

ACTIVITY REPORT

1st Jan.'14 to 31st Dec'14



Programmes held at Indian Oil Corporation under the aegis of WIPS, WR :-

'WELLNESS AND MEDICARE' TRAINING PROGRAMME WAS HELD ON 5TH FEBRUARY'2014 :-



A one-day training programme on Wellness and Medicare was conducted on 5th February'2014 for Women Officers at Mumbai. In the first segment, Dr. Nirmala Rao, renowned psychiatrist, shared insights on the characteristics, traits and personality of the participants through interesting group activities, role-plays, etc. She also motivated them to overcome obstacles and convert challenges into opportunities in both personal and professional life, by maintaining a positive outlook always. Ms. Madhuri Kothari, yoga instructor and dietician, then advised women to follow a healthy lifestyle with adequate exercise and proper intake of balanced meals daily. Dr. Anjali Beke, Gynaecologist, helped them to understand and cope with the emotional and physiological changes women experience as they grow. The last segment on 'Art Therapy', by Dr. Vijaya Mohan, Rangoli and Kolam artist, provided participants an outlet to channelize negative emotions into positive thoughts and deeds through a fun painting activity.

'GYNECOLOGICAL PROBLEMS AND AWARENESS' PROGRAMME WAS HELD ON 10TH FEBRUARY'2014 :-



Gujarat State Office conducted a Health talk on 'Gynaecological Problems and Awareness' for all women employees based at Ahmadabad. Renowned Gynaecologist Dr. Dipti Jain, M.S. from Shaly Hospitals, Ahmadabad conducted the session. The aim of the session was to create awareness on gynaecological issues and promote preventative care.

HEALTH TALK ON 'PREVENTION OF SPORTS INJURY' WAS HELD ON 27TH FEBRUARY'2014 :-



A talk on "Prevention of Sports Injury" was given to all the women employees participating in the DNA ICan Marathon on 27th February, 2014 by Dr. Pradeep Moonot, Specialist in Knee, Foot and Ankle Surgery at P.D. Hinduja Hospital. The Talk show included ligament injuries to the knee and ankle, cartilage damage, stress fracture and other topic related to sports injuries.

'WOMEN EMPOWERMENT' TRAINING PROGRAMME WAS HELD ON 29TH FEBRUARY'2014 :-



Today, women are striving to achieve a balance between home, family and career and have even broken the myth of most workplace stereotypes regarding mobility, handling of technological issues, decision making abilities, etc. Realizing their advancement, IndianOil has developed and implemented specific strategies for women based on detailed analysis of their education and professional qualifications, age profile, etc. WIPS, Western Region Chapter organizes various training and skills development programmes for women employees to help them deal with their dual obligations with optimum results, both for them as well as the organization.