

Seminar on Gender, Power and Words: Navigating Communication in Academia and Career

Effective communication skills are essential for success in academia and careers, yet gender based differences in language use, assertiveness, and negotiation often hinder equitable participation, collaboration, mentorship, and leadership opportunities. Addressing these issues through awareness and skill-building is crucial for fostering an inclusive environment and empowering students in the Department of Chemistry.

A one-day seminar titled "**Gender, Power and Words: Navigating Communication in Academia and Career**" was arranged by Dr Amtul Qayoom and Dr Saeeda Nadir Ali on February 03, 2025 at Ashraf Habibullah AV Hall to provide practical insights into navigating gender dynamics in professional interactions, promoting inclusive communication, and advancing gender equity.

Saima Hashim, mental health pro and psychotherapist, who broke down the balance between silence and speaking up—loved her 3 S's (Sense, Select, Speak) for handling fear, power dynamics, and gender conditioning in today's world.

Dr-Bela Nawaz, gender expert and researcher, who shared powerful insights on the Power of Politeness and Gender War,” She explained how gender shapes communication in academia, drawing from her sociology background to highlight equity, emotional intelligence, and navigating power imbalances.

Taha Saeed, head of global sales at Areks Group, who gave us practical tools for safe spaces and professional boundaries—like spotting early discomfort, the 3-step response (pause, name it, redirect), and stander moves to support each other.









