

# **GITARATTAN INSTITUTE OF ADVANCED STUDIES AND TRAINING**



## **E-UMANG**



(“NAAC Accredited, NCTE Recognized, (GGSIPU Affiliated) Rohini, Delhi,  
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*\*\*In accordance with the mail received on 18<sup>th</sup> February and 28<sup>th</sup> April, 2022 from Eco-Cub Delhi, (subject: Training programme on Single Use Plastic and compliance of Plastic Waste Management (Amendment) Rules, 2022 on 17/05/2022) the Video Conference has been postponed till further notice. Gitarattan Institute of Advanced Studies and Teaching, with all sincerity and responsibility has scheduled an activity inline with the aims of the ECO-CLUB, which will take place in a time bound manner and the report for same will be updated.*

## IN-HOUSE VIDEO MAKING ACTIVITY, 2022



DATE: 14<sup>th</sup> May, 2022

TIME: 2:55pm

VENUE: Campus Premises

The onset of 21<sup>st</sup> century has embarked upon diverse opportunities for learners along with, posing a string of challenges as well. The unprecedented rate of changes in the society demands for inculcation of new skill sets, competencies and abilities amongst learners so that

they can navigate and catch up with the complexities of the society. The boom of digital literacy and the upsurge in futuristic demands calls for an action in the education industry and adapting to a more holistic approach.

Gitarattan Institute of Advanced Studies and Training, Rohini have actively geared up and in a responsible manner been working on the usage of innovative pedagogical tools. An inter-house Activity was organized on May 14<sup>th</sup>, 2022 where pupil teachers actively participated in the Video-making activity on the topic “**Plastic Management**”. This thoughtful activity lasted for hours have helped pupil teachers to construct their knowledge and have given a boost to their confidence by further strengthening their self-concept. The learning culture at Gitarattan Institute of Advanced Studies and Training has been further strengthened by providing an open platform for learning that allowed students to create, innovate, share ideas, and resources, engage better in the process.

This activity has been conducted for the awareness of minimum usage of plastic. And students were made aware of the benefits lowering down plastic usage. The benefits of reducing plastic consumption include:

- Preventing pollution by lessening the amount of new raw materials used
- Saves energy.
- Reduces greenhouse gas emissions, which contribute towards climate change.

It is concluded that the use of plastic wastes for construction applications will improve the sustainability of the environment significantly, and also serve as a reliable source of materials for construction purpose. Students participated in the activity enthusiastically and submitted their works to their respective house heads and co-heads.

Screenshots of their work is been attached here within.



## GITARATTAN INSTITUTE OF ADVANCED STUDIES & TRAINING

Delhi, Rohini

### CIRCULAR

Dear Trainees

This is to inform you that a **Video making** co-curricular activity will be organised on **13<sup>th</sup> May'2022(Friday)**. The activity will be conducted individually under the House activity on the following Themes: (in reference to Eco club Delhi )

- Plastic management (can include steps taken to promote reduce , reuse, and recycle)
- Timing: 2:25pm to 3:10pm

Prof. Sonia Jindal  
Principal



***\*\*In accordance with the mail received on 2<sup>nd</sup> March, 2022 from Eco-Cub Delhi, (subject: Reminder: Azadi ka Amrut Mahotsav (April 2021 to August 2022)) Gitarattan Institute of Advanced Studies and Teaching, has organised a number of activities and events to celebrate 75 years of Independence of India.***

## INTERHOUSE EXTEMPORE COMPETITION, 2022



Date: 20<sup>th</sup> May, 2022

Venue: Auditorium

***“One of the first conditions of happiness is that the link between man and nature shall not be broken.” ~ Leo Tolstoy***

Our environment is changing at an unprecedented rate and hence it is an issue of concern.

As with oodles of evidence of depleting natural resources, climate change, and rapidly increasing instances of natural disasters, the ‘Environmental Issues’ needs to be dealt with without marching along the alarming beats of environmental degradation and pollution. Fostering a sense of sensitivity and awareness towards the environment, Gitarattan Institute of Advanced Studies and Training, Eco-Club organized an Extempore Competition on the theme ‘**Environmental Issues**’ on 20th May 2022.

The programme commenced as Ms. Shruti Singh, Assistant Professor, Gitarattan Institute of Advanced Studies and Training, warmly welcomed the judge Ms. Rupa Sharma, Assistant Professor, Gitarattan Institute of Advanced Studies and Training and the house team heads Ms. Shikha Sharma, team head of House Integrity, Assistant Professor, Gitarattan Institute of Advanced Studies and Training, Dr. Aanchal Rana team head of House Liberty, Assistant Professor, Gitarattan Institute of Advanced Studies and Training and Ms. Priyanka Kumari, team head of House Liberty, Assistant Professor Gitarattan Institute of Advanced Studies and Training.

The commencement of the competition was initiated with an introduction spoken by Anamika Singh and Sonam Bhalla, students of B.Ed 1st Year, explicitly stating the relevance and gathering the ability to face life’s challenges head on, with a quintessential urge to create an awareness about the recurring environmental issues in the contemporary world. The participants were apprised about the rules of the Extempore competition and were asked to draw lots and speak on their respective topics for 2 minutes. The participants spoke on diverse topics such as Biodegradable Waste, Single Use Plastic, Global Warming due to household and industrial waste, Depletion of Ozone Layer, and Causes of Wildfires just to name a few. A common vision which resonated throughout was to protect our environment, our mother nature.

As the final result of the competition was prepared, Ms. Shikha Sharma, Assistant Professor, Gitarattan Institute of Advanced Studies and Training, was invited to share her insight on the theme ‘Environmental Issues’. Drawing an analogy between Bharat Mata and mother nature, she sensitized the students to protect Mother Earth and use sustainable techniques to conserve it for the future generation. Ms. Aanchal Rana, Assistant Professor, Gitarattan Institute of Advanced Studies and Training, further shared a very thoughtful research study on how plants if given the proper amount of care grow healthier, also, she advised about the judicious and careful use of our natural resources.

The most awaited moment arrived as Ms. Rupa, Assistant Professor, Gitarattan Institute of Advanced Studies and Training announced the winners of the extempore competition.

The first winner was Rupal Sachdeva, House Liberty. The second winner was Akshita Gupta, House Liberty and the third winner was Samridhi Magan, House Equality, from B.Ed. 1st Year.

Ms. Shikha Sharma, Assistant Professor, Gitarattan Institute of Advanced Studies, conducted an Open Discussion wherein the students shared their experiences of various social media platforms which have inspired them to save the environment. Students shared their insights as they came up with diverse ways to conserve and protect the environment.

The session came to a closure as Ms. Shruti Singh, Assistant Professor, Gitarattan Institute of Advanced Studies and Training, thanked the judges, house coordinators and the students for their presence and participation.

## YOGA FOR WELLBEING, 2022



**Date: 14<sup>th</sup> May, 2022**

**Venue: GGSIPU Campus Football ground**

Guru Gobind Singh Indraprastha University, Dwarka organized 100 days countdown to International Day of Yoga 2022 (IDY-2022) and also celebrating Azadi ka Amrut Mahotsav on 14.05.2022 at 7:00 AM in the University Playground.

Sh. Jangjilong Regional Director, Ministry of Youth affairs and Sports, Regional directorate of NSS (Govt. of India) shall attend the said programme. Students were given opportunity to invite all the students / faculty / staff members and volunteers of NSS and NCC to come and join the yoga practice in the Yoga for Wellbeing Session..

All the invitees were requested to give their presence along with their Yoga Mat or Cloth Sheet etc. All the affiliated institutes' colleges were also requested to allow all NSS & NCC volunteers to attend the program at University ground.

Students along with teacher coordinator Ms. Rekha volunteered for the event. Students were made to do exercise and other activities which made students engage in the activities. Roshini, Anamika, Akshita, Disha, Astha, Manisha were active participants in the event.



## INTERNATIONAL EARTH DAY, 2022



Date: 22<sup>nd</sup> April, 2022

Venue: Auditorium (Webinar)

**“Earth Day should encourage us to reflect on what we are doing to make our planet a more sustainable and liveable place.” — Scott Peters**

Earth Day is an international event celebrated across the globe reiterating the significance and need for human interventions, in the creation of a prosperous and sustainable environment. A webinar with the theme “Restore our Earth” was conducted by IIM Simaur, Himachal Pradesh on International Earth Day, 2022. The webinar started at 11 AM on April 22<sup>nd</sup>, 2022, and speakers from diverse fields from academicians to businessmen from industrial backgrounds were invited to deliver their ideas and suggestions on how the Earth’s health can be restored.

The focus was laid on the partnership of the three P’s- Planet, People, and Profit, pointing out the fact that profit can only be gained by people when it is in harmony with the planet’s health. Several intellectual ideas were put forward by the speakers for balancing and stabilizing the health of the planet through mindful consumption and distribution of resources

and switching to renewable energy to reduce fuel burning and carbon emission. Resulting in the creation of profits through stabilizing the business and attracting more customers.

The insightful webinar was attended with enthusiasm by a number of trainees and the faculty members of the **Gitarattan Institute of Advanced Studies and Training, Rohini**. The trainees could clearly identify the inputs of the webinar, which can be summed up by stating that we need to act in a mindful and bold manner while coming up with innovative ideas from every sector that could potentially lower the prospected global threats and implementation of these ideas in an equitable manner by nations and individuals belonging to any age group.

## IN HOUSE ACTIVITY: BULLETIN BOARD DECORATION, 2022



Date: 8<sup>th</sup> April, 2022

Venue: Campus Premises

### THEME: ENVIRONMENT

Bulletin boards are a powerful learning tool for classrooms ranging from preschool to high school and beyond. An in house activity was organized on 8<sup>th</sup> April, 2022 in Gitarattan Institute of Advanced Studies and Training to create awareness as well as harness the level of creativity amongst students and to cater learning.

The activity started sharp at 11:00AM and was about two hours long duration. It was a self initiated activity where the control of doing things was in hands of the students. Therefore, this activity not only focused on showing creativity but also helped students in

working of a number of skills such as time management skills, organizational skills, team-working spirit and much more.

The activity was concluded in time bound manner and students were really happy with their work. The zeal and excitement in the students was seen right from the previous day.

Some pictures of students work is attached here.





## SAVE SOIL, 2022



***To forget how to dig the earth and to tend the soil is to forget ourselves***

Save Soil is a global movement initiated by Indian spiritual leader Sadhguru to maneuver land degradation and herald for healthy soil. The initiative was proffered on 5 April at the United Nations in Geneva by the Isha Foundation and supported by the WHO, UN SDG lab, and IUCN. One of the paramount tenets of the movement is to exemplify governments athwart the world that their citizens yearn policies that revitalize ecology and soil.

Isha Foundation volunteers held an advertency session for teachers and students of GITARATTAN JINDAL PUBLIC SCHOOL on 9<sup>TH</sup> April 2022. The volunteers sensitized them on the Save Soil Movement. The teachers were engrossed to know about Sadhguru's 100-day expedition across 27 countries to address the soil crisis.

A short video was screened about the facts and the flagship 'Save Soil' theme song was played. The activity instantly struck a chord, with many supporting the movement and vowing to spread the word about it.

The teachers explicated accordant support and accolade for the timeliness of the movement and a conjunct need for concerted action to reinstate and bulwark soil by instituting soil-friendly wonts. They also voiced resonant apprehension for food security, climate change, and geographical vulnerability.

<https://youtu.be/fauVbUjT0AM>



## ENVIRONMENTAL ISSUES: AWARENESS AND SENSITIZATION, 2022



Date: 15<sup>th</sup> March 2022

Venue: Auditorium

Time: 02:00 pm – 03:00 pm

We are a part of the environment and the environment is a part of us. This ongoing cycle between the mankind and environment has been successfully coming to its very viable existence with needed boons and banes. Environment and every living or non-living creature within it plays a significant role in representing itself in the finest manner of acknowledgment and is very much entitled to be preserved and cherished to the fullest.

Gitarattan Institute of Advanced Studies and training organized an extension 15th march 2022 to enlighten and sensitize the students of the B.ED on environmental issues.

The lecture was taken by the commendable speaker and head of the CBSE affiliated & renowned school, Ms. D. Anupama. Ms. D talked about the various aspects of the environment significantly throwing light on different kinds of pollution prevailing and

obnoxiously affecting and around the surrounding within the society nauseating mankind with the vigorous effects of ill practices being performed by mankind itself. Ma'am has a total of 32 years of experience in the teaching sector along with an M.Sc. and M.Phil. in Chemistry. The overall focus and profound point of discussion were to enable student-teachers to the importance of awarding and promoting education regarding environmental issues. These issues are a prominent result of all the activities been performed by mankind within the environment and only it is in the hands of mankind to sustainably use and re-use the limited resources present within the society to exercise the proclaimed access to the presence of environmental assets in and around them. She also shared some consequential information regarding the greenhouse effect and how it leads to acid rain and other hazardous eruptions affecting the environment at an alarming rate.

Unintentionally or intentionally it does lead to sufferance, not just in the present context but in the subsequent near future. She emphasizes individual participation by saying "It is our duty and fundamental responsibility to protect our mother nature and involve in practices that not only protect the integrity and peaceful livelihood on this planet but lead to a beautiful future of continuation in the name of evolution and survival."

It was an intriguing and engaging lecture. The active participation of spectators made the lecture successful.

## GROUP DISCUSSION, 2022



Date: 11<sup>th</sup> March, 2022

Venue: Campus Premises

As a part of House Activity, providing an open platform for creative juices to flow in and enabling the students to analyze the things around them in order to find the relativity of existence with proper maintenance and succession, the pupil-teachers of Gitarattan Institute of Advanced Studies and Training, B.Ed. conducted an informative discussion on the abstract topic such as Innovation v/s Invention, hard work, and smart Work, Change is the only constant and the First impression is the last impression.

In order to facilitate the process efficiently, Pupil-teachers were asked to form a group of 4-5 people each and prepare a total of at least 7-8 points in order to share with the whole class and accordingly present their views with regard to your aura of thinking and support.

Keeping in mind the topic itself, pupil teachers share a variety of ideas and matters to present the discussion was kept short and on point and every point was considered and appreciated, The activity indeed maintained and promoted the understanding of how both the terms, like "Innovation" and "Invention" & hard work and smart Work are contradictive yet

interrelated to each other. On how change is constant to make the while we make the learning abstract and how the first impression is the last impression.

With the simultaneous participation and appreciation of the house in charge; Ms. Praveen Ma'am and under the excellent supervision of Ms. Shikha Sharma ma'am, the activity turned out to be a proven success and most cherished excitement.

The whole experience made us realize the importance of need and maintenance of the need with never taking undue leverage of providence and facilities.

It is our gratitude towards mankind that has, is, and will always be a proven success not just for us but our future generations of humans and the environment. The participants were applauded and very well-acknowledged.

## INTER-HOUSE POSTER MAKING COMPETITION, 2022



Date: 18<sup>th</sup> February, 2022

Venue: House Activity rooms

Art and craft activities have always been a favored medium to stimulate and develop creativity within students. Poster making is one such activity.

“Poster making can sharpen writing skills, creative thinking, and organization of thoughts. GITARATTAN INSTITUTE OF ADVANCED STUDIES AND TRAINING organized the Poster Making activity (Inter-House Competition) on 18th February 2022 on the following themes:

- Benefits of Yoga
- Waste Management
- Global Warming
- Religion and Culture
- GM Crops
- Digital Empowerment of citizen
- Sustainable future and
- Ayurveda Blessings.



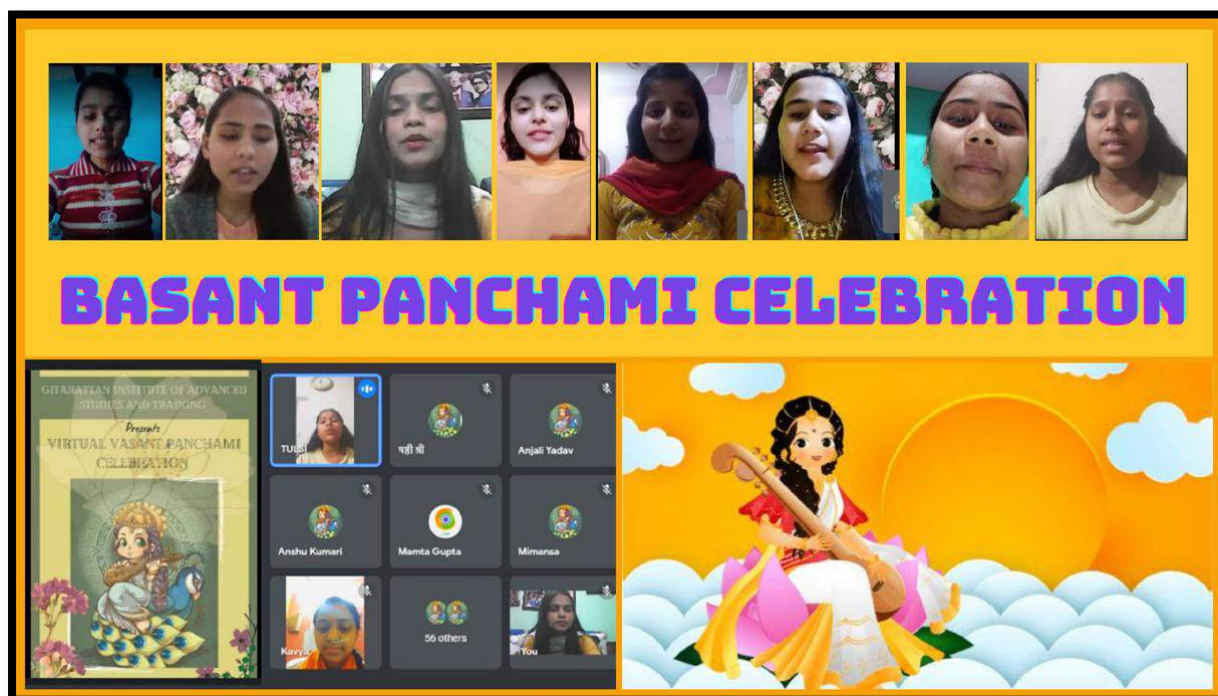
Every house was divided into groups, each group had four members. Students had to create one poster on the given topics. was about one hour and thirty minutes long, where students were asked to create a poster using their creativity on any one topic of their choice.

The vision behind this activity was to facilitate teamwork and understanding along with fostering creative thinking and extensive research and reading. These activities and events in the informal education system is a means of imbibing healthy competition spirits among students. Art and craft activity such as poster making enhance the creative expression among students through “Learning by doing”, and has a positive impact on the process of learning. Students participated in the activity very enthusiastically and penned down their perspectives through beautiful colors. They communicated their thoughts and emotions through drawings and slogans.

The that submitted their piece of artwork with their classroom coordinator Mrs. Savita. Based on the careful observations and keeping points of evaluation in mind the results were declared.

POSITION	LIBERTY	INTEGRITY	FRATERNITY	EQUALITY
<b>I</b>	<b>B.Ed I B</b> Sakshi Singh Mansi Rajora Shifa Sonali	<b>B.ED IIB</b> Shivani kanojia Pooja Jha Sadaf Somya	<b>B.ED I A</b> Anamika Shivani Baghel	<b>B.ED I A</b> Heera Kumari Sveni jain Prakh Jain Manshi Jeet
<b>II</b>	<b>B.ED II A</b> Pranshi Preeti Shivangi Saingar Sneha Kajla	<b>B.ED I B</b> Tanya Gautam Nidhi Bhilwara Mansi Rawat Srishti Rawat	<b>B.ED I A</b> Surbhi Ria Kundra Chetna Wadhwa Nidhi Garg	<b>B.ED II A</b> Chelsi Jindal Disha Batta Himani Gupta Komal Kumari
<b>III</b>	<b>B.ED I A</b> Harshita Luthra Akshita Gupta Vibhi Sharma Divya Pahuja	<b>B.ED I A</b> Paridhi Miglani Ritika Garg Shivangi Mittal Sonam Bhalla	<b>B.ED II A</b> Dipsy Garg Charu Sharma Ankita Aggarwal Amita Pandey	<b>B.ED I A</b> Disha Miglani Samridhi Magan Kirti Haritash Nisha Kumari

## BASANT PANCHMI CELEBRATION, 2022



Date: 5<sup>th</sup> February, 2021

Basant Panchami, also called Saraswati Puja in honor of the goddess Saraswati, is a festival that marks the preparation for the arrival of spring. The festival is celebrated by people in the Indian subcontinent in various ways depending on the region. Basant Panchami also marks the start of preparation for Holika and Holi, which take place forty days later. The Basant Utsava (festival) on Panchami is celebrated forty days before spring, because any season's transition period is 40 days, and after that, the season comes into full bloom.

Saraswati is the Hindu goddess of knowledge, music, art, speech, wisdom, and learning. She is a part of the tridevi of Saraswati, along with Lakshmi and Parvathi. The earliest known mention of Saraswati as a goddess is in the Rigveda. She has remained significant as a goddess from the Vedic period through modern times of Hindu traditions. She is generally shown to have four arms, holding a book, a rosary, a water pot, and a musical instrument called Veena. Each of these items has a symbolic meaning in Hinduism. White is a symbol of peace, musical instrument Veena shows the art of music, the book is a symbol of knowledge and wisdom. On this day people also prepare yellow rice and wear yellow clothes, yellow flowers are devoted to Goddess.

GITARATTAN INSTITUTE OF ADVANCED STUDIES AND TRAINING organized a virtual Vasant Panchami Celebration on 5 February 2022. There were various performances like informative speeches, beautiful Saraswati Vandana, and songs, students shared information about Goddess Saraswati, and rituals followed on this occasion. It was a beautiful event and students participated enthusiastically and performed

together. Teachers also enjoyed the program and also appreciated the performances and efforts of students.

The students celebrate the festival with great sincerity and fervor.

## REPUBLIC DAY CELEBRATION, 2022



With time passing by our country has seen the shining light of development and pride. Not only we're proud to be a part of such diverse culture and algorithm of tastes but also to witness this civilization grow and nurture over the years and so has been a definite mesmerization. In the light of the same, the Gitarattan Institute of Advanced Studies & Training organized an online gathering and celebration of the 73<sup>rd</sup> Republic day of India. Altogether, the event showcased a series of participation and display of talents. With students sharing the experiences and enthusiasm in the form of some exceptional writings and poems, the speech about the greatness and power of India and its struggle, therein, keeping in mind the very reason of celebrating this in the first place, It was a blast and a true feeling of acceptance and pride. The twist to our very presence and delight came to action when the students conducted our own "online parade" of different states and their versatile forte of existence which indeed focused on the notion of UNITY IN DIVERSITY.

The event ended with a hearty and motivational speech by the principal ma'am i.e. Dr. Sonia Jindal ma'am.

The experience of the celebration was factual, knowledgeable, and exceptionally delightful.

## NATIONAL VOTERS DAY, 2022



Date: 25<sup>th</sup> January, 2022

The Election Commission of India is celebrating the **12th National Voters Day on 25th January 2022.**

Since 2011, National Voters' Day has been celebrated on January 25 every year, all across the country to mark the foundation day of the Election Commission of India, i.e. 25th January 1950. The main purpose of the NVD celebration is to encourage, facilitate and maximize enrolment, especially for the new voters. Dedicated to the voters of the country, the day is utilized to spread awareness among voters and for promoting informed participation in the electoral process.

The theme for this year's NVD, '**Making Elections Inclusive, Accessible and Participative**', envisages focus on ECI's commitment to facilitate the active participation of voters during the elections and to make the complete process hassle-free and a memorable experience for all categories of voters.

All the staff and officers along with the students of GIAST Participated and celebrated National Voters Day by taking Pledge on 25th January 2022.

Watch the Video Here: <https://youtu.be/tWKE0iSc1hg>



## CELEBRATING LOHRI, MAKAR SANKRANTI, BIHU, PONGAL, 2022



If India was a palette, it would be the most diverse, with cultures and ethnicities changing every few hundred kilometers. The evidence of this diversity is etched in the festivals that people of this country observe throughout the year. Starting from the month of January, the country drips diversity till the month of December.

After the common celebrations associated with the New Year, the first set of the festival comes two weeks after the first day of the year. Lohri, Pongal, Makar Sankranti, and Bihu are festivals that represent different cultures but unite under one country – India. All the festivals are loosely related to one single premise – crops, but vary depending on the part of the country it is celebrated in.

On January 14, 2022, the Gitarattan Institute of Advanced Studies and Training, held a Google meet to celebrate Lohri, Makar Sankranti, Bihu, and Pongal. The ceremony began with a beautiful poem by Samrita followed by a speech about the Diverse festivals of India by Akshita and Bhumika. A Wish game was hosted by Parakh and Asra to celebrate the spirit



of the day. The audience's enthusiasm was heightened by Nisha's magnificent dancing performance.

The event ended with the blessing of the teachers. The encouraging words of wisdom were offered to students by the Dearest Director Mam. A vote of thanks was given by Tanya and Sveni in the end.

## WORKSHOP ON SEED PLANTATION, SWACCH BHARAT.2021



Date: 29<sup>th</sup> September, 2021

Venue: Online Mode

Literacy is neither the end of education nor even the beginning. It is only one means by which one can be educate. By education, Mahatma Gandhi ji's means an all-round drawing out of the best in the child and man-body, mind and spirit.His greatest gift in the sphere of our education is known as The Wardha Scheme of Education or Nai Talim which conceived as a craft-based education in which practical skill serves as the center and

foundation of an individual's spiritual, cultural, and social development and in which skills learned in context with and in service to their craft.

Today we all celebrated the NaiTalim Week on the occasion of 152th Anniversary of Mahatma Gandhi. Our college organized the workshop on **NaiTalimfor the activities related toSEED PLANTATION, SWACHH BHARAT ABHIYAN, and FIRST AID BOX & EMERGENCY AND SKILL DEVELOPMENT.**

Our workshop started by our coordinator Dr. ShikhaRanjan who invited the Ms. Savita Sharma Mam to initiate the workshop. Firstly, Savita Mam amput light upon the Mahatma Gandhi who promoted the NaiTalim. According to Gandhiji, Basic Education is a principle which states that knowledge and work are not separate.His idea was to impart the whole education of the body, mind and soul through the handicraft that taught to the children. Then Mam told us the importance of NaiTalim.

Further she introduced the activities one by one by presenting the screen that we must do and write a report on it. She instructed the points how to do the activity of seed Plantation in which we have to collect the seed, grow a plant and monitoring it. She also encourages us to reuse the plastic bottle for the plantation. She gave the importance of cleanliness and encourage us to clean the home &neighbourhood andaware the people about it according to swachhbharatabhiyan. Then she showed a video and instructed us how to make the First Aid Box and told us about the uses of it in the emergency. Then she gave us the importance of skill development in teaching related to art & craft.

She discussed all these activities and ended the workshop by addressing the queries of us. We enjoyed the informative workshop and be thankful to our Savita ma'am.

## POSTER MAKING COMPETITION ON COVID-19, 2021



Date: 18<sup>th</sup> September, 2021

Venue: Online mode

Gitarattan Institute of advanced studies and trainings organise a Covid Activity every Saturday to spread awareness about COVID Pandemic. This Saturday on 18th September a Poster making Activity was organized Virtually at 1:10 PM.

Pupil teachers participation actively. Their Cameras were on and They were making posters Live at that time. Pupil Teachers skilfully used their colours and creative imagination to draw beautiful posters They showed Pandemic effects, precautions and COVID guidelines, Vaccinations, How whole globe get effected by Pandemic etc. There Posters were saying everything about the pandemic situation. One by one pupil teacher showed their posters. Praveen mam and Jasmeet mam appreciated them for their creativity and efforts. All the participants were asked to mail there Posters image and their general information like name, section, enrolment number for further evaluation.

## SLOGAN WRITING SWACHTA PAKHWARA, 2021



Date: 10<sup>th</sup> September, 2021

Venue: Online Mode

Cleanliness Hygiene is very important to us. Failure to uphold some level of hygiene can have serious health hazards to us and the people around us. This is because health and hygiene go hand in hand like butter and bread. In order to promote the same Government of India has launched a nationwide cleanliness initiative in the form of Swachhta Pakhwada under Swachh Bharat Abhiyan on announced by our Prime Minister which is focusing on the cleanliness and hygiene. It is a fortnight long programme observed to ensure mass participation of citizens in swachhta activities and to truly transform swachh Bharat into a citizens movement.

In the light of this programme our College GIAT (Gitarattan Institute of Advanced Studies and training) also organised different activities from 1<sup>st</sup> September to 15<sup>th</sup> September under Swachhta Pakhwada 2021. Today we all celebrated our 15<sup>th</sup> day off

Swachhta Pakhwada Abhiyan in our math pedagogy class with our supervisor Ms. Sarika Verma mam. In our today's activities we all teacher trainee will going to prepare slogans. The topic for the same given to us was **CLEANLINESS**.

We started our event with the greeting and introduction. Pranshi Gupta starts the hosting and put the light on the event to give information about it to my batch mates and discuss the rules of the activities and event. After the announcement, everybody started making their slogans. With the guidance and supervision of our teacher Ms. Sarika Verma mam we all trainees started preparing our slogans. Everybody was well prepared with their materials and stationery and everything. Mam was guiding us and interacting with us in between. Everybody was doing absolutely fine and putting all their efforts to make their slogans to look beautiful. The event goes on till an hour. After that everybody was done with their work. All the trainees have made their slogans beautifully. It was such a great initiative by the Government of India to launch this event and to put this issue in the mainstream so that our young generation and all the students in school and in higher education can participate in the same. So that they can aware the society and each other as a whole.

In the end, Pranshi(the host) invited all the batch mates to share their views on the cleanliness. Everybody shared their views regarding the same and Sarika mam addressed everybody's opinions. Pranshi concluded the activity by saying Samajhdari dikhaiye swachhta apnaiye. We all end the event by thanking each other and by putting light on the importance of this activity. We all clicked Pictures of our slogans. It was a wonderful experience.



## AWARENESS PROGRAMME TO AVOID USE OF SINGLE USE PLASTIC, 2021



Date: 4<sup>th</sup> October, 2021

Venue: Online Mode

The Government of India has launched a 75 weeklong campaign 'Azadi Ka Amrit Mahotsav' to celebrate the achievements of the country and its people.

Keeping in view the clarion call of the Hon'ble Prime Minister to phase out single use plastic by 2022, "Awareness programmes to avoid the use of single use plastics" has been identified as one of themes for the Iconic Week celebrations under 'Azadi Ka Amrit Mahotsav'

A popular lecture on "Elimination of Single-use Plastic" is being organized virtually on 4th October 2021 at 1100 AM by the Ministry of Environment, Forest and Climate Change and National Museum of Natural History for school students and youth.

Shri Bhupender Yadav, Honble Minister of Environment, Forest and Climate Change, Government of India and Shri Ashwini Kumar Choubey, Hon'ble Minister of State, Environment, Forest and Climate Change, Government of India, shall grace the function.

A Green Pledge was taken on this occasion as below:

Swachh Bharat Harit Bharat

Green Pledge

I will do my best to protect earth and its natural environment.

I will also adopt such practices that would minimize wastage.

I will reuse what I can use.

I will avoid using single-use plastic materials.

I will use paper bags and cloth bags instead of plastic bags.

I will take care of clean-up the environment.

I will reduce the waste we create.

I will plant more trees.

I will conserve energy and water.

स्वच्छभारतहरितभारत

हरितशपथ

मैं पृथ्वी और उसके प्रकृतिक पर्यावरण की रक्षा करने की पूरी कोशिश करूंगा।

मैं ऐसी आदतें अपनाऊंगा जिससे संसाधनों की कम से कम बर्बादी हो।

मैं जो उपयोग कर चुका हूँ उसका पुनः उपयोग करूंगा।

मैं सिंगल यूज प्लास्टिक सामग्री का उपयोग नहीं करूंगा।

मैं प्लास्टिक बैग, कीचड़, पेपर बैग और कपड़े के बैग का इस्तेमाल करूंगा।

मैं पर्यावरण की सफाई का ध्यान रखूंगा।

मैं कम से कम कचरा करूंगा।

मैं ज्यादा से ज्यादा पेड़ लगाऊंगा।

मैं ऊर्जा और पानी का संरक्षण करूंगा।

Youtube Link: <https://youtu.be/FpUvts9fiTw>

# NATIONAL POLLUTION DAY, 2021



Date: 1<sup>st</sup> November, 2021

Venue: Online Mode

Pollution prevention protects the environment by conserving and protecting natural resources while strengthening economic growth through more efficient production in industry and less need for households, businesses and communities to handle waste.

Firing crackers on Diwali increase the concentration of dust and pollutants in the air. The smoke that pollutes air can make people's condition much worse who are suffering from colds and allergies.

The crackers contain many toxic gases and chemical compounds which activate after getting in touch with exposed air and start harming us. Inhaling fumes of crackers can increase the chances of asthma attack. Heart patients and chronic bronchitis patients come under a high risk of attacks too.

Hence to reduce this kind of discomfort and problems this festive season **Gitarattan Institute of advanced studies and training** had observed National pollution prevention day on 1 November ,2021.

The Pupil teacher presented poems, posters, Acts, short stories which were depicting the harm of crackers. How young children are compelled to do work in crackers factories ,how it destroys their future and how these crackers pollute our environment. All these things were pointed out by students . The Pupil teacher showed how Aware they are and how they play their role in protecting their environment. Teachers appreciated their efforts and the way they presented their views. As the demand of crackers swells on occasions like Diwali, children are forced to work in firecracker factories .Hence for saving these children from this evil we should make our best efforts to reduce crackers use .This Diwali make it green as your green Diwali will become the reason of Happy Diwali for those child labours who risk their lives and future in cracker factories. Everyone learned something and reminded them of their responsibility towards nature.

#### LIST OF OTHER ACTIVITIES AND EVENTS THAT WERE ORGANIZED IN HARMONY WITH OTHER EVENTS BY ECO-CLUB

S.NO.	EVENT/ACTIVITY	DATE
1.	WEBINAR: OZONE DAY	16 <sup>TH</sup> SEPTEMBER, 2021
2.	WEBINAR: SINGLE USE PLASTIC	13 <sup>TH</sup> AUGUST, 2021
3.	SLOGAN WRITING AND POSTER MAKING COMPETITION	16 <sup>TH</sup> SEPTEMBER, 2021
4.	POSTER MAKING COPETITION ON COVID-19	18 <sup>TH</sup> SEPTEMBER. 2021
5.	SUP AWARENESS PROGRAMME	4 <sup>TH</sup> OCTOBER, 2021
6.	SLOGAN WRITING SWACHTA PAKHWARA	10 <sup>th</sup> SEPTEMBER, 2021
7.	NATIONAL POLLUTION DAY	1 <sup>ST</sup> NOVEMBER, 2021



*\*\*In accordance with the mail received on 25<sup>TH</sup> February, 2022 from Eco-Cub Delhi, (Subject: Awareness on compliance to advisory on phasing out Single use Plastic(SUP) items) Gitarattan Institute of Advanced Studies and Teaching organised a vigilance week.*

# VIGILANCE WEEK, 2021

## Vigilance Awareness Week: Integrity pledge Activity



Date: 26<sup>th</sup> October, 2021

Venue: Online mode

Integrity is the practice of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values. In ethics, integrity is regarded as the honesty and truthfulness or accuracy of one's actions. Integrity can stand in opposition to hypocrisy in that judging with the standards of integrity involves regarding internal consistency as a virtue, and suggests that parties holding within themselves apparently conflicting values should account for the discrepancy or alter their beliefs.

Observance of Vigilance Awareness Week every year during the last week of October is taken up to encourage all stakeholders to collectively participate in the prevention of, and the fight against corruption and to raise public awareness regarding the existence, causes and gravity of and the threat posed by corruption.

Gitarattan institute of advanced studies and trainings was Celebrating 'Vigilance Awareness Week' from 26th October to 1st November, 2021. Today was 1st day of 'Vigilance Awareness week' and an Integrity pledge was organized by the institute on virtual platform. Our honourable Principal Ms. Sonia Jindal conducted the pledge along with Teachers and students. Everyone pledges to not to take or offer bribe, to act in public interest, to follow rule of law and many more.

It programme was conducted successfully.

#### Vigilance Awareness Week: Debate Competition



Date: 28<sup>th</sup> October, 2021

Venue: Online Mode

In pursuit of the vision of the Government of India to make a New India by the year 2022, the Central Vigilance Commission, as the apex integrity institution of the country,

endeavours to promote integrity, transparency and accountability in public life and has asked to observe 'Vigilance Awareness Week' from 26th October, 2021 to 1st November, 2021.

Under this directive, Gitarattan Institute of advanced studies and training, Rohini, is celebrating a 'Vigilance Awareness Week' with the theme: Independent India@75: Self Reliance with integrity, in order to commemorate the birth of Sardar Vallabh Bhai Patel by conducting a number of activities like debates and poster making competition, Nukkad Natak, Slogan writing with a focus on curbing the ill effects of corruption.

A Debate competition was held in the virtual environment on 28th October, 2021 on the topic Education to curb Corruption. Debates are one of the academic activities giving students a creative room to express what they feel. To increase awareness about the ill effects of corruption the competition was organised.

Swati Sharma, teacher trainee, hosted the competition and gave a beautiful beginning by acquainting the audience about the event. There were 3 teams consisting 2 students each who participated with great ardour and enthusiasm. One student talked in favour while the other strongly opposed the argument by talking against the motion. The teams were classified as under:

TEAM A	TEAM B	TEAM B
Muskan Oberoi	Pranshi Gupta	Swati Sharma
Shivangi Sainger	Disha Bhatia	Megha Agarwal

All the teams exhibit great oratorical skills and displayed a keenness while expressing their views with perfect facial expressions and gestures. Everyone had put in tremendous hard work in presenting their arguments before the audience. The debate competition was a heated one yet enjoyable for every debater expressed with poise and assertiveness. Indeed, an enthralling experience for the audience and the judges as well. At the end, the supervisor, Ms. Sarika Verma appreciated the efforts of all the members for actively participating and making it a competition worth attending.

The competition ended with grand success. The competition was a kaleidoscope of opinions, thoughts, ideas and perspectives that definitely enhanced the knowledge and understanding of the topic among students. Hence, institution looks forward to more such events in the future for better awareness of the trainees.

### Nukkad Nattak



Date: 29<sup>th</sup> October, 2021

Venue: Online mode

On October 29, 2021, the Nukkad Natak / Street play on 'Corruption free nation a Developed India' which focused on Corruption free Nation. A group of B.ED II Year students participated with great enthusiasm. Script prepared in the form of dialogues. Each member assigned with the role of their choices. Script was divided into 4 scenes.

- **Scene 1-** Focused on the corruption at political level
- **Scene 2-** Focused on corruption at Ration shops
- **Scene 3-** Focused on corruption in Education sectors
- **Scene 4-** Focused on corruption in Police stations

Corruption is something that is a big obstacle for Economic Development of our Nation. In order to prevent this corruption, Policies and strategies need to be strengthen so that again our Nation will be called as '**Golden Bird**'.



### Vigilance Awareness Week Poster making activity



Date: 30<sup>th</sup> October, 2021

Venue: Online mode

Vigilance Awareness Week is being observed from 26th October to 1st November, 2021 on the theme- Independent India@75: Self Reliance with Integrity. It has been taken up to encourage the common people to collectively fight against corruption and to raise public awareness regarding its existence. The aim is to draw attention towards the causes and threats posed by corruption on our nation as a whole.

For making today's youth aware about the harm effects of corruption there is a need of keeping the light of truth and honesty alive in them. Hence for this Gitarattan Institute of advanced studies and training is observing '**Vigilance Awareness Week**' from 26 October to 1 November, 2021.

A virtual **Poster making activity** was organized on 30 October, 2021 on the Topic **Corruption**

Corruption undermines the fairness of institutions and processes and distorts policies and priorities. As a result, corruption damages the legitimacy of regimes leading to a loss of public support and trust for various institutions.

Pupil teacher participated enthusiastically and presented their Views with help of colours, they had drawn beautiful and meaningful Posters, they were showing Corruption and its causes , its harm to our society and role of citizens in fighting with Corruption.

Teachers also enjoyed the activity and appreciated the creativity of students. India's culture cannot be changed, from corrupt to clean, simply by relying on the government to enact and enforce laws. Such a movement can succeed only if young and idealistic workers, consumers, entrepreneurs, managers, educators and the media all play their part and constitute a coalition against corruption. Through the activity a small step has taken to reduce corruption and to promise ourselves to not to be the part of any type of corruption.

### Combating Corruption Vigilance Awareness Week 2021



Date: 30<sup>th</sup> October, 2021

Venue: Online mode

Corruption is a form of dishonesty or a criminal offense which is undertaken by a person or an organization which is entrusted with a position of authority, in order to acquire illicit benefits or abuse power for one's personal gain.

Corruption can occur in many sectors, whether they be public or private industry or even NGO's (especially in public sector). However, only in democratically controlled institutions is there an interest of the public (owner) to develop internal mechanisms to fight active or passive corruption, whereas in private industry as well as in NGO's there is no public control. Therefore, the owners, investors, or sponsors, profits are largely decisive.

**GITARATTAN INSTITUTE OF ADVANCED STUDIES AND TRAINING** celebrated the '**Vigilance Awareness Week**' from 26<sup>th</sup> OCTOBER to 1<sup>st</sup> NOVEMBER, 2021. The theme was '**Independent India @75: Self Reliance with Integrity.**' Vigilance Awareness Week (VAW) is being celebrated every year and coincides with the birthday of **Sardar Vallabhbhai Patel**, known to be a man of high integrity. The purpose of Vigilance Awareness Week is to generate awareness in the public at large about the ill effects of corruption.

An extension lecture was conducted by Ms. Jayanti Arora (PGT economics) with renowned CBSE senior secondary school Delhi via google meet.

The Workshop started with a welcoming speech by the GIAST Student Himani Gupta.

In the workshop, Ms. Jayanti spoke about the various scams done in past by the leaders who were the holder of prestigious position. She highlighted how their contribution is now flourishing of corruption in our society. But there are always two sides of the coin, and there is no pack of cards without a knave. Therefore in between the Self-regarding leaders there are some leaders who possess a heart to serve our country.

Later, Ms. Jayanti highlighted some of the Indian leaders went against corruption and worked hard to remove corruption from our society. She also highlighted Anna Hazare an Indian social activist who forced the Indian government, by sitting on 'hunger strike' to pass the Jan Lokpal Bill.

The Workshop was very informative and the students got to know about various forms of corruption. It is just not restricted to people who are holding prestigious positions in an institute but we can see corruption in our day to day lives. It starts with us. For instance, during school and college admissions people donate huge amount to get in, get fake certificates, income is shown below poverty line so that a seat can be reserved in college or school. All these are seen by everyone and every day.

At the end of the lecture, she concluded with a pledge 'My anti-corruption Pledge' and it ended with the hope that one day corruption will end if every citizen will understand it's responsibility and behave vigilantly.

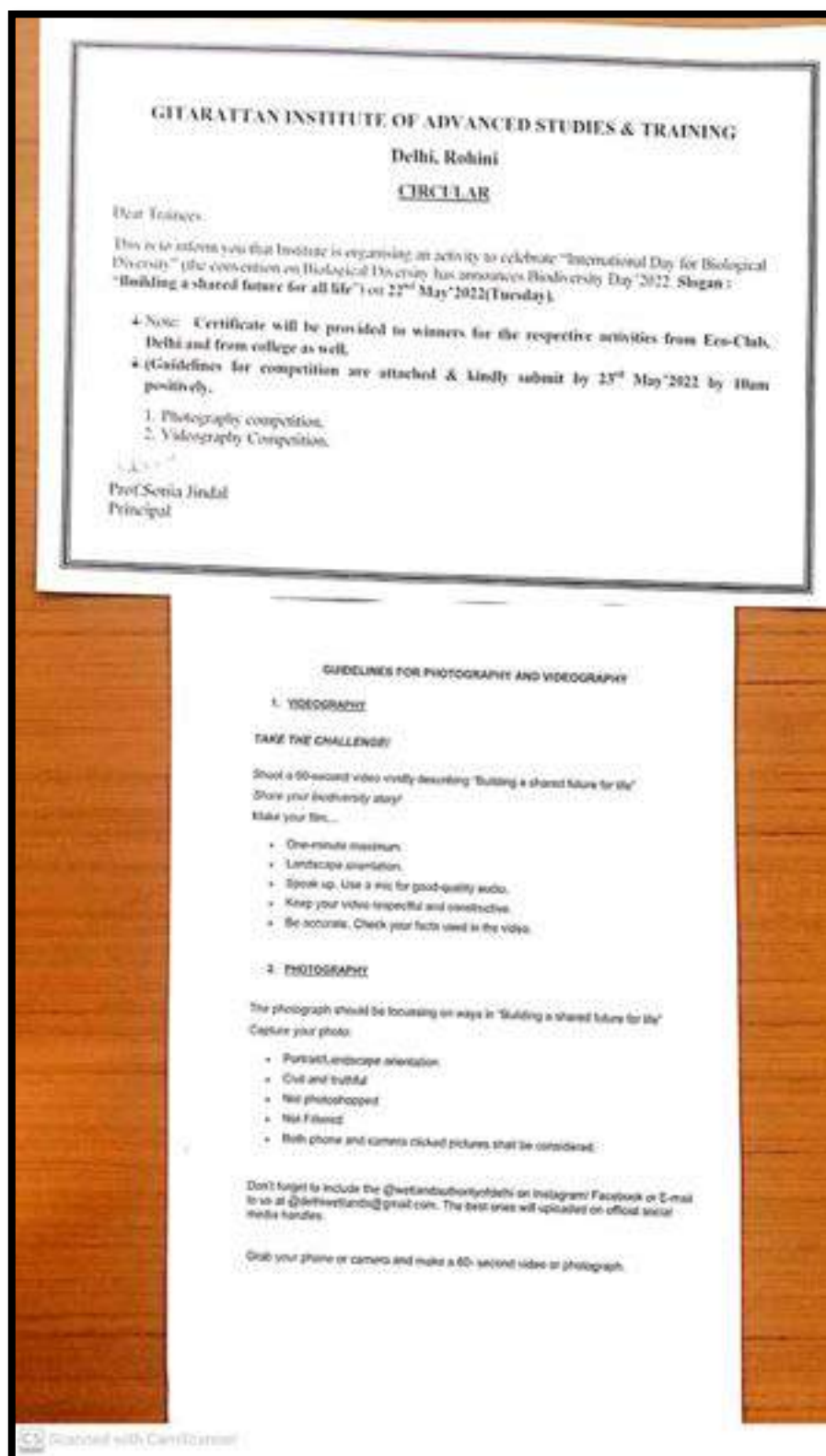
*\*\*In accordance with the mail received on 11<sup>th</sup> January, 2022 from Eco-Cub Delhi, **(Subject: Eco club activities where eco club schools/colleges spend eco club grant during pandemic)** Gitarattan Institute of Advanced Studies and Teaching actively organized a number of activities in harmony with other Eco Club mandates.*

#### LIST OF OTHER ACTIVITIES AND EVENTS THAT WERE ORGANIZED IN HARMONY WITH OTHER EVENTS BY ECO-CLUB

S.NO.	EVENT/ACTIVITY	DATE
1.	WEBINAR: SINGLE USE PLASTIC	13 <sup>TH</sup> AUGUST, 2021
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5.	SLOGAN WRITING SWACHTA PAKHWARA	10 <sup>th</sup> SEPTEMBER, 2021
6.	POSHAN ABHIYAN	18 <sup>TH</sup> SEPTEMBER, 2021
7.	POT DECORATION AND PLANTATION OF KHETRI SEEDS	
8.	GREEN GOOD DEEDS	11 <sup>TH</sup> SEPTEMBER, 2021



*\*\*In accordance with the mail received on 18<sup>th</sup> February, 2022 from Eco-Cub Delhi, (Subject: Bharat ka Amrut Mahotsav from 12<sup>th</sup> March 2021 to 15<sup>th</sup> August 2022) Gitarattan Institute of Advanced Studies and Teaching have scheduled a few activities and field trips in future for students. The same would be reported in time bounded manner.*



***\*\*In accordance with the mail received on 2<sup>nd</sup> December, 2021 from Eco-Cub Delhi,  
(Subject: Reg: Increasing awareness among students about Paryavaran Saathi Chatbot)  
Gitarattan Institute of Advanced Studies and Teaching, worked in the direction of creating  
awareness amongst students about Paryavaran Saathi Chatbot.***

## PARYAVARAN SAATHI CHATBOT, 2021

Gitarattan Institute of Advanced Studies and Teaching, showed its support to Delhi Government's initiative towards curbing down Air Pollution by successfully creating awareness amongst students. Because of the efforts and support of GIAST family a full strength of 200 students have registered themselves and connected with the newly launched initiative "**PARYAVARAN SAATHI CHATBOT**". We in cooperation and harmony with the whole Gitarattan family participated in the cause fighting against the increasing pollution crisis in Delhi by typing 'Hi' on WhatsApp to 9650414141 to talking to the Chatbot.



***\*\*In accordance with the mail received on 24<sup>th</sup> November, 2021 from Eco-Cub Delhi,  
(Subject: Photo, Blog and Short Video Competitions under climate conclave 3<sup>rd</sup> Edition)***

*Gitarattan Institute of Advanced Studies and Teaching, had spread awareness regarding the competition and the last date of registration.*

*Students of Gitarattan Institute of Advanced Studies and Training have registered themselves through the link provided by faculty. Students have sent photographs and short videos in the competition.*

*Certificate of student's participation is been attached here within.*



*\*\*In accordance with the mail received on 2<sup>nd</sup> September, 2021 from Eco-Cub Delhi, (Subject: Reg: Participation of students in Poshan Abhiyan) Gitarattan Institute of*

*Advanced Studies and Teaching, participated and organised activities of Poshan Abhiyaan in online mode. The activity was organised and scheduled in a manner that it can comply with mail received on 10<sup>th</sup> Septembet, 2022 (Subject: Promotion of Celebration of Ganesh Chaturthi Festival in Eco-friendly manner).*

# Poshan Abhiyaan, 2021



Date: 18th September, 2021

Venue: Online Mode

It was a group Activity and a total of 5 groups participating 3 from Section - A and 2 from Section - B. There were various topics like **Herbal nutri gardens, kitchen garden, Medicinal plants plantation, Nutritional fruits and vegetables** availability according to which pupil teachers presented their activities. The activity started at 10:55 AM.

**1<sup>st</sup> Group** was A1 which included Mansi(leader), Bharti, Suman, Amrita, Reetu yadav, Aisha, Dinky, Vaishali.

**Topic: Medicinal plants:** They presented a video in which planting plants like Alovera(Reetu yadav), Neem(Vaishali) were presented. Mansi, Aisha, Dinky, Suman presented benefits and use of medicinal plants and Amrita presented use of Neem and its importance. All over they received a Good feedback but audio of video was not audible.

**2<sup>nd</sup> Group** was B1 which included Bhawna sharma(leader), Barkha, Sakshi, Poonam, Anushi, Shivani, Vandana singh, Anjali

**Topic: Kitchen Gardening:** Bhawna started the presentation and introduced her group and started presentation Their video consist plantation of Coriander(Barkha), Oregano(Sakshi), Red chilli(Poonam), Tomato(Anushi), Lady finger (Shivani), Curry plant(Vandana), Garlic(Anjali). They also asked riddles about various vegetables like Tomato (Barkha), Potato (Sakshi), Bittergourd(Shivani). Then Anjali concluded the presentation by explaining the nutritional value and advantages of growing vegetables in kitchen Garden. They received a good feedback Teachers appreciated their riddles and plantations

**3rd Group** was A2 which included Amisha (leader), Shruti(d/o Kuldeep), Bhavya mann, Bhavya Arora, Ananya, Priyanshi sharma, Chanchal, Tisha

**Topic: Medicinal plants:.** Amisha introduced her group and started the presentation with the help of a video and ppt. They also planted plants like Pattharchatta(Amisha), money plant(chanchal). Bhavya Arora and Ananya explained importance of medicinal plants and Tisha explained about Tulsi plant and its importance. Priyanshi sharma explained benefits of plants and Shruti presented a poem and Bhavya mann concluded the presentation. They also received a good feedback. Mam appreciated their presentation and poems which they included.

**4<sup>th</sup> Group** was A3which included Jyoti (leader), Bhawna(d/o Anil), Khushi yadav, Anjali, Vanshika, Khushboo, Himani, Shruti(d/o Naveen). Jyoti introduced her group and started presentation on **Nutritional fruits and vegetables**. Bhawna explained importance of growing vegetables at home. Anjali showed chilli plantation. Shruti antil watered plats and planted plantlet. Himani, khusbhoo and Vanshika explained importance of various vegetables and their growth. They received a good feedback and their attire and explanation was also appreciated.



**5<sup>th</sup> Group** was B2 which includes komal Tomar(leader), Kamakshi, Akanksha, Vidya, Vaishali sehwat, Arti, Nikita, Chanda. Kamakshi started the presentation with introducing her Group and the Akanksha planted **medicinal plant**, Vidya (belpattra), kamakshi(bryophyllum), Vaishali (Tulsi), Nikita (Tulsi), and komal, Arti, Chanda explained about Giloeey, Alovera, and snake plant respectively. They also explained benefits of medicinal plants and their uses.

Their presentation was also good mam appreciated their explanation and also their plantation. All over everyone presented very nice plantation activities and the most important thing that pupil teachers planted plants and has contributed to protect Mother Nature. Praveen mam and Jasmeet mam both liked presentations and also appreciated the Display pictures of pupil teacher as they have used plants images as their Display picture.

At the end it was a good and important activity as it aroused awareness about plants around us and was conducted successfully.

## POT DECORATION FOR PLANTING KHETRI SEED, 2021



Date: 7<sup>th</sup>, October 2021

Venue: Online mode

On 07th October 2021, all the students of GIAST Deled 2<sup>nd</sup> Year participated in Pot Decoration activity. They have decorated, pot, and planted khetri seeds in it. The ritual planting of khetri seeds in a pot on the first day of Navratri is an important ritual. The ritual is also known as Ghatasthapana. Khetri is barley seeds. The seeds grow during the nine days. The first shoots appear on the third day.

Khetri during Navratri is a symbol of hope, fertility and prosperity. It is extremely satisfactory to see khetri seeds grow into shoots (small plant, which is the embodiment of the Goddess. The growing and blossoming of the plant in the house is considered highly auspicious and is a sign of the presence of Mother Goddess Shakti.

On the tenth day, people bid farewell to the plant in a ceremonious procession that involves playing with dry colors. In some region, the shoots are cut and distributed as holy offering. Khetri is kept in homes during Chaitra Navratri and Sharad Navratri. In Nepal during Dashain, several beds of Khetri are created in homes.

That's how Gitarattan Institute of Advanced Studies and Training performed Green Good Deed on occasion of Navratri.

## GREEN GOOD DEEDS



### SEED GERMINATION

Date: **11th September, 2021**

Venue: Online mode

According to our Hindu scriptures, barley was the first crop after the beginning of creation, so whenever goddesses are worshipped, barley is offered in the havan. It is said to down barley sprouts do not grow in two to three days. It is more than a miracle how seeds sprout in less than Nine Days.

Medically Barley Grass has proven to be a great source of Nutrition as well as lots of health benefits for the human body. And many people drink Barley Grass Juice for their health benefits. It's said to be green blood.

While everyone, everywhere, asserts the importance of 'learning to live sustainably,' environment remains a peripheral issue in the formal schooling system. Students of GIAST have performed germinated seeds of Barley in self-decorated earthen pots and have an add-on to their Good Green Deed.

The Activity was decided keeping in mind the on-going festival celebration and to empower pupil teacher to participate and take up meaningful environmental activities and projects. The basic aim of the activity was to influence, engage their parents and neighbourhood communities to promote sound environmental behavior. It will empower students to explore environmental concepts and actions beyond the confines of a syllabus or curriculum.

The activity will fulfill students desire to have joyful learning and be productive while meeting with friends and to make a positive impact on their local environment and the country.

## **DUSSEHRA CELEBRATION, 2021**

Dussehra Celebration

Date: 14<sup>TH</sup> October, 2021

Venue: Online mode

One of the prominent Indian festivals is **Dussehra**, also known as **Durga Puja** and **Vijayadashami**, in different parts of the country. This year, Dussehra is celebrated on October 15 and for ages, it has been the festival that celebrates the **triumph of good over evil**. In most of northern and western India, Dasha-Hara (literally, "ten days") is celebrated in honour of **Rama**. Thousands of drama-dance-music plays based on the *Ramayana* and *Ramcharitmanas* (***Ramlila***) are performed at outdoor fairs across the land and in temporarily built staging grounds featuring effigies of the demons Ravan, Kumbhakarna and Meghanada. The effigies are burnt on bonfires in the evening of Vijayadashami-Dussehra.

For celebrating this auspicious festival Gitarattan Institute of Advanced Studies and Teaching organized an online Dussehra Celebration. Pupil teacher participated enthusiastically and presented a beautiful and motivating programme on virtual platform. Everyone learned that we should also kill the Ravan inside us and replace negative thoughts with positive one and love and peace. Pupil teacher presented beautiful dance, motivating poems and also Shri Ram Katha, bhajans and melodious songs. Our honourable Principal Prof. Sonia Jindal mam also joined the programme and fill energy among students to face challenges and participate actively and keep developing themselves to achieve the goals and touch the height of sky. Mam blessed everyone and wished Happy Dussehra to all. Teachers and pupil teachers enjoyed the celebrations and also learned life lessons from Shri Rama's life. The programme was hosted by Shruti and Barkha who did their work very well and make the programme to run smoothly. All the participants were appreciated and blessed by teachers and were very happy to see students participation and their skills which had enhanced day by day by working hard. All over it was a successful and informative programme and was enjoyed by all.

Here are few glimpse of the beautiful Dussehra Celebration.

[https://drive.google.com/file/d/1CizeUpF8TDF5PpJRqDxGvDK3ts\\_S8OnV/view?usp=drive\\_sdk](https://drive.google.com/file/d/1CizeUpF8TDF5PpJRqDxGvDK3ts_S8OnV/view?usp=drive_sdk)

<https://photos.app.goo.gl/jnkUXaFDBos7VArD8>

<https://photos.app.goo.gl/mKY7V7satUwssf3UA>

<https://photos.app.goo.gl/94wm6z4tzvBrLP1u9>

<https://drive.google.com/file/d/1DGqF74xk3IfiRR6ZUAMa4rxGLPhZifS1/view?usp=drivesdk>

## MAHA NAVMI CELEBRATION, 2021

### Dandiya Decoration



Date: 13<sup>th</sup> October, 2021

Venue: Online mode

Navratri is celebrated in different regions of India in different ways. Navratri and Garba go parallel, one cannot be complete without Dance and enthusiasm with colourful outfits that are special features of Garba along with special Dandiya. In the North West 'Especially in the state of Gujrat, Navaratri brings in Garba ' or the Dandiya raas. A dance



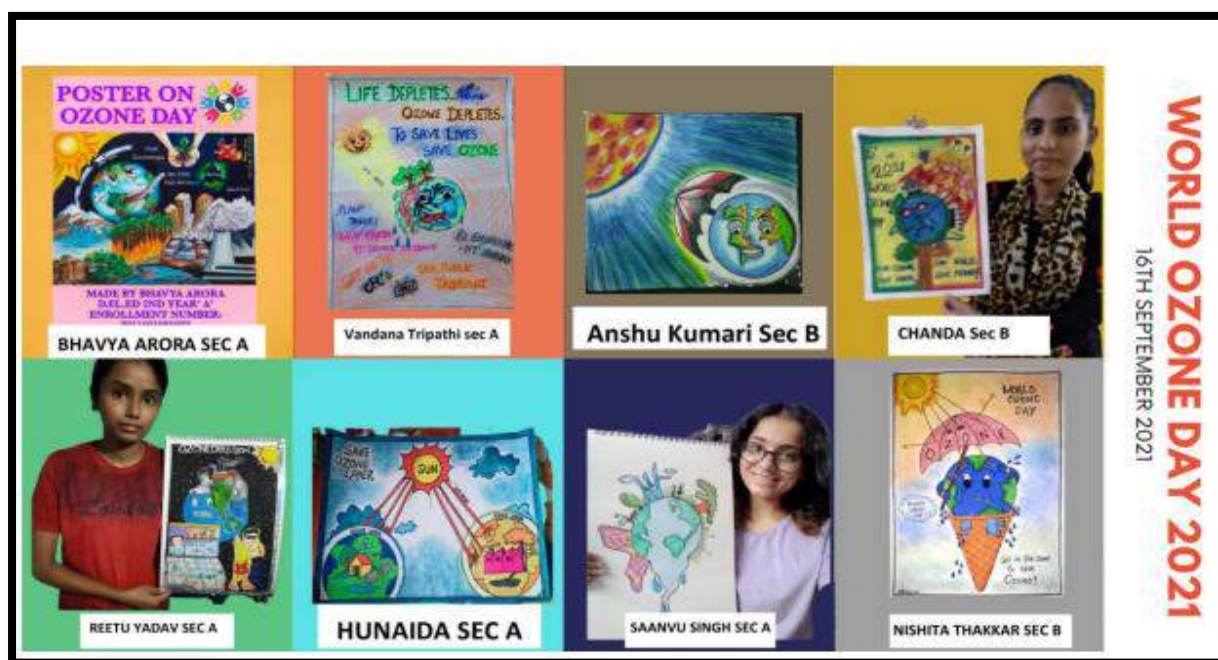
form depicting Lord Krishna's dance with his gopikas typically danced with 2 wooden dowels/sticks decorated in festive colours.

On 13th October 2021 a virtual Dandiya Decoration Activity was organized at GIAST for students of D.El.Ed First Year. The students enthusiastically participated and decorated their dandiya sticks to honor the celebration of Maha Navmi and Durga Pooja.

The activity was decided keeping in the work and Education curriculum of D.EL.ED. It assigned for creating cultural awareness. and for building up proper attitudes towards work developing favorable work values and habits, imparting necessary knowledge related to work, and developing appropriate work skills, which can help the children to become productive and self-reliant in meeting their day-to-day needs.

*\*\*In accordance with the mail received on 27<sup>th</sup> August, 2021 from Eco-Cub Delhi, (Subject: Participation of school Eco-Club students in National level school competition on the occasion of World Ozone Day-reg) Gitarattan Institute of Advanced Studies and Teaching organised a slogan writing and poster making competition.*

**“WORLD OZONE DAY, 2021”**



### Slogan writing and Poster making competition

Date: 16<sup>th</sup> September, 2021

Venue: Online Mode

The Institute celebrated 27th “WORLD OZONE DAY 2021” on 16th September’ 2021 (Monday). D.el.ed 2nd year students were requested to prepare the POSTER on the same. Ozone layer depletion causes increased UV radiation levels at the Earth’s surface, which is damaging to human health. Negative effects include increases in certain types of skin cancers, eye cataracts and immune deficiency disorders. UV rays also affect plant growth, reducing agricultural productivity.

### RESULTS

S.NO.	NAME	SECTION	POSITION
1.	BHAVYA ARORA	A	1ST
2.	. REETU YADAV & VANDANA TRIPATHI	A	2ND
3.	SAANVU SINGH & HUNAIDA	A	3RD
4.	ANSHU KUMARI	B	1ST

5.	CHANDA	B	2ND
6.	KAMAKSHI & NISHITA THAKKAR	B	3RD

*\*\*In accordance with the mail received on 12<sup>th</sup> August, 2021 and 5<sup>th</sup> August 2021 from Eco-Cub Delhi, (Subject: Two month plastic awareness campaign where elimination of single use plastic with the involvement of UNEP, GIZ and FICC 2021) Gitarattan Institute of Advanced Studies and Teaching actively participated in the Webinar via Cisco Web platform.*

## EASTERN AND NORTH-EASTERN REGIONAL EVENT AWARENESS CAMPAIGN ON SINGLE USE PLASTICS, 2021



Date: 13<sup>th</sup> August, 2021

Time: 10:25AM-01:00PM

Eastern and North-Eastern regional campaign was undertaken for spreading awareness on the issue of “Single Use Plastics”. The event addressed the issues and increasing concerns for the non-judicial use of plastic, and focused on ways to overcome it. Several initiatives were undertaken by a number of organizations to bring in significant

changes that would help in curbing down the concerns. Gitarattan Institute of Advanced Studies and Training, Rohini played an active role in creating awareness amongst its pupil teachers through active participation in the Webinar which was held on August, 13th 2021 via Cisco Web platform.

The erudite webinar was addressed by: Ms. Divya Datt hosted the webinar, Mr. Ashok Ghosh, Mr. Harikumar Thingbaijam (Director at Manipur Municipal Administration and Urban Development), and other intellectuals. It was incredible to know how a unique school at the outskirts of Guwahati with the aim to bring children from poverty stricken families to school by accepting plastic waste as fee and developing skills. The webinar focused on ways to prevent pollution. Our planet is drowning in plastic pollution it's time for change!

Several screenshots of the highlights of a very well curated webinar have been attached herewithin

Via ClassWebex

### Our planet is drowning in **plastic pollution** — it's time for change!




- While plastic has many valuable uses, we have become addicted to **single-use or disposable plastic** — with severe environmental consequences.
- Around the world, one million plastic drinking bottles are purchased every minute, while 5 trillion single-use plastic bags are used worldwide every year.
- In total, **half of all plastic produced is designed to be used only once** and then thrown away.
- Plastic waste is now so ubiquitous in the natural environment that scientists have even suggested it could serve as a **geological indicator of the Anthropocene** era. So how did we get here?

Parth Shah DD Arpit Loh CD CHINTU DAI


FICCI

Via ClassWebex

### Students pay weekly "plastic school fees"



As risk starts to rise, money after school by compressing plastic waste into bottles to make bricks and bricks. These bricks are used by students for simple construction.



There are 1000s of plants in this small area. The model school collects and processes approx. 10,000 units of plastic each month.

Parth Shah DD Arpit Loh AS S CHINTU DAI

FICCI

Via ClassWebex

### SUPs from a meeting of 20 people....!




- 50 Water bottles
- 50 plastic tea cups
- 25 plastic plates
- 25 pen wrappers
- A flex
- Four White Board Markers



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## REPORT ON SEVERAL ECO-CLUB ACTIVITIES ACCOMPLISHED IN ACADEMIC SESSION JANUARY 2020- SEPTEMBER 2020.

### 1. Activities

On

- WATER RESOURCES
- MINIMISATION OF PLASTIC PACKAGES

Date: 6<sup>th</sup> January to 10<sup>th</sup> January'2020

Venue: Multipurpose Hall

Several activities were planned on different days from 3<sup>rd</sup> January to 6<sup>th</sup> January'2020 under the awareness programme for "Water conservation & resources and Minimization of plastic packages".

The following are the activities that were conducted subsequently

Date: **6<sup>th</sup> January'2020**

Venue: Campus Auditorium

Event: the Poster Making Competition

Students participated actively in the competition and came up with vibrant and thoughtful pieces of art under Eco-Club Activities. Principal, Prof. Sonia Jindal graced the event and motivated the students. The event came as a reflection of how young minds perceive the issues utmost importance i.e. **Conservation of Water & Single Use of Plastic and How Keen they are to make a Difference.**

The photographs of participants with their respective posters is attached herewithin



Date: 7<sup>th</sup> January'2020

During the Eco-Club activity, banners with **water conservation** and **Ban on Plastic** were displayed at different places in the institute's premises.

Displayed Banners of Swachhta Pakhwada in the mpus premises.



Date: 8<sup>th</sup> January' 2020

Venue: Campus Auditorium

Banner Making Activity was followed by two Documentaries i.e.

- Paani ke Laane- water crisis in Bundelkhand

- H2WOE-India's water crisis (A Warning to the World)

On importance of water organized for students on 8<sup>th</sup> January' 2020 to motivates everyone to participate in the Eco Club activities with vigour. They must assume the responsibility in conservation of **water and to spread the awareness**.



Date: 9<sup>th</sup> January'2020

Venue: Campus Premises

Gitarattan Institute of Advanced Studies and Training, further organized a **Bulletin Board Decoration activity** on 9<sup>th</sup> January'2020 to make everyone aware about the issues such as water conservation, effects of use of plastic, significance of water, rain water harvesting and 3R's (Reduce, Reuse, Recycle) of plastic management etc. All the college students participated whole heartedly in the event and made the beautiful & informative boards on the theme of '**scarcity of water and harmful effects of use of plastic**'.



Date: 10<sup>th</sup> January'2020

Venue: Campus Premises

Succeeding the display of messages on bulletin board taken during the bulletin board decoration activity, the next step in the "**Eco-Club activity**" initiative came with the campus awareness drive that took place on 10th January'2020:. The students and members of faculty led by Dr. Shikha Ranjan, Associate Professor started the Campus Awareness Drive from the canteen area. The zealous students and teachers took vital efforts to display the posters in the campus premises as they displayed in multipurpose hall, ground area, corridors, putting up posters and also spread the awareness regarding harmful effects on the use of plastic and efficient utilization of water. Students and teachers come together for Campus Awareness Drive.





## 2. DEBATE ON AIR POLLUTION

Topic: stop open burning of garbage

Date: 11<sup>th</sup> & 12<sup>th</sup> February'2020

Venue: Multipurpose Hall

On 11.02.2020, The Gitarattan Institute of Advanced Studies and Training, conducted Discussion on '**Stop open burning of Garbage**' at multipurpose hall of the campus, where 20 students of B.Ed. 1<sup>st</sup> year participated enthusiastically and were divided into two groups under the supervision of Ms. D. Anupama.





Date: 12<sup>th</sup> February'2020

Venue: Campus premises

A mega Debate Competition was organized in college premises on 12thFebruary'2020 wherein the students and staff of the college participated in large numbers on topic 'Air Pollution'.

### 3. AWARENESS ON YAMUNA RIVER / WATER CONSERVATION

Date: 10th March'2020

Venue: Multipurpose hall

The students of Gitarattan Institute of Advanced Studies and Training, performed a **Nukkad Natak** to sensitize the students about the responsibility in **Conservation Of Water And Awareness On Yamuna River**.



#### 4. POSTER & BORDER MAKING COMPETITION on Earth Day'

##### Poster Making and Border Making Competition



Date: **22nd April'2020**

Time: 11:40 AM to 01:10 PM

Venue: (ONLINE)

A Poster Making and Border Making Competition was organised on EARTH DAY held on Thursday, 22 April Online due to pandemic. Initially, the choice of theme was given to the students and everyone came up with unique ideas. However, later the theme was limited to only two alternatives. Those were:

1. Save Earth
2. Our Nation, Our Pride

The participants had to be in groups of ten. The venue of the competition was the online and the duration was approximately two hours. It was amazing to witness everyone enjoying the task. Each poster was as creative and beautiful as the other. Every border was eye-catching. In poster making competition, all two topics were equally utilised by the students as their respective themes. Some illustrated 'Effects of Pollution', 'Mission Indra Dhanush', 'Balance Diet and many more such topics. In border making too, the themes chosen were variant. The judges appreciated everyone which was heart-warming as well as inspiring.

Everyone explained their theme very well. It was an amazing experience for every students as it was virtual competition.

### **Our Nation, Our Pride.**

India is a land of great political leaders who ruled the country effectively and also by protecting its national interest. The objective of the competition was to address the feeling of patriotism among the students of our college who participated in the event with full zeal and love towards the mother land.



The students expressed their views and thoughts about the great leaders as well as on Independence Day by drawing, writing slogans and quotes. This activity kept the student engaged and it was organized to explore and encourage creativity in students and offer them a platform to showcase their skills. It inspired them to think and work creatively in order to promote artistic excellence. All students participated earnestly in the competition. They came up with amazing creativity. Their efforts and initiative was appreciated by one and all.



## 5. QUIZ COMPETITION ON BIODIVERSITY & WILDLIFE

### Conservation of wildlife through awareness - Quiz competition

Date: **22nd May '2020**

Venue: (ONLINE)

The Objective type Wildlife Quiz competition was organised by GIAST on the Forest & Wildlife of India, North East India, to aware the students about “HOW TO CONSERVE WILDLIFE” Some questions are also set for Wildlife Protection Act 1972 (amended up-to 2006).

Following questions were asked Tick the correct answer.

Q.1. Which Forest type is not found in Tamenglong District?

- (a) Bamboo Bract    (b) Alpine Forest    (c) Moist deciduous forest    (d) Mixed evergreen Forest

Q.2. In which Habitat type; the species diversity is highest?

- (a) Desert    (b) High altitude mountain    (c) Grassland    (d) Rain Forest

Q.3. Which country is the largest consumer of wildlife product for their traditional medicine?

- (a) Myanmar    (b) Laos    (c) Thailand    (d) China

Q.4. Which Part of Rhinoceros is taken out for illegal trade?

- (a) Bone    (b) Meat    (c) Kidney    (d) Horn

Q. 5. Which of the following primate is not an ape?

- (a) Hanuman langur    (b) Chimpanzee    (c) Orangutan    (d) Hoolock gibbon.

Q. 6. The following statement is not true in respect of Hoolock gibbon (*Hylobatus hoolock*).

- (a) The male hoolock are black in colour and female hoolock are brownish in colour.  
(b) In India, Hoolock gibbon are found only in North East India  
(c) Hoolock gibbon are not found in Tamenglong District



(d) The movement of hoolock gibbon in the top trees canopy by swinging with its arms is termed as "brachiation".

Q. 7. One of the following mammals is not found in Tamenglong District ?

(a) Serow (Sabeng)    (b) Tiger (Royal Bengal tiger)    (c) Sambar (Sajal)    (d) Musk deer (Kasturi)

Q.8. Which Protected Area of India is chosen for translocation of Asiatic Lion?

- (a) Kanha National Park in Madhya Pradesh
- (b) Kuno Palpo Sanctuary in Madhya Pradesh
- (c) Jim Corbett National Park in Uttarkhand
- (d) Tadoba National Park in Maharashtra.

Q.9. Who is the Chairman of National Board for Wildlife?

- (a) Forest & Environment Minister
- (b) Director, Project Tiger
- (c) Prime Minister
- (d) Director General of Forests, Ministry of Environment & Forests.

Q.10. In Asia only one Protected Area is the only home of Asiatic Lion (*Panthera leo persica*). Name the Protected Area.

- (a) Kanha National Park
- (b) Sariska National Park
- (c) Ranthambore National Park
- (d) Gir National Park.

Q.11. In the World, it is the only floating National Park. Name the park.

- (a) Kanha National Park
- (b) Kaziranga National Park



(c ) Keibul Lamjao National Park

(d) Sunderban National Park.

Q. 12.Which State is known as "Falcon Capital of the world"?

(a) Mizoram (b) Gujarat (c) Manipur (d) Nagaland

Q.13. Which animal is known as "the only Indian Ape"?

(a) Hanuman Langur (b) Hoolock gibbon (c ) Phayre's leaf monkey (d) Lion Tailed macaque

Q. 14.Which District of Manipur is the home of Dzuko Lily (*Lilium chitrangadae*)?

(a) Ukhrul (b) Churhandpur (c) Senapati (d) Tamenglong.

Q. 15. Who is the Chairman of State Board for Wildlife?

(a) Forest & Environment Minister

(b) Director, Project Tiger

(c) Prime Minister

(d) Chief Minister

Q.16. There are two World Natural Heritage Sites in one of the State of North East India. Name the State.

(a) Meghalaya (b) Arunachal Pradesh (c) Manipur (d) Assam

Q.17 Which District of Manipur is the home of State Bird (Nongin), State Tree (Uningthou) & State Flower (Shiroi Lily)?

(a) Ukhrul (b) Churhandpur (c) Senapati (d) Tamenglong.

Q. 18 Which of the following Wildlife Sanctuary (proposed) is not in Tamenglong District?

(a) Jiri-Makru Wildlife Sanctuary

(b) Zeilad (Zeilat) Wildlife Sanctuary

(c) Keilam Wildlife Sanctuary

(d) Bunning (Puilong) Wildlife Sanctuary.

## 6. HOLIDAY HOMEWORK REGARDING LATEST ENVIRONMENTAL ISSUES

Date: 5<sup>th</sup> June' 2020

Venue: Holiday Homework (Essay Writing Competition)

Essay Writing Competition on the topic “**Latest Environmental Issues**” was conducted by the GIAST for all the students to make them vigilant about the latest Environmental Issues.

## 7. TALKS/ SEMINAR/ WORKSHOPS ON NOISE POLLUTION

Extension Lecture on Environmental Issues ("Bio-medical waste management")

Date: 5<sup>th</sup> August'2020

Venue: (ONLINE)

*It is said that Rome was not built in a day. Similarly, Extension was not master-minded by one individual; rather it evolved through hard work of extension professionals around the world over more than a century.*

Keeping in vision the teaching-learning process there are many topics and issues in each discipline which require some other experts specializing in the field for the particular issue. This evolves the idea of an extension lecture to be scheduled considering the need of students as well as teacher educators. The Extension Lecture Series have been visualized to motivate the young children from schools and colleges to go for higher studies of their choice. The teacher-education institutes are not an exception and there also extension lectures are organised for the growth of student-teachers and teacher-educators.

In this vision an extension lecture was organized by GIAST on 5<sup>th</sup> August'2020 on the topic “Bio-Medical waste Management”. The resource person invited to speak on the above topic was Ms D. Anupama, Head of School, Gitarattan Jindal Public School, Rohini.

Ms D Anupama, defined what is bio-medical waste and how it can be managed to keep environment free from its hazards. She mentioned and explained that Biomedical waste management has recently emerged as an issue of major concern not only to hospitals, nursing home authorities but also to the environment. The bio-medical wastes generated from health care units depend upon a number of factors such as waste management methods, type of

health care units, occupancy of healthcare units, specialization of healthcare units, ratio of reusable items in use, availability of infrastructure and resources etc.

The proper management of biomedical waste has become a worldwide humanitarian topic today. Although, hazards of poor management of biomedical waste have aroused the concern world over, especially in the light of its far-reaching effects on health and the environment.

She further explained that now it is a well-established fact that there are many adverse and harmful effects to the environment including human beings which are caused by the “Hospital waste” generated during the patient care. Hospital waste is a potential health hazard to the health care workers, public and flora and fauna of the area. The problems of the waste disposal in the hospitals and other health-care institutions have become issues of increasing concern. Ms D Anupama also classified the bio-medical waste which is as follows:

### **Classification of Bio-Medical Waste**

The World Health Organization (WHO) has classified medical waste into eight categories:

- General Waste
- Pathological
- Radioactive
- Chemical
- Infectious to potentially infectious waste
- Sharps
- Pharmaceuticals
- Pressurized containers

After discussing about the types of waste, she talked about the sources from which this waste is produced in the environment classifying them into two types- major sources and minor sources which are as follows:

### **Sources of Biomedical Waste**

Hospitals produce waste, which is increasing over the years in its amount and type. The hospital waste, in addition to the risk for patients and personnel who handle them, also poses a threat to public health and environment.

#### **Major Sources**

- Govt. hospitals/private hospitals/nursing homes/ dispensaries.
- Primary health centres.
- Medical colleges and research centres/ paramedic services.
- Veterinary colleges and animal research centres.
- Blood banks/mortuaries/autopsy centres.
- Biotechnology institutions.
- Production units.

#### **Minor Sources**

- Physicians/ dentist's clinics
- Animal houses/slaughter houses.
- Blood donation camps.
- Vaccination centres.
- Acupuncturists/psychiatric clinics/cosmetic piercing.
- Funeral services.
- Institutions for disabled persons

Next, the problems relating to biomedical waste were discussed. A major issue related to current Bio-Medical waste management in many hospitals is that the implementation of Bio-Waste regulation is unsatisfactory as some hospitals are disposing the waste in a haphazard, improper and indiscriminate manner. Lack of segregation practices, results in mixing of

hospital wastes with general waste making the whole waste stream hazardous. Inappropriate segregation ultimately results in an improper method of waste disposal which poses a big problem for the environment and human survival.

Inadequate Bio-Medical waste management thus will cause environmental pollution, unpleasant smell, growth and multiplication of vectors like insects, rodents and worms and may lead to the transmission of diseases like typhoid, cholera, hepatitis and AIDS through injuries from syringes and needles contaminated with human.

Various communicable diseases, which spread through water, sweat, blood, body fluids and contaminated organs, are important to be prevented. The Bio Medical Waste scattered in and around the hospitals invites flies, insects, rodents, cats and dogs that are responsible for the spread of communication disease like plague and rabies. Rag pickers in the hospital, sorting out the garbage are at a risk of getting tetanus and HIV infections. The recycling of disposable syringes, needles, IV sets and other article like glass bottles without proper sterilization are responsible for Hepatitis, HIV, and other viral diseases. It becomes primary responsibility of Health administrators to manage hospital waste in most safe and eco-friendly manner.

### **Need of Biomedical waste Management in Hospitals**

The reasons due to which there is great need of management of hospitals waste such as:

- Injuries from sharps leading to infection to all categories of hospital personnel and waste handler.
- No socomial infections in patients from poor infection control practices and poor waste management.
- Risk of infection outside hospital for waste handlers and scavengers and at time general public living in the vicinity of hospitals.
- Risk associated with hazardous chemicals, drugs to persons handling wastes at all levels.
- “Disposable” being repacked and sold by unscrupulous elements without even being washed.
- Drugs which have been disposed of, being repacked and sold off to unsuspecting buyers.
- Risk of air, water and soil pollution directly due to waste, or due to defective incineration emissions and ash.



### **Process of Biomedical Waste**

There is a big network of Health Care Institutions in India. The hospital waste like body parts, organs, tissues, blood and body fluids along with soiled linen, cotton, bandage and plaster casts from infected and contaminated areas are very essential to be properly collected, segregated, stored, transported, treated and disposed of in safe manner to prevent nosocomial or hospital acquired infection. The process follows the below given steps:

- Waste collection
- Segregation
- Transportation and storage
- Treatment & Disposal
- Transport to final disposal site
- Final disposal

### **Biomedical Waste Treatment and Disposal**

Health care waste is a heterogeneous mixture, which is very difficult to manage as such. But the problem can be simplified and its dimension reduced considerably if a proper management system is planned.

#### **Incineration Technology**

This is a high temperature thermal process employing combustion of the waste under controlled condition for converting them into inert material and gases. Incinerators can be oil fired or electrically powered or a combination thereof. Broadly, three types of incinerators are used for hospital waste: multiple hearth type, rotary kiln and controlled air types. All the types can have primary and secondary combustion chambers to ensure optimal combustion. These are refractory lined.

#### **Non-Incineration Technology**

Non-incineration treatment includes four basic processes: thermal, chemical, irradiative, and biological. The majority of non-incineration technologies employ the thermal and chemical

processes. The main purpose of the treatment technology is to decontaminate waste by destroying pathogens. Facilities should make certain that the technology could meet state criteria for disinfection.

### Autoclaving

- The autoclave operates on the principle of the standard pressure cooker.
- The process involves using steam at high temperatures.
- The steam generated at high temperature penetrates waste material and kills all the micro organism
- These are also of three types: Gravity type, Pre-vacuum type and Retort type.

### Microwave Irradiation

- The microwave is based on the principle of generation of high frequency waves.
- These waves cause the particles within the waste material to vibrate, generating heat.
- This heat generated from within kills all pathogens.

**Chemical Methods:** 1 % hypochlorite solution can be used for chemical disinfection. She also talked about the color coding followed by the professionals on guidelines to dispose off the bio medical waste.

Colour Coding	Type of Container	Waste Category	Treatment options as per Schedule I
Yellow	Plastic bag	Cat.1, Cat.2, Cat.3 and Cat.6	Incineration/ deep burial
Red	Disinfected container/ plastic bag	Cat.3, Cat.6, and Cat.7	Incineration/ autoclaving/ Chemical treatment
Blue/ White Translucent	Plastic Bag/ puncture proof container	Cat.4 and Cat.7	Autoclaving/ Micro waving/ Chemical treatment and destruction/ shredding
Black	Plastic bag	Cat.5, Cat.8, and Cat.10 (solid)	Disposed in secured landfill

The extension lecture ended with a vote of thanks on the note that we must be careful about hazardous waste around us and should act as responsible citizens of the **COUNTRY TO SAVE THE EARTH.**

## 8. Report on WORLD OZONE DAY 2020 Celebration

Date: 16th September'2020

Venue: (ONLINE)

“As umbrella protects us from rain, ozone protects the earth from the sun” On 16th September 2020, Gitarattan Institute of Advanced Studies and Training organised a co-curricular activity of POSTER MAKING to spread awareness about World Ozone Day. The activity was conducted via Online Platform for second year trainees of Bachelors in Education (B.Ed). A list of sub themes (namely prohibiting the use of Nitrous Oxide, discourage driving of private vehicles, utilising eco-friendly cleaning products, No HCFCs) was provided as a medium, to stimulate ideas in the required direction. Posters help in giving an immediate virtual impression to the spectators and help in conveying the idea in limited words. This venture brought out the creative thinking expressions of the students and sensitized them towards this issue. The ozone layer is a natural layer of gas in the upper atmosphere that protects humans and other living things from harmful ultraviolet (UV) radiation and is therefore crucial to life on Earth. Moreover, the activity was a break free from the regular online classes for a lot of creative minds. The institute honoured the winners with an E-Certificate of Appreciation for their sincere efforts and to keep them encouraged for the future pursuit.

