

BHOOMITHRASENA CLUB

(BMC-158/ALP/17/11)

CHRISTIAN COLLEGE, CHENGANNUR

Annual Activity Report for the Period June 2016 to March 2017

JUNE 2016

***WORLD ENVIRONMENT DAY CELEBRATION**

Saplings of different varieties of Bamboos were planted by the members of the club at the college campus as part of WED 2016 celebration.

***VAYANA DINAM OBSERVANCE**

As part of VayanaDinam (Day of Reading), a programme was organized by the club to promote reading among its members on June 19. Books and Journals in the field of environment conservation was introduced to the students. An exhibition of books was also arranged in this connection.

JULY 2016

***INTERNATIONAL DAY FOR THE CONSERVATION OF MANGROVE**

As part of the International Day for the conservation of Mangrove Ecosystem, the club organized various programs on July 26, 2016. The FIC, Dr. Abhilash R. gave a brief account on mangroves. Ms. Salini U. Kumar, Member, Green Root Nature Conservation Forum made a presentation on the role of Blue Carbon Initiative & the role of Mangroves in Climate Change mitigation. A remembrance programme on KallelPakkudan was arranged on the occasion. It was followed by a video presentation on Mangroves.

AUGUST 2016

***INTERNATIONAL TIGER DAY AND WORLD ELEPHANT DAY PROGRAMMES**

The International Tiger Day and World Elephant Day programmes were jointly observed in association with Govt. L.P.School, Ezhamkulam on 12-08-2016. The FIC Dr. Abhilash R., made a presentation on the ecological importance of tigers. A power

point presentation of rare photographs of tigers taken by famous wildlife photographers titled TIGRINE was arranged for the students. Rare videos on tigers documented by BBC was screened on the occasion.

Addressing the World Elephant Day observance programmes, Mrs. Subhadra Devi, Head Mistress of the School expressed her concern on the care and conservation of captive and wild elephants in Kerala. FIC Dr. Abhilash R. delivered a talk on the biological importance and peculiarities of Elephants. A slide show titled 'Elephantine Visuals' was arranged in which the images captured by world famous wild life photographers like Chris Packham and N.A. Nazeer were displayed. A spot quiz programme on elephants was conducted for the students. It was followed by the screening of a documentary titled GODS IN SHACKLES by Indian born Canadian Eco-Journalist - Sangitalyer. Some important books on elephants in Malayalam language was also introduced to the students on the occasion.

SEPTEMBER 2016

***INTERNATIONAL DAY FOR THE PRESERVATION OF OZONE LAYER OBSERVANCE**

Ozone day Pledge: To spread the message of Ozone layer conservation, the students took the Ozone day Pledge. Mr. Jomon Joseph, member of the club helped the students in this regard.

Ozone Day Pledge - 2016

On International Ozone Day, Let us pledge to make sincere efforts for the preservation of ozone layer for our benefit and the benefit of our future generations. Let us make a resolve to boycott ozone destruction causing products and use only ozone friendly products and services. Let us pledge to protect all forms of life on the earth from ozone depleting substances.

Quiz Competition: The quiz programme organised in connection with Ozone day 2016 witnessed tight competition among students who represented various departments of the College. Harsha S. of Dept. of Zoology emerged as the first prize winner followed by Mr. Stanley Varghese of DC 3 English.

Power Point Presentation competition: Student members of the club presented various aspects of Ozone layer conservation and the effect of UV – rays on the life on

Earth. They also gave a brief note on the importance and success of various international treaties in the preservation of Ozone layer. Winners was awarded with books and certificates.

Inauguration & Invited Talk: The honorable principal of the college, Dr. Achamma Alex presided over the inaugural function of Ozone Day celebration 2016. The chief guest of the day, Dr. G. Nagendra Prabhu, Associate Professor, S.D. Colleg, Alappuzha, was the resource person for the invited talk on Ozone Layer Conservation.

Presentation of animated videos on Ozone protection: Children need to know about ozone depletion and its consequences because for as long as the ozone layer remains depleted, they need to protect themselves from excess UV radiation and practice "safe sun" behaviour. Also, as everyone with a daughter or son knows, children are important for another reason: they transmit messages and information to adults: their parents, families, and teachers. For these reasons, UNEP has emphasised children in its Global Awareness Campaign under the Multilateral Fund and has developed a suite of educational and public awareness products aimed at children. In the video, Ozzy Ozone and Alberta the Albatross take a voyage of discovery to find out exactly who and what is attacking the ozone layer and how children can play an important role in making a difference. The video was well received by the students.

Exhibition of posters on the chronology of Ozone protection milestones: Five posters on the chronology of events with regard to major milestones in Ozone protection was displayed outside the Seminar Hall of the college. Vienna Convention, Montreal protocol, all four amendments to Montreal protocol etc. were mentioned in the posters. Another poster on the timeline of Stratospheric Ozone Depletion and observations made by NASA was also exhibited.

Presentation on Montreal Protocol: A presentation on the history and details of Montreal Protocol and related success stories was made by Harsha G.

***NATURE CAMP AT CHINNAR WILDLIFE SANCTUARY**

A three day Nature Education Camp was organized at Chinnar Wildlife Sanctuary by the Bhoomithrasena club from Sept. 23 to 25. Forest trekking, Visit to areas having dolmens and cave paintings, study of riparian vegetation and Nature study classes were organized for the students.

OCTOBER 2016

***TREE PLANTING AS PART OF WILDLIFE WEEK CELEBRATION**

Planting of threatened plant species like Pezhu, Ambazham and Pathiri was carried out at the college campus. FIC Dr. Abhilash R. gave a brief description of the importance of the plants.

NOVEMBER 2016

***PRELIMINARY WORK OF SETTING UP OF A BUTTERFLY GARDEN AT NETAJI HSS, PRAMADOM, PATHANAMTHITTA**

With the help of the Bhoomithrasena club members of Christian College and NSS volunteers of Netaji HSS the preliminary work for the establishment of a butterfly garden was made at Netaji HSS, Pramadam. After giving an introduction on butterflies and butterfly garden, students were directed to plant saplings of Erukku, Krishnakireedam and Konginchedi at the spot specified for setting up the garden.

DECEMBER 2016

The International Year of Pulses 2016 Celebration organized by Bhoomithrasena Club, Christian College, Chengannur and supported by Kerala State Council for Science, Technology and Environment (KSCSTE) was held on 5th and 6th December 2016. The theme for the celebration was “**PULSES-NUTRITIOUS SEEDS FOR A SUSTAINABLE FUTURE**”. A detailed report and photos of the events are appended below.

Inauguration of IYP 2016 Celebration: The honorable principal in charge of the college, Dr. Rajan David presided over the inaugural function of IYP 2016 celebration. Dr. Rajan David in his presidential address opined that grain legumes are an affordable source of proteins, especially important to those who cannot afford to buy enough milk, meat or fish to meet their protein needs. Productivity gains achieved through crop improvement both increase the quantity of grain legumes available to poor rural families and moderate the prices that they have to pay for them, increasing food security.

In his felicitation Prof. Biji Abraham, Convenor, Biodiversity Club, Christian College, Chengannur said that, the type of food we choose to eat makes up a large

part of our personal carbon footprint. The meat and dairy that make up 22 percent of diets in the developed world emit large amounts of greenhouse gases — particularly dangerous methane and nitrous oxide. But there's a more understated food group that has a relatively tiny carbon footprint and is highly nutritious and rich in protein and essential micronutrients: pulses.

Invited Talk: The chief guest of the day, Dr. B. Harikumar, Medical Superintendent, KNM NSS Ayurveda Hospital, Vallamkulam was the resource person for the invited talk on the focal theme “**Pulses, Nutritious Seeds for a Sustainable future**” in the morning session. In his introduction he gave a detailed account on the use of pulses in Ayurveda system of medicine and its relevance. Later, he stated that many people with special dietary needs can benefit from eating pulses: infants and young children to ensure nutritional adequacy, vegetarians and vegans to ensure adequate intake of protein especially when combined with cereals, women at reproductive age to replenish iron stores especially when consumed with food containing vitamin C to improve iron absorption, and coeliac patients since pulses are gluten-free. Low in fat and high in dietary fibre, with a low glycaemic index and high satiating capacity, pulses help to stabilize blood sugar, insulin levels and avoid food overconsumption, being an ideal food for weight management, may help to reduce the risk factors of coronary heart disease (cholesterol, blood pressure) and prevent diabetes.

In the concluding part he made brief presentation on some recent studies that revealed the health benefits of pea protein that promote a sense of fullness and stimulate the body's peptide production, abating the feelings of hunger. The FAQ on pulses compiled by the Bhoomithrasena Club was distributed to all the participants of the programme. In the afternoon, three video presentations on Pulses and food security were screened for the students.

A cooking class on Pulse Dishes was arranged in the afternoon session. Smt. Annamma Peter, Trainer, KrishiVigyan Kendra, Thelliyoor was the resource person. She gave a detailed account on various pulse dishes that can be easily prepared in our home. She taught the preparation of Peanut Butter, Groundnut Pudding, GreengramTikki etc. A print out of the recipe was also given to the participants. During the session break, refreshments made from Pulses like Pulse Cutlet and Pulse Payasam were served to all the participants.

JANUARY 2017

***ONE DAY WORKSHOP ON THE PREPARATION OF VALUE ADDED PRODUCTS FROM WATER HYACINTH**

A training workshop on value addition to aquatic weeds was arranged in association with Centre for Research on Aquatic Resources (CRAR) of SD College, Alappuzha on the first week of January. The trainers gave a detailed training on the technique to prepare pulp from aquatic weeds. The students made various models of structures like toys, figures of animals, household utensils, disposable plates etc. using the pulp. The trainers showed the participants that the decayed weeds, mixed with soil, could be used as a bed in mushroom farming and as a base for raising plantlets.

***EXHIBITION OF PRODUCTS MADE FROM AQUATIC WEEDS**

A stall was arranged at the college for the display of various products made from aquatic weeds. The stall threw light into ways to control aquatic weeds found abundantly in rivers, backwaters and ponds.

FEBRUARY 2017

***INVITED TALK ON WETLANDS FOR DISASTER RISK REDUCTION**

The invited talk on the focal theme- wetlands for disaster risk reduction by Dr.G.N.Prabhu, Associate Professor, S.D. College, Alappuzha was arranged in connection with World Wetlands Day. He gave a detailed picture on the status and threats faced by different wetland ecosystems all over the world. "The frequency of disasters worldwide has more than doubled in just 35 years, driven by climate- and weather related hazards like flooding, tropical cyclones and droughts" he said. By giving some examples he proved that, when well managed, wetlands can make communities resilient enough to prepare for, cope with and bounce back from disasters even stronger than before. Towards the end, there was an active discussion on wetland conservation and issues related to Kerala.

***EXHIBITION OF POSTERS ON WETLAND CONSERVATION**

The posters on wetland conservation sent from RAMSAR Secretariat, Gland, Switzerland upon our request were displayed as part of the WWD 2017 celebration. The details of WWD 2017 celebration theme was explained in the posters. Posters titled

Wetlands: a natural safeguard against disasters, Five wetlands that help us cope with extreme weather events, Wetlands sustain lives. How can we take care of them? were displayed as part of the exhibition.

***EXHIBITION OF BOOKS ON WETLANDS**

Books on wetlands published by KSCSTE, Kerala State Biodiversity Board and CWRDM were displayed in the exhibition. Information booklets published by different NGOs functioning in Kerala were also included in the exhibition. Students from various departments visited the exhibition hall arranged in the B.Sc. Zoology lab of the college.

***QUIZ COMPETITION FOR COLLEGE STUDENTS**

Twelve teams from various departments of the college participated in the preliminary round of the quiz programme. Five teams were selected for the final round. Questions related to wetlands and their conservation was asked in the competition. Students representing Dept. of Botany won the first prize. Team representing Dept. of Physics got the second prize followed by team Zoology on the third place.

***POWERPOINT PRESENTATION COMPETITION**

An inter-departmental power point presentation competition on the topic **WETLAND CONSERVATION IN KERALA - STEPS THAT CAN BE TAKEN** was arranged for the students. Nine students representing six departments of the college participated in the competition.

***VIDEO PRESENTATION ON THE ROLE OF WETLANDS IN DISASTER RISK REDUCTION**

Two Video presentations on wetlands and their role in disaster risk reduction were screened for the students. 'Wetlands keeping our planet alive and well' produced by Ramsar secretariat was the first one to screen .It narrated the importance of wetlands for human beings and the pivotal role played by this valuable ecosystem to curb ecological disasters. Wetlands Sustain Life jointly produced by Ramsar Secretariat and Danone Corporation was the second video screened on the occasion.

MARCH 2017

BREAKFAST WITH BIRDS: BIRD SURVEY PROGRAM

Bhoomithrasena club Members and two local birders of Alappuzha Natural History Society participated in the programme. The team assembled near RandaamPunja, a wetland body situated at Manthuka near Pandalam. A preliminary class on bird watching was given to the students and after that we began to survey the birds. Our programme started at 8:00 am and it lasted upto 10.00 am. We could record 198 birds belonging to 32species.The cheklits generated were uploaded to the real time online checklist programme *E.bird*.After the completion of bird watching, the members took their breakfast in the midst of the wetland and thus the programme- breakfast with birds came to an end.