



NATIONAL INSTITUTE OF NATUROPATHY

(Ministry of AYUSH, Govt. of India)

Bapu Bhavan, Pune – 411 001

Celebrations of International Women's Day @NIN 8th March,2017

Report on Celebrations of International Women's Day

On the occasion of International Women's Day on March 08, the National Institute of Naturopathy, under the Ministry of Ayush, celebrated Women's Day with the theme ***Be Bold for Change.***

Ms.Ramani Rajshekharan, the guest of honor of the program presented a details of women living in rural and tribal areas of Pune district. She explained, how “Self Help-Groups” contributing to empowerment of women in these corners of the country. She has given an example of a small village known as Tikona, which produces rice of high nutritive value wherein, Arsenic compounds are less and Selenium is more, when compared to rice grown in other areas. This hand-pounded rice produced by these women (SHG) of Tikona village can reduce – diabetes and cancer incidence in the society. Indirectly these women are contributing to the health of the people. She said that empowerment of women is the empowerment of Nation.



Ms. Ramani Rajshekharan, the guest of honor of the program presenting details of women living in rural and tribal areas of Pune district in her speech.

Ms. Mukul Ahmad, continued the subject on women empowerment through a detailed discussion of gender stereotypes. She gave various examples and made participants understand the inherent 'traps' of these stereotypes. She said the real empowerment comes from questioning and finding answers by actively negotiating with the situations.



Ms. Mukul Ahmad addressing to the participants and conducting interactive session

Dr. Satya Lakshmi, Director of NIN in her address touched upon the changing world scenario with respect to women and Indian women cannot lag behind, hence look forward to acquire all the skills to sustain themselves.



The Director, NIN Prof.(Dr) K. Satya Lakshmi addressing to the participants on the changing the world scenario with respect to women and Indian women in her speech.

The Administrative officer of the organization Mr. K. Subhash presented a short film with a message, that women should be respected and their contribution, feelings, etc are to be appreciated. Burden at home should be shared by all making home a pleasant place for women.



Dr. Rutika Zirafe, Jr. Naturopath, NIN briefing the program details



Participants view on the occasion of International Women's Day at NIN, Pune.





Yoga Demonstration by the Participant



Fashion Show by the Participants



Dance Performance Winners group alongwith NIN Director and staff - Mrs. S. M. Darekar & Mrs. M. L. Arawkar, NIN, Pune.

In the concluding session, various competitions were organized. Prizes and sweets were distributed to all women participants in the last phase of the program.

Director, NIN