

Celebration of a weeklong International Women's Day, 2024

The ICAR-Indian Veterinary Research Institute, Izatnagar organised a weeklong International Women's Day 2024 on the theme "Invest in women: Accelerate progress". To mark this occasion several events were organised awareness programme on Work life balance, photography competition, poster/ painting competition, *rangoli* competition, elocution and quiz competition.

Awareness programme on **Work Life Balance** was celebrated on 29th February, 2024 at committee room of ATIC. The female technical, administrative and contractual staff participated into the program with enthusiasm. The group discussion was done regarding self management, time management, stress management, change management, technology management and leisure management of working women staff of ICAR-IVRI. The emotional intelligence score was worked out and participants came to know about their weaknesses where they can put more emphasis. The broken square exercise was administered among female staff to make them understand the importance of team work. The staff was made aware of how to strengthen the emotional intelligence skills. The programme was coordinated by Dr Shruti, Scientist, Joint Directorate of Extension Education.



The photography competition was organised on the Theme: Women in Animal Husbandry by Dr Ayon Tarafdar, Scientist, LPM on 4th March, 2024 (online). The students had shown lot of interest into it. The Poster/Painting competition on the theme: Women leadership in Agriculture was coordinated by Dr Meemansha Sharma, Scientist, P&T Division at the

lecture hall of Division of Pharmacology and Toxicology on 5th March, 2024. The Rangoli competition was coordinated by Dr Anju Kala, Scientist, Animal Nutrition Division on the theme Women empowerment on 6th March, 2024 at NLVS. The elocution competition was organised by Dr Dr. Karuna I (Biochem. Div) and Quiz competition by Dr Mukesh Bhatt (CADRAD) on 7th March, 2024 at NLVS.









The total 69 students from undergraduate, post graduate and PhD participated into various events organised under the programme. Also, 60 female staff participated into awareness programme on Work Life Balance. The programme witnessed huge participation of staff and students more than 200. The overall programme was coordinated by Dr Shruti, Scientist (JDEE) and Dr Aneesha V A, Scientist (P& T Division).