

Department of English
Bridge Course June – 2019

DATE	DAY ORDER	1	2	3	4	5	6
04.07.19	I	Inaugural Function			About the college (A.S.)	Child Abuse (A.SU)	Women's Safety (A.SU)
05.07.19	II	General Instruction (E.K)	Anti Ragging (S.S)	Soft Skill (TAM)	Discipline & dress Code (E.K)	Women Empowerment (J.S.)	Motivational Videos (J.S.)
06.07.19	III	Awareness of general Activities inside the campus (J.S)	Competitive Exams	Library (A.SU)	Smart Class		General counselling (K.A)
08.07.19	IV	About NAAC (J.S)	Values of Relationship (A.Su)	Make Life Easy (Tamil)	Letter Writing (J.S)	Motivational Videos (S.S)	Spell Bee (E.K)
09.07.19	V	Rights to Women (A.SU)	Course outcome (J.S)	Extempore Speech (S.S)	Smart Class		About syllabus & Examinations (N.M.)



Minutes

A Bridge Course in English for newly admitted students is conducted every year before the commencement of the first semester classes by the Department of English. The main objective of the course is to bridge the gap between subjects studied at Higher Secondary level and subjects they would be studying in Graduation. The syllabus for the course is framed in such a way that they get basic knowledge on the subjects that they would be learning through graduation.

Syllabus for Bridge Course

- Basic English Grammar
- Word building and their usage
- Sentence formation and transformation
- Listening and speaking skills mainly concentrating on conversation
- Interview skills
- Developing listening, reading, writing and speaking skills
- Public speaking, group discussion, debate, declamation contest and extempore speech
- Profile writing
- Resume preparation
- How to use the dictionary?
- How to read the news paper?
- Basic knowledge of the courses

After the completion of the Bridge Course in English, there was a significant progress in the Listening, Speaking, Reading and Writing skills of the students. Students who had tremendous stage fear were able to overcome it and speak fluently in English. They could easily take part in Group Discussions and exhibit their views in English. Students who had Tamil as the medium of instruction at the school level gained confidence to speak and write in English.

Child abuse:

Child abuse is not just physical violence directed at a child. It is any form of maltreatment by an adult, which is violent or threatening for the child. This includes neglect.

When child abuse occurs in the home and the abuser is, for example, the child's parent or care-giver, this is a form of domestic violence.

But children are sometimes abused by other adults on whom they are dependent, such as day nursery workers, teachers and sports coaches.

Sometimes abuse is intentional, but not always. If parents or caregivers are no longer able to cope with caring for the child, this can result in dysfunctional behaviour and abuse.

Scope of child abuse

In 2010 Leiden University and TNO (Netherlands Organisation for Applied Scientific Research) carried out a study into the scope and nature of child abuse. Every year an estimated 119,000 children experience some type of abuse.

Types of child abuse

There are five general types of child abuse:

- Physical abuse: all forms of physical violence;
- Emotional or psychological abuse: an adult regularly berates the child, acts in a dismissive and hostile manner towards the child or intentionally scares the child.
- Physical neglect: the child does not receive the care and nurturing that it needs.
- Emotional or psychological neglect: continuous lack of positive attention for the child. Ignoring the child's need for love, warmth and security. This category also covers cases in which children are witnesses to violence between their parents or caregivers.
- Sexual abuse: sexual contact which an adult forces upon a child.

Women's Safety

INTRODUCTION

According to current statistics, one in three Australian women over the age of 15 will experience physical violence, and almost one in five will experience sexual violence. Living safe and free from violence is everyone's right; reducing violence is everyone's responsibility.

To find out more information visit Australia's National Research Organisation for Women's Safety Limited (ANROWS) for the fact sheet: [Violence against Women: Key Statistics \(ANROWS\)](#)

FEMALE GENITAL MUTILATION OR CUTTING (FGM/C)

Female Genital Mutilation is the deliberate cutting or altering of the female genital area. It has many names, including cutting, female circumcision and ritual female surgery.

Female Genital Mutilation or Cutting is recognised internationally as a violation of the human rights of women and girls. The Australian Government recognises that FGM/C is a significant abuse of human rights, which puts the lives and health of women and girls at risk and is working to end this harmful practice.

Addressing this issue within a human rights framework ensures greater government and community involvement in the protection of girls' and women's rights. Evidence shows that community-based approaches aimed at preventing the practice using culturally informed dialogue with communities have shown the most promising results. Prevention education should be delivered within a holistic community-based, culturally sensitive, sexual and reproductive health context.

The Australian Government firmly believes that tradition or culture cannot be cited as a justification for the erosion of women and girls' human rights.

Legal frameworks

The practice of FGM/C is illegal in every state and territory of Australia. This includes performing FGM/C overseas on a child that usually resides in Australia.

The legislation varies across jurisdictions in Australia, but persons carrying out, or assisting someone else to carry out FGM/C can be liable for imprisonment for up to 21 years.

If you know someone at risk, or if you're worried that someone is at risk of FGM/C or is a victim of FGM/C contact the Police on 000.

A Global Women's Safety Framework in Rural Spaces: Informed by experience in the tea sector

The new global women's safety framework adapts UN Women's longstanding initiative on safe cities and safe public spaces for women and girls through incorporating experience in the tea sector in rural spaces. With its strong focus on prevention of violence against women and girls in public spaces, including harassment, the framework helps to build a common understanding in the tea sector that is applicable to other commodity sectors in agricultural value chains.

It explores the many manifestations and causes of violence against women and girls, and sets out their impacts on women, communities and businesses. The framework provides examples of how producers, authorities and civil society groups can work together with links to tools and organizations.

The framework can assist tea producers working in partnership on women's safety issues to:

- Better understand what violence against women and girls is, the factors that contribute to and protect against it, and how it impacts women, communities and businesses;
- Learn about the four framework action areas and the key principles that underline effective women's and girls' safety action in these areas;
- Identify different contributions that: 1) producers; 2) government authorities and 3) women, youth and community groups can make to end violence against women and girls;
- Access tools and practices to prevent and respond to sexual harassment and other forms of violence against women and girls to help guide action tailored to the local and country contexts;
- Understand some key steps to help producers implement action; and
- Explain key terms and concepts used in this area.

The framework is a key reference and accountability tool for producers, authorities, women's organizations, the UN system, and other stakeholders.

Library usage and engagement

Americans' use of public libraries has fluctuated in recent years, and this survey shows that just under half of all those age 16 and older (48%) say they have visited a public library or bookmobile in person in the prior year. The high-water mark for library visits in Center surveys is 53% in 2012, in the aftermath of the recession when other research showed that visits to libraries for job searches were more prevalent than they are today. The 2015 figure was 44% who had visited a library or bookmobile in the previous 12 months.

Americans with college degrees are especially likely to have visited a public library in the past year (59% have done so), as are women (57%), parents (55%), and 16- to 29-year-olds (55%). Additionally, 52% of blacks and 50% of Americans living in households with annual incomes of \$30,000 or less have visited the library in the past year.

The frequency in which library users visit libraries has also remained relatively stable since 2013. Among those who visited libraries in person in the previous year, 30% say they visit several times a month or more – which is comparable to the share of users who visited libraries that frequently in 2013 (31%) and 2015 (28%).

When it comes to accessing library websites, the survey finds that people are somewhat less likely to do this than in the past. Some 27% of respondents age 16 or older used a library's website in the previous 12 months, down modestly from 31% in 2015. Use of mobile apps to access library resources is not too common among Americans: 8% said they had used public library mobile apps in the past year, compared with 12% who said they had done this in 2015. For those who do visit public library websites, mobile access plays a large role. Half (49%) of those who have visited a public library website in the past year used handheld mobile devices (such as smartphones or tablets). That is largely unchanged since the spring of 2015, when 50% said this. But it is up from 2012, when 39% of library website users visited using handheld devices.

Two-thirds of library visitors borrow print books; around half go to read, study or engage with media

When asked why they visit public libraries in person, large numbers of library users cite fairly traditional reasons. These include borrowing printed books (64% of library visitors do this, down slightly from the 73% who did in 2012, but similar to the 66% who did so in 2015) or just sitting and reading, studying, or engaging with media (49%, identical to the share who did so in 2012).

Other reasons for visiting libraries have grown more or less popular in recent years. In particular, far fewer library users are visiting libraries in order to get help from librarians: In 2012, 50% of library users had visited a library for this purpose, but that share decreased to 42% in 2015 and to 35% in 2016. On the other hand, 27% of library users have attended classes, programs or lectures at libraries in the last year a 10-point increase from the 17% who did so in 2015. Not a lot of Americans go to their libraries to use 3-D printers or other new tech devices: 13% did this in the previous year, a figure that is not significantly different from 2015.

People use computers and internet connections at libraries for the basics

People also go to libraries to use tech resources. In this survey, 29% of library-using Americans 16 and older said they had gone to libraries to use computers, the internet, or a public Wi-Fi network. (That amounts to 23% of all Americans ages 16 and above.) The library computer user figures are essentially the same as in 2015. In this context, it is worth noting that 7% of all Americans age 16 and older have used libraries' Wi-Fi signals outside when libraries are closed.

Library users who take advantage of libraries' computers and internet connections are more likely to be young, black, female, and lower income. Specifically, compared with the 29% of all library users who use computers at the library:

- 45% of library users between the ages of 16 and 29 used computers, the internet or the library's Wi-Fi.
- 42% of black library users used libraries' computers and internet connections.
- 35% of those whose annual household incomes are \$30,000 or less used these resources.
- 33% of women used these things at the library.

When using tech resources at the library, most people do research for school or work (61% of library tech users did in the previous 12 months), followed by checking email or sending texts (53%). A share also get health information (38%) and 26% have taken online classes or completed a certification.

Although there have been modest changes in some activities using libraries' digital resources, there has been a boost in the share of library tech users taking some sort of class or certification online.

Library websites are used for finding available resources or renewing books

For the 27% of people who have used library websites or mobile apps in the past 12 months, searching library catalogues, reserving or placing holds on items, renewing items, or doing research or homework are most prevalent. Here is what those who have used a public library's websites or apps have done using those tools in the past 12 months:

- 58% of those who have used library websites in the past 12 months to search a library's catalogue.
- 44% of those website users reserved or placed holds on printed books, audiobooks, e-books, CDs or DVDs.
- 44% conducted research or got homework help.
- 40% renewed books, DVDs or CDs.
- 37% used online databases.
- 31% read book reviews or got book recommendations.

Values of Relationships

Money can't buy you love, and, for that matter, neither can smokin' hot looks or an amazing job or any kind of outside material at all. We all know this, but what are the things that are more important than looks in a relationship. I enlisted a troop of relationship experts, psychotherapists, dating counselors, a life coach and a clinical hypnotherapist to tell me what they hold to be much more vital in relationships than the way a person looks or the number on their bank statement, and their answers were striking.

First off, I spoke with experts and nearly all of them had a completely different take on the question. In fact, there was only one thing that was echoed by three different experts: values. It seems as though the way our partners see things like religion, family, sex and money, as well as the way they see the world, is essential to a healthy, happy, compatible, simpatico relationship. Here are the other 13 things that the crew of experts prioritized over money and external beauty. (Hint: None of them have anything to do with what you can buy with disposable income or what kind of fashion choices you make, but rather all address the way one moves through life. Of course.)

1. The Relationship Itself

"When we enter a relationship, we think it only involves two people: us and our partner," clinical hypnotherapist, author and educator Rachel Astarte, who offers transformational coaching for individuals and couples at Healing Arts New York, tells Bustle. Not so, she says. It might sound a little woo-woo at first, but don't forget that relationships themselves take on lives of their own. "There's another entity entirely: the relationship itself," she says. "This third being needs love and support as much as we do as individuals."

Think about it: If you have five years' history with someone, the relationship you share is no longer just about you and them; it also becomes about your mutual experience. Everything from inside jokes to missed trains to fights to reconciliations to birthdays goes on this list, and becomes something of a collected, common, ever-present force. And it is vitally important.

"Looks fade; money comes and goes," Astarte says. "What doesn't change is the commitment to the 'Third Being,'" this entity we call a relationship. "We nourish that being by honoring our partner, no matter what he or she is going through," she says. "You can't get oranges from an orange tree that you don't water. Nourish each other and you will nourish your relationship." Never assume that if you just think of yourself and your partner, the relationship will take care of itself. "Keep your joint experiences at the forefront of your mind as you interact with one another, and be sure to be kind, above all: "Be gentle with each other," Astarte says. Yes.

2. The Way You Handle Conflict

The manner in which you address conflict within your relationship is way more important than material things, which is something Caitlin K. Roberts, founder of To Be a Slut and cofounder of I'd Tap That, didn't realize until she met her current partner. In her current relationship, she feels comfy bringing up issues, which hasn't always been the case. "Never in my life have I been more OK to bring up a controversial topic, something that has been bothering me, or even instigate an argument," she tells Bustle. "My feelings are never undermined, and everything I say is heard and given a thoughtful response."

It's not just luck, though, or only because her partner is so great; Roberts also handles conflict well, and appropriately. (It's also worth saying that everyone has different conflict styles, and yours either aligns with your partners', or the two of you will have to figure out how to make your differing styles align if you're going to get anywhere together.) "I know what I personally need before I enter into a heated conversation," Roberts says: "Taking a moment to myself to breathe deeply and examine where and why my feelings are coming from, so I can calmly explain my end; and he knows he has to give me this space if he wants a rational and logical conversation," she says. "Every single argument we've entered or issue we've discussed has brought us wildly closer together afterwards" as a result of their harmonious conflict style. And no, you didn't read that wrong: It really is possible to have harmony in conflict. And that's better than a hot bod or mad bills any day.

3. Common Values

"I find that if your partner shares your values, everything else is negotiable," zen psychotherapist Michele Paiva tells Bustle. And the flip side is less than ideal, she adds that everything can be a struggle if you have differing values from your partner. Agreed, life coach Kali Rogers tells Bustle, and just like Paiva, she cautions that if your values are in conflict, you may kind of be screwed. "If your core values do not add up, then the relationship is already in a precarious position," Rogers says. "Focus on things like religion, finances, gender politics, family, sex and principles," she says. The rest of life will take care of itself. "Little things that you have in common or pique your interest (income, looks, similarities) should be considered bonuses," Rogers says. "Life is long and challenging, and you need a partner who has the same overall view on life that you do in order to take on its obstacles as a team."

Values were definitely a hot-button issue for the experts. "Values are extremely important," Carlyle Jansen, author of *Author, Sex Yourself: The Woman's Guide to Mastering Masturbation and Achieving Powerful Orgasms*, tells Bustle. If you're trying to figure out if your values are symmetrical to your partners', ask yourself some questions. "Where do you spend your money?" Jansen says. "What causes do you donate to or volunteer for? What is your environmental commitment or understanding? How do you handle challenging family members?" These are all really good queries, and too often we don't even think to ask ourselves and our partners about this stuff until way down the line in a relationship. "If your values and priorities match, then you can navigate through life together with those as your guide and get through most disagreements," she says.

4. A Sense Of Humor

"For me, humor is super important in a relationship, I cannot stand a boring life," Rob Alex, who created Sexy Challenges and Mission Date Night with his wife, tells Bustle. "Humor is something that is unique to everyone, yet it is my opinion that it is vital to relationships," he says. Don't worry: You don't have to have the same sense of humor as your mate. "Even if the approach to humor is different for each partner, it is still something that adds a level of fun to your relationship," he says. In other words, the important thing is that you both *have* a sense of humor, whatever it may be.

"Many couples forget how to have fun together as their relationship progresses," Alex says. "When they forget how to have fun, the relationship turns sour and everything starts to lose it's color." No bueno. "If you look around, couples that are laughing together and joking around together seem to have relationships that are amazing; they typically have better sex, better conversations and, obviously, more laughs together," he says. "There is an old saying, that 'laughter is the best medicine,' and I believe it is one of the best ingredients for a relationship too." Just have fun together, people!

5. That Ephemeral Sense of *Je Ne Sais Quoi*

"When I was younger, I had a friend who was perhaps the best-looking guy I had ever seen," dating expert Noah Van Hochman tells Bustle. "He worked in NYC at Chippendale's and had women swooning over him, even if he were just standing on a corner eating a hot dog." But his looks were not what defined him, or his relationship. "His wife ... was another story," Van Hochman says. "My friend, however, was smitten, he loved this women with a passion I have rarely seen."

The point is, sometimes that simple, magical, mysterious sense of *je ne sais quoi* is all you need to stick a relationship together with incredibly strong glue and make it work for the long haul. It doesn't have to be about money, power, fame or glory. "Income can rise and fall like the tides and life can throw all manner of issues at you, but if there is true chemistry brought about by similar values, goals and interests, looks don't seem to hold as much weight and can easily be overcome with respect and loyalty," Van Hochman says. "After all, looks fade, but true love lasts forever."

"Relationships fueled by love, trust, companionship, chemistry, kindness, trust, respect and tenderness seem to have what it takes to weather the storms and the trials and tribulations that life throws their way," relationship coach and psychic medium Cindi Sansone-Braff, author of *Why Good People Can't Leave Bad Relationships*, tells Bustle. "These are the things that we can not see with our naked eyes or hold in our hands, but rather we feel them in our hearts and sense them with our souls." Like they say, beauty or literal dollar bills won't keep you warm at night; snuggling will, though. "The invisible, invincible ties that bind" are what we should all be after — not chasing skirts.

6. How You Get Along With Each Other

"How well you get along is paramount," Tina B. Tessina, aka Dr. Romance, psychotherapist and author of *Love Styles: How to Celebrate Your Differences*, tells Bustle. "You need to be able to talk about difficult things without fighting." And, you need to be able to be with this person, day in, day out. Do you look forward to seeing them at the end of a long day? Do you think about them when they're gone, and miss them when they go on trips, and love having long talks about life with them? You're on the right track. "Shared feelings" are essential, Tessina says, and "the ability to talk about how you feel, what's bothering you, what hurt your feelings." You have to be able to talk to your partner, and get along well. "The ability to solve problems as a team, work together to achieve goals, create the life you want together," she says.

7. Being Super Respectful

R-E-S-P-E-C-T. "Respect is glue in a relationship," New York-based relationship expert and author April Masini tells Bustle. "It's what keeps people in a relationship when times are tough, and it's what keeps them on good behavior." Mutual respect is an absolute must in any healthy relationship. "When you really respect the person you're with, your future is clear," Masini says. Without it, you actually have nothing. No matter how good looking you or your partner are, there will be cracks in the foundation of the relationship if you don't respect each other, she says.

8. A Combination Of Benevolent Factors

"The things that are most important are definitely not the looks and the superficial, as these will fade," psychologist Nikki Martinez tells Bustle. "You need a stronger foundation than that." To go deeper, look for someone who really complements you and your lifestyle. Do they pay attention? Do they listen? Do they care? "You should want someone with great communication and listening skills," Martinez says. "'The person should make you laugh, as laughter is a huge factor in what makes a partner happy.

And a feeling of honesty and openness is key, she says. "Someone who is open and honest with you, so that you can build a foundation of trust and respect," she says. And though, like looks, money doesn't buy happiness, don't completely write it off, Martinez adds. "You should want someone who is financially stable," she says. "They do not have to be rich, but they should not be struggling." To each their own, but it could be argued that someone who has their sh*t together is always going to be a better partner than someone flailing around. This may be a slightly different story depending on how old you are, however. When you're in college, for example, it's cute to count change to do laundry together. In your thirties — much less so.

9. Deep Friendship, Emotional Intelligence, And Knowing How To Manage Conflict

Deep friendship, emotional intelligence and the ability to work through conflict are the Holy Grail of relationship harmony, relationship counselor Crystal Bradshaw tells Bustle. And they build upon each other, she adds: "If a relationship is lacking in any of these areas, there will likely be some turmoil." For starters, you have to be friends with your partner. "Deep friendship is the foundation to a healthy relationship," she says. Things build from there. "Trust and safety follow friendship. As these elements are planted and strengthened, the relationship grows and matures."

10. Simple Kindness

Is your partner kind? This is way more important than Benjamins and good looks, Danielle Sepulveres, sex educator and author of *Losing It: The Semi-Scandalous Story of an Ex-Virgin*, tells Bustle. "Someone who can be counted on for kindness towards the people whom they love is an ideal partner for a relationship," she says. "Their kindness to others is a mark of someone who fundamentally looks for the good in everyone." Pay attention to how your partner responds to little things that come up on a daily basis, she advises: "The way they react to inconveniences is telling as to how they will handle larger problems," she says. If they are kind to everyone — even the annoying neighbor, even the unhelpful bellhop, even the dismissive waiter — this says volumes.

11. Empathy, Compassion, Patience, Respect, Flexibility And Openness

As to beauty and finances, throw them out the window, Dr. Ramani Durvasula, author of *Should I Stay or Should I Go: Surviving a Relationship With A Narcissist*, tells Bustle: "Those things *do not* actually matter," she says. "Instead, here are the things that matter most for a long-term relationship: empathy, compassion, patience, respect, flexibility, openness." If you have most or all of these in your relationship on a daily basis, you're doing great. "If you have those, you can build a stairway to relationship heaven." Isn't that where we all want to hang out?

12. Mental Flexibility

At the top of the list of requisite relationship components to be valued way above hotness or bank: "Mental flexibility, relationship coach and therapist Anita Chlipala tells Bustle. "Being able to see things from your partner's point of view, and being willing to work on a

compromise if necessary" is where it's at, she says. "Despite popular belief, a couple won't see eye to eye on the majority of issues, and that's OK as long as both convey acceptance of the other and work on solutions that work for both people."

13. Not Expecting To Be "Saved"

Never, ever, ever-ever-never look at your partner as your savior. We are all just trudging along together; no one can save you, and you can't save anybody either. In this context, I always think of the quote, "Be kind, for everyone you meet is fighting a hard battle." As certified relationship coach Rosalind Sedacca tells Bustle, "Don't expect to be completed, saved or fixed" by your partner. "No one can fill the void in your inner self. You're setting your partner up for failure if you expect them to fix your problems and love you through your unresolved issues." So, yeah, don't pick your partner only because he's got a pretty face or she can buy you as many pairs of shoes as your heart desires. But equally don't choose a mate because you think they'll be able to save you. "Heal your wounds and neediness. Then seek out another soul who has done the same to partner with you," she says. Sage advice.

WOMEN'S HUMAN RIGHTS:

Women's rights are the fundamental human rights that were enshrined by the United Nations for every human being on the planet nearly 70 years ago. These rights include the right to live free from violence, slavery, and discrimination; to be educated; to own property; to vote; and to earn a fair and equal wage.

As the now-famous saying goes, "women's rights are human rights." That is to say, women are entitled to all of these rights. Yet almost everywhere around the world, women and girls are still denied them, often simply because of their gender.

Winning rights for women is about more than giving opportunities to any individual woman or girl; it is also about changing how countries and communities work. It involves changing laws and policies, winning hearts and minds, and investing in strong women's organizations and movements.

Global Fund for Women exists to support the tireless and courageous efforts of women's groups who work every day to win rights for women and girls. These groups are working to ensure women can own property, vote, run for office, get paid fair wages, and live free from violence – including domestic violence, sexual assault, and harmful practices such as female genital mutilation.

Women's rights and the Global Goals

The UN Millennium Development Goals set specific targets to reduce poverty, including targets for increased gender equality in education, work, and representation. UN Women found that progress was uneven. Globally, more women are now in school and work. Yet girls are still more likely than boys to be out of school (particularly at the secondary level). And although the number of women in elected office has risen, they are still only 21.8 percent of parliamentarians. What's more, women's rights remain at risk in many areas not addressed in the millennium goals – from violence against women to sexual and reproductive rights. And women who are already marginalized because of their race, caste, sexuality, income, or location see the fewest gains of all.

The new Sustainable Development Goals (SDGs) hold real promise to embed advances in women's rights, and include a specific goal (Goal 5) for gender equality. Goal 5 is more broad-based than the last gender goal and includes targets on ending gender-based violence, eliminating child marriage and female genital mutilation, and ensuring access to sexual and reproductive health. It also includes equal access to education, expanding

women's economic opportunities, and reducing the burdens of unpaid care work on women and girls.

Now it is up to all of us to hold governments accountable for their commitments and make sure the goals are met. Involving women – and funding the solutions of grass-roots women's groups – will be critical to success.

What does the future of women's rights look like?

The future of global women's rights is at stake. The U.S. administration's proposed cuts to foreign aid and stringent policies—from abortion and refugee resettlement to climate change—pose a direct threat to the health, dignity, and well-being of women and girls everywhere. We must reflect: Will women globally lose hard-won rights, or will the backlash instead catalyze new wins?

This moment calls for energizing new efforts and focus on strengthening women's movements to help lead the charge for social change on the most pressing issues of our time. Global Fund for Women is committed to turning these challenges into opportunities for women to assert their leadership, action, and voice. By 2020, Global Fund for Women will ensure that movements for women's rights are powerful, influential, and achieving lasting gains. Now is the time to stand with the global women's movement.

Global Fund for Women is working for a world where every woman and girl can realize and enjoy her human rights.

Only when women and girls have full access to their rights – from equal pay and land ownership rights to sexual rights, freedom from violence, access to education, and maternal health rights – will true equality exist. Only when women have taken leadership and peacemaking roles and have an equal political voice will economies and countries be transformed. And only then will all women and girls have the self-determination they are entitled to.