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MY
DAUGHTER
AND ME

I WANT MY DAUGHTER TO BE STRONG'

Iqbal Khan talks about how his daughter has changed his outlook towards life

“I am thankful to God to be blessed with a baby girl. My daughter has changed the way I look at women. I think I am a better person now! My respect for women has increased 400 percent. Now, I don't like watching films in which women are portrayed negatively. I have become very protective about women.

My daughter, Ammaraa, is only two-and-a-half years old, but I will make sure she grows up to be a strong girl, both physically and mentally. I want her to do everything that her dad does, and be financially independent. Girls are no less than boys and I make sure she believes this right from her childhood. I have two nephews and whenever we get together as a family, we make it a point to teach the boys how to behave with girls. Gender sensitisation begins from home. And yes, I want my daughter to know that she can do whatever she wants in life, and that I will always be there for her. I am very particular about fitness and I feel that women should give it a lot of importance. They should keep themselves healthy by gymming, swimming, running or by taking up an adventure sport.”

As told to Chaya Unnikrishnan