

Strong Women, Strong Nation: SAI Regional Centre Mumbai Celebrates International Women's Day with Inspiring Leaders and Empowering Demonstrations

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The Sports Authority of India Regional Centre, Mumbai successfully celebrated International Women's Day 2026 under the inspiring theme "Strong Women, Strong Nation." The event highlighted women's empowerment through sports, fitness, leadership, and motivational journeys, encouraging young girls to pursue confidence, discipline, and an active lifestyle.

The programme was graced by the Chief Guest, Dr. Smita Dolas Somane, Additional Director General, Directorate General of Valuation, Mumbai.



An accomplished endurance athlete and fitness enthusiast, she has successfully completed 34 marathons and ultra-marathons and holds a Guinness World Record in an Ultra Marathon held in Satara.

On the occasion, Dr. Smita Dolas Somane remarked: "A strong nation is built when women are empowered with confidence, fitness, and the courage to pursue their dreams."

The event featured two engaging panel discussions on the theme “Strong Women, Strong Nation,” where distinguished women leaders shared their experiences, challenges, and inspirational journeys in their respective fields.



Special Guests in the the Event Included:

- Himani Shivpuri – Veteran Film & Television Actress
- Madhu Chopra – Entrepreneur & Film Producer
- Alina Alam – President Awardee, Founder & CEO, Mitti Café
- Priyanka Bajaj Sibal – Mrs. India 2022
- Nivedita Shreyans – Eminent Educationist, Director PR, Heartfulness Wellness & Meditation
- Ayonika Paul – Olympian & International Rifle Shooter
- Snehal Pinto – Director, Ryan Group of Institutions
- Parul Chawla – Owner, Picture N Kraft Media & PR Communications Expert

During the discussions, the panelists highlighted the importance of self-belief, resilience, leadership, sports participation, and mental well-being in empowering women and shaping a stronger society.

Sharing her thoughts during the panel, Dr. Madhu Chopra stated: “When women believe in themselves and support one another, they create powerful change not only for themselves but for society as a whole.”

In recognition of their inspiring contributions and commitment towards promoting fitness and empowerment, all the distinguished guests were felicitated and honoured as FIT INDIA AMBASSADORS, supporting the nationwide mission of the Fit India Movement to build a healthier and more active India.

The celebration also featured a series of dynamic demonstrations performed by girls and young participants, showcasing strength, discipline, and confidence. These included:

- Girls Wrestling Demonstration
- Demonstration by Mitti Café Children
- Yoga Demonstration by Yogasana Bharat
- “Mardaani” Self-Defence Performance



A special Heartfulness Meditation Session was also conducted during the event, organised by the Heartfulness Institute, promoting mental well-being, inner balance, and holistic wellness among the participants.

The event witnessed enthusiastic participation from around 500 girl students, along with parents and members of the community, creating a vibrant and inspiring atmosphere at the SAI Regional Centre Mumbai campus.

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