

## **ONGC- WESTERN REGION WIPS ACTIVITIES- 2013-1014**

As every year, this year also several activities were organised in ONGC. There was a spirited celebration of all festivals,culinary competitions were held, activities were carried out which addressed environmental concerns and there were constant meetings which addressed the needs of the women in the Organisation.

### **HALDI KUMKUM**



HaldiKumkum celebrations have now become a part of the tradition ONGC. This year also, on 6<sup>th</sup> February, the ladies greeted each other with warm hugs, the haldi-kumkumtika, flowers and also exchanged tilgul.

### **INTERNATIONAL WOMEN’S DAY CELEBRATIONS- 8<sup>th</sup> March, 2014**

This year the International Women’s Day was celebrated at Exotica Resort, Yheore Hills, Thane and saw an overwhelming response from the WIPS members. Sh. Mr.Sunil Kumar, CE(P), an expert on the subject of meditation was invited and a talk on the topic : “ *Meditation Why & How*” which was appreciated by all present. Various Spot-games and quiz in the area of women’s achievements globally were also organized.



**SESSION ON BALANCING PROFESSIONAL AND PERSONAL LIFE BY  
THE BRAHMAKUMARIS ON 18<sup>TH</sup> APRIL, 2014**



Two speakers from the Brahmakumari organization were invited to ONGC to give seminar on maintaining work- life balance on 18<sup>th</sup> April. They talked about how the challenges we face at our home and work affect our overall lifestyle and also gave pointers on how to relax one self. Small breathing and other meditation exercises and tips for beating stress were also demonstrated.

**SEMINAR ON – ‘GENDER SENSITIZATION AT THE WORKPLACE’**



Keeping in view the recent coverage by press on the violence shown against women in workplaces and otherwise in different parts of the country, it was decided to create awareness by organizing lecture on “Gender Sensitization at Workplace, at ONGC, NSE building, Mumbai on 5<sup>th</sup> May, which was open to all male and female members of the organization. Mrs. ManjushaBhatnagar, General Manager (IS), Mangalore Refinery & Petrochemicals, a leader on women’s Issues and empowerment conducted the lecture. She touched upon different aspects of harassment at workplace and the rights and duties of the members and the organization with respect to its female

employees. The 'Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013' that seeks to protect women from sexual harassment at their place of work was also discussed.

### **TREE PLANTATION DRIVE**

WIPS celebrated World Environment Day (5<sup>th</sup> June) by organizing a Tree Plantation Drive at its Colony at JVPD, Mumbai. Several saplings were planted in soil beds around the colony. The drive saw enthusiastic participation from the WIPS members who pledged themselves to helping create a cleaner and greener India.



### **IDEAS EXCHANGE KICKSTART MEETING**

Ideas Exchange Kickstart Meeting which was held on 18th June 2014 to chalk out the programmes for the year 2014-2015 and also to elect building /work centre coordinators. The members gave energetic and innovative ideas for the year and debated lively on their feasibility and implementation.



### **WORKSHOP- 'BUILDING THE BRAND CALLED YOU!'**

Based on the inputs received from the WIPS members, a Self- Development workshop was organized for the ladies on 3<sup>rd</sup> July focusing on personality and grooming. Ms. Shiny Stevens of M/s EagleWings Inc. conducted the workshop. She started with the importance of brand value in todays world and went on to hold various exercises for identifying and recognizing personality types and studying their traits in order to minimize the conflict between various types of persons working within one organization. The workshop was wrapped up by a lecture and tips on image, grooming and being presentable at the workplace.



### **TRAINING on 'THE CONFIDENT WOMAN OF THE 21<sup>ST</sup> CENTURY WORKFORCE'**

An interactive session was organized on 8<sup>th</sup> August at ONGC, Panvel Office conducted by Ms. Shiny Stevens of M/s EagleWings Inc. on '*The Confident Woman of The 21<sup>st</sup> Century Workforce*'. It dealt with on various aspects and challenges faced by women at work and how to overcome and deal with such challenges including how to deal with self-defeating, negative thoughts and the power of positive thinking and self-belief and left everyone energized and ready to power through the workdays!



### **WELLNESS PROGRAMME**

A Wellness Program was organized for the Women Employees as well as the spouses of male employees of ONGC on 20<sup>th</sup> August and was very well appreciated by all attendees. The focus of the Programme was on health and nutrition, with discussion on common health grievances and tips for healthy eating and balanced diet in day to day life.



### **ONAM CELEBRATIONS**

Onam was celebrated at all the different locations of ONGC in Mumbai with a lot of festive spirit and cheer in the month of September. Like every year, the WIPS team worked hard and organized various activities and the special lunch of the OnamSadhya for the ONGCians.



### **TALK ON CANCER AWARENESS**

A Doctor from S.L. Raheja Hospital was invited to ONGC for an interactive session on incidence of Breast Cancer and other types of cancer in Women. Signs and symptoms for early detection of such cancers, techniques for self-examination and other relevant queries by the attendees were discussed.



### **DISTRIBUTION OF COUPONS FOR FREE MAMMOGRAPHY**

In December, Coupons were distributed by WIPS and ONGC to Class IV Women Employees of ONGC for a free mammography test. Breast Cancer is fast becoming a side-effect of the stressful lifestyles of today and mammography is a procedure helpful in early detection of the breast cancer. The gesture was widely appreciated amongst all.

### **VISIT TO KARUNYA TRUST SCHOOL FOR THE UNDERPRIVILIGED**

ONGC WIPS team visited a school run by Karunya Trust. Located in the heart of Mumbai, this school offers an exclusive education system for the underprivileged children. The ladies came together to perform an act of philanthropy and visited the School with toys, books, school bags and clothes for the bright children of the School. The big dreams and ambitions and hope of the students of the school truly touched and inspired all the ladies and they returned with a warm glow of having done a small bit in helping the future generation of India.



### **25<sup>TH</sup> SILVER JUBILEE REGIONAL MEET OF WIPS**

ONGC WIPS Team, Western Region came out with flying colours at the 25<sup>th</sup> Silver Jubilee Regional Meet of WIPS held at RCF, Mumbai on 8<sup>th</sup> November 2014. ONGC's WIPS Activity Report was evaluated to be the best and was awarded the First Prize



### **ANNUAL FUNCTION OF MBA FOUNDATION FOR THE DIFFERENTLY- ABLED**

The Annual function of the MBA Foundation was held at Renaissance, Powai and ONGC WIPS Team was invited as a Special Guest. The entire event was performed and hosted by the differently abled students of the School. Everything, right from the lively host in the wheelchair to the students participating in the fashion –show event, was carried out with enthusiasm and excitement. The song sung by a visually impaired student proved to everyone that music is soul for the heart. THE WIPS ladies felt proud to be a part of the glorious evening.

## **MUSIC THERAPY**

WIPS team organized a workshop on 'Health Fitness through Classical Music' at ONGC, Panvel on 23<sup>rd</sup> December which was conducted by eminent musicologist Sh. Pandit Kumar Surshe. The workshop was open to all employees and focused on healing through the use of music and vibrations and the positive effect it can have on our mental and physical well-being.







ONGC bagged the '**Best Enterprise Award**' in the Maharatna and Navratna category at WIPS Award of excellence held on February 11, 2014 at Kolkata. ONGC bagged this award **third time in a row**. The award ceremony was part of the 24th National Convention, Forum of Women in Public Sector (WIPS) which carried the theme "WWW...We Women lead the World".