



## DTHM organizes an all women session “Celebrating the Power of you” on International Women’s day 2021



***FOR THE WOMEN, BY THE WOMEN, ON THE WOMEN”***

Day – Monday

Day 8th March 2021

International Women's Day

2021

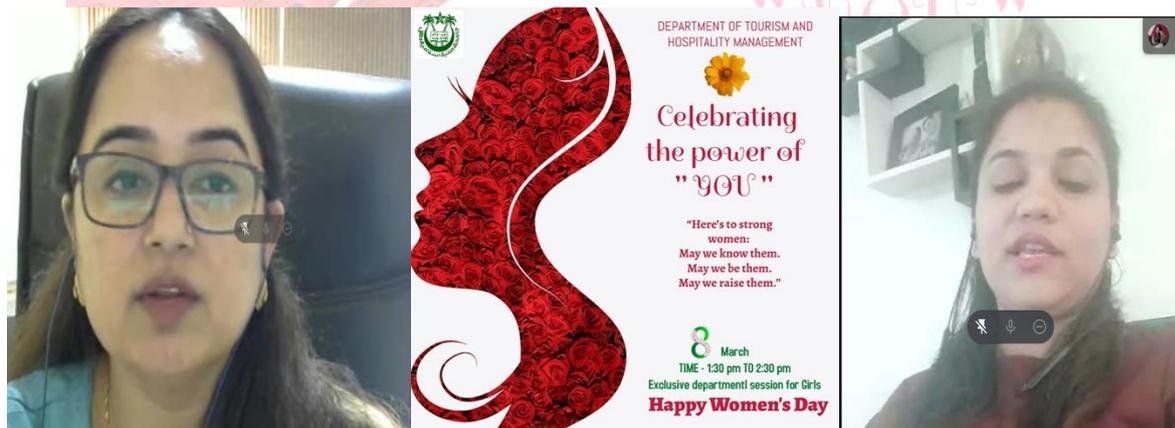
Department of Tourism and Hospitality Management organised an exclusive departmental all-women’s session on the occasion of International Women’s Day. The two hours session was organised digitally using Google meet from 1:30 pm onwards. It was a session by **“BY THE WOMEN, FOR THE WOMEN, ON THE WOMEN”** with a theme Celebrating the Power of You. The session was attended by all the female faculty members, department research scholars, and the female students of the entire department.

The session started by welcoming all the participants and speakers. The opening address was given by Dr. Sarah Husain HOD, Department of Tourism and Hospitality Management who quoted Jamia Millia Islamia as an icon of women empowerment and leadership with Prof. (Dr.) Najma Akhtar, the first female VC of Jamia Millia Islamia whose vision is to take the University to achieve new heights. She discussed issues of unconscious biases, existing skewed success measures, and the importance of diversity at the workplace. She further shared that women instead of feeling trapped should take their small steps towards success with conviction. Her journey of persistence, initial struggles, and focused approach, enabling her to reach her present position, inspired young girls to debunk the glass ceiling and pave their way to successful professional lives in the years to come. The next address was taken by Dr. Nusrat Yasmeen, Assistant Professor DTHM and she highlighted the incredible value that women add to the team but they tend to undermine themselves and hold back from saying the very things that most need to be heard. She spoke on the **Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013** to ensure safe working spaces for women and to build enabling work environments that respect women's right to equality of status and opportunity. She further highlighted the internal complaints Committee at Jamia Millia Islamia and its modus operandi- how girls can approach for help without fear.

Dr. Shweta Chandra, Assistant professor DTHM was the next speaker in line who mentioned that women are liberated but still they are trapped by their thought process and outlook. They are always juggling with the mental load and multitasking balancing their careers and compromise on their well-being. She shared the **wellbeing mantras** with the young aspiring girls. The last address of the session was done by Dr. Priya Singh, Assistant Professor, DTHM who insisted on **the financial independence** of women and how it can add wings to life. She mentioned women should have financial goals and should be financially independence as it is the most valued independence in the present society.

The fun element of the session included “Women Based Quiz” curated by department research scholars – Ms. Bushra Choudhry and Ms. Saima Kareem, especially for the event. This was followed by a digital scavenger hunt planned by Ms. Snigdha and Ms. Pinaz (department research scholars) wherein girls were asked to collect 10 things shown to them on screen and then they were asked to sell one of the things about women empowerment. There was an overwhelming response to the activities.

The session inspired department girls to dream, believe and achieve at the same time enlightening them about safeguarding their rights along with wellbeing and financial independence. The session presented an interesting mix of fun/learning and played a pivotal role in creating bonding among the departmental women. The event concluded with thank you note proposed by Dr. Nusrat Yasmeen.



8 March  
TIME - 1:30 pm TO 2:30 pm  
Exclusive departmental session for Girls