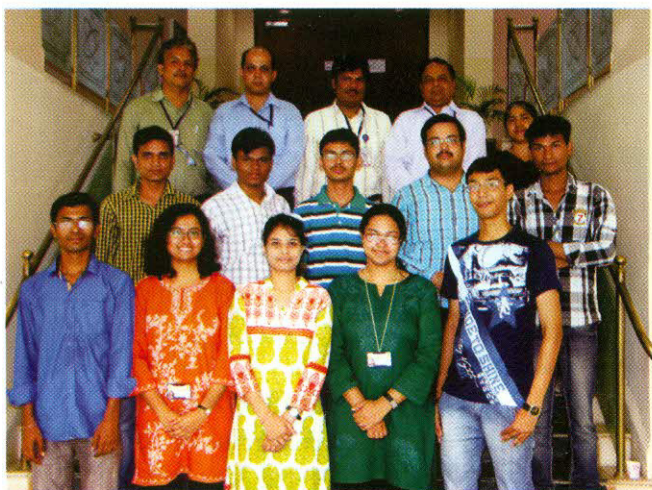


- "Computing and Communication in Research & Development" by Dr. Anil Rawat, CD
- "Optical Spectroscopy- A Promising Tool for the Diagnosis of Cancer" by Dr. Shovan Majumder, LBAID
- "Concluding talk: Beyond academics, ancient Indian science heritage" by Purushottam Shrivastava, PHPMS



The batch of students of YSRP-2014 with team of YSRP-coordinators at RRCAT

Lab visits were arranged for the research students to the Indus Accelerator Complex Indus-1, Indus-2, Beam lines; Solid State Laser Division; Computer Centre; Superconducting Cavity Labs and SCRF Infrastructure; Laser Biomedical Applications Division/Optical Spectroscopy Lab. At the end of the program, each student gave a seminar on the assigned project and submitted the project report as per YSRP guidelines.

The program was successfully organised and completed with the support from various volunteers from various divisions/sections/labs, administration, accounts and security of RRCAT.

*Reported by:
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N.6: Women's Day Celebration of at RRCAT:

Women's day was celebrated at RRCAT on April 9th 2014. The program was conducted in two sessions, pre and post lunch session. In first session two eminent personalities from the field of health and self defense were invited for lecture cum demonstration. Ms. Arti welcomed the gathering

and introduced both the guest speakers. Dr. Alka, chairperson, women cell noted that this was the tenth year of women's day celebration in RRCAT. She said that to strengthen ourselves as a professional and a home maker, it is imperative to be in good health. Presently, news of women under attack is also a cause of worry. The theme of the day was therefore decided to be "Health and self defense". This was followed by a lecture cum demonstration from Ms. Rashmi Gupta, director of two wellness centers in Indore. She gave health tips and showed simple exercise routine, which can be followed by women to maintain good health. This routine was performed and enjoyed by all the audience. After the tea break, all participants reassembled for the second lecture by Ms Anupa, who is a social worker. She is actively working in the field of training self defense to women as a part of women empowerment program. She brought out the confusions regarding self defense using very apt examples. Through out her lecture, she emphasized one very important point that self defense involves avoiding the conflict and is not about teaching a lesson. She further said that this can be achieved by being alert and showing courage to take necessary steps. She also mentioned that courage should not be misplaced to endanger oneself. The lecture was appreciated by all and many felt one day workshop on the same should be arranged. Morning session was concluded by vote of thanks from Ms. Prabjot and by offering mementos to the guest speakers.

The post lunch session was devoted to literature based activity by RRCAT participants and was compeered by Ms. Prabjot. The program started with a song welcoming a new born girl child by Ms. Beena. This was followed by two group songs in Bengali and Marathi sung by Aparna, Suparna, Sujata, Archana and Beena. Marathi song described the conflict between empowerment of women on one hand and



Group photo of participants with the invited speaker, Ms. Anupa (standing, R5, in first row)

increased attacks on the women in the society today. Bengali song gave a message of not to hesitate in asserting your rights and to win over your fear and weakness to achieve your goals. These were followed by group dances depicting women from different regions by Shilpi, Sapna, Neha, Vijaya, Mini, Rinu, Madhulika and Akshita. After this, a very interesting and entertaining news-reading of the year 2050 was performed by J. S. Archana. Rinky spoke about progress of women in many fields and increasing incidents of attacks on women, a cause of worry.



Demonstration cum lecture by Ms. Rashmi Gupta (inset) in progress.

A skit emphasizing importance of health and sharing of home responsibility by two partners together, written and directed by Rinky, was presented by Rinky, Ekta, Vandna and Shushmita. Then a women based skit with dances was presented by Janky, Shradha, Lalita and Jagruti. As per the tradition, Ms. Harsha Bansal was invited to share her thoughts with fellow women as she is due to retire this year. She told one interesting story suggesting that you are solely responsible for your progress or failure. Gitika had arranged for mementos for the guests and catering was organized by Shryner. Flower arrangement was looked after by Arti. The session ended with evening tea and discussions about the program, health care and self defense.

*Reported by:
Alka Ingale (alka@rrcat.gov.in)*

N.7: One-day Medical First Aid Training Programme

A 'One Day Medical First Aid Training Programme' was organized jointly by Fire & Safety Section (F&SS), RRCAT and Arihant Hospital & Research Center (AH&RC), Indore

on 12th December 2013 at Central Complex, RRCAT. The training was imparted by expert doctors and trainers from AH&RC under the leadership of Dr D K Taneja, Medical Director, AH&RC. The training programme included lectures, demonstrations, practice by participants, open house discussions etc.



Inaugural Session in progress

Inaugural Session of the programme was conducted by Shri Rakesh Pareek of F&S Section. Shri S M jalali, Head, F&S Section welcomed the guests and emphasized on the mandatory requirement, as per Atomic Energy Factories Rule 1996, to conduct such training programmes. Dr S M Oak, Chairman, Apex Safety Committee, RRCAT, as a Chief Guest of the programme, highlighted the importance of conducting such training programmes in a R&D institution, like ours. Dr D K Taneja and Dr K Chaddah, CMO, RRCAT Medical Center were the Guests of Honor.

The post lunch training session was conducted by Dr D K Taneja. In this session, speakers addressed topics related to Basic First Aid, Basic Life Support, Industrial Injuries, Wounds, Control of Bleeding, Shock, Burn, Poisoning,



Guests and participants during the training programme

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.

Reported By:
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N.5: Women's Day 2016 Celebration at RRCAT

Women's day was celebrated at RRCAT on April 7th 2016. This year the theme was "Leadership and Women". The program was conducted in two sessions, pre and post lunch session. In pre lunch session lecture on the theme subject by guest speaker, followed by discussion on the topic was arranged. In second session, literature oriented program by woman employees was arranged.

The Guest for the function was Professor Shweta Kushal, who is an experienced faculty from IIM Indore. The topic of the lecture was "Women and Leadership". The lecture followed by discussion session in which RRCAT women employees participated. Mrs. Prabjot conducted the program. She requested Dr. Alka and Mrs. Kirti to accompany the guest on the dais. The Guest was welcomed with a bouquet. Then Prabjot gave brief introduction of the guest. After welcome Mrs. Sujata gave a brief report about the Sensitization program on prevention of sexual harassment at work place arranged by DAE in Hyderabad. Next, Dr. Alka reported about similar program arranged by National Institute of public cooperation and child development at Indore. In both the programs it was clearly explained about what is considered as harassment and what provisions are there for prevention and reporting of such cases. After the reports Prof. Shweta delivered her lecture which was interactive in nature. She explained, why woman lack in Leadership and what course they should follow in order to reach the top. She made a point that first one should feel, we are capable and should stop considering taking care of family as a limitation. We should first accept that family responsibility can and should be shared within family and both husband and wife can progress simultaneously. She further stated that many ladies feel guilty about not giving enough time to children, while in office and feel guilty about office, while at home. This must stop. Time management and proper delegation of work and taking help from all possible sources to do justice to both homemaking and career is necessary i.e. stop expecting yourself to be a superwoman. Be practical and try and achieve your goals. After the lecture, discussion on the Woman Leadership was organized and Ms. Usha, Gitika, Swati, Fatima, Anagha, Shilbala, Archana and Shanti participated in it. All members discussed why and where women fell short in leadership, whether there is any glass ceiling and how they can manage both the fronts i.e. job and home. A data regarding presence of woman at different leadership stages over the years, was also presented. After the discussion Prabjot invited all for a Group photograph followed by Lunch. The lunch time was enjoyed by the members and our chief guest, getting connected with each other over informal get together.

The post lunch session was conducted by Mrs. Jankee and Mrs. Shradha. They requested Dr. Alka to accompany our colleagues Mrs. Prabjot and Mrs. Ratnakala on dais. Both are superannuating this year and both were welcomed with bouquet. After welcome Ratnakala and Prabjot were invited to share their thoughts on superannuation. Both were in RRCAT since it's initial days. They reminisced many years spent working at RRCAT and witnessed it's growth from MPS building to present RRCAT. Both being part of women cell for many years, they as well we will miss having them around.



Photograph showing Mrs. Geetika welcoming Mrs. Ratnakala. Mrs. Ratnakala and Mrs. Prabjot, shared their thoughts with the audience on their superannuation in the following year.



Photograph showing Mrs. Jankee and Mrs. Shradha compeering the afternoon session programme.

Followed by it, the literature oriented programs by woman employees was presented. Ms. Pooja sung a melodious song followed by a poem recitation by Ms. Bhamini. It was followed by an action song presented by Mrs. Archana and her group. Then Ms. Vandana, Ekta, Ritu, Preeti, Geetha and Anjali performed a beautiful dance based on women

empowerment. This was followed by a song by Neeyati Agarawal. AECS presented a skit which was based on modern time Daruapadi and hilarious analogies and a message that women will not tolerate unjust behaviour, was appreciated and enjoyed by all. AECS team is full of energy and gives different, enjoyable and memorable presentations every year. Mrs. Madhuri and Kamala presented a dance on old songs depicting beauty of womanhood. Last item of the session was a Quiz organized by Mrs. Bhavna, Arti and anchored by Mrs. Archana, and Pooja. The Quiz was about woman leaders and audience showed great enthusiasm in participating in the same. The Quiz session was very informative and efforts taken by organizers were for all to see and enjoy.



Photograph showing Ms. Vandana and group depicting women empowerment through dance.



Photograph showing Mrs. Arti, Pooja and Bhavana conducting Quiz competition on women leaders.

After the quiz, Dr. Alka presented memento to the guest. Mrs. Arti gave vote of thanks and invited all for the evening tea. Mrs. Arti, Gitika and Shryner took care of snacks and contributory lunch arrangements with due diligence. The program ended with evening tea and discussions about the present and future programs and leadership related issues.

*Reported by:
KirtiBarpande and AlkaIngale(alka@rrcat.gov.in)*



Group photo of participants with the guest Professor Shweta Kushal(6th from left in front row) during Women's Day-2016.

N.6: Women's Day celebration

In celebration of the International Women's Day and as per the directive of Govt. of India, a workshop on the Swachhata Abhiyan was organized on March 8, 2017 for women work-force engaged in construction and cleaning activities in the RRCAT campus. The workshop was conducted at the Welfare Centre. About 110 women participated, some (~10) had also brought small children. In the beginning, Dr. Rama Chari introduced the members of the RRCAT Complaint Committee to the participants and gave a brief introduction about the responsibilities of the Committee. The workshop was interactive and RRCAT senior women employees addressed specific issues related to cleanliness, health and hygiene.

First, Dr. Alka Ingale questioned the participants about their hygiene practices regarding children and then talked about the importance of a daily bath and clean clothes for the children. Some participants raised the matter of children falling sick frequently. Dr. Ingale explained through examples that washing hands before meals and daily cleaning of nose, ears and teeth are very important for good health of children. In absence of soap, ash can also be used for washing hands and neem leaves for bathing.

Next, Smt. Sujata Joshi talked about the necessity of keeping the home surroundings and public places clean. For example, garbage should be thrown only in dustbins, spitting in open should be avoided, only properly stored water should be used for drinking, public toilets should be used in the proper manner etc. She also talked about how to keep rivers and water bodies clean; they should not be used for garbage disposal or washing clothes. Railway lines should not be used for defecation. Cloth carrier bags should be used for shopping instead of plastic bags.

Dr. Rama Chari addressed the issue of feminine women hygiene. She explained how women can maintain hygiene and remain healthy. Some participants said that they knew about the proper disposal of waste, yet for convenience were making a practice of burning it. They were informed that burning should be avoided, instead the waste should be disposed in the collecting vans. Also young and teenage girls should be given proper medical attention in case of any gynaecological problems.

Smt. J. S. Archana talked about the cleaning of office premises. She explained the proper use of cleaning materials provided by the department.

Several women employees of RRCAT were also present. The

lively workshop was received well by the participants and there was good interaction during and after the sessions. Tea and snacks were served to all present. The workshop arrangements were done by Dr. Alka Ingale, Smt. Arti Shelke, Shri G Venkatesan, Smt. Sujata Joshi, Smt. Angela Pereira, Smt. P. Shryner, Smt. Garima Alhate and Smt. Seema Thakur. After the workshop, RRCAT administration made arrangements for dropping the participants at their respective workplaces.



Senior woman employees of RRCAT interacting with participating women engaged in construction and cleaning activities in the RRCAT campus



Participants in the Workshop on Swachhata Abhiyan organized on March 8, 2017 for women work-force engaged in construction and cleaning activities in the RRCAT campus

The photographs show senior women employees of RRCAT interacting with the large number of women work-force engaged in construction and cleaning activities in the RRCAT campus in the workshop organized at Welfare Centre in RRCAT in celebration of the Women's Day.

*Reported by:
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N.8: Women's Day celebration

This year two events were organized to mark Women's Day. On March 1st, 2018 a one-hour lecture-cum-demonstration on music therapy for stress relief was organized. It was presented by Dr. (Mrs.) Chhaya Matange. Dr. Matange is a noted classical vocalist of Indore. She is also a cancer survivor and runs an NGO, Indradhanush Sangeet Upchar Prasar Sanstha. During the session, she demonstrated simple exercises which can be done by anybody at home without any musical instrument or previous proficiency in music. The audience interacted with Dr. Matange and participated actively during the session by trying out some of the exercises.



Dr. (Mrs.) Chhaya Matange in lecture cum demonstration session on music therapy for stress relief.

The second event was a theme-based programme presented by lady employees and students of RRCAT on April 20th, 2018. The theme was "Generation gap at the workplace and stress". The topic is important in the context of working women as they have to face this problem at work as well as at home and thus undergo extra stress. The programme was planned to give a platform to women of all ages to come together and discuss this issue in a non-formal atmosphere.

The half-day programme was anchored by Smt. Shradha Tiwari and Smt. Usha Chakravarty, who made an interesting presentation on differences between different generations like baby boomers, generation X and the millennials. Dr. Rama Chari gave a short introduction to the theme and the motivation for choosing it. Two energizing group songs were presented by young Ph. D. students. Dr. Suparna Pal presented a melodious Japanese song. A very informative presentation, giving an overview of a general management programme for women scientists held at Hyderabad, was delivered by Smt. Anagha Mokhariwale and Smt. Seema Singhai Sheth who had attended the programme along with Smt. Arti Shelke. They also brought out the necessity and benefits of continuous training and learning new skills. Next, Ms. Jyoti performed a very graceful solo dance on a medley of songs. Smt. Beena Jain presented an old classic song. Dr. Bhavani presented a very concise, to-the-point tips about

stress and health management. Her message was to walk regularly and avoid junk food.

A panel discussion, organized on the day's theme, was moderated by Smt. Swati Choudhary. The panelists, Smt. Sujata Joshi, Smt. Shailaja Prakasam, Smt. P. Shryner, Smt. Lalita Jain, Smt. Pooja Gupta, Ms. Payal Taya, Ms. Neelima Sinha, Ms. Kriti Pathak and Ms. Pooja Kumari, encompassed the whole range of generation from some of the most senior employees to project trainees. All panelists used their own life and work experience to illustrate some aspect of the theme. Smt. Shryner pointed out that one can actually translate the solutions from workplace to home and *vice versa*. The discussion was followed by a group dance performance by Ms. Jyoti, Ms. Dimple Lohani, Ms. Sonal Ingole, Ms. Maya, Ms. Sebastina, Ms. Supriya and Ms. Babita.



The panel discussion on "Generation gap at the workplace and stress".

The last activity was a fun stress-free walk exercise planned by Smt. Arati Deshpande and Dr. Pooja Gupta. Participants were asked to come to the stage and walk briskly in pairs, they could also say a few words. The participants were: Smt. Sapana Rege, Smt. Asha Singh, Smt. Lalita Jain, Smt. Urmila Singh, Ms. Payal Taya, Smt. Archana Prabhu, Smt. Vanshree Thakur, Smt. Parul Arora, Smt. Geetanjali, Dr. Soma Banik, Smt. Usha Chakravarty, Smt. Shradha Tiwari. Ms. Pooja Kumari and Dr. Suparna Pal, who gave their own colour to the activity with Mrs. Archana demonstrating the graceful stepping in Kathak and Dr. Suparna showing how even an everyday object like an umbrella can give our bruised confidence a much-needed boost!

Smt. Lalita Jain and Ms. Pooja Kumari's short skits in-between the items touched a chord with everyone. The ever-reliable Shri Chitre took the responsibility of the hall arrangements as well as the photography with some help from Ms. Sona Chandran. Smt. Gitika Khare delivered the vote of thanks and the programme concluded with the National Anthem.

*Reported by:
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