

Shakti

A NATIONAL MOVEMENT FOR WOMEN

NEWSLETTER

2023 - 2024, Issue No. 5

www.shaktibharat.org



SHAKTI

(A NATIONAL MOVEMENT FOR WOMEN)

शिवः शक्त्या युक्तो यदि भवति शक्तः प्रभवितुं
न चेदेवं देवो न खलु कुशलः स्पन्दितुमपि ।
अतस्त्वामाराध्यां हरिहरविरञ्ज्यादिभिरपि
प्रणन्तुं स्तोतुं वा कथमकृतपुण्यः प्रभवति ॥
सौन्दर्यलहरी

भावार्थ-

शिव शक्ति से युक्त हो कर ही जगत् की सृष्टि स्थिति और संहाररूप कार्यों में समर्थ हो पाते हैं, यदि वे शक्ति से युक्त न हों तो उनके लिए स्पन्दन (हृदय की धड़कन) भी संभव नहीं है। अतः विष्णु, शिव और ब्रह्मा आदि के द्वारा भी आराध्य देवि ! तुम्हारी स्तुति या तुम्हें प्रणाम करने में वह व्यक्ति कैसे समर्थ हो सकता है, जिसने पुण्य नहीं किया है? अभिप्राय यह है कि पुण्यवान भाग्यशाली ही देवी की भक्ति कर पाते हैं। वस्तुतः स्त्रियों का सम्मान शक्ति या देवी का ही सम्मान है।

प्रार्थना

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥
ईशावास्यमिदं सर्वं यत्किंच जगत्यां जगत् ।
तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम् ॥
विद्यां चाविद्यां च यस्तद्वेदोभयं सह ।
अविद्यया मृत्युं तीर्त्वा विद्ययाऽमृतमश्नुते ॥
सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभागवेत् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

ABOUT SHAKTI

SHAKTI – A National Movement for Women, was established in Kochi (Kerala) in the year 2003, by the inspiration of Vijnana Bharati, a Swadeshi Science Movement, the motto of which is ‘Science and Technology for Social Harmony’. SHAKTI was formed with the vision to unite the women of Bharat for social, intellectual, cultural and economic development of women in particular and Bharat in general. SHAKTI works for women with Science and Technology as a tool. SHAKTI works on the sacred concept of '*Ardhanareeshwara*', acknowledging the complementary role of men and women in the progress and development of our Nation.

VISION

To strengthen the Social, Cultural, Intellectual and Economic growth of women for constructive leadership in leading the Nation.

MISSION

Empowering and enriching women through Science and Technological interventions by associating with Scientific, Government and Non-Government Organisations, Academicians, Self Help Groups, Philanthropists, and the Youth.

ORGANIZATIONAL STRUCTURE - GOVERNING COUNCIL

- ▶ President :Dr. Sudha Tiwari
- ▶ Vice Presidents :Dr. Ankita Bohare
:Dr. Reeta Bhattacharya
:Prof. Rama Jayasundar
- ▶ General Secretary :Vaidya Leena Bavadekar
- ▶ Co-ordinator : Smt. Bindu Suraj
- ▶ Secretaries : Dr. Smita Sharma
:Smt. Varsha Tatwawadi
:Dr. Padmavathi Vanapalli
- ▶ Treasurer :Smt. Manisha Kulkarni
- ▶ Members :Dr. Uma Sharma
:Dr. Suphala Pujari
:Smt. Soma Dasgupta
:Smt Rajani Sinha
:Dr. Ranjana Arya

PRANT UNITS

Shakti has expanded its wings in the following states to date

1. Andhra Shakti – Rajamahendravaram, AP
2. Awadh Shakti – Lucknow
3. Gorakhpur Shakti -Gorakhpur
4. Indraprasth Shakti – Delhi
5. Jaipur Shakti - Rajasthan
6. Kanpur Shakti – Kanpur
7. Kashika Shakti – Kashi
8. Kerala Shakti, Kochi
9. Luit Shakti – Assam
10. Mahakoushal Shakti – Jabalpur
11. Malwanchal Shakti – Indore
12. Manipur Shakti - Manipur
13. Nanda Shakti - Uttarakhand
14. Narmada Shakti – (Bhopal) Madhya Bharat
15. Nivedita Shakti - Kolkata
16. Pradnya Shakti - Goa
17. Pratibha Shakti, Nagpur – Vidarbh
18. Shakti Mahila Vigyan Bharati Samiti, - Chhattisgarh
19. Sharada Shakti, Pune - Paschim Maharashtra

Shakti is attempting to extend its work in Braj and Gujarat Prant.

INSTITUTIONAL COLLABORATIONS

Shakti has collaborated with INSTITUTIONS to broaden the scope of its vision and mission.

Kolkata Nivedita Shakti

Topic of MOU - for promotion of Women Entrepreneurship

The name of the Institute - Bijoyghar Jyotish Roy College

Pradnya Shakti, Goa

MOU with the Government College of Arts, Science and Commerce, Sanquelim

Sharada Shakti, Pune (Paschim Maharashtra)

Topic of MOU- 2 credit Courses for UG and PG courses to be conducted

1. Ayurvedic wellness coach
2. Ayurvedic diet coach

The name of the Institute- Deccan Education Society, Fergusson college



Brahmavadini Gargi Vachaknavi, a great natural philosopher and renowned expounder of the Vedas

NATIONAL SCIENCE DAY 2024
National Coordinator: Dr. Surekha Kalkar

All Prant units celebrate specific days to encourage students in the science stream to contribute to society.

INDRAPRASTHA SHAKTI, DELHI

State Coordinator: Savita Sharma

The following events were organized:

1. Talks on importance of cow dung, urine & daily useful products, nanoscience, and millets.
2. Competitions for designing posters and creative writing on the given subjects.
3. A quiz on the theme 'Vikasit Bharat'.

The dignitaries present were Dr Sudha Tiwari, Ms. Bindu Suraj, Dr Pratima Solanki, Ms. Anita Chopra

No. of beneficiaries: 90



KANPUR SHAKTI

State Coordinator: Dr. Rachana Singh

A science quiz was held at D A V College in Kanpur. The purpose of the quiz was to help students understand more about various scientific topics and to make science enjoyable.

KOLKATA NIVEDITA SHAKTI, KOLKATA

State Coordinator: Dr. Anuja Datta

1. A visit to the "Institute of Little Stars" of Mahanad, Hoogly, WB, a rural school, Rajendranath Koley Smriti Mancha, was organized.
2. The KNS subunit Raghampur Shakti is a powerful rural women's empowerment unit that trains local women in the rural Raghampur area to prepare Phenyl, Amla, and Alovera products, including food and cosmetic things. Members of the Raghampur unit created an exhibition for the community, educating them about the value of indigenous technology and how it may alter the perception of Indian women worldwide. The dignitaries present were Panchayat Pradhan, School Board Members and Notable Local Social Workers, Prof. Sampa Das, INSA emeritus scientist. The program was in collaboration with St. Xavier's college, Raghampur campus.

No. of beneficiaries: 250+



MAHAKOUSHAL SHAKTI, JABALPUR

State Coordinator: Dr. Mukul Tiwari

Various competitions were held, such as NibandhBhathan Science - Poster Science - Model Science - Rangoli, whereby Shakti Mahakoshal distributed the certificates.

Dr. Tanuj Chamoli, the principal of Govt. College, Majholi, Jabalpur, M.P. was the chief guest. The resource person was Dr.MuktaBhatele.

No. of beneficiaries: 100



NARMDA SHAKTI MADHYA BHARAT PRANT, BHOPAL - MADHYA BHARAT

State Coordinator: Mrs. Kokila Chaturvedi

On the occasion of National Science 2024, a talk titled 'Importance Of Science In The Sustainable Development of Girls' was held. The resource person was Dr Savita Dixit, Professor, Department of Chemistry, Maulana Azad National Institute of Technology. The Chief guest for the event was Dr. J. P. Shukla, Principal Scientist of MPRI, Bhopal.

No. of beneficiaries: 100

PRADNYA SHAKTI, GOA

State Coordinator: Dr. Suphala Pujari

A lecture on "Antarctica: A Natural Lab to Study Climate Change" was organized. The Resource person was Dr. M. R. Ramesh Kumar Chief Scientist (Retired) & Head, POD, NIO, Goa. The lecture was a very interactive session with students being presented small memorabilia by Dr. Ramesh Kumar on answering his questions. He elaborated on the various conditions that he and his team members worked under during their expedition to the icy continent of Antarctica in 1986-87. The students were very much interested in asking Questions and the session extended far beyond the intended time. The programme was held in collaboration with Government College of Arts, Science and Commerce, Sanquelim – Goa.

No. of beneficiaries: 90



PRATIBHA SHAKTI, NAGPUR - VIDARBH

State Coordinator: Dr Jayashree Thaware & Dr Suvarna Patil

The following events were organized in collaboration with S.K.Porwal College, Kamptee Dist-Nagpur::

1. A talk on 'Science in everyday life'. The resource person was Dr Jayshree Thaware, Associate Professor, Department of Botany, S.K.Porwal College, Kamptee District, Nagpur.
2. Model making and Poster making Competitions on the themes 'Innovations in Science' and 'Indian Culture and Heritage'

No. of beneficiaries: 100



SHAKTI MAHILA VIGYAN BHARATI SAMITI, RAIPUR, CHHATTISGARH

State Coordinator: Dr Anjali Oudhia, Dr Shubhra Tiwari, Dr Manisha Agrawal

Shakti Mahila Vigyan Bharati Samiti, Raipur in association with Rungta College of Pharmaceutical Sciences & Research, Raipur organized following events as a part of National Science Day 2024 celebration.

1. Lab visit and Science Quiz for High School Students, Village Aatari under Theme "Indigenous Technology for Viksit Bharat"
2. An exhibition of science Fun Models

Dr. Manisha Agrawal Dean R and D, RCET, Smt. Gayatri Birha, Chairman, Municipal Corporation and Coordinators - Dr Mithilesh Prashar and Dr Mamta Singh were among the dignitaries invited.

No. of beneficiaries: 228



SHARADA SHAKTI, PUNE (PASCHIM MAHARASHTRA)

State Coordinators: Mrs. Simantini Vaze, Mrs. Lalitagauri Dange, Mrs. Abha Telang, Dr. Rajashree Kashalkar

The celebration of National Science Day 2024 was planned from 28th February -13th March 2024. The following events were scheduled:

1. Interschool Drawing Contest for students from std.VIII – XI.
2. An interschool Essay Writing Contest for students from std. VIII – XI.
3. Intercollegiate Elocution competition for Graduate and post graduate students. The competition subjects were as follows:
 - a. Contribution of Science to Global Well Being.
 - b. One Earth, One Family, One Future.
 - c. India's Scientific Progress: Past, Present and Future.

The prizes were distributed during the celebration of Shakti Diwas 2024 in the presence of Dr. Shekhar Mande, form DG, CSIR and National President, Vijnana Bharati.

No. of beneficiaries: 455



SAMARPAN DIWAS
National Coordinator: Mrs. Varsha Tatwawadi

KOLKATA NIVEDITA SHAKTI, KOLKATA

Dignitary for the programme was Ms. Arunima, DYO, BSF, Hoogly district. Students gave brief talks about Sister Nivedita and her devotion for India. They took part in drawing competition. They showcased exquisite models related to scientific subjects such as solar eclipses, water cycles, star identification, and more. A number of charts on human evolution, biodiversity, and the most recent Chandrayan III upgrades were on exhibit. As a token of gratitude, students were given certificates and keepsakes.



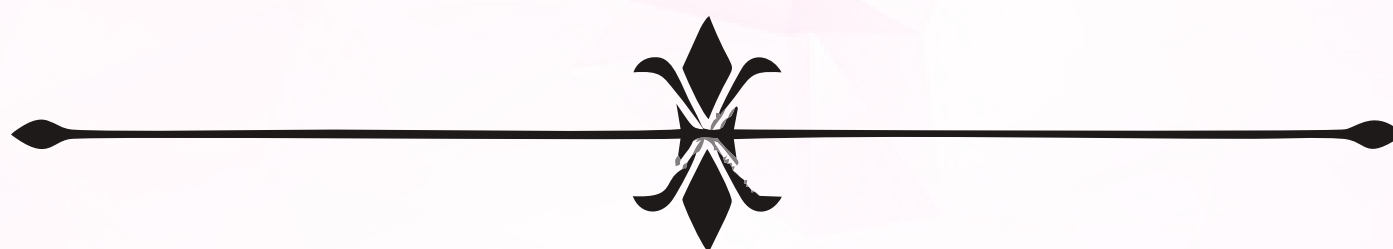
MAHAKAUSHAL SHAKTI, JABALPUR

Two programs were held in memory of Bhagini Nivedita, the first on October 21, 2023, at Gracy Yes Convent School in Katara. Thirty students took part in the quiz, and eighty students wrote essays in the competition, both supervised by Smt. Sarika Verma. Winners were awarded prizes. Smt. Chanda Swarnakar delivered a speech in which she urged the students to focus on Bharatiya Sanskriti and allow it to percolate into their lives. Number of participating students was 30. The second program was held on October 30th, 2023 at A.P. N. College in Sadar. 28 students took part in the poster competition. Winners received certificates. A scientific contribution and a discourse on Bhagini Nivedita were presented. Shri Chaman Shrivastav and Smt. Sonal Khare delivered speeches on the occasion.



PRATIBHA SHAKTI, NAGPUR

From October 18 to November 25, three schools - Modern School, NEERI Branch, Nagpur, and Sevasadan High School, Sitabardi, Nagpur—hosted Samarpan Diwas. With 160 recipients, there was a good level of involvement from students, instructors, visitors, and Shakati members. Advocate Mayuri Deshmukh, Dr. Kalpana Tiwari, and Principal Niranjan Kumbhalkar were among the dignitaries present at the event. A speech about Sister Nivedita's life and dedicated work for the upliftment of India and the empowerment of Indian women was delivered in all three schools. Students were inspired to work for community improvement and nation-building. A written quiz was conducted. The essay competition on 'Social Issues and Solutions' was thought-provoking and commendable. Prizewinners read their essays. Corruption, dowry, mental health, and impromptu speeches on diverse issues were thought-provoking. They highlighted "water scarcity and wastage," "garbage disposal mismanagement and health hazards," "overuse and misuse of mobile devices," and "noise pollution." Distinguished guests gave talks that inspired and motivated the youngsters.



The meaning of education is not only to accumulate knowledge but to awaken and develop the hidden strengths within us. "This is true meditation".

-Sister Nivedita

YUVA SHAKTI ABHIYAN (YSA)
National Coordinator: Prof. Punita Verma

INDRAPRASTHA SHAKTI, DELHI

State Coordinator- Dr Darshan,

A one-week YSA program was scheduled for February 15, 2024, and ran until February 22, 2024. Seven sessions covering a wide range of vital topics were held, including as Health and Educational skill, Cultural heritage, Diet and Nutrition: Impact on Health Outcomes, Legal Literacy and General Awareness, Environment and Social responsibility, Prevention-a simpler way of living through ayurveda and Enhancing youth mental health were discussed in details. The resource persons were Prof Uma Kumar, Dr Sunita Rajiv, Prof. Navneet Manav, Prof. Sunita Bhagat, Prof. Meetu Khosla, Dr Pratima Lakra, Mr. Aseem Chandra Trivedi, Dr Nishi Arora, Prof. Punita Verma, Indraprastha Shakti unit. These distinguished speakers, each with years of experience in their respective fields, made a lasting effect on the students. All in all, the workshops have exceeded our expectations and proven enriching.

Number of beneficiaries: 147 students and 20 teachers



PRATIBHA SHAKTI, NAGPUR - VIDARBH

YSA program was conducted from January 15 – 17, 2024 at Smt. Ushaben Chandrakant Thakar Women’s College, Nagpur. Dr. Sudha Tiwari, National President of SHAKTI, Drs. Aarti Saoji, Manda Walokar, Mrs. Smita Deshpande, Dr. Shivali Dharaskar, Mrs. Meena Kadbe, Dr. Jayashree Pendharkar, and Dr. Sudha Bhide served as program resource persons. Lectures on women's health and hygiene, legal rights, gender equality, skill based education, personality and stress management Indian perspective of womanhood and Social responsibilities, green environment were covered in this three-day program. Each session was enjoyable and satisfied the students' curiosity, and all of the distinguished speakers were outstanding in their disciplines.

Number of beneficiaries: 55 students



SHAKTI MAHILA VIGYAN BHARATI SAMITI, RAIPUR, CHHATTISGARH

State coordinator: Dr. Aruna Choubey

The Ramkrishna Institute in Mahadev Ghat, Raipura, Raipur, Chhattisgarh, hosted a four-day YSA program. The resource persons were Dr. Anjali Oudhia, Dr. Padmashree Bakshi, Mrs. Samina Khan

Dubey, Dr. Manjiri Bakshi, Dr. Indu Sadhwani, Dr. Abhaya Jogalekar, Dr. Varsha Varwandkar, Mrs. Arpana Dubey, Dr. Aruna Chaubey, Dr. Mini Alex. The various lecture categories that the speakers offered made the students very delighted. They engaged with the speakers, made an effort to address their concerns, and requested the coordinator, Dr. Aruna Choubey to arrange such talks in future. Number of beneficiaries: 75 students



SHARADA SHAKTI, PUNE (PASCHIM MAHARASHTRA)

State coordinator: Dr. Priya Herlekar

Under the YSA initiative, Sharada Shakti intended to hold 20 lectures for eighth-grade girls from Ahilyadevi High School in Pune. This activity began on August 19, 2023, and dealt with the physical, mental, and social health of adolescent girls. Initially, an orientation workshop was held for the resource persons. In this session, the entire curriculum was explained. On August 19, 2023, Dr. Leena Bavadekar inaugurated the program. She addressed the pupils and explained the program's purpose and usefulness. Sharada Shakti members, doctors from Tilak Ayurved College, and other resource persons delivered lectures on the following topics: Dincharya, Rutucharya, Balanced Diet for Youth, Nutrition, Shareer Rachana (parts 1 and 2), Menses, Adverse effects of irregular Periods, Mental Health (parts 1 and 2), Self-Awareness, Communication Skills and Personality Development, Exercise and Yoga, and a practical session on Yoga and Asanas.

The majority of the talks focused on activities. Resource persons communicated with students, and homework was assigned on a consistent basis. In addition to the core subjects, trainings were offered on eco-friendly Ganesh festivals, creating red dot bags, and so on. The pupils filled out the feedback questionnaire. The same was analysed. Counselling activities were conducted for 45 students at the end of the YSA program.

Number of beneficiaries: 130 students



PRABHODINI

PRABODHINI means Refined Sense, Self-Knowledge or Individual Consciousness to Collective Consciousness. The aim of Prabhodini is to strengthen the inner self in a scientific way for rational introspection. Discourses by prominent intellectuals are conducted regularly in this context.

PRATIBHA SHAKTI, NAGPUR - VIDARBH

Coordinators : Mrs Vaishali Deo and Vaidya Meera Aurangabadkar.

Aim and vision of Prabhodini is to strengthen the inner self for rational introspection.

Shri Ramachandra is our deity. Pranpratishtha of Ramlalla in Ayodhya mandir, our Nation and Hindu society got united and was in high spirits. Hence for strengthening Pratibha Shakti organization and for empowering women ,spiritually, morally, intellectually Pratibha Shakti celebrated PrabhodhiniProgramme in following manner.

- 1) Prarthana, Deep Prajvalan, Pujan of Bharat Mata and Shri Ramachandra
- 2) Melodious bhajans of Shri Ramachandra by Renuka Bhajan Mandal.
- 3) Vaidya Meera Aurangabadkar introduced coveted speaker .
- 4) Spiritual discourse ' prabhate mani Ram chintit Java ' (ग्यानयग्य) by Mrs Aditi Deshmukh. She inculcated devotion towards almighty, commitment to good purpose and positivity in audience. Speaker Aditi Deshmukh,M.A. Psychology, MIRPM,PGDRP, SanskrutVsharad. Counselor and teacher by profession. Recipient of award of Rs/- 51000 for best poem in Akhil Bharatiya Marathi Sahitya Sammelan and title Dharmkaviyatri and many more.
- 5) Dr Sudhaji Tiwari delivered presidential speech.
- 6) Advocate Smita Deshpande proposed vote of thanks.
- 7) Program concluded with shanti mantra.
- 8) PrabhodhiniProgramme was anchored by Vaishali Deo.
- 9) Venue and refreshments were arranged by Vaidya Meera Aurangabadkar.



GRAM PARI

National Coordinator: Mrs. Rajani Sinha

Gram Pari yojana is a vital Shakti Project aimed at empowering rural women and enhancing their status in society. By focusing on education, skills training, and economic opportunities, this initiative fosters greater participation of women in nation-building efforts. The project seeks to bridge the gender gap in rural areas, promoting sustainable development and inclusive growth. Through Gram Pariyojana, rural women are given the tools and support needed to become active contributors to their communities and the nation's progress.

Activities:

1st Activity

- Self-Employment Program:
- State - Nagpur
- Date - March 2023
- Participants - 150
- Guidance and mentoring for aspiring entrepreneurs.
- Mentorship programs pairing experienced professionals with program participants.



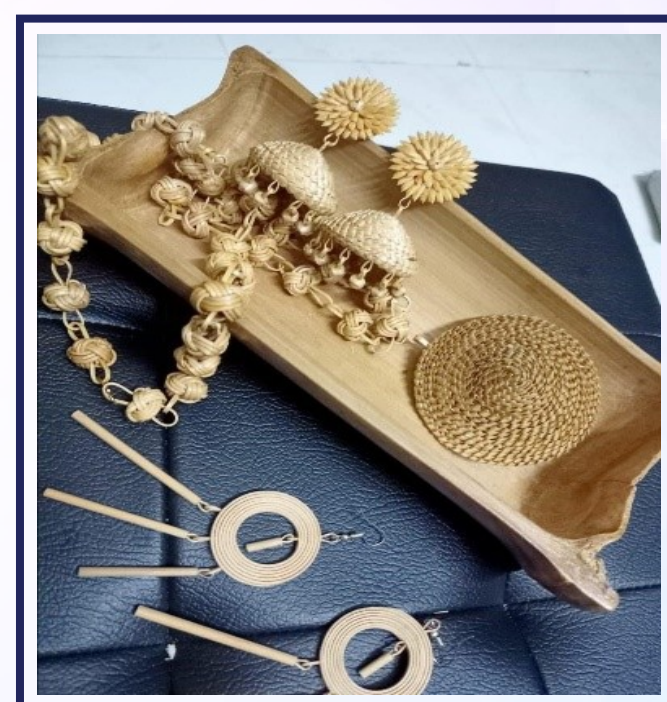
2nd Activity

- Empower Her: Women's Development Program
- State - Kolkata
- Date - April 2023
- Participants - 30
- Specialized training sessions on leadership, entrepreneurship, and financial literacy.
- Mentorship programs pairing experienced professionals with program participants.



3rd Activity

- Bamboo Product Making Training Program
- State - Assam
- Date - May 2023
- Participants - 25
- Practical training in bamboo product crafting, including home decor and accessories.
- Entrepreneurial workshops focusing on marketing and financial management.



4th Activity

- Health Check-Up and Nutrition Sensitization for Pregnant Women in Dhalpur
- State - Assam - Dhanpur
- Date - June 2023
- Participants - 20
- Free comprehensive health check-ups focusing on prenatal care.
- Education sessions emphasizing health and nutrition for expectant mothers.
- Promoting maternal well-being through community engagement and awareness.



5th Activity

- Distribution of Clothes to Underprivileged
- State - Raipur
- Date - July 2023
- Participants - 25
- Collection of donated clothes from generous donors.
- Distribution events ensuring equitable access and support.
- Promoting dignity and warmth through clothing donations.



6th Activity

- Cancer Awareness Program
- State - Raipur
- Date - August 2023
- Participants - 30
- Educational workshops on early detection and prevention methods.
- Community outreach campaigns to raise awareness.
- Encouraging regular screenings for early diagnosis.

7th Activity

- Beautician and Tailoring workshop
- State - Rajeshthan
- Date - September 2023
- Participants - 30
- Practical training in skincare, makeup application, and hair styling techniques.
- Hands-on training in sewing, pattern-making, and garment construction
- Opportunities for entrepreneurship through skill development.



8th Activity

- Health and Hygiene Workshop and Importance of Nutrition
- State - Gorakhpur
- Date - October 2023
- Participants - 35 - 40
- Practical demonstrations on proper handwashing, personal hygiene practices, and sanitation.
- Discussions on the importance of maintaining a clean environment for health.
- Education on nutrition basics, including balanced diet principles and food safety.



9th Activity

- Distribution of Millet-Based Food, Clothes, and Blankets
- State - Banaras
- Date - November 2023
- Participants - 30
- Packaging and preparation for distribution to underserved communities.
- Focus on promoting healthy eating habits and sustainable agriculture.
- Acquisition and distribution of blankets for warmth and comfort.



10th Activity

- Mushroom Cultivation Demonstration
- State - Jabalpur
- Date - December 2023
- Participants - 40
- Dr. Jeya Roy demonstrated mushroom cultivation techniques at Rani Durgavati University, Jabalpur.
- Participants actively learned cultivation practices during the session.



11th Activity

- Discussion with Underprivileged Women on Improving Life
- State - Uttarakhand
- Date - February 2024
- Participants - 35 - 40
- Engaged in a discussion with underprivileged women regarding their life challenges and opportunities for improvement.
- Explored ways to enhance their quality of life through supportive dialogue and empowerment strategies.



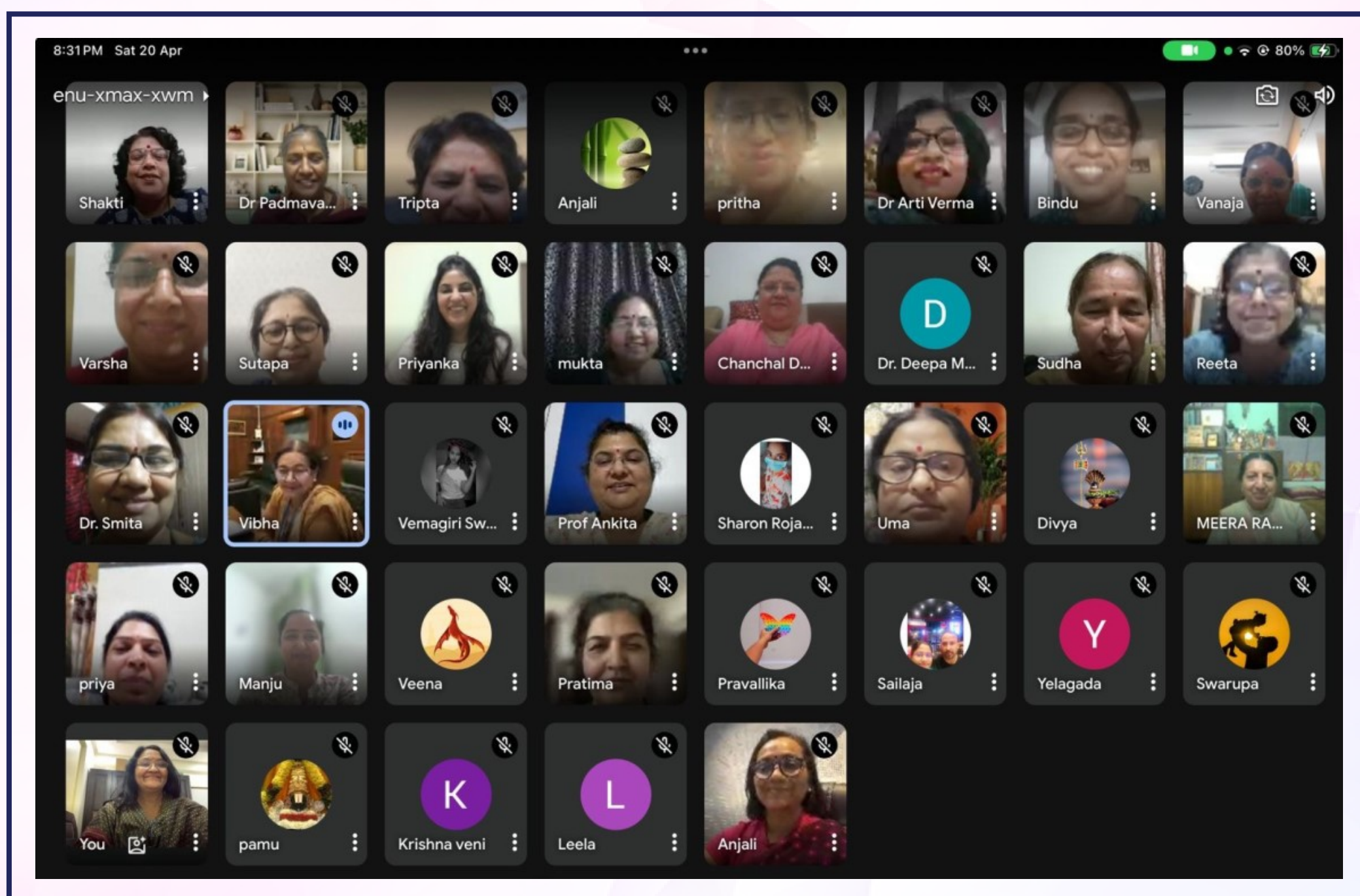
12th Activity

- National Program Highlights: Drug Abuse and Cyber Crime Awareness
- State - Uttarakhand
- Date - April 2024
- Participants - 100 +
- Over 100 participants joined the online program aimed at raising awareness about drug abuse and cyber crime.
- The session provided crucial insights and strategies to address these pressing societal issues effectively.



SHAKTI SHODH SETU
National Coordinator- Dr Anjali Oudhia

Shakti Shodh Setu (SSS) is a project for mentoring girl students of disadvantaged section of the society in their academic project work in different fields of Science and Technology. Women Scientists / Academicians from National Scientific Organisations / Institutions were identified as Mentors. The uniqueness of SSS is the mentoring and handholding continues till the mentee finds a foothold in her career. It was launched on 20th April 2024 by the National President, Shakti, Dr Sudha Tiwari in an online mode, where the unit coordinators, mentors and mentees participated. Selection process of Mentees from different units was by scrutinizing the project proposal, followed by oral interaction on a virtual platform by an expert committee. A total of 11 students are assigned to 9 Mentors based on their project proposals. More mentees are being solicited to link up with other eminent Mentors which is expected to commence in this academic year

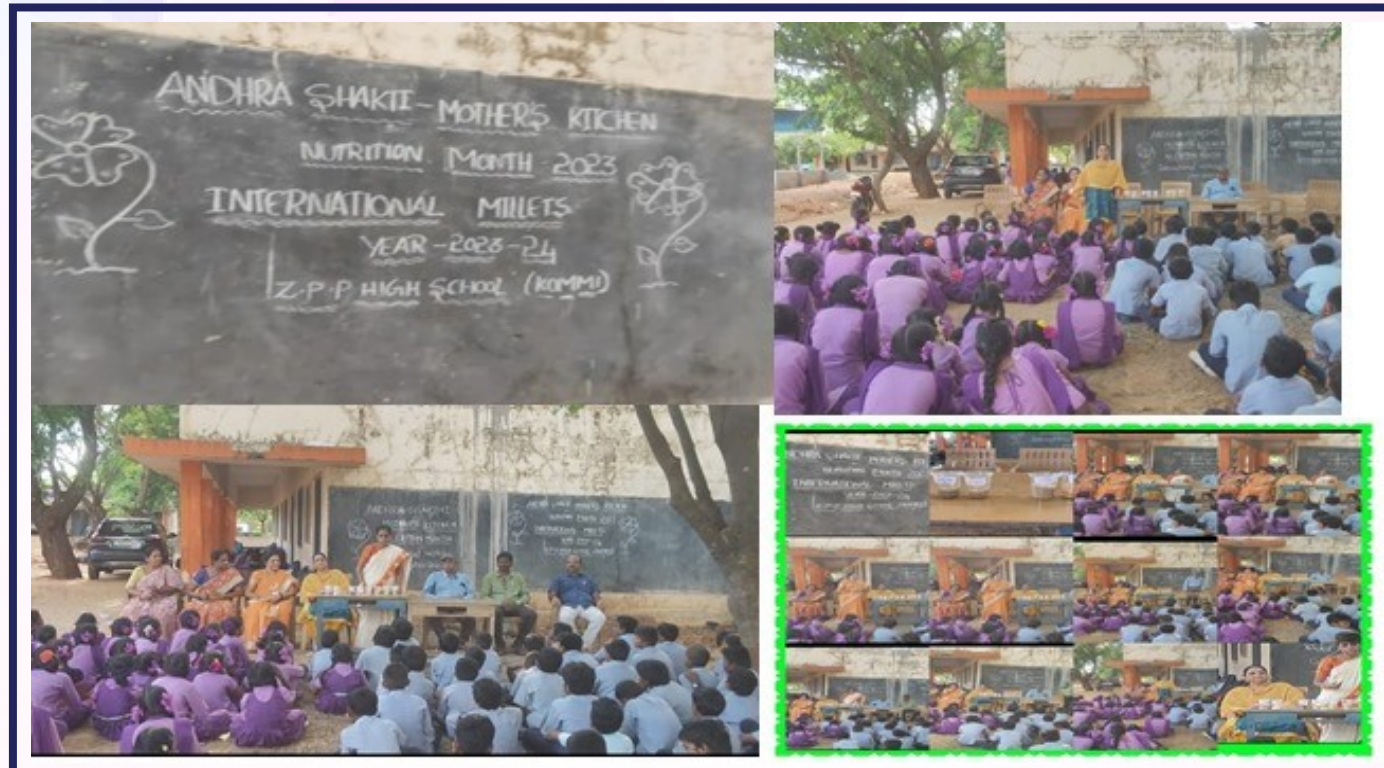


MOTHER'S KITCHEN

National Coordinator: Dr. Ankita Bohare

- This project works on the premise that kitchen is the pharma of the household.
- Unhealthy food habits in the present globalised generation invites unforeseen health disorders underlining the need for sensitizing households towards country's traditional culinary which is a rich source of nutrients and immunity boosters for the general wellbeing.
- A compilation of such much forgotten traditional recipes from all States of India has been completed to be made available to the public.

ANDHRASHAKTI



KANPUR SHAKTI - KANPUR

Program held on millets with participation of Shakti ,arogya Bharti nmo and Jyoti mahila samiti 7 lectures ,Dhyan Satra and exhibition on millets.



KASHIKA SHAKTI - KASHI

The "Workshop on Millets Food" was held on September 22, 2023. Dr. Madhuri Sharma, Coordinator of Mother's Kitchen at Kashika Shakti, served as the programme's resource person. The Kashika Shakti's president attended the ceremony as well. Essentially, the program focused on the applications of millets, particularly how much and to what extent they are beneficial to all of us. An explanation of the recipes for khir, burfi, and Kodo salad was provided.



MAHAKOUSHAL SHAKTI, JABALPUR

Millet Exhibition Releasing recipe booklet



PRADNYA SHAKTI, GOA

Pradnya Shakti Goa, in association with Assagao Village Panchayat, organized a recipe-making competition on the theme “Millets for health” and a health talk on: “Millets and its benefits to women” for the women of Assagao Village on 7th October 2023. Mrs. Radhabai, Vice President of Pradnya Shakti, gave the Welcome address. Later, Mr. Hanumant Naik, Sarpanch, V.P. Assagao addressed the gathering and spoke on women empowerment and women’s role in politics. The Chief Guest was Mrs. Delilah Michael Lobo, Honorable Member of the Goa Legislative Assembly of the Siolim constituency and Vice Chairman of ESG. She addressed the gathering and spoke on the importance of health, homemade food, and millet in our daily lives. Prof. Purnkala Samant, President, Pradnya Shakti addressed the gathering and encouraged everyone to participate in the upcoming events. The speaker for the health talk was Dr. Geeta Patki (M.D. SRPT), Ayurvedic gynecologist, Gomantak Ayurveda Mahavidyalaya, Shiroda- Goa. She spoke on the importance of millet for maintaining the health of women and young girls. A total of 15 participants participated in the recipe-making competition. The judges for the competition were Mrs. Radha Bai, Dr. Ramesh Kumar, and Mrs. Simran Narvekar, CRP Stree Shakti. Prizes were awarded to the winners of the competition.



PRATIBHA SHAKTI, NAGPUR - VIDARBH

1. Conducted awareness session for parents under the aegis Mothers Kitchen at Nagpur Municipal Corporation School, RAMNAGAR NAGPUR on 5th March 2024.. Mrs. Pradnya Bagalkote conducted a session that focused on the Kids Nutrition Program, which included:

- ✔ Power point presentation on Healthy meals
- ✔ Healthy tiffin ideas
- ✔ Eating habits of children
- ✔ BMI of children
- ✔ Quiz on Nutrition
- ✔ Raising awareness about healthy eating habits.



2. Conducted awareness session for parents under the aegis Mother's Kitchen at Nagpur Municipal Corporation School, RAMNAGAR NAGPUR on 24th February 2024.

Mrs Pradnya Bagalkote conducted a Session which was based on Kids Nutrition Program.

- ✔ Healthy tiffin ideas
- ✔ Eating habits of children
- ✔ BMI of children
- ✔ Quiz on Nutrition
- ✔ Identification cereals and pulses.

Programs were coordinated by Mrs. Pradnya Bagalkote, Mrs Jayashree Pendharkar. Other team members gave their valuable guidance and support for this program.



SHAKTI MAHILA VIGYAN BHARATI SAMITI, RAIPUR - CHATTISGARH

On the occasion of International Year of Millets, several awareness programs were conducted by each unit of Shakti.



Launch of "Chhattisgarhi Vyanjan" book written by Sadhana Sharma Ji.



Organized mela of hand made products, jute bags, Diya pots and Chhattisgarhi dishes.

SHARADA SHAKTI, PUNE (PASCHIM MAHARASHTRA)

1. "Millet Day Workshop" on 16th September 2023.

On the occasion, the following events were organized.

- Poster Competition-19 entries
- Millet Recipe Cooking and Display- 25 entries
- Panel Discussion -4 panelists
- Essay Competition -48 participants

To promote lost and uncommon millets recipes, a unique techno-social activity was held on September 16, 2023, in collaboration with Sidhhivinayak College for Girls. The total number of participants was 150. Duration: 4 hours. Mr. Tatyasaheb Phadtare gave a guest lecture, and Dr. Geeta Dharmatti explained the importance of millets in daily life. Poster making and presentation competitions were held. 45 undergraduate students took part in the program. The guest speaker, together with Mrs Rajeshree Joshi, judged the posters. Sharada Shakti was represented by Dr Rajeshree Kashalkar, Dr Priyamvada Herlekar, Simantini Vaze, Mrs Mridul Shirgurkar, and Mrs Aparna Khandekar, Instructors, principals, and other college officials were also present for the event.



2. A Lecture and Recipe Competition

- On the occasion of Navaratri Dr. Kanchan Khairatkar gave a talk on "Importance of Fasting during Navaratri". She elaborated the importance of fasting, how to maintain lifestyle during fasting and dos and don'ts during fasting. During her talk she lucidly communicated and convinced the audience how in each one of them there exists the nine different forms of Ma Durga and what we should learn from every Goddess.

Dr. Herlekar and Dr. Kashalkar explained about Millets and declared the Recipe Competition.

- As a part of millet awareness program, a recipe competition was organised in Swaroopvardhini for their parents. Theme for the competition was Millets. 11 members participated in the competition. Benefits of millets were explained to participants. Dr. Vinaya Dixit and Dr. Aishwarya Ranade were present as judges from Shakti.



- A lecture on Millet at Mahabhondala On the occasion of Mahabhondla a get-together was Organized by Bharatiya Sanskruti Samvardhan Manch and Matrushakti. Sharada Shakti was invited to create awareness and enlighten the women folk on importance of Millets. Dr. Kanchan Khairatkar introduced millets to the audience by a beautiful monologue (Bharud). Dr. Kashalkar explained in detail the different types of millets, their cultivation, their nutritive value and methods to consume millets with the help of photos.



e-SHAKTI

SHAKTI has taken an initiative to enhance technical proficiency among the women for promoting digital literacy in the country. Region-wise training programmes are designed based on a detailed need analysis for each group of young and old women from both rural and urban background.

KASHIKA SHAKTI

A programme on Financial and Digital Awareness was conducted on 11th September 2023 at R S Banaras Law College, Varanasi. The resource person for the programme was Dr. Hariom Tripathi CEO of C3 Solution and renowned digital expert. The number of beneficiaries were 100

SHAKTI MAHILA VIGYAN BHARATI SAMITI, CHATTISGARH

Questionnaire for the Survey of Digital Awareness for Rural and Urban Women - An E-Shakti Project

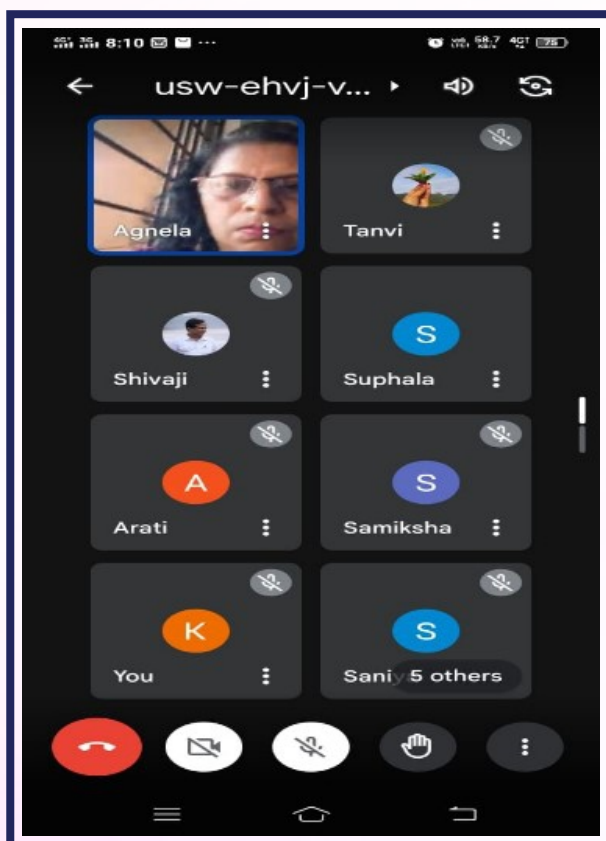
Survey on digital literacy amongst urban, semi-urban and rural women to collect data for planning digital literacy programs, workshop and projects- A team E-Shakti initiative under SHAKTI (A National Movement for Women)

* Required

Email *

ANDHRA SHAKTI

PRADNYA SHAKTI, GOA



An online talk titled 'Tackling Cybercrime' was delivered by Dr. Suphala Pujari for the students of Govt. College of Arts, Science and Commerce, Sanquelim and Ratnagiri Education Society's Gogate Joglekar College, Ratnagiri on 15th March 2024. The objective was to educate people about possible cyber threats and avoid a data breach. The number of beneficiaries were 50.

PRATIBHA SHAKTI, NAGPUR - VIDARBH

A software education program was organized for Home Science undergraduate students of Dharampeth M P Deo Memorial Science College, NAGPUR on 8th August 2023. The aim of the program was to educate them about technology. The program coordinator was Mrs Pradnya Bagalkote. The number of beneficiaries were 20.



SHAKTI STHAPANA DIWAS
National Coordinator: Mrs. Varsha Tatwawadi

Foundation Day of Shakti is celebrated as "Shakti Sthapana Diwas" on 22nd March every year by all the units of SHAKTI. On this occasion the special guests and the organisations working for women welfare are invited. The local unit activities and the National Shakti activities are showcased in the event. "ShaktiSthapana Diwas" is celebrated by Conferring 'SHAKTI Prerana Samman' to a woman scientist for her social contribution, and 'Saw-SHAKTI Sahayog' to a talented girl student who is interested in pursuing Science or innovations.

ANDHRA SHAKTI

- Chief Guest and Shakti Prerna Puraskar recipient: Dr. Indira Priyadarshini, former senior scientist DRDO
- iShakti Support recipient: Financial support to Kum. Ramya Madala, a student of Std. X, Zilla Parishad High School, Gollanapalli, Gannavaram Mandal, Krishna District, Andhra Pradesh.



KANPUR SHAKTI - KANPUR

- Shakti Kanpur prant celebrated Sthapana Diwas on Technology Day to promote technological literacy among women. It was an effort to raise awareness about techno savvy women.



KASHIKA SHAKTI, KASHI

- Chief guest of the program: Padmashree Soma Ghosh.
- Shakti Prerna Puraskar recipient: Dr. Jaya Chakraborty from IMS Kashi Hindu University. With the aim of uplifting mother power and girls as well as Indian culture, through science.
- iShakti Support recipient: • Two financially disadvantaged female students who excelled in science and aspire to pursue a career in this sector received financial help.



On this occasion Padmashree Soma ji presented her views on the then important topic with musical accompaniment and enthralled the audience by making the atmosphere pleasant with her singing.

KOLKATA NIVEDITA SHAKTI - KOLKATA

- Chief Guest: Padma Shri M. Muktamani Devi
- Guest of honor: Ms. Chumki Chatterjee.
- Shakti Prerna Puraskar recipient: Prof. Vibha Tandon, Director, CSIR -ICB, Kolkata.
- iShakti Support recipient: Ms. Itu Das of class X.

On this occasion Ms. Jayita Roy, the recipient of the Nivedita Shakti Sahitya Samman 2024, was felicitated. Dr. Dheera Palit received the Nivedita Shakti Samaj Kalyan Samman in recognition of her outstanding efforts and contributions.



Mahakoushal Shakti, Jabalpur

- Chief Guest: Dr. Kusum Jain, The K. J. hospital, Jabalpur
- Special guest- Dr. A. L. Mahobia, Principal Government Model Science College, Jabalpur; Dr. Mridula Dubey, Director, Women's Study Centre, Rani Durgavati University, Jabalpur
- Shakti Prerna Puraskar recipient: Dr. Geeta Geet
- iShakti Support recipient : Ms Khushi Gupta was given financial help.

Dr. Kusum Jain from the K. J. Hospital, Jabalpur suggested that women should be health conscious. Dr. Mridula Dubey Director, Women's Study Centre, Rani Durgavati University, Jabalpur created a positive impact through the inspiring example of Women mathematicians. Dr. A. L. Mahobia, Principal, Government Model Science College, Jabalpur said that women should support women. Chairperson and President of Shakti Mahakoushal, Dr. Meera Ramrakhiani said that women can achieve everything if they are determined.



NANDA SHAKTI, UTTARAKHAND

- Chief guest: Sushri. Ramindri Mandrawal, MD, UCF
- Shakti Prerna Puraskar recipient: Dr Giribala Juyal. She has been doing social work for children in Juvenile Jail for almost 30 years.
- iShakti Support recipient: Ms Himadri for performing excellently in M.Sc (Chemistry).



PRADNYA SHAKTI, GOA

- Chief guest: Vrinda Borker Principal of Dhempe College of Arts and Science
- Shakti Prerna Puraskar recipient: Prof. (Dr.) Geeta Sanjay Patki HOD Dept. Of SRPT, GAM & AMP RC Shiroda Goa for her immense contribution in the field of science and technology and towards the welfare of the society
- iShakti Support recipient: Ms. Latiksha Ladu Chavan student of Government College of Arts, Science, and Commerce, Khandola was given financial assistance for her higher studies



खांडोळा : गौरवमूर्ती प्रो. डॉ. गीता संजय पत्की व विद्यार्थिनी लतिक्शा लाडू गावकर यांच्या समवेत मान्यवर.

प्रज्ञा शक्ती गोवा केंद्राचा २१ वा स्थापनादिन उत्साहात

सासष्टी, ता. ३१ (प्रतिनिधी): महिला व त्यांच्या सक्षमीकरणासाठी कार्य करणाऱ्या प्रज्ञा शक्ती गोवा केंद्राचा २१ वा स्थापना दिवस शनिवार ३० मार्च रोजी खांडोळा येथील सरकारी कला, विज्ञान व वाणिज्य महाविद्यालयात उत्साहात साजरा करण्यात आला.

याप्रसंगी शिरोडा येथील एसआरपीटी, जीएम व एएमपी आरसीच्या विभाग प्रमुख प्रो. डॉ. गीता संजय पत्की यांचे विज्ञान व तंत्रज्ञान क्षेत्रात दिलेले योगदान व समाजाच्या उन्नतीसाठी झटत असल्यामुळे त्यांचा शक्ती प्रेरणा सन्मानाने गौरव करण्यात आला.

धेंपे कला व विज्ञान

महाविद्यालयाच्या प्राचार्य प्रो. डॉ. वृंदा बोरकर याप्रसंगी प्रमुख पाहुण्या म्हणून उपस्थित होत्या. त्यांनी महिला सक्षमीकरणाच्या आवश्यकतेवर भर दिला. पोर्तुगीजांविरुद्ध गोव्याच्या स्वातंत्र्यासाठी ज्या महिला लढल्या त्यांची माहिती दिली. खांडोळा येथील सरकारी कला, विज्ञान व वाणिज्य महाविद्यालयाची विद्यार्थिनी लतिक्शा लाडू गावकर हिला पुढील शिक्षणासाठी मदत करण्यात आली.

खांडोळा सरकारी कला, विज्ञान व वाणिज्य महाविद्यालयाच्या प्राचार्य पुरणकला सामंत यांनी स्वागत केले. दिव्याराणी रेवणकर यांनी सुत्रसंचालन केले.



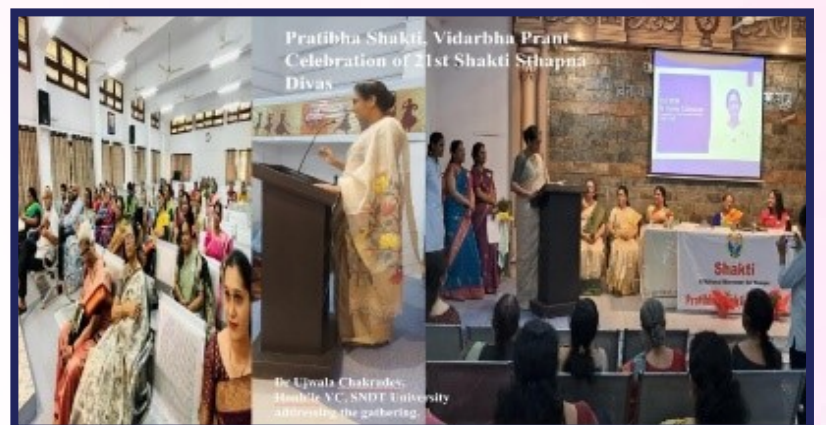
PRATIBHA SHAKTI, NAGPUR - VIDARBH

Chief Guest: Dr. Ujwala Ji Chakradev.

Shakti Prerna Puraskar recipient: Dr. Rekha Sharma, former Professor at the Human Resource Development Centre and Coordinator of SWAYAM and Unnat Bharat Abhiyan, for her outstanding contribution in the field of nutrition and its societal impact. M

iShakti Support recipient: Ms. Nandini Bhojar. She received a certificate and Rs. 5000/- cash prize to further her studies.

On this occasion E-Newsletter of Pratibha Shakti was launched by the honorable Chief Guest, Dr. Ujwala Ji Chakradev.



RAJASTHAN SHAKTI

Shakti Rajasthan celebrated foundation day of Shakti in collaboration with Vijnana Bharati Rajasthan and Rani Laxmibai Martial Arts Academy where women and girl students were felicitated. SWIFT program was organized by District Administrative Officer. About 3000 girl students participated. CEO of Zilla Parishad Smt. Pratibha Verma felicitated the students and asked them to pledge about voting awareness through SWIFT program.



SHAKTI MAHILA VIGYAN BHARATI SAMITI, RAIPUR, CHHATTISGARH

Shakti Prerana Samman recipient: Dr. Namrata Yadu, for her service to the community and the environment.

Swa Shakti support recipient: Ms. Deepti Singh. She is working on developing spot confirmation detection techniques for hallucinogens, particularly psilocybe mushrooms. The study comprises the extraction of particular secondary metabolites found in mushrooms that contribute to their hallucinogenic properties, as well as the individualization of the sample for the presence of psilocybe mushrooms. This may narrow the search area in a given crime scene and aid in the detection of abuse materials, their origin, and cause of death.



SHARADA SHAKTI, PUNE -PASCIM MAHARASHTRA

Chief guest: Dr. Aruna Dhere, a well-known Marathi writer and poet

Shakti Prerana Puskar receipient: Mrs.Amita Deshpande, Founder of reCharkha,

iShakti Support recipient: Ms. Vaishnavi Chandanvandan, First year Science student of S. P. College.



The happiness of the world is transitory.

The less you become

attached to the world,

the more you enjoy peace of mind

-Sarada Devi

OTHER INITIATIVES

RELEASE OF SYMPOSIUM BROCHURE

Brochure for the Shakti Symposium on Women in science, technology, and innovations in Amrut Kal of Bharat was released at the hands of Dr. Shekhar Mande, honourable President, Vijnana Bharati on 8th June 2024.

In the 21st Century, women researchers have wide scope to contribute towards STI research and their consultation can act as critical models in designing and developing policies for holistic development in the era of *Amrut Kal* of Bharat. The government is providing opportunities for women scientists to pursue careers in research in frontier fields of science and technology, as well as to address social challenges through S&T and self-employment prospects, in line with the UN's Sustainable Development Goal (SDG).

Understanding the need of the hour, this event aims to strengthen and demonstrate women's scientific research capabilities in science, technology, and innovation-related domains by providing a platform for talented young female scientists from various fields of STI to engage in face-to-face interactions with subject experts and policymakers on new ground issues critical to Bharat's holistic development.

The event will aim to attract all relevant stakeholders, including funding agencies of states, research and academic, technology-based organizations, and experts in other scientific fields.

The symposium is anticipated to take place from June 15–September 15, 2024, in collaboration with regional Shakti units and local academic and research groups.

LAB2LAND ACTIVITY

“An exposure to advancement in research, Innovation, and technology worldwide-their probable linkage to our ancient knowledge.”

World is progressing very fast towards scientific advancement. New research and translation of this in to technology is at highest peak. They are published in prestigious international journals; noble prizes are awarded every year in various disciplines. A common man or a student knows the names, country and at higher level their titles of work for which these awards are being granted. Same way many technological innovations are done in the laboratories but they do not reach to common people due to absence of availability of proper linkage between them. To leverage this very important knowledge in public domain and benefit the whole mankind the above project aims to have lectures of experts who can translate the intrinsic work in common language and find their linkage with our ancient knowledge and showcase the technology in the exhibition arranged for the young students, research scholars entrepreneurs scientist and common man.

INTERACTION WITH DR. MADHAVI THAKARE

Dr. Madhavi Thakare Worked as project manager in Chandrayan 3, Developed Orbiter and Lander camera for Chandrayan 2 and Lander for Chandrayan 3.





Meeting with Dr. Madhavi Thakare, Scientist, ISRO, Ahmadabad

MEETING OF SHAKTI MEMBERS WITH DG CSIR

- ❖ Shakti National President Dr. Sudha Tiwari and Coordinator Bindu Suraj offered a token of gratitude to Dr. N. Kalaiselvi, Director General, CSIR & Secretary DSIR, on the occasion of National Science Day.
- ❖ Fruitful discussions were held on promoting science among girls and women through Shakti.
- ❖ She asked to submit some pilot proposals and work on it.

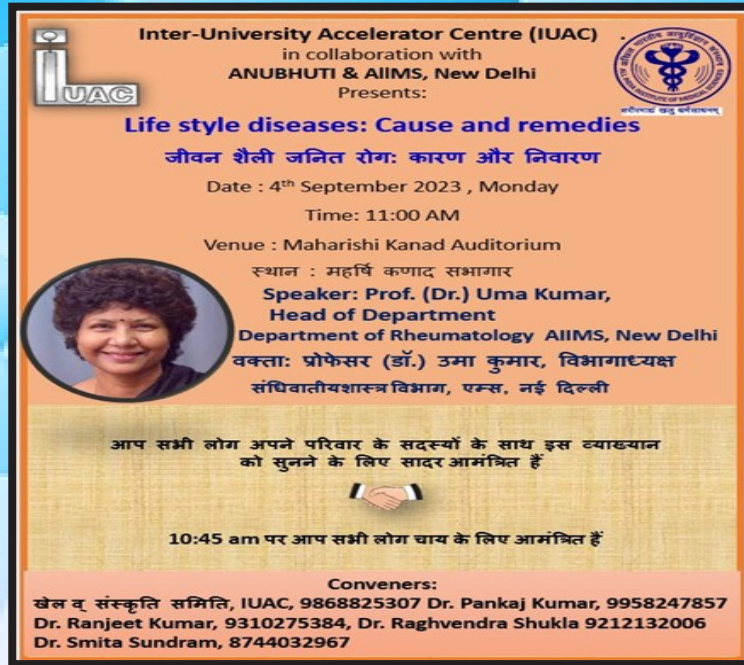


INDRAPRASTHA SHAKTI, DELHI

- International yoga day
Chief guest/ Resource person(s) for the programme: Prof (Dr.) Uma Kumar, Dr. Pshivani Puri, Yogacharya Swati Kumari
- Nari Shakti sangam



- A talk on Life style Diseases: causes and remedies



- A program on Musculoskeletal Problems and Ergonomics: Post-Covid Meeting



SHAKTI MAHILA VIGYAN BHARATI SAMITI, RAIPUR - CHHATTISGARH

Women Scientist Round Table Conference on Women For Scientific Social Responsibility (WSSR 2024) and Innovation Mela In Collaboration With Centre for Women's Studies Pt Ravishankar Shukla University, Raipur, CG



MAHAKOUSHAL SHAKTI – JABALPUR

- Environment Day celebration: Organized tree plantation in garden of Smt. Alka Madhusoodan Patel
- Lata Pathak led exercises to commemorate Yog Divas in Gauraiya Ghat Bilhari.
- Breastfeeding Awareness: KGM Hospital with Dr Kusum Jain Dr Sandhya Jain
- Independence Day in Guraiya Ghat Bihari in School adopted by Shakti Mahakaushal Dr Meera Ramrkhanyi, Veena Jain, Chandraprakash Vaish with Students
- Cancer awareness program in IMA Hall with Doctors



- Gandhi Jayanti Celebration: Organised Medical Camps for Diabetic-Haemoglobin check up
- Flag hoisted on Republic Day in Primary School Guraiya Ghat in the presence of Shakti's Veena Jain, Chandraprakash, Jyoti Panikar and staff.



SHARADA SHAKTI, PUNE PASCHIM MAHARASHTRA

Visit to Lab- Indian Drug Research Institute Pune by students



Students learned about working of various Departments like Instrumentation, Microbiology and Chemical Analysis.

Health Check-up Camp Jointly with EATON INDIA Foundation



Meeting with Dr. Madhavi Thakar, Scientist ISRO Chandrayaan Mission



Participation of Sharada Shakti members in Mahila Sammelan –

- 12 members participated in Mahila Sammelan held at Pune on 7 th January and 4 February.
- Mrs. Simantini Vaze actively participated in organising committee.

- **Vijanan Katta 55**
Subject - “Biodiversity, Ecosystem and Environmental Services”
Resource Person: Dr. Gurudas Nulkar



- **Vijanan Katta 57**
Subject - “Mangrove Conservation and Marine Ecosystem”
Resource Person: Dr. Mahesh Shindikar.



- **Vijanan Katta 58**
Subject - “Solid Waste Management – Journey towards a clean environment”
Resource Person: Amita Deshpande, proprietor “Recharakha”.

- **Vijanan Katta 59**
Subject - “A2 Milk – Concepts and misconception”
Resource Person:..

- **Vijanan Katta 60**
Subject - “Mission Chandrayan -3”
Resource Person: Mayuresh Prabhune



सस्नेह निमंत्रण
शारदा शक्ति आयोजित, ५७वा विज्ञान कट्टा



विषय: खारफुटी परिसंस्थेचे संवर्धन - सागरी पर्यावरणाची गरज

डॉ. महेश शिंदीकर,
विभाग प्रमुख, उपयोजित शास्त्र विभाग,
COEP टेकनॉलॉजिकल युनिव्हर्सिटी पुणे




स्थळ : गणित वर्ग, तळ मजला,
न्यू इंग्लिश स्कूल, टिळक रोड, पुणे-४११०३०
दिनांक: शुक्रवार, १९ मे २०२३
वेळ: संध्याकाळी ६:०० ते ७:३०

डॉ. महेश शिंदीकर यांचे खारफुटी जंगलांचे संवर्धन या विषयावर प्रभुत्व असून संदर् विषयावर महाराष्ट्र शासनाच्या पर्यावरण विभागात ते खारफुटी विषय तज्ज्ञ व सल्लागार आहेत. पर्यावरण संवर्धनासाठी निरनिराळे प्रयोग, संशोधन, अध्यापन यात ते सतत व्यय असतात.

- **Vijanan Katta 61**
Subject - “Ecofriendly emersion of Ganesh idols”
Resource Person: Dr. Shubhangi Umbarkar

- **Vijanan Katta 62**
Subject - “The magical World of Millets”
Resource Person: Mr. Santosh Bobade

DO NOT WASTE ..
..Lets Be The Change!



Mrs. Nirmala Lathi
Bioculture Specialist

Activate Windows
Go to Settings to activate Windows.

- **Vijanan Katta 63**
Subject – “Paradise from Trash – Bio Waste Management”
Resource Person: Mrs. Lathi



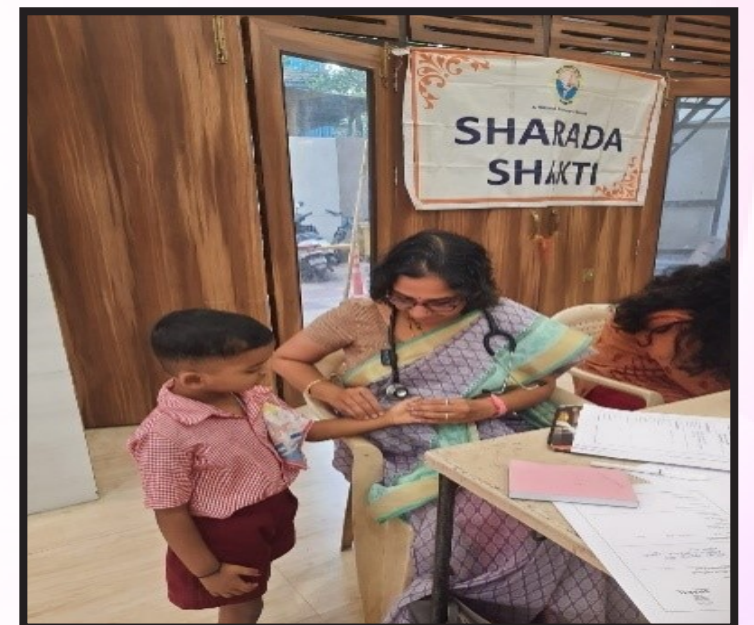
- **Vijanan Katta 64**
Subject – “Bio Energy - Alternate to Fossil Fuel”
Resource Person: Mr. Gondhalekar

- **Health Checkup and Guidance for Rashtra Sevika Samiti camp participants**

Sharada Shakti provided free health check-up and medicines in a 5 day residential camp organised by 'Rashtra Sevika Samiti' during 2.5.23 to 5.5.23 for school going girls at Navin Marathi Shala, Narayan Peth, Pune. Sharad Shakti's doctors' team provided daily health check-up, health advices and free medicines to the participants. The residential camp had 300 strength with participants and volunteers from Rashtra Sevika Samiti. Team of doctors from Sharada Shakti provided free consultation and medicines of Ayurveda, Homeopathy and Allopathy to the patients. Dr. Leena Bavdekar, National secretary, Shakti, visited camp site and also provided her valuable guidance to the participants. AyurvedRasashala, a renowned GMP certified Ayurved Pharmacy in Pune provided free Ayurvedic medicines for the camp.



- Health Check-up for pre-primary children**
 General health check-up camp was conducted for 180 kids of PAKOLI pre-primary school of SWAROOPVARDHINI. The check-up included general health check-up, check-up of eyes & teeth. Team of 8 doctors from Sharada Shakti conducted this health check-up. Doctors interacted positively with pre-primary students.



- Eco friendly Ganesh Idol making workshop**
 A workshop of making eco-friendly Ganesh idol using shadu clay was arranged by Sharada Shakti at Mahesh Vidyalaya, Pune. Mrs. Shraddha Kunte and her colleagues demonstrated the step by step process of making idol and students followed the same under her guidance. 7-8 members of Sharada Shakti helped the students. Students made very beautiful idols and were happy and felt confident to make the idols next year also. Students put one seed of a tree inside the idol so that after immersion, a tree will grow. Students were given few ideas about making the eco-friendly decoration, use of natural colours to paint the Ganesh moorti etc. So, the awareness was spread among the students about eco-friendly Ganesh festival.



- Eco friendly Rangoli Competition**
 An eco-friendly Rangoli competition was held in Swaroopwardhini. Competitors created gorgeous, colorful rangolis with fresh flowers, using flowers, grains, and leaves in accordance with the theme, conveying a message to safeguard the environment. We informed the participants about the detrimental consequences of calcium carbonate content in rangoli and encouraged them to choose eco-friendly rangoli.



KOLKATA NIVEDITA SHAKTI, KOLKATA

- Varsha Varan (welcoming the new year):**
 Chief guest/ Resource person(s) for the programme: Dr. Tanya Das, Scientist and Professional Singer, Bose Institute; and Mr. Kanchan Nayar, Principal, NSCIW

Our yearly schedule begins with Varsha Baran, or the celebration of Bengali New Year, on April 14th or 15. Our VIPNET club members used dramatic presentations and performances to highlight the importance of climate change and its impact on the environment. Dr. Rakhi Roy, our EC member and professional singer, performed with her team "Aradhya". The program was highly regarded.

- **Annual Day Celebration**

Chief guest) for the programme: Dr. Sankar Nath, renowned Oncologist and Dr. Dhriti Banerjee, Director, Zoological Survey of India

Dr. Sankar Kumar Nath, gave an awareness talk on how to prevent Cancer outcome in simplified way.

Dr. Dhriti Banerjee, Director of ZSI Kolkata who spoke about how to minimize wastage of water and preserve our water resources. She explained strategies and fundamental steps on mission LiFE, i.e Environmental lifestyle.

Dr. Arun Bandyopadhyay, Director of CSIR-IICB, presented a valuable speech to everyone. It was an interactive session and highly appreciated by the audience.

- **Celebration of Breastfeeding Awareness Week**

Chief Guest/ Resource Person: Director, Indian Association for Cultivation of Science (IACS); and Dr. Sarbani Saha madam, Registrar, IACS/ Dr. Alok Lahiri, a renowned paediatrician.

Dr. Alok Lahiri, the keynote speaker, discussed his extensive experience in encouraging breastfeeding. He worked with UNICEF and visited distant villages in West Bengal. He emphasized the need of breast feeding in simple terms so that rural people could remember and practice it. Other dignitaries emphasized the importance of this day, and as administrators, they conveyed their support for the Institutional female workers.

- **Independence Eve**

Chief Speaker: Dr. Sampa Das, Scientist, University of Calcutta and President, Kolkata Nivedita Shakti

The programme was held in a hybrid mode. Dr. Reeta Bhattacharya, National Vice-President of Shakti, explained the relevance of Independence Day in today's socioeconomic environment and how KNS might help young people develop a sense of national identity. Dr.Sampa Das recounted scientists' contributions to the National Movement prior to independence. Mrs. Gopa De read a patriotic poem composed by Sukanta Bhattacharya. Mr. AupamMuhuri, sang a patriotic song.

- **Arsenic Awareness Camp**

Chief Speaker: Dr. Pritha Bhattacharjee, Asst Professor, University of Calcutta and Secretary, Kolkata Nivedita Shakti

A health camp was organized on 25th august, 2023 in Binay Badal Dinesh Club, Nadia. 125 patients participated in the camp from arsenic exposed population of Mahish Bathan. Anthropometric data, including height, weight, blood pressure, and blood sugar levels were measured. This is one of the flagship program for KNS. Biological and environmental samples were collected for arsenic analysis. Doctor gave clinical advice to the patients.



- **Women Empowerment' in Action**

Chief guest/ Resource person(s) for the programme: Ruby Pal Choudhuri
Kolkata Nivedita Shakti established a subunit known as the Raghavpur Shakti unit under its capable leadership. Rural women create a variety of things, including phenyl, shampoo, soap, jewelry, pickles, laddoo, and snacks, which were displayed during a fair. Women were empowered to create and sell those things, and they also helped to engage other women. Empowerment in one woman has a ripple effect in society, and it contributes to the overall development of the town.

- **International Conference on " Environmental Toxicogenomics: Ecosystem Health and Sustainability-Challenges and Way Forward. "**

Scientists from India and Abroad participated in the conference.

Chief guest/ Resource person(s) for the programme: A galaxy of Scientists including our members like Prof. (Dr.)Sampa Das, Dr. Snehasikta Swarnakar, Dr. Pritha Bhattacharjee, Dr. Anuja Dutta , Dr. Subhalakshmi Ghosh. Dr. Reeta Bhattacharya was the coordinator. Dr. Pritha Bhattacharya was the organizing secretary and Ms. Soma Ray was treasurer.

The programme was organized in collaboration with the 21st All India Congress of Genetics and Genomics (AICGG) and the Archana Sharma Foundation of Calcutta. The conference provided an opportunity for students, researchers, and industry specialists to share ideas and present their most recent research findings. The conference addressed crucial issues related to environmental toxicogenomics, ecosystem health, and sustainability. The meeting also raised public awareness about sustainable development. At the valedictory programme, the four top presenters in each of the four categories won cash awards.

- **Vijnanika Shakti VIPNET Science Club for Girls'**

Dr. Anuja Dutta, Scientist Indian Association for Cultivation of Science is the chief coordinator Two activities are conducted per month, in Online/Offline/ Hybrid mode. VIPNET students members present various topics as per the important day. They are groomed for scientific vision and mission of creating a developed nation.

KASHIKA SHAKTI – KASHI

- **Plantation Programme**

Around 50 plants, including flowers and fruit trees such as mango and guava were planted at the residence of Bipasha Goswami (Secretary of Kashika Shakti) with the help of Inner Will Club, North Varanasi. Approximately 25 members were present. The main theme of the programme was 'Save Plants – Save Earth'.



- **Importance of Breast feeding and Breast Cancer Awareness**

The programme was held at Dhanwantari Bhavan, Faculty of Ayurveda, BHU. Dr. Neelam Gupta and Dr. Sunita Suman were the speakers. They delivered lectures on the topic of Breast feeding and Breast cancer awareness. Around 25 members and 50 students of BAMS were present there.

- **Sanskriti Awareness Programme - Celebration of Teej and Kajari**

The programme was based on the theme – 'Save of our Lok Sanskriti and Folk songs'. It was held at Dr. Neelam Gupta's residence. Chief guest was Prof. Sangita Pandit (HOD of Vocal music department, BHU). She sang lots of folk songs related to Teej and Kajari (Local festival of EasternUP). She explained the meaning of every song. Around 35 members participated in the programme.

- **Awareness Prog. On Prevention of Cervical Cancer.**

This program focused on the prevention of cervical cancer. The program was organized by Kashika Shakti with the help of Innerwheel, Varanasi. The event took place at the Karauli Diagnostic Centre in Varanasi. The programme had approximately 42 participants. Dr. Durga Devi served as the programme's resource person. She provided an informative talk about cervical cancer, explaining how to prevent and be aware of this condition.



- **CyberCrimeAwareness**

The programme was organized on February 23rd, 2024 at Shiv Surgical Nursing College. The programme focused on cybercrime and its prevention. Kamakshi Sharma served as the programme's resource person. About 200 nursing college students attended the programme. Every day, many people are victims of cyber fraud. So it was a terrific and highly fruitful initiative for society.

GORAKHPUR SHAKTI -GORAKHPUR

- **Blood Donation and Health Checkup Camp: Organized by Rotary Club and Rotaract Yugal with the collaboration of Shuchita Shakti Goraksh Prant**
No. Of Blood Donors - 28
- **Free eye checkup was done by Dr.Anil Srivastava and his team**
No.of students undergoing eye checkup -200
- **Dental Health checkup by Dr. Sachin Srivastava and his team Dr. Gorang Srivastava (BDS expert Gorakhnath Dental hospital)**
No.of students- 85
Dr. Meenakshi Tiwari (Head pathology Medical College) Mr.Mankeshwar Pandey (Manager M.G.P.G.College) Dr.Priyanka Srivastava (secretary Rotaract Yugal),Ujwal Pandey (President Rotaract Yugal), Prof.Anil Kumar Singh, Principal, M.G.P.G.College and other faculty members were present.
- **Enterpreneurship development workshop to develop skills and entrepreneurship in children**
- **One day seminar for home science department under National Nutritional Month.**



- **Swachhata Abhiyaan (Swachh Bharat ,Swast Bharat Abhiyan)**
 - ✓ **Cleanliness program was organized by Suchita Shakti Goraksh Prant and SS Department of Mahatma Gandhi P G.College**
 - ✓ **No of Students -250**
 - ✓ **Teaching staff and other faculty members - 25**



शक्तिगीत

विधातुं निजं राष्ट्रनिर्माणकार्यं
तथा चाबलां दोर्बलां तां विधातुम् ।
लसत्स्नेह सौहार्दरूपप्रतीकं
शिवं चार्धनारीशसंकल्परूपम् ॥१॥

जगत्यां चकास्ते नवं केन्द्रमेकं
यदत्राभवच्छक्तिनाम्ना प्रसिद्धम् ।
परिच्छिद्य पाश्वात्यतर्कं नवीनं
स्त्रियं जागृतां कर्तुमेतत् प्रवृत्तम् ॥२॥

समाजं प्रकृष्टं विधातुं क्षमा या
नवं भारतं चित्रितुं च क्षमा या ।
भविष्यं समर्थं प्रकर्तुं क्षमा या
विकासार्थमस्याश्च शक्ते : प्रयत्न : ॥३॥

स्त्रियं शिक्षितां कर्तुमेतत् प्रवृत्तं
स्त्रियं प्रेममूर्तिं विधातुं प्रवृत्तम् ।
स्त्रियं चोन्नतं प्रापणार्थं प्रवृत्तं
चिरायुश्च भूयान्नवं केन्द्रमेतत् ॥४॥

SHAKTI

A NATIONAL MOVEMENT FOR WOMEN



सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग्वेत् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥



Edited By:
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