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*When men and women
contribute equally,
that's when the real
growth takes place.
Equal the work, Equal
the status.*

*This International
Women's Day let's
support #BreakTheBias*

Greetings!

“Gender equality today for a sustainable tomorrow”, was the theme for International Women's Day, 8 March, 2022 (IWD 2022) in line with SDG 5: Achieve gender equality and empower all women and girls.

Indian women better understand the changing environmental conditions, and have played a significant role in adaptation and mitigation of the changes using their traditional knowledge and wisdom.

According to WHO Representative to India, “while gender stereotypes are being challenged in every sector, there is continuing need for more inclusive behaviours. We must continue to strive for diversity, equity and inclusion in every action we take to end conscious and unconscious bias that significantly impacts equity and opportunities for women. We must take action for equality and #BreakTheBias.”

Recognizing contribution and achievements of women and girls is much required to build a more sustainable future for all.

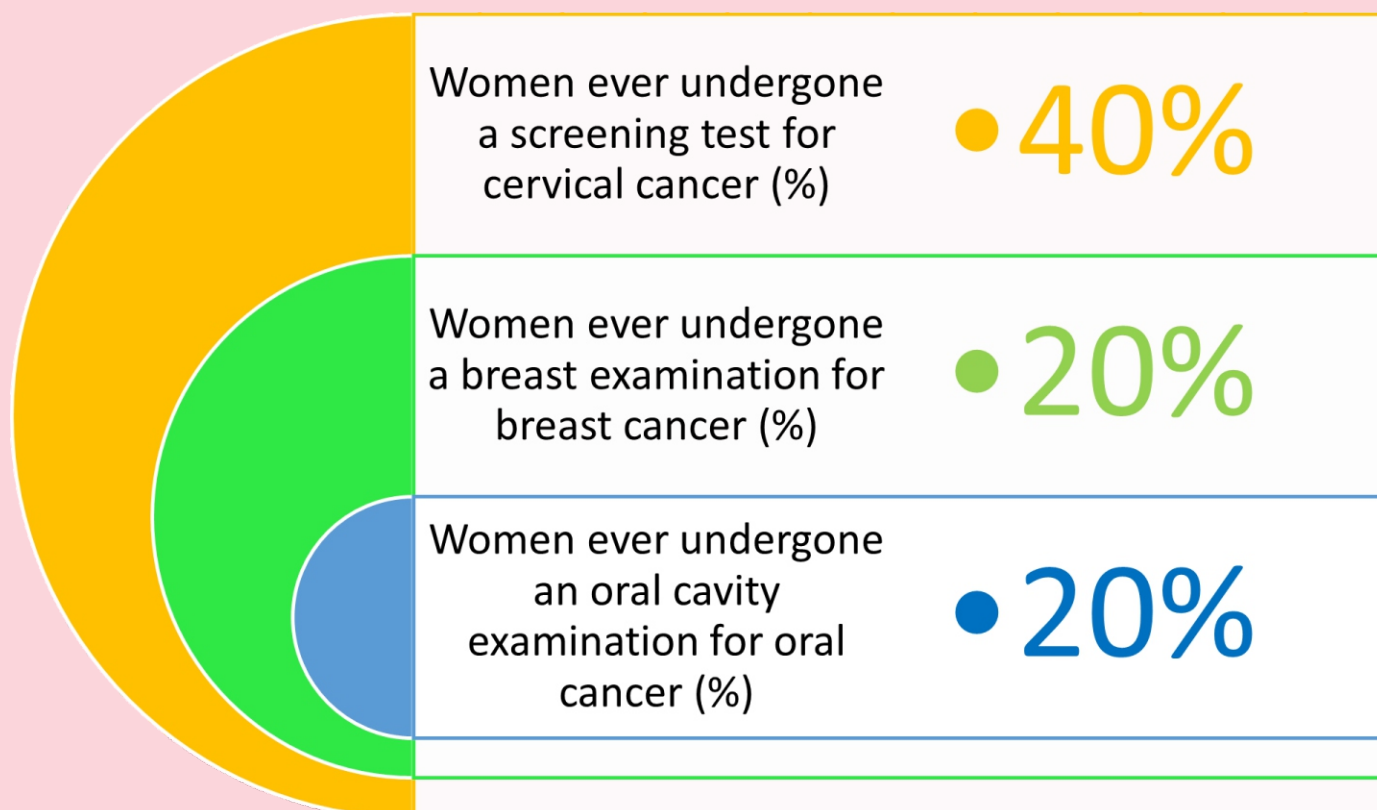
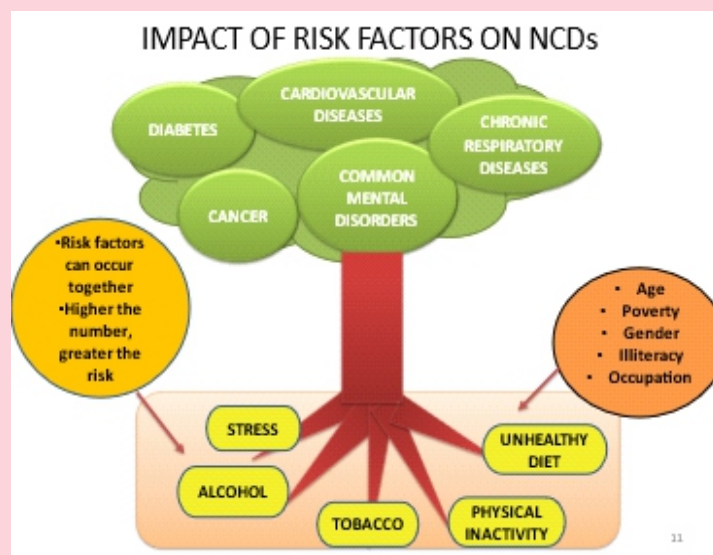
Challenge stereotypes, discrimination and biases in celebrating achievements. Come forward, advocate for inclusive mindsets and tangible action for a sustainable future!

Happiness always!

Women Empowerment : National Family Health Survey 5 Key Findings

The National Family health Survey 2019-21 has provided information on Screening for Cancer among adult women (aged between 30-49 years) very first time. Cancers are categorised in to non-communicable diseases.

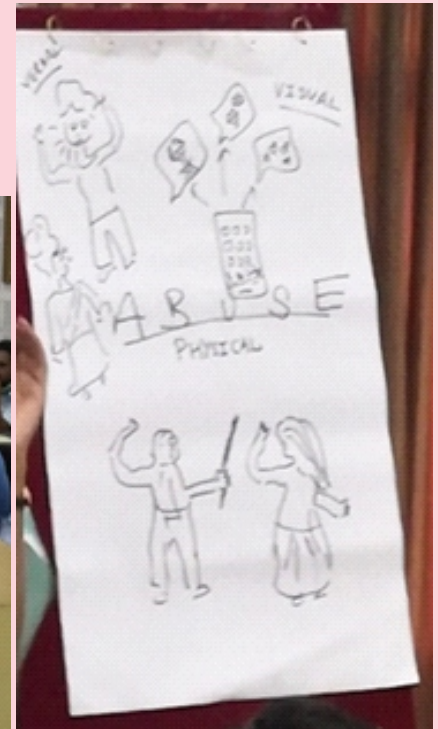
For Prevention, Screening and Management of Non-Communicable Diseases, government is providing support for universal screening for three common cancers Oral, Breast and Cervical Cancer at health and wellness centres.



About 88 per cent currently married women who usually participate in three household decisions: healthcare for herself, making major household purchases, and visits to her family or relatives.

Orientation Contractual Staff on Gender based Violence

Orientation session was conducted with the contractual staff of the IIHMR University. The participants included both men and women who work as security guard, gardeners, and housekeeping, staff. They were asked to write or draw or speak to share their experiences and concerns because they might feel shy.

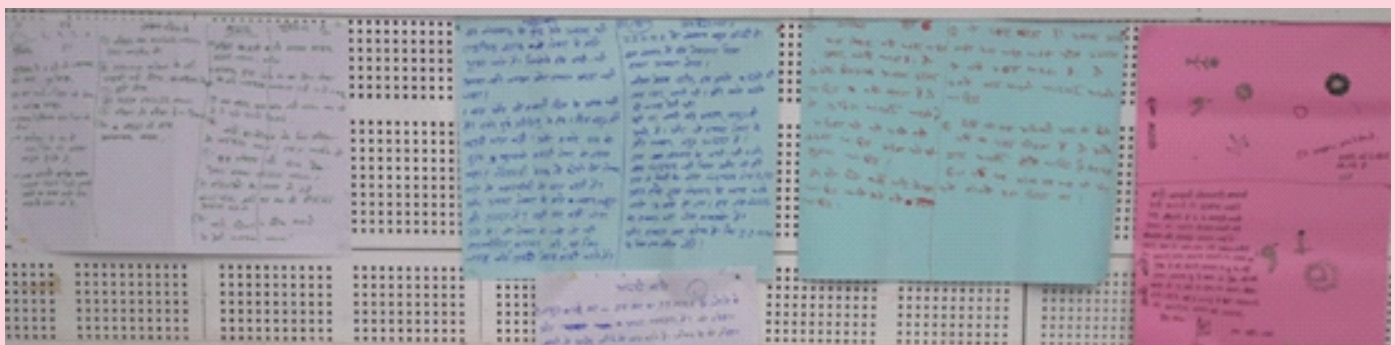


The session was conducted for half a day by CGS team members, and Internal Committee for prevention of sexual harassment at workplace



Their contribution was displayed so that they read or discuss openly. As a result, both men and women came forward to share their experiences. However, most of the experiences were not related to physical violence but certainly some psychological and emotional stress.

Some women were not able to read, and therefore, they were shared the information by fellow women.



International Women's Day 2022

WHY, is "She" TRAPPED in a terrible circle ?

She was born with a same cry,
Nobody comes to let them dry
I wonder, how she failed to bring them joy
Now! I realized, bcoz she was not a boy
She studied more than he,
Why she got locked with a key?
She wants to fly in the sky with the open wings
Then, why she forced to live in chamber of Her rings?
She is the salt in the food
But nobody treats her good
She worked every morning to night
Why her life is without a light?
Filled with hope and courage
Strong enough for a change
And breaking the cage
Yes, SHE IS POWERFUL"
She has enough of that
She will not be silent anymore
She wants to live free from bias
Everyday,
So, end it today

***I am proud to be that SHE,
and I'll never be regretful if I
am not, HE.***



#BreakTheBias

Nandini, MBA HM I Year
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It's not a Girl, Twin Girls

For twins, gender inequities may start in the womb.

Twin pregnancy is not a normal phenomenon. Many families in India have extreme son preferences. One of the IIMR Delhi Alumnus, who was a paediatrician by training from the national capital town of India. Her case became well-known when she took legal action against her husband and his family on accusations of performing an ultrasound to reveal the



sex of their children without her consent, pressuring her to abort their two daughters once sex was known, and domestic violence (ignored, deprived of food, verbally and physically abused) after she refused to consider sex-selective abortion. Her husband pushed her down a flight of stairs to induce a miscarriage. After, he locked her in a room without medication or food, where she then slipped into severe depression. She died in March 2020 from complications in heart surgery.

Both the parents were medico (paediatrician and orthopaedic surgeon). It means highly educated family of Delhi. The father of twins realized that he could not bring up two girls, and not be able to afford to get the daughters married.

The Supreme Court dismissed the petition against the Delhi high court judgement that ruled against her, reportedly after a five-minute hearing, bringing an end to the struggle for justice. It was barred by limitation as according to law, a case has to be filed under the PCPNDT Act either three years from the date of offence or from that of knowledge. If Form F – the crucial document that carries a woman's consent to an ultrasound -- is missing, it is a punishable offence. (source: <https://legaldesire.com/girl-dr-mitu-khurana-mothers-fight-save-daughters/>)

A woman is an elegance innate, a symbol of strength and power which will never fade. You can call her an angel and she will be your guiding light!

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Don't be a Novice - Break the bias - is substantial rule

Sarbpriya Jamwal, MBA Health Management 2nd Year, sarbpriya.j20@iihmr.in

If I say I want gender equality,
I mean wanting the same opportunity as that of men,
As we're fifty-fifty,
Why in women's fifty percent,
Things are always misunderstood
From age, ability, sexuality to religion, race, nationality
From education to style,
Why do I have to go an extra mile? Why do we entertain questions like Dress is too short and heels are too high,
While my eyes are filled with dreams and touching the sky.
Why should I keep my voice low,
Why should I don't stay out so late, What did I do to deserve all this hate? Off course when a girl is born, all dreams
of son are gone
I'm a proud woman!
I'm a proud daughter!
Why do you shame on me?
I'm the life bearer and that's a fact. I'm a woman, this doesn't mean I have to receive less
You're a man, why can you freely voice your opinions while I have to suppress?
Yes, I'm a woman and I'm also Human.
#BREAKTHEBIAS

Bhavya Gupta, MBA HM 1st year, eabhavya.j21@iihmr.in





When men and women contribute equally, that's when the real growth takes place. Equal the work, Equal the status.

*Glory Samal, MBA HM 1st Year,
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There is no limit to what we as women can accomplish!

*Namrata Kotwal, MBA HM 1st yr,
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The Universe Within #Breakthebias

Chaitali Dilip Desale
MBA-PM-12



Walk, Talk, and Dream Big

When you know you can
walk, but not alone!
talk, but not to someone unknown!
win, but lack belief!
dream, but can not fulfil!

When you know you can
trust, but can't expect the same!
survive, but expects support!

A woman in our society can do anything what a man can!
But social norms make them dependent!

Dear all women, be a girl, be a mother, be a daughter in law, be a sister in law, be a student, be a working woman, and so on!

Kill your hesitation, come forward, take lead, be the first one to walk, talk, dream, trust, survive and eventually win

Say no to untold rules, unsaid regulations, unstated boundaries!

Break the bias, be yourself!

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**Fly, Roar,
you have the
power
#Breakthebias**

*Chaitali Dilip Desale
MBA-PM-12*



*An ocean
of
knowledge
and wisdom*



*Listen to a woman patiently,
Give her a chance to express
herself,*

*She is an ocean of
knowledge and wisdom,
Foster holistic development
of a gender-equal world
through her*



This women's day lets support #BreakTheBias

"सफर नारी का"

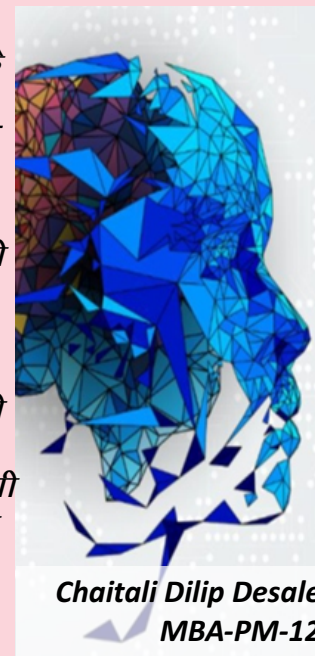
जिंदगी जंग की मैंने कबूल की
जिंदगी जंग की ही मैंने कबूल की
जब बेटी बन जन्म लिया
उस वक्त की माता पिता के मुस्कान को
आज आंखों में उनके देख लिया
जिंदगी की जंग को उस पल मैंने जीत
लिया
जिंदगी की जंग को उस पल मैंने जीत
लिया

आसान ना था जग में फतेह पाना
ना जाने कितने सालों परिश्रम किया
सुना लगभग हर किसी से
कभी रंग रूप पर, तो कभी शरीर के

आकार के लिए
कभी तो बेटी के रूप में जन्म लेने के
लिए
पर खुश किस्मत हूं मैं यह जन्म पाने
के लिए

दुनिया ना बढ़ पाती आगे, अगर धरती
"मां" नहीं होती
इतने जुल्म सहने के बाद वह फिर
तैयार नहीं होती
नर अगर शरीर है, तो शक्ति मादा ही
होगी

इस अनुवाद की अंत ना जाने कब होगी
कौन है ऊंचा यह बात बंद कब होगी
साथ मिल अगर चल पाए तो
सही में शुरूआत तभी होगी।



Chaitali Dilip Desale
MBA-PM-12

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