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Founder, BJS**eBULLETIN**

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Dear Friends,

Hope everyone is happy, content and praying for good monsoons! As per my promises earlier to break the barrier of our thought processes with every issue of our ebulletin, we want to challenge our mindsets with some ideas & topics in this issue also. The theme of this issue is emotional empowerment focusing more on girls' emotional empowerment. Empowerment especially women's empowerment is totally a buzzword now. Right from female celebrities to social activists, everybody talks about it and propagates varied notion of the concept and at times conflicting to the cause too. The meaning of empowerment is to bridge the gap in power or authority amongst individuals or groups by giving some additional interventions - may be for men, women, minorities, tribals, etc.

It all happens with differing pace and priorities. A small example will be apt here....for the first time in world, women were guaranteed right to suffrage in New Zealand in the year 1893. It took so many years after renaissance and industrial revolution in England to give voting right to woman. On the contrary, surpassing many developed countries, India guaranteed right to suffrage for the entire population at one go immediately after independence.

Everywhere in the world, be developed or underdeveloped country, many right based movements are still struggling for equality of rights and access to opportunities. In this issue we focus on a different aspect of empowerment – that is emotional empowerment. We try to understand emotions and question if they are different for men and women. We understand the plight of both the adolescent boys and girls but still argue that we need to focus specially on emotional empowerment of girls. We all might have different views on these aspects and it will be a good opportunity to voice out our opinions as a response to our issue.

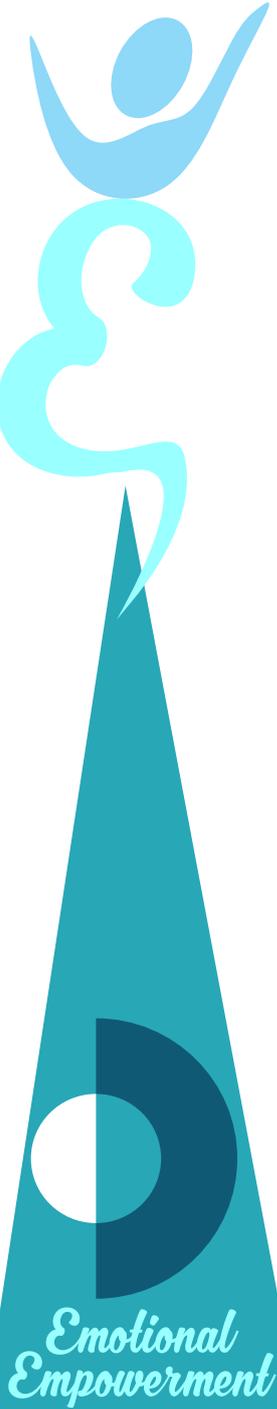
After a detailed researches & studies done by our team we have decided to introduce 'EoG' long back in 2008 for teenage girls (18 to 25 years). This certificate course is designed to empower the teen-age girls emotionally. Teen-age is confusing part of life for children as also parents; you can see & experience transformation in their behaviors & lifestyles. Our daughters face so much of problems in this age and they are hesitant to share everything with us. We have to make friendship with them and teach them about values like self-respect, freedom with responsibilities and rationality in taking life decisions for relationships.

Teen-age energy is very fresh enough to hard work and achieves extra-ordinary success to work for the society also. While many teen-agers engage their time in the name of modern lifestyles like friends, late-night parties and exploring romantic relationships, we are presenting a role model who worked hard way to achieve the coveted place in the entire nation in 2016. Our proud personality of the month Teena Dabi has topped in the UPSC result 2016 at the age of only 22 years by going through hardships since she was 17 years old.

**Prafulla Parakh,**  
National President, BJS

From the desk of National President

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*Emotional  
Empowerment***Book your dates  
& Plan your travel****5-6  
Nov.  
2016****BJS National Convention 2016  
@ Chennai**

- ▶ National & International Speakers
- ▶ Keynote addresses by subject experts
- ▶ Opportunity for Nationwide Networking

# Emotional Empowerment: Imperative Education

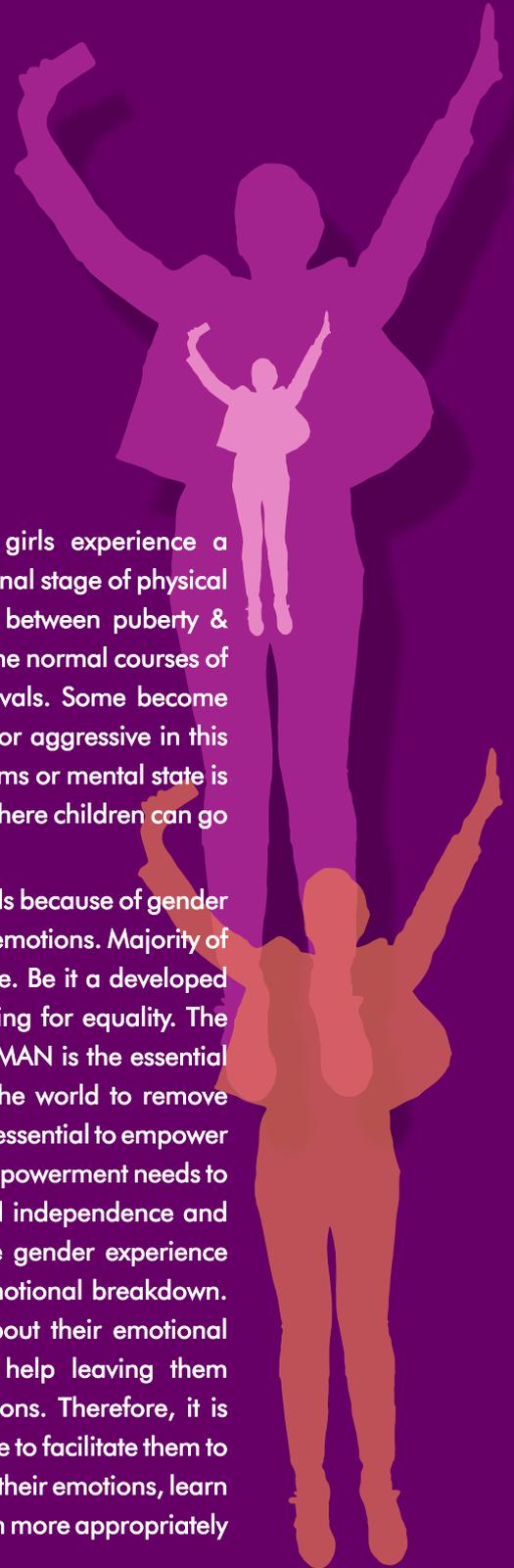
Emotions are a greater part of human psychology making our life wholesome. Emotions people express or feelings like love, sorrow, happiness, anger, hate, etc. are experienced and expressed by all of us every now and then. Theoretically, emotions are mental states that arise spontaneously and are not deliberate or planned expressions. In fact, emotions add beauty to life and expressing these feelings doesn't in any way makes a person strong or weak. Rather expressing openly the emotions is appreciated for having a transparent and bold persona. Irrespective of gender be it male or female the emotions are equal for each of them. Problems occur when society has restrictions on expressing them and especially looks at it from a gender bias.

In adolescence or teen age both boys & girls experience a transformation towards adult age. In fact, it is a transitional stage of physical & psychological human development and a junction between puberty & adulthood. These children face many difficulties to run the normal courses of lives due to hormonal changes and emotional upheavals. Some become extremely introvert or shy and some become extrovert or aggressive in this confusing stage. Understanding their dilemmas, problems or mental state is very crucial for parents & teachers. This is such an age where children can go astray due to lack of guidance, love and care.

Especially, in case of girls the problem multi-folds because of gender bias and societal constraints resulting in suppression of emotions. Majority of girls suffer emotionally in their adolescence or teen age. Be it a developed country or developing one, girls and women are fighting for equality. The agenda of Planet 50-50 by 2030 adopted by UN WOMAN is the essential step promoted across the entire world. Overhauling the world to remove gender bias is a long awaited dream but till that time it is essential to empower girls since their childhood to face the adversities. This empowerment needs to have multiple aspects - rights based struggle, financial independence and emotional strengthening. Studies prove that both the gender experience emotions but females are more vulnerable towards emotional breakdown. Females are prone towards speaking and sharing about their emotional changes & moods invariably seeking support and help leaving them vulnerable to submit themselves in undesirable situations. Therefore, it is crucial to emotionally empower girls during their teenage to facilitate them to grow, learn and explore. They need to be more aware of their emotions, learn to manage their emotion and express and articulate them more appropriately without being vulnerable to situations and people.

*Naturally, women tend to seek independence in every possible way starting from finance to living lives on own terms. But they also need to focus to stay emotionally strong and not lose the goals of life!*

Handle emotions maturely,  
**stay stable,** & achieve your dreams.



# Empowerment of Girls: A Sneak Peek

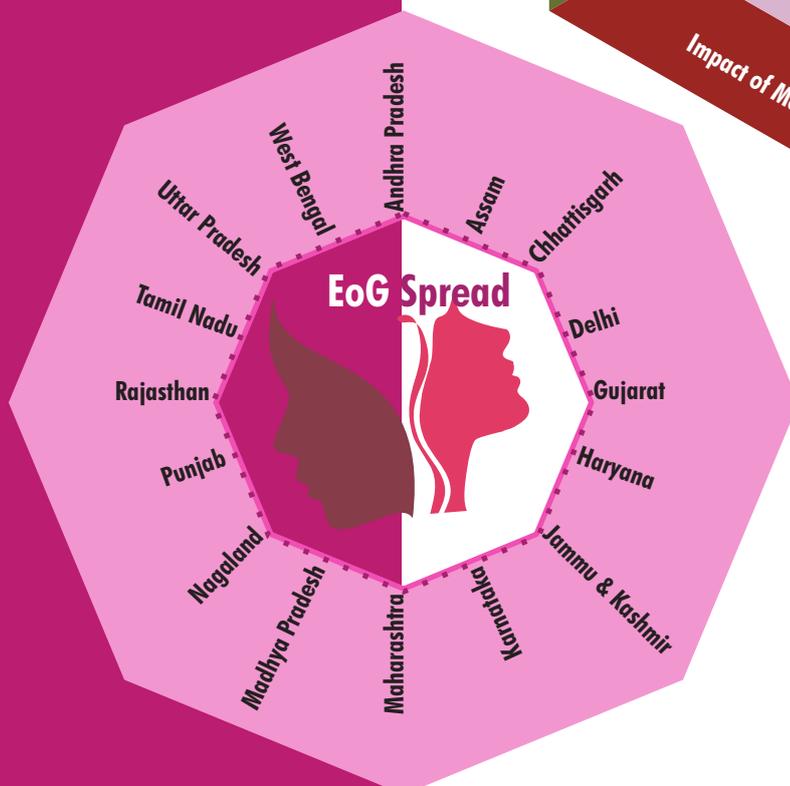
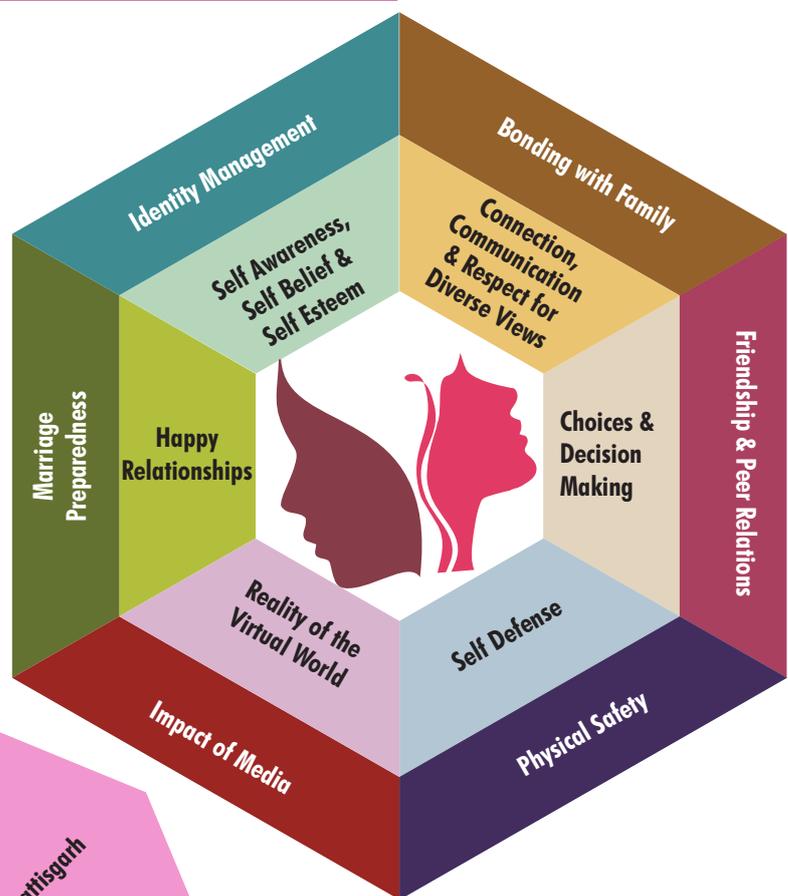
Empowerment of Girls (EoG) is a unique program specially designed for the teen-age girls. This program is focusing on emotional aspect of girls and provides practical advices to fight against emotional vulnerabilities.

Promoting values like "To be Strong To be Happy", EoG is a three days training & certificate program that inspires the girls to face social challenges by empowering themselves emotionally. Knowing the surroundings, friends and family is crucial and we reinforce such values to boost the positive development in a teen-age girl.

## Highlights of the program:

For all girls of the age group of 14-21 years, when they are in the process of transitioning from childhood to adulthood, EoG facilitates their cognitive understanding about self, family, friends, society, technology and future relationships.

From 2008 till 2016 May, total 627 EoG workshops are conducted by BJS that benefitted around 25000 girls across the country.



Country-wide trainers available

Volunteers Network

Educational Institutions

# Personality of the Month

## Tina Dabi, the IAS Topper, aims for woman empowerment!



*Bureaucracy is a lifeline of a progressive democratic country. It is not easy to run a peoples' government without any well-oiled bureaucratic system. That's why UPSC recruits thousands of administrative officers with exceptional potential every year on the basis of transparent competitive exams & merit. Some appear for this exam lured by the power & money. Some prepare for it to complete their parents' dreams. But some make themselves ready for IAS from a young age with a dream to change the system & society!*

Tina Dabi is one of such aspirants who have proved that hard work, dedication and consistency are still result-oriented values when people are busy in buzzing around concepts like smart work and easy money! She is this year's topper of the UPSC 2016 exam and has opted for IAS with a very strong vision. In an interview she gave all credit to her parents who inspired her to take arts stream even after securing 1st position in 12th standard. This 22 years girl started preparing for IAS at the age of 17! She was also the student of the year in esteemed Lady Shri Ram College of Commerce under University of Delhi. Tina was confident enough to grab a seat in the exam but getting the 1st position was overwhelming for her.

This girl from a dalit family background rose in her career by her hard work and determination and demonstrated that if Indian parents inspire their children to choose such career they can aspire to be the top bureaucratic leader. This is exemplary family choice and girl's determination to challenge the stereotype of being in a glamorous profession like doctor or engineer. No one can deny the fact that Dabi is an inspiration of thousands of youngsters in India now. She converted all her teen age energy to create a good career for her, a better bureaucrat for India and responsible citizen for the society.

She wants to work in Haryana Cadre and wishes to play her role in woman empowerment there.



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We would appreciate your feedback and comments

Please write to us on [info@bjsindia.org](mailto:info@bjsindia.org) for your feedback

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