

Women presence in power structures of Pakistan: Presence, limitations and Impacts

Outline:

1) Introduction

- - Attention Grabber
- - Interlink with women in power structures
- - Thesis Statement

2) Women in power structure of Pakistan - a bird's eye view

3) Evidences which prove women presence in power structure

- a) women exercising authority at the highest executive level

Case in point: Hina Rabbani Waris - Foreign minister

- - Benazir Bhutto CPM, OIC, UN representative

- b) women institutionally embedded in law-making bodies

Case in point: Fahmida Meza - 1st female speaker of National Assembly

- c) women are part of landmark national legislation

Case in point: Sherry Rehman and Bushra

Gohar - Harassment at workplace act (2010)

d) Women are part of Pakistan's highest constitutional court

Case in point: Justice Tahira Safdar - Balochistan's first female judge

e) Women holding senior civil service positions

Case in point: Samira Saleem - visually impaired Pakistani diplomat

f) Women are making it big in country's largest university

Case in point: Fatima Jinnah University - led by women VCs

4. Impacts of women presence in power structures of Pakistan

a) Broadening political participation

Case in point: Increase presence in general seats, not just quotas

b) Reshaping societal attitudes against gender stereotypes

c) Strengthening of legal protection and social justice against women

Case in point: Domestic violence act - shaped by female parliamentarians

d) Enhancing diplomatic representation

and soft power

Case in point: Malekha Lodhi's tenure

e) Redirecting focus to people-centric governance

Case in point: BISP, maternal and child health initiatives - Dr. Sania Nishtar

5) Limitations of women in power structures of Pakistan

a) Deep rooted patriarchy limits women's acceptance in leadership roles

b) work-life balance rigidity
in ^{power} institutions

c) Male-dominated political parties restrict women's access to power

d) Glass-ceiling in promotions and postings

e) Gender-based character assassination in power structures

6) Conclusion

Introduction :

It was October 26, 2017, when Jacinda Arden walked into New Zealand's Parliament to take oath as the country's youngest female prime minister. Headlines in London, New York and Tokyo celebrated her intellect, portraying her as a symbol of modern female authority. Social media hashtags like #JacindaArden, #BreakingBarriers and #WomenInLeadership amplified the moment globally. In that historic moment, it makes it clear that women can rule the power structures with same integrity as it is meant to be for men.

In case of Pakistan, women are holding key positions at executive level. Presence of women in seeing key positions in civil services and legislative bodies reinforce the fact that leadership is a matter of skill, not restricted to a particular gender. At national level, women presence in power structures played an instrumental role in dismantling gender-based stereotypes, encouraging future generations to aspire for leadership roles and enhancing global image at diplomatic level. However, there are certain detrimental pointers like male-dominated political

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structures, misinterpretation of religious texts pertaining to women's leadership roles and patriarchal mindset engrained in national psyche that require stern positive measures to cherish the full realization of women presence in power structures of Pakistan.

Importance of Sports for Women

Outline

1) Introduction

- Attention grabber
- Background
- Thesis statement

2) Facts which prove importance of Sports for women

- a) Sports improve overall health among women

Case in point: Female athletes like Nashra Sandhu, Maria Toorpakai.

- b) Sports reduce stress and anxiety while boosting mental resilience

- c) Sports cultivate leadership skills

Case in point: Bisma Maroof

- d) Participation in sports challenges patriarchal stereotypes

Case in point: Maria Toorpakai - Swat valley -
- to play squash internationally

- e) Sports provide opportunities for women for social integration

f) Sports open pathways to professional careers and vocational opportunities

Case in point: female athlete - Syeda Maljabeen

g) Women's participation in sports contributes to national recognition

h) Sports help women develop self-defence skills

i) Visibility of women athletes raises awareness on women's rights

j) Women excelling in sports promote gender equality in society

3) Challenges faced by women in sports

a) Traditional gender norms restrict women participation in sports

b) Family opposition to prioritize household responsibilities

c) Culture of harassment and violence discourages participation

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a) Lack of professional funding for women's sports

4) Policy recommendations to enhance women participation in sports

a) Conducting awareness campaigns to educate families and communities

b) Building women-friendly sport facilities

5) Conclusion

Introduction:

Imagine a stadium roaring with cheers, not for a single athlete, but for a team of women breaking records, shattering stereotypes and redefining women's strength. Once, women were told to stay confined in homes, not on fields. Yet today, legends like Serena Williams, Megan Rapinoe and P.V. Sindhu inspire millions. Every goal scored, every medal won is a story of resilience and courage. Women in sports are not merely athletes; they are role models and voices that challenge traditional biases. For women, sports are pivotal in strengthening stamina and improving overall health. It cultivates a deep sense of empowerment by inculcating leadership skills and providing opportunities for social integration. Participation of women in sports is contributing to overall national prestige along with providing pathways for professional careers. In other words, it can be rightly said that the participation of women in sports is crucial not only for promoting gender equality, but also for fostering social development and inspiring future generations to achieve excellence in any field.