

Mehr Chand Mahajan DAV College for Women

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

www.mcmdavcwchd.edu.in



Weekly report of Green Good Deeds

(13 to 20 April, 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. MENTORSHIP PROGRAMME ON “IMPORTANCE OF PERSONAL HEALTH AND HYGIENE DURING COVID-19 PANDEMIC”

Activity coordinator: Dr. Neetu

Dates: 19.04.2021 & 20.04.2021

Number of participants: 560

Objective: To sensitize students about good hygiene practices to prevent the spread of corona virus disease

Context: The pandemic caused by COVID-19 virus is still being understood. All we know is that the virus is transmitted through direct contact with respiratory droplets of an infected person (through coughing and sneezing), and touching surfaces contaminated with the virus. The virus may survive on surfaces for a few hours up to several days. The disinfection of various surfaces can reduce the chances of transmission. Also, personal immunity is playing a vital role to save us from extreme infection so it has come up as our first priority to maintain personal health and hygiene.

Practice: Online mentorship programmes of one hour each were organized on 19-04-2021 and 20-04-2021 to spread awareness about the importance of personal health and hygiene during Covid-19 pandemic. Undergraduate and post graduate students participated in the discussion with their respective mentees. The students were advised not to neglect the hygiene protocol which includes washing hands or using sanitizers, wearing mask and keeping distance from others. Also, they were counselled to avoid unnecessary outings and stay safe at their homes.

Evidence of Success: Students attended the virtual session of mentorship and agreed to follow the personal health and hygiene protocols to prevent themselves from COVID-19 infection.

Dashboard x BSC III MENTORSHIP MENTOR x Meet - sok-vnkf-qcc x (3) WhatsApp x UG3 MENTORSHIP ATTEND x

meet.google.com/sok-vnkf-qcc?authuser=3

681SAMRIDHI _ is presenting

11:06

685AMNEET _ 684ARSHDEEP _

690RINKAL _ 681SAMRIDHI _

691ANJALI _ 677TAVISHI _

Class List 8 of 8 Start: 10:31 ✓ Duration: 33

Enter any notes specific to this class

Monitoring - last check: 11:06:47

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People (9) Chat

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IN CALL

M Ms. Kadambari Pa... (You) ...

1224DIKSHA _

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1238ISHIKA _

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Raise hand Present now

2. WEBINAR ON THE THEME “DON’T PURCHASE PERISHABLE FOOD ITEMS SUCH AS FRUITS, VEGETABLES, EGGS ETC. IN EXCESS TO AVOID SPOILAGE”

Activity coordinator: Dr. Harjot Kaur Mann

Date: 19.04.2021

Number of participants: 53 Students of Undergraduate classes along with 2 faculty members.

Objective: To sensitize students about purchase and storage of perishable food items such as fresh fruits, vegetables etc. to maximize their shelf life and retain organoleptic qualities.

Resource Person: Dr. Harjot Kaur Mann, Assistant Professor (Food and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh.

Context: 'Perishable' is a term used in the context of food that goes bad quickly. Perishable foods, such as fruits and vegetables, dairy, fish, and meat products, have a limited shelf life after harvest or production. If not kept at proper temperature, they get spoilt and become unmarketable or inedible after some time.

Practice: Department of Home Science in collaboration with MCM Eco-club organized a webinar on the theme “Don’t purchase perishable food items such as Fruits, Vegetables, eggs etc. in excess to avoid spoilage”. Over 50 Students of Undergraduate classes along with 2 faculty members attended the same where Dr. Harjot Kaur Mann, the resource person, explained the perishable foods such as milk and milk products, meat, fish, poultry, fruits, and leafy vegetables. One criterion for selection of perishable foods is that these must be fresh. In practice, this means milk freshly drawn, fish freshly caught from a river or sea, meat soon after slaughter, eggs just laid, vegetables just harvested from the garden and fruits just picked from the tree. Perishable foods cannot be stored for more than one or two days at room temperature, that is, they have a shelf life of one or two days. Milk is a good example of perishable food. As far as possible, perishable foods should be used fresh or must be kept under refrigeration till further use to maintain their quality. Purchase perishable foods last and take home quickly to refrigerate.

Evidence of Success: Students were educated about the perishable nature of short shelf-life foods such as fruits, vegetables etc. We tend to waste perishable foods because they go bad before we eat them. Food is a large part of a family’s budget, so wasted food is wasted money. Also, the main causes and prevention of spoilage were discussed. Various doubts related to the topic were discussed and cleared.

Storage of food in refrigerator at ideal temperature

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Background Layout Theme Transition

- **Freezer Burn**
 - If food removed from the freezer is found to have white, dried-out patches, freezer burn has occurred.
 - Freezer burn means improper packaging allowed air to dry out the food surface.
 - While freezer-burned food will not cause illness, it may be tough or tasteless when consumed.

Foil, plastic wrap or bags, freezer paper and airtight containers can be used for frozen food storage.

Click to add speaker notes

Turn off microphone (CTRL + D)

qkvolsqjs ^

Raise hand HARJOT_KAUR MANN is presenting

PERISHABLE FOODS



Milk and Milk Products



Meat and Poultry



Seafood



Cooked Foods and Leftovers



Fruits and Vegetables

3. ESSAY WRITING AND POWER POINT PRESENTATION COMPETITION ON THE TOPIC “PREVENTIVE MEASURES TO REDUCE ENERGY CONSUMPTION”

Activity Coordinator: Dr. Pallavi Gupta

Date: 19.04.2021

No. of participants: 54

Objectives:

- To generate awareness among students to achieve and maintain optimum energy procurement and utilization
- To minimize energy costs/wastage without affecting production & quality
- To minimize negative environmental effects

Context: The clean technologies are replacing non-renewable and polluting energy sources. These are beneficial for human health and for the environment. However, the best results are achieved when clean power is combined with energy conservation, reducing the pressure to invest in new grid infrastructure. Energy conservation is an effort made to reduce the consumption of energy by using less of energy service. This can be achieved either by using energy more efficiently or by reducing the amount of service used. Energy can be conserved by reducing wastage and losses, improving efficiency through technological upgrades and improved operation and maintenance.

Practice: Department of Physics in collaboration with MCM Eco-Club organized an Essay writing and power point presentation competition for B.Sc. II Non-Medical, Vocational and Hons. students. The students discussed various other ways apart from turning off unnecessary appliances to conserve energy sources. Students pointed that using natural light, opting tasking light method, taking shorter showers, unplugging unused appliances, switching to laptops than desktop computers, running full loaded machines, washing clothes with cold water, using towel instead of dryers, maintaining optimum temperatures of refrigerators, using microwave instead of oven are some of the measures that one can follow in day to day lives to minimize the consumption of electricity.

Evidence of Success: Students participated in this competition and learned many different measures that can help in reducing energy consumption. Pinkey Chaudhary secured first position followed by Mansi and Mehaknoor Kaur who secured second and third positions respectively in essay writing contest. Natasha and Kritika secured first and second positions respectively in power point presentation competition.

TOPIC:
Preventive measures on saving energy power consumption in day to day lives

Submitted by: Natasha (1340)
Bsc.2 NM A (hon.)

What is power consumption ?

In electrical engineering, power consumption refers to the electrical energy per unit time, supplied to operate something, such as a home appliance

- Power consumption is usually measured in units of watts (W) or kilowatts (kW).
- Power is wasted as heat, vibrations and/or electromagnetic radiation.

Why energy consumption is important?

- Save energy, save the environment
- Protect the air and prevent climate change
- Conserve limited natural resources

PREVENTIVE MEASURES ON SAVING ENERGY POWER CONSUMPTION IN DAY TO DAY LIVES

Energy is the quantitative property that must be transferred to an object in order to form perform work on, or to heat, the object. Energy is conserved quantity; the law of conservation of energy states that energy can be converted in form, but not created or destroyed.

Energy is the most important aspect of modern living and convenience. We couldn't perform most of our daily tasks without energy. The energy we use in our daily lives falls into three categories - food that gives energy, energy that makes a house a home, and the fuel we put in our vehicles.

Name- Pinky Chaudhary
Class-BSC 2 NM-A
Roll no-1303
College- MCM DAV COLLEGE FOR WOMEN
CHANDIGARH

Essay writing

Topic- Preventive measures on saving energy power consumption in day to day lives

Mahatma Gandhi rightly said "the earth provides enough to satisfy every man's needs but not every man's greed". Energy conservation refers to the efforts made to reduce the consumption of energy. As many of us know energy on earth is not in unlimited supply. Energy can take plenty of time to regenerate. So, it makes it essential to save energy.

Energy conservation is achievable by two ways either by using energy more efficiently or by reducing the amount of energy usage. Here are some preventive measures that we can take to save energy in our day to day lives:-

- 1) Using natural light- in day time we all must try to utilize the natural light to do our work.
- 2) Turning off the electronic devices when not in use.
- 3) We can recycle or donate our old TV.
- 4) Switch off light, fans if not required.
- 5) Replace bulbs with LED bulbs or LED tube lights.
- 6) Switch off the main switch of TV a remote does not switch off TV completely.
- 7) Planting shady trees outside home and office.
- 8) In college students (by rotation) should check that lights and fans are switched off after the college hours.
- 9) Turn off the screen (laptops and computers). Screensavers do not save power.

TOPIC- PREVENTIVE MEASURES ON SAVING ENERGY POWER CONSUMPTION

Energy Conservation

SUBMITTED BY: ANJALI GUPTA
Bsc2NM(A)
ROLL NO.: 1373

The Future is in our Hands...

CHOOSE THE RIGHT LIGHT:

LED bulbs are the most energy efficient lighting option. LED bulbs use 75% less electricity than incandescent bulbs (Energy Star). They also have no mercury, and last about 25 times longer than traditional incandescent bulbs (DoE).



**ELIMINATE VAMPIRE POWER:
UNPLUG IDLE
ELECTRONICS. ELIMINATE
VAMPIRE POWER: UNPLUG
IDLE ELECTRONICS:**

Devices like televisions, microwaves, scanners, and printers use standby power, even when off. Some chargers continue to pull small amounts of energy, even when plugged in (a good judge of this is if a charger feels warm to the touch). In the US, the total electricity consumed by idle electronics equals the annual output of 12 power plants (EPA).

