

WOMEN'S DAY CELEBRATION (2023)

INTERNATIONAL WOMEN'S DAY CELEBRATION AT IIMM VADODARA ON 18th MARCH 2023

International Women's Day is celebrated in many countries around the world. It is a day when women are recognized for their achievements irrespective of Nationality, Ethic, Linguistic, Cultural, Economical or Political. It is an occasion for looking back on past struggles, accomplishment and more importantly looking ahead to the untapped potentials and opportunities that awaits future generations of women.

IIMM Vadodara also celebrated the Women's Day at its Office Hall on 18th of March 2023 with Theme:

"WOMEN'S EMPOWERMENT - KEY TO GLOBAL TRANSFORMATION".

Different programmes related to the women were organized by our Chairperson Dr. Bharti Trivedi and her Team. All the present members participated in the event were over joyful and enthusiastically participated in the Event. The programme was half day programme, kept at IIMM Office Hall (1st Floor). Around 45 Invited Women Life Members and some IIMM Life Member's Spouse were present to mark this special day.

There was an inaugural speech by Chairperson - Dr. Bharti Trivedi welcoming all the delegates, followed by an inspirational speech for women's day by Mr. Lalbhai Patel – Former National President IIMM.

To Commemorate this special day, we had with us Mrs. Anupama Kothari from Anwasha Foundation which is a Not-for-Profit Organisation working towards sustainable social development through community action against Plastic Waste and activating action-based community across India to tackle waste problems and creating sustainable ecosystem, philosophy of Take – Make – Collect Upcycle. They are also into educating under privileged children in their own school where they provide vocational education to school drop out children.

Dietician Priyanka Vyas also graced the occasion and discussed different diets, importance of nutrition in different stages of women, what is balanced diet, tips for healthy eating and tips for lifestyle modification. She also replied to the queries related to medical problems associated with women. All the participants overwhelming asked their queries and the session was very fruitful.

The celebration also included the entertainment quotient for women such as Antakshari, Music, Rangoli and other entertaining activities. It was a fun filled corporate celebration programme.

The event was followed by Lunch.

Warm Regards

**Dr. Bharti Trivedi,
Chairperson,
IIMM, Vadodara.**

