

**Report of 7 days International Web talk show on  
Gender Stereotypes: A Lived Reality  
25<sup>th</sup> July to 31<sup>st</sup> July 2020**



**Institute of Women's Studies  
University of Lucknow  
Lucknow, Uttar Pradesh**



# लखनऊ विश्वविद्यालय University of Lucknow

## Institute of Women's Studies International Web Talk Show Gender Stereotypes : A lived reality

25th to 31st July 2020 | From 4:30 to 6:30

### Objectives

- To Educate the participants on what Gender and Gender Stereotype means:
- To engage participants in identifying prevalent Gender Stereotype at various levels in Society.
- To recognize Institutionalized reinforcement of Gender Stereotypes.
- To contemplate/Identify the adverse effects of Gender Stereotypes on people and the world.
- To motivate participants to make intervention for erasing existing Gender Stereotype

### Inaugural Function

#### Chief Guest



**Ms Monika Garg**  
Additional Chief Secretary,  
Department of Higher Education  
Government of U.P.

#### Guest of Honor

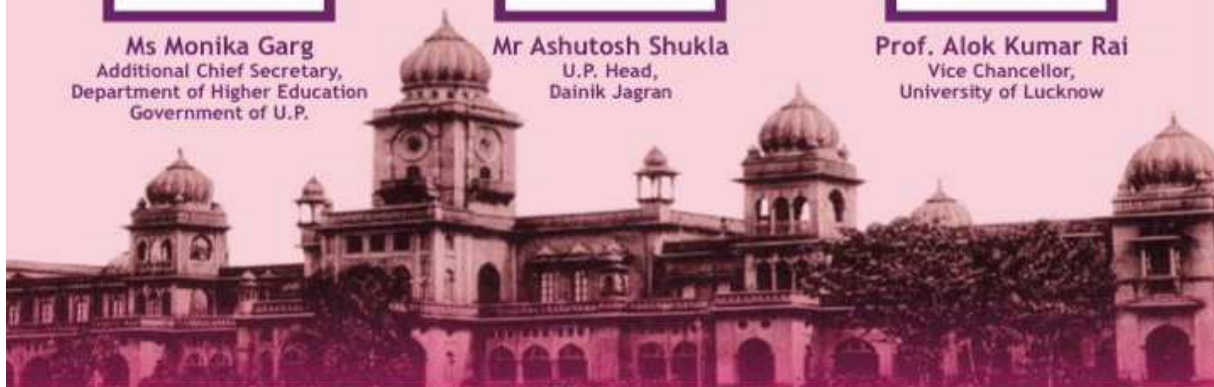


**Mr Ashutosh Shukla**  
U.P. Head,  
Dainik Jagran

#### Presided by



**Prof. Alok Kumar Rai**  
Vice Chancellor,  
University of Lucknow



## Our Speakers

26 July 2020



**Hon'ble  
Justice Mr Manish Kumar**  
High Court of Judicature,  
Allahabad



**Ms Simran Shaikh**  
Program Officer,  
India HIV Alliance

27 July 2020



**Ms Preeti M Shah**  
Sr. Project Coordinator  
Shiv Nadar Foundation



**Ms Pratima Anand**  
Proprietor  
PINDI Finance Company



**Mr Deepak Changa**  
General Manager,  
Bisleri International  
Pvt. Ltd

28 July 2020



**Mr Rahul Srivastav**  
SP City, Jhansi



**Ms Sweta Srivastava**  
Assistant Commissioner of Police

29 July 2020



**Prof. Mukul Bhalla**  
PhD, Dean of  
General Education,  
American Inter-  
Continental University,  
Virginia, USA



**Dr Amita Tewari**  
Real Estate Agent,  
Maryland, USA



**Ms Anna Selga**  
MBA, Department Chair,  
General Education,  
American Intercontinental  
University, USA

## Moderators



**Prof. Manuka Khanna**  
Department of Political Science,  
University of Lucknow



**Prof. D R Sahu**  
Department of Sociology,  
University of Lucknow



**Prof. D N S Yadav**  
Department of Law,  
University of Lucknow



**Prof. Rakesh Chandra**  
Department of Philosophy  
University of Lucknow



30 July 2020



**Padamashree Malini Awasthi**  
Folk Singer, Lucknow



**Mr V B Mishra**  
ADM Transgomti,  
Lucknow

### Valedictory Session



**Ms Abha Singh**  
Lawyer (Social Activist),  
High Court, Mumbai



**Prof. B K Shukla**  
Dean Faculty of Arts,  
University of Lucknow

### Organising Committee



**Convener**  
**Dr. Archana Shukla**  
Coordinator,  
Institute of Women's Studies,  
University of Lucknow



**Dr. Nehashree Srivastava**



**Ms Deepti Mehrotra**



**Mr Ignatius  
Shimi Preetham**



**Ms Vimla**



**Prof. Nishi Pandey**  
Department of English,  
University of Lucknow

### Details

- The proposed length of the web talk show will be of two hours.
- Mode of web talk will be lecture and interaction in Hindi, English languages.
- Registration is free and separate link will be provided for registration.
- Only registered participants will receive an e certificate

Follow the below link to join  
**Web Talk Show**

[meet.google.com/qmgrp-yt](https://meet.google.com/qmgrp-yt)

Join by **Phone**

(US) +1 631-880-3530  
Pin : 615 579 342#

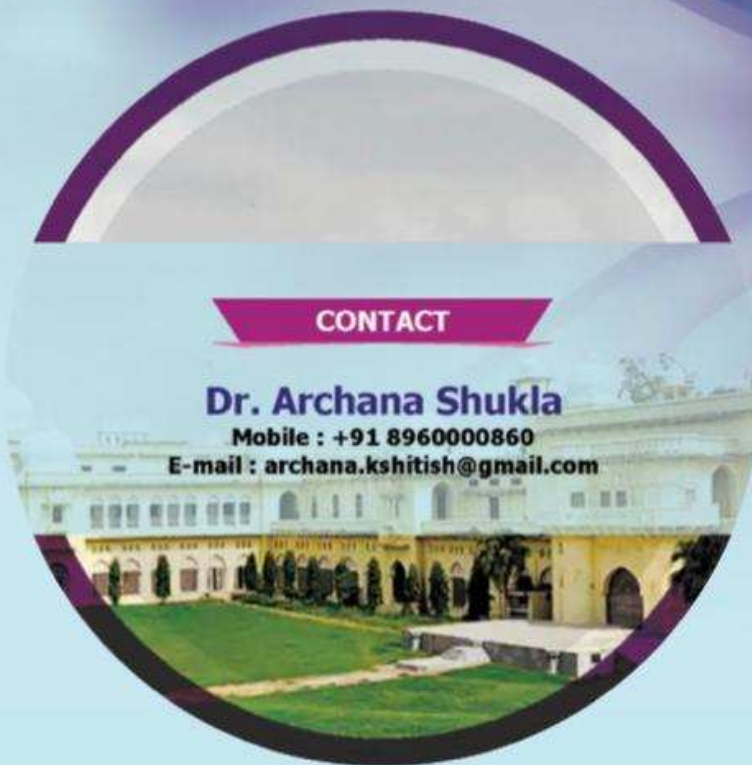
**Join 10 Minutes Before**

**CONTACT**

**Dr. Archana Shukla**

**Mobile : +91 8960000860**

**E-mail : [archana.kshitish@gmail.com](mailto:archana.kshitish@gmail.com)**



## Gender Stereotypes: A Lived Reality

The 7-days International Web talk show on '*Gender Stereotypes: A Lived Reality*' as per the guidelines of UGC was organized by the Institute of Women's studies, University of Lucknow, with Dr. Archana Shukla, Coordinator, Institute of Women's Studies, as the convener of this programme. This event took place from 25<sup>th</sup> July to 31<sup>st</sup> July 2020 with sessions scheduled during 4.30 pm to 6.30 pm on each day. The talk show was attended consistently by 150 participants on all seven days. The participants comprised of faculty members of Universities, Degree colleges of U.P, Bihar, Maharashtra, Assam and Karnataka. Research scholars, students, social workers, psychologists across the nation also participated.

Eminent speakers across the country and abroad, from Judiciary, Media, Police, Academics, Corporate World, Transgender, Culture and Literature have addressed the participants during the course of this talk show, who themselves have navigated through the gender stereotypical influences and have been trend setters in breaking these barriers

The major objectives of this talk show were

- To educate the participants on what Gender and Gender Stereotype means.
- To engage participants in identifying prevalent Gender Stereotypes at various levels in society.
- To recognize institutionalized reinforcement of Gender Stereotypes.
- To contemplate/ identify the adverse effects of Gender Stereotypes on people and the world.
- To motivate participants to make interventions for erasing existing Gender stereotypes.

The key features that made this web talk show so unique and a memorable experience has been

- The contextual relevance of the topic '*Gender Stereotypes: A lived reality*'
- The multi-dimensional approach in addressing Gender Stereotypes
- A range of esteemed and accomplished speakers in their respective domains
- The enriching and inspiring life experiences shared by the speakers, including their struggles
- It's international scale that brought into the discourse a global perspective

Honourable Vice Chancellor of University of Lucknow, Prof. Alok Kumar Rai inaugurated the function on 25<sup>th</sup> July 2020. In his speech, he emphasized on the fact that University of Lucknow has been committed for gender equity, a reflection of which is seen in a number of senior positions being held by women, not because they are females but in due recognition of their merit. The inaugural function also graced Ms Monika Garg, Additional Chief secretary, Department of Higher Education, Government of U.P, as the Chief Guest; and Mr Ashutosh Shukla, U.P. Head, Dainik Jagran as the Guest of Honour.

Ms Monika Garg, in her address appreciated this initiative in choosing a topic of contextual relevance and the range of speakers from various domains. She depicted the situation of women in the light of the Gender Inequality Index and emphasized on how gender stereotypes have ramifications on economy, society and mental health. She highlighted the need for every individual to develop a sense of respect for women and a commitment to provide equal opportunities besides men.

Mr Ashutosh Shukla, spoke on the transformation within media with respect to gender stereotypes where women are now seen in reporting crime and politics which were earlier viewed predominantly as the arena of male reporters. He added that there is much to be achieved.

On day two, Hon'ble Mr Justice Manish Kumar, High Court of Judicature, Allahabad, spoke about the wide scope for women lawyers, pointing out to the eagerness judiciary exhibits in promoting able female lawyers, in spite of low (10% to 15%) representation of women among the registered lawyers in the Bar Council of India. Ms Simran Shaikh, a transgender working with India HIV Alliance as a Programme Officer, shared her struggles in being identified and accepted by the society. Her determination in facing the hardships, and her trajectory from facing rejection



to representing India in U.N, highly motivated and inspired the participants. The session was moderated by Prof. Manuka khanna, Department of Political Science University of Lucknow.

The following day, Ms Preeti M Shah, Sr. Project Coordinator, Shiv Nadar Foundation, who is also the first parasailist of Lucknow motivated the participants to challenge the gender stereotypes and urged families to raise kids without discrimination and to instil a sense of respect for everyone. Ms Pratima Anand, Proprietor, PINDI Finance Company, also a trend setter in leading a Commercial Heavy Vehicles Finance Company, said that a polite gentle personality can also be adamant and dedicated. She emphasized that there is no need to be discourteous and disrespectful in order to be successful. Mr. Deepak Changa, General Manager, Bisleri International Pvt. Ltd, in his address, acknowledged the potential of women. He went on to challenge various advertisements that continue to infuse gender stereotypes in the minds of the viewers. The session was moderated by Prof. D R Sahu, Department of Sociology, University of Lucknow.

Day four had its focus on presenting the perspective from the police department. Mr Rahul Srivastava, SP City, Jhansi, awarded with President's Gallantry medal, shared his own findings from his research on the deeply ingrained gender stereotypes. He insisted that unravelling of patriarchal mindset should begin at each home. Ms Sweta Srivastava, Assistant Commissioner of Police, beautifully and creatively narrated an imaginary character 'Jaya' to portray the various stages and the struggles a woman get to navigate and negotiate facing the deep seated gender stereotypes. She encouraged women to consider challenges as opportunities rather than as obstacles. The session was moderated by Prof. D N S Yadav, Legal Advisor to Honourable Vice chancellor, University of Lucknow.

The global perspective on the topic was facilitated on day five, with three eminent and accomplished speakers representing the Asian voices in the U.S. Among them were Prof. Mukul Bhalla, Dean of General Education, American Intercontinental University, who happens to be the first Indian female to earn her Ph.D. in Psychology from the University of Virginia, U.S; Dr. Amita Tewari, Real Estate Agent in Maryland, U.S; and Ms Anna Selga, MBA, Department Chair, General Education, American Intercontinental University, U.S, who hails from Philippines. Prof. Mukul Bhalla discussed on the variation of expressions of gender stereotypes across cultures, with U.S as no exception. She pointed out that for change to happen, every generation should begin with small steps with patience but unrelentingly. Dr. Amita Tewari spoke on the aspect of non-monetary engagement of women at households and their feminine inclination towards it which results in ending up taking more than their fair share. Ms Anna Selga, expressed her disapproval of 'shoulds' based on gender. She also shared on how along with her husband could redefine gender roles based on partnership and friendship as against the traditional religious views. She added that activities are not to be bounded by gender. The session was moderated by Prof. Rakesh Chandra, Department of Philosophy, University of Lucknow.

It was an honour to host Padmashree Malini Awasthi, Folk Singer, Lucknow, on the sixth day of the show. Her life experiences in dealing with gender stereotypes and her commitment to promote the Indian culture through folk music was truly inspiring. She mesmerized the participants through her folk songs that were enlightening and addressing the ingrained gender stereotypes. Mr VB Mishra, ADM, Lucknow, who is also a renowned writer, on the other hand shared about his own journey in the shaping of a right perspective on gender. He shared some of his famous writings that were directed towards celebrating the female gender in its right sense. The session was moderated by Prof. Nishi Pandey, Department of English, University of Lucknow.

On the concluding day Ms. Abha Singh, Lawyer and Social Activist, Mumbai High Court, with factual figures painted the picture of the state of affairs women in India are in the present scenario. She emphasized that it's high time to address the issues of exploitation and discrimination faced by women. She went on to say that this century is not of muscle but wisdom, expressing her high hopes on education as an enabling factor to empower girls and women. Prof. B K Shukla, Dean Faculty of Arts, University of Lucknow, congratulated Dr. Archana Shukla and the Institute of Women's studies, University of Lucknow for this endeavour.

From a historical perspective he shared on how perceptions on gender varied with time to be what they are now. He encouraged the participants to take this learning a long way and to instil a change for equitable society.

All the sessions were interactive and effectively moderated by the power packed academicians of the University of Lucknow from various departments. Their expertise facilitated lively interactions with both the speakers and the participants making each session a very enriching and enlightening experience for all.

The participants appreciated the concept of interaction with the speakers where there could put across live questions to the speakers. To add more all the speakers were welcomed with motivational lines, songs, couplets by the organizing members on each day of this event.

The speakers also welcomed the idea that they shared their success stories, the concept of gender stereotypes as prevalent in their work area. They gave inputs to the coming generation, young participants as to how to break the gender stereotypes making them realize that each individual be it male or female has an important role to play to change the whole scenario in the coming times.

The event was widely covered by the local and leading newspapers, both in English and Hindi. The media highlighted the thoughts of speakers of each day and their inputs on what can be done to break the gender stereotypes from social point of view.

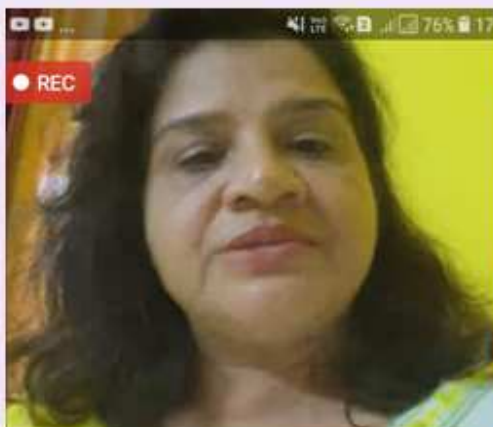
E-certificates were given to the participants who were present throughout the 7-days of the talk show. The participants showed keen interest of when a similar type of programme would take place. Lastly to add more the overwhelming feedback of the participants which was gathered online through mentimeter.com on each day, their positive comments and their receptive nature made this event a great success.



Institute of Women's Studies  
**International Web Talk Show**  
Gender Stereotypes : A lived reality

**Inaugural Function**

**Prof. Alok Kumar Rai,**  
Vice Chancellor,  
University of Lucknow  
witnesses a decent number  
of senior positions being  
held by women, not  
because they are females  
but in due recognition of  
their merit.'



**Ms. Monika Garg,** Additional  
Chief Secretary, Dept. of Higher  
Education, Government of U.P.  
'every individual should  
develop a sense of respect for  
women and a commitment to  
provide equal opportunities  
besides men.'

**Mr Ashutosh Shukla,** U.P.  
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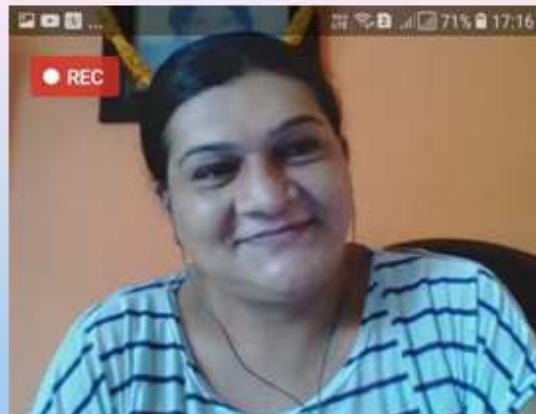




**Convener**  
**Dr. Archana Shukla**  
Coordinator,  
Institute of Women's Studies,  
University of Lucknow

## DAY 2

**Ms. Simran Shaikh,**  
Program Officer, India HIV  
Alliance, 'deepest need was  
neither to gain sympathy nor  
empathy from other genders,  
but to be received, accepted  
and regarded as a  
transwoman.'



**Hon'ble Justice Manish  
Kumar, Judge, High Court of  
Judicature, Allahabad,** 'the  
double burden on female lawyers  
unlike men puts them at a  
disadvantage, cutting short their  
productive work time especially  
when 15 to 16 working hours are  
required of them.'



## DAY 3

**Ms. Preeti M. Shah** Senior Project Coordinator, Shiv Nadar Foundation ‘families should raise kids without discrimination and instill a sense of respect for everyone’



**Ms. Pratima Anand**, Proprietor, PINDI Finance Company ‘a polite gentle personality can also be adamant and dedicated. You don't need to be discourteous and disrespectful to be successful’

**Mr. Deepak Changa**, GM, Bisleri International Pvt. Ltd expressed his views on gender stereotypes and how they get to impose behavioral patterns based on gender. He emphasized the need to change the notion of gender stereotypes.



## DAY 4



**Mr. Rahul Srivastava, SP City, Jhansi** 'prevalent patriarchal mindset can sometimes be oriented to slow down the increase in the representation of women in police force'

**Ms. Sweta Srivastava,** Assistant Commissioner of Police addressed the challenges faced in our society concerning police job. While she mentioned the realities involved, she also discussed on the possible solutions that can facilitate change.





## DAY 5



**Prof. Mukul Bhalla**, Dean of General Education, American Intercontinental University, Pheonix, Arizona ‘religious schools are conveying much more traditional view of the women.’ ‘U.S. has much higher number of male nurses’

**Dr Amita Tewari** Real Estate Agent, Maryland, USA ‘women in their basic feminine nature have an inclination to take care of children and households and in the process end up taking more than their fair share.’



**Ms Anna Selga**, MBA, Department Chair, General Education, American InterContinental University shared her insights on gender stereotypes as experienced in both personal and professional settings and how to shift one’s own mindset to begin the work.

## DAY 6

**- Mr. VB Mishra** ADM  
Transgomti, Lucknow.  
Additional Commissioner of  
Police, He expressed his views  
on the gender stereotypes and  
on how writing can generate  
awareness and influence the  
readers for a change of  
mindset



**Padmashree Malini Awasthi**  
Folk Singer, in her intrinsic  
spontaneity mesmerized the  
participants with her giftedness as  
a folk singer and has shared her  
concerns with regard to the  
persisting gender stereotypes in  
the society.

## DAY 7

### Valedictory Session

**Ms Abha Singh**, Lawyer and Social Activist, Mumbai High Court addressed the participants to have their individuality. She emphasized that it's high time to address the issues of exploitation and discrimination faced by women.



**Prof.B.K. Shukla,**  
Dean Faculty of Arts  
University of Lucknow,  
Lucknow



# PRESS COVERAGE



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## Breaking the barriers of 'Gender Stereotypes'

International Web talk show on 'Gender Stereotypes: A Lived Reality', as per the guidelines of UGC, is being organized by the Institute of Women's studies, University of Lucknow. The key features of this event includes a multi-dimensional approach on the subject through a range of speakers from Judiciary, Media, Police, Academics, Corporate World, Transgender, Culture and Literature.

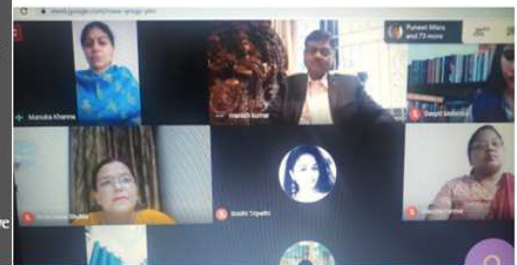
The second day of this event had Hon'ble Mr Justice Manish Kumar, High Court of Judicature, Allahabad, as a speaker to bring in the perspective from the Judiciary. In its move towards breaking the barriers of gender stereotypes, this session also hosted Ms Simran Shaikh, a transgender working with India HIV Alliance as a Programme Officer. She added the perspective from the third gender into the discourse

भारत सरकार के विकास अभियान को समर्पित



## महिला अध्ययन संस्थान, लखनऊ विश्वविद्यालय में सात दिवसीय अंतर्राष्ट्रीय वेब टॉक शो "जेंडर स्टीरियोटाइप्स": ए लिव्ड रियलटी

July 27, 2020 • Rajeev Mishra • समाचार



## एलयू में अंतर्राष्ट्रीय वेब टॉक शो आज से

लखनऊ। लखनऊ विश्वविद्यालय के महिला शोध संस्थान की ओर से सात दिवसीय अंतर्राष्ट्रीय वेब टॉक शो की शुरुआत शनिवार से होगी। इस बारे में जानकारी देते हुए विश्वविद्यालय के प्रवक्ता डॉ. दुर्गा शर्मा ने बताया कि यूजीसी के निर्देश पर इस कार्यक्रम को आयोजित किया जा रहा है। यह कार्यक्रम 25 जुलाई से 31 जुलाई तक गूगल मीट पर ऑनलाइन आयोजित किया जाएगा एवं इसका लाइव प्रसारण यू-ट्यूब पर भी किया जायेगा।

Dr. Archana Shukla, Coordinator, Institute of Women's Studies and convener of this program took the opportunity to welcome and introduce the distinguished guests and handed over the meeting to Prof. Manuka Khanna, Department of Political Science, University of Lucknow, to moderate and facilitate the interactions there by. It was fascinating to witness in a platform like this to have an accomplished guest Hon'ble Mr. Justice Manish Kumar who himself had an opportunity to be taught by Prof. Manuka Khanna, the moderator for this event. Prof. Manuka also oriented the participants on what gender is and how it is being socially constructed.

## University in News on 27 July 2020

THE PIONEER PAGE 2

### WEB TALK SHOW

On the second day of the 7-day international web talk show on 'Gender Stereotypes: A Lived Reality', organised by the Institute of Women's studies, University of Lucknow, Justice Manish Kumar, High Court of Judicature (Allahabad), was the key speaker. The session was also hosted Simran Shaikh, a transgender working with India HIV Alliance as a programme officer. Justice Manish Kumar shared his journey from choosing to be a lawyer to becoming a judge. He pointed out that courts positively look out for female lawyers when it comes to elevation to senior positions, but only 10% to 15% of the lawyers across the country are women. He encouraged women to consider this profession as it opens up so much of scope in terms of career progression for those who are committed irrespective of gender.

### लविवि : घर या बाहर लिंग भेदभाव ठीक नहीं



लखनऊ। लोक गायिका, पद्मश्री मालिनी अवस्थी ने कहा है कि मैंने परिवार में तो लिंग भेदभाव का अनुभव नहीं किया, लेकिन रिश्तेदारों में लिंग भेदभाव का अनुभव किया। मैंने जीवन में ठाना था कि लिंग भेदभाव को पीछे करके अपने प्रोफेशन को जोकर दिखाऊंगी और आज मैंने इसको एक कलाकार के तौर पर कर दिखाया। वे महिला अध्ययन संस्थान, लविवि के सात दिवसीय अंतर्राष्ट्रीय वेब टॉक शो के छठवें दिन बतौर मुख्य अतिथि संबोधित कर रही थीं। उन्होंने सभी प्रतिभागियों को लिंग भेदभाव को न करने व लिंग भेदभाव से दूर रहने की अपील की। विशिष्ट अतिथि एडोपम लखनऊ बोर्बो मिश्रा ने कहा कि समाज में लिंग भेदभाव को मैंने करीब से देखा है। उन्होंने बताया कि साहित्य के द्वारा भी लोगों के मन: स्थिति को परिवर्तित किया जा सकता है। युवा पीढ़ी को नारी का सम्मान करना चाहिए। सत्र का संचालन लखनऊ विश्वविद्यालय की अंग्रेजी विभाग की प्रो. निषी पांडेय ने किया। विश्व भूषण ने बताया कि जीवन सफलताओं का नहीं संघर्षों का है और इसको खुरा होकर जीना चाहिए। कार्यक्रम संयोजक एवं समन्वयक डॉ. अर्चना शुकला, महिला अध्ययन संस्थान ने सभी का आभार प्रकट किया। उन्होंने बताया कि अगला सत्र 31 जुलाई को पुनः संचालित किया जाएगा।

## समानता के लिए उठाएं आवाज

लखनऊ: महिला अध्ययन संस्थान, लविवि के वेब टॉक शो के तीसरे दिन शिव नादर फाउंडेशन की सीनियर प्रोजेक्ट कोऑर्डिनेटर प्रियंका एम शाह, पिंडी फाइनेंस कंपनी की प्रतिमा आनन्द और बिसलेरी इंटरनेशनल के जीएम दीपक चंगा शामिल हुए। लविवि में समाजशास्त्र विभाग के प्रो. डीआर साहू ने वक्ताओं के सामने सवाल रखे। वक्ताओं ने कहा कि लैंगिक समानता के लिए रूढ़िवादी विचारों के खिलाफ आवाज उठानी होगी। (जास)

## महिला अध्ययन संस्थान, लखनऊ विश्वविद्यालय, लखनऊ में सात दिवसीय अंतर्राष्ट्रीय वेब टॉक शो का आयोजन

July 24, 2020 • Rajeev Mishra • समाचार

महिला अध्ययन संस्थान, लखनऊ विश्वविद्यालय, लखनऊ में सात दिवसीय अंतर्राष्ट्रीय वेब टॉक शो का आयोजन यूजीसी के परामर्शानुसार किया जा रहा है। यह कार्यक्रम 25 जुलाई 2020 से 31 जुलाई 2020 तक सायं 4:30 से 6:30 बजे तक गूगल मीट पर ऑनलाइन आयोजित किया जाएगा एवं इसका लाइव प्रसारण यू-ट्यूब पर भी किया जायेगा। टॉक शो का विषय 'जेंडर स्टीरियोटाइप्स': ए लिव्ड रियलटी शो है। इस कार्यक्रम का गूगल रजिस्ट्रेशन राष्ट्रीय एवं अंतर्राष्ट्रीय स्तर के लोगों ने करा लिया है। सभी प्रतिभागियों ने इस कार्यक्रम को लेकर अपनी उत्सुकता दर्शायी है। इस टॉक शो का प्रमुख उद्देश्य है - जेंडर और जेंडर स्टीरियोटाइप्स का मतलब क्या है एवं इस पर प्रतिभागियों को शिक्षित करना।



# FEEDBACK

Knowledgeable program and excellent, thanks to organizer  
Session was really very interesting and informative and useful  
session thank you ma'am and sir sharing valuable  
information and knowledge



D.R Sahu sir lecture

Discussion by Alok sir & Shweta ma'am was so impressive

Today's scenario if we talk about feminism it's totally  
stereotypes; in this regard talk of Amit bhalla is very  
effective. If we think about feminism we must be soft corner  
try to cooperate in all respect, because there is no more  
difference

The personal experiences shared were extremely  
overwhelming. The real life incidents and how the guests  
took experience from them was extremely inspiring.

Today's session was very nice and very relevant to the  
actual topic. The speakers were very good and so was the  
moderator.

The personal touch from the speakers added  
session. It was really great. Thanks

It was a very fruitful session. Thanks to all the speakers who  
beautifully showed up the gender stereotypes prevailing in  
our society. The concept of 'gender stereotypes' in our  
society need to be changed because... A nation is the  
backbone of women.

अवध की शान लोकगीतों की जानमालिनी अवस्थी जीको  
प्रणाम 🙏🙏 निशि मैम आप को सुनना और देखना अपने आप  
में सकारात्मक ऊर्जा प्रदान करता है। धन्यवाद! महिला  
अध्ययन केंद्र लखनऊ विश्वविद्यालय

Awesome session 👍👍👍👍

Very informative session ma'am  
Thank you so much

I like how you made the session interactive... different angles  
were taken... psychological... sociological... touching that  
question were given due honour

This session has given view of outstanding understanding of  
highly experienced personalities. Anna Selga, Amita Tiwari,  
Prof Rakesh Chandra and Mukul Bhalla, thank you very  
much.

अपने जीवन की आभा ❤️



Justice Manish Kumar encouraged the fairer sex to choose  
legal profession more as there is much scope in this field.  
Though less number of women are exposing themselves till  
date. India is open now for females. It was a nice and  
informative session

Today's session was really wonderful special thanks to Dr.  
Archana ma'am she chose this type of topic which is most  
relevant



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