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# Life Skill Workshop

## Day-1

### Session1

The workshop was started at 10am on 25th November, 2019. Our Principal, Dr. Ancy Jose, motivated the students by a motivational speech followed by the College Anthem and also shared her past experience regarding this life skill workshop. She also requested us and explained the importance of this type of such workshop. The Vice Principal, Mr Suchak gave a speech about the meaning and importance of our college anthem. Then we had a speech by our Co-ordinator, MS. Sindhu Ma’am in which she introduced us to the workshop leader Dr. Sujata Singhi about what work she had done it earlier and how much she contributed through the medium of this workshop. After that Dr. Sujata Singhi then divided students into groups.

### Session2

This session included the explanation of values and gratitude of our life. Dr. Sujata Singhi explained her life-story by sharing some of her personal life example. She made us realize the importance of everything in our life. There was a dance video which was followed by everyone. In this session there was also a group activity in which students have to pick any product of their own imagination and to sell them by using marketing tactics. Then students took a declaration oath.

## Day-2

### Session1

The session started with a brief explanation about the previous day which was followed by an energetic dance. Then some students shared their experience about the task which was assigned on previous day which motivated each and every person in the auditorium. The students were given a group activity of making a spaceship for the princess by her requirements, terms and conditions. This activity helped the students to understand the concept of team-work and leadership and an opportunity to make our self-growth and exchange in our ideology

### Session2

This session had a rockstar event were every student had to dress like a rockstar and become a rockstar and perform on the stage. The students were made to give the name of the rockstar and their song. This activity helped the students to eliminate their stage fear and perform freely on the stage. The session ended with the dance.

## Day-3

### Session1

The session started with a brief explanation about the previous day which was followed by an energetic dance. After dance we were given a individual task of making our own vision board in which were allowed to include our own vision that what we see for ourselves. Ma’am gave the importance of music, sound and rhythm in our life through various musical instruments where she explained the importance of the effect of different types of sound in our mind, she also made us understand the comparison between the music an our life

### Session2

The session started with Meditation Act followed by the declaration oath. Then we had the felicitation of the workshop leader Dr .Sujata Singhi. Then we had the Certificate Distribution of the students and the crew members. At the end, we had the Vote of Thanks by the students, crew members and the respected faculty. We also sang a song and made us feel powerful. Then we all had group photo with her and we all were given a feedback which was to be given on the spot.

# Green Computing

Green computing is the environmentally responsible and eco-friendly use of computers and their resources. In broader terms, it is also defined as the study of designing, manufacturing/engineering, using and disposing of computing devices in a way that reduces their environmental impact.

White label it solutions is able to be eco-friendly by our companies’ use of premium energy efficient energy star servers (Dell, HP) that consume considerably less power than regular models, joining a list of data centres that are able to offer clients “greener” product options.

How green computing conserves power.

Energy star server consumed 54% less power than older model servers. Servers that earn the energy star will, on average, be about 30% more energy-efficient than standard servers. In addition to using less energy themselves, Energy star-qualified servers substantially reduce cooling loads in data centres. A general rule of thumb suggests that one watt saved by a server has the added benefit of saving one to two watts of cooling power. It’s important to note that these power savings come with a substantial increase in performance – at 50% utilization,

This all helps to reduce costs and improve efficiencies for our White label it solutions green data centre customers. As we continue to research green data centre designs, innovations, newer technology we are able to learn more about the best and most efficient use of power utilization and cooling methods to yield lower energy consumption. It all begins with awareness and everyone’s willingness to lend a hand.

Green computing is very much related to other similar movements like reducing the use of environmentally hazardous materials like cfcs, promoting the use of recyclable materials, minimizing use of non-biodegradable components, and encouraging use of sustainable resources.

One of the earliest initiatives toward green computing in the United States was the voluntary labelling program known as Energy Star. It was conceived by the Environmental Protection Agency (EPA) in 1992 to promote energy efficiency in various appliances, such as laptops, washers, dryers, and refrigerators.

Organizations use the Green Computing Lifecycle when designing and implementing green computing technologies. The stages in the Lifecycle include Strategy, Design, Implementation, Operations and Continual Improvements.

Currently, one of the popular green computing groups is tactical increment lists. This group applies and uses green computing philosophies mainly to save up on costs rather than save the environment. This green computing concept emerged naturally as businesses find themselves under pressure to maximize resources in order to compete effectively in the market. This movement arose mainly from economic sentiments rather than political pressure.

Green computing is about reducing the environmental footprint of computers or of ICT in general. This is most commonly achieved by:

Making data centres and computing devices more energy efficient,

* Using more renewable energy sources,
* Using less hazardous materials in computing devices,
* Promoting device longevity,
* And making devices and other IT equipment better recyclable.
* This means that the main benefits of green computing are:
* Reduced environmental impact (less GHG emissions, less e-waste, fewer virgin resources needed for manufacturing new devices)
* Lower energy costs
* Longer lasting computing devices
* Reduced health risk for computer workers and recyclers

Green computing is the environmentally responsible and eco-friendly use of computers and their resources. In broader terms, it is also defined as the study of designing, manufacturing/engineering, using and disposing of computing devices in a way that reduces their environmental impact.

Some computers that are green may be considerably underpowered.

Some people may need incredibly power-consuming and powerful computers to deal with the tasks that they need them to do. This is another disadvantage that many people who have high-powered computers believe to have with green computers.

Another issue would be that powerful and green computers are more expensive. For instance, Apple's powerful range of computers, including their iMacs, is incredibly green but is also incredibly expensive.

Rapid technology change, low initial cost, and with planned obsolescence has resulted in a fast-growing surplus of unused hardware around the globe. Dave Kruch, CEO of Cash for Laptops, regards electronic waste as a "rapidly expanding" issue.

Technical solutions are available, but in most cases a legal framework, a collection system, logistics, and other services need to be implemented before a technical solution can be applied.

Given that there has been a green process that the computer will have gone through in order to make the computer in the first place; there will usually be some kind of added cost when the computer has been finished. Green computing takes a lot of new technology, and hence, you may find that you will have to pay a premium price for your new green computer.

A perfect example is that the greenest modern computers today are Mac books and Mac book Pros. These computers are hardly inexpensive - they're actually some of the most expensive computers in the market.

Green computing is the environmentally responsible and eco-friendly use of computers and their resources. In broader terms, it is also defined as the study of designing, manufacturing/engineering, using and disposing of computing devices in a way that reduces their environmental impact.

goals of Green Computing: he. The goal of green computing reduce the use of hazardous materials, maximize energy efficiency during the product' s lifetime, and promote the recyclability or biodegradability of defunct products and factory waste.



Figure 1

# Free and Open source

Free and open-source software (FOSS) is [software](https://en.wikipedia.org/wiki/Software) that can be classified as both [free software](https://en.wikipedia.org/wiki/Free_software) and [open-source software](https://en.wikipedia.org/wiki/Open-source_software). That is, anyone is [freely licensed](https://en.wikipedia.org/wiki/Free_software_license) to use, copy, study, and change the software in any way, and the [source code](https://en.wikipedia.org/wiki/Source_code) is openly shared so that people are encouraged to voluntarily improve the design of the software.[[3]](https://en.wikipedia.org/wiki/Free_and_open-source_software#cite_note-:1-4) This is in contrast to [proprietary software](https://en.wikipedia.org/wiki/Proprietary_software), where the software is under restrictive [copyright](https://en.wikipedia.org/wiki/Copyright) [licensing](https://en.wikipedia.org/wiki/Licensing) and the source code is usually hidden from the users.

FOSS maintains the software user's civil liberty rights (see the [Four Essential Freedoms](https://en.wikipedia.org/wiki/Free_and_open-source_software#Four_essential_freedoms_of_Free_Software), below). Other benefits of using FOSS can include decreased software costs, increased [security](https://en.wikipedia.org/wiki/Security_(computing)) and stability (especially in regard to [malware](https://en.wikipedia.org/wiki/Malware)), protecting [privacy](https://en.wikipedia.org/wiki/Privacy), education, and giving users more control over their own hardware. Free and open-source operating systems such as [Linux](https://en.wikipedia.org/wiki/Linux) and descendants of [BSD](https://en.wikipedia.org/wiki/BSD) are widely utilized today, powering millions of [servers](https://en.wikipedia.org/wiki/Server_(computing)), [desktops](https://en.wikipedia.org/wiki/Desktop_computer), smartphones (e.g. [Android](https://en.wikipedia.org/wiki/Android_(operating_system))), and other devices.[[4]](https://en.wikipedia.org/wiki/Free_and_open-source_software#cite_note-FOOTNOTEHatlestad2005-5)[[5]](https://en.wikipedia.org/wiki/Free_and_open-source_software#cite_note-FOOTNOTEClaburn2007-6) [Free-software licenses](https://en.wikipedia.org/wiki/Free-software_license) and [open-source licenses](https://en.wikipedia.org/wiki/Open-source_license) are used by [many software packages](https://en.wikipedia.org/wiki/List_of_open-source_software_packages). The [free-software movement](https://en.wikipedia.org/wiki/Free-software_movement) and the [open-source software movement](https://en.wikipedia.org/wiki/Open-source_software_movement) are [online social movements](https://en.wikipedia.org/wiki/Online_social_movement) behind widespread production and adoption of FOSS.

"Free and open-source software" (FOSS) is an umbrella term for software that is simultaneously considered both [Free software](https://en.wikipedia.org/wiki/Free_software) and [open-source software](https://en.wikipedia.org/wiki/Open-source_software). FOSS (free and open-source software) allows the user to inspect the source code and provides a high level of control of the software's functions compared to [proprietary software](https://en.wikipedia.org/wiki/Proprietary_software). The term "free software" does not refer to the monetary cost of the software at all, but rather whether the license maintains the software user's civil liberties ("free” as in “free speech,” not as in “free beer”).[[3]](https://en.wikipedia.org/wiki/Free_and_open-source_software#cite_note-:1-4) There are a number of related terms and abbreviations for free and open-source software (FOSS or F/OSS), or free/lire and open-source software (FLOSS or F/LOSS—FLOSS is the FSF-preferred term).[[6]](https://en.wikipedia.org/wiki/Free_and_open-source_software#cite_note-7)

Although there is almost a complete overlap between [free-software](https://en.wikipedia.org/wiki/Free_software) licenses and [open-source-software](https://en.wikipedia.org/wiki/Open-source_software) licenses, there is a strong philosophical disagreement between the advocates of these two positions. The terminology of FOSS or "Free and Open-source software" was created to be a neutral on these philosophical disagreements between the FSF and OSI and have a single unified term that could refer to both concepts.[[7]](https://en.wikipedia.org/wiki/Free_and_open-source_software#cite_note-8)

Free software

Richard Stallman's [Free Software Definition](https://en.wikipedia.org/wiki/Free_Software_Definition), adopted by the [Free Software Foundation](https://en.wikipedia.org/wiki/Free_Software_Foundation) (FSF), defines [free software](https://en.wikipedia.org/wiki/Free_software) as a matter of liberty not price, and it upholds the Four Essential Freedoms. The earliest-known publication of the definition of his free-software idea was in the February 1986 edition of the FSF's now-discontinued GNU's Bulletin publication. The canonical source for the document is in the philosophy section of the [GNU Project](https://en.wikipedia.org/wiki/GNU_Project) website. As of August 2017, it is published there in 40 languages.

# Four essential freedoms of Free Software

1. To meet the definition of "free software", the FSF requires the software's licensing respect the civil liberties / human rights of what the FSF calls the software user's "[Four Essential Freedoms](https://en.wikipedia.org/wiki/The_Free_Software_Definition#The_definition_and_the_Four_Freedoms)".The freedom to run the program as you wish, for any purpose (freedom 0).
2. The freedom to study how the program works, and change it so it does your computing as you wish (freedom 1). Access to the source code is a precondition for this.
3. The freedom to redistribute copies so you can help others (freedom 2).
4. The freedom to distribute copies of your modified versions to others (freedom 3). By doing this you can give the whole community a chance to benefit from your changes. Access to the source code is a precondition for this.

Open source

1. The [open-source-software definition](https://en.wikipedia.org/wiki/Open_Source_Definition) is used by the [Open Source Initiative](https://en.wikipedia.org/wiki/Open_Source_Initiative) (OSI) to determine whether a [software](https://en.wikipedia.org/wiki/Computer_software) license qualifies for the organization's insignia for [Open-source software](https://en.wikipedia.org/wiki/Open-source_software). The definition was based on the [Debian Free Software Guidelines](https://en.wikipedia.org/wiki/Debian_Free_Software_Guidelines), written and adapted primarily by [Bruce Perens](https://en.wikipedia.org/wiki/Bruce_Perens). Perens did not base his writing on the Four Essential Freedoms of free software from the [Free Software Foundation](https://en.wikipedia.org/wiki/Free_Software_Foundation), which were only later available on the web.[[14]](https://en.wikipedia.org/wiki/Free_and_open-source_software#cite_note-15) Perens subsequently stated that he felt [Eric Raymond](https://en.wikipedia.org/wiki/Eric_S._Raymond)'s promotion of Open-source unfairly overshadowed .

**Table1.Classification of software**

|  |  |  |
| --- | --- | --- |
|  | Open source | Close source |
| Free of charge | Linux, Apache Web server | Adobe Acrobat Reader |
| Subject to charge | MySQL | MS Windows OS |

FIGURE 2

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