

## CELEBRATING THE KENYAN WOMAN

When we were asked to write this article, the first thing that came to mind was to articulate our personal opinions (as Wives, as Mothers, as Sisters, as Daughters) based on experiences and interactions over the last few months we have spent in various places in Kenya.

On this 08 March, as we embrace an inspiring theme, “**Give to Gain**”, a celebration encouraging us to uplift others and, in turn, enrich ourselves. Nowhere is this spirit more evident than among the vibrant and beautiful women of Kenya, whose stories and achievements remind us of the transformative power of giving.



Kenyan women radiate resilience, grace, and a zest for life that is truly infectious. From bustling cities to serene rural landscapes, their presence is felt in every sphere - leading businesses, nurturing families, and driving social change. They embody the essence of “Give to Gain” by selflessly sharing their wisdom, resources, and kindness, ultimately fostering stronger communities and a brighter future.

As someone fortunate enough to experience the remarkable “Women of substance” in Kenya, we are deeply moved by their unwavering determination and generosity. Our close group of women friends – professionals in Nairobi, whose commitment to supporting one another not only enriches personal attributes, but uplifts communities, sometimes national outlooks. Their sense of community, rooted in sharing and collaboration, taught us that true prosperity comes from empowering others.

This Women’s Day, let us celebrate the vibrancy and beauty of Kenyan women, and embrace the theme “Give to Gain”. Their stories remind us that by supporting one another, we enrich our own lives and create lasting impact.

**May we all be inspired to be givers, and in doing so, become gainers...!!!**

**MRS TULIKA CHOUHAN AND MRS NUPUR PATEL**

**Spouses to India Defence Force Officers attending NDC Course 28 - 2025/26**

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