



# Shakti

## Annual Unit Report 2018-19

- Name of the Unit - SHAKTI MAHILA VIGYAN BHARATI SAMITI RAIPUR
- Registration No. 21276 Registration date:28 Nov. 2010
- Work territory (name the state and districts)- Chhattisgarh , Raipur
- Total no of Life Members (till April 19) - 60
- Annual members if any(of year17-18) -2
- **Total members in Unit governing/ Execution Team with name & Post.**

Unit Governing/ Execution Team for the year 2018-19.....			
(From the year when last election held) Date of Election - 19 March 2016...			
Tenure - 2 Years			
SNo.	Post	Name with Brief Profile	Contact No & Email ID
1	Coordinator	Dr.Usha Dubey	098261-82799
2	President	Dr. Swarniata Saraf	094255-22945
3	Vice President	Dr.Aruna Choubey	093297-20248
4	Vice President	Dr.Vandana Kumar	094252-07186
5	Secretary	Dr. Smita Sharma	093030-13723
6	Joint Secretary	Dr.Divya Sharma	09977703004
7	Joint Secretary	Dr.Chanchal Deep Kaur	09826660819
8	Treasurer	Dr Abhaya Joglekar	094252-03225

- **Members in National Governing/ Execution Team with name & Post**

National Governing/ Execution Team for the year 2018-19			
SNo	Post	Name with Brief Profile	Contact No & email id
1	Vice- President	Dr. Sunanda Dhenge	094252-07875
	Executive Member	Dr. Swarnlata Saraf	094255-22945





# Shakti Annual Unit Report 2018-19

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WITH LOVING MEMORIES



Late Dr. Geeta Tiwari Ji  
(Patron SHAKTI Mahila Vigyan Bharati Samiti Chhattisgarh)

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Memorable Photograph during  
Annual General Meeting 2018 of **SHAKTI National** in Raipur Chhattisgarh







# Shakti

## Annual Unit Report 2018-19

SHAKTI Programs (point wise) with brief description and pictures.

### ANNEXURE NO – 1

#### Annual General Meeting (AGM), 2018 SHAKTI Chhattisgarh organized the Annual General Meeting of SHAKTI National on 28-29 July 2018



During AGM, about 22 members from different units over the country were present. On 28<sup>th</sup> July, representatives presented their annual reports. Shree Jayant Sahastrabudhhe Ji, National Secretary-Vigyan Bharati and Dr S. V. Tatwawadi Ji, Chief Mentor-VIBHA Nagpur were also present in the same. On the next day, Shakti Members discussed about the future plans/projects for 2019. Dr. Anil , General Secretary-VIBHA, addressed the members on the same.



Shree Jayant Sahastrabudhhe Ji, National Secretary- Vigyan Bharati, along with Dr. Usha Dubey ji, Founder and Coordinator-SHAKTI Chhattisgarh.





# Shakti

## Annual Unit Report 2018-19

### “National Seminar” on the topic “Women’s Wellness : Impact of Health and Culture”

Along with AGM, Shakti Mahila Vigyan Bharati Samiti, Raipur organized a “National Seminar” on the topic “**Women’s Wellness : Impact of Health and Culture**” at M.L. Scroff Hall, University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur on 28-29<sup>th</sup> July 2018.

Shakti Mahila Vigyan Bharati Samiti, Raipur is a creative movement for women in Chhattisgarh state for achieving the goal to awakening the inherent strength of women about education, health, economic independence and self-respect. The Seminar focuses on wellbeing of women and impact of health and culture on wellness.

**All Circulated papers during Seminar attached here for the detailed information about seminar**

<p><b>SHAKTI....</b></p> <p>Shakti is a creative movement for women initiated by "Vijay" Bharati recognizes the importance of women in the society and in progress of the nation and aims to bring together to awaken their potential and enhance their perceptions of the social, economic, cultural and intellectual aspects of life through involvement with the scientific fraternity to formulate beneficial mechanisms for the betterment of mankind.</p> <p><b>OBJECTIVES</b></p> <ul style="list-style-type: none"><li>□ To enable women to feel empowered and inspired to live their best lives and achieve their highest level of wellness.</li><li>□ To aware themselves for their intrinsic qualities that can be helpful in nation building.</li><li>□ To aware the importance of culture and traditions to improve wellness.</li><li>□ Importance of women's health for their wellness</li></ul> <p><b>THEME OF SEMINAR</b></p> <ul style="list-style-type: none"><li>□ To encourage women to make themselves priority and practice simple wellness ideas to improve their overall well being.</li><li>□ To enhance the capability of women to look after the normal health and health education.</li><li>□ To encourage and support activities to integrate traditional and modern systems of health care and improve their wellness. The basic culture of the region implies a lot on complete wellness of the women.</li><li>□ The wellness of the women makes family happy and prosperous and ultimately the society</li><li>□ To provide a platform for sharing the views and knowledge.</li></ul>	<p><b>Dr. Shankar V. Tatwawadi Ji</b> CHIEF PATRON Chief Mentor, VIBHA Nagpur</p> <p><b>Prof. Keshari Lal Verma</b> PATRON Vice Chancellor, Pt. Ravishankar Shukla University, Raipur</p> <p><b>Prof. Kallol Ghosh</b> COORDINATOR Outreach Centre Pt. Ravishankar Shukla University, Raipur, Chhattisgarh</p> <p><b>Prof. Swarnlata Saraf</b> COORDINATOR Pt. Ravishankar Shukla University, Raipur, Chhattisgarh President, SHAKTI, Raipur</p>	<p>संस्कृति विभाग छत्तीसगढ़ शासन</p> <p><b>CULTURE DEPARTMENT CHHATTISGARH STATE &amp; OUTREACH CENTRE PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR</b></p> <p>Sponsored Two days National Seminar on "Women's wellness : Impact of health and Culture" 28<sup>th</sup>-29<sup>th</sup> July 2018</p> <p>A National Movement for Women Reg. No. 4202001 URL: shaktimovement.org.in</p> <p><b>Organized by SHAKTI, Raipur Chhattisgarh</b></p>	<p>संस्कृति विभाग छत्तीसगढ़ शासन</p> <p><b>SHAKTI CHHATTISGARH</b></p> <p>Cordially invites you to the Inaugural Function of CULTURE DEPARTMENT CHHATTISGARH STATE &amp; PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR</p> <p>Sponsored Two days National Seminar on "Women's wellness : Impact of health and Culture" On 28<sup>th</sup> July 2018 at 11.00 am</p> <p>Chief Guest Dr. S.M. Tatwawadi Ji Chief Mentor VIBHA, Nagpur</p> <p>Guest of Honor Dr. A. K. Dabke Ex-Vice-Chancellor, Arya University, Raipur</p> <p>Guest of Honor Prof. Shailendra Saraf Vice-Chancellor, Durg University, Durg</p> <p>Guest of Honor Shri Rahul Singh Deputy Director, Culture Department, Chhattisgarh</p> <p>Guest of Honor Shri Vivek Saxena Ji OSD CM, Chhattisgarh</p> <p>Prof. Swarnlata Saraf Co-ordinator, PDSU Professor, UOP Pt. Ravishankar Shukla University, Raipur President, SHAKTI, Raipur</p> <p>Dr. Sandeep Vasantre Registrar Pt. Ravishankar Shukla University, Raipur</p> <p>Prof. Kallol Ghosh Co-ordinator Outreach Centre Pt. Ravishankar Shukla University, Raipur</p> <p>Venue: M.L. Scroff Hall, University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh</p>
<p>संस्कृति विभाग छत्तीसगढ़ शासन</p> <p>Two days National Seminar on "Women's wellness : Impact of health and Culture" 28<sup>th</sup>-29<sup>th</sup> July 2018</p> <p><b>Contact person</b> Prof. Swarnlata Saraf President, Shakti, Raipur Professor, University Institute of Pharmacy, Pt. Ravishankar Shukla University Raipur, C.G. Phone No: 09425522945; 093030-13723 7587776754, 09826660819 E-mail: swarnlatasaraf@gmail.com shaktichhattisgarh@gmail.com</p> <p><b>SHAKTI MAHILA VIGYAN BHARATI SAMITI, RAIPUR, CHHATTISGARH</b> Reg. No. 21276 Office-Gurukul, Azad chowk, Raipur (C.G.), 492001 Mo. 7587776754 E-mail-shaktichhattisgarh@gmail.com</p> <p><b>SHAKTI</b> A National Movement for Women</p>	<p><b>Registration Form</b> (Please use FILL All in capitals)</p> <p>Name _____</p> <p>Designation _____</p> <p>Qualification and specialization _____</p> <p>Age _____ Sex _____</p> <p>Experience _____</p> <p>Organization _____</p> <p>Mailing Address _____</p> <p>Mob: _____</p> <p>Email (essential) _____</p> <p>Accommodation required YES/NO _____</p> <p>Signature and Date _____</p> <p>* No Registration Fee will be charged from the registered delegates</p> <p><b>Venue:</b> M.L. Scroff Hall University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh</p>	<p><b>Founder Shakti, Chhattisgarh</b> Dr. Usha Dubey <b>National Executive Members</b> Dr. Sunanda Denge Dr. Swarnlata Saraf</p> <p><b>Shakti Office Bearers</b></p> <p>Patron Dr. Geeta Tiwari</p> <p>President Dr. Swarnlata Saraf</p> <p>Vice President Dr. Aruna Choubey</p> <p>Secretary Dr. Vandana Kumar</p> <p>Joint Secretary Dr. Smita Sharma</p> <p>Joint Secretary Dr. Chanchal Deep Kaur</p> <p>Joint Secretary Dr. Divya Sharma</p> <p>Treasurer Dr. Abhaya Joglekar</p>	<p>संस्कृति विभाग छत्तीसगढ़ शासन</p> <p><b>SHAKTI CHHATTISGARH</b></p> <p>Cordially invites you to the Valedictory Function of CULTURE DEPARTMENT CHHATTISGARH STATE &amp; PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR</p> <p>Sponsored Two days National Seminar on "Women's wellness : Impact of health and Culture" On 28<sup>th</sup> July 2018 at 12.30 pm</p> <p>Chief Guest Prof. Keshari Lal Verma Vice Chancellor, Pt. Ravishankar Shukla University, Raipur</p> <p>Guest of Honor Mrs. Harshita Pandey Chairperson Chhattisgarh State Women's Commission</p> <p>Guest of Honor Shri Shashank Sharma Director Hindi Granth Academy Chhattisgarh</p> <p>Prof. Swarnlata Saraf Co-ordinator, PDSU Professor, UOP Pt. Ravishankar Shukla University, Raipur President, SHAKTI, Raipur</p> <p>Dr. Sandeep Vasantre Registrar Pt. Ravishankar Shukla University, Raipur</p> <p>Prof. Kallol Ghosh Co-ordinator Outreach Centre Pt. Ravishankar Shukla University, Raipur</p> <p>Venue: M.L. Scroff Hall, University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh</p>
<p><b>SHAKTI</b> A National Movement for Women</p>	<p><b>SHAKTI MAHILA VIGYAN BHARATI SAMITI RAIPUR</b> Office-Gurukul, Azad Chowk, Raipur (C.G.), 492001 Email- shaktichhattisgarh@gmail.com</p>	<p><b>NATIONAL ORIENTATION WORKSHOP</b> Role of Women to Strengthen the Nation from the Perspective of Sister Nivedita 28<sup>th</sup>-29<sup>th</sup> OCTOBER 2017 SNDT University Auditorium, Juhu Campus, Mumbai</p> <p><b>IDENTITY CARD</b></p> <p>Name _____</p> <p>Association _____</p> <p>Place _____</p> <p>Sponsored by Shakti Chhattisgarh Unit</p>	





# Shakti Annual Unit Report 2018-19

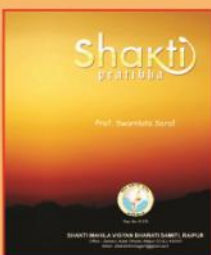
## Inaugural Programs



## Inaugural Programs



## BOOK -RELEASING EVENTS



Lecture  
Sessions  
in  
Seminar





# Shakti

## Annual Unit Report 2018-19

## Women's Wellness: Impact of Health and Culture

28<sup>th</sup> -29<sup>th</sup> July 2018

### Program Schedule

Day 1 : 28<sup>th</sup> July 2018

8:00- 10:00 AM	Breakfast at guest house	
10:00- 10:50 AM	Registration at University Institute of Pharmacy, Pt. Ravishankar Shukla University, Raipur, (C.G.)	
11:00-12:00	Inaugural Function	
Time	Chairpersons	Keynote Speakers
12:00- 12:35PM	1. Mr. Ashok Tiwari ji Ex. Deputy Director, Manav Sangrahalaya, Bopal, M.P.	1. Mr. Rahul Singh ji, Deputy Director, Cultural Dept, Govt. of Chhattisgarh Topic: "Culture of Wellness"
12:35PM- 1:10PM	2. Prof. Mitashree Mitra, SOS Anthropology, Pt. RSU, Raipur (C.G.)	2. Dr. Arun Dabke Ex- Vice Chancellor Ayush University, Raipur (C.G.) Topic: "Health and wellness"
1:10-2:10PM	Lunch Break	

### Session I- Impact of health on Wellness

	Chairpersons	Speakers
2:10-2:40PM	1. Prof. Sanjay Tiwari, National Secretary VIBHA 2. Dr. Vinaya Agnihotri Matra Sewa Hospital, Raipur (C.G.)	1. Dr. Minakshi Sinha, All India Institute of Medical Sciences, Raipur Topic: "Women wellbeing : Impact of Mental Health "
2:40-3:10PM		2. Prof. Reeta Venugopal, Physical Education, Pt. R.S.U. Raipur (C.G.) Topic: "Quality of women Life"

### Panel Discussion : Management of Health"

3:10-4:10PM	Panelist: 1. Manju Jha, Yoga Expert, Instructor (NIT) Raipur (C.G.) 2. Dr. Vinu Joshi, Centre for Basic Sciences, Pt. R.S.U. Raipur (C.G.) 3. Dr. Richa Gupta, Medical College, Raipur (C.G.) 4. Dr. Uma Gupta, Mathurvaishya Mandal, Raipur (C.G.) 5. Dr. Aruna Chaube, Vice Principal, Girls Degree College, Raipur Note: Audience perceptions: Maximum four views
4:10-4:20PM	Tea Break

### Session II-Impact of Stress & Anxiety on Wellness

July 2018 at University Institute, organized by ... in the National Semi-

	Chairpersons	Speaker
4:20-4:50PM	1. Prof. S.K. Jadhav, SOS Biotechnology, Pt. R.S.U., Raipur (C.G.) 2. Dr. Ambor Vyasa, IOP, Pt. R.S.U., Raipur, (C.G.)	1. Prof. Meeta Jha, SOS of Psychology, Pt. R.S.U., Raipur, C.G. Topic "Psychology of wellness"
	Panel Discussion: "Psychological issues and Wellness"	
4:50-5:50PM	Panelists : 1. Dr. Sumanda Denge, Forensic Experts, Chhattisgarh 2. Dr. Priti Sareeth, Professor, UIOP, PRSU, Raipur 3. Dr. Ankita Bole, General Secretary, National Shakti 4. Vandana Kumar, Science College Raipur, C.G. Note: Audience Perception Maximum four views	
	5:50-6:00PM- Break	
6:00-7:00PM	Cultural Evening	
7:00PM	Dinner	
Onwards		
Day 2 : 29 <sup>th</sup> July 2018		

8:00AM-10:30AM	Breakfast at Guest House	
	Session III: Culture and Traditions	
	Chairperson	Speaker
11:00-11:30AM	1. Prof. Maya Verma, SOS Library Science, Pt.R.S.U. Raipur (C.G.) 2. Preetam Lal Chaudhary, Secretary VIBHA Chhattisgarh	1. Mamata Ahar, Folk Artist Topic: "Indicators of women wellness"
11:30AM-12:30PM	Panel Discussion : Culture And Women's Wellness Panelist: 1. Mrs. Bharati Sharma, President, Vaidehi Mandal, Raipur, C.G. 2. Mrs. Reeta Bhattacharya, Shakti Kolkata 3. Mrs. Versha Tatwawadi, Sharada Shakti, Nagpur 4. Dr. Chanchal Deep Kaur, Principal, SIRT, Kumharji, Durg (C.G.) 5. Mrs. Saumya Gupta, Rastriya Chetana Manch, Raipur, C.G. Note: Audience Perception Maximum four views	
12:30PM-01:00PM	Valedictory Function	





# Shakti

## Annual Unit Report 2018-19

### SOME KEYNOTE LECTURES DURING SEMINAR

### Women Wellbeing : Impact of Mental Health

Dr. Meenakshi Sinha  
Additional Professor, Department of Physiology, AIIMS, Raipur (C.G.)

**Wellness: What is it?**

- Harmony of body & mind
- Well balanced nutritional diet
- Physical fitness
- Lifestyle & stress management

**Total Wellness is 0**  
Balance & integration of physical, intellectual, emotional, spiritual, occupational, environmental & social aspects of human condition

**There is no health without mental health.**  
(WHO, 2007)

**Mental health:** State of well-being where the individual realizes own abilities, can cope with normal stresses of life, work productively, and is able to make a contribution to the community (WHO, 2007)

**Health is a state of complete physical, mental & social well-being; not merely absence of disease/infirmity!**  
-- WHO preamble

**Helpguide's 6 Keys to Mental Health**

- Managing Stress
- Brain-Healthy Diet
- Quality Sleep
- Meaning & Purpose
- Social Connection
- Staying Active

Foundation for well-being & effective functioning for the individual and community

**Gender, a determinant of health.**  
Childhood Mental health disorders commoner in boys. But with aging, women more likely to suffer poorer mental health (WHO 2005)

**Mental health intrinsically linked to physical health**

Mental health needs of women unique due to gender roles & social context of women's lives  
Strong association between poorer mental health & poorer socioeconomic conditions

**Functioning of Male and Female Brain**  
Male and female brains are different

**Women are the worlds best jugglers**  
Language functioning in both sides of brain in females  
(More learning disabilities/dyslexia in men)

**Functioning of Male and Female Brain**

- More blood flow to left side of the brain in men (better in mathematical calculations)
- Women have large thick limbic system
- Males have action oriented empathy; females have feelings oriented empathy.
- Women more susceptible to mood disorders eg. depression and anxiety.

Corpus callosum, bridge of nerve tissues connecting left & right brain : larger in men but thicker in women (Multitasking possible)

### KEYNOTE - LECTURES

#### WELLNESS IN INDIAN WOMEN HEALTH PERSPECTIVE

A. K. Dabke

**Women's education and trend in factors and stunting in children**

**Indian female:**

- demographic consequences of women
- Female infanticide
- Higher death rate
- Low literacy level
- Lower level of employment as compared to men
- HIDDEN HUNGER
- Intake of all food accept vegetable is less in females
- Micronutrient deficiency is higher

**Food and nutrition** security are intimately interconnected, since only a food based approach can help in overcoming malnutrition in an economically and socially sustainable manner. Food production provides the base for food security as it is a key determinant of food availability.

M.S. Swaminathan and R.V. Bhavani (2013) Indian J Med Res, 138(3): 383/391.

- Small intervention 10-18yr. old girls should be highest priority correct in nutrition, anemia, give education.
- Healthy mother, motivated.
- Healthy child and society.

**THE QUALITY OF LIFE OF WOMEN**  
DR. REETA VENUGOPAL, PROF & HEAD  
SCHOOL OF STUDIES IN PHYSICAL EDUCATION,  
PT. RAVISHANKAR SHUKLA UNIVERSITY,  
RAIPUR, CHHATTISGARH

**Cancer....**

- Among postmenopausal women, those who reported being engaged in regular strenuous physical activity at age 35 year had a 14% decreased rate of breast cancer.
- Emerging research suggests that exercise elevates the quality of life and physical well-being of persons being treated for cancer.

**Conclusion....**

- Physical activity can enhance the health and well-being of women.
- Inactivity in the current generation of women will yield a substantial burden of disease in future.

**Take Home Message**

- Women deserve and need to be healthy and should avail all the opportunities for the same.

**Psychology and Wellness**  
Dr. Meeta Jha

**Train Your Mind to see The Good In every Situation**



# Shakti Annual Unit Report 2018-19

## VALIDICTORY - FUNCTION



New Active Members of SHAKTI





# Shakti

## Annual Unit Report 2018-19

### • ABHYAS WARG IN SHAKTI CHHATTISGARH

‘SHAKTI Mahila Vigyan Bharati Samiti’ Chhattisgarh organized “Abhyas Warg” as an orientation program for the members at AVASAR ACADEMY, Raipur C.G. on 3<sup>rd</sup> March 2019.

#### Program Schedule

SHAKTI Ideology & Philosophy

**Dr Smt Sudha ji Tiwari (Nagpur)**

**Scientist MGIRI & National President SHAKTI**

Sudha ji explained the Ardhnarishwar concept of SHAKTI and brief the role of women in society since vedic age .



**Karyakarta (Vaicharik paksh)**

Prachi Patil Ji , Prant Pracharika Rastra Sevika Samiti.

Prachi ji, differentiated the work of a karyakarta and worker in a very creative way.



**Organisational Programs and its Methodology-Smt Bindu ji Suraj**  
(Kerala),National Organising Secretary, SHAKTI

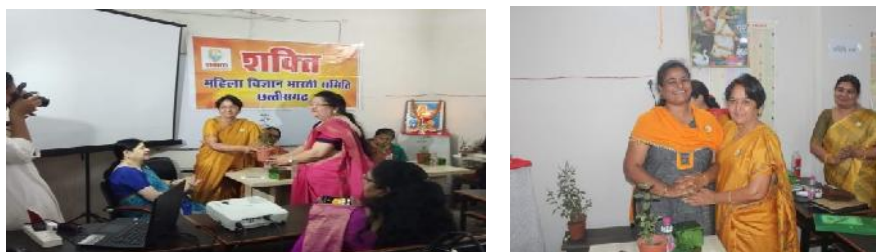
Bindu ji shared the ideas about the work pattern of the team.



**Women as a Social Reformer**

Mrs Sudha ji Chowdhary (Bhopal),Retd IAS Officer

Sudha ji extended her ideas about social sectors in which women can pay her valuable services as a social reformer.

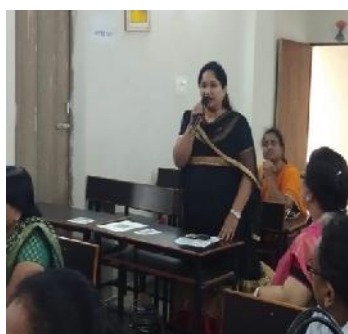




# Shakti

## Annual Unit Report 2018-19

About 20 SHAKTI members actively participated in the program and shared their opinions in different sessions.



There was a display of books written by SHAKTI members, SHAKTI Publications and some other books from women world. Poster displayed about famous female personalities of Chhattisgarh state.







# Shakti

## Annual Unit Report 2018-19

### ANNEXURE NO – 2

### (Celebration of Important Days )

#### (1) " International Yuva Diwas"

#### SWAMI VIVEKANAND THOUGHTS : INTERACTIVE LECTURE BY SUSHRI PRACHI PATIL JI

- **Date** - 18 January, 2019 **Venue:** AVASAR ACADEMY ,Raipur (C.G.)
- The program was for civil services (UPSC/PSC) aspirants. Prant Pracharika Rastra Sevika Samiti explained many relevant thoughts of Swami ji to the youth and motivated them by some recreational activities.
- **Outcome** – It was a very interactive session. Participants involved themselves in activities, worked on their own thought process and understood their role towards themselves, country and worldwide.(How to think globally and act locally)
- 40 Students participated in the program.



Avsar Acadmy for Civil services Sharda Chowk

#### (2) **Celebration of Republic Day “Bharat Mata Aarati Program”**

- **Date** - 26th January, 2019 **Venue:** Gurukul Sewati Smriti Raipur (C.G.)

The program was specially for children and ladies living in the locality. Bharat Mata Aarati and patriotic songs performed by ladies and children delivered their talk about republic day.

- **Outcome** – All ladies and children were feeling very proud and happy to celebrate and be a part of the national festival, it was a point to realize that important of the participation in national celebrations of public who does not play their role directly in any govt.system.
- 40 participated in the program



GURUKUL Sewati Smriti Raipur (C.G.)



# Shakti

## Annual Unit Report 2018-19

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### (3) Science Day celebration

Organized Lecture on the topic

**“Scientific Vision towards Indian Rituals Customs and Festive Traditions.”**

Speaker – Ms Darshita Rabadiya Ji , Ex -Vice Secretary HINDU YOUTH ASSOCIATION and Gruhini Pramukh in Gruhini mandal, UK London.



Darshita ji highlighted the logic and science behind many activity which are very commonly performed by Indians ,as putting silver coins in rivers, ringing bell while entering in any mandir,Surya Namaskar and many more.

Shakti members actively participated by shairing their own knowledge in respective cases.

SHAKTI Chhattisgarh started to publish a book SHAKTI PRATIBHA .This year the topic of the coming book is“Scientific Vision towards Indian Rituals Customs and Festive Traditions.”



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### (3) Celebrations of DURGA ASHTHAMI (Durga Chalisa Path)

Organized Durga Chalisa Path and Bhajan Program followed by the celebration of Ram Navmi. The Purpose of this program was to promote festive traditions and aware the gathering about history of Ram Janam Bhumi and the importance of voting in upcoming LS elections.

**Date** - 26th January, 2019 **Venue:** Gurukul Sewati Smriti Raipur (C.G.)

**Speaker** – Mrs Arjiita Ganodwale (Rastra Sevika Samiti Raipur )

**Outcome** – Bhajan Groups of ladies participated in discussion about Bhagwan Ram alongwith Durga chalisa and bhajans .A positive and worthy interactions about importance of spiritual activities in our life was also done.

40 ladies participated in the program.





# Shakti

## Annual Unit Report 2018-19

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#### (4) Shakti Sthapana Diwas 22 March

**Date** - 26 April 2018, Based on Theme of Enterprenureship.

**Venue**- Shri Rawatpura institute of Pharmacy ,Kumhari Raipur C.G.

**Mrs. Uma Gupta**, was honoured by '**STREE PRERNA**' Award for her ultimate struggle and devotion to build up a successful Offset Business by defeating her continuous physical, economical and social problems, now providing valuable services to society as a successful woman enterprenur.

**Miss Namrata Verma** was awarded by '**iSHAKTI**' Award for her national and state level excellent performance in Debates and communication skills programs..



This occasion was graced by the presence of Vice Chancellor of AYUSH University, Prof.Ashok Kumar Chandrakar, , Shree, Director SRIPand , Dr Sunanda Dhenge, renowned Crimnologist ,SHAKTI President Prof. Swarnalata Saraf and SHAKTI members.



# Shakti

## Annual Unit Report 2018-19

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It was a prideful moment for the unit as we released the book **“SHAKTI SMARIKA”**. It is a wholesome report of unit activities since its beginning from 2010.

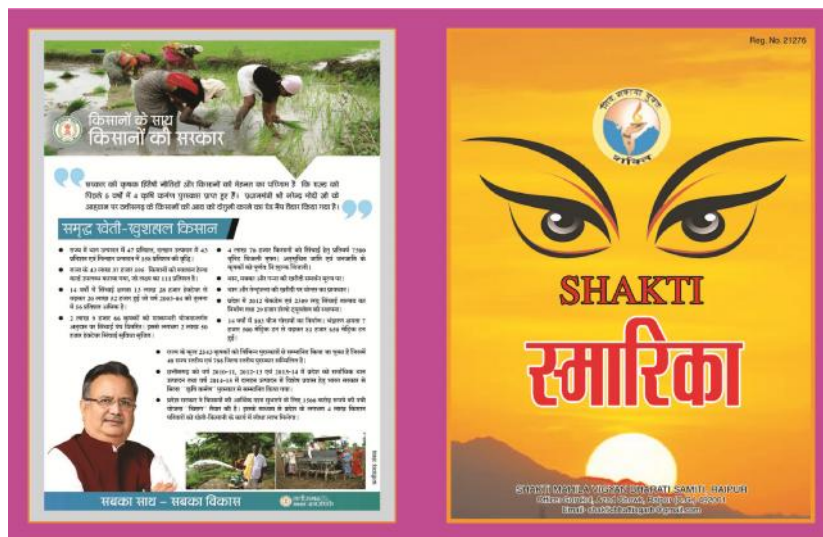
On the same day SHAKTI team gave a tribute to Late Dr. Geeta Tiwari our Patron, presented a book of **SHAKTI SMARIKA** to her daughter in law SHAKTI Dr. Swati Tiwari.







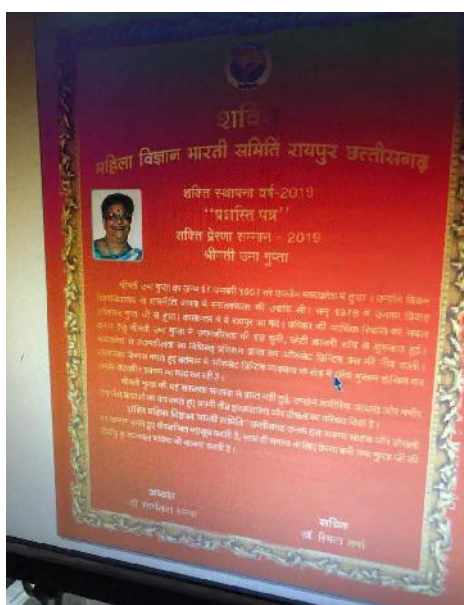
# Shakti Annual Unit Report 2018-19



## COVERING PAGES

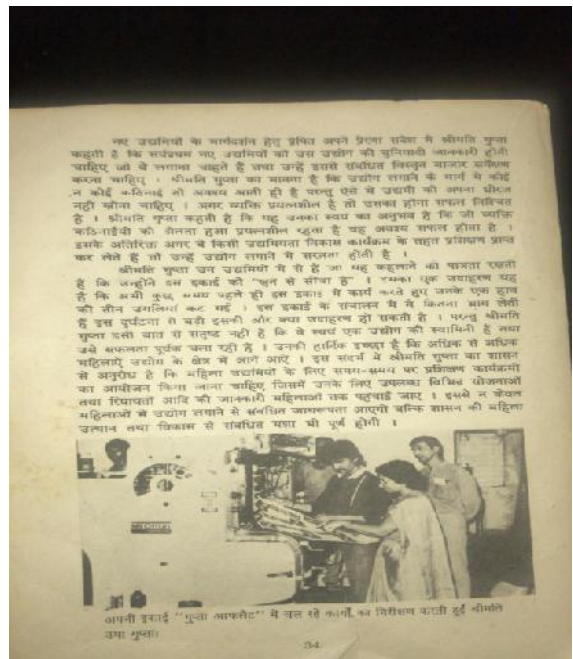
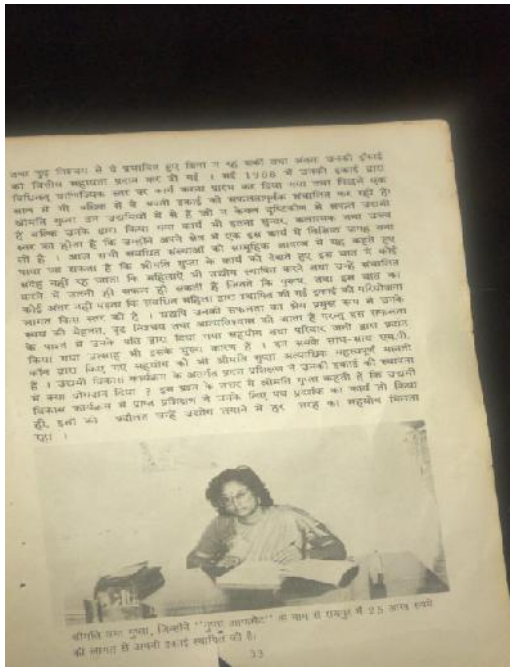
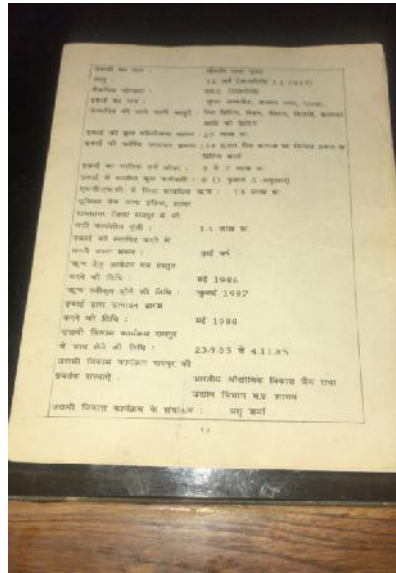
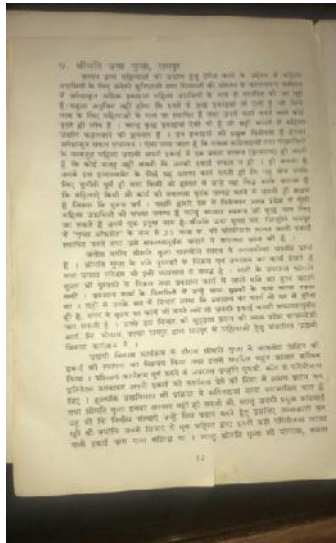


## MRS. UMA GUPTA





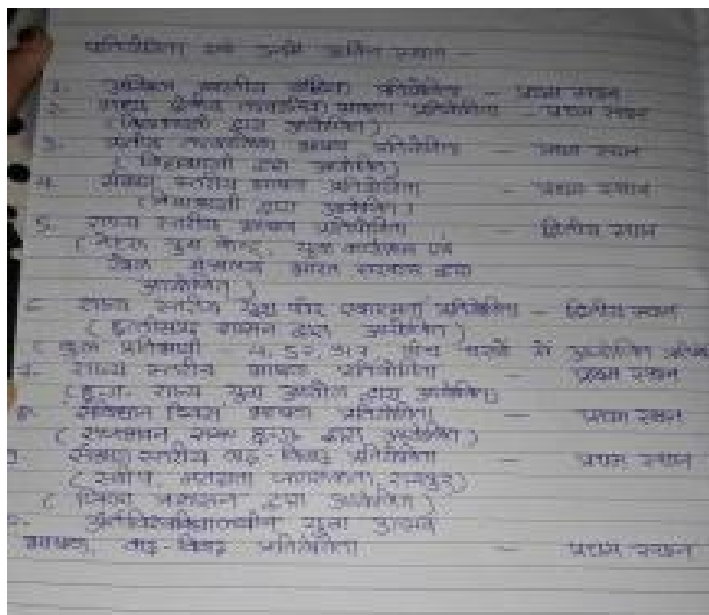
# Shakti Annual Unit Report 2018-19



## MISS NAMRATA VERMA









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## Annual Unit Report 2018-19

SHAKTI Mahila Vigyan Bharati Samiti Chhattisgarh President Dr. Swarnalata Saraf donated a Television Set to Govt. High School Nimora, which will help in audio-visual learning of the students.

### SHAKTI MEMBERS PERSONAL ACHIEVEMENT

#### Dr. Swarnalata Saraf

Attending meeting at Chicago as International representative nominated by Govt. of India to American Accreditation Council of Pharmaceutical Education.



Delivered talk at Maharashtra state under continuous Education Program that graced by Deputy Director UGC Mr. Patwardhan Ji



Honored by Drug Controller General of India at APTICON- Delhi  
(PROGRAM GRACED BY DIGNITORIES FROM PHARMAREGULATORS OF INDIA)



Chaired Indian Pharmaceutical congress 2018 women forum scientific session at Delhi.



#### Dr. Chanchal deep kaur







# Shakti Annual Unit Report 2018-19

Dr. Richa Sharma

Smt. Shakuntala Tarar (Editor of the magazine)



Dr. Vinaya Agnihotri

Conducted "Mission Pink Health" by Chhattisgarh Govt.



Smt. Bharati Sharma

Conducting Vaidehi Manas Mahila Mandal, organizing various social welfare programs, awarded by Culture Department C.G. Govt. and other organizations.



1. Local any Program related to aim & Objective of SHAKTI or in collaboration with other organizations

Dr. Aruna Choubey

Organised workshop on stress coping strategies in Collaboration with SHAKTI and Dept. of Psychology, Govt. Girls College Raipur.



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## Annual Unit Report 2018-19

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**Dr. Abhaya Joglekar**

**Organized workshop on “Anaemia Free India’ in Collaboration with SHAKTI and Dept. of Psychology, Govt. Girls College Raipur.**



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The program proposed by Shakti Raipur unit for the session 2019– 2020  
Celebration of selected 4 Important Days related to the issues for Women

- Education and Awareness
- Health and Hygiene
- Empowerment and Self Defense
- Traditional knowledge .
- Science

### 2. Project Proposal for financial support

Survey Report of Health Status of women in Raipura Ward of Raipur District  
(Due to code of conduct during Vidhan sabha and Lok Sabha Elections, it could not be started and it is still in plan of the session 2019-2020 )

Signature Secretary  
with Seal

Signature President  
with Seal





# Shakti

## Annual Unit Report 2018-19

### SHAKTI MAHILA VIGYAN BHARTI SAMITI RAIPUR

#### List of the Life-Members

	Sr. Name/Date of Membership	Position	Profession	Mob.No E-mail	Address
1	Dr.Usha Dubey Founder	LIFE MEMBER.	Ex-Prof.&Head in Economics, Pt.R.S.Uiversity,Raipur	09826182799 ushadubey@gmail.com	B1/40 Lokmanya Samiti, Rornipuram, Raipur (C.G.)
2	Dr.Geeta Tiwari Coordinator	LIFE MEMBER.	Ex-Principal&Prof.Psychlogisy,	07389900923 geeta_29_tiwari@yahoo.in	C/14,Shailandra Nagar, Raipur in Govt. College, Raipur (C.G.)
3	Dr. Sunanda Dhenge (Vice President National SHAKTI) 12/10.2011	LIFE MEMBER	Forensic Expert	9425207875 skdhenge@gmail.com	Opposite Rajkumar College, G.E. Road Raipur (C.G.)
4	Dr.Swaranlata Saraf Presient 4.11.2011	LIFE MEMBER.	Associat Prof. Institute of Pharmecy Pt. R.S.U. University, Raipur	9425522945 swamlata_saraf@gmail.com	H.N. 9, Lokmanya Samiti, Opposita Sec. 1, D.D. Nagar, Dagnia, Raipur
5	Dr.Aruna Choubey Vice-President 28.01.2014	LIFE MEMBER.	Prof.in Psychology in Govt.College	09329720248 acpsygotc@gmail.com	C/O Shri R.K.Choubey,Filter Plant, Ring Road No1, Raipur (C.G.)
6	Dr. Vandana kumar Vice-President 12.1.2013	LIFE MEMBER.	Prof.in Hindi in Govt.College	942520718 vkengrani@gmail.com	Science College Campus, Raipur (C.G.)
7	Dr.Smita Sharma Secretary 20.12.2010	LIFE MEMBER.	Director.Coaching Center,, Raipur	09303013723-7587776754 11moonchoon@gmail.com	Sewati Smriti,Gurukul , Azad Chowk, Raipur (C.G.)
8	Dr. ChaChal Deep Kuar Jonit Sectrory 24.3.2012	LIFE MEMBER	Asstt. Prof. Pharmacy Rawat Pura Sarakar, Institute	9826660819 dr.chanchaldeep@gmail.com	15, P.W.D. Colony, Near Rajbhawan, Raipur (C.G.)
9	Dr. Divya Sharma Jonit Sectrory 23.2.2012	LIFE MEMBER	Asstt. Prof. in Education Vipra College Raipur (C.G.)	9977703004	N.H. 47/151, Ishwar Niketan\, Brahaman, Para, Raipur (C.G.)
9	Dr.Abhya Joglekar Tresarur 5.12.2010	LIFE MEMBER	Prof.in Home Sc.(Nutrition) Govt.College.	09425203225 abha_abhya@yahoo.com	29, Recreation Ground, Choubey Colony, Raipur (C.G.)
10	Dr. Vinaya Agnihotri 5.12.2010	LIFE MEMBER.	Gynachologist.Having her own Nursing Home.	09425285955 a_vinya@hotmail.com	B1/26, Lokmanya Samiti, Rohnipuram, Matri Seva Hospital. Near Goal, Chowk, Raipur



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## Annual Unit Report 2018-19

11	Bharti Sharma 20.12.2010	LIFE MEMBER	Social-Activist.	7587776774	Sewti Smriti, Gurukul, Azad Chowk, Raipur (C.G.)
12	Dr. Richa Sharma 28.1.2011	LIFE MEMBER	Prof. in Psychology, Govt. College	09826430448 psychologist197@gmail.cpm	D-42 Sector-1, Tagore Nagar, Raipur (C.G.)
13	Dr. Usha Kiran Agrawal 28.1.2011	LIFE MEMBER	Prof. in Psychology, Govt. College	09425211940 Ushakiran2308@gmail.com	402, Giriraj Tower, Sundar Nagar, Raipur (C.G.)
14	Dr. Alka Shrivastava 28.1.2011	LIFE MEMBER	Prof. in Hindi, Govt. College, Basti., Raipur (C.G.)	09406095245	C/O Shri R.K. Jha, Shanti Chowk, Purani
15	Smt. Joyti Jha	LIFE MEMBER	Librarian, Govt. College, Purani Basti, Raipur (C.G.)	9977738850	C/O Shri R.K. Jha, Shanti Chowk,
16	Dr. Kamal Mukharjee 5.9.2011	LIFE MEMBER	Ex. Principal & Prof in Sanskrit, Govt. College, Nagar, Raipur (C.G.)	9302833231	102, Roil Homes Apartment, Shankar
17	Dr. Maya Shedpure 15.9.2011	LIFE MEMBER	Prof & Head, Zoology, Govt. D.B. Girls College	9300202444	HIG-I 84Sec. 1, Pt. D.D. Nagar Dagnia Raipur (C.G.)
18	Dr. Diptee Jha 22.12.2010	LIFE MEMBER	Prof. in Physics, Radhabai Govt Girls, College, Raipur	09425515334	C/O Shri K. Jha, F.C.I. Colony, Chagora Bhatha, Raipur (C.G.)
19	Dr. Vatsala Mishra 19.9.2011	LIFE MEMBER	Prof & Head, Economics, Govt. DB Girls College	9424291564	Saras Vihar Colony Raipura (C.G.)
20	Mrs. Anita Dixit 19.9.2011	LIFE MEMBER	Prof. In economic Govt. D.B. Girls, College	9827918123	C-38, Gyatri Nagar, Raipur
21	Dr. Manisha Sharma 22.12.2010	LIFE MEMBER	Prof. in Political Sc Radhabai Govt Girls, College, Raipur	09826182891	Phool Chwk, Nayapara, Raipur (C.G.)
22	Dr. Gouri Agrawal 5.10.2011	LIFE MEMBER	Prof. in Linguistics, Govt. College, Raipur (C.G.)	07828872513	Mahamaya Apartment, First Flower, Flate, No 106, Raipur (C.G.)
23	Dr. Roopa Salhotra 24.12.2010	LIFE MEMBER	Prof. in Mathematics, Radhabai Govt Girls, College, Raipur	09424218362	F23 N.I.T Campus, Raipur (C.G.)
24	Dr. Sandhya Bhoi 12.1.2013	LIFE MEMBER	Asst. Prof. in Govt. College	916597662 sandhyabhoi@gmail.com	Raipur (C.G.)
25	Dr. Mallika Sur 12.12.2012	LIFE MEMBER	Asst. Prof. in Govt. College	9300246644	-
26	Dr. Smriti Shamra 12.12.2012	LIFE MEMBER	Educationist	9669092989	-
27	Dr. Swati Tiwari 21.3.2012	LIFE MEMBER	Asstt. Maneger, C.S.E.B. Raipur	9997391019	C/4 Opp. Samancard Gallery, Raipur
28	Anita Sareen 22.12.2010	LIFE MEMBER	Prof. in Chemistry Govt. College.	09827154854	D1 Anupam Nagar, Raipur (C.G.)

29	Dr. Rama Pande 27.3.12012	LIFE MEMBER	Prof. Chemisrty, Pt. R.S. University, Raipur	9827198370	B1/4, Lokmanya Soiety, Romnipuram Raipur (C.G.)
30	Vandana patel 01.11.2017	LIFE MEMBER	Preparing for civil sevice	7587323266 (vandana.rahsui8@gmail.com)	N.G.O.-4, Civil line Raipur
31	Neha Dubey 12.1.2018	LIFE MEMBER	Asst. Prof. Phormecey SRIP, Raipur	8305003936	-
32	Meena Nibrad 01.11.2017	LIFE MEMBER	Teacher	9753822726 (nibrad.meena@gmail.com)	Ramesh lakdi tai Ramkund, Raipur, (C.G.)
33	Anshita Gupta 22.8.2016	LIFE MEMBER	Assistant Professor	9301198600 (anshita1912@gmail.com)	EWS-157, SECTOR-4, DDU Nagar Raipur (C.G.)
34	Nikita verma 22.8.2016	LIFE MEMBER	STUDENT (Rescarch Scholar)	8959286646 mathpara, Raipur	C/O Smt. Sarita verma, Prasad bhavan dudhadhari, mandir road
35	Madhu Yadu	LIFE MEMBER	-	-	-
36	Prof. Rupinder Diwan 8.2.2018	LIFE MEMBER	Professor Govt. Science College	9893260350	C-21, sec-1, Avanti vihar, Raipur (C.G.)
37	Mrs. Shankuntala Tarar 13.1.2018	LIFE MEMBER	Free lancing, Poetess	9425525681 Shankuntalatarar7@gmail.com	Ekta nagar sec-2, foat no.-32, Raipur (C.G.)
38	Miss Sweta Tarar 13.1.2018	LIFE MEMBER	Music Teacher	9669416755	Ekta nagar sec-2, foat no.-32 Raipur (C.G.)
39	Bina Gidwani 10.1.2018	LIFE MEMBER	Assistant Professor	9981903827	Samta Colony Near Krishna Adlabs H. N. - E-N.104/105 Raipur (C.G.)
40	Astha Verma 12.1.2018	LIFE MEMBER	Assistant Professor	8827035944	3/758 Ramkund near Maharastra ma dal, Gangaram Nagra Raipur (C.G.)
41	Madhu Sahu 12.1.2018	LIFE MEMBER	Assistant Professor	8236963489	CAF line - 19124 1st BN, officer line Bhilai (C.G.)
42	Pali N.Narkhede 2.2.2018	LIFE MEMBER	Assistant Professor	8103631565	IN fron of Sai Ram ford sevice vinoba Nagar, Bhilai-3 (C.G.)
43	Noopur Trivedi 29.12.2018	LIFE MEMBER	Assistant Professor	9827169914	H-2/72, Prabhu Rajbhavan narmada nagra, Bilaspur (C.G.)
44	Dr. Sandhya Sharma 29.12.2018	LIFE MEMBER	C.G. Govt. Vetarnary Surgen	9406077983	Flat 304-B, Ashoka Kohinoor, Ashoka Ratan Campus Raipur (C.G.)
45	Pri. Rashmi Singh 29.12.2018	LIFE MEMBER	C.G. Govt. Vetarnary Surgen	9424283742	Flat 204-B Ashoka Kohinoor, Ashoka Ratan Campus Raipur (C.G.)
46	Dr. Rashmi Soni 9.9.2016	LIFE MEMBER	Asstt. Prof.	9993944339	Purani Basti Raipur

47.	Mrs. Poonam Bisen 9.9.2016	LIFE MEMBER	Asstt. Prof.	9754300224	Saddu Colony, Baruanda Road, Raipur
48.	Mrs. Shweta Diwan 8.9.2016	LIFE MEMBER	Asstt. Prof.	7869377285	Rohnipuram Gol Chowk, Raipur
49.	Smt. Mukti Bais 9.8.2018	LIFE MEMBER	Culture Dept. of C.G. Govt.	9301780919	T.K Bais, Near Kankali Math, Brahman Para, Raipur (C.G.)
50.	Smt. Varsha Vanandkar	LIFE MEMBER	Personalaty Developnent Counselar	9826132982	
51.	Dr. Venu Joshi 10.8.2018	LIFE MEMBER	Asst. Prof. In C.B.S. RSU	9424041236	CBS, Pt. RSU, Raipur
52.	Nivedita Bais 9.10.17	LIFE MEMBER	Student (PSC Aspirants)	8305372213	Tiwari Colony, Mahoba Bazar, Raipur
53.	Dr. Kalpana Mishra 23.7.2018	LIFE MEMBER	Asst. Prof. in Hindi Govt. College	9753554534	Govt. D.B. Girls P.G. College Raipur
54.	Neelu Megh 17/7/18	Annual Member	Writer, Poetess	9425202224	H-1 Shanti gar, Raipur (C.G.)
55.	Samina Khan 8.8.2018	Annual Member	Director in SCHOOL	7049762233	272sec-3, Dewendra Nagar A Raiur
56.	Dr. Shubra Tiwari 28.8.2018	LIFE MEMBER	Research Associate Sos In Biotechnology, RSU	9165716883	H. No. 52 Shri Hari Niwas, Sundar Nagar, Raipur (C.G.)
57.	Arjita Diwan 13.8.2018	LIFE MEMBER	Engineer (Raipur Municipal Corporation)	8871127089 arjita207@gmail.com	42/C-19, Diwan Sadan Sahid Bhagat Singh Chowak, Raipur (C.G.)
58.	Mrs. Priyanka Shirma 10.8.18	Annual Member	Teacher	9827161051	Maruti Residency, Near R. K. Mail Raipur
59.	Megha Baghel -	Annual Member	STUDENT	8602703383 -	Baghel nivas Shitla Mandir Chowk Near Bharat Palace, Raipur (C.G.)
60.	Manjula Shrivastava 28.03.2018	Annual Member	Retired Teacher K.V.,	9479231098 dr.Manjula.harsh@gmail.com	





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## Annual Unit Report 2018-19

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