

SPOORTHI

A leadership Program for Women in Health

Change is inevitable, growth
is optional.....



About Spoorthi

Spoorthi is conceived as a blended leadership program designed for early to mid-career women professionals in health who are currently in, moving into, or considering leadership roles.

Safe, Reflective, Collaborative Space. for early to mid career women to

- Examine their own leadership journeys
- Build confidence and clarity as leaders
- Learn from peers and experienced women leaders
- Think intentionally about their leadership futures

Who can apply?

- Women professionals with 5 to 10 years of experience in health or allied fields
- Those working in or aspiring to leadership roles across research, programs, policy, academia, or practice



SCAN THIS QR CODE TO REGISTER

Register by 30th January, 2026

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spoorthi@iphindia.org

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Program Structure

- **Online induction:** Curated readings, short videos, and an online discussion space to build shared language and community
- **In-person workshop** (1.5 days) Interactive, activity-based sessions combining reflection, dialogue, and peer learning
- **Post-workshop online mentoring** (Online mentoring between February and June) Small-group mentoring with senior women leaders in health, with structured online touch points
- **A potential session** by the Spoorthi participants, at the upcoming : Bringing Evidence into Public Health Policy (EPHP 2026): Asia Pacific dialogue on “Future focused health systems in a changing context”, in June.



Online Induction

16-22nd

February 2026



In-person phase

23-24th

February 2026



Venue

IIM Bangalore

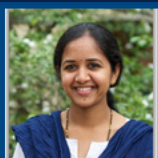


Registration

Rs 20000/-

Excludes travel cost

Facilitators



Dr. Pragati Hebbar

Dean & Assistant Director Research
Institute of Public Health Bengaluru
Course Director



Dr. Tanya Seshadri

Assistant Director Education
Institute of Public Health Bengaluru
Course Director



Dr. Malu Mohan

Fellow (Assistant Professor)
Institute of Public Health Bengaluru
Teaching Associate



Prof. Vasanthi Srinivasan

Professor
IIM Bangalore
Course Faculty



WHY SPOORTHI?

Many of us step into leadership roles without formal preparation. We learn by doing, through responsibility, mistakes, and experience.

For women, leadership often comes with additional, unspoken challenges. And in the health sector, these challenges are sharper.

Globally, women make up nearly 70% of the health workforce, yet hold only about a quarter of leadership positions (WHO, 2019). Health systems are largely led by men and sustained by women. This imbalance shapes whose voices are heard, whose decisions matter, and whose leadership styles are valued.

For women leaders, this often means:

- Being highly experienced, yet less likely to be recognized as leader
- Carrying significant responsibility alongside disproportionate care and emotional labor
- Navigating leadership spaces with fewer mentors or role models
- Learning leadership largely in isolation, through trial and hindsight

Our own journeys at the Institute of Public Health (IPH), Bengaluru, were no different. Like others, we did not set out to become leaders, but found ourselves stepping into these roles along the way.

Spoorthi emerged from our trials, uncertainties, and learnings. As facilitators, we recognize that women in health often lack intentional spaces to pause, reflect, learn from one another, and receive support as leaders in a sector that relies heavily on them. It is intended to be a space for reflection, conversation, and community, where women in health can make sense of their leadership journeys and grow with confidence.

-Pragati and Tanya

