

## **Sardar Bhagwan Singh University Hosts Inspiring International Women's Day Event**



Sardar Bhagwan Singh University, nestled in the heart of Dehradun, proudly celebrated International Women's Day with an enriching event featuring eight distinguished speakers. The occasion was marked by insightful discussions and profound reflections on women's empowerment and achievements.

The event, graced by esteemed personalities from various fields, commenced with a warm welcome extended to the speakers by the Honourable Prof. (Dr.) J Kumar (Vice Chancellor).

The lineup of speakers included:

Capt. Ramneek Kaur: Founder of Inkpot Consultancy

Ms. Tanmayee Tyagi: Senior Correspondent at Times of India, Dehradun

Dr. Vibha Bhardwaj: Director of Environment Laboratories, RAS AI Khaiman Municipality Dept, UAE

Dr. Jyoti Bansal: Educationist, Founder of One Above Consultancy & Wiel Forum

Ms. Urmi Chaurasia: Controller of Examination, SBS University

Dr. (Prof.) Reena Kumari: HOD, Department of Physiotherapy, SBS University

Capt. Nalini Mehrishi (Retd.): Hostel Warden, SBS University

Dr. Nidhi S. Belwal: Associate Dean

Throughout the event, the speakers shared their views on various topics



related to women's empowerment, shedding light on the challenges faced by women in different spheres of life and emphasizing the importance of gender equality and inclusivity. speakers emphasized the importance of resilience and determination in pursuing aspirations, highlighted the power of media representation in shaping narratives, underscored the pivotal role of women in environmental stewardship, advocated for holistic education in nurturing talents, stressed the significance of inclusive educational environments, discussed the intersectionality of physical and mental well-being, shared insights from distinguished careers in the armed forces, and urged stakeholders to collaborate in dismantling barriers and advancing gender parity.

As the program drew to a close, the distinguished speakers were felicitated for their invaluable contributions to the event and the cause of women's empowerment.

The event was expertly coordinated by Dr. Nidhi S. Belwal and anchored by Khushi Baweja (BPharm 3<sup>rd</sup> yr.), captivating the audience with its

enlightening discussions and empowering messages.

Sardar Bhagwan Singh University's celebration of International Women's Day served as a poignant reminder of the ongoing journey towards gender equality and the importance of recognizing and celebrating the achievements of women in all spheres of life.

