



## International Women's Day Celebration

**Date- 7<sup>th</sup> March, 2025**

**Objectives:** A panel discussion aimed to commemorate International Women's Day, reflect on women's achievements, address ongoing challenges faced by women globally, and inspire young women through the stories and insights of accomplished professionals from diverse fields.

### **Summary:**

The Women's Development Cell of Daulat Ram College, Pragati, organized a thought-provoking panel discussion to commemorate International Women's Day. The event began with a traditional lamp lighting ceremony, followed by a Ganesh Vandana performed by Madhura, a Kathak dancer from Anhad, the college's Indian dance society.

The event was convened by Women Development Cell's Convenor, Malvika ma'am, who felicitated the distinguished panel of guests: Dr. Sanjeen Sawhney (entrepreneur leading ANB Auto India Pvt.), Dr. Kusha Tiwari (Delhi University professor specializing in women's studies and Indian knowledge systems), Dr. Shweta (obstetrician and gynaecologist), and Ms. Rhythm Sheel Srivastava (lawyer advocating justice and legal awareness).

In her inaugural address, the Convenor Dr. Malvika Ma'am emphasized Women's Day as "a day of reflection, recognition and action," noting that while women have been "architects of social change," progress remains far from complete. She called for movement "from conversations to implementations" and dedicated the day to all young women present.

Dr. Sanjeen Sawhney shared her journey in the male-dominated automobile industry, where she was told "*aapke bas ki nhi hai*." She responded with determination: It didn't matter if it's not been done, I'll be the pioneer. It doesn't matter if I didn't have a female mentor, I'll be that for the younger girls. Her powerful message to students emphasized breaking barriers and achieving financial independence, noting that "career, skills and success have no gender."

Dr. Kusha Tiwari highlighted that Women's Day "should not just be an annual event." She showcased three unsung female achievers: Anandi Bai Joshi (India's first licensed doctor), S. Padmavati Iyer (India's first female cardiologist), and Raimati Ghiuria (tribal "Queen of Millets" featured at G20). Dr. Tiwari addressed global challenges facing women, including:

- The anti-abortion law in the US and Afghanistan's restrictions on women's agency
- At least 30% of women face physical and/or sexual violence at least once in their lives
- 500 million women and girls worldwide lack access to menstrual products

- The "pink tax" that makes products for women more expensive
- 650 million girls worldwide married before age 18
- The gender health gap, which causes 75 million years of life lost globally
- The gender pay gap of 20%, with women holding only a quarter of top positions

She emphasized that "accelerating women's progress is the need of the hour," requiring more women in positions of power and policymaking. She concluded that "mere lip service" is not enough and that women need not to be treated as second class citizens. Ms. Tiwari ended her lecture by presenting an empowering Nike ad directed by Haifaa Al Mansour, the first female director of Saudi Arabia, with the tagline "What if you can?"

Ms. Rhythm Sheel offered her perspective on the judiciary, stating, "When you wear that black and white uniform, there is no grey." She encouraged students with "you have all the power within you" and emphasized knowing laws and rights. She shared her landmark animal cruelty case and urged students to "be the voice of someone who cannot raise their voice." She beautifully remarked that passion has no gender, while recounting her experience as a solo female-bike rider.

Dr. Shweta focused on women's health issues, noting that while one in five women suffer from menstrual disorders, only 12% consult gynecologists. She highlighted societal contradictions where "alcohol-cigarettes are fine but menstrual products are given in black polythene." Through powerful first-hand experiences as an obstetrician, she illustrated how stigma around contraceptives and pregnancy disproportionately harms women, debunked period myths, and corrected misconceptions about gender determination. She concluded with Malala's quote: "One child, one teacher, one pen and one book can change the world."

#### **Q&A Session:**

- **Pink Tax:** Dr. Kusha Tiwari suggested boycotting gendered products, creating signature campaigns, raising awareness through social media, and pressuring government agencies.
- **Women's Rights Regression:** Dr. Tiwari acknowledged backward movement in some areas, noting religion is increasingly used "to curtail women's agency" globally.
- **Female Chief Justice:** Dr. Tiwari called this "one glass ceiling we have not been able to break" and expressed hope to witness it in her lifetime.
- **Pseudo Feminism:** A discussion explored the concerning trend of pseudo feminism turning into misandry and the issue of false allegations.
- **Sex Education:** WDC president Jigyasa Kapoor highlighted inadequate sexual and menstrual health education among teens and adults. Dr. Shweta and Advocate Rhythm emphasized the need for proactive curriculum reform
- **Judicial Access:** Advocate Rhythm addressed concerns about judiciary accessibility for the poor, noting improvements while acknowledging continuing challenges.
- **Women's Health:** The session emphasized the importance of regular gynecological check-ups as preventive care.

**Concluding Events:**

The event concluded with Dr. Deepshika ma'am delivering the vote of thanks, followed by the Union's badging ceremony. A heartwarming experience where all the heads and members of the society were recognized for their contributions throughout the year. The ceremony was especially significant on Women's Day, as it celebrated the leadership and dedication of young women who have worked tirelessly to promote gender equality and women's empowerment within the college community— a fitting tribute to the day's theme of women's advancement and recognition.

A symbolic balloon activity followed, with members writing messages on sticky notes attached to balloons released in the canteen area. Refreshments were served, and Dr. Shweta presented commemorative mugs to the members.

**Key Outcomes:**

- Participants gained insights into women's achievements across various professional fields.
- The panel highlighted persistent challenges facing women globally while offering practical solutions.
- Speakers provided inspiration through personal stories of overcoming barriers.
- The interactive Q&A session fostered meaningful dialogue on pressing women's issues.
- The ceremonial activities strengthened community bonds among participants.
- Students received practical advice on health awareness, legal knowledge, and career development.

The event successfully balanced celebration of progress with acknowledgment of continuing gender equality struggles.



# PRAGATI

WOMEN'S DEVELOPMENT CELL  
DAULAT RAM COLLEGE

(Under the aegis of IQAC)



## INTERNATIONAL WOMEN'S DAY

### Panel Discussion Event



**RHYTHM SHEEL  
SRIVASTAVA**  
(Advocate)

**DR. KUSHA  
TIWARI**  
(Professor)

**DR. SANJEEN  
SAWHNEY**  
(Entrepreneur)

**DR. SHWETA**  
(Gynecologist)

**07**  
MARCH

## KEY NOTE SPEAKERS

**11am**  
ONWARDS

**VENUE: CONFERENCE HALL**

**PRESIDENT**  
JIGYASA KAPOOR

**PRINCIPAL**  
PROF. SAVITA ROY

**CONVENOR**  
DR. MALVIKA SINGH



