



SAMPURNA NGO
TOWARDS TOTAL DEVELOPMENT
(A NON-GOVERNMENTAL ORGANISATION)

ANNUAL REPORT
(2023-24)

12th April, 2023

Meeting with Executive Committee of Sampurna

The Executive committee of Sampurna met to discuss the proposed date of the Election of Annual General body (A.G.M) for the f/y 2023-24. Tanvi, the General Secretary is requested to inform the members of the Executive committee to join the A.G.M. She informed that message is going to be circulated through WhatsApp and telephonically to the members. The meeting lasted for one hour to discuss the availability and sincerity of the members for the future assignments. Another general secretary, Goldy informed not to continue as General Secretary due to his personal problems. The meeting took place in the office of Sampurna, Razapur. Tea was served to the members. Asha Jain, the working president wished everyone on the eve of Baisakhi. The members decided to keep the meeting on 15th April, Saturday sharp 11:30am via zoom.

The link is

Join Zoom Meeting

<https://us05web.zoom.us/j/85761071750?pwd=T2RRL2JKSjVqTStUeU1QRnJUUXVhUT09>

Meeting ID: **857 6107 1750**

Passcode: **KFXE5F**.

13th April, 2023

On the eve of Ambedkar Jayanti in the evening, Aditya Nath Memorial Trust awarded the eminent Social Welfare Organizations, who are fulfilling the dreams of Baba Bhim Rao Ambedkar by benefitting the down trodden section of the society through their self-employment training projects. Fortunately, Sampurna was nominated for the Dr. Bhim Rao Ambedkar Smriti Samman. Today, The Trust organized the award ceremony in Technia Auditorium, Delhi in the evening. Tanvi Grover, General Secretary on behalf of Sampurna received the award. The award was presented by Alka Gujjar, the woman leader of BJP. In her speech, she appreciated the projects of Sampurna. She was happy to know that a large number of beneficiaries are getting skill development training in Sampurna. She wished the representatives of Sampurna who received the award, a great success.

15 April 2023

Annual General Meeting for the year 2023-24

The annual general meeting (2023-24) was held through zoom under the leadership of Dr Shobha Vijender, Founder President of Sampurna.

Dr Shobha Vijender thanked the Executive body for their tireless efforts and sincere working during the financial year 2022-23. It was quite a challenging period for the members as the organization was getting no financial support from the Government. However, the team of Sampurna continued the projects. Dr Shobha appreciated Asha Jain and her team to sustain the projects through personal and community efforts. Later, she announced the procedure of election to be started.

Chitra Aggarwal, the Senior Executive member and Renu raised their hands to repeat the team. Pradeep Dingliwal, another executive member and Indu Sharma further expressed their solidarity to continue the team.

Dr Shobha Vijender announced the decision to repeat the team for the coming year 2023-24. The members gave their consent by voicing their approval and clapping. The following key post were announced:

Working President : **Smt Asha Jain**

General Secretary : **Tanvi Grover**

Treasurer : **Nirmala Chahal**

The working president, general secretary and treasurer are requested to further announce their team. Dr Shobha Vijender said in her address that @ngo_Sampurna is working now a days on preparing the water literacy and water management curriculum for the Jalmitras. The members are requested to

share their views on the curriculum. Dr Shobha further discussed the white paper on water bodies in Delhi to be presented to the concerned authorities.

She directed the members to save water by bringing behavioural changes in their day-to-day life. The first target for bringing a change is home and the working place.

Asha Jain requested everyone to renew their associate membership for the f/y 2023-24 and motivate others to join @ngo_Sampurna.

The new associate members gave their introduction in the first meeting. The meeting was ended with vote of thanks by Tanvi Grover, the newly nominated General Secretary of Sampurna.

15th April, 2023

The Finance and Investment Cell, St. Stephen's College, Delhi University invited Sampurna in the Financial Carnival for underprivileged students as part of their Financial Literacy Campaign on *15th April, 2023*

As a part of this Carnival, the students of Sampurna played games based on finance. There was interesting cultural program for the children. The 35 children of Sampurna who are attending non formal education participated in the event.

26-27th April, 2023

The Counsellors of Sampurna, Rakhi Sharma and Jaya Ghosh went to attend the two-day Workshop for Civil Society Organisations on Prevention of Gender Based Violence.

The main focus of this workshop was on:

1. Understanding Gender Based Violence and social construction of Gender.
2. Understanding abuse and the impact on women and girls.
3. Legal safeguards for women and girls like POSH, POCSO Act, PWDAV Act and criminal law amendment Act.
4. Counselling for survivors of Violence- skills and techniques.
5. A life skill approach for facing challenges in women life against social adversities.

Both the counsellors actively participated in the workshop. Such type of workshops disseminates the latest knowledge and techniques to the counsellors and therefore, Sampurna attends such workshops without failure.

12th May, 2023

Sampurna organized a seminar today on Mental Health & Relationships. Dr. Shobha Vijender, the Founder President and Counsellor, Jaya Ghosh, Advocate Shri Tarun Walia from Delhi Legal Services Authority, and SHO of Delhi Police, Prashant Vihar, Shri Rajeev Vats participated in this seminar.

Dr. Shobha Vijender explained the concept of mental health. She stated that depression, sorrow, anger, and violence are continuously on the rise in Delhi. Everyone appears tense, and stress seems to be a constant companion, especially with the chaotic traffic in Delhi. Therefore, despite achieving much, it is crucial for individuals to prioritize their mental well-being. Dr. Shobha further emphasized that if a woman experiences depression, it affects not only her but also her family members, leading to strained relationships. Stress in relationships also contributes to mental imbalance. She stressed that for women to maintain good health, both physically and mentally, is essential for fostering healthy relationships. Dr. Shobha highlighted that Sampurna Counselling Centre gives top priority to the mental health of women.

Jaya Ghosh, the Counsellor of Sampurna FCC, mentioned that the foundation of healthy relationships lies in good physical and mental health. Women visiting Sampurna Counselling Centre often seek help for issues related to depression and broken relationships, making it imperative to address such concerns. Jaya Ghosh expressed that maintaining mental health poses a significant challenge.

Mrs. Rakhi Sharma, a Counsellor at Sampurna, suggested exercising restraint in relationships, emphasizing that good mental health fosters patience, humility, and self-control, crucial for nurturing healthy relationships.

Expressing his perspective, Mr. Rajeev Vats emphasized the importance of paying proper attention to mental health by making good use of time. He stressed on the appropriate use of mobile devices and encouraged spending quality time with children to understand their thoughts, highlighting the adverse effects of excessive screen time on children's mental development.

Advocate Tarun Walia from Delhi Legal Services Authority also shared his views, suggesting adopting measures such as positive communication and maintaining a balanced diet and regular exercise to preserve mental health. He advised seeking help from organizations like Sampurna if anyone in the household shows signs of depression or mental health issues.

Yoga teacher Uma Ji also spoke about maintaining mental health through yoga.

12th May, 2023

ASSOCIATE MEMBERS MEETING

Agenda:

Discussion on:

- A. Past programs.
- B. Bal Sanskar Shivir.
- C. Mahila Sanskar Shivir.
- D. Designing a time bound program for Govt School Children.
- E. Launching one-year program on Rehabilitation of Trafficked Survivors.
- F. Any other issue with the permission of the chair.

The Associate members meeting was attended by both the Executive and Associate Members. Dr Shobha Vijender, the Founder President, chaired the meeting.

Smt. Asha Jain, placed the report of last month's activities on the table. Mahila and Bal Sanskar Shivirs (Camps), which are an annual feature of Sampurna, are going to be organized from the 20th of May on the premises of Sampurna. Hence, it has been decided that Asha Jain will be the main coordinator of the camps. Registration will commence from the 6th of May onwards. The timings of the camp will be from 9:30 AM to 1:30 PM. The main theme of the camps will be to inculcate Sanskar (Values) among the children and mothers for the well-being of their lives. Children and women will be taught various skills like cosmetology, cooking, stitching, embroidery, etc. An important class on yoga and daily prayers will also be conducted. Executive and Associate Members are requested to spend time with the children and mothers who will be attending the camp.

Anchal Dahiya informed the members that school girls from nearby government schools are also coming to attend the camps during the summer vacations. So, Komal was assigned the duty to coordinate with the school.

The counselor, Jaya Ghosh from FCC, brought a new issue to light, stating that human trafficking has become a serious concern for the country. Educated and uneducated women of all ages are trafficked from one state to another and sometimes even to other countries under the pretext of love, employment, or sometimes to lead a luxurious life. These girls often end up in terrorism, prostitution, domestic labor, slavery, etc. Sampurna has decided to launch an awareness campaign across the country to highlight the message of raising awareness among girls and their families about love jihad. Dr. Shobha Vijender emphasized the fact that these girls should be given an opportunity to return and rehabilitate. The first step in this positive campaign has already been initiated through Sampurna on different platforms. Tea was served at last.

13th May, 2023

On May 13th, Sampurna took a bold step forward by initiating a campaign through the vast platform of social media. This campaign carries a profound mission: to extend a hand of rehabilitation and support to the brave survivors of heinous crimes perpetrated under the deceitful guise of love. These crimes, including instances of love jihad and other forms of exploitation, have inflicted deep wounds upon countless women and girls across our nation. In recognition of her unwavering dedication and expertise, Nirmala Chahal has been nominated to lead this critical effort. Her leadership promises to bring hope and healing to those who have suffered in silence for far too long. This campaign is not merely a call to action; it is a beacon of solidarity, urging all citizens of our country to unite in compassion and advocacy. Together, we can ensure that survivors receive the support and resources they need to reclaim their lives with dignity and resilience. It is our heartfelt plea to every individual across the length and breadth of India to join us in forwarding this message, spreading awareness, and standing in solidarity with those who need it most. The message is as follows: -

सम्पूर्णा
आप किस तरफ है??

संदर्भ: जब कोई बालिका/ महिला / किसी भी अप्रिय स्थिति में पहुँच जाए -----

उस बालिका/ महिला को हर स्थिति और उम्र में पूरा सम्मान और अपनापन देकर आप एक पूरा परिवार, समाज और देश बचा रहे हैं । यही है घर वापसी ।

मैं सहमत / असहमत हूँ

नोट: किसी एक पर टिक करना जरूरी है ।

20th May, 2023

On May 20, 2023, a significant event unfolded as the inauguration of the 40-day long camp, #balandmahilasanskarshivir, took place. This event was graced by the esteemed presence of Dr. Shobha Vijender and Asha Jain, alongside notable keynote speakers, dedicated teachers affiliated with Sampurna, and enthusiastic participants. Dr. Shobha Vijender, in her role, delivered a profound speech, delving deeply into the mission and vision that underpinned this extensive 40-day program. Her address not only elucidated the overarching goals of the initiative but also shed light on the meticulously crafted schedule that would guide the proceedings over the course of the camp.

A pivotal moment in the inauguration was the introduction of the teachers slated to lead various training programs throughout the duration of the camp. This

introduction served to establish a vital connection between the instructors and the eager students, setting the stage for a fruitful exchange of knowledge and expertise. Following this formal introduction, an interactive session ensued, fostering an environment conducive to dialogue, inquiry, and engagement. Participants had the opportunity to interact with both their mentors and fellow attendees, laying the groundwork for collaboration and camaraderie as they embarked on this transformative journey together.

In essence, the inauguration of #balandmahilasanskarshivir marked the commencement of a profound and enriching experience, characterized by a shared commitment to learning, growth, and empowerment.

1st June, 2023

On June 1st, 2023, a talk on "Who is responsible for Sakshi" was delivered by keynote speaker Bharat Bhushan Arya, an activist associated with RSS. The talk was organized to bring to notice and discuss the recent Shahbad Dairy Murder Case. The gruesome murder of a 16-year-old girl by her 20-year-old boyfriend in Shahbad Dairy shook the capital. The incident not only revived the discussion on the spate of violence against women but also on apathetic onlookers. It is an incident that has three sides: the accused, the victim, and the witnesses. The perspective of the witness is often complicated; there are several instances when the witness wants to help but fears the consequences or law enforcement itself. It was shocking to witness how the onlookers kept passing by but did not dare to intervene or call the police. The talk was thought-provoking and emotional. The participants were deeply moved.

2nd June, 2023

On this day 2nd June, 2023 a talk on the subject of astrology by Acharya Jyotivardhan Sahani was organized. It was an enlightening session that sparked a thought-provoking discussion on whether astrology can be considered a science. With his profound expertise in this field, he shed light on the subject, further prompting the audience to reflect on the nature and validity of astrology. Acharya Ji highlighted the distinction between astrology and scientific disciplines as well as the interconnectedness of celestial bodies and human lives. The participants actively took part in the program.

5th June, 2023

On the occasion of World Environment Day, Founder President, Dr. Shobha Vijender delivered an enlightening talk emphasizing the significance of protecting the environment which shed light on the urgent need for collective action to address the environmental challenges faced by the planet earth today. To reinforce the message of environmental protection, a session on pot

designing and planting of seed or sapling for which every participant had brought a seed or sapling from their household. Each pot represented a small contribution towards a healthier and greener planet. On this day, Dr. Shobha Vijender also inaugurated Environment Week which was to be followed by subsequent activities and programmes. The week-long events aimed to inspire individual and communities to take proactive steps towards protecting the environment.

9th June, 2023

Today, a meeting was organized regarding the Self-Help Groups (SHGs), which was attended by Asha Jain and the Presidents of three SHG groups: Poonam Malik from Dhanlakshmi, Anari Devi from Triveni, and Smita Kaushik from Savitribai Phule. The purpose of the meeting was to discuss the status of their SHGs and their activities. It was observed that the three SHGs have been active and functioning well.

During the meeting, there was a discussion on expanding the reach of SHGs. Asha Jain was encouraged to establish SHGs in Rajapur and involve women from Sampurna as well. This expansion aims to provide more women with opportunities for economic empowerment and community support.

Additionally, it was decided in the meeting to organize a rakhi-making training program for the existing SHGs and potential women who may form SHGs in the future. This initiative aims to enhance the skills of the members and potentially attract more women to join the SHGs, further strengthening their impact on the community.

Overall, the meeting served as a platform for collaboration and strategizing to further empower women through SHGs and promote their socio-economic development.



Smita Kaushik, President of Savitribai Phule SHG sharing her experience

9th June, 2023

Associate Members Meeting

Agenda:

1. Past programme/projects
2. Discussion on #balandmahilasanskarshivir
3. Proposed meeting with Special Commissioner of Police
4. Celebration of Yoga Day
5. Discussion on existing SHGs and formation of new groups
6. Discussion on proposed 50 days long Beauty Therapist Certificate Course
7. Any other subject with the permission of the Chair

The Working President of Sampurna, Asha Jain, warmly greeted the members who faithfully attended the #balandmahilasanskarshivir despite the scorching sunlight of June. The faces of the associate members gleamed with enthusiasm. Asha Jain expressed her gratitude to the members for their unwavering support and active participation in the event. She emphasized that #balandmahilasanskarshivir stands as a successful endeavour to instil values among youth and women, contributing to a better India.

Asha Jain highlighted the remarkable eagerness of young girls to learn shlokas and delve into the intricacies of Hindu dharma. Sampurna has meticulously crafted a syllabus for the forty-day duration, ensuring that at least 40 minutes are dedicated to cultivating values and culture. Alongside, English classes and various skill-building activities are progressing smoothly. Many young girls and women are enthusiastically engaged in learning stitching, embroidery, and beauty tips from their teachers. Additionally, they have brought saplings and plants made from household waste products, demonstrating their commitment to environmental sustainability.

The atmosphere at #balandmahilasanskarshivir is described as serene and captivating, sometimes prompting participants to linger, reluctant to depart for their homes. Asha Jain expressed her appreciation for the volunteers, teachers, interns, and special invitees whose contributions have been instrumental in making the event a resounding success.

Furthermore, Asha Jain informed the members about the upcoming meeting with the Special Commissioner of Delhi Police, which will be attended by the Founder President Dr. Shobha Vijender and both General Secretaries. Sampurna has also penned a letter expressing concern to the Police Commissioner regarding the Sakshi Murder Case, offering practical solutions to address such incidents of public apathy towards brutal crimes. Additionally, Sampurna plans to celebrate International Yoga Day on June 21, 2023, with grandeur at its premises. The organization is also gearing up to observe World Environment

Week through a series of events aimed at raising awareness about the need to boycott plastic. In the end, members had bananas and sherbet.

9th June, 2023

A special session was organized, attended by guest speaker Sachin Jaiswal from IPCA, Delhi, who emphasized the harmful effects of plastic and stressed the importance of reducing its usage. He also discussed the My 10 kg Plastic Campaign, an initiative spearheaded by his organization. The campaign aims to educate waste generators about waste segregation and implement a decentralized system for plastic waste management. Its activities include raising awareness about plastic waste collection, segregation, and proper disposal, as well as promoting the recycling of plastic waste.

Towards the end of the program, participants collected plastic waste and deposited it into designated bins. It's worth noting that Sampurna has been running the "Say no to plastic" campaign for a considerable period, and now volunteers are urging everyone to collect and dispose of plastic waste in bins installed on Sampurna premises. Both volunteers and beneficiaries who frequent the center have developed a habit of collecting plastic materials, even those discarded on roads, and depositing them in Sampurna's bins.

This initiative reflects a commendable commitment to environmental sustainability and community involvement in waste management efforts. By actively engaging in plastic waste collection and disposal, Sampurna and its participants are contributing to a cleaner and greener environment.

10th June, 2023

Today 10th June, Saturday #Sampurna organised a meeting with the representatives of RWA in Lucky Home Apartment, Sector 13, Rohini to discuss the Five Points Agenda to be implemented in every CGHS in Rohini. The President, Mr. Nepal Singh told that they had rainwater harvesting project in their Society as well as they have started collecting wet waste for composting at the backyard of the Society. The other RWA member, Mr. Singh told that they have used best design for collecting the rainwater from the rooftop to the storage tank under the ground. The team visited the site and looked at both the projects. It was decided that a meeting in every Society along with 10 other Society Leaders would be organised every Saturday at 10:30 am in order to discuss about the Five Point Agenda, generate awareness as well as discuss the way forward to further implement the project in every Society.



Meeting with RWA Representatives in Lucky Home Apartment on 10th June, 2023

13th June, 2023

Special session was organised #balandmahilasanskarshivir on water. Dr. Shobha Vijender the Founder President of Sampurna took the session. She elaborated in detail on how water has become scarce in recent years. People generally do not think that water is limited or they may face water shortage. When the speaker interacted with the participants, the participants were not aware that from where they get water in their homes. The participants were not aware on how encroached dried water bodies could contribute to reduction of ground water. The soil is dried due to lack of water. With no moisture in the soil, the fertility of the soil is also reducing. She encouraged the young participants of the Camp to become #Jalmitras. She also introduced them the Five Point Agenda to protect Environment by Sampurna. The session was quite interesting and interactive but leads to the hundred million question to make the masses water literate. It is planned that every day in the Camp, the Volunteers of Sampurna would discuss the salient features of water literacy.



Dr. Shobha Vijender delivering a talk on water in #balandmahilasanskarshivir

13th June, 2023

Today, Founder Sampurna, Dr. Shobha Vijender and Founder of Pari NGO, Yogita Bhayana met with the Special Commissioner of Delhi Police to discuss on issues relation to law and order with special focus on women safety pertaining to the recent case of Sakshi Murder Case at Shahbad Dairy. The Shahbad Dairy murder case also threw light on the lack of public apathy when locals who witnessed the murder did not bother to make any intervention or even inform the Police. The incident is reflective of bystander effect wherein people do not feel responsible to act. Sampurna in collaboration with Pari will be launching programme #mainbhipolice, an initiative to create awareness to involve citizens to support police to prevent crime against women.



Dr. Shobha Vijender with Special Commissioner, Sanjay Singh and Pari NGO Founder, Yogita Bhayana

13th June, 2023

On 13th June, 2023 a certificate distribution ceremony was organised for the beneficiaries of the Beauty Therapist Course under the Pradhan Mantri Kaushal Vikas Yojana (PM-KVY). The training programme was attended by 40 beneficiaries. The Beauty Therapist Course provided training in various aspects of beauty therapy including facial treatments, waxing, make up application, understanding different skin types, manicure and pedicure. The training program took place for 6 days, from 2nd May to 8th May. During the training programme, the participants received a comprehensive instruction and practical hands-on experience in the mentioned areas. The certificate distribution ceremony was organised to serve as a recognition of the participant's successful completion of the course.

15th June 2023

Sampurna has organised a Beauty Therapist Course under PM-KVY for 210 hours approximately for 40 days for women aged between 18 to 35 for free of cost. Everybody who completes the course shall be awarded with a completion certificate from the Govt. of India.

Every resident from Rohini in North-West Delhi was contacted to generate awareness among the ones who may need to take up the course and might help them further. The household helpers above 18 were contacted majorly so that they can be self-reliant. It is observed that young girls preferred to become beauty therapist than becoming the housemaids. The ITI trained teacher is running the course with two coordinators. The courses is being run on two shifts. One starts 09.00 AM to 01.00 PM and second batch is 01.00 to 05.00 PM. A large numbers of candidates are coming for admission but many of them do not have the Aadhaar Card from Delhi. A large numbers of migrant populations from other states are coming frequently in Delhi but many of them are unskilled and ignorant. Sampurna is constantly trying to bring that particular population into focus under the PMKVY.

20th June 2023

During the Beauty Therapist course, the specialized services are given to the beneficiaries. Madam Ashikqi Saha, Aanchal Dahiya, Indu Sharma and Komal are the supervisory staff under whom the girls are learning the course. The beneficiaries are happy to learning the course as it would provide them the certificate to work as a beauty therapist.



21st June 2023

On the eve of International Yoga Day, Sampurna, along with Nehru Yuva Kendra, is celebrating the occasion. Nehru Yuva Kendra has organized a youth festival using the Yuva Shakti Model in Sector-3. The beneficiaries of #balandmahilasanskarshivir are showcasing their yoga skills under the guidance of Yoga Guru, Laxmi Gupta. Their performance has garnered appreciation from MP Hans Raj Hans, MLA Vijender Gupta, and the DM of North West Delhi. The program was well attended by the youth from the North West District.

22nd June, 2023

5 Point Environmental Agenda Meeting

A meeting was organized with the dedicated volunteers of Sampurna which aimed to discuss and promote the implementation of a new initiative called the 5-Point Environmental Agenda. Dr. Shobha Vijender, Founder Sampurna addressed the volunteers and emphasized the importance of actively participating in this initiative to promote eco-friendly practices in housing societies. The agenda focused on five key areas: solar panels, rainwater harvesting, segregation of garbage, composting, and the use of cotton bags. These initiatives have significant environmental benefits and shall contribute to a greener and more sustainable future.

Dr. Shobha commenced the meeting by expressing gratitude to all the volunteers for their dedication and commitment towards Sampurna and stressed the role of every volunteer. She further elaborated on the roles and responsibilities of each volunteer in implementing the 5-Point Environment Agenda and on the need for effective communication and engagement with housing society members to promote and implement eco-friendly practices. Each volunteer was encouraged to take ownership of specific tasks and act as an ambassador for the cause within their communities. She requested each volunteer to provide the names of their society along with ten other societies where the initiative could be introduced. This information would facilitate further engagement with housing society members and ensure the widespread implementation of the agenda. Furthermore, in order to raise awareness and encourage the implementation of these environmental practices within housing societies, Dr. Shobha Vijender announced that Sampurna will be organizing a competition that will span over six months. The competition shall primarily aim to recognize and reward societies that successfully adopt and implement the five-point environmental agenda.

The 5 Point Environment Agenda mainly includes:

Solar panel:

One of the components of the agenda is focused on the installation of solar panels in housing societies. The benefits of solar energy, such as reduced dependence on fossil fuels and cost savings was highlighted during the meeting. Volunteers were encouraged to collaborate with housing society members, raise awareness about solar energy, and facilitate the installation process by connecting them with relevant resources.

Rainwater Harvesting:

Rainwater harvesting was discussed as an essential practice to conserve water resources. During the discussion emphasis was laid on the need to educate society members about the benefits of rainwater harvesting and its impact on reducing water scarcity. Volunteers were encouraged guide and encourage housing societies in implementing rainwater harvesting systems.

Segregation of Garbage

The third component of the agenda focused on waste management through the segregation of garbage at homes. Emphasis was laid on the benefits of waste segregation and how it helps to reduce the burden on landfills and enable effective recycling. Volunteers were encouraged to spread awareness regarding segregation of garbage on a household level.

Composting:

Dr. Shobha during the meeting highlighted the significance of composting as an eco-friendly alternative for waste management. Volunteers were encouraged to educate housing society members about composting techniques, provide guidance, and facilitate the establishment of composting units within the societies.

Use of Cotton Bags:

The final component of the agenda focused on reducing plastic waste by promoting the use of cotton bags. Dr. Shobha Vijender focused on the detrimental impact of plastic bags on the environment and advocated for the adoption of reusable cotton bags. Volunteers were tasked with organizing awareness drives, distributing cotton bags, and encouraging society members to embrace this eco-friendly alternative.



#5 Point Environmental Agenda बैठक के चित्र

08th July, 2023

Sampurna Organized an Eye Check-Up Camp

On 08th July, Sampurna, in collaboration with Jeeva NGO, organized an eye check-up camp at Sampurna Kendra, Maharana Pratap Community Centre in Sector-9 Rohini. Despite the heavy rain, the event witnessed an overwhelming response from both children and adults in the community. The camp aimed to provide essential eye care services, including check-ups and the provision of spectacles to those in need. The dedicated doctors and enthusiastic volunteers worked together to ensure the success of the event, spreading awareness about the importance of better eyes for a better life.

The doctors, equipped with their expertise and advanced diagnostic tools, tirelessly examined the eyes of the beneficiaries. The check-ups involved comprehensive screenings to detect various eye conditions, such as refractive errors, cataracts, and glaucoma. The doctors offered valuable advice and guidance to each individual based on their specific needs and concerns. Sampurna assured the beneficiaries that they would receive their spectacles within 20 days. This promise aimed to ensure that everyone who required corrective eyewear would have access to it, enabling them to experience the world with improved clarity and functionality.

The success of the eye check-up camp would not have been possible without the dedicated efforts of the volunteers. They played a crucial role in managing the logistics, coordinating the registration process, and providing support to the doctors during the examinations. The Founder President Dr Shobha Vijender thanked all the volunteers for their support. Harish and Kiran were appreciated for managing the camp.

"Better eyes for better life" was the slogan of the event, highlighting the profound impact that good vision can have on one's overall well-being.

The eye check-up camp organized by Sampurna in collaboration with Jeeva NGO in Sector-9 Rohini was a resounding success. Despite the challenges posed by heavy rain, a significant number of community members turned up to avail themselves of the essential eye care services.



डॉक्टर को पुष्प देकर कोषाध्यक्ष निर्मला चहल द्वारा स्वागत



डॉक्टरों द्वारा आँखों की जाँच

08th July, 2023

Meeting About The #5pointenvironmentfriendlyagenda

Today, on 8th July, Sampurna, organized a meeting at Swastik Kunj in Sector 13, Rohini. The meeting aims to bring together individuals who are keen to work on various environmental projects and initiatives. Sampurna organizes these meetings on weekly basis in the CGHS. The representatives of Sampurna discussed the comprehensive 5-points:

1. **Rainwater Harvesting**
2. **Solar Panels**
3. **Waste Segregation**
4. **Composting**
5. **Use of Cotton Bags**

The management of Swastik Kunj took interest in the discussion with Dr Shobha Vijender. She interacted with management on environmental initiatives by Sampurna. The treasurer, Nirmala Chahal who is the resident of Swastik Kunj also spoke to join hand for better networking between the residents and Sampurna.

By organizing this meeting, Sampurna fostered a sense of community engagement and collective responsibility towards the environment. Sampurna has inspired residents to actively participate in these initiatives, bringing positive change in the lives of the people living in Rohini.

According to Dr. Shobha Vijender, the meeting serves as a crucial platform for residents to learn, exchange ideas, and collaborate towards a sustainable and greener future. Sampurna's commitment to environmental preservation sets an example for other communities to follow, demonstrating the power of collective action in tackling pressing environmental issues. The management and residents assured the team of Sampurna that they would try their best to implement the five-point agenda in their society.

Together, the residents of Rohini can make a significant impact and contribute towards building a more environmentally conscious and sustainable society.

17th July, 2023

In a remarkable display of community spirit and environmental consciousness, residents of Vinoba Kunj, Kadambari, and Naveentam Apartments gathered for a meeting at Vinoba Kunj Apartments to discuss and address the pressing issue of limited space for solar panel installations and the costly nature of rainwater harvesting. The meeting aimed to find practical and sustainable solutions to promote an environment-friendly lifestyle within the residential complexes.

The meeting was attended by a diverse group of residents, who recognized the urgent need to take action in mitigating the environmental challenges faced by their societies. In a significant show of support, MLA, Vijender Gupta, was present to lend his support.

The discussions began with the thought provoking subjects by the management. According to them, the societies are unable to installation of solar panels as their roof tops are encroached by the residents themselves, They are aware that solar energy is the need of the hour and the growing awareness about the importance of finding alternative sources of clean energy. But lack of space and shortage of funds are the two acute problems.

One resident, Indu Bansal suggested exploring the possibility of installing solar panels on balconies and common areas instead of relying solely on rooftop installations. Sampurna explained that by utilizing these alternative spaces, the societies could maximize their solar energy generation potential, even with limited rooftop availability. Her idea was met with enthusiasm and appreciation from the residents, highlighting the importance of collective brainstorming and thinking outside the box.

The topic of rainwater harvesting was then brought to the forefront of the discussion. Dr. Shobha Vijender, an environmental expert and resident of Vinoba Kunj Apartments, elaborated on the significance of rainwater harvesting and its impact on water conservation. She stressed that rainwater harvesting was not only environmentally responsible but also a mandatory practice for sustainable living.

Awareness was raised regarding the initial costs associated with rainwater harvesting systems. However, Dr. Shobha Vijender enlightened the residents by explaining the long-term benefits, including reduced water bills, mitigating water scarcity, and replenishing groundwater levels.

MLA Vijender Gupta commended Sampurna and expressed his admiration for the residents' dedication to environmental causes. He recognized the urgent need for action and pledged his support in implementing rainwater harvesting systems across the residential complexes. He emphasized that it was essential for individuals, communities, and governments to come together and actively participate in sustainable practices for a greener and healthier future.

Following the discussions, a unanimous resolution was passed by the residents to support and promote the installation of solar panels on balconies and common areas. The residents acknowledged the need to collaborate with experts to ensure safe and efficient installation practices. Additionally, they collectively pledged to raise awareness among their neighbours, encouraging them to embrace solar energy and rainwater harvesting initiatives.

The meeting served as a powerful testament to the collective determination and commitment of the residents towards environmental preservation. Their proactive approach and willingness to explore innovative solutions showcased their potential to make a significant impact within their communities.

As the meeting concluded, the residents of Vinoba Kunj, Kadambari, and Naveentam Apartments left with a renewed sense of purpose.

They assured to implement #5pointsenvironmentfriendlyagenda, in their CGHS. They set a commendable example for other communities to follow, paving the way for a more environmentally conscious future.

This informative event featured Mr. Pravin Mishra, a renowned expert in gardening, as the primary trainer. Participants enjoyed a comprehensive learning experience covering the topics. The basics of gardening steps were explained. Participants were introduced to the fundamental principles of gardening, including soil preparation, seed sowing, and plant care techniques. Dr. Shobha Vijender instructed the participants to understand the significance of composting in waste reduction and sustainable agriculture. The practical sessions on compost preparation were conducted.

Exploring the benefits of bio-enzymes in promoting a healthier environment, Mishra ji explained how to make the products at home. Participants gained insights into plant nutrition and effective ways to maintain healthy plants. Dr. Shobha Vijender, the founder of Sampurna, expressed her enthusiasm for the event. She emphasized the importance of environmental protection in ensuring self-sufficiency and sustainable living. "By participating in this workshop, individuals have learned to contribute to both their well-being and the health of the planet," she stated.

The workshop was open to all individuals interested in promoting eco-friendly practices and enhancing their gardening skills. The 100 people, whether having a spacious garden or a small balcony, were equipped with the knowledge and tools to embark on an eco-conscious gardening journey.

Together, Sampurna, with friends of the environment, sowed the seeds of positive change for a sustainable future. Tea and snacks were served at the end.



बैठक में उपस्थित लोगों को डॉ. शोभा विजेन्द्र द्वारा संबोधन

24th July, 2023

The volunteers of Sampurna attended the program organized by Yamuna Sansad. The program took place in the auditorium of Delhi Indira Gandhi Technical University, Mahila College, Kashmere Gate, Delhi. The topic of the program was "Flood in Yamuna: A Way Forward to Mitigate Floods by Community Management." Sampurna continuously supports the agenda of Yamuna Sansad as we find it very closely aligned with the Environment Friendly agenda of Sampurna. The Chief Guest of the program was the Water Man, Dr. Rajender Singh. The other speakers on the dais highlighted the fact that it was a man-made flood. The encroachments in Yamuna Khadar, silt and mud, the unopening of three barrages, and lack of political will are responsible for the crisis. Dr. Shobha Vijender, the Founder, was also present at the program. She raised the point that organizers should provide the best possible practical solutions rather than emphasizing the problem.

25th July, 2023

Sampurna Attended "Celebrating the Unstoppable Rise of Indian Women" in New Delhi

The Executive Members of Sampurna enthusiastically participated in the program titled "Celebrating the Unstoppable Rise of Indian Women," which was orchestrated by the prestigious organization Centre for Social Research. This gathering dedicated an entire day to highlighting and applauding the remarkable advancements and achievements of Indian women. The event aimed to shed light on the remarkable journey of Indian women, showcasing their resilience, determination, and success in various spheres of life.

Distinguished speakers graced the occasion, including the Hon'ble Union Cabinet Minister for Women and Child Development & Minority Affairs, Smt. Smriti Irani, and the esteemed Former Lt. Governor of Puducherry, Dr. Kiran Bedi. Their insightful speeches and experiences served as a source of inspiration for all attendees, further igniting the spirit of empowerment and progress.

Sampurna, being deeply committed to the cause of women's empowerment and societal progress, actively engages in collaborative efforts with like-minded organizations. We firmly believe in the power of cooperation and collaboration, recognizing that collective action is instrumental in driving meaningful change. Therefore, seizing every opportunity to foster connections and exchange ideas with other organizations is integral to our mission.

Throughout the program, Sampurna remained fully engaged and invested, actively participating in discussions, networking sessions, and workshops. Our

presence until the event's culmination underscored our unwavering dedication to supporting and championing the cause of women's advancement.



Dr Shobha Vijender with Dr Kiran Bedi Ma'am in CSR Program

29th July, 2023

Meeting in Sampurna on #5pointenvironmentagenda 11.30AM

Today, in the hall of Sampurna, a meeting was organized on the #5PointEnvironmentAgenda at 11:30 AM. This meeting held significant importance as it was called upon by the Founder President, Dr. Shobha Vijender. The primary agenda of the meeting was to discuss the implementation of the #5PointEnvironmentAgenda on a macro level.

The Executive Committee members promptly arrived on time for the meeting. Anand Dahiya, Renu Jha, and Chitra Aggarwal had already been nominated as convenors to conduct the proceedings. Dr. Shobha Vijender emphasized the need for heightened member engagement, especially in light of the recent nationwide campaign by the central government to protect the environment. This awakening has spurred people to contribute to the cause, but often they lack awareness of existing resources and knowledge.

Sampurna aims to bridge this gap by reaching out to every household and educating them about alternative arrangements that can help maintain a clean and pollution-free environment. Dr. Shobha Vijender's vision is to empower individuals with the necessary information and resources to actively participate in environmental conservation efforts. Through collaborative initiatives and community engagement, Sampurna strives to create a sustainable and eco-friendly future for all.

29th July, 2023

Community Visits : Jitender Goel, Dr Nagrani, Ruchi Goel & Dr Sidharth

Today, several community visits were done to aware the community leaders to implement #5Pointenvironmentagenda. The first meeting was done with the president of Aggarwal Dharamshala Sector-8, Shri Jitender Goel. He was told to implement 5 Point Rainwater Harvesting, Solar Panels, Waste Segregation, Composting and Use of Cotton Bags In his dharamshala which caters thousands of people on everyday basis, he assured the team of Sampurna to begin with Solar paneling on the rooftop of Dharamshala. The second visit was done in the clinic of Dr. Nagrani, the famous Doctor in Rohini. A small meeting was arranged with the Doctor Nagrani, his staff and patients and he was also requested to work for pollution free environment. He was highly impressed with the initiatives of Sampurna.

The third visit was organised in the Hospital of Dr. Ruchi Goel & Dr. Sidharth. The community leaders Harish Gulati and Kamal Garg also joined the team of Sampurna.

05th August, 2023

Meeting on #5pointenvironmentagenda

11.30 AM Meeting organised by Smita Kaushik at Amit Apartment

1. The meeting on #5pointsenvironmentfriendlyagenda held in Community Hall, Amit Apartment. Smita Kaushik was the coordinator of the program. Naresh Kathpalia was the society representative in Amit Apartment. A large number of residents were present there to hear Dr. Shobha Vijender who is spear heading the campaign with dedicated team of Sampurna. According to the

Executive committee of the Amit Apartment, they are always willing to support the steps for better environment. Some of the ladies from the apartment assured the team of Sampurna to involve themselves in the zero wastage project of Sampurna by donating clothes as well as by ensuring use of cotton bags in their daily lives. It was a interactive meeting where the resident showed their ample enthusiasm and support for the #5pointsenvironmentfriendlyagenda.

2. 12.30 Sunrise

The meeting regarding the #5PointsEnvironmentFriendlyAgenda was convened at the Community Hall of Sunrise Apartment, with Smita Kaushik serving as the coordinator. Vinay Jain represented the society within Sunrise Apartment. A significant turnout of residents assembled there. Dr. Shobha Vijender with her team is going societies to aware the residents and the team of Sampurna is also putting all efforts to make this campaign a success.

The residents of Sunrise Apartment expressed their unwavering commitment to supporting initiatives aimed at enhancing the environment. Several residents, particularly women from the apartment, pledged their involvement in Sampurna's zero-wastage project. They were very keen to go for water harvesting project. The team member Anand Singh gave his mobile number for the assistance from Sampurna if they want any support in implementing the project. It was a successful meeting. In the end lunch was arrange by the residents.

3. 01.30 Pusa Apartments

The meeting in Pusa Apartment started at 01.30 PM in the Community Hall. It was a wonderful meeting as the entire apartment came to participate in the meeting. Dr Shobha Vijender and Smita Kaushik who is the Municipal Councillor from the same area spoke to them about the #5pointsenvironmentfriendlyagenda. The executive of Pusa Apartment were full of environmentalists from Indian Agricultural Research Institute, Pusa Campus. They wanted to work with Sampurna on #5PointsEnvironmentFriendlyAgenda. It was an action oriented. They wanted to get involved on the long-term basis. Dr. Shobha Vijender on the behalf of Sampurna assured them for mutual corporation.

07th August, 2023

Associate Meeting

Today, an Associate Members Meeting was held on the premises of Sampurna. Asha Jain, the Working President, presided over the meeting. She warmly welcomed the associate members. Asha Jain informed the members that Sampurna is running #5pointsenvironmentfriendlyagenda in a big way. Last month Aggarwal Dharamshala clinic of Dr. Nagrani and hospitals of Dr. Sidharth and Dr. Ruchi Goel were personally visited by Dr. Shobha Vijender.

Several meetings were kept in the Group Housing Societies. According to Asha Jain Sampurna is focusing on implementing the environment friendly agenda. It was also decided in the meeting that Sampurna would organize a program on "MAI BHI POLICE". Tanvi Grover was assigned the duty to coordinate with Police, NGOs and other stakeholders. The president of Pari Yogita Bahyana and SAFMA Adv. Charu Wali Khanna would get associated in organizing the function. She further informed that the Indian society of international law V.K Krishnamenon Bhawan is going to be the venue. In the end tea was served.

09th August, 2023

Opening of New Centre & Preparatory Meeting for the 9th Event

Opening of a new centre- Dr. Shobha Vijender with Nidhi Goel, Yogita Bahyana, Chitra Aggarwal and members of Sampurna inaugurated the new centre in the basement of 14, School Lane, Bengali Market, New Delhi - 110001. The establishment of a new center represents a physical space where ideas, innovation, and progress can flourish said by Dr. Shobha Vijender after the pooja. She further said that it would serve as a hub for education, collaboration, and community engagement. This center will be a place where individuals from all walks of life can come together to learn, grow, and contribute to the betterment of society as it is very much situated in Central Delhi. Keeping in view the popularity of Sampurna women seeking advice and guidance across Delhi are visiting. So, the centre in Central Delhi will add the contributions for society more conveniently.

Preparatory meeting- In the second half period of 9th August a significant meeting is kept. Yogita Bahyana from Pari, Charu Wali Khanna from SAFMA and Dr. Shobha Vijender from Sampurna discussed every aspect of upcoming event "MAI BHI POLICE". Three eminent women from social field were in agreement that such events symbolize our commitment to creating a brighter future for our community and beyond. Police in toto is important but now the time has come when everybody has to become police.

It is a collaborative effort to ensure that our initiatives are well-organized, impactful, and aligned with our goals. All the three sessions were divided. Invite was finalized and next day a field visit was planned. In the end all had delicious lunch.

12th August 2023

The program "Mai Bhi Police" was pronounced in the Round Table Discussion by all.

Today, Sampurna, along with leading organizations Pari & SAFMA, which are working for the victims of sexual offenses, organized a Round Table Discussion

on the vital topic of "Implementation of Schemes for the Rehabilitation of Victims of Sexual Violence and the Need for Coordination Between Stakeholders." The event took place in Room No. 105 at V K Krishna Menon Bhawan, located at 9, Bhagwan Dass Road, New Delhi-110001.

The Round Table Discussion provided a platform for esteemed experts, practitioners, and stakeholders to engage in comprehensive dialogue on the pressing matters surrounding the rehabilitation of victims of sexual violence.

The program commenced with a warm Welcome Address by Tanvi Grover at precisely 02:00 PM. This was followed by an insightful Introduction by Dr. Shobha Vijender at 02:05 PM, setting the stage for the discussions ahead.

The first session, facilitated by Ms. Yogita Bahyana, began at 02:15 PM and was titled "Mai Bhi Police: Empowering the Community for Change." This session delved into innovative approaches to community engagement in preventing and addressing sexual violence. The chief speaker was Sanjay Singh, Special Commissioner of Police, who deliberated on the fact that without empowering the community, society cannot feel secure.

The second session, led by Coordinator Charu Wali Khanna at 02:45 PM, revolved around the discussion of Schemes for Rehabilitation of Victims of Sexual Violence, with an emphasis on exploring comprehensive and effective support systems for survivors.

At 03:20 PM, Dr. Shobha Vijender took the lead as the coordinator for the third session, which revolved around the critical topic of Coordination Between Stakeholders. During this session and Dr. Manorma Bakshi highlighted the significance of collaboration and coordination among various stakeholders, including government agencies, NGOs, and civil society, in order to create a holistic response to the rehabilitation of victims. Dr. Shobha Vijender reflected that coordination and cooperation of the family, neighbourhood, school, hospital, and congenial courts are also needed. The discussions culminated in a Vote of Thanks delivered by Nirmala, expressing gratitude to all the participants, speakers, and attendees for their valuable contributions to the event. The day's deliberations concluded with a High Tea session at 04:00 PM, providing an informal setting for continued networking and discussions.

The Round Table Discussion echoed the urgency for collaborative efforts to ensure the successful implementation of rehabilitation schemes for victims of sexual violence. The discussion contributed to a collective understanding of the challenges and opportunities ahead, emphasizing the need for continued engagement and dialogue on this significant issue.

17th August 2023

सम्पूर्णा ने शांति वृक्ष योगशाला के साथ मिलकर 17 अगस्त को अपने केंद्र महाराणा प्रताप सामुदायिक भवन, रजापुर गांव, रोहिणी में योग कक्षा का शुभारंभ किया। यह योग कक्षा प्रतिदिन 11 बजे से दोपहर 12 बजे सम्पूर्णा में होगी। इस अवसर पर डॉ. शोभा विजेन्द्र जी ने किशोरियों से विशेष तौर पर कहा कि वे अपनी जीवनचर्या में योग को अवश्य सम्मिलित करें। योग के माध्यम से अनेकों शारीरिक और मानसिक व्याधियों को न केवल ठीक किया जा सकता है अपितु इनके होने की संभवना को भी कमतर किया जा सकता है। उन्होंने कहा कि योग का प्रत्येक आसान हमारे शारीरिक, मानसिक और आध्यात्मिक विकास को प्रभावित करता है साथ ही साथ योग हमारे शरीर की प्रतिरोधक क्षमता को बढ़ाता है, जिससे शरीर स्वस्थ और मन शांत रहता है। उन्होंने सम्पूर्णा में लड़कियों द्वारा पूरे मनोयोग से लगातार योग सीखने के लिए किशोरियों को भी शुभकामना दीं और उनके उज्ज्वल भविष्य की कामना की। इस अवसर पर डॉ. शोभा ने सभी लोगों से अपील की है कि वह योग को अपने जीवन की दिनचर्या में अवश्य शामिल करें और प्रत्येक व्यक्ति को योग से जोड़ें और प्रेरित करें कि वे सम्पूर्णा में आकर योग शिक्षिका के माध्यम से प्रतिदिन योग करें।

20th August 2023

Sampurna organized three meetings today.

12.00Noon

- 1. Vikassheel Apartment :** The volunteers of Sampurna under the leadership of Dr. Shobha Vijender went to Vikassheel Apartment where Rajat Arora was the coordinator. The representatives of Vikassheel Apartment, Rang Rasayan Apartment, Patel Apartment and Anubhav Apartment. werethere to contribute in the discussion Dr Shobha Vijender gave the live demo of all her programs specifically the #5pointsenvironmentfriendlyagenda. The representatives were really interested in implementing the agenda but they had certain infranstructural limitations. Dr Shobha Vijender and Chitra Agarwal made them understand that they would facilitate them in implementing the agenda. They were all very keen to work together to save environment for our future generations.



#5pointsenvironmentfriendlyagenda Meeting at Vikasheel Apartment

01:00 PM

2. Kewal Kunj Apartment: The second meeting on #5pointsenvironmentfriendlyagenda held in Community Hall Near Mandir, Kewal Kunj Apartment. Pankaj Gupta was the coordinator of the program. Shubhendu Shekhar from Kewal Kunj Apartment took the initiative to facilitate the meeting. The representatives of Hans Vihar Apartment, Vikrant Apartment and New Vidhyanachal Apartment were present. Dr Shobha Vijender and Pankaj Gupta spoke on the

#5pointsenvironmentfriendlyagenda. The representatives of every society assured the Founder President to implement the agenda. The President of Kewal Kunj Apartment requested Sampurna to provide them 500 cotton bags to distribute. Each flat owner would be provided 2 cotton bags of different sizes to atleast start practicing to use cotton bags instead of plastic bags.



#5pointsenvironmentfriendlyagenda Meeting at Kewal Kunj Apartment

06: 00PM

3. **Kadambari Apartment** : The meeting in Kadambari Apartment started at 06 PM in the park. It was a wonderful meeting in many ways. A good number of women and men came in the evening to attend the meeting. Dr Shobha Vijender and Chitra Agarwal explained to them the #5pointsenvironmentfriendlyagenda. The Secretary of Kadambari Apartment was himself an environmentalist. He wanted to work with Sampurna on these agenda. The meeting was very fruitful as it was action oriented. The volunteers of Sampurna had informal chitchat with them over tea.



#5pointsenvironmentfriendlyagenda Meeting at Kadambari Apartment

21st August, 2023

सम्पूर्णा द्वारा पर्यावरण संरक्षण के तहत पौधारोपण अभियान प्रारंभ किया गया है। सम्पूर्णा की संस्थापिका अध्यक्षा डॉ. शोभा विजेन्द्र ने सभी से आह्वान किया कि वे सम्पूर्णा द्वारा चलाए जा रहे इस नेक कार्य का हिस्सा अवश्य बनें। उन्होंने सभी से अपील की कि वे अपने घर, सोसाइटी, स्कूल, अस्पताल, सामुदायिक भवन या घर के आसपास कहीं भी पौधे रोपण का कार्य कर सकते हैं। स्थानीय विधायक श्री विजेन्द्र गुप्ता द्वारा 1,000 पौधे इस पुनीत कार्य हेतु सम्पूर्णा में रखवाए गए हैं। सम्पूर्णा की अध्यक्षा श्रीमती आशा जैन जी से 9891360733 पर संपर्क कर इस पौधा रोपण अभियान में हिस्सा लिया जा सकता है। रोहिणी और आस-पास के क्षेत्रों के संवेदनशील व्यक्ति इस कार्य में आगे आ रहे हैं।



सम्पूर्णा के प्रांगण में बच्चों द्वारा पौधा रोपण का दृश्य

23rd August, 2023

Environment & Water News

Ground Report: When women built a water body in a dry village –



By Dr Shobha Vijender

Dadikhar village (Alwar District, Rajasthan): The purpose of my visit to this village was to see the rebuilding and rejuvenation of the water body by women here. Chaudhary Ratan Singh, the civil engineer from Alwar District was the coordinator of the Centre for Social Research, whose director, Professor Ranjana Kumari, is a known name in the social sector.

Water is a core issue in almost all blocks of Alwar but Bahrod, Neemrana and Ramgarh are marked as 'Red Zones'. The water scarcity and costly fodder are forcing the women not to practice their age-old system of rearing cattle, Singh informed me.

It was after a 45-minute journey through the Aravalli hills, that we reached this beautiful village of Dadikhar. The newly built road was very narrow at many corners. There is no provision of bus service for the complete journey from Alwar town to the village.

The author and Chaudhary Ratan Singh with rural women who constructed the water body (in the background) in Dadikhar.



Women in good numbers were waiting for us. The weather was cool because of the downpour the other day. As soon as we reached the waterbody, the women with children started waving their hands. A few male members were also there. I started talking to them and within no time, they became frank and started sharing their experiences.

After talking to these women, I congratulated them for their hard work as they built the dam in the hottest days of May and June. One of them said that they had to buy water. They used to pay Rs 600 per tank as they had to buy water for cattle too before the waterbody.

Now they have water for cattle to drink and bathe. The nearby area has been recharged. Kudos to such Indian women who are illiterate but understand the importance of the water body.

After seeing their efforts, I am confident that India is going to be the Vishvaguru with the extraordinary wisdom, valour and labour of such women. Salute to all lovely women who fully dedicated their time to restoring water bodies.

I had only words of appreciation for their efforts. These women worked tirelessly day and night to follow the path shown to them by announcing 75 waterbodies in every district under the aegis of Amrit Sarovar by Prime Minister Narendra Modi.

I feel that if we all put our efforts into rejuvenating the water bodies like these women, we will definitely reach our goal of having water bodies in our villages.

The success story of Dadikhar village is an example of women's commitment and empowerment. I request everyone, kindly put your efforts to work on rejuvenating the water bodies as a solution to the enhancing water scarcity. The women in the Dadikhar decided to save every drop of rainwater which resulted in a green environment in the vicinity of the johad. The men standing there said that the bore wells in their farm were now fully filled with water. The waterbody in the village has brought prosperity in many forms.

The writer is the founder-president of Sampurna, a Delhi-based NGO working on empowering women, as well as spreading water literacy and making Jal Mitrs (Friends of Water) all over India.

24th August 2023

Today, Sampurna celebrated the successful landing of Chandrayaan-3 under the leadership of Dr. Shobha Vijender, the Founder President of Sampurna. The volunteers, beneficiaries, and Executive members of Sampurna gathered at 11 AM at the Center of Sampurna in Rohini. People were jubilant about the success of Chandrayaan-3. On this historic day, women scientists working at ISRO were greeted with reverence by the present crowd.

On this occasion, Dr. Shobha Vijender, along with her team, extended best wishes for the successful landing of Chandrayaan-3 to the Nation. As we all know, the Lander was launched on 14 July 2023 from the Satish Dhawan Space Center in Sriharikota, Andhra Pradesh, and now, after 40 days, we have reached the moon. This is a matter of great pride for India. The lander is a milestone in space science; it will investigate plasma density, measure seismicity, and estimate variations on the lunar surface.

Smita Kaushik, Anil Verma, Sushma Tripathi, Saurabh Gupta, Pratibha Sharma, and Lakshmi also expressed gratitude to the great women scientists of ISRO. This is a real example of women's wisdom and empowerment. Sampurna always believes in women-led development, and the successful landing of Chandrayaan-3 is the most apt success story of empowered women. The crowd present was elated as Chandrayaan-3 reached the south pole of the Moon. Everyone thanked ISRO and Prime Minister Narendra Modi ji. They expressed their happiness by dancing to patriotic songs. Everyone raised slogans of "Bharat Mata Ki Jai" and "Vande Mataram." At the end, fruits were distributed to all the attendees.



Sampurna celebrates Chandrayaan-3's successful landing under Dr. Shobha Vijender's leadership! 🚀 🟡

02nd September, 2023

Associate Members Meeting

Join Zoom Meeting

Meeting ID: 844 2847 4889

Passcode: 2zC6rw

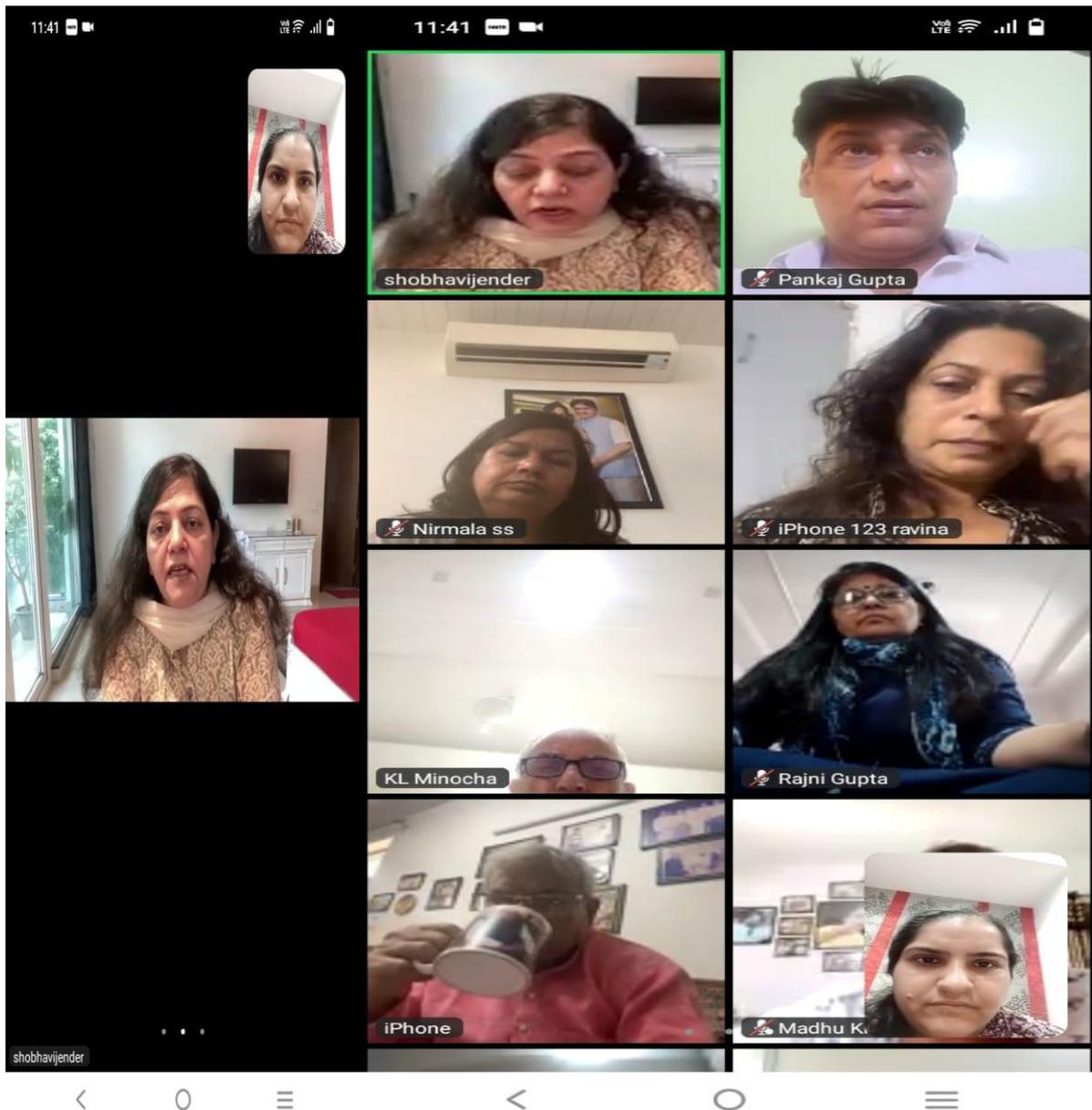
The Associate Members Meeting of Sampurna took place via Zoom. Tanvi Grover, the General Secretary of Sampurna, extended a warm welcome to all the members and provided a comprehensive review of the past programs.

Dr Shobha Vijender, the Founder President of Sampurna, was welcomed by the General Secretary to discuss the future programs and ongoing activities of Sampurna. In her address, she highlighted that Sampurna has embarked on a #5pointenvironmentfriendlyagenda throughout Delhi. An upcoming event is scheduled for tomorrow where a 5-point agenda will be executed at Bhagirathi Apartment, Sector-9, Rohini. All members are cordially invited to participate.

Dr Vijender also shared details about an upcoming book launch event set to take place on the 19th of September, 2023, at the Samvet Auditorium, IGNCA, New Delhi. The General Secretary of Sampurna, along with other associate members, extended their heartfelt congratulations and best wishes to Dr Vijender. Their collective support aims to ensure the event's remarkable success.

In conclusion, the Associate Members Meeting of Sampurna on September 2nd, witnessed the enthusiastic participation of members through Zoom. The General Secretary, Tanvi Grover, led the proceedings by welcoming everyone and providing a comprehensive overview of past initiatives.

The Founder President, Dr Shobha Vijender, took the floor to discuss future projects and ongoing endeavours of Sampurna. She emphasized the implementation of the #5pointsenvironmentfriendlyagenda across Delhi. In the end, another General Secretary Chitra Agarwal extended a warm Happy Teacher's Day on 05th September.



जूम पर मीटिंग करते हुए एसोसिएट मेम्बर्स

03rd September, 2023

Meeting with RWA in Bhagirathi Apartment

Sampurna, today organized a #5pointsenvironmentfriendlyagenda in Bhagirathi Apartment, Sector-9, Rohini. A large number of residents gathered to hear Dr. Shobha Vijender. Dr Shobha Vijender said in her deliberations that Sampurna is running this campaign since last year in Delhi. Sampurna is trying hard to implement the 5 points to mitigate the pollution levels. According to her, rain water harvesting, solar panelling, segregation of garbage, composting and use of cotton bags are the issues to address across Delhi to spread awareness.

She further said that if we put efforts to implement this agenda in each society, one day will come when we would be able to fulfil the dream of Prime Minister Shri. Narendra Modi Ji.

Mr. Ratan Nivetia was the convener of the program. 20 Cooperative Group Housing Societies participated in the program and their representatives discussed the problems they are facing in implementing the agenda. However, they have promised to implement #5pointsenvironmentfriendlyagenda in their societies for the social cause.

The management of the Bhagirathi Society thanked Dr. Shobha and her team for making people aware this important message. In the end, tea and snacks were served.



भागीरथी अपार्टमेंट में डॉ. शोभा विजेन्द्र द्वारा संबोधन



#5pointsenvironmentfriendlyagenda पर भागीरथी अपार्टमेंट में डॉ. शोभा विजेन्द्र द्वारा संबोधन

19th September, 2023

The book 'BROKEN BRIDES' Domestic Violence in India authored by Dr. Shobha Vijender, was released today by the Hon'ble Union Minister of Road Transport and National Highways, Shri Nitin Gadkari, in New Delhi.

The book release ceremony took place at the Indira Gandhi National Center for the Arts, Janpath, New Delhi, and was attended by several distinguished guests including Prof. (Dr.) Yogesh Singh, Vice Chancellor of Delhi University; the Vice Chancellor of Ambedkar University; the Vice Chancellor of Delhi Skill Entrepreneurship University; Chair Professor of National Forensic Sciences University, Dr. (Prof.) Beulah Shekhar; Supreme Court Advocate Monica Arora; and Commissioner of the Jammu and Kashmir Administration, Dr. Rashmi Singh. Shri Sachchidanand Joshi, Member Secretary of the Indira Gandhi National Center for the Arts, presided over the function.

Shri Nitin Gadkari congratulated Dr. Shobha Vijender for her commendable effort in presenting domestic violence in the right perspective to readers. He emphasized that domestic violence has no place in India and stressed the importance of mutual harmony, good values, love, and dedication within families. He highlighted the need for values, education, training, and enlightenment in human life. He also praised Dr. Shobha Vijender's work through Sampurna, which provides counselling and support services to victims, preventing small disputes and anger from escalating into severe violence.

Author Dr. Shobha Vijender who is the Founder President of Sampurna shared that her book contains 180 pages, including 21 true case history, and over 2500 cases have been resolved through Sampurna's Family Counselling Centre. The book sheds light on the harsh realities faced by victimized women through these stories, and she announced that a Hindi version of the book will be published soon.

Commissioner of the Jammu and Kashmir Administration, Dr. Rashmi Singh, highlighted the importance of a comprehensive social response to combat domestic violence, in addition to governmental laws and policies. Garima Jain, a professor of psychology at OP Jindal Global University, reviewed the book and stressed the reluctance of women to speak out against various forms of violence they face. She commended Dr. Shobha Vijender's dedication to women's empowerment and how the book offers solutions to domestic violence. Advocate Monica Arora discussed constitutional articles and laws protecting women and commended organizations like Sampurna for providing legal training and support to women victims. Dr. Beulah Shekhar, Chair Professor of National Forensic Sciences University, Delhi Campus, emphasized the need for collaborative efforts to combat domestic violence and urged women to be strong

and not solely rely on the police. She called for active government involvement in implementing laws related to women's protection. Prof. (Dr.) Yogesh Singh, Vice Chancellor of Delhi University, praised the book for advocating social justice and placing the needs of domestic violence victims at the forefront. He also highlighted the increasing awareness among women and the empowerment of women through education.



Book Released by Hon'ble Union Minister Nitin Gadkari Ji

22nd September, 2023

Today Sampurna celebrated the Women Reservation Bill by a sizable gathering in the premises of Sampurna. The women were overjoyed as they remember that Sampurna had raised its voice every time. It is to be noted that Sampurna has spearheaded the movement of women reservation in longtime. The huge program was even conducting long-back 21 July, 2009 in Constitution Club, New Delhi. The Hon'able then M.P Tai Sumitra Mahajan was the Chief Guest, Dr. Ranjana Kumari, Director Centre for Social Research and Dr. Megha Nanivedkar, President Bhartiya Stree Shakti were the special guest. Sampurna organized the event to awaken the then Central Govt. for gender parity. Remembering those moments of struggle and campaign Dr. Shobha Vijender had tears in her eyes. In the gathering she extends heartfelt gratitude to Prime Minister Shri Narendra Modi Ji for the historic passage of the Women Reservation Bill. This momentous legislation represents a giant leap towards achieving gender equality and empowerment in our country. The bill's approval has instilled a renewed sense of hope and empowerment among women across India.

The Women Reservation Bill is a significant milestone in our nation's journey towards inclusivity and equal representation said by Dr. Shobha Vijender. By allocating a certain percentage of seats in legislatures, both at the central and state levels, to women, it ensures that women's voices are heard and their perspectives are taken into account in the highest decision-making bodies of the nation. This move not only acknowledges the immense contributions of women to our society but also recognizes their right to participate fully in the democratic process.

23rd September, 2023

सम्पूर्णा ने शनिवार, 23 सितंबर को "शहीदी पार्क" बहादुर शाह ज़फ़र मार्ग, वाल्मिकी बस्ती, विक्रम नगर, नई दिल्ली में दिल्ली नगर निगम द्वारा आयोजित सांस्कृतिक मेले में पर्यावरण पर चलाए जा रहे प्रकल्पों पर लोगों को जागरूक करने के लिए एक स्टॉल लगाया। इस मेले में सम्पूर्णा के कार्यकर्ताओं ने पर्यावरण के प्रकल्पों के बारे में विस्तार से बताया गया। इस स्टॉल की शोभा देखते ही बनती थी। सम्पूर्णा का स्टॉल प्रदर्शनी में आए लोगों के आर्कषण का केंद्र रहा। सम्पूर्णा के कार्यकर्ता द्वारा मनोरंजक तरीके से सबको पर्यावरण के मानकों वर्षा जल के संचयन, सौर ऊर्जा, सूखे और गीले कूड़े का घर से पृथक्कीकरण, जैविक खाद बनाने और कपड़े के थैलों के प्रयोग के बारे में विस्तार बताया। यह सारी चीजें हमारे लिए और हमारे भविष्य के लिए कितनी उपयोगी हैं, इन सारी बातों को बहुत ही रोचक और सरल तरीके से समझाया। सम्पूर्णा के माध्यम से हम पिछले कई वर्षों से पर्यावरण के प्रकल्पों पर कार्य कर रहे हैं और इसे पूरी दिल्लीभर में आवासीय समितियों के साथ मिलकर लागू करने का प्रयास कर रहे हैं। लोगों को भी सम्पूर्णा की इस मुहिम से जुड़ने हेतु निवेदन किया गया कि आप भी पर्यावरण प्रेमी बनें और संस्था के साथ मिलकर दिल्ली में इस कार्य को आगे बढ़ाएँ। इस नेक कार्य में आपकी सहभागिता सम्पूर्णा के पर्यावरण अभियान में महत्वपूर्ण भूमिका निभा सकती है।

27th September, 2023

A highly successful Health Camp was organized by Sampurna in collaboration with the Local BJP Mandal Ward No 52. This joint initiative proved to be immensely beneficial for the community. Sampurna, operating under the banner of the Recreation Centre for Senior Citizens, spearheaded the organization of the camp.

The Health Camp offered a comprehensive range of services, including tests for blood pressure, blood sugar levels, bone density, and dental health. Over 200 individuals availed themselves of the opportunity to undergo thorough health checkups, ensuring proactive monitoring of their well-being.

In addition to physical health assessments, the Health Camp also prioritized mental health support. Psychologists and mental health therapists were present to offer guidance and assistance to attendees, recognizing the importance of holistic well-being.

The event garnered attention from various dignitaries, with several VVIPs gracing the Health Camp with their presence. Their participation underscored the significance of initiatives aimed at promoting community health and well-being.

Overall, the Health Camp organized by Sampurna, in collaboration with the Local BJP Mandal Ward No 52, exemplified the power of collective efforts in fostering a healthier and more resilient community.



Health Check-Up Camp organized by Sampurna

29th September, 2023

Today Sampurna organized a protest on horrifying incident of a 12 years old girl in Ujjain. It is to be noted that just two days ago, a horrifying incident occurred in Ujjain, Madhya Pradesh, where a 12-year-old girl fell victim to a heinous crime. Shockingly, after being subjected to a terrible ordeal, the young girl was left pleading for help on the streets in a semi-nude and bloodied condition for a harrowing two and a half hours. Tragically, instead of coming to her aid, bystanders merely observed the unfolding tragedy. This apathy should be vehemently condemned by one and all. Dr Shobha Vijender while speaking asked, aren't we living in an emasculated society?

The alarming insensitivity displayed by society is concerning. While instances of societal insensitivity are regrettably common, this incident felt like a suffocating blow to the collective empathy of society.

The young girl, a mere child, wandered the streets of Ujjain in an unconscious and distressed state for over two hours, with her body soaked in blood and in desperate need of assistance. Yet, the society she appealed to, remained callous and unresponsive. Dr Shobha said that this is a shame on a society that claims to be progressing on the growing issue of child and sexual violence.

Society often deflects responsibility by blaming the government for such atrocities. What is needed is swift justice for the perpetrators of this heinous crime, calling for their immediate punishment through hanging. Additionally, there must be ostracization of those who callously ignored the young victim's cries for help.

Rakhi, a psychologist working with Sampurna, a New Delhi-based non-governmental organisation working for the cause of women, raised thought-provoking questions about society's silence in the face of such horrors. She questioned why passersby do not stop to aid accident victims, citing recent incidents of bystanders failing to intervene during shocking acts of violence. Rakhi further argued that while one individual may act maliciously, the collective inaction of a group represents a grave example of inhumanity. She emphasized that the 21st century continues to bear witness to disturbing instances of human insensitivity.

Asha Jain, Sampurna's Working President, raised important questions about the role of laws and politicians in addressing such concerns, underlining the pressing need for introspection. She called for sustained dialogue on this critical issue through seminars and conferences in homes, schools, and communities. She challenged the notion that this problem does not concern society at large, emphasizing that it is an issue that affects the identity and safety of all, including daughters and women in the country.

A large number of people gathered there, shouted slogans against the insensitive society. Mostly girls coming from the lower strata of society, when navigating public spaces, face difficulties which are concerning. Anti-social elements often create disturbances on the streets, making it uncomfortable for them to travel safely. The beneficiaries with the members said that it is time for a powerful display of unity and outrage, and to protest against the shocking inaction and indifference of society in response to this recent incident. All of them took a vow to raise a voice against the insensitive members of society.



09th October, 2023

Sampurna was heard in Jaipur, Rajasthan

“NARI KI SURAKSHA HO HAR PEHLU PAR RAKSHA HO”

Sampurna in association with Nari Suraksha Manch organized a provoking discussion on 09th October, 2023 at Jawahar Kala Kendra, Jawahar Lal Marg, Jaipur, Rajasthan. The topic of the discussion was “Shocking and Shameful; Rising Crime against women and girls in Rajasthan; what is redressal system for?”

The program was inaugurated with lighting of lamp by Rekha Sharma, Chairperson, National Commission for Women, Dr. Shobha Vijender, Founder President of Sampurna, KL Barwa, Former DGP, Rajasthan, Prof. Alpana Kateja and Vice Chancellor, Rajasthan University. The program was conducted by Sampurna under the leadership of Dr. Shobha Vijender, Founder President of Sampurna, renowned social activist. The capital of Rajasthan, Jaipur came in large number to participate in the discussion. More than 200 people came in the JKK Auditorium. The sarpanch, councilors, ngo representatives, women from all strata including the social workers, professionals, doctors and lawyers were present.



Rekha Sharma in her inaugural speech said that it is difficult to digest that Rajasthan is 1/3 of the total population in Uttar Pradesh but a crime against women it is the second state with the UP topping at first. It is really shocking and shameful that one of the MLA of Rajasthan in the assembly while speaking on the subject of being number one in rape cases, shouted

with proud that Rajasthan is a state of man so rapes are bound to happen. She even lambasted on police for not reporting the FIR of the victims.

Dr Shobha Vijender in her fiery speech said that we should keep in mind that men are responsible for such a huge number of rape cases in Rajasthan, not the women so there is an urgent need for men to learn to behave. The stakeholders from Police to Judiciary are equally responsible but the role of society cannot be minimized when the victim begs for help while roaming on streets naked. The worrisome fact is the Government ignores crime against women the most. According to her, there is primary, secondary and tertiary effect of the crime against women in the society at large. The tertiary effect on the mindset of the people is so huge that the parents do not want girl child. The situation is gruesome and therefore

women should come forward and vote for the right people who promise them to make women safe and empower. “Mai Bhi Police” is being propagated by her and she further said that every citizen is police.



The former DGP Mr KL Barwa also said that the kind of leadership in the state matters for the women friendly society. He said that now police usually register the complaints of the victims. He was of the opinion that every stakeholder is responsible for bringing a change in the society.

Prof. Alpana Kateja in her closing remarks said that the ten days long Navratre festival is just at our doors when we worshipped our daughters. She appealed the entire menfolk to take a pledge to respect the women. The presentation of data and video were really eye openers.

Dr. Shobha Vijender also presented her book to the Chairperson, NCW and other dignitaries sitting on the dias.



Neeta Boochra, Social Entrepreneur thanked everyone for supporting the cause by their gracious presence. The program lasted for 3 hours. In the end high tea was served.

14th October, 2024

Breast Cancer awareness program by Sampurna

Today 14th October, 2023 Sampurna in association with Delhi Midtown Ladies Circle India organized a breast cancer awareness program and Nukkad Nattak in Sampurna Community Center, Rajapur Village, Sector-9, Rohini. More than 100 ladies were attended the session. Awareness session was started by giving the introduction of all team members of Sampurna. The main motive of the session is to educate and empower mothers, daughters, teachers from underprivileged backgrounds.

Team of Ladies Circle India was presented a Nukkad Nattak on the theme of breast cancer. In Nuttak Nattak, they give important message to all participants by showing charts related to cure breast cancer. Pink balloons created a visually impactful atmosphere.

Dr. Hasan Nawaz Zaidi, Professor & HOD from Santosh Medical College in his speech said that breast cancer has become a common problem for women affected by breast cancer. Every woman understands what breast cancer is, how it can be prevented and what precautions should be taken. Upon detection, the doctors advised further screening as well.

Dr. Shobha Vijender, Founder President of Sampurna said that Sampurna has been organizing health camps, OPD's time to time to keep the citizens of Delhi safe from illnesses. She said that integrated health services are the focal point of Sampurna. She added that deadly diseases like cancer need early detection, especially for our senior citizens. In the end the team of the doctor and those who attended the camp also appreciated each other.

In this program ACP Monika Bansal grace the program. Ladies from local community, volunteers and associate members of Sampurna were also present.



Breast Cancer Awareness Program by Sampurna

14th October, 2024

Associate Member Meeting

Agenda:

Discussion on:

- A. Attended International Conference in Gandhi Nagar.
- B. Book Launching.
- C. Internal Complaint Committee.
- D. Micro Level Projects.
- E. Any other issue with the permission of the chair.

The Associate members meeting was attended by both the Executive and Associate Members. Dr Shobha Vijender, the Founder President, chaired the meeting.

She placed the report of last month's activities on the table. The last month was full of Micro and Macro level activities. Dr. Shobha Vijender informed that she went to NFSU Gandhi Nagar with Gen. Sect. Tanvi Grover to speak on the subject counselling and supportive services. The international conference was organized by World Society of Victimology. The delegates appreciated the work done by the family counselling centre in Sampurna. The conference took place on 13th September to 15th September in Gujrat.

The second event was book launching by Dr. Shobha Vijender on the topic – “Broken Brides: Domestic Violence in India” at SAMVET auditorium IGNC New Delhi. The book is based on the real-life stories of women who have come to the family counselling centre Sampurna. Some of the members are visiting the Institution and Colleges as internal complaint committee member under the Prevention of Sexual Harassment of Women at Workplace. Chitra Aggarwal reported that Micro level activities are at its peak. when she said that both the micro and macro level activities in Sampurna concentrating the welfare of women and children are increasing every day. All the members clapped with joy and in self-appreciation. The meeting ended with votes of thanks by Nirmala Chahal the Treasurer.

09 November, 2023

A delightful Green Diwali Mela was organized by Sampurna in Sector-18 Rohini, Delhi. The Mela was graced by the presence of Delhi BJP President Shri Virender Sachdeva and former President of Delhi BJP, MLA from Rohini, Shri Vijender Gupta as the chief guest.

Shri Virender Sachdeva, in his opening speech, commended Sampurna's efforts in running various activities across Delhi and Bharat aimed at community upliftment. He highlighted Sampurna's initiatives on women's safety, economic self-reliance, and environmental awareness. He urged Sampurna and its volunteers to amplify their efforts, especially in light of rising pollution in Delhi.

Chief Guest Shri Vijender Gupta extended warm Diwali wishes to the people of Rohini and emphasized the importance of maintaining cleanliness and greenery in the area. The Diwali Mela organized by Sampurna received widespread appreciation.

Visitors at the Mela indulged in Diwali shopping while senior citizens shared their poetry. The cultural performances by the Punjabi Academy's team added charm to the event, with attendees enjoying classical music.

A #5pointsenvironmentfriendlyagenda was discussed with RWA Presidents, focusing on various environmental aspects. Dr. Shobha Vijender elaborated on supporting women and children in crisis situations, urging everyone to join Sampurna's activities.

Notable figures like Delhi Haj Committee Chairperson Kausar Jahan, Additional Commissioner Aarti Sharma, and psychologist Archana Bansal participated in discussions.

In her closing remarks, Advocate General Bansuri Swaraj praised Sampurna's efforts in organizing a delightful Harit Diwali Mela.



Sampurna organized a Green Diwali Mela

29th November, 2023

Dr. Shobha Vijender, the Founder President of Sampurna, was invited by Guru Gobind Singh College to discuss the cases handled by Sampurna and provide solutions. Accompanied by the Sampurna team, Dr. Shobha Vijender showcased the organization's work to the students, faculty, and the college principal, Dr. J.B. Singh.

During the session, Dr. Shobha Vijender emphasized the diligent efforts of Sampurna and discussed the current scenario of violence at home. The session lasted for two hours and provided a valuable opportunity to inform and engage students, encouraging them to take a pledge to say "No to Violence."

09th December, 2023

Associate and Executive Members Meeting

Today, An Associate members meeting held in the premises of Sampurna. Asha Jain the working president presided over the meeting. She welcomed the associate and executive members. When Asha Jain said "Jai Shree Ram", Everybody chanted "Jai Shree Ram" this is how the meeting began. Asha Jain kept the agenda to light 1 Crore 11 Thousand Diya on the occasion of Ramlala Pran Pratishtha Samaroh. A huge number of participants are over whelmed describing that how they are going door to door to join hands with Sampurna enlighten the 1 Crore 11 Thousand Diyas. Sushma Ajay Tripathi was telling that she has organised mega events like painting and poem competition on Shree Ram as well as she is covering entire Pitampura. Chitra Aggarwal the General Secretary is giving her 18 hours in a day to spread a void about the pledge of Sampurna and to support the campaign. The 50 member's strong team again took an oath to complete the task. The meeting ended chanting the "Jai Shree Ram".

Date: 05th January, 2024

Sampurna Unveils Grand Initiatives in Lead-up to Lord Shri Ram Temple Consecration Ceremony

Dr. Shobha Vijender, Founder President of Sampurna NGO, addressed a press conference today, unveiling a series of impactful initiatives leading up to the consecration ceremony of the Lord Shri Ram Temple in Ayodhya. She shared the following programs:-

Painting Event on January 7, 2024: Sampurna is organizing a massive painting event at Lodhi Garden on January 7, 2024, at 11:30 AM. Children and adults alike will express their emotions on the theme "MERE PRABHU RAM." The event will witness the participation of 100 children adorned in costumes of

Gods and Goddesses, with the support of Ekal and the inclusion of children from orphanages and special homes.

Unique Diya Lighting Campaign on January 22, 2024: As part of the consecration ceremony on January 22, 2024, Sampurna is launching a special campaign to light 11 diyas at every home, shop, institution, closed houses etc at 6 pm. This symbolic act represents collective devotion and unity beyond economic status, caste, and religion. The ambitious goal is to light 1 crore and 11 thousand diyas across Delhi.

500 Lord Rama-Centric Activities: Sampurna has undertaken a massive campaign with 500 Lord Rama-centric activities, engaging people from all walks of life, including the rich, the poor, those residing in government and NGO-run homes, as well as those living on the streets.

Past Achievements and Advocacy: Sampurna played a pivotal role during the Ram Mandir case, advocating for the construction of the temple. Noteworthy events include the establishment of a Ram Temple on Sampurna's premises and the collection of funds dedicated to the President of Vishwa Hindu Parishad.

Current Initiatives: Current activities include painting competitions, participation in religious and social gatherings, Kavi Samellans, distribution of Ram Dwaja, diyas, batis, and oil, Rampath, Ram Yatras, and the uploading of videos on various social networking platforms.

Unified Efforts: The organization boasts a team of 1008 volunteers available 24/7, facilitating communication with individuals in various religious and social functions. Additionally, Sampurna is supporting other organizations in conducting Ram-centric activities.

Dr. Shobha Vijender's Message: Dr. Shobha Vijender emphasized that these initiatives are not only of great religious importance but also symbols of unity and communal harmony. The events aim to honour Lord Ram as Rashtropurush, fostering collective reverence beyond boundaries. After the address tea/ coffee served with snacks.

Date: 07th January, 2024

Drawing Competition on MERE PRABHU RAM at Lodhi Garden

Sampurna organized a huge drawing competition at Lodhi Garden today at 11:30 AM as an activity to unveil grand initiatives in Lead-up to Lord Shri Ram Temple Consecration Ceremony. Thousands of children and adults participated. Some of them came as Hindu God and Goddesses.

Children and adults expressed their emotions on the theme "MERE PRABHU RAM." The event witnessed the participation of 100 children

adorned in costumes of Gods and Goddesses, with the support of Ekal and the inclusion of children from orphanages and special homes. As part of the consecration ceremony on January 22, 2024, Sampurna has launched a special campaign to light 11 diyas at every home, shop, institution, closed houses etc at 6 pm. This symbolic act represents collective devotion and unity beyond economic status, caste, and religion. The ambitious goal is to light 1 crore and 11 thousand diyas across Delhi.

A serene scene was created in Lodhi Garden. The NDMC Vice Chairman Shri Satish Upadhyay and MLA, Rohini, Shri Vijender Gupta jointly inaugurated the competition which was divided in three categories. The management of Sampurna and Ekal welcomed the distinguished guests with a kit of diyas. The children performed cultural programs and the visitors at Lodhi Garden mesmerized to see the dancing God and Goddesses. The best performers were given prizes and participation certificates were distributed to each participant.

Dr. Shobha Vijender the founder president of Sampurna thanked everyone for their support and participation. Rakesh Bansal from Ekal Vidyalaya also expressed his gratitude to the children for their participation. The Ram Path, the rally chanting Jai Shri Ram in and around at Lodhi Garden was also done under the leadership of Dr. Shobha Vijender. The refreshment was also distributed at last. The Ex. Councillor, Chitra Aggarwal, Councillor Smita Kaushik, Anil Goel, Nirmala Chahal, Pawan Gaur, Sanjay Gautam were also present.



प्राण प्रतिष्ठा समारोह के उपलक्ष में सम्पूर्णा द्वारा ड्राइंग प्रतियोगिता का आयोजन

Date: 07th January, 2024

Kavi Sammellan on MERE PRABHU RAM at Technia Auditorium

Sampurna, today organized a spectacular Kavi Sammellan at Technia Auditorium in Rohini. The Kavi Sammellan, held on January 7, 2024, at 06:00 PM, marked a significant activity leading up to the consecration ceremony of the Lord Shri Ram in Ayodhya.

Under the theme "MERE PRABHU RAM," the Grand Kavi Sammellan saw the participation of renowned poets who beautifully expressed their emotions through devotional poems dedicated to Ramlala. The event witnessed an overwhelming turnout, with more than 400 people in attendance.

International fame poets such as Shri Praveen Shukla, Saurabh Jain, Vinay Vinamra, Prateek Gupta, Rajesh Aggarwal, and Anil Agarvanshi graced the occasion, captivating the audience with their soul-stirring performances. Poets Praveen Shukla and Saurabh Jain moved the audience to tears as they recited the 500-year-long struggle to rebuild the Ram Mandir in Ayodhya.

As a part of the lead-up to the consecration ceremony scheduled for January 22, 2024, Sampurna has initiated a special campaign. The campaign encourages the lighting of 11 diyas at every home, shop, institution, and closed space at 6 pm. This symbolic act aims to signify collective devotion and unity, transcending economic status, caste, and religion. The ambitious goal is to illuminate 1 crore and 11 thousand diyas across Delhi.

The Technia Auditorium was transformed into a serene scene, graced by the presence of dignitaries such as MLA Rohini, Shri Vijender Gupta, Councillor Meenu Gupta, Neelam Goel, Surjit Thakur, Bhagat Ji, and Pravesh Wahi. The audience was delighted to have the public representatives sitting among them, extending warm greetings to the poets.

The main organizers, Area Councillor Smita Kaushik and Pankaj Gupta, orchestrated the event seamlessly. Sampurna's management welcomed the distinguished guests with a kit of diyas. The children from Jhankar Dance & Music Academy added a vibrant touch with their dance performances dedicated to Lord Rama, and the best performers were duly rewarded.

Dr. Shobha Vijender, the founder president of Sampurna, expressed gratitude to everyone for their support and active participation. She urged the community not only to light diyas on January 22, 2024, but also to raise awareness among children and adults about the 500-year-long struggle when Lord Rama's existence was questioned by unscrupulous minds. Under the leadership of our Raj Rishi PM Shri Narendra Modi Ji, India's glory has been restored, and it is our responsibility to instill pride in our heritage and culture in the younger generation.

Smita Kaushik and her team extended heartfelt thanks to everyone involved in making the event a success. The evening concluded with a delightful Rambhoj, bringing everyone together in celebration.



प्राण प्रतिष्ठा समारोह के उपलक्ष में सम्पूर्णा द्वारा कवि सम्मेलन का आयोजन

12th-13th January, 2024

Dr. Shobha Vijender, represented Sampurna in an International Roundtable - Panaji, Goa 12th -13th January 2024 on Tackling Child Sexual Exploitation and Rape and Sexual Assault: A Victim Centric Approach. The Senior Advocate and former Additional Solicitor General of India Dr Pinky Anand was the Chair. The British High Commission and UK Home Office were the partners in the event Panaji, Goa on 12th – 13th January 2024. The UK delegation was led by the British High Commission and guest speaker Professor John Parkinson OBE. The founder president participated in the panel discussion: Prevention of Rape and Sexual Assault (RSA). The other co-panellist were Alison Eaton, Senior Safeguarding Advisor, International Programmes, UK Home Office, Auda Viegas, President of Bailancho Ekvott, One Stop Centre (South Goa), Pratikshya Priyadarshini, Senior Research Associate Cehat (Mumbai-based NGO), Mr Rajiv Jain, Member National Human Rights Commission, Dr Poonam Muttreja, Executive Director Population Foundation of India, Dr Shobha Vijender, Founder Sampurna NGO, Delhi, Dr Natasha Bhardwaj, Technical Consultant UN Women India; Founder, South Asian Institute of Crime & Justice Studies, Ms Ranjita Rai, Chairperson, Goa State Commission for Women. The most amazing thing about the event was that the attendees and co-panellist appreciated the initiatives of Sampurna in minimizing the domestic violence.

Date: 13th January, 2024

Associate Members Meeting

The Associate members meeting was organized today in #Sampurna. Dr. Shobha Vijender founder president chaired the meeting. In her opening speech, she said that the volunteers of #Sampurna are working to light 1 Crore 11 Thousand Diya on the occasion of Ramlala Pran Pratishtha Samaroh for the last 58 days. #Sampurna has planned to organize 500 activities focusing on Ramlala. She said that it is important to mention that more than 400 such activities have completed so far. A large number of painting competitions, speech competitions, essay competitions and poem competitions have taken place. The Ram Bhakts all around Delhi are coming and participating in the activities relating to Ramlala. It was such an honour that people themselves come forward and request the volunteers of #Sampurna to join the Ramlala campaign. Dr. Shobha Vijender in a brief speech told the members that #Sampurna is social welfare organization which is basically working for women empowerment and environment but everything is being run by Lord Rama and his 5 years old statue is being consecrated on 22nd January, 2024 therefore, everybody decided to devote their time for telling the people the struggle of 5 centuries for the day to celebrate. So, the main agenda of the meeting was to review the progress made the last 58 days for the 22nd January, 2024 and what else needs to be done.

Date: 20th January, 2024

Sarva Dharma Gosthi: Ram Rajya ki Parikalpana

On January 20, Sarva Dharma Gosthi – Ram Rajya was organized by Sampurna at Speaker Hall, Constitution Club, Delhi. On this occasion, scholars and eminent Dharmagurus of all religions and sects including Mr. Goswami Sushil Ji Maharaj, Rev. Father Sebastian Kolithanam, Maharishi Shri Yogabhusan Ji Maharaj, Maulana Muhammad Ejazur Rahman Shaheen Qasmi, Acharya Yeshi Phuntsok, Shri Firoz Bakht Ahmed, Mahasadhvi Dr. Rashmi Ji Maharaj, Mohammad Faiz Khan, Mrs. Sukhbir Kaur Bindra, Rev. Dr. Robbie Kannanchira, Anuradha Sharma were present. They expressed their feelings on the concept of Ramrajya through the ideas of their respective religions. In this, Maulana Muhammad Ajazur Rahman Shaheen Qasmi said that Lord Ram is omnipresent. According to Islam, the greatest worship is not to hurt anyone. He said that Ramrajya means that we should not hurt anyone. Maharshi Shri Yogbhusan Ji Maharaj has envisioned Ramrajya as following the principle of non-violence. Firoz Bakht Ahmed is a thinker as well as a scholar. He said that he is a descendant of Maulana Azad who considered Hinduism not as a religion but way of life. The renowned Cow protector Faiz Khan emphatically said that Sita Mata was in the form of Ashtadevi and according to some she was sent to another exile by Lord Rama this is not right, as Maa Sita is the form of Shakti in herself. Dr. Shobha Vijendra requested every person, whether Hindu, Muslim, Sikh, Buddhist or Parsi, poor, rich, living in a cottage or sleeping on the street, to light 11diyas on 22nd January, 6.00 PM in the consecration ceremony of Rashtrapurush Maryada Purushottam Lord Shri Ram.

As it is known that Sampurna has been working for the last 30 years and during this time Sampurna has continuously raised her voice on various social, political and religious points. It is known to everyone's memory that the consecration ceremony of Lord Ramlala is going to be held in the grand Ram temple in Ayodhya. In this campaign, programs like painting art competition, Ram seminars, Ram dance etc. on Ram are being organized from 17th November. Sampurna has done 475 such tasks. In the end, The Chief Editor of Global Bihar. Com thanked everybody for their participation and high tea was served.



प्राण प्रतिष्ठा समारोह के उपलक्ष में सम्पूर्णा द्वारा सर्वधर्म गोष्ठी का आयोजन

24th January, 2024

#HarGhar11Deepak, #1Crore11Thousand Deepak

22 तारीख 2024 को दिल्ली में चहुँ ओर सांयकाल दीप पंक्तियाँ सजी। अद्बुध प्रकाश की रोशनी से, दिल्ली अवधपुरी जैसे नज़र आ रही थी। सम्पूर्णा के सभी सदस्य आनंद के रस में सराबोर होकर परम् संतुष्टि की डुबकी लगा रहे थे। रामलला पुनः प्रतिष्ठित हो गए और उसी शाम सम्पूर्णा का 1 करोड़ 11 हज़ार राम ज्योति प्रज्वलित करने का प्रयास भी पूर्ण हुआ। ऐसा लगा मानो समस्त दिल्ली वासी प्रकाशोत्सव करके राम ध्वजा को पूरे विश्व में लहराने को संकल्पित हो रहे हैं। मैं ऐसा नहीं कहती कि उस दिन दिल्ली में हुए विराट प्रकटीकरण के लिए सम्पूर्णा उत्तरदायी है मैं तो बहुत नम्रता से एक सामाजिक संस्था के सार्थक प्रयासों और उसमें लगे सैकड़ों राम भक्तों और दिल्ली के आम और खास नागरिक, संस्थाएँ और उपेक्षित घर के सहयोग और संकल्प का वंदन और अभिनन्दन करना चाहती हूँ। सम्पूर्णा के सभी कार्यकर्ता 17 नवम्बर से अपने गिलहरी प्रयास में लगे थे। एक तरफ राममय कार्यक्रम कर, वे जनता को 500 वर्ष के संघर्ष की कहानी सुना रहे थे तो दूसरी ओर सादर हाथ जोड़कर सबका दीप प्रज्वलन में योगदान मांग रहे थे। सबके मन में अग्नि जल रही थी 500 साल से लगातार राम भक्तों ने अपने इष्ट देवता के मन्दिर के निर्माण के लिए संघर्ष किया। हिन्दू मान्यताओं के अनुसार जहाँ इस भव्य मन्दिर का निर्माण हुआ है वह भगवान श्रीराम का जन्म स्थान है। 15वीं शताब्दी में मुगलों ने हिन्दू मंदिर को खंडित कर बाबरी मस्जिद का निर्माण किया। यह विवाद 1850 के दशक में हिंसक रूप में सामने आया। कानूनी लड़ाई भी कम पेचीदा नहीं थी। 2019 में इस विवाद पर उच्चतम न्यायालय ने निर्णय लिया और इस भूमि को सरकार द्वारा गठित श्रीराम जन्म भूमि तीर्थ क्षेत्र ट्रस्ट को सौंप दिया। तब से लेकर न जाने कितने रामभक्तों ने अपने प्राण न्यौछावर किए। और तब से लेकर अब तक एक अनुमान अनुसार 2 लाख 75 हज़ार लोगों ने अपने जीवन को लील कर दिया।

इस जन जागरण को सफल बनाने में 1008 कार्यकर्ताओं ने 70 दिनों तक अपनी आहुति दी और 22 जनवरी के ऐतिहासिक दिन को रामलला के दूरदर्शन पर दर्शन कर 1 करोड़ 11 हज़ार दीपक की श्रृंखलाएँ दिल्ली के प्रत्येक घर, स्कूल, अस्पताल, कोर्ट, दुकान, पटरी, पार्क, सड़क, गली, खिड़की, दरवाज़े में प्रज्वलित कर पूर्ण आहुति दी। यह कुछ और नहीं दिल्ली में रहने वाली ढाई करोड़ जनता का रामलला के प्राण प्रतिष्ठा समारोह पर एक छोटा सा अभिनन्दन था। सबसे अधिक सुखद बात तो यह थी कि महिला राम भक्तों ने इस कार्यक्रम को सफल बनाने में अपने शरीर, हृदय और आत्मा सबको समर्पित कर दिया।



यहाँ पर सम्पूर्णा के विषय में बताना अति आवश्यक है कि सम्पूर्णा एक सामाजिक संस्था है जो पिछले 30 वर्षों से दिल्ली और आस पास के राज्यों में महिला सशक्तिकरण तथा पर्यावरण के लिए निरन्तर कार्य करती आ रही है। संस्था विभिन्न प्रकार के नारी सशक्तिकरण प्रकल्प चला रही है जैसे कि सिलाई, कढ़ाई, ब्यूटीशियन, आर्ट एण्ड क्राफ्ट, बालिका आत्मरक्षा प्रशिक्षण, कम्प्यूटर प्रशिक्षण, सामूहिक विवाह, शोध सेमिनार, परिवार परामर्श केंद्र, वरिष्ठ नागरिक मनोरंजन केंद्र तथा पर्यावरण प्रकल्प, वर्षा जल संचयन, सौर ऊर्जा, जैविक खाद प्रचार और प्रसार, कूड़े का पृथक्कीकरण, कपड़े के थैले बनाना इत्यादि। सम्पूर्णा ने विभिन्न सामाजिक, राजनैतिक एवं धार्मिक बिन्दुओं पर लगातार आवाज उठाई है। जब राम मंदिर का मामला उच्चतम न्यायालय में लम्बित था। कांग्रेस पार्टी और उसके नेता कपिल सिब्बल द्वारा लगातार यह कोशिश की जा रही थी कि राम मंदिर को लेकर कोई फैसला न आए। उस समय सम्पूर्णा के कार्यकर्ताओं ने दिल्ली के कोने-कोने में जाकर कांग्रेस पार्टी के इस कुकृत्य से सबको अवगत कराया था। 08 दिसम्बर, 2018 को दिल्ली के रोहिणी क्षेत्र में दीपावली मनाई

और सैकड़ों की संख्या के बीच राम मंदिर निर्माण का आह्वान किया गया। इस कार्यक्रम के मुख्य अतिथि विश्व हिन्दू परिषद के तत्कालीन अन्तर्राष्ट्रीय उपाध्यक्ष श्री चम्पत राय जी थे ।



इस कड़ी में सम्पूर्णा द्वारा 04 फरवरी 2020 को रोहिणी में श्रीराम मंदिर स्थापित कर, सैकड़ों लोगों द्वारा प्रतिदिन राम लला की आरती की गई और अयोध्या में श्रीराम मन्दिर के पुनः भव्य निर्माण के लिए धन संग्रह किया गया। 14 फरवरी 2020 को विश्व हिन्दू परिषद के अध्यक्ष श्री आलोक कुमार जी को कृतज्ञता के भाव से धनराशि समर्पित की गई। सम्पूर्णा ने 17 नवम्बर 2023 को संकल्प लिया था कि सोमवार 22 जनवरी, 2024 को दिल्ली के हर घर द्वार पर 11 दीपक प्रज्वलित करके हम अद्भुत दीपावली मनाएंगे। अनेकों संस्थाओं से संधि कर सबने मिलकर 1 करोड़, 11 हजार दीपक प्रज्वलित किए। इस अभियान में मेरे प्रभु राम विषय पर चित्र कला प्रतियोगिताएँ, राम गोष्ठियाँ, राम नृत्य, राम लेखन प्रतियोगिताएँ, रामपथ, राम ध्वजा वितरण, राम अक्षत वितरण, राम कीर्तन, राम सम्मेलन, राम शोभा यात्रा, आदि कार्यक्रम आयोजित किए गए। और आज यह कहते हुए मैं गौरान्वित हो रही हूँ। और 1 करोड़, 11 हजार दीपक प्रज्वलित करने का संकल्प छोटा नहीं था इसको सफल बनाने के लिए हमने 526 प्रकल्प किए। 20 जनवरी को दिल्ली में स्थित कांस्टिट्यूशन क्लब, स्पीकर हाल पर सर्व धर्म गोष्ठी ने सामाजिक समरसता के नये आयाम स्थापित किए ।



मुझे यह कहते हुए अपार हर्ष हो रहा है कि सम्पूर्णा के स्वयंसेवक एवं कार्यकर्ताओं ने हिंदू, मुसलमान, सिक्ख, ईसाई, बौद्ध, पारसी, जैन, गरीब, अमीर, कोठी में रहने वाले या सड़क पर सोने वाले हर व्यक्ति से सम्पर्क किया। वरिष्ठ नागरिक, स्त्री, पुरुष, युवा या बालक सभी ने प्राण प्रतिष्ठा के पुनीत अवसर पर स्वयं को जुड़ा महसूस किया।

देश की 140 करोड़ जनता, अयोध्या नगरी को एक तीर्थ के रूप में विकसित होते हुए देखकर गद-गद है। सर्वश्रेष्ठ बात तो यह है कि केवल हिन्दू ही नहीं बल्कि सभी मतावलम्बी भगवान राम के आदर्शों को हृदय में विराजमान करने को उत्सुक है। सम्पूर्णा संकल्प लेती है कि वह पहले स्वयं और फिर दिल्लीवासियों को आदर्श जीवनशैली और राम से प्रेरित मानवीय मूल्यों के साथ आगे बढ़ने को संकल्पित करेगी। भारत के विश्वगुरु होने का यही एक पथ है।

सम्पूर्णा की संस्थापिका के नाते, मेने इस अभियान की सफलता और सबको संकल्पित करने हेतु दिल्ली और देश के विशिष्ठ जन जैसे आलोक कुमार जी विश्व हिन्दू परिषद्, डॉ.असीवानन्द अचारी,



श्रीमान संजय पोद्दार, राकेश शर्मा, मोहन गर्ग, श्रीमती विजया राहटकर, रेखा शर्मा, श्रीमती रश्मि गोयला, श्रीमान सुरेश जैन, बालाजी मंदिर प्रमुख श्रीमान शर्मा जी, श्री विजेन्द्र गुप्ता, श्री विजय गोयल, श्री अजय भाई, श्री नरेंद्र कुमार, आशुतोष महाराज जी, श्रीमान अमित गोयल प्रबंधक पायनियर, दीपक पर्वतियार, गोस्वामी सुशील जी महाराज, रेव्ह फादर सेबेस्टियन कोलिथानम, मंत्र महर्षि श्री योगभूषण जी महाराज, मौलाना मुहम्मद एजाजुर रहमान शाहीन क्रासमी, आचार्य येशी फुंत्सोक, फ़िरोज़ बख्त अहमद, उप प्रवर्तिनी दिव्य साधिका महासाध्वी रश्मि जी महाराज, मोहम्मद फैज़ खान, सुखबीर कौर बिंद्रा, रेव्ह डॉ. फादर

रॉबी कन्ननचिरा, अनुराधा शर्मा, NDMC चेयरमैन सतीश उपाध्याय, NDMC सदस्या विशाखा सैलानी, भाजपा के प्रदेश अध्यक्ष वीरेन्द्र सचदेवा, बांसुरी स्वराज मंत्री भारतीय जनता पार्टी दिल्ली प्रदेश, सुमन नाहटा, आइना नायर OSD mygov, अंबिका नायर, हरजिंदर कौर, निधि गोयल FICCI FLO, नेहा गर्ग, शिखा राय, निगमपार्षद स्मिता कौशिक, प्रवेश वाही, अंजू अमन, अनिल अग्रवंशी, अंतर्राष्ट्रीय कवि राजेश चेतन, आदि से व्यक्तिगत साक्षात्कार किया। हमारी सदस्य अनुश्री ने सभी स्कूलों में जाकर राम चित्रकला प्रतियोगिता आयोजित की। यह बताते हुए अपार प्रसन्नता हो रही है कि पूरी दिल्ली में गैर सरकारी स्कूलों ने सम्पूर्णा द्वारा आयोजित प्रतियोगिताओं में धूम मचा दी। यहाँ पर यह भी बताने योग्य तथ्य है कि दिल्ली के स्कूल वालों ने भी दिल खोलकर इस कार्य में सहयोग किया इस प्रकार का वातावरण बन पड़ा था कि हर स्कूल वाला आगे बढ़कर इस कार्य को करने में तत्पर हो रहा था। इसी श्रंखला को आगे बढ़ाते हुए स्मिता कौशिक और पंकज अग्रवाल ने पूरी दिल्ली में कवि सम्मेलनों की ऐसी झड़ी लगाई कि जिनके माध्यम से लाखों लोग राम रस में मानो डूब ही गए। नीलम जैन अपना घरबार छोड़कर सम्पूर्णा के द्वारा छपवाए गए पैम्फलेट बाँटें गए तथा जन जन को दीप प्रज्वलित करने के लिए प्रोत्साहित किया गया।

Date: 09th February, 2024

The "Breast Cancer Awareness" program was organized by #Sampurna today. The camp commenced at 1:30 pm at the Sampurna Centre, Sector 9, Rohini, with 35 women in attendance. The initiative was facilitated by Apollo Hospital, with community mobilizers Sarika and Priyanka, supported by #Sampurna, reaching out to Rajapur Village to encourage both old and young women to attend the awareness session at Sampurna.

During the camp, doctors emphasized to the participants that breast cancer can be prevented if symptoms are detected early. Self-examination was highlighted as the best technique to check for symptoms. All women present at the program attentively listened to the doctors' advice, and actively engaged by asking questions to gain further clarity on the subject.

Contributions from key figures such as Asha Jain, Working President; Tanvi Grover, Sampurna General Secretary; and Anushree, Sampurna volunteer, played a significant role in the success of the program. Additionally, three women named Chanda, Kiran, and Seema were referred by the team to undergo mammography at Maharaja Agrasen Hospital, Sector-24, Rohini, further emphasizing the commitment to women's health and well-being.

Date: 14th February, 2024

Today, the team of #Sampurna convened a meeting with environmentalist Jeev Kant Jha at another office of Sampurna located at 14, School Lane Bengali Market, New Delhi. During the meeting, Mr. Jha impressed all of us with the data he revealed regarding the deteriorating situation of different aspects of the environment. He highlighted alarming issues such as dying rivers, disappearing water bodies, vanishing wetlands, and the impending scarcity of water. Since #Sampurna is also addressing some of these environmental issues, Mr. Jha's subject knowledge could prove to be an invaluable asset for our future programs.

Deepak Parvatiyar, the water expert, raised concerns about the wastage of water in Delhi due to RO systems. He emphasized that a significant quantity of water is wasted during the purification process by RO systems. Mr. Jha then discussed at length about a research-based system manufactured by BHABHA Atomic Research Centre.

Arun Tiwari, a postgraduate from IIT Delhi and affiliated with BHABHA Atomic Research Centre, informed the members that the water supplied by Delhi Jal Board meets the standards of drinkable water. However, he pointed out that defective and obsolete pipelines are responsible for contaminating the water, thus contributing to the growing business of RO systems. Many people are unaware that water from RO systems lacks essential minerals, leading to health issues such as bone, heart, kidney, and dental problems. As a result, the health budget of individuals has increased by 35%. In Delhi alone, there are 80 lakh domestic RO systems installed, resulting in a wastage of 4 crore litres of water every day. The meeting served as a real eye-opener, shedding light on critical environmental and health issues plaguing the region.

Date: 16th February, 2024

The team from Sampurna attended the World Book Fair today. Dr. Shobha Vijender took the opportunity to address the audience on the prevalent issue of domestic violence in India. She showcased her work through her book titled "Broken Brides: Domestic Violence in India". Dr. Shobha Vijender, the founder president of #Sampurna, emphasized the importance of addressing this critical social issue. Her spotlight presentation on domestic violence took place at Hall No. 5, C-13, Pragati Maidan, during the book fair, which lasted for 9 days from 10th to 18th February 2024.

The book "Broken Brides: Domestic Violence in India" is based on firsthand knowledge gathered from domestic violence survivors. Through her work and presentation, Dr. Shobha Vijender aimed to raise awareness and spark conversations about the challenges faced by victims of domestic violence in India. The book fair provided a platform for discussing such crucial societal issues and promoting solutions for a safer and more equitable society.

Date: 23rd February, 2024

Today, #Sampurna organized a Premarital Counseling workshop on the premises of #Sampurna. Confusions and conflicts after marriage have become common and divorce cases are on the rise. According to an estimate, in 2019, 1,000 cases were registered for divorce, which has increased to more than 10,000 today. #Sampurna has been running many programs for women empowerment for the last 30 years. Both boys and girls suffering from domestic violence come to Sampurna's family counseling center every day. Hence, today Sampurna conducted a premarital counseling workshop atleast to reduce the number of conflicts and divorces after marriage. Young men and women ready

for marriage, along with their families, participated in it. In the workshop, they were prepared for the mental, social, and family changes that take place after marriage. The participating youth were given information and instructions to strengthen their relationships.

Dr. Shobha Vijender gave pre-marriage counseling in a social context. She said that if marriage is not a science, then neither is it magic nor gambling. To maintain this relationship, patience, sacrifice, love, and trust are required. If you hold someone's hand, then your priority should be not to leave each other and stay together through thick and thin. However, premarital counseling prepares you for the big event of your life. The therapy has a cumulative effect on the mental conditions of the couple and the families, which ultimately leads to better communities.

In this workshop, Archana, a famous psychologist, explained the importance of couple relationship development, conflict management, communication skills, and family relationships, while Anuradha Sharma focused on important aspects of marriage from a spiritual perspective. She said that the boy, girl, and family should be made to understand that marriage is the union of Shiva and Shakti. Without Shakti, Shiva is like a dead body, so Shakti is not possible without Shiva. She talked about honesty in marriage with many examples. Extramarital affairs are the enemy of the sacrament of marriage. The misconceptions being spread through social media can also be dispelled through pre-marriage counseling.

Shivani ji from District Legal Services Authority (DLSA) participated in it and said that this workshop of pre-marriage counseling by Sampurna can prevent many cases from coming to court. In the end, everyone discussed this topic over tea also.

01st March, 2024

Today, Dr. Shobha Vijender, the Founder President, warmly greeted the members, expressing that February had been exceptionally busy due to the compiling of the report on the 1 crore 11 thousand Deepak campaign run by Sampurna. When Sampurna planned to organize such a massive campaign on November 17th, 2023, it was beyond anyone's wildest dreams that we could execute 5-6 activities centered around Lord Rama. Compiling these activities was a Herculean task, undertaken with great devotion by all volunteers and staff, resulting in the postponement of the associate members meeting.

Dr. Shobha Vijender has been steering the organization without any government funds for several years now, relying solely on the selfless dedication of volunteers. This achievement was acknowledged with resounding applause from all the members, highlighting their collective commitment to the cause. Dr. Shobha Vijender further informed the members that she is leaving no stone unturned to showcase the remarkable work of Sampurna.

On February 29th, Dr. Shobha Vijender participated in the gratitude walk, emphasizing the importance of acknowledging and appreciating the efforts of all involved. She conveyed that this associate member meeting marks the culmination of the financial year 2023-24. Expressing gratitude for their unwavering support and active participation, she looked forward to reconvening in the next financial year, 2024-25, for yet another enriching associate members' meet.

07th March, 2024

Sampurna Haat at Aman Apartment, Sector-13, Rohini

During the Corona times, Sampurna took the initiative to establish Sampurna Haat within the premises of Sampurna, providing an opportunity for women to barter their products, especially food items. The executive of Sampurna has decided to reintroduce Sampurna Haat. The first such Haat outside the premises of Sampurna took place in Aman Apartment, Sector-13, Rohini. The Sampurna volunteer was instrumental in making this a success. A large number of women came forward and set up their stalls. The Sampurna Haat was filled with handmade items. Some women even brought cooked items, and the baked goods stall received appreciation from all attendees. The management of Aman Apartment participated enthusiastically in the event. Dr. Shobha Vijender spoke on happiness, and the session was well-received. It is to be noted that Sampurna believes in the overall development of girls and women; therefore, Sampurna Haat provides an opportunity to learn, share, and earn.



Sampurna Haat at Aman Apartment

14 March, 2024

Sampurna Set up a Sampurna Haat

Sampurna is organising a Sampurna Haat on weekly basis. The bags, sarees, organic spices, different type of pickles, chocolates, handkerchiefs and kurtis are showcased there. On 14th March, 2024, the Sampurna Haat was organized at Neelgiri Apartment in Sector-9 in the midst of thickly populated area of Co-operative Societies. Women with small amounts in their hands were purchasing the products of their choice at their doorsteps. Pratiksha Sharma, the teacher of art and craft, was the convenor of this haat in Neelgiri Apartment. Women were praising the efforts of Sampurna in reaching out to those women who are small entrepreneurs especially from north west district of Delhi. Sampurna Haat was a great success. In the end, Dr. Shobha Vijender gave a brief speech about the activities of Sampurna.

14th March, 2024

Cancer Awareness Camp

Sampurna, in collaboration with Apollo Hospital, is conducting weekly awareness camps in Rohini to address the increasing cases of breast cancer. Sampurna, as an NGO dedicated to supporting adolescent girls and women in health, education and employable skills. Sampurna has organized these camps specifically targeting women living in sector-9, Rohini. The objective is to educate and empower them about the importance of early detection and preventive measures against breast cancer.

At these camps, social workers from Apollo Hospital provide thorough demonstrations on self-examination techniques, which have been well-received by the participants. However, there's a concern that despite the initial interest shown by the women, they fail to take any action once they return home. In response to this, Sampurna takes proactive steps by arranging for free pap smear tests for the women, eliminating any financial barriers. Additionally, transportation facilities or travel allowances are provided to ensure accessibility to the tests.

Dr. Shobha Vijender, the founder president of Sampurna, believes that such comprehensive arrangements have the potential to revolutionize women's mindset towards prioritizing their health. She sees this initiative as a game-changer in not only raising awareness but also in facilitating practical steps towards early detection and prevention of breast cancer.

21 मार्च, 2024

सम्पूर्णा ने लगाया हाट

आज सम्पूर्णा के द्वारा विशाल सम्पूर्णा हाट का आयोजन किया गया । इसमें बड़ी संख्या में महिलाओं ने स्वयं निर्मित उत्पादों की प्रदर्शनी एवं बिक्री की । सम्पूर्णा हाट के स्टालों ने सभी उपस्थित लोगों का ध्यान आकर्षित किया। मुख्य अतिथि के रूप में आए भाजपा उम्मीदवार श्री योगेंद्र चंदोलिया जी ने इस कार्यक्रम में विभिन्न स्टॉलों का दौरा की और कशिश शर्मा द्वारा बनाई गयी कांजी का भी आनंद लिया। सम्पूर्णा संस्थापिका अध्यक्ष, डॉ. शोभा विजेन्द्र ने मीडिया से बातचीत में बताया कि सम्पूर्णा हमेशा गृहिणियों, छोटे उद्यमियों और जरूरतमंद महिलाओं को बढ़ावा देता है। आज का यह कार्यक्रम महिलाओं में छिपी प्रतिभा को सम्मान देने का एक प्रयास है।



21 मार्च, 2024

सम्पूर्णा ने मनाया होली का उत्सव बड़ी संख्या में महिलाओं ने किया कविता पाठ

होली के शुभ अवसर पर सम्पूर्णा द्वारा कविता पाठ का भी आयोजन किया गया । बहनों ने इसमें बढ़-चढ़ कर हिस्सा लिया । इस कविता पाठ की विशेषता यह थी की इसमें भाग लेने वाली बहनें पहली बार कविता पाठ कर रही थी । इसमें वंदना शर्मा जिन्हें प्रथम पुरस्कार मिला, ने होली का अद्वितीय वर्णन करते हुए कविता को गीत रूप में गाया। निर्णायक मंडल में श्रीमती रश्मि गोयला अखिल भारतीय पद अधिकारी, भारत विकास परिषद्, श्रीमती ममता यादव सुप्रसिद्ध कवियत्री और

श्रीमती मिनाक्षी भरतनाट्यम विशेषज्ञ थे । सभी की कविताओं को दर्शको ने खूब सराहा । तत्पश्चात प्रथम द्वितीय तथा तृतीय श्रेणी के पुरस्कार वितरित किए गए ।



सम्पूर्णा द्वारा कविता पाठ का आयोजन

28 मार्च, 2024

सम्पूर्णा ने लगाया हाट सम्पूर्णा महिला उद्योग ले जा रही है घर घर

आज 28 मार्च, 2024 को सम्पूर्णा के द्वारा प्रगतिशील अपार्टमेंट, सेक्टर -9 में विशाल सम्पूर्णा हाट का आयोजन किया गया । इसमें प्रगतिशील अपार्टमेंट और उसके आस-पास की सोसाइटी के निवासियों ने बढ़-चढ़ कर भाग लिया। बड़ी संख्या में महिलाओं ने स्वयं निर्मित उत्पादों की प्रदर्शनी एवं बिक्री की । सम्पूर्णा संस्थापिका अध्यक्षा, डॉ. शोभा विजेन्द्र ने बताया कि सम्पूर्णा हमेशा गृहिणियों, छोटे उद्यमियों और जरूरतमंद महिलाओं को बढ़ावा देता है। इसमें भाग लेने वाली 60 प्रतिशत बहनें पहली बार मंच पर आई थी। महिलाओं द्वारा भिन्न-भिन्न प्रकार के स्टाल लगाए गये जैसे आचार, मुरब्बे, कपड़े के थैले, दरियाँ, साड़ियाँ, सूट, पापड़, तरह-तरह की कांजी, मसालें, पेंटिंग्स, आर्ट एंड क्राफ्ट, किताबें, आयुर्वेदिक उत्पाद इत्यादि। इस कार्यक्रम में अपोलो अस्पताल से सारिका आई । जिनके द्वारा अभियान में उपस्थित सभी महिलाओं को स्तन कैंसर के विषय पर जागरूकता प्रदान की गई । उन्होंने महिलाओं को स्वयं की जाँच करना भी सिखाया ।

सम्पूर्णा हाट के स्टालों ने सभी उपस्थित लोगों का ध्यान आकर्षित किया। आज का यह कार्यक्रम महिलाओं में छिपी प्रतिभा को सम्मान देने का एक प्रयास है। अंत में सम्पूर्णा की कोषाध्यक्ष निर्मला चहल ने सभी को धन्यवाद प्रेषित किया ।



सम्पूर्णा द्वारा प्रगतिशील अपार्टमेंट में विशाल सम्पूर्णा हाट का आयोजन

Annexure - I

Schedule of #balandmahilasanskarshivir

23 मई, 2023 मंगलवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	डॉ. शोभा विजेन्द्र
प्रातः 11.20 बजे	सही मेकअप कैसे और कब?	आंचल दहिया
दोपहर 12.10 बजे	सुसंस्कृत महिला	ज्योति तायल
दोपहर 12.40 बजे	गीत	नीरू जैन

24 मई, 2023 बुधवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	आशा जैन
प्रातः 11.20 बजे	महिला और संस्कार	डॉ. शोभा विजेन्द्र
दोपहर 12.10 बजे	नृत्य नाटिका	ललिता स्वामी

25 मई, 2023 गुरुवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	डॉ. शोभा विजेन्द्र
प्रातः 11.20 बजे	हिन्दू घर कैसा हो?	निर्मला चहल
प्रातः 11.40 बजे	योग	राखी
दोपहर 12.10 बजे	साड़ी बाँधने के तरीके	कोमल
दोपहर 12.40 बजे	वैदिक अंताक्षरी	जया घोष

26 मई, 2023 शुक्रवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	डॉ. शोभा विजेन्द्र
प्रातः 11.20 बजे	हिन्दू पूजा पद्धति	ज्योति तायल
प्रातः 11.40 बजे	योग	राखी
दोपहर 12.10 बजे	बालों को सुंदर और मजबूत कैसे बनाएं	कोमल
दोपहर 12.40 बजे	हर उम्र की महिला कैसे रहे सुखी तरोताजा	पुष्पा बेंगानी

30 मई, 2023 मंगलवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण

प्रातः 11.10 बजे
प्रातः 11.15 बजे
दोपहर 12.00 बजे
दोपहर 12.20 बजे

मंत्रोच्चारण
क्या पैसा खुशी दे सकता है?
योग
संगठन में ही एकता है

रेणू झा
आशा जैन
राखी
चित्रा अग्रवाल

31 मई, 2023 बुधवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	डॉ. शोभा विजेन्द्र
प्रातः 11.30 बजे	ब्यूटिशियन ट्रेनी कोर्स और उसकी उपयोगिता	आंचल दहिया
दोपहर 12.15 बजे	योग	चित्रा अग्रवाल
दोपहर 12.30 बजे	शिवलिंग क्या है?	निर्मला
दोपहर 01.00 बजे	सेल्फ डिफेंस क्लास	दिल्ली पुलिस

01 जून, 2023 गुरुवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.30 बजे	साक्षी का कत्ल जिम्मेदार कौन?	जया घोष डॉ. शोभा विजेन्द्र
दोपहर 12.30 बजे	भाषण प्रतियोगिता – श्री राम कौन है?	चित्रा अग्रवाल
दोपहर 01.00 बजे	सेल्फ डिफेंस क्लास	दिल्ली पुलिस

02 जून, 2023 शुक्रवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	जया घोष
प्रातः 11.30 बजे	ज्योतिष क्या है?	ज्योति बर्धन साहनी
दोपहर 12.30 बजे	यमुना बचाओ, 04 जून को आईटीओ जाना है	डॉ. शोभा विजेन्द्र
दोपहर 01.00 बजे	सेल्फ डिफेंस क्लास	दिल्ली पुलिस

06 जून, 2023 मंगलवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	म्यूजिकल चेर	चित्रा अग्रवाल
दोपहर 12.00 बजे	पोट मेकिंग	प्रतीक्षा
दोपहर 12.30 बजे	विश्व पर्यावरण दिवस पर चर्चा एवं गतिविधि	आशा जैन
दोपहर 12.45 बजे	सामूहिक भजन	जया घोष
दोपहर 01.00 बजे	सेल्फ डिफेंस क्लास	दिल्ली पुलिस

07 जून, 2023 बुधवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	Money makes me happy Debate	चित्रा अग्रवाल
दोपहर 12.00 बजे	शारीरिक और मानसिक स्वास्थ्य	ज्योति तायल
दोपहर 01.00 बजे	सेल्फ डिफेंस क्लास	दिल्ली पुलिस

08 जून, 2023 गुरुवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	मैं सनातनी हूँ चर्चा	संजय गौतम
दोपहर 12.00 बजे	चित्रकला प्रतियोगिता-	

	मेरे अराध्य देव	चित्रा अग्रवाल
दोपहर 01.00 बजे	सेल्फ डिफेंस क्लास	दिल्ली पुलिस

09 जून, 2023 शुक्रवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	Say no to plastic abhiyan collection of plastic material	चित्रा अग्रवाल
दोपहर 12.00 बजे	प्लास्टिक छोड़ना क्यों आवश्यक?	डॉ. शोभा विजेन्द्र
दोपहर 01.00 बजे	सेल्फ डिफेंस क्लास	दिल्ली पुलिस

13 जून, 2023 मंगलवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	मेरे अराध्य राम	निर्मला
दोपहर 12.00 बजे	कपड़े के थैले बनाना	
दोपहर 01.00 बजे	सेल्फ डिफेंस	

14 जून, 2023 बुधवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	जल का संरक्षण गोष्ठी	संजय गुप्ता
दोपहर 12.15 बजे	लिफाफे बनाना	
दोपहर 01.00 बजे	सेल्फ डिफेंस	

15 जून, 2023 गुरुवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण

प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता
दोपहर 12.00 बजे	पॉट मेकिंग गतिविधि	
दोपहर 01.00 बजे	सेल्फ डिफेंस	

16 जून, 2023 शुक्रवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता
दोपहर 12.00 बजे	प्लास्टिक का एकत्रीकरण	
दोपहर 01.00 बजे	सेल्फ डिफेंस	

20 जून, 2023 मंगलवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता
दोपहर 12.00 बजे	पर्यावरण पर चर्चा	डॉ. शोभा विजेन्द्र
दोपहर 01.00 बजे	सेल्फ डिफेंस	

21 जून, 2023 बुधवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	विश्व योग दिवस	लक्ष्मी गुप्ता

22 जून, 2023 गुरुवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता
दोपहर 12.00 बजे	वार्ता...5 पर्यावरण बिन्दु	

23 जून, 2023 शुक्रवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता

27 जून, 2023 मंगलवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता

28 जून, 2023 बुधवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता

29 जून, 2023 गुरुवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता

30 जून, 2023 शुक्रवार

समय	कार्यक्रम	संयोजक
प्रातः 11.00 बजे	प्रार्थना	किरण
प्रातः 11.10 बजे	मंत्रोच्चारण	रेणू झा
प्रातः 11.15 बजे	योग	लक्ष्मी गुप्ता