

International Women's Day (08-03-2022)

International Women's Day

International Women's Day will be celebrated across the world every year on March 8, to mark the social, economic, cultural, and political achievements of women. For 2022, the UN given theme is “**Gender equality today for a sustainable tomorrow**”, which aims to recognise women who are working to build a more sustainable future.



The college Women Empowerment Cell in association with IQAC celebrated “**International Women's Day**” with enthusiasm zeal and fanfare as a part of Institutional Special Day Celebration to cherish the womanhood. Total 150 girl students and all the Women staff participated in this programme. Our Principal Dr. S. Madhavi chaired the session and addressing the large gathering of womenfolk said that asserting that gender equality is not only a fundamental human right but a necessary foundation for a peaceful, prosperous and sustainable world. World is changing the women are taking up every field and making their contribution at all levels. She inspired all the Girl students to achieve their dreams.

Dr. Soumya Bandila MBBS, DGO, MS (UK), Consultant Gynecologist and Obstetrician, Advanced Laparoscopic Surgeon, Fertility specialist & Sonologist was the Chief Guest for this programme. Speaking on this occasion she explained the four stages of a women's life that is Childhood, Adolescence, Menopause and Elderly state in a very detailed manner. She stressed on the adolescence problems and urged the students to take care of five things which make them strong both mentally and physically. She advised the students:

1. To take proper food.
2. To consume required quantities of water.
3. To have 6-8 hours of sufficient sleep.
4. To do exercises daily.
5. To Practice Stress Management.

In a lively interactive session she addressed all the queries of the students. Competitions like Essay Writing, Debate, Mehendi making, Drawing and Painting, Hair Styling were held on this occasion.