



# ARYABHATTA COLLEGE



University of Delhi



PRESENTS

## Celebrating Women's Day: A Panel Discussion

8th March 2022

**Patron:** Prof. Manoj Sinha

**Convenor:** Dr. Monica Aggarwal

**Co-Convenors:** Dr. Shivani Raheja, Dr. Ruchi Upadhyay

**Student Coordinators:** Ms. Simran Mehta, Ms. Shanya Srivastava, Mr. Yash Agarwal, Ms. Muskan Rana, Mr. Prashant Mishra, Mr. Aviral Agrawal, Ms. Mahek Yadav and Ms. Anshika Jain.

**YouTube link:** <https://youtu.be/X7FEg8d1XyA>

The Entrepreneurship Cell, Aryabhata College organized a panel about women entrepreneurship and empowerment with **Ms. Ridhima Arora, founder of Namhya foods, Ms. Akanksha Gupta, Co-founder of Urvaan; and Ms. Ananya Maloo & Ms. Anushree Maloo, founders of Nuutjob from 2:00 PM onwards in virtual mode.**

#### **About the Guests:**

- Ms. Ridhima Arora is the founder of Namhya foods and is a trained yoga instructor and practicing nutritionist. She was a Shark Tank India contestant
- Ms. Akanksha Gupta is the Co-Founder of Urvann, a startup in the plants and gardening space that aims to deliver greenery at the doorstep.
- Ms. Ananya Maloo and Ms. Anushree Maloo are the founders of Nuutjob, a male's intimate hygiene brand. They were also a part of the Shark Tank India programme.

#### **About the Event:**

The event was held on Google meet and live streamed on YouTube that commenced following a brief message by our **Hon'ble Principal Prof. Manoj Sinha**, who welcomed the guests and wished a Happy Women's Day to all the ladies present there. The event was then continued by an introduction of the panelists by **Rashi Bhattacharya, Associate Member, E-Cell**. The event began with a question and answer session, where each guest took turns to answer the questions.

The discussion started with the panelist's views on gender biases and stereotypes. Ms Arora told us how she did not believe in gender biases and stated that we needed to focus on what we need. Ms Gupta reminded us to not think of gender as a hurdle especially when compared with the passion that people have towards working. Ms Ananya and Ms. Anushree discussed how they initially faced problems as their brand was not considered as a 'conventional' one. The panelists mentioned their family as their biggest support in their career.

Subsequently, Ms. Arora touched upon how she evolved through various situations and how she kept on learning in the process. Ms Gupta told us that her past work experiences really helped her in her journey of being an entrepreneur. Ms Maloo further explained that discussions and inclusivity truly helped their brand to grow.

Then, the panelists elaborated the benefits of being a leader. Ms. Arora shared her experience as she witnessed it as a trust building process in the team and how she prefers the most worthy person to take on the role rather than doing it herself. Then Ms. Gupta elaborated how leadership works as an opportunity to make the right environment inclusive of all the differences and inspire others to follow those footsteps. Ms. Maloo continued the discussion by explaining the meaning of "with great power comes great responsibility". They explained how with all of their success they bear the responsibility of setting an example for others.

For the next question, all the panelists gave advice for young women who wanted to enter a male dominated industry. Ms Arora explained how she was disheartened initially and also how she overcame the stereotypes. Ms Gupta mentioned that it will take time to break these gender biases and that we have to constantly work towards achieving our goals. Ms Maloo added that it is completely okay to ask for help and to not take everything on our shoulders

Next, they discussed what they would have done differently in their career. Ms Arora mentioned that she would have doubted herself less in the beginning . Ms Gupta told us she sought external validation in the early stages of her career and how she would have changed it. Ms Maloo talked about having no regrets and how she stopped thinking of life as a series of regrets

In the following section, we were able to know about both the advantages and disadvantages of being a female entrepreneur. Ms Arora believed that there is neither an advantage or a disadvantage of being an entrepreneur. Ms Gupta talked about the advantages such as being able to solve problems, getting immense opportunities and inspiring people. Ms Maloo further explained that having no off days can be viewed as both a benefit and a drawback in their entrepreneurship journey.

And for the final question,we got to know about the daily routine of the panelists which helped them to maximize productivity.Ms Arora briefly explained that she likes to meditate and to not talk for the first 3 hours after waking up. All of them talked about how they make a to-do list for the day so that it is easier to complete the tasks.Ms Maloo also touched upon how they conduct deliveries and meetings in the morning.

The session continued for an hour with the insightful thoughts of the panelists. The session was brought to an end after Simran Mehta, the president thanked the panelists and the audience for their precious time. The YouTube Live garnered **more than 450 views**.

**Some of the viewers included:**

1. Anshika
2. Shanya
3. Mahek
4. Udhav
5. Prashant
6. Yash
7. Muskan
8. Aviral
9. Aditya
10. Diksha
11. Veronica
12. Anushka
13. Garv
14. Shubham
15. Piyush

16. Harsh
17. Gumaan
18. Garima
19. Kalyani
20. Sarthak

**Event Poster:**





# WOMEN'S DAY SPECIAL





**Ms. Ananya Maloo &  
Ms. Anushree Maloo**  
Co-Founder, Nuutjob  
Shark Tank India Contestant

**Ms. Akanksha Gupta**  
Co-Founder, Urvann



**Ms. Ridhima Arora**  
Founder, Namhya Foods  
Shark Tank India Contestant

Date: 8th March  
Time: 2PM  
Platform: Youtube 

**Patron**  
Prof. Manoj Sinha  
(Principal)

**Convenor**  
Dr. Monica Aggarwal

**Faculty Coordinators**  
Dr. Shivani Raheja  
Dr. Ruchi Upadhyay

**Student Coordinators**  
Simran Mehta  
Shanva Srivastava

## Event Pictures:

Prashant Mishra is presenting

**PRINCIPAL'S MESSAGE**

Mahatma Gandhi said, "Education is all round development of the personality."

In the same spirit, I am committed towards the facilitation of holistic learning to all. I believe in nurturing the natural strengths of every student in their area of interest. With the same aim, I extend my best wishes to all the budding entrepreneurs joining us today. I am confident that you will wisely make use of this opportunity, available to you right now.

PROF. MANOJ SINHA

2:08 PM | mac-jzrm-fub

The Entrepreneurship Cell

Namhya Foods

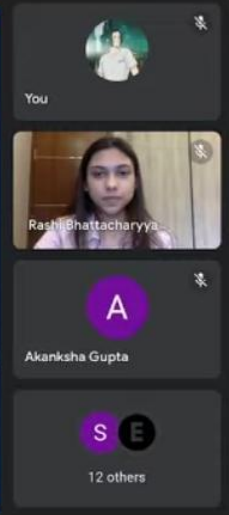
**WOMEN'S DAY SPECIAL**

**WOMEN'S DAY SPECIAL**

16 others

14 others

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