

Swachh Bharat Summer Internship 2022

FINAL PROJECT REPORT



Submitted by

Rashmi Anurlekar(L), Ankita Morje, Dipshika Mhato and Tejashri Mahale

Under guidance of

Dr. Nitin Sawant

Assistant Professor & Progame Director

Goa University

Dr. Shanti N. Dessai

Assistant Professor

Goa University

Dr. Shamshad Bi Shaikh

Assistant Professor

Goa University

Ms. Gandhita V. Kundaikar

Assistant Professor

Goa University

2021-22

DECLARATION

We have carried out the SBSI 2022 Internship under the guidance of –

Dr. Nitin Sawant

Assistant Professor

Dr. Shanti N. Dessai

Assistant Professor

Dr. Shamshad Bi Shaikh

Assistant Professor

Ms. Gandhita V. Kundaikar

Assistant Professor

The contents of this report are original and are reporting the 100 hours of work carried out by us during this internship.

Roll No, Name and Signature of SBSI 2022 Interns:

1. 21PO44005, Rashmi Anurlekar



2. 21PO44021, Tejashri Mahale



3. 21PO44023, Dipshika Mhato



4. 21PO44024, Ankita Morje



CERTIFICATE

This is to certify that the following SBSI 2022 Interns –

1. 21PO44005, Rashmi Anurlekar
2. 21PO44021, Tejashri Mahale
3. 21PO44023, Dipshika Mhato
4. 21PO44024, Ankita Morje

have satisfactorily completed 100 hours of activities related to Swachhata.

During this internship period, it was noticed that the interns acquired and enhanced the following skills –

1. Team work, co-operating with each other and exploring each other ideas and learning from one another.
2. Creating Google forms, Brochures, Google meet links and e-certificates.
3. Handling audience during a webinar, handling a social media handle, keeping updated with latest trends on social media (which has helped the interns reach to a larger audience)
4. The interns got to visit some of the remote areas in the state, interacting with the locals there, taking up their issues and trying to solve them in whichever way they could was a biggest take away for our interns.
5. The interns got a chance to work on ground with the locals and got to know the ground reality of how bad waste management issues are at some places.
6. Working, communicating and convincing people of all age groups was the most crucial skill that our interns have acquired.

This report is being submitted to SBSI 2022 University Nodal Officer, in partial fulfilment for the completion of the SBSI Course during the academic year 2021-2022.



Dr. Shanti Dessai

SBSI Mentor



Dr. Shamshad Shaikh

SBSI Mentor



Ms. Gandhita Kundaikar

SBSI Mentor



Dr. Nitin Sawant

SBSI Co-ordinator

Program director (Zoology)

SBSB

ACKNOWLEDGEMENTS

First of all, we would like to thank the almighty God, for protecting and guiding us throughout the internship.

We extend our supreme gratitude to the Government of India, for providing us with the golden opportunity to participate in this internship – The Swachh Bharat Summer Internship 2022.

For the successful completion of this internship, we have received valuable help from different sources.

We express our sincere gratitude to the Dean of School of Biological Sciences and Biotechnology Dr. Savita Kerkar for always encouraging us to do better in every field.

We would also like to extend our heartfelt gratitude to the SBSI Nodal-Officer Dr. Pranav Naik under whose guidance this internship is completed

This internship would have not been completed without the guidance of our SBSI Co-ordinator Dr. Nitin Sawant sir, it is his most valuable assistance and advice which has always kept us on the right track.

Special mention to our ever supportive mentors Dr. Shanti Dessai, Dr. Shamshad Shaikh and Ms. Gandhita Kundaikar who guided us throughout the internship program.

Last but not the least we would like to convey our deep affection to all our dear friends and all the kind people who've knowingly or unknowingly helped us in completion of this internship program.

Thank you one and all.

Team Eco-Minions

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Total hours			110

INTRODUCTION:

“Everyone must be his own **scavenger**”- Mahatma Gandhi

The objectives of Swachh Bharat Abhiyan was launched on October 2, 2014. The Central Government launched the Swachh Bharat Summer Internship-2018 aiming at enrolling students for promoting Swachhata within the village community.

The internship is being jointly launched by the Ministry of Human Resource Development in association with the Ministry of Drinking Water and Sanitation and is named “Swachh Bharat Summer Internship-100 hours of Swachhata”. The objective is to engage youth across the country, develop their skills and make Swachh Bharat Mission “Jan Andolan”. The students enrolled are expected to adopt one more village and conduct activities of their choice to contribute towards betterment.

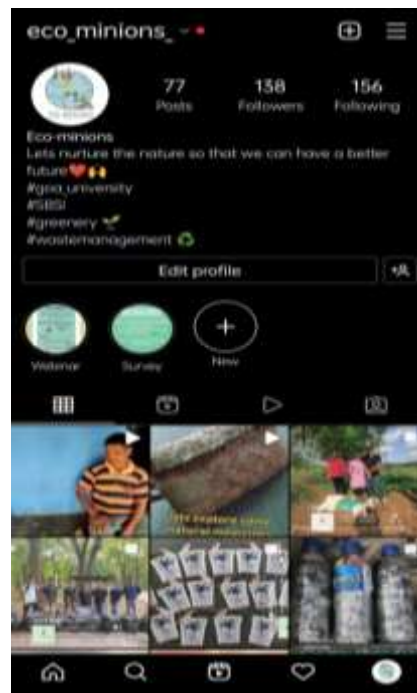
Two themes were chosen for our Swachh Bharat Summer Internship

1. Greenery
2. Waste management

Theme greenery was chosen in order to build awareness among the people on the loss of green cover and to make them realise how important it is to save our environment. Various aspects such as kitchen garden, indigenous knowledge, plantation drive were considered in order to highlight the theme Greenery

The main aim behind taking Waste management was to decrease the amount of waste generated every day in our respective area. Nowadays, Waste disposal is the major issue which is going on. Small steps towards cleanliness will lead to big impact. Various activities including composting, awareness drives, Online competitions, webinars were conducted in order to spread awareness.

Social media being the new newspaper for today's youth, we decided to create an instagram account named “Eco-Minions” in order to create awareness among the youth. Through this platform we conducted 8 different competitions for which we received an overwhelming response. Our instagram account has a total of 138 followers and has 77 post including reels and videos spreading awareness about Swachh Bharat.



Screenshot of our instagram account profile

THEME: GREENERY

1) KITCHEN GARDENING

Under the theme Greenery, the activity of kitchen garden was planned. Various entries were received from the participants while showcasing their kitchen garden. This activity was planned in order to encourage the women to build their own kitchen garden. And also to make people realize how important and beneficial it is to maintain our own kitchen garden for the following reasons-

- It is the organic way of growing on our own
- No use of artificial fertilizers
- We are aware of what we are consuming
- These green keep our body healthy.



PHOTOGRAPHIC EVIDENCE OF KITCHEN GARDEN

Links of the entries on Kitchen Garden uploaded on our Instagram page are given below

- <https://www.instagram.com/tv/CeYyUQQjul5/?igshid=YmMyMTA2M2Y=>
- https://www.instagram.com/tv/CeYy4o_jKUu/?igshid=YmMyMTA2M2Y=
- <https://www.instagram.com/tv/CeYzNYHjFfP/?igshid=YmMyMTA2M2Y=>

2) COMPOSTING

This activity of making manure from kitchen waste with the help of maggots proved to be super-beneficial way of converting wet waste coming out of kitchen into valuable matter. Only 'five' basic things were required to start this process and those things were; the greens(kitchen waste), the browns(wood husk, dry leaves), curd/rotten milk(microbes), a bucket(with holes) and a lid to cover the bucket.

We could harvest one batch of compost within one month and the process is continuing.



Composting Kitchen Waste at Residence at Varconde, Nagazar Village of Ponda

The process of making of compost from kitchen waste

Adding browns
(wood husk) to the
compost bin



Adding greens
(kitchen wet waste)
to the compost bin



Adding browns
again to balance the
moisture(wood husk)
in the compost bin



Adding Curd to
introduce microbes
in the compost bin



Giving it a good mix



Close the compost
bin with a lid, to
prevent the entry
bug and ants.

3) PLANTATION DRIVE & AWARENESS

This activity was conducted on the occasion of World Environment Day, 2022. Participants were asked to send entries while planting the trees. An initiative was also taken by the team to plant one sapling. While planting, it was ensured that the place is suitable and safe for the plant to grow in the future. People were made aware about the loss of green cover on the earth and the need to plant and maintain more trees. Locals and small children were delighted to plant the sapling and contribute towards greenery.



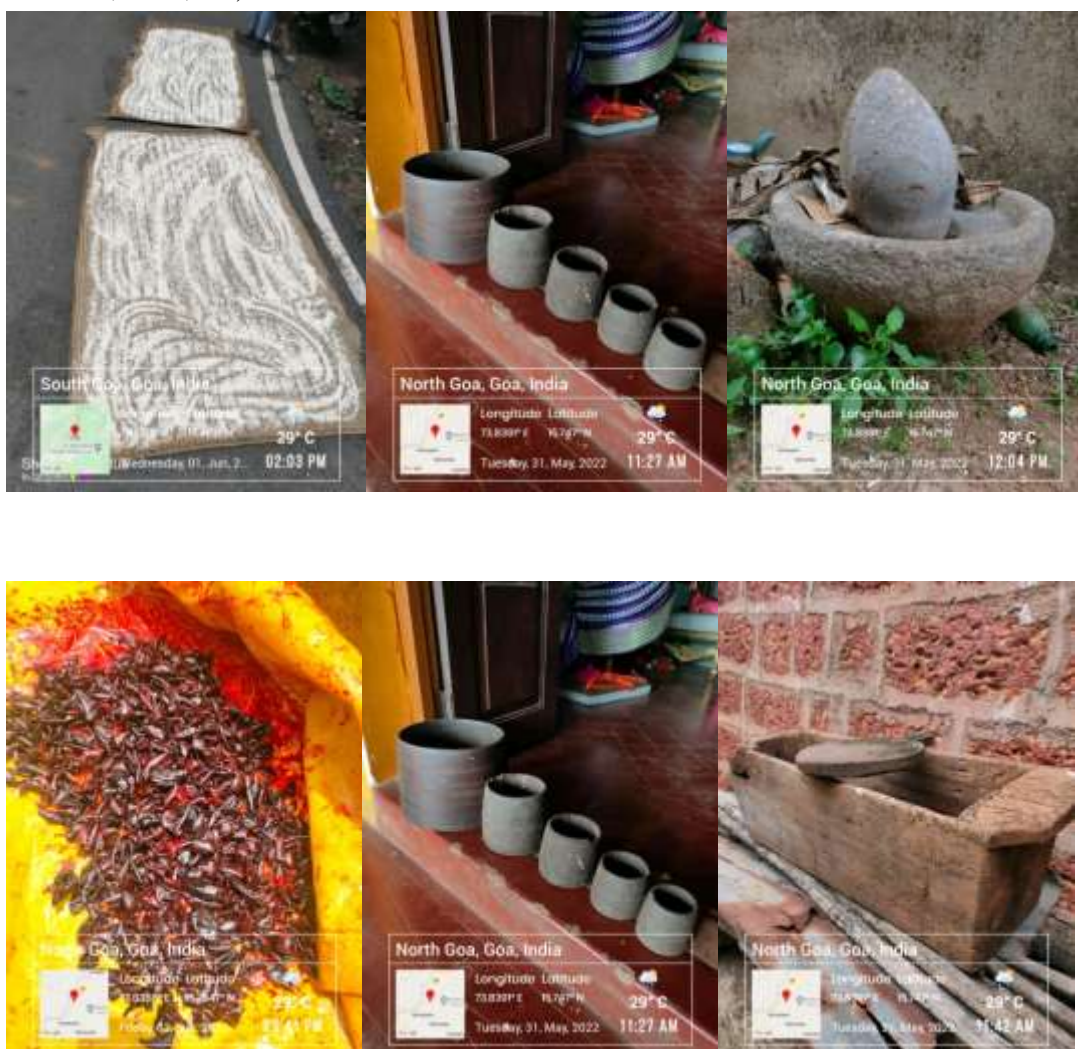
PARTICIPANTS PLANTING VARIOUS TYPES OF SAPLING

4) DOCUMENTATION OF INDEGENOUS KNOWLEDGE

Indigenous knowledge is unique to a society and it includes various techniques, tools, practices, customs, tradition, food preparation in rural life. This knowledge is getting vanished day-by-day. Hence, this topic was chosen in order to build awareness and recognize their role in conservation in environment.

Three documentaries were prepared on the following topics

1. **80 Items which will make you fall in love with Goa's Indigenous Knowledge**
(Agricultural tools, household items and other items which were used in the olden days. The main focus was on the items which were made from natural resources such as wood, rock, etc)



2. Role of Medicinal plants in our life

- Wild medicinal plants used to treat various diseases – Various questions related to medicinal plants were asked to a person from Tambdi Surla named Mahadev Gaonkar. At the end, the question was prompted to know the answer on the availability of resources and what message he has to give to the public with respect to his work.

The link of the documentary uploaded on our Instagram page

https://www.instagram.com/tv/Cen_eotjRRk/?igshid=YmMyMTA2M2Y=

- Medicines given to newborn babies- A video showcasing various wild tree barks, herbs, seeds, roots, etc was shown. These medicines were given to the newborn babies every sunday on empty stomach. They are said to have medicinal properties which cures many infections and diseases in the child. All the items along with its uses is given in the video link



MR. MAHADEV GAONKAR



MEDICINAL PLANTS

THEME: WASTE MANAGEMENT

1) WORKSHOP ON MAKING AND DISTRIBUTION OF PAPER BAGS

A session on demonstration of paper bag making for children of Amona Village was conducted on 21st May 2022. The main purpose was to reduce the use of plastic bags to some extent and to highlight the importance on waste management.

One advantage of paper bag is that it decomposes much more quickly than plastic, and therefore it is less likely to be a source of litter and pose a risk to wildlife. We did this activity with a motto that- go green with paper bags, everything is fantastic.

Paper Bag Workshop for Children at Amona Village on 21.05.2022



MAKING OF PAPER BAGS



DISTRIBUTION OF PAPER BAGS TO THE PHARMACIES

2) NoSUP CAMPAIGN

NoSUP campaign (No single use Plastic) in collaboration with Arannya environmental research organisation (AERO) was conducted in Tambdi Surla Village on 1st June 2022. Someone rightly said “if you want to see the change in the world, start with yourself”. Arannya has begun its #NoSUP campaign on the occasion of Earth Day 2019, to spread awareness amongst people against the use of Single use Plastic.

We conducted this campaign at each shop/hotel in Tambdi Surla and discussed the various issues faced by the villagers due to improper waste management. We explained them how single use plastic, especially plastic straws, polythene bags harm our water bodies, marine life and our environment. With their permission, we hung the NoSUP banner at their shops with an aim to create awareness among the locals and customers visiting the shop.



NoSUP BANNERS WHICH WERE USED FOR THE NoSUP AWARENESS DRIVE



NoSUP BANNERS BEING HUNG UP BY TEAM ECO-MINIONS AT LOCAL STORES AND HOTELS AT TAMBDI SURLA

3) CLEAN UP DRIVE

1. AT TAMBDI SURLA

We the student inters of SBSI, had organised a cleanliness drive at Tambdi Surla Village near the temple area. Our main objective behind this activity was to spread awareness among locals and visitors about the significance of cleanliness and its benefits. We the 4 group members along with the other 3 participants had cleaned the area near the parking area of Tambdi Surla temple on 1st June.

This small efforts would not make a big difference, but this small steps can add up to make a big difference happen. We hope we left an imprint on the minds of people who have watched us cleaning this place. So next time they will think twice before littering.

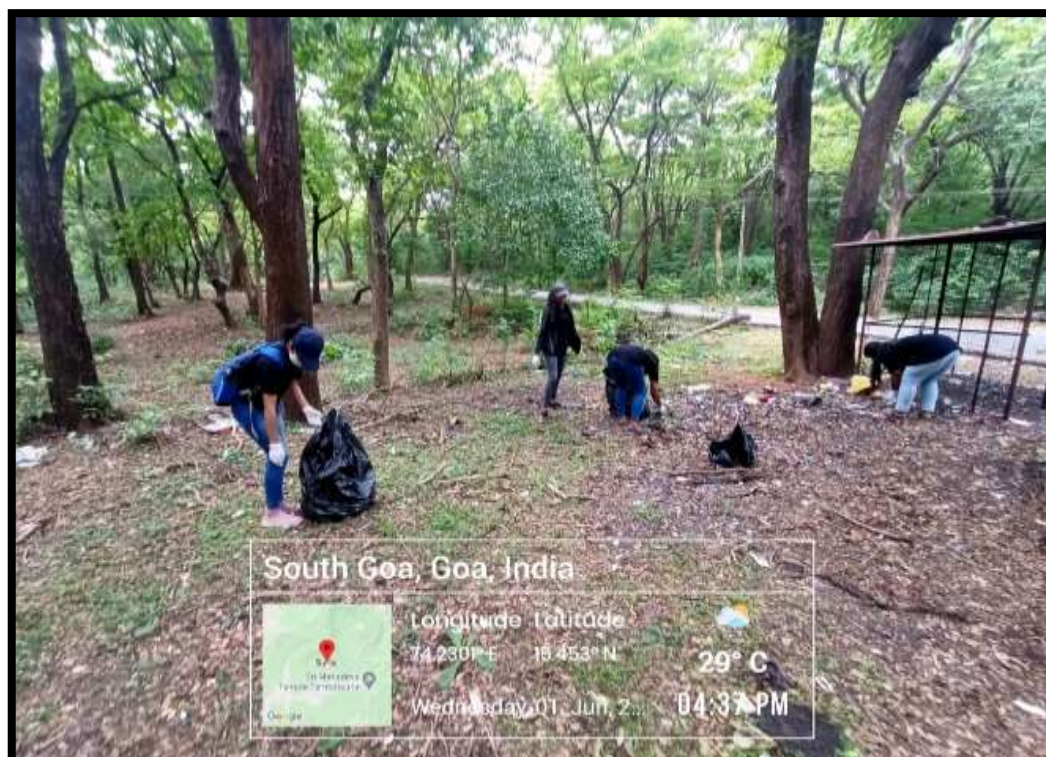
Cleanup Drive at Tambdi Surla



BEFORE



AFTER



SBSI INTERNS ALONG WITH LOCALS CLEANING UP THE AREA SURROUNDING MAHADEV TEMPLE AT TAMBDI SURLA

2. AT PERNEM (KHAREBAN)

We the student intern of SBSI, had organised a cleanliness drive at Pernem (Khareban) on the bank of river. Our main objectives behind this activity were to spread awareness among locals over there about the importance of cleanliness and how this waste harm environment.

The plastic was thrown on the bank of this Terekhol river. This Terekhol river is a home to many marine organisms. This river intern joins to the Keri beach. Plastics from the bank will be blown into the river and will be consumed by fishes. Fishing activities are very common in this locality. Those fishes will be consumed by us and it will lead to many health diseases. Therefore, an initiative was taken to clean this area.



BEFORE



AFTER



SBSI INTERNS CLEANING UP THE KHAREBAN AREA

3. AT AGARWADA (KHAZAN GUNDO)

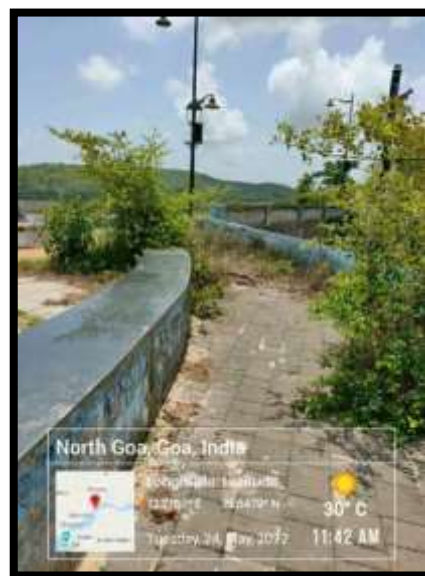
As a part of our SBSI, we the team conducted a cleanliness drive at Agarwada Khazan Gundo on 24th May 2022. The initiative was taken under the village panchayat Parsem, Pernem Goa.

Someone rightly said, “If you want to see the change in the world, start with yourself.”

This small effort won't make a big difference, but this small step can add up to make a big difference happen. This drive was conducted in order to spread awareness among locals and also the visitors and help reduce the waste. This area was focused for clean-up since it acts as a tourist spot which is now becoming infamous due to some mischievous activities and littering of alcohol bottles. This place inhabits several waterbird species as well.



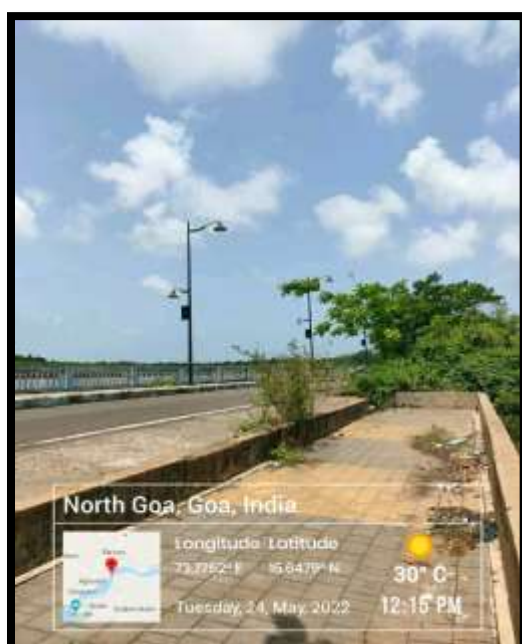
BEFORE



AFTER



SBSI INTERNS ALONG WITH LOCALS CLEANING UP THE KHAJAN GUNDO BANDH AT AGARWADA PERNEM.



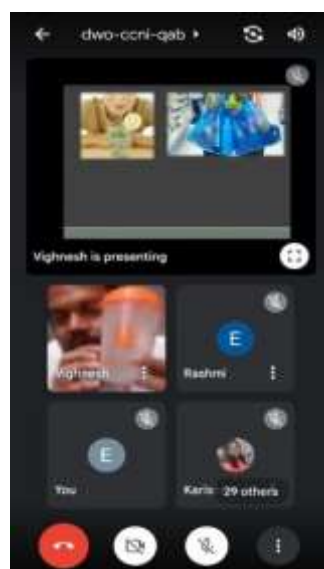
POST CLEAN UP AT KHAJAN GUNDO BANDH

4. WEBINAR

A Webinar based on **Waste Management Practices** was conducted on 28 May 2022 from 10:00 am – 12:00pm. The resource person for the webinar was Mr. Vighnesh Shinde, who's currently working at Mineral Foundation of Goa as Project assistant. He has done his Bachelor's of Science in Zoology, and MSc in Biodiversity from Abasaheb Garware College Pune. He's been engaged in awareness drives about plastic pollution and conduct awareness sessions at schools and colleges for creating a better aware society.

Mr. Vighnesh spoke about various issues we face day to day due to poor waste management and also highlighted the various means by which one can reduce, reuse and recycle their waste.

A total of 75 people around the State registered for this webinar out of which 55+ attended the webinar, also people from the audience shared their waste less journey.



Overall it was a very informative and an interactive session.

5. ECOBRICKS MAKING AND AWARENESS.

The human pollution has been increasing every year. This is equal to the increase in plastic waste. Plastic waste, especially plastic bottles needs thousands of years to decompose. So making eco bricks is an fantastic idea to get rid of the plastic carry bags which otherwise creates problems to the environment after their single use.

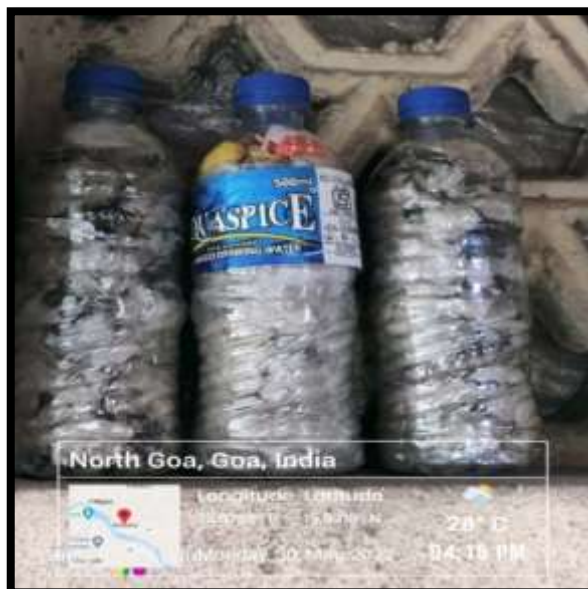
Eco bricks also have several significant advantages over conventional bricks – they are thinner and lighter, they have heat insulating properties. Eco bricks means stuffing plastic carry bags and rappers into the plastic pet bottles. So we have taught children to make eco bricks and have encouraged them to spend some of their free time creating eco bricks to help tackle plastic waste.



PLASTIC WASTE TO FILL IN THE BOTTLES



KIDS MAKING ECO-BRICKS



ECO-BRICKS MADE BY KIDS UNDER THE GUIDANCE OF SBSI INTERN

6. WET WASTE MANAGEMENT SURVEY

A survey was conducted in four different villages using Google forms which focused on finding of how the village household ladies dispose their waste(both dry waste and wet waste).

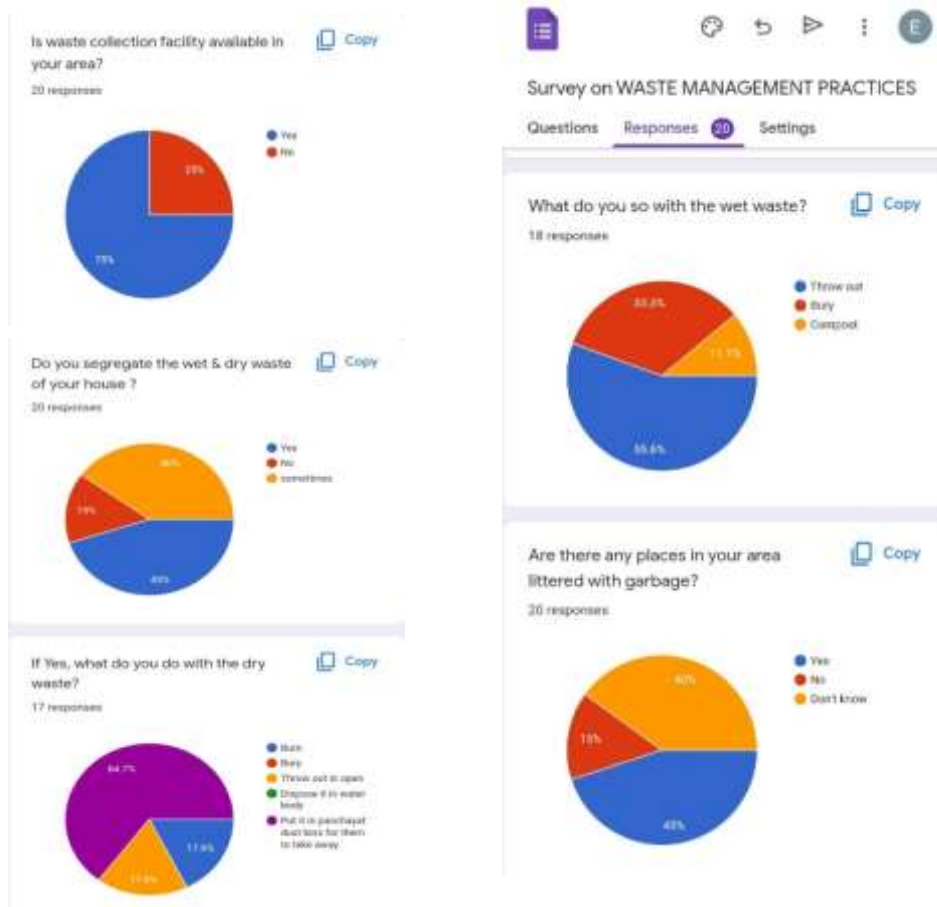
Link of Waste management survey Google form:

https://docs.google.com/forms/d/e/1FAIpQLSfX_xChvbEzIoBNZNsz6fuXB8uadpW_ajkDA-RHDkHLI4Ke1Q/viewform

Some of the questions which were asked are as follows:

1. Do you segregate your waste?
2. Is waste collection facility available at your place?
3. How do you dispose your dry/wet waste?
4. Have you ever encountered any animal feeding on waste dump?
5. How do you think poor waste management affects the environment?

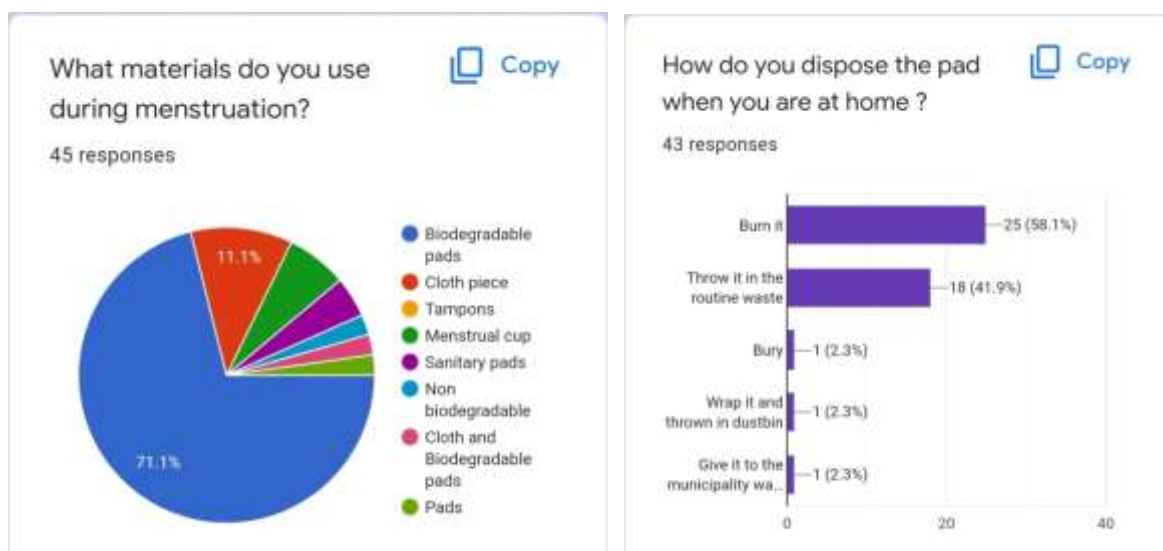
The responses we which received are as follows;



7. MENSTRUAL WASTE MANAGEMENT SURVEY

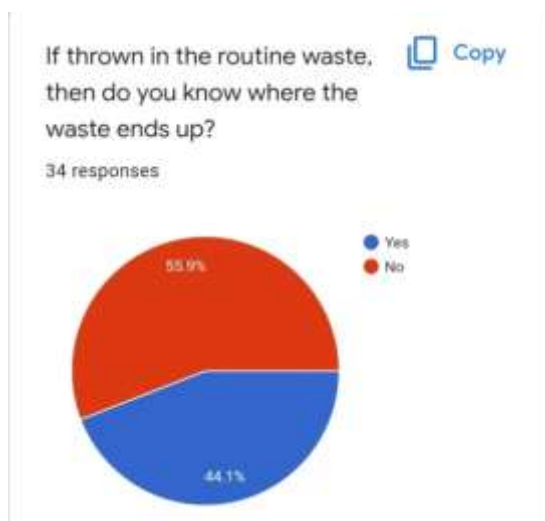
An online survey on menstrual waste disposal was conducted on the occasion of Menstrual Hygiene Day, 2022. According to the recent report, 336 million menstruating women in India give rise to more than 12 billion pads per year. Hence, this survey was designed by asking various questions related to menstrual waste in order to create awareness among the women regarding proper waste disposal. The google form link for menstrual waste disposal survey https://docs.google.com/forms/d/16oRm5JpB2JIfaTumuddFVn0LqIWKc3yV-BAZKLdpso/viewform?edit_requested=true&pli=1

Total 45 responses were received out of which majority of women were in the age of 22.



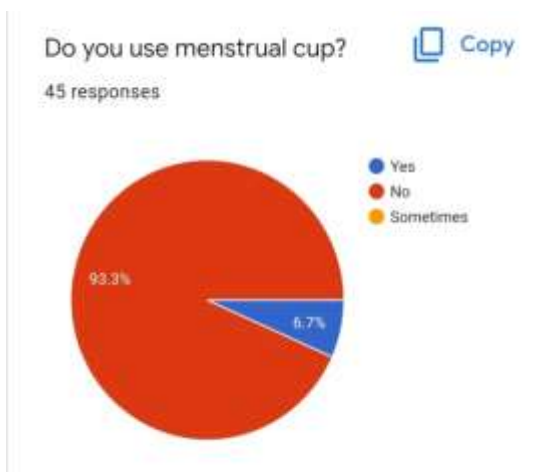
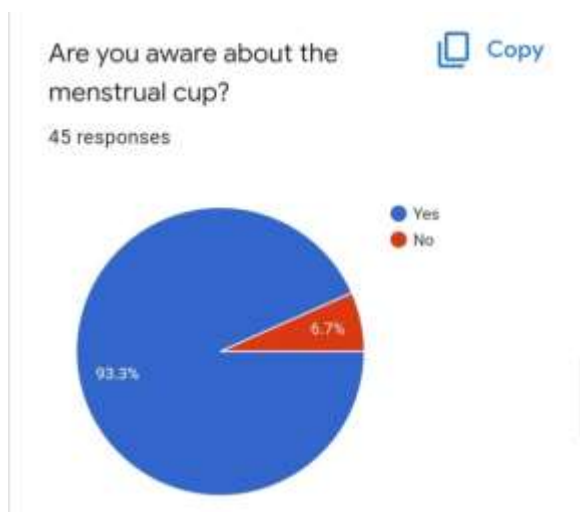
According to the survey, majority of women use pads. Regarding disposal, 25% of women burn the pads, 18% of women thrown the pads in the routine waste and only few of them bury the pads.

The main purpose of this survey was to make people realize how much of waste is generated during the menses and the threats which are caused to the environment. Through the feedback, we came to know that this survey made people aware and more conscious about proper



Majority of the women burn the pads in the backyard. And if thrown in the routine waste, then 55% of them don't know where the waste ends up.

According to the survey, 93% of women are aware about the menstrual cup but hardly 6% out of them use the menstrual cup.



Through the survey, we came to know that women are aware about the fact that sanitary pads cause harm to the environment but they still continue to use it since pads are easily available, cheap and easy to use.

At the end the question was prompted to find an answer to what precautions they will take in order to reduce the menstrual waste. So, we received many responses saying they will try to switch to the menstrual cup, take utmost care while disposing the pads in order to prevent the spread of harmful bacteria and diseases. Very few no. of women mentioned that there is no need of taking precaution.

Our survey was rated with 4 stars and following feedbacks were received.

8. WORKING WITH THE PANCHAYAT AUTHORITUES

This activity was planned under the theme “Waste Management”, we met the Sarpanch of Warkhand-Nagzar Village Panchayat and discussed various issues related to waste management faced by the villagers.

We were glad to see that the panchayat has made dustbins available in every house hold and when we conducted a survey in Warkhand village, we found that all the villagers give away their dry waste to the Panchayat for recycling.

Questions related to where this dry waste ends up were asked to the Sarpanch to which he told that it goes to a waste segregation plant at Tuem.

When asked about what the panchayat does to the wet waste of the village households, the



Sarpanch had no answer and when asked if any composting training/session was given to the villagers he told us to conduct a composting session in the village panchayat hall the very next day.

Villagers and women from 25 different SHGs attended the session.

Two of the SHGs leaders also invited us to give a training session in their ward.



COMPOSTING SESSION

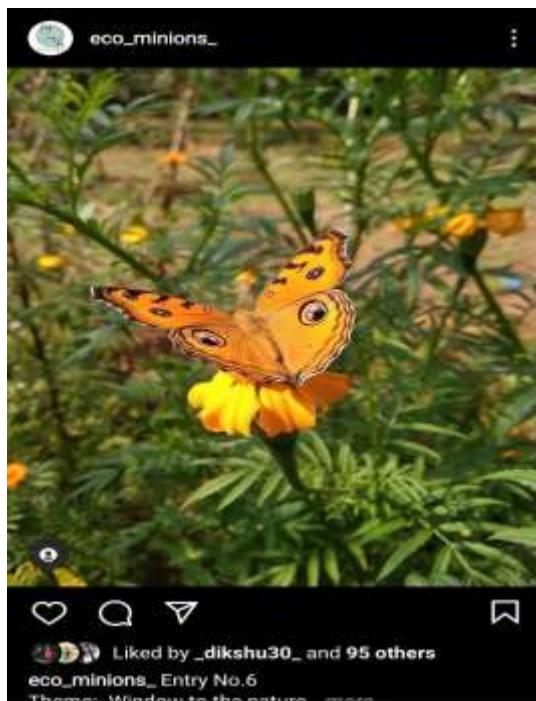
IV. ONLINE COMPETITIONS & AWARENESS

1. ONLINE COMPETITIONS

1) CAPTURE IT (Photography Competition)

Theme for this competition was Window to the nature and waste management practices.

Since people have neglected the natural beauty of greenery in their surroundings, with a hope to reconnect them to the natural beauty a photography competition was organised to make people go and hunt for naturally mesmerising sights in their area and get closer to Greenery. Also, people will be aware about different waste management practices which they can practice at their home.



2) LET YOUR T-SHIRT SPEAK

The theme for this competition was waste management and greenery. This competition was conducted in order to create awareness among youth the importance of nature.



3) REGARD BEFORE YOU DISCARD (Best Out Of Waste Competition)

People were made to think creatively and make use of something in their house which they were about to throw away as garbage. Participants were told to more specifically use the eco-friendly material and in turn if they are using a non-degradable material such as plastic then don't cut those plastic as it will generate microplastic.



4) PAINTE YOUR IDEAS (Poster Making Competition)

The theme for this competition was Go Green and Earth then v/s Now.

This competition was organised in order to create awareness among the people that how our earth used to be earlier and how it changed now due to human greed and interference of human into nature.



5) MEME MELA (Meme making Competition)

The themes for this competition were Interesting Facts On Animals, Bursting Waste Gossips, Waste Management Awareness and Importance Of Greenery.

This competition was conducted because nowadays the meme have been trending among the youth and since it is trending our message will reach to large number of people that's why we decided to conduct this competition.



6) **REEL IT FEEL IT (Reel Making Competition)**

The theme for this competition is Explore Green, Biodiversity At Your place, Stop Pollution, Amazing Adaptation Of Nature, Zero Waste Minimalist Kitchen Methods.

We had conducted this competition as it will have great outreach among the people as this reel are again trending on social media.

7) **COUNT YOUR REUSABLES**

In this competition we had told the participants to share the video of the things that they are reusing it instead of throwing out , in order to create awareness and spread message among the people that how we can reuse the things beautifully instead of creating waste.

8) **FLAUNT YOUR GAJRA**

In this competition we had told ladies to make gajra of the flowers which are available in their surrounding and not to buy from market.



2. INSTAGRAM POST TO CREATE AWAENESS

Post regarding World Environment Day was uploaded on our instagram handle to wish and aware all our followers about the World Environment Day.

