



“Never doubt that you are valuable and powerful and deserving of every chance and opportunity in the world to pursue and achieve your own dreams.”

*Hillary Clinton*

*Red*



## **INTERNATIONAL WOMEN'S DAY**

### **International Women's Day**

Women are visible in every aspect of daily life and in every sphere of society. They are an integral part of both society and world at large, playing a crucial role in shaping communities and driving social progress. Their constant efforts sustain families, strengthen societies, and contribute significantly to overall development.

## Historical Background

International Women's day has its roots in early movements that focused on women's rights and social justice. In the early twentieth century, women began organizing and speaking out against unfair labour conditions, lack of political representation, and limited access to education. These movements aimed to secure basic rights for women, including the right to vote and equal opportunities in society.

## Key Historical Milestones

Based on these early movements, the following events shaped the day we celebrate today:

- 1908 (New York City): 15,000 women marched to demand shorter working hours, better pay, and the right to vote.
- 1910 (International Proposal): Clara Zetkin proposed an annual International Women's Day at a conference in Copenhagen to united women globally for their rights.
- 1917 (The Russian Strike): On March 8. Russian women led a strike for 'Bread and Peace'. This historic event ultimately led to women gaining the right to vote in Russian and fixed the date for IWD.
- 1975 (UN Recognition): The United Nations officially recognized International Women's Day, marking its transition into a global celebration of gender equality.

## **When is International Women's Day celebrated every year?**

Every year, International Women's Day is celebrated on March 8. In 2026, Women's Day falls on a Sunday. International Women's Day has been celebrated since the early 1900s. During that period, many women were working long hours for very low wages and in difficult conditions. In response, they began raising their voices and organising protests to demand better treatment.

Their demands included shorter working hours, fair pay and the right to vote. The United Nations (UN) officially recognised International Women's Day in 1975, and in 1977 it designated March 8 as a day to promote women's rights and global peace. Since then, the day has grown into a worldwide event observed by governments, organisations and individuals.

## **Women's Day significance**

The significance of International Women's Day lies in highlighting important issues affecting women, such as equal pay, access to education, safety, reproductive rights and the need to end violence against women. It provides an opportunity for people to raise awareness, support gender equality and encourage meaningful change.

At the same time, the day honours and celebrates the achievements of women who have made valuable contributions to their families, workplaces and communities.

# Facts of International Women's Day

- International women's day is being held for more than 100 years.
- It was first observed on 19 March 1911.
- Due to this Movement, Russian women achieved the right to vote in March 1917.
- International Women's Day is also celebrated as Mother's Day in some countries.
- This Day is a source of presenting women's achievements before the world.
- It keeps the women dynamic for their rights.
- United Nations finances the day and provides a theme for implementation every year since 1975.
- More than 15 countries have a public holiday on this day.





# INTERNATIONAL WOMEN'S DAY

## **This Year's Theme: 'Give to Gain'**

The theme of International Women's Day this year, 'Give To Gain', emphasizes a powerful and supportive idea: when people, communities, and organizations invest in women, everyone benefits. Giving women access to quality education, healthcare, equal employment opportunities, and leadership roles results in long term social and economic gains.

'Give to Gain' challenges the misconception that empowering women takes something away from others. Instead, it highlights that empowerment creates shared benefits such as stronger families, productive workforces, and more peaceful societies. Supporting women is not charity; it is a strategic investment in a better future.

<https://www.youtube.com/watch?v=Ns6uytc31v8>



International Women's Day also known as IWD, is celebrated on March 8 every year and is a global day celebrating the social, economic, cultural and political achievements of women.

The IWD 2026 theme is 'Give To Gain', the campaign encourages a mindset of generosity and collaboration. Women's Day is meant to recognise the achievements of women and girls in all areas of life, including work, education, politics and culture. It is also a time to speak about equal rights and the need for fair opportunities.

The IWD 2026 'Give To Gain' campaign encourages a mindset of generosity and collaboration.

### **What does the Women's Day theme encourage?**

The IWD 2026 Give To Gain Campaign encourages a mindset of generosity and collaboration. The campaign is launched with the mindset of gender equality, generosity and collaboration. The phrase "Give To Gain" emphasizes that empowering women leads to shared prosperity. When women succeed in education, leadership, entrepreneurship, science, arts, and politics, entire communities grow stronger.

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# UNESCO

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The United Nations theme for 2026, “Rights. Justice. Action. For ALL Women and Girls,” focuses on removing structural barriers. This theme encourages practical action. It asks individuals, organisations, and governments to invest in women in meaningful ways.

Give To Gain emphasizes the power of reciprocity and support. When people, organisations, and communities give generously, opportunities and support for women increase. Giving is not a subtraction, it's intentional multiplication. When women thrive, we all rise.

Whether through donations, knowledge, resources, infrastructure, visibility, advocacy, education training, mentoring, or time, contributing to women's advancement helps create a more supportive and interconnected world.

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## UNESCO's Commitment to Gender Equality

Gender equality is a global priority for UNESCO, which recognizes that empowering women and girls is essential for sustainable development. Their commitment is centered on these three areas:

**Equality in and through Education:** UNESCO works to ensure that women and girls have equal access to quality education and that the curriculum promotes gender equality rather than reinforcing old stereotypes.

### Over the next five years UNESCO will:

- Reach 28 million learners in 80 countries through quality, gender-transformative teaching and learning.
- Hold countries accountable for commitments to gender equality in education through SDG 4 data and annual global analyses.
- Monitor 195 countries' legal frameworks on girls' and women's education and support legal, policy, and sector reforms.
- Lead global coordination to advance girls' education post-COVID-19 through UNESCO's Global Education Coalition Gender Flagship.
- UNESCO investment: USD 30 million.

Empowerment in Science and Technology: They focus on closing the gender gap in STEM (Science, Technology, Engineering, and Mathematics) by encouraging more women to enter these fields and take on leadership roles.

Over the next five years UNESCO will:

Expand girls' and women's access to digital skills, STI and STEM education, including engineering, computer science, and AI. Provide hands-on STEM education to 2,000 girls per year in Africa through micro-science initiatives.

Support 2,000 women physicists annually worldwide through the Physics without Borders programme to strengthen research leadership.

Advance and showcase young women scientists' careers through the L'Oréal-UNESCO Women in Science Programme and partner organizations.

Support Member States in developing gender-responsive STEM education systems and STI policies, particularly in Africa.

Promote universal digital literacy and the ethical use of AI free from gender bias and stereotypes.

UNESCO investment: USD 24 million.



**Equality in Cultural and Public Life:** UNESCO advocates for women to have an equal voice in cultural life, media, and decision making processes, ensuring their contributions to social progress are recognized and protected.

**Over the next five years UNESCO will:**

- ✓ Expand decent work and employment for women in Africa's formal and informal creative economies through a business accelerator programme supporting women-led creative enterprises.
- ✓ Promote women's freedom to create in safe, inclusive, and violence-free creative industries across Africa.

Accelerating action for achieving women's equality in sport is key. The good news is that recent years have seen significant strides for women in sports across various domains, highlighting the growing recognition of women's contributions and talents in the athletic world.

Yet, there remains much work to do if women are to continue to see notable positive gains.

Women's sports are receiving more media attention than ever before.

Major sports networks like ESPN and NBC have expanded their coverage of women's sports, including the WNBA, NCAA women's basketball, and the Women's World Cup. This has helped to raise awareness, attract new fans, and increase sponsorship opportunities.

Ensuring equal pay and prize money is key. In tennis, for example, the Grand Slam tournaments, including Wimbledon, the US Open, the French Open, and the Australian Open, have implemented equal pay for male and female players since the early 2000s. The 2023 US Open also saw a record number of women's singles viewers, underlining the success of this model.

In soccer, one of the biggest milestones in women's sports has been the push for equal pay. The US Women's National Soccer Team (USWNT) reached a historic agreement with the U.S. Soccer Federation in 2022 for equal pay with the men's national team. This deal includes equal pay for games, tournament bonuses, and World Cup prize money. Further sports are also forging equal pay and prize money.





There must be greater investment in women's sports Leagues like the WNBA (Women's National Basketball Association) and NWSL (National Women's Soccer League) have seen growing investment and support. Increased funding and partnerships with major brands are allowing these leagues to thrive.

The WNBA's broadcasting deals and sponsorships have seen steady growth, with more games televised nationally.

Opportunities need to be expanded. There has been a concerted push to create more opportunities for women in sports, from youth leagues to professional levels. For example, the launch of new women's football leagues, like the Women's National Football League (WNFL), and the inclusion of women in motorsports like Formula 1's initiatives to support female talent, has broadened horizons.



<https://www.youtube.com/watch?v=Ns6uytc31v8>



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## International Women's Day

International Women's Day Logo is a purple-coloured looping circle with an arrow-head, having a white venus star, which is a symbol of being female, inside it. The words of International Women's Day are written in purple colour under this circle. The International Women's Day site encourages people and groups to use this logo for the awareness of the day. The terms and conditions for the usage of this logo can be obtained from the site of International Women's Day.

### **International women's day as "Mother's Day" in some countries**

In more than 40 countries of the world, women's day is celebrated as Mother's Day. Mother's Day is a celebration to honour the mother of the family by accepting her sacrifices for her babies and children.

### **It's a source of presenting women's achievements before the world**

At this event, the achievements and services of women are depicted and presented before the nations. The world shows the marvellous works of women for mankind.

### **It keeps the women dynamic for their rights**

Events of the day like speeches, rallies, and parties keep the women aware of their rights and a dynamic struggle carries on.

# How We Celebrate International Women's Day

Appreciating Women  
in Our Lives

Celebrate the women in your family

Education &  
Awareness



Wear  
purple

Public Events & Marches

Get to know women's rights

Source: [internationalwomensday.com](http://internationalwomensday.com)

## More activities from International Women's Day

Want to take it further? International Women's Day have lots of [helpful resources](#) you could use with your unit or at home. You can find more [downloadable activities designed for young people on the International Women's Day website too](#).

International Women's Day have lots of helpful resources. Their [fact sheet](#) explains what International Women's Day is all about. You can find lots more [downloadable activities designed for young people on the International Women's Day website](#).

