

NEWS LETTER

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JYOTI NIVAS COLLEGE POST GRADUATE
CENTRE



PRINCIPAL'S MESSAGE



Women are establishing their foothold in almost every area, Make a prosperous living that aligns with your deepest values. Overcome the self-doubt and the insecurity, enjoy genuine confidence in this path of life. Create thriving relationships and attract powerful connections while honouring your greatest passions and highest callings. Radiate total health and vitality and inspire others to do the same. 'Stree Thatva' is not against men but it is for righteousness, to work for the betterment of mankind, being independent means being respected for the choices you make in life. Hence it's essential that you discover your unique voice, gifts, and talents and amplify your reach and influence the world. Embark on this exciting journey with full support from your loved ones. Tend to the needs and demands of your loved ones and calling, without risking burnout or compromising your own fulfilment

And much more!

Create, nurture and transform

Be a woman you love to be!!!

Note of Appreciation: 'Thank you' to our dear staff Dr. Prakriti for encouraging our students to pen down on their experience and to my dear students for your generous contribution to this Newsletter...

God bless all of us!!!

Affectionately Sr. Lalitha Thomas



-Dilna Babu
(I M.COM-FA)

Extraordinary in an Ordinary World

To be a woman in a world of man

Is more like

Extraordinary in an ordinary world.

A woman is never weak

How could someone even define women as weak?

A woman is a beautiful contribution from God to the family and society.

She is not petty, she is pretty.

She is not weak, her strength and power as a mother, her 9 months of agony and struggles

vanish with the priceless smile when she holds her newborn in her arms.
A woman who intentionally can go to any extent, to provide infinite peace.
Weak never sacrifice
Family is everything, her suffice
A house with the presence of a mother, daughter, sister, wife is a home!
She rules the world
She is a homemaker, a caretaker, a cook, a teacher, she fits in any profession she is chosen to
be. She is confident, she is determined to fulfill her responsibilities.
As a woman or as a daughter of a nation.
The care and love she showers are boundless and bountiful.
Woman in short Is an All-rounder that is never in hunt of praises.
She is a Gem, A woman of worth.
She is not a beautiful poem
She is a sparkling universe on her own
A Creator's beautiful creation of All time.
Might sound a mystery, but surely women make history
She is a part of many chapters in the life of every man and his story.
A wonder woman with qualities beyond wonderful.

-Anmol Ahsan
(II MA ENGLISH)

BLEED

The blood that flows
From the aisle of your thighs
Wasn't supposed to mean abuse
Not until your mom pushed you
And you became #metoo

What can I promise
When I look at you?
I see artistry and power
But still cower at the future
That might bend your stature.

I can only hope
That the blood in you
Never flows, like mine did
That it takes a different course
One which will never be my discourse.

I hope that the world sets you free
Of all institutions and structures
And may you breathe equality
Each moment that you live.
We're standing for a change

That I believe you'll be able to live.

-BullickLungtu
(I MA English)



Stree

She has come a long way,
From the huts of an oppressed world
Never really complaining about her plight
Because she knows, it won't ever get heard.
She has come, through the scorching heat
amidst the kitchen's boundaries
She expects some helping hands, becoming her wind of fresh air
But she can feel the place becoming more and more boiling.
She has come, through the closed doors,
From where she would explore her passions
to write, to read, to sing, to dance, to laugh out loud, to dream and to speak up,
Which were never acknowledged because the doors were always closed upon her.
But now, now she has cracked open the door,
Now she has let out all her passions
And now the world knows the mistakes
Of keeping them hidden, keeping a Stree hidden.

-T Sruthi
(I MA English)



The Big Day

I sit staring at the
Moon in the summer night
The gentle breeze fills the room
And the white curtains dance to its tune
My heart is pounding
My head is spinning
All I know is that tomorrow is the big day
As I stare longer at the moon
I see two black figures lurking
I wonder who they are
One is taller than the other figure
And it is embracing the smaller figure
As I shift my eyes to the picture
That is hung on my wall
I realize that its the same moment
The photo was taken on my sister's big day
I remember how she was covered
With gold jewelry and colorful glass bangles
Her hair was adorned with jasmine
She was draped in an emerald green saree
It was her first time wearing a saree
With all the heavy jewelry and saree holding on to her petite figure
She looked tired
Our guests gifted her generously
with sweets, chocolates, apples, oranges, ghee, bangles and sarees
My mother was ecstatic
It was her daughter's big day

My sister was at the center of the attention
And from that day on I longed for my big day
What if I could never have such a day?
What if I could never receive sweets and chocolates?
What if I could never experience what my sister experienced?
But I knew it would happen one day
Because I am like my sister, a woman.

-Ann Mary Gijo
(II MA English)

Work- life balancing women

Women balancing both work and family is a widespread problem. Responsibilities and duties of every individual cannot be decided according to their sex. There is a disproportionately large effect on working women who continue to bear the lion's share of domestic and

child-rearing responsibilities. Women tend to suffer from higher levels of work-related stress, anxiety and depression when families are more reliant on their income. They also suffer from domestic abuse, they are forced to work hard for their families unlike me.

This results in the Evolution of gender inequality that is still significant in many households. At such condition, the highest rate of stress affects consistently in the health sector emphasizing double the time pressure and tension which in turn lead to physical and mental issues. The stress felt at home and at work, sometimes forces them to drop their other

aspirations and goals, it also stunts their progress in their career. At times it also provokes them to take drastic decisions to not have babies. To eliminate this problem, whenever possible companies should allow female staff and employees to work from home. Just how women financially support men, men should also shoulder their burden of household duties and should avoid seeing it as gender-based roles. This would help women to continue prioritizing their career while they pursue their hobbies other than work and family.

-Reshma KR
(II MA English)



Stree; A Dangerous Experience

We went running into the farm with cameras, clothing, and accessories. A lush green farm was a perfect place for clicking pictures. Bani, being a self portrait photographer often visits farms and isolated dilapidated houses to give her pictures an aesthetic view. With her she carried five types of clothes; skirts, crop tops, ripped pants, and fashionable items. Today, she visited the farm with me. I have to say I was taken aback when she asked me to accompany her. Why, my best friend knowing how unfashionable sort of a person I am wants my opinion on her classy self-portraits. We went inside the farm after taking permission from its kind owner who was an old man and lived with his young daughter in a small hut beside the farm. Across the farm was a long street that went long towards a small village. I had my doubts about this isolated area the moment I stepped inside the farm. There were four women in their plucking out the onions from the ground. Goddess save me from the aroma of onions! The women were staring at my friend who was busy clicking her pictures unaware of the queer eyes falling at her bare waist and neck. She was wearing a crop top with no sleeves and a long skirt. She was leaning on a tree branch, her head amidst the leaves of the neem tree, her hands stylishly posed over her head, and her lips were half-open as she made an appealing face for the camera. Somewhere she knew everyone was noticing her, but little did she care about the world. I wanted to get out of here as even the people on the street, especially some men, were staring at my friend with lusty eyes. They didn't seem right. I got hold of a thick stick which was laying waste under the tree. My friend was still unconcerned about those men, and I hated her for that. Why was she risking hers and mine safety? What if the boys attack us?

“Relax, dear, they won't do anything. They are just here to pick up their wives from the farm,” she said, coolly, sensing the fear in my restless disposition. Why does Bani have to be the most mature between both of us? What makes her so confident, fearless, and giving-a-no-damn-person? I can't deny I am a bit coward at times.

“How do you know?”

“Because I come here often, those women gawking at me know me. Relax, we are safe.”

I did not answer. I wanted to leave. The sun was settling in her abode. The evening was approaching, and my paranoid mind was sensing danger. “Trisha is joining us. She and her sister will be here in minute!”

Trisha, oh goddess! I always wanted to meet that amazing talented girl who runs her own clothing brand at the age of twenty. But, I did not want to meet her in such a threatening situation [not at all threatening for my friend though]. Trisha and her sister joined us with much panic and fear, and they both confirmed my suspicions and fears. “We just got rid of two boys who were chasing us! They stopped us in the middle of the road!” shrieked Trisha’s sister. “No worries now, we tricked them into a wrong way,” said Trisha, putting the flicks of her hair behind her ears, and applying lipstick gracefully, she continued “They won’t find us now. Come on, let’s click pictures for my next dress. I am releasing it tomorrow. See, I am wearing

it! How does it look? It’s a white skirt with frills and above it I am wearing this silk top. It was such a hard time for me to stitch these amidst college exams and assignments! Thank god it’s all over! I am planning to sell it for a thousand. What say, Vish?”

“Why are you asking me about that?” I said, knowing we met for the first time.

“Bani told me you have a good brain when it comes to commerce, finance, money matters, and being a cute paranoid,” she laughed in a high pitched voice.

“I would advise you all to get done with the pictures before dark. Moreover, I haven’t told my father about my visit to this isolated place. Can we get done with this soon, please?”

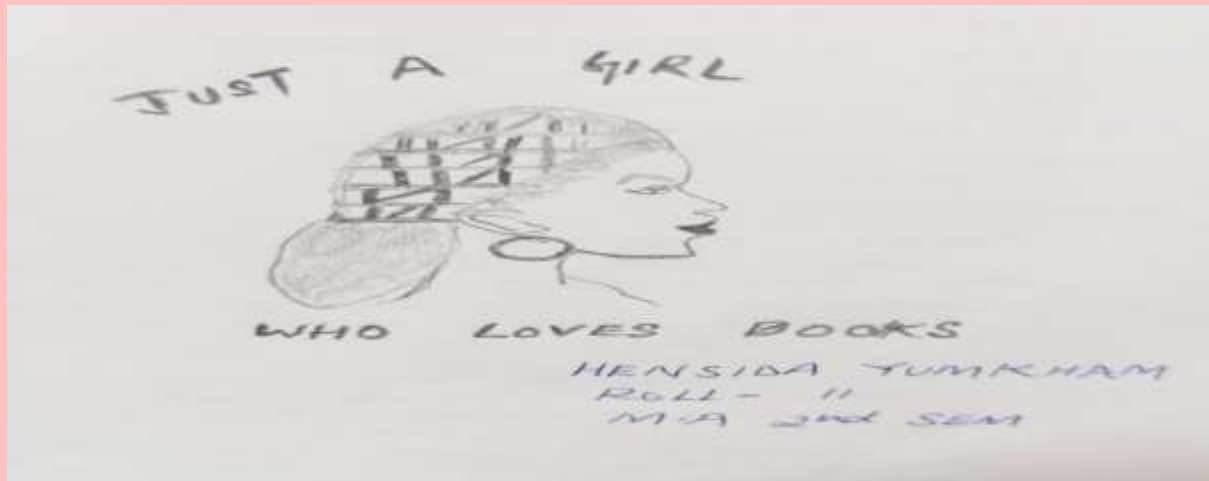
They all nodded. And after millions of clicks and dress changes in the middle of the farm [in a manner that their vital parts were visible to none], we all headed out of the farm. The women working in the farm had already left along with their husbands. And then, I suddenly heard Trisha’s sister jumping with panic. “Those boys are back! The one who were following us! Let’s quickly get on our scooties before they approach us.”

“They don’t seem nice at all to me!” murmured Bani. For the first time I sensed fear in her eyes. “You girls must leave now,” said the old man “drunk man roam this street at this time. Go away now!” “drunk man” sounded more like some evil ghosts haunting the streets with their evil countenances and intentions. We all sat on our scooties and quickly headed out of the farm. The two boys behind us were following us on their bikes, and we could hear them laugh and whistle at us. I was holding Bani’s dresses and accessories in my hands, while she rode the scooter speedily with Trisha and her sister riding on our side. For a moment a sense of fear disappeared from my face. I was here with these brave ladies, to mention how talented and creative they were in their unapologetic careers which invited lustful eyes on them which was none of their fault. Four of us were together in this. Running away together. Fighting the obnoxious comments and gestures of thief-teasers [those ghostly men] all together. And finally we were out from their sight. We were out from the isolated area to a one which was crowded with people, shining with yellow street lights, and buzzed with wedding music which came from the hotels nearby. At last, Bani dropped me home. I rang the bell of my

house. Entered in to witness my mother cooking in the kitchen after having a long busy day at school. She asks me “how was your visit with your friends?” with her pale, tired eyes.

“Dangerous.”

-Variyatha Vyas
(I MA English)



The Lady with the Virus and a Baby

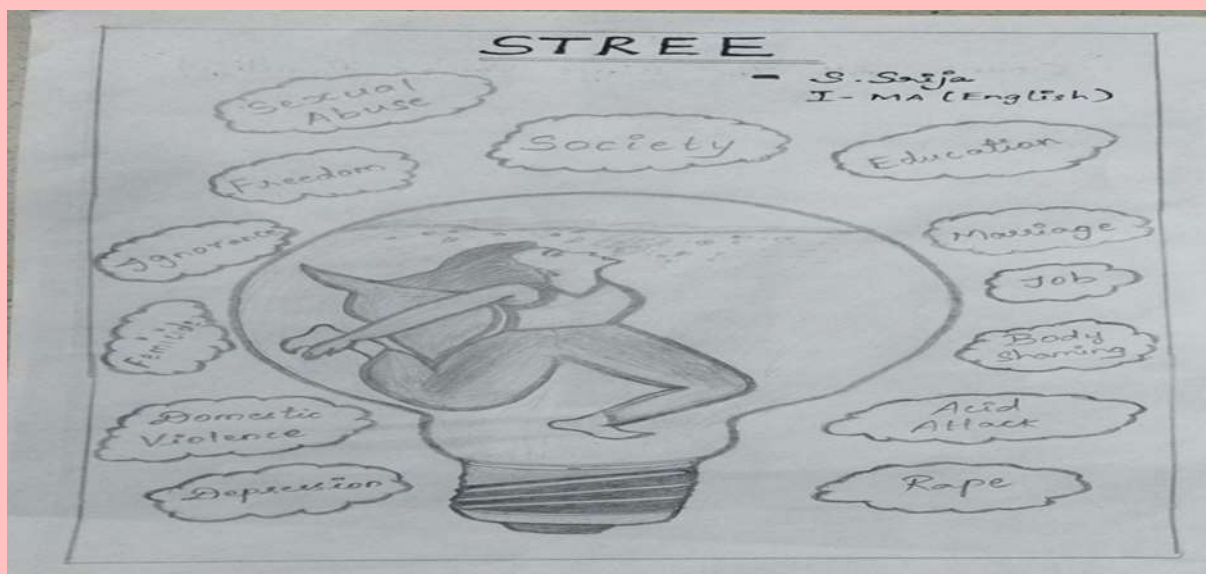
Oh the virus attacks the one
Who carries the baby in her womb.
This is her 4th month
She coughs
She sneezes
She is feverish
She takes a handful of medicines.
Both for the baby and herself.

The nicest husband she has
washes the clothes
Sweeps the floor
Mops it with disinfectants
The floor shines brighter than diamonds.
He doesn't go to the kitchen anyway.
Kitchen isn't his forte.
He says: You just do the kitchen darling,
I will take care of the rest.

She gets up at 4 AM
With a baby in her womb
Fighting the virus inside her,
Coughing, sneezing, bloating, vomiting
With all kinds of aches one could have.
She cooks
Sneezes, sniffs and coughs again
She washes the utensils
Sneezes, sniffs and coughs more
She cleans the kitchen
Wipes off the droplets of sweat on her head
Sneezes, sniffs and coughs again.
She takes rest
Gets up
Prepares tea for her husband and herself
Sneezes, sniffs and coughs
The routine continues

Here I have a conversation at my ancestral home.
"Oh she has covid now,
Eeshwara! just take care of our baby"
My aunt prays.
"Well she is lucky enough to have him besides her,
Pavam! He does everything he has never done before for her. God bless him!"
My Uncle replies.

-Aishwarya Varghese
(IMA English)



Stree

A Strong Woman is one who feels deeply and loves fiercely. Her tears flow just as abundantly as her laughter. A Strong Woman is both soft and powerful she is both practical and spiritual. A Strong Woman in her essence is a gift to the world.

She is Woman she is mother, daughter, wife, sister, she is a person. She is strong smart, crafty.

She is passionate courageous, generous. Cooking barefoot is only one of several superpowers.

She is action emotion, devotion. She has hope, beauty, Power. She has a brain and she knows how to use it. She gives you Life. She gives you respect, love, gratitude. She believes in you. She will nurture you, fight for you. She deserves nothing less from you.

-Aasiyaamehak
(I MCA)



STREE- A Woman

A STRONG WOMAN knows how to keep her life in order. Even with tears in her eyes, she still manages to say "I'm okay," with a smile.

A girl when takes birth becomes the most important part of a family and is the favourite child of her parents. As she grows, her parents would nurture her with the best possible materialistic pursuits and peace of mind, which would help her grow as a responsible woman. In return to her parents care, there are seven moments from a girl's life, which would make her and parents proud.

The moment of pride

The glow of honour in dad's eyes and a big smile on mom's face is the satisfaction, which every girl would be waiting to experience in her life. A girl usually might gift this to her parents by getting a medal in the university or as simple as baking or cooking a good dish for them. By doing so, parents would certainly feel as they are on cloud nine!

The moment of love

A girl would want her prince charming, just to be the replica of her father. A guy who possesses the quality and personality exactly like her father would stand first in her list. The moment she finds him and reciprocates it to her parents is the wow moment of her life. She starts living her dreams and a world, which she was waiting for all this while.

The moment of proposal

A girl who eventually grows up as a woman is proposed by the man of her dreams, this is said to be the luckiest moment! Yes, the moment a guy bends on his knees in front of her parents seeking their permission to spend the rest of his life with their daughter, is the most mind boggling scenario of her life.

The moment of career progression

The girl and her parents together put in equal amount of efforts towards education. It is obviously a proud moment for her parents to see her self-reliant and independent. From being career oriented, to striving for the unreachable heights to achieve her goal, would surely boost the confidence of parents.

The moment of togetherness

We are talking about an ultimate day. The wedding bells ringing around, may bring her parents to tears on sending their part of heart to some other place, but they would always wish for her good and comfortable life with her husband. This is a proud moment, when a girl carves herself according to her new family. She deserves all applauds!

The moment of motherhood

Those nine months are the most memorable months of her life. She gets a second life after giving birth to her baby. Who do you think must be rejoicing at this moment? Everyone,

especially ones from the daughter's side. Yes! This would evolve her in being a loving mother and the innocence of her child would make her protect from the evils of the world.

The moments with her child

It is mesmerizing to see ones' child growing up, crawling, saying 'mom' for the first time, walking and what not. She would be engrossed in bringing up her child in the best possible way. This would be proud moment for her parents to see their daughter performing responsibility. They would certainly be left with the reminiscences of their daughters' childhood, which makes them sentimental.

WOMEN CAN DO

-Ankita Mallick
(II MCA)

STREE...

"Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength."

There is an ancient saying about woman that she has the patience of earth and she can also destroy the world if she rages in anger. But it's not from today that woman are going through suffering, if we see our history we find SITA the wife of LORD RAMA has gone through so much.

Above all woman are discriminated in even though we are living in 21st century there is no equality in all areas for women. And some age old practices like child marriages are still taking places in some parts of INDIA .

Every boy must be taught to respect the women be it a sister, mother, friend and its very important to teach them equality. This might help in reducing many consequences women are going through. The education and freedom scenario is very regressive here. Women are not allowed to pursue higher education , they are married off early. The men are still dominating women in some regions like it's the woman's duty to work for him endlessly. They do not let them go out or have freedom of any kind. Women must be given equal opportunities in every field, irrespective of gender. Moreover, they must also be given equal pay. We can empower women by abolishing child marriage. Various programs must be held where they can be taught skills to fend for themselves in case they face financial crisis. There are several ways to enable rights to women in India. The people and government need to come collectively to make it happen. Women must be provided equal opportunities in every area.

-Chandrika PV
(I MBA)



Women

“A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong.”

In the twenty-first century, women have not only become wealth creators but also change agents by creating organizations of future.

“A valuable woman can do many things, except for anything that does not add value to humanity.” “A woman of value does not rely on others to recognize her own value. She adds value, no matter what.” “A woman of value will never tolerate that which does not add value in her life.”

- Though dowry system isn't as rampant in Gujarat as compared to other states, Gujarat ranked 15th among 29 Indian states, report in 2016. As of 2018, there are still dowry deaths and cases reported from all over Gujarat. About 8,000 dowry deaths are recorded each year in India, according to the national crimes statistics bureau. 24,771 dowry deaths reported in last 3 years: as per Govt statistics as of 2018, dowry related deaths are on a rise around the country. It has been illegal in India since 1961 but remains common.
- The Indian women have cast off their age-old shackles of serfdom and male domination. She has come to her own and started scaling the ladders of social advance with proud and dignity.
- Women of India are now uplifted and emancipated and granted equal status with men in all walks of life-political, social, domestic and educational.
- They have a franchise, they are free to join any service or follow any profession. Free



India has, besides her woman prime minister, women ambassadors, women cabinet ministers, women legislators, women governors, women scientists, engineers-doctors-space researchers-giant IT specialists, women Generals, women public officers, judiciary officers and in many more responsible positions. No distinction is now made in matters of education between boys and girls. Their voice is now as forceful and important as that of men. They are becoming equal partners making or dismissing of a government.

-Aruna.M
(I MBA)

POWER

“Here’s to strong women

May we know them

May we be them

May we raise them”....

You may fail, you're not a failure

You became a better version of yourself

Every day. Love who you are right now

Because right now you're exactly

Who GOD created you to BE . Be patient

But don't stop working hard, his promise

Are real and they will come in his time.

Hold your head high because you are

Everything god said you are.

Do everything with an attitude of excellence.

Speak only with love because

There is power in tongue.

Kala s

MBA 1st YEAR



STHREE

Every woman's success should be an inspiration to another. We are strongest when we cheer each other on each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.

Feminism isn't about making women stronger. Women are already strong its about changing the way the world perceives those strengths.

-Deepa R Sangma
(I.M.COM- FA)





Dilna Babu
(IMCOM-FA)

Don't rebuff a female offspring

I uphold aspiration, to soar high,
I can attain the toughest aim.

I possess the ability to oversee.
I can equalize my potential, comparatively.

I shall be able, to overcome circumstances.
I can be a blessing to my household.

So, why rebuff me, and curse me,
And presume that I am not worth.

Just accept me, and bring me to this alluring world,
And I will manifest the greatness of a phenomenal women.

-Gracy.C
(I M.COM-FA)

STREE

Don't talk loudly, said amma, you mustn't strain your voice
I had a voice, I could make a noise, I could sing a song, I could be whistle and summon an
auto passing by
Why should my voice be low amma?
You're a girl susshsussh.
Amma but i want to be heard,
I want to fly above every laxmanrekha you draw across my freedom.
I want to reach the skies!
It was Sunday afternoon
Amma made some yummy biryani
I ran to lay my hands on them
I was shunned with an owling eye
I asked for my share
Only after appa eats said Amma
But I'm hungry Amma,
Don't you know, we woman always eat after men do, go away susshsussh.
I want to eat my meals when I'm hungry
I want to voice out my thoughts loudly
Draw me no more laxmanrekhas
Do not confine me
I'm your girl child
I'm valuable
I'm worthy as you're son
I'm Stree
Look into me
I won't susshsussh.

-Sherlyn Sheeba
(II MA English)

Experiencing woman:

Guys on the road side - "Friends just look at her, she looks spicy and hot"

With the family - "see listen it's danger for us to send you out for setting up of your goals, instead why don't you be at home and do something else"

At work place (boss to her employees) - "girls why don't you all be broad minded and do something interesting to attract a lot of customers"

Why men always look at women in a different and peculiar way which makes them feel vulnerable to live in today's society? So let us just experience what does all it takes to be a woman?

'BECAUSE EXPERIENCE CHANGES PERSON'

There might be number of awareness created, movements raised, fights fought for women safety and rights but deep down inside, even today a younger girl feels insecure on road at night.

Waking up in the arms of her mother, the smile on face of her family members fades away. She is being considered as a big responsibility for her upcoming future during her birth.

When she passes first few years of her life, time when she is brought up to school days where she is unaware of miseries and cruelty in outer world. Hormonal changes starts occurring at an early age and she starts developing maturity. Wanted to do something in society, wanted to attain higher positions in life, wanted to do something which men does is just pulled off from her by family's decision .

A man who gets ridden of in handling one family, a women does that job of handling both the sides with ease and gracefulness.

At times circumstances in family puts up her in such a situation that she have to just sell her own body for source of income to overcome poverty.

Sacrifices made by woman is one of greatest quality they inherent. Giving up of career and dreams for sake of their family a selfless service always seen at woman's face.

Best feeling a woman experience in their life is becoming mother. A natural instinct woman encounters in her life is giving birth to a child but going through the problems, pain, difficulty in giving birth is just unexplainable, it comes out with greater care and affection. Carrying a child for 9 months - sacrificing almost everything to just make that inside life feel safe and happy.

Every step in woman's life is involved with higher risks, but it is in her own confidence, awareness, passion, intelligence, courage which makes her unique and let stand freely in today's cruel world. There might be different struggles encountered by different woman but all do suffer from a common cause which is a natural instinct again - PERIODS. It might sound normal for all but going through such an experience for woman just can't be expressed in words.

I want to thank all NGO's, feminist movement, great women personalities, historic leader who have fought for women safety and rights in past which has changed the scenario of present world, exhibits, women rules in every field.

So to all viewers and readers (especially women), never let the faith and confidence u hold just get destroyed, cause if that's lost then the whole surrounding might get opportunity to use you .

"ALWAYS HOLD A POINT, KEEP BELIEVING IN YOURSELVES"

- CHELSI M JAIN

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I-MA ENG