

## Celebration of a week-long International Women's Day, 2026

The ICAR-Indian Veterinary Research Institute, Izatnagar, commemorated International Women's Day 2026 by organizing a week-long series of events under the theme "Right. Justice. Action. For All Women and Girls." The celebrations aimed to recognize the significant contributions of women in agriculture and allied sectors while promoting gender awareness, empowerment, and capacity building among different stakeholders. As part of the week-long programme, a variety of academic, extension, and creative activities were organized to engage students, scientists and farming community. These included a **Farm Women Sensitization Programme, Work-Life Balance Awareness Programme, Photography Competition, E-Poster Competition, Mahila Kisan Sangosthie, Audio-Visual Biography Competition**, along with **Essay and Quiz Competitions**. These events provided a platform to highlight the role of women in livestock development, encourage creative expression, and foster dialogue on gender equality and empowerment.

In this series, a **Gender Sensitization Programme on the theme "Women in Animal Husbandry"** was organized on **27 February 2026** at **Mawai village, Bhojipura, Bareilly**. The programme was designed with the objective of raising awareness among farm women about scientific feeding practices for dairy animals and drudgery-reducing technologies that can ease their daily workload in livestock management. Special emphasis was laid on nutritional management, balanced feeding practices, and the adoption of improved animal husbandry techniques to enhance livestock productivity and household income. During the programme, experts interacted with the participants and discussed practical approaches to improve dairy animal health and productivity through better feeding strategies, use of locally available feed resources, and improved management practices. The session also focused on simple technologies and management practices that can help reduce the physical burden on farm women who play a central role in livestock rearing activities. A total of 48 farm women from the village actively participated in the programme including five students (Master's and Ph.D.) from the Division of Extension Education as part of their academic exposure. Their involvement enabled them to gain first-hand understanding of the challenges faced by rural women in livestock management while learning effective methods for grassroots-level dissemination of scientific knowledge and extension practices. The programme was coordinated by Dr. Shruti, Scientist, Joint Directorate of Extension Education (JDEE).





Glimpses of Farm Women Sensitisation Programme @ Mawai village, Bhojipura, Bareilly

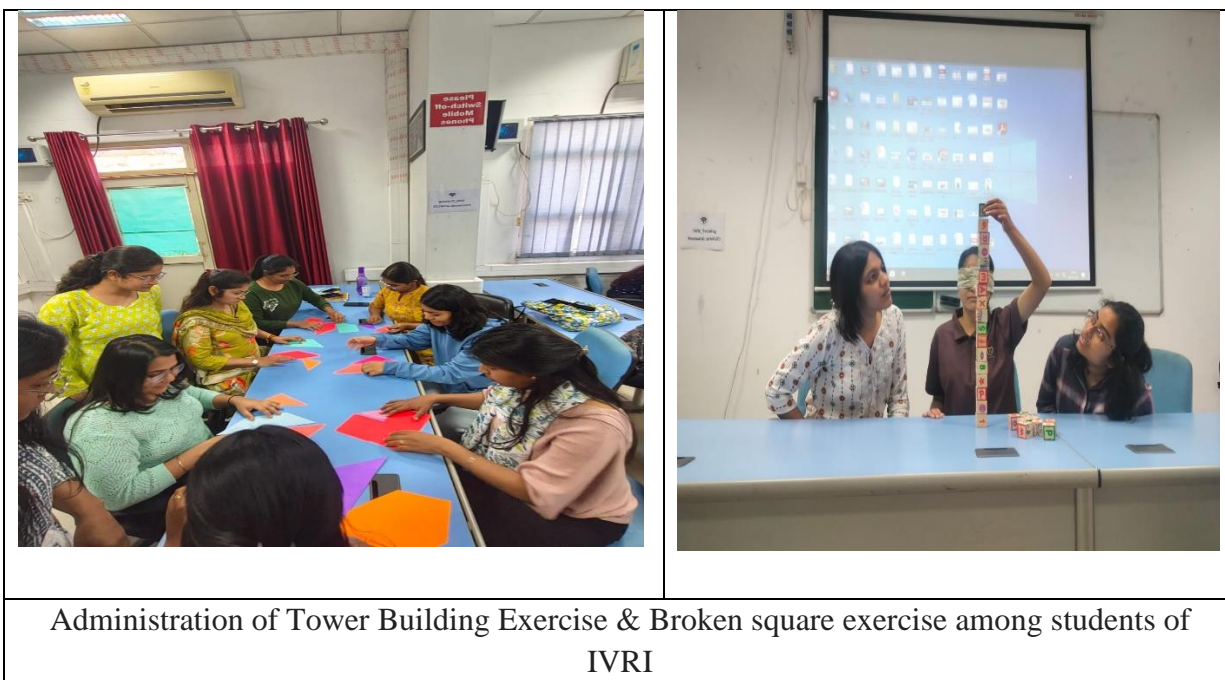
An **Awareness Programme on Work–Life Balance** was organized on **2<sup>nd</sup> March 2026** for female students of the ICAR-Indian Veterinary Research Institute, Izatnagar. The programme aimed to sensitize young women scholars about the importance of maintaining a healthy balance between professional commitments and personal well-being, particularly in demanding academic and research careers.

A total of **44 female students** from **B.Tech., M.V.Sc., and Ph.D. programmes** actively participated in the session. The programme focused on creating awareness about effectively balancing professional aspirations with personal responsibilities, while also highlighting the unique challenges women may encounter in their academic and professional journeys. The session emphasized the importance of self-awareness, social awareness, and relationship management as key components of emotional intelligence, enabling participants to better understand their emotions and interpersonal dynamics. Special attention was given to conflict management, where students were guided to identify the conflict management styles they currently practice and reflect on strategies for improvement. Through interactive discussions and reflective exercises, participants explored ways to handle workplace or academic conflicts constructively, develop better communication skills, and strengthen collaborative relationships. During the programme, a Happiness Index assessment was also conducted to understand the emotional well-being of the participants. The results indicated that most of the students reported high levels of happiness and positive outlook, reflecting a healthy mindset among the participants. To further reinforce the importance of teamwork, leadership, and goal-setting, engaging group activities such as the Broken Square Exercise and Tower Building Blocks were conducted. These exercises helped participants experience the significance of coordination, communication, and mutual support in achieving collective goals. Overall, the programme provided an engaging platform for students to reflect on their personal and professional priorities while equipping them with practical strategies for maintaining work–life balance, emotional resilience, and effective interpersonal relationships. The programme was coordinated by Dr. Shruti, Scientist, Joint Directorate of Extension

Education, and proved to be a meaningful initiative in guiding young women scholars toward achieving a balanced, productive, and fulfilling professional life.



Glimpses of Awareness programmes on Work Life Balance



The **e-Poster competition** on the theme "Women in Agriculture" was successfully coordinated by Dr. Ayon Tarafdar, Scientist (LPM) and Dr D Rakshit, Scientist, (LES&IT) on 5<sup>th</sup> March 2026. Similarly, the **Photography competition**, themed "Women Empowerment," was organized by Dr. Meemansha and Dr. Aneesha V. A., Scientists (P&T), on 6<sup>th</sup> March 2026, in an online mode. Both events witnessed enthusiastic participation from students, reflecting their keen interest in the themes.

A **Mahila Kisan Sangosthi** was organized on **8 March 2026** to commemorate the occasion of International Women's Day and observe the **UN Year of Farm Women**, in which 30 farm women participated enthusiastically. The programme began with an inaugural session chaired by Rupasi Tiwari, Joint Director (Extension Education), who attended as the Chief Guest and appreciated the dedication and hard work of farm women in sustaining agricultural and livestock-based livelihoods. She highlighted the crucial role of women in ensuring food security, family welfare, and rural development, and encouraged them to adopt improved farming and livestock management practices while actively participating in capacity-building programmes. H. R. Meena, Head, Division of Extension Education, interacted with the participants and informed them about the services offered by Krishi Vigyan Kendras (KVKs), motivating them to utilize training programmes, frontline demonstrations, advisory services, and improved technologies to strengthen their farming enterprises. During the technical session, Dr Sardul Lal discussed the role of livestock in farming systems with emphasis on small ruminants and poultry, Dr Neha Joshi highlighted the importance of nutritional security among farm women, Dr Kiran Shinde delivered a lecture on scientific animal feeding and nutrition management, and Dr Madan Singh informed participants about various government schemes and programmes for farmers. On the occasion, critical inputs were also distributed to support dairy-based livelihood activities, including 120 quintals of dairy animal feed, 40 packets of mineral mixture, 40 buckets, and 40 tubs among the participating women. The

programme provided an effective platform for knowledge sharing, empowerment, and capacity building of farm women while reinforcing the institute's commitment to gender-inclusive agricultural development and rural livelihood enhancement.

On 9 March 2026, an awareness session on career and job opportunities was organized for students of Maharishi University of Information Technology, Lucknow. On the occasion, certificates were distributed to the female participants who took part in the **quiz, essay, and audio-visual biography competitions** organized on the theme **“Bharati Nari to Narayani.”**

Overall, the entire celebration was coordinated by Dr. Shruti, Scientist, Joint Directorate of Extension Education, ICAR-IVRI, ensuring its smooth execution and success.



