



National Seminar Report
organized by
Chhattisgarh Mahila Vigyan Bharati Samiti, Raipur
on
Women's Wellness: Impact of Health and Culture
28th- 29th July 2018
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Shakti Chhattisgarh Mahila Vigyan Bharati Samiti, Raipur organized National seminar on “Women's Wellness: Impact of Health and Culture” in association with Public Outreach Centre of State government governed - Pt. Ravishankar Shukla University on 28th -29th July 2018. The President - Shakti Chhattisgarh and University - Co-ordinator of the seminar Prof. Swarnlata Saraf, University Institute of Pharmacy of the university co-ordinated the program in tune with in-charge Public Outreach Centre, Prof. K.K. Ghose, and General Secretary of National Shakti Dr. Ankita Bohare. The purpose of the seminar was well thought by the co-ordinator with her team members as the seminar proposal is through on contemporary issues of women's health and culture of Chhattisgarh state. The seminar was mainly focused on four issues (i) To enable women to feel empowered and inspired to live their best lives and achieve their highest level of wellness(ii) To aware themselves for their intrinsic qualities that can be helpful in nation building (iii) To aware importance of culture and tradition to improve wellness.(iv) Importance of women's health for the development of the nation.

The inaugural function of the seminar was graced by Honorable Dr. S.V. Tatwawadi ji, Chief mentor, VIBHA as a chief guest; Dr. A.K. Dabke, Ex-Vice Chancellor Ayush University, Dr. Shailendra Saraf, Vice Chancellor, Durg University, Shri Rahul Singh Ji, Deputy Director, Culture department, Chhattisgarh and Shri Vivek. Saxena ji, OSD CM, Chhattisgarh along with officials of VIBHA India, Mr. Jayant Shahastrabuddhe ji, organizing secretary VIBHA, Mr. Sunil Bhadoria ji, Secretary general VIBHA, Dr. Sanjay Tiwari, Secretary VIBHA Mr. Shailendra Shukla ji, Regional President- VIBHA; Mr. P.L. Chaudhary, Secretary Chhattisgarh VIBHA; Mrs Sudha Tiwari ji-President National Shakti, National co-ordinator VIBHA-Ms Bindu ji ;Dr.Usha Dubey, Founder Shakti, Raipur, Dr. Gita Tiwari, Co-ordinator Shakti Raipur.

The seminar was started with enlightening the lamp by dignitaries on the dais. The co-ordinator of the seminar and president of Shakti Dr. Swarnlata Saraf welcomed the dignitaries, officials of VIBHA, Shakti members across the country, Faculty members of the Universities and colleges, researchers and delegates. She addressed the gathering about the objectives of the seminar and enlighten how strategically selected the theme and experts to motivate women to take care of their health and wellbeing. The founder Shakti- Dr. Usha Dube has enlightened the audience about the journey of Shakti Chhattisgarh and appreciated the current CG team for their enthusiastic performances. The National President Mrs. Sudha Tiwari Ji addressed the gathering and highlighted Shakti objectives, vision and mission.

The chief guest of the function addressed the gathering with his valuable words of wisdom in hindi and sanskrit shloks. He appreciated the organizers for the activities and motivated to get the cultural exposure and bring it in their routine daily life for further development. The guest of honor of the function and mentor Shakti- Shri Jayant Sahastrabuddhe ji enlighten the audience about how one can work in the organization with Indian perspectives.

The **first publications** of Shakti Chhattisgarh in form of books “SHAKTI- PRATIBHA” edited by Dr. Swarnlata Saraf and a project report completed by Shakti on “**Energy Conservation**” funded by **CREDA** –Chhattisgarh was released by Guru S V Tatwawadi and Chief Mentor VIBHA along with dignitaries of the program. The stalwarts from AIMS Raipur, Faculty and Vice Chancellor of the University, Govt. Medical College Raipur, Child and Labour Commission, Chhattisgarh Social Community like Mathurvaishya Mandal and Rashtriya Chetna Mandal Raipur, Medical practitioners participated in the seminar as Speaker, Chairperson, and Panellist. The valedictory function was conducted on second day afternoon which began with the welcome address by President Shakti Chhattisgarh. In her welcome address, She warmly welcomed all the dignitaries, guests, and the

audience. She enlightens the audience about two-day activities and resolution taken by Shakti team. The Valedictory session of the seminar was graced by Honorable Prof. K. L. Verma Vice Chancellor, Pt. Ravishankar Shukla University, Raipur (C.G.) as Chief Guest, Harshita Pandey, Chairperson Women's Commission Government Raipur (C.G.) as a guest of honor, Dr. Sudhir Bhadoria (General Secretary VIBHA), Jayant Sahastrabudhe, Shri Shailendra Shukla Ji-Regional President –VIBHA,, Dr.Sanjay Tiwari –Secretary –VIBHA, Shri Shashank Sharma Ji, Director Hindi Granth Academy C.G., honorable Tatwawadi Ji ,Shri Gopal Ji (Freedom Fighter) and Mr. P L Chaudhary ji. Prof K L Verma told that the social status of the women in the current era is much better than earlier decades. Now they are getting more freedom to do whatever they want to do. Mrs. Harshita Pandey thanks to the organizer for interaction meeting and said numerous facts of women status in the society. The program was ended with vote of thanks by Dr. Geeta Tiwari Patron Shakti Chhattisgarh. The program was well conducted by Dr. Smita Sharma, Secretary,Shakti Raipur and actively participated by Dr. Chanchal Deep Kaur, Shakti Raipur and team Shakti of twenty-two states of the country.At the end looking to the successful completion of the seminar, The Shakti Chhattisgarh office bearer resolved that this activity will be continued in a project form with the theme“Women Health” and will submit to national agencies for financial assistance.

