



International Women’s Day Panel Discussion on “Breaking the Stereotypes”

SDG CELL CHRIST (Deemed to be University), Bangalore

Women in the workplace and at home tend to face many stereotypes which create barriers and lower their self-confidence. International Women's Day honors women's contributions to society, the economy, culture, and politics every year. Despite considerable progress in the area of gender equality, many women continue to face biases and discrimination at work that limit their ability to succeed professionally.

This year SDG CELL organized a Panel Discussion on “Breaking Stereotypes” The panelists spoke on how they as women have changed their workplace and established new norms in both personal and professional life. Topic of discussion was on how to eliminate bias, stereotypes, and discrimination from the workplace. Each panelist gave a personal touch by talking about their personal experiences.

When the panelists were asked about what success means to them, Dr. Shobha Naidu mentioned that “If I feel I’ve done better than what I was yesterday, then I’m successful in what I’m doing” Kanchan Dwivedi “If I’m doing something which creates an impact in the society then I consider myself successful” and Anamika Viswanathan spoke about how ma’am continues to maintain a perfect work life balance.

This panel discussion was moderated by Dr. Leena James, from SDG CELL a well-known keynote speaker and resource person for national and international conferences This panel had businesswomen from all backgrounds and industries who discussed their personal experiences with bias, how to eliminate bias at work, and how we can all work together to hasten equality.

Takeaways:

- Importance of being strong and independent women: In this fast moving world, people thrive for equal amount opportunities which leads to fair decision making in the

corporate as well as in real world. In a country like India, the aspect of women empowerment is a major topic to be given importance about. When a girl looks upon a strong and established women, she pictures herself doing that in her future scenario, so the aspect of motivation also plays a major role in being a strong and independent women, being strong and independent helps women to break free from gender stereotype and exceptions that have traditionally held them back. It allows them to assert their rights and demand equal treatment and opportunities in all aspects of life.

- Work life Balance
- Breaking Stereotypes and staying focused
- It's okay to choose yourself over the society's opinion: Stereotypes and judgments are found in every corner of the society but that does not mean a person puts them forward of their dream. A person should not deviate from their goal just because people have different opinions. The power of decision making of one's life should not be exploited by anyone else. It's important to keep in mind that your health and well-being should come first. By prioritizing your own values, beliefs, and needs over what others may anticipate of you, you are choosing yourself over society's expectations. Instead of adhering to societal standards that might not be consistent with your values and goals, it is essential to be true to yourself and live your life on your own terms. Keep in mind that you have the freedom to make your own decisions and that no one else can tell you what is best for you.

Snapshots from the event:



