



You are cordially invited for the

Women's Day 2024

celebrations

To involve...to learn...to relish...to mesmerize and
to be a part and parcel of this enchanting day

On

MARCH

| 7

| 9:30 AM

ONWARDS

At

Meghdoot Auditorium

Indian Institute of Tropical Meteorology

program overleaf...



International Women's Day (IWD)

Date: 7th March 2024 | Venue: Meghdoot Auditorium

Program

Team: Dr. Amita, Dr. Leena, Ms. Neelam, Dr. Ayantika, Dr. Shamal, Ms. Pradnya, Dr. Vrinda, Ms. Kalyani, Ms. Karthika, Dr. Nagalakshmi katru, Ms. Shrayasi, Ms. Arya, Ms. Yogita		
9:30-10:30	Yoga & Meditation Session Venue: Riturang	Ms. Neepa Jani from Art of Living
10:30-11:00	Tea Break (Meghdoot Auditorium) followed by Group Photo	
Team: Dr. Swapna, Ms. Mercy, Ms. Smrati, Ms. Renu, Ms. Shompa, Ms. Arya, Ms. Shrayasi, Ms. Pooja, Ms. Supriya, Ms. Shravani, Ms. Bhavana, Ms. Pradnya, Dr. Ranjeeta		
11:00-11:20	Opening ceremony	Welcome Address by Dr. Swapna Inviting Chief Guests to the dias Lightning lamp, Prayer song
	Inaugural Address by Director	Dr. R. Krishnan, Director, IITM
	Address by Chief Guest	Dr. Kamaljit Ray, Program Advisor, MoES
11:20-11:35	Introducing Inspire Inclusion	Dr. Thara Prabhakaran, IITM
11:35-11:55	Invited speech on Women, Health and Fitness	Dr. Ojaswini Valsangkar (Medical Officer, IITM)
11:55-12:15	Invited speech on Women in STEM: Breaking through the glass ceiling	Dr. Swati Dahadroy (SPPU, Pune)
12:15-12:35	Invited speech on Importance of Old Age Home	Dr. Aparna Deshmukh (Abhalmaya Old age Home, Pune)
12:35-12:40	Vote of thanks	Dr. Padmakumari B, IITM
Women Empowerment		
12:40-14:30	Food festival: by Self Help Group women entrepreneurs At- Meghdoot Basement	Team: Dr. Susmitha, Dr. Leena, Ms. Surabhi, Ms. Shravani, Ms. Arya, Ms. Yogita Ghode, Mr. Arindam, Ms. Ankita, Ms. Vishakha, Ms. Shompa, Dr. Priya P, Ms. Mercy
	NGOs: Disha Parivar, Abhalmaya, Tribe Chatari, Nandanvan, Mohor, Balkalyan Sanstha, Bamboo Tantra (Near Meghdoot reception area)	Team: Dr. Medha, Dr. Suvarna, Dr. Mujumdar, Ms. Vijaya, Mr. Mahesh Nikam, Mr. Ameya Datye, Ms. Yogita Kad, Ms. Shompa
14:30-16:00	Reflections At- Meghdoot Hall	Team: Ms. Mercy, Dr. Medha, Dr. Susmitha, Dr. Leena, Dr. Ayantika, Ms. Smrati, Dr. Vidya, Ms. Arya, Ms. Shravani, Ms. Shrayasi, Dr. Bhupendra
16:00-16:40	Inauguration of "Outdoor Gym" by Director IITM followed by Tea near Varahamihira Hall	
Team: Dr. Amita, Dr. Leena, Ms. Neelam, Dr. Ayantika, Dr. Shamal, Ms. Pradnya, Dr. Vrinda, Ms. Kalyani, Ms. Karthika, Ms. Shrayasi, Ms. Arya, Ms. Yogita		
16:45-17:45	Fun Fitness Activity Venue: Open-air next to Varahamihira Hall	Mr Chetan Agarwal (Renowned Fitness instructor)





Grand Food Festival

From traditional delicacies to modern twists, there's something to satisfy every palate.



An initiative to empower and uplift the incredible women, showcasing their culinary talents and entrepreneurial spirit.

Join us at Meghdoot Auditorium Basement

7th March 2024

01:00p.m-2:30p.m



Inspire Inclusion



!!! Inspire Inclusion !!!
WOMEN'S DAY 2024, IITM



You are cordially invited for

Session: Yoga & Meditation

by

Instructor: Mrs. Neepa Jani, Art of Living

Date: 07 March 2024

Time: 0930 to 1030 hrs

Venue: Riturang Building (2nd Floor)



*# You may wear comfortable clothes,
carry along personal yoga mat and water bottle*



!!! Inspire Inclusion !!!
WOMEN'S DAY 2024, IITM



You are cordially invited for

Session: Fun Fitness Activity

by

Instructor: Mr. Chetan Agarwal

Date: 07 March 2024

Time: 1645 to 1745 hrs

Venue: Open Air Space (Adjacent to Varahamihira Hall)

You may wear comfortable clothes, sports shoes and carry water bottle

