

Roshni

October - December 2024



ALL INDIA WOMEN'S CONFERENCE

GLIMPSES OF SHILPKALA UTSAV



ROSHNI

Journal of the All India Women's Conference

October-December 2024

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The views expressed in the articles published in Roshni are those of the authors only and not of All India Women's Conference

Subscription Rates:

Domestic: Yearly: Rs. 250.00

Quarterly: Rs. 70.00

Printed at: IG Printers Pvt Ltd, 104, DSIDC,

Okhla Phase-I, New Delhi-110020

Regd No. 26969/74

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CONTENTS

1. From the Editor's desk ...2

2. Shilpkala Utsav ...3

3. Lakshmi N. Menon Memorial day ...7

4. Cyber Security and Wellness Awareness Session ...7

5. COP 29 at Baku, Azerbaijan – a Report By Bhuvaneshwari Ravindran – MIC Climate Change ...9

6. Some Highlights from the Decisions at Cop 29, Baku By Usha Nair, MIC (Liaison with International Agencies) ...17

7. An Interesting Feedback from COP 29 By Dr. K G Vijayalekshmi ...19

8. Wind Energy - A Future Perspective (By Shanthi Socrates MIC-Promotion of Energy) ...21

9. A discussion on Oceans, their role By Bhuvaneshwari Ravindran – MIC Climate Change ...23

11. Role of Parents, Teachers, and Students By N. Bhanumathi, Secretary, AIWC, Kakinada ...25

11. Mera Millet Magic - Ek Thali Millet Wali By Mrs. Bina Jain – Patron AIWC ...26

Branch Activities

1. Embracing Compassion By Mrs Parul Mangal, President, AIWC ...28

2. Self-Defense Training ...29

3. An Appeal – presented to the Governor ...29

4. Zonal Organizer's Visit to Rajasthan Branches ...30

5. Kakinada Branch ...31

6. Inter-School Yoga Competition Held in Meerut ...32

7. Sanjeevni Mahila Sanstha ...32

8. Human Touch Foundation for Women ...33

9. Women's Conclave - Commemorating ...33

10. National Integration and Communal Harmony By Sapna Acharya, President, Vikas Mahila Sangam ...34

Hindi Jagat- Articles in Hindi

1. द्रोपदी के वस्त्रहरण समय उनके बचाव का एक और पहलू (श्रीमती सुप्रिया भालेराव, सेक्रेटरी एआईडब्ल्यूसी, हैदराबाद ब्रांच) ...35

2. चलो नीड की ओर..!! (श्रीमती सुभद्रा सक्सेना, एआईडब्ल्यूसी, मेन ब्रांच सरसैया घाट, कानपुर) ...36

From the Editor's desk...

Dear Sisters,

The last quarter of the year is always full of cheer, with the oncoming festival season. Our own annual festival of arts and crafts "Shilpkala Utsav" kept all the members together - planning for a colourful Utsav. Shilpkala Utsav is a platform for women artisans and women entrepreneurs provided by AIWC, to enable them sell directly to the consumers. As always this year too, the event was a grand success.

Participation in COP 29 by the Senior Members of AIWC was an opportunity to showcase AIWC's work in the field of Climate Change. This issue covers the various articles presented by our participants and I am sure you will read and enjoy.

I once again request all the members to please contribute articles highlighting the wonderful work done at Branch level, so that the same could be shared with all.

Sheela Satyanarayan

Editor -Roshni

Oct- Dec 2024



Head Office Activities

Shilpkala Utsav: A Vibrant Celebration of Women Empowerment and Handicrafts



The Shilpkala Utsav, held from October 17 to 19, 2024, focused on the theme of Self-Reliance and Women Empowerment. This annual event, organized by the All India Women's Conference (AIWC) at Aga

Khan Hall, showcased Indian art forms and celebrated cultural diversity, empowering women artisans across India. It stands as a beacon of empowerment for women across India. This remarkable event provides a

4 *All India Women's Conference*

platform for women to showcase their handicrafts, enabling them to generate income for their own benefit.

The Event featured a magnificent display of art, culture, and tradition. The event's decor and welcoming entrance captivated the public with its traditional charm, setting the tone for a vibrant celebration.

The inaugural day began with the rhythmic beats of the dholak, creating an atmosphere of joy and anticipation. The inauguration ceremony opened with a heartfelt Ganesh Vandana dance performance, followed by a soul-stirring presentation of Meera and Krishna songs.

Cultural performances included, dance by students from Jammu and Kashmir, stunning dance by Bapnu Ghar girls, emotional and inspiring acting by Arvind Gaur Academy, Ashmita students and children from Asha Academy, including physically challenged participants, and enthusiastic contributions from AIWC staff, adding vibrancy to the event.

Main Attractions were:

- **Northeast India:** Bamboo products, textiles, and handlooms from Manipur.
- **West Bengal:** Santa Begum's intricate Kantha embroidery.
- **Punjab & Uttar Pradesh:** Phulkari work and Farrukhabad's block prints.
- **Gujarat:** Vibrant sarees, stoles, and shawls.

- **Nagaland & Kashmir:** Tribal textiles and handloom handicrafts, including Chanderi silk-cotton sarees.
- **Bihar & Odisha:** Madhubani paintings and palm leaf Pattachitra art.



Women Entrepreneurs showcased their products like

- Eco-friendly apparel, home accessories, and kitchen items.
- Unique displays like Lucknowi chikankari, Kiah Decor's ceramic and wooden products, and textiles from Bengaluru and Kutch.
- Handcrafted silver jewelry, terracotta, paper crafts, and home furnishings by AIWC branches.
- Distribution of plants wrapped in colorful cloth and paper, promoting green initiatives and delighting visitors.

Culinary Delights included food stalls which served a range of dishes, including chole bhature, samosas, jalebis, tea, laddoos, and South Indian delicacies by the Youth Dosa Group. Visitors enjoyed the festive atmosphere along with traditional flavors.



Side Event Shilpkala Utsav

The three day Shilpkala Utsav from 17th to 19th October was considerably livened up by interludes of poetry, music and dances organized in short sessions. Participants included accomplished Kathak dancers, professional and amateur singers, budding poets from girls staying in AIWC hostel, Delhi schools and college groups, contributed in a big way, presenting a range of themes from the ancient epic Mahabharat, to closer to home themes like women's emancipation.

Visitors welcomed the added dimension of cultural expressions to the main theme of art and craft heritage.



Lakshmi N. Menon Memorial day on 26th November, 2024



The 30th death anniversary of Lakshmi N. Menon, was observed in AIWC on 26th November with a simple ceremony paying homage to Lakshmi Menon. This was followed by a presentation by Dr Krishna Menon, Professor, Social Studies,

Dr Bhimrao Ambedkar University. She spoke on women's aspirations, and drew parallels between women's efforts to break barriers in the past, and present engagement of women to overcome hurdles in reaching the summit



Cyber Security and Wellness Awareness Session at Presentation Convent Senior Secondary School, New Delhi.

A Cybersecurity Awareness Programme was conducted by the Cyber Cell Delhi Police of North Zone on October 07, 2024, at the Presentation Convent Senior Secondary School, New Delhi. The Programme was aimed at education of school students about the growing threat of cyber-attacks and provide them with practical knowledge on how to protect sensitive information and avoid common security risks. The programme was

organised under the guidance of AIWC President Mrs. Kalyani Raj and supported by Member in Charge Hostel Mess Ms. Sapna Acharya and Ms. Pratibha Arya, Programme Officer. The main objective of the programme was to raise awareness about the importance of cybersecurity and to provide students with the essential knowledge on identifying phishing attacks, securing passwords, and protecting personal data.



The session began with an opening remarks from Mrs. Kalyani Raj (President, AIWC) highlighting the increasing threats of cybercrime and the way technology is moving forward bringing threats to the society. The main speaker of the session was Mr. Balbir SI, North Zone Cyber Cell Delhi Police, along with two officials Ms. Sonika and Mrs. Karamvir.



Mr. Balbir delivered a comprehensive presentation covering topics such as:

- Phishing and social tactics, to spreading threats
- the importance of strong, unique passwords for each account. For examples: Use a mix of letters, numbers, and symbols. Avoid using common phrases or names.
- Social Media Safety and to be cautious about accepting friend requests from strangers
- Safe browsing and secure use of internet
- Beware of internet frauds and social media deep fake
- No sharing of personal information
- Avoid Clicking Suspicious Links and to teach students not to click on links or download attachments from unknown emails or messages.
- To report online financial fraud at the National cybercrime helpline number 1930 and website <https://cyber.delhipolice.gov.in>



Mr. Balbir also gave a thorough presentation with live examples and demonstration of a phishing email attack, showing how easily such scams can be overlooked and the risks involved in it. The programme also included interactive discussions, where students were encouraged to share their experiences related to cyber threats and ask questions regarding IT.

The event was attended by almost 180 students of class 11th. The session was well-received, and appreciated by the Principal, teachers and participants.



Another milestone achieved in the series of awareness programmes-organising a Wellness Awareness Session: Hypertension /Stress Management and Nutrition /Lifestyle on 12th November 2024 with 100 teachers, staff of **Presentation convent senior secondary school**. The Programme was aimed to educate teachers/staff on the effects of stress and provide them with effective techniques to manage improved well-being. The programme was divided into two sessions first half taken by Dr. Bhawana Barmi, very well-known Clinical Psychologist. Given



her expertise in Psychology, she explained the science behind stress, its causes, and its impact on the body and mind. The key points given by her focused on recognizing signs of stress and understanding its long-term effects on mental health and work-life balance. She took one small exercise and discussed motivating actions for healthy lifestyle. The second session was taken by Dt. Ishi Khosla, a well-known Nutritionist, Lifestyle and Wellness trainer. She raised awareness about the significance of a healthy lifestyle and nutrition. She explained that every problem related to body starts from human gut, and it is very important to take care of your gut to have a healthy lifestyle. She also highlighted the importance of regular physical activity in maintaining a healthy weight, improving cardiovascular health, and reducing the risk of diseases such as diabetes and hypertension. Teachers and staff asked questions from resource persons. Overall, the session was very informative and encouraged teachers to make lasting, positive changes to their daily routine for better long term health outcomes.



COP 29 at Baku, Azerbaijan – a Report on AIWC Participation

By Bhuvaneshwari Ravindran – MIC Climate Change

I was privileged to attend the COP 29 of the UN Framework Convention on Climate Change (UNFCCC) as a nominee of All India Women's Conference (AIWC). The Conference was for two weeks from 11-22 November, 2024 at the Olympic Stadium, Baku, Azerbaijan. I along with Smt. Usha Nair, MIC (Liaison with International Agencies) participated from 11 November to 16 November 2024. President AIWC, Smt. Kalyani Raj joined us on 14 November and continued upto 20 November. Smt. Upasana Singh, Treasurer and Dr. K.G. Vijayalekshmi, MIC (Equity based Education and Adult Literacy) participated in the second week (17-22 November 2024).

An ECHO WEBINAR was held after this Summit on 16 December 2024, with the participation of the five AIWC delegates, wherein individual experiences and main takeaways from the event were shared. Several senior AIWC members from branches across the country participated in the WEBINAR.

As Member in Charge (Climate Change), I made a pictorial presentation showing some visuals of the venue, details of the thematic AIWC posters; the AIWC stall and visitors to it; some common events hosted by AIWC in both the weeks; and other information on Baku and the Conference in general. This year over 55,000 delegates had participated

in the Summit. The venue was Olympic Stadium, Baku. The host country had made good arrangements and had stationed boys and girls from Colleges and even Schools as Volunteers across the city, right from the airport, at the Venue, Metro and bus stations etc., which was a great help.

Secretary General Manju Kak congratulated all the participants and drew attention to three



World's First Sustainable Solar Glass Arch at Entry to COP 29 Venue



**Powers its own lighting and music displays
Powers up 10.5 MWh annually
Cuts carbon emissions by 60 ton**

10 *All India Women's Conference*

aspects viz., non-fulfillment of promises made for Climate Finance by developed countries; the need to strengthen activities on women and gender; and exploring prospects of projects on oceans, beach cleaning etc. involving branches in the coastal belt.

Smt. Kalyani Raj shared her experience at the COP 29, describing COP participation as a learning experience and opportunity for networking; showcasing AIWC work; and exchanging ideas and scope for further cooperation with other agencies. Smt. Raj spoke of the two events that she participated as a panelist viz., the event hosted by INFORSE on “Local Climate Solutions towards 100% Renewables” where she dwelt upon Gender Aspects; and the one hosted by the Brahmakumaris where AIWC programmes and projects were highlighted. Smt. Raj also participated in the Gender Just Climate Solutions awards event co-hosted by AIWC. Mention was also made about some events and discussions at this COP in areas of particular interest to AIWC such as increased activities in the field Energy transition and renewable energy which will enhance the scope for substantial involvement of women; discussions on “Women led Climate solutions” organized by International Solar Alliance; the decision on carbon trading; discussion on climate disaster; extension of the Lima work programme on gender etc.

In the exhibition space allotted for the first week to AIWC in the Blue Zone, we set up

a Stall. We shared this stall with four other organisations viz., International Network for Sustainable Energy (INFORSE); Integrated Sustainable Energy & Ecological Development Association (INSEDA); Sustainable Energy (SE); Sustainable Environmental Development; and Watch (SusWatch).



Based on photographs and information provided by about 25 branches, three posters were designed. The first theme was "Progress in ongoing programmes", under which some initiatives that are continuing were included such as programmes under Energy Conservation & Energy Efficiency; Safe Veggies Income Generation Project; and GUCCI Mangroves project in Sundarbans. Under "Waste Management", activities involving collection and segregation of waste; plastic collection centre at Head Office; some success stories of Kitchen Gardens and Vermi-compost; and E-Waste Collection Centres through Hulladek were included. The third poster was on "Initiatives on other Climate Change themes" covering activities by Branches on subjects like: Protection of Oceans; Water Conservation; UN International Year of Millets; and general activities by branches for environmental awareness. There was also provision for LED display in the stall in which we could play some presentations and photographs of AIWC activities.

There was good footfall in our stall and visitors appreciated the good work undertaken by AIWC in several areas under Climate Change. The interactions helped in learning new ideas and understand the situation in other parts of the world. Through this networking we could get some new contacts, which could be of use in our future works.

An important event for us in the first week was screening of a film titled "SAVING

WALDEN's WORLD" by Writer-Director Jim Merkel. Though the film dealt with the experiences of three countries - CUBA, SLOVENIA and INDIA (Kerala), due to paucity of time, only the portion relating to Indian experience was shown. The film showcased through case studies the literary movement and Kudumbashree initiative of Kerala, how land reforms, literacy and universal higher education dramatically empower women and increase their well being for achieving Sustainable Development Goals. This was well received and an interesting interactive session ensued.

This COP having been termed as "Finance COP", the focus of many events were on the need for climate finance by developing countries. An event on "Financing low Carbon Energy Transition in Asia Pacific" discussed how finance underpins all climate change initiatives, the growing gap between the needs of the developing countries and what is actually available etc. In another event on "Advancing gender equality and human rights: climate finance for gender – transformative NDC 3.0", it was recognized that the Nationally Determined Contributions (NDCs) at present do not substantially address the special needs of women and girls and therefore urged countries to integrate human rights based approaches and inclusion of special needs of women and girls within the scope of NDCs. The event on "Just Transition" was very interesting. The discussion included issues

12 *All India Women's Conference*

such as the need to ensure that vulnerable groups like women are not left behind while countries shift to low carbon economies; importance of creation of alternative job opportunities for those displaced etc. We also had informative interactions with the neighbouring stalls viz., Nishan-E-Sikhi Charitable Trust representatives from Punjab and a Taiwanese NGO representative who demonstrated Rainwater Harvesting done on public roads using a proto type.

The meeting with one of the cyclists from a group of Bikers who traversed on bicycle across Europe covering 6500 kms via 10 countries to reach the COP 29 venue was inspiring. The bikers were joined by 200 participants from Germany, Netherlands, France, Turkey etc. They wanted to emphasize the point that 80% walking, cycling and sharing public transport can deliver 50% less transport emissions by 2030.

Another interesting event I attended was on the “Role of Story Telling in achieving targets in Paris Agreement”, illustrated how films and story telling play important role in terms of Article 12 of the Paris Agreement. A short movie “The Salt in our Waters” portraying a day in the life of poor fishermen in a village in Bangladesh was screened. The village where the film was shot was totally devastated later and the villagers rendered homeless. Narrating this event, Mr.Rezwan Shahriar Sumit, Director, elaborated on how he could help the villagers by rebuilding the village, using his film as a medium to influence the authorities and others.

Smt Usha Nair spoke about the state of play in the negotiations and discussions. The fact that over the years India has started playing a major role in COP and was able to assert its stand with many developing and how poorer countries look upto India's leadership was brought out. Meeting was informed of the extension of the Conference by about 36 hours to reach an agreement on Climate Finances and the dilution of the New Collective Quantified Goal (NCQG) on Climate Finance. While the target amount required as NCQG was to the tune of 5-6.8 Trillion by 2030 in the first draft, the agreement reached in the final draft was a commitment of only USD 300 Billion and that all actors including developing countries will try and scale it up to USD 1.3 Trillion by 2035. Climate Finance is the money collectively required by the Developing countries from Developed countries to adapt to climate change without compromising their own developmental effort. Unfortunately, the agreement reached is a dilution in terms of reduction in the target amount from 5-6.8 Trillion to 1.3 Trillion and also extending the target year from 2030 to 2035. There is also a dilution to the condition that the target amount was to be received from the Developed countries who are historically responsible for the excessive pollution which is now causing climate change, whereas the present agreement makes developing countries also responsible for contribution. Despite dissenting notes by India which stood up for the developing countries, the powerful rich nations got the Baku agreement adopted.

The decision allowing trading of Carbon credit was another major decision taken in this COP. There was opposition to it since this enables rich and worst emitting countries like US to make investments in other countries and take credit for the reduction of carbon arising therefrom, to fulfill their NDC target, without actually making efforts to reduce carbon in their own country. As for some other important issues like guidance on Just Transition and preparation of NDCs and Global Stocktaking, these were pushed up to COP 30.

Another question addressed by Smt. Usha Nair was on the relevance of COP since the decisions are steered by rich nations with voices of smaller and poorer nations not being heard. But then being the only Global forum where Climate change is discussed, this process need to continue so that all countries can sit together and discuss the problems and eventually find some solutions to save the earth.

In the second week, Dr. Upasana Singh had registered for participating in an exhibition organized by the British embassy and Gender Hub Azerbaijan in Landmark hotel, wherein she and Dr. Vijayalekshmi had displayed some ecofriendly handicraft products made by women. She shared some information on events in the second week that they had attended, including the one organized by Shri Karthik Sarabhai on “Eco Schools”; some interactions that they had with organisations based in Delhi like the representatives of UN GLOBAL ACTION

which work in India on protection of water, ponds etc.; representatives of Climate Action Pavilion working with World Meteorological organization; etc. Smt. Upasana Singh also spoke of an innovative idea that she came across of a solar cooker with a tunnel like long pipe, using which women can sit under shade and cook, avoiding working under direct sun. In her view these interactions helped in gaining new ideas and knowledge and also helped in exploring opportunities to work together in areas like renewable energy; greening of schools etc.

Dr. Vijayalekshmi narrated her experience of participating in some more events in the week which related to Education for Sustainable Development; events focussing on Youth as well as Greening Education Partnership; quality climate education; Cultural & educational responses to climate change; events showcasing youth-led action etc. According to her, AIWC Branches can take up programmes for supporting green school initiatives; lobby with local and central government to adopt lessons on climate change from first standard onwards; take up clean energy advocacy and awareness campaigns; and also adopt plastic free village, Planting trees etc.

After the presentations and sharing of experiences, we had excellent interactions with many senior AIWC members expressing their appreciation and views. There was a suggestion that the presentations and information shared therein may be kept

as record in the AIWC Library for use as reference material.

In Baku, we got a few hours for visiting some tourist places as well. One evening we visited the Old city and the Maiden Tower which is a UNESCO world Heritage site. From a distance we could see the three Flame Towers which were lit up with changing colours. The Fire Temple or Atashgad Saurashtrian temple and Yanar Dag – the Fire Mountain, roughly 35 kms from the city centre, were other places which we visited. At the Fire temple we were surprised to learn that Hinduism was once a major religion in Azerbaijan and that this temple was originally built by Hindu

traders and worshipped later by Sikhs and Saurashtrians. In the museum within, we could see the idols of Ganesha, Nataraja and writings in Indian languages including Sanskrit, yoga room etc.

On the whole it was a very enriching experience to me personally. It helped to understand the importance and relevance of several issues like Just Transition, Global Stock Taking, NCBQ, the role of human rights in Climate Change, etc. to name a few. Undoubtedly, the experience sharing at the WEBINAR added value for both the delegates and participants who joined, particularly on what was at stake in the COP meeting and also on the negotiation process.



Did you know.....

Baku is the capital of Azerbaijan, Located on the western shore of the Caspian Sea at the sea's best harbour, Baku became the capital of the new Soviet republic of Azerbaijan in 1920. The basis of Baku's economy is petroleum.

Baku has a rich history and culture, with evidence of human settlements dating back to the 4th millennium BCE. Baku's unique architecture reflects its Zoroastrian, Islamic, and Soviet past, as well as its position on the fabled Silk Route. Baku's historic centre is a UNESCO World Heritage Site since 2000, with narrow cobblestone streets and ancient landmarks.



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SAFE VEGGIES



Suvarna - AIWC Kozhikode, Kerala



Ujjawal Women's Association, Delhi



Maninagar, Ahmedabad, Gujarat



Thittamangalam Vanita Samithi,
Trivandrum, Kerala

Capacity Building for women to grow organic vegetables under close supervision and expert guidance, to ensure a healthy diet for the family



Stree Shakti Mahila Samajam,
Nedumangad, Kerala



Follow up Project
Income Generation by Smt. Ambika and
Smt. Gita, Kozhikode, Kerala

Linkages with SDGs: SDG 3, SDG 5, SDG 8, SDG 13

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SMALL / MICRO-LEVEL INITIATIVES

Protection of Mangroves



AIWC East Kolkata

Waste Management



Dhuri Hoon Main, Rithala, Delhi

E-Waste Management



Maitreyi Women's Organisation, Kakinada

Clean Environment



Himalayan Clean Up, AIWC Darjeeling



Beach Clean-up, AIWC Kakinada

Clean Water Bodies



AIWC, Srinagar

CATCH THEM YOUNG, COACH THEM YOUNG



Human Touch Foundation for Women, Greater NOIDA



Jyothirgamaya, AIWC Chirayankeezhu

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Some Highlights from the Decisions at Cop 29, Baku

By Usha Nair, MIC (Liaison with International Agencies)

COP 29 was labeled the ‘finance COP’ and was expected to focus on agreeing on climate financing - who pays, how much is needed and how the funds would be utilized to address climate adaptation, mitigation and loss/damage. The existing estimate, agreed upon in 2009 was to mobilize and deliver \$100 billion per year from 2020-2025. In 2021, the countries collectively agreed to increase it as required by the Paris Agreement which had asked for an upward revision by 2025.

The first draft of the negotiating text in Baku asked for at least \$5-6.8 trillion until 2030 as NCQGs for developing countries. (New Collective Quantified Goal on Climate Finance (NCQG) is an estimate of the money that developing countries will collectively require from developed countries to help them transition away from fossil fuels and curb greenhouse gas emissions so that they can adapt to climate change without compromising on developmental needs.) However, the final agreement called on all actors to work together to enable scaling up of financing from all public and private sources to at least \$1.3 trillion per year by 2035. A wide variety of sources were indicated - public and private, bilateral and multi lateral, including alternative sources.

There were fierce protests from developing/vulnerable countries and island nations.

Developed countries were accused of ‘diluting obligations’ instead of honouring commitments. Developing countries wanted the NCQGs to be made available as grants or low cost loans. India stressed each country’s right to set its own climate goals based on its unique needs. Developed countries must provide enough carbon space to let developing countries like India to develop.

India led the protest and took up the cause for countries that had contributed the least to global warming but were facing the most grave threats and impacts posed by climate change that are becoming increasingly dramatic. Developed countries which had historically contributed the most to greenhouse gas emissions and had more resources and ability to act on climate change had repeatedly delayed climate action and continuously shifted goal posts. Lack of means of implementation - financial support, technology and capacity building - means developing countries cannot cut greenhouse gas emissions and adapt to its effects. “We are being asked to increase mitigation efforts by those who have shown no such ambition.” Chandni Raina, advisor at the Union Ministry of Finance, gave an impassioned speech that received applause from the people in the conference room. She called both the process and the outcome – a commitment of \$300 billion of climate

finance for developing countries – an “optical illusion”.

India’s disagreement stemmed from several factors including the addition of multilateral agencies in the list of fund providers. This means institutions like the World Bank, where countries including India are shareholders contributing funds, would use the very same funds to finance developing countries.

Another important decision was the agreement on some basic carbon market rules. The important decision enables trading of emission credits to fulfil NDCs (national climate pledges to the Paris Agreement). These decisions are likely to effectively reduce climate action with some countries buying credits instead of making the extra effort to reduce own emissions.

Outside the official negotiations the nuclear lobby was very strong, supported by the USA and others, both with visible actions in the conference area and with efforts to have more countries sign a declaration

to triple nuclear energy use by 2050. This was viewed with grave concern by many civil society groups, leading to protests and demonstrations calling for moving away from nuclear energy.

The final agreement at COP is always based on consensus which means that every country’s vote is as important as any other. However, this year, the agreement was adopted amidst widespread disagreement but no legal procedure to overturn it has been put in place (as yet). Election of Mr.Trump as President of the US, wars in West Asia and Ukrain, among other crises, have strained climate diplomacy. A concern being voiced repeatedly was of the shrinking space being provided / ”allowed” to CSOs to make their presence known at the COP summits.

There are more questions than answers as we proceed to the next conference - COP 30 in Brazil next year. Let us hope that countries would wake up to the grave consequences of climate change and agree to take urgent unified action to protect Mother Earth.



What is “El Nino” ?

“El Nino” refers to a disturbance in the ocean current, which runs off the coast of Peru and which occurs every 3-8 years around Christmas. When distributed, the cold Humboldt current, which flows along the western coast of South America towards the north, is pushed back by warm water masses from southeast Asia. No one knows why this happens. The winds blowing over the Pacific also change dramatically during this disturbance; as a result, heavy rainfall and flooding occurs in places that were earlier dry, while the hot and moist regions experience such completely dry spells that fertile land dries up, crops wither and people starve .

An Interesting Feedback from COP 29

By Dr. K G Vijayalekshmi

Forests are often referred to as the "lungs of the Earth" because of their essential role in maintaining the planet's oxygen and carbon dioxide (CO₂) balance. Trees absorb CO₂ during photosynthesis, a process where they use sunlight to convert CO₂ and water into glucose and oxygen. However, the intricate science behind this does not always require us to calculate oxygen output or carbon sequestration to justify tree planting initiatives.

Key Scientific Points:

Photosynthesis and Oxygen Production

Trees absorb CO₂ and release oxygen (O₂) as a byproduct of photosynthesis. A mature tree can produce enough oxygen to support 2-4 people annually. However, the net oxygen contribution of forests globally is near equilibrium because of the simultaneous respiration by plants, animals, and microbes, as well as natural decomposition.

Carbon Sequestration

Forests act as carbon sinks, storing vast amounts of carbon in their biomass (trunks, branches, roots) and soil. This process helps mitigate climate change by reducing the amount of CO₂ in the atmosphere. Tree planting directly contributes to increasing these carbon reservoirs, offsetting emissions from deforestation and industrial activities.



Focus on Action Over Calculation

Scientific calculations of CO₂ absorption or O₂ production by trees can be complex and vary based on species, age, and local conditions. However, the act of planting trees is universally recognized as a positive intervention in addressing climate change and biodiversity loss. The ecological benefits, such as improved air quality, water conservation, and habitat creation, outweigh the need for precise quantification of oxygen or carbon outputs.

Indigenous Wisdom Meets Science

Indigenous practices often prioritize action over analysis. In the case of the Brazilian activist, her organization's strategy of replacing every tree cut with a new one reflects a deep understanding of ecological balance. Their focus on reforestation aligns



with the scientific consensus that increasing forest cover is one of the most effective ways **to combat climate change, but not related to absorb CO₂ and release oxygen (O₂)**

Conclusion: Why calculations are secondary

While scientific methods provide valuable insights, the simplicity and urgency of reforestation efforts render precise calculations secondary. What matters most is the consistent and large-scale planting of trees, which inherently contributes to

stabilizing Earth's climate systems and sustaining life. As the Brazilian award-winner aptly conveyed, **"Our task is to plant as many trees as we can."**

I extend my heartfelt gratitude to AIWC for granting me the invaluable opportunity to participate in the profoundly meaningful and globally significant UNFCCC COP 29 conference held in Baku, Azerbaijan. AIWC continues to serve as an exceptional platform, empowering its members to engage in such unique and impactful forums.



Wind Energy - A Future Perspective

(By Shanthi Socrates MIC-Promotion of Energy Efficiency and Conservation)



The awareness program on wind energy was a significant milestone when the Women's Indian Association took stage to enlighten students on the future perspective of wind energy on 16th August 2024 at SRM Institute of Science and Technology, Vadapalani Campus, Chennai.

After the welcome address by Mrs. Sasirekha, Dean of the SRMIST, Mrs. Shanthi Socrates, MIC-Promotion of Energy, Energy Efficiency and Conservation focused on the practices that individuals and organisations can adopt to contribute to a greener tomorrow. Her speech emphasised the importance of energy efficiency and conservation as key elements for sustainable future.

The resource person Mr. Sudarsan, General Manager (Technical Services) Orient Green Power Company Limited (OGPL) Tamil Nadu guided the students to gain insight and knowledge about wind energy.

Conventional sources of energy such as coal, oil etc., which are being used extensively since a long time in such a way that their known reserves have been depleted to a great extent. These sources pose environmental threats like high level of emissions, global warming etc. While renewable energy resources are natural resources which are essentially inexhaustible and can be harnessed without the release of harmful pollutants.



Wind energy, the kinetic energy of air in motion is a popular sustainable renewable energy source that has a much smaller impact on the environment compared to burning fossil fuels.

India has a tremendous potential to expand its domestic wind capacity. It can potentially create about 3.4million jobs (short and long-term)by installing 238 GW solar and 101 GW new wind capacity to achieve the 500 GW non-fossil electricity generation capacity by 2030 goal.

There are numerous job opportunities in wind sector such as Smart Grid Technology Experts, Sustainability Consultants, Renewable energy Research Scientists, Energy policy Analysts, Environmental

Lawyers and Compliance Officers, Renewable energy Educators and Vocational Trainers.

Wind energy has no emissions, lowers carbon footprint, reduces harmful air pollutants, uses less water and therefore benefits the economy. On the demerits side, it is infirm, difficult to supply round the clock power and is seasonal.

With this wonderful information he concluded the session with students participating in the wind colloquy, aiming for careers in wind sector.

This program provided students with crucial information and insights into the critical role of the alternate energy, wind energy, in shaping up a sustainable future.



A discussion on Oceans, their role in Climate Change and our responsibility to protect them

By Bhuvaneshwari Ravindran – MIC Climate Change

When the subject “Oceans - A Critical Component of Climate Change Action” was selected for discussion at a WEBINAR on 22 July 2024, little did we know that it was going to be so packed with information and an eye opener for us. The important role that Oceans play in protecting our planet by keeping climate change impacts in check was new information for most of us. We were also unaware of the suffering that Oceans and Marine Life are subjected to on account of climate change.

The Resource Person Dr. Sheela L. Nair, Head of the Marine Geoscience Group at National Centre for Earth Science Studies (NCESS) started off with a detailed overview on all aspects of Climate Change in a very simple manner. Let me summarise important points covered in the WEBINAR.

Dr. Sheela explained that Climate change is mainly driven due to Anthropogenic activities i.e., human activities, leading to increase in Green House Gas (GHG) concentration in the atmosphere. These GHGs viz., Carbon dioxide, Water vapour, Methane and Nitrous oxide, are like glass ceiling that traps the heat. Most of the heat is retained inside the GHGs themselves, resulting in global warming. More the GHGs, more the heat that gets trapped, resulting in higher temperature.

The talk highlighted that the primary



contributors for rise in Carbon Dioxide in the atmosphere are fossil fuel burning, destruction of carbon sinks like tropical forests and peatlands, burning of vegetation, deforestation etc. Methane is mainly emitted from decaying organic matter. Natural wetlands enhance the process of decomposition and their absence is a reason for increase of Methane level. Nitrous Oxide is emitted as byproduct of synthetic fertilizers used in agriculture, burning of fossil fuels and industrial activities. Though Nitrous Oxide is only 6% of the total GHGs, it is the most dangerous one since it stays in the atmosphere longer, for over 100 years. Next comes Methane, quantity of which as compared to Carbon dioxide is also less at 16% of GHGs, but is 72 times more effective in trapping heat over a 20 year period.

This presentation helped us to appreciate how Oceans have been protecting us from the worst impacts of Climate Change by

providing us with 25% of the Oxygen that we need; absorbing 25% of the Carbon dioxide that we emit; and also absorbing 90% of the heat generated by such emissions. We can imagine how bad the situation would have been had this been absent.

It was, however, quite dismaying to learn how the Ocean and Marine Life are suffering due to increased Carbon dioxide absorption. It results in lowering of PH level of the Ocean water and changes its Chemistry, causing Ocean Acidification, adversely impacting general health and life cycle of Marine organisms. The shelled ones are particularly affected, resulting in Coral bleaching, reef degradation etc. Such organisms have to spend extra energy repairing their damaged shells and skeletons, and end up having reduced life span or die before reaching adulthood.

Rising sea level on account of the dual process of melting of glaciers and thermal expansion of water due to global warming, are other threats to coastal areas. Sea level rises when Oceans carry melted ice from the glaciers across the globe, acting as conveyer belts, and also when water expands due to rise in temperature. The heavy flow of water from melting glaciers can also push out the Carbon dioxide stored deep in the Oceans into the atmosphere, which can be catastrophic.

Talking of soil erosion and vulnerability of the Indian Coastline, Dr. Sheela mentioned that nearly 50 million people live within 50 kms of the Indian coastline, one third of whom are already affected by soil erosion.

Protection walls along seashores, though expensive, can help in containing this to a certain extent.

Climate Change causes rising temperature; extreme weather events; heavy rainfall; floods; draughts etc. Coastal communities are much more vulnerable. It was alarming to hear that Mumbai with huge areas of reclaimed land, is very vulnerable and is in danger of inundation due to sea level rise along with low lying areas. Reference was made to a report that by 2050, the whole coast would be fully under water, which warrants urgent action to protect the city and its inhabitants.

The talk, and the lively interactive session thereafter, helped in identifying some activities that AIWC Branches, irrespective of where they are located, can undertake for building awareness among the public, especially among the youth and people living along the coastal areas. An indicative list circulated to all Branches can help in picking the right activity for each area to implement.

Let us all join hands in our efforts to save mother Earth and enable future generations to continue enjoying the soothing sound of ocean, feel the warmth of the sand on clean beaches and get the benefit of “Vitamin Sea” freely available to them.

The proceedings of the WEBINAR can be viewed at the following link:

<https://www.youtube.com/live/9mjRVwKnh0k?si=roSzqH9uHtyJRw45>

Role of Parents, Teachers, and Students as Warriors Against Climate Change

By N. Bhanumathi, Secretary, AIWC, Kakinada

Climate change is an undeniable reality, leading to severe summers, untimely rains and floods, and unbearable winters. These climatic conditions contribute to global warming, disrupting the entire ecosystem.

It is imperative to act decisively now. In this context, we must discuss the roles of parents, teachers, and students in creating awareness about climate change and driving meaningful action.

Role of Parents

Change must begin at home. Parents serve as role models for their children and can influence them through simple, sustainable practices such as:

- Conserving water
- Saving power and fuel
- Reducing plastic usage
- Reusing materials
- Supporting local environmental initiatives

Children tend to emulate their parents' actions more than their words. By practicing these habits, parents can inspire their children to adopt environmentally friendly behaviors.

Role of Teachers

Given that children spend significant time in schools, teachers play a vital role in shaping young minds—our future. They can:

- Educate students about climate change and its impacts

- Inspire students to take action, such as participating in water conservation efforts, rainwater harvesting, and "save water" campaigns
- Encourage critical thinking and analysis of environmental issues
- Support students in finding solutions to environmental challenges

Schools should also establish environmental clubs to foster greater awareness and engagement among students.

Role of Students

Students have immense potential to drive positive change and build a sustainable future. They can:

- Discuss climate and water conservation topics with friends, family, and their community
- Lead by example by adopting sustainable practices in their daily lives
- Participate in campaigns and initiatives that promote environmental awareness

Collective Responsibility

Everyone has a role to play in combating climate change. It is our collective responsibility to support the efforts of parents, teachers, and students. Additionally, governments must collaborate with these stakeholders to ensure a healthy future for younger generations.

(This content is inspired by a lecture delivered by Dr. M. Mohan of SSUM Institutions, Coimbatore, Tamil Nadu)



Mera Millet Magic - Ek Thali Millet Wali

By Mrs. Bina Jain – Patron AIWC



On the invitation of Mrs Asha Chandra, I attended a Symposium In June, organised by the Ministry of Culture, GOI, IGNCa with Knowledge Partner Mera Millet Magic at the prestigious Bharat Mandapam, New Delhi. I was very impressed to learn about “The Superfood of Bharat” Millets, and I share the article on the same written by Mrs Asha Chandra which is very informative and interesting.

The symposium linked millets to the art, culture and culinary heritage of Bharat. Speakers included MoS Culture; Sister Shivani; IGNCa Dean Shri R.C. Gaur; Cricketer Murali Kartik; Smt. Inoshi Sharma, IAS, Executive Director FSSAI; Dr.Sonal Mansingh; Dr Sandhya Purecha, Chairperson Sangeet Natak Akademi, G20- W20 Chair; Ambassador Ashok Sajjanhar; Dr. Tara Satyavathi Director, IACR-Indian Institute of Millet Research; Mr.Dilip Chenoy; Chef Manisha Bhasin, Corporate Executive ITC Chef.

Five thousand years ago, the earthenware jars of the Indus River Valley Civilization evidenced the presence of several crops, including millet, which was cultivated as a major summer crop. Historically, millets like bajra, jowar and ragi were staples in the Indian diet. Ancient Indian texts extol the virtues of food. “Jaisa Anna Vaisa Mann, Vaisa Tann, Vaisa Dhan”. Folk songs, folklores, ancient texts like the Vedas, Upanishads and Puranas all carry references to the use of millets.

Millet festivals have been held on Pongal, Makar Sankranti, Lohri, Bihu. Fonio Day is held in West Africa; Thanksgiving and Sorghum Festival in the United States; Finger Millet Festivals in Ethiopia and Kenya.

Despite such a rich heritage, over time, millets fell out of favour as wheat, rice, and maize gained prominence. There could be cultural and

social factors as many are unfamiliar with the health benefits and the time-consuming culinary complexity of cooking millets, even a puffed up chapati. The unique taste and texture of millets can be a barrier to regular consumption. Maybe the perception of millets as a "poor man's food", associated with poverty and rural life, led to reluctance among urban and affluent consumers. Millets have also not been as readily accessible, in contrast to the easy availability of wheat, rice and maize.

In an era where the link between gut-health and lifestyle diseases is increasingly recognized, especially with the rise of allergies and mal-absorption issues, millet is a way to wellness, being nutrient-dense, with high fiber content, low Glycemic index, gluten-free and is packed with anti-oxidants. This shree anna is a robust, short-duration crop, requiring less water and with an ability to withstand high temperatures. Today, millets are grown in 130 countries across Asia and Africa, primarily by marginal farmers. Increasing the presence of millet in the food bowls of G77 nations, now encompassing 133 member states and representing 80% of the global population, has the potential to significantly accelerate progress towards the Sustainable Development Goals related to hunger, health, well-being, reduced water and energy consumption, responsible consumption and production, and climate action.

Recognising the health and wellness benefits of millets, and its proven ability to reduce

groundwater withdrawal during cultivation, 2023 was announced at the United Nations Food Systems Summit as the International Year of the Millets. The importance of the consumption of varieties of millets in the composite diet for a Sustainable Food System

has been emphasized, with India as the Chair, and Nigeria and ICRISAT as the Vice-Chair of the Food and Agriculture International Committee for the International Year of Millets 2023.

India's vision is to position herself as the Vishwaguru for millets; to elevate awareness of the contribution of millets for food security and nutrition; encourage cultivation which is resilient to the impact of climate change; and inspire stakeholders on improving sustainable production and quality of millets to enhance agri-economy. Most importantly, it is a call to action to the startup community to innovate and make food and snacks more appealing to the youth.

The Insignia cinema complex at Nehru Place, New Delhi, became India's first-ever cinema to introduce a Millets Menu under its Meet the Millets initiative. The menu consisted of millet risotto, foxtail millet and peas pulao or rice dish and a finger millet pudding. The Mera Millet Magic campaign is a powerful movement to revive millet consumption in India, enhancing health, sustainability, and cultural heritage. By including at least one millet meal each day, we can collectively work towards a healthier and more sustainable future.



A Book of Millet Recipes was published by AIWC-Trivandrum Main branch during the Annual Conference in January 2024. It contains 31 simple and tested recipes (one for each day of the month!) and was compiled by Dr Kamini and an editorial team comprising academicians, field workers and AIWC members. The booklet is available at Rs.50/ per copy + postage. Orders may be placed at aiwc.webinars@gmail.com

Branch Activities

Embracing Compassion

By Mrs Parul Mangal, President, AIWC Jamshedpur Branch



The AIWC Jamshedpur Branch have adopted the Furida Old Age Home, located in Dimna, Jamshedpur. This home, which provides care for approximately 30 elderly women, is now a recipient of our ongoing support and affection.

Under the dedicated leadership of Mrs. Sumita Nupur, head of the Charity Committee, Branch has been conducting regular visits to the home. These visits are moments of connection and joy for both our members and the residents. During the visits,

essential supplies that cater to the specific needs of the residents were provided. While these material contributions are meaningful, the most profound impact lies in the human connection shared. These visits create care, warmth, and companionship, treating the residents as part of our extended family. Their smiles, gratitude, and the deep bond that is cultivated over time, speak volumes about the value of these interactions.

Each month, we look forward to spending meaningful time with these wonderful women, who eagerly await our arrival.



Self-Defense Training

On 22nd October 2024, Sanju Women's Welfare Association organized a self-defense training session as their 10th project at Kundavai Nachiyar Arts and Science College for Women, Thanjavur.

Before applying any physical technique, situational awareness is a must. Being aware of one's surroundings provides an opportunity to avoid dangerous situations

altogether. Taking this into consideration, Mr. Prabakaran Veeraraj, founder of Mutants Academy of Martial Arts and Self Defense, conducted the training session for 220 women students of the college.

He, along with his students, demonstrated various self-defense techniques and elaborated on social media awareness.



An Appeal – presented to the Governor



On behalf of the AIWC Calcutta North East Suburban Branch (Main), Ms. Shampa Das (General Secretary), Ms. Ashima Ghosh (Vice President), and



Ms. Namita Saha (Executive Member) were granted permission to meet with the Honourable Governor of West Bengal. During the meeting on September 3, 2024,

30 *All India Women's Conference*

they presented an appeal letter signed by members of the Main and constituent branches. The letter sought justice for the heinous rape and murder of an on-duty

lady doctor at R.G. Kar Medical College & Hospital and addressed concerns regarding the safety and security of all women and children.

Zonal Organizer's Visit to Rajasthan Branches



Mrs. Shakuntala Vijayvargiya, the Zonal Organiser of Central Zone B of the All India Women's Conference (AIWC), New Delhi, visited various branches across Rajasthan in November 2024. Approximately 5,000 women from rural and urban areas of

Rajasthan are affiliated with the AIWC through about 23 constituent branches and five main branches. The geographical and cultural diversity of Rajasthan enriches its connection to deep-rooted social and cultural traditions.



Kakinada Branch

Gandhi Jayanthi was celebrated with the inmates of old age home and also conducted one day legal awareness programme at Karakuduru village near by Kakinada.



Beach Daily Cleaning Project is extended by KSPL for one more year and released Rs.7.5 lacks for project maintenance

Awareness meeting on “National Integration an Communal Harmony was conducted in Ideal Institute of Technology, Vidyut Nagar, Kakinada on 25th November, by including



the subject of “Elimination of Violence on Women. Local DSP Sri Vishnu attended as Chief Guest. Nearly 150 students attended. This was funded by AIWC, New Delhi. As a part of “Thanks Giving Day, Kakinada Branch honoured the funding agencies like ONGC, Kakinada Sea Ports Limited and Sambamurthy School Committee members.



Inter-School Yoga Competition Held in Meerut



Sanjeevni Mahila Sanstha

On October 4, 2024, with the support of AIWC, organized Inter-School Yoga Competition in Meerut. The event brought together 44 students from 22 schools, creating a vibrant and engaging atmosphere. One of the highlights of the event was a heartfelt performance by 12 deaf and mute students, demonstrating yoga's ability to transcend language barriers. Additionally, the girls from Kanya Gurukul Narangpur

presented a captivating yoga performance set to music, earning admiration from the audience. Special gifts were presented to these participants as tokens of appreciation for their efforts.

The event was attended by a total of 194 people, including students, teachers from the participating schools, and members of Sanjeevni Mahila Santha.

Human Touch Foundation for Women, Greater Noida branch

Celebrated World Environment Day with the children of Sakipur village literacy centre. Bag making using waste paper was

taught and the message of Reuse, Reduce and Recycle was spread.



Women's Conclave - Commemorating the 30th Death Anniversary of Smt Lekshmi N Menon. by Trivandrum branch



The conclave and communication function was inaugurated by Shri. VM Sudheeran. Memorial talks on former Union Minister Smt Lekshmi N Menon, were delivered by Smt Valsala Kumari IAS (former Principal Secretary), Adv S. Shamnad (District Legal



Service Authority Secretary, Prof Dr Giby Geevarughese (Secretary, AIWC Trivandrum branch), YMCA president Adv Idiculla Zacharia, ADDIC India Director Shri Johnson Edayaranmula, Dr Teresa Susan etc talked about Smt Lekshmi N. Menon.



National Integration and Communal Harmony

By Sapna Acharya, President, Vikas Mahila Sangam



A One-Day Awareness Project was organized on National Integration and Communal Harmony under the theme “Ek Bharat Shreshtha Bharat” on 20th November 2024 at Jai Bharti Camp, funded by AIWC, with the active participation of approximately 50 students. The initiative aimed to promote communal harmony, national integration, and patriotism among young minds.

A pledge was taken (Sapath Path), by the participants, where they vowed to work towards the betterment of the nation. The session was designed to instill a sense of responsibility and unity. Retired Principal Rekha Agrawal supervised the event and guided the activities, ensuring that the discussions on communal harmony and

national integration were engaging and impactful.

The first activity was an exciting Quiz Competition, featuring questions related to Indian history, geography, and general knowledge. Students actively participated, demonstrating their understanding of India’s rich heritage and diversity. Those who excelled in the quiz were shortlisted for the final round of prizes.

The second session involved a Poster-Making Competition on the theme Ek Bharat Shreshtha Bharat.

The members of Vikas Mahila Sangam expressed their heartfelt gratitude to AIWC for funding this meaningful program .



हिंदी जगत सदस्यों द्वारा हिंदी में लेखन

द्रोपदी के वस्त्रहरण समय उनके बचाव का एक और पहलू

(श्रीमती सुप्रिया भालेराव, सेक्रेटरी एआईडब्ल्यूसी, हैदराबाद ब्रांच)

द्रोपदी यमुना स्नान के लिए गई। नहाते समय उसकी दृष्टि कुछ दूर स्नान करते एक साधु पर पड़ी। उनके शरीर पर केवल एक लंगोटी मात्र थी। दूसरी लंगोटी बदलने के लिए किनारे पर रखी थी। पर हवा का झोंका आया और वह दूसरी लंगोटी उड़ कर पानी में बह गई। दुर्भाग्य से भीगी हुई लंगोटी भी पुराने होने के कारण उसी समय फट गई। तन ढकने में भी अड़चन खड़ी हो गई।

प्रकाश फैलने लगा था। स्नान करने वालों की भीड़ बढ़ती जा रही थी। साधु का असमंजस बढ़ा। वह निर्लज्ज बन कर कैसे खड़ा रहे? उसने कुछ दूर पर उगी एक छोटी सी झाड़ी के नीचे अपने को छिपा लिया। जब रात हो जाए तब अंधेरे में अपने स्थान पर जाने का उस का इरादा था।

द्रोपदी ने यह सारा दृश्य देखा और साधु की कठिनाई को समझा। उसने सहायता करने की बात सोची। उसके पास दूसरी धोती न थी। सो, आधी फाड़कर अपना शरीर किसी प्रकार ढक लिया आधी को लेकर उस झाड़ी के समीप पहुंची जहां निर्वस्त्र साधु छिपा हुआ था। द्रोपदी बोली— पिताजी! आपकी कठिनाई को मैंने समझा है। अपनी आधी साड़ी फाड़कर लाई हूं। इससे आप अपना तन ढकें और घर चले जाएं। आधी से मेरा भी काम चल गया है।

साधु की आंखों में आंसू आ गए। उसने कपड़े के टुकड़े को ले लिया, पहना और घर चला गया। मन ही मन आशीर्वाद देता गया कि, भगवान सदा तुम्हारी लज्जा को ढके रहे।

बात बहुत पुरानी हो गई। द्रोपदी को पांडव जुएं में हार



गए। दुशासन उसे भरी सभा में नंगी करने के लिए उतारू हो गया। द्रोपदी के अपशब्दों का बदला लेने के लिए वही सूझ सूझी थी।

द्रोपदी ने इस विकट संकट में भगवान को पुकारा, जो शेषशैया पर सोए थे। नारद ने उन्हें जगाकर कहा भक्तों की पुकार सुनिए। उसकी सहायता का प्रबंध कीजिए !

उनीदी आंखों से भगवान ने कहा— “ना मैं किसी की सहायता करता हूं, ना हैरानी में डालता हूं। सभी अपने अपने कर्मों का फल भोगते हैं। द्रोपदी का कोई पिछला पुण्य होतो पता लगाओ। उसके पुण्य होंगे तो बदला मिल जाएगा।”

नारद ने हिसाब की बही देखी, विदित हुआ कि द्रोपदी ने किसी साधु को अपनी आधी साड़ी फाड़ कर दान दी थी। वह टुकड़ा अब ब्याज समेत बढ़ते बढ़ते गड़े जितना हो गया है।

भगवान ने कहा हम किसी के पुण्य का प्रतिफल समय पर क्यों नहीं देंगे?

गरुड़ पर चढ़कर वस्त्रों का गट्टा लिए कौरवों की सभा के समीप पहुंचे। दुशासन वस्त्र खींचता गया। भगवान ऊपर से उसकी पूर्ति करते गए। खींचने वाला थक

गया। वस्त्र बढ़ता रहा, द्रोपदी की लाज बच गई। उसे आधी साड़ी के बदले हजारों गज कपड़ा मिल गया।

तो यदि मनुष्य का स्वयं कुछ किया ना हो, तो स्वयं विधाता भी उसकी सहायता नहीं कर सकता।



चलो नीड़ की ओर...!!

(श्रीमती सुभद्रा सक्सेना, एआईडब्ल्यूसी, मेन ब्रांच सरसैया घाट, कानपुर)

अमेरिका, ब्रिटेन, और ऑस्ट्रेलिया जैसे देशों में विश्वस्तरीय शिक्षा संस्थानों में बेहतर शिक्षा के अवसर, विभिन्न देशों में रोजगार के आकर्षक अवसर और जीवन स्तर में सुधार की चाहत ने जहां भारतीय युवाओंको विदेशों की ओर आकर्षित किया है वहीं हमारी सामाजिक और राजनीतिक परिस्थितियों, भ्रष्टाचार, बेरोजगारी और असुरक्षा ने भी भारतीयों को अपने देश में से परेशान होकर विदेशों का रुख करने को मजबूर किया है।

लेकिन यह प्रवृत्ति न केवल सामाजिक, आर्थिक और सांस्कृतिक दृष्टि कोण से चिंता का विषय बन चुकी है बल्कि भावनात्मक स्तर पर भी इसका अपरिवर्त्य प्रभाव पड़ा है। विदेश जाने की प्रक्रिया, वहां का जीवन और अपने देश व परिवार से दूरी कई प्रकार की मानसिक और भावनात्मक चुनौतियां लेकर आती है। प्रवास करने वाले व्यक्ति और उनके पीछे छोटे परिवार के लिए यह एक कठिन अनुभव हो सकता है।

परिवार से दूर रहने का दर्द प्रवासी व्यक्तियों के लिए सबसे बड़ा भावनात्मक संघर्ष होता है। माता-पिता, जीवनसाथी और बच्चों के साथ समय बिताने की कमी रिश्तों को कमजोर कर सकती है। “दूरी केवल भौगोलिक नहीं होती, यह दिलों को भी दूर कर देती है।”

पीछे छोटे माता-पिता अक्सर अकेलापन और असुरक्षा का शिकार हो जाते हैं। उनकी बढ़ती उम्र में उनकी

देखभाल का अभाव उन्हें मानसिक तनाव और अवसाद की ओर धकेल सकता है।

प्रवास के कारण एकल परिवारों को रिश्तेदारों और सांस्कृतिक परिवेश से दूर रहना पड़ता है। अक्सर नए वातावरण, अलग भाषा और सांस्कृतिक भिन्नताओं के कारण अकेलेपन का सामना करना पड़ता है अपनी पहचान बनाए रखने का संघर्ष, स्वदेश की याद, अपनों से दूर रहने का दर्द प्रवासियों और उनके परिवारों के लिए जीवन को जटिल बना देता है।

बढ़ती हुई प्रवास की प्रवृत्ति को अब थोड़ा सा थामना होगा। इसके दुष्परिणामों से सजग होने का समय आ गया है। जैसा कि महान शिक्षाविद् डॉ. सर्वपल्ली राधाकृष्णन ने कहा था, “शिक्षा वह शक्ति है जो किसी समाज की उन्नति के लिए आवश्यक है।” लेकिन यदि यह शिक्षा विदेशों में रहकर ही काम आए, तो देश को इसका फायदा नहीं मिल पाता।

वैश्वीकरण के दौर में पूरी धरा आर्थिक रूप से एक हो चुकी है और इसलिए हमारा जीवन भी चलायमान होना लाजमी है किंतु टूटते, दरकते रिश्तों को सहेजना भी तो हमें ही है, ऐसा न हो कि बहुत कुछ पाने की चाहत में हाथ आए तो सिर्फ शून्य! शायद इसीलिए चलो नीड़ की ओर भव्यता की चाह कितना भी करे शोर, चलो नीड़ की ओर..





Sparsha Constituent Branch, West Bengal



Dausa Branch, Rajasthan



Tripura Adibashi Mahila Samity, Tripura



Suruchi Vikas Samithi- Indore, Madhya Pradesh



Cutting & Tailoring Mahu Branch, Madhya Pradesh



Vikas Mahila Samgam, New Delhi Energy Efficiency Awareness Programme in collaboration with EESL Services Limited



Dhuri Hoon Mai, New Delhi: Energy Efficiency Awareness Program in collaboration with EESL Services Limited



Kalpamak Yechury Mahila Shakti Branch, Andhra Pradesh: Craft Making Programme



Maitreyi Women's Organisation, Andhra Pradesh