



H M A A K T U A N T A A





EDITORIAL

In today's world, women's rights, feminism, gender equality and patriarchy are words that are very regularly used in public discourse, and most often, we do not reflect on the magnitude of these terms. As a group of young women, be it in our daily experiences, the media we consume or international events, we witness the bias and inequality that still exists in terms of gender, to this day. Throughout history and even today, women have been overlooked for their contributions to various fields and their path-breaking work. As we celebrate Women's Month, it is crucial not only to acknowledge and appreciate, but also try to change the system wherein so many women have to fight twice as hard to get the same recognition as their male counterparts.

As we work on our last edition, it is the perfect opportunity to reflect upon what Hakuna Matata meant to us. It was an exploration of our creativity, our passion, our talents and so much more. This newsletter allowed us to engage with universal themes and combine them with deeply private thoughts and experiences. Be it Pride Month where we highlighted the profound injustice we see in the world or Teachers' Day, which was a fond tribute to all the teachers who have been instrumental to our lives, or even our Independence Day issue, where we celebrated the ideals of freedom and liberty. In a world that doesn't always allow women to express themselves or treat their ideas with respect, Hakuna Matata became a platform where we could express our ideas, thoughts and opinions, uncensored, and in a myriad of ways.

This newsletter has taught us valuable lessons in collaboration, communication and confidence, but most of all, it has become a safe space for each one of us. As we extensively discussed and debated the numerous options for the layout or apt captions for the pictures, it has given us opportunities that have helped us grow in more ways than we thought possible. We would like to express our heartfelt gratitude to our teachers, who have invariably been there to support us, and helped us realise our potential. Our last edition traverses a theme that each of us feels strongly about. As we celebrate womanhood, Hakuna Matata is a poignant reminder of the importance of a platform that lets young women offer their insights on global issues.



BUSINESS

Busy with Business

A wise woman once said, “Anything you can imagine, you can create”. Today this wise woman is the most famous female entrepreneur in the world, Oprah Winfrey. The business world is competitive, not to mention its everyday challenges and demands. Women are more likely to face much more challenges, including psychological, economic and monetary obstacles. However, despite these challenges, powerful women all across the globe continue to shatter stereotypes in the business world. Many women of Indian descent such as Indra Nooyi, Kiran Mazumdar-Shaw and Vandana Luthra and many others have proved time and again that gender never was and never will be a determiner of success.

Dana Kanze is a teacher of behavioural conduct at London Business School. She struggled drawing in financial backers, and Kanze suspected that this had to do with the fact that she was a woman. She began to then inspect these instances of gender discrimination or differentiations among organizers looking for investment. Her examination uncovered that female founders were not offered a similar chance as their male counterparts. After conducting her research, she found out that a faltering 67% of inquiries presented to male business founders focused on an author’s vision for developing the organization while 66% of inquiries presented to female originators were centered around



CEO of PepsiCo, Indra Nooyi

anticipation that the business would not do as well.

The questions asked to women focused on how the venture could go south and how that could be prevented, focusing on the negative aspects. On the other hand, the questions posed to men focused on how successful the venture could be.

However, things are not as bleak as they sound. In the United States alone, women controlled 12.3 million enterprises in 2018, a 20-fold increase from the 4,02,000 women-owned firms in 1972. This shows how efforts for women empowerment throughout these many years have yielded successful results. Moreover, the group of female CEOs, especially in recent years, is another telling sign. Women such as Indra Nooyi are an inspiration to all of us, and such women, especially higher up in the corporate ladder, are instrumental in removing the gender bias that exists in the workplace today.



SPORTS

Women in Sports



As we celebrate Women's month this March, we revisit some of the most inspiring comebacks by sports women in history. Their grit, passion, and determination, continue to motivate us, as they leave us with the important lesson of never giving up.

One of the most renowned names in ice hockey, Amanda Kessel has proved to the world that nothing can get her down. At the age of 23, she suffered a concussion in a scrimmage before the Olympic Winter Games Sochi 2014, where she aided her team in winning a silver medal. Within a few months, symptoms resurfaced and with bouts of nausea, headaches, an inability to converse, she wondered if she would ever compete again. Forced off the ice for two years, she surprised everyone with her sheer willpower as she made the most extraordinary comebacks in late 2015. As she made her way back to the U.S. Women's National Team, she helped her team win its first gold medal in ice hockey in 20 years at the Pyeongchang Games, 2018.

Another inspiring comeback is that of Monica Seles, the famous American tennis player, who was at the peak of her game in 1993 when she was stabbed in the back with a nine-inch knife.



Monica Seles, Tennis Player

She was stabbed during a Citizen Cup match in Hamburg, Germany, by a frenzied fan of her competitor. During that period, Seles was top ranked in the world and was one of the brightest rising stars on the tour, having already won seven Grand Slam titles. After this accident, she was deeply traumatized and went through surgery and extensive therapy to be able to return to the court after two long years. Upon her return, Seles went on to win another major title- the "Australian Open" in 1996, demonstrating exemplary determination, courage and competitiveness.

Just as a phoenix rises from the ashes, Monica Seles and Amanda Kessel battled insurmountable odds because of their tremendous self-belief. It is rightly said, "You give up not when the world gives up on you but when you give up on yourself". These inspiring women always held up their self-esteem and made a comeback, to experience glorious victories and fame. Even in impossible situations, these heroes found the elixir of confidence and continued to dream, for they knew that kites fly not with, but against the wind!



Ice hockey champion, Amanda Kessel



NEWS

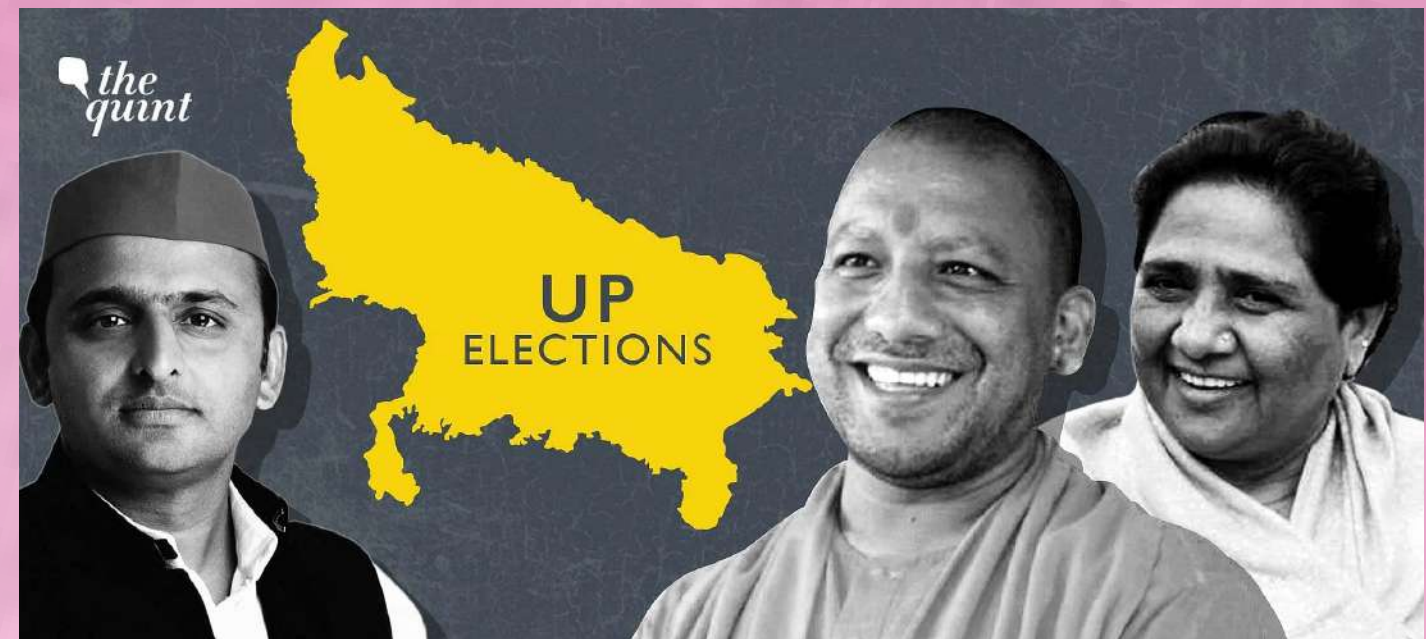
State Elections



In 2022, a record seven states will be holding elections for their state legislative assemblies. Goa, Manipur, Punjab, Uttar Pradesh and Uttarakhand all have elections coming up soon. These elections will not only determine crucial state-level legislation but will also impact the composition of the Rajya Sabha and the election of the President. Most of the media coverage has been focused on Punjab and Uttar Pradesh.

For Punjab, this can be attributed to the debate around the Chief Ministerial Candidate for the election. After months of infighting between top leaders of the Punjab wing of the Indian National Congress, Captain Amarinder Singh resigned from his post as chief minister in September. This was due to the conflict between him and Navjot Singh Siddhu, president of the Punjab Pradesh Congress Committee. He has since been replaced by Charanjit Singh Channi. At the time of writing, Congress has not declared its candidate for chief minister, however, it has released its list of candidates for the 86 seats it will be contesting. On the other hand, Captain Amarinder Singh has founded a new party called the Punjab Lok Congress. This party has entered an alliance with the Bharatiya Janata Party (BJP) and the Shiromani Akali Dal (SAD) to form a seat-sharing arrangement.

The elections are to be held on 20th February, and it is interesting to see how the situation unfolds.



Uttar Pradesh State Elections

Elections in Uttar Pradesh are also approaching, with voting being held in different phases across February. As the largest state, it has the most number of seats in its state assembly. The Yogi Adityanath led BJP government is currently at the helm, and this election has been heralded by many as a test for the party's ability to regain power in the next general election. In main opposition to the BJP is the Samajwadi Party+Alliance, comprising six parties, and the Indian National Congress, which has announced it will run alone. Many MLAs from BJP have been joining the Samajwadi Party, including prominent leaders such as Swami Prasad Maurya.

The results of these elections will signify an important change in Indian polity. Voters across the nation will see whether the Indian National Congress will be able to keep its hold on Punjab, which it once considered a stronghold. Additionally, the Uttar Pradesh elections will signal whether the BJP's power will be reinforced or diminished in India's most electorally significant state.



NEWS

International Women's Day

International Women's Day is observed annually on the 8th of March. This day celebrates the lives and accomplishments of all those who identify as women, highlighting their daily struggles in a patriarchal world.

On 28th February, 1909, women garment workers first took to the streets of New York City to protest against their working conditions. They demanded voting rights, lesser working hours and better wages. In 1910, German activist Clara Zetkin, then a member of the Social Democratic Party, proposed the idea of a 'Women's Day'. Therefore, the first ever Women's Day was celebrated on March 19, 1911. Soon, in 1914, the official date was changed to March 8.

The United Nations has chosen the theme for International Women's Day 2022 to be 'Gender Equality Today for a Sustainable Tomorrow'. This is because of the current climate crisis, which is one of the biggest challenges humanity has ever faced. It is already having catastrophic impacts, and will progressively worsen and cause irreparable damage if action is not taken immediately.

The UN wants to celebrate the powerful women activists who are taking action against climate change, and creating a more sustainable future.



Empowering women around the world

A prominent example is Greta Thunberg, a Swedish climate activist who has delivered a speech at the United Nations and addressed many international leaders regarding the climate crisis.

It is essential for women to be leaders of the climate crisis, as it has been found that they are more susceptible to being affected by the adverse effects of climate change. This is because women account for the majority of people living under the poverty line, in comparison with men, due to unequal opportunities.

The 2022 IWD campaign theme is #breakingthebias. Participants are required to take a picture of them with crossed arms and post it on social media, with the hashtag 'breaking the bias'. They would be part of a collective movement to show their support for an equal future, without gender disparity, stereotypes or discrimination. This month is the perfect opportunity for us to celebrate women activists around the world, and acknowledge their effort in building a better world.



SCIENCE

'Element of surprise'

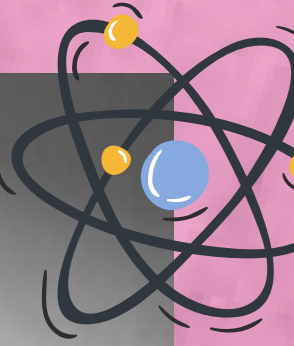
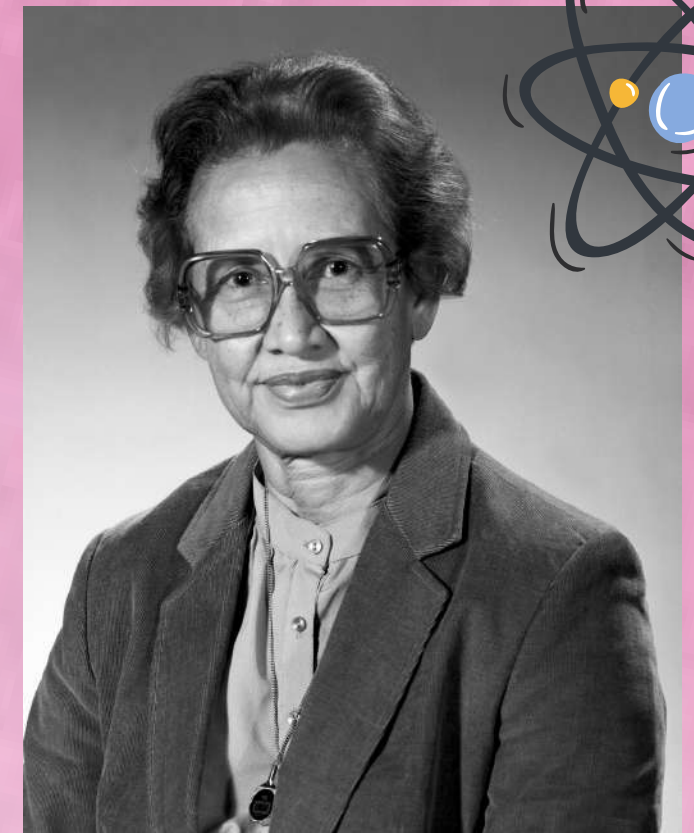


Science has been a male dominated field historically. Women make up less than 30% of the STEM workforce. They fail to get recognition for their pioneering work.

One such example is that of Ada Lovelace, a British scientist who worked along with her partner, Charles Babbage on algorithms that are today considered the foundational basis for computer programming. However, most historians give Babbage sole credit for these inventions, and Lovelace's role is often diminished and sometimes even blatantly ignored. Today, women scientists are seeking to correct this by giving women credit and recognition for their inventions.

Nicknamed the 'Human Computer', Katherine Johnson (1918-2020) was a NASA research mathematician. She not only overcame gender but also racial discrimination to do trailblazing work in orbital mechanics which was critical to the success of the first and subsequent NASA crewed spaceflights. She took the initiative to hire and promote more women into the NASA space program. For 33 years, her work remained unsung until she was awarded the Presidential Medal of Freedom by Barack Obama in 2015.

One of the foundational discoveries in



Eunice Foote and Katherine Johnson

climate science is the greenhouse effect, which is credited to British scientist John Tyndall.

However, it was actually women's rights activist and pioneering scientist Eunice Foote who demonstrated the greenhouse effect for the first time. The greenhouse effect was credited to Tyndall, even though she published her results three years before him. To correct past wrongs, climate scientists today are seeking to give Foote her due credit and recognition for her early discoveries.

These are just a few examples of the true brilliance of women. It is time we took a stand against the grave injustice faced by women in science. As we look towards a brighter and more liberal future, these scientists serve as role models for young girls all over the world in STEM.



HISTORY

Women's History

In the illustrious history of womankind, draped in accolades, there is a strong foundation of courage, resilience and empowerment. Women embody this sense of bravery and strength everyday, fighting for their rightful place in this world. The evolving might of feminism paves the path towards the future. However this effort too had a beginning, a glorious one that must be remembered.

When the French Revolution started in 1789, women were on the forefront pushing for their freedom. Despite being considered 'passive citizens', they played an important role in tempering the political environment of their country.

The prominent Temperance Movement is yet another example of this, and saw American women from all sections of society stepping up as activists, promoting a moral reform. This was followed by the Abolitionist Movement, where African-American women broke free of their shackles and raised their voices against slavery with the celebrated Sojourner Truth providing an important reminder- "If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back."

Inspired by the cascade of these events, the first Women's Rights Convention was held in 1848 in New York. This event is believed to mark the birth of the feminist movement. Simultaneously, Northern Europe witnessed the kickstart to a surge of similar movements.



Women's Rights Convention in 1848

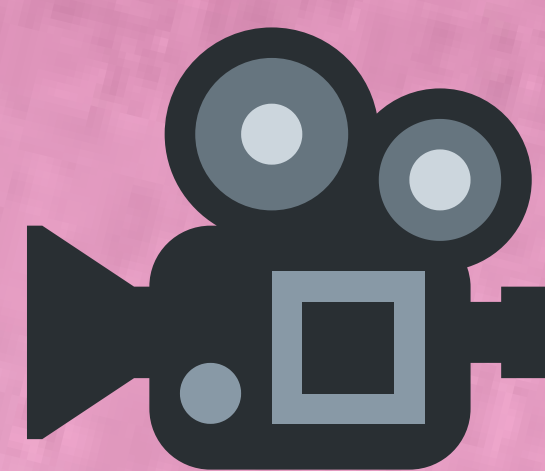
In 1857, Britain passed the Matrimonial Causes Act, allowing single women to own property. Journalist Léodile Champseix started the first feminist association of France.

Encouraged by these developments, the following decades saw the coming of the pivotal Suffragette Movement, which demanded women's voting rights. This along with reproductive and marital rights became the centerfold of what is now recognised as First Wave Feminism. The ICW (International Council of Women) and IWSA were the two most powerful feminist organisations acting on a global scale. 2,000 ICW women met at an international conference in Berlin while the IWSA organised protests for Suffrage.

It was all through a display of valour and a relentless struggle that these women gave us a space to be ourselves fearlessly. This month is a celebration of their lives as our own, and we honour them by carrying forward this effort until we do not have to.

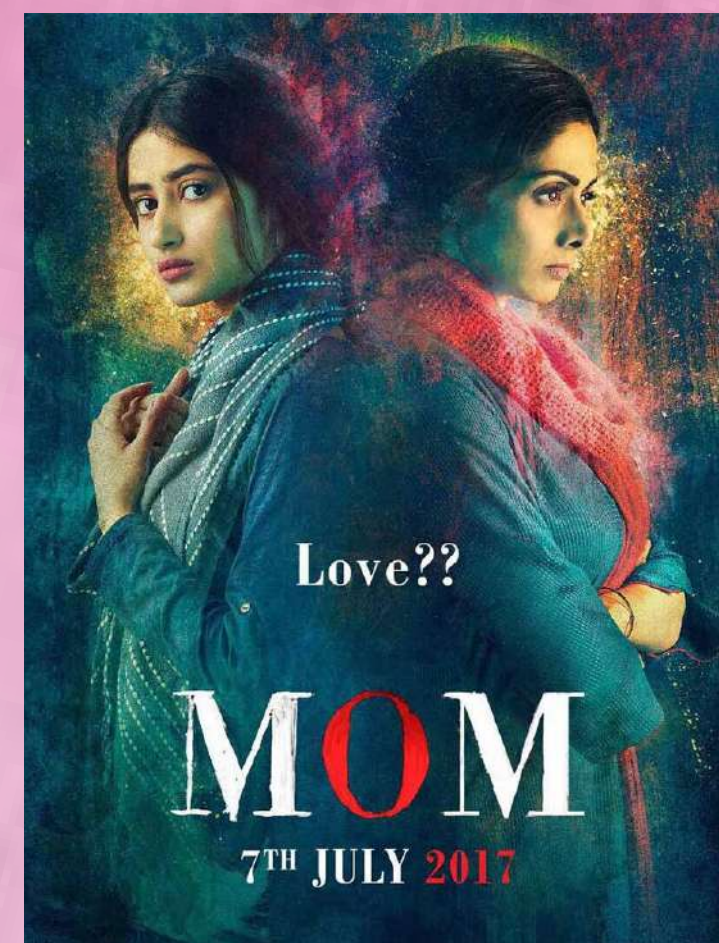
MOVIES

Female Main Leads



Mom:

For a word that holds so much weight, this movie is a testament to that very power. The story is about a high school girl, assaulted by her classmate, and the path to justice that her mother paves with her. Devki is a biology teacher who seeks help from a detective, DK, for her stepdaughter. Full of mystery and suspense, and submerged in heart touching emotion, this film is a perfect depiction of a mother's love and might.

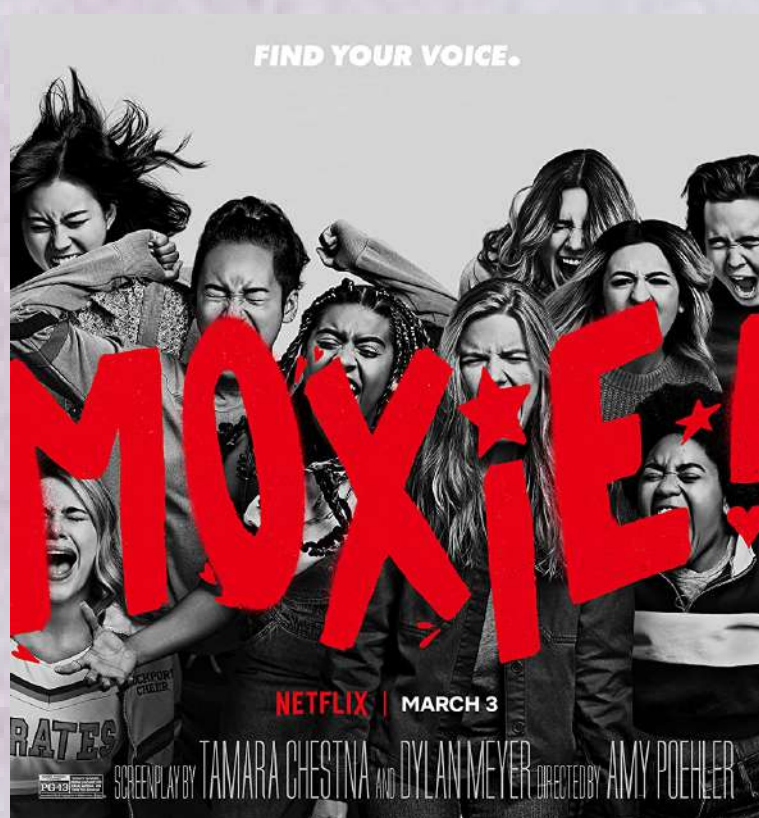


Chhapaak:

A movie which dives into the depths of one of our saddest realities, Chhappak is the story of an acid attack victim. Targeted for wishing to gain autonomy over herself, Malti, a young girl is attacked. This is a depiction of the life of survivor, Laxmi Agarwal, who today fights for the rights of women who went through similar situations. In the course of healing mentally she appeals to the court, becoming an embodiment of courage and strength.

Enola Holmes:

Set in the 1800's, this film succeeds in creating a world in which a strong-willed heroine takes centre stage from beginning to end, giving a timeless lesson in female empowerment. Enola's single, open-minded mother, Eudoria, raised her to be a strong lady. Enola Holmes is the renowned Holmes family's youngest sibling. A bright, attentive, and observant young lady, she defies societal expectations for ladies of the time and outsmarts her big brother Sherlock with her detective skills.



Moxie:

Moxie is a film about female empowerment. The main character, Vivian, begins to notice and pay closer attention to the prevalence of patriarchy on a daily basis all around her in the setting of an American high school. The film is about a group of teenage girls uniting to deconstruct patriarchy and confront misogynist issues that are ingrained deeply into lives.

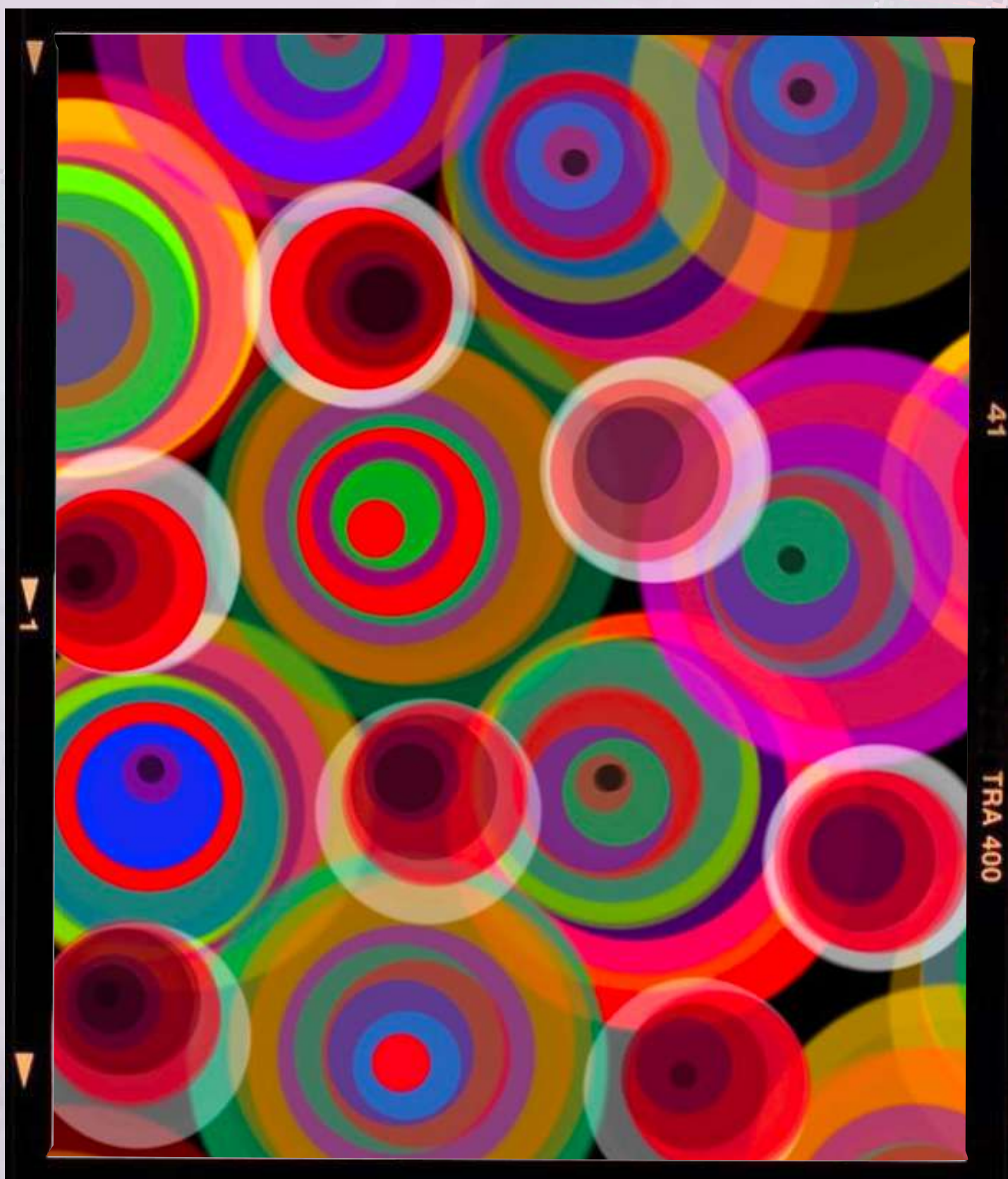
ART



Georgia O' Keeffe (1887-1986) was an American artist, known for her paintings of enlarged flowers, New Mexico landscapes and New York skyscrapers. Keeffe usually deals with the themes of abstraction and figuration. She often painted magnified natural flowers and large scale flowers. Her painting 'Jimson Weed/White Flower No. 1' is the most expensive painting sold by a woman. She was one of the first female painters to achieve worldwide recognition from critics and is deemed as the "Mother of American modernism." O' Keeffe helped change the general notion that gender was determinant of artistic talent or creativity. She helped establish a new, significant space for female artists in an area that had previously been dominated by men.

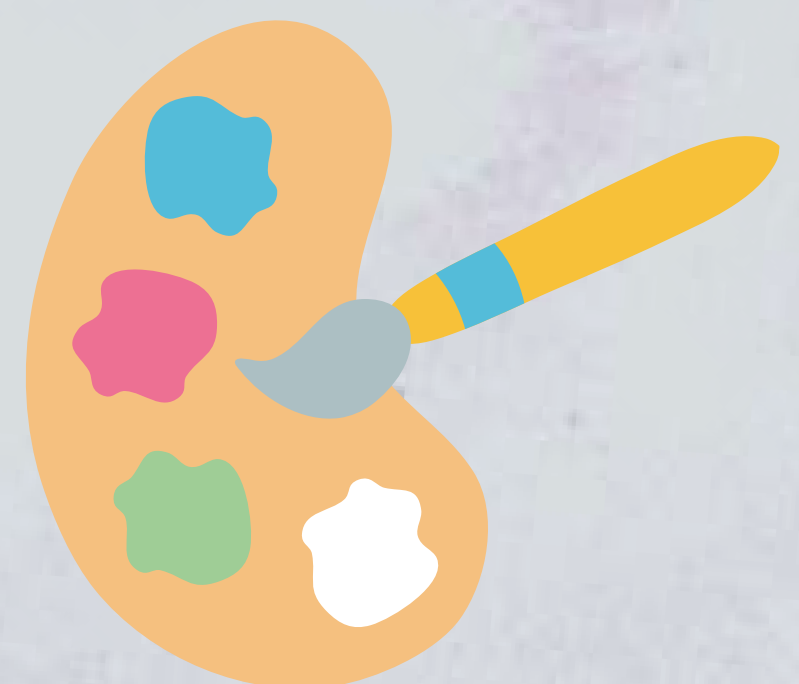


-Sanvee Sharda



-Urvi Jain

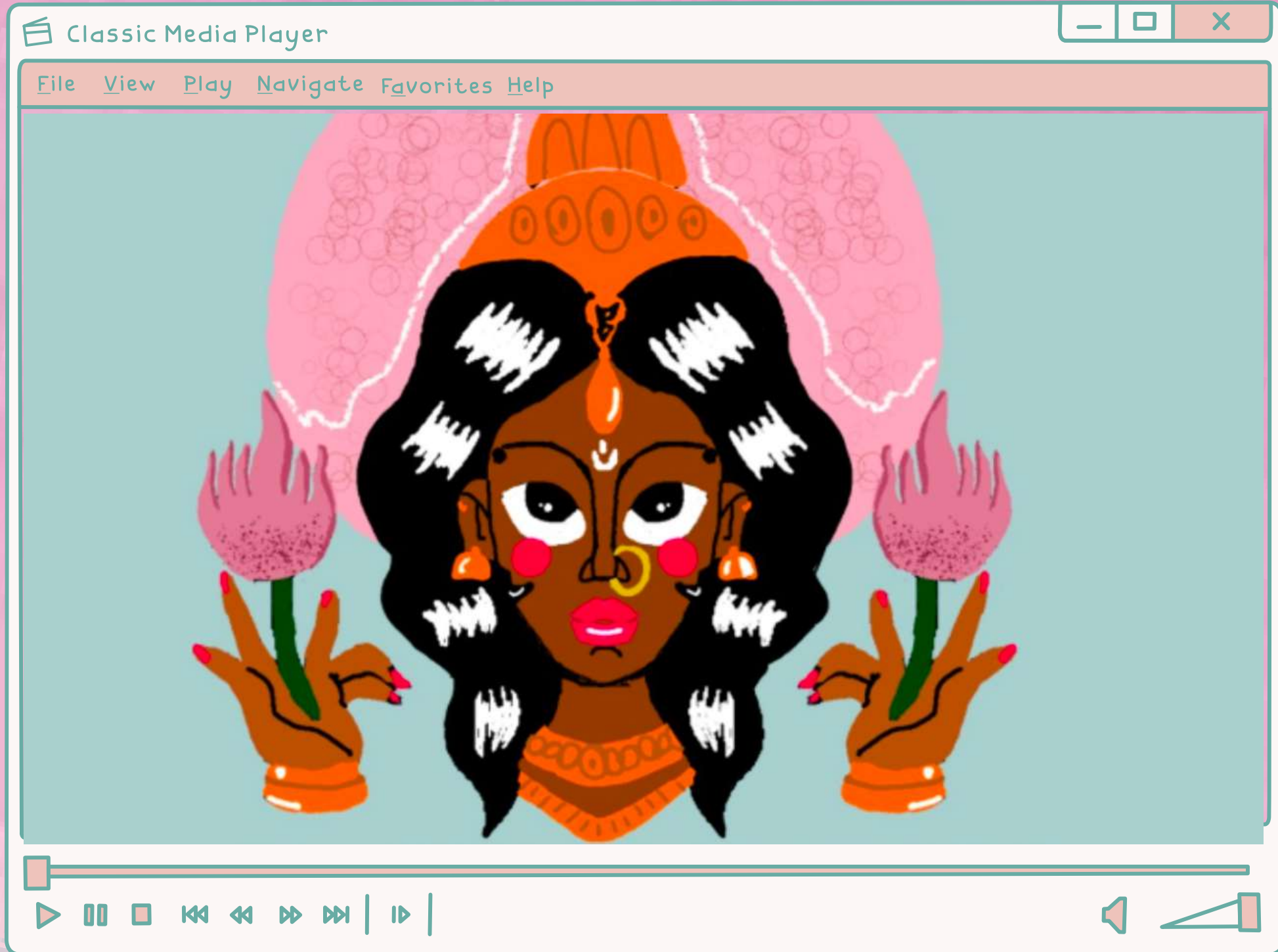
Bharti Kher is a contemporary artist. In India, wearing a bindi is one of the most important traditions. It is said to be the sixth 'chakra' and the seat of 'concealed wisdom' it is said to retain energy and strength. Bharti Kher used bindis as a central motif in her artworks not just making them unique, but also making her well known throughout the world for these eccentric artworks.



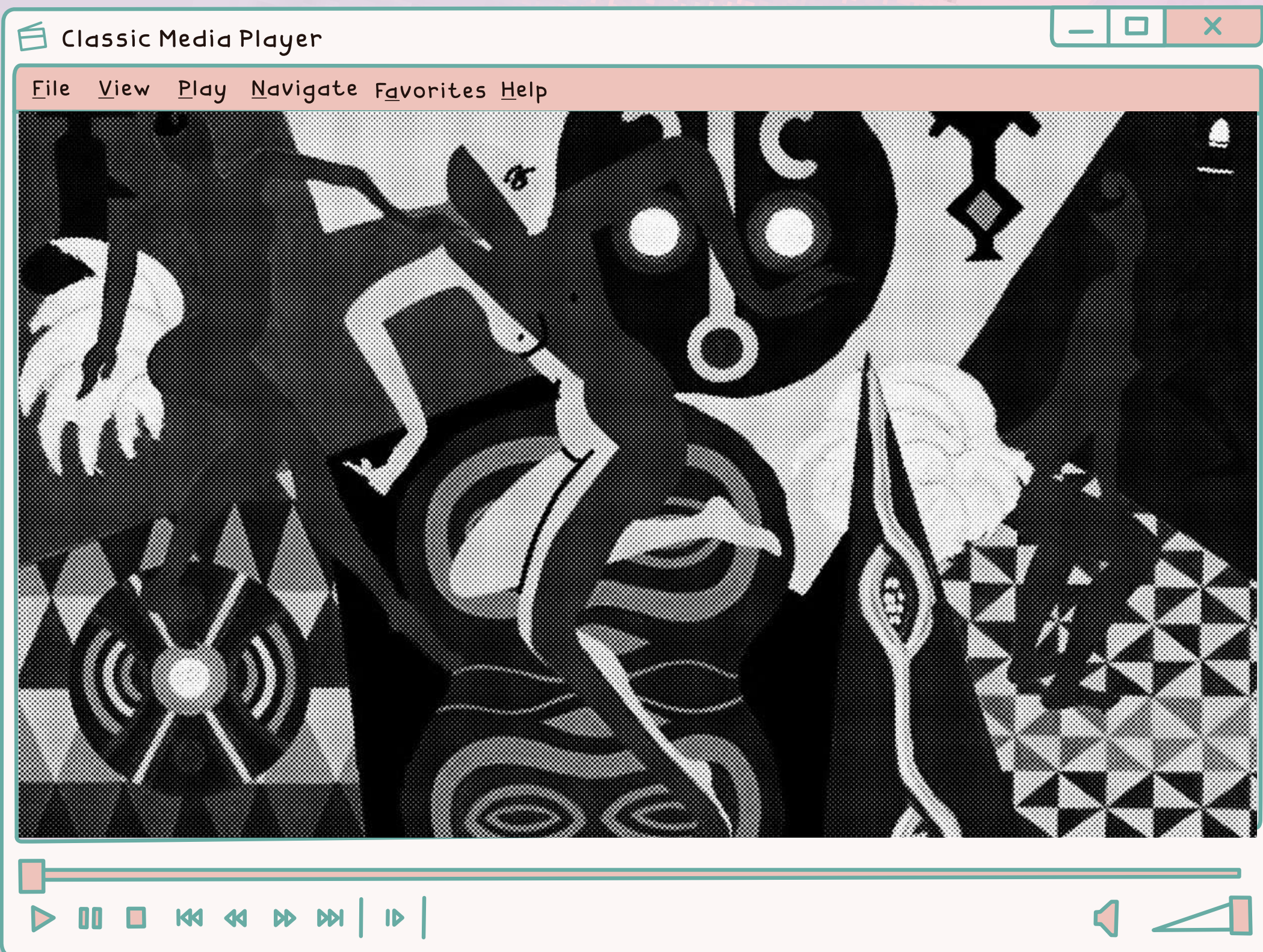


ART

Mira Malhotra is a visual artist from Mumbai, India. With a diverse portfolio, her art has received acclaim from people worldwide. She started her own studio, Studio Kohl in Mumbai, gaining a larger reach for her work. Her interests lie in Indian history, folk art, feminism and more. Some of her works are extremely powerful, empowering women, and inspiring artists everywhere. I attempted to recreate one of her pieces through a digital medium, trying to capture the exact essence of a woman's portrayal as a divine being.



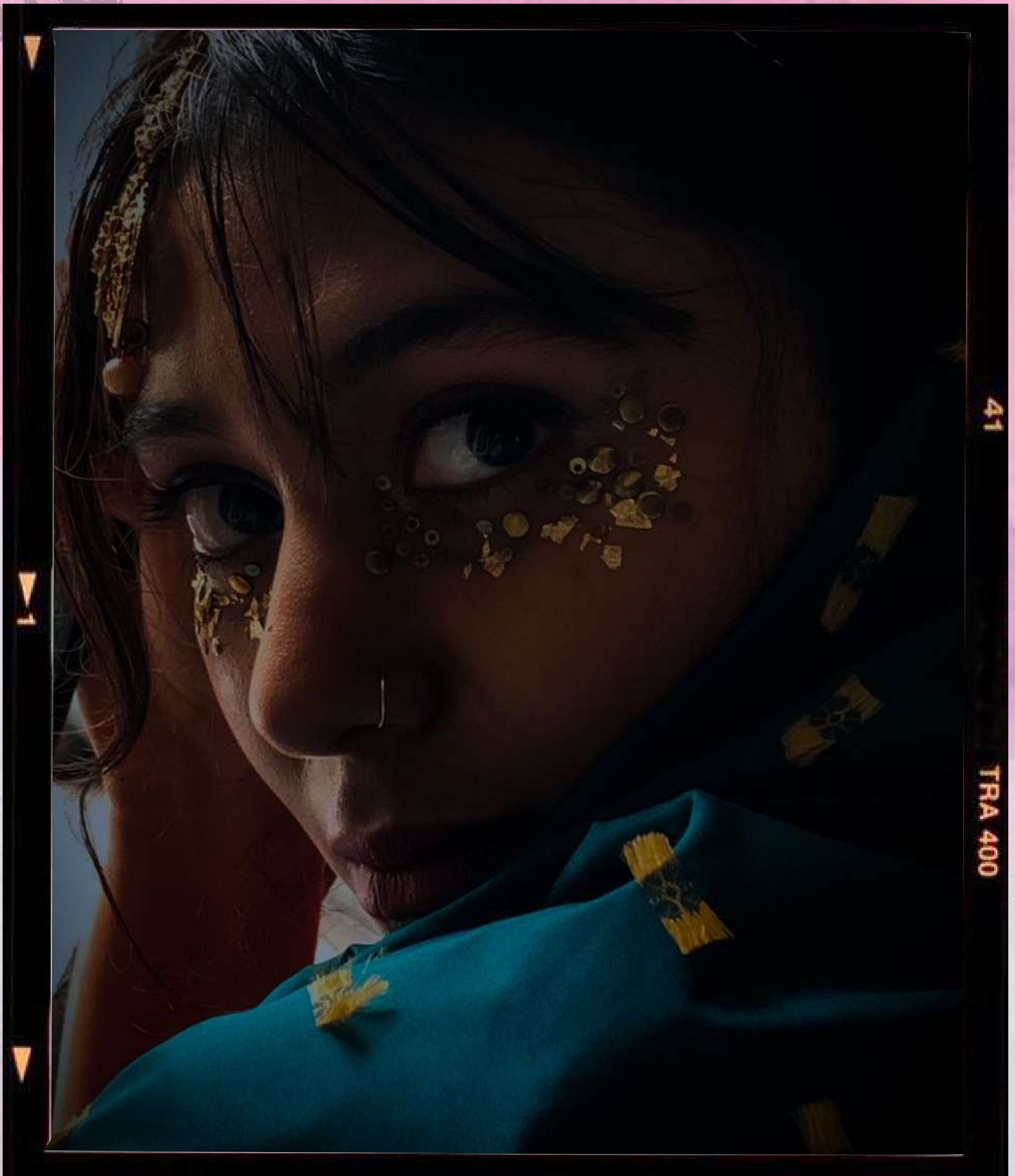
-Priyal Binani



-Arshia Tewari

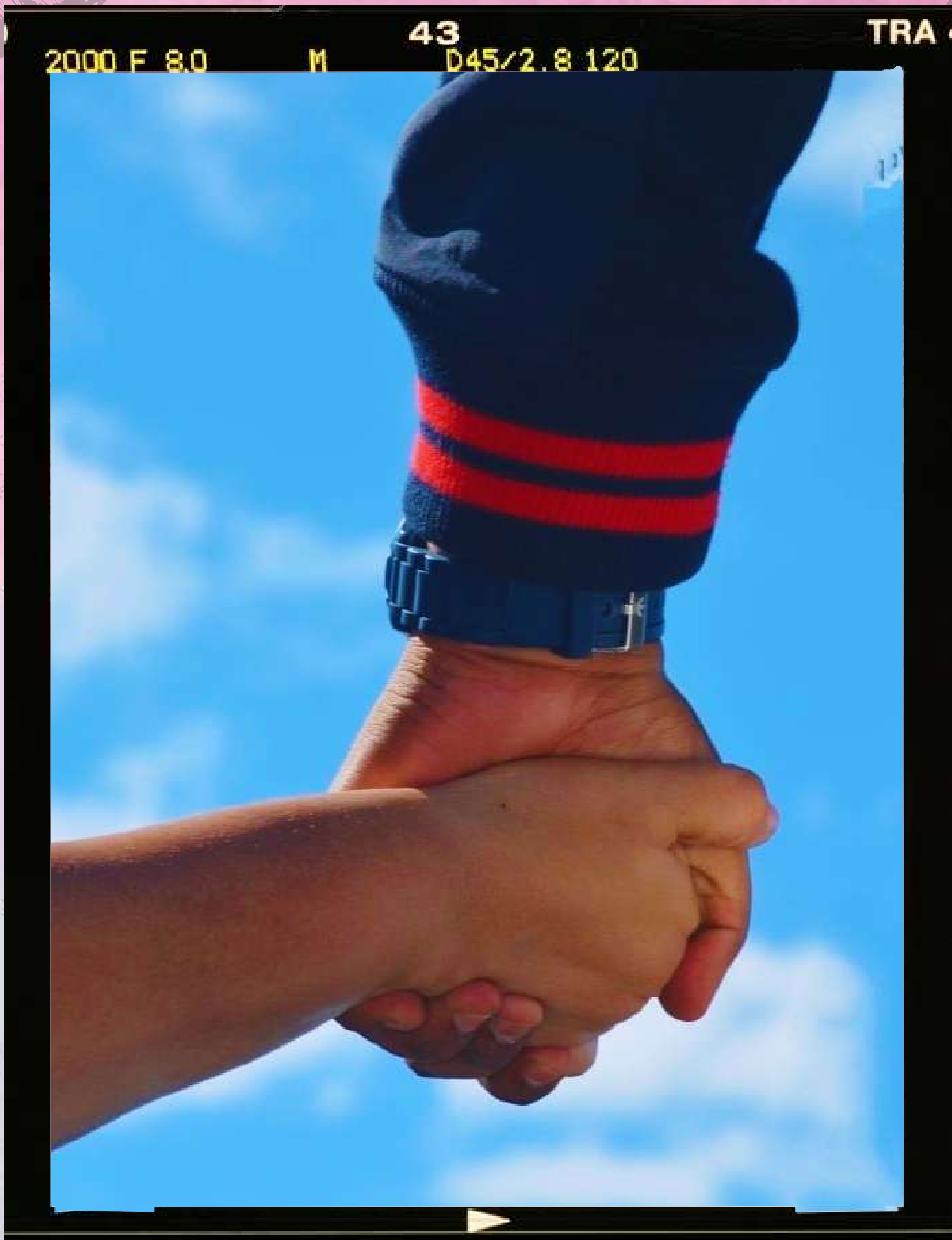
In 1977, La Baker, a Harlem Renaissance acrylic and collage painting, was made. It is on display at the Museum of Fine Arts in Boston, Massachusetts. Lois Mailou Jones had been a black American artist and educator. She was encouraged to draw and paint as an adolescent by her parents. Her family bought a cottage on Martha's Vineyard, where she met many artists. She studied at Howard University, as well as travelling extensively, residing in Paris, Haiti, and many African nations, all of which influenced her art.

PHOTOGRAPHY



This shot holds a special place in my heart because it was my first time participating in a photoshoot. I felt it would be a perfect fit for this edition because it celebrates Indian women and their culture. Not to mention that the woman in this photograph is an alumni from Modern High School, making it even more special.

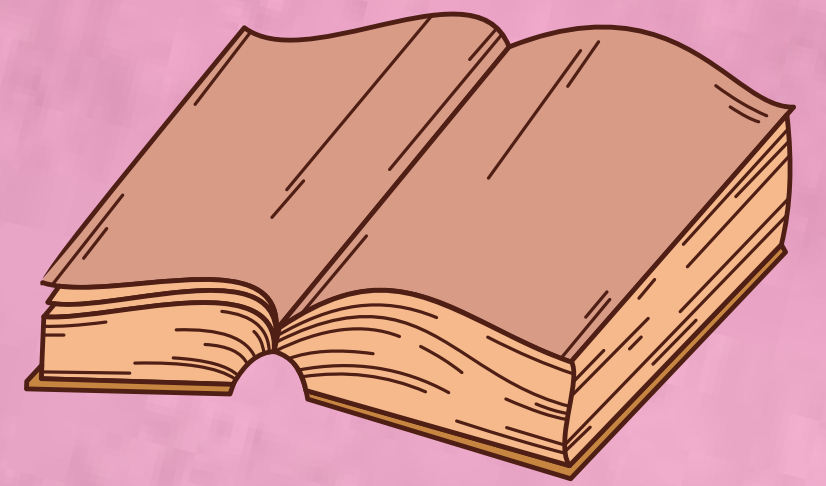
PHOTOGRAPHY



In a world of discrimination against women, it is imperative that women come together and join hands to support and empower each other. We have always heard of brotherhood but let us now create a sisterhood that helps create opportunities and believes in their fellow sisters. Only by empowering our fellow women and supporting them can we create a more equal world.



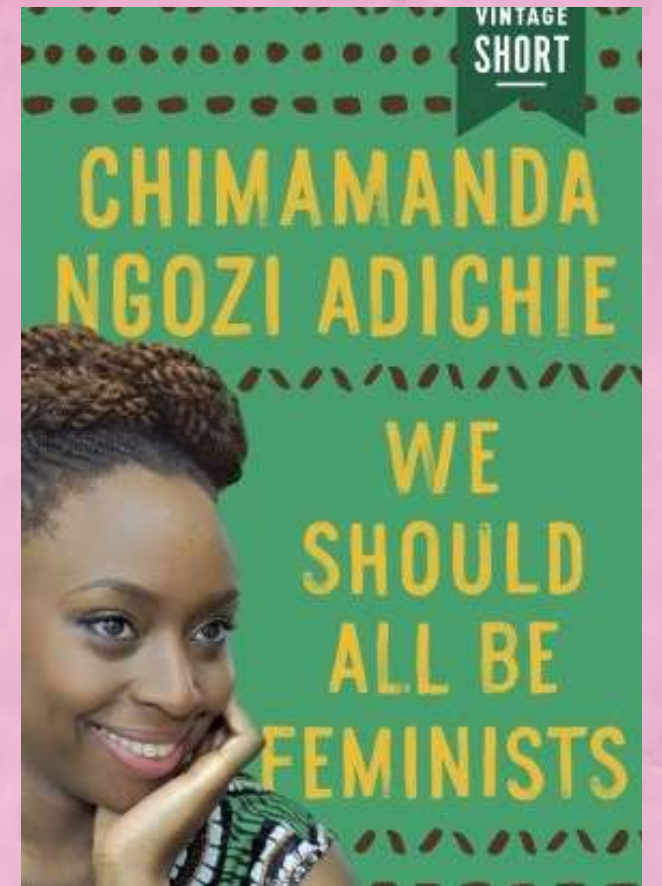
BOOKS



For this month's edition, we have compiled a list of some books that discuss feminism. These are all amazing reads and we hope that you find them thought-provoking and interesting.

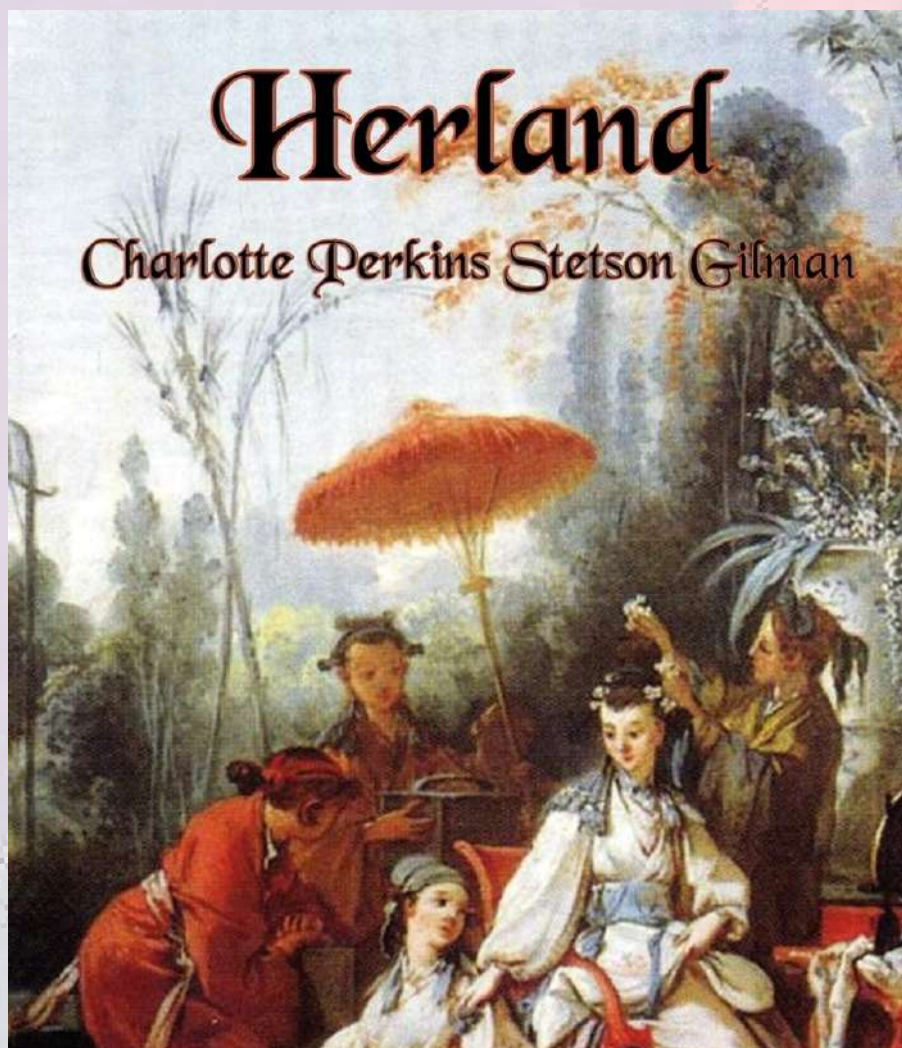
WE SHOULD ALL BE FEMINISTS BY CHIMAMANDA NGOZI ADICHIE

Feminism has many negative connotations today. However, what does being a feminist mean? To know that, one must read Chimamanda Ngozi Adichie's book-length essay 'We Should All Be Feminists.' Adapted from her famous TedTalk, the book is an eloquently argued essay with personal anecdotes, that is sure to invoke many deep thoughts.



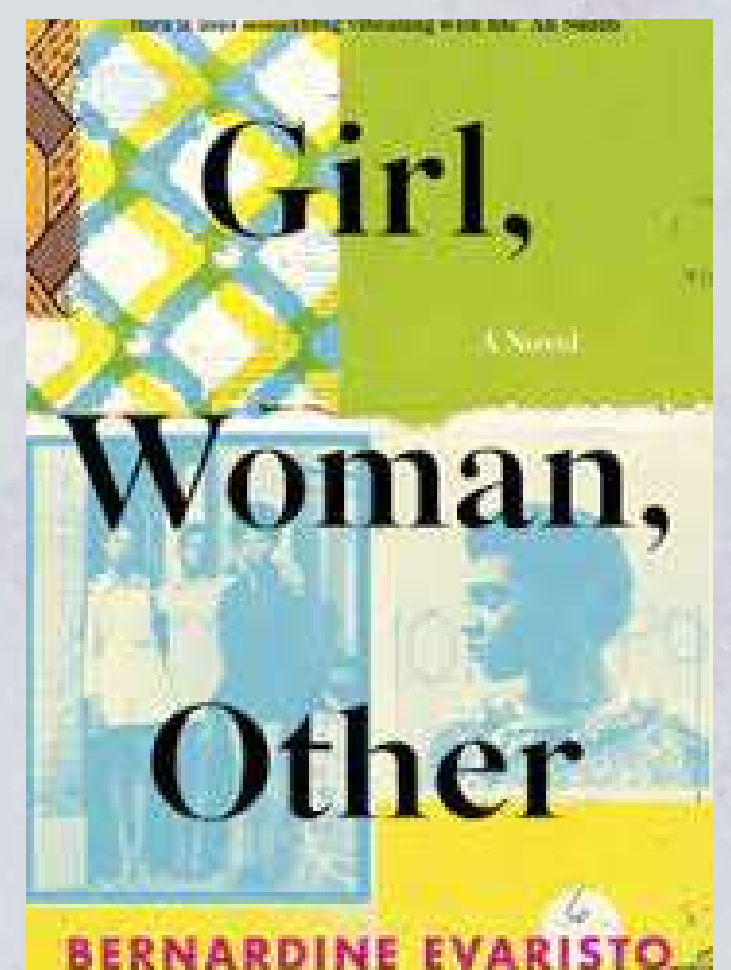
HERLAND BY CHARLOTTE PERKINS GILMAN

Herland was written in 1915 by novelist Charlotte Perkins Gilman, who is known for including feminist themes in her works. In this utopian novel, women bear children without men in an isolated society. The result of this is a perfect social order that is free of war and conflict. This novel is often considered a forgotten feminist classic.

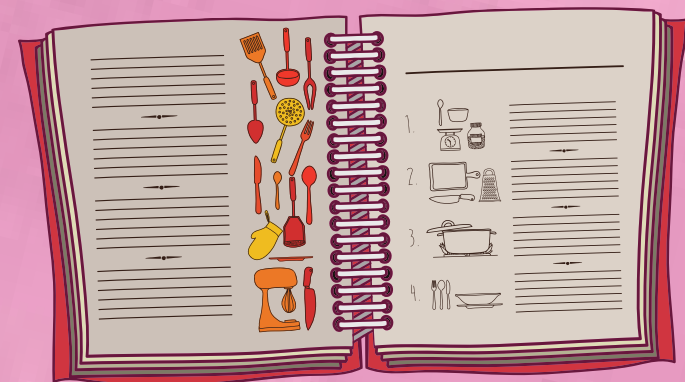


GIRL, WOMAN, OTHER BY BERNARDINE EVARISTO

'Girl, Woman, Other' is narrated from the perspectives of twelve British women of colour, whose ages vary from 19 to 93. The women mentioned in the novel come from various different backgrounds, sexual identities, and cultures. A nuanced novel exploring racism and feminism, these stories have an element of humour to them that makes this novel riveting and entertaining as well as thought-provoking.



RECIPES



Suffragette Cook Books- A Classic Omelet

We chose to celebrate Women's Month by preparing a very special, classic recipe of an omelet. About a century ago, during the Women's Suffrage Movement in the USA, women marched and protested for their voting rights. A prominent culinary archivist, Jan Longone, spoke about these suffragette cookbooks at the University of Michigan. She mentioned how, at the time, women had no control over their money, and no rights to voice their opinions. Even with the brutal oppression they faced, they used all that they could to champion their cause.

These cookbooks were filled with strategic rebuttals against the societal dislike towards suffragettes, invalidating the image of neglectful mothers and indifferent family members that people seemed to have created. Instead, these books centred around the idea that "Good cooking goes hand in hand with sure voting", as quoted from a Washington Women's Cook Book published in 1909. Interestingly, 'The Woman's Suffrage Cook Book', America's first suffragist cookbook, launched in 1886 sold out at a fundraiser at the Boston Music Hall.

For this edition, we bring to you a classic omelet recipe, featured often in Suffragette cookbooks. We hope our last recipe leaves you with the same taste of pride these women felt as they fought for a cause so crucial to us as a society.

INGREDIENTS:

2 eggs (whites and yolks separated) | 5 tbsp milk | A pinch of salt | 1 tbsp butter

METHOD:

1. Beat the egg yolks till they are thicker in consistency and slightly lighter in colour.
2. Add in the milk, stir and set aside.
3. Start beating the egg whites. Once they start foaming, add in the salt and continue beating until light and fluffy.
4. Combine the yolks and whites gently, making sure not to knock out the air in the whisked mixture.
5. Heat a small omelet pan on low heat and add the butter.
6. Spread it out. Once it starts foaming slightly, add the eggs.
7. Cover and cook till very lightly brown on one side and flip.
8. After 30 seconds of cooking on the other side, fold the omelet and turn it out on a plate. Serve hot.



The Woman Suffrage Cookbook



KIND THOUGHTS

“Feminism isn’t about making women stronger. Women are already strong. It’s about changing the way the world perceives that strength.”

~ G.D. Anderson

“Beginnings could happen more than once or in different ways.”

~ Rachel Joyce



AN EXPERIENCE

Over the past year, our cohort was lucky enough to have the opportunity to work on this newsletter and it has been an incredible and unforgettable experience. As we worked on different editions, working on this newsletter was no longer just a responsibility or an undertaking we took pride in. It became an outlet and a platform for all of us. As we worked on the last six editions, each of us have put our heart and soul into this newsletter.



These words, provided by every member of our cohort, represent some of the many, many things we associate with and feel about this newsletter. We hope you enjoyed reading these editions as much as we loved making them.



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