



Shanti Sahyog

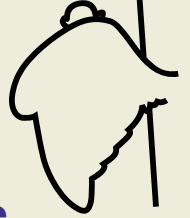


Half Yearly Newsletter

Dedicated to Service of the Underprivileged

“To lose patience is to lose the battle.”

Mahatma Gandhi



Our Vision

For a Just World Free of Poverty & Violence

Our Mission

To help Individuals & Communities break the cycle of poverty that prevents them from reaching their full potential

20 July 2023

The Women Empowerment: Honouring the Trailblazers of Change' Award, was presented to our Founder & President, Dr. Suman Khanna Aggarwal, by Rotary Club of Delhi Cama Place Charitable Trust. Since 2017, the Club is supporting Shanti Sahyog, Cutting & Tailoring Vocational Program, in our Skill Development Centre, Kalkaji, New Delhi. Accepting the award on behalf of Team Shanti Sahyog, Dr. Aggarwal said, “This honour is a testament to our commitment to providing livelihood to underprivileged women, thereby making a positive impact in the slum community.”



25 Nov 2023

Dr. Aggarwal was invited as a, '**Guest of Honor**' by Tanya Bhardwaj, Founder & Gen Sec of Russian House Foundation, to a Musical Show, '*Sangam*' celebrating LadlaFolk Group 10th Anniversary at India International Centre, New Delhi. It was a scintillating performance greatly applauded by all.



Guests of Honour lighting the Lamp



Shanti Sahyog PROJECTS

➤ Education for Urban Slums

- Play /Pre Schools
- i. Opposite Sudhar Camp Slum, Kalkaji
- ii. DDA Flats, Kalkaji
- iii. Tughlakabad (TKD) Village
- Primary & Secondary
- Non-formal / Remedial

➤ Health

- **WAPCOS Project :**
Providing Health (Physical / Mental) Services & Nutrition to Underprivileged Women of TKD Village & South Delhi Slums.
- **Dental Centre, Kalkaji**
- **Homeopathic Clinic, Kalkaji**
- **Free Camps, Eye, Dental & Cancer**

➤ Women Empowerment

- **Press Trust of India (PTI) Project:**
Providing Legal Awareness / Counselling / Aid & Vocational Training in Beauty Culture and Forming SHGs.
- **DDA Flats Kalkaji Centre for Women**

➤ Skill Development Centre Kalkaji & Tughlakabad Village

- Computer Applications
- Cutting & Tailoring
- Beauty Culture
- Nursing Assistant Training

➤ Centre for Nonviolence, New Delhi, India (CFN)

- CFN Int'l e-Journal 'GLOBAL GANDHI'
- Symposiums on Gandhian Thought
- International Initiative #ChooseNonviolentDefence
- Collaboration with Peace Organisations

Since 2004

We work in 17 South Delhi Slums

(Kalkaji - Govindpuri Area)

& Since 2017 in TKD Village, New Delhi

ACKNOWLEDGEMENTS

1 August - 31 December 2023

Our gratitude to:



Dabur for **383 cases of juice**: 238 Real Fruit Power Apple & 145 Masala Sugarcane **on 18 August 2023** and **90 cases** – 60 Real Fruit Power Mango & 30 units of Mosambi **on 16 Oct 2023**.

Ishaan Kapoor, CEO, The Purple Plate, for serving a **sumptuous lunch** at our AGM cum Alumni Meet at Bluebells School Int'l and lunch boxes to our Cultural Program performers, **on 14 Oct 2023**.



Sadhana for sanitary pads through, **shopping portal Humanitive**.

Shri Harish Seth, Chairman, Group of Friends Welfare Trust (GoFWT) for supporting and **ALWAYS** graciously catering to the requirements of our Beauty Culture Centre, TKD Village, since Jan 2021.



WAPCOS for a **Grant** under their CSR initiatives F/Y 2023-24 **for Project**: Providing Health (Physical/ Mental) Services & Nutrition to Underprivileged Women of TKD Village New Delhi & South Delhi Slums.

Press Trust of India (PTI) for a **3 - Year Grant**: F/Y 2023-24, 2024-25 & 2025-26 **for Project**: Empowerment of Underprivileged Women through: Legal Awareness/ Counselling/Aid & Vocational Training in Beauty Culture & Forming SHGs.



Nykaa, for celebrating a **joyful Christmas** with our Pre-Schoolers at our Kalkaji Centre and distributing School Bags and refreshments to them.

Rotary Club of Rijswijk, Netherlands, for **2 Grants** for our Education Project for Urban Slums.



GR Power Sales & Services Franchise (IFB) for hiring three Computer Applications Trainees - Anurag Prasad, Pallavi Rai & Manisha - from our Kalkaji Centre - Courtesy, Deepika Jain.

Shri P N Shukla, Educationist & Grassroots Rural Worker, & Dr. Vijay Pathak, Psychiatrist, The Mind Studio, for becoming our **Life Members**.

Volunteers: Max Freeman **from the US**, Sneha Nayak, Akhil C. Abraham, Simran Gupta, Ansu Rechal Varghese, Varenya Vaibhav, Charis Allen, Parinita Sati, Eshita Singh, Vikash H., Rinky Sheikh, Misbah Kadiyala, Raja Ram, Sana Ahmad, Zaara Faiz, Zubana Azhar, Jiya Tanishi Anand, Muhamad Usama, Aashe Yadav, Jiya Joshi, Kashish Yadav **from Amity Univ.** Kalpita Manata, Jibean Majeed, Saher Ramaq, Irshad Ali, Daniva Khan, Ruqaiya Khattoon, Jiya Simar, Yusra **from Dept of Social Work, Jamia Milia Islamia Univ.** & Riddhima Khandelwal Mouli Jain, Kanishka, Sirshti Singh, Anurari Srivastav, Jaya Prakash, Riddhi Rajpurohit, Pranjal, Saina Walia, Chhavi Aggarwal, Vividha Vinod, Anishika Singh, Kashish Yadav, Parmita Singh, Jiya Joshi, Aashi Yadav, Divyanshi Rastogi, Akshita Raj Y Chandrika, M. S. Kusuma, Deepika Choudhary, Nikki Mahato, **from Lady Shri Ram College**, Aradhya Yadav **from Zakir Hussain College**. Anshika Jain, Pushp Gayal, Aditi Srivastava, Sabir Ayaan **from Delhi Metropolitan Education College** and Kinjal Tanwar, Shreya Singh, **from Maharaja Agrasen Institute**.

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From The President's Desk

Dear Readers,

Greetings and welcome to the 36th Shanti Sahyog Newsletter!



24 July 2023 was the harbinger of very sad news. Our much loved, respected and admired Dr. Prakash Chand Khanduja breathed his last at Moolchand Hospital, where he served for 34 years. Besides being an excellent paediatrician, he was a very good soul - kind, compassionate, honest and generous. I will miss him greatly while cherishing his joie de vivre, ready wit, charm, engaging sense of humour, sincere friendship & excellent work-ethics.



11 Dec 2023 Mrs N Rishi, our Sr V P, lost her beloved cousin Lt Col Davinder Singh. We salute Mrs Rishi for caring so devotedly for him in his final years.

I would like to conclude on a happy note, by thanking our **Board Member, Poonam Gupta, for 2 great initiatives: First, to organise our first ever Diwali Party at our Kalkaji Centre, on 4 Nov 2023, to which our Board Members & Staff contributed to making it a very special and enjoyable get-together.**



Secondly, to set-up, 'Employee of the Quarter' honour, wherein a Board member takes the selected Employee for a meal. This honour is to acknowledge & boost Staff performance. On 11 Dec 2023, Board Member, Suman Chopra treated Amrita Sawhney,



Coordinator, TKD Village, in Chowman & Poonam Gupta took Ritu Khurana, Manager Programs, to Madame Chutney on 25 Nov 2023, to celebrate their being chosen, Employee of the Summer & Autumn Quarters. Reportedly, they enjoyed these fun evenings with good food and heart-to-heart talk.



Wishing you all a very HAPPY NEW YEAR 2024 full of good health, peace, love, joy, transcendence and gratitude!

Dr. Suman Khanna Aggarwal
President, Shanti Sahyog

Shanti Sahyog Skill Development Centres

DDA Flats Kalkaji

14 August 2023 16 trainees - 18th Batch of our **Beauty Culture Training Program** were awarded certificates by **Dr. Tushar Mishra, Life Member** and **Mrs. Suman Chopra, General Secretary**, Shanti Sahyog. **Shakuntala** secured the **1st position**, **Pooja Sharma** the **2nd** and **Kajal Vedprakash** the **3rd**. Staff and trainees came dressed in the tricolours of our national flag in celebration of Indian Independence Day. Kudos to their Instructor, **Mrs. Rashmi Singh**, who joined us recently!



17 August 2023 36 trainees - 21st Batch of our **Computer Applications Training Program** were awarded Certificates by our esteemed **Chief Guest, Prof. S.K. Pachauri**, visiting Professor, **Amity University, Noida**. His address to the trainees was greatly appreciated. **1st Prize** went to **Manisha**, scoring **88%**, **2nd** to **Hema Joshi**, scoring **87%**, **3rd** to **Lucky Sahu**, scoring **81%** for **Diploma Course**, and **4th** to **Khushi**, scoring **77%** for **NIIT Course**.



19 August 2023 **Rtn. Pradeep Jain, President**, Rotary Club of Delhi Cama Place Charitable Trust, 2023-24, graced our **Cutting & Tailoring Program Award Event** as **Chief Guest** and awarded Certificates to **30 trainees - 12th Batch**. He also presented sewing machines to the **1st & 2nd position holders - Pooja Rani & Tanu**. The trainees presented a cat-walk showcasing the garments stitched by themselves, which was highly appreciated.



Tughlakabad (TKD) Village

18 Nov 2023 Certificates were awarded to our 4th Batch of 32 Beauty Culture Program Trainees who had completed their 6 months & 1 year Courses, by our Chief Guest **Shri Harish Seth, Chairman GROUP OF FRIENDS WELFARE TRUST - GoFWT**. He was accompanied by **Sanjay Agarwal, President (GoFWT)** and **Mrs Madhu Seth**. In the Basic Course, 1st Prize went to **Shweta**; 2nd to **Tamanna**; 3rd to **Prachi**. **Monika** was awarded the 1st Prize - Advance Course.



12 August 2023 The 11th Batch of 25 Basic Computer Applications trainees were awarded Certificates by our esteemed Chief Guest from Sydney, Australia, **Mr. Kartik Mohandas**, an eminent media personality and much sought - after anchor.



14 Dec 2023 Certificates were awarded to the 12th Batch of 22 Computer Applications Program Trainees, who had completed their 3 Months Basic & Tally and 1 year Diploma Courses, by our honourable **Chief Guest, Chandra Pulamarasetti**, Founder, Buddha - CEO Quantum Foundation, Board Member, Pyramid Valley Int'l, former VP, IBM Corp & Successful Entrepreneur. **'Outstanding Students': Lalita in Basic, Shallu & Gulzar in Tally, & Monika in Diploma Courses**. After awarding Certificates, Chandra Ji conducted a meditation session, which was highly appreciated. Team Shanti Sahyog is grateful to Chandra Sir & **Vani Ma'm** for taking the time to visit our NGO Projects in Kalkaji & TKD Village Centres and conducting stimulating meditation sessions in both Centres.



Shanti Sahyog Centres for Women



DDA Flats Kalkaji Centre Implements Press Trust of India Project



Shanti Sahyog is fortunate that as soon as the 3-Year funding from Azim Premji Philanthropic Initiatives (APPI) Project: 'Providing Legal Awareness, Aid & Rehabilitation to Domestic Violence Victims (DVV)'s' ended on 31 March 2023, Press Trust of India (PTI) gave us a CSR Grant 2023-24 to continue this Project, under the title: 'Empowerment of Underprivileged Women through: Legal Awareness/Counselling/Aid & Vocational Training in Beauty Culture & Forming SHGs.' In the past 3 years, Shanti Sahyog has successfully established a safe and secure environment for DVVs in our Centre for Women, and in doing so significantly impacted underprivileged women living in our catchment area of 17 South Delhi slums, by making the transition **from being, 'DOMESTIC VIOLENCE VICTIMS', to, 'EMPOWERED DOMESTIC VIOLENCE SURVIVORS.'** This is evident in the increased self-assurance of the DVVs to report and address domestic violence /abuse and sexual harassment. The dedication of our Project Team, is pivotal in attaining this transformation.

Over the last six months, our Outreach Workers **mobilised 2,076 women** and **organised 24 Legal Awareness Camps** attended by **266 beneficiaries**. **56 women were provided a livelihood**, while **288 cases were reported and counselled**. Further our lawyer, Swati Saxena held sessions on various topics at our Centre, to make women aware of their rights and empower them to stand up against social/gender injustice:

4 July 2023 Session on, Breaking the stigma around **rape**, fostering a supportive environment for rape victims, setting up an informed &vigilant community to challenge the culture of silence of sexual violence against women.

22 August 2023 22 women educated about the negative implications of **dowry**: financial & emotional strain & perpetuation of gender inequality, need to challenge and resist this harmful tradition.

19 Sept 2023 Recognizing the signs of **domestic violence** & legal avenues available for help.

In addition, Swati, along with her dedicated Shanti Sahyog Team, conducted small seminars on the **Constitution of India and basic laws**, following the **#knowyourrights** theme. This initiative is aimed at enabling, educating, and empowering young minds. During the summer internship program, Swati had a Cohort of 6 dedicated law students from Delhi Metropolitan Education, affiliated with Guru Gobind Singh Indraprastha Univ., joining Shanti Sahyog in door-to-door mobilization and holding legal awareness camps. It is note-worthy, Team Shanti Sahyog successfully conducted many mediations through counselling DVV's, with dedicated, consistent support through regular follow-ups, thus playing a crucial role in restoring broken families.



Tughlakabad Village Implements WAPCOS Project

Providing Health (Physical/Mental) Services & Nutrition to Underprivileged Women of Tughlakabad Village New Delhi & South Delhi Slums under WAPCOS CSR initiatives F/Y 2023-24



- 2 Nov 2023** The 1st Weekly OPD, in TKD Village Centre benefiting 50 women. Dentist Dr. Abhijeet Anand, & GP Dr. Md. Nizam Ahmed examined patients and gave them medicines. Dabur Chyawanprash distributed.
- 8 Nov 2023** Weekly OPD, in TKD Village Centre benefiting 21 women patients, who were treated by Dr. Arjun Kumar Sah - GP. Along with medicines, Dabur Juice provided.
- 22 Nov 2023** Dr. Pratiti Aggarwal's Nutrition Camp benefited 21 women, in Balmiki Mohalla, TKD Village.
- 24 Nov 2023** Weekly OPD in TKD Village Centre. Dr. Arshee Shabbir examined 12 women and distributed sanitary napkins. Monthly Psychologist Visit by Dr. Atashi Sen Gupta helped 35 women. Total: 47.
- 29 Nov 2023** Weekly OPD in TKD Village Centre benefiting 24 patients. Dr. Arjun Kumar Sah examined them, gave medicines and distributed sanitary napkins.
- 6 Dec 2023** Weekly OPD in Chhuriya Mohalla, TKD Village Centre. GP Dr. Md Nizam Ahmed examined, gave medicines and distributed sanitary napkins to 24 women; Monthly Gynaecologist Visit by Dr. Roopam Gupta helped 11 women.
- 13 Dec 2023** Weekly OPD in our Old Age Home, Sangam Vihar. While Dr. Abhijeet, dentist treated 9 patients. Dr. Md Nizam Ahmed examined, gave medicines & distributed sanitary napkins to 28.
- 20 Dec 2023** Weekly OPD was held in our Kalkaji Centre. Dr. Md. Nizam Ahmed, GP, examined and gave sanitary napkins & handwash to 37 patients. Monthly Psychologist Visit by Dr. Roopam Gupta helped 22.
- 27 Dec 2023** A Mental Health Camp benefiting 28 women was held in Kalkaji Ext. by psychiatrist Atashi Sen Gupta. Dr. Mhd, Nizam Ahmed examined and distributed sanitary napkins to 78 patients.
- 30 Dec 2023** Nutrition Camp for 40 women, in Chhuriya Mohalla, TKD Village Centre by Dr. Bhumika Darmwal who told them about the benefits of a healthy balanced diet.



Shanti Sahyog Annual General Meeting (AGM) cum Alumni Meet on 14 Oct 2023 at Bluebells School International

The AGM commenced with presentation of the Annual Report for F/Y 2022-23 by our President, **Dr. Suman Khanna Aggarwal**, interspersed with first-hand accounts of the beneficiaries of our Projects in Education, Healthcare, Skill Development, and Women Empowerment. As is our tradition, the AGM was preceded by a Cultural Program by our pre-schoolers and vocational trainees, ending with rendition of our signature anthem - '*Ghar ghar alakh jageyng, badleng zamaana*' by Staff & Board Members. Ably conducted by Board member, **Adv. Swati Saxena**, the Cultural Program was greatly appreciated. After this, **Chief Guest, Mrs. Urmila Mozomdar, CFO, Press Trust of India** and **Guests of Honour Ms Soni Khushbu, Addl Chief Engineer, WAPCOS, Prof. Sanjoy Roy, and Mr. Premnath Arya** addressed the audience.



This was followed by Board Member, **Dr. Tushar Mishra**, introducing the recently formed Shanti Sahyog Alumni to the audience, who briefly shared their life's journey and success stories, after completing school, supported by Shanti Sahyog. All expressed their gratitude to Shanti Sahyog with the assurance to help the underprivileged, as they climbed upward in their career path. **Mrs Suman Chopra, General Secretary** was presented with, '*Shanti Sahyog Person of the Year -2023 Award*', for her 2 decades of dedicated service. Dr. A K Merchant, Jt. Sec., delivered the Vote of Thanks.



Shanti Sahyog Students Alumni Meet - 2023



Suraj Chaturvedi
Std XII (72.5%) 2011-12
Executive, Hyundai Rote
Income ₹ 22,000/-



Anjali Viswas
Std XII (64%) 2016-17
Accountant, Work Hub
Income ₹ 22,000/-



Shashank Chug
Std XII (89%) 2016-17
Analyst, Walmart Global Tech.
Income ₹ 37000/-



Sangeeta
Std XII (60%) 2017-18
Baby Sitter
Income ₹ 8000/-



Jayant Kumar
Std XII (79%) 2017-18
Guest Service, Taj Hotel
Income ₹ 17,000/-



Ankit
Std XII (73%) 2017-18
Preparing for C.A.
Foundation Exam



Ravi
Std XII (77%) 2017-18
Preparing for
Civil Services Exam



Taniya Dick
Std XII (54%) 2018-19
Intern, Derma Company
Income ₹ 15,000/-



Rohit
Std XII (66.5%) 2018-19
Preparing for
Police Entrance Exam



Prem
Std XII (60%) 2018-19
Martial Arts Instructor
Income ₹ 20,000/-



Seema
Std XII (58.4%) 2018-19
Financial Adviser, SMC
Insurance Company
Income ₹ 9,000/-



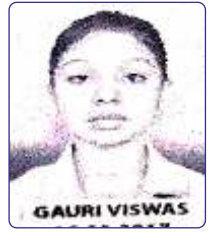
Sudhir Verma
Std XII (70.2%) 2019 - 20
Assist. Engineer, Escorts, Fbd.
Income ₹ 12,500/-



Anurag Prasad
Std XII (76.6%) 2019-20
G.R. Power
Income ₹ 10,000/-



Rajat
Std XII (76.4%) 2019-20
Preparing for Hotel
Management Course



Gauri Biswas
Std XII (70.6%) 2019-20
Preparing for Police
Entrance Exam



Sarika
Std XII (68.6%) 2019 - 20
B.A. Pass, School of Open Learning
(SOL) DU.



Siddhrath Malkar
Std XII (67.4%) 2019 - 20
Preparing for Hotel
Management Entrance Exam



Devkaran
Std XII (78%) 2019-20
B.C.A. Final Year,
Maharishi Dayanand Univ.



Diksha
Std XII (81.2%) 2020 - 21
B.A. (Eng. Hons.) School
of Open Learning, DU.



Jaiti
Std XII (70%) 2020 - 21
Preparing for
Medical Entrance Exam



Yash Barwal
Std XII (56.33%) 2020-21
B.A 1st, School of Open
Learning (SOL) DU.



Himanshu
Std XII (73.6%) 2020 - 21
B.A. Pass I Year (Political Science)
from (SOL) DU.



Akash
Std XII (72%) 2020 - 21
Web Designing Course
Tech Access Inst., Gurugram



S. Malar
Std XII (69.2%) 2020 - 21
B.A. Pass 1st Year, Valliammai
Women College, Chennai





Shaheen

Std XII (61.2%) 2020 - 21
B.A. (Eng. Hons), Indira Gandhi
National Open Univ. (IGNOU)



Manpreet Kaur

Std XII (94.6%) 2020 - 21
1st Year Engineering,
Guru Teghbahadur Inst. of
Technology, I.P. Univ.



Anurag

Std XII (53.33%) 2020 - 21
Preparing for UPSC Exam



Aditya

Std XII (55%) 2021 - 22
B.A. 1st Year (Pol.Sc.)
S.O.L., DU.



Deepak

Std XII (69.5%) 2021 - 22
B.A. Pass, 2nd Year
S.O.L., DU.



Vignesh

Std XII (54%) 2021 - 22
B.A. Pass, 1st Year
S.O.L., DU.



Ankit

Std XII (51%) 2021 - 22
B.A. Pass, 2nd Year,
S.O.L., DU.



Tara Vasnath

Std XII (60%) 2022 - 23
Preparing for Common Univ.
Entrance Exam (CUET)



Mahalakshmi

Std XII (54.16%) 2022 - 23
B.A. Pass, 1st Year
S.O.L., DU.



Soniya

Std XII (63.2%) 2022 - 23
Preparing for (CUET)



Shweta

Std XII (68.5%) 2022 - 23
Preparing for (CUET)



Rachna

Std XII (68.5%) 2022 - 23
B.A 1st Year
S.O.L., DU.



Nitish

Std XII (72.2%) 2022 - 23
Preparing for (CUET)



Diya

Std XII (74%) 2022 - 23
Preparing for (CUET)



Rajina

Std XII (75%) 2022 - 23
Preparing for (CUET)



Adarsh

Std XII (54%) 2022 - 23
B.A. Pass, S.O.L., DU
Web Designing, Okhla



Ritu Jaiswal

Std. XII (60%) 2022-23
Customer Calling, Rajmandir Kalkaji,
Income ₹ 13000/-



Karnail Singh

Std XII (60%) 2022 - 23
Preparing for (CUET)



Kanchan

Std XII (56%) 2022 - 23
Preparing for (CUET)



Gayatri

Std XII (74.6%) 2022 - 23
Preparing Common Univ.
Entrance Exam (CUET)



Sneha

Std XII (70%) 2022 - 23
B.A. 1st Year Eng. Hons, S.O.L., DU
Computer Applications



Amit

Std XII (77%) 2022 - 23
Preparing for National Eligibility
Entrance Exam (NEET)
Pharmacy Exam



Ashish

Std XII (69%) 2022 - 23
B.Com 1st Year, (IGNOU)
Diploma, Engineering.



Sonam Kumari

Std XII (54.16%) 2022 - 23
B.A. Pass 1st Year (NCWEB)



News from Shanti Sahyog Play/Pre Schools

12 August 2023

Celebrating Independence Day

Our young learners of both Shanti Sahyog Play/Pre Schools put on impressive performances, showcasing their talents and enthusiasm through patriotic songs, to celebrate Independence Day.



26 August 2023 **Kudos to two sisters, Himanshi, Std X and Gungun, Std. VII,** studying in Deepalaya School, sponsored by Shanti Sahyog, for clinching the **First Prize of Rs 15,000/-** and the **Consolation Prize of Rs. 5,000/-** in the **HUDCO Annual Painting Competition.** The Prize Distribution Ceremony was held on 9 Oct 2023, at **WORLD HABITAT DAY** celebrations, Vigyan Bhawan. Hon'ble Minister for Housing & Urban Affairs, **Shri Hardeep Singh Puri** presented the prizes to our creative winners.



5 Sept 2023 Shanti Sahyog Preschoolers celebrated **Teacher's Day** by gifting thank-you cards, flowers and gifts for their teachers, singing & dancing for them and sharing stories about why they love their teachers.

22 Dec 2023 **Nyaka Team** brought yuletide cheer to our pre-schoolers by giving them refreshments and much-needed School Bags on **Christmas.** The visit commenced with greetings and introductions, followed by warm interactions with the children, creating a positive and joyful environment. **Russian House Foundation** also joined in the celebrations, with dance and gifts.



Shanti Sahyog Centre for Nonviolence, New Delhi, India (CFN)



9 August 2023

Launch of CFN International e-Journal GLOBAL GANDHI

In collaboration with India International Centre, CFN hosted a **Symposium on: Beyond Hiroshima & Nagasaki: Towards a Gandhian Nonviolent World Order**, to commemorate Nagasaki Day. Chaired by **Prof. Bulbul Dhar James**, Chaired by, Prof. Bulbul Dhar James, Dept. of Pol. Sc., Jamia Millia Islamia, the panellists were, Prof. Ramin Jahenbegloo, Dir. Mahatma Gandhi Centre for Nonviolence & Peace Studies, Vice Dean, School of Law, Jindal Univ., Shri. Bibhuti Kumar Mishra, President, Akhil Bharati Rachnatmak Samaj; Ms. Vinnie Mathur, DGM, Marketing & Communication, Shiv Nadar University; and Dr. A. K.

Merchant, Jt. Sec., Shanti Sahyog. Eminent DU scholar, **Prof. Manoranjan Mohanty**, delivered the launch address, and former Ambassador to Mauritius and Bhutan, **Sh. Anil Trigunayat** formally launched the e-Journal. The Event was very ably anchored by **Kartik Mohandas**, media person from Sydney, Australia. It was heartening to see that students formed a major part of the 150 strong audience; they were from Gandhi Study Circles, DU Colleges, JNU, Amity & Christ Universities.



13 Dec 2023 Instructor Rashmi Arora organised a **VLCC skincare, beauty & wellness services workshop**, conducted by **VLCC Laxmi Rawat (Head), Meenu & Pinky (Make-up Faculty)**

Dec 2023 **Abhishek Chaturvedi & Team**, from **Ms CASIE & Centurion Univ.** conducted a '**Learn & Earn**' workshop on Skills Integrated Higher Education leading to international placements for NCR youth.



23 Dec 2023 Cancer Scanning Camp was organized by GoFWT at TKD Village Centre. Gynaecologist Dr. Aishwarya, Dr. Dhriti ENT Surgeon from Rajiv Gandhi Cancer Inst. & Research Centre, Rohini New Delhi, CAN Support Co-ordinator, Narendra Raghuvanshi & Mona from GoFWT were present. **75 people** were examined for oral cancer. **41 women** underwent a mammography and **23 a pap smear test**.



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MANAS – Shanti Sahyog

INGRID MONTHAN – a Swedish national and long-time supporter of Shanti Sahyog, was born on 27 July 1943, the first born of three. The family lived in a small village in the southern part of Sweden. Ingrid started her early schooling in a small town close to the village. However, when she was 17 years old, she had to move to a larger town where there was a high school. Every weekend she took the bus to her parent’s house in the village, to spend quality time with her siblings. In 1963, she graduated from Ystads upper secondary school and moved to Lund University, where she studied maths, physics, and later chemistry and astronomy. Graduating in 1969, she married **Kent Monthan** – her school-mate and sweetheart - the same year. Both, Ingrid and Kent served as teachers in maths and physics at different high schools.

Their 2 daughters, **Hanna and Amanda**, were born in 1972 and 1975 respectively. They both graduated from Lund University, Hanna in law and, Amanda in microbiology. When Hanna married she moved to Stockholm with her husband and now has three daughters. Her eldest Klara, will soon graduate from upper secondary school. Time goes by! Amanda and her family lives in Lund, close to Ingrid and Kent. She has two boys, who are their grandparents’ pride and joy! Ingrid's family of academics takes a keen interest in international matters and follows the latest news.

Ingrid's grandfather was a sailor as a young man. He even sailed to Mumbai, where he fell ill with malaria. Later he was a captain of his own schooner, '*Klara*'. When Ingrid's father was eight years old, he sailed one summer on the '*Klara*'. That was an unforgettable experience for the boy who later on became a captain himself. To date, when it is stormy weather, Ingrid's family **sends a fervent prayer, “for those out on the sea”!** Ingrid's brother is a “holiday sailor”. He made a living as an engineer in ABB and has visited India many times - often staying in Bangalore. Her sister worked as a laboratory engineer. Ingrid's siblings are also her best friends.

As a teacher, Ingrid participated in the, **Sistership Program**, of some schools. They connected to secondary schools in the Nzega district, Tanzania where the goal was to implement equal rights to education for boys and girls. The girls had to work in the fields and take care of domestic duties. Also lack of sanitary conveniences was a problem. Ingrid is now retired and works as a volunteer, guiding visitors to the lighthouse at Sandhammaren in South Sweden, near their summer home. She loves to climb the 108 steps up to the top and have a nice view of the ships passing in the Baltic Sea.





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