



पंडित रविशंकर शुक्ल विश्वविद्यालय, रायपुर छत्तीसगढ़ भारत
Pt. Ravishankar Shukla University, Raipur Chhattisgarh, India
Estd-1964 – recognized by UGC U/s 2(f) and 12 (B)
NAAC “A” Grade

CRITERION-VII

EVIDENCE(S), AS PER SOP

METRIC No. 7.1.1	Measures initiated by the Institution for the promotion of gender equity during the year.
	<ul style="list-style-type: none">• Annual Gender Sensitization Action Plan• Specific facilities provided for women in terms of:<ul style="list-style-type: none">• Safety and security• Counselling• Common Rooms• Day care center for young children• Any other relevant information



ANNUAL GENDER SENSITIZATION ACTION PLAN SESSION 2022-23



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ANNUAL GENDER SENSITIZATION ACTION PLAN SESSION 2022-23

S.No.	Strategic Goal	Target Participants	Action Plan	Elective Date	Events
1	Gender Health & Equality	Students and Staff	To promote health education	06 th August, 2022	Awareness programme on,“Step up Breast feeding : Educate and support”in collaboration with AIIMS, Raipur.
2	Gender Health & Equality	Students and Staff	To promote health education & nutrition of girl child spread awareness about the right of girl child	14 th September, 2022	National workshop on,“SuposhitMahila Sashakt Samaj” in collaboration with National Commission for Women(NCW)
3	Gender Health & Equality	Students and Staff		14 th -15 th November,2022	National Seminar on,“Bio- Psycho-Social Issues of Sports Women”in collaboration with National Commission forWomen (NCW)
4	Women Safety	Students and Staff	Training of the Gender Champions to address the concerns and issues that all genders face	6 th December, 2022	Online Safe Campus Program (make your campus gender just, safeconducive)in collaboration with Martha Farrell Foundation
5	Gender sensitization	Students	Address perspectives and concerns to sensitize on the gender issues	21 st December, 2022	One day workshop on Gender sensitization

6	GenderEquality	Students and Staff	Address perspectives and concerns to sensitize on the gender issues	24 th January, 2023	One day programme on National Girl Child Day
7	Women Safety	Students and Staff	Train girl students in various self-defence techniques	28 th February to 1 st March, 2023	Two days Self defence training programme for girls (As part of the International Women's Day Celebration)
8.	Women Empowerment	Students and Staff	Address perspectives and concerns to sensitize on the gender issues	2 nd March, 2023	National Workshop on, "DigitALL: Innovation and Technology for GenderEquality" (As part of the International Women's Day Celebration)
9.	Women Empowerment	Students	Training for gender sensitization through CBPR	29 th April, 2023	One Day Workshop on Stimulating Social Responsibility Through Community Engagement in Higher Education

**AWARENESSPROGRAMME
ON "STEP UP BREASTFEEDING :
EDUCATE AND SUPPORT"IN
COLLABORATION WITH INDIA
INSTITUTE OF MEDICAL SCIENCES
RAIPUR**



06TH AUGUST, 2022

BACKGROUND:

MAA - "Mother's Absolute Affection" is a nationwide programme of the Ministry of Health and Family Welfare to bring undiluted focus on promotion of breastfeeding and provision of counselling services for supporting breast feeding through health. The main aim of the 'MAA' Program is to revitalize efforts towards promotion, protection and support of breastfeeding practices and young child feeding practices, through health systems to achieve optimal promotion of infant and young child feeding (IYCF) and child Nutrition. Efforts must be stepped up to increased and promote ideal breastfeeding practices considering the over whelming evidence showing that breastfeeding reduces neonatal and infant mortality. In order to promote infant and young child feeding , Tamil Nadu has been implementing "MAA - Mother's Absolute Affection" from August 2016.

The following are the objectives of the Program MAA in order to achieve the above mentioned goal:

1. Create a supportive atmosphere for breastfeeding by boosting awareness among pregnant and nursing women, their families, and the public in order to encourage the best breastfeeding techniques. To portray breastfeeding as a crucial intervention for a child's survival and development.
2. Boost lactation support services at all public health facilities using trained community health workers and trained healthcare professionals.
3. To promote and incentivise health centres with excellent breastfeeding rates and lactation management procedures in place.

In alignment with the program MAA – "Mother's Absolute Affection", an awareness programme entitled, " Step up Breastfeeding : Educate and support" was organized by Centre for Woman Studies, Pt, Ravishankar Shukla University, Raipur in collaboration with AIIMS Raipur on 6th August, 2022. The primary objective of the event was to educate and create awareness among young females about the importance of breastfeeding and its positive impact on early childhood development.

Event Details:

Distinguished speakers from the field of healthcare and academia graced the occasion with their valuable insights. The speakers of this event were –

- Dr. Anil Kumar Goal - HoD Pediatrics and Project Director, State Centre of Excellence for Severe Acute Malnutrition, AIIMS Raipur.
- Dr. Binu Mathew - Principal, College of Nursing, AIIMS Raipur.
- Mrs. Vahitha S - Department of Obstetrics and Gynecology Nursing, AIIMS Raipur.
- Mrs. Joyce Joseph - Department of Child Health Nursing, AIIMS Raipur.

Event Highlights:

The speakers emphasized the significance of promotion and importance of breast feeding for attaining a good health in the early growth years of a child and for maternal well-being. Benefits of breast feeding to the child and the lactating mother was discussed.

The key highlights of the event included:

Importance of Breast feeding - The workshop highlighted on the critical role breastfeeding plays, in the early growth years of a child. Breast milk provides essential nutrients, antibodies, and other bioactive compounds that boosts the child's immune system and helps in the overall development. Breast feeding is an important child survival intervention. Breast feeding within an hour of birth could prevent 20% of newborn deaths. Infants who are not breastfed are 15 times more likely to die from pneumonia and 11 times more likely to die from diarrhoea than children who are exclusively breastfed.

Benefits of Breast feeding - The participants were educated about the benefits of breast feeding to both the child and the lactating mother. Breast feeding is healthy for both baby and mother. For the child, it aids in optimal brain development, reduces the risk of infections, and enhances the bond between the

mother and the baby. For the mother, breastfeeding lowers the risk of certain diseases like breast and ovarian cancer and assists in postpartum weight loss.

Addressing Myths and Misconceptions - The event actively debunked common myths and misconceptions surrounding breastfeeding. By disseminating accurate information, the programme aimed to encourage a positive attitude towards breastfeeding.

Support and Counseling - The speakers highlighted the importance of providing counseling services to lactating mothers to address any challenges they might face during the breastfeeding journey. This support is crucial in ensuring successful breastfeeding practices.

Conclusion:

The "Step up Breastfeeding: Educate and Support" awareness programme served as a powerful platform to raise awareness about the immense benefits of breastfeeding, in line with the "Mother's Absolute Affection" (MAA) initiative. The collaboration between the Centre for Woman Studies, Pt. Ravishankar Shukla University, and AIIMS Raipur showcased the commitment of various institutions towards creating a healthier and happier future for mothers and children. It is hoped that this event will inspire more such initiatives and strengthen the foundation for promoting breastfeeding across the nation.

GLIMPSE OF THE AWARENESS PROGRAMME





ONEDAYWORKSHOP ON"SUPOSHITMAHILASASHAKT SAMAJ"(NUTRITIONMONTH1-30 SEPTEMBER)



महिला अध्ययन केन्द्र, पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर (छ.ग.)
एवं
राष्ट्रीय महिला आयोग, नई दिल्ली, छत्तीसगढ़ पोषण अभियान समिति
के संयुक्त तत्वाधान द्वारा आयोजित
एक दिवसीय कार्यशाला
“सुपोषित महिला सशक्त समाज”
(राष्ट्रीय पोषण माह 01 - 30 सितम्बर, 2022)
दिनांक - 14th सितम्बर, 2022
समय - सुबह 10.30 बजे से दोपहर 01.00 बजे तक

कार्यक्रम स्थल - एम.एल. सराफ़ सेमीनार हॉल, फार्मैसी संस्थान,
पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर (छ.ग.)



POSHAN
Abhiyaan
PM's Overarching
Scheme for Holistic
Nutrition
सही पोषण - देश रोशन

14THSEPTEMBER,2022

Background:

POSHAN campaign is Prime Minister's overarching scheme for holistic nutrition under the Government of India's flagship programme, "National Nutrition Mission", to improve nutritional outcomes for children, pregnant women and lactating mothers. POSHAN campaign (Prime Minister's Overarching Scheme for Holistic Nutrition) was launched by the Prime Minister Narendra Modi on the occasion of the International Women's Day on 8 March, 2018. (<https://www.niti.gov.in/poshan-abhiyaan>)

POSHAN Abhiyaan is a Jan Andolan or "People's Movement" by incorporating inclusive participation of public representatives of local bodies, government departments of the States/UTs, social organizations and the public and private sector at large. In order to ensure community mobilization and bolster people's participation, every year, the month of September is celebrated as POSHAN MAAH across the country. Month of September, 2018 was celebrated as Rashtriya POSHAN MAAH. The activities in POSHAN MAAH focused on Social Behavioural Change and Communication (SBCC). The broad themes were: antenatal care, optimal breastfeeding (early and exclusive), complementary feeding, anaemia, growth monitoring, girls' - education, diet, right age of marriage, hygiene and sanitation, eating healthy - food fortification. (<https://www.niti.gov.in/poshan-abhiyaan>)

More than 12.2 Crore women, 6.2 Crore men and over 13 Crore children (male and female) were reached through the various activities undertaken during POSHAN Maah. It is worth mentioning that 30.6 Crore people were reached in 30 days. POSHAN MAAH has given a major impetus to the Abhiyaan. (<https://www.niti.gov.in/poshan-abhiyaan>).

This year, the COVID-19 pandemic has potentially reversed much of the progress made towards meeting the second of the Sustainable Development Goals (SDGs): ending hunger, achieving food security, and improved nutrition. Budget 2020-21 witnessed an enhanced allocation of INR 35,600 crore for nutrition-related programs and an additional INR 28,600 crore for women-related programs.

With the vision to make Indian women strong in every manner possible the National Commission of Women (NCW) espouses the dream of Hon'ble Prime Minister Narendra Modi to be part of PM's Overarching Scheme for Holistic Nourishment (POSHAN). NCW has planned to celebrate September 7-30th, 2022 as POSHAN Month in which several activities are planned to focus specially on the methodologies to be adopted for improving the nutritional outcomes for adolescents, pregnant women and lactating mothers by leveraging technology, targeted approach and convergence. Keeping in mind the above said mandate, NCW has planned to organize webinars with the objective of creating awareness, getting an insight into the relevant subject.

One day workshop on "**SUPOSHIT MAHILA SASHAKT SAMAJ**" was organized by Centre for Women's Studies, Pt. Ravishankar Shukla University, Raipur in association with National Commission for Women (NCW), New Delhi & CHHATTISGARH POSHAN ABHIYAAN SAMITI on 14th September, 2022 which was attended by more than 190 participants both males and females from different parts of Chhattisgarh, including teaching faculties, employees, research scholars, students of science and social science streams, NGO and doctors.

Event Details:

Distinguished speakers from the field of science and social science, administratives, NGO and academia graced the occasion with their valuable insights. The speakers of this event were –

- Mrs. Rekha Sharma, Chairperson of the National Commission for Women, New Delhi.
- Prof. Keshri Lal Verma, Vice Chancellor, Pt. Ravishankar Shukla University, Raipur, C.G.
- Mrs. Harshita Pandey, former Chairperson of Chhattisgarh Women's Commission, C.G.
- Professor Mitashree Mitra, Swami Vivekanand Vidyapeeth Chair and Retired Professor from SOS in Anthropology, Pt. Ravi Shankar University, Raipur, C.G.

- Dr.KavitaPujara,SeniorDietician&DirectorofDietClinicofChhattisgarh

Event Highlights:

The speakers emphasized the significance and need to improve nutritional outcomes for children, pregnant women and lactating mothers.

The event was adorned with the distinguished presence of Prof. Keshri Lal Verma, the esteemed Vice-Chancellor of Pt. Ravishankar Shukla University, Raipur. With his eminent stature, he graced the occasion and presided over the program, lending his wisdom and support to the cause at hand. In his address, Prof. Verma wholeheartedly commended the initiative, recognizing its significance in addressing the critical issue of girls' nutrition and health. He emphasized the importance of collaborative efforts between organizations such as the Women's Commission and Poshan Abhiyan Samiti to create a lasting impact on the lives of young girls. Furthermore, Prof. Verma shed light on the remarkable endeavours undertaken by the university's Centre for Women's Studies in advancing similar objectives. He expressed his pride in the Center's work, stating that it exemplified the institution's commitment to promoting gender equality and uplifting women's well-being. The Vice-Chancellor's presence and encouraging words brought a sense of validation and motivation to all participants and attendees. His endorsement served as a catalyst for further progress and reinforced the commitment to improving girls' nutrition and health.

In the event, Mrs. Rekha Sharma, chairperson of the National Commission for Women, New Delhi set the tone for the discussions by highlighting the shift in perspective towards nutrition. She emphasized that the focus should be on achieving a balanced and nutritious diet rather than promoting unhealthy practices like starvation. This change in mindset reflected a significant step forward in understanding the importance of dietary nutrients for overall health and well-being. Mrs. Sharma eloquently conveyed the profound impact of proper nutrition on maternal health and, consequently, the well-being of the future generation. Emphasizing the vital link between a well-nourished woman and a healthy child, she underscored the critical role that nutrition plays in

ensuring a positive maternal and child health outcome. Her words resonated with the audience, reinforcing the message that investing in women's nutrition is not only crucial for their own health but also has far-reaching implications for the entire community. By nurturing the health of women and girls, societies can lay the foundation for healthier generations to come. The speaker's words left a lasting impression on the participants, sparking thoughtful discussions and renewed commitment to promoting proper nutrition among women and girls. Her advocacy further strengthened the collaborative efforts of the Women's Commission and Poshan Abhiyan Samiti to address the pressing issue of girls' nutrition and health, ensuring a brighter and healthier future for the nation.

The workshop had the honour of hosting Harshita Pandey, the former chairperson of Chhattisgarh Women's Commission, as a special guest. Ms. Pandey's presence brought a powerful message to the event, as she passionately advocated for the slogan of 'Sahi Poshan-Desh Roshan' (Right Nutrition - Bright Nation). She urged all participants, including NGOs, women self-help groups, Anganwadi centers, and students, to unite and undertake the nutrition program as a nationwide campaign. Ms. Pandey emphasized that proper nutrition is not just a personal matter but a collective responsibility. By running a national nutrition campaign, the goal was to ensure that every woman in the country becomes empowered, not just within her family and society but on a broader national level. Recognizing the intrinsic link between women's empowerment and proper nutrition, she championed the cause with fervour and conviction.

Professor Mitashree Mitra, a renowned academician from Swami Vivekanand Vidyapeeth Chair and Retired Professor of SOS in Anthropology, Pt. Ravi Shankar University, made a significant contribution to the workshop. With the aid of a powerful presentation, she shared vital information about the importance of a balanced diet in maintaining nutritional quality for better health. Her expertise in the field, derived from her personal research and surveys, added credibility to the discussions. Professor Mitra's presentation shed light on the role of anthropology in understanding the cultural dimensions of nutrition and how these insights could be leveraged to promote healthier

dietary practices among women. With her wealth of knowledge and experience, she emphasized on the need to and suggested ways to improve nutritional outcomes for children, pregnant women and lactating mothers through improved dietary practices on the communities as a whole.

At the end, the participants had the privilege of hearing from a subject expert, Senior Dietician Mrs. Kavita Pujara. With her wealth of knowledge and experience, Mrs. Pujara shed light on essential aspects related to nutrition and dietetics. She elucidated the distinction between a nutritionist and a dietician, ensuring clarity on the roles each profession plays in promoting healthy eating habits. Mrs. Pujara emphasized the significance of personalized diet charts, tailored to meet individual nutritional needs, as a crucial tool in achieving optimal health outcomes. Moreover, the subject expert delved into the importance of various nutrients in a well-balanced diet, offering valuable insights into the role each nutrient plays in supporting overall well-being. Her comprehensive explanation empowered the attendees with a deeper understanding of the relationship between nutrition and health. In addition to sharing knowledge about nutrition, Mrs. Kavita Pujara also highlighted the promising employment opportunities within the field of dietetics. Her presentation inspired aspiring nutritionists and dieticians in the audience, encouraging them to pursue careers in this impactful domain. By providing such valuable information, Mrs. Pujara's contribution added an important dimension to the workshop's objectives.

Dr. Nitesh Kumar Mishra, Director of the Department and Sharad Srivastava of the Chhattisgarh Nutrition Campaign Committee graced the workshop. In the second session of the workshop, the questions and queries related to nutrition and diet of the participants were resolved by the experts. At the end the contributions of the speakers enriched the workshop's discussions and inspired participants to take decisive action. Their impassioned pleas and informative presentations reaffirmed the urgency of promoting proper nutrition for women and girls, positioning it as a key catalyst for a brighter and more empowered nation.

On this occasion, Dr. Namrata Sharma, Amarjit Chhabra, Ajay Tiwari, Dr. Nitish Kumar Mishra, Professor Rajeev Chaudhary, Dr. Daharwal, Dr. Kamlesh Shukla, Dr. Banshu, Professor Kavita Thakur, Dr. Anuradha Chakraborty, Dr. Aniksha Varoda, Mr. KB Rao, Upasana, Deepshikha , Dr. Bharvi Vaishnav, Rinki Aggarwal, Dr. Anikasha and Mr. Rao, along with a large number of professors, students and members of the Chhattisgarh Nutrition Campaign Committee were present.

GLIMPSE OF THE WORKSHOP



Mrs. Rekha Sharma, Chairperson, National Commission for Women, New Delhi







NATIONAL SEMINAR ON BIO-PSYCHO-SOCIAL ISSUES OF SPORTS WOMEN

NOVEMBER 14TH -15TH, 2022



SPONSORED BY
NATIONAL COMMISSION FOR WOMEN, NEW DELHI, INDIA

ORGANIZED BY
CENTRE FOR WOMEN'S STUDIES
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR (C.G.)



Report of National Seminar on

“BIO-PSYCHO-SOCIAL ISSUES OF SPORTSWOMEN”

NOVEMBER 14th-15th, 2022

BACKGROUND

The sports women in India as well as across the globe are accorded special status and are pride for society and nation. Sports has power to change lives, women taking part in sports show better life qualities. Women have performed and shown their efficiency in all type of sporting events and also held top level management positions in apex sports bodies in educational institutes and government offices on the basis of their performance and competency. Despite of all these achievements, they are still affected by numerous bio-psycho- social issues. Few of these are gynaecological, gender inequality, sexual harassment, and psychological. Though society is working towards becoming more sports inclusive for women. Encouraging women to pursue careers as players, coaches, and trainers, can push sports towards more gender equality.

Sports has power to change lives, women taking part in sports show better life qualities. Though society is working towards becoming more inclusive, discrimination in sports continues, one should strive to thoroughly investigate all the area and issues so that sports can be more inclusive for women. Encouraging women to pursue careers as players, coaches, trainers, her executives and journalist can push sports towards more gender equality.

Female athletes have a unique physiology compared to their male counterparts and so have unique biological, nutritional, sociological and psychological needs. Biological issues like “The Female Athlete Triad” put athletes at an increased risk of injury, illness and nutrient deficiency, as well as affecting the menstrual cycle which in turn causes poor bone health and an increased risk of fractures, breaks and osteoporosis. None of which are ideal for a female athlete. Knowing how to fuel a female athlete is key to successful sports performance and health. We need to ensure that female athletes get adequate nutrition. However, the exact number of calories to be

consumed is much more complicated and will depend on a number of factors like age, weight activity level etc.

Gender equality is one of the major concerns of Indian society and it is now being looked after by several authorities and women as well. Women are made to face the consequences of buoyant sexism as they are confined more towards household chores and they are judged in all aspects of life. Women have now excelled and endorsed in their lives.

The sports sector has seen an upsurge in the number of women athletes. The first and foremost challenge faced by women in sports is the dip in their pay scale as women athletes are paid either less or half what is paid to the male counterparts. There is a huge discrepancy between the male and female incomes and so is the case with prize money.

Despite assurances of changes and a few female athletes making a name for themselves internationally, the situation of women in sports in India is on rise but till we need to work on it. Although woman participation in sport sector is on upsurge in India still the women folk in remote areas need a push and awareness in sport participation. The effect of immediate societal standards is pervasive and can be seen in disputes over things like the length of women's skirts and doubts about their capacity to perform. Whether it be in terms of media attention, awards, prize money, or facilities, women have earned less advantage than men, and this trend is still present now. Discrimination in sports continues, one should strive to thoroughly investigate all the area and issues so that sports can be more inclusive for women. Encouraging women to pursue careers as players, coaches, and trainers, can push sports towards more gender equality.

In order to understand and address these issues related to hesitancy of women to participate in the sports, a two day workshop on, “**Bio- Psycho- Social Issues of Sports Women**” was organized by Center of Woman Studies in collaboration with National Commission for Women, New Delhi, India. Target participants of Seminar were students & Research Scholars in Physical education, Teachers/Coaches/Trainer, All sports Professionals, Women employees & Sports officer.

FOCUS OF THE SEMINAR

Sports has immense opportunities in career, personal, social and national development. Still there are many hinderances in sport participation by the woman folk. The seminar focuses about the barriers which are prime obstacles in participation of woman in sport. It was thought proper to discuss about the issues by the persons who have been involved in sports and the local players who face and perceive barriers in participation in sports. Encouraging women to pursue careers as players, coaches, and trainers, will push sports towards more gender equality. The seminar focusses to help to raise bio-psycho-social issues of sports women and empower them by thoughtful deliberations of the experts of the field.

OBJECTIVES OF THE SEMINAR

The objective of the seminar was to discuss the bio-psycho-social issues of sports women.

SUB THEMES

Subthemes of the seminar were-

- 1. BIOLOGICAL (PHYSIOLOGICAL) PROBLEM OF WOMEN IN SPORTS - Female Athlete's Triad, Pre-Menstrual Syndrome, Pregnancy etc.*
- 2. PSYCHOLOGICAL PROBLEMS AMONG SPORTS WOMEN: Psychological, Health & Stress.*
- 3. SOCIAL ISSUES: Gender Discrimination, Sexual Harassment, & Social Support.*
- 4. BENEFITS OF PARTICIPATION IN SPORTS: Social, Mental, Social & Psychological.*

PROGRAMMESCHEDULE

The national seminar was held for two days which was divided into eight sessions. The programme schedule is as under-

14th NOVEMBER, 2022	
10:00 –11:00	Registration
11:00 –12:00	(Inaugural Session)
11:55 –12:00	Tea Break
12:00 –13:00	<p>First Session</p> <p>Topic–Do female athletes need different nutritional advice from male athletes?</p> <p>Speaker - Dr. Vani Bhushanam Golla, Scientific Officer, Department of sports Nutrition, National Centre for Sports Science Research, Sports Authority of India</p>
13:00 –14:00	Lunch
Afternoon	
14:00 –15.00	<p>Second Session</p> <p>Topic–Gender Equity in Sports</p> <p>Speaker-Mr. Yashpal Solanki, High Performance Director-Judo, Sports Authority of India,</p>
15:00–16:00	<p>Third Session</p> <p>Topic–Addressing nutrition concerns of female athletes</p> <p>Speaker–Dr. Vani Bhushanam Golla, Scientific Officer, Department of sports Nutrition, National Centre for Sports Science Research, Sports Authority of India</p>
16:00 –16:05	Tea Break
16:05 –17:30	<p>Fourth Session–Group Activity</p> <p>Topic–Barriers in sports participation among women & suggestions to overcome barriers</p> <p>Speaker–CWSTeam (Dr. Aniksha Varoda & Dr. Aanuradha Chakraborty)</p>

15thNOVEMBER,2022

10:00 –11:00	FifthSession- GroupActivity Topic –Barriersinsportsparticipationamongwomen&suggestionstoovercomebarriers Speaker –CWSTeam(Dr.AnikshaVaroda&Dr.AanuradhaChakraborty)
11:00 –12:00	Sixth Session Topic –SocialIssues:-Gender Discrimination &SocialSupport. Speaker -Ms.SusmitaR.Jyotsi,RegionalDirector,SportsAuthorityofIndia, Mumbai
12:00 –12:05	TeaBreak
12:05 –13:00	Seventh Session Topic -Biological(Physiological)ProblemofWomeninSports–FemaleAthlete'sTriad, Pre Menstrual Syndrome, Pregnancy etc Speaker -Dr.ShaliniMenon,AssistantProfessor,SOSinPhysicalEducation, GGC University, Bilaspur, Chhattisgarh.
13:00 –14:00	Lunch
AFTERNOON	
14:00 –15:00	EighthSession Topic –PoliciesTowardsSocio-economicempowermentofwomensports. Speaker –Dr.ArunKumar,AnthropometristGrade-II,SportsAuthorityof India (SAI),MinistryofYouthAffair;andSportsBhopal(M.P.)
15:00 –16:00	Topic –Nutritionaldata management Speaker –Dr.OmjiGupta,AssistantProfessor,SoSinPhysicalEducation,SantGuru GhasidasGovernmentPostGraduateCollegeKurud,Dhamtari,Chhattisgarh
16:00 –17:30	ValedictorySession&CertificateDistribution

ORGANIZERS

The seminar was jointly organized by the Centre for Women's Studies, Pt. Ravishankar Shukla University and National Commission for Women.

ABOUT THE UNIVERSITY

Pt. Ravishankar Shukla University (PRSU) is one of the oldest and largest universities of Chhattisgarh accredited with A grade from NAAC. It was established in 1964 and named after Pt. Ravishankar Shukla, the first Chief Minister of erstwhile Madhya Pradesh. The university has a sprawling campus, spread over 300 acres with 27 Schools of Studies. It caters to the higher education needs of the youths of Chhattisgarh and adjoining states, namely Madhya Pradesh, Maharashtra, Orissa, Jharkhand, Andhra Pradesh and Telangana. The University plays a major role in the educational, cultural and economic life of the region.

THE CWS

Centre for Women's Studies came into existence in 2001 in Pt. Ravishankar Shukla University, Raipur and was recognized by UGC in 2011-12. The centre works to educate, train, sensitise and empower students and other stakeholders on issues related to gender. The CWS organizes conferences, lectures, workshops, awareness regarding health, legal issues, etc. to equip women with a wide range of knowledge and skill. The CWS runs two certificate courses, and it has been associated with UNESCO Chair on Community Based Participatory Research (CBPR) and has established a hub on K4C (Knowledge for Change). It also has a network with institutions and agencies working for women.

NATIONAL COMMISSION FOR WOMEN

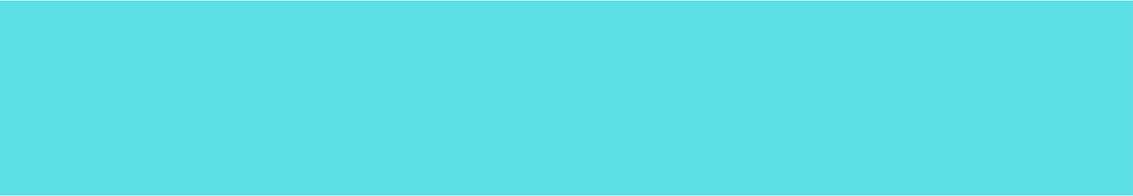
The National Commission for Women was set up as a statutory body in January 1992 under the National Commission for Women Act, 1990 (Act No. 20 of 1990 of Govt. of India) to: Review the Constitutional and Legal Safeguards for Women; Recommend Remedial Legislative Measures; Facilitate Redressal of Grievances; and Advise the Government on All Policy Matters Affecting Women. In keeping with its mandate, the Commission initiated various steps to improve the status of women and worked for their economic empowerment during the year under report. The Commission completed its visits to all the States/UTs except Lakshadweep and prepared Gender Profiles to assess the status of women and their empowerment. It received a

large number of complaints and acted Suo-moto in several cases to provide speedy justice. It took up the issue of child marriage, sponsored legal awareness programmes, Parivarik Mahila Lok Adalats and reviewed laws such as Dowry Prohibition Act, 1961, PNDT Act 1994, Indian Penal Code 1860 and the National Commission for Women Act, 1990 to make them more stringent and effective. It organized workshops / consultations, constituted expert committees on economic empowerment of women, conducted workshops / seminars for gender awareness and took up publicity campaign against female foeticide, violence against women etc. in order to generate awareness in the society against these social evils.

The National Commission for Women, in pursuance of its mandate contained in Section (10) of the National Commission for Women Act, 1990, sponsors special studies and undertakes promotional and educational research either on its own or through other agencies/organizations/institutions, etc., to suggest ways of ensuring due representation of women in all spheres and identify factors responsible for impeding their advancement and empowerment. The National Commission for Women was set up as statutory body in January 1992 under the National Commission for Women Act, 1990 (Act No. 20 of 1990 of Govt. of India) to review the constitutional and legal safeguards for women, recommend remedial legislative measures, facilitate redressal of grievances and advise the Government on all policy matters effecting women in keeping with its mandate. The commission initiated various steps to improve the status of women and worked for their economic empowerment during the year under report. The Commission completed its visits to all the States / UTs except Lakshadweep and prepared Gender Profiles to assess the status of women and their empowerment. It received a large number of complaints and acted suo-moto in several cases to provide speedy justice. It took up the issue of child marriage, sponsored legal awareness programmes, Parivarik Mahila Lok Adalat and reviewed laws such as Dowry Prohibition Act, 1961, PNDT Act 1994, Indian Penal Code 1860 and the National Commission for Women Act, 1990 to make them more stringent and effective. It organized workshops / consultations, constituted expert committees on economic empowerment of women, conducted workshops / seminars for gender awareness and took up publicity campaign against female foeticide, violence against women etc. in order to generate awareness in the society against these social evils.



INAUGURALFUNCTION



REGISTRATION FORTHESEMINAR

Seminar started with registration in the morning. About 200 participants from various colleges and universities of Raipur registered and participated in the seminar. Registration was also done through Google forms.

DAY-I

INAUGURALFUNCTION

The programme was inaugurated by Dr. Kiranmayee Nayak, Chairperson, State Commission for Women by lighting the lamp which was followed by the kulgeet of Pt. Ravishankar Shukla university. Prof. Reeta Venugopal, Director, Center for Woman Studies gave the opening remarks. Prof. C.D. Agashe, HoD, SoS in Physical Education said the programme complimented the golden jubilee of Physical education department. Guest of Honor of the inaugural session were Ms. Neeta Dumre, Ex International Hockey player and Mr. Yashpal Solanki, Arjun Awardee. They shared their experiences as a sports person. In the programme we had 4 sports women, Dr. Banso Nuruti, Kavita Verma, Yashoda Sahu & Maheshwari who shared their experience of sports journey. This was followed by special lecture by Dr. Vani Bhushanam



Picno. 01- Glimpses of the Inaugural Function



Picno.02-Dignitariesattheinaugural ceremony

Prof. Reeta Venugopal, Director, Center for Woman's Studies gave the opening remarks. She gave a brief introduction of Nation Commission for Women. She said that although women sport persons are making their mark globally but still there remains a lot of scope to work in this field. BCCI has announced to give equal wages to both men and women. She said that sexual harassment is very commonly experienced by even sports women which puts a deep impact if any women athlete experiences in her life. It is very important to create a healthy environment to avoid such unpleasant incidences. Special preference to women in sports needs to be focused on more seriously. Also, she emphasized that for women empowerment can be brought through promoting sports among women. In her welcome address she threw light on the health and biological aspects of sports women and pinpointed on the gynecological and psychological concerns to be looked upon. She further, highlighted on the need of the hour to promote women and girls in sports



Picno.03-Prof.Reeta Venugopal giving the opening remarks at the inaugural session

Prof.C.D.Agashe, the HoD of SoS in physical education said the programme complimented the golden jubilee of Physical education department. He talked about the role of sport in boosting a country's economic prosperity. He talked about the economic issues of the sports woman. He also showed concern about gender biasness in many games because of which women feel constrained to participate in sport.



Picno.04- Prof.C.D.Agashe, Head, SoS in Physical Education, addressing the audience

Dr. Kiranmayee Nayak, Chair person, State Commission for Women said that in the society gender biasness prevails and so as in sport and in the communities especially in the rural areas the biasness are actively perceived by the community folk that women are sensitive and more delicate and they require protection biologically, socially and psychologically. She drew attention of audience by telling that how in our society male and female are discriminated in the nutritional , education and social aspects. She said that mass awareness should be there about benefits of sport participation. She expressed her happiness that Pt.RSU has a physical education department which caters the need and motivation among the locals in the field of sport.

She said that activities relating to Sports and Physical Education are essential components of human resource development, helping to promote good health, comradeship and a spirit of friendly competition, which, in turn, has positive impact on the overall development of personality of the youth.



Picno.05-Dr.KiranmayeeNayakaddressing thehouseattheinaugural session

Guest of honor Ms. Neeta Dumre, Ex International Hockey player said that she got a lot of recognition after she represented India in the international level. She said that social stigma is attached to sports women, which may lead to drop out from sports. She said that we want our girls to play games but when it comes to matchmaking we don't want to accept women players or athletes as our daughter in laws. She emphasized that we should encourage our girls to play sports and also we should also have a whole hearted acceptance of a sports women as our daughter in laws.

She suggested to work on the health of female sports persons with preference. She stressed that early intervention in diet and training among women during their growth years will result in better growth and performance . She pointed out that family plays a pivotal role in the life of women in sports.

She shared her personal experience as a sports person and narrated how she managed to practice with inadequate sports equipment's and clothing. She shared that participation in sport was difficult due to lack of facilities in terms of equipment's as well as infrastructure which sometimes reduced self confidence and vigour to play with the players at the national level but the hard work, will power, and love and passion for playing hockey helped her to overcome the hurdles.

She narrated that there was a time when she played with a damaged hockey stick as she had no money to buy a new one. During her practice hours she used to borrow her friends' shoes for running. She also said that there was no provision of proper team practice in her city and she used to practice with untrained players and on a non-Astroturf ground and when placed to practice with state level players and on Astroturf ground, it affected the performance level.

She emphasized that bio-psycho- social issues are untouched areas which needs attention for women in sports.



Picno.06-Mrs.NeetaDumresharingherexperienceasasportspersonandaddressingthehouse

Dr. Vani Bhushanam Golla, Scientific Officer, Department of sports nutrition, National center for sports Science Research, Sports Authority of India, New Delhi said that although the level of participation and performance still varies greatly by country and by sport, women's sports are widely accepted throughout the world today.

She said that although there has been a rise in participation by women in sports, a large disparity still remains. Her presentation focused on the nutritional needs of the women athletes. Equality in sports is now being provided by giving women sports persons equal opportunities of sports training and sports participation. Females have always experienced hurdles and challenges as a sports person. Social acceptability is a big challenge when a woman chooses sports as her career. It is difficult to convince even the family members for the same. Dr. Vani explained very elaboratively about the nutritional advice for men and women athletes. She explained how the energy expenditure involved in different sport events and the body weight of the players should be considered in calculating the calorie requirements of every player. She also explained that the

nutritional requirements should be personalized as per individual player's needs. Ms. Vani Bhushanam further explained the various advantages and disadvantages of male and female athletes as per body composition. She talked about the total calory requirement and total micronutrient requirements of the athletes for getting better performance.

She explained about the nutritional advice of male and female athletes as-

- On average, a moderately fit man needs about 19-21 calories per pound of body weight. This means, if he weighs 175 pounds, his daily calorie intake should be around 3,500 calories per day while a moderately fit woman who maintains a similar exercise program only needs about 17-19 calories per pound of body weight. That translates to about 2,400 for a woman that weighs 135 pounds. The reason men need more calories than women is because men burn more calories than women. Men generally have more muscle than women and less fat. The leaner muscle to fat ratio in men further supports an elevated metabolism.
- Men need more carbohydrates than women. Moderately fit men who exercise a minimum of three times a week need 6 – 10 servings of fruits and vegetables each day and 8 – 12 servings of grains to meet high fiber needs. A woman of a similar fitness level needs about 9 servings of carbohydrates and 7 servings of grains daily.

Men store fewer but use more carbs than women. Women also require fewer carbs because they store and burn more fat than carbs when exercising. These recommendations are for men and women who train regularly, those who weight train with a cardio program including running, cycling or swimming laps.

- Women require about 70-80 grams of high-quality protein sources.
- Calcium is necessary to strengthen bones and to ensure overall bone health. Women need 1000 to 1300 milligrams of calcium every day. Women runners often have to take a calcium supplement. Because men require the same amount, it is generally easier for them to get the calcium they need through their diet because of their higher daily calorie intake.
- Both men and women need iron. Men require about 8 milligrams each day and women as much as 18 milligrams. Women tend to lose more specially due to menstrual cycle.

- She narrated that to manage their weight, players do some wrong practice, that affects their performance. She also said that many a times total body fluid reduction takes place due to restricting fluid intake and increasing sweat response among players, which is not advised .She further said that use of abusive medical practice such as laxatives, diet pills, diuretics, enemas, sporting bulimia also hinders performance levels and hence should be avoided. She emphasized that –
- Younger athletes should be allowed to move up weight divisions as they age/grow.
- Senior athletes should have personalized weight loss and recovery plans to optimize performance based on selected competitive weight divisions.
- Weight management strategies should be trialed and refined before important competitions.
- Supplements need to be used in conjunction with advice from a Professional.



Picno. 07-Dr.VaniBhushanamGollagivingherpresentation

STORY NARRATIONS OF SPORTS WOMAN OF UNIVERSITY

In the inaugural session the sports women of the Pt. Ravishankar Shukla University, Raipur (C.G) Dr. Banso Nuruti, Kavita Verma, Yashoda Sahu & Maheshwari. They shared their real stories and experiences of sports journey.

Dr. Banso Nuruti, Assistant Professor, SoS in History, Pt. Ravishankar Shukla University Raipur (C.G) shared her personal experience of sports life and described about her practices in the village field during her early years of sports career.

She had faced a lot of issues during the practice years due to the lack of playgrounds and infrastructure in her village. She narrated how her father encouraged her and facilitated her by turning a barren agricultural land into a sports field for her running practice.

Dr Nuruti said that lack of support system in the school and community prevailed, which was conquered by a physical education teacher who accompanied her to participate in the competition.

During the competition the gestures and comments of other participants about her belonging to tribal area, again made her feel inferior and the physical education teacher motivated her, counsel her and made aware her about her talent and she competed and won medal in three long distance event in athletics.



Picno.08-AthleteDr.Banso Nurutisharingherexperiencesof hersports journey

Ms. Yashoda Sahu, sports teacher in Govt. GHSS housing board, Bhilai (C.G.) shared her success story as a sports person. She was selected for sub junior national games in 2004 and joined India camp in 2016.

She shared her experience that once she had suffered from ligament injury after that it was really difficult for her to continue sportand it was assumed that her sport career will come to an end. But it was her strong family support and will power that helped her over come the situation. Her family supported her and got her ligament operatedfromagood hospital,shefoughtbackandwonmedalsand broughtlaurels. She strongly said that family plays an important role for a girl to participate in sports.



Picno.09-Athlete Ms.Yashoda Sahu sharing her story of sport journey



Picno.10-Athlete Ms.Kavita Verma sharing her story of sport journey

Kavita Verma is a Volley Ball player and the recipient of Shaheed Pankaj Vikram Award by Chhattisgarh Government in 2015. Currently she is working as a sports teacher in DAV Ispat Public School Nandini Ahiwara, Durg. She has also achieved many recognitions in the field of sports which includes played in events like Senior national volley ball championships and women national volleyball championships.

***Maheshwari Kashyap** is excellent cricket player. She had played School National(8 times), Senior Open National(9 times) and Ranji Trophy(thrice). She had been selected by Chhattisgarh State Cricket Sangh(CSCS) for playing the camp selection matches. She said that earlier in spite of making runs she was not given a chance to play in the State level tournaments. But in the consecutive years she worked hard to improve her performance and was selected to play for Chhattisgarh for the league matches for Ranji Trophy in the year 2016 for the first time and there after she had represented the state in 2017 & 2018 also.*



Picno.11-Athlete Ms. MaheshwariKashyapsharingherstoryof sportjourney

The real life stories and experiences of these players added to the knowledge of the participants about the actual barriers among sports women and the way forward shown by them.

A short video clip of the sports journey of the four plyers was played . Link of the video clip of sports journey of the 4 athletes is- <https://youtu.be/zCWPn9zYbNQ>

In the post lunch session **Mr. Yashpal Solanki, ArjunaAwardee, Sports Authority of India** gave his presentation on Gender Equality and Inclusion in Sports. He explained how gender equality could be considered in sports.

He said that he is a proud husband of an Olympian. Further he added that gender equality is not a right, it's an opportunity and also focused on five principles of strategic framework i.e., participation, leadership, safe sports, portrayal and resource allocation.

He said that "Achieving gender equality and women's empowerment is key to meet the 2030 Agenda for Sustainable Development and its 17 Sustainable Development Goals (SDGs) adopted by world leaders in 2015, as a roadmap for progress that is sustainable and leaves no one behind". He narrated that sport holds enormous capacity to propel gender equality and women and girls' empowerment.

It mobilizes the global community and speaks to youth. It unites across national barriers and cultural differences. It is a powerful tool to convey important messages in a positive and celebratory environment – often to mass audiences.

He said that present priority of International Olympic Committee (IOC) is to build a peaceful and better world through sport and gender equality. IOC continues to push for women's representation and participation in all levels and all structures of sport, beyond balancing the number of women competing in the Olympic Games. He said that the number of women athletes in Olympic games is approaching 50%.

Women have participated in every Olympic sport since 2012. Another remarkable thing is all the new sports to be included in the games must contain women's events. Female participation in the Olympic games has increased from 2.2% in Paris Olympic in 1900 to 48.8% in Tokyo Olympic in 2020, which indicates a positive change. These figures are more likely to improve in the years to come. Since the first Olympic games in which women were allowed to compete in 1900 in Paris, until the first gender balance games in Tokyo 2020, we have come along way in inclusion and equality on and off the field to play.



Picno.12-Mr.Yashpal Solankigivinghis presentation

This was followed by a presentation by **Dr. Vani Bhushanam Golla**. She described that biological differences are pertinent in sporting performance. Men have higher aerobic capacity, larger muscle, lower fat percent, higher power to weight ratio, better GI adaptation and faster recovery. On the other hand, women have lesser muscle fatigability, even running speed and better user of fat as fuel.

In addition, menstrual cycle could reduce exercise performance though trivially which was observed in the early follicular phase of the menstrual cycle. Hormone patterns in women can influence many outcome measures but not limited to substrate metabolism, stress reactivity, muscle function, and bone health. Nutritional Strategies therefore, could be seen in the light of variations among males and females. Very few research has been done so far to see the outcome measures of performance between male and female athletes.

She highlighted another important thing that so far very less research which accounts to only 3% of the academic research has been done on female athletes hence there is no data base for further interventions.

Cowley and co-workers recently (2021) have shown that only 6% of mainstream sport and exercise research was conducted using female only participants. It is likely that this number would be further reduced considering sports nutrition research.

The speaker emphasized that the recommendations currently available for female athletes should be encouraged and supported to come up with gender specific guidelines that will

- Firstly promote their health and wellbeing,
- Secondly improve on the biological differences,
- Thirdly garner the advantage of changes in the menstrual cycle,
- Fourthly identify and excel in the sports which provide women with an edge and
- fifthly optimize sporting performance.

She explained that the female athlete triad is a three dimensional issue of menstrual dysfunction, low energy availability (with or without an eating disorder), and decreased bone mineral density.

It is relatively common among young women participating in sports. She further elaborated that female in any sport can develop one or more components of the triad.

At greatest risk are those in sports that reward being thin for appearances such as figure skating or gymnastics or improved performance such as distance running or rowing. She explained that there are several different theories about the best approach to treating this complicated condition.

However, it is universally accepted that triad prevention, early recognition, and a multidisciplinary treatment plan with a focus on proper nutrition and resumption of menses are extremely important and should be priorities among health care professionals, coaches, and other adults involved in the lives of female athletes.



Picno.13-Dr.VaniBhushanamGollagivingherdeliberation

GROUPACTIVITYOFSEMINAR

A group activity for the participants of seminar was organized to discuss various barriers sports women come across. All the participants were divided into five groups for the activity. Each group worked with mentors to guide them. The groups worked on socio-cultural barriers, Health Related Barriers and Biological Barriers, Psychological Barriers, Economic Barriers & Physical Barriers. Participatory methods were used for the group activity. The group members worked together and came up with various barriers in sports for women as they believe in the form of painting, mapping, stories and in the form of text along with recommendations to cope up with those barriers.

The main findings of the group activity were shared by the groups in the seminar. Outcomes of group activity that is various barriers in the sports for women and the ways to cope up with the same are presented in the following table-

Key Recommendations of the various barriers to participation in sports among female were-

BARRIERS IN SPORT PARTICIPATION AMONG WOMEN AND SUGGESTION TO OVERCOME BARRIERS	
<u>GROUP 1- SOCIAL AND CULTURAL BARRIERS</u>	
Barriers	Recommendations To Overcome Barriers
<ul style="list-style-type: none"> • Lack of family care and social support • Cultural barriers hinders/put on adverse remarks for the use of various sports garment • Lack of motivation • Body image • Hurdles of family life 	<ul style="list-style-type: none"> • Awareness for women participation in sports has to be increased in the family, community and society which in turn might bring about social acceptance for women sports persons. • Positive perception of one's own skills and ability should be built up. • Use a variety of images in publicity, not just those which show the idealized female figure. • Identification of sports talent at the community level should be done and they should be assisted financially to pursue sports as career. • Sport club at rural and urban areas should be made to initiate training and sports discipline at a very early age and even at school level onwards. • Awareness about the present financial assistance for sports should be created. • Provide crèche facilities or classes for toddlers and children, so that adults can bring their children when they go to exercise.

Group2- HealthRelatedBarriersandBiological Barriers

Barriers	Recommendations
<ul style="list-style-type: none">• Beingafemaleitselfseems a barrier• Lackofsanitation• ConditionslikeAmenorrhea,anemia, malnourishment, low bone density, trauma inpost injury phase etc .	<ul style="list-style-type: none">• Families should encourage women to participatein sports. Women and girls cannot play sport if they cannot get access to the basic amenities.• Better sanitation facilities should be made available at the schools, sports academies• Micronutrient recommendations should be according to be the menstrual loss• Sportsdoctorsshouldbeappointedateven remote sports training centers for helping recover the injuries.• Malnourishments and other health issues should be taken care of before and during the sports training.

GROUP3-PSYCHOLOGICALBARRIERS

Barriers	Recommendations
<ul style="list-style-type: none">• Anxiety• Peer pressure• Fearof loosing• Depressionduetoinjuries• Lackofconfidenceduetopoor communication skills	<ul style="list-style-type: none">• Withthehelpofcounsellingbyprofessional psychologist the issues listed above can be taken care of.• Mentalandphysicalhealthofathletesshould be made strong to handle the pressures.• Need to work for strengthening the communicationskillsamongathletes.

GROUP 4-ECONOMIC BARRIERS

Barriers	Recommendations
<ul style="list-style-type: none">• Lower socio-income families cannot afford the expenses involved in sports training and coaching cannot pay for sports equipment's, clothing etc.• Lackoffinancialsupport	<ul style="list-style-type: none">• Scholarships should be given to talented players.• Wagesoffemaleshould begivenhike.• Subsidies for women's activities can make them more affordable. If subsidies cannot be sustained, consider offering them at the startofanewprojectoractivity,andthen graduallyintroducefees.



Picno.-14-Group Activity

GROUP5-PHYSICALBARRIERS

Barriers	Recommendations
<ul style="list-style-type: none">• Longdistanceofsports academy• Lackofinfrastructure• Lackofpracticemeanssuchasno Astroturf grounds available for practice• Poorgroup practice• Lackoftrainedcoaches	<ul style="list-style-type: none">• Talenthuntingateverycity,villageand community must be done with serious efforts• Sports facility should be developed at community level• Developmental issues at communitylevel will help overcome most of our physical barriers.• Sportscultureshouldbe encouraged.

The existing barriers to women and girls 'participation in sport and physical activity leads to lower participation rates among women as compared to men. This gender gap is caused by these barriers and it plays a significant role in women and girls" attitudes and behavior. It is recommended to work on the various barriers and the suggested ways to overcome those.

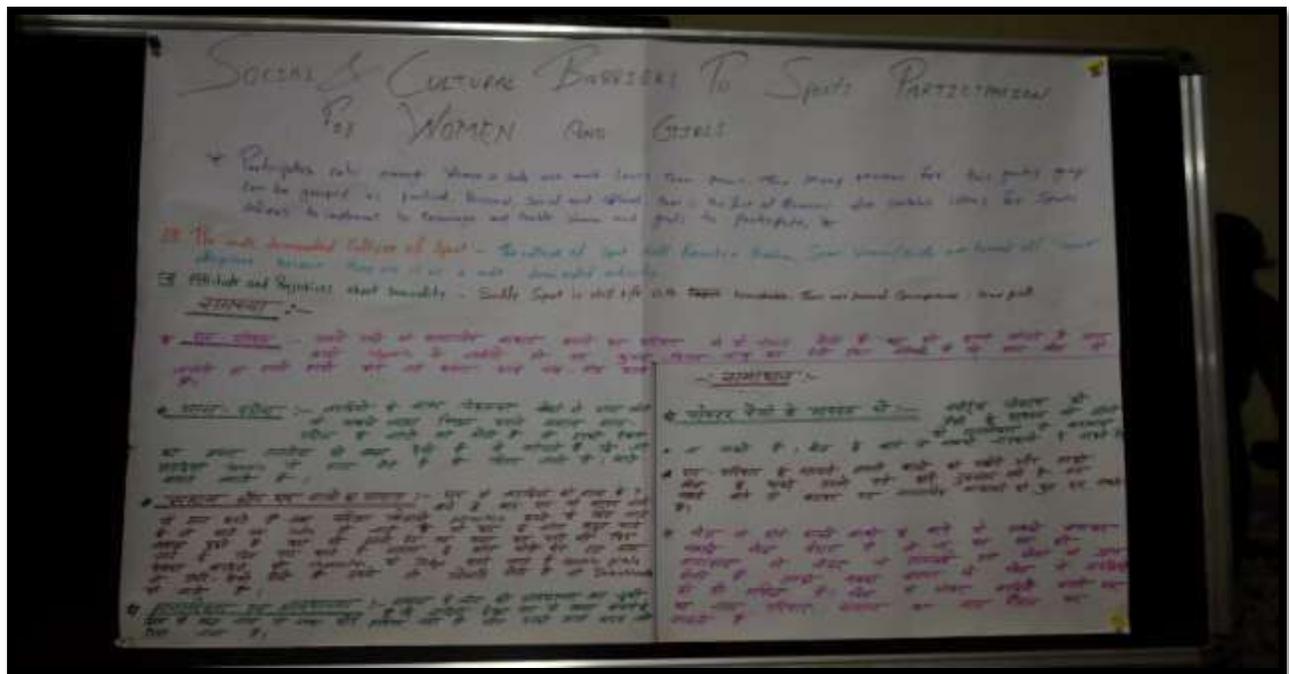


Picno.-15-Group Activity

SHARING OF RESULTS



Picno.16-SharingofresultofGroup- I



Picno.17 Group 2 Health Related Barriers and Biological Barriers
Picno.18 -Sharing of result of Group I



Picno. 18 -Result sharingbyGroup 02&03



Picno.18(A)- Group5-Physical Barriers



Picno. 18 (B) -Group 5 -Physical Barriers



Picno.19-Resultsharing byparticipants

SECONDDAY(15THNOVEMBER,2022)



Picno.20-Resultsharing byparticipants

The second day of the seminar started with the lecture **Ms. Susmita. R. Jyotsi, Regional Director, Sports Authority of India, Mumbai**. She started her lecture by the statement that, “It is adventures that I am a sports person”. Further she shared her personal experiences, and highlighted that if our muscles are active, then we are ready to compete. She urged for grooming the children for indulging in sports.

- She motivated the participants by talking about the achievements of woman athletes in Olympic and Para Olympic Games. In the athletic highlights Karanam Malleshwari was the first Indian women to win a medal in weight lifting in Sydney Olympics in 2000.
- Other women who made their mark at the Olympic & Para Olympic games were P.T. Usha, Sania Mirza, Saina Nehwal, MC Mary Kom, Tandra Rai, P.V. Sindhu, Sakshi Mallik, Mithali Raj, Daina Edulgi, Alisha Abdullah, Vijaylaxmi Subbaraman and Dipa Karmakar.
- The speaker talked about the various biopsychosocial issues of sports women. Biological issues are physiological/ pathological conditions. Psychological issues she talked about is due to one thoughts, emotions and behaviours such as psychological fear, avoidance and beliefs. While social issues included socio-economical, socio-environmental, and cultural factors such as work issues, family circumstances, etc.
- She said that biological, social and psychological issues are the dynamic risk factors for the sports women.
- She elaborated that Bio-physiological and pathological conditions like training, sleep patterns, nutrition and blood parameters are considered and worked on to improve participation and performance on women athletes.
- She explained about the ways to overcome psychological barriers by our power of thought process. One's behaviours and environment cause changes that affect the way your genes work.
- She talked about the social issues that work as barriers for women in sports such as family pressure, difference in gender with regard to training facilities/ gear/funds, multi-tasking and family responsibilities and training through monthly cycles.

- The speaker highlighted the psychological issues such as mental toughness, motivation, injury beliefs, return to play after post-injury and suggested ways to overcome it by yoga and meditation.
- She strongly pointed out to avoid isolation to overcome social concerns during injury.

While dealing with female athlete triads, first of all she mentioned about the problems of it which includes low energy availability, amenorrhea, low bone density etc. followed by anemia and gender difference regarding food provided to children at home.

All these problems gradually impact the psychological behavior of the women. In the context of social aspects, she focused on the family pressure and less support provided by the family members.

She further explained that epigenetic effects may also play a considerable role in the determination of athletic potential and these effects will need to be studied.

She explained that when players from different places come to join a particular sports academy they are checked for their present health conditions. Various physical and physiological tests are done in order to assess their health conditions. Blood tests are done to check the levels of Vitamin B₁₂, Vitamin D etc. Besides this various anthropometric tests are also done. The physical fitness tests also give an insight of the endurance and vigor of the athletes. The anthropometric tests are helpful in deciding the sports into which the player should take training as per their body built in terms and can suggest the exercise type which is to be taken if advantage and disadvantage of the sports type. When female athletes of Punjab were screened, they were found to be anemic. This was quite shocking as Punjab is a state where Punjabi community have diet rich in all essential nutrients and they generally consume a good diet. She said we can produce strong players only when the nutrition, health, exercise scale are taken care of from a very early age. She stressed on encouraging women to take up sports seriously and to aim big to achieve name not only in national level but also in the international level. She talked about a notable change that now a days 50 of the accommodation /hostel is now kept for girl athletes during training. This indicated increased participation of women in sports.

She concluded by the following key points of concern-

- *Educating athlete & assuring their best interest*
- *Coordination between athlete-coach-sports science*
- *Clinical diagnosis*
- *Regular screening of athletes on & off field*
- *Training athlete through the pandemic management*



PicNo.21- Ms. Sushmita R. Jyotsi sharing her deliberation

Dr. Arun Kumar, Anthropometrist, Sports Authority of India, Ministry of Youth Affairs and Sports Bhopal (M.P) told about the Policies Towards Socio-Economic Empowerment of Women in Sports. He said that the participation of women and girls in sports and in physical fitness activities have been recorded to have existed throughout history. Although participation of women in sports was very less and with time now women have come up to show

case their talent in the field of sports. However, participation rates and activities vary in accordance with nation, era, geography, and stage of economic development. Roughly in 1870, women's activities tended to be informal and recreational in nature, lacked rules codes, and emphasized physical activity rather than competition. Now a day's, women are participating in amateur as well as professional sports. He said that the history of women's sports can be dated back to the 19th century as upper-class women were actively involved in playing games that emerged towards the end of the 19th century like horseback riding, archery, skiing, tennis and skating, etc. Women participated in the modern Olympic games for the first time during the second game of Olympics in 1900. Moreover, women could only participate in the sports events that were considered as "feminine sport" and known as women's sports events. He focused on challenges faced by women athletes and said that low pay scale and prize money, gender issues and negative effects of gender types and stereotypes are some major challenges faced by women players.



PicNo.-22Dr. ArunKumarsharingher deliberation

He pointed out that due to lack of access to sports facilities, sports participation rates among girls are significantly lower than boys". The numbers are even more discouraging for high school sports, with girls receiving about 1.3 million less opportunities to play sports than boys. He referred that only 59 % of 3rd -5th grade girls who live in urban areas are involved in at least one organized sport, (80 % for boys).

To encourage women players several policies are being amended such as-

- 1. Equal pay for men and women cricketers** - Jay Shah, the Honorary Secretary of BCCI, said women cricketers will be paid the same match fee as the men: Test matches at Rs 15 lakhs, ODI matches at Rs 6 lakhs and T20I at Rs 3 lakhs.
- 2. Financial assistance by Government-** The State government will provide financial assistance of up to Rs.5 lakh to shortlisted female athletes under its 'state sports talent search and development scheme'
- 3. Job Support** - Job support for female athletes are being given. Mary Kom, is DSP, Manipur Police & Member of Rajya Sabha, Geeta Phogat, works as DSP, Haryana Police and Babita Phogat, works as a Sub Inspector, Haryana Police.
- 4. Yogi Govt to start scouting sports talent across UP** - Yogi Adityanath led government is set to fund **Rs.500 crore** for promoting sports activities in Uttar Pradesh. On the lines of a national talent search scheme, the state government will also start scouting **sports talent** across UP. **Government jobs for 27 Jharkhand players under quota.**
- 5. Talent Hunt-Khelo India** - To infuse sports culture and achieve sporting excellence Govt of India has earmarked a fund of 15.03 crore exclusive for Khelo India women leagues across nine disciplines for next four years to identify new talent.

Dr. Shalini Menon, Assistant Professor, Department of Physical Education, GGU, Bilaspur, Chhattisgarh dealt with Gynecological considerations of sports women and described that Premenstrual syndrome (PMS) encompasses the most common issues, such as mild cramping and fatigue, but the symptoms usually go away when our period begins. Through data support that there are over 355 million menstruating women and girls in India, 28 yet millions of women across the country still face significant barriers to comfortable and dignified experience with menstrual health. Girls do not consistently have access to education on puberty and menstrual health. In India, 71% of girls report having no knowledge of menstruation before their first period. Girls often turn to their mothers for information and support, but 70% of mothers consider menstruation “dirty,” further perpetuating taboos. Almost 88% of women and girls in India use homemade alternatives, such as an old cloth, rags, hay, sand, or ash. Women and girls lack access to appropriate sanitation facilities.

There are 63 million adolescent girls living in homes without toilets. Despite national efforts to improve sanitation, women and girls lack appropriate facilities and community support to manage their menstruation privately and in a safe manner. Apart from this she also discussed about the causes of absence of menstrual cycles among teens which includes ovarian cysts, sudden weight gain or loss, stopping birth control, pregnancy and among adult women the reasons are premature ovarian failure, pelvic inflammatory disease (a reproductive infection), stopping birth control, pregnancy, breastfeeding, menopause etc. She finally concludes that Societal influences to "be thin" and "to win at any cost", should be somehow moderated and sports for women should be promoted for the physical, social and psychological benefits that it can offer to participants of all ages and at all levels.



PicNo.-23.Dr.ShaliniMenonsharingher deliberation

Dr. Om ji Gupta ,Assistant Professor, Department ofPhysical Education, Sant Guru Ghasidas Govt. P.G. College, Kurud, Dhamtari (C.G) gave his presentation on Nutritional Data Management. He demonstrated how to compile large data on the spread sheet and develop the calculation tools. He explained in details about the compilation of data and ways of data management for further calculation and implementation of the results. He has worked on the nutritional aspects of sports women and he has developed calculation soft wares with the guidance of subject experts. He demonstrated how to utilize those software tools for managing large data and explained the ways of calculations and interpretation.He discussed about the huge participation disparities among the male and female sports persons.



PicNo.-24.Dr.OmJiGuptasharingherdeliberation



ValedictorySession



Dignitaries present in the valedictory ceremony were Prof. Kesarilal Verma, Honorable Vice Chancellor, Pt. Ravishankar Shukla University, Raipur, Dr. Sushmita R. Jyotsi, Regional Director, Sports Authority of India, Mumbai, Ms. Naina Singh, The first woman mountaineer from Chhattisgarh, Prof. Reeta Venugopal, Director, Center for Women's Studies and Prof. C.D. Agashe, HoD of SoS in Physical Education.

Prof. Kesari Lal Verma in his address said that Sports culture should be encouraged. Advantages of women participating in sports Participation of women in sports leads to not only their empowerment but also allows them to acquire individual competency, team & personality building and health improvement. This would lead to positive consequence for the family as well as the whole society. Sporting activities also help women to reconnect with the power of their own bodies. The various other benefits include, mental wellbeing, independence, peace of mind, increased concentration, fame, discipline, reservations in jobs and educational institutions etc. Women Role Model in Sports: When role models are mentioned in sport, the first thing that comes to mind is high profile celebrities. While positive role models can be found in amateur and professional sports, it's the people they see every day that make the biggest difference. Parents, coaches,



Picno.25.Honorable Vice Chancellor, Prof. Kesari Lal Verma addressing the participants

Naina Singh has become the first woman mountaineer from Chhattisgarh to reach Mount Everest (8848.86 m). Besides this extraordinary achievement, she has also conquered the Mount Lhotse (8516 m). On June 1st at 9 am, she made her name into the records of history as she touched the world's highest peak – the Mount Everest. Throughout the expedition, Naina had shown immense grit and determination. There were other fellow mountaineers who could not reach the peak owing to bad weather and injuries. Bastar's daughter Naina Singh Dhakad is a resident of a tribal-dominated village Actaguda. She has been preparing for her achievement and goal since the last 10 years. She had also climbed the peaks of the Great Himalayas. Besides, she had also participated in the Snow Man track event in Bhutan, along with Bachendri Pal- the first Indian woman to scale Everest. Naina was of a young age when her father passed away. Her mother raised all her three siblings through the rocky road.

Naina's household expenses are incurred by her mother's pension amount. In her village, one brother runs a tea shop and the other brother has a small grocery store. However, Naina constructively took on this challenge and persistently pursued her passion of mountaineering. Despite struggles, she had always aspired to be at the top. As per Naina, she was informed about mountain climbing through the National Service Scheme (NSS) camp organized in 2009 while she was a school student. Her mountaineering journey was supported and encouraged by the Bastar District Administration to support fulfill Naina's dream and passion. On 1st April 2021, she left her home from Jagdalpur in an expedition to conquer the Everest. Chhattisgarh Government has been continuously encouraging youngsters of the state to come forward and pursue their passion- an example of which is the achievement of mountaineer Naina Singh Dhakad. Further, Naina has inspired and motivated thousands of youngsters through her courage and achievement. She has become a beacon of hope for youngsters of Chhattisgarh. A few days after this seminar Ms. Naina Singh was awarded the **Tenzing Norgay National Adventure Award 2022**



PicNo.-26.NainaSingh sharingherexperienceofmountaineering



A short video footage about Naina Singh was shown in the valedictory ceremony. The link of the video footage is- <https://youtu.be/AtmWy8fccRg>. At the end an interaction was also done with Naina Singh and the participants.

Prof. Reeta Venugopal, in her concluding remarks said that is the future. She shared the key recommendations of the seminar and said that such seminars should be organized in future also.

A vote of thanks was given by Dr. Anuradha Chakraborty, Guest Faculty, Center for Women Studies Pt. Ravishankar Shukla University, Raipur.



PicNo.-27. Concluding remarks of the seminar by Prof. Reeta Venugopal



PicNo.-28. Feedback by Participants

CONCLUSION

Sport holds enormous capacity to propel gender equality and women and girls' empowerment. It mobilizes the global community and speaks to youth. It unites across national barriers and cultural differences. It is a powerful tool to convey important messages in a positive and celebratory environment – often to mass audiences.

Seminar participants acknowledged the biological issues of women in sports. The problems are varied as per rural and urban areas affecting level of sports participation. The participants also recognized barriers to participate in sports for women whereas women feel insecure and discriminated at various level. The sports promotional schemes were discussed in details which created awareness among the participants of the seminar.

Various schemes and policies have facilitated participation of women but more policies and programs in close collaboration of different stakeholders are needed to be framed. Adequate training facilities should be accessible for all in adequate number and place. Towards building awareness sensitization on various issues will improve participation. Promoting sports among women is a very promising field for creating gender equality in the society. Participation of women in sports will lead to not only their empowerment but also allow them to acquire individual competency, team & personality building and health improvement. This would lead to positive consequence for the family as well as the whole society.

RECOMMENDATIONS OF THE SEMINAR-

Sport organizations should focus on the following major realms of influence to encourage more female participation in sports.

Social Recommendation

- Women can be motivated to participate in sport activity by talking about or hearing the relatable real-life stories of female sport persons.
- Cohesion will help expressing women sports persons' "strengthens and commitment for sports"
- Families should encourage women to participate in sports. Sustained engagement depends on the individuals in her daily life, especially her family, providing their support.
- Challenge negative stereotypes and create support from community as well.
- Create safe spaces for girls to play sport.
- For every boys team, have a girls team.
- Awareness programmes should be planned in society for decreasing gender biasness in the field of sport. Empower girls from a young age. The value of encouraging girls into sport from a young age will increase their participation in sports.
- Encourage your female staff to become role models
- By creating the sense of belongingness sport participation can be made pleasurable and offer a memorable experience, supports and recognition which in turn will motivate to explore their capabilities in the field of sport.
- Internalizing will aid her in considering her accomplishments. Internalizing her own behavioral path, internalizing the importance of enjoying oneself and the sporting experience.

Financial Recommendations

- Awareness regarding sports promotion schemes should be created.
- Facilitate long-term flexible financing and sustainable support for capacity developments should be made.
- Need a review in the existing system and practice of funding.
- Provision of equal wages for male and female sports persons.

Biological Recommendations

- Menstrual health awareness should be created.
- Warning signs of early disorders of malnourishment and anorexia nervosa should be identified and treated.
- Effects of contraceptive pills on performance should be considered and talked about among the female athletes.
- Hormonal pattern should be understood by the athletes and sports personnel.
- Education and awareness on protein intake during different phases of menstrual cycles should be done.
- Anthropometric measurements should be done on the sports persons at the sports training centers at the primary level/district level to take up the sport events as per the advantages and disadvantages of various body types and measurements.
- The increased level of estrogen during the second and third stage of menstrual phase can add to their performance levels.
- Proper weight management should be done.

Personal Recommendations

- It is needed to be ensured private places for girls such as changing room, washroom etc.
- Girls should be encouraged to participate in the dress they feel comfortable in.
- Self-confidence of the girls needs to be improved by providing them opportunities to be in leading part of the activity.
- Mentorings should be promoted.
- Proper sanitation should be provided.
- Participants can be employed to understand the experiences of the other players for gaining experience.
- Combined group training will always enhance safety.
- Transport facilities should be in place.
- It is recommended that community based participatory research should be used to find out the issues and way out for sports participation among women.

Recommendations for Inclusion in Curriculum

- Sports/Physical Education should be included as a subject in the under graduate level.
- Women in tribal and rural areas need to be studied and screened for sports talent and their vigor will help in achievement in sports sector.

Physiological recommendations

- Counseling by professional psychologist will help to overcome anxiety, stress and peer pressure.
- Counseling will bring positive assertiveness and induce winning spirit.

Safety Recommendations

- The ICC should be in plan for all the organizations and gender sensitization activities need to be organized for athletes (both for boys and girls) and all the sports staff of the institutions and academies.
- Safety assessments of the venue of training or competition should be ensured.

ONLINE SAFE CAMPUS PROGRAM (MAKE YOUR CAMPUS GENDER JUST, SAFE CONDUCTIVE) IN COLLABORATION WITH MARTHA FARRELL FOUNDATION



CENTRE FOR WOMEN'S STUDIES
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR
IN COLLABORATION WITH
MARTHA FARRELL FOUNDATION



ONLINE SAFE CAMPUS PROGRAM

make your campus gender just, safe conducive

Date - 6th December, 2022 Time - 3.00PM

**Learn
how to**

- End campus sexual harassment
- Conduct gender safety assessment
- Implement POSH Act & UGC guidelines

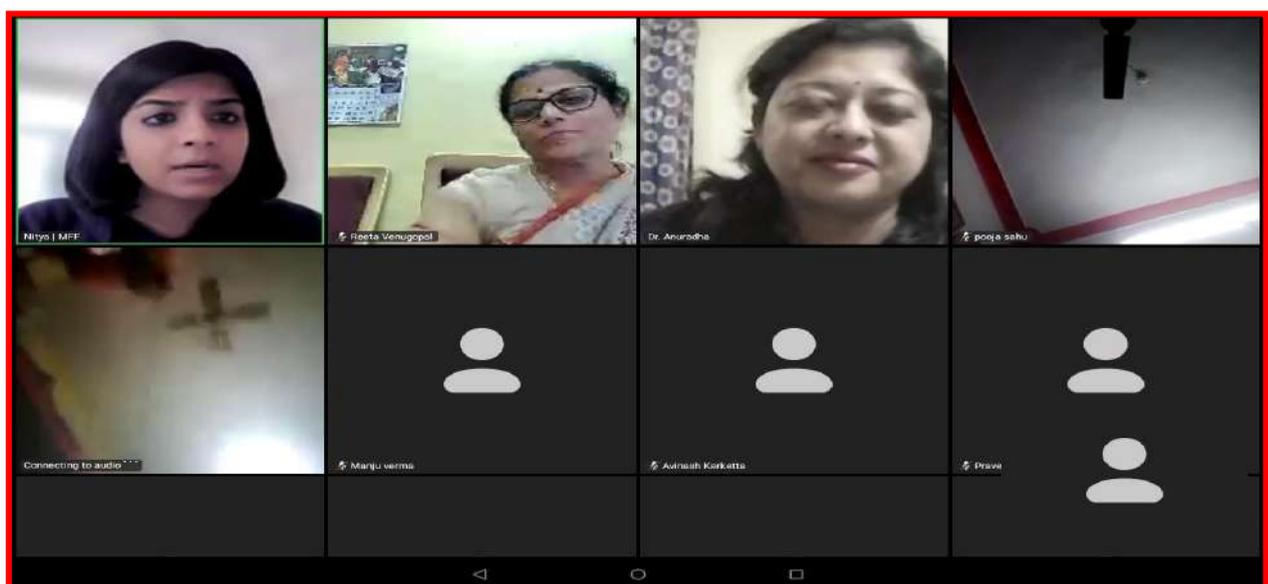
Join with Zoom Meet - [https://us06web.zoom.us/j/85049493714?](https://us06web.zoom.us/j/85049493714?pwd=Sjg4aGxSZWw3U1Btd3NkNGtrd0lnQT09)
pwd=Sjg4aGxSZWw3U1Btd3NkNGtrd0lnQT09

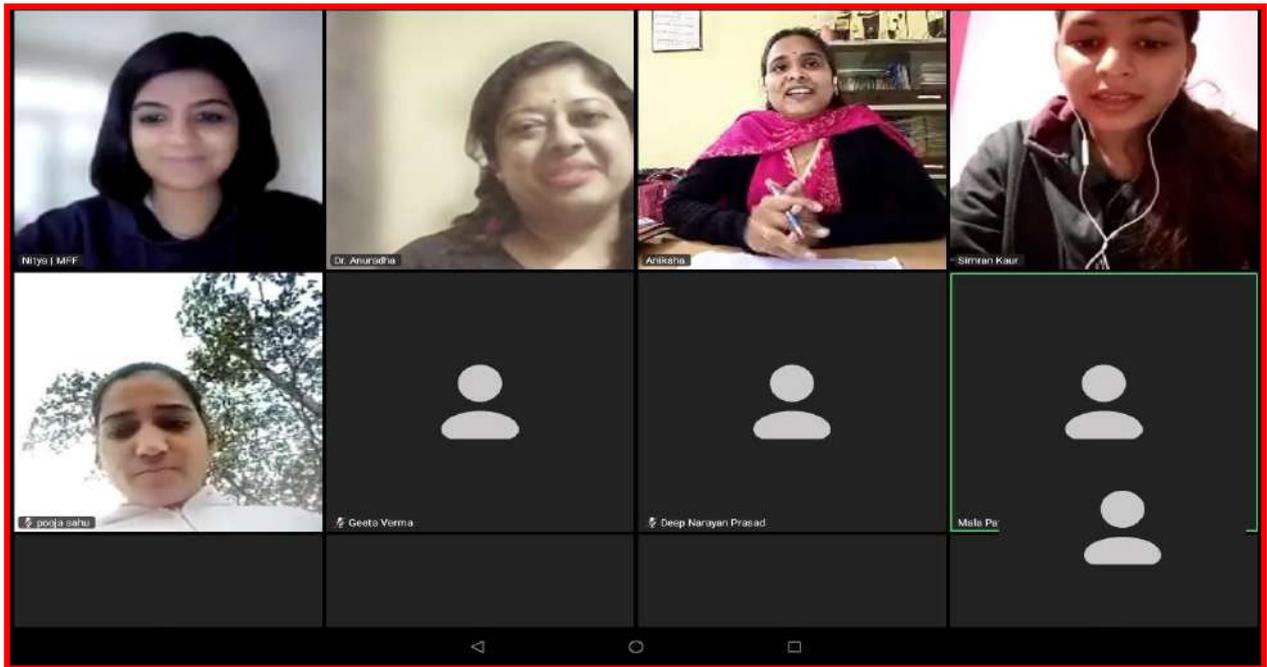
6TH DECEMBER 2022

Safe Campus ensures every single individual whether it is a school, college or an office ecosystem, every individual is trained and prepared towards their own personal safety as well as safety of peers and their family. Safe campus program makes the campus gender just, safe and conducive for every single individual involved. An online safe campus program was organized by Center for woman Studies, Pt. Ravishankar Shukla University, Raipur , C.G.in collaboration with Martha Farrell Foundation on 6th December, 2022. This transformative session engaged students, faculty, and staff members in essential conversations surrounding appropriate and safe behaviors, consent, and the establishment of a culture of safety on campus. The focus of the discussions was to ensure compliance with the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013, and the UGC Regulations. By addressing these critical topics, the foundation aimed to create awareness about the rights and well-being of individuals within the academic community, particularly women.

Key topics covered were:

- Understanding sexual harassment, its forms and types
- Understanding consent, boundaries, appropriate and inappropriate workplace behaviours
- Legal mechanisms to file complaints of sexual harassment at workplace
- Introducing a simple technology tool for SOS, psychosocial and mental health support for survivors of sexual and gender-based violence





The session acted as a platform for open dialogue and shared understanding, fostering an environment of trust and respect. Participants were encouraged to discuss their perspectives, concerns, and ideas on how to promote a safe and inclusive campus space for everyone.

By equipping students, faculty, and staff with the knowledge and tools necessary to recognize and prevent harassment, the seminar contributed significantly to building a campus where all members feel valued, heard, and protected. The session's impact went beyond the event itself, sowing the seeds of positive change and promoting a culture of safety, respect, and equality throughout the university community.

Event details: This safe campus session at PRSU was enriched with valuable insights, fostering an environment of learning, empathy, and empowerment. The speakers were-

- Nitya Sriram, participatory trainer leading partnerships at the Martha Farrell Foundation

Event highlights:

The resource person for the transformative session on campus safety at Pt. Ravishankar Shukla University (PRSU) was Nitya Sriram. As a certified, Nitya plays a pivotal role in leading partnerships at the Martha Farrell Foundation, while also

coordinating the impactful "Making Workplaces Safe Program". With a strong foundation in communications strategy and social media management, Nitya brings a unique perspective and expertise to the issue of sexual harassment prevention. Her extensive experience includes training over 2000 employees from both formal and informal sectors in India, which encompasses students, faculty, and management of higher educational institutions. The program acted as a platform for open dialogue and shared understanding, fostering an environment of trust and respect. Participants were encouraged to discuss their perspectives, concerns, and ideas on how to promote a safe and inclusive campus space for everyone.

By equipping students, faculty, and staff with the knowledge and tools necessary to recognize and prevent harassment, the seminar contributed significantly to building a campus where all members feel valued, heard, and protected. The session's impact went beyond the event itself, sowing the seeds of positive change and promoting a culture of safety, respect, and equality throughout the university community.

Conclusion:

The session at PRSU was enriched with valuable insights, fostering an environment of learning, empathy, and empowerment. Her dedication to promoting safe and inclusive spaces and equipping individuals with the knowledge to combat sexual harassment has undoubtedly made a lasting impact on the campus community. The participants left the session with enhanced awareness and a strengthened commitment to contribute actively to the creation of a safer and more respectful academic environment.

ONE-DAYPROGRAMMEONNATIONALGIRLCHILDDAYON

24THJANUARY 2023

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.



TWO DAYS "SELF DEFENCE TRAINING PROGRAMME FOR GIRLS"

(As part of the International Women's Day Celebration)

75
Azadi Ka
Amrit Mahotsav

Two Days
"Self Defense Training Programme for Girls"
As part of the
International Women's Day Celebration

Date - 28th February to 1st March, 2023 | Time - 07.00 AM to 8.30 AM

Resource Person

Prof. Rajeev Choudhary
Professor SOS in Physical Education &
Dean Students' Welfare
Pt. Ravishankar Shukla University, Raipur (C.G.)

Jointly Organized By
CENTRE FOR WOMEN'S STUDIES
&
SCHOOL OF STUDIES IN PHYSICAL EDUCATION
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR (C.G.)

Resource Person

Ms. Mana Mandlekar
Co-founder, Tinka Samajik Sanatha
International Gold Medalist Karate Champ
Harad, Madhya Pradesh, India

Venue: School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur

28TH FEBRUARY TO 1ST MARCH, 2023

Every day we come across reports of women being victimized in various forms of abuse, whether on social media or on television. There are countless accounts of women who have experienced sexual assault, arbitrary attacks by strangers, and other forms of abuse. In the world of crime, learning self-defence is advised so that women can save herself from assaults of any kind as well as arbitrary assaults. Learning self-defence techniques should be at the top of every woman's list of priorities. Through self-defence course girls and women can learn how to physically defend herself and learn the necessary techniques to save herself. Keeping this in mind a two days self-defence training programme was organized by Centre for Women's studies from 28th February to 1st March, 2023.

EVENT DETAILS:

Self-defence training was given by-

- Prof. Rajeev Choudhary, School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur.
- Ms. Mana Mandlekar Tinka, Co-Funder, Tinka Samajik Sanstha, International Gold Medalist Karate Champion, Gurgaon, Haryana.

EVENT HIGHLIGHTS:

Training for self-defence was given by Prof. Rajeev Choudhary, School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur. Prof. Choudhary's expertise in martial arts and physical education made him the ideal instructor for this program. His aim was to equip female students with essential self-defence skills, empowering them to handle challenging situations confidently. He trained the female students about the various skills of throwing techniques, hand techniques, leg techniques, holding techniques and gripping techniques which were helpful for self-defence. Prof. Choudhary also introduced the participants to some useful moves from the discipline of Judo, a martial art known for its emphasis on leverage and strategic tactics.

Beyond physical techniques, the training also focused on instilling a sense of empowerment and self-assurance in the participants. By learning self-defence, the students were not only acquiring practical skills but also gaining a sense of agency and control over their personal safety.

Ms. Manna, the second resource person of the self-defence training program, also played a crucial role in empowering the participants with essential self-defence skills. With her expertise in self-defence techniques, she contributed valuable insights and practical knowledge to the training. Through her guidance, the participants learned further skills and strategies to protect themselves and build self-confidence. Ms. Manna's involvement added depth and diversity to the training, ensuring that the participants received a comprehensive and well-rounded learning experience. Her contribution was instrumental in equipping the students with the necessary tools to defend themselves and face challenging situations with resilience and assertiveness.



पत्रिका इंटरव्यू: रायपुर पहुंची कराते चैंपियन मना मंडलेकर ने कहा...

घर और बाहर वालों से खूब लड़ी और बनी चैंपियन, अब वही देते हैं मिसाल

सेल्फ डिफेंस के लिए जागरूक होने के साथ आत्मविश्वास का होना जरूरी

पत्रिका plus रिपोर्टर

रायपुर. रविशंकर शुक्ल विध्विद्यालय पहुंची इंटरनेशनल गोल्ड मेडलिस्ट कराते चैंपियन मना मंडलेकर ने फिजिकल एजुकेशन डिपार्टमेंट के स्टूडेंट्स को बताया कि खुद की रक्षा करने के लिए आपको अवेयर रहने के साथ ही अपने सेल्फ कॉन्फिडेंस को मजबूत रखना होगा। मंगलवार को मुंबई स्टूडेंट्स को ट्रेनिंग देते समय मना ने महसूस किया कि यहां कि लड़कियां सेल्फ डिफेंस को लेकर उतनी अवेयर नहीं हैं उनका कॉन्फिडेंस भी कम है, लेकिन ट्रेनिंग के दौरान यह महसूस हुआ कि यदि उन्हें समय-समय पर ट्रेनिंग दी जाए तो वे खुद अपनी रक्षा कर सकती हैं। दो दिवसीय आत्मरक्षा प्रशिक्षण शिविर के दौरान उन्हें कलाई मोड़कर छुड़ाने का तरीका बताया। कैसे बाल पकड़े हुए, कमर को पकड़े हुए हैं उसको छुड़ाने के लिए कई तरीके बताए।

जिंदा रहने के लिए भी परमिशन लेनी पड़ रही थी

मध्यप्रदेश के हरदा जिले के आलमपुर गांव की रहने वाली मना ने बताया कि जब वो 9 वीं



बदलनी होगी समाज की सोच

खेल के माध्यम से कैसे हम समाज में समानता ला सकते हैं। इसके लिए हमने 2017 में तिनका समाजिक संस्था की शुरुआत की। इसके जरिए हम लड़कियों को आत्मरक्षा का प्रशिक्षण देते हैं। अभी

तक 53 हजार 286 को ट्रेनिंग दे चुके हैं। हमारा सबसे ज्यादा फोकस गांव की लड़कियों को ट्रेड करना है। अपने गांव की 192 स्कूल और 15 जिलों में संस्था काम कर रही है।

बताया कराते और सेल्फ डिफेंस में अंतर

कराते एक गेम है जिसमें हर खिलाड़ी को चैंपियन बनना होता है। वहीं सेल्फ डिफेंस खुद को सेप्टी के लिए होता है। हम कराते के जरिए भी खुद की सुरक्षा कर सकते हैं। लेकिन बहुत कम लोगों को यह पता होता है। अब जब मैं अलग-अलग राज्यों में ट्रेनिंग दे रही हूँ तो इसके बारे में उन्हें अवेयर कर रही हूँ।

कक्षा में थी उसी समय घर वाले उसकी शादी करने वाले थे। मना अपनी पहचान बनाना चाहती थी, लेकिन गांव वाले और घर वालों को यह मंजूर नहीं था। इसके लिए

मना को बहुत संघर्ष करना पड़ा। तब कहीं जाकर उसे दूसरे गांव में पढ़ने की अनुमति मिली। स्कूल पूरा करने के बाद जब कॉलेज में आई तो कराते सीखने लगी। उसी

समय से ठान लिया था कि लड़कियों का आत्मविश्वास बढ़ाना है। अब वो प्रदेश के 192 गांव के स्कूल और 15 जिलों में काम कर रही हैं।

कराते सीखने के बाद एक लड़के की जमकर धुनाई की

2013 में कॉलेज में दाखिला लिया तो कराते से परिचय हुआ। रोजाना 15 किलोमीटर का सफर तय कर कॉलेज पहुंचना पड़ता था। इस दौरान कई बार छेड़छाड़ की घटनाएं भी हुईं। एक साल बाद जब कराते सीख गई तो छेड़छाड़ करने वाले लड़के की जमकर धुनाई की। तभी से कॉन्फिडेंट लेवल बढ़ गया। इसके बाद कभी पीछे मुड़कर नहीं देखा और इंटरनेशनल गोल्ड मेडलिस्ट कराते चैंपियनशिप का खिताब हासिल किया।



रविवि में लड़कियों ने सीखी आत्मरक्षा की तकनीक

रायपुर। पं. रविशंकर शुक्ल विश्वविद्यालय शारीरिक शिक्षा अध्ययनशाला एवं महिला अध्ययन केंद्र द्वारा दो दिवसीय आत्मरक्षा ट्रेनिंग शिविर आयोजित किया गया। अंतरराष्ट्रीय महिला दिवस के अवसर पर आयोजित इस कार्यक्रम में लड़कियों को आत्मरक्षा की तकनीक से अवगत कराया गया। इसके अलग-अलग सत्रों में प्रो. राजीव चौधरी, अधिष्ठाता छात्र कल्याण विभाग और श्रीमती माना मांडलेकर कराते विशेषज्ञ ने कलाई से पकड़ना और अन्य तकनीक से अवगत कराया।

कार्यशाला का समापन

बालिकाओं ने सेल्फ डिफेंस की दाइची टेक्नीक जानी

02/03/2023



रायपुर @पत्रिका. रविशंकर शुक्ल विश्वविद्यालय में सेल्फ डिफेंस की दो दिवसीय कार्यशाला का मंगलवार को समापन हुआ शारीरिक शिक्षा अध्ययनशाला एवं महिला अध्ययन केंद्र की ओर से आयोजित शिविर में बालिकाओं ने आत्मरक्षा के गुर सीखे। इंटरनेशनल कराते गोल्ड मेडलिस्ट मना मांडलेकर ने दाइची टेक्नीक , रिस्ट होल्डिंग आदि बताकर उनका अभ्यास कराया। बेक होल्डिंग टेक्नीक, डबल रिस्ट होल्डिंग के साथ व्यक्ति के शरीर के कमजोर भाग पहचान कर प्रहार करने पर जोर दिया। उन्होंने स्वयं की सुरक्षा व मजबूती का ख्याल रखने की बात कही। प्रोफेसर राजीव चौधरी ने सेल्फ डिफेंस के अलग-अलग स्टेप्स बताए। कार्यक्रम में विभागाध्यक्ष प्रो. सी.डी. अगासे, प्रो. रीता वेणुगोपाल, आर. के. मिश्रा मौजूद रहे। कार्यशाला में स्कूल, कालेज एवं विश्वविद्यालय के 70 से अधिक महिला एवं छात्राएं शामिल हुए।

CONCLUSION:

The self-defence training program was designed to create a safe and encouraging space for female students to learn and practice these techniques. The participants gained valuable knowledge on how to protect themselves, build confidence, and assert their physical boundaries when faced with potential threats. The participants left the workshop equipped with newfound knowledge and a heightened sense of awareness, ready to take charge of their safety and well-being. The self-defence training program conducted by the Center for Women's Studies played a significant role in fostering a culture of empowerment, resilience, and security among female students. As they continue their academic journey and beyond, the participants carry with them the valuable tools to stand up for themselves and navigate the world confidently.





**National Workshop on
DigitALL: Innovation and Technology for
Gender Equality” (as part of the
International Women’s Day celebration)**



The poster features a light blue background with a faint gear and circuit pattern. On the left is the logo of Pt. Ravishankar Shukla University, Raipur. On the right is the 75th Azadi Ka Amrit Mahotsav logo. The central text is in bold, with 'International Women's Day Celebration' in large blue font. A red banner highlights the date '2nd MARCH 2023, THURSDAY'. The organizing body is the Centre for Women's Studies at Pt. Ravishankar Shukla University, Raipur (C.G.). At the bottom, it mentions the felicitation of achievers sponsored by Srijanshil Vidushi Mahila Bahudeshiya Sahkari Samiti.

**NATIONAL WORKSHOP
ON
“DIGITALL: INNOVATION AND
TECHNOLOGY FOR GENDER EQUALITY”**

**As Part of the
International
Women’s Day
Celebration**

DATE- 2ND MARCH 2023, THURSDAY

**Organized By
CENTRE FOR WOMEN’S STUDIES
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR (C.G.)**

**FELICITATION OF ACHIEVERS SPONSORED BY
SRIJANSHIL VIDUSHI MAHILA BAHUDDDESHIYA SAHKARI SAMITI**

2nd MARCH, 2023

CELEBRATING INTERNATIONAL WOMEN'S DAY

On the occasion of International Women's Day, a one-day National Workshop on "DigitALL: Innovation and Technology for Gender Equality" was organized on March 02, 2023, by the Center for Women's Studies, Pt. Ravishankar Shukla University, Raipur. Connecting and educating women online about technological advancements is crucial for highlighting digital innovations and closing the gender gap. Digitization, which is the primary focus of digital literacy, is the most essential skill required for the empowerment of women creating opportunities in academics, financial markets, and entrepreneurship for women. In today's digital age, it is crucial to connect and educate women about technological innovations, as this can play a pivotal role in narrowing the gender gap and fostering inclusive growth. By equipping women with digital skills, they can access a world of opportunities and make significant contributions in diverse fields.

Through the "DigitALL" workshop, the Center for Women's Studies aimed to inspire and empower women to embrace digitalization and leverage technology to their advantage. By highlighting the potential of digital innovations in creating a more equal and inclusive society, the workshop took a significant step towards fostering gender equality in the digital era. It offered a space for women to enhance their digital skills, stay informed about emerging technologies, and encourage active participation in shaping the digital landscape for a brighter future.

Inaugural Session-

The National Workshop on "DigitALL: Innovation and Technology for Gender Equality" commenced with great enthusiasm and reverence at 11:00 AM. The event began with the lighting of the lamp before Goddess Saraswati, symbolizing the pursuit of knowledge and wisdom. This was followed by the soul-stirring rendition of the Kulgeet of Pt. Ravishankar Shukla University, resonating with a sense of pride and unity among the attendees. As a gesture of warm welcome, small plants were presented to the esteemed guests.

In the welcome address Prof. Reeta Venugopal, Director, Centre for Women's Studies, Pt. Ravishankar Shukla University shed light on how digital literacy opens a plethora of opportunities for women, empowering them to achieve greater heights in various fields, be it sports, academics, or entrepreneurship. She emphasized that skill development and digital awareness plays a crucial role in the overall development of any society besides positively impacting the daily lives of women and creates a wide range of opportunities for women. She proudly acknowledged the significant representation of women in all departments of the university, emphasizing the positive impact it has on society and future generations. Her address set the tone for the workshop, inspiring the participants to embrace digital innovation as a means to break barriers and foster gender equality. Prof. Venugopal's insightful words resonated with the attendees, igniting a sense of purpose and determination to actively contribute to the progress of women in the digital era.

The National Workshop on "DigitALL" was off to an auspicious and motivational start, fuelled by the spirit of knowledge, equality, and empowerment. As the day unfolded, the participants delved into discussions and sessions that aimed to harness the power of technology to create a more inclusive and gender-equal society. The event became a stepping stone in the journey towards a brighter future, where women are at the forefront of digital innovation and progress.

The National Workshop on "**DigitALL: Innovation and Technology for Gender Equality**" had the privilege of hosting Ms. Sonali Jha as the keynote speaker. As the CEO and Founder of Cunomial Technologies, based in Bangalore, Ms. Jha is a trailblazer in the tech industry, with a remarkable mission to empower women and provide them with economic access. During her keynote address, Ms. Jha passionately spoke about her vision to create opportunities for women entrepreneurs in the tech sector. She shared insights into the Women in Cloud Initiative, a community-led economic development organization that aims to generate new global economic access for women entrepreneurs by 2030. Through strategic partnerships with corporations, community leaders, and policymakers, the initiative works tirelessly to break down barriers and create pathways for women's economic advancement. The Women in Cloud Initiative collaborates with

prominent industry and community partners such as Microsoft, M12 - Microsoft's Venture Capital Fund, Accenture, Hitachi Solutions, Insight, Boeing, Meylah, and more. Together, they work towards building an inclusive and equitable tech ecosystem where women can thrive and contribute their unique talents.

Ms. Jha's inspiring words and dedication to empowering women in tech left a lasting impression on the workshop participants. Her remarkable work and the initiatives she leads serve as a beacon of hope and opportunity for women in the tech industry, inspiring them to reach for their full potential and make a significant impact on the global stage. As the workshop progressed, the participants were further motivated to harness technology for gender equality and forge ahead on the path of progress and innovation.

This was followed by the address by Ms. Heena Animesh Netam, Joint Secretary of Higher Education, Chhattisgarh. She talked about the role of education and skill development for women empowerment. Ms. Heena Animesh Netam, emphasized the pivotal role of education and skill development in empowering women. Ms. Netam passionately spoke about the transformative impact of education in breaking barriers and creating opportunities for women's advancement. She highlighted the significance of equipping women with relevant skills that would enable them to excel in diverse fields and contribute meaningfully to society. Ms. Netam's powerful words resonated with the audience, further reinforcing the importance of education and skill-building as essential catalysts for women's empowerment.

Prof. Shail Sharma, Head, SoS in literature & Languages and Dean of Arts faculty was the chairperson of the inaugural ceremony. Prof. Sharma's words served as a beacon of encouragement for the students, especially women, inspiring them to pursue their dreams and aspirations fearlessly. Her belief in the potential of education as a driving force for societal change resonated deeply with the audience, instilling a sense of determination and self-belief among the participants. Through her guidance, Prof. Sharma encouraged the students to embrace the transformative power of education and skill development. She underscored the importance of women becoming leaders in their respective fields, contributing to the progress and upliftment of society.

The inaugural ceremony set the tone for the workshop, infusing the participants with motivation and a renewed commitment to creating a more inclusive and gender-equal future. Prof. Shail Sharma's role as the chairperson of the event exemplified her dedication to fostering a culture of empowerment and growth, where education becomes a catalyst for positive change and gender equality.

Women's Day is the day to acknowledge the achievements of the women champions of various fields. In this regard, woman achievers of all the departments of Pt. Ravishankar Shukla University, Raipur in the field of academics, sports, cultural were facilitated. The token of appreciation was sponsored by Srijansheel Vidushi Maliha Bahuudeshiya Sahkari Samity. 18 female students were facilitated for their excellence in the field of academics, 2 for sports, 3 for cultural activities and 1 for social work. 2 members of Srijansheel Vidushi Maliha Bahuudeshiya Sahkari Samity were felicitated for their social work. Ms. Anita Toppo, Senior Assistant Programmer at the School of Studies in Computer Science, was specially honored as a "Digital Woman" for her dedicated efforts in imparting digital training and computer education. Her valuable contributions have empowered countless individuals in navigating the digital realm with confidence and proficiency.

Dr. Shailendra Kumar Patel, Registrar, Pt. Ravishankar Shukla University, Raipur addressed the house and expressed his unwavering support and cooperation as the administrative head of the university, extending his encouragement to all deserving women students. Highlighting the university's progress towards gender equality, he took pride in the fact that several departments have female professors serving as Heads of Departments, exemplifying the empowerment of women in leadership positions. Dr. Patel also commended the Center for Women's Studies for its relentless efforts in promoting women-centric initiatives and positive change over the years. He acknowledged the invaluable work done by the center in advancing the cause of gender equality and women's empowerment.

With the support and encouragement from the university administration, the workshop fostered an environment of collaboration, empowerment, and progress. The dedication of all involved exemplified the commitment towards creating a more inclusive and equitable future for women in the realm of technology and

beyond.

The inaugural session paved the way for four engaging technical sessions, where participants delved into discussions on harnessing technology for gender equality. The event inspired the attendees to become catalysts for change, driving them to explore innovative ways to promote digital literacy and women's participation in technology-driven domains.

TechnicalSession

In the first technical session Ms. Sonali Jha, CEO & Founder, Cunomial Technologies, Bangalore, talked on Growth strategies with entrepreneurship pertaining '**Exceptional performance**'. She emphasized that the focus on gender equity needs to be part of every society's DNA, and the aim of the campaign is to get the world talking about "Why equal opportunities aren't enough.". She further said that growing inequalities are becoming increasingly evident in the context of digital skills and access to technologies, with women being left behind as the result of this digital gender divide. The need for inclusive and transformative technology and digital education is therefore crucial for a sustainable future and is needed to harness the potential of technology and innovation to accelerate progress on the 2030 Agenda and the sustainable development goals.



Ms.SonaliJha,CEO&Founder,CunomialTechnologies,Bangalore

In the second technical session Ms. Sonali Guha, Cyber Forensic Expert, Managing Director Technoking Group, Chhattisgarh & Mr. Ayush Guha, Cyber Forensic Expert & Ethical hacker Chhattisgarh gave their presentation on "Awareness about Cyber Security and Ethical Hacking". They explained the ways to to increase the cybersecurity and keep your information safe. They suggested that cyber security could be achieved by choosing our passwords wisely, by the use multi-factor authentication, one should know how to identify a phishing attack, updating the software regularly is equally important and one should stay aware of threats. They shared the help line systems to report the cyber crime. They suggested measures to avoid getting hacked while using social media platforms.



Ms. Sonali Guha, Cyber Forensic Expert, Managing Director Technoking Group

In the third technical session Mrs. Srilata Dhawala, Promoter Director Dhawala Group, Chhattisgarh talked about "Women Entrepreneurship and steps for starting business, entire e-commerce sites, and about business managing technology". She shared her story of becoming an successful entrepreneur. She taught the basics of entrepreneurship and suggested ways for start ups.

In the fourth session Mrs. Srilata Dhawala, and Ms. Sunita talked about "Training & support for Women Entrepreneurship & Startup".

Prof. Aditi Niyogi Poddar gave the concluding remarks of the technical sessions at the end. In all the event was a big success.

GLIMPSE OF THE PROGRAMME



Ms. Anita Toppo, Senior Assistant Programmer at the School of Studies in Computer Science, was specially honored as a "Digital Woman".







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





Participants in Sub-Zonal Meeting Ministry of Women and Child Development, Chhattisgarh



Workshop on Gender Equality, organized by Chhattisgarh State Rural Livelihoods Mission (Bihar) held on 24th December, 2022.



Dr.ReetaVenugopal Participants in view and planning meeting for Indian K4C Hubs was held on 6th February, 2023 at PRIA, New Delhi



Dr.Reeta Venugopal Participants in workshop on Learning is changing was held on 5th February, 2023 at PRIA, New Delhi

raipur, wednesday 01/03/2023

पत्रिका इंटरव्यू: रायपुर पहुंची कराते चैंपियन मना मंडलेकर ने कहा...

घर और बाहर वालों से खूब लड़ी और बनी चैंपियन, अब वही देते हैं मिसाल

सेल्फ डिफेंस के लिए जागृत होने के साथ आत्मविश्वास का होना जरूरी

पत्रिका plus रिपोर्ट

रायपुर. (पत्रिका) शुक्रवार दिवस रायपुर में आयोजित कराते चैंपियनशिप में भाग लेने के लिए रायपुर पहुंची कराते चैंपियन मना मंडलेकर ने कहा...



बदलनी होगी समाज की सोच

सोच के माध्यम से केवल समाज में बदलाव ला सकते हैं। हमको मिले हमने 2017 में दिल्ली का राष्ट्रीय स्तर का प्रतियोगिता जीती थी...

बताया कराते और सेल्फ डिफेंस में अंतर

कराते एक शौच है जिसमें हर शरीर की क्षमता का उपयोग करना होता है। वहीं सेल्फ डिफेंस में हमें अपने शरीर को सुरक्षित रखना होता है...

कराते में भी उन्नीस वरग पर जाने तकनीक होती है। हमें अपने शरीर को सुरक्षित रखना है। हमें अपने शरीर को सुरक्षित रखना है...

समय में जब निचल जा कि करारियों का उपयोग करना होता है। अब जो प्रत्येक के 10-20 वरग पर करारियों का उपयोग करना होता है। अब जो प्रत्येक के 10-20 वरग पर करारियों का उपयोग करना होता है...

कराते सीखने के बाद एक लड़के को जमकर धुनाई की

2017 में कोलकाता में आयोजित कराते चैंपियनशिप में भाग लेने के लिए रायपुर पहुंची कराते चैंपियन मना मंडलेकर ने कहा...

Date: 01/03/2023, Edition: Raipur City, Page: 13 Source: https://epaper.patrika.com/

विभिन्न क्षेत्रों में बेहतर प्रदर्शन करने वाली छात्राओं का सम्मान



रायपुर @पत्रिका. रविवर में डिजिटल: लैंगिक समानता के लिए नवाचार और प्रौद्योगिकी विषय पर कार्यशाला का आयोजन हुआ। महिला अध्ययन केंद्र की प्रो. रीता वेणुगोपाल ने उदाहरणों से यह बताया कि आज प्रत्येक क्षेत्र में महिलाएं अपनी विशेषता से आगे आ रही हैं, उन्होंने न केवल महिलाओं की बात कही...

बालिक समाज के उत्थान के लिए लिंगभेद को छोड़ महिला और पुरुष की समानता पर जोर दिया। कार्यक्रम का आयोजन हुआ। महिला अध्ययन केंद्र की प्रो. रीता वेणुगोपाल ने उदाहरणों से यह बताया कि आज प्रत्येक क्षेत्र में महिलाएं अपनी विशेषता से आगे आ रही हैं, उन्होंने न केवल महिलाओं की बात कही...

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Rajdhani - 02 Mar 2023 - 02raj3 epaper.navabharat.news



रविवर में लड़कियों ने सीखी आत्मरक्षा की तकनीक रायपुर। पं. रविशंकर शुक्ल विश्वविद्यालय शारीरिक शिक्षा अध्ययनशाला एवं महिला अध्ययन केंद्र द्वारा दो दिवसीय आत्मरक्षा ट्रेनिंग शिविर आयोजित किया गया। अंतरराष्ट्रीय महिला दिवस के अवसर पर आयोजित इस कार्यक्रम में लड़कियों को आत्मरक्षा की तकनीक से अवगत कराया गया। इसके अलावा-अलग सत्रों में प्रो. राजीव चौधरी, अधिष्ठाता छात्र कल्याण विभाग और श्रीमती मना मंडलेकर कराते विशेषज्ञ ने कलाई से पकड़ना और अन्य तकनीक से अवगत कराया।

सशक्त भारत की नींव है सुपोषित महिला: रेखा शर्मा

सुपोषित महिला सशक्त समाज विषय पर पोषण माह में कार्यशाला

रायपुर। राष्ट्रीय महिला आयोग नई दिल्ली की राष्ट्रीय अध्यक्ष श्रीमती रेखा शर्मा ने कहा कि सुपोषित महिला ही सशक्त समाज की नींव होती है और प्रधानमंत्री नरेन्द्र मोदी ने इसे करने का संकल्प लिया है। हमें उनके इस स्वप्न को साकार कर दिखाना है। श्रीमती शर्मा बुधवार को यहां एक कार्यशाला को संबोधित कर रही थीं। पं. रविशंकर शुक्ल विश्वविद्यालय के फार्मसी संस्थान स्थित एम.एल. सराफ सेमिनार हॉल में 'सुपोषित महिला सशक्त समाज' विषय पर यह कार्यशाला केंद्र सरकार द्वारा 1 से 30 सितंबर तक घोषित राष्ट्रीय पोषण माह की कड़ी में आयोजित थी। श्रीमती शर्मा ने कहा कि आज हम भूखमरी की नहीं पोषक आहार के स्तर और उसकी उचित मात्रा की बात करने जा रहे हैं। आहार के पोषक तत्वों की महत्ता अब हमारे सोच में शामिल हो चुकी है, यह एक बहुत बड़ा बदलाव है। सुपोषित महिला ही स्वस्थ शिशु को जन्म देगी। अध्यक्षता पं. रविशंकर शुक्ल विश्वविद्यालय के वाइस चांसलर प्रो. केशरीलाल वर्मा ने की।



सही पोषण, देश रोशन: हर्षिता पाण्डेय

वर्तमान विशेष अतिथि छत्तीसगढ़ महिला आयोग की पूर्व अध्यक्ष हर्षिता पाण्डेय ने इस मौके पर 'सही पोषण-देश रोशन' का नामा लगवाते हुए पोषण कार्यक्रम को राष्ट्रीय पोषण अभियान के रूप में संचालित करने एनजीओ, महिला स्व-सहायता समूहों, आंगनवाड़ी केंद्रों और विद्यार्थियों से पुरजोर योगदान देने का आह्वान किया।

उन्होंने आयोजन की सहायता कर भविष्य में भी महिला आयोग और पोषण अभियान समिति जैसी संस्थाओं के सहयोग से बालिकाओं के पोषण व स्वास्थ्य संबंधी कार्यक्रम संचालित करने की बात कही। साथ ही इस दिशा में विश्वविद्यालय के विद्यार्थियों व एनएसएस के जरिए किए जा रहे कार्यों के बारे में बताया।

कार्यशाला का समापन बालिकाओं ने सेल्फ डिफेंस की दाढ़ी टेकनीक जानी



रायपुर @पत्रिका. रविशंकर शुक्ल विश्वविद्यालय में सेल्फ डिफेंस की दो दिवसीय कार्यशाला का मंगलवार को समापन हुआ शारीरिक शिक्षा अध्ययनशाला एवं महिला अध्ययन केंद्र की ओर से आयोजित शिविर में बालिकाओं ने आत्मरक्षा के गुरु सीखे। इंटरनेशनल कराते गोल्ड मैडलिट मना मंडलेकर ने दाढ़ी टेकनीक, रिस्ट होल्डिंग आदि बताकर उनका अभ्यास कराया। बैक होल्डिंग टेक्नीक, डबल रिस्ट होल्डिंग के साथ व्यक्ति के शरीर के कमजोर भाग पहचान कर प्रहार करने पर जोर दिया। उन्होंने स्वयं की सुरक्षा व मजबूती का ख्याल रखने की बात कही। प्रोफेसर राजीव चौधरी ने सेल्फ डिफेंस के अलग-अलग स्टेप्स बताए। कार्यक्रम में विभागाध्यक्ष प्रो. सी.डी. आगारे, प्रो. रीता वेणुगोपाल, आर. के. मिश्रा मौजूद रहे। कार्यशाला में स्कूल, कालेज एवं विश्वविद्यालय के 70 से अधिक महिलाएं एवं छात्राएं शामिल हुए।

Rajdhani - 15 Nov 2022 - 15raj04



रविवर में दो दिवसीय कार्यशाला का शुभारंभ

रायपुर। रविवर में महिला अध्ययन केंद्र और शारीरिक शिक्षा अध्ययनशाला द्वारा राष्ट्रीय महिला आयोग नई दिल्ली के संयुक्त तत्वावधान में जैव मनोवैज्ञानिक - सामाजिक मुद्दे खिलाड़ी महिलाओं पर दो दिवसीय कार्यशाला का आयोजन किया जा रहा है। सोमवार को इसका उद्घाटन राज्य महिला आयोग की अध्यक्ष डॉ. किरणमयी नायक ने किया। प्रो. रीता वेणुगोपाल, निदेशक, महिला अध्ययन केंद्र ने उद्घाटन भाषण दिया।

a. Safety and Security

The entire school premises are under constant surveillance through CCTV cameras, both indoors and outdoors. Trained security personnel are stationed throughout the campus to ensure the safety.



b. Common Rooms

Separate common rooms are provided for boys and girls. The girl's common rooms are equipped with attached wash room, sanitary pads dispenser and napkin incinerators. The common room in the girl's and boys' hostel is provided with Television, newspaper and facility of reading room.

