स्वच्छ भारत

एक कदम स्वच्छता की ओर

Report of Initiatives taken under

Swachhta Pakhwada

2023

Submitted by

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Title Of The Activity: Awareness lecture on "Personal Hygiene and Health" to students of Govt Model High School, Sec 41, Village Badheri, Chandigarh

Organized by: Swachhta Committee (Sciences), Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with NSS Units, Mehr Chand Mahajan DAV College for Women, Chandigarh

Date: 08th September 2023

Village Visit: Badheri Sector 41, Chandigarh

Resource person: Dr. Sandeep Kaur

Participation: 80 school students (Classes 7th, 8th and 9th)

Objectives

- To apprise the students of Swachhta and personal hygiene, its aspects and significance in a fun filled and interactive way.
- To study the general behavioural, attitude and awareness level of students towards personal hygiene.
- To also apprise them of maintaining sound mental health and the possible ill effects of excessive use of mobile phones.

Context: As part of "Swachhta Pakhwada" campaign 2023, with the primary objective of creating awareness on personal hygiene and health among the students, an interactive session was organized. The aim was to propagate the message of "Swachh Bharat, Swastha Bharat" and to acquaint them with the different aspects of maintaining good personal hygiene as a means of preventing diseases essential for Swachh mind and healthy body.

Practice: With the primary objective of acquainting the school students on personal hygiene and health while raising awareness on the same, Swachhta committee of the college organized an awareness lecture cum interaction session with Govt model school, village Badheri on 8 Sep 2023. The session was focused on giving knowledge and updating the young students on practices of handwashing, using masks, and eating healthy and nutritious food correctly stored and cooked. Further, the students were apprised on aspects of mental health and role of recreation, sports and yoga in maintaining an optimal balance between mind and body. The limited

usage of mobile phones was recommended and the related ill effects on eyes and brain was also discussed. The students interacted well and responded to the session in an enthusiastic manner.

Learning Outcomes:

- The participants actively participated in the session and responded well to the session and different topics.
- They were enthusiastic about future sessions on related topics of Swachhta, health and nutrition.

Evidence Of Success:/ Supporting Pictures:

Title Of The Activity: **Interactive lecture on "Preventive Diet Care for Anemia"**

Date: 9th September 2023

Venue: Science conference Hall

Number Of Participants: 60

Resource Person: Dr. Kirti Singla, Assistant Professor, Dept of Food Science, M

Objective:

- To create awareness among students about preventive diet care for anemia
- To create awareness among volunteers about the symptoms and iron requirement for the body

Context: Swachhta Committee of the college in collaboration with NSS Units of Mehr Chand Mahajan DAV College for Women organized an interactive session cum lecture on the importance of iron in human body and the role of diet in maintaining a healthy body. This session was conducted to spread awareness about the prevalent iron deficiency and the preventive diet care to be followed.

Practice: Swachhta begins with a healthy body and a healthy mind. With this objective, an awareness session was conducted on the Topic "Preventive Diet Care for Anemia". The volunteers learned about the symptoms, iron requirement and preventions from anemia. An activity was also conducted during the session where students were asked to plan their meal for the day such that the meal has sufficient iron to fulfil the body's requirement.

Evidence of success: The event went smoothly and volunteers interacted with the resource person with a great zeal.

Title Of The Activity: Testing of the food samples collected from the College Hostel (AB Block)

College Committee: Swachhta committee (Sciences) and Mess committee, Mehr Chand Mahajan DAV College for Women, Chandigarh

Coordinator: Dr. Vandana Sharma

Test conducted by: Dr. Sandeep Kaur and Dr. Kirti Singla (along with students of BSc. MFT-III year)

Sample Particulars : As detailed below-

Sample type: Food products (Atta, Milk and Curd)

No. of samples: 03

Storage condition required: 4°C

Sample received from: Hostel Block AB (Main mess)

a) Milk (Verka Pasteurized Standardized Green packet)
b) Curd (Make: Today)
c) Atta (Make: Rajdhani Atta)

Sample procured on: 11 Sep 2023

Sample processed on: 11-12 Sep 2023

Sample result obtained on: 13 Sep 2023

Tests applied:

- Acidity test of Milk and Curd
- Lactometer test to check its purity
- Iodine test to check presence of added starch in milk and curd
- Chalk powder test and Boric acid test for possible adulteration in Atta

Objectives:

- To ensure the quality and safety of food products in terms of adulteration or food samples being used above its acceptable shelf life or excessive multiplication by microbes.
- To ensure that the final product is safe for human consumption.
- To identify any potential risks, such as contamination, spoilage, or use of unclean containers for storage in order to start the rectification process.

Context: Since healthy eating and ensuring food safety free from adulteration and disease-causing agents is an essential aspect of Swachhta, food testing of food products was performed. The physico- chemical analysis of food is part of food safety management and is essential to ensure safety and quality of regularly consumed food products. This enables us to identify any possible risks and mitigate action plans well in time.

Practice:

1. **Acidity of Milk:**

During the microbial multiplication in milk the lactose would be converted into lactic acid which would result in increase in the acidity of milk and decrease in the pH value. The normal acidity of individual cow Milk ranges from 0.10 to 0.26% lactic acid. As a routine method the total titratable acidity is determined by using the titration method where the milk sample is titrated against standard alkali to the phenolphthalein end point. end point the colour of the phenolphthalein would change from colourless in the acidic medium to pink in the alkaline medium. The milk is being titrated using the standard sodium hydroxide and the acidity is

determined by calculating the acidity using the volume of the standard sodium hydroxide used for the titrating to the phenolphthalein end point. The total titratable acidity of milk is expressed as percent lactic acid.

2. **Lactometer Test for Milk**

A lactometer is an instrument that is used to check for the purity of milk by measuring its density. An instrument to find out the content of the water in the milk or to test the richness of the milk is thus termed as 'lactometers'. It works on the Archimedes' Principle. It measures the relative density of milk with respect to water. The lactometer floats in pure milk whereas it sinks if the milk is impure as milk is denser than water. Thus, it can be found out how much water has been mixed with the milk.

3. **Iodine Test for Milk**

The presence of addition of starch in milk can be detected using an iodine test. When two or three drops of iodine solution is added to milk taken in a test tube, the solution turns dark blue. This shows the presence of starch mixed with the milk confirming the milk is adulterated.

4. **Acidity Test for Curd:**

Total acidity of curd is mandatorily required to be a minimum 0.6 per cent as per FSS Regulations. As per Indian Standard, which is voluntary, the same shall be in the range of 0.6 per cent to 0.8 per cent.

5. **Iodine Test for Curd:**

The presence of addition of starch in curd can be detected using an iodine test. When two or three drops of iodine solution is added to curd taken in a test tube, the solution turns dark blue. This shows the presence of starch mixed with the curd confirming the milk is adulterated.

6. **Chalk Powder Test for Wheat Flour:**

Wheat flour is often adulterated with pebble straw, dust, weed seeds and damaged grains. The presence of chalk powder can be checked by adding some dilute hydrochloric acid to the grain sample in a test tube. Chalk powder creates effervescence. Sprinkle flour in a glass of water.

Result:

Food product	Test Applied	Test Readings	Acceptable range	Interpretation
Milk	Acidity test	0.101% lactic acid	0.10- 0.26% lactic acid	Acceptable
	Lactometer test	No water added	No water being added	Acceptable
	Iodine test	Negative (no appearance of blue color)	Negative	Acceptable
Atta	Chalk Powder test	Negative (no addition of chalk powder or saw dust)	Negative	Acceptable
	Boric Acid test	Negative (no addition of chalk powder or saw dust)	Negative	Acceptable
Dahi	Acidity test	0.63% lactic acid	0.6 – 0.8% lactic acid	Acceptable
	Iodine test	Negative (no appearance of blue colour)	Negative	Acceptable

1. The acidity of the milk sample is 0.101%.
2. The acidity of the curd sample is 0.63%.
3. The iodine test for milk is negative.
4. The iodine test for curd is negative.
5. The chalk powder test for wheat flour is negative.

Final Interpretation: All the food products tested are well within the acceptable range and are devoid of any adulteration. Hence, they are fit for human consumption.

Supporting Pictures:

Testing of Food samples

Title of the activity: e-Waste Collection Drive

Date: 11th September, 2023 – 15th September, 2023 (extended till 20th September, 2023)

Number of Students: 9 (student volunteers), 500 students approximately were made aware of e-waste and its proper disposal, Approximately 50 students contributed e-waste and 50+ staff members

Objective: The primary objective of the e-waste collection drive is to raise awareness about the importance of proper e-waste disposal and to provide a convenient and environmentally friendly way for students and staff members to dispose of their old electronic devices.

Context: E-waste also known as techwaste (old CDs, electronics etc.) can be toxic, is not biodegradable and is dangerous to the environment and thus, needs to be recycled. The context of an e-waste collection drive typically revolves around addressing the growing problem of electronic waste (e-waste) in a responsible and sustainable manner. E-waste collection drives are organized to encourage students and staff members to dispose of their old or unused electronic devices in an environmentally friendly way rather than discarding them in landfills or improper disposal methods.

Practice: With an aim to protect the environment from the ill-effects of e-waste, the Swachhta Committee (Commerce) in collaboration with the Sustainable Practices Committee of the College, organized an "E-Waste Collection Drive" from 11th Sept to 15th Sept, 2023 in the College. The drive started with Principal Dr. Nisha Bhargava donating e-waste and setting the example for others to emulate. An awareness generation program was also carried out by student volunteers to sensitize the students of the college about the meaning of e-waste and the importance of recycling it. The staff members and students enthusiastically participated in the drive that was extended beyond 15th sept, 2023. A wide range of electronics devices, including mobile phones, set-top boxes, remotes, microwave, cables etc. were collected and safely transported to certified recycling company Ortech India Corporation, Plot No. 67B, Ind. Area Lodhi Majra, Baddi (H.P.).

Evidence of Success: Pictures:

Title of the activity: **Swachhta Drive at Hostel preparation and serving areas.**

Date: 15th September, 2023

Organized by: Swachhta committee and Mess committee, Mehr Chand Mahajan DAV College for Women, Chandigarh

Participants: 20 [Mess workers and assistants].

Objective:

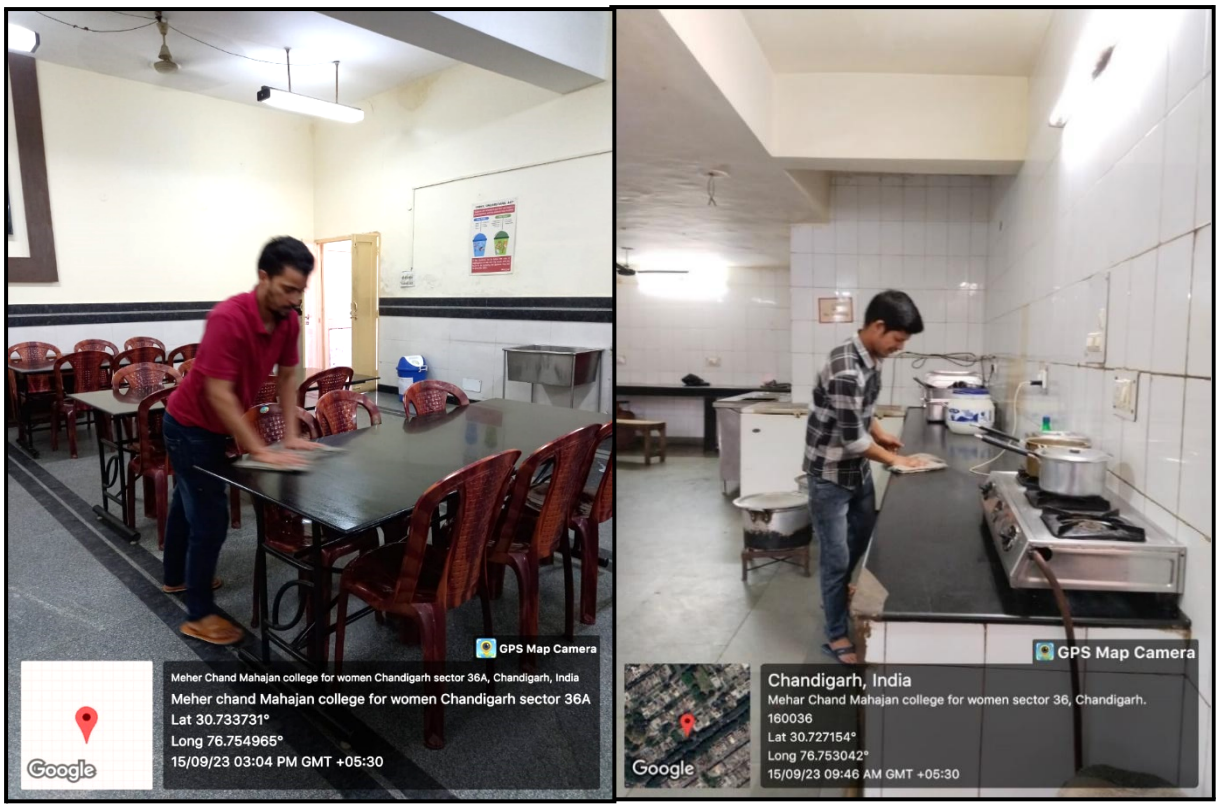
- To inculcate social responsibility and promote good hygiene practices among hostel mess workers and assistants.
- To instill the values of Swachh Bharat, Swastha Bharat with an aim to clean up the surroundings

Context: As part of the Swachhta Pakhwada, 2023 campaign with an aim to propagate the message of Swachhta, a cleanliness drive was organized by the Swachhta committee in collaboration with college mess committee in the Hostel preparation and serving areas

Practice-: Under the Swachhta Pakwada initiative, cleanliness drive was carried out with utmost fervor by mess workers and assistants in the Hotel Mess food preparation and serving areas. With the objective to maintain the highest standards of hygiene and overall cleanliness, mess workers proactively got involved in cleaning and disinfecting all the areas. Also, awareness regarding cleanliness of surroundings, knowledge about its methods and its imperative need was also imparted.

Evidence of success-

- The mess workers and assistants participated enthusiastically and promoted team spirit in the cleanliness drive.
- The practice also enabled to reduce contamination and infestation of food items.

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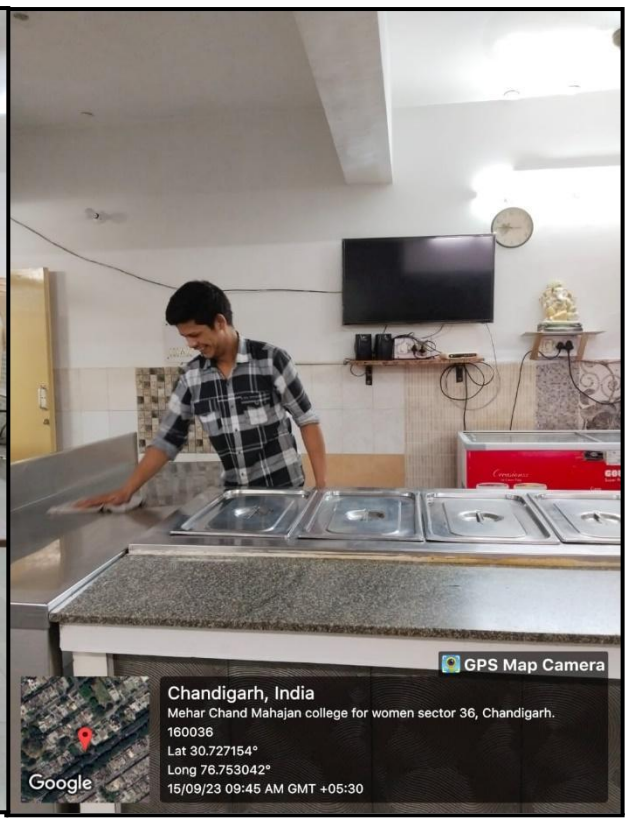
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