

"WOMEN'S DAY"

DATE: 08/03/2018

VENUE: AUDITORIUM

The Women Cell "Aaradhya" of New Horizon College, Kasturinagar celebrated the International women's Day on 8th march 2018 to mark the nobility and importance of women in the world. A guest lecture was organised on 'Benefits of Yoga for women health' by Yoga expert Ms.Sujatha Ashok, who spoke about the various benefits of Yoga and taught ways to enhance the concentration for students apart from meditation and asana for stress management. The other programmes were a group song, a fashion show that witnessed women in different forms and a dance performance by students. The participants also shared their views about the most inspiring woman in their life. The programme came to an end with a few games that saw participation from both teachers and students.



Celebrating Woman is a way of feeling gratitude to the each and every woman in one's life, be it in the professional or the personal life. International Women's day is observed every year on 8th of March and it is observed around the world to celebrate the velour of women. In most of the country the day has been observed as a national holiday. Women from various cultural and ethnic groups come

together crossing all the boundaries to remember their struggle of many decades for peace, justice, equality and development.



On this day we must realize that every single person's contribution towards fighting a threat of the society counts. International women's day is all about being aware of the fact that each individual has to work in their own way for changing the ugly face of the society.