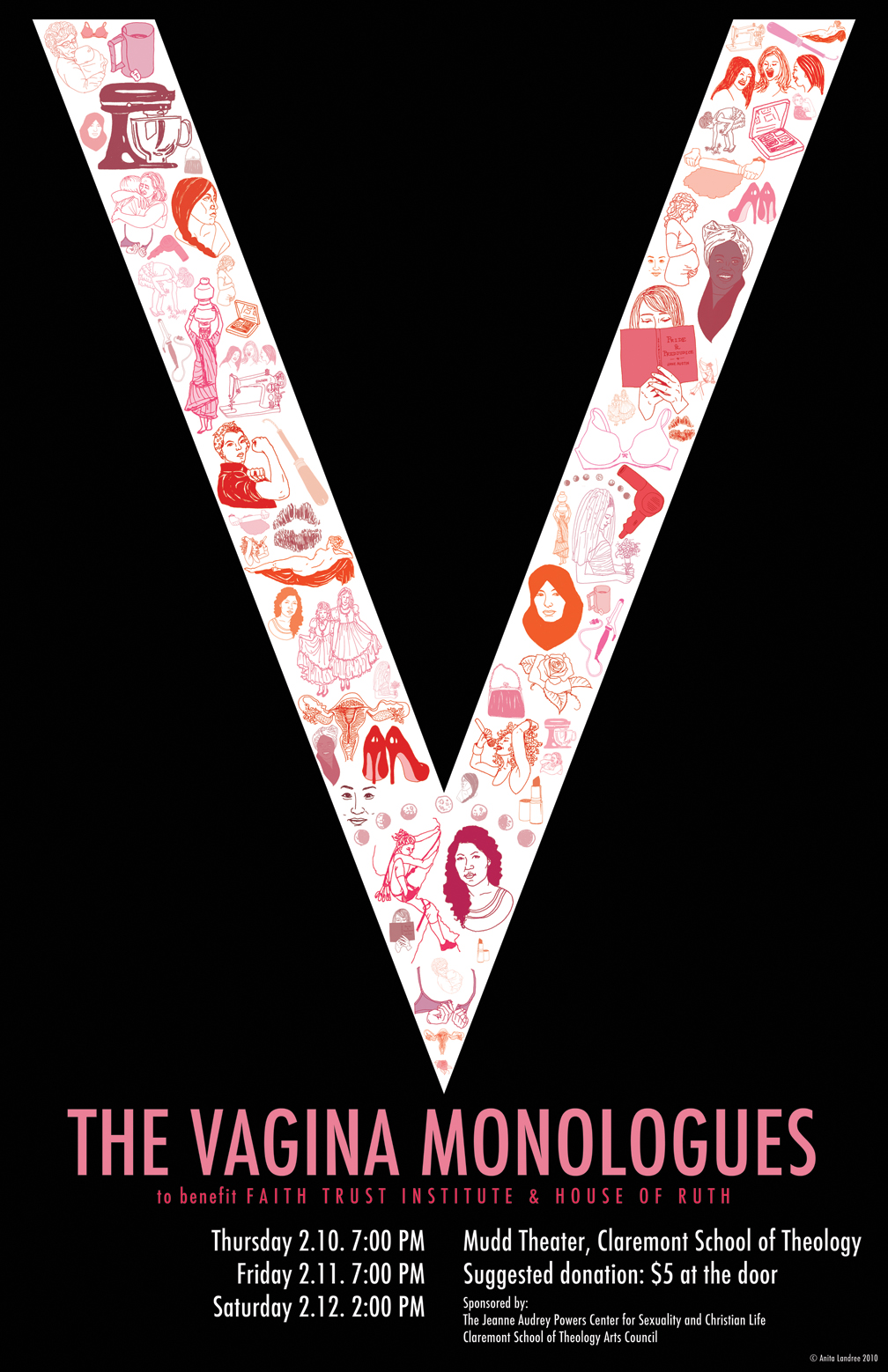
IT’S CALLED A VAGINA!

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On a Sunday morning at 10 a.m., when I was comfortably snoring in my bed, my phone vibrated for the 6th time in a row. On answering the phone, a very energetic and enthusiastic voice from the other side said “Don’t make any plans for the day, we are going for a play”. I asked which play and my best friend said “Vagina Monologues”. My eyes popped out right then. I made sure I had heard the name correct. I wasn’t sure to watch it and got surrounded by questions like what it would be all about. Thinking of all this just made me uneasy. My nervousness was at its peak at the ticket counter. Even taking the name of the play gave me goose bumps.

After being seated, the host asked how many people could say the word ‘vagina’ comfortably. He wanted the audience to get at ease with the subject of the play. He took the name of the play over and over again. The word vagina echoed from every corner. Finally, after repeatedly listening to him, sweat drenched faces became normal. And by the end of the play, I can guarantee that most of the people were confident enough to say ‘vagina’ loud and clear.

The penis and vagina are body parts just like our nose, knee, big toe or liver.  Why should we be ashamed, or at the very least be uncomfortable saying those two words? Why can’t we just use the anatomically correct words?

This taught me a lesson that needs to be jotted down in block letters. The only way to ease out our awkwardness is to speak up and have a wider horizon and not make a huge deal out of such petty issues. It is healthy to have conversations about anything and everything. We have the right to put forward our opinion for each and every issue. And if we cannot gather the courage to say something as simple as a ‘vagina’, how are we going to speak on issues like sex, live-in relationships, prostitution, homosexuality, etc.

No one ever gained anything from keeping mum. Ignition is what is needed and that is what this play did for me, “The play that dared to use the V-word”. So it’s better to unzip our mouths and speak what is correct.

By writing this article, I have tried, to the best of my ability, to break down the stigma around such words.  I would appreciate if you think where your comfort level is when using the words penis and vagina.  Are you totally comfortable spitting these words out or do these words only belong in the doctor's office?