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FRAILTY IS NO MORE THE NAME OF WOMAN

OUTLINE

A- INTRODUCTION :-

The notion of women as frail and weak is outdated; modern women have continuously shattered stereotypes by demonstrating strength, resilience, and leadership across all spheres of life.

B- WHY FRAILTY IS NO MORE THE NAME OF WOMAN

1- Women empowerment in the field of education :-

- Equal opportunities in schools, colleges, and universities.
- Most teaching positions are occupied by women.
- Case study of Malala Yousafzai (Pakistan) and Maria Montessori (Italy).

2- Advancing women's role in health sector :-

- Women dominate the medical sector.
- Majority of psychiatrists and social workers are female.
- Case studies of Florence Nightingale (UK), Marie Curie (France), and Dr. Nigam Ahmad (Pak).

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3- Strengthening women's political participation :-

- Right to vote, contest elections, representation.
- Case Studies of Fatima Jinnah, Benazir Bhutto, Maryam Nawaz, Zartaj Gul, Maryam Aurangzeb etc.

4- Women's progress and empowerment through science and technology :-

- Women have made significant contributions to scientific and technological advancements.
- Case studies of Marie Curie (France) in discovering radioactivity and Arfa Karim (Pakistan) was the youngest Microsoft Certified Professional (MCP).

5- Women's participation in legal affairs :-

- Women serving as lawyers and judges.
- Case study of Ayesha Malik and Asma Jahangir.

6- Women driving economic growth through business :-

- Women's contribution to the fashion industry, and e-commerce.
- Case studies of Maria.B and Roshaneh Zafar (Founder of Keshf Foundation).

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7. Women's role in the sport arena :-

- Women's participation in all kinds of sports.
- Case studies of Samina Baig, Bismah Maroof, Nida Dar etc.

8. Women's contributions to media and literature :-

- Many women have gained fame as anchors, newscasters, singers, and writers.
- Examples include; Kiran Naz, Abida Parveen, and Parveen Shalvir etc.

C- CONCLUSION