

N.17: Women's Day celebration

Women's Welfare Committee, RRCAT organized Women's Day-2019 on 10th 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 7th 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 7th to 11th January 2019 as part of 34th 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.

The staff club conducted several annual events in badminton, cricket and lawn tennis for its members. The gymnasium is being regularly used and its infrastructure is being upgraded by having motorized treadmill, cross trainer, cable crossover etc. Summer Camp 2019 was organized from 5th May to 4th June 2019 for the children of Staff Club members. Various sports and cultural activities conducted during the camp were kho-kho, table tennis, badminton, pickle ball, lawn tennis, taekwondo, chess, art and craft, musical instruments, dance etc. Staff Club is also involved in arranging coaching for children of the members by professional coaches.

In addition to sports activities, a few fitness events and lecture by experts were also organized. Cyclothon-2019 was conducted on 30th March 2019 in three age group categories. Around 200 participants took part in the event. A lecture on "Secrets of Mind-Body and Alternate Healing" by Dr. Sudhir Khetawat, Chairman, Acupressure Academy and Hypnotherapy Research Centre, Indore, was organised on 1st February 2019. Another lecture on "Tips for Healthy and Happy Living" by Dr. Bharat Rawat, Associate Director, Cardiology, Medanta Hosiptal, Indore was organized on 15th March 2019. As part of "International Yoga Day" celebrations, special camp on pranayam was organized during 6th to 19th May 2019 under the guidance of pranayam expert Shri Chandra Shekhar Azad. On 21st June 2019, a special yoga session was also conducted. One-day free medical check-up camp for measurement of bone mineral density was organised on 17th March 2019 under the guidance of Dr. Abhay Manchanda, Orthopaedic Surgeon and Past-President, Indore Ortho-Association. A three-day long workshop on "Concepts of Interior Design" by Mrs. Ashvini Ghodke, Interior Designer was organised from 10th to 12th May 2019 for the benefit of families of the RRCAT staff.



Cyclothon-2019 being flagged-off.

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N.19: Clean and green campus initiatives at RRCAT

RRCAT, since its inception, had given top priority to the activities related to cleanliness and green cover enrichment in the campus. This was given a new thrust with 'Swachha Bharat Abhiyan', which is one of the top priorities of the Government of India. This report describes various initiatives taken at RRCAT in the direction of conservation of the environment.

Disposal of waste and sewage:

The key for cleanliness lies in the safe disposal of all types of wastes. The accumulated dry waste is presently collected for disposal by Indore Municipal Corporation. The wet waste is processed for producing biogas and organic manure for horticulture use. The biogas is utilized in the kitchen of RRCAT Guest House and Hostels Complex. Bins have been placed at discrete locations for the collection of plastic waste, e-waste, garden waste, etc. About 50 MT of garden waste collected in the township is being processed using bacteria culture and vermiculture technique to generate nutrient-rich organic manure for gardening.



Sewage treatment plant in the technical area.

Entire sewage of RRCAT colony is conveyed and treated at oxidation pond. Presently, the whole treated effluent of the oxidation pond is being used for horticulture activities.

Upkeep of water bodies:

The Sukhniwas Lake in the campus is maintained by periodically removing aquatic weeds, and carrying out desilting during summers, etc.

Plantation campaigns:

Regular plantation campaigns are organized every year to increase green cover in the campus. As a part of this activity, this year a campaign for preparing Neem (*Azadirachta Indica*) seedlings with the participation of the colony residents was organized in the month of June 2019. The residents were given the know-how to prepare the saplings along with polybags and home-made manure. This was an attempt to bring masses closer to the nature for the conservation of the environment. The Neem is an indigenous sustainable plant species. The saplings so grown shall be utilized in future plantation campaigns.