



**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-III**

**EVIDENCE(S), AS PER SOP**

<b>METRIC No. 3.6.3</b>	Number of extension and outreach programs conducted by the institution including those through NSS/NCC, Government and Government recognized bodies during the year
<b>METRIC No. 3.6.4</b>	Average percentage of students participating in extension activities listed at 3.6.3 above, during the year
	<ul style="list-style-type: none"><li>• Detailed report for the extension and outreach programs with specific mention of number of students participated and the details of the collaborating agency</li><li>• List of students participating in extension activities</li></ul>

## NSS Activity -session – 2021-22

कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
02/09/21	कुला भवन	अज्ञात व सखर महोत्सव कार्यक्रम (पूर्व कार्यक्रम समन्वय एवं राज्य समन्वय कार्य उपस्थित थे)	04
03/09/21	कुला भवन मैदान	ग्राम्य डिप्टी समारोह एवं पोषाण कार्यक्रम (कुलसचिव वरुणी एवं प्रा. भार्या पत्रा नेम उपस्थित थे)	04

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
20/09/21	शिवाडु जामोडी	साफ-सफाई कार्यक्रम	03
24/09/21	DDU Anchi	NSS फिफ्ट समारोह राज्यपाल मैम 54 कार्यक्रम में उपस्थित थे।	04
08/10/21	डी.वी. कुला मा. सखर	Fit India Treadmill RunPr.	04

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
12/10/21	बंजारी मैदान	कार्यक्रम में राज्यपाल उपस्थित रहे।	
14/10/21	बंजारी मैदान	बंजारी मैदान में प्रयादकितरण एवं अन्य सेवा कार्य किया गया। विद्यार्थी विकास उपस्थित थे। पूर्व मैदान अज्ञात व कार्य में प्रयत्न किया।	04

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
25/10/21	डी.वी. गणव (उत्तम अंग्रे)	ग्राम्य स्तरीय प्रा. RD कैम्प के लिए कार्यक्रम आयोजित किया गया।	3
25/10/21	शिवाडु (कुला) जामोडी	साफ सफाई एवं स्वच्छता व संबंधित कार्य किया गया।	3

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
31/10/21	गोस बजार रायपुर	स्वच्छ Clean India Movement-के तहत शौच बजार-पीठ में Plastic रखा दिया गया इस कार्यक्रम में साखर रायपुर की सुनील लोधी जी उपस्थित रहे।	3

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
16/11/21	UTD से PRSU	पं. रवि. मु. वि. नि. अध्ययन शाखा में उपस्थित छात्रों को NSS की बारे में जानकारी दिया।	4
20/11/21	उल्ला भवन में 517	कला-प्रवर्तन उल्लाभने मैदान में साफ-सफाई दिया गया।	3

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
13/12/21	लाइब्रेरी गाडिंग	जिले में मुफ्त नए पुस्तकें भिजा गया। गाइडिंग की सामग्री गाडिंग की पीठों में पानी जाला गफ एप साफ-सफाई किया गया।	3

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
02/01/22	गाडिंग NSS मैदान PRSU	गाडिंग की लिए मैदान तैयार किया गया।	3
09/01/22	गाडिंग NSS मैदान PRSU	गाडिंग की साफ- सफाई किया गया। एवं पौधों को पानी दिया गया।	3

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
17/01/22	Ant Building Seminar Hall	राष्ट्रीय सुरा डिवीज की उपस्थिति में सुरा उत्सव कार्यक्रम आयोजित किया गया। इस कार्यक्रम में जूनियर सेनियर अधिकारियों के बीच विचार-विमर्श किया गया।	03
30/01/22	NSS Cadet	NSS गति में जिला प्रथम स्थान प्राप्त किया गया।	3

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
31/1/22	कैम्प	गोप्य प्रोग्राम के बारे में हमारे कर्मियों को बताया गया और उनके कामों का निरीक्षण किया गया।	03
02/02/22	अंजारी मंडिर	प्रो. अंजारी मंडिर परिसर की जांच-पड़ताल।	03
09/01/22	आर्य समाज	आर्य समाज के साथ-साथ जांच-पड़ताल।	03

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
13/02/22	CBS PRSU	अंजारी के पोचो की जांच-पड़ताल।	03
20/02/22	NSS Cell PRSU	राज्य प्रथम स्थान प्राप्त किया गया।	03

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कार्य अभिलेख नियमित गतिविधियाँ			
दिनांक	स्थान	विवरण	कार्य घण्टे
27/02/22	अंजारी मंडिर	अंजारी मंडिर के पोचो की जांच-पड़ताल।	03
02/02/22	अंजारी मंडिर	राज्य स्तरीय कार्यक्रम में भाग लेना।	03
06/02/22	अंजारी मंडिर	अंजारी मंडिर के पोचो की जांच-पड़ताल।	03

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कार्य अभिलेख नियमित गतिविधियाँ

दिनांक	स्थान	विवरण	कार्य घण्टें
08/05/22	DDU Raipur	गडगा (ज्यागमग) एपे पोल सगायत गमग अंतराष्ट्रीय महिमा डिपल 2022 का आयोजन DDU मे इल प्रो. मे राज्यपास जी उपस्थित थे	03
27 व 29 माच 2022	Physical Department PRSU	साइकिंग रेस जुम्बा, यगा मोडम मे आग विषय	03 03 03

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क्रं.	दिनांक	सम्पन्न आयोजित कार्य का विवरण	भाग लेने वाले छात्र छात्राओं की संख्या	व्यतित घंटे	कार्य स्थल
1.	04/07/2021	पौधा संरक्षण	19	3	सीबीएस विभाग
2.	11/07/2021	कोरोना मृतक के नाम से पौधा रोपण	16	3	डीडी नगर
3.	18/07/2021	घास की कटाई	17	3	शिक्षक कालोनी
4.	01/08/2021	पौधा संरक्षण	21	3	बंजारी मंदिर
5.	08/08/2021	हरेली पर्व	25	3	कुलपति निवास
6.	29/08/2021	अमृत महोत्सव	20	3	आर्ट्स ब्लॉक
7.	01/09/2021	पौधा संरक्षण	20	3	सीबीएस विभाग
8.	05/09/2021	शिक्षक दिवस	32	3	आर्ट्स ब्लॉक
9.	19/09/2021	स्वच्छता अभियान	16	3	बंजारी मंदिर
10.	24/09/2021	Nss स्थापना दिवस	16	3	दीनदयाल उपाध्याय सभागार
11.	26/09/2021	मंदिर में स्वच्छता अभियान	10	3	बंजारी मंदिर
12.	02/10/2021	फिट इंडिया फ्रीडम रन	30	3	डी. बी कन्या महा. रायपुर
13.	07 to 15/10/2021	नवरात्रि	30	3	बंजारी मंदिर प्रांगण
14.	11/10/2021	क्लीन इंडिया	12	3	रविशंकर शुक्ल स्कूल कुकुरबेड रायपुर
15.	23/10/2021	प्री. आर डी चयन	12	3	डी. बी कन्या महा. रायपुर
16.	24/10/2021	पौधा संरक्षण	18	3	शिक्षक कालोनी
17.	31/10/21	प्लास्टिक मुक्त अभियान	12	3	गोल बाजार
18.	14/11/2021	स्वच्छता अभियान	10	3	कुल सचिव निवास के सामने
19.	16/11/2021	सविधान दिवास	30	3	DDU
20.	28/11/2021	नव प्रवेशित स्वयंसेवकों का परिचय	15	3	कला भवन
21.	05/12/2021	एड्स सप्ताह	11	3	बंजारी नगर
22.	12/12/2021	पौधा संरक्षण	38	3	शिक्षक कालोनी
23.	19/12/2021	घास कटाई	26	3	ज्ञान सरोवर
24.	02/01/2022	स्वच्छता अभियान	18	3	कर्मचारी कालोनी

25.	09/01/2022	जागरूकता अभियान	34	3	शिक्षक कालोनी
26.	30/01/2022	पौधा संरक्षण	16	3	गोमची
27.	06/02/22	घास कटाई	10	3	सीबीएस विभाग
28.	13/02/2022	स्वच्छता अभियान	10	3	शिक्षक कालोनी
29.	21/02/2022	पौधा संरक्षण	10	3	शिक्षक कालोनी
30.	27/02/2022	पोलियो जागरूकता अभियान	22	3	बंजारी नगर
31.	02/03/2022	सांस्कृतिक शोभा यात्रा	30	3	महादेव घाट
32.	06/03/2022	पौधा संरक्षण	30	3	बंजारी मंदिर
33.	13/03/2022	पौधा संरक्षण	24	3	गेस्ट हाउस
34.	19/03/2022	कार्यशाला , सेल्फ डिफेंस	30	3	शरारिक अध्ययन शाला
35.	28/03/2022	पौधों को पानी दिया गया	10	3	गेस्ट हाउस
36.	01/04/2022	परीक्षा पर चर्चा	15	3	लाइब्रेरी विभाग
37.	02/04/2022	स्वच्छता अभियान	20	3	सीबीएस विभाग
38.	17/04/2022	पौधा संरक्षण	18	3	शिक्षक कालोनी
39.	24/04/2022	स्वच्छता अभियान	16	3	कर्मचारी कालोनी
40.	26/04/2022	राज्य स्तरीय योगासन प्रतियोगिता में भागेदारी	35	3	DDU सभागार
41.	01/05/2022	पंडित रविशंकर शुक्ल विवि स्थापना दिवस	30	3	DDU सभागार
42.	08/05/2022	पौधा संरक्षण	15	3	बंजारी मंदिर
43.	15/05/2022	जागरूकता अभियान	18	3	गेस्ट हाउस
44.	22/05/2022	पौधा संरक्षण	21	3	शरारिक अध्ययन शाला
45.	29/05/2022	स्वच्छता अभियान	22	3	गेस्ट हाउस

**Report**  
*of*  
**Celebration of National Science Day- 2022**  
*at*  
**School of Studies in Biotechnology**  
**Pt. Ravishankar Shukla University, Raipur, Chhattisgarh**

In order to encourage/ sensitize Master's Students and Research Scholars regarding newly emerged/ emerging and riveting scientific research frontiers, **School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh**, organized **Celebration of National Science Day- 2022**, under the sponsorship of **Chhattisgarh Council of Science & Technology, Raipur, Chhattisgarh**, and flagship of **National Council for Science & Technology Communication, Department of Science & Technology, New Delhi**, during **09 April 2022 to 14 May 2022**. During above celebration, a number of academic activities/ competitions were organized as detailed below;

<b>Date</b>	<b>Activity/ Competition</b>	<b>Evaluators</b>
<b>09.04.2022</b>	<b>Scientific Debate</b>	<b>Prof. Preeti K. Suresh</b> , University of Institute of Pharmacy, and <b>Prof. Aditi Poddar</b> , School of Studies in Life Sciences, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.
<b>22.04.2022</b>	<b>Quiz</b>	<b>Dr. Afaque Quraishi</b> , School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.
<b>23.04.2022</b>	<b>Ideathon</b>	<b>Dr. Deependra Singh</b> and <b>Dr. Manju Singh</b> , University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.
<b>30.04.2022</b>	<b>Best Out of Waste</b>	<b>Dr. Nameeta Brahme</b> , at the School of Studies in Physics and Astrophysics, and <b>Dr. Veenu Joshi</b> , Faculty at Centre for Basic Sciences, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.
	<b>Painting</b>	



<b>07.05.2022</b>	<b>Extempore</b>	<b>Prof. Mitashree Mitra</b> , School of Studies in Anthropology, and <b>Prof. Arti Parganiha</b> , School of Studies in Life Sciences, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.
<b>14.05.2022</b>	<b>Lecture Series</b>	<b>Dr. Rinkoo Gupta</b> , Faculty of Life Sciences & Biotechnology, South Asian University, New Delhi. <b>Dr. RP Bhatt</b> , Life Science Research Board, Defence Research & Development Organization, New Delhi.
	<b>Valedictory Function</b>	<b>Dr. RP Bhatt</b> , Life Science Research Board, Defence Research & Development Organization, New Delhi. <b>Prof. Keshari Lal Verma</b> , Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.

### **Scientific Debate Competition: 09.04.2022**

A **Scientific Debate** competition was organized as part of this celebration with the aim to encourage Master's Students and Research Scholars to participate actively in science related activities, to develop innovative ideas and a deeper knowledge of science. This event was graced by the presence of **Prof. Preeti Suresh** of University of Institute of Pharmacy, and **Prof. Aditi Poddar** of School of Studies in Life Sciences, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, as evaluators of the competition. Debate competition was organized on three different pre-declared topics;

- Genetically Modified Products Vs Natural Products
- Cloning: Boon or Curse, and
- Stem Cell Preservation: Really Good or Business Strategy

Masters Students and Research Scholars were actively became part of this event. A total of **15 participants** registered themselves for scientific debate competition. Participants spoke over different topics and were well presented their views either in favour or against the topics well within the allotted time frame of 10 minutes. At last, judges were given gratitude for sparing their precious time, and presence. At the last, judges **Prof. Preeti Suresh**, and **Prof. Aditi Poddar** madam concluded the competition. All the participants were offered refreshments at the end of the event.

## Glimpses of the Scientific Debate Competition



### Quiz Competition: 22.04.2022

On 22 April 2022, the **Quiz Competition** was held as part and partial of the **Celebration of National Science Day- 2022**, in the Seminar Hall of the **School of Studies in Biotechnology**. **Dr. Afaque Quraishi** of School of Studies in Biotechnology, Pt.

Ravishankar Shukla University, Raipur, Chhattisgarh, was in-charge of this event. A total of **51 participants**, including Master's Students as well as Research Scholars were participated in the quiz competition. There were 50 multiple choice questions pertaining to science and technology. The participants were given 40 minutes of time to respond to the questions asked.

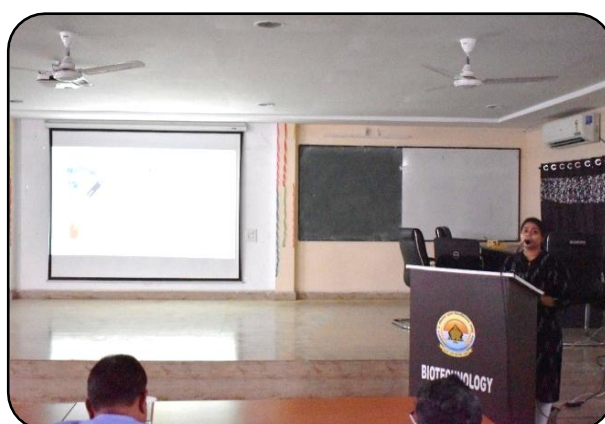
### **Glimpses of the Quiz Competition**



### **Ideathon: 23.04.2022**

An **Ideathon Competition** was held on 23 April 2022 at 03:00 p.m., with the aim to inculcate the spirit of innovation and entrepreneurship amongst Master's Students and Research Scholars through power of ideas which can transform the society. **Dr. Deependra Singh** and **Dr. Manju Singh**, faculties of University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, were the judges of the event. This ideathon competition was conducted over the topics related to science and technology. A total of **10 students** participated in the ideathon, and expressed their ideas within 5 minutes of time. Participants presented their perspectives and ideas on various topics of science and technology following the aid of power point presentation and hands on demonstration.

## Glimpses of the Ideathon



### Best Out of Waste and Painting Competition: 30.04.2022

On 30 April 2022, Best Out of Waste, and Painting Competition were organized, one by one. The painting competition commenced at 02:00 p.m., in which a total of **19 students** participated and prepared their paintings based on the scientific themes only and within the time frame of 2 hours. Themes provided for paintings were;

1. Science for people and people for science
2. Women in science
3. Integrated approach in science and technology for a sustainable future
4. Contribution of science in healthcare and the environment
5. Make in India: science and technology driven innovations

For the Best Out of Waste competition, a total of **13 students** were enrolled, and presented their models in front of the judges. Both the events were evaluated by **Prof. Nameeta Brahme** of School of Studies in Physics and Astrophysics, and **Dr. Veenu Joshi** of Centre

for Basic Sciences of Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. At the end, refreshments were offered to everyone.

### Glimpses of the Painting Competition





**Glimpses of the Best Out of Waste Competition**





### Extempore Competition: 07.05.2022

As a part of the **Celebration of National Science Day- 2022**, an **Extempore Competition** was organized on 07 May 2022, at 03:00 p.m. to 04:00 p.m. in the Seminar Hall of the School. The objective of organizing this competition was to make the students confident in the expression of their views, and become better orators so that they can be able to express their views fearlessly and confidently on any of the topic. Extempore is an excellent way to assist the students not only in spontaneous thinking but also in asserting their creative ideas with precision. The judges for the competition were **Prof. Mitashree Mitra** of School of Studies in Anthropology, and **Prof. Arti Parganiha** of School of Studies in Life Sciences of Pt. Ravishankar Shukla University Raipur, Chhattisgarh. The topics for **Extempore Competition** were quite different for every individuals, for example **Big Bang Theory, E-waste, Advantages and Disadvantages of Social Media, CRISPR Technology, Godhan Nyay Yojana, Climate Change, Pros and Cons of Online Education, Bio-weapons, 5G Technology, COVID-19 Vaccine, Data Mining and its Applications, Artificial intelligence, etc.** A total of **13 participants** were took part in this event. The competition concluded successfully with great words of encouragement and appreciation from both the respected judges. At last, refreshments were provided to everyone and the program successfully came to an end.

## Glimpses of the Extempore Competition



### Lecture Series: 14.05.2022

On the first half of 14 May 2022, two different lectures were organized in the Seminar Hall of this School, as detailed below;

First lecture on “**Protein Engineering to Fight the Foe**” was delivered by **Dr. Rinkoo Gupta** of Faculty of Life Sciences & Biotechnology, South Asian University, New Delhi. In her lecture, she discussed about the role of protein engineering in medical field. She shed light over various humanized antibodies made in her lab for therapeutic purposes. The lecture was very informative and interactive too.

Second lecture on “**Climate Change: Nature’s Warning**” was delivered by **Dr. RP Bhatt** of Life Science Research Board, Defence Research & Development Organization, New Delhi. Dr. Bhatt Sir discussed in detail about the negative impacts of climate change over the mother Earth, and the possible measures to be taken to prevent that.



## Glimpses of the Lecture Series



### Valedictory Function *cum* Prize Distribution Ceremony: 14.05.2022

In the past couple of weeks various academic activities/ competitions like **Scientific Debate, Quiz, Ideathon, Best Out of Waste, Painting, and Extempore** were organized. The active participation of both the Master's Students and Research Scholars in above events affirmed the relevance and meaningfulness of this celebration.

The Valedictory Function *cum* Prize Distribution Ceremony began at 01.00 p.m. in the Seminar Hall of this School, in which **Dr. RP Bhatt**, Life Science Research Board, Defence Research & Development Organization, New Delhi, was present as Special Guest, along with **Prof. Keshari Lal Verma**, Honourable Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, who presided over this function. **Prof. Keshav Kant Sahu**, head of the department, School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, presented a brief report of the all the events emphasizing various important points of different academic activities/ competitions. Then, both the eminent guests addressed the audience, appreciated the efforts done by the School, and both the Master's Students and Research Scholars for their active participation and innovative mind-set. Thereafter, the winners of all those competitions held during the **Celebration of National Science Day-2022** were honoured by conferring prizes and certificates, by the eminent guests.

### List of Winners: Competition Wise

Competition	Rank	Name of the Student
<b>Scientific Debate</b> <b>(09.04.2022)</b>	First	Nisha Gupta (Research Scholar)
	Second	Kushal Banerjee (M.Sc. IV Sem.)
	Third	Pallavi Yadav (M.Sc. II Sem.)

<b>Quiz</b> (22.04.2022)	First	Anita Bhoi (Research Scholar) Shubhi Chhabra (M.Sc. IV)
	Second	Prachi Vaswani (M.Sc. IV)
	Third	Vedika Jain (M.Sc. IV Sem.) Diksha Dubey (M.Sc. II Sem.)
<b>Ideathon</b> (23.04.2022)	First	Anand Beseekar (M.Sc. IV Sem.)
	Second	Sonam Patel (M.Sc. II Sem.)
	Third	Diksha Dubey (M.Sc. II Sem.)
<b>Best Out of Waste</b> (30.04.2022)	First	Dristi Verma (Research Scholar)
	Second	Roza Ali (M.Sc. IV Sem.)
	Third	Deepali (Research Scholar)
<b>Painting</b> (30.04.2022)	First	Sonam Patel (M.Sc. II Sem.)
	Second	Prachi Vaswani (M.Sc. IV Sem.)
	Third	Shraddha Joshi (M.Sc. IV Sem.)
<b>Extempore</b> (07.05.2022)	First	Nisha Gupta (Research Scholar)
	Second	Shubhi Chhabra (M.Sc. IV Sem.)
	Third	Kushal Banerjee (M.Sc. IV Sem.)

At last, vote of thanks was delivered by **Prof. SK Jadhav**, School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. Thereafter, lunch for entire gathering was arranged in the University Guest House. With this, the last day of **Celebration of National Science Day- 2022** came to an end.

### **Glimpses of Valedictory Function *cum* Prize Distribution Ceremony**





**(Keshav Kant Sahu)**  
**School of Studies in Biotechnology**  
**Pt. Ravishankar Shukla University**  
**Raipur 492 010, Chhattisgarh**

## **“Vigyan Sarvatra Pujyate: Festival of SCoPE for All”**

**22-28 February 2022**

**Event organizer:** Pt. Ravishankar Shukla University, Raipur, Chhattisgarh

**Venue:** Pt. Deen Dayal Upadhyaya Auditorium, Raipur, Chhattisgarh

**Coordinator:** Prof Keshav Kant Sahu, Head of the Department, School of Studies in Biotechnology, Pt. RSU, Raipur

On the occasion of **75<sup>th</sup> Year of India's Independence**, "**Azadi Ka Amrit Mahotsav**", a week-long celebration was witnessed at 75 locations across the India, in addition to a mega science festival in New Delhi. A week long Science Fest was held at Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, one of the 75 locations across the country.

Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, organised the event "**Vigyan Sarvatra Pujyate: Festival of SCoPE for All**", as part of this event, which began on February 22, 2022, and ended on February 28, 2022. The event was held at Pt. Deen Dayal Upadhyaya Auditorium, Raipur, Chhattisgarh. Throughout the week-long science festival, various programmes were organized to perceive interactions at various levels, including posters, exhibitions, lectures, hands-on experiments, and science lit activities such as visit to science expo, competitions, science live demonstrations, science films, and rallies. The events were divided into two sessions each day and included lectures from eminent scientists as well as science-based competitions. Through extremely interactive and informative sessions, the goal of the week-long science festival was to provide participants with much-needed insight into the advancement of science and its opportunities for the development of society and nation. The event drew a total of 1100 students from various schools, 2800 students from higher education, and including around 600 general public who attended the various sessions held during the one-week science fest.

### **Inaugural Session: 22 February 2022**

A week long science festival event began with the live streaming (03:40 p.m. to 04:40 p.m.) of the grand Inaugural Ceremony of "**Vigyan Sarvatra Pujyate: Festival of SCoPE for All**" held at Vigyan Bhawan, New Delhi, commemorating the 75<sup>th</sup> year of India's Independence, with the theme: **Integrated Approach for Sustainable Development**. The session moved closer to the Inaugural Function at 5:00 p.m., with the arrival of the invited guests and their

visit to the science expo at Pt. Deen Dayal Upadhyaya Auditorium, Raipur, Chhattisgarh. Through 150 posters, the science lit activity- science expo showcased the discoveries and contributions of eminent scientists to the field of science and technology. The program began with the National Anthem and Kulgeet of Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, and was followed by Lamp Lightning and Felicitation of Guests. Dr M.K. Deb, Professor, School of Studies in Chemistry, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, discussed about the accomplishments of the University in the research and extension of science. He shed light on the memorable dates of the foundation day, the opening of the teaching departments, and also informed about Pt. Sundarlal Sharma Library, which has one of the 16 Workstations in the country to have Workstation Census of India. He also highlighted the best practices and contributions of Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.

The program further succeeded with an address by program coordinator Prof. Keshav Kant Sahu, Head of the Department, School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. He gave a brief description about the events to be held in this week long science festival. President of this function Prof. Keshari Lal Verma, Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, presided over the function. Then, address was delivered by the Guest of Honor, Dr. Rajendra Singh Sangwan, Director, Academy of Scientific & Innovative Research, CSIR-HRDC, Ghaziabad, Uttar Pradesh. He highlighted about the previous scientific contributions by Dr. C.V. Raman, Sir G. Mendel, Sir Darwin and several others. Following that, the event was addressed by the Chief Guest of the function, Ms. Anusuiya Uikey Madam, Hon'ble Governor of the Chhattisgarh State. Madam Governor congratulated the organizing committee of the Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, for this mega event and also praised for the University's ongoing research and development activities.

The Chief Guest, Ms. Anusuiya Uikey Madam, and the Guest of Honor, Dr. Rajendra Singh Sangwan Sir were then presented with memento by Prof. Keshari Lal Verma, Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. The vote of thanks was then given by Prof. G.K. Pandey, Registrar, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. More than 1,000 people attended the inaugural event, which included students from various schools, higher education departments, and civil population.

## Glimpses of the Inaugural Function



**Chief Guest Ms. Anusuiya Uikey, Hon'ble Governor of the Chhattisgarh State  
Inaugurating the Poster Exhibition Section**



**Guests are visiting science expo which featured more than 150 posters related to Science  
and Technology**



**On the Dias for the National Anthem: Respected Dignitaries**



**Ms. Anusuiya Uikey, Hon'ble Chief Guest, Delivering Her Address**



**Remarks by Dr. Rajender Singh Sangwan, the Guest of Honour**



**Address by Prof. Keshav Kant Sahu, Program Coordinator**



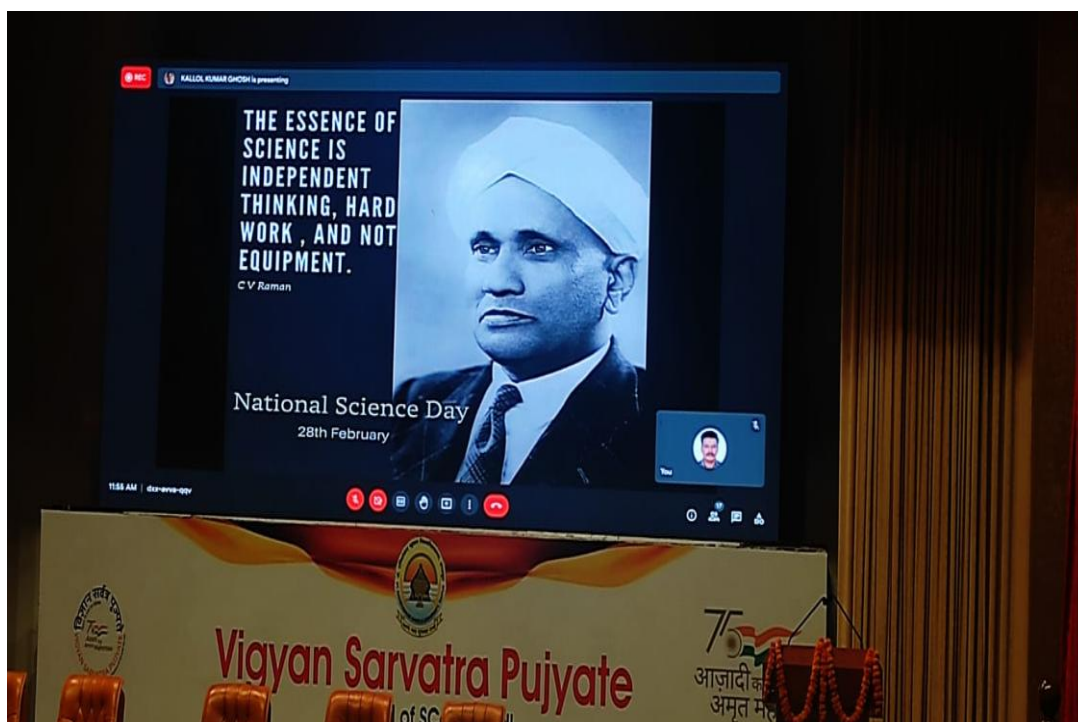


### **Hon'ble Chief Guest Ms. Anusuiya Uikey Presenting a Memento to the Guest of Honour**

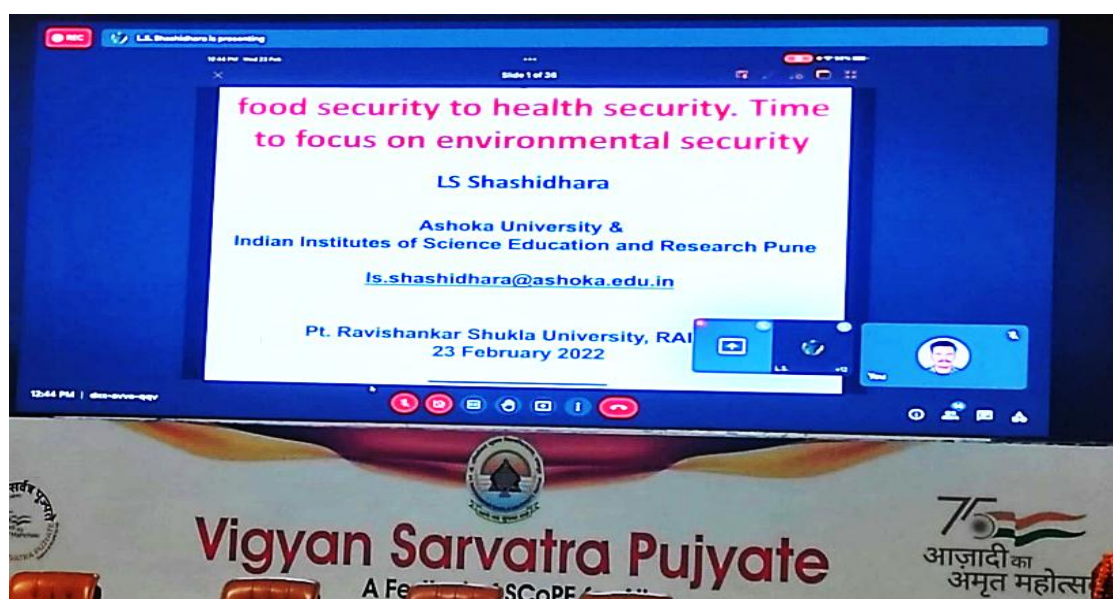
#### **Day 1: 23 February 2022**

The science week festival began on the first day at Pt. Deendayal Upadhyaya Auditorium, Raipur, Chhattisgarh. The event was held in two sessions, which included two lectures and two competitions. Prof K.K. Ghosh, Director, Centre for Basic Science, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, gave a lecture on "Integration of Science and Technology for Sustainable Development", during the first session (11:30 a.m. to 12:30 p.m.). Prof. Ghosh began his lecture by involving the audience with a quote such as "Breaking Boundaries, Finding Frontiers", "Tomorrow's Science Begins Today", etc. Sir C.V. Raman, Sir, J.C. Bose, Albert Einstein, Marie Curie, and other scientist's discoveries were highlighted by him. He emphasised the importance of students sharing and interacting with their respective mentors ideologies. He also advised the youth to stay focused on the resources they have and utilise them to their fullest.

On the same day (12:30 p.m. to 01:30 p.m.) another lecture was delivered by Prof. L.S. Sashidhara, Dean, Ashoka University, Sonipat, Haryana, on "Science & Technology since Independence: From Food Security to Health Security; Time to Focus on Environmental Security". Prof. Sashidhara has highlighted various scientific and technological advancements from 1947 to 2022. He has emphasised the importance of India's prestigious national institutes, such as the IITs, IISc, and IARI, etc., in the modern economy.



**Prof. K.K. Ghosh's lecture on "Science and Technology Integration for Sustainable Development"**



**Prof. L.S. Sashidhara lecture on "Science & Technology since Independence: From Food Security to Health Security; Time to Focus on Environmental Security"**

Elocution and extempore competitions were held in the second session. On the topic "Role of Science in Socio-Economic Development in India," an elocution competition was held. Each participant had three minutes time to give a speech on the assigned topic. A total of 17 students from various schools, colleges, and institutes were competed in the

competition. Participants brilliantly and confidently communicated their thoughts, insights, and different perspectives. The competition was judged by Dr. Priti Singh, Assistant Professor, Institute of Teachers Education, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Dr. Swati Shrivastava, Assistant Professor, Pragati College, Raipur, Chhattisgarh and, Dr. D.P. Bisen, Head of the Department, School of Studies in Physics and Astrophysics, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. The succeeding competition was an extempore, in which a total of 20 participants shared their perspectives on topics such as "advanced transportation," "the role of science and technology in food processing," "solar energy," "ethanol for energy," "cloud computing technology," and so on. The judges for the extempore included Prof. Ninad Bodhankar, School of Studies in Geology and WRM, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof. N.K. Baghmar, Ex-Professor of School of Studies in Geography, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh and, Dr. Govind Sahu, Assistant Professor, Centre for Basic Sciences, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. Dr. A.K. Singh, Assistant Professor, Institute of Teachers Education, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, was the coordinator of this competition. A vote of thanks was given by Dr. Amber Vyas, Assistant Professor, Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. The first day of the science festival came to an end with this. In total, 150 students from various schools, 300 students from the higher education department, and 50 general public attended the event.



**Elocution competition on the topic “Role of Science for Socio-Economic Development in India”**



**Participant in an Extempore competition**

### **Day 2: 24 February 2022**

The second day of the science festival began with a wonderful lecture (11:30 a.m. to 12:30 p.m.) on "New World New Prospects Space Science Exploration" by Dr. Shyama Narendranath, Scientist SF, UR Rao Satellite Centre, ISITE Campus, Indian Space Research Organization, Bangalore, Karnataka. Dr. Shyama gave an excellent lecture on space science. She has talked about Laplace theory, the rationale origin of the earth, the passing star hypothesis, the formation of the solar system, and its application in planetary science. She spoke about the difficulties that come with space instrumentation. The space instrumentation must be able to withstand extreme temperatures, vacuum, vibration, and should be error-free. Also, mentioned about some of the Indian space astronomy missions such as SROSS Series, IRS-P3, SOXS, RT-2 on photon-coronas mission, and ASTROSTAT. She had captivated the audience's interest by presenting attractive pictures of celestial bodies like asteroids, comets, planets, etc. She recommended the youth to develop analytical as well as experimental skills to be able to explore the science behind space.

On the same day, another lecture (12:30 p.m. to 01:30 p.m.) was delivered by Prof. R.C. Dubey, Head of the Department, Department of Biotechnology, Gurukul Kangri University, Haridwar, Uttarakhand, on "Making the Future of India through Science". Prof. Dubey has brought up a number of interesting facts about science in our daily lives. He shed

light on Sanskrit and Vedic microbiology and its relationship to human lives since ancient times. Prof. Dubey also discussed the science behind the importance of the "Gangajal", which has several health benefits. He has emphasised the importance of integrating India's knowledge system, as well as its various cultures and traditions, for the benefit of humanity. He encouraged young people to focus on the practical rather than the theoretical aspects of their studies. He termed the "Vedic Rishis" as the traditional scientists of India. Prof. Dubey also discussed how the country can progress through science.

Shyama Narendranath is presenting

## The rise of planetary program in India

- Study of extra terrestrial samples – TIFR, IIT\_Kanpur, PRL (1960s – 1980s)
  - Cosmic ray tracks in meteorites
  - Solar ion tracks in lunar samples and meteorites
  - Trapped gases
  - >100 publications
- Planetary astronomy - IIAP
  - Discovery of ring systems of Uranus (Bhattacharya & Bappu, 1977)
  - Observations of comets and asteroids (6 new asteroids discovered)

Prof Narendra Bhandari receiving Luna-24 samples in 1977

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Lecture by Dr. Shyama Narendranath on "Space Research and Exploration"

presenting

PowerPoint Slide Show - [Students Motivational Lecture - Rajpur] - PowerPoint

## Integration of Indian Knowledge System (teaching in Indian Language, culture)

- Institutions must make strategy regarding the integration of the Indian Knowledge System (teaching in Indian Language, culture etc.,) into the curriculum using both offline and online courses.
- The faculties must be trained to provide the classroom delivery in bilingual mode (English and vernacular).
- The institutions must preserve and promote the following:
  - Indian languages (Sanskrit, Pali, Prakrit and classical, tribal and endangered etc.)
  - Indian ancient traditional knowledge
  - Indian Arts
  - Indian Culture and traditions

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Turn on microphone (ctrl + d)

Lecture by Prof. R.C. Dubey on "Making the Future of India through Science"

Prof. Sanjay Tiwari, Head of the Department, School of Studies in Renewable Energy and Technology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, and his group continued the event in the second session at 02:30 p.m. with hands on training cum workshop on making Solar Lamp. "Sustainable Development Goals" was the topic of his discussion. Prof. Tiwari gave a brief overview of the solar energy's discovery and his goal of making the world carbon-free by 2050. His speech was followed by round 1 of the quiz competition, which consisted of 15 questions, each lasting 30 seconds. The event drew a total of 64 participants from various schools, colleges, and institutes. A video presentation demonstrated hands-on training on how to make a solar lamp. Then, a second round of the quiz competition was held with 67 participants. Three top winners of both the Quizzes rounds were honoured by Prof. Keshari Lal Verma, Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof. Keshav Kant Sahu, Head of the Department, School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh and Coordinator of this program, and Prof. Sanjay Tiwari, Head of the Department, School of Studies in Renewable Energy and Technology. Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. Following that, students practised making of the solar lamps. Total participation on second day of the fest included 100 students from various schools, 450 students from higher education department and 50 general public audience.



**Dr. Sanjay Tiwari demonstrating the working of Solar lamp**

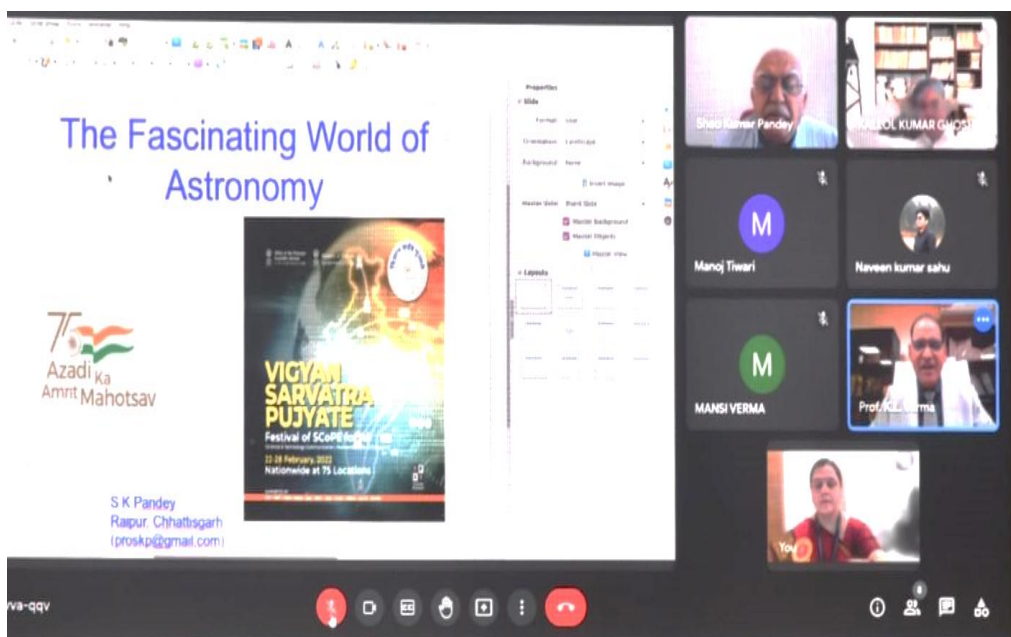


**Hands on Training *cum* Workshop on Solar Lamp Making**

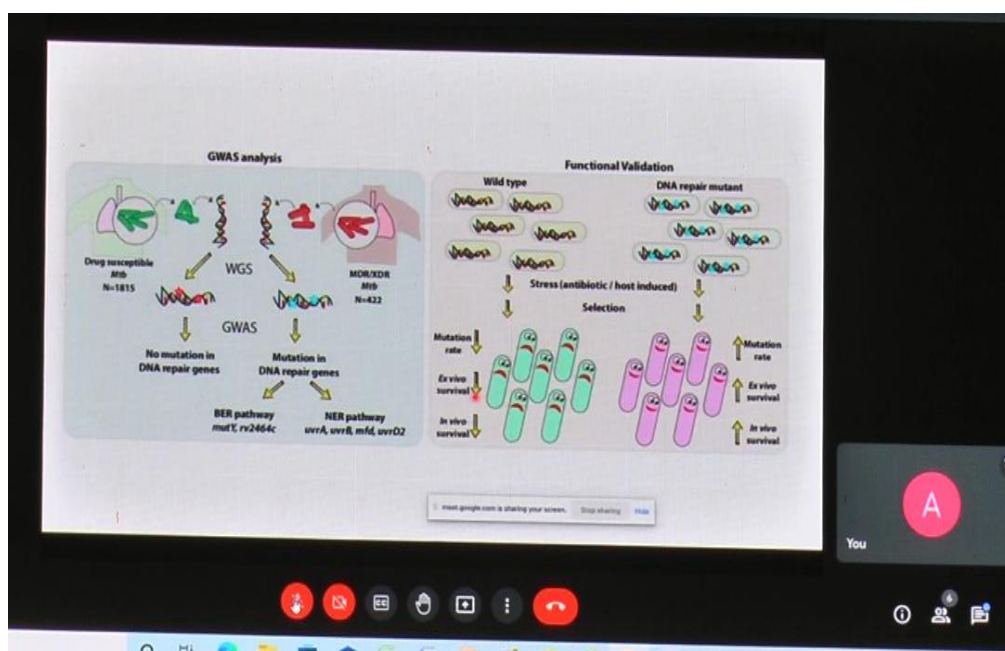
### **Day 3: 25 February 2022**

The first session of the third day of the science festival started at 11:30 a.m. with a wonderful lecture entitled “The Fascinating World of Astronomy”, by Prof. S.K. Pandey, Ex Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. Prof. Pandey explained how Galileo pointed his self-made telescope at the sky for the first time. He discussed about the development of modern astronomy in India in between 1947 to 2022,. "Astronomy is the of all sciences," he said.

Second lecture on "Viral Infection and Drug Resistance" from 12:30 p.m. to 01:30 p.m. was given by Dr. VK Nandicoori, Director, Centre for Cellular and Molecular Biology, Hyderabad, Andhra Pradesh, on the same day. Dr. Nandicoori discussed about structural and molecular aspects Corona virus (COVID-19). He talked about COVID-19's life cycle, disease progression, and aspects of potential treatments. He also explained how bacterial drug resistance causes drugs to be ineffective against tuberculosis.



**Lecture by S.K. Pandey on “The Fascinating World of Astronomy”**

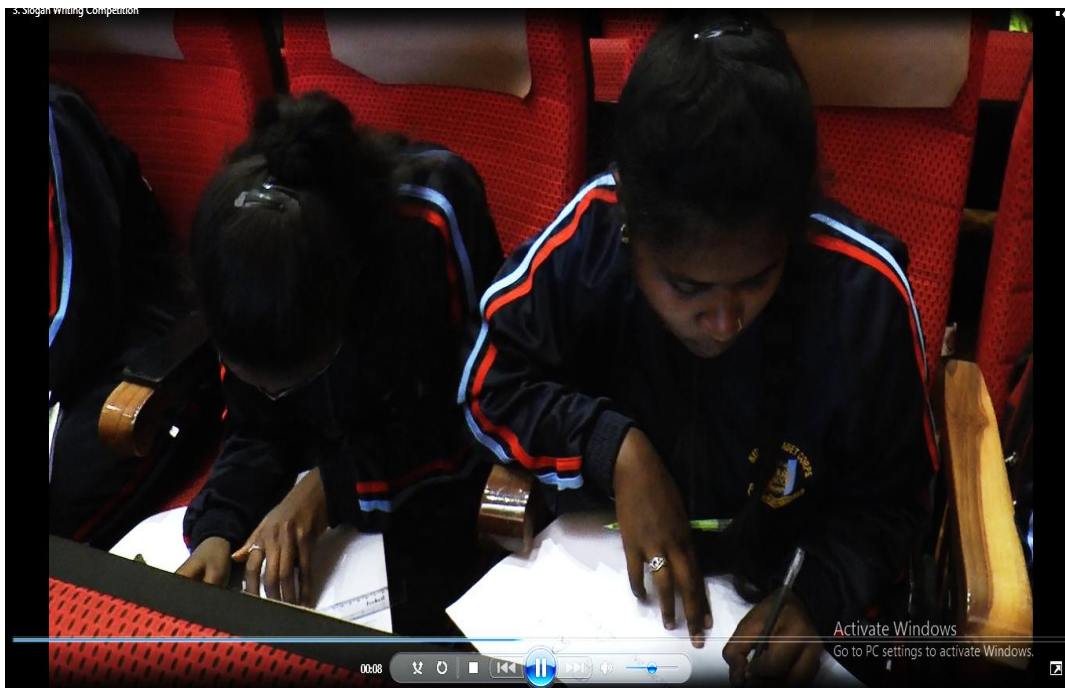


**Lecture by Dr. VK Nandicoori on “Viral Infection and Drug Resistance”**

In addition, two different competitions were scheduled in between 2:30 p.m. to 4:30 p.m. of the same day. The first competition was a contest on Science Slogans Writing. This competition drew a total of 140 participants from various schools, colleges, and institutes. Prof. Preeti K. Suresh, former Head of the Department, University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof. Sanjay Kumar, Head of the Department, School of Studies in Computer Science, Pt. Ravishankar Shukla University,

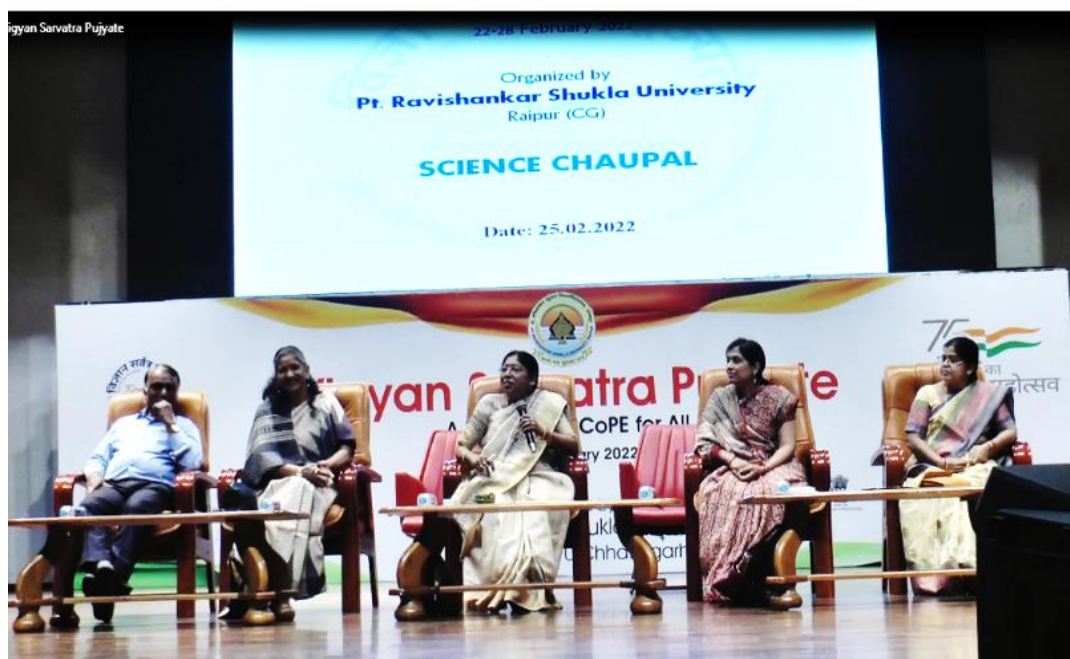


Raipur, Chhattisgarh and, Prof. Kavita Thakur, Head of the Department, School of Studies in Electronics, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, served as the judges for this competition.



**Participants of Slogan Writing competition**

The next programme was "Choupal on Vigyan Sarvatra Pujyate." Prof. Mitashree Mitra, former head of the Department, School of Studies in Anthropology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof. Swarnalata Saraf, Head of the Department, University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof. D.P. Kuity, Former Head of the Department, School of Studies in Geology and WRM, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof. Namita Brahme, Professor, School of Studies in Physics and Astrophysics, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, were the expert members of this event. The participants posed queries related to the science and technologies, including the significance of bioweapons, how to get into research and development organisations like ISRO and DRDO, entrepreneurship skills, IPM, etc. Experts were advised the youth to cultivate a scientific temperament in order to pursue research. On the third day of the festival, 150 students from various schools, 400 students from the higher education department, and 100 general public participated.



**“Choupal Charcha on Vigyan Sarvatra Pujyate with the Experts”**

#### **Day 4: 26 February 2022**

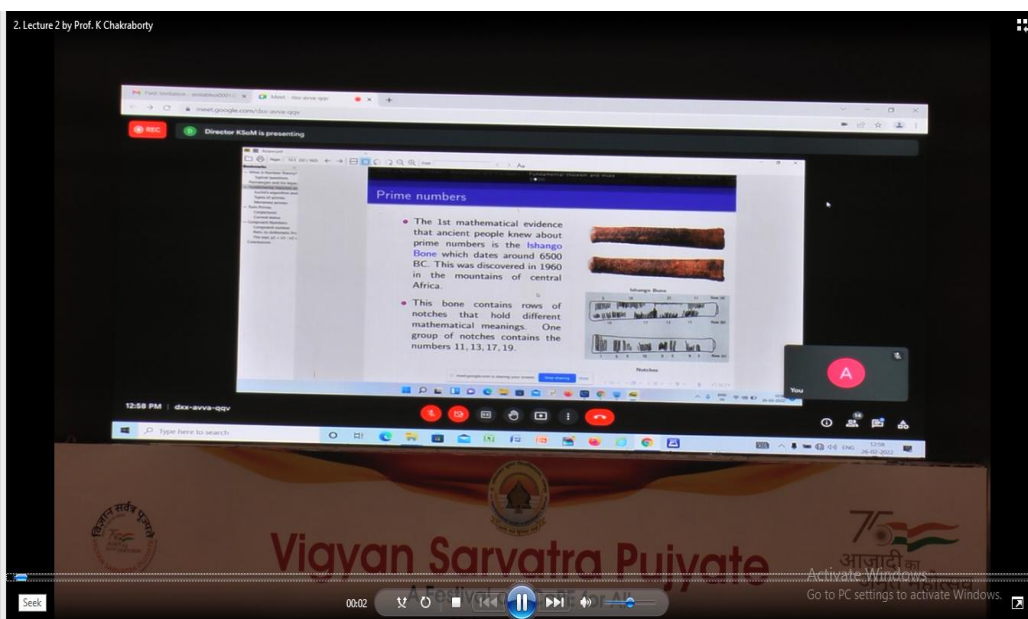
Fourth day of the science festival was started at Pt. Deendayal Upadhyay Auditorium, Raipur, Chhattisgarh, with a wonderful lecture (11:30 a.m. to 12:30 p.m.) on “Time to Dance” by Dr. AK Pati, Executive Member, Odisha State Higher Education Council, Bhubaneswar, Odisha. Dr. Pati revealed the molecular mechanisms behind the circadian rhythm of reptiles like snakes. He shed lights on the difference in the levels of various hormones like growth hormones, oxytocin, serotonin, glucocorticoids, etc., in human being during different time slots in a day. In a nut shell, he discussed the thermodynamical, psychological, cosmological and chronobiological arrow of time. Circadian rhythm that plays an essential role in everyone’s life, was discussed in his lecture.

From 12:35 p.m. onwards, another lecture was held by Prof. K Chakraborty, Director, Kerala School of Mathematics, Kozhikode, Kerala, on “Numbers and Beyond”. Prof. Chakraborty introduced the legacy of Ramanujan and his dedication for mathematics, among the youth. The interesting facts regarding prime numbers, their types and also their illustrations in daily life were shared by him. Various facts like Bertrand’s theorem, Sophie Germain (SG) prime, Mersenne primers, Goldbach Conjecture, Archytas of Tarentum was discussed in his lecture. The prime numbers are a matter of interest even during ancient

times. The primes are the basic building blocks of number universe from which all the other natural numbers have been originated.



**Lecture by Dr. A.K. Pati on “Time to Dance”**



### Lecture by Prof. K Chakraborty on “Numbers and Beyond”

In the next session, hands on training cum demonstration of "Magical reactions of chemistry" was performed by Dr. ML Satnami, Dr Indrapal Karbhal and their team members from School of Studies in Chemistry, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. They were given live demonstrations of various chemical experiments/reactions to show ‘Colours of Chemistry’. Prof. Kesari Lal Verma, Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, also joined the session. Dr. Satnami, his research scholars and post-graduate students showed various colourful reactions including lava experiment, fireworks, water changing into diverse colours, transparent ink making, tyndall effect, etc. The colourful demonstration of the chemical reactions was found to be fascinating and caught the school student’s attention, more especially. Dr. Satnami and his team also discussed the underlying mechanisms/ precise chemical reactions involved behind all those magical reactions in a very simplified way. Total participation on fourth day of the fest included 150 students from various schools, 300 students from higher education department and 100 general public audience.



**Demonstration of magical reactions of chemistry**



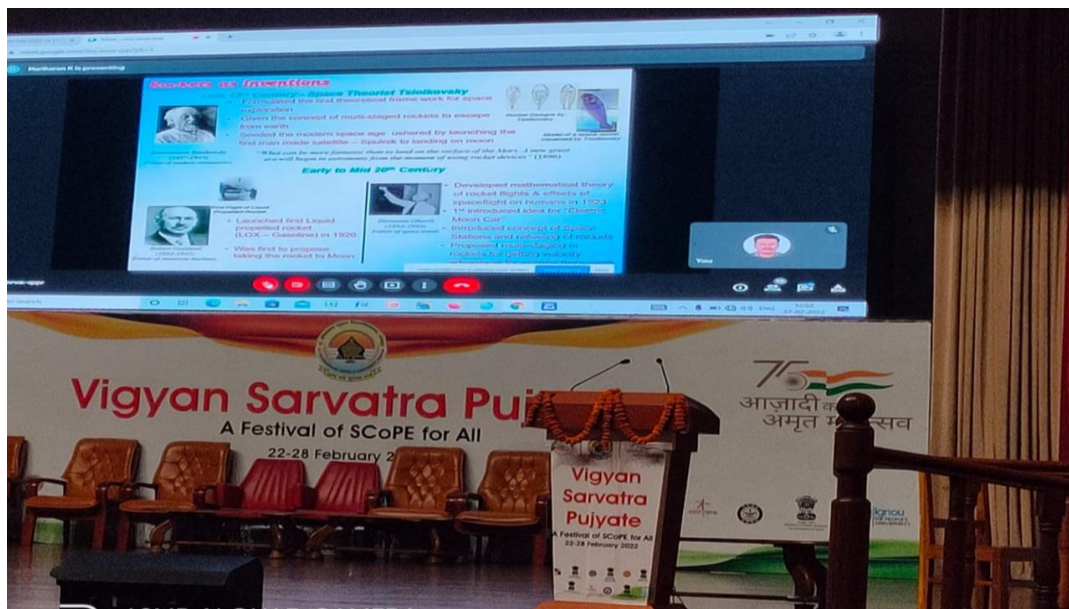
**Demonstration of magical reactions of chemistry**

### **Day 5: 27 February 2022**

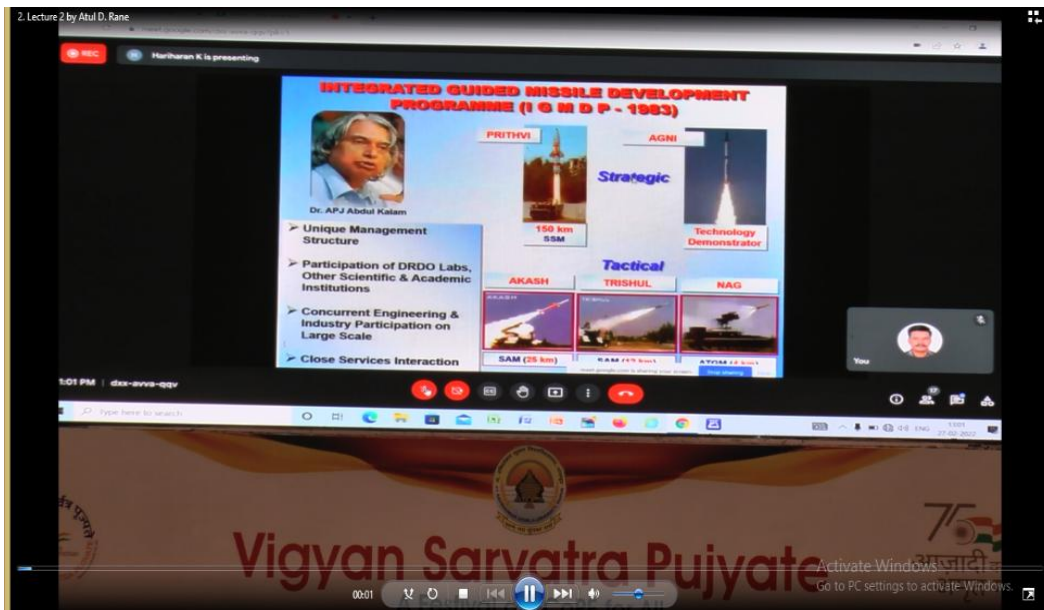
On fifth day of the science festival a wonderful lecture on “Quality Science Education in India in 21<sup>st</sup> Century” was delivered by Prof. AK Bakshi, Vice-Chancellor, PDM University, Bahadurgarh, Delhi NCR, between 11.30 a.m. to 12.30p.m. Prof. Bakshi has put forward his conceptualization and experience in front of the youth. Prof. Bakshi has discussed the skills to be required in youth in the 21st century for quality education. He urged the young students

to develop various skills like critical thinking, literacy skills, life skills, collaboration, technological skills, leadership quality, problem solving, etc., to grab top opportunities and for acquiring competence to face challenges to be incur in future ahead.

Afterwards, second lecture was delivered by Dr. AD Rane, Director General (Brahmos), and CEO and MD, Brahmos, Defence Research and Development Organization, New Delhi, on “Missile Technology and Exploration” between 12:30 p.m. to 01:30 p.m. He shed light on Astra mission, Cruise missiles in Iraq war, Akash weapon system, Brahmos for navy, and the various COVID-19 adaptations given by defence laboratories. The potent solution of controlling COVID-19 infection through 2-Deoxy-D-Glucose was also discussed by Dr. Rane.



**Lecture by Prof. AK Bakshi on “Quality Science Education in India in 21<sup>st</sup> Century”**



### Lecture by Dr. AD Rane on “Missile Technology and Exploration”

In the second half of this day, Ideathon, and Science based Rangoli making competitions were organized, separately. In the Ideathon event, a total of 12 participants took part. In this brainstorming event, each of the participants were given four minutes time to present their innovative ideas *via* Power Point Presentation. The participant’s ideas were evaluated by the panel of judges; Prof. Arun Kumar, former Head of the Department, School of Studies in Anthropology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof. SK Jadhav, former Head, School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh and, Prof. Ninad Bodhankar, Head of the Department, School of Studies in Geology and WRM, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. All the participants gave brilliant ideas regarding current situations. Afterwards, Science based Rangoli making competition was held to motivate students towards science. This competition was held with the motive to develop the scientific temper while also developing aesthetic and creative skills. The competition drew a total of 24 participants from various schools, colleges, and institutes.



**Participant presenting innovative idea in an Ideathon competition**



**Participants in the Rangoli Competition**





**Beautiful rangoli depicting Space research and Technology**



**Dignitaries praising the efforts of rangoli participants**

Students were created beautiful rangoli using a variety of colours and depicted astronauts, rockets, mathematical equations, lab experiments, etc. The competition was judged by Dr. LS Gajpal, Associate Professor, School of Studies in Sociology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof. Anusaiya Baghel, Head & Dean, School of Studies in Geography, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh and, Dr. Suparna Sengupta, Librarian, School of Studies in Library and Information Science, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. Total participation on day 5 of the science fest included 150 students from various schools, 350 students from higher education department and 50 general public audiences.

### **Valedictory Function: 28 February 2022**

At 2:30 p.m. of the last day of a week long science festival, a rally was started namely “Science for All” in which all the students and faculties from various schools, colleges and institutes were participated. On this day, a rally of the students was organized to create awareness about science among common people, and also to spread the beneficial impacts of it. In this rally, more than 600 students took part with enthusiasm. Prof. Keshari Lal Verma, Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh and, Prof KK Ghosh, Director, Centre for Basic Science, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, showed Green Flag to the rally. The students depicted various slogans on science in the form of posters.



## **Science Rally: Science for All**

The valedictory function commenced with the joining of the Chief Guest Shri Aijaz Dhebar, Mayor, Raipur, Chhattisgarh, President Prof Keshari Lal Verma, Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Prof GK Pandey, Registrar, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, Shri NB Rao, President, Health Department of Nagar Nigam, Raipur, Chhattisgarh and, Prof. Keshav Kant Sahu, State Coordinator of the event. Event succeeded with the prize distribution ceremony. The winners of all the competitions held during the science festival were honoured by Shri Aijaz Dhebar and Prof. Keshari Lal Verma. Total participation on valedictory event included 150 students from various schools, 400 students from higher education department and 100 general public audience. In this function, valedictory address was given by Shri Aijaz Dhebar. The vote of thanks was given by Prof. GK Pandey. At the conclusion of the ceremony, the National Anthem was performed.

### **Glimpses of the Valedictory Function**



**Ceremony of the Lamp lighting**



**Respected Dignitaries on the Dias**



**Valedictory Address by the Chief Guest Mayor Aijaz Dhebar**



**Prize Distribution Ceremony**



**Celebrating Successful Completion of the Science Festival**

**(Prof Keshav Kant Sahu)  
Coordinator  
Pt. Ravishankar Shukla University  
Raipur 492 010, Chhattisgarh**

# आजादी का अमृत महोत्सव

## इतिहास अध्ययन शाला

पं. रविषंकर शुक्ल विश्वविद्यालय रायपुर (छ.ग)

अवसर-	संविधानदिवस
दिनांक -	26नवंबर2022
कार्यक्रम -	व्याख्यानऔर परिचर्चा
विषय-	भारतीय संविधान- कल, आज और कल

आजदिनांक11नवंबर2022इतिहासअध्ययनशाला,पंडितरविशंकरशुक्लवि.विद्यालयरायपुर छत्तीसगढ़मेंसंविधान दिवसकेअवसरपरभारतीय संविधान- कल, आज और कल विषयपरव्याख्यान औरपरिचर्चाकाआयोजनकियागया।

कार्यक्रमकीमुख्य अतिथि डॉ. आभा रूपेन्द्र पाल अध्यक्ष , छत्तीसगढ़ इतिहास परिषद एवं पूर्व विभागाध्यक्ष इतिहास अध्ययनशाला, वक्ता डॉ. धनंजय सिंह राठौर संयुक्त संचालक, जन संपर्क राज्य सूचना आयोग रायपुर , विशेष अतिथि डॉ. किशोर कुमार अग्रवाल उपाध्यक्ष , छत्तीसगढ़ इतिहास परिषद एवं से.नि. प्राध्यापक एवंकार्यक्रमकीअध्यक्षताप्रो .प्रियंवदाश्रीवास्तव, विभागाध्यक्षइतिहासविभागद्वाराकीगयी।

इसअवसरपरकार्यक्रमकेवक्ता डॉ. धनंजय सिंह राठौर द्वारा अपने वक्तव्य की शुरुआत अपने मार्गदर्शक गुरु डॉ. आभा रूपेन्द्र पाल व डॉ. किशोर कुमार अग्रवाल को नमन किया गया।इसके पश्चात आपने संविधान दिवस मनाये जाने के कारण एवं महत्व का उल्लेख किया।आपने मानव के सर्वांगीण विकास के लिए मौलिक अधिकारों की उपयोगिता को विद्यार्थियों के समक्ष रखा।

आपने मौलिक अधिकारों के इतिहास का उल्लेख करते हुए बताया कि किस प्रकार 12 वी शताब्दी में ब्रिटेन से मौलिक अधिकार शुरू होकर , अमेरिका, फ्रांसीसी क्रांति, कनाडा में मौलिक अधिकार का उल्लेख करते हुए भारत में इसकी शुरुआत का उल्लेख किया। जो कि आगे चल कर बाल गंगाधर तिलक से होते हुए गांधीजी , नेहरू रिपोर्ट और फिर 1935 के भारत शासन अधिनियम होते हुए भारत की आजादी के पूर्व से शुरू हुए संविधान निर्माण मे समाहित हुआ।

इसके पश्चात आपने भारत मे सूचना के अधिकार का उल्लेख कर ब्रिटिश काल मे सूचनाओं को आम लोगों से दूर रखने के लिए किए गए अनैतिक कार्यों को विस्तृत रूप से विद्यार्थियों के समक्ष रखा।

वक्ता डॉ. धनंजय सिंह राठौरकेउदबोधनकेपश्चातकार्यक्रमकीमुख्य अतिथि डॉ. आभा रूपेन्द्र पालद्वाराअपनाव्याख्यानदियागया।आपनेभारतीय संविधान की कुछ महत्वपूर्ण रोचक जानकारियां सभी के समक्ष रखी। आपने विद्यार्थियों को बताया कि हमारा संविधान विस्तृत और पूर्णरूपेण हस्तलिखित है जिसमें लगभग 22 चित्र बने हुए है जिनमें भगवान राम लक्ष्मण, महात्मा गांधी और

सरदार पटेल के चित्र बने हुए है। इस संविधान निर्माण सभा में 15 महिलाएं भी शामिल थीं। भारत का संविधान संघीय एवं लोकतांत्रिक था , जो कि लिखित, कठोर, लचीला, संघात्मक है। इसमें शक्तियों का विभाजन राज्य और केंद्र के मध्य , उच्चतम न्यायालय और उच्च न्यायालय , सूचियों का विभाजन, केंद्र का राज्य के ऊपर नियंत्रण, एकल नागरिकता जैसी व्यवस्था इसकी खासियत है। इन सभी के माध्यम से केंद्र को मजबूत किया गया है।

आपने विद्यार्थियों को बताया कि इस भारतीय संवैधानिक व्यवस्था में केंद्र को अधिक अधिकार दिए गए। इसके पीछे का कारण इतिहास में राज्यों में बाटे होने से विदेशी शक्तियों द्वारा भारत अलग अलग राज्यों पर अधिकार किये गए। इससे सीखते हुए केंद्र को अधिक शक्तियां दी गयी। इस प्रकार आपका वक्तव्य विद्यार्थियों हेतु उपयोगी रहा।

मुख्य अतिथि डॉ. आभा रूपेन्द्र पाल के उद्बोधनकेपश्चातकार्यक्रमके विशेष अतिथि डॉ. किशोर कुमार अग्रवालअपने भाषण में भारत के संविधान के निर्माण का उल्लेख करते हुए बताया कि किस प्रकार संविधान निर्माण की पहली सभा के लिए मुस्लिम लीग द्वारा विरोध किया गया।आपने विद्यार्थियों से उल्लेख किया कि किस प्रकार संविधान निर्माण हेतु अलग अलग विचारधाराओं को राष्ट्र हेतु उपयोगिता के आधार पर संविधान में स्थान दिया गया।

आपने भारत के इतिहास में संविधान और अधिकारों का उल्लेख प्राचीन कालीन व्यवस्था मुख्य रूप से वैदिक कालीन सभा समिति विदथ , मौर्य कालीन व्यवस्था , स्मृति साहित्य , और सामाजिक व्यवस्था के परिक्षेप में किये।

कार्यक्रमके विशेष अतिथि डॉ. किशोर कुमार अग्रवाल के उद्बोधनकेपश्चातकार्यक्रमकीअध्यक्षताप्रो.प्रियंवदाश्रीवास्तव द्वारा अपने वक्तव्य में वक्ता , मुख्य अतिथिऔर विशेष अतिथि द्वारा दिये गए भाषण को अत्यंत ज्ञानपूर्वक बताया।आपने मौलिक अधिकारों के उपयोग के साथ साथ कर्तव्यों का भी उल्लेख किया। आपने कहा कि कर्तव्यों का निर्वहन मौलिक अधिकारों से अधिक महत्वपूर्ण है। अंत मे आपने आये अतिथियों का हृदयपूर्वक धन्यवाद प्रस्तुत किया।

कार्यक्रम के अंत मे मुख्य अतिथि डॉ. आभा रूपेन्द्र पालद्वारा सभागार मे उपस्थित सभी सदस्यों को संविधान की उद्देशिका की शपथ दिलायी गयी ।इसकेपश्चातडॉ. डी.एन. खुटेव डॉ. बंशोनुरुटी द्वारापरिचर्चाहेतुआमंत्रितमुख्यअतिथि ,विशेष अतिथिऔर वक्ता काश्रीफल और शॉल धन्यवादज्ञापितकियागयाएवंकार्यक्रमकेसमाप्तिकीघोषणाकीगयी।

यहकार्यक्रमडॉडी. एन. खुटे, डॉ. बंशोनुरुटी, डॉ. सीमापाल, डॉ. उदयअढाऊ, शोधार्थीएवंछात्रोंकीउपस्थितिमेंसम्पन्नकरायागया।

**कार्यक्रम से सम्बन्धित कुछ फोटो**









# आजादी का अमृत महोत्सव

## इतिहास अध्ययन शाला

पं. रविशंकर षुक्ल विष्वविद्यालय रायपुर (छ.ग)

अवसर- अबुलकलामआजादजयंतीएवंइतिहासपरिषदगठन

दिनांक - 11नवंबर2022

कार्यक्रम -1. विशेषव्याख्यान ( डॉ. के.के. अग्रवाल, सेवानिवृत्तप्राध्यापक )

2. इतिहासपरिषदकेपदाधिकारियोंकाशपथग्रहण

3. गांधीजयंतीपरआयोजितविभिन्नप्रतियोगिताओंकेविजेताओंको

पुरस्कारवितरण।

आजदिनांक11नवंबर2022इतिहासअध्ययनशाला,पंडितरविशंकरशुक्लवि.विद्यालयरायपुर छत्तीसगढ़मेंमौलानाअबुलकलामआजादजीके134वीजन्मजयंतीकेअवसरपरराष्ट्रीयशिक्षाऔरमौलाना अबुलकलामआजादविषयपरपरिचर्चाकाआयोजनकियागया। कार्यक्रमकेमुख्यअतिथिडॉ. के. अग्रवालउपाध्यक्षछत्तीसगढ़इतिहासपरिषदएवंसेवानिवृत्तप्राध्यापक, एवंकार्यक्रमकीअध्यक्षताप्रोप्रियंवदाश्रीवास्तव, विभागाध्यक्षइतिहासविभागद्वाराकीगयी।

इसअवसरपरकार्यक्रमकेमुख्यअतिथिडॉ.

के.के.

अग्रवालद्वारामौलानाअबुलकलामआजादकेजीवनकीमहत्वपूर्णघटनाओं, भारतकीस्वतंत्रतामेंउनकेयोगदानकाउल्लेखकियागया।आपनेअबुलकलामआजादद्वाराभारतीयशिक्षा केविकासएवंविस्तारकेलियेकियेगयेकार्योंकोअत्यंतसहजएवंसरलभाषामेंशोधार्थियोंएवंछात्रोंकोअवगत कराया।अबुलकलामआजादद्वाराहिन्दूमुस्लिमएकताकेलिएगयेप्रयासोंएवंराष्ट्रकेप्रतिउनकेसमर्पणकोसभीकेसमक्षरखा।अंतमेंआपनेविद्यार्थियोंसेयहअनुरोधकियाकिवेभीअबुलकलामआजादकेबतायेहुएमार्गकाअनुसरणअपनेविद्यार्थीजीवनमेंकरे, यहीउनकेप्रतिआपकीसच्चीश्रद्धांजलिहोगीयहकहकरमुख्यअतिथिडॉ. के.के. अग्रवालद्वाराअपनाउदबोधनसमाप्तकियागया।

मुख्यअतिथिकेउदबोधनकेपश्चातकार्यक्रमकीअध्यक्षप्रो.

प्रियंवदाश्रीवास्तवद्वाराअपनाव्याख्यानदियागया।आपनेशिक्षाऔरशिक्षकदोनोंकीविद्यार्थीजीवनमेंउपयोगितासेविद्यार्थियोंकोअवगतकराया।आपनेवर्तमानसमयमेंजारीनयीशिक्षानीतिकोविद्यार्थियोंकेसमक्षरखातथाबुनियादीशिक्षाकेमहत्वकोसमझाया।

इसकेपश्चातडॉ.

डी.एन.

खुटे,

सहायकप्राध्यापक,

इतिहासविभागद्वाराअपनाव्याख्यानदियागया।आपनेअबुलकलामआजादकेजीवनकीमहत्वपूर्णघटनाओंएवंकलामसाहबकेजीवनकेसंघर्षोंसेप्रेरणाप्राप्तकरनेविद्यार्थियोंकोप्रेरितकियागया।अबुलकलामआ

जादद्वारा शिक्षाके विकास एवं विभिन्न शिक्षा संस्थानोंकी नींव रखने किये गये प्रयासोंका उल्लेख अपने व्यक्तव्य में किया गया।

अबुलकलाम आजाद जयंतीके उपलक्ष्यमें आयोजित परिचर्चाकी समाप्तिके पश्चात् इतिहास परिषदके पदाधिकारियोंके शपथग्रहणका कार्यक्रम कराया गया। यह शपथग्रहण कार्यक्रम डॉ. के.के. अग्रवाल, डॉ. एन. खुटे, डॉ. बंशो नुरुटी, डॉ. सीमापाल, डॉ. उदय अढाऊ, शोधार्थी एवं छात्रोंकी उपस्थितिमें सम्पन्न कराया गया। जिसमें प्रो. प्रियंवदा श्रीवास्तव, विभागाध्यक्ष, इतिहास विभाग द्वारा सभी पदाधिकारियों ( प्रगतिकोसले - अध्यक्ष, रूपेंद्र धृतलहरे - उपाध्यक्ष, हितेन्द्र मरकाम - सचिव, निकिता भोई - सहसचिव, मितेश यादव - कोषाध्यक्ष ) को क्रमानुसार अपने पदकी शपथ दिलायी गयी।

इसके पश्चात् गत माह आयोजित महात्मा गांधी जयंती एवं लाल बहादुर शास्त्री जयंतीके अवसर पर विभिन्न प्रतियोगिताओंका आयोजन इतिहास विभाग द्वारा किया गया था। जिसके विजेता प्रतिभागी निम्नलिखित थे-

- ◆ भाषण प्रतियोगितामें प्रगतिकोसले, पायल भगत एवं कुंदन ने क्रमशः प्रथम, द्वितीय, तृतीय स्थान प्राप्त किया।
- ◆ पोस्टर प्रतियोगितामें निकिता भोई एवं वंशने प्रथम स्थान ( सम्मिलित), रुपाली वर्मा एवं रूपेंद्र ने द्वितीय स्थान ( सम्मिलित ) एवं जयश्री वर्माने तृतीय स्थान प्राप्त किया।
- ◆ कविता प्रतियोगितामें पूजा साहू एवं चंद्रकलाने क्रमशः प्रथम एवं द्वितीय स्थान प्राप्त किया।
- ◆ गीत प्रतियोगितामें निकिता भोई ने प्रथम स्थान प्राप्त किया।

इन सभी विजेता प्रतिभागियोंको डॉ. के.के. अग्रवाल, प्रो. प्रियंवदा श्रीवास्तव, डॉ. डी.एन.खुटे, डॉ. बंशो नुरुटी, डॉ. सीमापाल, डॉ. उदय अढाऊ द्वारा प्रमाणपत्र एवं पुरस्कार वितरित किया गया।

कार्यक्रमके अंतमें डॉ. बंशो नुरुटी, सहायक प्राध्यापक, इतिहास विभाग द्वारा अबुलकलाम आजाद जयंतीके उपलक्ष्यमें आयोजित परिचर्चा हेतु आमंत्रित मुख्य अतिथि डॉ.के. के.

अग्रवाल उपाध्यक्ष छत्तीसगढ़ इतिहास परिषद एवं सेवानिवृत्त प्राध्यापक का धन्यवाद ज्ञापित किया गया एवं कार्यक्रमके समाप्तिकी घोषणा की गयी।

## कार्यक्रम से सम्बन्धित कुछ फोटो









## इतिहास अध्ययनशाला

पं. रविषंकर शुक्लविश्वविद्यालय, रायपुर

कार्यक्रम—“राष्ट्रीय आंदोलन की विभिन्न धाराएँ—सुभाषचंद्रबोसऔरआजादहिंदफौज के विशेषसंदर्भमें”

इतिहास अध्ययनशाला पं० रविषंकर शुक्लविश्वविद्यालय, रायपुर के द्वारादिनांक 17.13.2023 से 19.03.2023 तक“राष्ट्रीय आंदोलन की विभिन्न धाराएँ—सुभाषचंद्रबोसऔरआजादहिंदफौज के विशेषसंदर्भमें”विषय परराष्ट्रीय संगोष्ठीकाआयोजनकियागयाजिसमेंमुख्य अतिथि के रूपमेंप्रोसुदीपबसुसर्वाधिकारीविभागाध्यक्ष इतिहासविभागविश्वभारतीविश्वविद्यालय कोलकता एवंमुख्य वक्ताप्रो. मुकेशकुमारविभागाध्यक्ष इतिहासविभाग मगध विश्वविद्यालय बोधगया (बिहार) व कार्यक्रम के अध्यक्ष प्रो के एल वर्माकुलपतिजीइसकार्यक्रममेंसम्मिलितहुए साथहीइसकार्यक्रममें 10 रिसोर्सपर्सनभागलिए औरकार्यक्रम के समापनसमारोहमेंमुख्य अतिथिऑओमजीउपाध्याय, संचालक शोध एवंप्रशासनआई. सी. एच. आर. नईदिल्लीथेमुख्य वक्ताके रूपमेंप्रो एच. के पटेलविभागाध्यक्ष इतिहासविभागकुरु घासीदासकेनिष्ठय विश्वविद्यालय कोलकता एवंविशेषवक्ताप्रोवप्रवीणमिश्रथे।इससंगोष्ठमेंrevisiting History (Essays in honour of Prof. Abha Rupendra Pal)पुस्तककाविमोचनकियागयाकार्यक्रम के अतिमदिवसपरडॉपियंवदाश्रीवास्तव द्वारास्वागतभाषण व कार्यक्रम के संयोजकडॉडी. एन खुंटे एवंआयोजकसचिव डॉ० बन्शोनुरुटी व डॉ० सीमापाल एवं डॉ० उदय अड्ड द्वाराकार्यएवंअन्य प्रतिभागी एवंरिसोसपर्सनउपस्थितथे।



## // प्रतिवेदन //

दिनांक 05.09.2022 दिन सोमवार

दिनांक 05.09.2022 दिन सोमवार को इतिहास अध्ययनशाला, पं० रविषंकर शुक्ल विश्वविद्यालय, रायपुर में शिक्षक दिवस पर कार्यक्रम आयोजित किया गया था। जिसमें मुख्य अतिथि प्रो० आर० एन० मिश्रा (पूर्व विभागाध्यक्ष इतिहास अध्ययन शाला, पं० रविषंकर शुक्ल विश्वविद्यालय रायपुर (छ०ग०) को आमंत्रित किया गया था शिक्षक दिवस के अवसर पर प्रो. मिश्रा ने शिक्षक दिवस के महत्व को बताते हुए अपना व्याख्यान दिया गया तथा डॉ० प्रियाम्वदा श्रीवास्तव, विभागाध्यक्ष, इतिहास अध्ययनशाला, पं० रविषंकर शुक्ल विश्वविद्यालय, रायपुर (छ.ग.) द्वारा शिक्षक दिवस के अवसर को राष्ट्र निर्माण के आधार बताते हुए अभिभाषण दिया गया तथा डॉ. बन्धो नुरुटी ने भी देश की प्रथम महिला शिक्षिका सावित्री बाई फूल के जीवन पर अपनी व्याख्यान प्रस्तुत किया एवं डॉ. डी. एन. खुटे ने इस अवसर पर प्रथम उपराष्ट्रपति डॉ० सर्वोपल्ली राधाकृष्णन के ऐतिहासिक पहलुओं पर प्रकाश डाला साथ ही एम.ए. के छात्रा-छात्राओ ने इस कार्यक्रम में भाषण कविता गीत प्रतियोगिता के भाग लिया गया।

पं.रविषंकर शुक्ल विश्वविद्यालय, रायपुर

इतिहास अध्ययनशाला

विषय – “एकता दिवस”

अवसर—पूर्व प्रधान मंत्री स्व. श्रीमती इंदिरा गॉधी की पुण्य तिथि एवं लौह पुरुष स्व. श्री सरदार वल्लभ भाई पटेल की जन्म तिथि

दिनांक 31.10.2022

दिनांक 31.10.2022 को इतिहास अध्ययनशाला, पं0 रविषंकर शुक्ल विश्वविद्यालय, रायपुर में विभागाध्यक्ष के अध्यक्षता में पूर्व प्रधान मंत्री स्व. श्रीमती इंदिरा गॉधी की पुण्य तिथि एवं लौह पुरुष स्व. श्री सरदार वल्लभ भाई पटेल की जन्म तिथि के उपलक्ष्य में “ एकता दिवस” मनाया गया।

इस अवसर पर सरदार पटेल एवं इंदिरा गॉधी जी की जीवन से संबंधित विषय पर परिचर्चा का आयोजन किया गया। इस परिचर्चा में विभाग प्रमुख प्रो. पियंबदा श्रीवास्तव ने सरदार वल्लभ भाई पटेल के व्यक्तित्व से संबंधित वित्तृत जानकारी से अवगत कराया गया साथ ही डॉ. बन्धो नुरुटी ने भी इन दो महान विभूतियों के महत्वपूर्ण कार्यों के बारे में विस्तार से प्रकाश डाला गया साथ ही डॉ. उदय अड़ऊ एवं रेणु तिवारी ने भी सरदार पटेल की बचपन की संघर्षों के बारे में अपना विचार व्यक्त किया गया तथा इस कार्यक्रम छात्र छात्राओं ने भी अपना योगदान दिया गया।

## // प्रतिवेदन //

दिनांक 10.11.2022

आज दिनांक 11.11.2022 दिन शुक्रवार को इतिहास अध्ययनशाला में विभागाध्यक्ष की अध्यक्षता में आजादी के 75 वी वर्षगांठ के उपलक्ष्य में अमृत महोत्सव के तत्वधान में राष्ट्रीय शिक्षा दिवस, विभागीय इतिहास परिषद के पदाधिकारियों का शपथ समारोह एवं गॉंधी जयंती एवं लाल बाहदुर शास्त्री जयंती के अवसर पर विभाग में भाषण गीत पोस्टर व कविता व प्रतियोगिता में विजित प्रतिभागीयों को पुरस्कार वितरण कार्यक्रम का आयोजन किया गया जिसके मुख्य अतिथि प्रो. के. के. अग्रवाल उपाध्यक्ष छ0ग0 इतिहास परिषद् एवं से. नि. प्राध्यापक डॉ0 खुबचंद बघेल शासकीय पी. जी महाविद्यालय, भिलाई 3 दुर्ग उपस्थित हुए तथा मुख्य वक्ता के शीर्षक "राष्ट्रीय शिक्षा और मौलाना अबुल कलाम आजाद था" अग्रवाल जी ने शिक्षा के विकास मौलाना अबुल कलाम आजाद की योगदान पर विस्तृत प्रकाश डालते हुए उससे संबंधित अनछुए पहलुओं से रूबा-रूब कराया गया।

विभागाध्यक्ष ने शिक्षा के मनोविज्ञान के पक्ष के बारे में बताये एव डॉ डी. एन. खुटे ने मौलाना अबुल कलाम आजाद का भारतीय राष्ट्रीय आन्दोलन में योगदान के बारे में विस्तार से प्रकाश डाले व डॉ0 बन्धो नुरुटी आभार व्यक्त की इस कार्यक्रम में विभाग के समस्त शिक्षक डॉ. शिमा पाल डॉ उदय अड़ाऊ विद्यार्थी, शोधार्थी एवं कर्मचारी उपस्थित थे।

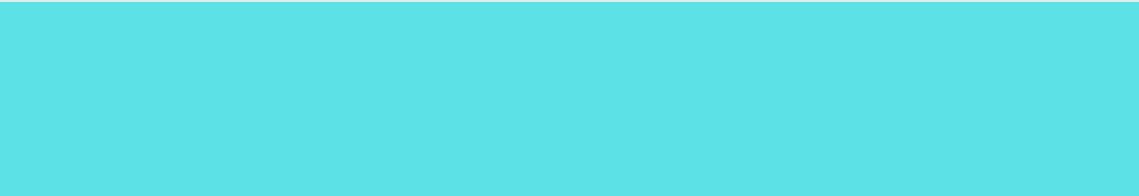


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# **REPORT OF PROGRAMME**

**Activities Performed by the Centre for Women's Studies**

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**No. 3.6.3**

# PROGRAMME ORGANIZED BY THE CENTRE FOR WOMEN'S STUDIES DEPARTMENT

S.No.	Strategic Goal	Target Participants	Action Plan	Elective Date	Events
1	Gender Sensitization & Equality	Students and Staff	Lectures on various issues related to gender Interaction with expert on gender issues Activity based interaction Program planning for gender sensitization for college students and teachers.	16 <sup>th</sup> August, 2021	Discussion on when and how action should be taken in Police Station, Court and Women's Commission
2	Gender Health & Equality	Students and Staff	To promote health education & nutrition of girl child spread awareness about the right of girl child	30 <sup>th</sup> September, 2021	National Webinar on "Holistic Nourishment for Women" on the occasion of Rashtriya Poshan Maah 2021: in collaboration with National Commission for Women.
3	Gender Health & Equality	Students and Staff	Inculcation of gender just behaviour through participation in the activity organised.	18 <sup>th</sup> November, 2021	Awareness Program on Polycystic Ovarian Syndrome (PCOS) in collaboration with AMIIS, Raipur
4	Women Empowerment	Students and Staff	Motivational lectures on building confidence among girls and women.	9 <sup>th</sup> December 2021	State – Level Convention on #EMPOWERMENTNOTAGE # in collaboration with Oxfam India
5	Gender Equality	Students	To Recognize girls rights and challenges girls face globally	24 <sup>th</sup> January, 2022	Online Essay, Writing, Poem And Poster/Painting Competition on The Occasion National Girl Child Day Themes HOW DO YOU LIKE TO SEE GIRLS OF 21 <sup>ST</sup> CENTURY (21वीं सदी की लड़कियों को आपके से देखना पसंद करते हैं)
6	Gender Health & Equality	Students and Staff	To promote COVID-19 VACCINE	4 <sup>th</sup> March, 2022	Webinar on ADDRESSING GENDER-BASED COVID-19 VACCINE HESITANCY in collaboration with MOMENTUM- Routine Immunization Transformation and Equity Project as the part of the International Women's Day Celebration
7	Women Empowerment	Students and Staff	To bring into discourse the challenges faced by women to different sectors	8 <sup>th</sup> March, 2022	International Women's day celebration in collaboration with NSS, State Women Commission & MOMENTUM- Routine Immunization Transformation and Equity Project

# DISCUSSION ON WHEN AND HOW ACTION SHOULD BE TAKEN IN POLICE STATION, COURT AND WOMEN'S COMMISSION



The poster features a central illustration of a woman in a yellow sari. The background is red. At the top, there are two logos: the Government of India emblem on the left and the Chhattisgarh State Commission for Women emblem on the right. The text is in Hindi.

छत्तीसगढ़ राज्य महिला आयोग  
ऑनलाइन प्रशिक्षण कार्यक्रम

ऑनलाइन प्रशिक्षण - पुलिस थाना,  
न्यायालय एवं महिला आयोग में कब  
और कैसे कार्यवाही किया जाये पर  
परिचर्चा

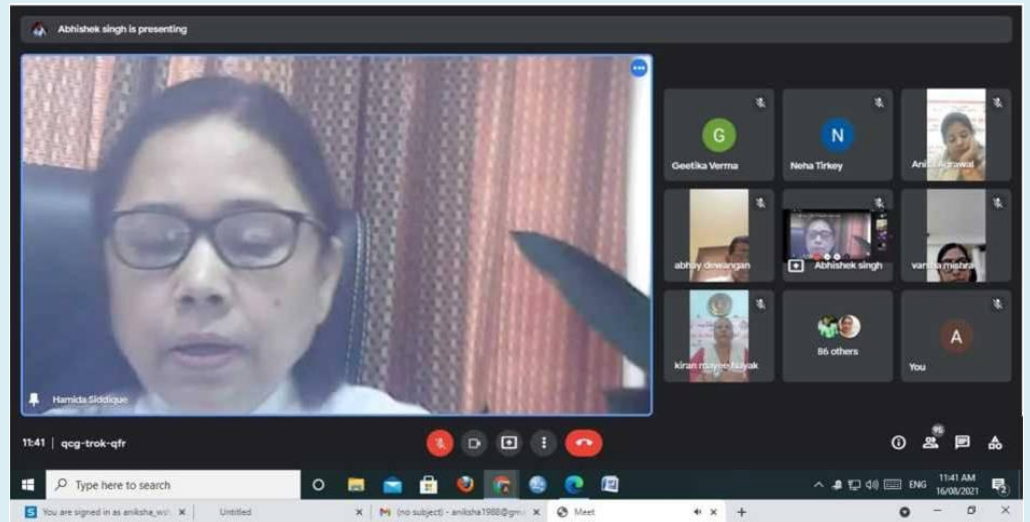
दिनांक - 16 अगस्त, 2021,  
सुबह 11 बजे से दोपहर 1 बजे तक

महिला अध्ययन केंद्र, पं रविशंकर शुक्ल विश्वविद्यालय, रायपुर, छत्तीसगढ़

**ORGANIZED BY**

**CENTRE FOR WOMEN'S STUDIES,  
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR  
&  
CHHATTISGARH STATE COMMISSION FOR WOMEN,  
TNDTA**

# GLIMPSE OF THE WEBINAR







## REPORT OF NATIONAL WEBINAR



# ON RASHTRIYA POSHAN MAAH 2021 : HOLISTIC NOURISHMENT FOR WOMEN

DATE – 30TH SEPTEMBER, 2021  
TIME – 12.00 NOON TO 03.30 PM



**POSHAN  
Abhiyaan**  
PM's Overarching  
Scheme for Holistic  
Nourishment



सही पोषण - देश रोशन

**ORGANIZED BY**

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

**SPONSORED BY**

**NATIONAL COMMISSION FOR WOMEN (NCW),  
NEW DELHI**



**POSHAN Abhiyan**  
PMU Cholesterol & Jod Scheme for Hostels  
Nutritionist  
सही पोषण - देश रोशन

# NATIONAL WEBINAR ON RASHTRIYA POSHAN MAAH 2021 : HOLISTIC NOURISHMENT FOR WOMEN



**DATE - 30TH SEPTEMBER, 2021**  
**TIME - 12.00 NOON TO 03.00 PM**

### SUB THEMES :

1. COVID-19 AND VARIED NUTRITIONAL REQUIREMENTS
2. ADOLESCENT EDUCATION, DIET, AND AGE FOR MARRIAGE

Webinar link - <https://meet.google.com/wjd-uohk-zus>



:: ORGANIZED BY ::

**CENTRE FOR WOMEN'S STUDIES, PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR &  
NATIONAL COMMISSION FOR WOMEN (NCW), NEW DELHI**



## NATIONAL WEBINAR ON RASHTRIYA POSHAN MAAH 2021: HOLISTIC NOURISHMENT FOR WOMEN



National Commission  
for Women, India  
राष्ट्रीय महिला आयोग

**DATE - 30TH SEPTEMBER, 2021**  
**TIME - 12.00 NOON TO 03.00 PM**

### KEY NOTE ADDRESS



**PROF. KESHARI LAL VERMA**  
VICE CHANCELLOR,  
PT. RAVISHANKAR SHUKLA UNIVERSITY,  
RAIPUR

### SPEAKER



**DR. ABHAYA R JOGLEKAR,**  
PROFESSOR, HOME SCIENCE DEPARTMENT,  
D.B GOVT. GIRLS COLLEGE, RAIPUR

### SPEAKER



**DR. ANUP ADHIKARI**  
EXERCISE PHYSIOLOGY, LEVEL 4  
ANTHROPOMETRIC, AND CRITERION  
PHOTOSCOPIC SOMATOTYPE RATING, ISAK,  
CANADA RED CROSS.

### SPEAKER



**DR. NUTAN**  
ASSISTANT PROFESSOR,  
B.P.S. INSTITUTE OF HIGHER  
LEARNING,  
SONIPAT, HARYANA

### CONVENOR



**PROF. REETA VENUGOPAL**  
DIRECTOR, CENTRE FOR WOMEN'S STUDIES,  
PT. RAVISHANKAR SHUKLA UNIVERSITY,  
RAIPUR

### TECHNICAL TEAM



**PROF. P. SHRIVASTAVA,**  
ASSOCIATE DIRECTOR, CWS, PT.  
RAVISHANKAR SHUKLA UNIVERSITY,  
RAIPUR



**ANIKSHA VARODA,**  
CWS, PT. RSU, RAIPUR



**DR. AANURADHA CHATTERJEE**  
CWS, PT. RSU, RAIPUR



**PRAGATI KRISHNAN**  
CWS, PT. RSU, RAIPUR



**PROF. ADITI PODDAR**  
ASSOCIATE DIRECTOR, CWS, PT.  
RAVISHANKAR SHUKLA UNIVERSITY,  
RAIPUR

## REPORT SUMMARY ON POSHAN MAAH

**NATIONAL WEBINAR ON RASHTRIYA POSHAN MAAH 2021: HOLISTIC NOURISHMENT FOR WOMEM** was organized by Centre for Women's Studies, Pt. Ravishankar Shukla University, Raipur in joint collaboration with National Commission for Women (NCW), New Delhi, on 30<sup>th</sup> Sept, 2021. The sub themes for the presentations included -

- 1. COVID-19 AND VARIED NUTRITIONAL REQUIREMENTS**
- 2. ADOLESCENT EDUCATION, DIET, AND AGE FOR MARRIAGE**

Ravishankar Shukla University, Raipur in her welcome address introduced the need for nutrition for women and adolescents and highlighted the motive behind celebrating *Poshan Maah*.

Keynote address was given by Honourable Vice Chancellor, Prof. Keshari Lal Verma. He highlighted the necessity to take essential measures for holistic nourishment for women and young girls who will be the future mothers. Dr. Anuradha Chakraborty, Guest Lecturer, CWS, Pt. RSU was the moderator.

#### **INVITED GUEST SPEAKERS WERE -**

- **Dr. Abhaya R Joglekar**, Professor, Home Science Department, D.B .Govt. Girls College, Raipur, Chhattisgarh.
- **Dr. Anup Adhikari** Exercise Physiologist, Level 4 Anthropometric and Criterion Photoscopic Somatotype Rating, ISAK, Canadian Red Cross
- **Dr. Nutan**, Assistant Professor, B.P.S. Institute of Higher Learning, Sonapat, Haryana

Once the experts shared their opinions on the topic and the participants presentations were over, an open discussion was held to exchange the learnings. The webinar was conducted on an online platform with more than 138

## **PROGRAMME SCHEDULE**

<b>TIME</b>	<b>PROGRAMME SCHEDULE</b>
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12.00 to 12.05 PM	<b>Welcome Address</b>	<b>Prof. Reeta Venugopal</b> , Director, CWS, Pt. Ravishankar Shukla University, Raipur
12.05 to 12.10 PM	<b>Key Note Address</b>	<b>Prof. Keshari Lal Verma</b> Vice Chancellor, Pt. Ravishankar Shukla University, Raipur
12.10 to 13.00 PM	<b>Speakers</b>	<b>Dr. Abhaya R Joglekar</b> Professor, Home Science Department, D.B .Govt. Girls College, Raipur
13.00 to 14.00 PM		<b>Dr. Anup Adhikari</b> Exercise Physiologist, Level 4 Anthropometric and Criterion Photoscopic Somatotype Rating, ISAK, Canadian Red Cross.
14.00 to 15.00 PM		<b>Dr. Nutan</b> Assistant Professor, B.P.S. Institute of Higher Learning, Sonipat, Haryana
15.00 to 15.10 PM	<b>Open Discussion</b>	
15.10 to 15.15PM	<b>Vote of Thanks</b>	<b>Prof. Aditi Poddar</b> Associate Director, CWS, Pt. Ravishankar Shukla University, Raipur

## BACKGROUND

The Prime Minister's Overarching Scheme for Holistic Nutrition or Poshan Abhiyaan or National Nutrition Mission, is Government of India's flagship programme to improve nutritional outcomes for children, pregnant women and lactating mothers. Launched by the Prime Minister on the occasion of the International Women's Day on 8 March, 2018 from Jhunjhunu in Rajasthan, the

POSHAN (Prime Minister's Overarching Scheme for Holistic Nutrition) campaign directs the attention of the country towards the problem of malnutrition and address it in a mission-mode. (<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 focussed 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>).

The vision of National Commission of Women is to make every Indian woman secure in her home and outside, fully empowered to access all her rights and entitlements, with opportunity to contribute equally in all walks of life. With this aim and objective to make Indian women strong in every manner possible the NCW espouses the dream of Hon'ble Prime Minister Narendra Modi ji to be part of PM's Overarching Scheme for Holistic Nourishment (POSHAN).

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 2020-218 witnessed an enhanced allocation of INR 35,600 crore for nutrition-related programs and an additional INR 28,600 crore for women-related programs.

NCW has planned to celebrate September 7-30<sup>th</sup>, 2021 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 organise webinars with the objective of creating awareness, getting an insight into the relevant subject and also throwing up recommendations for better implementation or even modification of the existing policies/ programmes/schemes/projects relating to nutritional needs of women. The topics/issues/thrust areas identified for conducting the webinar are as follows:

1. OVERALL NUTRITION
2. ADOLESCENT EDUCATION, DIET AND AGE FOR MARRIAGE
3. COVID-19 AND VARIED NUTRITIONAL REQUIREMENT.

## **ABOUT THE WEBINAR**

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A one-day national webinar on "Rashtriya Poshan Maah,2021: Holistic Nourishment for Women" was organized by the Centre for Women's Studies, Pt. Ravishankar Shukla University, Raipur under the umbrella of National Commission for Women, New Delhi on 30.09.2021 from 12.00 pm to 3.00 pm which was attended by more than hundred participants both males and females from different parts of Chhattisgarh, including assistant professors, research scholars, students of science and social science streams, and doctors.

Prof. Reeta Venugopal, Director, Centre for Women's Studies and Convener of the webinar welcomed the keynote speaker Prof. Keshari Lal Verma, honourable

Vice Chancellor, Pt. Ravishankar Shukla University Raipur and the eminent speakers Dr. Abhaya R Joglekar, Dr. Anup Adhikari and Dr. Nutan. Sharing her views, on nutritional diet for women and girls in both the rural and urban areas, she emphasised on importance of balanced and nutritional diet for both women and girls. She urged the young mothers to incorporate food supplements rich in vitamins, minerals, proteins and carbohydrates in the diets.

The CWS has done various studies in Health and Nutritional Assessment or Study of Chhattisgarh's Urban, Rural and tribal area's child, adolescent girls and women. The nutritional level in children and women, it was discovered that malnutrition is very much prevalent among women and children in the tribal and rural sectors of the state. If Poshan Maah activities are taken seriously, this malnutrition can be effectively countered.

To remove malnutrition in rural and tribal areas Anemia Camp, Nukkad Natak / Folk Shows, Cycle Rally, Community Based Events (ICDS), Cooperative / Federation, Haat Bazaar Activities, Harvest Festival, Home Visits, Panchayat Meeting, Poshan Mela, Rally, Poshan Workshop / Seminar, Safe Drinking Water in Anganwadi Centers, Schools etc should be organized.

In his keynote address Prof. Keshari Lal Verma congratulate the Centre for Women's Studies for organising a fruitful webinar and shared his thoughts on curbing disease like anaemia and malnutrition amongst girls and women. He added that the university had previously organized health and fitness campaigns along with Covid vaccination campaigns within the campus. He stated that benefits of the schemes should reach every nook and corner of the society, especially, the adolescent girls, pregnant and lactating women; in order to keep them healthier.

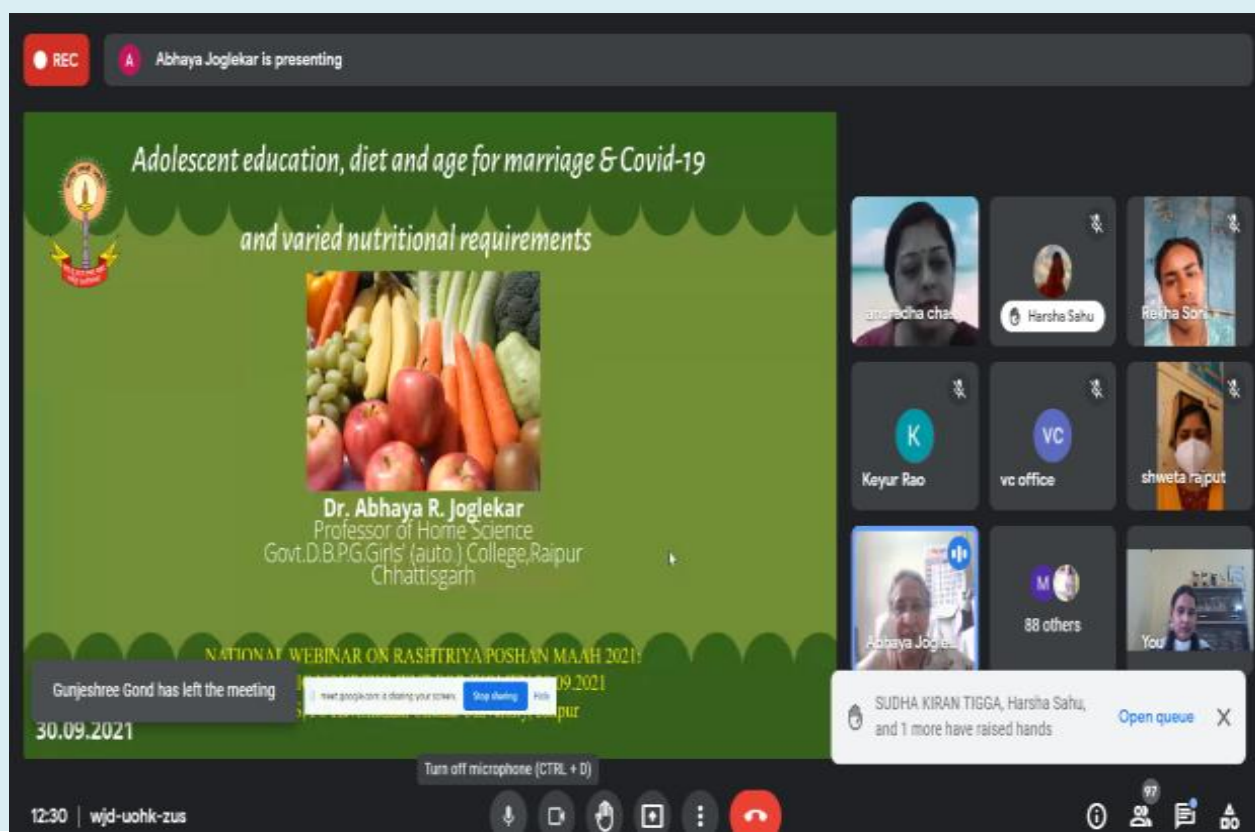
This year, as India celebrates the Azadi Ka Amrit Mahotsav, to ensure speedy & intensive outreach, the entire month has been subdivided into weekly themes for focused and assimilated approach towards improving Holistic Nutrition. The

Ministry of Women and Child Development has planned a series of activities throughout the month in tandem with the States/UTs.

- Plantation Activity as "PoshanVatika",
- Yoga and AYUSH for Nutrition,
- Distribution of 'Regional Nutrition Kit' to Anganwadi beneficiaries of High Burdened Districts
- Identification of SAM children, and distribution of nutritious food

## FIRST SPEAKER

The first speaker of the session Dr.Abhaya R Joglekar, Professor, Department of Home Science, D. B Govt.Girls College, Raipur delivered her lecture on Adolescent education, diet and age for marriage; Covid-19 viz-a-viz nutritional requirements. Through PowerPoint presentation she discussed about the Sustainable Development Goals (SDGs)with specific emphasis on women and



The screenshot shows a Zoom meeting interface. At the top, a red 'REC' button and a status bar indicate 'Abhaya Joglekar is presenting'. The main content is a presentation slide with a green background. The slide title is 'Adolescent education, diet and age for marriage & Covid-19 and varied nutritional requirements'. It features a central image of fresh fruits and vegetables. Below the image, the speaker's name 'Dr. Abhaya R. Joglekar' and her title 'Professor of Home Science, Govt.D.B.P.G.Girls (auto.) College, Raipur, Chhattisgarh' are displayed. At the bottom of the slide, it says 'NATIONAL WEBINAR ON RASHTRIYA POSHAN MAHA 2021' and '30.09.2021'. A notification at the bottom left states 'Gunjeshree Gond has left the meeting'. The right side of the screen shows a grid of participants, including 'Harsha Sahu', 'Keyur Rao', 'vc office', 'shweta rajput', and 'Abhaya Joglekar'. A notification at the bottom right says 'SUDHA KIRAN TIGGA, Harsha Sahu, and 1 more have raised hands'. The bottom status bar shows 'Turn off microphone (CTRL + D)' and the time '12:30 | wjd-uohk-zus'.



girls; and their health conditions which is to be achieved by 2030.

She also discussed the adolescents as a group of individuals who are often overlooked in health related discussions, despite the need to tackle the health challenges they face during a crucial period of transition from childhood to adulthood. The various aspects of their health and well-being (psychological, social, developmental and sexual) are impacted by a myriad of factors such as technology, poverty and, most recently, the COVID-19 pandemic.

Dr. Abhaya R Joglekar presented her thoughts on the impact of COVID-19 on adolescents in India. She shared that the major economic impact was poor families losing their only source of income due to lockdown measures. The demand and access to affordable goods and services were affected by the closure of informal markets and limited public transportation. The confined living spaces of populations in high risk settings increased the likelihood of contracting the virus and affected their physical and mental health.

"Nutrition is the heart of all the SDGs", she said, adding, "A one dollar invested in nutrition, gave 16 dollars in return." Further, she discussed the diet of women in South Asia adding, "the diets of adolescent girls and women in South Asia are often too poor to meet the nutritional needs for healthy growth and development. Lastly, she beautifully explained the definition of POSHAN

REC

Seema Gauraha has left the meeting

Abhaya Joglekar

SEPTEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	5	12	19	26		
6	13	20	27			
7	14	21	28			
1	8	15	22	29		
2	9	16	23	30		
3	10	17	24			
4	11	18	25			

Harsha Sahu

shweta rajput

Rekha Soni

Keyur Rao

vc office

shweta rajput

ARCHANA SE...

91 others

You

SUDHA KIRAN TIGGA, Harsha Sahu, and 1 more have raised hands

Open queue X

12:29 | wjd-uohk-zus

stating, P stands for plant-based food, O means avoid oily and processed food, represents limit Salt and Sugar, High fibre diet was symbolised by H, A resembles Active Life style and at last N stands for Nourish Well.

Fortified wheat flour and fortified edible oil can help to meet the nutritional requirements of adolescent girls and beneficial in preventions of the vitamins and minerals deficiencies.

She stated that as the COVID pandemic continues to run havoc with the economy and interventions related to children's education, health, nutrition, and protection are disrupted, the risk of child marriage is increasing with the increase in vulnerabilities of families and children and therefore their protection is an urgent necessary. "We need to change the perspective on child marriage. I believe focus should be on prevention and not on stopping it. To attain this, community-based sensitisation and initiatives is need of the hour. Instead of looking through the lens of law, we need to broaden our vision to address all the issues whether it is security, education, health, aspirations of the girl by listening and understanding perspective of the community and the family."

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The screenshot shows a Google Meet interface. The main window displays a presentation slide titled "NUTRITION at the heart of the SDGs". The slide features a central graphic with the text "\$1 at the heart Every \$1 invested" and "\$16 return of the SDGs". The slide is surrounded by 17 icons representing the Sustainable Development Goals (SDGs). The Meet interface includes a top bar with the meeting ID "wjd-uohk-zus", a list of participants (SUDHA KIRAN..., Abhaya Joglekar, Harsha Sahu, Rekha Soni, vc office, Keyur Rao, Manoj Tiwari, 89 others, You), and a bottom bar with a search bar, system tray, and date/time (12:35, 30/09/2021).

## SECOND SPEAKER

Next speaker of the session, Dr. Nutan, Assistant Professor, Food and Nutrition, B.P.S. Institute of Higher Learning, Sonipat, Haryana, in her PowerPoint presentation, shed light on Covid-19 and varied nutritional requirements in the light of pandemic. She urged that maintaining a healthy diet during the pandemic not only cures the person but also, optimises the immune system of an individual.

The screenshot shows a Google Meet session. The main content is a presentation slide with the following text:

**COVID 19 AND VARIED  
NUTRITIONAL REQUIREMENTS**

DR NUTAN  
ASSTT PROF FOOD AND NUTRITION  
BHAGAT PHOOL SINGH MAHILA VISHWAVIDYALAYA, KHANPUR

The meeting interface includes a 'REC' button, a 'Dr Nutan is presenting' indicator, and a grid of participant thumbnails. The Windows taskbar at the bottom shows the time as 13:30 on 30/09/2021, with a search bar and various system icons.

She also discussed the nutritional requirements for Indians and recommended the WHO diet during the Coronavirus pandemic. She suggested that taking 2 cups of fruits, 2.5 cups of vegetables, 180 g grains and 160 g of meat and beans was endemic for every individual. Immune boosting foods like broth, citrus, garlic, lemon, tea, vitamin D, mushroom etc, along with wheat grass juice, raw foods, coloured fruits and vegetables, coconut water, fresh foods, locally grown foods were also excellent enabler of immunity as well as health enhancers.

- Healthy pattern of eating might not cure Covid-19, but it certainly optimizes the immune system
- So, Nutritional status might have a far reaching link to Covid-19 deaths.
- Poor or bad diet causes more deaths globally than either smoking or hypertension.
- In 2017, the study of 195 countries linked poor diet to 11 million deaths globally. This is related to poor consumption of foods rich in Vitamins A,C,D, E and Magnesium. One in three Americans may be deficient in Calcium Zn Se Copper Iron Amino acids fatty acids and folate

WH  
rec

### **Maintaining a healthy diet during the Covid-19 pandemic is important**

- Eat a variety of food, including fruits & vegetables
- Eat moderate amounts of fats & oils
- Stay hydrated : Drink enough water
- Cut back on salt/Limit sugar intake.

grains, 160 g meat and beans (red meat 1-2 times/week and poultry or fish 2-3times/week)

- Snack of raw vegetables and fruit, rather than foods that are high in sugar, fat or salt content.
- Avoid overcooking vegetable and fruit - to avoid the loss of important vitamins
- If using canned fruit or vegetables- choose wisely, avoid varieties with added salt and sugar

### **Tips for maintaining a healthy diet :**

Eat a variety of foods : Every day, eat a combination of different foods including whole grains such as wheat, maize and rice, legumes like lentils and beans, fruit and vegetables and some foods from animal sources ( e.g. meat, fish, eggs and milk).

### **Limit sugar intake :**

- Limit intake of sweets and sugary drinks.
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate.

- When other dessert options are chosen, ensure that they are low in sugar and consumed in small portions.

**Immunity boosting formulas** - Wheat grass juice, Raw food consumption, Colored fruits and vegetables , Coconut water Fasting (Controlled) , Locally grown foods. Its wise to grow fresh food and engage in kitchen gardening for organic food consumption.

## THIRD SPEAKER

Dr. Anup Adhikari, Exercise Physiologist, Level 4 Anthropometric and Criterion Photoscopic Somatotype Rating, ISAK, Canadian Red Cross.

Dr. Anup Adhikari described about nutritional requirements along with physical activities to prevent Covid-19 pandemic now and in near future, while shedding light on the necessity of Paleo Diet and Aerobic exercises. The implication of moderate and extensive exercises, were also focal point of his lecture.

The image is a screenshot of a Zoom meeting. At the top, a red bar indicates 'REC' and 'Anup Adhikari is presenting'. The main window displays a Microsoft PowerPoint slide titled 'Nutritional Requirements along with Physical Activities to prevent COVID-19 Pandemic now and in near Future'. The slide features a blue header, a central image of a person running, and a list of credentials for Anup Adhikari, Ph.D., including 'Exercise Physiologist', 'Criterion Level 4 Anthropometrist (ISAK)', 'Personal Training Specialist (Canadian Fitness Professionals)', 'Nutrition and Wellness Specialist (Canadian Fitness Professionals)', and 'International Instructor for Kinanthropometry (USA, Canada, Mexico, India, Sri Lanka, Bangladesh)'. To the right of the slide is a gallery view of participants, including Anup Adhikari, anuradha chatte..., Dr Nutan, Prof. K.L. Verma, Keyur Rao, Reeta venugopal, 31 others, and You.

Dr. Anup Adhikari explain Good health and Types of Diet.

### What is GOOD Health?

- According WHO, Health is a state of physical, mental and social well-being.
- So GOOD HEALTH means a good state of Physical, Mental and Social well-being.

## Types of Diet

- **Ketogenic Diet**
- **Vegan Diet**
- **Paleo Diet**
- **Balance Diet**



Dr. Anup Adhikari enlisted the benefits and pitfalls of incorporating Vegan Diet. As we know, any person that does not eat any food derived from animals is known as Vegan. A vegan diet contains only plants (such as vegetables, grains, nuts and fruits) and foods made from plants. Vegan diets lack certain nutrients like Protein, Calcium, Iron, Zinc, Vitamin B12, Vitamin D, Omega-3 fatty acid. Vegans are also at a high risk of developing a vitamin-B12 deficiency that, if untreated, can cause neurological effects that are irreversible.

### BALANCE DIET

A balanced diet is simply a variety of foods which supply all of the nutrients

needed for good health and supply these nutrients in their proper amounts and in proper relation to each other. A diet should be balanced because it provides better nutrition. A Balance Diet have balanced amounts in proper proportions of carbohydrate, Protein, Fat , Vitamins, Minerals and water.

**"So, Balance Diet is the perfect Diet for improving immune system and Physical Fitness"**

Dr. Anup Adhikari explained the correlation between Functional Foods and Immune System - Functional foods are ingredients that offer health benefits that extend beyond their nutritional value.

Conventional foods are natural, whole-food ingredients that are rich in important nutrients like vitamins, minerals, antioxidants, and heart-healthy fats. Modified foods have been fortified with additional ingredients, such as vitamins, minerals, probiotics, or fibre, to increase a food's health benefits.

Anaerobic exercise is a type of exercise which is performed in absence of Oxygen. The required energy for doing exercise comes from either ATP-CP cycle or Anaerobic Glycolysis ( Lactacid system) or from both.

### **Indian conventional functional foods which Boost Immune system**

- Lentil broth : Sambhar
- Breads from whole grain: Chapati and Paratha
- Finger millet dumpling of South India
- Sprouted legumes as salads
- Fermented foods from cereals and legumes like Idli, Dhosa, Vada

Dahi Pickles and Chutney

- Food acidulants such as lime, Emblica, Tamarind, Kokum (Malabar Tamarind) , Emblica fruit extract like Amla , Aamchur, etc



After the deliberative lectures by the distinguished guests, the Q and A session followed by a group discussion was held, in which everyone participated enthusiastically. All the questions raised by the participants were adequately answered by the speakers. Dr. Anuradha Chatterjee hosted and proposed the vote of thanks while the technical support was given by Ms AnikshaVaroda and Ms Pragati Krishnan.

## **GLIMPSES OF THE WEBINAR**

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Browser tabs: You are signed in as aniksha\_wst, INVATIION FOR NATIONAL WEB, Meet - wjd-uohk-zus

Address bar: meet.google.com/wjd-uohk-zus

REC



Prof. K.L. Verma


12:16 | wjd-uohk-zus

Participants:

- Dr Sachin ...
- Keyur Rao
- Rekha Soni
- Reeta venugo...
- vc office
- Abhaya Jogle...
- sheshmuk...
- 89 others
- You

Windows taskbar: Type here to search, 31°C Light rain, 12:16 PM 30-09-2021

REC



Prof. K.L. Verma

12:28 | wjd-uohk-zus

Turn off camera (CTRL + E)

Participants:

- Harsha Sahu
- shweta rajput
- Rekha Soni
- Keyur Rao
- vc office
- Abhaya Jogle...
- Reeta venugo...
- 94 others
- You

Notification: SUDHA KIRAN TIGGA, Harsha Sahu, and 1 more have raised hands. [Open queue](#)

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[meet.google.com/wjd-uohk-zus](https://meet.google.com/wjd-uohk-zus)

REC Abhaya Joglekar is presenting

### Micronutrient deficiencies-

- Ca- bone deformities
- Iron-anaemia
- Vitamin-D- bone deformities
- Vitamin-A- skin, bone

Abhaya Joglekar

Subham Kumar

96 others

You

People

Search for people

2 raised hands (first to last)

- SUDHA KIRAN TIGGA
- Subham Kumar

In call

- Aniksha Varoda (You)
- Aakriti Agrawal
- Abhaya Joglekar
- Abhaya Joglekar Presentation

12:42 | wjd-uohk-zus

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REC

lalit rana

anuradha chatterjee

Anup Adhikari

Dr. Nutan

Anup Adhikari (Presentation)

Rajkumari Sidar

PURUSHOTTAM PHY education

44 others

Realtek HD Audio Manager

Information

You just unplugged a device from the audio jacks to activate Windows.

14:55 | wjd-uohk-zus

Windows taskbar: Type here to search, 31°C Partly sunny, 30/09/2021

meet.google.com/wjd-uohk-zus

REC Dr Nutan is presenting

**#Unite2FightCorona**  
**EAT WELL LIVE WELL**

Maintaining a healthy diet during the COVID-19 pandemic is important

- Eat a variety of food, including fruits & vegetables
- Eat moderate amounts of fats & oils
- Stay hydrated: Drink enough water
- Cut back on salt/ Limit sugar intake
- Practicing good fo

13:32 | wjd-uohk-zus

Dr Nutan, Reeta venugopal, anuradha chatterj..., Prof. K.L. Verma, Raani Tandan, Anup Adhikari, Keyur Rao, 36 others, You

31°C Light rain 13:32 30/09/2021

meet.google.com/wjd-uohk-zus

REC Aniksha Varoda is presenting


**Aerobic Exercise**

14:43 | wjd-uohk-zus

Anup Adhikari, Dr Nutan, Anup Adhikari (Presentation), Keyur Rao, PURUSHOTTAM P..., KRITI MINZ, anuradha chatto..., 36 others, You

31°C Partly sunny 14:43 30/09/2021

REC Dr Nutan is presenting



## Vitamin D

- Stimulates the maturation of cells, including immune cells
- People who are housebound, institutionalized, night workers may have Vitamin D deficiency (something to consider in the current pandemic!)
- COVID-19 was first identified in Winter of 2019 in the Northern Hemisphere - affects mostly middle-aged and elderly people
- Vitamin D reduces the risk of acute respiratory infections<sup>281</sup>
- In animal studies:
  - a decrease Vitamin D status reported in calves had been reported to cause the infection of bovine coronavirus<sup>281</sup>
- The average daily recommendation is 600 IU
- The tolerable upper limit is 4 000 IU

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Webinar Webinar Pragati Krishnan anuradha chatt...  
 Dr Nutan Sattu Vishkarma Keyur Rao  
 Prof. K.L. Verma 26 others You

meet.google.com/wja-uonk-zus

REC Dr Nutan is presenting

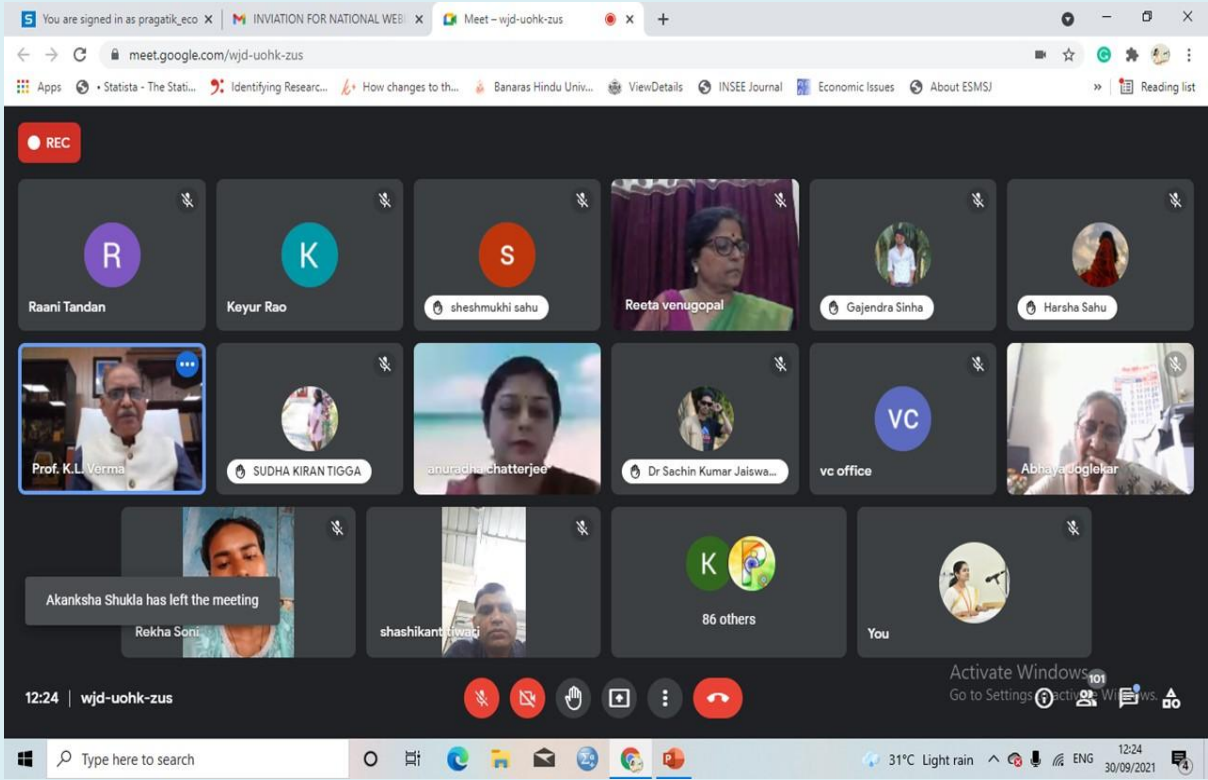
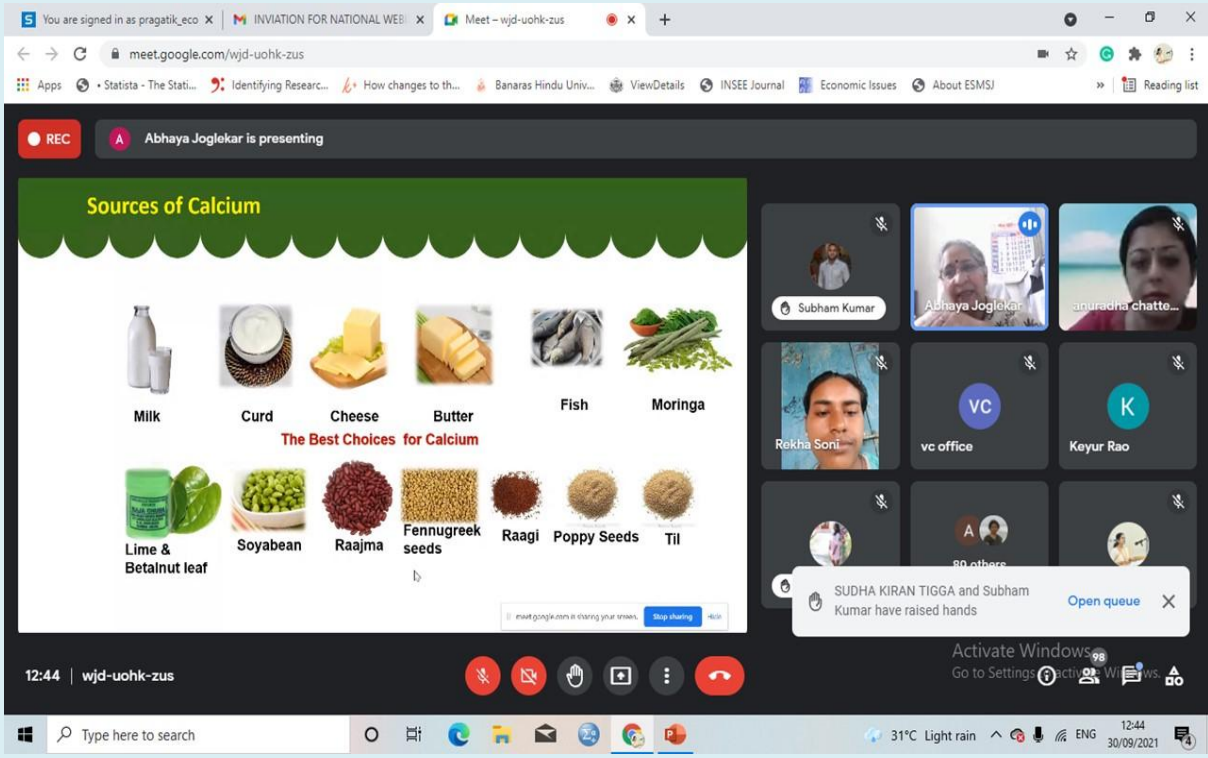
## NUTRITIONAL REQUIREMENTS FOR INDIANS

- A Report of the Expert Group, 2020



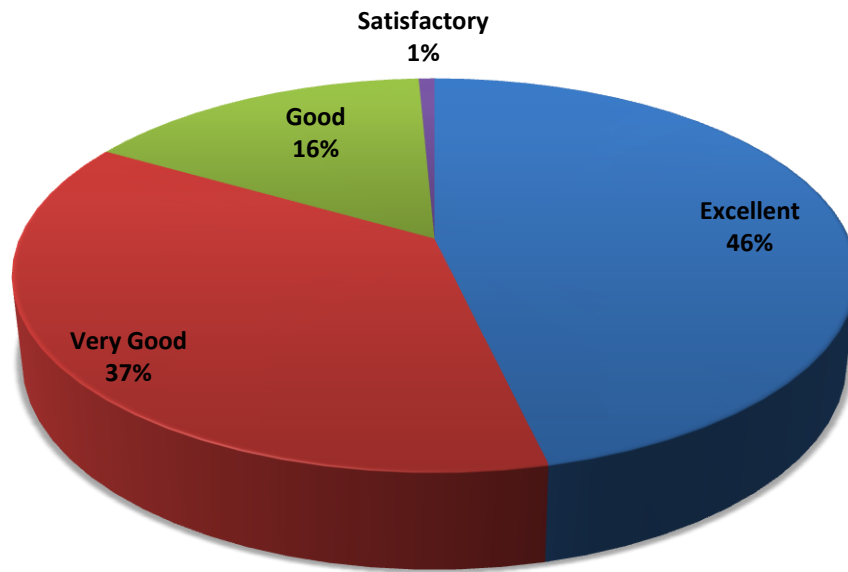
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 Dr Nutan Sattu Vishkarma Keyur Rao  
 Tara Chhatri 36 others You

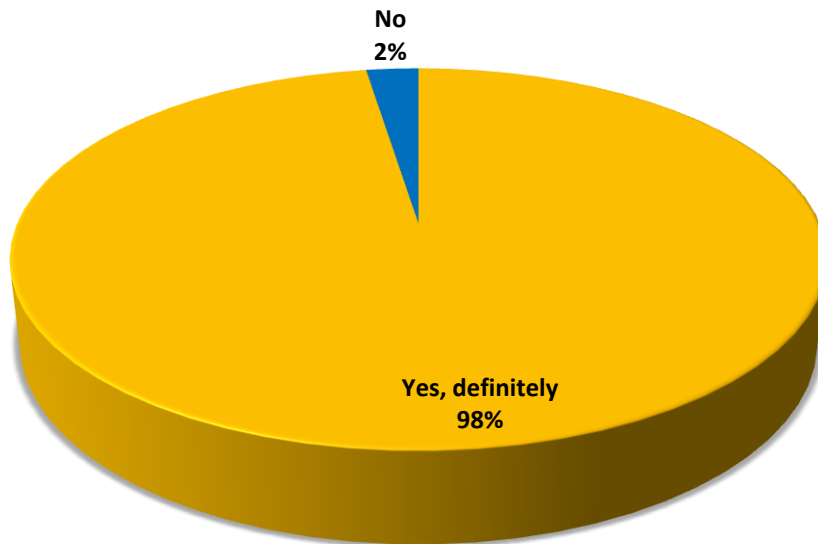


## REMARKS OF PARTICIPANTS

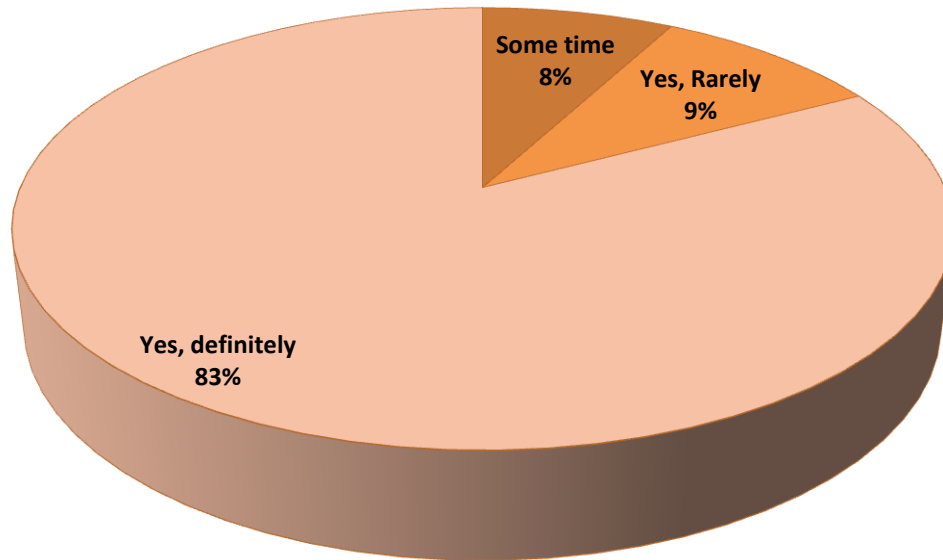
### HOW DO YOU LIKE THE WEBINAR



### WAS THE WEBINAR INFORMATIVE FOR YOU?



## WOULD YOU LIKE TO ATTEND SUCH WEBINARS IN THE FUTURE ALSO?



## SUGGESTIONS/ RECOMMENDATIONS

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- There should be more seminars on women's nutrition particularly highlighting the long term health hazards cropping from vitamin D deficiency.
- The webinar proved to be an enriching experience as I learnt which food is good and why some food habits are bad.
- Would like to attend some more webinars relevant to the present global scenario.





# AWARENESS PROGRAM ON POLYCYSTIC OVARIAN SYNDROME (PCOS) IN COLLABORATION WITH AMIIS, RAIPUR



18 NOVEMBER, 2021

# STATE – LEVEL CONVENTION ON #EMPOWERMENTNOTAGE# IN COLLABORATION WITH OXFAM INDIA



**Center for  
women studies**  
Pt.RSU, Raipur

**#बनोईसोच**  
बुनो हिंसा मुक्त रिरते



ऑक्सफॉम इंडिया  
**OXFAM**  
India

A movement  
to end  
discrimination

State-level  
**Convention**  
on

**#EMPOWERMENT  
#NOTAGE**

(Under 16 days of Activism on Ending Violence against Women and Girls)

Date: 09 Dec 2021

Venue: Seminar Hall, Arts Block, Pt. Ravishankar Shukla University, Raipur



**9<sup>TH</sup> DECEMBER 2021**

# PROGRAMME AGENDA- 9<sup>TH</sup> DECEMBER, 2021

## STATE LEVEL CONVENTION

#EmpowermentNotAge, #BanoNayiSoch, #BunoHinsaMuktRishte,

Time	Session	Facilitator/ Speaker
11.00 am	Registration	
11:40 am – 11:45am	Lighting of Lamp, Kulgeet, Presentation of Bouquets	Guests
11:30 am to 11:40 am	Welcome of guest	Prof. Reeta Venugopal, Director, CWS, Pt. RSU, Raipur
11:45 am – 11:55 am	Setting of Context- #EmpowermentNotAge, Oxfam's stand on the subject, how it started.	Mr. Anand Shukla, Regional Manager, Oxfam India, Raipur
11.55 am to 12:10 pm	Inaugural speech	Chairperson- Prof. Keshari Lal Verma, Vice-Chancellor, Pt. Ravishankar Shukla University, Raipur.
12:10 pm to 12:25pm	Key note address	Chief Guest- Ms. Himani Khanna (IPS), DIG, CID, Raipur
12:25pm to 12:40	Address by special guest	Ms. Melina Kurre (IPS) AIG, CID, Raipur
12:40 pm to 1:00 pm	Screening of movie and discussion	Ms. Amita Pitre- Lead Specialist- gender justice- Oxfam India
1:00 pm to 1:30pm	Speech-Guest Speaker	<ol style="list-style-type: none"><li>1. Dr. Mitashree Mitra, Retd. Professor, SOS in Anthropology, Pt. Ravishankar Shukla University, Raipur</li><li>2. Dr. Neha Thakur, Obstetrics &amp; Gynecology, Dr. Bhim Rao Ambedkar Memorial Hospital, Raipur</li><li>3. Mrs. Jyoti Sharma Counsellor, Family High Court Raipur</li></ol>
1:30 pm to 2:00 pm	Pandwani #EmpowermentNot Age	Ms. Chandrika and team
2:00 pm to 2:25 pm	Skit on the theme #EmpowermentNotAge	Purnakshi Sahu and Team
2:25 pm to 2:40 pm	Skit on the theme Child Marriage	Student of University, School of Studies in Sociology & Social Work, Pt. RSU, Raipur
2:40 pm to 2:50 Pm	A brief presentation on online course	Rani- Oxfam India
2:50 pm to 3:00	Vote of thanks	Prof. Priyamvada Shrivastava, Associate

pm		Director, CWS, Pt. RSU, Raipur
3:00 pm	Lunch	

Every year, a 16-day campaign against violence against women is celebrated internationally from November 25 to December 10. This 16-day campaign was started in 1991 by women global leadership institute, Centre for Women's Global Leadership. In this, individuals and organizations work together to bring awareness among people to end violence from the society.

This year a one-day state-level convention on the theme #EmpowermentNotAge, #BanoNayiSoch, #BunoHinsaMuktRishte, has been jointly organized by the Centre for Women Studies, Pt. Ravishankar Shukla University, Raipur and Oxfam India on 9th of December 2021 at Pt. Ravishankar Shukla University, Raipur. Prof. Reeta Venugopal, Director and Prof. Priyamvada Shrivastava, Co-Director, Centre for Women Studies welcomed the guests. The Chief guest of the occasion was Prof. K.L. Verma Vice Chancellor, PRSU. In his presidential address sir has first of all congratulate the organisers for organising such a beautiful event and appreciate the theme of the convention and thrown light on the fact that in order to bring awareness in the society first of all we have to bring awareness among ourselves, then he has pointed that in order to bring equality between men and women we have to fight against the ill practices of the society such as child marriage, eve teasing etc. The keynote speaker of the convention IPS Ms. Himani Khanna, D.I.G, C.I.D Raipur has very rightly said that, by merely making the laws are not enough, we have to change our mind set. She insisted on establishing a violence free society.

Our special guest IPS Ms. Melina Kurre A.I.G, C.I.D in her speech emphasised that A women's decision should completely be her own decision. Further she urged that our worries should not became a barrier for our daughters and sisters. We have to make them and feel them free. The first speaker of the convention Dr. Neha Thakur has highlighted about

the importance of Women's age from social and biological perspectives. She further advised to break the hierarchical chain of early marriages in the family so as to stop the problem of Anaemia and teenage pregnancies.

Counsellor of Family High Court Smt. Jyoti Sharma mam has discussed about child marriage and the laws related to it in her lecture. Shri Anand Shukla sir from Oxfam India has given concept note on the theme of the convention and also about the launching of online classes on gender sensitization. Apart from those various cultural activities such as Pandawani on women empowerment, Skit on child marriage has been performed by the Pandawani artists and students of Social work and Sociology, PRSU, Raipur. The program has been anchored by Dr. Anuradha Chakraborty and Vote of Thanks by Ms. Pragati Krishnan, Centre for Women Studies, PRSU, Raipur.

## GLIMPSE OF THE PROGRME









## NEW PAPER CATTING

**नवभारत**  
सतीसगढ़ • ओडिशा

Rajdhani - 10 Dec 2021 - 10raj3

पं. रविशंकर शुक्ल विश्वविद्यालय में एकदिवसीय सेमिनार का आयोजन

# समानता लाने लड़ना होगा कुरीतियों से

■ नवभारत ब्यूरो | रायपुर.  
www.navabharat.news

पं. रविशंकर शुक्ल विश्वविद्यालय और ऑक्सफैम इंडिया के संयुक्त तत्वाधान में सशक्तिकरण नहीं उम्र, बनो नई सोच, बुनो हिंसा मुक्त रिश्ते विषय पर एक दिवसीय राज्य स्तरीय सम्मेलन का आयोजन किया गया. इसमें कहा गया कि पुरुषों और महिलाओं के बीच समानता लाने के लिए हमें समाज की कुरीतियों जैसे बाल विवाह, छेड़खानी आदि के खिलाफ लड़ना होगा. आयोजन



के मुख्यअतिथि पं. रविशंकर शुक्ला विश्वविद्यालय के कुलपति प्रो. के.एल. वर्मा थे. उन्होंने सम्मेलन के विषय की सराहना की और इस तथ्य पर प्रकाश डाला है कि समाज में जागरूकता लाने के लिए सबसे

पहले हमें आपस में जागरूकता लानी होगी. प्रो. रीता वेणुगोपाल, निदेशक और प्रो. प्रियंवदा श्रीवास्तव, सह-निदेशक, महिला अध्ययन केंद्र ने अतिथियों का स्वागत किया.

हमें अपनी सोच बदलनी होगी : सुश्री खन्ना

सम्मेलन की मुख्य वक्ता आईपीएस सुश्री हिमानी खन्ना ने कहा कि केवल कानून बनाना ही काफी नहीं है, हमें अपनी सोच बदलनी होगी. उन्होंने हिंसा मुक्त समाज की स्थापना पर जोर दिया. उन्होंने कहा कि एक महिला का निर्णय पूरी तरह से उसका अपना निर्णय होना चाहिए. इसके अलावा उन्होंने आग्रह किया कि हमारी चिंताओं को बेटियों-बहनों के लिए बाधा नहीं बनना चाहिए.



# NATIONAL GIRL CHILD DAY

Submit your Essay,  
Poem, and  
Poster/Painting in the  
following mail  
cwsprsurairpur@yahoo.in

Visit the website  
<https://www.prsu.ac.in/academic-departments/utd-departments/Centre-for-Womens-Studies/9>

## ONLINE ESSAY WRITING, POEM AND POSTER/PAINTING COMPETITION

### THEMES

How do you like to see girls of 21st century (21वीं सदी  
की लड़कियों को आप कैसे देखना पसंद करते हैं)

Registration form link –

<https://docs.google.com/forms/d/1sltmGWDJOJRf8fKMjGpWQ9DcuNOzy7ZrwBXP HohTDso/e/dit>

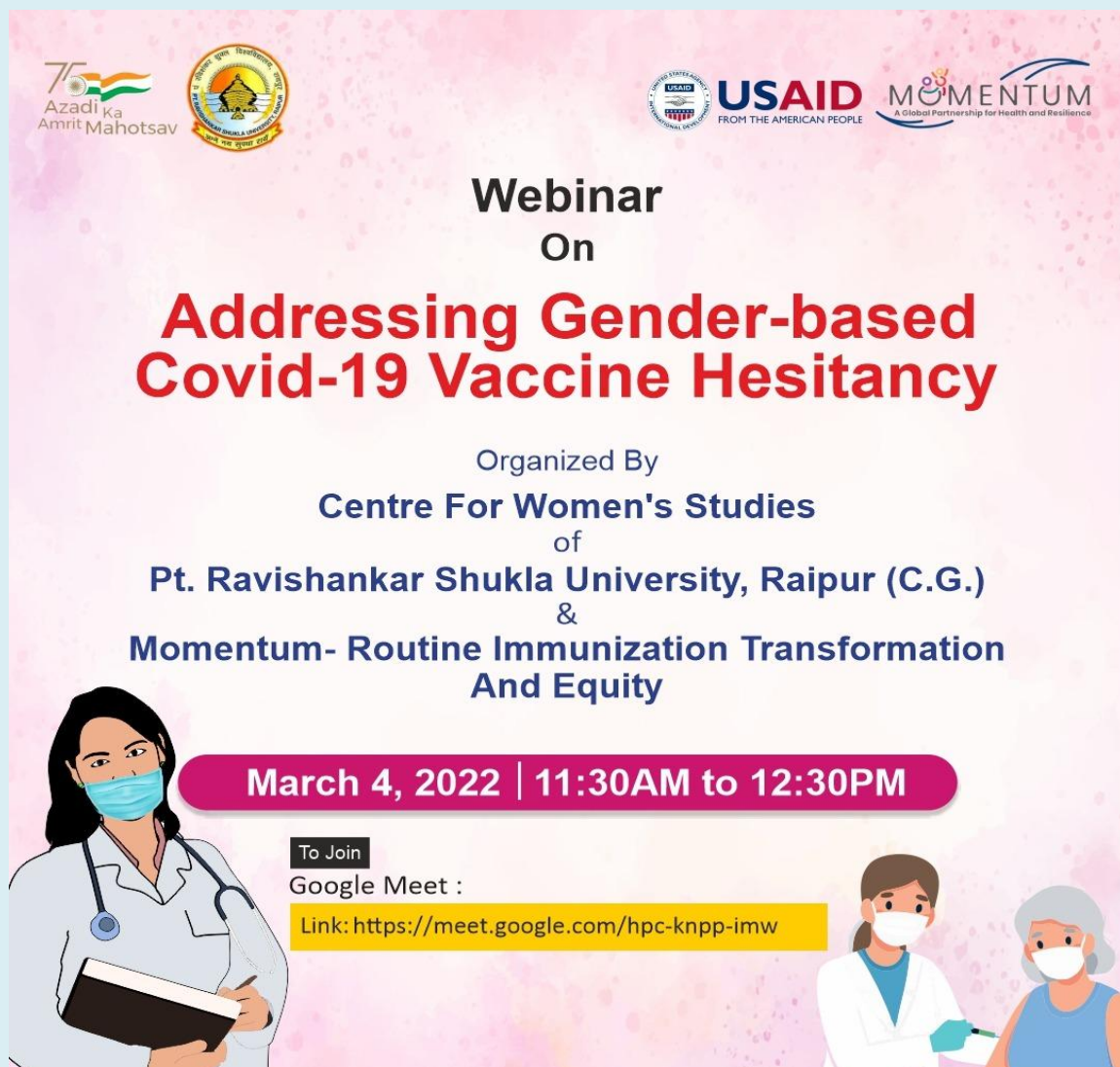


Submission  
Deadline  
January 31st  
2022

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



# Webinar on Addressing Gender Based COVID-19 Vaccine Hesitancy



**75**  
Azadi Ka  
Amrit Mahotsav

**USAID**  
FROM THE AMERICAN PEOPLE

**MOMENTUM**  
A Global Partnership for Health and Resilience



**Webinar  
On**

## **Addressing Gender-based Covid-19 Vaccine Hesitancy**

Organized By  
**Centre For Women's Studies**  
of  
**Pt. Ravishankar Shukla University, Raipur (C.G.)**  
&  
**Momentum- Routine Immunization Transformation  
And Equity**

**March 4, 2022 | 11:30AM to 12:30PM**

To Join  
Google Meet :  
Link: <https://meet.google.com/hpc-knpp-imw>



**4<sup>th</sup> March, 2022**

**The Centre for Women Studies (CWS) Pt. Ravishankar Shukla University and MOMENTUM Routine Immunization Transformation and Equity project organized a webinar on "Addressing gender based Covid-19 vaccine hesitancy" as part of International Women's Day celebration. The webinar was attended by State Immunization Officer Dr Vishvanath Bhagat, Chief Medical and Health Officer Raipur Dr Meera Baghel, Dr Amita Pitre National Women's' Rights Champion and Prof Reeta Venugopal, Director of CWS among others. Welcoming the guests and attendees Urmimala Sengupta, Communication officer of the project stated that the objective of the webinar is to dispel gender related COVID-19 vaccination hesitancy.**

**Dr. Vishwanath Bhagat, Chief Guest on the occasion he stated that 100 % first dose, 80% second dose of adult population and 67% 15 to 18 years age groups and 32% precaution dose has been administered in Chhattisgarh. He thanked all health workers and society at large for their contribution and participation in world's largest vaccination campaign. He added that now people are more proactive in getting themselves vaccinated. He appealed to the organisers, participants and all citizens to champion the cause of COVID-19 vaccination specially for women.**

**Dr. Meera Baghel, stated that there are women who fear losing their fertility and other complications owing to the vaccines. She said that pregnant women are prone to Covid since their immunity is weak during the nine months, therefore they should take vaccine immediately. It is the duty of the peer group, family members and local influencers to mobilize these women and encourage them to get vaccinated.**

**Prof. Reeta Venegopal stated that owing to less studies in the field of Gender and Vaccinations, the myths continue to languish in the society. There is a need that more scientists and experts publish their findings on the topic of women vis-a-vis Covid 19 and vaccinations.**

**Dr Amita added that International Women's' Day is necessary because it keeps the dialogue on women's' rights and their struggles alive. There is very less research on women and their struggles with pregnancy,**

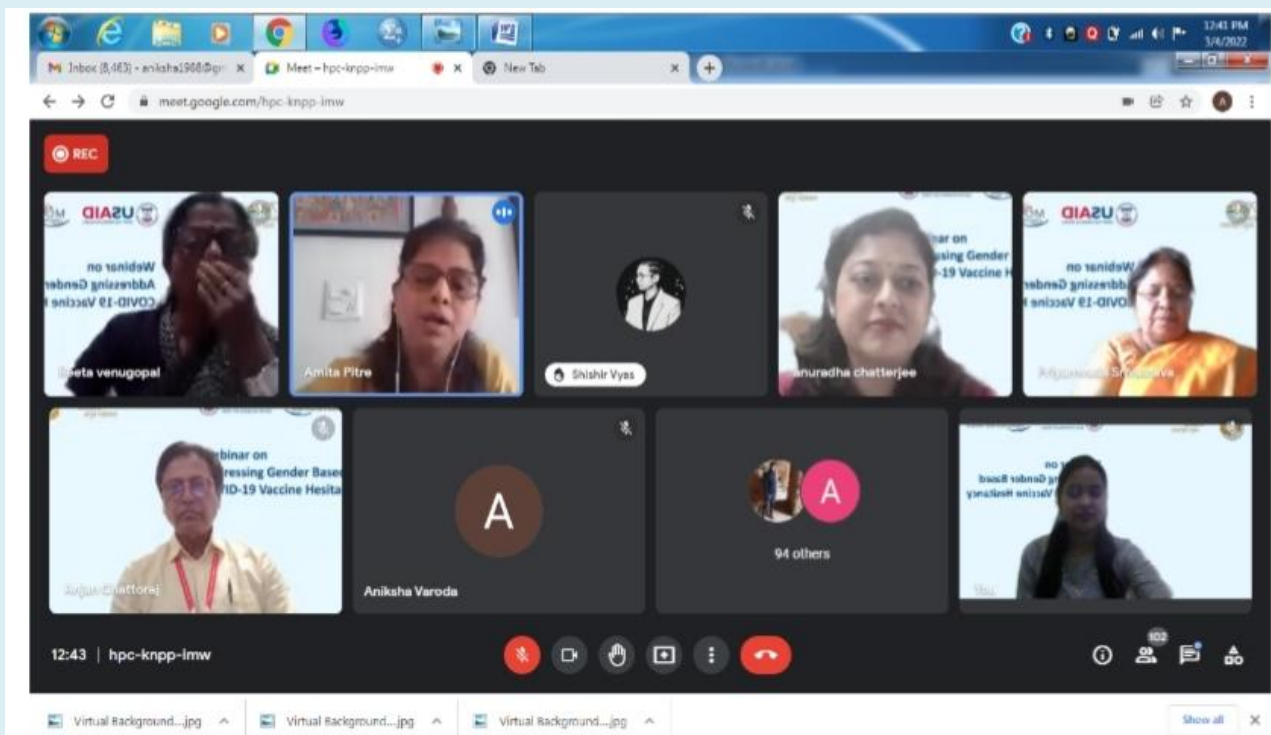
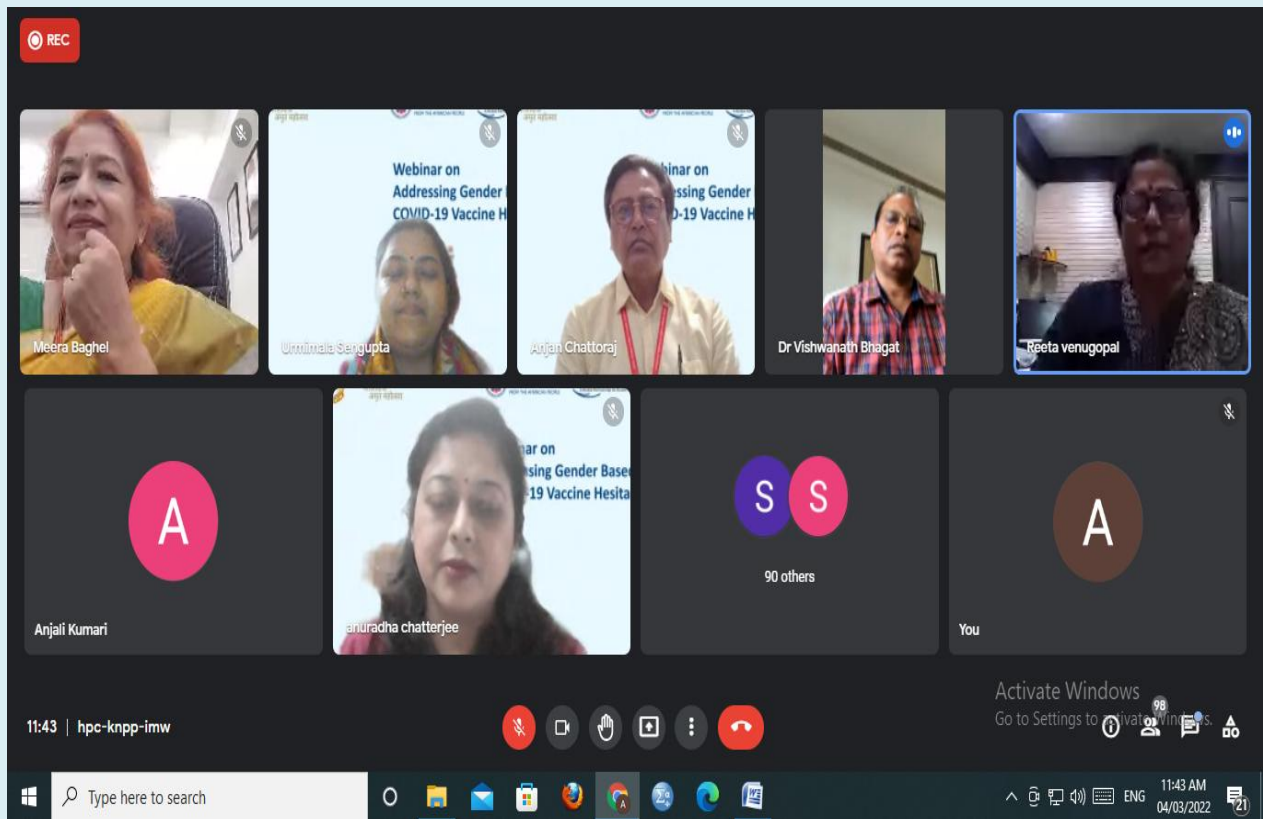
**lactation, menstruation and vaccinations. These topics need to be widely studied and chronicled so that they can act as myth busters for the rest of the society.**

**The webinar was attended by Prof. Priyamvada Shrivasta and Prof. Adity Poddar Associate director CWS, Ms. Anikha Varoda, Research Associate, CWS, Dr. Anuradha Chakrabarty, guest lecturer, CWS and Dr. Anjan Chatteraj, State Project Manager of the MOMENTUM Routine Immunization Transformation and Equity project and others attended the webinar.**

**Centre for Women Studies, Pt. Ravishankar Shukla University was established two decades back. It is one of 80 centers under the UGC. The centre is associated with UNESCO co-chair as Sangwari Hub.**

**The MOMENTUM Routine Immunization Transformation and Equity project is supported by USAID grant, John Snow India has been mandated to provide technical assistance to the Government of India and selected State governments including Chhattisgarh to identify challenges and facilitate feasible solutions to address them to rapidly ramp up COVID-19 vaccination in the state specially for the vulnerable and marginalized section of the society.**

# GLIMPSE OF THE WEBINAR



# Gender based hesitancy of COVID vaccine addressed

■ Staff Reporter

RAIPUR, Mar 4

THE Centre for Women Studies (CWS) Pt Ravishankar Shukla University and Momentum Routine Immunisation Transformation and Equity project organised a webinar on 'Addressing gender based COVID-19 vaccine hesitancy' as part of International Women's Day celebration.

The webinar was attended by State Immunization Officer Dr Vishvanath Bhagat, Chief Medical and Health Officer Raipur Dr Meera Baghel, National Women's Rights Champion Dr Amita Pitre and Director of CWS Professor Reeta Venugopal among others. Welcoming the guests and attendees Communication Officer of the project Urmimala Sengupta stated that the objective of the webinar is to dispel gender related COVID-19 vaccination hesitancy.

Chief guest Dr Vishwanath Bhagat stated that 100 per cent first dose, 80 per cent second dose of adult population and 67 per cent 15 to 18 years age groups and 32 per cent precaution dose has been administered in Chhattisgarh. He thanked all health workers and society at large for their contribution and participation in world's largest vaccination campaign. He added that now people are more proactive in getting themselves vaccinated. He appealed to the organisers, participants and all citizens to champion the cause of COVID-19 vaccination specially for women.

Chief Medical and Health Officer Dr Meera Baghel stated that there are women who fear losing their fertility and other complications owing to the vaccines. She said that pregnant women are

members and local influencers to mobilise these women and encourage them to get vaccinated. Professor Reeta Venegopal said that owing to less studies in the field of Gender and Vaccinations, the myths continue to languish in the society. There is a need that more scientists and experts publish their findings on the topic of women vis-a-vis COVID 19 and vaccinations.

Dr Amita Pitre added that International Women's Day is necessary because it keeps the dialogue on women's rights and their struggles alive. There is very less research on women and their struggles with pregnancy, lactation, menstruation and vaccinations. These topics need to be widely studied and chronicled so that they can act as myth busters for the rest of the society.

The webinar was attended by Professor Priyamvada Shrivasta and Associate director CWS Professor Aditya Poddar, Research Associate CWS Anikha Varoda, Dr Anuradha Chakrabarty, guest lecturer, CWS and Dr Anjan Chattoraj, State Project Manager of the Momentum Routine Immunisation Transformation and Equity project and others. Centre for Women Studies, Pt Ravishankar Shukla University was established two decades back. It is one of 80 centers under the UGC.

The centre is associated with UNESCO co-chair as Sangwari Hub. The Momentum Routine Immunization Transformation and Equity project is supported by USAID grant, John Snow India has been mandated to provide technical assistance to the Government of India. It has also selected State Governments including Chhattisgarh to identify challenges and facilitate

**INTERNATIONAL WOMEN DAY  
CELEBTATION IN COLLABORATION  
WITH NATIONAL SERVICE SCHEME  
(NSS), STATE COMMISSION FOR WOMEN  
AND MOMENTUM Routine Immunization  
Transformation and Equity project**

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The banner features a yellow background with a decorative border of colorful squares containing icons of women. At the top left is the logo of Panchajanya University, Raipur. At the top center is the 75th Azadi Ka Amrit Mahotsav logo. At the top right is the logo of the State Commission for Women, Raipur. The central text reads: 'पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर' (Panchajanya University Raipur), 'अंतर्राष्ट्रीय महिला दिवस 2022' (International Women's Day 2022), 'CELEBRATING WOMEN'S POWER', and 'Organised by : CWS & NSS'. At the bottom, it says 'In Collaboration with' followed by logos for USAID, MOMENTUM, Sathi Foundation, and the State Commission for Women.

पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर  
**अंतर्राष्ट्रीय महिला दिवस 2022**  
**CELEBRATING WOMEN'S POWER**  
Organised by : CWS & NSS

In Collaboration with    

**8<sup>TH</sup> MARCH, 2022**

# CELEBRATING WOMEN POWER

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In keeping with the norm of of | the ongoing pandemic times, the Centre for Women's Studies on (CWS), Pt Ravishankar Shukla University and National Service Scheme (NSS) in collaboration to with State Commission for Women and Momentum Routine Immunization Transformation and Equity Project decided to felicitate the frontline health workers and COVID warriors on the occasion of International Women's Day at a glittering ceremony held at Pt Deendayal Upadhyay Auditorium. More than 10 Mitanins and Auxiliary Nurse Midwives (ANM) were awarded for their exemplary courage displayed in the wake of ur COVID -19 Pandemic through, vaccinations and awareness building within the villages, inside forests and even in cities.

Chief guest on this occasion Governor Anusuiya Uikey stated that women are the pillars of strength and owing to misconceptions and bias within the family, they morph themselves in binaries. This not only creates hurdles for them, but also restricts the growth of society as a whole. She exhorted the students and advised them to stand their ground and struggle hard for their dreams. Taking a out of her own life, how she began her journey as a student leader in spire the students."You are not alone in your struggle, I m you," Uikey said.

Vice -Chancellor Dr Keshari Lal Verma addressing the jubilant crowd said that the accomplishments of the health workers, is extraordinary give the geographical, demographic an political challenges in the terrains of Chhattisgarh. He congratulated the CWS and Momentum Routine Immunization Transformation and Equity for ideating the felicitation ceremony for the ANMS and Mitanins.

Welcoming the guests, Prof Reeta Venugopal, Programme Co-ordinator and Director CWS, at Pt RSS University, stated that 'one wonders why we need to celebrate the women is Dayal though everyday is a woman's day. "It is a day that recognizes the struggle of everyday women and gives a



chance to the society as a whole to recognize their talents and contributions," she added. District Forest Officer, Raipur, Satovisha Samaddar highlighted the relevance of conserving environment through progress of women. "If you want to protect the forests and the environment of this state, do not write essays on the subject. Treat you women and girls with respect and let them pick up the profession they love. Do not force them to get married. This will help to conserve the forests, stop encroach Auditorium, Following this, Dr Anjan Chatteraj, State Program Manager, Momentum Routine Immunization Transformation and Equity thanked the frontline health workers for their undeterred commitment to COVID-19 vaccination programme and stated that without them the state could not have won the battle against COVID-19. He thanked all ANMS and Mitanins for their extraordinary feat. He added that the battle is only half won and we need to gear up for the remaining vaccinations so that the last person in the queue is vaccinated and saved from the horrors of this disease.

At the end of the day, LHV Meena Das from Baloda Bazar, and ANMs Ruma Mashri from Mungeli, Divya Rai from Bilaspur, Kiran Singh from Mahasamund, Amrita Korram from Dantewada, Jashoda Sahu from Gariaband, Shahida Qureshi from Kawardha and were felicitated by Governor Vikey for vaccinating thousands of beneficiaries across the districts. Additionally Mitanins Pushp Jangre from Bilaspur, Jugri from Dantewada, Ana Verma from Raipur, Lalita Chandravanshi from Kawardha, Pushpa Nag from Mahasamund, Jageshwari from Mungeli, Sewti Sahu from Balodabazar, were also awarded. The venue was thronged by a large number of students, Mitanins, ANMs and NSS volunteers from across state.

## GLIMPSE OF THE PROGRAMME









## PAPER CATTING

