

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.

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