

**ICAR-National Research Institute for Integrated Pest Management  
Maidan Garhi, Rajpur Khurd, New Delhi-68**

**International Women's Day 2026**

The International Women's Day (IWD) was celebrated on 11th March 2026 at the NRIIPM Centre with the theme “#Give to gain” with all staffs of the centre. The program was initiated with traditional way of enlightening of lamp. Dr. R. Thangavelu, Director, NRIIPM briefed about the role and achievements of women stakeholders in various fields including agriculture in and around the world. Dr. Meenakshi Arya, scientist and member secretary of IC delivered the welcome address for the event. Dr. Sumitra Arora, Principal scientist and chairperson IC, briefed about the women security in the society and motivation and encouragement of girls/women at their parental homes, society and workplace. A workshop on “*Mindfulness and Emotional Wellbeing at Work*” was held on the eve of this IWD-2026 by inviting two experts, Ms Mansi Jain and Ms Hemanshi Arora, in this field. They conducted the activities such as mindfulness exercises, light-hearted stress-relief activities, laughter exercises, short group interactions, and simple reflective practices to encourage participants to relax, laugh, and enjoy the experience. The intention was to create a warm and joyful environment where the staffs can learn practical ways to manage stress and enhance emotional wellbeing at the workplace. Every one including contractual staff participated in the program and enjoyed the activities on this event. The program concluded with vote of thanks proposed by Dr. Ajanta Birah, Principal scientist at the centre.



