



Indian Federation of University Women's Associations

AFFILIATED TO GRADUATE WOMEN INTERNATIONAL



President's Address

Dear Friends,

IFUWA has successfully completed two years of their functioning since August 2020. In between, we have faced the wrath of the Pandemic but that did not deter us from maintaining connectivity with our members through quality monthly programs covering essential areas that concerns women in different dynamics. The focal point of IFUWA being empowerment of women, the Project committee had embarked on a survey concerning stress of women in pandemic times and subsequent resilience building. It was duly conducted through a series of monthly events over 9 months. Alongside with this, members participated in GWI organized Organizational Development meetings that dealt with the restructuring of the GWI Board and its relationship with the NFA's. IFUWA members participated in a number of GWI – NFA organized webinars which were rich in content adding on to the wealth of our knowledge. IFUWA and the Egyptian NFA undertook a NFA-to-NFA programme on 'Sexual Harassment at Workplace' organised by GWI Membership Committee which was a grand success. Likewise GWI – IFUWA collaborated to celebrate World Menstrual Hygiene Day which witnessed large participation from many NFAs. Over the two years, UWAsia was revived and has started functioning under the IFUWA umbrella and has had two strikingly successful programs. The next one is due to be held in December which will witness the coming in of Thailand as an NFA of GWI. I am happy that the Asian Region has found visibility in the global scenario by dealing with issues concerning the region.

IFUWA retained its scholarship announcement and disbursement, undertook important resolutions in their Central committee meetings and is working towards establishing new UWAs in future. To keep members posted of IFUWA activities, the website and social media has found a prominence. We are now looking forward to host GWI's 34th Triennial Conference in November, 2022 having received the invitation from GWI. I am hopeful many of our members will participate for the same. As the host, IFUWA Board and Conveners are working in unison to organize an impressive cultural program for the conference. For all these, I extend my heartfelt thanks to the members working in different capacities for their contributions helping IFUWA to progress in multiple ways. Let us keep the banner of IFUWA flying high.

Dr Ranjana Banerjee

President – IFUWA / UWAsia



Editor's Note

Dear friends,

This is our fourth newsletter of this term. We have been able to successfully disseminate information and activities of the different UWAs to all our readers across India. We all are now in a position to get ideas from each other regarding activities related to women empowerment. The e-Newsletter has been a useful medium in the times of pandemic. When we physically could not meet each other, it served as an appropriate communication vehicle to keep our bonding alive.

We are gaining ground with the social media activities. We have a contemporary, well-structured website, we have an active Facebook page and also have our own YouTube channel where we upload all our recordings of events that are in public domain. Each medium serves its own purpose for IFUWA and all the platforms work in sync to give IFUWA the leverage that it needs. For IFUWA, the e-newsletter continues to be an important communication tool indeed.

I once again take this opportunity to request you to send us news on your activities along with clear higher resolution pictures which make the event memorable. If you have talented individuals in your Association, you may send their news of achievements with good images, you may send their articles, poems, stories, sketches, just to name a few. You may also share the exceptional talent of children whose mothers are our members.

As Joseph Conrad, the acclaimed English novelist once said, 'My task, which I am trying to achieve is, by the power of the written word, to make you hear, to make you feel - it is, before all, to make you see.'

Happy reading!

Purobi Ghosh Mohan

Convener - Communication

International News

GWI honours indigenous women with infographic 2022

International Day of the World's Indigenous Peoples is observed on August 9 each year to raise awareness about protecting the rights of the world's Indigenous populations. Also, to recognise the achievements and contributions that Indigenous Peoples make to improve world issues such as environmental protection. The day was designated by the United Nations (UN) General Assembly in December 1994.

Graduate Women New Zealand (GWNZ) celebrates its 100th Year

Graduate Women New Zealand was formed in 1921 and by the 1980s they had over 2000 members. Since then, GWNZ has grown even more with branches in four different locations around New Zealand. For 100 years GWNZ is committed to advocating for women and girls' equal access to quality education.

GWI 34th Triennial General Assembly and Conference Registration

Under the theme 'From Growth to Sustainability', GWI is hosting the 34th triennial General Assembly and Conference virtually on November 11-13, 2022 in collaboration with the Indian Federation of University Women's Associations (IFUWA). Early bird registration is CHF 60 until August 31, 2022.

GWI at the UN Commission on Crime Prevention and Criminal Justice (CCPCJ)

The 31st Session of the CCPCJ took place on May 16-20, 2022 in Vienna both virtually and in person. One hundred and thirty countries were represented as were 55 NGOs. More than 80 side events were held. Elisabeth Francis, GWI UN Representative, Vienna represented GWI.

HRC50 Written Statement and Session wrap up

The 50th session of the Human Rights Council recently wrapped up in July with a full day discussion on the Human Rights of Women. 'We cannot build a fair and equal system without the strong and meaningful participation of the women and girls, in all their diversity, who work as care givers, and of the women and girls who themselves receive or are in need of care and support. We need to listen to their voices. We

need to rebuild the system with them', said Michelle Bachelet, UN High Commissioner for Human Rights.

GWI welcomes the Thailand Association of University Women (TAUW)

The Thailand Association of University Women becomes GWI an active member again with GWI. 'It will provide us several opportunities to learn, share, and support each other on many essential issues of women and girls.', said TAUW President and CIR, Suwithida Charungkaittikul.

Young Member Network (YMN) completes Sustainable Development Goal (SDG) Ambassador training series

The GWI YMN recently completed its SDG Ambassador training series. Twenty-six Certified Ambassadors from 12 countries gained their GWI SDG Ambassador certificates. This series marks another successful project towards the YMN efforts of enabling the YMN to grow and flourish.

New Association in Spain

The Spanish Association of University Women (SAUW) of Murcia is newly formed. SAUW Murcia is comprised of 22 women whose president is Francisca Liaño. Francisca has been following GWI activities for years and was able to create the Association in Murcia, a city with a well-known University, with the support of GWI NFAs in Bilbao, Madrid and Marbella.

Panama Association of University Women 'Peace Education'

On June 7, 2022, AMUP developed a Reflective Panel on Peace and Disarmament, at the University Centre of Penonomé. AMUP President, Jazmeira Cabrera, together with associates of the organisation, professors and students at the University Centre, participated in the panel calling for Peace and Global Solidarity through Education.



Shyamashree Sen
Coordinator- International Relations

SWAYAMSIDDHA

Empowering women to be Self Sufficient

Session on Assertiveness and Mental well-being

The seventh Session on Assertiveness and Mental well-being was taken on March 23, 2022 by reputed Psychiatrist Dr P Vijayalakshmi from Vijayawada. She dealt with understanding the concept of Assertive Communication that would benefit individuals to handle situations positively without hurting each other. She provided ways to perform and cultivate Assertive Communication. She further shared that it could be cultivated with practice. The session was attended by 102 participants.

Session on Nutrition and Disease: Facts and Myths

The eighth Session on 'Nutrition and Disease: Facts and Myths' was jointly taken by Dr Suchitra Roy Nutrition Researcher and Dr Tejal Dravid, Consultant Physician and a reputed diabetologist on April 22, 2022. The session was attended by 87 participants from different parts of India. The You Tube video of the session, uploaded later has been hugely viewed and liked by viewers.

The second part of the Resource person's session dealt with healthy diet which plays an important role in the physical and mental well-being of humans but is mostly neglected due to lack of knowledge and understanding of its repercussions. She spoke on the myths and reality related to nutritious food and the diseases that are connected with the food we consume. Diet evolves over time, being influenced by many social and economic factors that interact in a complex manner. These factors influence in shaping individual dietary patterns.

The speakers provided valuable information on different food fads followed by different age groups and their possible consequences.

Session on 'Financial Literacy - Plan for Future'

The ninth session was held on May 20, 2022 on 'Financial Literacy - Plan for Future' by Ms Roopa Venkatakrisnan, Director of Sapient Wealth Advisors and Broker Private Ltd. The session was attended by 77 participants.

Ms Roopa Venkatakrisnan explained the difference between financial independence and financial security. The participants were very aptly guided regarding different avenues of managing finances and the need to plan one's finances at an early age.

She took the participants through questions like : 'Where do I stand financially? What am I supposed to do? What can be done?' She cautioned the participants to be smart and not get emotional while investing. She continued by giving proper tips and knowledge about the different tools available in the market, short term and long term plan in investments and how to avoid pitfalls.

Session on 'Cyber Crime - Ways to deal with'

The tenth and final session of our lecture series conducted by our own member from Delhi Dr Jyotika Kalra, Advocate Supreme Court of India and former member, Human Rights Commission of India on June 17, 2022. She spoke on 'Cyber Crime - Ways to deal with'.

Technology has enabled quicker facilitation of goods and services. At the same time, it has exposed us to many challenges and fraudulent activities. Cybercrime is one such challenge. Advocate Dr Jyotika Kalra through her presentation shared some important aspects related to Cybercrime. She further shared a personal case study and the steps and process to register a Cybercrime. The session was attended by 43 participants.



Malati S Kalmadi
Convenor Projects

Happenings

WGU (Bombay)

Scholarships Award Distribution

The virtual Scholarship Awards function was held on December 11, 2021. Mr. Kiran Khalap, a co-founder of Chlorophyll, a brand consultancy firm, was the Chief Guest at the Awards function.

Scholarships worth Rs. 11,25,000/- were awarded to 68 Students from different streams. Scholarships were awarded for graduation, post-graduation, doctorate, for a vast range of subjects including medicine, Research & Medicine, Cost Accountancy, Accountancy, Law, branches of Engineering, Science, Arts, Commerce and Courses such as Nursing, Patisserie, Nursery and Creche Teachers' Training.



Scholarship Committee members and the Awardees

55 Scholars and 16 WGU Members attended the virtual Scholarship Honoring function. Scholarship Cheques were handed over to 20 students selected randomly at the Christmas Party Function on December 17, 2021 and the remaining 48 students cheques were disbursed by Chairperson Mrs. Havovi Gandhi and Trustee Mrs. Sheila Shastri.

Memorable Christmas party

A memorable Christmas Party was held on December 17, 2021. The party was well attended including the brand ambassador Ms Simran Ahuja. Amidst laughter and cheer, Santa Claus regaled the participants with sweets and members danced to the DJ music. This was followed by delicious snacks made by Acme Caterers.



Fun and frolic



At the Christmas party

International Women's Day and 75th Independence Day Celebrations

Maharashtra Governor, His Excellency Hon'ble Shri Bhagat Singh Koshyari, honored Women Achievers, Past Presidents and Trustees of Women Graduates Union at Raj Bhavan, Mumbai on April 7, 2022.

This event was organised to celebrate the Platinum Jubilee of India's Independence and International Women's Day. Few Women Achievers Awardees who were felicitated for 'Empowered Women' and 'Excellent Social Service' were Dr. Ayesha J. Sunavala, Consultant, Division of Infectious Diseases, Head of P.D. Hinduja Hospital, Dr. Sapna Ramani Sardana from NSCB Medical College Jabalpur, Ms. Tabassum Barnagarwala, a journalist working with Scroll, and online Health News Portal, along with President Adv. Gauri Chhabria and all Trustees.

Speaking on the occasion, the Governor said that the 'Cycle of Empowerment' has turned in favor of women. He called for giving importance to 'Matrubhasha and Matrubhumi along with Matrushakti'. He expressed his appreciation for the excellent service rendered by this organisation.

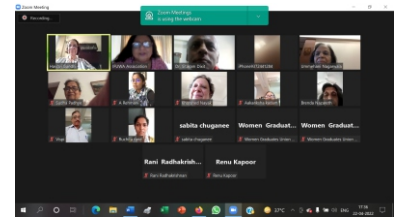


With the governor

Happenings

Session on 'Food adulteration testing and its redressal mechanisms'

On April 22, 2022 Dr. Sitaram Dixit, the 'Chairman of Consumer Guidance Society of India (CGSI)' took a Session on 'Food adulteration testing and its redressal mechanisms' on the digital platform. An eminent person in the field of food adulteration. Dr Dixit shared useful information on how the food products sold in markets in India were injected with artificial colouring in vegetables, poisonous chemicals in fruits as well as vegetables and contaminated water was added to milk. He explained the illegal process taking examples of day-to-day fruits and vegetables. The Session ended on a high note with participants wanting to clarify their doubts and an interesting exchange of information followed.



Interesting Session with Dr Dixit

The IFUWA website has uploaded a Manual prepared by Dr Dixit explaining at length the different materials used for adulteration and procedures of identification.

Activity Updates

20 children attending classes daily and the children are provided with snacks at the Beharamji Lalkaka Balwadi. The children received milk, nutrients, notebooks and pens.



Happy faces on receiving notebooks

The Computer Centre has been training students for enhancement of their computer skills and several workshops are being held on need-based topics like internet, zoom operations, internet banking, video conferences, etc.



Students at the Computer Centre with the Trainer

The WGU continues to assist the Municipality Authorities by letting them use the WGU premises as their Covid Vaccination Centre. The free Booster Dose is being administered to the public in large numbers.



Vaccination Centre activity in full swing



Merlyn Vasudev Monteiro
AR, WGU

Happenings

UWA Calcutta

Cancer Awareness Camp

A Cancer Awareness Camp was organised by UWAC alongwith the Indian Cancer Society on May 30, 2022. Dr Arunabha Sengupta, Hon Secretary of ICS was given a cheque of Rs. 5500/-.

The talk on Cancer Awareness was given by Dr Sujoy Ghose. He emphasised that the toughest challenge of successful cancer control in our country was the lack of awareness among common people about early symptoms of cancer and their preventive measures. More often than not the messages the Society tries to spread in this regard through its campaigns are soon forgotten or get suppressed by other pressing demands of life.

Dr. Ghosh said, "My idea was to seek and enlist your kind help to make our campaign messages about women's health in general and cancer preventing measures in particular amongst rural women more sustainable. A good way to do that might be designing personal use items like handbags, marketing bags, undergarments or some household items with pictorial cancer awareness messages printed on them. Women self-help groups / weaving communities working in different areas can then be encouraged with necessary help to produce them in marketable quantities and distribute them among rural women at subsidized rates or free, from our cancer awareness detection camps. These items, through their daily use, will act as reminders to women to remain conscious about their health and prompt them to seek timely medical help so that their treatment can be initiated at the earliest. Such an endeavour will deliver multiple benefits of providing training and work to women self-help groups, extend their networks and of delivering sustained messages about health-related issues continually spreading through communities through cascading effects. This is the objective of Indian Cancer Society".

The local councillor Sudip Polley also graced the occasion. A medical camp was organised by the Indian Cancer Society. Carry bags was distributed by UWAC. There were about 70 ladies and the medical check-up was conducted in an adjoining room.



At the Cancer Awareness Camp

Cultural Program

A cultural program after two years of isolated existence set the perfect mood for an evening of fellowship and enjoyment in the superb ambience at the banquet hall of Hotel Holiday Inn.

Keeping in mind the rainy season the programme aptly named 'MeghMedhuroAparanhe' directed by Sarmila Bose while scripted and compered by Gayatri Banerjee began with the melodious song of Bandana Dasgupta. The other singers who regaled the audience were Arpita Chatterjee, Anita Nan Banerjee, Sarmila Bose and Sumita Dutta. Along with the songs there were dance and storytelling too to make it a wholesome entertainment package. Sakuntala Ghosh Hazra presented a beautiful dance recital on a popular Rabindra Sangeet while the members listened with rapt attention to the interesting story narrated by Uma Majumdar.

Happenings

The hospitality and superb arrangements by the hotel management including the wide spread of delicacies specially curated for our members, impressed us all.



Anita Nan Banerjee & Arpita Chatterjee regaling the audience with their song



Arpita Chatterjee sings a song



Dance recital by Shakuntala Ghosh Hazra to a song by Sumita Dutta and Sarmila Bose



Gayatri Banerjee compering the programme



Bandana Dasgupta set the ball rolling with her melodious voice



Sarmila Bose singing Rabindrasangeet



Storytelling session by Uma Majumdar



Welcome address by UWAC President Sumita Roy

UWA Cochin

We give a cash contribution of Rs. 5000/- to the Palliative care unit attached to the District General hospital, Ernakulam. The palliative care has a mobile unit which makes house visits to persons in need within the district.

Scholarships are given to girl students pursuing degree and higher education based on their academic performance and financial background.

The president and secretary actively participate in programs of social relevance.

Happenings

UWA Dehradun



Airport Authority of India, Dehradun Airport Uttarakhand has nominated Prof. Emeritus Dr Daljeet Kaur, Chairperson UWA Dehradun, as one of the members of the Internal Complaints Committee, Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal Act 2013).



University Women's Association Dehradun held 'A Meet and Greet' event to Welcome and Induce its new members in the fold. The members were allocated different committees as per their expertise and interest.

Shevata Rai Talwar Association Representative and Publicity Convenor UWA Dehradun was the recipient of various awards and felicitations, including from Dehradun Police, Times of India, Women's Economic Forum (collaboration with Austrian embassy), MentorX and the Indo Canadian Association, Maritime Union of India Women's Wing, Marex Mumbai, etc.



Shevata Rai Talwar
AR, UWA Dehradun
Secretary UWAsia

Happenings

UWA Madras

Women's Day Celebrations

University Women's Association, Madras, in association with Dr MGR Janaki College for Women, Chennai, organised the Women's Day Celebrations on March 8, 2022 at the Dr MGR Janaki College for Women. Dr. Latha Rajendran, President, UWA Madras welcomed the gathering. The Chief Guest was Dr Preethika Chary, a renowned Consultant Neurologist, Neurosurgeon and Epileptologist, Kauvery Hospital, Chennai. Dr Chary in her address stressed on the importance of women to be connected to her innerself in order to achieve inner peace.

A panel discussion titled 'Scaling Heights: Empowered Women' set the stage for the discussion on different roles donned by women in the fields science, arts, literature, politics, sports and spirituality. The panelists were Dr. Anjana Anand, a renowned dancer, Dr. V. Anusha, Assistant Professor, Department of Sanskrit, Ethiraj College for Women, Mrs. S. Vasanthi, Principal, Padma Seshadri Bala Bhavan, Nungambakkam and Dr. Sharadha Narayan, Assistant Professor, Department of Philosophy, Dr. MGR Janaki College for Women.

A newsletter was released to mark the occasion. Various competitions were conducted and prizes were given to the winners. Mrs. Anitha Arunakrishna, Secretary, UWAM, delivered the Vote of Thanks.

Two senior members of the University Women's Association of Madras, Mrs. Mallika Viswanath and Mrs. Mythili Sundar were presented with the Lifetime Achievement Award for their contributions to the Association.



L to R : Mythili Sundar – Awardee
Mallika Viswanathan – Awardee
Dr. Preethika Chary - Chief Guest
Srilakshmi Mohanrao – Treasurer
Anita Arunakrishna - Secretary
Vaijyanthi Bashyakarlu - AR



L to R :
Dr. V Anusha
Dr. Anjana Anand
Dr. Sharadha Narayanan
Mrs. S. Vasanthi



Vaijyanthi Mukkala
AR, UWA Madras

Happenings

UWA Nagpur

UWA Nagpur and LAD College for women organised several activities and job-oriented workshops during the months of March and April 2022, for women and young girls of lower income group community of Manavta Nagar, in the premises of Bouddha Vihar.

Sessions on 'Basics of Health & Hygiene and Demonstration of Nutritious Fruit Juices' was conducted by Ms. Rakhi Nagrale, Faculty, Department of Hotel Management & Catering Technology. She focused on the importance of balanced diet, hygiene along with types of hygiene, viz., personal, workplace and food hygiene. She demonstrated different types of nutritious juices and mocktails.

A workshop on 'Block Printing' was conducted by Dr. Harsha Jharia, AR UWAN. She demonstrated the placement of blocks to create different type of products in block printing, so that they can get an additional source of income.

A demonstration on making of mukh was or mouth fresheners was conducted by Dr. Pallavi Gadewar, Department of Hotel Management Catering Technology. She taught types of mukh was to participants and explained the importance of each ingredient that she used and its nutritional value.

Session on 'Soft Skills' was conducted by UWAN member Dr. Vathsala Shrinivas. She covered issues of time management, communication skills and soft skills.

Workshop on Artificial Flower Making was conducted by Mrs. Geeta Chawda. She made flowers using colourful foam sheets and stocking cloth.

A Workshop on 'Clay Jewellery' was conducted by Ms. Aparna Rajvaidya.



Harsha Jharia
AR, UWA Nagpur

UWA Pune

Webinar on POSH

On the occasion of International Women's Day, on March 05, 2022, a Webinar on POSH was held on the Zoom platform. This was jointly organised by Open House and the R&D Cell.

Session on Prevention of Sexual Harassment at Workplace

Dr. Vasanthakumari, a Gender and POSH Specialist and a member of UWA, Chennai, took a session on prevention of Sexual Harassment at Workplace on March 05, 2022.

In her Session she spoke about the various misunderstandings, ignorance at large, societal conditions including the patriarchal system and their implications. She broadly emphasised on the importance of increasing awareness on the issue.

The Session was well attended and included national and international participants.

Happenings

Session on Biodiversity, Ecosystems and Human Health

On April 30, 2022, as a celebration of World Earth Day, IFUWA and UWA Pune organised a Session on 'Biodiversity, Ecosystems and Human Health', with Dr. Gurudas Nulkar of the Ecological Society. It was hosted by the Environment Cell of UWA Pune. The Session was extremely informative and the participants interacted enthusiastically.

Hostel Day Celebrations

Hostel Day was celebrated on February 12, 2022. About 25 hostel residents attended and wholeheartedly participated in the singing and dancing. Gifts were distributed and the program ended with dinner. UWA committee members who were present enjoyed the evening.

Open House

On March 26, 2022, our Open House members organised a program of WhatsApp Fun and Masti Picture Puzzle show with One-Word answers.

The enthusiastic participants made the event memorable.

With GWI

UWA Pune Managing Trustee and the MemCom Convener at GWI, Dr Meera Bondre, was a presenter from India at the Parallel Event organised by the GWI Education Committee at the UN CSW 66 in New York. The event was held on March 22, 2022.

Dr Meera Bondre and Dr Kalyani Bondre made presentations at the Asia Pre-Conference, in conjunction with the Adult Education Research Conference, held between June 9 - 11, 2022, at The University of Oklahoma.

Papers presented at the 13th Asian Pre Conference

Two members from Pune participated in the 13th Asian Pre Conference which was a part of the 63rd Adult Education Research Conference (AERC) organised by the University of Oklahoma, June 9-11, 2022. The theme for this year's Asian pre-conference was 'Adult Education in Changing Global Context: Innovative Theory and Practices Impacting Asians and Beyond'.

This conference is organised every year and its purpose is to provide an opportunity for scholars from both Asian ancestries (East) and the Rest of the world to enhance mutual learning through active exchanges, to discuss diverse academic perspectives, and to have a dialog for fuller understanding. In the global context, knowledge production is an active process that involves interconnectedness.

Dr Meera Bondre presented a paper titled 'Non Formal Continuing Education for Women's Empowerment: Creating Sustainable Societies'. This paper was based on her grassroots level work for the past 35 years and included some case studies also.

Dr Kalyani Bondre made a presentation using a video format. The title was 'Indian Music Training for Children and Adults: An Innovative Approach'. This video is already uploaded on the YouTube on request of the Conference Chair, Dr Bo Chang, so that it can be viewed as a model by presenters at the future conferences.



Meera Bondre lighting the lamp



Dr Kalyani Bondre made a presentation using a video format



Veena Raman
AR, UWA Pune

Happenings

UWA Vadodara



“Grow your own vegetables“ Workshop was conducted by Mr Hitarth Pandya on February 19, 2022



An Informative walk to know Permaculture farming at Savitri Urban Food Forest was organised on April 17, 2022



The Annual General Meeting was held on June 11, 2022

UWA Thiruvananthapuram

Dr. Raichel Matthai – a tribute

Dr. Raichel Matthai, our very senior member who has been at the foundation of UWA Thiruvananthapuram, passed away in June 2022, at the age of 96.

Born in 1925, she took up medicine for her professional career, clearing MBBS from Columbo University with first rank and received the FRCP from Glasgow in 1977. Dr. Matthai dedicated major part of her service as a physician to the Health Services of the Government of Kerala.

Post retirement, she was actively involved in the social and political scenario and dedicated herself to the welfare of women and children. She was a member of the National Executive Committee of the Bharatiya Janata Party for over ten years, and a member of the Central Social Welfare Board in New Delhi for two terms.

Dr. Matthai also wrote in English and Malayalam. Her autobiography 'Endless Corridors', offers the uncommon perspective of a woman who left India for studies and medical service in the middle of the 20th century. She spent decades in Kerala where she returned to first serve as a doctor in the public health system and then went into the social, political and literary milieu.

UWA Thiruvananthapuram is proud to have been closely associated with Dr. Raichel Matthai and salutes the life of this extraordinary woman.



Happenings

HH Princess Gouri Lakshmi Bayi wins accolades

Our patron, H. H. Princess Gouri Lakshmi Bayi recently became the recipient of additional awards, well deserved. Sakhita, the alumni association of the Economics department of her alma mater, the Maharaja's Government College for Women, gave her the Lifetime Achievement Award. She was also decorated with Mother Theresa Sreshta Puraskaram, instituted by Socialist Samskarika Kendra. The Brahmana Samrekshana Munnani conferred on her Sree Sankaram 2022, Sahitya Saparya Puraskaram. UWA Thiruvananthapuram members applaud this highly accomplished personality who assumes these honors with humility and dignity.



Princess with Sakhita Award



Princess Gowri Lakshmi Bayi with award



Princess Gouri Lakshmi Bayi



Ambili Ramnath

AR - UWA Thiruvananthapuram

Events

Health Crises of Women with special focus on hormonal imbalance

On March 26, 2022, a Session on 'Health Crises of Women with special focus on hormonal imbalance' was held.

Dr. Ranjit Chakraborti, Senior Consultant - Gynaecologist & Laparoscopic Surgeon, shared his knowledge on the changes that happen in a woman's body when hypothalamus becomes active, and menarche starts. He threw light on polycystic ovaries, obesity and the effects of irregular periods in a woman's life. Dietary advice, exercise and meditation can help the many mood changes that lead to either depressed or agitated state of the body and mind, he said.

To deal with menopausal symptoms, one has to make lifestyle changes, which is inclusive of food and exercise. Dr. Chakraborti suggested Hormone Replacement Therapy as a temporary measure for well-being. Women encounter hormonal imbalance owing to innumerable stress, unrealistic expectations in life and inadequate guidance on hormones. Dr Chakraborti opined that to keep women free of such imbalances, awareness and knowledge of health is imperative. Yearly health check-ups, self-examination of breasts, pap smears and ultrasound examination should be done. Supplements of Calcium and Vitamin E should be taken for stronger bones.



CSR and funding for Women's empowerment in India

On June 22, 2022 IFUWA held a Session on the digital platform, on 'CSR and funding for Women's empowerment in India'. The IFUWA President opened the Session by saying that we were interested in understanding the details and the nuances of CSR of the companies that are coming forward to fund projects. She stated that empowering women through several skill-based projects or academic projects is the vision and mission of IFUWA and to help women stabilise themselves in their lives.

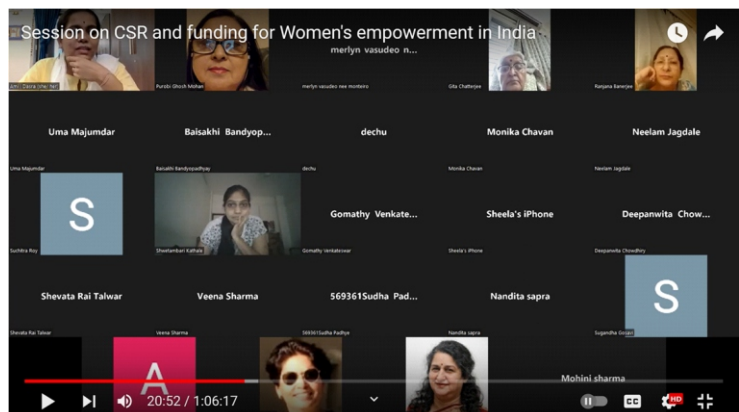
At the outset, the Session Speaker Ms Ami Misra said that gender equality is a growing concern. She said that the landscape of stakeholders reveals that there is robust institutional and systemic social infrastructure that can be leverage to support the well-being of women.

Ms Misra said that research by the Centre for Social Impact and Philanthropy suggests that in deals in India undertake to primary role is linked with either service delivery or rights and advocacy. The primary sources of funding for rights and advocacy obligations are foreign funders, INGOs, Indian philanthropists, small individual donations. She pointed out that 61% of the funding came from individuals and not corporates.

Although the demand for funds in women's empowerment is high, Ms Misra said that the supply has constraints as well. She said that IFUWA was moving in the right direction, as 59% of the expenditure was allocated towards women's economic empowerment. Out of which vocational training, SHG (self-help groups) creation and entrepreneurship development were the top areas for allocation of resources.

She outlined the eligibility criteria for funds for women empowerment, explained the proposal writing structure and what it should cover. She also detailed the compliance documents required.

She took up some projects as case studies, for discussion. Several participants raised valid queries and the discussions that followed were enlightening and useful.



Milestones

Revival of UWAsia: A Milestone Reached

The year was 1995, the place was Bangalore. IFUWA was the headquarters for UWAsia for the triennium, and Nellie D. Nath was the President of IFUWA and hence of UWAsia (1995-98). That was also the time when I was the Convener of the Environment Cell, which I had started a couple of years back in UWA Pune. A little later when Nellie was in Pune, for the Central Committee meeting and a workshop on Leadership Development, she asked me whether I would work with her on the Committee as a convener for 'Partners in Development Programme.' Since then, we started discussing over the telephone, and corresponding with each other often. This was the time I got interested in the UWAsia matters. In 1997 I presented a paper at the 4th Triennial Conference of UWAsia with the theme 'Peace and Environment Development', a subject of my interest.

At that time UWAsia had as many as eleven NFAs from countries like Bangladesh, Hong Kong, India, Japan, Korea, Nepal, Pakistan, The Philippines, Singapore, Sri Lanka and Thailand, and was running in full swing. Nellie, being a very sincere, meticulous, and dedicated person, proved to be a very successful President. In fact, we are proud that we had a persons like her as President, and an equally capable and devoted Vice President, Dr Meena Muthiah, from UWA Chennai.

In later years, however, UWAsia was inactive and subsequently almost became inactive, with a couple of exceptions like the tenure at The Philippines (2004-2007). Its triennial was attended by Dr Sudha Padhye and Dr Ranjana Banerjee. During my two consecutive terms as the President of UWA Pune (2009-2013), and my tenure as the CIR (2011-14), I don't remember how many times Nellie and I discussed about the revival of UWAsia, because that was our common interest. Then in Istanbul at the IFUW Triennial the newly elected President, Catherine Bell, knowing about my interest in UWAsia, opened the topic and requested me to work for consolidation of the Asian NFAs, as an Asian myself, and the serving CIR. At this stage IFUW (now GWI) was already facing the problem of dwindling membership, and to solve it Regional Membership Development Workshops were being planned.

A two-day IFUW Asia Regional Workshop was conducted in Singapore in 2014, which I attended representing IFUWA, along with representatives from several Asian NFAs. I chaired an informal meeting there, to discuss how we could revive the Asian unit of NFAs. It was decided that Hong Kong would hold the Headquarters with Julia Woo as the President, who was present for the meeting. We also requested the Thai members to pass on the UWAsia Constitution, and all other important documents which they might have to Julia. This was because they had held a conference in Bangkok in 2012. It was also decided that after three years UWAsia would move to India, in the alphabetical order.

However, after some time I received a letter from Julia saying that Hong Kong cannot take the responsibility of heading UWAsia, and India may take its charge, instead. So we started working and tried to collect the relevant information and important documents related to Bank accounts and old correspondence, but no NFA could give us that.

In the meantime, we the members of the Indian Federation realised that the responsibility was given to Irene Bouyeof Singapore. She held a meeting in Geneva in 2019 during the GWI Centennial, which was attended by the Asian NFA members present. It was decided that a WhatsApp group would be formed and we all would keep in touch. Irene also could not function in the absence of any relevant documents. She informed the then VP Eileen and also to me that she would not take the leadership. And after the Centennial also the UWAsia continued to remain inactive. But I did not stop and continued working relentlessly to revive UWAsia. Happily, in August 2020 when Dr Ranjana Banerjee became the IFUWA President, she joined wholeheartedly in my efforts. Ultimately, we were

Milestones

successful and GWI Board officially announced that from 1st January 2021, UWAsia headquarters would be in India. IFUWA held the first meeting of the Executive Committee of UWAsia on July 5, 2021. This was attended by the VP Membership and a representative from each NFA from the 7 member countries, viz., Bangladesh, Hong Kong, Japan, Nepal, Pakistan and Singapore. Lately we could motivate Thai members and now Thailand is a part of the UWAsia family, as the 8th NFA. Since then two very good programmes involving three Asian NFAs at a time, on the relevant topics have been successfully conducted. The third one is planned in the month of December 2022. Ranjana is going all out to help these NFAs organise their joint programmes to keep their interests alive.

As the Vice President, UWAsia, and GWI Convener- NFA-to-NFA platform of the Membership Marketplace, I want to strengthen bonds between Asian NFAs further. I wish to have a project in which all the UWAsia NFAs would participate. The topic could be titled something like "ABOUT US" where every NFA will inform about its history, customs, traditions, and arts/crafts and so on. We could have one webinar say every two months. The whole project could be of a series of 9/10 webinars. One by one every NFA will be the host. I request our IFUWA members in general and the UWAsia Committee members in particular to come out with ideas for such a joint project which will help to build long-lasting bonds between the Asian NFAs.

The revival of UWAsia, indeed, represents a milestone in the current membership situation of GWI. Let's all work together to make it an active and important region of the GWI family!



Dr Meera Bondre

Vice President, UWAsia

Convener, GWI Membership Committee

Convener, NFA to NFA Stream of GWI Membership Marketplace

Managing Trustee, UWA Pune

Members' Corner

Education Industry and Learning in the Disability Sector

The Education Sector (both schooling and higher education) has been turned upside down with the pandemic running amok in the world. At the very least, students are in attendance online and teachers and professors trying to cope with lesson plans, screen shares and vocal lectures via zoom or any other platform all at the same time when they are used to a certain black/white board and chalk/pens to write.

In all of this, we forget to address one segment of the population – persons with disabilities (PwDs) – and for the education industry this translates into revenue loss. I have seen PwDs struggle to come to a classroom environment but have better coordinated learning online; they are an ignored potential paying set of customers for the education industry. Yet we do not see small tweaks in our online classes to address this segment. The Blended Learning model is one of the best options that can be offered to PwDs to learn and grow and in turn the educational institution earns from another set of paying customers.

For example, a deaf student is in the class. And since we are running online classes, the student is online, registering the attendance but can they listen and understand the lecture? If I am on Zoom I can simply put on the closed captions and viola, the student sees the subtitles at the bottom of the image and reads. It really is a simple remedy. Similarly, a blind student can be given printouts of notes on Braille to ease following the lecture. Or send out the notes on email to the person a day before. Most of the blind students have a screen reader installed on the phones and their computers. I use voice recognition myself when I have trouble with my hands, easing my work to a large extent. Ramps on campus will help everyone, students and staff alike be they wheelchair users or not. Accessibility is not just for people with disabilities, it is for every one of us. We are not using Universal Design, both for Accessibility and Learning, to leverage the service or product we provide. That is one skill we all need to acquire. Knowing that small tweaks help, institutions across the country need

1. Assessment of the curriculum / content for accessibility on priority
2. Teachers / content creators and parents to be trained in methods to create and use accessible content

3. Audit of the IT infrastructure for accessibility
4. Audit of the built environment / physical spaces for accessibility

The built environment audit will throw up a few structural changes but that will be an added asset. Of course, the accessible built environment can be utilized further and be a source of revenue generation if it is used as a vocational training center for PwDs after hours. This can be run through an NGO working in the field. Per the last census we had 2.68 crores of PwD, out of which almost 80% are illiterate due to not having accessibility to schools or right curriculum / content or both. Today that number is closer to 3 crores. **And as of now, we are failing to tap this invisible but potentially paying customer base.**

When we look at the **NIRF/NAAC** ratings that all higher educational institutions are required to maintain, we see a direct connect with the above assessments and audits. These help in setting up better standards and ratings for the institutions. Vardaan4u is in the disability sector and our work includes the assessment and audits too.

A couple of links on the field of how education can be made accessible and how small accommodation and modifications can be made to set up inclusive class rooms are shared below:

- Reimagining Disability & Inclusive Education: https://youtu.be/CtRY_1mZWWg
- Accommodations and Modifications for Students with Disabilities: <https://youtu.be/O0xdaCEqrU0>

Sharmila Divatia has worked in the social impact sector in the public domain for 22 years, mostly in the Disability sector and with the Government of India (Ministry of Social Justice and Empowerment, Ministry of Micro, Small, Medium Enterprises). The Newsletter will cover some of her write ups panning the disability sector, of which the readers will gain reasonable knowledge through her writings.



Sharmila Divatia
UWA Vadodara

Members' Corner

Women - are you so incomplete!

She survived and was born,
a cherubic, bouncing girl child,
THEIR happiness was 'incomplete'.

She became a toddler, sweet, gentle, flaxen curls,
her 'mundan' ceremony
Had it been a boy-a feast missed!
SOCIETY'S happiness was 'incomplete'.

She blossomed into a lissom girl,
pink ribbons, doll house forgotten, now a 'beauty pageant'.
SHE is too short, timid and shy-so very 'incomplete'.

Time flew by, horrors of discrimination, rape,
incest, marriage, dowry, 'Glass-Ceiling'.
It was a MAN's world- she became harsh and brusque,
She was still 'incomplete'.

Old age dawned, beauty faded,
body wasted, withered, weak.
Will her off springs take care of her?
Oh-for once she really felt HERSELF – yet so 'incomplete.'

Dedicated to Womanhood:
The girl child,
The wife,
The mother,
The worker,
The smile on their face and to
all the beauty offemininity in this world



Shevata Rai Talwar
Association Representative
UWA, Dehradun
Secretary UWAsia

UWA	President	Association President (AR)
Bangalore	Mrs Dechamma Banerjee	Ms Bhuma Sunderaraman
Bombay	Adv Ms Gauri Chhabria	Adv Mrs Merlyn A Vasudeo (Monteiro)
Calcutta	Mrs Sumita Roy	Mrs Anindita Sen
Chidambaram	Dr Poongothai Shankar	Dr Praveena Krishnamurthy
Cochin	Mrs Sarah John	Mrs Karthika Sukumaran
Dehradun	Mrs Mohini Sharma	Mrs Shevata Rai Talwar
Delhi	Mrs Shashi Khurana	Mrs Suman Jain
Madras	Dr Latha Rajendran	Mrs Vijayanthi Bashyakarlu
Nagpur	Mrs Nandita Sapra	Mrs Harsha Jharia
Pune	Mrs Neelam Jagdale	Mrs Veena Raman
Thiruvananthapuram	Dr Sunanda Kumari	Ms Rejika Maruthamkuzhi
Vadodara	Dr Amita Shah Mrs	Mrs Pabitra Dasgupta

Each time a woman stands up for herself,
without knowing it possibly,
without claiming it,
she stands up for all women.

Maya Angelou

Published by Indian Federation of University Women's Associations

E-mail ifuwacalcutta@gmail.com **Website** www.ifuwa.org **YouTube** Ifuwa Events **Facebook** Ifuwa India

Designed by Naskar Printers