



# “RASHTRAMAHLA”

## Editorial....

In the era in which we are living today women are constantly being discussed. Today women are successfully discharging their responsibility in different dimensions of life. Women are making a strong presence in work areas that used to be only for men like driving train, trucks, aeroplane etc. we are watching our heroines standing in places like fire fighters, space, fighter planes etc. in any competitive examination not only urban women but also rural women studying in limited resources have made their mark.

This month of ours was dedicated to the “Poshan Abhiyaan”, Prime Minister Ambitious plan was dedicated towards the health of women. National President Hon’ble Rekha Sharma distributed nutrition kits in her presence in at Jammu old age home & Model jail Chandigarh. On the other hand, the Hon’ble Members of the Commission were made aware of nutrition by celebrating Poshan Maah in Lucknow, Uttar Pradesh & Tihar Jail, New Delhi.

Over the years, we have been talking about women’s education, witch custom, domestic violence, equal opportunity, self reliance, malnutrition etc, yet today’s woman has to struggle continuously regarding these subjects. Economic dependence of women is what gives rise to their subordination in society today. Women must be entitled to maternity benefit. Women often feel left out or face biases during pregnancy or after childbirth in their workplace. Therefore it is important for them to know the benefits they can avail of and the rights under the Maternity Benefits Act.

One thing is clear from the continuous activities of National Commission for Women that right now we need to do a lot of work for the awareness of women’s education, laws, information about their rights.

We all have to consider that the reaction, immediate and collective, to every event that happens around us. Women should have equal rights to education, equality and we should all try unitedly for all round development, only then will the dream of women empowerment come true.

**Ms. Chandramukhi Devi**  
Member, National Commission for Women

**#HarGhar  
PoshanVyavahar  
PoshanMaah2021**

**In this  
newsletter...**

Rashtriya Poshan  
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of 4<sup>th</sup> Poshan Abhiyan*

## RASHTRIYA POSHAN ABHIYAN

POSHAN  
AbhiyaanPM's Overarching  
Scheme for Holistic  
Nourishment

सही पोषण - देश रोशन

In 2017, India started the POSHAN Abhiyaan, a flagship national nutrition initiative aimed at improving nutrition among children, pregnant women, and nursing mothers. It was launched by the Prime Minister on International Women's Day, March 8, 2018, in Jhunjhunu, Rajasthan to improve nutritional status of children up to 6 years, adolescent girls, pregnant women and lactating mothers to achieve specific targets for reduction in low birth weight babies, stunting

growth, undernutrition and prevalence of anemia over next three years. On the 24th of July 2018, the 'National Council on India's Nutrition Challenges' voted to declare September as Rashtriya Poshan Maah to give the POSHAN Abhiyan a boost. With the help of State Women Commissions, NCW chose to commemorate the 4th Poshan Abhiyan with a variety of nutrition-related activities.

NCW is a strong supporter of POSHAN ABHIYAN's general well-being. Through field visits and online activities, we have organised a number of programmes to accomplish the target of holistic nutrition among populations ranging from senior citizens to women correctional facilities, underprivileged children to rural regions. We want to see an India free of malnutrition because we believe in "Har Ghar Poshan Vyavahar."

## CHAIRPERSON'S ENGAGEMENTS

**Sep 10:**

Chairperson, Rekha Sharma heard grievances of women during a Mahila Jansunwai organised by NCW on 10<sup>th</sup> September, 2021 at Convention Centre, Jammu.

discussed the significance of eating nutritious food.

**Sep 14:****Sep 12:**

At Jammu's Old Age Home Amphalla, NCW celebrated Poshan Maah. Chairperson Rekha Sharma paid a visit to an old age home, where she gave poshan baskets to the residents and



Chairperson, Rekha Sharma attended the Gujarat Commission for Women's Mahila Shakti Awards in Gandhinagar, where Women Corona Warriors were honoured for their outstanding work.

**Sep 18:**

At Model Jail Chandigarh, NCW celebrated POSHAN Maah 2021. Chairperson, Rekha Sharma and Member Secretary Meeta Rajivlochan paid a visit to Poshan Vatika, where they distributed poshan kits and

educated the inmates on the significance of eating nutritious food and maintaining a balanced diet.



**Sep 22:**

In Lucknow, Uttar Pradesh, the Chairperson launched the National Bank for Agriculture and Rural Development's (NABARD) 'Entrepreneurship & Skill Development'

programme for Self-Help Groups on menstrual hygiene and sanitary napkin production.



**Sep 30:**

In the We Think Digital APAC Summit 2021, organised by Facebook, the Chairperson spoke on a panel about "How Covid-19 has built a new world for digital literacy." She also discussed NCW's efforts to protect women online.

**MEMBER'S ENGAGEMENTS**

**Meeting with District Level Officer and Department of Women Child Development & Visit to Poshan Abhiyan Maah on 30.09.2021 at lucknow, Uttar Pradesh by Hon'ble Member Shyamala S.Kundar**

A meeting was conducted with District Collector of Lucknow district, SP and district administrative officers and discussion was done on various issues regarding the implementation of women oriented central government and state government schemes on women development and given necessary guidance.

**Poshan Maah at Lucknow district on 30.09.2021**



Hon'ble Member, Shyamala S. Kundar attended a "Poshan Maah" organized by Lucknow Women and Child Development Department at Anganwadi center, BoocharMohal, under Child Development Project Alamnagar, District Lucknow. During the visit, information was taken regarding the nutrition rangoli made from grains at the Anganwadi center. Present beneficiaries were informed about the importance of regional food, carrying forward the tagline of "Khosh Malnutrition Se Poshan, Regional Food Door" by realizing the tagline of "Poshan Maah". Pregnant women should take care of themselves because when they are healthy only then the baby in the womb will also be healthy and they will be able to take care of other members of the house as well.

**Meeting with Hon'ble Chief Minister Shri. Yogi Adityanath ji (Hon'ble Chief Minister – Uttar Pradesh) at Raj Lok, Lucknow district, Uttar Pradesh on 30/09/2021**

Chief Minister and Hon'ble Member discussed about various social welfare programs for

women, besides the functioning of One Stop Centres for women in Uttar Pradesh and coordination of police for providing help to aggrieved women. Hon'ble Chief Minister remarked that the Government is committed to empowering women by ensuring safety, equal opportunities, and participation in all spheres of life.



## Legal Cell

### Capacity-Building Program for Women in Politics

National Commission for Women as per its mandate has undertaken to provide training to women political leaders to help build their capacities and skills to emerge as effective grassroots changemakers under the title '**She is a changemaker**'. The training will be delivered zone-wise with the help of Training Institutes. In this regard, the Commission has partnered with the following Institutes so far to deliver training to elected women representatives: Mahatma Gandhi Institute of Public Administration (Chandigarh), Yashwantrao Chavan Academy of Development Administration (Pune), Rambhau Mhalgi Prabodhini (Mumbai), and DDU SIRD (Lucknow). Every Institute will undertake 5 training programs each in the pilot phase in their respective zones for women political leaders hailing from gram panchayats, Zilla Parishad and urban local bodies from Tier 1 and Tier 2 areas.

### MoU signed between NCW and Govardhan Learning Cloud Private Limited

The Commission signed an MoU with GLCPL on 29.09.2021 for developing an e-module on prevention of sexual harassment at the workplace, to assist Institutions and Corporations to train and spread awareness through online training.

## Women Welfare & Capacity Building Cell

### Pan India Programs launched

**Empowering women in rural India: NCW launches country-wide training & capacity building program for women in dairy farming New Delhi, September 27, 2021:** In an endeavor to empower rural women and make them financially independent, the National Commission for Women has launched a country-wide training and capacity-building program for women in dairy farming. The Commission is collaborating with agricultural universities across India to identify and train women associated with dairy farming and allied activities in different aspects such as value addition, quality enhancement, packaging, and marketing of

dairy products among others. The project aims to harness the immense potential in villages in creating and marketing dairy products and empowering women along the process to achieve financial independence.

The first program under the project was organized on 'Value Added Dairy products' for women SHG at the Lala Lajpat Rai University of Veterinary and Animal Sciences, Hisar, Haryana in association with Haryana State Rural Livelihood Mission.

**NCW launches country-wide capacity building & personality development program for women students on September 20, 2021:** In an endeavor to make women

independent and employment-ready, the National Commission for Women has launched a country-wide capacity building and personality development program for women Undergraduate and Postgraduate students. The Commission is collaborating with Central and State universities for organizing sessions on Personal Capacity Building, Professional Career Skills and Digital Literacy, and Effective Use of social media to prepare women students for entering the job market.

NCW launched its first program in collaboration with the Central University of Haryana. The course will focus on learning and applying the use of intuitive, logical, and critical thinking, communication, and interpersonal skills to enhance employability. The course has been divided into three categories: Personal Capacity Building, Professional Career Skills and Digital Literacy, and Effective Use of social media.

After completion of all three sessions, students will take an online quiz organized through MyGov where they will be tested for their understanding of the subject. The test will be based on the booklet/ training sessions conducted under the program. All the participants will receive certificates on completion of the quiz and the top 25 participants will be provided with a 'Certificate of Commendation signed by NCW, MyGov, and the Head of the Institute.

#### **4<sup>th</sup> Poshan Maah celebration**

**Webinar on 'Talking Menopause: Health & Nutrition' on 8<sup>th</sup> September 2021** :The Commission organized a virtual discussion through which experts contributed to raising awareness on the subject. Raising awareness of menopause generally, not just amongst women, is crucial in reducing the stigma attached to the subject. This lack of understanding leaves many women filled with dread and woefully uninformed about this natural phase of life. By developing a broader understanding of the impact, it has on one's body, it may help to remember that it is not unusual to feel that your body is changing

dramatically, or equally. The discussion revolved around the following:

- Understanding: Menopause, Perimenopause, and Post menopause
- Symptoms and Impact on health
- Symptom Management
- Reviewing myths and realities attached
- Reducing Risk

#### **Talk show on 'Nutrition in your Kitchen' on 30<sup>th</sup> Sept. 2021**

The Commission organized a virtual talk show on the topic 'Nutrition in Your Kitchen'. The expert speaker focused on foods and diets that are easily available at our home and the best way to consume them. The discussion focused on the nutrition requirement of women in 4 different stages i.e., menstruating women, pregnant women, lactating women, and women going through menopause and post-menopause.

#### **Open Essay Writing Competition**

The Commission has organized an Open Essay Writing Competition, intending to generate awareness and to promote the nutrition status among the masses, which was live from 9<sup>th</sup> to 30<sup>th</sup> September 2021. Total entries received under the competition are 839. The Competition was open to all. The participants were asked to submit their ideas on any one of the following topics:

- Eating Right- Make my plate.
- Men in action for improved nutrition among women.
- Building a Sisterhood of Success: Empowering Women for Improved Nutrition.
- Breaking the Intergenerational Cycle of Under-nutrition.

#### **Open Poster Making Competition**

The Commission has organized an Open Poster Making Competition' through MyGov Portal intending to generate awareness, promote the nutrition status, and explore the

creative instinct of the masses. The competition was live from 6th to 30th September 2021 with total entries received – 1484. The Competition was made open to all. Topics covered are stated below:

- Eating Right- Make my plate.
- Men in action for improved nutrition among women.
- Building a Sisterhood of Success: Empowering Women for Improved Nutrition.
- Breaking the Intergenerational Cycle of Under-nutrition.

**Nukkad Natak:**



The Commission has hired Theatre group-Anushtan to prepare a Nukkad Natak on the Theme ‘Poshan se Roshan’ under the Poshan Maah celebration. The team performed the themed play at 03 locations, as indicated below:

- Sain Vihar, Ghaziabad (26th Sept. 2021)
- Kirti Nagar slum area Delhi (30th Sept. 2021)
- Munirka slum area Delhi (30th Sept. 2021)

**Poshan Maah Activities with SWCs:**

The Commission funded various awareness activities undertaken by SWCS to celebrate 4<sup>th</sup> Poshan Maah 2021. Details of the programs are placed below:

**Manipur State Women Commission**

Poshan Panchayat

02 Youth Awareness

Awareness Camp for Anganwadi

Webinar

**Tamil Nādu State Women Commission**

02 Webinar

04 Youth Awareness Camp

Poshan Mela

**Himachal Pradesh State Women Commission**

Awareness Camp under Poshan Maah

**Uttarakhand State Women Commission**

Poster Making

**Sikkim State Women Commission**

Awareness

Recipe Competition for Pregnant and Lactating Women

Talk Show

Poshan Mela and Quiz

Awareness and Advertisement

**Andhra Pradesh State Women Commission**

Poshan Panchayat

Awareness Workshops and Camps

Involving Youth groups

Poshan Mela and Quiz

**Telangana State Women Commission**

01 Webinar on Raising Awareness on Malnutrition among Women

Poshan Panchayat

Involving Youth Group

**Odisha State Women Commission**

Poshan Panchayat

**Goa State Women Commission**

one recipe competition

02 awareness program

## PSYCHIATRIC HOME & CUSTODIAL HOME REFORM CELL

Poshan Mela for female inmates was proposed by NCW at several Custodial Homes during the 4th Rashtriya Poshan Abhiyan.

### **Poshan Mela at Jail No. 06, Tihar Jail Complex, New Delhi on September 9th, 2021**



Female inmates organised a stand with local cuisine high in nutritional value and critical micronutrients for healthy eating habits. They also had stalls depicting Poshan Vatika [Nutri Garden] and fresh vegetables with nutritional benefits, which symbolised low-cost, nutritious foods that could be made at home. Hon.Members, Ms. Kamlesh Gautam, Ms. Chandramukhi Devi, Dr. RajulL. Desai, Member Secretary, Ms. Meeta Rajivlochan, and Special Rapporteur cum Clinical Psychologist, Ms. Shweta Sharma from the NCW team visited Poshan Mela and educated inmates and workers about the importance of the national nutrition

campaign. NCW arranged for a nutritionist to visit Jail No. -06 for three days to deliver correct meal recommendations to each inmate. Fruit baskets were distributed to all female captives to round off the event.

### **Poshan Mela for female inmates at Model Jail, Chandigarh UT – 17<sup>th</sup> Sep.2021**



Local foods with high nutritional content and critical micronutrients for excellent eating habits were presented by female offenders who set up a stall. The Hon.Chairperson Rekha Sharma and Member Secretary, Meeta Rajivlochan, visited inmates and workers to teach them about the importance of the national nutrition mission. Fruit baskets were presented to the female inmates to round off the event.

## SUCCESSFUL STORIES OF NRI CELL

### **Case 1**

Mr. X, R/o Kanyakumari, Tamil Nadu, has filed an urgent plea with the Commission over the unjust detention of both of his parents by local police in Falaj Al Qabail, Sohar, Sultanate of Oman, based on false claims

made by Omani sponsors for his parents' company. He further indicated that he and his younger sister are alone at home and that they are in danger of losing their lives, thus the petitioner had requested the Commission's

immediate assistance in obtaining his parents' release and return to their hometown in India. Even though the situation did not fall under the purview of the Commission's NRI Cell, it was referred to the Indian Embassy in Muscat, Oman, for further action, with a request to check into the problem as soon as possible.

In response to the Commission's letter, the Mission stated that it had been assisting the family in any manner possible and that their matter had been brought to the attention of local Omani authorities. In this case, Embassy officials also attended two court hearings, and petitioners were given the contact information for the Mission's panel lawyers. The Embassy and the family have also communicated regularly via emails, phone calls, and WhatsApp, according to the report.

### Case 2

Mr. Y, R/o Dubai, filed a complaint on behalf of his daughter, Ms. Z, against his wife, R/o Jalandhar, Punjab, who had "House Arrested" her at home and was refusing to let her attend her college in Bhatinda. The complaint further claimed that his wife abuses and harasses the victim and refuses to let her visit her father in Dubai. He further claimed that the responder held his daughter's passport and other crucial documents illegally. Mr. Y had stated that because he was in Dubai, he was unable to support his daughter and, as a result, sought the Commission's aid in this matter.

As a result, the Commission brought the problem to the attention of the Commissioner of Police in Jalandhar, Punjab, who took appropriate action in the case. In response to the Commission's letter, the Jalandhar police took immediate action, and Ms. Z was rescued from the respondent and sent to her appropriate college to continue her studies.

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