

*Harassment refers to illegal behavior towards a person with the intention to cause physical, mental or emotional suffering. It can occur in social settings such as home, workplace, public place at any time. The most common type being sexual harassment. It relates to the roles which are attributed to men and women in social and economic life. In other words, it is a manifestation of power relations. Women are more likely to be victims of sexual harassment because they more often lack power, lack self-confidence and are more insecure. It has been stated as “Slithering snake that ripples its way through a work environment causing disastrous results”. It’s not all in the head, the body reacts too. It affects the cardiovascular functioning triggers autoimmune diseases, decreases metabolic functions....*



*Sexual harassment results in violation of the fundamental rights of a woman to equality under article 14 and 15 of the constitution of India and her right to life and to live with dignity under article 21 of the constitution and right to practice any profession or to carry on any occupation, trade or business which includes a right to a safe environment free from sexual harassment.*

*In the past, however, the subject seemed to have been overlooked. The need of the hour is to “Revamp Our Society”. The “Internal Complaint Committee” of Maitreyi College, a constituent college of Delhi University, has taken an initiative to “Light up the World” through its bilingual e-magazine “संवेदना”.*

*I convey my best wishes to the team for its efforts.*

**Dr. Haritma Chopra**  
**Principal, Maitreyi College**

