**Welcome Note**

Good Afternoon everyone!!!

Hope you all are safe and healthy...

On behalf of the IMC Ladies’ Wing - I would like to extend a warm welcome to our members and guests for this event.

A warm welcome to our guest speakers Surgeon​ Rear Admiral Sheila Mathai and Surgeon​ Commander Pradipta Hande (Retd), it's an honour to have you as our esteemed guest speakers.

Gone are those days when armed forces were only associated with men, now women equally participate in serving the country by joining armed forces. It has increased almost three-fold with more avenues being opened for them at a steady pace. Women who continue to serve the country in various roles are the perfect example of women empowerment.

The senior-most woman officer in the Indian Navy today, ​​​​​​​Surgeon​ Rear Admiral Sheila Mathai awarded with Nao Sena Medal and Vishisht Seva Medal has trodden a long road to reach her present position as the Command Medical Officer, Western Naval Command.

Today our distinguished guest speaker through this session she will share her inspiring and insightful story and will motivate many young women to don the uniform and proudly serve the nation.

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We are humbled to host this inspiring event, before we begin, on behalf of the IMC Ladies' Wing, I would like to present our esteemed guest speakers an E-Certificate from Grow Trees consisting of a thicket of 10 trees each planted in your honour as a token of gratitude on behalf of the IMC Ladies' Wing.

Also, here's presenting the News Makers Committee for the year 2020-21, helmed by Vice President – Nishreen Khorakiwala; Chairperson – Varsha Sheth; Co-Chairperson -Manisha Pamnani; Advisories - Sheila Kripalani and Radhika Nath; Members - Alka Javeri, Ashmi Parekh, Jayshree Thacker, Jyoti Vora, Kaya Shewakramani, Malti Jain, Sejal Mody

Now, may I request Varsha Sheth Chairperson of the Committee to take the event forward.

Thank you.

**Vote of Thanks**

​Women have uphill battle and have broken the gender stereotype, in every field of life so why not defense. Women have proved that they can perform the toughest tasks, if given a chance.

On behalf of the IMC Ladies Wing, I take great pleasure in extending the vote of thanks to our esteemed guest speaker Surgeon​ Rear Admiral Sheila Mathai for the enormously insightful session.

Thank you for sharing your journey, the unique experiences and opportunities in the Armed Forces.  The session was really insightful, inspirational and motivating.

I would also like to thank Surgeon​ Commander Pradipta Hande for moderating the Q & A session.

A big thank you to the members of the News Makers Committee for conceptualising the event.

My sincere gratitude to our members and guests for attending the event.

I would like to inform you all about our next event - [My experience with managing wellness in people in current times by Dr. Muffazal Lakdawala](http://imcladieswing.org/Event2020-21.html#EMWPCT)  scheduled on Friday, 23 Apr 2021at 3.30 pm on Zoom

We hope to see you all for the event.

Thank You.