

Vaibhav Nijhawan:



Vaibhav Nijhawan is a graduate from UC Davis and has recently moved to the Bay Area. He currently works as a Product Marketer and a Project Manager in the cybersecurity space.

Q: In what ways can men be allies to women, in their day to day life?

A: Understand what they go through, being educated about women's issues, and treating everyone with fairness, dignity and respect. It involves fostering an environment that values and respects the contributions of women, while being aware of and addressing any instances of discrimination or inequality.

Q: What is the role of a man to be a good role model for future generations?

A: The traits understanding, communicative, and empathetic come to mind. I think something that is important for people to understand is that as a society in general, we must challenge the traditional gender norms. We can't move forward as a society if we keep repeating mistakes from the past. Instead, encouraging each other in society should be the priority.

Q: What is men's responsibility in building healthy partner relationships?

A: I always hear the saying that communication is the key to a relationship. I agree to an extent. I think something more important than communication is comprehension. I think what men can do

is try to understand the perspective of their partner more, and truly comprehend what they are saying and/or their needs. From there, as a partner, we need to ensure we are being able to meet those needs. But the overall responsibility we have, or any person in any relationship to work towards or build a healthy relationship is to really understand and comprehend what your partner is saying. Communication is needed, but communication without comprehension is similar to in one ear, out the other. They both play an equal factor.

Q: What are your thoughts about division of labor or household chores in a couple or family situation?

A: I think how the division is amongst the residents is entirely up to what works best for them. But I personally don't think the division of labor or chores should have anything to do with gender or anything for that matter. It's agnostic of the fact. More so the lifestyle each person has, whether one works more or one works remote etc. It's purely based on the situation. My belief is that you live in a space, you do your due diligence to ensure that it doesn't fall apart.