

DEPARTMENT OF BIOCHEMISTRY  
UNIVERSITY OF DELHI SOUTH CAMPUS

**"Swachhta Pakhwada"**

1<sup>st</sup> – 15<sup>th</sup> September 2018




**Theme**

**"Go Green, Go Clean"**



**"My Initiative to Make My Campus Green,  
Clean and Eco-Friendly" is the theme  
for Essay writing / Poser presentation /  
Power point presentation / Art work**

A photograph of a stone wall with a white rectangular sign. The sign has a black circle at the top and the text "UNIVERSITY OF DELHI" and "SOUTH CAMPUS" below it.

UNIVERSITY OF DELHI  
SOUTH CAMPUS

A photograph of a small, dense green tree growing out of a transparent glass globe. The globe contains a layer of brown soil and small rocks at the bottom. The background is a blurred green forest with sunlight filtering through the leaves.

My initiative to make my  
campus *green, clean* and  
*eco-friendly*

Prepared by members of Prof. Alo Nag's Lab on behalf of students





Ghazipur landfill site



Kerala



# My initiative to make my campus **GREEN**

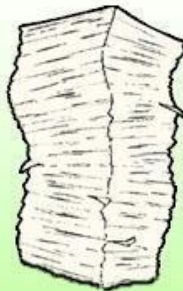
## DID YOU KNOW?

**17  
TREES**



**MAKE**

**1 TON  
OF PAPER**



**SAVE PAPER  
SAVE TREES**

## SAVING A TON OF PAPER ALSO SAVES



## SAVE PAPER. SAVE EARTH.

# My initiative to make my campus **GREEN**

**for our health and wellbeing we need more trees...**

The benefits of trees have been well researched. Trees...

- 🌳 Improve the air we breathe
- 🌳 Cool our environment
- 🌳 Create enjoyable spaces for health and recreation.
- 🌳 Shade us from the sun's damaging rays
- 🌳 Reduce stress
- 🌳 Create safer walking environments
- 🌳 Make urban streets safer
- 🌳 Provide a connection to nature and the human senses



**Plant a Tree!**





# My initiative to make my campus **GREEN**

Paper is one of the main areas where college students can save the environment and their pockets! The less you need to restock your paper supplies, the better.  
Here are a few simple tips to get started:

- Use both sides of paper when writing notes.
- Avoid taking handfuls of paper napkins from the cafeteria.
- Be selective while printing; double check the document you're printing.
- Use refillable binders instead of notebooks.
- Go digital!!



# My initiative to make my campus **GREEN**

## TOP 10 WAYS TO GO GREEN

### 1. UNPLUG!

Take a few minutes to unplug electronic devices that you aren't going to use.

### 2. USE LESS WATER!

Opt for a quick shower in the morning and turn off the water when shaving or brushing.

### 3. SWITCH TO COMPACT FLUORESCENT BULBS!

Don't even try to front; this one's easy.

### 4. CHOOSE PRODUCTS WITH LESS PACKAGING!

All the bells and whistles may look cute to you, but the environment doesn't think so.

### 5. BUY ORGANIC LOCALLY GROWN FOODS!

Conserve fuel, reduce pollution, and support local economy.

### 6. DRIVE LESS!

Ride your bike to school or work.

### 7. PLANT A TREE!

Get immediate visual stimulation, and some serious self-satisfaction.

### 8. RECYCLE MORE!

Bottles, Cans, iPods, Cell Phones, Ink Cartridges, and Car Batteries.

### 9. SWITCH TO GREEN POWER!

Rest easy knowing you just sent that email from your wind- or methane-powered computer.

### 10. EAT LESS MEAT!

Raising animals for food generates more greenhouse gases than all the cars and trucks in the world combined.

## SPREAD THE WORD!

You are not just  
burning off calories...



You'll save one pound of CO<sub>2</sub> for every mile you don't drive.



Do your part. Bike, carpool, ride the bus or walk and help make a difference in the health of our planet. Everyone is responsible!



# My initiative to make my campus

CLEAN



Plastic constitutes  
**90%**



OF ALL TRASH  
FLOATING IN THE  
WORLD'S OCEANS



**Reduce  
Plastic  
Waste**

BRING YOUR OWN...



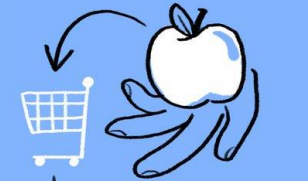
REUSABLE  
STAINLESS  
STEEL

OR

GLASS



HOW TO  
LIVE WITH  
**LESS  
PLASTIC**



SKIP PLASTIC  
PRODUCE  
BAGS



FORGET  
FAST  
FOOD



REUSABLE  
SHOPPING  
BAG



**PACK LUNCH**  
in REUSABLE  
CONTAINERS



USE  
GLASS  
JARS

SHARE these TIPS  
with YOUR FRIENDS

@SCRIBERIAN lessplastic.co.uk



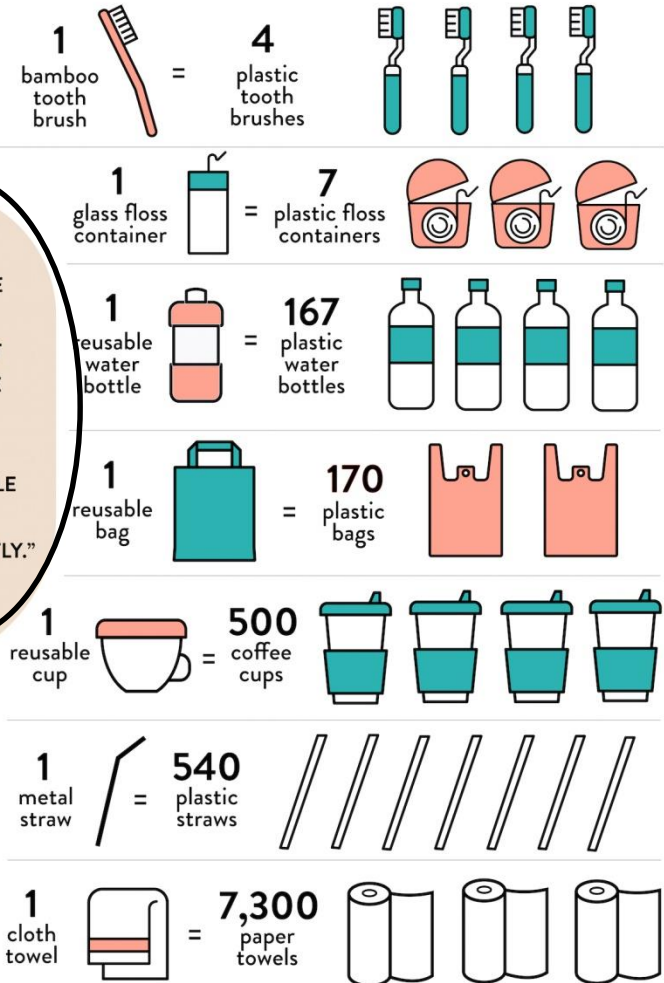


# My initiative to make my campus

CLEAN



## 7 SINGLE-USE SWAPS AND THE TRASH YOU CAN SAVE IN ONE YEAR



"THE PEOPLE WHO MAKE THE BIGGEST DIFFERENCE ARE THE ONES WHO DO THE LITTLE THINGS CONSISTENTLY."



# My initiative to make my campus

# CLEAN



## GOOD WASHROOM PRACTICES®



**Don't be mean,  
Keep your surroundings clean!**



- Don't litter
- Throw your garbage in dustbins
- Pour out stagnant water, especially to avoid mosquito breeding
- Repair leaky pipes or faucets
- Maintain proper drainage

# My initiative to make my campus

# CLEAN



## Dress appropriately

Tie back long hair, and wear suitable gloves, goggles, and other protective equipment.

## Proper supervision

Don't perform lab experiments without instructor supervision (unless given permission to do so).



## Keep a clean workspace

Don't obstruct work areas, floors, or exits. Keep coats, bags, and other personal items stored in designated areas away from the lab. Don't block sink drains with debris.



# Lab Safety Rules

Science labs offer great opportunities for learning, teaching, and research. They also pose hazards that require proper safety precautions.

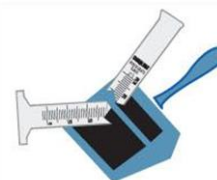


## ID hazards

Identify hazardous materials before beginning labs.



Stay safe when conducting your labs by following these guidelines.



## Handle glassware carefully

Properly dispose of anything that breaks. Report cuts, spills, and broken glass to your instructor immediately.



## No food

Don't eat or drink in the lab—and never taste chemicals.



## Clean up

After completing the lab, carefully clean your workspace and the equipment, and wash your hands.



## Know location of emergency numbers & safety equipment

Know the location of safety equipment and emergency phone numbers (such as poison control) so you can access them quickly if necessary.



Sources: Carolina Biological Supply Company, "Lab Safety Dos and Don'ts for Students," <http://www.carolina.com/teacher-resources/interactive/lab-safety-instructions/tr11076.tr>.

If you think  
**safety rules**  
are a pain



Try having an accident



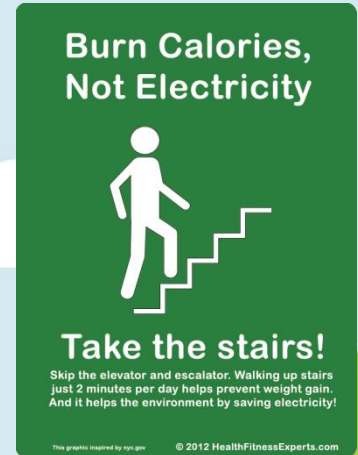
# My initiative to make my campus



## I ♥ Trees

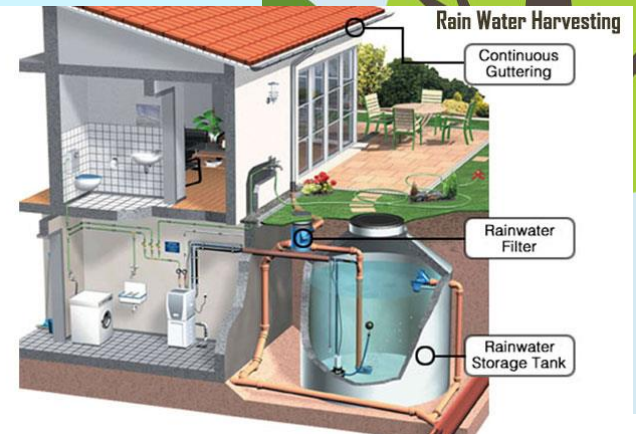
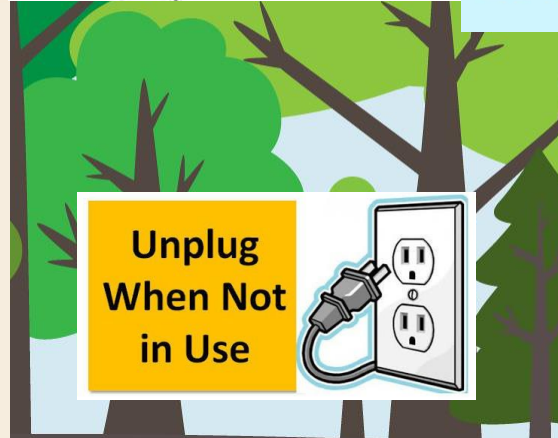


**PLEASE CONSERVE WATER!**



### INSULATION & VENTILATION

- 1 Make sure your air conditioning and heating units are ENERGY STAR models.
- 2 Set a non ENERGY STAR air conditioning unit to "Quiet Guard" or "Power Save" mode.
- 3 Get a programmable thermostat that will automatically turn your AC and heater on or off to save on energy.
- 4 Always keep windows and doors tightly shut when running the AC or heater.
- 5 If you have central AC, close the air vents in unused rooms to avoid cooling or heating unused spaces.





**Do  
Your  
Bit...**





## DEPARTMENT OF BIOCHEMISTRY UNIVERSITY OF DELHI SOUTH CAMPUS



**“SWACHHTA PAKHWADA - 2018”**

**September 1<sup>st</sup>-13<sup>th</sup> 2018**

**::Theme::**

**“Go Green, Go Clean”**

The Department of Biochemistry organized **Swachhta Pakhwada - 2018** with the overall theme of **“Go Green, Go Clean”**. In consultation with the faculty, the Head of the Department had announced in early September that the department will observe Swachhata Pakhwada – 2018 with vigor. In view of this decision, various laboratories, class rooms, departmental office and corridors of the department were regularly cleaned and put in order. In addition, with the help of Prof. Nag saplings were brought to the office and other laboratories to provide both clean environment and greenery.



Announcement was made for various activities to be undertaken by the students along with faculties and office staff like essay writing, poster presentation and PowerPoint presentation etc. The theme for these events was **"My Initiative to Make My Campus Green, Clean and Eco-Friendly"**.

September 8, 2018 was especially marked for this event for a get-together to observe the Swachhta Pakhwada with special emphasis. Students of the department prepared and presented handmade posters on the above theme to raise awareness about cleanliness, greenery and eco-friendliness on the campus. The posters portrayed crucial elements of nature, present day scenario of the resources being used, methods to preserve mother earth, etc.



Similarly, a fine and instructive PowerPoint presentation was presented by the students which highlighted the recent events such as "The great smog of Delhi" and the "Kerala floods", caused due to mishandling and undue usage of the earth's resources and our inability to keep our environment clean. This short presentation also mentioned important ways by which electricity, trees, water and other resources can be efficiently used. A slide was also dedicated to lab etiquettes, proper handling of the glasswares, hazardous materials, etc. This presentation is available on our departmental website at the following link: <<http://biochem.du.ac.in/web/index.php?page=events>>



Both the students and teachers discussed about the importance of cleanliness and ways to improve cleanliness in the department, on the campus and in our respective ambience where we live. The teachers especially emphasized that we must take special care to ensure that our homes, labs, offices, communities, roads and all public places must be kept clean. We all can take small steps at a time like not throwing garbage on road but in appropriate dustbins assigned for the same. No public place on the campus should be littered. Use of plastic should be avoided. Recyclable material should be used and garbage should be disposed in appropriate dustbins. It was pledged that we all will do our best to maintain cleanliness.

Following the presentation, a quiz was also conducted based on the same theme to raise awareness about Swachhata in India and several event associated with it like awards for cleanest city, municipality etc. The quiz and presentation raised awareness about various facts related to the conservation of the greenery and curbing pollution. Overall the students enthusiastically participated in the event and it turned out to be informative and motivating.

The students presented bamboo saplings to teachers for use in their offices and laboratories. Our efforts to keep our campus and society clean and green will live on.

