

The program will feature a fireside chat with Mr. Zayed Khan and Ms. Malaika Khan

On March 14, 2024, World Trade Center Mumbai will host an interactive session titled “Women – Wellness and Wealth” in honor of International Women’s Day. Social workers, bureaucrats, and Bollywood celebs will speak at the session.

Speaking on gender equality and expanding women’s involvement in the economy, Ms. Ashwini Bhide, IAS, Additional Municipal Commissioner, Municipal Corporation of Greater Mumbai (MCGM), will discuss her views. Ms. Anchal Gupta Kalantri will host a fireside talk on women’s empowerment with Ms. Malaika Khan and Mr. Zayed Khan, a well-known Bollywood actor. In addition, Ms. Shaina NC, a social worker and former corporator, MCGM, and fashion designer turned politician Ms. Harshita A. Narvekar will speak at the occasion.

The initiative aims to raise public awareness about women’s rights to inheritance and alimony, as well as issues relating to their health and financial security.

A panel discussion featuring experts will be facilitated by Ms. Aanchal Gupta Kalantri. The panelists include Ms. Nirmala Samant Prabhavalkar, a lawyer and former mayor of Bombay High Court; Dr. Ankesh Sahetya, a gynecologist, obstetrician, and reproductive endocrinologist specializing in infertility; Ms. Nipa Asharam, a certified life and health coach; and Mr. Rahil Parmar, an associate partner of Lifeline Prime LLP. Prominent specialists will talk about doable strategies to manage their riches for a solid financial future, grasp the Power of Manifestation, handle menopause, and maintain fertility.

Health and wellness-related challenges are the major barriers to women’s contribution to the Indian economy, which is hardly 17% even though they account for 50% of the population.

Dr. Vijay Kalantri, Chairman of MVIRDC WTC Mumbai, stressed the need to close the gender gap in the economy by saying, “India has envisioned a USD 30 trillion economy by 2047, which can be attained only with equal participation of women in the manufacturing & services sector.” To increase women’s productivity and economic contribution, we must hold capacity-building programs and knowledge sessions on women’s mental and physical welfare.

As of December 2023, the percentage of women-owned businesses in the MSME sector had increased from 15% in 2020 to over 37%. In a similar vein, women’s employment involvement increased from 32% in 2020 to 37% in 2023. Simultaneously, women’s representation in the manufacturing sector remains low, with only 18% of workers being female.

“A community is only as strong as the health of a woman,” said Ms. Rupa Naik, Executive Director, MVIRDC WTC Mumbai, emphasizing the importance of women’s empowerment in the advancement of the country. Women’s participation in the economy and sustainable development is significantly facilitated by their mental and physical well-being. Through practical coping mechanisms, this program will equip women to manage their ongoing health issues and psychological strain and live fulfilling lives.

The program’s curator and moderator, Ms. Aanchal Gupta Kalantri, emphasized the event’s importance given the current situation, in which women must deal with excessive mental and physical stress as a result of demanding schedules, demanding families, and social pressure. As Ms. Kalantri said, “Most women today don’t have mentors in their families or at work who can guide them through health crises or teach them how to handle their finances so they may live secure lives. This program has been carefully designed for women and young girls who are looking for expert guidance on financial matters, legal rights, and overall well-being.