

**Mata Sundri College For Women**

**(University of Delhi)**

**Mata Sundri Lane, New Delhi- 110002**

**MSC/NAAC/2025-26/Parivartan, The NSS Unit**

## **Breaking Barriers**

**Parivartan, the NSS Unit of Mata Sundri College for Women, organized Breaking Barriers on the occasion of International Women's Day 2026 in collaboration with Milestone Organization, celebrating and honouring the achievements and contributions of women in society.**

**Date:** 13th March 2026

**Time:** 1:30pm onwards

**Venue:** Bebe Nanki Hall

**No. of Volunteers Participated:** 57

**Programme Officer:** Dr. Uzma Nadeem

**Parivartan**, the NSS Unit of Mata Sundri College for Women, conducted a seminar titled Breaking Barriers in collaboration with Milestone Organization to commemorate International Women's Day. The seminar focused on recognising and celebrating women who have made significant contributions towards empowering and strengthening women in society.

The event brought together students, faculty members, and distinguished guests in Bebe Nanki Hall, creating an atmosphere of respect, motivation, and inspiration. Several accomplished women were invited and honoured during the programme for their outstanding dedication, inspiring leadership, and remarkable efforts in uplifting and supporting other women.

As part of the ceremony, the honoured women were presented with certificates and mementos as a token of appreciation for their invaluable contributions. Their journeys and achievements served as a source of encouragement for the audience, especially young students, motivating them to pursue their goals with confidence and resilience.

Dr. Uzma Nadeem, Programme Officer of NSS, attended the programme as a panelist and shared her valuable insights on women's empowerment and leadership.

Aditi Singh Parihar, President of Parivartan, and Munaza Rizvi, Vice President of Parivartan, also participated in the programme as panelists, contributing meaningfully to the discussion.

The seminar was well-organized and witnessed active participation from NSS volunteers, who ensured the smooth coordination of the programme and assisted in managing the event proceedings. Their collective efforts contributed to the success of the event and helped create a meaningful and impactful celebration of women's empowerment.

Overall, Breaking Barriers proved to be an inspiring and enlightening experience. It not only acknowledged the achievements of remarkable women but also reinforced the importance of continued efforts towards gender equality and empowerment in society.