



Ranchi Club Times

HOUSE JOURNAL OF RANCHI CLUB LIMITED

New Card Room
The Attic

SEP22



President's Impressions



Dear Members,

Hope you and your family are keeping good health and enjoying your second home.

On behalf of the Executive Committee, I extend heartfelt condolences to the bereaved families of RCL members who left us during the year.

Notice for the 137th AGM of RCL scheduled to be held on the 19.09.2022, has been sent to Permanent Members, along with the Annual Report. After two years, we shall have a full-fledged physical meeting.

Throughout the year 2021-22, your Executive Committee worked diligently to manage the Club. The Annual Accounts were prepared on time, and we have presented a very positive Balance Sheet. All statutory liabilities have been addressed till date, like: demand from the office of Principal Commissioner of Central Goods & Service Tax & CX, demand for RMC's Holding Tax, liabilities towards Staff Gratuity fund and Group Insurance for all Club Staff, VAT assessment till 2018-19, Income Tax returns for the AY 2021-22 and all formalities pertaining to ROC.

The plan for RCL's Institutional Building was sanctioned by Ranchi Municipal Corporation on 9th June, 2022, with few conditions as per its by-laws. The drawings were submitted at RMC in the year 2017.

RCL's new Club App and website (www.ranchiclub.in) were launched in August 2022. In the coming months dependence on WhatsApp and SMS will be reduced. Tab based ordering system for Restaurants and Bars has been introduced at the Club. This will help reduce the response time of orders. New affiliations were forged with Century Club, Bangalore and Jaisal Club, Jaisalmer.

During the year, entertainment programmes like RCL Diwali Fest 2021, Kids event - Razzle Dazzle, Wine appreciation Programme, Night at the Backyard, Ladies Night at the Back Yard, Shine Like a Star-Talent Show at Christmas in Atlanta, Christmas Lunch, Valentine Celebrations - RCL Love Brunch at Pool side, Holi Celebrations - Rang Rasiya, Friday Nite Jamming at Front Lawn, Rain Dance - Sao Joao Gathering, were organised. Movie shows and Tambola were held during most weekends.

The newly renovated Swimming Pool re-opened for members from 11th of March, 2022, after a gap of almost two years. Coaches for Swimming, Tennis, Badminton, Yoga and Gymnasium were available throughout the year. During the year, a host of sporting events were held like, Functional Fitness Session, Chip & Chair Poker Tournament, Squash Tournament, Big Bash Night Cricket Tournament, Swimming Competition, International Yoga Day and Badminton Tournament. Football Tournament is scheduled to be held from 9-11th September.

Lifford Bar & Lounge, inaugurated during the last AGM, has been appreciated by one and all and is being extensively used by members. The Attic, a new space was created above The Alcove, for cards enthusiasts. Ladies and Gents washrooms near the sports area were renovated. The Library Lounge was renovated with increased sitting capacity and space for more books and magazines. New board games have been kept. Comfortable sofas and chairs have been provided. A state-of-the-art coffee machine has been installed in front of the Library Lounge, to serve top class coffee to members. A longstanding need for a Front Porch took shape. Members and their families will now not be inconvenienced while entering the Club House during unfavourable weather conditions. The Pavilion - a new bar area is coming up at the Front Lawn, with sitting facility for 48 persons. The existing Walking Track at the Back Lawn was re-laid. A new non-skid pathway has been laid to connect the T3 to the Dhaba. New equipment was purchased for the Club Gymnasium. New all weather rattan furniture was purchased for the T3 and the Front Lawns. New Crockery was purchased for the front lawn, along with trolleys for fresh and used plates.

On behalf of the Executive Committee, I thank members for giving the team a chance to serve our Club, three years in a row. These three years saw three waves of COVID, however, the Committee could achieve so much only due to the support of Club members, volunteers, members of sub-committees and Club staff. I am sure the new committee due to take over after the forthcoming AGM shall carry forward the good work of the outgoing Committee.

With warm regards and wishing good health to members and their families,

Rajesh Nath Shah Deo
President

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ये जो मैं हूँ

परिवर्तन ही जीवन है

स्वतंत्रता का अमृत महोत्सव

बारिश की बूंदें

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From the Desk of Hon'y. Secretary

Sign in to RCL's New Club App



Hello Readers,

On request of our president Mr. R.N. Shah Deo, I have taken over the charge of editor of RCL Times as our regular editor Mr. Amanpreet Singh Tuteja has been preoccupied due to pressing commitments.

As India Celebrates its 75th year of Independence, as a nation we have come a long way, from being known as

a country of snake charmers, to a nation boasting of one of the best education system, infrastructural and technological growth. "स्वतंत्रता का महोत्सव" is a beautiful poem written by our member Mrs. Smita Jain.

Change should be the only constant, but how to keep a balance to extract the best of the old and new, is important. "बिखरने डो जीन डो" is a meaningful article written by our senior member's spouse, Mrs. Sangeeta Sharan.

Innovation has made life easy and the invention of wheel gave an uplift globally to transportation & travelling. Bicycle is one of the oldest modes of transport, it is cheap and has a lot of health benefits. Our member, Mr. Karishika Poddar's article on the eight best cycling trails worth exploring around Ranchi gives a wonderful insight to the beauty of our city.

After bicycles, it's the turn of automobiles and RCL family is proud of our member Mr. Aditya Vikram Jaiswal, for preserving and restoring the Vintage Automobile Collection of his family.

With multiple modes of travelling, the world has become small and tourism a big industry globally. Our Past President Mr. Sunil Varma's article on his recent trip to Africa is enticing.

A nation where even the PM believes in resolving issues over चास पे चरस, after cricket if anything else which binds us is our favourite cup of Tea. Mrs. Monicaroy Agarwal's article on the 'Magic of Tea' adds more flavours to our favourite beverage.

The year has been a busy one for Ranchi Club with sports, development work and lots of entertainment programmes. We have tried our best to cover most of the programmes in this edition.

Advertising is the fuel running any print or digital medium, so we will request our members to use this platform for promotion.

Lastly, for any feedback please feel free to get in touch directly with the undersigned at rcltimes@gmail.com or through cell phone no. 9934013130.

Happy Reading.

Rohan Shafia
Rohan Shafia

RCL Gym Gets a Facelift

The Club Gym is now open after renovation. New equipment like spinners, stair climber, rowing machine etc. have been added.

A new gym trainer (lady) has been engaged at the gym.

Spinners (training bikes) will be available for spinning sessions two days a week in evenings.





VED TEXTILES AND APPARELS

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RCL Entertainment Programmes 2021-22

RCL Diwali Fest 2021

3rd November 2021



Children Programmes - Razzle Dazzle

21st November 2021



Night at Backyard

3rd December 2021



RCL Ladies Night

17th December 2021



Shine like star - talent show at Christmas in Atlantis

25th December 2021





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UPCOMING / NEW PROJECTS

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KANKER ROAD

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PANCHRATNA ALTUS (RESIDENTIAL)
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Christmas Lunch Gathering

26th December 2021



Valentine's Day Programme RCL Love Brunch

13th February 2022



RCL Holi Programme Rang Rasiya

17th March 2022



RCL Sao Joao Gathering

26th June 2022





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Preserving the History



In today's world where speed thrills the millennials to drive the latest modern and exotic cars we still have a few who believe in holding to the glory of the past and to preserve and nourish the vintage and old classics.

The RCL family feels proud of our member Mr Aditya Vikram Jaiswal who has kept the legacy of vintage cars alive and well maintained.

Mr Jaiswal a descendant of the royal family of Jamalpur has a fleet of these old is gold classics.

Amongst his favourites is the ever shining Mercedes Benz 170v Cabriolet of the 30's, the Ford 1922 Model and a Willy's Knight from the era of 1920.

The Fiat Rolls Royce 1912 Merlin Princess and the Desoto to name a few.

A member of the Jaiswal family of Ranchi and counted amongst the top 10 vintage car collectors in India. Privilege to be a part of history Mr Jaiswal considers his Ford A model of 1922 his most prized possession.

The Car known as Mahatma's car drove Bapu from Ranchi to Ramgarh to attend the Ramgarh Convention. The car is a pride of his garage and is always well equipped and ready for the road. The spare parts as and when needed are imported from USA.

The car a red coloured classic was purchased by Mr Jaiswal's great grandfather Rai Sahib Lakshmi Narain Jaiswal. Apart from Mahatma Gandhi, Dr Rajendra

Prasad our country's first President, Dr Zakir Hussain former prime Minister Lal Bahadur Shastri and the Viceroy Lord Mountbatten and Lord Erwin all have travelled in the car during their visits to Ranchi.

His Mercedes Benz 170v Cabriolet has the same make which was used in Hitler's Convoy during the Nazi - Germany era. The company recognizes his family as a priority customer and all the spares were restored in 2015 absolutely free of cost. It is noteworthy that only seven cars of this model are left in the world.

The 1918 Fiat Rolls also known as the Merlin Princess is the only one of its kind left. Mr Jaiswal feels proud of the fact that by keeping the car in top condition he is not only preserving the History of his family but also the history of Rolls Royce.

The 1959 Desoto Firedome 2-Door Sportsman with eight cylinders and the Ford 1922 Model and Chevrolet S 1918 with six cylinders giving power to the engine. The car was frequently used by Maulana Abdul Kalam Azad former Minister of Education during his visits to the state.

The Willy's Knight which was made available only to a few with a recognition of Knighthood of the British Empire.

For car lovers in our country every vintage car is valuable, the history which they carry and the many untold stories deeply preserved.



What is Healthy Living ?

The most impromptu saying, "an apple a day keeps the doctor away", instantly reminisces us to take a step towards the expression of "Healthy Living", as if devouring an apple every day will keep all unwanted ailments at bay. Now, if only that was possible !!!

Well, yes, pragmatically, everything is possible. As the saying goes, 'where there is a will, there is a way', and I personally abide by this simple elementary rule, "Early to bed, early to rise, makes a man healthy, wealthy and wise" !!!

With Durga Puja festivities knocking at our doors followed by Deepawali and New Year Celebrations, its time to recapitulate and brace thyself to adhere to some very simple norms that we tend to circumvent from.

What makes a man feel well satiated ? Good health, Good looks, Good money, Good food and Good work. So, to sum up, health is directly proportional to good food, good exercise, good thoughts, good deeds, good work and good looks !!

Good food is eating anything and everything as long as your anatomical organs of your body stay unblemished and unscathed. Why refrain yourself and punish yourself from being so lucky to be able to eat !!? Respect your food and take interest in what you eat. This food is the ultimatum for good health.

Eating well kindles you to exercise well. Do good workouts, any kind of physical movement that will pace up your heartbeat, any sports activity, test that endurance level of yours so that once you hail your daily target, the confidence cum satisfaction level shoots up high on the measuring scale. 'Thyself has sweat it'. You knock a thumbsup sign and pat yourself.

Good exercise broadens up those shoulders of yours giving way to good thoughts. Positivity embarks on thy mind and soul. You feel confident and subconsciously your footwork takes a twirl towards some dancing step amongst colourful tulips and roses with flashes of our Bollywood actors cavorting in fields !! Happiness prevails. You are ready to face the day !

Now, thy soul smiles upon thyself. And when thy soul is happy, the beauty of happiness shines on thy face, enriching the face to glow and shine. A mischievous smile entails round the corners of your lips, eyes gleam, the nerves of the brain are active, a tint sparkles on the tip of your nose and you know its not the end of the world. You will live by !!

Relationships become meaningful. You will tend to make an effort to bypass all petty misunderstandings fencing you. A good attire will help to boost that ego of yours. Good thoughts will strive you to work hard. You will be accused for venturing to take bold steps towards success. A well set ambience is created.

Money chimes, Work takes a lead, Success tastes delightful, Obstacles overcome and crossed, Challenges met, Pitfalls tread on....the day will be seen short....night will be welcomed....a new day will be awaited upon to start again....

What else is Healthy Living after all !?



Vandana Saraf Khemka

From the Commentary Box

Ranchi Club Family feels proud of our member Rishee Ranjit Chhabra who has been following the Indian Cricket Team since 2016 and has travelled to UK, USA, UAE and all over India to support the Indian Cricket Team.

He was recently invited by the West Indies Cricket board to promote the T20 Series between India and West Indies that took place in Carribean Island. As a cricket influencer Rishee was selected along with 2 other cricket influencer from a list of 100 probables and was invited to create content and promote the T20 series.

Rishee travelled to Port of Spain on the 26th July from

Mumbai and was with the Indian and West Indies team for the first 3 T20 games.

Rishee was also invited by the local broadcasting team for a commentary stint for all 3 T20 games.

Rishee who is also a memorabilia collector and has over 700 match used cricket memorabilia in his collection was given the opportunity to hand over the toss coin to the home captain - Nicholas Pooran. Rishee was also presented a match used stumps after the 1st T20 by the West Indies Team Manager Philip Spooner as a souvenir.



8 Cycling Trails worth exploring around Ranchi



While the Coronavirus pandemic continues to spread, people across the globe found solace in cycling activities. This increase in cycling's popularity has been visibly apparent in Ranchi where cyclists are seen on the roads more than ever before. Ranchites are turning to bicycles in an effort to avoid crowded public transport during the coronavirus pandemic and to explore the hinterlands of Ranchi. In recent times Instagram and Facebook profiles of people are flooded with photos of new places which perhaps are not even listed on Google. Some of the most popular routes discovered during the CoVID-19 lockdown are listed below for reference:

The Blue Pond – This pond has been formed in an abandoned quarry where ground and rainwater seeped in to form a beautiful lake. The color of the lake is pristine blue due to the black granite underneath and looks like Emerald lakes in the Himalayas or in the South Asian Islands. It is now regularly visited by various cycling groups due to its close proximity to the city. The ride to the pond and return is to approximately 40 km with mostly flat terrain.

The Green Pond – Hidden between the Patraru and Ramgarh Valley – This pond is also formed in an old abandoned quarry just like Blue Pond and can be accessed from Boriya Ormanjhi Road. The pond is in the middle of dense forest which makes it a perfect picnic spot and good for bird watching. The colour of the pond is so green and clear that you can see the rocks underneath. Please do carry ample water as the ride back to the city has a gradual incline and you need to stay hydrated.

Ride to Remta Lake – Remta Lake is a little unknown among locals due to the presence of Dassam Waterfall in close proximity which takes all the spotlight. It is approximately 35 km from the city centre with ample camping spots if you wish to spend the night in nature. The ride takes us through some beautiful forest, farms lands and countrysides with a long stretch of beautiful road. Going down the valley, the cover of the trees keeps the sun away and all the climbs in return make the ride worthwhile. The lake is less frequented by people which makes it less polluted and closest to nature.

Churni Falls (Baheya Waterfall) – Churni Falls has been one of my most treasured explorations during the lockdown. The waterfall is merely 17-18 km from the city center and is nestled between dense forests which can only be accessed

on foot after a certain point. The ride to Churni takes you through a bit of trail ride in the forest and after a point, you have to hike with your bike – at times on your sides and at times on your shoulder. The waterfall flows into a natural pool which is not too deep and is perfect for swimming. It is said that water here is crystal clear during winters and you can see the ground underneath.

If you wish to venture into more adventure – Go on top of the waterfall – cross the river and follow the forest trail for a few hundred meters until you reach the rail lines. Cross the rail line and walk towards your left till you find another trail on the opposite side of the rails which takes you to the main road. It is a nice hike in the forest if you have some time and water with you.

Ganga Ghat – Who would believe that there is a beautiful stretch of empty road with dense forest on both sides and hardly any population in proximity? The ride to Ganga Ghat is one of my favourite breathing spaces around the city these days. The ride towards Ganga Ghat is beautiful with tree covers on both sides and the view of the valley which is mystical. Best for sunrises and sunsets, you will see a long stretch of green cover with a railway line crossing the road twice. The place has literally no traffic and hence makes it on the top list for Cycling. The forest also has plenty of trails for off roading if that is something that inspires you more.

ITBP Circuit – On days when we wish to do lazy and recovery rides, ITBP is the place. The ride ends at a rocky hilly terrain which is quite peaceful to relax and has a beautiful viewpoint of the city skyline. The ride to ITBP is mostly flat with only one km of the uphill ride towards the end.

Hanuman Temple, Ulatu – It has been one of the many other locations which we explored amidst the lockdown and totally fell in love with. The place is a huge piece of rock in the middle of the Horap forest with a Shiva and Hanuman Temple on top of the hill. The best part about this place is riding to the top of the hill on bicycle. That sheer joy of climbing and that feeling to never stop pedalling is priceless. I love the vibes of this place and can sit on the rocks for hours looking at the green cover around and the sunset.

Lodhma-Karra Road – The ride to Lodhma takes you through some really beautiful scenic stretches with green covers and lakes with lotuses on both sides of the road. The ride to Lodhma is beautiful but if you feel like venturing on a longer ride, go further ahead to Karra which is even more beautiful.

In the route, you will come across a couple of beautiful lakes with lotus blooming and ducks swimming in them.



Kanishka Poddar

Dance Movement Therapy - My Story



Dance has always been in my life. Whenever music starts my body tends to swing and move rhythmically. Until last year while I was exploring to find what else can I do with dance in my life I found out about dance movement therapy and approached to study more.

I chose dance movement therapy at age of 41 yrs where I found that my passion for dance would lead to learning as well as a therapeutic experience. I would be able to explore a diverse population of society and get them connected with mind and creative body movements.

I am a graduate of business administration and have been an entrepreneur since 15 yrs. I did not know psychology and therapy until I jumped into dance movement therapy. Becoming a student again was a great challenge. Moving out of my comfort zone. Putting on the student hat even though I am an entrepreneur and a mother of two was challenge.

But I choose it so I made it and I am a Dance movement Therapist today.

Hence let me tell you what Dance Movement Therapy (DMT) is!

Based in the belief that the body, the mind and the spirit are interconnected, dance/movement therapy is defined by the American Dance Therapy Association as "the psychotherapeutic use of movement as a process that furthers the emotional, cognitive, social and physical integration of the individual". Dance/movement therapy, a creative arts therapy, is rooted in the expressive nature of dance itself. Dance is the most fundamental of the arts, involving a direct expression and experience of oneself through the body. It is a basic form of authentic communication, and as such it is an especially effective medium for therapy.

DMT is very different from technique-based dance in that it creates a safe and non-judgemental space for people to express themselves through movement. Some participants may have never had any formal training in dance as we know it, the difference here is that we encourage all movements as equal and respected. DMT starts with expressing through physical body movements, but as that progress, it also addresses the emotional, cognitive and social well-being of the participants. It works to address emotional wounds that affect the day-to-day functioning of a human being. The premise is that all human memory is stored in the body and negative memories and experiences, if not released, will also manifest itself in negative ways in the person's life. We work at identifying the root issues of the problem that often express itself in anger, fear, depression, suicide, low self-esteem, identity issues and sexuality. Based on the needs, and assessment of the client/group at the start of the programme, key issues will emerge. I would then customise sessions to address these needs so that the client benefits from the process.

While dance itself is effective in activating happy hormones in the body, like when serotonin is released it makes the individual "feel good", DMT goes a step deeper to address core issues that an individual may be

struggling with emotions. DMT looks different for everyone depending on a sense of safety, access to the body, and personal familiarity with an authentic expression of the body. The process may range from mostly verbal or speaking to mostly nonverbal or movement.

I can assure that nothing feels better sometimes than just moving our bodies. The joy of expressing ourselves through movement, giving voice to inner attitudes and feelings can at its zenith, enhance our sense of self and foster new growth, and even minimally, give us a sense that our mind and body are connected. We can experience how our mind responds to our body – for example if we slump our shoulders and put our heads down. After being in this position for a few minutes, one's mind begins to feel the emotional repercussions of this body position, not to mention the muscle aches and pains that may come with it. As Dance Movement Therapists, the basic belief that a person has the ability to alter their inner life and enhance their quality of life by expanding their movement possibilities.

Dance therapy session treats a number of physical and mental health issues:

It helps to explore and make meaning on the connection between movement and emotions, encourage tracking of bodily sensations and breath, guiding through self-expressive and improvisational movements, offers specific movement or verbal therapeutic interventions to promote healing and the feelings evoked by the movement.

It helps to build feelings of empathy, self-awareness, body awareness, mindfulness, self-expression, relief stress, self-esteem, confidence, physical fitness, gross motor skills coordination, imagination and creativity. It provides the space for individuals to experience an invitation, a sense of choice, validation, and to tolerate internal sensations. Thus it offers compassionate and supportive ways to feel a sense of control and autonomy within your body!

As quoted by

Judith Lynne Hanna, "Dance therapy provides an outlet for energy and a safe and playful environment in which many areas of conflict can be identified and worked through, and appropriate adult roles and behaviour tried out."

"Dance Therapy is not about dance, but about using movement as a tool of communication. It is about connecting movement to psychological processes."

- Erica Hornthal



Pooja Biyani

Look Festive, Vibrant And Stylish On Navratri's 'Dandiya Nights'

From donning the traditional chaniya choli to sprucing it up with jeans, kick in the celebratory mode with these outfit ideas. Navratri is just around the corner! This nine-day extravaganza is not just a festival but a sentiment where we pay our gratitude to Goddess Durga. But with all the puja and fasting, comes the exciting Dandiya and Garba nights, with trendy music, lip-smacking food, irresistible dance moves, and not to forget, vibrant and fashionable Navratri outfits!

TIPS FOR WOMEN-

For this popular traditional folk dance, women wear multi-colored three-piece dresses with a skirt-like bottom, embroidered blouse and bandhani dupatta decorated with shells, mirrors, beads, to complete the look of a Gujarati belle. Also, women wear various kinds of jewelry such as Chudas, Jhumkas, necklaces, Kangas, Kamar Bandh, Payal, which adorn their bodies. Here are few dressing styles that you can choose from to wear for this season, dandiya night.

- **Chaniya Choli-** Women wear the chania Choli when playing Dandiya. This kind of dresses is heavily embellished with mirrors, beads, shells, etc. It is one perfect attire for girls to get dressed-up on the occasion of Navratri. Wear traditional Chuddas, necklaces, nose ring, or Kamar Bandh, with the Chaniya Choli.

- **Indo Fusion Wear-**

Mix and match wear for Navratri, which is the hottest trend this season. Try this gypsy traditional style with different fabrics, patterns, embroideries, & concepts. A simple crop top with kalamkari, silk or cotton lehenga adds a very different style to your Navratri outfit. However, a high low tunic worn with palazzo or brocade pants looks perfect for the festive season. Kota in fusion outfits is also in vogue-like capes, front slit kurtas or asymmetrical kurtis.

- **Traditional Kutch Mirror Jacket-**

Wear ethnic blouse, Kutch handmade jacket or denim jacket with embroidery work over your favorite lehenga, skirt, saree, palazzo, or embroidery shorts. You can also accessorize look to look trendier with Phento, a Gujarati turban, and oxidized jewelry. A Jacquard jacket in floral or geometric Jacquard prints or motifs is a perfect trend for Navratri. Team it with your favorite straight slit kurtis, cotton anarkalis, skirts or palazzo pants for the festive feel.

- **Twirling Skirts-**

Mughal prints in straight slit kurtas worn with palazzo pants or crinkled skirts is an opulent pick for this Navratri. You can also wear Gujarati embroidery skirt filled with colourful yarns and mirror work with popping shades of pink, purple, green, magenta, yellow and orange and more that makes it a perfect ethnic ensemble for the Navratri colours.

TIPS FOR MEN -

- **Kafni pajamas & Kediya-** To go with completely traditional for the Navratri and dandiya raas, Kafni pajamas & Kediya is the right choice for men. A short kurta, designed with embroidery and mirrors with flare on the bottom is called as Kediya, which is the popular men's attire for Garba & Dandiya Raas. Kafni Pyjama is a combo with kediya makes it perfect to suit the occasion. It is all colorful.



Khyati Munjal

RCL Sporting Events 2021-22
RCL Squash Tournament 2022
and Jharkhand State Closed Championship 2022
 15, 16, 17 April 2022



RCL Big Bash Night Cricket Tournament 2022
 3rd - 5th June 2022



RCL Swimming Competition 2022

19th June 2022



International Yoga Day 2022

21st June 2022



RCL Badminton Tournament

5th - 7th August 2022



My African Adventure

**"I WOULD RATHER OWN A LITTLE AND SEE THE WORLD
THAN OWN THE WORLD AND SEE A LITTLE OF IT."**



It was six years ago that I had visited Masai Mara in Kenya and Africa was calling again.

This time we planned Tanzania and six of us took a flight out of Mumbai and reached Dar-es-salaam. A pleasant six-hour direct flight, three times a week. (approx. return fare is 50000/- per person).

After resting for a day, we took a one-hour flight to Kilimanjaro airport. (Kilimanjaro is the tallest mountain in Africa). We took a Land Rover ride to Arusha and after breakfast left for Ngorongoro. This is a dormant volcano measuring about 800 square kms. The 4-hour drive is an absolute pleasure. Visitors are not allowed to get down from the vehicles unless at designated areas for food and toilet. We saw Lions, Leopard, elephants, cape buffalo and rhinoceros. Zebra, wildebeest and gazelles are everywhere. After staying a night at a Marera lodge, we took another half a day tour and staying the night at Arusha, took the flight back from Kilimanjaro.

Indian food is quite popular in Africa and even for vegetarians there is absolutely no problem. All very decent hotels are 7-8000 per night with breakfast.

Weather was very pleasant ranging between 18-27 degrees. Our driver cum guide was very talkative and kept narrating stories of great interest.

After coming back to Dar-es-salaam we indulged in some local tourism which included the fantastic Mbudiya island, a 45-minute boat ride from the city and after paying a nominal entry fee you can use the beach and there are small stalls serving hot delicacies. For vegetarians there was only finger chips. For those who love seafood, sky is the limit. We were also fortunate that we had cocoa beach just walking distance from our house and we enjoyed our morning walks followed by coconut water. Surprisingly I had the best chana bhatura of my life in Dar-es-salaam in a

restaurant named CHOWPATTY.

The old area of the city reminds you of India. Narrow lanes, dusty roads, erratic traffic, chai and samosa shops at every nook and corner. I noticed a very heavy population of Gujaratis who have been there for 2/3 generations.

The currency is Tanzanian shilling. (one lac Tanzanian Shilling is about ₹3300 rupees). A 10000-shilling tip would be considered as generous. Food is reasonable but alcohol is cheap.

We then took a luxury ferry to visit Zanzibar. It's a two hour

ride and the business class is worth its cost. A return ticket is about ₹12000 rupees. Zanzibar is a fantastic beach holiday destination with lots of character and rich history. The culture is colorful and interesting. The old architecture is unique, and the beaches are beautiful. We took a two-hour walking tour in the stone city. The stone town was host to one of the world's last open slave markets, presided over by Arab traders until it was shut by the British as late as 1873.

We stayed at the Maru Maru Hotel which was very comfortable with great food and a terrace bar with live music at night. Many may not be aware that the famous

singer FREDDIE MERCURY (QUEEN BAND) was born in Zanzibar. They have made a museum in his memory and for his die-hard fans, it is a pilgrimage. Then we went to the beautiful white beaches and did snorkeling as well as visited Prison Islands. There is a tortoise farm where we saw the oldest living tortoise 167 years old. For tourists prone to sea sickness, the sea can be rough and scary at times.

After spending 17 days in Tanzania, we came 2 lacs lighter and 2 kgs heavier but believe in me, do Africa just once and it will call you again.



Sunil Varma

After COVID : 'Rethink How We Work & What We Value'

In *The Pandemic Is a Portal*, Indian author Arundhati Roy writes, "Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next."

COVID-19 has turned the world upside down. Everything has been impacted. How we live and interact with each other, how we work and communicate, how we move around and travel. Every aspect of our lives has been affected. Decisions made now and in the coming months will be some of the most important made in generations. They will affect people all around the world for years to come.

- 1) Putting to good use all that we are learning from the pandemic about how our modern lives and economies function (and where they don't), what we care about, what we rely upon, how adaptable we are.

about our purposes, and what we reserve for human beings – not to avoid these technologies but to build them to better serve us. These technologies can bring flexibility, equity and efficiency that we need; and in all that, keeping in mind that humans aren't just in the loop, we are the loop. The crisis then is a revelation in a far more literal sense—it is focusing our collective attention on the many injustices and weaknesses that already exist in how we live together. If people were blind to these faults before, it is hard not to see them now. What will the world look like after COVID-19? Many of the problems we will face in the next decade will simply be more extreme versions of those that we already confront today. The world will only look significantly different this time if, as we emerge from this crisis, we decide to take action to resolve these problems and bring about fundamental change. The world after COVID-19 is unlikely to return to the world that was. Many trends already underway in the global

economy are being accelerated by the impact of the pandemic.

This is especially true of the digital economy, with the rise of digital behavior such as remote working and learning, telemedicine, and delivery services. Other structural changes may also accelerate, including regionalization of supply chains and a further explosion of cross-border data flows. The world after the first wave of COVID-19 must be more inclusive, resilient, and sustainable.

As human beings, we all share the same sorrows, the same hopes, the same potential. The Covid-19 pandemic has reminded us how interdependent we are: what happens to one person can soon

affect many others, even on the far side of our planet. Therefore, it is up to all of us to try to cultivate peace of mind and to think about what we can do for others, including those that we never see. It is natural to feel worry and fear at a time when so many are suffering. But only by developing calmness and clear-sightedness can we help others and, in so doing, even help ourselves. In my own life, I have often found that it is the most difficult challenges that have helped me gain strength.



Aditi Sharma

- 2) Explicitly discussing – among and across different generations, cultures and experiences - how we want to work and to socialize, and how we define (and reward) value.
- 3) Particularly in the domains of health care, education and employment, better matching our needs with technologies to more equitably, flexibly and efficiently deliver resources and access. To make change happen, we need to be thoughtful and intentional about how human needs and systems interact and co-exist with the technologies we increasingly integrate into our lives.

As we rely upon and incorporate new tools and insights – and we should! – we also need to take the time to think

The Magic of Tea

Tea is a name given to the leaves derived from the *Camellia sinensis* plant, a shrub native to China and India.

After water, tea is the most consumed beverage in the entire world and rightly so! Studies have found that the unique antioxidants contained in tea called the flavonoids are good for the heart and may reduce cancer. They help in diabetes, weight loss and have caffeine they bring about mental alertness. Tea also appears to have antimicrobial properties. The most potent of these, known as ECGC, may help against free radicals.

There is a plethora of teas and their miraculous health benefits. And that's why tea is the easiest way to mental and physical wellness!



Over the times I have become a chai connoisseur and my chai box collection keeps changing according to season, mood, availability & so on!! Except a few spices that are my all time fav like the cardamoms and the cinnamon!! My favourite being - hibiscus, chamomile & saffron teas along with the warm spices like cloves, cinnamon, green cardamom that are specially good for the keeping the body warm and aid in digestion!

Classic 'true teas' are black tea, green tea, white tea, oolong tea, and pu-erh tea. The more processed the tea leaves, usually the less polyphenol content. Polyphenols include flavonoids. Black teas and oolong are oxidized or fermented, so they have lower concentrations of polyphenols than green teas but their antioxidizing power is still high. Now let's know them up one by one!

Black tea as with all 'true teas', is derived from the



Camellia sinensis plant.

The leaves of the plant are crushed, curled, rolled, or torn and then left to oxidize before they're dried and sold. And thus their strong, dark flavour profile.

The oxidation process also decreases black tea's flavonoid content a bit, but this brew is still loaded with beneficial properties. It also has the high test caffeine content.

Black tea is often sold in some kind of blend.

The popular ones are the –

- Assam black tea
- English breakfast
- Earl grey that had bergamot flavour
- Darjeeling, which is a more delicate form of black tea
- Masala Chai tea, which is blended with a variety of spices such as cardamom, cloves, saffron and peppercorns.

Green tea on the other hand is prepared from fresh steamed leaves of the *Camellia sinensis* plant. This preparation stops the oxidation process and accounts for green tea's light & fresh flavour profile light colour and has a high concentration of antioxidants. Like the Matcha which is also one of the most popular green teas around the world, with a bittersweet flavour.





White tea comes from the same plant you get green and black tea from. These leaves are harvested before they even open up and are covered by delicate white hairs.

Oolong tea is the middle stage in the process of turning green tea into black tea. This style of processing leads to a light, delicate, and fruity flavor. White tea is also lower in caffeine than other "true" teas. One study showed that white tea has the most potent anticancer properties compared to more processed teas. White tea contains compounds called catechins that strengthen bones and prevent osteoporosis. It lowers LDL and is heart healthy.

Pu-erh is a fermented tea derived from the leaves and stems of the *Camellia sinensis* plant and is often more expensive than other "true" teas. This flavor may vary a bit depending on how long pu-erh has been aged. Herbal teas. They are not derived from the camellia plant but are called teas because people drink it in the same way!

They are made from herbs, flowers, fruits, seeds, or roots of some plants, steeped in hot water. They have lower concentrations of antioxidants than green, white, black, and oolong teas. Their chemical compositions vary widely depending on the plant used. Varieties include ginger tea, hibiscus, jasmine, rosehip, mint, lemon tea, rooibos (red tea), chamomile etc. Jasmine tea, ashwagandha tea, tulsi/holy basil et And each have unique health benefits!

Chamomile tea is well known for its sleep inducing & relaxing properties! Other than helping in reducing insomnia, it's also got Anti anxiety properties. It's also an anti inflammatory, helps in reducing menstrual pain, treating diabetes and lowering blood sugar, and inhaling steam with chamomile extract can relieve some of the symptoms of the common cold. Did you know when it comes to antioxidants, hibiscus tea also known as rosella



tops the list beating the matcha and all other green teas!!

Jasmine tea pearls feel like a vacation for the senses!!

My fav dose of powerful antioxidant that also protects the heart!!

Ashwagandha on the other hand is a miraculous adaptogen! It has numerous stress reducing & anti inflammatory properties, it reduces cholesterol n blood sugar levels!

Tulsi or holy basil has a miraculous power of healing specially for mental health! No wonder it is worshipped since ages!

Ginger tea has been used in Chinese Medicine for thousands of years and is said to soothe digestive disturbances, calm cold n cough and the list is long!

The brewing techniques and the steeping time also varies with these different types of teas. It's important to know how long tea needs to be steeped to get its optimum health benefits. Brewing is the process of making tea and steeping is the time for which the tea is kept in hot/ or boiling water.

Tea steeping

The green, white and a few floral herbal teas just need to be steeped in hot water removed from heat, for 2-3 min. This leaves the tea from being over processed and losing the taste.

Where as black and a few herbal teas like ginger, peppermint etc need to be steeped in boiling water over heat for 3-4 min to bring them to their full potential!

Now that you have multiple options to choose from, replace your regular cup of tea with their varieties and countless health benefits. Head over to my blog if such contents excite you!
www.blissfulbroccoli.com



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RCL Development Work

Lifford Bar & Lounge

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ये तो मैं हूँ

सहमते सहमते, आईने में इक परछाईं देखी,
कानों के पास की सफेदी
रंगों से की ढकने की पूरी कोशिश,
पर वो तो अपना मुँह वा के वैसे ही सटीक
आँखों के काले काले घेर, हसीं उड़ा के पूछ रहे
बहुत करीब जा के उसने झाँका
चेहरे को गड़ गड़ के पोछा
थोड़ी सी अब साफ हो गई होगी उसकी परछाईं
हसीं परछाईं

किसे तुम खोज रही ?
किसका है ये प्रतिबिंब सोच रही ?

थोड़ा सा वो झुंझलाई,
थोड़ा सा वो गुस्साई,
क्यूँ और किसलिए तुम
बूँदे रही ताने
खुद की खोज रही हूँ
खुद के प्रतिबिंब को सोच रही हूँ।

पर तू क्यूँ यहा खड़ी है ,,
ताने देने में पीछे क्यूँ पड़ी है।।

वो मुस्कुराई,,
ओर ओर से खिलखिलाई
ओर कौन है तेरे साथ
कौन है जो पूछे तुझसे तेरा हाल ।

तू तो खुद, खुद को नहीं पहचान रही
प्रतिबिंब पे अपने खुद झुंझला रही।।

ये तो मैं हूँ
तेरी परछाईं
जो हर वक्त तेरे साथ रहती हूँ
तुझको तुझसे मिलवाती हूँ ।।



अनुप्रिया कोहली तलेजा

परिवर्तन ही जीवन हैं

यादों के झरोखे खुलते ही बचपन की स्मृतियाँ टिमटिमा उठती हैं। हम कहाँ थे और कहाँ आ गए। सत्तर साल पहले जिंदगी कितनी सरल, सुरक्षित और बेफिक्र थी।

खेल-खिलौनों के लिए रुपयों की जरूरत नहीं हुआ करती, बस लकड़ी, पत्थर, इमली के बीज ही अपार आनंद से भर देते थे। घर के बने हुए मोहन और पकवानों जैसा स्वाद किसी पाँच सितारा होटल में भी नहीं मिलता। साल में बस एक नई ड्रेस पावर ही लगता मानों खुशियों का खजाना मिल गया हो। कहीं कोई भी असंतुष्टि नहीं। स्कूली शिक्षा बोज़ नहीं होती थी।

लड़कियों की शिक्षा पर भी ध्यान देना शुरू हुआ पर बंदियों भी बनी रहतीं। आधुनिकता से दूर, संस्कारों के घेर में रहकर ही समाज के नियम कानून का पालन करना अपना कर्तव्य हुआ करता। लड़कियों की शिक्षा से अधिक महत्वपूर्ण उन्हें घर के काम-काज सिखाना माना जाता।

धीरे-धीरे समाज उदारवादी होने लगा, लड़कों के साथ-साथ लड़कियों का भी महत्व बढ़ने लगा। अब उन्हें बोज़ नहीं समझा जाता। खान-पान और पहनावे में भी आधुनिकता ने पैर पसार। शादी-ब्याह के मामलों में भी समाज के बंधन ढीले हुए। समाज का दर्पण साहित्य और फिल्में हुआ करती थीं, उनमें ये बदलाव स्पष्ट नजर आने लगे थे। विषय वस्तु धार्मिक से हटकर प्रगतिशील होने लगे। गीत संगीत में भी बेबाकी झलकने लगी पर बलर नहीं हुआ।

बीसवीं सदी में बदलाव कुछ अधिक तीव्रता से हुए। शिक्षा में नये प्रयोग, स्मार्ट क्लास आदि ने तो क्रांति ला दी। अंतरजातीय विवाहों को मंजूरी मिलने लगी। समाज का ये बदलाव हमारे साहित्य और फिल्मों में स्पष्ट परिलक्षित होने लगा।

बचपन में दादी की कहानियाँ हमें बहुत रोचक लगतीं, उनके सन्निध्य में हमने जितना सीखा उतना तो कई गुरु भी न सिखा पाएँ। पर संयुक्त परिवारों के टूटने से बच्चों को बहुत नुकसान भी हुआ। दादा-दादी से मिलने वाले स्नेह से वे वंचित होते चले गए। दादी के नुस्खे और कहानियों का स्थान टी वी और मोबाइल ने ले लिया। कहाँ तो पहले पूरे माहल्ले में एक फोन हुआ करता था आज एक परिवार में दो चार मोबाइल होने लगे।

एक अकेला परिवर्तन जिसने हमें, हमारे जीवन को सबसे अधिक प्रभावित किया, वह है इंटरनेट क्रांति। सूचना विस्फोट से बच्चों को लाभ तो बहुत मिला किंतु माता-पिता के पास समय नहीं रहा। इस सूचना को सही दिशा देने हेतु और नतीजतन हमारे बच्चे संवेदनहीनता के शिकार होते गये। स्थानों के बीच दूरियाँ कम होती गईं, दिलों के बीच बढ़ती गईं।

अब आधुनिकता इतनी बढ़ चुकी है कि शिक्षा, शादी ब्याह, सब डिजिटल हो चुका है।

यहाँ तक कि शादी का स्थान लिव इन रिलेशनशिप ने ले लिया है। आज समाज में वैसा जुझाव नहीं रहा। आधुनिक सुख सुविधाओं का लालच ग्रामीणों को शहरों की ओर पलायन करने के लिए धिक्का करता गया। आविष्कारों से फायदे तो बहुत हुए पर नुकसान भी कम नहीं। इंसान की संवेदनशीलता घटती चली जा रही है और वह मानों मशीन बनता चला जा रहा है। ये परिवर्तन संपूर्ण विश्व के लिए बहुत ही चिंतनीय है।



संगीता शरण



स्वतंत्रता का अमृत महोत्सव

तन से तो छक लिया अमृत, पर रंगों में अभी भी दौड़ता जहर है।
सच्चे मन से आज भी ना बन पाए हिंदुस्तानी, हिंदू और मुस्लिम की ये
कैसी लहर है?

तन से तो हो गए आजाद, पर मन अभी भी मानो परतंत्र है।
ब्रिटिश तो चले गए बरसों पहले, पर छोड़ गए अपनी अंग्रेजियत का
तंत्र है।

माना कि देश आगे बढ़ रहा है, पर पीछे छूट जा रहा संस्कृति का मंत्र है।
इतिहास और सभ्यता से ना रहा नाता, क्योंकि चारों ओर बिखरे पड़े
आधुनिक यंत्र है।

आधुनिकता को अपनाना अच्छी बात है, पर उनका आदि होना, ये तो
गलत है।

अर्थहीन हो गए हैं परिवार और समाज, अब तो सब क्लार्बो और
पार्टियों में व्यस्त है।

तो आइए आज इस अमृत महोत्सव में हम, एक नया कदम बढ़ाएं। बाम
ले एक दूजे का हाथ, कहीं कोई पीछे ना छूट जाए।

नैतिकता और आध्यात्मिकता से,
आओ गढ़े नया इतिहास,
दूर हो बेरोजगारी और भ्रष्टाचार, यहीं है देश का सच्चा विकास।

हर हाथ को मिले काम और, हर नौनिहाल अब शिक्षा पाए।

हर बेटी अब रहे सुरक्षित,

और किसान ना मरने पाए।

वृक्ष लगाकर पर्यावरण बचाएं, गांव गली

रोशन हो जाए।

स्वतंत्रता के 75वें अमृत महोत्सव में घर-घर में तिरंगा लहराए।

वंदे मातरम, वंदे मातरम

बारिश की बूंदें

बारिश की नन्ही बूंद,
क्या कह रही है हमसे।
नादान है हम इंसान,
जो इतना भी ना समझे।

हर बूंद कह रही है,
है लौटकर फिर आना।
चाहे आसमान को छू लें,
पर जमीं पे ही है ठिकाना।

दिखती है छोटी लेकिन,
हिम्मत बढ़ी दिखाएं।
जब एक साथ आए,
पर्वत बहा ले जाए।

छोटे बड़े का नहीं,
करती कोई भेदभाव।
दरिया हो या कीचड़,
दोनों में है ठहराव ॥

हर स्थिति में होता
बूंदों का रूप निर्मल।
पत्तों पर है ये शबनम
तो पानी में गंगाजल।

बूंदों से हरियाली,
बूंदों से खुशहाली।
बूंदों से खुशियों के रंग,
बूंदें हैं जीवनसाथी॥

बूंद-बूंद से घड़ा है भरता।
बूंद ही है स्मिता की कविता॥



स्मिता जैन रांची

01



Muslim Women (Protection of Rights on Marriage) Act was enacted by which state?

- a) Himachal Pradesh b) Uttar Pradesh
c) Assam d) Kerala

02



Which of the following cities of Uttar Pradesh is not a part of Ramayan Circuit Plan?

- A) Ayodhya B) Nandigram
C) Chitrakoot D) Varanasi

03



'Thalassemia Bal Sewa Yojana' is a part of the Hematopoietic Stem Cell Transplantation project, funded by which PSU?

- A) NTPC B) Coal India
C) SAIL D) ONGC

04



_____ fund was set up by the Government of India with a corpus of Rs.250 billion. The fund was established to complete stalled housing projects in India.

- A) SWAYAM B) SVAGRUH
C) SWAMIH D) AHAM

05

Pradhan Mantri
Garib Kalyan Package



The Pradhan Mantri Garib Kalyan Yojana / Package is a comprehensive relief package of Rs 1.70 Lakh Crore Yojana for the poor to help them fight the battle against Corona Virus. In which year Pradhan Mantri Garib Kalyan Yojana was launched?

- A) 2020 B) 2016 C) 2017 D) 2019

06



Pradhan Mantri
Suraksha Bima Yojana

Pradhan Mantri Suraksha Bima Yojana is a government-backed accident insurance scheme in India. What is the annual premium payable under the Pradhan Mantri Suraksha Bima Yojana?

- A) Rs. 12 B) Rs. 15 C) Rs. 18 D) Rs. 20

07



Sansad Adarsh Gram Yojana is a rural development programme broadly focusing upon the development in the villages which includes social development, cultural development and spread motivation among the people on social mobilization of the village community. When was Sansad Adarsh Gram Yojana was launched?

- A) 2014 B) 2015 C) 2016 D) 2017

08



'SATYABHAMA' portal, that was seen in news recently, aims to promote Research and Development in which sector?

- A) Climate Change B) Mining
C) Virology D) Epidemiology

09



The state government of _____ has implemented a scheme called 'Godhan Nyay Yojana', under which cow dung is being procured from cattle farmers at Rs 2 per kg. It is a first of its kind scheme, which produces vermicompost from the dung so procured. It is then sold with the help of cooperative societies.

- A) Gujarat B) Chhattisgarh C) Madhya Pradesh D) Uttarakhand

10

AI For All

Empowering citizens to become digitally ready

10. Which company collaborated with CBSE and Ministry of Education for "AI For All" initiative?

- A) Microsoft B) Intel
C) Wipro D) Dell

Answers :

1. Uttar Pradesh, 2. Varanasi, 3. Coal India, 4. SWAMIH, 5. 2020, 6. Rs. 12, 7. 2017, 8. Mining, 9. Chhattisgarh, 10. Intel



RCL QUIZ

Quiz by: Capt. Harshit Panywani



From the Desk of Hony. Secretary

- In August, '22, the procedure to download and log in to the new RCL App was sent through WhatsApp message. For Members' convenience the same is being given here once again. In coming months dependence on WhatsApp and SMS will be reduced. The App has features to access Club information, check Bills, make Payments, send Feedback, get information on Affiliated Clubs, check Club Directory, Club Contacts, Guest House Room availability etc.
- Tab based ordering system for Restaurants and Bars has been introduced at the Club. While ordering, please insist to the concerned person to use Tabs. Your support will help maximize the use of IT in the Club and reduce the response time of orders.
- All information and Rules and Regulations of the Club are now available in the Club App and Website (www.ranchiclub.in).
- Please send your suggestions and feedback through Club App to help the Executive Committee improve the various facilities of the Club.



Manish Jafari
Hon. Secretary

PROCEDURE TO SIGN IN TO THE RCL CLUB APP IN 5 EASY STEPS

[illegible]

Step 2 Click on this web browser & then click on:



Step 3 Predict Minimization. In the context of a new response, that is, limit it and the number



Registered user ID is your membership code (eg. 1000-00 for member, 0000-01 for spouse, 0000-01/51/2 for dependants).

Number	0000-00
Spouse	0000-01
Dep-Son	0000-02
Dep-Daughter	0000-03

Note: The email id and cell number should be as available in the Club records. In case your email id or cell no. are not available in the Club records, please contact the same by WhatsApp / SMS to Mr. Rakesh Kumar (contact no. 9417591602) or email at raashidk@rediffmail.com, using your club name and membership code.

For security purposes, STP for spouse & dependent registration will be sent to concerned members only.

Step 4 A valid registration will expire on 11/11 by 23:59 on the previous night at 23:59 on 11/11. It is valid on 10/11 and after 00:01 on 11/11.



Step 3 After successful verification, the system will allow the user to create a secured login account. Use the username and verify it your computer with the PIN.



Now you are ready to use the RCL Club App

The App can be used to receive Club notifications, check XOTs, receive monthly bills, make payments, recharge smart card, check guest house room availability, send guest house booking request, send feedback to Club management, check Member directory, information on Affiliated Clubs, and use a host of other features.

The app also notifies if your account is Live or Adventure (locked).

The App has links for RCI's FB page, Instagram and Club website (www.ranchclub.in)

May I help you? Rakosh Kumar, Asstt. Secretary : +91 9421 598823

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