



Youth Power, a social leadership programme is an initiative of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools. The programme, through its six year long journey, has created many social leaders, touched countless lives and has taken significant steps towards bringing a change. The programme, this year, takes a special turn as it is dedicated to the cause of women, as declared by Dr (Mrs) Amita Chauhan. This special edition put together by the eight Youth Power teams across different branches of Amity, is an ode to the woman who has nurtured the society, yet awaits her due.

INSIDE

Get to know about the causes for women taken up by YP teams of different AIS branches, P4-11



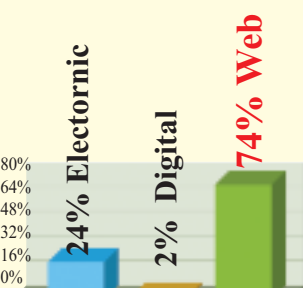
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POLL RESULT for GT issue April 14, 2014

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Coming Next

Meet the winners of
Youth Power 2013-14.

THE GLOBAL TIMES

MONDAY, APRIL 21, 2014

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I am the YOUTH I have the POWER

Bhawna Tuteja, GT Network

From the nervous first step of appearing for an interview to the jitters of facing the grand finale, Youth Power finalists traverse a long path. Hit the rewind button with us as we take you through their journey, just as they are about to reach their final destination.

My first step Communicating my view

I had stood witness to the passion, enthusiasm and zeal of former YP finalists of my school. So, when I saw the YP form in The Global Times, signing up was an obvious choice. It was time to use my social skills and form a team. I realised I was looking at my same old classmates with an all new perspective, evaluating each one of them against the parameters of being a good team member. After several permutations and combinations, I finally formed my own team. The next step was to choose a cause. This was tougher than we had thought. It was then that we realised that there are so many causes out there that deserve our attention. And finally the D-Day dawned on us - the day of the YP interview. A volley of questions that seem to be shot straight from Arjuna's bow with an aim to leave us perplexed. I am not really sure what the interviewers get out of this grilling interview session that lasts 30 minutes, but I am con-

vinced that it leaves the interviewees with skills that will help them in future. And of course, with an all new perspective on the same subject.

Step two Knowing the cause better

We took the quintessential first step - research. Thank God for the internet. We dug out facts, some left us baffled. But I guess that is not enough when you are a YP finalist. Research assumed bigger dimensions and we interviewed experts in the field, conducted surveys, undertook case studies, et al. The result - a better understanding of the subject.

Step three Let's get going

It was time for action. It was time to spread the word. We started talking about the cause to school students, parents, teachers, neighbours, basically anyone who was willing to hear. It was then that we realised that speeches and talking is not really the best way to convince someone to support a cause. We designed a plan of action. But that was just the beginning of the roller-coaster ride. Running around to get permissions from school authorities, dismissing activities that are not 'creative' (read impactful), realising that your plan was not 'fool-proof' were just 'some' of the things that we encountered en route.

Step four Be the change

Tangible...that's the word that was revolving in our head as soon as we entered this stage. What was that one thing we could do which would we be counted as 'tangible change'? This stage was perhaps the most challenging. But we finally did manage to take that little step towards being the change we all want to see. And trust me, it does feel good to know that you have actually made a difference to someone's life.

Step five Charity begins at home

One would think that generating funds for a cause is perhaps the easiest thing to do, courtesy- all those donation drives. But this is Youth Power that we were talking of. With 'no donation' and 'a creative fund generation model' as the rule of thumb, raising money was tricky. While we managed to raise the given sum of Rs 2000, a plausible amount, the challenge was to keep the tab on- the costs, the expenditures, the funds generated, etc.

Step six Panel discussion

While we could look up to the previous year's team for help on almost all the stages, this was something they could not really help us with. The reason - this fabulous stage was introduced for the first time. With the 'Panelists Wanted' mission on our mind, we spoke to everyone we knew of. Confirmations, cancellations and some more confirmations and cancellations later, we did have an interesting panel. The panel discussion brought forth so many different perspectives that we had missed out on, despite having worked on the cause for so long.

Step seven Community service

Time for debut II - the community service stage. This newly introduced stage required us

to work with an NGO for ten hours. Finding an NGO wasn't too big a challenge since we had been in touch with several NGOs who were working for similar causes. But it is only when you work in close tandem with such organisations that you realise that there are so many people working passionately everyday to make this world a better place to live in. YP truly is an eye opener at every stage.

Step eight Just a minute

Oh sorry! That's just 59 seconds. Yes exactly 59 seconds to communicate the cause that was by now dear to our hearts through a video. It was time to tap all those techies in school followed by thinking, shooting, editing and yet stick to a deadline.

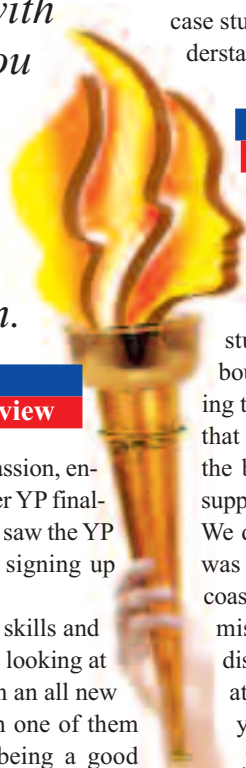
Step nine No words please

Time, dance drama, slam poetry, sand art... we googled everything that was creative yet effective. And then there were high standards to match up to, for we had witnessed some of the best acts in the previous year's finale. But then at the end of all the challenges, there is a solution, something YP had convinced us of by now and this stage too saw its end. We were ready with our act.

Step ten The end? Perhaps not

We are all set for the grand finale. We aim to give our best shots through our presentation. We hope to strike a chord with our creative communication. And all this for a cause. But more than that we were sad that our beautiful journey called Youth Power was coming to an end. Or is it? Things like Youth Power stay with you for life.

I am a Youth Power finalist. And by the time you read this, I may or may not be a Youth Power winner, but I will be a changed person for sure. I am forever grateful and indebted to our Chairperson ma'am for giving me and all of us the opportunity to be a part of this journey that has ignited the youth power within me.



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Shagun Sethi
Delhi Public School, R.K. Puram, New Delhi

“ Infrastructure and facilities of Amity University were remarkable. All the faculty members were kind and very learned. This program is awesome. ”



Abel Thomas Jaison
Sandeepani Vidhya Niketan, Thrissur, Kerala

“ It was a new and enriching experience for me. I enjoyed thoroughly and learned a lot of new subjects. The teachers were very supportive and encouraging. ”



Simrat Kaur Bains
Loreto Convent, Delhi Cantt.

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AIS GUR 43
Sanitation & hygiene for women

L to R: Rajat Gupta, X; Maitreyi Saxena, X; Suhani Khara, X and team leader Purvangi Chopra, X with their mentor teacher Meenakshi Sharma (C)



AIS NOIDA
Self defence for safety of women

L to R: Sarthak Dilawari, X; team leader Kripi Badonia, X; Isha Kalra, X and Shimona Mohan, X with their mentor teacher Corina Mathur (C)



AIS PV
Nutrition and women

L to R: Anchit Som, XI D; team leader Niharika Khanna, XI A; Shireen Chanana, XI and Twinkle Taneja, XI A with their mentor teacher Richa Chandna (C)



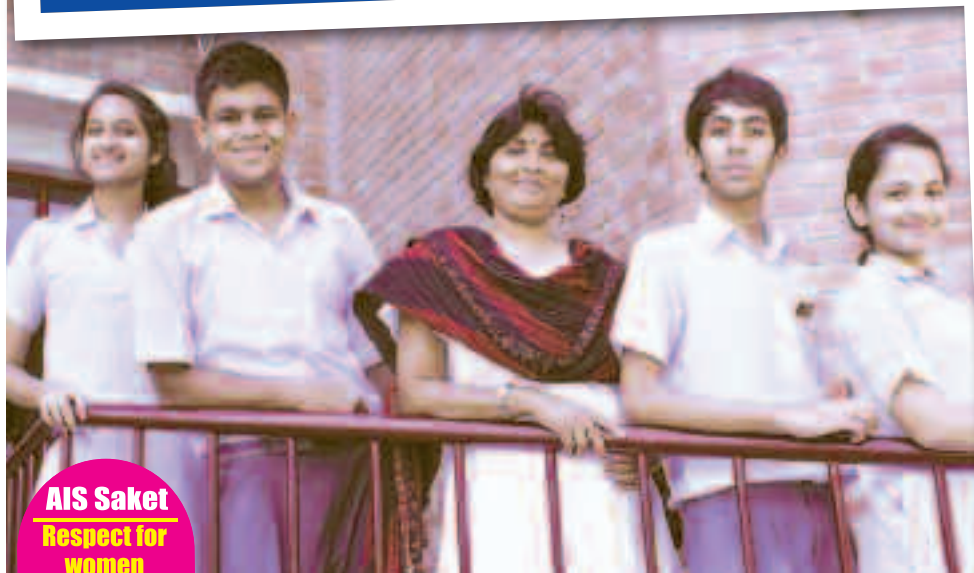
AIS Vas 6
Abuses faced by urban women

L to R: Team leader Riya Arora, X A; Alisha Sharma, X; Shruti Sinha, X D and Akarsh Sharma, X C with their mentor teacher Sampurna Satpathy (C)



YOUTH POWER *for Women*

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AIS Saket
Respect for women

L to R: Lakshita Handa, XI F; Azeez, XI D; Yash Vardhan, XI G and team leader Aarushi Mehta, XI G with their mentor teacher Debjani Das (C)



AIS Vas 1
Stop dowry, protect women

L to R: Shivangi Goswami, IX A; Nandini Rajput, IX A; Adithyaa Sunder, IX B and team leader Pramay Rai, XI B with their mentor teacher Sanjukta Paul (L)



AIS GUR 46
Vocational training to empower women

L to R: Aditya Thakral, X F; team leader Shrishti Kajaria, XI A; Saumya Mittal, XI F and Samridhhi Nagar, X E with their mentor teacher Devyani Kapoor (C)



AIS MV
Education for women

L to R: Anushka Vadhera, XI; Dhvanii Chawla, IX; team leader Ishani Goomer, XI and Aankhi Anwasha, XI with their mentor teacher Manisha Batra (C)

Respected Ma'am

From being stereotyped in various roles to being subjected to heinous crimes like rape and molestation, there is a lot that Indian women go through. It is about that time we give them the respect that is long overdue

A SHAMEFUL NUMBER

Every

00:26

minutes, a woman is molested in India.

Every

00:34

minutes a girl is raped in India.

Every

00:42

minutes a case of sexual harassment is registered in India.

A record

0480

cases of crimes against women are reported everyday.

A whopping

600%

increase in eve teasing cases was recorded in Delhi in 2013.

A record

500%

increase in number of reported rape cases in India.

Youth Power FINDINGS

10

out of 15 people believed that eve teasing is a matter of concern.

15

out of 15 said that laws were not strong enough to tackle the problem of eve teasing.

13

out of 15 people thought that the society was to be blamed for eve teasing.

8

out of 15 do not want to send their daughters out alone.

Sample size: 300 Sample group: General public in the age group 20-50 years Methodology: Questionnaire

Problem, cause, solution



Dowry deaths, rape, eve teasing, molestation...crimes against women have assumed numerous forms. Charu Wali Khanna, member, National Commission for Women, talks about the problem, its

causes and solutions in an exclusive interview.

Over the past few years, crimes against women have increased. What is the reason?

It's not that the violence is increasing, it has always been there. It is the awareness level of people in urban areas that has increased. Cases of violence against women get reported everyday and yet the apathy for violence against women has probably never been higher. In India, we prefer to live under a veil of silence and glorify tolerance. I am glad that we are finally breaking the silence.

What are the prime reasons for crimes against women, especially rape and eve teasing?

A woman is targeted because she is perceived as weak and vulnerable. Lust is not the only reason that leads to such crimes. The thirst for power, the patriarchal mindset of the society, men and women not being allowed to intermingle freely with each other are some of the reasons for the spurt in crime against women. Cases of sexual violence are now getting reported in rural areas too.

Often provocative dressing is considered as the prime cause of eve teasing. Your take on it?

Provocative dressing is not the main reason for rise in cases of eve teasing. A woman in a cotton saree and even a child gets raped. Men need to be taught and trained on what is appropriate behaviour and how to control one's sexuality.

What is the future agenda of National Commission for Women to tackle crimes against women?

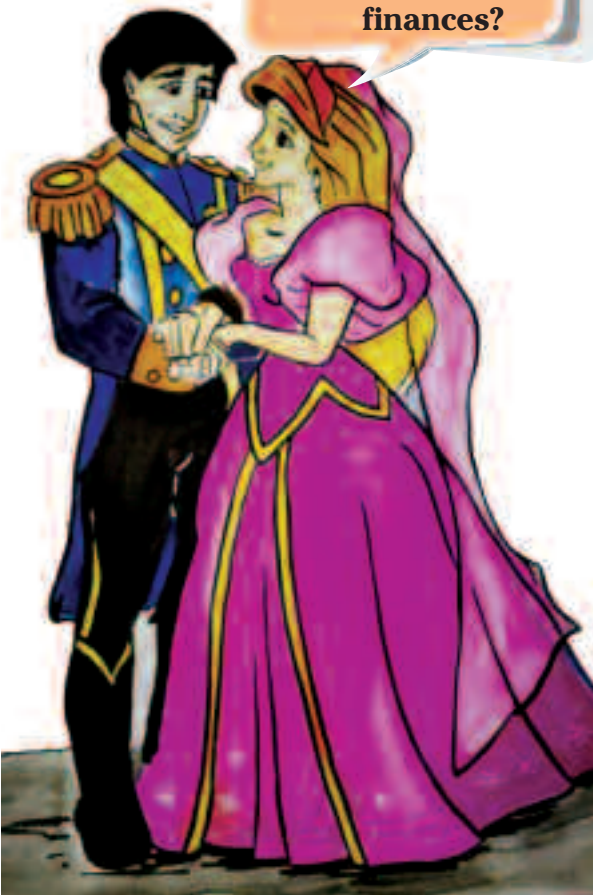
In these times, it is crucial to highlight crimes against women. Strategies deployed for campaigning need to be eye-catching. With this in mind, we have initiated a campaign, Chuppi Todo i.e. Break your Silence. We encourage women to come out of their shell and share their agony. We plan to take this movement forward.

How do you think NGOs can help?

NGOs have a better reach and understanding as compared to government agencies, where there is red tapism. For people in government sector, it is a part of their job, but in the voluntary sector, people are more committed to the cause so they are more passionate about what they are doing, whether it is counseling or even finding tangible solutions for the concerned victim.

And we will live happily ever after...

Does that mean I get to have a career and control my own finances?



Women in Vedas

Let's go back to the Vedas to learn a few lessons on respecting women

Though, Vedas are ancient scriptures, they are quite radical in the views they propagate on women. The Vedas have validated the power of women, like no other scripture or feminist movement has. It's perhaps time that we go back to our roots and take a few lessons. A reflection...

Woman as scholars: The Atharvaveda strongly propounds that girls should enter matrimony only after they become scholars.

Woman as bearer of knowledge: The Veda advises parents to gift their daughter intellect and power of knowledge as dowry. Atharvaveda says that when a girl develops foresight and vibrancy after attaining knowledge, she becomes the provider of the wealth of the skies and earth.

Woman as warrior: The Yajurveda considers women worthy of participating in war. It is so convinced of the courage of women that it says that there should be an army comprising only of women.

Woman as protector: In the Atharvaveda, a woman is addressed as the protector of children with knowledge and a symbol of prosperity.

Dear Bollywood

You recently turned 20, a decent age for anyone to acquire common sense. So, stop spouting sexist nonsense and treat women with respect for they gave you some of the finest moments on celluloid. In case you have Alzheimer's, here's some of your clichéd dialogues that stereotype women.

Kitne aadmi thay? #Sholay
Mr Gabbar, it could have been auratein too. Didn't you just see Gulab Gang?

Kya kar raha hai yaar? Mard bann! Be a man. #DilChahtaHai
Why not "aurat bann"?

Ghar mein maa behen nahi hai kya?
But baap-bhai also live in the same house.



Main bhool gayi thi betiyon ko sapne dekhne ka koi haq nahi hota. #DDLJ
Dear mommy Farida, now girls can dream and dream big because they have the strength to turn them into reality.

Is tarah ka naach gaana ladkiyon ko shobha nahin deta. #HumDilDeChuke-Sanam

What do you have to say about the best classical dancers, some of which are women?

S/he?

Men and women are often perceived differently for the same things they do. A look at different names for the same roles...

COOKS WELL

He is a chef.

She is a homemaker.

WHEN TEMPERS RUN HIGH

He is angry.

She is emotional.

SPEAKS WELL

He is a good orator.

She is a story teller.

MANAGES THE TEAM

He is a leader.

She is a mother.



Nourishing HER

She nourishes life in her womb. She cradles civilisations. Why does she remain undernourished herself?

An unhealthy picture

Indian women do not get adequate nutrition and nourishment. As a result, they suffer from several nutritional deficiencies, claim statistics.

- The Maternal Mortality Rate (MMR) of developed countries ranges between 4 & 20 per 100,000 live births. India's maternal mortality rate of 254 maternal deaths per 100,000 live births is quite high.
- 36% of Indian women are chronically undernourished.
- 55% of women in the country suffer from anaemia.
- One of the major causes for malnutrition in India is gender inequality. Due to a perceived low social status, the diet of Indian women is often compromised, both in terms of quality and quantity.
- Malnourished women are less likely to have healthy babies.
- 87% pregnant women are anaemic.
- More than 70% pregnant women in India have serious nutritional deficiencies.

What the government is doing

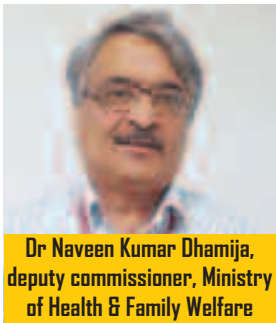
The government has introduced special programmes and schemes aimed at tackling malnourishment in women.

- **National Weekly Iron and Folic Acid Supplementation (WIFS) programme:** Under this programme, 13 million adolescent girls are provided iron supplements.
- **Sabla scheme:** The scheme provides 600 kcal to girls in the age group of 14-18 years for 300 days in a year in the form of a hot cooked meal or as takeaway supplements.
- **Jan Ahar scheme:** This initiative provides nutritious meals, twice a day at a price of Rs 15 to the low income groups.
- **National Food Security Act, 2013:** This law aims to provide subsidised food grains to low income groups.

What women can do

While the government is doing its bit, there is a lot that can be done at the individual level too.

- Women must get their complete health check-up done at least twice a year.
- Women often tend to eat leftovers, which is not the best practice. Instead, stick to eating a healthy and well balanced meal.
- Look for cheaper food items. Healthy food isn't always costly. For eg: one can choose ragi over milk since it provides almost the same kind of nutrition.
- Eating a lot of fresh fruits and vegetables can help overcome most nutritional deficiencies.



Dr Naveen Kumar Dhamija, deputy commissioner, Ministry of Health & Family Welfare



Rupma Ghosh, helper, AIS Pushp Vihar



Gayatri Prakash, general secretary, Sakaar Outreach

A weak future

With 55% of its women suffering from anaemia, 'weak' is the word that best describes the future of the country. A look at some perspectives on the country's malnourished yet significant 49%.

Are the causes of malnutrition among women often ignored?

Dr Naveen: Most women in India are not aware of the causes of malnutrition. They are ignorant about their own nutritional requirements. Wrong eating habits and misinformation are other factors that lead to malnourishment.

Gayatri: Social circumstances make nutritional need of women take a backseat. In lower income groups, women usually survive on leftovers.

Rupma: Women nutrition is generally overlooked in families as women of the house ensure that the men in the house get the best meal.

What is the reason behind high maternal mortality rate in the country?

Dr Naveen: In India, what a woman should eat during pregnancy is governed not by a doctor's advice but by myths.

The result is several complications at the time of delivery.

Gayatri: Expecting mothers are neither given the right care nor the right diet, which in turn leads to high mortality.

Rupma: Most women do not know what they should eat during pregnancy. They eat whatever is available.

55% of women in the country are anemic. What could be the reasons?

Dr Naveen: Indian women do not consume a balanced diet which causes severe deficiency of iron.

Gayatri: Foods that are rich in iron are either too expensive for the lower income group or they don't meet the taste requirements of the middle class.

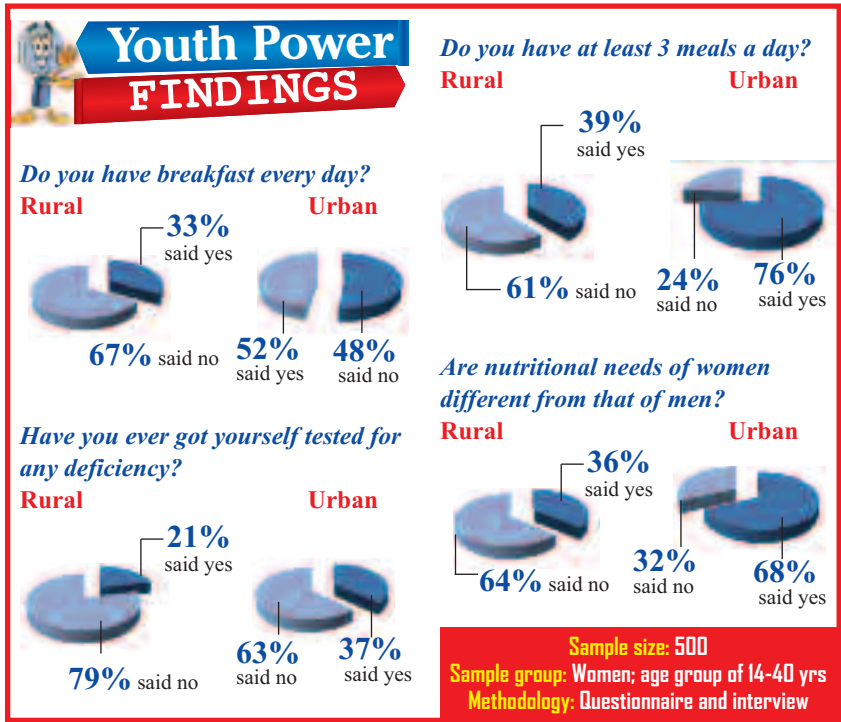
Rupma: Not many people know about anaemia or what causes it.

Has the government done enough for betterment of women's health?

Dr Naveen: It has launched various schemes as Nehru Rozgar Yojana, wherein free iron supplements are provided in school.

Gayatri: The government has enough resources, but the challenge is to ensure implementation of various policies.

Rupma: The govt has done a lot, but we don't get to know about the schemes.



Affordable nutrition

Expensive food products is one of the most important reasons for malnutrition in women. But why bear the brunt of malnutrition when there are cheaper substitutes available.

Nutrients	High cost	Low cost
Calcium	Milk	Ragi, Soy products
Fiber	Apple	Jowar, Bajra
Vitamin C	Kiwi	Guavas
Biotins	Almonds	Peanuts
Protein	Eggs	Beans
Vitamin A	Sweet potato	Carrots
Carbs	Multigrain wheat	Sattu

Sodium 2,300 mg Soy Sauce, Salami, Bacon, Cheese	Fat 70 grams Butter, Dark chocolate	Calorie 1200 to 1600 Nuts and Seeds, Processed meats
Potassium 4700 mg Potato, Sweet potato, Soya bean	8 things women must consume everyday	
Iron 18 mg Broccoli, Spinach, Raisins	Calcium 1,000 mg Avocado, Apple, Almonds	Iodine 220 mg Yogurt, Milk, Eggs, Strawberries
		Protein 50 grams Dairy products, Beans, Peas

Deficit disorder

Deficiency of essential nutrients in women can result in various diseases. Here's taking a look at some

Hypocalcaemia/ Osteoporosis: About 20% of adolescent girls in the age group 14-18 years suffer from calcium deficiency.	Anaemia 46.1% and 64.3% of women belonging to the urban class and rural class respectively suffer from anaemia.	Hypocobalaminemia A majority of women in both rural and urban areas do not meet the RDA of vitamin B12 which is 2.4 mcg.
Cause Deficiency of calcium	Cause Deficiency of Iron	Cause Deficiency of Vit B12
Symptoms <ul style="list-style-type: none">• Muscle cramps• Insomnia• Weak and brittle nails	Symptoms <ul style="list-style-type: none">• Fatigue• Lethargy• Pale appearance• Shortness of breath	Symptoms <ul style="list-style-type: none">• Irritability• Depression
Consequences <ul style="list-style-type: none">• Greater bone loss• Susceptible to fractures/injuries	Consequences <ul style="list-style-type: none">• Reduces endurance• Organ dysfunction	Consequences <ul style="list-style-type: none">• Poor memory• Poor or absent reflexes• Nerve cells may suffer damage.

Know about women nutrition to save Poppins

1. Women are at a greater risk of developing osteoporosis than men.

2. Eating a lot of animal based protein is good for women.

3. Women lose a lot of iron during menstruation.

4. Cottage cheese is not a very good source of calcium.

5. The RDA for Vit C for women per day is 75 mg per day.

6. Folate is most important for women of childbearing age.

7. Losing weight is the best way to stay fit.

8. Vegetarian women are at a higher risk of losing iron.

9. Vitamin D does not aid absorption of calcium in women.

10. Menopause does not cause decline in bone mass.

Save Poppins by stating true or false. With each correct answer, you will reach the next step.

Reach me before the questions run out.

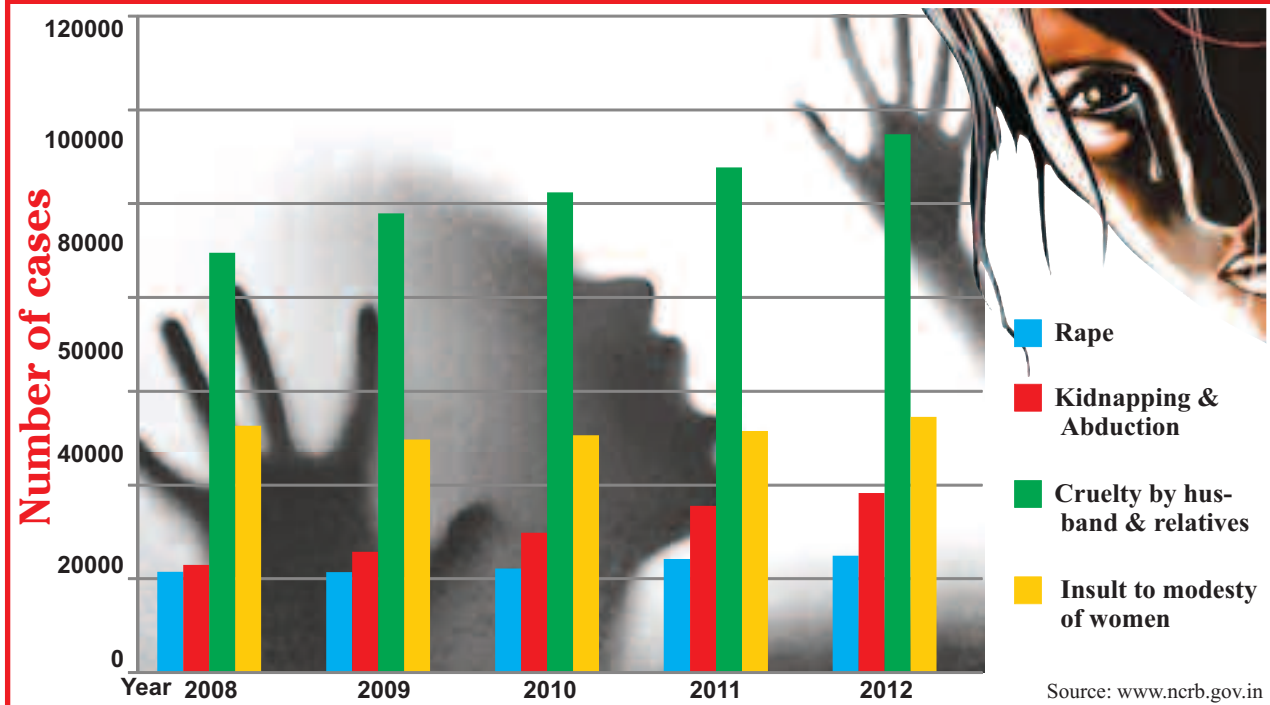
ANSWERS: 1. True, 2. False, 3. True, 4. True, 5. True, 6. True, 7. True, 8. True, 9. False, 10. False



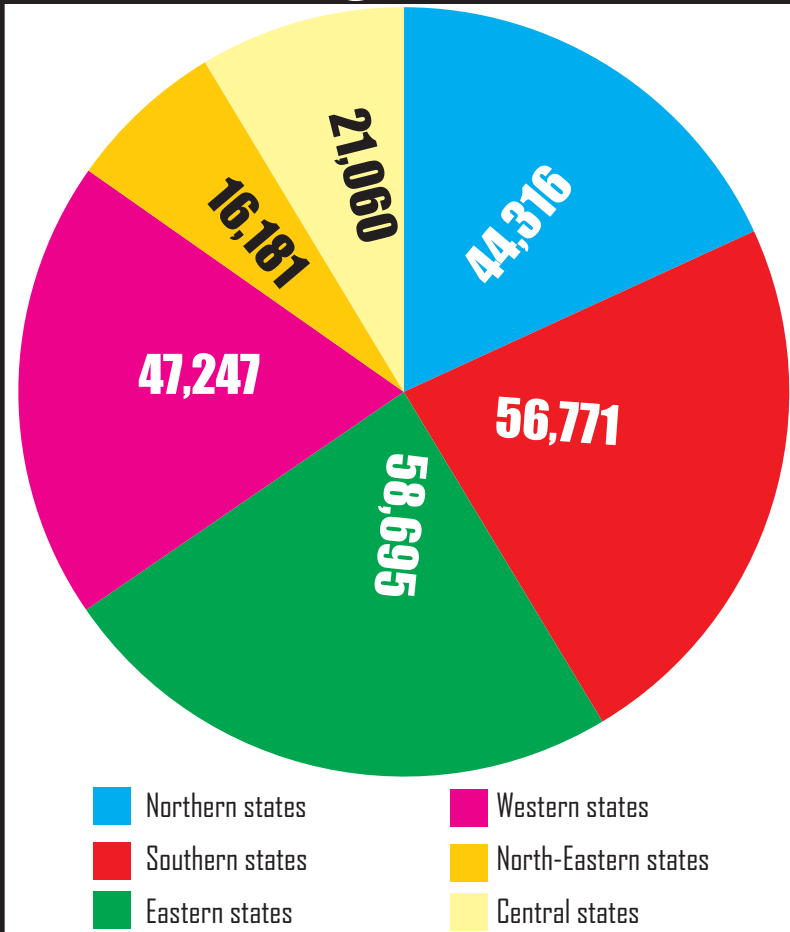
Fuse the abuse

Rape, eve-teasing, molestation, domestic violence...the modern urban woman faces every abuse imaginable

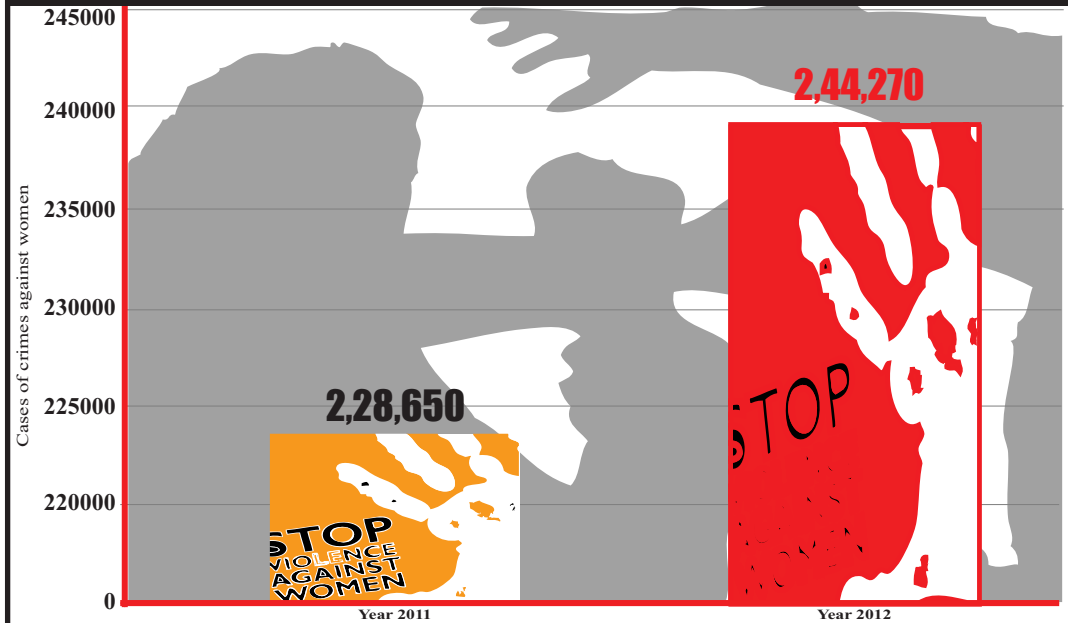
Most common crimes faced by women



2012: A state-wise study of crimes against women

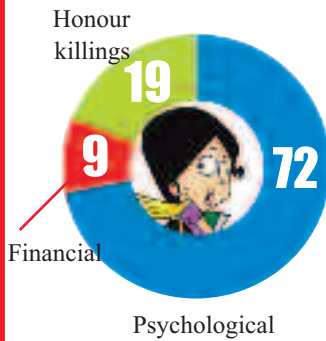


2011 & 2012: A comparative study



Youth Power FINDINGS

The most common form of abuse women face is...

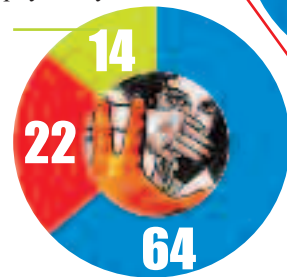


Women are victims of abuse because...

They are physically weak

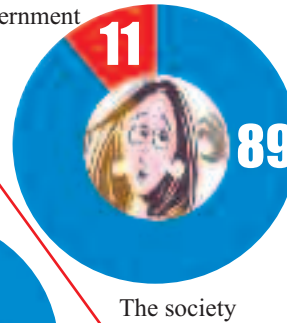
They have a weak support system

They are perceived as the weaker sex



The responsibility for poor condition of women lies with...

Government



Sample size: 100 Sample group: Mixed Methodology: Online

It's a woman's right

...to be respected and freed from numerous abuses that she deals with on a day-to-day basis. Even the Indian Constitution says so. Nandini Gore, advocate, Supreme Court, in an exclusive interview talks about abuses faced by women, her rights and more...



violence show that woman suffers abuse at every stage of her life.

What is the first step a woman should take when abused?

Firstly, a woman should be aware of her rights. She should neither silently face abuse nor hesitate to report such atrocities. At the same time, she should seek redressal of her grievances with relevant people. She should undergo necessary legal counseling and even approach a women's welfare organisation or NGO.

What are the few laws that all women should be aware of?

Under IPC, Sections 326A and 326B deal with provisions for acid attack; Sections 354A, 354B, 354C, 354D deal with sexual offences and Sec 493 to 498A deal with offences related to marriage and cruelty by husband/relatives.

While women face several abuses on a daily basis, which are the most difficult to deal with?

Child abuse and domestic violence are the most challenging forms of abuse to deal with. The reason for the same is that they are hardly reported. Both the cases are very disturbing as the threat is from within the family.

At what stage of life are women the most vulnerable?

Women are abused and feel unsafe at every stage of their life. Female foeticide, child abuse, eve-teasing, rape, molestation, sexual assault, human trafficking, dowry death and domestic

The new woman dictionary

Hey girls! It's time to be brave and refresh your lingo with some new words



Dabangg A woman who bravely stands up for herself and refuses to bear any atrocities.

Loser A man who thinks women are inferior to men.

Thappad Some thing that should be given to anyone and everyone who indulges in crimes against women.

Chep An unwanted man who constantly seeks attention of every woman, passing by on the road.

Out of the closet

Guess these female celebrities who have faced abuse and yet managed to come out strong



This top Bollywood actor has admitted to have faced physical abuse at the hands of her former beau.

This Oscar winning actor was once attacked so hard by her boyfriend that she almost lost her hearing ability.



Popularly known as 'Queen of pop', this Hollywood pop star was a victim of domestic violence in her former marriage.

Answers: 1. Aishwarya Rai 2. Halle Berry 3. Madonna

Source: India Today

Source: dcw.delhigovt.nic.in

Delhi: No city for women

CRIME	2009	2010	2011	2012	2013
Rape	469	507	572	706	1330
Molestation	552	601	657	727	2884
Eve-teasing	238	126	165	236	793
Abduction of Women	1655	1740	2085	2210	2906
Cruelty by husband, in-laws	1297	1410	1585	2046	2487
Dowry death	141	143	142	134	123

IMPORTANT NUMBERS

DCW Helpline

3379181/23370597

National helpline

181

Women Helpline

1091/23317002/23317004/

23411091

Police Control Room

100

Transport Helpline

9604-400-400



Dowry @1 death per hour



Definition

Dowry can be defined as the money, good or property that a woman brings to her husband at the time of her marriage. However, the definition of this social evil that has resulted in the death of countless brides

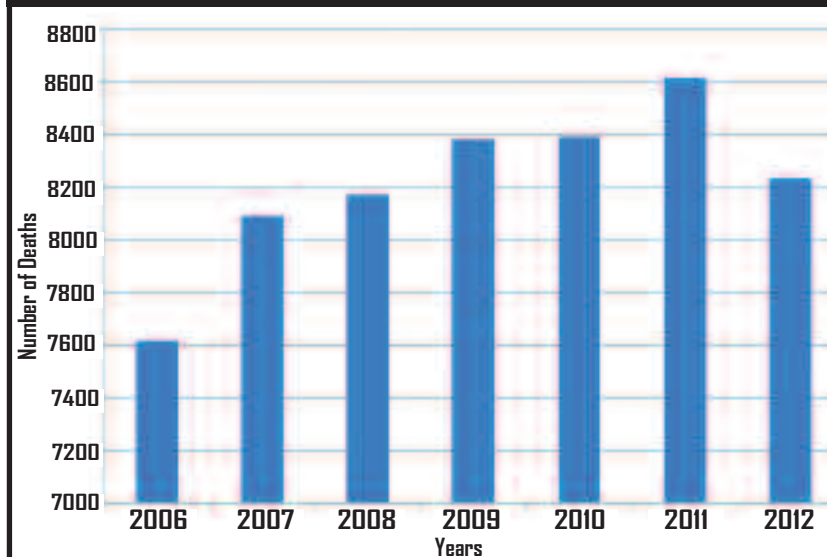
goes way beyond and can be best described as a menace to the society.

Origin

The Hindu *Shastras* recommended that the bride be adorned with jewellery and then be gifted away, also known as 'dana'

On an average, a bride is burnt every hour in the country, courtesy - dowry. This age old ritual has come a long way from being a token of love for the daughter to a social menace. Here's an insight into the social evil that has commercialised nuptial vows

DOWRY DEATHS: Shocking statistics



Source: The Times of India

or 'kanyadaan'. However, the act of 'dana' remained incomplete till the receiver was given 'dakshina', in this case the husband. Hence, the bridegroom was given something in cash or kind along with 'kanyadaan', referred to as 'Varadakshina.'

The practice of dowry seems to have been fuelled to overcome the bias of the 'mitakshara system'. The 'mitakshara system' or the law of inheritance prohibited women from getting any share in parental wealth. Hence, the system of favouring the daughter with handsome dowry seemed to have been introduced to overcome this restriction.

Legislation

The Dowry Prohibition Act states, "If any person, gives or takes or abets the giving or taking of dowry, he shall be punished with imprisonment for a term which shall not be less than five years, and with a fine which shall not be less than fifteen thousand rupees or the amount equalling the value of the dowry, whichever is more."

Present Scenario

National Crime Records Bureau (NCRB) figures state that 8,233 dowry deaths were reported in 2012 from vari-

ous states. The statistics revealed that one woman dies every hour due to dowry related reasons on an average in the country. While 6,851 dowry deaths were reported in the country in 2001, the figure reached 7,618 in 2006 and touched 8,233 in 2012.

A state wise break-up provided in the statistics shows that the highest numbers of dowry deaths were reported in Uttar Pradesh and Bihar.

The high number of deaths is alarming in itself, but what is even more shocking is the low conviction rate. The conviction rate was 35 % in 2012. In 2012, the total number of cases on trial were 37,206 and 31,888 cases were still pending at the end of the year.

Silver Lining

But to say that all is lost would not be true. Not even a single dowry death was reported in Nagland and Lakshadweep for the period 2002-12. Several anti dowry campaigns in the country have gathered steam. A significant step was taken in this direction by Nilamboor gramapanchayat, Thiruvanthapuram, that is taking several steps to make the village 'dowry-free'. Several innovative initiatives have also put the spotlight on the need to eradicate this problem. One such initiative is 'Angry Brides', a game by Shaadi.com. This game involves a woman throwing household items on grooms who demand dowry.

Is this dowry?

For many, wads of cash is the only form of dowry. But this social evil exists in more than just one garb. Time to ponder if the following classify as dowry or can be passed off as 'love for daughter'.

- If the bride's parents gift a car to their daughter for her personal use.
- If the bride's parents pay off a loan of the groom.
- Jewellery that is offered by the bride's parents out of their own free will.
- A car, which is chosen by the groom as a wedding gift from the bride's parents.
- "The wedding should be organised in a five star hotel only," is demanded by the groom's family.
- If the bride's family says it cannot afford something and the groom's family starts negotiating a 'lesser deal'.
- "Our son will marry your daughter only if you get our daughter married to your relative," is a pre-condition set by the groom's family for the wedding.



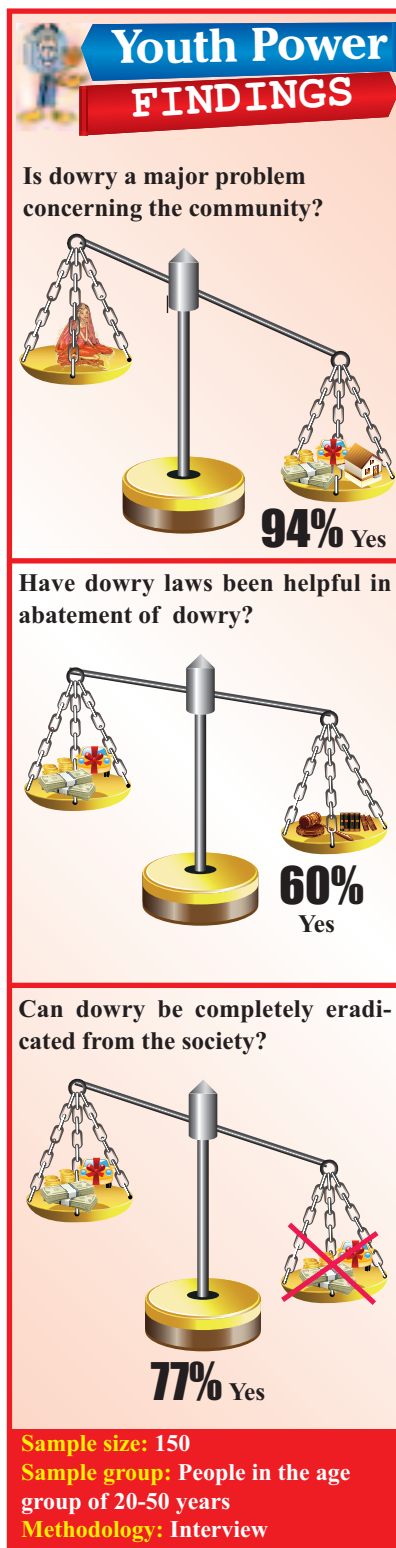
Mind-scope

Hum toh ladkewale hain and hence we have the right to demand dowry. Sigh! There are several notions that have ruled the minds of the ladkewalas, waiting for a sincere 'Shift+Delete' command. Take a look at some of them.

- It is the birth right of



- the groom to get dowry.
- Higher the qualification of the groom, higher should be the amount of dowry.
- It is a prestige issue for the family.
- We have spent so much on our son's education, so it is only justified that we ask for dowry.
- The girl is not beautiful, hence asking for a higher amount of dowry is only legitimate.



An end to dowry

IPS Rannvijay Singh, the Commanding Officer of the district of Indirapuram, discusses the social evil of dowry and the laws associated with it in an exclusive interview



YP team from AIS Vas 1 with Rannvijay Singh

What is the general action taken when a dowry case is reported?

This is an issue affecting the society since the last two decades. It is a sensitive issue, which explains why amendments have been made time and again to the Dowry Prohibition Act. All organs of law enforcement system like the judiciary, police and jail take up immediate action as per law whenever a dowry case is reported. Separate hearing takes place to get an insight into the agonies suffered by the victim.

How many dowry cases are registered on an average?

The data varies from place to place, from one police station to the other. In areas like Ghaziabad, an urban district, people are sensitive, aware and report such cases to police stations. But in rural areas, people are unaware of dowry laws and prefer to stay mum

about it. Besides, they lack avenues to register their complaints.

Have dowry laws brought down dowry deaths?

Yes, they have significantly controlled dowry deaths. The Dowry Prohibition Act has also helped a significant deal in this regard.

Are such laws misused?

Yes, sometimes false allegations are made and fake cases are lodged. Often facts are manipulated and a case ends due to lack of evidence.

What is the biggest challenge in dealing with dowry cases?

The biggest challenge is the collection of evidence, as in most cases it is in the form of oral evidences and statements. Cases of physical and verbal abuse are difficult to prove.



Veerangana ho!

Courage is never an underrated virtue, especially if you are a woman. It is time to rise and muster the courage resting under the soft, demure you

Who is a Veerangana?

*Veerangana vo jyoti hai jo
bhujaye nahi bhujhti,
Veerangana vo chattan
hai jo giraye nahi girti,
Veerangana vo sach hai
jo chupaye nahi chupta,
Veerangna vo josh hai jo
mitaaye nahi mitata.*

She's the woman who believes. Believes in voicing her opinions. Believes that no one holds the power to crush the zeal she holds within. She's the woman who speaks. Speaks against injustice. Speaks of the fear, which she won't succumb to.

Why does every woman need to be a Veerangana?

A woman in India has to think of what she wears, when she goes out, who she goes out with, where she goes. Because it doesn't matter how smart, strong or financially independent a woman is, every time she steps out of the house, the harassment will only get worse. More than 100 regions of Delhi-NCR have been marked as unsafe regions for women. This is exactly why women need to be brave. This is exactly why women need to be a Veerangana. ...need more?

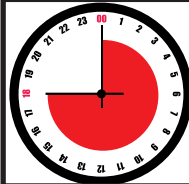
Be a Veerangna!

Address the problem: Know what you are afraid of. Is it the prying eyes of men on the street? Or is it the inability to protect yourself?

Talk it out: Don't keep things to yourself. It is always better to inform a trusted known person who can offer you advice and support. Your parents should know about your life.

Take the first step: Make people aware of the problem. Carry a pepper spray. Take up self defence classes.

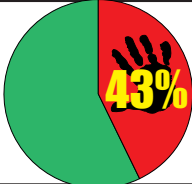
Take action: Never stand injustice. Raise your voice. Stand up, even if you are alone.



A woman is raped every **18 hours** in Delhi



A woman is molested every **14 hours** in Delhi



43% of working women feel 'unsafe'



0.56% Delhi schools have self defence programmes

Source: Internet

Safe & h-appy!

All you women out there, feel unsafe no more for these apps for women safety are at your rescue now!

SAFE: Developed by an organisation called Social Cops, this app sends an SOS alert to the community watchers who are registered with Social Cops near the area where the girl is in danger.
Availability: Free of cost on iOS & Android

when she presses the power button twice.
Availability: Free of cost on Android

FightBack: FightBack is an app that ensures women safety as it works across various range of phones. It uses GPS, GPRS, SMS, emails and even Facebook to inform the victim's friends when she in need of help.
Availability: Free of cost on Android

VithU: This app shoots distress messages to pre- chosen contacts of the victim

iFollow: This NASSCOM-sponsored app emerged from the FameApp contest.

Once configured, a victim just has to shake the phone thrice in five seconds to activate the emergency safety system.
Availability: Free of cost on iOS

Hollaback: This app allows the users to take and upload a photo of their harasser & submit their story to be recorded & mapped on ihollaback.org.
Availability: Free of cost on iOS.



A safer world



YP team of ALS Noida with Anurag Singh Thakur & Kiran Bedi (R)



Anurag Singh Thakur, MP and founder, Honour Our Women and Kiran Bedi, social activist and former IPS officer talk on women safety and the requisites for making the society safer for women

All for the cause...

Mr Thakur: I have been working for the cause of women through HOW Foundation, which is an initiative that aims at combining individual efforts towards women empowerment into something bigger.

Dr Bedi: Through Navjyoti, an NGO, we have been providing vocational training to women from economically weaker sections of the society.

A safer society for women...

Mr Thakur: For the society to change, it is the women who need to change first. They need to believe in themselves and learn to have self respect.

Dr Bedi: Women need to build a 'safer society' for themselves. The law is on their side now. If women want, they can stop the violence from day one, but for that they need to be aware of their rights.

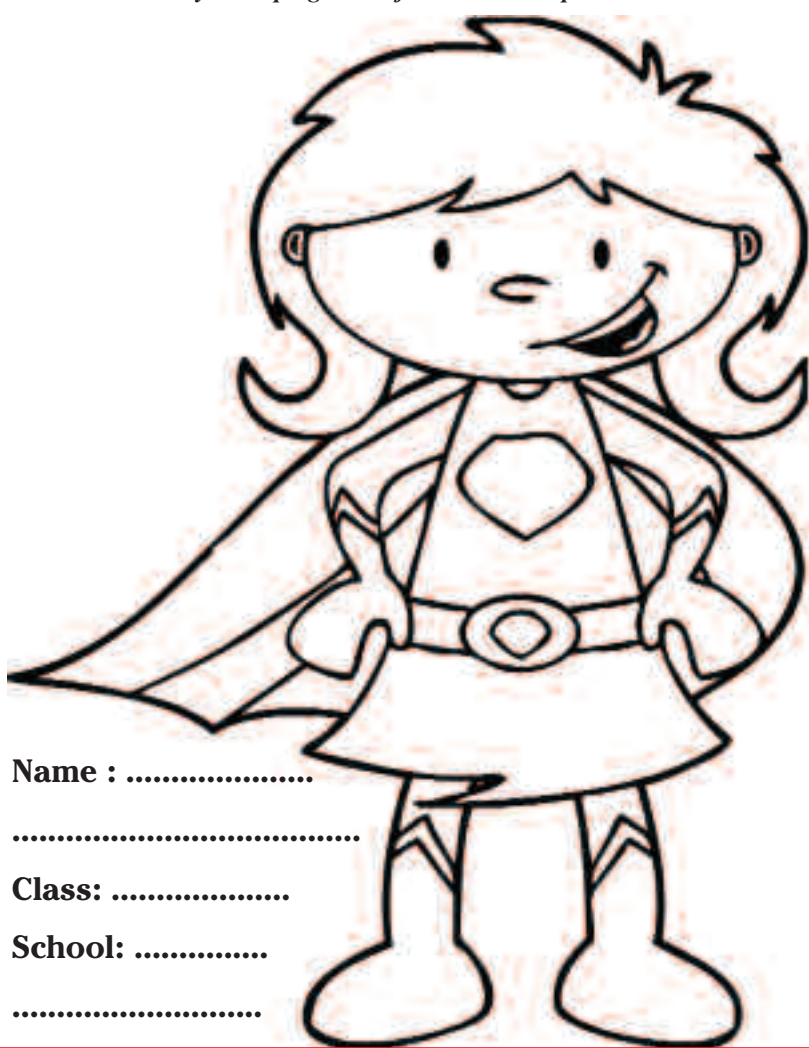
The need of the hour...

Mr Thakur: We need to develop 'zero tolerance' towards crime. We must stand up against every individual who eve teases. We need the media to sensitise masses instead of sensationalising the issues.

Dr Bedi: India is like a cycle, with men and women being the two pedals; and both of them need to work in coordination for the cycle to make progress.

I'm a supergirl

Move over Batman and Superman, for women are the new superheroes. Colour and name your supergirl and feel the woman power.



Name :

Class:

School:

Are you strong?

If your friend tells you that she is being followed by a group of guys, what would you suggest her to do?

- A. Suggest her not to tell anybody
- B. Tell her to ignore them
- C. Suggest her to go out with an adult
- D. Tell her to confront the boys under the guidance of her parents

What is the first step you will take when you find that someone is repeatedly stalking you?

- A. Decide never to go out alone again
- B. Ignore them
- C. Confide in a friend
- D. Report on the anti-stalking helpline and inform your parents

If you see a man trying to grope a woman, what step would you take?

- A. Ignore and walk away
- B. Console yourself that it must be the woman who provoked the man
- C. Talk to the people around (if any)
- D. Confront the harasser and take on him yourself, if need be

If your answers are

Mostly A: Try to be bold and take the right action, stop being a coward.

Mostly B: Stop being ignorant. Wake up.

Mostly C: You are ready to take action, but you don't know the correct way.

Mostly D: You are a strong woman, the perfect harbinger of change in society.

PS: This quiz is not a standardised test.

Reach her, Teach her

They say if you educate a man, you educate just one person, but if you educate a woman, you educate a family, a generation and the nation. Here are more reasons why educating her is important

Low 5: Grim numbers

1

Two-thirds

of the 774 million illiterate people in the world are females.

2

In India, 32%

of the girl children receive zero education, 42% receive primary education and only 57% manage to go to high schools and colleges.

3

70%

of the children not going to school are girls.

4

If women were educated, child deaths would be reduced to a half, saving 3 million lives.

5

If women had at least secondary education, 12 million children would be saved from malnutrition.



Must 5: Top reasons

1

Educate a woman and you educate a nation.

2

Educating girls is the single highest return on investment available in the developing world.

3

Education of the girl child promises financial independence to women, which in turn contributes to the economy.

4

Education helps a woman adopt an unorthodox approach and break the cycle of countless taboos.

5

Education enhances self worth of a woman, thereby reducing vulnerability and dependence.

Youth Power FINDINGS

The best way to empower women is

72.2%

Education

10%

Others

10.8%

Reservation

7%

Physical Training

The reason for gender inequality is their perception as inferior sex

45%

Others

10%

Poverty

11%

Illiteracy

21%

Patriarchal system

The government's role on the issue of education for women is

63.5%

Good

6.3%

Can't Say

30.2%

Unsatisfactory

Sample size: 100 Sample group: People in the age group of 14-40 yrs Methodology: Online



5 for females



Super 5: NGO empowers

1

Jagori

This NGO works to raise awareness on education for females amidst several other issues.

2

Rasta

Rasta has been working for the education of underprivileged girl children in Delhi.

3

AmchaGhar

This NGO is home to less privileged girls in Maharashtra and aims to educate them.

4

Educate Girls

It aims to upgrade the education system for the fairer sex.

5

Amitasha

Amitasha provides education to less privileged girls, free of cost.



High 5: Govt. initiatives

1

NPEGL

has been designed for education of under privileged girls from Class I-VIII.

2

Ladli

aids girls financially up to SSE level.

3

National Scheme of Incentive to Girls for Sec Education

covers unmarried girls below 16 yrs .

4

Scheme for construction and running of Girls' Hostel

aims at setting up 100-bedded girls' hostel.

5

Scheme of Strengthening Education among ST Girls in Low Literacy Districts

facilitates enrolment of tribal girls in schools in identified districts.



YP team member Dhvanii interacts with HC Malhotra

Education empowers

Rear Admiral (Retd) HC Malhotra empowers women by teaching young girls at Gyan Shakti Vidyalaya, a school that aims to provide basic education to children. The school run in a park now extends to over 400 children. Read on as he talks about the unfair treatment meted out to girls, the need to educate them and more...

Which section of the female population is most affected?
Women from all strata have been a victim of social inequality. Social transformation is the need of the hour. But to stand up for what is rightfully theirs, women must be aware of their rights.

In a global scenario, where do you see India in terms of female education?

41.05% of the country's total population is the youth, a significant part of which comprises females. The youth needs to realise the value of educating a girl child. I have great hope from the youth-the future of our country.

What is the biggest hurdle for girls who seek education?
Unfair treatment is the biggest challenge that girls need to deal with. Whether it is food or education, girls are treated unfairly by their own parents. Convincing the parents to provide education to girls is another significant challenge.

How can the govt make a difference?
The govt is doing its best through schemes. Even the girls in our school are a part of the Ladli scheme. The people need to be aware of these schemes.

Women are significant stakeholders in the progress of the nation. Have we ever pondered over what the state of our country would have been if these women were not educated? Time to think ...

Indira Gandhi

Feat: First woman prime minister of the Indian Republic

What if Indira Gandhi was not educated: India would not have witnessed a strong leader, who remains a role model to date. Nationalisation of banks would have been a dream. India's foreign policy would not have been that strong. The common masses would still have had to bear the brunt of privileges offered to the royalty had she not abolished the privy purse system.

Kalpana Chawla

Feat: A name to reckon with in the world of space science; she is the first ever woman to have gone into space and the first Indian-American astronaut.

What if Kalpana Chawla was not educated: India would not have had the first Indian woman to go to space. Indian women would have had no role model to look upto in the field of aeronautical engineering. Maybe we would have lost a woman space mission specialist.

Dr (Mrs) Amita Chauhan

Feat: Chairperson, Amity Group of Schools, social activist and champion of women's rights

What if Dr (Mrs) Amita Chauhan was not educated: The country would not have had an educational institution nurturing countless children with a blend of modernity and tradition. Besides, countless less privileged girl children would have been deprived of access to education.

Kiran Bedi

Feat: First woman IPS officer

What if Kiran Bedi was not educated: There would have been no reforms and literacy programmes in Tihar Jail. Progress in the area of narcotics control, traffic management and women empowerment would have been stunted.

Indra Nooyi

Feat: First Indian CEO of PepsiCo.

What if Indra Nooyi was not educated: India would have waited for several years to make its presence felt on the global scene.

Give her wings, give her education

Nurturing her



The forbidden cycle

Menstrual hygiene is an integral aspect of women's health and yet 'that time of the month' continues to be spoken of in hushed tones

Know the basics

Unfortunately, menstruation and menstrual practices continue to be clouded by taboos and socio-cultural restrictions, leaving barely any room for adolescent girls to be educated on a subject as important as menstrual hygiene. Let's understand the 'forbidden-to-discuss' issue a little better...

What is menstrual hygiene?

Menstrual hygiene simply refers to the practice of maintaining cleanliness and hygiene during menstruation.

Why is menstrual hygiene important?

Lack of sound menstrual hygiene can put the reproductive tract at risk by exposing it to infections. Another reason why women need to be extra cautious during menstruation, is that blood can serve as an excellent medium for the bacteria to thrive in. Any bacteria/in-

fection present in blood spreads easily to other organs, which increases susceptibility to various infections.

How can one maintain menstrual hygiene?

Using and changing the sanitary napkin at regular intervals is extremely important. It is important to wash oneself well and take a bath regularly during this time. Proper disposal of sanitary napkins is another important aspect of menstrual hygiene, which should not be neglected.

How can an adolescent girl be educated about menstrual hygiene?

Educational television programmes, employing trained school nurses/health personnel, motivated school teachers and knowledgeable parents can play a very important role in transmitting the vital message of correct menstrual hygiene to the adolescent girls of today.



A double take

Every social issue has two parties involved—the decision makers and those affected by the decision. Read on as both parties talk about the same problem



The team with Praveen Kumar, Commissioner, MCG & HUDA Chief

On sanitary conditions of rural women in Saraswati Kunj (Gurgaon)

Although the government has been trying to reach out, there is no defined sanitation system in the area. The lack of knowledge pertaining to sanitation and hygiene is alarming. As a result, these women face numerous health issues, which can easily be avoided.

On importance of hygiene for women

Women need to follow correct hygiene practices and rise above myths. Incorrect information should not be passed on to the younger ones.

On the steps taken by the government

The authorities have taken several steps in this regard; the most recent project in this direction includes the installation of one hundred portable washrooms in all of Gurgaon.



YP team member with Kamla Devi, domestic help in Saraswati Kunj

On sanitary conditions of women in Saraswati Kunj (Gurgaon)

Women living here face problems as they have to find a place to defecate. Most women use old cloth as sanitary napkin. Some women also use hay instead of cloth. Though, these methods are affordable, they lead to skin irritation, leaks and rashes at times.

On modern sanitation methods

Some of us know about Whisper. They look fit for trial, but we have been using traditional methods and do not have access to products in the market.

On steps taken by the government

Although the government has launched many policies focusing on female sanitation, no policy has touched this area. Development is more focussed in populous villages like Kanahi.

Confession time

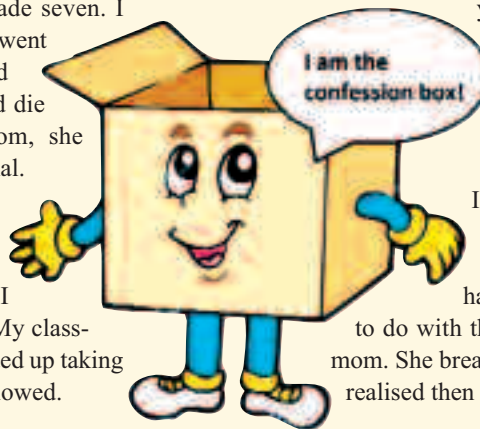
Young girls share their experiences on how they felt as they hit puberty for the very first time...

Too shocking

My first menstrual cycle was a bit shocking. I did not know about it until I experienced it in grade seven. I came home from my sports class and went to take a bath. I was stunned and thought I had hurt myself and would die soon. When I finally told my mom, she laughed and told me that it was normal.

Embarrassed

I was in Class 6. It started when I was in school. My skirt got stained and I had to face a lot of embarrassment. My classmates made a mockery out of it. I ended up taking a leave for the next few days that followed.



It's normal

There's no sad story associated with my first experience. But yes I remember I had a tough time. I suffered cramps in my stomach. And I remember my mom giving me 'haldi wala doodh'.

Felt supernatural

I was watching a horror video around midnight. I had constant pain and went to the washroom. What would have happened to me? Was it something to do with the supernatural? I wept till I told my mom. She breathed a sigh of relief. I was confused. I realised then that my menstrual cycle had started.

Bursting the bubble

We continue to hold steadfast to myths surrounding 'that time of the month'. Time to burst the bubble

Myth: You can't go swimming during your periods else you will suffer cramps.

Origin of myth: Women were asked to avoid swimming during menstruation for the fear of menstrual fluid contaminating the water.

Fact: No, you will not develop cramps if you go for a swim during periods. However, it is suggested that you use a tampon while you go for a swim to ensure sanitary conditions of the pool.

Myth: Don't wash your hair during periods.

Origin of myth: It was believed that spending a long time soaked in water during periods is not a good thing, as it may increase the risk of infections and cause a heavy flow.

Fact: On the contrary, a warm bath can go a long way in relieving menstrual cramps and premenstrual tension. However, using cold water during period could cause uterine contractions that could increase menstrual cramps.

Myth: Pickle will get contaminated if you touch it during your periods.

Origin of myth: This myth perhaps originated to prevent women from eating pickle during their periods since pickles contain high amount of sodium, which can cause bloating.

Fact: Touching pickle or any other food for that matter during periods will not contaminate it.

Myth: Women should not visit a temple during periods.

Origin of myth: This myth originated during ancient times when there were no sanitary napkins.

Fact: God does not stop anyone from visiting Him at any time.

Myth: Women should not go into the kitchen during periods.

Origin of myth: This practice began with an aim to give women some rest during their periods.

Fact: Women can go in the kitchen.

Stay Free: Top Tips

Staying hydrated helps reduce bloating.

2 L of Water is must

Reduce sale and caffeine intake as it can worsen cramps.

Sanitary napkins should be changed every six hours.

Lowering sugar intake will help reduce mood swings.

Eating bananas eases menstrual pain.

HAPPY PERIODS!!

Youth Power FINDINGS

20% women were not aware of sanitary napkins.

92% used cloth during periods.

70% women said that they did not use sanitary napkins because they were expensive.

Sample size: 100
Sample group: Maids in Sujjan Vihar
Methodology: Interview



Students of AIS Vasundhara 1 hold a rally



AIS PV team collects fruits from students



Collected fruits are given to school maids

Team mascot of AIS PV - Poppins;
a bookmark featuring the same

YP team member from AIS Vas 6 burns an abuse



A member of YP team of AIS Mayur Vihar interacts with slum dwellers



YP team of AIS Gurgaon 43 fills up a man hole @ Saraswati Kunj

Photo booth put by team AIS
Noida during their annual day

A rangoli made by students of AIS Gurgaon 46 as a part of one of the activities

Students of AIS
Noida conduct a
flash mob in schoolYP team of AIS Saket
poses with senior BJP
leader, Dr Harsh
Vardhan during their
signature campaign