

IRAN WAR
REPORT FROM TEHRAN | ISRAEL ENVOY SPEAKS | WHY MODI IS SILENT

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**TAMIL NADU
LEADERSHIP SUMMIT**
UDHAYANIDHI STALIN:
DMK NOT AFRAID OF
ED OR MODI

**FASHION DESIGNER
PRABAL GURUNG**
EXCLUSION SHARPENS
YOUR SENSITIVITY

THE WEEK

MARCH 15, 2026

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WOMEN'S DAY SPECIAL

Anju Bobby George

IMPROVING WOMEN'S MENTAL HEALTH

Akkai Padmashali

Neerja Birla

Janhavi Nilekani

TW
LIBRARY
331

contents

VOL. 44 | NO. 11 | THE WEEK | MARCH 15 | 2026 | FOR THE WEEK - MARCH 9-MARCH 15



SHUTTERSTOCK

40

COVER
STORY

ALWAYS MIND HER

A woman in her 40s confronting reproductive pressure, a menopausal woman struggling with invisibility, a 17-year-old battling body image anxiety. Across India, her daughters are quietly fighting mental health battles shaped by biology, bias and burden. Sparked by conversations at the recent Mpowering Minds Summit 2026, THE WEEK examines the pressures and patterns stifling women and explores what it will take to dismantle the expectation of silent endurance

■ VOICES

- ❖ **Neerja Birla**, founder & chairperson, Aditya Birla Education Trust: Mental health checks should be embedded in the community health programme
- ❖ **Janhavi Nilekani**, founder and chairperson, Aastrika Foundation & Aastrika Midwifery Centre: After the applause over a newborn fades, who cares for the mother
- ❖ **Anju Bobby George**, Olympian: Support systems are crucial, as are backup plans
- ❖ **Akkai Padmashali**, transgender activist: Mental health is not a luxury; it is survival

■ PLUS

Fashion designer, entrepreneur and actor **Masaba Gupta** on speaking her mind, ambition and self-preservation

20

SPIRITUALITY

Auroville renews its spiritual and civic aspirations at the 2026 Global Spirituality Mahotsav



26

IRAN WAR

Prime Minister Narendra Modi's silence seems strategic, shaped by ties with Arab states and the demographic makeup of Indian Muslims



22

EVENT

The Tamil Nadu Leadership Summit organised by THE WEEK brought together political leaders, policymakers, thinkers and innovators to exchange ideas, map the future and debate challenges before a young audience



Riyad Mathew, Chief Associate Editor & Director, THE WEEK, with Tamil Nadu Chief Minister M.K. Stalin

PLUS

Report from Tehran: Iran ready for prolonged war; aiming to maximise damage to rivals and disrupt global energy markets

Reuven Azar, Israeli ambassador to India: We have identified 2,500 military targets, and are conducting operations as we speak

62

CEAT BTS

THE WEEK's new podcast series gives fans a behind-the-scenes peek into cricket. In the first episode of CEAT Beyond The Scoreboard, Jatin Sapru talks about the art of commentary



VISHNUPAD K.S.

COLUMNS

14 **POWERDRIVE**
R. Prasanna

64 **SCALPEN**
Dr Mazda Turel

70 **OTHERWISE CRACKED**
K.C. Verma

74 **LAST WORD**
Bansuri Swaraj



Criticism of policy is legitimate and often necessary, but broad indictments of institutional

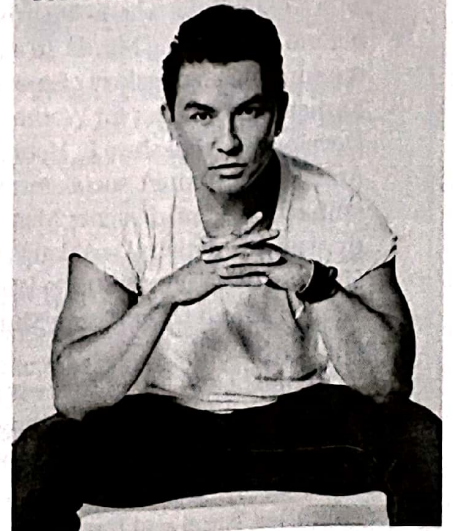
integrity carry consequences that travel far beyond domestic contestation. When the Leader of the Opposition speaks abroad, he does so not as a private partisan but as a constitutional office bearer of the very system he criticises.

@

LEISURE

67

In his memoir *Walk Like a Girl*, celebrated fashion designer **Prabal Gurung** explores identity, vulnerability and resilience



COVER PHOTOS BHANU PRAKASH CHANDRA
COVER DESIGN BINESH SREEDHARAN

Printed at Malayala Manorama Press, Manorama Building, K.K. Road, Kottayam - 686 001, Kerala, and published from Manorama Building, K.K. Road, Kottayam - 686 001, Kerala, by Publisher and Printer Jacob Mathew, on behalf of the Malayala Manorama Company Private Ltd., Manorama Building, K.K. Road, Kottayam - 686 001, Kerala. Editor Phillip Mathew, Manorama Buildings, Panampilly Nagar, Kochi - 682 036, Kerala. Place of Publication: Manorama Buildings, Panampilly Nagar, Kochi - 682036, Kerala.

• Focus/Infocus features are paid marketing/PR initiatives