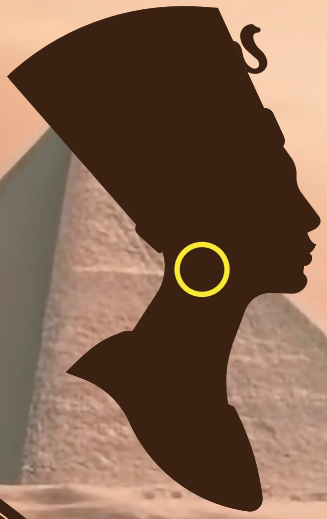
AFRICA STUDY CENTRE

THOUGHTS AND REFLECTIONS



الأفكار والتعبيرات

VOLUME 1

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ABOUT THE AFRICA STUDY CENTRE

Introduction

Egypt's roots are tied to the Mediterranean, Africa and the Middle East. Like most of us, I also fantasized Egypt as-its golden Pharaohs, hidden treasures and unsolved mysteries which still continues to fascinate us, more than 2,000 years after the fall of the Ancient Egyptian civilisation.

My dream came true when I got the opportunity to visit Egypt, Masr! Not only to visit, but also come and stay in this beautiful country. After staying in this charming place for over a decade, gave me charming anecdotes and stories of this deep rooted historic culture of Egypt.

While the rest of the world was busy worrying about its next meal, ancient Egyptians were creating new tools and systems in search for a prosperous civilization. One of the first things they created was Ma'at, order, a set of principles for all people to follow and understand, to result in harmony with the universe. Ma'at had seven main principles, one of which emphasized the importance of both genders in the goal of harmony with nature. Consequently respect of women always existed as part of their belief and culture. Stature of women was high as they had equal opportunity and had got sufficient training to excel in their chosen field.

Although on the surface level it appeared as if ideal equality was achieved, some situations challenged this statement. Females were considered as property of their brothers and fathers. More importantly they were restricted from holding the position of offspring of the Gods, The Pharaoh. The same Ma'at that provided them the equality, snatched their right to become Pharaoh. The Egyptian believed that a female king would disrupt the order of the universe, hence princesses were discouraged to have aspirations of become king. They could be more deserving and capable than their brothers but still were not mentioned in the discussions to determine the heir. Yet, Egypt had several successful female kings because great people define their success on their own terms, and achieve it by their own rules. The sheer willpower they possessed was bound to shatter the cage set around them.

Hatshepsut is likely Egypt's most powerful and well-known Pharaoh. She was born 1507 and was the daughter of Thutmose I. As a child, Hatshepsut regularly showed interest in matters of state and activities that are nowadays considered "manly" such as martial arts and horse riding. Her father died when she was about fourteen years old and she soon married Thutmose II, her cousin and the heir to the throne. Within a short period of time, the sickly and weak Thutmose II passed away as well, leaving the throne to Thutmose III, his son of another wife. Hatshepsut was declared regent since the heir about 2 years old at the time of the death of the king. By the 7th year of regency she assumed

the position of Pharaoh. Hatshepsut's 21 year reign was one of great prosperity and peace. Her foreign policies were based on trade rather than war. She was the female king who attained unprecedented power for a woman, adopting the full titles and regalia of a pharaoh.

Another magnificent female king was Cleopatra VII, often simply called "Cleopatra," was the last of a series of rulers called the Ptolemies who ruled ancient Egypt for nearly 300 years. Cleopatra ruled an empire that included Egypt, Cyprus, part of modern-day Libya and other territories in the Middle East.

Modern-day depictions of Cleopatra VII tend to show her as a woman of great physical beauty and seductive skills. However, a number of ancient records, and historical research, tell a different story.

These records describe Cleopatra as an intelligent, multilingual, female pharaoh who affirmed her right to rule Egypt and other territories.

As I had mentioned about the sheer willpower of Egyptian women, who wrote their own stories and exemplify the highest strength has continued. Today their predecessors have depicted similar traits and transformed in their success stories.

I must say, Women of 20th and 21st century have continued the legacy of paving their own path with no consideration of limitation, set by society.

In 1933, Lotfia El-Nadi, became first women to fly in not only in Arab but also in Africa Deviating from the social barriers that come by default with being a woman, this young and pretty girl, with a broad victorious smile, , sent a loud and clear message to all her peers: Yes, you can!

Tawhida Abdel-Rahman embarked on a journey of extensive struggle, challenge, and the search for knowledge inside and outside Egypt, and became the first Egyptian doctor to be employed in the Egyptian government in 1933

Sameera Moussa, one of Egypt's world-renowned nuclear physicists. One could say that success was the shadow that followed her wherever she went. Moussa became not just first women but also first person to hold a Ph.D. in atomic radiation. She vowed to make nuclear treatment available to everyone and eventually created a historic equation that would help break the atoms of cheap metals such as copper.

Umm Kulthum needs no introduction. For 50 years, she was one of the most influential singers in the 20th century, has sold 80 million records worldwide. She started out as a little girl touring and singing traditional songs in towns and villages of the Delta region.

Umm Kulthum recorded about 300 songs over a 60-year career and her words of love, loss and longing drift reliably from taxis, radios and cafes across the Arab world today, 45 years after her death. Despite singing complex Arabic poetry, she influenced some of the west's greatest singers. Bob Dylan said: "She's great. She really is." Shakira and Beyoncé have performed dance routines to her music. Maria Callas called her "the incomparable voice"

Africa Study center, NGO registered in Uganda, is formed with the aim of academic research and rigour on subjects pertaining to Africa. When ASC thought of launching its presence in Egypt, nothing could be more appropriate than celebrating the women of Egypt who have soared to heights of success that were unmatched to that of a man at the time. There have been women who thrived and triumphed against all odds. There have been women who defended their country, women who recreated art,

women who took office, women who changed policies and women who thrived in sports, business and ethics.

This is just a sample of kind of the women who existed and still exist in Egypt.

This book is a tribute to all amazing people of Egypt which tells the stories of Egyptian women.

We had asked some women to write about their upbringings, struggles, and achievements. We wanted to dispel the myth that Egyptian women are uneducated and under the sway of men. We also wanted to present role models for younger generations of both men and women in Egypt and abroad, encouraging them to pursue their dreams despite any obstacles they may encounter.

The book includes the articles/stories of 15 Egyptian women, the eldest of whom was a late-seventies woman whose granddaughter helped her write about her life in the book, and the youngest participant was in her early twenties. The large age difference aims to reflect the changes that took place in Egypt since the middle of the 20th century.
Wish you all a very happy reading!

Deepti Kataria
Secretary Africa Study Centre
Cairo 2024

Sameera Moussa –The nuclear Physicist – Pearl Singh

Sameera Moussa

"I will make nuclear treatment as available and as cheap as Aspirin." Sameera Moussa, young physicist who promoted the peaceful use of nuclear technology and organized the Atomic Energy for Peace Conference.

Let us know little bit more about this brilliant Nuclear Physicist.

During the first half of the 20th century, the era of two world wars and a time in history where advancements in science and technology were used for warfare, a relatively unknown young Egyptian nuclear scientist named Sameera Moussa set out on a life mission to promote the peaceful use of nuclear energy. Born in Gharbia on March 3, 1917, Moussa lost her mother as a young child. After the death of her mother, she had moved to Cairo with her father where she grew up and attended school. She joined the Faculty of Sciences at Cairo University. In 1939, she graduated with a BSc in Radiology with First Class Honors after researching the effects of X-ray radiation on various materials. She became the first woman to work and hold a post at Cairo University and the first to obtain a PhD in Atomic Radiation.

Wow! What an achievement by this young Girl. Not to forget, this was the time when girls' education was not seen as a priority, was limited to basic literacy.

She organized the Atomic Energy for Peace Conference and sponsored a call for setting an international conference under the banner "Atom for Peace", where many prominent scientists were invited. The conference made several recommendations for setting up a committee to protect against nuclear hazards, for which she strongly advocated. Moussa also volunteered to help treat cancer patients at various hospitals.

In the 1950s, when Moussa was invited to the United States on a Fulbright scholarship in recognition of being a pioneer in the field of atomic research. She was hosted by the University of California, Berkeley and allowed to visit the country's secret nuclear facilities. This was very controversial and raised a stir in scientific and security circles in the United States as Moussa was the first foreign person to visit these types of facilities. She was offered a US citizenship alongside several opportunities to work and live there, but she is reported to have turned them all down.

Sadly, Moussa never made it back home to Egypt and died at the very young age of 35 in a mysterious car crash on her way to a nuclear facility she had been invited to. Following her death in 1953, she was honored by the Egyptian Army and in 1981, was awarded the Order of Science and Arts, First Class, by then President Anwar Sadat.

She hoped her work would one day lead to affordable medical treatments and the peaceful use of atomic energy which unfortunately she could not fulfil in her short life.

Sameera Moussa advocated for human rights to access health technology and raised awareness about the peaceful use of nuclear energy.

Women in Tourism– Report

Egypt is keen on empowering women, especially in the tourism sector too.

During the “Global Initiatives to Empower Women and Fill Gender Gaps in Employment Opportunities” session, as part of the World Economic Forum events in New York, said by the minister of tourism ministry is working on a strategy, in cooperation with the private sector in Egypt, to make the work environment more suitable for women.

Egypt has been among the first countries that announced adopting and implementing the UNDP’s Gender Equality Seal Program in the tourism sector as part of the country’s strategy for Sustainable Development Goals (SDGs) 2030.

Also, the Tourism Ministry’s reforming program, and is aiming at keeping abreast of modern global trends in tourism through the preservation of the environment, digital transformation and economic empowerment of women.

The steps required for the various tourist institutions in Egypt to implement the Gender Equality Seal of the United Nations Development Program, NCW Head promised that the NCW and the UNDP, in cooperation with the tourism sector, are launching a plan for women’s empowerment, adding that the tourism sector is one of the main fields that attracts a large number of women and business leaders.

Moreover, the percentage of female investors in the Egyptian stock exchange has increased by 30 percent, women have also become in charge of micro-finance.

Women in tourism are still concentrated in the lower-status and lower-paid jobs. Yet the integration of women in the labor market is still in process, as gender inequality at the workplace is still found. Therefore, the current paper aims to investigate the predictors and outcomes of women empowerment in Egyptian travel agencies. Furthermore, it examines the mediating effect of perceived fairness in the relationship between women empowerment and employee outcomes. PLS-SEM was employed to analyze the perceptions of 746 females working in some Egyptian travel agencies at different position levels, either as employees, managers, or owners. The findings revealed that organizational culture and organizational support are considered predictors of women empowerment, while performance and organizational citizenship behaviors are identified as outcomes of women empowerment. Moreover, the results showed that perceived fairness plays a partial mediating role in the link between women empowerment, performance and organizational citizenship behaviors. The results hold significant implications for enhancing women’s empowerment. Limitations and future research are also discussed.

Egypt's Path Forward towards Tourism– **Reham Ahmed**

Women have played a crucial role in shaping the tourism sector in Egypt, and it is essential to further explore how they can make a greater impact in this thriving industry. By implementing various strategies and initiatives, we can empower and inspire women to pursue careers in tourism, leading to their development and advancement within the field. This not only creates opportunities for individual growth but also contributes significantly to the overall growth and sustainability of the tourism industry in Egypt.

One of the key strategies to support women in tourism is to provide access to education and training programs specifically tailored to their needs and interests. By offering specialized courses and workshops, women can enhance their skills and knowledge, enabling them to excel in various roles within the industry. Additionally, mentorship programs can also be implemented to provide guidance and support to women as they navigate their careers in tourism.

Furthermore, creating a supportive and inclusive work environment is essential in fostering the advancement of women in the tourism sector. By promoting gender equality and diversity, companies can attract and retain talented female professionals, leading to a more dynamic and innovative industry. Employers can also implement policies that support work-life balance and provide opportunities for career progression, ultimately empowering women to thrive in their roles.

In addition to individual and organizational initiatives, government support is also crucial in ensuring the success of women in the tourism sector. By implementing policies that promote gender equality, provide access to funding and resources, and support women-owned businesses, governments can create a more inclusive and sustainable industry. This not only benefits women in tourism but also strengthens the overall economy and competitiveness of Egypt's tourism sector.

For the tourism sector to truly thrive and reach its full potential, it is crucial that we prioritize providing women with access to top-notch education and training programs. By investing in and encouraging women to pursue degrees in hospitality management, tourism, and other related fields, we are not only empowering them with the tools they need to succeed but also contributing to a more diverse and inclusive industry.

Quality education and training are essential components for women to excel in the fast-paced and ever-evolving world of tourism. These programs provide valuable skills and knowledge that are instrumental in helping women navigate the complexities of the industry, from customer service to event planning to sustainable tourism practices. By arming them with this expertise, we can ensure that women are well-equipped to take on leadership roles, drive innovation, and make meaningful contributions to the sector.

Moreover, by encouraging more women to pursue education and training in tourism, we are taking a crucial step towards closing the gender gap in the industry. Women continue to be underrepresented in leadership positions in tourism, and one way to address this imbalance is by ensuring that they have the same educational opportunities as their male counterparts. By levelling the playing field and empowering women to pursue their educational aspirations, we can create a more equitable and inclusive workforce that benefits everyone.

Ultimately, investing in women's education and training in the tourism sector is not just the right thing to do – it's also the smart thing to do. By supporting women in their educational pursuits, we are investing in the future of the industry, fostering innovation and excellence, and creating a more vibrant and dynamic workforce. It's time to make access to quality education and training a priority for women in tourism – because when women succeed, we all succeed.

In the fast-paced and demanding industry of tourism, it is crucial to recognize the importance of creating a supportive work environment that prioritizes work-life balance, especially for women. Research has shown that when women are afforded flexible working arrangements, childcare support, and other initiatives tailored to their needs, they are more likely to thrive in their careers while also maintaining their personal responsibilities. By implementing these strategies, companies in the tourism sector can empower women to pursue their career goals without having to sacrifice their well-being or familial obligations. Providing a conducive work environment not only benefits women employees but also contributes to the overall success and productivity of the organization. In today's society, where gender equality and diversity are at the forefront of discussions, it is imperative for businesses to take proactive steps in ensuring that women have equal opportunities to succeed in the workplace. By embracing and supporting work-life balance initiatives, companies can attract and retain top female talent, foster a more inclusive workplace

culture, and ultimately drive innovation and growth in the tourism industry. In conclusion, creating a work environment that empowers women to achieve work-life balance is not only the right thing to do but also a strategic business decision that can lead to long-term success and sustainability.

The sharing of success stories of women who have made remarkable strides in the tourism sector is not just a mere recounting of achievements, but a powerful tool that can ignite inspiration and motivation in others. When we highlight the accomplishments of women in this field, we are not only shedding light on their individual successes but also paving the way for future generations of women to follow in their footsteps. By showcasing these female role models, we are opening up a world of possibilities and showcasing the vast array of career opportunities available to women in the tourism industry. It is through these stories of resilience, determination, and innovation that we can break barriers and challenge the status quo, encouraging more women to fearlessly pursue their passions and carve out their own paths in the dynamic world of tourism. The power of storytelling is immense, and by amplifying the voices of these trailblazing women, we can catalyze a movement that empowers women to strive for excellence and make their mark in this ever-evolving sector. Let us celebrate these women, learn from their journeys, and be inspired to aim higher, dream bigger, and create lasting change in the world of tourism.

Advocating for policy changes that promote gender equality and empower women in the tourism sector is crucial for fostering a more sustainable and equitable industry that benefits everyone involved. It is imperative that we work hand in hand with policymakers and stakeholders to drive transformative initiatives that not only support women's rights but also ensure equal access to education and economic empowerment for women in the tourism industry.

Gender inequality remains a persistent issue in the tourism sector, with women often facing limited opportunities for advancement and unequal pay compared to their male counterparts. By advocating for policy changes that promote gender equality, we can create an environment where women have the same opportunities for growth and success as men. This not only benefits individual women but also contributes to the overall development and sustainability of the tourism industry.

Empowering women in the tourism sector is not just a matter of fairness, but it is also a smart economic decision. Studies have shown that when women have equal access to education and economic opportunities, they tend to invest more in their families and communities, leading to greater social and economic development. By empowering women in the tourism sector, we can harness their talents and creativity to drive innovation and growth, ultimately benefiting the industry as a whole.

Furthermore, promoting gender equality in the tourism sector can also have a positive impact on the overall reputation and competitiveness of destinations. Travelers are becoming increasingly conscious of ethical and sustainable practices, and supporting women's rights and empowerment can be a key differentiator for destinations looking to attract socially responsible tourists. By advocating for policy changes that prioritize gender equality, we can not only empower women but also enhance the appeal and competitiveness of the tourism industry.

In conclusion, advocating for policy changes that promote gender equality and empower women in the tourism sector is not just a moral imperative but a strategic decision that can benefit the industry as a whole. By working together with policymakers and stakeholders, we can drive meaningful initiatives that support women's rights, access to education, and economic empowerment, creating a more sustainable and equitable tourism industry for future generations.
The tourism sector stands to gain immensely from embracing and celebrating diversity and inclusion. By welcoming individuals from various backgrounds, we open doors to a vibrant industry that thrives on unique perspectives, talents, and contributions. Focusing on the involvement of women from diverse backgrounds can significantly enhance the sector's strength and resilience.

Egypt, with its rich cultural tapestry and historical significance, is an ideal setting for showcasing the benefits of diversity and inclusion in tourism. By highlighting the voices and experiences of women from different walks of life, we not only enrich the industry but also pay homage to the country's heritage and traditions.

It is crucial to recognize that diversity goes beyond mere representation - it is about fostering a culture of respect, understanding, and appreciation for everyone's contributions. When women from diverse backgrounds are given a platform to shine in the tourism sector, it not only empowers them but also sets a powerful example for future generations.

In a world where inclusivity is increasingly valued and demanded, the tourism industry has a unique opportunity to lead by example. By celebrating the diversity of its workforce and visitors alike, Egypt can

position itself as a welcoming and forward-thinking destination that embraces all individuals, regardless of their background. Ultimately, by championing diversity and inclusion, the tourism sector can become a beacon of unity and strength, showcasing the best of Egypt's culture and heritage to the world. by empowering and supporting women in tourism through various strategies and initiatives, we can create a more diverse, inclusive, and prosperous industry in Egypt. Women have the potential to make a significant impact in the tourism sector, and it is essential to nurture their talent and provide them with the opportunities to succeed. By working together, we can pave the way for a brighter future for women in tourism and ensure the continued growth and sustainability of the industry.

In conclusion, women play a crucial role in further strengthening the tourism sector in Egypt. By empowering women to pursue leadership positions, providing access to education and training, fostering entrepreneurship, and advocating for gender equality, we can create a more inclusive and sustainable industry that benefits everyone. Together, we can inspire and support women to be empowered and make a lasting impact on Egypt's tourism landscape.

Overcoming the battles– Yousra

According to the old myth of the Amazon ancient warriors, women had to cut off one of their breasts, be man haters and give up motherhood to become legendary warriors. Although their myth has been proven untrue, the idea of a woman who fights in any field is still associated with manly looks, tough and sometimes aggressive attitude and hatred to men. All through history, many Egyptian women have used their smart bra to be able to draw their bows and hit the target while keeping their female hood bright and shiny.

Many examples to prove that have been carved on temples walls and printed in books, magazines and even in the streets. The impact of women is clear everywhere in all fields. Those women have been actively strongly there affecting medicine, law, science, education, and politics. Even though some women chose to be Amazonians in the external look, many others kept their female hood up without using it as a tool to reach their designated targets.

Self-doubting and anxiety is only humane and has never been related to a gender without the other. Despite that they still put an extra load on Egyptian women as they are invested by the male dominated society to prove that it is hormonal rather than humane. That is how Egyptian women tend to fight their battles. For every obstacle a man must pass a woman gets one hundred with both internal and external conflicts braded in a complicated web of Egyptian traditions that put women in the second level after men.

The judiciary section of the Egyptian authority has always been male dominated, with females being kept away no matter how qualified they are. This has been taking place since the establishment of the Egyptian country 7000 years ago until recently. On the fourth of September, 2021 only, women were allowed to join the highest judiciary levels. This breakthrough marks a historical victory long waited for. The long exhausting battle that Egyptian female judges have been through started 11 years ago and ended up with them taking over the highest judicial level of legislation. During this long battle female judges didn't give up their personal lives or motherhood or attacked men, but have been focused on their final very clear target of proving equality with men.

Nefertiti, Cleopatra, Nabaweya Moussa, Lotfia El Nadi, Samira Moussa, Tahany El Gebaly, UmKhalthoum, Dalia Megahed and a lot more have been and are still the artists who draw the timeline and shape history, not only by being a part of big entities, but also creators and doers who are capable of changing the unchangeable and helping those who are in need all around the world. These examples didn't need to hide from their gender or pretend to be else than they already are; they kept their looks and maintained their female hood while fighting their country's battles in all fields and keeping their personal lives good and stable playing role models as wives and mothers who are capable of having solid families and producing new generations of young male and female capable leaders.

In the life of an "Egyptian Woman Fighter", other types of women are fierce enemies. They form the type of enemy who knows all the points of weakness in the body and the psyche and is capable of attacking instead of offering support and encouragement. "Other Women" are a main source of troubles, because they have access to females lives but adopt corrupted ideas that they tend to plant in the society. They fight against females' rights and shame women who defend them. In the defense of these "Other Women", they sacrifice everything for the sake of a bigger and more important goals like family and future generations, while actually they don't. in the course of their lives "Other Women" teach younger generations of females to be submissive and to find pride in being followers to men even if they are weaker and incompetent.

Although the surrounding "ENTOURAGE" of female Egyptian women always questions their capabilities, it has been century after the other considered by women as one of the biggest and most difficult obstacles in their way. This questioning is only made on the basis of their gender, criticizing their decisions during most natural processes like their menstrual periods and pregnancy considering them weaknesses and prove of mental instability rather than evidences on strength. Women of Egypt have proven that their capabilities are always trustworthy and that they don't need to give up their looks, change their identities or act like others to be successful history makers.

Yoga– Beyond Asanas–

Menna Amin, MSc Yoga Therapy and traditional yoga teacher

Intro

Nowadays, if you go to a gym, a fitness or wellness and Spa center, yoga would be an option on their schedule. So what is yoga? Is it another fitness routine? Another stretching or aerobics class, why do we practice it? and how does it really work on us ?.These are very important questions that are yet to be answered for yoga to be clearly understood and practiced without any misconceptions. In this article I would like to share my experience with yoga walking through these questions and how yoga affected me and individuals around me, how it is a universally aiding tool and a holistic approach to health and well-being.

Yoga beyond physical postures

Yoga is a gift from the Indian tradition to the world and it is also believed that it was widely practiced five to six thousand years ago in Egypt and many African, Eastern, Scandinavian countries, along with South America. It is worth mentioning that Yoga was never meant to be a mere physical practice. Its main aim was for it to be a mental remedy, a technique to quieten and relax the mind in order for us to connect with ourselves. In Patanjali Yoga Sutra, one of the main texts on traditional yoga is defined as calming down the fluctuations of the mind, only then do we get to connect to our true nature.

In yoga Vasistha , one of the prominent yogic texts, yoga is stated to be a skillful trick to slow down the mind. That shows how Yogic scriptures spoke thousands of years ago about the now modernly known concept of “psychosomatic diseases”, diseases or imbalances which arise in the body or is worsened by mental factors or speed of the mind or what we refer now to as stress, such as hypertension, respiratory ailments, gastrointestinal disturbances, migraine and tension headaches, pelvic pain, impotence, frigidity, dermatitis and ulcers..etc and how it offers a relief to human beings suffering, by which it meant is the additional struggle we add to life’s challenging and difficult times .Of course yoga has its physical exercises element or asanas, but it’s a tool to culture the body and prepare us for more practices like yogic breathing practices or pranayama, yogic concentration or Dharana, and for meditation or Dhyana to start happening. Thus creating a sense of self-awareness, understanding, incorporating life style corrections, and boosting our inner healing power .That works both ways, on the mat and off the mat as well, as mindfulness or awareness through our day-to day activities and interactions helps reach the state of unity of mind and body, thought and action or being in the state of yoga. In the words of the B. K. S. Iyengar, one of its most famous yoga gurus, “Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one’s actions.”

Start of the journey

It all started for me in 2004, through an aired television program on a Lebanese channel for women health and wellness. In Nature, an open air area and by the side of a river was chosen to offer Asanas or Yogic postures along with preparatory exercises, Pranayama or Yogic breathing techniques ending with meditation by the river. Being a mid-school student at the time and a sports enthusiast, I found a great benefit from such practices. I sensed more focus ability and more body flexibility that I used the same loosening exercises for the sports club basketball training that I joined then.

The International Day of yoga

Moving forward to 2014, I got to practice yoga under the guidance of yoga teachers in Maulana Azad Indian culture center in Cairo (MACIC).Then came The United Nations proclamation of 21 June as the International Day of Yoga by resolution 69/131 on 11 December 2014.The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 177 member states out of which was Egypt. As yoga practitioners, we volunteered for the first international yoga day celebration in 2015 with MACIC, practicing the common yoga protocol set internationally for such occasion with other yoga practitioners and demonstrating some yoga postures performances like group yoga and yoga dance.

Travelling to India

In 2016, I was fortuned to be granted a one month scholarship stay in India in Prashanti Kutiram at SVYASA University, Bangalore, an ashram, research center and campus in the forest, distant from the busy city

life , about 70 Kilometers from airport. A place where Arogydhama is located, A healing facility that offers yoga, Ayurveda, naturopathy along with the participants' existing allopathic treatments, where everyone is a participant and the word patient does not exist. I was fascinated by that concept as well as the setting of the place. I was part of the first international visiting batch to the place, meeting like-minded and like energy people from different places around the world and different walks of life.

In Prashanti, A Daily yogic routine is being followed by each participant that brings lightness and balance to the body and mind. It starts 5 AM with morning Pranayama and meditation followed by other sessions i.e. Asana, maitri milan or Friendship meetings , a discourse on ancient Indian sages wisdom and living yoga , proper meal schedule offering healthy food, Yogic counseling and philosophy discourses , spending time with nature , weekly cleansing practices if required for the respiratory , digestive system i.e. kriyas , daily meditation sessions including stress and anxiety management techniques such as SVYASA's own techniques i.e. Cyclic meditation and as well as trataka or candle gazing , ending the day with happy assembly , singing, dancing and playing games that brings joy and bliss and the day ends at 9:30 PM.

One month or a full moon cycle can bring positive life style and habits changes into each individual life if that heartly intended and worked for with determination, consistency and continuity. I observed more calmness, understanding, appreciation for silence and the importance of spending time in nature in me. I felt I was part of a bigger yoga family, a sense of awareness of oneness with ourselves, the world and the nature. I was grateful for the experience with a plan to share whatever I learned in India back home. Becoming a certified yoga teacher I started giving classes yoga for sports, yoga for women and general yoga for wellness community classes. I started giving community classes in the outdoor parks in the weekend. Day by day more people stated to join The yoga community started getting bigger. My aim, beside practicing yoga, was to create that sense of connectivity with nature, fresh air and sun are two important components for enhancing immunity, mood and better over all human energy.

Yoga Therapy

Two years later, I decided to go back to India , get more knowledge about integrating yoga in managing the various psychosomatic diseases .so, I applied for masters in yoga therapy in July 2018. In the course of training, I got to meet many participants is the Arogydhama, being responsible for yoga incorporated practice 16 participants in different sections, namely neurology , oncology, cardiology pulmonology, psychiatry, rheumatology, spinal disorders, diabetes and metabolic disorders, gastrology , endocrinology and promotion of positive health .Each section is also given a name related to yogic culture or the required attitude for healing to take place , for example psychiatry section is given the name karuna in Sanskrit ; ancient Indian language; meaning compassion .I've encountered fascinating improvements when integrating yoga , participants shifting from wheelchairs to using sticks for support to walking on their own. Others were able to keep their blood suger and blood pressure under control after being high for quite some time. Increased range of movement, flexibility and pain relief from neck and back pain, the ability of better functioning, managing anxiety or depression after a trauma or the loss of a loved one. But for that to continue, participants must keep incorporating yoga practices as part of their daily life activities, thus implying it becomes their life style.

Integrative medical system

It is worth mentioning that yoga is not a cure in itself, rather a supporting tool to different medical systems .After finishing my masters and coming back to Egypt I came across many doctors who are advocates of integrating yoga in their patients treatment plan whether it was anxiety and depression management, arthritis, metabolic diseases such as diabetes mellitus type 2. I started giving classes in many facilities including physiological centers, Community development centers in Egypt. I believe there is still to be done in this field in Egypt which is already taking place in many other countries in the region .I hope one day for yoga to be generally offered in hospitals and medical centers as a supporting tool for patients and their families. That would help reduce the tension and the anxiety around sickness, improve the patient environment and support him or her as well in their healing process.

End Message

Yoga is 'to join'. It joins the body with the mind; the intellect with the soul. Equivalently, it also joins the individual with family; the society to the environment and further to the entire universe. The practice of Yoga creates a sense of oneness of ourselves, the world and nature supports us in maintaining balance in our lives whether physically, mentally, socially and spirituality, gets us to explore more our human potential. It is amazing to see how yoga can affect people's lives positively. Yoga is a never ending journey of self-discovery and different experiments. Last and not least I am grateful to all the gurus, teachers, doctors, participants, students and friends who I come across in my yoga journey. Thank you.

African Women, Rise! Building a Future on Our Own Terms

Wessam AbuRegeila

Embracing modernity's grace,
Without losing identity's trace,
A symphony of tradition and change,
Innovation and heritage exchange.

Empowered women stand tall,
Championing progress for all,
Their voices were like a mighty wave,
Breaking barriers, fierce and brave.

In the heart of the Nile's flow,
Sisters rise, determined to grow,
With unity as their guiding light,
Egypt shines, a beacon bright.

Let not the whispers of the west,
Drown the beauty that's truly best,
Sisters, rise with strength and zeal,
Egypt's modern path to seal.

So let us stand, hand in hand,
In Egypt's ever-shifting sand,
Rise up, sisters, strong and free,
Embrace the future, destiny decree.

In today's rapidly changing world, the concept of modernization often comes hand in hand with Western influence. However, for countries like Egypt with a deep-rooted history and cultural heritage, the idea of embracing modernization without westernization presents a unique challenge and opportunity. By leveraging technology, promoting cultural diversity, and nurturing traditional values, Egypt can move forward into the future while staying true to its identity and values.

In a digital age where technology drives progress, Egypt can leverage the latest innovations to propel itself forward. From developing smart cities to implementing digital education systems, embracing technology is key to modernization. By investing in research and development, Egypt can keep pace with global advancements while creating opportunities for its people to thrive in a digital economy.

Encouraging innovation and entrepreneurship is crucial for Egypt to embrace modernization on its own terms. By supporting startups and small businesses through funding, mentorship, and training programs, Egypt can nurture a culture of creativity and ingenuity. Empowering entrepreneurs to solve local challenges and create solutions tailored to Egyptian needs will drive sustainable growth and development.

Women play a vital role in Egypt's journey towards modernization. By empowering women through education, training, and equal opportunities, Egypt can unlock the full potential of its female population. Inspiring women to pursue leadership positions, start businesses, and contribute to decision-making processes will not only benefit individuals but also drive progress at the societal level. Empowered women are key drivers of social change and economic growth.

Egypt's rich cultural heritage is a source of strength and pride that sets it apart on the global stage. By celebrating cultural diversity and preserving traditional practices, Egypt can embrace modernization without losing its identity. Promoting cultural events, heritage tourism, and artistic expressions can help showcase Egypt's unique heritage to the world while fostering a sense of pride and belonging among its people.

As Egypt modernizes, it must also prioritize sustainability and environmental conservation. Investing in renewable energy, green infrastructure, and sustainable practices can ensure that progress is achieved without compromising the environment for future generations. By adopting eco-friendly policies and promoting sustainable practices, Egypt can set an example for other nations looking to balance modernization with environmental stewardship.

A well-educated and skilled workforce is essential for Egypt to embrace modernization successfully. By investing in education, vocational training, and lifelong learning opportunities, Egypt can equip its people with the tools they need to thrive in a rapidly changing world. Building a strong foundation of knowledge and skills will not only benefit individuals but also drive innovation, economic growth, and social progress. While modernization brings many benefits, it is essential for Egypt to preserve its traditional values and customs that have shaped its identity for centuries. By honouring traditions, respecting cultural norms, and safeguarding heritage sites, Egypt can maintain a sense of continuity and connection to its past. Balancing progress with tradition is key to ensuring that modernization enriches rather than erodes Egypt's cultural heritage.

As Egypt modernizes, it must also support local industries and artisans to ensure that traditional crafts and skills are preserved and passed down to future generations. By promoting handmade products, traditional arts, and local craftsmanship, Egypt can showcase its cultural heritage to the world while creating economic opportunities for local communities. Supporting local industries is essential for preserving Egypt's unique identity in a globalized world.

To truly embrace modernization on its own terms, Egypt must foster a culture of civic engagement and participation among its people. By promoting transparency, accountability, and citizen involvement in decision-making processes, Egypt can build a more inclusive and responsive society. Empowering citizens to voice their opinions, participate in governance, and hold leaders accountable will lead to a more vibrant democracy and sustainable development.

Modernization should be inclusive and accessible to all members of society, regardless of background or status. By embracing diversity and promoting inclusion, Egypt can harness the full potential of its diverse population and ensure that everyone benefits from progress. Creating equal opportunities for women, minorities, and marginalized groups will not only drive social cohesion but also unlock untapped talent and creativity that can drive Egypt's future growth and prosperity.

From the sun-drenched shores of the Nile to the bustling markets of Lagos, a shared spirit of female strength and innovation flows across Africa. In Egypt, women like Farah are blazing a trail, proving that progress and tradition can thrive together. Their stories echo the determination of figures like Wangari Maathai and Miriam Makeba, a testament to the boundless potential of African women.

Farah, a young entrepreneur, wasn't captivated by technology for its own sake. She saw it as a bridge, a way to connect the wisdom of the past with the possibilities of the future. Imagine smart cities rising from the desert sands, powered by innovation, yet respecting the heritage that whispers from the pyramids. This is the future Farah envisions, a future where African women are not just keeping pace but leading the charge.

Farah's story is Egypt's story, but it's also a story that resonates across the continent. We, the women of Africa, carry within us the power to transform. We are the daughters of queens and warriors, the mothers of inventors and leaders. As Farah empowers farmers with her app, she stands alongside countless others – women fighting for education, advocating for change, and building businesses that uplift their communities.

Modernization doesn't have to mean sacrificing our rich cultural tapestry. Like vibrant threads woven into a magnificent cloth, our traditions and customs strengthen the fabric of our societies. Farah, through her support of cultural events, reminds us that progress doesn't erase the past; it builds upon it. We can embrace cutting-edge technology while holding fast to the values that define us – a powerful blend that sets Africa on a unique path to the future.

Let Farah's story ignite the fire within you. Let it be a beacon that illuminates the limitless potential you possess. Together, we can dismantle stereotypes, shatter glass ceilings, and rewrite the narrative of what it means to be an African woman. We are architects, doctors, engineers, artists, and entrepreneurs. We are mothers, daughters, sisters, and leaders. We are the unstoppable force that will shape the destiny of Africa. Stepping into the vibrant tapestry of African resilience and innovation, one cannot help but be awe-inspired by the indomitable spirit of women who navigate the complex landscapes of tradition and modernity with grace and determination. From the banks of the Nile River, where the whispers of ancient

civilizations stir the soul, to the bustling markets of Lagos, where the heartbeat of a thriving continent resonates, the stories of African women paint a picture of strength, creativity, and unwavering resolve. In Egypt, a land rich in history and heritage, trailblazers like Farah illuminate the path forward with their relentless pursuit of progress and change. Through their ingenuity, courage, and vision, these women not only break barriers but redefine the very essence of womanhood in societies steeped in tradition. Farah and her counterparts challenge the narrative that tradition and progress are at odds, demonstrating instead that they can coexist harmoniously, creating a dynamic fusion of modernity and heritage. The impact of these pioneering women transcends borders, echoing the legacy of icons like Wangari Maathai and Miriam Makeba whose influence knows no bounds. Wangari Maathai's environmental advocacy and Miriam Makeba's boundary-breaking voice reverberate through time, inspiring a new generation of women like Farah to realize their potential for positive change. The resilience and achievements of African women are not confined within national borders but extend globally, carrying a message of empowerment and hope. As we celebrate the extraordinary contributions of African women, we honour not just their individual achievements but the collective strength that propels communities, countries, and the world forward. Farah, Wangari Maathai, Miriam Makeba, and the countless unsung heroines embody the boundless potential of African women when given the freedom to thrive. Their stories remind us that empowerment is not just a goal but a necessity for a prosperous future for all. The thread of female resilience and innovation that weaves through the continent is not just a symbol but a testament to the limitless possibilities that await when African women are empowered to lead and succeed.

Farah's story is a testament to the power of a single voice, a single hand reaching out. But as the proverb goes, "قفصت ال ةدحاولا ديلا" (One hand does not clap). Farah's success is a ripple in a growing wave of change, a wave driven by countless women across Africa who are reaching out, joining hands, and building a future on their own terms.

The time for action is now. Embrace education, hone your skills, and never shy away from a challenge. Let your voice be heard, your ideas take flight, and your contributions leave a lasting impact. As we stand shoulder-to-shoulder, united in our drive for progress, we will build a continent where every woman has the freedom and opportunity to soar.

This is our call to action, sisters. Let's claim our power, redefine success on our own terms, and together, write a future as vibrant and limitless as the spirit of Africa itself!

In conclusion, Egypt can embrace modernization without westernization by leveraging technology, fostering innovation, promoting women's empowerment, celebrating cultural diversity, and preserving traditional values. By striking a balance between progress and heritage, Egypt can move forward into the future with confidence, knowing that it is staying true to its identity and values. Through sustainable development, education, civic engagement, and inclusion, Egypt can build a modern society that is uniquely Egyptian and globally competitive.

Egyptian Women – Of Lasting Relationships and Understated Empathy– **Riju**

It was the twenty sixth day of January when Cairo woke up to hailstorm – a brief burst of tiny ice crystals – a climax, one might say, to an overcast sky that had stubbornly persisted over the week. “Cairo and cold?” remarked my family in India when I zoomed them towards the Cairo sky. “Isn’t Cairo semi-desert with hot climate round the year?” asked my sister-in-law. “Egypt is in Africa and some parts of Africa have 2 rainy seasons,” reasoned my 10-year-old niece. “Egypt is an Arab country, and it is a desert with women and men dressed in loose clothes...what do you call that dress...,” offered my grandmother. Well, it is not easy to fit Egypt into a mould of climate, clothes, and culture – is it? And it certainly is more complicated to fit Egyptian women into a linear descriptor; I have lived here for a decade now and I still grapple to find adequate words or phrases to capture the vast and layered canvas that women straddle, here in Egypt. I understand that women have shades, notwithstanding their geography, perhaps more than men, because they always try to bridge the chasm between well-defined expectations of traditional societies and their personal dreams. As an outsider, I would say, that these shades are more apparent in the Egyptian society, maybe because as a detached party, I have observed more keenly than is my wont. So, without trying to capture these shades in tight adjectives, I will just introduce you to some of my friends who I interact with during my typical day. In the mornings, by around 7.30 am, I pass through a curb on my way to school, where I meet Maha, who sells Kahk and Ghorayebeh cookies, packed in Styrofoam disposable trays, wrapped with plastic foil. She sits on a chair, behind a rectangular table, where she displays her goodies with a box to her right where she stacks the inventory. I passed this woman (with flawless skin and posture like a queen,) for maybe 3 years before finally stopping to buy from her. For 3 years, every day, she had smiled and waved to me, as the car always slowed down near her due to the impending U turn. Dispelling the popular view that sellers here push their wares to potential buyers, she never approached my car, neither did she never ever waver in her smile-wave routine. One may call her an astute businesswoman who is patient or a simple woman well-schooled in mild manners or the foundation of Egyptian society that values relationship more than anything else. The infamous Cairo traffic engulfs me. As my car manoeuvres at a snail’s pace, I observe that the numerous women drivers on school run for their children, before heading to work themselves. Veiled or non-veiled, they are all impeccably attired (pant suits, skirt suits or semi-casual) for there is no excuse for leaving the house sloppily. There is little tolerance for out-of-bed appearance, no matter how much of a fad it becomesin other parts of the world. I begin my morning in the school with a brief conference with Darine, who assists me in the classroom. She shows me the list of students who I need to speak with privately. One such day I was surprised to see, Farah and Seif figure in the list, as they are among the most sincere students in the class who push their limit, do extra reading and submit the requisite work on time. “Farah shows off her knowledge. Seif indirectly puts down other students. It is great that they are sincere but if they are not careful, they will not have friends. It is not very wise to show off or put down those near you – they need to be taught these things when they are still young,” Darine informs me. This wisdom takes some time to sync in because the time and place I grew up in, it was more important to stand apart with more knowledge or higher grades rather than care for sensibility of those around me. Forty years after leaving that time and place, taking a dispassionate look at my journey, I do see the depth of Darine’s advice. Darine is 28 years old, works as a fitness instructor after school and is getting married next month. She is a competent assistant but off late she is preoccupied with designing her trousseau and buying furniture for her new home. She is doing the planning alone with her fiancé because her parents are, in her words, “not too happy with her choice because the fiancé belongs to a part of Egypt, they have had no family ties with, this far.” She has faith in her choice, is proud of her independence, plans to travel the world and eventually become a parasailing instructor. I drive back to pick my sons from their school, which is chiefly for expats and Egyptian students with foreign passport. As I wait, here as a parent rather than a teacher, I converse with mums, most of whom I have now known for several years. One noon, Lamya approached me with what maybe called determined strides. Lamya’s daughter is my son’s classmate – her family is one of the monied strata. She informs me about the new nail salon and then after some more small talk about the weather asked my advice about her daughter’s career inclination. “She wants to study medicine either in Europe or America. You know, if she gets a degree outside, she may not come back to Egypt. We always come back... well, most of us. I can reconcile with her having a great career outside, but I would be very sad if she turns into an aggressive woman who loses her class and manners,” she confided. “You see there are so many women entrepreneurs and successful executives in Egypt, but they are all gentle and diplomatic. They never scream. I don’t want her to lose these values. No man or woman should lose class and elegance.” This is perhaps not the place to discuss careers but I hope you have had a peripheral peek into minds of Egyptian women – they coexist cosily despite their diametrically opposite views and lifestyles. Dreaming independently and waiting patiently, they imbue the future with class that only comes with sensitivity towards long-lasting relationships.

Egyptian Women Lighting the Path

Wessam AbuRegeila

In ancient sands, she walks with grace,
A queen of strength, a timeless face.
Her voice carries through the Nile,
A story of hope, unwavering style.

Through pharaohs' reigns and conquerors' cries,
She stood tall, with fiery eyes.
In the shadow of pyramids, she thrives,
A beacon of resilience in her life.

From Cleopatra's seductive charm,
To modern warriors, brave and warm.
In Cairo's bustling streets, they stand,
A testament to power, hand in hand.

She weaves history with threads of gold,
Her spirit is strong, her stories bold.
With hennaed hands and piercing gaze,
She dances through eternity's maze.

In every sunrise, in every dawn,
Her strength endures, forever drawn.
A mosaic of colours, a tapestry divine,
Women of Egypt, in every line.

So, raise your voice, O daughters of the Nile,
Your stories echo, mile by mile.
For in your strength, the world shall see,
The power of women, forever free.

With elegance, she strolls among the ancient grains of sand, embodying royal power and possessing an ageless countenance. Her melodic voice resonates throughout the vast expanse of the Nile, recounting a tale that uplifts the spirit and displays her unyielding flair.

Throughout the rule of pharaohs and the conquests of invaders, she remained steadfast, her eyes filled with determination. She flourished in the presence of towering pyramids, serving as a symbol of strength and perseverance in her existence.

From the alluring charisma of Cleopatra to the courageous and compassionate modern warriors, they can be seen standing hand in hand in the lively streets of Cairo as a symbol of strength and authority.

She gracefully makeovers through the intricate labyrinth of time, never to abate. Her inner strength is unyielding, her narratives daring and unsettled.

With the arrival of each new day, as the sun begins to rise and the first light of dawn breaks through, the unwavering strength of the women of Egypt remains steadfast and everlasting. Like a beautiful mosaic composed of countless vibrant hues, or a divine tapestry woven with intricate detail, these women shine brightly in every aspect of their lives, leaving an indelible mark on the fabric of society.

Let your tales resound everywhere. Showing the world the might of women's fight. Proving that women are incredibly strong and free.

Throughout history, women in Egypt have shown remarkable resilience, strength, and empowerment. They have been at the forefront of the fight for gender equality and women's rights in the region, serving as an inspiration to women not just in Africa and Arabia, but worldwide. In this piece, we will delve into the valuable lessons that women in Egypt can impart to their counterparts in Africa and Arabia, and how they can unite to uplift and empower one another.

Moreover, the pivotal role of Egyptian women was further highlighted during the Arab Spring, a series of revolutionary movements that swept through the Middle East and North Africa. Women in Egypt were not content with being mere spectators but actively engaged in protests, demonstrations, and political activism during this transformative period. They fearlessly voiced their concerns, demands, and aspirations, becoming instrumental in effecting change and demanding a more inclusive and egalitarian society. In addition to their activism, Egyptian women have also made noteworthy progress in various spheres of life. They have excelled in academia, arts, sports, and entrepreneurship, defying societal expectations and breaking barriers. This progress is a testament to their resilience, determination, and unwavering commitment to challenging traditional gender roles and stereotypes. However, it is important to acknowledge that despite the achievements and advancements made by Egyptian women, significant challenges and barriers persist. Gender-based violence, discrimination, and limited access to healthcare, education, and economic opportunities continue to hinder women's progress. Efforts to address these issues and promote gender equality are ongoing, with various organizations, government initiatives, and grassroots movements working tirelessly to create a more equitable and inclusive society. One notable aspect of the women's empowerment movement in Egypt is its diverse and multifaceted nature. Women from all walks of life, regardless of their social status, economic background, or educational attainment, have united in their fight for equality. This inclusive approach has allowed for a broader and more representative movement, amplifying the voices and concerns of Egyptian women from all backgrounds. Throughout the history of Egypt, women have consistently been at the forefront of social and political change, actively advocating for their rights and challenging societal norms. This rich tradition of female empowerment dates to the early 20th century when the Egyptian feminist movement emerged, paving the way for women to actively participate in shaping the nation's future. Their relentless efforts have not only made significant strides towards gender equality but have also played a crucial role in shaping the country's overall trajectory. In conclusion, the history of women's empowerment in Egypt is a testament to the resilience, bravery, and unwavering commitment of Egyptian women to challenge societal norms, fight for their rights, and strive for gender equality. From the early feminist movement to the influential role played during the Arab Spring, women in Egypt have consistently been at the forefront of social and political change. Despite the challenges, their relentless efforts have undeniably made a lasting impact on Egyptian society, and their fight for empowerment continues to inspire future generations.

The Egyptian feminist movement has a long and rich history that can be traced back to the early 1900s, with pioneering women such as Huda Saharawi and Doria Shafik leading the charge for gender equality. These trailblazers bravely stood up against oppressive practices like purdah, pushed for women's access to education, and campaigned tirelessly for the right to vote. Their efforts laid the foundation for a strong and resilient feminist movement in Egypt that continues to fight for women's rights and empowerment to this day.

Women in Egypt played a crucial role during the Arab Spring, a period marked by widespread protests and uprisings in several Arab countries. Specifically, in Egypt, these women played a pivotal and influential role in the protests that led to the removal of President Hosni Mubarak from power. In the iconic Tahrir Square, women stood side by side with their male counterparts, united in their demands for democratic reforms and social justice. Furthermore, the participation of women in the Arab Spring was not limited to their physical presence on the frontlines of protests. Women also played critical roles behind the scenes, using their skills in activism, organizing, and social media to mobilize and galvanize support for the movement. Through their innovative use of technology and social networks, women effectively disseminated information, organized demonstrations, and amplified their demands for justice and equality. The participation of women in the Arab Spring was a remarkable display of courage and resilience. Despite the inherent risks and potential backlash, they faced, these women fearlessly voiced their grievances and fought for their rights. Their active involvement in the protests not only challenged traditional gender roles but also shattered societal norms that had long suppressed women's voices and agency. The involvement of women in the Arab Spring was a significant turning point in the region's history. It marked a shift towards inclusivity, highlighting the indispensable contributions of women in shaping political discourse and driving societal change. By actively participating in the protests, women challenged the perception that their role in society was confined to the private sphere. They demanded to be seen, heard, and recognized as equal partners in the struggle for a more just and democratic future. The bravery and determination of these Egyptian women resonated far beyond their country's borders. Their unwavering commitment to the ideals of the Arab Spring movement inspired women from neighbouring Arab nations and beyond to join the fight for change. Witnessing the strength and tenacity of their Egyptian counterparts, women in other countries felt empowered to challenge the status quo and demand their rights, contributing to the broader momentum for reform and revolution in the region. In conclusion, the role of women in the Arab Spring, particularly in Egypt, cannot be understated. Their unwavering bravery, resilience, and determination not only propelled the movement forward but also inspired women across the region to demand their rights and fight for a better future. The contributions of these women, both on the frontlines and behind the scenes, were instrumental in shaping the course

of history and advancing the cause of democracy and social justice in the Arab world.

Education plays a crucial role in empowering individuals, and Egyptian women have grasped this concept with utmost importance. They have achieved remarkable advancements in terms of education and literacy rates, witnessing a surge in the number of women enrolling in schools and pursuing higher education. As a result, they have been able to break through societal barriers, achieve financial autonomy, and defy conventional gender norms, highlighting their ability to challenge and reshape the status quo.

Women in Egypt continue to encounter obstacles when it comes to receiving a quality education, despite advancements that have been made. Factors such as socioeconomic disparities, cultural expectations, and limited resources frequently impede their access to educational opportunities. Nevertheless, women in Egypt have demonstrated remarkable perseverance and resolve in navigating and surmounting these challenges.
Economic empowerment plays a vital role in promoting the independence and empowerment of women. In Egypt, women have been actively engaging in entrepreneurship and business, challenging societal norms, and entering traditionally male-dominated sectors. Through their achievements, they have demonstrated that women are capable of excelling as leaders and driving innovation in the business world.

The remarkable achievements of Egyptian women entrepreneurs, such as Sahar Hashem and Mai Medhat, have become a source of inspiration for countless individuals. Sahar Hashem, the visionary behind Bashira, an innovative online platform specializing in handmade products, has not only revolutionized the way artisans highlight their talents but has also empowered women across the region. Similarly, Mai Medhat has made waves in the tech industry as the co-founder of Eventtus, a highly sought-after event management software. These extraordinary women have defied societal norms and shattered glass ceilings, serving as beacons of hope and motivation for aspiring female entrepreneurs throughout Africa and Arabia. Their success stories stand as living proof that with determination, creativity, and unwavering passion, women can achieve greatness in the business world.

In Egypt, the fight for women's rights and gender equality has been led by women themselves, who have played a crucial role in raising awareness about the challenges faced by women and advocating for change. Notable organizations such as the Egyptian Centre for Women's Rights and the Women's Development Association have been at the forefront of this movement, working tirelessly to address women's issues and provide much-needed support to those who have experienced gender-based violence. Through their dedicated efforts, these organizations have also been actively lobbying for legislative reforms that aim to protect and empower women in Egypt. Their tireless work and unwavering commitment have made a significant impact in promoting women's rights and advocating for gender equality in the country.

The tireless advocacy work of Egyptian women has resulted in sweeping changes in legislation and government policies concerning women's rights. Noteworthy initiatives such as the implementation of the National Strategy for the Prevention of Violence Against Women and the creation of family courts have bolstered the legal protections and resources available to women across Egypt. These advocacy efforts have been instrumental in advancing gender equality and empowering women in society.
In the realm of political participation and leadership, women in Egypt have seen significant advancements. Over the past few years, there has been a noticeable increase in the number of women being elected to parliament, appointed to ministerial roles, and serving on local councils. These women have demonstrated their skills as competent leaders and influential decision-makers.
Despite some progress, women in Egypt continue to encounter obstacles when trying to enter political leadership positions. These challenges include cultural norms, gender biases, and insufficient backing, all of which can dissuade women from pursuing careers in politics. Nevertheless, through perseverance and unity, women can navigate these barriers and advocate for their rights within the political sphere.
One crucial lesson that can be learned from Egyptian women by their counterparts in Africa and Arabia revolves around the significance of support and solidarity among women. The act of uniting, sharing individual experiences, and advocating for one another enables women to enhance the impact of their voices and catalyse transformative change in their societies.
Throughout Egypt, women have come together to establish networks and movements that aim to empower and uplift one another. Prominent organizations such as the Egyptian Women's Union and the Women's Solidarity Association have emerged as vital platforms for women to connect, cooperate, and fervently advocate for the advancement of women's rights within the country.

In recent years, Egyptian women have been actively breaking free from the constraints of stereotypes and gender norms.

هقيقحت ةأرملا عيطتست امل دودح ال

There are no limits to what a woman can achieve.

Believe in yourself– Amani Samir

Challenges, struggles, difficulties, frustrations, and discrimination are just a few of the obstacles that working women face. It has never been and will never be an easy road for women in the workforce. The journey is always filled with obstacles, both internal and external.

Being a Middle Eastern woman carries significant societal expectations. From a young age, girls are often encouraged by their parents to pursue an easy major and complete their education quickly in order to get married. This early conditioning can significantly shape a woman's dreams. It's disheartening to know that parents and society would be most pleased if you stayed at home, got married, and focused on domestic duties, rather than pursuing a successful career or position.

Losing my father at a young age and growing up with my mother undoubtedly influenced my path. My mother, a beautiful widow from a wealthy family, was married at a young age and had to support two children with the help of her family, as she did not work. Despite her family's wealth, she felt insecure, especially after her father passed away, leaving her with all the financial responsibilities. This forced her to carefully manage every penny she spent, as there was no longer any income generation; she only had her inheritance. It was at this point that her mindset began to change, and her main goal became for my sister and me to become self-reliant.

My mother insisted that I go to The American University in Cairo, one of the top universities in Egypt at the time. The idea of traveling abroad to complete my studies was not even in my dreams. Throughout my four years of study, the idea of marriage was always in the air, and struggles with my grandmother to avoid this topic were always present. Despite my mother's dream that I should work first and then get married, things went the other way around; I got engaged and started my graduate study. Again, the boat was going in the wrong direction; I left my fiancé and my graduate study and started to work.

At this point, I told myself and with the support of my mother, I had to work hard. Once I joined my new job, I knew I was in a male-dominated environment. From day one, I knew I had to do double the work just to be seen in the banking sector. Only two banks are headed by females out of 38 banks headed by males.

During my 27 years of my banking career, the struggle was real. Being a mother of two and married to a good husband who would help, but to him, it was better for me to stay home and take care of the kids while he managed the financial part. This was definitely not a push for my career because any complaint from my side would result in a simple reply, "you are the one doing this to yourself," so I learned not to complain. The support of my mother was tremendous; she was the real mother for my kids, living with her in the same house was an extreme support, especially after my husband traveled to work in Dubai. I totally believe that for a woman to succeed in her career, she must have a support system. Thank God my mother was this support system. For me to reach this title was a real achievement; I was the only female who headed the Corporate division throughout the 60 years of the bank, and also one of the few in the banking sector.

During the early years of my career, I faced frustration, bullying, and discrimination from my colleagues and clients. However, I worked extremely hard, and once they felt how serious and strong I was, they were forced to change their idea about me. I started to build trust and slowly gained ground and recognition.

However, I didn't stop at this point and also worked on developing myself, finished my Master and Doctorate of Business Administration degrees, and also worked to improve my soft skills.

However, the struggle never ends, the guilt towards my kids never changed or felt less. I have to make double the effort. I cared about every aspect of their lives, especially after my mother passed away and my husband continued working in Dubai since they were four and eight years old; now they are 24 and 20 years old. Can you imagine that I still get comments when there is conflict that I am not a good mother?

I can proudly say that I am a good mother before being a good banker. My son is a graduate of a top UK university and works in a financial institution, and my daughter is in her final year at the American University in Cairo, majoring in computer science and a professional basketball player and a National team member. I never missed a match for her, either in Egypt or abroad, to the extent that the sports community thinks that I am a previous basketball coach and player, although I am not an athlete at all.

My advice to all young ladies out there is: be strong, believe in yourself, don't accept less, and definitely, you will succeed.

Breaking Barriers , A 20-Year Journey in the IT Services World-

Amira Assem

In the dynamic landscape of the IT industry, where change is the only constant, carving out a successful career path requires resilience, determination, and a relentless pursuit of excellence. 20 years Back, I have Started My Story, a journey through the corridors of Redington Egypt The Top IT company in MEA . From a modest beginning as an accountant to ascending the ranks as a female leader in a male-dominated field, being a Wife and a Mother of 2 Kids juggling demanding work schedules with family responsibilities required meticulous planning and unwavering dedication. My story began with modest aspirations and a hunger for learning, great passion, and the unwavering belief in my capabilities.

Two decades ago, I have embarked on my professional journey with a simple role as an accountant in the services Department. Fresh out of university with a degree in finance, I stepped into the realm of technology, driven by a curiosity to explore and a dream to make a change. Despite being initially apprehensive about the transition from finance to technology, I embraced the challenge with open arms, recognizing it as an opportunity for personal and professional growth.
My role as an accountant, helped me to quickly grasp the concept of the industry, immersing in the technical aspects of financial management within an IT-centric environment. Giving attention to detail, analytical acumen, and proactive approach to provide solutions rather than obstacles soon caught the attention of the Business Manager, who supported my transition into operations support.
Here, I found myself at the intersection of technology and business operations, where it encouraged me to play a pivotal role in streamlining processes, optimizing efficiency, and ensuring seamless service delivery. With the support of Management my Journey continued to excel in the new role, the ambition I had and potential did not go unnoticed. With each challenge I encountered, I felt stronger and more determined to make a lasting impact. It was this resilience that pushed my ascent through the ranks, concluding in my appointment as Services Delivery Manager—a role that would serve as a foundation for my next leadership endeavors.
In the capacity as Services Delivery Manager, I was trying to lead my team with a combination of empathy, decisiveness, and strategic vision learned from my Superiors. I tried to foster a culture of collaboration, innovation, and continuous improvement, empowering my team members to unleash their full potential and exceed expectations. Felt very proud when our branch witnessed unprecedented growth, cementing its reputation as a Best service center in Egypt.

Despite the achievements, my journey was not without its challenges. In a male-dominated industry, I faced skepticism, prejudice, and gender bias at various stages of my career. However, instead of being discouraged by these obstacles, I wanted to use them as fuel to propel myself forward. With solid determination and a persistent belief in my abilities, I shattered stereotypes and defied expectations, proving that gender is no barrier to success.
In few years I became the only female leaders across the services organization. actively defended diversity and inclusion initiatives, advocating for equal opportunities and representation at all levels of the company and paved the way for a new generation of women to pursue their ambitions fearlessly and unapologetically , Today I have successful female leaders in my Team with great passion and unbreakable determination.
Today, having achieved what once seemed like an impossible dream. As the Country Head for the business in Egypt, overseeing all aspects of operations, strategy, and growth, steering the company towards new heights of success. Driving innovation, fostering strategic partnerships, and expanding market presence, solidifying the company's position as a market leader in the region. But the journey doesn't end there. Fueled by passion aiming excellence and relentless pursuit of growth, I recently took on the role of Regional Head, overseeing operations across multiple countries North Africa.

In a career spanning two decades, it was not only defied the odds but has also redefined what it means to be a leader in the IT services sector. From the humble beginnings as an accountant to her current role as a regional leader, I am enjoying a trail of success, leaving an indelible mark on the industry and helping more ladies to follow in same footsteps.

My most proud moment was when my Son told me , he wants to Marry a woman like me , That was my personal testament to the power of perseverance, passion, and the unwavering belief in my capabilities. It was a reminder that with determination and resilience, any obstacle can be overcome, and any dream can be realized and all pains will be paid-off , and that motivated me to continue to chart new territories and break new ground, this legacy can serves as a source of inspiration for myself and my team, proving that success knows no bounds and that the sky is truly the limit.

مفهوم المرأة العاملة

Abeer Shah

عندما يفكر المرء في امرأة «عاملة» ، فإنه غالبًا ما يرتبط بالحداثة والتصنيع والعالم الحضري. يُنظر إلى التطورات الصناعية التي حدثت في الغرب في القرنين التاسع عشر والعشرين على أنها حافز لإدماج المرأة في القوى العاملة في العصر الحديث.

في حين أن التغييرات في المجتمع تؤثر بالتأكيد على الطرق المختلفة التي يمكن للمرأة أن تعمل بها وتدعم أسرتها ، فمن المهم أن ندرك أنه كانت هناك نساء أخريات قبل العصر الصناعي ، ساعدن من خلال عملهن في تشكيل الأساس للمرأة العاملة في المستقبل.

من خلال عملها عبر التاريخ ، كانت المرأة المصرية تبني اللبنات لتوسيع القوة العاملة النسائية في المستقبل. لم يكن ذلك فقط بسبب التحضر أو القطاع العام ، ولكن من خلال إرادة المرأة وتصميمها. وهذه الإرادة وقوة المرأة اليوم هي التي ستمهد الطريق للأجيال القادمة.

في ورقة عنوانها «مشاركة المرأة في سوق العمل المصري» التي أعدتها رنا هندي لمنتدى البحوث الاقتصادية ، تذكر دراسة تغطي دول جنوب البحر الأبيض المتوسط ، بما في ذلك مصر ، والتي تنص على أن زيادة بنسبة ٥٪ في معدلات مشاركة الإناث في القوى العاملة تؤدي إلى «٣،١٪ زيادة في الناتج المحلي الإجمالي أعلى من السيناريو المرجعي

مع ذلك فهناك شيء أكثر أهمية ورمزية حول فكرة عمل المرأة ، وهذا في التأثير على شخصيتها. العمل ، مثل الأسرة والثقافة ، يمكن أن يكون له تأثير كبير على الفرد. هناك حاجة طبيعية للجميع للوصول إلى النجاح أو أي نوع من الإنجاز الذاتي

وفقًا لعالم النفس الأمريكي أبراهام ماسلو ، يحتاج البشر إلى خمسة «احتياجات» أساسية لتحقيق السعادة أو الدافع في الحياة ، واحترام الذات وتحقيق الذات هي واحدة منها. على هذا النحو ، من الأهمية تطوير شخصية المرأة المصرية ومساعدتها أيضًا على تحقيق احتياجاتها الفردية.

نظرًا لأن مصر كانت أيضًا مجتمعًا زراعيًا في الغالب في القرن الثامن عشر ، لم تعتمد المرأة المصرية على الدولة في توفير العمل لها ، ولكن على أسرتها. كانت الأسرة في القرى هي التي قسمت أدوار العمل وكانت المنتج والمستهلك لمنتجاتهم. كما ذكرت جوديث تاكر في كتابها «نساء القرن التاسع عشر في مصر» ، تم تقسيم أدوار العمل إلى «تحقيق توازن» في تلبية احتياجات الأسرة الاستهلاكية وكذلك الإنتاج.

في عهد محمد علي ، بدأت الدولة في التغيير وأدخلت إصلاحات جديدة طموحة لتحديث البلاد ، والتي

شملت أيضًا لأول مرة تعليم الإناث. قبل ذلك ، كان تعليم الإناث يقتصر في المقام الأول على الأغنياء الذين يتلقون تعليمهم في المنزل ، بينما كان الفقراء يتعلمون بشكل أساسي الدراسات الدينية أو يحضرون محاضرات دينية

في عام ٢٣٨١ ، قدم أول مدرسة للفتيات الأكثر فقرًا ، ومع ذلك فإن معظم الجهود التبشيرية لإرسال الطلاب إلى الخارج لا تزال من الذكور. ومع ذلك ، فإن العديد من الطلاب المصريين الذين عادوا من دراستهم في الخارج جاءوا بأفكار جديدة جديدة حول مكانة المرأة في المجتمع.

إحداهن كانت رافع رفيع الطهطاوي ، التي دعت إلى تعليم المرأة وإدخال إصلاحات في نظام غير عادل بالنسبة لها ، كما أوضح في كتابه دليل تعليم البنات والبنين عام ٢٧٨١.

لاحقًا ، كتب قاسم أمين أيضًا «تحرير المرأة» في عام ٩٩٨١ ، مجادلاً بأن العزلة والزيجات المرتبة غير إسلامية وغير عادلة.

جاءت نقطة الانهيار مع ملك حفني ناصف ، التي أصبحت أول امرأة في البلاد تصبح معلمة. في عام ١١٩١ ، ذهبت إلى المجلس التشريعي المصري لتطبيق برنامجها المكون من عشر نقاط لتحرير المرأة ، والذي تضمن التعليم الابتدائي لجميع الفتيات والتدريب على المهن الطبية والتعليمية.

بحلول أوائل القرن العشرين ، كانت قضايا المرأة الآن تناقش على نطاق واسع من قبل العديد من الناس في المجتمع ، حيث تُرجمت المقالات النسوية من الفرنسية إلى العربية. قبل عام ٤١٩١ بقليل ، كان هناك حوالي ٥١ مجلة باللغة العربية تركز على النساء.

في عام ٧٠٩١ ، كانت نبوية موسى أول طالبة تحصل على شهادة الثانوية العامة وأول مديرة مدرسة للبنات. قامت مع هدى شعراوي بإلقاء محاضرات متكررة حول أهمية حصول المرأة على التعليم.

بحلول عهد الرئيس جمال عبد الناصر ، دفعته عملية التصنيع السريعة إلى تقوية الدولة وبالتالي القطاع العام ، الذي لعب دورًا كبيرًا في توفير فرص العمل للنساء. ووعد جميع الذين حصلوا على شهادة الثانوية العامة ودرجات التعليم العالي بوظائف في القطاع الحكومي ، بغض النظر عن جنسهم.

بدأت النساء في تولي مناصب عليا ، مثل ساهر القلماوي ، التي أصبحت أول محاضرة في جامعة القاهرة عام ٦٥٩١ وأول سيدة تترأس قسم الأدب العربي في جامعة القاهرة.

في عام ٩٧٩١ ، أصبحت عائشة راتب أول سفيرة لمصر ، وعملت كسفيرة في الدنمارك من ٩٧٩١ إلى ١٨٩١ وإلى ألمانيا من ١٨٩١ إلى ٤٨٩١.

اليوم ، لا شك في أن المصري العامل قادر الآن على التقدم إلى مناصب أعلى ، مع وجود ثماني وزيرات حاليًا في مجلس الوزراء المصري في عام ٨١٠٢.

في عام ٢٠١٠ ، أمر رئيس الوزراء المصري بمراجعة قرار عدم السماح للقاضيات ، وفي عام ٢٠١٥ ، أدت ٦٢ امرأة أخيرًا اليمين كقاضيات.

ومع ذلك ، لا يزال أمامنا طريق طويل لنقطعه ، فوفقًا للمنتدى الاقتصادي العالمي في عام ٢٠١٢ ، بلغت مشاركة النساء في العمالة ٤٢٪ بينما كانت ٩٧٪ للذكور.

بينما يلعب تدهور القطاع العام ، جنبًا إلى جنب مع الصراعات الاقتصادية والاجتماعية والسياسية ، دورًا كبيرًا في التأثير على مشاركة المرأة ، هناك أيضًا دور آخر ضروري للغاية: وهو دور المرأة.

مع مشاركة كل امرأة اليوم والعمل لدعم نفسها وعائلتها وبلدها ، فإنها تمهد الطريق لنساء المستقبل لمتابعة طريقها والتقدم أكثرمن تحقيق ذاتها و مشاركتها فى نهوض مجتمعها

على هذة الأرض قصص.. تستحق أن تروى

Hala Yacoub

يأتي شهر مارس من كل عام ليس فقط كعلامة مبكرة للربيع ولكن كشهر خاص للمرأة، فمارس مليء باحتفالات للمرأة سواء على الصعيد العالمي أو المحلي حيث يوافق الثامن من مارس يوم المرأة العالمي، كما يوافق السادس عشر من مارس يوم للمرأة المصرية وهو تأريخ لانجازات كثيرة حازت عليها المرأة المصرية ، وأخيرا يوم الواحد والعشرين من مارس كعيد للأم.

يظل شهر مارس مليء بقصص نجاحات السيدات اللاتي وصلن لمناصب قيادية أو نجن في الوصول إلى الفضاء أو اقتحمن مجالات اعتبرت لفترات طويلة حكرا على الرجال أو حتى حصلن على منح وامتيازات لتحصيلهن العلمي، كلها أفعال يعتبرها المجتمع سمات للنجاح ولكن ماذا عن حياتنا اليومية!

أجلس في شرفتي وأحاول تذكر قائمة مهامي اليومية فيما أفكر في عادية المرأة! لا أعرف كيف يفرق المجتمع بين المرأة العادية و المرأة الناجحة، هل لابد أن تمتهن مهن الرجال أو تخترع في المعمل حتى تصبح ناجحة ماذا عن المرأة العادية المكبلة دائما بظروف مجتمعها! تقطع « نورا» حبل أفكاري وتسألني هل أريد ترتيب شي في غرفتي أم لا – نورا هي سيدة في الأربعينات من عمرها تساعدنا في أعمال المنزل بشكل أسبوعي - أخبرها أن غرفتي في أحسن حال هذا الأسبوع، أعود لأفكر أليست نورا هي الأخرى سيدة ناجحة وناجحة جدا.

ولدت نورا منذا أكثر من أربعين عاما بأحد قرى الريف في أحدى المدن المنتمية للصعيد، مات ابوها و تزوجت أمها وتربت في بيت عمها، بالطبع لم تحصل نورا على ميراثها من والدها، أخرجها عمها من المدرسة في المرحلة الإعدادية دون أن تنهيها، خدمت في منزله وزوجها لاقرب عريس وانتقلت مع زوجها لأحدى العزب القريبة من الجيزة، كانت الأمور تسير بشكل معقول حتى مرض زوجها و لم يعد هناك مصدرا للدخل وهو مجرد عامل بسيط ، و لديها طفلان منهم طفل ذوو احتياجات خاصة و يحتاج للكثير .

خرجت نورا إلى العمل مضطرة ولا تعرف شيئا فهي لم تكمل تعليمها ، لم تتعلم أي حرفة، ليس لديها أحد صديق أو قريب تلجأ له، أين تذهب بهذا الطفل المعاق والزوج المريض وطفل أخر في سنوات دراسته الابتدائية!

وجدت «نورا» فرصة للعمل في أحد مصانع التعبئة في الجيزة كعاملة تعبئة، فتستيقظ في السادسة صباحا تحضر الفطار و الدواء لزوجها المريض ثم تخرج حاملة ابنها ذو الاحتياجات الخاصة وفي اليد الأخرى ابنها الاخر وتوصله حتى مدرسته الابتدائية ثم تمشي مسافة خمسة كيلو مترات حتى مدرسة الاحتياجات الخاصة الحكومية توفيرا لمصاريف المواصلات، وأخيرا تصل إلى عملها في التاسعة صباحا حتى الساعة الخامسة عصرا يوميا ، ليس هذا فقط بل عليها أن تتابع مذاكرة الابن الأكبر و جلسات الطفل الأصغر و حالة الاب المريض

دون أي خلل في أعمال المنزل! ليس هذا فقط بل قررت أن تلتحق بالمدرسة (منازلهم) حتى تحصل على الشهادة الإعدادية لتستطيع أن تكتب اسمها بشكل جيد و أن تتعامل مع مكتب البريد ومدارس أطفالها وقراءة مواعيد الأدوية بشكل صحيح.

مرت أيام لم تذق فيهم «نورا» طعم النوم حتى تنتهي من كل الأشياء التي عليها إنجازها يوميا وأسابيع أخرى لم تنم إلا سويعات، لم تستسلم أبدا حتى عندما أغلق المصنع ووجدت نفسها مرة أخرى دون مصدر دخل وإن (سنها كبر) والعديد من الوظائف مغلقة في وجهها.

اعتمدت «نورا» على صحتها وخرجت للعمل في المنازل كجليس للمرضى او للتنظيف و الترتيب والطبخ ..»أي شيء المهم يكون بالحلال» كما تقول دائما. وصلت إلينا «نورا» منذ عدة سنوات اثناء مرض والدي، كنا نحتاج للمساعد في الترتيب والتنظيف و ظلعت معنا حتى بعد وفاته ، أتذكر في مرة جاءت بكسر في رجلها حيث سقطت أثناء عملها لدى احدى المنازل واتجبست ، لكنها «ماتقدرش تقعد» فهي دائما تحتاج للعمل و لرجلها و لصحتها علشان تفضل فاتحه البيت، حتى عندما تحسن وضع زوجها الصحي قليلا لم يحرك هذا شي ، فلقد اعتاد المشهد اليومي الذي استمر لأكثر من ٥١ عاما، يحصل من نورا على ثمن « الدخان» و هي بتصرف على البيت و تدفع الإيجار، فقط يستطيع الان رعاية الصبي ذوو الاحتياجات الخاصة فيما لايزال الابن الاصغر متخبطا بين محاولات استكمال الدراسة في المدرسة الصنايع أو البحث عن فرصة عمل.

لم تكل أو تمل «نورا» يوما من العمل حتى في لحظات مرضها بل تدعو دائما أن تظل تعمل حتى أخر يوم في عمرها، لم يكن لديها رفاهية الأكتئاب، فهي الأمينة النشيطة دوما حتى وإن كانت تبكي من شظف الحياة،كان الدافع دائما أن يحصل أولادها على طعام و تعليم و رعاية و سقف بيت ولن يتحقق كل ذلك إلا إذا عملت و بكد، ففي كل صباح ما يستحق الحياة وهي كرامتها و ضروريات لابد من توفيرها لأطفالها،واليوم بدلا من أن تفكر كيف ترتاح قليلا و هي قاربت على الخمسين، كل ما تفكر به الأن هو كيف تؤمن مستقبل هذا الطفل في حال لم يرعه أخاه! يا الله من تفكير الأم.

أنظر من شرفتي بالصدفة أجد احدى بائعات الفاكهه على عربية تجرها بيدها عليها بعض الفاكهه وعليها أطفالها الثلاثة هي الأخرى بالتأكيد وراءها قصة جعلتها تتخلى عن راحتها و أنوثتها لتجر عربية فاكهه بأولادها الثلاثة.

لقد نجحن هؤلاء السيدات حتى وإن لم يعرف عنهم المجتمع شيئا من الصحف والتليفزيون أو حتى من مواقع التواصل الاجتماعي ، لقد نجحن حتى وإن لم يصلن للفضاء، لقد نجحن في استمرارهن بالحياة رغم كل شيء، نجحن في توفير الضروريات التي كانت صعبة المنال، اعتقد إذا نظر كلا منا من حوله سيجد في عائلته أو محيطه نساء نجحن حتى وإن لم يعترف بهن أحد و بالتأكيد تستحق قصصهن أن تروى.

النساء -ذروة الحجم

Dalia Hasan

حرصت علي ان اكون ضمن من يتحدثون عن المراه المصريه وخصوصا انني مثال للمرأه العامله في مصر

فأنا مقدمه برامج بالتلفزيون المصري منذ عام ٩٩٩١ وحالفني الحظ لأكون مقدمه لبرنامج مرأه علي التلفزيون منذ ٦٠٠٢ الي الان اسمه (سيدتي)

تكتب لكم اليوم داليا حسن المذيعه بالتلفزيون المصري

المراه المصريه لها دور واضح منذ عصور الفراعنه

فهي تتميز علي امد الدهر بالقوه والتدبير واتخاذ القرار في القرارات المصيريه خصوصا لو كان القرار يخص مصر كدوله

منذ عصر الفراعنه والمراه المصريه شديده القوه فكانت للمرأة المصرية مكانة رفيعة في المجتمع المصري القديم باعتبارها الشريك الوحيد للرجل في حياته الدينية والدنيوية طبقًا لنظرية الخلق ونشأة الكون الموجودة في المبادئ الدينية الفرعونية، من حيث المساواة القانونية الكاملة وارتباط الرجل بالمرأة لأول مرة بالرباط المقدس من خلال عقود الزواج الأبدية

وصلت المرأة المصرية في التاريخ الفرعوني لدرجة التقديس، فظهرت المعبودات من النساء إلى جانب الآلهة الذكور، بل إن إلهة الحكمة كانت في صورة امرأة، والإلهة إيزيس كانت رمزًا للوفاء والإخلاص.وجعل المصريون القدماء للعدل إلهة وهي ماعت، وللحب إلهة هي حتحور، وللقوة سخمت. كما حصلت المرأة المصرية على وظيفة دينية في المعابد مثل كبيرة الكاهنات وحتى الملكة حتشبسوت حصلت على لقب يد الإله

واستطاعت المرأة الدخول في العديد من ميادين العمل المختلفة، وشاركت في الحياة العامة، وكانت تحضر مجالس الحكم، وكان لها حقوق رضاعة الطفل أثناء العمل، ووصل التقدير العملي لها لدرجة رفعها إلى عرش البلاد، فقد تولين المُلك في عهود قديمة، مثل حتب، أم الملك خوفو؛ وخنت، ابنة الفرعون منقرع؛ إباح حتب، ملكة طيبة؛ وحتشبسوت؛ وتي زوجة إخناتون؛ وكليوباترا. كما عملت المرأة بالقضاء مثل نبت، حماة الملك تيتي الأول من الأسرة السادسة

وتكرر المنصب خلال عهد الأسرة السادسة والعشرين، وأيضًا العمل بمجال الطب مثل بسشيت، والتي حملت لقب كبيرة الطبيبات خلال عهد الأسرة الرابعة، ووصلت الكاتبات منهن لمناصب مديرة، رئيسة قسم المخازن مراقب المخازن الملكية، سيدة الأعمال، كاهنة.

وحملت المرأة ألقابًا عظيمة في مصر القديمة مثل طاهرة اليدين؛ العظيمة في القصر؛ سيدة الحب، سيدة الجمال؛ عظيمة البهجة.

وبالمثل، كان لديها الحق في التعاقد في أمور مثل الزواج والطلاق وشراء الممتلكات، وصولًا إلى ترتيبات شراء

العبيد. وكان لديها الحرية في رفع دعاوي قضائية ضد أي شخص في محكمة. ولم يكن هناك تحيزًا للجنس أو تحيز ضدهم. وتُظهر البرديات حالات كثيرة من النساء اللاتي حصلت على حقوقهن بتلك الدعاوي، كما وُجد في البرديات والجداريات ما يفيد بالعمل بشهادة المرأة أمام المحاكم

كان للمرأة في مصر القديمة الحق في التعليم ابتداءً من سن الرابعة. وكانت تتلقى العلم من خلال مدارس ذات نظام صارم، والتي كانت تركز علي مبادئ الحساب والرياضيات والهندسة والعلوم، بالإضافة إلى تعليم أصول اللغة الهيروغليفية واللغة الهيراطيقية الدارجة للاستعمال اليومي.

كشفت دراسة مصرية عن كثير من الدلائل التي تركها الفراعنة للتأكيد على ما تمتعت به المرأة في مصر القديمة من تقدير إنساني ومكانة اجتماعية، وما حققته من نجاحات في مختلف المجالات الحياتية، حتى صارت ملكة تحكم البلاد. وأكدت الدراسة التاريخية أنه لا يوجد معبد أو أثر مصري قديم، لا يحتوي على تمثال أو نقش أو رسم يبرز ويسجل المكانة المتميزة التي تمتعت بها المرأة في مصر القديمة، بجانب برديات تحوي وصايا الحكماء والآباء بحسن معاملة المرأة ومعاشرتها كشريك في الحياة، وأن يوفر الرجل لزوجته جميع مستلزمات الحياة من ملابس وطيب وعطر وكل ما يحفظ لها مكانتها وصورتها في عيون المجتمع المحيط بها، وأن يتشاور معها وأن يشاركها الرأي في كل قرار يخص حياتهما وحياة أبنائهما.

ومن أشهر المعالم الأثرية التي تركها قدماء المصريين وتبين مدى تقدير الملوك للمرأة الفرعونية، منطقة وادي الملكات غرب الأقصر، وهي أحد أودية جبل القرنة التاريخي. وقد دفنت زوجات الفراعنة في الأزمنة القديمة في وادي الملكات،

ثم تأتي مرحلخ اخري للمراه المصريه فمع قيام الدولة الحديثة في عهد محمد علي برز دور المرأة واضحاً حيث أنشئت مدرسة الممرضات عام ٢٣٨١ حيث كانت النواة الأولي التي مهدت لخروج المرأة المصرية إلى العمل

وفي أوائل القرن العشرين أسست مجموعة من النساء المصريات أول تنظيم غير حكومي للخدمات ليكون ايذاناً بمشاركة أوسع للمرأة المصرية في العمل العام وقد برز دور المرأة المصرية في القضايا الوطنية حيث كان خروج النساء المصريات في طليعة الجماهير المشاركة في ثورة ٩١٩١

تم تأسيس أول حزب سياسي للمرأة تحت اسم الحزب النسائي المصري عام ٢٤٩١ وطالب الاتحاد النسائي المصري في عام ٧٤٩١ بضرورة تعديل قانون الانتخاب باشتراك النساء مع الرجال في حق التصويت وضرورة أن يكون للمرأة جميع الحقوق السياسية وعضوية المجالس المحلية والنيابيه

لعبت المرأة دورا في محاولة تحريك النهضة النسائية من خلال المشاركة في المؤتمرات الدولية، فشاركت «هدى شعراوي» من خلال مؤسسة الاتحاد النسائي بأول وفد عربي في المؤتمر النسائي الدولي بروما سنة (٣٢٩١م) .

بعد قيام ثورة ٣٢ يوليو ٢٥٩١ ترسخ مفهوم مشاركة المرأة في كافة مجالات الحياة السياسية والاقتصادية والاجتماعية ، فقد حصلت على حق الانتخاب والترشيح عام ٦٥٩١، ودخلت البرلمان وتقلدت الوزارة فكانت وزيرة للشئون الاجتماعية ٢٦٩١ ، وشاركت في الحياة الحزبية و النقابات العمالية والمهنية والمنظمات غير الحكومية ، وتقلدت الوظائف العليا في كافة ميادين الحياة وتوج ذلك بتعيينها قاضية .

وظلت مسيرة النضال قرن ونصف من أجل تحسين وضع المرأه فى الحياه العامه , ومروراً بتلك الفترة جاء تعديل قانون الإنتخاب ٩٧٩١ الذى سمح بتخصيص ٠٣ مقعد كحد أدنى للنساء . فقد تميزت المرأه المصريه منذ عام ١٨٩١ حتى الأن بإحداث تغيرات جوهرية وملموسة بمكانتها فى القضايا المجتمعية والسياسيه بشكل عام وأدى ذلك التغيير إلى إنشاء "المجلس القومى للمرأه" الذى يعد هيئه رسميه للدفاع عن حقوق المرأه ورفع شأنها وزاد دور المشاركة للسيدة المصريه حين تم تعيين أول قاضية مصرية ومأذونه بعد محاولات وعناء لأثبات أن المرأه قادرة على تولى المناصب القيادية دون قصرها على الرجل فقط مادامت لم تتواجد أسباب مانعه لهذا العمل

.بل توجد بعض العناصر والعادات المجتمعية التى تتنافى مع مبدأ المشاركة للمرأه ومثال على ذلك "صعيد مصر" الذى يقمع الفتيات والسيدات من حق المشاركة وخوض الحياه السياسيه ولكن الجانب الأكبر من الأسر بقرى الصعيد يبتعدون عن المشاركة وخروج سيداتهم للأدلاء بأصواتهن فى الإنتخابات نظراً لتقاليد رجال الصعيد وأفكارهم وأحياناً لعدم ثقه المرأه بالمرشحة المرأه مثلها ومازال حتى الأن أسر تعيش دون أوراق رسمية والجانب الأهم هو غياب آليات وبرامج المشاركة الواضحه للسيدات فى الصعيد نظراً لتدنى مستوى االثقافه لديهم

ومع تطور الأحداث السياسيه جاءت أحداث ٥٢ يناير بكفاح مشترك بين الرجال والنساء وتضحيات من المرأه المصرية وكأن التاريخ يعرض من جديد رغم معاناة المرأه وتعرضها لإنتهاكات معنويه وجسديه فظلت تدافع عن حرية وطنها دون خوف نظراً لإيمانها بأنه يولد جميع الناس أحرارا متساوون فى الكرامه والحقوق دون أى تمييز فكانت الصفوف الأماميه تهتف بشعارات الحريه والعداله بصوت نسائى .

وقد لعبت المراة المصرية دور اساسي في الحياة السياسية وشاركت في ثورة ٠٣ يونيو بدور محوري وفعال عندما إستشعرت ضياع البلاد

بعد أن ظلت تعانى بمسيرة دامت لقرون حتى تنال حق المشاركة كادت تفقدها للأبد

ولكنها الأن فى مرحلة ماقبل الأزدهار فقد أقر دستور ٤١٠٢ بأحقية مشاركة المرأه بمعيار منصف ليصل لنسبة ٥٢٪ من الشباب والسيدات وهى بمايعادل ربع المقاعد من إجمالى عدد الأعضاء ويعد هذا تقدم مرتفع فى تاريخ المشاركة فى الحياة العامه للسيدات المصريات لم تشهده من قبل

ثم جاء إعلان الرئيس عبد الفتاح السيسي عن عام ٧١٠٢ عامًا للمرأة المصرية، بادرةً إيجابيةً تكْشِفُ عن تقديره الكبير للمرأة، والذي دأب على تأكيده أثناء حملته الانتخابية وبعد توليه منصب رئيس الجمهوريه

حرص المجلس القومي للمراه علي اطلاق حملة «التاء المربوطه ثم حمله منتجة»، وهدف هذه المرحلة وِفْقَ تصريحات رئيسة المجلس هو تحْفيز المرأة المصرية على العمل والإنتاج.

ثم اصبح الاهتمام بالمشروعات المتوسطه والصغيره ومتناهيه الصغر من اولويات الحكومه وظهر هذا من خلال معرض ديارنا وتراثنا الذي تنظمه وزاره التضامن

ولا ننسي دور المراه المصريه خلال جائحه كورونا فالمراه المصريه حريصه كل الحرص علي الاهتمام بصحه اسرتها من خلال الحرص علي الالتزام بكل الاجراءات الاحترازيه

فدائما ما توصف المراه المصريه بإنها رمانه الميزان للمجتمع المصري وللاسره المصريه

ثم جاء دورها الفعال في ثوره ٣٠ يونيو حيث حرصت المراه المصريه علي النزول للشوارع لازاحه حكم الاخوان وشجعت اولادها وأزواجها علي النزول في الميادين حتي نجح المصريون في ازاله هذا النظام واعطاء الثقه لجيش مصر العظيم حتي يقود هذه المرحله الحرجه التي يمر بها الوطن الغالي

ثم جاء عصر الرئيس عبد الفتاح السيسي ومنذ توليه سلطه البلاد والمراه المصريه تعني له الكثير ودائما ما كان يشيد بدورها في المحافل والمؤتمرات الدوليه

حتي اعلن ٢٠١٧ عام المراه المصريه

وحرص علي حل مشكلات المراه المصريه بنفسه سواء في تعليم او صحه او كل ما كان يقام ضدها من عنف جسدي و مثل الزواج المبكر والختان

وجرّم كل هذه الافعال في القانون المصري ثم كانت مرحله الازدهار مره اخري للمراه المصريه من خلال تمكينها سياسيا بان جعل في وزاته سبع وزيرات ومكن المراه اقتصاديا من خلال دعم المشروعات الصغيره والمتوسطه ومتناهيه الصغر وخرص علي تقديم كل التسهيلات للمراه المصريه الحريصه علي الاعتماد علي نفسها وعرض كل ما تقدمه من خلال عده معارض تكون تحت رعايه وزاره التضامن مثل معرض ديارنا وتراثنا

واصبح المراه المصريه منذ ٥ سنوات او اكثر شأن اخر بعد ان ترجع دورها بشكل او اكثر في اعرام ما قبل الثوره لاهمال شريحه كبيره من النساء وخصوصا نساء الريف والصعيد

ولكن بعد حرص المجلس القومي للمراه علي كل حقَ من حقوق المراه سياسيا واجتماعيا بدات حملات مختلفه مثل حمله التاء المربوطه وحمله منتجه لدعم منتجات السيدات المصريات

وحمله طرق الابواب لتوعيه المراه الريفيه والصعيديه باهميه التعليم والصحه اصبح للمراه المصريه وضع اخر خصوصا في قضايا التحرش اللفظي والجنسي فدائما ما يكون المجلس القومي للمراه حائط الصد لكل هذه القضايا

وفي النهايه دائما ما توصف المراه المصريه بانها رمانه الميزان للمجتمع المصري وللاسره المصريه

دور السيدة في المجتمع

Ali Rabea

لا أحد ينكر أن للمرأة دور فعال في المجتمع، فهي المسئولة عن تربية أجيال جديدة من الإناث والذكور، لبناء مستقبل أفضل. حيث أنها البذرة التي تنتج ثمارًا تنفع المجتمع بأسره، في بصلاحها يصلح المجتمع، وبفسادها تفسد المجتمع، فهي الأساس، ولا يمكننا إنكار دورها ومكانتها لذلك يجب أن نقدر دور المرأة في حياتنا، كأم، زوجة، ابنة، أخت، صديقة، زميلة عمل. وغيرها من العلاقات، التي توضح أهمية وجود المرأة في حياتنا، فيجب أن نعطيها كل ما لها من حقوق، ونحافظ على كرامتها ومكانتها.

أمر الإسلام الإنسان بطلب العلم، ولم يخص به الرجال فقط، بل حث الرجل والمرأة على حد سواء، كما قال الرسول الكريم: "طلب العلم فريضة على كل مسلم ومسلمة"، وتعليم المرأة دور فعال وأهمية في المجتمع، ومن أبرزها: توسيع مدارك المرأة، وتنمية مهاراتها الإبداعية، لتتمكن من المشاركة الفعالة في بناء مستقبل أفضل للمجتمع. تربية جيل صالح يستفيد منه المجتمع، فالمرأة المتعلمة تتمكن من تربية أبنائها بشكل أفضل من المرأة الغير متعلمة. التعليم يساعد المرأة من المشاركة في سوق العمل، لتشارك زوجها في المسؤوليات المادية وأعباء الحياة. تعليم المرأة يساهم في القضاء على الأمية والجهل، للنهوض بالمجتمع في شتى المجالات. تحسين الحالة النفسية والمعنوية للمرأة، حيث أن التعليم يشعرها بمكانتها ودورها الفعال في حياتها وحياة أسرتها، ودورها في بناء وتنمية المجتمع. دور المرأة في تربية أبنائها الأم هي المسئولة عن تربية أبنائها، وملقى على عاتقها إخراج أجيال جديدة نافعة للمجتمع وأسرتها بشكل خاص. كما أنها مصدر الحنان والأمان بالنسبة لأطفالها، حيث أنها تعد المعلم الأول في حياة الطفل، والتي يكتسب من خلالها معظم أفكاره ومهاراته لبناء شخصيته. كما أن الطفل يعتمد على أمه في بداية حياته بشكل كبير، فهو يحتاج إلى الرعاية والاهتمام المعنوي أكثر من الاهتمام المادي. وما يتلقاه منها في السنوات الأولى من عمره، هو النواة التي يبني عليها الصفات والخصال التي تستمر معه طوال عمره.

كما أن للمرأة دور لا ينكره أحد في حياة الرجل ومساندته على أعباء الحياة، فهي الأم التي تعد منبع الحنان. والزوجة رفيقة الدرب والتي تهون على زوجها مصاعب الحياة وضغوطها، والأخت التي تهتم بأمور أخيها.

تعاني المرأة المجتمع موضوع تعبير عن حقوق المرأة بالعناصر دور المرأة في الحياة العملية تهتم المرأة بالمشاركة الفعالة في سوق العمل، للمساهمة في تقدم المجتمع في شتى المجالات. والقضاء على الجهل والفقر والرجعية التي تعاني منها بعض الفئات وبعض المجتمعات، حيث تساهم المرأة في رفع المستوى الاقتصادي والمعيشي والاجتماعي والفكري. كما أنه من المعروف أن المرأة تشكل جزء كبير من المجتمعات العربية، حيث أنها تمثل نسبة ٥٠٪ من السكان، و٣٦٪ من الطلاب الجامعيين. إلا أنها لا تمثل سوى نسبة ٩٢٪ من القوة العاملة في المجتمعات العربية. كما أن هناك الكثير من الأسر في المجتمع، خاصة في الآونة الأخيرة، تعتمد على المرأة كعائل أساسي لها. ومصدر الرزق وتوفير كافة الاحتياجات، مما يدل على مكانة

المرأة وقدرتها على تحمل المسئوليات والكثير من الأعباء.في أغلب دول العالم من التمييز بينها وبين الرجل، وعدم المساواة بينهما في مجالات العمل، خاصة في مجال العمل السياسي. فهي لا تحظى على العديد من الفرص التي يحظى بها الرجال، رغم النجاحات التي تحققها على مستوى شتى المجالات. فنجد أن المرأة تعاني من التقييد في المجالات السياسية، مثل دورها كقيادية أو مسئولة عن مكاتب الاقتراع وغيرها من المسئوليات. إلا أنه من الملحوظ في الآونة الأخيرة، وفي ظل وجود قيادة سياسية واعية، أن المرأة. بدأت أن تحظى على الكثير من الفرص في الحياة السياسية، لتتولى منصب وزيرة، محافظ، وغيرها من المناصب العليا في المجتمع. شاهد أيضًا: موضوع تعبير عن دور المرأة في تنمية

للمرأة دور فعال في المجتمع منذ بدء الخليقة، ويتضح دورها بشكل ملحوظ في عصرنا هذا. حيث أنها أصبحت عنصر فعال، تشارك في كافة المجالات، لبناء مستقبل أفضل للمجتمع. كما أنها تولت مناصب مهمة في المجتمع، فنجد الطبيبة، المهندسة، المعلمة، الإعلامية، الداعية، وغيرها، كما أنها تولت مناصب سياسية في البلد، الوزيرة، والمحافظة وغيرها. كما أن هناك بعض السيدات من ربات البيوت يعملن في المشغولات اليدوية. لتجمع بين كونها أم وزوجة مسئولة عن تربية أبنائها ورعاية زوجها، وبين كونها عنصر عامل منتج في المجتمع. كما أن هناك عدد من الأسر المصرية التي تعتمد على المرأة كعامل أساسي لها. بسبب بعض الظروف، منها وفاة رب الأسرة، تعرضه لظروف مرضية عصيبة تفقده القدرة على العمل، وغيرها من الأسباب

مساهمات المرأة المصرية فى السياحة

Nour Abu Zaid

إن مكانة المرأة المصرية و مساهمتها فى مختلف المجالات معروفة و موثرة . من أهم و أبرز هذه المجالات) السياحة (حيث تم زيادة الوعى بأهمية السياحة و تعزيزها بمصر لما تحتويه من أماكن تراثية و

تاريخية لن تجدها بأى دولة أخرى حيث تجد الاهرامات و المساجد و الأماكن التراثية التى يعود أعمارها لآلاف من السنوات .

لقد وصلت المرأة المصرية لمكانة رفيعة حيث تم تثبيتها مناصب قيادية فى الدولة كنائبات لوزراء و لمحافظين و نائبات بمجلس

النواب و الشيوخ.

فزادت نسبة تمثيل المرأة على مستوى مجلس النواب فقد حصلت المرأة في مجلس النواب ٢٠٢١ على ١٦٢ مقعدا وذلك في ضوء القانون رقم ٤٦ لسنه ٢٠١٤ بإصدار قانون مجلس النواب المعدل برقم ١٤٠ لسنه ٢٠٢٠ والذى خصص للمرأة ما لا يقل عن ٢٥٪ من إجمالى مقاعده المنتخبة ، فضلا عن نصف نسبة ال)٥٪ التي يعينها الرئيس، وذلك بحد أدنى وبذلك يكون المجلس

الحالي يحتوى على أكبر عدد لتمثيل المرأة فى مجلس نيابى فى تاريخ مصر، وبهذا الرقم يحتل البرلمان المصرى مرتبة متقدمة بين

أكثر البرلمانات تمثيلا للمرأة.

أما بالنسبة لدور المرأة المصرية فى القطاع السياحى سواء الحكومى أو الخاص فهو يزخر بالعديد و العديد من نماذج سيدات حققن نجاحات كبيرة و عظيمة و مساهماتهن فى تنمية الموارد البشرية و المهارات فى المجتمع و ذلك عن طريق تعزيز عدد من المنتجات السياحية كمنتجات مصنوعة بأيادى مصريات من سيوة و دهشور و سانت كاترين و غيرها من المناطق الغنية بالمواهب المثقلة من مناطق مصرية و تلك أيضاً طرق لتسهيل تعرف السائحين على المجتمع المحلى عن قرب و أهمية دور المرأة المصرية

فى المجتمع المصرى.

كما تعتبر هذه المناطق ضمن أفضل المناطق السياحية من منظمة السياحة العالمية فى عام ٢٠٢٣ و التى أوضحت الجهود المبذولة

كما أنها اتاحت فرص عمل جديدة لسيدات مصريات يتمتعن بالابداع ذو الطابع المصرى الأصيل. و قد تم صدور قرار جمهورى رقم ٧٣٠ لعام ٢٠٢٠ بشأن التعاون مع الوكالة الإسبانية و تمويل إقامة مشروع) دعم تهيئة بيئة عمل آمنة تحقق المساواة للمرأة فى قطاع السياحة فى جمهورية مصر العربية (و يهدف هذا المشروع لدعم و زيادة قدرات المجلس القومى للمرأة و زيادة نسبة المشاركة للقوة العاملة من النساء فى قطاع السياحة فى مصر و تمكين المرأة المصرية من مواجهة

المواقف الناتجة عن عدم المساواة و أيضاً تعزيز المرأة المصرية بثقتها بنفسها .

كما أصبح دور المرأة المصرية فى العالم الجديد للعمل فى الشرق الأوسط وشمال أفريقيا مؤثر و فعال .

من ضمن أبرز و أنجح الشخصيات للمرأة المصرية المؤثرة فى مجالات عديدة من ضمنها مجال السياحة ، شابة مصرية تدعى) ندى زين الدين(هى شابة و باحثة مصرية ناجحة و مميزة تتسم بالشغف لما تحب و الطموح ، درست الجغرافيا و ترميم الآثار

بجامعة القاهرة و قد سافرت إلى اليابان فى نهاية عام ٢٠١٧ لتحصل على الماجيستير .

فبداية رحلة) ندى (بالمجال السياحى وقت ذهابها فى رحلة عام ٢٠١٨ لمدينة القصر الإسلامية فى الصحراء الغربية كما أنها

قامت باختراع دواء للقضاء على النمل الأبيض الذى يأكل الخشب و المبانى الأثرية.

تم اعتمادها من جامعة طوكيو باليابان و قد حصلت على دكتوراة من جامعة كيوتو اليابانية فى الدراسات البيئية الأثرية على مدينة

القصر الإسلامية.

كما أنها أسست جروب على الفيسبوك و سمتها) تعالوا نعرف مصر (و قد تم إنشاء هذا الجروب عام ٢٠١٤ لتشارك الجميع جمال مصر و كنوزها و تقوم ندى بجولات سياحية لمحاولاتها لكى يتعرف الناس على تراث مصر العريق و يزوروا مناطق مصرية

مختلفة مثل فوه و الواحات و رشيد و القصير و غيرها من أماكن سياحية .

كلمة ندى المعتادة) مصر جميلة (و قد صدقت لأن مصر بالفعل جميلة و المرأة المصرية شغوفة و يحركها طموحها نحو الأفضل و قادرة على تحقيق نجاحات و إبداعات فى مختلف المجالات كما أن دور المرأة المصرية مؤثر فى المجتمع المصرى و العالمى

أيضاً

و لا تنتهى نماذج السيدات المصريات الناجحات فى الوصول لهدف الإبداع و التأثير فى المجتمع و ترك الطابع المصرى فى

مختلف الثقافات والحضارات

كرانيا المشاط خريجة الجامعة الأمريكية بالقاهرة في عام ٥٩٩١ و التى تولت منصب وزيرة السياحة المصرية – وهي أول امرأة

تشغل هذا المنصب.

في صندوق النقد الدولى بصفتها خبيرة رائدة في السياسة النقدية والاقتصاد

و قد عملت مع مؤسسات مالية بارزة في مصر والعالم

الدولي كما عملت كمستشار كبير الاقتصاديين .

كما لعبت دوراً رئيسياً في العمل على تحديث وتطوير البنك المركزي المصري من خلال منصبها كوكيل محافظ البنك المركزي

للسياسة النقدية.

كما شاركت في المنتدى الاقتصادي العالمي في جلسة «الاستثمار في السلام»، والتي تألفت من لجنة تضم شخصيات عالمية مؤثرة في عام ٧١٠٢. تم اختيار رانيا أيضاً من بين قائمة من ٠١ خبراء اقتصاديين ذوي شأن للمساهمة في مقالة للمنتدى الاقتصادي

العالمي عن كيفية جعل العالم أكثر عدلًا.

و بعام ٢٠١٩ كوزيرة سياحة مصرية قالت إن تمكين المرأة اقتصاديا يعد محوراً أساسياً من محاور الإصلاح الهيكلى للقطاع السياحى و دعم دور المرأة الاقتصادى فى قطاع السياحة و تطبيق المساواة يعزز من حجم مساهمة القطاع فى حجم الإنتاج المحلى

و ما يتوافق مع الرؤية الموحدة بين الحكومة و مجلس النواب و قطاع السياحة .

كما أضافت أن تمكين المرأة المصرية و منحها فرصاً كافية يحقق عائداً كبيراً على قطاع السياحة ، نظراً لأن مساهمة المرأة

انعكاسها يصبح إيجابيا على جميع قطاعات الدولة المصرية .

من الشخصيات المصريات البارزة أيضاً المصرية شيرين الهوارى ، التي اختارت العيش في مدينة شرم الشيخ من حوالى عشرين عاماً لتجمع بين العمل في السياحة والإعلام وتصبح واحدة من أميز وأمهر الشخصيات البارزة في مجال السياحة المصرية والعربية

.كما أنها دعمت نساء مصر في دور مجتمعي مهم يتحدث عنه كل من يعيش في جنوب سيناء و ذلك من خلال المبادرات الداعمة لعمل المرأة السيناوية بدعم المشروعات متناهية الصغر للوقوف بجانب المرأة المعيلة وغيرها من المشروعات

ذات البعد الاجتماعي والاقتصادى .

كما شهدت بشهر مارس الماضى السيدة انتصار السيسى ، قرينة رئيس جمهورية مصر العربية، احتفالية «المرأة المصرية.. أيقونة النجاح» حيث كـرمت عددا من السيدات المبدعات فى مختلف المجالات و يعتبر هذا تقديراً لجهود

تعد مصدر إلهامٍ ورمزا للتميز

المرأة المصرية فى المجتمع المصرى و أعربت عن بالغ تقديرها للمرأة المصرية ، التى

و الإبداع .

تم تنظيم قطاع شئون خدمة المجتمع وتنمية البيئة بجامعة عين شمس احتفالية بعنوان »مكانة المرأة المصرية عبر العصور« و تم التعاون مع كلية الآثار والمجلس القومي للمرأة بفرع القاهرة تزامنا مع الاحتفال بيوم المرأة العالمى حيث أن أشارت إلى أهمية السياحة في مصر ودورها البارز في دفع عجلة الاقتصاد وتطوير و ترميم الأماكن الأثرية وتنمية

الأماكن السياحية ورفع الوعي المجتمعي حول كيفية التعامل مع السائحين ، تتميز مصر بالتنوع السياحى حيث أن مصر

تمتلك أماكن سياحية متميزة عالميا مثل سانت كاترين و سيوة و غيرهم من أماكن و كنوز ثرية بتاريخها .

كما اختار قطاع المتاحف المصرية بالعام الماضى ٢٥ قطعة أثرية مميزة و لوحة فنية فى معرضه لإبراز أهمية دور المرأة المصرية عبر التاريخ ، عرض «متحف المركبات الملكية» لوحة بورتريه نصفى لـ»جشم آفت هانم» إحدى زوجات

الخديوى إسماعيل التى كانت رائدة في تعليم الفتيات . حيث كانت أول امرأة تنشئ مدرسة حكومية لتعليم الفتيات بالمجان بعام ١٨٧٣ و هى مدرسة السيوفية والتي أُطلِق عليها

فيما بعد مدرسة السنية ، و قدم متحف جاير اندرسون نموذج مصنوع من الحجر الجيري الملون لرأس الملكة نفرتيتى .

و مازالت نساء مصر يحرصن على العطاء و المشاركة فى مختلف المجالات لتقدم و استقرار الوطن و من المؤكد أن

التغيير أصبح للأفضل فى أحوال المرأة المصرية مع سياسة دعم المرأة المصرية .

فهذا العصر هو عودة مكانة المرأة المصرية و المساواة كشريكات فى صياغة تاريخ الوطن فالمرأة الفرعونية المصرية

منذ القدم كانت تحقق أيضاً نجاحات عظيمة ، فالمرأة المصرية تبدع تحت أى ظرف و ضغوطات .

الوعي النفسي مطلوب أيضًا

Marline Monir

تعيش المرأة المصرية اليوم فى مواجهة تحديات نفسية كبيرة وذلك بسبب ما تتعرض له من ضغوط وتوترات تواجهها فى حياتها اليومية.. وتختلف هذه الضغوط فى أنواعها ودرجاتها.. ولعل أبرزها والتى تظهر بوضوح هى الضغوط الإجتماعية والأسرية.. والتى أصبحت العوامل الرئيسية المتسببة فى التوتر والقلق لدى النساء.

وقد يكون ذلك نتيجة للمغالاه فى التوقعات المفروضة عليها من حيث دورها وأداء هذا الدور بمحيط الأسرة والعمل مما يخلق لديها شعوراً بالضغط وعدم تقبل ذاتها.

كما أنه أيضاً تعانى الكثير من النساء المصريات من الضغوط الإقتصادية والمالية.. فتقف مضطرة لتحمل مسئوليات وأعباء ثقيلة.. بدافع توفير دخل لأسرتها سواء كانت بمفردها أو بالتعاون مع زوجها.. مما يؤثر على جانب رفاهيتها بل وصحتها النفسية.. وإنغماسها فى الإلتزام المستمر بأمور ثقيلة.. ناهيك عن أنها تقوم بعدة أدوار بنفس الوقت بأسرتها وعملها.. فمن الشكاوى التى تتردد بجلسات الإستشارات النفسية :

(لم أستطع القيام بشئ أحبه، لم يتبقى لى من الوقت القيام بأى رفاهيات خاصة بى، لم أعد أرى نفسى مؤهلة للقيام بشئ نافع، نسيت مهاراتى وما كنت أقوم به قديماً من أنشطة، أرى نفسى متهمة وغير قادرة على القيام بدورى على أكمل وجه)... وغيرها من التعبيرات التى يأتين بها السيدات لطلب الإستشارات النفسية.

إلى جانب الضغوط الأسرية، الإجتماعية والإقتصادية.. فقد تكون الضغوط النفسية للمرأة المصرية ترتبط بتحديات ثقافية وتعليمية.. حيث أنها قد تجد صعوبة فى تحقيق تطلعاتها الشخصية والمهنية بسبب القيود الثقافية ونقص الفرص التعليمية مما يزيد من الشعور باليأس والإحباط ويساهم فى زيادة مستويات الضغط النفسى.

وللتعامل مع هذه الضغوط والتخفيف منها.. فهناك دور جماعى على مستوى المجتمع يجب على المجتمع القيام به وذلك من خلال رفع الوعى بمجال الصحة النفسية وإتاحة الفرص لتقديم الوعى اللازم للنساء اللاتى تعانين من الضغوط النفسية وتقديم خدمات الصحة النفسية بشكل متاح للجميع.. وهذا ما نرى أنه قد بدأ ظهوره فى المجتمع بشكل أكثر وضوحاً عن ذى قبل.. من خلال بعض المؤسسات المهتمة بالعلاج النفسى والصحة النفسية.

أيضاً قيام المتخصصين بالعلاج النفسى والصحة النفسية بتشجيع المجتمع للنقاش

بشكل عام وذلك من خلال الندوات الدورية المفتوحة حول الصحة النفسية وأهميتها وأن الإهتمام بالصحة النفسية ليس من الرفاهية إنما هو شئ صحى وضرورى كالإهتمام بالصحة الجسدية تماماً.. حيث أن الإثنان يؤثران ويتأثران كل منهما بالآخر.. مع التوضيح والتخفيف من النظرات والمعتقدات السلبية حول المشكلات النفسية.. فهى إحتياج نفسى ضرورى وهام وليس عاراً بل أيضاً إحتياج يحتاج إلى تلبيته والإهتمام به كالجسد تماماً.

أما عن المستوى الفردى.. الشخصى.. وهو الدور الذى يجب على النساء القيام به مع أنفسهن.. والذى يتمثل فى عدة إهتمامات.. وأهمها البحث عن الدعم الإجتماعى لها.. من أفراد تثق بهم يكونون بجانبها لمساندتها ويدعموها ويتبادلون ذلك سوياً.. فتشعر أنها فى بيئة مطمئنة محفزة.. أيضاً قيام النساء بالبحث عن طرق رفع الوعى الذاتى.. وذلك فيما يخص الوعى بحقيقة مشاعرها وإحتياجاتها وأدوارها.. ومن ثم تلبية هذه الإحتياجات بالطرق المناسبة.. فتصبح فى حالة إتزان نفسى.. من جهة أخرى تهتم بتعزيز مهاراتها وبالأخص مهارات التواصل سواء فيما بينها وبين أفراد أسرتها وعائلتها وهو مجتمعها الصغير وأيضاً بين زملاء وأصدقاء عملها والمجتمع الخارجى الكبير.. وتتعلم ضرورة وكيفية التعبير عن مشاعرها والتعامل مع الآخرين أثناء أوقات الضغط النفسى والسلام النفسى أيضاً..

وأخيراً.. التحلى بالمرونة النفسية.. وتأتى كلمة المرونة والتى تعبر عن الشئ اللين الذى يمكن أن يتشكل دون أن ينكسر.. فتكون قادرة على مواجهة المواقف والضغوط الصعبة بشكل أكثر إيجابية.. والحرص على التوجه للمتخصص النفسى لمساعدتها للقيام بذلك فور شعورها بالإحتياج للمساعدة.. فتستطيع التعامل مع الضغوط والتفكير بحل مشكلاتها بشكل إيجابى مرن، متزن وفعال.

وتستشعر الكاتبة سؤالاً يدور فى أذهان النساء اللاتى يقرأن هذا المقال، وهو:

كيف يمكن للمرأة تحقيق الرفاهية أو الصحة النفسية وإعتبارها شيئاً مهماً وليست رفاهية فى ظل إزدحام المسئوليات الثقيلة التى تتحملها المرأة على عاتقها؟

ولإجابة هذا السؤال لابد من التطرق إلى نقطة هامة أولاً، وهى مساهمة المرأة فى بعض الأمور مع النساء اللواتى تعانين مثلها من الضغوط والتوترات التى ذكرناها من قبل.. ويتمثل ذلك فى مشاركة النساء بعضهن لبعض وذلك مبدئياً من خلال تعزيز الشعور بالمسئولية المجتمعية والتى تعود على عليها بشكل إيجابى.. فتُفعِّلن النساء الإستماع الفعال حيث أن المرأة تمتلك قدرة إستثنائية على الإستماع المتفهم وأنها أكثر ذكاءً إجتماعياً من الرجال كما

توضح الدراسات، تقديم التعاطف وتبادله فيما بينهن بالمواقف المختلفة وإستخدام التعبيرات والكلمات الإيجابية.. والمساهمة فى التشجيع على التوجه للمساعدة المتخصصة.. مع المشاركة فى الندوات والمناقشات ودعم المبادرات ذات الصلة مما يجعلها تقوم بمساهمة حيوية فى نشر الوعى وتقديم الدعم المجتمعى.. وتستطيع المرأة تقديم النصائح العملية ذات النتائج الإيجابية التى تتعرف عليها من خلال خبراتها الشخصية لإفادة الآخرين بذلك فتتعزز لديها روح المشاركة الفعالة وتستمر بها وتتبادلنها النساء مما يزيد من التفاعل الإيجابى بينهن وبشكل عام أيضاً.. من المهم أيضاً مساهمة المرأة من ناحية تعزيز الوعى بأساليب التحكم بالضغط النفسى ومشاركة أخريات فى ذلك فيشجعن بعضهن البعض.. وذلك من خلال تدريبات التنفس العميقة، التفكير الإيجابى، ممارسة التمارين الرياضية والتأمل.. فيشجعن بعضهن البعض لإختيار ما يستطيعون ممارسته بشكل يومى والحفاظ على هذا النشاط وإعتباره نشاطاً روتينياً هاماً لا غنى عنه وتشجيع الإستمرار.. وبذلك تصبح المرأة قادرة على المساهمة الفعالة الآتية بثمارها الإيجابية.

فقد أوضحت بعض الدراسات فى هذا المجال أن ممشاركة المرأة القريبة لأخرى سواء كانت صديقة أو من أفراد عائلتها أو ماشباه.. يمكن أن يقلل من شعورها بالضغط والتوتر النفسى ويعزز من الشعور بالراحة النفسية وأن تبادل العلاقات الإجتماعية الإيجابية الداعمة بشكل عام أيضاً تعزز من الصحة النفسية وتقلل من مستويات الضغط النفسى والإكتئاب.. فهذا التفاعل الإيجابى من الدعم العاطفى والتشجيع يجعل المرأة قادرة على أن تكون مساهمة فعالة فى تقليل الضغط النفسى وتحسين الصحة النفسية.

ومما سبق تكون إنطلاقة البداية لدى المرأة لتحقيق الرفاهية.. فللرفاهية النفسية أبعاد توضع فى الإعتبار.. والتى تشير إلى وجود الرفاهية النفسية من عدمها.. والتى تتعلق بقبول المرأة لذاتها كما هى وأن تكون طواقة لتحقيق مزيد من الأهداف والتفوق على جميع الأصعدة والبحث الدائم عن المزيد من النجاح فى أى مجال حتى لو كان هذا النجاح يتعلق بنجاحها بتربية أبنائها فقط فهو بحد ذاته من الأهداف السامية جداً والتى تحتاج إلى تنظيم وترتيب وإستراتيجيات مختلفة.. ويا له من هدف يستحق الدقة فى التنفيذ للوصول إلى النجاح فيه.. أيضاً تكوين العلاقات الإيجابية بين النساء وبعضهن البعض وبين العائلات والصداقات والمجتمعات التى تتواجد بها المرأة.. من الجوانب المشيرة إلى الرفاهية النفسية أيضاً لدى المرأة نموها الشخصى والمتمثل فى إكتساب المهارات الجديدة وتحقيق الإنجازات بالأنشطة المختلفة وتعلم الجديد من الهوايات والإستمرار بممارستها.. أيضاً وضوح غرض المرأة من الحياه وغايتها منها والبحث عن المعنى الحقيقى للحياه والعيش بها فى سعادة.. وبطبيعة الحال وبحسب المقولة المصرية الدارجة «دوام الحال من المَحال» حيث لا تستمر مشاعر الفرد على وتيرة واحدة.. ولكن بمعنى أدق أن تستطيع

أن تسعد المرأة ذاتها وخلق السعادة والبسمة اللطيفة من جوف المواقف العصيبة فلا تستمر بالشعور بالضغط أو التوتر أو الضيق.. إنما تتخطى ذلك بعد وقت وجيز وسرعان ما تعود إلى إيجابيتها بتفكيرها وتعاملاتها وردود أفعالها.

وهناك أساليب للوصول إلى الرفاهية النفسية التى تحتاجها المرأة وهو الإجابة بعينها بعد التمهيد السابق على سؤال كيفية تحقيق المرأة لرفاهيتها النفسية رغم ضغوط المسئوليات الثقيلة الموترة.. حيث تواجه المرأة فى هذا العصر تحديات كبيرة فى أن تستطيع التوفيق ما بين العديد من المسئوليات التى تقوم بأدائها.. والتى تتمثل فى الأعمال المنزلية والإهتمامات والإلتزامات الأسرية والعمل بوظيفتها وأيضاً الإلتزامات الإجتماعية المختلفة.. ولكن قبل كل شئ وأى شئ يجب أن تكون المرأة على وعى كافى وإدراك بأهمية الرفاهية النفسية ومدى أهمية إهتمامها بذاتها وبصحتها النفسية والجسدية.. فهناك بعض الأساليب التى يمكن أن تعتمدها المرأة لتحقيق رفاهيتها وسط زحام المسئوليات وضغوطها.. ومنها وأهمها تحديد المرأة لأولوياتها بعناية شديدة.. فمن المهم جدا أن تعرف المرأة ما هو الضرورى أن تقوم به اليوم من مهام وما هو أقل أهمية يمكن القيام به وإنجازه فى وقت آخر فيما لا يخل بنظامها وترتيبها ويكون له الأولوية بحق وليس من ناحية التعاطف.. فتستطيع تخصيص الوقت والمجهود المطلوب والكافى لإنهاء المهام المطلوب إنجازها.. أيضاً إيجاد الوقت المحدد والمناسب قدر المستطاع للقيام بالأنشطة التى تحبها حتى وإن كانت ليس لها قيمة بعين الآخرين.. وإنما تخرج بها طاقة .. كالرسم، التلوين، تصميم الألعاب اليدوية البسيطة، ممارسة الغناء، القراءة.. الإستماع إلى الموسيقى الهادئة وغيرها من الهوايات التى تحبها فيساعدها ذلك فى تفريغ طاقات الغضب والهدوء وإستعادة نشاطها مرة أخرى.. من الأساليب الأخرى إكتساب المرأة القدرة على التكيف مع الأوضاع والمواقف والبيئة المحيطة من حولها فتتعامل مع الضغط والتوتر بشكل إيجابى بناء وليس العكس.. وأن تسعى المرأة لتحقيق التوازن بين حياتها وعملها.. وذلك من خلال تعزيز مفهوم الحدود الشخصية والمهنية.. فلا وتحديد هذه الحدود وما يناسبها ويناسب ثقافتها وبيئتها بما لا يكون مبالغ فيه أو أقل من المناسب فتستطيع التفرقة والفصل بين أوقات وإحتياجات وإلتزامات العمل وما يخص ذلك بأسرتها وبحياتها الشخصية.. وعلاوةً على ذلك إهتمام المرأة بإدراة ذاتها ومشاعرها وضبطها والتحكم بها وإكتساب مهارات التخطيط والتنظيم على المستوى الشخصى ومستوى مهامها مع أسرتها وعملها.. فتمارس أنشطتها ومهامها بشئ من الإرتياح والطمأنينة.. وأن تهتم بالتركيز على الحل وليس المشكلة.. مما يمنحها القوة والثقة لموتجهة التحديات التى تواجهها فى مختلف مجالات حياتها.

وبالنهاية.. صحيح أن المرأة المصرية تتحمل من الأعباء والمسئوليات الضاغطة الكثير..

ولكنها تستطيع وقادرة على مواجهة هذه التحديات بعد تفعيل مختلف قدراتها الإيجابية والمتمركزة حول التفكير الإيجابى والحلول للمشكلات والتخطيط والتنظيم لذاتها ولمن حولها ولما تقوم به.. فهى بالفعل تستطيع ذلك عندما تتبنى نهج متوازن ومتكامل وليس كاملاً.. فلكل أمر إخفاقاته التى يجب أن تتقبلها لأن ذلك من طبيعة الحياه والبشر.. فتتقبل ذاتها وتسعى لرفاهيتها مما يحقق التخفيف من ضغوط المسئوليات لديها و إتزانها النفسى وصحتها النفسية والجسدية.

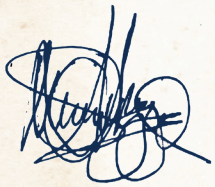
ABOUT THE AFRICA STUDY CENTRE

The Africa Study Centre (ASC) was established with the primary objective of fostering academic research and rigor on various subjects concerning Africa. Its core mission is to delve into the complexities of African issues, offering insightful analyses and recommendations for addressing challenges and unlocking opportunities across the continent.

At the heart of its vision, the Africa Study Centre seeks to chart a comprehensive roadmap for Africa-related academic pursuits, research endeavors, and skill-building initiatives, aiming to create a robust framework that enriches understanding and promotes meaningful collaboration with partners within Africa and beyond.

Furthermore, the Africa Study Centre serves as a vibrant hub that regularly brings together a diverse array of stakeholders, from visionary leaders and social entrepreneurs to intellectual luminaries, scholars, writers, wellness experts, naturalists, and artists. United by their dedication to Africa's upliftment and knowledge dissemination, these individuals engage in interdisciplinary interactions, promoting cross-cultural dialogue and catalysing collective action towards advancing Africa's prosperity and well-being.

Regards,



Kenneth Kiyaga
General Secretary
Africa Study Centre

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Introducing Bruno:

Bruno, the Ugandan driving force behind this visual representation. With a passion for advocacy for a stronger, unified Africa, he embodies core African values such as humbleness, integrity, respect, and honesty. With a keen eye for detail and a passion for showcasing Africa's richness, Bruno brings vibrant energy to Africa Study Centre's identity. From captivating imagery to compelling narratives, Bruno ensures Africa Study Centre's presence resonates authentically and powerfully across all platforms. With Bruno leading the charge, Africa Study Centre stands as a beacon of unity and pride, embodying Africa's diversity and strength.

"It is with the greatest pride and joy that I have been honoured to have tirelessly worked on this publication, offering insight into Egypt's developmental contributions to the continent of Africa. I eagerly anticipate more opportunities to work on many more projects, further enriching my understanding of the diverse cultures within Africa."

Mrs. Deepti Kataria, an energetic and passionate speaker currently residing in Egypt, brings extensive academic expertise cultivated during her tenure as an educator in Cairo. She has presented papers on physics and authored articles focusing on training and sustainability at various international forums. In her role as secretary of the Africa Study Centre, she regularly collaborates with prominent African leaders through podcasts and editorials, showcasing the rich cultural heritage of Africa.

Deepti has been featured on Egyptian National TV, addressing a wide range of topics including comparative education systems and broader societal issues. She has also been selected for African Women of the year 2024 award by Women in Africa: Nigeria Chapter.

Her involvement in organizations like the PAN African General Council underscores her commitment to preserving traditional values while embracing modern learning approaches.

Africa Study Centre regularly invites various leaders, social entrepreneurs, employment generators, intellectuals, scholars, writers, wellness experts. naturist and artistes among many others who are interested in African upliftment and knowledge sharing. Members of our Centre are affiliated with other faculties in academia which includes Economy, International affairs, Anthropology, Science and History. The Centre's governing council consists of dedicated group of statesmen, entrepreneurs, civil society activists, journalist and philanthropists.

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