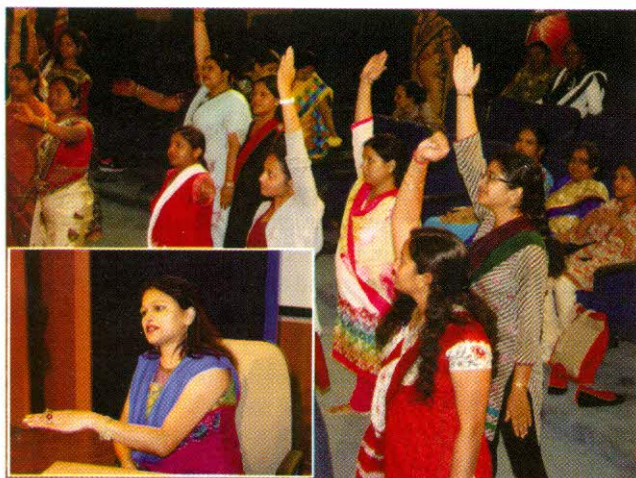


increased attacks on the women in the society today. Bengali song gave a message of not to hesitate in asserting your rights and to win over your fear and weakness to achieve your goals. These were followed by group dances depicting women from different regions by Shilpi, Sapna, Neha, Vijaya, Mini, Rinu, 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*

Tourniquet, Splinting, Bandaging Techniques & Transportation, Transportation of Amputated Part, Organ transplantation, Cardiopulmonary Resuscitation (CPR) etc.

At Valedictory Function, certificates were awarded to the nominated participants by the Chief Guest and other dignitaries. Vote of thank was proposed by Shri Rakesh Pareek. The programme was attended by 127 Nos. of nominated participants having various backgrounds including few employees of private contractors, who are working in our electrical installations.

*Reported by:  
R. Pareek (rpareek@rrcat.gov.in) and S. Jalali*

### **N.8: Crane Operator's Training Programme**

ACDFS, RRCAT organized Four day's crane operator's training programme. This programme was inaugurated by honorable chief guest Dr. P.D. Gupta Director RRCAT. In the inauguration function Dr. Gupta addressed the audience and explained about the importance and requirement for this training. Training programme was jointly organized by MHEs sub-committee BARC and ACDFS, RRCAT. There were 8 guest faculties from various units of DAE delivered the lectures on crane operations and safety in material handling, under the leadership of Mr A.V. Kharpatе Chairman, MHEs.



*Dr P.D Gupta Director RRCAT addressing the audience at inauguration function*

The objective of this training programme was to train personals for safe crane operation. In this training programme there were lecture session, practical session and video show, feedback session and written test for the participants Total 61 participants including officers from different divisions of RRCAT took part in this training programme. This training

programme provided a platform to exchange ideas and share experiences on key issues relating to safety aspects in crane operation. Whole training programme was interactive. All participants took part very actively. On last day certificates were issued to the candidates.



*Chief guests, faculty members and participants during valedictory function*

The valedictory function was chaired by Dr. S.M. Oak, Head SSLD and Shri Jose Joseph Head, BSCS (BARC safety council) was the chief guest. Certificates were distributed by Shri Jose Joseph.

Shri G. Mundra Head, ACDFS was convener of this training programme.

*Reported by:  
Vivek Bhatnagar (vivek@rrcat.gov.in)*

### **N.9: Fire Service Week-2014 at RRCAT**

The Fire Service Week-2014 was organized at RRCAT from 14th April to 20th April by Fire & Safety Section (FSS) to inculcate and promote the fire safety awareness among RRCAT employees, students and RRCAT colony residents. Every year 14th of April is observed as the National Fire Service Day to commemorate the brave firemen who laid their life while fighting with the fire in the 1944 at the Bombay dock yard. During this week, various activities, programmes, and competitions were organized at RRCAT. On the first day, i.e. on 14th April 2014, RRCAT employees paid homage to the brave fire fighters at Fire Station of RRCAT. Chief Guest of the function, Shri Sankar V. Nakhe, Head, LSES, RRCAT released a "Fire Safety Brochure" on the occasion, which would definitely serve the purpose of fire safety awareness