



CENTRE FOR WOMEN STUDIES
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR

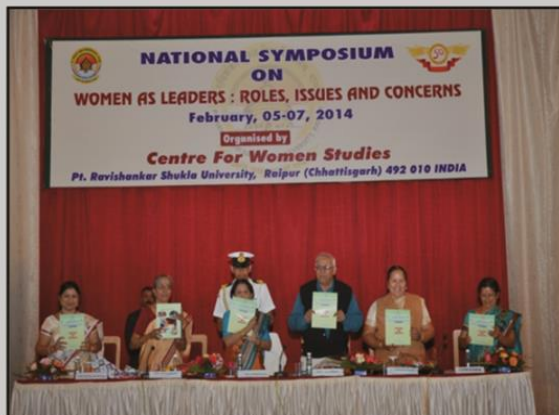
THE CWS UPDATE

From the Editor's Desk

It has been heartening to know that the first issue of the Newsletter was well-received. Our deep appreciation to all who came up with valuable inputs to make the future issues of newsletter more informative and vibrant. Contributions from readers on women and women's issues of this region are invited so that we can all put in our bit towards finding solutions for the specific problems of gender that target women. Let's move closer to the realization of the dream of a more equitable society.

With best wishes,
Dr. Preeti K. Suresh

The national symposium on Women as Leaders



Release of Abstract Book during the National Symposium on Women as Leaders (L to R - Prof. Aditi Niyogi Poddar, Dr. Jaya Indiresan, Dr. Sushmita Dutt, Prof. S.K. Pandey, Dr. Kiranmayee Nayak and Prof. Reeta Venugopal)



Prof. Sunetra Giridhar delivering a lecture on "Women in Astronomy"



Puppet show by Er. Anupama Hoskere, Dhaatu Puppet Theatre, Bengaluru

During the Golden Jubilee Celebrations of the University, the Centre organized a National Symposium on "Women As Leaders: Role, Issues and Concerns" from 5-7 February, 2014. The symposium was inaugurated by Dr. Sushmita Dutt, First Lady of Chhattisgarh. Dr. Kiranmayee Nayak, Mayor, Raipur was the keynote speaker and Prof. Jaya Indiresan, Member, National Consultative Committee, UGC Programme on Capacity Building of Women Managers in Higher Education was Guest of Honor. Prof. Indiresan urged the women to follow '4c' formula to become a leader in different walks of life by adopting consciousness, competence, commitment and concern. Some other eminent resource persons included Padmashree Prof. Ravi Chaturvedi (renowned Hindi Cricket Commentator),

Prof. Sunetra Giridhar (Professor, Indian Institute of Astrophysics, Bengaluru), Prof. Madhu V. (University of Delhi), Prof. Manjula Chaudhary (Director, Indian Institute of Tourism Management, Gwalior), Er. Anupama Hoskere (Director, Dhaatu Puppet Theatre, Bengaluru), Dr. Anita Jagota, (University of Hyderabad), Prof. Usha Dubey, Smt. Geeta Tai Gunde, Smt. Shobha Paithankar and Mrs. Shatabdi Pandey. Prof. Rajeev Chaudhary conducted a martial art demonstration for self defense for women. An open forum discussion with distinguished panelists was conducted by Prof. Priyamvada Shrivastava. The panelists included Prof. Usha Dubey, Dr. Sunanda Dhenge, Prof. Promila Singh, Prof. Mitashree Mitra, Prof. Abha Pal and Prof. Manjula Choudhary.

THINK PIECE

Road Map to Healthy Personality

Human being is endowed with qualities which are uncovered in adequate time in accordance to person environment interaction, and the impact of which results into development of virtues. Erikson has noted that in a man's life eight ego virtues (personality characteristics) are developed with adequate resolution of psychosocial crisis. Hope, will, purpose, competence, fidelity, love, care and wisdom are the important virtues for healthy personality and these virtues are interdependent like ladder.

- ◆ Hope in life requires trust in one self, others and environment.
- ◆ Will in life requires autonomy.
- ◆ Purpose in life requires initiation.
- ◆ Competence in life requires industriousness.
- ◆ Fidelity in life requires identity.
- ◆ Love in life, requires intimate relationship.
- ◆ Care in life requires generosity.
- ◆ Wisdom in life needs integration of positive thoughts.

Prof. Priyamvada Shrivastava

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Honour of Smt. Maya Chakraborty and Mrs. Nandita Tiwari



Martial art demo for self-defense



Practical session on Yoga



River crossing activity during adventure tour



Adventurous walk across balance bridge



Members of the adventure tour with Prof. S.K. Pandey, Vice-Chancellor, PRSU

International Women's Day

The International Women's Day on March 8, 2014 was marked by various events. The highlight of the day was a panel discussion in association with the School of Studies in History on the topic "Women And Progress: The Indian Perspective". The panelists included some of the eminent academicians Prof. Ravindra Kumar, Prof. A.K Patnaik, Prof. B.L. Bhadani, Prof. M.A. Khan, Prof. Mukesh Kumar, Prof. Usha Dubey, Prof. Ram Pande and Dr. Satyendra Tiwari. A slogan writing and painting competition on the topic "Equality for women is progress



Panel discussion on "Women and Progress: The Indian Perspective"

for all" was also organized. The Women's Day was also taken as an opportunity to organise women specific activities to increase the participation of women in the electoral process. An oath taking ceremony was also held to create voting awareness among women and

youth. The Centre honoured Smt. Maya Chakraborty and Smt. Nandita Tiwari of Asawari, who have been actively engaged in training children in Hindustani and Sugam Sangeet. For years they have been also rendering free teaching to the students of Shabari Ashram.

Intervention Program for Hypokinetic Diseases

Hypokinetic diseases are brought on, at least in part due to sedentary lifestyle, and insufficient movement and exercise. It has been considered to be an independent risk factor for the origin and progression of

several widespread chronic diseases, including coronary heart disease, diabetes, obesity and lower back pain. The Phase-II of the intervention programme for hypokinetic diseases of women by yoga and exercise was

held from March 29, 2014 to April 28, 2014. The program was conducted successfully under the supervision of Prof. Rajeev Choudhary and was well-attended by a number of participants.

Leadership, Team Building & Adventure Course for Youth

The Centre for Women Studies organized a conference on "Role of women in national development in the new millennium" from 10-12 Jan, 2013. The chief guest of the conference Padmashree Santosh Yadav (first and the only woman to scale Mount Everest twice), during the interactions offered an opportunity for an adventure trip organized by Everest Foundation. Prof. Mitashree Mitra coordinator of the sports/extra curricular activities for Golden Jubilee celebrations, took the initiative and a team of 100 students (including

46 girls) and 6 escort teachers went for the adventure tour. The team was received by Padmashree Santosh Yadav at Manali on September 11, 2013. The girls' team was escorted by Prof. Reeta Venugopal and their base camp was made in Prini Nalla located at Thorku Hill. The boys' team was escorted by Prof. Rajeev Choudhary and Dr. Kamlesh Shukla to their base camp at Monara Hill. Several activities were conducted in the camp including Commando, Net Climbing, Burma Bridge, Multivine, Balance Bridge, Bush craft, and

River Crossing. Climbing on Panjal hill (6000 ft.), Hidimba Temple and Rohtang visit were the other highlights of the tour. All the participants completed the training with enthusiasm. During the trip, the participants were guided to develop leadership qualities like determination, patience, endurance, team-spirit and mental and physical fitness. This exposure is anticipated to equip and assist them in shaping up their future in a better way in the challenging work environments in their respective professions.

Baseline Survey on Health Status of Adolescent Girls

Adolescent girls are an important segment of society and their health and well-being is vital for present and future generations. Adolescence is a period of dramatic and rapid growth when the girls gain almost 35% of adult weight and 11-18% of adult height. But, ironically adolescents are also more vulnerable to malnutrition. A baseline survey on nutritional status of adolescent females of Raipur (Chhattisgarh)

was carried out by the Centre. The sample size for the study was 500. The anthropometric measurements were carried out in terms of height, weight and Body Mass Index (BMI). The distribution of BMI draws attention to the neglected and poor physical health of the female adolescents. Only a miniscule 1.5% of the girls were normal while a majority of them fell in the various categories of

malnutrition. This can be attributed to the poverty, ignorance and lack of adequate nutrition and health care. Gender discrimination both in the community and household may also be a prime reason. However, it is believed that the adolescence is the right stage to trap the development potential of the girls through proper interventions by meeting their special nutritional needs.

This should help in breaking the perpetuating cycle of health issues that may pass from one generation to another.

Categories of malnutrition	Percent
Normal	1.5
Grade I	38.5
Grade II	27.8
Grade III (Severe)	19.0
Grade IV (Very severe)	13.1

Analysis of Print Media Coverage of Women and Women's Issues

The women's issues covered in the newspapers do contribute to the mental set-up of the readers towards women folk. The news related to women and their issues in the print media from Chhattisgarh was analyzed through content analysis method. Analysis of newspapers from August 2013 to March 2014 revealed that in 46.1% of the news, women were featured in

sexual harassment incidents. However, this coverage was in the form of crime stories and there were no measures suggested to prevent them. It was heartening to learn that a substantial portion (23.4%) was also accorded to creating awareness to the women's issues and concerns. There appears to be a need to make the overall tone of the portrayal of women, in general, coverage about the abilities and

Issues covered in newspapers	Percent
Sexual harassment	46.1
Awareness	23.4
Action on the crime	13.8
Health	5.8
Awards	4.4
Dowry	3.5
Psychological factors	3.0

and the women's perspective achievements of women in the more positive with more print media. coverage about the abilities and

Short Term Course on Yoga for Women



A short term course on "Yoga for Women" was New Delhi; Dr. Pardeep Kumar, Indira Gandhi organized by Center for Women Studies, in Institute of Physical Education and Sports collaboration with Academic Staff College Sciences, New Delhi; Prof. Bhagwant Singh, (ASC), Pt. Ravishankar Shukla University Raipur Prof. Priyamvada Shrivastava and Prof. from August 3-9, 2014. Thirty four registered Rajeew Choudhary, Pt. Ravishankar Shukla participants attended the program. The University, Raipur. Lectures and practical resource persons for the course were Prof. sessions on various aspects of yoga were Jasraj Singh, Lakshimibai National Institute of conducted including yoga and vipassana Physical Education, Gwalior; Dr. Satyaprakash meditation, satkarm, pranayam, dhyan Pathak, Morarji Desai National Institute of Yoga, and hatta yoga. Different facets of

karmyog, moksha, stress and stress management by yoga and the significance of yogic life style and psychological well-being were also dealt upon.



Participants of the short term Course on Yoga



Workshop on Nadi Vigyan for Pain Relief

A workshop on Nadi Vigyan for pain relief was organized on Feb 4, 2014. The resource person was Dr. L.N. Joshi, Head, Yoga Department, Sanskrit University, Haridwar. He delivered his lecture on "Nadivigyan and Health" and also demonstrated how the energy obstruction in Nadi creates problem and free flow of energy from Nadi is indicator of good health.



Demonstration by
Dr. L.N. Joshi on Nadi Vigyan

Certificate Course on Women, Law & Gender Justice

A certificate course on "Women, Law & Gender Justice" has been introduced by the Centre for Women Studies from the current academic session. The course extends over a period of six months. This course intends to provide an academic base for the Centre for Women Studies. It lays stress on the developmental perspective, specifically on the efforts made by women towards the march to equality in the society as a whole. The participants will be trained on the legal issues related to women and how they can contribute in implementing the policies. This course is anticipated to open up new job opportunities for them.

HEALTH UPDATE

WOMEN AND HIV— REDUCING THE BURDEN

Prof. Promila Singh

Globally, AIDS related illnesses are the leading cause of death among women of reproductive age. Increasing education and awareness is the most effective tool in preventing HIV infection. It can help to reduce stigma that people living with HIV and AIDS face. Education is particularly important for protecting girls against HIV infection. Many girls marry young to older men who are more likely to be HIV-positive. Schools can teach vital HIV prevention methods, such as condom use, having fewer sex partners and the importance of greater communication about HIV prevention between couples. The female condom is the only female initiated HIV prevention method presently available that can potentially help women to

protect themselves from being infected with HIV, if used correctly and consistently. It requires some degree of male cooperation. Post-exposure prophylaxis is an antiretroviral drug treatment after exposure to HIV. This treatment could potentially benefit women who have been exposed to an HIV-infected partner, or sexually assaulted, if started within 72 hours of exposure. There is ongoing research about microbical gel or cream that could be used. Protecting women from HIV is not solely women's responsibility, it's the responsibility of both partners and men must play an equal role in this.



LEGAL UPDATE

LEGAL LITERACY AND WOMEN EMPOWERMENT

Dr. Priya Rao

Women education and empowerment plays an important role in the development of society and poverty eradication. Equality and empowerment are the two sides of the same coin so far as women liberation is concerned. As per the constitution of India no person shall be discriminated on the ground of sex. There shall be equality of opportunities in the matters relating to employment. Under Article 21 of the Constitution of India, as also Hon'ble Supreme Court's observation from time to time states that the right of women are no less than the right of men. The fundamental right of women includes right to life, right to personal liberty, speedy trial, free legal aid, right to privacy, right to education, protection against sexual harassment, right to shelter, right to maintenance, right against domestic violence, etc. There are several laws in our country to take care of issues related to discrimination, violence, etc.

against women. But until societal value system empower us with the ability to be sensitive and appreciate the fact that women are equal partner in the society, the race for development will remain lopsided. Despite the laws framed for Indian women, the reality remains that women by and large have not been benefited by these laws. Legal literacy is one of the most essential prerequisites for Women Empowerment. Legal literacy empowers women to desire and defend their rights, increase their control over lives, participate in the elaboration of laws that affect them and take part in the decision making process. Legal literacy enables the women to analyze, criticize and mobilize for legal change, and at the same time it promotes responsible citizenship and respect for the rule of law. Therefore it is literacy as well as legal literacy both, which are needed to bring women empowerment.

FORTHCOMING ACTIVITIES

1. Awareness program for female students on legal issues
2. Awareness program for adolescent girls on nutrition
3. Gender sensitization program

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