

Paakhi Annual Report: 2020-21

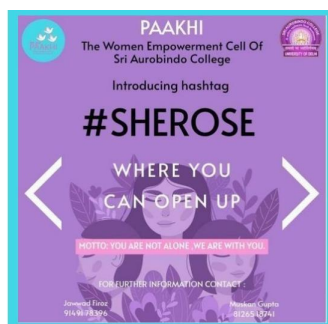
"The empowered woman is powerful beyond measure and beautiful beyond description." - Steve Maraboli

This is the motto behind Paakhi- The Women Empowerment Cell and it has worked tremendously to live up to its motto. Women play a significant role in society, contributing to various sectors such as education, healthcare, politics, and the economy. Their distinct viewpoints, abilities, and leadership contribute to innovation and societal advancement. Paakhi works for a society where everyone not only understands it but also appreciates the undervalued works of women in our society.

In the 2020-21 session, we have tried to shed light on the underappreciated, empower the unnoticed, and give voices to the unsaid topics that women experience in their lives. Following are the seminars and events held under the flagship of Paakhi in this session:

1. She Rose

On 30th May 2020, we established an online platform that allowed individuals to express themselves without disclosing their identities. This platform was created for those who had faced harassment but hesitated to speak out due to societal fears. Our goal was to reassure them that they were not alone; we were a supportive community. We received over 30 anonymous responses from people sharing their experiences, and we maintained the confidentiality of these stories. This initiative greatly assisted individuals in sharing their stories and relieving the burdens they had been carrying.



2. Red Dot Challenge

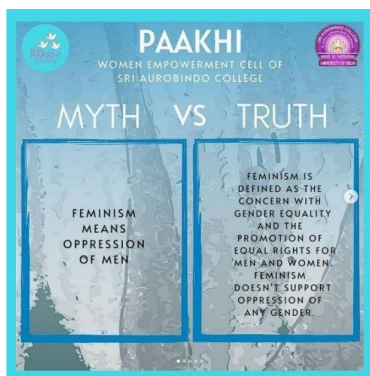
Menstrual awareness is crucial for breaking taboos, ensuring women's health, and promoting gender equality. It empowers individuals to understand and manage menstruation, fostering a more informed and inclusive society.

UNICEF launched the Red Dot Challenge to promote awareness about menstruation, aiming to dismantle the stigma associated with it and make discussions about it commonplace. On June 20, 2020, Paakhi members actively participated in this initiative, where individuals nominated one another to join. A significant number of people engaged in these activities, challenging societal norms and spreading the message effectively.



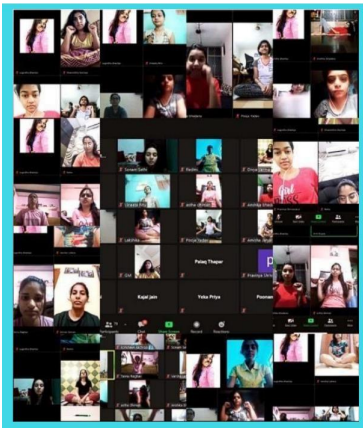
3. Myth vs Facts about feminism

For a significant period, feminism has faced misconceptions owing to unclear information. Paakhi took the initiative to dispel some of these myths, on 25th June 2020 raising awareness about the realities of feminism. We posted a list of myth-busting facts on our social media, receiving over 150 likes and 15 shares. These efforts aimed to establish accurate information and contribute to improving the movement's reputation.



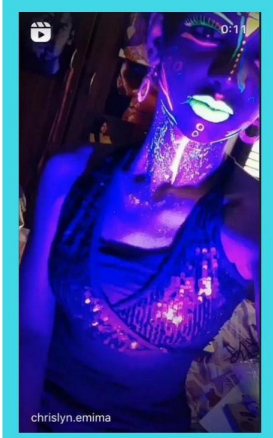
4. How to reduce mensuration pain through Yoga and meditation.

Paakhi, in partnership with The Art of Living, hosted a webinar on alleviating menstrual pain through yoga and meditation. The event conducted on 12th July 2020 garnered significant participation from students, highlighting its relevance. Attendees were from diverse colleges within the University of Delhi. The session concluded with the instructor addressing participants' queries, making it a successful and valuable event.



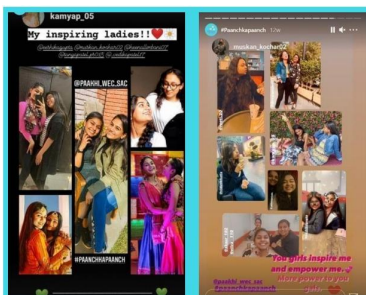
5. Beaute Reels

From 10th September to 17th September 2020, Paakhi launched an effort to reshape societal beauty standards through an Instagram competition utilizing the "Reels" feature. The theme was "Your Definition of Beauty," where participants created brief videos expressing their personal interpretations of beauty. This initiative aimed to challenge and transform conventional beauty norms, receiving numerous creative video submissions.



6. Paanchkapaanch

On 12th October 2020, Paakhi introduced the hashtag #paanchkapaanch and urged individuals to tag five women who served as their sources of inspiration. These tagged women were then encouraged to tag another set of five people, creating a chain of recognition. The objective was to celebrate formidable, inspirational women, promote positivity, and ignite inspiration in others. The initiative provided a platform for people to express their admiration for the women who inspire them. In total, over 60 individuals were tagged, resulting in a substantial spread of positivity.



7. Consent and Communication

Paakhi partnered with Pratisandhi, a youth-led nonprofit dedicated to providing medically accurate and stigma-free comprehensive sexual education. Together, they organized a webinar on 6th November 2020, aimed at educating students of all genders about consent and communication. The speakers delivered insightful talks, dispelling myths and emphasizing effective communication. They highlighted the significance

A book club's purpose is to promote reading, facilitate discussions, build a community, stimulate critical thinking, and foster personal growth, all centered around a shared love for literature. Paakhi launched its Novel Bunch and 'Wild: From lost to found on the Pacific Crest Trail' as its first book. A total of 90 people joined to share the ideas on the book. Book clubs can serve as platforms for feminist discussions, where members explore literature that highlights gender issues, challenges stereotypes, and empowers women. They promote critical analysis, awareness, and collective action, aligning with feminist goals for gender equality and social change. Novel Bunch is a step forward in that direction.



10. Doodle Competition

"Imagination should be used, not to escape reality, but to create it." - Colin Wilson. Paakhi organized a doodle competition on the theme 'Because you're a girl is never a reason for anything' on 22nd February, 2021. Imagination inspires women to challenge gender norms, envision a more equitable future, and influence societal change. Through art, advocacy, and leadership, imagination amplifies their voices, contributing to women's empowerment and advancing gender equality. Through this, we've strived to give people a platform to express their imagination.



11. A guide to Women's Health

On 4th April 2021, Paakhi: The women empowerment cell and Samvedna: The gender sensitization Forum of Sri Aurobindo College collaborated with Indian Society of Colposcopy and Cervical Pathology presented a webinar on 'A guide to women's health'. It included various awareness programs namely,

- Menstruation- Everything we Need to Know- Dr Sheebah Marwah
- Menstruation- What is abnormal- Dr Shweta Balani
- Vaccination in Young- Dr Saritha Shamsunder
- Cancer screening in India - Dr Anita Sabharwal



With over a 100 participants this event was huge success.

12. Veerangana'21

"Where there is a woman, there is magic." - Ntozake Shange

The much awaited annual fest of Paakhi lived up to those words in its grandeur, scale and reach. Organized on 16th April 2021, it witnessed several participants flant their skills in varied competitions encompassing Meme Making, Jam, TV Show Quiz, and Logo Making. Teamwork yields success by pooling diverse skills, fostering collaboration, and achieving collective goals. Synergy in working together amplifies results and contributes to greater efficiency and accomplishment. This was proved the massive success Veerangana proved to be.



This was an unprecedented session and each Paakhi member experienced achieving goals, surpassing expectations, and experiencing personal and professional growth. It was marked by their accomplishments, learning, and a sense of fulfillment, driving continued progress.