



**PROCEEDINGS OF THE TWO-DAY
NATIONAL SEMINAR
ON
INDIAN ECONOMIC PROGRESS
TOWARDS ACHIEVING THE SDGs**

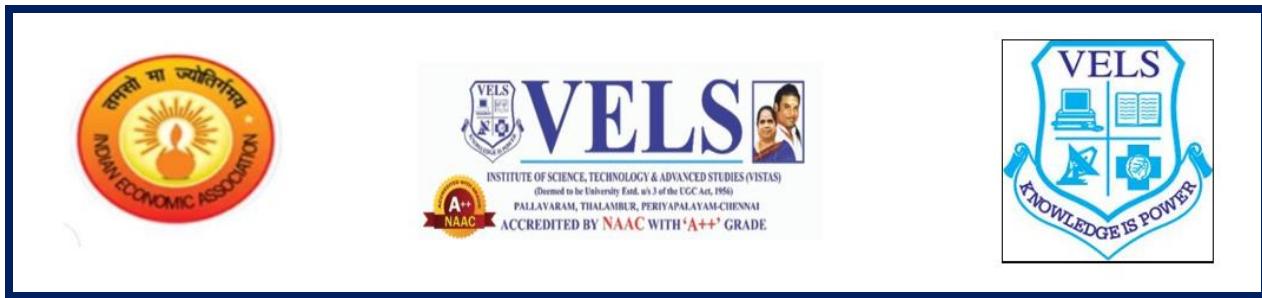
**IN COLLABORATION
WITH
INDIAN ECONOMIC ASSOCIATION**

25th and 26th April 2025

**Organized by
Department of Economics**

**School of Commerce and
Economics
VISTAS**

Pallavaram, Chennai - 600117



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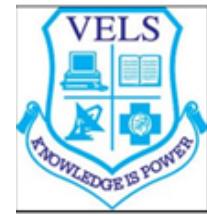
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Evaluating Container Imbalance in Global Trade, Special Mention To Chennai Port

Justin Vimalraj A Mba Shipping and Logistics Management 2nd Year VISTAS

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Abstract

The global container shipping industry faces a persistent container imbalance, where some regions have surpluses while others face shortages. This study investigates the causes and effects of this issue, with a focus on Chennai Port in South India. Contributing factors such as trade imbalances, skewed import-export ratios, and poor container repositioning are examined. Despite its strategic location, Chennai Port suffers from container shortages due to its import-heavy trade, slow turnaround times, and lack of stakeholder coordination. The research suggests solutions like digital tracking, container pooling, and optimized routing. Findings highlight the need for collaborative efforts among shipping lines, port authorities, and policymakers to improve container logistics, reduce costs, and support sustainable trade in emerging economies. **Keywords:** Container Imbalance, Global Trade Logistics, Chennai Port, Container Repositioning, Maritime Supply Chain, Sustainable Shipping Solutions

Indian Economic Progress Towards Achieving The SDGS: A Focus on Women in The IT Industry

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Abstract

This study explores the role of India's growing Information Technology (IT) sector in promoting women's economic empowerment, aligning with the UN's SDGs, particularly SDG 5 (Gender Equality) and SDG 8 (Decent Work and Economic Growth). It examines initiatives that address the gender gap in leadership, employment, digital literacy, and skills development. The research identifies persistent barriers such as gender bias, workplace inequality, retention challenges, and the glass ceiling. By analyzing corporate diversity programs, government policies, and women-led digital ventures, the study underscores the IT sector's contribution to inclusive growth. Ultimately, it argues that empowering women in IT is crucial for India's economic progress and achieving its SDG targets.

Keywords: Women Empowerment, Information Technology Sector, Gender Equality (SDG 5),