

07 February, 2026

## REPORT

### MOTIVATIONAL TALK BY DR. GAYATRI HARSHE

Subject: Report on the Motivational Talk by Dr. Gayatri Harshe titled, 'Adventures in Antarctica' on 06 February, 2026

1. Dr. Ambedkar International Centre organised a Motivational Talk by Dr. Gayatri Harshe on, 'Adventures in Antarctica: An Expeditioner's Tale' on February, 06, 2026 from 4:00 PM to 5:30 PM at Samrasta Hall, DAIC.
2. Dr. Gayatri Harshe is a medical professional with an M.D. in Internal Medicine. She is a Professor of Internal Medicine, a consulting physician and a leading echo-cardiographer. She has been actively associated with the Association of Physicians of India and has served as its Chairperson during 2010–2011. She undertook an expedition to Antarctica onboard a sailboat, as a part of a six-member crew that worked in close-coordination throughout the 21 day journey.
3. Dr. Harshe began her talk by outlining key facts about Antarctica and explaining the possible modalities of travel to the continent. She then detailed the standard requirements for navigating sub-zero environments and compared the advantages and disadvantages of travelling by sailboat as opposed to a large cruiser. She also described how responsibilities were distributed among the crew and how they functioned collaboratively. She recounted a particularly challenging experience of being caught in a storm and braving extreme weather conditions. She concluded by encouraging the audience to cultivate an optimistic mindset and to persevere despite fear and uncertainty.
4. In the Question-Answer session, students and professional engaged with Dr. Harshe on themes of global warming impacts on Antarctica and the budgeting for international expeditions to the Arctic and Antarctic. The attendees appreciated Dr. Harshe's candid insights.
5. The event concluded with tea and coffee in the Bhim Foyer Area, which allowed for further informal interactions on the expedition to Antarctica.

Images from the Motivational Talk by Dr. Gayatri Harshe on 'Adventures in Antarctica: An Expeditioner's Tale' on the 06<sup>th</sup> of February, 2026.





