



Dharampeth Education Society's

R.S. Mundle Dharampeth Arts & Commerce

College, Nagpur

(Recognized by UGC & Maharashtra State Govt.)

Affiliated to RTMNU Nagpur

NAAC Accredited Grade - A

sixth issue of

Abhivyakti e- magazine .

Volume No.6, November 2019

November month's theme is

Green Audit and Sound Pollution





From the Principal's Desk.....

My dear students friends, Abhivyakti e-magazine has been really gearing up with times and many new concepts and topics of concern are brought to fore to you with its monthly innovative themes.

We all in this world are luckiest enough to be flourishing in the lap of mother nature ..our environment. Equally we are blessed with the diverse flora and fauna and the complete ecosystem. But the human desires have no limit and hence we are surrounded by many alarming problems which can lead to many harmful and deadly effects on humans and the environment around.

Sound pollution is such a health hazard causing hearing loss, tinnitus (ringing), hyperacusis (an intolerance of normal sound levels) and non-auditory health effects: increases in stress hormones, hypertension, diabetes, cardiovascular disease and death. It is said "A quieter city will not only be a more pleasant city but a healthier one, too"

To create awareness about the growing menace of Sound Pollution here we are with our sixth issue of e-magazine .It is an effort to create awareness about sound pollution and its related ill effects.

Green Audit, this concept is also a part of this November month issue of this e-magazine. As a responsible institution and as a part of our social responsibility, the concept of Green Audit is introduced in this issue of our e-magazine to highlight how Green Audit empowers academic institution to take a stock of the responsibility and concerns we share with our environment and come out with various environment management leads.

Our College is very pro in taking various environmental awareness initiatives and introducing Green Audit in our E- magazine is a small initiative in this regard

I am sure this issue will encourage our young citizens to brain storm about the support and initiatives they can render for the cause of protecting and saving our mother earth and humanity in a long run.

Happy Reading !!!

Activities of November month



Polio Awareness Rally organized on 9th Nov. by Rotaract club of R.S Mundle College

Zone 1 / RID3030 Rotaract club and NCC (National Cadet Corps) of R S MUNDLE DHARAMPETH COLLEGE OF ARTS AND COMMERCE arranged a awareness rally near the college campus and the kachipura area . NCC cadets and rotaractors take this initiative to give information of polio to the people's . Rotaractors and NCC cadets were willing to serve humanity and NCC cadets were ready to help rotaractors for creating awareness.

Various rotaractors including Rtr. Gaurav Kolhe (club secretary) and Rtr. Anil Surpam were present . All NCC cadets of college including Cadet Kaiwalya Bajad (SUO) , Cadet Yogesh Prajapati (JUO) and all rank holders were present.





14th Nov--A visit to Wadgaon village by Rotary Club members on the occasion of Children's Day

Pandit Jawaharlal Nehru Jayanti



Rotarct club of R.S MUNDLE DHARAMPETH ARTS AND COMMERCE COLLEGE, Nagpur celebrated children's day on 14th November 2019. The program was arranged in a small village Wadgaon. The Children's and students of Z.P Prathamik School, Wadgaon were gifted some gifts by rotaractors.

The gifts contained note books, drawing book, pencils, watercolors & some sweets including chocolates. The program was conducted under the guidance of Gajananji Kapse, Founder -Jijabai Kapse Foundation.

The main motto of the program was to give information to the childrens about Jawaharlalji Nehru and also to connect rotaract with Wadgaon village.

Various rotaract members including Rtr. Gaurav Kolhe (Club Secretary), Rtr. Deepali Kapse, Rtr Anil Surpam were present. Rtr. Gaurav Kolhe gave information to childrens. Rtr. Anil Surpam and Rtr Deepali Kapse conducted the program very well. Rotaractors also gifted photoframe of Jawaharlalji Nehru to the school and handed over it to Principal Sir. The Principal of ZP school was very happy after seeing rotarct doing such a good event and also give wonderful speech about rotaract club and Jawaharlalji Nehru.





26th Nov.-Constitution day celebrated by entire staff members
and NSS students' took out awareness Rally to mark the event



Dr.Prashant Baghdikar of VMV College was the chief guest for the Function

26 नोव्हेंबर 2019 सविधन दिन के आवसरपर NSS के स्वयंसेवक का बाबासाहेब प्रतिमको मल्यर्पन और राष्ट्रीय सेवा योजना नागपुर विध्यापीठ नागपूर द्वारा आयोजीत rally मे सहभाग







NSS Rally

29th Nov.-Scholarship Cheque Distribution to the College students who are visually impaired



Scholarship to visually impaired students sponsored by 'Help The Blind Foundation'

On Friday 29/11/2019 R.S. Mundle Dharampeth Arts and Commerce College organised the programme of Cheque Distribution under Scholarship to Blind Students for the academic year 2019-2020 in association with Chennai based NGO "Help The Blind Foundation". The Chief Guest of the function was Shri . Radhakrishnan of Help The Blind Foundation, the function was chaired by the Principal of the college Dr. R.G.Ashtikar, the programme was conducted by Prof. Ajinkya G. Deshpande. Five students of the college got benefited from the scheme. The details are as follows:

Sr no	Name of the student	Class	Amount
1	Nayana S. Prajapati	BA II Yr	Rs 8,000
2	Nirasha J Atram	BA II Yr	Rs 10,000
3	Nikita M. Dongre	BA II Yr	Rs 10,000
4	Nilesh A Doifode	BA I Yr	Rs 10,000
5	Parmeshwar Prakashalkaraj	BA I Yr	Rs 10,000



Student Katta

संस्कृत सुभाषिते

यथा चित्तम् तथा वाचो यथा वाचस्तथा क्रियाः ।
चित्तम् वाचि क्रियायांच साधुनामेकरूपता ॥

What is in mind should be reflected in one's speech (yatha chittam tatha vacho). What is in one's speech should be reflected in one's actions (yatha vachastatha kriya). Thus the person whose mind, speech and actions are same is a 'sadhu'

अग्निशेषम् ऋणशेषम् शत्रुशेषम् तथैव च ।
पुनः पुनः प्रवर्धत तस्मात् शेषम् न कारयेत् ॥

If a fire, a loan, or an enemy continues to exist even to a small extent, it will grow again and again; so do not let any one of it continue to exist even to a small extent.

यदि कोई आग, ऋण, या शत्रु अल्प मात्रा अथवा न्यूनतम सीमा तक भी अस्तित्व में बचा रहेगा तो बार बार बढ़ेगा ; अतः इन्हें थोड़ा सा भी बचा नहीं रहने देना चाहिए । इन तीनों को सम्पूर्ण रूप से समाप्त ही कर डालना चाहिए ।

Bodh Katha

एका गावामध्ये एक साधू राहत होता. हे साधू जेव्हा-जेव्हा नाचायचे तेव्हा पाऊस पडायचा. गाकरीसुद्धा साधूवर खूप खुश होते. जेव्हाही गावकऱ्यांना पाऊस पडावा असे वाटत होते, तेव्हा जाऊन साधूला नाचायला सांगायचे आणि साधू नाचताच पाऊस पडायचा.

एके दिवशी त्या गावामध्ये 4 तरुण आले. गावकऱ्यांनी या तरुणांना चमत्कारी साधूंप्रती सांगितले. त्या मुलांना यावर विश्वासच बसत नव्हता. त्यानंतर गावकरी त्या मुलांना घेऊन साधूकडे गेले. साधूसमोरही मुलांनी हे अशक्य असल्याचे सांगितले. मुले म्हणाली- आज आम्ही नाचतो, आमच्या नाचण्यानेही पाऊस पडेल. मुलांनी एक-एक करून नाचण्यास सुरुवात केली. पहिला मुलगा 10 मिनिट नाचला परंतु पाऊस पडला नाही, दुसरा मुलगा अर्धा तास नाचला तरीही पाऊस पडला नाही अशाप्रकारे इतर दोन मुलेही नाचले परंतु पाऊस पडला नाही. आता साधू नाचू लागले परंतु 2 तास झाले तरीही पाऊस पडला नाही. अशाप्रकारे साधू नाचत-नाचत संध्याकाळ झाली आणि अचानक ढग गरजू लागले आणि थोड्याच वेळात पाऊस पडू लागला. हे पाहून मुले अचंबित झाली.

मुलांनी या चमत्कारामागचे कारण विचारल्यानंतर साधूने सांगितले की- एक तर या गावकऱ्यांचा माझ्यावर अतूट विश्वास आहे आणि माझा देवावर. दुसरे कारण पाऊस पडत नाही तोपर्यंत मी नाचत राहतो, मग कितीही उशीर झाला तरी मी नाचणे थांबवत नाही.

“यश मिळत नाही / यश मिळत नाही तोपर्यंत प्रयत्न करणे आवश्यक, स्वतःवर विश्वास ठेवा”

What is Green Audit: An Overview

A nation's growth starts from its educational institutions, where the ecology is thought as a prime factor of development associated with environment. A clean and healthy environment aids effective learning and provides a conducive learning environment. Educational institutions now a day are becoming more sensitive to environmental factors and more concepts are being introduced to make them eco-friendly. To preserve the environment within the campus, various viewpoints are applied by the several educational institutes to solve their environmental problems such as promotion of the energy savings, recycle of waste, water reduction, water harvesting etc.. The activities pursued by colleges can also create a variety of adverse environmental impacts. Environmental auditing is a process whereby an organization's environmental performance is tested against its environmental policies and objectives.

Green audit is defined as an official examination of the effects a college has on the environment. As a part of such practice, internal environmental audit (Green Audit) is conducted to evaluate the actual scenario at the campus. Green audit can be a useful tool for a college to determine how and where they are using the most energy or water or resources; the college can then consider how to implement changes and make savings. It can also be used to determine the type and volume of waste, which can be used for a recycling project or to improve waste minimization plan. Green auditing and the implementation of mitigation measures is a win-win situation for all the college, the learners and the planet. It can also create health consciousness and promote environmental awareness, values and ethics. It provides staff and students better understanding of Green impact on campus. Green auditing promote financial savings through reduction of resource use. It gives an opportunity for the development of ownership, personal and social responsibility for the students and teachers. If self-enquiry is a natural and necessary outgrowth of a quality education, it could also be stated that institutional self-enquiry is a natural and necessary outgrowth of a quality educational institution. Thus it is imperative that the college evaluate its own contributions toward a sustainable future. As environmental sustainability is becoming an increasingly important issue for the nation, the role of higher educational institutions in relation to environmental sustainability is more prevalent

!!Thinking beyond: The nuisance of Sound Pollution!!

Pardon? Huh? Can you repeat that, please? Noise is an inescapable part of modern life. Traffic on the road, low-flying aircraft, construction, machines, barking dogs, lawnmowers and people talking on their phones are just some of the noises polluting our cities, towns, homes and workplaces. But what actually is noise pollution? Is it just a nuisance, or can excessive noise have a negative physical and psychological impact on us?

Sound vs noise

Close your eyes for a moment and listen to the world around you. If you're outside, you can likely hear a range of sounds—the wind, traffic or snippets of conversations. Even in a quiet building, you might be able to hear an air conditioner humming, phones ringing or a clock ticking.

Sound is an important part of everyday life: for communication, for enjoyment or for alerting us to danger. But in some situations a sound can distract us, break our concentration or, if it's very loud, even harm us. When this happens, the sound becomes unwanted noise, and it can negatively affect both our physical and mental health.

Noise can be defined as any unwanted or offensive sounds that unreasonably intrude into and disturb our daily lives. Noise originates in all sorts of ways and from a multitude of sources. It is now more widespread than ever before and may continue to increase due to population growth, urbanisation and the increasing use of powerful, varied and mobile sources of technology ranging from mobile phones to leaf blowers.

Sound is an important and valuable part of everyday life. But when sound becomes noise, it can negatively affect our mental and physical health. The realities of modern life mean the noises created in our world are not going to suddenly fall silent. Instead, we need to recognise that noise pollution is a serious health concern worthy of our attention, and find realistic and sustainable ways to manage and reduce it.

ESSENTIALS

- *Noise can come from a multitude of sources.*
- *Noise pollution is defined as annoying or harmful levels of noise.*
- *The cumulative effects of noise pollution can affect our physical and mental health.*
- *Reducing noise pollution can be achieved through regulation, improved building methods, better product design, noise barriers and better planning.*
- *Growing populations, urbanisation and modern technologies all contribute to increased noise pollution.*

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*Thank
you!*

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Guiding Spirit of the e-Magazine

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Upcoming December month's theme is Environmental Tour /Excursion

(Magazine designed by Sheetal Jaikar)

