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Sector-36A, Chandigarh (U.T.)**
www.mcmdavcwchd.edu.in



**Weekly report of
Green Good Deeds**

(21 to 28 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. CELEBRATION OF 'EARTH DAY' ON THE THEME 'RESTORE OUR EARTH'

Activity coordinators: Mrs. Suman Mahajan & Dr. Bhavna Sood

Date: 22.04.2021

No. of participants: 14 students and 05 faculty members

Objectives:

- To raise awareness among students about the consequences of climate change and global warming.
- To act towards the protection of the environment and focus on the need for conservation.

Context: The first Earth Day was held on April 22, 1970, when San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. Dealing with dangerously serious issues concerning toxic drinking water, air pollution, and the effects of pesticides, an impressive 20 million Americans (10% of the population) ventured outdoors and protested together. President Richard Nixon led the nation in creating the Environmental Protection Agency, which followed with successful laws including the Clean Air Act, the Clean Water Act, and the Endangered Species Act. Now, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more and more apparent every day.

Practice: The Swachhta Committee (Arts) under the aegis of Bharat ka Amrut Mahotsav@75 organized activities on the theme 'Restore our Earth' to mark the celebration of 51st anniversary of the Earth Day. Students participated by sending a picture while:

- i. Gifting a Herbal Plant
- ii. Recycling a daily use item (replacing plastic)
- iii. Making effort to overcome COVID-19

Evidence of success: Fourteen students and five faculty members participated enthusiastically in the event. The judges were: Ms. Madhvi Bajaj, Dr. Seema Kanwar and Dr. Preeti Gambhir. The prize winners received cash prizes as well as e-certificates, the details of which are as follows:

1st Prize (Rs. 800/-) Satwinderjot Kaur, BSc. I Non-medical
2nd Prize (Rs. 600 /-) Amisha, BSc. I Non-medical
3rd Prize (Rs. 400 /-) Kriti Kaur Bhatia, BA-I
Consolation Prizes Ashish Kaur BA-II and Kirti Jain BA-I



2. INTERACTIVE SESSION ON ‘PREVENTION AND CONTROL OF MOSQUITO BORNE DISEASES’ TO CELEBRATE WORLD MALARIA DAY.

Activity coordinator: Dr. Sarabjeet Kaur

Date: 25.04.2021

Number of participants: 40 Students

Objective: To make students aware about breeding and feeding grounds of mosquitoes which can help them to take right initiatives to prevent the spread of vector borne diseases in their neighborhood.

Context: World Malaria Day is an international observance commemorated every year on 25 April and recognizes global efforts to control malaria. The day was established to provide "education and understanding of malaria" and spread information on year-long intensified implementation of national malaria-control strategies, including community-based activities for malaria prevention and treatment in endemic areas. Globally, 3.3 billion people in 106 countries are at risk of malaria. Many guidelines to control the spread of mosquitoes and associated diseases have been documented but there is a need to make public aware about them.

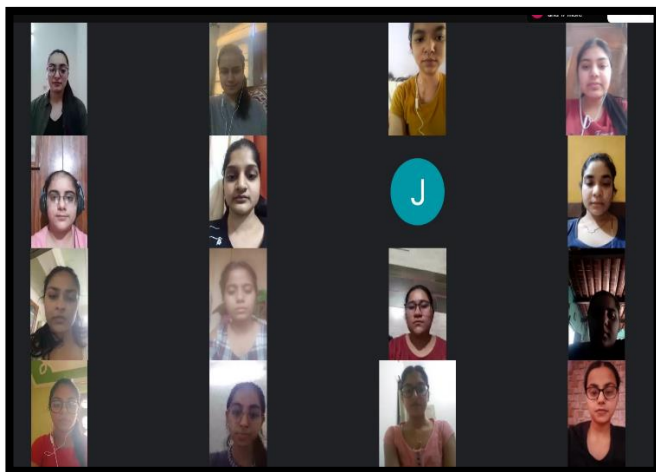
Practice: The health committee of the college in collaboration with MCM Eco-club organized an online interactive session with the students on the topic “Prevention and control of mosquito borne diseases”. Over 40 Students of Undergraduate classes along with faculty members attended the session where Ms. Saumya and Ms. Parneet of B.Sc. II Medical explained preventive measures through power point presentation. They discussed the life cycle and characteristics of male and female *Aedes*, *Anopheles* and *Culex* species. This was followed by fruitful discussion on chemical, biological, and genetic controls undertaken at national level. Students also discussed about herbal remedies to prevent mosquitoes along with fumigation, use of insect repellants etc.

Evidence of Success: Students participated and discussed the ways to prevent the spread of mosquito borne diseases. They also volunteered to take steps for preventing mosquito breeding in and around their homes.



2. **PERSONAL PROTECTION** whereby a person can be protected from mosquito bites using repellent, mosquito coil, mat, clothing.

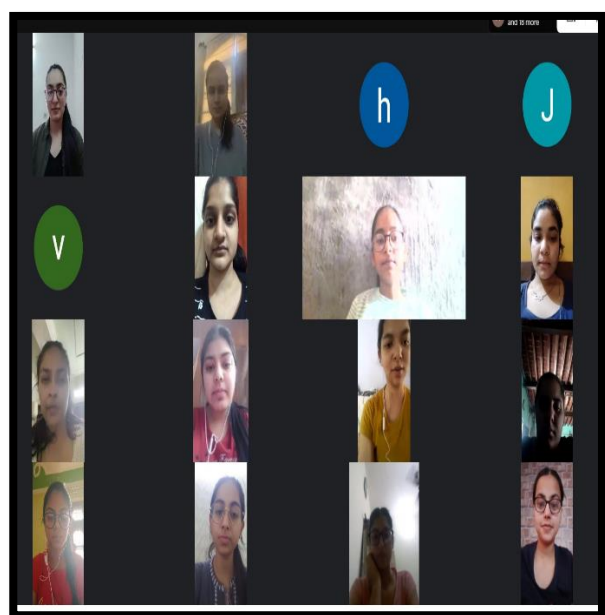
3. **CHEMICAL CONTROL** whereby chemical insecticides are used to kill the mosquitoes, such as by fogging. Chemical insecticides can also be applied directly to mosquito breeding sites or resting sites (indoor and outdoor spray) to kill the larvae and adults respectively;



Why is it necessary to control spread of mosquitoes ?

Mosquito control manages the population of mosquitoes to reduce their damage to human health, economies, and enjoyment.

Mosquito control is a vital public-health practice throughout the world and especially in the tropics because mosquitoes spread many diseases, such as malaria and the Zika virus.



3. POWERPOINT PRESENTATION ON 'RAINWATER HARVESTING SYSTEM AND ITS ROLE IN WATER CONSERVATION'

Activity coordinator: Dr. Neetu

Date: 27.04.2021

No. of participants: 42 students

Objectives:

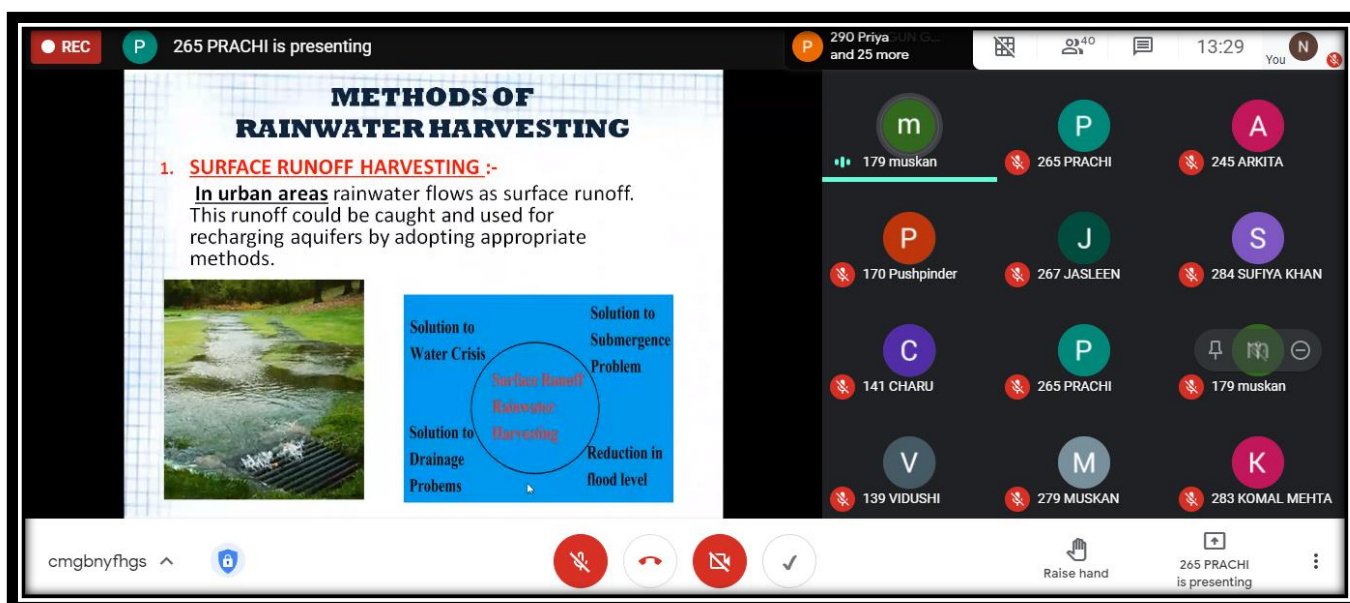
- To sensitize students about water conservation
- To spread awareness about Rainwater Harvesting System

Context: As the rate of water consumption is increasing with growing population, sustainable use of water would help maintain a balance between its demand and supply. Rainwater harvesting (RWH) is the most traditional and sustainable method, which can be easily used for potable and non-potable purposes both in residential and commercial buildings.

Practice: Two students of B.Sc. I Medical (Prachi & Muskan Narula) gave an online presentation on the theme 'Rain Water Harvesting System and its role in Water conservation'. The following aspects were covered during the presentation:

- Introduction to Rainwater Harvesting System (RWH)
- Methods of Rainwater Harvesting
- Components of RWH
- Working of Rainwater Harvesting System
- Advantages, Disadvantages and Future of RWH

Evidence of Success: The Presentation aimed to highlight the threat of water scarcity and suggest Rainwater Harvesting as a decentralized water source for the future needs. As many as 42 students participated enthusiastically in the interactive session.



The screenshot displays a Zoom meeting interface. On the left, a presentation slide titled "METHODS OF RAINWATER HARVESTING" is shown. The slide content includes:

- 1. SURFACE RUNOFF HARVESTING :-**
- In urban areas** rainwater flows as surface runoff. This runoff could be caught and used for recharging aquifers by adopting appropriate methods.
- An image of a rainwater harvesting system with a green roof and a collection tank.
- A diagram showing "Surface Runoff" leading to "Rainwater Harvesting", which is labeled as a "Solution to Water Crisis", "Solution to Drainage Problems", "Solution to Submergence Problem", and "Reduction in flood level".

On the right side of the screen, a grid of participants is visible, each with a name and a small video icon. The participants listed are:

- 179 muskan
- 265 PRACHI
- 245 ARKITA
- 170 Pushpinder
- 267 JASLEEN
- 284 SUFIYA KHAN
- 141 CHARU
- 265 PRACHI
- 179 muskan
- 139 VIDUSHI
- 279 MUSKAN
- 283 KOMAL MEHTA

At the bottom of the screen, there are control buttons for mute, video, chat, and a "Raise hand" button. The status bar at the bottom indicates "cmgbnyfhgs" and "265 PRACHI is presenting".

REC P 265 PRACHI is presenting 158 Isha and 27 more 13:32 You

COMPONENTS OF RAINWATER HARVESTING SYSTEM (RWH)

- Catchments
- Coarse mesh
- Gutters
- Conduits
- First flush
- Filters
- Storage tanks
- Recharge structures

Elements of a Typical Water Harvesting System

179 muskan 265 PRACHI 245 ARKITA
 170 Pushpinder 267 JASLEEN 284 SUFIYA KHAN
 141 CHARU 137 YUMNA 179 muskan
 139 VIDUSHI 279 MUSKAN 285 GUNGUN GOY...

cmgbnyfhgs Raise hand 265 PRACHI is presenting

meet.google.com/ffc-odct-evn?authuser=1 REC P 265 PRACHI is presenting 157 Laxmi and 27 more 13:41 You

SIGNIFICANCE OF RWH

- This technology is relatively simple, easy to install and operate
- Provide self-sufficiency to water supply.
- Reduce the cost for pumping of ground water
- Provide high quality water.
- Cost Effective
- Helps in reducing the water bill.
- Promotes both water and energy conservation.
- Improves the quality and quantity of groundwater.
- Does not require a filtration system for landscape irrigation.
- It reduces soil erosion, stormwater runoff, flooding.
- It is an excellent source of water for landscape irrigation with no chemicals and dissolved salts and free from all minerals.

179 muskan 265 PRACHI 245 ARKITA
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