



# THE GREEN JOURNAL

*The Official Newsletter*

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## PRAVRIDHI – THE ECO CLUB OF SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

In the current scenario of environmental deterioration, there is a strong need of the implementation of environmental conservation and upgradation practices and awareness techniques midst the masses. Students have always been considered as powerful tools in bringing revolution. We, at PRAVRIDHI, second the same idea. Thus, with our student volunteers, we tend to promote participation of students, teachers and non teaching staff members in learning about and working towards the conservation and sustainability of their environment. By conducting various activities and competitions, PRAVRIDHI aims at including a sense of responsibility towards the environment as a component of holistic growth of the

students in the college. Some of our ventures have been :

- Organising a no-cracker campaign under the aegis of IQUAC, and holding a poster competition in the same, to fuel up the creativity of young minds and use it in the promotion of eco-friendly activities.
- Arranging intra-college competitions like "Best Out Of Waste," "Usable Doormat Making", "Eco-Friendly Flower Pot Decoration", "Eco-Jewellery Making" etc to help the students embrace sustainability and at the same time, developing the character of participation and competitive spirit in them .
- Holding the annual eco-fest, a gala that invites students to portray their ideas, passions and love towards the

environment, dissolving the boundaries of institutional gap. The eco-fest sustains a number of inter-college events such as debate, quiz, flower show, treasure hunt, nature photography and much more to lay emphasis on joyful learning of the pupil.

- Organising interactive "talks" by famous environment enthusiasts and social workers to update everyone about the latest environmental issues and directing them to develop possible solutions.
- Together, we are working to elevate the consciousness of our community toward more earth-friendly practices and policies that can benefit our environment.



## GLIMPSES OF OUR ENDEAVOURS

**Herbal Garden** – Cherishing and nurturing various plants of medicinal, ornamental and economic importance, our volunteers work day and night to maintain the herbal garden and adding to the beauty of the college.



**Intra and Inter College Competitions** – We provide a stage and fame to the creativity of students and make sure that our purpose of sustainable value is imparted in them. These activities pamper the talent of the students and promote competitive spirit.



## A FEW WORDS FROM THE PRESIDENT

I still remember the stunned faces of my colleagues after knowing the news that I took the initiative of running the eco-club of our college which was not something unexpected . . . .

Because when it comes to taking responsibility of conserving nature and working for it, all we see is empty hands who are not ready to devote their energy and time for that motherland which gave them a blissful life. But in my case it was quite different, Everlasting Greenery always inspired me and gave me that inner peace from all the worldly chaos and when I saw the students not paying attention to the most important society of the college. I knew what to do and that is how I ended up in becoming the president of it. For this year, Pravridhi focused mainly on making the college premises as beautiful and soothing as possible by making a herbal garden which will be known for its delicious fruits and vegetables as well as medicinal and alluring plants prepared with compost by our hardworking team members.

– TarushiAnand (Statistics Department, 2nd Year)

## STICK TO YOUR ROOTS, BE ECO-FRIENDLY

Environmental issues are something that unites the globe in one way or the other as all the countries are facing it. The developed countries like US dominate each and every trade, politics and even the environment in a way. We are all so busy blindly following the western ways that we have forgotten the values and culture we inherit. For the world it is just “nature” but for us it is “mother nature”, this pretty much sums it up. It tells how important the environment is for us and the respect we offer it. The US is the largest waste producing country and uses machines for the tiniest possible thing which in terms increases the carbon footprint. What we have been doing recently, is following their footsteps and using machines for the purposes which we don't even need. For the starters, using toilet paper which is totally a western thing to do.

We Indians are known to be “jugadu” and we have been proving this thing for quite a long time. Things which have absolutely no value such as old newspaper, utensils etc can be easily sold off to scrap dealers to be reused or recycled. Bucket baths which saves water, sun drying clothes and handwashing dishes and clothes are other widespread, sustainable practices. Culturally, there is also an aversion to wasting food. Also, the number of times a plastic bag or clothes gets recycled in our homes is nothing new.

We are environment friendly people who know how to value trees and animals. The vedic sciences proves how we can get the best out of plants and the west now follows us for these practices. There is nothing against their culture, but the point is to rely on the beauty of our systems and culture. So the key to be environment friendly is to stick to our roots and not blindly follow the west in every aspect.

– Zoya Quddos (Microbiology Department, 1st Year)

## TEST YOUR KNOWLEDGE!

Do you know the answers to these simple questions related to our environment?

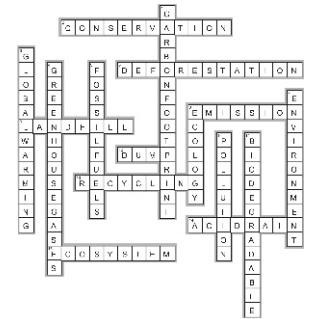
1. The use of microorganism metabolism to remove pollutants such as oil spills in the water bodies is known as :  
[A] Biomagnification  
[B] Bioremediation  
[C] Biomethanation  
[D] Bioreduction
2. The largest number of Tiger Reserves are located in :  
[A] Karnataka  
[B] Andhra Pradesh  
[C] Madhya Pradesh  
[D] West Bengal
3. The Siberian Crane, an endangered migratory bird is a regular visitor of which of the following national park/bird sanctuaries:  
[A] Ranganathittu bird sanctuary  
[B] Keoladeo national park  
[C] Vedanthangal bird sanctuary  
[D] Sultanpur bird sanctuary
4. Which of the following Indian States/UT has the maximum percentage of mangrove cover in the country ?  
[A] Gujarat  
[B] West Bengal  
[C] Andaman and Nicobar  
[D] Orissa
5. The highest per capita emitter of Carbon dioxide in the world is :  
[A] US  
[B] China  
[C] Qatar  
[D] Saudi Arabia

Answers : 1. (B) 2. (C) 3. (C) 4. (B) 5. (C)

## NEWS FLASH . . .

1. *Native California Medicinal Plant may hold promise to treat Alzheimer's* – The plant has powers of aspirin, digilates and the anti-malarialartemismin and also has neuroprotective and anti-inflammatory chemicals, potent for neurodegenerative disorders like Alzheimer's.
2. *The Paris Agreement : Action begins from 2020* – The agreement deals with greenhouse gas emissions, mitigation, adaptation and finance
3. *Climate change could wipe out Bengal Tiger Population in the next 50 years* : Estimates show.
4. *Zero Discharge Action starts in Ganga from November, 2018* – Shows hope.
5. *Greenland ice melts four times faster than ever in this decade* – May have devastating effects.

## CROSSWORD PUZZLE SOLUTION



## GREEN WEDDINGS – TYING THE KNOT WITH THE ENVIRONMENT

“Eco-friendly marriages” or “Green weddings” are the emerging trend of the time. Not just relieving to pockets, this “genre” or “theme” of weddings spreads the idea of incorporating daily life practices that are healthy for the environment. Making a huge impact across the globe, the idea of green wedding focuses on mending the outcome of orthodox wedding practices , which are generally environment-threatening to the ones which are not harsh on the same.

To a layperson, a green wedding can be defined as an event that is mindful of the impact it has on the environment and therefore one that minimizes, to a large extent, the damage caused to the environment. From abandoning the usage of fire crackers during “baraats” to preferring steel, paper and styrofoam cutlery over the plastic ones for food service, the insight is widely praised and acclaimed for the change it is bringing in the mindsets of the folks.

India, with it’s history of conducting “big-fat weddings” comprising of bootless expenditure on miscellaneous materials, still is on the voyage of a adjusting with the trend. But some parts of it, especially in the southern side, “greenweddings” are gaining rapid popularity. The reason may be that the states already have certain rituals related to this theme, for example , serving food in banana leaves rather than melamine or plastic plates, or carrying out the rites under a tree, in the vicinity of nature. Combining philosophy and science , a firm belief of environmental enthusiasts is that the beginning of a new chapter in life must be accompanied with doing something benevolent for the nature too, of which the simplest is “not sabotaging our surroundings if we aren't able to help it, either”, like the doctors say, “First, do no harm”.

The following points sum up the blueprint of an ideal green wedding – (i) There are fewer printed invitations; (ii) Guests are requested not to gift bouquets and plastic-wrapped gifts; (iii) Steel or any other reusable cutlery is used for serving food; (iv) There is no bottled water. Decorations have no plastic. Fewer flowers are used and only local and seasonal ones; (v) The table on which food is served is either uncovered, covered in cloth or a thick sheet of plastic to avoid rolls and rolls of food-contaminated paper; and (vi) All waste produced is segregated. Wet waste is composted or sent to a bio-gas plant and dry waste sent for recycling.

– Muskan Mishra (Microbiology Department, 1st Year)



## FACTS THAT WILL MAKE YOU THINK TWICE!

1. Recycling one aluminum can save enough energy to run a TV for three hours.
2. Around 25,000 trees are cut down each day just to produce toilet paper.
3. Approx. five million tons of oil produced in the world each year ends up in the ocean.
4. Seventy-eight percent of marine mammals are threatened by accidental deaths, such as getting caught in fishing nets.
5. A glass bottle can take 4,000 years to decompose.
6. Rainforests are being cut down at a rate of 100 acres per minute.
7. An estimated 50,000 species inhabiting our tropical forests become extinct annually. That's an average of 137 species a day.
8. A glass bottle made in our time will take more than 4,000 years to decompose.
9. Ocean thermal energy conversion, a technology invented at the end 19th century, has the potential to satisfy twice the global electricity demand without affecting the temperature of the ocean or the world's environment.
10. Parks and other "green" environments can generally reduce stress and anxiety, ease depression, reduce attention deficit symptoms, and promote overall mental health.

## AN ODE TO NATURE

Without nature,  
There is no future.

Plant the trees,  
Greed must be freeze.

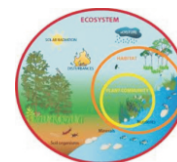
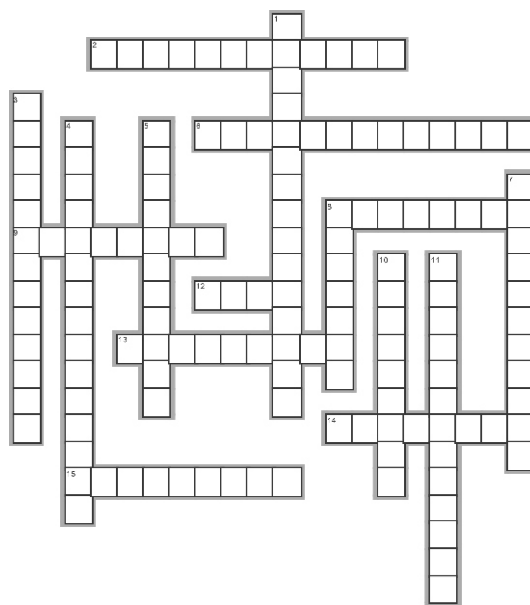
Enough of your torture,  
its high time to save our nature.

Don't wait for tomorrow,  
Do it all today.

If tomorrow never comes,  
You'll never regret a day . . .

– Anjali Saini

## ENVIRONMENT – CROSSWORD PUZZLE



### Across

2. protecting, maintaining or improving natural resources, to keep them safe from destruction or degradation and conserve them for future generations
6. destruction of forests to make land for agriculture
8. the release or discharge into the air of pollutant substances such as gas or smoke
9. an area designated to receive household garbage, solid waste and construction debris
12. location where garbage, rubbish or waste is taken and just dumped, without environmental controls
13. the process of minimising waste by recovering materials and transforming them into new products
14. rain mixed with sulphuric, nitric and other acids formed by gases released into atmosphere when fossil fuels are burned
15. a community of plants, animals & other organisms living in an area which provides what they need in order to survive

### Down

1. a measure of the effect that human activities have on the climate
3. a gradual warming of the earth's surface temperature reportedly caused by the emission of gases that trap the sun's heat in the earth's atmosphere
4. gases that trap the heat of the sun in the earth's atmosphere, producing the greenhouse effect
5. fuels such as oil, coal and natural gas
7. the surroundings and external conditions that affect the growth and development of living things
8. the study of the relationship of living things (plants, animals and humans) with each other and with their environment
10. contamination of the air, water, or soil with substances that can cause harm to human health or the environment
11. capable of being broken down or decomposed by natural biological processes