



एक कदम स्वच्छता की ओर

## Report of Swachh Bharat Summer Internship 2019

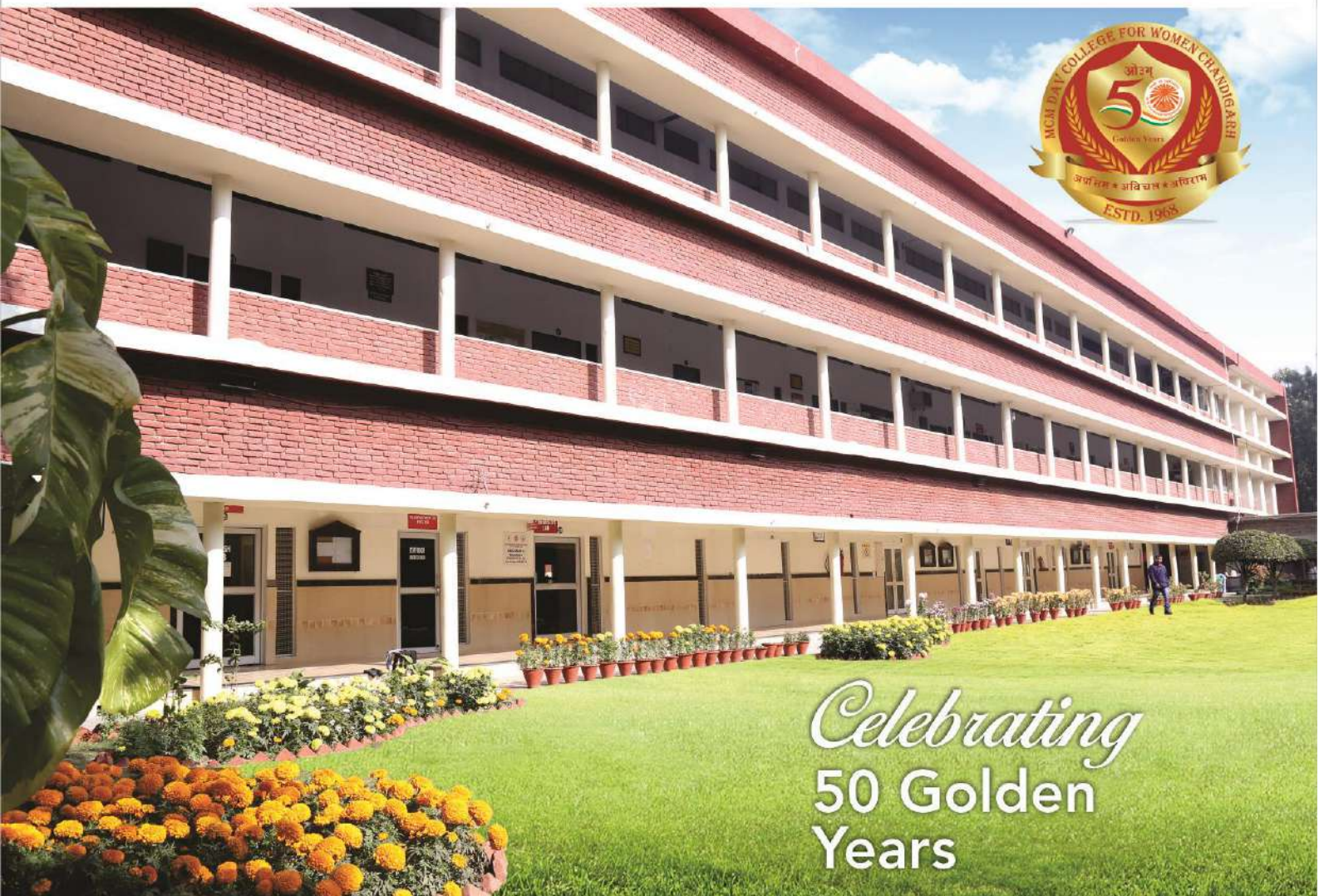
Ministry of Water and Sanitation

&

Ministry of Human Resources Development

Government of India

Submitted by



*Celebrating*  
50 Golden  
Years

# Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

[www.mcmdavcw-chd.edu](http://www.mcmdavcw-chd.edu)



# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

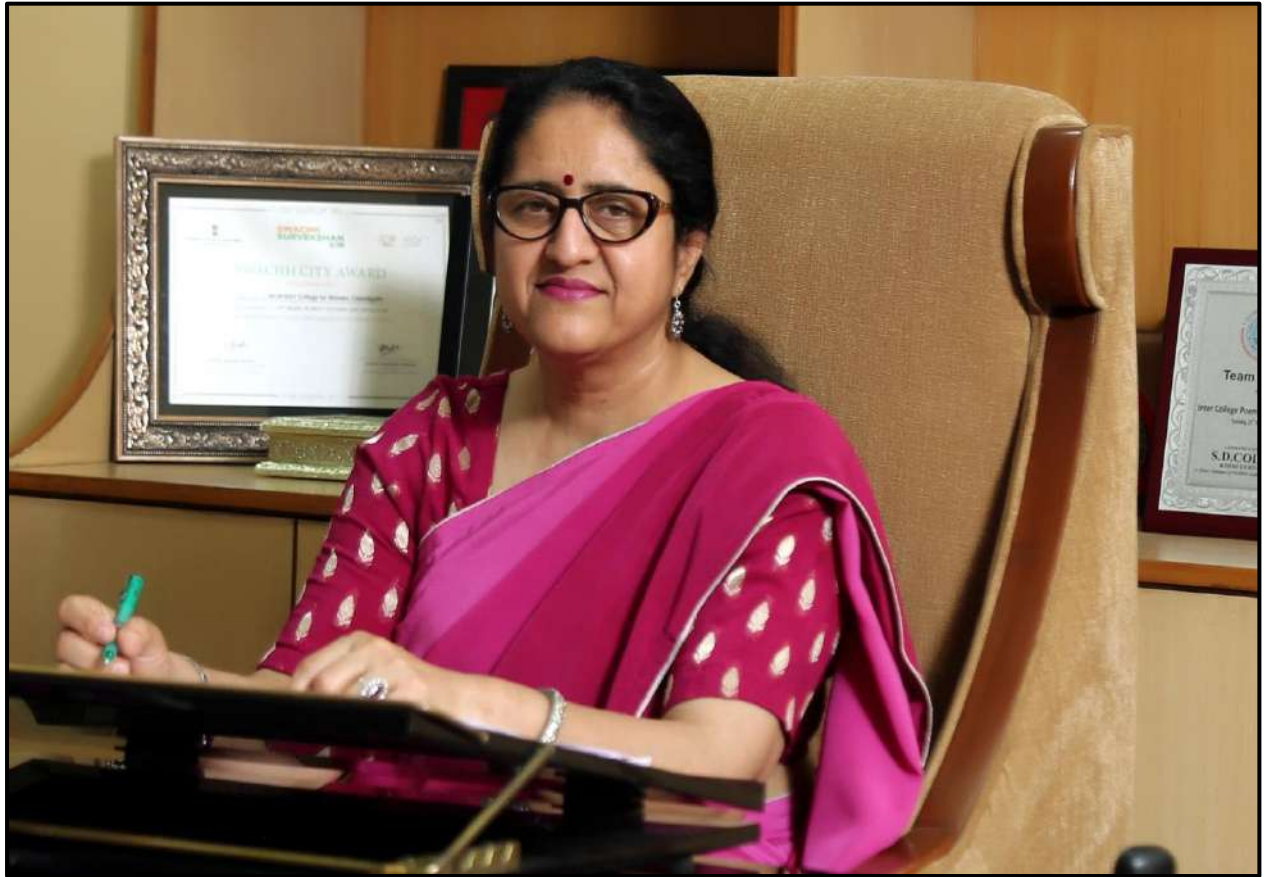
## *Our Guide and Mentor*



*Dr. Punam Suri Ji, Padma Shree Awardee  
Hon'ble President  
DAV College Managing Committee  
New Delhi*

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## **MESSAGE FROM THE PRINCIPAL**

It has been truly said that 'Excellence is a habit', for it holds true for the NSS Unit of Mehr Chand Mahajan DAV College for Women. The NSS team has been showing an exemplary grit and consistent progress in successful completion of Swachh Bharat Summer Internship 2019. Their service and commitment towards the upliftment and progress of weaker sections is praiseworthy and has been appreciated at national level during the year 2018 when we were given first rank in Swachhta among residential colleges of India.

As today our environment is fast degrading into a grim future at a fast pace, it is pertinent on us to make utmost effort to save greenery of the earth and make it clean for our happy and healthy life. The SBSI volunteers and the NSS Team understand this and are committed to the cause. I appreciate this endeavour from the core of my heart and feel myself blessed to be part of this noble crusade.



Mehr Chand Mahajan DAV College has always promoted the ventures and projects that spread the outreach towards deprived corners of the society. We believe in taking knowledge from lab to land. The institute is ever committed to contribute toward making the environment safe and clean. The Swachh Bharat Internship is hence not treated as a mechanical exercise involving just few allocated hours of service, but it is an act of imbibing a feeling of service in the youth of the country. This culture I believe will go a long way in spreading the awareness for Clean and Green surroundings across the world through our NSS Team.

I express my gratitude to my colleagues for their single minded devotion to the institution. I take this opportunity to express my deep gratitude to our guide and mentor, our worthy President Dr. Punam Suri Ji, Padma Shree Awardee. I am indebted to Shri. H.R. Gandhar, our senior governing body member and also to Dr. Satish Sharma, Director Colleges for their wholehearted involvement and selfless service to the cause of education and their efforts in promoting the DAV philosophy of selfless service of humanity.

I feel proud of my NSS units and feel content to see a sense of social responsibility among the young NSS volunteers. They emulate strength of togetherness and youth in themselves and send a strong message of cohesion and selfless service for the sake of humanity.

Best Wishes !



**Dr. Nisha Bhargava**  
**[ Principal ]**



**Dr. Namita Bhandari**  
**NSS Programme Officer**  
**MCM DAV College for Women**

## **Message**

Swachh Bharat Summer Internship 2019 envisions to make every Indian citizen involved in making India a Swachh nation. The unique amalgam of tradition and technology are core to the MCM philosophy and hence Swachh Bharat endeavour comes naturally to the Institute's mission. Teachers and students of MCM DAV have joined hands to make this endeavour a success. History tells us that no movement has ever been successful anywhere in the world without the involvement of young minds, particularly the students. Our students are determined to make the Swachh Bharat Mission a success and set an example for others to emulate. During this community engaged program, our volunteers have been enriched through field experience and have faced the grass root realities of rural spaces. They learned from the people in villages how to lead a good life despite scarcity of resources leading to the development of a sense of social responsibility. SBSI is the best start of inculcating the sense of responsibility in the youth of today who hold the key to better future of the country. The mission of this program is to eliminate the social problems from the society as well as promoting the individual growth and this is well adopted by the young volunteers.

I take this opportunity to express my gratitude to Dr. Nisha Bhargava, our worthy Principal, for her valuable inputs, guidance and support during SBSI 2019. Her concern for the environmental causes has been a constant force that propels us to do something constructively for it. I congratulate and extend my best wishes to SBSI volunteers and their mentors who have made this journey successful and memorable.





**Dr. Manjot Kaur**  
**NSS Programme Officer**  
**MCM DAV College for Women**

## **Message**

Swachh Bharat Summer Internship 2019 is an innovative initiative by the Government of India that envisions the long term benefits to the country and the mankind. This venture has been received enthusiastically by the young and driven NSS volunteers. Through this community engaged program, our Interns have put their earnest efforts in the personal as well as social Swachhata. As MCM DAV has begun another session the works done under the aegis of Swachhata inspire the NSS team to make Mehr Chand Mahajan DAV College a pioneer in this social cause. NSS students/interns are ever committed to this endeavour and have learnt how to lead a life of dignity with positive mind set and contribute to the growth of nation. The youth of the country is its greatest resource and the Swachhata Initiative uniquely moulds these young minds into a powerful force that has the potential to transform the country for the best.

This program has potential to become the greatest movement toward the 'Clean and Green' nation. The NSS volunteers of the college have put their heart and soul into making the campaign of Swachhata effective on a Nation-wide level. We are the nation and like Mahatma Gandhi rightly said we should be the change we wish to see in the society!

I am deeply indebted to our Principal Dr. Nisha Bhargava for her worthy patronage which has provided us a platform to give a conscious voice to the concerns that threaten our society today. I am grateful to the faculty members, NSS team and our college volunteers who have whole heartedly contributed to this noble cause.

## Foreword

Swachh Bharat Summer Internship 2.0: An initiative of Ministry of Water and Sanitation in association with Ministry of Human Resource Development, Government of India, has been done successfully by Mehr Chand Mahajan DAV College for Women, Chandigarh. It gives us immense pleasure to present the detailed report of this project. At this moment it is vital to extend our sincerest thanks to all those people who have contributed in this phenomenal journey. MCM DAV and its NSS Units have worked tirelessly to make this initiative highly successful and fruitful. At this opportune moment we also extend our gratitude to village Sarpanches who cooperated and extended their help in carrying out our program smoothly.

The current environmental scenario makes this project extremely relevant and important for the health and well being of mankind. This internship program served as an eye opener for the young NSS volunteers about the contemporary problems that our country is facing. The door to door visits, the real encounter with situation in the rural areas and fieldwork has given a sense responsibility to each and everyone involved in this project, which surely will stay with us forever. We are pledged to social service and to take this initiative beyond the stipulated time frame. In year 2018, bringing recognition to the City Beautiful, MCM is the only institution from Chandigarh to have figured in the Swachh Campus Ranking 2018 of MHRD, Government of India. The award comes as recognition of MCM's commitment to the cause of "Swachhata" which is reflected in the slew of initiatives undertaken by it aiming at the acceleration of the pace of realization of objectives of the "Swachh Bharat Abhiyan", Biogas Plant, vermicomposting, composting, plantation drives,



solar power generation, real-time air quality monitoring system, generating awareness about waste segregation, installation of blue and green dustbins within the campus. The college bagged the all-India third rank in the 'Best Citizen-Led Innovations' category during the Swachh City Awards was received in New Delhi. The award by the Ministry of Housing and Urban Affairs was recognition for MCM's unique solid-waste management initiative for cultivating oyster mushrooms from agricultural and kitchen waste in used plastic bottles.

Under the able guidance of worthy Principal Dr Nisha Bhargava, NSS unit of the college is zealously engaged in the service of society. Her main thrust is on the inculcation of behavioural changes in the youngsters through example and training. In this direction, the initiatives like installation of Solar Panels, Biogas Plant, Rainwater Harvesting System, Waste Segregation, Plantation of spice garden and Artificial forest, are envisaged and successfully carried out by team MCM. Dr Nisha Bhargava's dedicated and focused leadership has given Community outreach a new dimension at MCM.

This flagship program gave us an insight, sensitivity and close understanding of the problems that are faced at the grass root level. It has strengthened NSS Unit as a team and we look forward to grow through such initiatives in future.

**NSS Unit**  
**Mehr Chand Mahajan DAV College for Women**  
**Sector 36-A, Chandigarh (UT)**

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### **Swachh Bharat Summer Internship 2.0-50 Hours Program of Swachhta-2019**

The Swachh Bharat Abhiyan was launched by the Hon'ble Prime Minister Shri Narendra Modi in 2014 with the objective of achieving a clean, green and open - defecation free India. With this aim in mind, the Swachh Bharat Summer Internship (SBSI) was launched in 2018 to encourage the involvement of the highly energetic youth in furthering the aim of a Clean India. The successful termination of this internship last year gave an impetus for the relaunch of the internship as **Swachh Bharat Summer Internship 2019 - 50 Hours of Swachhata** for providing an opportunity to young volunteers to develop their skills and orientation for sanitation-related work and become a part of the *Swachh Bharat Jan andolan*. As part of the internship, the activities that the participants conducted have been classified into two categories: Information, Education and Communication (IEC), and Solid Waste Management (SWM).

#### **Information, Education and Communication (IEC) activities**

- Organized awareness campaigns around better Solid & Liquid Waste Management practices. E.g. segregation of waste as biodegradable and non-biodegradable.

- Village and school-level promotion of the 3Rs (Reduce, Reuse, Recycle), composts pits, no-littering through Nukkad Nataks /street plays, folk song and dance performances
- Organized Swachhata Melas/Exhibition on local waste management technologies
- Make wall paintings in public places (Panchayat ghar, aaganwadis, school etc.) on the theme of a clean village, promotion of compost pits, and proper management of plastic waste
- Organized plastic – free village campaigns and declaring of plastic – free zones

### **Solid Waste Management (SWM) related activities**

SWM activities target waste collection, segregation, disposal and a plastic waste free environment

- Organized waste collection drives for households and common or shared spaces
- Volunteer for segregation of solid waste into non-biodegradable waste
- Supported communities and panchayats to build compost pits, where organic matter decomposes to for manure. Conducted surveys to illustrate quantum of solid waste generated in the selected villages.
- Organized cleaning of streets, drains and back alleys through awareness drives
- Creation of Infrastructure: compost pits for households, drains for kitchen gardening, soak pits for waste management

In order to give their contribution in the 50 hours Program of Swachhta, the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, constituted eight teams with the utmost enthusiasm and contributed more than 50 hours of service in the selected villages with all the dedication. Moreover, the aim of the internship was to integrate students in community service in rural areas. The College prepared an action plan on “Swachh Bharat Summer Internship-2.0- 2019” and executed various activities from June -July 2019 and has planned to organise many

more in the forthcoming session 2019-20. A team of 25 interns, who got registered under the summer internship, was formed in the third week of June 2019 to support and compliment 'Swachh Bharat Mission' by the Government of India. Through the said program, the NSS UNIT of the college initiated a campaign to make the public, especially in the adopted rural areas, aware about the mission of Swachhta. During this 50 hour program, the interns were given the opportunity to put forth two particular issues: Plastic Waste Management and Organic Waste Management. The interns accomplished the internship in the last week of July 2019 in the selected villages namely: Kishangarh, Dhanas, Kajheri and Buterla of U.T. Chandigarh, Bihru and Bhudan of H.P, Jitwal Kalan, Sangrur, Punjab, Kanhari Kalan and Niwarsi of Haryana.

In the month of June, twenty five NSS volunteers got registered for the said program and completed the work under the supervision of twelve faculty members and two program officers with full cooperation, zeal and enthusiasm. The plans and process were initiated under the able guidance of Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women, and she provided her whole hearted support to the volunteers and was the main guiding force behind the success of this internship. The interns participated enthusiastically and accomplished their work with novel techniques and exceptional efforts under the supervision of their nodal officers, Dr. Namita Bhandari and Dr. Manjot Kaur. The volunteers were further guided by their respective mentors from the College namely: Dr Kanika Sofat, Dr Madhuri Patil, Dr Rishu, Ms Pallavi, Dr Ramandeep Kaur, Dr Sonica, Ms. Navdeep and Dr. Amandeep. A highlight of this event was to inculcate a sense of social service in students and also motivate them to indulge in the development of highly skilled co-curricular tasks. The main endeavor was to become involved and to evolve the energy of our young girls in this community engaged program so that they can develop their skills while contributing the cause of rural sanitation in India.

Under this flagship program, special rallies were organized to mark the theme of the internship 'Say No to Plastic' to spread awareness amongst people about the harmful effects of using plastics. A lot of fun filled yet learning activities were organised during Swachhta mela and Swachhta exhibitions where kids from various slums and village schools came to participate. Interactive sessions of movie



screenings related to personal and menstrual hygiene were also held in the Panchayat Ghars of the selected villages. Various campaigns were organised to make people aware about segregation of solid waste into non-biodegradable and biodegradable waste. While delivering distinctive lectures, the emphasis was given on Solid Waste Management, 3R'S, 4 R'S and compost pits. The students had already started working for compost pits during the summer vacation and that would help Panchayats and villagers to draw up their plans further. The interns not only participated in various cleanliness drives in the selected villages but also helped in setting up of sustainable cleanliness and sanitation programs under this program.

Sr. No	Adopted Villages	No of Interns Participated	Name of the students	Activities Undertaken	Name of the Mentor(s)
1	Kishangarh (U.T. Chandigarh)	7	1. Ramanpreet Kaur 2. Simran 3. Gauri Kansal 4. Kajal Pradhan 5. Harsimrat Kaur 6. Mahima Kaushik 7. Najeet Kaur	Door to door Awareness, Cleanliness Drives, Movie screening, Lecture on 3Rs, Wall Painting, Waste collection drive, Tree plantation, Construction of Compost pit.	Dr. Kanika and Ms.Navdeep Kaur
2	Dhanas (U.T. Chandigarh)	4	8. Muskaan Lamba 9. Divya Bansal 10. Shiwani 11. Neha Barak	Door to door awareness campaigns, Waste collection drives, Lecture on 4R's, Mushroom Cultivation and Indoor pollution, Wall painting Movie screening, Construction of compost pits, afforestation drive and Awareness rally.	Ms. Pallavi
3	Kajheri(U.T. Chandigarh)	1	12. Himani Chopra	Swachhta Oath, Construction of Compost pit, Wall painting, Door to door awareness drives, Installation of	Dr. Madhuri

				dustbins, Awareness regarding Waste segregation, Cleanliness drives Lecture on 3 R's and SWM, Swachhta Rally, Swachhta Exhibition, Interactive Sessions on Best out of waste and Movie Screening	
4	Buterla (U.T. Chandigarh)		13. Vanshika Garg 14. Rishita Garg 15. Gunjan Bedi 16. Tanya Nagpal 17. Simran Kaur 18. Muskan Soni	Construction of Compost pit, Wall paintings (6), Lectures on Mushroom Cultivation, Segregation of waste and sanitation; Yoga sessions, Distribution of sanitary pads, Cleanliness awareness rallies, Cleanliness drives, Waste collection drives, Tree plantation, Nukkad natak, Awareness regarding personal and menstrual Hygiene and distribution of Paper bags	Dr. Rishu and Dr. Amandeep
5	Bihru and Bhudan (H.P)	1	19. Pallavi Kaplesh	Personal and menstrual hygiene camp and distribution of sanitary napkins, Cleanliness drives, Poster making, slogan writing, Wall painting, Lecture on 3R principle, Best out of waste activity, Plastic collection drive, Construction of plastic garden and tree plantation, Awareness drive about Waste segregation, interactive sessions on making organic manure from kitchen waste,	Dr. Ramandeep and Dr. Sonica

				Swachhta rally, Movie screening and Door to door campaigns
6	Jitwal Kalan (Sangrur, Punjab)	1	20. Snigdha Mehta	Tree plantation, Movie Screening, Swacchta rally, Cleanliness drives, Interactive sessions on Menstrual Hygiene and disposal of general waste, construction of bio medical waste pit
7	Kanhari Kalan, Haryana	4	21. Mitali Singh 22. Manya Kheterpal 23. Pallavi Sharma 24. Cheshta	Poster Making and Slogan writing, Cleaning of streets and drains, Waste collection drive, Door to door campaign on segregation of waste , personal hygiene, menstrual hygiene, construction of compost pits, Lecture on 3Rs principle, Swacchta mela, Performed Nukkad Natak, Lecture on benefits of manure prepared from kitchen waste and how to reuse plastic, Swachhta rally and Declaration of plastic free zone
8	Niwarsi, Kurukshetra , Haryana	1	25. Ekamjot	Tree plantation, Workshop on 3R's, construction of compost pit, Awareness regarding waste segregation, Cleanliness drives, Poster making competition, Malaria awareness drive and placement of dustbins

**Duration:** 10 June 2019 to 31 July 2019

**No. of Hours Spent:** 50 (per village, per team)

**No. of Nodal officers:** 2

**No. of Faculty members participated:** 12

**No. of SBSI Interns Participated:** 25

**No. of adopted villages:** 8

**No. of Teams participated:** 8

**Nodal Officers:**

1. Dr. Namita Bhandari
2. Dr. Manjot Kaur

**MCM NSS Team:**

1. Dr. Kanika Sofat
2. Dr. Nidhi Tanwar
3. Dr. Madhuri Patil
4. Dr. Rishu
5. Ms. Pallavi
6. Dr. Nisha Sharma
7. Dr. Ramandeep Kaur
8. Dr. Sonica



The 50 hour Summer Internship exposed our students to various aspects of community services and helped them to understand how to engage the community in social outreach programs. We spent the initial week on field work and interacted with the village Sarpanches. During the field work in the selected villages, we learnt about the behaviour of villagers and ways to enhance awareness in the rural area. Interactive sessions, rather than monotonous lectures or demonstrations, helped us to transform their minds and actions towards cleanliness drives. During the internship



period students were given a crucial responsibility of changing particularly the minds of women and the illiterate class of the society who are unable to break the shackles of orthodox/traditional mind-sets and superstitions. By this endeavour, our own students have imbibed vital aspects of Swacchta, cleanliness and hygiene. Overall, the SBSI-2.0 2019 turns out as a great success to make people aware of healing practices through counseling and discussions.

### **Activities of SBSI 2.0 done by NSS Unit of MCM DAV College for Women**

#### **1. AWARENESS CAMPAIGNS AND INTERACTIVE SESSIONS**

The Information, Education and Communication (IEC) activities undertaken by the interns tended to target behaviour around open defecation, hygiene practices, solid/liquid waste management among other behaviour and public awareness campaigns were strategically planned to reach the target audience and to communicate specific messages tailored to that group. Interactive sessions are more successful if they are tailored to the context, values language and resources available of the local audience. The awareness campaigns were conducted keeping in mind the objective of the internship i.e. "Swachhta". Various campaigns were conducted oriented towards personal hygiene, health, cleanliness, digging of compost pits, segregation of waste and its disposal, and prevention of vector borne diseases like malaria and dengue. The awareness programs were classified in three fragments: (i) Door to Door visits (ii) Awareness rallies (iii) Special lectures and interactive public talks.

Initially, the focus was given on observing and analysing the condition of the selected villages through field work. Our nodal officers visited the said villages and had several meetings with the Sarpanches and other members of Gram panchayat so that the summer internship could produce the desired results. Gram panchayats, the local administrators, play an important role in the development of the villages. The Panchayats are playing a strategic role in creating awareness and imparting key messages on hygiene and sanitation for behavioural change. They are committed and ready to contribute towards making their village clean and open defecation free and to sustain the open defecation free status of their villages. They are the bridge between effective development policies and viable practical action on the ground. Moreover special lectures and informal talks with sarpanches helped us not only in

the planning of our action to be taken during the internship but also helped us to execute our plans as we intended to perform. Eventually the internship played a key role in promoting and taking initiatives towards making the said villages clean and open defecation free zones.

During the awareness drives, our volunteers made use of various tools such as hand-made posters, pamphlets and placards displaying the basic ideas, slogans and taglines of 'Swachhta' like "Green India, Clean India", "Hum Sabka Ek Hi Nara", "Saaf Suthra Ho Desh Humara", "Geela Kachra Hare Dustbin Mai", "Sukha Kachra Neele Dustbin Mai". This methodology engrossed the above stated goals and also focussed specifically on prohibition of the use of polythene bags. Our interns also conducted numerous interactive sessions with the students, teachers of Government schools and the caretakers/helpers/workers of Anganwadis and Gram Panchayats. While scrutinizing the condition of the village including the Anganwadis and streets, we persuaded the teachers and workers to introduce hygienic habits among children.

## **2. DOOR-TO-DOOR MEETINGS**

The main objective was to create awareness amongst rural people, identifying problems in rural areas and specifically engaging the community in cleanliness drives. Door-to-Door campaigning was conducted for creating awareness about female hygiene and cleanliness. Initiatives for the spread of various activities like waste segregation, cleaning of water coolers and digging of compost pits were also undertaken. Our volunteers spread awareness on various epidemic diseases that are caused by filthy and unhygienic surroundings. During such meetings interns asked the residents to keep the areas outside and near their houses clean.

## **3. AWARENESS RALLIES AND CAMPAIGNS**

The awareness rallies aimed at encouraging among the public 'swachhata' and its significance. During the rally participants raised slogans of 'Swachh Bharat' and also carried placards with messages about the harmful effects of using plastic. The theme of awareness rallies "Beat Plastic Pollution", urged the communities, and the individuals to come together and explore sustainable alternatives and urgently reduce the production and excessive use of single-use plastic polluting our

environment, damaging human life and threatening human health. People of different age groups were seen taking part in the rallies. Under the Swachhata Internship, special rallies and door to door surveys were organized to spread awareness amongst people about the harmful effects of using plastics. Workers and sweepers participated in large numbers and the rally was followed by interactive sessions where our volunteers addressed aaganwadi workers.

#### **4. SPECIAL LECTURES ON SOLID WASTE MANAGEMENT AND PERSONAL HYGIENE**

Special internship lectures, followed by demonstration sessions, were organised on Solid Waste Management development of compost pits, edible mushroom farming using waste and personal hygiene by the College faculty members. The main aim of such workshops was to sensitize people about waste management and impart training about the process of compost making from daily waste generated in their kitchen as well as house. Composting is the best way to handle our food and green waste via which one is able to convert our daily dustbin contents into rich, organic manure and grow flowers, vegetables or plants with it, thus lowering carbon footprint. In addition, demonstrations were given to NSS students about the making of compost units in school so that the green waste generated in the premises could be handled recycled and reused efficiently. Other lectures on personal hygiene and solid waste management were given by Dr Vandana, Dr Sandeep and Dr. Gunjan Sood from the College.

The endeavour was to inform the target audience (the villagers) on how kitchen waste can be utilised in creating manure by digging compost pits. Dr Vandana Sharma from the department of Microbiology and Food Technology, MCM DAV College for Women, Chandigarh delivered lectures on solid waste management in the selected villages where she elaborated on the segregation of biodegradable and non-biodegradable wastes. She also explained how kitchen waste can be utilised in creating manure by digging compost pits. The sarpanches were persuaded that they should instruct that all waste generators should segregate their waste at source; Gram Panchayat bodies should provide solutions for dealing with segregated waste and create effective Solid Waste Management plants. Information was provided on

how to recycle plastic waste. These drives made the sweepers aware to understand the segregation of waste. The residents were also made aware of this practise and the colour of dustbins for the garbage disposal. Secondly, lectures were conducted about womens' health issues, diseases and suggestions to prevent the same. Along with this, Dr Sandeep from the department of Microbiology and Food Technology shared with the villagers key aspects of personal hygiene, proper way of washing hands and patient management during diarrhoea. Lectures on mushroom cultivation with the help of kitchen waste along with lectures on solid waste management and personal hygiene were conducted with substantial demonstrations. Villagers were given demonstrations on how to make sanitary napkins from cotton cloth and to dispose the napkins in the dustbins in proper manner. They were also instructed to make newspaper bags if they want to generate some income from this venture. Our volunteers held interactive sessions with village women and female workers on menstrual hygiene at village aaganwadis. It helped our volunteers to create awareness about women health issues, diseases and suggestions for the same.

With a mix of audio-visual aids, reflections and discussions, this methodology of demonstrations opened up minds to look at the self in a different perspective and gear up for a change. Participants benefited immensely from lectures about personal hygiene and how to make oneself happy and empowered with life skills. The villagers also benefited with the knowledge of segregation of waste and their key role and involvement in the change of society. Women including the Aaganwadi staff and workers participated in these talks and had been assured for preventing use of cloth and unhygienic means during menstrual cycles and were encouraged to make others also aware of the hygienic means. Apart from this, special emphasis was given on 3R'S and 4R'S to deal with plastic pollution.

## **5. INTERACTIVE SESSIONS ON MENSTRUAL HYGIENE AND SANITATION**

The objective of the interactive sessions was to increase awareness among adolescent girls and women on menstrual hygiene, build self-esteem, and empower girls for greater localisation and to ensure safe disposal of sanitary napkins in an environment friendly manner.



Most of the sessions were conducted at Aanganwadis and community centres of the selected villages during the internship. It is rightly said that Aanganwadi is a kind of rural mother in India. A typical Aanganwadi centre provides basic health care system. The centre provides basic health care activities including contraceptive counseling and supply nutrition education and supplementation. Our college interns arranged interactive and informative talks on menstrual hygiene. In many areas of Kishangarh, Kajheri and Dhanas, there is complete neglect of menstrual hygiene due to low awareness levels and lack of access to sanitary products. Majority of the women, especially in slum areas, prefer using reusable, unhygienic cloth, sand, rags, newspapers etc., as sanitary napkins are expensive. The silence may finally be broken at many levels as the effect of the internship comes to the forefront and waste management becomes the next key area of focus after this. Our programme targeted at adolescent girls in the age group of 10 to 15 years residing in rural areas, to ensure that they have adequate knowledge and information about the use of sanitary napkins. Apart from this, the major objective was to provide hygienic menstrual solutions to the women in rural and slum areas. Not only registered students but our faculty members also contributed in this sensitive women cause. The response was good as women put forth their personal views and were accepting the idea of hygiene very openly. Sanitary napkins were also collected and donated among adult girls and women in the slums. This was done in response to a special cause of providing basic necessities to the ones incapable of tackling the daily life necessities.

Some group of SBSI volunteers from MCM DAV visited the homeless and the underprivileged girls and also distributed the sanitary pads to the needy one. The event turned out to be a great success as the team distributed around 150-200 sanitary napkin packs. Also the drive encouraged women and girls for charity and help regarding donating napkins to someone who needed them. Frequent Aanganwadi visits helped the volunteers to know more about their hygiene activities and practices and they were instructed to follow healthy practices and lifestyle. Volunteers analysed the condition of their room and gave some suggestions so that they could improve the deteriorated conditions of Aanganwadis.

The workers of Anganwadis were addressed by our college interns so that they could come out of orthodox/traditional mind-sets and motivated both genders (in all age groups) in their villages to promote importance of hygiene and sanitation practices for healthy lives. The respective College teachers also conducted several interactive sessions for the target audience. The awareness methods used by our interns helped them to understand importance of hygiene and good sanitation practices during pregnancy and motherhood. It was found that to inculcate critical hand-washing behaviour, demonstration is an effective tool. The volunteers conducted the hand wash awareness campaign with children as well as with the Anganwadi students and teacher.

Our students also distributed gloves to promote hygienic cooking at village eateries during their visits to local dhabas and restaurants. Volunteers also spread awareness about the benefits of having a hand wash and separate dustbins. They scrutinized the kitchens of the restaurants, suggested them the ways to keep them clean and promote hygienic eating and cooking. Volunteers traced their actions for one week and made frequent checks over their hygienic practices. They were informed about the segregation of waste and to dispose it pertinently and in the right place. Lectures endorsed to increase awareness about good sanitation practices and the hazards of open defecation. Beneficiaries who participated in the Swachhta drives reported that the interactive session was an entertaining alternative for knowledge dissemination. Although the target audience of the awareness program were mothers, even children benefited a lot from them.

## **6. WALL PAINTINGS**

To reinforce significant from time to time, wall paintings, a canvass for awareness and change, can play a key role as people are in their vicinity during their daily routines. They have a great potential to emphasize on key and correct hygiene and sanitation messages. The burst of oil color and wise words on a stained wall can definitely attract and stall any passer-by. Under this initiative, seven wall paintings were made in the selected villages for a wider impact. The beneficiaries who had seen the wall paintings claimed that they reinforced learning relevant to good hygiene and sanitation. Another advantage of the wall painting is that it does not

target a single group of stakeholders but in fact triggers thought in anyone who sees them. Our volunteers made inspiring wall paintings for the promotion of cleanliness. The motive behind spending hours in painting a wall and making it look attractive is simple; to bring about a behavioural change. We believed that if they would paint a wall and put messages of cleanliness, people would think twice before spoiling such an art. To make sure that the areas are well maintained after our hard work, the team identified local residents who can monitor the place on a regular basis. Our interns made frequent checks for a few days and then assigned the work to locals who kept in touch with them. The interior and exterior walls of Anganwadi and School building were arranged and given a new look by pasting wall papers along with slogans of 'swachta and 'swachh bharat'.

## **7. CONSTRUCTION OF COMPOST PITS**

Composting is a natural way of recycling and is one of the simplest ways to manage garbage. The important point is that it can be done at home. Composting involves decomposing everyday kitchen waste into a rich soil known as compost. Basically, when we compost our organic or kitchen waste, we are returning nutrients back into the soil, as a result, the life cycle continues. Safai Karamcharis and the villagers were given demonstration on digging of compost pits. The compost pits were made from kitchen waste with the help of sweepers and cooperation of village Gram Panchayats. The teams also contributed by collecting the household waste/garbage. The advantages of compost pits were explained to the residents doing farming. Our volunteers constructed compost pits in the said villages with the help of Gram Panchayats.

## **8. STREET CLEANING, DRAIN CLEANING, CLEANING OF BACK ALLEYS**

To emphasise the idea of community engaged tasks, the cleanliness drives aimed to inculcate in the community the importance of cleanliness of shared and public spaces.

Cleanliness drives were conducted with the active participation of the residents. The teams cleaned the streets along with the sweepers of Gram panchayats and also

convinced people to participate in this community based program. SBSI Volunteers along with the workers of UT administration malaria control department actively participated in these sensitization drives and created awareness among villagers about prevention of vector borne diseases like Malaria, Dengue. The interns with Anganwadi staff and workers participated in these awareness programs and distributed pamphlets and explained the mode of spread of Dengue/ Malaria viruses. With the efforts of our volunteers we could see the change and transformation among the villagers particularly children and youth. Eventually the beneficiaries in the age group between 10-25, became involved in these awareness campaigns.

### **9. MOVIE SCREENINGS**

Our SBSI Volunteers visited Anganwadis and showed videos to children about sanitation, and importance of cleanliness and washing hands. Sessions of movie screenings related to 'Swachh Bharat Mission' were also held in the Panchayat Ghars of the selected villages. Movie screenings were held for the female workers of Anganwadi relating to the use of sanitary pads and cleanliness. Videos were shown to the children about sanitation, self-cleaning, use of dustbins and recycling of waste. In a country where movies are religiously followed, movies with Swachh Bharat themes are probably one of the most effective ways of disseminating the benefits of Swachhata. The following films have been screened: Toilet, Ek Prem Katha, Mere Pyare Prime Minister, Meet Phullu and Padman. Apart from these films, various awareness videos regarding clean Bharat were also showcased.

### **10. CLEANLINESS AND WASTE COLLECTION DRIVES**

Various cleanliness drives were held in the selected villages. It comprised of volunteers actively performing cleaning activities at different places in the villages as a part of Swachh Bharat Abhiyan. Students with the help of village people were successful in cleaning the local areas dumped with garbage. The use of dustbins was promoted throughout the summer internship. While collecting solid waste, plastic glass and bottles, our students simultaneously exhausted the residents to segregate dry and wet waste. The collection of dry waste like plastic bottles and waste from houses was also done. Likewise, they collected the waste from shops and cleaned the market streets along with the help of sweepers of Gram Panchayat. Various



awareness rallies were therefore held to make people aware of the importance of cleanliness. Subsequently, waste collection drives were held in all the selected villages on regular basis.

During the internship days SBSI volunteers, generally, helped to transfer the solid waste from the point of use and disposal to the point of treatment and landfill. Making the people of the village aware about separation of two types of waste i.e. “gillakachara” and “sukhakachara”, the dry waste (recyclable plastic) was sold to recyclers. We discovered heaps of waste that occupied the alleys of these villages. With the help of Gram Panchayats we involved people in cleaning the areas specifically the area around schools, dispensaries and community centres. Simultaneously, our interns ran door-to-door campaigns for ensuring awareness about wet garbage and street cleaning. Volunteers actively undertook an initiative to help people know the use of solid waste management. These drives gave an opportunity to our students for interacting with the villagers. This data based survey was also held door- to-door in order to understand the impact of the program launched by the government on the residents.

## **11. ORGANISED SWACHHTA MELA & SWACHHTA EXHIBITION**

Through a very entertaining carnival, children were given a message of Swachhta which was the sub-theme of the summer internship and the venture was much appreciated by the villagers. The Swachta Mela was well accepted and appreciated by the local people particularly children as a source of entertainment and information to follow good hygiene and sanitation practices for better health. Most of the children found this carnival extremely entertaining and informative. A lot of fun filled yet learning activities were organised where children from various slums and village schools came to participate. It has been well said that the vision of our country lies in the hands of our sons and daughters. It will be a great wastage of human resources if these children are not given an opportunity to exercise their talent. India, the beautiful land, needs the contribution of efficient and resourceful youth for our soil to become a brighter one. A message was spread all around the villages to promote the spirit of happiness among the children. Hundreds of eager faces were seen in these events.

## 12. YOGA SESSIONS

To develop an understanding of meditation, yoga and health and develop self-empowering life skills through meditation techniques, was the objective of yoga sessions. Yoga practices improve health, give mental strength, improve physical strength, protect from injury and detoxify the body. It is generally believed that behavioural changes in society about healthy sanitation practices can come if the community is empowered. Thus, our volunteers assisted villagers in recognising their problems, and using their knowledge to find effective solutions. Similar activities are pursued in healthcare centres, schools, aanganwadi centres, so that good habits are adopted by everyone on sanitation, toilet usage and handwashing. Capacity building programmes were conducted in the said villages for ensuring better planning and implementation of these practices. To accomplish the sanitation goals, several departments of MCM DAV worked with the NSS volunteers, namely Department of Chemistry, Botany, Sociology and Home Science.

**Apart from this the following activities have been conducted by our volunteers under SBSI 2.0-2019:**

- Conducted awareness drives/programs on Menstrual Hygiene and Sanitation
- Special lectures and demonstrations on Solid Waste Management, Eco Enzymes and how to make organic manure from Kitchen waste
- Swacchta awareness programs and rallies on "Say No to Plastic".
- Awareness Campaigns/Programs/lectures on Underground Drainage System
- Construction of Bio medical waste pit and Plastic Garden
- Tree plantation drives
- Distribution of Sanitary Napkins and Paper Bags

### **Field Experience**

A common sight or practice in the countryside of a developing country is people going out of their homes to defecate in the open. Generally, toilets are not constructed within premises due to a number of reasons. Some households are either not in a position to construct and maintain hygienic toilets, or do not have sufficient space to construct; or face a deficit water for cleansing. It is realised that

behavioural changes in the society about healthy sanitation practices are needed to achieve the cleanliness mission goals. Hence, emphasis should be laid on conducting specific awareness generation programs, and community engagement in the reform process. The key element of Swachh Bharat Summer Internship particularly in the context of rural areas is a shift from conducting cleanliness drives to engaging the community in cleanliness services by triggering a behavioural change at community level. It is envisaged that this will enable communities to talk about personal hygiene, waste management and sustainability. The importance is also laid on accomplishing multiple levels of initiatives and engaging people to ensure that they start following the above mentioned practices in their daily lives.

Also, many people would tend to return to old practices. To make Swachhta drives sustainable, monitoring and spot-checking is required. Motivating volunteers to check the condition of sanitation, and offering them good incentives is necessary. For a behavioural change of the society, a trained workforce is needed that can trigger communities. This involves taking the community through a participatory process of self-analysis where people are informed about the ill-effects of inadequate sanitation and how it can adversely affect human life if proper facilities are not used. Another problem is the presence of open ponds (water pools) in rural and semi-urban areas along road corridors. Besides, many persons are also left behind from among the beneficiary community. Local administrative bodies should try to identify such groups so that these have access to adequate sanitation. Proper facilities for disposal of excreta should be created. People begin to use toilets but the faecal material goes untreated which harms the environment. Other usage-related challenges include: tackling cultural and mind-set issues, providing water in rural areas, addressing the problem of small and dingy toilets, stigmas associated with pit- emptying, and making-male use toilets. With emerging concerns on large quantity of waste being produced both in areas solid and liquid form, the concept of waste management becomes one of the key focus area of sustainable development principles. The quantities of solid wastes are increasing and if the wastes are disposed in an uncontrolled manner these may cause adverse impact on public health and environment. Hence these wastes need to be managed efficiently so as to safeguard public health and environment. In order to improve the quality of life of the rural population, environmental sanitation needs to be improved.

**VILLAGE WISE REPORTS**  
**VILLAGE DHANAS (CHANDIGARH)**

**A. Information, Education and Communication (IEC) activities**

<b>S No:</b>	<b>Activities Done</b>	<b>No. of hours spent</b>	<b>No. of people sensitised</b>
1.	Door to door awareness campaign for Swachh Bharat and meeting with ex-Sarpanch of the village (since there is no sitting sarpanch)	6-7	350(approx)
2.	Awareness Lecture in Computer Learning Centre for Women on Swachhta and Skill Development	2.5	30-40
3.	Lecture on Menstrual Hygiene and installation of Sanitary Napkin Box in Sehajot School, Dhanas.	3	90-100
4.	Visit to Balwadi for ensuring clean and healthy meals for children.	2.5	30-40
5.	Educational interaction and Yoga session in Anganwadi	4	90-100
6.	Health and Hygiene related awareness through Health Camp	6	120-150
7.	Interaction with shopkeepers and school children on Beat Plastic Pollution, 4R's and Segregation of Waste.	8-9	250-300
8.	Afforestation drive for Clean and Green India.	4-5	100-150
9.	Awareness rally on Swachhta Hi Seva	5	150-200
10.	Wall Painting on the theme of Water Conservation	15	150-200
11.	Lecture on the importance of combating Indoor Pollution.	3.5	100-150
12.	Lecture on Mushroom Cultivation	3-4	200-250

## B. Solid Waste Management (SWM) related activities

S No.	Activities Done	No. of hours spent	No. of people sensitised
1.	Street and Park Cleaning and Solid Waste Management	8	200-250
2.	Waste Segregation at Source and Collection Drive	6-7	300(approx)
3.	Construction of Compost Pits	3-4	130-150
4.	Screening of movie Cleanliness, Afforestation and Waste Segregation and administration of Swachhta oath	2.5	150-160

## A. INFORMATION, EDUCATION AND COMMUNICATION (IEC) ACTIVITIES

### ACTIVITY 1 : Door to door awareness campaign

**NO. OF PEOPLE SENSITISED:** 350(approx.) **NO. OF HOURS SPENT:** 6-7 hours

#### Objectives:

- To conduct an interaction with the village ex-sarpanch
- Exploring the village so as to find what the state of the village was and what all was required to be done for improvement.
- Mobilising support for the noble cause of Swachh Bharat, Plastic Free India and Water Conservation through a door to door awareness drive so as to make it a JAN ANDOLAN.

#### Spreading Awareness Regarding:

- Segregation of waste into biodegradable and non- biodegradable.
- Minimising the use of plastic
- Hygiene and Sanitation; in particular Menstrual Hygiene related awareness
- Checking for stagnant water in houses.
- Special focus on the need to conserve the dwindling water resources through sustainable practices.



**Methodology:**

A) The day began with a fruitful meeting with the ex-sarpanch of the village who gave a brief insight to the interns into the nooks and corners of the village and also gave the whereabouts of various important places in the village like the school, dispensary, anganwadi, balwadi etc. The interns, in turn explained with great zeal the entire bureau of activities lined up across the period of the internship, to which the ex-sarpanch gave his full approval and expressed his satisfaction.

The valuable advice of the sarpanch was humbly accepted and his views on the problems faced by the village were also recorded. The assurance of full support from him, filled the interns with gratitude.

B) Then the interns conducted a door to door survey through the medium of a questionnaire in order to figure out the residents' approach towards cleanliness and water conservation. They also interacted with shopkeepers to understand the extent of cleanliness maintained by them. Thereafter, the interns enlightened them with all the best practices that must be adopted to achieve the best results.

- For example- By citing real life success stories of a village in Vellore, Tamil Nadu where a few women with their concerted efforts were able to revive a river.
- Scrutinising houses for any stagnant water collected in flower pots, coolers etc. and apprising them of how these could become breeding grounds of malarial parasite.
- Making sure that each house had two separate dustbins by conducting an inspection and explaining them the difference between dry and wet waste by giving examples so that they can segregate waste with ease.

**Outcome:**

- Most of the people in the village said that they made efforts to segregate their waste into dry and wet, however after inspection it was found that they were not really aware of the distinction between dry and wet waste. A few households did not follow the practice of segregation despite repeated attempts of the

administration. So, our drive aimed at mobilizing people to segregate waste at the source itself.

- People were quite receptive of the fact that plastic causes pollution and also showed willingness to switch over to the eco- friendly goods on the insistence of the interns.
- The door to door appeal of the interns to use the elixir of life i.e. water, judiciously and stressing on the efforts made by the government through the establishment of a separate ministry ( JAL SHAKTI MINISTRY), thereby highlighting the grave criticality of the issue, found much support among the masses and they gave full assurance that they would use water wisely and in turn make others do the same.
- The village is well-equipped with most of the basic facilities. But the need of the hour is to ensure proper and sustainable management of these resources. There is a need to monitor the proper implementation and running of all these institutions to ensure the greatest good of the greatest number.



Meeting the ex-sarpanch

## Sample Questionnaire of the Survey

SWACHH BHARAT SUMMER INTERNSHIP 2.0 , DHANAS, CHANDIGARH

MCM DAV COLLEGE FOR WOMEN, SECTOR 36-A, CHANDIGARH

### QUESTIONNAIRE

NAME:

HOUSE NO. 47

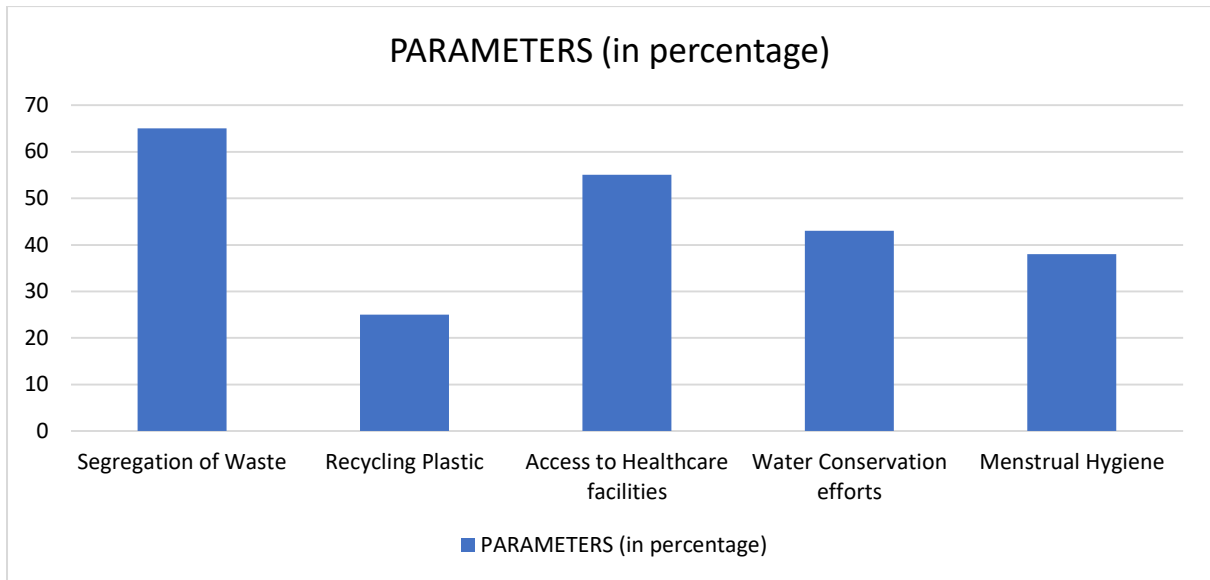
CONTACT:

NO. OF MEMBERS: 6

- \* How do you dispose-off your waste? We segregate it into wet waste and dry waste
- \* Do you segregate it into biodegradable and non- biodegradable? Yes
- \* Do you have toilet at your place? Yes
- \* Do you have proper access to health facilities, doctors, dispensary etc. at all times? Yes
- \* Are you making efforts to reduce or recycle plastic and how? Yes, we use cloth bags or jute bags instead of plastic bags while going to market.
- \* Is there any stagnant water at your place? No, we clean our waters everyday.
- \* What steps do you take to protect yourself from mosquitoes? In coolers, we change the water everyday and we don't use it in monsoon.
- \* Do you use sanitary napkins? If yes, how do you dispose them? Yes, we wrap it in a polythene and throw it in the dustbin.
- \* Don't you think water conservation is the need of the hour? What measures do you take to save water? Yes, we try to close taps when not in use and tell our neighbours also to not waste water if they are doing so.



**The Following Data Was Compiled from the Survey in Dhanas**



Door to door survey



Interaction with shopkeepers



Sensitizing students towards clean and green India

**ACTIVITY 2 :** Awareness Lecture in Computer Learning Centre for Women on Swachhta and Skill Development

**No. of People Sensitised :** 30-40      **No. of hours spent:** 2 Hour 30 mins

**Objectives:**

- Awareness generation regarding importance of Skill Development
- Motivate the women to keep pursuing it
- To deliver the message of swachhta and water conservation.

**Methodology:**

- Dhanas has a Training Centre for Women (housewives, school and college students) in the Community Centre of the village on the lines of the government's SKILL INDIA PROGRAM. Women there are taught computers, sewing, stitching etc. under the guidance of an expert mentor.
- The interns delivered an eye-opening session to the ladies assembled there. They threw light upon how the Skill India programme was aimed at making them self- reliant by wisely utilizing their idle time in order to earn an income and become independent.
- Thereafter, the interns also passed on the message of swachhta, water conservation, menstrual hygiene and to minimize and recycle plastic. They gleefully participated in the activities with the ladies and were also enriched through this session.

**Outcome:**

All the ladies participated enthusiastically in the discourse and showed the desire to know more about the government's SKILL INDIA initiative. This indeed carried forward a very important message to the masses. The ladies in the training centre felt a sense of empowerment after the session which was visible in the charm of their smiles.



## Interns at Computer Learning Centre





**ACTIVITY 3:** Lecture on Menstrual Hygiene and installation of Sanitary Napkin Box in Sehajjot School, Dhanas.

**No. of People Sensitised :** 90-100      **No. of hours spent:** 3 Hour

**Objectives:**

- To make the school girls aware of the significance of maintaining menstrual hygiene
- Encourage them to not be shy about sharing their issues related to menses.
- Teaching them proper disposal of sanitary napkins
- Encourage attendance to school during these days

**Methodology:**

- The interns conducted a Menstrual Hygiene drive in Sehajjot Public School in Dhanas. They first had a one to one meeting with the principal of the school who was more than happy to have the interns deliver a lecture to the girls and also welcomed the interns' proposal to install a SANITARY NAPKIN BOX in the school premises under the supervision of the teachers to be given to the girl students in case of an emergency.
- The interns delivered a lecture to the girls of classes 6,7,9 and 11 in the most lucid and comfortable manner so as to prompt them to speak out and share their views on the matter. The girls were told about- the correct method of disposing the sanitary napkins and the way to maintain hygiene and sanitation during the menstrual periods. The interns also guided the students to intake nutritious food and to do warm water compression in case of menstrual cramps.

**Outcome:**

- The principal of the school expressed her happiness at the initiative taken by the SBSI 2.0 DHANAS team of MCM DAV COLLEGE FOR WOMEN and the girls of the school gave their best wishes to the interns for their future ventures.

The lecture helped the girls become fully literate about menstrual hygiene and further spread awareness regarding the same amongst others. Above all, this initiative would help increase the attendance of girls to schools, for they would be sure of the availability of sanitary napkins during their menstrual periods



Interns delivering lecture on menstrual hygiene



Installation of sanitary napkin box

#### **ACTIVITY 4: Visit to Balwadi for ensuring clean and healthy meals for children**

**No. of People Sensitised : 30-40      No. of hours spent: 2 Hour 30 mins**

##### **Objective:**

- Visiting the balwadi and checking the conditions under which food is prepared for the mid-day meals.

##### **Methodology:**

The day started with a visit to the BALWADI to check the conditions under which food is prepared for the children for mid-day meal. The initiative of mid-day meal, started by the government has registered great success by shooting up the attendance of students. With the intent of giving a push to this fair initiative and also to ensure a healthy and balanced diet to the kids, the interns inspected the kitchen to see if the food is prepared with proper hygiene and if nutrients are given to the children in proper proportion.

The interns also interacted with the staff members and asked them to wash their hands every time before preparing the meal and serving the meals to children.

##### **Outcome:**

- The delivery of the message of importance of healthy cooking went extremely well.
- The staff was highly receptive and totally agreed with the interns on the point that they were trying to make.
- Created awareness regarding the benefits of healthy meals to help the tender kids to grow as strong and healthy individuals.



Interns inspecting the kitchen (mid-day meal)

## **ACTIVITY 5: Educational interaction and Yoga session in Anganwadi**

**No. of People Sensitised : 90-100**

**No. of hours spent: 4 Hour**

### **Objectives:**

- Visit to the anganwadi.
- Conduct an ice breaking session with the caretaker ladies
- Educational interaction with the children
- Organizing a Yoga session

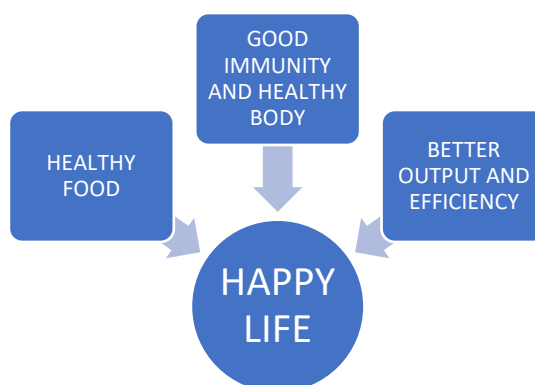
### **Methodology:**

The interns made a visit to the village anganwadi. The interns first built up a healthy interaction with the staff in the anganwadi who showed their interest by actively participating in the conversation that revolved around the importance of healthy lifestyle and clean and happy India.

The children at the anganwadi were full of enthusiasm and zeal. The interns played with the children and motivated them to recite poems the alphabets.

Then a YOGA SESSION was organized in which all the children participated. The children learnt yoga with full concentration. They were told about the benefits of various postures like TADASANA, TRIKONASANA, SHAVASANA etc. and that yoga should become a part of their daily lives. The students were very happy with this session.

### **The following relationship was stressed upon:**





**Outcome:**

- This activity brought about greater sensitivity amongst the anganwadi workers.
- They assured greater care towards the health and development of the budding generation.
- The kids too enjoyed the activity thoroughly and showcased their interest by correctly learning the names of the asanas.



Interaction with kids at Anganwadi

## **ACTIVITY 6: Health and Hygiene related awareness through Health Camp**

**No. of People Sensitised:** 120-150

**No. of hours spent:** 6 Hour

### **Objectives:**

- Interaction with the doctor in the village's Health and Wellness Centre.
- Spreading awareness among the local people about importance of health.
- Enlisting the benefits of Homeopathic medicine through the means of a health camp.

### **Methodology:**

The interns visited the village's Health and Wellness Centre and tried to find out from the doctor all the health issues faced by the residents of Dhanas. They tried to figure out if all the facilities were available in the centre and if proper funds were being allocated to them.

The interns organized a health camp in the village wherein doctors of homeopathy were invited. They interacted with the patients about various diseases in today's era which are caused by sedentary lifestyle and unhealthy eating habits. They also told them about the chemicals which are used to manufacture food nowadays and how it causes fatal diseases and eventually cancer. The interns made them understand the benefits of homeopathy and that it has no side-effects.

### **Outcome:**

- The gathering became aware of the various hazards to their lives that might lead to life threatening diseases if not cared for.
- The doctors gave free medical check-up to the people and prescribed homeopathic medicines.
- Proper focus laid on the segregation of waste in the village dispensary.



## Organized Health Checkup camp



## **ACTIVITY 7: Interaction with shopkeepers and school children on Beat Plastic Pollution, 4R's and Segregation of Waste.**

**No. of People Sensitised :** 250-300

**No. of hours spent:** 8-9 Hour

### **Objectives:**

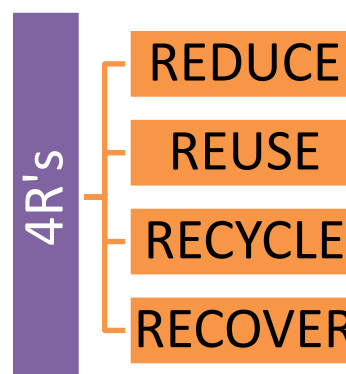
- Delivering a lecture to the students of Saraswati Public School on the importance of segregation of waste and recycling plastic.
- Acquainting the students with the demerits of using plastic bags and how it harms the environment.
- Teaching them the art of making newspaper bags with ease at home.
- Distribution of newspaper bags in the village's shops.

### **Methodology:**

PLASTIC POLLUTION has emerged as a great menace to the healthy sustenance of the environment. So, the need of the hour is to spread awareness regarding all the troubles that it poses and the means to shift to an eco-friendly disposal of the same by adopting the strategy of the 4R's.

To carry forward this message, the interns made a visit to 'Saraswati Public School', Dhanas and conducted a lecture on the harmful effects of plastic and the ways to deal with it. They addressed the students and apprised them of how plastic waste was emerging as a grave threat. The students were motivated to share anecdotes of how they helped save the environment by opting for cloth bags etc. instead of polythene when going out for shopping.

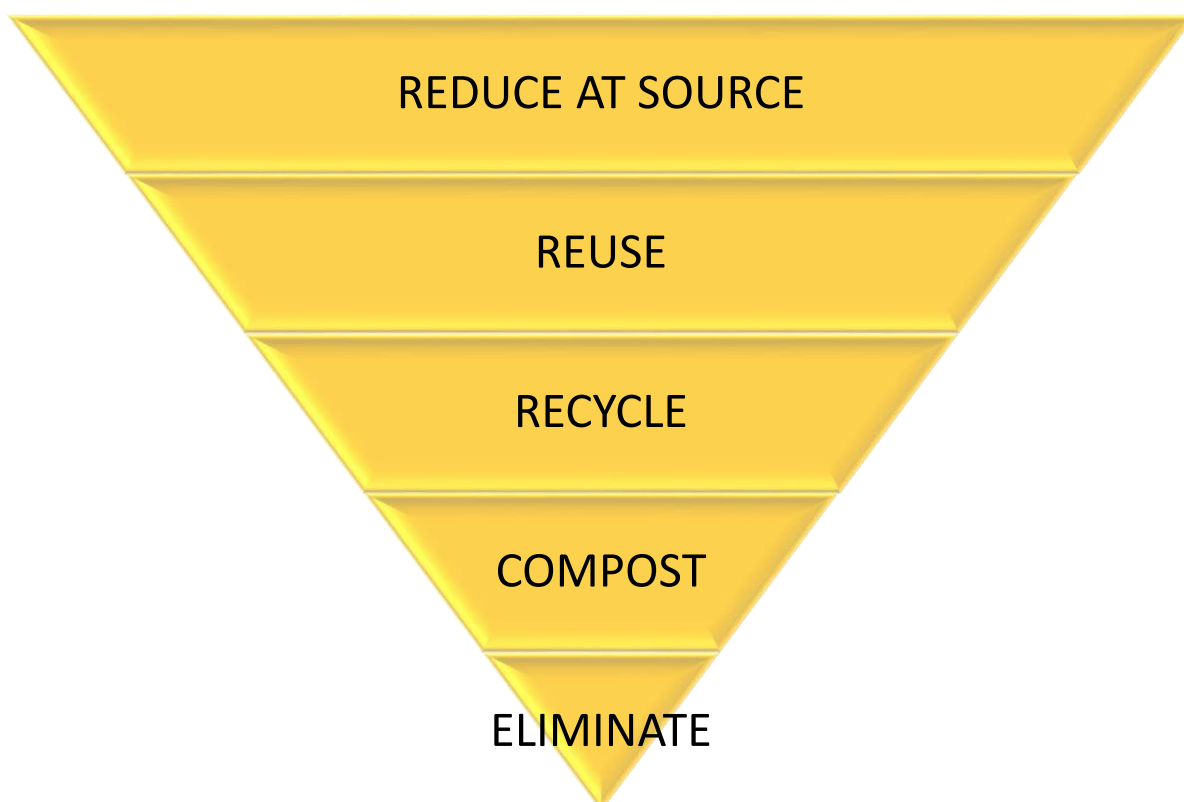
The interns also laid great emphasis on practicing segregation of waste and focusing on the 4R's to deal with PLASTIC POLLUTION.



Next the interns conducted a session with students to teach them the art of making newspaper bags at home. All the children in the class made the newspaper bags themselves with the assistance of the interns.

Following this, the interns moved a step further and did their bit by organizing a drive conducted to distribute newspaper bags among the shopkeepers while also spreading awareness regarding phasing out of plastic waste through depictions on chart papers.

People were told to follow the top-down approach illustrated below:



**Outcome:**

- The students totally agreed with the interns on the concerns posed by plastic and the need to minimize it.
- They enjoyed the activity on making newspaper bags and vowed to teach the same to their family members and pursue them to use it.
- The shopkeepers too showed willingness to gradually shift to the eco-friendly newspaper and cloth bags.





Lecture on Segregation of Waste



Awareness drive for use of Paper Bags

## ACTIVITY 8: Afforestation drive for Clean and Green India

No. of People Sensitised : 100-150

No. of hours spent: 4-5 Hour

### Objectives:

- Planting trees as a part of the afforestation drive.
- Generating awareness among people regarding the importance of plants and harmful effects of cutting trees.
- How growing trees adds aesthetic value to the surroundings and imparts peace of mind.

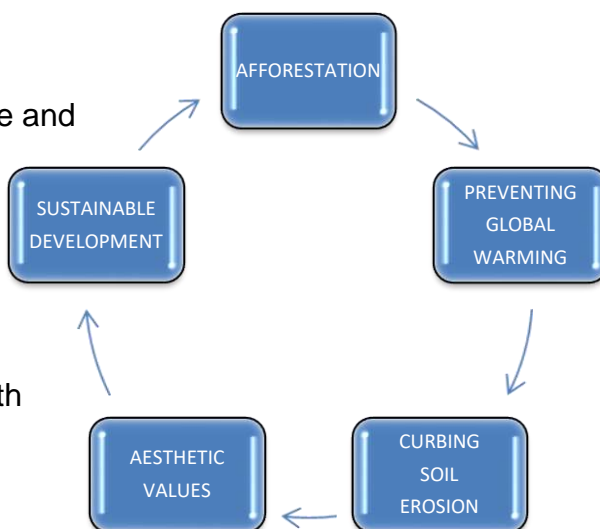
### Methodology:

In today's era of increasing global warming and the plaguing threats of climate change, the importance of afforestation has increased manifold. The interns took note of this grave situation and made efforts towards a CLEAN AND GREEN INDIA by starting from the village level.

The day started with the visit to the BALWADI. The interns planted saplings in the ground near the balwadi with the ladies present there. The people were enthusiastic and gave their full cooperation in the activity. The people were made aware about the significance of growing trees and all the benefits that they give to mankind. The interns enlightened the gathering about how trees help in carbon sequestration during a time when air pollution is on the rise. Trees were also planted by the interns in a nearby park with the local children and the gardener. The interns threw light on the example set by "CHIPKO MOVEMENT" and encouraged the community to adopt a similar stance for their own good.

### Outcome:

- A feeling of realization struck the people and they resolved to save the environment.
- They promised to look after the saplings and water them regularly.
- The environment was better-off now with greater greenery adding to its beauty.







## Afforestation Drive



## **ACTIVITY 9: Awareness Rally on Swachhta Hi Seva**

**No. of People Sensitised :** 150-200

**No. of hours spent:** 5 Hour

### **Objective:**

- To take out a rally in the village to spread awareness regarding cleanliness, plastic free India and efforts towards water conservation.

### **METHODOLOGY:**

A rally was taken out by the interns along with the locals in the village, giving the message that one should live in a clean and waste-free environment. People of all age-groups participated in the activity with great show of interest and zeal. The slogan shouted by the interns was "GANDAGI KO DOOR BHAGAO, BHARAT KO SWACHH BANA O". It conveyed the message that India will become tidy, healthy, clean and green only if our environment is kept filth free and pollution free.

### **OUTCOME:**

- The slogans shouted by the people reverberated far and wide.
- Maximum people were brought into the ambit of the motive of SWACHH BHARAT SUMMER INTERNSHIP 2.0



Swachhta Awareness Rally

## **ACTIVITY 10: Wall painting on the theme of Water Conservation**

**No. of People Sensitised :** 150-200

**No. of hours spent:** 15 Hour

### **Objectives:**

- To make a wall painting in order to draw attention to the indispensable issue of water conservation.
- To spread the message of sustainable and judicious use of the elixir of life i.e. water.
- Work for the beautification of the village Community Centre while delivering the educational message.

**Location of Wall Painting:** Wall of Community Centre

### **Methodology:**

Today India has become a water stressed nation. The freshwater resources in the country are dwindling at a rapid pace. There is an increasing water crisis faced by the citizens of our country so much so that people have to travel miles together to fetch water, and the sad reality is that this drudgery is mostly born by the women in our society. The issue has taken such a critical turn that the government has opened a new ministry named "Ministry of Jal Shakti" which is a combination of "Ministry Of Water Resources, River Protection And Ganga Conservation" and "Ministry Of Drinking Water And Sanitation" to augment the efforts to conserve water.

With the above notion, the interns decided to revolve the theme of their painting around WATER CONSERVATION. The location of Community Centre for the painting was chosen with due consideration of the fact that it houses the Balwadi, Computer Training Centre, Health and Wellness Centre and Gram Sampark Centre. Hence, it enjoys a high footfall which fulfils the primary aim of delivering this noble message to the maximum population.

The picture painted by the interns is highly thought provoking and depicts a helpless water droplet, urging people to save it. The painting illustrates slogans like "JAL HI JEEVAN HAI" and " MAT KARO MUJHKO BARBAD, ITNA TO TUM RAKHO YAAD, PYASE HI REH JAOGE, MERE BINA NA JEE PAOGE".

## Outcome:

- A step taken in congruence with government's initiative to spread the message of water conservation far and wide.
- Since the painting is made in the community centre which has a great number of visitors, it will attract the attention of the maximum people.
- It will have a great influence on the people due to its impactful messages and will encourage people to conserve water.
- Beautification of the community centre.



Wall painting on the theme: Water Conservation



## **ACTIVITY 11: Lecture on the importance of combating Indoor Pollution**

**No. of People Sensitised :** 150-150

**No. of hours spent:** 3 Hour 30 Minutes

### **Objectives:**

- To deliver a thought-provoking lecture on air purifying plants which help to reduce indoor pollution.
- To show videos on how to combat indoor pollution.

### **Methodology:**

Indoor pollution is the pollution which is caused by the emission of harmful and carcinogenic gases like lead, arsenic, formaldehyde, tobacco smoke, radon, benzene, toluene etc. inside the home. Their sources are shampoos, detergents, aerosol sprays, fumes emitted by stoves etc. This pollution is considered more harmful than outside pollution. It causes fatal problems like asthma, bronchitis, cancer etc.

For a 'SWACHH BHARAT', the task first begins at home, so with this intention the interns along with their resource person from MCM DAV COLLEGE FOR WOMEN conducted the lecture on Air Purifying Plants which are recommended by NASA to combat indoor pollution. The name of the study done by NASA is "A study for interior landscape plants for indoor air pollution abatement". The gases they chose were benzene, trichloroethylene, formaldehyde and toluene. The lecture was organised in 'Government Model Senior Secondary School, Dhanas'. The students were told that there are certain plants which not only add to the beauty of the house but also help also help in controlling the growing level of indoor pollution. The students were shown various plants through a power point presentation and the interns also screened a documentary showing various uses of the plants and what gases they absorb.

Towards the end, the interns put up a question answer round on the lines of the lecture delivered to which the students gave wonderful answers by freely expressing their views.

**Different types of air purifying plants are:**

<u>NAME OF PLANT</u>	<u>DETAILS</u>
<b>Aloe-Vera</b>	Likes sunlight, removes benzene and formaldehyde, non-toxic to cats and dogs
<b>Snake plant</b>	Likes sunlight, removes benzene, formaldehyde, trichloroethylene and toluene, toxic to cats and dogs, emits oxygen at night
<b>Banana</b>	Removes formaldehyde, non-toxic to cats and dogs
<b>Spider plant</b>	Does not need much care, removes formaldehyde and toluene, non-toxic to cats and dogs
<b>Devil's ivy (money plant)-</b>	Removes benzene, formaldehyde and toluene, toxic to pets
<b>Peace lily</b>	Removes benzene, formaldehyde, trichloroethylene and toluene, toxic to pets

**Outcome:**

- Indoor pollution is at its peak nowadays so these air purifying plants are a good method to solve this problem.
- Awakening of the students to the need to combat the threat of indoor pollution and the determination to spread the message forward.
- Not only saving the environment from harmful emissions but also decorating the house.
- Provides a healthier and cleaner air to breathe-in.



Lecture on Combating Indoor Pollution

## ACTIVITY 12: Lecture on Mushroom Cultivation

No. of people sensitized: 200-250

No. of hours spent: 3-4 hours

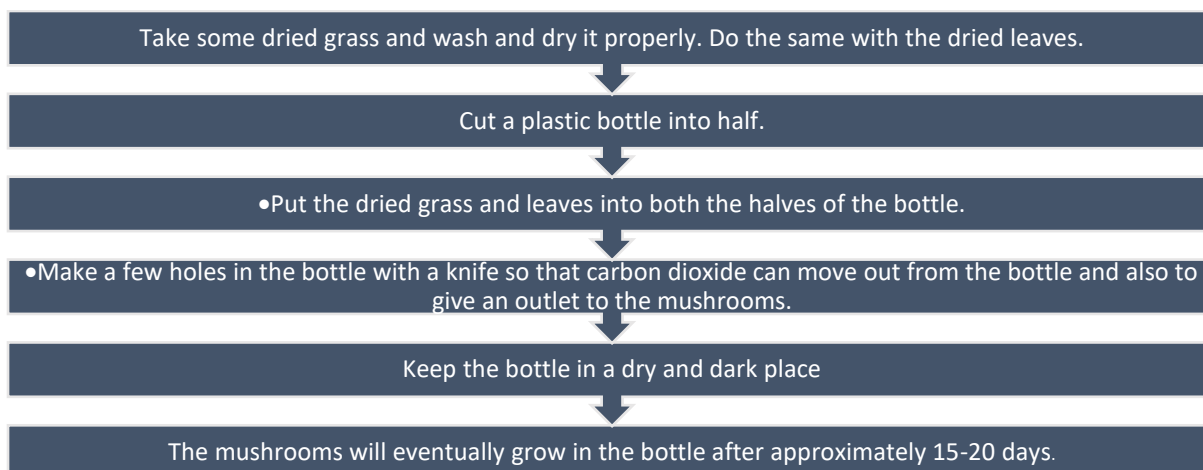
### Objectives:

- Delivering a lecture through demonstration of mushroom cultivation and to highlight its commercial significance to the local people and also showing them practically how to cultivate mushrooms at home.
- To encourage healthy and organic food.

### Methodology:

Mushrooms are a very rich source of fibre, proteins and vitamin B and D. Moreover, in today's era, when the use of chemical fertilisers and pesticides in the food poses a major threat to the health, it becomes extremely important to shift to healthier and organic farming practices. So, keeping health and alternate source of income in mind, a lecture on mushroom cultivation and its commercial significance was organized in the community centre of the village with the help of the teachers of Micro Food Technology Department of MCM DAV COLLEGE FOR WOMEN. The purpose of this lecture was to make the ladies who remain at home, aware of a means of livelihood and a productive use of time. The team from the college demonstrated mushroom cultivation to the gathering with all the required material. The ladies were acquainted with an easy and cheap method of cultivation at home. An Audio Visual on mushroom cultivation was also shown to the locals of Dhanas.

### Steps of Cultivating Mushrooms Organically:





**Outcome:**

- The mushrooms that will grow in the bottle organically are three to four times more nutritious than the button mushrooms.
- Besides catering to the health, it also becomes an excellent source of income for the ladies.



## **B. Solid Waste Management (SWM) related activities**

### **ACTIVITY 1: Street and Park Cleaning and Solid Waste Management**

**No. of People Sensitized:** 200-250

**No. of Hours Spent:** 8 hours

#### **Objectives:**

- To encourage cleanliness of surroundings
- Urging the community to not to litter their surroundings.

#### **Methodology:**

During inspection, the interns were taken aback by the poor state of cleanliness in the village park which is an area of recreation. So, the interns started on their spree to clean the premises of the park. They engaged the locals in their efforts and cleaned the park off all its filth. The plastics packets were thrown away in the blue bin and the wet waste was thrown in the green bin.

The local people were also told about the importance of keeping their surroundings clean as it provides a beautiful aesthetic sense and also curbs the breeding of mosquitoes which further prevents the spread of infectious diseases like dengue and malaria.

The interns also undertook the cleaning of streets in the village and spread the message of SWACHHTA among the masses.

#### **Outcome:**

- Encouraging people to pick up a broom to come out in support of the nature as an act of duty.
- Enlightenment of citizens.
- Restoration of the pristine beauty of nature.





Park and Street Cleaning

## ACTIVITY 2: Waste Segregation at Source and Collection Drive

No. of People Sanitized: 300(approx.)

No. of Hours Spent: 6-7 hours

### Objectives:

- Segregation of waste at source into Wet and Dry Waste.
- Awareness generation regarding Solid Waste Management

### Methodology:

As India's population is constantly increasing, the amount of waste generated is also increasing by enormous amounts. In such a situation, the management of waste becomes a priority that needs to be addressed on a war-footing. The interns carried out a door to door waste collection drive and segregated the waste into biodegradable and non-biodegradable waste. The waste was collected from various households and people were also made aware of the distinction between wet waste and dry waste through the means of examples for each category. They were also told that dry waste is collected in blue bin and wet waste in green bin. The interns highlighted the benefits of segregating waste.

### Outcome:

- Proper management of solid waste.
- A step-forward towards the correct disposal of waste after proper treatment.
- Prevention of diseases and the harm caused to the environment.
- Dispensation of the knowledge of wet and dry waste.
- Waste segregation at source.



Waste collection while encouraging segregation at source



### ACTIVITY 3: Construction of Compost Pits

NO. of People Sensitized: 130-150

No. of Hours Spent: 3-4 hours

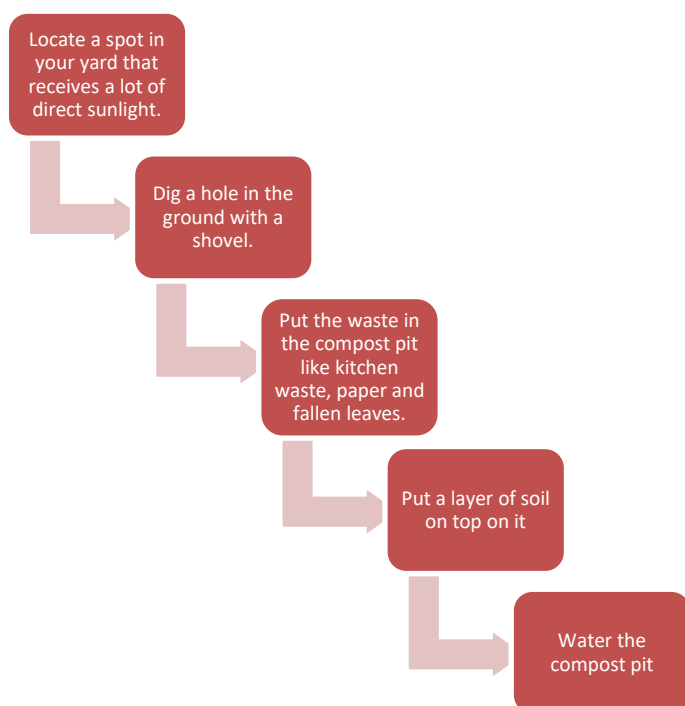
#### Objectives:

- To dig a compost pit
- Spreading awareness regarding composting and its advantages
- Proper management of wet waste

#### Methodology:

Compost is an organic matter that can be decomposed by a process called composting. This process recycles various organic materials which are otherwise regarded as waste products in order to produce a soil conditioner. The interns took a brilliant initiative under SBSI 2.0 to dig a compost pit in the 'Government Model Senior Secondary School, Dhanas' with the students. The students were first acquainted with the meaning and benefits of composting and then the interns collected wet waste, that is, vegetable and fruit peels from the households and the school itself. The compost pit was filled with dry leaves, cow dung, wet waste and then covered with soil. The students showed great enthusiasm in the ACTIVITY and also helped the interns in making it a success.

#### The following steps were enumerated on composting:



#### Outcome:

- It produced organic manure which minimized the use of chemical fertilizers and makes the soil fertile.
- It also helped to decompose the waste products which in turn keeps the surroundings clean, thereby mitigating the challenge of waste disposal.
- It encouraged segregation of waste.
- Students participated eagerly in the activity.



Lecture on compost pit creation



Digging of compost pit



Wet waste in compost pit

#### **ACTIVITY 4: Screening of movie on Cleanliness, Afforestation and Waste Segregation and administration of Swachhta oath**

**No. of People Sanitized:** 150-160

**No. of Hours of Spent:** 2 hours 30 minutes

##### **Objectives:**

- Showing documentaries on the topics:
  - Cleanliness
  - Afforestation
  - Waste Segregation
- Administering the oath of cleanliness to the students.

##### **Methodology:**

Some of the critically important topics these days are cleanliness, waste segregation and afforestation, so the interns decided to show the children some documentaries on the above listed topics and visual display definitely has a greater positive effect on the minds of children.

These were shown to the students of Sehajot Public School. The students saw the documentaries with full concentration and imbibed the message communicated by the videos. The interns also asked questions after showing each documentary and the level of understanding showcased by the students through their answers was brilliant.

The interns apprised the students of the benefits of planting trees, saving water and keeping the surroundings and our environment neat and clean. They also told them the strategies of waste segregation by telling them the significance of green and blue dustbins and also explaining the distinction between wet and dry waste.

Towards the end of the session, the interns administered the PLEDGE OF SWACHHTA to the students wherein the students vowed to keep their environment clean and also to educate other people regarding cleanliness whenever they saw somebody littering their surroundings. In the end the interns also distributed chocolates among students who gave the answers in order to motivate them.



**Outcome:**

- The students were sensitised towards the conservation of the environment.
- The oath was taken by the kids with great fervour.



Movie Screening on Afforestation, Solid Waste Management, Water Conservation



Administration of Swachhta Oath

**Details of Team Dhanas**

NAME	CLASS	PHONE NO.	EMAIL ID
<b>MUSKAAN LAMBA (Group Leader)</b>	BAIII (Economic Honours)	7347031310	musku.lamba@gmail.com
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<b>NEHA BARAK</b>	BAIII	7837020990	nehabarak10@gmail.com



**Certificate of Appreciation by the Councilor  
of village DHANAS, Chandigarh**

To Whomsoever It May Concern

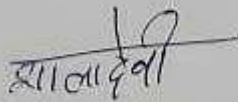
This is to certify the highly enthusiastic team of **MCM DAV COLLEGE FOR WOMEN, Sector-36-A, Chandigarh**, comprising of **MUSKAAN LAMBA, NEHA BARAK, DIVYA BANSAL, SHIWANI**, for having successfully completed their **SWACHH BHARAT SUMMER INTERNSHIP, 2019** under the aegis of Ministry of Jal Shakti, Ministry of Drinking Water and Sanitation and the Ministry of Youth Affairs and Sports. The students have worked diligently in village **DHANAS, Chandigarh** for a period of more than 50 hours.

The students conducted a slew of activities to further the aim of Swachh Bharat and to make this noble initiative a Jan Andolan. The following activities were conducted by the students:-

- Door to door awareness generation campaign for segregation of waste and beat plastic pollution.
- Separate collection of dry and wet waste.
- Commendable work done at village Anganwadi and Balwadiby conducting yoga sessions with students to encourage healthy lifestyle and an inspection of the hygiene and sanitation conditions in the kitchen (mid-day meal).
- Religious work done in Government Model Senior Secondary School, Dhanas; Saraswati Public School; Sehajjot Public School in the village by taking maximum students into the ambit of their swachhta mission. Installation of Sanitary Napkins box in Sehajjot School, Dhanas. Session on teaching students how to make paper bags in order to combat plastic pollution and stress on the importance of the 4R's.
- Lecture on Mushroom Cultivation conducted successfully to apprise the women in the village of organic method of mushroom cultivation and also an alternate means of livelihood.
- Lecture on Indoor pollution was conducted with great vivacity to enlighten the audience about the sources of indoor pollution and the means to combat them: by showing illustrations of certain plants that can be used to ameliorate the indoor environment.
- Street cleaning and park cleaning done religiously.
- Beautiful wall painting was done on the theme of Water Conservation in the village's Community Centre.
- Camp set up for free homeopathic treatment and awareness generation on the same.
- Documentaries shown to the school students on the theme of waste segregation, water conservation and afforestation followed by an interactive session.
- Construction of compost pits, afforestation drive, awareness rally saw enthusiastic participation of the locals.

All the above listed activities were conducted conscientiously by the students for which I express my deep satisfaction and happiness. I would like to congratulate the interns and wish them good luck in their future endeavours to carry the baton forward.

COUNSELOR, DHANAS

  
**SHEELA DEVI**  
COUNCILLOR (Ex-Dy. Mayor)  
Ward No. 5, Municipal Corporation  
Chandigarh

## VILLAGE BUTERLA (CHANDIGARH)

### A. Information, Education and Communication (IEC) Activities

S. No.	Activities Done	No. of hours spent	No. of people sensitized/ benefited
1.	Awareness Campaign (Segregation of waste into Biodegradable and Non-Biodegradable, Personal and Menstrual Hygiene)	8	150
2.	School Level Promotions of 3RS, Compost Pit, No-Littering through Rally and Session	2	150
3.	Swachta Mela (Primary School) on Local Waste Management Technologies	4	40
4.	Door to Door Survey of Household	8	240
5.	Wall Painting in Public Places	22	400
6.	Campaign on free Plastic Village.	2	90

### B. Solid Waste Management (SWM) Activities

S. No.	Activities Done	No. of hours spent	No. of people sensitized/ benefited
1.	Collection of Waste from household and shared spaces	4	90
2.	Segregation of solid waste into non-biodegradable waste	1	
3.	Development of compost pit	2	8
4.	Cleaning of streets, parks and other back alleys	15	200
5.	Mushroom cultivation with the waste	2	40
6.	Plastic Waste prevention		

### C. Other Activities

S. No.	Activities Done	No. of hours spent	No. of people sensitized/ benefited
1.	Session on hand wash	2	35
2.	Disposable gloves are distributed to promote Hygiene cooking.	2	100
3.	Distribution of Organic bags to promote the use of paper or cloth bags	4	100
4.	Tree Plantation	4	
5.	Other Activities(Meeting with village councilor, yoga session and Annaprashan Day)	4	
6.	Meeting with the village Sarpanch		

## **ACTIVITY 1: Door to door meeting (Segregation of waste, Waste disposal)**

**No. of people sensitized:** 240

**No. of hours spent:** 8

Door-to-door visits were planned to make residents aware about the harmful effects of using plastic, the benefits of personal hygiene and clean locality. The campaigning about female hygiene and sanitation was done to create awareness among the teenagers and ladies. The main purpose of this door to door visit was to improve their lifestyle and health. In our interaction with residents, we came to know that most of the houses do not maintain proper sanitation, so we came up with the idea of conducting door-to-door visits to help improve the situation.

### **Objectives:**

1. To understand sanitation related problems being faced by the people at a personalized level.
2. To provide information regarding maintaining proper sanitation and proper hygienic habits.
3. Providing the knowledge of Waste segregation and Waste disposal.
4. Providing the knowledge of compost pit.

### **Methodology:**

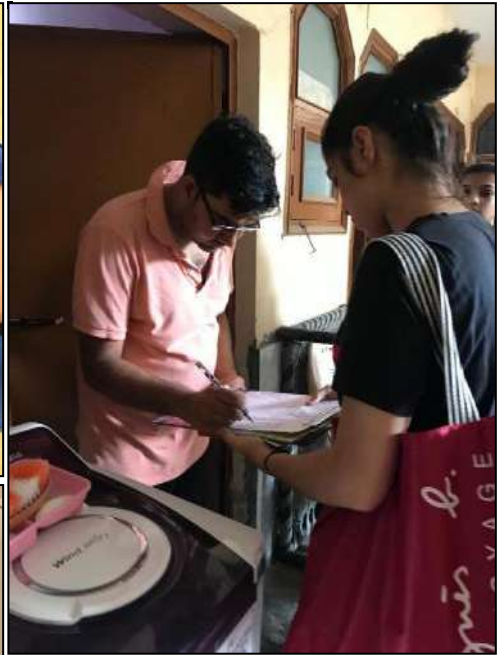
During such meetings we asked the residents, generally ladies to keep their houses as well as the outside area clean and not to dispose of garbage on roadsides and public places. On encountering males and females we encouraged them to take steps to keep their houses clean. We made tried explaining them the need to change water in cooler, storage tanks etc. frequently as it may lead breeding mosquitoes of flies. Our team mentioned the importance of using sanitary napkins. We urged the children to keep the public places clean and encouraged them to use dustbins.

### **Outcome:**

The personal interaction with residents helped us to understand the different problems being faced by them we suggested steps for prevention or eradication of their problem.



Door to door Survey to spread awareness about  
Segregation of waste and Waste Disposal





## **ACTIVITY 2: Cleanliness of streets, parks and back alleys**

**No. of hours spent:** 15

**No. of People Sensitized:** 200

The muddled streets of the village surely called up for some for cleanliness drives, and hence our team decided to spend a few hours brooming the streets which was accompanied by the active participation of the residents. The village streets had trash and debris accumulated at the corner of the street roads which was then cleaned by the volunteers. Main target was to clean the park.

### **Objectives:**

- 1) To create clean and safe surroundings for the residents to live in.
- 2) To prevent unhygienic environment related diseases.
- 3) To reduce the damage caused to the environment.
- 4) To prevent animals from chocking onto plastic waste discarded on the streets of the village.

### **Methodology:**

The team planned a series of cleanliness events to be undertaken for cleaning up the streets. Then we took due permission from the village councilor to provide assistance in arranging the required material such as broomsticks and other equipment. Each team then took up a street or a park and with the guidance of the Buterla Councilor and the street sweeper, the team began working upon their corresponding street. The onlookers who were initially baffled with the idea of us cleaning the streets for them, later joined us for the same with full enthusiasm. There was a sense of connected all of us working together. After cleaning up the streets our volunteers spread the message of how littering around could actually be disadvantageous for us and discussed tips for clean maintenance of the streets and parks such as to look for recyclable waste containers and use them in case they need to throw recyclable items away, or not leaving cups, plates and plastic food wrappers scattered around in the park. After cleaning the park, the waste was segreted.

### **Outcome:**

The residents felt a lot more comfortable and confident of their surroundings after the cleanliness drive organized was by our team.



स्वच्छ भारत , स्वस्थ भारत



### **ACTIVITY 3: Plastic waste prevention**

**No. of hours spent : 6**

**No. of people sensitized: 90**

The primary objective of this activity is to identify the challenges and barriers for reducing plastic waste in mixed waste and residual waste streams, thereby preventing and recycling of plastic waste for which the volunteers came forward with unique ideas of reusing such plastic waste. It was explained that this was the responsibility of villagers to segregate the waste into dry waste and wet waste, so their disposal becomes easy and safe. The need of caring and maintaining cleanliness was explained to them. We also demonstrated them the use of wet waste by growing edible mushrooms in their kitchen gardens, which would help them to earn additional income. It would also help to reduce wet waste generation.

#### **Objectives:**

1. Diverting waste plastic from the residual waste going to incineration (creating a carbon neutral energy source) and landfills.
2. Spreading awareness about the ways in which plastic artefacts can be reused.
3. Demonstrating usage of plastic gadgets such as plastic bottles for planting trees.

#### **Methodology:**

The volunteers observed that plastic waste had the maximum percentage out of the total waste generated by the households and shops. Plastic being non-decomposable in nature, it became a moral obligation of the volunteers to teach the residents how plastic could actually harm the environment. So our team decided to conduct a door-to-door survey spreading the knowledge of how plastic was actually harming the environment in unrevealed ways and how the residents could minimize the amount of damage being caused by the plastic waste which was discarded by them. The team members infused the ideas of how plastic waste discarded by them could be reused in incredible ways. One such way of recycling is to plant trees in the unused plastic bottles or practicing mushroom cultivation in those bottles. The volunteers also demonstrated how mushroom cultivation could be practiced in these discarded plastic bottles. The villagers later thanked us for sharing these ideas with them.

**Outcome:**

The problem of plastic disposal was minimized since people were now aware of how plastic can be reused and recycled in many incredible ways rather than just piling them in landfills.



Free village campaigns and Declaring of Plastic Free Zone



#### **ACTIVITY 4: Wall Painting of Public walls and Govt. buildings**

**No. of walls painted:** 6

**No. of hours spent:** 22

**Number of people sensitized:** 400 (Approx.)

With an aim to change not only the physical appearance of the street walls of Buterla village but also to spread social messages, our team came forward to restore the village walls by painting beautiful illustrations with social messages and under the Swachh Bharat project.

#### **Objectives:**

“Our mission is bilateral”.

1. Highlight the importance of clean surroundings through painting walls and also making artifacts accessible to the common folk.
2. Conveying the importance of clean public places and the responsibility to keep it clean for the visitors.
3. Paintings also helpful in the beautification of the village.
4. Spreading the awareness among people more effectively through visuals.

#### **Methodology:**

The condition of the village walls were agonizing. There was dirt all around. Hence we decided that it was time to stop turning a blind eye and actually make the effort to make a difference. And as they say actions speak louder than words our team gathered together and started with an aim to bring about a change in the public perception. We firmly believe that ‘if you paint a wall, people won’t deface something beautiful.’

The students selected different walls that needed to be restored, seeking permissions from the authorities. Once our volunteers were arranged they scrubbed down the walls and created their magnificent artwork.

A brief catalogue of the artwork we made include:

1. Slogans on Swachh Bharat inside the walls of the awaganwadi.
2. Creative art paintings on pillars of the anganwadi.

#### **Outcome:**

The spreading of social messages through the striking artwork created attracted spectator’s attention. These wall paintings also added to the beauty of the village.



### **ACTIVITY 5: Awareness drive with the students**

**Number of people sensitized:** 100

**No. of hours spent:** 01

Our team worked with the vision of enlightening the students about having clean, green and hygienic surroundings and bring about a change in the general quality of life quality of life in rural areas, by promoting innovative ideas for clean and green environment.

#### **Objectives:**

1. To make people aware of the continual damage caused to the environment and how one can change one`s actions to minimize this damage.
2. Spreading the knowledge of how living in a hygienic environment plays a major role in governing one`s health.
3. Beautification of the city by creating clean and green environment.

#### **Methodology:**

An awareness rally was organized by the interns of MCM DAV COLLEGE on Swachh Bharat Abhiyan. Many primary school students participated in the march to create awareness regarding cleanliness among local people. The mission of the rally includes educating people about the following areas:

1. Disposal of Dry and Wet waste
2. Clean schools, surrounding and play areas
3. Pure drinking water facilities
4. Use of dust bins
5. Proper hygiene and sanitation
6. Composite pits
7. Concept of 3Rs

Interns also had an interactive session with the villagers regarding cleanliness and also taught them certain ways in which people can actually implement in their daily lives. Interns also got support from nearby school staff members and students as they also accompanied them in the rally.







## **ACTIVITY 6: Solid waste management through Mushroom Cultivation**

**No. of hours spent: 2**

**No. of people sensitized: 40**

The idea of mushroom cultivation lays emphasis on creating awareness among people to take up mushroom cultivation as a side activity which serves the dual purpose of waste disposal as well as offering self-employment opportunity. The residents showed a keen interest in learning about this technique.

### **Objectives:**

1. To enlighten people about the rational methods of waste utilization involving locally available wastes.
2. To educate people about the mushroom growing techniques which is a significant tool for restoration, replenishment and remediation of Earth's overburdened ecosphere.

### **Methodology:**

Solid Waste Management through Mushroom Cultivation: The interns of MCM DAV College took initiative to organize a sessions for the villagers with the help of Dr. Sandeep Kaur and Dr. Vandana Sharma about the techniques of Mushroom Cultivation by making use of dry waste and waste plastics. Many people attended the session and showed great interest to learn this new skill. Anganwadi teachers from all across the village also came to participate in the sessions for learning the production of mushroom. They found this cultivation process very simple and economical.

### **Outcome:**

This idea impressed a lot of people since the people in the village did not have many sources of income and the thought of such an economical idea of mushroom cultivation yielding profits at a later stage tempted all.



## **ACTIVITY 7: Awareness lectures provided on Menstrual and Personal Hygiene**

**No. of hours spent:** 4

**No. of people sensitized:** 60

Menstruation has long been a taboo topic. The goal of menstrual hygiene management is to ensure that women and girls can manage their periods in a way that is not only healthy, but that it enables their full participation in school, work, and other activities. Sisters, mothers and teachers were the major source of information regarding menstrual problems. Therefore, it is recommended that teachers and parents could play an influential role in informing them about changes during adolescence, especially about menarche and other issues related to menstruation.

### **Objectives:**

1. To assess the status of menstrual hygiene management (MHM) among adolescent girls.
2. To increase awareness among adolescent girls on menstrual hygiene, build Self-esteem, and empower girls for greater socialization.
3. To increase access to and use of high quality sanitary napkins by adolescent girls in rural areas
4. To ensure safe disposal of sanitary napkins in an environment friendly manner.

### **Methodology :**

It is believed that teachers accompanied with the support of parents are the shapers of the future, so our team decided to target the anganwadi teachers and the parents of the children studying in those anganwadis. They were provided basic knowledge of the causes of menstruation and clearing the mist over all menstrual taboos and elucidating about all the menstrual problems one experiences because of the hormonal balances to curb and cure them. A video related to menstrual hygiene was also shown with the help of the projector. Also the volunteers distributed 60 packets sanitary napkins to participants.

### **Outcome :**

The listeners came to know about a lot of menstrual problems which they were unaware of and now after the lecture felt much more confident in this arena.



**Challenges faced :**

The people were reluctant to bring change, and females were uncomfortable and felt awkward talking about their personal hygiene.





## **ACTIVITY 8: Development of Compost Pit**

**No. of hours spent: 2**

**Number of people participated / benefited: 8**

### **Objectives:**

1. Informing the villagers about the benefits of composting for farming purposes.
2. Encouraging households to practice composting so as to have the availability of fresh and hygienic manure.

### **Methodology:**

It was difficult for us to find the area to develop compost pits. There was also a problem of transportation of wet waste from the households and market areas to the site of compost pits.

Composting was done in the backyard of the village's community center. Our volunteers got adequate support and assistance from the village councilor. The villagers actively supported us in the work and construction of compost pit.

### **Outcome:**

Those practicing farming were really encouraged by the idea of preparing their own economical manure in addition to eradicating the dilemma of waste disposal.



## **ACTIVITY 9: Screening of films / animated movies**

### **Objectives:**

To educate villagers and children about the importance of clean environment and to guide them to leading healthy and happy lives through educative videos about personal hygiene, hand wash, waste segregation and recycling of wet waste to make fresh manure by composting. The screenings of educative movies emphasized to follow clean practices in order to get rid of various diseases.

### **Methodology:**

The interns showed videos related to Menstrual Hygiene, Segregation of Waste, Waste Disposal, Development of Compost Pits and “Say No to Plastic”. Videos related to menstrual and personal hygiene showed to workers of anganwadi. They were shown the process of making sanitary napkins from cotton cloth and they were taught about the disposal of napkins in a proper manner and how to make newspaper bags for additional income. For this purpose, the women residing in the village were convinced by door-to-door visits and through conducting interior design with the anganwadi workers.

In these sessions, the target audience was anganwadi workers and the students of Govt. school



## **ACTIVITY 10:**

### **Session on No-littering, Three Rs, Compost pit and Segregation of waste**

**No. of hours spent:** 2

**No. of people sensitized/ benefited:** 40

It is the best medium to interact directly with the target audience for sensitising them on a particular problem. The play addressed some important issues such as - importance of cleanliness, compost pit, 3Rs, Segregation of waste and no littering.

#### **Objectives:**

The objective of our play was to spread awareness about the importance of adopting cleanliness, no littering, uses of compost pit, 3Rs etc. amongst the children of butrela. The aim of this performance was to highlight the social reality of cleanliness and put across our message of Clean and Green India.

#### **Methodology:**

Happy faces, best happy souls “.The saying was proved right with the exuberance shown by the students of the primary school during a session of Compost Pit. The team members were highly motivated on recognition of such an active participation of the students during the session. The students were taught about compost pits, waste segregation method , the 3 R's in a very playful and likeable manner and apart from this dramatic performances, the swachhta oath was also administered there.





## **ACTIVITY 11: Tree Plantation**

**No. of trees planted:** 50

**No. of people participated:** 20

**No. of hours spent:** 4

**Number of people sensitized:** 200 (Approx.)

The motive was to encourage people to plant trees in their locality because having more number of trees and plants in a particular area increases the immunity of that area to fight with greenhouse gases and purified air for breathing.

### **Objectives:**

1. To increase the plantation of trees and plants so as to reduce the greenhouse gases.
2. To spread the knowledge of advantages that trees offer to the residents.
3. Increasing forest cover of the area which would prevent soil erosion.
4. To increase the beautification of the city.

### **Methodology:**

To make the village of Buterla clean, green and beautiful, our volunteers took permission from the respective village councilor and decided to plant trees all around the village. Our team managed to arrange approximately 50 plants from college authorities and with the help and guidance of the Gardner which the village councilor arranged for us we started digging small holes in public parks and other areas of the village for their plantation. The process was tedious but it was accomplished with the help of dedicated manpower. Sometimes little kids came and helped us too.

### **Outcome:**

Our team planted the saplings of those type of plants such as neem (or name whatever plant you have planted) which can be later used by the residents for their benefit outcome.



## **ACTIVITY 12: Lecture on Proper way of Handwash**

**No. of hours spend: 2**

**No. of children sensitized: 35**

Washing hands properly is one of the most important things to do to help prevent and control the spreading of many diseases. Spreading such knowledge amongst the residents is very important so as to protect people from many preventable diseases as it is a well-known fact that 60% of the diseases caused are spread through hand contacts made with the infected person.

### **Objectives:**

1. Creating a safer working environment for people
2. Prevention of diseases
3. Avoidance of common eye infections
4. Keeping the workplaces free from bacterias

### **Methodology:**

Frequent visits to the school and aganwadis were made and the universal technique of hand washing was instructed to them. The children were briefly informed about the right way of washing hands, how often one should wash them what are the danger zones in nasty bacteria causing illness. Also the students were practically demonstrated about the same. It was a pleasant site to watch these little munchkins active participation in this small activity conducted.

### **Outcome:**

The innocent and enthusiastic nature of these children not only made a habit of following the right hand washing technique but also playfully started guiding their parents and peers and to do the same.



### **ACTIVITY 13: Awareness Lecture on Segregation of Waste**

**No. of hours spent: 6**

**No. of people sensitized: 90**

It is the responsibility of villagers to segregate the waste into dry waste, for instance plastic, paper, glass and wet waste like vegetable peels, stale vegetables and fruits etc., so their disposal become easy and safe. The need of caring and maintaining cleanliness was explained to them. The volunteers also demonstrated them the use of wet waste by growing edible mushrooms in their kitchen gardens, which will help them to earn additional income. It will also help to reduce wet waste generation.

#### **Objectives:**

1. To protect the environment and for the health and safety of the population.
2. To reduce the rotting of garbage which is also known to produce harmful gases that mix with the air causing breathing problems in people.
3. To offer solutions for recycling items that don't belong to trash.
4. To get to know the proper usage of Blue and Green dustbin.

#### **Methodology:**

A lecture was delivered by Dr. Vandana and Dr.Sandeep Kaur along with the volunteers to aware the villagers and gave the presentation on waste segregation, recycling of dry and wet waste were also demonstrated and informed the people how to develop compost pits and out use of wet waste and how to cultivate edible mushroom using wet waste.

Animated videos on Green and Blue Dustbins were also showcased which was followed by various interactive and informative activities regarding waste segregation.

#### **Outcome:**

The word “waste” was not merely a non-reusable substance for the listeners now since the lectures delivered gave a kick start to their thought processing mechanisms as to how the waste generated by them can be reused in the best possible way.





## **ACTIVITY 14: Best out of waste**

**(Providing Small boxes made from the waste paper in Government school)**

**No. of hours spent:**4

**No. of student sensitized/benefited:** 40

Our team identified this unique way of utilizing plastic waste out of which children can make daily use products such as a pencil stand or a decorative piece etc. out of the plastic waste which is otherwise discarded and is ultimately filled up in landfills.

### **Objectives:**

1. To minimize the harm from waste.
2. To show to effective way of recycling the waste.
3. To do something creative and innovative.

### **Methodology:**

To do something creative and innovative. The interns exhibited the students of primary school as to how we can recycle the waste effectively by making best out of waste. First, the volunteers collected some waste boxes from the college NSS room and made some handcraft of them some best out of it. The session was held at the village anganwadi encouraged them to do something out of the league. We tried to recycle some waste bottles that they collected from all around the village and the plantation was done in those bottles, in the village made them familiar with the way of doing it.

### **Outcome:**

The activity encouraged children to use their creativity and innovativeness for creating best out of waste models. Children now use the articles made by them from the waste for their daily use.





## **ACTIVITY 15: Distributing Gloves**

**No. of Hours Spent:** 2

**Estimates No. of Person Sensitized:** 100

### **Objective:**

The spreading of germs from the hands of food workers to edible food is an important cause of foodborne illness outbreaks in restaurants and accounts for 89% of outbreaks. To curve this problem we advised the food workers such as those working in restaurants and sweet shops to wear hand gloves which were distributed to them for free by our team, to prevent food borne illnesses.

### **Methodology:**

Our team visited the shops and informed the workers about how maintaining a good hygienic environment shares an indirect relationship with decrease in food borne diseases as well as a direct relationship with the increase in the goodwill of the restaurant and thus forming a loyal customer base. In order to practice this, the sweet shop workers were given a hand gloves by the volunteers and paper bags were also distributed to both the shop workers and the households for carriage purposes emphasizing on advantages of such eco -friendly products and requested them to make use of paper bags for carriage purposes rather than plastic bags which contaminate the surroundings.

### **Outcome:**

The aim which was to change the thinking of the residents and to make them more environment cautious rather than focusing to change the habit of people to adopt hygienic mechanism was partially accomplished through this act of distributing gloves to the sweet shops for maintaining hygienic surroundings.





## **ACTIVITY 16: Distribution of Organic Bags**

**No. of Hours Spent:** 4

**No. of People Sensitized:** 100

People are mostly in rigid habit of using polythene rather than cloth or paper bags therefore to initiate a positive change for minimizing the damage to the environment it became necessary to distribute paper bags to induce the habit of using them over the plastic ones. Paper Bags were provided by the institute to the volunteers to increase use of paper bags and making the village a plastic free zone.

### **Objectives:**

1. To inculcate the habit of usage of eco-friendly products over plastic ones.
2. To create a plastic free zone.
3. Minimization of solid plastic waste.

### **Methodology:**

With the support of the Institution and mentors our volunteers took up the initiative to reduce the use of plastic bags. Organic Bags with the logo of MCM DAV College printed on them and the message of "Say No To Plastic Bags" were distributed to the villagers, school teachers, shopkeepers and also the students promoted the use of organic bags and asked them to reduce the usage of plastic bags. Also, since many shopkeepers mostly find it convenient to use polythene bags so they had to be convinced at first to avoid the usage of plastic bags. Vegetable vendors were sensitized to avoid the use of plastic bags and residents were educated to carry paper or cloth bags while shopping. They were also encouraged to recycle the plastic bags and plastic bottles instead of throwing them in garbage. We were happy observing shopkeepers and street vendors encouraging their customers to use paper or cloth bags.

### **Outcome:**

Our efforts will definitely pay off since already a few people had started using the bags provided to them by us and some of them have actually understood and realized the disadvantages caused by plastic appliances since less usage of plastic would lead to less generation of solid waste and ultimately easier decomposing solutions for the waste generated hence a subtle way curbing the problem of solids waste disposal.





### **ACTIVITY 17: Annaprashan Day**

**No. of Hours Spent:** 3-4

**No. of People Sensitized:** 30 to 40

The Annaprashan day was celebrated and the mothers were made aware about the nutrition. They were also guided about hygiene, cooking of food and the importance of feeding the toddlers.





## VILLAGE KAJHERI (CHANDIGARH)

### A. Information, Education and Communication (IEC) Activities

S. No.	Activities Done	No. of hours spent	No. of people sensitized/ benefited
1.	Door to door campaign on solid waste management	3 hrs.	40(approx)
2.	School level promotion of 3 R's and solid waste management	3 hrs	180(approx.)
3.	Swachhta Exhibition	4 hrs.	250(approx)
4.	Wall Painting carrying message on Swachhta on public wall	5 hrs.	200(approx)
5.	Swachhta Oath	15 min.	100(approx.)
6.	Swachhta Rally	2 hrs.	300(approx.)
7.	Other Activities- Dengue Awareness, Menstrual hygiene, visit to Anganwadi / personal hygiene, Poster making	11 hrs.	190(approx)

### B. Solid Waste Management (SWM) Activities

S. No.	Activities Done	No. of hours spent	No. of people sensitized/ benefited
1.	Dustbin Installations	2 hrs.	80(approx)
2.	Compost pit	3 hrs.	30(approx)
3.	Waste segregation in public parks	5 hrs.	100(approx)
4.	Cleanliness drive	5 hrs.	150(approx)
5.	Best out of waste	9 hrs.	150(approx)
6.	Dustbin Installations	2 hrs.	80(approx)

## A. Information, Education and Communication Activities (ICE)

### Activity 1: Door to Door campaign on Solid Waste Management

No. of Hours Spent: 3

No. of households covered: 40

#### Objectives:

1. To understand problems of village residents.
2. To create awareness regarding waste management among the people.
3. Promote cleanliness and waste segregation.

**Methodology:** Interacting personally with people was the key point to understand their problems and find solutions. Door-to-door campaign with posters related to waste segregation was undertaken. The posters displayed segregation of wet waste and dry waste. During the interactions, importance of cleanliness and segregation was explained to the villagers and they were encouraged to practice the same.

**Outcome:** The campaign was a success. The sensitization regarding segregation on regular basis was the perfect solution to the problem which was whole heartedly accepted and followed.



**Activity 2: School level promotion on Solid Waste Management and 3 R's (Reuse, Reduce and Recycle)**

**No. of Hours Spent:** 3

**No. of people sensitized:** 150(approx.)

**Objectives:**

1. Motivating the youth towards solid waste management and 3 R's
2. Giving basic training on how to segregate waste
3. Sensitizing the participants about waste management
4. Promoting 3R's

**Methodology:**

The activity was scheduled in Government High School, Kajheri. The focus group was students of 9<sup>th</sup> and 10<sup>th</sup> class. The demonstrations were conducted with the help of posters and oral explanation. An interactive session on reuse, reduce and recycle was also conducted where students came up with various ways to reuse and reduce the waste. At the end their doubts were taken up.

**Outcome:**

The students got motivated towards cleanliness and waste management. Students came up with different ideas of reusing and reducing which were later adopted in the form of best out of waste. At the end, students came up with ideas to keep the campus clean. This initiative of students was also appreciated by the school Principal.





### Activity 3: Swachhata Exhibition

No. of Hours Spent: 4      No. of exhibition: 1      No. of attendees: 250(approx)

#### Objectives:

1. Sharing Knowledge regarding personal hygiene
2. Displaying the creativity of students
3. Awareness regarding wet waste and dry waste
4. Promoting usage of sustainable technologies
5. Promoting 3 R's

**Methodology:** An exhibition was organized inside the school premises where parents were invited to have a look at their kids' creativity. Separate sections viz. plastic bottles, newspaper bags, coasters, posters, glass bottles and bangles were made. Also newspaper bags were distributed to the visitors to reduce usage of polythene bags. Visitors were also given demonstrations on waste segregation and the various ways by which they could reuse waste and recycle plastic waste.

**Outcome:** The Swachhta initiative was appreciated by locals. It became a major source of information for children where they learnt something new and creative in an interesting way. Apart from this the exhibition went a long way in furthering all the objectives of Swachhta.



#### **Activity 4: Wall Painting carrying the message of Swachhta on Public Wall**

**No. of Hours Spent: 5    No. of walls painted: 1    No. of people sensitized: 200**

#### **Objectives:**

1. To reinforce the key message of Swachhta.
2. To leave longer impact on people regarding the need of Swachhta.
3. To make area a non- littering zone.

**Methodology:** Using oil paints drawings and slogans were written on the walls to spread the message of Swachhta. Thereafter residents from nearby areas were identified to monitor the regular maintenance of the painted walls. Frequent checks were also made to ensure the same.

**Outcome:** The aim of conveying the message through visuals was successful. Not only this, the area around the wall was kept clean and tidy and the residents ensured the upkeep of the same. It promoted cleanliness by reiterating the message of Swachhta.



### **Activity 5: Swachhta Oath**

**No. of Minutes Spent:** 15

**No. of oaths:** 1

**No. of people who took oath:** 100(approx)

**Objectives:**

1. To encourage People regarding Swachhta
2. Make People aware of the dream of Gandhi Ji
3. Involve more and more people in the Swachh Bharat mission

**Methodology:** The aim was to involve the youth in the mission. During assembly, The teachers and students of the School were administered the oath of Swachhta.

**Outcome:** The youth engaged in Swachh Bharat Mission, where they would be rendering every year 100 hours to Swachhta. They were motivated and got a push towards the message of “Clean India, Green India.”

### **Activity 6: Swachhta Rally**

**No. of Hours Spent:** 2

**Distance Covered:** 2 km

**No. of People sensitized:** 300(approx.)

**No. of students participated:** 70

**Objectives:**

1. Promoting the idea of Swachhta
2. Creating awareness about cleanliness and hygiene
3. Promoting sustainable alternative to plastic
4. Promoting waste segregation

**Methodology:** Volunteers from Government School, Kajheri got together to create awareness among residents of the village regarding swachhta. Students and teachers held posters and placards with the key message. The volunteers raised the slogans like “Green India, Clean India”, “Geela Kachara Hare Mein, Sukha Kachara Neele Mein” etc. to acquaint people with the cause.

**Outcome:** The rally was a medium to sensitize the maximum number of people. This medium successfully fulfilled the motive of encouraging the masses towards Swachhta and furthering the cause of Swachhta. This rally helped them understand the importance and benefits of keeping the area clean and hygienic.





## **Activity 7: Other Activities**

### **1. Dengue Awareness Drive**

**No. of Hours Spent:** 4

**No. of dispensaries:** 1

**No. of households:** 40

#### **Objectives:**

1. Reducing risk of getting vector borne diseases.
2. Giving correct information regarding the disease.
3. Promoting regular cleanliness in homes and area around.

**Methodology:** Dengue is a deadly disease. However, if caught early it can be cured with proper treatment. To provide correct information regarding the disease, the awareness campaign was divided into two parts.

- a) With the aim of 'Prevention is better than cure' Poster display was done at local dispensaries. These posters informed people, not only about the symptoms of dengue but also how one could save himself from getting the disease.
- b) Door to door awareness was conducted where householders were given information regarding dengue through posters and interactions. They were told facts about dengue and were encouraged to keep their coolers and area clean. They were advised to not let stagnant water accumulate at any place.

**Outcome:** Dengue awareness is important these days as people are not much aware about the symptoms and the precautions they need to take. Through these awareness drives, they got to know facts about dengue fever. The poster display reached out to many people. Apart from this they were encouraged towards cleanliness as unhygienic, filthy environment might risk their health.



## 2. Menstrual Hygiene

**No. of Hours spent:** 1

**No. of movies screened:** 3

**No. of attendees:** 20

### **Objectives:**

1. To increase awareness among adolescent girls and women of different age groups regarding menstruation.
2. Empowering women
3. Ensuring safe disposal of sanitary napkins in an environment friendly way.
4. Making them aware about superstitions and precautions to be taken while menstruation
5. Providing them with scientific facts regarding menstruation

**Methodology:** Women of different age groups and adolescent girls were invited in an anganwadi and three short movies were screened for them. These movies were solely based on menstrual hygiene and the superstitions related to it. After the screening an interactive session was conducted to clear all their doubts.

**Outcome:** Movie screening turned out to be an effective instrument for increasing awareness about menstrual hygiene. The end response came out to be positive as women and girls put forth their personal view and accepted the idea of hygiene. Apart from this adequate information about the use of sanitary napkins and other products were readily accepted.





### 3. Visits to Anganwadis/ personal hygiene

**No. of Hours Spent:** 4

**No. of children sensitized:** 80(approx.)

**No. of Anganwadis visited:** 2

**Objectives:**

1. Promoting personal hygiene and its benefits.
2. Informing the youngest age group the importance of cleanliness.
3. Providing right knowledge at right age.

**Methodology:** The age from 3 to 7 years is a learning age where children learn about their own surroundings. If we impart the right knowledge and information at this age, they will surely have a bright future. The activities in Anganwadis were fun activities where children were taught about personal hygiene and cleanliness through poem recitation and other activities. The poem was based on swachhta and personal hygiene in which lines goes as” Do Ekam Do, Sabun se Hath Dho. Do Dooni Char, Safai se karo Pyaar...” Also a poster was installed in Anganwadi on personal hygiene.

**Outcome:** It was a fun activity for kids, where they learnt how to keep themselves clean and hygienic. They learned how to wash hands, clip nails, brush teeth etc. They were given the message of “Clean hands, Happy hands.” All in all the objective of giving right education at right age was fulfilled.





#### 4. Poster Making Activity

**No. of Hours Spent:** 2

**No. of Students participated:** 50

#### **Objectives:**

1. Skill Development
2. Creating awareness about Swachh Bharat Mission
3. Encouraging cleanliness through creative means

**Methodology:** For students of Government High School, Kajheri, An activity of Poster Making on the topic “Swachh Bharat” was conducted. A time limit of two hours was given. They were provided with sheets, colors/ crayons and sketch pens. They made posters with great zeal and enthusiasm.

**Outcome:** Students participated in this creative task, which developed their understanding of colors and dimensions. The objective of spreading the message of Swachh Bharat mission was also fulfilled.



## B. Solid Waste Management Related Activities (SWM)

### Activity 1: Dustbin Installation

No. of Hours Spent : 2

No. of twin sets installed: 2

No. of people benefitted: 80(Approx)

#### Objectives:

1. Promote cleanliness
2. Promote hygienic surrounding
3. Promote initial segregation of waste
4. Easy segregation of waste
5. Stop mosquito breeding

**Methodology:** It is not only important to keep one's home clean but also one's surroundings. To ensure this, two sets of twin dustbins i.e. blue dustbins for dry waste and green dustbins for wet waste were installed in public areas. The dustbins were installed in collaboration with Medical Officer of Health, Municipal Corporation, Chandigarh. It was ensured that the sweepers regularly picked up the segregated waste and cleaned the dustbins.

**Outcome:** When given proper amenities, people use them well. Same goes with the dustbin installation. Residents of the area used the dustbins and throwing waste in open was reduced. The areas became more clean and hygienic. Sweepers everyday cleaned the dustbins. Not only this, it promoted initial segregation rather than sweepers doing it afterwards. As there was no uncovered waste, it also reduced mosquito breeding which reduced risk of getting diseases and other infections.



## Activity 2: Construction of Compost Pits

No. of Hours Spent: 3

No. of Pits: 2

No. of people benefitted: 30

### Objectives:

1. Returning nutrients back to soil.
2. To use kitchen and Garden waste in an economical and eco-friendly way.
3. To promote use of manure instead of chemicals.

**Methodology:** First, a suitable place was found. The soil was made wet and pits of size 12 inches deep and 1 foot wide were dug. The organic waste which was segregated was spread out. Peels of fruits and vegetables were cut into small pieces and cow dung was mixed. The waste for compost comprises of organic waste like leaves, grass, kitchen waste etc. In compost pit, layers of cow dung, waste and newspaper was added and then covered with soil. It was then left for decomposing which takes around 45-60 days.

**Outcome:** It was a learning experience. It helped in utilization of waste produced by households and restaurants. All of the organic waste was put to use in an economical way. In this way soil regained its nutrients and the villagers were sensitized towards the consequences of using excess chemicals.





### Activity 3: Waste Segregation of Dry and Wet Waste

No. of Hours Spent: 5

No. of segregations: 2

No. of people sensitized: 100(approx.)

#### Objectives:

1. To explain the need of maintaining cleanliness.
2. To encourage people towards waste segregation and its benefits
3. To create awareness regarding waste management

**Methodology:** The segregation was done in two public parks. The waste was segregated into dry waste (non- biodegradable) i.e. paper, plastic, cardboard etc. and wet waste (biodegradable) i.e. kitchen and garden waste. It was collected separately in carts and sent for proper disposal. All of this was also demonstrated to the nearby residents to encourage them for segregation of their household waste.

**Outcome:** Segregation of waste ensured proper disposal waste and it led to decrease in pollution level. It ensured cleanliness and no further littering in the parks. The demonstration not only encouraged residents of the village to undertake regular segregation but also benefited them as the park became beautiful and odor free.



## Activity 4: Cleanliness Drive

No. of Hours Spent: 5  
No. of people benefitted: 150(approx)

No. of space cleaned: 1

### Objectives:

1. Prevention of vector borne diseases
2. Inculcating in people the importance of cleanliness of public space
3. Making surroundings a pleasant sight

**Methodology:** Cleanliness is the key to good health. To fulfill the motive the interns collaborated with Medical Officer of Health, Municipal Corporation and the sweepers to clean the area near main market place. An extensive cleaning of the area took place in which the wastes like plastic, cardboard, glass, electrical material and kitchen waste was separated. After it was cleaned, lime stone powder was spread out to avoid any further littering. Also, a word was spread out in the market to not litter in open again.

**Outcome:** After hours of cleaning the end result was unbelievable. The areas look drastically changed. The place looked more pleasant. Mosquito breeding was controlled. With covering of lime stone powder further littering in that space also reduced.

**Before**



**After**



### Activity 5: Best out of Waste

No. of Hours Spent: 9

No. of students: 150(approx.)

#### Objectives:

1. Motivate youth towards 3 R's
2. Skill development
3. Reuse waste
4. Reduce usage of polythene/plastic

**Methodology:** The best out waste activity was conducted in Government High School, Kajheri with classes 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup>. The activity was divided in four parts as described below:

1. *Plastic Bottles*- The students bought used plastic bottles and they were given demonstration on how they could reuse these bottles into something useful and creative. With these bottles they were taught to make a pen stand with lower half of the bottle.
2. *Newspaper bags*- Old dated newspapers were taken and to avoid usage of polythene bags, newspaper bags were made. With some origami skills of folding and pasting, newspaper bags were made in large quantity.
3. *Bangle coasters*- Coaster is used almost in every home. To reuse broken bangles. The students were taught to make coasters out of them. On a piece of cardboard cut in appropriate shape, broken bangles according to size were glued. It was left to dry and about 20 coasters were made in this way.
4. *Cloth coasters*. - Everybody has rag cloth pieces at their homes which are the end put into dustbins. But they can also be reused by making coasters of those pieces. Same was taught to students. A small piece of cloth was cut in desired shape and then pieces of rag were glued onto it. It was then left to dry.

**Outcome:** The activity was fun. Children learnt ways to reuse and reduce solid waste. This activity also helped them to develop their skills and showcase their creative skills. Through this activity they learnt the importance of 3 R's and were also encouraged towards making creative, useful things out of solid waste.





## VILLAGE KISHANGARH (CHANDIGARH)

### ACTIVITY 1: Door to Door Awareness Drive

“Knowledge is like a garden; if it is not cultivated, it cannot be harvested”.

**No. of Hours Spent:**17 hours

**No. of people sensitised:-**200 people

#### **Objectives:**

1. To sensitise people regarding waste segregation
2. To emphasise on the hazards of using plastic
3. To make people aware regarding solid waste management by promotion of 3R's Reduce, Reuse, Recycle.
4. To make young girls and women aware regarding menstrual hygiene.

**Methodology:** When the team of interns entered the streets of Kishangarh, one thing that was evident was the lack of awareness among the people. Most of the houses had two separate dustbins provided by the corporation but 90% of the people used just one of them to dispose of their daily waste. They disposed of their waste in any compartment of their choice in the waste collector (Vehicle) provided by the MC. Many of them did not know the difference between dry and wet waste. Some of them cleaned their houses and left the waste on the streets. The workers who came for waste collection wore no safety gloves or masks. So the main focus of team was to cover all these aspects of cleanliness and waste management in our awareness program. Dividing in the groups of 4 and 3, The volunteers used to walk the streets of Kishangarh with informative posters and pamphlets in their hands. The main target was also to aware the younger generation so that they become conscious future citizens. The volunteers tried to highlight the points such as – hazards of using plastic, pollution from burning plastic waste, toxins released from improper waste management. The volunteers laid emphasis on clean streets and clean surroundings. We encouraged them to use cloth bags, reuse the plastic bottles, recycles old cardboards and newspaper into creative stuff. They were taught them the difference between dry and wet waste and their mode of proper disposal.

### Outcomes:

1. Most of the women and children grasped the various waste segregation methods that interns taught them.
2. They promised to recycle paper, plastic, and various other materials and to dispose them off cautiously.
3. Women and girls felt free to share their problems regarding sanitation and menstrual hygiene with the students volunteers.

Going to a completely new village and to start working there was not a cake walk. The biggest challenge was that there was no sarpanch in the village. So whole internship had to be managed by the interns. Most people were not welcoming and it was difficult for the students to make the children understand the subject in simple language. However, many people were very cooperative and appreciated the work done by interns.





## ACTIVITY 2: Movie Screening

**“No. of Hours Spent:** 3 hours

**No. of children sensitized :** 60

**Objectives:** “The greatest value of a picture is when it forces us to notice what we never expected to see”

**Methodology:** The biggest challenge was to get the children interested in topics like cleanliness ,waste management, proper hygiene and harmful uses of plastic. And the best way to grab their attention and to make them curious about our initiative was to talk to them in their language – “CARTOONS”. The team invited 7 anganwadis (active) in Kishangarh to attend the screening. The team with support from the Ex-Sarpanch of Kishangarh Mr.Davinder Singh and his family organised the movie screening for the children of the village. Projector and a white screen was set up to give the children an authentic experience. The team showed them cartoon and movie clips highlighting the importance of cleanliness, tree plantation, prevention from diseases and hygiene. The children watched with rapt attention and grasped everything we were trying teach them.

**Outcome:** Children were overjoyed after the end of movie screening. They not only enjoyed the movie screening but also performed on various songs to keep the surrounding lively. The children left the screening with new learning and promised that they will teach their parents, siblings and friends about the same.



### **ACTIVITY 3: Street Cleaning**

**"Cleaning is a practice not a project "**

**"No. of Hours spent:** 10 hours

**No. of People Sensitized :** 150-200

**Objectives:** To clean the streets and corners of Kishangarh to promote the idea of clean and healthy environment.

**Methodology :** Our team organized street cleaning drives across Kishangarh enthusiastically. The volunteers not only helped the corporation workers and also cleaned the streets themselves. They urged the people not to throw garbage on the road and use dustbins properly.

**Outcome:** The students cleaned approximately 15 streets in the heart of Kishangarh. They were successful in cleaning the T points joining two streets by picking up mounts of garbage. Most of the streets were not cemented they were made of small stones and bricks. Due to rains or weak infrastructure major streets were washed out and were in bad condition.



#### **ACTIVITY 4: Wall Painting**

**Number of Hours Spent:** 5 hours

**No. of people sensitized:** 30 to 40

**Objectives:** To paint cleanliness related messages on the walls of public buildings.

**Methodology:** "A Clean person is not the one who runs away from dirt but one who takes the time and effort to tide up a dirty environment"

Cultivating this message in the young minds, the team made a "Swachh Bharat, SwasthBharat" painting on the wall of Anganwari. The little minds were inspired but also gave us suggestions to make the hardwork more effective. The painting highlighted the importance of mass efforts in making India clean and green. It described how a joint effort by the residents of our country is the anchor behind "Swachh Bharat Mission".

**Outcome:** A poster on Clean India and Green India was made to educate people on the walls of anganwadi.





### **ACTIVITY 5: Waste Collection Drive**

“With all the waste or pollution, someone somewhere pays for it”

**No. of Hours Spent:** 5 hours

**No. of people sensitized:** 150-200

#### **Objectives:**

1. To collect plastic bottles, caps, toys, taps etc from houses
2. To collect biodegradable waste such as vegetable and fruit peels, kitchen waste, paper from houses to be disposed off and to not serve as a breeding ground for flies and mosquitoes.

**Methodology:** WHO ( World health organization) has stated that improper disposal of waste can cause the following diseases :Lung infections, Skin infections, Hepatitis (B&C) etc. Garbage serves as a breeding ground for flies and mosquitos which spread diseases like Malaria & Dengue. Due to ingestion of plastic more than 100 million animals die per day. One of the major concerns of the team was to organize waste collection drives. The students went door to door and collected waste, dry as well as wet and disposed it of in the municipal corporation truck. They collected plastic bottles, toys and taps in separate containers and vegetable peels, kitchen waste, organic waste in separate containers.

People were hesitating to let the volunteers in and take their waste. After explaining to them the purpose of the activity they handed the extra plastic waste and organic and kitchen waste.



**ACTIVITY 6: Construction of Compost Pit**  
"Compost is a proof that there is life after death"

**No. of hours spent:** 5 hours

**No. of people sensitized:** 40-50

**Objectives:** Construction of compost pit in Kishangarh and to encourage people to use compost pits for dumping of organic waste.

**Methodology:** The college provided the team with gardener Mr. Gupta for help. He dug a pit on the outskirts of the village. The team was divided into two groups. One group assisted in finding the appropriate area for construction of compost pit and digging of the pit while the other group collected organic waste from houses, juice shops, vegetable sellers, small restaurants & vendors. The residents were encouraged to dump their organic waste in compost pit as it is environment friendly & cost friendly method of waste disposal. The pit was filled with the organic waste & then covered. The villagers present there were enlightened about the usefulness of compost pits, bio-degradable waste and which material to dispose off in the soil.

**Outcome:** Successfully built a compost pit on the Manimajra roundabout located on the outskirts of Kishangarh.

**Challenges:** Due to rainy weather the construction of compost pit kept on shifting. Collection of organic waste in large quantities was a challenge in its own. At last with the help of the college gardener, this activity was completed.



## **ACTIVITY 7: Interactive sessions at Anganwadi's**

Children are the world's most valuable resource and it's the best hope for the future.

- John F Kennedy

**No. of hours spent:** 3 hours

**No. of children sensitized:** 60-70

**Objectives:** To promote the value of Health & hygiene among children.

**Methodology:** Kishangarh had 7 active Anganwadis with a minimum strength of 20 children each. The team went to these anganwadis to talk to children to make them understand the importance of cleanliness & the health hazards due to use of plastics, improper dumping of garbage, standing waters, etc. They were shown posters prepared by the team members: Navjeet kaur, Ramanpreet kaur, Mahima Kaushik and narrated stories to grab their attention.

**Outcomes:** The children very actively participated in all the activities. They were too small to properly understand the topics but educating them at an early age was really important. The team also wanted to conduct special sessions at Govt. Middle school, Kishangarh but they were not granted permission by the school Principal.





**Activities Conducted outside Chandigarh (U.T.)  
Village Bihru and Bhudan (Himachal Pradesh)**

<b>S. No</b>	<b>Activities</b>
1	➤ Swachhta Oath and meeting with Block Coordinator and Village Pradhan
2	➤ Awareness Camp on Personal Hygiene and Menstrual Hygiene. Screening of movie based on the same theme.
3	➤ Preparations for Swachhta Rally and Poster Making
4	➤ Cleanliness Drive and Collection of Plastic ➤ Organize waste collection drives for households and common or shared spaces
5	➤ Construction of Plastic Garden
6	➤ Door to Door Campaigning on Swachh Bharat ➤ Survey of about household with toilet
7	➤ Organize Plastic-Free village campaigns and declaring of Plastic-Free Zone
8	➤ Organize awareness campaigns around better Solid & Liquid Waste Management practices and Cleanliness Drive in second adopted village.
9	➤ Wall paintings in public place Carrying the message of Swachhta.
10	➤ Village -level promotion of the 3Rs (Reduce, Reuse, Recycle), ➤ Organization of Best out of Waste Activities ➤ Awareness campaigns on Solid & Liquid Waste Management practices. E.g. segregation of waste as biodegradable and non-biodegradable.
11	➤ Awareness Camp on How to make organic manure from kitchen waste ➤ Wall Painting : Carrying the message of Swachhta
12	➤ Meetings with shopkeepers encouraging them to reduce the usage of Plastic
13	➤ Rally on Swachh Bharat Mission and Plastic Free Village

## **ACTIVITY 1: Swachhta Oath and discussion of plan with lock coordinator and Village Pradhan**

**Number of People Sensitized:** 120

**Number of Hours Spent:** 4 hours

### **Objectives:**

1. For creating awareness about the need of Swachhata mission and encouraging villagers for keeping their surrounding clean.
2. To know about the village and the prevailing conditions.
3. To zero in on the issues and areas of the village that needed immediate attention.
4. To analyze the existing facilities available at the village

**Methodology:** The student volunteer met block coordinator Satish Kumar on 10<sup>th</sup> of July and discussed the whole plan with him. He suggested the names of few villages like Bhudan and Bihru where there were several problems because of lack of awareness among the villagers about importance of cleanliness and hygiene. The student volunteer went to the selected villages and met all village level service provider such as village Pradhan, village secretary, Asha worker, Disha worker, Anganwadi worker and got the no objection certificate from Pradhan for conducting my activities. The plan was discussed with them and they were invited for participating in Swachhata oath. At the fixed timing, all of them and many villagers gathered in Panchayat Bhawan and they all took Swachhata oath along. Block supervisor CDP officer was also present. After oath taking ceremony CDP officer talked about the importance of village cleanliness and hygiene. She pointed several problems such as malnutrition and other seasonal diseases that occur due as a result of lack of cleanliness.

**Outcome:** During the interaction with the school staff, students, sweepers (School and Anganwadi) and the care takers, various cleanliness related issues were brought to light. For example, it was concluded that the condition of anganwadi building, washrooms and toilet needed immediate attention.





**ACTIVITY 2: Personal and Menstrual Hygiene Camp and screening of movie based on the same theme.**

**Number of Hours Spent:** 4

**Number of People Sensitized:** 40

**Objectives:**

1. The objective of the interactive sessions was to increase awareness among adolescent girls and women on menstrual hygiene, build self-esteem, and empower girls for greater localization and to ensure safe disposal of sanitary napkins in an environment friendly manner.
2. To interact with young girls of the village and guiding them regarding cleanliness.
3. To interact with adolescent girls and women regarding menstrual and personal hygiene

**Methodology:** The volunteer went to Anganwadi center for conducting this activity. She met Asha worker, Disha worker and Anganwadi workers for conducting this activity in their center.

This camp was conducted under the guidance of village secretary Saroj Kumari various myths prevailing in the society like not eating pickle, not going to temple, not going to kitchen were discussed. They also talked about problems they are faced during menstruation. After the session there was a question answer session in which the participating women asked questions about problems which they faced during menstrual cycle.

**Outcome:** The volunteers interacted with females of the village regarding cleanliness, personal hygiene, diseases and toilet usage. The girls were educated about the importance of menstrual hygiene and ways to maintain it.



**ACTIVITY 3: Preparations for Swachhta Rally, Poster Making and Slogan Writing**

**Number of Hours Spent :4**

**Number of People Sensitized: 25**

**Objectives:** To create awareness among the villagers about cleanliness and plastic management.

**Methodology:** The villagers talked about various problems like garbage strewn all over the place. They made some posters related to biodegradable and non-biodegradable waste. Also, few of them wrote slogans on plastic management and cleanliness. They made very interesting posters and wrote very good slogans like 'aao phir ek badlav kare, desh ka kona saaf kare'. The volunteers helped them in making posters.



**ACTIVITY 4: Cleanliness drive and collection of plastic. Waste collection drives for households and common or shared spaces.**

**Number of Hours Spent :4**

**Number of People Sensitized: 184**

**Objectives:**

1. To create awareness among villagers about the importance of cleanliness.
2. To create awareness among the general masses about the importance of cleanliness and hygiene.
3. To sensitize the local residents about proper waste disposal.
4. To create awareness about the segregation of biodegradable and nonbiodegradable waste.

**Methodology:** To emphasize the idea of community engaged tasks, the cleanliness drives aimed to inculcate in the community the importance of cleanliness of shared and public space. Cleanliness drive was conducted with the active participation of the residents. Veena Devi and ward members of village helped the volunteers in this task. Awareness was created among villagers about prevention of vector borne diseases like Malaria, Dengue and fogging was done for mosquito control and ad people were advised to remove unwanted waste material, tiles, flower pots where rainwater accumulated and acted as a storehouse for mosquito breeding. They were asked to use jute bags and cloth bag during for shopping. The collection of dry waste from houses like plastic bottles and paper was also done with the help of villagers.

**Outcome:** Some of the villagers were initially not aware about the concept of waste segregation. MY efforts were instrumental in bringing awareness about waste segregation at source.





## ACTIVITY 5: Construction of Plastic Garden

Number of Hours Spent :5

Number of People Sensitized: 15

**Objectives:** To create awareness regarding 3R principle reduce, reuse and recycle.

**Methodology :**The bottles collected from adopted villages, were used to make a small garden in panchayat Bhawan. The main idea behind this was to teach villagers how we can use plastic bottles to create beautiful things from it instead of throwing them here and there. In this several flower pots were made. Green and Blue dustbins were placed there. Trees were also planted.



## **ACTIVITY 6: Door to Door Campaigning on Swachh Bharat**

**Number of Hours Spent :5**

**Number of People Sensitized: 215**

**Objectives:** To create awareness among rural public, identifying problems in villages and specifically engaging community in cleanliness drives.

**Methodology:** Door to Door campaigning was done for creating awareness about female hygiene and cleanliness. Awareness regarding various epidemic diseases that are caused by the filthy and unhygienic surroundings was spread. During meetings the residents were asked to keep the area in and around houses clean. A survey was conducted about households with toilets. They were asked about how they washed hands and demonstrated 7 steps of hand washing to them. Village Panch Veena Devi and Asha worker Sushma Devi helped the volunteers in this work. The volunteers visited 70 houses of the BHUDAN and 120 houses of village BIHRU. As state government has declared these villages as ODF and after survey it was found that every house had its own toilet which was in regular use. And gram panchayat had given me a written document in which it was stated that these villages were ODF.

**Outcome:** It was found that some households were already using different dustbins for dry and wet waste. With the help of community workers, the team ensured that not only inside but the outside surrounding of the houses was also clean and tidy. The females were motivated by the team and they pledged to keep their environment clean. Increased usage of green and blue dustbins was also noticed.





## **ACTIVITY 7: Plastic-Free Village Campaigns and Declaring of Plastic Free-Zone**

**Number of Hours Spent:**4

**Number of People Sensitized:** 213

**Objectives:** To create awareness among villagers about the harmful effects of plastic.

**Methodology:** On day 7 plastic free village campaigns were organized in adopted villages. Plastic is a non-biodegradable waste and a single plastic bag can take 1,000 years to degrade, and it causes soil pollution. When it is burnt it releases harmful gases which are dangerous for environment . And they were given some tips how we could use less plastic like using a reusable produce bag, Buy boxes instead of bottles.

**Outcome:** Survey of adopted villages was conducted and village BHUDAN was declared as plastic free zone during this internship by SAKROH panchayat.





**ACTIVITY 8: Awareness Campaigning for Solid & Liquid Waste Management practices and cleanliness drive in second adopted village.**

**Number of Hours Spent:**4

**Number of People Sensitized:** 180

**Objectives:** To acquaint villagers regarding proper disposal of solid and liquid management practices.

**Methodology:** On 8<sup>th</sup> day an awareness campaign around better solid and liquid waste management was organized. In this campaign the people were educated regarding what is waste and what is solid and liquid waste and how we can manage them. Solid waste include wastes from kitchens, gardens, cattle sheds, agriculture, and materials such as metal, paper, plastic, cloth and liquid waste is when water is used once and is no longer fit for human consumption or any other use, it is considered to be liquid waste. It was recommended to use blue and green dustbin so they could use biodegradable waste for making organic manure. For the management of liquid waste, It was suggested that they could use kitchen water for gardening and to make soak pits.

**Outcome:** After the session with the help of villager cleanliness drive was held there and the team cleaned the villages well.



### **ACTIVITY 9: Paintings in public place carrying the message of Swachhta.**

**Number of Hours Spent :**6

**Number of People Sensitized:** All Villagers

**Objectives:** To reinforce the messages of Swachhta with the help of wall paintings, canvassing and various other activities.

**Methodology:** Five wall paintings were made in the adopted villages during internship. Some interesting slogans were written in villages for the promotion of cleanliness. A painting related to cleanliness was also made in gram panchayat because many people visit gram panchayat on regular basis.

**Outcome :**The beneficiaries who had seen the wall paintings claimed that they reinforced learning relevant to good hygiene and sanitation. Another advantage of the wall painting is that it does not targeting a single group of stakeholders but in fact triggers thought in anyone who sees them. Gram Pradhan Reena Sharma also told me that these paintings had great impact on the mind of villagers and that they would definitely bring changes in villages.



**ACTIVITY 10: Promotion of the 3Rs (Reduce, Reuse, Recycle) and Best out of Waste activities**

**Number of Hours Spent :3**

**Number of People Sensitized: 100**

**Objectives:** To cognizant villagers about on the 3R principle.

**Methodology:** On 10<sup>th</sup> Day of internship a session on 3R principle was conducted. In this session villagers were taught about the 3R principle that is reuse, reduce and recycle. Many people participated in this session in the Anganwadi centre. They were told about what is 3R principle and how we could apply them in our daily life. They were showed how we could make flower pots from plastic, and how we could make showpieces and baskets from newspaper.





## **ACTIVITY 11: Awareness Camp on How to make Organic Manure from Kitchen Waste**

**Number of Hours Spent:** 5

**Number of People Sensitized:** 55

**Objectives:** To inform villagers about how they could make organic manure at their home with the kitchen waste and what are the benefits of organic manure.

**Methodology:** The interns started the camp with asking a few questions from villagers like what they did with kitchen waste, what they used in the fields and kitchen gardens for enhancing its nutrients. Most of them said that they used chemical fertilizers in their fields. After discussion they were told about the harmful effects of chemical fertilizers on environment, on their health also and about the benefits of organic manure. The students gave them demonstration about how to make organic manure in their homes. They also told them about vermicomposting and government also help them to make their own vermicomposting at their home. Since many villagers had domestic animals in their houses, They were also told how to make biogas from the dung of animal.

**Outcome:** People started making organic manure in their houses. They started using kitchen waste for making organic manure.



**ACTIVITY 12: Meetings with local shopkeepers encouraging them to reduce the usage of plastic bags.**

**Number of Hours Spent :** 3

**Number of People Sensitized:** 150

**Objectives:** To create awareness among them about the harmful effects of plastic bags.

**Methodology:** The interns met shopkeepers and told them about the harmful effects of plastic bags and how they could give their contribution to reduce the usage. The volunteers told them that how they could help in this great work like giving people cloth bags or telling them to bring their own bag from home. They also pasted some notices stating that plastic bags are not used in this shops .

**Outcome:** It was found that all of the shopkeepers were following all the cleanliness measures as and were not providing polythene bags to the customers and customers had also started bringing their own cloth bags from home.



### **ACTIVITY 13: Rally on Swachh Bharat Mission and Plastic Free Village**

**Number of Hours Spent:** 4

**Number of People Sensitized:** Whole Village

#### **Objectives:**

1. To promote among the public the concept of sachet and its significance.
2. To ensure community participation in the mission.

**Methodology:** The students organized a sachet rally in the adopted villages with the help of village Pradhan Reena Sharma. Many villagers took part in this event. During the rally villagers raised slogans relating to Swachh Bharat while carried placards with messages about the harmful effects of using plastic. In the adopted villages, more than 70 people participated. People of different groups took part in the rally. Many people joined the rally and showed great enthusiasm.

**Outcome:** The wholehearted participation of the village residents in the rally was a sign that they were receptive to ideas of cleanliness and wished to change their situation.





## **Outcomes of Swachh Bharat Summer Internship**

People started using blue and green dustbins. Children started using 7 steps of hand washing. Villagers also started using jute and cloth bags. Shopkeepers started giving plastic bottles for recycling. Women started making organic manure from kitchen waste. Anganwadi workers started promoting Swachh Bharat campaign. Open defecation free villages Plastic free zone People started segregating waste as biodegradable and non-biodegradable waste. Behavioral changes were also observed in the villages like villagers stopped throwing plastic bottles here and there, rather started putting the garbage in the dustbin.

### **Challenges faced during internship activities:**

In the beginning the first challenge was to select village for internship. As the interns started working in one village they found that the Gram Pradhan was not supportive and they were also not ready to suggest anything to me, thus that village was dropped and work started on new village. Sometimes the team had to wait for long time for conducting activities because villagers were not coming on time. For conducting community activities, the interns tried to get contribution from villagers but they were not ready. Searching proper location for conducting activities was also a challenge.

### **Field experience**

It is very rightly said that knowledge can be partly acquired through academics that we pursue but wisdom and empathy is gained through observations and experiences. The internship has been an eye opener for the interns as it gave them an opportunity to explore a remote part of the nation. They learned a lot from this internship and are looking forward to get such kind of experiences in the future. They experienced that initially it is difficult to mobilize people for participation but once they are fully aware that the work is going to be good for them then they would come forward. Through this internship the interns got the opportunity to see the village life clearly and to interact with them and it was really a big opportunity to work in rural areas. There are lessons which have changed perception of the interns about rural India. It has made me realize how sustainability evolves even in the scarcity of resources.

!! जय हिन्द !!

"स्वच्छ हिमाचल, स्वस्थ हिमाचल"



# कार्यालय ग्राम पंचायत सकरोह

विकास खण्ड बिझड़ी जिला हमीरपुर (हि0प्र0)


आज दिनांक 09-07-2019 को ग्राम पंचायत/सभा  
की बैठक प्रधान/उपप्रधान श्री/श्रीमती नमराह  
जी की अध्यक्षता में 09/07/2019 को सम्पन्न हुई।  
प्रस्ताव नं० 14

डिस्पैच संख्या G.P./SKR-46/19/09/07/249

विषय :- भारत सरकार द्वारा आयोजित स्वच्छ भारत  
लाभ इंटरशिप के सम्बन्ध में गांव बीड्डु व  
बुढाण की N.O.C. लेने बारे।

बैठक में उपस्थित सदस्यों के साथ अध्यक्ष महोदया  
इस प्रस्ताव रखी गयी कि गांव बीड्डु व बुढाण के  
S.B.M. को अपर कार्य किया जाना है और बैठक  
के प्रस्ताव सर्वसम्मति से पास करके उपरोक्त मिशन  
के अन्तर्गत पत्र लबी कपलवा को गांव बीड्डु व  
बुढाण में कार्य करने की अनुमति प्रदान करि गइ  
अब प्रतिलिपि आगामी आवश्यक कार्रवाई हेतु  
प्रेषित है।

प्रस्तावित किया जाता है कि गलत मुताबिलताएं हैं।

  
पंचायत सचिव  
ग्राम पंचायत नमराह  
वि० ख० बिझड़ी जिला हमीरपुर

!! जय हिन्द !!

स्वच्छ हिमाचल, स्वस्थ हिमाचल



# कार्यालय ग्राम पंचायत सकरोह

विकास खण्ड बिझड़ी, जिला हमीरपुर (हि0प्र0)

कमांक.....

दिनांक... 31.07.2019

भारत सरकार द्वारा आयोजित स्वच्छ भारत श्रम  
कैंप के दौरान पल्सबी कपलेश द्वारा M.C.M.  
D.A.V. मालेन चण्डीगढ़ के गांव नीहडू व बुदाण  
में जाकर स्वच्छता अभियान के तहत गांवबासीयों को  
स्वच्छता के बारे में लोगों को जागरूक किया। इसमें  
पल्सबी कपलेश को घर-घर सर्वेक्षण किया जिसमें  
पाया गया कि हर घर में शौचालय है।  
अतः सकरोह पंचायत गांव नीहडू व बुदाण में  
शुद्धि में शीघ्र सुन्नत घोषित करती है।



स्ताक्षर... R Sharma  
संक्र...



!! जय हिन्द !!

"स्वच्छ हिमाचल, स्वस्थ हिमाचल"



# कार्यालय ग्राम पंचायत सकरोह

विकास खण्ड बिझड़ी, जिला हमीरपुर (हि0प्र0)

क्रमांक.....

प्रमाण पत्र

दिनांक... 31.07.19

प्रमाणित किया जाता है कि पत्नी नमोश पुत्री श्री सुखराज ने हमारे  
 ग्राम पंचायत सकरोह में वी गैर बेहू, बुढ़ाग में 10 कुर्सी में कुर्सी  
 2019 स्वच्छ भारत कार्यक्रम में उत्तम काम कीरिया में स्वच्छता में कार्य  
 में उत्तम काम किया जिसमें हमने लोगों को अपने आम पास सफाई  
 करने में विशेष प्रेरित किया तथा जो बेहू बुढ़ाग में कार्य कर सके  
 और नविकर्यो कुर्सी बाहरी के सफाई में हमने लोगों को व्यक्तिगत स्वच्छता  
 मानकों को स्वच्छता में कार्य में प्रेरित किया, घर-घर जाकर प्लास्टिक, मखर  
 सफाई किया प्लास्टिक में सेल्वी में ग्राम पंचायत में नाला बनाया  
 तथा नाला में इस स्वच्छता अभियान को आगे भी लेगे में चलाये में  
 कार्य प्रेरित किया, इस समय स्वच्छता में नवल पत्नी नमोश ने प्रकृति  
 अनुभव किया में जो में उत्तम कीरिया में जो द्वारा पहिवाको में सने  
 और में में जो में स्वच्छता रखेबा हमने नवल गाँव पंचायत में में  
 में जो स्वच्छता द्वारा लोगों को उपक्रम किया और नविकर्यो  
 में स्वच्छता में नविकर्यो गरीबों को उत्तम पत्नी नमोश द्वारा  
 M.C.M. D.A.V. कॉलेज बिसुगत में 50 घण्टे में स्वच्छ भारत सभा कीरिया  
 में प्रेरित किया हम इसमें उत्तम काम किया में कामना करते हैं



स्तावर... Psharma  
दिनांक

## सकरोह में स्वच्छता पर जगाए लोग



मारली। स्वच्छ भारत मिशन समर इंटरनशिप, 2019 के तहत ग्राम पंचायत सकरोह में पल्लवी कपलेश द्वारा लोगों को स्वच्छता के प्रति जागरूक किया। लोगों को गीला कचरा व सूखा कचरा अलग-अलग डस्टबिन में डालने व कचरे से खाद बनाने के बारे में बताया व प्लास्टिक की खाली बोतलों का गार्डन में उपयोग कैसे करना है, के बारे में भी अवगत करवाया। इसके चलते विभिन्न प्रकार के फूलों के पौधे लगवाए। इसके अलावा गांव में स्वच्छता पर जागरूकता रैली भी निकाली गई। इस पुनीत कार्य में पल्लवी कपलेश के साथ-साथ प्रधान ग्राम पंचायत सकरोह रीना शर्मा, वार्ड सदस्यों, आंगनबाड़ी कार्यकर्ता, सहायिका, आशा वर्कर तथा ब्लॉक को-आर्डिनेटर सतीश कुमार का विशेष योगदान रहा। इसके साथ सभी गांववासी उपस्थित रहे।



**VILLAGE : NIWARSI, KURUKSHETRA (HARYANA)**

**ACTIVITY 1: Tree Plantation Drive**

**Hours spent : 7 Hours**

**No. of people sensitized: Whole Village**



**ACTIVITY 2: Anti Malaria Drive**

**Hours spent : 6 Hours**

**No. of people sensitized: 38 houses of village**





**ACTIVITY 3: Workshop on 3 R's**

**Hours spent: 7 Hours**

**No. of people sensitized: 120**



**ACTIVITY 4: Placement of Dustbins**

**Hours spent : 5 Hours**

**No. of people sensitized: Whole Village**



## ACTIVITY 5: Awareness Campaign at Anganwadi

Hours spent : 5 Hours

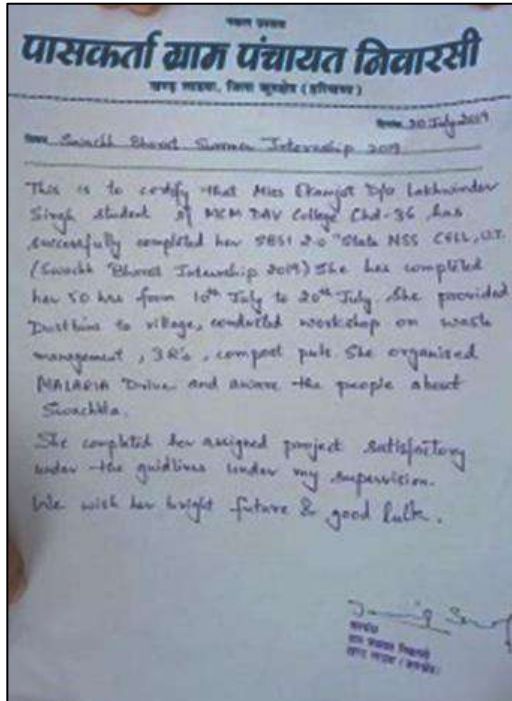
No. of people sensitized: Whole Village



## Other Activities: Waste Sagrigation and Making of Compost Pits

Hours spent : 5 Hours

No. of people sensitized: Whole Village



## VILLAGE : KANHARI KALAN (HARYANA)

Activities Performed	No. of Hours Spent
Awareness Campaigns	25 Hours
Cleaning of Streets	10 Hours
Construction of compost pits	4 Hours
Segregation of Waste	1 Hour
Swachhta Mela	2 Hours
Interactive session on Hygiene	3 Hours
Nukkad Natak	5 Hours

**Outcome :** At the end of the internship, the people of the village were more aware about segregation of wet and dry waste. The village Sarpanch appreciated the efforts of the interns and also said that based on his experience in this area he had learnt that change can come only when mindset of the people would change and they would acknowledge and undertake the role they play in keeping the surrounding clean. Neat and clean village thus free from diseases like dengue, malaria, cholera etc. At an individual level as an intern, the student volunteers learnt a lot about problems emerging at the local level. Initially, people of the village were not ready to interact with them and to share their problems. Men were out for their jobs and other activities and children were at schools so the women of the village were hesitant to interact with the interns. Lack of education was another biggest challenge faced. The people of the village didn't even have the basic information regarding wet waste and dry waste. Weather was also not in their favour, many times the interns had to cancel our activities because of heavy rain as water was running through the streets of the village and thus we were unable to perform our tasks.

**Number of People Sensitized:** During the internship , people of village KANHARI KALAN were made aware about Swachhta. The village had approximately 400 people , out of which 150 were the school going children . The village had people of all the age groups who showed their keen interest in acquiring the information. Therefore , around 75% people were targeted and the message was spread door to door, as well as through rallies and campaigns. The response of the people was very positive and learning. They cooperated with the team very well.

**No. of Hours Spent:** The internship was for 50 hours. Team members visited the village daily for 8 hours , from 9:00 AM to 5:00 PM for a week.



### **ACTIVITY 1: Awareness Campaigns**

**Objectives:** These were conducted keeping in mind the objective of the internship i.e. “Swachhta”. We conducted awareness campaigns after analysing the conditions of the village by talking to the village Sarpanch.

These campaigns were based on women’s hygiene, health, cleanliness, importance of hand wash, segregation of waste and its disposal, need of dustbins, prohibition of use of polythene bags.



### **ACTIVITY 2: Street Cleanign**

**Objectives:** A cleanliness drive was conducted with active participation of the residents in which the teams cleaned the streets along with the sweeper to make people realize the importance of cleanliness.



### **ACTIVITY 3: Construction of Compost Pit**



Safai Karamcharis and villagers were given demonstration on digging compost pits. The compost pits were made from kitchen waste with the help of sweepers and with due cooperation of the village sarpanch.

### **ACTIVITY 4: Segregation of Waste**

After cleaning various streets , village temple was declared as THE PLASTIC FREE ZONE , as large number of plastic bags were found near the area in which people brought various things for the rituals.

After the collection of waste from various households, segregation of waste was done i.e separation of wet waste and dry waste.





### ACTIVITY 5: Swachhta Mela

Along with the Awareness campaigns, a swachhta mela was organised in the secondary school of the village where the children were taught various means of disposal of waste , Also, how to make best out of waste i.e. how one can use used plastic bottles in day to day life and the children came up with various decorative ideas in which plastic can be used.



### ACTIVITY 5: Waste Collection Drive

During the awareness sessions, owners of the general stores were made aware about the segregation of waste into wet and dry waste along with the list of items that can be put in the wet waste dustbin and further used as manures.





## Other Activities

(Interactive Session of Hygiene, Nukkad Natak, Cleanliness Drive Etc..)



### To Whomsoever it may concern

The students mentioned below from **MCM DAV College for Women, Chandigarh** have worked at our village (Kanhari Kalan, Distt. Yamuna Nagar, Haryana) for 50 Hours under Swachh Bharat Summer Internship (SBSI) in the month of July, 2019.

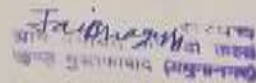
The students involved in door to door campaign, and interacted with the villagers to aware them about cleanliness, hygiene and its importance.

They made villagers aware about dry and wet waste.

They also actively involved in road cleaning to promote cleanliness and to develop responsible attitude about taking care of their own public property.

#### Team Members

Mitali Singh (Roll No. 8302)  
Pallavi Sharma (Roll No. 8301)  
Manya Khetarpal (Roll No. 8335)  
Cheshta Kamboj (Roll No. 4925)

  
Jai Bhagwan  
Sarpanch  
(Vill. Kanhari Kalan)  
Tehsil Jagadhri  
Distt. Yamuna Nagar

**JAI BHAGWAN**  
Sarpanch  
(Vill. Kanhari Kalan)  
Tehsil Jagadhri  
Distt. Yamuna Nagar



## VILLAGE: JITWAL KALAN (PUNJAB)

### Activity 1 : Tree Planation

Number of People sensitized : 45 students

Number of Hours Spent :5 hours.



### Activity 2 : Movie Screening

Number of People Sensitized : 50

Number of Hours Spent : 2.5 hours



### Activity 3 : Swachhta Rally

Number of People Sensitized : 175-200

Number of Hours Spent : 5 hours





**Activity 4 : Usage of washrooms instead of open defecation**

**Number of People Sensitized : 150**

**Number of Hours Spent : 6 hours**



**Activity 5 : Interactive Session on Personal Hygiene**

**Number of People Sensitized : 70**

**Number of Hours Spent : 2.5 hours**



**Activity 6 : Cleanliness Drives**

**Number of People Sensitized : 250-300**

**Number of Hours Spent : 10 hours**



**Activity 7 : Educating Girls about Disposal of Menstrual Waste**

**Number of Girls Sensitized : 25-30**

**Number of Hours Spent : 4 hours**



**Activity 8 : Segregation of Wet and Dry Waste**

**Number of People Sensitized : 40-45**

**Number of Hours Spent : 5.5 hours**



**Activity 9 : Construction of Bio-Medical Waste Pit**

**Number of People Sensitized : 100**

**Number of Hours Spent : 9.5 hours**





# ਗਰਾਮ ਪੰਚਾਇਤ ਜਿੱਤਵਾਲ ਕਲਾਂ

ਤਹਿਸੀਲ- ਮਾਲੇਰਕੋਟਲਾ 1, ਜ਼ਿਲ੍ਹਾ ਸੰਗਰੂਰ-148023

Ref. No. \_\_\_\_\_

Dated 21-July-19

ਮੈਂ ਪਰਮਜੀਤ ਕੌਰ ਸਰਪੰਚ ਪਿੰਡ:- ਜਿੱਤਵਾਲ ਕਲਾਂ ਇਹ ਪੁਸ਼ਟਿਤ ਕਰਦੀ ਹਾਂ ਕਿ ਸਨਿਗਧਾ ਮਹਿਤਾ ਨੇ ਸਾਰੀ ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਪਿੰਡ ਜਿੱਤਵਾਲ ਕਲਾਂ ਵਿੱਚ 21 July ਜੁਲਾਈ 2019 ਤੋਂ 21 ਜੁਲਾਈ 2019 ਤੱਕ ਖੁੱਤੀ ਦਿਨ 2½ - 2½ ਘੰਟੇ ਸਵੇਂ ਸਵੇਂ ਅਭਿਆਨ ਦੇ ਤਹਿਤ ਪਿੰਡ ਵਾਸੀਆਂ ਨੂੰ ਸਵੇਂ ਸਵੇਂ ਤਹਿਤ ਜਾਗਰੂਕ ਕੀਤਾ। ਜਿਸ ਵਿੱਚ ਪਿੰਡ ਵਾਸੀਆਂ ਨੂੰ ਦੱਸਿਆ ਕਿ ਖੁੱਤੀ ਦਿਨ ਸਵੇਂ ਨਹੀਂ ਕਰਨਾ ਚਾਹੀਦਾ। ਯਾਦ ਤੋਂ ਪਹਿਲਾਂ ਹੱਥਾਂ ਨੂੰ ਸਾਫ਼ ਕਰਕੇ ਖਾਣਾ ਚਾਹੀਦਾ ਹੈ। ਆਪਣਾ ਆਲਾ-ਦੁਆਲਾ ਸਾਫ਼ ਰੱਖਣ ਦੀ ਸਿਖਿਆ ਦਿੱਤੀ ਤਾਂ ਕਿ ਹੱਥ ਵਾਲੀਆਂ ਬਿਮਾਰੀਆਂ ਤੋਂ ਬਚਿਆ ਜਾ ਸਕੇ। ਇਸ ਅਭਿਆਨ ਨੂੰ ਅੱਗੇ ਵੀ ਚਲਾਏ ਰੱਖਣ ਲਈ ਜਾਗਰੂਕ ਕੀਤਾ।

ਸਨਿਗਧਾ ਮਹਿਤਾ ਨੇ ਖ਼ਾਇਰੀ ਸਕੂਲ ਜਾਂ ਕੇ ਬੱਚਿਆਂ ਨੂੰ ਸਵੇਂ ਸਵੇਂ ਤੇ ਫਿਲਮ, ਸਿਸਟੇ ਬੱਚਿਆਂ ਨੂੰ ਭਾਈ ਤੋਂ ਤੇ ਪ੍ਰਗਟਿਤ ਕੀਤਾ। ਇਸ ਸਾਰੇ ਕੰਮ ਵਿੱਚ ਸਨਿਗਧਾ ਨੇ 2 ਜੁਲਾਈ ਤੋਂ ਲੈ ਕੇ 10 ਜੁਲਾਈ ਤੱਕ ਸਵੇਂ ਸਵੇਂ ਹੱਥਾਂ ਤੇ ਬਾਥਰੂਮ ਦੇ ਪ੍ਰਯੋਗ ਖਾਹੇ ਦੱਸਿਆ। 10 ਜੁਲਾਈ ਤੋਂ 12 ਜੁਲਾਈ ਤੱਕ ਪਿੰਡ ਦੀਆਂ ਟੱਪਕ-ਥਾਵਾਂ ਤੇ ਸਫ਼ਾਈ ਵੀ ਕਰਵਾਈ, 13 ਜੁਲਾਈ ਤੋਂ ਲੈ ਕੇ 18 July ਤੱਕ ਸਕੂਲ ਵਿੱਚ ਜਾਕੇ ਬੱਚਿਆਂ ਤੋਂ ਬੁਣੇ ਲਗਵਾਏ, ਹੱਥਾਂ ਦੀ ਸਫ਼ਾਈ ਕਰਨੀ ਸਿਖਾਈ, ਕੱਚੇ ਨੂੰ ਅੱਡ ਕਰਕੇ ਸੁਰੱਖਿਅਤ ਸਿਖਾਇਆ। ਡਸਟਬਿਨ ਦੇ ਪ੍ਰਯੋਗ ਬਾਰੇ ਦੱਸਿਆ। 19 ਜੁਲਾਈ ਤੋਂ ਲੈ ਕੇ 21 ਜੁਲਾਈ ਤੱਕ ਵੱਡੀਆਂ ਕੁੜੀਆਂ ਨੂੰ ਆਪਣੇ Menstrual Hygiene ਬਾਰੇ ਜਾਗਰੂਕ ਕੀਤਾ ਅਤੇ ਇਸ਼ਤਿਆਜ਼ ਕੀਤੇ ਸਮਾਨ ਨੂੰ ਸੁੱਟਣ ਦੀ ਸਹੀ ਤਰੀਕਾ ਦੱਸਿਆ।

ਇਸ ਤਰ੍ਹਾਂ ਸਨਿਗਧਾ ਮਹਿਤਾ ਨੇ ਪਿੰਡ ਵਿੱਚ 50 ਘੰਟੇ ਦੀ ਸਵੇਂ ਸਵੇਂ ਅਭਿਆਨ ਨੂੰ ਬੱਚਿਆਂ ਅਤੇ ਪਿੰਡ ਵਾਸੀਆਂ ਵਿੱਚ ਪ੍ਰਸਾਰਿਆ ਜਿੱਕੇ ਹਾਫੀ ਪ੍ਰਸਿਧਾ ਜੋਗ ਹੈ। ਅਸੀਂ ਇਸ ਬੱਚੀ ਨੂੰ ਬਹੁਤ ਮਾਣ ਕਰਦੇ ਹਾਂ। ਤੇ ਸਾਰੇ ਵਾਸਤੇ ਵੀ ਜਾਨੇ ਜਿਨ੍ਹਾਂ ਦੇ ਸਹਿਯੋਗ ਹੈ ਜੁਲਾਈ 21

ਸਰਪੰਚ  
ਪਰਮਜੀਤ ਕੌਰ  
ਗਰਾਮ ਪੰਚਾਇਤ  
ਜਿੱਤਵਾਲ ਕਲਾਂ



**Conclusion :**

The concluding days of summer internship ended on a positive note as everyone worked for the benefit of the society. Keeping the present day environmental challenges in view people are sensitized towards environment, traditions and human values. The moderate, re-use, re-cycle slogan remains a mere rhetoric in a world that generates approximately 450 million tonnes of waste annually. Under the dusk of these four villages, the participation of volunteers and other villagers especially the gram panchayat and their representatives, aaganwadi workers, was highly commendable. The volunteers were instructed to write their learning skills and experience acquired each day, their field experiences and feedback. The volunteers learned a lot in this internship and are looking for much more of such experiences in the future. With the heaping concern of the on the large quantity of the waste being produced both in the form of solid and liquid waste, the concept of waste management has become one of the key focus of sustainable development principles which is further based on policies and practices.

The quantities of solid wastes are increasing and if the wastes are disposed in an uncontrollable manner these may cause adverse impact on public health and environment. Hence this waste needs to be managed efficiently so as safeguard public health and environment. In order to improve the quality of life of the rural population, environmental sanitation needs to be improved. There are still no proper dumping facilities due to which people throw their waste on streets carelessly. There is no proper channelization of funds in gram panchayats for installing blue/green dustbins so that dry and wet waste can be segregated.





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