



**ACTION TAKEN REPORT**

*of*

**MCM ECO-CLUB  
'PARIVESH'**

**April 2021 to March 2022**



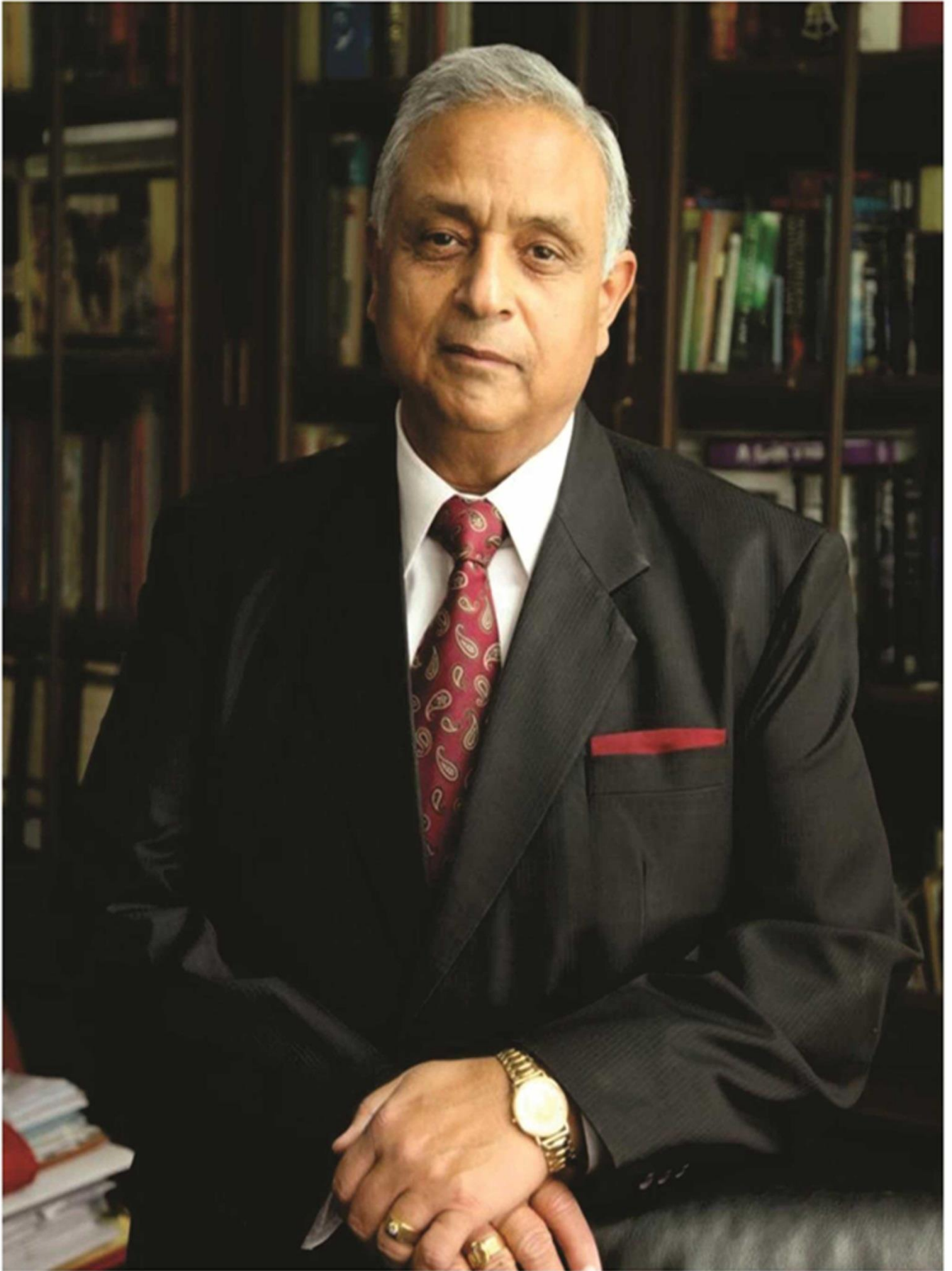
**Mehr Chand Mahajan  
DAV College for Women**  
Sector 36-A, Chandigarh (U.T.)

# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

## *Our Guide and Mentor*



*Dr. Punam Suri Ji, Padma Shree Awardee*

*Hon'ble President*

*DAV College Managing Committee*

*New Delhi*



### **From the Principal's desk**

It gives me immense pleasure to present, through this report, a comprehensive view of the eco-friendly activities conducted by MCM Eco-Club 'Parivesh' during April 2021 to March 2022.

MCM Eco-Club 'Parivesh' has been created under the 'National Green Corps programme' of the Ministry of Environment and Forests, Government of India with an aim to educate youth about interdependence of different ecosystems, and to develop in them the requisite skills of observation, experimentation, survey, recording, analysis and reasoning for conserving the environment through various activities. This is a giant step towards sustainable development involving compulsory engagement of youth with the environment. It is heartening to note that our eco-friendly initiatives continued unabated in online mode even when we stood face to face with the deadliest outbreak of coronavirus.

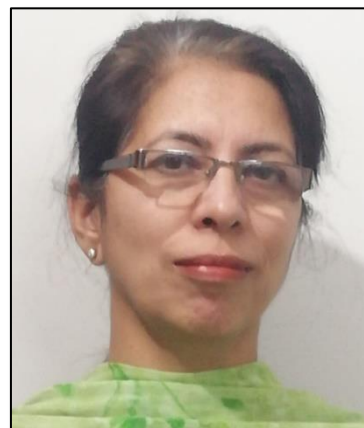
My deepest gratitude to Dr. Punam Suri Ji, Padma Shree Awardee, worthy President, DAV College Managing Committee (DAV CMC), New Delhi, for his visionary leadership. His constant encouragement and guidance inspire us to scale new heights. I express my sincere thanks to Shri H.R. Gandhar Ji, Hon'ble Vice-President, DAV CMC, New Delhi, for his valuable insights in all our endeavours. I express my heart-felt gratitude to Shri Shiv Raman Gaur Ji, Director Higher Education, DAV CMC, New Delhi for his consistent support and blessings which we receive in ample measure.

I congratulate all the members of MCM Eco-Club for undertaking consistent eco-friendly initiatives in spite of challenging circumstances.

**Dr. Nisha Bhargava**  
**Principal &**  
**Convener, MCM Eco-Club 'Parivesh'**

*“Be the change you wish to see in the world.” ~ Mahatma Gandhi*

My sincere appreciation to the scheme initiated by the Ministry of Environment & Forests, Government of India to set up an Eco-club in every educational institute. Environmental education, awareness and training play a significant role in encouraging and enhancing people’s participation in activities aimed at conservation, protection and management of the environment, essential for achieving sustainable development. The activities under the scheme include:



Motivating the students to keep their surroundings green and clean by undertaking tree plantation; promoting ethos of water conservation by minimizing wastage of water; motivating students to develop habits and life style for minimum waste generation; educating students to create awareness amongst public and sanitary workers to stop the indiscriminate burning of waste; sensitizing the students to minimize the use of plastic bags; organizing awareness programmes such as quiz, essay writing, painting competitions, rally, Nukkad Natak etc. regarding various environmental issues, organizing Nature walks to know about the Bio-diversity and so on. Apart from building confidence, club responsibilities give students the opportunities to upgrade their hard as well as soft skills. Even, during the trying times of Covid-19 pandemic, club members have been actively involved in organizing all the calendar activities with full enthusiasm under the able leadership of Madam Principal, Dr. Nisha Bhargava.

I express my deep gratitude to our worthy Principal Dr. Nisha Bhargava, for guiding and supporting us in all our endeavours. My thanks are due to all my team-members for their constant support and cooperation throughout the year.

A handwritten signature in black ink, appearing to read 'Neetu', with a horizontal line underneath.

**Dr. Neetu**  
**Head, Department of Zoology &**  
**Coordinator, MCM Eco-Club ‘Parivesh’**

## INDEX

<b>S. No.</b>	<b>Type of the activity</b>	<b>Page No.</b>
I	Environmental awareness activities in the college A. Observation of Environmental Days B. Organizing awareness programmes	<b>1-52</b> 1-29 30-52
II	Visible environmental impacts at college	53-67
III	Community Campaign	67-79
IV	Field activities outside college premises	80-83
V	Overall organization of the Eco-Club	84-85
VI	Signage in the campus	86-90
VII	Benefits of "carbon watch" mobile application in achieving carbon neutral goals	91

## **I. ENVIRONMENTAL AWARENESS ACTIVITIES IN THE COLLEGE CAMPUS**

### **A. OBSERVATION OF ENVIRONMENTAL DAYS**

#### **A1. EARTH DAY CELEBRATION ON APRIL 22, 2021**

**Number 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) and MCM Eco-Club under the aegis of Bharat ka Amrit Mahotsav@75 organized activities on the theme 'Restore our Earth' to mark the celebration of 51<sup>st</sup> 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:

1<sup>st</sup> Prize (Rs. 800/-) Satwinderjot Kaur, BSc. I Non-medical

## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

2<sup>nd</sup> Prize (Rs. 600 /-) Amisha, BSc. I Non-medical

3<sup>rd</sup> Prize (Rs. 400 /-) Kriti Kaur Bhatia, BA-I

Consolation Prizes- Ashish Kaur BA-II and Kirti Jain BA-I



## A2. INTERNATIONAL BIODIVERSITY DAY CELEBRATION ON MAY 22, 2021

### Objectives

- To spread awareness about biodiversity issues
- To understand the importance of Nature for all living beings



## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

**Context:** The International Day for Biological Diversity (IBD) is annually observed on 22 May. Theme for the year 2021 is “We’re part of the solution”. Biodiversity plays an important role in upholding the balance of the earth. IDB offers an opportunity for us to re-examine our relationship to the natural world, reflect on the existing challenges, and renew our determination to work together at all levels to build a future in which people live in harmony with nature.

### i. ONLINE PHOTOGRAPHY EXHIBITION

An awe-inspiring compilation of majestic beauty of Nature at MCM captured through the lens of Principal Dr. Nisha Bhargava was exhibited online on the occasion of International day for Biological Diversity.

Link of the video posted on College Facebook page- [https://fb.watch/5\\_LTAXMqlh/](https://fb.watch/5_LTAXMqlh/)



### ii. NATIONAL LEVEL ONLINE QUIZ ON BIODIVERSITY

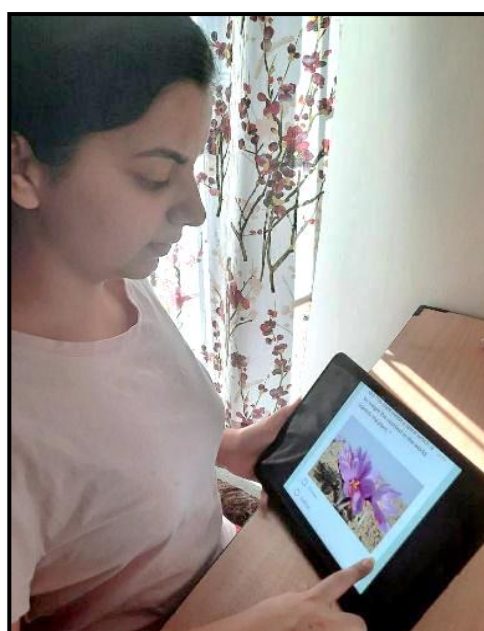
**Number of participants:** 103 students

**Practice:** Keeping in view the relevance of the day, Department of Botany in collaboration with MCM Eco-Club organized a National Level Online Quiz on

Biodiversity where around 103 participants from 7 different states and 1 U.T. across the country took part in the event. The quiz was based on the several facts based on biodiversity of plants, animals and their intricate relationships.

**Evidence of Success:** The event witnessed an enthusiastic participation of students from across the nation. The results are as follows:

- **First Prize:** Aarya Sharma, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh
- **Second Prize:** Navneet Kaur, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh
- **Third Prize:** Chirag Kundra, Dr. Ambedkar Institute of Hotel Management, Sector 42, Chandigarh



### **iii. ONLINE ACTIVITY ON THE THEME “MY BACKYARD BIODIVERSITY”**

**Number of participants:** 125 students

**Practice:** Department of Zoology & MCM Eco-Club organized an online activity on the theme “My Backyard Biodiversity” on the occasion of International Day for Biological Diversity with an aim to motivate the students to explore faunal diversity in and around their native places for a period of one week. A sample sheet was provided to the

students of B.Sc. Medical to help them record their observations in an ordered manner. They were asked to categorize the animals by their phyla and to calculate biodiversity index for each of the observation sites.

**Evidence of Success:** As many as 125 students of B.Sc. Medical participated enthusiastically in the activity by exploring flora and fauna in and around their native places.



**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN  
CHANDIGARH**

**International Day of Biodiversity celebrations:  
Online Biodiversity Quiz and 'My Backyard Biodiversity'**



**Dr. Nisha Bhargava  
Principal**





### एमसीएम में अंतर्राष्ट्रीय जैव विविधता दिवस मनाया

**चंडीगढ़, 22 मई (अप्रस)।** मेहर चंद महाजन डीएवी कॉलेज फॉर वूमेन के वनस्पति विज्ञान और जीव विज्ञान विभाग एवं इको क्लब द्वारा जैव विविधता के मुद्दों पर जागरूकता बढ़ाने के लिए ऑनलाइन गतिविधियों द्वारा अंतर्राष्ट्रीय जैव विविधता दिवस मनाया गया। इस अवसर पर वनस्पति विज्ञान विभाग ने राष्ट्रीय स्तर पर ऑनलाइन जैव विविधता प्रश्नोत्तरी का आयोजन किया। प्रश्नोत्तरी का उद्देश्य छात्रों को जैव विविधता से संबंधित विभिन्न अवधारणाओं से परिचित कराना था, जिसमें इसके अर्थ, घटक, कार्यप्रणाली और संरक्षण शामिल हैं। एक अन्य गतिविधि में, जीव विज्ञान विभाग और कॉलेज के इको क्लब ने संयुक्त रूप से 'माई बैकगार्ड बायोडायवर्सिटी' विषय पर एक ऑनलाइन गतिविधि का आयोजन किया, जिसका उद्देश्य छात्रों को एक सप्ताह की अवधि के लिए अपने मूल स्थानों में और उसके आसपास जीवों की विविधता का पता लगाने के लिए प्रेरित करना है। प्रतिभागियों द्वारा उनकी टिप्पणियों को क्रमबद्ध तरीके से दर्ज करने के लिए एक खाका प्रदान किया गया जिसमें उन्होंने जानवरों को उनकी प्रजाति के अनुसार वर्गीकृत करने और प्रत्येक अवलोकन स्थलों के लिए जैव विविधता सूचकांक की गणना करने की आवश्यकता थी। दोनों गतिविधियों को छात्रों से जबरदस्त प्रतिक्रिया मिली। प्रधानाचार्या डॉ. निशा भार्गव ने जैव विविधता संरक्षण के महत्वपूर्ण मुद्दों के बारे में जागरूकता बढ़ाने के लिए वनस्पति विज्ञान और जीव विज्ञान विभाग एवं इको क्लब के प्रयासों की सराहना की। उन्होंने कहा कि एक जीवित वाह का अस्तित्व उसकी जैव विविधता के बिना अकल्पनीय है क्योंकि प्रजातियों के बीच जटिल अंतर्संबंध पारिस्थितिक संतुलन की ओर ले जाता है जो सभी जीवन रूपों के अस्तित्व के लिए एक आवश्यक शर्त है।

### A3. WORLD ENVIRONMENT DAY CELEBRATION ON JUNE 05, 2021

#### i. NATIONAL LEVEL ONLINE QUIZ ON THE OCCASION OF WORLD ENVIRONMENT DAY-2021

**Number of participants:** 1054

**Objective:**

- To encourage awareness and action for the protection of environment

**Context:** World Environment Day is celebrated worldwide in order to create awareness about how to protect our environment. Since 1974, it has been celebrated annually every 5<sup>th</sup> June which engages people from different spheres including government officials, business persons, celebrities, and citizens to focus their efforts to combat the serious environmental issues. This year, the theme of World Environment Day 2021 is 'Ecosystem Restoration' that aims at educating the community on importance of restoring our earth and how it has become need of an hour.

**Practice:** On the occasion of World Environment Day, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with the Department of Environment Science and MCM Eco-Club organized a National Level Online Quiz on 5<sup>th</sup> June, 2021. More than 1000 participants including 24 faculty members belonging to three Union Territories (Delhi, Jammu & Kashmir and Chandigarh), 10 states (including West Bengal, Rajasthan, Uttarakhand, Goa) and 15 different cities registered



themselves for the event. The quiz was of 45 minutes' duration with 30 questions based on the theme. E-certificates were given to all the participants while top three winners were felicitated with the cash prizes.

**Evidence of Success:** The event received an overwhelming participation response from different parts of the country. Results of the quiz are as follows:

**First prize:** Himanshu Gauri, Government Ranbir College, Sangrur, Punjab

**Second Prize:** Srishti, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh

**Third Prize:** Saniya, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh

## **ii. ONLINE ACTIVITY ON THE THEME 'KEEP INDOOR PLANTS IN ROOM TO PURIFY AIR'**

**Number of participants:** 20

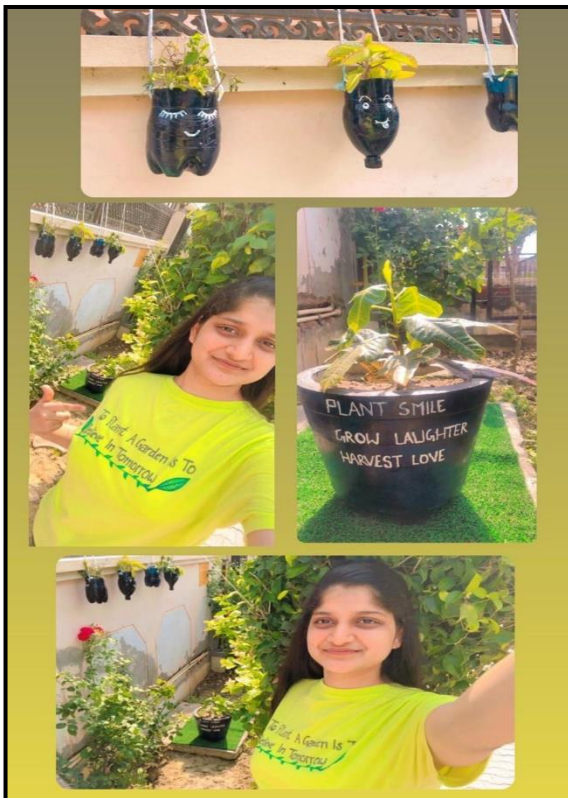
### **Objective**

- To spread a message about the importance of indoor plants in boosting mental and physical wellbeing.

**Context:** Under the prevailing circumstances, there is a dire need to maintain a healthy indoor environment as most of our time is spent inside the houses. Indoor plants not only help in improving our environment but also add an aesthetic value to it. They also increase the productivity by reducing stress.

**Practice:** The Department of Botany in collaboration with MCM Eco-Club motivated the students of B.Sc. Medical to plant different indoor plants like money plant, snake plant, crotons, ferns, peace lily and spider plant at their places to improve indoor environment for mental and physical wellbeing.

**Evidence of Success:** As many as 20 students enthusiastically planted different indoor plants at their places and took responsibility of nurturing them.



#### A4. WORLD NATURE CONSERVATION DAY CELEBRATION ON JULY 28, 2021

**Number of participants:** 10

**Objective:**

- To spread message about judicious use of natural resources for sustainability and maintaining the ecological balance of the mother Earth.

**Context:** Conserving nature for our future generations is dire need of the hour. Natural resources are the greatest gift of nature to mankind. Creating awareness about saving this grant with unparalleled utility is a challenging task and requires constant efforts. This plantation cum plant distribution drive was a small attempt in this direction.

**Practice:** Committed to the cause of "Greener and Sustainable Earth" the Department of Botany, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh undertook dual celebration of annual tree plantation festival of Van Mahotsav and World Nature Conservation Day on 28.7.2021. A tree plantation cum



plant distribution drive was organized to mark the occasion. The drive commenced with the plantation of a sapling by Principal Dr. Nisha Bhargava. Following this, saplings of plants having medicinal and ornamental importance were distributed among the teaching and non-teaching staff.



**Evidence of Success:** Tree saplings were planted in different areas of the college by the faculty and non-teaching staff of the Department. Plants of economic and ornamental relevance including Brahmi, Akarkara, Stevia, Tulsi, Ajwain, Har Shingar were distributed amongst the teaching and non-teaching staff of the college.



#### A5. INTERNATIONAL TIGER DAY CELEBRATION ON JULY 29, 2021

**Number of participants:** 38 students, 4 faculty members

**Objective:** To discuss history of tiger conservation and to spread awareness about the need of tiger conservation in India.

**Context:** The International Tiger Day is celebrated on 29<sup>th</sup> July annually to spread awareness about the conservation of tigers in India. Being one of the dominant predators, tigers keep the population of wild herbivores in control, ensuring balance between herbivores and the plants they feed on. But due to poaching, trade, and deforestation leading to habitat loss the tiger population in the wild takes a heavy toll.



A decline in the tiger population would lead to an increase in the number of herbivores which could be a precursor of the fall of an entire ecosystem.

**Practice:** The MCM Eco-Club in collaboration with the Department of Zoology organized a webinar on 'Conservation status of Tigers in India' on 29<sup>th</sup> July, 2021 on the occasion of the International Tiger Day. Mr. Jayanta Bora, Senior Research Fellow from Wildlife Institute of India, Dehradun was invited to share his knowledge and experience in the field of tiger conservation. Through the webinar students were informed about history of tiger conservation in India and how modern techniques such as- camera trapping, pug mark, scat and hide pattern analysis, genetic barcoding contribute to conservation of the national animal of India. The importance of why tiger conservation is essential was also emphasized to encourage students to opt for the field of conservation ecology. The session ended with our alumna Ms Shagun Thakur, who is a project associate at Wildlife Institute of India, Dehradun, giving career advice to the students and motivating them to pursue Wildlife Conservation as a career option.

**Evidence of success:** Wildlife conservation is part of the curriculum of BSc Medical course and after the presentation, several students showed interest and asked several questions regarding tiger conservation efforts in India and about wildlife conservation as a profession. The feedback received from the students indicated that students were satisfied and showed an interest in this avenue of wildlife conservation as a career option.





## A6. AKSHAY URJA DIWAS CELEBRATION ON AUGUST 20, 2021

**Number of participants:** 70 students & 03 teachers

**Context:** National Akshay Urja Diwas is celebrated every year on 20<sup>th</sup> August to mark the birth anniversary of former Prime Minister, late Sh. Rajiv Gandhi. It is an awareness campaign initiated in 2004 by the Indian Ministry for New & Renewable Energy Sources to promote the use of renewable energy such as- biogas, solar Energy, wind energy, and hydroelectricity.

**Practice:** Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated the Akshay Urja Diwas by organizing an online Popular Akshay Urja Lecture sponsored by Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST) on 20.08.2021. Dr. Vikrant Sharma, Deputy Director (Technical) and Head,

## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

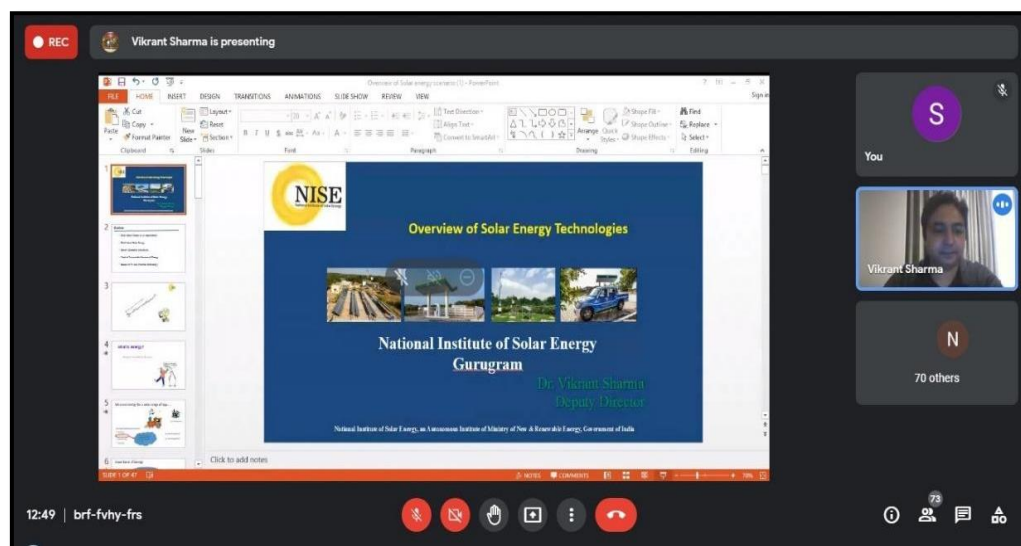
Skill Development Division, National Institute of Solar Energy (NISE), Gurugram, was invited as resource person for the event. Dr. Vikrant gave an overview on the use of solar energy technologies and the renewable energy targets set by the government for the year 2022. Dr. Sharma pointed out the importance of the need of skilled manpower. Employment generation, eco-friendly energy generation, sustainability of other energy resources for a longer period of time, are some of the significant advantages elucidated by Dr. Vikrant Sharma in the lecture. He motivated the students to take up experiments and projects to get familiar with the use of solar energy and encouraged the college to extend the ongoing projects on renewable energy usage in the college.

An online inter-college poetry writing competition sponsored by CREST was also organized on the theme 'Impact of Akshay Urja in India". As many as 20 students from different colleges of Chandigarh, participated in the event.

**Evidence of success:** The participants learned about the significance of adopting renewable energy as an effective alternative to the scarce traditional energy resources.

The results of the poetry contest are as follows:

PRIZE	NAME OF THE PARTICIPANT	CLASS	INSTITUTION
FIRST (Rs. 1500/-)	NAMRATA JAIN	B.Sc. III (Non-Medical)	PG Govt. College for Girls, Sector-11, Chandigarh
SECOND (Rs. 1000/-)	MUSKAAN SACHDEVA	B.A. II	Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh
THIRD (Rs. 500/-)	MEGHA	B.Sc. II (Non-Medical)	PG Govt. College for Girls, Sector-42, Chandigarh



## MCM celebrates Akshay Urja Diwas



**CHANDIGARH, AUG 23**

Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Akshay Urja Diwas by organizing an online Popular Akshay Urja Lecture sponsored by Chandigarh Renewable Energy and Science and Technology Promotion Society (CREST). Dr. Vikrant Sharma, Deputy Director (Technical) and Head, Skill Development Division, National Institute of Solar Energy, Gurugram was the resource person for the lecture. Dr. Vikrant gave an overview on the use of solar energy technologies and the renewable energy targets set by the government for the year 2022. Dr.

Sharma pointed out the importance of the need of skilled manpower. Employment generation, eco-friendly energy generation, sustainability of other energy resources for a longer period of time, are some of the significant advantages elucidated by Dr Vikrant Sharma in the lecture. He motivated the students to take up experiments and projects to get familiar with the use of solar energy and encouraged the college to extend the ongoing projects on renewable energy usage in the college. An online inter-college poetry writing competition sponsored by CREST was also organized on the theme 'Impact of Akshay Urja in India'. Principal Dr. Nisha Bhargava lauded this initiative to spread awareness about the importance of renewable energy resources for a sustainable future. She added that conscious of its responsibility towards the environment, MCM has been a frontrunner institution in adopting the use of renewable energy like harnessing of solar energy and production of biogas from mess food waste.

## A7. WORLD OZONE DAY CELEBRATION ON SEPTEMBER 16, 2021

### i. COMPETITIONS SPONSORED BY CHANDIGARH POLLUTION CONTROL COMMITTEE (CPCC)

**Number of participants:** 97

**Objectives:**



- To sensitize the students about the importance of ozone layer
- To make them aware about its depletion in order to pursuit for possible solution for its preservation

**Context:** The ozone layer present in stratosphere protects us from the harmful UV-B radiations. In 1994, the UN's General Assembly announced 16 September the International Day for the Preservation of the Ozone Layer, commemorating the date of signing of the Montreal Protocol (in 1987) on substances that deplete the Ozone Layer. The phaseout of controlled uses of ozone depleting substances because of

implementation of Montreal Protocol have not only helped to protect the ozone layer for the present and future generations, but have also contributed significantly to global efforts to address climate change. Furthermore, it has protected humans, animals and entire ecosystems by limiting the harmful ultraviolet radiation from reaching the Earth. Therefore, it is requisite to educate young generation about the importance of this fragile shield of gas.

**Practice:** Department of Environment Science, Mehr Chand Mahajan DAV College for women, Sector 36-A, Chandigarh, organized National Level 'Wallpaper designing' and 'Inventing a Slogan' competitions to celebrate 'International Day for the Preservation of the Ozone Layer' on 16-09-2021. Over 97 students from diverse parts of the country sent their entries in the form of wallpapers and slogans depicting the importance of ozone layer. Four cash prizes (Rs. 2000/- First, Rs. 1500/- Second, Rs. 1000/- Third and Rs. 500/- Consolation) in each category were awarded to the winners.

**Evidence of Success:** 97 students from different parts of the country participated enthusiastically in the event.

<b>RESULTS</b> <b>Wallpaper Designing</b>	
<p><b>FIRST PRIZE</b></p>  <p><b>Divya</b> (BCA-II) PGGCG-11, Chandigarh</p>	<p><b>SECOND PRIZE</b></p>  <p><b>Dhriti Ummat</b> (B.Com-II), Mehr Chand Mahajan DAV College for women, Sec-36 A, Chandigarh</p>
<p><b>Third Prize</b></p>  <p><b>Bhanu</b> (B.A.-II), Mehr Chand Mahajan DAV College for women, Sec-36 A, Chandigarh</p>	<p><b>CONSOLATION PRIZE</b></p>  <p><b>Rajkumari Stellina</b> (B.Sc.-I), Govt. Home Science College Chandigarh</p>

## RESULTS

### Inventing a slogan

**First Prize**



**Laxmi Kohli**  
(B.Com.-II), GGSCW -26  
Chandigarh

**Second Prize**

When it depletes it hurts you back ,  
when it would disfuse it will kill you  
man . Stay cautious



**Jasnoor Kaur**  
12<sup>th</sup> Humanities, St. Joseph Convent Senior Secondary  
school, Bathinda

**Third Prize**

**Preserve the OZONE,**  
**to withstand the**  
**LifeZONE**

**Ira Garg**  
BA.-1, Mehr Chand Mahajan DAV College  
for women, Sec-36 A, Chandigarh

**CONSOLATION PRIZE**

*Single O is Poison*  
*Double O is Life*  
*Triple O is guard which protect our lives*

**Muskan Mehra**  
(B.Sc. MFT-I), Mehr Chand Mahajan DAV  
College for women, Sec-36 A, Chandigarh

## एमसीएम में ह्यांतराष्ट्रीय ओजोन परत संरक्षणह्ण दिवस मनाया

» विनोद कुमार, मदरलैड संवाददाता

चंडीगढ़। अंतराष्ट्रीय ओजोन परत संरक्षण दिवस के उपलक्ष्य में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने विभिन्न प्रतियोगिताओं का आयोजन किया। कॉलेज के इको क्लब ने पर्यावरण विभाग, चंडीगढ़ प्रशासन के सहयोग से ऑनलाइन निबंध लेखन प्रतियोगिता का आयोजन किया। प्रतियोगिता का विषय इस वर्ष के ओजोन दिवस की थीम हार्मोनियल प्रोटोकॉल-हमें, हमारे भोजन और टीकों को ठंडा रखनाह्ण (किरिंग अस्स, और फूड एंड वैकसिनस कूल) पर आधारित था। एक अन्य कार्यक्रम में कॉलेज के पर्यावरण विज्ञान विभाग ने इन्वॉलपेर डिजाइनिंग एंड इन्वॉटिंग ए स्लोगनह्ण विषय पर राष्ट्रीय स्तर की प्रतियोगिता का आयोजन किया। प्रतियोगिता को चंडीगढ़ प्रदूषण नियंत्रण समिति द्वारा प्रायोजित किया गया। दोनों प्रतियोगिताओं में उत्साहजनक प्रतिक्रिया देखी गई, जिसमें प्रतिभागियों ने ओजोन परत की रक्षा की आवश्यकता का संदेश देने के लिए अपनी रचनात्मकता और सरल विचारों को प्रसारित किया।

प्रचार्या डॉ. निशा भार्गव ने ओजोन परत की क्षरण को समस्या के बारे में जागरूकता बढ़ाने के लिए इको क्लब और पर्यावरण विज्ञान विभाग के प्रयासों की सराहना की। उन्होंने आगे कहा कि मानव गतिविधि ने पृथ्वी की रक्षक ओजोन परत को नुकसान पहुंचाया है और वह हमारी जिम्मेदारी है कि हम ओजोन को हानि पहुंचाने वाले पदार्थों को चरणबद्ध तरीके से हटाकर इसे ठीक करें।



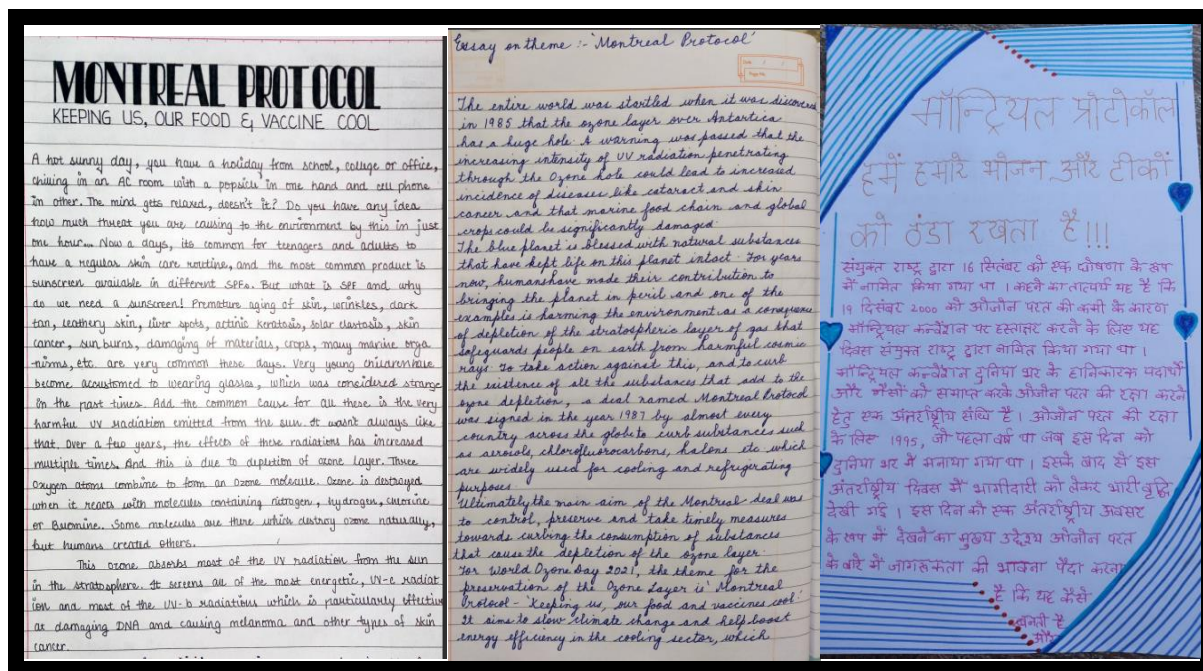
**ii. ONLINE ESSAY WRITING COMPETITION IN COLLABORATION WITH DEPARTMENT OF ENVIRONMENT, CHANDIGARH ADMINISTRATION**

**Number of participants: 20**

**Practice:** MCM Eco-Club organized an online Essay writing competition on the theme 'Montreal Protocol- Keeping us, our food and vaccines cool'. As many as 20 students participated in the event and submitted essays in three languages viz., English, Hindi and Punjabi. Three cash prizes (Rs. 1000/- First, Rs. 800/- Second and Rs. 500/- Third) were awarded to the winners.

The results are as follows:

S. No.	Name of the participant	Class	Institution
1	Palak Soni	B.Sc. II Non-Medical	Mehr Chand Mahajan DAV College for Women, Chandigarh
2	Ritika	BCA II	Mehr Chand Mahajan DAV College for Women, Chandigarh
3	Bhavika Mehta	B.Sc. II Non-Medical	Mehr Chand Mahajan DAV College for Women, Chandigarh



**FIRST PRIZE**

**SECOND PRIZE**

**THIRD PRIZE**

### iii. INTERACTIVE TALK DURING A WEBINAR ON 'WORLD OZONE DAY'

Number of participants: 45

**Practice:** Dr. Neetu was invited as a resource person during a Webinar organized by Mayank Foundation under the patronage of Punjab State Council of Science and Technology to celebrate World Ozone Day. The participants of this Webinar were a mixed audience of the teaching fraternity from Punjab Govt. Schools, students, social workers, and environmentalists. Dr. Neetu in her expert talk emphasized that the theme of this year's celebration is 'Montreal Protocol- Keeping us, our food and vaccines cool'. She explained the emissions of ozone-depleting gases with facts and figures in detail and stated

that Earth without Ozone is like a house without roof. She elaborated upon the Kigali amendment to Montreal protocol, key points of India Cooling Action Plan (ICAP), and



how as an individual we can contribute to protect the Ozone layer.

**Evidence of success:** The webinar was attended by teachers, students, social workers and environmentalists who participated enthusiastically in the discussion.



## A8. CAR FREE DAY CELEBRATION ON SEPTEMBER 22, 2021

**Number of participants:** 70

### Objective:

- To raise awareness on the importance of embracing alternative means of travel other than dependence on private cars.

**Context:** World Car Free Day is celebrated on September 22 every year in various parts of the world with an aim to reduce the number of cars on the roads by encouraging people to give up their cars for a day. The pollutants including hydrocarbons, oxides of nitrogen, oxides of sulphur, carbon dioxide, carbon monoxide releasing from cars are responsible for immediate and long-term impacts on human health as well as on environment. Therefore, it is mandatory to educate young generation about the harmful impacts of vehicular pollution and to motivate them to promote the alternatives of cars.

**Practice:** Department of Environment Science, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh, organized a National Level Logo designing competition sponsored by Chandigarh Pollution Control Committee (CPCC) to celebrate 'World Car Free Day' on 22-09-2021. Over 70 students of various educational institutions from different parts of the country designed beautiful logos justifying the

theme of the event. Four logos were selected by the esteemed judges, and were awarded cash prizes (Rs. 2000/- First, Rs. 1500/- Second, Rs. 1000/- Third and Rs. 500/- Consolation).

### Evidence of

**Success:** Participants got an opportunity to present ideas on alternative modes of transport to the public.



## A9. WILDLIFE WEEK CELEBRATION (OCTOBER 2-8, 2021)

### i. COMPETITION ON 'MAKING BIRD FEEDERS WITH UNUSED MATERIAL AT HOME'

**Number of Participants:** 20

**Objectives:**

- To encourage students to reuse the waste material present at their homes to create a variety of bird feeders
- To increase interaction of students with avian fauna present around them by observing their feeding habits

**Context:** Wildlife week is a fantastic opportunity to celebrate natural ecosystems in our gardens and explore ways to help them flourish. Making one's garden a bird-haven involves taking care of birds' needs. Birds need a constant and reliable food source all year round. Bird feeders are a very useful piece of equipment which can be used in the gardens to help keep birds well fed. Feeders help adult birds spend less time foraging and expending energy to feed their nestlings.

**Practice:** The Character-building committee in collaboration with MCM Eco-club of Mehr Chand Mahajan DAV College for Women organized an online competition on 'Making Bird Feeders with Unused Material at Home' for celebrating the National Wildlife Week from 2<sup>nd</sup> to 8<sup>th</sup> October, 2021. Students from various departments of the college participated in this week-long event. The participants were given seven days for building bird feeders and uploading their photographs. They made beautiful bird feeders using unused material at their homes, and added a variety of seeds and grains to attract birds to the feeders. Cash prizes were given to the first three position holders. The first three prizes were bagged by Eshita Mahajan (BA I), Radhika Sharma



## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

(B.Com. I) and Mehak Abrol (BA II) respectively. Three consolation prizes were awarded to Jasmine Kaur (B.Com. I), Annanya Mahajan (B.Sc. III Medical) and Rhythm Lakhotra (B.Sc. II Medical).

**Outcome of the event:** The participants took break from the busy schedule of their lives and spent some time in nature observing the feeding behavior of birds.



## ii. QUIZ COMPETITION ON 'WILDLIFE AND ITS CONSERVATION'

**Number of participants:** 04 Teachers, 50 students

### Objectives:

- To generate awareness about wildlife and various laws related to its conservation
- To help build team spirit among all the student participants of different teams

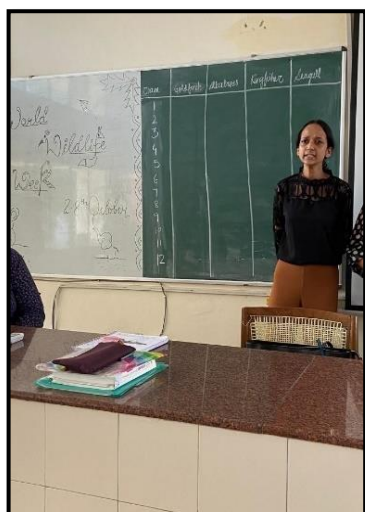
**Practice:** The Department of Zoology in collaboration with MCM Eco-club of Mehr Chand Mahajan DAV College for Women organized a quiz competition on 'Wildlife and its conservation' to celebrate the National Wildlife Week from 2<sup>nd</sup> October to 8<sup>th</sup> October, 2021. The students of B.Sc. II Medical were invited to participate in the quiz in teams



whereas students of B.Sc. III Medical were asked to prepare questions for the quiz.

**Evidence of success:** The first three positions were bagged by the following teams:

- First Prize- Harjeev Kaur, Bharti Sharma, Kareena Pahuja
- Second Prize- Muskan Narula, Arkita Dwivedi, Avni Garg
- Third Prize- Chetna, Shahista, Arpita
- Consolation prize was awarded to the team of Prachi, Gurpriya Kaur, Bandana Kaunsal



## A10. NATIONAL POLLUTION PREVENTION DAY DECEMBER 02, 2021

### JUST A MINUTE IDEA COMPETITION ON THE THEME 'STUBBLE BURNING' TO MARK THE CELEBRATION OF NATIONAL POLLUTION CONTROL DAY

**Number of participants:** 23

**Objectives:**

- To spread awareness about the hazards of stubble burning
- To promote the green alternatives of stubble burning.

**Context:** Stubble burning is detrimental to the environment as the smoke released from burning pollutes the air, which eventually affects wildlife and human health. Apart from air pollution, this practice also affects the health of soil including its fertility, chemical and biological properties. Therefore, it is mandatory to make people aware especially the farmers, about the hazards of stubble burning in order to stop this menace.

**Practice:** Institution's Innovation Council 4.0 in collaboration with Department of Environment Science of the college organized Just a minute Idea competition on the theme 'Stubble Burning' to mark the celebration of National Pollution Control Day. 23 students came up with innovative ideas to control the menace of stubble burning. Participants proposed that instead of burning the crop residue, it may be used for compost making, roofing rural areas, as a fuel for energy, packaging of fragile material like glass and crockery, making biodegradable cutlery, paper and cardboard and so on. They also discussed about Turbo Happy Seeder, a tractor-operated machine developed by the Punjab Agricultural University, Ludhiana in collaboration with Australian Centre for International Agricultural Research (ACIAR) for in-situ management of stubble.

**Evidence of Success:** Students enthusiastically shared their innovative ideas for the control of stubble burning and proposed alternatives to the same via their video messages.

RESULT			
PRIZE	NAME OF THE PARTICIPANT	CLASS	VIDEO MESSAGE
FIRST	MUSKAAN LAMBA	MA-II ECONOMICS	<a href="#">Link</a>
SECOND	BHAVIKA MEHTA	B.Sc.-II Non-Medical	<a href="#">Link</a>
THIRD	DHANU	B.Com.-II	<a href="#">Link</a>
CONSOLATION	SIMAR	B.A.-I	<a href="#">Link</a>
CONSOLATION	YASHIKA	B.Com.-I	<a href="#">Link</a>

### MCM holds idea competition on Stubble Burning

**The Aman Sandesh Times Network**

**Chandigarh:** The Institution Innovation Council and Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised just a Minute Idea Competition on the theme 'Stubble Burning'.

The competition sought to draw attention to the menace of stubble burning and motivate students to come up with innovative ideas to deal with it. The participants shared various ideas for the control of stubble burning like procuring of stubble from farmer for a price to be used as cattle fodder, diverting excess workers to the agricultural fields to weed out the crop residues, converting crop residue into manure by accelerating the decomposition process, compost making from crop residue, using stubble for packaging of fragile material like glass and crockery, making biodegradable cutlery, paper and car board, and so on.

Three best entries were awarded cash prizes. Principal Dr. Nisha Bhargava highlighted the importance of this initiative by saying that pollution from stubble burning poses a serious risk to the health and safety of people and asserted that finding practical, effective, and sustainable solutions to curb the practice is critical.

**The results of the competition are:**  
 1st: Muskaan Lamba (MA Economics II)  
 2nd: Bhavika Mehta (BSc II)  
 3rd: Dhanu (BCom II)  
 Consolation: Simar (BA I), Yashika (BCom I)

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**MCM holds idea competition on Stubble Burning**

Chandigarh, 17.12.21-The Institution Innovation Council and Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised just a Minute Idea Competition on the theme 'Stubble Burning'.

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### न्यूज डायरी

## एमसीएम में पराली से निपटने के लिए प्रतियोगिता, मुस्कान बनी विजेता

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में शुक्रवार को पराली से निपटने के विषय पर विचार प्रतियोगिता का आयोजन हुआ। इंस्टीट्यूशनल इनिवेशन काउंसिल ने पर्यावरण विज्ञान विभाग के साथ मिलकर इस कार्यक्रम का आयोजन किया। इस दौरान प्रतिभागियों ने पराली जलाने के नियंत्रण के लिए विभिन्न विचारों को साझा किया। इस दौरान तीन सर्वश्रेष्ठ प्रविष्टियों को नकद पुरस्कार से सम्मानित किया गया है। प्राचार्य डॉ. निशा भार्गव ने प्रतिभागियों की ओर से दिए गए व्यावहारिक समाधानों की सराहना की। प्रतियोगिता में एमए इकोनॉमिक्स द्वितीय वर्ष की मुस्कान लांबा को पहला, बीएससी द्वितीय की भाविका मेहता को दूसरा, बीकॉम द्वितीय वर्ष की धनु को तीसरा और बीए प्रथम वर्ष की सिमर और बीकॉम प्रथम वर्ष की यशिका को मान्यता प्रस्तावित किया गया।

## एमसीएम ने पराली जलाने पर विचार प्रस्तुत करने के लिए प्रतियोगिता का आयोजन किया

विनोद कुमार, मद्रास संवाददाता

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज परिसर में, चंडीगढ़ में इंस्टीट्यूशनल इनिवेशन काउंसिल और डिपार्टमेंट ऑफ एनवायरमेंट साइंस ने 'जस्ट अ मिनूट आइड' विषय पर जस्ट ए मिनूट आइड प्रतियोगिता का आयोजन किया। प्रतियोगिता में पराली जलाने के खतरों की ओर ध्यान आकर्षित करने और छात्रों को इससे निपटने के लिए नवीन विचार देने के लिए प्रेरित करने का प्रयास किया गया। प्रतिभागियों ने पराली जलाने के नियंत्रण के लिए विभिन्न विचारों को साझा किया जैसे, किसान से पशु चारे के रूप में उपयोग की जाने वाली कोंकस में पराली की खरीद, फसल के अवशेषों को निर्यात के लिए अतिरिक्त क्षमताओं को कृषि क्षेत्रों की ओर मोड़ना, सड़क को ठेक करके फसल अवशेषों को खेत में परिवर्तित करना, फसल अवशेषों से खाद बनाना, कोंक और क्रॉकरी जैसे नजुक सामग्री को पैकेजिंग के लिए उपयोग करना, बायोडिग्रेडेबल कटलरी, कागज और काईबोर्ड बनाने में प्रयोग आदि। तीन सर्वश्रेष्ठ प्रविष्टियों को नकद पुरस्कार से सम्मानित किया गया। प्राचार्य डॉ. निशा भार्गव ने इस पहल के माध्यम पर प्रकाश डालते हुए कहा कि पराली जलाने से होने वाला प्रदूषण लोगों के स्वास्थ्य और सूरक्षा के लिए खतरा है। उन्होंने जोर देकर कहा कि इस पर अंकुश लगाने के लिए व्यावहारिक, प्रभावी और स्थायी समाधान खोजना महत्वपूर्ण है। प्रतियोगिता के संचालक हैं: प्रथम: मुस्कान लांबा (एमए इकोनॉमिक्स कक्षा) द्वितीय: भाविका मेहता (बीएससी कक्षा) तृतीय: धनु (बीकॉम कक्षा) संतवना: सिमर (बीए कक्षा), यशिका (बीकॉम कक्षा)

## A11. WORLD ENERGY CONSERVATION DAY CELEBRATION ON DECEMBER 14, 2021

**Number of participants:** 35 students

### Objectives:

- To spread awareness about the importance of energy efficiency and conservation.
- To encourage students to come up with their innovative ideas in terms of energy efficiency and its conservation.

**Context:** Energy conservation is an effort made to reduce the consumption of energy by using less of an energy service. This can be achieved either by using energy more efficiently (using less energy for a constant service) or by reducing the amount of service used (for example, by driving less). Energy can be conserved by reducing wastage and losses, improving efficiency through technological upgrades and improved operation and maintenance.

**Practice:** A collage making competition was organized for undergraduate students on the theme 'Save Energy, Save Future' by Innovation Council 4.0 in collaboration with Renewable Energy committee and Department of Physics of Mehr Chand Mahajan DAV college for Women, Sector 36, Chandigarh. The participants



mentioned several ways for minimizing the use of energy for a better healthy environment. Students pointed that natural light, wind energy, solar energy, plantation, carpooling, using bicycle for short distance commuting, switching off unnecessary electrical appliances, and many more methods can make a path for the green Earth.

**Evidence of Success:** 35 students of B.Sc. Medical, Non-Medical and Computer Science & Applications participated in this competition and shared their innovative ideas

for saving energy and protecting the environment for future generations. Garima of B.Sc. III Non-Medical, Umang of B.Sc. III Non-Medical and Shreya of B.Sc. I Non-Medical got first, second and third prizes respectively.



## **A12. WORLD WETLANDS DAY CELEBRATION ON FEBRUARY 02, 2022**

**Number of participants:** 15 teaching and 10 non-teaching staff members

**Objective:** To spread awareness about wetlands and their conservation.

**Context:** The World Wetlands Day is celebrated on 2<sup>nd</sup> February every year to spread awareness about the importance of wetlands. The day also marks the date of the adoption of the Convention on Wetlands on February 2, 1971. The theme for this year's celebration of World Wetlands Day is 'Wetlands Action for People and Nature'. It is an appeal to all segments of society to save the wetlands from disappearing and to restore the degraded ones.

**Practice:** MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology organized screening of Documentary 'Wetlands and Sarus cranes' on 02.02.2022 to celebrate World Wetlands Day. Teaching and non-teaching members of department of



## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

Botany, Chemistry, Physics and Zoology watched the documentary. The documentary highlighted that the main threat to the Sarus crane in India is habitat loss and degradation due to draining of the wetland and conversion of land for agriculture. The landscape of its historic range is rapidly changing due to construction of highways, housing colonies, roads, and railway lines. More recently, many deaths have been recorded due to collision with power lines. Also, due to the increase in agricultural land, Sarus cranes are left with no choice but to forage in these fields, and as a result ingest pesticides, which lead to poisoning. WWF-India has played an instrumental role in setting up the Sarus Crane Conservation Committee in Uttar Pradesh. It also assists the state in developing projects to enhance Sarus crane conservation initiatives.

**Evidence of success:** The participants understood the importance of wetlands in maintaining many natural cycles and supporting a wide range of biodiversity.



### A13. WORLD FOREST DAY CELEBRATION ON MARCH 22, 2022

#### SCREENING OF DOCUMENTARY ON 'WORLD FOREST DAY'

**Number of participants:** 52 students and 02 teachers

**Objective:**

- To raise awareness about the importance of the conservation and sustainable management of forests.

**Context:** The World Forest Day is celebrated to raise awareness about the importance of all types of forests. The theme for this year is 'Forests and Sustainable Production and Consumption'. Sustainable management of forests and wise use of their resources help in combating climate change, and contribute to the prosperity and well-being of current and future generations. Creating awareness about saving this gift of Nature with unparalleled utility is a challenging task and requires constant efforts.



**Practice:** Keeping in mind the impact of visual learning on young minds, a documentary based on forest conservation, and preventing forest fires was projected to the students of B.Sc. II Medical. After that, there was a discussion session regarding the need of forests to continue sustainability and survivability of the ecosystem. 52



students participated enthusiastically in the event.

**Evidence of Success:** The students understood that sustainable management of forests can help address climate change and biodiversity crisis.

#### A14. WORLD WATER DAY CELEBRATION ON MARCH 22, 2022

#### SCREENING OF VIDEO MESSAGE ON 'WATER CONSERVATION' TO CELEBRATE 'WORLD WATER DAY'

**Number of participants:** 50 students and 03 teachers

**Objective:** To spread awareness about water conservation.

**Context:** Water is the basis of existence of life on the Earth. Many parts of the world are facing extreme water scarcity. In the current scenario, it is important to understand the importance of water conservation.

**Practice:** The Department of Zoology organized screening of video message which was prepared by Ms. Diksha, Ms. Harnoor, Ms. Garima and Ms. Ananya Tangri B.Sc. III Medical. The video message emphasized upon the vitality of natural water resources by showing the statistics of rapidly decreasing availability of water. The methods of conserving water bodies and different measures being adopted by the government and various NGOs were highlighted during the discussion session after the presentation.

**Evidence of Success:** The interactive session motivated the students to contribute towards water conservation by spreading awareness in the society.



## ORGANIZING AWARENESS PROGRAMMES

### **B1. DEBATES AMONG COLLEGE STUDENTS ON ENVIRONMENTAL ISSUES**

#### **i. ONLINE DEBATE ON THE THEME 'CAN ALTERNATIVE ENERGY RESOURCES REPLACE FOSSIL FUELS?'**

**Date:** 04 January, 2022

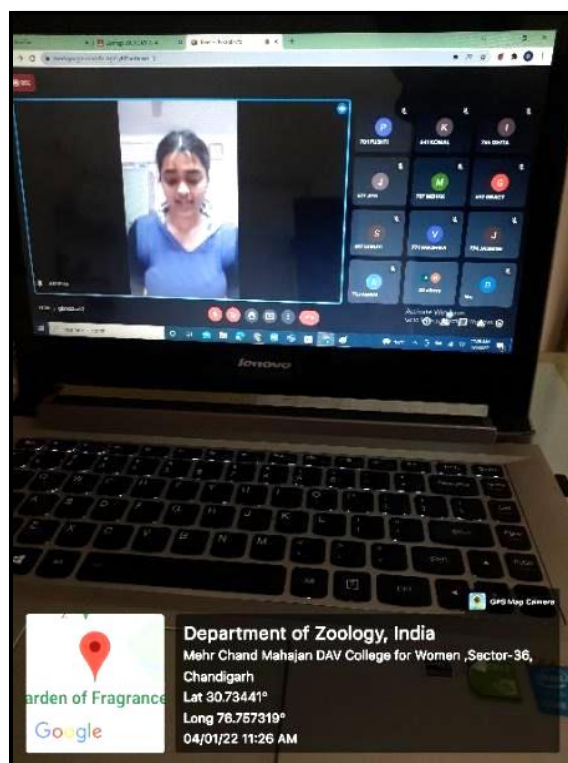
**Number of participants:** 46

**Objectives:**

- To understand the importance of energy conservation.
- To target specific ways that can help in energy conservation efforts.

**Context:** Fossil fuels are non-renewable resources that are created deep down within the Earth's surface over the course of millions of years. We are using them so fast that they will eventually become exhausted. Thus, fossil fuels need to be replaced by alternative energy sources.

**Practice:** Department of Zoology in collaboration with Renewable Energy Committee and MCM Eco-club 'Parivesh' organized an online debate on the theme 'Can Alternative Energy Resources Replace Fossil Fuels?' on 04.01.2022. During this one-hour session, four students of B.Sc. I Medical presented their views on the theme. Ishita highlighted the reasons to replace fossil fuels with alternative sources of energy so as to prevent future generations from the energy crisis and to control ever-rising carbon emissions. Isha expressed her concern over clearing up of huge forest lands which causes threat to wildlife. Ankita explained how fossil fuels powered the industrial revolution and shaped the modern world. Komal explained the harmful effects of the emissions from fossil fuels.



**Evidence of**

**Success:** All the participants were students of B.Sc. I Medical. The students came to know how fossil fuels are severely damaging our environment. Open house



discussion after the debate kept the audience engaged while shaping new sets of opinions.

**ii. ONLINE DECLAMATION CONTEST ON THE THEME 'IS ANIMAL TESTING JUSTIFIED?'**

**Date:** 26 February, 2022

**Number of participants:** 30

**Objective:** To provide a platform to students to understand the pros and cons of animal testing.

**Context:** The use of animals in scientific research has long been the subject of heated debate. On the one hand, they are crucial for allowing scientists to learn more about human biology and health, and for developing new medicines but on the other hand it is considered morally wrong to use animals in this way solely for human benefit.

**Practice:** Department of Zoology in collaboration with MCM Eco-club 'Parivesh' organized an online declamation contest on the theme- 'Is animal testing justified?' on 26.02.2022 as a part of Science week celebration sponsored by Department of Science and Technology & Renewable Energy, Chandigarh Administration. Students of undergraduate and postgraduate courses were motivated to participate and send their entries in the form of video recordings. 30 participants from various colleges sent their declamation recordings and presented their arguments for and against the use of animals in the laboratory. The first, second and third prizes were bagged by Himani Chandel (Sri Guru Gobind Singh College, Sector-26, Chandigarh), Bhavika Mehta

## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

(Mehr Chand Mahajan DAV College for Women, Sector-36, Chandigarh) and Naitik (Post Graduate Government College for Girls, Sector-11, Chandigarh) respectively. All the participants were given participation certificates. Winners were awarded with cash prizes.

**Evidence of Success:** Students came to know about advantages and disadvantages of using animals in research experiments.

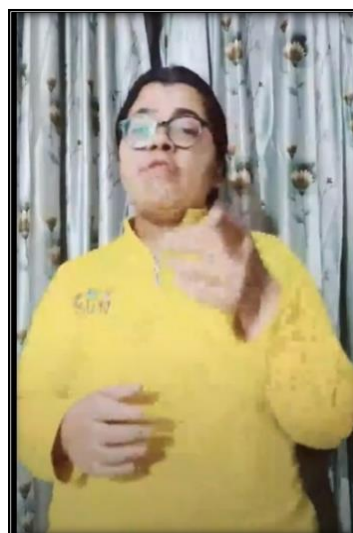
PRIZE	NAME OF THE PARTICIPANT	CLASS	INSTITUTION	VIDEO LINK
First (Rs. 1500/-)	Himani Chandel	B.Sc. III Medical	Sri Guru Gobind Singh College, Sector-26, Chandigarh	<a href="#">Link 1</a>
Second (Rs. 1000/-)	Bhavika Mehta	B.Sc. II Non-medical	Mehr Chand Mahajan DAV College for Women, Sector-36, Chandigarh	<a href="#">Link 2</a>
Third (Rs. 500/-)	Naitik	B.Sc. III Non-medical	Post Graduate Government College for Girls, Sector-11, Chandigarh	<a href="#">Link 3</a>



**First Prize**  
Himani Chandel



**Second Prize**  
Bhavika Mehta



**Third Prize**  
Naitik

## B2. POPULAR TALK ON ENVIRONMENTAL ISSUES BY EXPERT/S

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

**Date:** 19 April, 2021

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

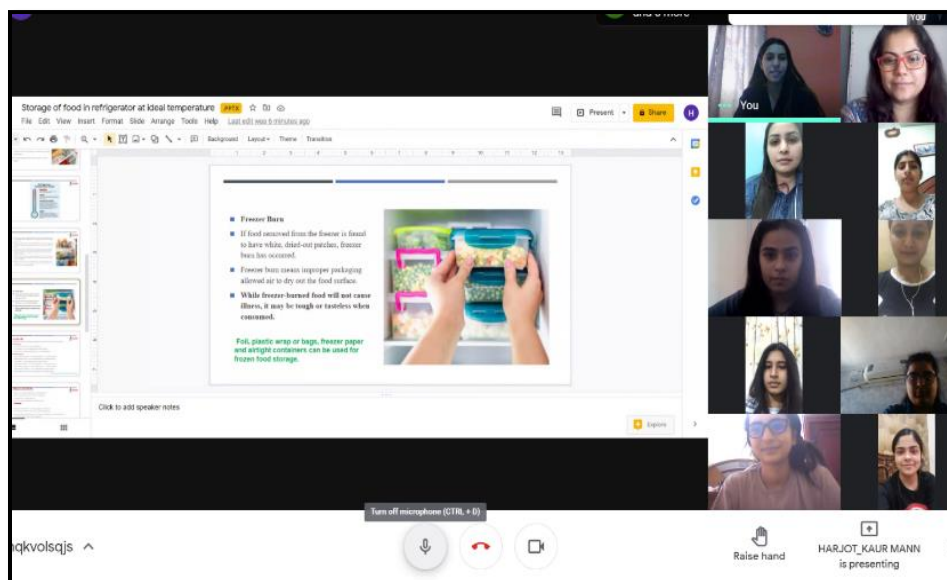
**Objective:** To sensitize students about purchase and storage of perishable food items such as fresh fruits, vegetables etc. to maximize their shelf life and retain organoleptic qualities.

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

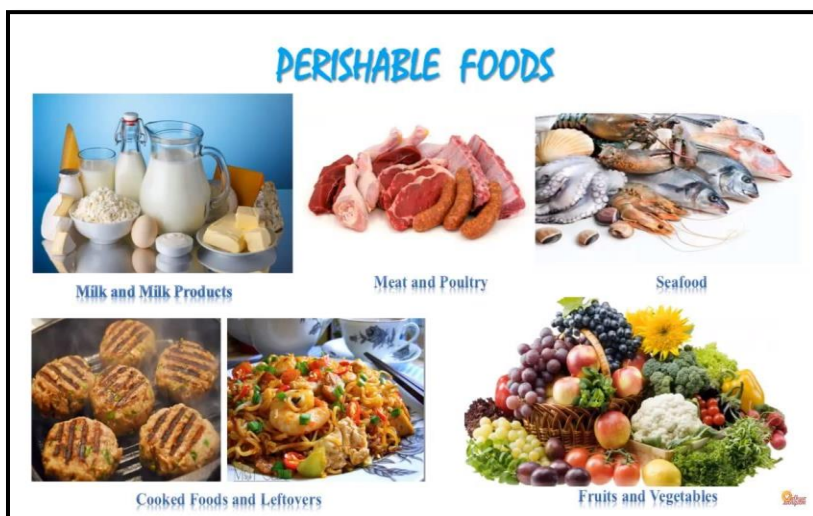
**Context:** 'Perishable' is a term used in the context of food that goes bad quickly. Perishable foods, such as fruits and vegetables, dairy, fish, and meat products, have a limited shelf life after harvest or production. If not kept at proper temperature, they get spoilt and become unmarketable or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

## ii. ONLINE WORKSHOP ON ECO-FRIENDLY GIFT PACKAGING AND WRAPPING

**Activity coordinator:** Dr. Shafila

**Date:** 04 May, 2021

**Number of participants:** 78

**Objective:** To promote usage of environment friendly material for gift wrapping and packaging to reduce plastic pollution

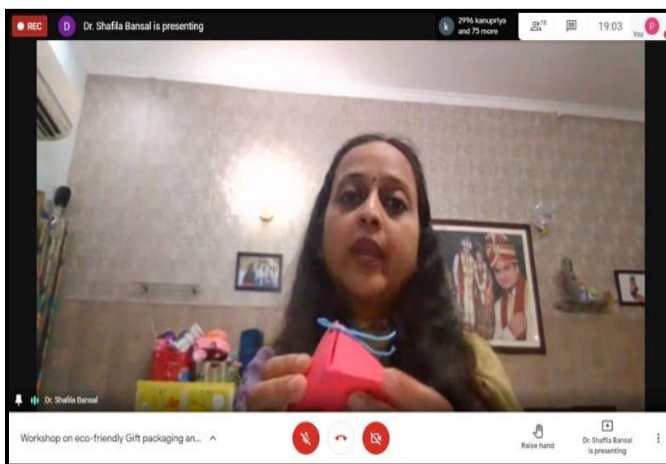
**Context:** The most obvious form of pollution associated with plastic packaging is wasted plastic sent to landfills. Plastics are very stable and therefore stay in the environment for a long period after they are discarded. Plastics put a big chemical burden on the environment. Plastic pollution ends up covering the water surface leading



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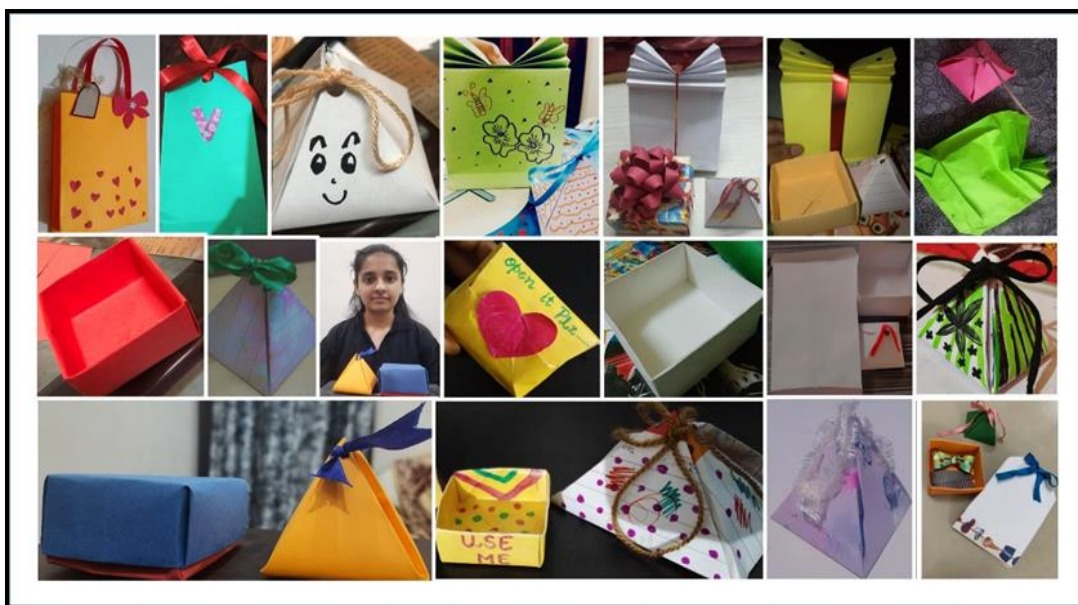
to the impermeability of air to the aquatic biomasses. Every year millions of marine animals die because of plastic pollution. Therefore, promotion of eco-friendly alternatives of plastic wrappings and packaging is imperative.

**Practice:** Keeping in view the environmental impacts of plastic boxes for gift packaging and plastic wrappings, Department of Environment Science of the college in collaboration with MCM Eco-club organized an online workshop on eco-friendly gift packaging and wrapping ideas. Over 78 students



from various streams of the college participated enthusiastically. During the workshop, Dr. Shafila demonstrated numerous attractive eco-friendly ideas on gift packaging. She promoted the use of handmade papers, recycled papers, newspapers as a substitute for non-biodegradable plastic wrappings. Participants learnt various ways of making paper boxes and paper bags as an alternate of plastic boxes for gifts packaging.

**Evidence of Success:** Students enrolled for the workshop and actively participated in learning the eco-friendly ways of gift wrapping and packaging. Participants showed their creativity and shared the pictures of their handmade products.



### iii. WEBINAR ON ENVIRONMENTAL IMPACTS OF PLASTIC CUTLERY AND ITS ECOFRIENDLY ALTERNATIVES

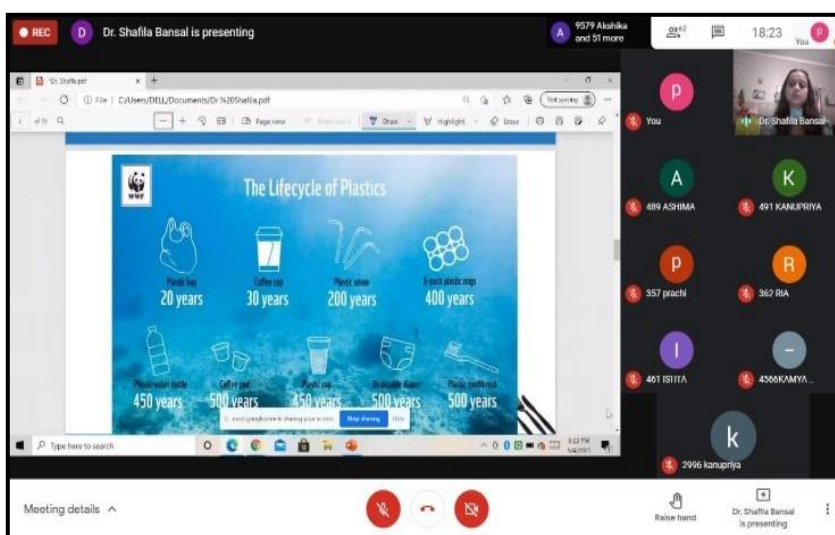
**Date:** 06 May, 2021

**Number of participants:** 62

**Objectives:** To promote usage of environment friendly cutlery during parties and weddings as an alternative to plastic cutlery

**Context:** Plastic cutlery is everywhere, and most of it can be used only once so comes under single use plastic. Plastic cutlery items can't be recycled easily, even when made from good quality recyclable plastic. Like other plastic items such as bags and bottles, cutlery can take centuries to break down naturally, giving the plastic waste ample time to work its way into the environment. Moreover, some of these small plastic cutleries such as spoons and forks can be ingested accidentally by marine life leading to their death. Every year millions of marine animals die because of plastic cutlery pollution. Therefore, the promotion of eco-friendly alternatives of plastic cutlery is imperative.

**Practice:** Keeping in view the environmental impacts of plastic cutlery used in parties and weddings, Department of Environment Science of the college in collaboration with MCM Eco-Club organized a webinar on



'Environmental Impacts of Plastic Cutlery and its Ecofriendly Alternatives'. Over 62 students from various streams of the college participated enthusiastically. During webinar, Dr. Shafila highlighted properties of plastic, its types, role and usage of plastic in our daily life, life cycles of various plastic items and impacts on environment with special emphasis on marine environment. The resource person discussed numerous

## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

reasons to refuse single use plastic and various ways to reduce plastic in our work place. Dr. Shafila made students aware about the availability of more eco-friendly and biodegradable cutlery options available in the market. The materials such as wood, rice husk, wheat husk, starch of vegetables and coconut wood etc. are better substitutes for plastic in designing cutlery.

**Evidence of Success:** Students attended the webinar and actively participated in the discussion on the topic. Participants shared their views and alternate methods to reduce the use of plastic cutlery in daily life. They learnt about the new ecofriendly options available in the market.

### iv. VIRTUAL WORKSHOP ON THE THEME “HOW FOOD RESIDUE CAN BE TURNED TO COMPOST?”

**Date:** 17 June, 2021

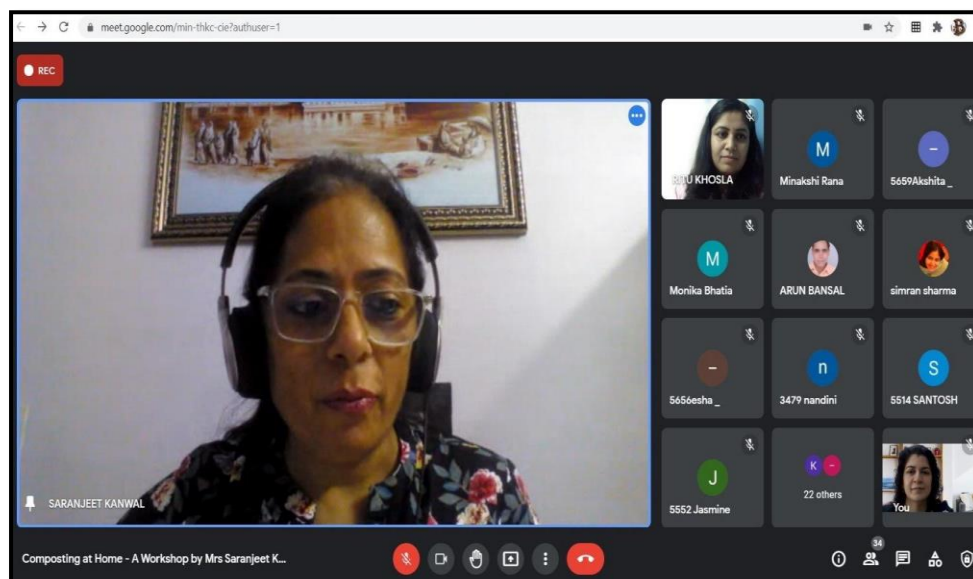
**Number of participants:** 50 students and 11 teachers

**Objective:**

- To give the participants a detailed background on composting.

**Context:** Food waste has unique properties as a raw compost agent. Composting is the natural process of decomposition and recycling of organic material into a humus rich soil known as compost. Compost benefits the environment and helps to improve the structure of soil to support healthy plants.

**Practice:** Ms. Saranjeet Kanwal, the Resource person from Bhavan Vidyalaya,



Chandigarh emphasized upon the importance of kitchen waste segregation and discussed four different ways to convert wet waste into black gold, the compost. She explained the process of vermicomposting followed by composting in pits, pots, and the method for converting compost into liquid fertilizer. She further discussed the benefits of compost in improving soil quality to promote healthy growth of plants.

**Outcome:** As many as 50 students and 11 teachers attended the workshop and learned about the methods of converting food residue into compost.

#### **v. AN ONLINE HANDS-ON WORKSHOP ON “PAPER RECYCLING, PAPER PENCIL MAKING AND SEED BALLS MAKING” TO MARK THE CELEBRATION OF ANNUAL FESTIVAL VAN MAHOTSAV**

**Date:** 17 July, 2021

**Number of participants:** 23

**Objectives:**

- To promote increased paper recovery and reuse by raising awareness about the importance of recycling
- To create awareness about the significance of plantation for a clean, green and healthy environment.

**Context:** Recycled paper produces 73% less air pollution than if it was made from raw materials. Recycling 1 ton of paper saves 17 fully grown trees, 60 pounds of air pollutants, 7000 gallons of water. So, paper recycling is important for environment conservation. It is not difficult to recycle paper, and the positive effects of recycling on the environment far outweigh the small effort needed to implement it. Also, the concept of seed balls is quite popular these days, especially for those areas which are not easily accessible.



**Practice:** Department of Environment Science under the aegis of Internal Quality Assurance Cell (IQAC) organized an online workshop on “Paper recycling, paper pencil making and seed balls making”. The workshop was open for the learners of all age groups. As many as 23 participants (aged 5 to 57 years) benefited from the workshop. Dr. Shafila demonstrated step-wise procedure of handmade paper making from waste papers, which could be used for various purposes like as a canvas for painting, making bookmarks, decorative envelopes etc. She also explained the steps for making paper pencils using the material normally available at home. Additionally, the concept of seeds ball making was introduced among the participants. Throughout the workshop, she highlighted the importance of 3 Rs for environment conservation.

**Evidence of Success:**

Participants enthusiastically learnt the process of paper recycling, paper pencil making and seed balls making and shared the pictures of items made by them.

**एमसीएम में पेपर रीसाइक्लिंग पर ऑनलाइन कार्यशाला**



चंडीगढ़ (अप्रैल)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन में पर्यावरण विज्ञान विभाग ने आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ के तत्वावधान में वार्षिक वन महोत्सव के उपलक्ष्य में 'पेपर रीसाइक्लिंग, पेपर पेंसिल मेकिंग एंड सीड बॉल्स मेकिंग' पर एक ऑनलाइन व्यावहारिक कार्यशाला का आयोजन किया। कार्यशाला का उद्देश्य रीसाइक्लिंग के महत्व के बारे में जागरूकता बढ़ाना और हरे-भरे स्वस्थ वातावरण के लिए वृक्षारोपण के महत्व के बारे में जागरूकता पैदा करते हुए कागज के पुनः उपयोग में वृद्धि को बढ़ावा देना था। कार्यशाला का संचालन पर्यावरण विज्ञान विभाग से डॉ. शफीला ने किया। डॉ. शफीला ने बेकार कागजों से हस्तनिर्मित कागज बनाने की चरण-वार प्रक्रिया का प्रदर्शन किया, जिसका उपयोग विभिन्न उद्देश्यों जैसे पेंटिंग के लिए कैनवास, बुकमार्क बनाने, सजावटी लिफाफे आदि के लिए किया जा सकता है। उन्होंने घर पर सामान्य रूप से उपलब्ध सामग्री का उपयोग करके पेपर पेंसिल बनाने के चरणों के बारे में भी बताया। इसके अतिरिक्त, प्रतिभागियों को सीड बॉल बनाने की अवधारणा से परिचित कराया गया। पूरी कार्यशाला के दौरान, डॉ. शफीला ने पर्यावरण संरक्षण के लिए '3 आर' यानी रिड्यूस, रीयूज और रीसाइकिल के महत्व पर प्रकाश डाला। प्रतिभागियों ने उत्साहपूर्वक कागज के पुनर्चक्रण की प्रक्रिया को सीखा और पर्यावरण संरक्षण के लिए ऐसे उपायों को अपनाने का संकल्प लिया।

## vi. ONLINE SESSION ON 'INTRODUCTION TO BIRDING'

**Date:** 05 August, 2021

**Number of participants:** 50 students & 02 teachers

### Objectives:

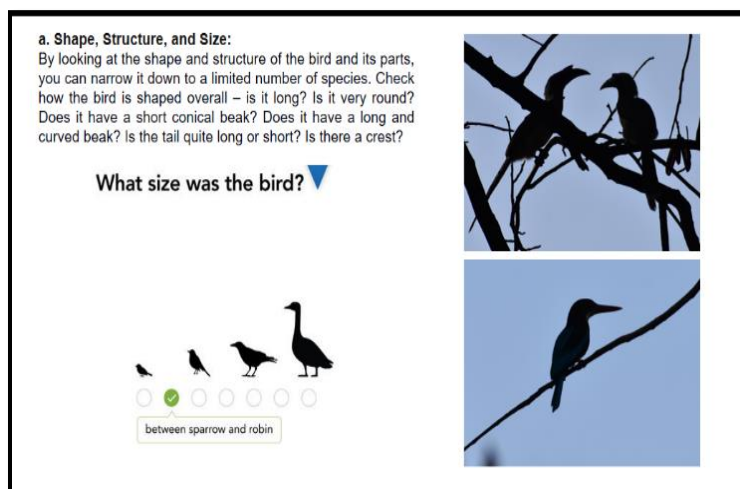
- To introduce birding as a hobby
- To help students observe and identify birds in the college campus

**Context:** Birding or bird-watching involves the observation and identification of wild birds in their natural habitat. Birding is a low-cost hobby that requires only three things to get started- bird guide, binoculars and positive attitude. A number of websites and mobile apps also help with bird information, and may offer assistance in species identification.

**Practice:** The team of the Department of Zoology has been involved in recording different birds in the college premises for the last 8 months and has identified around 45 bird species. Ms. Kadambari Pathania gave a



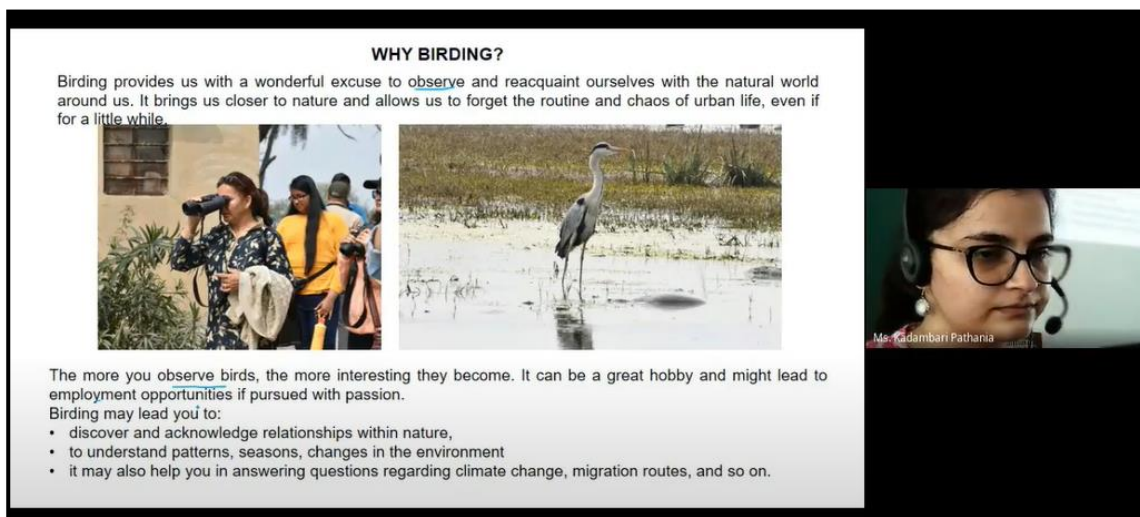
presentation on 05 August, 2021 on the topic of birding and motivated the students to



participate in recording the on-campus avian fauna. Students were told about the various ways in which they can identify birds using visual and audio cues and were advised to inculcate the skill of being patient when observing birds in their natural habitat.

**Evidence of Success:** 50 students of B.Sc. II Medical participated in this activity. A few students started photographing and observing the birds in the campus and at their homes, and showed interest in learning ways for identifying birds around them.

The department is planning to organize a bird walk for the students to extend the knowledge given through this session.



### **B3. PUPPET SHOW/ NUKKAD NATAK/ DRAMAS**

#### **AWARENESS ON SOLID WASTE MANAGEMENT THROUGH ONLINE PUPPET SHOW**

**Date:** 14 January, 2022

**Number of participants:** 50 students

**Objective:** To understand the problems caused by solid waste and to propose solutions for its management.

**Context:** Managing solid waste is a great step to a sustainable lifestyle. The puppet show was a small initiative to spread awareness regarding management and reduction of solid waste.

**Practice:** Department of Zoology and members of MCM Eco-club 'Parivesh' organized an online Puppet show on 'Solid Waste Management' prepared by students of B.Sc. III Medical. The show highlighted the types of solid waste, the right dustbins to be used



i.e. green for wet waste and blue for dry waste, and the principle of 3Rs i.e. reduce, reuse and recycle to make our Earth clean and green. Various methods of waste disposal such as sanitary landfill, incineration and composting were elaborated. The students were encouraged to practice the methods of solid waste management at source and also to spread awareness about the same.



**Evidence of success:** The participants enjoyed the puppet show and learned the practices of solid waste management.

**Video Link:** <https://drive.google.com/file/d/1dhzdQw-nimbQJKy89FZhKdVVzr6NgLVQ/view?usp=sharing>

#### **B4. PAINTING/DRAWING/POSTER/OTHER COMPETITIONS ON ENVIRONMENTAL ISSUES**

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

**Date:** 19 April, 2021

**Number 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.

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

Submitted by: Nafasha (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


**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).



**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.

Name- Pinkey 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.
- 10) Take a print on the paper only when it is necessary.
- 11) Printers, scanners etc should be kept off until required.
- 12) Buying energy star certified appliances.
- 13) Use smaller TV, big screen TV consumes more power.
- 14) Garden on terrace( if possible), it will reduce the burden on the air conditioner.
- 15) Don't put hot items directly in the fridge. Avoid it.
- 16) Use electronic regulator for the fan.
- 17) Do not keep door of the fridge open for longer time.
- 18) Using washing machine at full load.
- 19) Use lids over pan while cooking.
- 20) Use solar power heater and solar panel for heating.
- 21) Wet grinding is faster than dry grinding in the mixer.
- 22) Using flat bottom pans for cooking.
- 23) Turn off the electric stove sometime before the specified time.
- 24) Use induction heater in place of normal heater for cooking.

## **ii. POSTER MAKING ACTIVITY ON THE TOPIC 'CONTROL THE BASS OF MUSIC SYSTEMS BECAUSE IT CAUSES NOISE POLLUTION'**

**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 13<sup>th</sup> May 2021. The students of M.Sc. I and M.Sc. II

Mathematics participated in the event. With relevance to the theme, participants chose 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.



### iii. GREEN DIWALI CELEBRATION

**Date:** 26 October 2021

**Number of Participants:**

- Slogan writing competition- 17
- Diya decoration competition- 23
- Card making competition- 33

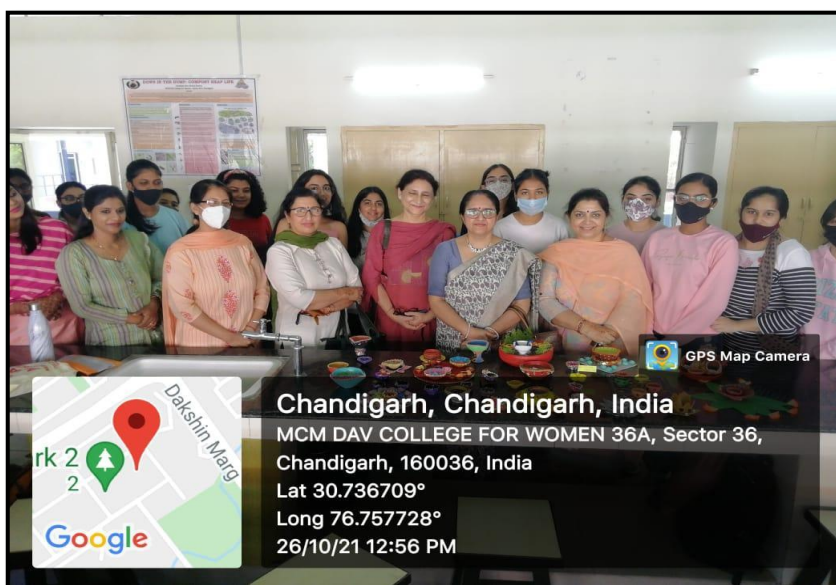
**Objectives:**

- To promote the concept of an eco-friendly Diwali
- To create awareness among students and sensitize them towards building pollution free environment.

**Context:** Diwali certainly brings spiritual calmness to people but the festival is becoming one of the major problems for the environment due to the carelessness of the people all around. It's high time that we recognize the problem and build a roadway to make a healthy and balanced environment. Green Diwali is a way of celebrating the festival of lights with minimum damage to the environment.

**Practice:** MCM Eco-Club in collaboration with Character-building committee of the college celebrated

Green & Safe Diwali. As many as 73 students from different streams participated enthusiastically and showcased their creativity in Slogan writing, Diya decoration and Card making competitions. Mrs.



Suman Mahajan & Mrs. Vandana Syal (Members, Advisory Committee of Character-building committee) were invited as judges for the above said events.

**Outcome of the event:** Participants spread the message of eco-friendly Diwali celebration through creative slogans relevant to the theme of Green and Safe Diwali.

## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

They prepared beautiful Diwali cards for brave soldiers at the border. They also decorated eco-friendly diyas with creative and innovative ideas. The event successfully spread the message of returning to our traditional ways to celebrate the auspicious day.

### RESULTS

Activity	Name of the participant	Prize	Roll No.	Class
Slogan Writing	Ojaswani	First	2969	BA II
	Himani Sharma	Second	8701	MSc I Chemistry
	Zoha Mufti	Third	2216	BA I
Diya Decoration	Annanya Mahajan	First	1198	BSc III Medical
	Harshita Rathi	Second	2965	BA II
	Tanya	Third	7116	BA III
	Paramjeet Kaur	Third (Bracketed)	3072	BA II
	Tannu	Consolation	3171	BA II
	Mahakpreet	Consolation	2763	BA II
Card Making	Ankita Saini	First	270	BSc II Medical
	Riya Badhera	Second	1904	BA I
	Varnika Malik	Third	1353	BSc III Non-Medical
	Yavneeka Gautam	Consolation	6767	BA I



#### iv. ANTI CRACKER CAMPAIGN ON THE THEME 'SWACHH DIWALI- GREEN DIWALI

**Date:** 01 November, 2021

**Number of Participants:**

- Poster/Card making competition- 33
- Slogan writing competition- 17

**Objectives:**

- To promote the concept of an eco-friendly Diwali
- To create awareness among students and sensitize them towards building pollution free environment.



**Context:** Diwali certainly brings spiritual calmness to people but the festival is becoming one of the major problems for the environment due to the carelessness of the people all around. It's high time that we recognize the problem and build a roadway to make a healthy and balanced environment. Green Diwali is a way of celebrating the festival of lights with minimum damage to the environment.

**Practice:** MCM Eco-Club in collaboration with Character building committee of the college organized Poster/Card making and slogan writing competitions as a part of Anti-cracker campaign. As many as 50 students from different streams participated enthusiastically in both the activities and showcased their creativity.



**Outcome of the event:** Participants spread the message of eco-friendly Diwali celebration through creative posters, cards and slogans relevant to the theme of Swachh and Green Diwali. The event successfully spread the message of returning to our traditional ways to celebrate the auspicious day.

**B5. CREATING GREEN CORNERS IN THE SCHOOLS DISPLAYING ENVIRONMENTAL RELATED MATERIALS SUCH AS HERBARIUM, SEEDS, DRY ROOTS, ETC.**

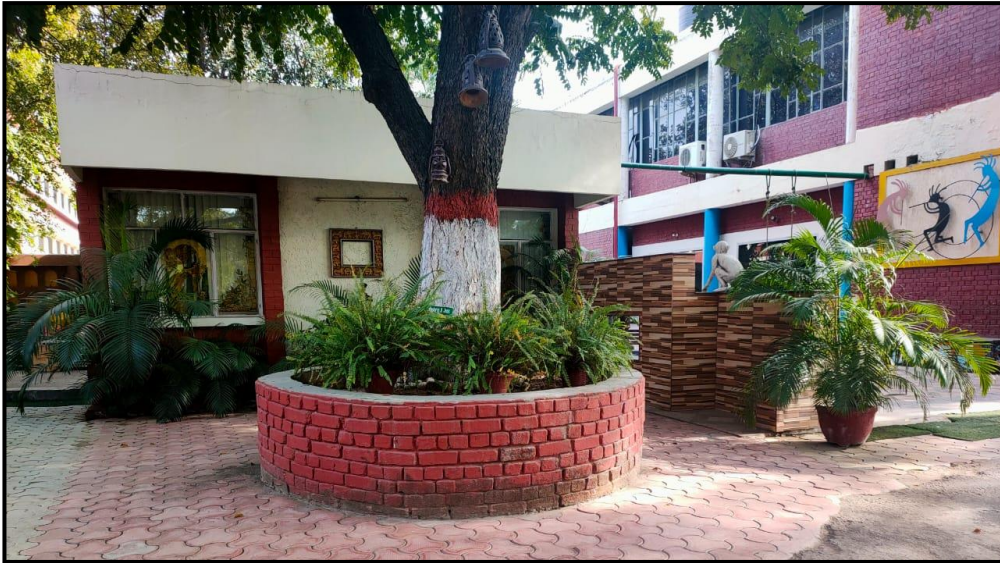


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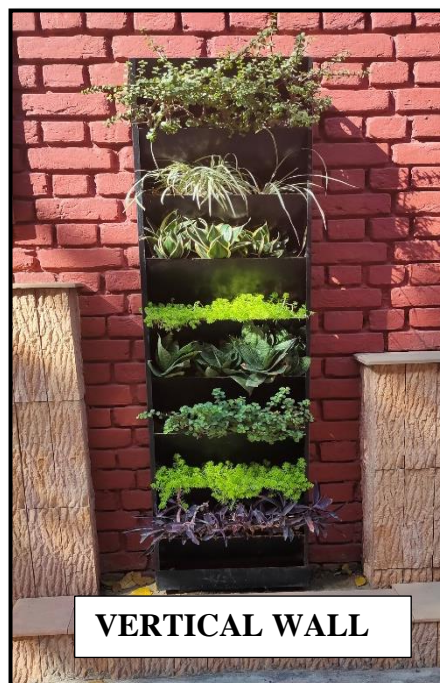


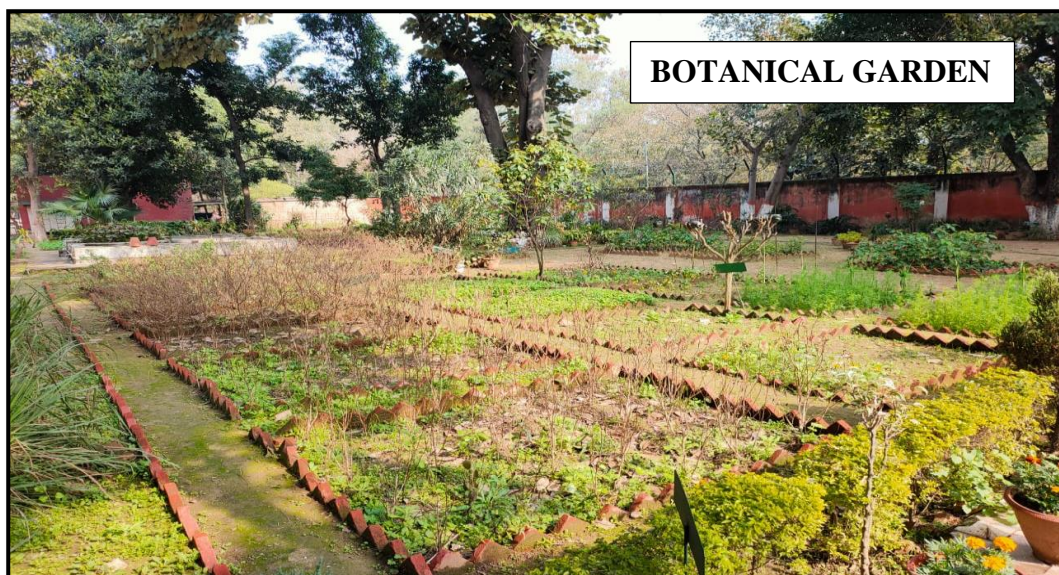


## II. VISIBLE ENVIRONMENTAL IMPACTS AT COLLEGE

### 1. ESTABLISHMENT & MAINTENANCE OF COLLEGE GARDEN (VEGETABLE/ MEDICINAL/ FLOWER/ FRUITS)

Our college has a magnificent green cover area. Besides the splendid and sprawling lawns, the entire college has a tree cover and flower beds having a diverse variety of ornamentals and greens and a well-developed Botanical Garden. The Botanical Garden has different varieties of herbal and medicinal plants as well as Biodiversity Pond, vertical walls and artificial forest. Another feature, Organic Farming has been introduced under sustainable practices. The gardeners have been deputed at the designated areas for regular maintenance of the green campus.







**ORGANIC FARMING**



**ORGANIC FARMING**



**ARTIFICIAL FOREST**



**ARTIFICIAL FOREST**

## 2. PLANTING AND NURTURING OF TREES IN COLLEGE

### I. VAN MAHOTSAV CELEBRATION ON JULY 01, 2021

**Number of participants:** 15

**Objective:**

- To engage and inspire students and staff of the college as well as residents of Village Badheri to plant saplings of native fruit varieties, air purifying plants as well as medicinal plants at their houses or at community spaces.

**Context:** Van Mahotsav is an annual tree planting festival in India, celebrated in the first week of July. This festival is organized to encourage the people to support tree plantation. To mark the celebration, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of MCM Eco-Club celebrated Van Mahotsav by planting fruit bearing, medicinal and air purifying plants.

**Practice:** The event kick started with the plantation drive that was organized by the NSS Units in collaboration with Horticulture and Landscaping Committee of the College and State Bank of India. During the event, Principal Dr Nisha Bhargava along with NSS Programme Officers- Dr Pallvi Rani and Dr Purnima Bhandari, Coordinator of Horticulture Committee- Dr Pooja Sharma, Coordinator of Landscaping Committee- Dr Seema Kanwar, Ms Manpreet Kaur (Manager) and Ms. Vibha from State Bank of India, Sector 36-A, Chandigarh planted saplings of air purifying plants such as *Ficus*, medicinal plants such as Ashwagandha, and fruit bearing trees such as lemon in New Building Area of the College.

Besides, NSS Volunteers along with NSS Programme Officers Dr Pallvi Rani and Dr Purnima Bhandari planted saplings of fruit bearing trees like lemon, kathal, Anar, Amrud, Jamun, Mausami and air purifying plants such as *Ficus* procured from Department of Forest & Wildlife, UT Administration, Chandigarh in the premises of Government Model High School and Anganwadi Multiple Complex, Sector 41-D, Village Badheri, Chandigarh (U.T.). The event was graced by the presence of Mr Hardeep Singh Butrela - Counsellor, Mrs Sanjogita- Headmistress, Govt. Model High School, and Mrs. Parvinder Kaur, Area supervisor, Aanganwadi Multiple Complex, Sector 41-D, Village Badheri, Chandigarh.

**Evidence of Success:** Volunteers learned about benefits of various plants and promised to take care of saplings that were planted.



## **ii. NUTRI-GARDEN PLANTATION DRIVE TO CELEBRATE NATIONAL NUTRITION WEEK DURING THE POSHAN MAAH**

**Date:** 07 September, 2021

**Number of participants:** 20

**Objective:**

- To spread awareness about the nutritional and medicinal value of common plants

**Context:** In India, the National Nutrition Week is observed every year from September 1 to September 7 to raise public awareness about nutrition and healthy eating habits. The week is observed to make people understand the importance of nutritional and adaptive eating habits so that they can maintain a healthy lifestyle. Majority of the plants hold a remedy to many kinds of ailments as they contain a large number of nutrients. There is just a need to identify and harness these resources for a healthy living.

**Practice:** A plantation drive for Poshan Vatika (Nutri Garden) was organized by the Department of Botany under the aegis of MCM Eco Club on 07.09.2021 to celebrate National Nutrition Week. Fruit trees and medicinal plants were planted in different areas of the campus. The drive was initiated with the plantation of a fruit tree sapling by worthy Principal, Dr. Nisha Bhargava. Thereafter students and faculty members planted saplings of plants with nutritional value in different areas of the campus. In all, 20 people including students, faculty members and gardeners took part in the drive.

**Evidence of Success** The students expressed their keenness to prepare nutri-gardens and enthusiastically participated in the drive.



## एमसीएम में राष्ट्रीय पोषण सप्ताह मनाया

चंडीगढ़/विज: मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने भारत



सरकार के पोषण अभियान कार्यक्रम के तत्वावधान में राष्ट्रीय पोषण सप्ताह मनाया, जिसमें दो अलग-अलग कार्यक्रमों का आयोजन किया गया। जिनका उद्देश्य लोगों को पोषण के

महत्व और स्वस्थ जीवन शैली के बारे में शिक्षित करना था। एक कार्यक्रम में, कॉलेज ने फीनिक्स साइंस क्लब, पुडुचेरी के सहयोग से 'भरण-पोषण' विषय पर एक राष्ट्रीय ई-सेमिनार का आयोजन किया। राष्ट्रीय पोषण सप्ताह के थीम को ध्यान में रखते हुए फीडिंग स्मार्ट राइट फ्रॉम स्टार्ट (Feeding smart right from start) विषय पर ई-सेमिनार में प्रतिभागियों को पौष्टिक तत्वों के महत्व और अनुकूल खानपान की आदतों के प्रति जागरूक किया गया ताकि एक स्वस्थ जीवनशैली को बरकरार रखा जाए। संगोष्ठी का उद्घाटन करते हुए, प्रधानाचार्या डॉ निशा भार्गव ने राष्ट्रीय परिवार स्वास्थ्य सर्वेक्षण 2019-20 के निष्कर्षों की ओर ध्यान आकर्षित करते हुए इस प्रयास के महत्व को बताया कि कई राज्यों में बाल कुपोषण की स्थिति बढ़ती जा रही है, और महिलाओं और बच्चों में लगातार बढ़ता एनीमिया चिंता का कारण बन गया है। उन्होंने कहा कि सक्रिय जीवन के लिए संतुलित आहार के महत्व के बारे में जागरूक बनाने के लिए इस तरह के सेमिनार होना अनिवार्य है।



In order to reduce water wastage, sprinklers are used in our college campus to maintain optimum level of soil moisture. Different areas of the college like the Front Lawn, the Arts block, the Sports block, the Science block as well as the Rishi Vatika area have lawns where water sprinkler system is being used on a regular basis. The campus has been divided into different zones and different time intervals have been allotted for watering. Water is sprinkled for 20-30 minutes thrice a week which ensures proper coverage of the area and reduces wastage.



### **3. WASTE MANAGEMENT THROUGH COMPOSTING/ VERMI-COMPOSTING/ RECYCLING**

#### **i. BIOGAS AND COMPOSTING**

Solid waste management is one of the most important issues concerning environment that must be thought about seriously to attain sustainable development of a society. Wet or biodegradable waste are typically the greatest component of a waste stream, take the highest disposal cost and have the highest potential to emit greenhouse gases in landfills. Hence, there is need to adopt a sustainable waste management system to reduce the burden on the municipality for proper handling and disposal of the waste. With this objective in mind, MCM DAV College for Women, Chandigarh started an innovative program to manage different types of wet waste generated in the campus by using comprehensive, scientific and environment-friendly approaches to decentralize solid waste management practices.

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Anaerobic digestion (AD) is a controlled biological degradation process which is a promising method to manage the wet waste to convert it into methane and CO<sub>2</sub>. Under the aegis of RUSA, the construction of a biogas plant and compost units was started in the campus in September, 2017. The purpose of this initiative was to manage all the leftover and raw food waste generated in the college hostels and campus. The hostel messes along with other food kiosks in the campus generate around 80 kg of solid food waste per day.

The size of the biogas reactor is 5 cubic meter which is of sufficient capacity to utilize all the solid food waste generated in the college. For the effective start of the functioning of biogas plant, initially, the plant digester is fed with fresh cow dung. The cow dung was procured from nearby Gaushala.



**Addition of Cow dung to Initiate the Production of Biogas**



Once the gas production started after 15 days, the feeding of food waste started on daily basis. Every day approx. 70-80 Kg food waste is collected from the mess as well as college campus and transported to the plant in big bins. The required quantity of water is mixed with the solid waste in the inlet tank. The food waste is homogenized using the manual agitator in the mixing tank. Feeding of the waste to the digester is done by opening the hole at the bottom of the mixing tank and discharged to the digester vessel for digestion.

The gas produced through methanogenesis in the digester is collected in the dome. At the top of the dome, a stop cock valve is provided. A flexible pipeline is connected to it up to the canteen kitchen of the college, where it is connected to the biogas stove.

Biogas is the most important alternative and useful energy source which is technically feasible and economically viable than other approaches. The biogas generated through this 'Waste to Energy' project is used for cooking purpose in the college canteen.



## **ii. COMPOSTING UNITS**

After the digestion, the digested slurry coming out of the digester in the outlet tank is the rich fertilizer. The digested slurry flows to the outlet drain through the overflow opening in the outlet tank of biogas plant. Outlet drains are connected with composting pits constructed at the pullet of the digester. The slurry flows to the composting pits to augment the degradation of garden waste added in the composting pits.



### **The digested slurry flows to the Composting Units**

Under the aegis of Rashtriya Uchchatar Shiksha Abhiyan (RUSA), three composting units of dimensions 10 by 15 feet were constructed. This initiative was taken under Swachh Bharat Abhiyan where main aim was to recycle the green waste (i.e. plant litter) generated in the college campus into manure, which could be further utilized for gardening purpose.



### **Mixing of Digested Slurry from Biogas Reactor with Garden Waste**

Every day about 30-40 kg green waste generated in the college is fed to the composting units which is then mixed with the digested slurry. The slurry flowing to the composting pits is not only improving the nutritive value of the manure generated but also augmenting the degradation of garden waste added in the composting pits.

Using these renewable practices, the college is converting solid wet waste into fertilizer and biofuel to extend the life of landfills, create economic and environmental benefits. This project is saving the money of the college for purchase of artificial market fertilizers and promoting the concept of organic farming. There is active participation of

faculty members, students, hostel/canteen staff and housekeeping staff in executing these solid waste management projects to ensure implementation of the 3R concept.

### **iii. VERMICOMPOSTING**

Two vermicomposting units were set up in 2012 for the decomposition of solid organic waste. Presently five such units are operational in the College campus.



**Vermiculture beds with cow dung under the sheds**



**The vermicompost**

#### iv. SEWAGE TREATMENT PLANT (STP)

Water is a limited resource in the environment and we need to reuse it. The procedure for removing contaminants from the sewage wastewater is called sewage treatment. During the treatment, sewage water undergoes the chemical, physical and biological procedure to remove these



contaminants and give out an environmentally safe treated effluent that can be used for various purposes. Considering this in our mind and to further strengthen the zero-waste policy of the college on waste management, a 50,000 Litres/day capacity Sewage Treatment Plant (STP) has been installed in the college campus with the primary objective to recycle liquid wastewater generated in the toilets of the academic and administrative block of the college. The treated water is currently being used for gardening purposes.



The STP plant briefly consists of: Collection tank, settling tank, Aeration tank, Sand filter, Activated Carbon filter, and Treated water collection tank. These units together with work to minimize the chemical and biological load of sewage water treatment on Municipal Corporation. The Sewage water from the toilets of the

academic and administrative block of the college is received through the underground pipe lines in the collection tank. Sewage is pumped to Bio reactor (Aeration tank). In

the Bioreactor the Sewage is digested by aerobic bacteria using sewage as food materials.

The above treated water is passed through the sludge settling tank. From here the sludge is separated and the water is collected in a separate collection tank. This water is then pumped to a sand filter and activated carbon filter. In the sand filter, suspended particles are removed. In the carbon filter, any odour in the treated water is removed. The filtered treated water is then pumped to the college Gardens through pipelines and used for the gardening purpose.

#### **4. PLUGGING OF LEAKING TAPS/ CHANGING LIGHT BULBS WITH COMPACT FLUORESCENT BULBS**

The Swachhta Committee of the college and members of MCM Eco-Club conducted a special drive to check water leakage from taps, pipes and water coolers at various spots of the college. Wherever found, the leakage was fixed in order to prevent wastage of water.

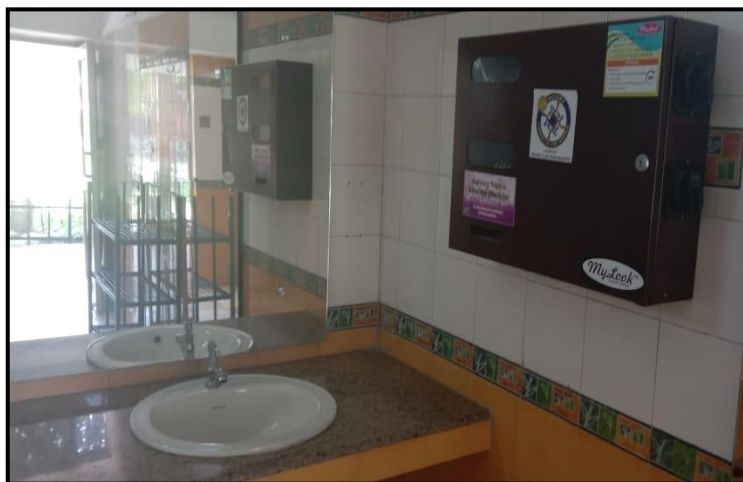
All the lights in the campus (administrative block, college, hostel and library) have been replaced by LEDs. In addition, four lights powered by in built solar panels have been installed in the science block.





### 5. PROPER USAGE AND MAINTENANCE OF TOILETS AT COLLEGE AND PROVISION OF CLEAN DRINKING WATER

The college ensures the availability of clean drinking water in hostel and college premises. The cleaning of all the water tanks in the college and hostel campus is done periodically. The contract for this work was given to the Chandigarh based crystal clean company in June, 2020. They followed a German based seven step technology for the same which includes- cleaning of surrounding areas, dewatering, high pressure cleaning by jet washer, sludge, vacuum cleaning, anti-bacterial sprays and ultraviolet treatment. The toilets meant for faculty as well as students are cleaned on regular basis by the contractual employees meant for this purpose. A coin operated sanitary pad vending machine has also been installed in staff and students' washrooms.







### III. COMMUNITY CAMPAIGN

1. ORGANIZING CYCLE RALLIES, MARCHES, STREET PLAYS, FOLK DANCE, EXHIBITION, DOOR TO DOOR CAMPAIGN, HUMAN CHAIN, DISTRIBUTION OF ENVIRONMENTAL MESSAGE PAMPHLETS

#### i. DENGUE AWARENESS CAMPAIGN

**Date:** 21 October, 2021

**Number of participants:** 94

**Venue:** Village Badheri, Sector 41-D, Chandigarh

**Objective:**

- To create awareness about the prevention of vector borne disease - Dengue

**Practice:** To control the spread of such vector-borne diseases, NSS volunteers of the College & MCM Eco-Club along with officials - Sh. Kulwant Singh, MPHS, and Sh. Subash Chander, MPH from Health Department, U.T. Chandigarh organized a Dengue Awareness Campaign in their adopted Village Badheri, Sector 41-D, Chandigarh on 21st October 2021 where volunteers along with their NSS Programme officers - Dr Pallvi Rani and Dr Purnima Bhandari visited 174 houses and sensitized residents about the preventive measures of controlling Dengue. The events included an awareness rally on dengue, cleaning of the residential and market area, closure of stagnant water, removal of broken containers, tyres and door to door inspection of coolers, trays behind refrigerators that serve as breeding grounds for vectors,

**ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022**

distribution of dengue awareness pamphlets to the residents and Nukkad Natak that highlighted the preventive measures of curbing the spread of Dengue. The campaign was carried out by following appropriate COVID-19 protocols.

**Evidence of Success:** Volunteers were successful in sensitizing the residents about the preventive measure that needs to be taken cumulatively to prevent the spread of Dengue.



## ii. ONE-DAY SPECIAL CAMPAIGN AGAINST SINGLE USE PLASTIC

**Date:** 21 October, 2021

**Place:** Village Badheri, Sector 41-D, Chandigarh

**Number of participants:** 94

### **Objectives:**

- To collect non-biodegradable single use plastic (bottles, spoons, covers, polyethene etc.)
- To encourage individuals to take a pledge against single use plastics
- To create awareness to keep the environment and surroundings clean

**Context:** Plastic, often referred to as disposable plastic, is commonly used in items like grocery bags, food packaging, bottles, straws, containers, cups etc. Several studies have revealed the deleterious Plastics take up to thousands of years to decompose and effects humans, flora and fauna adversely. The month of October is being observed as the cleanliness month under the Clean India Drive which aim at collecting more than 75 lakh tonnes of waste, primarily plastic waste, from different parts of the country. The project was launched as a tribute to Mahatma Gandhi. It is a nationwide campaign aiming to clean up the streets, roads, cities, and rural areas.

**Practice:** As part of celebration of Azadi ka Amrit Mahotsav celebration and NSS volunteers of the College organized a One-day Special campaign against Single-Use Plastic in their adopted Village Badheri, Sector 41-D, Chandigarh on 21<sup>st</sup> October, 2021 where they collected plastic waste and sensitized the residents about the harmful effects of using single use plastic on humans and environment. The campaign was organized under the dexterous leadership of Principal Dr Nisha Bhargava and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. In this campaign, Mrs. Harinder Kaur, Regional Director, NSS visited the camp, discussed the objectives and goals of Clean India programme and urged the volunteers to make their surroundings plastic free.

During the campaign, a massive cleanliness drive was organized where volunteers cleaned public parks, streets, undertook door to door visit to Anganwadi complex, residential and market area and collected more than 60 Kgs of waste, primarily single use plastic waste. In order to sensitized residents about the harmful

effects of plastic on environment, NSS Volunteers organized an awareness rally on Single Use Plastic Ban where through their slogans and banners, posters, they urged people to adopt alternates for plastic such as newspaper bags in their daily routine. They also enlightened residents about the rules and strategies which Government of India is adopting to curb plastic menace.

The waste thus collected in form of 11 bags was weighed properly and was handed over to the officials from Deputy Commissioner office for proper disposal. Nukad Natak (Street Play) was also performed by the NSS Volunteers to make residents aware about the need of maintaining clean environment. The campaign was carried out by following appropriate COVID-19 protocols.

**Evidence of Success:** Campaign was very much successful as students participated enthusiastically and collected more than 60 Kg of plastic waste. They were able to sensitized residents about the Clean India programme and deleterious effects of plastic in daily life.

<https://www.facebook.com/MCMDAVCW/posts/1232931223839795>

[https://www.instagram.com/p/CWAH9pvPJJv/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CWAH9pvPJJv/?utm_source=ig_web_copy_link)

<https://twitter.com/MCMDAVCW/status/1457571134610702340>

<https://twitter.com/MCMDAVCW/status/1457571123919392769>

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### iii. STREET PLAY UNDER SWACHH SURVEKSHAN 2022

**Date:** 27 December, 2021

**Number of Volunteers participated:** 12

**Objective:**

- To sensitize public regarding hazardous effects of using plastic

**Context:** Swachh Survekshan is being undertaken for the period April 2021 to March 2022. Changing its strategy from the past years, Chandigarh Municipal Corporation is now working to improve the city's performance on all the 150-odd parameters in the survey.

**Practice:** 12 volunteers represented the college as a team and performed a Nukkad Natak on the topic "Say No to Plastic and Waste Segregation" under Swachh Sarvekshan organized by Chandigarh Municipal Corporation. It was of seven minutes duration. There were approximately 50 teams participating in the competition and hence the competition was held in two slots on the



same day. It was an informative and skill-based Competition and the volunteers explored many new strands of creativity.



#### **iv. AWARENESS RALLY ON JAL SHAKTI ABHIYAN ON THE OCCASION OF WORLD WATER DAY IN ADOPTED VILLAGE BADHERI, CHANDIGARH**

**Date:** 22 March, 2022

**Number of participants:** 100

**Objectives:**

- To spread awareness regarding the importance of water in everyday life
- To suggest ways to save water by conserving rainwater

**Practice:** On the occasion of World



organized a rally on the theme “Jal Shakti Abhiyaan”. Under this, the volunteers rallied around the Village Badheri, Chandigarh, carried different placards and raised slogans such as *जल है तो जीवन है, पानी है जीवन की आस, पानी को बचाने का करो प्रयास* that aided in conveying

the message that ***Water conservation is the need of the hour!*** This rally aimed to enunciate the value of water as an essential commodity and that it should be conserved and used judiciously.

**Evidence of Success:** In the end, all volunteers enthusiastically and energetically spread the message to conserve water.

#### **v. CAMPAIGNING FOR SOLID WASTE MANAGEMENT AND NUKKAD NATAK IN ADOPTED VILLAGE BADHERI, CHANDIGARH**

**Date:** 23 March, 2022

**Number of participants:** 100

**Objectives:**

- To collect feedback regarding solid-waste management i.e. sanitation status from residents of adopted village Badheri, Chandigarh and motivate them to install Swachhta App, MoHUA
- To create awareness amongst all sections of society about the importance of collective action to contribute to India's journey towards a 'Swachh Bharat'

**Context:** To collect public feedback regarding sanitation status in terms of solid waste management from people of adopted village Badheri, Chandigarh and motivate them to install Swachhta App for efficient feedback, a survey – Swachh Survekshan – 2022 was conducted on Day 2 of Seven Day/Night NSS Special Camp – 2022 in adopted village Badheri, Chandigarh.

**Practice:** During the survey, NSS Volunteers encouraged the residents of that area to install Swachhta App and give their valuable feedback about Swachh practices done/adopted in their respective areas. In addition, volunteers undertook door-to-door visits and motivated people for adopting efficient Solid Waste management practices. They also collected plastic waste during



## ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022

their door-to-door visit which was handed over to the people of Municipal Corporation, Chandigarh for proper disposal.

In addition, volunteers staged a street play i.e., Nukkad Natak in the village premises that highlighted the importance of cleanliness in our daily life. Through this street play, residents were made aware of the importance of waste segregation techniques and the usage of appropriate bins.



**Evidence of Success:** During the visit, more than 100 houses were covered for obtaining feedback for Swachh Survekhsan – 2022. Volunteers were successful in generating awareness of waste segregation among the masses. This activity inculcated the feeling of responsibility not only among volunteers but also among the residents of village Badheri, Chandigarh. The link to the event uploaded on the social media handle is as follows:

<https://twitter.com/MCMDAVCW/status/1507768777911734281>

[https://www.instagram.com/p/CbkyUN2PxPL/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CbkyUN2PxPL/?utm_source=ig_web_copy_link)

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1320908785042038/?type=3>





## 2. CLEAN UP DRIVE IN THE COMMUNITY, GOVERNMENT OFFICES PREMISES, AROUND WATER BODIES

### SWACHHTA PAKHWADA – 2021

**Date:** 01-15 August, 2021

**Number of volunteers participated:** 35

- To motivate the volunteers regarding the importance of cleanliness in their daily life
- To carry out various cleanliness-related activities in and around our surroundings

**Context:** Swachhta Pakhwada, is a fortnight-long program, launched by the Government of India, that is observed to ensure mass participation of citizens in Swachhta activities and truly transform Swachh Bharat into a citizen's movement. This year, Swachhta Pakhwada - 2021 was observed from 1<sup>st</sup> August to 15<sup>th</sup> August 2021 by NSS Units of the College where volunteers plunged themselves full-throttle into this initiative and contributed towards the Swachh Bharat Abhiyan.



**Practice:** Under the dynamic leadership of Principal Dr Nisha Bhargava and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari, NSS Units of the College organized several Swachhta related activities that included plantation drives, cleaning of parks, roads in and around their vicinity. However, due to COVID -19, activities were organized at an individual level. During this fortnight programme, every volunteer took a pledge to keep his or her surroundings clean. During the plantation drive, volunteers planted saplings of the green purifying plants in their native places and segregated waste as

dry and wet waste. The unusable items lying at their places were identified, removed and disposed by them. In order to prevent the spread of Malaria and dengue, volunteers discarded disposable cups and containers from their respective places, that contained stagnant water and acted as breeding grounds for mosquitoes.

Besides, they motivated their neighbours to contribute toward the cause of Swachhta by organizing mass cleanliness drives in their respective places. They discarded plastic wrappers and removed weeds from their surrounding parks and discarded them in appropriate bins. In addition, to curb the spread of COVID-19, volunteers created awareness regarding the correct way of washing hands. All these activities were organized by following the appropriate COVID-19 behaviour.

**Evidence of Success:** Volunteers became aware about the importance of cleanliness and participated enthusiastically in cleaning the areas surrounding their vicinity.





### 3. MOBILIZING COMMUNITY ACTION AGAINST IMPROPER GARBAGE DISPOSAL, OPEN DEFECCATION, TREE CUTTING, POLLUTING WATER RESOURCES

#### CLEANLINESS CUM BEAUTIFICATION DRIVE IN ANGANWADI COMPLEX, VILLAGE BADHERI, CHANDIGARH

**Date:** October 12, 2021

**Number of participants:** 25

- To collect single use Plastic from the Anganwadi Area
- To motivate the volunteers to clean and beautify the area of Anganwadi and help in the proper waste disposal under Clean India Programme

**Practice:** Keeping up with the spirit of Swachhta, NSS Volunteers under the aegis of MCM Eco-Club undertook a cleanliness cum beautification drive in Anganwadi Complex of their adopted Village Badheri, Sector 41-D, Chandigarh on 12.10.2021 where volunteers segregated waste and collected more than 11 Kg of single plastic waste material from the complex that included plastic bottles, wrappers, spoons, disposable cups and plates. They cleaned every nook and corner of the Anganwadi complex with dedication and care including the playing area, parking lot, corridors and green belt. Unwanted weeds and shrubs around the periphery and in the complex were removed using Khurpa and Kasi. Dry leaf litter were collected and put in compost pits.

**ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022**

**Evidence of Success:** The volunteers participated enthusiastically in the cleanliness drive cum beautification drive and promoted the concept of *Swachh Bharat, Swastha Bharat* as part of the Clean India Programme.

[https://www.instagram.com/p/CWAGg0fvitf/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CWAGg0fvitf/?utm_source=ig_web_copy_link)

<https://twitter.com/MCMDAVCW/status/1457568037880487938>

<https://www.facebook.com/MCMDAVCW/posts/1232924387173812>



ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022



#### IV. FIELD ACTIVITIES OUTSIDE COLLEGE PREMISES

##### 1. UNDERTAKING CENSUS OF BIRDS IN AND AROUND COLLEGE CAMPUS

##### AVIAN DIVERSITY SURVEY IN AND AROUND THE CAMPUS

Forty-seven genera of birds belonging to 12 orders have been identified in and around the college campus during faunal diversity survey. The details are as follows:

S. No.	Scientific names	Subclass	Order
1	<i>Columba livia</i>	Neornithes	Columbiformes
2	<i>Treron phoenicopterus</i>	Neornithes	Columbiformes
3	<i>Psilopogon zeylanicus</i>	Neornithes	Piciformes
4	<i>Dendrocitta vagabunda</i>	Neornithes	Passeriformes
5	<i>Turdoides striata</i>	Neornithes	Passeriformes
6	<i>Dicrurus hottentottus</i>	Neornithes	Passeriformes
7	<i>Dinopium benghalense</i>	Neornithes	Piciformes
8	<i>Psittacula krameri</i>	Neornithes	Psittaciformes
9	<i>Pycnonotus cafer</i>	Neornithes	Passeriformes
10	<i>Dicrurus macrocercus</i>	Neornithes	Passeriformes
11	<i>Corvus splendens</i>	Neornithes	Passeriformes
12	<i>Orthotomus sutorius</i>	Neornithes	Passeriformes
13	<i>Milvus migrans</i>	Neornithes	Accipitriformes
14	<i>Phylloscopus chloronotus</i>	Neornithes	Passeriformes
15	<i>Parus cinereus</i>	Neornithes	Passeriformes
16	<i>Phylloscopus xanthoschistos</i>	Neornithes	Passeriformes
17	<i>Zosterops palpebrosus</i>	Neornithes	Passeriformes
18	<i>Acridotheres tristis</i>	Neornithes	Passeriformes

S. No.	Scientific names	Subclass	Order
19	<i>Vanellus indicus</i>	Neornithes	Charadriiformes
20	<i>Otus bakkamoena</i>	Neornithes	Strigiformes
21	<i>Copsychus saularis</i>	Neornithes	Passeriformes
22	<i>Ocyrceros birostris</i>	Neornithes	Bucerotiformes
23	<i>Accipiter badius</i>	Neornithes	Accipitriformes
24	<i>Rhipidura albicollis</i>	Neornithes	Passeriformes
25	<i>Terpsiphone paradisi</i>	Neornithes	Passeriformes
26	<i>Carpodacus erythrinus</i>	Neornithes	Passeriformes
27	<i>Aethopyga siparaja</i>	Neornithes	Passeriformes
28	<i>Phylloscopus griseolus</i>	Neornithes	Passeriformes
29	<i>Phoenicurus ochruros</i>	Neornithes	Passeriformes
30	<i>Muscicapa dauurica</i>	Neornithes	Passeriformes
31	<i>Sylvia curruca</i>	Neornithes	Passeriformes
32	<i>Halcyon smyrnensis</i>	Neornithes	Coraciiformes
33	<i>Cinnyris asiaticus</i>	Neornithes	Passeriformes
34	<i>Centropus sinensis</i>	Neornithes	Cuculiformes
35	<i>Amauornis phoenicurus</i>	Neornithes	Gruiformes
36	<i>Eudynamis scolopaceus</i>	Neornithes	Cuculiformes
37	<i>Pavo cristatus</i>	Neornithes	Galliformes
38	<i>Hirundo smithii</i>	Neornithes	Passeriformes
39	<i>Ninox scutulata</i>	Neornithes	Strigiformes
40	<i>Tyto alba</i>	Neornithes	Strigiformes
41	<i>Streptocelia tranquebarica</i>	Neornithes	Columbiformes

S. No.	Scientific names	Subclass	Order
42	<i>Psilopogon haemacephalus</i>	Neornithes	Piciformes
43	<i>Athene brama</i>	Neornithes	Strigiformes
44	<i>Upupa epops</i>	Neornithes	Bucerotiformes
45	<i>Spilopelia chinensis</i>	Neornithes	Columbiformes
46	<i>Merops orientalis</i>	Neornithes	Passeriformes
47	<i>Eumyias thalassinus</i>	Neornithes	Passeriformes
48	<i>Culicicapa ceylonensis</i>	Neornithes	Passeriformes
49	<i>Motacilla cinerea</i>	Neornithes	Passeriformes
50	<i>Motacilla alba</i>	Neornithes	Passeriformes

## Noon hoot reveals rare owl's perch at MCM DAV college campus

Vikramjit Singh | TNN



**Chandigarh:** Owls seldom like to advertise their presence with a hoot at noon frowning, mobbing and heckling by anxious myna, babbler, crow, bulbul and squirrel parents. But this rare owl let out just a handful of its soft, musical hoots in broad daylight and it was discovered in the heart of MCM DAV College for Women campus in Sector 36A.

The discovery of a lone Brown Hawk owl, also known quaintly as the Brown boobook, was realised as part of the college's annual biodiversity audit conducted during lockdown.

The star feathered guest on campus, which has, in decades past, fêlitated guests of honour as illustrious as late Field Marshal Sam Manekshaw and legendary cricketer Kapil Dev, related the principal and the Zoology department. Requests came pouring in from Tricity birders and enthusiasts who wanted to have a look or photograph the elusive owl.

The college has a densely-forested nallah running at its rear, which bears a rich biodiversity that spills over into the campus. Some cobras also venture in, which sends a shiver down the faculty's spines! Apart from this lone, rare owl, the Zoology department's team of Dr Neetu, Dr Divya Sharma, Dr Sarabjit and Kadambari Pathania have recorded 33 avian species on the campus, including the Indian Scops owl, Indian Paradise flycatcher, White-throated kingfisher and the Crimson sunbird. Principal Nisha Bhargava, a Nature enthusiast, encouraged the Zoology faculty to initiate the audit in right earnest and provided the team with a camera. Bhargava herself compiled a booklet of her Nature photography on the campus, including photo-documentation of a growing family of Indian Grey hornbills (Chandigarh's State Bird).

The rare boobook ventured into the campus and took refuge in a bamboo clump next to the lawn because the area was undisturbed due to a lockdown-enforced absence of students. Online classes provided the faculty some extra time, which was fruitfully used for a biodiversity scan. Searching for owls requires considerable craning of the necks to scan the foliage maze above as these creatures effect camouflage by keeping perfectly still, largely silent during the day and merging with the colour and shapes of foliage. Had it not been for a couple of hoots in broad daylight while the team members were wandering on the campus looking for birds to count, they may never have realised its secretive presence right under their noses.

This owl species is a rarity for Chandigarh as its density of occurrence increases only well east of the city extending through the Terai foothills to the North-east and then to South-east Asian countries. They were first discovered in Chandigarh at Punjab University's Dr P N Mehra Botanical Gardens in 2014. Since then, photographic records of a few specimens have come in from Shanti (Kun), Leisure Valley, Nagar Van, and a recording only of its nocturnal hoots from GGC, Sector 11. It is commonly known as a hawk owl because it lacks the typical facial disc of owls, has a barred tail, a hawk-like profile with slim body and long tail and narrow head. The owl's flight of rapid wing beats and glides and then sweeping upwards swiftly to alight on a branch is so typically hawk-like.

The Zoology faculty's concern is that when the campus teems with student life once again when colleges reopen, would the star guest prefer to stick to its perch on the campus despite the attendant chatter and exuberance or depart leaving glorious memories, photos, and a few discarded feathers in its wake? But what the audit has shown is that it is fruitful to look up the proverbial backyards of institutions, parks and bungalows for avian and other delights. Chandigarh, with its rich array of mature trees and geographical location, harbours an awesome, untapped potential for biodiversity discoveries.

At IISER, Mohali, its Behavioral Ecology Lab, under the tutelage of Dr Manjari Jain, has over the years, listed 130 resident, passage/migratory bird species on campus and as many as a 100 moth species during the course of the proverbial 'backyard mothling'.

A Brown boobook and (R) an Indian Scops owl at MCM DAV campus

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**2. MAINTENANCE OF PUBLIC PLACES LIKE COMMUNITY PARKS, GARDENS, HERITAGE SITES, WATER SOURCES SUCH AS PONDS, WELLS**

**SETTING UP OF NUTRI-VATIKA**

A Nutri Vatika was set up by NSS volunteers in collaboration with MCM Eco-Club in the premises of Anganwadi complex where volunteers planted nutritional cum medicinal plants like stevia, amla, guava, curry patta, mint, giloy, ajwain, brahmi etc. procured from Department of Forests and Wildlife, Chandigarh Administration. They also disseminated the knowledge about the beneficial nutritional effects of these plants among the residents. During the event, appropriate COVID related norms were followed.

**Links to the activity uploaded at various social networking sites are as follows:**

<https://www.facebook.com/MCMDAVCW/posts/1209777736155144>

<https://twitter.com/MCMDAVCW/status/1444661106534797313>

<https://twitter.com/MCMDAVCW/status/1444661091913531394>

<https://twitter.com/MCMDAVCW/status/1444661070526705665>

[https://www.instagram.com/p/CUkYj3HvUDV/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CUkYj3HvUDV/?utm_source=ig_web_copy_link)



**V. OVERALL ORGANIZATION OF MCM ECO-CLUB**

**1. REGULAR MEETING OF ECO CLUB MEMBERS**

Regular meetings of the members of MCM Eco-Club were held on second and fourth Saturday of each month to discuss the progress of the activities.

**2. PREPARATION OF YEAR-LONG ACTION PLAN FOR CONDUCTING ENVIRONMENTAL ACTIVITIES AND IMPLEMENTING THE PLAN**

**ACTION PLAN (APRIL, 2021 TO MARCH, 2022)**

<b>Month</b>	<b>Proposed Events</b>
April, 2021	<ul style="list-style-type: none"> <li>• Earth Day celebration</li> <li>• Popular talk</li> <li>• Cleanliness drive</li> </ul>
May, 2021	<ul style="list-style-type: none"> <li>• International Biodiversity Day celebration</li> <li>• Workshop</li> <li>• Poster making activity</li> </ul>
June, 2021	<ul style="list-style-type: none"> <li>• World Environment Day celebration</li> <li>• Cleaning of all the water tanks in the college and hostel campus</li> </ul>
July, 2021	<ul style="list-style-type: none"> <li>• Van Mahotsav celebration</li> <li>• World Nature Conservation Day celebration</li> <li>• International Tiger Day celebration</li> <li>• Hands on Workshop</li> </ul>
August, 2021	<ul style="list-style-type: none"> <li>• Akshay Urja Diwas celebration</li> <li>• Introduction to Birding</li> <li>• Cleanliness drive</li> </ul>
September, 2021	<ul style="list-style-type: none"> <li>• National Nutrition week celebration</li> <li>• World Ozone Day celebration</li> <li>• Car free day celebration</li> </ul>
October, 2021	<ul style="list-style-type: none"> <li>• Wildlife Week celebration</li> <li>• Cleanliness drive</li> <li>• Dengue awareness campaign</li> <li>• Campaign against Single use plastic</li> </ul>
November, 2021	<ul style="list-style-type: none"> <li>• Green Diwali celebration</li> <li>• Anti-cracker campaign</li> </ul>
December, 2021	<ul style="list-style-type: none"> <li>• National Pollution Prevention Day celebration</li> <li>• World Energy Conservation Day celebration</li> </ul>

	<ul style="list-style-type: none"> <li>• Street Play under Swachh Survekshan</li> </ul>
January, 2022	<ul style="list-style-type: none"> <li>• Debate</li> <li>• Puppet Show</li> </ul>
February, 2022	<ul style="list-style-type: none"> <li>• World Wetlands Day celebration</li> <li>• Declamation contest</li> </ul>
March, 2022	<ul style="list-style-type: none"> <li>• World Forest Day celebration</li> <li>• World Water Day celebration</li> <li>• Awareness rally</li> <li>• Nukkad Natak</li> </ul>

### **3. SUBMISSION OF MONTHLY REPORTS AND ACCOUNT DETAILS**

<https://mcmdavcwchd.edu.in/societies-and-clubs-reports/#1608020963698-d07319bf-69fb>

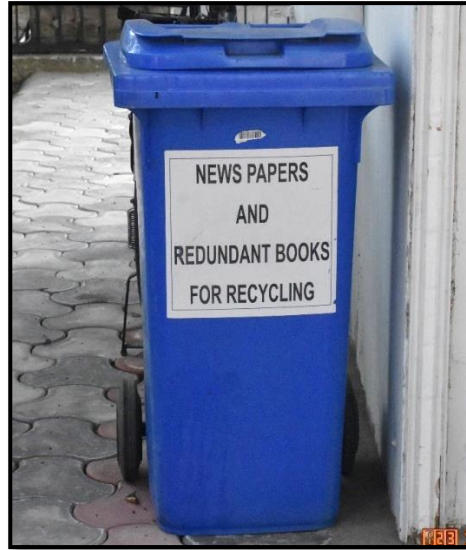
### **4. SHARING OF ECO-CLUB RESPONSIBILITIES AMONG THE MEMBERS**

<b>S. No.</b>	<b>Activity</b>	<b>Teachers in charge</b>	<b>Student members</b>
1.	Observation of Environmental Days	<ul style="list-style-type: none"> <li>• Dr. Neetu</li> <li>• Dr. Shafila</li> <li>• Dr. Divya Sharma</li> <li>• Ms. Kadambari Pathania</li> </ul>	<ul style="list-style-type: none"> <li>• Ms. Muskan Goyal (B.Sc. III Medical)</li> <li>• Ms. Tanvi Shekhawat (B.Sc. III Medical)</li> </ul>
2.	Organizing awareness programs	<ul style="list-style-type: none"> <li>• Dr. Neetu</li> <li>• Dr. Swati Sidana</li> <li>• Dr. Ruby Singh</li> </ul>	<ul style="list-style-type: none"> <li>• Ms. Prachi (B.Sc. II Medical)</li> <li>• Ms. Avni (B.Sc. II Medical)</li> </ul>
3.	Visible environmental impacts at college	<ul style="list-style-type: none"> <li>• Dr. Gunjan Sud</li> <li>• Dr. Shafila</li> <li>• Dr. Jasleen Kaur</li> </ul>	<ul style="list-style-type: none"> <li>• Ms. Shagun Sharma (B.Sc. II Medical)</li> <li>• Ms. Annanya Mahajan (B.Sc. III Medical)</li> </ul>
4.	Community Campaign	<ul style="list-style-type: none"> <li>• Dr. Sarabjeet Kaur</li> <li>• Dr. Purnima Bhandari</li> </ul>	<ul style="list-style-type: none"> <li>• Ms. Shruti (B.A. III)</li> <li>• Ms. Nancy (B.A. III)</li> </ul>
5.	Field activities outside college premises	<ul style="list-style-type: none"> <li>• Dr. Sarabjeet Kaur</li> <li>• Dr. Gunjan Sud</li> <li>• Dr. Purnima Bhandari</li> </ul>	<ul style="list-style-type: none"> <li>• Ms. Muskan Kerni (B.Sc. III Medical)</li> <li>• Ojaswini Gakhar (B.Sc. III Medical)</li> </ul>

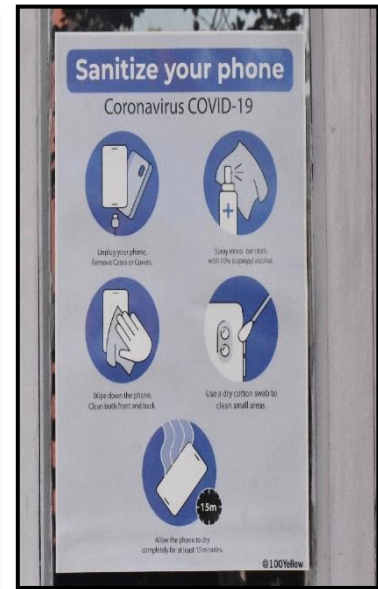
**VI. SIGNAGE IN THE COLLEGE CAMPUS**



**ACTION TAKEN REPORT OF MCM ECO-CLUB 'PARIVESH' - APRIL, 2021- MARCH, 2022**









**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN**  
SECTOR 36-A, CHANDIGARH

**ENERGY CONSERVATION TIPS**  
Issued in Public Interest by  
Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST)

- ✓ Remember 3 "R"-s- for Sustainable Development – Reduce, Recycle & Reuse.
- ✓ Use day light as far as possible in office and house.
- ✓ Paint the inner walls and ceiling with light colour in your house.
- ✓ Defrost the refrigerators regularly and do not open the refrigerator door frequently.
- ✓ Prefer fan over AC since it consumes 15 times less energy. Keep temperature at 25°C and keep windows & doors closed.
- ✓ Keep lamps and lights fixtures dust free.
- ✓ Use electronic chokes instead of ordinary chokes in tube lights.
- ✓ Use renewable energy devices based on solar & biogas energy wherever possible.
- ✓ Shading the windows and walls can save upto 40% of air-conditioned load.
- ✓ Use Solar Water Heating System in place of electric geyser and save upto 1500 units of electricity per year.
- ✓ Install the Solar Power Plant to reduce the electricity bills & save environment.
- ✓ Make maximum use of sun light.
- ✓ Use ISI Mark/BEE Star Rating electrical appliances and carry out regular maintenance.
- ✓ Go Solar – Save Polar.
- ✓ Energy Saved is Energy Produced.

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN**  
SECTOR 36-A, CHANDIGARH

**COVID-19: STANDARD OPERATING PROCEDURES (SOP) FOR STUDENTS**

1. All students are advised to download **Aarogya Setu app** on their mobile phones.
2. **Wearing face mask is mandatory for all.**
3. Thermal scanning of students will be done by the security staff while entering the campus.
4. **Do not come** to the college if you are suffering from **fever, cough and cold.**
5. **Sanitize your hands periodically** by washing with soap and water or rubbing with alcohol-based sanitizers especially after touching door handles, stair cases, door knobs, benches etc. and **avoid touching eyes, nose and mouth with dirty/unwashed hands.**
6. **Bring your own drinking water bottles and eatables.**
7. **Loitering and crowding in corridors is prohibited.** Safe social distance must be maintained.
8. **Dispose the masks, gloves, used tissue papers etc. in special red colored dust bins** regularly placed in the college.

WEAR A MASK    WASH YOUR HAND    SOCIAL DISTANCING

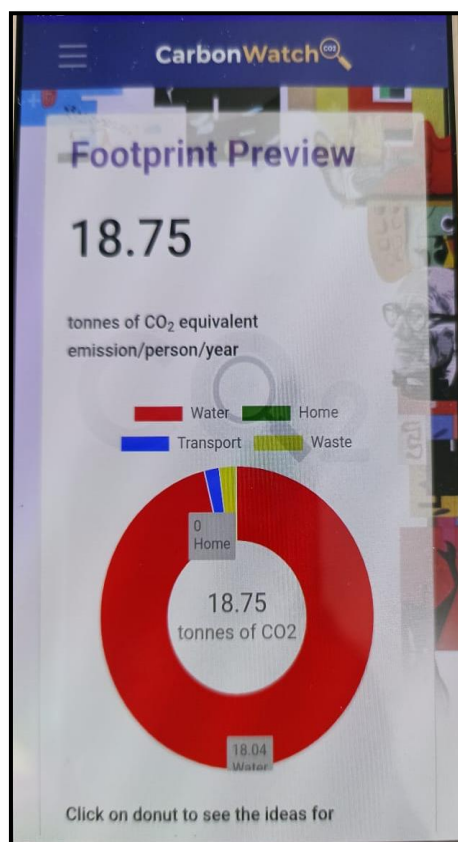
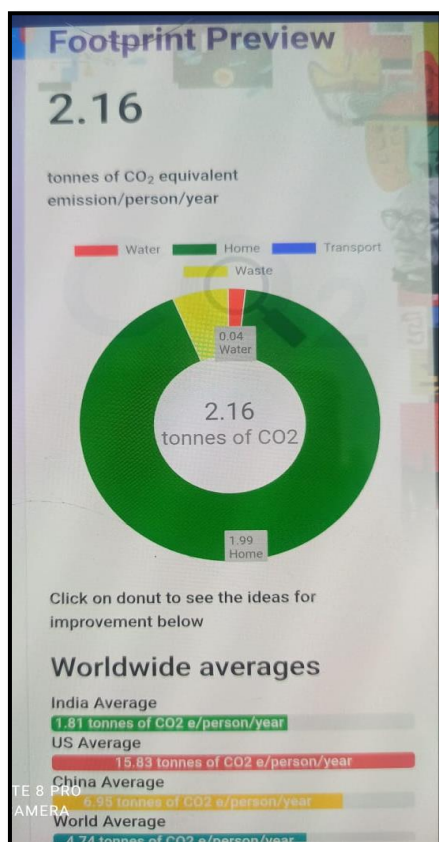
099-299-727-12-20





## VII. BENEFITS OF “CARBON WATCH” MOBILE APPLICATION IN ACHIEVING CARBON NEUTRAL GOALS

The faculty and students were encouraged to download the Carbon Watch application to get an estimate of their carbon footprint. The mobile application suggested methods to reduce the carbon footprints as per the information furnished by the individuals. Some of the ways adopted by which we could reduce our footprint are: using pressure cookers for cooking, using 5 star rated kitchen appliances, using LED bulbs, switching off lights when not in use, carpooling with colleagues to reach the workplace, avoiding speeding up the vehicles, switching off ignition at traffic red lights, getting our vehicles serviced on time, segregating domestic as well as institutional waste into wet and dry waste, composting of organic waste to reduce landfill emissions, avoiding paper usage, taking double sided printouts, using reusable bags while shopping, using sprinklers instead of pipes in lawns and so on. Overall, the application proved to be very beneficial in sensitizing faculty and students about the impact of their lifestyle emissions, and the suggested measures helped to reduce the carbon footprint at an individual level.





# Mehr Chand Mahajan DAV College for Women

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

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