

2. Steps taken for awareness in Yoga/ health/ positive thinking/ water conservation etc.

[© ICAR-CMFRI, Kochi - Staff floats Human chain on 19.10.2016](#)

ICAR-Central Marine Fisheries Research Institute (CMFRI) had floated a human chain to create awareness on 'Clean India campaign as a part of the Swachhta pakhwada activities at 11 am in front of Abraham Madamakal Road CMFRI on the 19th October 2016. Around 500 staff members from CMFRI, PMFGR of NBFGR and CIFRI actively participated in the same. The staff members carried placards signifying the importance of a Clean India and Swachh Bharat Abhiyan.



Participants in the Human chain floated by CMFRI, Kochi.

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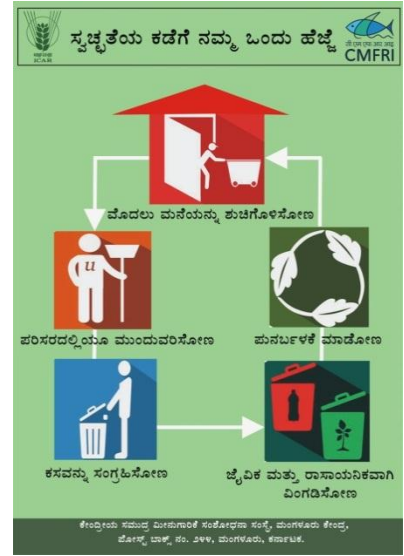
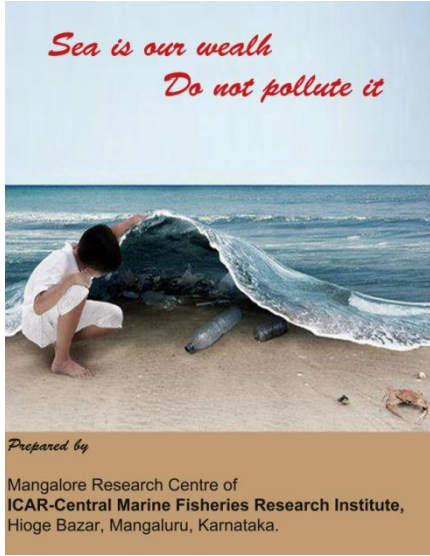
- A talk on Environment and Development : Role of individuals and society on 20.10.2016

ICAR-Central Marine Fisheries Research Institute (CMFRI) organized a talk by Mr.C.R.Neelakantan, noted Environmentalist and Activist on "Environment and Development : Role of individuals and society" at 11 am under the auspices of the Swachh Bharath Abhiyan campaign in Room No. 606 of CMFRI, Kochi on the 20th October 2016 . All staff members from CMFRI, PMFGR of NBFGR and CIFRI actively participated in the same.



© Mangalore Research Centre - Preparation of awareness materials and awareness campaign on 10.10.2016

Awareness program to maintain clean atmosphere and hygienic life style was conducted by preparing awareness material and it was displayed on 10th October, 2016 as a part of the Swachhta pakhwada activities of Mangalore Research Centre. Placards in English and Kannada (local language) were prepared and distributed to school children, State Fisheries Departments and Fisheries Union Offices. The awareness placards were also displayed prominently at Mangaluru Fisheries Harbor.



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a. Special awareness march from office to Inigo Nagar fish landing centre

On 13th October 2016 a special awareness march from office to Inigo Nagar fish landing centre was conducted and the staff of TRC of CMFRI told and demonstrated the importance of the cleanliness to the fishermen. More than 500 mts. of the fish landing area were cleaned, by involving the local fishermen.



Awareness march with Caldwell school students



Staffs of CMFRI & Caldwell school students cleaning Nehru Park



Nehru park- Caldwell school students



Nehru park- Caldwell school students

© Visakhapatnam Regional Centre of ICAR-CMFRI on 24.10.2016

In continuation of Swatchh Bharat campaign, an awareness programme for school children was organized by Visakhapatnam Regional Centre of CMFRI at Sri Prakash Vidyaniketan school campus, Seethammadhara on **24th October 2016**. Dr. S.S. Raju, Principal Scientist, Mr. Loveson Edward, L, Scientist and Dr. P. Pattnaik, Senior Technical Officer along with other staff members were participated in this programme on behalf of the centre. Dr. S. S. Raju, Princiapl Scientist briefed the children about activities of Swatchh Bharat campaign conducted by CMFRI;

Mr. Loveson Edward gave lecture on “*Marine Debris and its impact on Marine Life*” followed by interactive session with students. A student volunteer was encouraged to compeer the programme. The participating officials along with staff and students of the school took the Swachata Pledge towards cleaner future with a signature campaign. Around 120 students along with teachers participated in the awareness programme enthusiastically and interacted positively.



Student volunteer compeer the programme



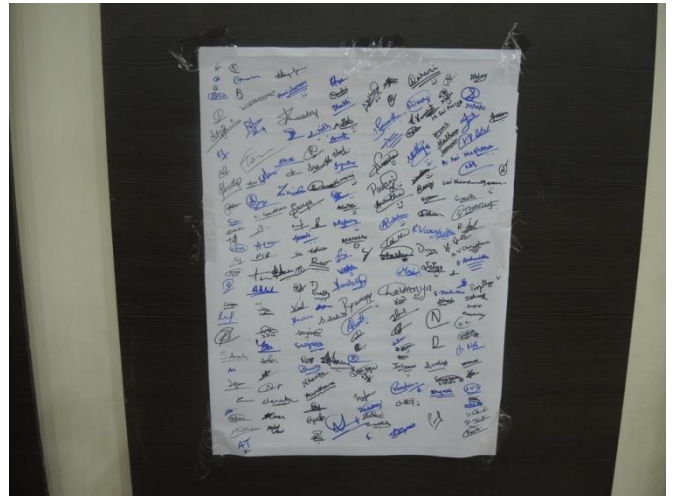
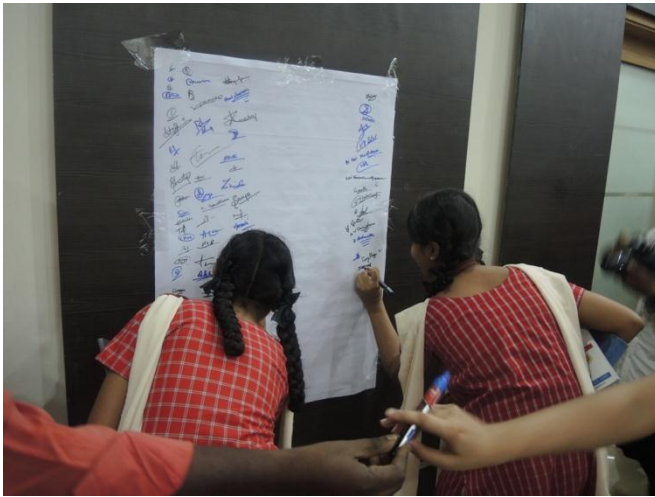
Dr. S. S. Raju briefing Swaach Bharat Abhiyaan



Lecture cum Interactive session



Students and staff members taking Swachata Pledge



Signature campaign for a cleaner future by the students

Mr. Sarvesh Shashi ,Chief Executive Office, Zorba - A Renaissance Studio, Chennai popularizing yoga delivered a talk on "Breaking the myths of Yoga " on (28.10.16) at 2.30 pm in Room no: 606 under the auspices of the Swachh Bharath Abhiyan campaign. All staff members from CMFRI, PMFGR of NBFGR and CIFRI actively participated in the same.



Mr. Sarvesh Shashi, Chief Executive Office, Zorba - A Renaissance Studio, Chennai –delivering the talk

© Mangalore Research Centre

Yoga training was given to all the staff members. Invited Yoga Guru - Shri. Mohankumar Kumblekar, who explained the health benefit of Yoga and demonstrated some yoga forms to all staff of the Research Centre.



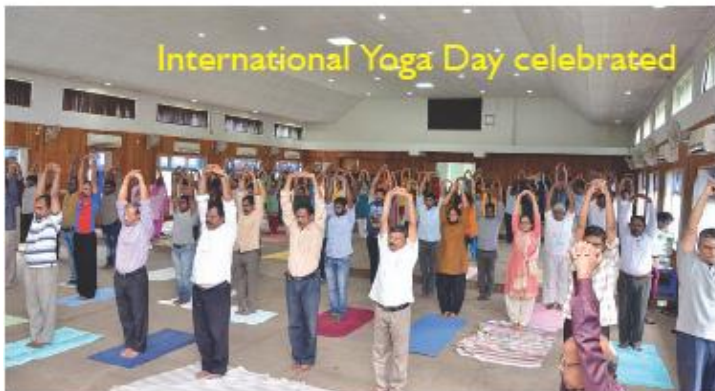
© Mandapam Regional Centre

International Day of Yoga was celebrated at Mandapam Regional Centre of CMFRI on 21st June 2016. In continuation of that, steps are being taken to organize one week yoga training for the staff of Mandapam Regional Centre.

© Calicut Research Centre

Demonstration of yoga was arranged on 21.06.2016 at the Calicut Research Centre of ICAR-CMFRI for the benefit of all the staff members. Shri Shiju was the Chief Guest for the function who also demonstrated different yoga postures which can be easily practiced daily at home. He briefed about the initiatives taken by the Government of India for the International Day of Yoga celebrations and stressed the need for practicing yoga for the overall well-being of a person.

International Yoga Day



Staff participation in Headquarters

The International Day of Yoga was celebrated in ICAR-CMFRI on 21st June, 2016. Smt. Smitha K., Personal Assistant, ICAR-CMFRI was nominated as the Nodal Officer for the programmes organized at Headquarters. Mr. Saji Yousaf Nissaf and Shri K. Vijayakumar, from the Art of Living Foundation, Bengaluru led the yoga sessions at Headquarters.

At Mandapam Regional Centre a lecture followed by demonstration of yoga was conducted by members of the Art of Living Foundation. Mr. Sankara Pandian, Mr. Bose, Mr. Durairaj, Mr.

Kumaravel and Smt. Gopilkshmi. At Madras Research Centre, volunteers from Isha Life, conducted the ISHA 'UPA YOGA' practices in which 35 staff members participated. At Tuticorin Research Centre Yoga master Mr. A. Pugal Kannan and his assistant Mr. Iyappan from Art of Living, Thoothukudi Branch guided the participants in various yoga postures.

At Calicut Research Centre yoga demonstration was conducted by a qualified yoga teacher Mr. Shiju, for the benefit of all the staff members. At Karwar RC. Mr. Ashok Badkar, community resource person, Dept. of Education and Yoga Instructor, delivered a talk on different yoga asanas and its benefits followed by a guided yoga session. Celebrations at the Mangalore centre was led by Mr. Mohan Kumblekar, Yoga instructor from Vivekananda Trust, Kanyakumari.

Mumbai Research Centre organised celebrations of International Yoga Day jointly with ICAR-CIFE. Veraval Regional Centre of ICAR-CMFRI displayed a film developed by Ministry of AYUSH viz., Common Yoga Protocols (in Hindi) on 19th June 2016, followed by demonstration on the common yoga protocols under the guidance of yoga trainer Mr. Abhay Thakar. The Vizhinjam Research centre observed the day with great fervour graced by the presence of Mr. Surya Guruji and Master Nikhil of the renowned Siva Surya Divine school of Yoga, Thiruvananthapuram.



Talk on yoga at Headquarters



At Mumbai Research Centre



Talk on Upa Yoga



At Vizhinjam Research Centre



At Mangalore Research Centre



At Chennai Research Centre



At Mandapam Regional Centre



At Tuticorin Research Centre

HEALTH AND SELF SUSTAINABILITY

© Mangalore Research Centre

The tiffin room of the Research Centre renovated to provide hygienic food to the staff members and visitors coming to the Research Centre. The staff also engaged in clearing, cleaning and minor painting and repairing of the area identified for making the Departmental Tiffin Room.



© Mangalore Research Centre - Vegetable garden preparation and sowing of seeds

Steps taken for awareness in Yoga/ health/ positive thinking/ water conservation

on 14.10.2016

The ICAR-CMFRI Mangalore Centre of CMFRI initiated vegetable growing in small available patches in the campus in order to keep the campus green, devoid of wild grass/shrubs and improve the aesthetics of the campus. The Research Centre has developed a small vegetable farm in a barren area besides the office building. The area was cleared of weeds stones and other waste materials, prepared the soil for seeding and seasonal vegetables such as gourds, ladies finger, green chilies, brinjals and legumes were cultivated. After the monsoon season the plants were removed and now with the receding of the monsoon and as part of the Swachh pakhwada, preparation of the vegetable patch for cultivating new vegetable crop for the year was initiated. The area was leveled, manured and watered and made ready for reseeding. Scientists and other staff members of the Research Centre actively participated in the vegetable patch development activities. Organic farming initiated and continued with involvement of all staff members



© Visakhapatnam Regional Centre of ICAR-CMFRI on 24.10.2016

Steps taken for awareness in Yoga/ health/ positive thinking/ water conservation

a. **Awareness programme for school children :**

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Student volunteer compeering the programme



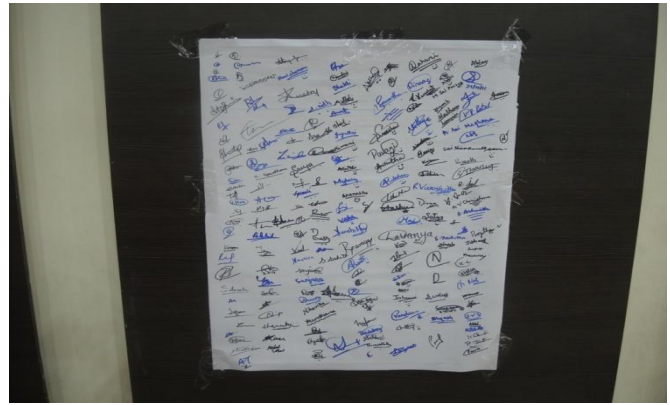
Dr. S. S. Raju briefing Swaach Bharat Abhiyaan



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Students and staff members taking Swachata Pledge



Signature campaign for a cleaner future by the students

© **Vizhinjam Research Centre of ICAR-CMFRI**

a. Awareness Workshop for Fisher Women on Cleanliness of Fish Market and Other Fish Processing and Fish Selling Areas 28.10.2016

An awareness program was conducted at Kottapuram, Fishermens colony, Vizhinjam as a part of *Swachh Bharat Abhiyaan* for fisher women regarding the overall hygiene and cleanliness of the fish market and other fish processing and fish selling areas. The fisherwomen also interacted and spoke on maintenance of health and hygiene of fish markets as well during the process of value addition such as dry fish making.





© Tuticorin Research Centre of ICAR-CMFRI

a. Beach cleaning programme

On the forenoon of 15th October 2016, **Beach cleaning programme** was undertaken in collaboration with Caldwell Higher Secondary School, Tuticorin where 40 students and staff of this school under the leadership of Principal along with the Officers and staff of TRC of CMFRI, Tuticorin were joined together and took out a procession in South Beach Road and cleaned the Nehru Park. An appreciation certificate and a token gift were given to the student participants.

b. Elocution competition on 'CLEAN INDIA' for school children

The Elocution competition on 'CLEAN INDIA' for school children of 8 – 12th standard was organised on the afternoon of 15th October 2016 at Conference Hall of TRC of CMFRI, Tuticorin in connection with the Swachh Bharath Pakhwada. The programme was initiated by Dr. I. Jagadis, Principal Scientist, Nodal Officer of Swachh Bharath Pakhwada Committee by delivering presidential address. The special address about the importance of Swachh Bharath Pakhwada was given by Dr.Bala Shanmuga Devi, Associate Professor in English, APC Mahalakshmi College, Tuticorin. Dr.L.Ranjith, Scientist briefed about the programme of elocution competition where six Schools participated and about 20 students took part in the competition. Time limit given for each student to deliver their talk (English or Tamil) was 8 –10 minutes. All the Students were participated very enthusiastically. Shri C. Kalidas, Scientist and Ms. M. Kavitha, Scientist served as Judge's for the competition. Dr.Bala Shanmuga Devi, Chief Guest of the programme, distributed prizes and certificates to the winners and participants. Dr.L.Ranjith, Scientist proposed vote of thanks.



Elocution competition on CLEAN INDIA



Elocution competition on CLEAN INDIA



Participants receiving prizes and certificates



Participants receiving prizes and certificates

© Veraval Regional Centre of ICAR-CMFRI

Swachh Bharat Rangoli Competition:

As a part of the Public awareness and responsibility towards the Cleanliness Drive, Rangoli competition on Swachh Bharat Theme was organized at the VRC of CMFRI on 3rd October at the ground floor of the Centre. The competition was held among the staffs of RC with 22nos of Participants. All the staffs effectively participated and it judged by Scientists of CMFRI and CIFT.



CONSERVATION AND POSITIVE THINKING

@ Visakhapatnam Regional Centre of ICAR-CMFRI on 24.10.2016

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@ CMFRI Headquarters:

Painting competition Swachtha –Ek Dharpan conducted

- * As a part of Swachhta Pakhwara painting competition *Swachtha –Ek Dharpan* -was held at CMFRI Headquarters on 18th May 2016. The competition was conducted for three different categories, Sub junior category (age: 5-10), Junior category (age: 11-15) and Senior category (age: 16-20). A total of 29 students participated in the competition, eight in the sub junior category, fourteen in the junior category and seven students in the senior category. From the sub junior category the winners are Sidharth. S. Prashanth (1st position), Abhijith Binoy (2nd position) and Sreya Ben Surendran (3rd position). From the junior category the winners are Athul. S. Raj (1st position), Rishi. K. Krishna (2nd position) and Sheethal Shobi (3rd position). From the senior category the winners are Rony Linson (1st position), Anjana. S. Raj (2nd position) and Nazreen C.J (3rd position).
- * The awards were distributed on the same day at a function held at CMFRI in the presence of Dr. S. Ayyappan, Former Director General, ICAR, Dr. Pravin Putra, Assistant Director General, (Marine Fisheries), ICAR, Dr. C.N Ravisankar, Director, Central Institute of Fisheries Technology, Kochi and Dr. A. Gopalakrishnan, Director, Central Marine Fisheries Research Institute.



PAINTING COMPETITION FOR CHILDREN

AS PART OF THE SWACHH BHARATH ACTIVITIES IT IS PROPOSED TO HOLD A PAINTING COMPETITION AT CMFRI PREMISES, KOCHI ON 18TH MAY 2016 AT 10 AM. DETAILS ARE GIVEN BELOW.

- Venue: 7th Floor.
- Theme: Clean India.
- Timing: 10am -12.30 pm.
- Age groups: 5 – 10 years; 11 -15 years; 16 -20 years.
- Paper will be provided.

■ CHILDREN IN THE AGE GROUP 5 -10 YEARS CAN USE ANY MEDIUM; OTHERS HAVE TO USE WATER COLOUR/POSTER COLOUR ONLY.

■ BRUSH, BOARD, PALETTE ETC WILL NOT BE PROVIDED.

■ PLEASE BRING PROOF OF AGE.

■ REGISTRATION BEGINS AT 9.30 AM ON 7TH FLOOR.

■ PAINTING WILL BE THE PROPERTY OF THE INSTITUTE.

■ THREE PRIZES WILL BE GIVEN IN EACH CATEGORY.

■ JUDGES DECISION WILL BE FINAL.

(CO-ORDINATOR)



Painting competition in progress



Distribution of Awards by Dr. S. Ayyappan.

@ Calicut Research Centre

Conducted quiz programme on topic “Environment and Climate change” for institute staff members on 24.05.2016

Tree Plantation at marine hatchery complex of Calicut, CMFRI on 30.05.2016