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**PRESS RELEASE**

**INTERNATIONAL WOMEN’S DAY CELEBTRATIONS AT EMBASSY OF INDIA KUWAIT ON 8 MARCH 2017**

International Women’s Day was celebrated in Indian Embassy on 8 March 2017. The event was inaugurated by H.E. Sunil Jain, Mr Shubashis Goldar, DCM, Ms Balsom, Special Guest on the occasion and Ms Chaitali Roy by lighting the lamp. Ambassador Sunil Jain congratulated the august gathering on the occasion of International Women’s Day and welcomed all the Speakers by presenting them with bouquet and gifted special edition of coffee-table books to the Guest Speakers. In his key note, he acknowledged the role of women in public life which needs to be celebrated. He said there are some gender disparity issues which needed to be addressed and he hoped their resolution in the years ahead.

2. About six eminent women panelist from diverse field participated and spoke about their passion and journey in their respective field. Most importantly a young Kuwaiti Speaker, Ms Balsom Al Ayoub, a Kuwaiti athlete made a presentation on “Gender Empowerment in Sports”. Balsam is a successful social entrepreneur who has used sports as an effective tool to challenge gender prejudices. She mentors future champions and uses sports to empower youth and women in Kuwait.

3. Other Guest Speakers were Dr (Mrs) Chaitali B Roy, Author of ‘Women of Kuwait: Turning Tides’, Special Correspondent. Arab Times, Producer/ Editor Radio Kuwait, spoke on The need to break stereotypes”. Dr (Mrs) Tehseen Khan, a leading Neonatologist, Artist, Vice President of Indian Women’s Association, spoke about “Compassionate Service & Artistic Expression’. Mrs Mahima Casewa, who is a classically trained Exponent of Ghazal, sang some very beautiful ghazals during her lecture on “Journey as a Musician”. Dr (Ms) Hyma Reddy, Founder member Life again Foundation India & trained Yoga teacher, made presentation on “Yoga & Stress Management” by stretching and breathing exercises. Dr (Mrs) Dolly Grover, Dentist from Indian Dental Alliance of Kuwait is working with Ministry of Kuwait. She spoke on “Women Dentists: Changing the Face of Dentistry”.

4 Ms Sugandha Menon and her very talented team from Artistic Yoga and Pilates presented a colourful fashion-show which was the highlight of the Event. There was a bolloywood dance performance by school children and Yoga dance performance by Ms Latha Kannan Iyyer. The Event was attended by more than 150 members of women from different nationalities. Some photographs of the Event are enclosed.

**10 March 2017**