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**Celebrating
Womanhood
#SHE**

 **EDITORIAL... ..**

The Modern Indian Woman: Leading the Way through Sheer Will & Hard Work

We have seen several times that women have had to struggle even for their basic rights, however, at the same time, it is an achievement for every Indian woman that the three initial medals for India in the 2020 Tokyo Olympics were all won by women athletes. Indian women have proven their mettle in the recently concluded Olympics and the whole nation is talking about how our girls shined through their historic performances.

These girls, who have made the country proud with their outstanding performance, hail mostly from small towns. Despite their humble backgrounds, their struggle, sacrifices and indomitable will has made them achieve their present feats. They have put in their heart and soul to reach where they are today. This is the story of most women in India. No matter where they come from, they never cease to work towards creating a better tomorrow for their families and themselves.

Even in education, we have seen that girls have outshined boys every single time. The patriarchal mindset of our society makes women work twice as much as men to prove their worth but the 'never give up' attitude of women across all professions has changed the scenario of workplaces. Now women are not only breaking glass ceilings but are becoming an integral part of professions which were earlier dominated by men.

I have always said that we, as a nation, have all the ingredients for being a superpower but it is the mindset of some people which pulls our society backward and to break those shackles of regressive attitude, we women must talk, raise our voices, loud and clear. Unless we speak and tell the society that we will not accept any injustice, things will not change. We also need to be part of the change which should start from our own families.

Secondly, we need to hand hold other women who are less fortunate. They may not be well educated or may not have the finances to do things on their own, but they can be skilled and trained to be self-reliant. At present the Government has initiated many schemes for supporting women financially and for their skill development but we need to make sure that it reaches to every woman in need.

Can we all personally adopt at least 5 young women and hand hold them till they stand up on their feet and tell them to do the same when they are capable of doing so? Let us make a chain of strong women who find strength in empowering the less privileged. This way we will create an era of women empowerment which will eventually pave way towards an empowered Nation.

- Mrs. Rekha Sharma
Hon'ble Chairperson

Meet India's Wonder Women TOKYO OLYMPICS - 2020

Indian women showed true empowerment and broke gender stereotypes in Tokyo Olympics with their exemplary performances. National Commission for Women salutes these incredible female athletes who created history in their own way, proving womanhood in weightlifting, badminton, boxing, golf, hockey etc. Most of them earned huge respect by overcoming hardship, poverty, financial, infrastructural and societal hurdles and by embracing Olympic Dream. Here are our Heroes: -



Saikhom Mirabai Chanu

In an amazing display of perseverance and strength, Mirabai Chanu creates history by clinching India's first Silver medal in weightlifting in Olympics' history. She lifted 87kg in snatch and 115kg in the Clean and Jerk event to score a total of 202 during the 49kg category final to create Indian history.

She was born on 8 August 1994 in Nongpok Kakching about 30 km away from Imphal city, Manipur. Her family identified her strength when she was just 12. She could easily carry a huge bundle of firewood home when her elder brother found it hard to even pick it up. Mirabai trained at the Sports Academy in Manipur. She hitched rides with truck drivers carrying sand. After winning the Olympic medal, she invited the truck drivers to offer her gratitude and touched their feet as a sign of respect.

Lovlina Borgohai

Lovlina Borgohai assures Bronze medal for India in the Tokyo Olympics. She puts up a brilliant performance and secures 1st medal for India from boxing in 69 kg by winning her quarterfinal bout 4-1 against Taipei's Chen to qualify for the semifinal. "Finally, my toil of 4 years came true. The feeling of being able to kiss this medal is inexplicable. Winning this medal is a dream come true for me and I'm still letting this feeling to sink in", said Borgohai after qualifying for the semifinal. She is the first woman boxer from Assam to qualify for Olympics and the first boxer to secure medal in Tokyo Olympics.



PV Sindhu

India's badminton ace P.V. Sindhu smashes her way into Semifinals of Tokyo Olympics with Bronze medal. She became the first Indian woman to win two Olympic medals. She won the silver medal in Rio 2016 and in Tokyo 2020 she captured the bronze medal by defeating China's He Bingjiao 21-13, 21-15 in two straight sets. She is the first Indian to become the Badminton World Champion and only the second individual athlete from India to win two consecutive medals at the Olympic Games.

Inspiration Of the Month

Asha Kandara (RAS): From sweeping streets to Administrative Services

a story of hope and determination



“A bend in the road is not the end of the road... unless you fail to make the turn”. These legendary words of Helen Keller stand correct in describing the inspiring life of Asha Kandara, a sanitation worker who fought all odds to become a deputy collector. An estranged relationship, financial constraints, constant humiliation from society, nothing could stop Jodhpur’s Asha Kandara from achieving her dream of getting selected to Rajasthan Administrative Services.

Her story is proof that nothing is beyond your reach when you dare to dream. Asha’s husband left her and their two children after five years of marriage, although it did not break Asha’s hopes of building a better life for herself. She single-handedly raised her two children and took up the job of a sweeper to financially support her family. She worked as a sweeper with Jodhpur Municipal Corporation. She faced scorn and humiliation from society throughout her journey. Alongside the job, she began preparing for RAS, appeared for the preliminary exam in 2018, and continued working as a sweeper until the result was declared. In the words of Asha, it was a challenging journey in which she suffered a lot. Still, now she considers herself to have attained a position where she can do something to uplift the underprivileged and those subjected to injustice. Asha has moved on from her traumatic past, and she looks forward to serving and inspire women like her. The National Commission for Women congratulates Asha Kandara for inspiring women across the country to strive and work hard towards achieving their dreams.

SPECIAL INITIATIVES TAKEN BY THE COMMISSION



Intending further to improve the safety and security of women across the nation and in line with the Union Government’s efforts towards the overall betterment of women, the Union Minister for Women and Child Development, Smt. Smriti Zubin Irani, inaugurated the National Commission for Women’s 24/7 helpline number - 7827170170 on 27th July 2021 virtually.

The helpline aims to provide 24/7 online support to women affected by violence through referral by linking them with appropriate authorities such as police, hospitals, District Legal Service Authority, psychological services and providing information about women related government programs across the country through a single uniform number. The helpline functioning with a team of trained experts. Any girl or woman aged 18 years and above can seek help by calling on this Helpline which is operating from the premises of the National Commission for Women, New Delhi. With this initiative, the partnership between NCW and WCD goes a long way in ensuring a seamless intervention to help women in distress. This helpline service has been developed in collaboration with Digital India Corporation, Ministry of Electronics and Information Technology.

Soon after the launch, a complaint was received in NCW helpline regarding a girl who married a man of her own choice but when the parents received an information about her marriage, they house arrested the girl. The husband then, approached NCW stating that her life is in danger. The incident was in the Hanumangarh district. The Helpline staff immediately contacted concerned police officials in the matter whereby, Superintendent of Police, Hanumangarh informed the Commission that a challan had already been filed against the man claiming to be a husband. The girl was found to be a minor. Therefore, the case was then forwarded to the Child Welfare Committee, and the girl gave her statement in which she had denied any threat to life from her parents or about the house arrest. The matter was then closed, accordingly, and the girl is safe.

Suo Motu Cell

The National Commission for Women takes *Suo Motu* cognizance of the reports appearing in the print, electronic and social media about deprivation of women and infringement of their rights and initiates action for investigating such cases. The Commission also constitutes inquiry Committees or Fact-Finding Teams in matters involving the severe violation of women's rights. The Committees/teams so formed investigate the issues and make their recommendations to the Commission for addressing the concerns in following cases: -

The Commission has come across a media report captioned “**MP woman, forced to drink acid by husband, battles for life in Delhi**” reported by the Times Now News, captioned Gwalior, MP was forced by her husband to gulp acid due to which her organs burnt. Even after the gruesome incident, minor sections have been incorporated in the FIR, and the Police have made no arrests. A team headed by Dr. Rajul L. Desai, Member, NCW visited the Lok Nayak Jair Prakash Narayan Hospital, Delhi, on 21.07.2021 and met the victim and hospital authorities. The team also met another lady from Rohini who was attacked with acid by her mother-in-law and sister-in-law.

Women Welfare & Capacity Building Cell

The Commission launched an Open Quiz on '**Awareness on Crime against Women**', through MyGov Portal on 15th July 2021. The program aims to teach equality, inclusivity, and diversity among citizens, which are essential for building a healthy society. Moreover, knowledge of laws relating to women is crucial for balanced development of young minds as it will also help citizens build correct values, self-discipline, and national spirit. The quiz will be live from 15th July to 31st August 2021.

Webinar on 'Masculinity and Intimate Partner Violence against Women'

Violence in the lives of women comes in various forms. Intimate Partner Violence is widespread and has severe impacts on women's health and well-being. It not only causes physical injury, but it also undermines the social, economic, psychological, spiritual, and emotional well-being of the survivor, the perpetrator, and society. It is a major contributor to the ill health of women. To understand the dynamics of violence in women's lives, what it is, why it occurs, how to respond, and its impact on individuals and communities the Commission organized a webinar on 'Intimate Partner Violence against Women and Girls' on 16th July 2021.

The deliberation focused on:

- i. The connection between masculinity, Intimate Partner Violence (IPV), and poor mental and physical health has been a significant issue of discussion.
- ii. Understanding the complexity of the issue.
- iii. How to curb Intimate Partner Violence and the practice of sex selection in India.

Capacity Building and Training of SWCs

The National Commission for Women, in collaboration with Rambhau Mhalgi Prabodhini (RMP), Mumbai, conducted a training program for incumbents of State Women Commissions for their capacity building from 30th July to 01st August 2021.

Training sessions were focused on:

1. Role, Responsibility & Scope of NCW & SCW
2. Women & Laws
3. Government Policies for Women
4. Entertainment program
5. Family System as an Institution & Role of women
6. Issues of Commercial & Sexual Exploitation
7. Human trafficking in Urban & Rural areas
8. Co-ordination between NCW, SCW & WCD
9. Leadership skills

Women Safety Cell

National Commission for Women, in collaboration with Tata Institute of Social Sciences (TISS) Mumbai, has initiated to implement the services of 02 Special pilot Cells for Women under the "Violence Free Home- A Woman's Right" pilot project in the Union Territory of Ladakh.

A two Member team chaired by Hon'ble Chairperson Smt. Rekha Sharma and Dr. Rajulben L.Desai, Member NCW, visited Vrindavan Mathura on 20.07.2021 to meet with the District Magistrate and Superintendent of Police. During the meeting, the SP was advised to look into all the cases forwarded by NCW and expedite an action taken report in the pending cases. The team inspected 02 Swadhar Mahila Aashray Sadan, namely- Krishna Kutir and Chaitanya Vihar, which aim to provide shelter to women who are widow and deserted by their families. Various recommendations were made for the maintenance, cleanliness, and hygiene of the Aashray Sadans and advised them to strictly adhere to the guidelines issued during pandemic COVID-19.

During interaction with the District Magistrate, Hon'ble Chairperson and Member NCW made valuable recommendations for uplifting and improving the status and living conditions of women in Vrindavan-

- (i) emphasis should be on the reintegration of these women back into their families
- (ii) proper rehabilitation should be provided to them

- (iii) focus should be on maintenance of the homes, and for this purpose, utilization of CSR funds can be explored
- (iv) reuse of flowers (from temple offerings) should also be done for making of soaps along with Agarbatti
- (v) removing of unethical and disrespectful videos of women in Vrindavan from social media, especially YouTube.

The team also made a surprise visit to a private shelter home in Vrindavan. At present, 42 women (all residents of West Bengal) were staying in this shelter home. The team recommended an attempt to and identified the families of these women to reintegrate them.

Legal Cell



NCW signs MoU with Bureau of Police Research and Development for gender sensitization of police personnel on 15.07.2021

The aim of the program is to ensure gender sensitization of police personnel with respect to legislation and policies concerning women and bringing attitudinal and behavioral changes in police officers while dealing with crimes against women. The program is fully sponsored by the Commission and shall be facilitated by the Bureau of Police Research and Development (BPR&D) with a special module in coordination with its units and other stakeholders.

Training Program of Protection Officers in addressing Domestic Violence' in collaboration with Lal Bahadur Shastri National Academy of Administration (LBSNAA) for the State of Uttar Pradesh (2nd batch) from 12.07.2021 to 16.07.2021

The National Commission For Women, keeping in view the role of Protection Officers as appointed by the State Government under Section 8 of the Domestic Violence Act is crucial in facilitating legal help to aggrieved women has collaborated with Lal Bahadur Shastri National Academy of Administration (LBSNAA), the premier administrative training institute in India, for undertaking 'Capacity Building and Training of Protection Officers appointed under the Protection of Women from Domestic Violence Act, 2005' across the country.

In the first phase, the five-day training program was conducted from June 28 to July 2 for Protection Officers from the State of Uttar Pradesh (batch- I). In the second phase (05.07.2021 to 09.07.2021), the training was successfully conducted for the Protection Officers from the State of Haryana. The training program was inaugurated by Shri Kunwar Pal, Hon'ble Minister of Education and Tourism, State of Haryana. The third phase training program was conducted from 12.07.2021 to 16.07.2021 for Protection Officers from the State of Uttar Pradesh (batch-II).

2nd Regional Consultation (Western) for Law Review of the "Maternity Benefit Act, 1961 and the 2017 Amendment"

On 30th July, 2021, The National Commission for Women organized 2nd Regional Consultation (Western) for Law Review of the "Maternity Benefit Act, 1961 and the 2017 Amendment" through video conference format. The objective of the consultation was to review and analyze the position of law; and formulate consolidated recommendations for viable amendments. Varied stakeholders including lawyers, academicians, representatives of labour department, State women Commissions participated in the consultation and provided their vital inputs on the law.

Webinars on the theme, "Breaking the Glass Ceiling- Realising a Women Led Atma Nirbhar Bharat" on 10.07.2021

The Commission in collaboration with India SME Forum conducted four webinars on the theme, "Breaking the Glass Ceiling- Realising a Women Led Atma Nirbhar Bharat" on 10.07.2021 and 13.07.2021 under the NCW- IIMB-ISF's 'Empowering Women through Entrepreneurship Programme'. The webinars were conducted to encourage women participants to register and complete free digital training for Batch II Cohort of the above-mentioned programme.

Batch-II of Training under NCW- IIMB's Collaborative 'Empowering Women through Entrepreneurship Program' on 21.07.2021

The National Commission for Women mandated to work towards women empowerment and development organized an online training program through a Massive Open Online Course (MOOC) in collaboration with IIM, Bangalore, to digitally train aspiring women entrepreneurs. The program aimed to enhance the knowledge of prospective and established women entrepreneurs and facilitate acceleration and scale-up of their ventures. The program's first Batch was successfully completed, and a valedictory ceremony was conducted on 30th June 2021. The Second Batch of training has commenced from 21.07.2021.



The banner features the National Commission for Women logo on the left and the text 'राष्ट्रीय महिला आयोग' and 'NATIONAL COMMISSION FOR WOMEN' at the top. Below this, it prominently displays '24x7 HELPLINE' and 'NEED HELP?' in a large blue speech bubble. The contact number 'CALL 7827 170 170' is shown in a blue bar, followed by the slogan 'HELP IS JUST A CALL AWAY'. At the bottom, it lists services: 'INFORMATION | SUPPORT | COUNSELLING' and provides social media handles for Facebook, Twitter, YouTube, and Instagram, all as '/NCWIndia'. An illustration of a woman wearing a headset and working on a laptop is on the right side of the banner.

