

TRECENTO



Edition 22

The English Literary Society | Shri Ram College of Commerce

SPEAK OUT

MeToo

"I think she's suing him for sexual harassment because she didn't get the promotion, men are the real victims here "

"So the teacher hit on him... isn't that every boy's fantasy?"

"What else does she expect will happen if she dresses like that?"

Sorry readers for making you cringe or feel uncomfortable with, but imagine how much worse the victims of sexual harassment feel when they hear it to their face.

While the incident might be the hardest thing anyone could ever go through, speaking out may just be harder. Not everyone can afford to slap someone else with a lawsuit, or coming out in public against a reputed personality or even speaking out about the most traumatic experience of your life to your friends or family!

Harvey Weinstein accused of several sexual misconducts. Chris Brown accused of several incidents of aggression against women. Female teachers taking advantage of teenagers. All these damned incidents have ruined lives of not just one, but hundreds and thousands including their loved ones and the public hearing about such news.

But we aren't here to condemn such predators because nothing in this world can equate to the suffering of the victims. We are here to change the definition of such victims into 'survivors'. It is important to empower individuals to be able to stand up and reach out for help as no one is unworthy to just be heard.

If someone has not experienced as mentioned, it may be difficult to understand why survivors stay silent about being assaulted. Here are some of the main reasons:

1. Sexual assault's victims are psychologically silenced as a result of the assault as well as other elements of their lives.

2. In societies all around the world, survivors of sexual violence face everything from casual disregard to significant threats to their lives.
3. When survivors disclose their abuse to their social groups, they run the risk of being misunderstood, insensitive, and accused of "victim blaming."
4. Survivors can often feel, and are sometimes directly told, that by speaking up "they are bringing disgrace upon" or "destroying" the family.

Though these emotions of disgrace and shame will not perish, we as a society have a duty to protect our own. If we condemn our own, then who are we? Lift up the weak and less powered and speak out against injustice and misconduct. Isn't that the underlying motive of every community, culture or even the world as a whole. It is not fair that it happened to Jyoti Singh or Bilkis Bano or the ever famous Lady Gaga. The least we can do is change, educate and eradicate so that no person ever goes through the same. For that, we need courage.

We need courage from the political leaders of the world to stand up and put down laws, policies, rules not only regarding a 'compensation' to the survivor but prevent such incidents from happening at all. We need courage from the managers, directors and chiefs of the companies and firms to build a safe environment for all employees and not hide behind a corporate veil of diplomacy.

We need courage from the teachers of the world to teach young kids and teenagers that their voice matters, that 'NO means NO', that regardless of what happened, they are with them, the system is with them, and that they are never alone. We need the courage to create a society where truth is upheld, the innocent feel empowered, and no one is judged. We need the courage within ourselves to never feel ashamed, weak and unworthy of support. Believing in yourself is the key to gaining confidence and courage in oneself. You are your true companion and nothing should break your faith in yourself. If you are with yourself, anything is possible.

~ Nivriti Pandit

I to SHE

Daddy just one more day,
Be with me, no hurry to go away
Who will calm me down
On my birthday who will become a
clown
From school who will pick me up

For those who mock at me, who will tell
to shut up
To let go of your presence, I don't want
to prepare
For the day I will hate the most is
coming near
My heart is palpitating with fear
Even the thought of it makes me scare
Ten years passed by

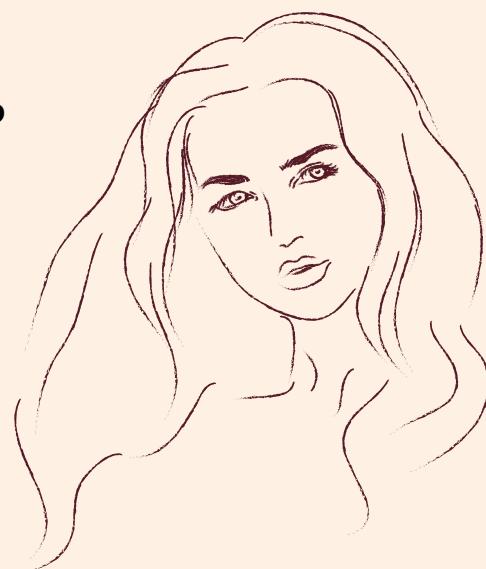
But for her they were just a long sigh
In the quiet of her heart,
She holds a pain so deep
The loss of her dear father
Who fought a battle so steep

She had never attended a funeral before
Her father's being her first therefore
They say Almighty hears everyone's
prayers
But probably He stopped listening
during hers
She went to college alone
Never did she leave unturned any stone

For she had promised her father
to tick every item on her bucket list
now it was just her and her mother
sobbing to themselves under skies full of
mist

She still remembers his warm smile
And his comforting embrace
His laughter and his kindness
Now a memory she can't replace.

~ Shruti Garg



What does it mean to be Brave?

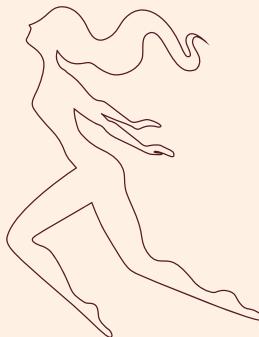
The sun rose high in the sky, casting a golden glow over the world below. In the midst of the hustle and bustle of everyday life, a young woman named Isabella found herself facing a daunting challenge. She had always been shy and reserved, never one to speak up or take risks. But today, she had decided to be brave.

With a deep breath, Isabella stepped out of her comfort zone and into the unknown. She had always dreamed of pursuing a career in music but had never had the courage to take the first step. Today, she was auditioning for a local talent show. As she walked into the audition room, Isabella felt her heart pounding in her chest. Her palms were sweaty, and her legs felt like jelly. But she knew she couldn't let her fear hold her back any longer. With a trembling voice, Isabella began to sing. Her voice was soft at first, but as she gained confidence, it grew stronger and more beautiful. The judges sat in rapt attention, completely captivated by her performance.

As she finished her song, Isabella felt a sense of relief and accomplishment wash over her. She had faced her fear and conquered it. She had been brave. As she walked out of the audition room, Isabella realized that bravery isn't just about taking risks. It's about believing in yourself, even when the world tells you to doubt. It's about stepping out of your comfort zone and embracing the unknown. She realized that being brave is not a one-time thing, but a constant practice that can be applied to all areas of life.

From that day on, Isabella continued to pursue her dreams with courage and determination. She had learned that true bravery comes from within, and that anything is possible if you believe in yourself.

~ Aamna Raza



The Story Of Muniba

Muniba was 18 years when she got married as her father wanted her to do so .

'Good daughters never say no to their fathers'

It was never happy marriage. Just about after two years of getting marriage she had a car accident. Somehow her husband was able to save himself and left her to die.

One day the doctor came and said "Well, I heard that you wanted to be an artist but ended up being a housewife. I have a bad news for you ,you wont be able to paint again ". Next day the doctor came and said, "The spine injury is so bad that you won't be able to walk again". But she was alright.

Doctor came again and said " You won't be able to give birth to a child". That day she was devastated. She started questioning her existence. One day she asked her brothers to bring her some colours and canvas .She wanted to paint.

She expressed everything in her paintings . That day she decided that she is going to live life for herself. She would take every moment from life and would make it beautiful for herself .She wrote her all fears on a paper and decided to overcome them one by one . Her biggest fear was DIVORCE . She liberated herself by setting him free . She made herself so emotionally strong that on the day of her husband's marriage she texted that she was very happy for him.

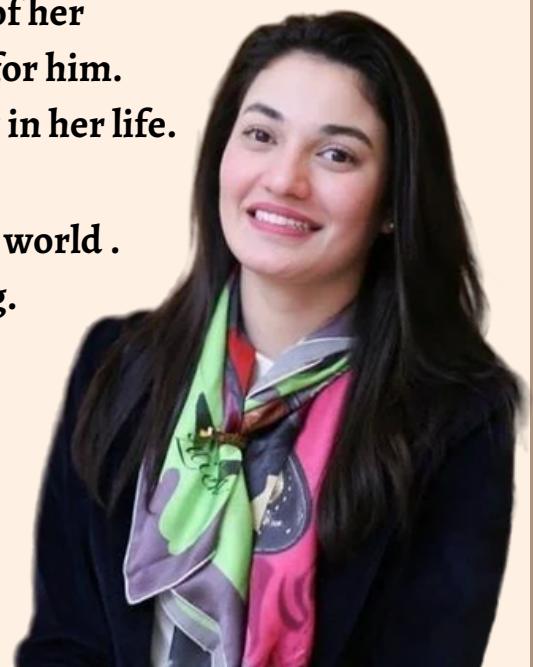
Her another sorrow was that she won't be a mother ever in her life.

She realized that there are thousands of children in this world .

All they want is acceptance ,so there is no point of crying.

Just go and adopt one and that's what she did. When she was called from an orphanage to adopt a baby boy of two days, she could feel the labour pain.

Now her son is six years old .



People feel that they will not be accepted by others because they in the world of perfects ,are imperfects.

Muniba is known as the IRON LADY OF PAKISTAN , she speaks for the rights of women and children ,she is UN women ambassador ,an actor ,model ,national anchor and a motivational speaker.

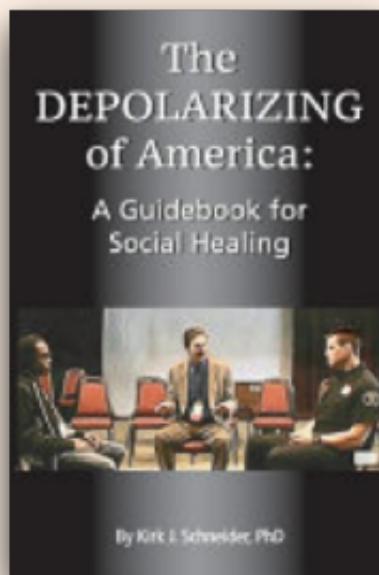
So , when you accept yourself the way you are , the world recognizes you.
If things don't go the way we have planned ,we end up giving up.

"This life is a test and a trial and tests are never supposed to be easy . When life gives you lemon, you make lemonade and don't blame life for that . Failure should be an option because when you fail, you get up and that's keep you going .DONT DIE BEFORE YOUR DEATH ,CELEBRATE LIFE . "

- MUNIBA MAZARI

~ Prerna Khatana

Tell Stories for Social Capital Accumulation



Like America is a polarizing society, India is a highly prejudiced, divisive, conflict-ridden, and brutalized society. In such a milieu, the proponents of the concept of 'human library' and the adherents to and practitioners of 'publish people as open books' are worth our attention and emulation as social-healers.

It may be noted that "Social healing is an emerging field that seeks to deal with wounds created by conflict, collective trauma, and large-scale oppression. It seeks to identify areas of collective experience that remain unresolved, neglected, and repressed within the psyche of groups and even nations. Its domain is centrally within consciousness rather than politics per se; it is psychospiritual in nature yet activist in its consequences. Its primary modalities are truth, reconciliation, forgiveness, and restorative justice. It requires individuals to assume the responsibility to become healing agents themselves and as such, it is experiential rather than ideological."

Social healing is required to build up social capital of a country. "Social capital allows a group of people to work together effectively to achieve a common purpose or goal. It allows a society or organization, such as a corporation or a nonprofit, to function together as a whole through trust and shared identity, norms, values, and mutual relationships." This holds good for a multi-cultural nation like ours, and the entire world of different nations as well.

“Social capital — the networks and links within and between social groups — can benefit us by increasing wellbeing and creating economic opportunities. For people and organisations, the problem comes when social bonds and bridges work to exclude others rather than include.”

The human library concept is an eminent mechanism of building up social capital. It is, in the true sense of the word, a library of people. The Human Library organisation “hosts events where readers can borrow human beings serving as open books and have conversations they would not normally have access to. Every human book from our bookshelf, represent a group in our society that is often subjected to prejudice, stigmatization or discrimination because of their lifestyle, diagnosis, belief, disability, social status, ethnic origin etc.”

Started first in Copenhagen in order to stop violence, the human library “is very much like a regular library where people go to check out books. The only difference is that the books are all human volunteers who have opted to speak about their experiences openly to an interested audience and answer any questions they are asked. Each volunteer is a book on a particular topic. Interested readers can check out a human book for an allotted length of time at a designated place (the time and place will be stipulated by the organizers) and have frank discussions about the topic. Thirty minutes of borrowing time is the norm. The space selected should be comfortable and provide enough privacy for open and honest discussions. Readers can ask questions which the human books will answer as best they can. When the reader is done with the book, they can return the book and check out another that is available.” “In a country as diverse as India, empathy and compassion are essential to weave a strong social fabric. Needless to say, the human library is a great way to vent individual emotions by becoming a “book” that others learn from. In India, the international undertaking that existed in 80 countries around the globe, had their first set up in Indore and is still going strong. There are nine other human library chapters across India – including in Delhi, Mumbai, Hyderabad and Chennai. A series of events ranging from sexual assault to mental health made India, explore this new space for real and unedited stories that come to life with ‘Human Library.’”

A most exemplary and fascinating personality in this connection is Andaleeb Qureshi who handles the Human Library Mumbai. Her TED talk is a must listening for you. She is an enlightened liberal Muslim Indian social entrepreneur, and writes cosmopolitan poetry as well, as follows:

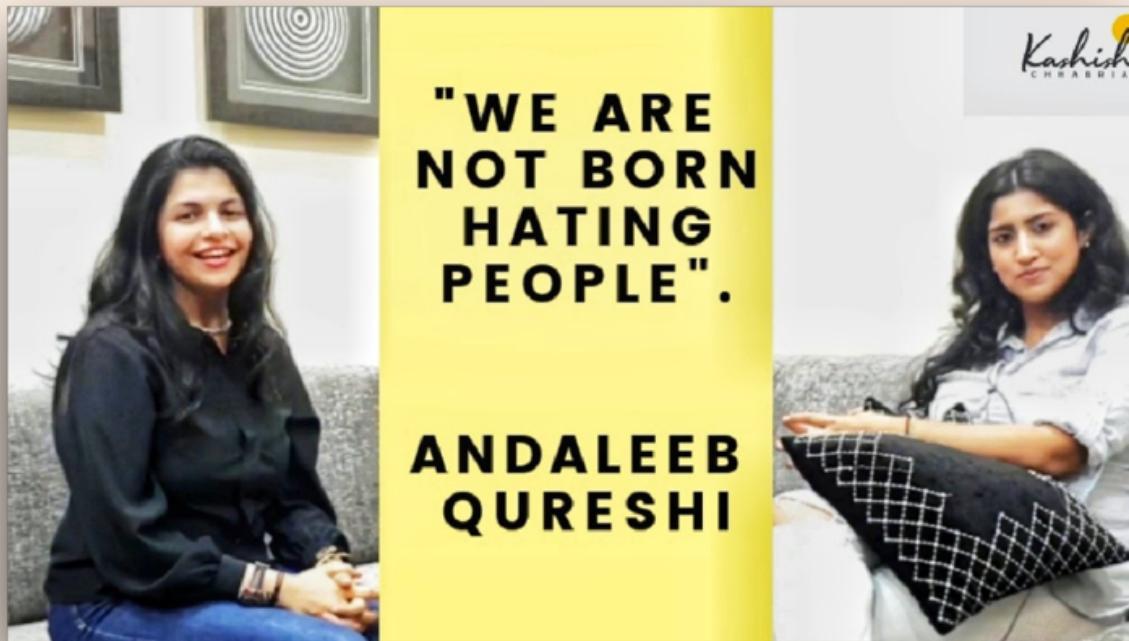
*Invincible Afterthought
Emptiness surrounds me
Disillusioned as I may seem
The banalities of this city
Makes me deny what could have been!
Sending my message in an angry light across the sky
For rain to your land so dry
And to wet your parched lips
To remind you of what could have been!*

*Everything left apathetic
Insipid felt my heart
The terrible taste in my mind and hurt ego
Did you even understand me, before you let it all go?
I wish to lose the sight of the shore
To sail new ocean waters
Where the vast skies are orange aglow.
To find someone I like
Someone who understands me
And just never let go!*

As she says, the human library “is a global social project that promotes humanity and social acceptance of people regardless of their backgrounds, profiles and the tags our society places on them. It follows a concept of any library we have ever been to. We just replace paper books with human books, who share their real-life experience – no scripts just real words and emotions. Readers walk into the venue and borrow a book that attracts their attention.” To conclude, “Once the reader borrows a human book with the help of a librarian, the reading session lasts for up to 40 minutes. In the conversation, there is a narration by book about their life around prejudices they have lived through. After the session, there is an open dialogue between the book and the reader. This exercise is to allow a free exchange of thoughts so as to help the readers know a greater deal about the prejudices. The prime objective of the project is tolerance and respect and the basic principle of learning in the process is not to judge a book by its cover. What is most encouraging about the human library is that it allows the readers the space to directly confront their prejudices by choosing a subject they don’t understand. Through listening to the experiences of the books, the reader is able to connect to its subjects in a deeply personal way because these books say a lot more inside than their cover outside. And there is no pin drop silence.”

Can you be an Andaleeb Qureshi?

Or, can you accept, internalise and externalise the climactic message of the pan-India Kannada movie, Kantara, about living together (with humans as also Nature)?



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