

Eco-Champ Activities

Amity Institute of Education, Amity University, Uttar Pradesh, Noida follows the mantra of the Ishavasyopanishad –

“Īshāvāshyamidan sarvan yatkinchan jagatyan jagat
tena tyaktena bhūnjithā mā gridhaḥ kashyacid dhanam”

(Ishopanisad-1).

We believe in the message given that the environment belongs to all living beings, so it needs protection by all, for the welfare of all. We at Amity institute of Education prepare future teachers with the thought of ‘Preserving Nature and Nature will preserve us’ to make its impact recount and reverberate through coming generations.

Our best Practices include: Emphasis on 3 R’s : Reduce, Reuse, Recycle ,Contribute to the environment through plantation and kitchen / terrace gardens ,Enhance environmental awareness to contribute in Swacch Bharat Abhiyan by providing environmental education and training, Awareness Programs and Workshops in schools, Community Outreach for environmental awareness, Workshop and Seminars for school teachers for conservation of natural resources, Rally , Nukkad Natak , Poster , Banner and slogan competitions on environmental issues, Environmental Pollution , Pollutants, Waste management and conservation awareness presentations

On the occasion of world environment day on june 5th 2024 we have participated in the Eco-Champ Activity program and conducted various activities at different places. The description is as follows:

Activity Title: Make Your Own Envelopes Workshop

Date of Activity: 04/06/2024, 07/06/2024, 12/07/2024, 13/06/2014, 17/06/2024

Description: AIE conducted the activity at four various NGOs for two days. Participants learned how to make envelopes using old paper, promoting reuse and recycling to reduce waste. The workshop aimed to empower individuals to adopt sustainable practices in their daily lives. We divided the students into two groups, one group was under my supervision and the other was under her supervision. First, we took the sheets and asked them to watch us then do the same. The students were very enthusiastic while doing this activity and they found it very interesting because it was something new to them and they enjoyed it so much. The fresh energy was seen on their happy faces. Even I also enjoyed this session and they all made so colourful and creative Envelopes.

Activity Title: Plastic Ban: Advocate for the prohibition or restriction of single-use plastics to reduce pollution and protect the environment.

Date of Activity: 05/06/2024

Description: On June 5th, AIE conducted an engaging and informative activity in our NGO , that focused on the ban of single-use plastics. The event was designed to raise awareness among students about the harmful effects of plastic pollution on the environment. Through a series of educational sessions, students learned about the harmful impacts of plastic waste on wildlife, marine life, and human health. They were introduced to the concept of sustainable alternatives to single-use plastics, such as reusable bags, bottles, and containers. The interactive discussions

helped students understand the importance of reducing plastic consumption and motivated them to adopt eco-friendly practices in their daily lives.

Activity Title: Encouraging sustainable habits

Date of Activity: 10/06/2024

Description: A workshop and awareness campaign was organized for the participants to make them understand the usage of sustainable daily items like steel water bottles/boxes/bags is beneficiary instead of plastic water bottles/boxes/bags as they harm the environment and are not eco-friendly. We explained the benefits of the sustainable environmental habits and harms of plastic items to them. The outcome of the activity is awareness towards sustainability. Participants reported a heightened awareness of the environmental issues caused by plastic bags and expressed a willingness to change their habits. Post-workshop interaction indicated high levels of satisfaction among participants, who appreciated the practical approach and the opportunity to make a tangible difference.

Activity Title: DIY Cloth Bag Workshop

Date of Activity: 12/06/2024, 14/06/2024,17/06/2024

Description:

AIE organised a workshop on making your own cloth bags to promote the use of cloth bags as a sustainable alternative and to provide practical demonstrations on making and using cloth bags. Participants learned how to make cloth bags by hand using old clothes or blankets. This hands-on workshop promoted sustainability by reducing the use of plastic bags and repurposing old material. This also encouraged participation in sustainable habits by using recycled cloth bags instead of polythene bags. Students can save money by using handmade bags. Can start small businesses selling handmade bags. And it will also Improve student's art and craft skills. Many participants learned how to create their own cloth bags, which they can continue to use and teach others. The workshop fostered a sense of community, with participants engaging in discussions and planning further initiatives to reduce plastic waste.

Activity Title: Grow Your Own Organic Vegetable Garden

Date of Activity: 11/06/2024

Description: On June 11th AIE has organised an activity to promote sustainability and protecting the environment. Participants learned how to sow seeds and plant the crops with proper irrigation for the growth of different crops like onion, mustard, sugarcane, etc. They learned the whole process of growing a crop and taking care of crops in an organic manner by providing crops with useful Manure like cow dung. This activity help them to be aware of the agricultural practices of India and they get to know the work done by Indian farmers as well as the problems faced by them to grow the crops in a proper manner. The "Grow Your Own Organic Vegetable Garden" workshop successfully achieved its goals of educating participants on organic gardening and promoting sustainable living practices. The positive outcomes and feedback highlight the potential for ongoing and expanded efforts in this area.

Activity Title: Green Living**Date of Activity:** 13/06/2024**Description:** On June 13th, AIE conducted an engaging and informative workshop with three activities

1. Environmental Posters: Participants created posters to raise awareness about various environmental issues and the importance of sustainable living.
2. Planting: Participants learned how to plant and care for small plants in pots, promoting urban gardening and the benefits of having greenery in limited spaces.
3. Cleanliness Drive: Participants engaged in a community cleanliness drive, picking up litter and promoting the importance of maintaining clean public spaces.

The workshop aimed to educate and empower individuals to adopt sustainable practices through creative activities and community involvement. By participating in these activities, individuals gained practical knowledge and skills that contribute to environmental conservation and sustainability.

Activity Title: E-Waste Collection Point**Date of Activity:** 04 /06/2024**Description:** The Activity aimed at generating awareness about correct disposal of E-waste so that we can be sustainable and responsible while discarding any sort of E-waste. For this we first conducted a session with the young children which they enthusiastically attended. The session included educating them about what E-waste is and how many of them do we dispose in our daily lives. We also told them about how harmful it can be for the environment if the waste is not discarded properly and its various disadvantages. We also told them about how even the Garbage trucks have a separate compartment for E-waste collection and disposal. The children at Jagshanti Udayan Ghar were very passionate about the activity and asked multiple questions regarding the topic. The session was very productive and engaging.**Activity Title: Waste Segregation****Date of Activity:** 14 /06/2024**Description:** AIE conducted a workshop on Waste Segregation on June 14th 2024. The workshop was organized to educate participants on the importance of proper waste management and segregation practices. The aim was to provide practical knowledge on how to effectively separate waste at the source, reducing landfill waste, promoting recycling, and contributing to a cleaner environment. The Key Activities of the workshop were: 1. Introduction to Waste Management which includes types of waste and explanations of different types of waste, such as; organic, recyclable, hazardous, and e-waste. Segregation, 2. Techniques: Practical demonstrations on how to segregate waste at home, school, or workplace, using color-coded bins and other methods. 3. Composting: Recycling and Upcycling: 4. Interactive Q&A Session: An opportunity for participants to ask questions and share their experiences with waste management. The positive response and active engagement of participants highlight the potential for significant environmental impact through continued education and community involvement.

Activity Title: Sewing Machine Installation:

Advocate for the prohibition or restriction of single-use plastics to reduce pollution and protect the environment.

Date of Activity: 13/06/2024

Description: On June 13th, AIE conducted The "Sewing Machine Installation" activity aimed to promote the use of reusable bags made from old fabric, thereby reducing the dependence on disposable bags. This initiative not only encouraged environmental sustainability but also provided participants with practical sewing skills. Our initiative began with a call to action by asking our NGO head Ms. Divya to conduct the activity for the young girls and letting the girls participate in a hands-on workshop designed to teach sewing skills and promote sustainable practices. Recognising the importance of having the right tools, we approached our uncle, Anuj Goel who owns a manufacturing unit in Noida who generously donated one of his extra sewing machines. This gesture was crucial in making the workshop accessible to all participants.

Participation and Learning: The workshop saw enthusiastic participation from the girls, who were eager to learn and contribute. Under the guidance of one of the girls who knew stitching, the participants received step-by-step instructions on how to set up and operate the sewing machine.

Activity Title: : Bee-Friendly Flower Garden:

Participants learned how to grow Bee friendly plants at home and how to take care of them for a sustainable eco system.

Date of Activity: 13/06/2024

Description: On June 13th, AIE conducted an engaging and informative activity Growing a flowering plant at home requires attention to detail and a commitment to regular care. By selecting the right plant, providing optimal growing conditions, and staying vigilant about plant health, you can enjoy beautiful blooms and the satisfaction of nurturing a living organism. Whether for aesthetic pleasure, air purification, or the joy of gardening, flowering plants can significantly enhance your home environment .The Following steps were performed While Flowering the Plant:. 1. Selecting the Right Plant 2. Preparing for Planting3. Preparing the Soil,4. Monitoring Plant Health 5 Seasonal Care and Long-Term Maintenance 6. Flowering Cycle: Understand your plant's flowering cycle to enjoy blooms throughout the year. This activity provided an insight about the bee friendly garden at home and contributed towards ecosystem.

Activity Title: The Terrace Gardening Workshop:

Date of Activity: 14/06/2024

Description: On June 14th, AIE conducted a Terrace Gardening Workshop. It was a resounding success, inspiring young children to become stewards of the environment and champions of sustainable living. Armed with newfound knowledge and enthusiasm, participants left the workshop with the confidence to embark on their own gardening adventures, transforming their homes into green oases of abundance and vitality. By nurturing their own gardens, these young green thumbs are sowing the seeds of a greener, healthier future for generations to come., that focused on the ban of single-use plastics. The event was designed

to raise awareness among students about the harmful effects of plastic pollution on the environment. Through a series of educational sessions, students learned about the harmful impacts of plastic waste on wildlife, marine life, and human health. They were introduced to the concept of sustainable alternatives to single-use plastics, such as reusable bags, bottles, and containers. The interactive discussions helped students understand the importance of reducing plastic consumption and motivated them to adopt eco-friendly practices in their daily lives.

Activity Title: Cloth Bag Usage Workshop:

Date of Activity: 14/06/2024

Description: On June 14th, AIE conducted a workshop on “cloth usage” aimed at educating students about the environmental benefits of using the cloth bag instead of plastic. It helped raise awareness about the environmental impact of plastic waste and encouraged the use of cloth bags for carrying items.

To educate students on the benefits of cloth bags over plastic bags. An open forum for students to ask questions and share their thoughts on reducing plastic waste. Discussion on other sustainable practices and how students can contribute to environmental protection. The Cloth Bag Usage Workshop was a successful initiative in promoting sustainable practices and reducing plastic waste. The positive response from participants and the community highlights the potential for ongoing efforts to create a more environmentally conscious society. The organizing body looks forward to continuing this work and expanding its reach to achieve greater impact.

Activity Title: Stop Plastic Water Bottles:

Date of Activity: 14/06/2024

Description: On June 14th, AIE conducted an engaging and informative activity titled, “Stop Plastic Water Bottles”. This activity was conducted with the primary aim of raising awareness among children about the harmful effects of plastic water bottles on the environment and encouraging the use of sustainable alternatives. To kick off the activity, we began with a brief presentation that highlighted the detrimental impact of plastic water bottles on the environment. Following the presentation, we engaged the children in an interactive discussion. We asked them questions about their current use of plastic water bottles and explored their thoughts on alternatives. The next phase of the activity involved a creative session where the children were divided into small groups to create posters and slogans. To provide practical solutions, we demonstrated various types of reusable water bottles, including stainless steel, glass. We discussed the benefits of these alternatives, emphasizing not only their environmental advantages but also their economic and health benefits. The children were encouraged to share this knowledge with their families and friends.

Activity Title: Plastic Waste Protest:

Date of Activity: 14/06/2024

Description: On June 14th, AIE conducted an activity with the passionate group of students gathered to protest against the use of plastic in daily life. The event aimed to raise awareness about the environmental impact of plastic waste and advocate for sustainable alternatives. This activity emphasized the urgent need to reduce plastic consumption and highlighted the

environmental hazards posed by plastic bags, including pollution of oceans and harm to world. This waste, predominantly single-use in nature, is dumped or even burnt at roadsides, choking drains and flowing into the rivers from where it disperses into the ocean, harming marine life directly or indirectly as it degrades into micro- and nano-sized particles over months, years and decades. Students were engaged in learning process and took vow that they will never use plastic bags or anything related to plastic in their life. Not only this they will also make sure that they will stop others too and make them aware about its use and how much harmful it is for the environment.

Conclusion:

The Eco-Champ Activities organised by Amity Institute of Education, Amity University, Uttar Pradesh, Noida were very fruitful. The initiative empowered individuals to become environmental stewards in their communities. By providing knowledge, tools, and support, Eco-Champ enabled participants to take actionable steps towards a more sustainable lifestyle. The initiative featured various challenges designed to encourage participants to adopt and maintain sustainable habits. These challenges included reducing single-use plastics, minimizing energy consumption, and participating in local clean-up events.

Participants were motivated by friendly competition and incentives, which helped to reinforce positive behaviour changes. The collective efforts of the participants led to tangible improvements in their communities, such as reduced waste, cleaner public spaces, and increased awareness about environmental issues. Through these efforts, participants were able to spread the message of sustainability beyond their immediate circles, influencing broader community.

Commitment to Future Efforts

As we look to the future, our commitment to promoting sustainability and protecting the environment remains unwavering. Building on the success of the Eco-Champ activities, Amity Institute of Education plan to:

- Expand the scope and reach of our workshops, making them accessible to a broader audience.
- Introduce new and innovative challenges to keep participants engaged and motivated.
- Strengthen our advocacy efforts by forming partnerships with more local and national organizations.
- Continue to empower individuals to make positive changes in their communities, fostering a culture of sustainability that can lead to long-term environmental benefits.

PHOTOS:



Plastic Waste Protest



The Terrace Gardening Worksho



Make Your Own Envelopes Workshop





Sewing Machine Installation



Stop Plastic Water Bottles



Cloth Bag Usage Workshop



Waste Segregation





Encouraging sustainable habits



Green Living



Plastic Waste Protest



Make Your Own Envelopes Workshops



Bee-Friendly Flower Garden

VIDEOS Links:

- <https://www.bing.com/videos/riverview/relatedvideo?&q=VIDEO++ON+THE+IMPORTAN+CE+OF+TERRACE+GARDENING+IN+HINDI&&mid=B4FD1814B0D99ADE90A7B4FD1814B0D99ADE90A7&&FORM=VRDGAR>
- https://www.instagram.com/reel/C8RJJGyxm_D/?igsh=bWVkd2x2ajE0dGh6
- <https://youtu.be/8facy0nK8Lw?si=ojO90OODWYBFMSfH>
- https://drive.google.com/file/d/1Wk6q0W5buGj10Ls14aK41z0r4ID2NqS2/view?usp=drive_sdk
- <https://youtu.be/jSKBtMAN0PU?si=ZSUq0Bkv9A9APFLh>

PARTICIPANTS LIST:

Sr. No.	Enrolment No.	Name of the Participants
1	A3410523001	LEHAR MEHTA
2	A3410523002	SANJANA KALRA
3	A3410523004	TANU CHAUDHARY
4	A3410523005	PRACHI MITTAL
5	A3410523006	SHIVANI MEHRA
6	A3410523007	SYLVIA MARIA DOMINIC
7	A3410523009	ANSHU YADAV
8	A3410523010	KANAK CHAUHAN
9	A3410523012	TANYA BHARDWAJ
10	A3410523013	DIKSHA KAJAL
11	A3410523014	KANIKA DAGAR
12	A3410523015	KAJAL CHAUHAN
13	A3410523017	SHUBHI BHASKAR
14	A3410523018	JEFNA J R
15	A3410523019	SIMRAN PARMAR
16	A3410523020	SWAYAM SIDDHA DASH
17	A3410523021	POOJA SHARMA
18	A3410523022	HUNNY MAHALWAL
19	A3410523023	JAYA GROVER
20	A3410523024	SOUPARNI PAUL
21	A3410523025	ASHMEET KAUR
22	A3410523026	SWATI SHARMA
23	A3410523027	AGAMJEET SINGH
24	A3410523029	PARUL DABAS
25	A3410523030	AANCHAL SIKKA
26	A3410523032	CHARMY
27	A3410523033	ANANYA SAPRA
28	A3410523034	MANAK GOEL
29	A3410523036	AVNIT CHABRA
30	A3410523039	SONAKSHI THATHOLA
31	A3410523040	DRIBJYOT KAUR
32	A3410523041	LEHAR
33	A3410523042	SRISHTEE CHAUHAN
34	A3410523043	IRA MUDGIL
35	A3410523044	SHAMBHAVI BAKSHI
36	A3410523045	ASHIMA PRASAD
37	A3410523046	KHUSHI AGGARWAL
38	A3410523047	SEJAL KAKAR
39	A3410523048	RITIKA VERMA

40	A3410523049	NEHARIKA SEHDEV
41	A3410523050	AKANSHA CHAUHAN
42	A3410523051	GURSEERAT KAUR
43	A3410523052	GAYATRI CHAUHAN
44	A3410523053	HARSHWARDHAN THAKUR
45	A3410523054	BHAVIKA BAJAJ
46	A3410523055	KHUSHI BAIKLA
47	A3410523056	SHIKHA KUMARI
48	A3410523057	YASH SINGHAL
49	A3410523058	MANIDEEPA MANDAL
50	A3410523059	KRIPI GUPTA
51	A3410523060	ANWESHA CHATTOPADHYAY
52	A3410523061	AMANDEEP KOUR
53	A3410523062	ARSHIKA TIWARI
54	A3410523063	NEHA MATHUR
55	A3410523064	NAVNEET SHARMA
56	A3410523067	SAHIMA KAPOOR
57	A3410523068	SURBHI SINGH BHATI
58	A3410523069	DEEPALI
59	A3410523070	PARUL CHAUHAN
60	A3410523071	NISHA SAXENA
61	A3410523073	AKANSHA CHATURVEDI
62	A3410523074	ANSHIKA SINGH
63	A3410523075	MAITREYI JHA
64	A3410523076	KRITIKA SHARMA
65	A3410523077	SHAKSHI SHARMA
66	A3410523078	SHIVANI SINGH
67	A3410523079	KARTIKA NAGAR
68	A3410523080	PALAK SHARMA
69	A3410523081	MUSKAN CHAUDHARY
70	A3410523082	VARTIKA PANDE
71	A3410523083	AYUSHI GARG
72	A3410523085	VISHAKHA SINGH
73	A3410523087	MUSKAN SONI
74	A3410523088	RADHIKA ARORA
75	A3410523092	MAHAK GOEL
76	A3410523093	KHUSHBOO BANSAL
77	A3410523094	JHANAK MATHUR
78	A3410523095	ANSHIKA
79	A3410523096	PARVESH SAINI
80	A3410523097	PRACHI SRIVASTAVA
81	A3410523098	NIDHI DWIVEDI
82	A3410523099	SAYANTIKA ROY
83	A3410523100	RISHITA CHOUDHARY
84	A3410523101	PURVITA PANDEY
85	A3410523102	AZMAT SADIA
86	A3410523103	SANA MUSKAN
87	A3410523104	AYSHA KULSUM
88	A3410523105	HARSHITA TOMAR
89	A3410523106	INSHA AKRAM
90	A3410523107	TANYA
91	A3410523108	NAMITA WILSON
92	A3410523109	DIVYA GUPTA
93	A3410523111	SHAKSHI SHARMA
94	A3410523112	KAVITA KUMARI
95	A3410523113	PALAK THAKUR
96	A3410523115	MANSI CHAUHAN
97	A3410523116	HARSHITA SHARMA
98	A3410523117	TANVI MADAN
99	A3410523118	ZOYA SIDDIQUI
100	A3410523119	GUNGUN

101	A3410523120	RHYTHM TYAGI
102	A3410523121	NANDINI
103	A3410523122	MANISHA RAWAT
104	A3410523123	PRASUNA MIRIYALA
105	A3410523124	PRIYANKA CHHIKARA
106	A3410523125	MUKUL RANA
107	A3410523126	NAMRATA KUMARI
108	A3410523128	AASTHA GAMI
109	A3410523129	RITIKA SHARMA
110	A3410523130	FAIZA MASOOD
111	A3410523131	TANNUSHRI CHANDER
112	A3410523132	ANJALI RAI
113	A3410523133	DRISHTI
114	A3410523134	ANKITA CHUGH
115	A3410523136	YASHWIND KAUR
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