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September 2024- Basic Education And Literacy Month



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Rtn. Swati Kharbanda (Editor 2024-25)

<u>Services & Meetings – August 2024</u>

Project 1- Aatma Raksha Dated- 1st August 2024

The Club in collaboration with the Red Belt Academy- Rtn Smriti Shangloo (Director) organized a self-defence camp at Mook Badhir Vidyalaya, to teach students self-defence skills and encourage them to prioritize their safety.



Project 2- Talk-"Say no to Plastic" Dated- 2nd August 2024

A talk on protection of environment by Sanjeev Tripathi and Archana Tripathi was organized at hotel Kasba. The speaker emphasized how plastic have become a threat to the life of animals living on land and water. Chemicals released by plastic bags make soil infertile and have negative impact on human health too. So we need to avoid use of plastic bags.



Project 3- Palak Dated- 5th August 2024

An interactive session was organized at Saraswati Shishu Mandir. The club President and Heartfulness coach Rtn Radha Saxena talked about the importance of communication skills in all areas of life from personal to professional.



Project 4- Matri Shakti Dated- 6th August 2024

An awareness talk on cervical cancer and its vaccination was organized at Maharishi Patanjali School by Rtn Dr. Arpit Bansal.



Project 5- Palak Dated- 7th August 2024

A Rakhi making competition was organized at Jwala Devi School. Theses Rakhis were sent to army officers along with postcards with heartfelt messages on the occasion of Rakshbandhan. The ten winners of this competition were awarded by the club. The program was headed by Rtn Anuragini Singh.



Project 6- Aatma Raksha Dated- 8th August 2024

Another self-defense camp in collaboration with Red Belt Academy was organised at Mook Badhir Vidyalaya. Rtn. Smriti Shangloo emphasised the importance of self- defence in today's life and taught the students few tricks of the same.



Project 7- Prastuti Dated- 10th August 2024

A fund raising event/exhibition "Prastuti" was organized at Hotel Milan Palace. AG Punam Ray and Radcliffe Principal Anu Agarwal inaugurated the event with program chairman PP Rtn Ravi Talwar and club president Radha Saxena. It was a wonderful shopping experience.



Project 8- Rakt Sashakt Dated- 15th August 2024

A blood donation camp was organized at MLN Medical College is association with medical college team and other social organizations. The program Chairman was PP Rtn Saurab Puri.



Project 9- Matri Shakti Dated - 22nd to 24th August 2024

Three days program on health awareness was organized in ten different schools in association with Mumbai based NGO- Suadha where they talked about the menstrual hygiene for female students of class 6th to 12th.

Project 10- Talk on 'Numerology and Ramal Science' Dated- 23rd August 2024

A talk on numerology and Ramal science was organized at hotel Kasba . Vedic healer and numerologist Mrs. Kiran Chawla explained the science very interestingly and made the session interactive.



Project 11- Ayushman Bhavah Dated- 25th August 2024

A complete health checkup camp was organized at Panchayat Bhavan- Nari Bari. Rtn Dr. Arpit Bansal, Rtn Dr. Anoop Chauhan, Rth Dr. Ashutosh Chaudhary and Rtn Dr. Ritesh Agarwal with their team provided their services.



Project 12- Swachh Bharat Dated- 27th August 2024

The club got constructed two toilets under the supervision of PP Rtn Saurab Puri at slum area school Bal Sewa Aashram. The cost of construction was borne by the club and few members also sponsored.



Project 13- Aatma Raksha Dated- 29th August 2024

Another self-defense camp was organized by the Club in collaboration with the Red Belt Academy- Rtn Smriti Shangloo (Director) at Mook Badhir Vidyalaya, to teach students self-defence skills and encourage them to prioritize their safety.

<u>Safety of Women in India</u>

Safety of Women has become a major issue in India now. The crime rates against women in the country have only risen to a great extent. Women think twice before stepping out of their homes, especially at the night. This is, unfortunately, the sad reality of our country that lives in constant fear. Women in India have been given equal rights as men; however, people do not follow this rule. They contribute to the growth and development of our country; still, they are living in fear. Women are now on respected positions in the country, but if we take a look behind the curtains, we see even then they are being exploited. Each day we read about horrific crimes being committed against women in our country like it's a norm.

Crimes against Women in India

Not a day goes by where you don't hear of the news of a crime against women in India. In fact, there are at least five news articles that tell us about the horrific details of the various crimes. It is extremely painful to watch the status of women's safety in India, especially in a country where women are given the stature of goddesses.

The list of crimes against women is quite long, to say the least. Acid attack is becoming very normal is various parts of the country. The criminal throws acid on the face of the victim to destroy their lives completely. Nonetheless, India has a lot of strong acid attack survivors who are battling for their lives and trying to lead their lives independently. Furthermore, domestic violence and honor killings are very common. The wife stays in an abusive relationship because of the fear of society. The family kills their daughters in the name of honor to keep up with the reputation of their family. Similarly, female foeticide is yet another common crime. Due to the regressive thinking, people kill daughters before they are born.

The list continues as crimes against women are on the rise. Other crimes also include child marriages, child abuse, rape, dowry deaths, trafficking and many more.

Ways to Ensure Women Safety

Although the list of crimes is very long, we can take measures to ensure women's safety in our country. Firstly, the government must make stringent laws that ensure the punishment of criminals immediately. Fast track courts must be set so the victim gets justice instantly. This will serve as a great example for other men to not commit crimes against women. Most importantly, men must be taught to respect women from an early age. They must consider women as equals so they don't even think of harming them. When you consider someone inferior, you tend to oppress them. If this thinking goes away, half of the crimes will automatically end. In short, crimes against women are stopping the growth of our country. We must not put the blame on women and ask them to be extra careful. Instead, we must ask the men to change their thinking and work to make the world a safer place for women.



9th Sept- Praveen Kesarwaní 9th Sept- Sapna Narsaría 11th Sept- Ankur Rastogí 11th Sept- Anu Goel 14th Sept- Dr. B.B Agarwal 17th Sept- Dr. Probol Neogí 19th Sept- Neeraj Agarwal 23rd Sept- Shífalí Agarwal 27th Sept- Shífalí Agarwal 27th Sept- Vívek Gupta 27th Sept- Ratí Tíwarí 28th Sept- Dr. Dívya Bartaría Thanks Compíled By Swatí Kharbanda