



Exciting Opportunity To Participate in the **30 DAYS ENVIRONMENT CHALLENGE !**

organised by
NATIONAL EDUTRUST OF INDIA

Get certificates on completing this exciting challenge !!

SCAN FOR MORE INFORMATION
& REGISTRATION LINK



SCAN FOR THE PAYMENT



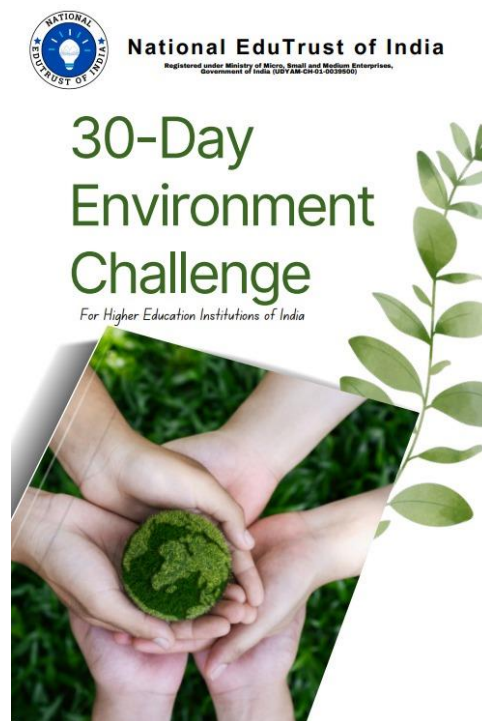
Hurry....Registration closes 20 July 2024



BENEFITS

This challenge will help you -

- Develop Sustainable Habits: Learn and adopt daily practices that reduce your environmental footprint.
- Enhance Environmental Awareness: Gain knowledge about environmental issues and sustainable solutions.
- Build Valuable Skills: Improve your problem-solving, time management, and organizational skills through daily tasks.
- Contribute to a Greener Planet: Make a positive impact on the environment by implementing eco-friendly practices.
- Gain Recognition: Receive e-certificates that acknowledge your commitment to the environment. These certificates can be a valuable addition to your portfolio, showcasing your dedication to sustainability and environmental stewardship.
- Network and Collaborate: Work alongside peers, faculty, and environmental advocates, fostering a community of like-minded individuals dedicated to making a difference.



By participating in this challenge, you will not only contribute to a greener planet but also gain valuable skills and recognition. Let's work together to make a positive impact on our environment.

STEPS TO BE FOLLOWED

1. Register yourself. Make sure you download geo tagging facility on your mobile phone for clicking pictures. (**Last date for Registration is 20 July 24**)
 2. The challenge is for 30 days. You shall receive the date of *Challenge Commencement* on your WhatsApp.
 3. The challenge for the next day shall be conveyed to you a day in advance.
 4. Click pictures of you performing the activity daily, while performing the task.
 5. One geo-tagged picture is MANDATORY to ensure the authenticity and location of the activity.
 6. At the end of 30 days, submit your pictures with captions in pdf form along with a case study to the Nodal Officer.
- Upon completion of the challenge, and the final submission to the National EduTrust by the University, certificates shall be issued!!!

Registration Link:

<https://forms.gle/dq7Aoh6i9Z3Uu3nv5>



National EduTrust of India

Registered under Ministry of Micro, Small and Medium Enterprises,
Government of India (UDYAM-CH-01-0039500)

30-Day Environment Challenge

For Higher Education Institutions of India





About the organization:

National EduTrust of India, is an innovative organization established in 2024 and registered under the Ministry of Micro, Small and Medium Enterprises (MSME) Government of India. Our commitment lies in enhancing education and fostering sustainable development throughout the nation. At National EduTrust of India, our primary mission is to empower Higher Educational Institutions (HEIs), schools, and educational stakeholders through a comprehensive approach. We engage in outreach activities, collaborative research endeavors, skill enhancement courses, and strategic partnerships to uplift the educational landscape and contribute to broader societal progress. Our initiatives include facilitating knowledge exchange, promoting collaborative research, offering skill enhancement courses, forging alliances through Memorandums of Understanding, instituting Environment Awards, conducting Faculty Development Programmes, Refresher Courses and advancing Sustainable Development Goals. We believe that by championing these initiatives, we can significantly contribute to the holistic development of individuals, institutions, and communities. We seek collaborations and partnerships that resonate with our mission and vision.

Introduction

Welcome to the 30-Day Environmental Challenge!

This challenge is designed to help you develop sustainable habits, enhance your environmental awareness, and build valuable skills. Each day comes with a specific task aimed at reducing your environmental footprint and fostering skill development. Let's make a positive impact together!

Guidelines:

1. Daily Activities:

- Each day, you will have a specific environmental task to complete. These tasks are designed to be simple yet impactful, encouraging sustainable practices in your daily life.
- Activities can be adjusted according to your schedule, but consistency is key.

2. Documentation:

- It is mandatory to take a picture daily while performing the task. One geo-tagged picture is mandatory to ensure the authenticity and location of the activity.
- At the end of the challenge, submit pictures with caption in PDF form along with a case study.

3. Coordination:

- The college will appoint a one nodal officer who will coordinate with the participants and oversee the challenge.
- NSS (National Service Scheme) candidates are highly encouraged to participate.



4. Certification:

- Upon completion of the challenge, the college head/principal will certify the participants and submit a one-page college case study for the college certificate.
- E-certificates will be issued to all participants/students as **Green Ambassadors**.
- The nodal officer will receive a **Green Guide certificate**.
- The principal will receive an **Eco Visionary certificate**.
- The college will be awarded an **Eco-Friendly College certificate**.

5. Registration and Fees:

- The registration fee for this activity is Rs. 75 per student. This fee covers the e-certificate and administrative charges. It is charged to ensure that students take the activity seriously.
- The fee can be paid by the student or the college on their behalf.
- **A minimum of 20 students is required for the challenge to proceed from each college.**
- No individual fees from participants will be accepted; only a single payment from the college or nodal officer will be accepted.

6. Submission:

- **Student Submission:**

Students must submit 30 pictures in PDF form and a one-page case study by the end of the challenge to the nodal officer.

- **Nodal Officer Certification:**

The nodal officer will certify that each student has completed the challenge and submit the report to the principal.

- **Principal/Head of Institution Submission:**

The principal or head of the institution will submit the names of the students to the National EduTrust of India along with one overall case study from their college.

7. Flexibility:

Activities per week can be changed as per the schedule. The main goal is to engage students for 30 days and foster dedication to the environment.



8. Important Dates:

Registration Deadline: 25 July 2024

Challenge Completion: 31 August 2024

Benefits

By participating in the 30-Day Environmental Challenge, you will:

Develop Sustainable Habits: Learn and adopt daily practices that reduce your environmental footprint.

- **Enhance Environmental Awareness:** Gain knowledge about environmental issues and sustainable solutions.

- **Build Valuable Skills:** Improve your problem-solving, time management, and organizational skills through daily tasks.

- **Contribute to a Greener Planet:** Make a positive impact on the environment by implementing eco-friendly practices.

- **Gain Recognition:** Receive e-certificates that acknowledge your commitment to the environment. These certificates can be a valuable addition to your portfolio, showcasing your dedication to sustainability and environmental stewardship.

- **Network and Collaborate:** Work alongside peers, faculty, and environmental advocates, fostering a community of like-minded individuals dedicated to making a difference.

By participating in this challenge, you will not only contribute to a greener planet but also gain valuable skills and recognition. Let's work together to make a positive impact on our environment.

Bank Details:

Name: NATIONAL EDUTRUST OF INDIA

Name of Bank: State Bank of India

Account Number: 42932509889

IFSC Code: SBIN0017984

UPI ID : nationaledutrustofindia@sbi





Week 1: Waste Reduction and Management

Day 1: Waste Audit

- Task:** Collect and categorize all your waste for one day.
- Impact:** Identify main sources of waste to target reduction efforts.
- Skills:** Data collection, analytical thinking.

Day 2: Reusable Revolution

- Task:** Start carrying a reusable water bottle, coffee cup, and shopping bag.
- Impact:** Reduce single-use plastic waste.
- Skills:** Planning, resourcefulness.

Day 3: DIY Cleaning Products

- Task:** Make your own eco-friendly cleaning products.
- Impact:** Reduce chemical use and packaging waste.
- Skills:** DIY skills, chemical awareness.

Day 4: Composting Basics

- Task:** Set up a small compost bin for food scraps.
- Impact:** Divert organic waste from landfills.
- Skills:** Waste management, basic composting knowledge.

Day 5: Digital Notes Day

- Task:** Use only digital notes, emails, and resources.
- Impact:** Reduce paper consumption.
- Skills:** Digital literacy, organization.

Day 6: Recycling Correctly

- Task:** Research and follow local recycling guidelines.
- Impact:** Improve recycling effectiveness.
- Skills:** Research, critical thinking.

Day 7: Create a Zero-Waste Kit

- Task:** Assemble a kit with reusable items like cutlery, containers, and napkins.
- Impact:** Minimize waste on the go.
- Skills:** Organization, preparation.



Week 2: Energy Conservation and Efficiency

Day 8: Energy Audit

- Task:** Check your dorm/apartment for energy consumption.
- Impact:** Identify energy-saving opportunities.
- Skills:** Energy awareness, problem-solving.

Day 9: Unplugging Practice

- Task:** Unplug devices when not in use and turn off lights.
- Impact:** Save electricity.
- Skills:** Habit formation, energy management.

Day 10: Switch to LEDs

- Task:** Replace any incandescent bulbs with LED bulbs.
- Impact:** Increase energy efficiency.
- Skills:** Basic electrical knowledge, energy efficiency.

Day 11: Thermostat Adjustment

- Task:** Adjust thermostat settings for optimal energy use.
- Impact:** Reduce energy consumption.
- Skills:** Understanding HVAC systems, and energy conservation.

Day 12: Cold Water Laundry

- Task:** Wash clothes in cold water.
- Impact:** Save energy and reduce utility costs.
- Skills:** Laundry management, energy awareness.

Day 13: Car-Free Day

- Task:** Use public transport, bike, walk, or carpool.
- Impact:** Reduce carbon footprint.
- Skills:** Planning, sustainable transport.

Day 14: Air-Dry Clothes

- Task:** Skip the dryer and air-dry your clothes.
- Impact:** Save energy.
- Skills:** Time management, energy conservation



Week 3: Sustainable Eating and Consumption

Day 15: Plant-Based Day

- Task:** Eat only plant-based meals.
- Impact:** Reduce carbon footprint and resource use.
- Skills:** Nutritional planning, cooking.

Day 16: Buy Local

- Task:** Shop at a farmer's market or buy local produce.
- Impact:** Support local economy, reduce transport emissions.
- Skills:** Local sourcing, sustainable shopping.

Day 17: Meatless Monday

- Task:** Incorporate meatless meals every Monday.
- Impact:** Reduce meat consumption and associated environmental impact.
- Skills:** Meal planning, sustainable cooking.

Day 18: Reduce Food Waste

- Task:** Plan meals, make a shopping list, and use leftovers.
- Impact:** Minimize food waste.
- Skills:** Meal planning, and resource management.

Day 19: Eco-Friendly Snacks

- Task:** Choose snacks with minimal packaging.
- Impact:** Reduce packaging waste.
- Skills:** Sustainable shopping, nutrition.

Day 20: Sustainable Seafood

- Task:** Select sustainably sourced seafood.
- Impact:** Support sustainable fishing practices.
- Skills:** Sustainable sourcing, ethical consumption.

Day 21: DIY Cooking

- Task:** Cook a meal from scratch using sustainable ingredients.
- Impact:** Control over ingredients and reduce packaging.
- Skills:** Cooking, sustainable sourcing.



Week 4: Water Conservation and Advocacy

Day 22: Short Showers

- Task:** Limit showers to 5-10 minutes.
- Impact:** Conserve water.
- Skills:** Time management, water conservation.

Day 23: Fix Leaks

- Task:** Check for and report any leaks in your living area.
- Impact:** Prevent water wastage.
- Skills:** Basic maintenance, problem-solving.

Day 24: Turn Off the Tap

- Task:** Don't let water run while brushing teeth or washing dishes.
- Impact:** Save water.
- Skills:** Water conservation, habit formation.

Day 25: Full Loads Only

- Task:** Run dishwasher and washing machine only with full loads.
- Impact:** Optimize water and energy use.
- Skills:** Resource management, efficiency.

Day 26: Water-Wise Gardening

- Task:** Water plants in the early morning or late evening.
- Impact:** Reduce water evaporation.
- Skills:** Gardening, water management.

Day 27: Advocate for Sustainability

- Task:** Write to college administration advocating for greener practices.
- Impact:** Influence institutional sustainability.
- Skills:** Advocacy, communication.

Day 28: Join an Environmental Group

- Task:** Participate in or start an environmental club on campus.
- Impact:** Foster community action.
- Skills:** Leadership, teamwork.



Day 29: Environmental Education

- Task:** Watch a documentary or read about environmental issues.
- Impact:** Increase awareness and knowledge.
- Skills:** Research, critical thinking.

Day 30: Reflect and Share

- Task:** Reflect on your journey and share your experience.
- Impact:** Inspire others to take action.
- Skills:** Reflection, communication.

Conclusion:

Congratulations on completing the 30-Day Environmental Challenge! By participating, you've developed sustainable habits, gained valuable skills, and made a positive impact on the environment. Keep up the good work and continue making eco-friendly choices. Remember, every action counts!

Contact Information:

For inquiries and assistance regarding the 30 - Day Environment Challenge, please contact:

Samarth Sharma

Mobile no: 6239431614

Email: rpsamarthsharma@gmail.com



Case Study Format for the 30-Day Environmental Challenge

Title Page:

Title: 30-Day Environmental Challenge Case Study

Institution Name:

Date:

Introduction:

- Overview: Briefly describe the 30-Day Environmental Challenge and its objectives.
- Personal Motivation: Explain why you chose to participate in the challenge and what you hoped to achieve.

Daily Activities:

- Summary of Tasks: Provide a brief overview of the daily tasks you completed. Highlight any particularly impactful or memorable activities.
- Example Task Descriptions: Choose three to five tasks and describe them in detail, including the steps you took and the outcomes you observed.

Photo Documentation:

- Photo Compilation: Include a selection of geo-tagged photos from different days of the challenge. Ensure each photo is labeled with the date and task description.

Challenges Faced:

- Obstacles: Describe any challenges or obstacles you encountered during the challenge.
- Solutions: Explain how you overcame these challenges and what you learned from the experience.

Learnings and Impact:

- Personal Growth: Discuss how the challenge has influenced your daily habits and mindset regarding environmental sustainability.
- Skill Development: Highlight any new skills or knowledge you gained through participating in the challenge.
- Community Impact: Reflect on the broader impact of your actions on your community and environment.

Conclusion:

- Summary: Recap your overall experience and the key takeaways from the challenge.
- Future Commitment: Explain how you plan to continue practicing sustainability in your daily life moving forward.

Acknowledgments:

Gratitude: Thank the nodal officer, principal, and any other individuals or organizations that supported you during the challenge.

Appendices:

Photo PDF: Attach the PDF containing all 30 geo-tagged photos.

Participant's list

Additional Materials: Include any additional documents or materials that support your case study (e.g., charts, graphs, or extra photos).

By following this format, you can create a comprehensive and organized case study that effectively documents your participation in the 30-Day Environmental Challenge.



Basic Steps for the 30-Day Environmental Challenge

1. Registration:

- Form Submission: Fill out the registration form provided by your institution.
- Fee Payment: Pay the registration fee of Rs. 75 per student, (Single payment only Individual Payment not Accepted).
- Deadline: Ensure that the registration is completed by 25.07.2024.
- it is mandatory that all students registered to fill out the google form <https://forms.gle/5iuiU1sXpU5QJiLv5>

2. Appointment of Nodal Officer:

- Each college will appoint **one nodal officer** to coordinate the challenge and communicate with participants.
- The nodal officer will be the primary point of contact, ensuring smooth coordination across all departments.
- The nodal officer will select at least 20 students from the college who are willing and committed to completing the challenge.

3. Daily Activities:

- Task Completion: Each day, complete the specific environmental task assigned.
- Photo Documentation: Take a geo-tagged photo of yourself performing the task.

4. Weekly Coordination:

Check-ins: The nodal officer will check in with participants to ensure tasks are being completed and provide support as needed.

5. Documentation:

- Photo Compilation: Compile all 30 geo-tagged photos into a single PDF document.
- Case Study: Write a one-page case study summarizing your experience and learnings from the challenge.

6. Submission:

- To Nodal Officer: The student will submit the PDF document and case study to the nodal officer by the end of the challenge.
- Certification: The nodal officer will verify the submissions and certify the completion of the challenge for each participant.

Basic Steps for the 30-Day Environmental Challenge

7. Final Submission:

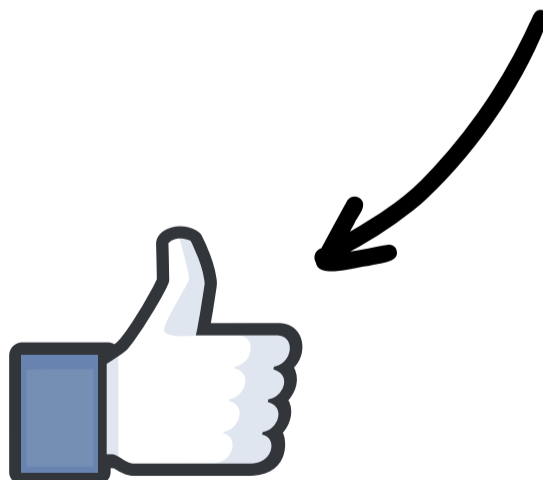
- To Principal: The nodal officer submits the certified reports to the principal or head of the institution.
- To National EduTrust of India: The principal submits the names of the students and an overall college case study to the National EduTrust of India.
- Email Case studies at rpsamarthsharma@gmail.com from the principal official email only.

8. Certification:

- E-certificates Issued: Participants will receive e-certificates recognizing their commitment and completion of the challenge.
- Institutional Recognition: The college, nodal officer, and principal will also receive certificates for their roles in the challenge.

By following these steps, participants will successfully complete the 30-Day Environmental Challenge, gaining valuable skills and contributing to a more sustainable environment.

**Click and Follow us on Facebook
for more daily updates**





Winners will be Acknowledged

LET'S JOIN US!



Upon successful completion of the 30-Day Environmental Challenge, students will be recognized as Green Ambassadors, receiving e-certificates that highlight their commitment to environmental sustainability. The nodal officer will be honored with a Green Guide certificate for their coordination and support throughout the challenge. The principal will be awarded an Eco Visionary certificate, acknowledging their leadership in fostering an eco-conscious educational environment. Additionally, the college will be celebrated as an Eco-Friendly College, showcasing its dedication to promoting sustainable practices within the institution and the community.

AWARDS

Students - Green Ambassadors

Their efforts to reduce their environmental footprint but also serves as a valuable addition to their academic and professional portfolios.

Nodal Officer - Green Guide Certificate

acknowledges their exceptional leadership and support in guiding students through the challenge, ensuring successful participation and completion.

Principal - Eco Visionary Certificate

Highlights their role in promoting sustainability and supporting initiatives that benefit the environment and the community.

College - Eco-Friendly College Certificate

The institution's dedication to integrating eco-friendly practices into its culture and operations, making it a role model for other educational institutions.

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30 DAY ENVIRONMENT CHALLENGE

The 30-Day Environment Challenge is an exciting initiative designed to foster sustainable habits, increase environmental awareness, and develop valuable skills. Each day, participants engage in simple yet impactful tasks aimed at reducing their environmental footprint. Through consistent daily activities, participants learn to incorporate eco-friendly practices into their lives.

Join us in making a positive impact on the environment!





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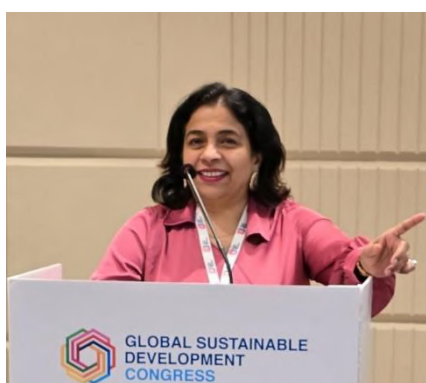
Case Study for the 30-Day Environmental Challenge

Institution Name: Chitkara University, Punjab

Title: 30 Days to Green: Eco-conscious lifestyle challenge

Date: 26.07.2024 to 24.08.2024

From The Principal , Sqn Ldr (Dr) Rina Angel



In today's fast-paced world, where students may have not been able to understand the need to stay grounded and connected with Mother Earth, this well-thought of 30-day environmental challenge is a testament to the dedication of the National EduTrust of India, which has undoubtedly empowered students to make meaningful lifestyle changes for a more sustainable future. The commitment and hard work of the Centre of Excellence for Sustainability, Chitkara University's dedicated team for sustainability were instrumental in the success of this initiative. Over the 30 days, they continuously coordinated with the students, providing ongoing instructions, feedback, and support. Their efforts included conducting two focused training sessions, ensuring that the students were well-equipped and motivated to embrace eco-friendly practices in their daily lives.

Nodal Officer Name: Dr. Gurpreet Singh Saggu

Coordinators' Names (if any): Dr. Rashmi Aggarwal, Dr. Gurpreet Singh Saggu, Prof. Antony Kumar Boity, Dr. Kanika, Dr. Ravi Dandotiya, Dr. Anu Verma, Dr. Arrik Khanna, Prof. Anurag Tewari.

Introduction:

- **Overview:** The 30-Day Environmental Challenge at Chitkara University was an initiative aimed at encouraging students to adopt sustainable lifestyle changes over a month-long period. The challenge, supported by the National Edu trust of India and coordinated by the Centre of Excellence for Sustainability, focused on promoting eco-conscious behaviours such as reducing waste, conserving water, minimizing energy consumption, and embracing green practices in daily life. The primary objectives were to raise awareness about environmental issues, instil sustainable habits, and empower students to take actionable steps toward reducing their carbon footprint and contributing to a healthier planet. Through continuous guidance, feedback, and training, the challenge sought to foster a long-term commitment to sustainability among the participants.



- **Personal Motivation:** As the nodal coordinator for the 30-Day Environmental Challenge, my personal motivation stemmed from a deep commitment to fostering sustainability and making a tangible impact on our campus community. I chose to participate in this challenge because I believe that small, consistent actions can lead to significant change. My goal was to inspire and empower students to adopt sustainable practices that not only benefit the environment but also enhance their daily lives. By leading this initiative, I hoped to create a ripple effect, where the awareness and habits formed during the challenge would extend beyond the 30 days, contributing to a long-term culture of environmental responsibility at Chitkara University. Additionally, I saw this challenge as an opportunity to connect with like-minded individuals and collaborate on meaningful projects that align with my passion for sustainability.

Daily Activities:

- **Summary of Tasks:** Throughout the 30-Day Environmental Challenge, participants engaged in various impactful tasks aimed at fostering sustainability and eco-conscious living. These activities included conducting a waste audit to identify areas for waste reduction, embracing the use of reusable items, performing an energy audit to cut down on consumption, practicing unplugging electronics when not in use, and learning about proper recycling practices. The challenge also encouraged the switch to LED lighting, washing clothes in cold water, and observing a car-free day to reduce carbon emissions. A particularly memorable task was the bioenzyme-making workshop, which quickly became my personal favorite. This interactive session allowed students to create natural cleaning solutions from food waste, combining hands-on learning with the practical application of eco-friendly practices. The enthusiasm and creativity displayed during this workshop made it a highlight of the challenge, underscoring the importance of sustainability in everyday life.
- **Example Task Descriptions:** During the 30-Day Environmental Challenge, several tasks stood out for their impact and the practical skills they imparted to participants. One of the first tasks was "**Buy Local**," where students were encouraged to shop at farmers' markets or buy local produce. This task was designed to support the local economy and reduce transport emissions. By choosing local products, students directly contributed to lowering their carbon footprint and fostering a connection with their community.
- Another impactful task was "**Water Conservation**," a simple yet powerful activity where students were reminded to turn off taps while brushing their teeth or washing dishes. This task highlighted the importance of small daily actions in saving water. Students quickly realized how such a straightforward change in habit could significantly reduce water wastage, making them more conscious of their water usage.
- "**DIY Cleaning Products**" was another engaging task where students learned to make their own eco-friendly cleaning products. We arranged a special workshop for this, where every student prepared bio enzymes from food waste. This task not only reduced the use of harmful chemicals and packaging waste but also empowered students with the knowledge to create sustainable alternatives for everyday cleaning needs.
- The task of "**Composting Basics**" involved preparing a short video to teach students how to set up a small compost bin for food scraps. By diverting organic waste from



landfills, students helped reduce methane emissions, a potent greenhouse gas, thereby contributing to the fight against global warming.

- Lastly, "**Energy Conservation**" focused on encouraging students to switch to LED bulbs from incandescent ones. By replacing old bulbs with energy-efficient LEDs, students not only increased energy efficiency in their homes but also became more aware of the long-term impact of their choices on the environment. This task helped students understand how small changes, like changing a single bulb, can lead to significant environmental benefits, inspiring them to make more sustainable choices in the future.

Challenges Faced:

- **Obstacles:** During the 30-Day Environmental Challenge, several challenges and obstacles arose that required creative problem-solving and adaptability. One of the primary challenges was maintaining consistent engagement and enthusiasm among students throughout the month-long challenge. While the initial excitement was high, sustaining that momentum proved difficult, especially as academic pressures and other commitments competed for the students' attention. Another significant obstacle was the fact that many students were at different locations, such as internships in the USA or other colleges for their B.Ed. program. This geographical dispersion made it challenging to coordinate activities and maintain uniform participation, particularly in hands-on workshops like DIY cleaning products and composting basics.
- Ensuring that all participants had access to the necessary materials and resources, especially in a virtual or hybrid setting, was difficult. Additionally, some students faced challenges in sourcing local produce for the "Buy Local" task due to limited availability in their areas, leading to varying levels of participation.
- The water conservation task, though simple, required continuous reminders and encouragement to keep students mindful of their habits. Some participants struggled to change long-standing behaviors, which highlighted the challenge of promoting lasting behavioral change in a short period. Despite these challenges, the overall success of the challenge was evident, as students became more aware of their environmental impact and committed to making sustainable choices.
- **Solutions:** To overcome the challenges during the 30-Day Environmental Challenge, we implemented a strategy of creating sub-groups among the students and assigning smaller groups to different coordinators. This decentralized approach allowed for more personalized interactions and made it easier to keep track of each student's progress. With smaller groups, coordinators could provide direct support, address issues promptly, and maintain closer communication, making it possible to manage the challenge more effectively.
- In addition to this, we held constant meetings with the students to motivate them and understand any difficulties they were encountering. These regular check-ins not only helped to sustain enthusiasm but also provided a platform for students to share their experiences, challenges, and successes. By staying engaged and responsive, we were able to quickly address any obstacles, whether they were related to logistics, access to materials, or maintaining motivation.



- From this experience, all of us have learned the importance of breaking down larger tasks into manageable parts and the value of consistent, open communication. By empowering sub-group coordinators and staying closely connected with the students, we were able to create a supportive environment that facilitated participation and overcame the hurdles of the challenge. This experience reinforced the effectiveness of collaborative leadership and the need for adaptability in managing group initiatives.

Learnings and Impact:

- **Personal Growth:** Participating in the 30-day environment challenge has truly transformed the daily habits and mindset regarding environmental sustainability. Each day, as we were committed to specific tasks or goals, we found ourselves becoming more aware of how our actions impact the environment. This increased awareness has made us more mindful of our choices, whether it's reducing waste, conserving water, or opting for sustainable transportation.
- The challenge encouraged many of us to adopt new habits, like consistently recycling or using reusable products, and these changes have become second nature. It's remarkable how small adjustments in our daily routine have led to lasting shifts in the behavior.
- Our mindset has also shifted significantly. We now approach our decisions with a stronger sense of responsibility towards the environment. We evaluate the sustainability of our choices more critically and seek out eco-friendly alternatives whenever possible.
- Additionally, being part of this challenge has connected us with a community of like-minded individuals, which has been incredibly motivating. Sharing experiences and supporting each other has reinforced our commitment to sustainability and has even inspired us to explore new ways to contribute to environmental protection.
- Overall, the 30-day challenge has not only changed our habits but has also instilled a deeper, more proactive approach to environmental sustainability in our everyday lives.
- **Skill Development:** Through participating in the 30-day environment challenge, we gained several new skills and pieces of knowledge:
- **Waste Management Techniques:** Learned more about effective waste separation and recycling practices. Understanding how to properly sort recyclables and reduce waste has made a significant difference in my daily routine.
- **Sustainable Living Practices:** Gained insights into various sustainable living practices, such as composting, using energy-efficient appliances, and reducing single-use plastics. These practices have become part of my lifestyle, contributing to an eco-friendlier way of living.
- **Resource Conservation:** The challenge taught us practical methods for conserving resources, like water and energy. For example, I now use water-saving techniques and am more conscious of turning off lights and unplugging devices.



- **Eco-Friendly Product Knowledge:** Discovered more about eco-friendly products and alternatives. This includes understanding the benefits of products made from sustainable materials and how to choose items with minimal environmental impact.
 - **Advocacy and Communication:** Developed skills in advocating for environmental issues and communicating the importance of sustainability. This has helped me engage more effectively with others about the need for environmental action.
 - **Problem-Solving:** The challenge often involved finding creative solutions to environmental issues. This experience enhanced my problem-solving skills, particularly in finding ways to reduce my ecological footprint.
 - Overall, these new skills and knowledge have enriched my understanding of environmental sustainability and empowered me to make more informed and impactful choices.
-
- **Community Impact:** Participating in the 30-day environment challenge has had a meaningful impact on both my community and the environment. By embracing sustainable practices and sharing my experiences, we have raised awareness about environmental issues and inspired others to adopt similar habits. Our efforts in reducing waste, conserving resources, and supporting eco-friendly initiatives have contributed to a broader positive change. The collective impact of these actions helps decrease overall environmental footprints and supports local sustainability efforts. Additionally, the knowledge and skills we have gained have empowered me to educate and engage with my community, fostering a more environmentally conscious mindset and encouraging collective action for a healthier planet.

Conclusion:

- **Summary:** The overall experience with the 30-day environment challenge was both mindful and energizing. Meeting with students and guiding them through the challenge was incredibly rewarding. Their enthusiasm for environmental change was palpable, and it was clear that many were already well-informed about climate change and eager to make a difference. This interaction not only highlighted the importance of community engagement but also reinforced my own commitment to sustainability.
- The challenge was also a valuable learning experience for me. We acquired several new skills and incorporated a range of sustainable practices into our daily lives. For instance, many of us have started making our own bio enzyme, which has been an excellent way to reduce chemical use and manage waste. Setting up a composting bin for kitchen scraps has also become a routine part of life, allowing us to turn organic waste into valuable compost for gardening.
- In addition to these practices, we have become more mindful of our resource use. We have now implemented water-saving techniques, like fixing leaks and using water-efficient fixtures, and are now more conscious about energy consumption, making sure



to turn off lights and unplug devices when not in use. We have also embraced the use of reusable products, such as cloth bags, bottles, and containers, to reduce single-use plastics.

- Overall, the challenge has fostered a deeper understanding of environmental sustainability and encouraged us to adopt and share a range of eco-friendly practices. It's been a transformative experience, enhancing both our personal habits and our ability to inspire and educate others in my community.
- **Future Commitment:** Moving forward, we plan to continue practicing sustainability by deepening my awareness of the life cycle of products and focusing on tangible actions rather than just discussing sustainability. Understanding how products are made, used, and disposed of will help us make more informed choices and minimize our environmental impact. We are committed to incorporating more practical, everyday actions into our routine, such as choosing products with minimal packaging, supporting sustainable brands, and further reducing my waste.
- We firmly believe that small actions can lead to significant impacts. With this mindset, we aim to inspire and motivate more students to join the environment club and participate actively in its activities. By promoting hands-on environmental-saving actions within the club, we hope to foster a culture of proactive sustainability and encourage others to make a difference through their own daily choices.

Acknowledgments:

We would like to extend our heartfelt thanks to everyone who supported this 30-day environmental challenge. A special thank you to the National Edu Trust of India for planning and implementing such a necessary and life changing challenge to all. We hope there will be more such opportunities created.

Additionally, we appreciate the support from all students who participated and kept the motivation alive till the end. Their enthusiasm, collaboration, and resources were crucial in making this challenge a success. Their collective efforts have not only enhanced the impact of the challenge but have also inspired a greater commitment to sustainability within our community. We are grateful for their invaluable contributions and support throughout this journey.

Group Photo (Principal, Nodal officer, Coordinator and All participants) (Mandatory)

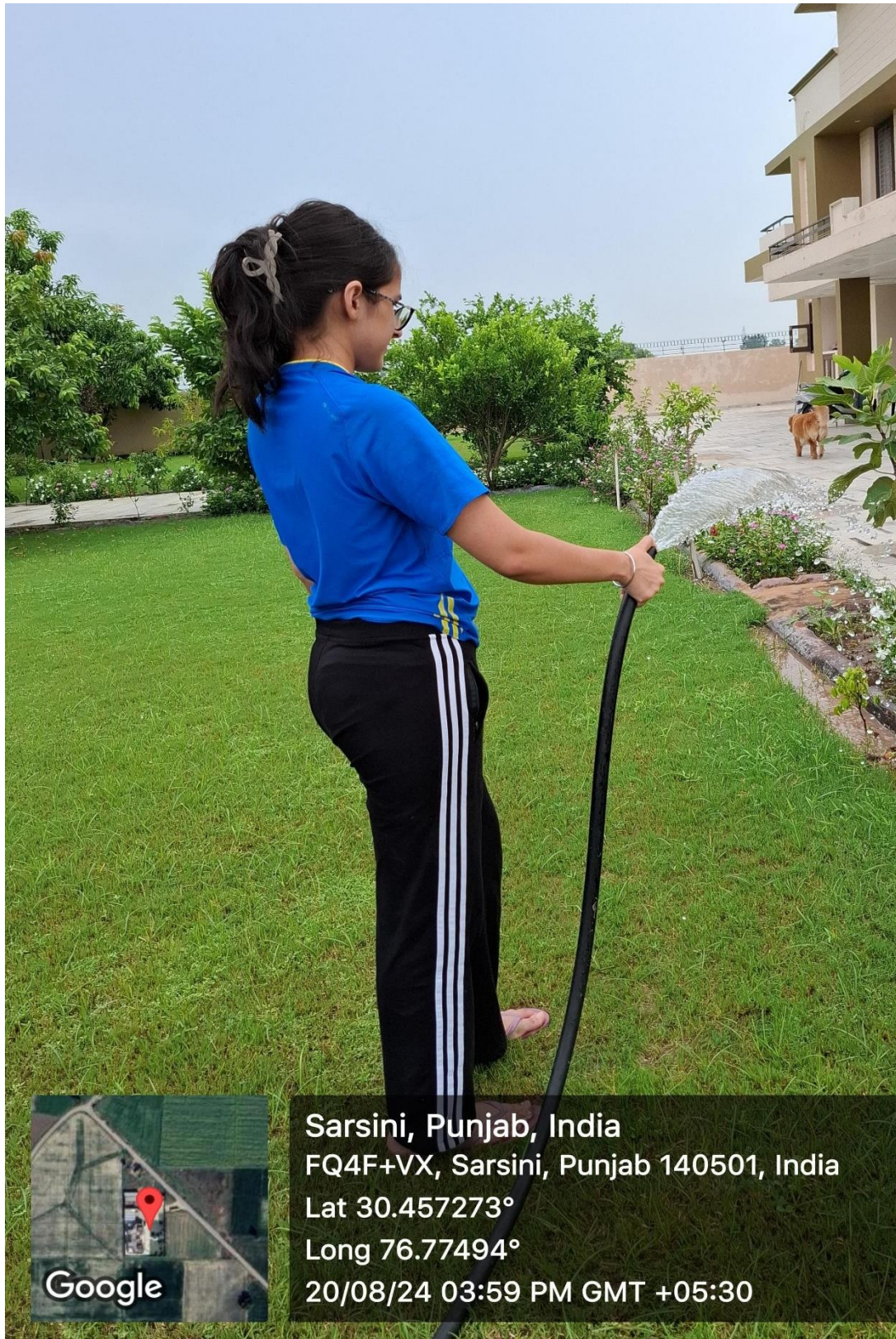


From left to right in the front row, Dr. Gurpreet Singh Saggi (nodal officer), Dr. Kanika (coordinator), Dr. Rina Angel (Principal), Dr. Anu Verma (coordinator), Prof. Antony Kumar Boity (coordinator), Prof. Anurag Tewari (coordinator), Dr. Ravi Dandotiya (coordinator), Dr. Arrik Khanna along with the participating students in the 30 day environment challenge

Action-oriented pictures with Captions minimum 5 Pictures (Mandatory)



Sanchi Sikka (participant) using reusable water bottle to reduce single use plastic waste



Khushdeep Kaur (participant) watering plants in the garden in the evening to reduce water evaporation

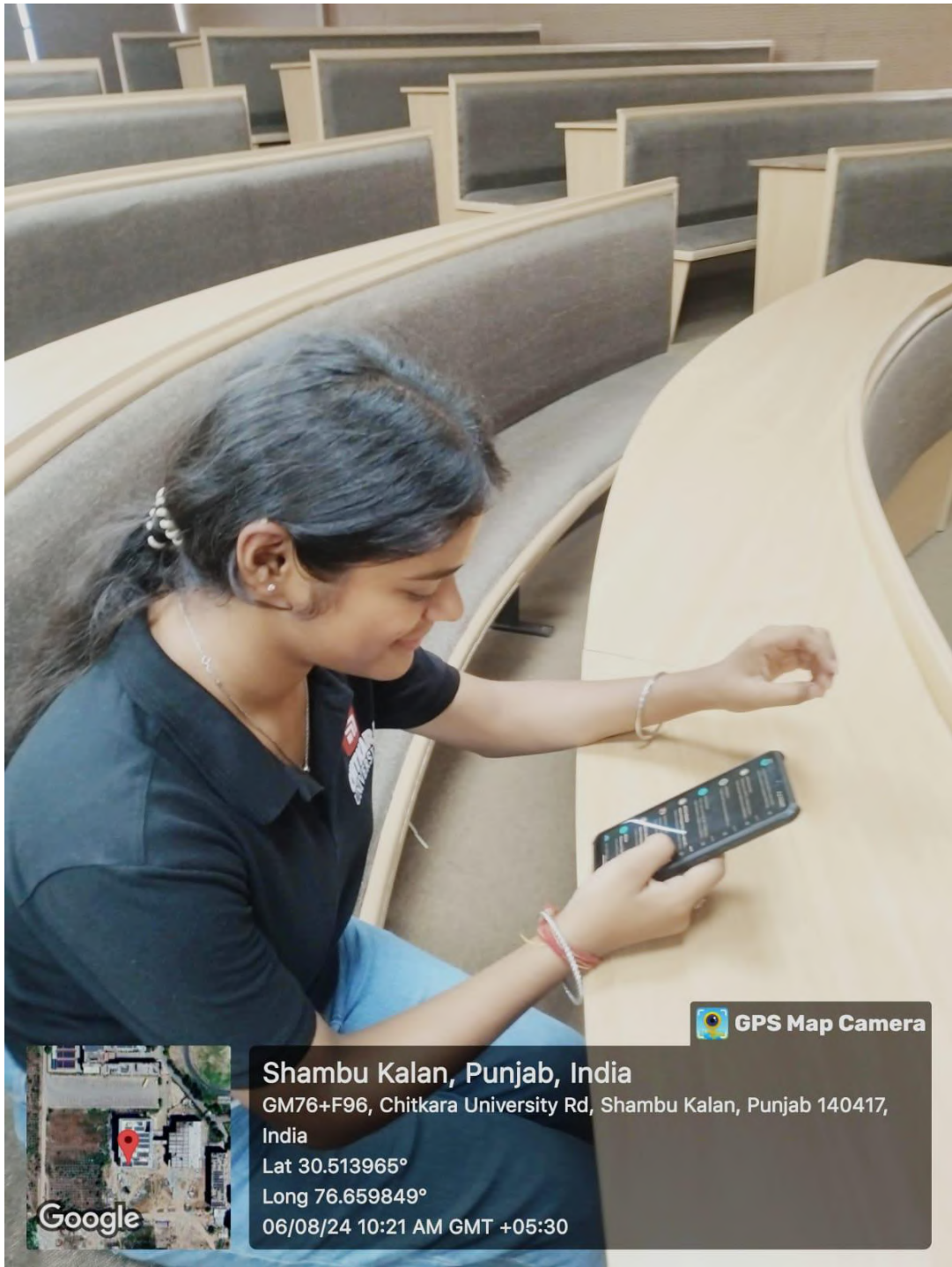
"The greatest threat to our planet is the belief that someone else will save it"

Vedansh (partii) unplugging the charger when not in use for saving electricity



“The

Earth is what we all have in common"



Aastha Nasa (participant) taking notes digitally in the classroom to reduce paper consumption



Tejika (participant) air drying the clothes instead of using dryer to save energy and reduce carbon footprint

"Be the change you wish to see in the world; sustainability starts with individual actions and collective commitment."



Shikha Verma (participant) washing the clothes in the cold water direct from the tap to save energy and reduce utility cost



Kartar Kaur (participant) with her own eco-friendly cleaning product in order to reduce chemical use and packaging waste



Vanshika (participant) replacing the incandescent bulb with the LED bulbs to increase energy efficiency

Self-Explanatory pictures with Captions minimum 5 Pictures (Mandatory)



All the coordinators interacting and motivating the participating students in the 30 days environment challenge



Participating students in the 30 days environment challenge showcasing their DIY cleaning product, bio enzyme which will be used as natural cleaning product



Madhav Suri (Participant) segregating the waste and using different dustbins for putting different kinds of solid waste



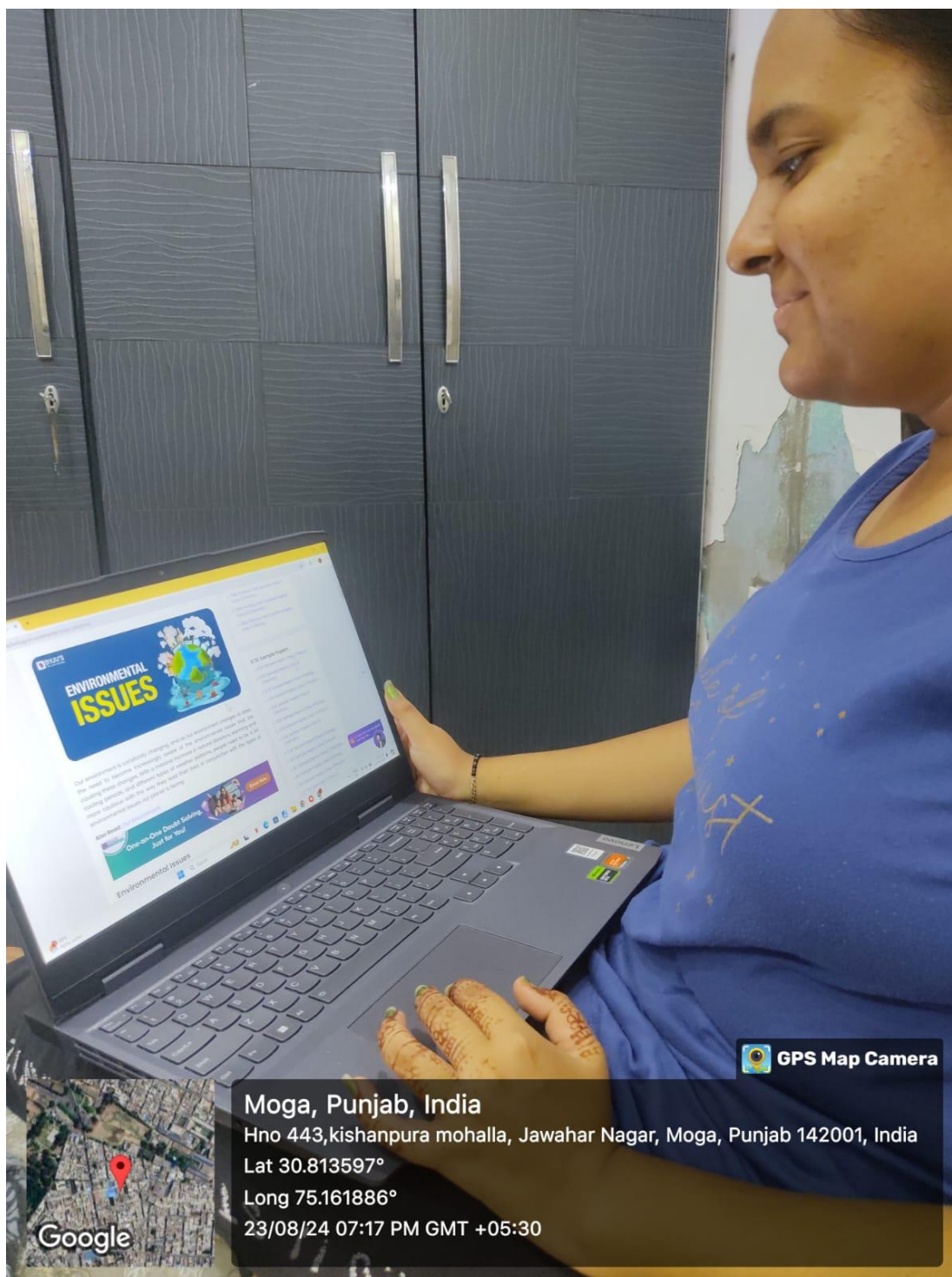
Chahat Sabharwal (participant) eating only plant-based meal to reduce carbon footprint and resource use



Rashmi (participant) setting the thermostat for optimal energy use on the Air conditioning device to reduce energy consumption



Ananya Khara (participant) eating a plant-based meal to reduce consumption of meat and its associated environmental impact



Anshika (participant) reading about the environmental issues to increase her awareness and knowledge on latest issues and their solutions



Kartar Kaur (participant) carrying a reusable shopping bag instead of single use plastic to reduce the single use plastic waste.

Task I (26/07/2024)
Waste Audit

Task - Collect and categorise all your waste for one day.

Impact - Identify main sources of waste to target reduction efforts.

Skills - Data collection, analytical thinking.



RECYCLABLE



ORGANIC



NON RECYCLABLE

From the waste audit, I learned that my main sources of waste are packaging materials and food scraps. This insight highlighted the need to reduce single-use plastics and manage food portions better. The task also improved my skills in data collection and analysis.

Waste audit done by the Vanshika (participant) to identify the main sources of waste to target reduction efforts

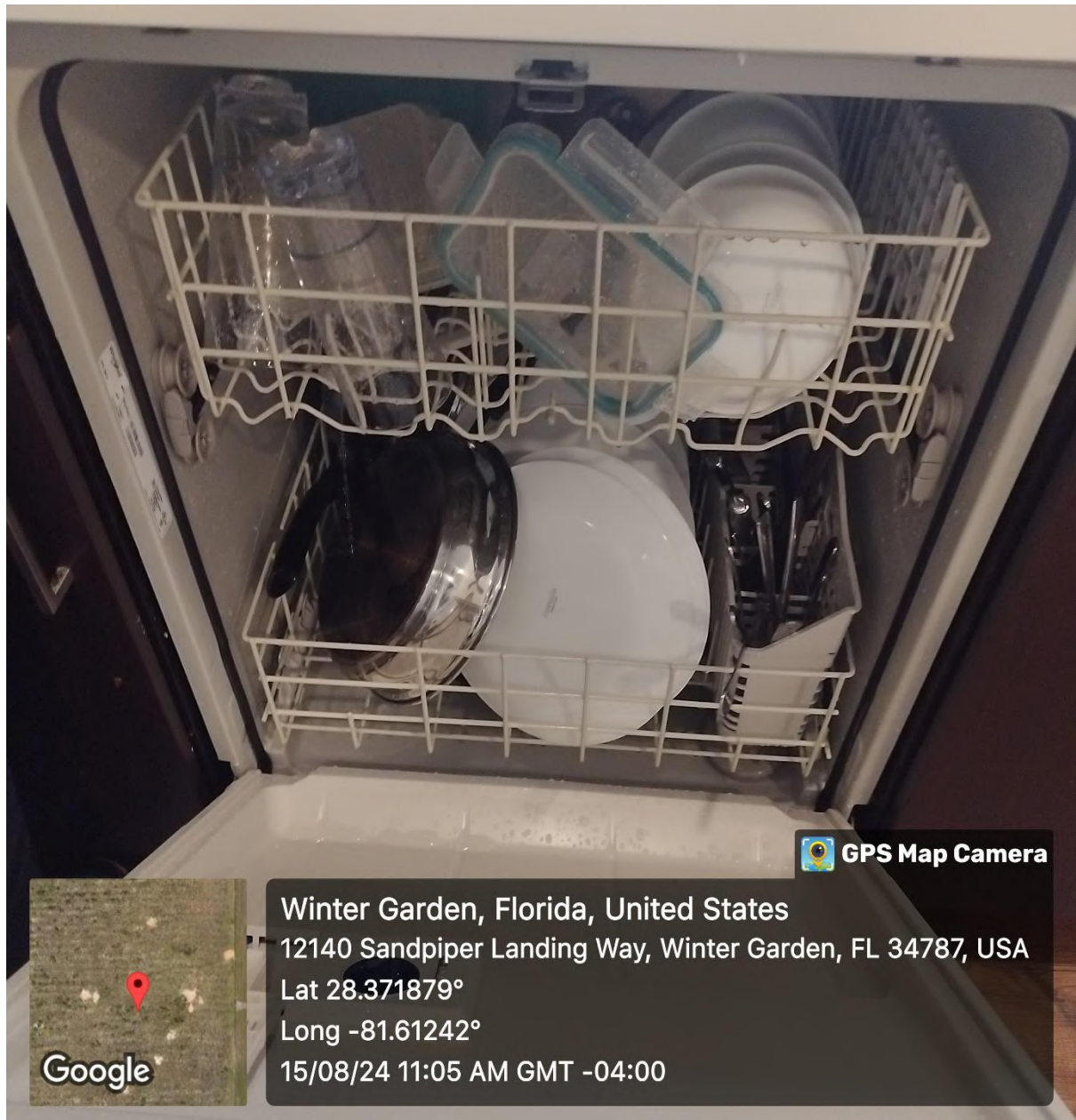


Himani Gupta (participant) buying vegetables at a farmer's market to support local economy and reduce transport emissions



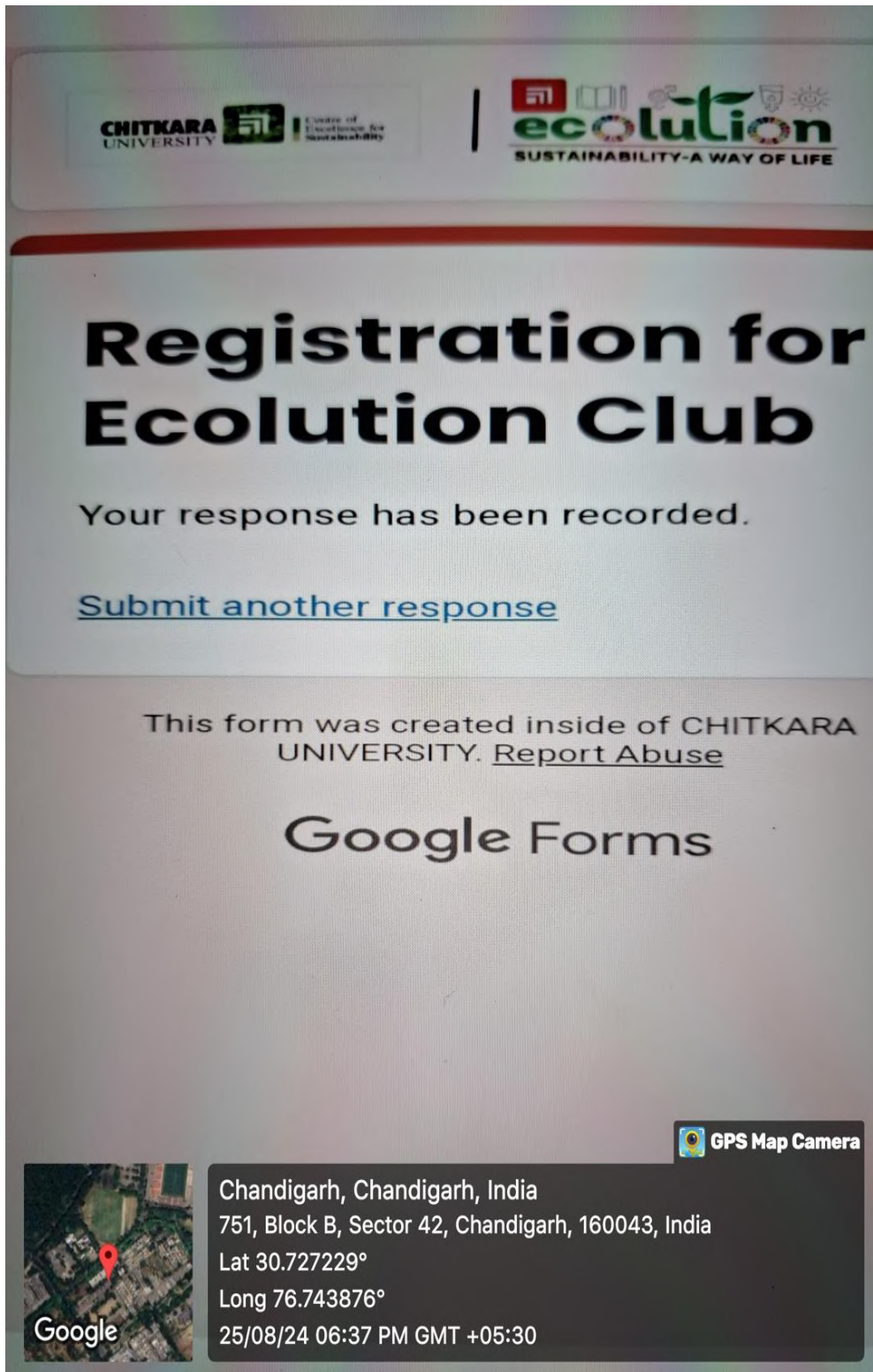
Ananya Jain (participant) using public transport (bus) for commuting between home and university instead of car to reduce vehicle emissions and reduce carbon footprint

“Sustainability ensures progress without harming the future”



Tanishq Panchal (participant) who is in USA for internship running the dishwashers in full load to optimize water and energy use

“Sustainability is a journey not a destination, thus earth has music for those who listen”



Swagata Sinha (participant) joined the environmental club of Chitkara University to foster community action

Participant's list

43 students have registered initially but these 26 were consistent and actively completed their 30 days environment challenge.

Sr.no	Name of the Student	Class	Email id
1.	Shiva Sharma	M.Sc. Nursing 1st year	shivasharma2202.don23@chitkara.edu.in
2.	Tanishq panchal	Chitkara College of Hospitality Management	tanishq1071.cchm22@chitkara.edu.in
3.	Madhav Suri	B. Com 2nd Year	madhav1556.bcom22@chitkara.edu.in
4.	Amit kumar	Chitkara college of Hospitality Management	amit2203.csh@chitkara.edu.in
5.	Sanchi sikka	Chitkara School of Hospitality	sanchi2223.csh@chitkara.edu.in
6.	Yash bhassin	Chitkara School of Hospitality	Yash2228.csh@chitkara.edu.in
7.	Khushdeep Kaur	Chitkara School of Hospitality	Khushdeep2215.csh@chitkara.edu.in
8.	Vedansh	Chitkara School of Hospitality	vedansh2226.csh@chitkara.edu.in
9.	Aastha Nasa	Chitkara Business School	aastha2002.bcomifa23@chitkara.edu.in
10.	Tejika	Chitkara school of planning and architecture	tejika1538.id21@chitkara.edu.in
11.	Shikha verma	Chitkara school of planning and architecture	Shikha1558.id21@chitkara.edu.in
12.	Chahat Sabharwal	Chitkara school of planning and architecture [Bachelor of Interior Design]	chahat1511.id22@chitkara.edu.in
13.	Ananya Khera	Chitkara school of planning and architecture [Bachelor of Interior Design]	ananya1503.id22@chitkara.edu.in
14.	Rashmi	Chitkara school of planning and	rashmi1536.id22@chitkara.edu.in



		architecture [Bachelor of Interior Design]	
15.	Anshika	Chitkara school of planning and architecture [Bachelor of Interior Design]	anshika1504.id22@chitkara.edu.in
16.	Kartar Kaur	Chitkara school of planning and architecture [Bachelor of Interior Design]	kartar1524.id22@chitkara.edu.in
17.	Vanshika	Bdes. Interior designing	Vanshika1550.id22@chitkara.edu.in
18.	Himani Gupta	Chitkara school of planning and architecture	Himani1519.id22@chitkara.edu.in
19.	Kriti Singh	Chitkara school of planning and architecture	kritisingh81076@gmail.com
20.	Ananya Jain	Chitkara School of Planning and Architecture	ananya1502.id22@chitkara.edu.in
21.	Shreya	Chitkara school of planning and architecture [Bachelor of Interior Design]	shreya1543.id22@chitkara.edu.in
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23.	Apurva sharma	Department of Education	apurva.cce23@chitkara.edu.in
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25.	Jobanbir Kaur	Department of Education	Jobanbir.cce23@chitkara.edu.in
26.	Anushka Virk	Department of education	anushkavirk.cce23@chitkara.edu.in