



REPORT ON ONE DAY SEMINAR ON INTERNATIONAL WOMEN'S DAY

Organizer: Sandhan Trust

Date: 8th March 2025

Venue: Sandhan Office, Katni

Theme: Empowering Women for Progressive Society

Introduction

On the occasion of International Women's Day, Sandhan Trust organized a one day seminar at Katni on 8th March 2025 to highlight the role of women in social, economic and political empowerment. The aim of the seminar was to inspire, educate and engage women in discussions about their rights, opportunities and challenges.

Objectives

- ❖ To celebrate the achievements of women in various fields.
- ❖ To discuss gender equality, legal rights and financial independence.
- ❖ To encourage women's participation in entrepreneurship and leadership.
- ❖ To raise awareness about health, education and self-reliance.

Key Activities and Sessions

1. Inaugural Session

The event was inaugurated with a welcome address by Aarti Shukla, representative of Sandhan Trust.

Dr. Rakesh Ranjan, Director, Sandhaan Trust, elaborated on "Role of Women in Nation Building" and Chief Guest, Senior Social Activist and Advocate Ms. Saroj Tiwari elaborated on "Legal and Constitutional Rights of Women".

2. Panel Discussion: Women Rights and Challenges

- ❖ Experts, activists and legal professionals discussed:
- ❖ Legal rights and protection for women.
- ❖ Challenges in workplace and society.
- ❖ Steps towards gender equality and social transformation.

3. Entrepreneurial Success Stories and Skill Development

- ❖ Women entrepreneurs Suman Lata Jain and Sonal Pandey shared their journey of self-reliance.
- ❖ Session on "Financial Independence through Self-Employment".
- ❖ Discussion on Government schemes and opportunities for women entrepreneurs.

4. Women Health and Wellness Awareness

Health professionals Dr. Charu Tiwari and Ashish Yadav conducted a session on:

- ❖ Maternal health and nutrition.



- ❖ Mental health and stress management.
- ❖ Awareness on reproductive health and hygiene.

5. Interactive Q&A and felicitation ceremony

- ❖ Open discussion where participants shared their experiences and concerns.
- ❖ Felicitation of women achievers and social contributors.

Impact of the seminar

- ❖ Raise awareness about women rights and opportunities.
- ❖ Motivate women to take up leadership roles in various sectors.
- ❖ Strengthen networking among women groups and organizations.
- ❖ Encourage discussion on policies that support women empowerment.

Challenges

- ❖ Need for greater awareness about available opportunities.
- ❖ Limited participation of women from rural areas.
- ❖ Need for continued engagement and follow-up initiatives.

Conclusion and future plans

The one-day seminar successfully motivated and educated women about their rights, economic independence and social contribution. Sandhan Trust plans to:

- ❖ Organize more interactive sessions in rural and urban areas.
- ❖ Provide skill development workshops for women employment.
- ❖ To advocate for better policies and support systems for women empowerment.

Acknowledgements

We thank the guest speakers, participants, volunteers and supporters for making this event a success. An empowered woman leads a strong society!
