

School of Agricultural Science and Technology (SAS&T) Celebrates International Women's Day

Leh, March 08, 2025: The School of Agricultural Science and Technology (SAS&T), Leh, University of Ladakh, celebrated International Women's Day with the theme Accelerate Action. Advocate Sonam Spalzes was the guest speaker for the occasion.

The event was attended by Prof. D. Namgyal, Associate Director, SAS&T-Leh, UoL, Prof. Deldan Namgail, Prof. Jigmet Yangchan, teaching and non-teaching staff, Basic Agriculture trainees (BAT) and B.Sc students.

Dr. Dechen Angmo provided an insightful briefing on the history and significance of International Women's Day.

Prof. Jigmet Yangchan delivered an inspiring talk on work-life balance for women, emphasizing the importance of mutual support and collaboration in the workplace.

Advocate Sonam Spalzes shared her experiences and began her address with the powerful statement, "Without her, even a hero is zero." She spoke about the need to accelerate action for women's empowerment in education and professional spaces. She also highlighted different forms of violence against women and discussed prevention strategies. Her talk focused on women's rights, financial stability, competence, and wholehearted dedication to work.

As part of the celebration, SAS&T honored its female heroes those who have consistently demonstrated dedication and hard work in the field.

Prof. D. Namgyal addressed the gathering, emphasizing women's empowerment and encouraging students to implement the advice shared by Advocate Sonam Spalzes. He stressed the importance of maintaining a healthy body for a healthy mind and urged women to continue striving for excellence.

The event concluded with a vote of thanks, marking a successful celebration of International Women's Day 2025 at SAS&T, Leh.





