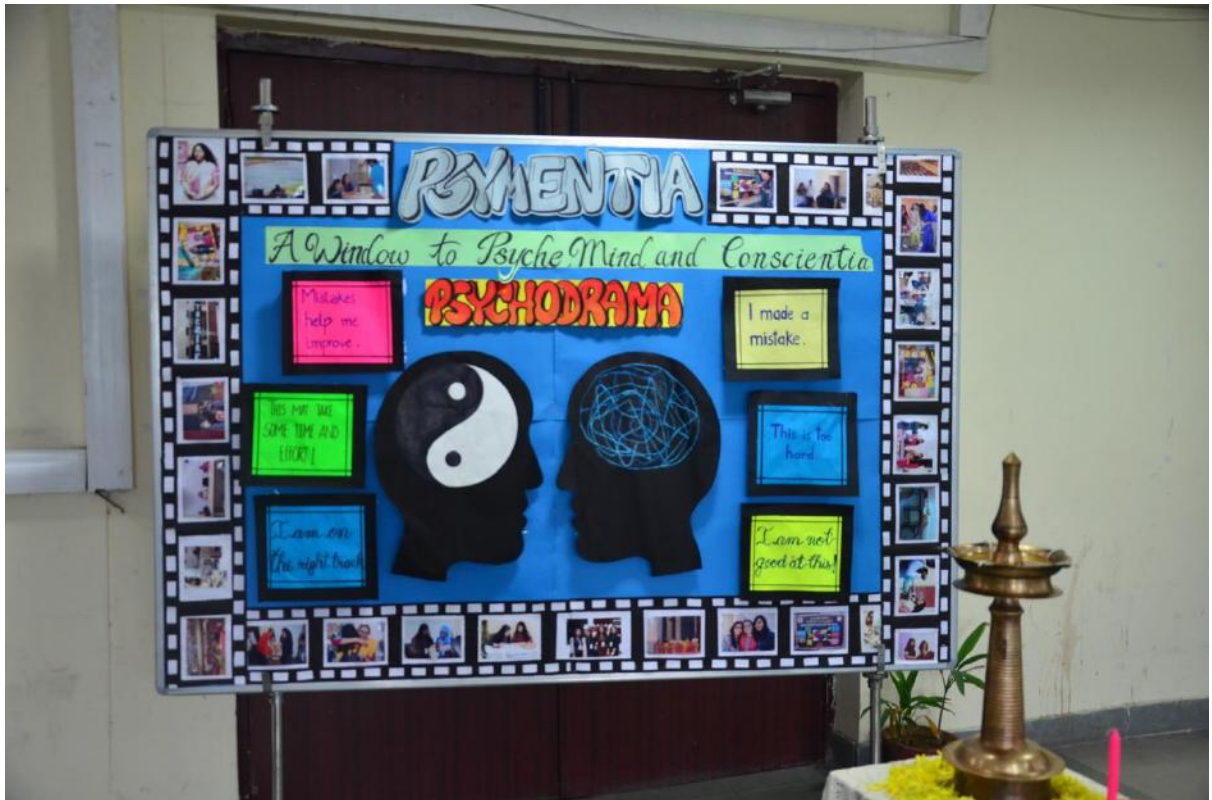


2.3.1 Student Centric Learning

Pictures of student activities generating awareness for various issues.



Workshop on ‘Psychodrama: Application of dramatics as a form of therapeutic techniques’

Psymentia, the Psychology society of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, conducted a workshop on Psychodrama on 29th August 2018. The guest speaker invited for the event was Ms. Jyoti Bernard who is an influential Psychotherapist. Psychodrama is an action method, often used as psychotherapy, in which people use spontaneous dramatization, role playing, and dramatic self-presentation to gain insight into their lives. During the workshop, Dr. Jyoti Bernard explored the field of Psychodrama by stating its uses, advantages in daily life and its ethics.



Sensitization about Depression through open house discussion.

On 10th October, 2018 an open house discussion on Depression was organized by the Department of Psychology in association with Aarambh (College Society). The speaker invited for the event were Dr. Amit Sen and Ms Priyanka Mittal.



Workshop conducted on 'Interpersonal Relationships'

The Department of Psychology organized an interactive session on 'Enhancing Interpersonal Relationship' on 29th August, 2017 which was attended by students from different departments. Dr. Phogat was the guest speaker for the event.



Registration for the awareness session on 'Impact of social media on mental health'

The Department of Psychology organized its second annual Technical Fest Trezire'18 themed 'Are you Psychologically hacked?', centering the idea how a person's mind is hacked and impacted by other people, social media and business firms.



Workshop conducted on ‘Psychosocial Perspective on Coping with Cancer.’

Department of Psychology in association with Department of Biomedical Science organized a workshop on 'Psychological Perspectives on Coping with Cancer' on 4th February, 2019. The guest speaker of the event was Ms. Human Anis.



Workshop on ‘Body Language and its significance’



Students conducting quiz about Mental Health Awareness.

On 11th October, 2018, the Department of Psychology conducted its second annual Technical Fest. As part of the fest Inquizzition-the psychology quiz was conducted by the students of Psychology. It was based on the concepts and knowledge of Psychology and had a fun and interactive twist to it.

Awareness programme for sanitary workers



A workshop was conducted for the sanitary workers appraising them about the general health and hygiene laying special stress on the use of single use plastic. Given how widespread plastic is used and distributed, avoiding the associated toxins and chemicals can be pretty tricky. The following strategies can be used to curb the use of plastic and spread of the leached toxins. Plastic is one of the most miraculous discoveries of mankind, though commodities made of plastic are handy, it is time to become aware of the harm that plastic causes to life on Earth. Before the picture turns even more ugly, it is better that we take some effective preventive measures to reduce this type of pollution as The dangers of plastic pollution seem to be all over the place in the news lately, but for very good reason. Plastic litter is slowly taking over our oceans, landfills, and even ending up inside of our food!As scientists become more aware of the chemicals that leech out of plastics and make their way into our bodies, they are uncovering a variety of health issues that result. This includes cancer, reproductive issues, immune system suppression and problems with childhood development just to name a few.

Two different strategies can be adopted to face this challenge: spreading awareness on environmental conservation and beating this plastic pollution at its root level.

- **Don't heat food in plastic containers.** Heat can aid in the breakdown of plastics and release of chemicals like BPA. Opting for glass or ceramic food containers when warming up your leftovers can be very helpful.
- **Opt for a reusable, non-plastic water bottle.** Forget the single-use plastic water bottle and choose the more sustainable route by getting your hands on a reusable water bottle that's made of metal or glass. This will help to avoid daily exposure to toxins by hydrating without plastic.
- **Choose fresh over packaged food.** A recent study analyzing BPA levels in a family that ate exclusively fresh foods for a 3-day period and avoided packaged food and drink altogether had 60 percent lower BPA levels at the end of the study. Eating foods that don't use plastic packaging is a huge way to keep plastic toxins out of your body.
- **Break up with plastic.** Going plastic-free is certainly not an easy task, but looking for ways to avoid plastics altogether in your life will also help you avoid the nasty chemicals they carry. Take some tips from a seasoned veteran when it comes to plastic-free living, and enjoy life with much less pollution and pain.
- **“Saving the planet: our moral duty”**
- The “Beat Plastic Pollution” campaign was organized on 7th-8th June, 2018 in ShaheedRajguru College of Applied Sciences for Women, Delhi University, at Vasundhara Enclave. Of the two day long campaign, different activities were planned:
- The main agenda was to do away with *one time use plastic*, discuss about its health hazards and find healthier alternatives also take the first step towards a disposable plastic free campus,

Students of B.Sc(Hons) Chemistry visiting Yakult Plant



Alchemy, the Chemical Society of our College organized an Industrial trip to *Yakult Danone India Pvt. Ltd.* on 16th March, 2018. Faculty and students were part of the visiting team.

The team was enlightened about the Japanese Microbiologist, *Minoru Shirota*, and his invention of Yakult, the yogurt like probiotic drink containing *Lactobacillus casei* strain *Shirota*. Students were further made aware about the role of probiotic drink in maintaining healthy gut. Team was taken on a guided tour of processing unit as well as packaging and bottles manufacturing units.

Students trying their hands on making soaps



Alchemy, the Chemical Society of our College organized a workshop on “*Preparation of Oil Soaps*” by Dr. Heena Lamba and Ms. Pooja Kukreja of Estilo Handmade Products on 15th

February,2018. The workshop was attended by students and faculty members of B.Sc.(H) Chemistry and B.Sc.(H) Food Technology.

Dr. Lamba, gave students an insight on various types of soaps, their classification and various ingredients required in the preparation of oil based and glycerine based soaps. She discussed the *Hot Process and Cold process* techniques involved in soap making. Further, she demonstrated the preparation of oil based soaps by cold process method. Students were immensely inspired with the interactive hands on demonstration

An alumni of B.Sc(Hons) Instrumentation sharing her experiences





Say no to disposables

Single-use plastics may represent the epitome of today's throwaway culture. Research shows the effects plastic has on the Earth as well as on humans. It can take up to thousands of years for plastic bags and Styrofoam containers to decompose. In the meantime, it contaminates our soil and water. The toxic chemicals used to manufacture plastic gets transferred to animal tissue, eventually entering the human food chain. Styrofoam products are toxic if ingested and can damage nervous systems, lungs and reproductive organs.

Therefore the Department of Biochemistry of SRCASW joined hands and took an initiative of caring for the environment by *saying no to disposables* with the aim of making our campus single use plastic free.

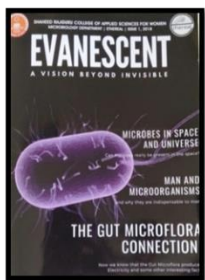
We have our own cups and plates in the department to reduce the usage of one time plastic utensils and adopt greener measures. The students of the first batch were provided with ceramic cups sponsored by Mr Sunil Jain , Outsourcing Technologies, Panchkula, Haryana.

Message on the cup:- *"DUMP THE SINGLE USE: CHOOSE TO REUSE"*

Students of B.Sc(Hons) Instrumentation using an EVM made by them for their departmental council elections.



Department of Microbiology



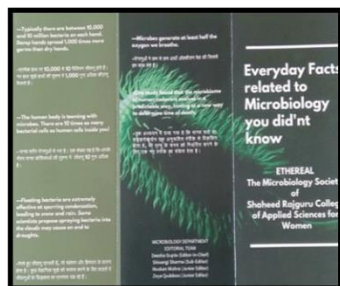
First issue of the Departmental magazine - **Evanescent**



Scientific talk on "Microbial Biofilms-Resistance and Persistence" by **Dr. Neetu Taneja**, Assistant Professor, NIFTEM



Scientific talk on "Nanotechnology and its applications" by **Prof. Shatendra K. Sharma**, Director, University Science Instrumentation Centre, JNU



Release of leaflet as an initiative towards social outreach



Visit to Gentle Imaging and Diagnostic Centre



Visit to Delhi Milk Scheme



Technical Fest



An inter-college activity: "Quiznostics"

- First issue of the department magazine 'EVANESCENT – A vision beyond invisible' was released during Plexus'18. It was an initiative of our students right through the authoring, editing and designing of the issue. All the articles included in the magazine were written by the students of the department. Also included were some interesting activities to keep students engaged.
- A talk was delivered by **Dr. Neetu Kumra Taneja**, Assistant Professor, National Institute of Food Technology Entrepreneurship and Management on the topic Microbial Biofilms-Resistance and Persistence on 23rd October, 2018. The students were introduced to the latest research in the field that stimulate their young minds.
- The department organized a talk on Nanotechnology and its applications by **Prof. Shatendra K. Sharma**, Director, University Science Instrumentation Centre, JNU on 6th February, 2019. The students benefitted immensely from this engaging talk.
- Under Social Outreach program, the department released an information leaflet highlighting the importance of microbes in our daily lives. It's a small initiative to spread awareness about the subject not only amongst intelligentsia but also the common man.

That's why the information is bilingual. The leaflets were distributed amongst teachers and non-teaching staff.

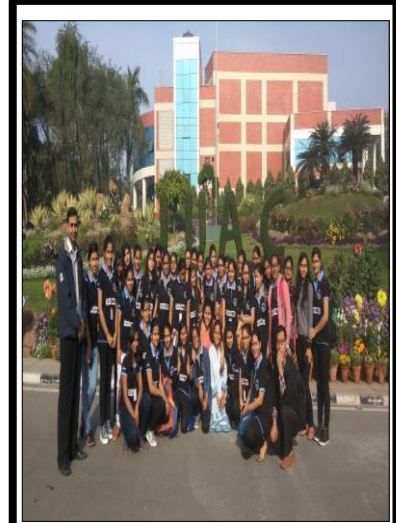
- The students of B.Sc (H) Microbiology Semester IV visited **Gentle Imaging and Diagnostic Centre** on 11th March, 2019.
- The students of B.Sc (H) Microbiology Semester II and IV visited Delhi Milk Scheme in March, 2019.
- The department organized an Interdepartmental Technical event **PLEXUS'18** jointly with departments of Biochemistry and Biomedical Science on 12th October, 2018.
- An inter-college activity - QUIZNOSTICS: The Battle of Minds was also organized during Plexus'18.



An educational visit to Nehru Planetarium & Nehru Museum on August 22, 2017



A Scientific talk on “JANTAR MANTAR OBSERVATORIES OF INDIA” by Dr. N. Rathnasree, Director of Nehru Planetarium, Delhi on January 24, 2018.



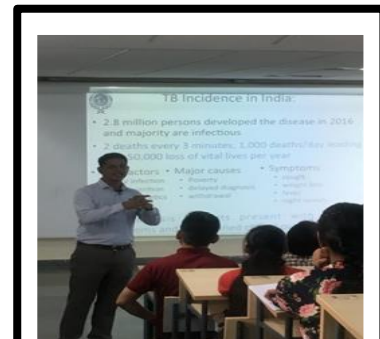
An educational lab visit to Inter University Accelerator Centre (IUAC), New Delhi on February 27, 2018.



A talk on " Throwing Light on Dark Matter" by Prof. Amitabha Mukherjee (Retd.) Dept. of Physics & Astrophysics, University of Delhi on March 14, 2019.



A scientific talk on "Physics and Mathematics of bacterial cell growth and division on October 4, 2019



A scientific talk on “E-nose to smell Tuberculosis”, by Dr Ranjan Nanda, International Centre for Genetic Engineering and Biotechnology (ICGEB), Delhi on September 3, 2019.



Workshop “Basic and Applied Sciences” June 17-26, 2019 for the students of Class XI and XII.



National Seminar on Laser Dynamics and Fibre Optics (NSLDFO'20) on 7th January 2020 .



Annual Technical fest TRAP 2019