

N.9: Activities of RRCAT Staff Club

RRCAT Staff Club is engaged in conducting various activities in the area of sports, music, culture, yoga and health for physical, mental and social well-being of its members and their families. Following the restrictions imposed by the Government in view of COVID-19 pandemic, all the outdoor activities had to be discontinued. In view of this, online events were conceived and organized during lockdown period. With easing of lockdown restrictions, sports activities were resumed in phased manner.

Online Taekwondo and coding course: Looking at the need of the hour and maintaining social distancing the Taekwondo activity was continued and switched to the online mode with enthusiastic participation of children and support from their parents. RRCAT staff club also introduced an "Online Training Course" of coding program on Game Development, Application and WEB development with "Code-vidya" for wards of RRCAT employees to inculcate coding skills in which about 15 participant were enrolled and benefited.

Staff club actively supported the RRCAT Administration and facilitated communication of important circulars and useful information through its web page to staff members during the lockdown.

Resumption of sports activities during unlock phase: With easing of restriction in phased manner during unlock period, the upkeep, especially the cleanliness and sanitisation of the sports facilities was ensured so that the facilities remain in good shape and are properly maintained for hygiene. Foot operated sanitizers were installed in each court of badminton, lawn-tennis, table-tennis, and these efforts allowed staff club to make these sporting facilities available as soon as sports activities were allowed by local administration.



Children playing pickleball (top) and badminton (bottom) at Indoor Sports Complex.

Standard operating procedure (SOP) was prepared for sports activity in compliance with the MoHFW directives and as per

guidelines by Sports Authority of India. Lawn tennis, being an outdoor activity, was started first in the month of September 2020 which was followed by badminton (October 2020) and table tennis (November 2020).

Event and achievement: A lawn tennis (singles and doubles) event was conducted for employees and wards of RRCAT during 25-27 Dec. 2020. A total of 16 participants participated in singles and doubles category, respectively.



Winners (left) and runners up (right) of the lawn tennis (doubles) event.

Staff club has been facilitating pickleball activity for wards of RRCAT employees. Some children participated in "MP State Asia Flex League 2020, Indore" in Sub Junior Category, during 25 to 27 Dec. 2020. Master Aikansh Chouhan S/o Shri Jaipal bagged first prize in singles event.

He also bagged first prize in doubles event with Master Rhythm Garg S/o Shri Shreeram Garg. Master Rhythm Garg was also runner up in mixed-doubles event.



Aikansh Chouhan and Rhythm Garg receiving first prize for the doubles event.



Rhythm Garg receiving runners up prize for the mixed-doubles event.

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

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N.8: Fire safety at RRCAT

Fire and Safety Cell is regularly conducting safety awareness and skill enhancement program for the crew members and also for RRCAT employees. In spite of COVID-19 pandemic, 85 RRCAT employees were trained in first aid fire-fighting training following COVID-19 protocol. Further, two fire mock drill were also conducted at RRCAT Central Complex sub-station (diesel generator sets) and oil storage yard of IRSU.



A photograph of fire mock drill.

For National Science Day-2021 event this year, videos on fire safety awareness and fire demonstrations were shown during the on-line celebration with school / college students and RRCAT employees.



Online fire fighting demonstration for National Science Day-2021 celebration.

For smooth communication and effective tackling of fire emergencies, a lecture on radio communication and mobilization was delivered by Shri V. S. Gupte, Deputy Chief Security Officer. In addition to this, an ongoing lecture series on fire technology and fire-fighting operations is being conducted for the enrichment of fire-fighting skills of RRCAT fire crew.

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N.9: Clean and green campus activities at RRCAT

Continuous efforts have been made throughout the year to develop as well as maintain a clean and green campus in the residential and technical areas of RRCAT, by taking regular cleanliness and plantation drives. In view of the COVID-19 pandemic situation, the cleanliness activities in the campus have become even more important. Under the instruction of Secretary, DAE, all units were to observe “Swachhata Pakhwada” from February 16 to 28, 2021, and undertake innovative cleanliness related initiatives during the fortnight. Various activities were carried out following all the safety instructions and guidelines, during the “Swachhata Pakhwada” at RRCAT, as part of the “Swachh Bharat Abhiyan”. These activities include (a) Workshop for house-keeping staff, (b) Workshop for Work-Assistants, (c) Screening of award-winning films on “swachhata” during online celebration of National Science Day 2021, (d) Quiz for employees of RRCAT on the topic of “COVID-19 related Swachhata guidelines as well as general Swachhata initiatives taken by the Government of India”, (e) Cleanliness drive in RRCAT colony, (f) Cleanliness drive in technical area, (g) Special drive for collection of waste papers and scrap, (h) Competitions for cleanest office, mechanical workshop and civil construction site of RRCAT, (i) Competitions for students of AECS, Indore and also for hearing and speech impaired students from special schools of Indore on cleanliness topics, (j) Construction and opening of public toilets, during “Swachhata Pakhwada”, (k) Fabrication and installation of boards with swachhata slogans at several locations, (l) Preparation of compost pit for making organic manure by bacteria culture and vermiculture, (m) Use of construction debris for constructing earth retaining structure, (n) Water body cleaning at RRCAT colony, and (o) Fabrication and installation of tree guards and fence using bamboo and Subabul stumps.



Swachhata pledge being administered to volunteers on February 20, 2021 during Swachhata Pakhwada.

As part of celebration of the “Swachhata Pakhwada-2021”, the cleanliness drive for the colony was taken up with enthusiastic participation of the residents of the colony as well as AECS teachers, RRCAT employees, CISF personnel, students and trainees in large numbers. Further, in the two workshops, talks were delivered in Hindi on the broad topic of “Hygiene & cleanliness issues in the current scenario of COVID-19” by the doctors of RRCAT Medical Centre.