



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-V

EVIDENCE(S), AS PER SOP

METRIC No. 5.1.3	Following Capacity development and skills enhancement initiatives are taken by the institution <ol style="list-style-type: none">1. Soft skills2. Language and communication skills3. Life skills (Yoga, physical fitness, health, and hygiene)4. Awareness of trends in technology
<ul style="list-style-type: none">• Copy of the event with photographs with date and caption.• List of programs conducted	



Pt. Ravishankar Shukla University

RAIPUR, CHHATTISGARH

15 Days Yoga Camp

Jointly organized by

Inter University Center for Yogic Sciences (An Autonomous Center of UGC) &
Pt. Ravishankar Shukla University Raipur, Chhattisgarh

05th to 19th June, 2023



Patron
Prof. Sachchidanand Shukla
Vice Chancellor

Pt. Ravishankar Shukla University
Raipur, Chhattisgarh



Guest of Honour
Prof. Avinash C. Pandey
Director

Inter University Center for Yogic Sciences

Organizing committee



Administrative Support
Dr. Shailendra Kumar Patel
Registrar



Workshop Director
Prof. C. D. Agashe
Head,
SoS in Physical Education



Workshop Advisor
Prof. Reeta Venugopal
Professor
SoS in Physical Education



Workshop Convener
Prof. Rajeev Choudhary
Professor
Dean Students' Welfare



Deepshikha Dolas
Yoga Expert



Poonam Mishra
Resource Person

VENUE : SoS in Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.)

उद्घाटन दिवस

दिनांक 5 जून से 19 जून 2023 तक पन्द्रह दिवसीय योग शिविर का आयोजन इंटर यूनिवर्सिटी सेंटर फॉर योगिक साइंसेस एवं पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर के संयुक्त तत्वाधान में किया गया।

योग शिविर के उद्घाटन समारोह पर प्रो. सी. डी. अगाशे, शिविर संचालक एवं विभागाध्यक्ष, शारीरिक शिक्षा अध्ययनशाला, प्रो. रीता वेणुगोपाल, कार्यशाला सलाहकार, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छत्तीसगढ़ की गरिमामयी उपस्थिति में विधिवत सरस्वती पूजन, राष्ट्रगान एवं विश्वविद्यालय के कुलगीत के साथ संपन्न हुआ। तत्पश्चात प्रो. सी. डी. अगाशे ने आशीष वचन स्वरूप शिविर के लिए शुभकामनाएं देते हुए योग के महत्व को बताया।

योग प्रशिक्षिका के रूप में सुश्री दीपशिखा डोलस ने सूर्य नमस्कार, सूक्ष्म व्यायाम, त्रिकोण आसन, कटिचक्रासन, अर्ध चक्रासन, गरुड़ आसन, उत्कटासन, वृक्षासन, मंडूक आसन, अनुलोम-विलोम एवं प्राणायाम का अभ्यास कराया। तत्पश्चात ध्यान का अभ्यास किया गया। मंच संचालन सुश्री उपासना विश्वकर्मा के द्वारा किया गया।

प्रथम दिन 30 छात्र-छात्राएं प्रतिभागी के रूप में शामिल हुए। शिविर का आयोजन विश्वविद्यालय के मेजर ध्यानचंद संगोष्ठी कक्ष, शारीरिक शिक्षण अध्ययनशाला में किया गया।

समापन समारोह

दिनांक 19 जून 2023 को पन्द्रह दिवसीय योग शिविर का समापन किया गया। योग शिविर का समापन प्रो. सच्चिदानंद शुक्ल, कुलपति, रविवि, प्रो. सी. डी. अगाशे, शिविर संचालक एवं विभागाध्यक्ष, शारीरिक शिक्षा अध्ययनशाला, प्रो. रीता वेणुगोपाल, प्रो. राजीव चौधरी, अधिष्ठाता छात्र कल्याण, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छत्तीसगढ़ की गरिमामयी उपस्थिति में सम्पन्न हुआ।

आभार व्यक्त प्रो. राजीव चौधरी, अधिष्ठाता, छात्र कल्याण, पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर के द्वारा किया गया।

Glimpses of Workshop







पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर (छ.ग)

Phone No. 0771-2262619 Website : prsu.ac.in, E-mail - dswprsu@gmail.com

क्रमांक / 860 / अ.छा.क. / 2023

रायपुर, दिनांक 06 / 03 / 2023

// अधिसूचना //

विश्वविद्यालय के विभिन्न अध्ययनशालाओं में अध्ययनरत छात्र-छात्राओं, शिक्षकों, अधिकारियों एवं कर्मचारियों के लिए दिनांक 24 से 26 मार्च 2023 तक फिटनेश एवं एरोबिक्स कार्यशाला आयोजन किया जा रहा है जिसका विवरण निम्नानुसार है।

कार्यक्रम का नाम	दिनांक	स्थान	समय
फिटनेश एवं एरोबिक्स कार्यशाला	24 से 26 मार्च 2023	शारीरिक शिक्षा अध्ययनशाला परिसर, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर	प्रातः 06:00 से 08:00 बजे तक

उक्त कार्यशाला में विषय-विशेषज्ञ मार्गदर्शन करेंगे।

नोट:- कार्यशाला प्रारंभ दिनांक 24.03.2023 के पूर्व निःशुल्क रजिस्ट्रेशन अधिष्ठाता छात्र कल्याण विभाग / शारीरिक शिक्षा अध्ययनशाला में कराया जाना अनिवार्य है।

आदेशानुसार

(Signature)

कुलसचिव

पृ. क्र. / 861 / अ.छा.क. / 2023
प्रतिलिपि:-

रायपुर, दिनांक 06 / 03 / 2023

- 1 समस्त अध्यक्ष, अध्ययनशाला एवं समस्त विभागीय अधिकारी, पं.र.शु.वि.वि. रायपुर को इस आशय के साथ अग्रेषित कि अधिक से अधिक प्रतिभागियों को अवगत कराएं।
- 2 विश्वविद्यालय यंत्री, यांत्रिकी विभाग निर्धारित तिथि में समय के पूर्व कार्यक्रम स्थल में साफ-सफाई की व्यवस्था करें।
- 3 कुलपति/कुलसचिव के निज सहायक, पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर को सूचनार्थ।

(Signature)
कक्ष अधिकारी

अधिष्ठाता छात्र कल्याण विभाग

(Signature)

(प्रो. राजीव चौधरी)
अधिष्ठाता छात्र कल्याण



Pt. Ravishankar Shukla University

Raipur, Chhattisgarh

Workshop on Fitness & Aerobics

Jointly organized by

**Office of the Dean Students' Welfare & SoS in Physical Education
Pt. Ravishankar Shukla University
Raipur, Chhattisgarh**

24th to 26th March, 2023



Patron

Prof. Keshari Lal Verma

Vice Chancellor



Workshop Chief Advisor

Prof. Reeta Venugopal

Professor, SoS In Physical Education



Administrative Support

Dr. Shailendra Kumar Patel

Registrar



Workshop Advisor

Dr. R. K. Mishra

Assistant Director in Physical Education



Workshop Director

Prof. C. D. Agashe

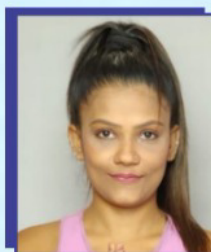
Head, SoS in Physical Education



Workshop convenor

Prof. Rajeev Choudhary

Dean Students' Welfare



**RESOURCE
PERSON**

Dr. Bidya Roy

VENUE SoS in Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.)

NOTE : 1. No. registration fees will be charged from Participants.
2. Certificate will be issued after successful completion of Workshop.

For detail Contact :

**Dean Students' Welfare & Head, SoS in Physical Education
Pt. Ravishankar Shukla University
Raipur, Chhattisgarh**



CELEBRATION OF INTERNATIONAL DAY OF YOGA

Date : 21st June, 2023 | Time : 07:00 to 07:45 AM

In Collaboration With

**Inter University Center for Yogic Sciences and National Service Scheme (NSS)
Pt. Ravishankar Shukla University, Raipur, Chhattisgarh**



Patron

Prof. Sachchidanand Shukla
Vice Chancellor

Pt. Ravishankar Shukla University
Raipur, Chhattisgarh



Guest of Honour

Prof. Avinash C. Pandey
Director

Inter University Center for Yogic Sciences

Organizing committee



Administrative Support
Dr. Shailendra Kumar Patel
Registrar



Workshop Director
Prof. C. D. Agashe
Head
SoS in Physical Education



Workshop Advisor
Prof. Reeta Venugopal
Professor
SoS in Physical Education



Workshop Convener
Prof. Rajeev Choudhary
Professor
Dean Students' Welfare



NSS Coordinator
Dr. L. S. Gajpal



VENUE : Ground, in Front of Arts Building, Pt. Ravishankar Shukla University, Raipur (C.G.)

प्रतिवेदन

पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर में 21 जून, 2023 को अंतरराष्ट्रीय योग दिवस का आयोजन विश्वविद्यालय अनुदान आयोग एवं राष्ट्रीय सेवा योजना ईकाई, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छ.ग. के संयुक्त तत्वाधान में किया गया। इस आयोजन में आयुष मंत्रालय, भारत सरकार के मार्गदर्शन में शिक्षकों, कर्मचारियों, विद्यार्थियों, स्वयं सेवकों एवं उनके परिवार के सदस्यों के साथ 650 योग साधकों ने योग के अधिक प्रसार के लिए "वसुधैवकुटुंब के लिए योग" के आधार पर योग अभ्यास किया।

अधिष्ठाता छात्र कल्याण प्रो. राजीव चौधरी द्वारा योग सत्र आयोजित किया गया। इस आयोजन में माननीय कुलपति प्रो. सच्चिदानंद शुक्ल, कुलसचिव डॉ. शैलेन्द्र कुमार पटेल, प्रो. सी. डी. अगासे, प्रो. रीता वेणुगोपाल, डॉ. नीता वाजपेयी, राज्य सम्पर्क अधिकारी (रासेयो), डॉ. एल. एस. गजपाल, समन्वयक, रासेयो, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छ.ग. की गरिमामयी उपस्थिति रही।

PROGRAM

1.	WELCOME OF GUESTS	7:00 AM
2.	LIGHTNING OF LAMP BY THE GUESTS	7:02 AM
3.	NATIONAL ANTHEM	7:04 AM
4.	SPEECH BY HONOURABLE VICE CHANCELLOR	7:05 AM
5.	YOGA SESSIONS :	7:10 AM
	A. PRAYER	
	B. PREPATORY PRACTICES	
	C. ASANAS	
	D. KAPALBHARTI	
	E. PRANAYAM	
	F. MEDITATION	
	G. SANKALP	
	H. SHANTI PATH	
6.	VOTE OF THANKS	7:55 AM
7.	ALPAHAR	8:00 AM



**Honorable Vice-Chancellor Prof. Sachchidanand Shukla
during Celebration of IDY-2023**



Prof. Rajeev Choudhary, DSW, Conducting the Session



During Celebrations





ONLINE YOGA WORKSHOP

(On Google Meet Platform)

Jointly Organized by
University Grants Commission, Inter University Centre for Yogic Sciences &
Pt. Ravishankar Shukla University, Raipur (C.G.)

JUNE 1-3, 2023



Patron
Prof. Sachchidanand Shukla
Vice Chancellor
Pt. Ravishankar Shukla University
Raipur, Chhattisgarh



Guest of Honour
Prof. Avinash C. Pandey
Director
Inter University Center for Yogic Sciences

Organizing committee



Administrative Support
Dr. Shailendra Kumar Patel
Registrar



Workshop Director
Prof. C. D. Agashe
Head,
SoS in Physical Education



Workshop Advisor
Prof. Reeta Venugopal
Professor
SoS in Physical Education



Workshop Convener
Prof. Rajeev Choudhary
Professor
Dean Students' Welfare

Resource Persons



DR. PARINITA SINGH
YOGA DEPARTMENT,
RANCHI UNIVERSITY, RANCHI, JHARKHAND
TOPIC: REJUVENATION THROUGH PRANAYAMA
JUNE 1, 2023 TIME-11:00AM-12:00PM



DR. ANURODH SINGH SISODIA
LNIPE, GWALIOR
TOPIC: MANAGEMENT OF STRESS THROUGH ASHTANG YOGA
JUNE 1, 2023 TIME-12:15-01:15PM



MR. AMIT KUMAR
DEPARTMENT OF KRIYA SHARIR, FACULTY OF AYURVEDA
INSTITUTE OF MEDICAL SCIENCES, BANARAS HINDU UNIVERSITY, VARANASHI
TOPIC: ROLE OF YOGA FOR HEALTH & WELLNESS
JUNE 2, 2023 TIME- 11:00AM-12:00PM



MRS. SUDHA YADAV
DEPARTMENT OF KRIYA SHARIR, FACULTY OF AYURVEDA
INSTITUTE OF MEDICAL SCIENCES, BANARAS HINDU UNIVERSITY, VARANASHI
TOPIC: ROLE OF YOGIC AAHAR FOR REJUVENATION
JUNE 2, 2023 TIME-12:15-01:15PM



DR. SATYAPRAKASH PATHAK
DEPARTMENT OF YOGA STUDIES, HIMACHAL PRADESH UNIVERSITY
TOPIC : YOGIC PRACTICES FOR REJUVENATION
JUNE 3, 2023 TIME-11:00AM-12:00PM



DR. NIBU R KRISHNA
DEPARTMENT OF YOGIC SCIENCES, LNIPE GWALIOR, (M.P.)
TOPIC: YOGA & MINDFULNESS: TO BE IN THE PRESENT MOMENT
JUNE 3, 2023 TIME-12:15-01:15PM

Registration Link: <https://docs.google.com/forms/d/e/1FAIpQLSe2CbLoUwJVw34daR9fil23H6mNLAJlgiRNp-DPlyK9LQUTtg/viewform?vc=0&c=0&w=1&flr=0>

Google Meet Link : <https://meet.google.com/jgp-qvea-esn>

"कायाकल्प के लिए योग"

विषय पर ऑनलाइन कार्यशाला

प्रथम दिवस 1 जून 2023 उद्घाटन सत्र

ऑनलाईन कार्यशाला का उद्घाटन सत्र मुख्य अतिथि डॉ. अविनाश चंद्र पांडे, संचालक, इंटर यूनिवर्सिटी सेंटर फॉर योगिक साइंस, प्रो. रीता वेणुगोपाल, प्रो. राजीव चौधरी, कार्यशाला समन्वयक, अधिष्ठाता, छात्र कल्याण विभाग, रविवि, रायपुर के गरिमामयी उपस्थिति में विधिवत सम्पन्न हुआ।

कार्यशाला को संबोधित करते हुए मुख्य अतिथि डॉ. अविनाश चंद्र पांडे, ने बताया कि योग से व्यक्ति स्वयं की आंतरिक पहचान कर धैर्यवान, अनुशासन सीखता है और उन्होने सफल आयोजन के लिए शुभकामनाएं दीं।

कार्यशाला का उद्घाटन एवं प्रथम दिन के प्रथम सत्र के विषय विशेषज्ञ डॉ. परिणीता सिंह, योग विभाग, रांची विश्वविद्यालय, रांची, झारखंड ने प्राणायाम के माध्यम से कायाकल्प पर जोर देते हुए कहा कि प्राणायाम हमारे शरीर की अनैच्छिक चीजों को खत्म कर देता है।

प्रथम दिवस के दूसरे सत्र के विषय विशेषज्ञ डॉ. अनिरुद्ध सिंह सिसोदिया, एलएनआईपीई, ग्वालियर (म. प्र.) ने "अष्टांग योग के माध्यम से तनाव के प्रबंधन पर बल देते हुए बताया कि मनुष्य कैसे तनाव एवं अवसाद मुक्त जीवन यापन कर सकते हैं।

ऑनलाइन कार्यशाला का संचालन प्रो. राजीव चौधरी, कार्यशाला समन्वयक, शारीरिक शिक्षा विभाग, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छ.ग. के द्वारा किया गया।

आभार व्यक्त सुश्री उपासना विश्वकर्मा के द्वारा किया गया।

द्वितीय दिवस-02 जून 2023

द्वितीय दिवस के प्रथम सत्र के विषय विशेषज्ञ श्री अमित कुमार, क्रिया शरीर विभाग, आयुर्वेद चिकित्सा विज्ञान संस्थान, बनारस हिंदू विश्वविद्यालय, वाराणसी ने "स्वास्थ्य एवं स्वास्थ्य के लिए योग की भूमिका" पर बल देते हुए कहा कि आसन, प्राणायाम एवं ध्यान के माध्यम से ही उन्नत शारीरिक एवं मानसिक विकास होता है और ध्यान के बारे में कहा कि :- "तत्र प्रत्यौक्तानता ध्यान"

द्वितीय दिवस के दूसरे सत्र में विषय विशेषज्ञ सुधा यादव, क्रिया शरीर विभाग, आयुर्वेद चिकित्सा विज्ञान संस्थान, बनारस हिंदू विश्वविद्यालय, वाराणसी ने कायाकल्प के लिए योग आहार की महत्ता को बताया और कहा की आहार ही हमारे विचार की जननी है, सात्विक आहार से हम वात, पित एवं कफ दोष (रोग) से मुक्त हो सकते हैं।

सभी सत्रों का मंच संचालन एवं आभार व्यक्त सुश्री कामिनी सिदार, छात्रा, एम.पी.एड. द्वितीय सेमेस्टर के द्वारा किया गया।

तृतीय दिवस-03 जून 2023

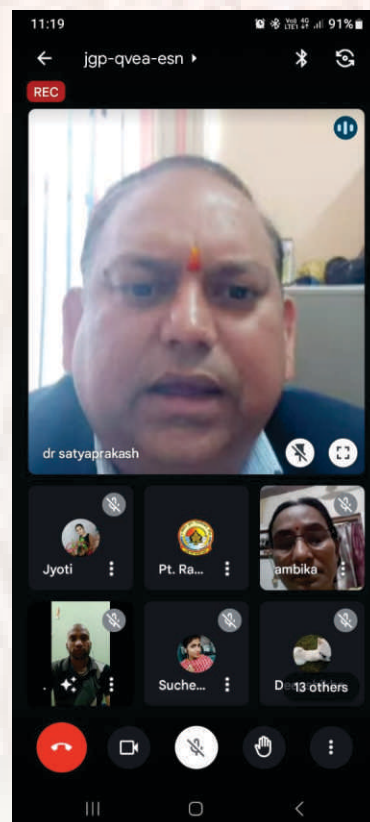
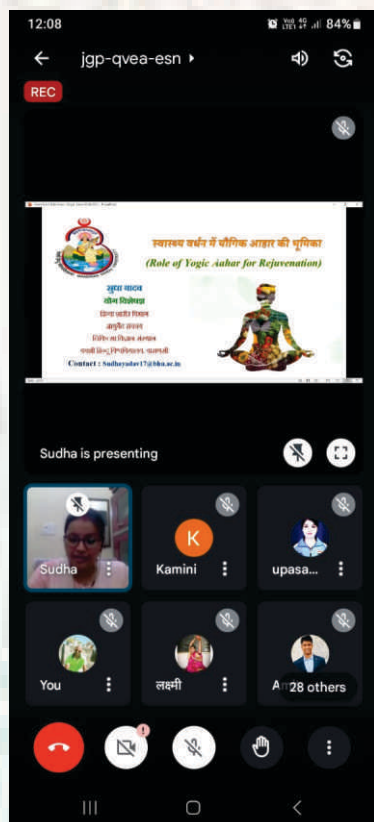
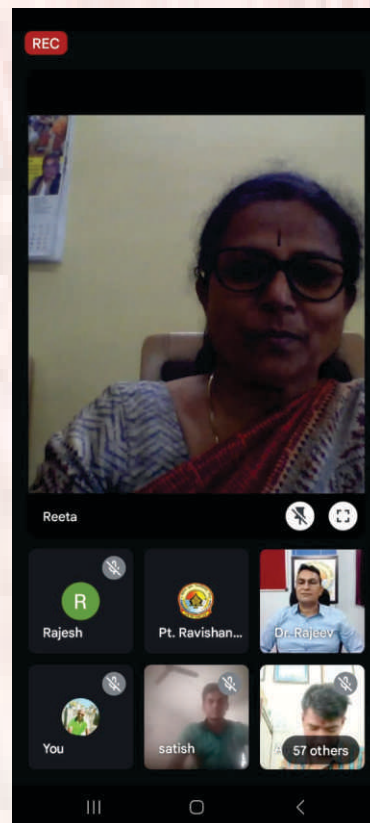
तृतीय दिवस के प्रथम सत्र के विषय विशेषज्ञ डॉ. सत्यप्रकाश पाठक, योग अध्ययन विभाग, हिमाचल प्रदेश विश्वविद्यालय, शिमला (हि.प्र.) कायाकल्प के लिए योग का अभ्यास प्रत्येक व्यक्ति को करना चाहिए जिससे हमारे शरीर के विकृतियों को दूर करते हुए शरीर को स्वस्थ, सुडौल बनाने में मदद मिलती है।

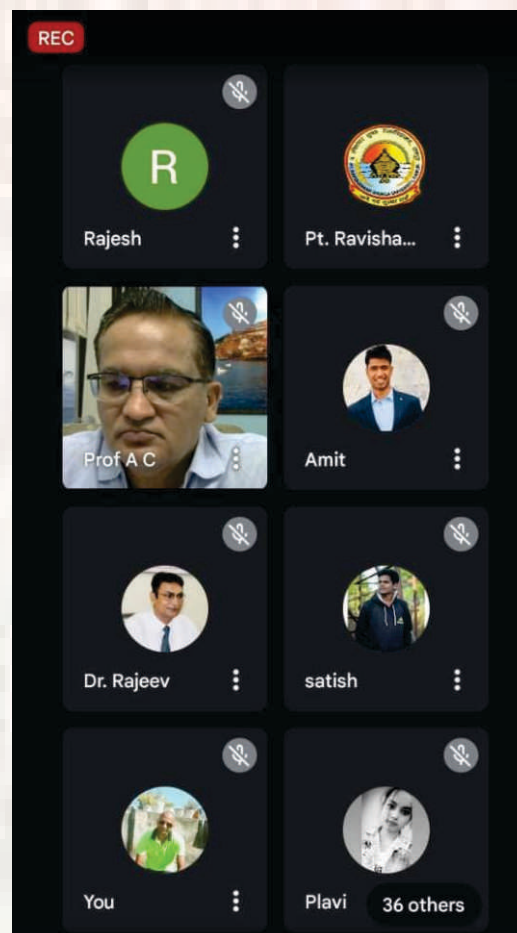
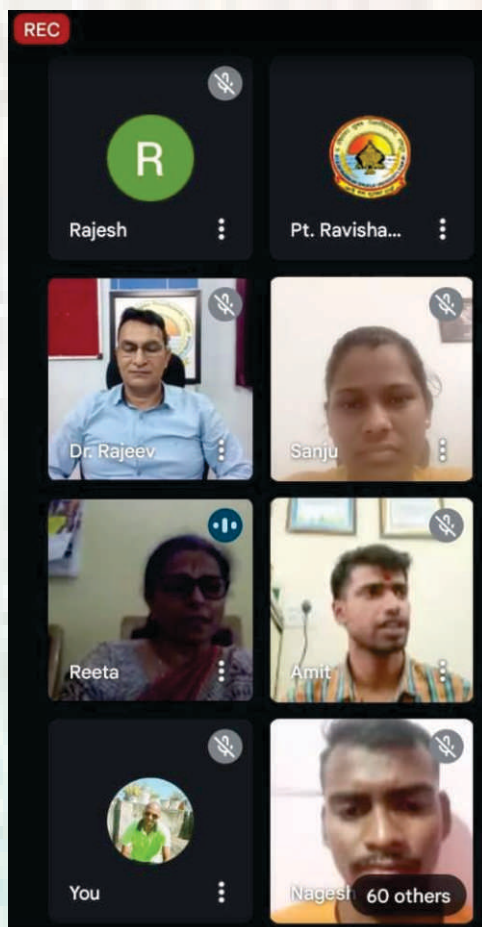
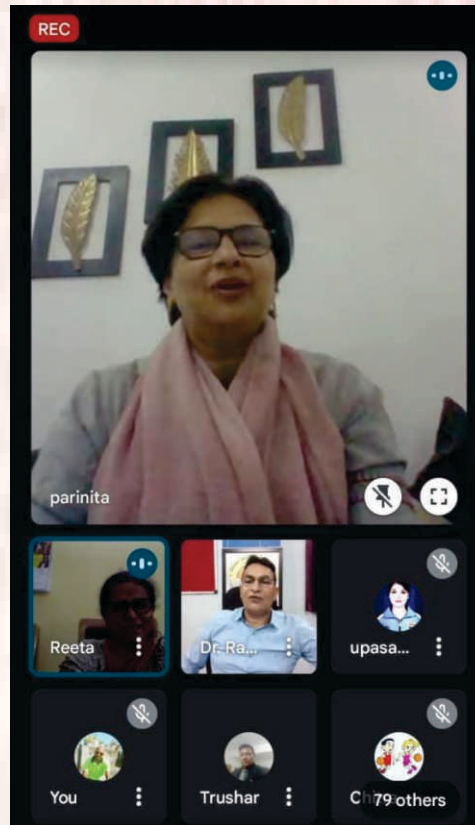
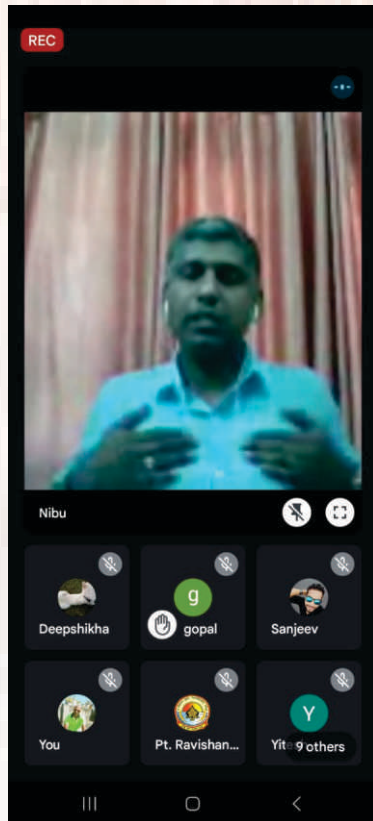
तृतीय दिवस के द्वितीय सत्र के विषय विशेषज्ञ डॉ. निबु आर.कृष्णा, एल. एन.आई.पी.ई. ग्वालियर (म.प्र.) ने बताया कि योग से ही व्यक्ति का समग्र कल्याण सम्भव है।

मंच संचालन एवं आभार व्यक्त श्री मणिशंकर, छात्र, एम.पी.एड.चतुर्थ सेमेस्टर के द्वारा किया गया।

कार्यशाला में 107 प्रतिभागी ऑनलाईन के माध्यम से शामिल हुए।

GLIMPSES OF ONLINE WORKSHOP







Pt. Ravishankar Shukla University

RAIPUR, CHHATTISGARH

WORKSHOP ON YOGA FOR HEALTHY LIVING

Jointly organized by

Inter University Center for Yogic Sciences (An Autonomous Center of UGC) &
Pt. Ravishankar Shukla University Raipur, Chhattisgarh

26th to 30th May, 2023



Patron
Prof. Sachchidanand Shukla
Vice Chancellor

Pt. Ravishankar Shukla University
Raipur, Chhattisgarh



Guest of Honour
Prof. Avinash C. Pandey
Director

Inter University Center for Yogic Sciences

Organizing committee



Administrative Support
Dr. Shailendra Kumar Patel
Registrar



Workshop Director
Prof. C. D. Agashe
Head,
SoS in Physical Education



Workshop Advisor
Prof. Reeta Venugopal
Professor
SoS in Physical Education



Workshop Convener
Prof. Rajeev Choudhary
Professor
Dean Students' Welfare

Resource Persons



Amit Kumar
Yoga Expert, Department of Kriya Sharir,
Faculty of Ayurveda, Institute of
Medical Sciences, Banaras Hindu University



Sudha Yadav
Yoga Expert, Department of Kriya Sharir,
Faculty of Ayurveda, Institute of
Medical Sciences, Banaras Hindu University

VENUE : SoS in Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.)

प्रतिवेदन

उद्घाटन समारोह 26.05.2023

दिनांक 26 से 30 मई 2023 तक पांच दिवसीय स्वस्थ जीवन के लिए योग पर कार्यशाला का आयोजन पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छत्तीसगढ़, में विश्वविद्यालय अनुदान आयोग के यूनिवर्सिटी सेंटर फॉर यौगिक साइंस एवं पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छत्तीसगढ़ के संयुक्त तत्वाधान में किया गया।

कार्यशाला का उद्घाटन सत्र में विश्वविद्यालय के कुलपति प्रो. सच्चिदानंद शुक्ल, कार्यशाला निर्देशक एवं विभागाध्यक्ष प्रो. सी.डी. अगाशे, प्रो. रीता वेणुगोपाल कार्यशाला सलाहकार, प्रो. राजीव चौधरी, कार्यशाला समन्वयक, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छत्तीसगढ़ के गरिमामयी उपस्थिति में विधिवत सरस्वती पूजन, राष्ट्रगान एवं विश्वविद्यालय के कुलगीत के साथ संपन्न हुआ। तत्पश्चात् प्रो. रीता वेणुगोपाल द्वारा कार्यशाला के बारे में जानकारी एवं योग में अनुशासन अति आवश्यक है जो व्यक्ति को आदर्श के रूप में स्थापित करता है।

इनके पश्चात् विश्वविद्यालय के कुलपति जी ने योग को अपने जीवन के दिनचर्या में शामिल करने के लिए प्रेरित किया और यह बताया कि योग पूर्णतः वैज्ञानिक पद्धति है जो सनातन काल से प्रमाणित है तथा सफल आयोजन के लिए शुभकामनाएं दीं।

प्रथम दिन - 26.05.2023

प्रथम दिन के विषय विशेषज्ञ श्री अमित कुमार, क्रिया शरीर विभाग, आयुर्वेद संकाय, आयुर्विज्ञान संस्थान, बनारस हिंदू विश्वविद्यालय (उ.प्र.) ने योग के आसनो के साथ प्रारम्भ किया। जिसमें मुख्य रूप पाचनतंत्र को मजबूत करने वाले विभिन्न आसनों जैसे कि गोमुख आसन, ताड़ासन, मंडूक आसन, उत्तानपाद आसन, भद्रासन, इत्यादि विभिन्न योग आसनों का अभ्यास कराया एवं इनके लाभकारी गुणों की जानकारी दी।

साथ ही "तन्मय मनः शिव संकल्पमस्तु" के श्लोक के माध्यम से कपालभारती प्राणायाम के महत्व को बताया।

मंच संचालन प्रो. राजीव चौधरी, कार्यशाला समन्वयक, शारीरिक शिक्षा विभाग, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छ.ग. के द्वारा किया गया। आभार प्रकट सुश्री उपासना विश्वकर्मा के द्वारा किया गया। प्रथम दिन में 130 छात्र-छात्राएं प्रतिभागी के रूप में प्रत्यक्ष माध्यम से शामिल हुए।

द्वितीय दिवस - 27.05.2023

कार्यशाला का दूसरा दिन योग विशेषज्ञ सुधा यादव, क्रिया शरीर विभाग, आयुर्वेद संकाय, आयुर्विज्ञान संस्थान, बनारस हिंदू विश्वविद्यालय (उ.प्र.) ने सूक्ष्म योग एवं प्रज्ञा योग के साथ प्रारम्भ किया। जिसमें मुख्य रूप से सूर्य नमस्कार, ताड़ासन, तिर्यक ताड़ासन, वज्रासन, मकर आसन, सर्वांग आसन, उष्ट्रासन, मंडूक आसन इत्यादि विभिन्न योग आसनों का अभ्यास कराया गया और इनके लाभकारी गुणों की जानकारी प्रदान की गयी। दूसरे दिन में 120 विद्यार्थी प्रतिभागी के रूप में शामिल हुए।

तृतीय दिवस-28.05.2023

कार्यशाला का तीसरे दिन योग विशेषज्ञ श्री अमितकुमार ने सूक्ष्म योग के साथ प्रारम्भ किया। जिसमें मुख्य रूप से नाड़ी संचालन, तितली आसन, सूर्य नमस्कार, वज्रासन, शशांकासन, हलासन, सर्वांग आसन इत्यादि विभिन्न योग आसनों का अभ्यास कराया गया और इनके मुख्य लाभ में रक्तदाब को नियंत्रित करने के लिए सर्वोत्तम विधि है। यादाश्त को बढ़ाने के लिए भ्रामरी प्राणायाम करने की सलाह दी गयी। तीसरे दिन में 135 विद्यार्थी प्रतिभागी के रूप में शामिल हुए।

चतुर्थ दिवस : 29.05.2023

कार्यशाला का चतुर्थ दिवस योग विशेषज्ञ श्री अमितकुमार, ने "समदोषः समाग्निश्च समधातु मलक्रियाः। प्रसन्नात्मेन्द्रियमनाः स्वस्थः इत्यभिधीयते" श्लोक का अर्थ बताते हुए सूक्ष्म योग के साथ प्रारम्भ किया। जिसमें मुख्य रूप से सूर्य नमस्कार के 12 अभ्यास जो आपको 22 बीमारियों के संक्रमण से दूर रख सकते हैं और साथ ही यह तनाव को कम कर डिप्रेशन की समस्या से कोसों दूर रखते हैं के बारे में जानकारी प्रदान की। चौथे दिन 115 विद्यार्थी प्रतिभागी के रूप में शामिल हुए।

कार्यशाला का पांचवां एवं अंतिम दिन योग विशेषज्ञ श्री अमितकुमार एवं सुधा यादव ने " योग: कर्मसु कौशलम् " श्लोक को विस्तार से बताते हुए सूक्ष्म योग के साथ प्रारम्भ किया। जिसमे मुख्य रूप से बताया गया की कैसे हम सूर्य नमस्कार एवं तिकोन आसन, गरुड आसन, कोण आसन, चलित पवन मुक्तासन, भुजंगासन, तिर्यक भुजंगासन करके हम अपने जोड़ों एवं कमर दर्द को दूर कर सकते हैं और साथ ही यह हमारे प्रजनन तंत्र एवं सायुतंत्र को मजबूत करता है।

समापन सत्र

समापन सत्र को संबोधित करते हुए प्रो. राजीव चौधरी, छात्र अधिष्ठाता, रविवि ने कहा कि योग के माध्यम से व्यक्ति अपने जीवन को उन्नत बना सकता है एवं सभी लोगो को योग के लिए प्रेरित कर अपने जीवन में अपनाने के लिए आह्वान किया।

समापन सत्र में शारीरिक शिक्षा अध्ययन शाला के प्रो. रीता वेणुगोपाल की गरिमामय उपस्थिति में योग विशेषज्ञों को शाल एवं प्रशस्तिपत्र दे कर सम्मानित किया गया। समापन सत्र का मंच संचालन श्री मणिशंकर, छात्र, एम.पी.एड.चतुर्थ सेमेस्टर के द्वारा की गया। समापन सत्र में 142 विद्यार्थी प्रतिभागी के रूप में शामिल हुए।

(कार्यशाला आयोजन स्थल- शारीरिक शिक्षण अध्ययन शाला, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर, छ.ग.।)

Glimpses of Workshop



Glimpses of Workshop



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

29th April, 2023

Background

A one day workshop was organized by Centre for Woman Studies , Pt. Ravishankar Shukla University on, “Stimulating social responsibility through community engagement in higher education”.

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

Objectives of Workshop

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

Workshop Session Outcomes of the workshop

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

conferences organized by the department and about the projects done through out the year.

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

Outcomes of the workshop

In this workshop in the first half the participants learnt about –

- The participants gained knowledge about the importance of community research and howto connect the community knowledge with the academia.
- Key steps of Community Based participatory research discussed were-
Community Entry

- Identification of the issue
- Participants recruitment and retention
 - Research design
 - Data Collection
 - Data Analysis and Reporting
 - Dissemination of Result

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

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

Research methods adopted in Community based participatory research such as interview, focus group dissection , art based methods, participatory research etc. were discussed in details.

Workshop increased participants knowledge about the CBPR methods.

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

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

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

Community under study have preference and avoidance of certain food items during pregnancy and post delivery period that are strictly followed by the community members. The community under study followed the concept of cold

food and hot food for maternal health care. Some of the food preference practices were in concordance with the ayurvedic principles while some were contrasting, which might be a possible reason of micronutrient deficit among them. The information collected by the study was shared with the participants of the workshop and with the community members.

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

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

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

fundamental process of knowledge development is socialisation. People's interactions provide communities with a platform on which to share and develop new knowledge.

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

- This workshop provided a learning platform where the participants gained knowledge about the essential steps required for planning and conducting a community research.
- The workshop enhanced the participants understanding about the community engagement in higher education and its impact on social responsibility.
- Steps of community entry.
- Identification of the issue.
- Approaching the research partners.
- Various methods employed in community research.
- Workshop served as a platform for knowledge exchange and learning from peers encouraging the participants to explore innovative approaches in community research.

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

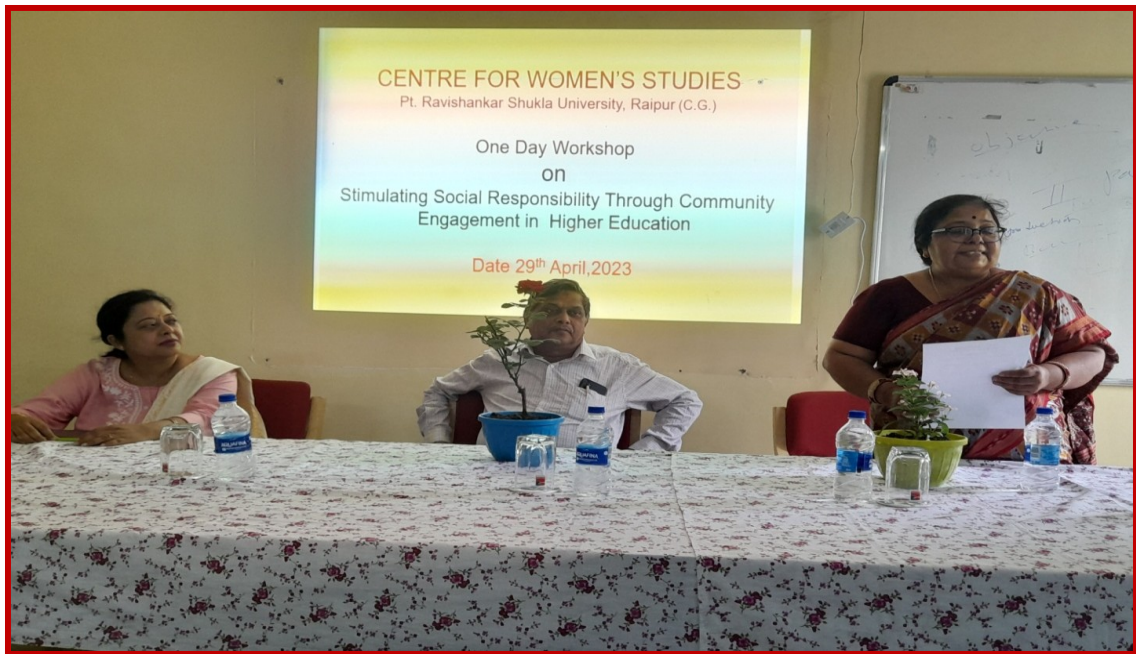
Waste picking is informal occupation rank lowest in the hierarchy of urban India, and they struggle to lead healthy and productive lives. Many waste pickers endure a difficult everyday reality, including regular harassment extortion and many more

problems. Many waste pickers, who serve an important societal function, face problems in their attitude, lack of self-esteem and social dignity. There is a need to shift the way of waste pickers are looked upon, and how they themselves think about their work. The goal of this study is to look at the Garbage Pickers attitude & their problems they face in daily lifestyle.

Our research team interviewed 40 waste pickers in slum areas of Raipur. It was observed that waste picking was mostly done by younger people and the whole family was involved in this work. Around 88% of the respondents were aged between 6 and 45 years. The collection of recyclable materials and items was mostly done by young children, while the sorting was mostly done by women.

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

In all the workshop provided a platform to gain knowledge about the essential steps required to be considered for planning and conducting a community based participatory research.





One Day workshop on Gender Sensitization



One Day Program on Alternative Therapy in day to Day Life on 30th May, 2023

महिला अध्ययन केंद्र द्वारा योगा एंड वैलनेस विषय जिसमें स्वास्थ्य से संबंधित समस्या जैसे मोटापा, हृदय रोग, ब्लड प्रेशर, जोड़ों का दर्द, कमर दर्द, अस्थमा जैसी समस्याओं के निदान पर चर्चा की जाएगी। दिनांक 30 मई 2023 को सेमिनार हॉल कला भवन में आयोजित है ।



ONE DAY PROGRAM ON ALTERNATIVE THERAPY IN DAY TO DAY LIFE

DATE - 30TH MAY 2023

TIME - 4.00 PM

VENUE: SEMINAR HALL, ARTS BLOCK, PT RAVISHANKAR SHUKLA
UNIVERSITY, RAIPUR (C.G.)



ORGANIZED BY

CENTRE FOR WOMEN'S STUDIES

PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR, CHHATTISGARH





**AWARENESS PROGRAMME
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 overwhelming 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





One Day workshop on Gender Sensitization



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

29th April, 2023

Background

A one day workshop was organized by Centre for Woman Studies , Pt. Ravishankar Shukla University on, “Stimulating social responsibility through community engagement in higher education”.

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

Objectives of Workshop

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

Workshop Session Outcomes of the workshop

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

conferences organized by the department and about the projects done through out the year.

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

Outcomes of the workshop

In this workshop in the first half the participants learnt about –

- The participants gained knowledge about the importance of community research and howto connect the community knowledge with the academia.
- Key steps of Community Based participatory research discussed were-
Community Entry

- Identification of the issue
- Participants recruitment and retention
 - Research design
 - Data Collection
 - Data Analysis and Reporting
 - Dissemination of Result

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

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

Research methods adopted in Community based participatory research such as interview, focus group dissection , art based methods, participatory research etc. were discussed in details.

Workshop increased participants knowledge about the CBPR methods.

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

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

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

Community under study have preference and avoidance of certain food items during pregnancy and post delivery period that are strictly followed by the community members. The community under study followed the concept of cold

food and hot food for maternal health care. Some of the food preference practices were in concordance with the ayurvedic principles while some were contrasting, which might be a possible reason of micronutrient deficit among them. The information collected by the study was shared with the participants of the workshop and with the community members.

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

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

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

fundamental process of knowledge development is socialisation. People's interactions provide communities with a platform on which to share and develop new knowledge.

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

- This workshop provided a learning platform where the participants gained knowledge about the essential steps required for planning and conducting a community research.
- The workshop enhanced the participants understanding about the community engagement in higher education and its impact on social responsibility.
- Steps of community entry.
- Identification of the issue.
- Approaching the research partners.
- Various methods employed in community research.
- Workshop served as a platform for knowledge exchange and learning from peers encouraging the participants to explore innovative approaches in community research.

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

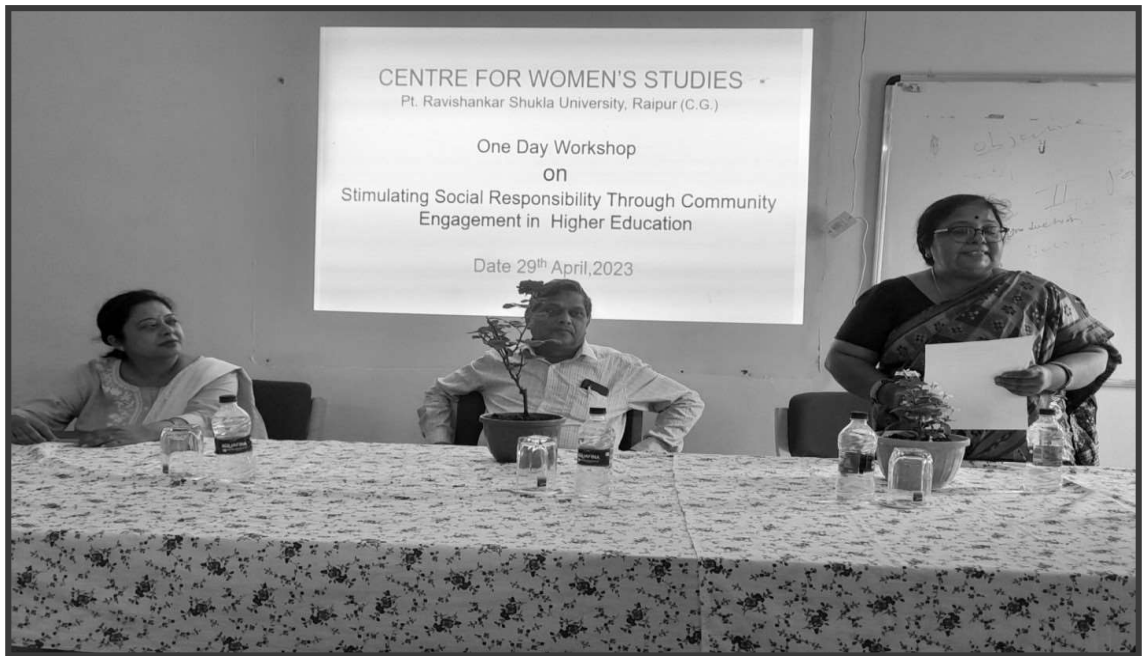
Waste picking is informal occupation rank lowest in the hierarchy of urban India, and they struggle to lead healthy and productive lives. Many waste pickers endure a difficult everyday reality, including regular harassment extortion and many more

problems. Many waste pickers, who serve an important societal function, face problems in their attitude, lack of self-esteem and social dignity. There is a need to shift the way of waste pickers are looked upon, and how they themselves think about their work. The goal of this study is to look at the Garbage Pickers attitude & their problems they face in daily lifestyle.

Our research team interviewed 40 waste pickers in slum areas of Raipur. It was observed that waste picking was mostly done by younger people and the whole family was involved in this work. Around 88% of the respondents were aged between 6 and 45 years. The collection of recyclable materials and items was mostly done by young children, while the sorting was mostly done by women.

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

In all the workshop provided a platform to gain knowledge about the essential steps required to be considered for planning and conducting a community based participatory research.





One Day Program on Alternative Therapy in day to Day Life on 30th May, 2023

महिला अध्ययन केंद्र द्वारा योगा एंड वैलनेस विषय जिसमें स्वास्थ्य से संबंधित समस्या जैसे मोटापा, हृदय रोग, ब्लड प्रेशर, जोड़ों का दर्द, कमर दर्द, अस्थमा जैसी समस्याओं के निदान पर चर्चा की जाएगी। दिनांक 30 मई 2023 को सेमिनार हॉल कला भवन में आयोजित है ।



ONE DAY PROGRAM ON ALTERNATIVE THERAPY IN DAY TO DAY LIFE

DATE - 30TH MAY 2023

TIME - 4.00 PM

VENUE: SEMINAR HALL, ARTS BLOCK, PT RAVISHANKAR SHUKLA
UNIVERSITY, RAIPUR (C.G.)



ORGANIZED BY

CENTRE FOR WOMEN'S STUDIES

PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR, CHHATTISGARH







INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com

LIST OF CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT INITIATIVES

Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
National Unity Day Quiz Competition	31-Oct-2022	40	
Energy Literacy Training Program	26-Nov-2022	80	Energy Swaraj Foundation, Mumbai & CREDA, Raipur
Thematic Lecture on Current Energy Scenario at Chhattisgarh and Career Opportunities in Solar for Graduates	8-Dec-2022	30	Sauryansh Solar Pvt. Ltd.
Awareness Programme on Efficient Utilization of Plastics	8-Apr-2023	65	CIPET Raipur
Three Days Workshop in Advancements in Solar Photovoltaic Technologies	27-04-2022 to 29-04-2023	63	Greenfinity Powertech Pvt. Ltd., Raipur



INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com

NATIONAL UNITY DAY QUIZ COMPETITION

To commemorate Sardar Vallabhbhai Patel's birthday; National Unity Day was organized at Institute of Renewable Energy Technology and Management on 31st Oct. 2022 under the Azaadi ka Amrit Mahotsav. Under this program, a quiz competition related to Ekta Diwas was organized between 3 to 4 pm, in which total of 60 students from different UTD's of the university participated.

Pictures of the Event:





INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com





INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com

ENERGY LITERACY TRAINING PROGRAM

आजादी के अमृत महोत्सव के उपलक्ष्य में पं. रविशंकर शुक्ल विश्वविद्यालय के अक्षय ऊर्जा प्रौद्योगिकी एवं प्रबंधन संस्थान, इलेक्ट्रॉनिक्स एवं फोटोनिक्स अध्ययनशाला, क्रेडा, रायपुर तथा एनर्जी स्वराज फाउंडेशन मुंबई के संयुक्त तत्वाधान में आज दिनांक 26/11/2022 को एक दिवसीय Energy Literacy Training कार्यक्रम का आयोजन किया गया।

कार्यक्रम का शुभारंभ माँ सरस्वती के पूजन से किया गया जिसके पश्चात मुख्य अतिथियों का स्वागत एवं संबोधन विभागाध्यक्ष इलेक्ट्रॉनिक्स एवं फोटोनिक्स तथा समन्वयक, अक्षय ऊर्जा प्रौद्योगिकी एवं प्रबंधन संस्थान रायपुर, डॉ. कविता ठाकुर के द्वारा किया गया उन्होंने कार्यक्रम के उद्देश्य के बारे में समस्त विद्यार्थियों एवं विभाग के शिक्षकों को अवगत कराया।

जिसके पश्चात कार्यक्रम के विशिष्ट अतिथि श्री संजीव जैन, मुख्य अभियंता, क्रेडा ने विद्यार्थियों को संबोधित करते हुए सौर ऊर्जा को अपने दैनिक जीवन में उपयोग करने के लिए प्रेरित किया और उसके फायदों के बारे में विद्यार्थियों को बताया।

कार्यक्रम के मुख्य अतिथि प्रो. केशरी लाल वर्मा, कुलपति पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर ने विशिष्ट अतिथि श्री संजीव जैन को इस कार्यक्रम के द्वारा विद्यार्थियों को Energy Literate बनाने के लिए आभार व्यक्त किया। उन्होंने कार्यक्रम के उद्देश्य को देखते हुए इसे विश्वविद्यालय के अंतर्गत 151 महाविद्यालयों में आयोजित करने का विचार व्यक्त किया जिससे ज्यादा से ज्यादा लोग जागरूक हो सकें और अक्षय ऊर्जा का उपयोग दैनिक जीवन में कर सकें।

इसके पश्चात श्री संजीव जैन ने कार्यक्रम को आगे बढ़ाते हुए डॉ. चेतन सिंह सोलंकी, प्रोफेसर आई आई टी मुंबई जिन्हें सोलर मैन ऑफ इंडिया भी कहा जाता है, के Energy Literacy Training के 12 modules द्वारा प्रतिभागियों को Energy Literate किया गया, जिसका उद्देश्य प्रत्येक व्यक्ति के ऊर्जा खपत के बारे में बताना एवं ऊर्जा संरक्षण कैसे किया जाए उन साधनों के बारे में अवगत कराना था। साथ ही साथ उन्होंने ऊर्जा संरक्षण एवं अक्षय ऊर्जा उत्पादन तथा कार्बन उत्सर्जन को कम करने में क्रेडा की सहभागिता के बारे में बताया।

उदघाटन सत्र की उद्घोषिका डॉ. बसुमती नाडिग थी, इलेक्ट्रॉनिक्स विभाग की शिक्षिका आयुषी सोनी ने धन्यवाद ज्ञापन किया। ट्रेनिंग सत्र के अंत में क्विज प्रतियोगिता का आयोजन हुआ जिसमें विश्वविद्यालय के विभिन्न अध्ययनशालाओं से करीब 70 से अधिक छात्र छात्राओं ने हिस्सा लिया। ट्रेनिंग सत्र के समापन पर अक्षय ऊर्जा विभाग के गजेन्द्र सिंह राठौर ने धन्यवाद ज्ञापित किया। उक्त कार्यक्रम में इलेक्ट्रॉनिक्स विभाग के सुनंदन मंडल, सोनू कुमार सिंह, शालिनी वर्मा तथा अक्षय ऊर्जा विभाग के अंकुर श्रीवास्तव, कुसुम सोनकर एवं लतिका सिंह सहित दोनों अध्ययनशालाओं के समस्त विद्यार्थी मौजूद थे।



INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com

Pictures of the Event:





INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com



150 कॉलेज में होगी एनर्जी लिटरेसी ट्रेनिंग

रायपुर @ पत्रिका . आजादी के अमृत महोत्सव पर में रविवार में एक दिवसीय एनर्जी लिटरेसी ट्रेनिंग का आयोजन किया गया। अक्षय ऊर्जा प्रौद्योगिकी एवं प्रबंधन संस्थान, इलेक्ट्रॉनिक्स एवं फोटोनिक्स अध्ययनशाला, क्रेडा, रायपुर और एनर्जीस्वराज फाउंडेशन मुंबई के संयुक्त तत्वावधान में आयोजित कार्यक्रम के चीफ गेस्ट कुलपति केएल वर्मा थे। उन्होंने कार्यक्रम के उद्देश्य को देखते हुए इसे विवि के अंतर्गत 151 महाविद्यालयों में आयोजित करने का विचार व्यक्त किया जिससे ज्यादा से ज्यादा लोग जागरूक होकर अक्षय ऊर्जा का उपयोग दैनिक जीवन में कर सकें। विशिष्ट अतिथि अभियंता क्रेडा के चीफ इंजीनियर संजीव जैन मुख्य ने सौर ऊर्जा को अपने दैनिक जीवन में उपयोग करने के लिए प्रेरित किया और उसके फायदे गिनाए। सोलरमैन ऑफ इंडिया के टाइटल से चर्चित आईआईटी मुंबई के प्रोफेसर चेतन सिंह सोलंकी ने एनर्जी लिटरेसी ट्रेनिंग के 12 मॉड्यूल ऊर्जा की जानकारी दी। इसमें प्रति व्यक्ति ऊर्जा खपत, ऊर्जा संरक्षण के साधनों के बारे में बताया गया।

Patrika 27.11.2022



INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com

THEMATIC LECTURE ON CURRENT ENERGY SCENARIO AT CHHATTISGARH AND CAREER OPPORTUNITIES IN SOLAR FOR GRADUATES

पं. रविशंकर शुक्ल विश्वविद्यालय के अक्षय ऊर्जा प्रौद्योगिकी एवं प्रबंधन संस्थान, में आज दिनांक 08/12/2022 को Guest Lecture तथा Placement Camp कार्यक्रम का आयोजन किया गया।

कार्यक्रम का शुभारंभ, मुख्य अतिथियों का स्वागत एवं संबोधन विभागाध्यक्ष इलेक्ट्रॉनिक्स एवं फोटोनिक्स तथा समन्वयक, अक्षय ऊर्जा प्रौद्योगिकी एवं प्रबंधन संस्थान रायपुर, डॉ. कविता ठाकुर के द्वारा किया गया उन्होंने कार्यक्रम के उद्देश्य के बारे में समस्त विद्यार्थियों एवं विभाग के शिक्षकों को अवगत कराया।

जिसके पश्चात कार्यक्रम के विशिष्ट अतिथि श्री पंकज गाँधी, डायरेक्टर Sauryansh Solar Pvt. Ltd. ने विद्यार्थियों को संबोधित करते हुए सौर ऊर्जा के क्षेत्र में आने वाले सालों में जॉब अवसर के बारे में जानकारी दी एवं संस्थान में चल रहे B.Voc कोर्स की सराहना की, skill based education पद्धति को प्रेरित किया और उसके फायदों के बारे में विद्यार्थियों को बताया।

इसके पश्चात Placement Camp के तहत Interview की प्रक्रिया शुरू हुई जिसमें छठवे सेमेस्टर के कुल 12 विद्यार्थियों ने एवं विगत वर्ष से एक छात्रा ने भाग लिया और उनमें से 3 विद्यार्थियों का चयन हुआ जिसके अंतर्गत उन्हें Sauryansh Solar Pvt. Ltd. में नौकरी का अवसर मिला है।

Pictures of the Event:





INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com



AWARENESS PROGRAMME ON EFFICIENT UTILIZATION OF PLASTICS

The adverse impacts of littered single use plastic items plastic on both terrestrial and aquatic ecosystems, including in marine environment are globally recognized. Addressing pollution due to single use plastic items has become an important environmental challenge confronting all countries but at the same time Plastic has become a constant element in our lives. Its omnipresence is such that many would find the mere fact of giving it up a difficult task. Reducing the consumption of plastics therefore requires not only a change in habits, but also a change of mindset and hence in the context Institute of Renewable Energy Technology & Management, Pt. Ravishankar shukla has organized awareness programme for efficient usage of Plastics in association with CIPET, Raipur on 08th April 2023.



INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com

Dr. Aparna Yadu & Dr. Rajshree Vijayvargiya lead the session and described about how recycling of plastics can help us develop new product. Plastic has huge contribution in Building construction material and also a proven technology in Road construction.

Giving a brief about Plastics, Dr. Vijayvargiya informed us that, Now Government has made it mandatory for all road developers in the country to use waste plastic, along with bituminous mixes, for road construction. This is to help overcome the growing problem of plastic waste disposal in India. The technology for this was developed by the 'Plastic Man' of India, Prof Rajagopalan Vasudevan, Professor of Chemistry at Thiagarajar College of Engineering, Madurai. Dr. Yadu focused on the Industrial and academic facilities available at CIPET, Raipur.



Addressing to students Prof. Kavita Thakur said, "Plastic has slowly become an integral part of all human requirements. Plastic carry bags, packaging material, bottles, cups, and various other items have slowly replaced everything made of other material due to the advantages of plastic. Plastic is durable, easy to produce, lightweight, unbreakable, odourless, and chemical resistant but at the same time plastic does not decompose. This is its biggest drawback."

03 DAYS WORKSHOP ON ADVANCEMENTS IN SOLAR PHOTOVOLTAIC TECHNOLOGIES

Rising concerns about climate change, the health effects of air pollution, energy security and energy access, along with volatile oil prices in recent decades, have led to the need to produce and use alternative, low-carbon technology options such as renewables. The evolution of the solar PV industry so far has been remarkable, with several milestones achieved in recent years in terms of installations (including off-grid), cost reductions and technological advancements, as well as establishment of key solar energy associations, this lead to Solar PV to be one of the pioneering renewable technologies over the decades. The IEA estimates that the transition towards net-zero emissions will lead to an overall



INSTITUTE OF RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

PT. RAVISHANKAR SHUKLA UNIVERSITY

G.E. ROAD, AMANAKA, RAIPUR (C.G.)

Recognized by UGC, AICTE & Skill Council for Green Jobs

Website: www.prsu.ac.in

E-Mail ID: renewable.prsu@gmail.com

increase in energy sector jobs: while about 5 million jobs in fossil fuel production could be lost by 2030, an estimated 14 million new jobs would be created in clean energy, resulting in a net gain of 9 million jobs and hence huge trained workforce is required in coming years to serve the purpose of renewable growth.

In context Institute of Renewable Energy Technology & Management and S.O.S. in Electronics & Photonics in association with Public Outreach Centre is organizing 3 Days Workshop on Advancements in Solar Photovoltaic Technologies from 27th April to 29th April 2023. The 3 Days Workshop on Advancements in Solar Photovoltaic Technologies commenced at 11:00 AM of 27th April in the presence of Chief Guest Prof. Sachidanand Shukla, Hon'ble Vice Chancellor, Energy Experts & Speakers of the workshop Mr. Amitesh Sharma and Mr. Rajib Das, Director, Greenfinity Powertech Pvt. Ltd. & Prof. Kavita Thakur, Coordinator, Institute of RETM & Head, S.O.S. in Electronics & Photonics.

Pictures of the Event

