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CENTRE FOR WOMEN STUDIES
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR

THE CWS UPDATE

MESSAGES

Message from the Chancellor

Shekhar Dutt CM
GOVERNOR OF CHHATTISGARH



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Message



I am happy to learn that the Centre for Women Studies (CWS) of Pt. Ravishankar Shukla University, Raipur is going to publish Newsletter 'The CWS Update' which would include the various activities belonging to women issues.

Women have made valuable contributions to unity, integrity, progress and prosperity of the nation. Their strong administrative and managerial skills help them to make a success of any opportunity that comes their way. I am confident that Indian women will reach greater heights of attainment and success in support of national development.

I convey my best wishes for the publication.

(Shekhar Dutt)

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Message from the Registrar

The Centre for Women Studies of Pt. Ravishankar Shukla University ever since its inception has been striving to engage in various activities for women through conduct of various sensitization and awareness programs. A number of academic activities have also been successfully organized. Hope this newsletter will help in disseminating information about the various activities taking place through the Centre.

With best wishes.
K.K. Chandrakar

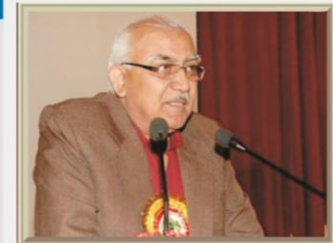


Message from the Vice-Chancellor

I am pleased to share with you the first edition of this Biannual Newsletter by the Centre for Women Studies. The Centre is committed to promote and share women's views and experiences in scholarship, institutional and community development.

This newsletter is an initiative to share the important events and activities conducted by the Centre. We are hopeful that it will give us a platform to remain connected.

With best wishes.
Prof. S.K. Pandey



From the Editor's Desk

The need for a platform to chronicle information about the various events and happenings at the Centre for Women Studies at all levels has been felt since long. The bi-annual newsletter "The CWS Update" is being introduced to fulfill that need. And it has been an eventful year with numerous activities being conducted by the Centre. The central element of this issue is a roundup of various activities held by the Centre to address the women-related issues. We have marked out some space as "Literary Corner" to showcase the literary pursuits of the members of the Centre. We also intend to have a running feature to update the women on various issues like health, career, legal rights, psychological needs, work-life balance, stress management, etc. In this series, the first issue features "Women's Health Update".

I would like to thank everyone who has supported this first edition by providing critical and useful inputs. Your valuable comments and suggestions related to the newsletter are always welcome as they will have a strong bearing upon its enrichment and future success.

With warm regards,
Preeti K. Suresh



Message from the Director

It is with great pleasure we bring this inaugural issue of the newsletter "The CWS Update". It includes updates and information of the various activities that are being carried out by the Centre of Women Studies of the University. I am hopeful that this new channel of communication will give us one more chance to associate to all who are otherwise not officially connected with us. We welcome your ideas and feedback.

Best Wishes
Prof. Reeta Venugopal





The national conference

A national conference on "Role of women in national development in the new millennium" was organised from Jan 10-12, 2013 by the Centre for Women studies, Pt. Ravishankar Shukla University, Raipur, in collaboration with Shakti Mahila Vigyan Bharati Samiti, Raipur. The Seminar was inaugurated by the First Lady Smt. Sushmita Dutt and

presided by the Honorable Vice-Chancellor of the University, Prof. S.K. Pandey. The objective of the conference was to provide a common platform to the women scientists, engineers, technologists, social scientists and grass-root level workers to disseminate their findings and share experiences. Some of the prominent resource persons

were Prof. M.M. Hambarde, Dr. Kiranmayee Nayak, Smt Vibha Rao, Dr. Madhu Kishwar, Dr. Saroj Bokil, Dr. S.A. Wali, Dr. Tripti Nagariya, Dr. Purnima Kelkar, Dr. Aruna Palta, Smt Meenakshi Tuteja, Dr. Harsha Merchant, Smt Santosh Yadav, Dr. Sunanda Dhenge, Prof. Jayalakshmi Thakur, Dr. Mandvi Singh and Dr. Vinaya Agnihotri.

International women's day

To mark the International Women's Day on March 08, 2013, the Centre for Women Studies organised a Panel Discussion on "Sexual Offenses: Trials, laws and rehabilitation, Media and Masses". The panelists included Smt. Rajni Dubey, Ku. Archana Jha (SP), Smt Malti Joshi, Dr. Kiranmayee Nayak and Shri Manoj Prajapati. The

issue of sexual harassment was discussed with special reference to the prevailing societal conditions with reference to women. The steps that need to be taken to curb the harassment both by the society and the women per se were discussed in large. The crucial role that media can play in educating and creating awareness was also discussed.

A painting and drawing competition on the topic "Ways to stop gender violence" was also organised. Women were felicitated for their contributions and these included Prof. Usha Dubey, Mrs. Rashmi Sundarani and Nutan Sahu.

Gender sensitization

In the golden jubilee year of the University, a workshop on "Gender Sensitization" was organised from July 5-6, 2013. Smt. Asha Shukla, Director, Center For Women's Studies, Barkatullah University, Bhopal elaborated on the various aspects of human trafficking especially the women and girl child. She discussed her findings in the area. On the

second day of the workshop Dr. Sunanda Dhenge, Forensic Science Expert, Raipur (C.G.) elaborated how lack of awareness can be a bane for women and how the society needs to be sensitized to their needs. She also reiterated that women need to be made aware of the various laws existing to protect them.



Survey and analyses

1. A baseline survey of psychophysiological health of adolescent girls
2. Content analysis of daily newspapers with respect to female issues
3. Opinion of youth towards sexual harassment.

Interaction with Smt. Sindhutai Sapkal

Smt. Sindhutai Sapkal, the social activist known particularly for her work in the field of woman and child welfare visited the University campus. She has devoted her whole life to the cause of raising hundreds of orphaned children and is aptly known as Mother of Orphans. An interaction session of the members of the Centre of

Women's Studies was held. She shared the inspiring and fascinating journey of a girl married off at the tender age of 10, abandoned by her husband at 20 and how living at the railway platforms made her realize the agony of orphaned children. She shared her experiences and struggles in providing shelter to orphans.

She reiterated that with spirit of resilience and positive demeanour nothing is impossible. It was this outlook and determination that assisted her to reconstruct not only her shattered life but also to selflessly help hundreds of shelter-less people like her.



With an objective to create awareness in the general public, few popular articles were published in the periodicals. Dr. Aditi Niyogi Poddar, the Associate Director of the Centre for Women Studies, contributed articles in the newspapers to create awareness on the recent burning issues pertaining to women. These included "The Most Vulnerable Species: The Indian Woman of the New Millennium" (Central Chronicle dated Jan 24, 2013) on the occasion of National Girl Child Day and "Bearing the Trauma: Our Choice or Destiny" (Central Chronicle dated Sept 18, 2013) written as a reaction to the Mumbai gang rape. A popular article "Healthcare needs of Women at Medical/Social Interface" by Dr. Preeti K. Suresh also appeared in Central Chronicle dated March 17, 2013.



Health Checkup

Prevention is better than cure. This age-old saying stands all the more vindicated in the present scenario when the human body is constantly under the onslaught of physical and mental stress. Timely and regular health exams can assist in diagnosing problems early and/or detecting health issues before they actually show symptoms. General health

screenings are vital preventive care requirement that can help in picking up early warning signs like high blood pressure and blood glucose and lipid levels. Several disorders like diabetes and cardiovascular diseases can, therefore, be detected in early stages whereby the treatment/management can be better.

A health checkup was organized on October 15, 2012 under the consultation of Dr. Bhavana Agarwal for the women faculty and other staff members. As a follow-up to the screening tests, the members were individually advised on the basis of their test results and steps to be taken for good health.



Intervention program for hypokinetic diseases

Hypokinetic diseases are related to or caused by chronic physical inactivity or poor fitness. Some of the major diseases falling under the purview of hypokinetic diseases are high blood pressure, obesity, dyslipidemia, Type II

diabetes mellitus, osteoporosis, osteoarthritis, low back pain, etc. An Intervention program for hypokinetic diseases of women by Yoga and exercise was jointly organised by the Center for Women Studies and Institute

of Physical Education, Pt. Ravishankar Shukla University, Raipur from December 4-13, 2013 in supervision of Prof. Rajeev Choudhari. The program was well-attended by a number of participants.

LITERARY CORNER

THE MURMURING BROOK

-Dr. Aditi Niyogi Poddar



I am the murmuring brook making my way since ages,
Through rolling stones, hanging cliffs, thorny woods and flowery dales,
Searching my existence.....
Worshipped in mud and clay, but crushed alive in my mother's womb,
My Pa's pet, I dare not dream of love, nor question his beckon light,
Nor ask him to hold my trembling hands, when I would rather enter,
The darkness of the unknown tomb.....
Shattering dreams on the way, the price for his honor, with my life I pay.
Here I am, tied in chains, within the walls they call my home,
As a flight less bird, with broken wings and tearful eyes,
Gazing the stars in the endless sky.....
A smiling face, but a bleeding heart within so crushed....
Your desires I satisfy, your ego, your greed, your lust,
And leave behind flowers for u all,
From my basket of X chromosomes.
As you would spread your wings apart, high and high in the sky so blue,
The stars would seem like flowers, making your dreams come true,
Pause and think, if you can please and look behind your stairs in life,
My shadow follows everywhere.....
The smile of your mom, your sis, your daughter, your wife,
Your love and of course the friend so sweet of your life,
'Coz I am the woman, lone as ever, the ever flowing, murmuring brook,
Making my way since years together, through rolling stones and mosses green,
Searching my existence.....



WOMEN'S HEALTH UPDATE

Dr. Preeti K. Suresh

OSTEOPOROSIS – The Silent Thief

What is osteoporosis

Osteoporosis is a condition of the skeleton where bone strength is weakened with an increment in bone fragility and risk of sudden and unexpected fractures (particularly hip, spine, wrist and shoulder). Apart from the physical changes like disfigurement, it can also cause decreased independence, reduced or loss of mobility, low self-esteem and also intimidate women with a reduced sense of well-being.

Risk factors that cannot be changed

- Being Asian
- Women are four times more susceptible than men to develop this disease.
- Advancing age and women having passed through menopause
- Family history

Risk factors that can be changed

- Inadequate amount of dietary calcium
- Low vitamin D level
- Low estrogen level in women or low testosterone levels in men
- Low body weight
- Physical inactivity
- Too much of sodium and caffeine intake
- Smoking
- Alcohol consumption
- Some medications (like corticosteroids for

Asthma, rheumatoid arthritis) can speed up bone loss.

Symptoms

Usually a fracture is the first sign of osteoporosis and no doubt it is referred to as "the silent thief", as bone loss occurs without any symptoms, and considerable loss is already done before its detection.

Diagnosis

The status of the bone health and risk of osteoporosis can be detected by bone mineral density tests. This test is indicated for women aged >65, women with several risk factors and menopausal women who have had fractures.

Prevention and Treatment

The best defense against development of osteoporosis later in life remains building up of strong bones during childhood and adolescence. In girls, the peak bone mass is attained at an age of 16-20 years. Both men and women tend to lose bone as they approach mid-30s. But, women after menopause tend to lose bone at a higher rate.

There are several practical, proactive and positive steps that can protect the bones.

- Get adequate calcium from food.
- Avoid calcium depleting food that weaken bones.
- Get sufficient Vitamin D from sunlight. Human body can make enough vitamin D on daily exposure to sun for a total of 20 min daily. Application of sun screen of SPF 8

reduces production of vitamin D by skin by 95%. Food sources of vitamin D include egg yolks, fatty fish like salmon, cereals.

- Prevent falls.
- Weight bearing exercises, like walking, jogging, dancing and stair limbing makes bones and muscles stronger and helps prevent bone loss. Strength and balance exercises may assist in avoiding falls.

- Reduce alcohol consumption and smoking.

Foods to be avoided

- High-salt foods like fast foods (pizza, burger, fries), baked foods (breads, breakfast cereals)
- Carbonated drinks containing phosphoric acid increase calcium secretion from the body.
- Limit high caffeine drinks like coffee.

Foods to be taken

- Calcium rich foods like fat free milk and milk products, leafy green vegetables, broccoli, almonds, soybeans.
- Have plenty of potassium-rich foods such as banana, orange, tomatoes, sweet potato, spinach since they help reduce the calcium loss.

- Have fresh whole grains

What women need to know

Osteoporosis is not at all inevitable. The key lies in identifying the conditions that pose the greatest risk and take appropriate steps to avoid it.