



ANNUAL REPORT OF ACTIVITIES SESSION 2023-24



CENTRE FOR WOMEN'S STUDIES PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR, CHHATTISGARH, INDIA.

Year of establishment – 2001

UGC Recognition-2010-11 for phase 1

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ABOUT THE OVERVIEW OF THE CENTRE

The Centre for Women's Studies was established in 2001 to commemorate the "Women Empowerment Year" and received recognition from the UGC in 2010-2011 for phase 1. With a mission to advance women's empowerment, the Centre serves as a catalyst for promoting and strengthening women's studies through teaching, research, fieldwork, extension activities, training, and education. CWS is one of its own kind which is undertaking the women centric research to fulfil the UN SDG 5 goals.

The Academic Programmes Offered by the centre are -

- A. Certificate Course (Duration 6 months for graduates in any discipline)
 - Women Law and Gender Justice (initiated in the session 2014-15) .
 - Community Based Participatory Research (CBPR) (initiated in the session 2018-19).
- B. Choice Based Credit System (Duration 6 months for students pursuing Masters degree of any discipline in their 2nd and 3rd semester)
 - Community Based Participatory Research
 - Gender Sensitization

Description of the courses-

The University is part of a global consortium on Knowledge for Change under the aegis of **UNESCO CO CHAIR**. In all, there are fourteen K4C Consortium hubs working world wide. In Knowledge for Change Consortium UNESCO Chair K4C hub, Centre for Women's Studies works as "**Sangwari CBPR Hub**" focusing on issues related to **UN, SDGs 5 (Gender issues)**. Under this, we work at the community level to identify the existing social issues, challenges, and work for bridging the existing gaps.

Centre for Women's Studies works in partnership with various international, national & state agencies works in partnership with UNISCO Co Chair KNOWLEDGE FOR CHANGE (K4C) consortium, State Planning Commission, PRIA Organization, Oxfam India, and State Commission for Women ,One Stop Centre & AIIMS on various social cause among the communities for bringing a positive change.

The Women Law and Gender Justice course was introduced in the 2014-15 session, while the CBPR course, as a part of **the UNESCO co chair's Knowledge for Change (K4C) Consortium, Canada** was initiated in the academic year 2018-19. Pt. Ravishankar Shukla University is a pioneer in India for launching the certificate course on Community Based Participatory Research.

The certificate courses and CBCS are being offered for the graduates in any discipline. Both the certificate courses are included in **Choice Based Credit System (CBCS)** for the students pursuing Masters degree in the second and third semester. In India Pt. Ravishankar Shukla University is the pioneer to start the certificate course on CBPR.

The Centre, since its inception, has been organising lectures, workshops, seminars, faculty development programs as well as outreach activities, to fulfil the objective of gender sensitisation both on and off the campus. The Centre has also been implementing the Gender Champions Scheme of UGC in the University since 2016 and have trained more 52 students than to work as "Gender Champions". In the Centre for women's Studies, gender equality is being promoted through various programs, and a safety audit of the campus being done using the safety audit tool developed by CWS.

Aims and Objectives

The main objective of the Centre for Women's Studies is to promote research, teaching and advocacy on gender-related issues. The centre aims to provide a platform for interdisciplinary dialogue and critical thinking on the social, cultural, economical and political aspects of gender and women's experiences.

VISION

To create awareness about gender equality and its outcomes and empowering communities through gender equity programmes thereby enhancing the ranking in gender development indices in Chhattisgarh, a step forward for achieving UN SDGs 5.

MISSION

- To bring about attitudinal changes, with regard to gender sensitivity and helping students to internalize equality.
- To undertake minor and major research activities funded by national and international bodies such as UGC, ICSSR, ICMR, WHO, Pop Council etc thereby enhancing the research expertise.
- To conduct awareness programmes on various issues and problems pertaining women especially in rural areas.
- To network with other universities and organizations which are actively involved in gender equity and women's empowerment and bring them into action.



ABOUT THE SANGWARI CBPR HUB (INDIA K4C HUB , RAIPUR)

Sangwari CBPR Hub was constituted under a tripartite agreement between State Planning Commission, PRIA, and Pt. Ravishankar Shukla University, Raipur. The objective of the Hub is to co-create knowledge with community groups and academia, focusing on issues related to the UN, SDGs 5.

The CBPR practice in the University has found a mention in the Report of UGC on “National Curriculum Framework & Guidelines, 2020 for Fostering Social Responsibility & Community Engagement in Higher Educational Institutions in India” under Unnat Bharat Abhiyan (UBA), a flagship program of Government of India.

DESCRIPTION

AIMS AND OBJECTIVES

- To serve the community with research based knowledge for their development.

OUR GOALS:

- Co-construction of knowledge and its application to deal with community issues, linked to UN SDGs 5.
- Enhance institutional capacity in CBR in university and other institutions.
- Generate contextually and culturally relevant learning materials in local languages, which will be accessible to students, academic researchers, activist, citizens, civil society organisations and the general public.
- To create human resources for community researcher.
- To generate experiential training in addressing SDGs 5.

<https://www.unescochair-cbrsr.org/india-k4c-hub-raipur>

ACADEMIC PROGRAMS OFFERED

S.NO.	COURSE NAME	DURATION	ELIGIBILITY	SEATS
01	Certificate Course in “Women Law and Gender Justice”	Six Month	Graduate in any discipline	20
02	Certificate Course in “Community Based Participatory Research” (CBPR) (The University is part of a global consortium on Knowledge for Change (K4C Sangwari hub Consortium). The First university in India to start the CBPR course.	Six Month	Graduate in any discipline	25

CHOICE BASED CREDIT SYSTEM (CBCS)

S.NO.	COURSE NAME	Semester
01	Community Based Participatory Research (CBPR)	Second Semester
02	Gender Sensitization	Third Semester

NEW COURSES PROPOSED

- M.A. in Women’s Studies (2 Years)
- PhD in Women's Studies
- Post Graduate Diploma in Gender Studies (One Year)
- Value added course

COMMITTEE

INTERNAL COMPLAINT COMMITTEE (ICC)

ICC is actively working in the institution and addresses the issues, if any, promptly as per the

ICC guidelines **Structure of ICC**

S.No.	NAME	POSITION
1.	Dr. Nameeta Brahme, Professor ,SoS in Physics and Astrophysics, Pt.RSU, Raipur	CHAIRPERSON
2.	Dr. Aarti Parganiha, Prof. of SoS in Life Science, Pt.RSU, Raipur & Srijanshil Vidushi Mahila Samiti Raipur	MEMBER(NGO)
3.	Dr. Madhulata Bara, Assistant Professor, School of Studies in Literature and Languages ,Pt.RSU, Raipur	MEMBER
4.	Dr. Vinu Joshi, Assistant Professor, Center for Basic Science , Pt.RSU, Raipur	MEMBER
5.	Smt. Praveena Yadav, LDC,General Administration Department, Pt.RSU, Raipur	MEMBER
6.	Smt. Anita Anant, Lab Technician , University Institute of Pharmacy, Pt. RSU, Raipur	MEMBER

ADVISORY COMMITTEE

S.No.	NAME	POSITION
1.	Prof. Sachchidanand Shukla Honourable Vice Chancellor, Pt.RSU, Raipur	CHAIRPERSON
2.	Prof. Reeta Venugopal Director, CWS, Pt.RSU, Raipur	MEMBER SECRETARY
3.	Dr. Aditi Poddar Associate Director, CWS, Pt.RSU, Raipur	MEMBER
4.	Prof. Priyamvada Shrivastava Associate Director, CWS, Pt.RSU, Raipur	MEMBER
5.	Prof. Shail Sharma Head, SoS in Literature & Languages, Pt.RSU, Raipur	MEMBER

6.	Prof. Kavita Thakur Head, SOS in Electronics and Photonics, Pt.RSU,Raipur	MEMBER
7.	Prof. Asha Shukla, Former Vice Chancellor at Dr B R Ambedkar University Mhow& Head, Women's Studies Department, Barkatullah University, Bhopal (M.P.)	MEMBER
8.	Prof. Abhaya Joglekar, Home Science Department, Government DB Girls College, Raipur	MEMBER
9.	Dr. Asha Achuthan Assistant Professor, Advanced Centre for Women's Studies, School of Development Studies, Tata Institute of Social Sciences, Mumbai	MEMBER

STANDING COMMITTEE

S. No	Name	Position
1.	Prof. Reeta Venugopal, Director, CWS, Pt.RSU, Raipur	Chairperson
2.	Prof. Meetashree Mitra, Sos In Anthropology, Pt.RSU, Raipur	Member
3.	Prof. Priyamvada Shrivastava, Associate Director, CWS, Pt.RSU, Raipur	Member
4.	Dr. Aditi Poddar, Associate Director, CWS, Pt.RSU, Raipur	Member
5.	Prof. Preeti Suresh, Director And Head, University Institute Of Pharmacy, Pt.RSU, Raipur	Member

TEACHING & NON TEACHING STAFF



Prof. Reeta Venugopal
Director



Prof. Priyamvada Shrivastava
Associate Director



Dr. Aditi Poddar
Associate Director



Dr. Aniksha Varoda
Research Assistant



Dr. Anuradha Chakraborty
Guest Faculty



Mr. Shishir Vyas
Guest Faculty



Mr. Keyoor Bhushan Rao
Professional Assistant

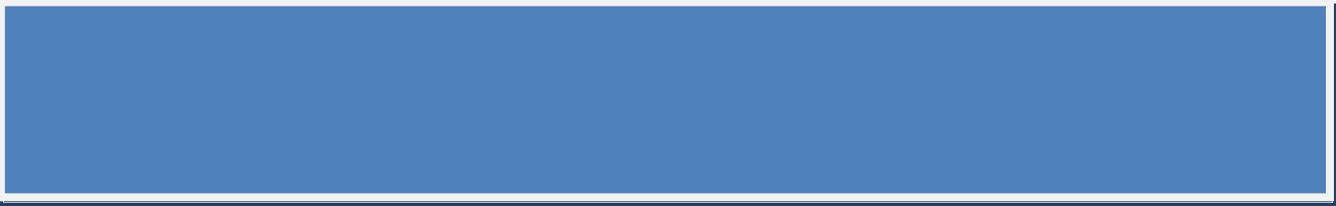


Mrs. Tara Tandi
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REPORT OF PROGRAMMES

& Activities Performed by the Centre for Women's Studies, 2023-24



PROGRAMME ORGANIZED BY THE CENTRE FOR WOMEN'S STUDIES DEPARTMENT

S.No.	Strategic Goal	Target Participants	Action Plan	Elective Date	Events
1.	Raise Awareness of Social Responsibility	Students	To train students, teachers and all the stake holders on CBPR approach to tackle gender based discrimination.	29 th April, 2023	One Day Workshop on Stimulating Social Responsibility Through Community Engagement in Higher Education
2.	Gender Health & Equality	Students and Staff	To educate participants about various alternative therapies, their benefits, and how to incorporate them into daily life for improved health and well-being.	30 th May, 2023	One Day Program on Alternative Therapy in day to Day Life
3.	Honor Legacy and Heritage	Students and Staff	To honor and showcase Gandhian values to the future generation.	5 th August, 2023	One day program: Unveiling of the statue of Mahatma Gandhi
4.	Gender Health & Equality	Students and Staff	To educate participants about PCOS, its symptoms, management strategies, and lifestyle modifications for better health.	13 th September 2023	One day workshop on Poly Cystic Ovarian Syndrome
5.	Gender Health & Equality	Students and Staff	To promote awareness about the importance of nutrition, literacy, and empowerment	27 th -28 th September 2023	Two days awareness program on National Nutrition Month theme "Suposhit Bharat, Sakshar Bharat, Sashakt

			for a healthier and stronger India.		Bharat"
6.	Gender Health & Equality	Students and Staff	To equip participants with knowledge and practical tools to enhance their mental well-being and build resilience for a joyful life.	11 th October, 2023	Workshop on Mental well-Being and Resilience : A way to live joyfully
7.	Women Science and Technology	Academics, researchers, policymakers , students, NGOs, community leaders, and other stakeholders interested in women's empowerment and rural development .	To explore and promote the role of science and technology in empowering women and advancing rural development, in collaboration with the National Academy of Science.	13-14 October, 2023	National Conference on Science and Technology for Women Empowerment and Rural Development in collaboration with National Academy of Science
8.	Women Empowerment	Students and Staff	Discussion on the incident of violence against girls and women. Interactive session with students by network partners on violence against women. Motivating students to express their point of view on violence through various art	25 th November, 2023	International Day for the Elimination of Violence Against Women

			methods like poem, painting and essay.		
9.	Gender Equality	Students and Staff	Understanding the Law and Its Implementation	14 th -15 th December, 2023	Two days workshop on Sexual Harassment of Women at workplace (Prevention, Prohibition and Redressal) Act, 2013
10.	Gender Equality	Teaching Staff	To educate participants on gender budgeting and empower women in the environment and forestry sector through knowledge sharing, capacity building, and strategic planning.	12 th January, 2024	Workshop on Gender Budgeting and Women Empowerment in Environment and Forestry Sector
11.	Women Safety	Students and Staff	Workshop on the Development of Gender Audit tool	8th February, 2024	Participatory Gender Audit Programme
12.	Women Empowerment	Students and Staff	To bring into discourse the challenges faced by women to different sectors	7 th March, 2024	National conference on Women Scientist Round Table Women for Scientific Social responsibility (WSSR)

Brief Reports of Programs

One Day Workshop on Stimulating Social Responsibility Through Community Engagement in Higher Education



29th April, 2023

Background

A one day workshop was organized by Centre for Woman Studies , Pt. Ravishankar Shukla University on, “Stimulating social responsibility through Community Engagement in Higher Education”.

Objectives of Workshop

1. Disseminate the findings of Bridging Knowledge Culture (BKC) project.
2. To develop understanding of CBPR methods.
3. Improving student learning outcomes through community research.

Workshop Report

Engaged Learning is a type of education that put classroom skills and knowledge into practice while serving your community. Engaged learning extends education outside of the formal classroom through research, internships, experiential learning, and community based learning. To better understand the potential of engaged learning in improving student learning outcomes and encouraging students to pursue community research, a one day work shop was organized to develop the understanding of a community-based research .

The execution of workshop was planned in the following two sessions.

Session 1

-  **Welcome Address-** Prof. Priyamvada Srivastava, Associate Director, CWS, Pt. RSU
-  **Speaker -** Prof. B. Hasan, Director, Regional Studies, Pt. Ravishankar Shukla University, Raipur.
-  Question Answer hour

Session 2

-  **Welcome Note-** Prof. Priyamvada Srivastava, Associate Director, CWS, Pt. RSU
-  **Speaker-** Dr. Anuradha Chakraborty, Guest Faculty, CWS, Pt. Ravishankar Shukla University, Raipur.
-  Question Answer hour
- Concluding Remarks-Concluding Remarks

Session 1

Welcome Address- Prof. Priyamvada Srivastava, Associate Director, CWS, Pt. RSU

Speaker - Prof. B. Hasan, Director, Regional Studies, Pt. Ravishankar Shukla University, Raipur.

Prof. Priyamvada Srivastava, Associate Director, CWS gave the opening remarks. She encouraged the participants for doing community research for bringing a positive change in the society. She briefed the activities of Sangawari hub for “Bridging Knowledge Culture”. She highlighted about the various workshops and conferences organized by the department and about the projects done through out the year.

The first speaker of the workshop was Prof. B. Hasan, Director, Regional Studies, Pt. Ravishankar Shukla University, Raipur. He addressed the participants and talked about the steps and methods of community based participatory research .The speaker emphasized that a research planning is very important before we start any community research. For good research it is very important to design a research tool in context of the community. Experienced persons of the community should be involved while making the tools for research for better adaptability in terms of local language and customs. He explained that in social science research developing a research question, often based on a topic of interest or community issue. The next phase involves developing a conceptual or working definition, which is a broad notion that transforms the topic of the study into a concept that is more data focused. The participants were given hands on training of preparing schedule for collecting the research data. They were also trained about the various CBPR methods of data collection such as art based methods, focused group discussion, story telling etc to generate relevant informations for conducting a community research.

OUTCOMES OF THE WORKSHOP

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| <ul style="list-style-type: none">• The participants gained knowledge about the importance of community research and how to connect the community knowledge with the academia. |
| <ul style="list-style-type: none">• Key steps of Community Based participatory research discussed were-Community Entry- Identification of the issue. |
| <ul style="list-style-type: none">• Participants recruitment and retention |

-  Research design
-  Data Collection
-  Data Analysis and Reporting
-  Dissemination of Result

Participants gained knowledge about the research tools. In this the participant were trained to frame the questions for data collection. The participants were allotted time and were asked to form a questionnaire as per their research topic. They learnt to frame dichotomous questions, open-ended questions, multiple choice questions, rank order questions and rating scale questions

Participants learnt about the process of asset mapping that includes identifying the institutions, individuals, and citizen associations existing within communities that serve as positive resources. Approaching individuals and communities from an asset-based mentality empowers them to recognize their own strengths and capacities.

Research methods adopted in Community based participatory research such as interview, focus group dissection , art based methods, participatory research etc. were discussed in details. Workshop increased participants knowledge about the CBPR methods.

Session 2

Welcome Note-Prof. Priyamvada Srivastava, Associate Director, CWS, Pt. RSU

Speaker-Dr. Anuradha Chakraborty, Guest Faculty, CWS,Pt. Ravishankar Shukla University, Raipur

The second speaker was Dr. Anuradha Chakraborty, Guest Faculty, CWS, Pt. Ravishankar Shukla University, Raipur. She addressed the participants and the community members and shared the results of the project completed for Bridging knowledge culture for knowledge for change(K4C) entitled ,”Study of Maternal Health Care: A Community Perspective”.

The purpose of the study was explained. The various steps and methods adopted for conducting the study was discussed. For conducting the study community entry was done

through the programmes of NSS which was going on in the villages. The community appraisal projects conducted under NSS facilitated academia to be a part of the community and to bridge the gap between the academia and community knowledge. The research team collected relevant information about the community practices regarding maternal health care. Various Government schemes for maternal health care are being carried out for safe motherhood. The schemes are being adopted by the community due to the awareness created among them by the health care workers. The community people have their traditional methods and practices of maternal health care .

Further it was elaborated how maternal health is being preserved in rural Chhattisgarh communities through a variety of rituals and cultural standards, like food, hygiene, and daily routines that the mother is expected to adhere to both throughout pregnancy and after giving birth. The foods that are prepared and consumed contain dietary information from the community.

Community under study have preference and avoidance of certain food items during pregnancy and post delivery period that are strictly followed by the community members. The community under study followed the concept of cold food and hot food for maternal health care. Some of the food preference practices were in concordance with the ayurvedic principles while some were contrasting, which might be a possible reason of micronutrient deficit among them. The information's collected by the study was shared with the participants of the workshop and with the community members.

It was further explained that in the rural communities of Chhattisgarh, pregnancy is not seen as a special period in a woman's life. It is thought of as an everyday part of existence. Women continue to perform manual labour in the home and in the fields. Being physically active throughout pregnancy is thought to facilitate a quick and easy birth. the community people prefer to eat less during pregnancy as they believe that eating full belly during this period will result in larged sized foetus which will result in c-section delivery rather than a normal delivery.

During pregnancy period women eat locally available food such as seasonal fruits,

vegetables, rice, curd and various kinds of decoctions made with regional medicinal plants as per their elders' recommendations. Considering that green leafy vegetables constitute a staple food of their traditional diet and are high in iron, they believe this to be adequate. They refrain from consuming extra IFA supplements.

It was emphasized that regular communication and interaction can promote the importance of taking supplements, ANC check-ups, especially in light of the anaemia among women and children, and eradicating misconceptions about caesarean deliveries. This type of study can empower communities by sharing knowledge back with them and creating awareness of existing government schemes and programmes. The community's knowledge of maternal health care can be expanded by regular involvement between the community's universities and health professionals. Knowledge is ultimately bridged via relationships. The fundamental process of knowledge development is socialisation. People's interactions provide communities with a platform on which to share and develop new knowledge.

In the second half of the work shop the participants learn about-

OUTCOMES OF SESSION 2

<ul style="list-style-type: none"> • This workshop provided a learning platform where the participants gained knowledge about the essential steps required for planning and conducting a community research. • Steps of community entry. • Identification of the issue. • Approaching the research partners. • Various methods employed in community research. 	<ul style="list-style-type: none"> • The workshop enhanced the participants understanding about the community engagement in higher education and its impact on social responsibility. • Workshop served as a platform for knowledge exchange and learning from peers encouraging the participants to explore innovative approaches in community research.
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GLIMPSES OF THE PROGRAM



ONE DAY PROGRAM ON ALTERNATIVE THERAPY IN DAY TO DAY LIFE on 30th MAY, 2023

Speakers- Amit Kumar and Sudha Yadav from Banaras Hindu University

The Women's Studies Center organized an enlightening workshop on Yoga and Wellness, addressing solutions to various health-related issues such as obesity, heart disease, blood pressure, joint pain, back pain, and asthma. Esteemed experts Amit Kumar and Sudha Yadav from Banaras Hindu University were invited to lead the program.

Amit Kumar and Sudha Yadav emphasized that practicing the yogic asanas regularly helps to gain the transformative power. They explained that daily yoga practice can significantly reduce the risk of many chronic diseases, improve overall health, and enhance quality of life. They highlighted the importance of incorporating exercise and yoga into one's daily routine to maintain optimal health.

The workshop provided an in-depth exploration of several key yoga practices, including:

- **Pranayama:** Techniques for controlling breath to enhance physical and mental well-being. Benefits such as improved lung function, reduced stress, and better cardiovascular health.
- **Shashankasana (Rabbit Pose):** Methods for performing this pose, which helps in relieving stress and enhancing flexibility in the spine.
- **Bhujangasana (Cobra Pose):** Instructions on executing the pose correctly to strengthen the back muscles and alleviate lower back pain. Additional benefits include improved digestion and stress reduction.
- **Surya Namaskar (Sun Salutation):** A sequence of twelve powerful yoga poses that provide a complete body workout. Benefits such as improved circulation, flexibility, and mental clarity is observed by practicing these asanas.

Outcome

Participants were inspired by the workshop to adopt yoga as a daily practice. The experts underscored that individuals who neglect physical exercise and yoga are more prone to

health issues. Through consistent yoga practice, participants can improve their physical fitness, mental clarity, and emotional stability.

The session concluded with a call to action, encouraging all attendees to integrate yoga into their daily lives to experience its profound benefits. The workshop successfully motivated participants to prioritize their wellness through yoga, promoting a holistic approach to health and well-being.

GLIMPSES OF THE PROGRAM



ONE DAY PROGRAM ON UNVEILING OF STATUE OF MAHATMA GANDHI AT PT.RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR

The statue of father of the Nation, Mahatma Gandhi was unveiled at Pt.Ravishankar Shukla University, Raipur on 5th August, 2023 in which Dr. Charan Das Mahant, Speaker, Chhattisgarh Vidhan Sabha was present as the Chief Guest, Shri Satyanaraya Sharma, Raipur Rural (MLA, Raipur and Ex. Minister) was present as Special Guest. The ceremony was presided by Prof. Sachchidanand Shukla, Vice Chancellor of Pt. Ravishankar Shukla University, Raipur. Other eminent guests present during the occasion were included Shri Gurumukh Singh Hora, Shri Pankaj Sharma, Shri Swarup Chand Jain, Suresh Shukla, Ajai Tiwari and Dr. Shailendra Patel, Registrar of the university. The statue of Mahatma Gandhi, erected at the central Garden of the University, has been donated by Shri Styanarayan Sharma and Dr. Rajeev Sharma (Mumbai) in memory of their grandfather Padmabhushan Pt. Jhabharmal Sharma.

On this occasion Prof. Reeta Venugopal, Director, Centre for Women's Studies of the University and Coordinator of the program welcome the Guests. She highlighted that Mahatma Gandhi was a visionary leader and his philosophy was inclusive growth where the entire spectrum of society should be lined at par and given equal opportunity of growth with special reference to women. She further added that the various activities of Centre for Women's Studies revolve around the Gandhian core value. Philosophy which emphasized women empowerment, dignity of labor, rural development.

Dr. Charan Das Mahant in his address observed that the ideals of Gandhian Philosophy still retain their reference to all and considered as universal. He further added that the ideology of Mahatma Gandhi has been accepted globally and he cited the examples of Martin Luther King, Nelson Mandela Aung San Suu Ky and Dalai Lama, among others. He expressed his hope that the presence of statue of Mahatma Gandhi in the premises of the University will inspire the students to adopt the Gandhian values in their day to day life.

Prof. Sachchidanand Shukla Vice Chancellor of the University observed that Pt. Ravishakar Shukla from whom University takes its name was a Gandhian and installation of the statue of Father of the Nation in the Univeristy campus is a dream come true. He extended deep

appreciation to Shri Satyanarayan Sharma for his keen interest in donating the statue. He stressed that Gandhian Philosophy of truth, non violence, love and harmony embodies the values that are deep rooted in ancient Indian. He reiterated that the installation of statue will serve as an inspiration to the students and staff of the university.

The program was concluded with the vote of thanks by Dr. Shailendra Patel, Registrar, of the University. The ceremony was graced by Prof. Priyamvada Shrivastava, Prof. Aditi Poddar, Prof. Preeti K. Suresh, Prof. Rohini Prasad, Prof. K.K. Ghosh and other faculty members & students. The program was compered by Dr. Anuradha Chakraborty and supported by Dr. Aniksha Varoda and Shri Keyoor Bhushan Rao.

GLIMPSE OF THE PROGRAM



One day Health Awareness Program on Poly Cystic Ovarian Syndrome in Collaboration with SOS in Physical Education and AIIMS Raipur

A one-day national webinar under the umbrella of online health awareness program on the topic "Poly Cystic Ovarian Syndrome (PCOS)" was organized by the Centre for Women's Studies and School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur on 14.09.2023 from 11.00 am to 3.00 pm. Dr. Priyamvada Shrivastava Co-Director, Centre for Women's Studies, welcomed the expert of the program Dr. Gaivee Vinam Meshram, Junior Medical Officer (Department of Obstetrics & Gynaecology) from Indian Institute of Medical Sciences, Raipur. In the webinar very important information was given by the expert regarding the symptoms of PCOS and also discussed about the measures to be taken for its prevention. In our country, this problem is being seen in about 70-80 percent of women and the disease is most common among the females in the age group of 18-40 years and the interesting fact is that most of women are not aware about it. Even today, there is a lack of information related to PCOS in our country, so it is very important to bring awareness about the diseases especially amongst the youth. If information about PCOS is received at the right time, then its treatment is possible.

The easiest way for this is to do self-examination. Apart from this, women and girls between the age of 18 to 40 years should get tested by the doctor once every year. After the age of 20 to 35, the possibility of PCOS also increases. She also points out that if the women see any symptoms like absence of menstruation for two months, excessive hair fall, darkening of the skin, acne, obesity etc., then definitely she had to consult the doctor. Also, women should not be careless in whose family this problem is already exists, because it increases the risk of genetic cases.

Dr. Gaivee Vinam Meshram described about the symptoms of PCOs and insisted to intake Balanced diet rich in both the micronutrients (Zinc, Copper, Iron, Magnesium) and macronutrients (Carbohydrates, Proteins, Fats and Vitamins) in food. She also talked about the importance of physical exercise, balanced diet, relaxation and mental stress

management. At the same time, she also gave information that there is a counselling cell in AIIMS Raipur for PCOS where its treatment has been given to the patients. Dr. Reeta Venugopal, Director, Centre for Women's Studies shared her views about the importance of physical exercise so that the problem of PCOS can be corrected to some extent. At the end of the program questions were also raised by the participants. After the program many questions were asked by the which were answered by the team of experts. Vote of thanks was given by Aniksha Varoda Research Assistant Centre for Women's Studies

GLIMPSE OF THE PROGRAM



**Two days awareness program on National Nutrition Month
theme "Suposhit Bharat, Sakshar Bharat, Sashakt Bharat"**



**महिला अध्ययन केन्द्र
पं.रविशंकर शुक्लविश्वविद्यालय, रायपुर (छ.ग.)**

**राष्ट्रीय पोषण माह (01-30 सितम्बर) एवं अंतर्राष्ट्रीय मिलेट्स
वर्ष 2023 के उपलक्ष्य में**

**दो दिवसीय पोषण जागरूकता कार्यक्रम
एवं मिलेट्स प्रदर्शनी**

“सुपोषित भारत, साक्षर भारत, सशक्त भारत”

दिनांक - 27 एवं 29, सितम्बर 2023 दोपहर 3.00 बजे

**स्थान- सेमीनार हॉल, कला भवन पं.रविशंकर
शुक्लविश्वविद्यालय, रायपुर (छ.ग.)**



To celebrate **International Day of Millets, 2023** and to mark **The National Nutrition Month (September 1-30)**, the Centre for Women's Studies at Pt. Ravishankar Shankar Shukla University organized a comprehensive two-day nutrition awareness program, featuring a millets exhibition and a millets recipe competition. The event commenced with the university anthem, followed by a formal welcome for the esteemed guests. The program saw the enthusiastic participation of over 150 teachers, students, and other university members.

The program was graced by prominent figures:

- Prof. Sachchidanand Shukla, Vice Chancellor, Pt. Ravishankar Shankar Shukla University Raipur as Chair person
- Prof. Reeta Venugopal, Director of the Centre for Women's Studies as key note speaker.
- Prof. Abhaya Joglekar, Home Science Department, Government DB Girls College Raipur as speaker.
- Prof. Vasu Verma, Home Science Department, Government DB Girls College Raipur as a speaker.
- Dr. Anuradha Chakraborty, Guest Faculty, CWS, Pt. Ravishankar Shukla University, Raipur as a speaker.
- Dr. Rashmi Singh, Assistant Professor, Balod College Arjunda, Chhattisgarh as a speaker.

Prof. Reeta Venugopal, Director of the Centre for Women's Studies, delivered an inspiring keynote address. She emphasized the importance of celebrating Nutrition Month and highlighted the numerous health benefits of millets. Prof. Venugopal stressed that maintaining a balanced diet is crucial for good health. She specifically addressed women's health, noting that when women take care of their health, they are better able to ensure the well-being of their families. She encouraged women to be mindful of their nutritional intake, particularly by incorporating millets into their diets. Millets, she explained, can be used in traditional recipes to enhance overall health.

Program Highlights

- **Workshop Session with the invited speakers**
- **Millet Exhibition:** A showcase of various types of millets and their nutritional benefits was exhibited for the audience. . The exhibition aimed to educate participants about the versatility and health advantages of these ancient grains.
- **Millet Recipe Competition:** Participants demonstrated their culinary skills by creating innovative and nutritious millet-based dishes. The competition highlighted the culinary potential of millets and inspired attendees to incorporate these grains into their diets.

About the Sessions

The two-day event successfully raised awareness about the nutritional benefits of millets and promoted healthy eating habits. The program underscored the pivotal role of women in family health and nutrition, reinforcing the message that good health starts with informed dietary choices.

Prof. Abhaya Joglekar delivered an insightful presentation on the topic "Millets Power Healthy People." She covered the history of millets, their numerous health benefits, and their role in preventing diseases and disorders. She also provided practical advice on how to incorporate millet-related grains such as millet, kutki, kodo, kangni, chena, ragi, and sawa into daily diets, emphasizing their usefulness and versatility.

Prof. Vasu Verma discussed the various types of greens found in Chhattisgarh and their compatibility with a millet-based diet. She explained that consuming vegetables alongside different types of food can significantly enhance health. Professor Verma highlighted the protein and vitamins present in millet-related products and how they contribute to disease prevention and overall wellness.

Millets Exhibition Inauguration

The Vice Chancellor inaugurated the Millets Exhibition, which showcased an array of food and food products made from millets. The exhibition featured items such as laddu, chikki, kheer, papad, sweets, dhokla powder, Italian powder, modak, noodles, pasta, and millet bread. Each item demonstrated the usefulness and nutritional value of millets in various culinary applications.

Millets Recipe Competition

A Millets Recipe Competition concluded the event, featuring over 25 participants from various university departments. Participants showcased a diverse range of innovative millet-based dishes, including modak, laddu, Italian cuisine, dosa, biryani, khichdi, cake, kutki, upma, millet bread, summer drinks, mustard, momos, appe, cheela, bhel, and traditional Chhattisgarhi thalis. Participants also elaborated on the health benefits of their creations, promoting the nutritional advantages of millets.

Participants explained the health benefits of their millet dishes and the nutritional advantages they offer. The competition not only highlighted the culinary versatility of millets but also emphasized their significance in promoting healthy eating habits.

Dr. Anuradha Chakraborty, Assistant Professor (guest), Centre for woman Studies, Pt. RSU, provided an in-depth analysis of millet-based food products, emphasizing their benefits in managing chronic diseases such as colon cancer, osteoarthritis, rheumatoid arthritis, diabetes, and gallbladder stones. She highlighted that millets are rich in probiotics, which contribute significantly to health. Dr. Chakraborty noted that the use of millets dates back over ten thousand years and is prevalent not only in India but also in Europe and African countries.

Dr. Rashmi Singh, Assistant Professor at Balod College Arjunda, Chhattisgarh, spoke on the importance of a balanced diet. She explained the daily requirements of proteins, vitamins, calcium, and carbohydrates necessary for maintaining optimal health.

Outputs of the programme

The two-day event successfully raised awareness about the nutritional benefits of millets and promoted healthy eating habits. The program underscored the pivotal role of women in family health and nutrition, reinforcing the message that good health starts with informed dietary choices.

Highlight of the program

- A diverse showcase of various types of millets and their nutritional benefits.
- The exhibition educated participants about the versatility and health advantages of millets.

- Displayed millet-based products such as laddu, chikki, kheer, papad, sweets, dhokla powder, Italian powder, modak, noodles, pasta, and millet bread.
- Featured over 25 participants from various university departments.
- Participants demonstrated culinary skills with innovative and nutritious millet-based dishes.
- Dishes included modak, laddu, Italian cuisine, dosa, biryani, khichdi, cake, kutki, upma, millet bread, summer drinks, mustard, momos, appe, cheela, bhel, and traditional Chhattisgarhi thalis.
- Participants elaborated on the health benefits of their dishes, promoting the nutritional advantages of millets.



Outputs of the program

- Successfully raised awareness about the nutritional benefits of millets among participants.
- Promoted healthy eating habits through educational displays and competitions.
- Highlighted the pivotal role of women in family health and nutrition.
- Reinforced the message that good health starts with informed dietary choices.
- Demonstrated the versatility of millets in various culinary applications.
- Provided participants with practical advice on integrating millets into their daily diets.
- Shared recipes and culinary techniques to make millet-based dishes appealing and nutritious.
- Inspired attendees to incorporate millets and a variety of greens into their diets for enhanced health benefits.

Concluded with the distribution of certificates and mementos to participants, recognizing their contributions and encouraging future engagement in nutritional initiatives.



GLIMPSE OF THE PROGRAM



Workshop on Mental Well-Being and Resilience : A way to live joyfully on 11th October, 2023

- Opening Speaker – Prof . Priyamvada Srivastava , Associate director , CWS
- Guest Speaker – Ms. Glasika Verma, Radical Transformation Leadership

Mental health awareness workshop was organized by Centre for Women's studies and Radical Transformation Leadership. The workshop covered topics such as stress management, self care, coping skills and identifying and addressing mental health concerns. Through interactive sessions and practical tools, participants gained a better understanding of mental health and ways to foster a safe and inclusive learning environment. The workshop covered dimensions such as building resilience, practicing empathy, ways to face emotional exhaustion and depletion, setting boundaries, managing social anxiety and practicing emotional self-management.

The Centre for Women's Studies, in collaboration with Radical Transformation Leadership, recently organized a comprehensive Mental Health Awareness Workshop. This workshop addressed crucial topics such as stress management, self-care, coping skills, and identifying and addressing mental health concerns.

The interactive sessions and practical tools provided during the workshop were designed to help participants gain a deeper understanding of mental health issues and develop strategies to create a safe and inclusive learning environment.

The workshop encompassed various dimensions of mental health, focusing on the following key areas:

Building Resilience:

- Techniques to enhance personal resilience and adaptability in the face of challenges.
- Strategies to strengthen mental fortitude and perseverance.

Practicing Empathy:

- The importance of empathy in fostering supportive relationships.
- Methods to cultivate empathy towards oneself and others.

Facing Emotional Exhaustion and Depletion:

- Recognizing signs of emotional burnout.
- Effective ways to restore emotional energy and prevent long-term depletion.

Setting Boundaries:

- The significance of setting healthy boundaries in personal and professional life.
- Practical steps to establish and maintain boundaries to protect mental well-being.

Managing Social Anxiety:

- Understanding social anxiety and its impact on daily life.
- Techniques to manage and reduce social anxiety symptoms.

Practicing Emotional Self-Management:

- Tools and practices for regulating emotions and maintaining emotional balance.
- Approaches to manage stress and anxiety through mindfulness and self-awareness.

Participants left the workshop equipped with valuable insights and actionable strategies to manage their mental health effectively. The workshop emphasized the importance of mental well-being and provided a platform for participants to share experiences, fostering a supportive community focused on mental health awareness and improvement.





National Conference on **Science & Technology for Women Empowerment and Rural Development**

13-14 October 2023



The National Conference on “Science & Technology for Women Empowerment and Rural Development”, will be jointly organized by Centre for Women’s Studies, University Institute of Pharmacy, and School of Studies in Biotechnology Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, and National Academy of Sciences (NASI), Allahabad, Uttar Pradesh, during 13-14 October 2023. Women empowerment refers to increasing the spiritual, political, social or economic strength of women. An important factor in achieving these reforms will be a greater presence of women in decision-making bodies, be they scientific or political. The voice of women in governance is essentially required to create the political will essential to bring about changes that will benefit all of society. India is celebrating progressive 75 years of India after independence with “Azaadi Ka Amrit Mahotsav” and promulgating mission of warranting women as “Empowered Women Empowered Nation”

India is an agrarian economy with about 54.6% of total workforce engaged in agriculture. According to an estimate, about 41.8% of rural females participate as workforce, while only 35.3% of urban women. Hence, rural women can be tagged as “torchbearers” for social, economic and environment transformation for the New India. There are roughly 350 million women in rural India, who move from the villages to the cities in search of jobs now-a-days, hence; are left behind to fend for themselves and their families. Such women have the potential to contribute to the economy, besides generating an income for themselves and

their families. In India, reforms have been underlined for holistic development of women, enabling socioeconomic and health security. Since Independence, several flagship schemes and programmes have been initiated by the Government to improve status of rural women in society by creating livelihood opportunities. Even though, a lot effort has to be still done to make the rural women techno empowered and scientifically skilled, which will make this country an “Empowered Nation”, in real sense.

Keeping in mind, proposed Conference has been planned with objectives like; exploring roles/ priority areas of science & technology for women empowerment and rural development in terms of enhancing livelihood opportunities, quality of life, new opportunities in agriculture and farm production, relieving burdens, prioritizing health safety, fostering entrepreneurship opportunities, and improving occupational health. In this Conference, a total of one Keynote address and eight different Invited Lectures covering both the theme will be delivered by eminent scientists and academicians from all around India. A significant number of faculties, research scholars, postgraduate and graduate students will deliver poster presentations. We hope that all the delegates and concerned persons will have a technically rewarding experience during this Conference.

The Program

Aim is to create a more inclusive, equitable, and empowered society where women play a pivotal role in driving positive change at various levels - from the grassroots to the national stage. Pt. Ravishankar Shukla University, Raipur, organized a Two-Days National Conference on “Science & Technology for Women Empowerment and Rural Development” during 13-14 October 2023. The conference aimed to bring the views of experts, researchers, academia, and students to the fore front, with the purpose of fostering an environment of intellectual growth, collaboration, and innovation. Through the dissemination of research findings and the exchange of ideas, we aspire to contribute towards collective effort of empowering rural women in India and creating a more inclusive and equitable society.

Inaugural Session

The Inaugural Function of the conference was hosted by **Dr Bhanushri Gupta**, Assistant Professor, Centre for Basic Sciences, PRSU, and was began with a Ceremonial Lamp Lighting, followed by the Kulgeet of the University. This function was led by **Prof Keshav**

Kant Sahu, Convener of the Conference and Head, School of Studies in Biotechnology, PRSU. Distinguished guests including **Prof Sachchidanand Shukla**, Hon'ble Vice-Chancellor, PRSU; **Mr SS Bajaj**, Director General, Chhattisgarh Council of Science & Technology, Raipur; **Dr Rajendra Dobhal**, Vice-Chancellor, Shree Rama Himalayan University, Dehradun; **Dr Niraj Kumar**, Executive Secretary, NASI, Allahabad; **Prof Paramjit Khurana**, Department of PMB, Delhi University, South Campus; **Dr Pratibha Jolly**, Former Principal, Miranda House, Delhi University; **Dr SJ Dhararwal**, Director, University Institute of Pharmacy, PRSU; **Prof Reeta Venugopal**, Coordinator, Centre for Women's Studies, PRSU; **Padma Bhushan Dr Manju Sharma**, Past President, NASI and Former Secretary to the Govt of India, Department of Biotechnology; **Padma Shri Prof Balram Bhargava**, President, NASI and Chief of the Cardiothoracic Centre of AIIMS, New Delhi; and **Ms Archana Pant**, YWS, NASI, Allahabad. Their warm welcome set the tone of the conference.

Prof Keshav Kant Sahu, Co- Convener of the Conference, delivered a warm welcome address, followed by **Prof Sachchidanand Shukla**, who emphasized the pivotal role of women in science and technology and their progress in the field. **Dr Niraj Kumar** shed light on the initiatives of NASI aimed at addressing challenges faced by women, including programs focused on science communication and education. **Prof Paramjit Khurana** highlighted the various training programs, especially for women from underprivileged backgrounds, and grants aiding schedule tribe women in regions like Uttarakhand and Jharkhand.

Prof Pratibha Jolly delivered Key-Note address entitled **Rural Women: Science and Technology for an Equal Future**. She eloquently discussed evolving goals in changing times, the mantra of innovation, and how rural India was outpacing its urban counterpart. She emphasized a smart future through participatory action and women's engagement. She also touched upon global challenges and the heightened vulnerability of women during natural disasters.

Mr SS Bajaj Sir spoke passionately about the invaluable contributions of women and their significance in various spheres. **Padma Bhushan Dr Manju Sharma** provided special insights into the endeavors of NASI. The inaugural address of **Padma Shri Prof Balram Bhargava** left an indelible mark, and inspired all the participants. At the last, **Ms Archana Pant** extended a gracious vote of thanks, marking a fitting conclusion of the inaugural function.



First technical session

The first technical session focused on Women Empowerment was Chaired and Co-Chaired by **Prof Preeti K Suresh** and **Dr Manju Singh** respectively of University Institute of Pharmacy, PRSU. In this session, first Invited Talk was delivered by **Prof SR Joshi** from Department of Biotechnology, North Eastern Hill University, Shillong. Title of the lecture was **Rural Women Empowerment and National Development: Role of Science and Technology in Tribal Society of North-East India**. He highlighted women's involvement in science and technology, discussed DST initiatives for women, and emphasized Northeast perspectives. He also talked about empowerment programs like vermicomposting, mushroom cultivation, and their positive impact on rural communities, along with the benefits of fish farming.

The second Invited Speaker, **Prof Neelam Sangwan** from Central University of Haryana, Mahendergarh, spoke on **Women in STEM: Expanding Horizons**. She discussed the status of women in science and innovation, highlighted notable female Nobel laureates, and emphasized the potential of plant-based natural products in healthcare. **Prof Sangwan** underscored the lifesaving properties of several plant-based products.

Second Technical Session:

In the second technical session, Prof. Priyamvada Shrivastav, Head, School of Studies in Psychology, PRSU, was present as Chairperson, and Prof. Reeta Venugopal, Director, Centre for Women's Studies, PRSU was present as Co-chairperson. In this session, **Dr N Ranjana**, Director, DSTA, DRDO, New Delhi, served as the first Invited Speaker, who gave a lecture on "**Defence Research & Development: Women Scientists as Harbingers ofChange**". In her lecture, she emphasized that women empowerment is a crucial aim, as it contributes equally to growth and development of the nation. **Dr Ranjana** also discussed about contributions of women in the Chandrayan Mission and their role in driving the economy through advancements in science and technology, which plays a pivotal role in building future of our nation.

Dr Subhra Chakraborty, Director, NIPGR, New Delhi, delivered second Invited Lecture on the topic "**Transforming Lives: Plant Science in Bio-economy**". She talked solely about empowering women. By spotlighting the accomplishments of eminent women scientists who had received Nobel Prizes, she underscored their substantial contributions to plant science within our nation. This recognition not only celebrated their achievements but also served as an inspiration for aspiring women scientists, furthering the cause of women empowerment in the field of science and beyond.

Thereafter, **Prof Sunil Bhagwat**, Director, IISER, Pune, addressed the vital aspect of rural development through the topic "**Electricity is Regularly Essential for Chilling**", as third Invited Speaker of this technical session. He emphasized the consistent requirement for electricity, especially in crucial processes such as chilling and pasteurization processes of milk. Additionally, **Prof Bhagwat** explored the potential of solar-based air conditioning systems in India, aligning with the broader goals of rural progress and sustainability.

Poster Presentation:



First day culminated with the exhibition of 34 posters. **Dr Deependra Singh**, Associate Professor, University Institute of Pharmacy, PRSU; **Dr Amber Vyas**, Associate Professor, University Institute of Pharmacy, PRSU; **Dr Vishal Jain**, Associate Professor, University Institute of Pharmacy, PRSU; and **Dr Indrapal Karbhal**, Assistant Professor, School of Studies in Chemistry, PRSU; and **Dr Nagendra Chandrawanshi**, Assistant Professor, School of Studies in Biotechnology were the evaluators of the displayed posters.

The program came to an end with the distribution of certificates to the Chairpersons, Co-chairpersons and evaluators. Students were highly benefited from the inspirational lectures of distinguished speakers during the course of the scientific sessions and this served as a vector for their future endeavors.

Day-2:14 October 2023

The second day of the conference was initiated with the third technical session.

Third Technical Session:

Prof Aditi Poddar, School of Life Sciences, PRSU, and **Prof Ashok Pradhan**, School Studies in Anthropology, PRSU, were served as Chairperson and Co-chairperson respectively of third technical session. Invited speaker **Dr Rajendra Dhobal**, Vice-Chancellor, SRH University, Dehradun, spoke on "**Rural Entrepreneurship- Promotion for Regional Economic Growth**". He informed about various experiments and programs conducted and successfully completed by him regarding women empowerment, especially in rural areas, and encouraged the students to pursue entrepreneurship.

Fourth Technical Session:

The fourth technical session was Chaired by **Prof KK Ghosh**, School of Studies in Chemistry, PRSU, and Co-chaired by **Prof Arti Parganiha**, School of Life Sciences, PRSU. Invited speaker, **Dr Deepa Khushalani**, Department of Chemistry, Tata Institute of Fundamental Research, Mumbai, gave an overview of "**Soft Skills for a Career in STEM**". In the lecture, she talked about the importance of soft skills in life. She also stressed how crucial it is for a woman to develop self-confidence and live her own life. The second speaker of the session, **Mr MD Khan**, Senior Consultant, National Institute of Rural Development and Panchayati Raj, Hyderabad, spoke about "**Rural Technology for Women Empowerment and Rural Development**". He talked about various ongoing schemes of Government of India for women empowerment, and also how thousands of people from different communities are involved in the women's welfare system. He provided facts and gave various successful examples of women entrepreneurs.

Fifth Technical Session (Interactive Session):

This session was an interactive session and was Chaired by **Padma Shri Dr Manju Sharma**, Former President of fNASI, and Co-chaired by **Prof Paramjeet Khurana**, Department of PMB, Delhi University, South Campus. In this session, all the Chairpersons and Co-chairpersons like **Dr Preeti K Suresh**, **Prof Reeta Venugopal**, **Prof KK Ghosh**, **Dr Manju Singh**, **Prof Arti Parganiha**, etc., gave brief remarks about various technical sessions of the

conference, and thanked the organizers for conducting this conference.



Two days workshop on Sexual Harassment of Women at workplace (Prevention, Prohibition and Redressal) Act, 2013

14th -15th December, 2023

The Centre for Women's Studies Pt. Ravishankar Shukla University, Raipur, organized an awareness program on the Sexual Harassment of Women at Workplace (Prevention, Prohibition, Redressal) Act 2013 on December 14-15, 2023. The event aimed to educate participants about the Act and foster a safer environment for women in the workplace. Sexual harassment in the workplace is a grave issue that undermines the well-being, dignity, and rights of employees. It includes unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature that creates a hostile or intimidating work environment. Employers have a legal and ethical obligation to prevent and address sexual harassment promptly and effectively. This responsibility entails implementing clear policies, providing training, fostering a culture of respect, and taking swift action to investigate and resolve incidents of harassment.

Inaugural Ceremony:

The program commenced on December 14 at 11:00 am with an inaugural ceremony led by the Honorable Vice Chancellor, Prof. Sachidanand Shukla, and Prof. Reeta Venugopal, Director of the Centre for Women's Studies. The ceremony began with the worship of Mother Saraswati, the lighting of lamps, and the singing of the university's Kulgeet. The event was well-attended by university teachers and approximately 130 students.

In the opening session, Dr. Reeta Venugopal welcomed the participants and the esteemed guests. She highlighted the importance of the program and its objectives. **The keynote speaker**, Dr. Bhupendra Karvande from Government J. Yoganandam, Chhattisgarh College, Raipur, provided an in-depth discussion on the Sexual Harassment of Women at Workplace (Prevention, Prohibition, Redressal) Act 2013. He emphasized the significance of creating a safe workplace environment for women and the role of educational institutions in disseminating information about sexual harassment to female students.

Keynote Address by Vice Chancellor

Vice Chancellor Prof. Sachinand Shukla addressed the audience, emphasizing that sexual

harassment is a sensitive and pervasive issue that negatively impacts society. He underscored the moral responsibility of higher educational institutions to cultivate disciplined and socially responsible youth. Prof. Shukla advocated for integrating moral education into the curriculum to foster respect and sensitivity towards women's rights.

Dr. Bhupendra Karvande further elaborated on the legal framework surrounding sexual harassment in India. He detailed the provisions of the Indian Constitution and the Indian Penal Code related to sexual harassment, including:

Section 354: Outraging the modesty of a woman

Section 354A: Sexual harassment

Section 354B: Assault with intent to disrobe

Section 354C: Voyeurism

Section 354D: Stalking

Sections 375-376: Rape

Section 377: Unnatural offenses

Section 509: Insulting the modesty of a woman

Section 228A: Disclosure of the identity of victims of certain offenses

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act of 2013 widened the definition of workplace and brought the informal sector, including domestic workers, within its ambit. Popularly known as POSH, the Act provides protection to all workers in health, sports, education, as well as in public and private sectors or government institutions and in any place visited by the employee during his employment, including transport.

The Act defines sexual harassment as physical contact and advances, or demands or requests for sexual favours, or lewd remarks, or exposure to pornography or images, or any other unwelcome physical, verbal, or non-verbal conduct of a sexual nature. Any of these acts, whether overt or implied, is sexual harassment under the law. The Act provides an alternative to filing a criminal complaint with the police. The Act mandates employers in the case of a private company, or local government authorities in the case of the informal sector, to constitute a committee to hear complaints, investigate and recommend action

against offenders. The action can range from a written apology to termination.

Under the POSH law, every employer is required to constitute an internal committee (IC) in every office having 10 or more employees. In establishments with less than 10 employees where an IC has not been constituted, or if the complaint is against the employer, or for women employed in the informal sector, the district officer or collector of the state government is required to constitute a local committee (LC) in each district, and if necessary, at the block level. The government is also responsible for developing training and educational material, organising awareness programmes, monitoring the implementation of the law and maintaining statistics on the number of cases filed and disposed of in cases of sexual harassment at workplace.

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Under the POSH Act, every employer is required to constitute an Internal Committee (IC) in every office having 10 or more employees. In establishments with less than 10 employees where IC has not been constituted, or if the complaint is against the employer, or for women working in the informal sector, the District Officer or Collector of the State Government has to constitute a Local Committee (LC) in each district, and if necessary, at the block level. The government is also responsible for developing training and educational

material, organising awareness programmes, monitoring the implementation of the law and maintaining statistics of the number of cases filed and disposed of in cases of sexual harassment at the workplace.

Giving information about the laws, he said that strict laws exist to prevent sexual harassment. Men and other colleagues should talk to women respectfully. No such joke should be made with them which hurts their mind. Desiring sexual favours is sexual harassment. Many strict laws exist to prevent incidents of sexual harassment of women in the workplace, which women should take advantage of.

He said that many rights have been given to women to make the workplace safe for women. In such a situation, if you are also a victim of sexual harassment, then you can complain about it to protect yourself. For this, internet complaint committees are formed in every department where the victim can register her complaint and the victim can ask for help from them.

Dr. Karvande also discussed the Vishaka Guidelines issued by the Hon'ble Supreme Court, which laid the foundation for the current legislation. He explained the objectives of the Act, the formation of Internal Complaints Committees, the procedure for lodging complaints, and the redressal mechanisms.



Interactive Sessions and Activities

Following the detailed discussions, students were divided into groups to participate in various interactive activities related to the prevention of sexual harassment. These activities aimed to engage students and deepen their understanding of the issue.

Day Two: December 15, 2023

The second day of the program saw an enthusiastic turnout of about 100 teachers and staff members from Pt. Ravishankar Shukla University. Dr. Bhupendra Karvande continued his role as the subject expert, delving deeper into the intricacies of the Sexual Harassment of Women at Workplace (Prevention, Prohibition, Redressal) Act 2013. The day concluded with a series of activities designed to reinforce the participants' knowledge and commitment to combating sexual harassment.

The program successfully raised awareness about the critical issue of sexual harassment in the workplace, equipping participants with the knowledge and tools to address and prevent it effectively.

GLIMPSE OF THE PROGRAM







ONE-DAY PROGRAMME ON NATIONAL GIRL CHILD DAY ON 24th JANUARY 2024

The National Girl Child Day, observed on January 24th each year, holds special significance in India as it serves as a platform to raise awareness about the various challenges and inequalities faced by girls in society. This important day was initiated in 2008 by the Ministry of Women and Child Development, in collaboration with the government of India, to address the pressing issues that hinder the growth and empowerment of girl children in the country.

As part of the celebrations, the Centre for Women's Studies at Pt. Ravishankar Shukla University (Pt. RSU) took an active role in reaching out to young girls in the slum areas. They organized an event at "Masti ki Pathshala," a program run by the dedicated NGO, "Roti Bank." This initiative aims to provide support, education, and recreational activities to underprivileged children living in the slums. During the event, the Centre for Women's Studies distributed books and study materials among the girls, encouraging them to embrace education and knowledge. By doing so, they sought to uplift and empower these girls, breaking the barriers that often restrict their access to education and personal growth.

This thoughtful gesture emphasized the importance of education and its potential to transform lives, especially for young girls who often face numerous societal obstacles. The distribution of study materials not only provided practical resources but also sent a powerful message of support and encouragement to these young girls, letting them know that their education matters and that they are valued members of society.

Through such meaningful initiatives, the Centre for Women's Studies at Pt. RSU demonstrated their commitment to creating a more inclusive and equal society, where all girls have the opportunity to pursue their dreams and aspirations without hindrance. By celebrating the National Girl Child Day in this manner, they contributed to building a brighter future for these girls and fostering a society that recognizes and empowers the potential of its female citizens.





Women Scientist Round Table Conference



On

Women For Scientific Social Responsibility (WSSR 2024)

**On the Occasion of
International Women's Day**



Jointly Organized By

Centre for Women's Studies

Pt Ravishankar Shukla University, Raipur, (CG)

&

Shakti Mahila Vigyan Bharti Samiti, Chhattisgarh



Report

Women Scientist Round Table Conference on Women for Scientific Social responsibility (WSSR)

"On the Occasion of International Women's Day, 2024"

International Women's Day 2024 was celebrated with great zeal and enthusiasm in Centre for Women's Studies, Pt. Ravishankar Shukla University, Raipur (C.G.) in collaboration with Shakti Mahila Vigyan Bharti Samiti, Chhattisgarh on 7th March, 2024. On this occasion, "Women Scientist Round Table Conference on Women for Scientific Social Responsibility (WSSR)" was organized in the Seminar Hall of Kala Bhawan. The day was full of events. The celebration started with the inauguration of the Innovation mela. Guest of Honour, Dr. Sudha Tiwari, President, National Shakti and Dr. J. Amudha, Principal Scientist, Biotechnology-Agriculture Science inaugurated the innovation mela. Prof. Pravamvada Srivastava, Associate Director, CWS, Prof. Aditi Poddar, Prof. Preeti K. Suresh, Prof. Kavita Thakur, Prof. Nameeta Brahme, Prof. Arti Parghaniya, Dr. Sunanda Dhenge, Dr. Vinaya along with Shakti members graced the function.

More than 20 female innovators from different districts of Chhattisgarh participated in the innovation fair. Concept of the innovation mela was based on the thought that One of the basic nature of human being is to innovate for better future and livelihood and balance with the nature to survive in the better atmosphere. Female innovators exhibited their products that ranged from Herbal products such as Mahua tea, Nicotine free Purple tea, Mahua laddu, Thikhoor drinks etc., biscuits, cookies and home made Premix Millet products, Tribal Jewelry & Jute Products, Mushrooms, Biodegradable Bamboo Fiber Sanitary Pads, Plants grown in coco pit, Glass Garden, Science Model Stalls under Solar Air Purifier Systems, Oil purifiers, LPG Gas Detector, Weather Monitoring, IOS Based Plant Monitoring, etc. which received great appreciation of people.

This was followed by the inauguration of the Round Table Conference on Women for Scientific Social Responsibility. Opening remarks was given by Prof. Priyamvada Srivastava, Associate Director, Centre for Women Studies and Prof. SoS in Psychology, Pt. Ravishankar Shukla University, Raipur. She talked about the activities of Centre for Woman Studies and about the avenues for empowerment of Women in scientific and social pursuits. She shared

that the Centre for Women Studies started its journey in Pt. Ravishankar Shukla University in 2001 and got recognized by UGC in 2011-12. The center works to educate, train, sensitize and empower students and other stakeholders on the issues related to gender. The certificate courses run by CWS are designed to act as catalyst for promoting and strengthening women through teaching, research, extension work and training.

Dr Anjali Oudhia, Convenor, WSSR and Head of Physics, Govt. Nagarjuna PG college, Raipur addressed the house and shared the concept of the conference and talked about the role of women in the academia, business, research, entrepreneurship and innovation and their contributions in social and scientific responsibility.

Guest of honor, Dr. Sudha Tiwari, President, National Shakti, emphasized that women are born innovators and creators and their contributions make the world a better place to live. She said that women in India should be empowered and the attitude and aptitude of Indian women can inspire the women of the world for being a contributor towards their homes as well as towards the society in every field.

Keynote Speaker, Dr. Amudha, Principal Scientist, Central Institute of Cotton Research, Nagpur shared the contributions of Women in various scientific fields and social developments for the welfare of the society. She further said that women are the main key to shifting their knowledge from one generation to another which plays an important role in building society. She also said that science should diagnose problems by linking labs and experiments.

Women achievers were facilitated for their contributions in scientific and social welfare. Women Scientist Achiever Award was given to Preeti Upadhyay, she contributed for differently abled persons since past 19 years.

Women Inspiration Honor Mrs. Namrata Yadu was awarded Stree Prerna Samman for the contribution in empowering women by training in Mushroom Cultivation. She has contributed in economic growth of farming community. Ms. Deepti Singh received the Swashakti Award for innovation and contribution in Forensic Science. The concept note of WSSR was released in the inaugural session. Inaugural session concluded with the vote of thanks by Dr Chanchal Deep Kaur, Organizing Secretary, WSSR.

After the inaugural session the technical sessions of Round table conference started with a concept to share scientific ideas to work for the betterment of society. Mentors shared their

ideas for planning new research works for bringing a positive social change in the society around us. First technical session was chaired by Dr Swarnlata Saraf, Prof., University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur. *She said that research should focus on* empowering women to generate a strong concept of service to the nation and society as a whole. Dr. J. Amudha. Principal Scientist, Central Institute of Cotton Research, Nagpur shared the contributions of Women in various scientific fields and social developments for the welfare of the society. Technical session two and three had four panelist each.

The mentors shared their ideas and the avenues as per their expertise on scientific work experience which is compiled as the conference proceedings in the following section-

- ✚ Hands on training on sophisticated instruments for technology awareness
- ✚ Hands on training on IOT/ ArduinoIOTProjects/ Circuit based Modules for technology transfer
- ✚ Mental Wellness awareness
- ✚ Physical fitness awareness and training
- ✚ Herbal products innovation
- ✚ Eco Tourism for entrepreneurs
- ✚ Cyber Crime for technology awareness
- ✚ Awareness for Drug abuse
- ✚ Entrepreneurship

The mentors shared their ideas and the avenues as per their expertise on scientific work experience which is compiled as the conference proceedings in the following section-

Prof. Nameeta Brahme, SoS in Physics and Astrophysics, Pt. Ravishankar Shukla University, Raipur shared her expertise on working with sophisticated instruments for technology awareness. Her field of research is materials science and the SoS Physics and Astrophysics is one of the best department in Chhattisgarh where all the sophisticated instruments are available. She elaborated how TGA analysis can be useful for the study of thermal analysis of housing materials. PL analyze the potential of more economic and efficient materials for fabrication of LED. TL analysis will be helpful in determining dosimetry applications, along

with it Dating ancient bones and artifacts for anthropological and archaeological studies related to ancient sites as Chhattisgarh is rich in Ancient Heritage.

Prof. Kavita Thakur, Prof. & Head, S.o.S. in Electronics & Photonics, Pt. Ravishankar Shukla University, Raipur. She has research expertise in Speech, Image & Biomedical signal processing including Design of Digital Filters for personal identification, Micro controller Design based control, Digital Image Processing applications in biometric imagesecurity, forensic science, pattern recognition, early detection of breast cancer, content retrieval of underwater imaging, nano imaging etc. She further said that Women health wellness might include contentment with their mental, physical, emotional, spiritual, social, economic, and professional aspects of life. Emerging Medical *research in Internet of Things (IOT)* is helping people all over the world to lead healthier lives. This research includes the field like speech signal processing, image signal processing, Embedded systems, biomedical signal processing, various healthcare monitoring etc. She said that the goal of her future research is to help our society's rural and distant residents who lack access to health monitoring by developing biosensor-based and Android applications that enable health monitoring with a single click.

Prof. Preeti K. Suresh, Professor of Pharmaceutics, University Institute of Pharmacy and Director of Malviya Mission Teacher Training Centre, Pt. Ravishankar Shukla University explained the new avenues of scientific working on safe use of medicines including herbal drug products. Her work centers around nano-carriers for various drug delivery applications. She talked about the safe and effective use of all medications, including herbal products. She elaborately explained that Herbal products, even those with extensive traditional use, often lack rigorous scientific validation seen in conventional pharmaceutical products. She said that with a focus on women's health, we should understand how hormonal fluctuations and unique physiology in women may affect herbal drug interaction and efficacy. This knowledge is crucial to empower women with informed choices and create evidence-based herbal recommendations tailored to their specific needs.

Prof. Priyamvada Srivastava, Associate Director, Centre for Women Studies and Prof. Of Psychology, Pt. Ravishankar Shukla University. Talked about stress management, personal traits and mental wellbeing Her research works centres around women and health, gender issues, guidance and counselling, psychopathology, educational psychology and personality. She said that research works for mental wellbeing focuses on determining the personality

factors, coping strategies and intervention techniques and many other skills which is essential for Healthy personality and normal being. She further said that mental health is state of mental wellbeing that enables people to cope with the stresses of life realize the ability learn well and work well and contribute to their communities. It is an integral part of Health. It is basic human right. The Psychologist through counselling help people to maintain Healthy state of mind and good adjustment in their life.

Prof Reeta Venugopal, Professor of Physical Education & Director at the Centre for Women's Studies and Convenor WSSR talked about need to empowering women through exercise. She said that physical activity is important at any age, not only for weight management, but also for prevention of some diseases, improved mood, and improved overall health. She explained about the health benefits of women participating in physical activity can prevent a myriad of non communicable diseases which account for over 60 per cent of global deaths, 66 per cent of which occur in developing countries and other chronic and degenerative diseases associated with aging, such as type-2 diabetes, hypertension, arthritis, osteoporosis and cardiovascular problems which account for one third of deaths among women around the world and half of all deaths among women over 50 in developing countries . She said that much of the physical decline that was presumed an inevitable consequence of aging is now thought to be the result of inactivity and while no one can guarantee that exercise will prolong life, it can enhance the quality of life.

Dr. Preetika Chatterjee, Forensic Department spoke on social responsibility and awareness for Drugs. Monali Guha, Cyber Cell, State Police Academy ,Raipur talked about cyber security. She told that under the Cyber Security Awareness Mission, she, along cyber experts Sonali and Ayush Guha, has given free education to 16 lakh people. She herself has taken more than twelve and a half thousand training sessions and has worked on more than 35 thousand cyber crime cases and has given guidance to people. Dr Moulshree Dubey spoke on Galvanizing Sustainable Tourism Ecosystem in CG During the Round Table Panel Program, the panelists gave an pathway in working in areas of herbal science, LED bulbs, soap, sanitizer making, IoT based mobile app for the use of society.

There was a interaction of all the female innovators with the subject experts. In the valedictory ceremony Presidential address was delivered by Chairperson, Prof. Sachidanand

Shukla, Honorable Vice Chancellor, Pt. Ravishankar Shukla University, Raipur. He congratulated the whole team for organizing the conference, on Women for Scientific Social Responsibility to commemorate International Women's Day, 2024. He said that Centre For Women Studies works to bring about attitudinal changes about gender sensitivity and helps students to internalize equality. He said that the round table conference and innovative mela will increase awareness of the potential of research for innovation and entrepreneurship among young women. It will help to develop entrepreneurial skills and knowledge among participants and also help to create network and support system for young women for innovation and entrepreneurship. He added that the carefully crafted format of the conference encompasses all of the main goals of scientific social responsibility, such as promoting inclusive and sustainable development by harnessing the benefits of scientific research to address both current and emerging societal needs, developing a knowledge ecosystem for the exchange of ideas and resources, interacting with communities to determine their needs and requirements and suggesting appropriate technological interventions, and integrating scientific temper into society.

It was a pleasure to announce about the Book launch of "Bridging Knowledge Cultures : Rebalancing Power in the co-constructions of knowledge" published by Brill Academic Publishers. One of the works done by Sangawari, Knowledge for Change(K4C) hub co-authored by Prof Reeta Venugopal, Prof. Priyamvada Srivastava, Dr.,Anuradha Chakraborty and Dr. Aniksha Varoda of CWS was included as a chapter in book. The book was released at the world level, Asia and in India in the first week of Feb, 2024 by UNESCO Chair and the book was released at Ravishankar Shukla University, Raipur by Honorable Vice Chancellor, Prof. Sachidanand Shukla, Pt. Ravishankar Shukla University at the conference, on Women for Scientific Social Responsibility to mark the achievement of Women Scientist of Centre For Women's Studies, Pt. RSU and the published work is based on knowledge of Maternal health in Chhattisgarh.

Felicitation of encourage young women scientist working in various departments of Pt. Ravishankar Shukla University was done by Prof. Sachidanand Shukla, Honorable Vice Chancellor, Pt. Ravishankar Shukla University, Raipur. Young Women Achievers award was given to the budding women scientists of Pt. Ravishankar Shukla University for their

achievements in their disciplines. Ms. Neha Dewangan of School of Studies in Electronics and Photonics, Sraddha Pradhan of SoS in life Science, Arushi Saloki of University Institute of Pharmacy ,Manju Sahu of SoS in Physics and Astrophysics , Shubhra Sinha of SoS in Chemistry, Shristi Verma of SoS in Biotechnology, Nikita Raghuvanshi of Center for Basic Science and Upasana Vishwakarma of SoS in Physical Education were felicitated. The whole days programme ended with vote of Thanks by Dr. Nameeta Brahme.







Hands on training on IOT/ Arduino IOT Projects/ Circuit based Modules for technology transfer



Hatum Tribal Jewellery



PARTICIPATORY GENDER AUDIT PROGRAMME -

Gender auditing is a procedure for assessing educational institutions and developing actions based on gender perspectives. The study evaluates universities' ability to provide a safe and secure environment for female students, professors, and administrative staff. Participatory audits programme for gender audit has been initiated under the mentors of Centre for Women's Studies this year and the results will reveal institutional strengths and obstacles in integrating gender equity into systems, operations, programmers, and activities



Sponsored Research Project Details

Financial Year	Name of Faculty	Funding Agency	Title of Project	Amount Received (In Rupees)
2023-24	Prof. Reeta Venugopal, Director, CWS, Pt. RSU, Raipur	Indian Council of Social Science Research (ICSSR)	Psycho-Socio determinants and problems of Tribal Women Entrepreneurs of Chhattisgarh	Proposal submitted

Article(s) Published in Book

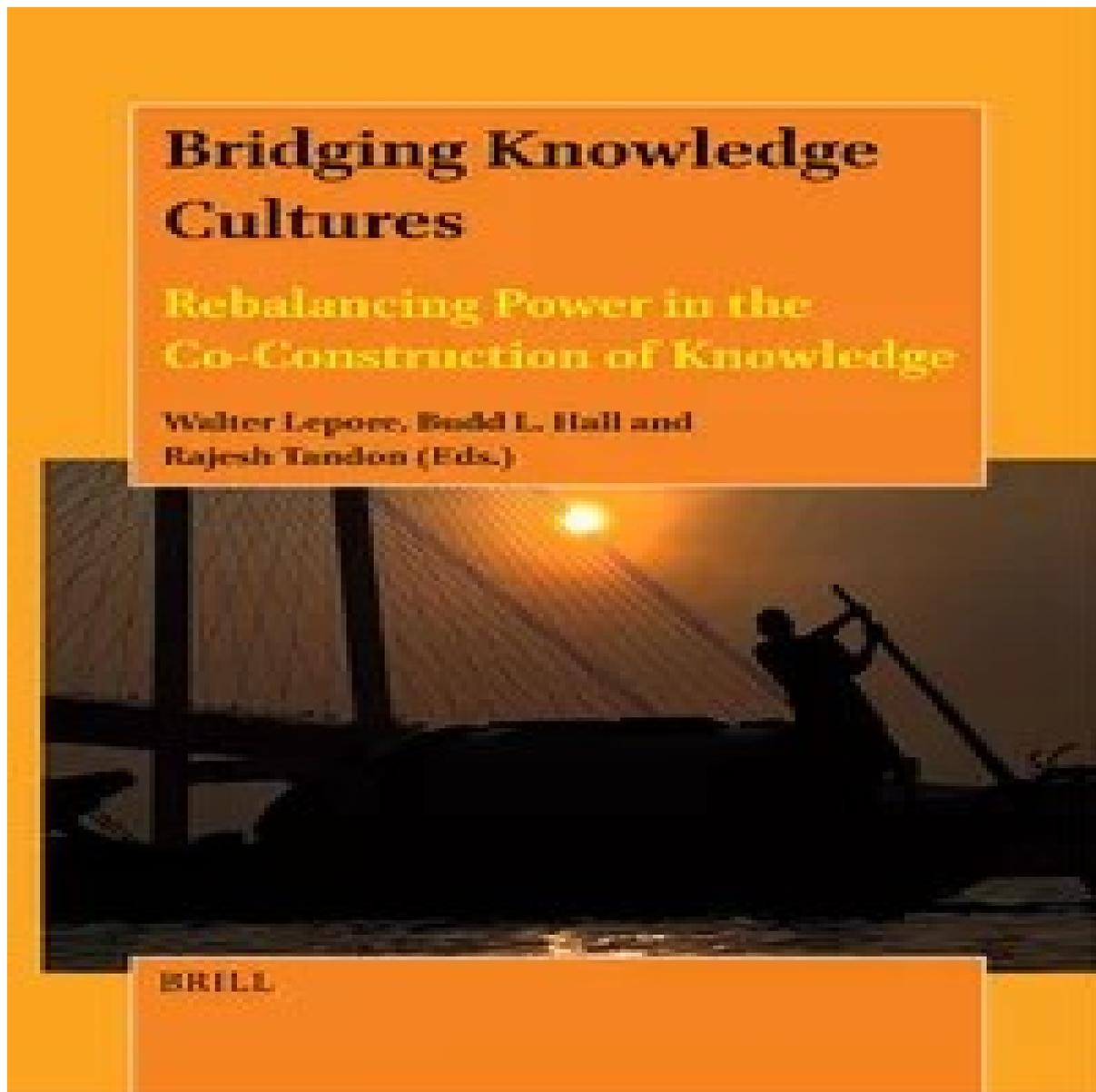
S. No	Title with Page Nos.	Name of the Book	ISSN/ ISBN No.	Publisher Name	Author (s) Name
1.	Bridging Knowledge in Maternal Health Care in Rural Communities Experience from the Sangawari K4C Hub Chhattisgarh, India	Bridging Knowledge Cultures Rebalancing Power in the Co-Construction of Knowledge	ISBN No.978-90-04-68774-5(Paperback) ISBN No. 978-90-04-68775-2(hardback) ISBN No. 978-90-04-68776-9 (e-book)	BRILL	Dr. Reeta Venugopal, Dr. Priyamvada Srivastava, Dr. Anuradha Chakraborty and Dr. Aniksha Varoda

Research Paper Publication

S.No	Title	Journals Name	ISSN/ Volume
1	Skill test battery in Kho-Kho for women	International Journal of Applied Research,	Volume 10, Issue 05, Page No. 140-144
2.	Growth And Nutritional Status of The Gond Tribe of Chhattisgarh, India	International Journal of Innovative Research In Technology	2349-6002 Volume 9 Issue 12
3.	Physical Activity Level And Obesity Among University Teachers of Cg	International Journal Of Fitness, Health, Physical Education & Iron Games	2349 – 722X Volume 10 Issue 1

4.	Awareness and Utilization of The Kishori Shakti Yojana among Baiga Tribal Adolescent Girls in Chhattisgarh	Jharkhand Journal of Development and Management	Paper Submitted
5.	Anthropometric Indicators Among Adolescent Female Players After Soy Supplement in Chhattisgarh India.	(IJFANS) International Journal Of Food And Nutritional Sciences.	12(1), 3215-3222

Book Chapter - Bridging Knowledge in Maternal Health Care in Rural Communities Experience from the Sangawari K4C Hub Chhattisgarh, India (BRILL Publisher)



MAINSTREAMING GENDER IN HIGHER EDUCATION INSTITUTIONS



A Gender Audit Tool

By

Gurjeet Kaur

Prof. Reeta Venugopal

Prof. Priyamvada Srivastava

Ms. Urmimala Sen Gupta

Aniksha Varoda

Designed for

Pt. Ravishanker Shukla University

Raipur, Chhattisgarh

Supported by

Oxfam, Chhattisgarh



CERTIFICATE COURSE: WOMEN LAW AND GENDER JUSTICE

A GENDER AUDIT TOOL : MAINSTREAMING GENDER IN HIGHER EDUCATION INSTITUTIONS		
No.	Name Of Students	Project Title
1.	Aayushi Sahu	Sexual Harassment Committee, Institutional Culture & Discrimination
2.	Prabha	
3.	Chetan Kumar Sonkar	Institution Policies, Gender And Diversity Policy, SC/ST Cell
4.	Sandhya	
5.	Gangadhar Sahu	
6.	Astha Sahu	Hostel, Common Rooms, Drinking Water And Day Care Centres
7.	Kalpana Suryavanshi	
8.	Prerna Chandrakar	
9.	Neelima Kharsan	Anti Ragging Committee, Grievance Cell & Washrooms
10.	Yamini Sahu	
11.	Fiza Kaushar	
12.	Rajshree Acharya	Security Arrangements & Human Resources
13.	Vijayshree Acharya	
14.	Yogeshwar	Institutional Efforts For Mainstreaming Gender And Academic Faculties
15.	Yogita Netam	
16.	Sarika	
17.	Rakhi Thakur	Academic Faculties, Parking and Transport and Infrastructure for Differently Abled People
18.	Tiloka	
19.	Ritu Yadu	
20.	Varsha Yadu	

CERTIFICATE COURSE: COMMUNITY BASED PARTICIPATORY RESEARCH (CBPR)

No.	Name of Students	Project Title
1.	Mrilalini Singh	Study of Menstrual Hygiene and health audit of in campus
2.	Yogita	Girls hostel
3.	Gulshan Sahu	Ethnomedicinal practices and plural medicine among Baiga PVTG
4.	Rajshree Ratre	Reproductive health awareness and community practices
5.	Shishupal Bhoi	Assessing the Effectiveness and Socio-Economic Impacts of the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)
6.	Irine & Anil	Exploring the Impact of Family Dynamics on Addiction: A Comprehensive Study of Family-Led Roles

STUDENTS FIELD WORK PROJECT PHOTOS



COLLABORATION OF THE CENTRE WITH THE AGENCIES INTERNATIONAL AND NATIONAL FOR DIFFERENT ACTIVITIES

International Collaboration

 <p>United Nations Educational, Scientific and Cultural Organization</p>	   <p>UNESCO Chair in Community Based Research and Social Responsibility in Higher Education</p>	
		

National Collaboration

		 <p>आरोग्यम् सुख सम्पदा</p>
		

INFRASTRUCTURAL FACILITIES

S. No.	Infrastructure	No.
1.	Staff Room	01
2.	Class rooms	01
3.	Students' Library	01
4.	Office Room	01



LIBRARY AND DOCUMENTATION

- 1. A cell has been reserved in the Pt. Sundarlal Sharma library Pt. Ravishankar Shukla University, for about 400 books related to Women Studies & Gender issues.**
- 2. A small library has been setup in the office of Centre for Women's Studies, Pt. Ravishankar Shukla University and at present has about 100 Books /Magazines for research scholars.**
- 3. News Paper cuttings & Articles related to Women Empowerment, Human Rights Violation & Current Gender Issues have been aggregated which serve as baseline data for research assistant and students.**

MAJOR THRUST AREAS

- 1. Gender Equality**
- 2. Girl's Education**
- 3. Gender discrimination and violence**
- 4. Reproductive health and population**
- 5. Issue of women rights**
- 6. Women and laws**
- 7. Women and society**
- 8. Feminization of Poverty**
- 9. Gendered Economics**
- 10. Research methodology in Women's Studies**

EXTRA CURRICULAR ACTIVITY

Court visit

Visiting family court can be a daunting experience for many individuals, as it often involves navigating complex legal proceedings and emotionally charged situations. Family court is a specialized court that deals with matters such as divorce, child custody, child support, adoption, and domestic violence. Whether you are directly involved in a case or accompanying someone, understanding what to expect during a family court visit can help alleviate some of the stress associated with the process.

The students enrolled in Certificate course for gender law and justice and community participatory research went for the court visit. Preparation before attending family court was done and permission for the visit was taken from the court authorities. Family court proceedings varied depending on the nature of the case. Attending as a spectator the students observed the proceedings from the gallery area. Judges' decisions were based on the evidence presented and applicable laws. This was a great learning experience about the legal system of our country.





Workshop on Gender Budgeting and Women Empowerment in Environment and Forestry Sector



Student Field Work Report

Garbage Pickers Attitude & Problems : A CBPR approach

Knowledge gained by the various workshops are utilized in planning and conducting project that aim for community benefit. A project on rag pickers entitled, "Garbage pickers attitude & problems: A CBPR approach" was conducted . The project team along with Dr. Aniksha Varoda visited the various slum areas of Raipur. The team initiated a programme to spread public awareness about inequities that girls face in Indian society.

Garbage pickers are integral to sustainable waste management and recycling efforts, yet they often face significant challenges in terms of livelihoods, social recognition, and health. Recognizing their contributions, improving their working conditions and integrating them into formal waste management systems are crucial steps towards creating more equitable and sustainable waste management practices. A community based participatory mode of research is needed to explore innovative solutions and policies that address the complex issues surrounding garbage pickers. The present study was an attempt to address the issues faced by them.

Waste pickers are an important part of the waste management system in Raipur; they contribute environmentally and economically to the society by picking up, cleaning, sorting and segregating recyclable waste and selling it further up the recycle value chain. Still, waste picking is informal occupation rank lowest in the hierarchy of urban India, and they struggle to lead healthy and productive lives. Waste pickers endure a difficult everyday reality, including regular harassment extortion and many more problems. Many waste pickers, who serve an important societal function, face problems in their attitude, lack of self-esteem and social dignity.

There is a need to shift the way of waste pickers are looked upon, and how they themselves think about their work, daily wage work, that is seen as "dirty" – to important, skilled work that contributes to society and the environment. It's not for waste pickers but about shifting the way the population think about their work and that waste and waste pickers are valuable in India's circular economy. The goal of this study is to look at the Garbage Pickers attitude & their problems they face in daily lifestyle.

Waste picking is informal occupation rank lowest in the hierarchy of urban India, and they struggle to lead healthy and productive lives. Many waste pickers endure a difficult everyday reality, including regular harassment extortion and many more problems. Many waste pickers, who serve an important societal function, face problems in their attitude, lack of self-esteem and social dignity. There is a need to shift the way of waste pickers are looked upon, and how they themselves think about their work. The goal of this study is to look at the Garbage Pickers attitude & their problems they face in daily lifestyle. Our research team interviewed 40 waste pickers in slum areas of Raipur. It was observed that waste picking was mostly done by younger people and the whole family was involved in this work. Around 88% of the respondents were aged between 6 and 45 years. The collection of recyclable materials and items was mostly done by young children, while the sorting was mostly done by women.

Identification of the issue

- It is a common sight to see children carrying rags on their backs for picking and collecting reusable plastic bottles, beer bottles, cans, used packing of eatables, cardboards etc in the residential areas and at places near the dumping grounds.
- These children don't go to school in spite the govt providing free education at school level. When we asked them they said they have the issues of social acceptance when they sit in the classrooms because of the professions their families are involved. Hence prefer earning their living through garbage picking and reselling.
- The children involved in garbage picking earn money by selling the collected reusable material.
- Although the scavengers play a crucial role in waste management system but they should not be devoid of formal education rather waste management system has to be made more organized.
- This is how the issue to be addressed was identified.

Community Entry

- We identified a NGO that works for helping the rag picker children .They organize small gatherings for children involved in garbage picking . The distribute eatables to them and work for giving formal education to these children.
- We identified the NGO as our partner for research.
- We identified the various locations where these children used to pick garbage and when tried working took rest. To establish rapport with them we met them several times and talked to them. They gradually started sharing their experiences and stories with us. This is the story of our community entry.

Reflections

- Generally, the whole family is involved in garbage picking. On average, each family has 6 to 9 members, and all the members take part in garbage collection.
- The money earned is used for family expenses.
- Most garbage pickers have some kind of addiction. They use tobacco, marijuana, and alcohol, which are easily available at very cheap rates.
- They like to do this work because it provides them with the money they need to sustain themselves.
- Social acceptance, recognition in the society and trust are the major issues of the community. Addiction and health hazards are yet other concerning issues

The majority of garbage pickers worked seven days a week. Most of them had experienced illnesses or injuries. Body pain, bruises, and fatigue were the most frequently mentioned conditions. Most waste pickers had bruises or scars on their hands, arms, and feet, mainly from cuts or piercings during sorting. When asked about their subjective feelings, the research team found that the waste pickers choose this work due to extreme poverty in which they lived in. Many used the money earned by garbage picking in alcohol and drug consumption. Most said they were distressed by their work as they experienced discrimination, prejudice, and social rejection. In all the workshop provided a platform to gain knowledge about the essential steps required to be considered for planning and conducting a community based

participatory research.

Addressing issues

- We helped some children to go to schools and motivated their families to do some other jobs like house helpers, fruit and vegetable retail sellers, shop assistants etc .
- We fix up time and helped the children learn reading. In that run we could successfully motivated some of the children to get back to school life .

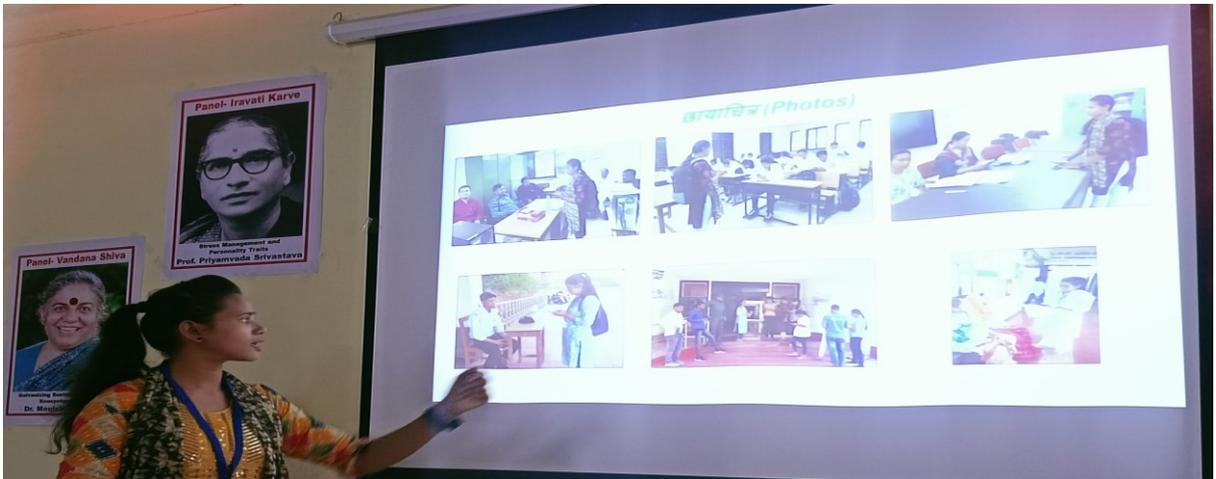


- We told them about the govt. aided skill development programmes.





Student project viva certificate course



Student Project Work Presentation

Role of youth in Prevention of Sexual Harassment at Work Place : A Case Study of Pt. Ravishankar Shukla University , Raipur

ABSTRACT

Background - Gender inequality in India is a pervasive issue that manifests across various dimensions, including health, education, economic opportunities, and political representation. Women in India face discrimination, violations, and vulnerabilities solely due to their gender, perpetuating a cycle of inequality. This gender bias is not only experienced at homes and society but is also a matter of concern at workplace. By empowering youth to actively combat harassment, organizations can foster a culture of respect and accountability. This study explores the pivotal role of youth in preventing sexual harassment in the workplace, by creating awareness and exploring the pivotal role of youth in preventing sexual harassment in the workplace,

Aim - The study aimed to assess the level of awareness of sexual harassment at the workplace among students of Pt. Ravishankar Shukla University and to understand how the student community can contribute to creating a harassment-free environment at work place.

Method- The study initiated gender sensitization programs aimed at fostering discussions on gender-related issues among students and underscored the necessity for enhanced efforts by the university to impart crucial information and foster a safer learning environment. These programs focused on evaluating students' awareness of sexual harassment in the workplace and exploring avenues for the student community to contribute to establishing a harassment-free environment within the university. A close-ended questionnaire, comprising 26 questions, was developed to gauge awareness regarding sexual harassment, experiences, knowledge of the Internal Complaint Committee, awareness of helpline numbers, and preventive measures.

Result - Analysis of the data revealed concerning trends, such as 50% of male respondents being unaware of the Sexual Harassment Act and Internal Complaint Committee emphasizing the need for increased education among the youth. Disparities in perceptions about sexual harassment between male and female respondents were evident, highlighting the importance of comprehensive awareness programs. The inclusion of real experiences shared by students further enriched the research, providing qualitative insights into the challenges associated with gender equality and sexual harassment. The findings underscore

the urgency of comprehensive education and awareness campaigns within educational institutions to address gender inequalities and promote a culture free from sexual harassment.

Keywords - Sexual Harassment, Youth, Internal Complaint Committees (ICC) and Work Place.

INTRODUCTION

Gender inequality in India is a pervasive issue that manifests across various dimensions, including health, education, economic opportunities, and political representation. The disparities between men and women, have their far-reaching consequences on India's societal fabric. The imbalances contribute to skewed sex ratios, affect women's health at different life stages, hinder educational achievements, shape social and cultural norms, and impact economic conditions. Women in India face discrimination, violations, and vulnerabilities solely due to their gender, perpetuating a cycle of inequality. Addressing these challenges is crucial to fostering a society where girls are valued and empowered. Discrimination and harassment based on gender not only perpetuate social injustice but also violate individuals' civil rights. This gender bias is not only experienced at homes and society but is also a matter of concern at workplace. This paper emphasizes the need to challenge discriminatory practices and behaviours rooted in gender bias. To address the pressing issue of sexual harassment at the workplace, the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013, commonly known as the POSH Act, was enacted. This comprehensive legislation aims to establish a secure and supportive environment, free from sexual harassment, for every woman.

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal Act 2013, (Sexual Harassment Act) came into existence after judgment on case Vishaka vs. State of Rajasthan in 1997. In its judgment the Supreme Court had for the first time, acknowledged sexual harassment of women as a human rights violation, and outlined guidelines (the guideline is known as the Vishaka guidelines). The Supreme Court made it mandatory for employers to provide for sympathetic and non-retributive mechanisms to enforce the right to gender equality for working women

[https://en.wikipedia.org/wiki/Sexual_Harassment_of_Women_at_Workplace_\(Prevention, Prohibition and Redressal\) Act, 2013](https://en.wikipedia.org/wiki/Sexual_Harassment_of_Women_at_Workplace_(Prevention,_Prohibition_and_Redressal)_Act,_2013)

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal Act 2013 provides a very wide definition of 'workplace'. The statute, inter alia, applies to government bodies, public and private sector organizations, NGOs, organizations carrying on commercial, vocational, educational entertainment, industrial and medical activities including Educational Institutions, Sports institutions and stadiums used for training individuals. Additionally as per the Act a workplace also covers within its scope places visited by employees during the course of employment or for reasons arising out of employment - including transportation provided by the employer for the purpose of commuting to and from the place of employment.

Despite all these, gender disparities remains, women faces harassment ,sexually, physically and psychologically. Some where there is a need to make the youth to understand these issues as they are the frontiers of the upcoming society. In recent years the rise of youth activism has extended beyond social issues to workplace dynamics. This study delves the strategies employed to motivate young people to significantly impact youth engagement in prevention of sexual harassment at workplace.

For this purpose researchers approached 150 students of Pt. Ravishankar Shukla University, Raipur Chhattisgarh who belonged to various departments represented the student community. Rapport with the students was established and gradually they were involved in the discussion on the gender issues. From the interactions with students following research objectives emerged out.

RESEARCH OBJECTIVES

- To assess the level of awareness on sexual harassment at workplace (what constitutes sexual harassment at work place etc.) among the students
- To find out how student community can contribute towards making the workplace (university) free of sexual harassment at work place.

METHOD

In course of time a research team was formed which included Gender champions :Gender Champions are envisaged as responsible leaders who facilitate an enabling environment within their college and academic institutions where girls are treated with dignity and respect gender equality and monitor progress towards gender justice. Class leaders: Student representative of classes of departments covering Social Work, Sociology, Economics, Psychology, Anthropology, Physical Education, Centre for Women's Studies, Life Science ,Linguistic, Law, Pharmacy and Physics. Oxfam India: Oxfam India is a fully independent Indian organization (with Indian staff and an Indian Board) is a member of a global confederation of Oxfam India. The Oxfam India are rights-based organizations that fight poverty and injustice by linking grassroots programming (through partner NGOs) to local, national and global advocacy and policymaking. Oxfam India's vision is to create a more equal, just, and sustainable world. In this study both qualitative and quantitative research methods were applied.

Qualitative data was collected by – Focussed group Discussion (FDG), Honey Bee Method, Realization of Self power Film appreciation tool, Key informant interview. *These methods of research encourages community actors to be involved in solving their own problems and issues and therefore contributing to community development (Tandon 2012).*

Quantitative data was collected through- Survey

Focused group discussion

Several focused group discussions (FGDs) were conducted with students, initially exploring the wide-ranging aspects of gender inequality. Participants highlighted numerous forms of discrimination experienced by women, including limitations in career choices, constraints in selecting life partners, difficulties in property ownership, unequal treatment in recreational settings, and instances of sexual harassment in the workplace.

As the research progressed, it became apparent that gender discrimination was a complex issue requiring focused attention. Specifically, discussions among students predominantly centered on the prevalence of sexual harassment experienced by female students. Consequently, the present study narrowed its focus to address this specific issue within the broader context of gender discrimination.

FDG- 1

Discussion on various types of discrimination

In the beginning of the research students shared the experience of gender discrimination observed families, institutions and in public places . Following points were shared -

- Gender discrimination is being seen in dress, Job selection, household works etc. Girls are always supposed to wear long dresses, lighter work as they are considered delicate and can't be involved in heavy activities.
- Emphasis on Public place as it is one of the core places for sexual harassment.
- Problems faced in the journey of sports career.
- Sexual harassment at work place
- Limited knowledge on redressal mechanism
- Difference of opinion among male and female students on sexual harassment at work place.
- Students group accepted that sexual harassment issue must be addressed in the society

FDG- 2

Students shared their dilemma in analysing the issues on sexual harassment. The male students shared that it is not necessary that boys are always at fault rather many a times girls take the advantage of being girls and misuse their gender in framing charges against boys.

Female students were also of opinion that the girls misuse their gender at workplace to **sick** benefit, Viz ; for promotion and personal advantages.

FGD – 3

After collating all the issues shared, student who are the bright future of our nation and who are going to drive future workforce of our country decided that sexual harassment domain should be studied so that we can understand the negative impact of harassment and also strengthen our role towards reducing sexual harassment. Students also stressed that issues should reach to wider communities, increase in awareness towards legal issues and various other aspects .

FGD – 4

After having a round of marathon discussions, a quantitative research was conducted to find out the knowledge and awareness level, types of sexual harassment at work place, redressal mechanism etc.

RESULT

The issue of sexual harassment led investigator to think about students awareness on the issue. For this purpose a close ended questionnaire was developed to assess awareness related to the information regarding Sexual harassment, experience, Internal Complaint Committee in college, helpline numbers, and steps to prevent sexual harassment by management etc. The questionnaire consisted of 26 questions covering all above components.

Analysis of the data obtained from survey revealed:

Survey reports reveals that 50% male respondents did not know about Sexual Harassment Act. This result raises a point of concern for youth not knowing about the legal aspect of sexual harassment . The Post Graduation students who would be, in for the coming years, employed must be aware of the act.

More than 60% of male do not consider that college/ classroom/ library comes under work place whereas around 75% of females agree for the same.

Most of the students shared that neither they nor their friends suffered sexual harassment. But denying regarding the incidences of sexual harassment does not always mean that in real sexual harassment had not taken place. Factor of shy or fear of disclosing about the incidences may be one of the major reasons for not reporting. The responses highlighted that half of the male respondents considered that physical abuse such as touching, beating, kissing etc. are only the component of sexual harassment, whereas most of the female responded that obscene behaviour, words and showing documents are included in the sexual harassment.

Around 68% of female respondents shared that they will remain silent and will not share about incident of sexual harassment if any, with family members or friends. Despite of knowing the fact that guilty lies on accused, girls deny to share the matter of sexual harassment. More than 50% of male and female do not know what is Internal Complaint Committee (ICC), The data directs towards the need to increased efforts from the university & institution towards imparting knowledge. The result also highlighted that majority respondents were unaware of Internal Complaint committee which is compulsory to be formed at every work place. As the students were not aware of the ICC they were ignorant

about, whether ICC is working as per guidelines of the act, and had no information regarding number of cases reported sexual harassment in their institution. Most of the students responded that they never saw any advertisement, notice or any information material in the premises regarding prevention of sexual. Majority of the respondents had information regarding women helpline no. and 181 which is working 24*7 for women safety.

Apart from Qualitative and quantitative methods, students were asked to pen down their views and experiences on Gender equality and Sexual Harassment. Real experiences of sexually harassment shared by students.

Case I

One girl shared that her experience, during a training programme she got hurt and her coach in the name of medication tried to touch her inappropriately. She did not like it at all and complaint to physical education teacher. She also shared that a girl can easily recognize about the good and bad touch but in our society, she felt helpless and reasoned that in our society all the blame goes with girl and consequences become severe as members do not accept about the harassment.

Case II

Another female student shared that while in coaching course, her senior student took initiative to help junior girls in their studies. One of the boys asked the girls to spend some time in hotel and when girls denied they started troubling girls.

Case III

In a case where during a course senior boy was attracted toward a junior girl and proposed her and on denial started troubling her in many ways. The girl complained to parents regarding the problem. Parents wanted her to change the college. But she did not agree and requested for their support. After a lot of efforts and hardships parents agreed to continue her studies in the same college and also talked with the senior student to understand her feelings and her future aspirations. He was also asked to focus on his studies.

Like above experiences there are many other such incidences or experiences where female students are either molested or sexually harassed. In few cases students shared with their brother and other family members and they supported her in her tough time. While going through all case studies one important point is concluded that it is strange that though we all know the fact that girls are victims but still they are always asked to step down. It is being analysed that registering a complaint also do not help them to We as stakeholders and

management are not able to provide a harassment free environment to our girls.

Inferences from FGDs

- Majority of the male members had a strong belief that decision making in the families is the exclusive responsibility of the male. Females have to follow the decisions and surprisingly majority of female agree to the same.
- Students (both male and female) shared that sexual harassment occurs during job selection, house hold work, public places such as stations, parks, buses etc.
- Majority of male shared that dressing of the females is one of the core reasons for the incidences of sexual harassment. They haven't developed the clarity that dressing is nothing to do rather there is an urgent need to develop understanding to accept respect females.
- Girls are more comfortable with the lady teachers as they find connectivity more in comparison to male teachers. They also perform freely and without any hesitation in the trainings or workout sessions.

The crux of the points shared are as follows –

- Girls are deprived from their rights starting from the beginning of their life and continue till the late years of her life.
- She never thinks as an individual rather always in perspective of daughter, wife, mother etc.
- She can never relate with the Gender Equality as she is never considered as she is always considered inferior to the males whether he is brother, husband, father or any other relation.
- She always battles for justice and receives humiliation.

In the beginning of the study it was decided that the discussion will cover all aspects of Gender inequality as the study proceeded various facets of gender inequality viz. discouragement of girls in taking up professional courses, restrictions in mobility of females, limited space for females to make choices (career & marriage), sexual harassment in public spaces etc. emerged. After two rounds of discussion with the students, it was decided that issues like mobility of females, issues concerning making choices etc. has to be seen in a much wider perspective of social norms. This meant that Gender equality is a multi-dimensional issue and it is complex to address every aspect. Hence delving in these issues demands longer and deeper engagement with the society at large. On the other hand the

issue of sexual harassment of women in public spaces/ place of work was much more closer to the student community as about 60% of the community members mentioned that sexual harassment in some form or the other was faced by them or people whom they knew. So the student community decided they would like to know more about sexual harassment at work place and how they can play a role to make workspace for women more safe and healthy. Hence area selected for research was sexual harassment in educational institution role of youth .

Among a list of issues which manifests gender inequality, the student community choose to delve into the issue of sexual harassment of Women at workplace. Prevalent gender social norms pose challenge to women in making choices visa 'a vi education and career. Unsafe workspace adds to the problem. Therefore, the study aims at looking into level of awareness among students on legislation meant for safeguarding women from sexual harassment in workplace. And how student community can play a role in making their work place (educational institute) a space free of sexual harassment, for women.

Mobilization of Research findings and audience

The dissemination of research findings was a multifaceted approach aimed at maximizing impact and promoting positive change within the university community. The study results were first shared directly with the students through a dedicated meeting, fostering awareness and initiating dialogue on the sensitive issue. The Centre for Women's Studies was actively involved, acknowledging the findings and subsequently organizing gender sensitization programs within the university. Moreover, the Internal Complaints Committee (ICC) received the study results, facilitating effective publicity of the ICC to address and prevent sexual harassment.

Additionally, the study outcomes are slated to be shared with the broader university authorities and other stakeholders, ensuring a comprehensive understanding and response to the insights gained. The lessons learned from students emphasized the crucial role of socialization in shaping opinions on such sensitive matters. Overcoming the intricacies and rigidity in the thought processes of male individuals posed a notable challenge, requiring persistent efforts to foster gender equality awareness.

The study underscored the entrenched nature of patriarchal systems within families, a pattern not only followed by males but also accepted by females as an integral part of the cultural fabric. It emphasized the need for continuous engagement to dismantle such deeply ingrained mindsets. Furthermore, the implementation of acts for the prevention, prohibition, and redressal of sexual

harassment within institutions was deemed essential. The study advocated for a ground-up approach, emphasizing the initiation of efforts such as helplines and regular connections with the youth, recognizing them as the future of the nation. In conclusion, the research findings were strategically mobilized to influence institutional practices and societal perceptions, contributing to a collective effort in addressing and eradicating issues related to sexual harassment.

Conclusion

The imperative for university administrations to enhance awareness of Internal Complaints Committees (ICCs) among students underscores the need for imparting fundamental information on ICC structures, rules, and guidelines. Emphasizing the role of administration in fostering awareness, creative advertising mediums should be employed, disseminating attractive and straightforward Information, Education, and Communication (IEC) materials in vital university locations. Specialized training sessions for teachers, management, and students are crucial for instilling awareness on sexual harassment. Sharing study results across departments encourages a unified effort for institutional improvement.

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