

International Women's Day 2020

Under

Ek Bharat Shrestha Bharat Program

On the occasion of International Women's Day 2020, JSS Science and Technology University organized the events like

- 1) Flash mob
- 2) Invited Talk
- 3) Sports

1) Flash mob

The students of various departments of JSS Science and Technology University came together with a motto of “Empower and Inspire” the youth to volunteer and become socially responsible citizens. An event “flash-mob”, an interactive session was organized for the entire University students to get an insight on opinions that the public holds and prompt women empowerment and safety in the society. The event started 10.30 AM on 7th March 2020 (Saturday) and for 30 minutes they entertained the crowd. The glimpses of the event are as follows:



Later the crowd took pledge for the cause of women empowerment.

PLEDGE

We pledge to raise our children to know that their possibilities are not limited by their gender

We pledge to increase the number of women in positions of leadership and to achieve pay equity in our lifetime

We pledge to advocate for women who experience abuse and violence, to support policies to hold accountable people who commit such actions

We pledge to honour the diversity of women; respecting each other's faith choices, ethnicities, customs, beliefs, characteristics, and qualities

We pledge to value women's health - because the physical, social and emotional well being of women is essential.

We pledge to mentor youth in preparation for this world

We pledge to advance the inclusion of gender in research - because lives depend on it.

We pledge together, pledge to each other

We pledge to ourselves



PLEDGE

2) Invited Talk on Scientific Pranayama

An invited talk “For your Good Health” by Devaki Madhav, Psychologist and Scientific Yoga Pranayama Upanyasaki was organized for Women Faculty and Girl students of the JSS Science and Technology University. Around 200+ participants took the benefits of scientific pranayama. Five pranayamas were demonstrated, which can be performed everyday to keep mind healthy and stress free.



3) Throw ball Match

To encourage the faculty of JSS Science and Technology University a friendly throw ball match was organized. The first match was Team A Vs Team B, both the teams were Faculty from various departments (Teaching and supporting faculty).

Match 1: Faculty Vs Faculty



Team A



Team B

The second match was Winning Team from Faculty Vs students of various departments. The positive attitude of the women faculty was well appreciated by the crowd even though they lost against students. We could able notice the enthusiasm with the faculty to play the match.

Match 2: Faculty VS Students



Students Team



Faculty Team

