



# **Zero Waste week on Campus**

**Prof. (Dr.) Alka Muddgal**

Amity Institute of Education  
Amity University Uttar Pradesh



## **Introduction**

The mission of Amity Institute of Education is to lead the teaching profession globally by promoting the highest standards of ethics and professional excellence for the ultimate benefit of society through research integrated with teacher education and to develop competent and skilled teachers

Amity Institute of Education, AUUP has carved a niche for itself and has been ranked amongst the top ten in teacher education in India by India Today (2016 & 17) Amity Institute of Education adds values to its learners through developing holistic personality of the individual, Communication skills for enhancing personal and professional contexts, and Social outreach to develop competencies related to the social responsibilities and education of marginalized group. We are into training of Pre-service and in service teachers, Faculty development programs, Capacity building program for director of educational institute of Afghanistan, training of personnel from armed forces.

Our Best practices for environment include; Emphasis on 5 R's, Enhance environmental awareness by providing environmental education and training, Awareness Programs and Workshops in schools, with NGOs and in Community Outreach, Workshop and Seminars for In service & Pre service school teachers, Rally , Nukkad Natak , Cleanliness drives and No plastic resolution at institute level, Nature walks , And to make it more impactful we offer environment studies as subject. We do believe in the message of Vedic physical and metaphysical

sciences which is the essence of the modern environmental studies. We follow the mantra of the Ishavasyopanishad –

**“īshāvāṣhyamidan sarvan yatkinchan jagatyan jagat  
tena tyaktena bhūnjithā mā ḡridhaḡ 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.



A series of workshop was organised for students of B.Ed. from Monday, 23<sup>rd</sup> May till Friday, 27<sup>th</sup> May 2022 on Sustainable development and Zero Waste week.

The workshop was organised on the following topics:

- **Introduction to Zero Waste**
- **Introduction to Reuse Recycle**

- **Know your Carbon Footprint**
- **Transform Waste to Best**
- **Kitchen Garden and Green Home**

Every session of the workshop was of two hours each and designed with hand on experiences. The sessions were conducted by different experts of fields.

### **Objectives of the Event**

- To make the students aware about the Zero Waste.
- To make the students perform the activities to promote sustainable development.
- To help the students understand the usability and importance of art from the waste.
- To show the students how they can contribute towards environment.
- To help students understand the environmental issues.

### **Schedule of the Workshop**

S. No	Activity	Time	Learning Outcomes
1	• <b>Introduction to Zero Waste</b>	10:00 AM - 12:00 Noon Monday, 23 <sup>rd</sup> May 2022	<ul style="list-style-type: none"> <li>• To promote lifestyle is a commitment to sending as little waste to landfills as possible.</li> <li>• unlearn wasteful behaviours</li> <li>• learning to practice mindful consumption</li> </ul>
2	• <b>Introduction to Reuse Recycle</b>	10:00 AM - 12:00 Noon Tuesday, 24 <sup>th</sup> May 2022	<ul style="list-style-type: none"> <li>• Reduce your consumption</li> <li>• Prioritise using the 5 Rs: Refuse, Reduce, Reuse, Recycle, and Rot</li> <li>• Reduce and Declutter your home</li> <li>• Reuse. Swap disposables for reusable</li> <li>• Behaviour change</li> </ul>

3	<ul style="list-style-type: none"> <li>• <b>Know your Carbon Footprint</b></li> </ul>	10:00 AM - 12:00 Noon Wednesday, 25 <sup>th</sup> May 2022	<ul style="list-style-type: none"> <li>• To learn reduce the amount of waste an individual creates on a daily basis.</li> <li>• Minimize Food Waste</li> <li>• Separate Your Waste and Recycle Everything You Can</li> </ul>
4	<ul style="list-style-type: none"> <li>• <b>Transform Waste to Best</b></li> <li>• <b>Composting</b></li> <li>• <b>Making Holi colours by waste flowers</b></li> <li>• <b>Recycled bags, cloth napkins</b></li> <li>• <b>Recycled planters, pen stands, and puppets as teaching aids</b></li> <li>• <b>Paperless Text For Sustainable Environment</b></li> </ul>	10:00 AM - 12:00 Noon Thursday, 26 <sup>th</sup> May 2022	<ul style="list-style-type: none"> <li>• Minimize Food Waste and Set up a Countertop Compost Bin</li> <li>• Reuse flowers once offered in temple or bouquet/garland</li> <li>• Make reusable items out of waste material</li> </ul>
5	<ul style="list-style-type: none"> <li>• <b>Kitchen Garden and Green Home</b></li> </ul>	10:00 AM - 12:00 Noon Friday, 27 <sup>th</sup> May 2022	<ul style="list-style-type: none"> <li>• Purify the air through the plants</li> <li>• Home-grown vegetables are far tastier and chemicals-free</li> <li>• Successful use of kitchen waste and waste water</li> </ul>

## Photographs:



**Figure 1 Plantation**

Plantation plays an important role in maintaining the balance in nature. It has a great impact on the environment by reducing incidences of global warming. Excess carbon dioxide (CO<sub>2</sub>) is building up in our atmosphere, contributing to climate change. Plants absorb CO<sub>2</sub>, removing and storing the carbon while releasing oxygen back into the air. Keeping this in mind an extensive Plantation drive was organised by Amity Institute of Education, Noida Campus. All the students and teachers participated and contributed enthusiastically in this activity.

## **Zero Waste oath**

Amity Institute of Education, Amity University, Noida has observed Zero waste week under guidance of Head of the Institute Prof. (Dr.) Alka Muddgal administered Pledge, Students actively and enthusiastically participated in the pledge and so did their respective teachers. It was a very effective step towards encouraging and sensitizing students towards creating and maintaining 'Zero Waste life.'

**AMITY INSTITUTE OF EDUCATION  
AMITY UNIVERSITY UTTAR PRADESH**

***BE ONE WITH NATURE***

1. Minimise the use of polybags instead uses alternatives such as cloth bags, jute bags etc.
  2. Do not throw plastic waste in the campus or on the streets. Dispose it in a proper way.
  3. Always carry cloth/jute bag when you go out for shopping.
  4. Minimise the use of plastic bottles and switch to glass or metal bottle instead. Stop buying bottled water.
  5. Cut out sodas, juices, and other plastic-bottled beverages.
  6. Avoid immersing idols in water bodies.
  7. Avoid the use of plastic cutlery and replace it with wooden or paper cutlery.
  8. Buy and eat fresh whole food from a market — not plastic wrapped.
  9. Say no to disposable plastic products.
  10. Keep your own reusable food ware in the office. Replace plastic lunch boxes with metal/glass ones.
  11. Use alternatives such as cardboard and old newspaper for making file covers for official work such as making project files, report files etc.
  12. Use blue dustbins for disposing off non -biodegradable waste and green dustbins for biodegradable.
  13. Reduce use of paper and use soft copy for projects and assignments.
  14. Spread awareness among your society to reduce the use of plastics. Use biodegradable materials instead.
  15. Implement 3R formula in life i.e., REDUCE, REUSE and RECYCLE.
  16. E waste could be collected and send to AIE, D block, III Floor AUUP.
- Contribute to the nature in your own way.....

**Figure 2 Oath taking**



*Figure 3 Composting*

A lecture cum workshop was conducted to emphasize on the need of waste management and how it helps us and our environment. A demo was given on the same of how an individual can create a composting unit at their home. The workshop was beneficial for us in all means as it told us the importance of waste management and brought us closer to the many environment issues prevailing now.





**Figure 4,2 Waste to Best**





**Figure 6 Recycle**

To think creatively, we must be able to look afresh at what we normally take for granted."---

**George Kneller.**

BEST OUT OF WASTE is one such craft which follows this environmental friendly principle and at the same time creates useful and picturesque objects out of waste products. In order to make students aware of uses of waste material, and to give them a lesson on reducing waste to save our future, a workshop on West to Best was organized. The values like preservation, recycling, conservation, reduce, reuse etc. have been imbibed on the young minds by demonstrating this noble act of caring our environment. It was amazing to see how scrap could be transformed into such useful and beautiful articles. The creativity and artistic streak of the students were observed.



**Figure 7 E Waste Management**

Amity Institute of Education (AIE) conducted its activity related to Zero Waste in which we showed a PowerPoint presentation to the students on the topic “E Waste Management”.

India produces more than 42 million tons of solid waste annually. So it was important to discuss with the students the importance of E waste management, what steps they can take to reduce waste and the new technologies available for processing, treatment and disposal of waste.



**Figure 8 Go Green: plant distribution**



**Figure 9 teaching aids by waste material**



**Figure 10** Reuse Recycle workshop organised in govt. schools



**Figure 11** Khadi for sustainable development

AIE promoted environment friendly fabric Khadi and showcased its importance in Indian value system with Gandhian Thought and Freedom struggle. Students and Faculty members were encouraged to buy Khadi products and an exhibition was held to understand and highlight the importance of it.



**Figure 12 Nukkad Natak**

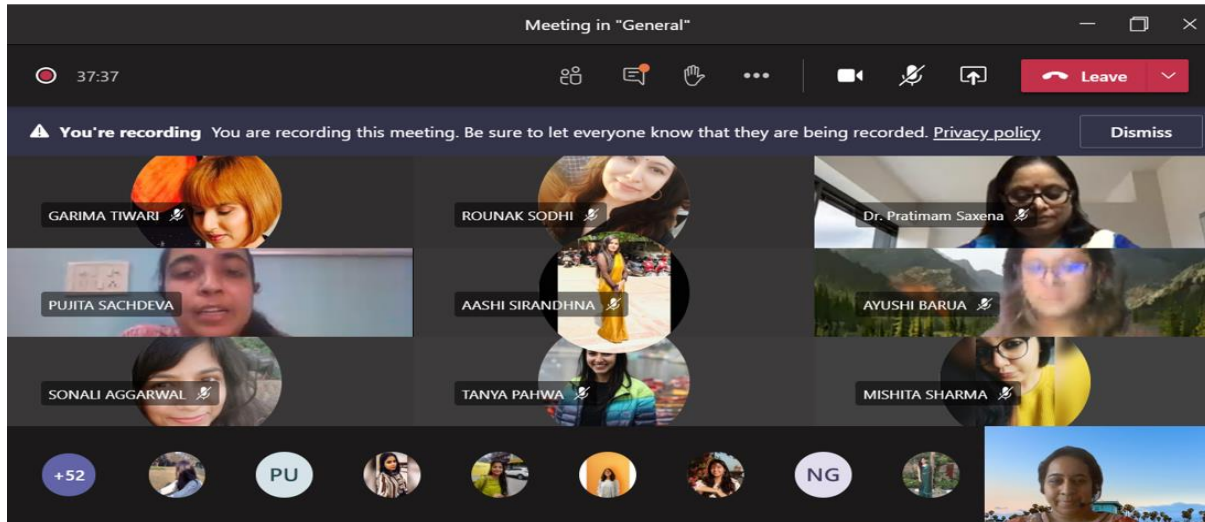


**Figure 13 Nukkad Natak for awareness**



**Figure 14 Nukkad Natak**

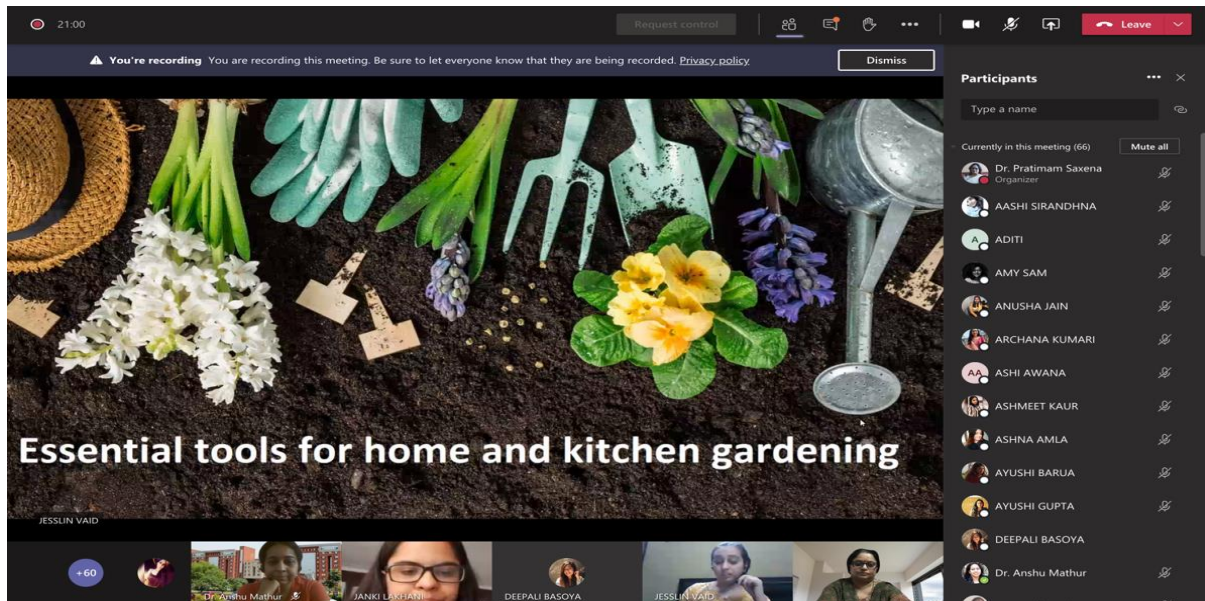
Students of Amity Institute of Education tied green wrist bands to many as a symbol of green thought about mother earth and say No to Plastic. They tried best to convey the message with different alternatives to plastic by displaying wooden, paper made and cloth made items which could replace food ware and stationery in daily life of students and staff. They portray a great love and care for our nature through Nukkad Natak these street plays gave a great message of love and care for nature; it also gave different messages like **1. Keep our Surroundings clean, 2. Separate dry and wet garbage, 3. Take advantage of garbage van, 4. Use cloth or paper bags, instead of plastic bags etc to motivate people for Zero waste.**



**Figure 15 Workshop to calculate carbon footprint**

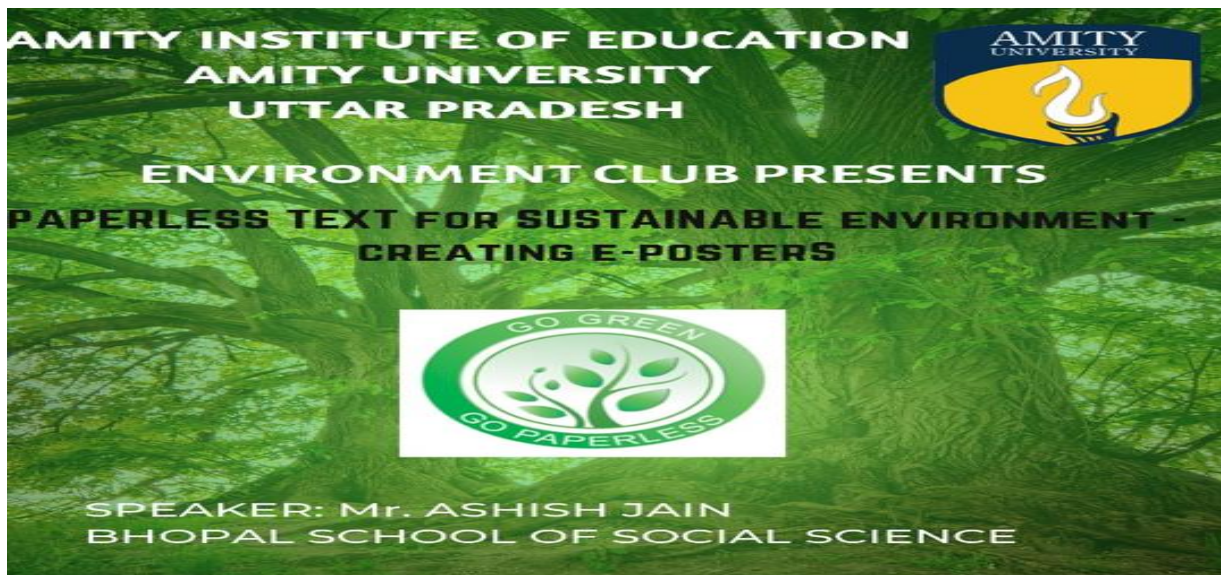
A workshop on the conservation of natural resources was conducted starting with formation of different groups named (Air, Water, Sun, Flora & Fauna and Soil ) to represent different natural resources. They have been asked to represent their resource for all the activities. Carbon footprint calculation was the first step to make everyone aware and understand the responsibility towards the environment and conservation of natural resources. Various group activities and group discussions were conducted for different teaching strategies which can be incorporated in day to day teaching practices for natural resource conservation. Activities involved all the participants through Charts /worksheets/presentations.





**Figure 16 Terrace Kitchen Gardening**

The event gave a thorough overview of the basic gardening at home which helped the attendees get a good idea to start plantation at their places. The outcome of the same would be a positive engagement with greenery and development of a hobby to keep everyone healthy and motivated during this lock down. Club encouraged the value of belongingness with nature and surroundings and made the members more creative and occupied.



**Figure 17 Paperless text**

The workshop with hands on experience on the simple and effective application of CANVA to generate paperless text was indeed a successful session to provide

- The importance of paperless method of generation of documents using online platforms.
- Explore the application taught and find and incorporate newer features.
- Promote the use of online platforms in place of paper text which has indeed posed a threat to the sustainability and existence of our ecosystem.

Zero Waste week actively encouraged students to reduce the use of synthetic materials and plastic packaging and seek alternative methods of transporting and storing food, and other items. Zero Waste Week also demonstrated methods of plastic reuse, composting, use of less papers, electricity and other natural resources. as well as conscientious recycling to reduce the burden on landfill, incineration and environmental contamination. Zero Waste week encouraged students to adopt the healthy practices related to environment to reduce causing harm or toxicity to the eco-system.

Like many grass roots campaigns, Zero Waste Week has a high end goal working from the bottom up to influence people awareness and habits. In so doing the long term goal is to generate more demand for sustainable products, by creating a significant change in daily life. Amity Institute of Education is thriving to achieve sustainable development goals by providing hands on experience to students.

***Prof. (Dr) Alka Muddgal***  
**Head, Amity Institute of Education**  
**Amity University, Uttar Pradesh**