

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

THE CWS UPDATE



THINK PIECE

Self Actualization

**"Turn inwards and
be active outwards"**

Self actualization is realization and fulfillment of one's potentials. Self actualization occurs when one maximizes over potential, doing the best that one is capable of doing (Maslow).

- Self actualized people have high level of acceptance for themselves, including flaws and people around them.
- They prioritize and enjoy the journey.
- They are inherently unconventional.
- They are motivated by growth not by satisfaction of needs.
- They have purpose and put 100% efforts to achieve it.
- They are not troubled by the small things.
- Self actualized people are grateful.
- They share deep relations with few.
- They are humble.
- They resist enculturation.

**"It is never too late to become
the person you are
capable of being"**

Prof. Priyamvada Shrivastava

POWER QUOTE

**A women with a voice is, by
definition, a strong woman.**

MELINDA GATES

SHORT-TERM COURSE ON GENDER ISSUES



Resource persons, participants and the organizers during the short-term course on "Gender Issues"

A short term course on "Gender Issues" was organized by Human Resource Development Centre, Pt. Ravishankar Shukla University Raipur, in collaboration with Center for Women's Studies, Pt. Ravishankar Shukla University, Raipur from October 18-24, 2016. The course was attended by thirty registered participants from across the country.

The resource persons for the course included Smt. Harshita Pandey (Chairperson, Chhattisgarh State Commission for Women), Mr. Tuhin Deb (Director, State Resource Centre, Raipur), Mr. Ranjeet Singh (Advocate, New Delhi), Prof. Usha Dubey (Rtd. Professor of SoS in Economics, PRSU), Mr. P.P. Soti (Member, Chhattisgarh State Planning Commission), Ms. Varsha Mishra (Additional SP, Raipur), Ms. Nimisha Jha (ICAS, Chhattisgarh State Plan-

ning Commission), Prof. Anupama Saxena (SoS in Political Science, Guru Ghasidas Central University, Baspur), Mr. R.J. Kushwaha (Secretary, Chhattisgarh State Commission for Women, India), Prof. Priyamvada Shrivastava (SoS in Psychology, PRSU), Dr. Binu Mathew (AIIMS, Raipur) and Ms. Shatabdi Pandey (President, Chhattisgarh State Child Right Protection Commission).

During the week long course various topics were dwelt upon exhaustively like functioning of State Women Commission, gender sensitization, women empowerment, gender law, gender budgeting, youth policy specially for female sector, women crime, gender politics, sexual harassment of women in work place, gender & psychology and women health.

From the Editor's Desk

Women are the nucleus of any society and continue to deliver numerous roles every single day as a caregiver, nurturer and, as they enter the formal workforce, as a bread-winner too. These women do not ponder about "either/or", but they strive to explore the possibility of the "and" day in and out.

On paper, the women appear to be well-equipped to take up the challenging positions in the workforce, with a good number of qualified women with brilliant academic careers and requisite skills. But sadly, as we closely examine the complete career-spectrum of men and women, it becomes apparent that the representation of women in the top leadership roles diminishes. The ascent of women to the summit of their career is a strenuous climb. It no doubt needs confidence, aspirations and perseverance to continue while simultaneously addressing the work-life integration issues, a concern that confronts women more than men.

As they move up the career paths, young women often struggle to find successful role models they can relate to. If we look around there are a number of ambitious and successful women who have achieved their professional and personal goals while staying true to themselves. This is where we need to shine a light on these achiever women. This can serve as a catalyst for other women to nurture their inner strengths, self-esteem, fire their aspirations and assist them in realizing their true potential.

Hope the readers will find the current issue of the Newsletter with a glimpse of various activities at the Centre for Women's Studies and informative articles engaging.

Prof. Preeti K. Suresh



Participation in State Level Consult Workshop on National Policy for Women

PARTICIPATION IN THE STATE LEVEL CONSULTATION ON NATIONAL POLICY FOR WOMEN

A state level consultation on “National Policy for Women” convened by Chhattisgarh State Commission for Women was held on July 7, 2016. Prof. Reeta Venugopal and Prof. Moyna Chakravorty participated in the consultation and recommendations were placed on behalf of the Centre for Women’s Studies. The recommendations covered the priority areas of education, health (including food

security and nutrition), economy, governance and decision making, social security, enabling environment for working women. It was recommended to create awareness to remove gender disparity through the school curriculum. Strengthening of women study centres, establishment and development of infrastructure to facilitate study of various aspects of gender was also stressed upon. It was also recommended to make provi-

sions for orientation programs for women representatives specifically at Panchayat level to improve their efficiency, awareness programs for post-puberty complications in girls, creation of non-conventional job opportunities and social security of old women and destitute among others. Security of women affected from the stereotypes of superstitions were also recommended for consideration.



Participants during the poster competition held during Azaadi –70 (Freedom fortnight)

MEETING ON PREVENTION OF SEXUAL HARRASSMENT OF WOMEN AT WORKPLACE

Prof. Reeta Venugopal (Director, CWS) attended a two day meeting on ‘Prevention of Sexual Harassment of Women at Workplace on January 6 & 7, 2017 at Kolkata. The meeting was organized by SANHITA, a gender resource centre and a women’s rights Initiative with a

commitment towards overall vision of gender justice and equity. The purpose of this meeting was to stimulate dialogue on the issue of sexual harassment at workplace and to look at the implementation of Sexual Harassment of Women at Workplace (Prevention, Pro-

hibition and Redressal) Act 2013, developing strategies for proper implementation of the Act and over all capacity building of stakeholders towards prevention and redress of sexual harassment of women.



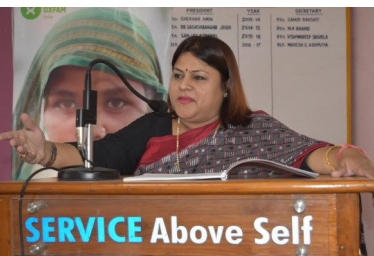
Release of Recommendations during State level consultation on Chhattisgarh State Women Policy

PARTICIPATION IN STATE LEVEL CONSULTATION ON CHHATTISGARH STATE WOMEN POLICY

A state level consultation on Chhattisgarh State Women Policy was organised by Oxfam India and Sajha Manch (an informal group of women’s organisations, groups and individuals) on December 15, 2016 at Rotary Club, Raipur. Prof. Reeta Venugopal, Prof. Priyamvada Shrivastava, Prof. Moyna Chakravorty and Prof. Preeti K. Suresh participated in the event. The organisations from across the state came together and revisited, discussed, analysed in the changed context of the state and lives of women, to come up with a compre-

hensive, holistic and inclusive policy for empowerment of women and girls. The panellists for the day were Dr. M. Geetha (Secretary, Department of Women and Child Development), Ms Harshita Pandey (Chairperson, State Commission for Women) and Ms Shatabdi Pandey (Secretary, SCPCR). The recommendations were presented to strengthen the State Women Policy. These consultations were held in four divisions – Raipur (including Durg), Bilaspur, Sarguja and Bastar, with participation from

over 80% of the total districts in the state. The women participants were from different streams such as women groups and activists working with women and girls on various issues, lawyers, journalists, academicians, artists, women representing different sections of the society, domestic workers, construction workers, MNREGA workers, brick kiln workers, other unorganised sector, health, agriculture, natural resource management, single women, transgender, sex workers, etc.



Ms. Harshita Pandey, Chairperson, Chhattisgarh State Commission for Women



Participants in the State level consultation on Chhattisgarh State Women Policy

PARTICIPATION IN STATE LEVEL WORKSHOP ON REGOGNIZING SOCIAL INNOVATIONS TO ACHIEVE ODF PLUS

A State level Workshop on "Recognizing Social Innovations to achieve ODF Plus: Sustaining and Scaling-up WASH in Chhattisgarh" was organised on 29th December 2016 by PRIA and WATER AID India. The workshop was aimed at maintaining a reciprocal interaction between various stakeholders from governance, community and institutions. The workshop provided a platform to various organizations working in this sector for sharing their learn-

ings, field experiences and sharing of Citizen Report Card findings for developing further plan of action. In this workshop influential people that stimulate development process from NGOs, media, sector specific experts from government, people's representatives, academia were present for carrying forward this dialogue for preparing further plan of action. This consultations were chaired by representatives from State Plan-

ning Commission, State level Navratnas and State Swachh Bharat Mission. The sessions focussed on sharing of social innovation and challenges with key stress on innovations and best practices. Prof. Reeta Venugopal (Director, CWS) was one of the panellists to talk on "Sustainability of WASH & ODF Plus Strategy" along with Mr. Bhiyalal Rajwade (Youth Welfare & Labour Minister, CG Govt.), Mr. P.P. Soti (Member, State

Planning Commission) and Ms. Phulbasan Yadav (Navratna CG state SBM - Grameen).



Prof. S.K. Pandey, Ms. Harshita Pandey and Prof. Reeta Venugopal during the workshop

BEAT THE BREAK AND TREASURE YOUR BONES: OSTEOPOROSIS AMONG PRE- AND POST-MENOPAUSAL WOMEN OF RAIPUR

WOMEN'S HEALTH UPDATE

Anuradha Chakraborty and Moyna Chakravarty
S.O.S. in Anthropology

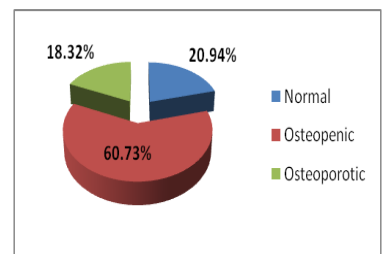
Being diagnosed with osteoporosis is serious and breaking a bone due to osteoporosis is even worse. Millions of people are struggling with their bone health. But our body is a miraculous machine and over thousands of years it has been designed for life. We need the right information, at the right time, to make smart choices to lead a better life when it comes to the health of our bones. In other words, if an individual is diagnosed, way before that he or she might be a victim of osteoporosis and have a chance of getting a fracture, then measures can be taken to avoid such a situation. The data shows a high prevalence of osteopenia and osteoporosis among the pre and post-menopausal women with some obstetric problems. Significant difference was observed between osteoporosis and previous fracture, menopausal status, frequent falls and age. On the other hand, BMI, weight and caste distribution showed non-significant difference. The calcaneal QUS method utilizing the WHO score criteria is a potential screening tool because of the

feasibility, low cost and portability. Since osteoporosis is a silent disease and will not be noticed until fracture occurs, this may lead to under diagnosis and under treatment of the disease in both pre- and post-menopausal women.

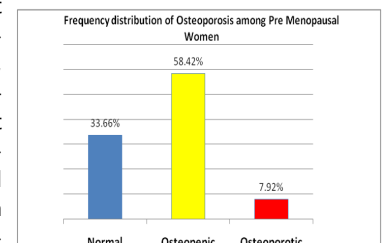
During the study, the bone mineral density of 191 women of Raipur City was examined. The women attending the camps were classified into osteopenic and osteoporotic following the classification of W.H.O. on the basis of T Score. The respondents belonging to 35 years and above were only selected to classify them into pre-and post-menopause category. The results showed low BMD to be a significant predictor variable for osteoporotic fractures. The prevalence of osteoporosis in the present study was 60.73% and osteoporosis was 18.32% while only 20.94% were normal which is very alarming. Highest percentage of women were classified as osteopenic in both pre- and post-menopausal group and after which the percentage declined in 61-70+ age group. Osteopenic cases also increased with ad-

vancement of age but in this case the incidence of osteoporosis was observed to be 85.72% in 71-80 years age group which may be perhaps due to the old age. Chi-square value was computed for age-wise distribution of osteoporosis $\chi^2 = 58.86$, d.f = 8 which showed significant difference at level of 0.050.

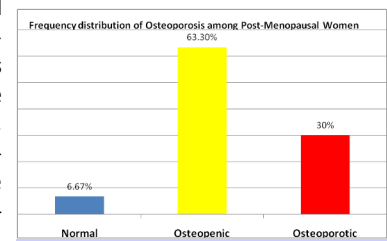
The study showed that there was statistically significant relationship between osteoporosis and previous fractures, age, frequent falls and menopausal status. The present study suggests that the calcaneal QUS method is a useful tool in identifying osteopenia and osteoporosis in a substantial female population who otherwise shall remain unnoticed and undiagnosed and face the complications of osteoporosis. Since osteoporosis is a silent disease and will not be noticed until fracture occurs, this may lead to under diagnosis and under treatment of the disease in the high risk pre- and post-menopausal women.



Frequency distribution of osteoporosis among respondents of Raipur city



Frequency distribution of osteoporosis among pre-menopausal women



Frequency distribution of osteoporosis among post-menopausal women



Gender Discrimination & Equal Rights: A Question of Social Perspective

Tuhin Deb

Director, State Resource Centre, Raipur (Chhattisgarh)

As a consequence of indiscriminate feticide and killing of girl child during the last few years, approx. 20 crore female have disappeared from the world arena. This is the finding of the worldwide study conducted by World Health Organization (WHO) and India has been in the upper echelon of the list of such countries. The studies of WHO and Indian Medical Association (IMA) reveal that, about 20 lakhs of girl fetus, on an average, are killed in our country every year. Even our Nobel Laureate Prof. Amartya Sen has expressed his deep anxiety over syndrome of 'Missing Women' in his special work on 'many faces of gender inequality'.

While observing International Women's Day, many persons, eminent in their respective fields, express their anxiety every year, on perpetual decreasing ratio of women in comparison to men. Among the new borns, the body resistance of a girl child, on account of biological reasons, happens to be stronger. And this probably can be attributed for higher annual death rate of a male child than that of a girl. In spite of that the discrimination within family, adverse to girl child, creates the devastation. The girl child gets a diet inferior in nutritional value than her male sibling, and that too in lesser quantity. Yet, the girl has to bear the

total burden of domestic chore, right from her childhood. When the boy goes to the playground, his sister has to stay within the four walls extending helping hands to her mother engaged in domestic chores. Parents remain more concerned about the academic development of the son in comparison to that of their daughter. If, out of some social compulsion, the girl is sent to a primary school, she is destined to discontinue her studies at higher classes and would be compelled to come back home to take up daily domestic chore. Consequently, the school dropout percentage is much high among the girls in comparison to the boys. Thereafter, she gets married and not withstanding mal- and undernourishment, she is forced to give birth to undernourished and dead children. A good number of such women die during childbirth. However, the latest trend of killing the girl fetus is just the limit.

According to demographers, the ideal male/female ratio is 1:1. It indicates that for social equilibrium there should be 1000 female for every 1000 male. Otherwise, the eventual disequilibrium would cause the spread of venereal diseases (VDs). And the facts have confirmed the apprehension. IMA study has revealed that during the last few years, the spread of various type of VDs including AIDS has taken a terrible shape in Bihar, Rajasthan,

Haryana and UP. Demographers hold the disequilibrium of gender ratio responsible for this.

At what pace this diminishing number of women is going on? If we peruse the 10-yearly census of the last 100 years, we find that it was 972 female against per 1000 male in 1901. It became 941: 1000 in 1961 and 927:1000 in 1991. In 2001 it became 933:1000 and in 2011 has become 940: 1000. Obviously, a little recovery is there but nothing to be complacent of.

But an alarm bell has been ringing for Indian society at large. The persistent downward trend in the gender ratio of kids (age group of 0–6 years) is an ominous indication. The ratio of girls per 1000 boys (0-6 years) has been 962 in 1981, 945 in 1991, 927 in 2001 and 914 in 2011. If some preventive measures are not taken now, both by governments and by society, we may suffer the adverse consequences in near future. In comparison to the national average of 914, this average is much higher in states like Kerala, Tamil Nadu, Andhra Pradesh and Chhattisgarh but it is much lower in other states. Even in economically forward states like Gujrat, Delhi, Chandigarh, Punjab and Haryana, these are 883,868,845,798 and 819, respectively. Thus the diminishing gender ratio of children in affluent and developed states reveal the double standard of those societies

which prefers boys to girls even in this millennium. The situation seems to be satisfactory in Eastern and Southern states, but the emerging picture in Northern and Western states appears to be terrible. According to the report of Central Statistical Organization (CSO), some 6,80,000 female fetus have been destroyed between 2001-05.

Some of the utterances like 'Why should girls have high nutritious diet', or 'What is the use of educating a girl' or 'Why should a girl do any job' are deeply rooted into the collective conscience of a patriarchal society. The masculine maxims like the futility of women's independent thinking, independent decision making or living her independent life in her own way, have always remained active behind the enactment of laws and constitutional directives. Gender discrimination, while sabotaging constitutional commitments of gender equality and piercing the legal shields, has actually been strengthening the age old patriarchy.

In the national perspective, the coordination of "Beti Baachao, Beti Padao" campaign with Saakshar Bharat program can certainly change the game and drive away this gender discrimination.

(Source: Report of WHO; Journal of Indian Medical Association; Census Report-2011).

CELEBRATION OF AZAADI 70 —YAAD KARO KURBANI (FREEDOM FORTNIGHT)

Our country has entered into the 70th year of independence on August 15, 2016. To mark this milestone, a program "Azaadi 70—Yaad Karo Kurbaani was launched by the Government of

India and MHRD to re-instill the spirit of freedom struggle and national movement among younger generation. The celebrations were held by the CWS in collaboration with Women

Hostels, PRSU during the period 9-23 August, 2016. A number of competitions were conducted amongst the students on the theme "Freedom" including poster, rangoli, essay and poem

writing. The hostel inmates and the employees were also administered oath and paid tributes to the freedom fighters who laid their lives during the freedom movement for an independent India.

FORTHCOMING ACTIVITIES: International Women's Day, Workshop on Gender Champions, Gender Sensitization Awareness Program

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