

## **BEST PRACTICE - 2**

### **1. Title of the Practice:**

**Nature conservation through participation of students and teachers.**

### **2. Objectives of the Practice:**

- To motivate students to keep their surroundings green and clean by undertaking plantation drive.
- To promote ethos of conservation of nature by involvements in care and upkeep of plants.
- To motivate Eco Club members to imbibe habits and life style more close to nature.
- To sensitize the Eco Club members to practice and learn how to nurture plants especially indoor plants so that the same may be practiced at home also.
- To contribute to plantation drive on World Environment Day

**Goal:** Rufaida College of Nursing is an Eco Club member which works under objectives of environment related activities such as awareness drives, nukkad natak, seminars and plantation drive from time to time. One of the practice followed regularly and on daily basis in upkeep of the plants of Eco Club at Rufaida College of Nursing.

### **3. The Context:**

The high rise in air pollution due to the smog, chlorofluorocarbons, burning of leaves and trash is an alarming and emergency situation, putting life and health of people at risk. Most importantly small children and geriatric population is vulnerable. Small practices at home and college does bring a big impact.

### **4. The Practice:**

Rufaida College of Nursing, Jamia Hamdard is a member of Eco Club under Department of Environment, Govt. of NCT of Delhi since 2012. The environmental Department has always emphasized on plantation drives especially since the time of high rise in Air Pollution level. We celebrate World Environment Day every year and keep plant ozonizer, indoor plants, and climbers at our college from time to time in the previous years. As a specific objective, the active involvement of Eco Club members and all the students especially the DGNM second year batch is involved in upkeep of plants, where they water the plants and maintain the plants from time to time. They have adopted the plants and they do every activity related to it such as watering, putting fertilizers and cleaning of the area from time to time.

The practice provides an attachment to nature and benefits the students in a way that they learn that plants can be kept at home. Many have started to keep plants such as Tulsi, areca palm at home also. The uniqueness about the activity is that the youth of this generation is more involved in digital media and detached from nature so close to them. It is very important to inculcate the practice and habits related to care of nature. They may read and write about environment protection but practicing hands on hands impacts the sensory organs and emotional attachment to nature.

## **5. Evidence of Success:**

From time to time during the past rainy season, plantation drive has been practiced at Rufaida College of Nursing. Now we have as many as 80 plants received- 50 plants from the free nursery under free nursery designated by the Govt. of NCT of Delhi and rest 30 were purchased. At times due to, high temperature in the months of May to August some plants could not survive. However, 60 indoor and outdoor plants have survived. Few faculty members who were given plants from Eco Club have maintained the same at home for many years.

## **6. Problems encountered and Resources Required:**

Manpower, time to time management of plants with fertilizers and continuous water supply is required for upkeep of the plants. Plants require special care during peak of summer season. The plants are shifted from open area to shade so that indoor plants may survive in heat. In the month of summer, when the students are on vacation, faculty members, nonteaching staff takes up the responsibility and they water the plants. When rainy season is delayed, the plants are watered twice a day on Fridays so that they may survive the two days off of college i.e. on Saturdays and Sundays. A Gardener is called to check the plants and their growth.

## **7. Note (OPTIONAL):**

### **8. Coordinator/In charge who has been assigned for the Best Practice:**

- a) Ms. Veena Sharma / Ms. Nahid Zebi
- b) Designation: Principal/ Eco-club in- charge since 2013

### **7.3.1: Portray the performance of the Institution in one area distinctive to its priority and thrust within 1000 words.**

#### **Distinctive Feature - Healthcare Education and Research with interdisciplinary and Integrative Approach**

The primary focus of education and research at Jamia Hamdard is 'healthcare/biomedical education and research'. Jamia Hamdard is perhaps one of the few HEIs in India where modern medicine and traditional medicine flourish in sync. The institution was conceived as a seat of higher learning in Unani Medicine and other areas of knowledge by the Founder, Late Hakeem Abdul Hameed. The University strives to work with the vision of promoting study of modern and traditional medicine system which encompasses a holistic and integrative and interdisciplinary research in healthcare. Most of its Schools have one or more academic programmes and research thrust areas in the domain of healthcare.

Unani Medicine is one of the oldest traditional systems of medicine practiced in Indian subcontinent and has today become an integral part of the healthcare delivery system of India. Jamia Hamdard has been designated as institute of eminence for Unani Medicine by Ministry of AYUSH. Majeedia Unani Hospital is a teaching hospital associated with School of Unani Medical Education and Research to provide quality Unani medical education and training

to the students. It is a 100 bedded hospital offering quality healthcare services at affordable cost and has specialty services in a wide range of illnesses right from hepatitis, diabetic foot, non-healing ulcers, musculoskeletal disorders, skin diseases to various life-style disorders. The School of Pharmaceutical Education & Research is one of the most prestigious institutions of Pharmacy Education in India, has been ranked as No.1 among Pharmacy Institutions by the Ministry of Human Resources Development, Govt. of India for consecutive 4 years. Ph.D. in Pharmaceutical Medicine is a unique, first in country collaborative program being run in collaboration with Sun Pharmaceutical Industries Ltd. The school has collaborations both from academic and research institutions. Industry sponsored projects are also being executed for companies like Sun Pharma, Dabur Research Foundation, Jubilant Life Sciences, AIMIL Pharmaceuticals, Dolphin International, Fermish Clinical Technology, GBC, Beijing, China and Ultimax Health, USA etc. The school has a well-established central instrumentation facility (CIF) with modern and sophisticated instruments like cryogenic Transmission electron microscope (TEM), LC-MS, NMR, HPLC, HPTLC, DSC, UV-VIS spectrophotometer, FT-IR, AFM, etc. The school is research driven institution where most of the Departments are extensively involved in basic and advanced research activities, which is signatory of >2000 publications with > 20000 citations and >60 h index with various books and patents.

Several innovative research programme are undertaken in collaboration with industry and research institutions. For example, Innovative ideas in interdisciplinary sciences are the hallmark of drug discovery where pharmaceutical sciences in collaboration with computer science a key role, especially in developing repurposed therapeutics.

Nursing is a profession within the healthcare sector, focused on the care of individuals, families, and communities. Rufaida School of Nursing runs a Health Care center for the underprivileged in the neighboring areas of the University. The thrust area being Medical, Surgical, Obstetrics & Gynecology, Mental Health (Psychiatry), Community Health and Child Health Nursing.

Rehabilitation is a set of interventions designed to optimize functioning and reduce disability in individual with health conditions in interaction with their environment. It has two units: Occupational Therapy and Physiotherapy. In the Department of Rehabilitation sciences, the thrust areas are: neuro-rehabilitation; orthopedics rehabilitation; pediatric rehabilitation and early intervention; hand rehabilitation; cardio-pulmonary rehabilitation; mental Health and vocational rehabilitation and sport rehabilitation.

The Department of Paramedical Sciences was established in 2012 to train and provide skilled paramedical healthcare professionals. Students are trained in emergency trauma care, medical lab technologies, medical imaging techniques, operation theatre procedures, optometry, cardiology, medical records, and dialysis.

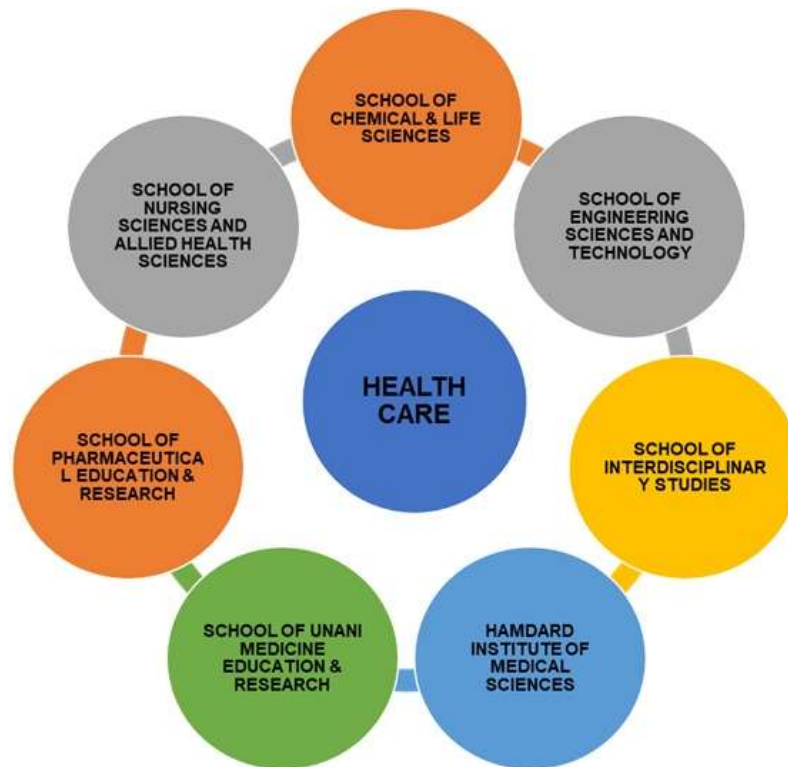
Hamdard Institute of Medical Sciences & Research (HIMSR) – the Medical School, is an ambitious project of Jamia Hamdard aimed at furthering its scope in the life sciences and health domains and providing quality healthcare at an affordable cost. HIMSR has been nationally recognized as an institute that demonstrates a high standard of undergraduate and postgraduate medical education. The institute is supported by Hakeem Abdul Hameed Centenary Hospital (HAHC) which is a 710 bedded, modern, state-of-the-art hospital.

The School of Chemical and Life Sciences enjoys national fame for its state-of-art infrastructure and cutting-edge research in the area of biochemical and life sciences. The faculty of the School is highly accomplished and is engaged in cutting-edge research in the field of biological sciences, biotechnology, and toxicology and clinical research.

The School of Management & Business Studies has research and academic programmes in the field of pharmaceutical and healthcare hospital management.

The Department of Molecular Medicine at School of Interdisciplinary Sciences & Technology (SIST) is a new addition with cutting edge research in the field of molecular medicine with target diseases of cancer, virus infections, and neurological disorders.

Thus, through its academic and research programme Jamia Hamdard focused its resources and efforts in the field of 'healthcare education and research'.



# CENTRE FOR ENVIRONMENT AND SUSTAINABLE DEVELOPMENT (CESD)

SUPPLEMENTARY EDITION



Annual Report  
2020 – 2021



## JAMIA HAMDARD

(Deemed to be University)

Accredited by NAAC in 'A' Category  
Hamdard Nagar, New Delhi - 110 062



## **TREE PLANTATION DRIVE**

**15<sup>th</sup> August 2021**

Environmental Quality Cell, Jamia Hamdard jointly with National Environmental Science Academy (NESA), organized a plantation drive on the occasion of 75<sup>th</sup> Independence Day. Chief Guest of the event, Prof. (Dr) Afshar Alam (Vice Chancellor, Jamia Hamdard), Prof. (Dr.) M.Z. Abdin (Chairman, EQC), other staff members of Jamia Hamdard and NESA, and NSS Volunteers planted trees. The honorable Vice Chancellor released NESA newsletter on this occasion.

Speaking on the occasion, the Vice Chancellor said that tree plantations is not just something that should be done; instead, it is a necessity and an urgent need of the hour. He said that Jamia Hamdard has a lush green campus housing various plant species and our endeavor should be to plant trees in the surrounding areas and to create awareness about air pollution, climate change and global warming.







## **TREE PLANTATION DRIVE**

**24<sup>th</sup> August 2021**

Jamia Hamdard regularly conducts events to promote clean and green environment. Continuing this series, a tree plantation drive was organized on 24<sup>th</sup> August, 2021 by the Environmental Quality Cell, Jamia Hamdard in association with Rotary Club of Delhi in which Mr. Imran Husain (Hon'ble Minister for Food and Civil Supplies, NCT, Delhi) was the Chief Guest. Mr. Anil K. Agarwal (President, Rotary Club of Delhi South), Mr. Hamid Ahmed (Chancellor, Jamia Hamdard) and Prof. (Dr.) Afshar Alam (Vice Chancellor, Jamia Hamdard) along with staff and students participated in the event.



Mr. Hamid Ahmed said that increased anthropological activities and misuse of natural resources have led to climate change and these crises are expected to elevate further with increasing population and intensified human malpractices including deforestation. He said deforestation and pollution is not only causing many diseases, but also causing warming and climate change which is of concern across the world. He emphasized the need to carry out such plantation drives and awareness campaigns at mass level. In this plantation drive around three thousand saplings were planted in which Horticulture Dept. of Jamia Hamdard took a lead with the support from the Dept. of Botany. The volunteers of NSS also participated in the event.




# **INTERNATIONAL OZONE DAY**

**16<sup>th</sup> September 2021**

Environmental Quality Cell (EQC), Jamia Hamdard in association with Business and Employment Bureau celebrated 'International Ozone Day' on 16<sup>th</sup> September 2021 by organizing a Hybrid Webinar at Hamdard Archives, Jamia Hamdard, New Delhi.



The program started with the recitation of Holy Quran by Dr. Mohd. Ahmed Naeemi, Department of Islamic Studies, School of Humanities and Social Sciences, Jamia Hamdard. Prof. (Dr) M.Z. Abdin (Chairman, EQC) in his welcome address thanked all the speakers, Deans of Schools, HoDs, Unit heads and august gathering for attending this important event. He talked about the importance of Ozone layer and the harmful effect of Ultra Violet radiations on human body and environment. He said that Ozone layer acts as Nature's Umbrella in protecting planet earth and it is our responsibility not only to protect this Umbrella but to also create awareness about it. Prof Abdin informed the gathering that the theme for this year International Ozone Day is **“Montreal Protocol –Keeping Us, Our Food and Vaccines Cool”**



Padma Shri and Padma Bushan awardee, Dr Anil P. Joshi from Himalayan Environmental Studies and Conservation Organization (HESCO), Dehradun began his lecture explaining how the universe was formed and what role oxygen and methane played in the formation and evolution of organisms. He emphasized that apart from celebrating these events, we should make firm determination and take an oath to protect the environment. Along with GDP, we also need to focus on individual and state accountability towards nature and protection of environment.

Dr. Reema Pant from Techno Hub Laboratories, Dehradun spoke on the topic “Earth without Ozone is like a house without a roof”. She discussed the entire journey of thirty six years from the signing of Ozone declaration and Geneva Protocol up to now. Dr. Reema Pant discussed the formation of stratosphere, ozone layer and evolution of human kind. She informed that Ozone layer above stratosphere is three millimeter thick, which keeps us safe from UV rays and the thickness varies depending on the seasons, solar flares and distance from the Sun. The Ozone layer breaks down and builds itself and the break down is prominent in Arctic and Antarctic regions. The break down is more in winters in Antarctic due to Polar stratospheric cloud. She said everyone has to play their role to preserve and protect nature. Nations have agreed to phase out the usage of CFCs as a result we are slowly regaining the lost Ozone layer.

Dr Govind Singh from O.P. Jindal Global University, Haryana spoke on the “Success of Montreal Protocol: Lessons for overcoming the climate crisis”. Dr Singh started his lecture explaining the polar vortex effect due to which the ozone layer has depleted over the South Pole. But the condition has improved considerably since 2015 because of the huge effort taken at various levels and this can be called a success story. Explaining in detail Dr Singh further said that the Montreal protocol is one of the most successful protocols in the history of United Nations having being ratified by all the member nations of the UN. It was adopted on 16th September 1987. It regulates production and consumption of Ozone depleting substances. CFCs usage was reduced in a phased out manner with HFCs. But later it was found that HFCs were potent greenhouse gases and hence, adding on to the climate crisis. The Montreal protocol was amended to add HFCs in the list of substances, which would not be manufactured. Dr. Singh opined that the success of Montreal protocol should be replicated in fighting the climate crisis.

Prof. Tasneem Fatima from Jamia Millia Islamia, New Delhi, spoke on the topic “Ozone: Why do we care?” She began her lecture emphasizing that educational institutes have to play a leading role in creating awareness about the Ozone layer. She said essay competitions, poster competitions, expert level discussion and research should be conducted in finding out the



solution for maintaining Ozone layer and role of media in disseminating activities should be brought together. Prof Fatima explained about the chemical mechanism of Ozone depletion in the Stratosphere and the dangerous consequences of depletion of Ozone layer which would result in increase in UV-B and UV-C radiation reaching the earth's surface causing skin cancer, decrease in immunity, decrease in photosynthesis and nitrogen metabolism. She further said that India phased out the use of CFC in 2008 and as a signatory to the Kigali agreement, India has a deadline to start working on cutting off its HFC emission by 15% of the 2014-26 levels by 2047. Highlighting the role played by the government, she said that as a step towards maintaining Ozone layer, Govt. of India has asked all financial institutions and banks not to fund establishments using Ozone depleting substances. With the support of United Nations Development Program (UNDP), India could completely phase out production and consumption of CFCs, carbon tetrachloride and halon two years ahead of schedule.

Dr. Ghazala Habib from Indian Institute of Technology Delhi spoke on "New dimensions in the environment conservation with emphasis on effect of aerosols, particulate matter and precursor gases on environment". Her talk dealt with three major questions; Pollution and its effects on human health and ecology, emission of precursors in Indian subcontinent and how can we increase our understanding of emission of precursor gases. Dr. Ghazala pointed out that NO<sub>x</sub> emission is very high in South East Asia. Anthropogenic sources are the major

contributors towards Ozone formation and during lockdown the Ozone formation decreased considerably in northern hemisphere, but in major Indian cities Ozone increased due to clear sky. She emphasized that Ozone formation can be controlled by controlling the precursor gases coming out of the anthropogenic sources. She said one challenge which India faces is to spatially distribute the emission since due to economic diversity, the usage of cooking fuels etc. is not uniform throughout the country. Dr. Ghazala informed that her team is working on measuring the emission factor from various sources in India. She finished her lecture by pointing out that large discrepancies between model simulation and satellite data indicates the need of improving model inputs including particle properties and emission estimates.



Prof (Dr.) Afshar Alam in his Presidential remarks discussed about the need of creating awareness regarding Ozone preservation. He said Sustainable Development Goal number 17 highlights the importance of strong global cooperation and partnership in dealing and solving various issues. Prof. Alam talked about the various methods of reducing Ozone depleting substances such as recycling old Air Conditioners, not to damage cooling circuits

which contains ODS etc. On this occasion, the honorable vice-chancellor announced that the Environmental Quality Cell (EQC) of Jamia Hamdard under the chairmanship of Prof. M.Z. Abdin is doing a commendable work in not only creating awareness about environmental protection but also taking concrete steps in planting trees, waste management and efficient use of energy resources and to meet and full fill the future needs and responsibilities EQC would be upgraded to the ‘Center for Environmental Quality and Sustainable Development’.

Mr. Shoukat Mufti in his Vote of Thanks informed about the Business and Employment Bureau, which was started by the founder of Jamia Hamdard, Late Janab Hakeem Abdul Hameed Sahab to offer vocational training and other opportunities to the weaker sections of the society. He thanked all the speakers, dignitaries and audience for their active participation in the event to make it successful.

This event was covered by news media and attended by more than 100 participants comprising of Teachers and Students.

The program ended with National Anthem followed by High Tea.

secure | [uniindia.com/international-ozone-day-celebrated-at-jamia-hamdard/india/news/2507462.html](https://uniindia.com/international-ozone-day-celebrated-at-jamia-hamdard/india/news/2507462.html)

## India

Posted at: Sep 16 2021 4:54PM



### International Ozone Day celebrated at Jamia Hamdard



New Delhi, Sep 16 (UNI) September 16 is observed as ‘World Ozone Day’ across the world to spread awareness about the depletion in the Ozone layer and find possible solutions to preserve it.

Jamia Hamdard celebrated the occasion with a ceremony where Padma Bhushan and Padma Shri Dr. Anil P. Joshi (HESCO, Dehradun) attended as the chief guest.

Mr Joshi spoke about the responsibility of the state and the individual in maintaining a healthy environment. He emphasised that along with economic growth we should pay attention towards environmental issues as well.

Among the other speakers, Dr. Reema Pant (OPC, Dehradun) highlighted the role of industries in finding alternative sustainable solutions. Prof. (Dr) Tasneem Fatima (JMI, New Delhi), Prof. (Dr) Gazala Habib (IIT, Delhi) and Dr. Govind Singh (O.P Jindal University, Haryana) discussed about various ways of educating young minds regarding the Ozone layer and also spoke about

ماہرین نے انہوں نے اس کو روکنے کے لیے ہدایات ۲۱ تک اپنا ایکشن پلان تیار کرنے کے لیے دیا گیا ہے۔

۱۰۰ کا اہم فیصد تعمیراتی کام دو ماہ کے اندر مکمل کرے گی۔ انڈیا پاس کا کام تقریباً مکمل ہو چکا ہے اور جو تاریں کام میں رکاوٹ ڈال رہی ہیں ان کو ہٹانے کے بعد ریپ کا کام بھی مکمل ہو جائے گا۔

## معیشت اور ترقیتی کاموں پر توجہ دینے کے ساتھ ماحولیات کی بھی فکر کرنی چاہئے

جامعہ ہمدرد میں منعقدہ سمینار میں مقررین نے ماحولیات کو شفاف بنانے اور اوزون کی پرت کو محفوظ کرنے کیلئے تجاویز پیش کیں

نئی دہلی (اسٹاف رپورٹر) جامعہ ہمدرد میں 'ایم اوزون کے موقع پر ایک سمینار کا انعقاد کیا گیا جس میں جامعہ ہمدرد کے وائس چانسلر پروفیسر ڈاکٹر اشفاق عالم، پروگرام کے مہمان خصوصی پدم شری ڈاکٹر ایل پی جوشی، ڈاکٹر ریما پنت، ڈاکٹر تنسیم فاطمہ، ڈاکٹر شہزادہ حبیب، ڈاکٹر گووند سنگھ، ہمدرد ہسپتال فاؤنڈیشن کے او ایس ڈی شوکت مفتی کئی نامور شخصیات نے شرکت کی۔ اس دوران اوزون کی پرت میں لگاتار ہوری کی اور اس کے خطرناک ہوتے رہنے پر تشویش کا اظہار کیا گیا اور اس کے لئے لوگوں میں بیداری لانے کے لئے غور و خوض کیا گیا تاکہ اس کا کوئی مثبت حل نکل سکے۔ اس تعلق سے نوجوانوں کی ذہن سازی پر بھی بات کی گئی۔ ساتھ ہی حکومت ہند کے مختلف پروگراموں پر بھی دھیان دیا گیا کہ کس طرح ماحولیات کو پاک رکھا جاسکتا ہے، تاہم اوزون پر منفی اثرات نہ پڑیں۔ اس

سمینار کے دوران ڈاکٹر اشفاق عالم، ڈاکٹر ایل پی جوشی، شوکت مفتی و دیگر ساتھ میں ماحولیات کی بھی فکر کرنی چاہئے۔ ڈاکٹر ریما پنت نے صنعتوں کے کردار پر روشنی ڈالی اور اس کے تبادلی کی جانب توجہ دلائی۔

دوران ڈاکٹر ایل پی جوشی نے بہتر ماحول بنانے رکھنے کے لئے ریاست اور انفرادی ذمہ داری پر زور دیتے ہوئے کہا کہ معیشت و ترقی پر توجہ دینے کے ساتھ



देश की राजधानी दिल्ली की जामिया हमदर्द यूनिवर्सिटी में मनाया गया अंतरराष्ट्रीय ओजोन दिवस

48 views • 17-Sep-2021

👍 3 🗨️ 0 ➦ SHARE ≡+ SAVE ...



INDIA SAVDHAN NEWS

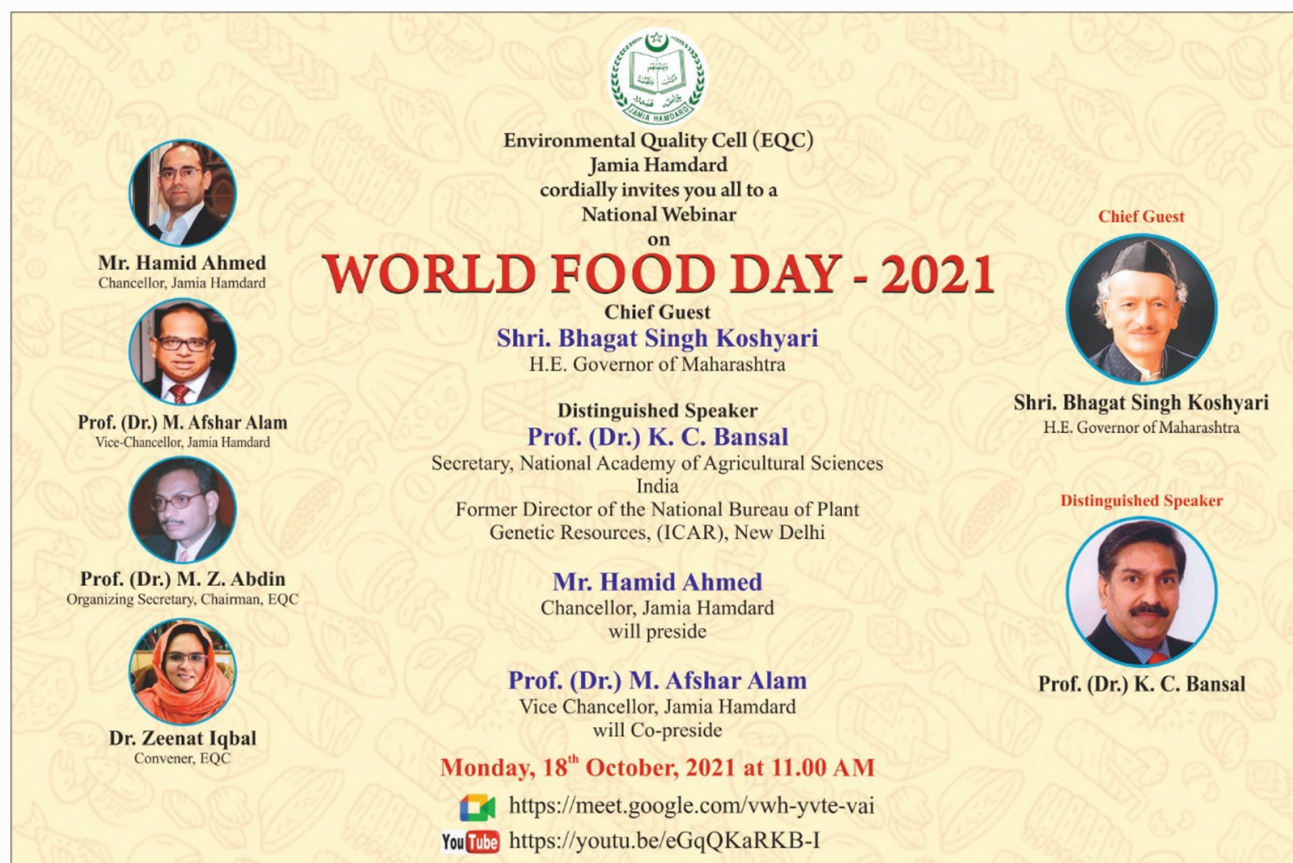
SUBSCRIBE



# **CELEBRATION OF WORLD FOOD DAY**

**16<sup>th</sup> October 2021**

Environmental Quality Cell (EQC), Jamia Hamdard celebrated 'World Food Day' on 18<sup>th</sup> September 2021. On this occasion a National Webinar was organized in online mode using both Google Meet Platform and You-Tube. The program started with National Anthem to mark the arrival of His Excellency Governor of Maharashtra, Shri Bhagat Singh Koshyariji in the inaugural session. This was followed by the recitation of Holy Quran by Dr. Syed Fazular Rehman from the Dept. of Islamic Studies, School of Humanities and Social Sciences, Jamia Hamdard and a member of EQC. Prof. (Dr.) M.Z. Abdin (Chairman, EQC) in his welcome address thanked chief guest, all the speakers, Deans of Schools, HoDs, Unit heads and audience for attending this important event. Prof. Abdin spoke about the history of World Food Day celebration and informed that this year, since it was a holiday on 16th October, EQC, Jamia Hamdard is celebrating this important event on 18th October. He said the main aim of this day is to create awareness about poverty, hunger and food wastage.



The invitation poster features a central text area with a green and white background. At the top center is the logo of Jamia Hamdard. Below it, the text reads: "Environmental Quality Cell (EQC) Jamia Hamdard cordially invites you all to a National Webinar on **WORLD FOOD DAY - 2021**". The Chief Guest is listed as "Shri. Bhagat Singh Koshyari H.E. Governor of Maharashtra". The Distinguished Speaker is "Prof. (Dr.) K. C. Bansal Secretary, National Academy of Agricultural Sciences India Former Director of the National Bureau of Plant Genetic Resources, (ICAR), New Delhi". The Organizing Secretary is "Prof. (Dr.) M. Z. Abdin Organizing Secretary, Chairman, EQC". The Vice-Chancellor is "Mr. Hamid Ahmed Chancellor, Jamia Hamdard". The Convener is "Dr. Zeenat Iqbal Convener, EQC". The event is scheduled for "Monday, 18<sup>th</sup> October, 2021 at 11.00 AM". The Google Meet link is "https://meet.google.com/vwh-yvte-vai" and the YouTube link is "https://youtu.be/eGqQKaRKB-I".

**Environmental Quality Cell (EQC)**  
Jamia Hamdard  
cordially invites you all to a  
National Webinar  
on  
**WORLD FOOD DAY - 2021**

**Chief Guest**  
**Shri. Bhagat Singh Koshyari**  
H.E. Governor of Maharashtra

**Distinguished Speaker**  
**Prof. (Dr.) K. C. Bansal**  
Secretary, National Academy of Agricultural Sciences  
India  
Former Director of the National Bureau of Plant  
Genetic Resources, (ICAR), New Delhi

**Chief Guest**  
**Shri. Bhagat Singh Koshyari**  
H.E. Governor of Maharashtra


**Distinguished Speaker**  
**Prof. (Dr.) K. C. Bansal**


**Mr. Hamid Ahmed**  
Chancellor, Jamia Hamdard  
will preside

**Prof. (Dr.) M. Z. Abdin**  
Organizing Secretary, Chairman, EQC

**Prof. (Dr.) M. Afshar Alam**  
Vice-Chancellor, Jamia Hamdard  
will Co-preside

**Monday, 18<sup>th</sup> October, 2021 at 11.00 AM**

 <https://meet.google.com/vwh-yvte-vai>

 <https://youtu.be/eGqQKaRKB-I>

**Mr. Hamid Ahmed**  
Chancellor, Jamia Hamdard

**Prof. (Dr.) M. Afshar Alam**  
Vice-Chancellor, Jamia Hamdard

**Prof. (Dr.) M. Z. Abdin**  
Organizing Secretary, Chairman, EQC

**Dr. Zeenat Iqbal**  
Convener, EQC



Vice- Chancellor Prof. M. Afshar Alam informed the audience that the theme for World Food Day this year is “Our actions are our future- Better production, better nutrition, a better environment and a better life”. He said that it is essential to provide clean water and nutritious as well as hygienic food in order to avoid diseases and make people healthy. To achieve this, we have to ensure that from food production to its storage and distribution, at every step utmost precaution must be taken. He said that many organisations have come together to start ‘Mission Aahaar Kranti’, whose aim is to create awareness about hunger, diseases and malnutrition. He further informed that ‘Pradhan Mantri Matsya Sampada Yojana’ started in September 2020 will enhance fish production and this will aid in combating malnutrition in the country.

Addressing the gathering Mr Hamid Ahmed, Chancellor, Jamia Hamdard informed that Hamdard Laboratories is focussing on food technology and processing and in this regard a food factory has been set up at Aurangabad, Maharashtra, where production will begin from January 2022. The Chief Guest of the program, His Excellency Governor of Maharashtra, Shri Bhagat Singh Koshyariji said that today there is no shortage of food in the country, and for this, efforts of agricultural scientists, thinkers, policy makers and leaders must be appreciated. He emphasized the role of Public Distribution System in providing food throughout the country. Shri Koshyariji said that wastage of food grains and food items are forbidden in the religious texts of all religions and all the sections of the society, especially students and youth should not waste food.

Posted at: Oct 18 2021 5:57PM



## देश में खाद्यान्नों की बेहतर आपूर्ति का श्रेय कृषि वैज्ञानिकों को: कोश्यारी



नई दिल्ली, 18 अक्टूबर( वार्ता ) महाराष्ट्र के राज्यपाल भगत सिंह कोश्यारी ने कहा है कि आज देश में खाद्यान्नों की कोई कमी नहीं है और इसका श्रेय कृषि वैज्ञानिकों, विचारकों, नीति निर्माताओं एवं नेताओं के अथक प्रयासों को जाता है। उन्होंने विश्व खाद्य दिवस के अवसर पर जामिया हमदर्द विश्वविद्यालय में आयोजित एक कार्यक्रम में शिरकत करते हुए बताया कि सार्वजनिक वितरण प्रणाली के माध्यम से देश भर में पौष्टिक भोजन एवं खाद्य सामग्री उपलब्ध कराई जा रही है और केन्द्र सरकार की सोच यही है कि देश का

कोई भी व्यक्ति अन्न से वंचित नहीं रहे। श्री कोश्यारी ने कहा कि सभी धार्मिक पुस्तकों में अनाज और खाद्य सामग्री को बर्बाद करने से मना किया गया है तथा समाज के सभी वर्गों विशेषतः विद्यार्थियों एवं युवा वर्ग को भोजन करते समय खाद्य सामग्री बर्बाद नहीं करनी चाहिए। इस मौके पर प्रोफेसर जैनुल आबिदीन ने कहा कि हरित क्रांति की वजह से गेहूँ और चावल की पैदावार में वृद्धि हुई है लेकिन तिलहन, फल और सब्जी की पैदावार में बहुत अधिक वृद्धि न होने के कारण भूखमरी एवं कुपोषण की समस्या अभी भी बनी हुई है। उन्होंने ज़रूरत से ज़्यादा खाना पकाने एवं बर्बाद करने को भी भूखमरी एवं स्वास्थ्य समस्याओं की वजह बताई।

Dr. Zeenat Iqbal, the convener of EQC in her Vote of thanks, expressed her gratitude to His Excellency the Governor of Maharashtra, Shri Koshyariji for sparing his valuable time to deliver the inaugural address and grace this event. She also thanked to all the dignitaries, participants, faculty members, Registrar, technical and support staff, audience for attending the webinar and all the members of EQC, specially Dr. Nahid Zebi, Dr. Sapna Jain, Dr. Fazlur Rehman, Mr. Cherian for their help and support in Organizing this event.

The inaugural session was ended with National Anthem and departure of His Excellency the Governor of Maharashtra.

The scientific session started with the lecture of Prof. (Dr.) K.C. Bansal, Secretary, National Academy of Agricultural Sciences, India. Prof. Bansal spoke on “Genome Engineering for Food Security, Nutrition and Sustainable Agriculture” He shared the statistics, which projects

the number of hungry people to be 840 million by 2030 and, hence, the need to tackle this problem at global level. Keeping in mind the problem of food shortage, the United Nations had listed sustainable development goal number two that talks about ending hunger, achieve food security and improved nutrition through promotion of sustainable agriculture. Prof. Bansal said that for the first time United Nations organised a Food Systems Summit on 23rd September 2021, in which it was emphasised to cut the global green house gas emission to half in the coming decade. Highlighting the advantages of genome editing, Prof. Bansal said that this has resulted in combined advantage of enhanced nutrition with climate resilience and high crop yields. Elucidating this point further, Prof. Bansal said that by 2050, the Earth will be home to around 9.7 billion people and Genome editing can help to feed this growing population and now the time has come to combine conventional plant breeding with precision phenotyping, genomics and genome based editing tools for sustainable green revolution.



Prof. (Dr.) M.Z. Abdin in his closing remarks said that through Green Revolution we have been able to increase the production of cereals, but the production of pulses and oil seeds are still low and this problem needs to be tackled to provide healthy nutrition to the people. Prof. Abdin shared statistics indicating that Indian households are second highest, when it comes to food wastage in the world and all efforts must be made to curb this for a better tomorrow. He said that on this occasion everyone should pledge to avoid food wastage and to distribute food to the needy.



The total member of participants in the webinar were more than hundred. This event was covered by both Hindi and Urdu news papers.

# **CELEBRATION OF WORLD WILDLIFE DAY**

**2<sup>nd</sup> December, 2021**

The Environmental Quality Cell (EQC), Jamia Hamdard with technical support from Dr. Faiyyaz Khudsar, Incharge Scientist, Biodiversity Parks Program organized a training session on identification of birds, their characteristic features, habitat requirements and behavior, as a part of celebration of World Wildlife Day on 2<sup>nd</sup> of December 2021 at Jamia Hamdard University campus, Hamdard Nagar, New Delhi 110062.

Mr. Yasir Arafat, a Scientist at Kalindi Biodiversity Park, CEMDE, University of Delhi conducted the workshop as Resource Person to provide on-site training to 22 students second and third year of Diploma in General Nursing and Midwifery (DGNM), Children of campus residents and Ms. Zaara of G-Block also participated enthusiastically in this event. Dr. Zeenat Iqbal, Convener EQC and Ms. Nahid Zabi, member EQC coordinated the activity and were present along with the students.

## **Location:**

Jamia Hamdard campus is well organized campus spread over an area of 91 acres. It is full of trees with interspersed buildings. On the road sides, some tall native trees such as *Butea monosperma*, *Dalbergia sissoo*, *Azadirachta indica*, *Bauhinia variegata*, *Cassia fistula* and *Ficus benghalensis* etc are found. Apart from that, some patches of woodlands or forest is also present. However, these woodlands are dominated by invasive species such as *Leucaena leucocephala*, *Prosopis juliflora* and *Lantana camara*.

The nature trail was started at 8.30 am from E-Block Residential area passing through Rabiya Masjid, Convention Centre, Archives Building, D-Block and ended at Scholar's house covering a total distance of 1.5 Km. The duration of walk was 02 hrs. Many birds were observed, and identified through binoculars.

## **Observations**

A total of 30 species of birds were spotted and identified. Mr. Yasir explained the identifying features, ecological importance of birds and their habitat.

Following birds were identified at various spots :

Area of spotting	Name of the bird	Identifying features
Hamdard Archives Center	Red Vented Bulbul	A dark, sleek, medium-sized bird with a black crest and a white rump with red color under the tail
	Common myna	A large, black-and-brown bird with yellow bill, and yellow legs.
	Greenish warbler	Green on the back and pale below; this bird has a strong white eyebrow which is broad behind the eye and goes all the way to the forehead.
	Black drongo	Black drongo has glossy blue-black colour. The tail is long and deeply forked, and curves out at the end of outer tail feathers. Bill is black.
	Rose ringed parakeet	Vibrantly bright green parakeet has a very long slender tail, bright red bill; male has narrow black-and-rose neck ring.
	Spotted Owlet	A small owl with a round head and a short tail. It is grayish-brown overall with white spots above while its underparts are white with brown bars.
	Rufous treepie	A long- and stiff-tailed bird with primarily rusty-brown upperparts and dull orangish underparts. It has conspicuous silvery-gray, white, and black patterns on the wings. The blackish-gray bill is stout with a hooked tip.
	House Crow	A slender, blackish medium-sized crow with a long bill. The grayish nape and sides form a paler collar that contrasts with the glossy black body.
	Red breasted fly catcher	Males have a rusty-orange throat that continues onto the breast. They have distinctive tail pattern with black terminal bar and white sides. Wings relatively plain and white eye ring noticeable.
	Oriental Magpie Robin	A medium-sized robin with a broad white wingbar running from the shoulder to the tip of the wing.
	Common chiffchaff	Chiffchaff is often dull brownish with pale eyebrow, dark legs, and tends to habitually dip its tail.
	Brown Headed Barbet	A green and brown barbet with prominent pale streaks on its brown head and breast.
	Lesser white throat	Plumage brownish gray overall with grayer head and broad dark mask that sets off white throat.
Large Grey Babbler	Large gray-brown babbler with piercing yellow eyes.	

	Wire tailed swallow	A very distinctive swallow with two long, thin feathers on its outer tail from which it gets its name. It has brilliant glossy blue upperparts and a chestnut forehead and crown
	Red whiskered Bulbul	Medium-sized songbird, brown above and whitish below with a tall black crest and dark “spur” on the side of the breast. Small red patch on ear and red undertail coverts. White tips on tail feathers.
Rabia Masjid	Grey Francolin	A small gamebird with an orangish face and fine barring throughout.
	Black kite	Medium-sized, raptor with overall dark plumage and slightly forked tail
	Common tailor bird	The colour of the tailor bird is bright. The upper plumage is green or gray whereas the under parts are shiny yellow white. It's bill is long and down curved. The colour of the eyes are pale brown. Legs and feet are pinkish in colour.
	Jungle babbler	Ash-brown colored babbler has a yellow bill and a dark brow in front of the eye that contrasts with its pale eye
	Black drongo	Black drongo has glossy blue-black colour. The tail is long and deeply forked, and curves out at the end of outer tail feathers. Bill is black.
	Purple sun bird	The breeding male is a metallic blue and purple overall with maroon feathers on the breast. The female is olive above and yellow below.
	Rock pigeon	Pale gray overall with two bold black wingbars and iridescent purple and green on neck.
E Block	Green bee-eater	Overall green with a greenish-blue throat, a thin black throat band, and long central tail feathers.
	Brown headed Barbet	A green and brown barbet with prominent pale streaks on its brown head and breast.
Around Convention Center	Black kite	Medium-sized, raptor with overall dark plumage and slightly forked tail
	Red wattled lapwing	A distinctly marked lapwing with a black breast and throat and a red bill with a black tip. Red wattles in front of the eyes and a white patch that runs down the cheeks to the underparts is also unmistakable.
	Brahminy starling	A small fawn-colored starling with a long wispy crest and yellow bill with a blue base. Its upperparts are gray and the dark tail is tipped in white.



D Block	Ashy Prinia	Small bird with black bill, pale cinnamon underparts, a gray head, and a grayish-brown back.
	Black rumped Flameback	A common, “small-billed” golden-backed woodpecker is identified by striking red crest
	Asian pied starling	Identified by pointed yellowish bill with an orange base, it has deep orange patch around its eye that contrasts with its white cheek.

Maximum diversity was found around Hamdard Archives Centre followed by Rabia Masjid, E-Block, Convention Centre and D-Block. Based on the above observations, it was found that sightings of birds depend on their habitat preference. The density of birds like Common Myna, Asian Pied Starling, House Crow, Rock Pigeon, Black kite and Parakeets were higher near human habitation. These birds prefer habitats near human habitation due to the availability of resources and protection against predators and parasites. Birds from species having more broods per year also try to live closer to human habitation.

However, winter migrant birds’ species like Red breasted flycatcher, Greenish warbler, and common chiffchaff were sighted near the woodlands. Further, bird like Black Rumped Flameback Woodpecker and Rufous Treepie also being sighted in the trail on the areas, which were nearer to the shrubby area or far from buildings. Some common birds like House Sparrow, Green pigeon, Grey Horn bill and Greater Coucal were however, not sighted. In some areas, the call of Grey Francolin was heard, which was later sighted also near boys’ hostel, where the area was covered with scrub cover. Some feathers of peafowl were seen on the trail indicating their presence but not seen.

Apart from birds, butterfly diversity was very high. Therefore, information of butterfly identification, and their role in ecology was also discussed with the students. Some notable species are Plain tiger, Yellow orange tip, Common castor, Danaid Eggfly, Lemon emigrant, Pioneer butterfly and Grass yellow. **It was recommended by Mr Yasir to create a butterfly conservatory to bring back the beautiful pollinator in the campus.**

The trail was culminated at 11:00 AM at Scholars House after sighting 25 Bird species and 8 butterfly species. The above programme offers further opportunities to understand the nature around. It is not only providing recreational benefits, but also helps in understanding the quality of life through Presence/Absence of birds and butterflies.



**Spotted Owlet**



**Black Rumped flameback Woodpecker**



**Red throated flycatcher**



**Green Bee-eater**



**Black Drongo**





Rufous Treepie



Purple Sunbird



Large Gray Babbler



Yellow Orange Tip Butterfly

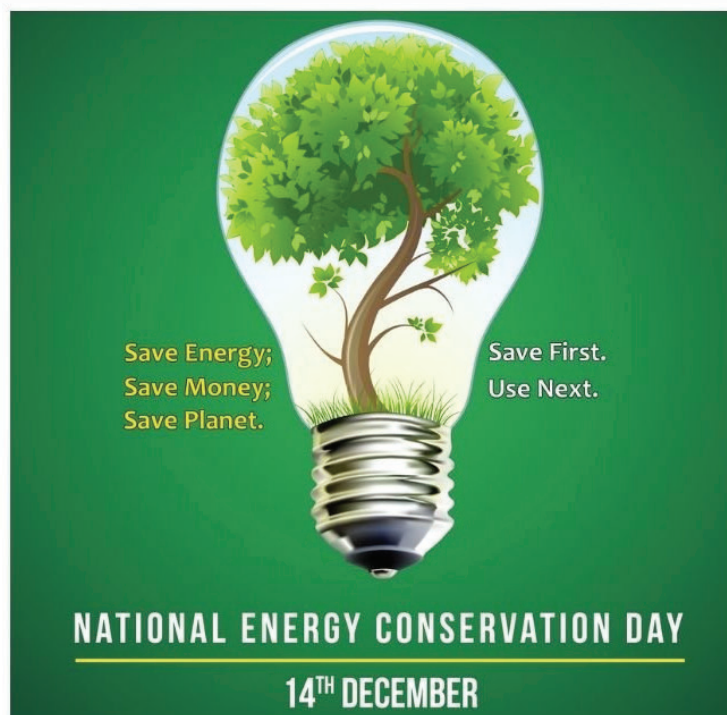
# **CELEBRATION OF NATIONAL ENERGY CONSERVATION DAY**

**14<sup>th</sup> December, 2021**

Every year, India observes National Energy Conservation Day on 14<sup>th</sup> December. The day is organized by the Bureau of Energy Efficiency (BEE), which operates under the Ministry of Power, aiming to present India's stellar achievements in cost-efficient energy production and resource conservation. Further plans for the future are also discussed on this day, targeting holistic development as the main goal towards mitigation of climate change.

National Energy Conservation Day aims to generate awareness among the masses in India about the importance of saving energy. People are also kept in the loop on new courses of action and plans that are being formulated. Information is given on minimizing energy waste and how the public can do their part in conserving resources. Essentially, the main objective of the day is to reduce the use of energy and to encourage people to use it efficiently.

As part of this awareness campaign, Environmental Quality Cell, Jamia Hamdard also observes this day every year and with the support from the management, the power supply is shut down in the campus for one hour except emergency services. This year also on 14<sup>th</sup> December, 2021 Jamia Hamdard had shut down the electric supply from 1:00 PM to 2:00 PM in the campus except emergency services to support the cause of energy conservation.



## **National Energy Conservation Day 2021**





# JAMIA HAMDARD

(Deemed to be University)  
Accredited by NAAC in 'A' Category  
Hamdard Nagar, New Delhi - 110 062





**Jamia Hamdard**  
(Deemed to be University)

# **A REPORT OF ECO CLUB ACTIVITIES 2016-2020**

**ECO CLUB UNIT-RUFAIDA COLLEGE OF NURSING  
SCHOOL OF NURSING SCIENCES AND ALLIED HEALTH  
JAMIA HAMDARD (DEEMED TO BE UNIVERSITY)**

**IN COLLABORATION  
WITH**

**DEPARTMENT OF ENVIRONMENT  
GOVERNMENT OF N.C.T. OF DELHI**

## PREFACE

Jamia Hamdard, a university for higher education has always strived to be in tune with the environment protection and preservation. The 91 acres of green and clean university premises are a testimony to it. The motto 'Green Hamdard-Clean Hamdard' befits the environment friendly endeavors taken by the university from time to time. The initiatives for environment protection and preservation are duties of each and every individual, starting young always desirable. To tap the young energy and enthusiasm for environment initiatives, Eco-Clubs at schools and colleges started by Department of Environment, Govt. of N.C.T of Delhi, have been involving young generation in their endeavors

Rufaida college of Nursing, Jamia Hamdard joined the environment band- wagon in November, 2012 by becoming an active member of Eco-Club under Department of Environment. The Eco-Club is a platform for young and energetic people to become aware of the environment related issues, sensitize others in society of these issues and spread the message around that environment initiatives today will shape up a healthy present and future and that the time of action is now.

**INDEX**

<b>S. NO</b>	<b>ITEMS</b>	<b>PAGE NO</b>
1	Establishment and objectives of Eco-Club	01
2	Eco-Club activities held in the year 2016-17	1-3
3	Eco-Club activities held in the year 2017-18	3-7
4	Eco-Club activities held in the year 2018-19	7-9
5	Eco-Club activities held in the year 2019-20	9-11
6	Eco-Club composition	12
7	Message from Eco Club Team	13-14
8	Green Moments	14-16
9	Concluding Remarks	16

## ESTABLISHMENT AND OBJECTIVES OF ECO-CLUB

Eco-Club established by department of environment, Govt of NCT of Delhi plays an important role in creating awareness amongst the future generation. Eco-Clubs have been established in government, aided, private, public schools, and universities of Delhi for undertaking various eco-friendly activities. Rufaida College of Nursing became a member of Eco-Club in 2012 and since then it has been an unstoppable journey.

**The activities under the scheme of Eco- Club include:**

1. Motivate the students to keep their surroundings green and clean by undertaking plantation of trees.
2. Promote the ethos of conservation of water by minimizing the use of water.
3. Motivate student's to imbibe habits and life style for minimum waste generation, source separation of waste and disposing the waste which causes respiratory diseases.
4. Sensitize the students to minimize the use of plastic bags, not to throw them in public places as they choke drains and sewers, cause water logging and provide breeding ground for mosquitoes.
5. Organize tree plantation programmes, awareness programmes such as quiz, essay writing, painting competitions, rally, nukkad natak, etc. regarding various environmental issues and educate children about re-use of waste material and preparation of products out of waste.
6. Organize nature trail in wild life sanctuaries/parks/forest areas to know about the biodiversity.

## ECO-CLUB ACTIVITIES HELD IN THE YEAR 2016-17

Eco-Club, Rufaida College of Nursing, Jamia Hamdard continued with environment awareness activities with a motto of 'Sensitization of Youth- Betterment of Future'. The Eco-Club, organizes various events targeting the current issues of environment such as preservation and protection, global warming and its ill-effects on health of people and plantation.

### 'SAY NO TO FIRECRACKERS': POSTER DISPLAY 30<sup>th</sup> OCTOBER, 2016

Diwali is a festival of lights, cheer and prosperity it is celebrated in India with much zeal. The aura of festival stays among people for long even after the festival is over, but every year the practice of burning crackers on Diwali leaves the city covered with a thick blanket of smoke and people gasping for air.

In this regard, posters were made giving away the message of 'Say No to Firecrackers'. The message was displayed at various gates of Jamia Hamdard, hoping that people will carry the message with them and spread it to the community also.

### 'KHELO HOLI NATURALLY': POSTER DISPLAY 5<sup>th</sup> MARCH, 2017

Posters with the message 'Kheho Holi Naturally' were displayed at various entry gates of Jamia Hamdard so that a large population may be targeted to sensitize about celebrating Holi without chemicals. People use toxic and chemical colors on Holi which are a threat to the health of people as well as the environment. The posters were displayed at gate no 4 and 6 as these are major entry and exit points. Gate no 4 is the entry for HAHC Hospital also, so it was thought that the community outreach will also be more and message may spread to students and community at large.



## **KHELO HOLI NATURALLY: POSTER COMPETITION**

### **6<sup>th</sup> MARCH, 2017**

A poster competition was organized at inter- school level at Rufaida College of Nursing, Jamia Hamdard. The topic of the competition was 'KHELO HOLI NATURALLY' which was taken from one of the objectives of Eco-club, Department of Environment, Govt. of N.C.T of Delhi. The objective was to 'Say no to chemicals' and play Holi the natural way. Students from different batches participated and displayed the posters showing their artistic skills with colors and other natural materials such as flowers and natural coloring products available at home. The idea was to promote use of naturally available colouring agents instead of harmful synthetic chemical based colors.



## **WORLD OZONE DAY**

### **8<sup>th</sup> MARCH, 2017**

Humans across the globe are reeling under the effects of global warming. A poster competition on the World Ozone Day was held on 8<sup>th</sup> of March, 2017, in which the students expressed their ideas about the damage happening to the ozone layer around our planet and how it is a threat to the environment and eventually to health of the people. Students participated in the poster competition at Inter- school level.

All the participants were given certificates of participation and winners were given prizes and certificates.

## **MATKA PAINTING COMPETITION**

### **14<sup>th</sup> MARCH, 2017**

In cities across India and the world over, the water bodies are depleting, drying or are in state of human encroachment and endangerment. Water conservation is a must for all living creatures in the universe. It is indeed important to mention that survival without water is impossible for long for anyone. Water crisis is looming large in the future and it is expected that wars will be waged for water. Eco-Club, Rufaida College of Nursing has been organizing various activities in previous years and this year also we organized a Matka Painting Competition on the topic 'Save Water Save life'.

The Matka painting competition was organized at inter-faculty level and 18 students from various faculties participated. A delegation of faculty and students from Stockholm, Sweden visiting Rufaida College of Nursing for their exchange program also participated in the competition. Ms. Priyanka Bansal, and Ms. Anju Hooda, Tutor, Rufaida College of Nursing also participated in the event.

Rufaida College of Nursing, Jamia Hamdard secured first Position, Faculty of Pharmacy stood second and Faculty of Unani Medicine and Nursing got third position. All the students were given certificates of participation.

## CELEBRATION OF WORLD FOREST DAY 23<sup>rd</sup> MARCH, 2017

While the cities develop their infrastructure through highways, metros, flyovers and buildings, a high price is paid for the development by trees and environment. Trees are felled, ridge area is destroyed and the flora and fauna and birds suffer in the name of development and modernization. A decline in the number of trees has been considered as one of the greatest causes of global warming. Eco- Club celebrated 'World Forest day' by distributing plants and saplings to 50 faculty members and non-teaching staff of Rufaída College of Nursing.

The staff members vowed to take care of the plants and grow more plants in and around their homes also.

## ECO CLUB ACTIVITIES IN THE YEAR 2017-2018

In continuation of the achievement of aims and objectives framed for the Eco-Club unit, Rufaída college of Nursing organized various events at faculty level, community level and also at school level. Following were the activities held in the year 2017-18.

### BEST OUT OF WASTE COMPETITION 19<sup>th</sup> SEPTEMBER, 2017

On 19<sup>th</sup> September, 2017 'Best out of Waste' competition was organized at School of Nursing. 18 students from School of Nursing created beautiful, yet useful products from waste materials, which we tend to throw in the garbage. The products were put up on display for all students and faculty members to see, so that they take the inspiration to use waste and garbage to create products out of them. 3 winners of the competition were given prize and all participants were given certificates of participation.

### PARTICIPATION IN WORKSHOP ON 'PROHIBITION OF OPEN BURNING-A SMALL STEP TARGETING BIG IMPACT' 24<sup>th</sup> SEPTEMBER, 2017

Open burning of garbage and dry leaves is a major source of pollution in a city like Delhi with the ever rising air quality index (A.Q.I). An invitation was received from Dr. B.C Sabat, Senior Scientific Officer, Dept. of Environment, Govt. of N.C.T of Delhi to attend the workshop on 'Prohibition on open burning of any kind of material -A Small Step Targeting Big Impact' organized by Dept. of Environment, Govt of N.C.T of Delhi. Co-In-Charge, Eco- Club, Ms. Nahid Zebi and two student members of Eco-Club, Ms. Haleema and Ms. Dakshita attended the workshop. The participants received certificates of participation.

The participants at the workshop were from various schools, universities of Delhi, members from Municipal Department, officers from south MCD, DPCC, District Magistrates-Revenue, DDA and PWD and representatives of RWAs were also present.

The workshop had sessions on;

- Existing regulation on prohibition of open burning
- Impact of open burning on ambient air quality
- Alternative disposal method for disposal of leaves/ biodegradable waste

The sessions were informative and enlightening and raised awareness on how open burning of material leads to polluting indoors and outdoors and what alternative measures can be taken to dispose off the waste.

**ESSAY WRITING COMPETITION ON THE TOPIC-  
'IF WE SPREAD POLLUTION, WHO WILL GIVE SOLUTION'  
3<sup>rd</sup> OCTOBER, 2017**

The youth is the most important population to be targeted if a nation wants development and change to be brought. Air pollution is a problem which is not unknown to anyone and we all are witness to the ill-effects of the air pollution on us and our society. Every year, around Diwali the air pollution in Delhi rises to a dangerous level and causes many ill effects on health of people and environment. The ministry of Environment, declared 'Delhi as control area under air act'. The same needs to be noticed by the upcoming generation of the state and measures to control the pollution are supposed to be learned right now.



A communication was received from Department of Environment, Govt. of N.C.T of Delhi regarding this and asking to conduct various activities to sensitize the youth about the current burning topic of increase in air pollution level during Diwali. Therefore, an essay writing competition was held on 3rd October, 2017 on the topic 'If We Spread Pollution, Who will Give Solution' at inter-school level in three languages – English, Hindi, and Urdu. A total of 63 students from various schools of Jamia Hamdard participated in the event. Students presented their thoughts in the essay about menace of air pollution looming large over us and gravely affecting the life on planet. The judges namely Dr. Khursheed, Assistant professor School of Unani Medicine, Ms. Veena Sharma Associate professor, Rufaida college of Nursing, Ms. Seema Rani, Assistant Professor, Rufaida College of Nursing and Ms Jamal Fatima, Tutor, Rufaida College.

Prizes and certificates were given to winners and certificates of participation were given to all participants.

**POSTER MAKING COMPETITION ON  
'SPREAD SOLUTION NOT POLLUTION'  
3<sup>rd</sup> OCTOBER, 2017**

Simultaneously, with the essay writing competition, poster competition on the topic 'Spread Solution Not Pollution' was held. The event was organized at Inter-school level. The students made posters of A3 size and expressed various ideas about various measures to stop pollution. Students came up with brilliant ideas regarding measures to curb pollution and their creative art and ideas were much appreciated.

Prizes and certificates were given to winners and certificates of participation were given to all.

## POSTER DISPLAY AT ENTRY GATES OF JAMIA HAMDARD

10<sup>th</sup> OCTOBER, 2017

Posters spreading the message of 'Say No to Firecrackers' were displayed on gate 6 and 3, of Jamia Hamdard and entry gate of School of Nursing Sciences and Allied Health. The message displayed was 'let us breathe easy and celebrate smokeless Diwali'. With this awareness drive, it was envisioned that people will carry the message with them and spread it to the community so that this year we have some respite from thick blanket of smoke, as was experienced in 2016, post Diwali.

## ONE DAY AWARENESS PROGRAMME ON 'CURB AIR POLLUTION'

16<sup>th</sup> OCTOBER, 2017

One day awareness programme was held on 16<sup>th</sup> October, 2017 particularly to spread awareness about the grievous effects of rise in pollution around Diwali. The programme started with a session by Dr. Mohd. Salik Noorani khan, guest lecturer at Department of Botany, School of Chemical Sciences and Research, Jamia Hamdard. He explained about the types of pollutants in air, Green House Gases, types of diseases caused by the pollution in the air. Dr. Noorani khan very extensively discussed the air pollution menace and strategies to curb it. Students' queries were answered well by the speaker.

After the session a special performance of nukkad natak was given by undergraduate students of School of Pharmaceutical Sciences and Research. The nukkad natak depicted the future problems of the earth that, if the rise in pollution is not controlled. Street play was very informative, entertaining and serious message of curbing air pollution was given in a fun way.

Following this, a Debate competition was organized on the topic 'Development vs. Deforestation' at inter-school level in three languages - English, Hindi, and Urdu. The speakers were supposed to speak either for or against the motion. The judgment was done by Dr. Khursheed, Assistant professor, School of Unani medicine, Ms. Veena Sharma, Associate professor, Rufaida college of Nursing, Ms. Jamal Fatima and Ms. Merlin Merry James, Tutors, Rufaida College of Nursing. A total of 26 students participated in the debate from all faculties of Jamia Hamdard, who eheartedly. Students debated very eloquently and enjoyed presenting their ideas

After this, prize distribution ceremony was held. Prof. (Dr.) Manju Chhugani, Principal, Rufaida College of Nursing and Dr. Khursheed Ahmed, DSW, Jamia Hamdard, gave away the prizes to the winners of debate competition and other competitions of Eco-club. All the participants of all the Eco-club events were given certificate of participation, winners were given prizes along with certificates and the organizing team of the Eco-Club was given certificates of organizer. The judges of the event of essay writing and debate competition were given one indoor plant each to nurture as a token of thanks.

The event was appreciated by the participants and it ended with zeal to conduct more such activities in future too.



## PARTICIPATION OF ECO-CLUB IN WORKSHOP HELD BY DEPT OF ENVIRONMENT, GOVT OF N. C. T OF DELHI ON 2<sup>nd</sup> FEBRUARY 2018

An invitation was received from Dr. B C Sabat, Senior Scientific Officer, Dept. of Environment, Govt of N.C.T of Delhi regarding the workshop on celebration of 'World Wetland Day' organized by Department of Environment, Govt of N.C. T of Delhi at Urdu Academy, Kashmiri Gate, New Delhi. Co In-charge, Eco-Club, Ms. Nahid Zebi and student members of Eco-Club, Ms. Amanpreet Kuar, B.Sc. Nursing 3rd year, Ms. Ansiya Dileep, B.Sc. Nursing 1<sup>st</sup> year attended the workshop.

The workshop had interesting sessions on the current critical condition of water bodies in Delhi and its conservation.

The speaker reflected on the sad but alarming dying water bodies of Delhi.

The main aim of the workshop was to spread awareness about alarming state of ponds and baolies in Delhi and their dwindling numbers and also of how water bodies can be rejuvenated.

The participants received certificates of participation.

## WORLD WATER OBSERVATION DAY AT JAMIA HAMDARD UNIVERSITY AND COMMUNITY OF PRAHLADPUR, BADARPUR BORDER 22<sup>nd</sup> MARCH, 2018

It is indeed known to the world that life without water has no existence. There is an urgent need of making people aware that our fresh water resources are limited and need to be protected now. The water crisis is not only limited to one city states or country, it has spread as a pandemic widely across the globe. Almost everywhere water is wasted and as long as people believe that water is a natural resources and it will never be scare, they will keep wasting it. As per WHO Report 2017, 2.1 billion people lack access to safe drinking water, 340,000 children under the age of 5 years die due to diarrheal diseases and four out of ten people are already facing water crisis.

There are many reasons for depletion of water bodies in India and most of the reasons are man-made. Some of the major reasons are; rapid constructions and urbanization, neglect and dwindling of traditional water bodies, reduction in traditional water recharging area. We urgently need to recharge the existing ones. Sewage and waste water drained into rivers streams and pools is another grave menace. Also the habits and behaviors of human kind of wasting, while doing their domestic chores is a major cause of water wastage.

As rightly said in one of the slogans 'Save Water and it Will Save You', we need to change our practices first and then to sensitize the people around us about water conservation. With the motto of spreading the information about water crisis, a nukkad natak was organized by the Eco-club students of Rufaida College of Nursing at Jamia Hamdard and community Health Centre, Prahaldpur.

The nukkad natak depicted that how our small actions everyday lead to wastage of water for example, not repairing the leaking tap on time, washing the utensils under running water, wasting water in shower and not recycling paper. At individual level, if everyone takes the initiative and responsibility to save water, then situation can be salvaged.

In the final section of the nukkad natak the students took oath and requested others to take the oath -Jal bachayenge -jeevan bachayenge.

The nukkad natak was staged at following strategic places for reaching out to maximum number of people.

- Community Health centre, Prahaldpur, where women come for antenatal checkup and immunization of children.
- Main foyer of administrative block of Jamia Hamdard to sensitize the students and staff of Jamia Hamdard.
- OPD of Hakeem Abdul Hameed Centenary Hospital of Jamia Hamdard -New Block.
- OPD of Hakeem Abdul Hameed Centenary Hospital of Jamia Hamdard -Old Block.
- Cafeteria at A block, Jamia Hamdard at 1pm as large number of students gather their during their lunch break.
- Open ground in front of Hamdard Institute of Medical Science and Research.

People recognized and praised the efforts of organizers and understood the message of conserving water. They took oath and promised to implement the ways of conserving water in their day to day life. The message was spread to a large section of people. Students were given refreshment and also certificates of participation for the same for motivating them to participate in more such endeavors.

**CELEBRATION OF WORLD FOREST DAY  
AT RUFAlDA COLLEGE OF NURSING, JAMIA HAMDARD  
27<sup>th</sup> OF MARCH, 2018.**

The trees make an inevitable part of the Eco-system and protect the earth by playing the role of nails to the soil of the mother earth. Eco-Club Rufaida College of Nursing celebrated world forest day and added few more ozoniser plants to the old plantation of Eco-Club. The Matkas of the Matka painting competition were reused and soil was filled in them. Saplings of Tulsi and Money plant were planted in them with some other flowering plants also.



**ACTIVITIES OF THE YEAR 2018-2019  
CELEBRATION OF 'WORLD ENVIRONMENT DAY'  
5<sup>th</sup> JUNE, 2018**

World Environment Day was celebrated at Convention Centre, Jamia Hamdard on 5th June 2018 at inter faculty level. Poster competition was organized and the topic was 'Beat Plastic Pollution'. The students presented their posters explaining the ill-effects of plastic pollution on earth and also explained the ways to stop the use of plastic pollution. A lecture was planned on the same day, guest speaker Prof. Arif Ali from Department of Biosciences, Jamia Millia Islamia; New Delhi explained the ill effects of increased plastic use on the environment globally and also urged everyone not to use plastic at all. The students presented posters depicting the serious effects of plastic use and how it can be replaced by other natural resources. The winners of the poster competition were given prizes. The participants received certificate of participation.





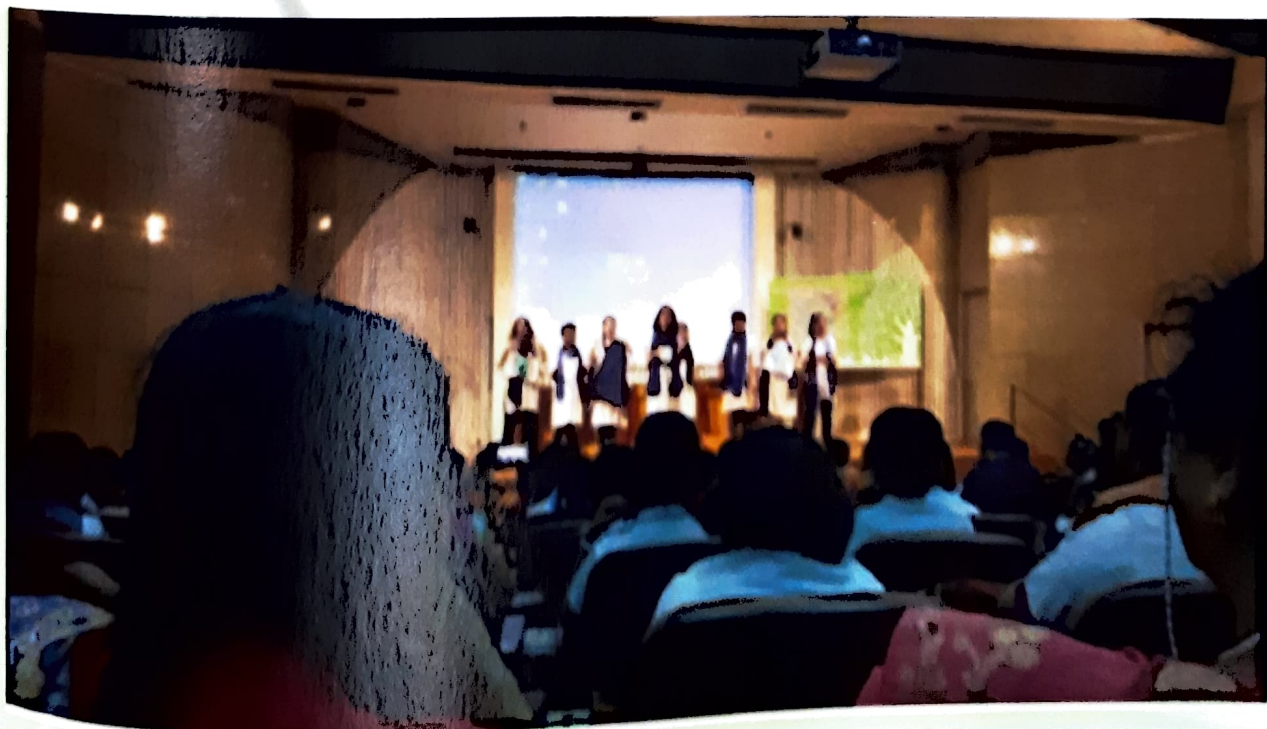
## CELEBRATION OF 'INTERNATIONAL OZONE DAY' 16<sup>th</sup> SEPTEMBER, 2018

Dr. B. C. Sabat, Senior Scientific Officer, Dept. of Environment, Govt of N. C. T of Delhi invited teachers and students to attend a celebration of International Ozone Day on September 16, 2018. He also requested to prepare a nukkad natak on the theme 'Keep Cool and Carry on'. Students of B. Sc. (Hons.) Nursing 2<sup>nd</sup> year presented their nukkad natak in the workshop.

The aim of the workshop was to sensitize the students about current status of ill effects of ozone layer on earth and living habitats of earth, how it is affecting the life of sea creatures, changing pollination pattern and causing various cancers of skin. Also it gave information on how the use of chloro fluoro carbons may be reduced and thereby saving the earth from the ill effects of damaging effects of ozone.

Students of B. Sc (Hons.) Nursing 2<sup>nd</sup> year during the nukkad natak highlighted various points on how by using simple methods in daily life we can reduce the damage to ozonlayer, such as planting more tress, carpooling, proper maintenance of air conditioners and refrigerators etc.

The students were appreciated by all and received Rupees 2000/- as appreciation from Dr. B. C. Sabat.



## CELEBRATION OF 'WORLD OZONE DAY' AT JAMIA HAMDARD UNIVERSITY BY ECO-CLUB IN COLLABORATION WITH ENVIRONMENTAL QUALITY CELL, JAMIA HAMDARD (DEEMED TO BE UNIVERSITY) 27<sup>th</sup> SEPTEMBER, 2018

Environmental quality Cell a platform was created at University level at Jamia Hamdard under the chairmanship of Prof. M Z Abdin. It has been taking on the burning issues as climate changes and other challenging issues harming the earth. Collaboration of Eco-Club and EQC was an idea to take the issues to a higher lever and it is known to everyone that with much unity and strength in team, much work can be done.

World Ozone Day was celebrated on 27<sup>th</sup> September, 2018. A poster competition was organized on the theme 'keep cool and carry on' at inter-university level and sessions on various topics such as depletion of ozone and its side effects were conducted.

It was consented by all the members of EQC and Eco-Club that we can have a poster competition on the theme 'Caring of All Life under the Sun' as this would give us an insight about the thoughts and awareness of students regarding the current ozone situation and its side effects.

Professor Tasneem Fatima from Jamia Millia Islamia took a session on 'Save Ozone - Save Earth' and Dr. Rajendar Kumar Jenamani, Chief Scientific Officer from Indian Metrological Department, India highlighted on the topic 'Effects of ozone depletion on earth and its management'.

The winners were given a pen drive of 32 GB each and participants were given certificate of participation.

In-charge Eco-Club Prof. (Dr.) Manju Chhugani, Chairman Environmental Quality Cell, Prof. M. Z. Abdin, gave his continuous support for the organizing the programme. Ms. Nahid Zebi, Tutor, School of Nursing sciences and Allied Health, Dr. Faheem, Assistant Professor, from HIMSR and Mr. Anish from School of SCLS, members from EQC were instrumental in all ground related work in organization of the event.

The hard work of the team made the programme a high success.

## BEAUTIFICATION OF FRONT GATE OF RUFAlDA COLLEGE OF NURSING UNDER ECO CLUB UNIT 10<sup>th</sup> OCTOBER, 2018

Ms. Veena Sharma, In-charge, Eco- Club Rufaida College of Nursing suggested that the front gate of Rufaida College of Nursing may be used for planting some flowering plants or some ornamental grass. An ornamental grass was planted on 10<sup>th</sup> of October, 2018 at front of Rufaida College of Nursing.



## ECO-CLUB ACTIVITIES HELD IN THE YEAR 2019-2020

**NUKKAD NATAK PRESENTATION ON DIWALI ON THE TOPIC  
'CELEBRATE DIWALI POLLUTION FREE'  
24<sup>th</sup> OCTOBER, 2019**

Every year Eco-Club, Rufaida college of Nursing, prepares nukkad natak and presents it at various places, to disseminate the information about the health hazards that can be caused by the burning of fire crackers on health of individuals, especially patients with respiratory problems, elderly clients and stray animals like cats and dogs.

Students also gave the message to masses that we can celebrate diwali in many other beautiful ways, such as making sweets, distributing sweets, hugging each other, doing group activities, decoration of homes and streets with lights.

Students of Eco Club presented the natak at compound of School of Pharmaceutical Sciences and Research, Jamia Hamdard, School of Nursing and Allied Health Sciences, Urban health training center, Pul Prahaldpur, Health Training center Madanpur khadar, Jamia Hamdard, two MCD Schools of Madanpur Khadar covering more than 500 students.

The students of primary schools enjoyed a lot watching the nukkad natak and resolved that they will not burn fire crackers on Diwali.

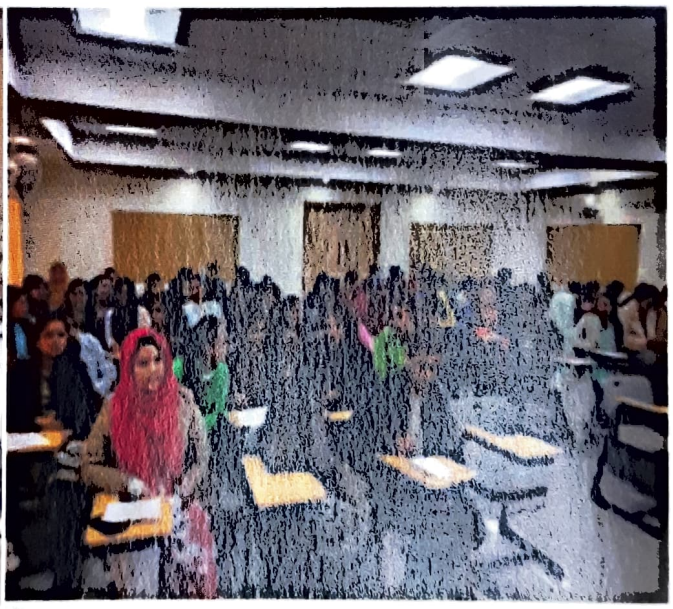


**SELF-COMPOSED POETRY RECITATION (HINDI, ENGLISH, URDU)  
AND GROUP SONG (HINDI LANGUAGE) HELD, AT RUFIDA COLLEGE OF NURSING,  
SNSAH, JAMIA HAMDARD AT INTRA-FACULTY LEVEL  
22<sup>nd</sup> JANUARY 2020**

Eco-club, Rufaida College of Nursing in collaboration with Department of Environment, Govt of NCT of Delhi organized a Self-composed poetry recitation competition and Group Song competition on 22<sup>nd</sup> January, 2020 at Rufaida College of Nursing, SNSAH, Jamia Hamdard at Intra-Faculty Level. The competition was organized to ignite thoughts on the current environmental problems around the globe and how the mother earth is distressed. The topic of the poetry and group song competition was 'Earth is Calling' in English language, 'Dharti kahe Pukar ke' in Hindi language and 'Zameen ki Pukar' in Urdu language.



The students were expected to express their thoughts on current environmental issues, through their self composed poems and group songs and how the climate change effects the earth, and the man as well as all living being, be it plants animal or birds. what can be done to salvage the situation through the poems.



A total of 35 students from various nursing courses presented poems and group songs. The creative talent of the students was reflected in their beautiful poems and songs through which they articulated their ideas on environmental pollution, climate change, threats to the earth and how we still can take a timely action to undo the damage and distress caused to the earth. Two faculty members namely Ms. Veena Sharma and Ms. Jamal Fatima presented their poems related to the theme of the competition. The judges appreciated the participants and their creative talent, ideas and efforts.

### **NATURE TRAIL TO MUGHAL GARDEN AND HERBAL GARDEN AT PRESIDENT HOUSE , NEW DELHI ON 28<sup>th</sup> MARCH 2020**

A Nature trail was organized by Eco-club unit of Rufaida College of Nursing, Jamia Hamdard on 28th February 2020 at Mughal Garden and Herbal Garden at President House, New Delhi. The trail was planned under one of the objectives laid down by Department of Environment, Govt of N.C.T of Delhi. 58 students having more than 95 percent class attendance were selected for the visit, 11 faculty members accompanied them.

The beauty and flora of the nature were highly appreciated by the group. The eco-club hope that it gave the group an idea to connect with nature so that they do plantation at and around their homes.



## ECO-CLUB COMPOSITION

- In-charge: **Prof. (Dr.) Manju Chhugani**  
Dean  
School of Nursing Sciences and Allied Health, Jamia Hamdard
- In-charge: **Ms. Veena Sharma**  
Associate Professor  
School of Nursing Sciences and Allied Health, Jamia Hamdard
- Co In-charge: **Ms. Nahid Zebi**  
Tutor  
School of Nursing Sciences and Allied Health, Jamia Hamdard

### Core Student's Team:

A manual was received from Department of Environment, Govt of N.C.T of Delhi, in December 2018. The manual explained about the current scenario and also gave a framework for composition of Eco Club. According to the framework various formal positions have been created for the students, such as President, Vice President and many more. According to the manual all the faculty members and students are members of eco-club.

**MESSAGE FROM ECO-CLUB TEAM**



Eco-club unit of Rufaida College of Nursing has been active since 2012, the unit has organized many programmes from time to time raising many environmental issues. I wish the Eco-club unit best of luck in future endeavors ahead

**Dr. B. C Sabat**

**Senior Scientific Officer**

Department of environment

Government of NCT of Delhi

I extend my thanks to Dr. B C Sabat for his continuous support and appreciation given to Eco-club from time to time. It is indeed an honor to work for a cause which requires our attention and action both in present time to secure the future of our upcoming generations. Eco- Club is committed to work for the betterment of the environment and our mother earth and will continue to work with its objectives in future ahead too.

**Prof. (Dr.) Mrs. Manju Chhugani**

**Dean- School of Nursing Sciences and Allied Health**

In charge –Eco-club

Rufaida College of Nursing



My heartiest congratulations to the entire team of Eco –Club of Rufaida College of Nursing, Jamia Hamdard (Deemed to be University) for their tireless efforts and hard work that they are putting for the care of environment.

**Prof. Urmila D. Bhardwaj**

**Principal**

Rufaida College of Nursing

I have been fortunate to be given the responsibility of Eco-club Co in-charge under the dynamic guidance of Eco-club In charge Veena Sharma Mam, Principal, RCON, Urmila Bhardwaj Mam and Dean, SNSAH, Prof. Dr Manju Chhugani Mam. The expert guidance given by them gives me direction to arrange and organize various activities from time to time. It has become my routine to take care of the plants we have kept under eco club. I feel thankful for being able to do something for nature.

**Nahid Zebi**

**Tutor**

Co In-charge

Rufaida College of Nursing





## SPECIAL MESSAGE

Every day, as I commute to my workplace, I cross a bridge over the Yamuna River. And almost every day I see people stopping their vehicles on the bridge to throw things in the Yamuna River and no, they don't seem to be unlettered people. Most of them are office goers, dressed in corporate formals, riding in their cars, bikes, etc. And I wonder, are they contributing to making the river, the lifeline, turn to a stinking drain? The river is a source of water and life for most of the Delhi. Three fourth of our body is constituted of water. Should it be drain water? A definite 'no' Right? It is high time for all, young and old, rich or poor, educated or uneducated; to immediately stop littering the river and its banks. We otherwise are digging our own graves. I thank all faculty members and students who participate in eco club activities at Jamia Hamdard and wish to continue eco –club activities in future as well.



**Veena Sharma**  
Eco –club In-Charge  
Eco club Unit  
Rufaida College of Nursing





## GREEN MOMENTS 2016-2020



### CONCLUDING REMARKS

Eco-club Rufaida college of Nursing, Jamia Hamdard has planned every activity with a hope that the activities taken up by the Eco-club and organized in community, amongst school and university students shall give some strong message about the current environmental problems. Our students voluntarily participate in Eco-club activities with enthusiasm and energy.

Under the flagship of Government of N.C.T of Delhi, Eco-club unit Rufaida College of Nursing is all prepared for its future endeavors. We hope that with our little effort people recognize how the earth is in danger due to our actions and that if we act now we can hope for recovery from the damage already caused to the earth and hope for the bright future.



**Jamia Hamdard**  
(Deemed to be University)

**ECO CLUB UNIT-RUFAIDA COLLEGE OF NURSING  
SCHOOL OF NURSING SCIENCES AND ALLIED HEALTH  
JAMIA HAMDARD (DEEMED TO BE UNIVERSITY)**