



अखिल भारतीय आयुर्वेद संस्थान
ALL INDIA INSTITUTE OF AYURVEDA (AIIA)
(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

ANNUAL GENDER SENSITIZATION ACTION PLAN

- Awareness lectures for gender sensitization in every three months.
- Self-defence training for women employees once in a year.
- Celebration of women day on every 8th March.
- Women empowerment day is celebrating once in a year.
- Talks from experts regarding legal rights. Twice in a year.
- Awareness regarding facilities available in the campus for women employees, patients and students.
- Review of Vishakha Committee (sexual harassment committee) activities twice in a year.
- Vishakha committee members are working for gender equity also.

Head of Institution

International Day of Action for Women's
Health- 28th May 2018

REPORT



ALL INDIA INSTITUTE OF AYURVEDA (AIIA),
SARITA VIHAR, NEW DELHI-110076

Introduction:

May 28th has been commemorated by women's health advocates and their communities since 1987, when during the International Women's Health Meeting in Costa Rica, Latin American and Caribbean Women's Health Network (LACWHN) proposed to celebrate May 28 annually as the International Day of Action for Women's Health. Being the leading regional network LACWHN took the responsibility of promoting and coordinating the regional actions, while Women's Global Network for Reproductive Rights (WGNRR) being the global network was requested to spearhead May 28 campaign globally.

The first Call for Action, a multi-year campaign on preventing maternal mortality and morbidity, was an immediate success and achieved results on several levels, the first being that it provided women's grassroots organizations with greater access to information that was previously only available through specialized journals.

Additionally, the campaign brought to light significant gaps in the research data on women's health, which resulted in more face-to-face meetings, seminars and research studies. Most importantly, participation in the internationally coordinated campaign brought the women's health movement closer together at both national and international levels, strengthening the movement's impact.

Women's Health Day Celebration at AIIA

With the continuous inspiration and encouragement of the Director, AIIA, International day of action for Women's Health was also celebrated at All India Institute of Ayurveda on 28th May 2018 with a great zeal. Health check-up blood investigation (Haemogram), Health talk, open house discussion and demonstration of self defence techniques was organized for all the female staff of AIIA (including group A, B C & D)

Detailed schedule of events is as under:

Schedule of Events

Date : 28.05.2018
Venue : 1st Floor, OPD block, AIIA Hospital

Timings

I. Free Health Checkup and Blood Investigation (Haemogram): Report attached (Annexures I)

9:00AM to 12:00 : Free Health Check & Free Blood Investigations
(Noon) (Haemogram)

II. Women's Sensitization & Empowerment Program

4:00PM to 5:00 PM : a. Health talk by Dr. Kamini Dhiman

- b. Demonstration of self- defence Techniques by INSP. Ms. Tripti Joshi (Self- defence Incharge CAW), & Master Shakeel Ahamed (International Player, International Master President (ASCA)
- c. Distribution of Bananas as Health Fruit.

This was followed by a key note address by Director Madam Prof. (Dr.) Tanuja Manoj Nesari, vote of thanks by Dr. Alka Kapoor and light refreshment.

Events' Description

I. Free Health check & Blood Investigation (Haemogram)- (Annexure -I)

Blood Investigations (Haemogram) of 61 female employees of AIIA was done free of cost in the laboratory, AIIA. The staff was screened for anemia and were given health advice as per their investigation reports

II. Women Sensitization and Empowerment Program:

Program started with offering prayers to Lord Dhanwantri. MS, DMS, guest members participated in the same.

Dr. Alka Kapoor (DMS, AIIA), welcomed the guests with bouquet presentation and introduced the guests and their activities to the audience





a. Demonstration of self defence Technique by INSP. Ms. Tripti Joshi (Self- defence I/c Crime Against Women(CAW) & Master Shakeel Ahamed (International Player, International Master President (ASCA) & including team

Short lecture on woman sensitization and woman empowerment followed by demonstration self- defence techniques – by Ms. Tripti Joshi (Self- defence I/c (CAW) & Master Shakeel Ahamed (International Player, International Master President (ASCA) & approx. 10 team members.







b. Health Talk

Health advices were given by Dr. Kamini Dhiman regarding general precautions to be followed by the females from menarche till menopause and during pregnancy.

At the end of the lecture open house discussion was done wherein female staff asked question related to their health issues.



Respected Director Madam Prof. (Dr.) Tanuja Manoj Nesari addressed the gathering with her key note address starting the need of the hour for such self defence technique and thanked the invited guests and Dr. Kamini Dhiman for their valuable inputs.



The session was winded up the vote of thanks by DMS, Dr. Alka Kapoor, which was followed by distribution of bananas and small refreshment of the guests in committee room. The gathering was of about 70 people. **(Annexure-2)**





AIIA Staff Members with the Guests

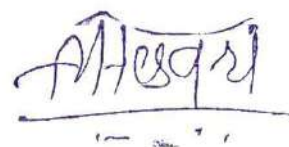
List of members. Who attended the self defence Training at AIIA organized on the occasion of International Day of Action for Women's Health on 28th 2018

Trainers : INSP Ms. Tripti Joshi I/c CAW & Master Shakeel Ahamed (International Player, Master President (ASCA) and team members

S. No.	Name	Designation
1.	Dr. Tanuja Manoj Nesari	Director, AIIA
2.	Dr. S.K Gupta	MS, AIIA
3.	Dr. Alka Kapoor	DMS, AIIA
4.	Dr. V.D. Aggrawal	Prof. Kayachikitsa
5.	Dr. Manjusha R.	Prof. Shalakya Tantra
6.	Dr. R.K. Yadava	Associate Prof. Kayachikitsa
7.	Dr. Kamini Dhiman	Associate Prof. SRPT
8.	Dr. Divya Kajaria	Assistant Prof. Kayachikitsa
9.	Dr. Shalini Rai	Assistant Prof. RNVV
10.	Dr. Raja Ram Mahto	Assistant Prof. Kayachikitsa
11.	Ms. Sindhu Rajesh	NS, AIIA
12.	Ms. Richa Adhikari	Hindi Officer
13.	Mr. Man Singh	Security Officer
14.	Dr. Asha Malviya	PG Scholars
15.	Dr. Anita	PG Scholars
16.	Dr. Anjali Sharma	PG Scholars
17.	Dr. Stuti Sharma	PG Scholars
18.	Dr. Saroj Meena	PG Scholars
19.	Dr. Nasreen Ahamad	PG Scholars
20.	Dr. Kshyamamayee P. Jati	PG Scholars
21.	Dr. Swarnima Mishra	PG Scholars
22.	Dr. Shashi Meena	PG Scholars
23.	Dr. Vd. Varnika Singh	PG Scholars
24.	Dr. Shibani Dash	PG Scholars
25.	Dr. Monika	PG Scholars
26.	Dr. Rashmi Tokas	PG Scholars
27.	Dr. Priti	PG Scholars
28.	Dr. Bhavana Mawar	PG Scholars
29.	Dr. Jyoti	PG Scholars
30.	Dr. Sapna	PG Scholars
31.	Dr. Nidhi Bajpai	PG Scholars
32.	Dr. Mukta	PG Scholars
33.	Dr. Nida Kumar	PG Scholars
34.	Dr. Sudha Kansana	PG Scholars
35.	Dr. Soniya Gupta	PG Scholars
36.	Dr. Bushra Khanam	PG Scholars
37.	Dr. Neha Dixit	PG Scholars
38.	Ms. Rajeshwari Rawat	DEO, Hospital Admin
39.	Ms. Preeti Rawat	DEO, Hospital Admin

40.	Mr. Amit Dhiman	DEO, Hospital Admin
41.	Ms. Babita Dobriyal	DEO, Hospital Admin
42.	Ms. Aruna Kumari	DEO, Admin
43.	Ms. Santoshi	DEO, Store
44.	Ms. Usha	DEO, Panchakarma
45.	Mr. Arun Kumar	MTS, Hospital Admin
46.	Ms. Sunita	MTS, Hospital
47.	Ms. Babita	MTS Hospital
48.	Ms. Ruchi	MTS, Admin
49.	Ms. Neha	MTS, Admin
50.	Ms. Kavita	MTS, Admin
51.	Ms. Shobha Gosain	MTS, Admin
52.	Ms. Kumkum	MTS, Admin
53.	Ms. Neetu	Attendant Admin
54.	Ms. Pooja Mishra	Panchakarma Technician
55.	Ms. Anmol	Panchakarma MTS
56.	Ms. Jubita Borman	Panchakarma Attendant
57.	Ms. Pompi	Panchakarma Attendant
58.	Ms. Parinita Thengal	Panchakarma Attendant
59.	Ms. Musliha Choudhary	Panchakarma Attendant
60.	Ms. Jyoti	Panchakarma Attendant
61.	Mr. Akwaque	Fire Technician
62.	Ms. Ashik Ali	Fire Technician
63.	Mr. Pushpendra Kumar	Security Guard
64.	Ms. Pooja Yadav	Security Guard
65.	Ms. Rinki Kumari	Security Guard
66.	Ms. Rachna Garg	Security Guard
67.	Ms. Sangeeta	Sulabh Attendant
68.	Ms. Soni	Sulabh Attendant
69.	Ms. Kuki	Sulabh Attendant

- Health Check-up, Blood Investigations (Haemogram) 23 candidates was done.



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INTERNATIONAL WOMEN'S DAY, 8th MARCH 2022

The Department of Stree Roga evam Prasuti Tantra organized, "International Women's Day" on 8th March 2022. The celebration was done throughout the week by arranging Health camps for females in AIIA (staff and OPD patients). There was free Colposcopy Screening for Cervical Cancer for all the female patients visiting SRPT OPD, AIIA from 1st March-8th March 2022. There was distribution of Garbhini Swasthya Pustika and Shatavari granules to all antenatal subjects visiting Ante natal OPD during the above period. There were pamphlet distribution regarding common gynaecological illnesses like Polycystic ovarian disease, Anaemia, Menorrhagia, Infertility, also awareness regarding Menopause and Menstrual Hygiene to the female patients visiting AIIA OPD.

After this activity, there was a grand celebration done on 8th March 2022 from 3pm onwards. The Inauguration programme started with the arrival of Chief guest Prof. (Dr) Tanuja Manoj Nesari, Director of AIIA. The programme began with the welcome of the guests and welcome address by Head Prof. (Dr.) Sujata Kadam. Then a brief report of the whole week was shared by Dr. Meenakshi Pandey, Assistant Professor, SRPT Department, AIIA. The session began with Devi Vandana by melodious voice of PG Scholar Dr. Kartik, Kaumarbhritya Department, AIIA. Subsequently there was a talk on the topic "Work Life balance for Women Professionals" by Prof. Chirashree Ghosh, Department of Environmental Studies, University of Delhi. Afterwards there were many stage performances like Skit related to Women Empowerment, Fusion dance, Yoga fusion for Reproductive health, all performed by PG scholars, AIIA. The Director Madam then addressed the gathering and shared her views on the theme of Women's day 2022, "Gender equality today for a sustainable tomorrow".

All the Academic, hospital and administrative staffs were invited in the celebration and were distributed free drug samples of Dhatri Lauh, Vigoprot powder and Ayurvedic hair oil. At last the programme accomplished with the vote of thanks by Dr. Tejaswini, Assistant Professor, SRPT Department, AIIA.



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Group photograph of the Event

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Performances by AIIA PG Scholars

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Head of the Institution



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INTERNATIONAL WOMEN'S DAY, 8th MARCH 2021

The Department of Stree Roga evam Prasuti Tantra organized, “International Women’s Day” on 8th March 2021. The celebration was done throughout the week by arranging Health camps for females in AIIA (staff and OPD patients). There was free Haemogram and Bone mineral density done of all the female patients visiting AIIA OPD from 1st March-8th March 2021.

After this activity, there was a grand celebration done on 8th March 2021 from 2pm onwards. The Inauguration programme started with the arrival of Chief guest Prof. (Dr) Tanuja Manoj Nesari, Director of AIIA. The programme began with the welcome of the guests and welcome address by Head Prof. (Dr.) Sujata Kadam. Then a brief report of the whole week was shared by Dr. Meenakshi Pandey, Assistant Professor, SRPT Department, AIIA. The first session began by a talk on the topic “Women Related Laws at Work Place” delivered by Ms. Pusshp Gupta, Lawyer. After her session, second lecture was a “Talk on Stress Management” by Rajesh Nair, PHD (Health Psychology), PGD Health & FW, PGDHRM. There were many stage performances depicting the different role of Women by Professional and Cultural ramp walk, classical dances and instrumental, all performed by PG scholars, AIIA. The Director Madam then addressed the gathering and shared her views on the theme of Women’s day 2021, “Choose to Challenge”. All the hospital staffs were invited in the celebration and were distributed free samples of Dhatri Lauh, Provit powder and Varnya face pack prepared by the Department of Stri Roga ad Prasuti Tantra with the help of Pharmacy, AIIA. At last the programme completed with the vote of thanks by Dr. Tejaswini, Assistant Professor, SRPT Department, AIIA.



Group photograph of the Event



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Felicitation of the Guests



Performances by AIIA PG Scholars

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Head of the Institution

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International Women's Day, 2018

Envisioned by: Shri P N Ranjit Kumar, Joint Secretary, Ministry of AYUSH
Organized & Guided by: Prof. Tanuja Nesari- Director, AIIA
Co-ordinators –Dr. Meera Bhojani-Asst. Professor, AIIA & Ms.Jyoti Arora-Chief Dietitian,AIIA

INTRODUCTION:

International Women's Day is celebrated in the world over, every year on the 8th day of march. International Women's Day is many things – a cause for celebration, a reason to pause and re-evaluate, a remembrance, an inspiration, a time to honor loved and admired ones. This day provides a unique and global opportunity to reignite, inspire and channel women's energy and equality. With this motto, AYUSH Ministry envisioned to Celebrate **“Women Empowerment”** on International Women's Day on 8th March 2018 at All India Institute of Ayurveda, New Delhi.

OBJECTIVE:

The objective was to celebrate and empower Womanhood and pay tribute to the indomitable spirit of Women across the Ayurvedic and Medical Fraternity and in the society as whole.

In view of the above objectives, following events were planned:

1. Annapurna Contest
2. Women Empowerment Program

EVENT A: ANNAPURNA CONTEST

The Annapurna Contest comprising of demonstration of the recipes was planned under two themes:

- Herbal Tea
- Ethnic healthy Indian Recipes

The objective behind the Annapurna contest was to revive the interest in various ethnic food practices as healthy, sustainable alternatives and nutritional security of ecosystems and simultaneously to promote the Herbal Tea for its great taste, medicinal properties and therapeutic virtues that improve health beyond refreshment.

For Annapurna Contest, the information Brochure was circulated among the health fraternities through AYUSH Ministry, CCRAS, CCIM, CGHS, MCDs, ESI, other Colleges A & U Tibbia College, Chaudhary Brahma Prakash Ayurveda college, various organizations like NASYA, Nirog Street etc.

Encouraging response was achieved from diverse backgrounds and cultures ranging



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from Rajasthani, Haryanavi to South Indian Cuisine. Various Ethnic Recipes having therapeutic values as well like Elayappam, Bajra Khichri, Black carrot Kaanji, Ragi chhaach, Vata, Pitta & Kapha shamak tea, Shatoxy tea etc. were received. Out of the total entries, 27 were shortlisted to be invited to display the recipes.

The details of the Event are as follows:

Venue: 6th Floor, Yoga Hall, Academic Block, AIIA
 Judges: Dr. Krishna Dalal, Research Advisor, AIIA
 Prof. Sujata Kadam, HOD, Deptt of Strirog & Prasuti Tantra, AIIA
 Prof. Manjusha S. Rajagopala, Deptt. of Shalakya, AIIA
 Dr. Alka Mohan, Chief Dietitian, AIIMS
 Participants: 27

EVENT B: WOMEN EMPOWERMENT PROGRAM

This program commenced with welcoming of the guests by Director, Prof. Tanuja Nesari Madam, who gave a welcome speech and background of the celebration. For this program, 3 eminent guests were invited of different fields. Dr. Alka Mohan, chief Dietitian, AIIMS, New Delhi, enlightened about the critical aspect of health especially role of nutrition of Women in different stages of life. Smt. Anuradha Prasad, Chairperson and Managing Director, News24 Channel, who gave an empowered talk on Women's Rights and Security. On the occasion, Dr. K.S. Sethi (Homeopathy) shared the views on role of fitness to empower women to fulfill responsibilities.

During the program, prize distribution ceremony, for the Annapurna Contest was held and 3 prizes (1st, 2nd & 3rd) were distributed in each category i.e. Herbal Tea and Ethnic Healthy Indian Recipe.

<u>PRIZES IN THE HERBAL TEA CATEGORY</u>	<u>PRIZES IN THE ETHNIC RECIPE CATEGORY</u>
1. First Prize - "Khajuradi Panak" by Dr. Seema Gupta	1. First Prize - "Elayappam" by Sindhu Rajesh
2. Second Prize - "Vata, Pitta & Kapha shamak tea" by Dr. Latika, Dr. Neelam & Dr. Poonam	2. Second Prize - "Sweet potato halwa with Alsi laddoo" by Miss Monika Rani
3. Third Prize - "Shatoxy Tea" by Dr. Pratigya Chauhan	3. Third Prize - "Tiranga chilla" by Dr. Preeti Chhabra

This was followed by honor of the panel of judges, felicitation of eminent guests and felicitation of every woman present in the gathering. The program ended with vote of thanks and National Anthem.



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Address of Gathering by Eminent Guests



Welcome of Guests



Judgement of Annapurna Contest



Prize Distribution

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