

Sahiyo Discusses: A Fractured Life by Shabnam Samuel

Date: February 6th, 2021

Time: 10 AM EST, 8:30 PM IST

About:

Sahiyo welcomes you to join our second iteration of *Sahiyo Discusses*, a book club dedicated to bringing people together through literature, art, and media.

On February 6th, 2022 the group will meet virtually for *Sahiyo Discusses: A Fractured Life by Shabnam Samuel*. Shabnam Samuel is a writer, coach, social media trainer, and the founder of the Panchgani Writers' Retreat (www.panchganiwritersretreat.com) an international writing retreat based out of Panchgani, India. Her memoir, *A Fractured Life*, explores her life growing up in 1960s India after being abandoned by her parents. In her own words, Shabnam says; "We come from a Culture of Silence. A culture that along the way has shrouded us with this cloud of clear demarcations that all things good are only told to the outside world and all things bad are kept inside your own world. For women, this is doubly true. We are supposed to be the strength, the keeper of secrets, and the face of acceptance. It does not matter that some of us crumble inside. This needs to change. I know my story is not unique. I know there are so many of us out there. In writing my memoir, I want the world to know that silence should not be a part of our culture; I want young girls of today and women of yesterday to know that we all have a reason to exist. We all have the right to exist and no one should ever take that away from you in the name of culture, family name, kids, spouses or any other reason. So I write to prove that I exist."

Sahiyo Discusses members will have the opportunity to discuss this book with Shabnam as well as ask pertinent questions.

Agenda:

When	What	Who
9:45 - 10:00 am	Sahiyo members join early	<i>Catherine Cox, Mariya Taher, Shelby Smith, Shabnam Samuel, Sakina Sharp</i>
10:00 - 10:05 am	Introduction of Sahiyo, Book Club Description as well	<i>Cate Record</i>
10:05 - 10:10 am	Introduction of Shabnam	<i>Sakina Sharp</i>
10:10 - 10:30 am	Shabnam introduces <i>A Fractured Life</i> , Questions to Shabman	<i>Shabnam Samuel/Sakina Sharp</i>

10:30 - 10:45 am	Questions to Attendees/Community Chat	<i>Shabnam Samuel/Sakina Sharp</i>
10:45 - 10:57 am	Questions to Shabnam from the Audience	<i>All</i>
10:57 - 11:00 am	Wrap Up: Details about next Book Club, contact	<i>Shelby Smith</i>

3) Questions to Shabnam:

- Can you tell us the premise of A Fractured Life?
- When telling your story, how did you manage telling the difficult parts of your life without putting your loved ones in an awkward position? Did you decide to leave some parts off because of this reason?
- Why did you choose to begin *your* story with that of your grandparents? Similarly, how did the theme of intergenerational trauma play into your story?
- In the introduction to your work you say, “I write to prove that I exist”. What does that quote mean to you?
- Sahiyo uses storytelling as a way of uplifting survivors' experiences with FGC and giving them a voice - how do you view the role of storytelling in the journey towards healing from trauma?
- How does your work seek to challenge the patriarchal norms you grew up with?
- The book handles complex and delicate topics with nuance, have you had to deal with any backlash to the book? If so, how have you dealt with that?

4) Questions to Attendees:

- How did the book impact you as a reader?
- Has anyone ever had an experience like the ones that Shabnam wrote about? How did it make you feel?
- What does resilience look like to you in Shabnam’s, and your own, story?

4) Questions from Attendees to Shabnam:

5) Any other questions before our event?

