

Mehr Chand Mahajan DAV College for Women

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

www.mcmdavcwchd.edu.in



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.

Home Scientists MCM DAV is presenting

1906SIMRAN_ and 69 more

12:00

Arshiya Khod, 6799SADHN..., Ms. Rati Arora, rachana sriva..., 3497 vishalak..., Home Scienti..., Chakshu Bat..., 2930 gauri, hitu shera

Meeting details

Home Scientists MCM DAV is presenting

Woman Scientist - DST
 Department of Community Medicine and School of Public Health, PGIMER, Chandigarh.

- She is working in the field of nutrition since last 11 years.
- Her field of expertise is therapeutic nutrition, public health nutrition, maternal and child health and food safety
- She has worked as Scientist with ICMR, NDRI and Health promoting School initiative.
- Recipient of JRF and WOS-B fellowship.
- She is an active resource person for Street food vendors project in Punjab giving priority to food safety concerns.
- Her initiative SUPOSHAN is empowering mothers with nutrition education in communities in Chandigarh
- She is a subject matter specialist and a regular speaker at various organizations.
- She has Published numerous research articles in National and International Journals.
- She is a Lifetime member of many National and International Organizations.

rachana srivastava is presenting

Rimpy Kapoor and 81 more

12:09

You, rachana srivastava, Home Scientist..., 6757RITIKA..., 2930 gauri, 7162VANSHIK..., 6812NINGTHO..., 3816 YASHVI

Meeting details

rachana srivastava is presenting

STORAGE OF FOOD IN REFRIGERATOR AT IDEAL TEMPERATURE

Dr. Rachana Srivastava
 Woman Scientist
 Department of Community Medicine and School of Public Health
 PGIMER, Chandigarh

Meet - czb-fveu-pcx x +

https://meet.google.com/czb-fveu-pcx

1528SIMRAN and 80 more

12:32 You

Home Scientists MCM DAV is presenting

Storage of food in refrigerator at ideal temperature (2) (Protected View)

TOP SHELF 3°C
WINE, LEFTOVERS
Wine should be stored on its side and away from the vibrating fridge motor - so the balmy top shelf is ideal. You should also keep leftovers here.

MIDDLE SHELVES 2-3°C
EGGS, DELI PRODUCTS
The temperature is constant in the middle of the fridge, keeping eggs, cured meats and olives fresh.

BOTTOM SHELF 1°C
RAW MEAT, FISH, POULTRY, DAIRY
Instead of putting it in the door, keep milk on the cold bottom shelf, along with raw meat, which could drip on to other foods and contaminate them.

DRAWERS 2°C
FRUIT AND VEG
These keep best in the most humid part of the fridge - but you should store them separately or gases from the fruit will spoil your vegetables.

TOP OF THE DOOR 4°C
BUTTER, CHEESE
The warmest part of the fridge is ideal for dairy products such as butter and cheese, which are best served slightly soft.

BOTTOM OF THE DOOR 3-4°C
ORANGE JUICE, CONDIMENTS
Orange juice, mustard, ketchup and jam have all been treated with preserving agents and so keep well in the door.

Suposhan

Meeting details

Home Scientists MCM DAV is presenting

Meet - czb-fveu-pcx - Google Chrome 2021-04-02 12-31-38.mp4

2833 rupakshi and 70 more

12:42 You

You

Home Scientists MCM DAV

rachana srivastava

7162VANSHIKA

8062TANU

7703FALAK

2341KIRANDEEP

2190SOMYA

2930 gauri

2858 manjot

Chakshu Bathla

2157JASMINE

Muskan Singla

1697AAKRITI

NEETU

1722SOYENCY

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.





WATER CONSERVATION

wash as much clothes as possible at a time in a washing machine

use bucket instead of shower while bathing

turn off tap while brushing

soak the bigger utensils in hot water before washing them

wash veggies in a bowl instead of running water

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.

REC 684ARSHDEEP_ is presenting 707GURNAAZ and 42 more 12:14

FIX WATER OVERFLOW ISSUES

Monitor water level on phone

Wall mounted indicator

Ultra sonic monitor

Valve closes to prevent overflow

Conserve water, conserve life BY- Arshdeep, Avika and Tarureet

h2gz7yezbw Raise hand 684ARSHDEEP_ is presenting

REC 685AMNEET_ is presenting 678AKANKSHA_ and 42 more 12:09

OVERFLOWING FROM WATER OVERFLOW ALARM

Connections for water overflow alarm.

Float valve keeps a check on water level, when it starts floating, water reaches to maximum level, and the alarm rings.

4 level indicator device. It tells you the level of water in your tank.

CONSERVING WATER IS IMPORTANT. Given that only 3% of all water on the planet is freshwater, we can't afford to use this NON-RENEWABLE resource. SAVE WATER!!!

h2gz7yezbw Raise hand 685AMNEET_ is presenting

REC 688ANCHAL_ is presenting 638ANUSKAN_ and 39 more 12:18

Read Only - You can't save changes to this file.

SAVE WATER

Water is precious

Methods to prevent water tank overflow

Alarm System

Multiple tank system in buildings

708CHAHAT_ has left the meeting

h2gz7yezbw Raise hand 688ANCHAL_ is presenting