

## SCI - WIPS ACTIVITIES CONDUCTED BY WIPS CELL FROM JANUARY TO DECEMBER 2015.

### 1. Haldi Kumkum Celebrated on 23<sup>rd</sup> January 2015:

Haldi Kumkum is a Festival fondly celebrated by Women in our organization and is considered a very auspicious social gathering. Women employees alongwith senior lady family members exchanged haldi (turmeric) and kumkum (vermilion powder) during the programme.



### 2. International Women's Day was celebrated on 16<sup>th</sup> March 2015 at SCI Auditorium:

#### **a) Seminar By Dr. Nupur Krishnan**

On the occasion of international Women's day , the WIPS team of SCI had organized a seminar on "Health & nutrition " by India's leading clinical nutritionist, Dr Nupur Krishnan.

Dr Nupur Krishnan is a Doctorate in Nutrition with proven experience of more than a decade in Preventive & Clinical Nutrition therapies. The presentation was very informative about the various nutrients in food, how they are obtained & absorbed in the body.

She emphasized that being fit & healthy is more important that being thin. She gave an insight about how with small changes in our diet we can move towards a healthy life. She has enlightened us on how to tackle Heart attack, Obesity, Diabetes, High Cholesterol, Blood pressure, Thyroid, Anemia, etc with small modifications in diet, food and oil .

Her simple and lucid yet achievable and effective ideas have created a very strong impact in our minds to follow a healthy lifestyle. The programme was well appreciated by all members & many members expressed a desire for personalized consultancy.

A skit and cultural activity was also presented by SCI lady employees.



b) Skit: By Women employees of SCI : Women's daily struggle to excel



c) Session for stress reliving and for boosting confidence with dance and ramp walk show by employees.



### **3. NEWSPAPER AND MAGAZINE COLLECTION DRIVE – 7<sup>th</sup> APRIL 2015:**

SCI WIPS realised that even a small gesture of donating old newspapers and magazines can mean a lot to the unfortunate few. It surprised us to know that we may simply give the old newspapers and magazines and contribute to a Social Cause.

SCI WIPS in association with Bombay Leprosy Project (BLP) collected newspapers from SCI employees of various locations like Head Office- Nariman Point, Maritime Training Institute- Powai and Godown- Sewree and arranged to send them to the NGO who would sell them for the upkeep of Leprosy patients. The programme was organised on 7<sup>th</sup> April 2015. The programme received overwhelming support from employees and helped us collect Newspapers and Magazines sufficient as one truck-load. This initiative would help BLP raise money for sustaining the services to leprosy patients from lower rungs of society.



### **4. NAVRATHRI CELEBRATION FOR ALL NINE DAYS: 13<sup>th</sup> TO 21<sup>st</sup> OCTOBER**

In India Navrathri is supposed to be that time of the year which marks the beginning of long line of festivities. The auspicious time celebrated in all parts of India in different forms. The essence of this 9 days long celebration is captured by everyone especially women who ensure to adorn themselves in colours that please Goddess Durga and with great devotion pray for her blessings. Many women observe fast during this phase.

Women employees were brought together by WIPS by organising exciting programme in an attempt to spread the joyful celebration and to capture all aspects of the nine days without disturbing the working hours of office. SCI women joined hands to celebrate the festival together.

DAY 1: The celebration started with ice breaking session of Antakshari. It helped many ladies to loosen their selves, relax and gear up better.



DAY 2: To boost the confidence ladies were cheered and celebrated the focus with Ramp walk. As a lady, she plays numerous roles and carries out her dutiful responsibility need to be appreciated.



DAY 3: Women is said to be complete in herself, when her beauty meets with her brains. SCI WIPS organised the toughest Quiz competition and ladies participated with all enthusiasm and excelled.



DAY 4: However in SCI, WIPS took the celebration to a very different level. Well organised and fun filled Garba and Dandiya were celebrated with joy and excitement.



DAY 5: To mark the aspect of luck and wealth, games such as housie was organised with loads of gifts and prizes.



DAY 6 : SCI WIPS brought out the traditional programmes like Mangala Gaur games and dances. It was a wonderful attempt to introduce the young generation to the now lost tradition and also to awaken the childhood memories of senior women colleagues. Mrs Anjali Patil (winner of Zee Marathi Mangala Gaur competition) was specially invited for organising the function. Rhythmic nature and energetic steps are an integral part of the dance form.



DAY 7 : The unwinding of all the beautiful time we shared during these seven days was completed on the last day. Prizes for the winners and loads of gifts were given. SCI WIPS 's efforts were appreciated equally. The joy of giving and appreciating filled in the atmosphere.





The programme which was organised from 13<sup>th</sup> October to 21<sup>st</sup> October 2015 found overwhelming participation by one and all and was a welcome change when most women involved themselves and had a fabulous time befitting a festival celebration. It celebration was also important as it bonded all ladies working in SCI from staff to Senior Board level. All the ladies of SCI followed the nine days colour dressings and the inner peace and happiness was reflecting from the attires and look.



The programme helped women thank Goddess for the blessings received in their lives as well as solicit her loving care and support in the days to come.

## 5. 26<sup>th</sup> Regional Meet:

The Shipping Corporation of India Ltd., bags the 3rd Prize for the 'Best Enterprise Award' in the 26<sup>th</sup> Regional Meet organised by the Forum of Women in Public Sector (WIPS), Western Region. The award was presented by the Chief Guest Prof. Anjila Gupta, Vice Chancellor GGV, Bilaspur.



## 6. Contributing To A Healthier Society And Nation :

When a woman, as a member of society is educated and empowered, she can provide education and empowerment to others around her. It is Aaryshree Foundation Mission to enable every Beneficiary to be a natural role model to women and all of society around her simply by example. A woman who is the master of her own fate naturally inspires and encourages those around her to become active participants in their own lives and fate. This has a domino effect. In this way the Foundation hopes to extend its offerings to women, families and to societies far beyond its physical and financial reaches. **Aaryshree Foundation** started on 2010 in Maharashtra's Thane district (India), The Aaryshree foundation is the faith-based organization. WIPS Cell joined hand together with Aaryshree Foundation and distributed needy things to school children:



## 7. Special Recruitment Drive:

In SCI we initiated a special Recruitment Drive with a message :

“Individually we are doing it beautifully, we are making those ripples. Our qualities can show the spark but when we all join together, we become waves, the bright shine. We are creating this revolution and writing our destiny. Lets make ourselves further stronger, as

unity is our strength. Who else will value your achievements and understand our pain? So, ladies to make this wave stronger, Shine bright together, we urge you to be a part of WIPS. The sole platform where we ladies can bind and be together in our corporate journey for a lifetime”. With this special recruitment drive we received 28 employees enrolled themselves within 10 days time span.

#### 8. Vigilance Skit by WIPS Committee Members on 30<sup>th</sup> October 2015:

Vigilance Awareness Week was observed during 26<sup>th</sup> to 31<sup>st</sup> October 2015 in SCI to create awareness regarding vigilance amongst the employees with the theme “Preventive Vigilance as a tool of Good Governance”. VAW Talent Show – An Opportunity for SCI employees to showcase their hidden talents was held on 30<sup>th</sup> October 2015 and exclusively SCI WIPS Committee Members played a skit on Anti Corruption.



#### 9. SCI WIPS Cell bid farewell to our lady employees on their superannuation.

S.R. Shenoy – 29<sup>th</sup> April 2015



Shobha Ram – 19<sup>th</sup> June 2015.





Mangala Deshpande – 19<sup>th</sup> November, 2015.



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