



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

# THE CWS UPDATE

## THINK PIECE

### Selfless Service

Service is an expression of man's feeling of oneness with others which takes the shape of empathy and a desire to help others despite challenges and difficulties. The ultimate expression of how much spirituality one has attained lies in how much one has become unselfish. Unselfishness finds its expression through long service.

We can serve others in innumerable ways including offering food and clothes to the destitute, providing medical treatment and medicines, cleaning and organizing a place of worship and so on. Some offer services by providing clean and cold drinking water to thirsty people during hot days. Others serve by helping students to understand their school or college lessons. These are just some of the ways of serving others.

The term selfless means without any selfish motive or intent. While in a commercial sense, the person who offers service get something in return and that is what impels him. In the context of selfless service, it is an act meant to benefit oneself spiritually. Swami Vivekananda said, "Do not stand on a high pedestal and take five cents in your hand and say, 'Here, my poor man', but be grateful that the poor man is there, so that by making a gift to him you are able to help yourself. It is not the receiver that is blessed, but it is the giver. Be thankful that you are allowed to exercise your power of benevolence and mercy in the world, and thus become pure and perfect." Compassion or feeling of empathy and concern for others is the single driving force for all acts of selfless service.

Once one embarks on the path of inner growth, one naturally outgrows one's narrow thoughts and that growth leads to his willingness and participation in all acts of service.

**Prof. Meeta Jha**  
SoS in Psychology,  
Pt. Ravishankar Shukla University

## WORKSHOP ON CAPACITY BUILDING IN COMMUNITY BASED PARTICIPATORY RESEARCH



Inaugural function of the workshop

A workshop on 'Capacity Building in Community Based Participatory Research' was organized in Centre for Women's Studies (CWS), PRSU, Raipur by PRIA, as part of its UNESCO Chair program from April 20-23, 2016 in collaboration with the Chhattisgarh State Planning Commission, Centre for Women's Studies, PRSU, Raipur and Water Aid.

The inaugural session of the workshop saw a welcome address by Dr Reeta Venugopal, Director, CWS. Prof. S. K. Pandey, the Vice-Chancellor of the University re-affirmed the commitment of the institution towards fulfilling its social responsibility. Dr Rajesh Tandon, Founder-President, PRIA & Co-Chair, UNESCO Chair said that unless local knowledge is valued, new knowledge cannot be created. He also added that there is a need to redefine university courses so that community engagement enters the domain of teaching and research and is not kept as an add-on activity'. Dr Budd Hall, Professor, University of Victoria & UNESCO Co-chair, added that institutions of higher education need to find new ways of connecting to the society, and collaboration between the worlds of theory and practice is the way forward'. Shri Sunil Kumar, Vice-Chairperson, State Planning Commission, Govt. of CG, reiterated the Commission's commitment to support community led initiatives in the state. In the first technical session, a work-

shop was organized in the broad framework of supporting the Swachh Bharat Mission (SBM) in Chhattisgarh. Dr Alok Pandey, Deputy Director, PRIA & Mr Rabindran David Shelley, Senior Program Officer, PRIA presented a brief on the history, issues, challenges and innovations under SBM. They shared that the SBM guidelines categorically mentioned "Community Led Total Sanitation" as the one of the objectives, and about the best practice examples from the community, which can be used as models for way forward. Dr Budd Hall, detailed on the tenets of research, and its principles and value-systems. He also sang a short song, which said that 'In academics, there are no neutrals there, you either work for status quo or for social change'. The students had an activity in the form of group discussions on their 'experiences in engaging with the community and the challenges which they faced'. Shri P P Soti, Member, SPC, Chhattisgarh reassured the support of the SPC in the process, and called on the participants to contribute and provide feedback to the Youth Portal, which was one of the recent initiatives of the SPC. The Day 2 was dedicated to 'Arts-based methods in research'. Dr Darlene Clover, Professor, University of Victoria, Canada articulated about the various forms of arts based research, its implications, and its usability in CBPR. Dr Sumona Dasgupta, Visiting

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## From the Editor's Desk

Gender equality doesn't require trade-offs; it only has benefits. And the benefits accrue to everyone, not just women and girls. Societies benefit and, as even men are beginning to understand, economies benefit too. These words of Jim Yong Kim, World Bank Group President sums up the need to accelerate progress of women and give them opportunities to utilise their talent and expertise. Let us continue to make concerted efforts to find and implement ways to fast forward to a gender-balanced society.

The last six months of the Centre for Women Studies have been eventful and this issue of the newsletter bears testimony to it wherein we had a tough time squeezing in all the reports of the various activities conducted. Hope the readers will find the current issue engaging.

**Dr. Preeti K. Suresh**  
University Institute of Pharmacy



Lecture on "Placement Services" by Smt. Pushpa Choudhary, (Deputy Director, District Employment, Self-employment and Guidance Centre, Raipur) on Feb 6, 2016



Participants in State Level Consult Workshop on "National Policy for Women" convened by Chhattisgarh State Commission for Women organized on 7 July, 2016



Participant girls learning various self-defense techniques based on Judo

## SELF-DEFENSE TRAINING PROGRAM

The Centre for Women's Studies organized a self defense training program for girls from 01-06 February, 2016. The program was intended to make the girls more aware, prepared and ready to face any physical assault situation that they may come across in daily life any time, day or place.

During the six day workshop, Prof. Rajeev Choudhary imparted hands-on self-defense training based on Judo to over seventy students. Prof. Chaudhary dwelt upon the various techniques of Judo that can be applied for self-defense by women. The three principles of Judo viz.,

gentleness control hardness, mutual welfare and maximum efficiency with minimum efforts was also highlighted. The girls learnt various throwing techniques, hand techniques, leg techniques, holding techniques and grappling techniques to defend themselves.



Lecture on Conscious Youth — Catalyst for Gender Just Society by Ms. Kamla Bhasin

## LECTURE ON “CONCIOUS YOUTH - CATALYST FOR GENDER JUST SOCIETY

A lecture on “Conscious Youth-Catalyst for Gender Just Society” was organized in collaboration with OXFAM India on March 15, 2016. The resource person for the day was Ms. Kamla Bhasin (Co-chair of the worldwide network, Peace Women Across the Globe and South Asia Coordinator of One Billion Rising). She is a social scientist by training and have been actively engaged with issues related to development, education, gender, media and others for over last 35 years.

Ms. Bhasin set the mood for the vibrant and thought-provoking talk by defining gender. She highlighted that gender refers to the socio-cultural definitions of man and woman, the way societies distinguish men and women and assign them social roles. The society defines roles and place limits on both men and women. She gave illustrative examples of particular rituals, conventions and beliefs that further the practice of patriarchy. As a fallout of this, patriarchal culture has

continued to exist in the society. The ritualistic practice of “Kanyadan” is a glaring example of it. There are stereotypes for women, and men too and they are expected and coerced to play predefined roles. Addressing the young students, she reiterated that only youth can usher in changes in the society. This is possible since youth are under minimal pressure by the society and they also have the inclination to change the old ways.



Inaugural Function of International Women's Day Program

## INTERNATIONAL WOMEN'S DAY

International Women's Day was observed on March 08, 2016. One day workshop to commemorate the theme for the year “Pledge for Parity” was organized in collaboration with Chhattisgarh State Commission for Protection of Child Rights, PRIA organisation and World Vision.

Shatabdi Pandey (Chairperson, Chhattisgarh State Commission for Protection of Child Rights) speaking on “Beti Padhao, Beti Samjhao” reiterated that in addition to educating the girl child in the literal sense, it is imperative to educate them in the true spirit of the word so that they can make informed choices.

for creation, but due to lack of opportunities her vast potential remain unexplored.

Mr. Satinder Singh (Member, PRIA) observed that effective implementation of the government policies can accelerate the attainment of gender parity. Mr. P.P. Soti (Member, State Planning Commission) elaborated on the vision of Yuvaniti of the state government and solicited the youth to come forward so that in the new policies being framed have the development aspects including the gender parity can be ensured. During the occasion, Ms. Simmi Shrivastava (Member, Chhattisgarh State Commission for Protection of Child Rights ) and Prof. Promila Singh (SoS Psychology, PRSU) also expressed their views.

Prof. Reeta Venugopal in her address expressed concern that although women have been relentlessly contributing to the social, economic, cultural and political growth, still it has been postulated that gender parity can be achieved only by the year 2133. So as we celebrate women's day, it is also important to take a pledge for parity so that the women and girls can fulfill their dreams and ambitions. Ms.

Ms. Harshita Pandey (Chairperson, Chhattisgarh State Women Commission) stressed that to move at a fast pace towards achieving gender parity, youth have to bring in the swift changes in the society. Ms. Shobha Soni (Chairperson, Social Welfare Board) pointed out that female foeticide is the prime reason for the widening of the gender disparity.

Prof. S.K. Pandey, Vice-Chancellor of the University added that women are capable and have the potential



Students presenting a thought provoking theatrical performance on International Women's Day







Gender Sensitization program with resource person Mr. Abhishek Kumar (PRIA) on Feb 13, 2016



Workshop on Yoga for the University students from May 11-13, 2016



Farewell ceremony of Smt. Meera Mishra from Finance Section, PRSU (Retired in April 2016).

## WORKSHOP ON BREAST AND CERVICAL HEALTH AWARENESS

National Service Scheme Unit of the University organized a state level camp on "Women Skill Development and Child Rights Champion Program" from June 25-30, 2016. The camp was attended by 500 girls from 27 districts of Chhattisgarh. The Centre for Women's Studies in collaboration with All India Institute of Medical Sciences, Raipur organized a workshop on "Breast and cervical health awareness" for the participants on June 29, 2016.

The resource persons for the day were Dr. Anjali Pal (Department of Community & Family Medicine, AIIMS), Dr. Sunita Singh (Dept. of General Surgery, AIIMS) and Dr.

Pushpawati (Department of Obstetrics & Gynecology, AIIMS). They suggested measures that can be taken to prevent and detect breast and uterine cancer.

It was highlighted that in the majority of the patients, cancer is detected in the last stages which makes the treatment rather difficult. According to National Cancer Registry Data only 12.5% patients are able to detect cancer in the early stages and seek medical intervention. The notion that cancer is non-treatable is misplaced and many people are able to win the battle against cancer. It is a matter of grave concern that cervical and uterine cancer are the major cause of death of women due to

cancer and 26% of these cases are reported from India. Among the breast cancer patients also 17% are from India. Dr. Sunita Singh observed that if breast cancer is detected in time, it can be treated. She suggested that the best way to detect is through self-examination every month. It is pertinent that women in the age group of 20-40 years should also visit doctor for the examination once every three years. If there is family history of cancer, women need to be very vigilant as genetic incidences increases the risk by 20.25%. Some videos were also shown and physical exercises were also suggested to prevent the occurrence of the disease.



Farewell ceremony of Dr. Basumati Nadig (School of Studies in Literature and Language)



Workshop on Breast and Cervical Health Awareness

## WORKSHOP ON CAPACITY BUILDING IN COMMUNITY BASED PARTICIPATORY RESEARCH

Fellow, PRIA underlined key principles of Participatory Research, i.e. language is not the only source of communication with the communities and secondly, it is essential to observe the power dynamics in the community.

On Day 3, student groups made presentations on their understanding of research topic and questions. In an open discussion, the students shared their understanding and thoughts on the word 'participation'. The varying inputs received, were titrated against the theoretical aspects of 'participation'. Ms. Wafa Singh, India Research Coordinator, UNESCO Chair, used the theoretical concepts to make the students understand its implications, and the

similarities between book concepts and their thought process. Mr. Walter Lepore presented the research design of the recently concluded study on 'Training the Next Generation of Community Based Researchers'. Dr Alok Pandey made a presentation on Participatory Rural Appraisal concepts and tried to build the student's understanding on the issue, and its implications.

The final day had a session on 'Hindrances of Participatory Research' and Dr. Sumona Dasgupta shared that at times, research gets affected by the elite, who consider their knowledge supreme. However, the methodology of Participatory Research minimizes the chances of monopolistic practices in the context of knowledge creation and its use.

The student groups from various universities suggested different topics of research like citizen's perspective to solid and liquid waste management in urban and rural Chhattisgarh, how art can help in the promotion of Swachh Bharat Mission, use of biodegradable waste and

how can CBR be used, waste management system in vegetable market of Raipur city, awareness of men and women of Raipur slum regarding government programs, Positive negative reinforcement regarding sanitation and Toilet construction in least amount.



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### CENTRE FOR WOMEN'S STUDIES, PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR CHHATTISGARH 492010



**Prof. Reeta Venugopal**  
Director, CWS & Professor of  
Physical Education

The Centre was started in the year 2001 to mark the "Women Empowerment Year". The primary objective of the centre is to promote women's studies to translate the component of empowerment of women. Centre is designed to act as catalysts for promoting and strengthening women's studies through teaching, research, curriculum field and extension work training and continuing education. Centre is planning to work, in the area of equality, economic self-reliance, girls education, health, women rights, laws, social exploitation and awareness activities.

#### AIMS AND OBJECTIVES

- To conduct outreach programs by organization of sensitization and awareness programs for women. The topics proposed to be covered include burning social issues (such as dowry, female feticide, domestic violence and sexual assaults), women rights and legal protection, importance of value-based education, lifestyle disorders in working women and sexual harassment at workplace.
- Opening of counseling centers for women to cater to their psychological, career, legal, health and nutritional needs.
- To conduct development programs for personality development, stress management and self-defense of women.
- To introduce women-related academic programs like PG diploma courses and short term elective courses for science and arts students in women studies.
- Introduction of gender sensitization modules in curricular areas of higher education for creation of a society sensitive to values of culture and social discipline, conduct studies on tribal women with emphasis on cross cultural perspective development and development of standard text books on women studies.



**Prof. Priyamvada Shrivastava**  
Associate Director, CWS &  
Professor of Psychology

#### VISION

To create awareness about gender equality and its outcomes and empowering them through gender equity programmes thereby enhancing the ranking in gender development indices in Chhattisgarh".

#### MISSION

- To bring about attitudinal changes, with regard to gender sensitivity and helping students to internalize equality
- To undertake minor and major research activities funded by national and international bodies and thereby enhance the research expertise.
- To conduct awareness programs on various issues and problems pertaining to women especially in rural areas.



**Prof. Aditi (Niyogi) Poddar**  
Associate Director, CWS &  
Professor of Life Science

#### ACADEMIC PROGRAMS OFFERED

Certificate Course in "Women Law and Gender Justice" (Duration: 6 Months, Number of seats: 20)

#### COLLABORATIVE RESEARCH PROJECTS

S.No	Title	Funding Agency	Amount (Rs.)	Status
01	Base line survey on physical and psychological health related issues in adolescent female"	CWS, PRSU, Raipur	55,000	Completed
02	Prevalence and awareness of chronic disease among women of different professions in relation to lifestyle and activity level	Chhattisgarh Council of Science and Technology	4,90,000	Ongoing
03	Effect of intervention programme on nutritional status and mental health of adolescents girls"	CWS, PRSU, Raipur	1,50,000	Ongoing
04	A study of crime against women in Chhattisgarh	Chhattisgarh State Commission for Women	5,22,000	Proposal Submitted
05	A study of security of women at workplace in unorganized sector	Chhattisgarh State Commission for Women	5,22,000	Proposal Submitted
06	Effect of women reservation on women empowerment	Chhattisgarh State Commission for Women	5,22,000	Proposal Submitted
07	Increasing rate of female human trafficking in Chhattisgarh	Chhattisgarh State Commission for Women	5,22,000	Ongoing
08	Identification of slow learners in the schools of Chhattisgarh.	National Commission for Protection of Child Rights	15,12,000	Ongoing

#### OUR COLLABORATORS

Oxfam India, UNESCO, Indraprastha Public Affairs Centre (IPAC), Participatory Research in Asia (PRIA), Azim Premji Foundation, Water Aid, Shakti (NGO), All India Institute of Medical Sciences (Raipur), Chhattisgarh State Commission for Women, Chhattisgarh State Commission for Protection of Child Right, Chhattisgarh State Planning Commission



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