



GURU RAM DASS COLLEGE OF EDUCATION

संसृति

संमृती

आवागमन



ECO CLUB E-MAGAZINE

2022-23



PREFACE

Awareness in the field of environment is now a cosmopolitan prattle. People worldwide are ignoring the stench of the polluted and resources-depleted tomorrow. Careful handling of today's environment would only serve as a legacy for tomorrow's generation. Hence, we need to be judicious in exploiting our resources optimally. To ensure sustainable development we need to know something about how our environment works and the practices one can indulge in to achieve the targeted development. This magazine is composed of writings intended to bring about an awareness of environmental concerns at a community scale. It attempts to create a pro-environmental attitude and a behavioural pattern in society that is based on creating sustainable lifestyles.

Nonetheless, any writings from a magazine cannot be expected to achieve a total alteration in society. Alteration in one's behaviour can never be forced. It is self-powered. Likewise, the magazine aims at inspiring any individual who happens to witness our progressive mindset and our achievement towards creating a sustainable future.

The Eco Club would like to thank the faculty members and the students who have evinced interest in the magazine by contributing creatively and participating in various activities enthusiastically.

We would like to thank everyone who supported us in completing this **forth edition** of our e-magazine including Faculty Members, Eco Club core committee members and everyone. We have been able to put up so much effort because of everyone's guidance and support. This wouldn't have been possible without you all.

PREFACE

We, Eco-club committee members, express our deep sense of gratitude to the **Principal, Dr. Neeraj Priya** for giving us an opportunity to bring out the magazine. We are also grateful to our Eco- Club Coordinators, Dr. Arti Bhatnagar and Ms. Neha Madan for their constant encouragement and support in our endeavour to bring out the magazine. We are also thankful to our colleagues for their cooperation. We strongly hope that the magazine will be received well by one and all.

Student Editor

Eco-Club

Arushi anand (2021-2023)

Himanshi (2021-2023)

A MESSAGE FROM PRINCIPAL MA'AM



Dear GRDCEian,

Today's time is very crucial for our Mother Earth. We have globally encroached it for self interest, that's why to protect it, the concept of ECO-CLUB came into existence. To save our Earth and our future generation, it was realized that young birds be involved in the task of conserving and protecting our Mother Nature.

Hence, Educational Institution mainly at school level and its students are assigned the duty of promoting green ambience and creating mass environmental awareness through different Eco-friendly activities duly organized time to time.

Guru Ram Dass College of Education is also one of the institution, which realizing its double duty (as we are preparing future teachers), established Eco club in our college. I feel proud that our Eco-club Incharges Dr Arti Bhatnagar and Ms. Neha Madan are doing great job along with their students in promoting and protecting our Environment to make our future safe.

“

ECO CLUB

Editorial Group

”

TEACHER EDITORS

Dr. Arti Bhatnagar
(Asso. Prof.)

Ms. Neha Madan
(Asst.Prof.)

STUDENT EDITORS

Ms. Arushi Anand
(2021-23)

Ms. Himanshi
(2021-23)

Message from student editors

We were given the chance to lead the SANSRUTI editorial team a few months ago, and we haven't regretted a second of it. We had the opportunity to engage with the teacher- students.



SANSRUTI was published to exhibit our students' ingenuity and engagement in various activities throughout the session. We are honored to present you the third edition of SANSRUTI, which had the theme "Restore, Reimagine, and Recreation" as its focus.

The sincere efforts put in by our editors, digital designer, photographers, students and teacher coordinators have played a huge part in making this magazine possible. We hope that you, the readers, enjoy reading it as much as we enjoyed working on it.

- Arushi Anand and Himanshi (2021-2023)
(Student Editor)

THEME

" ONLY ONE EARTH "

"Live Sustainably in Harmony with Nature"

This year's World Environment Day is ironic because the Stockholm Conference's theme, "Only One Earth," was the same as it was 50 years ago. The 'Only One Earth' theme focuses on "Living Sustainably in Harmony with Nature," as it calls for collective, transformative action on a global scale to celebrate, protect and restore our planet. It emphasises the necessity of resetting the equilibrium with nature through radical adjustments.

The significance of the theme has not changed throughout time. The slogan does stress that Earth is still the only livable planet we have and that we should work for transformative changes that will restore the harmony between humans and the natural world and lead to a better future for everybody.

The UN Environment Programme emphasizes that transformations toward a sustainable system must be accessible and open to individuals and their daily lifestyles. This means aligning decisions on how to live in cities, in homes, how and where to invest money, all the way to how individuals have fun and spend their free time.

"This movement that began in 1972 stands at a critical juncture today. It's now or never. Because we are one people and we have only one earth. We have only one home. And that is worth standing up for," Inger Andersen (Under-Secretary-General of the United Nations and Executive Director of the United Nations Environment Programme) said in her message.

CONTENT

| | |
|---|--------------|
| 1. World environment day | 9-10 |
| 2. World environment day 2022 in GRDCE | 11 |
| • Rangoli making | 12-16 |
| • Banner slide- | 17 |
| • Beginning of the event | 18-19 |
| • Multi media presentation | 20-22 |
| • One act | 23-24 |
| • Dance and nature | 25-26 |
| • Poems and facts | 27-31 |
| • Essay | 32-33 |
| • Observance of slence zone | 34 |
| 3. World ozone day in GRDCE | 35-37 |
| • Articles | 38-39 |
| • Poems on ozone day | 40-41 |
| • Thoughts Expression | 42- 44 |
| 4. Plegde | 45 |

WORLD ENVIRONMENT DAY

In 1972, United Nation General Assembly designated 5th June as World Environment Day (WED). The first celebration, under the slogan “Only One Earth” took place in 1974. In the following years, WED has developed as a platform to raise awareness on the problems our environment is facing such as air pollution, plastic pollution, illegal wildlife trade, sustainable consumption, sea-level increase, and food security, among others. Furthermore, WED helps drive change in consumption patterns and in national and international environmental policy. It is very important to mention that India has hosted WED in 2011 and 2018. Every year WED is celebrated under a specific theme such as “For Life on Earth”, “Time for Nature”, “Forests: Nature at your Service” etc. And it is a coincidence that this year, World Environment Day 2022 under the same theme 'Only One Earth' which was used in 1974 as well and is being hosted by Sweden.





The WED 2022 campaign calls for collective, transformative action on a global scale to celebrate, protect and restore our planet.

Environment plays an important role in survival of living beings and the existence of life on earth. But without understanding the importance of the environment, humans are destroying it. Now almost every element of the environment like air, water, and soil is polluted due to human activities. For our development, humans are sacrificing the irreplaceable environment and unknowingly they are inviting and have already invited several diseases and natural disasters.

Environmental Pollution is directly and indirectly harming the human kind and all other life forms on earth. For the sake of the environment, mankind must take extra care.



Reuse, Reduce, and Recycle are the three main things that everyone must focus on to protect the environment. Believe it that these small efforts in line with tree plantation, can put a huge constructive impact on the environment.

Earth's natural systems cannot keep up with our demands. This not only hurts the Earth, but us too. . We must go from harming the planet to healing it.
We can and we will.

ARUSHI ANAND
(2ND YEAR)

World Environment Day 2022 in GRDCE



We all are aware that World Environment Day is the biggest awareness campaign launched by the United Nations in the early 70s which is celebrated across the world on June 5 every year to cherish the nature that's around us.

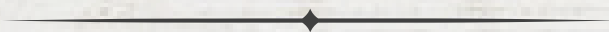
To join hands in this campaign Eco club "VASUDHA" of GRDCE organized celebration of Environment Day 2022 with cooperation and coordination of all members of GRDCE family as a collective action through which attempt was being made to create awareness for transformative environmental change we need, so we can advance to a more sustainable and just Earth, where everyone can flourish.

Plan of action included numerous activities from **1st June to 5th June 2022** through which an effort was made to **preserve and conserve our planet earth and make it a pleasant place...**

Focus of Environment Week at GRDCE was on "**Combating Noise pollution and Preserving, Nurturing and conserving only one Earth**".

In our college we have four houses namely Mata Sulakhani Ji House , Mata Khivi Ji House , Mata Mansa Ji House and Mata Bhani Ji House and in each house there are 25 students and two teacher coordinators . Many of the activities mentioned above were conducted as INTER HOUSE COMPETITION.

Hence with cooperation of all house members activities were conducted as per the schedule. From the first day all the house members participated with zeal and enthusiasm.



Rangoli Making: Alpana

Inter House Rangoli competition was organized on the theme emphasizing on creating sensitization of learners about environment. The main themes were **Only one Earth.**, **Nature: Beauty of Earth** and **Noise Pollution-Free Earth.**

The pattern of Rangoli adopted was Alpana use of natural colours was main criteria. Maximum participation was observed in this activity.



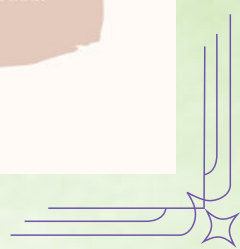
GURU RAM DASS COLLEGE OF EDUCATION
WEST JYOTI NAGAR, SHAHDARA, DELHI-110092



RANGOLI MAKING COMPETITION

| | | |
|--|---|--|
| THEME: <ul style="list-style-type: none">•Only one Earth.•Nature: Beauty of EarthNoise Pollution-Free Earth | STYLE OF RANGOLI: ALPANA Medium of presentation: Mount Board/ Card Board Venue: GRDCE Campus Time: 1st June – 3rd June 2022 | SUBMISSION 3 groups of 5 students from each House. |
|--|---|--|

VASUDHA- ECO CLUB GRDCE



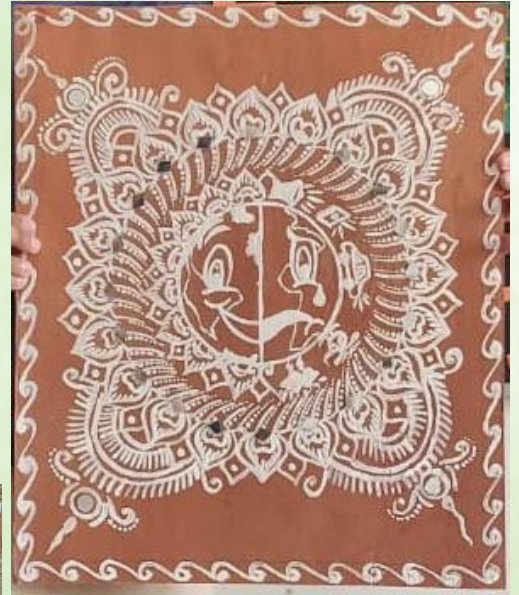
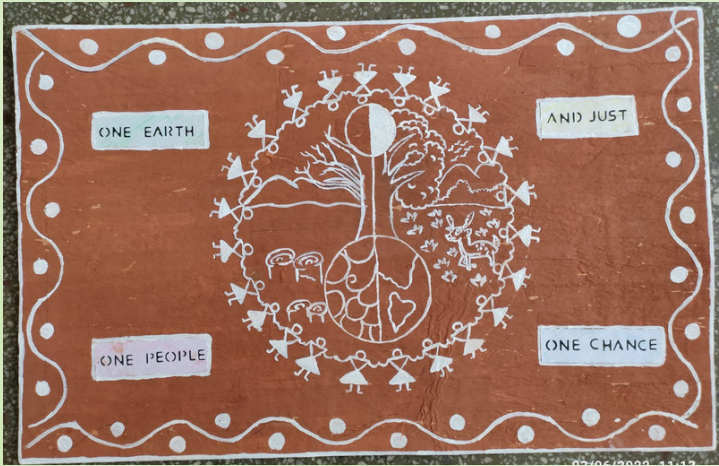
HOUSE NO. 1 MATA SULAKHNI JI HOUSE



HOUSE NO. 2 MATA KHIWI JI HOUSE



HOUSE NO. 3 MATA MANSA JI



HOUSE NO. 4 MATA BHANI JI



World Environment Day 2022 in GRDCE



 GURU RAM DASS COLLEGE OF EDUCATION

WEST JYOTI NAGAR (KARDAM MARG), SHAHDRA, DELHI-110094

presents

World Environment Day 2022

THEME: Combating Noise Pollution

Preserving, Nurturing & Conserving Only One Earth

Venue: Multipurpose Hall **DATE:** 6th June 2022 **TIME:** 3-4 PM

Dr. Neeraj Priya
(Principal)

Dr. Arti Bhatnagar
(Teacher incharge)

Ms. Neha Madan Ma'am
(Teacher incharge)

Student co-ordinator: (Eco Club Student Members)



World Environment Day 2022 in GRDCE



The Day was celebrated in GRDCE campus in the presence of our esteemed Principal Ma'am Dr. Neeraj Priya and attended by all the students and faculty members.

Eco Club student coordinator represented Recycled Paper plant pot with sapling as a symbol of Green Environment.



World Environment Day 2022 in GRDCE



Arushi Anand
(Eco- club coordinator)



Rangoli Exhibition



Shubhi Arora
(Eco-club Member)



Multi Media Presentations

Multi Media presentation was prepared and presented by all of the four houses on the themes **Combating Noise pollution, Preserving, Nurturing and conserving only one Earth**. All the houses presented multimedia presentations emphasizing on impact of noise pollution and damage which human being is continuing with only one Earth. Presentation covered latest statistics figure, self prepared videos which spread wave for protecting our **“ONLY ONE EARTH”**.

The presentations were appreciated by all viewers as they touch inner spirit and shaken everyone to take a pledge as a responsible citizen to protect our **ONLY ONE EARTH!!**



Multi Media Presentations

Though all houses presented in enthusiastic manner but presentation by **House no 3 Mata Mansa Ji** was selected for the first position for theme Preserving, Nurturing and conserving only one Earth.

House no 4 Mata Bhani Ji for the theme Combating Noise pollution was selected.



From Right to left:
Shubham Bhatnagar
& Aishwarya
(Mata Mansa ji
House Coordinators)

Neha Pathania
&
Tanya Sharma
(Mata Bhani Ji
House Coordinator)

Multi Media Presentations

MATA MANSA JI HOUSE: 03

What Is Noise Pollution?

Types of Noise Pollution

NATURAL

MAN-MADE

MATA BHANIJI HOUSE: 04

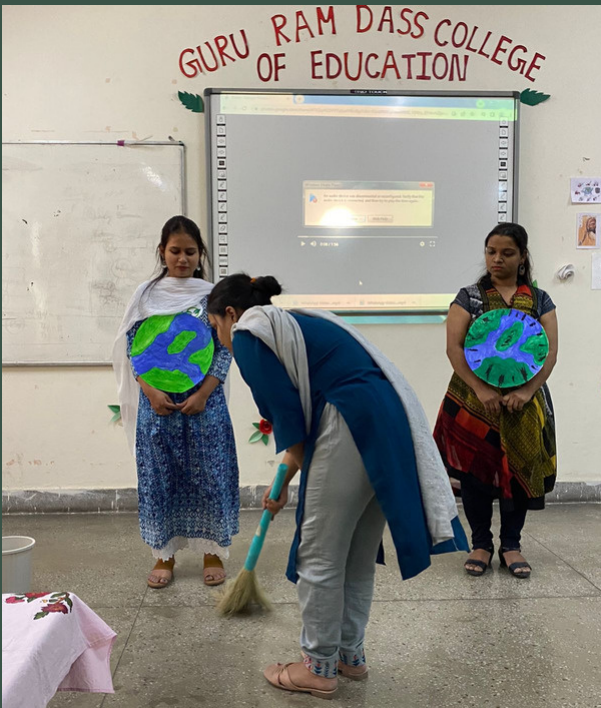


ONE ACT: ONLY ONE EARTH!!

One act team of GRDCE presented self scripted act representing need for Preserving, Nurturing and conserving only one Earth and need for Noise pollution free Earth. In an act beam of light was thrown on present status of earth and status of earth in previous years. Through conversation of dialogues in act it was being reflected that there is utmost need to conserve our earth for sustaining life eon the earth. Human being need to put on pause to its selfishactivities if we want our only earth to be preserve and conserve.



ONE ACT: ONLY ONE EARTH!!



DANCE and NATURE

Students of Dance Team of GRDCE presented self choreographed dance to emphasize the need to stop cruelty against our only one Earth. All the performers caught the attention of viewers and made them to realize that it's an alarming stage now when human being need to prioritize what is more significant to lead healthy life it's our pure Nature or Industrious world which we have created. the presentation was appreciated by all strong vibrations were aroused everywhere to Preserve conserve ONLY ONE EARTH !!



DANCE and NATURE





THOUGHT EXPRESSIONS

POEMS, ESSAY AND FACTS

Eco club also conducted Thought Expression activity through which students of all houses were given an opportunity to express their feelings on the theme "Conservation of Environment through "Re-imagination. Recreation and Restoration- Waste Recycling" and upload their write ups on Google Classroom. Numerous write ups were received and GRDCE creatures wrote self composed poems and articles, from all the houses

POEM ON THE EARTH

This poem is on the unconditional love provided by Earth to us and now how we hurt our Earth by degrade it's all resources, even now wind of Earth gets polluted, flowers forgot to blossom. How deforestation promoting day by day this hurts the Earth so much.

This poem is by the Earth itself.

THE EARTH

I am the beginning of life, the end of existence

I am home to one and all, to live to return

I am both your path and your destination

I am protector and provider, I am Earth

I breathe and cold breeze caress you

I speak and wind whispers to you

I smile and flowers bloom your way

I blush and rainbow smiles at you

The seeds I sow, nurture life

The deeds I endure, ensure life

The needs I embark, provide yet

The greed of humans, I can't satisfy

As long as I nurture you with love!

THANK YOU!



- PRIYA AGGARWAL

05821802121

SECTION - C

HOUSE NO. 1 - MATA SULAKHNI JI



POEMS BY STUDENTS



Tears keep pouring as rain to, soothe you
The sky sails the cloud to shield you, yet provided
My green is in the way, and it is hurts me
When you search another home

My soil wishes to touch your barefoot
You cover it in layers from concrete everywhere
My trees wish to provide shadow
You cut down every branch, every trees

I fatted to suffer, all the bloodshed and death
Chemical emitted; sewage dumped
Mountains destroyed; lakes overfilled even
My seasons blamed to your misdeed

Pollution choking, deforestation torturing
Flora and fauna in great danger of extinction
Is this the way you pay me back the love?
Care, nurture, protection, I provided?

My right to feel the life is I provided, being denied
Sacrifices turned to sufferings, I endure
Know that life able as long as, I forgive

ONLY ONE EARTH

Earth is the only world we've got,
 Until now, trash is the only thing we've brought.

Everyday I see people busy making cash,
 Not thinking what they throw in their trash.

Plastics and Chemical everywhere,
 They poison our water and foul the air.

Damages to our planet we can't we repair,
 our children are asking if that's fair.

This is the time for us to get awaken,
 like an oath taker.

I pledge allegiance to the Earth to the Nature to
 be regarded, fostered and protected by me and all.

Let everyday be aware,
 There isn't another Earth somewhere.

♥
**POEMS BY
 STUDENTS**
 ♥








RECYCLING

Save, save, save your **Papers**
 Throw them in the Bin
 We can Help to save the Earth
 If we all pitch in.

Save, save, save your **Bottles**,
 Throw them in the Bin,
 We can Help to save the Earth
 If we all pitch in.

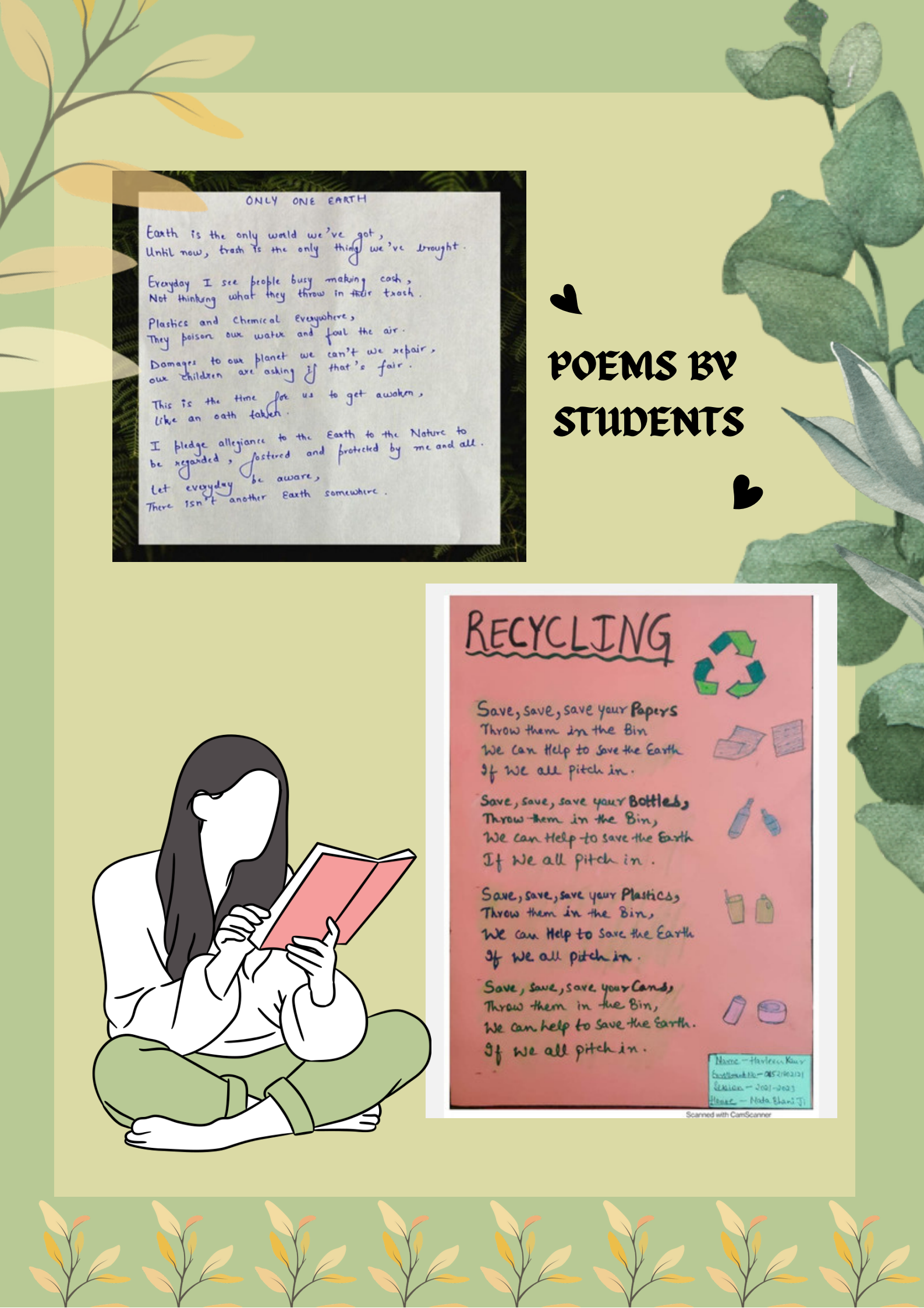
Save, save, save your **Plastics**,
 Throw them in the Bin,
 We can Help to save the Earth
 If we all pitch in.

Save, save, save your **Cans**,
 Throw them in the Bin,
 We can help to save the Earth.
 If we all pitch in.

Name - Harleen Kaur
 Enrollment No - 202100121
 Session - 2021-2023
 Home - Noida, Ghaziabad

Scanned with CamScanner



जल संरक्षण

आज बिखेर ले, भर भर लोटे,
काल बून्द बून्द को तरसेगा ।
जलते हुए आसमान से,
धूल का सावन बरसेगा ॥

सत- सरिता, झील और झरने,,
सब के सब होंगे खाली ।
बागो में उगेगी नागफनी,
बेरोज़गार होंगे माली ॥

प्रतिदिन घटता जलस्तर,
नादियों में प्रदुषण की परशानी ।
जो जल संरक्षण के प्रति हम,
नहीं होंगे गंभीर।
तो कई विपातियां होंगी खडी,
भयानक होगी भविष्य की तस्वीर ॥

HIMANSHI
SEC-C,072

MATA MANSA JI HOUSE

POEMS BY STUDENTS



NOISE POLLUTION

As the world is turning to technology for their comfort, it is, at the same time, harming us. The industries no matter how big or small contribute to noise pollution. The equipment they use like compressors, exhaust fans, generators and more produce a lot of noise.

Similarly, the ever-increasing use of automobiles is a major cause of this pollution. Not only automobiles but other transport vehicles like airplanes, buses, bikes, trucks and more also are a part of it. People honk unnecessarily in the traffic and listen to loud music on the way which creates high levels of noise.

Furthermore, social events like marriages, parties, and religious functions in places like clubs, pubs, temples, halls and more create a lot of nuisance in the residential areas. In addition, the construction activities like mining, the building of flyovers, bridges and more also produce great noise.

Though it may not be talked about much, noise pollution has a serious impact on the lives of living beings. Firstly, noise pollution causes a number of hearing problems. High levels of noise damage the Eardrums and sometimes even cause loss of hearing.

Similarly, it reduces the ear sensitivity to the sounds that the human body requires to regulate our rhythm of the body. Moreover, it also affects our psychological health. It may not be evident instantly, but in the long run, it changes our behavior.

When your sleep gets disturbed or you constantly have headaches because of too much noise, you tend to experience fatigue and even migraines.

Not only humans but noise pollution also impacts wildlife too. For instance, pets become aggressive or afraid when they hear a loud noise. It is one of the main reasons why crackers are not encouraged when pets are around.

In short, we must make people aware of the impact of noise pollution. Likewise, we must encourage them to adopt ways that do not contribute to noise pollution. If everyone starts doing the same on an individual level, we will surely be able to reduce noise pollution to a great extent.

SAKSHI JAIN

00421802121

MATA BHANI JI HOUSE

ESSAY BY STUDENTS

DEFORESTATION

Deforestation refers to indiscriminate felling of trees from forested area as a result of urbanization, industrialization, mining operations, space for agricultural activities and use of wood for domestic and other purposes have caused heavy depletion of forests. Deforestation results in conversion of forest land to non-forest use.

When deforestation occurs, it snatches away the natural habitats of a plethora of plants and animals. Consequently, this disrupts the ecological balance and affects the working of the food chain and food web.

In recent years, many activists and environmentalists have been stressing on the importance of protecting green lands and forests.

One of the most effective ways to educate citizens about the importance of forest is to include subjects such as environmental studies in students' curriculum. Students must realize the detrimental effects that deforestation carries not only on Mother Nature but also on humans. International conventions require countries to protect the habitats of flora and fauna and declare such forests as protected lands. More engagement is required from local governments and the common public for saving trees. In India, especially, local governments can encourage the celebration of Van Mahotsav or tree plantation day.

Dweep Sharma (Mata Sulakhni Ji House No-1)

ESSAY BY STUDENTS

NAME: POORNIMA SHRIVASTAVA

ENROLLMENT NO : 03121802121

HOUSE: MATA MANSAJI HOUSE

TOPIC: ESSAY ON COMBAT NOISE POLLUTION

Pollution is a term which even kids are aware of these days. It has become so common that almost everyone acknowledges the fact that pollution is rising continuously. The term 'pollution' means the manifestation of any unsolicited foreign substance in something. When we talk about pollution on earth, we refer to the contamination that is happening of the natural resources by various pollutants. All this is mainly caused by human activities which harm the environment in ways more than one. Therefore, an urgent need has arisen to tackle this issue straightaway. That is to say, pollution is damaging our earth severely and we need to realize its effects and prevent this damage. There are four types of pollution:

1. Air Pollution
2. Water Pollution
3. Soil Pollution and
4. Noise Pollution

Today we talk about Noise Pollution which is responsible for many physical and psychological problems not only for human but animals also.

Noise pollution is a form of pollution which has become very deadly nowadays. This pollution is increasing only and creates an unsafe environment. Noise pollution is when the level of noise increases more than the normal level. When the amount of noise exceeds, it becomes dangerous for living beings. Moreover, these unpleasant sounds cause several disturbances and create an imbalance in the environment. In other words, high volume noises are abnormal. As the world is advancing at a rapid rate, so is noise pollution. Technology has made things easier for people by creating appliances and devices for almost everything. We want to mix or grind something? It can be done with a mixer and blender. We are feeling hot? Simply turn on the AC or cooler. Do we want entertainment at home? We can watch television or play music. However, people don't realize this comfort comes with harmful effects too. All these contribute to noise pollution. They disturb the natural rhythm of life and fall in the category of a pollutant.

As the world is turning to technology for their comfort, it is, at the same time, harming us. The industries no matter how big or small contribute to noise pollution. The equipment they use like compressors, exhaust fans, generators and more produce a lot of noise.

Similarly, the ever-increasing use of automobiles is a major cause of this pollution. Not only automobiles but other transport vehicles like airplanes, buses, bikes, trucks and more also are a part of it. People honk unnecessarily in the traffic and listen to loud music on the way which creates high levels of noise.

Furthermore, social events like marriages, parties, and religious functions in places like clubs, pubs, temples, halls and more create a lot of nuisance in the residential areas. In addition, the construction activities like mining, the building of flyovers, bridges and more also produce great noise.

Though it may not be talked about much, noise pollution has a serious impact on the lives of living beings. Firstly, noise pollution causes a number of hearing problems. High levels of noise damage the Eardrums and sometimes even cause loss of hearing. In many cases, noise pollution can cause a disturbance in a person's state of mind, which further causes disturbance in sleep patterns, stress, aggressiveness, and other issues. The psychological health of the person can also get disturbed due to regular exposure to noise pollution. Noise above 45 dB can disrupt the pattern of your sleep. According to the WHO, the noise level should not be more than 30db. Moreover, it also affects our psychological health.

Not only humans but noise pollution also impacts wildlife too. For instance, pets become aggressive or afraid when they hear a loud noise. Caterpillars' hearts beat faster when loud sounds are made, and bluebirds have fewer chicks when loud noises are made. There are many reasons animals utilize sound, including to navigate, locate food, attract mates, and avoid predators. The noise pollution they encounter affects their ability to accomplish these tasks, affecting their survival.

Noisy environments are not only harming animals on land, but it is also getting worse for animals in the ocean. A once tranquil marine environment has become loud and chaotic because of ships, drilling devices, sonar, and seismic surveys. The negative effects of noise pollution are felt particularly by whales and dolphins. For marine mammals, echolocation is essential for communication, navigation, feeding and mate-finding. Excessive noise can interfere with echolocation.

HOW TO REDUCE NOISE POLLUTION

We can Reduce Noise pollution by turning off appliances when not in use, use of earplugs, lowering the volume, planting more trees, regular maintenance of vehicles and machines etc. By controlling noise we can control negative health effects that noise pollution has on everyone.

We can follow some steps to control Noise Pollution:

1. Turn off Appliances at Home and offices;
2. Shut the Door when using noisy Machines;
3. Lower the volume;
4. Stay away from Noisy area;
5. Follow the Limits of Noise level;
6. Control Noise level near sensitive areas;
7. Create Healthy noise to eliminate unwanted noise;
8. Use Noise absorbents in noisy machineries;
9. Notify Authorities about Disobedience of Noise Rules; and
10. Regularly check noise levels

ESSAY BY STUDENTS

SAVE ENVIRONMENT



The United Nations' primary vehicle for fostering environmental awareness and action is World Environment Day, which takes place every year on June 5th. Under the theme Only One Earth, World Environment Day 2022 will be observed highlighting the need to live sustainably in harmony with nature by transformative changes in our policies and choices towards cleaner and greener lifestyles, by which we can reduce pollution and make our earth greener and healthier. Pollution is the introduction of contaminants into the natural environment that cause adverse change. Pollution can take the form of any substance or energy. There are many types of pollution like Noise pollution, water pollution, Air pollution etc. But at the same time as the world is turning to technology for comfort, it is damaging us. No matter how big or little, enterprises contribute to noise pollution. Compressors, exhaust fans, generators, and other equipment they employ generate a lot of noise.

Noise Pollution

Noise pollution is considered to be any unwanted or disturbing sound that affects the health and well-being of humans and other organisms.



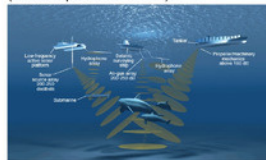
It can cause health problems for people and wildlife, both on land and in the sea. From traffic noise to rock concerts, loud or inescapable sounds can cause hearing loss, stress, and high blood pressure. The most common health problem it causes is Noise Induced Hearing Loss (NIHL).

Figure 1.1 Pyramid of noise effects



Noise pollution also impacts the health and the well-being of wildlife. Increasing noises is not only affecting the animals on the land it is also affecting those who live in the ocean.

Some of the loudest underwater noise comes from naval sonar devices. Sonar, like echolocation. Research has shown that sonar can cause mass strandings of whales on beaches and alter the feeding behaviour of endangered blue whales (*Balaenoptera musculus*).



However the problems of noise pollution are increasing day by day and many species are exciting. So for reducing noise pollution we can follow some steps like,

- Go Green by planting trees



- Control Noise level near sensitive areas

Control noise level near sensitive areas.



- Stay away from Noisy area



- Follow the Limits of Noise level



- Shut the Door when using noisy Machines



- Create Healthy noise to eliminate unwanted noise
- Use Proper Lubrication and Better maintenance



By following these steps we can reduce noise pollution on some level. To summarise, we must raise public awareness about the dangers of noise

pollution. We must also encourage them to use methods that do not contribute to noise pollution. We will undoubtedly be able to reduce noise pollution to a significant amount if everyone starts doing the same on a personal level.

Vishakha Karki
04821802121
Mata Sulakhni Ji House



OBSERVANCE

OF
Silence Zone

**THE WORLD
SITS QUIET AS IF
SIGHING AND
TAKING A LONG
INHALE AFTER
WHAT SEEMED
LIKE FOREVER
WITH MANKIND
AND THE NOISE
POLLUTION. -
TARA BROWN**

Everyone is well aware of the fact that one of the adverse forms of pollution is Noise Pollution. Eco club of GRDCE through an activity on observation of silence Zone conveyed message that how much disturbance we cause to environment and our only one Earth.

A pledge was taken by all to make earth noise Pollution free

WORLD OZONE DAY

16, September

2022

World Ozone Day, observed every year on September 16, is also known as the International Day for the Preservation of the Ozone Layer. The ozone layer is a region of the earth's stratosphere absorbing most of the Sun's ultraviolet radiation but its depleting, to ensure sustainability on earth its protection is our duty.

In perspective of this Eco Club Vasudha of GRDCE is organizing a programme encompassing various activities to sensitize students and make them realize their role as human being to protect our precious Ozone through Global Cooperation Protecting Life on Earth.



Article on OZONE DAY

The International Day for the Preservation of the Ozone Layer is observed on 16 September every year. The day was created by the United Nations in 1994 to raise awareness of the value of protecting the layer that shields all life on the Earth from the harmful ultraviolet radiations that are emitted by the sun.

This year the theme announced by the UN Environment Programme for International Day for the Preservation of the Ozone Layer 2022 is 'Global Cooperation Protecting Life on Earth.' The theme means that more people will be able to access vital cooling technology without further warming the planet. The Montreal Protocol's influence is recognized with this theme and brings to notice the 'need to act in collaboration, partnerships and develop global cooperation to address climate challenges and protect life on earth for future generations. 16 September was designated as the International Day for the Preservation of the Ozone Layer by the UN General Assembly in December 1994. Since then the day has been observed with a focus on creating awareness of the depleting condition of the Ozone layer. The world celebrated the first International Day for the Preservation of the Ozone Layer on 16 September 1995.

The ozone layer is a region of high ozone concentration in the stratosphere, 15 to 35 kilometres above Earth's surface. The ozone layer acts as an invisible shield and protects us from harmful ultraviolet (UV) radiation from the sun. In particular, the ozone layer protects us from the UV radiation, known as UV-B, which causes sunburn. Long-term exposure to high levels of UV-B threatens human health and damages most animals, plants and microbes, so the ozone layer protect. India's contribution to the Montreal Protocol in terms of policy formulation is noteworthy, India has played a proactive role in the phase-out of production and consumption of Ozone Depleting Substances.

This was stated by the Union Minister for Environment, Forest and Climate Change and Labour and Employment Bhupendra Yadav at a programme organized to observe the 28th World Ozone Day in Mumbai. Stating that the world is facing climate crisis because of wasteful use of energy, the Minister called for adopting the mantra of L.I.F.E (Lifestyle for Environment) which was coined by Prime Minister Narendra Modi, in line with the concept of sustainable lifestyle, encouraging us to adopt mindful and not mindless consumption and utilization of resources.

The slogan for this year's World Ozone Day is "Ozone for Life," which highlights the importance of the ozone layer for the health and well-being of all living organisms on our planet. The depletion of the ozone layer has not only led to an increase in skin cancer and other health problems, but it has also had a significant impact on ecosystems, including agriculture and marine life. For example, increased UV radiation can reduce crop yields, affecting food security and economic stability in many regions of the world. It can also lead to damage to marine ecosystems, which can have cascading effects on the food web, affecting fisheries and ultimately impacting human communities that rely on these resources.

However, there is hope, Thanks to the Montreal Protocol, an international agreement signed in 1987, the production and consumption of ozone-depleting substances have been significantly reduced. As a result, the ozone layer is now showing signs of recovery.

We must continue to promote the use of alternative technologies that do not rely on ozone-depleting substances, support research into new, sustainable solutions, and educate the public about the importance of protecting the ozone layer.

In conclusion, World Ozone Day is an opportunity to raise awareness about the importance of protecting the ozone layer and the role that each of us can play in this effort. By working together, we can ensure that future generations will continue to enjoy a healthy planet with a thriving ozone layer.



Arushi
2nd Year

WORLD OZONE DAY CELEBRATION IN GRDCE

GURU RAM DASS COLLEGE OF EDUCATION
WEST JYOTI NAGAR (KARDAM MARG), SHAHDARA, DELHI-110094

World Ozone Day

THEME:-Global Cooperation Protection on Earth

Date - 16th September **Venue - Multipurpose Hall** **Time - 3:15 PM onwards**

Dr. Neeraj Priya
(Principal)

Dr. Arti Bhatnagar
(Teacher Incharge)

Ms. Neha Madan
(Teacher Incharge)

Eco Club - VASUDHA



WORLD OZONE DAY CELEBRATION IN GRDCE

A program with a variety of activities has been put together by the Environmental Club Vasudha of the GRDCE to educate students and help them understand their responsibility as humans to preserve our precious ozone layer through global cooperation. Plan of action will include numerous activities through which an effort will be made to preserve and conserve our Ozone: Protecting life on Earth and make it a pleasant place





Poem on Global Warming and Ozone Layer



**What is called 'Ozone Layer'?
It is our immediate space in the atmosphere.**

**From the surface of Earth about 12 to 30 miles up;
Where pure sunlight and Oxygen used to lump.**

**Now, the heat comes directly from the Sun;
Without any filtering. the heat has the reaction.**

**Heat makes life so uncomfortable to bear;
We, humans are destroying the ozone layer.**

**Nitrogen used to be made very natural;
All were OK then and in stable level.**

**Ozone layer protected us in a balanced way;
From cancer and ultra violate ray.**

**The ozone layer formed in millions of years;
But we are now in the mouth of horrible fears.**

**Ozone layer formed with sunlight and oxygen;
And adding with naturally made nitrogen.
We had protections from ultraviolet radiations;
But Chlorofluorocarbons brought bad actions.**

**Now, ozone Layer is facing destructions;
The death alert has come for all living creations.**

**The corrupted layer is getting bigger;
It is hard for solar ray to properly enter.**

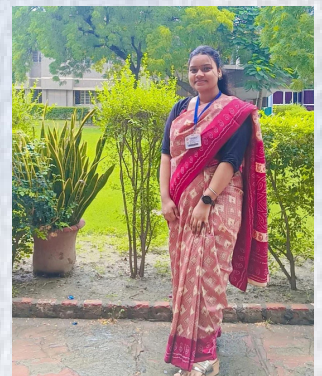

**Such causes severe heat and cancer;
It can finish the entire life ever and after.**

**Too many elements are causing the global warming;
We must be in the processes for such eliminating.**

**Why it's hard for some scientists and folks?
They with arrogance and refusal in their talks.**

**What is called the 'Ozone Layer'?
It is our immediate space in the atmosphere.**

**From the surface of Earth about 12 to 30 miles up;
Where sunlight and Oxygen used to lump.**



**Himanshi Sain
2nd Year**

POEM

ओजोन की कहानी

कहानी ओजोन परत की,
जिसने हमें बचाया है।
मानव के दुर्व्यवहार के कारण,
उस पर संकट गहराया है।

मानव ने अंधाधुन्ध,
करी वनों की कटाई है।
इसीलिए ओजोन परत,
पतली होने को आयी है।

जिसने सूर्य की घातक किरणों से,
हमारी जान बचाई है।
आज उसी ओजोन परत पर,
द्विष्ट होने को आयी है।

निकल रही CFC फ्रिज से,
कार्बन ने आतंक फैलाया है।
मानव के दुर्व्यवहार के कारण
उस पर संकट गहराया है।

Ozon layer



Vishakha Karki
2nd Year

Thought Expressions Articles and Poems

WORLD OZONE DAY...

The international day for the preservation of Ozone Layer is observed on 16 September every year. The day was created by UN in 1994 to raise awareness about the harmful UV radiations causing harm to life on earth.

The theme for the international day for the protection of ozone layer 2022 is 'Global Cooperation Protecting Life on earth'. By creating awareness about the depletion of ozone layer UN aims to bring change and ask humans to control their activities causing harm to the environment. As we all know the ozone layer helps in the protection from ultraviolet rays of the sun. Depletion of ozone layer causes skin diseases, cataracts, cancer, impaired immune system, etc.

The motif is to bring change together to protect ourselves and the environment. Various steps can be taken to control ozone layer depletion and these can be,

- 1) Usage of refrigerators and air conditioners judiciously.
- 2) Limited use of private transport.
- 3) Using eco-friendly products.
- 4) Reducing wastage of resources.
- 5) Avoid usage of pesticides.
- 6) By being aware yourself and creating awareness to others.

**'KNOW YOUR LIFE'S WORTH
and
SAVE THE EARTH'**

Himanshi Sain, 079
(2021-2023)

Himanshi Sain
2nd Year



Thought Expressions Articles and Poems

ओजीन : एक रक्षक

ओजीन है रक्षक हमारी
करती जो सुरक्षा है
पदरा जिसका वायुमंडल में
काम यूवी किरणों की रोकने का करती है।

ग्लोबल वार्मिंग की समस्या को निबटाने दोषा है।
ग्रीन हाउस इफेक्ट को काबू खिगने कर रखा है
इसका ही संरक्षण अब हमकी करना है
हो रहे ओजीन हास को अब हमकी रीकना है।

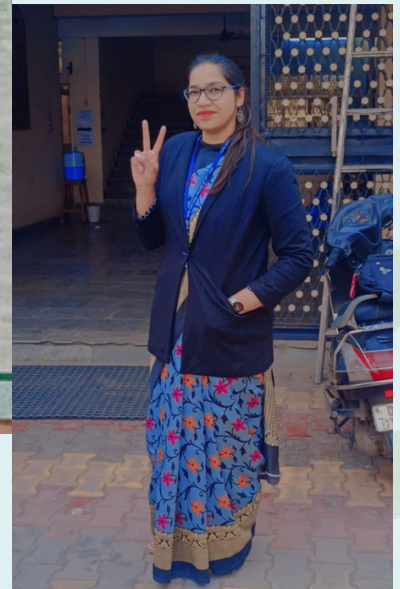
16 सितंबर को अंतरराष्ट्रीय ओजीन दिवस हम मनाते है
ओजीन परत में हो रहे हास
और इसके महत्व को लोगों को समझाते है।

जरूरत है यह परत हमारी
रक्षा हमी की करनी है
करना है बस बंद स्यर कंडीशनर
और मटके का पानी पीना है।

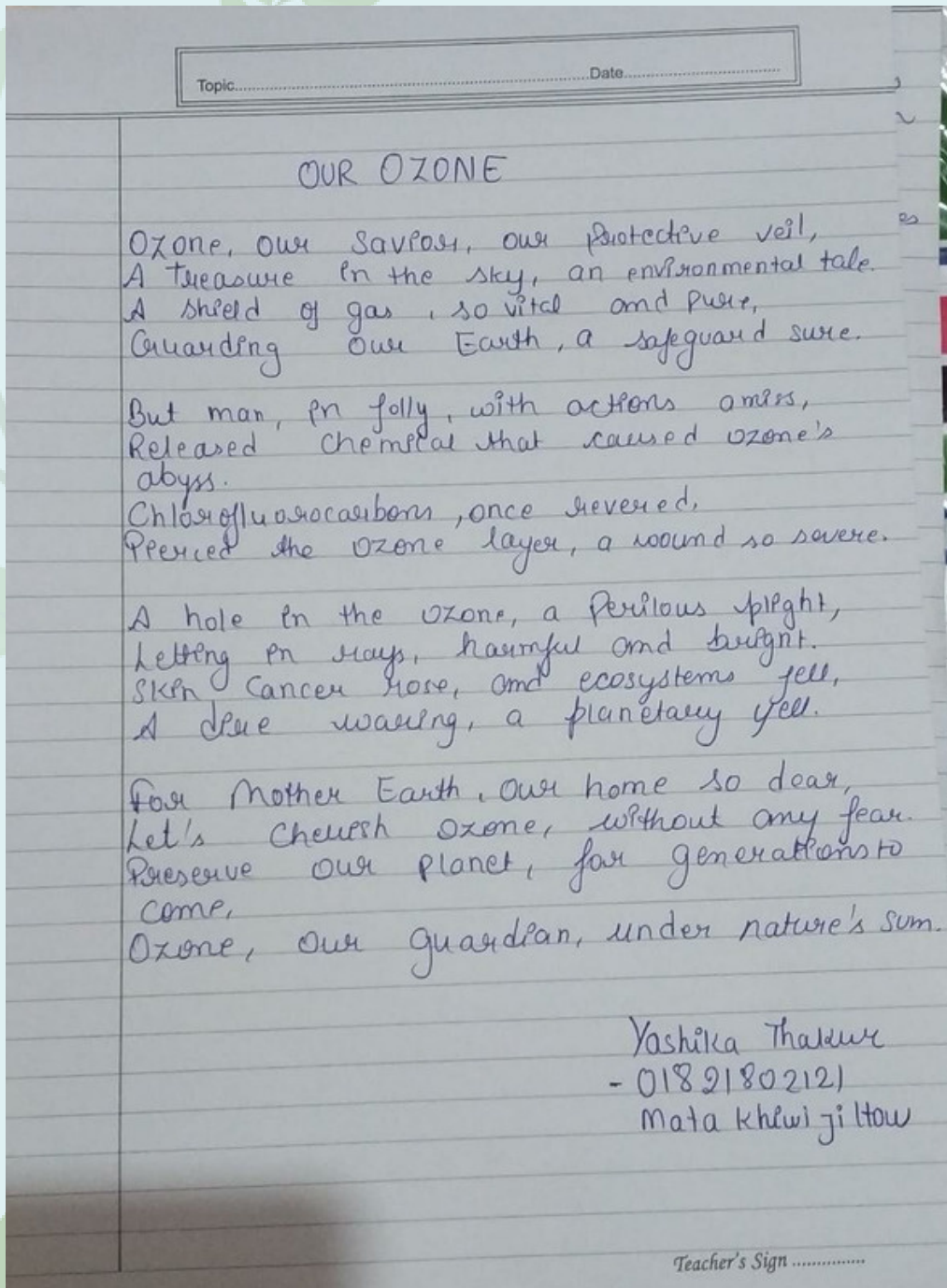
साथ मिलकर जब ध्येय करे
तो बदलाव निश्चय ही संभव है
साथ मिलकर जब संकल्प करे
तो ओजीन की सुरक्षा संभव है
ओजीन परत को अब हमी को बचाना है
इस बार स्यर कंडीशनर और रेफ्रिजरेटर को पदले
से कम चलाना है।

स्वयं रचित : ऐश्वर्या

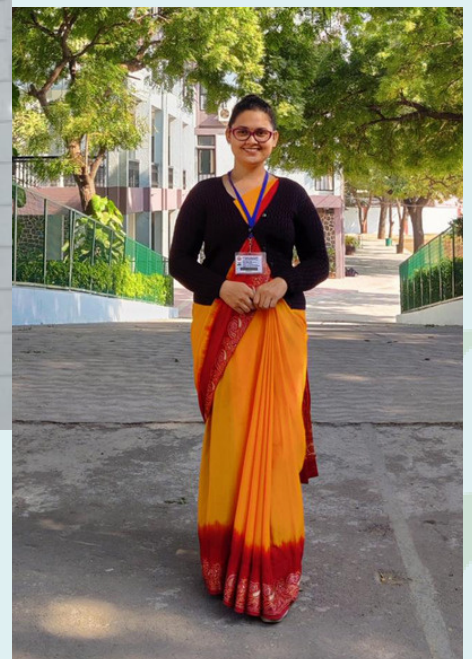
Aishwarya
2nd year



Thought Expressions Articles and Poems



Yashika Thakur
2nd Year



PLEDGE

On the Occasion of World Ozone Day, we pledge to make efforts for the preservation of the Ozone Layer.

We, further resolve to be Ozone friendly citizens and promote use of Ozone friendly goods and services. We shall make all efforts to restrict and control the emission of Ozone Depleting Substances to the atmosphere and protect and save all forms of life on the Earth.

We hereby pledge to protect the mother Earth, save ourselves and protect and conserve natural resources for the future generations.



UPCOMING EVENT

- Theme sustainable Development: Making Connections with Nature
- Visit to Bio Diversity Park
- Conference on Green Environment
- Sahjyoga Workshop





THANK
YOU