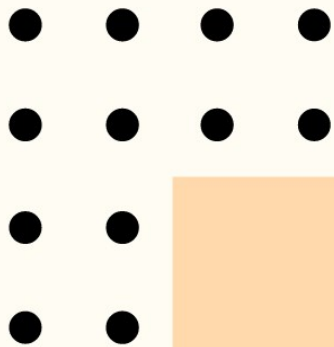
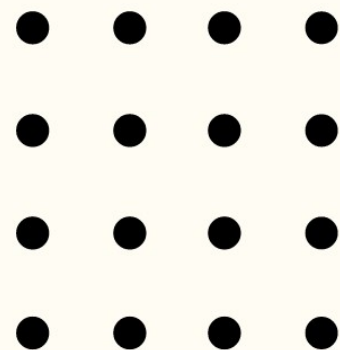


JANUARY EDITION 2021



ACES MAGAZINE

YOUR VIEWS, OUR EXPRESSION



WELCOME TO THE WORLD OF ACES!



ACES Blogs & Magazines was founded in 2019 with the idea of launching informative & theme-based magazines. After a successful development process and execution, ACES has been one of the fast-growing online platforms for educational, creative & exciting content. Based in Noida, ACES started its online publications and released in June 2020. It is a one-stop platform for all kinds of blogs & digital magazines. We at ACES believe in providing the latest content in the fast-paced era all at one place that you will find nowhere else. Our designs, advertisements, promotional campaigns, and information presented are completely based on modern-time needs. Our magazines are available, both, online and offline. In the upcoming times, we aim to engage with many corporate and social workers.

About ACES Blog Portal

Our blog portal has entertaining and 100% authentic information about topics that are related either to our day-to-day lives or generic. According to the statistics, our blogs have been widely recognized by the youth of our country. Now, as we progress, we intend to share the talent and art of writing with companies who are now venturing into digital media and require great-quality content. You ask for content, we have it already! So, for companies looking for blogs and articles for their websites and social media platforms, ACES is exactly the ideal company to reach out to for curated content that will support your business's growth. We offer blog and article write-ups according to your brand needs and at very nominal rates. We at ACES feel extremely delighted that our "blog panel" has now been diversified and made available for other companies to make the most of our services.

About ACES Magazines

We believe in high-quality content delivery when it comes to our magazines. Started with mini-digital magazines, now we are everywhere when it comes to online media or hard print media. At ACES, we have online and offline magazines (all editions) which consist of authentic and informative articles directly written by high-level professionals, companies, NGOs, and worldwide experts, giving it a subtle touch of their experiences and life-lessons. ACES has been growing tremendously over many social media platforms and aims to spread creative content digitally. It has also provided a comprehensive platform for "Brand Awareness". We have enabled the provision for advertising your brand in our digital magazine at the best affordable prices. Moreover, we want to spread lots of creative knowledge & awareness globally. All in all, we focus on spreading awareness and meeting your commercialized requirements through advertisement prints in our magazines. Our USP is- we keep the curiosity uplifted for every upcoming edition as we provide variants of themes per magazine that leave our reader's mind's blown every time!

Why We Started The Company?

As the youth of the country, we realized the growing demand for digitized services and the fluctuating needs of the brands. So, through our products, we intend to address relevant issues that at times go unnoticed and on the other hand, we also help businesses grow to great heights using our services. We see a bright future for our business ahead while we also support other businesses connected with us. Ultimately, we believe in "quality", "customer-satisfaction", and "conveying what's important". Be it our blogs or magazines, you will find plenty of solutions whether you want to spread the word regarding a social cause or want to promote your business among your target audience. We help you reach out to your target audience!

For the future, we dream of expanding our services even more.

women empowerment

THE EMPOWERED
WOMAN IS POWERFUL
BEYOND MEASURE AND
BEAUTIFUL BEYOND
DESCRIPTION.

STEVE MARABOLI



STRONG WOMEN'S RIGHTS

Oh, you're a woman
How can you survive without a man?!
They judge me in all ways they can.
My purity is based on my hymen
And I am a slut if I roam with men

Yes, I am a woman
And I can live happily without a man.
No, I am not showing attitude
Just a little bit of gratitude

Oh, you are a woman
You belong inside the house!
No matter how much you work
You'll still be paid less than a man

Yes, I am a woman
And I'll work on the field
I know my salary is less
But I'll try to make a difference

Oh, you are a woman,
You should not stay out late
You should wear full clothes
Or else, you'll be raped!

Yes, I am a woman
And I enjoy working late
I'll wear what I want
These threats can't keep me caged

Oh, you are a woman
You're so weak,
Men can shout on you,
But how dare you speak?!

Yes, I am a woman
And I am strong
Strong enough to fight for myself
And not let anyone do wrong

Oh, you are a woman
You are less than a man
How can you even compare?
We'll make you feel inferior

Yes, I am a woman
And I am equal to a man
No one is superior
nor any one inferior

"To all the little girls, never doubt that you are valuable and powerful, and deserving of every chance and opportunity in the world to pursue and achieve your own dreams."

- Hillary Clinton

ENCOURAGING WOMEN

- TEJASVI ROY

"Women don't need to find a voice, but they need to be encouraged to use it."
- Meghan Markle

Our world is heading recklessly towards development. The notion and the thought of making cracks in the walls of well-plastered patriarchy and paying attention to women in society have been the first brick of development. This decade has given birth to different visions in our society. It includes novel sensitive perspectives, sense and awareness of feminism, productive roles of women, their values and needs, and their right to live freely just like a man.

Before addressing the need, facts, and necessity of women empowerment, let's talk about women's lives. I will not put a full stop on my chain of thoughts till I take you all on a walk on the territory of horrendous crime against women, the sick mentality of the society, rape culture, body shaming, harassment, and many more.

I would want to share my experience as a woman in Indian society. Like all other girls, I have also encountered the social ridicule of behaving according to society's norms. Growing up, I was a victim of unintentional discrimination. I never realized until I began to construe; I could see my body changing, my mind questioning the why of everything, and my heart wanting to do things I've been denied to do. Before even knowing the meanings and effects of hormones, puberty, and adrenal rush, I felt caged. I was blamed continuously and restrained from doing things that my brother could easily do. It all started from not speaking loudly, not talking much with boys, never show my skin, keep a safe distance from boys, and many more the number is uncountable. Being questioned, judged at every step I took made me extremely furious. After I hit puberty, I became responsible for the activities due to my hormones, and the mere revealing of liking somebody made me a criminal in front of my parents. My high school was a total roller coaster ride; I was consistently body-shamed for gaining weight and being petite. All the 18 years of life, I have been taught to always think about society. It's the same society of unknown cruel people who judge and rule our lives according to their stereotypical customs and traditions.



**Empowering
Women**



I can't entirely blame my parents because our parents brought up by following the rule book of their upbringing. They wanted us to follow the same footsteps and agree to everything without questioning. And we did that because they never had an open conversation about sex, hormones, puberty, its effects, and how to deal with it. They never got that, so they never understood. The same they tried to pass on, but it seems like the rules need amendments. Changing a mindset, telling people not to follow their few sick traditional customs is the most challenging task. But it's high time the change is made.

In the blog, you will find answers to the following questions- why there is a need of women empowerment, how can we empower women, why it's necessary to comprehend the need and meaning of feminism, why it's essential to educate women the difference between standing for their rights and misandry. We all love numbers when it's about money, but you will hate numbers and the percentage when I start unraveling the facts of the number of rapes cases, harassments, acid attacks and various kinds of sexual assault cases against women in our country. Do we only express our grief about Dr. Priyanka Reddy's rape case, Unnao rape case, or Nirbhaya rape case, because these are the only ones our news channels has highlighted?

Sadly, these are the very few cases that remind us and fills our social media stories with rage and angst. Let me give you the bigger picture of this horrendous crime; according to National Crime Records Bureau Data (NCRB), 33,356 incidents of rape were reported during 2018 involving 33,977 victims, an average 89 rapes daily. In 2017, the registered cases were 32,559, while in 2016, the number rose to 38,947. These statistics only belong to one country. Imagine how many girls are raped every day in 190+ countries all across the world. The world of heinous crimes has more to offer, which never fails to shock us. More than 60% of women have experienced sexual harassment in their workplaces. Rejecting proposals of the guys or not giving consent to sleep with your father has prompted men to throw acid on a woman. This excruciating physical pain also scars her emotionally for life-long. It is a hue and cry shame that marital rape, even after so many years' marital rapes, has not been criminalized in our country. One in three men admits that they've raped their wives, and one Indian woman is raped by her husband every three seconds. Above all, misogyny and egoism of men have reached its cliff of shamelessness.



Now and then, we see our opposite gender tries to harass us mentally. What could be worse than hearing politicians objectifying women openly in the news channels!

All a woman can do is stand firm and fight for herself because no physical and emotional violence is worthy of bearing any inhumane activities. Prior to having a right in society, women's empowerment has become the basic need for our social system.

Women empowerment is not just about women; it's about men too. As women in the run for equality and our rights, we must not forget about equity. As men, they need not let their male ego come in the way of woman's betterment. Men need to support women in finding and giving voice to their oppressed voice so that they stand for themselves.

The movement of empowerment demands acceptance and encouragement by society. There is a famous quote which says-

"Be the change you wish to see in the world."

The initiation of this movement should begin at home. Parents should understand that the guidelines of their upbringing could not be wholly followed for our generation. The paradigm shift of change and understanding can do wonders. We are responsible for making our parents realize the importance of change with time. Though it can be quite enigmatic and complicated for our parents and us at the beginning, but with constant push, they will gradually understand where our happiness resides. Our parents can start by not discriminating between their son and daughter. They need to open the doors of a conversation by breaking the so-called traditional custom of just imposing everything on the child. The discussion should involve talking about sex, menstruation, hormonal imbalance, peer pressure, drugs, etc. These conversations will act like an umbrella that will protect their children when they encounter these things as they would know that they have someone to go to without hesitation. Its high time, parents and society understand that the girl child's position is not limited to the kitchen or giving birth. Support of parents is all that every child longs for.

In this era of empowering women and enchanting the music of feminism, it becomes our prime responsibility to use the movement to rise from the right situation. The frequency of false accusations against men has also been frequently reported. Some women have misunderstood the concept of feminism and are using this as a weapon to demean men. They get swayed away without facing any charges because of fake allegations, the sexual assault of men are not even taken seriously in our country. This agenda isn't about attaining superiority. Women need not follow the concept of pseudo feminism, misandry for any limelight or their rights. This movement aims to get equal rights, treatment, and opportunities without being questioned because of gender.

Most importantly, the law of equity, along with equality, is the key to a better world. Regardless of what gender a person belongs to, he/she should be held accountable for their actions. Everything should be based on one's capabilities. As an individual, a small step towards change is what can make a huge difference. We cannot judge people based on their gender and respect them for who they are.

We are the society, and we can bring change if we stand up for what is right. All the women warriors who stood up for their rights in the previous decades have ignited this movement. Their cascade of hard work and fight is the result of today's women working and living their lives on their terms. I know the ultimate goal is yet to be accomplished, as it's just the beginning, and for reaching the destination, all we need is the attitude of never giving up on our rights, lives, and ourselves. The intention of this revolution is not to overpower. The purpose is not to create a patriarchal or matriarchal society but a world with human beings who are kind to each other.

The physiological difference is the only difference made by Almighty. All the other divisions based on caste, creed, religion, color, gender is created by us. It's for all the humans out there, not just women-

"If you want to see the change, accept the change, be the change, let the change reflect on your personality and you will see, this world will become a peaceful place of beautiful souls residing together on this planet."



Interview with Ravi Pohani

Manager of Anti rape Campaign India



Q- Please Tell us about your campaign?

Indian women are highly susceptible to rape, the rate is as high as 90 rapes per day of which a majority of recent cases have been registered on behalf of minors (women below 18 years of age) against people who were in some way or the other related to them. Though Rapes are not only limited to women but to children, men, transgenders etc. and hence an intersectional approach based on guidelines set by UN-Women Organization is essential to adapt.

Q- what are the objectives of your campaign?

- Suggestive changes in policies, laws, acts and regulations to bring down the rape rates to 0 by 2030.
- Analysing the pros and cons of preventive practices, products and services available and
- Conclusively going for an all round product and service development against all the hate crimes and not just rapes.

Q- What are your strategies to take your campaign ahead?

We have planned to execute this in three terms -

• SHORT-TERM

Bulk reporting of cases regardless of sex, age, cast, race of the victim to fasttrack the justice process
Organize awareness workshops in schools, colleges, community centers, workplaces against physical harassment and its legal consequences for the accused and psychological and health consequences of the victim
Rehabilitation of the victims by providing them psychological, legal and healthcare assistance
Providing therapy session to sex addicts and Rapists who are willing to change

• MEDIUM-TERM

Designing and developing an effective tool/device/equipment which is accessible universally free of cost to all those vulnerable to such incidences - we are already into analysis of previously available tools/devices/equipment/apps/websites and their pros and cons, such that, we can conclusively design a holistic solution to this issue

• LONG-TERM

Designing and Development of policy and regulatory tools to end the deep-rooted problem of rape culture and suggest them at various levels of government administration. Making sure they get implemented properly.

Q- What are you doing currently to take this campaign ahead?

Analyzing regulations, laws and policies around the world against hate crimes, judging the effectiveness by reduction in crime rates from the effective date of the implementation of the policy/ law.

Analyzing devices/ equipment/ tools available against rape, using the data to analyze their effectiveness and acceptance by people (Please see the Dashboards on our website) Developing an all-round portal for registering rape cases, which will be directly sent to respective courts to be filed as FIRs

Developing a portal for on-demand rehabilitation sessions with psychiatrists, lawyers, healthcare workers for the victims
Workshop registrations for "Prevention of Sexual Harassment", "Women Independence Training" and "Sex Addiction Seminars". (Please see the W.I.N. - women in need - portal on our website available in the menu)

Q- Can you introduce us with your team members?

Ravi Pohani - Campaign Manager Web Portal Development

Apoorva Chanana - Assistant Manager Data Analytics Dashboarding

Source Advisory Services Pvt. Ltd.- External Consultants to the campaign manager

What you are doing is an amazing initiative to help women, not just women but everyone. You are real heroes. We will support you and I think the readers will also support this campaign.

All the Best !!!



IT'S OUR TIME TO RISE

- Aakanksha Gupta

"A girl should be two things:
who and what she wants."

- Coco Chanel.

Women Empowerment by text book definition is the process of empowering women where they are free to make their own choices and take their own decisions without being bound by society's rules, norms and customs. One can say that feminism and women empowerment in the current age goes hand in hand. Feminism is basically a tool or a movement which involves in advancing women's right, bringing in equality and thus leading to subsequent empowerment.

But Feminism, is a word that we hear every now and then, this is also the word which men and few women hate and is also the most misunderstood. Some say that it means man hater, others feel it refers to matriarchy and liberalism but most of us truly fail to identify with the ideology it brings about with it.

To understand why this word as coined, we need to travel back a few hundred years back in history! The word 'Feminism' and 'Feminists' came about to being in the 1800s where women wanted to challenge the cult of domesticity and marginalize the difference between the genders along with active involvement in politics. This was considered the First Wave of Feminism. Then in the 1900's the world witnessed two waves of Feminism focusing on liberalization and rising of the women beyond the shackles of gender, sex, race and class. More and more feminists rose during the 1980's and 2000's and the ideology of equal rights reached global audiences expanding into a huge movement involving women with diverse racial and cultural identities.

The modern feminism ideology is still about right to vote or right to education, but it also delves into probing the intricacies of our everyday realities in the pursuit of equality. For example, women are being helmed as CEOs but are they getting equal pay as their male counterparts? Do they have the right to father's or husband's property? Do they have the right to abort? And the answer to all of this is NO. The struggles that women undergo in their homes or work places to create their own identity and find self-respect is very real. The #SlutWalks that began in 2011 was started in protest of the idea that the way to prevent rape is for women to "stop dressing like sluts" is also one of the fourth-wave campaigns. More recent was the #MeToo movement was one such movement under the modern feminism where women across the globe irrespective of race and class came together to raise their voices against sexual harassment they have faced. In fact, #MeToo made powerful men accountable for their behaviour. It has begun a radical critique of the systems of power that allow predators to target women at their liberty.

Another take could be like the No Heels Movement that took place in 2019 at the Cannes Film Festival. We all know that the Cannes Film Festival is known for some great parties, starlets and, yes, the premieres of some great films. But they are also known for certain strict restrictions and one such is 'Wearing Heels' is mandatory. Now in 2019, a renowned filmmaker was denied entry as her 'heels were not high enough'. This led to an outburst among celebrities and most of them came together to voice their support. Many actresses while entering the Film Festival ditched their heels and went in barefoot! So, we can gather that feminism heeds no bounds and it lies in the right to be given a choice.

The fourth wave of feminism is not written in stone, it means different things to different people. The fourth-wave feminism is queer, sex-positive, trans-inclusive, body-positive, and of course it is anti-misandry. One cannot stress enough that the modern feminism is digitally driven. Although brief but deep impacted movements have brought about the much-needed change and awareness in everyone. This in turn have led to enabling women and allowing them to stand up for themselves without any fear.

In the end, I believe that Feminism is for the bold and strong and it is not just a movement but a stance of living which we all women should accomplish. In the words of Maya Angelou 'Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women'.

"We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored."

- Sheryl Sandberg

Initiatives For Women Empowerment

-Aakanksha Gupta

Women are the building blocks of society, not only they are life givers but nurturers too. So, when a woman is empowered the entire society gets empowered. Women global empowerment gained momentum in the 20th century and the oppressed started coming out in the forefront to claim what was theirs rightfully. Women were (and still are) the victims of social, political, religious, and economic subordination and deprivation. But this sudden uproar and demand of equality jolted the ones in power, i.e., the governments and the religious organizations. For sustainable development, any progressive nation should consider critical issues especially like gender equality and women's economic empowerment.

Moreover, if statistics are to be considered, there are 102 men for every 100 women. Precisely, 49.6% of the population globally are women. Hence, the need to empowering women is also great. As evident from surveys, higher female earnings greatly contribute to children's education and family health, impacting the overall economic growth of a nation. Statistically speaking, women's contribution to waged work jumped from 42% to 46% between 1997 and 2007. Evidently, achieving women's economic empowerment is the key to solve issues like gender inequality and poverty and to foster inclusive economic growth as well. Although tardy but the organizations have finally woken up and are supporting the women causes.

A woman need to be empowered at various strata's; educationally, economically, politically, socially and psychologically. Negligence in any of these areas, will not help us to achieve the desired goals. And now, we will have a look at one each of the major reforms under these categories that have taken up by our Indian Government which have left an impact.

Educational Initiatives

Beti Bachao Beti Padhao Yojana: Lsaunched on January 22, 2015, in Panipat, Haryana, it aims to generate awareness and also improve the efficiency of welfare services for the girl child. The initial aim of the campaign was to address the declining Child Sex Ratio (CSR) but has come to include gender-biased sex-selective eliminations, and propagating education, survival, and protection of the girl child. It is being implemented through a national campaign and focused multi-sectoral action in 100 selected districts low in CSR, covering all states and UTs. The Beti Bachao Beti Padhao Yojana is a joint initiative of the Ministry of Women and Child Development, Ministry of Health and Family Welfare, and Ministry of Human Resource Development.





Economical Initiatives

Mahila-E-Haat: Under the purview of the Ministry of Women and Child Development, the government launched Mahila-E-Haat in 2016. It is a bilingual online marketing platform that leverages technology to help aspiring women entrepreneurs, self-help groups, and NGOs to showcase their products and services. Among the many services provided by Mahila-E-Haat is facilitating direct contact between the vendors and buyers, sensitization, advocacy, training, packing and soft intervention workshops, and offering a web-based approach. Open to all Indian women above the age of 18, this platform offers an easy sign-in process and convenient payment modes. Everything can be handled on a mobile with no other intervention required. The portal claims to have attracted 17 lakh visitors since its launch and features over 2,000 products and services across 18 categories from 24 states.

Political Initiatives

33% Reservation for Women: The Women’s Bill in April 2010, which gives 33.3% reservation for women in all levels of Indian politics, took 14 years after its introduction to finally pass by the Rajya Sabha (the upper house of parliament). It is yet to be

passed by the Lok Sabha (the lower house of parliament). The reservation bill will ensure 181 out of the 543 seats at the Parliament level, and 1,370 seats out of the 4,109 seats at the State Assembly level.⁴⁴ This is a historic move in the Indian political landscape, as currently women occupy less than 10% of seats in the national Parliament.

Social Initiatives

Working Women Hostel: The government launched the Working Women Hostels to ensure availability of safe, convenient accommodation for working family, along with daycare facilities for their children, wherever possible in urban, semi-urban and rural areas. Under the scheme, assistance is provided for construction of new hostels and expansion of existing ones. The working women hostels are available to any woman provided her gross income does not exceed Rs 50,000 per month in metropolitan cities and Rs 35,000 per month in any other place. Rent charged from the women should not exceed 15 percent of their total emoluments/gross salary in the case of single bedrooms, 10 percent in case of the double bedrooms and 7.5 percent in the case of the dormitories. Fees charged from the children in the daycare centre should not be more than five percent of the emoluments of their mother, or the actual expenditure, whichever is less. Under this scheme, around 890 hostels have been sanctioned so far and over 66,000 women have benefited from it.

Psychological Initiatives

Nari Shakti Puruskars: The Nari Shakti Puruskars are national level awards recognizing the efforts made by women and institutions in rendering distinguished services for the cause of women, especially vulnerable and marginalized women. The awards are presented by the President of India every year on 8 March, International Women’s Day at Rashtrapati Bhavan in New Delhi.

All these initiatives are appreciable and are strong steps to motivate women to come forward without any fear and distress. I sincerely hope that a day comes when there is no need for such initiatives and reforms. Till then we can just work relentlessly and pray.

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Women as leaders have been frowned upon by certain sections of the society which is ironic to say as history gives its impeccable record of women leaders, entrepreneurs, activists, actresses, media persons etc. Women have time & again proved their capability as leaders in every field on face of the earth which is why it is disappointing to see them struggle for equal pay, rights, freedom to make decisions and not to be called names or judged by the society in general.

"A woman with a voice is, by definition, a strong woman."
- Melinda Gates

According to the Huffington Post, in 2019, only 23 Fortune 500 Companies were led by women. Women have equal potential as men so the question arises as to why such a big disparity. It is widely accepted & appreciated notion that gender shouldn't be the factor in deciding a leader. Before we move on lets understand what a leader means. A leader can be viewed as any person who has knowledge and understanding and can impart the same and encourage others to move ahead in the said field. Women wear many hats. An important quality that gives women an extra nudge is effective management during crisis & empathy. Empathizing with fellow mates and making them feel comfortable makes a good leader. Further qualities such as Creating work life balance, multitasking, great listeners, good communicators, team work spirit, emotional intelligence & flexibility.



From being business entrepreneurs to social activists to influencers in the entertainment industry, women have quashed the notions of just being mute spectators or a show piece. In 2020, Forbes released their annual list of successful women. We can't make a list that doesn't start with the ageless beauty that is Queen Elizabeth-II who has held a place of power on the world stage for over 65 years making her the longest-reigning monarch in British history. Queen Elizabeth II was crowned on June 2, 1953, in Westminster Abbey, when she was just 27. For the first time, the coronation was broadcast globally. Even though her duties are not generally carried out for the subjects but she is a big power in the state and often meets with the prime ministers and others. Another powerful business woman who changed the game of entrepreneurship & trade completely is Sheryl Sandberg, chief operating officer of facebook and author of the best-selling book "Lean In: Women, Work, and the Will to Lead." Before becoming Facebook's COO in March 2008, Sandberg served as Google's vice president of global online sales and operations. As facebook's COO, she turned the company around. Facebook, which previously suffered a \$56 million loss, improved and made \$22.1 billion in profits in 2018 under Sandberg's leadership. Sandberg also increased its ad revenue by 38% after touting the social media service as an advertising platform for small businesses. She also became the first female member of the company's board of directors in 2012. In 2014, Sandberg ended up on Forbes' billionaire list due to her high stake in Facebook. Her current net worth is \$1.7 billion. Women are unstoppable I tell you, having said that, it is also upsetting to see them and their potential suffer in this patriarchal misogynist set up.

- Derin Joy



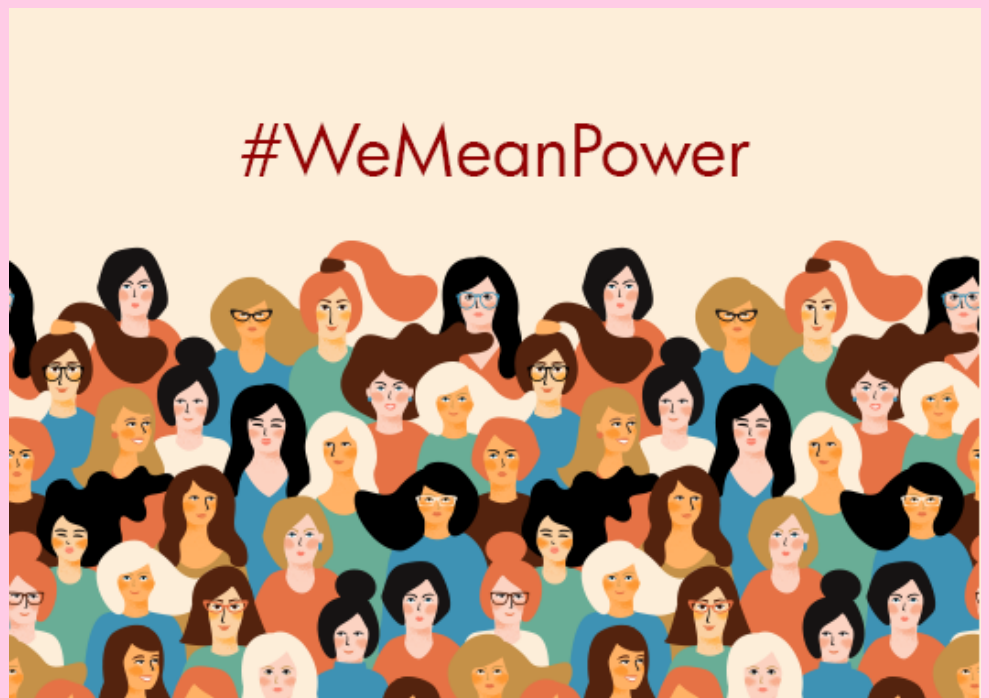
A woman becomes even a stronger when she not only makes others stronger but also understands their misery because she had her own share of abuse and tough times. Oprah Winfrey is best known award-winning talk show host. "The Oprah Winfrey Show," which was on the air from 1986 to 2011. By the end of the show's first year on television, it had grossed \$125 million, \$30 million of which went to Winfrey. Oprah's show was well-respected in a television landscape where many talk shows focused on tabloid topics and over-the-top-drama.

Her personable interviewing style continued to attract viewers, as did her two most famous segments, "Oprah's Book Club" and "Oprah's Favourite Things." Oprah was the first black female billionaire and became a generous philanthropist. Winfrey has advocated for girls' education across the world and Oprah's Angel Network has raised more than \$50 million for charitable programs. Another well known enthusiastic women in politics is Ivanka Trump, holds a great deal of power and influence in American politics. In March 2017, Ivanka Trump announced she would become an unpaid employee of the White House

"You have stolen my dreams and my childhood with your empty words. And yet I'm one of the lucky ones. People are suffering. People are dying. Entire ecosystems are collapsing," she said.

"We are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth. How dare you!"

This statement is engraved in everyone's mind and has opened eyes of various, organizations, governments, countries and public in general. This stellar statement is not made by a politician, actresses or any other influential figure but rather by 17 year old climate activist, Greta Thunberg, a young Swedish activist who started a worldwide movement for climate change and is undoubtedly one of the most powerful female forces in the world today. Named Time's Person of the Year in 2019, Thunberg started out by holding school strikes for climate change outside of the Swedish parliament as a way to call attention to climate change. Thunberg made national headlines in September 2019 when, after being invited to speak at the United Nations' Climate Action Summit, she travelled from Sweden to New York City on a zero-emissions yacht. This list doesn't stop here and it never will. Women are strong independent and capable human beings. All we as fellow persons can do is to empower, encourage & chant the anthem of powerful, bold, fearless women.



BE COURAGEOUS TO TAKE UP A CAREER

- SANGEETA KABRA



Women Empowerment today has emerged with manifold definitions and diversified avenues.

It's no longer restricted in following either traditional careers, or just to carve a niche and create a unique identity for oneself, rather it is embracing steps of courage to adopt Careers which are nascent and still in their era of understanding. Such is an Empowered identity "Sangeeta Kabra" who is a very popular International Life Coach. The profession of being a life coach is very very popular in Western Countries.

Of late importance of Life Coaches are also witnessing immense popularity because of the empowerment they gift to the community with their profession. It takes efforts of like a complete life time each time a life coach helps a mind seeking positivity in life or wishes to attain desired goals. Life Coaches have a dedicated Career gifting empowerment of positive mind set to each one in their acquaintance. A life coach wishes to strike out a Perfect balance in life for people seeking their help and this is what inspired Sangeeta Kabra to initiate her brand PerfectU .

Today lot of Women are well recognized Life Coaches in India who as wellness professionals help to better relations, help to craft a better aim in life and restructure goals of Life for a Perfect life in all measures and all modes.

Her empowered initiative is a shout out that Women Empowerment is just not identifying your skills and creating your identity rather it encompasses of serving the Community, dedication to the Society, Being out of the Box, visualizing the need of the Minds and being full of Courage to accept, adopt, adapt and live an empowerment which is not only nascent but is also quite different !

Let's bring a change in the definition of Women Empowerment, shares Life Coach Sangeeta Kabra



WIZ. TALKS

WITH "Prakriti" Healthpreneur
Dr. Dt. Sheenu Sanjeev



Dr. Dt. Sheenu Sanjeev is a leading and eminent Nutritionist-Dietician & Diabetic Educator. Following her dream of working in the field of health and wellness, she established her brand "Healthyfy Solutions" in 2015, an ISO Certified company. Today she is a very popular Healthpreneur!

A firm believer in holistic treatment, she always advises all to adopt Natural remedies when it comes to Health. Nature based Solutions are always the best, She has successfully cured more than twelve thousand people across thirteen countries, suffering from various lifestyle & clinical diseases, like Type-2 Diabetes, PCOS, Obesity, Renal issues and many other clinical alignments. She has a firm belief that Natural food mainly the "gharkakhaana" is an elixir for chronic lifestyle diseases and metabolic disorders and it brings Magic! Dr Sheenu did her doctorate in biomedical sciences from DrB.R. Ambedkar Centre of Biomedical Research, University of Delhi in 2003. She has international publications on skin cancer, stress, ayurvedic herb. In 2009, she did certificate course in Nutrition from Nutralite

Health Institute, California and a Diet Nutrition course for sports and fitness from Fitness & Sports Science Association (FSSA). Wanting to expand her knowledge further, in 2013, she did – diploma in Dietetics Health and Nutrition and a certificate course in Child Care Nutrition, from VLCC. She is also a certified Aerobics & Zumba instructor.

In her distinguished career as a Healthpreneur, Dr Sheenu has been involved with many prestigious organisations and institutions. This includes Defence Institute of Physiology & Allied Sciences where she worked as a Junior Research Fellow on a DRDO sponsored project (2001- 2003). She also worked as an assistant professor at the Dpt. of Life Sciences, Brainwaves College of Physiotherapy and Hospital, Jaipur, besides guiding students who enrolled for PhD and MPhil degree courses at Brainwaves College of Physiotherapy between 2005 and 2012. She was also a Visiting faculty at VLCC Institute Delhi and Amity University Greater Noida.

Dr Sheenu undertakes a number of philanthropic activities. Every quarter, Healthyfy organises free nutrition, health and wellness camps. She also provides internships, and short term Diabetes and other certifications to Dietetic and Nutrition students under her educational NGO. To bring Health in Everyday life of People of all Ages with the essence of Nature she has recently launched her initiative "Prakriti" which brings Healthy and Natural Food Products which brings Black Wheat, Peanuts, Gram, Bajra, Jowar, Buckwheat, Quinoa, Ragi, Wheat, Daal bringing health benefits of Calcium and Protein intake, help in digestion, Stress reliever, Blood purification, Boosting Muscle mass, helping anti-gout properties, improving Cholesterol levels with richness in antioxidants, antiseptic qualities, anti-toxic and many more. Now with Prakriti everyone can Munch Guiltfree!

Dt. Dr. Sheenu Sanjeev shares today Healthpreneurs bring the panacea of healthy living through different mediums as it's a profession of immense dedication bringing better Health for all.



Dr Dt Sheenu Sanjeev , Vani Garg

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Top 10 moments for women's rights : Inspiration for the years ahead Take action to empower women's movements

"As women, we have to start appreciating our own worth and each other's worth. Seek out strong women to befriend, to align yourself with, to learn from, to collaborate with, to be inspired by, to support, and enlightened by."

– Madonna

As we look back at these major breakthroughs for women's rights around the world, we are determined not to go backwards. Take action to help build women's movements that are thriving, unified, and fearless across borders—so that at the end of 2017, we have even more to celebrate.

When you look back on 2016, what will you remember? It's been a year filled with extreme highs and lows for women's rights around the world. There have been rollbacks and new challenges for women and girls in countless countries, from the United States to Turkey and Brazil. As we look back on the past year, we are reminded of the undeniable power of women's movements—because when women and girls come together, they are stronger, more effective in driving sustainable change, and better able to resist injustice, fear, and hate.

Join us in celebrating just a few of Global Fund for Women's highlights for gender equality from the past year—including legal wins, major breakthroughs, and moments of resilience and strength. Let's carry forward this inspiration into 2017 to make women's movements more powerful than ever.

1. 21 girls returned home in Nigeria, with call to #BringBackOurGirls

In October 2016, 21 of the more than 200 girls who had been kidnapped from their school in Chibok, Nigeria in April 2014 by extremist group Boko Haram were released and returned home. Women and women's groups, including Global Fund for Women partners, have been instrumental in leading the Bring Back Our Girls movement in Nigeria and have remained steadfast in their hope and determination. Women's groups around the world have carried out protests outside embassies and have helped keep up pressure on the Nigerian government to ensure the return of all the girls, women, men, and boys kidnapped by Boko Haram. We will continue to fight for the release of the remaining Chibok girls and of all those who remain in Boko Haram's captivity, and will continue to invest in girls' education and rights. "Boko Haram sees girls' education as a threat simply because they are aware of the tremendous potential and power of an educated girl," said Dr. Eleanor Nwadinobi, a longtime Global Fund for Women advisor in Nigeria, after the girls were released. "Those who seek to maintain the status quo see it as a threat, whereas those who know that the development of any country is boosted by educating girls, invest in girls' education."

2. Historic ruling for rape survivors in Guatemala

In the first successful prosecution for sexual violence committed during Guatemala's military conflict from 1960-1996, a Guatemala court sentenced two former members of the military to a combined 360 years in jail in February 2016 for crimes against humanity. The two men were found guilty of holding 15 indigenous women in sexual and domestic slavery at the Sepur Zarco military base in northern Guatemala in the 1980s, and were also charged for murder and forced disappearance. Global Fund for Women grantee partner Unión de Mujeres Guatemaltecas, one of the oldest women's rights organizations in Guatemala, helped the 15 indigenous q'qch'is women survivors of sex and domestic slavery win this landmark case.

The trial marked a significant step toward ending widespread impunity for sexual violence in conflict around the world. "We the judges firmly believe the testimony of the women who were raped in Sepur Zarco," said Yassmin Barrios, chief judge of the court. "Rape is an instrument or weapon of war. It is a way to attack the country, killing or raping the victims. The woman was seen as a military objective.

3. Making strides for women leaders in Asia Pacific

This year, Global Fund for Women concluded the Funding Leadership and Opportunities for Women (FLOW) fund, a four-year \$5.9 million initiative. With funding from the Ministry of Foreign Affairs of the Netherlands, we supported 139 organizations in 26 countries to empower women to tackle gender-based violence, increase their economic potential, and engage in political life. As a result, over 200,000 women developed leadership skills and over 5,000 were prepared to run for local office.

4. Women prevent a total ban on abortions in Poland...again

When a total ban on abortions was proposed by the government in early 2016, Global Fund for Women supported Federation for Women and Family Planning and ASTRA Network to help them build a powerful movement defending women's reproductive rights. With crisis support provided in April, they built a broad coalition of women's groups and other grassroots organizations across Poland to raise awareness about the threat to women's health and human rights, and launch effective media campaigns to put pressure on the government throughout 2016 leading up to massive "Black Monday" strikes that led Poland's parliament to withdraw the proposed legislation in October.

Hundreds of women and men wore all black, boycotted work and school, and took the streets in Warsaw, Gdansk, Wroclaw, and across the country to fight against the law that would make abortion illegal in any instance, with violations bringing a prison sentence of up to five years for women and their doctors. Just days after the mass protests, legislators voted against the proposal.

However, Polish women's fight for control over their own bodies is far from over: since 1993, Poland has had one of the most restrictive abortion laws in Europe, with abortion only legal in cases of rape, incest, or life of the mother, and only within the first 12 weeks of a pregnancy. And this is not the first time a complete abortion ban has been proposed and rejected in Polish Parliament, most recently happening in 2015, 2013, and 2011—with the women's movement there every step of the way.

5. Nothing can stop women activists in Egypt

Over the past year, Egyptian women's resilience has been tested time and again amid an escalating crackdown on human rights and feminist spaces. Just last week, Azza Soliman, a bold Egyptian woman human rights defender and the founder of the Center for Egyptian Women's Legal Assistance, was arrested by police officers with an arrest warrant signed by one of the judges overseeing the investigation of Egyptian human rights organizations. After hours of interrogation, Azza Soliman was released on bail—the best possible outcome, though far from the end. Her arrest came three weeks after authorities froze her personal and organizational assets, without a court hearing, and not long after she was banned from traveling.

In June, Mozn Hassan, Founder and Executive Director of Nazra for Feminist Studies in Egypt and a Global Fund for Women board member, was also officially banned from traveling by the Egyptian government—a common tactic used as part of judicial harassment against human rights defenders.

In April, El Nadeem Center for the Rehabilitation of the Victims of Violence and Torture—one of the only clinics in Egypt providing critical services to survivors of violence and torture—was raided by security forces for the second time in two months. The two bold directors, Dr. Magda Adly and Dr. Aida Seif El Dawla, refused to leave the premises while the police tried to evict them without showing an official closure order. And, the latest: Egyptian president al-Sisi is poised to sign a new bill on associations, which, if enacted, would give the government extraordinary powers over NGOs and would effectively end independent civil society in Egypt.

Despite the escalating harassment and government threats, women and women's groups in Egypt remain more determined than ever to advance women's rights.

In November, Mozn Hassan accepted the 2016 Right Livelihood Award on behalf of Nazra for Feminist Studies with a passionate speech. "This award is not only a recognition of Nazra's work, it is a recognition of a century of feminist activism in our country that has inspired us and that we have sought to carry on as much as we can," she said.

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6. Women on the front lines of resistance in Brazil

“The message I want to get across from the women’s movement is that we have a goal for 2018: to have a feminist, progressive political agenda and to have women in leadership. And in order to get there, we all need to support the women’s movement.” – KK Verdade, Executive Director of ELAS Fund, the only women’s fund in Brazil and a long-time Global Fund for Women grantee partner.

We spoke with KK Verdade before the Summer Olympics in Rio to better understand the political and economic crisis in Brazil, following the impeachment of Dilma Rousseff and interim president Michel Temer’s conservative push and all-white, all-male Cabinet. The latest polls show growing disapproval of Temer’s leadership and, as KK Verdade pointed out, women are on the front lines, leading protests in Rio and throughout Brazil, and the women’s movement continues to fight against rollbacks in women’s rights proposed by the government.

The outbreak of the Zika virus in Brazil has put a spotlight on the country’s strict abortion laws. Global Fund for Women’s grantee partner SOS Corpo in Recife—the epicenter of the outbreak—is a leader in driving a national movement for sexual and reproductive health and rights. The crisis has

opened a rare window of opportunity for the group to challenge religious fundamentalists and push for legal reform allowing women to decide over their bodies.

7. Haitian women lead recovery after Hurricane Matthew

“Women and girls are in a very difficult situation, catastrophic, almost apocalyptic. But the Haitian people, especially Haitian women, are very courageous. We know how to keep our head above water and we will continue to fight. For us, life is a perpetual struggle.” – (Marie) Michelle Vernet, Collectif Feminin Haitien pour la Participation Politique des Femmes (FANM YO LA), Global Fund for Women grantee partner.

In the face of severe destruction after Hurricane Matthew made landfall as a Category 4 storm in Haiti in October, women took quick action to lead recovery. Global Fund for Women’s grantee partners began to fill gaps in immediate relief and planned how best to meet the unique needs of women and children.

More than 200 people around the world met our call to support women in Haiti, raising nearly \$40,000 for women-led groups in Haiti who have deep roots in their communities and are focused on driving sustainable change and empowering women. With money in the hands of Haitian women, though the need remains great, we feel hopeful for the rebuilding and recovery process, and for the future of Haitian women and girls.

8. Progress in Palestine to end violence against women

In June, the Ministry of Women’s Affairs in Palestine announced plans to establish the National Observatory on Violence Against Women in 2017, which will collect and document cases of violence against women for the first time—a significant step forward for Palestinian women. Global Fund for Women’s grantee partner Palestinian Working Women Society for Development, which has been working to advance women’s rights for 35 years, advocated for this new observatory to help curb disturbing rates of violence against Palestinian women. With the data collected by the observatory, Palestinian Working Women Society and other women’s groups are hopeful they will be able to better advocate for changes in laws and policies, raise awareness about violence against women, and help empower women survivors of violence.

“Having accurate information on violence against women will allow us to build up support to pressure Israel at the international level,” said Amal Khreisheh, general director of the Palestinian Working Women Society, in an interview with Al-Monitor. “At the regional level, we could use such information to launch a systemic advocacy campaign to place pressure on decision-makers to amend laws and policies and ensure protection for women.”

9. A small light of hope after deadly LGBTQI violence in Pakistan

Across the globe, people are being killed for being lesbian, gay, bisexual, transgender, queer, intersex (LGBTQI), or gender non-conforming; the deadly mass shooting at Pulse nightclub in Orlando, Florida in June was just one of many, mounting instances of violence against LGBTQI people around the world this year.

Violence is especially prevalent against those who are activists for the LGBT community. Twenty-three-year-old Pakistani transgender activist Alisha was shot nine times on May 23rd and died a week later because medical staff at one of the largest medical facilities in the northern Khyber Pakhtunkhwa province, Lady Reading Hospital, refused to provide medical attention and delayed treatment for more than 17 hours while they debated whether or not to place her in the ward for male or female patients. Following Alisha’s death, Global Fund for Women’s grantee partner Blue Veins Pakistan joined with the TransAction Alliance in Khyber Pakhtunkhwa to carry forward her work for trans* rights—and achieved a critical policy win. “For the first time in the history of Pakistan, there will be government development schemes for the transgender community in Khyber Pakhtunkhwa,” Qamar Naseem, a gender equality and LGBTQI activist in Pakistan who is Program Coordinator of Blue Veins Pakistan, explained. “The government has announced that there will be separate wards in hospitals for the transgender community. This access to health care as well as to housing and protection in the new policy, we see as a great achievement.”

10. U.S. Global Strategy on Adolescent Girls carries promise for girls’ rights

In March 2016, Secretary of State John Kerry released the U.S. Global Strategy to Empower Adolescent Girls, which is a critical policy to empower girls around the world and protect their health and rights. Global Fund for Women partnered with the team behind the powerful film *Difret* in 2015 on a petition asking President Obama and the U.S. State Department for the release of the Girls Strategy and a comprehensive plan to address and end child marriage. Throughout the campaign, we generated 156,320 signatures on the petition, and delivered the petition and signatures to Ambassador Catherine Russell in September 2015—helping to drive the eventual release of the Global Strategy.

The next Administration must fully fund and implement this strategy in order for it to make a difference in the lives of girls and young women globally. We know that girls and young women are incredible change makers with potential to change their communities and countries.

As we look back at these major breakthroughs for women’s rights around the world, we are determined not to go backwards. We know that social change and advancements in rights take time and courage. We must draw from the resilience of women’s movements around the world to move the needle on gender equality and stand up, get loud, and fight back in the face of harassment, hate, and rollbacks in rights. Let’s continue to work together to build women’s movements that are thriving, unified, and fearless across borders—so that at the end of 2020, we have even more to celebrate.



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