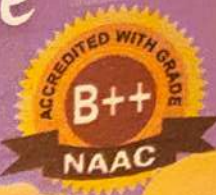


# B.S.S B.Ed. Training College

NAAC Accredited B++ Grade with CGPA 2.85

Alathur, Palakkad-678541, Kerala.

Ph: 04922-224415, e-mail: [bssaltr@gmail.com](mailto:bssaltr@gmail.com)



## 2023-2024 BATCH



### HARITH GHAR

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Live Green.

Make the planet Green.



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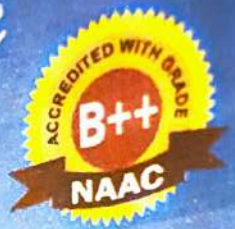


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# HARITH GHAR ENERGY



**Commerce option**

**2023-2024**



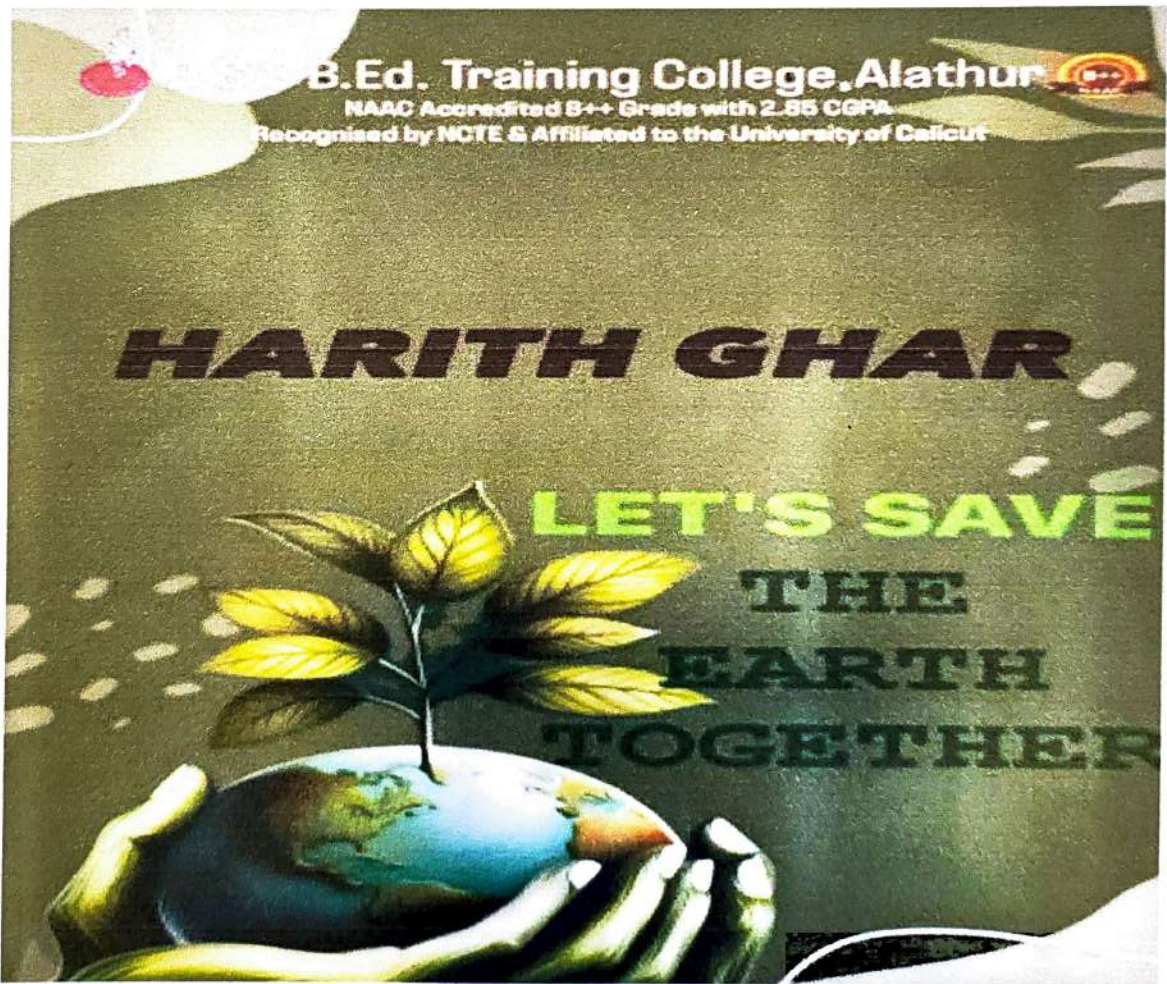
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## *Harith Ghar : Let's Save the Earth Together*

The B.S.S. B.Ed. Training College, Alathur, recently organized a meaningful and impactful program titled “Harith Ghar: Let’s Save the Earth Together.” The theme centred around environmental conservation, reflecting the urgent need to address the various challenges our planet faces. The program aimed to raise awareness among students and the community about the importance of preserving our environment and to encourage proactive steps towards a sustainable future. The event was structured around five key areas of conservation: Earth Conservation, Energy Conservation, Water Conservation, Tree Conservation, and Biodiversity Conservation, with each theme assigned to a different group of participants.



  
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## Environmental Conservation

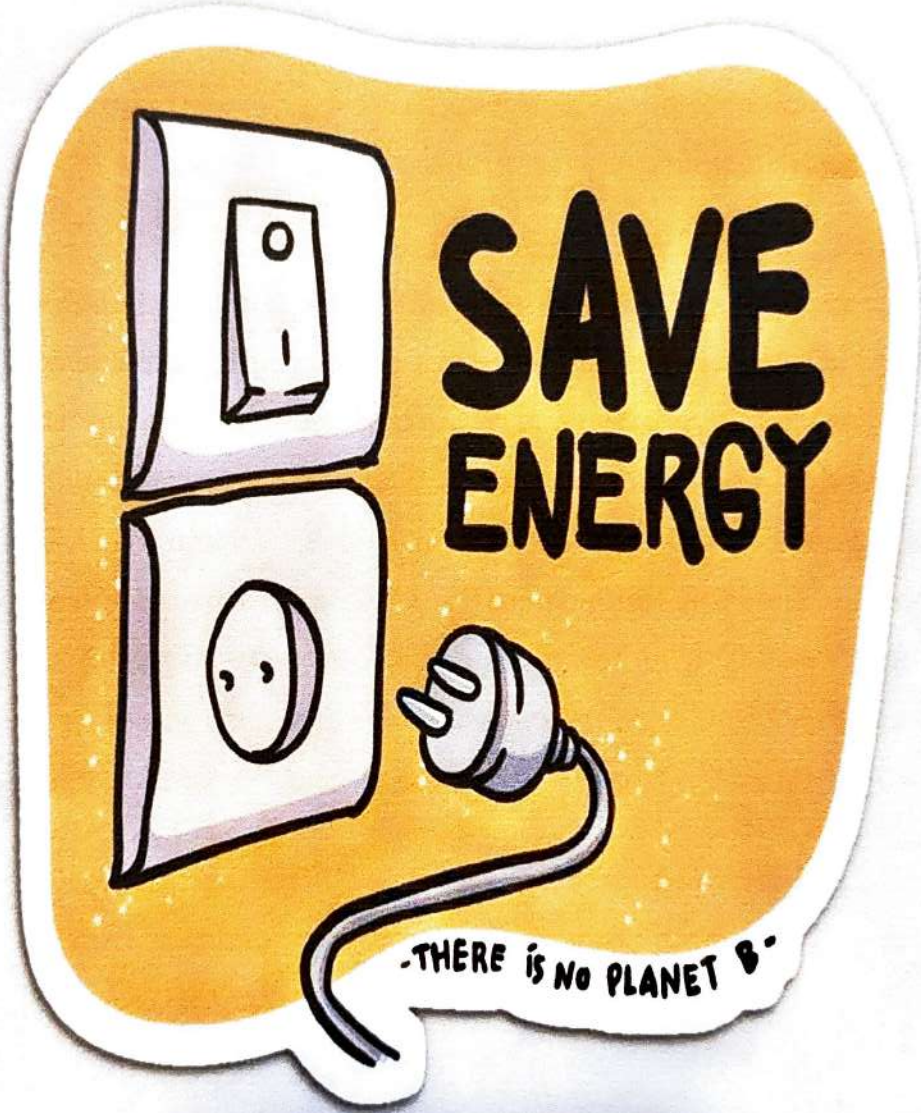
Environmental conservation is crucial in our present situation as we confront severe environmental challenges such as climate change, deforestation, and pollution. The degradation of our natural world not only threatens wildlife and ecosystems but also endangers human health and livelihoods. Conserving our environment helps mitigate the effects of climate change by preserving forests that absorb carbon dioxide, protecting water sources, and maintaining biodiversity, which is essential for ecological balance. In this era of rapid industrialization and urbanization, prioritizing environmental conservation is vital to ensuring a sustainable future where natural resources are available for generations to come.

## Energy Conservation

Energy conservation is a crucial aspect of environmental preservation and sustainability. It involves the practice of reducing energy consumption through various means, such as improving energy efficiency, adopting renewable energy sources, and minimizing wastage. The significance of energy conservation in our daily lives cannot be overstated. By conserving energy, we not only reduce our carbon footprint but also contribute to the longevity of natural resources, ensuring that future generations have access to the energy they need. Moreover, energy conservation helps in lowering utility costs, reducing pollution, and mitigating the effects of climate change, making it a vital component of a sustainable lifestyle.



  
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## Earth Hour Celebration

On March 23, the students of BSS B.Ed training College, Alathur, took part in the global Earth Hour celebration, an initiative dedicated to raising awareness about energy conservation and environmental sustainability. In alignment with the college's ongoing energy conservation campaign, the students actively participated in this event by turning off lights, fans, and other electronic appliances in their homes from 8:30 PM to 9:30 PM.

The Earth Hour celebration was designed to illustrate the importance of reducing energy consumption and its positive impact on the environment. During this hour, the students and their families engaged in various activities aimed at fostering discussions about energy-saving practices and their benefits. The initiative provided a practical demonstration of how collective small actions can contribute to significant environmental change. By participating in Earth Hour, the students of BSS B.Ed Training College not only contributed to a global cause but also exemplified their commitment to environmental responsibility. This event served as a valuable opportunity to promote sustainable habits and encouraged participants to integrate these practices into their daily routines.



  
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**BSS B. Ed TRAINING COLLEGE, ALATHUR  
(NAAC ACCREDITED B++ WITH CGPA 2.85)**

# EARTH HOUR

**MARCH 23, 2024  
8:30-9:30 PM**



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## Save Energy Campaign

As part of our ongoing commitment to energy conservation and environmental sustainability, BSS B.Ed training College Alathur organized a "Save Energy" campaign. This initiative was designed to raise awareness among students and staff about the importance of energy conservation and its role in protecting the environment.

The campaign focused on promoting the simple yet impactful practice of saving energy by switching off lights and fans when they are not needed. To effectively convey this message, posters with the theme "Save Energy" were strategically placed in every classroom and the general hall of the college. The posters were designed to be visually appealing and easy to understand, emphasizing the environmental benefits of conserving energy. The campaign targeted both students and faculty, encouraging them to be mindful of their energy usage throughout the day.

The central theme of the campaign was "Saving Energy for Conserving the Environment." This message highlighted the direct connection between energy conservation and the broader goal of environmental protection, reminding everyone that small actions, like turning off unnecessary lights and fans, can contribute to a healthier planet.

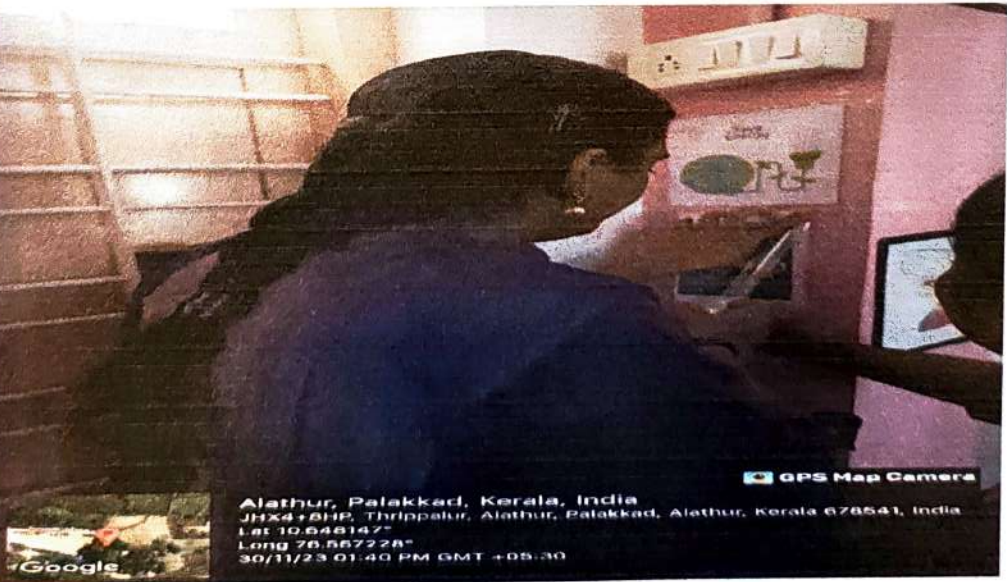
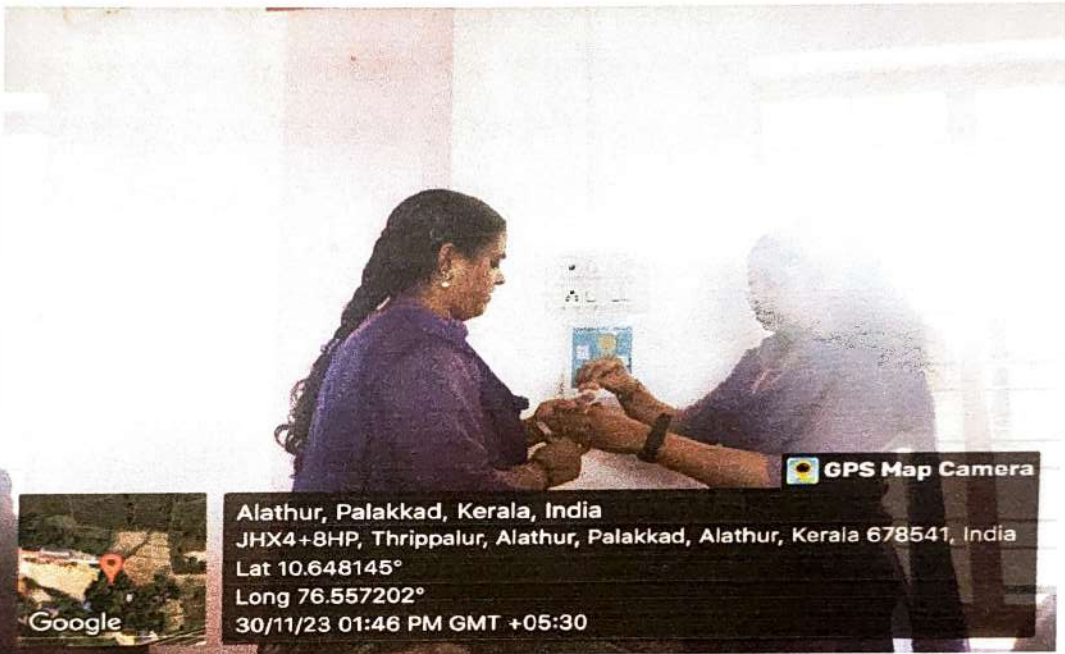
The Save Energy campaign successfully spread awareness about energy conservation within the college community. By reinforcing the importance of switching off unused electrical appliances, we took a significant step towards fostering a culture of sustainability in our College. The initiative not only helped



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reduce energy consumption but also contributed to the college's efforts in promoting environmental stewardship.



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# Solar Panel Installation

In an effort to advance our commitment to energy conservation and environmental sustainability, BSS B.Ed Training College, Alathur has taken a significant step by installing solar panels on campus. This initiative reflects our dedication to reducing wastage of energy and promoting renewable energy sources as a means to protect and conserve the environment. The installation of solar panels at our college marks a milestone in our sustainability journey. By adopting solar energy, we aim to contribute to a greener, more sustainable future.

The solar panels were strategically placed to maximize energy generation throughout the day. The project involved careful planning and collaboration with experts to ensure the installation was efficient and effective. This new energy infrastructure is expected to significantly reduce our electricity costs and decrease our dependence on non-renewable energy sources.

The central theme of this initiative was "Saving Energy for Conserving Our Environment." By transitioning to solar power, the college is leading by example in the adoption of clean energy solutions. This program not only supports energy conservation but also underscores our commitment to environmental stewardship and sustainable development.

The installation of solar panels at BSS B. Ed Training College, Alathur, represents a forward-thinking approach to energy conservation. This initiative not only helps in saving energy but also contributes to the global efforts of mitigating climate change. The successful implementation of this project sets a precedent for future sustainability efforts, reinforcing our role as a responsible educational institution dedicated to protecting the environment.



  
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## Energy Conservation Initiative by Students

In line with the ongoing 'Save Energy' campaign at BSS B.Ed. Training College, Alathur, students have taken their commitment to energy conservation beyond the classroom. As part of a practical initiative, the students have embarked on a project to reduce electricity consumption in their households. This initiative aims not only to lower electricity bills but also to instill the habit of energy conservation in daily life.

The primary objective of this initiative is to create awareness about the importance of energy conservation and to encourage sustainable practices at home. By actively monitoring and reducing electricity usage, students aim to contribute to environmental conservation and demonstrate that small, consistent efforts can lead to significant change.

The initiative was launched with an orientation session where students were briefed on the importance of energy conservation and the impact of electricity usage on the environment. The key focus areas included switching Off Lights and Fans, monthly monitoring of electricity usage, Spread awareness on benefits of energy conservation within their family.

Over several months, students reported a consistent decrease in their household electricity bills. This reduction was attributed to their conscious efforts in energy management. The initiative not only helped students understand the importance of energy conservation but also provided them with a sense of achievement as they witnessed tangible results of their efforts. The energy conservation initiative at BSS B.Ed. Training College, Alathur, has been a resounding success. The project has proven that collective, small-scale actions can lead to significant impacts. Students



  
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have developed a deeper understanding of the importance of sustainable living and are now more committed than ever to continuing these practices in the future.

## **POEM WRITING COMPETITION ON “ENERGY CONSERVATION”**

As a part of BE.d curriculum in our internship training period in GHSS KUNISSERY I conducted a poem writing competition On the topic “ENERGY CONSERVATION”

In our school’s Poem Writing Competition aimed to promote environmental awareness, creativity and sustainability among students. Held on [30/10/2024], the event encouraged participants to express thoughts on energy conservation through poetry. Objectives included raising awareness, encouraging creative expression and fostering environmental responsibility.

The competition saw enthusiastic participation from higher secondary with inspiring poems showcasing originality and emotional resonance. Winners included Anupriya and Muhammed Yassen from classes [higher secondary] for outstanding poems like “[children’s energy and energy and my home]”. Judges praised entries for creativity, impact and unique perspective. Detailed Report on the Poem Writing Competition on Energy conservation.

The competition was open to students across all grade levels, from primary to high school, creating a vibrant mix of participants. Students were given one week to prepare, allowing them ample time to research and reflect on the topic. This also encouraged them to learn more about renewable energy, sustainable practices, and



  
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the impact of excessive energy consumption on the environment. In total, 60 students participated, representing each class with enthusiasm and creativity.

The competition took place in the school auditorium, with each participant having the chance to recite their poem in front of a live audience. The auditorium was decorated with energy conservation posters and slogans, such as “Save Energy, Save Future” and “Conserve Today for a Brighter Tomorrow.” This setting provided an inspiring atmosphere for the young poets.

Each student brought a unique perspective on the theme, with many poems emphasizing the urgency of saving energy for future generations. Several students used rhyming schemes to make their poems catchy, while others incorporated vivid imagery to paint a picture of a world where energy is preserved. Some notable themes in the poems included: The use of renewable resources like solar and wind energy. The impact of excessive energy consumption

The competition’s impact was significant, fostering environmental awareness, creativity and teamwork. Future initiatives include expanding to interschool competitions, collaborating with environmental organizations and integrating energy conservation into the curriculum. Recommendations include conducting sustainability workshops, inviting industry experts and developing student-led projects. Report on the Poem Writing Competition on Energy Conservation

The competition aimed to accomplish several objectives. Primarily, it sought to increase awareness about the urgent need to conserve energy. It also encouraged students to creatively engage with the topic, which led them to research and reflect on environmental issues. Furthermore, the competition aimed to highlight actionable solutions students could adopt, building a sense of responsibility toward the



  
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environment. Finally, it provided a platform for students to build their confidence by presenting their thoughts before an audience

The competition was open to students from all grade levels, creating an enthusiastic response from across the school. Students had one week to prepare their poems, which allowed them to explore topics like renewable energy, pollution reduction, and the long-term benefits of energy conservation. A total of 60 students participated, representing various classes with diverse perspectives.

The competition was held in the school auditorium, which was decorated with posters and banners promoting energy conservation, including messages like “Save Energy, Save Future” and “Conserve Today for a Brighter Tomorrow.” This atmosphere helped set the tone for the event and encouraged participants to approach their performances with enthusiasm and a sense of purpose.

Each participant had the opportunity to recite their poem in front of a live audience, adding to the excitement of the event. The poems presented reflected a range of ideas related to energy conservation. Some students emphasized renewable energy sources such as solar and wind power, while others focused on the negative impacts of energy wastage. Many poems were also rich in imagery, painting a vivid picture of a sustainable future. Notable themes included the responsibility of future generations, simple daily actions to reduce energy consumption, and the role of individuals in protecting the environment.

A panel of three judges, comprising principal of GHSS KUNISSERY and evaluated the poems based on creativity, relevance to the theme, and clarity of message. The top three winners received certificates and eco-friendly prizes, while all participants were given tokens of appreciation. The first-place winner, Anupriya from +1 commerce, captivated the audience with her impactful imagery and call to



  
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action. The runner-up, impressed everyone with his rhythmic and informative piece that offered practical energy-saving tips.

The competition concluded with a brief speech by the school Principal, who praised the participants for their creativity and reminded everyone about the importance of energy conservation. The event not only highlighted the students' talent but also emphasized the role young people can play in building a sustainable future. The Poem Writing Competition on Energy Conservation was a resounding success, inspiring students to take meaningful steps toward protecting the environment.

The Energy Conservation Poem Writing Competition successfully promoted environmental awareness, creativity and sustainability. The event sparked a wave of creativity and eco-consciousness, empowering students to champion sustainable practices. Organized by student teacher NIDHI.K in BSS B. E d Training college, Alathur the competition paved the way for a sustainable future.



  
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## POSTER MAKING COMPETITION

A poster-making competition on "Energy Conservation" was held as part of an Energy Conservation initiative at GGHSS Alathur in the Library Hall, from 12:00 to 1:00 PM. The event saw enthusiastic participation from Plus One student, who used their artistic skills to creatively depict the importance of conserving energy. Their posters featured compelling visuals, slogans, and messages advocating for reduced energy consumption, the use of renewable resources, and sustainable practices to protect the environment. The competition not only allowed students to showcase their creativity but also deepened their understanding of energy conservation. Overall, it was a successful event that inspired greater environmental awareness among the students.



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## PLEDGE ON ENERGY CONSERVATION

The Harithgar Program held at KCPHSS Kavassery was a significant initiative aimed at raising awareness about energy conservation and encouraging sustainable practices among students, teachers, and community members. The program centered around the importance of energy conservation in combating environmental challenges, such as climate change and resource depletion. Through various activities, the event emphasized the need for responsible energy use and the impact individuals can have in conserving valuable resources.

The program commenced with an inspiring speech by the principal, who highlighted the urgency of adopting energy-saving habits. The message set the tone for the event, drawing attention to the role each person plays in creating a sustainable future. Following this, an interactive workshop was conducted to educate participants on practical methods to reduce electricity consumption. The workshop covered a range of energy-saving tips, including using energy-efficient appliances, turning off lights and fans when not in use, and utilizing natural lighting whenever possible. Participants were actively engaged, sharing their own ideas and discussing challenges they face in maintaining sustainable practices. The workshop created an interactive platform that allowed everyone to gain a deeper understanding of energy conservation.



  
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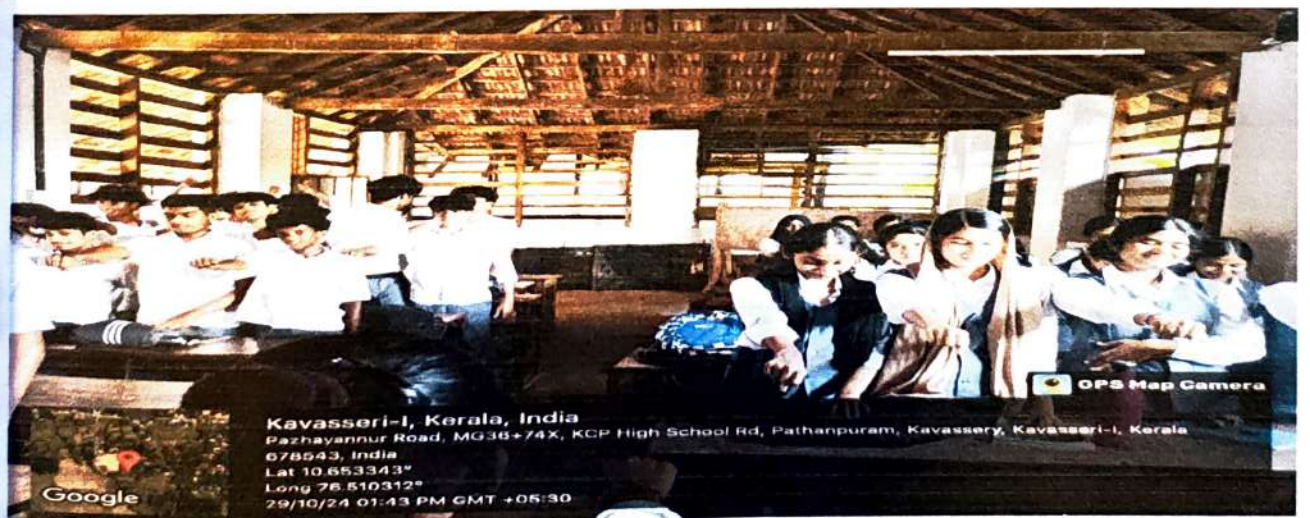
A key highlight of the program was the Energy Conservation Pledge, where all attendees joined together to make a commitment to adopt energy-saving measures in their daily lives. The pledge was a powerful moment of unity, with participants collectively vowing: "I pledge to take part in the energy conservation campaign and agree to make sincere effort to change behavior and reduce energy use in our home, office, and school by adopting energy-saving measures. I will also encourage my friends, relatives, and neighbors to do so. By doing so, I understand that I will not only save money but also conserve valuable natural resources and help the nation in reducing carbon emissions." This pledge served as a reminder of the responsibility each person has towards protecting the environment and reducing their carbon footprint. The impact of the program was immediate and inspiring. Participants expressed a renewed commitment to energy conservation, with many indicating that they felt motivated to implement the energy-saving techniques discussed during the workshop. The pledge reinforced their resolve to act as advocates for sustainable practices, encouraging others in their families and communities to adopt similar habits. Educational materials were distributed, containing useful tips and reminders about energy conservation. These materials are intended to provide ongoing guidance and encouragement, ensuring that the participants continue to make energy-saving decisions even after the program.

In conclusion, the Harithgar Program and Energy Conservation Pledge at KCPHSS Kavassery were successful in instilling a sense of environmental responsibility among all attendees. By focusing on simple yet impactful actions, the program highlighted the importance of collective efforts in achieving meaningful change. This initiative has laid a strong foundation for building a community that values and practices energy conservation



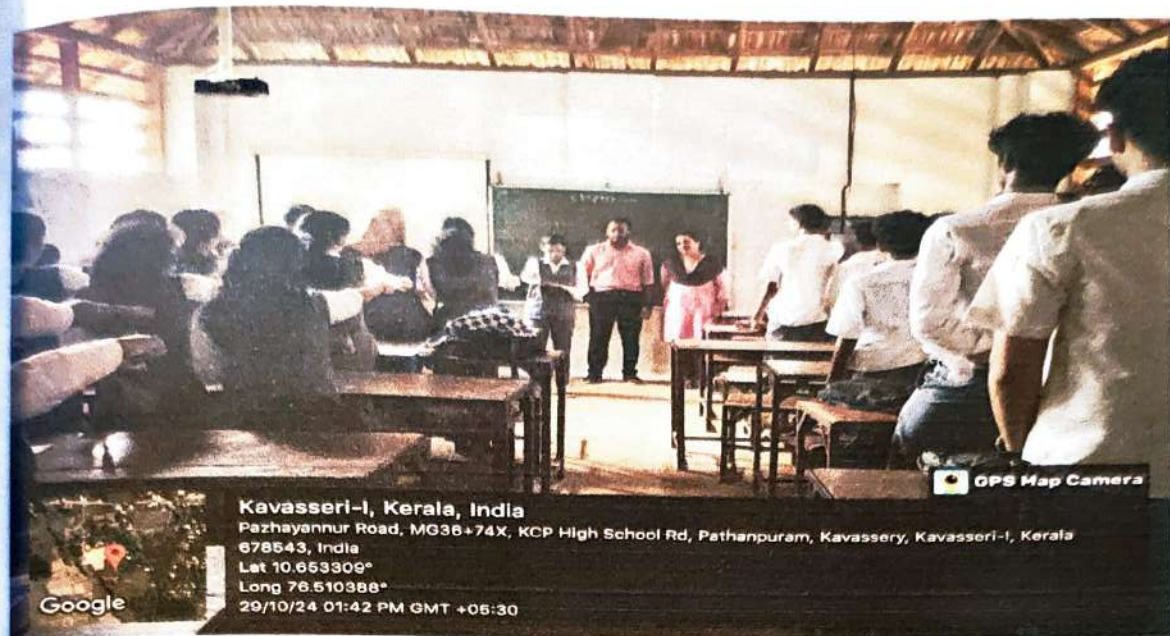
  
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## DIGITAL CAMPAIGN ON ENERGY CONSERVATION

On 1<sup>st</sup> November 2024, a Digital campaign was conducted at GHSS Erimayur as a part of Energy Conservation. This campaign aims to inspire higher secondary students to become energy-conscious citizens and promote sustainable practices for a better future. The main focus is on reducing energy consumption and promoting renewable energy sources.

Firstly the students was given a short introduction related to the significance of energy in our daily life and they were shown with a video regarding the awareness on reducing their usage. The key points related to the video was discussed and the students opinion was also asked as a part of this. We also discussed about why energy should be saved. This was explained with several examples and how the investment can be reduced using energy efficient tube lights, fans etc.



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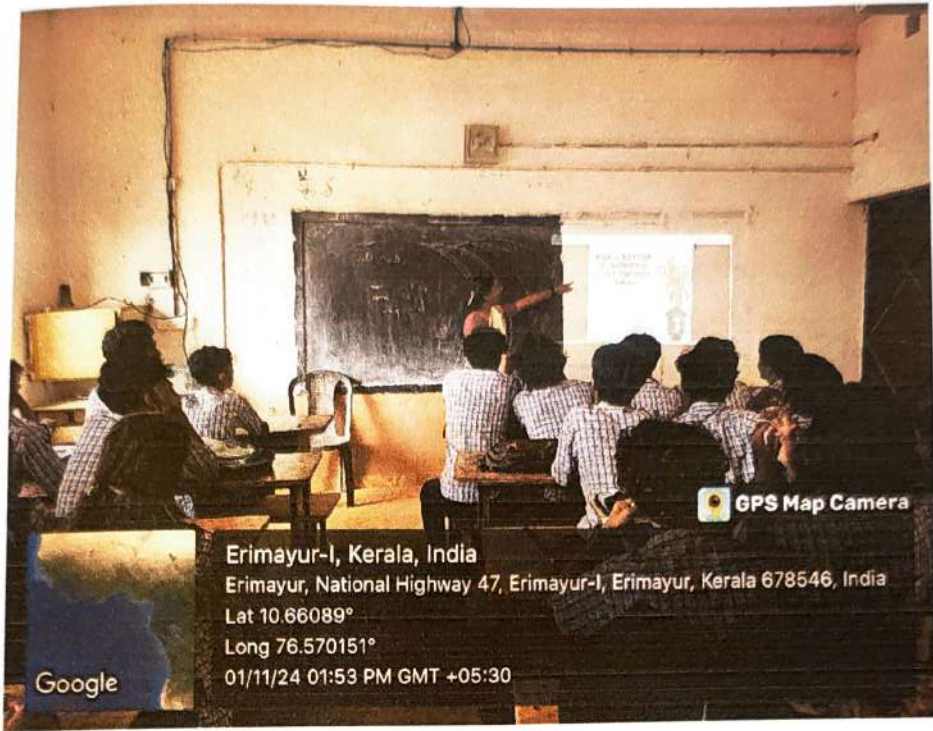
Certain ICT images related to the energy consumption was displayed and it seems to create a greater impact among the audience. During the presentation of another video clip showing relevance of Energy saving, most of the students put forward their statements and opinion about the video. Benefits of renewable sources was given greater importance in the discussion.

The campaign was really influential among the children because they interacted throughout the session. The session was concluded with a brief summary of energy conservation and promoting sustainable practices.



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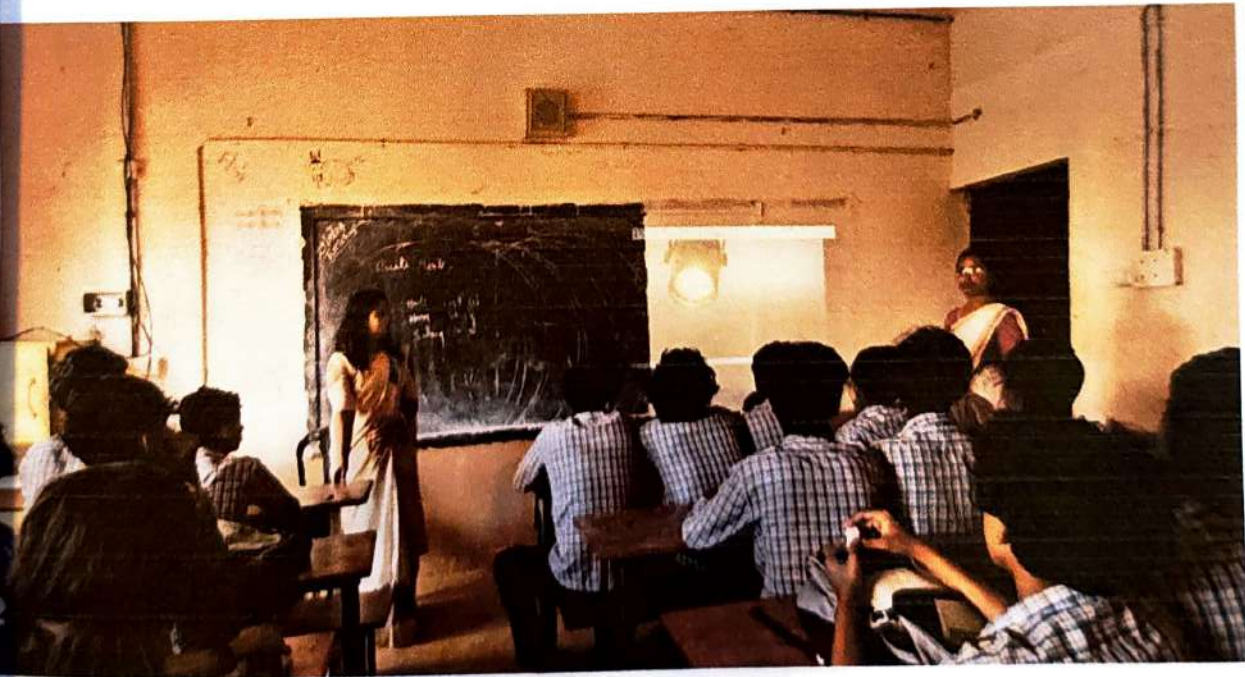




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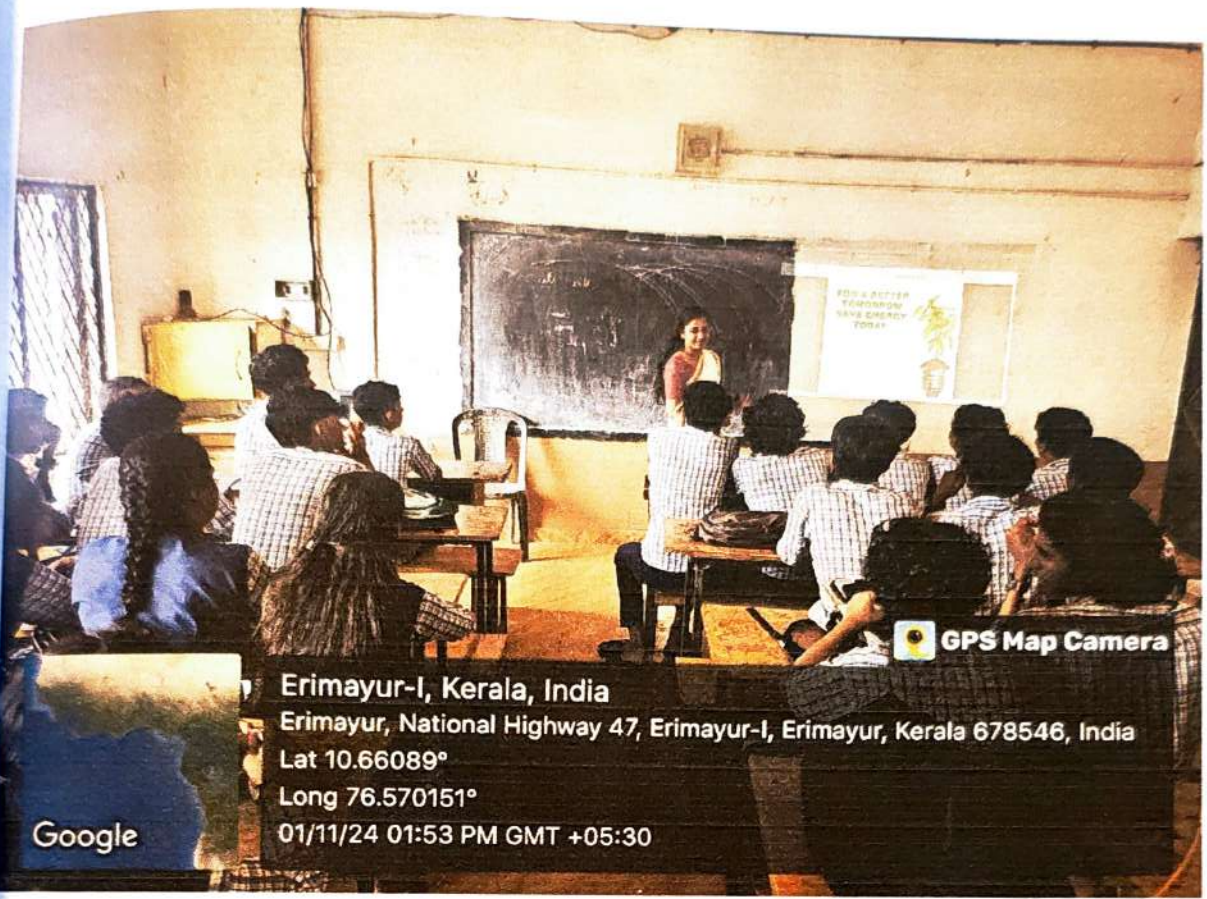
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## QUIZ COMPETITION ON ENERGY CONSERVATION

Energy conservation quiz competition was held in my 12<sup>th</sup> classroom on October 30<sup>th</sup> 2024 , engaging 40 enthusiastic participants. The event aimed to assess students' knowledge and awareness about energy conservation methods and promote responsible energy usage. A brief introduction highlighted simple actions like switching off lights, fans, and electrical appliances when not in use.

The 10-question multiple-choice quiz covered energy-efficient methods, LED bulbs, solar panels, and 5-star rated appliances. Results showed 20 participants scoring 7 or above, with the majority (62.5%) securing marks between 5-7. Only 3



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participants scored below 4 marks, while one student demonstrated exceptional knowledge.

The competition successfully engaged students, revealing a solid foundation in energy conservation awareness. Areas for improvement were identified, including deeper understanding of the 5-star rating system and practical energy-saving practices. This initiative promotes a culture of sustainability, empowering students to contribute meaningfully to a more environmentally conscious future.



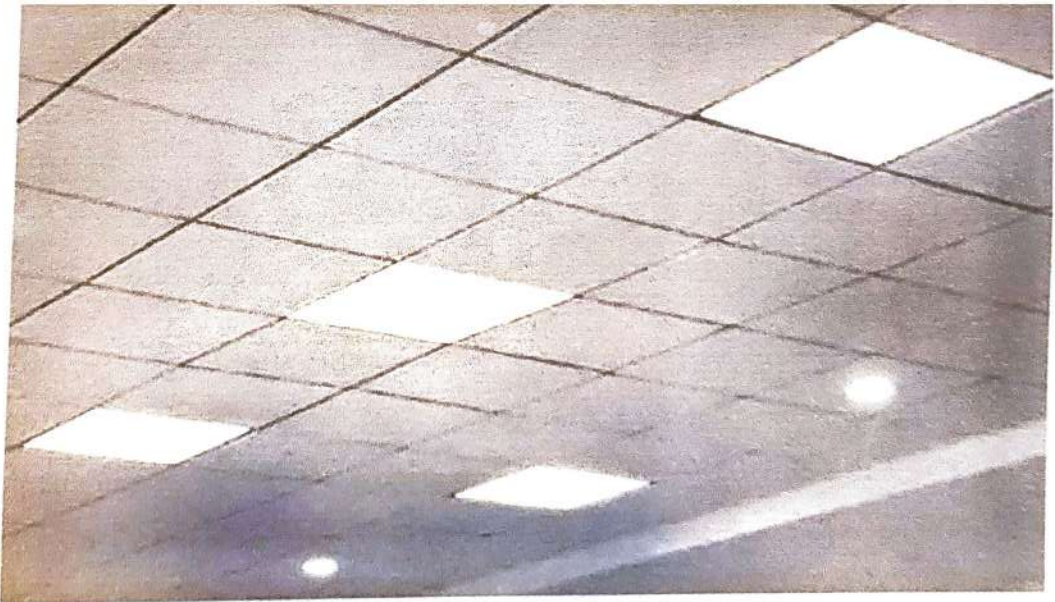
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## USES OF LED LIGHTS

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Harithgar Program at KCPHSS Kavaserry focuses on energy conservation through the use of LED lighting across the school campus. The initiative was launched to reduce electricity consumption, cut down on energy costs, and raise awareness about sustainable practices among students and staff. Conventional incandescent and CFL bulbs were replaced with energy-efficient LED lights in classrooms, corridors, and offices. This transition has led to a noticeable decrease in electricity consumption, resulting in reduced energy bills and savings for the school. Additionally, the LED lights have provided brighter, more stable lighting, enhancing the learning environment. The Harithgar Program not only supports environmental responsibility but also serves as a practical educational tool, teaching students about the importance of sustainability and energy-saving practices. This project highlights the positive impact of simple, eco-friendly changes on both the environment and school resources



## REPORT ON USE OF EMERGENCY LAMP

Emergency lamps are portable or fixed lighting devices designed to provide reliable illumination during power outages, emergencies, or in areas without access to electricity. They serve various purposes, including providing light during power outages, facilitating emergency evacuations, and illuminating remote areas without electricity.

In medical emergencies, emergency lamps enable medical professionals to perform procedures effectively. They also aid search and rescue teams in low-visibility situations. Additionally, emergency lamps are useful for camping and outdoor activities, industrial settings, residential safety, and marine and aviation applications.

There are various types of emergency lamps available, including battery-powered, solar-powered, rechargeable, LED lamps, hand-crank powered, and kerosene/petrol-based options. When selecting an emergency lamp, consider factors such as brightness, battery life, charging time, durability, water resistance, and additional features like USB ports or flashlights.

The benefits of emergency lamps include their portability, energy efficiency, low maintenance, reliability, and cost-effectiveness. They provide essential lighting during critical situations, ensuring safety and convenience. Overall, emergency lamps are crucial for various applications and settings.



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## USES OF SOLAR WATER HEATERS

As part of the "Harithgar" program focused on environmental preservation, we addressed the critical topic of Energy Conservation. This initiative aimed to raise awareness among participants about the importance of conserving energy, introducing them to various innovative methods that can significantly reduce energy consumption in daily life. Given the increasing global need for sustainable energy sources, this program presented practical ways to adopt energy-efficient practices, emphasizing the shift toward solar energy.

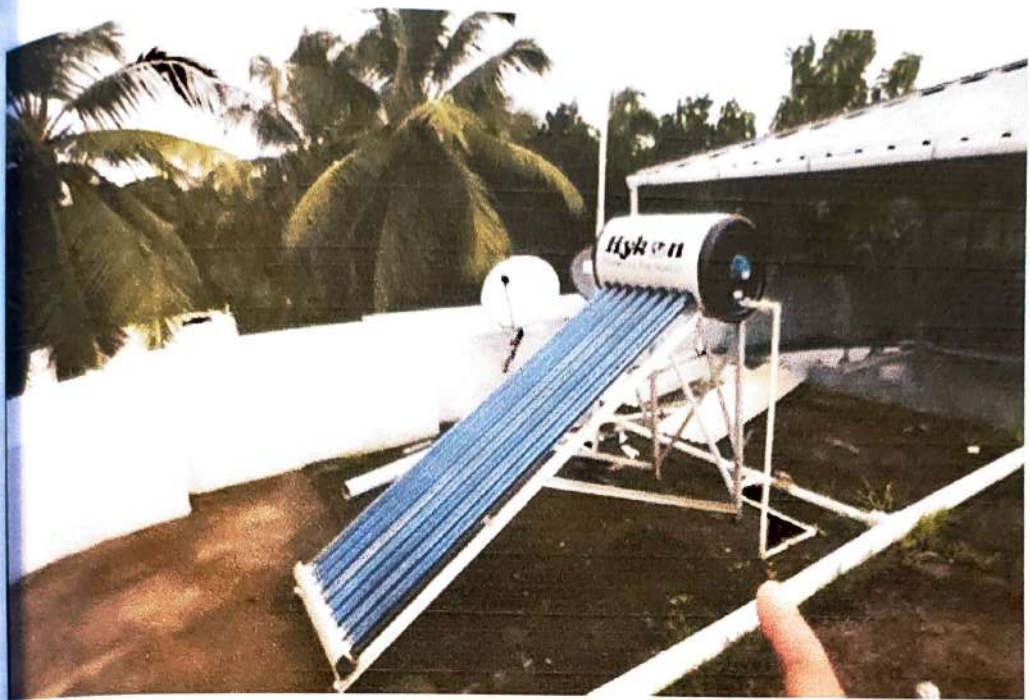
One of the key highlights of the program was the use of **solar water heaters**—a technology that is both effective and sustainable. Solar water heaters utilize sunlight to heat water, offering a clean, renewable alternative to conventional electric and gas heaters. Their growing popularity reflects the shift toward environmentally friendly solutions, as more and more households are installing these systems to reduce their carbon footprint and monthly utility bills. Although the initial setup cost is higher than traditional systems, the long-term benefits, including lower electricity consumption and environmental conservation, make solar water heaters a wise investment.

The program provided an in-depth look at the structure, function, and benefits of solar water heaters. Real-life examples from community members who have already made the transition further underscored the advantages of solar water heating. Overall, the "Harithgar" program successfully highlighted the role of solar water heaters in energy conservation. Going forward, we hope to see the continued adoption of solar energy, contributing to a greener and more eco-conscious community.



  
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## SOLAR PANEL

Solar panels, also known as photovoltaic (PV) panels, are innovative devices that harness the energy from sunlight and convert it into electrical energy. These panels consist of multiple solar cells made from semiconducting materials, typically silicon, arranged in a grid-like pattern on the surface.

The process of converting sunlight into electrical energy involves sunlight hitting the solar cells, initiating the energy conversion process. The solar cells then convert sunlight into direct current (DC) electricity through the photovoltaic effect. An inverter then converts the DC electricity into alternating current (AC) electricity, making it usable for household appliances.

A solar panel consists of several key components, including photovoltaic (PV) cells, panels mounted on a frame, inverters, a mounting system, and wiring. There are also three primary types of solar panels: monocrystalline, polycrystalline, and thin-film.

Solar panels offer numerous advantages, including being a renewable energy source, producing zero emissions, providing energy independence, requiring low maintenance, and being cost-effective. They have various applications, including residential, commercial, industrial, agricultural, and portable solar systems.

Several factors impact solar panel efficiency, including sunlight intensity, temperature, panel orientation, panel cleanliness, and inverter efficiency. Regular maintenance, such as cleaning, inspection, and repair, ensures optimal performance.

The future of solar panels holds advancements in efficiency, integration with energy storage, and increased adoption in developing countries. Understanding the intricacies of solar panels empowers individuals and businesses to make informed decisions about adopting solar energy.



  
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solar panels provide a sustainable solution for energy generation, reducing reliance on non-renewable energy sources. With their numerous benefits and applications, solar panels are becoming increasingly popular, paving the way for a cleaner, greener future.

## **USES OF SOLAR PANEL**

Solar panels have a wide range of uses, making them a versatile and sustainable energy solution. In residential settings, solar panels can power homes and apartments, reducing electricity bills and providing backup power during outages. Commercially, solar panels can power businesses and offices, reducing energy costs and enhancing corporate sustainability. Industrially, solar panels can power manufacturing facilities, reducing energy consumption and increasing productivity.

In agricultural settings, solar panels can power irrigation systems, farm lighting, and agricultural equipment. Portable solar panels are also useful for camping and outdoor activities, RVs and motorhomes, and emergency power backup. Additionally, solar panels can be used for street lighting, traffic signals, water purification systems, communication systems, and even space exploration.

Solar panels can also be utilized for various other applications, including water heating, space heating, cooling systems, electric vehicle charging, and energy storage systems. The benefits of using solar panels are numerous, including being a renewable energy source, producing zero emissions, providing energy independence, requiring low maintenance, and being cost-effective.

Overall, solar panels offer a sustainable solution for various energy needs, making them an attractive option for individuals, businesses, and organizations seeking to reduce their environmental footprint and energy costs. As technology continues to

advance, the potential uses for solar panels are expanding, paving the way for a cleaner, greener future.

The integration of solar panels into daily life can have significant impacts, from reducing reliance on fossil fuels to mitigating climate change. By harnessing the power of the sun, individuals and communities can take control of their energy needs, creating a more sustainable and resilient future.



  
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