

N.14: Activities of RRCAT Staff Club

RRCAT Staff Club is carrying out various activities in the area of Sports, Music, Culture, Yoga and Health for members and their families. It has enhanced its activities by adding Table Tennis, Tabla, Keyboard, Guitar and Pickle Ball by hiring services of expert coaches from July 2019 onwards, in addition to their regular ongoing activities.

Staff Club conducted DWARKA Group selections trials for two activities, namely Cultural and Lawn Tennis. The Cultural event was conducted on 1st & 2nd December 2019 in which 34 participants from various unit participated. Lawn Tennis trials were conducted during 10th-12th January 2020 in which 40 participants from various DAE unit competed.

Two trekking events, one at Mehandi Kund and other at Billa Ghati were organized on 28th July and 25th August 2019 respectively, with about 120 participants in each.



Participants near water stream for trekking to Mehandi Kund.

Staff Club organized an Annual DAE Trekking Expedition, “Girisanchar-31” during 13th - 24th January 2020 in route Kajaligad – Baigram – Kalakund – Kushalgad – Raskundiya – Deogad – Rosayabari – Mahadeo Khodra – Jam Gate & Wanchoo Point in Vindhyaachal range near Indore, Madhya Pradesh. The trail runs mostly in teak forest, valleys, fields situated amid hills, waterfalls and streams of Choral river. The route was picturesque and full of natural beauty. Major attractions of the expedition were Kajaligad, Kushalgad forts, Kalakund heritage train station, Mahadev cave and connecting point of Malwa and Nimar region known as Jam Gate. Six different camp sites were located for the event (Bai Gram, Kalakund, Raskundiya, Rosayabari and Wanchoo Point) with base camp at Lake Side Community Centre, RRCAT Colony. In all 233 participants from 16 different units of DAE reported for the trekking. An outreach activity was also conducted by the volunteers in the nearby villages. It included an interactive session for the local school children and villagers, sky-gazing using telescopes etc.



Director, RRCAT (in the middle) interacting with the trek organizers.



Enthusiastic participants at the base camp.

Special talks on cancer awareness by Dr. Nitin Tomar, Senior Head and Neck Onco Surgeon, on topic “Head and Neck Cancer” and Dr. Parvinder Lubana, Chief of Hepato-Pan-Biliary & Colo-rectal Services on “Gastro Intestinal & Breast Cancer” were conducted at Convention Centre on 27th September 2019. About 200 members attended the talks. A special course on “Dhyaan Yog” by eminent speaker Swamy Prabuddhananada Saraswati of Chinmaya Mission conducted during 13th - 19th October 2019, which was attended by 70 members.



Performers of the cultural group 'उत्कर्ष'.

Two musical evenings were organised in the Convention Centre. First was organized on 22nd September 2019 in honour of Lata Mangeshkar and Asha Bhosle by the musical group named 'उत्कर्ष' and second on 22nd December 2019 in honour of Mohd. Rafi by another musical group named "सबरंग". More than 300 members with their families enjoyed the musical evenings.

Many children of the staff club members participated in 3rd M.P. State Pickleball tournament organized at Maharaja Yeshwant Rao School, Indore during 10th - 12th November 2019 in Sub-Junior category (under 12 years) and Junior category (under 19 years) and won several medals and brought laurels to RRCAT by winning the overall Championship Trophy.



Winners of Pickle Ball overall championship trophy.

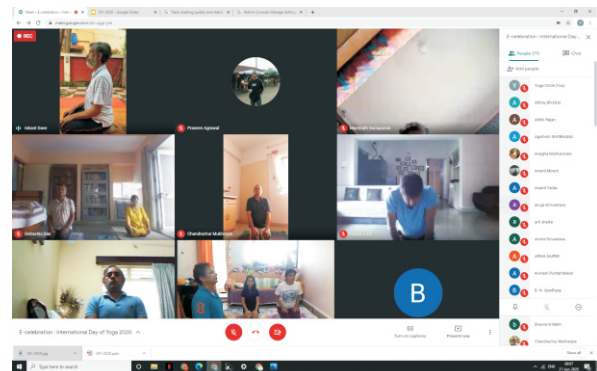
Activities during COVID-19 lockdown period: Due to COVID-19 pandemic and subsequent lockdown by the Government, the regular activities of the Staff Club requiring physical gathering of the participants were put on hold to ensure strict compliance of the directives of the Government of India. As a result Annual DAE meet 2019-20 for Carrom, which was scheduled during 16-20 March 2020, was postponed. In order to spread authentic information related to COVID-19 in a fast and effective manner, the Staff Club website was utilized for *en-mass* communications of important circulars on COVID-19 for employees and colony residents. Several innovative approaches were adopted by the Staff Club to carry out online activities during the lockdown period to cater to the need of the hour, as given below:

i) Online Summer Classes on Drawing as well as Keyboard were conducted from 20th April to 19th May 2020 with ~30 nos. of participation in both the activities.



Collage of drawings prepared by wards of RRCAT.

ii) Live telecast of the celebration of the International Day of Yoga (IDY-2020) in the RRCAT campus on 21st June 2020 was performed as per the guidelines of the Ministry of Aayush. More than 125 employees and their family members participated in the yoga session very enthusiastically.



Participants performing yoga at their homes.

iii) Regular online classes of "Taekwondo" for about 40 wards of the staff club members are being organized regularly.

For more details about the various activities visit RRCAT Staff Club website www.rrcatstaffclub.in.

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