

**SWAMI RAMA HIMALAYAN UNIVERSITY**  
**Swami Ram Nagar, Jolly Grant,**  
**Uttarakhand 248016**

**WOMEN EMPOWERMENT CLUB**  
**(Personal Development Club)**

### **1. Introduction**

The Women Empowerment Club is committed to promoting gender equality, confidence, and leadership among women students. It serves as a platform for dialogue, support, and action encouraging self-expression, awareness, and empowerment through meaningful initiatives and collaborations.

### **2. Objectives**

The objectives of the Club are:

- Promote gender equality and awareness on women's rights.
- Encourage leadership, confidence, and self-expression among women students.
- Provide a supportive space for dialogue and personal growth.
- Organize programs that address social, educational, and professional empowerment.

### **3. Club Committee**

The Club shall be governed by a committee comprising the following members:

<b>Composition</b>		<b>Roles</b>
Dr Bindu Dey, Director Research, RDC		Club Coordinator
Dr Purandhi Roopmani, Asstt. Professor, School of Biosciences		Treasurer
Dr Nikku Yadav, Associate Professor & HOD, Deptt. of Clinical Research		Member Secretary
Ms. Mayuri Bhandari, B.Sc. YSHH, HSYS		Member (Student coordinator)

### **Students Detail:**

<b>S.N o.</b>	<b>Student Name</b>	<b>Registration No.</b>	<b>Enrollment No.</b>	<b>Programme Name</b>
1	Mayuri Bhandari	DD23110730 1014	SRHU230001 79	B.Sc. YSHH (2023 Batch)
2	Anshika Barthwal	DD23110550 1005	SRHU230003 85	MBA (2023 Batch)
3	Kamran Danish	DD23110530 1072	SRHU230003 50	BBA (2023 Batch)
4	Ishank Kothari	DD23110530 1071	SRHU230003 49	BBA (2023 Batch)
5	Priyanshu	DD23110430 1071	SRHU230010 46	BCA (2023 Batch)
6	Mehak Negi	DD23110430 1003	SRHU230009 79	BCA (2023 Batch)
7	Prateek Rauthan	DD23106502 008	SRHU230008 76	M.Sc. Biotechnology (2023 Batch)

8	Ayush Dobhal	DD23106302 007	SRHU230008 48	B.Sc. Microbiology (2023 Batch)
9	Rishu Singh	DD23106301 027	SRHU230008 22	B.Sc. Biotechnology (2023 Batch)
10	Neha Sharma	DD22115301 018	SRHU220004 60	B.Sc. Biotechnology (2022 Batch)
11	Som Badola	DD22113301 129	SRHU220009 31	B.Sc. Nursing (2022 batch)
12	Harshita	DD22113301 043	SRHU220008 45	B.Sc. Nursing (2022 batch)
13	Priyanshu Rawat	DD22112301 024	SRHU220000 68	BBA (2022 Batch)
14	Ayush Saklani	DD22111307 001	SRHU220003 17	B.Tech. (Hons.) CSE-AI&ML (2022 batch)
15	Nancy Bhandari	DD22111301 024	SRHU220003 57	BCA (2022 Batch)

\*Note: Preferred roles in the clubs is defined by Club coordinator.

#### 4. Terms and Conditions

Sr. No.	Clause	Details
1.	<b>Quorum</b>	50% of the total members
2.	<b>Tenure of the Club</b>	Perpetual
3.	<b>Tenure of the Chairperson</b>	3 years
4.	<b>Tenure of the Members</b>	2-3 years
5.	<b>Frequency of Meetings</b>	Preferably once per quarter
6.	<b>Meeting Notice and Agenda</b>	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	<b>Minutes of the Meeting</b>	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	<b>Duties and function</b>	(a) Planning and helping manage events at the University level in accordance with the spirit and ethos of the institute. (b) Promoting and arranging club activities to bring out the talents of students in the performing the activities. (c) To plan and organize competitions at the University, Regional and State Level.
9.	<b>Funding and Resources</b>	a. Institutional budget allocation b. Donations and sponsorships
10.	<b>Amendments</b>	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	<b>Dissolution</b>	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

## 5. Services Offered:

- **Awareness Drives** – Promote women's rights and equality.
- **Support Circles** – Safe space for sharing and guidance.
- **Celebration Events** – Observe Women's Day and related occasions.
- **Networking Meets** – Connect with women mentors and leaders.
- **Skill Workshops** – Learn self-defence, digital tools, and career skills
- **Employment opportunities** – Discuss new vistas for employment
- **Any other as seem relevant from time to time**



Signature of Chairperson

Director Research

Research and Development Cell  
Swami Rama Himalayan University  
Swami Ram Nagar, Jolly Grant  
Dehradun-248016, Uttarakhand, India



Signature of Treasurer



Signature of Member Secretary

# SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,  
Uttarakhand 248016

## NOTICE WOMEN EMPOWERMENT CLUB (Academic & Professional Development Clubs)

SRHU/APDC/WEC/2023/01

Date: 20<sup>th</sup> March 2024

This is to inform all students of Swami Rama Himalayan University (SRHU) that an interactive and inspirational **Women Empowerment & Leadership Development Session** will be organized to encourage confidence-building, awareness, skill development, and meaningful dialogue on women's rights, equality, and personal growth.

### Details of the Event:

- **Event** : Women Empowerment & Leadership Development Workshop
- **Organized by** : Women Empowerment Club, Swami Rama Himalayan University
- **Date** : 29<sup>th</sup> -30<sup>th</sup> March 2024
- **Venue** : Adi Kailash Auditorium, Swami Rama Himalayan University
- **Time** : 11:00 AM onwards

All students, especially female students, are encouraged to participate actively to enhance their leadership abilities, self-awareness, communication skills, and overall empowerment. Attendance of registered club members is **mandatory**.

For further details, please contact the Club Coordinator or respective Batch Representatives.

**Empower • Inspire • Lead**



Chairperson

Chairperson

Women Empowerment Club  
Swami Rama Himalayan University

### Copy to:

Hon'ble President

Hon'ble Vice Chancellor

Director General (Academic Development)

Pro-Vice Chancellor

Registrar

Dean, HSMS

Heads of Departments

Finance Officer

Members of the club – For necessary arrangements and action



for kind information please

# SWAMI RAMA HIMALAYAN UNIVERSITY

Jolly Grant, Dehradun (Uttarakhand)

## WOMEN EMPOWERMENT CLUB

### Report on

#### National Workshop on Women's Empowerment in Uttarakhand through Science & Technology

**Venue** New Seminar Hall, Himalayan Institute of Medical Sciences (HIMS),  
Swami Rama Himalayan University (SRHU), Jolly Grant, Dehradun (Uttarakhand)

**Dates** 29<sup>th</sup> – 30<sup>th</sup> March, 2024

#### **1. Introduction:**

Uttarakhand, despite its cultural richness and natural beauty, continues to face gender disparities—especially in STEM fields—despite progress in education and healthcare. To address this, Swami Ram Himalayan University (SRHU) in collaboration with the Women Empowerment Club, organized the workshop “Women's Empowerment in Uttarakhand Through Science and Technology,” aiming to harness the potential of STEM to promote gender equality and regional development. The initiative focused on creating inclusive opportunities for women to participate in and benefit from scientific and technological advancements.

The workshop emphasized that true empowerment involves social and cultural transformation, challenging stereotypes and promoting women's leadership. It also highlighted the link between gender equality and sustainable development, noting that empowering women in STEM can lead to broader societal benefits. Supported by the Indian National Science Academy (NASI), the workshop aligned with national goals of fostering scientific temper and inclusive growth, laying a foundation for a more equitable and prosperous Uttarakhand.

#### **2. Outcomes of the workshop:**

Following are the outcome of the workshop:-

- a) Raised awareness about the importance of women's participation in science and technology.
- b) Facilitated networking opportunities for women in Uttarakhand interested in STEM fields.
- c) Discussed strategies and best practices for promoting women's empowerment in STEM and addressing gender disparities.
- d) Encouraged collaboration between academia, industry, and government organizations to support women in STEM

## 1.1 Programme Schedule

<b>Programme Day 1</b> <b>29/03/24 (Friday)</b>		
8.30- 9.30	Registration with Tea/ Snacks	
<b>Inaugural Function</b>		
9.30- 9.40	Lighting of Lamp & Guru Vandana	SRHU Students
9.40- 9.50	Welcome Address	an, NASI, Uttarakhand , SRHU, Dehradun
9.50- 10.00	About Genesis of the Programme & Address by Special Guest	Prof. Paramjit Khurana, J.C. Bose National Fellow, Department of Plant Molecular Biology, Delhi University, South Campus, Delhi
10.00- 10.10	Address by Guest of Honor	Prof. V.D. Chauhan, Director General, Academic Development, SRHU
10.10- 10.40	Address by Chief Guest	Secretary, Department of dia, New Delhi and
10.40- 10.55	Presidential Address	Dr. Vijay Dhasmana, President, SRHU, Dehradun
10.55- 11.00	Vote of Thanks	Dr Bindu Dey, Director Research, SRHU, Dehradun
11.00- 11.30	High Tea	
11.30- 1.35	<b>Technical Session-1</b>	
	Chair	Dr Abha Srivastava, HOD, Physiology, HIMS, SRHU
	Co-Chair	Prof. Ruchi Juyal, Community Medicine, HIMS, SRHU
	Rapporteur	Dr Anupama Mishra, HSST, SRHU
	<b>Priority Area</b>	<b>Topic of Invited Lecture</b>
11.30- 11.55	Agriculture	Women's Contribution: Circular Economy through Biotechnology
11.55- 12.20	Agriculture	Role of Women in Agricultural Enterprises
12.20- 12.45	Health	Integrated Systems for Women's Health
12.45- 13.10	Health	Women Cancers: Tools for Early Diagnosis
13.10- 13.35	AI & IT	AI & IOT in Women's Healthcare
13.35- 14.30	<b>LUNCH BREAK</b>	

14.30-15.45	<b>Technical Session-2</b>	
	<b>Chair</b>	Prof. Ranjana Pathania, DSBE, IIT, Roorkee
	<b>Co-chair</b>	Dr Geeta Rana, HSMS, SRHU
	<b>Rapporteur</b>	Dr. Nupur Joshi, HSBS, SRHU

	<b>Priority Area</b>	<b>Topic of Invited Lecture</b>	<b>Speaker's Name &amp; Affiliation</b>
<b>14.30-14.55</b>	Human Resource	Skilled Workforce: Tapping the potential of Women in STEM	Dr Pratibha Jolly, Science & Society Fellow, NASI; PI GATI, Former Principal, Miranda House, Delhi University, Delhi
<b>14.55-15.20</b>		Star Colleges: Transforming Equations at UG/PG Level	Dr Garima Gupta, Scientist-F, Department of Biotechnology, Govt. of India, New Delhi
<b>15.20-15.45</b>		Challenges in S & T Infrastructure: Moving towards translation	Dr. Sunita Singh, Vice-Chancellor, HSY, SRHU
<b>15.45-16.15</b>			
<b>16.15-17.05</b>		<b>Technical Session-3</b>	
		Dr. Sunita Singh, Vice-Chancellor, HSY, SRHU	
		Dr. Deepa Singh, HOD, D/o Anatomy, HIMS, SRHU	
		Dr. Archana Dhasmana, HSBS, SRHU	
	<b>Priority Area</b>	<b>Topic of Invited Lecture</b>	<b>Speaker's Name &amp; Affiliation</b>
<b>16.15-16.40</b>	Health	Health Interventions Through High Tech R & D	Prof. Ranjana Pathania, Ph.D. DBT/Welcome-Trust India Alliance Senior Fellow, F.N.A.Sc., Department of Biosciences and Bioengineering, Indian Institute of Technology (IIT), Roorkee
<b>16.40-17.05</b>	Water	Cost Effective Defluoridation Technology for Rural & Urban Women	Dr Suphiya Khan, Deputy Director, Shriram Institute for Industrial Research, Gurugram
<b>17.05-17.15</b>	<b>TEA</b>		
<b>19.00 onwards</b>	<b>NETWORKING DINNER</b> (At Marty's Exotica Resort, Haridwar Road, Dehradun)		

<b>Programme Day 2</b> <b>30/03/24 (Saturday)</b>			
<b>8.30-9.30</b>	<b>Tea/ Snacks</b>		
<b>9.30 - 10.30</b>	<b>Special Session for Women</b>		
<b>9.30-10.00</b>	Yoga Demonstration for Women		
<b>10.00-10.30</b>	Ways to Tackle Women Harassment at Work Place		
<b>10.30-11.45</b>	<b>Technical Session-4</b>		
	<b>Chair</b>	Dr. Deepa Singh, HOD, D/o Anatomy, HIMS, SRHU	
	<b>Co-chair</b>	Dr. Malini Shrivastava, D/o Psychology, HIMS, SRHU	
	<b>Rapporteur</b>	Dr Archana Dhasmana, HSBS, SRHU	
<b>Time</b>	<b>Priority Area</b>	<b>Topic of Invited Lecture</b>	<b>Speaker's Name &amp; Affiliation</b>

<b>10.30- 10.55</b>	S & T for Community	Women's Health in the Community	Prof Ruchi Juyal, Community Medicine, HIMS, SRHU								
<b>10.55- 11.20</b>	Integration of S & T tools	Integration of Management tools in Enterprise Development for Women	Prof Shweta Sethi, Himalayan School of Management Studies, SRHU								
<b>11.20- 11.45</b>	Women's Health	Mental Disorders	Prof Manjari Tripathi, HoD, Neurology, AIIMS, New Delhi								
<b>11.45- 12.15</b>	<b>TEA BREAK</b>										
<b>12.15- 13.30</b>	<b>Technical Session-5</b> <b>Panel Discussion: Women's Empowerment through S &amp; T</b> <table> <tr> <td><b>Chairman</b></td><td>Dr Bindu Dey, Director Research, SRHU</td></tr> <tr> <td><b>Co-chair</b></td><td>Dr Nikku Yadav, Co-opted Member, NASI Uttarakhand Chapter, Dehradun, SRHU</td></tr> <tr> <td><b>Rapporteur :</b></td><td>Dr. Purandhi Roopmani, HSBS, SRHU</td></tr> <tr> <td><b>Panelists (Names &amp; Affiliation)</b></td><td>           Prof Paramjit Khurana, Fellow NASI, Prof. DU, SC, Delhi            Prof Pratibha Jolly, Former, Principal, Miranda House, Delhi            Dr Purnima Sharma, Managing Director, BCIL, New Delhi            Dr Garima Gupta, Scientist-F, DBT, New Delhi            Prof. Renu Dhasmana, Vice-Principal, HIMS, SRHU            Prof. Meenu Gupta, Cancer Research Institute (CRI), SRHU         </td></tr> </table>			<b>Chairman</b>	Dr Bindu Dey, Director Research, SRHU	<b>Co-chair</b>	Dr Nikku Yadav, Co-opted Member, NASI Uttarakhand Chapter, Dehradun, SRHU	<b>Rapporteur :</b>	Dr. Purandhi Roopmani, HSBS, SRHU	<b>Panelists (Names &amp; Affiliation)</b>	Prof Paramjit Khurana, Fellow NASI, Prof. DU, SC, Delhi Prof Pratibha Jolly, Former, Principal, Miranda House, Delhi Dr Purnima Sharma, Managing Director, BCIL, New Delhi Dr Garima Gupta, Scientist-F, DBT, New Delhi Prof. Renu Dhasmana, Vice-Principal, HIMS, SRHU Prof. Meenu Gupta, Cancer Research Institute (CRI), SRHU
<b>Chairman</b>	Dr Bindu Dey, Director Research, SRHU										
<b>Co-chair</b>	Dr Nikku Yadav, Co-opted Member, NASI Uttarakhand Chapter, Dehradun, SRHU										
<b>Rapporteur :</b>	Dr. Purandhi Roopmani, HSBS, SRHU										
<b>Panelists (Names &amp; Affiliation)</b>	Prof Paramjit Khurana, Fellow NASI, Prof. DU, SC, Delhi Prof Pratibha Jolly, Former, Principal, Miranda House, Delhi Dr Purnima Sharma, Managing Director, BCIL, New Delhi Dr Garima Gupta, Scientist-F, DBT, New Delhi Prof. Renu Dhasmana, Vice-Principal, HIMS, SRHU Prof. Meenu Gupta, Cancer Research Institute (CRI), SRHU										
<b>13.30- 14.30</b>	<b>LUNCH BREAK</b>										
14.30- 16.30	Valedictory Function										
14.30- 15.00	Cultural Programme	SRHU Students									
15.00- 15.15	Report & Recommendations of the Workshop for Women Empowerment in Uttarakhand using S & T Tools	Dr Manju Sharma, Former Secretary, DBT, GoI & Former Chairman, NASI									
15.15- 15.30	Concluding Remarks	Dr Rajendra Dobhal, Chairman, NASI, Uttarakhand Chapter & VC, SRHU									
15.30- 15.45	Address by Dr Santosh Kumar Executive Secretary NASI	Dr Santosh Kumar Executive Secretary NASI									
15.45- 15.50	Vote of Thanks	Dr Bindu Dey, Director Research, SRHU									
15.50- 16.30	Tea/ Snacks & Certificate Distribution										

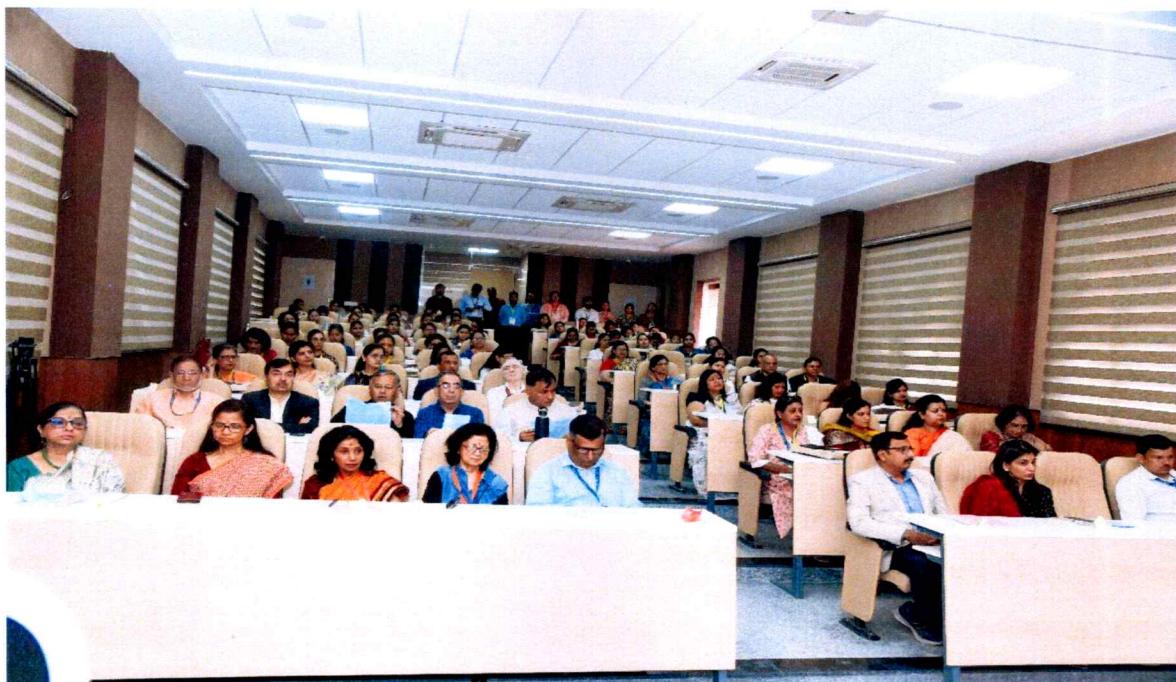
## 1.2 List of Eminent Speakers

S. No.	Profile of Women Scientists	Affiliations
1.	Dr.(Mrs.) Manju Sharma	<ul style="list-style-type: none"> <li>• Padma Bhushan</li> <li>• Former Secretary Govt. of India, Department of Biotechnology</li> <li>• Chairman, New Initiative NASI, Allahabad</li> </ul>
2.	Prof. Paramjit Khurana	<ul style="list-style-type: none"> <li>• J.C. Bose National Fellow, NASI Fellow</li> <li>• Department of Plant Molecular Biology, Delhi University, South Campus</li> </ul>
3.	Dr. Pratibha Jolly	<ul style="list-style-type: none"> <li>• Science &amp; Society Fellow, NASI</li> <li>• PI GATI</li> <li>• Former Principal, Miranda House, Delhi University, Delhi</li> </ul>
4.	Dr. Durga Toshniwal	<ul style="list-style-type: none"> <li>• IIT Roorkee</li> </ul>
5.	Prof. Ranjana Pathania	<ul style="list-style-type: none"> <li>• FNASc</li> <li>• Department of Biosciences and Bioengineering, IIT Roorkee</li> </ul>
6.	Dr. Garima Gupta	<ul style="list-style-type: none"> <li>• Scientist (F), Department of Biotechnology, Government of India, New Delhi</li> </ul>
7	Dr. Purnima Sharma	<ul style="list-style-type: none"> <li>• Managing Director, Biotechnology Consortium of India (BCIL), New Delhi</li> </ul>
8	Dr. Suphiya Khan	<ul style="list-style-type: none"> <li>• Deputy Director, Shri Ram Institute For Industrial Research, Gurugram</li> </ul>
9	Dr. Manjari Tripathi	<ul style="list-style-type: none"> <li>• HOD, Neurology, AIIMS, New Delhi</li> </ul>

## Photographs of the Inauguration Session







### 1.3 DAY-1, 29<sup>th</sup> March 2024 (Friday)

#### Technical session 1: Presentation on Priority Areas

The technical session focused on addressing various elements of women's empowerment in the fields of health and agriculture. The session started with a talk by Dr Purnima Sharma stating the significance of translational science in academia. She addressed

the concept of translation science, highlighting its function in connecting academic research with practical applications. Further emphasis was laid on the crucial role of technology-enabled centres (TECs) in promoting collaboration among different stakeholders in the field of bio design and global innovation ecosystems. She discussed the difficulties encountered by academia in developing strong scientific and technology infrastructure and stressed the importance of working together to overcome obstacles and achieve significant progress in science and technology.



Following the initial session, the focus shifted to Dr Paramjit Khurana who addressed the involvement of women in agricultural businesses. She offered valuable perspectives on the historical development of agriculture and the growing trend of women's involvement in the field. She emphasized the substantial contributions that women have made to agricultural companies globally and described programs like the National Research Centre for Women in Agriculture (NRCWA), which aims to promote gender-sensitive decision-making in agriculture. She underscored the significance of empowering women in diverse agricultural sectors and customizing farm technologies to address their individual requirements, hence improving production and sustainability.

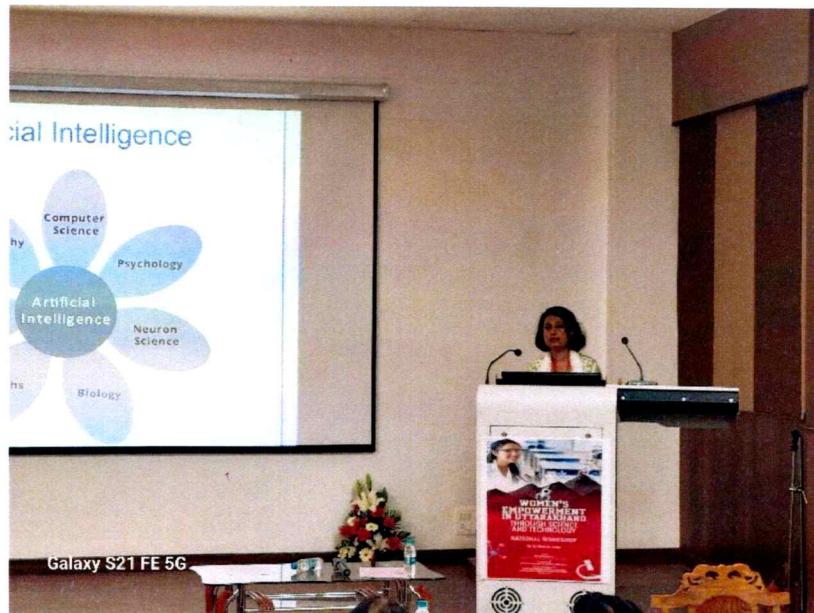


Next Dr Renu Dhasmana gave an insightful talk on empowering women in holistic health and promoting gender equality in healthcare. She underscored the significance of gender equality in tackling differences in maternal mortality and morbidity rates and encouraged for women to engage in self-care techniques to enhance their physical and mental well-being. The concept of three Gunas—Satvik, Rajas, and Tamsik—in traditional holistic health systems and fusion of traditional treatments with modern technologies and technological breakthroughs was discussed. She emphasized on the significance of implementing a holistic approach to women's health that considers the physical, mental, and emotional dimensions.



The last speaker of the session Dr Durga Toshniwal discussed the utilization of Artificial Intelligence (AI) and Internet of Things (IoT) in women's healthcare. Her presentation focused on how technology advancements may meet healthcare requirements and enhance the capabilities of women. The intersections of AI and IoT with health research, specifically

focusing on illness diagnostics, imaging analysis, fertility and reproductive health, and pregnancy and maternal health were thoroughly talked about.



## **Technical session 2: Local needs of the population- Skilled manpower and Infrastructure**

The session offered a comprehensive examination of tactics to enhance the influence and autonomy of women in several fields, encompassing areas such as healthcare, medicine, science, and technology.

The first session by Dr Suphiya Khan focused on development and implementation of cost-effective defluoridation technique tailored exclusively for rural and urban areas. She provided a comprehensive analysis of the development of defluoridation methods, highlighting the importance of connecting scientific research with real-world implementation. She identified major shortcomings in current methods, namely in treating the widespread occurrence of dental and skeletal fluorosis in many communities. She presented a novel technique that involves using nanorods outfitted with nano sensors to improve the effectiveness of fluoride removal.

Dr Menu Gupta discussed strategies for the early identification women's cancer, with a particular focus on cervical cancer. She commenced by delineating the globally sanctioned approach recognized by the World Health Organization (WHO) with the objective of eliminating cervical cancer by the year 2030. This strategy primarily focuses on vaccination, routine screening, and prompt medical intervention. She highlighted the concerning death rates associated with cervical cancer in India, emphasizing the immediate need to put in place effective measures for prevention and early detection. In addition, she emphasized on the significance of public awareness campaigns and equal access to healthcare services to guarantee the universal acceptance of preventative measures and prompt interventions.

The session ended with a talk by Dr Pratibha Jolly who discussed the importance of enabling women in STEM disciplines and promoting gender diversity in the workplace. Utilizing her own experiences, she provided valuable perspectives on the difficulties and opportunities faced by women in the fields of science and technology. She stressed the significance of establishing gender-sensitive and adaptable work environments to promote the progress of women in STEM professions. She advocated the skill development, engagement in the economy, and involvement in disruptive technology to equip women for the changing work

environment. In addition, she emphasized the significant impact that both formal and non-formal education can have on empowering women worldwide.

### **Technical session 3: Integration of S & T tools into Community**

The technical session focussed on providing comprehensive information into advancements in education and health, addressing critical issues and highlighting initiatives aimed at driving positive change.

Dr Garima Gupta provided valuable insights into initiatives aimed at transforming undergraduate and postgraduate education in India, particularly through the Star Colleges program. She outlined the support provided by the HRD Division to researchers in India, including funding opportunities, training programs, and career development initiatives. The Star College Program, Builder Program, and the recent launch of the Sahaj and Common Fellowship Portal were highlighted as key initiatives to enhance the quality of education and research opportunities.



Dr Ranjana Pathania's presentation shed light on the growing threat of antimicrobial resistance (AMR), emphasizing the alarming rise of antibiotic resistance and its potential implications. She discussed the emergence of particularly concerning drug-resistant bacteria known as ESKAPE pathogens and addressed the limited discovery of new antibiotics. Specific attention was given to the rampant antibiotic use in the poultry industry, highlighting its contribution to the spread of antibiotic resistance.

### **1.4 DAY-2, 30<sup>th</sup> March 2024 (Saturday)**

#### **Technical session 4: Integration of S & T tools into Community**

The technical session provided valuable insights into empowering women's health and well-being, addressing key issues ranging from physical health concerns to mental health challenges and enterprise development.

The session began with an insightful talk by Dr Ruchi Juyal who emphasized on the critical need to prioritize women's health within the community, particularly in the Indian context. She emphasized the tendency of women to overlook their own well-being while fulfilling familial obligations and emphasized the significance of establishing trust and offering accessible solutions for the mental and physical health challenges that women encounter. She addressed impact of educating women, which leads to increased life expectancy and improved gender ratios. In addition, she discussed a range of socio-economic variables that impact women's health, including cultural norms, societal stigmas, and gender bias. Maternal reproductive health, non-communicable diseases, and mental health issues were identified as prevalent concerns, underscoring the importance of empowering women to empower society.



Next, Dr Shweta Sethi in her talk highlighted the obstacles encountered by women in the business industry, such as societal and gender prejudices, insufficient financial resources, and limited market expertise. She emphasized the significance of fostering a supportive work atmosphere by conducting training sessions, workshops, and seminars focused on time management. She also highlighted the significance of diversity and inclusion initiatives, such as the Diversity, Equity, Inclusion, and Equality (DEIE) programs implemented by firms like KPMG. These programs aim to improve the overall work experience and performance of female employees. In addition, she recognized the importance of networking and mentoring platforms, such as those offered by Amazon, to support women's entrepreneurship.

The session concluded with a talk by Dr Manjari Tripathi who discussed the frequently ignored matter of mental health, highlighting the significance of increasing awareness of negative emotions and their influence on mental well-being, especially among women. She emphasized the correlation between the accumulation of unpleasant emotions and the development of acute and chronic mental diseases, which are further intensified by society and familial constraints. Dr Tripathi emphasized the importance of yoga as a therapeutic approach for mental well-being. She recognized post-partum negative feelings, workplace negligence, and mental harassment as major factors that contribute to anxiety, despair, and suicidal

tendencies in women. She emphasized the immediate necessity of resolving these challenges to avert more societal consequences and loss of life.



## Technical Session 5 Panel Discussion: Women's Empowerment in Uttarakhand through Science and Technology



### 1.5 Recommendation from Technical sessions

Following the end of all technical sessions, a panel discussion ensued, yielding specific recommendations for further action which were following:

- Embarking on targeted initiatives tailored to the geographical distinctiveness of regions.
- Setting forth a definitive trajectory and enhancing the prominence of the university's mission.
- Recurrent contests and gatherings to foster brand recognition and community engagement.
- Stimulating faculty engagement in external undertakings and endeavours.
- Advocating for breast cancer awareness to counteract societal taboos.
- Mapping out tailored interventions to uplift rural women, addressing their unique circumstances and obstacles.

### **Valedictory:**

Subsequently, Dr. Rajendra Dobhal, the Vice Chancellor of SRHU, underscored the institution's proactive stance in advancing research endeavours, highlighting the allocation of dedicated funds for research purposes. Dr. Santosh Kumar then elaborated on the National Academy of Sciences, India (NASI), elucidating its inception and the breadth of its work within the domains of science and technology. With these enlightening discussions, the workshop drew to a successful close, marked by its achievements and contributions.



Chairperson  
Women Empowerment Club  
Swami Rama Himalayan University





## 1.6 List of Participants

### "National Workshop on Women's Empowerment in Uttarakhand through Science & Technology"

Sponsored by:

National Academy of Sciences India (NASI), Prayagraj (UP)

Jointly Organised by:

NASI, Uttarakhand Chapter and Swami Rama Himalayan University, Dehradun  
Swami Rama Himalayan University (SRHU), Jolly Grant, Dehradun (Uttarakhand)

Dates: 29<sup>th</sup> – 30<sup>th</sup> March, 2024

#### Registration

S. NO	Name of Participants	Organization	Signature
1	Shalu Rajput	B.M.P.L	Shalu
2	Seemya Barival	II	Seemya
3	Srishti Thakuri	M.Sc. Yoga II year	Srishti
4	Prince Dubey	B.Sc. Yoga III year	Prince
5	Ananya Sharma	B.Sc. Yoga III year	Ananya
6	Nidhi	B.Sc. Yoga II year	Nidhi

**"National Workshop on  
Women's Empowerment in Uttarakhand through Science & Technology"**

*Sponsored by:*

National Academy of Sciences India (NASI), Prayagraj (UP)

*Jointly Organised by:*

NASI, Uttarakhand Chapter and Swami Rama Himalayan University, Dehradun  
Swami Rama Himalayan University (SRHU), Jolly Grant, Dehradun (Uttarakhand)

*Dates: 29<sup>th</sup> – 30<sup>th</sup> March, 2024*

**Registration**

S. NO	Name of Participants	Organization	Signature
1.	A. Neha Verma	AP, Community Medic	D. Neha
2.	Dristi Maithani	D.A.V. (P.G.) College, Dehradun	D. Maithani
3.	Kanchan semwal	D.A.V. (P.G.) College, Dehradun	K. Semwal
4.	Anjali Uniyal	D.A.V. (P.G.) College, Dehradun	Anjali
5.	Anjana Negi	D.A.V. (P.G.) College, Dehradun	Anjana
6.	Nidhi Singh	D.A.V. (P.G.) College, Dehradun	Nidhi
7.	Priya Negi	D.A.V. (P.G.) College, Dehradun	Priya
8.	Bhumika Bisht	D.A.V. (P.G.) College, Dehradun	Bhumika
9.	Abhi Saha	AIIMS Rishikesh	Abhi
10.	Nirmala B	AIIMS Rishikesh	Nirmala B

Participants

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Registration

S. NO	Name of Participants	Organization	Signature
11.	Atanisha Chuiyal	HIMS, SRHU	
12.	Imran	HIMS, SRHU	
13.	Rishendra Singh	D.A.V. College Dehradun	
14.	Sadhu	PG. Rishikesh	
15.	Prachi Thapliyal	PG College Rishikesh	
16.	Shweta Sharma	SDSUV Rishikesh Campus	
17.	Pooja Kuliyal	SDSUV Rishikesh Campus	
18.	Saloni	SDSUV Rishikesh Campus	
19.	Suniti	Pt. L.M.S. Campus Rishikesh	
20.	AKansha	Pt. L.M.S. Campus Rishikesh	

Participant

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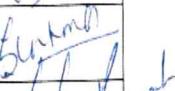
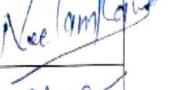
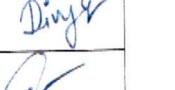
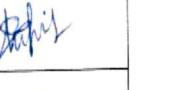
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Registration

S. NO	Name of Participants	Organization	Signature
1.	Dr. Aruna Deware	Uttarakhand Space Application Centre	
2.	Dr. Sutima Gaurak	Uttarakhand Space Application Centre	
3.	Dr. Neelam Rawat	Uttarakhand Space Application Centre	
4.	Dr. Dnyan Utryal	Uttarakhand Space Application Centre	
5.	Dr. Anupama Mishra	HSST	
6.	Hetal Pan	HSST	
7.	Shwani Sharma	HSST, SRHU	
8.	Bhawna Adhikari	AllMS Rishikesh	
9.	Shreya Chauhan	AllMS Rishikesh	
10	Kanya Sree	AllMS Rishikesh	

Participants

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Dates: 29<sup>th</sup> – 30<sup>th</sup> March, 2024

Registration

S. NO	Name of Participants	Organization	Signature
1	Nidhi	S.R.H.U. B.Sc Yoga	<u>Nidhi</u>
2.	Shruti	S.R.H.U. M.Sc. Yoga	<u>Shruti</u>
3)	Ananya	S.R.H.U. B.Sc Yoga	<u>Ananya</u>
4)	Kaatikey	SRHU B.Sc Yoga	<u>Kaatikey</u>
5)	Prince	SRHU B.Sc Yoga	<u>Prince</u>
6.	Dr. Jyoti Suriyal	SRHU Medical Anatomy	<u>Jyoti</u>
6.	Sudiksha Arya	SRHU B.Sc Biotech	<u>Sudiksha</u>
7.	Dr. Manju Suriyal	USERI, Dehradun	<u>Manju</u>
8.	Dr. Bhavtosh Sharma	USERI, Dehradun	<u>Bhavtosh</u>

Participant

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Registration

S. NO	Name of Participants	Organization	Signature
1	Shivani Bagriyal	PT. I.M.S Rishikesh	Shivani
2	Sandhya	M.I.T Dhalwala	Sandhya
3	Rishmi Bishht	M.I.T Dhalwala	Rishmi
4	Savanti	M.I.T. Dhalwala	Savanti
5	Neha Ghildiyal	M.I.T. Dhalwala	Neha
6	Deepika	M.I.T. Dhalwala	Deepika
7	Reetu	M.I.T Dhalwala	Reetu
8	Anita Verma	AIIMS Rishikesh	Anita
9	Sikha Morang	AIIMS Rishikesh	Sikha
10	Twinkle Dogra	AIIMS Rishikesh	Twinkle

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Registration

S. NO	Name of Participants	Organization	Signature
1.	Chaitu Shekhar	HSBS, SRHU	Chaitu Shekhar
2.	Abhilekh Sati	HSBS, SRHU	Abhilekh Sati
3.	Abhimav Bahuguna	HIMS, SRHU	Abhimav Bahuguna
4.	Anshuya Prasad Jasti	HSBS, SRHU	Anshuya Prasad Jasti
5.	Astha Raturi	HSBS, SRHU	Astha Raturi

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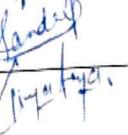
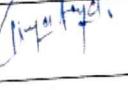
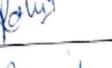
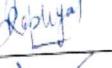
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Dates: 29<sup>th</sup> – 30<sup>th</sup> March, 2024

**Registration**

Organizer

(Student)

S. NO	Name of Participants	Organization	Signature
1.	Karishka Miglani	HSBS, SRHU	
2.	Vanshika Rana	HSBS, SRHU	
3.	Khushi Dhasmana	HSBS, SRHU	
4.	Angali Misra	HIMS, SRHU	
5.	Sandeep Rawat	HIMS, SRHU	
6.	Divya Aranya	HSBS, SRHU	
7.	Rohit Panwar	HIMS, SRHU	
8.	Ruchika Thapliyal	HIMS, SRHU	
9.	Pratyush Kumar Sohan	HIMS, SRHU	
10.	Mayank Bahuguna	HSBS, SRHU	

Faculty

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Registration

S. NO	Name of Participants	Organization	Signature
1	Piyush Dhyani	SRHU	
2.	Vaishali Gupta	SRHU	
3	Naresh Pratap Singh	SRHU	
4	Sharad Kala	SRHU	
5	Widhi Padam	SRMC	
6.	Dr. Ankit Sharma	HSYS (SRHU)	
7.	Lokendra Singh	SAHU	
8	Dr. Satish Mank	HSYS	
9	Dr. Hafiz Samad	Clinical Pg. HIMS	
10	Mahjabin	Clinical Pg HIMS	

Faculty

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**Registration**

S. NO	Name of Participants	Organization	Signature
1.	Dr. Juhu Kalra	Pharmacology HIMS SRHU	Juhu
2.	Yogita Rawat	Biochemistry HIMS SRHU	Yogita
3.	Himanshu Bandy	Biochemistry HIMS SRHU	Himanshu
4.	Kanchan Bisht	chemistry Department Purdue University	Kanchan
5.	Mansi Kalra	Biochemistry department	Mansi
6.	Amardip	Biochemistry department	Amardip
7.	Gopal Bhandari	HSBS, SRHU	Gopal
8.	Nupur Joshi	HSBS, SRHU	Nupur
9.	Archana Dhesman	HSBS, SRHU	Archana
10.	Nikkhi Yadav	HIMS, SRHU	Nikkhi

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Registration

Faculty

S. NO	Name of Participants	Organization	Signature
1	Alok Saktami	Adv for, SRHU	Alok
2.	Dr. Asha Chandola Saktami	SRHU	Asha
3	Dr. Koushalya Dangw	MIT Rishikesh	Koushalya
4.	Dr. Shalini Ramat	PTLMS Campus, Rishikesh, SDSU	Shalini
5.	Dr. Madhuvi Kaushik, Lily	MIT, Rishikesh	Madhuvi
6.	Dr. Anita Pandey	MIT, Rishikesh	Anita
7	Noelam Pandey	RDI- HJHT	Noelam
8)	Dr. Nadeen Barthwal	RDI- HJHT	Nadeen
9.	Dr. Simi Mittal	AIIMS, Rishikesh	Simi Mittal
10.	Dr. Seema Madhok	CPACE, SRHU	Seema

Faculty

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Dates: 29<sup>th</sup> – 30<sup>th</sup> March, 2024

Registration

S. NO	Name of Participants	Organization	Signature
1	Dr. Rakesh Brijpalwan	Deputy Director	R
2	Dr. Sandeep Pungashendi	HCR, SRHU Principal	SP
3	Dr. Somalata Jha	HSYS, SRHU.	Somalata
4	Vineet Bahuguna	GM - ATWD	V
5	Dr. Kancharan Bala	SRHU	Bala
6	Dr. Grace M. Aya	SRHU	GM
7)	Nauneef	SRHU	N
8)	Ritu	SRHU	R
9)	Amit	SRHU	Amit
(10)	H. Princy Tewari	SRHU HSST	PT

Online Reg.

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Date: 26th - 28th March, 2024

Dates: 29<sup>th</sup> – 30<sup>th</sup> March, 2024

## Registration

### Registration





# हिन्दुस्तान

भरोसा नए हिन्दुस्तान का

टाइमिंग

30 अप्रैल 2024, देवसालु

प्राप्ति संख्या: वृ 15, डॉ 76, १८ फूट, मुक्त १७ रुपये

• लाइसेंस • 21 लाइसेंस

| गोष्ठी | एसआरएचयू में दो दिवसीय राष्ट्रीय कार्यशाला में बोले विशेषज्ञ, विज्ञान और प्रौद्योगिकी का महिला सशक्तीकरण में प्रगति बताया योगदान

## विकसित समाज के लिए महिलाओं का सम्मान जरूरी

डॉ ईश्वराला, संचाददाता।

एस आरएचयू में विज्ञान एवं प्रौद्योगिकी का माध्यम से उत्तराखण्ड में महिला सशक्तिकरण विषय पर दो दिवसीय राष्ट्रीय कार्यशाला आयोजित हुई। नेशनल एकेडमी ऑफ साइंसेज इंडिया उत्तराखण्ड एन्ड के सहयोग से आयोजित कार्यशाला में दोपहर से विषयपूर्ण चर्चा। बहाली ने विज्ञान एवं प्रौद्योगिकी का महिला सशक्तीकरण के क्षेत्र में अग्रणीयता दर्शाया।

गुरुकर को बौलीपारा नियमित एस आरएचयू के हिमालयन इन्स्टीट्यूट और मार्डिकल महिला

के सोमिनार हीन में आयोजित

कार्यशाला का शुभाभ मरम्भणक द्वारा स्थाप्त सम्बन्ध के चित्र के समान दोपहर के बाय गता। मुख्य आयोजित पर भूमा और नेशनल एकेडमी ऑफ साइंसेज इंडिया (एनएसेज इंडिया) की विद्यार्थिन द्वारा मनु शर्मा ने कहा कि पर्याप्त महिला की अभिका अभ्यं द्वारा है। महिला सशक्तिकरण का महान विभाग लंबो में महिला और की आयोजक गतिवित समर्पणक या आयोजक शक्ति की बढ़ावा है।

एस आरएचयू के अध्यक्ष डॉ. विजय भूमा ने कहा कि विकासित समाज

के लिए जरूरी है जरी का सम्मान।

विज्ञान और तकनीक का अगर सही संस्कृति किया जाए तो महिला और अंतर्क सशक्ति और आवधनिक बन सकती है। प्रतान में युवती हो रहे शब्द में विज्ञान और तकनीक के सहयोग में रोजगार सृजन कर सकते हैं। कृतानि द्वारा जेन डोभाल ने कहा कि महिला सशक्तिकरण के उद्देश्य को विज्ञान एवं तकनीक विकास पूरा कर रहा है।

योके पर बहालीदेश की शोलिणक विकास द्वारा विजेन देवधार, डॉ. परम और युवता, विषय सेल की विद्यालय द्वारा विज्ञु द्वारा कृतमर्याद



एसआरएचयू में शुक्रवार को कार्यशाला में शिरकत करते अधिकारी।

द्वारा, डॉ. मुकेश विज्ञानकार, डॉ. निष्ठा

विजेन कृपार, डॉ. अर्जुन धर्माना,

डॉ. पूर्णिमा रायमाण, अभिनव,

जेंगी, डॉ. प्रवीण तिवारी, डॉ.

आकाश भाटि उपर्युक्त रहे।





प्रथम तापमान 29.00\* » वनस्पति तापमान 17.00\* » सुबंदर 6.08 » सूर्यास्त 18:36 »



डॉलर 83.36 » यूरो 8

## छोटीबड़ीबात

आज ही के दिन  
1919 में महात्मा गांधी  
ने रॉलेक्ट एक्ट के  
विरोध की घोषणा  
की थी।

# दैनिक भास्कर

देश का विश्वविद्यालय अवधारणा

देशदृष्टि नं. 7 अक्टूबर 30, 2024 कृति कृष्ण 12 मुख्य 5.00 रुपये

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यूप्लाइटरी प्रस्ताव पर अनेकिका सदृश्य

तारीख 12

अनेकिका ने कोटी एंडरसन को किया दीन में शामिल तारीख 11

विज्ञान एवं प्रौद्योगिकी के माध्यम से दो दिवसीय राष्ट्रीय कार्यशाला की गई आयोजित

## एसआरएचयू में महिला सशक्तिकरण को किया मंथन

माल्टकर समाचार सेवा

डोईबाला। स्वामी राम हिमालयन विश्वविद्यालय (एसआरएचयू) जौलीगांव में 'विज्ञान एवं प्रौद्योगिकी' के माध्यम से उत्तराखण्ड में महिला सशक्तिकरण विषय पर दो दिवसीय राष्ट्रीय कार्यशाला आयोजित की जा रही है। नेशनल एकेडमी ऑफ साइंसेज इंडिया (एनएसआई) उत्तराखण्ड चैटर के सहयोग से आयोजित कार्यशाला में देशभर से विशेषज्ञ जुटे। वकाओं ने विज्ञान एवं प्रौद्योगिकी का महिला सशक्तिकरण के क्षेत्र में अहम योगदान बताया। कार्यशाला को संबोधित करते हुए मुख्य अतिथि

पद्म भूषण व नेशनल एकेडमी ऑफ साइंसेज इंडिया (एनएसआई) की चेयरपर्सन डॉ. मंजू शर्मा ने कहा कि परिवार में महिला की भूमिका अहम होती है। महिला सशक्तिकरण का तात्पर्य विविध क्षेत्रों में महिलाओं की आधारभूमिका, राजनीतिक, सामाजिक या अर्थिक शक्ति को बढ़ाना है। पिछले कुछ वर्षों में महिलाओं ने प्राप्तिकरण मानसिकता पर काम किया है और शिक्षण, विकास, इलीनियरिंग, सूचना प्रौद्योगिकी, जैव प्रौद्योगिकी, परमाणु और अतिथिक विज्ञान और तकनीक के क्षेत्र में ऐसे कई विशेषज्ञ क्षेत्रों जैसे व्यवसायों में उत्कृष्टता



राष्ट्रीय कार्यशाला में आयोजित विचार प्रस्तुत करते वक्ता।

हासिल की है। समारोह की अध्यक्षता कर रहे स्वामी राम हिमालयन विश्वविद्यालय के अध्यक्ष डॉ. विजय धस्ताना ने कहा कि विकासित समाज के लिए जल्दी है नारी का सम्मान। विज्ञान और तकनीक का अग्र सही से इन्हेमाल किया जाए तो महिलाएं और अधिक सशक्त और आत्मनिर्भर बन सकती हैं।

नवनियुक्त अध्यक्ष डॉ. राजेन्द्र डोभाल ने अप्रसिद्ध सभी अतिथियों का स्वागत किया। कहा कि महिला सशक्तिकरण के उद्देश्य को विज्ञान एवं तकनीक विकास पूरा कर रहा है। समारोह के विशेष अतिथि महानिदेशक शैक्षणिक विकास डॉ. विजेन्द्र चौहान ने कहा कि आयि काल से महिलाओं को परिवार में विशेष

दर्जा हासिल है जो समय के साथ बदलता रहा है। विशेष अतिथि डॉ. परमजीत खुराना ने कार्यक्रम की रूपरेखा से अवगत कराया। रिसर्च सेल की निदेशक डॉ. विनु डे ने सभी उपरिथित लोगों का धन्यवाद दिया। इस अवसर पर कुलसचिव डॉ. मुकेश विजल्याण व विश्वविद्यालय के समन्वय कांसेन्सी के प्रिसेप व फैकल्टी मौजूद रहे। कार्यशाला के संचालन में डॉ. निकू यादव, डॉ. गीता भडारी, डॉ. तुरु जीशी, डॉ. प्रवीण तिवारी, डॉ. विकेंद्र कुमार, डॉ. अर्चना धर्माना, अभिनव, आकाश सहित डीएसी कालेज से डॉ. प्रशांत सिंह व कालेज के छात्र-छात्राओं ने सहयोग दिया।



# हिन्दुस्तान

भौतिक नाए हिन्दुस्तान का

संस्कृत

30 अक्टूबर 2024, दिल्ली

लोक संस्कृति, विद्या, विज्ञान

• लोक संस्कृति, विद्या, विज्ञान

। गोटी। एसआरएचयू में दो दिवसीय राष्ट्रीय कार्यशाला में बोले विदेशी, विज्ञान और प्रौद्योगिकी का महिला सशक्तिकरण में अहम बताया योगदान

## विज्ञान में महिलाओं का योगदान अहम

डोईबाला, संवाददाता। एसआरएचयू में 'विज्ञान एवं प्रौद्योगिकी के माध्यम से उत्तराखण्ड में महिला सशक्तिकरण' विषय पर दो दिवसीय राष्ट्रीय कार्यशाला आयोजित हुई। नेशनल एकेडमी ऑफ साइंसेज इंडिया (एनएसआई) उत्तराखण्ड चैटर के सहयोग से आयोजित कार्यशाला में देशभर से विशेषज्ञ जुटे। वकाओं ने विज्ञान एवं प्रौद्योगिकी का महिला सशक्तिकरण के क्षेत्र में अहम योगदान बताया।

शुक्रवार को जौलीग्रांट विद्यालय परमाणु और नेशनल एकेडमी ऑफ मेडिकल साइंसेज के सेमिनार हॉल में आयोजित कार्यशाला का औपचारिक शुभारंभ संस्थापक डॉ.



एसआरएचयू में शुक्रवार को आयोजित कार्यशाला में शिरकत करते अतिथियां।

स्वामी राम के चित्र के समक्ष दीप जलाकर किया गया। मुख्य अतिथि पद्म भूषण और नेशनल एकेडमी ऑफ साइंसेज इंडिया (एनएसआई) की चेयरपर्सन डॉ. मंजू शर्मा ने कहा कि परिवार में महिला की भूमिका अहम होती है। मौके पर महानिदेशक शैक्षणिक विकास डॉ. विजेन्द्र चौहान, डॉ. परमजीत खुराना, रिसर्च सेल की निदेशक डॉ. विनु डे ने सभी उपरिथित लोगों का धन्यवाद दिया। इस

## 1.8 Certificate



**NATIONAL WORKSHOP ON WOMEN'S  
EMPOWERMENT IN UTTARAKHAND THROUGH  
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Chairman, NASI UK Chapter &  
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