

N.4: Women's Day Celebration at RRCAT

Women's day was celebrated at RRCAT on 10th April 2015. This year the theme was "Managing Stress in day to day life". The program was conducted in two sessions, pre and post lunch session. The first session began with welcome of the Guest. Mrs. Arti conducted the program. She requested Dr. Alka and Mrs. Kirti to accompany the guest on the dais and gave brief introduction of the guest. In her welcome address, Dr. Alka, chair-person of the woman-cell, pointed out that understanding of the origin of stress is important in order to overcome it. The guest lecturer for the first session was Mrs. Sunita Gupte, who is a practicing psychologist with 20 years of experience. The topic of the lecture was "Coping with Stress: A Psychologist's view". The guest was welcomed with a bouquet by Ms. Ekta. The long question answer session was arranged for the benefit of the participants. Mrs. Gupte discussed the general causes of stress for a working lady, who want to fulfill responsibilities at home and office. Her main advice was not to consider oneself a superwoman and learn to use help, wherever required to reduce the stress of day to day life. It was followed by a long interactive session, where she answered to queries of the participants. She mainly suggested to follow the principal of trying to change the things you can and accept what you cannot change and to learn to know the difference. She gave easy tips to find out when someone is under stress and how to help him/her to come out of it. A memento was presented to the guest and then Mrs. Arti invited all for a Group photograph.

The chief guest of the post lunch session was Mrs. Sujata Bansal, who is senior teacher of Art of living foundation and has 35 years of experience in training and development of people from different walks of life. She was accompanied by Prof. Karuna Jain, who is a professor of psychology, in IMS, Indore. Mrs. Prabjot conducted the program and gave brief introduction of the guests and guests were welcomed with a bouquet by Ms. Rinki and Ms. Usha. In the beginning, Mrs. Sujata invited all members to play two games and she explained with those games, how a person can be free from stress by living in the PRESENT. She emphasized that one should not carry baggage of the the past, avoid unnecessary worry of the future and enjoy the present to lead a stress free life. The lecture was followed by discussion session. She also showed simple Yogasans for relieving stress. After her lecture Prof. Karuna invited all members to play a game and through it she explained importance of conversation with colleagues, neighbors i.e. people surrounding us and how enjoyable it can be. This was followed by the literature oriented program of woman employees. The programme started with Sarswati Vandana sung by Vandana, Charu and Manglika. Mrs. Sujata sung a melodious song about aspirations of today's women. Mrs. Seema recited a self-composed poem about scientists

working for INDUS, specially dedicated to contribution of G. Singh and all appreciated it. Miss Jyoti also presented a self-composed poem about life of a girl child and her progress in life, putting many questions to the society and ending it with a celebration of womanhood. Mrs. Usha shared her thoughts on women and society. Ms. Khyati Garg also presented a beautiful self-composed poem. It was followed by satire presented by Mrs. Archana along with Payal, Rani, Dimple, Himani and Naveena, showing out of proportion importance money has gained in our life. The last presentation was by Preeta, Kirti, Saroj, Poornima, Pinki, Nishma, Kiran, Sharda and Prabjot from AECS, celebrating beauty of being a woman, which was thoroughly enjoyed by all. Mrs. Kirti gave vote of thanks and memento was presented to the guests. Ms. Gitika and Ms. Shryner helped in arranging the function in several ways like catering, mementos, vehicle arrangements etc. The program ended with evening tea and enigmatic discussions about the program and stress related issues.



Photographs show (from top clockwise): 1. Guests Prof. Karuna Jain and Mrs. Sujata Bansal, 2. Mrs. Sunita Gupte and 3. Participants engrossed in the lecture during Women's Day-2015.



Group photo of participants with the guest Mrs. Sunita Gupte during Women's Day-2015.

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