

**Mehr Chand Mahajan
DAV College for Women
Sector-36A, Chandigarh (U.T.)**
www.mcmdavcwchd.edu.in



**Weekly report of
Green Good Deeds**

(07 to 14 May, 2021)

Organized by MCM Eco-Club

To celebrate

‘BHARAT KA AMRUT MAHOTSAV’

The 75th Anniversary of India's Independence

*Dr. Neetu & Dr. Sarabjeet Kaur
Coordinators*

*Dr. Nisha Bhargava
Convener & Principal*

1. AWARENESS ABOUT CARPOOLING AS AN ENVIRONMENT FRIENDLY HABIT THROUGH INFOGRAPHICS

Activity coordinator: Ms. Kadambari Pathania

Date: 10 May, 2021

Number of participants: 30 students

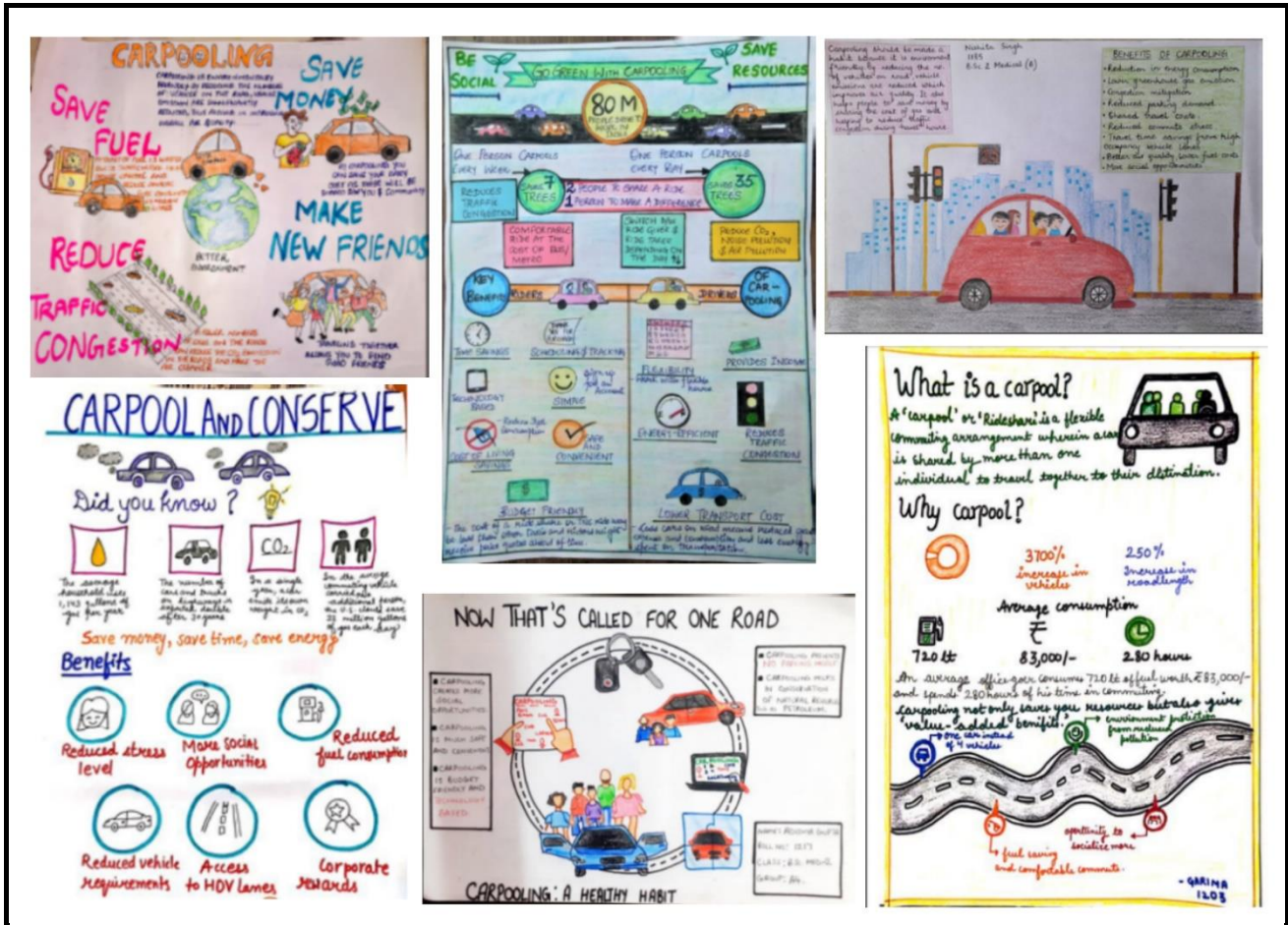
Objectives:

- To understand the importance of carpooling
- To spread awareness about various benefits of carpooling

Context: The increasing number of vehicles on our roads has resulted in higher levels of air and noise pollution. Moreover, most individuals prefer to travel alone in cars which further adds to the traffic congestion and carbon emissions. Carpooling, if taken up, can reduce the individual's travelling cost, carbon footprint, stress of commuting, noise pollution and air pollution. Carpooling can therefore have a positive impact on the health of both the individual and the environment.

Practice: The Department of Zoology and MCM Eco-Club organized an infographic designing event on 10th May, 2021 where the participants created charts and posters to present their ideas and understanding of carpooling as an eco-friendly habit. Carpooling is an efficient way of socialising, reducing stress levels of an individual while commuting, saving fuel costs and this habit can result in reduction of the carbon footprint, noise and air pollution. The practice of carpooling was being followed by a few students before the pandemic who travelled by taxis. The students were motivated and encouraged to continue with this practice after the pandemic.

Evidence of Success: All the participants were students of BSc Medical. The students came to know not only about the significance of carpooling for our environment but also about how carpooling can benefit individuals as well. Inculcating the habit of carpooling can successfully reduce the load on the environment.



2. POSTER MAKING ACTIVITY ON THE TOPIC "TO CONTROL THE BASS OF MUSIC SYSTEMS BECAUSE IT CAUSES NOISE POLLUTION"

Activity coordinator: Dr. Swati Sidana

Date: 13 May, 2021

Number of participants: 35 Students

Objective:

To make students aware about the harmful effects of high bass of the music systems.

Context:

Noise can cause hearing impairment, ear ache and noise-induced hearing loss. High bass of music systems cause noise pollution in the air. More than 115 decibel sound is injurious to ears and more than 135 decibels can break ear drums.

Practice:

The Department of Mathematics and MCM Eco-Club organized an Online Poster making event on the topic “Control the bass of the music systems because it causes noise pollution” on 13th May 2021. The students of M.Sc. I and M.Sc. II Mathematics participated in the event. With relevance to the theme, participants had to mention the problems caused by high bass of music systems and its preventive

measures. High bass causes health issues, sleeping disorder, heart problems and hearing problems. Children, chronically ill and elderly people are most affected because of high bass. Participants presented their highlighting points in the form of posters, which made it convenient to disseminate the information to one and all, in precise way.

Evidence of success: Participants designed their posters (both e-posters and handmade posters) showcasing their creativity to illustrate points of interest, so that readers could get insight into several facts of noise pollution created by high bass music systems.

To Control The Bass Of Music System Because It Cause Noise Pollution

*High Intensity
Low Frequency*

THE SOUND OF TROUBLE

AUDITORY EFFECT
Noise can cause hearing impairment, ear ache and noise -induced hearing loss.

NON-AUDITORY EFFECT
Known to cause sleep disturbance, disturbance of concentration, resulting in problems with learning and long-term memory. Also linked with hormonal and cardiovascular problems

MOST AFFECTED

- Children
- Chronically ill and elderly people

PREVENTIVE MEASURES

USE NOISE REDUCERS

Awareness of public, stakeholders
Comply with the rules to use loud music

More than **115 decibel** is injurious to ears
More than **135** can break ear drums

"turn down that music, it's too loud"

Hear better. Live better

Watch out before your 'too loud' turns out "I can't hear".

Protect your hearing before you have irreversible hearing loss.

What's loud? : Music over 85dBa

How does noise damage ears: high bass volume can damage sensitive inner wall hair cells

Consequences :
Injury of ear drums
Loss of hearing
Change in blood pressure
Cardiovascular problems

It's too loud when you shout to HEARD!

For people with hearing loss, speech may sound muffled or distorted which can make understanding similar things very difficult.

CONTROL ON THE BASS OF MUSIC SYSTEM

Increase bass leads to health issues

Factors to control on bass noise

High Bass causes noise pollution

Hearing problem

Sleeping disorder

Heart Problems

Use corner Bass traps

Set up proper equalizer settings

pollution

EAR CARE CAN AVOID HEARING LOSS

STOP POLLUTION

Control the bass of music system, since it causes noise pollution!

CONTROL THE BASS OF MUSIC SYSTEMS

The louder the sound, the quicker it can damage your hearing.

STOP NOISE POLLUTION

Televisions

Earphones

Speakers

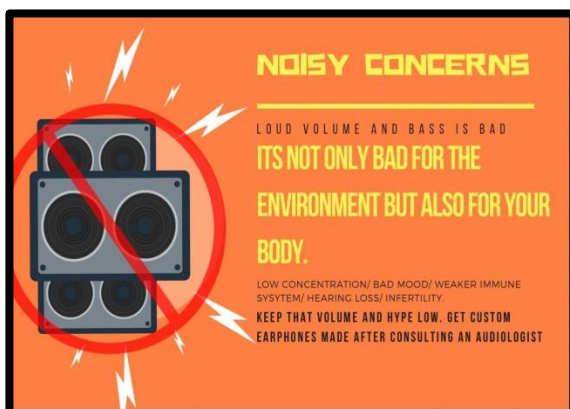
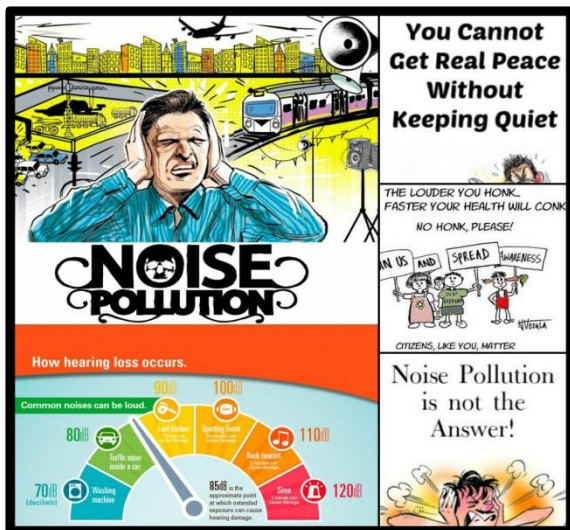
Concerts

Marriages

Movie Theater

Religious Places

Election Campaigning



3. AWARENESS ON WASTE SEGREGATION- USAGE OF APPROPRIATE BINS

Activity coordinators: Dr. Pallvi Rani & Dr. Purnima Bhandari

Date: 07 May-14 May, 2021

Number of participants: 20 NSS volunteers

Objectives:

- To sensitize people about the need of waste segregation through implementation of waste reduction and recycling programs
- To create awareness about the usage of appropriate blue, green and red bins for waste disposal
- To provide information regarding the proper, efficient and economical system of collection, recycling, and disposal services of waste

Context: Segregation of waste is an important step towards cleanliness and sustainability as it makes the process of recycling easier. Effective segregation of waste means that less waste goes to landfill which makes it better for people and the environment. Two types of waste i.e. wet waste and dry waste can be segregated at the source itself which in turn allows effective treatment and disposal. However,

there is still lack of awareness among the people regarding the waste segregation and practice of disposing waste in the appropriate bins.

The Practice: Keeping in view the need for sensitizing people about the concept of waste segregation, the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MCM Eco-Club of the College made an awareness video that highlighted the usage of appropriate bins for effective waste disposal. This initiative has been taken as a part of Green Good Deeds under the National Green Corps programme.

Under the supervision of NSS programme officers Dr Pallvi Rani and Dr Purnima Bhandari, and guidance of Dr Shafila, Assistant Professor, Department of Environment Science, around 20 NSS Volunteers participated enthusiastically in this activity and highlighted the importance of segregation of waste into wet waste and dry waste; use of blue bins for dry waste (i.e. plastic, paper), green bins for wet waste (i.e. waste generated in our kitchen including organic waste) and red bins for disposal of electronic devices such as batteries, discs etc. In addition, awareness regarding the concept of 3Rs – reduce, reuse and recycle, and production of organic manure from kitchen and garden waste was created by the volunteers.

Evidence of Success: The activity was quite informative and insightful as volunteers were able to generate awareness about waste segregation among the students. Following are links of the video uploaded on different social media handles of the institution:

<https://www.facebook.com/MCMDAVCW/videos/212733307104702/>

https://www.instagram.com/tv/CPAGhXkBkYL/?utm_source=ig_web_copy_link

<https://youtu.be/kyjfXovx0Xo>

