



एक कदम स्वच्छता की ओर



# Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

## Action Taken Report of *Green Home*

One month awareness drive to make Household a Zero Waste Unit by Researchers of the college.



Organized by  
**Swachhta Committee (ARTS)**

in collaboration with  
**Mahatma Gandhi National Council of Rural Education**  
**Ministry of Education, Govt. of India**  
(Under the aegis of Swachhta Action Plan 2022-23)

on the occasion of  
**World Environment Day**

**Dr Minakshi Rana & Dr Mamta Ratti**  
Coordinators

**Dr Nisha Bhargava**  
Convener & Principal

**Mr Samarth Sharma**  
Consultant, MGNCRE  
Ministry of Education, Govt. of India



## PREFACE

*“The environment and economy are really both sides of the same coin. If we cannot sustain the environment, we cannot save ourselves.”*

*- Wangari Maathai*

Deteriorating environment has become a major cause of concern for the countries all around the world. Although, efforts for protection of environment are being made by governments and organisations, there is still a lot which has to be done for saving our environment from further damage.

One way to save our mother earth from the menace of environmental degradation is by making our homes sustainable and eco-friendly. Mehr Chand Mahajan DAV College for Women, Chandigarh came up with an initiative called ‘Green home - Let's make our household a zero-waste unit’. Under this initiative, the students of the college were asked to share the sustainable practices followed by them in their homes. This report consists of various ways by which a household can be made a zero-waste unit.



# Principal's Message

Mehr Chand Mahajan DAV College for Women is a prominent women's education institution in North India. Over the years, the College has achieved numerous noteworthy accomplishments and has established itself as an eminent institution, providing a unique blend of tradition and contemporary to its students. Our young ladies are raised with a firm belief in the importance of cultural, social, and environmental preservation. Mehr Chand Mahajan DAV College for Women has been celebrating World Environment Day with zeal, conducting a variety of programmes every year to raise awareness and urge action for environmental conservation. Our institution has meticulously executed several community development initiatives and adopted environmentally friendly practices to mark the contribution towards achieving national goals of sustainable development to drive home the point that individual efforts can make a big difference in safeguarding our environment. Continuing on their meaningful path, the college's student volunteers took on the task of raising awareness about zero waste techniques.

I admire the courage and determination of young women to take on such an important duty in these trying times. I want to express my gratitude to Mr. Samarth Sharma, Consultant, MGNCRE, MoE, Govt. of India. My grateful thanks to Dr Minakshi Rana and Dr Mamta Ratti to keep up this societal initiative. I hope for everyone to always be blessed and inspired.



**Dr. Nisha Bhargava**  
**Principal**



MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN

SECTOR 36-A, CHANDIGARH

Swachhta Committee of Arts  
in collaboration with



Mahatma Gandhi National Council of Rural Education  
Ministry Of Education, Government of India  
(Under the aegis of Swachhta Action Plan 2022-23)

On the occasion of **World Environment Day**  
Organizes



**GREEN HOME**

Let's Make Our Household A Zero Waste Unit

**MAY 5, 2022 - JUNE 5, 2022**

Dedicating one month to promote awareness among households in  
Chandigarh by student researchers of the college for adopting zero waste  
practices



Composting



Waste Segregation



No Plastic

Coordinators  
Dr. Mamta Ratti  
Dr. Minakshi Rana

Shri. Samarth Sharma  
Consultant, MGNCRE,  
MoE, Govt. of India

Convener & Principal  
Dr. Nisha Bhargava

Best Performers will be given Prizes. E-certificates will be given to all the participants  
For Queries Contact: Riya Singh- 6239417990, Aru Sharma- 9877904982



## INDEX

S.No.	Title	Name of the Participant
1	Green Embellishments... Let's imbibe nature in our thoughts as well as action	Team Green Home Mehr Chand Mahajan DAV College for Women
2	Waste management at home	Aru Sharma
3	Tea leaves: The best soil enhancer	Sonali
4	Reuse the past, Recycle the present	Vanshika
5	Say no to plastic	Sadgi
6	Decomposition	Riya Singh
7	Tree planting and segregate plastic	Kavya Aggarwal
8	Sustainable and eco-friendly practices	Kavya Mahajan
9	No plastic for drinking water at home	Monika Sharma
10	Zero plastic use	Ikreet kaur
11	Waste management in CTU buses	Tania Singla
12	Plant a tree and have oxygen for free	Anushka
13	Composting and awareness	Vinayaka Sharma
14	Kitchen Gardening	Riddhi Srivastava
15	Planting trees	Charvi Gupta
16	Waste water management from water purifier	Harpreet
17	Neem pesticide and disinfectant	Jasmine
18	No plastic use	Swikirti
19	Plantation process	Ridhi
20	Better environment better tomorrow	Samridhi Rajput
21	Biopesticide spray	Rashi Aswal
22	Green home – zero waste	Dhriti Kohli
23	Purifying indoor plants	Riddhi Sharma
24	Zero waste home	Akanksha Singh
25	Green up	Nithya Pruthi
26	Natural fertilizer	Anshika Saini
27	Green guard	Yogita Rai
28	Turn coco friendly	Tanya

## Green Embellishments...

*Let's imbibe nature in our thoughts as well as action*\_\_\_\_\_

**Team Green Home**

**Mehr Chand Mahajan DAV College for Women, Chandigarh (U.T.)**

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Making your home a greener place is a commitment to yourself, your family, your community, and the world. But more than that, it is a learning process. As exciting new technologies, products, and scientific breakthroughs constantly emerge, staying educated on the hows—as well as the whys—of maintaining a green home is the best way to ensure your efforts are as effective and beneficial as possible.

A green home uses less energy, water and natural resources, creates less waste and is healthier for the people living inside compared to a standard home. It's as simple as that! A home can be built green, or you can make it green later. A green makeover can happen all at once, or it can be a gradual process. But what it all comes down to is a new way of thinking—and a new way of living. From a more energy-efficient kitchen to a tree-filled backyard paradise, your home can be green top to bottom, front to back, inside and out. Here, we have focused on use of old cutlery to plant bonsai that has not only increased the aesthetic sense of the home surroundings but also tried to reinforce the unique amalgam of civilization and nature. We should strive for using our old cutlery, clothes and other material to make our homes green and beautiful rather than buying the artificial accessories made of plastic and toxic material.



## Waste Management at Home

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**Name:** Aru Sharma, **Class:** B.COM-III(C), **Roll No.:** 10058  
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### Theme:

Under the Green Home Initiative of Mehr Chand Mahajan DAV, College for Women a number of activities were carried by students for motivating the residents of tricity to adopt a green and holistic outlook towards waste and environment.

### Need:

- 2.01 billion tonne of waste is generated annually.
- About 60% of waste could escape landfills if segregated well in time.
- Emissions are expected to rise by 5 times by 2070
- Green sinks are shrinking at an alarming rate of 12.5 % annually.
- Countries might not be able to meet Paris climate targets anytime soon.

### Objectives:

- To spread awareness about waste segregation.
- To implement recycle and reuse as much as possible.
- To understand practices about waste management at domestic level.
- To ensure as many green homes in tricity as possible.
- To prepare compost at home
- To prepare manure from banana peels.

### Duration:

5<sup>th</sup> may, 2022 to 5<sup>th</sup> June ,2022

### INITIATIVES BY THE STUDENT\_(along with the evidence of success)

#### NO COST PLANTATION:

Throughout the 4 weeks, I planted 4 plants with no expenses.



- Used plant cuttings of money plant, wandering Jew, jade and snake plant (dwarf).

- Used old buckets of curd and extra plastic cans.
- Painted them with old nail paint (mixed with enamel oil).
- Painted worli art design on the pots.



### COMPOST OUT OF DRY LEAVES:

- Collect dry leaves and stems from your garden.
- Just as remains of dry wheat grass leaves as collected in the picture.
- Dry them in sun and crush it.
- Dig a pit in a pot or bucket with some loamy soil
- Burry the dry leaves in the pit.
- Cover it with some soil.
- Add water to the mix.
- Keep it moist for ideal compost.
- After a month use it as a manure for faster growth of plants.





### **Growth Cocktail With Banana Peels:**

- Collect banana peels.
- Cut them into smaller pieces.
- Dip them into water for 2-3 days to decompose.
- Add this to plants for fast and healthy growing plants.
- This is highly nutritious and contains potassium for better growth



### **Planter Out of Broken Pot:**

- Take a broken pot and add soil to it.
- Now take some plant cutting and spread it in the pot.
- Now water it thoroughly, keep the plant in sun.
- Your new plant for zero cost is ready. Turtle vine is the plant used as below.



### **Observation:**

Recently at a visit to a relatives place, I witnessed how plants were being grown in an ice box which are made up of thermacol (plastic) but was put to use.

### **Key Learnings:**

- Learned how to reduce kitchen waste.
- Learned new way of making manure
- Tried hands on reusing broken leaves.
- Understood how new plants with zero cost could be grown.



## Used Tea Leaves: The Best Soil Enhancer. \_\_\_\_\_

**Name:** Sonali, **Roll No.:** 10018

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### Objective:

To prepare soil enhancer with the help of used tea leaves.

### Context:

Tea is the favourite beverage of almost every Indian household. Used tea leaves contains **4 per cent nitrogen**, along with phosphorus and potassium, as well as other micronutrients that are beneficial for soil. Hence, used tea leaves can be used to enhance the quality of soil.

### Practice:

1. Collect used tea leaves in an earthen pot or plastic container for 20-25 days.
2. Wash the collected tea leaves thoroughly with water and keep them for drying under the sun for 2 days.
3. After the tea leaves have dried, they can be sprinkled near the roots of plants.

Tea leaves are particularly beneficial for acid-loving plants like roses and tomatoes.

### Number of people involved: 1

**Evidence of success:** The plants looked really healthy after tea leaves were sprinkled on their roots. Instead of throwing, used tea leaves, they should be collected and used to make this soil enhancer.



## **Reuse the Past, Recycle the Present, Recycle it all it's your call. \_\_\_\_\_**

**Name:** Vanshika, **Class.:** B.A.-II, **Roll No.:** 3472  
**Mobile:** 9802135905, **Email ID:** vanshikagrover1405@gmail.com

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### **Objective:**

Zero waste being a pragmatic and visionary goal that attempts to emulate sustainable development and add remuneration in the pockets

### **Context:**

Zero Waste Management is a visionary concept for confronting Waste problems in our life. It is a whole system to approach to resource management centered on reducing, reusing and recycling. The goal of zero waste management is to maximize recycling, minimize waste and reduce consumption of plastic.

### **Practice:**

1. I saw a shopkeeper giving the products to the consumer in plastic bags which is non-biodegradable and harmful. So, I took some of the newspapers and gave them to the shopkeeper and told him to make bags from those newspapers.
2. There was a small stall of lemon water in my sector where I saw the person is throwing the waste of lemon directly into the dustbin, so I told him to make bio enzyme by using the waste of lemons and which can be helpful in earning also & can be resold to customers.
3. I saw a woman throwing a rose bouquet in a dustbin, so I stop her not to throw, then I suggest her firstly dry those flowers then dipped that in water, then by pouring it that is original rose water and waste generated by this waste and adding up raisins water can be used in making incense stick.
4. There were dry leaves during the Autumn Season in the park and the people are walking on the dry leaves. Then I call some youngsters to help me in the picking and put in a bin and make the proper Composting of dried leaves. It is helpful in cleaning of park and also helpful in growth of plants.

**No. of people involved: 5**



### Evidence of Success:

As we know waste management is an important issue which helps to make our environment healthy. By doing these practices what I found it is Economical, Eco friendly and 3R's also. It helps in generating income also.



## Say No To Plastic Bags.

**Name:** Sadgi, **Class.:** B.A.-II, **Roll No.:** 3526  
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**Date:** 24th May 2022

### Objective:

Ban plastic bags as they are non – biodegradable and are harmful for our environment.

### Content:

I showed people with the help of handmade posters that do not use plastic bags at all, it is very harmful for us and for all animals and birds.

### Practice:

I told people that many types of diseases spread just because of using of plastic bags. They destroy the nature, they are harmful for animals and marine creatures, cause of illness in human and clog sewage.

**Number of people involved:** 5

### Evidence of success:

I explained and those people said that we will not use plastic from now on. The people to whom I told not to use plastic and talked about what are the disadvantages of plastic. The people pledged that they will not use plastic and will create awareness among others for the same. They also pledged to use handmade paper bags or jute bags instead of plastic.



## Decomposition.

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**Name:** Riya Singh, **Class.:** B.A.-II, **Roll No.:** 3007  
**Mobile:** 6239417990, **Email ID:** riyasingh7t@gmail.com

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**Date:** 4th June 2022

### **Objective:**

To develop an understanding of the decomposition process and the parameters which influence the rate at which it occurs.

### **Context:**

Microorganisms such as bacteria, protozoa, fungi, and invertebrates can break down dead plants and animals to gain energy during decomposition. They also return much of the nutrients to the environment for future plants and animals to benefit from. Two types of decomposition can occur in composting:

#### **with oxygen**

dead vegetation + oxygen + water --> carbon dioxide + water + energy + heat

#### **without oxygen**

dead vegetation + water --> carbon dioxide + methane + hydrogen sulfide + energy

Both of these processes are referred to as respiration, or the metabolic conversion of food into energy. Process 1 is called aerobic respiration because it takes place in the presence of oxygen. Anaerobic respiration is the second process, which happens in the absence of oxygen. Because bacteria may metabolise more quickly in the presence of oxygen and heat, aerobic respiration occurs faster than anaerobic respiration.

### **Practice:**

Compare the breakdown rates of two compost piles in a "controlled" experiment. A controlled experiment with 2 compost piles, of the same size and made up of materials in the same stage of decomposition. (grass clippings, leaves, and food wastes.), pitch fork or shovel, nitrogen fertilizer, thermometer; which allows you to answer a specific question by evaluating only one criterion while keeping the others constant.



S. No	Question	Experiment
1	Which environment results in faster decomposition rates: aerobic or anaerobic?	Turn one compost pile periodically, while leaving the other pile to rest.
2	Does an increase in surface area result in a faster decomposition rate?	Shred materials before adding to one compost pile, while adding materials to the other pile whole.
3	Does an increase in nitrogen result in a faster decomposition rate?	Add nitrogen fertilizer between layers of compost material in one pile only, or add more nitrogenous material such as grass clippings or food wastes.
4	Does atmospheric temperature affect decomposition rate?	Measure the rate of decomposition in a compost pile in the early fall compared with the winter.
5	Does the pile generate heat? How does the temperature change when the pile is turned?	Using a glove, insert a thermometer deep into the compost pile.

**Number of people involved: 1**

**Evidence of success:**

Important ingredient is nitrogen, which may be provided from the atmosphere, or usually from organic matter. Nitrogen is an essential element with which bacteria make amino acids, and therefore, enzymes. Enzymes enable the bacteria to break down organic matter faster.



## Tree Planting and Segregate Plastic

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**Name:** Kavya Aggarwal, **Class.:** B.B.A.-I, **Roll No.:** 6870  
**Mobile:** 9814777551, **Email ID:** kavyaaggarwal030@gmail.com

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**Date:** 28<sup>th</sup> May, 2022

### Objective:

Planting trees can increase the resilience of ecosystems; help minimize climate change effects. Segregation of plastic is to minimize the waste and ensure reduction in landfill space for final disposal.

### Context:

Trees contribute to their environment over long periods of time by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil and supporting wildlife. Plastic segregation is important for recycling ♻

### Practice:

First of all, clean the site then dug the hole and obtain the plant then water the seedling then remove the plant from the pot and place the plant in hole then cover the roots with soil then gently pack the soil around the tree. First of all, separate containers for dry (blue dustbin) and wet waste (green dustbin) in green dustbin put food items, kitchen waste and peels, tea and coffee bags, cotton, matchsticks etc. and in blue dustbin put plastic jars, milk and juice cartoons, empty paint cans, metal cans, household papers, newspapers etc.

### Number of people involved:

This activity is performed by me in hostel and tree plantation is performed by my classmates.

### Evidence of Success:

Tree planting provides us with clean water to drink, air to breathe, shade and food to humans, plants and animals.



## Sustainable and Eco-Friendly Practices

**Name:** Kavya Mahajan, **Class.:** B.A.-I, **Roll No.:** 1696  
**Mobile:** 6280908948, **Email ID:** mahajankavya93@gmail.com

**Date:** 20<sup>th</sup> May 2022

### Objective:

To contribute towards the nature and make things around me sustainable and eco-friendly.

### Context:

All the practices were done in the hostel room of the college. Being far from home it was difficult but worth it.

### Practice:

Started with collecting the glass and plastic bottles I used for drinks. Painted them and planted money plant in them. Bought eco-friendly, biodegradable plantable pens. Used green tea as a compost for my small snake plant.

**No. Of people involved:**3





## No Plastic Usage for Drinking Water at Home.\_\_\_\_\_

**Name:** Monika Sharma, **Class.:** M.A.-II (Sociology)  
**Mobile:** 7009614657, **Email ID:** 88monikasharma88@gmail.com

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### Objective:

To use no plastic bottles for drinking water at home for human beings and no plastic bowls for drinking water for birds and dogs also.

### Context:

Using Matka at home for drinking water, and using small matka bowls for drinking water for birds and dogs.

### Practice:

All family members every day at home consume water from Matka only and even have kept mud bowls for birds and dogs. And this my mother is doing since childhood. And this is done in my village Himachal also and being indulged in this habit since childhood I'm happy that I and my family are doing little efforts to save the environment.

**No. of people involved:** 5 family members



## Zero Plastic Use

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**Name:** Ikreet Kaur, **Class.:** B.Com.-II, **Roll No.:** 9607  
**Email ID:** 9607ikreet@mcmdavcwchd.in

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**Date:** May 30, 2022

### **Objective:**

To promote more eco- friendly ways of living, and reducing plastic use

### **Context:**

Heavy use of plastic in the past years has caused major damage to our environment. Plastic takes many years to decompose and thus their replacement is important. They can be replaced by cotton bags, jute bags, paper bags and cornstarch bags.

### **Practice:**

I decided to reduce plastic waste by myself reducing use of plastic and encouraging people around me to do the same. Secondly, I decided to make paper bags on my own and distribute it around my neighbourhood and promote eco-friendly ways of living

### **Evidence of success:**

I was successful in distributing hand made paper bags and spreading awareness about the harms plastic causes to our environment in and around my neighbourhood



## Waste Management in CTU Buses

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**Name:** Tania Singla, **Class.:** B.Sc. (Non Medical)-III, **Roll No.:** 1367  
**Mobile:** 9115541957, **Email ID:** tania1367@mcmdavcwchd.in

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**Date:** 25<sup>th</sup> May, 2022

### Objective:

To prevent Passengers from littering in or around the buses while travelling.

### Context:

It has been frequently observed that people toss trash in the buses so as to tackle this issue a dustbin should be provided in the public buses. The cartoon dustbin could in fact be more appealing, so it would even urge the kids to be responsible who are the future of our nation. Attempt has been made to show that the trash is vanished in the Doraemon structured dustbin's pocket for attractive look.

### Practice:

The structure of the dustbin was altered to the Doraemon structure due to two reasons, first to make it appealing to the kids and second it shows that the garbage disappears in his pocket as labelled, "DISAPPEAR THE GARAGE IN MY POCKET"

Secondly the dustbin has a use and throw system that is it has a biodegradable polythene fixed inside to make it a hassle free job. The Dustbin was later taken to Sector 17 CTU bus station and set up in a bus by the permission of the driver and was told about to the passengers. They responded well enough and thought it to be a good initiative and even threw the trash in there.

**Number of people involved:** 10

### Evidence of Success:

The bus driver was truly dazzled after listening to the idea of placing dustbin in buses because passengers usually throw trash in the transport and even leave it in the middle area between the seats when no one is looking. One of the traveler said dustbin should be appropriately appended in the CTU buses. A portion of the passengers did even take snap of the dustbin as well said it is a groundbreaking thought for youngsters of our age and should be applied in every bus.





## Plant a Tree and Have Oxygen for Free \_\_\_\_\_

**Name:** Anushka, **Class.:** B.Sc. (MFT)-I, **Roll No.:** 4959  
**Mobile:** 9817818051, **Email ID:** anushkagaur0911@gmail.com

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**Date:** 27<sup>th</sup> May 2022

### **Objective:**

To reduce carbon dioxide, maintain balance of environment

### **Context:**

Tree Plantation drives combat many environmental issues like deforestation, erosion of soil, desertification in semi-arid areas, global warming and hence enhancing the beauty and balance of the environment.

### **Practice:**

Fill the pot to the top with compost, create a small planting hole in the middle, place the sapling there. Backfill around the roots with soil, secure the plant into pot at a safe place and firm down compost.

### **No. of people involved:**

I did this all in my college garden with the help of Gardner uncle.

### **Evidence of success:**

I felt very happy doing the job and Gardner gave me many tips for care after plantation.



## **Practiced the Technique of Composting and Spread Awareness on Waste Management.**

**Name:** Vinayaka Sharma, **Class.:** B.Com.-II, **Roll No.:** 9659  
**Mobile:** 6284463295, **Email ID:** vinayakasharma04@gmail.com

**Date:** 29<sup>th</sup> May, 2022

### **Objective:**

- Reduce the use of chemical fertilisers for crops and promote the use of compost which in turn will reduce a number of health problems.
- Reduce the amount of organic waste sent to landfills.

### **Context:**

Composting is a process of recycling organic waste such as cooked food, vegetable peels and leaves into a fertilizer that can enrich the plants and soil. Composting helps in improving soil fertility and it retains a large volume of water and prevents soil erosion. Compost diverts waste from filling up landfill and it is also a great way of managing waste.

### **Practice:**

- I have prepared compost from kitchen waste around 8 months ago and now the compost is ready.
- Compost from leaves is in the process of formation. It has been a month since I put leaves in the composting pit. There is a guava tree at my place, so I use the dried leaves for composting purpose. This practice helped in reducing the waste and gave an additional benefit to plants as well.
- I have grown few vegetables like tomato, brinjal, ridge gourd, bottle gourd at my place. I have been using homemade compost for my plants from past 2 years.
- Also, I spread awareness in my locality about the process as well as the benefits of composting and also guided them to follow the practice of waste segregation.

**Number of people involved:** 20

### **Evidence of success:**

- I have successfully prepared the kitchen waste compost.
- My neighbors have also started the composting process.
- I have also grown plants at my relative's place.



## Kitchen Gardening: The New Normal

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**Name:** Riddhi Shrivastava, **Class.:** B.A.-III, **Roll No.:** 8130  
**Mobile:** 9501692904, **Email ID:** riddhishrivastava9@gmail.com

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**Date:** 25<sup>th</sup> May, 2022

### Objective:

To promote awareness among households in Chandigarh to :

- Move towards organic farming by highlighting the benefits and importance of kitchen garden
- Aware about the harmful effects of pesticides and chemicals on food crops.

### Context:

With the rapid growth of cities and urban population around the world, there is enormous demand on urban food supply. **Growing greener cities is the road ahead**, says the Food and Agriculture Organisation of the United Nations (FAO). To repair our ecological foundations, reduce temperatures and strengthen our city's resilience to climate change, kitchen gardening is something all of us can do. It's a garden where we grow our own food- herbs, vegetables, fruits and medicinal plants. **By growing our own food, we can cut down immensely on many forms of waste** such as reduce resources that go into conventional food, reduce plastics used for packaging plant food and gardening items, turn organic waste into compost and reduce the amount of pesticides used commercially.

### Practice:

I covered four households in Chandigarh making them aware about the importance of kitchen garden, what benefits they can get from it and what are the harmful impact of chemical fertilizers on us.

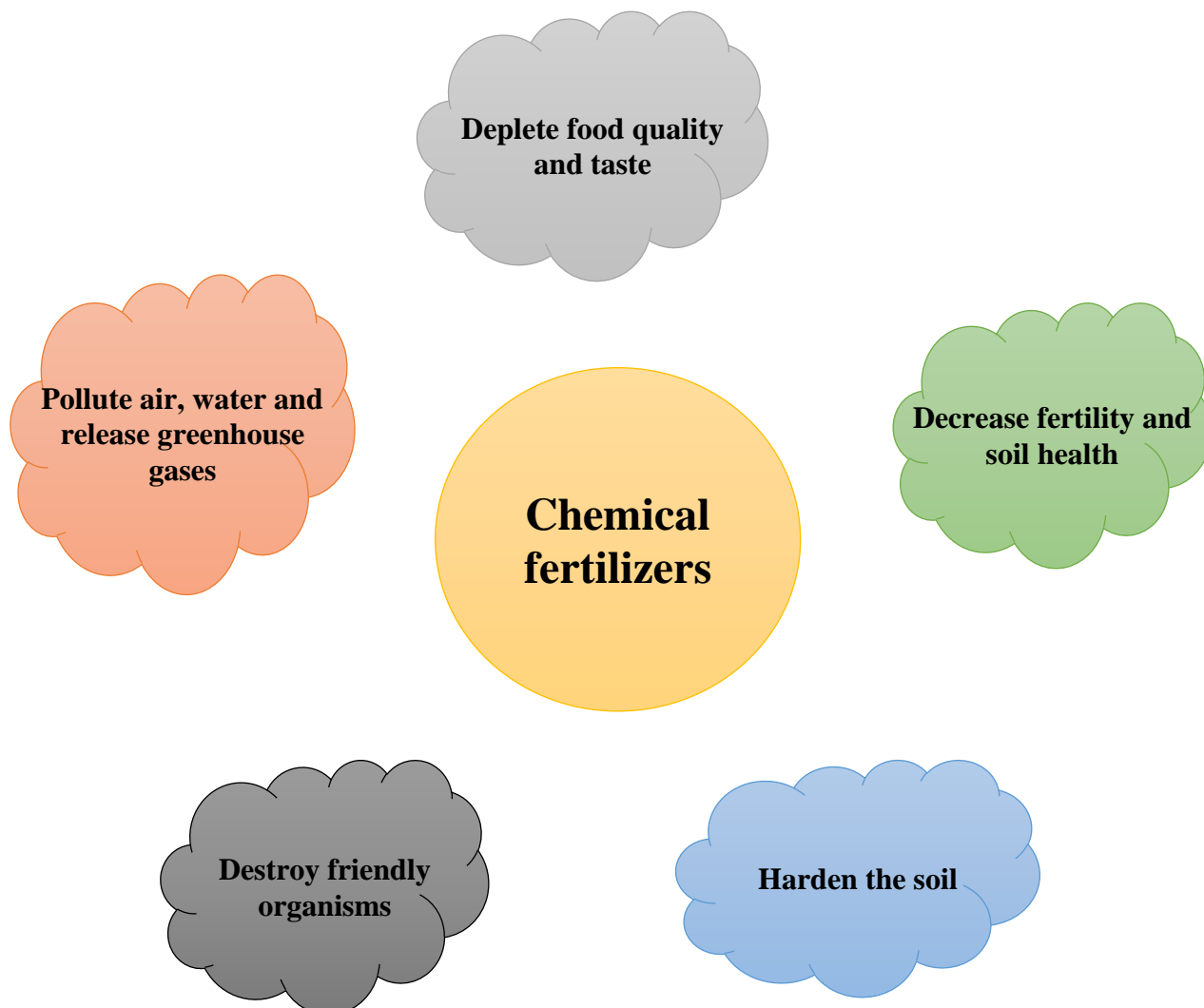
Talking about the importance of kitchen garden, I highlighted the following points:-

- It provides access to fresh harvest, and one cannot deny the fact that homegrown vegetables are far more tastier and chemical-free.
- Plants cleanse the surrounding air by absorbing carbon dioxide and releasing oxygen. Apart from cleansing air, they elevate the aesthetic appeal of the house.
- The leftover peels, unused vegetables and shredded leaves can help in making compost for further gardening.
- Growing our own fruits and vegetables can offer the opportunity to reduce the amount of pesticides that are used commercially.



- It is a great way to engage the whole family in physical activity. Gardening is Known to reduce levels of stress hormones.

Then, telling about the harmful effects of chemical fertilizers used in the crops, I elaborated the following points:-



#### **Number of people involved:**

14 people (Household 1: 3 people; Household 2: 5 people; Household 3: 2 people; and Household 4: 4 people)

#### **Evidence of success:**

- I visited 3 of my friend's house in Chandigarh to create awareness among them for adopting zero waste practices through chemical free kitchen gardening. The fourth household was a neighbour near my friend's house who was curious to know about this initiative. So I did this awareness task in his house as well.
- I made two posters also to convey my message in a better and more effective manner.

- In one of the house, there was already a kitchen garden where they'd grown vegetables like brinjal, ladyfinger, tomatoes and arbi. I told them that how having a kitchen garden can help in waste management. I also talked about organic pest control like sour curd, neem leaves, onion and garlic spray that they can use to control pests.
- All the members listened to me very carefully. They appreciated me and the college (M.C.M. D.A.V College, Chandigarh) for undertaking such a great and unique initiative.
- In short, I was able to convey my message and convince them to start a kitchen garden in their homes to make their household a zero waste unit.



## Planting Trees/Plants at Every Event+ Care For Small Beings\_\_\_\_\_

**Name:** Charvi Gupta, **Class.:** B.Com.-II, **Roll No.:** 9663  
**Mobile:** 9530707287, **Email ID:** 9663charvi@mcmdavcwchd.in

### Objective:

My main objective was to make Chandigarh greener and more beautiful as it was once the city beautiful.

### Context:

Achieving the goal of increasing the empathy among people for small innocent beings like squirrels and birds who live along us by putting up clay bowls for them. This also promotes the local potters by buying these items from them.

### Practice:

I put the above in action by firstly putting up bowl in college which is now being even widely pursued by our respectable and confounding principal Dr. Nisha Bhargava. And for the tree plantation I went to houses in sec 22 where I encouraged people to plant trees by communicating its benefits and gifting few plants like palm to the respondents.

### No. of people involved:

There were total of 15 people I reached out to.





## Using Waste Water from Water Purifier For Watering Plants\_\_\_\_\_

**Name:** Harpreet, **Class.:** B.C.A.-I, **Roll No.:** 6761  
**Mobile:** 9315027611, **Email ID:** harpreet190103@gmail.com

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### Objective:

Use of waste water from purifier. This water is used in giving water to plants and in other household chaos.

### Evidence of success:

With this simple and easy process plants gets the water. The waste water from water purifier can be used to water plants. And also use the waste water from purifier in good thing.

### Practice:

Collect waste water of purifier from its cleavage pipe. Then use this water in household chaos. Like I use the waste water in watering the plants which save the water that is used in watering plants.

**Number of people involved:** As it is very simple process. So, I do it by myself.

### Context:

waste water from purifier is impure which is not good for drinking but it can be used in other household chaos. Like it is used in watering plants and washing utensils etc.



## Neem Pesticide and Disinfectant

**Name:** Jasmine, **Class.:** B.A.-I, **Roll No.:** 2096  
**Mobile:** 7986030554, **Email ID:** 2096jasmine@mcmdavcwchd.in

**Date:** 30<sup>th</sup> May, 2022

**Objectives:** To reduce insect feeding and disinfect the surfaces.

### Context:

Neem extracts can provide excellent control of caterpillars and beetle larvae, and are effective on grasshoppers, leaf miners, and leaf and plant-hoppers and therefore act as a pesticide and neem (*Azadirachta indica*) is also recognized as a medicinal plant well known for its antibacterial, antimalarial, antiviral, and antifungal properties and hence can be used as disinfectant.

### Practice:

Take some neem leaves, separate them and put them in one utensil, add peeled aloe vera, squeeze half lemon, some Tulsi leaves and boil it till its color changes and let it cool and then put it in any empty container and the pesticide is ready. To use it as a disinfectant, add some camphor while boiling it.

**No. of people involved:** A family of 4 members.

### Evidence of success:

Azadirachtin and salannin are the major components of neem which help it to repel insects and due to these components only it acts as a good disinfectant. This pesticide has to be used only once a week and it will repel all the insects and other bacterial or viral diseases of plants.



## No Plastic Use

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**Name:** Swikriti, **Class.:** B.Com.-I, **Roll No.:** 11219  
**Mobile:** 9467015432, **Email ID:** swikritinaphray123@gmail.com

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**Date:** 29<sup>th</sup> May 2022

### Objective:

To reduce the use of plastic in our neighborhoods and make people aware of the harm that using plastics causes to our environment. We would like to encourage a sustainable way of living while also reducing the use of plastics in our everyday lives.

### Context:

Plastic usage needs to be reduced, especially the usage of single use plastics which are very harmful for our environment. So by doing this activity we are trying to showcase some ways we can reduce the usage of plastics in our everyday lives.

### Practice:

1. Segregating plastic waste in different dustbins to ensure proper recycling & waste disposal
2. Using steel hangers instead of plastic is another sustainable way of reducing plastic waste.
3. We can also try using glass jars and containers instead of plastic ones, as they are much more efficient and less harmful to the environment.
4. Another big one is that we should try using cloth bags whenever possible as single use plastic bags are very harmful to the society

### Number of people involved:

Being a hosteller, this activity was done by me and my hostel roommate in our college itself. So the two of us were involved directly along with the indirect support of many other people.

### Evidence of Success:

We believe that a lot of people following these small changes can lead to a huge snowball effect with their efforts compounding into huge contributions to save the environment.





## Plantation Process

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**Name:** Ridhi, **Class.:** B.B.A.-II, **Roll No.:** 4607  
**Mobile:** 7087260116, **Email ID:** garg.ridhi2003@gmail.com

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**Date:** 30th May 2022

### Objective:

To give the knowledge of the procedure to plant a sapling step by step.

### Context:

This activity made use of earthen pot (container in which the sapling is Planted)

Soil(which helps a baby plant in giving water and nutrition) and manure (plant fertilizer) which acts as a food to the plant.

### Practice:

Take container of appropriate height and put the right type of soil in the container.

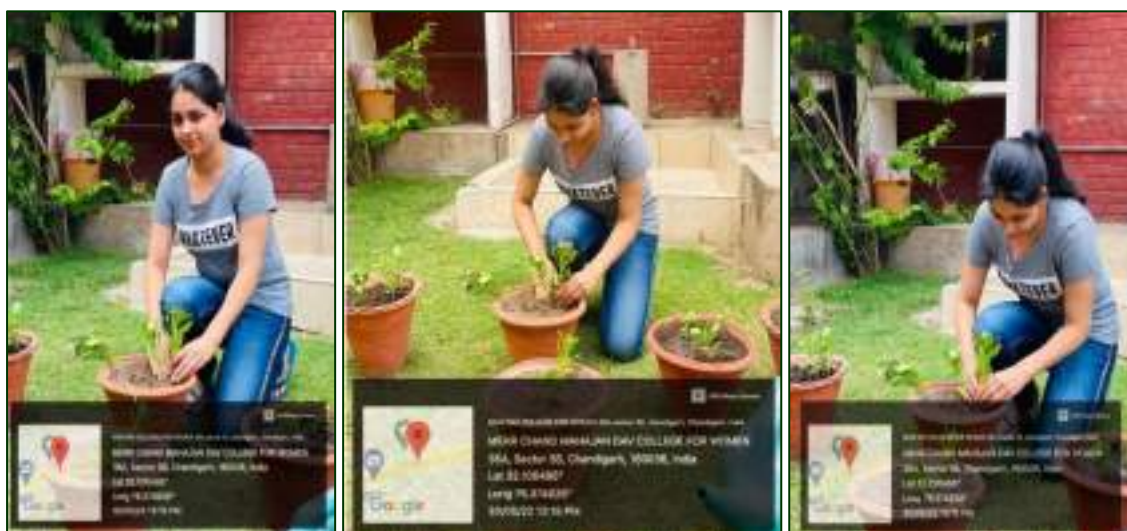
Don't use garden soil as it is too heavy. Put a layer of manure in between the soil,wet the soil with the water now take the plants sapling and stick it into the soil. Make sure the roots and the lower stem of the plant is covered under the soil. Make the plant stand at 90°. Now again water the plant wisely such that the soil is neither too dry nor too wet.

### Number of people involved:

As I'm residing in hostel it was practised by many under the guidance of the gardener.

### Evidence of success:

This activity made everyone aware of the procedure of plantation and made the environment green and clean.



## Better Environment, Better Tomorrow!

**Name:** Samridhi Rajput, **Class.:** B.C.A.-I, **Roll No.:** 6760  
**Mobile:** 6204148585, **Email ID:** samridhir653@gmail.com

**Date:** 27 May 2022

**Objective:** To reduce carbon dioxide and maintain the environment.

**Context:** Plant absorb carbon dioxide and release oxygen from their leaves, which and other animals need to breathe. Living things need plants to live. They eat them and live in them.

### Practice:

Fill the pot to the top with compost, create a small planting hole in the middle, place the sapling there. Backfill around the roots with soil, secure the plant into pot at a safe place and firm down compost.

**No. of people involved:** I did this all by myself with the help of Gardner uncle.



## Making Biopesticide Spray for Plants Using Neem Leaves\_\_\_\_\_

**Name:** Rashi Aswal, **Class.:** M.A.-II (Sociology), **Roll No.:** 5543  
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**Date:** 22<sup>nd</sup> May 2022

### **Objective:**

To help plants grow naturally in a conducive environment and give them nutritious supplement.

### **Context:**

Chemical fertilisers and pesticides are harmful for the soil and plants in the long run. They release harmful toxins which are bad for the water air and the other surroundings and hence degrade the quality of environment.

### **Practice:**

As the world is moving towards sustainable practices, we as a student should also help the world for a cleaner and greener environment. The practice is to involve a sustainable way to live our lives so that we can save the resources for our future generations.

**Number of people involved:** 1

### **Evidence of success:**

I was able to contribute to the healthy environment via efforts that made me felt like a responsible citizen. Plants seemed to be more healthy through this spray.



## Green Home – Let's Make Our Home a Zero Waste Unit \_\_\_\_\_

**Name:** Dhriti Kohli, **Class.:** M.A.-II (Sociology), **Roll No.:** 5550  
**Mobile:** 9315391369, **Email ID:** 5550dhriti@Mcmdavcwchd.in

**Date:** 26<sup>th</sup> May 2022

### Objective:

1. Maximize recycling, minimize waste, reduce consumption and ensures that products are made to be reused, repaired or recycled back into nature or the marketplace.
2. To reuse the things available at home for a cleaner and plastic free environment

### Context:

I have been using the cloth or jute bag instead of the plastic bag. I have been using the cardboard box as personal hygiene kit. I have been using the pen box as a stationary box. I have been using the water bottle which is got from restaurant for giving water to my plants at home

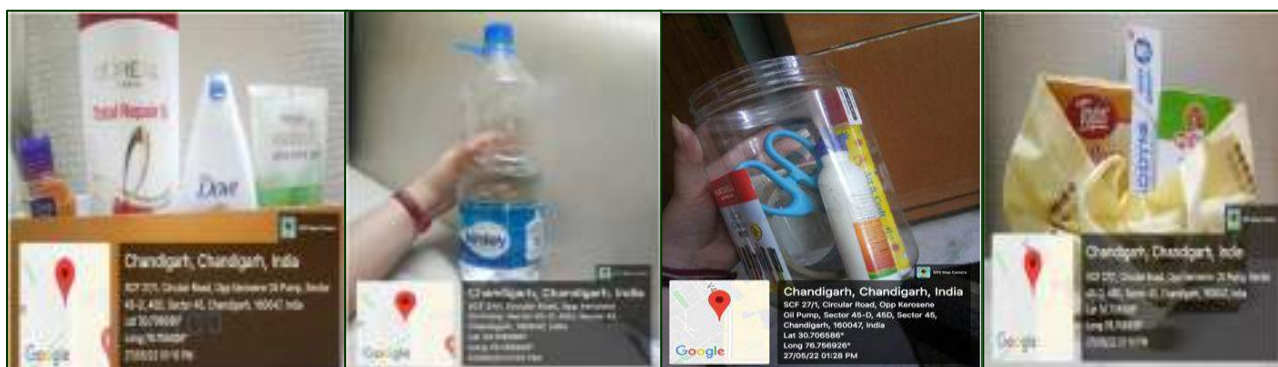
### Practice:

The world nowadays moving towards or achieving the sustainable development goals, we as a student should also help the world for a cleaner and greener environment. This practice is to involve a sustainable way to lives so that we can save the resources for upcoming generation We should move towards the 3R'S which can change our world i.e. REUSE, RECYCLE, AND REDUCE is the mantra which can be helpful to ourself.

**Number of people involved:** 1

### Evidence of success:

I have been able to minimize the use of plastic in my day to day life and because of this I have been taken a step towards a cleaner, greener and safe environment





## Purifying Indoor Houseplant

**Name:** Riddhi Sharma, **Class.:** B.C.A.-I, **Roll No.:** 6703  
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**Date:** 28<sup>th</sup> May 2022

### Objective:

Planting a air-purifying indoor houseplant that is aloe vera. It helps in purifying indoor air and lowers toxic carbon dioxide levels by processing it into oxygen.

### Context:

Aloe vera is a beneficial plant not only cleanses the air but also absorbs carbon dioxide and carbon monoxide. It is a great plant to keep at home as it is short, easy to grow and maintain. Moist soil and mild sunlight help to easily propagate a single plant into multiple plants in a short period.

### Practice:

Choose a pot big enough to contain the aloe's roots without crowding them. Fill the pot with growing medium. Place some of the soil mix in the pot, place the aloe plant into the pot. The plant tolerates a wide range of temperatures, typical indoor home temperatures are fine. Place the aloe vera container in a spot with bright light. Water the plant regularly but wait to water again until the soil is dry. Placing it in the rain or under a shower spray can clean it as well, but be careful not to let the soil get waterlogged.

### Number of people involved:

This is done by me and by my mom at our home.

### Evidence of Success:

Aloe vera comes with some serious health wins. The plant's leaves contain a clear liquid full of vitamins, enzymes, amino acids, and other compounds that have wound-healing, antibacterial, and anti-inflammatory properties. This is a good plant to keep in your kitchen window for a quick burn relief remedy. It also purifies the air.



## Green Home-Let's Make Our Home a Zero Waste Unit \_\_\_\_\_

**Name:** Akansha Singh, **Class.:** M.A.-II (Sociology), **Roll No.:** 5547  
**Mobile:** 9953842325, **Email ID:** 5547akansha@mcmdavcwchd.in

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**Date:** 25th May, 2022

### **Objective:**

- 1) To reuse the things available at home for a cleaner and plastic free environment.
- 2) To give nutrition to the plants using neem leaves mixture.

### **Context:**

I have reused the water bottle which I got from a restaurant as a friz bottle. I have been using a cloth bag instead of using a plastic bag. I have made a spray using neem leaves to protect my home plants from ants. I have been using the cardboard box as a holder.

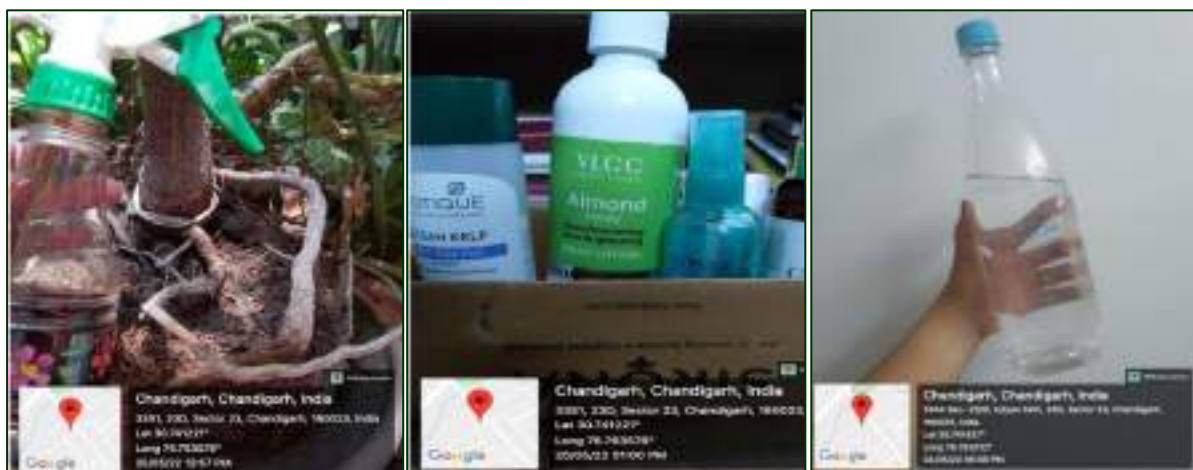
### **Practice:**

As the world is moving towards sustainable practices, we as a student should also help the world for a cleaner and greener environment. The practice is to involve a sustainable way to live our lives so that we can save the resources for our future generations. We should incline ourselves to the effective policy of three R's i.e., REDUCE, REUSE & RECYCLE.

**Number of people involved:** 1

### **Evidence of success:**

I have been able to reduce the use of plastic in my day-to-day life, and with this I have taken a step towards a cleaner and greener environment.



## Green Up

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**Name:** Nithya Pruthi, **Class.:** M.A.-II (Sociology), **Roll No.:** 5523  
**Mobile:** 8168370626, **Email ID:** nithyapruthi72@gmail.com

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### Objective:

To make compost of waste from fruits and vegetables.

### Context:

Composting is a natural process that recycles organic material, improves soil quality and increases food yields.

### How to compost:

- Segregate your waste and keep the biodegradables in a separate compost bin.
- Add a layer of soil, compost or dry leaves.
- Next layer the kitchen waste over the brown layer.
- Cover this with another brown layer.
- Repeat this process until the bin is full.

### Tips:

- Only use uncooked food to avoid attracting vermin.
- Keep vermin out using netting or bricks.
- Mix your compost to let in air.
- The compost should be slightly moist. If it is too dry, add a small amount of water and mix in.

My mother and I practice composting at home as it is an easy way to reduce food waste that would go to landfill. We put vegetable peelings, fruits and vegetables in the compost bin. Composting kitchen scraps is relatively straightforward and doesn't require much specialized knowledge. You just need to know that things like animal products and oils shouldn't be composted. I like to think of composting as nature's way of recycling. Bacteria and fungi can be used as a way to break down organic waste and turn it back into soil. A couple of inches of compost is enough to feed and protect your plants for a whole season. More than half of the daily waste that a household generates is organic matter.



## Natural Fertilizer

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**Name:** Anshika Saini, **Class.:** B.Sc. (Non-Medical)-I, **Roll No.:** 887  
**Mobile:** 8295899435, **Email ID:** anshikajnd12@gmail.com

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**Date:** 24<sup>th</sup> May 2022

### Objective:

Make rich compost from your kitchen waste. This will reduce your organic waste and leave you with quality manure for your gardens.

### Context:

A fertilizer whose main function is to provide nutrients under organic forms from organic materials. The onion peels that one usually dumps in the dustbin is full of minerals.

### Practice:

Take three to four handfuls of onion peels. Boil them into water according to the need of the plants. You will see the solution turn onion pink. Your homemade fertilizer is ready. Cover the mixture and let it still until it gets cold. Strain the mixture into a container for direct use. Drench it at the base of the plant and repeat it after 15 days interval. Use 50ml dose for small plants but you can use 100ml dose for the bigger plants.

### Number of people involved:

I am in hostel recently so this process is done by my mom in our Home Town.

### Evidence of Success:

The onion peels are a great source of minerals like iron, calcium, magnesium and copper. It proves to be sufficient in promoting plant health and keep them fresh and green.





## Green Guard

**Name:** Yogita Rai, **Class.:** B.A. -I, **Roll No.:** 1999

**Email ID:** 1999yogita@mcmdavcwchd.in

**Date:** 27<sup>th</sup> May 2022

### Objective:

To spread awareness among people for zero waste practice, waste segregation of leaves and vegetables peel composting.

### Context:

I have planted a mango tree in Garden. I aware my neighbours household ladies about how to do composing at home or compose your biodegradable waste in composting area located in Fragrance garden sector-35 Chandigarh which is near composting area to our location. Tell it's benefits why it's important.

### Practice:

I aware my neighbours why planting tree is important for our coming generations and for ourselves Tell what is biodegradable waste composing give benefits to us. It will Improve soil structure, helpful for micro-organisms like bacteria. It is also act as organic pesticides.

## Outcomes:

I planted Mango and lichi tree plant, my neighbour uncle planted 1 Neem tree plant. House hold ladies get aware they really appreciate and take pledge to make eco- friendly environment.



## Turn Coco Friendly: Fertilized and Furbished\_\_\_\_\_

**Name:** Tanya, **Class.:** B.A.-II, **Roll No.:** 3457  
**Mobile:** 9206515000, **Email ID:** 3457tanya@mcmdavcwchd.in

### Objective:

To have Zero Waste Management by creating something with reuse and giving our surroundings a new life

### Context:

Compost tea improves life in the soil and on plant surfaces. It has improved the ability to manage plant diseases, Banana Peel water can be effective on all plants as it provides vital nutrients for plant growth.

### Practice:

Coconut shells are fine growing mediums because saplings can be transplanted directly into the soil along with the pot. Since they are biodegradable, plants will not be affected. In fact, upon degradation, these shells also provide nutrients to the saplings. This eliminates the use of plastic bags in the nursery and also, when the shell degrades in the soil, it provides nutrients that help the plant grow. So, I have taken coconut shell and placed dried tea leaves and coconut husk in the soil to make the plant healthy. Place Some Flowers in the soil and wrap around the jute string to hang the shell and give it a new form of decorative plants in the garden. Take banana peels and cut them into pieces, add water and cover the container for 3 days. After 3 Days, separate the water and peel. Add the water to coconut shell as banana peel water is effective on plants as it provides



**No. of People Involved:** 16

**Evidence of Success:** Banana Fertilizer





### **Student Coordinators**

Ms. Aru, B.Com-III  
Ms. Sonali, B.Com-III  
Ms. Riya Singh, BA-II  
Ms. Vanshika Grover, BA-II  
Ms. Ojaswani Bhargav, BCA-II  
Ms. Tanya, BA-II



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