

## Celebration of a week-long International Women's Day, 2025

The ICAR-Indian Veterinary Research Institute, Izatnagar organised a week-long International Women's Day 2025 on the theme "For ALL women and girls: Rights. Equality. Empowerment". To mark this occasion several events were organised Farm Women sensitisation program, Work life balance, photography competition, skit and Tableau cum Fashion Show.

A **Farm Women Sensitization Programme** was organized on 3<sup>rd</sup> March, 2025 with the objective of raising awareness among farm women about scientific feeding practices for dairy animals at Lakhampur village, Bhojipura, Bareilly. The program emphasized nutritional management and the adoption of best practices in animal nutrition to enhance livestock productivity. A total of 50 farm women actively participated, engaging in interactive discussions and hands-on learning sessions. Additionally, 25 postgraduate students (Master's and Ph.D.) from the Division of Extension Education took part as part of their academic exposure. This experience provided them with valuable insights into the challenges faced by farm women while equipping them with practical knowledge on grassroots-level dissemination of scientific practices in livestock management. The event was coordinated by Dr. Shruti, Scientist (JDEE), and Dr. Anju Kala, Scientist (Animal Nutrition).



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

The **Awareness Programme on Work-Life Balance** was held on 6<sup>th</sup> March 2025 in the Committee Room of ATIC, with enthusiastic participation from the female technical, administrative, and contractual staff of ICAR-IVRI. The session focused on recognizing and appreciating the strengths of female staff and included engaging group discussions on self-awareness and self-management. A key highlight of the program was an assessment of conflict management strategies, which revealed that the majority of participants fell into the problem-solving category (OWL)—indicating that they prioritize both goals and relationships in their approach to challenges. Additionally, a happiness index was calculated, showing that

most of the participants reported high levels of happiness. To further reinforce the importance of teamwork and goal-setting, interactive exercises such as the Broken Square Exercise and Tower Building Blocks were conducted. The program was coordinated by Dr. Shruti, Scientist, Joint Directorate of Extension Education, and provided valuable insights into achieving a balanced and fulfilling professional life.



Administration of Broken Square Exercise among female staff of IVRI





Administration of Tower Building Exercise among female staff of IVRI



The **e-Poster competition** on the theme "Women in Agriculture" was successfully coordinated by Dr. Madan Singh, Scientist (DEE), on 4th March 2024. Similarly, the **Photography competition**, themed "Women Empowerment," was organized by Dr. Meemansha and Dr. Aneesha V. A., Scientists (P&T), on 5th March 2024, in an online mode. Both events witnessed enthusiastic participation from students, reflecting their keen interest in the themes.

On 7th March 2025, BVSc students showcased their talent and creativity through a **Skit** on Women Empowerment and a **Tableau-cum-Fashion Show** depicting the Life Cycle of Women. Their performances were highly engaging and thought-provoking.





Glimpses of Skit (Women Empowerment)



Glimpse of Fashion Show (Gender equality)

The **Valedictory Session of International Women’s Day** was also held on 7th March 2025, marking the grand conclusion of the week-long celebration. The session began with welcome remarks and a summary of the various events by Dr. Rupasi Tiwari, Joint Director of Extension Education. Following this, winners were felicitated with awards in recognition of their outstanding contributions and performances. **Dr. Triveni Dutt, Director-cum-Vice Chancellor, ICAR-IVRI**, appreciated the efforts and enthusiasm demonstrated by the students and expressed his admiration for the dedication and active participation of the female staff in making the celebration a success. He acknowledged the dedication, sincerity, and contributions of the women staff at ICAR-IVRI and emphasized the importance of including at least one female member when forming committees. The programme witnessed the participation of over 200 attendees, including 100 students who actively engaged in various events.

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



## Glimpses of Valedictory Session of IWD









