

NATIONAL INFORMATICS CENTRE
TELANGANA STATE CENTRE
HYDERABAD

WOMENS DAY CELEBRATIONS 2023 (Ashmita)

The two-month long activities by NIC Hyderabad women organization “Ashmita” concluded in the finale celebrations on WOMENS DAY, 8th March 2023. The programme was attended by all the women staff of NIC including outsourced staff.

Dr Sudha Vani, Associate Professor of Dermatology, Osmania Medical College Hyderabad and **Dr Chennamaneni Padma**, Associate Professor and Entrepreneur were invited as Special Guests for the occasion. Dr Shaili Johri, nonagenarian and Shri Peter Francis Thambusamy A, DDG & SIO Telangana & Head NIU Hyderabad also graced the inaugural session.



Dr Sudha Vani, Dr Shaili Johri & Dr Chennamaneni Padma along with SIO TS on the Dias

Prayer song for the event was sung by Ms Srilakshmi and Ms. P. Kanaka Durga setting the mood for the celebrations.



Lighting of the ceremonial Lamp by SIO-TS and Dignitaries



SIO TS along with Ms. Kavita Rao, STD welcoming the Chief Guests

Dr Sudha Vani, spoke on maintaining good health for all. The current lifestyle of fast food, social media, OTT etc. was affecting the physical and mental health women, resulting in depression, PCOS, anxiety etc. As per her these could be alleviated by taking timely medical assistance and making minor lifestyle changes to our daily life. She also gave useful tips on skin and hair care.



Chief Guests Speaking on the occasion

President's award winner for the "best programme officer" of the year 2012 Dr Chennamaneni Padma established **Godhamam**, in Jagityal district which supports the differently abled (Atma Sanman), Local empowerment of marginal farmers who own 2 or 3 cows (Vocal from Local) and Women Empowerment (Atma Nirbhar). She gave insights into Farming, cow rearing, eco-friendly bio products for floor cleaning, dish washing detergents, bath soaps etc. and advised everybody to be connected with nature.



"Godhamam" Initiative by Dr Chennamaneni Padma

Homeopathy practitioner, painter, writer, singer a multi-talented personality Dr Shaili Johri, nonagenarian also graced the occasion as a special guest. The paintings painted by her in recent times were also on display. Her energy and passion inspired each one of us to be active and spend time fruitfully in our chosen area of interest whatever be the age.

SIO Telangana addressed the gathering and opined that womanhood or motherhood should be celebrated everyday. On woman's day, it is the time to renew oneself and realize self worth.



SIO TS speaking on the occasion



As prelude to the Women's Day celebrations various competitions were conducted for the women staff of NIC Telangana. Fun at work is a key element for employee happiness. A sense of fun helps people to have a more positive mind-set, enjoy higher levels of wellbeing, better mental health and reduced stress levels, thus leading to more productivity, collaboration and better teamwork

1) A cookery competition using millet as the main ingredient to mark the year of millets was held. United Nations has declared **2023 the International Year of Millets** at the behest of Government India.

2) Rangoli Competition on the occasion of Sankranti in Jan 2023.



3) Competitions like chess, caroms, quiz etc. were conducted.



4) Some of the other major activities and initiatives undertaken by women teams are:

- CPR Training Programme by CGHS Doctors at NIC Hyderabad on 3/2/2023
- Terrace Gardening in the corridors of NIC during (Feb -1st to 15th Swachhta Pakwada)
- Composting of Wet waste from NIC office canteen
- Bags Campaign (against single use plastic bags)

- Waste Segregations Training to Housekeeping staff

Prizes were given to the winning participants and teams. This time the prizes were eco-friendly, **non-packaged** items of steel boxes to housekeeping women and earthen pots to technical staff. Earthen pot water saves energy of refrigeration, has natural cooling and purifying properties, alkaline in nature, boosts metabolism, prevents sunstroke, gentle on throat with therapeutic benefits.



Prize & Souvenir Distribution

Ms. Kanaka Durga, distributed beautiful cloth bags specially designed and stitched, to motivate participants to avoid using plastic bags for shopping.

Ms. Aarti Mathur, Ms. Kanaka Durga and others sang delightful songs enthralling the gathering. There was also an entertainment session comprising of Antyakshari, fun visual quiz and Dumb Charades where all participated and enjoyed.



Terrace Garden produce ready for harvest