

## 7.1.6: 2020 - 2021

## NSS

**PROJECT CHHOTI SHURUAT (4th July 2020)**

On the occasion of Van Mahotsav 2020, we commenced our ambitious project „Chhoti Shuruat“. The project aimed to inculcate small habits towards sustainability into the daily lives of the volunteers. It was a long-term project whose clarion call was made on 4th July 2020. Various activities have been held year-round, a glimpse of which is as below:

1. Segregation From Home (4th July): In collaboration with “Change in Range”, two activities were held-
  - a. Separate and Compost- Volunteers developed the habit of segregation and then composting, both aerobic and anaerobic, with suitable waste material. Waste was turned to gold.
  - b. Small Sustainable Steps- Volunteers took a step towards sustainability by creating various artifacts from waste materials. The two principles of the three Rs, that is reuse and recycle, were executed by the volunteers through their creative arts.
2. It was an intra-college project wherein volunteers perform the above activities on a daily basis. They were asked to make a detailed report of the method of composting they used. We received active response and the volunteers made composting and the mantra of reuse, recycle and upcycle their habit. They shared their learnings, difficulties and personal tips along with the report.
3. We regularly posted on social media all the guidance regarding composting that was provided by our collaborative team. We also shared and took part in a survey on waste segregation by Change in Range to spread knowledge about the same.
4. **Parivartan Webinar Series:**
  - a. **On Sand Mining (16<sup>th</sup> July 2020)**- the issue was addressed by Ms. Sumaila Abdulali, President of AAWAZ Foundation.
  - b. **On Start your own Garden (28<sup>th</sup> July 2020)**- the step-to-step guide to start one's own garden was provided by Dr. Vandana Krishnamurthy.

## 2. **Online Awareness Drive against Single-Use Masks**

We aimed to spread awareness among the masses about the extra tonnes of plastic waste being created by the use of single-use masks. Through our posts on our social media handles we made people aware of the various types of reusable masks available for the public.

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1. An Instagram quiz was also held. The following information was also shared:

- Who should be using which type of mask?
- The difference between Cloth, Surgical and N95 Respiratory masks
- How to dispose a used mask?
- How to reuse or sterilize masks?
- How to wear different types of masks safely?

1. Webinar on Sustainability (18th October 2020): In collaboration with Waste to Wonder, India, we organised a webinar on „Sustainability and Small Action to Reduce Waste“. It was focused on the importance of assessing the impact of one's actions on the planet. By taking small steps to reduce our waste production we can create huge impact on the betterment of the planet.

1. Eco-Holi Celebration (29th March 2021): Holi, the festival of colors, fun and elation, was celebrated by our environment-conscious volunteers in a sustainable way. The adrenaline rush was directed to a creative way. We organised a „Home-made natural DIY Holi color Making Activity“ wherein participants made Gulaal from natural ingredients which was both skin and eco-friendly. We shared the tutorial videos made by the volunteers on our social media handles.

1. Best-out-of-waste Activity: On the occasion of Earth Day and with the resolution to revamp the planet by opting for a sustainable lifestyle, we organised a Best-out-of-waste Activity. Volunteers showcased their talent and creativity through pretty crafts. It was our small contribution to educate others on the need to be responsible and sensitive towards the deteriorating planet. The pictures of the artifacts were shared on our social media handles.

1. **NSS UNDER PROJECT SAMVEDNA:** An Empathetic Approach towards vulnerable animals ORGANISED Food-planet-health webinar (4<sup>th</sup> October 2020) In collaboration with Vegan Outreach a webinar was organised to spread awareness about the impact of food choices on animals and environment. A vegan lifestyle and its contribution in wildlife replenishment was discussed in the webinar.

1. **NSS UNDER PROJECT SAMVEDNA:** An Empathetic Approach towards vulnerable animals ORGANISED Vegan Challenge - In collaboration with Vegan Outreach, a 10 weeks Vegan Challenge was organised wherein participants had to adapt a vegan lifestyle for 10 weeks and make their small contribution for the welfare of the animals.

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1. **NSS : NSS DDUC** in collaboration with TAP EMAG CONDUCTED Swap the Bottle Challenge:

Aimed to direct people's focus on the havoc plastic bottles have created, the

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challenge was taken up by the volunteers swapping their regular plastic bottles with those of steel. Photos were regularly shared on our Instagram stories.

a. Reasons to Swap- to encourage maximum people to take up this challenge we shared a post on our social media handles discussing about the 7 major benefits to opting a stainless-steel bottle over a plastic one.

b. Experience of the participants- through our Instagram stories we shared with others the story of the volunteers who took up this challenge, what compelled them to do so and how they felt after being a part of the change.

1. NSS : NSS DDUC in collaboration **TAP EMAG under TAP EMAG X NSS DDUC organised** Cut the Strap Challenge (20<sup>th</sup> November, 2021): It focused to spread awareness on cutting the strap of the mask before disposing it off.

1. NSS : NSS DDUC in collaboration **TAP EMAG under TAP EMAG X NSS DDUC organised** Swap the Bottle Challenge: swapping their regular plastic bottles with those of steel.

1. NSS : YUDH, PRADUSHAN KE VIRUDH (Red light on, Gaadi off) Contributing to the Delhi government's campaign „Red light on, Gaadi off“ our volunteers went out on the streets and highways to spread awareness about the hazardous effects of rising air pollution.

1. NSS : APKI BAAT - The initiative is commenced to bring into highlight the issues concerning the general public's daily life. IGTV videos are shared through our Instagram handles. The first video was dedicated to Stubble Burning.

1. NSS : PEHAL'21- The Annual Fest: **Online Inter-College Competitions** Case Study Competition - topic 'Sustainable Waste Management System'

1. NSS : PEHAL'21- The Annual Fest: **Plantation Drive** :

1. **BOTANY** : October 06, 2020 an online inter-college photography competition (**The Artsy Lens**) on the theme “**Nature and Plants**” was conducted

1. **BOTANY : January 22, 2021:** An Intra-College webinar was held on “**Cancer prevention and the clean Yamuna prevent cancer**”. This online webinar was conducted on google meet and attended by more than 115 participants. **Dr. S. Khanna** (Founder & President of DCFRC) and **Dr. Pragya Singh** (Sr. Manager- projects DCFRC) were the speakers for the session. Through her speech, Dr. S. Khanna drew attention to the early signs and symptoms of cancer and the precautionary steps one should always follow for a safe and healthy life. Dr. Pragya Singh talked about the adverse effects of water pollution, the reasons for water pollution, and how it can be checked from the individual level.

1. **BOTANY : March 03, 2021:** Departmental Fest Delonix'21 started by organizing an inaugural lecture by **Ms. Vani Murthy** popularly known as the queen of compost. She is a renowned urban farmer, passionate citizen leader, and founding member at Solid Waste Management Round Table (SWMRT), Bengaluru. The topic for this inter-college webinar was "**Waste Management**".

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