

INDIA MAKES HISTORY

India's recent triumph in the ICC T20 tournament marks a historic milestone in the annals of cricket. The victory is not just a reflection of the team's exceptional performance on the field, but also a testament to the country's evolving cricketing landscape, strategic planning, and the indomitable spirit of its players. This achievement is a moment of immense pride for the nation, inspiring millions of fans and young cricketers across India.

The path to victory was paved with a blend of meticulous preparation, tactical brilliance, and individual brilliance. India's batsmen displayed exceptional composure under pressure, capitalizing on every opportunity and setting formidable targets for their opponents. The bowlers complemented this by executing precise plans, maintaining tight lines, and exploiting every weakness in the opposition's batting lineup. The fielding unit, often considered the unsung hero of modern T20 cricket, turned matches with spectacular catches, quick reflexes, and sharp run-outs, demonstrating the comprehensive strength of the team.

This historic achievement also underscores the depth and versatility of India's cricketing talent. Beyond the seasoned stars, young players rose to the occasion, making significant contributions and signaling the emergence of the next generation of cricketing stalwarts. Their performance reflects the robust domestic cricket system, the strategic nurturing of talent, and the vision of India's cricketing authorities to prepare players for high-pressure international competitions.

Equally important is the strategic leadership that guided the team throughout the tournament. The captain's ability to read match situations, make timely decisions, and instill confidence in every player has been instrumental in India's success. The coaching staff and support personnel played a vital role, providing data-driven insights, psychological support, and fine-tuning the team's approach to adapt to varying conditions and opponents. India's historic T20 victory has implications beyond the boundary ropes. It strengthens the nation's position in international cricket, boosts the morale of aspiring players, and energizes fans who see the team as a symbol of resilience, teamwork, and national pride. It also highlights the growing competitiveness of Indian cricket in shorter formats, demonstrating that the country can consistently perform under pressure on the world stage. Moreover, this triumph reinforces cricket's role as a unifying force in India. Across cities and villages, fans celebrated the victory, transcending regional, linguistic, and cultural differences. Such historic moments remind the nation that cricket is not just a sport but an expression of collective pride and passion.

We Worship Shakti in Temples, But Do We Empower Her at Home?

DR. KANIKA GUPTA

Every year on March 8, the world observes International Women's Day, a day dedicated to celebrating women's achievements and advocating gender equality. The theme for 2026 - "Give to Gain" reminds us of a simple yet powerful truth: when society invests in women and girls, the entire nation gains in strength, prosperity, and humanity.

Yet the question remains-are we truly living by this principle? "We worship Shiv and Shakti in temples, but fear their balance in real life."

In Indian culture, the divine union of Shiv and Shakti symbolizes harmony, equality, and cosmic balance. While we revere this spiritual philosophy, the same balance is often missing in everyday life.

We teach our children to fold hands before Shiv, but do we teach them to respect Shakti at home?

This contradiction lies at the heart of gender inequality. Girls are celebrated symbolically but restricted socially. The true essence of this year's theme, "Give to Gain," lies in transforming this mindset into giving girls equal opportunities, respect, education, and safety so that society can gain progress and harmony.

Women and Girls in Jammu & Kashmir: Between Progress and Challenges

The situation in Jammu & Kashmir reflects both encouraging progress and persistent challenges. According to education data, over 10.5 lakh girls are currently enrolled in schools across the Union Territory. In recent years, girls have also consistently outperformed boys in Class 10 and Class 12 board examinations, highlighting their determination and academic excellence. However, the path forward is not without obstacles. The transition rate from secondary to higher secondary education is around 57 percent, meaning many girls dis-



continue education due to poverty, safety concerns, distance from institutions, and social pressures. In rural and border districts, these barriers become even more pronounced.

Disabled Girls: The Invisible Struggle Within this narrative, one group remains particularly invisible - Girls with Disabilities.

For them, gender discrimination intersects with disability stigma, creating multiple layers of exclusion. In many parts of Jammu & Kashmir, disabled girls face barriers such as inaccessible schools, lack of assistive devices, limited rehabilitation services, and social isolation. Many are denied education not because they lack ability, but because systems lack accessibility.

True empowerment under the theme "Give to Gain" means ensuring that disabled girls are not left behind. Inclusive education, accessible infrastructure, trained teachers, and community awareness are essential

steps toward making empowerment meaningful.

Shakti Was Never Meant to Be Controlled Our cultural traditions remind us that feminine power is sacred.

Shakti was never meant to be controlled; she was meant to be awakened.

When girls are allowed to grow, learn, and lead, their potential transforms families, communities, and nations. Jammu & Kashmir itself offers inspiring examples of girls who have awakened this Shakti within them.

Hansja Sharma created history by becoming India's first female pilot of the Rudra attack helicopter in the Indian Army. Sheetal Devi a remarkable para-archer born without arms who has won international medals and represented India globally. Her determination shows how disability does not limit potential. Tajamul Islam, the young kickboxing champion from Bandipora, brought global recognition to the region and

now trains other girls in self-defense. Nasira Akhter, an innovator from Kulgam, has received national recognition for her environmental work. Sandhya Dhar, a disability rights advocate from Jammu, continues to champion inclusive education and empowerment for children with disabilities. These women prove that when society gives opportunity, it ultimately gains strength, innovation, and resilience. These all highlighted as a powerful example of women's empowerment and "Nari Shakti", showing how education and support from family can help daughters reach the highest levels of service to the nation.

The Real Meaning of "Give to Gain"

Empowering women and girls are not an act of charity; it is an investment in a stronger future. It requires:

Equal access to education, including for disabled girls, safe and inclusive public spaces, healthcare and nutrition support, respect and equality within families and communities.

A society that empowers its girls does not lose tradition; it gains a stronger future.

A Moment for Reflection

As we mark International Women's Day 2026, let us move beyond celebration and symbolism. Let us question the contradictions that exist between worship and reality. Because the true spirit of our culture is not just in temple; it is in how we treat the women and girls around us. If we truly believe in the power of Shiv and Shakti, then the responsibility before us is clear: awaken the Shakti in every girl, including those with disabilities.

Only then will the promise of "Give to Gain" become a lived reality.

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We are proud of the largest democracy in the world and the philosophy of our Constitution is that despite the different religions, castes, culture, traditions, regional disparities, India has demonstrated in the world over that India is developing its economy at a very rapid rate in the present context.

It is pertinent to mention here that on the one hand India is emerging as developing country and is on the path of developed country/Super Power, on the other hand, it is a matter of great concern that there are many atrocities being meted out to the women as has happened on 16th of December 2012 regarding the gang rape with 23 years girl and thereafter.

The most controversial issues and challenging considerations before the society are education, Status of women, growing terrorist activities and allied coinciding problems have been discussed and debated so many times.

The educated citizens and even bureaucrats of this biggest democracy to a greater extent, are indifferent and ignorant to the basic features of our constitution - social justice, liberty, equality, fraternity which are envisaged in our constitution. The essence of these features is that these are the fundamental features & foundation of our modern civilization and contemplation of these features are the vision of our society, are of para-

mount importance for consistent growth in all the sectors in the present context.

Social Justice - as a fundamental might in the comprehensive form in fact, is an important factor to determine and remove social imbalance by law harmonizing the interest of different groups/sections of society- a way to built up a "Welfare State".

The subject matter under discussion in the present day scenario is Status & Empowerment of Women. The reality of the philosophy is that women are mothers, sisters, daughters and their counterpart in-laws - all are human being, forming part of our society. From the days our society came into existence, the women are not treated equally due to numerous constraints, cultural traditions, ethos, and inhuman treatment and vice versa. In the recent years, the women have played tremendous role in making the society as civilized society, may it be education, industry, banking, Government/private undertaking or the else.

Subsequently, due to these numerous constraints and compulsions, the women have been victim to various atrocities like physical and mental torture, economic and sexual harassment, child marriage, dowry death, infanticide and other multifarious crimes and victimization commensuration with innumerable other impediments which have been the root cause of impair-

ment of our society & have endangered and damaged the society to a larger extent in the present context.

In the olden days when there was little awareness of the society, the liberty of the women was confined to the four-wall of the house and they were even sacrificed when the tradition of Sati was in prevalent. But with the change of time, our social reformers like Keshab Chandra Sen, Dhondo Keshav Karve, Ramakrishna Paramahansa, Saralabala Devi Chowdhari, Sir, Syed Ahmed Khan, Swami Vivekananda, Raja Ram Mohan Roy, Bal Gangadhar Tilak, Mahatma Gandhi and similar other reformers had the vision of plight of women, enlightened and awakened our society. Similarly, since our constitution was formed and the education was considered as the main factor for making change in the society, women got the opportunities to excel their potentials in every field.

As earlier mentioned, now women are taking active part in every field- may it be political, defense, security forces, education, industry or any other field. To cite few examples, our late Mrs. Indira Gandhi, the First Woman Prime Minister of India - a courageous, brave, bold lady, who had passion for peace, Krishna Mehta - our Ist Woman M.P from Jammu & Kashmir State (Now U.T) who had the vision of social transformation, Kiran Desai, a noted writer and

youngest woman awarded Britain Highest literary award, Mrs Pratibha Patil, the Ist Woman President, Kiran Bedi and similar others women who had/have been chief Ministers, MPs.

If the aims and objectives of social justice are to be achieved through liberty, equality and fraternity, the basic essential reflected in the preamble of our constitution, changes are utmost in our society. To establish a socialistic society (Welfare society) and civilized society, the enjoyment of liberty, respect and dignity to all including women - ideal of living a peaceful life through freedom of thoughts, expression, fellow feeling, brother hood which will lead towards a modern civilization and socio-economic development is need of the hour. It is firm conviction and admitted fact that the education, which is an important and fundamental factor to a greater extent, can save our society from extinction, degradation and deterioration.

Under Article 15, Prohibition of determination on grounds of religion, race, caste, sex, place of birth, it has been held that Section 497 of IPC, which say that it is an offence of adultery though the man is punishable for adultery, the woman is not punishable as an abettor; is not unconstitutional, because such immunity is necessary for the protection of woman in view of their existing position in Indian society. Clause (3) of article 15, which permits special provisions for women

and children, has been widely resorted to and the courts have upheld the validity of special measures in legislation or executive orders favouring women. In the context of sustained and substantial technological development, political awakening and consistency in the global environment, taking into consideration the plight of women, it is imperative that our society is brought up to the fashion of modern civilization by educating new generation & enforcing stringent law.

There are long pending issues regarding plight of women which have been debated in many sessions in Parliament for the uplift of women.

Unless concrete and vigorous legislations are not formulated and enforced, these trends of women victimization, crimes and harassments will continue to exist.

Taking the above in view, it is essential that positive steps are required to be taken through educating the society and making the masses aware of the status and empowerment of women. Some of the result oriented measures which can be taken, are by educating the masses through various cultural, social-welfare programs in the educational institutions and colleges making the public and youngsters aware of the problems of the women, concrete, enforcement of vigorous and stringent legislation.

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Status & Empowerment of Women

WINNING WOMEN

SANJAY ROHMETRA

Throughout the annals of human civilization, the feminine archetype has functioned not merely as a biological necessity, but as basic pillars of human existence and the primary architect of social cohesion. To contemplate the essence of womanhood is to engage with a profound paradox of vulnerability and indomitable fortitude-a complex that has shaped the very contours of our collective human history.

In antiquity the feminine experience was often relegated to the periphery of formal discourse, yet it was within these marginalized spaces that women cultivated a sophisticated innerness. This "subterranean" influence was the quiet engine of progress.

Contemporary narrative of womanhood has transcended simple advocacy, evolving into a multifaceted interrogation of power, identity, and action. The modern woman is the embodiment of intersectional complexity, balancing the pursuit of professional mastery with the nuanced preservation of emotional intelligence.

Ultimately, women do not merely inhabit the world; they interpret, refine, and sustain it, acting as the bridge between the visceral realities of existence and the loftiest aspirations of the human soul.

The transition of women's roles from the dawn of the 20th century to 2026 represents one of the most significant demographic and socioeconomic shifts in human history. While the 1900s defined womanhood through the lens of domestic stability and unrecorder agrarian labour, the modern era sees a population of 4.13 billion women navigating a landscape of unprecedented, though uneven, path of progress. This demographic weight-comprising nearly half of the global population-is no longer a silent "invisible" majority but a primary driver of contemporary social and economic power engines.

The leap in the global female literacy rate from a meager 15% in beginning of 20th century to present 83% has fundamentally restructured the world. This educational surge has served as the catalyst for moving women from the periphery of legal systems into the heart of global discourse. However, the data reveals a persistent "geography of inequality." In specific rural zones of sub-Saharan Africa and South Asia, literacy rates lingering below 60% create a stark contrast to

the global average, suggesting that while the floor has been raised, the ceiling remains firm for those in developing agrarian economies.

In terms of economic output, women now contribute approximately 37% to the reported global GDP. Yet, this figure remains a conservative estimate of their true impact. The exclusion of the "care economy"-encompassing childcare and domestic labour valued between \$10 trillion and \$18 trillion-highlights a lingering systemic oversight. Much like their ancestors in 1900, many women in 2026 continue to perform the essential work that stabilizes society, yet this labour often remains off the balance sheets of formal national accounting.

The economic landscape for women within the world's four largest economies-the United States, China, Germany, and India-reveals a complex interplay between historical policy, cultural shifts, and access to resources. While the United States and Germany maintain near-universal female literacy rates of approximately 99%, the trajectory in the developing giants is distinct. China has achieved a high functional literacy rate of over 95%, stabilizing its workforce, while India has seen a dramatic surge to 77%. This educational foundation is the primary driver behind the shifting per capita income for women, which ranges from a high of \$65,000 in the U.S. to approximately \$1,800 in India, reflecting the vast differences in industrial maturity and currency valuation.

When examining longevity, women in Germany lead the group with a life expectancy of 84.1 years, a testament to a robust socialized healthcare system and high standards of living. The United States follows at 82.2 years, though it faces unique challenges regarding maternal health disparities that prevent it from leading the pack. China's female longevity has risen to a competitive 81.8 years, nearly matching Western standards, while India's 74.0 years, though the lowest of the four, represents the most significant improvement over the last two decades due to enhanced rural healthcare and nutrition programs.

The actual economic contribution to GDP highlights a fascinating contrast in labour force participation. China boasts one of the highest female participation rates globally at 60.5%, contributing nearly 41% to its national GDP-a

legacy of state-mandated gender equality in the workforce. In contrast, the United States and Germany see participation rates in the mid-50s, with women contributing roughly 40% and 38% to their respective GDPs. Germany, however, ranks highest on the Gender Gap Index (9th), suggesting that while fewer women may be in the formal workforce compared to China, those who are have better access to high-level leadership and equal pay protections.

India remains the most significantly odd and the greatest area of "untapped potential." With a female labour force participation rate of roughly 35.3% and a GDP contribution of 18-20%, the gender gap remains wide. However, economists suggest that closing this gap is the single most important factor for India's quest to become a \$10 trillion economy. As literacy continues to rise and the digital economy expands into rural areas, the "winning" woman in these top economies is increasingly defined not just by her presence in the workforce, but by her growing influence in shaping national fiscal policy and innovation.

The biological and social resilience of women is perhaps most evident in longevity trends, with women consistently outliving men by an average of five years. Reaching a global life expectancy of approximately 75-76 years, this "longevity dividend" presents both opportunities and challenges for healthcare and pension systems. As we look forward, the challenge of the 21st century lies not just in increasing these numbers, but in bridging the gap between reported economic participation and the immense, unquantified value of the domestic and care-based contributions of women that sustain the global population.

The evolution of women's development in the modern era is a study in both remarkable resilience and systemic friction. While the "subterranean" influence of the past has moved into the bright light but it now encounters a complex landscape of structural barriers. Central to these challenges is the persistent legal and safety gap. Despite a global push for reforms, women still hold only about two-thirds of the legal rights afforded to men, a disparity that creates a "fragile foundation" for any further progress for women. In many regions, the issue is not just the absence of equitable laws, but a

profound failure in their enforcement. When safety is not guaranteed and legal protections remain theoretical, the ability of women to move freely in the economy is inherently stifled.

Compounding these legal hurdles is the economic "double burden" of unpaid labour. This is perhaps the most significant "quiet" tax on women's development; by spending triple the time of their male counterparts on domestic and care giving duties, women face a structural time poverty that limits their professional upward mobility. This manifests in the corporate world as the "broken rung," where the transition from entry-level to management remains the point of greatest attrition for female talent. Without a robust "care infrastructure"-systems that formalize and support childcare and elder care-the global economy continues to miss out on trillions of dollars in potential GDP.

Furthermore, development is increasingly hindered by biological and digital warehouses. In the realm of health, a historical bias toward male-centric medical research has left significant gaps in our understanding of female physiology, leading to higher rates of misdiagnosis and less effective treatment protocols for women. Simultaneously, as the world pivots toward a digital-first economy, a new "digital divide" has emerged. In developing nations, lower access to smartphones and reliable internet means women are frequently locked out of digital banking and the burgeoning gig economy, effectively anchoring them to traditional, less lucrative forms of labour.

Ultimately, the challenge for the coming years lies in moving of women beyond symbolic inclusion toward structural integration. The UN's sobering estimate that it may take nearly three centuries to close the gender gap at our current pace-serves as a call to action. True progress requires a shift from viewing women's development as a niche social issue to recognizing it as a fundamental economic and stability requirement for the 21st century.

Translating these challenges into tangible progress requires a shift from passive advocacy to the structural implementation of modern Governments policies. At the heart of this transformation is the "3R Framework" for the care economy: Recognizing, Redistributing, and Reducing the burden of unpaid labour. By treat-

ing care as essential infrastructure-as vital to a functioning society as a power grid-governments can begin to liberate the "stolen time" that currently keeps billions of women out of the formal workforce. This involves the implementation of "Daddy Quotas" in parental leave to normalize shared domestic responsibility and the scaling of community-led childcare centers that allow women to pursue consistent, high-value professional opportunities.

Complementing these social shifts is the strategic adoption of Gender-Responsive Budgeting (GRB). This is not merely a "women's fund," but a rigorous auditing of all public and corporate spending to ensure that capital is allocated equitably. For example, implementing GRB means analyzing whether a city's new transportation budget favours male-dominated industrial routes or the "trip-chaining" patterns-multiple short stops for school, groceries, and work-common to women. By directing that a specific percentage of every departmental budget directly addresses gender gaps, we move from "rights on paper" to "rights in practice," backed by the necessary financial muscle to enforce change for women.

In the realm of health and leadership, the solution lies in precision and advocacy. The rise of "Deep Femtech" (second wave of female technology) is finally closing the medical research gap by utilizing AI-driven diagnostics tailored to female physiology, ensuring that diseases like cardiac distress are no longer misdiagnosed due to male-centric data models. Simultaneously, the corporate "broken rung" is being mended through formal sponsorship programs. Unlike traditional mentorship, which offers advice, sponsorship mandates that senior executives actively advocate for their female protégés' promotions, ensuring that high-potential women talent is not just seen, but placed into the powerful rooms of Corporate.

Ultimately, the roadmap to 2030 and beyond depends on data-driven transparency. By using digital dashboards to track real-time progress in pay equity and legal enforcement, we can create a cycle of accountability. As these subterranean feminine engines of progress are finally integrated into the formal structures of global power, the result will be a more resilient, innovative, and economically stable world for everyone.