

**FATIMA MATA NATIONAL
COLLEGE(AUTONOMOUS)**

KOLLAM

ECO/NATURE CLUB ACTIVITY REPORT

(2016-2017)

INTRODUCTION

Our planet which is rich in biodiversity, have millions of species including beautiful, intriguing, towering trees and other coral reefs where all types of animals live together. All animals depend on plants for their food & plants on animals. Human beings are the creations of nature. They drew everything needed for their very survival from nature. The air they breathe, the water they drink, the food they eat and thousands of articles they use daily-all come from nature. Environment is responsible for creating conditions suitable for the existence of a healthy biosphere on this planet. Our life is dependable upon the environment; its absence causes many adverse and harmful effects. Without sustainable environment and natural resources, one cannot survive. Human existence on the earth will be endangered if we do not change our hostile attitude towards nature. Therefore, it is better to mend our ways and live in harmony with nature. People today, especially the young people, are concerned about the environment. So, it is important to conserve our nature by academic co- curricular activities.

Through the Eco club activities, the students can be powerful advocates for the conservation of natural resources and limiting waste. In fact, students may be able to help make this happen in a few ways that most adults cannot. Many adults are set in their ways and are not open to change. Students can try to get their parents to become more conscious of the environment. Eco club

can encourage students to think creatively as they apply their knowledge to real, everyday thinking. Involving students in participation through real responsibilities improves self-esteem, which impacts learning. The attitudes developed will stay with pupils throughout their lives. Students will also have greater respect for, and take more care of, other environments they encounter.

Eco Club – A co- curricular activity with a mission. which promotes the participation of students in learning about, and improving their environment. People today, especially the young people, are concerned about the environment. An Eco Club is a means by which students and youth can organize themselves to learn more about this issue, and also take action to improve their immediate environment. An Eco Club can thus help to extend the boundaries and scope of the formal educational system, encouraging creativity, and empowering students for constructive action. Create awareness and sensitivity among individuals and social groups to the total environment and its allied problems. For teachers, it is a wonderful opportunity to create awareness, build attitudes and help students take up activities in real world, in a way in which the constraints of the classroom and curriculum will not allow.

Eco club helps to promote conservation of water by minimizing the use of water. Motivate students to imbibe habits and life style for minimum waste generation, source separation of waste and disposing the waste to the nearest storage point. Educate students to create awareness amongst public

and sanitary workers, so as to stop the indiscriminate burning of waste which causes respiratory diseases. 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. Organize tree plantation programmes, awareness programmes such as quiz, essay, painting competitions, rallies, natak etc. regarding various environmental issues and educate children about re-use of waste material and preparation of products out of waste. Organize Nature Trail in Wild Life Sanctuaries/Parks/Forest areas to know about the Biodiversity.

Each lead eco-club college teacher has been trained as master trainer on environmental issues. Orientation programmes for Eco Club in charge teachers are also conducted with the help of Environment experts. The students are also exposed to field activities such as Nature Trails, Quiz and poster competitions etc. so as to create enthusiasm regarding issues pertaining to Plants, Forest, Wildlife, Bio-diversity and Nature.

OBJECTIVES OF ECO CLUB

- To create awareness of biodiversity conservation and local environmental issues among college students
- To create a 'clean and green consciousness' among students through various innovative methods.
- To involve Eco Club students in open-orientations programmes in college and public areas.
- To promote interest and knowledge about wildlife, forests and the environment among us.

- To foster concern to protect the fauna ,flora and undisturbed examples of the state's natural heritage
- To increase awareness of the economic, cultural, scientific and aesthetic values of fauna and flora
- To provide opportunities to acquire attitudes, values and skills needed to protect and improve the natural environment.

Importance of Eco Club

- An acquaintance with nature and the conservation of bio diversity
- An exposure to the fauna and flora of the local hills
- An impression of the degradation of forests caused by human interference
- An awareness of how to protect and preserve natural forests

ACTIVITIES (2016-17)

In order to undertake the programme in a systematic way the Eco Club of Fatima Mata National College, was organized with four staff members as, Dr. Sherly Williams, Convener from Dept. of Zoology, Dr. Sarayu Devi from Dept of Chemistry, Dr. Maria Bridjit, and Dr. Sinilal from Dept. of Botany.

Total 107 student members were enrolled in the Club from Dept. of Commerce, Economics, History, English, Psychology, Chemistry, Polymer Chemistry, Mathematics, Physics, Botany and Zoology.

The programme conducted by the Eco Club were as follows:

The current academic year eco club activity was officially inaugurated on 16/12/2016, by Dr. Ruben Jose, Assistant Professor, Dept. Botany. Welcome of the inaugural meeting was given by Dr. Sinilal, which was followed by a seminar on the topic "Environmental protection". In his talk, he stressed on environmental protection is a practice of protecting the natural environment on individual, organizational or governmental levels, for the benefit of both the natural environment and humans. Due to the pressures of population and technology, the biophysical environment is being degraded, sometimes permanently. This has been recognized, and governments have begun placing restraints on activities that cause environmental degradation. Since the 1960s, activity of environmental movements has created awareness of the various environmental issues. There is no agreement on the extent of the environmental impact of human activity, and protection measures are occasionally criticized. Academic institutions now offer courses, such as environmental studies, environmental management and environmental engineering, that teach the history and methods of environment protection. Protection of the environment is needed due to various human activities. Waste production, air pollution, and loss of biodiversity are some of the issues related to environmental protection. Environmental protection is influenced by three interwoven factors: environmental legislation, ethics and education. Each of these factors plays its part in influencing national-level

environmental decisions and personal-level environmental values and behaviors. For environmental protection to become a reality, it is important for societies to develop each of these areas that, together, will inform and drive environmental decisions.

7th JANUARY 2017

A seminar was organized and conducted a lecture on Biodiversity status and Global warming. The lecture delivered by Dr. Sinilal, Assistant Professor, Dept of Botany, FMNC, Kollam. In his lecture, he highlighted the biodiversity status of western ghat region. Western Ghats also known as Sahyadri is a mountain range that runs parallel to the western coast of the Indian peninsula, located entirely in India. It is a UNESCO World Heritage Site and is one of the eight "hottest hot-spots" of biological diversity in the world. He was also talk about the importance of Hotspots and endemic species. Indian Hot Spots contain 5,332 endemic higher plant species, mammals, reptiles, amphibian and butterflies. Some current information on the magnitude of global diversity and the rate at which we are losing it. The tropical moist forests, because of all the major habitats, they are richest in species and because they are greatest danger in current situation. Through his talk, the students were greatly benefitted and enriched their knowledge about the endemic organism and environmental protection.

20th MARCH 2017

Organized a one day seminar cum workshop on domestic waste management. The co-organizers of the seminar were Jilla suchithwa mission. The resource person was Mr. Prasad Lal, Instructor, Jilla suchithwa mission. The main theme of the talk was as follows.

- Reduce the use of plastic carry bags and plastic disposable
- Reuse
- Use steel, glass, clay, vessels. Avoid plastic vessels
- Reduce generation of waste.
- Separate waste into degradable and non-degradable category.

The main objective of the talk was “How to manage your home waste”.

The following measures and methods were emphasised, is as follows.

Reducing Your Garbage

Use cloth bags instead of plastic. This small measure will greatly reduce the amount of waste you bring into your house. No matter where you're shopping, you can bring your own reusable cloth bags instead of accepting plastic bags from the store. Plan ahead by purchasing several reusable bags and storing them where you won't forget to bring them along next time you go shopping.

- If you forget to bring your cloth bags to the store, you can still reduce waste! Ask the person bagging your groceries not to use double bags. Most stores now sell cloth bags, so you could spring for those instead of accepting plastic or paper - you can never have enough around the house.

- Using cloth bags isn't limited to grocery shopping. Take one along when you go shopping for clothes, tools, or any other items you may need.

Buy food that has less packaging.

If you tend to buy food that comes in boxes wrapped in plastic with individually-wrapped serving sizes inside, you're probably producing more waste than you want to. Look for ways to buy food with minimal packaging, especially plastic packaging, and you'll see your daily mound of garbage turn into a tiny hill. Here are a few tricks to try:

- Use the bulk food section. You can buy rice, beans, cereals, teas, spices, and other dry foods in the bulk food section of your grocery store. Store the foods in airtight glass or plastic containers when you get home.

Do vermicomposting.

You can make your own worm composting system.

- Make dinner instead of heating it up. Take-out food and microwaveable dinners require a lot of packaging, and it all just goes in the trash. It definitely takes more time, but consider replacing some of your instant meals with homemade creations. Your waistline will thank you, too.
- Buy dairy items in containers you can return. An increasing amount of dairy companies offer a return system in which you buy a glass jug of milk, cream or buttermilk and return the jug for a deposit. This is a great way to cut down on using plastic.
- Buy from farmer's markets. They offer mounds of fresh produce that have never touched plastic. Bring along cloth bags to carry your purchases home.

Don't use bottled drinks unless you have to.

Bottled water - and other bottled drinks - are a major source of waste in many places. In some places bottled water is safer to drink than tap water, but if that's not the case in your area, consider using tap water instead. You can always filter the water if you don't like the way it tastes. This is more economical and much better for the environment.

- If you really want to go the distance, you can mix other bottled and canned drinks.
- If you do choose to buy drinks by the bottle, choose large containers, rather than small ones.

Reduce your paper usage.

- If you like using computers, there are very few reasons you still need to have a lot of paper waste in your house. Taking measures to reduce the amount of paper you buy, as well as the amount of paper that gets sent to you in the mail, can save you the headache of having to sort through piles of papers.

Consider making your own household cleaners and detergents.

Many of the containers used for cleaners and detergents aren't recyclable, so they end up going in the garbage. If you have the time and inclination, making your own formulas and storing them in glass containers will end up saving tons of money and significantly reduce your garbage output. You'll also end up creating a chemical-free environment for your family. Here are a few great recipes to try:

- Make your own laundry detergent
- Make your own glass cleaner
- Make your own bathroom cleaner
- Make your own kitchen cleaner
- Make your own hand soap
- Make your own shampoo and conditioner

Donate items when possible. If you have old clothing, electronics, or other items you don't want but are still in decent shape, donate them instead of throwing them out in the trash. Better they end up in a classroom or someone's closet than the landfill.

- Old clothes and fabric scraps can be donated to a fabric recycling facility.
- Schools often accept donations of old computers and other electronics.
- Contact a local homeless shelter or donation center to see about donating furniture, electronics, cars, and any other items you're finished using.

Reuse containers. Durable containers can be reused a number of times before they need to go out with the garbage or recycling. Bottles, boxes and bags can all serve a second purpose if you know how to use them.

In general, the following household waste can be recycled:

- Plastic containers numbered 1 - 7
- Paper products like computer paper, egg cartons, newspaper, and cardboard
- Glass containers
- Aluminum cans, aluminum foil

Dispose of trash and hazardous waste properly.

There are some household items that just can't be recycled or reused. These items have to be thrown out with the trash or disposed of at a hazardous waste facility. Try to reduce your consumption of the following items, and when you do use them, dispose of them according to your city's laws:

- Batteries
- Paint
- TVs, computers, and other electronics
- Light bulbs

Create a compost site.

Select an area in a sunny or partially shaded spot in your yard for your compost site. Ideally, you'll compost directly over dirt or grass, but if you don't have a large yard area, you can compost on a concrete patio. Here are a few different ways you can structure your compost site:

- Make a compost pile. This is the simplest way to compost. All you have to do is make a pile in your yard. It should be located well away from your house, since composting sometimes attracts mice and insects.
- Make a compost box. You can construct a box made to the exact dimensions that suit your needs.
- Buy a compost bin. They're available at most home and garden stores, and come in a variety of different shapes and sizes.
- Doing this until it stops heating up after you stir, then let it rest to finish composting.

Maintain your compost site.

If it seems to be rotting too fast and turning slimy, add more brown items to slow it down. If it seems to be too dry to work its magic, add some water or more green items. The more effort you put into tending to your compost site, the faster you'll have usable compost.

There was an interactive session after the seminar. The students were highly enthusiastic and they were interacted very well in clearing their doubts.

The feedback collected from the students after the seminar showed that and it was greatly appreciated by them.

30/03/2017

Dr. Sherly Williams

(Convenor)