



# KALINDI COLLEGE

UNIVERSITY OF DELHI

## KALPधरा



The Environmental Society



### **30 DAYS ENVIRONMENTAL CHALLENGE**

**Funding agency (Internal / External) and amount:** NA

**Name of the Convenor:** Dr. Shanuja Beri

**Co- Convenor :** Dr. Akansha Rai  
Dr. Sunaina

**Date:** August 10<sup>th</sup>, 2024 - September 4<sup>th</sup>, 2024

**Time:** NA

**Name of the Event:** 30 Days Environmental Challenge

**Collaborating agency, if any:** National Edu Trust of India

**Faculty:** Dr. Shanuja Beri, Dr. Sunaina, Dr. Akansha Rai,

**Number of participants outside of Kalindi College:** NA

#### **Highlights of the Event**

- Exciting journey of 30 days, each day was dedicated to an activity that can be useful and helpful for the environment
- Several ways for a sustainable environment are shared on instagram.
- Students engaged actively showing different ways to protect environment and promote sustainability and conservation.

## **EVENT DETAILS**

From August 10 to September 5, 2024, **Kalpdhra**, the Environmental Club of Kalindi College hosted a 30-Day Environmental Challenge on Instagram in collaboration with National Edu Trust of India, aiming to inspire individuals to adopt sustainable practices and contribute to environmental protection. This challenge encouraged participants to engage in simple, everyday actions that promote sustainability, reduce waste, and raise awareness about the importance of protecting the environment. The event was designed to empower people to take responsibility for their actions and make positive changes in their daily routines.

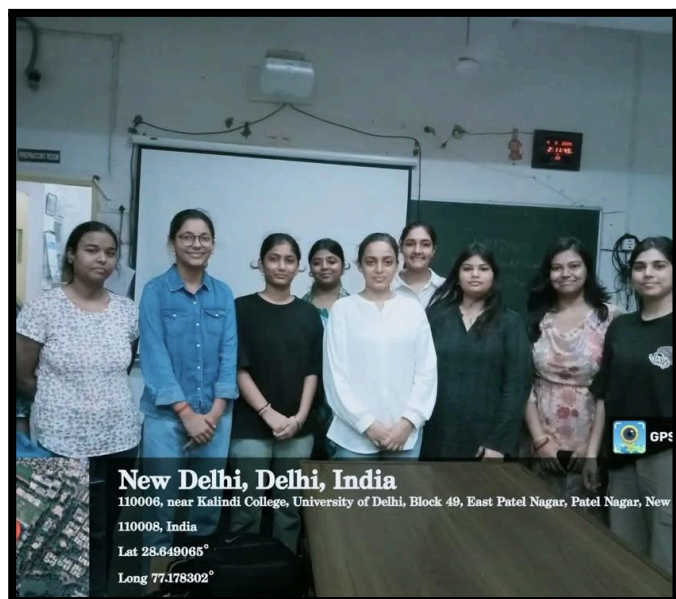
Each day of the challenge focused on a different aspect of sustainability, with specific actions participants could take to make a meaningful impact. The activities were posted daily on the Instagram account, with accompanying visuals, tips, and educational content to help participants understand how they could contribute to environmental protection. The participants were encouraged to share their own efforts by posting photos, videos, or stories on their Instagram profiles using the hashtag #30daysenvironmentalchallenge. This helped create a sense of community, as users could interact, inspire each other, and spread awareness to their followers.

One of the key focuses of the challenge was reducing waste. Participants were prompted to minimize their use of single-use plastics, opt for reusable items like bags, bottles, and containers, and reduce overall consumption. One day of the challenge was dedicated to a "zero-waste" activity, where participants avoided disposable products and made a conscious effort to recycle or compost. Another major theme involved energy conservation. The challenge encouraged people to turn off lights and unplug electronics when not in use, as well as to adopt more energy-efficient practices at home.

Eco-friendly transportation was also emphasized, with participants encouraged to walk, bike, or use public transportation instead of relying on personal vehicles. This action helped reduce carbon emissions and promoted more sustainable travel options. Sustainable food practices were highlighted on several days of the challenge, with participants encouraged to eat plant-based meals, reduce food waste, and shop locally. Through these activities, participants learned more about the environmental impacts of food production and consumption, such as resource use, packaging waste, and transportation.

In conclusion, the 30-Day Environmental Challenge was a successful initiative that not only raised awareness about sustainability and environmental protection but also empowered individuals to make lasting changes in their lives. The challenge demonstrated the power of social media in fostering a sense of community and promoting eco-friendly behaviors.

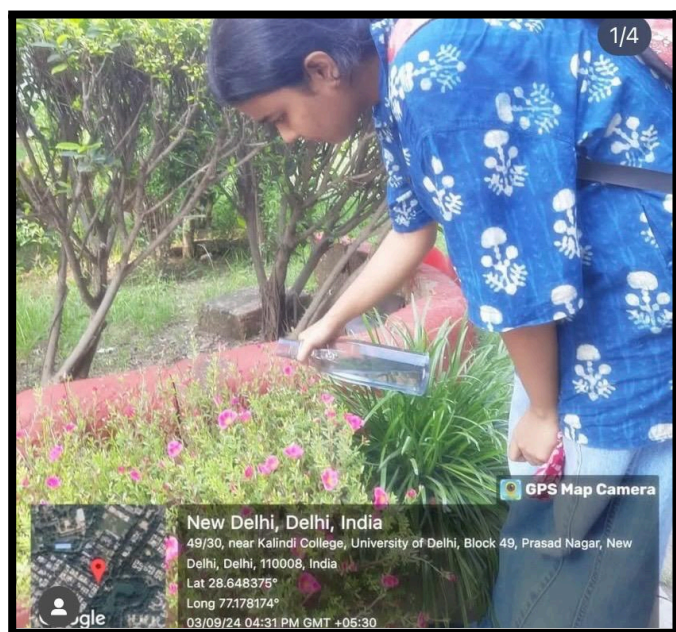
## GLIMPSES OF THE EVENT



Students with co-convenor Dr. Sunaina



Student watering the tree



Student watering the plants



Environment conscious practices