' in the mirror and appreciating your body, and surrounding yourself with people who appreciate you for who you are. Doing all these together may overwhelm you, so try taking small steps to help you realise just how awesome you are!

To all young ladies out there, embrace your current self and don't give into the demands and desires of the society. Focus on what 'feels right' to do, not what 'people think' is right. You do you!

By Vrinda Srivastav  
2nd Year  
B.A. Applied Psychology (Hons.)

# **Menstrual Leave in Kerala: Does it Actually Benefit Women or Further Stigmatize Menstruation?**

The Kerala government has stated that female students at state universities under the Department of Higher Education will be granted menstruation leave. Once the Cochin Institute of Sciences and Technology (CUSAT) introduced the strategy, R Bindu, the higher education minister, expanded it to state universities.

The endeavor to implement such rules in India is not new. The Bihar government has been providing two days of menstruation leave every month since 1992. Ninong Ering, an Arunachal Pradesh MP, proposed the Menstrual Benefits Bill 2017 in Parliament in 2017, with the goal of providing two days of menstrual leave each month to both public and private employees during menstruation.

Two Mumbai-based startups, Gozoop and Culture Machine, became the first commercial enterprises in India to implement first day of period (FOP) leave in 2017.

Zomato's women and transgender employees will be able to take up to 10 days of menstrual leave each year beginning in 2020. Several private enterprises, such as Swiggy and Byju's, have implemented similar regulations since then.

Menstrual leave regulations are in place in nations such as Japan, Taiwan, South Korea, China, Indonesia, Zambia, and Mexico.

In 1947, Japan was the first country to apply this programme. Japan was deeply concerned about its massive population loss during World War II. As a result, the government began to safeguard women in their & "reproductive years"; who could bear children and re-populate the country. Menstrual leaves originated in Southeast Asian countries as a result of women's and labor rights campaigns.

The exploitative and abusive working conditions in sweatshop factories, which include long hours of intense work without restroom breaks, are a common thread in these countries. So it wasn't so much that women required relaxation during menstruation as it was a lack of it.

Menstrual leaves help women who are suffering from menstrual cycle-related ailments such as polycystic ovarian disorder (PCOD), endometriosis, dysmenorrhea, and mood problems. A policy like this has the ability to foster more open conversations about women's health and menstruation, and it can additionally remove stigma around these issues.

**But how does that play out in a patriarchal country like India, which is already riddled with damaging misconceptions about menstruation women?**

**To comprehend the greater ramifications of the menstrual leave argument, it must be contextualized and socialized. In a nation like India, where menstruation is still considered taboo and is connected with ideals of cleanliness and impurity, using menstrual leaves may violate some cultural standards. Menstrual status disclosure may make women more vulnerable to subtle prejudice since it is considered filthy and intended to be private. In similarly conservative nations such as South Korea and Japan (both of which offer menstrual leave), fewer women make use of it, citing the social shame associated with menstruation.**

**Women absence from the labor force is frequently linked to a woman's involvement in household tasks and childcare.**

**Earlier, the Maternity Benefit Act (1961 and 2017) demonstrated how such a policy might also promote myths: working with women is difficult, they are less trustworthy, and it is more costly to recruit than a male. These detrimental beliefs have been found to have an influence on women's involvement and employment in the formal labor force.**

**Menstruation is medicalized and treated as a "sickness" or "illness" through the creation of a separate category of leave for a typical biological process. This reinforces the notion that menstruation is "difficult and unpleasant" for most women, preventing them from working productively during this time. This medicalization of menstruation, with the assistance of the pharmaceutical business, leads women to assume that they must take action or purchase particular goods such as scented sanitary pads or menstrual health supplements.**

**While a menstrual leave policy can help some women who are experiencing difficulties owing to menstrual disorders, it is crucial to remember that menstruation is not experienced in the same manner by everyone who menstruates. Rather than seeing menstruation as an "illness" more attention should be paid to menstrual health and associated issues. The sense of intense pain and difficulties during this period should not be normalized, and persons experiencing problems should be urged to seek medical attention. Rather than defining the issue as one of menstruation health, policymakers should aim to improve working circumstances and make healthcare more accessible.**

**Aaliya Khan  
B. A. Programme  
Second Year**

# Smashing The Stereotypes

Women have endured a plethora of stereotypes that have constrained their identities and social positions for centuries. The media, cultural practices, and even education have all contributed to the perpetuation of these prejudices. Women have been reclaiming their identities and defying these prejudices in recent years, though. Feminist agitation, more media presence, and a general change in favour of gender equality have all contributed to this trend. Being emotionally unstable and illogical is one of the most common clichés about women. This stereotype has been used to defend restricting the social and professional duties of women. Women are challenging this image, though, by displaying their emotional intelligence and decision-making skills. In reality, studies have shown that women are frequently better at making decisions than males, in part because of their capacity to take into account other viewpoints and sympathise with others. The notion that women are exclusively suitable for particular occupations is another prejudice that they are debunking. For instance, it has long been assumed that women lack the required talents or inclinations to pursue employment in STEM subjects, which has discouraged them from doing so. But now that more women are doing so, they are doing well in these sectors. Studies have proven that diverse teams are more creative and effective and that increasing the number of women in STEM professions may improve outcomes for everyone. In addition, women are battling the notion that they are primarily domestic helpers and caregivers. Although it is true that women frequently shoulder the majority of domestic and caregiving duties, this should not restrict their potential or define who they are.

Women are demonstrating their ability to succeed in a range of occupations, such as those of businesswomen, public officials, and civic leaders. Media portrayal is one way that women are reclaiming their identities. Women have too often been represented in limited, conventional ways in films and television shows, or in supporting roles. But, the popularity of programmes like "Killing Eve"; "Orange is the New Black"; and "Jessica Jones" indicates that viewers are eager for nuanced, complete female characters. In addition, women are increasingly doing more behind-the-scenes responsibilities in the entertainment sector, including writing, cinematography, directing and producing. Increased visibility is crucial for moulding public opinions of women and their talents as well as women identities. Breaking down stereotypes and empowering women have both been made possible by feminist action. Feminist movements have historically been led by women, who have fought for both their rights and the rights of oppressed groups. The right to vote, the right to an abortion, and more representation in the government and in positions of authority are only a few examples of the significant legislative and cultural changes brought about by these campaigns. Today, women are still using activism and advocacy to fight against stereotypes and advance more equality for themselves and others. Eventually, by just being themselves, women are reclaiming their identities. We can build a more varied, egalitarian, and inclusive society by removing the obstacles that have constrained women's possibilities and identities.

Arpana Paudyal  
B. A. English (Hons)  
Second Year

# Women's Day Special?

**"She was not what she is right now"**

**She is tired and frustrated but is undefeated.**

**She conquer all the pain with a smile on her face , she is the strongest.**

**She is not a dreamer only but a believer also.**

**Insecure of her bodily features , and way beautiful her inner soul is.**

**Her passion, her ambitious self, her uniqueness make her different than any other , but why always consider as an inferior?**

**Women are inferior to men, this idea is absurd, when a man itself is born of a woman.**

**Then how can she be inferior and a man superior?**

**Fall in love with all the discolored standard the society stamps on you. Do not stop yourself from shining.**

**You are not born to cover up what you are made of.**

**To all the girls who fight for their dreams, don't let anyone person's opinion move you! Be confident of yourself and your worth.**

**Yes, you are unstoppable, resilient, and capable of changing the world.**

**Dolly Sharma  
B. A. English (Hons)  
Second Year**



# समता

## Women Development Cell Sri Aurobindo College (Evening)

**Principal- Prof. Vipin Kumar Agarwal**  
**Convenor- Dr.Ritu Jain**

### **CORE TEAM MEMBERS**

- President- Amaan Siddiqui
- Vice-President- Prerna Chugh
- General Secretary- Pranjali Sharma
- Joint Secretary- Y.S.Brundavani
- Joint Secretary- Manvi Garg



@samtawdc



wdc18sac.eve@gmail.com