



## BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE

C.S.I Karnataka Central Diocese

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### Report on the Guest Lecture – International Women's Day 2025: “For ALL Women and Girls: Rights, Equality, and Empowerment”.

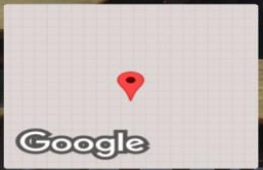
The Head, Mrs. Evangeline Rajkumari, Department of Sociology, organized a guest lecture for I & II BA students, 1 staff and 30 students actively participated in the lecture session on International Women's Day 2025: “For ALL Women and Girls: Rights, Equality and Empowerment” on 8th March 2025.

The session was graced by the esteemed presence of Dr. Prettysha Curtis who delivered an inspiring and informative session on women's rights and empowerment. She began by explaining the origins of International Women's Day, way back to 1911, when the idea was first proposed by German activist Clara Zetkin. She highlighted the significance of the date March 8th, which was officially recognized by the United Nations in 1975 as a day dedicated to acknowledging women's struggles and achievements worldwide.

Dr. Prettysha Curtis then emphasized the five key components of women's empowerment. A crucial part of the session focused on legal protection for women in India. Dr. Curtis discussed ten important laws, explaining their role in ensuring gender equality and safety. These included: The Equal Remuneration Act, 1976 (ensuring equal pay for men and women), The Dowry Prohibition Act, 1961 (banning dowry practices), The Sexual Harassment of Women at Workplace Act, 2013 (ensuring safe workspaces), The Prohibition of Child Marriage Act, 2006 (preventing child marriages), The Maternity Benefit Act, 1961 (providing maternity leave and benefits). Each law was explained with real-life examples, making it easier for students to understand their relevance and impact.

To make the session more engaging, Dr. Curtis organized an interactive activity at the end called “**Self-Drive: Developing a Growth Mindset.**” This activity encouraged students to reflect on their personal goals, strengths, and areas for improvement. It was an eye-opening experience as many students shared their aspirations and discussed ways to overcome challenges in their personal and professional lives. The lecture was highly interactive, insightful, and empowering. Dr. Prettysha Curtis not only educated students about women's rights and gender equality but also inspired them to take charge of their future. The activities at the end made the session even more memorable, leaving a lasting impact on everyone present.





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