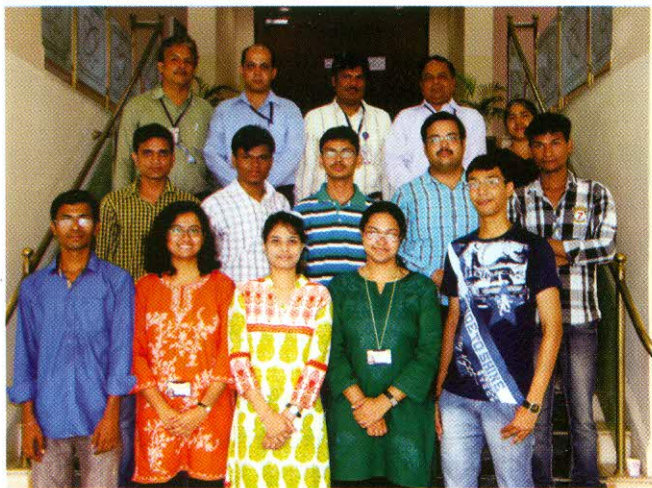


- "Computing and Communication in Research & Development" by Dr. Anil Rawat, CD
- "Optical Spectroscopy- A Promising Tool for the Diagnosis of Cancer" by Dr. Shovan Majumder, LBAID
- "Concluding talk: Beyond academics, ancient Indian science heritage" by Purushottam Shrivastava, PHPMS



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

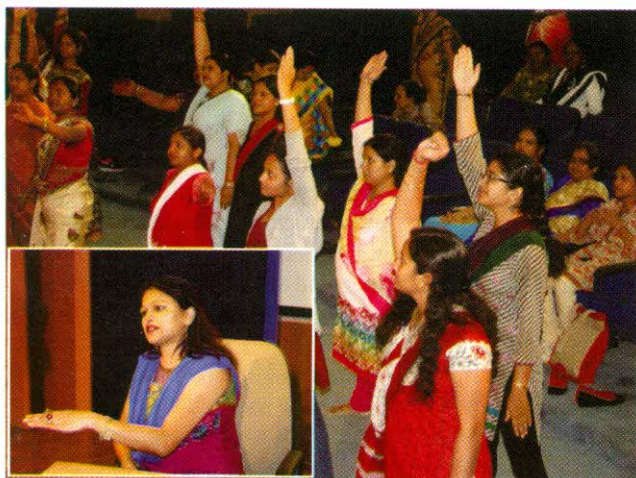
and introduced both the guest speakers. Dr. Alka, chairperson, women cell noted that this was the tenth year of women's day celebration in RRCAT. She said that to strengthen ourselves as a professional and a home maker, it is imperative to be in good health. Presently, news of women under attack is also 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:  
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## **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*