



## **B.V. Patel Institute of Management, Uka Tarsadia University**



**Date:**

### **Women Empowerment: Are We Really Empowered?**

B.V. Patel Institute of Management had arranged a session on “Women empowerment: are we really empowered?” as a student initiative by Ms. Shehnaz Sheikh of TY BBA. The purpose of the session was initially introduced to the girls altogether highlighting the objectives held more with the intention to sow a seed in hope for it to bloom into something beautiful and successful in (even if it is in tiniest manner possible) any aspect possible.

After introducing the girls to their own identity, the daily half-an-hour sessions were scheduled on several topics as follows:

Day-1: Don't let your insecurities speak louder than your personality.

- Unrealistic beauty standards
- Non- Inclusive fashion industry
- Discussion about biology of women.
- Getting comfortable in your own skin

Day-2: Unlearn the learned.

- Coming out of patriarchal conditioning and misogyny
- The gender roles.
- Societal norms.

Day-3 Feminism and pseudo feminism

- Reference to Priyanka Chopra's definition
- References to women like- Lilly Singh, Aranya Johar, Rega Jha, Priyanka Paul And Supriya Joshi.
- It is more about equality than about proving women are the SUPERIOR gender.

Day-4 Feminism and pseudo Feminism

- Reference to Emma Watson's definition
- Teaching the men is necessary as well.
- Hold a conversation with your mom about her upbringing. (The same conversation will be held about their upbringing in the session)

Day-5 You're a Human and an individual first than a daughter/mother/wife or sister.

- You're a strong and equally vulnerable being.
- Own your FLAWS like a queen you are.
- Your individuality matters.

Though it was not compulsory for the students to attend the sessions, we got much of positive response where many of the girls found it fruitful and got empowered. Also, on the completion of the entire session, the speaker's efforts were appraised and facilitated with a token of love.

