

**PATH TO PROGRESS**



**THIRU  
ARUMUGAM**

**MARCH 2026  
ISSUE NO 7**

# WOMEN EMPOWERMENT

Women's empowerment is about ensuring women and girls have equal rights, opportunities and confidence to shape their lives. It involves access to education, fair pay, leadership roles and economic independence. While progress has been made, challenges like the gender pay gap and underrepresentation remain. Empowering women strengthens families, communities and economies. Achieving equality requires collective effort from governments, businesses and individuals to create a fair, inclusive and supportive society for all.

## HIGHLIGHTS

WOMEN'S  
EMPOWERMENT  
ENSURES EQUAL  
RIGHTS

GENDER  
INEQUALITY STILL  
EXISTS DESPITE  
PROGRESS

SAFETY,  
WELLBEING AND  
RESPECT ARE  
ESSENTIAL FOR  
EMPOWERMENT

REPRESENTATION  
IN LEADERSHIP  
INSPIRES FUTURE  
GENERATIONS

Read more

<https://thiru-arumugam.com/women-empowerment/>



# SOCIAL COHESION AND ITS IMPORTANCE

Social cohesion refers to the strength of relationships and unity within a community, where people from diverse backgrounds live in harmony with mutual respect. It is built on trust, inclusion and participation, encouraging a sense of belonging. Social cohesion promotes equality, economic growth and cultural understanding. It also helps societies respond to challenges effectively. Strengthening cohesion through education, inclusive policies and collective effort is essential for building a peaceful, fair and resilient society.

## HIGHLIGHTS

SOCIAL COHESION  
BUILDS STRONG,  
UNITED  
COMMUNITIES

ENCOURAGES  
TRUST, INCLUSION  
AND A SENSE OF  
BELONGING

PROMOTES  
RESPECT FOR  
CULTURAL  
DIVERSITY

HELPS  
COMMUNITIES  
RESPOND TO  
CHALLENGES  
EFFECTIVELY

Read more

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# MARCH HIGHLIGHTS



Toongabbie / Seven Hills Lions Club hosted the Youth of the Year Program, empowering future leaders. Congratulations to all participants and the winner!



Today I joined ATCC's Walkathon 2026 and had an amazing time! The event was well-organized, and the food was a highlight. Kudos to the organizers and all participants for making it such a fun and memorable experience.



Excited to attend the "Advancing Multicultural Business and Workforce" event. Thanks to MCC for the invite. Valuable insights on migrant contributions and promoting inclusivity in Australia.



Remembering Shaheed Bhagat Singh: A tribute hosted by Robby Sawhney & Gurmeet Singh Tuli at Billu's Restaurant, Harris Park, with Hon. Andrew Charlton MP as Chief Guest.