Mehr Chand Mahajan DAV College for Women Sector-36A, Chandigarh (U.T.)

COLLEGE FOR WOMEN CITY NING ARH Golden Years अप्रतिम * अविचल * अविराम ESTD. 1968

Weekly report of Green Good Deeds

(28 March to 04 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. WEBINAR ON STORAGE OF FOOD IN REFRIGERATOR AT AN IDEAL TEMPERATURE

Activity coordinator: Dr. Harjot Kaur Mann

Date: 02.04.2021

Number of participants: 92 Students of Undergraduate classes & 5 faculty members.

Objective: To sensitize students about storage of food at an ambient temperature in various compartments of Refrigerator to reduce power consumption.

Resource Person: Dr. Rachana Shrivastava, Woman Scientist-DST, Department of Community Medicine and School of Public Health, PGIMER, Chandigarh.

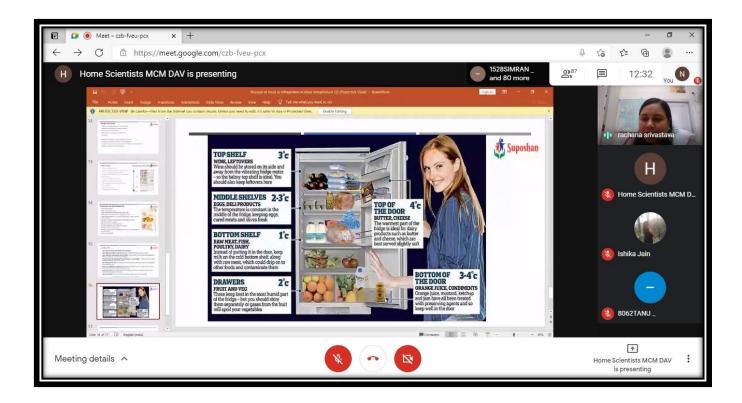
Context: A refrigerator is a home appliance consisting of a thermally insulated compartment and a heat pump (mechanical, electronic or chemical) that transfers heat from its inside to its external environment so that its inside is cooled to a temperature below the room temperature. The different compartments have different regulation of temperature. Thus, care should be taken to increase the shelf life of different food items.

Practice: Department of Home Science in collaboration with MCM Eco-club organized a webinar on "Storage of food in Refrigerator at an Ideal temperature". Over 92 Students of Undergraduate classes along with 5 faculty members attended the same where Dr. Rachana, the resource person, explained the working of the refrigerator, emphasizing the importance of each compartment according to the type of food stored depending on its perishability. She also described the refrigerator temperature guide for maximum efficiency. The guidelines to be followed to extend the shelf life of the stored food, were explicated in detail along with cleaning of the Refrigerator. Queries of the students were also solved by the expert. The various aspects of effective food storage were discussed to reduce spoilage of food during storage such as Freezer Burn, Wilting of vegetables etc.

Evidence of Success: Students were educated about working and cleaning of the Refrigerator and useful tips were also conveyed to the attendees. The students participated enthusiastically and got their doubts cleared especially regarding storage of Green leafy vegetables and other highly perishable food items. Students learnt about practice to increase efficiency of the appliance and thus decrease the electricity bill.









2. COLLAGE MAKING ACTIVITY ON THE THEME "CONSERVE WATER- EVERY DROP COUNTS"

Activity Coordinator: Dr. Sarabjeet Kaur

Date: 03.04.2021

No. of participants- 30 students of B.Sc. II Medical

Objectives:

- To sensitize students about the need to preserve fresh water resources which are depleting day by day.
- To understand suitable methods to conserve water in our daily routine activities.

Context: The decline of the water table is an indicator of the continuous depletion of the water resources around us. It is also a warning bell that alerts us about the possible detrimental effects on our health and survival. Water conservation includes all the policies, strategies and activities to sustainably manage the natural resource of fresh water. Conserving water means using our water supply wisely and to be responsible.

Practice: The Department of Zoology and MCM Eco-Club organized a collage making activity on 03.04.2021 for the second year Medical students. Students had to think and click their own photographs depicting the habits which can contribute in conservation of water in daily routine activities. These pictures were creatively presented in the form of collage.

Evidence of Success: 30 students of B.Sc. II Medical participated in the activity. The students came to know that little alertness and even slight change in their habits can actually make a big change towards water conservation.







3. POWER POINT PRESENTATION ON THE TOPIC "NEVER LET WATER TANK OVERFLOW AS IT LEADS TO WASTAGE OF WATER"

Activity coordinator: Dr. Neetu

Date: 03.04.2021 Number of participants: 46 Students of B.Sc. III Medical

Objective: To spread awareness about water conservation measures.

Context: Overflow issue is a common problem in installing water tank especially if there's no overflow control installed. The wastage of water due to overflow of tanks has a major impact on the water scarcity. In today's busy world, the manual monitoring of water filling in the tanks seems to be difficult due to which the wastage of water occurs. There are a plenty of automated systems based on latest technologies, which can be used to prevent water wastage from overflowing tanks.

Practice: MCM Eco-club assigned the topic 'Methods to prevent water tank overflow' to B.Sc. III Medical students for preparing power point presentations. Students discussed the methods to prevent water overflow through several mechanisms including automatic sensors, alarms and floats. Floats automatically shut off flow into the tank once the water level reaches the top, while alarms alert us that the tank is full, so that we can turn off the pump. A sensor is an automatic system which switches on the pump when the water level in the tank is low, and switches it off when it is full. Students also discussed about smart devices which can be operated with a single click. Tankbolt is one such smart water level controller that is in tune with the market demands and has been designed in a manner that is compatible with even our mobiles. By simply downloading Tankbolt's mobile app, users can operate the device from anywhere. There is an ultrasonic sensor installed in the device, which views the exact water level in the tank even on the mobile app. It is possible to operate the water level controller even from outside homes. More than one person can operate the device using the mobile app.

Evidence of Success: Students enjoyed the session thoroughly and discussed with each other the methods being followed by them at their homes to fix water overflow issues.







MCM ECO-CLUB GREEN GOOD DEEDS