

International Women's Day
Festival of Women & Girls

Empowering Women & Girls for Ecological Justice

Saturday March 9, 2024 🌱 9:30 am - 3:30 pm



Women Wholen Dancing by Mary Southard, OSL
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Regis College, 100 Wellesley St. West, Toronto
(Limited Parking: Close to TTC Museum / Wellesley Stations)

Join us for a fun and festive day celebrating women change-makers with inspiring keynote speakers, activists, artists, musicians, poets, interactive workshops, and food!



Kehkashan Basu
Founder and President of Green Hope Foundation, winner of the International Children's Peace Prize, and one of Canada's Top 25 Women of Influence.

Keynote Presenters



Aishwarya Puttur
Climate justice organizer, youth columnist for CBC's radio show "What on Earth."



Yusra Shafi
Youth delegate at COP 27 and 28, committed to empowering women to build climate-resilient communities.



Diane Montbreuil
Algonquin Metis, Visual Artist, Educator and Knowledge Keeper.



Genevieve Gallant
Executive Director of Religious Congregations for Integral Ecology.

Panelists & Workshop Presenters



Agnes Richard
Coordinator of Mouvement Laudato Si' Movement Canada



Mary Evelyn Tucker
Senior lecturer and scholar at the Yale Centre for Environmental Justice.



Noluthando Homono
South African lawyer and girls education rights advocate.



Katie Marshall Flaherty
Award-winning poet, author and facilitator of meditation and movement.

Light lunch will be provided.
Donations welcome.

Register at bit.ly/empwomengirls



Empowerment Of Women And Ecological Development

Yicheng Fang



Empowerment Of Women And Ecological Development:

Empowerment of Women and Ecological Development A. Ranga Reddy, 2002 The Present Volume Consists Of Selected Papers Presented At The Seminar On Empowerment Of Women And Ecological Development This Volume Will Be Useful To Researchers Activists And Policy Makers Empowerment Is Simply The Ability Of Direct And Control One S Own Life The Objective Of Women Empowerment Will Be To Create An Environment Where Women Can Freely Exercise Their Rights Both Within And Outside The Home As Equal Partners Along With Men Educationally Women Constitute One Of The Most Deprived And Long Neglected Segment Of The Society The Deprivation Gets Acute With Their Poverty And Socio Economic Backwardness Efforts Will Be Target Oriented In Fulfilling The Goal Of Educating Women And Ensuring Equality Eco Feminism Envisages Concern Of The Women For The Environment And Their Direct Involvement In The Environment Protection Women Are More Prone To Fall Victim To Environmental Degradation Ecological Improvement Hinges And Availability Of Drinking Water And Cooking Fuel For Which Enormous Women Labour Is Spent Without Any Return Women Welfare Schemes Such As Self Help Groups Empower Women To Become Economically Independent And Sound This Will Enable Them To Have Greater Access To Healthcare Service And Improve Their Physical Well Being Women Should Be Encouraged To Contribute Not Only To Home Affairs But Also To Socio Economic Political Cultural And Ecological With Of Society

Women and Empowerment Sushama Sahay, 1998 The empowerment of women by their increased participation in all aspects of political social and economic life has become one of the major goals of democratic and participatory movements as well as women s organizations throughout the world Beyond offering an understanding why empower women concept and framework for women s empowerment this book seeks to discuss the approaches and strategies for empowering women by outlining the strategies mechanisms and tools that women are using for their empowerment An important and timely contribution to a major ongoing debate on women s empowerment this book will interest all those involved with women studies rural development and voluntary initiatives at the grassroots level

Women Empowerment Through Self Help Groups Dr Rama Satyanarayana Mallapudi Dr Pallekonda Srinivasa Rao, *Women's Empowerment for a Sustainable Future* Claude-Hélène Mayer, Elisabeth Vanderheiden, Orna Braun-Lewensohn, Gila Chen, Kiyoko Sueda, Brightness Mangolothi, Saba Safdar, Soyeon Kim, 2023-07-08 This edited volume focuses on women s empowerment for a sustainable future It takes cultural and transcultural and positive psychology perspectives into consideration and explores the topic of women s empowerment from diverse stances across social strata cultural divides as well as economic and political divisions It addresses the critique of the overly Western focus of positive psychology on this topic by adopting a transnational and transcultural lens and by taking non WEIRD Western Educated Industrialized Rich Democratic samples into in depth consideration The chapters therefore focus on women from diverse socio cultural political socio economic backgrounds and discuss their ways of empowering others and being empowered They also discuss related positive psychology constructs such

as coping resilience transformation growth leadership creativity identity development sustainable action as well as positive socio economic political and eco sustainable thought and action The volume as a whole looks at women s leadership as a factor of empowerment A further fundamental assumption is that women s empowerment is needed to create a sustainable future at micro meso and macro levels which presumes safety peace ecological considerations and compassionate leadership

Empowerment of Women J. Nirmala,V. Dhulasi Birundha,2005 The Book Discusses The Basic Factors Of Women Empowerment With Special Reference To Life Insurance Corporation Of Tirunelveli Division Part One Discusses The Important Position Of Women In Economic Development And Also Highlights The Role Of Life Insurance Corporation Of India In Empowerment Of Women Part Two Studies The Various Theoretical References For Women Development And Also The Necessary Conceptual Support From Different Theories Part Three Gives Clearly The Methodology Adopted In Analyzing Various Factors That Determine The Empowerment Of Women Part Four Studies The Participation And Performance Of Women In Life Insurance Corporation Of Tirunelveli Division Part Five Deals With Different Background Variables And The Empowerment Of Women Through Life Insurance Corporation Of Tirunelveli Division Part Six Critically Analyses The Various Problems Encounter By Women In Life Insurance Corporation Of Tirunelveli Division An The Last Part Summaries The Findings And Gives Recommendations And Suggestions Equality and Sustainable Human Development - Issues and Policy Implications

Dr.K Sivachithappa,2014-05-17 Equality and Sustainable Human Development is the need of our under Globalisation This volume is useful to Social Sciences Commerce and General Readers in Particular *Women's Empowerment for Sustainability in Africa* Robert Dibie,2019-01-17 This book uses an open explorative approach to deal with the different aspects of gender discrimination and gender empowerment policies as well as their impact on economic development and capacity building in several African countries It uses primary and secondary data to present the argument that without the full input of women sustainable development will not be achieved in many African countries This book is the first text written by knowledgeable gender issue experts that understand the culture of and lived and conducted research in Africa It provides many examples of the relationships between gender and economic development around the African continent highlighting different processes and practices As such the contributors here illustrate the impact of weak gender policies and the ability to adequately develop female capacity building that could lead to wide spread sustainable economic growth in Africa They also explore a wide range of new dimensions and variables that are commonly ignored by other text books on gender equality The book will help graduate undergraduate students and other readers to understand women s policies in the past present and future by analysing and illustrating cultural political and socio historical contexts which have shaped women s role in the economic and sustainable development of Africa Ecology, Environment and Urban Development

Mr. Rohit Manglik,2023-08-23 In this book we will study about environmental challenges in urban spaces and integrating ecology in urban planning Empowering Indian Women Through Resilience Abha Singh,Rahul

Bhadouria, Sachchidanand Tripathi, Ritu Modi, Shashidhar Gupta, 2025-02-24 The book examines various aspects of women empowerment in South Asia particularly in India The term empowerment refers to women's liberation from social economic restraints of reliance Women worldwide actively work as leaders and establish new dimensions in all fields Yet in India although women comprise around 50% of India's population most stay economically dependent and in most Indian villages and towns women are still denied fundamental education After more than 75 years of independence as a country we need to take a long overdue in depth look at empowering women in India and how women empowerment should be a powerful tool for national development This book aims to discuss the empowerment of women through examining the social and personal challenges faced by women as well as evaluating areas such as gender discrimination education opportunity and employment opportunity

Empowering Women Through Rural Sustainable Development and Entrepreneurship Erkol Bayram, Gül, Bayram, Ali Turan, Sak, Melike, 2024-12-06 Empowering women entrepreneurs in rural communities is vital for achieving Sustainable Development Goals (SDGs) It promotes gender equality by providing women with equal access to economic opportunities and decision making roles enabling them to drive community development and alleviate poverty Digital tools and skills allow rural women to access broader markets and innovate solutions to local challenges fostering economic growth and environmental sustainability Women entrepreneurs address critical needs like education healthcare and agriculture while adopting eco friendly practices that support climate action By supporting rural women entrepreneurship in the digital age communities can advance toward a more equitable and sustainable future Empowering Women Through Rural Sustainable Development and Entrepreneurship emphasizes the importance of rural women entrepreneurship and uncovers the potential in this area with a specific focus on contributing to the achievement of SDGs Through real world examples and practical strategies it highlights how empowering women with resources skills and technology can bridge gender gaps and accelerate progress toward global SDGs Covering topics such as digital tools misogyny and women's studies this book is an excellent resource for entrepreneurs business leaders and managers policymakers researchers academicians and more

Women Empowerment in Nation Building A.P. Chaaru Latha, S. Emimah, This book traces the path towards women empowerment in nation building based on various themes contemplating towards equity approach Empowerment encapsulates gender and equity giving rise to various analysis and interpretations to interrogate one's identity and culture The delineated topics have unfolded the various context to understand women's active participation in Nation building be it health political social religion peace makers economic and media encapsulate women's empowerment The writings on Women Empowerment in Nation Building are a source of material for those who want to explore and research on the various themes addressed in this book It also has a great impetus on the ongoing feminist theory and praxis in India

Opportunities and Challenges for Women Leaders in Environmental Management Aquino, Jr., Perfecto Gatbonton, Jalagat, Jr., Revenio Cabanilla, Justin, Mercia Selva Malar, 2023-11-24 Our planet is facing the prospect of environmental catastrophe resulting

from decades of reckless human activities The ongoing degradation of the Earth's natural resources climate change pollution and habitat destruction have created an urgent global crisis The responsibility for addressing these challenges has been a significant issue since the 1972 International Conference on Human Environment in Sweden Despite widespread acknowledgment of the issues at hand insufficient efforts have been taken to safeguard our fragile ecosystems and secure a sustainable future for generations to come Opportunities and Challenges for Women Leaders in Environmental Management is a groundbreaking book meticulously crafted for academic scholars seeking answers to the most pressing environmental questions of our time This book reveals the pivotal role women are playing as environmental stewards providing a ray of hope in the face of environmental turmoil Through data empirical studies and narratives this book spotlights the remarkable contributions of women worldwide in environmental activism advocacy research education and innovative strategies Their unwavering commitment to energy conservation responsible waste management and the preservation of ecological parks and wildlife is both inspiring and transformative

Empowerment of Women for Promoting Global Health and Quality of Life
Snehendu B. Kar, 2018 Empowerment of Women for Promoting Health and Quality of Life reviews the theoretical and empirical foundations of GPH the significance of women's empowerment for GPH presents a Meta analysis of 80 self-organized women's movements that identified effective empowerment methods and based on the findings presents a EMPOWER model for women's empowerment and implications for policy action and research

The United Nations in the 21st Century
Karen A. Mingst, Margaret P. Karns, Alynna J. Lyon, 2022-03-31 The United Nations in the 21st Century Sixth Edition provides a comprehensive yet accessible introduction to the UN It explores the historical institutional and theoretical foundations of the UN as well as major global trends and challenges facing the organization today including changing major power dynamics new threats to peace and security the migration and refugee crises the COVID 19 pandemic and the existential challenges of climate change and sustainability Thoroughly revised and expanded it contains two new chapters on the UN and the environment and on human security including issues of health food security global migration and human trafficking There is enhanced analysis of theoretical perspectives on post colonialism feminist theory constructivism and non Western views New content has also been added on the UN's budget crisis public private partnerships and the role of women in the organization By examining the UN as an intergovernmental organization facing the broader need for global cooperation to address economic social and environmental interdependencies alongside the threats posed by rising nationalism and populism this popular text is the perfect reference for all students and practitioners of international organizations global governance and international relations

Women's Empowerment Within the Tourism Industry
Bayram, Gül Erkol, Shah, Syed Haider Ali, Tunio, Muhammad Nawaz, 2023-08-01 In recent decades more women around the world have taken the opportunity to enter the market join the workforce and start their own entrepreneurial ventures These changes have had a strong impact on market demographics Particularly within the tourism industry it is important to

investigate the behavior motivations experiences and needs of women as travelers employees and entrepreneurs Women s Empowerment Within the Tourism Industry offers a conversant and comprehensive overview of the themes and concepts of women as tourists employees and entrepreneurs in tourism Providing interdisciplinary insights from leading international researchers and academicians this book makes a critical contribution to the knowledge of women s participation within the tourism industry It discusses the nature of their work and ways in which tourism creates tension between the attitudes and conduct of tourists and the beliefs and behavior of local women Covering topics such as consumer experience gender studies and women s employment this premier reference source is an excellent resource for business leaders and managers entrepreneurs marketers government officials students and educators of higher education librarians researchers and academicians

Dynamics of New Panchayati Raj System in India: Select states G. Palanithurai,2002 Contributed articles

Women's Agency and the State in Contemporary Brunei Norainie Ahmad,Ooi Keat Gin,2025-09-19 This pioneering book presents a comprehensive overview of the role of women in Brunei s economy society and public domain from the historical and contemporary perspective Making an important contribution to the study of women in Asia by focusing on Brunei a country with many distinctive features including governance by an Islamic sultan guidance by a national philosophy of Malay Islamic Monarchy and a unique intermingling of Malay and Chinese traditions and practices Featuring contributions by Brunei women academics based in local tertiary institutions it portrays the lives of women s in Brunei from their own perspective It covers women s agency through several lenses including the growing digital activism on issues of sexual harassment women s empowerment women entrepreneurship agency in Chinese Bruneians contemporary literary narratives and the recent role of women in Islamic development in Brunei Some of the challenges and concerns raised by the authors might have policy implications Bringing detailed and insightful scholarship on issues and themes of local concerns with a Brunei perspective this book will appeal to students and scholars of Women s studies Asian studies Southeast Asian studies and Islamic Studies

Routledge Handbook of Gender and Environment Sherilyn MacGregor,2017-07-14 The Routledge Handbook of Gender and Environment gathers together state of the art theoretical reflections and empirical research from leading researchers and practitioners working in this transdisciplinary and transnational academic field Over the course of the book these contributors provide critical analyses of the gender dimensions of a wide range of timely and challenging topics from sustainable development and climate change politics to queer ecology and interspecies ethics in the so called Anthropocene Presenting a comprehensive overview of the development of the field from early political critiques of the male domination of women and nature in the 1980s to the sophisticated intersectional and inclusive analyses of the present the volume is divided into four parts Part I Foundations Part II Approaches Part III Politics policy and practice Part IV Futures Comprising chapters written by forty contributors with different perspectives and working in a wide range of research contexts around the world this Handbook will serve as a vital resource for scholars students and practitioners in

environmental studies gender studies human geography and the environmental humanities and social sciences more broadly

Tracking Tourism Patterns and Improving Travel Experiences With Innovative Technologies Albattat, Ahmad, Azman, Norhidayah, Valeri, Marco, Singh, Amrik, 2024-10-18 Tracking tourism patterns and improving travel experiences have been revolutionized by innovative technologies reshaping how destinations and services cater to travelers Advanced data analytics mobile applications and smart technologies enable a better understanding of tourist behaviors preferences and trends allowing for personalized travel experiences Real time tracking systems and location based services offer tailored recommendations while virtual and augmented reality provide immersive destination preview As technology evolves further exploration into travel innovations may enhance satisfaction and engagement for tourists worldwide Tracking Tourism Patterns and Improving Travel Experiences With Innovative Technologies explores the effects of tourism data analysis on traveler experiences Through the usage of digital and smart technology social media integration and artificial intelligence businesses can improve their branding and marketing tactics while emphasizing the cultural and experiential impact of tourism destinations This book covers topics such as destination branding digital technology and service marketing and is a useful resource for business owners managers economists marketers computer engineers academicians scientists and researchers

CONFERENCE E-ABSTRACT PROCEEDINGS: EMERGING SOCIO-ECONOMIC TRENDS & BUSINESS STRATEGY Sourav Kumar Das, Dr. Prithvish Bose, 2025-08-27 It is a matter of great pride and pleasure to present the Abstract Proceedings of the Conference on Emerging Socio Economic Trends and Business Strategy a platform that brought together scholars practitioners and thought leaders from across the globe to engage in meaningful dialogue on the evolving dynamics of our socio economic landscape This volume comprises 88 abstracts contributed by scholars and professionals from across the country reflecting a broad range of disciplines and research perspectives

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web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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consistently throughout the day include the following protein foods eggs lean meats fish beans etc

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