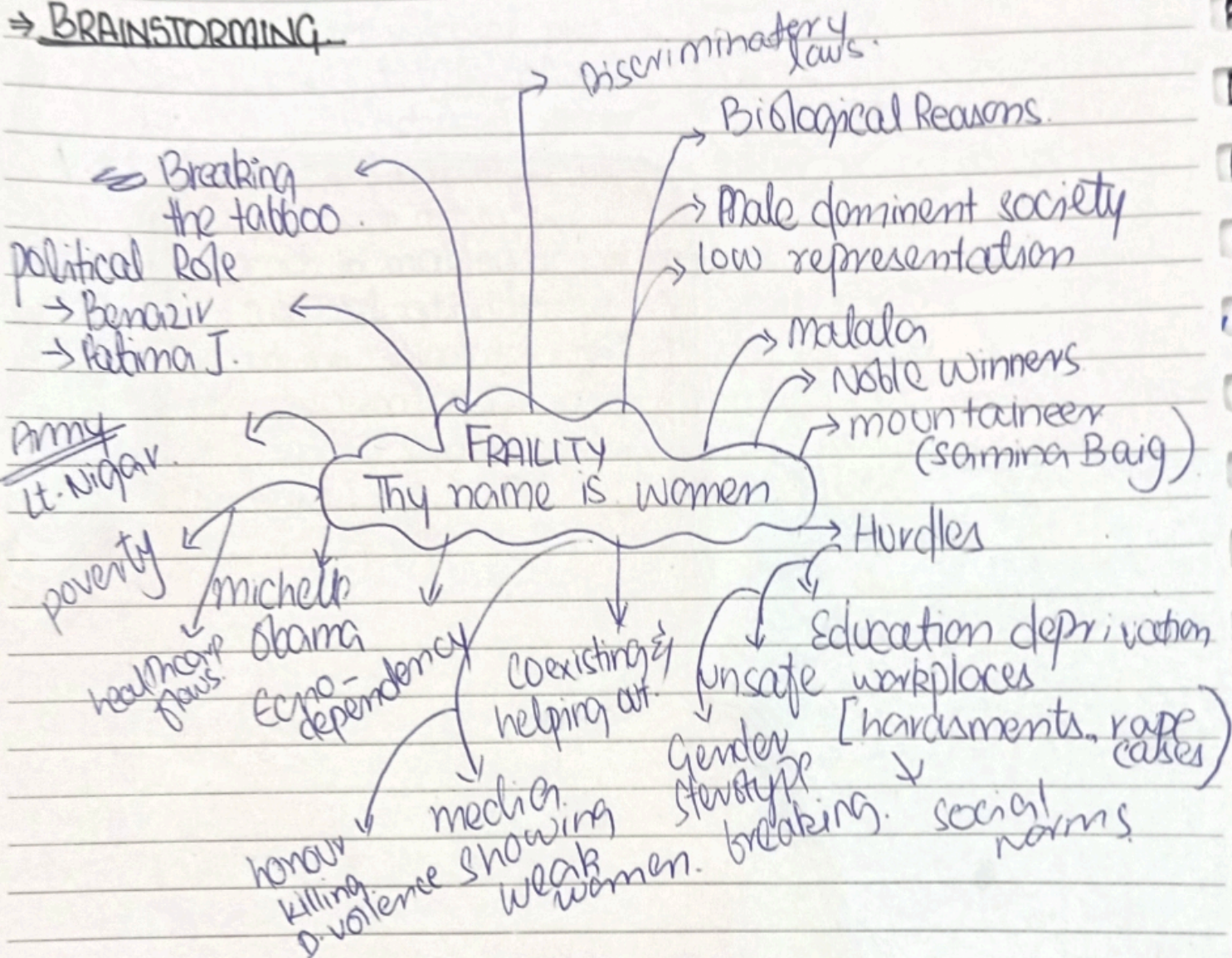


FRILITY, THY NAME IS WOMEN.

⇒ BRAINSTORMING



- strengthen laws
- promote education.
- challenge norms.
- Addressing violence
- Healthcare promotion.
- Celebrating women.
- Involving men
- Empowering rural women.

OUTLINES

INTRODUCTION

1. Hook
2. Background
3. Thesis Statement.

MAIN BODY

① Why are women considered Frail?

- i. BIOLOGICAL REASONS
 - a. Muscle mass & Strength
 - b. Hormonal differences.
- ii. Social Reasons.
 - a. male dominant society
 - b. Social & Cultural norms
 - c. Media Representation.
- iii. Representative Reasons.
 - a. Male Prioritized
 - b. Political Representation
 - c. Overlooked.

② Busting the Myth - women not frail.

• Celebrating women.

- a. Political & Administrative Representation
Fatima Jinnah, Benazir Bhutto.
- b. Nobel Peace Prize & Distinguished Prize
malala, Sharmeen Obaid, mukhtaran mai
- c. Sports
~~Sumaira Farooq~~, Naseem Hameed, Kiran Khan.
- d. Military
Lt. Gen Nigar.

③ Hurdles to women Empowerment in Pakistan.

- i. Lack of Education
- ii. Gender-Based violence
- iii. Discriminatory laws.
- iv. Patriarchal Society
- v. Poverty
- vi. ~~Lack of Representation.~~

④ Countering "Fexality, thy name is women."

- i. Promoting Education for Girls.
- ii. Strengthening laws & Policies.
- iii. Challenging Norms.
- iv. Empowering rural women.

⑤ Critical Analysis.

⑥ CONCLUSION

The Essay

"FRAILTY, THY NAME IS WOMEN."

In a society where women are often seen as delicate flowers, it is time to reveal the steel beneath the petals.

Behind the veil of vulnerability, lies a fortress of strength.

With every step, every breath, and every heartbeat, women in the developing countries shatter the stereotype of frailty. They thrive, rewrite the script of frailty and redefine the meaning of resilience. "Frailty, thy name is women."

Originates from the Hamlet by William Shakespeare, in context of the developing countries, particularly Pakistan, women often face numerous challenges such as lack of education, gender based violence, living in a male dominant society, facing traditional, cultural & social norms. Despite all such

snags and hitches, women demonstrate remarkable strength and resourcefulness in the face of adversity. Thus, I seek to challenge the stereotypes of women frailty and highlight the numerous ways in which women in Pakistan are fighting this myth and hoping for a brighter future.

However, there are no inherited factors that make a woman frail but the considered factors in the society tend to ^{believe} ~~consider~~ so; women tend to have lower muscle mass and strength compared to men due to higher testosterone levels. Moreover, fluctuating estrogen and progesterone levels during menstrual cycles can make them considerably vulnerable, as it can affect one's mood, energy and physical performances. Therefore, men consider this weakness, forgetting the fact that without her, they wouldn't ~~be able to~~ be born. Add to the fact, that Pakistan is one of the countries where Patriarchal

dominancy is practiced, this refers to a social system where men hold the power and dominate. Women, whereas, are marginalized and are kept away from decision-making. Men are considered a priority, from the minute they are born. In rural areas of Pakistan, baby girls are buried alive just because of the desire of a son. They are considered as the major bread-earner of the family hence, majority of the girls are denied basic education. Girls are precariously married off, just to put load off the house as one feeding mouth reduced. The new home instead of respecting her considers her a means of dowry and a child-bearing machine. The patriarchal society and the social norms confine a girl to be good at her job which is only that. Leading to major domestic violence cases and also honour killing. Even in the urban areas, women are considered unsafe to leave houses. Mainly social norms deprive a woman to pursue a career as she is unable to run a house at times. The workplaces aren't safe at times as exceeding amount of harassment cases are reported. Media representation of women in Pakistan, mostly in the daily soaps & dramas is seen as a fragile women burdened with the responsibilities and evil plots of her in laws. A working woman is mostly portrayed as a vamp - portraying frailty of a woman. Mostly due to such reasons and more men are often prioritized for a job. Women achievements, strengths and contributions are often overlooked, undervalued and are mostly attributed to men. The misogynistic and sexist male dominant norm attributes to discrimination, marginalization and oppression of women leading to negative stereotypes and biasedness in minds of the society.

Women in Pakistan, have hence busted stereotypes and broken free of shackles of such norms and cultures. We have seen numerous examples of women thriving in fields that were considered a taboo not long ago.

Fatmah Linnah, played an important role in women empowerment in Pakistan history. She played important roles in educating women, political influencing women and fought to prevent child marriages and polygamy. Her efforts paved ways for future generations of Pakistani women to demand their rights & challenge patriarchal norms. Secondly, Benazir Bhutto, Pakistan's first female Prime Minister, played a significant role in women's empowerment. She introduced policies to protect women's right, & took initiatives to support women entrepreneurs and workers, such as the First Women's Bank and the Lady Health Worker program. She even represented Pakistan at global forums, highlighting women's issues and promoting gender equality. There are numerous Pakistani women who have won prestigious awards such as the Nobel Peace Prize, won by Malala Yousufzai. Shirin Ebadi was also nominated as another Nobel Peace Prize Award. Mukhtaran Mai, another recipient of the North-South Prize Award. Another iron lady won the Emmy for Pakistan, Sharmeen Obaid-Chinoy. Women in Pakistan are aceing the field of sports as well and are making the country proud. Naveem Hameed, the first Pakistani woman to win a gold medal at the South Asian Games. Kiran Khan being the first Pakistani woman to climb Mount Everest & breaking the fragility image of women. Lastly, amongst the numerous & iron women is a name inspiring most, Lt. Gen Nigar Johar, a pioneering figure in women empowerment in Pakistan. She happens to be the first female 3-star

General in Pakistan Army, she has led a trailblazing military career demonstrating that women can excel in male-dominant fields like the military. She challenged social norms and empowered women in healthcare and increase female representation in the medical field.

Even though, the women are not fragile, they are fierce - From the streets of Lahore to the mountains of Gilgit, Pakistani women are shattering stereotypes but they face hurdles in the path to women empowerment. As Pakistan happens to be a male dominant society, women are seen as a substance for home making which is not a wrong term but they have no role in decision-making; from whom to marry to the right of education things are not really in their hands and this is a common practice in the rural areas of Pakistan. Traditional gender roles often emphasize women's nurturing and caregiving responsibilities, perpetuating the idea of women's frailty. Even if the woman is allowed to study, the so-called liberals claim to want a doctor daughter-in-law who can make perfect chapatis. Girls are brought up to be more submissive, gentle and emotional, while boys are encouraged to be strong, assertive and independent. When this role change occurs or the girl acts otherwise she is killed, raped or even burned in the name of honour. A daughter who feeds multiple mouths is considered OK unless the word 'kn't out', if she decides to think of herself she is killed. Numerous brought up flaws are seen when men are treated superior to women.

evidently the increase in numbers of rape cases is a major example. The men tend to be the rule makers, making the girl at fault, if she's wearing the right dress, walking the right way or even thinking of pursuing her career. When taken to court, men get a free get out of jail card. The Discriminatory laws are so biased, be it the case of inheritance or the case of rape and murder, a live example is the Noor Mukhdom Case, where the girl was raped, killed and her head chopped off but the ~~is~~ accused despite of announced punishment roams free.

We face issues like unsafe work places, where harassment is a norm. A lady needs to be super vigilant at all times be it in a cab or even in a hospital. Poverty adds to the whole fire together with the uncensored media. Pakistan is a hub for blue sites; unemployed, socially frustrated youth gets hold of such websites and then the urge to do bad rises ending in such unlawful acts.

The myth of women frailty can be countered in several ways. such as promoting gender-sensitive education, highlighting women's strengths and achievements. Showcase strong, empowered women in media, politics and numerous other fields. Introducing empowerment programs supporting initiatives that enhance women's economic, social and political participation. We are in a dire need to encourage critical thinking and challenging gender-based stereotypes in daily life. There's a need for policy reforms such as to advocate

for policies promoting gender equality, such as equal pay, parental leave and anti-discrimination laws. Let's make it normal to encourage men to become allies, advocating for gender equality and challenging numerous stereotypes. We need to celebrate and recognize women's accomplishments in various fields. The media representation needs to promote balanced & diverse representation of women in media. Lastly, women need support women's physical and mental well-being through self-care practices. To create environments where women feel safe, valued and empowered to contribute. By implementing these strategies, we can work to dismantle the myth of women's frailty and promote a more inclusive and equitable society.

"Frailty, thy name is women." is a gross misrepresentation of the strength and resilience that women have embodied throughout history. From the likes of Patma Linnah and Benazir Bhutto, who shattered glass ceilings and challenged patriarchal norms, to the countless unsung heroines who navigate the complexities of everyday life with courage and determination, women have consistently proven themselves to be antithesis of frailty. It is essential that we recognise & celebrate the multifaceted nature of women's strength. Only then can we truly begin to understand the depth of women potential.