

Change In My Life

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Introduction and Objectives: Women have always been treated inferior to men. My father encouraged me to study, work hard, and find a job. I am an Indian woman who believes in demonstrating to others the importance of equal rights. In our society, it has been a struggle for women to be seen as leaders and not be harshly judged. And if the girl has a bleeding disorder, then society will question the family saying, "What will be her future?"

Materials and Methods: Joining and getting active in newly established Women's Group of Hemophilia Federation (India), meeting other women, conducting awareness and fund raising campaigns.

Results: I am a factor V deficient female, and being the first child of my parents, my parents made certain I became strong so that I could fight against the challenges of life, without becoming weak. I was the girl who was not allowed to go anywhere alone; parents took utmost care of me as if I were a glass vessel. But as life is not always smooth, I also underwent some consequences which changed my life. It was at that time I joined the newly forming Women's Group which served as a platform to change my life. My self-confidence increased. I met people from different corners of the world. I came to know that pain and agony in my life was much less when compared to their lives.

Conclusion: Through activities and new affiliations, I found a framework to feel my identity and dignity around the world. I became acquainted with my inner skills and got a clear vision to spread the message that "Women can be Bleeders too." As an introvert person, it would not have dawned on me that I would be traveling independently to workshops not only in our bleeding disorder community all over India but also to Philippines. Being a woman and a sufferer of hemophilia, I understand the feelings of other women, and now these new skills are helping others and that I enjoy doing. I believe "Doing good deeds without any expectations, then in anyway, God will reward us".

