

**N.17: Women's Day celebration**

Women's Welfare Committee, RRCAT organized Women's Day-2019 on 10<sup>th</sup> April 2019, which was celebrated with great zeal and enthusiasm. The theme of this year's celebration was "Workplace Positivity and Happiness". The motto of selecting the theme was to inculcate the sense of happiness among RRCAT working women. The guest speaker Smt. G.K. Chhabra delivered a talk-cum-interaction session on the topic "My happiness is my responsibility". She was welcomed by Sujata Joshi, Chairperson and introduced by Shradha Tiwari, Secretary. Usha Chakravarty conducted the session. Smt. Chhabra gave useful tips such as having "so how does it matter" attitude towards people's harsh comments. Her messages were, practising *forgive and forget* attitude at workplace and not taking issues to the heart; whatever happens at workplace, one should enter home cheerfully after the day's work. The vote of thanks was proposed by Dr. S. Bhavani.



Group photograph of RRCAT women staff.

The afternoon session of cultural events was enthusiastically participated and attended by RRCAT office staff, dispensary staff, AECS teachers, trainees, and CISF staff alike. The program was hosted by Jankee Upadhyay and Usha Chakravarty. The bouquet of programs included various dance performances, melodious songs and self-composed poems. Variety of games/activities were conducted for audience by Bhavna Merh and Swati Choudhary. Sujata Joshi gave an interesting presentation on "The Sari – State of Affairs". The intellectual touch to the program was added by panel discussion on the topic "Parameters of Happiness at Workplace". The day concluded with increased positivity and happiness among participants.

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**N.18: Activities of RRCAT Staff Club**

RRCAT Staff Club organizes welfare activities in the areas of sports, music, culture, yoga and health to provide a holistic development environment to its members and their families. As part of this, several events have been organized and new infrastructural facilities were added.

The multi-purpose shed (MPS) compound was renovated to have dedicated halls for indoor sports and cultural activities such as table-tennis, badminton, carom, chess, taekwondo, pickle-ball, dance and music etc. The renovated complex, named "Indoor Sports Complex", was inaugurated on 7<sup>th</sup> January 2019 by Dr. A. K. Das, Vice-Chairman, Odisha State Higher Education Council and Ex-Secretary, DAE Sports and Cultural Council, and Dr. P. A. Naik, Director, RRCAT. A table-tennis tournament was organized at this complex during 7<sup>th</sup> to 11<sup>th</sup> January 2019 as part of 34<sup>th</sup> DAE Sports and Cultural Meet. A total of 90 participants from different DAE units took part in the tournament and around 260 matches were played in various categories.



Indoor Sports Complex (top) and its inside view (bottom).



Inauguration of Indoor Sports Complex by Dr. A.K. Das.