



Maharaja Agrasen Institute of Management Studies

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Date: 06 November,2024

PURUSH: THAT'S WHAT HE FEELS, International Men's Day Celebration **Academic Year: 2024-25**

Department: Department of Business Administration

Name of Event: PURUSH: That's What He feels, International Men's Day Celebration

Organizing Unit: Gender Sensitisation and Equality Initiative Club, MAIMS

Date of the Event: 05 November,2024

Time of the Event: 1 PM to 3PM

Location: 9th Block, Seminar Hall, MAIMS

Number of Students participated: 75

On 5th November 2024, The Gender Sensitization Equality Initiative Society of Maharaja Agrasen Institute of Management Studies proudly presented "PURUSH- That's what he feels". This event served as a beacon of empowerment bringing students, faculty, and esteemed guests together to celebrate the invaluable contributions of men in our world. With an array of thought-provoking discussions and inspiring presentations, PURUSH illuminated men's multifaceted roles as catalysts for positive change in our society. From highlighting achievements to addressing challenges and advocating for gender equality, this celebration resonated with a spirit of unity, resilience, and unwavering support for the advancement of men's rights and opportunities.

The event began at 1:30 PM with the felicitation of Dr. Uday K. Sinha Sir. The celebration moved ahead with a warm welcoming address by Ms. Palak Kumari, President of GSEI to honor the chief guest, Dr. Uday K. Sinha. Dr. Uday Kumar Sinha sir, a visionary and influential figure in Clinical Psychology with an M.Phil in Medical & Social Psychology and a PhD in Psychology from the esteemed NIMHANS in Bangalore, has spent his career exploring the complexities of the human mind and is currently leading the Clinical Psychology Department at the Institute of Human Behavior and Allied Sciences (IHBAS). His gracious words resonated with the audience, touching

various topics of importance in context to Men's Day and highlighting the theme of the year 2024 that is, 'Men's Health Champions'. Dr. Sinha dwelled on the requirement of a positive environment for the betterment of men's mental health while stating, "if there is a need for sensitivity towards women, the same applies for Men", his truly inspiring words emphasized on characteristics that are imperative for the growth of men in our society. Further, the event continued with a poetry recitation by an extremely talented member of GSEI, Manan Joshi, who displayed the role of a man in the society as an individual, through his ability to magically weave words into a beautiful rhythm. After this the program moved ahead with insightful overview on various topics of how Men and Women are complementary to each other, defining how both the genders are worthy of equal stature in the society, underlining the importance of not demeaning one gender in order to uplift the other. Dr. Sinha highlighted the point on how displaying affection is considered a feminine quality and is looked down upon when a man engages in the same, enticing a discussion on breaking gender stigmas. Further he elaborated that Mental Health exceeds the limits of just being diagnosed with a disorder, presenting a broader understanding of mental health that transcends the absence of mental illness. His words truly inspired the audience to think beyond the surface level and executed a thought provoking session. The event came to a wrap with a vote of thanks from Mr. Laksh Arora, PR Head of GSEI leading to a successful signing off the event with perfection.

“PURUSH – That's what he feels“ was a poignant reminder of the indispensable role men play as architects of societal progress. Through dynamic discussions and heartfelt moments of reflection, the event underscored the importance of gender equality and inclusivity in shaping a brighter future for all. Dr. Uday K. Sinha advocated for amplifying men's voices, and working with unity to build a world where every individual, regardless of gender, can thrive and contribute to a more harmonious and equitable society. The team of members from GSEI collectively spearheaded the execution and planning of the grand success of the Men's Day celebration.

