

# Mehr Chand Mahajan DAV College for Women

Sector-36A, Chandigarh (U.T.)

[www.mcmdavcwchd.edu.in](http://www.mcmdavcwchd.edu.in)



## Weekly report of Green Good Deeds

(05 to 12 April, 2021)

Organized by MCM Eco-Club

To celebrate

‘BHARAT KA AMRUT MAHOTSAV’

*The 75<sup>th</sup> Anniversary of India's Independence*

*Dr. Neetu & Dr. Sarabjeet Kaur*  
*Coordinators*

*Dr. Nisha Bhargava*  
*Convener & Principal*

## 1. VIDEO MESSAGE CONTEST ON THE THEME "EFFECTS OF BURNING GARBAGE ON THE ENVIRONMENT"

**Activity coordinator:** Dr. Shafila

**Date:** 08.04.2021

**No. of participants:** 24

**Objectives:**

- To promote the '3Rs' approach in waste management
- To educate students about the hazards of trash burning and look for alternatives of garbage burning.

**Context:** Burning Garbage is harmful to the environment as numerous toxic chemicals released from burning pollute our air. Polluted air eventually affects wildlife and human health. Apart from air pollution, the residue from burning contaminates the soil and groundwater and can enter the human food chain through crops and livestock. Smoke and soot can travel long distances and odors can be bothersome to people. Therefore, it is requisite to educate people about the hazards of garbage burning in order to stop this menace and students are the best medium to achieve this aim.

**Practice:** Department of Environment Science of the college in collaboration with MCM Eco-club organized a video message contest on the theme "Effects of Burning Garbage on the Environment", where over 24 students of various streams participated and sent their encouraging entries. Participants covered all the important aspects like current scenario of garbage disposal in the country, impacts of garbage burning on humans, wildlife and environment, and alternatives to this practice.

**Evidence of Success:** Students enthusiastically shared their views on the effects of garbage burning via their video messages.

RESULT			
PRIZE	NAME OF THE PARTICIPANT	CLASS	VIDEO MESSAGE
FIRST	SANGAM	B.Sc. -I (MFT)	<a href="#">Link</a>
SECOND	MEHAK ABROL	B.A.-I	<a href="#">Link</a>
THIRD	RIA TALWAR	B.Sc.-I (N.M.)	<a href="#">Link</a>
CONSOLATION	BHAVIKA MEHTA	B.Sc.-I (N.M.)	<a href="#">Link</a>
CONSOLATION	ISHTA	B.Sc.-I (N.M.)	<a href="#">Link</a>

## 2. WEBINAR CUM TRAINING SESSION ON “YOGA FOR HEALTH” TO CELEBRATE WORLD HEALTH DAY

**Activity coordinators:** Dr. Sarabjeet Kaur and Dr. Madhuri Tanaji Patil

**Date:** 08.04.2021

**Number of participants:** 50 Students of Undergraduate classes

### **Objective:**

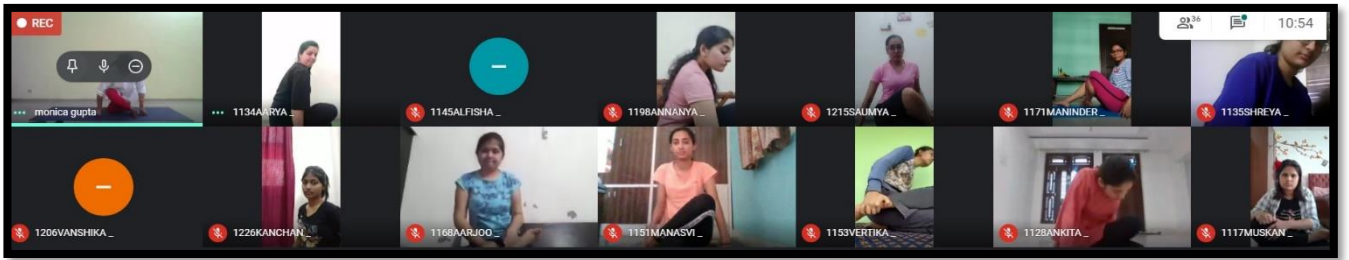
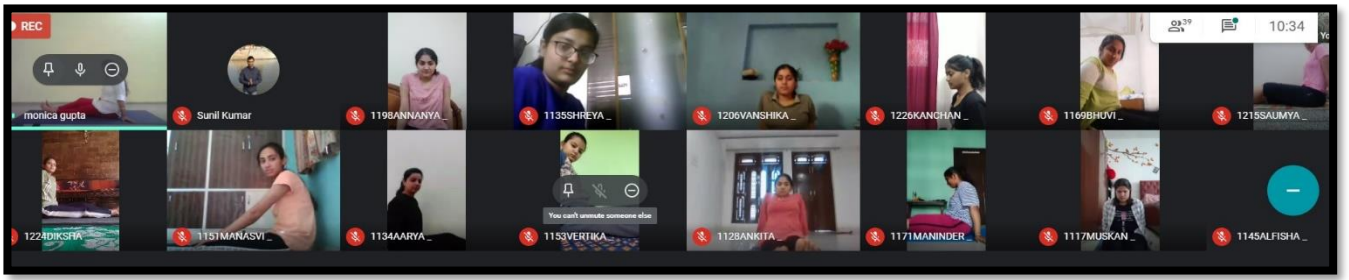
- To sensitize students about need of yoga for mental, physical and spiritual wellbeing.
- To make them aware about aasanas and their ability to cure routine dysfunctioning of our body without the intake of medicines.

**Context:** Yoga is an art that connects body, breath and mind. It is practiced all over the world to reduce stress. It is said that we develop a great sense of self-discipline and self-awareness through yoga. Recognizing its need and significance, the theme was taken up to commemorate the World Health day on 7<sup>th</sup> April, 2021.

**Practice:** The medical committee of the college in collaboration with MCM Eco-club organized a webinar cum training session on “Yoga for Health”. Over 50 Students of Undergraduate classes along with 3 faculty members attended the same where Mrs. Monica Gupta, Yoga trainer and member of International Neuropathy Organization, India, explained and demonstrated the significance of various aasanas to cure health issues like diabetes, arthritis, thyroid, PCOS and so on. She also made students aware about the specific aasanas to combat problems associated with eye sight, fatigue, sitting postures, irregular menstruation, and lack of concentration which are very prevalent among the students these days. She highlighted various postures which we all unknowingly follow to be very damaging for our body. They enthusiastically asked the resource person about the tips to solve their health problems through aasanas.

**Evidence of Success:** The students felt refreshed after performing various aasanas during the session and got motivated to adopt yoga as a part of their daily routine.





### **3. ONLINE TRUE STORY TELLING ACTIVITY ON THE THEME “COMPASSIONATE ACTION FOR STREET ANIMALS”**

**Activity coordinator:** Dr. Neetu

**Date:** 10.04.2021

**No. of participants:** 30

**Objective:**

- To make students aware about the sufferings of street animals.
- To teach students to have compassion for all living creatures specially stray animals

**Context:** There are millions of free-roaming animals on Indian streets with no one to care for them when they become sick or injured. It is the fundamental duty of every citizen to have compassion which means concern for sufferings of these living creatures. Not only does this compassion benefit the animals, but it also builds character and helps our students develop into well-rounded human beings who approach the world with a concern and respect for others.

**Practice:** MCM Eco-club under the aegis of Character building committee of the college organized an Online True Story telling Activity on the theme “Compassionate Action for Street Animals”. Udit Singh, a student ambassador introduced participants with the fact that stray animal populations have increased drastically over time due to the increase in the human population and poor waste management, creating more exposed garbage available as food for them. She further shed light on the sufferings of stray animals. Further, Harsimran Kaur and Komal Mehta of B.Sc. I Medical shared true stories of their compassionate actions for street dogs and cows respectively. They motivated the participants to lead by example by taking care of food, medicines and vaccination of street animals. They further encouraged them to put as many mud bowls of water at convenient places for stray animals, especially during summers, and to spread grains like rice, bajra, chana, etc. on the rooftops or open balconies for feeding the birds.

**Evidence of Success:** Students got sensitized about the plight of helpless street animals and developed concern for them.

REC U 294 UDITA SINGH is presenting

245 ARKITA and 10 more

25 12:44 You N

*#1 Find your 'community animal'*

A **community animal** is a **stray animal** who is **cared for by an individual or a bunch of people living in the area**. The **dog/cat continues to live on the street** and is not needlessly displaced elsewhere. At the same time it also **receives care** from like-minded people like you when necessary. By taking in a stray dog this way, you also **prevent overcrowding in animal shelters**.

294 UDITA SINGH

283 KOMAL ME...

223 ANAMIKA Y...

232 HARSIMRA...

296 AVNI GARG

181 Prema

Ms. Kadambari ...

169 kareena

141 CHARU

265 PRACHI

230 AAYUSHI \_R...

232 H...

More options

REC U 294 UDITA SINGH is presenting

283 KOMAL ME... and 6 more

21 13:14 You N

M

H

232 HARSIMRA...

R

V

A

I

S

P

A

A

REC U 294 UDITA SINGH is presenting 283 KOMAL ME... and 3 more 13:18 You N

The presentation slide features the text: **WE HELP THE STRAYS**. Below the title, it reads: "Our family has been feeding over 120-140 dogs and other stray animals since the lockdown was enforced in Dharamshala. We are covering the main places and surroundings. We are willing to extend the area we are covering which isn't possible without your help. Kindly donate, and play your part to help the innocent. Don't forget to feed the stray nearby your house you are their only reliance. Your little help can make a huge difference. A big thanks to those who are working with us and making it easy to serve the needy." Contact information includes: CONTACT No: 7018867279, IG @WEHELPTHESTRAYS.

Participant avatars visible: A, H, R, V, A, Y, S, P, A, A.

REC U 294 UDITA SINGH is presenting 279 MUSKAN and 2 more 13:22 You N

The presentation slide shows two photographs of a residential area with several buildings and a fenced-in area in the foreground. The participant grid includes avatars for: b, H, K, R, V, A, Y, S, P, A, A.