

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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