

## **Manav Rachna International Institute of Research and Studies**

### **Celebration of International Women's Day 2023**

Manav Rachna International Institute of Research & Studies, Manav Rachna University, Students Welfare, Dr. O.P. Bhalla Foundation under the initiative of Vasudhaiva Kutumbakam organised International Women's Day in association with Women Information Network, Global Initiative for Peace and Wellbeing, All India Council of Human Rights, Liberties and Social Justice and IAPEN India Association-Delhi Chapter on 06.03.23. The event was graced by Dr. N.C Wadhwa, Director General MREI; Dr. Binny Sareen Peace and Global Goodwill Ambassador; Dr. Paula Noble Fellingham Founder, Women Information Network (WIN); Dr. Bhai Sahib Satpal Singh Ambassador, Sikh Religion-USA Chairman, Sikh Dharma Universal; Dr. Amit Seth Director New Gen IEDC; Dr. Anita Jatana Consultant Dietetics Indraprastha Apollo Hospitals, Convener, IDA Delhi, Convener, NetProFan, Delhi; Dr. Luxita Sharma Director Amity Medical School Fellow Member of Eudoxia University, USA; Dr. Umesh Dutta, Director, Manav Rachna Innovation and Incubation Centre and Shilpa Chadha Thakur , R.D, Sr. Consultant Dietetics, Asian Hospital Gen. Secretary, IDA Delhi Chapter Gen. Secretary, IAPEN Delhi Chapter. The event was attended by more than 400 participants which included students and Faculty members from different Departments. Dr. Binny Sareen took over the stage and went on to highlight the importance of equal contribution of men and women to the society. She mentioned how the Indian Government is playing it's role in enlightening and empowering women through a plethora of welfare schemes designed specifically for women of our beloved Nation. Positive thinking, empowering oneself, having positive outlook towards oneself and others are crucial as mentioned by Dr. Binny. She concluded her speech advising the audience to ponder the filter formula before uttering anything. Filter formula includes questions such as whether what we speak is true and useful. Dr. Shilpa Thakur added how female solidarity is essential in uniting women from all spheres as women perform better when they collectively think about themselves. She threw light on women's presence in the field of nutrition and how it has remained a female dominated discipline. Dr. Paula Noble Fellingham emphasised the importance of female leadership and how it plays a crucial role in driving the economy to a next level. If women are empowered in powerful positions and are encouraged to take part in family responsibilities, the economy is destined to succeed. Dr. Sahib Satpal brought the topic of how crucial it is to empower women in all spheres from religion to other spheres. He mentioned how Sikhism brought spiritual equality to both men and women and elaborated on the role of Guru Nanak Singh Ji in empowering wome

n during his time. Sikh Dharma Sansad under his leadership has been promoting education for each and every one regardless of creed, sex, etc. Other Guest Speakers during the panel discussion answered questions from the audience. The panel discussion was moderated by Ms. Ritika Singh, Director FHM. The topics ranged from awareness of digital education, safety and security of women at workplace, creating policies for better accessibility to digital education. The panel discussion was followed by a power packed performance by Surtarang, Music Society of Manav Rachna International Institute of Research and Studies. Feminine spirit was depicted by Surtarang in their performance of their melodious songs. An artistically beautiful Bharatnatayam performance was performed by Guest Ms. Arundita. The event ended with Nukkad Natak by Theatre Society, Paigam of Manav Rachna International Institute of Research and Studies. The Nukkad Natak portrayed the disparity in behaviour with males and females in some sections of the society.



