

Activity - 12
National Level Online
English Essay writing
Competition by Arya Kanya
Mahavidyalaya Gurukul Mor
Majra, Karnal

Diary No. 257

Date 2/2/22

Dayanand Mahila Mahavidyalaya

Kurukshetra



Arya Kanya Mahavidyalaya Gurukul

Mor Majra, Karnal

(Affiliated to Kurukshetra University)



Department of English

Invites participation for

National Level Online English Essay Writing Competition

English Essays on any one of the following Topics will be accepted:

1. The Cry of Trans-genders
2. Physical And Mental Abuse
3. Growing Trends Of Privatisation
4. Growing In-Tolerance in INDIA
5. Social Media is the fourth pillar of Democracy

Prize Distribution

1st position:- Rs 500.

2nd position:- Rs 300.

3rd position:- Rs 200.

RULES:-

- The competition is open to all students from UG/PG level.
- Only two entries per college/institution will be accepted.
- The participants will upload pdf of the essay.
- The essay shall not be longer than 3000 words. There is no down limit, although essay shorter than 1500 words are not encouraged.
- Last date to submit the entries is February 14, 2022.
- Winners will be informed telephonically/E-mail on February 20, 2022.
- E-certificates will be provided to the winners.
- Decision of the judges will be final.
- All Queries may be posted to akmmgknl@gmail.com or call at 8168833578 (Ms. Deepti)/8950538142 (Ms. Vaishali Duhan).

The pdf will be uploaded on Google form link:

<https://forms.gle/8Qstw7eXGxd6dawT8>

Mr. K.K. Malik
(Principal)

Ms. Vaishali Duhan
(HOD & Convener)

Organising Committee

Dr. Kavita Devi

Ms. Deepti

Ms. Sushma Devi

Ms. Anu

Ms. Preeti

Ms. Ruby

Ms. Kamal malik

Deepti



(Estd. 1982)

दयानन्द महिला महाविद्यालय, कुरुक्षेत्र
DAYANAND MAHILA MAHAVIDYALAYA, KURUKSHETRA

NAAC Accredited Grade 'A'

Ref. No. (क्रमांक) DMM/22/170

Date (दिनांक) 14.02.22

Off. : 01744-270981, 251981

Website : dmmkkr.ac.in

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To

The Principal,
Arya Kanya Mahavidyalaya, Gurukul
Mor Majra, Karnal.

Sub: National level Online English Essay Writing Competition

Madam,

This is reference to your office letter dated 08.02.2022 regarding National Level Online English Essay Writing Competition being organized by Department of English of your college. In this regard two Essay Entries from our college have been uploaded on the given link.. Detail of students is given below:

S. No.	Name of Student	Class	Roll No.	Topic
1.	Harshita	B.A. III (V)	3230920008	The Cry of Trans Genders
2.	Neha	B.A. I (V)	1202093002010	Physical and Mental Abuse

With kind regards,

Yours faithfully,

Principal

Principal

Dayanand Mahila Mahavidyalaya

Kurukshetra (Haryana)

2022
(20.02.22)

Neha



AKMG English Essay Writing Competition

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Deja

DAYANAND MAHILA MAHAVIDYALAYA

Name → Neha

Class → B.A. I (Vocational)

Roll no. → 1212093002010

Topic → Physical And Mental Abuse

Father's Name → Mr. Raj Kumar

E-mail id → nehakugh234@gmail.com

Phone number → 95180 42075.

Neha

PHYSICAL AND MENTAL ABUSE

Violence or in other word, abuse is a serious matter where these days it keeps increasing especially not just in working environment but also at home and in relationship where it supposed to provide the most happiness in the world for everyone. Imagine being a three year old little boy and being attacked by your mother for going to the bathroom in your pants. A little boy named Noah, was brutally beaten to death for doing something any three year old would accidentally do. His mother and her boyfriend had spanked and punched him leading to his death. This is an example of Physical Abuse. Physical abuse is the infliction of physical injury to a person. There is no leading cause to this type of abuse.

Physical Abuse can cause kids not only physical pain but also emotional pain. Yablonsky states that kids who are physically abused "devalue themselves, feel worthless and are less likely to

Neha
BAI (Vocational)

R.No. 1212093002010

DATE	/	20
PAGE No		

care about what happens to them."

Yablonsky findings show that physical abuse makes kids feel depressed and terrified which consequently developed low self-esteem. They feel it is worthless to live in this chaotic world.

As a result, they do whatever they want even if it is bad thing. Therefore, kids who are physically abused are more likely to commit crimes and engage in criminal behaviour.

Generally, abuse can be a domestic or international and when it comes to abuse, the only ideas that come out of people mind are that it only involves physical and sexual since those two are the most popular cases that frequently reported in mass media but it is actually more than that, where all those types of violence and abuse will include these kind of behaviours such as manipulate, humiliate, isolate, blame, giving pain, bully or injuring someone.

Perhaps the most negative effects of physical abuse is the emotional problems that occur. After the victim is shocked, abused, the trauma is great. With the victim in shock, that person

might turn to drugs and alcohol to cope with the problems, but all that escalates to is more troubles. For instance, drugs and alcohol can both mentally disorient the victim, this can increase the chance of being in motor accident or possibly participate in other crimes. Another problem is that, the victim has to deal with is guilt, shame and self blame for example: that person might be going to school and with the lack of concentration he or she has a greater chance of getting lower grades, which then can lower self-esteem and possibly decrease any hope of having a decent future. This can escalate to an unhealthy situation. For instance, a person might not feel the need to eat, but over time they can develop an eating disorder which need to eat, but over time they can develop an eating disorder which ultimately leads to frustration, disappointment, and constant worrying about the individual's body image. Overall emotional problems can impact the decisions an individual makes.

Emotional abuse or mental abuse is considered to be any act including confinement, isolation, verbal assault, humiliat

Neha

BAI (Vocational)

R.No → 1212093002010

DATE: / / 20

PAGE No

intimidation, infantilizing or any other treatment which may diminish the sense of identity, dignity, and self-worth. Emotional abuse is also known as psychological or chronic abuse. Emotional abuse can happen to anyone at any time in their lives. Children, adolescents, and adults all are capable of experiencing emotional abuse. Just because emotional abuse does not come with physical marks doesn't mean this type of abuse should be taken lightly. Emotional abuse like other type of abuse tend to take on a cycle.

Constant use of harsh words from a single individual to another is classified as a form of abuse. Taking for instance the abuser has been informed by the victimized individual to stop using harsh words during an argument but there is no change forthcoming.

Another common form of abuse is called gas lighting in this form of abuse the victim is compelled to doubt themselves. The common feature of gas lighting is that it evokes self-doubting feelings in the victims causing them to second guess themselves. Psychologists say this could go on unless the victim

Neha
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1212093002010

DATE: / / 20
PAGE No.

decides to put a stop to the abuse.

Another observed behaviour is the instance where the victim never gets to accomplish their own tasks. Often then not they are dragged to do task in the schedule of the abuser. It is highly probable that when an individual does every single thing their parents demand, then they are in an abusive relationship. The victim in most cases is manipulated by the abuser through intimidations.

Mental and emotional well-being is crucial for an individual's growth, when that is taken away then the individual is in a toxic relationship. Emotional abuse not only can result in psychological issues, but it can also cause physical issues like frequent headaches or back, leg and stomach problems. Long term effects of emotional abuse can lead to depression, anxiety and difficulties in interpersonal relationships. Sadly, it also continues that the cycle of abuse, as many abused individuals become abusers themselves. The duration and intensity of the mental health and social support services needed. Many

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DATE	/	20
PAGE NO		

Programs that exist for victims of emotional abuse is less than 6 months. Researches show that terms (short) programs designed to change behaviours have the best likely hood to succeed. The most effective method to curb emotional abuse

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20/10/20



Name - Hareshita

Class - B.A. IIIrd Year
(Vocational)

Roll No. - 3230920008

College Name - Dayanand Mahila
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Hareshita

The Cry of Trans-genders

We are living in 21st Century, the modern and advanced era. Everyone is in hustle and bustle and are living a perfect and happy life with their mothers, fathers, husbands, wives, sons and daughters. But Alas! Have we ever wondered about the most neglected and cursed section of society : TRANS - GENDER. The answer is simple "No person is transgender by choice and it is just that they are naturally born that way. They are God's creation."

Worst Situation of Transgender - Identity Crushed

No doubt we forget to hear the cry of transgenders of our society. Although we have become advanced but we are so much narrow in our thinking. Trans people have existed in every race, class and society since the story of human life has been recorded. The modern term 'transgender' arose in the mid - 1990s from the grassroots community of gender - different people. There are a host of socio-cultural groups within trans people in India like hijras, kinnars and other identities like - Shiv-Shakti,

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jogtas, jogabbas, etc. Though there has been a positive movement for the LGBTQAI+ community in recent years, many transgenders feel there's still a lot more to do in the fight for equality.

Problems faced by Transgenders in India

- Exclusion from family and society.
- Restricted access to education, health services and public spaces.
- Restricted rights of citizenship.
- Restricted participation in decision making process.
- Exclusion from economy.
- Exclusion from employment and livelihood opportunities.
- Denial of marriage.
- Social discrimination.

■ The total population of transgenders according to 2011 census is 4.8 lakh. The situation of these transgenders is horrible. 99% have suffered social rejection on more than one occasion, including from their family. 96% of them are denied jobs and are forced to take low-paying or undignified work like *Badhais* and *Begging*. Monthly income of only 1% of transgenders is above ₹ 25,000. 29% of transgenders have never attended school. Only 5.3% have a graduation degree. 89% of them said that there are no jobs for even qualified ones.

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- Transgender people face persistent challenges in accessing public services.
- Transgender people say that they have suffered discrimination in accessing public services because of their transgender status.
- Transgender people say that they have experienced threats to their privacy (e.g. having one's gender identity revealed at work without consent).

Laws That Prohibits The Discrimination Of Transgender

There are some effective legal provisions that protects the interest of transgenders. As per the transgender persons (Protection of Rights) Bill 2016, it prohibits discrimination against a transgender person, including unfair treatment or denial of service in relation to employment, education, healthcare, access to public goods and facilities, etc.

- Offences such as compelling a transgender person to beg, denial of access to a public place, physical and sexual abuse, etc. would led up to 2 years' imprisonment and a fine.
- The Supreme Court of India has held that the right to self-identification of gender is part of the right to dignity and autonomy under Article 21 of the Constitution.
- Of Transgender Bill 2016, **Section 3(b)** prohibits the unfair treatment of a transgender person about employment or occupation.

Name - Harshita

Roll No. - 3230920008

Section 10 : bars establishments from discriminating against a transgender person in matters related to employment such as recruitment, promotion and other related issues.

- **Section 15** : Creates a duty on the appropriate government to formulate welfare schemes and programmes to facilitate and support livelihood for transgender persons, including their vocational training and self-employment.

Current Scenario → The Supreme Court of India passed a unique judgment in April 2014 stating one's sexual orientation as the integral part of personality, dignity, and freedom and identified transgender as a third gender. In the National Legal Services Authority (NLSA) versus Union of India case, the apex court provided the transgender a legal identity along with seven other directions. Post the NLSA judgment; various courts passed favourable orders for the transgender community.

Trans-gender Personalities Who Broke The Shackles Of Society And Move Ahead

India's first transgender lawyer : Sathyasri Sharmila
Sathyasri Sharmila 36 years old, recently became India's first transgender lawyer. Shunning the stereotypical mindset behind, she set an example by pursuing law so that she can fight against the injustice.

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India's first transgender judge : Joyita Mondal

At an age of 29, Joyita Mondal became the first judge as she was appointed at Lok Adalat in North Bengal in October 2017. While closely working for transgender rights organizations, Mondal got inspired to pursue a degree in law.

India's first transgender Police Officer : Priithika Yashini

Moving ahead of all the odds, Priithika Yashini became the first transgender Sub-inspector though she was declared failed by one mark. Nonetheless, she got her score reevaluated in the physical examination and came out clear with flying colours.

India's first transgender College Principal : Manabi

Bandopadhyay.

Who does not know about the Charming Manabi

Bandopadhyay, who became the first transgender college principal of Krishnagar Women's College on June 7, 2015

Currently, she is the professor and also became the first transgender person in India who has completed Doctor of Philosophy (PhD).

Big Change For Trans-Genders In The Field of Education

NCERT had put the manual, 'Inclusion of Transgender Children in School Education : Concerns and Roadmap'

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to educate and sensitise teachers towards the practices and strategies to make schools inclusive for transgender students. Earlier, several specially-abled students faced discrimination during admissions in schools. Transgender Person Act mandates educational institutions to follow inclusivity and enroll transgender students in the mainstream education system. Even NEP 2020 emphasises on the inclusion of transgender students in the education system. With the passage of time children with special needs have also been assimilated in the education system.

Transgender have proved themselves, they have excelled in every field from academics to politics. So who are we, who stops them from getting the gift of Education?

Steps Must Be Taken By Government

- While there are specific provisions that protect transgender interests by prohibiting discrimination in employment opportunities, the implementation of such provisions is a big challenge. So government need to pay attention towards its strict implementation.
- A robust legal mechanism to safeguard transgender interest is the need of the hour and huge penalties must be imposed on offenders.
- Government must supervise schools, colleges and work places to make them prepared to welcome transpersons and ensure

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that they are not discriminated against.

Need To Bring Change in Society

- As a Society, change has to begin from the family level. Educate children on how trans people are just people, like us, with aspirations and dreams. Sometimes they don't have the means to fulfill them, and we can play a role in their journey. We should treat them with respect, like every other human being.
- Workplaces need to be more transgender-inclusive with initiatives like equal opportunity hiring, providing infrastructure such as restrooms for the third gender, action against misconduct, medical insurance and policies, health care.
- And last but not the least we need to make inclusive for them in our society by treating them equally.

Finally, "We need to say, with one voice, that transgender people are valued, they are loved, they are us, they desire to be treated fairly and equally."

• This essay is written by Me.

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