

The International Centre Goa invites you to celebrate

WOMEN'S Day for a WEEK

Friday, March 8

8:00 am to 9:30 am - Exclusive Yoga for the Body, Mind & Soul for women
10:00 am to 12:00 pm - Reading of a Konkani two-act Play - Katha Asturi, a dialogue
10:30 am to 1:00 pm - Healthy Cooking for women
2:00 pm to 4:30 pm - Workshop on Egg Tempera Painting
3:00 pm to 5:00 pm - Multi-lingual Poetry Reading Session - Kavita Stri-Jaanivechi (Women's Sensitivity)
5:00 pm to 6:30 pm - Launch of White Hawk Project - a platform for women to re-invent themselves at home or workplace

Saturday, March 9

8:00 am to 9:30 am - Exclusive Yoga for the Body, Mind & Soul for women
2:00 pm to 4:30 pm - Workshop on Egg Tempera Painting
5:00 pm onwards - Panel Discussion: "Is Goa in denial about its missing girls?"
10:00 am to 5:00 pm - Workshop on Modern Art

Sunday, March 10

8:00 am to 9:30 am - Exclusive Yoga for the Body, Mind & Soul for women
10:30 am to 1:00 pm - Healthy Cooking for women
2:00 pm to 4:30 pm - Workshop on Egg Tempera Painting
10:00 am to 5:00 pm - Workshop on Modern Art
4:00 pm to 6:00 pm - Free TAEKWONDO Session on: R.A.P.E. DEFENCE - Real Attack Prevention Effectively™ (Self-Defence Techniques for women)

Monday, March 11

8:00 am to 9:30 am - Exclusive Yoga for the Body, Mind & Soul for women
2:00 pm to 4:30 pm - Workshop on Egg Tempera Painting
3:00 pm to 5:00 pm - 1st Annual ICG Inter-College Debate Tournament

Tuesday, March 12

8:00 am to 9:30 am - Exclusive Yoga for the Body, Mind & Soul for women
10:30 am to 1:00 pm - Healthy Cooking for women
2:00 pm to 4:30 pm - Workshop on Egg Tempera Painting
3:00 pm to 5:00 pm - Workshop cum Interactive Session:
- Laws that Empower Women - How Law is a shield for women
- RTI: a Tool for Empowerment
- Government schemes for the empowerment of Women

Wednesday, March 13

8:00 am to 9:30 am - Exclusive Yoga for the Body, Mind & Soul for women
10:00 am to 5:00 pm - Seminar on Women in Media: Need for a Gender Code?

Thursday, March 14

8:00 am to 9:30 am - Exclusive Yoga for the Body, Mind & Soul for women
10:30 am to 1:00 pm - Healthy Cooking for women
10:00 am to 5:00 pm - Seminar on Women in Media: Need for a Gender Code?
6:00 pm onwards - Film Screening: Aleesha (Konkani with English subtitles, 2004)

Open to All Members & Non - Members

For more details contact: Vividha Sawant | (P) 0832 245 2805 - 10 | Extn: (605)