

“Women Educators Team from GBU Attend the International Women’s Day Event at Vigyan Bhawan, New Delhi”

The National Commission for Women of India organized a grand and inspiring event to celebrate the International Women's Day 2024 at the Plenary Hall, Vigyan Bhawan, New Delhi on 07 March, 2024. The event titled *Tu Bol*, was led by the NCW Chairperson, Ms. Rekha Sharma, a strong woman of substance and included eminent and illustrious women speakers from various walks of life and society, each with a strongly motivating and insightful narrative to share with the audience. A team of 6 Faculty members viz. **Dr. Bhaswati Banerjee, Dr. Asha Pandey, Dr. Vinita Sharma, Dr. Swati Chauhan, Dr. Meenakshi Chaudhary, and Dr. Jyoti Upadhyay**, representing various Departments of the University were nominated by GBU to attend the said event. Following their arrival at the Vigyan Bhawan by 9:30 am and Registration, the team along with all other invited women delegates across various societal and professional backgrounds were greeted with scrumptious breakfast and tea after which the invitees took their seats in the aesthetically decorated Plenary Hall to welcome the esteemed speakers – the illustrious ‘women of substance’ to celebrate the event *“Tu Bol”*.

The event commenced with lighting the lamp and felicitation of guests followed by welcome address by **Ms. Meenakshi Negi, Member Secretary, NCW. In her Keynote Address, Ms. Rekha Sharma, the dynamic and visionary NCW Chairperson**, shared her insights and perspectives on the importance of International Women's Day and the ongoing efforts towards gender equality. Highlighting the significance of speaking up for those who are unable to advocate for themselves, Ms. Sharma underscored the importance of women being vocal about their thoughts instead of being silenced by societal pressure and concluded by emphasizing the need of encouraging young women to speak fearlessly and to promote empowerment and equality.

Saina Nehwal, an acclaimed Indian badminton player, shared her journey, highlighting badminton as meditation and the importance of perseverance and balanced pressure on youth. She emphasized the benefits of weight training for women and expressed profound gratitude to her mother for her support.

Dr. Ritu Karidhal, popularly known as the *‘Rocket Woman of India’* narrated being inspired by **India's space missions** and fascinated by the mysteries of the cosmos. She explained the complex topics like spacecraft launch for missions like **Mars Orbiter** and **Chandrayaan** in a lucid comprehensible manner and expressed immense pride and gratitude in her role in these groundbreaking achievements for India. She emphasized the critical role of female colleagues in these successes, celebrating their dedication to India's space achievements.

Youthful and vivacious **Ms. Neha Joshi, an Uttarakhand-based BJP politician**, addressed the need for **more women participation in Indian politics** and the issue of *‘time poverty’* that hinders women's aspirations. She advocated for government initiatives that have helped ease women's lives and encouraged their participation in politics.

Pragya Prasad's story of **overcoming a horrific acid attack resonated deeply with the audience at Vigyan Bhawan**. She recounted founding the **“Atijeevan Foundation”** to support such other attack and abuse women survivors. She stressed her identity as a survivor, advocating for empowerment over

victimhood. Pragya's message was clear: *"I am not a victim, I am a survivor. I am defined by my actions, not my scars."* Her powerful words and dedication to helping others earned her a thunderous standing ovation.

Sister B.K. Shivani captivated the audience with her spiritual wisdom. She spoke about the concept of a '*Shakti Stambh*' a **pillar of inner strength, within the family**. She advocated for self-empowerment and positive thinking as keys to mental well-being, leaving the audience inspired to cultivate their inner strength through meditation. Sister Shivani emphasized the importance of women practicing happiness, positivity, and inner power to foster strong and harmonious families.

The event culminated in a **powerful panel discussion** featuring women of remarkable substance. The panelists shared a wealth of wisdom, leaving the audience deeply inspired. These inspiring women emphasized various keys to success:

- One panelist declared, **"My work is my existence,"** highlighting the deep fulfillment found in pursuing one's passion.
- Another advocated for **forgiveness**, stating, **"Forgive others to channelize your powers"**. This powerful message underscored the importance of letting go of negativity to unleash one's full potential.
- A third panelist offered a message of liberation: **"Release people to free yourself"**. This wise advice emphasized the importance of setting healthy boundaries and letting go of those who hold you back.
- Finally, a resounding message of self-belief emerged: **"Inherent power is the reason for success"**. **This powerful statement reminded everyone of the strength they already possess.**

The panelists' heartfelt words, filled with gratitude and willpower, resonated deeply with the audience. The entire session was a resounding success, leaving a lasting impact on all who attended. The enthralling event was followed by a delicious lunch that gave all the delegates and invitees an opportunity to ponder and interact with each other.



