



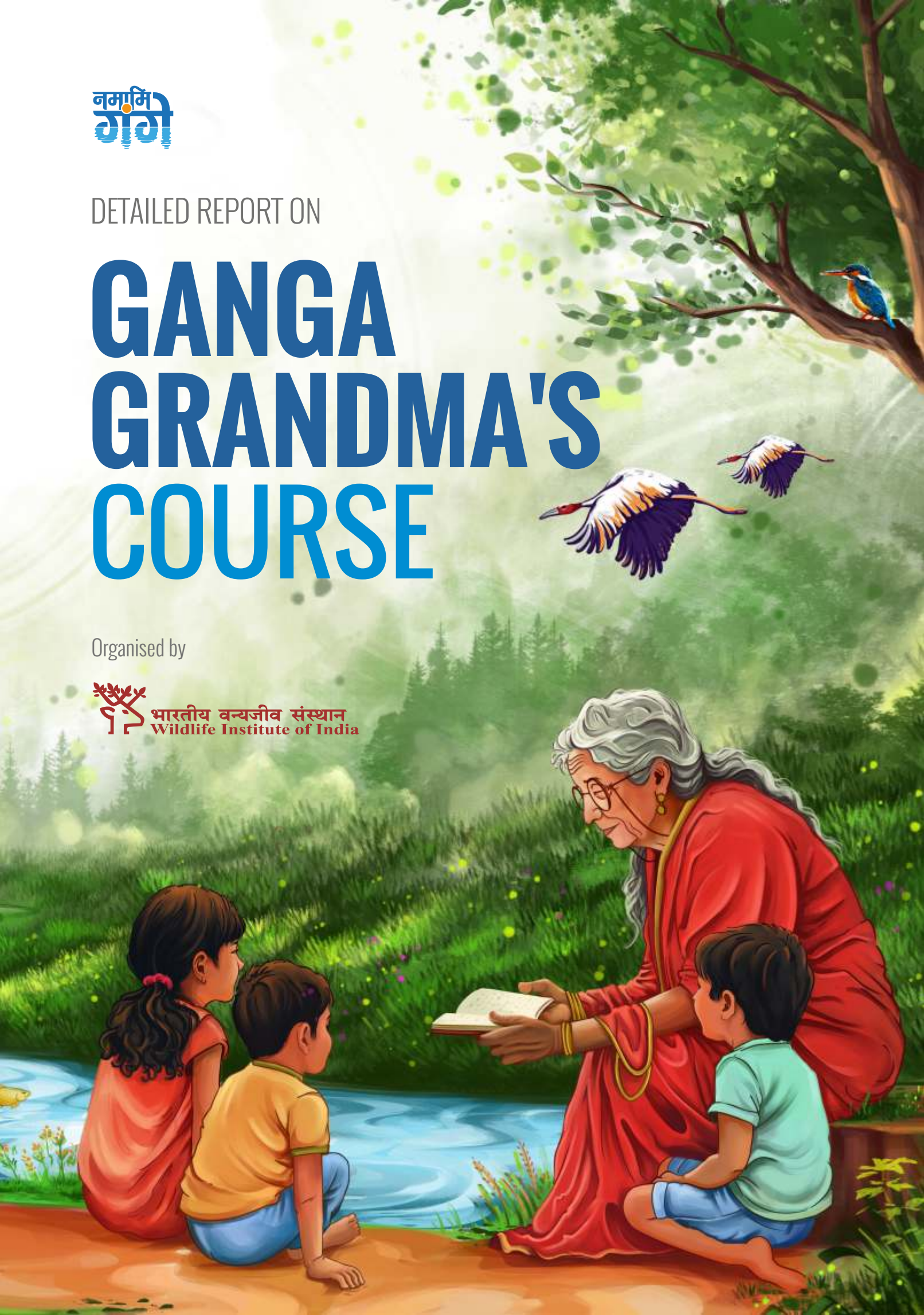
DETAILED REPORT ON

GANGA GRANDMA'S COURSE

Organised by



भारतीय वन्यजीव संस्थान
Wildlife Institute of India





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A photograph of an elderly woman with dark hair pulled back, wearing a vibrant yellow and red sari with intricate patterns. She is seated, leaning against a blue wooden structure, and looking out over a bright, hazy river. Her hands are clasped in her lap. The background shows the calm surface of a river under a bright sky.

AIM

**DOCUMENTATION OF
TRADITIONAL ECOLOGICAL
KNOWLEDGE (TEK)
RELATED TO CONSERVATION OF
RIVERS AND AQUATIC SPECIES
FROM THE GANGA RIVER BASIN.**

Venue

Auditorium, Wildlife Institute of India, Chandrabani, Dehradun, Uttarakhand

Date

18th - 21st September, 2024

Participants

One hundred and eleven (N=111)
Grand Mothers from eight (N=8)
Ganga River Basin states

PLANNING AND MANAGEMENT FOR AQUATIC SPECIES CONSERVATION AND MAINTENANCE OF ECOSYSTEM SERVICES IN THE GANGA RIVER BASIN FOR A CLEAN GANGA

Report

GANGA GRANDMA'S COURSE -Documenting Traditional Knowledge Systems for Conservation of Freshwater Ecosystems in the Ganga River Basin

Project Investigators

Ruchi Badola and Syed Ainul Hussain

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This document is an output of the project Planning and Management for Aquatic Species Conservation and Maintenance of Ecosystem Services in the Ganga River Basin for a Clean Ganga sponsored by the National Mission for Clean Ganga, Ministry of Jal Shakti, Government of India, New Delhi.

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Ruchi Badola, *Dean*



WORKSHOP OBJECTIVES

The Ganga Grandma's Course was designed to document and preserve traditional knowledge systems essential for the conservation of freshwater ecosystems involving analysing the role of oral history, developing a digital archive, and facilitating interactions with grandmothers to promote the transmission and recognition of this significant wisdom for future generations.

Four major objectives of the course:

- Document Traditional Knowledge Systems such as customs, folklores, folksongs, agricultural practices, cuisine and, related to conservation freshwater ecosystems.
- Analyse the feasibility of oral history and traditional institutions in preservation and transmission of traditional knowledge related to conservation of freshwater ecosystems.
- Create a comprehensive digital archive of the documented knowledge, ensuring it is accessible for educational purposes, community engagement, and cultural preservation.
- Facilitate meaningful interactions with grandmothers to foster a deeper understanding and appreciation of traditional

To fulfil these objectives a four days long workshop with one hundred and eleven (N=111) Grand Mothers from eight (N=8) Ganga River Basin states was organised at the Wildlife Institute of India, Dehradun, Uttarakhand. The report is a compilation of sessions conducted during the Course.



INAUGURAL SESSION

Inaugural session began with the welcome address by Dr. Sandhya Joshi, Project Scientist-III, she emphasized the critical contribution of TEK in management and conservation of our natural resources. Dr. Sangeeta Angom, Scientist & Training Coordinator, followed by elaborating on the workshop's objectives. She highlighted the participation of the 111 grandmothers and underscored that the primary aim is to document their stories and songs, which are vital for conservation efforts. Dr. Angom reiterated the invaluable knowledge and experiences that these 'Ganga Grandmothers' possess, which will significantly contribute to preserving the ecosystem.

Dr. Ruchi Badola then addressed the attendees, welcoming everyone and acknowledging their commitment to the cause. She recognized Shri Narendra Singh Negi, a renowned folk singer, social worker and Garh Rattan of Uttarakhand, who has composed songs focused on species conservation in the Ganga River. Dr. Badola also welcomed other dignitaries, resource persons, and teams involved in the workshop, emphasizing the collaborative nature of this initiative.

The inaugural address was presented by Shri Virendra R. Tiwari, Director, who reiterated his welcome to all participants and highlighted the unique opportunity to learn from those living along the Ganga River. He stressed the importance of documenting the stories shared by the grandmothers to preserve their wisdom for future generations, underlining the role of traditional knowledge in conservation. Shri Narendra Singh Negi delivered an inspiring talk, expressing his gratitude to the Ganga and dignitaries. He



underscored the critical role of conserving species in the Ganga River, noting that government initiatives to clean the river align with these conservation efforts. His comparison of the grandmothers to the Ganga River-highlighting their nurturing roles in the community-was particularly impactful.

The session concluded with a vote of thanks by Dr. Uttaran Bandyopadhyay, Project Scientist I, who expressed appreciation to all dignitaries, resource persons, participants, and the teams from NMCG, Jalaj, and NRCD, along with the supporting staff who contributed to organizing the event. The inaugural session of the "Ganga Grandma's Course" marked a significant step toward documenting traditional knowledge systems essential for the conservation of freshwater ecosystems in the Ganga River Basin. The collaboration among participants, dignitaries, and resource persons highlights the importance of collective efforts in addressing conservation challenges.



Garh Ratan of Uttarakhand Shri. Narendra Singh Negi





SESSION I

“Dadi Nani Ki Kahaniyan aur Sanrakshan” (Grandma's Stories and Conservation)

Chairperson

Padma Shree Dr. Madhuri Barthwal, Former Music Director AIR Nazibabad, Uttar Pradesh

Co-chair

Dr. Harsha Lakhera, Former Teacher Delhi Police School and Litterateur

Panellist

Ms. Kalindi Badola, RJ and Story teller, Mrs. Tripti Nandkumar, Designer and Writer

Mrs. Tripti Nandkumar, Mrs. Kalindi Badola, Dr. Madhuri Barthwal, and Dr. Harsh Lakhera addresses in session titled “Dadi Nani Ki Kahaniyan Aur Sanrakshan (Grandma's Stories and Conservation)”



The "Dadi Nani Ki Kahaniyan Aur Sanrakshan" session played a pivotal role in bridging traditional knowledge with contemporary conservation efforts in the Ganga River Basin. By engaging the voices of 111 grandmothers from diverse backgrounds, the session underscored the significance of intergenerational knowledge transfer in addressing environmental challenges. These grandmothers, often custodians of rich cultural and ecological wisdom, shared invaluable stories and practices that reflect sustainable living and water conservation methods rooted in their daily lives. The emphasis on storytelling not only enriched the workshop's narrative but also highlighted the importance of community involvement in conservation, aiming to preserve vital cultural heritage while fostering a sense of responsibility toward the environment.

Grandma's stories serve as invaluable vessels of wisdom, offering insights into traditional practices that promote sustainable living, water management, and biodiversity conservation. These narratives encapsulate the harmonious coexistence between communities and nature, providing practical strategies that have allowed generations to thrive in balance with their environment. As custodians of this knowledge, grandmothers educate younger generations about their surroundings, fostering a sense of duty toward nature and inspiring youth to continue traditions that ensure environmental stewardship.



Padma Shree Dr. Madhuri Barthwal, chairing the session



Participants Shared Their River related stories

Moreover, the holistic perspective offered by traditional knowledge connects human life with natural cycles, emphasizing the spiritual significance of nature. Integrating grandmothers' insights into contemporary conservation initiatives empowers communities, fostering a greater sense of ownership over environmental protection. In the Ganga River Basin, where ecological pressures are significant, documenting and preserving these stories through initiatives like the Ganga Grandma's Course is essential. It ensures that traditional knowledge continues to inform and inspire conservation efforts, bridging the gap between past wisdom and modern environmental science for the benefit of future generations.

The session was chaired by Padma Shree Dr. Madhuri Barthwal, a distinguished former Music Director at All India Radio, Nazimabad, and co-chaired by Dr. Harsha Lakhera, a former teacher and writer. The workshop commenced with Dr. Ruchi Badola, Dean of the Wildlife Institute of India (WII) and Principal Investigator for the NMC Project, who provided a comprehensive overview of the Ganga River Basin. She traced the river's journey from its source at the Gangotri Glacier to its confluence with major tributaries like the Yamuna and Chambal. Dr. Badola highlighted the river's immense religious, social, economic, and ecological significance, underscoring the rich biodiversity that includes species such as the Gangetic dolphin, otters, and various turtles. She discussed the six biodiversity hotspots along the Ganga and identified major threats, including pollution, poaching, and sand mining. Furthermore, Dr. Badola emphasized the necessity of stakeholder involvement and the promotion of conservation efforts through storytelling, radio, and television.

Dr. Barthwal then expressed her gratitude for participating in the workshop and shared her personal journey of preserving folk traditions and music. She highlighted her dedication to documenting cultural heritage, having authored 22 books, including one

written during the COVID-19 lockdown. She captivated the audience with a Garhwali folk song, illustrating the profound connection between local communities and nature and emphasizing the spiritual significance of rivers in the region. Dr. Barthwal concluded her remarks with a traditional Garhwali song that emphasized the teachings embedded within folk traditions.

Panelist Mrs. Kalindi Badola, a storyteller and radio jockey from Garhwal, engaged the audience with her lively recollections of childhood stories learned from her grandmother in Kotdwar. She recounted community efforts to conserve water, where farmers constructed a 600-meter pond to recharge groundwater, leading to significant governmental support for local water supply initiatives. Through her narratives, Mrs. Badola conveyed essential environmental lessons while highlighting the importance of familial bonds and sustainable practices.

Co-Chair Dr. Harsha Lakhera shared the captivating origin of the Nandakini River's name, emphasizing the spiritual ties communities have with their natural surroundings. She stressed the importance of oral history and the need to document these traditions for future generations to ensure the preservation of cultural heritage. Panelist Mrs. Tripti Nandkumaran, a designer and writer, shared insights from her experiences in both North and South India, noting cultural differences in environmental practices. She underscored the necessity of instilling values of cleanliness and environmental conservation in

children from an early age.

Following these discussions, Dr. Barthwal performed a folk song about the Ghughuti bird (Spotted Dove), highlighting the crucial role of trees in maintaining ecological balance. The significance of preserving natural habitats to sustain ecosystems was a recurrent theme throughout the session. Mrs. Kalindi Badola further shared stories of rural women's initiatives to improve sanitation, showcasing their resilience in building bathrooms despite significant challenges. She led a storytelling segment focused on conservation, emphasizing the importance of water conservation and forest preservation, particularly regarding oak trees that help recharge groundwater.

The session concluded with Smt. Geetha Gairola highlighting the vital role women play in conservation. Their traditional knowledge and lived experiences are instrumental in fostering societal change and passing down cultural values related to conservation. In the subsequent Group Task and Presentations session, grandmothers, referred to as "Ganga Grandmas," engaged in interactive exercises led by Dr. Sangeeta Angom and the WII-NMCG team. This endeavor aimed to capture invaluable insights into local practices of water conservation and sustainable living, which have been passed down through generations. The documentation of these stories and practices is envisioned as a critical resource for future conservation initiatives, emphasizing the importance of integrating traditional knowledge into contemporary conservation efforts.

Dr. Sangeeta Angom and Ms. Shristi Badola during the interactive group exercises





SESSION II

***"Sri anna se Sri Vridhi tak ki yatra
paramparik bhojan aur swasthya ke sath"
and "Women in Entrepreneurship"***

Chairperson

Dr. Sobha Bargava, Former professor Pune University Emeritus Professor Dept. of Zoology Savitri Phule Pune University

Co-chair

Dr. Sangeeta Angom, Scientist and Training Coordinator

Panellist

Smt. Anupma Koliyal, Subject matter Specialist NMCG-WII Project and Mrs. Hanjabam Shubhra Devi, the Founder Director of Meira Foods Manufacturing Units, Imphal

Dr. Shobha Bhargava, Dr. Sangeeta Angom and Mrs. Anupama Koliyal discussed the intersection of traditional cuisine and health



The second session titled "Sri Anna Se Sri Vridhi Tak Ki Yatra Paramparik Bhojan Aur Swasthya Ke Sath" focused on the intersection of traditional cuisine and health. Chaired by Dr. Shobha Bhargava, a former professor and emeritus professor at Savitribai Phule Pune University, and co-chaired by Dr. Sangeeta Angom, a scientist and training coordinator at WII-NMCG, the session aimed to highlight the nutritional value of traditional foods. It commenced with a presentation by Mrs. Anupma Koliyal, a Subject Matter Specialist at WII-NMCG, who introduced the concept of "Dadi Nani ki Rasoi" (Grandmother's Kitchen). Mrs. Koliyal emphasized the health benefits of traditional foods prepared by older generations, particularly focusing on the significance of millets, which she affectionately referred to as "mota anaj." She provided an insightful overview of various types of millets, including bajra, ragi, jowar, jhangora, koni, samak, chena, and kodo, underscoring their nutritional richness and potential role in promoting health and well-being.

A major component of Grandma's kitchen has always been millets, which are over 5,000 years old and categorized into two types: naked and covered. The Green Revolution of the 1960s aimed to meet the rising demand for food grains but unfortunately marginalized millets, relegating them to "poor people's food" and stripping women of their control over agricultural land and production. While rice and wheat were distributed for free, the Green Revolution veered off course, leading to a neglect of millets, despite their nutritional benefits and ability to address over 120 diseases. In 2023, Prime Minister Modi referred to millet as Shree Anna, and the UN declared it the International Millet Year, signaling a revival of interest in this ancient grain. Efforts to restore millets include implementing mixed

Mrs. Anupama Koliyal briefing about importance of Millets and its cultivation during



cropping systems like Barahanaaj in Uttarakhand, which features 12 grains, and Navdhanya in South India, which promotes 9 crops, thereby conserving local biodiversity. Initiatives have trained over 100 farmers in natural and traditional millet farming, alongside a pilot mission called "Beej ke Badle Beej," which distributed millet seeds to farmers along the Ganga River with the aim of encouraging their cultivation and subsequent return of seeds. Additionally, more than 250 women have been trained to create value-added products from millets, supporting both economic empowerment and sustainable agricultural practices. This session not only celebrated the wisdom of traditional culinary practices but also encouraged a return to age-old dietary habits that foster both individual and community health. Mrs. Koliyal then discussed the consequences of the Green Revolution, which resulted in the replacement of traditional grains with cash crops, resulting in the decline of millet farming, which is now referred to as "gareebo ka anaj" (food of the impoverished).

The wisdom of elder generations in food preparation and the critical role of women in millet farming were both reflected in her presentation. It is worth noting that millet comprises only 20% of the current agricultural sector. She exemplified this with a narrative from Africa, in which older elephants were inadvertently culled, resulting in young elephants causing chaos as the older elephants transmitted essential information regarding the location of food and water. The significance of preserving traditional knowledge was underscored by this parable.

The participants were shown a brief film entitled "Millet Sisters" subsequent to her presentation. The film illustrated the narrative of Dalit women who were instrumental in the millet revival movement, which combined food production with women's empowerment. This segment emphasised the significance of local, grassroots movements in the promotion of social equity and nutritious food systems.

The participants were encouraged to share their personal narratives and experiences regarding traditional dietary practices and local-sourced healthful foods. Numerous participants described the significant role that millets and other traditional grains had played in the diets of their communities in the past, and the profound connection between these culinary traditions and health and well-being.

Dr. Sangeeta Angom and Dr. Shobha Bhargava, gave their concluding remarks during the session. They reiterated Mrs. Koliyal's assertions, underscoring the necessity of re-establishing healthy eating habits that are based on traditional foods, particularly millets. Both emphasised the potential of millets to serve as a sustainable solution to numerous contemporary agricultural challenges due to their drought-resistant properties and high nutritional content.

The session was both informative and reflective as a result of this interaction, which prompted participants

to contemplate the broader implications of their dietary choices on sustainability, culture, and health.

Women in entrepreneurship

The second part of the session titled "Women in Entrepreneurship" was conducted by Mrs. Hanjabam Shubhra Devi, the Founder Director of Meira Foods Manufacturing Units in Imphal, Manipur. Mrs. Shubhra discourse served as an inspiring motivational narrative, detailing her remarkable journey from humble beginnings to establishing a thriving food processing enterprise. Her story not only exemplifies the resilience and determination required to overcome challenges but also highlights the transformative power of entrepreneurship in fostering women's empowerment in the region. Through her experiences, Mrs. Shubhra emphasized the vital role women play in the local economy and the importance of supporting their entrepreneurial endeavors. Her insights served as a beacon of hope and inspiration for aspiring female entrepreneurs, illustrating how dedication and innovation can lead to success and community upliftment.

Mrs. Shubhra started the discussion by recounting the origins of Meira Foods. She explained that the name "Meira" is derived from the Manipuri word for "torch," which represents empowerment and optimism for women. In 2003, she established Meira with only three women, operating from her home. Her objective was to capitalise on the local culinary industry in order to create opportunities for women. The enterprise has evolved into a successful business with three divisions, and it has received support and funding from prestigious organisations such as SIDBI (Small Industries Development Bank of India) and others. Meira has also been awarded numerous prestigious accolades, such as the FICCI FLO Award and the Vasundhara - Northeast Woman Entrepreneur Award, which acknowledge her commitment to the empowerment of women through entrepreneurship.

Before establishing Meira, she held positions in a variety of industries, such as a college lecturer, radio jockey, and with an NGO. In 2003, she chose to resign from her position and concentrate on the development of a business that would not only provide for her but also inspire other women in her community. By 2004, she had identified the latent potential of the food processing sector in Manipur, particularly in terms of utilising the region's abundant local produce. Beginning with the transformation of home-grown fruits and vegetables into marketable products, she began instructing women to work in food processing.

In the course of time, Meira Foods created more than 500 products, which included the formulas for their production. King Chilli (U-morok) Achar, a renowned pickle variant derived from the region's iconic spicy chilli, is one of the company's flagship products. Meira has created three distinct varieties of this pickle, which are their most lucrative products. In addition to pickles,



Mrs. Hanjabam Shubhra Devi, Founder Director, Meira Foods Manufacturing Units spoke about her successful journey as a woman entrepreneur

they manufacture traditional laddoos made from sticky rice, black rice, and millets, as well as chocolates (currently offering 12 varieties). Capitalising on the local knowledge of fermentation, which is a common food preservation practice in Manipur, Meira Foods has expanded its product line to include cakes, bhujias, and fermented products such as fermented fishes and bamboo shoots.

Mrs. Shubhra's journey was defined by her commitment to the empowerment of women in her community, in addition to her entrepreneurial success. She elaborated on the manner in which she has trained and employed women from a variety of backgrounds, thereby enabling them to achieve financial independence through the process of food processing. She emphasised that age is not a deterrent to initiating a new endeavour and urged the women who attended the workshop to pursue their inclinations and make a positive impact on their communities.

Women from diverse states were inspired by Mrs. Shubhra's persistence and accomplishment in a male-dominated sector throughout the workshop. She inspired the audience by showcasing how local resources and traditional knowledge can boost economic growth and women's empowerment.

Post this session Dr. Pariva Dobriyal under took state wise group discussion on threats and possible solutions to the rivers.

Dr. Pariva Dobriyal during the group discussion





SESSION III

"Prakriti Hamari Aushadhalaya" ***(Tradition Healing Practices and Folk Medicines)***

Chairperson

Dr. Ruchi Badola, Dean FWS,
Scientist-G and Principal
Investigator NMCG-WII Projects

Panellist

Dr. Sandhya Joshi, Project
Scientist III and Ms. Hemlata
Khanduri, Principal project
Associate

Dr Sandhya Joshi giving session on the spices and their health benefits



The session titled "Prakriti Hamari Aushadhalaya: Traditional Healing Practices and Folk Medicines" underscored the critical role of traditional healing practices and folk medicines in contemporary health discussions. By emphasizing indigenous knowledge, it illuminated the wealth of information local communities hold regarding natural remedies and their applications. This knowledge is not merely a remnant of the past; it is a vital resource for modern health practices, particularly in an era where there is a growing interest in holistic and sustainable approaches to well-being. Engaging participants in sharing their insights and experiences fostered a sense of community and empowerment, emphasizing the need to recognize and respect traditional knowledge systems that are often overlooked in favor of modern medicine. By integrating these traditional practices with contemporary health strategies, the session promoted a more inclusive and comprehensive understanding of health, valuing both scientific and indigenous perspectives.

The session commenced with Dr. Sandhya Joshi, who, alongside Mrs. Hemlata Khanduri, reflected on the insights gained from previous lectures. Dr. Joshi outlined the session's main objective i.e. to create an interactive platform where participants could share their indigenous knowledge of herbs. Recognizing the importance of community knowledge in promoting health, the session aimed to encourage dialogue and collaboration among participants.



Mrs Hemlata Khanduri giving session on the herbs and their significance

Mrs. Hemlata Khanduri, an Eco Development Officer, elaborated on the significant role that herbs sourced from nature play in enhancing human health. She invited attendees to contribute their traditional wisdom concerning various herbs, further enriching the discussion with diverse perspectives and practices. The session featured presentations on several herbs, exploring their medicinal uses, while participants enthusiastically shared their experiences and traditional methods of utilizing these valuable resources. This collaborative approach highlighted not only the healing properties of these herbs but also the cultural heritage embedded in traditional healing practices, reaffirming the connection between nature and human well-being. The uses discussed during the session are as follows:

Sr. No	Herbs	Botanical Name	Uses
1	Tulsi	<i>Ocimum sanctum</i>	Kadha made for cold and cough, eye related problems, soaps being prepared with tulsi juice/ras, religious significance, ear related issues, works in headache, relief from itching
2	Pudhina	<i>Mentha piperita</i>	Vomit, gastric and stomachache related issue, chatni made at summer
3	Lemongrass (Jarakush, local name in Farrukhabad)	<i>Cymbopogon citratus</i>	Mosquitoes repellent plant, drink as tea keeps body healthy and destroying bad bacteria of body
4	Curry leaves	<i>Murraya koenigii</i>	Gastric related issue, good for hair related issue, works in cold and cough, branches of plant used as datum for tooth related problems like Pyorrhea, good for diabetic patient, significant iron source

Sr. No	Herbs	Botanical Name	Uses
5	Aloevera	<i>Aloe vera</i>	Gel extracted from aloe vera mix with shampoo is good for hair, use for face pink and clear skin, used a conditioner and have anti dandruff properties, urine and kidney related problems, female issue like Lucaria, apply on burns and cuts, pickle prepared for piles related problems, relief in stomach related issues
6	Sadhabahar (Nayantara, local name, West Bengal)	<i>Catharanthus roseus</i>	drink prepared for diabetic patient, useful for BP patient
7	Giloy	<i>Tinospora cordifolia</i>	Used for cold and cough, knee and back related issue, Kadha prepared for dengue patient and during diarrhea, useful for animal health
8	Maruwa	<i>Ocimum basilicum</i>	Chutney made out of it prevents intestinal worms, used for treating bristles and ulcers. Mosquitoes repellent plant, dental related issue
9	Sahajan	<i>Moringa oleifera</i>	Used in fever, increases Hemoglobin, kills bad bacteria
10	Methi	<i>Trigonella foenum-graecum</i>	Diabetes related issue
11	Vajradanti	<i>Barleria prionitis</i>	Dental related issue
12	Kutki	<i>Picrorhiza kurrooa</i>	Used in fever, stomachache and back pain
13	Arjun	<i>Terminalia arjuna</i>	Used in BP
14	Safed Akaua	<i>Calotropis gigantea</i>	Can be used after dog bite, used in treating malaria
15	Neem	<i>Azadirachta indica</i>	Treating malaria
16	Kule khara	<i>Hygrophila auriculata</i>	Treats blood related issues

During the session, participants enthusiastically shared their knowledge about various locally used herbs that play a significant role in traditional healing practices. One such herb was Hathajari, renowned for its effectiveness in providing pain relief. This herb has been commonly utilized in local remedies to alleviate discomfort associated with muscle strains and joint pain. Another herb discussed was Dhatura, which is often employed in managing knee and back pain. Despite its toxic nature, when used judiciously under the guidance of traditional healers, Dhatura has been noted for its analgesic properties.

The group also highlighted Parijat, a herb traditionally used for treating brain fever. Known for its cooling properties, Parijat has been cherished in local practices for its ability to provide relief from fever and associated symptoms, offering a natural approach to recovery. Additionally, Patharchatta was mentioned as a remedy for kidney stones, reflecting the deep-rooted knowledge within the community regarding the use of herbs to support urinary health and aid in the prevention and treatment of renal calculi.

As Mrs. Khanduri concluded her talk, she emphasized the importance of preserving and passing on this



Participants sharing their indigenous knowledge and tradition ways of using herbs and spices.

invaluable knowledge of local herbs and their medicinal uses. She handed over the session to Dr. Sandhya Joshi, who then conducted a session on how spices possess significant properties essential for better human health. Dr. Joshi encouraged participants to share their own experiences and traditional

knowledge regarding the spices they use. The participants later contributed their insights on various spices, among others, highlighting their health benefits and culinary uses. This transition not only emphasized the importance of herbs in traditional medicine but

also illustrated how everyday kitchen ingredients can contribute to holistic well-being, reinforcing the theme of natural health derived from both herbs and spices. The uses of various spices discuss during the session are as follows:

Sr. No.	Spices	Botanical Name	Uses
1	Haldi	<i>Curcuma longa</i>	Useful for deep cuts, good for pregnant women, used in cold and cough, useful in stomachache, for treating cattle during diarrhea, treats cataract, good for skin
2	Saunf	<i>Foeniculum vulgare</i>	Urine related issue, useful in cough, eye related issue, good for breast feeding women, good for digestion
3	Dhaniya	<i>Coriandrum sativum</i>	Used in controlling Cholesterol and Diabetes, reduces weight, reduces swelling when applied on swelled area
4	Ajwain	<i>Trachyspermum ammi</i>	Stomach and gastric related issue, high fever and cold, its tea is helpful at time of menstruation, can apply on cuts and swelling, useful for kidney stone related issue
5	Hing	<i>Ferula asafoetida</i>	Stomach and gastric related issue
6	Kala namak	Black salt	Use in Sattu drink for gastric related issue
7	Sahad, Sahed	Honey	Useful for cold and cough, Works related to weight loss, useful for treating bristles, eye related issue

After a detailed discussion on the medicinal properties and health benefits of various spices, Dr. Sandhya Joshi brought the session to a close, emphasizing the importance of preserving traditional knowledge in everyday practices for holistic health and well-being.

Her session highlighted the deep connection between nature and human health, leaving participants with a renewed appreciation for the wisdom passed down through generations.



Participants sharing their indeginous knowledga and tradition ways of using herbs and spices.



SESSION IV

"Humari Parampara Humari Nadiyan"
(Our Traditions our Rivers)

Chairperson

Shri Yadvendra Pandey (ME),
Former director CSIR CBRI
Roorkee, Uttarakhand

Co-chair

Smt Geeta Gairola, former
Director Mahila Samakhya
Uttarakhand

Panellist

Ms. Seeba Aslam Writer and
Senior Journalist, Smt. Sadab
Raza Poetess and Homemaker

Shri Yadvendra Ji emphasizing the importance of Grandmothers as a stakeholder





Participants sharing their knowledge



Smt. Geeta Gairola speaking on the importance of Grandmothers in conserving the Ganga River and its aquatic animals

In the sacred confluence of tradition and time, Ganga and Yamuna, with their myriad tributaries, flow not just as rivers but as ancient arteries pulsing through the heart of the Indian subcontinent. Revered in hymns and hallowed in the annals of spirituality, these waters cradle the essence of life and legacy. The old generations, custodians of esoteric wisdom, harbor profound knowledge of these rivers' rhythms, nurtured through ages of devotion and sustainable practice. Their traditions, entwined with the sanctity of the rivers, serve as an unspoken hymn to conservation, offering an arcane understanding of biodiversity that transcends mere modernity.

This session illuminated how ancestral lore, woven with rituals and reverence, harbors the soul of conservation. Through sacred rites and timeworn customs, the elders impart a stewardship of these rivers, imbuing ecological guardianship with divine veneration. The rivers, once sanctified by these ancient customs, whisper of balance and harmony. Such knowledge, passed down through oral traditions and spiritual observances, not only enriches the river's tapestry but beckons a renewed sanctification in contemporary conservation, ensuring that the sacred waters of the Ganga and Yamuna remain eternal and untainted for generations yet unborn.

The session commenced with an address by Shri Yadvendra Ji, Former Director of CSIR-CBRI Roorkee, who praised the institution's conducive environment and the meticulous arrangements orchestrated by the NMCG team. He extended his commendations to the grandmothers present, recognizing their pivotal role as local stakeholders in environmental conservation. Drawing from his extensive work in the remote regions

of Uttarakhand and Himachal Pradesh, where he collaborated closely with local communities, Shri Yadvendra underscored the urgent need for sustainable water management practices and ecological preservation.

He elaborated on the increasing degradation of the region's pristine rivers and mountain ecosystems, attributing the pollution of the various rivers to unchecked tourism, rapid urbanization, and rising religious sentiments, which have intensified anthropogenic pressures. His observations highlighted the complex interplay between human activity and environmental degradation, particularly the exploitation of natural resources driven by greed. He emphasized that future conservation efforts must prioritize traditional knowledge and local stewardship, particularly from elder generations, to mitigate the escalating pollution and restore the ecological balance of these sacred river systems.

Smt. Geeta Gairola, erstwhile Director of Mahila Samakhya, Uttarakhand, commenced her discourse by venerating her illustrious mentor, Smt. Sudesa Devi, one of the final custodians of the epochal Chipko Movement. With profound deference, she elucidated the cardinal significance of water conservation in fortifying the future, accentuating that the ethos of custodianship shall cascade to succeeding generations through the exemplars of the present. Smt. Gairola fervently accentuated the indelible cultural praxis of sanctifying streams, lakes, rivers, and all aqueous entities—entities that transcend mere physicality to embody the essence of sustenance and spiritual symbiosis.

She further expounded on the profound potency of folklore, oral traditions, and indigenous songs as conduits for fostering ecological awareness, especially among children, molding their symbiotic bond with nature. These primordial cultural customs, steeped in

symbolism and veneration for water, serve as repositories of environmental sagacity, embedding reverence for natural resources from early childhood. In her emotive exchange with the venerable grandmothers present, numerous evocative and poignant narratives surfaced, illuminating the ancestral sagacity of water conservation, intricately intertwined with the sacrosanct rivers such as the Ganga and Yamuna, which have nurtured and sustained the Indian subcontinent across millennia.

During her address, two grandmothers shared poignant stories of their personal contributions to environmental stewardship, rooted in their connection to nature. One grandmother from Varanasi, Uttar Pradesh, spoke of how the melodious chirping of birds inspired her to plant trees around her home. Her simple yet profound act of planting trees transformed the area, as it now hosts 20 different bird species each day, creating a small sanctuary that echoes with life and vitality. Her story highlighted how small, intentional actions can foster biodiversity and nurture the delicate balance of ecosystems.

Another grandmother from Katihar, Bihar, recounted her experience of bathing in the sacred Ganga River. She passionately advocated for the cessation of soap use during river baths, a practice that contributes to the pollution of the waters. Leading by example, she convinced her community to refrain from using soap while bathing, and since then, no one in her village has reverted to the old habits. Her actions reflect a deep respect for the sanctity of the river and serve as a reminder of how traditional practices can harmonize with conservation efforts to protect precious natural resources like the Ganga.

Ms. Sheeba Aslam, a distinguished writer and senior journalist, eloquently presented her article, shedding light on the untapped potential for cross-religious collaboration in the sphere of traditional medicine, particularly plant-based Ayurvedic and Yunani practices. With remarkable clarity, she articulated how these ancient systems, though rooted in distinct cultural and religious milieus, share a profound respect for nature's healing properties and can act as bridges between communities. She envisioned a future where these medicinal traditions, steeped in botanical wisdom, could converge to form a unified approach to holistic healing and environmental stewardship.

Ms. Aslam further invoked a powerful teaching from the Quran, emphasizing that wasting water is considered a grievous sin in Islam. This belief, she explained, is not only a spiritual directive but also a deeply ecological one, urging followers to respect water as a finite, sacred resource. She offered a poignant example of how faith-based principles could guide modern environmental conservation efforts, illustrating that reverence for water - whether through religious

doctrine or cultural practice - is universal. Her reflections highlighted the shared responsibility of all faiths to protect the earth's resources and encouraged the audience to draw from these spiritual teachings in the fight against environmental degradation.

Ms. Shadab Raza, a gifted poetess, began her heartfelt address by expressing her profound gratitude to the institute and the NMCG team for orchestrating such an inspiring workshop that fostered dialogue and awareness on pressing environmental issues. With eloquence and passion, she recited her evocative poetry, weaving verses that underscored the imperative of conserving water as a precious resource essential for life. Her words painted vivid imagery of the interconnectedness of water and biodiversity, highlighting how the health of our ecosystems relies on the stewardship of natural resources. Through her poetic lens, Ms. Raza implored the audience to recognize their role in safeguarding these vital elements, urging a collective commitment to protect not only the water that nourishes the land but also the rich tapestry of flora and fauna that thrives within it. Her poignant reflections resonated deeply, inspiring attendees to embrace a sense of responsibility towards the environment and to act as vigilant guardians of their natural heritage.



Smt. Shadab Raza reciting a poem on the conservation of the Ganga river



SESSION V

"Anurag Aviral, Niramal Raag Ganga Ka" Folk Songs

Chairperson

Dr. Ruchi Badola, Dean FWS,
Scientist-G and Principal
Investigator NMCG-WII Projects

Panellist

Dr. Rakesh Bhatt Artist (theatre, folk Music
and recipient Sangeeta Nattak Academy
Award 2023)

Dr. Rakesh Bhatt, renowned theatre and folk music artist and recipient of the 2023 Sangeet Natak Academy Award, headed the session on "Anurag Aviral, Niramal Rag Ganga Ka: Folk Songs"



The Session titled "*Anurag Aviral, Nirmal Raag Ganga Ka: Folk Songs*", was a captivating exploration of the deep cultural and emotional connection between music and the sacred Ganga River. Ms. Hema Pant commenced the session with a song by Girish Chandra Tiwari (Girda), 'O Digo Laali', which describes village life in the hills at dusk, and welcomed the dignitaries.

The session, gracefully led by Dr. Rakesh Bhatt and his associates, a renowned artist known for his exceptional contributions to theatre, music, and folk traditions, began with a profound reverence for the Ganga River. As the recipient of the prestigious Sangeet Natak Academy Award 2023, Dr. Bhatt brought a rich cultural tapestry to the session, focusing on how folk songs have long nurtured a deep sense of responsibility and devotion toward the Ganga. With his deep knowledge of Uttarakhand's folk music traditions, Dr. Bhatt wove together a narrative of emotional and spiritual connection with the river. Through the resonance of these traditional melodies, he emphasized how music, passed down through generations, acts as a vessel for preserving not just cultural heritage but also for inspiring efforts to protect the sacred river's purity. His insights touched upon the way folk songs carry with them an enduring call for conservation, reminding us of the Ganga's place not only as a physical entity but as a symbol of life and sanctity.

Introducing his team, Dr. Bhatt captivated the audience with the traditional Uttarakhand instrument, the 'Hudka', drawing parallels to the 'Damru', a musical symbol associated with Lord Shiva. With this homage to both the divine and the natural world, he commenced his address with a 'Log Vandana', a traditional hymn that invoked the blessings of Hindu deities, setting the tone for a session rich in cultural and spiritual resonance.

Dr. Bhatt passionately emphasized that 'Jal, Jungle, Zameen'-water, forests, and land-form the backbone of India's rural landscape and economy. He highlighted the crucial role women have played in environmental conservation movements across the country, particularly in the mountains. Drawing attention to gender disparity in Uttarakhand, he described women as the lifeline of the region, whose efforts have been instrumental in sustaining both nature and culture.

To further inspire the gathering, Dr. Bhatt invoked the spirit of nationalism by performing the iconic song 'Jis



Desh Mein Ganga Behti Hai', reminding everyone of the deep connection between the Ganga River and the soul of the nation. He then introduced his organization, Uttarakhand Theatrical Sanskriti Nad Visualisation (UTSAV), which is dedicated to preserving the cultural heritage of Uttarakhand through documentation and raising awareness. Dr. Bhatt stressed that women, forests, and rivers are central to Uttarakhand's identity, and the future of its conservation rests heavily on the shoulders of the region's women, who embody its cultural and environmental spirit.

Dr. Bhatt captivated the audience with folk songs from Uttarakhand, celebrating the rich tapestry of everyday life and the deep bond its people share with nature. Through these melodies, he painted a vivid picture of the harmonious relationship between the region's inhabitants and their environment. He also spoke about traditional regional theatre performances, including Chakravayu, Kamalvyu, Makkarvyu, Binduvyu, Durpada ki Laaj, and Bhabhriq, as well as folk dances like Jhumelo and Chanchari, which are intrinsic to Uttarakhand's cultural fabric. Dr. Bhatt further elaborated on the 'Nanda Raaj Jaat Yatra', a 280 km pilgrimage to the Nanda Ghunti peak starting from the village of Nauti near Karnaprayag. He sang a folk song commemorating this sacred journey, describing how the idol of Goddess Nanda Devi is carried under a 'chhatoli', a traditional umbrella crafted from locally sourced bamboo. The entire procession is led by a unique four-horned sheep, symbolizing the spiritual and cultural significance of the yatra in the hearts of the people.

Ms. Neera Lakheda emphasized the deep connection between nature, prayer, and folk songs, explaining that while men's lives in Uttarakhand may be documented in written records, women's lives are preserved through regional folk songs, passed down orally through generations. She captivated the audience by singing songs that vividly portrayed a day in a woman's life in the hills and celebrated the rivers that are central to their existence. Ms. Kalindi Badola also joined in, singing a nostalgic song about her childhood memories.

Together, Dr. Bhatt, Ms. Lakheda, and Ms. Badola delighted participants with the iconic folk song 'Bedu Pako Baro Masa', a beloved tune celebrating the arrival of spring, the changing seasons, and a woman's deep longing for her childhood home. Dr. Bhatt concluded the session with a khuded Garhwali folk song, often sung by women gathering fodder in the forest or

working in the fields. This song beautifully conveys the emotional contrast between a woman's parental village and her husband's village, reflecting her yearning for home.

The session was meticulously documented to preserve the shared wisdom, stories, and folk traditions expressed through music, highlighting their profound connection to environmental conservation. By capturing the narratives of participants and the significance of songs like 'Bedu Pako Baro Masa' and other regional melodies, the documentation provides valuable insight into how cultural expressions are deeply intertwined with efforts to protect nature. These folk songs, passed down through generations, not only embody the cultural heritage of Uttarakhand but also emphasize the critical role communities play in safeguarding the environment through traditional knowledge and practices.

Uttarakhand Theatrical Sanskriti and Visualisation (UTSAV) is dedicated to preserving Uttarakhand's cultural heritage through documentation and awareness initiatives





SESSION VI

"Sangrakshan Sambandhi Pratha aur Jan Andolan"

Chairperson

Smt Geeta Gairola, former
Director Mahila Samakhya
Uttarakhand

Co-chair

Dr. Ruchi Badola, Dean FWS,
Scientist-G and Principal
Investigator NMCG-WII Projects

Dr. Ruchi Badola introducing the session and initiating the talk on "Sangrakshan Sambandhi Pratha aur Jan Andolan" by narrating the importance of people's movement for change





Highlighting the views of Mahatma Gandhi on role of women, Ms. Sheeba Aslam highlighted women's contribution citing the examples of our respected freedom fighters Bibi Fatimah Beq and Savitribai Phule

The session titled "Sangrakshan Sambandhi Pratha aur Jan Andolan" serves as a vital platform to illuminate the profound contributions of women in conservation efforts, particularly the invaluable role played by our grandmothers. Welcoming the dignitaries and setting the tone for the session, Ms. Hema Pant emphasized the significance of the gathering. These matriarchs, with their deep-rooted wisdom and intimate connection to the land, have long been custodians of traditional ecological knowledge and practices that promote sustainability. Through generations, they have cultivated an understanding of the delicate balance between nature and community, exemplifying how indigenous practices can inform contemporary conservation movements. By sharing their experiences and insights, the grandmothers not only highlight the importance of environmental stewardship but also inspire a collective awakening within society to honor and protect our natural resources.

Dr. Ruchi Badola commenced the session "Sangrakshan Sambandhi Pratha aur Jan Andolan" by expounding on

the profound contributions of women to the realm of conservation, particularly spotlighting the pivotal role of our grandmothers in cultivating traditional ecological wisdom and intricately weaving it into the fabric of our quotidian existence, thereby enriching our cultural practices, dietary customs, and traditions. She underscored the fortunate circumstance of our matriarchs, who have spent the majority of their lives in harmonious proximity to nature's bounty. This session aspires to honor their enduring legacy while advocating for the incorporation of their insights and knowledge into current and forthcoming conservation endeavors, thereby nurturing a grassroots movement that champions the safeguarding of our environment for future generations.

In this session, Ms. Sheeba Aslam articulated how the Chipko Movement has galvanized future generations of women activists, underscoring the critical importance of women's roles in environmental conservation and social justice. She referenced Gandhi's perspective on women's contributions to conservation and emphasized the traditional ecological knowledge that women possess, which is indispensable for sustainable practices. Additionally, she spoke of the uprisings by women in Libya and Tunisia, illustrating their significant role in challenging entrenched gender norms and advocating for their rights. Their

participation has been pivotal in elevating awareness of women's issues within the broader contexts of democracy and social justice struggles in the region. Ms. Sheeba also highlighted the contributions of Bibi Fatimah Beq and Savitribai Phule, who were instrumental in the fight against colonial rule and the campaign for social reform and women's education. Their legacies continue to inspire contemporary movements for women's rights and social justice in India. In conclusion, women across various religious traditions have been indispensable in environmental conservation, often serving as stewards, educators, and activists. Their invaluable contributions are vital for

promoting sustainable practices and raising awareness about the imperative of environmental protection.

Mrs. Geeta Gairola expounded upon various movements that witnessed the active participation of women, such as the Chipko Movement, the Silent Valley Movement, the Appiko Movement, the Kol Revolt, the Narmada Bachao Andolan, and the Bishnoi Movement. She particularly emphasized the Bishnoi Movement, which originated in the 18th century in Rajasthan and is renowned for its vigorous advocacy of environmental and animal rights, especially concerning the protection of trees and wildlife. Women played an instrumental role in this movement, making substantial

Interaction of resource persons with participants to the event



contributions to its principles and initiatives. The movement gained widespread recognition through the courageous actions of women like Amrita Devi, who famously sacrificed her life to protect Khejri trees. Her act of valor has become a powerful symbol of women's commitment to environmental activism.

Additionally, Smt. Gairola highlighted the historical significance of the Chipko Movement, offering insights into Gaura Devi, a pivotal figure who emerged in the 1970s to combat deforestation. Gaura Devi's poignant assertion, "Brothers, these forests are like our maternal home (maika). We derive herbs, fuel, fruits, and vegetables from them. The destruction of these forests

will lead to floods," encapsulates the deep connection between women and nature. To conclude the session, participants were shown a brief video showcasing the remarkable achievements of the Bishnoi community in safeguarding the Khejri trees and preserving the wildlife of their region. The session culminated with a screening of a documentary focused on the Bishnoi Movement's efforts for the conservation of the Black Buck in Rajasthan, further illustrating the profound impact of grassroots activism on environmental conservation.





In addition to the enriching technical sessions, the workshop also featured two vibrant cultural events: "*SANGAM - Sanskriti ka Ganga Mahotsav*" and a participant evening titled "*Hamari Sanskriti, Hamari Pehchan*." During "*SANGAM*," various groups showcased traditional dances, celebrating the rich tapestry of cultural heritage found along the banks of the Ganga. Each performance was a vivid representation of the region's diverse traditions, illustrating how dance and music serve as vessels for cultural expression and community identity.

Cultural CONFLUENCE

Weaving Cultural Identity
in Ganga Conservation





The evening event, "Hamari Sanskriti, Hamari Pehchan," allowed participants to take center stage, where they performed their own traditional dances and folk songs, captivating the audience and fostering a sense of unity and shared identity. These performances were not just entertaining; they were profound expressions of cultural pride and a reminder of the intricate connections that bind communities across geographical boundaries. Such cultural exchanges are

vital, as they cultivate bonds among the Ganga grandmothers and their families, emphasizing the importance of understanding and appreciating one another's heritage.

The final day of the workshop included a field visit to Haidwar, where participants engaged with the Ganga Praharis-community members dedicated to the conservation of the Ganga's biodiversity. This interaction was invaluable, as it provided firsthand insights into the grassroots efforts necessary for environmental stewardship. Participants shared their experiences during a reflective session, highlighting the shared responsibility towards the Ganga and its ecosystem. The day culminated in a soulful Ganga Aarti at Parmarth Niketan, a ritual that reveres the river not only as a source of life but also as a cultural icon. This collective experience of art, culture, and spirituality reinforced the significance of mutual respect and collaboration in conservation efforts, reminding everyone that preserving the Ganga is not merely a task but a shared journey steeped in cultural significance.



GANGA GRANDMA'S COURSE

Documenting Traditional Knowledge Systems
of Freshwater Ecosystems in the Ganga

18th-21st
September 2024

Auditorium,
Wildlife Institute of India

CERTIFICATE DISTRIBUTION DURING VALEDICTORY SESSION



GRANDMA'S COURSE

GANGA GRANDMA'S COURSE | 26

Knowledge Systems for Conservation
of the Ganga River Basin

Dehradun



VISIT TO PARMARTH NIKETAN ASHRAM, RISHIKESH



VISIT TO GANGA AVLOKAN (NATURE INTERPRETATION CENTRE), CHANDI GHAT HARIDWAR



The background of the entire page is a blue-tinted illustration. It depicts an elderly woman with glasses and a red shawl, sitting on the ground and reading a book. Two young children are sitting in front of her, looking at the book. They are in a natural setting with a large tree on the left, some birds flying in the sky, and a body of water in the background. The overall mood is peaceful and educational.

ANNEXURE I PROGRAMME SCHEDULE



भारतीय वन्यजीव संस्थान
Wildlife Institute of India

गंगा



Government of India
Ministry of Jal Shakti
Department of Water Resources,
River Development & Ganga Rejuvenation

Ganga Grandma's Course

Documenting Traditional Knowledge Systems for Conservation of Freshwater Ecosystems in the Ganga River Basin

Programme Schedule

Venue: Auditorium, Wildlife Institute of India

Date: 18th – 21st September, 2024

Aim: Documentation of cultural and traditional knowledge relevant to conservation of freshwater ecosystems.

Objectives:

1. Document Traditional Knowledge Systems such as customs, folklores, folksongs, agricultural practices, cuisine and, related to conservation freshwater ecosystems.
2. Analyze the feasibility of oral history and traditional institutions in preservation and transmission of traditional knowledge related to conservation of freshwater ecosystems.
3. Create a comprehensive digital archive of the documented knowledge, ensuring it is accessible for educational purposes, community engagement, and cultural preservation.
4. Facilitate meaningful interactions with grandmothers to foster a deeper understanding and appreciation of traditional knowledge for aquatic biodiversity conservation.

Day 1 (18 th September, 2024)		
Time	Sessions	Resource Person
09:30-11:00	Course Inauguration	NMCG Team
11:00-11:30	Group Photograph & High Tea	
11:30-12:30	Overview of the Project – Planning and management for aquatic species conservation in the Ganga River basin Jalaj- Connecting River and People to realize Arth Ganga	Dr. Ruchi Badola, Dean WII & PI, WII-NMCG Project
12:30-13:30	Session 1: Dadi Nani ki Kahaniyan aur Sanrakshan Chair: Padma Shri Dr. Madhuri Barthwal, Former Music Director, All India Radio, Nazibabad, Uttarakhand Co-Chair: Dr. Harsha Lakhera, former teacher Delhi Police School & Sahityakaar Rapporteur: Ms. Amanat Kaur Gill & Ms. Simran Aggarwal	Panelists: 1- Mrs. Kalindi Badola, Storyteller and Radio Jockey, Garhwal, Uttarakhand 2- Mrs. Tripti Nandkumaran Designer & Writer
13:30-14:30	LUNCH	
14:30-15:30	Session 1: Contd.	
15:30-16:30	Group Task and presentations	Dr. Sangeeta Angom, Scientist & Training Coordinator (WII-NMCG) & WII-NMCG Team
16:30-17:00	TEA BREAK	
17:00-19:00	Cultural Evening SANGAM- Sanskriti ka Ganga Mahotsav	
Day 2		

(19 th September, 2024)		
09:30-10:30	Session 2: Sri anna se Sri Vridhi tak ki yatra paramparik bhojan aur swathya ke sath. Chair: Dr. Shobha Bhargava, Former Professor, Pune University, Emeritus Professor Department of Zoology, Savitribai Phule Pune University, Pune Co-Chair: Dr. Sangeeta Angom, Scientist & Training Coordinator (WII-NMCG) Rapporteur: Ms. Sunidhi Mishra & Ms. Alankrita Sharma	Mrs. Anupma Koliyal Subject Matter Specialist, WII-NMCG
10:30-11:00	TEA BREAK	
11:00- 12:30	Session 2: Women in Entrepreneurship Rapporteur: Ms. Sunidhi Mishra & Ms. Alankrita Sharma	Hanjabam Shubhra Devi Founder Director, Meira Foods Manufacturing Units, Imphal, Manipur
12:30-13:00	Group Task	Dr. Pariva Dobriyal, Project Scientist-III, WII-NMCG & WII-NMCG Team
13:00-14:00	LUNCH	
14:00-15:30	Session 3: Prakriti Hamari Aushadhalaya: Traditional Healing Practices and Folk Medicines Rapporteur: Ms. Shradha Mahajan & Ms. Krishna Venugopal	Panelists: Dr. Sandhya Joshi , Community Expert, WII-NMCG Mrs. Hemlata Khanduri , Eco-Development Officer, WII-NMCG
15:30-16:00	TEA BREAK	
16:00 onwards	CITY TOUR	Mr. Prashant Tariyal, Mr. Abhimanyu Singh, Ms. Hema Pant, Ms. Priyanka Singh, Ms. Krishna Venugopal
Day 3 20th September, 2024)		
09:30-11:30	Session 4: Hamari Parampara Hamari Nadiyan Chair: Shri Yadvendra (ME), Former Director, CSIR CBRI, Roorkee, Photographer, Hindi Writer and Translation Co-Chair: Smt. Geeta Gairola, Former Director, Mahila Samakhya, Uttarakhand Rapporteur: Dr. Uttaran Bandyopadhyay & Ms. Hema Pant	Panelists: 1. Ms. Sheeba Aslam, Writer, Senior Journalist 2. Ms. Shadab Raza, Poetess and Home Maker
11:30- 12:00	TEA BREAK	
12:00-14:00	Session 5: Anurag Aviral, Niramal Rag Ganga Ka: Folk Songs Rapporteur: Ms. Amanat Kaur Gill & Ms. Sunita Rawat	Dr. Rakesh Bhatt, Eminent artist of theatre, music, folk music and recipient Sangeet Natak Academy Award 2023, Uttarakhand
14:00-14:30	LUNCH	
14:30-16:30	Session 6: Sangrakshan Sambandhi Pratha aur Jan Andolan Rapporteur: Dr. Deepika Dogra, Project Scientist II, WII-NMCG & Ms. Sweta Gupta	Panelists: 1. Mrs. Geeta Gairola, Former Director, Mahila Samakhya, Uttarakhand 2. Dr. Ruchi Badola, Dean WII & PI, WII-NMCG Project

16:30-17:00	TEA BREAK	
17:00-18:30	<ul style="list-style-type: none"> • Valedictory session • 'Hamari Sanskriti Hamari Pehchaan' (Participants Evening) 	
	Day 4 (21st September, 2024)	
09:00-10:30	Departure to Haridwar (Ganga Avlokan, Chandi Ghat & Parmarth Niketan)	
10:30- 12:00	<ul style="list-style-type: none"> • Interaction with Ganga Praharis for involving communities in Ganga Biodiversity Conservation • Experience Sharing by Participants • Ganga Aarti at Parmarth Niketan 	<ul style="list-style-type: none"> • Dr. Uttaran Bandyopadhyay, Mr. Prashant Tariyal, Mr. Mukesh Deorari, Ms. Vineeta Sagar, Ms. Mansi Bijalwan
12:00-13:00		<ul style="list-style-type: none"> • Ganga Praharis at Ganga Avlokan: Mr. Monoj Nishad, Mr. Vikas Kuma & Mr. Aman Rawat
17:00-19:30		
19:30 onwards	BACK TO WII	



The background of the entire page is a blue-tinted illustration. It depicts an elderly woman with glasses and a red shawl, sitting on the ground and reading a book. Two young children are sitting in front of her, looking at the book. They are in a lush, green outdoor setting with a large tree on the left and two birds flying in the sky. The text 'ANNEXURE II PARTICIPANTS DATABASE' is overlaid in white, bold, sans-serif font.

ANNEXURE II PARTICIPANTS DATABASE

Ganga Grandma's Course
Documenting Traditional Knowledge Systems for Conservation of Freshwater Ecosystems in the Ganga River Basin
Date: 18th - 21st September 2024
Registration Sheet

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
1.	अंवर कला	Received	UP जयोरमा		
2.	रामकुलारी (दुलारदेवी)	Received	U.P. अमोखा	9120724474	र
3.	सुशीला	Received	"		सुशीला
4.	निर्मला देवी	"	"		
5.	हरदेवी	"	UP इटावा	9120724474	
6.	शशीप्रभा	"	"		शशीप्रभा

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
7.	मन्नादेवी	Received	UP इटावा	9120724474	
8.	मनोदेवी	"	UP बुलन्दशहर	6397873368	मनोदेवी
9.	सन्तोष	"	"	"	सन्तोष
10.	प्रवीण देवी	"	"	"	प्रवीणदेवी
11.	जेमानी देवी	"	UK चक्राहा	7579476434	
12.	टिको देवी	"	"	8923023814	टिको
13.	आशा देवी	"	"	9068457254	आशा
14.	डबली देवी	"	UK देवप्रयाग	9690685107	
15.	डिमसी देवी	"	"	"	
16.	सुरेशी देवी	"	देवप्रयाग, UK	"	

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
17.	छोरी बाई	Received	MP गुना	6263104977	
18.	शीला 1	"	"	"	
19.	शीला 2	"	"	"	
20.	शीता	"	"	"	शीता
21.	मुलचारी देवी	Received	U.K देवपुरा		
22.	सुदेखा देवी (सुदेखा देवी)	Received	U.K देवपुरा		सुदेखा देवी
23.	सम्पती देवी	Received	-/-		
24.	फूल कुमारी	Received	पटना	07352186252	फूल कुमारी
25.	विभा कुमारी	Received	"	"	आशा
26.	विभा देवी	Received	"	9304060401	विभा कुमारी

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
27.	कला देवी	Received	सिमर / बिमर / जेक	7018942256	
28.	बला देवी	"	"	"	
29.	कमलेश देवी	"	हरियाणा	"	कमलेश
30.	निर्मला देवी	"	"	"	
31.	दश देवी	"	"	"	
32.	बबली	"	"	"	बबली
33.	सुमा देवी	"	पिंडी / उत्तराखण्ड		सुमा देवी
34.	रामेश्वरी देवी	"	"		रामेश्वरी देवी
35.	सरला देवी	"	उत्तराखण्ड / U.K	9639558376	सरलानाह
36.	लक्ष्मी देवी	"	"	"	लक्ष्मी

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
37.	शैलेन्द्र देवी	Received	जलन्धरा/असम	9639558370	शैलेन्द्र देवी
38.	लारामती देवी	Received	पश्चिम बंगाल (मिर्जापुर)		लारामती देवी
39.	आशा देवी	Received	पश्चिम बंगाल (मिर्जापुर)	620064980	आशा देवी
40.	जलिता देवी	Received	पश्चिम बंगाल (मिर्जापुर)		जलिता देवी
41.	माया देवी	Received	उत्तराखण्ड (पुष्पवा)		माया
42.	प्रमिला देवी	Received	11		
43.	कलावती देवी	Received	11		
44.	गीता	Received	फर्रुखनगर/पश्चिम बंगाल (मिर्जापुर)	9336633845	गीता
45.	सरोज	Received	11		सरोज
46.	सुशीला	Received	कोशी (UP)		सुशीला

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
57.	Ram Devi	Received	Chamoli	9410162647	राम देवी
58.	Anandi devi	"	"	9045339506	अनंदा देवी
59.	Ganeshi Devi	"	"		गणेशी देवी
60.	Kiran Devi	"	Gorakhpur	7978160745	किरण देवी
61.	Lal Moti	"	"	8174053023	
62.	Punam Singha	"	"	6307460696	पुनम सिंह
63.	Sushilata Singh	"	Gorakhpur	9140211515	सुशीला देवी
64.	Anguri	"	Muzaffargarh	7818856013	
65.	Harmaya	"	Muzaffargarh	"	हरमाया
66.	Sumita	"	Bijnor	8279482877	

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
67.	किरण	Received	कन्नौज UP		किरण
68.	मधु	"	" UP		मधु
69.	पुष्पा देवी	"	मधेपुरा/मनीसरी (बिहार)	7361837697	पुष्पा देवी
70.	किरण	"	मुन्सी/धनुर वीरगंज (बिहार)	9170551647	किरण
71.	रेखा देवी	"	मुन्सी/बलाहवा UP	8400055502	
72.	नहमी	"	मधेपुरा/सीया (UP) बलाहवा		
73.	रिता	"	मुन्सी/बलाहवा (UP)	8354977384	
74.	रत्नमणी देवी	"	बागलपुर/बिहार	7631727525	रत्नमणी देवी
75.	रंजना देवी	"	"	7544795083	रंजना देवी
76.	सुनील देवी	"	"	7631727525	सुनील देवी

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
77.	Sama	Received	Bijpur		
78.	Dambati Dharubati	"	"	9927185461	दाम्बती
79.	Ixmi Sasmal	"	South 24 Pgs WB	9800752482	Rakshmi Sasmal
80.	Patul Mondal	"	" West Bengal		पटुल मंडल
81.	Sandhya Rani Mondal	"	"		संध्या रानी मंडल
82.	Sushila Gayen	"	"	8001995466	Sushila Gayen
83.	Banafi Khatri	"	"	9975181683	बानाफि खत्री
84.	Gouri Khatri	"	"	9635519668	Gouri Khatri
85.	Rina Jana	"	"	6289529519	रीना जना
86.	Kaishna Roy	"	"	9079219771	Kaishna Roy

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
87.	Dharambati	Received	Bijnor (UP)	8855033105	धरामती
88.	Santari	"	Mujaffarnagar (UP)		
89.	Aheliya	"	" (UP)	7599669991	अहिल्या
90.	Niyati Bujal	"	Barhamadnagar (WB)	1	नियति बजल
91.	Mallika Mahato	"	Thangram (WB)		
92.	Kalpama Mahato	"	Paschim Medini (WB)		
93.	Minati Sarkar	"	Hooghly (WB)	9231700820	मिनाती सरकार
94.	Monima Sarkar	"	" (WB)	6290548917	मनिमा सरकार
95.	Purnima Biswas	"	" (WB)	"	
96.	कुन्ती देवी	"	चम्पारन (उत्तराखण्ड)	9536221149	कुन्ती देवी

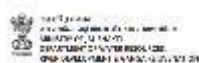
S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
97.	नीतू सिंह	Received	बिहार समस्तीपुर	9198636055	नीतू सिंह
98.	प्रमिला देवी	Received	"	8969908980	प्रमिला देवी
99.	कुंदली देवी	Received	झारखण्ड	9199911181	कुंदली देवी
100.	जयश्री देवी	Received	"	"	जयश्री देवी
101.	राजश्री सिंह	Received	राजश्रीपुर (WB)		राजश्री
102.	विद्यावती	Received	"	7068835466	
103.	सोना देवी	Received	पश्चिम चम्पारन (बिहार)		सोना देवी
104.					
105.					
106.					

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
107.	Lalmani Devi	Received	Mirzapur (UP)	9035424723	लालमनी
108.	Pramila	Received	Mirzapur (UP)	7991477271	..
109.	Baisanti	Received	Mirzapur (UP)	767680523	बासन्ती
110.	TEESA Devi	Received	Mirzapur (UP)	9044910574	.
111.	Pratibha Devi	Received	Mirzapur (UP)	9577388755	.
112.	Seema Devi	Received	Mirzapur (UP)	8604403567	सीमा देवी
113.	Dhanbatti	Received	Jaunpur (UP)	9956034830	.
114.	Gyanti Goud Gyanti Goud	Received	Jaunpur Varanasi	0383801404	शान्ती गौड़
115.	Kusum Devi	Received	Varanasi (UP)	7607155495	कुसुम देवी
116.	Munni Devi	Received	Varanasi (UP)	9838487562	मुनी देवी

S.No	Name	Workshop Kit (Saree + Bag + Bottle + Memento + Notepad+ Pen)	District/State	Contact No	Signature/Thumb Print
117.	Girija Devi	Received	Varanasi (UP)	9415868562	गिरिजा देवी
118.	Suman Singh Sugani Devi	Received	Jaunpur (UP)	9151065901	सुमन सिंह
119.	Sugani Devi	Received	Jaunpur (UP)	8503076971	.
120.	Beena Baranwal	Received	Varanasi (UP)	9118392209	बीना बरनवाल
121.	Dayawati Devi	Received	Supaul (Bihar)		.
122.	Tapashwani Devi	Received	Supaul (Bihar)		तपश्वनी देवी
123.					
124.					
125.					

[illegible]

[illegible]



WII-NMCG PROJECT TEAM MEMBERS:

Ms. Ekta Sharma, Principal Project Associate; Mr. Ravindra Nath Tripathi, Principal Project Associate; Ms. Amanat Kaur Gill, Principal Project Associate; Ms. Sunita Rawat, Principal Project Associate; Mr. S.K. Zeeshan Ali, Principal Project Associate; Mr. Abhimanyu Anand Singh, Senior Project Associate; Mr. Ashish Mani, Senior Project Associate; Mr. Mukesh Deorari, Senior Project Associate; Mr. Prashant Tariyal, Senior Project Associate; Mr. Rahul Gupta, Senior Project Associate; Ms. Hema Pant, Senior Project Associate; Ms. Juhy Khan, Senior Project Associate; Ms. Nidhi Singh, Senior Project Associate; Ms. Satakhshi Sharma, Senior Project Associate; Mr. Anshul Bhawsar, Project Associate II; Mr. Krishna Prakash Upadhyay, Project Associate II; Mr. Mohit Payal, Project Associate II; Ms. Priyanka Singh, Project Associate II; Ms. Sakshi Rana, Project Associate II; Ms. Sweta Gupta, Project Associate II; Mr. Danish Kaleem, Project Associate I; Mr. Pawan Katiyar, Project Associate I; Mr. Piyush Kumar Anuj, Project Associate I; Ms. Alankrita Sharma, Project Associate I; Ms. Anu Saini, Project Associate I; Ms. Ashmika Aggarwal, Project Associate I; Ms. Krishna Venugopal, Project Associate I; Ms. Mansi Bijalwan, Project Associate I; Ms. Priya Prajapati, Project Associate I; Ms. Rashmi Das, Project Associate I; Ms. Simran Aggarwal, Project Associate I; Ms. Sunidhi Mishra, Project Associate I; Ms. Sunidhi Mishra, Project Associate I; Ms. Vinita Sagar, Project Associate I; Mr. Neeraj Aswal, Project Assistant; Mr. Piyush Pandey, Project Assistant; Mr. Rahul Yadav, Project Assistant; Ms. Aarti Chauhan, Project Assistant; Ms. Prabha Thapa, Project Assistant; Ms. Shradha Mahajan, Project Assistant.

WII-JALAJ PROJECT TEAM MEMBERS:

Mr. Saurav Gawan, Project Scientist; Mr. Mangal Chaudhary, Jalaj Assistant Coordinator; Mr. Pravas Mal, Jalaj Assistant Coordinator; Mr. Chiranjit Sarkar, Jalaj Assistant Coordinator; Ms. Supriti Saha, Jalaj Assistant Coordinator; Mr. Shibsankar Ghorui, Jalaj Assistant Coordinator; Mr. Soumen Dutta, Jalaj Assistant Coordinator; Mr. Ratan Halder, Jalaj Assistant Coordinator; Ms. Suparna Kayal, Jalaj Assistant Coordinator; Ms. Heera Devi, Jalaj Assistant Coordinator; Ms. Radhika Chauhan, Jalaj Assistant Coordinator; Ms. Jaya Negi, Jalaj Assistant Coordinator; Mr. Prakash Singh, Jalaj Assistant Coordinator; Mr. Rahul Kumar, Jalaj Assistant Coordinator; Mr. Chandra Kumar, Jalaj Assistant Coordinator; Mr. Kunal Singh, Jalaj Assistant Coordinator; Mr. Sonu Baghel, Field Assistant.

NMCG

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