

# Women and sexual harassment

We should turn the question around to look at the harasser, not the target. We need to be sure that we can go out and look anyone who is a victim of harassment in the eye and say, 'You do not have to remain silent anymore.' – Anita Hill

In my opinion, everyone should read the above quote at least once in a lifetime. Especially, in a country like ours where a women's character is judged based on her clothes, on the number of male friends she has, her working hours, and a lot more.

According to scholars like R.S Sharma, Romila Thappar, and Upinder Singh. In the Rig Vedic period both males and females enjoyed equal rights and opportunities. By the later Vedic period things turned out to be the opposite. Women were considered to be polite, and focus on their beauty. Sacrifice her life for her husband and father. In the modern era, things have changed women have fought for their rights. Women are into defense forces, judges, sports in-short in every field proving the patriarchal society wrong. Bollywood movies like Pink, Thappad, Dangal, Mary Kom, No one killed Jessica are few examples that represent women's empowerment.

Sexual harassment is not only done at the workplace it can be anywhere on roads, in public vehicles even at their homes. (<https://www.youtube.com/watch?v=KodiM39XYhl>). Sexual harassment cases are increasing day by day about 678 cases were registered in 2019-2020 (<https://www.outlookindia.com/newscroll/678-sexual-harassment-cases-reported-in-201920-report/2042785>). There might be hundreds of more cases that were not registered. We all know self-defense is important but how many of us know about it? We know our rights but how many of us are fighting for them? Or if we know how many of us are making people around us aware of it?

At a young age, numerous girls are not aware of the friendly touch and bad touch, they don't discuss if any mishappenings occur to them with their parents which in future might get worse. People from the Mukkamaar organization are taking small steps to make a change in society. They go to schools and teach girls about self-defense, their rights, and encourage them to raise their voice if they experience or identify anything wrong.

There is a quote by Mahatma Gandhi "Be the change you want to see in the world." We don't



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There is a quote by Mahatma Gandhi "Be the change you want to see in the world." We don't

have to be economically rich or have a vast platform to explain our thoughts and actions. Dedication, humanity, and responsibility for your country are enough to be the change.

Learning doesn't have an age you can learn at every moment of your life. Take at least one hour out from your schedule for your health. And if possible do join organizations that are working so hard for others.

Let's join together and fight against sexual harassment.

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