



TARANG Health Newsletter

Skills Have No Gender

What is Meant by Gender Equality?

Gender equality refers to the equal rights, responsibilities, and opportunities of all individuals, regardless of their gender. It emphasizes that everyone should have the ability to participate fully in societal, economic, and political life without discrimination. Achieving gender equality means dismantling barriers that prevent individuals from achieving their true potential based on traditional gender roles or stereotypes.

Beti ho ya beta - pehchaan bane hunar se, gender se nahi.



Har Baccha Alag Hai. Career Choice Talent Se Ho, Gender Se Nahi.

Why is Gender Equality Important?

Gender equality is crucial for several reasons:

1. **Empowerment:** It empowers individuals to pursue careers and education based on their interests and talents rather than traditional gender expectations.
2. **Economic Growth:** Equality contributes to economic development; when all individuals can participate fully in the workforce, productivity and innovation increase.
3. **Social Justice:** It promotes fairness and justice in society, which is essential for creating a harmonious living environment.
4. **Role Models:** Gender equality fosters diverse role models and leaders who can inspire future generations.



Signs of Gender Equality at Home and School

Recognizing signs of gender equality is crucial for assessing whether an environment promotes equal opportunities. Key indicators include:

1. Shared responsibilities in household chores and decision-making.
2. Equal participation in academic and extracurricular activities.
3. Open communication about emotions for all children.
4. Support for individual interests beyond traditional gender norms.
5. A culture that respects contributions from all children.



What Can Parents Do? Behavior and Career Encouragement

Parents play a vital role in fostering gender equality:

1. Give equal importance to daughters' education: Ensure both daughters and sons have the same access to resources, study time, and encouragement.
2. Share housework among all children: Involve all children in household tasks, building life skills and fostering a sense of equality.
3. Encourage dreams without fear: Communicate to your children that they can pursue any occupation they desire regardless of gender. Use affirmations like, "Beta/Beti, tum jo banna chaho ban sakte ho" (You can be whatever you want).
4. Appreciate effort, not gender: Celebrate hard work and creativity rather than focusing solely on results.
5. Model equality at home: Actively demonstrate equal sharing of tasks and responsibilities among all family members.



What Can Teachers Do?

Teachers can significantly influence students' perspectives and actions regarding gender:

1. Provide equal chances to participate: Encourage all students to answer, lead discussions, and present projects without bias.
2. Encourage girls in STEM subjects: Make science, technology, engineering, and mathematics engaging and relevant to all students.
3. Promote boys' participation in arts and emotional expression: Support boys in pursuing artistic interests and expressing their feelings openly.
4. Prevent gender-based teasing: Establish a respectful classroom environment where all students feel valued and safe.

Inspirational Models for All Individuals

Highlighting powerful individuals who have shattered stereotypes and serve as role models:

Woman and Transgender Pioneers :

Avani Chaturvedi – Fighter Pilot - Among India's first women fighter pilots, she soars high at 35,000 feet!

Ritu Karidhal – Space Scientist - A key scientist in India's Mars mission, she's reaching for the stars!

Dr. Kiran Bedi – First Female Officer of the Indian Police Service (IPS) - A trailblazer in law enforcement, she has paved the way for women in policing.

Mithali Raj – Cricketer – One of India's greatest women cricketers and former captain.

Kalki Subramaniam – Activist and the first transgender woman to act in a Tamil film.

Gauri Sawant – A social activist who became a landmark figure as India's first transgender woman to adopt a child.



Avani Chaturvedi



Ritu Karidhal



Dr. Kiran Bedi



Mithali Raj



Kalki Subramaniam



Gauri Sawant

Let us know what you would like us to address in this newsletter by writing to us at taranghealthalliance@gmail.com