

सफर - a journey



SE Railway Bi Monthly Newsletter

May - June, 2024



दक्षिण पूर्व रेलवे
South Eastern Railway

SOUTH EASTERN RAILWAY CELEBRATED WORLD ENVIRONMENT DAY

South Eastern Railway celebrated World Environment Day at its Headquarters, Garden Reach on 05.06.2024. The theme of this year's World Environment Day is "Land Restoration, Desertification and Drought Resilience".

Shri Anil Kumar Mishra, General Manager, South Eastern Railway planted saplings as a part of observance of World Environment Day at SER Headquarters, Garden Reach. The General Manager has also inaugurated a park "Amrit Udhyan" at the Headquarters premises in presence of Smt. Preeti Mishra, President, SERWWO (South Eastern Railway Women's Welfare Organisation). Shri A. K. Dubey,

Additional General Manager, Shri Sitaram Sinku, Principal Chief Mechanical Engineer, other Principal Officers, Senior Officers, staff & members of SERWWO were also present and took part in the Tree Plantation programme. Later, at BNR Officers' Club, General Manager, Shri A.K.Mishra administered the Mission Life Pledge and also released a Booklet on Eco friendly initiatives taken by South Eastern Railway. While addressing the gathering, Shri Mishra emphasized on reducing carbon footprint, using renewable energy, conserving water, planting trees and supporting environmental education and awareness. As a citizen of

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Shri Anil Kumar Mishra, General Manager, South Eastern Railway planting saplings as a part of observance of World Environment Day at SER Headquarters, Garden Reach on 05.06.2024



South Eastern Railway Head Quarters

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India, all of us have the responsibility to protect the environment, he added. A Nukkad Natak was staged by members of S E Railway Bharat Scouts & Guides to create awareness on tree plantation, avoid use of plastic and protection of environment.

In its endeavour to reduce pollution and preserve natural resources, South Eastern Railway has taken various initiatives viz. 100% Electrification of railway line, continuous afforestation, development of eco-smart stations, installation of solar panels at the roof top of station buildings and administrative offices, installation of bio-toilets in train coaches, Plastic Bottle

Crushing Machines at stations, provision of rain water harvesting plants in the Divisions etc. As a step towards water and solid waste management, Automatic Coach Washing Plants, Effluent Treatment-cum-Water Recycling Plants and Solid Waste Management Plants have been installed at different locations over SER jurisdiction.

World Environment Day was also observed at all four Divisions viz. Kharagpur, Adra, Chakradharpur and Ranchi by organizing tree plantation, Nukkad Natak, Prabhat Pheri, Seminars etc.



Shri Anil Kumar Mishra, General Manager, South Eastern Railway inaugurating a park "Amrit Udhyan" at SER Headquarters premises in presence of Smt. Preeti Mishra, President, SERWWO on 05.06.2024

A Nukkad Natak staged by members of S E Railway Bharat Scouts & Guides to create awareness on protection of environment at BNR Officers' Club on 05.06.2024





SOUTH EASTERN RAILWAY CELEBRATED WORLD ENVIRONMENT DAY

SOUTH EASTERN RAILWAY OBSERVED INTERNATIONAL DAY OF YOGA - 2024

South Eastern Railway observed International Day of Yoga-2024 with great enthusiasm on 21.06.2024. The theme of this year's International Day of Yoga was "Yoga for Self and Society".

Shri Anil Kumar Mishra, General Manager, South Eastern Railway was the Chief Guest and inaugurated the Yoga Session by lighting the lamp at the Officers' Club, SER Headquarters, Garden Reach. Shri A.K. Dubey, Additional General Manager, PHODs and other Senior Officers were also present. Two Yoga sessions were organised at SER Headquarters wherein expert Yoga Instructors from "The Art of Living, Kolkata Centre"

demonstrated Asanas, meditation and breathing exercises. A large number of Officers and Staff took part in the Yoga practice sessions.

Yoga promotes wellness and fitness. It is not just physical exercise but also helps to achieve mental and spiritual well being. Railway employees have to work in various stressful situations and Yoga can help them to be more relaxed, energetic and enthusiastic.

The International Day of Yoga was also observed in all the four divisions of SER viz. Kharagpur, Adra, Chakradharpur and Ranchi.



Shri Anil Kumar Mishra, General Manager, South Eastern Railway, Principal HODs and other Senior Officers attending the Yoga Session on International Day of Yoga at SER Headquarters Garden Reach on 21.06.2024 (earstwhile BNR) and other heritage buildings in the premises





Refuse Plastic: Save Environment

**Prefer use of non-plastic eco-friendly
cutlery during train journey**



LiFE
Lifestyle for
Environment



**Say No To
Single Use Plastic
Materials
in Trains and
Railway premises**

**South Eastern Railway Celebrates
International Environment Day 2024**



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We serve with a smile



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