



**ETERNAL UNIVERSITY  
AKAL COLLEGE OF NURSING**

**Baru Sahib, Rajgarh, Sirmaur, HP -173101**

**SATURDAY ACTIVITY**



**Activity: “Grooming & Watering of Trees & Plants”**



**Organizing team:**

1. Mr. Muthukumaran,
2. Ms. Manpreet Kaur

**Saturday activity Incharge: Ms. Jaswinder Kaur**

**Report Prepared by : Mr. Muthukumaran, Assistant Professor, ACN**

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**SATURDAY CLUB ACTIVITY**  
**ECO-FRIENDLY CLUB**

Education, Awareness, and Training in eco-friendly issues play an important role in motivating and strengthening people's engagement in activities aimed at the conservation, protection and management of the environment, which are necessary for attaining sustainable development. Akal College of Nursing conducts a number of essential Saturday activity clubs, one of which is the eco-friendly club. To meet the current challenge, we need to build a generation whose existence is not hindered by man-made conditions. Sensitizing kids to nature is vital.

The ECO Friendly Activity on “**Grooming & Watering of Trees & Plants**” was organized by Akal College of Nursing, Eternal University on 26/06/2021.

The programme was started at 2 pm with brief introduction by Mr. Muthukumaran, Assistant Professor in Community Health Nursing about the Objectives and Aim of the event and Ms. Manpreet, Assistant Professor In Mental Health Nursing briefed about the evaluation checklist to the participants. After that, Lottery method was used to select the area for gardening by the Participant's representatives of a class.

**Objectives :**

- To give first-hand experience with nature and gardening.
- To enhance the knowledge regarding nutritional aspects of vegetables and Fruits
- To improve the Group interaction and confidence among each other
- To boost the self confidence in extracurricular activities.

Activities Carried out by the Students in **“Grooming & Watering of Trees & Plants”** are as follows:-

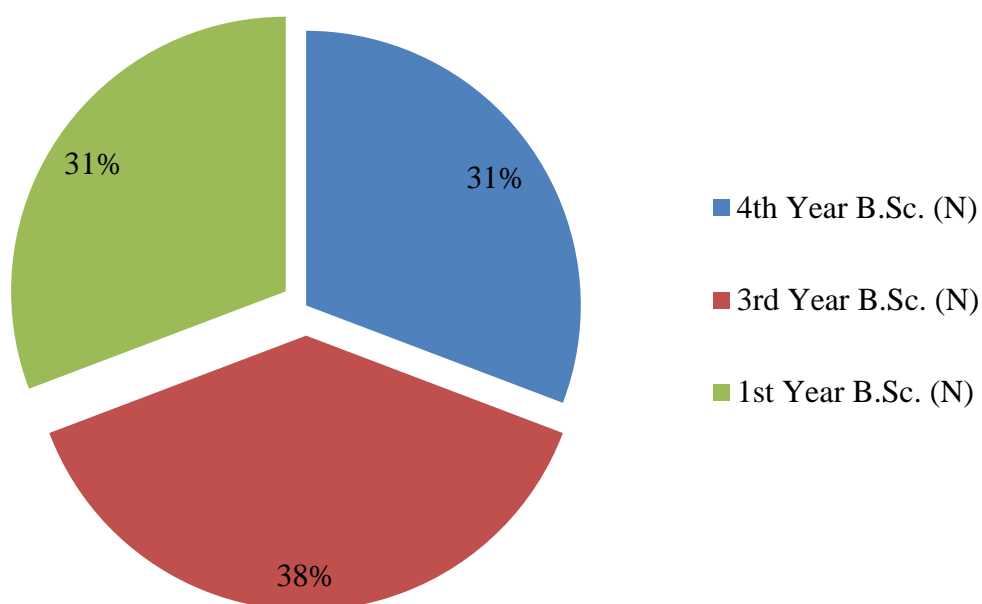
- Pinching,
- Deadheading,
- General Cleanliness
- Watering the Plants

The term "pinching" refers to the act of removing a plant's growing tip. When plants become overly tall and lanky, removing the top of the plant results in a reduction in height as well as a development of a bushier habit.

Additionally, pinching helps to maintain a particular form and control the growth of some of the more aggressive plants. Pinching would also include pruning vining plants. Simply pinch a little portion of the branch's tip using your fingers or pruning shears. Once the plant is squeezed, new shots quickly emerge to fill in the gaps. While pinching is not a daily chore, it is worth considering whether pinching will improve the form and appearance of the plant on occasion.

Deadheading is only necessary for flowering plants. When a plant finishes flowering, all that remains are discarded flower heads. These spent heads provide ideal conditions for the development of disease (botrytis) and also lead the plant to bloom less frequently. After the flower begins to fade and becomes unattractive, simply clip the flower stalk. This helps to clean out the plant, reduces disease concerns, and promotes reblooming. Certain plants require no deadheading and are frequently referred to as "self-cleaning."

General cleanup comprises the removal of a few leaves as a result of insects, illness, or simply natural decline.



**Fig 1: Number of Students Participated in the Event**

Students were participated in the events with whole heart and enthusiasm. The activities are evaluated by the eminent faculty Mrs. Uma, Professor and Mrs. Babitha, Assistant Professor in Medical & Surgical Nursing, Ms. Kavitha Varma, Nursing Tutor, Child Health Nursing, Ms. Sameeksha, Nursing Tutor, Community Health Nursing.

#### Prize Winners

1<sup>st</sup> Prize : 3<sup>rd</sup> Years

2<sup>nd</sup> Prize : 1<sup>st</sup> Years

3<sup>rd</sup> Prize : 4<sup>th</sup> Years

All the participants were motivated by Participatory e-certificate through online.

Glimpses of Before and After the Activity photos are as follows:-



**BEFORE**



**AFTER**

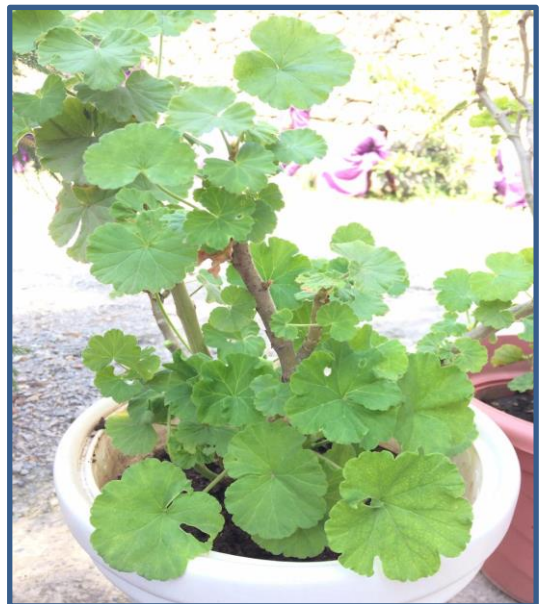




**BEFORE**



**AFTER**

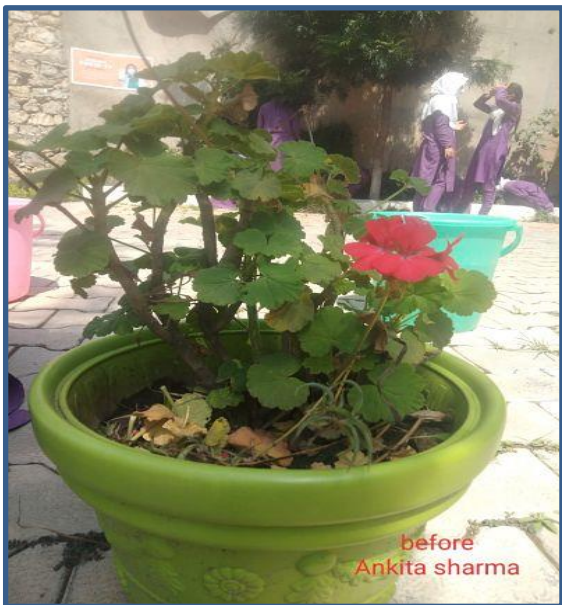




**BEFORE**



**AFTER**







**ACTIVITIES ARE EVALUATING BY FACULTY**





## **Conclusion :**

We take this opportunity to thank the Management and Administrator of Akal College of Nursing, Eternal University for their support and Saturday Club Activity Incharge Mrs. Jaswinder Kaur for her continuous motivation and the Participants are the spinal cord of the event, who made this event successful.

