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**"Frailty is no more the
name of ~~women~~"**

A. ~~Introduction~~

**B. Frailty is no longer associated
to ~~women~~**

1. Women are taking up roles in political leadership of states.

Case in Point: Jacinda

Arden (ex-PM of New Zealand).

2. Women are exhibiting economic independence and running large companies.

Case in Point: Donatella

Versace (owner of a global chain).

3. Women are leading social activists; guiding large number of followers.

Case in Point: Greta

Thunberg - Climate Activist.

4. Women Participation in male-dominant fields is rising.

Case in Point: Maryam Mukhtar

and Samina Baig (mountaineer).

5. Women are breaking stereotypes and serving justice.

Case in Point: Justice Ayesha

Malik (1st women SC Judge of Pakistan).

6. Women are excelling in fields of applied sciences and taking up crucial positions.

Case in Point: Marie Curie

won Nobel Prize for two fields (physics & chemistry).

7. Women in literature leave behind legacy of their work.

Case in Point: Hellen

Keller was a blind artist.

8. Women publically speak up for their grievances.

Case in Point: Kamala

Harris's face-off with

Trump.

9- Women are taking up spots in sports despite backlash.

Case in Point: Boxer Imane

Khelif in Olympics 2024.

10. Women are serving humanity as philanthropists.

Case in Point: Malala

Yousafzai and Malala Fund.

C. Frailty is no more the name of women - a misperceived narrative.

1- Women Police Officers are rarely found.

Case in Point: Less than

2% of police force of

Pakistan is female.

D Conclusion

It has largely been believed for the longest period of history, that women must be confined within the boundaries of the house.

They have associated to tasks of cooking, cleaning and nurturing the children. The right to decide for themselves was offered as a privilege to them. Over time, this concept of linking women to petite tasks and motherhood roles is fading. They are now aiming high and becoming tough, both physically and emotionally.

Shakespeare's hemlet is no longer fragile, nor is Cinderella weak and helpless. Women of today are building nations, simultaneously with their homes. They are earning on their own instead of asking for money. The women of this generation are not just standing up for their

own rights, but also ensuring that rights are served to all and sundry.

They are not just cooking meals but climbing mountains, flying fighter jets and making history.

It is a pertinent fact that the women of today are associated with courage, confidence and strength.

Women are serving as leaders of nations. Creatures who were limited to raise kids are exceptionally running state affairs. They are addressing issues within and beyond borders. They are leading the pathways to excellence. One such example is Jacinda Arden, the Kiwi ex-Prime Minister who was on a state visit with her new born in her arms only a woman can handle two tough jobs at once.

Real strength lies in being

able to sustain on ones' own. Economically independent females portray resistance to traditionalism. They are more self-sustainable and can take incentives; so more empowered women of today are successfully managing large companies like Donatella Versace, the owner of the designer brand. These fierce women represent utmost freedom.

Social Activism is a concept engraved in leading masses against collective social deprivations. It takes a large number of followers to become a social activist. The women of today are serving this responsibility with grace and so they depict the audacity to stand against injustice. One leading example is Greta

Thunberg, the fearless woman who heads a global climate activism campaign.

Traditionally, certain careers have been linked to different genders in a society.

The empowered women of this century are breaking those norms by not just joining but excelling roles at such male-dominated fields. Be it flying fighter-jets for one's country or climbing rock mountains, Maryam Mukhtiar (shaheed) and Samina Baig have brought immense pride to Pakistan.

Law and Justice are believed to be areas where men excel.

This society builds the thought that women are too fragile or maybe naive, to go to prisons as criminal lawyers or serve justice as judges. Under such

a scenario, going to the Supreme Courts feel like a distant dream.

Justice Ayesha Malik has changed this mindset and altered history of legal service in Pakistan by making it to the Apex Court of the country.

STEM Fields are largely taken up by extraordinary pupils mainly men because what is a women supposed to do with an engine or a chemical? Such gender-biased narratives are being countered by the courageous and daring women of present times. The only person to win a Nobel Prize in two different fields is Marie Curie and she is a woman.

Words are not just a combination of alphabets but thoughts, ideas and a representation of mental strength.

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Literature is a powerful source of narrative building. The kind of power that guns won't ever hold. A pen is indeed mightier than the sword. The world is replete with remarkable literature penned by strong women who build on minds of their readers.

The famous Hellen Keller was one such artist who despite disabilities, produce exemplary craft.

Moreover, the era of timid and shy women who would not respond to any slander is long gone. Today's woman would reply with a brick to nonsense. She is bold enough to stand-up for herself, protect her dignity and become her very own knight in shining armour. The trending face-off between

president Trump and Kamala Harris is one such reference.

Sports are largely associated to strength and physical capabilities. It has always been propagated that females are too weak to compete in tough sports particularly games like boxing or swimming. In a turn of events, present-day women are more tilted to building strength and radiating resilience. The Paris Olympics 2024 witnessed Imane Khelif as boxer in the ring.

Giving back to society is an act of power and kindness.

It is an achievement where one is fulfilled enough at heart to initiate returning to others.

The empowered and courageous women of today are deeply intrigued by such scenarios.

They are significantly contributing to fill any gaps in health, education or hunger in the world. Malala Fund, headed by the resilient daughter of KP in Pakistan is one of the largest global fund in this regard.

On the contrary, it is a visible practiced where women are told to behave like themselves; eat, sit and dress in a particular manner. She is made to believe that she requires some male to protect her or to provide for her. She is made to believe that she is physically and emotionally fragile.

The forces of any country are front-line saviors of the nation.

They are people who exhibit remarkable strength, fearlessness and courage. It is disappointing that women are rarely seen

taking up such empowered positions.

The police force of Pakistan comprises less than 2% of females. It is an alarming number for a state that claims to be women empowered.

In a nutshell, the females of present time show exemplary power and demonstrate bravery. They are no longer weak or fragile. They are breaking stereotypical narratives regarding career choices that they make and performing in non-traditional zones of life. They are outshining in the domains of science, art and literature. They are capable enough to stand up for justice and equality. In addition, they are winning medals at sports and hearts in general. The women of

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today are not just nurturers
but providers for the under-
privileged. Despite hardships,
challenges and backlash, they
have risen from the ashes
and made it to the skies.

In the days to come, all fields
of life shall be taken-over by
dedicated women to turn this
world into a better place.