

**ICAR-National Research Centre for Integrated Pest Management  
LBS Building, Pusa Campus, New Delhi**

**International Women's Day 2023**

The ICAR-NCIPM celebrated the International Women's Day on 7<sup>th</sup> March, 2023 with the theme of "DigitALL: Innovation and technology for gender equality (#Embrace Equity.)". The event was organized in the training hall of the Centre and was chaired by Director, ICAR-NCIPM, New Delhi. The event started with the welcome address to the staff of the Centre by Dr. Sumitra Arora, Principal scientist and Chairperson, Women Cell. She apprised the gathering about the historical importance of the day, as well as the contributions and the achievements of the women in all spheres of life. Dr. Subhash Chander, Director NCIPM emphasized the multi-faceted roles of women in different phases of life. The Guest Speaker Dr. Santosh Sahi, Sr. Gynecologist and Founder, Delhi Academy of Laughing Yoga delivered a lecture by conducting live demonstration on laughing yoga, which is supposed to be an alternative therapy for relieving physical and mental stress and pain. The lecture was well perceived by the participating staff who enjoyed the live demonstrations conducted in the lecture. Five progressive women farmers from Bulandsahar, UP, (adopted under SCSP plan of the Centre) were felicitated on the day to acknowledge their contribution in adoption and dissemination of IPM by Director, ICAR-NCIPM. The program was followed by lecture from Dr. Neeru Bhusan, ADG (IPTM), ICAR, New Delhi on the "Work Life Balance" to achieve maximum productivity at the work place. On the day, Volume 8 of Institute Hindi Magazine "Nayee Dishayein" was also launched by the Chief Guest. Dr. Subhash Chander lauded the contribution of women in agriculture and nation building. The staff of the Centre took active participation in the program. In the refreshment one of the items included was of millets to celebrate the International Year of Millets 2023. The program was coordinated by Ms. Neelam Mehta, ACTO, ICAR-NCIPM.





**Glimpses of the events on International Women's Day (07<sup>th</sup> March, 2023)**