

# 51<sup>st</sup> Shanti Swarup Bhatnagar Memorial Tournament-2022





**Zonal-IV (Outdoor Games)** 

November 30 - December 02, 2022



# Souvenir



सीएसआईआर-केंद्रीय औषधीय एवं सगंध पौधा संस्थान, लखनऊ CSIR-Central Institute of Medicinal and Aromatic Plants, Lucknow





'We, the participants of the SSBMT, swear that we will take part in the games in the loyal competition, respecting all regulations which govern them and in the true spirit of sportsmanship for the honour of our organization and glory of sports'.







# Sir Shanti Swarup Bhatnagar: an outstanding scientist, an institution builder and an explicit writer



Sir Shanti Swarup Bhatnagar (21<sup>st</sup> February 1894 to 1<sup>st</sup> January 1955) is one among the legends India has ever produced in the realm of science, engineering and technology who created history with the ground breaking invention (jointly with Dr. K N Mathur) of an instrument called the Bhatnagar-Mathur Magnetic Interference Balance. He also wrote *'Physical Principles and Applications of Magnetochemistry'* with Dr. Mathur which is believed to be a masterpiece on the subject. Sir Bhatnagar is revered as the *"Father of Research Laboratories"* in India.

Born in Bhera, Shahpur, Punjab Province (now in Pakistan) on 21<sup>st</sup> February 1894, Sir Bhatnagar developed his taste for engineering and science, algebra and geometry, and

Urdu and Hindi poetry since childhood. Following his initial schooling via a private 'Maktab', matriculation (first division with University Scholarship) from Anglo-Vernacular High School (Sikandrabad, Uttar Pradesh), graduation from Forman Christian College, post-graduation (in chemistry) and doctorate degree from London University (under Professor Frederick G. Donnan), he joined Banaras Hindu University as a Professor in 1921 and later moved to Panjab University to take up research on industrial problems (1924-40). He developed a technique for converting bagasse (peelings of sugarcane) into food-cake for cattle. He also solved problems for industries namely Delhi Cloth & General Mills, Ganesh Flour Mills Ltd., Layallapur, JK Mills Ltd., Kanpur, and Tata Oil Mills Ltd., Bombay. Sir Bhatnagar innovated the process of drilling crude oil by adding Indian gum for the Attock Oil Company, Rawalpindi (M/s Steel Brothers & Co London). The grant received from the Company helped Sir Bhatnagar in establishing the Department of Petroleum Research.

Dr Bhatnagar concurrently held number of important position in the Government and played an instrument role in the establishment of many organizations in India and played a noteworthy role in building of Science & Technology (S & T) infrastructure and in the formulation of post-independent S & T policies in India. He was the Founder Director (and first Director-General) of Council of Scientific & Industrial Research (CSIR). An avid believer in the relevance of science for practical purposes, Sir Bhatnagar planned and set up a chain of national laboratories all over the country for harnessing of science for promotion of national welfare. He has been credited with the establishment of twelve national laboratories including Central Food Processing Technological Institute, Mysore, Central Fuel Institute, Dhanbad, National Chemical Laboratory, Pune, National Metallurgical Laboratory, Jamshedpur, National Physical Laboratory, New Delhi, His contribution to research and S &T has been extensively acknowledged. He was Knighted by British Government in 1941 and awarded Padma Bhushan in 1954.

Sir Bhatnagar also had a flair for writing Urdu poetry known mostly amongst the close acquaintance. As a tribute to his wife, he wrote 'Lajwanti', the name chosen because of poem, 'Biwi aur Kitab' which says "Meri biwi ne kaha ek din jo main hoti kitaab, Tere diid-e-shauq se har waqt rehti faizyaab" This depicts creative, nationalistic, romantic and social side of a great scientist. The 'Kulgeet' (University Anthem) of Banaras Hindu University was also written by Sir Bhatnagar. He wrote poetry under the pen name 'Seemab' meaning mercury.

On 1st January 1955, we lost this illustrious architect of CSIR. In 1958, CSIR instituted the prestigious Shanti Swarup Bhatnagar Prize for Science and Technology for outstanding and notable research (applied or fundamental) in various disciplines. In his fond memory CSIR Sports Promotion Board created a platform to organize Shanti Swarup Bhatnagar Memorial Tournament (SSBMT) to fetch together the involvement of different CSIR institutes and foster a committed CSIR family to generate team spirit, leadership and zeal. Since then SSBMT has become a customary and key activity of CSIR to pay tribute to an exceptionally brilliant scientist, a great polymath, an explicit writer and an Institution builder.

Courtesy: Dr. Suaib Luqman



# Sport Promotion Board of Council of Scientific and Industrial Research (CSIR-SPB)

ports activities teach us how to appraise circumstances, entrust and craft the right decision. Sports activities are a collective form of leisure and one of the great expressions of a person's aspirations to do exceptionally well. They understand the impact of employee amusement on developing leadership qualities, interaction and communication skills necessary for effective service delivery, organizing sports events and creating a frivolous environment have become an integral part of the CSIR policy.

To achieve this aim, the initial inventiveness taken by a few of the CSIR Laboratories / Institutes, particularly those located in secluded places like Bhavnagar, Dhanbad, Jorhat, Karaikudi, Pilani, etc., to form staff clubs are highly praiseworthy. These CSIR Laboratories / Institutes established their staff clubs as soon as they were set up. However, organizing the sports events at the Laboratory / Institute level in CSIR commenced in 1953 with the initiative of the CSIR Headquarters when it hosted a tournament with limited sports activity for the staff of Delhi-based CSIR Laboratories / Institutes, which was continued for three years. Further, the little sports activity of CSIR was elevated to an All India level in 1955, after the sudden demise of Dr. Shanti Swarup Bhatnagar, the founder Director of CSIR (now redesignated as Director General).

In memory of the founder Director General, the Tournament was named 'Shanti Swarup Bhatnagar Memorial Tournament' (SSBMT), which enlarged the participation of all CSIR employees spread across the country. Initially, the tournaments were organized biannually, having games such as Badminton, Basketball, Bridge, Carrom, Chess, Cricket, Table Tennis, Tennis, and Volleyball. The responsibility for organizing the sports activity was then shouldered by the CSIR Headquarters Staff Club, which used to manage the Tournament in CSIR laboratories for 7 to 8 days every alternate year. The SSBMT held at the CSIR-National Physical Laboratory (CSIR-NPL), New Delhi, in 1956 could be termed the First All India CSIR Tournament, which continued to be maintained regularly till 1980, with a little hiatus during the China War in 1965.

Since sports activities are a big stress buster for employees, CSIR considered providing greater impetus to sports within the system. An official platform was consequently provided by forming the CSIR-Sports Control Board (CSIR-SCB) on the lines of those in the government department like Railways, P&T, etc. The CSIR-SCB was formalised in March 1980 with its registration as a Society under the Societies Registration Act XXI of 1860. Given the objectives/role of CSIR-SCB, its nomenclature was changed to the CSIR-Sports Promotion Board (CSIR-SPB), and efforts are underway to renew/register the present CSIR-SPB with its new name.

With the notion that sports activities facilitate employees to contribute to superior productivity at the workplace, CSIR-SPB encourages employees to take up sports activities together, which would foster a sense of team spirit that could be reflected in how they get on during working hours. It allows your team to get to know each other better and teaches us how to be positively competitive and keep one healthy. The SSBMT sports activities initially received an overwhelming response with massive participation of players and officials at one time. Still, small CSIR Laboratories / Institutes with limited infrastructure experienced significant difficulties hosting such mega-events. It was therefore unanimously resolved to separately organize Zonals and Finals involving a relatively lesser number of players/participants. All the staff clubs (40 in number) were then clubbed to form four zones, with the participation of





around 200 players and officials at each venue. The top two victorious teams in individual and group events of each game from these four zones then met at the Finals. After some experiments involving various permutations and combinations over a while, the SSBMT came into being in its present form, i.e. being organized alternately for indoor and outdoor games every year. The current practice thus provides greater incentive to the best eight players/teams annually as they can play twice (at two venues for zonal and for finals) during the same year. This year (2022), CSIR-SPB is organizing the outdoor Tournament in five zones, comprising eight teams, of which two winning teams of each zone will qualify for the finals to be held in 2023.

The CSIR-SPB, in addition to the indoor and outdoor tournaments, also organizes some specialized events, such as

- Anusandhan Basket Ball Tournament
- A.P. Mitra Memorial Badminton Tournament
- Atma Ram Memorial Volleyball Tournament
- Hussain Zaheer Bridge Tournament
- Nayuydamma Memorial Cricket Tournament
- Sidhu Memorial Table Tennis Tournament
- Thacker Memorial Lawn Tennis Tournament

Sporadically, the CSIR-SPB has also been organizing Athletic Meet and Mountaineering Trekking, though, for specific reasons, these activities could not be undertaken for some time now. The CSIR-SPB did organize coaching camps for its all-India CSIR teams as well in the past. However, these are now proposed to be resumed shortly.

The CSIR-SPB, apart from organizing the SSBMTs and unique tournaments, also initiated specific other very positive steps to encourage sports activities and to offer incentives to the outstanding sports persons like

- (i) A stipend of Rs. 10,000/- to the wards of employees for excelling in a National event / representing the Nation in an International event
- (ii) A stipend of Rs. 5,000/- to the wards of employees for excelling at National / State / District levels in an official game; providing support to laboratories to build/improve the infrastructure for sports and recreational activities (Prizes for all the above categories are given at their respective CSIR Laboratories / Institutes on the eve of CSIR Foundation Day) and
- (iii) Honouring the players who would be retiring/superannuating in that year during the conduct of the Zonals / Finals or any other tournament hosted on behalf of the CSIR-SPB in a befitting manner (by the host CSIR Laboratory / Institute) in recognition of their achievements in any of the sports events during their service in the CSIR Laboratories / Institutes.

CSIR-SPB is trying to nurture sports activities at CSIR, which not only improve the health and well-being of the employees and enable integration into CSIR but also strengthen the team spirit. It also contributes to managing stress in a better way and develops a sense of truly feeling part of ONE CSIR Family.

Courtesy: Dr. Suaib Luqman



राज्यपाल, उत्तर प्रदेश



राज भवन, लखनऊ - 226 027

17 नवम्बर, 2002

## संदेश

मुझे यह जानकर अत्यन्त प्रसन्तता हो रही है कि सी.एस.आई.आर.-केन्द्रीय औषधीय एवं सगंध पौधा संस्थान (सी.एस. आई.आर.-सीमैप) लखनऊ के तत्वावधान में क्षेत्रीय आउटडोर 51वें शांति स्वरूप भटनागर मेमोरियल टूर्नामेंट के अन्तर्गत 30 नवम्बर से 02 दिसम्बर, 2022 के मध्य क्रिकेट व वॉलीबॉल खेलों का आयोजन किया जा रहा है, जिससे सी.एस.आई.आर. के वैज्ञानिकों एवं कर्मचारियों में खेल भावना का संचार होता रहे।

खेल हमारे जीवन का अहम हिस्सा है तथा इससे मानसिक, शरीरिक स्वास्थ्य के साथ-साथ टीम भावना, एकाग्रता, नेतृत्व व प्रबंधन कौशल का भी विकास होता है। आशा है कि टूर्नामेंट में प्रतिभाग करने वाले सभी खिलाड़ियों को अपनी-अपनी प्रतिभा प्रदर्शित करने का अवसर मिलेगा।

प्रतियोगिता के आयोजकों और इसमें भाग ले रहे सभी खिलाड़ियों को मैं अपनी हार्दिक शुभकामनाएं प्रेषित करती हूँ।

रिक्त की जिल् (आनंदीबेन पटेल)

दूरभाषा : 0522-2236497 फैक्स : 0522-2239488 ईमेल : hgovup@gov.in वेबसाइट : www.upgovernor.gov.in







14 नवम्बर, 2022

## संदेश

मुझे यह जानकर अत्यन्त प्रसन्नता की अनुभूति हो रही है कि सी.एस.आई.आर. केन्द्रीय औषधीय एवं सगंध पौधा संस्थान, लखनऊ द्वारा क्षेत्रीय आउटडोर 51वें शांति स्वरूप भटनागर मेमोरियल टूर्नामेंट के अंतर्गत दिनांक 30 नवम्बर से 02 दिसम्बर, 2022 तक क्रिकेट व वॉलीबॉल खेत प्रतियोगिताओं का आयोजन किया जा रहा है। इस अवसर पर एक स्मारिका भी प्रकाशित की जाएगी।

खेलों से टीम भावना, अनुशासन तथा नेतृत्व का विकास होता है। खेल स्वस्थ रहने का सहज तरीका है। संस्थान में खेल संस्कृति को बढ़ावा देने का प्रयास सराहनीय है। मुझे विश्वास है कि संस्थान द्वारा प्रतियोगिता का आयोजन प्रतिभागी वैज्ञानिकों, कर्मचारियों एवं अन्य पदाधिकारियों की प्रतिभा को उभारने में सहायक होगा।

आयोजन की सफलता एवं स्मारिका के उद्देश्यपरक प्रकाशन हेतु मेरी हार्दिक शुभकामनाएं।

(योगी आदित्यनाथ)





गिरीश चन्द्र यादव

92-मुख्य भवन,

् सचिवालय, लखनऊ

कार्याः : 0522-2235287

सी. एच. : 0522-2213291 आवास : 0522-2235684

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दिनांक : १८ नवम्बर, २०२२

# संदेश

यह हर्ष का विषय है कि सीएसआईआर-केंद्रीय औषधीय एवं सगंध पौधा संस्थान (सीएसआईआर-सीमैप), लखनऊ, उत्तर प्रदेश के तत्वाधान में क्षेत्रीय आउटडोर 51वें शांति स्वरूप भटनागर मेमोरियल टूर्नामेंट (एसएसबीएमटी) के अंतर्गत 30 नवम्बर से 02 दिसम्बर, 2022 के मध्य क्रिकेट व वॉलीबॉल खेलों का आयोजन किया जा रहा है।

मानव शरीर को स्वस्थ रखने के साथ-साथ समाज को एकजुट करने में खेलों की बहुत महत्वपूर्ण भूमिका है तथा इसके लिए खेल स्पर्धाओं में भाग लेते रहना चाहिए। आशा है कि इस कड़ी में 51वें शांति स्वरूप भटनागर मेमोरियल टूर्नामेंट टीम भावना, प्रतिस्पर्धा और उत्साह के साथ-साथ उत्कृष्टता प्राप्त करने को भी बढ़ावा देगा।

मैं प्रतियोगिता में भाग ले रहे सभी खिलाड़ियों को हार्दिक शुभकामनाएँ देता हूँ।

(गिरीश चन्द्र यादव)

भवद्रीय,



संजीव खोसला, पीएचडी. Sanjeev Khosla, Ph.D. Director

# सीएसआईआर-सूक्ष्मजीव प्रौद्योगिकी संस्थान

(विज्ञान एवं प्रौद्योगिकी मंत्रालय, भारत सरकार) सेक्टर ३६-ए, चंडीगढ़ - ११६००३६ (भारत)

#### CSIR-INSTITUTE OF MICROBIAL TECHNOLOGY

(Ministry of Science & Technology, Govt. of India) Sector 39-A, Chandigarh-160036 (India)



Message

am extremely glad to learn that the 51st Shanti Swarup Bhatnagar Memorial Tournament (SSBMT) -2022 Zonal (outdoor) is scheduled to be held at CSIR-CIMAP, Lucknow during 30th November to 2nd December 2022. For this, I congratulate CSIR Sports Promotion Board (SPB) and CSIR-CIMAP Lucknow for organizing this sports event.

Various games not only keep all humans mentally and physically fit but also develop leadership qualities and team spirit. The CSIR SPB through its different activities keeps on inducing the great values of CSIR among scientists, students and other staffs. I welcome all the participants to take part in the upcoming tour5nament with enthusiasm and wish you all for great performances. I hope along with participating in different sports, you will not forget to enjoy essence of the cultural heritages of Lucknow city.

I wish for good luck to all the teams for a healthy competition and also wish huge success tot his tournament.

Saujeev Khosla President SPB

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#### **CSIR SPORTS PROMOTION BOARD**

वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद् अनुसंधान भवन, 2, रफी मार्ग, नई दिल्ली-110001 Council of Scientific & Industrial Research 2, Rafi Marg, New Delhi-110001



# Patron Dr. N Kalaiselvi DG, CSIR

#### President

Dr Sanjeev Khosla Director, CSIR-IMTECH Chandigarh

#### Vice-President, (Ex-officio)

Mr. Mahendra K Gupta Joint Secretary (Admin.)

#### Member (Ex-officio)

Mr. Chetan P Jain JS&FA, CSIR

#### Secretary

Dr. R.K. Sinha Head, CSIR-HRDC

#### Treasurer

Mr. Dipanjan Moitra F&AO, CSIR Hqs.

#### Members

Dr. Bama Prasad Bag

Sr. Pr. Scientist, CSIR-IMMT

Dr. Ranjit Ray

Sr. Pr. Scientist, CSIR-CMERI

Dr. Sanjay D Patil

Pr. Scientist, CSIR-CSMCRI

Dr. Niraj Kumar

Pr. Scientist, CSIR-CEERI

Dr. Devendra J Haware

Pr. Scientist, CSIR-CFTRI

Dr. Niti Kumar

Sr. Scientist, CSIR-CDRI

Dr. Shuchismita Benjwal

Lady Medical Officer, CSIR-NGRI

Dr. Rashmi Sharma

Scientist, CSIR-IIIM

Mr. P Manish Thedore

Under Secretary, CSIR Hqs



### Message

#### From the Desk of Secretary, CSIR-Sports Promotion Board

am not able to find words in expressing my happiness for organizing fourth zonal tournament of 51<sup>st</sup> Shanti Swarup Bhatnagar Memorial Tournament (Outdoors: Cricket and Volleyball) at CSIR-Central Institute of Medicinal and Aromatic Plants, Lucknow during 30<sup>th</sup> November and 2<sup>nd</sup> December, 2022.

Past two years were very unkind for entire human race due to onset of pandemic COVID-19 which not only affected our physical health but also mental health. Lots of uncertainty and negative feelings were set in. However the inner strength of human race managed to face the havoc created by the pandemic more or less successfully.

There is no doubt that one of the sources of inner strength is our physical fitness. Healthy mind and soul reside in healthy body. Engaging ourselves in sports activities serve the purpose of mental and physical fitness, mental alertness, inculcating team spirit and much more.

CSIR-Sports Promotion Board (CSIR-SPB) always strives to provide appropriate platform to practice the rituals for both mental and physical fitness through organizing various sports activities. Shanti Swarup Bhatnagar Memorial Tournament (SSBMT) is one such activity. CSIR-SPB is organizing 51st SSBMT (Outdoors) this year wherein Cricket, Volleyball and Football are being played.

We have already completed all four Zonal Tournaments for Football and are in the process of finalizing the Finals for the same. With Zonal 1 at CSIR-IIP we are starting Cricket and Volleyball Tournaments.

Kudos to Team CSIR-CIMAP, Lucknow, under dynamic leadership of Dr. Prabodh Trivedi who have agreed to host fourth Zonal Tournament of SSBMT (Cricket and Volleyball). I wish CSIR-CIMAP for successful organization of the tournament and best of luck for the participating teams.

(Dr. Rakesh Kumar Sinha)

Ji. J. Threi



# सीएसआईआर-केन्द्रीय औषधीय एवं सगंध पौधा संस्थान

(वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद्) कुकरैल पिकनिक स्पॉट रोड, पी.ओ.-सीमैप, लखनऊ-226 015, उ.प्र., भारत



#### **CSIR-Central Institute of Medicinal and Aromatic Plants**

(Council of Scientific & Industrial Research)
Kukrail Picnic Spot Road, P.O. CIMAP, Lucknow-226 015, U.P., India

डॉ. प्रबोध कुमार त्रिवेदी, एफएनए, एफएनएएससी, एफएनएएएस जे.सी. बोस नेशनल फेलो निदेशक

**Dr. Prabodh Kumar Trivedi,** FNA, FNASc, FNAASS JC Bose National Fellow Director



Message

It is a great honor and utmost pleasure for us to host the 51<sup>st</sup> Shanti Swarup Bhatnagar Memorial Tournament (SSBMT) Zonal (Outdoor) between 30<sup>th</sup> November to 2<sup>nd</sup> December, 2022. SSSBMT is an eagerly awaited event to peek out of daily jobs and scientific commitments and at the same time is a mighty tool to strengthen our physique and sharpen our minds. The tournament infuses in us the spirit of sportsmanship, teamwork, competiveness, attaining excellence and development of a sense of appreciation which ultimately contribute to the growth of whole CSIR family.

We are thankful to the CSIR Sport Promotion Board (SPB) for providing us the opportunity to organize the event in Lucknow this year. On behalf of CSIR-CIMAP, I heartily welcome all the participants from various sister laboratories of CSIR. With the support of CSIR SPB, the SSBMT has developed its own fragrance and this year it will be no different at CSIR-CIMAP. I acknowledge the efforts put forth by the organizing team for successfully conducting this event and I am sure that all the participants will move on from here with some wonderful experiences which they will cherish for long during the years to come.

I believe that all players will participate in the upcoming matches with great enthusiasm while maintaining a high game spirit, keeping in mind the vision of Dr. Shanti Swarup Bhatnagar. I am sure that the participants in this event will enjoy Lucknow hospitality and food and will remember this for long. I wish the 51<sup>st</sup> SSBMT-2022 zonal (Outdoor) event a great success.

(Prabodh K. Trivedi)



#### **CSIR-Sports Promotion Board**



**Dr. N Kalaiselvi**Director General - CSIR
Patron CSIR-Sports Promotion Board



**Dr Sanjeev Khosla**President Director,
CSIR-IMTECH



Sh Mahendra Kr. Gupta JS (Admin) Vice President (Ex-Off)



Sh Chetan Prakash Jain JS & FA Member (Ex-Off)



**Dr R K Sinha**Secretary
Head, CSIR-HRDC



**Sh Dipanjan Moitra** Treasurer, CSIR-Hqrs



**Dr Ranjit Ray Member,** CSIR-CMERI



**Dr Bama Prasad Bag** Member, CSIR-IMMT



**Dr Niti Kumar** Member, CSIR-CDRI



**Dr Niraj Kumar** Member, CSIR-CEERI



**Dr Sanjay D Patil** Member, CSIR-CSMCRI



**Dr Devendra J Haware** Member, CSIR-CFTRI



**Dr Rashmi Sharma** Member, CSIR-IIIM



**Dr Shuchismita Benjwal** Member, CSIR-NGRI



**Sh P Manish Theodore** Member, CSIR-Hq



**Sh Sandeep Mavi** Supporting Staff, CSIR-Hq





#### **CSIR-CIMAP Staff Club 'MAHAK'**



Director CSIR CIMAP President



Dr. Anirban Pal Vice President



Mr. Naresh Kumar, CoA/AO Vice President(Ex-Officio)



Dr. Anil Kumar Maurya General Secretary



Dr. Prema G Vasudev Joint Secretary



Sh. Pankaj Kumar Shukla Sport Secretary



Dr. Puja Khare Member



Dr. Rushikesh Bhise Member



Sh. Manish Arya Member



Sh. Sanjay Singh Member



Dr. Pooja Singh Member



Sh. Rahul Singh Member



Sh. Rizwan Khan Member



Sh. Ayush Singhal Treasurer

F&AO or his Representative Auditor





# 51<sup>st</sup> SSBMT Outdoor Zonal-IV Tournament at CSIR-CIMAP, Lucknow 30<sup>th</sup> November to 2<sup>nd</sup> December 2022

CHAIRMAN ORGANIZING COMMITTEE : Dr Prabodh Kumar Trivedi

ORGANIZING SECRETARY : Dr. Anirban Pal

CO-ORGANIZING SECRETARY : Dr. Anil Kumar Maurya

#### **ADVISORY COMMITTEE**

Dr. Prabodh K Trivedi

Dr. R.K. Sinha (Secretary, SPB, CSIR)

Dr. Saudan Singh Dr. A.K.Gupta

Dr. K.C. Khulbe (CSIR-IITR) Dr. Sumit Bag (CSIR-NBRI)

Dr. Arunava Das (CSIR-CDRI)

SPO AO

FAO

#### **CORE COMMITTEE**

CSIR-CIMAP Staff Club "Mahak"

#### **VENUE MANAGEMENT**

Dr. AK Gupta (Chairman)

Dr. Rajesh Verma

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Mrs. Pooja Singh

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Two representatives from Staff Club of Local CSIR Labs

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Dr. CS Chanotiya(G1)

Mr. Pankaj Shukla(G1)

Dr. Suaib Luqman (G2)

Mr. Manish Arya(G2)

Dr.Sumit Ghosh(G3)

Mohd. Rizwan(G3)

Dr. Rakesh Shukla(G4)

Mr. Amit Mohan(G4)

G1-Colony grounds

G2- Sahara Estates

G3- Creator's Cricket Club

G4- Microlit Ground

#### **Acknowledgements**

SIR-CIMAP Staff Club "Mahak" has been entrusted with the responsibility of organising the 51st Shanti Swaroop Bhatnagar Memorial Tournament outdoor zonal from November 30 to 02 December 2022 at CSIR-CIMAP, Lucknow. Eight teams from different CSIR laboratories viz., CSIR-CCMB, CSIR-CBRI, CSIR-IHBT, CSIR-NEIST, CSIR-CECRI, CSIR-NGRI, CSIR-CLRI and CSIR-IIIM would be competing in the tournament to qualify themselves for the finals in Cricket and Volleyball. CSIR-CIMAP wishes all the best to all the participants and truly acknowledges the support extended by the Directors' of the participating laboratories for the successful organisation of this tournament. We also thank the Directors of other CSIR laboratories who have been a constant source of support in organising this event.

CSIR-CIMAP Staff Club "MahaK" extends its sincere gratitude to our Director, Dr Prabodh Kumar Trivedi, Director CSIR-CIMAP and President of CSIR-CIMAP Staff Club "Mahak" for his constant support and encouragement for hosting this outdoor tournament during this year.

Special thanks to CSIR Sports Promotion Board (SPB) for allowing us to host SSBMT outdoor zonal at CSIR-CIMAP, Lucknow. Words of gratitude will fall short for the executive members from various sports organisations for their help in conducting all the games. Acknowledgements and appreciation will always be due to the Organizing Committee and the volunteers for their untiring efforts for the success of this event.

CSIR-CIMAP Staff Club "Mahak" 51st SSBMT Outdoor Zonal CSIR-CIMAP, Lucknow



#### **Teams and Participants**

#### CSIR-Central Building Research Institute, Roorki



#### Cricket Players

Sh. Vineet Kumar Saini, Sh. A. Aravind Kumar, Sh. Srinivasarao Naik B (Manager), Sh. Soju J. Alexander, Sh. Banti A. Gedam, Sh. Vinoth M., Sh. Anit Kumar Pal, Sh. M.D. Khan, Sh. Ajay Dwivedi, Sh. Anujay Kumar, Sh. Govind Gaurav, Sh. Amit Kumar, Sh. Raj Kumar, Sh. Shubham Chaudhary

#### Reserve Players

Sh. Anindya Pain, Sh. Kishore Kulkarni, Sh. Tarun Moka

#### Volleyball Players

Sh. Mehar Singh, Sh. D. S. Negi, Sh. Virendra Singh, Sh. Vivek Sood, Sh. Siddharth Singh, Sh. K. S. Chauhan, Sh. Sushil Kumar, Sh. Mukesh Kumar

#### Reserve Players

Sh. Harish Kumar, Sh. Nagesh Babu Balam

#### CSIR-Centre for Cellular and Molecular Biology, Hyderabad



#### **Cricket Team**

A Syam Kumar, Abdul Raheem Qureshi, L Kumar, K Nagabhushanam, Dr Shiv Pratap Yadav, M Sureshbabu, Suman Bandari, G C Wilson, Karthik Bharadwaj, Ramachary, Nitech Kumar Singh, Manash Kumar Behra, Vishal Sha, Sai Uday Kiran

#### Volley Ball Team

V Bharathi, Mohammed Idris, Ram Gopal, Dr Avtar Singh Meena, M Vishnu Yadav, Mallikanti Srinu, Sudhanshu Kumar, Vinay Tej



#### CSIR - Central Electrochemical Research Institute, Karaikudi



#### Cricket

Dr. Deepak Pattanayak (Manager), Mr. T. Ashok Balamurugan (C) [WK], Mr. M. Pradeeban, Dr. V. Ganesh, Mr. T. Muruganandan, Mr. G. Karthikeyan, Dr. M. Pandiaraj, Dr. Subrata Kundu, Mr. S.T. James, Mr. T. Suresh, Dr. M. Ashok, Mr. R. Sugumar, Mr. M. Siva Ananth, Mr. S. Michelraj

#### Volleyball

Dr. V. Murugan (C), Mr. T. Mathan Kumar, Dr. K. Giribabu, Mr. V. Prabu, Mr. K. Vasantha Raj, Mr. B. Pazhanivel, Mr. V. Gopalakrishnan, Mr. Nandigana Pardhasaradhi

#### **CSIR-Central Leather Research Institute, Chennai**



#### Cricket Players

Mr. Jagannathan (Captain), Mr. Mohammed Abu Javid (Vice-Captain), Dr. N. Ayyadurai, Dr. G. Sathyaraj, Dr. Thillai Sivakumar, Dr. Maheshkumar J, Mr. V. Rajesh, Mr. G.T. Naik, Mr. L. Edwin Paul, Mr. R. Sathiyaraj, Mr. N. Gopal, Mr. Maharaja Mr. N.L. Abishek, Mr. Athithyan



#### Volleyball Players:

Mr. KC Velappan (Captain & Manager), Dr. Jaimohan (Vice-Captain), Mr. Renganath Rao, Mr. Kesavan, Mr. Arun Raj, Mr. Purushothaman, Mr. Hari Krishnan, Mr. D Dinesh Kumar



#### Institute of Himalayan Bioresource Technology, Palampur



#### Cricket

Dr. Vikram Patial (Captain), Er. Mohit Sharma, Sh. Oman Singh, Dr. Upendra Sharma (Vice-captain), Dr. Vishal Acharya, Dr. Ashish Warghat, Sh. Pabitra Gain, Sh. Mukul Sharma, Dr. Dinesh Kumar, Dr. Vivek Dogra, Dr. Rajesh Singh, Sh. Mahabir Singh, Dr. Vikas Thakur, Sh. Anil Kumar

#### **Waiting List**

Sh. Om Parkash, Sh. J.S. Bisht, Sh. Ashish Kumar

#### Volleyball

Sh. Didar Singh (Captain), Sh. Boni Kumar, Sh. Sandeep Kumar, Sh. Vikas Kumar, Sh. Balak Ram, Sh. Vivesh Sood, Sh. Aman Kumar, Sh. Sanjeet Kumar

#### Waiting List

Dr. Arun Kumar, Sh. Parveen Singh

#### CSIR-Indian Institute of Integrative Medicine, Jammu



#### Cricket

Mr. Sumit Roy (Captain), Mr. Praveen Kumar (Vice Captain), Mr. Zubair Ahmad, Mr. Krishan Kumar, Dr. Sanket Shukla, Mr. Asrar Mir, Mr. Manas (Asso. Member), Mr. Ubair wani, Mr. Asif (Asso. Member), Mr. Ayub Bhatt, Mr. Ashok Kumar Sharma, Mr. Vinod Kumar, Mr. Anil Katare, Dr. Ramajayan

#### Waiting List

Mr. Dilip Kumar Gehlot, Mr. Satish Sambyal, Mr. Sahil Sharma, Mr. Sanchit Sharma, Dr Shahid Rasool, Dr Firdous, Mr I. B. Dixit

#### Volleyball

Dr Siya Ram Meena (Captain and Manger), Dr. Rajendra Bhanwaria (Vice Captain), Dr.Khalid Yousuf, Dr. Kanhaiya, Mr. Rajendra Gochar, Mr. Fayaz (Asso. Member), Mr. Tarun Kashyap, Mr. Bhuguna

#### Waiting List

Mr. Karan Pal, Mr. Krishan Kumar, Mr. Manzoor





#### CSIR - North East Institute of Science and Technology, Jorhat



#### Cricket

Dr. Tonkeswar Das, Mr. Sausthov Maunash Bhattacharyya, Mr. Himangshu Lekhok, Mr. Priyam Jyoti Bora, Dr. Jugal Bori, Mr. Deepjyoti Das, Mr. Rajiv Goswami, Mr. Hrishikesh Sarmah, Mr. Lachit Phukan, Mr. Rajib Deka (Team Manager), Mr. Preetam Kishore Nath, Mr. Abhay Sakhare, Mr. Manash Hazarika, Mr. Krishna Kamal Hazarika

#### Volleyball

Dr. Himanshu Kaushik Bora, Dr. Dipul Kalita, Dr. Rituraj Konwar, Dr. Rinku Baishya, Mr. Rishiraj Phukan, Mr. Hiren Brahma, Mr. Jintu Bora, Mr. Goutam Koch

#### CSIR - National Geophysical Research Institute, Hyderabad



#### Cricket

Abdul Azeez, Ravishankar, Joy Choudhury, Nihar Ranjan Kar, Lohit Kumar (Captain) M. Demudu Babu, Om Prakash, B. Kiran Kumar (Vice Captain), K. Laxman Rao, Ashish Kumar, Chetan Tekade, Allu Raju Babu, K. Bhima Raju, A. V. Satya Kumar



#### Volleyball

Sateeesh Chandrapuri (Manager), N. Ramesh Babu, G. Balu, S. Dinesh Kumar, I. Suresh (Captain), C. Srikant, V. Rajeshwar Rao, K. Laxminarayana

# **CSIR AROMA MISSION PHASE-II**

**Atma Nirbhar Bharat through CSIR-Aroma Mission** 

















Catalyzing Rural Empowerment through Cultivation, Processing, Value Addition and Marketing of Aromatic Plants

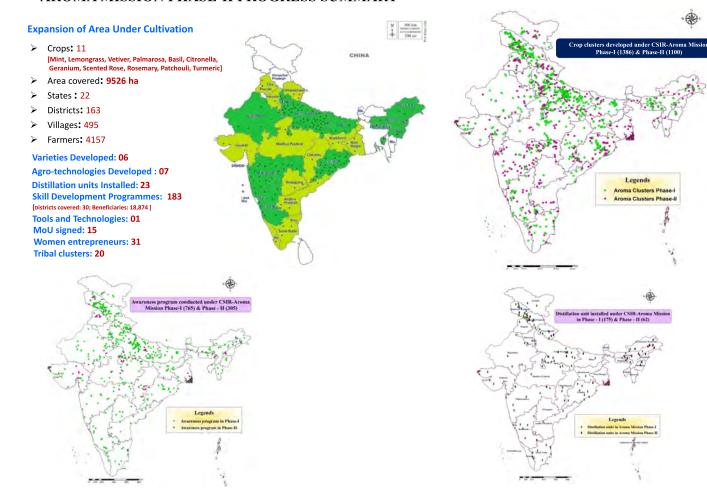








#### AROMA MISSION PHASE-II PROGRESS SUMMARY





2017-18 388.33 2018-19 462.71 2019-20 410.64 2020-21 596.52 2021-22 610.12

Quantity (Tonnes)

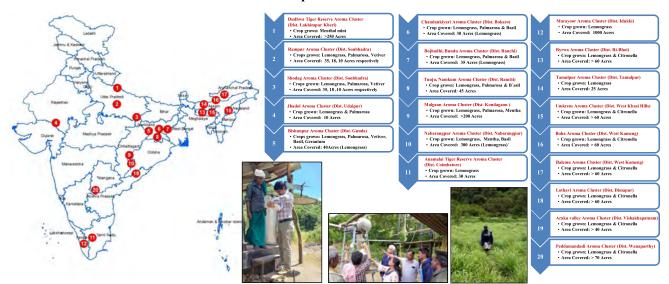
reduced the import burden of the country but also has helped in

Year

Export data of Lemongrass oil from India

#### Aroma Clusters Developed in Tribal Areas under Aroma Mission

enhancing exports.



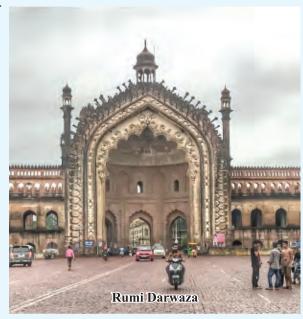
#### Aroma Expedition of IFRA & ULTRA International Ltd. to Anamalai Tiger Reserve





#### **Lucknow: The city of Nawabs**

Uttar Pradesh. It is India's tenth most populous urban agglomeration and the eleventh most populated city overall. As the center of North Indian culture and the arts and the seat of the Nawabs in the 18th and 19th centuries, Lucknow has long been seen as a cosmopolitan metropolis. It is still a crucial hub for politics, administration, business, education, pharmaceuticals, aerospace, finance, technology, design, tourism, music, chikan art and poetry. This bustling city, famed for its Nawabi era finesse and amazing food, is a unique mix of the ancient and the modern. It is home to extraordinary monuments depicting a fascinating blend of ancient, colonial and oriental architecture. Famous Monuments of Lucknow city are BhulBhulayyan (Bada Imam Bara), Chhota Imam Bara, GhantaGhar, ShahiBowli, Residency, Rumi Gate, Picture Gallery and many more.



The city is located at a height of about 123 meters (404 feet) above sea level. The area of the Lucknow district is 2,528 square kilometers (976 sq. mi). Lucknow is located on the Gomti River's northwest coast and is bounded to the east by Barabanki, to the west by Unnao, to the south by Raebareli, and to the north by Sitapur and Hardoi. The city's official language is Hindi, while Urdu is also commonly spoken. With the largest concentration of Shia Muslims in India, Lucknow is the center of Shia



Islam in that country. Transportation facilities in Lucknow is too good to reach anywhere in the city by Lucknow Metro. Lucknow Airport is located in Amausi, about 15 kilometers from the city center. Lucknow is serviced by Northern and North-Eastern Railway Network, Charbagh Station, 3 km from the city center. By road, Lucknow is on the intersection of National Highways 24, 25 and 28 running east, west and south. It is well connected with major cities like Agra (363 km), Allahabad (225 km), Calcutta (985 km), Delhi (497 km), Kanpur (79 km) and Varanasi (305 km).

Lucknowites have indulged in a variety of sports down the ages including traditional wrestling (kushti), kabbadi, chess, kite flying, pigeon racing and cock fighting. In the modern era they have taken to cricket, hockey, football, tennis, badminton, golf and horse racing. Lucknow today has its own Hockey India League team, the Uttar Pradesh Wizards and its own Indian Badminton League team, the Awadh Warriors. The Guru Gobind Singh Sports College and Lucknow Cricket Hostel, amongst others, nurture sporting talent in the city. Eminent sports personalities from Lucknow have contributed immensely to Indian sport. They include hockey players K.D. Singh and Mohammed Shahid, who represented India in the Olympics, tennis player Ghaus Mohammed Khan, who was the first Indian to make it to the



Wimbledon quarter finals, and cricketers Mohammed Kaif, R. P. Singh, Suresh Raina, Praveen Kumar and Bhuvaneshwar Kumar.

Some of the most popular events on the city sporting calendar today include the Sheesh Mahal Cricket Tournament, the oldest cricket tournament in India, Hockey India League and Indian Badminton League matches. Lucknow has also hosted International Tennis Federation matches in the past. A number of stadiums cater to sportspersons and sports enthusiasts in Lucknow. They include the Shree Atal Bihar Bajpayi Ekana International Cricket Stadium, K.D. Singh Babu Stadium,



Dhyan Chand Hockey Stadium, LDA Stadium, RDSO Stadium, Dr. Akhilesh Das Gupta Stadium, Chowk Stadium and mini stadiums in Gomti Nagar and Rajajipuram. Located in Hazratganj, the K.D. Singh Babu Stadium is the city's oldest stadium or sports ground in the city. Having a capacity of 25,000, it has hosted a number of cricket and hockey matches and offers facilities for cricket, hockey, badminton and swimming. Dhyan Chand Hockey Stadium, which has been refitted with an astroturf surface, is located on the city's periphery, within the Guru Gobind Singh Sports College complex on Kursi Road. LDA Stadium in Aliganj has facilities for hockey, basketball and lawn tennis.



Courtesy: Dr. Priyanka Suryavnshi, Photographs: Dr. A. Pal & Mr. Prabanshu



#### **CSIR-CIMAP**

#### An institution for high-end research and technology dissemination for medicinal and aromatic plants

entral Institute of Medicinal and Aromatic Plants (CSIR-CIMAP) is a premier multidisciplinary research institute of Council of Scientific and Industrial Research (CSIR), India with its major focus on exploiting the potential of medicinal and aromatic plants (MAPs) by cultivation,



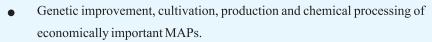
bioprospection, chemical characterization, extraction, and formulation of bioactive phytomolecules. Initially set up as Central Indian Medicinal Plants Organisation (CIMPO) in the year 1957 with a mandate to work and stimulate research on medicinal plants; subsequently aromatic plants also brought under its ambit. CIMPO started functioning from 26th March 1959 and rechristened as Central Institute of Medicinal and Aromatic Plants (CIMAP) in the year 1978. The institute shifted to its present campus near Kukrail forest, Lucknow in the year 1980. With a strength of 69 scientists, 38 technical officers, 90 support staff and nearly 170 doctoral and post-doctoral scholars at its HQ in Lucknow and research centers at Bengaluru, Hyderabad, Pantnagar, and Purara.



CSIRCIMAP has played a key role in positioning India as a global leader in production of mints, vetiver and other aromatic grasses, and in ensuring indigenous production of artemisinin - a WHO approved antimalarial. CSIR-CIMAP houses a National Gene Bank on MAPs, which is one of the three of its kind in India. CSIR-CIMAP has played a key role in successfully commercializing an ayurvedic herbs-based anti-diabetic

formulation, which has now benefitted millions. The institute is presently accredited by ICS-UNIDO and Indian-Ocean Rim Association (IORA) as a focal point for research and training on Medicinal Plants among 21 participating member countries. CSIR-CIMAP is engaged in multi-disciplinary high-quality research in agricultural, biological and chemical sciences and extending

technologies and services to the growers and entrepreneurs of MAPs with the following mandate:



- Characterization and conservation of genetic resources.
- Production of planting material of the improved cultivars.
- Bioprospecting plants and their constituents for various biological activities using different in vitro and in vivo techniques.
- Metabolic pathway studies for identifying and modulating yield determinants.
- Herbal products and formulations for better life.
- Knowledge management for the enhancement and dissemination of R&D.
- Human resource development for R&D in the basic and applied areas of MAPs.









#### **Priority Areas of Research**

- Antimicrobial Resistance
- Cardiovascular Biology
- Cancer Biology
- Bone Health and Metabolic Bone Diseases
- Malaria and other Parasitic Diseases
- Neuroscience & Ageing Biology
- Pre-clinical Studies & Translation
- Reproductive Health
- Virology

#### **Major Facilities & Services**

- New Drug Discovery Facilities
- GLP Test Facility for Pharmaceuticals
- Sophisticated Analytical Instrument Facility
- National Repository of Organic Compounds National Laboratory Animal Centre Knowledge Resource Centre
- **Clinical Trial Centers**
- Bioinformatics



CSIR-Central Drug Research Institute, Lucknow

70 Glorious Years of CSIR-CDRI in the Service of Nation 1951-2021

#### **Human Resource Development**

- Ph.D. & Post-Doctoral Research
- Post Graduate Training
- Project Fellowships
- Skill Development for Bio-Pharma Sector
- Sponsored Training for Industry Personnel
- International Training under Bilateral Cooperation
- Hands on Training Courses in Specialized Techniques

#### **Business Opportunities**

- Joint R&D
- Contract R&D
- Licensing of IPR Licensing of knowledge base
- Consultancy Services
- Technical services



For more details: please visit https://www.cdri.res.in

सीएसआईआर-केन्द्रीय औषधि अनुसंधान संस्थान **CSIR-Central Drug Research Institute** 

सेक्टर १०, जानकीपुरम विस्तार, सीतापुर रोड, लखनऊ-226031, भारत Sector 10, jankipuram Extension, Sitapur Road, Lucknow-226031, Inc







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#### Serving the country since 1953 through

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- Sponsored/Contract R&D
- Consultancy
- Skill Development

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- Advanced Information **Technologies Group**
- Integrated Circuits and **Systems Group**

#### Microwave/Vacuum Devices

- Vacuum Electron Devices Group
- High-Power Microwave Systems Group
- High-Frequency Devices and Systems Group

#### **Semiconductor Devices & Smart** Sensors

- Semiconductor Sensors and **Micro-Systems Group**
- Semiconductor Process **Technology Group**

#### Some of the Devices and Technologies Developed

- Accelerometer, Diamond Detectors, Sensor Interface Circuits, Gas Sensor Platform, Low Temperature Co-fired Ceramic Technology based Circuits, MEMS Hotplate, Silicon Carbide Schottky Diode Detectors, MEMS Ultrasonic Transducers, MEMS Acoustic Sensors, Selective Ion Sensors, Biosensors, ISFET based PH Sensor, Hybrid Microcircuits (HMCs) for SROSS and INSAT series of Satellites, Re-configurable System Design, Application Specific Instruction-set Processor Design, 16/32-bit Microprocessor Design, P-MOSFET Gamma-ray Dosimeter, Piezoresistive Pressure Sensor, Capacitive Pressure Sensor, InP-InGaAs based PIN Photo Detectors, 980nm Pump Laser Diode, C-band High-power GaAs MESFETs and Amplifiers
- 140 W Ku-band Space TWT, 2.6 MW Magnetron for LINAC, Mercury-free VUV/UV Plasma Source, Pseudospark Switches, Cathode System (MTRDC), Software Packages, Related Infrastructure & Technologies, High-power Microwave Window Technology, Long-life Dispenser Cathodes, 40 kV 3 kA Thyratron, 25 kV 1 kA Thyratron, Design and Technology Development for Gyrotron Devices, 6 MW Pulse 24 kW Average Power S-Band Klystron, 5 MW Pulsed S-band Klystron, 6 Ghz 20 W Helix TWT, 60 W Space TWT, S-band 30 W Helix TWT, Broadband 40 W Mini Helix TWT, C-band 75 kW CC-TWT, 3 MW Pulsed S-Band Magnetron, 2 MW S-band Tunable Pulsed Magnetron, S-band 1 MW Magnetron, S-band 500 kW Magnetron, S-band 400 W Carcinotron
- Ksheer Tester, Ksheer Scanner, Grid-compatible Inverters, 5 kW Solar-power Drive for Pumps, RO Water Plant Automation, Specialised Power Supplies and Pulse Power Systems for High Power Microwave Tubes, Sensor Networks, Wired and Wireless Communication Network for Underground Mines, Electronic Tongue, Electronic Nose, NIR-based Instrumentation for Chemometrics, Electronic Instrumentation for Fresh Water Acqua-culture and RO Systems, Machine Vision Systems for Bakeries and Steel Mills, Machine Vision Systems for On-line Sorting and Grading of Fruit, Monitoring and Control System for Paper and Pulp Industry, Process Control Instrumentation for Sugar Industry, Withering Controls for Tea Processing, Converters/PWM Actuators, High-power ac and dc Drives

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- The institute conducts post graduate and research programmes under the aegis of AcSIR in Advanced Electronic Systems, Advanced Semiconductor Electronics, and High Power Microwave Devices and Systems Engineering.
- Skill Development Programmes for Students and Working Professionals
- ME/M Tech project work and doctoral thesis work for highly motivated university students in all the above areas of electronics

#### For Further Details, Please Contact

Director, CSIR - Central Electronics Engineering Research Institute, Pilani (Rajasthan) 333 031 Tel: 91+1596-242111 Fax: 91+1596-242393 E-mail: director@ceeri.res.in www.ceeri.res.in





# सीएसआईआर-हिमालय जैवसंपदा प्रौद्योगिकी संस्थान CSIR - Institute of Himalayan Bioresource Technology सीएसआईआर की एक संघटक प्रयोगशाला/A Constituent Lab of CSIR पालमपुर (हि.प्र.) भारत/ Palampur-176061 (H.P.) INDIA

CSIR-IHBT

परिकल्पनाः जैवआर्थिकी के उन्नयन हेतु प्रौद्योगिकीय उद्भवता एवं विकास में हिमालयी जैवसंपदा के संपोषणीय उपयोग द्वारा विश्व स्तर पर अग्रणी होना

उद्देश्यः सामाजिक, औद्योगिक, पर्यावरणीय और अकादिमक हित हेतु हिमालयी जैवसंपदा से प्रक्रमों, उत्पादों और प्रौद्योगिकियों की खोज, नवोन्मेष, विकास एंव प्रसार।



#### संस्थान की निम्नलिखित व्यवसायिक उत्पादन के लिए प्रौद्योगिकीयाँ

- रेडी टू ईट क्रिस्पी फ्रुट एंव परम्परागत व्यंजन
- मूल्यवर्धित बक्कवीट
- बहु-अन्नीय (मल्टीग्रेन) उच्च प्रोटीन पेय एंव तत्काल
   (इन्स्टेंट) सूप
- स्पिरूलीना आधारित एनर्जी बार
- पादप वृद्धि हेतु राइजोबेक्टीरिया
- हींग
- केसर
- कैला लिली, जरबेरा, गुलदाउदी की उन्नत किस्में
- टी-वाइन
- रेडी टू सर्व चाय निर्माण
- हर्बल चाय
- मिनी डिस्टिलेशन यूनिट (हर्बोस्टिल ट्रेडमार्क)
- कम्पोस्ट ब्रस्टर
- आयरन युक्त फ्रूट बार और केन्डी
- टी विनेगर
- चाय कैटेकिन,
- हर्बल सोप

- हर्बल इन्सेन्स कोन
- हैंड सैनिटाइजर
- गुणवत्तायुक्त और स्वच्छ शहद हेतु उन्नत बी हाइव
- स्टीविया पाउडर और स्टीविया तरल द्रव्य (कम कैलोरीयुक्त स्वीटनर)
- अर्नेबिया यूक्रोमा से नेफ्थोकीन (लाल रंग) के लिए इन विट्रो उत्पादन प्रणाली
- खाद्य प्राकृतिक रंग, हर्बल लिपस्टिक
- हाइड्रोपॉनिक खेती की तकनीक से लिलियम और ट्यूलिप के पुष्पण काल में कमी
- वेलेरियाना जटामांसी अपस्थानिक जड़ संवर्धन प्रौद्योगिकी
- विटमिन डी,युक्त शिटाके मशरूम
- एल-एस्परजिनेस
- हाइड्रॉक्सीमिथाइलफ्यूरल (5-एचएमएफ)
- सेल्यूलोसिक बायोमास से टेक्सटाइल फाइबर में परिवर्तित करने की पर्यावरण अनुकूलन प्रक्रिया

#### संपर्क करें:

निदेशक, सीएसआईआर- हिमालय जैवसंपदा प्रौद्योगिकी संस्थान पालमपुर (हि.प्र.)- 176061, टेलीफोन- 01894230411, फैक्स 01894230433, ईमेल: director@ihbt.res.in, वेबसाइट - https://www.ihbt.res.in/en/





#### CSIR-INSTITUTE OF MINERALS AND MATERIALS TECHNOLOGY

Council of Scientific and Industrial Research Bhubaneswar-751013, INDIA

#### CORE AREA COMPETENCY

- Material characterization
- Mineral beneficiation, pelletisation and agglomeration
- Extraction of metals from ores, sludge and scraps
- Plasma processing of materials
- Nanomaterials, bio materials and energy materials
- Coatings, thin films, alloys, composites
- Green technology for industrial waste management
- Drinking water filtration and wastewater recycling
- Environmental impact assessment
- CFD/DEM modelling and simulation

#### INDUSTRY INTERFACE

- Technology development for mineral, material, metallurgical and chemical industries
- Contract research and consultancy for process optimization
- TEFR and Basic engineering packages in core area
- Testing of water quality and components in ores, rocks, soils, slags, and processed products
- Skill development

### **FACILITIES**

- Mineral processing pilot plant
- SOPs for extraction of materials from industrial wastes
- Coal characterization
- Processing of natural gemstones for value addition
- State-of-the art analytical equipments for characterization of ores, minerals & materials
- Commercial scale production facility for fly ash and red mud building materials
- Mechanical workshop for design and fabrication
- Biomass operated cook stoves and testing lab
- Technology validation



Constructed wetland for waste water treatment





XPS

Particle Size Analyzer



**High Concentration Slurry Transportation** 





**CNC Turning & Milling Machines** 



Fly Ash & Red Mud Bricks





**EPMA** 

XRD



Column Flotation Unit











e Plasma Sca ctor



#### CONTACT US

**Director**, CSIR-Institute of Minerals & Materials Technology Bhubaneswar – 751013

Bhubaneswar – 751013
Phone: 0674-2379401; Email: dir@immt.res.in
URL: www.immt.res.in



ISO/IEC 17025:2005
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Inspiring minds for a **Greener Planet** 





# सीएसआईआर-भारतीय विषविज्ञान अनुसंधान संस्थान CSIR-INDIAN INSTITUTE OF TOXICOLOGY RESEARCH



CSIR-IITR, Lucknow is the only multidisciplinary research institute in the field of toxicology in India with the motto:

### "Safety to environment & health and service to industry".



#### R & D Areas

- Food, Drug & Chemical Toxicology
- Environmental Toxicology
- Regulatory Toxicology
- Toxicoinformatics & Industrial Research
- Systems Toxicology & Health Risk Assessment

#### R & D Partnership for Industries & Startup

Centre for Innovation and Transnational Research (CITAR)

#### **Services Offered**

- GLP certified pre-clinical toxicity studies
- NABL (ISO/IEC 17025:2017) accredited
- Safety/ toxicity evaluation of NCEs
- Water quality assessment and monitoring
- Analytical services
- Environmental monitoring and impact assessment
- Information on chemicals/ products
- Computational Predictive Toxicity Assessment

#### Recognitions

- Scientific & Industrial Research Organizations (SIROs)
- UP Pollution Control Board (Water & Air)
- Indian Factories Act (Drinking water)
- Bureau of Indian Standards (Synthetic detergents)
- Food Safety & Standards Authority of India (FSSAI)

#### **Technologies Developed/ Available**

- Oneer- A novel solution for safe drinking water
- Portable Water Analysis Kit
- Mobile Laboratory for environment and human health
- AO Kit for rapid screening of Argemone in mustard oil
- MO Check for detection of Butter Yellow. an adulterant, in edible oils



















विषविज्ञान भवन, 31, महात्मा गाँधी मार्ग लखनऊ-226001, उ.प्र., भारत



VISHVIGYAN BHAWAN, 31, MAHATMA GANDHI MARG LUCKNOW-226001, U.P., INDIA

Phone:+91-522-2627586, 2614118, 2628228 Fax:+91-522-2628227, 2611547 director@iitrindia.org

www.iitrindia.org





# CSIR-NATIONAL BOTANICAL RESEARCH INSTITUTE, LUCKNOW



Where Plant Based Research Touches Life Through Innovation

#### About us

CSIR-National Botanical Research Institute, Lucknow is one of the constituent research institutes of the Council of Scientific and Industrial Research (CSIR), Ministry of Science and Technology, Government of India, New Delhi.

#### Recent Products & Technologies

The Institute undertakes cutting-edge basic research and translational research in diverse areas of plant science. Some of the products and technologies developed by the institute are presented below:



Herbal Formulation for Diabetes Management (NBRMAP – DB)



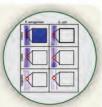
URO-05: Anti-Urolithiasis Herbal Formulation



CROMA-3: Bioavailable
Curcumin Formulation



Anti Candida Gel



Chrysophanol Coated Urinary Catheter



Dentogel: Toothache Relieving Gel



**Herbal Hand Sanitizers** 



**Traditional Kadha** 



Mask Stress Reducer



**Herbal Colors** 



Herbal Gulal



Certified Reference Matterials



Thebaine Rich Poppy Lines



Whitefly Resistant GM Cotton



Anacardic Acid Based Growth Promoter



Microbial Bioinoculants



Low Grain Arsenic Rice Cultivar CN1794-2-CSIR-NBRI (Muktashree)



Dehydration of Flower, Foliage & Floral Crafts



Trumeric Leaf Essential Oil



**New Floral Varieties** 





# **CSIR-National Geophysical Research Institute**

A Premier Research Institute in Solid Earth



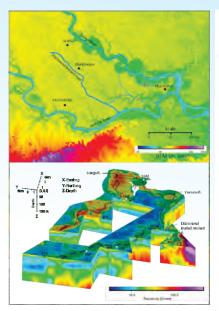
#### **Exploring the Earth for 60 Eventful Years**

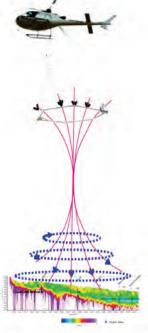
**CSIR-National Geophysical Research Institute** (CSIR-NGRI) established in the year 1961, is a premier institute for research on solid earth sciences. It carries out innovative basic and applied research encompassing the fields of Geophysics, Geology, Geochemistry & Geochronology. The institute celebrated its Diamond Jubilee year in 2021. The highlights of which included lectures by eminent international scientists, an international conference, MoU with Denmark and seeding of the new discipline of Environmental seismology.



#### **Significant Achievements**

- Pioneer in Airborne Geophysical Research in India
- Gravity Map Series of India (GMSI)
- Developed first indigenous ground and airborne geophysical instruments
- State-of-the-Art observational and modelling infrastructure and Expertise in crustal seismic studies
- Largest Seismological Network across the country
- Borehole (1.5 km) seismological studies in Koyna
- First Geochemical Baseline Atlas of
- Expertise of sub-Basalt imaging for oil and gas exploration
- Initiation of Heli-borne Aquifer Mapping in India
- Simulation of deep Earth processes and magnetic field









#### Unique Geophysical Research Institute of the country for Near Surface to Deep Earth Exploration

"The State-of-the-Art facilities of the institute are focused on research related to ground and heli-borne geophysical surveys for water & mineral exploration, deep Earth probing, geochemistry & geochronology, environmental monitoring, shallow sub-surface exploration, gas hydrates & hydrocarbon exploration, geotechnical investigations and active crustal deformation studies"

Contact: Dr. V. M. Tiwari **Director** 

**CSIR-NATIONAL GEOPHYSICAL RESEARCH INSTITUTE** Uppal Road, Hyderabad-500007, Telangana, India. Email:director@ngri.res.in; Ph: 040-2343 4600; Fax: 91 40 2717 1564



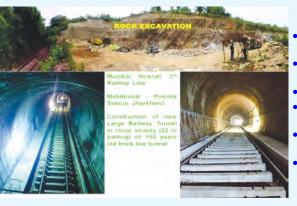


#### सीएसआईआर- केन्द्रीय खनन एवं ईंधन अन्संधान संस्थान धनबाद



विज्ञान एवं प्रोदयोगिकी मंत्रालय भारत सरकार, नई दिल्ली के अंतर्गत सीएसआईआर की एक अंगीभ्रत प्रयोगशाला

CSIR-CENTRAL INSTITUTE OF MINING AND FUEL RESEARCH (CIMFR), DHANBAD, a constituent laboratory under the aegis of Council of Scientific and Industrial Research (CSIR), New Delhi aims to provide R&D inputs for the entire coal-energy chain encompassing exploration, mining and utilization with the Vision "To be an internationally acclaimed mining and fuel research organisation"



#### **Major Contributions of CSIR-CIMFR are:**

- Development of Safe Methods and Assessment of Stability of Mine Workings
- Design of Backfilling Systems for Stabilization of Mine Workings
- Design of Safe Blasting Patterns of Mines
- Assessment of Subsidence and Ground Movement due to Mining
- Design of Environmental Management Plan for Eco-Friendly Mining and Coal Based Industries
- Investigations on Methane Emission due to Mining and GHG Inventories
- Resource Evaluation and Reservoir Modeling of Coal bed Methane
- Evolution of Methods to Control Mine Fire
- Design of Support Systems for Mines
- Design & Development of Equipment, Instruments and Components for Safe Mining
- Coal Quality Assessment
- Basic Studies on Coal Science
- Coal Preparation
- Coal Carbonization
- Coal Liquefaction Direct and Indirect routes
- Coal Gasification
- Coal Combustion
- Non Fuel Uses of Coal/ Value Added Chemicals
- Fly Ash Utilization







CSIR-CIMFR also extends testing, evaluation, calibration and consultancy services for explosives and accessories, mine ventilation and safety equipment, roof supports, personnel protection equipment, flameproof and intrinsically safe equipment, electrical cables, mining and allied industrial components, wire ropes, cage and suspension gear components, aerial ropeways, etc., for their safe use. All facilities for conventional & instrumental analysis of coal & coke, coal washing pilot plant, pilot coke oven by electrical heating & non-recovery type, XRF, XRD, FTIR, FETR, DTF, TGA, Surface Area Analyser, Porosimeter, coal water emulsion, GTL, PTGA-MS, HPLC, CPT, IPT, etc; EIA & monitoring of air, water, noise & soil pollution, GC, particle size analyzer, washability investigations on coals for cleaning potentialities, various laboratory tests on coal preparation, coal washing pilot plant for coarse and fine coal beneficiation.

For Further Information Please Contact:

Prof. Suddhasatwa Basu

#### Director

CSIR-Central Institute of Mining and Fuel Research Barwa Road, Dhanbad – 826 015 (Jharkhand) Phone: 91-326-2296023/ 2296006/ 2381111 Fax: 91-326-2296025/2381113

E-mail: director@cimfr.nic.in
Website:- www.cimfr.nic.in



# CSIR-CSIC

# सीएसआईआर- केंद्रीय वैज्ञानिक उपकरण संगठन



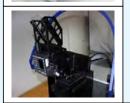












सीएसआईआर-सीएसआईओ वैज्ञानिक और औद्योगिक उपकरणों की परिकल्पना, अनुसंधान और विकास कार्य के लिए समर्पित एक राष्ट्रीय प्रयोगशाला है। यह भारत में उपकरण उद्योग के विकास को प्रोत्साहित करने के लिए देश का एक बहु-विषयी एवं बहु-आयामी शीर्ष औद्योगिक अनुसंधान एवं विकास संगठन है।

#### अनुसंधान क्षेत्र

- प्रतिबिंबन, वैमानिकी एवं प्रदर्श प्रणालियाँ (आईएडीएस)
- जैव-चिकित्सा अनुप्रयोग (बीएमए)
- निर्माण विज्ञान एवं उपकरण-विनयास (एमएसआई)
- पदार्थ विज्ञान एवं संवेदी संप्रयोग (एमएसएसए)
- प्रज्ञ मशीनें एवं संप्रेषण प्रणालियां (आईएमसीएस)
- ऊर्जा प्रबंधन प्रौद्योगिकियां (चेन्नै केन्द्र)

#### उत्कृष्ठता केन्द्र

- प्रज्ञ संवेदियों एवं प्रणालियों हेतु उत्कृष्टता केन्द्र (आईएसईएनएस)
- सूक्ष्म एवं नैनो प्रकाशिकी केन्द्र (m-एनओसी)

#### केंद्रीय सुविधाएं

- यांत्रिक
- इलेक्ट्रॉनिकी
- विश्लेषणात्मक
- थिन फिलम

#### भविष्य के क्षेत्र

- हेल्मेट मांउडिट डिस्प्ले एवं क्यूइंग प्रणालियां
- नवीन माइक्रो-डिफ्रैक्टिव ऑप्टिक्स एवं नैनो फोटोनिक/ऑप्टिकल मैटामेटीरियल के लिए सूक्ष्म एवं नैनो निर्माण कार्य
- यूएवी के लिए नई पीढ़ी के कैमरे, इन्फ्रारैड एवं मल्टी-स्पैक्ट्रल संवेदी प्रणालियां
- संचार एवं जीपीएस जैमिंग प्रणालियां एवं उनकी रोकथाम के उपाय
- डीआरडीओ के साथ एरिया ऑटोनोमस ऑल-एंगल म्यूनीशन्स (एएएएम)

#### वर्तमान उपलब्धियां

- एलसीए तेजस एमके 1 विमान के लिए हैड-अप डिस्प्ले : तेजस का नौसेना संस्करण, आईजेटी, हॉक
- एयरक्राफ्ट लाईटें: एलसीए तेजस एवं ड्रोग प्रोब लाईटें, जलयानों पर विमानों के लिए लैडिंग एंड नैविगेशन लाईटें
- गनसाईट एवं बीयरिंग साईट्स : डॉर्नियर 228 विमान के लिए ऑप्टिकल गनसाईट, मैरीन बियरिंग साईट्स
- भूकंपीय : दिल्ली मैट्रो के लिए भूकंप चेतावनी प्रणाली, हाथियों और ट्रेन के हादसों को रोकने के लिए चेतावनी प्रणाली
- सामरिक: आईनेत्र मल्टी लेयर्ड पेरिमीटर सुरक्षा प्रणाली, छोटे स्तर के विस्फोटकों के लिए हाई स्पीड शिलिरेन इमेजिंग
- नॉन डिस्ट्रिक्टिव टैस्टिंग: एयरक्राफ्ट कैनोपी के लिए क्रैजीमीटर, डिजिटल होलोग्राफिक कैमरा
- कृषि एवं खाद्य : कृषि, प्रदूषण नियंत्रण एवं सैनिटाइजेशन अनुप्रयोगों के लिए इलेक्ट्रोस्टैटिक स्प्रे मशीन, खाद्य तेलों की गुणवत्ता की निगरानी के लिए आयोडीन वैल्यू मीटर (एफएसएसएसएआई द्वारा अनुमोदित)
- चिकित्सा: दिव्यनयन दृष्टिहीनों के लिए रीडिंग उपस्कर, 3 डी लेज़र प्रिंटिंग द्वारा रोगी विशिष्ट प्रत्यारोपण, लेज़र लीथोट्रिप्सी
- पर्यावरण: अपशिष्ट Hg निपटान प्रकिया बल्ब एवं ट्यूब, पानी में फ्लोराइड, नाइट्रेट, आर्सेनिक एवं सेलेनियम की पहचान के लिए संवेदक प्रणालियां, रोगाणुओं की रोकथाम के लिए यूवीसी आधारित वायु शुद्धता प्रणालियां

#### संपर्क

#### निदेशक

सीएसआईआर- केंद्रीय वैज्ञानिक उपकरण संगठन

सैक्टर – 30सी, चण्डीगढ़ -160030 दूरभाष : (+91)-172-2657190

ई.मेल : director[at]csio[dot]res[dot]in वैबसाईट : www.csio.res.in

# सीएसआईआर- केंद्रीय वैज्ञानिक उपकरण संगठन, सैक्टर – 30सी, चंडीगढ़-160030













# सीएसआईआर-केंद्रीय विद्युतरसायन अनुसंधान संस्थान

## **CSIR-Central Electrochemical Research Institute**

कारैकुडी— 630003 , तमिलनाडु, भारत Karaikudi-630 003, Tamil Nadu, India

Founded in 1948, CSIR-Central Electrochemical Research Institute (CSIR-CECRI), a constituent laboratory of CSIR, is one of the world's largest research establishments carrying out R&D work covering all aspects of electrochemical science and technology in order to cater to the needs of the society.

#### **RESEARCH AREAS**

- Corrosion & Materials Protection
- Electrochemical Power Sources
- Electroplating & Metal Finishing
- Electrodics & Electrocatalysis
- Electrochemical Process Engineering
- Electro-organic & Materials Electrochemistry

CECRI undertakes several R&D projects in collaboration with laboratories and private companies within and outside India and also assists Indian industries by conducting surveys and undertaking consultancy projects. CECRI has developed and transferred several technologies to industrial and strategic sectors. Lithium-ion battery electrode materials and its fabrication, supercapacitors, fuel cells, redox flow battery, CO<sub>2</sub> adsorption under flue gas condition, CO<sub>2</sub> utilization to value-added products like adipic acid, oxalic acid, polyurethane etc., Mg technology, solar powered PEM electrolyser to generate green hydrogen, electrowinning of rare earth metals and alloys, extraction of metals from secondary sources, trivalent hard chromium, thermal barrier coatings and specialized anticorrosive coatings, etc., are the significant recent technologies of CECRI.

The institute also conducts short-term refresher courses for the benefit of industries and academia through skill development programmes. The Institute runs Anna University's B.Tech. course in Chemical & Electrochemical Engineering as well as Ph.D. course of Academy of Scientific and Innovative Research (AcSIR) established by CSIR. The institute is equipped with an excellent library as well as the state-of-the-art analytical and characterization facilities. CECRI also organizes national and international conferences for dissemination of scientific knowledge. CECRI has its extension units at Chennai and Mandapam.

#### **CSIR-CECRI UNDERTAKES**

- Sponsored and collaborative research projects
- NABL accredited test facility [BPTEC, T-2345] available for performance evaluation of power sources (batteries)
- Industrial consultancy services (such as failure analysis, troubleshooting, modernization, scaling-up, etc.,)
- Lab to product, innovation to technology a realistic means of product fabrication using 3D metal & polymer printing

#### **CSIR-CECRI OFFERS**

- High-end Ph.D. programme for innovative research in the field of Electrochemical Science and Technology through AcSIR
- B.Tech. programme in Chemical and Electrochemical Engineering affiliated to Anna University, Chennai
- Refresher courses for industries and academic institutions
- Skill development training programmes for 10/+2/ITI/Diploma students
- Technology / know-how for the commercial production
- Manufacturing of the Li-ion cells with a capacity of 1500 mAh/3.7 V













The Director CSIR-Central Electrochemical Research Institute Karaikudi-630 003, Tamil Nadu, India

For further details:

Tel: 04565 – 241502, 241506, 241474, 241522 Fax: 04565 – 227713 or 227651 E-mail: director@cecri.res.in Website: www.cecri.res.in



# CSIR- Indian Institute of Chemical Technology

(Under Ministry of Science & Technology, Govt. of India) Tarnaka, Uppal Road, Hyderabad - 500007, Telangana, INDIA



Touching Lives

#### Vision

To Serve society by creating an outstanding knowledge base in chemistry and chemical technology

#### Mission

CSIR-IICT will strive towards knowledge intensive translational research in chemistry to meet the country's expectations with novel technologies

**Analytical &** Structural Chemistry

Applied Biology

Catalysis & Fine Chemicals

Energy & Environmental Engineering

Fluoro & Agrochemicals Organic Synthesis & **Process** Chemistry

Polymers & Functional Materials

**Process Engineering &** Technology Transfer

Centre for Natural Products & Traditional Knowledge Centre for Lipid Science & Technology

Concept to Commercialisation Scientists with diverse competencies Large pool of Young Researchers Analytical Solutions/ Regulatory Compliance Signature Library with Rich Resources

National Molbank Animal House Kilo Labs HRMS & MALDI-MS FESEM, TEM, AFM, ESCA Single Crystal & Powder XRD





#### Contact details:

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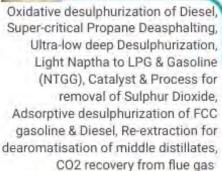
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# जीवन में खेलों का महत्व

मनुष्य के लिए अच्छे स्वास्थ्य का होना अत्यंत आवश्यक है। एक स्वस्थ शरीर में ही स्वस्थ मस्तिष्क होता है। दूसरे शब्दों में, स्वस्थ मस्तिष्क के लिए स्वस्थ शरीर का होना अनिवार्य है। रुग्ण शरीर, रुग्ण मानसिकता को जन्म देता है। वैदिक काल से ही हमारे पूर्वजों ने 'निरोगी काया' अर्थात् स्वस्थ शरीर को प्रमुख सुख माना है। खेल अथवा व्यायाम स्वस्थ शरीर के लिए अति आवश्यक हैं, अर्थात् शरीर को स्वस्थ रखने के लिए खेल अथवा व्यायाम की उतनी ही आवश्यकता है जितनी कि जीवन को जीने के लिए भोजन व पानी की, खेल हमारे जीवन का आवश्यक हिस्सा है। स्वस्थ शरीर और दिमाग विकसित करने के लिए खेल महत्वपूर्ण भूमिका निभाते हैं। खेल कई प्रकार के होते हैं, जो हमारे शारीरिक के साथ मानसिक विकास में मदद करते हैं।

#### खेल-कूद का महत्व

खेलकूद मनुष्य के जीवन का एक अभिन्न अंग है। स्वस्थ मन स्वस्थ शरीर में ही होता है यानी अगर आप शारीरिक परिश्रम और खेल-कूद में भाग लेंगे तो आप स्वस्थ रहेंगे और साथ ही आप अपने रोज के सभी कार्य सिक्रिय रूप से कर पाएंगे। हम मनुष्य को मानिसक और शारीरिक दोनों प्रकार से स्वस्थ रहना बहुत ही आवश्यक होता है जिसमें खेल-कूद बहुत अहम भूमिका निभाते है। खेल-कूद से हमारे मन का तनाव दूर होता है और इससे मन और शरीर को शांति मिलती है। कभी-कभी यही खेल-कूद जीवन के मुश्किल समय में शरीर को शिक्त देता है। खेल-कूद शरीर में रक्त संचरण को सही रखता है। बढ़ते बच्चों के लिए खेल में भाग लेना बहुत अच्छा होता है क्योंकि इससे उनका मानिसक और शारीरिक विकास और बेहतर तरीके से होता है।

### खेल-कूद प्रतियोगिता

खेलों को खासकर दो टीमों या दो व्यक्तियों के बीच प्रतियोगिता के रूप में खेला जाता है। दुनिया भर में कई प्रकार के खेल खेले जाते हैं। खेलों को खासकर दो प्रकार में विभाजित किया गया है इनडोर गेम्स और आउटडोर गेम्स। एक खेल एक गतिविधि या खेल है जिसमें आमतौर पर कौशल, ज्ञान या मौका शामिल होता है, जिसमें आप निश्चित नियमों का पालन करते हैं और प्रतिद्वंद्वी के खिलाफ जीतने या पहेली को हल करने का प्रयास करते हैं।

#### क्रिकेट

क्रिकेट विश्व का बहुत ही प्रसिद्ध खेल हैं जिसकी शुरुआत इंग्लैण्ड से हुई। सन् 1877 में ऑस्ट्रेलिया और इंग्लैण्ड के बीच पहला टेस्ट मैच हुआ। क्रिकेट में 11-11 खिलाड़ियों की दो टीमों के बीच खेला जाता है, प्रत्येक टीम में 1 खिलाड़ी कप्तान होता हैं। क्रिकेट से बाउंड्री की दूरी लगभग 75 से 85 गज की होती हैं। क्रिकेट में अधिक रन बनाने वाली टीम की जीत होती है, तथा उसे पुरस्कार दिया जाता हैं। क्रिकेट की दुनिया में सचिन तेंदुलकर को एक अच्छा खिलाड़ी माना जाता है। जिन्होंने 100 शतक पूरे किये हैं।

क्रिकेट की गेंद का वजन लगभग 156 ग्रा. होता हैं। दिन में लाल व रात में सफेद रंग की गेंद का इस्तेमाल किया जाता हैं। क्रिकेट बैट की लम्बाई 38 इंच होती हैं। भारत ने अपना पहला मैच इंग्लैण्ड के साथ 1974 में खेला था। क्रिकेट मैच टी-20, एक दिवसीय तथा टेस्ट मैच तीन फॉरमेट में खेला जाता हैं। क्रिकेट मैच में 6 बार गेंद फेंकने पर एक ओवर बनता हैं। क्रिकेट एक बेहतर कार्डियो एक्टिविटी है और ये कैलोरी बर्न करने वाला एक बढ़िया खेल है। जिसमें मांसपेशियां मजबूत बनती हैं- क्रिकेट के मैदान पर आपको बोलिंग, हिटिंग, थ्रोविंग और कैचिंग आदि काम करने पड़ते हैं।



#### वॉलीबॉल

भारत में बहुत से खेल खेले जाते हैं जिसमें से वॉलीबॉल भी एक हैं। यह व्यक्ति को शारीरिक रूप से स्वस्थ रखना वॉलीबॉल का खेल दो टीमो के बीच खेला जाता है, जिसमें प्रत्येक टीम में 6 खिलाडी होते है। वॉलीबॉल का मैदान 18 मीटर लम्बा और 9 मीटर चौड़ा होता हैं। जिसे लम्बाई से बीचोबीच दो भागों में विभाजित किया जाता हैं यहाँ पर साइडो में दो खम्भे लगाए जाते हैं जिनपर 9.5 मीटर लम्बा और 9 मीटर चौडा 10 सेंटीमीटर वर्गाकार छोटे-छोटे जाले वाला नेट 2 मीटर 43 सेंटीमीटर की ऊंचाई पर लगाया जाता है। वॉलीबॉल का खेल एक मुलायम गेंद द्वारा खेला जाता है। जो कि चमडे के 12 छोटे टुकडों से बनायी जाती हैं। बॉल के अंदर रबड़ का एक ब्लैंडर अलग से रखा हुआ होता हैं। गेंद का व्यास लगभग 65 सेंटीमीटर होता हैं। वॉलीबॉल की प्रतियोगिता को तीन पाली में खेला जाता हैं और प्रत्येक पाली के बाद हर टीम का क्रीडा क्षेत्र बदला जाता हैं।

फाइनल मैच में पाँच पाली होती हैं यदि प्रत्येक टीम में दो-दो पाली जीत जाए तो अंतिम पाली में 6 अंकों के बाद क्रीडा क्षेत्र को बदल दिया जाता हैं। इस खेल में हाथ से मारकर गेंद को दूसरी टीम के पाले में गिराना होता हैं जिससे एक अंक बचाने वाली टीम जीत जाती हैं। वॉलीबॉल का खेल चुस्ती और ताकत से भरपूर हैं। इसे खेलते समय व्यक्ति को फाउल से सावधान रहना चाहिए और दो लोगों को एक साथ गेंद नही मारनी चाहिए। व लीब ल खेलने से आपके जोड़ भी मजबूत होते हैं क्योंकि उन्हें लगातार चलाने के लिए प्रशिक्षित किया जाता है। कूदो, और मारो। व्यायाम और दैनिक गतिविधियों के दौरान मजबूत जोड़ आपको चोट के विभिन्न जोखिमों से बचाएंगे। वॉलीबॉल में वजन प्रशिक्षण शामिल है जो हिंडुयों को मजबूत कर सकता है।

#### निष्कर्ष

प्रत्येक व्यक्ति के जीवन में खेल बड़ी भूमिका निभाते हैं. व्यक्ति के संतुलित विकास मानसिक, शारीरिक एवं भावनात्मक संतुलन में खेल मजबूती प्रदान करने वाले होते हैं। यह हमें बहुत ऊर्जा और मजबूती प्रदान करने के साथ ही पूरे शरीर में रक्त संचरण में सुधार करके सभी तरह की थकान और सुस्ती को सुधारता है और शारीरिक और मानसिक अच्छाई को बढ़ावा देता है। यह एक व्यक्ति की कुशलता, कार्य क्षमता को सुधारता है और मानसिक और शारीरिक रुप से थकान होने से बचाव करता है। यह छात्रों के बीच शिक्षा की गुणवत्ता में सुधार लाने का अभिन्न हिस्सा है। खेल और शिक्षा दोनों को अपने जीवन में एक साथ अपनाकर हम महत्वपूर्ण सफलता प्राप्त कर सकते हैं।

#### शिव प्रकाश

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