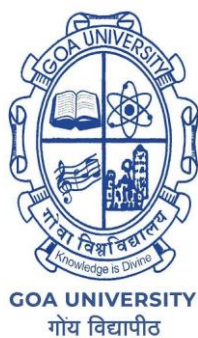


SBSI 2020 FINAL PROJECT REPORT



Submitted by

Anchal Naik [L], Melvita Alvares, Ganraj Kholkar, Feazel Dias & Caren Noronha

Under guidance of

Ms. Gandhita Vasant Kundaikar

Assistant Professor

School of Biological Sciences & Biotechnology (Zoology), Goa University

2021-22

ACKNOWLEDGEMENT

The SBSI activity organized by Goa University for the students were an eye opening in the recent times. The activities carried out helped each one of us to realize how important and essential it is to create an awareness being holding our country's future in hand. The success of this internship required guidance, assistance and help from people and we are extremely fortunate to have got all this along the completion of our internship.

We sincerely thank Dr. Pranav Naik, University Nodal Officer for giving us the opportunities to carry out the Swachh Bharat Student Internship.

We gratefully acknowledge the valuable inputs, support, encouragement and advice of the Dean of School of Biological Sciences and Biotechnology Dr. Savita S. Kerkar, and SBSI co-ordinator Dr. Nitin S. Sawant throughout the course of our internship completion.

We also express our gratitude to our mentors Dr. Shanti N. Dessai, Dr. Shamshad Bi Shaikh and Ms. Gandhita V. Kundaikar for their timely guidance and encouragement.

We would also like to thank our friends and family who provided us with knowledge and extended their valuable time and resources to carry out the activities and sharing via social media platforms and through offline sources as well.

Last but not the least, this internship would not be a success without the participants who participated enthusiastically, hands offering help were the most important to us, we thank each one of them.

QUOTES ON SWACHTA

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

-Robert Swan

“Be the change you wish to see in the world”

-Mahatma Gandhi

“Let us grow with Nature”

DECLARATION

We have carried out the SBSI 2020 Internship under the guidance of –

Ms. Gandhita Vasant Kundaikar,

Assistant Professor,

School of Biological Sciences & Biotechnology (Zoology), Goa University

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 2020 Interns:

21P044034	Anchal Naik (L)	
21P044001	Melvita Alvares	
21P044019	Ganraj Kholkar	
21P044032	Feazel Dias	
21P044028	Caren Noronha	

CERTIFICATE

This is to certify that the following SBSI 2022 Interns-

1. 21P044034- Anchal Naik (L)
2. 21P044001- Melvita Alvares
3. 21P044019- Ganraj Kholkar
4. 21P044032- Feazel Dias
5. 21P044028- Caren Noronha

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 skills
2. Poster designing and video editing
3. Communication and presenting skills

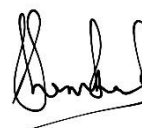
This report is being submitted to SBSI 2022 University Nodal Officer, in partial fulfilment for the completion of the SBSI Course during the academic year 2021-2022.



Ms. Gandhita V. Kundaikar
SBSI Mentor



Dr. Shanti N. Dessai
SBSI Mentor



Dr. Shamshad Bi Sheikh
SBSI Mentor



Dr. Nitin Sawant
Program Director of Zoology
School of Biological Sciences and Biotechnology
SBSI Coordinator

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INTRODUCTION

The greatest threat to our planet is the belief that someone else will save it. Our great leader Mahatma Gandhi has rightly said, 'Be the change you wish to see in the world'. These quotes inspired and motivated us for registering in SBSI. SBSI gave us a platform as well as opportunity to work for the betterment of the environment and country.

Our main goal is to bring change into our society not only by spreading awareness but also by tackling different issues concerning our environment. The hazardous consequences damaging the ecosystem and a wish to reduce such consequences was also another motivation for us. Swacchta is our main goal not only to tackle outside issues but also to sort out personal health problems.

Keeping these things in mind we chose and worked on the following themes under SBSI;

- Sanitation and Hygiene
- Waste Management
- Greenery
- Education Outreach

Under each of these themes various activities were conducted in both online and offline modes keeping in mind a certain objective to each activity. Apart from this, we also tried to incorporate some other activities that highlighted important issues that are a threat to our society such as Ragging.

The link below provides pictures and videos of all the activities conducted by our group:

https://drive.google.com/drive/folders/1_s07O8GHwqV8cT9_A9C773SqzbqW4f80

1. Online Activities

All the online activities conducted included various competitions which were based on a unique theme related to major environmental and social issues to deliver a message to the audience more effectively. The main aim was to spread awareness about different issues in an interesting, creative and funny way.

The following competitions were conducted in online mode;

- Meme Competition
- Photography Competition
- Face Painting Competition
- My Heritage, My Pride (Documentation of Indigenous Knowledge)
- Poetry Writing Competition
- Poster Competition
- Best out of Waste Competition
- Build Innovation, Simplify Education (Education Outreach)
- Fancy Dress Competition

1.1. Meme Competition

Meme Competition was conducted for all age groups and main themes for this competition were plant-animal interaction, sanitation and hygiene, pollution, quality education and global warming.

Objective:

Since people specifically the youth have been known as meme lovers and continuously scrolling through memes, our main objective was to convey a message about the themes mentioned above in a humorous way so that people can grasp it easily and to spread awareness.

The themes for the competitions were decided based on the major themes we have chosen under this programme. Accordingly a brochure was created along with rules after discussion and posted on our Instagram page. We received a total of 9 entries that delivered a very effective message. All the entries were posted on Instagram page and the winners were chosen solely based on likes they received within 24 hours of uploading the entries. Finally the winners declared were:

1st Place: Advinson D' Souza

2nd Place: Nikita Naik

BROCHURE

 **The Green Beans**
Presents to You

 **Meme Competition**

Open for All Age Groups

Themes:

- Plant animal interaction
- Sanitation and hygiene
- Pollution
- Quality education
- Global warming

Last Date of Submission: 29th May 2022

Registration Link:
<https://surveyheart.com/form/628e67fae0bda849489299c1>

 **RULES**

- Meme should be based on any of the five themes given.
- The entry should be sent in JPEG format.
- Memes that are racist, sexist, and discriminatory of any and all genders, religions, and sexual preferences are not allowed.
- Languages that can be used are, English, Hindi or Konkani.
- Only 1 entry per participant is allowed.
- Submit your entries to anchalnaik11@gmail.com
- Participants are requested to name their files with their name followed by the competition name. (Name + Meme competition)
- Subject of mail should also follow the same format.
- Participants should also send a confirmation message to _the_greenbeans_ to confirm if your entry has been received.
- The winner will be decided solely on basis of likes received on the post.
- last date of submission is 29th May 2022

WINNERS

Flowers provide nectar to their pollinators as a reward

Meanwhile Orchids:



1ST Place: Advinson D'Souza

Honey bee visiting flower to feed on its nectar



2nd Place: Nikita Naik

1.2. Photography Competition

Photography Competition was conducted for all age groups based on two themes which included; 1- Habitat destruction is a threat, nearing our death, 2- Biodiversity of Goa.

Objective:

Through 'Habitat destruction' theme our main aim was to make people aware that certain loss of habitat can lead to destruction of a wide range of biodiversity which in turn can be threatening to humans. The theme 'Biodiversity of Goa' focused on to make people aware and display them the biodiversity present in Goa which not only includes animals and plants but also fungi and various microorganisms creating a beautiful ecosystem in harmony.

The two themes for the competition were adopted by looking at the present scenario of our state and society. A flyer was created including a various rules related to photography which was posted and circulated through various social media platforms. We received a total of 18 participants. The winners were decided on 50% of likes received on Instagram post within 24 hours and 50% through judgment. The judge for this competition was Dr. Avelyno D' Costa. The winners declared were:

1st Place: Sachin Gaonkar

2nd Place: Akshaya Karekar

BROCHURE

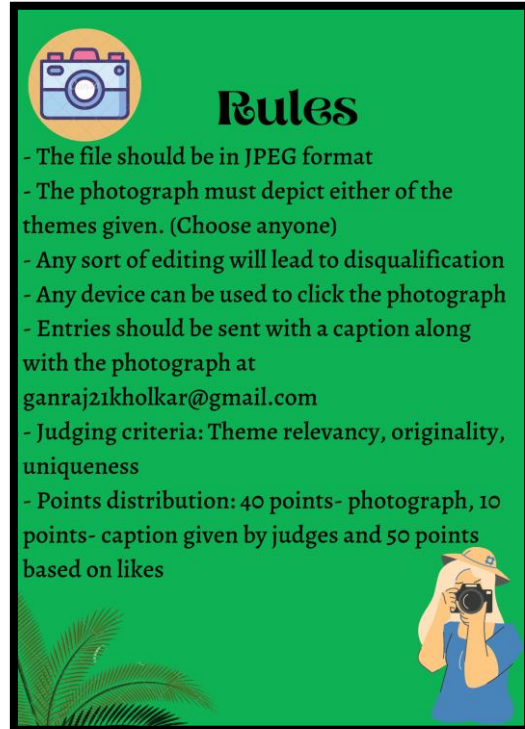


The Green Beans
are presenting before you
Photography Competition

Themes: *Habitat destruction is a threat
Nearing our death
*Documenting Biodiversity of Goa

Open for all age groups
Entries accepted till 29 th
May 2022

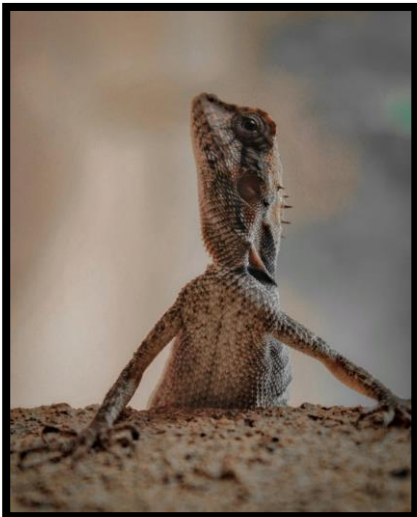
Register at:
<https://surveyheart.com/form/628e67faeobda849489299c1>



Rules

- The file should be in JPEG format
- The photograph must depict either of the themes given. (Choose anyone)
- Any sort of editing will lead to disqualification
- Any device can be used to click the photograph
- Entries should be sent with a caption along with the photograph at ganraj21kholkar@gmail.com
- Judging criteria: Theme relevancy, originality, uniqueness
- Points distribution: 40 points- photograph, 10 points- caption given by judges and 50 points based on likes

WINNERS



1ST Place: Sachin Gaonkar



2nd Place: Akshaya Karekar

1.3. My Heritage, My Pride (Documentation of Indigenous Knowledge)

A competition was conducted to document the indigenous knowledge which was open to all age groups, for making people aware about our traditions and heritage.

Objective:

The main aim was to show people specifically the younger generation our heritage which is considered as our pride and the various traditional medicines and tools which have been useful till date.

This competition was decided to convey a message about our heritage to the younger generation and accordingly the main rules and brochure was created and circulated through social media. About 7 people participated and have done a very great job. Through this competition we were able to document around 20 items that were used traditionally. We also received an entry of participant who had documented the Church of St. Augustine. Another participant explained about the medical plant used to treat respiratory conditions.

Link to the documentary of St. Augustine church:

<https://www.instagram.com/tv/CeNkSiVgVvH/?igshid=YmMyMTA2M2Y=>

Link to medicinal plant Adosa:

<https://www.instagram.com/p/CeNiHkfrS0T/?igshid=YmMyMTA2M2Y=>

Links to other traditional items documented:

<https://www.instagram.com/p/CeNk37jrJec/?igshid=YmMyMTA2M2Y=>

<https://www.instagram.com/p/CeNmBgErpBT/?igshid=YmMyMTA2M2Y=>

https://www.instagram.com/p/CeNmkJ_rtMf/?igshid=YmMyMTA2M2Y=

<https://www.instagram.com/p/CeNm8TULnHi/?igshid=YmMyMTA2M2Y=>

<https://www.instagram.com/p/CeNpHQ5LWBk/?igshid=YmMyMTA2M2Y=>

The judging was solely based only on likes received within 24 hours of uploading the entries on our Instagram page. Hence the two winners declared were:

1st Place: Anthea Baracho

2nd Place: Melvita Alvares

BROCHURE



THE GREEN BEANS

Presents before you

MY HERITAGE. MY PRIDE

Prize	Theme
Certificates for all participants and winners	Documenting Indigenous Knowledge
Last Date 26 May 2022	OPEN FOR ALL AGE GROUPS

FOR QUERIES CONTACT
_the_greenbeans_

Interested participants please comment down below

RULES

- Knowledge developed within indigenous societies, independent of, and prior to, the advent of the modern scientific knowledge. Example: Medical knowledge like Ayurveda, agricultural knowledge, biodiversity related knowledge, etc.
- Entry can be submitted as a photograph or video.
- Video should not exceed 2 minutes.
- Photograph or the video should be clear.
- The entry should be submitted along with a description.
- Only 1 entry per participant is allowed.
- Marking criteria: solely based on likes received. Post receiving highest likes will be declared as the winner.
- All the entries should be sent on carennoronha2515@gmail.com
- Participants should name their file as their name followed by name of competition. (Name - my heritage my pride). The subject of the mail should also be in same format.
- Participants are requested to kindly send a confirmation message to _the_greenbeans_ to confirm if the entry has been received.

WINNERS



1ST Place: Anthea Baracho



2nd Place: Melvita Alvares

1.4. Poetry Writing Competition

A poetry writing competition was conducted based on two themes; 1- Say not to Ragging, 2- Vanishing Greenery. This competition was kept open for all age groups and received entries of budding poets with their beautiful poems having great harmony of words.

Objective

The main aim through the theme ‘Say no to Ragging’ was to target the youth specially the students to make them aware of the fears and pain experienced by the students through ragging and also approach them to fight against it.

Through the theme ‘Vanishing Greenery’ our main goal was to spread awareness that destruction of greenery can lead to severe climate changes leading to harmful effects such as global warming.

The competition was conducted to spread awareness about these two themes and accordingly preparations were done. People were informed about the competition by sending flyers across various social media platforms. We received 12 entries who wrote beautiful poems with a soulful harmony of words and phrases. The judgment was done 50% based on likes and 50% based on judging. The judge for this competition was Ms. Gandhita Kundaikar. The winners for this competition declared were;

1st Place: Anthea Baracho

2nd Place: Caren Noronha

BROCHURE


The Green Beans
are presenting before you

Poetry Writing Competition


Themes: Vanishing Greenery
Say No to Ragging

Open to all age groups
Entries accepted till 28 th
May 2022


Register at:
<https://surveyheart.com/form/628e67faeobda849489299c1>



Rules



- The poem should be exclusively based on either of the two themes given (choose anyone)
- It should not exceed more than 40 lines
- Poem can be in konkani, hindi or english
- Poem must be the participant's original work. No copied content will be entertained
- All the entries should be sent on feazelo4@gmail.com
- Participants should name their file as their name followed by name of competition and the theme selected (Eg: name- Poetry writing competition- Say no to ragging). Subject of the mail must also be in the same format.
- All participants are requested to send a confirmation message @_the_greenbeans_ to confirm if the entry has been received.



WINNERS

AT THE HEART OF IT ALL

Nature enveloped in colours so enchanting,
Each shade so very different yet soothingly
gentle and alluring.

A walk through her luscious greens,
Is at once a delight to the eyes and a panacea to
the soul.

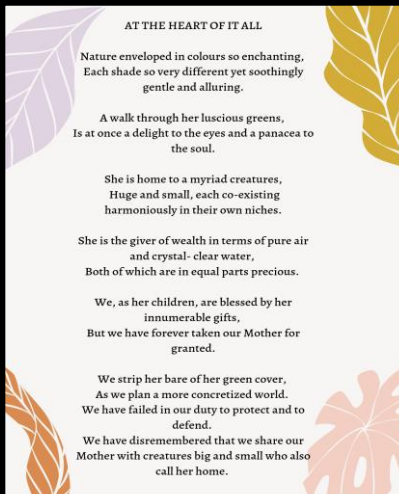
She is home to a myriad creatures,
Huge and small, each co-existing
harmoniously in their own niches.

She is the giver of wealth in terms of pure air
and crystal- clear water,
Both of which are in equal parts precious.

We, as her children, are blessed by her
innumerable gifts,
But we have forever taken our Mother for
granted.

We strip her bare of her green cover,
As we plan a more concretized world.
We have failed in our duty to protect and to
defend.

We have disremembered that we share our
Mother with creatures big and small who also
call her home.



1ST Place: Anthea Baracho



Entered a new world with lots of
cheers
Never knew it would turn into a trap
full of tears
Studying in room with a handful
memories of peers
A sudden knock made me run under
the table with trembling fears



Constant nagging, pranking tired of
everything
Sat hours hiding in a corner to avoid
their hitting
Now! Strength within urged to stand
with all my might
But asking each one of you. Will you
join me in this fight?



2nd Place: Caren Noronha

1.5. Poster Competition

The poster competition conducted was based on two themes; Underwater Pollution and Global Warming. An artistic approach was made through this competition so that the audience viewing it would be more aware of the consequences spread through such issues related to the themes above.

Objective:

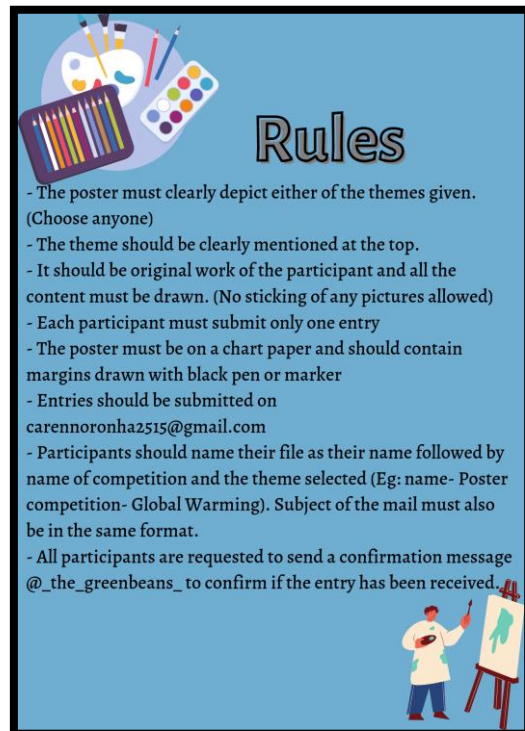
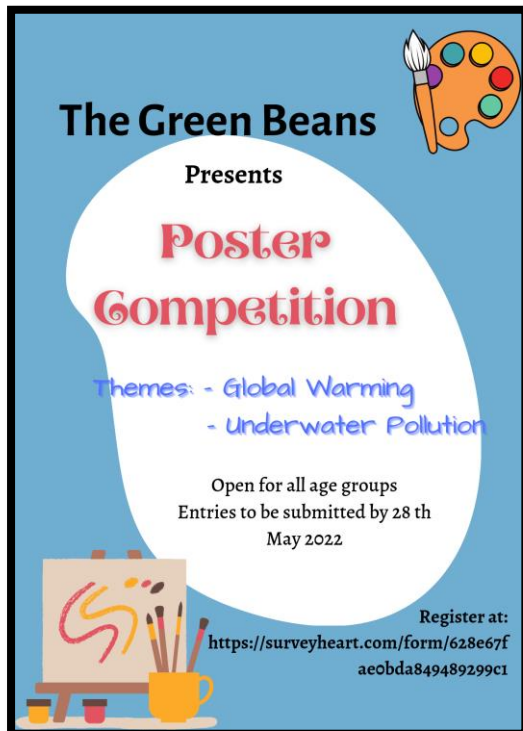
The main goal was to raise awareness and thereby make people understand the effects of climate change on health which will facilitate both behavioural change and societal support for the actions needed to reduce greenhouse gas emissions. In addition, to make people aware that polluted water is of great concern to the aquatic animals and plants.

The competition themes were decided based the current scenario of our environment. According to this the brochure was created and circulated through social media. A total of 12 entries were received which were truly artistic and showcased the hardwork of the participants. The judge for this competition was Dr. Shanti Dessai. The winners declared were;

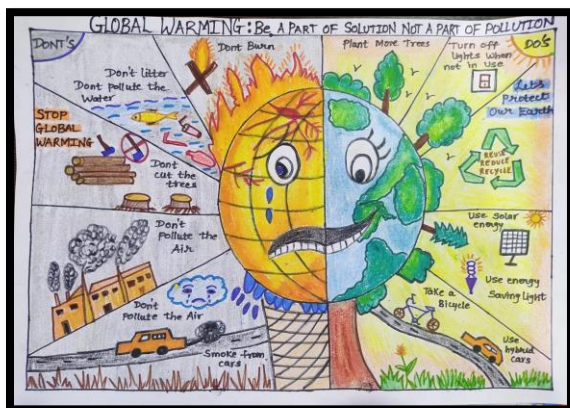
1st Place: Akshaya Karekar

2nd Place: Stuti Naik

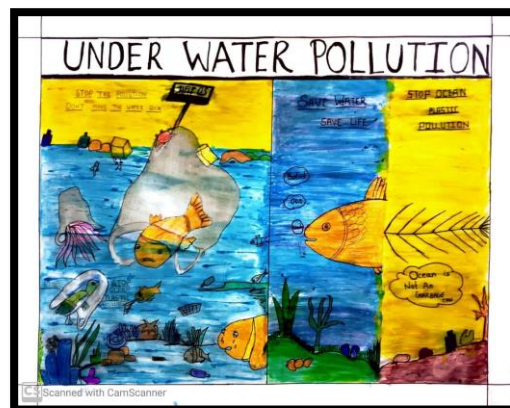
BROCHURE



WINNERS



1ST Place: Akshaya Karekar



2nd Place: Stuti Naik

1.6. Best out of Waste

Best of Waste competition was completely based on utilisation of waste which is non-biodegradable leading to its decline.

Objective;

The main objective was to create awareness among people to make use of the non-biodegradable products in best possible means, thus contributing in reduction of pollution and also waste management.

The themes for the competitions were decided based on the theme Waste Management and looking at the extent of increase in the non-biodegradable products, specifically plastic which has led to hazardous consequences. Accordingly a brochure was created along with rules after discussion and posted on our Instagram page. We received a total of 6 entries that made stunning artistic reusable objects. The judge for the competition was Dr. Clarissa Noronha. The winners declared were;

1st Place: Stacy Vaz

2nd Place: Akshaya Karekar

BROCHURE



WINNERS



1ST Place: Stacy Vaz



2nd Place: Akshaya Karekar

1.7. Fancy Dress Competition

The Fancy Dress competition was conducted for children specifically for the age group 7-14 years based on the theme Healthy Diet. The healthy diet is an important aspect for the children since it is the building block for their growth and development, not only physical but also mental and emotional.

Objective:

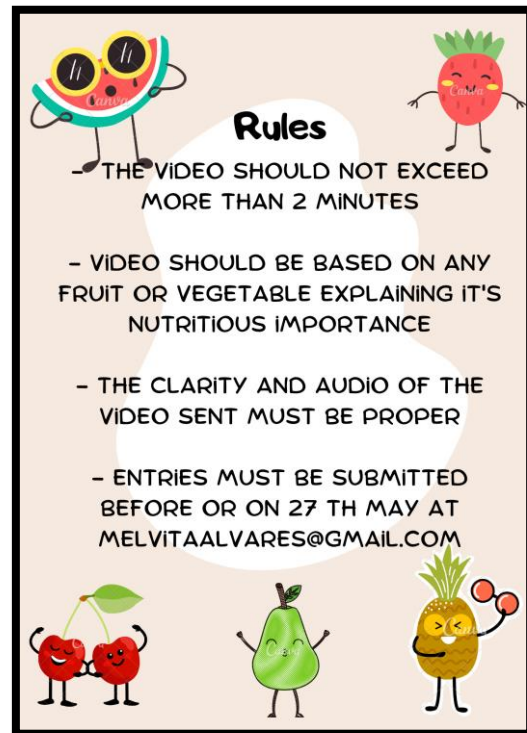
The main aim through this competition was to make people aware, specially the children and the parents, that a healthy diet protects against malnutrition in all its forms and is a foundation for health and development.

The theme for this competition was selected by looking at the current scenario of malnutrition, which includes both hunger and overeating leading to various life-threatening disorders. A brochure was created giving a caption, 'Don't be vicious, Eat Nutritious' which was also used for the purpose of spreading awareness. The brochure was then circulated to the people through social media. A total of 12 children participated who have given a great performance. The judge for this competition was Dr. Shamshad Sheikh. The winners declared were;

1st Place: Amber Vaz

2nd Place: Shanaya Fernandes

BROCHURE



WINNERS



1ST Place: Amber Vaz



2nd Place: Shanaya Fernandes

1.8. Build Innovation, Simplify Education (Education Outreach)

Education is a most important tool to be a successful person in life and to build one's own self-esteem. Innovation is an important aspect in education which helps in simplifying education. Taking this in mind a competition was conducted for education outreach based on two themes; 1- Innovative teaching aids for effective learning and 2- Unique online teaching strategies.

Objective:

The main goal was to build awareness about educational tools by inspiring and nurturing the brightest ideas in education.

The competition was decided to reach out to audience how education can be simplified through certain aids and using online strategies. The themes were decided to keeping in mind quality education. A brochure was then created and circulated through social media. Although we received only 2 entries, these participants have done a great job in conveying the message based on the theme effectively. The judge for this competition was Ms. Gandhita Kundaikar. The winners declared were;

1st Place: Debbie Fernandes

2nd Place: Feazel Dias

BROCHURE



Rules

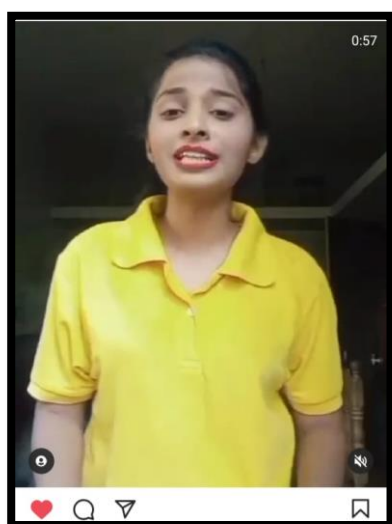
- Participants have to make a video based on themes given. (Choose any one)
- Participants face has to be seen throughout the video or most of the time.
- Time limit: minimum 2 mins - maximum 5 mins
- Only 1 entry per participant is allowed.
- Last date: 29/5/22

Participants should send their video on anchalnaik11@gmail.com

Participants are also requested to message on [@_the_greenbeans_](https://www.instagram.com/_the_greenbeans_) for confirming if the video has been received.

Marking criteria: 50 points based on judges decision and 50 points from likes. (Highest likes: 50 points, 2nd highest: 40, 3rd highest: 30. Rest all will get 20 points each.)

WINNERS



1ST Place: Debbie Fernandes



2nd Place: Feazel Dias

1.9. Face Painting Competition

Face painting competition was held for all the age groups based on two themes; Pollution in Ocean and Handle with care, plastic is everywhere. This competition was conducted to reduce plastic which has been a major issue in today's world.

Objective:

Our main aim was to make people aware about consequences of pollution in ocean which has led to destruction of aquatic life and also to create awareness in changing human attitude about and behaviour towards plastics and reducing plastic pollution.

This competition was discussed as a source to reach out to the audience and make them aware about the consequences caused by plastic and the pollution in ocean. In accordance to this, a flyer of the competition was created and circulated to the people through various social media platforms. We received 3 entries, but the participants have put a lot of effort to create awareness through artistic forms. The judge for this competition was Dr. Stephanie Dias. The winners declared were;

1st Place: Stacy Pinto

2nd Place: Melvita Alvares

BROCHURE



The Green Beans

Presents to you

FACE PAINTING COMPETITION

Theme:

- Handle with care plastic is everywhere.
- Pollution in Ocean

Registration link:
<https://surveyheart.com/form/628e67fae0bda849489299c1>

Last Date of submissions: 28th May 2022

RULES

- Painting should exclusively depict the theme
- Any one of the 2 themes can be chosen.
- Only 1 entry per participant is allowed.
- Painting should be done only on the face. (Entries with painting on neck would be disqualified. Ears can be used for painting)
- Entries should be sent on carennoronha2515@gmail.com
- Participants are requested to kindly send a confirmation message on _the_greenbeans_ to confirm if your entry has been received.
- Marking criteria: 50 points from judges and 50 from Likes
- Participant with highest likes will receive 50 points, 2nd highest will get 40 points, 3rd highest will get 30 points and rest all participants will receive 20 points each.

WINNERS



1ST Place: Stacy Pinto









2nd Place: Melvita Alvares

2. Offline Activities

A total of 6 offline activities were conducted. The main goal was to spread awareness about certain issues pertaining to the current scenario of our society such as waste management, garbage disposal, protecting habitats of birds and animals and protection of our environment and ecology.

The offline Activities conducted are as follows;

-  Cleanliness Drive
-  Workshops on Reusing Paper
-  Bicycle Ride
-  Activities held on World Environment Day
-  Artificial Nest Building
-  Plastic Drive in Restaurants

2.1. Cleanliness Drive

It is said that 'Cleanliness is next to Godliness'. Taking this in mind we conducted cleanliness drive at three places; Nuvem village, Colva Beach and Borda, Margao. Although clean-ups won't completely help in getting rid of the waste, continuous efforts can surely make a change.

Objective:

The main aim was to bring people together to focus on the environment and influence others to come forward to contribute towards this change.

We began our planning to target various places which can be a good example to the people that pollution can lead to various problems ultimately becoming a threat to us and the environment.

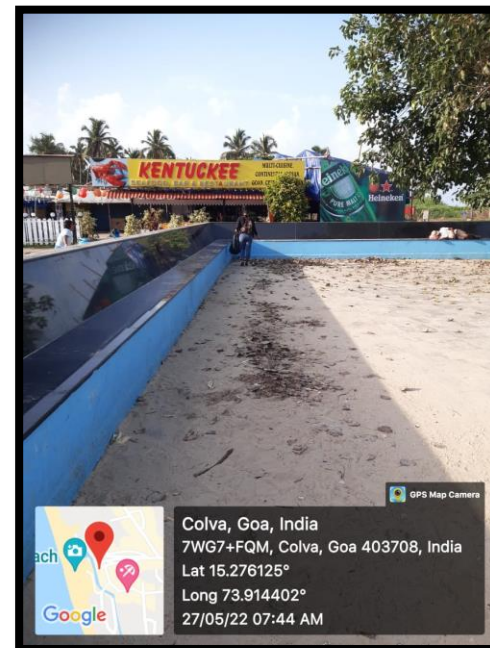
- The first cleanliness drive was conducted on Colva Beach on 27th May 2022. This is beach was particularly chosen since it is the most common, populated beach all around the year contributing equally to be the most polluted location. During the clean up a few domestic tourists came forward and helped in cleaning for a few time, thus creating a lot of difference. Apart from this appreciation of this work was heard throughout the drive by the people who visited the beach. The garbage collected was segregated and later discarded into the Municipality bins.
- The second cleanliness drive was conducted in Nuvem Village on 29th May 2022. Nuvem village has a wide expanse of open area. It was noticed that people non-native to this village dumped waste around the area in the open places creating a lot of garbage around. During this clean-up drive the participants were children who helped enthusiastically in cleaning the surroundings helping and cleaning wherever possible.
- The third cleanliness drive was conducted in Borda, Margao on 4th June 2022. As we say, Youth are a most valuable resource of our country that can bring social reform and improvement in our society. Hence this drive was conducted involving the youth of Borda who enthusiastically participated in the cleaning.

At Colva Beach

Before



After

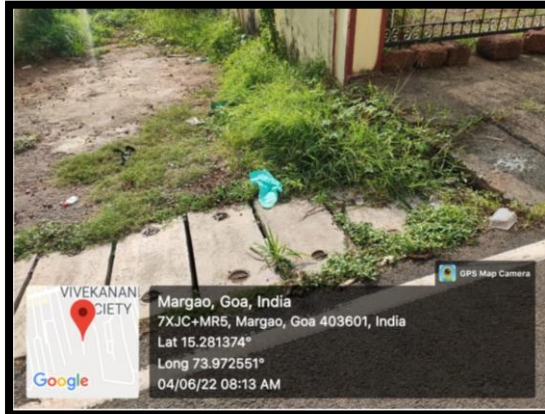


At Nuvem Village



At Borda, Margao

Before



After



2.2. Workshops on Reusing Paper

Newspapers, documents, old envelopes, notes from bygone college semesters —paper is aplenty in our homes. But are we using them in any way? The answer is ‘No’. So the only way to put them to use is to reuse them and make zero waste of it.

Planning and preparation- The saying goes like “when you refuse to reuse, it’s the earth you abuse”. So as to spread awareness on reusing of papers, we planned to organise a workshop for children and the date was decided as 3rd June 2022 and venue was a small ward of Nuvem village. After discussion, making of paper bags and paper making were two activities planned.

As to prepare ourselves, we watched you tube videos and practised both the activities as to be thorough with the procedure, further we sent a word to children through social media and also by personally visiting their homes to attend the workshop. All the required things were gathered and on 3rd June we execute the workshop in evening hours. It was a successful plan and around 14 children attended the workshop very enthusiastically and attentively.

- **Making of paper bags**

Paper bags are easy, convenient and most importantly, free-of-cost bags can be made from old papers in the wink of an eye. The use of paper bags can save the environment from pollution as they are biodegradable and recyclable. They are environmental friendly and help reduce plastic that takes a thousand years to decompose. This will eventually make the planet healthier. Knowing all the advantages of using a paper bag, an initiative was made to teach the children as to how to make paper bags.

Step wise procedure was demonstrated which children followed and one- one bag was prepared by each one of them. Also, brief explanation on importance of using paper bags was given.

The paper bags were distributed to the nearby pharmacies. The children were so enthusiastic that they responded by saying that, they will be making these bags regularly and distributing it to the pharmacy.

- **Paper making**

Kids are always taught about wasting less and trying to use more of what we have around. The aim of this paper making activity was educational and eye-opening for the

kids as to show them that even items like paper, really do take time and effort to create. It also led to good discussions about recycling and the importance of doing something which can help the Earth as well.

Demonstration of making the paper was done step wise, which they observed carefully. Later, they were made to do the same under our guidance. Also, the different uses of this handmade recycled paper were told to them.

Making of Paper Bags



Paper Making



2.3. Bicycle Ride

3rd June is celebrated as World Bicycle Day all over the world. This highlights and grabs the attention of people towards the benefits of using the bicycle which is a simple, affordable, clean, and environmentally fit sustainable means of transportation. To contribute to this efforts, our team decided conduct a bicycle rides in Village Paroda.

Objective

The main objective of conducting bicycle ride was to make people aware about different benefits of using bicycle as they are environment friendly and produce less pollution, help people to maintain their health and keep them fit in their everyday life and also produces less emission and help in global warming.

We planned and prepared for our whole rides in advance and were well prepared for it. We planned the ride on Sundays so that more people could join us. We also kept in mind the safety of children that would be joining and decided to take internal routes that had minimal traffic. We planned to conduct the rides at two locations, one was within the village and another from the village to Sarzora lake as it was a tourist destination. Through this our effort was to target both the locals as well as tourists. We started our preparations by making e-posters and flyers that were posted on our Instagram page and also circulated among our contacts to encourage people to join us. We also made placards that were hanged on the bicycle saying Get Fit Get Active, Go Green, Stop Global Warming to spread awareness about it.

Precautionary measures were taken well care of. We took first aid kits, food items and also water bottles along with us during the rides. Also while riding all the road safety measures were kept in mind. We selectively chose routes that passed through different locations and areas, as we could target people from different places that was outside the village and inside the village. Enormous amount of support was provided by our families and friends on this good step.

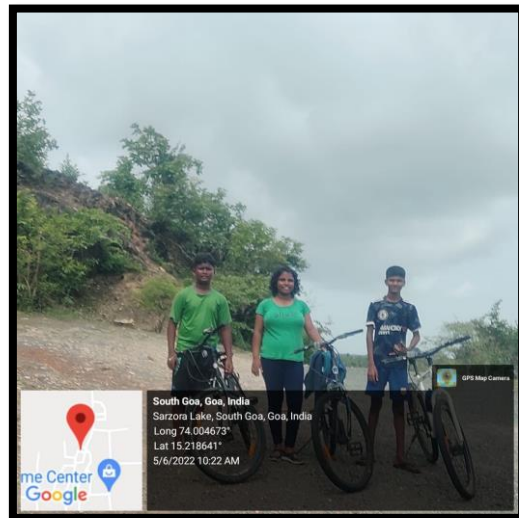
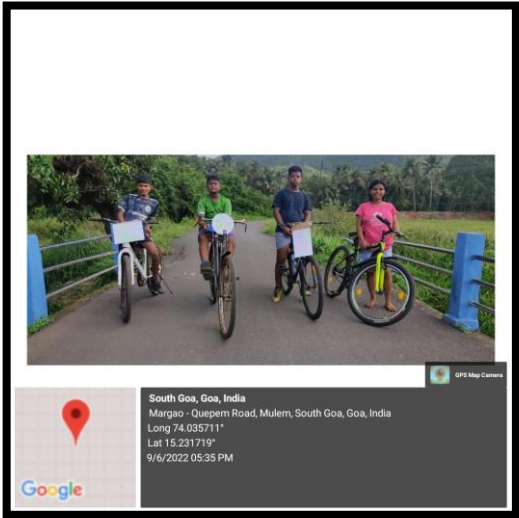
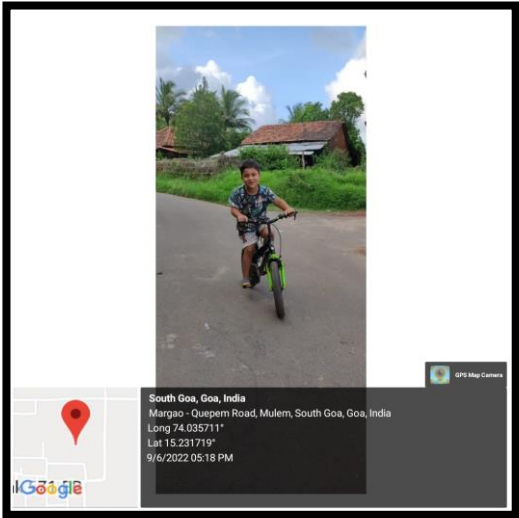
In total we conducted 2 bicycle rides

1. The first ride was conducted on 5th June and the journey was from Paroda to Sarzora Lake. It began at around 8.40 am and reached around 10.25 am. Our teammate was accompanied by 2 young riders who were very much enthusiastic and fun to ride. With respect to choosing this route, the main reason was Sarzora Lake as it is a major tourist hotspot as many people visit this place for experiencing its scenic beauty. Initially we had

also planned to do some cleaning as we thought it would have been polluted being a tourist spot, but unfortunately the gate was closed down due to covid-19 restrictions and we could clean only the area outside the gate. The collected waste was then brought and put in the municipality garbage bins. It was a successful ride.

2. The second ride was conducted on 9th June started at the village Paroda and ended on the Taichogundo Bridge at around 5.00 pm in the evening and was accompanied by 6 people and 2 young riders also joined us in the middle of the ride. The route was chosen as it was safe and secured for young children to also join in and enjoy it also it also brought awareness in the villagers to use cycles for short travelling as they are very beneficial to the environment and maintains one's health and improve fitness. The people around us was very much impressed and also promised us to join us on every weekend for a cycle ride. It was therefore a very successful ride as we created a good impression in the people minds as they were also willing to participate for this short ride.

Bicycle Ride



2.4. Activities held on World Environment Day

World Environment Day is celebrated on 5th June every year, all over the world. It provides people a global platform for showing their work for the environment and also aims to spread awareness among others to come forward and contribute towards the Environment. This day has created a platform to raise an awareness that the world is facing the problem such as air pollution, plastic pollution, global warming and sea level increasing day by day.

We all know that, pollution and deforestation are among the major factors responsible for global warming. Keeping in mind this fact, we organized 2 activities on occasion of world environment day i.e. the cleanliness drive and the plantation drive. Our aim was directed towards a clean and green environment.

Cleanliness drive

Objective

The main objective behind conducting 'Cleanliness Drive' was to promote the values of cleanliness and to influence youth and citizens to come forward and contribute towards this change.

Our team started campaigning about this event days before the Environment Day, so that we could spread our message to people over all Goa. For this, we made posters that were uploaded on social media, and also spread a word by approaching people personally. We created Google form for inviting the people to join our initiative which was shared through various social media platforms. Participants were requested to enter their details like name, contact number location along with before and after photographs of cleaning. We received three responses for this event, two of which were from South Goa and one from North Goa. To appreciate and for being the part of this cleanliness drive we will be providing certificates (hard copy) to all the participants.

Plantation drive

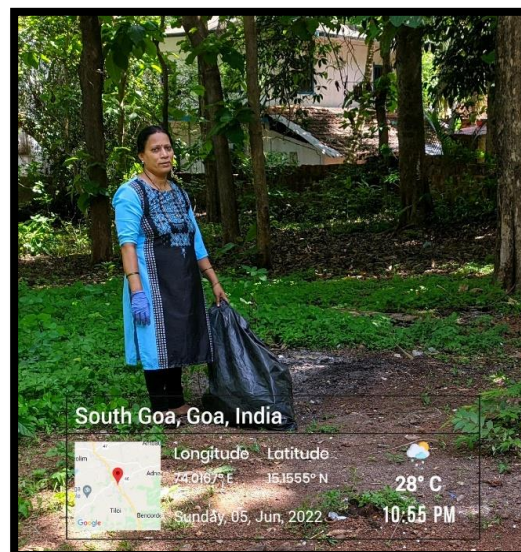
Objective

Trees greatly contribute to their environment by providing oxygen, supporting wildlife, improving air quality, conserving water, preserving soil, and climate amelioration. The main objective of the plantation drive was to create awareness among the people regarding the

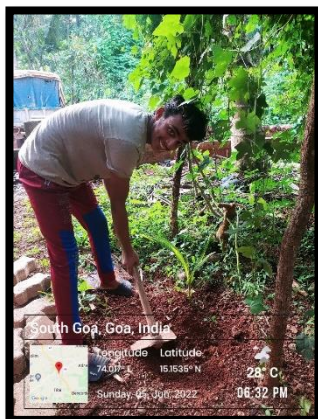
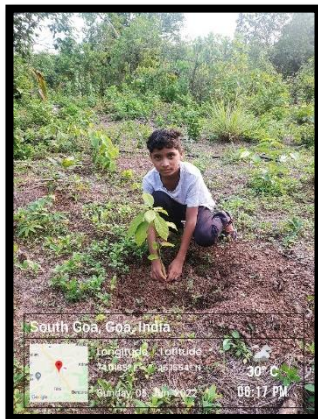
importance planting more trees, which will ultimately contribute to global reforestation efforts, repairing damaged ecosystems and mitigating climate changes.

Keeping this as our motives, we organized plantation drive. The planning and preparation was similar to cleanliness drive. For this too, we created a Google form which was circulated personally and also with the help of various social media platforms. We received around 38 participants who have planted multiple plant saplings. All the participants will be appreciated for their efforts by rewarding them with participation certificates.

Cleanliness Drive



Plantation Drive



Response For Plantation drive

Name	Location	Number of saplings you p
Anthea Kirsteen Baracho	Curtorim	1
Akshaya Karekar	Fatorda	5
Prachi Talavnekar	Margao, Goa	1
Shrisha Sawal	Virdi	2
Namita	Margao	1
Komal	Gogal-Margao	1
Satish	Margao	1
Swara Sawal	Virdi	3
Anita	Alto comba	1
Steve Pinto	Fatorda	1
Anisha and edsel	Alto comba Margao	1
Karishma Naik	Navelim Village Salcete Goa	1
Sahili Naik	Navelim Village Salcete Goa	1
Sumitra Naik	Navelim Village Salcete Goa	1
Martinha Alvares	Nuvem	1
Agrima Alvares	Nuvem	1
Melvita Alvares	Nuvem	1
Priyanka Naik	Sankhlim Goa	1
Ram Gawas	Zarme, Sattari Goa	1
Dipshika Mhato	Amina	1
Disha	Fotorda	1
Caren Noronha	Borda Margao	1
Constantina Noronha	Borda Margao	1
Clarissa Noronha	Borda Margao	1
Sara Ramakant Morje	Pernem	1
Pradnya naik	Durbhat, Ponda Goa	1
Anouska Mascarenhas	Carmona	1
Carvalho Vianney Antonic	Sanglem Ward Majorda	1
Narayan Fal Dessai	Shirra, Balli Goa.	1
Bhuvan Maruti Tinekar	Balli	1
Rupesh Velip	Caremol, Balli Math Goa.	2
Yash Phal Dessai	Balli	1
Yug Fal Dessai	Caremol Balli Math Goa.	1
Sahil Shirodkar	Balli, Math Goa.	2
Sairaj Kurtikar	Curti, Ponda	1
Sujata Kurtikar	Curti, Ponda	1
Subhash Kurtikar	Curti, Ponda	1

Response For Cleanliness Drive

Name	Location of area where cl	Date on which cleaning w	Photograph of Area before
Ram Gawas	Zarme Sattari Goa	6/5/2022	https://drive.google.com/
Akshaya Karekar	Fatorda	6/5/2022	https://drive.google.com/
Lakshanti Kholkar	Balli Math.	5/29/2022	https://drive.google.com/

2.5. Artificial Nest Building

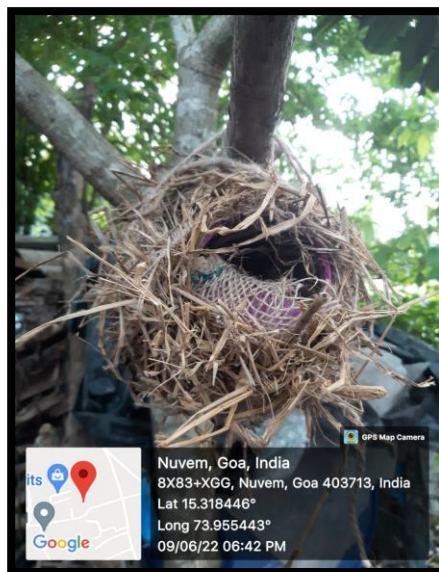
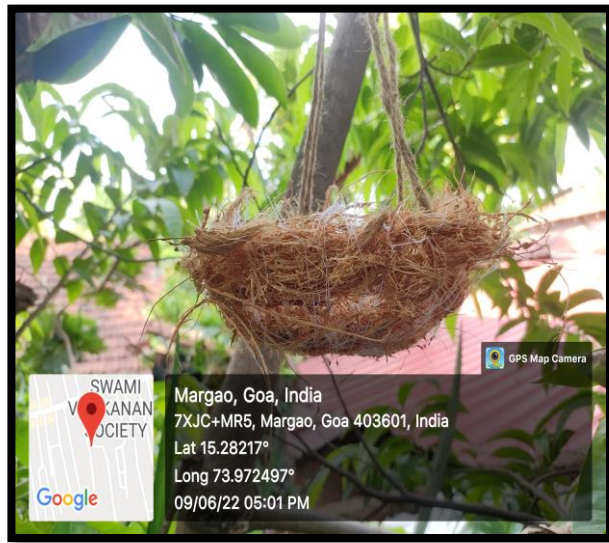
Birds make big contributions across habitats, and they're crucial for people and the planet to thrive. Birds play various important roles in the ecosystem like helping in pest control, role of scavengers in cleaning the environment, helping in seed dispersal and pollination, etc. However, due to destruction of habitat, industrialization, improper land-use such as grazing, fertilisers and crop monoculture of farming, along with high pesticide use contribute to the reason behind decline in the bird pollutions.

Objective

The objective behind this study was to install nests around our houses so that we could invite the birds back into the vicinity.

We were inspired by Mr. Rakesh Khatri who is also referred to as the Nest Man. We planned to start it on small scale by building five nest at first and observe the results. For carrying out this activity we had to firstly get all the materials required for building the nest. After which we learnt to make the best by watching the tutorial given by Mr. Rakesh on YouTube to make nest from materials found at our home. We then made four nests all together that were installed near our houses.

Artificial Nest Building



2.6. Awareness about Metal Straws and Tissue Paper usage

Plastic pollution and deforestation are two of the major factors that are responsible for degradation of the ecosystem and our natural resources. There are many reasons which are contributing towards an increase in these two factors. A very small yet a major factor is the straws that is a constituent of both, plastic pollution as well as deforestation. For a very long time we all have been using plastic straws and have recently hoped over to paper straw which is also a threat to environment as it uses paper. Another thing that leads to deforestation was tissue papers, we are always tend to be used a lot even without use sometimes. Both these factors are used mostly in food businesses and hence we decided to spread awareness among cafés and restaurants about these issues.

Objective

Our main objective was to make an interaction with owners of different restaurants and make them aware about the hazards of using plastic and paper straws. Another objective was to explain them the alternative to these straws that was a metal straw. And also spread awareness about using limited tissue papers.

We began our planning by looking for various cafes in Margao city. Further we selected three well known cafés that were visited by many people and where we could directly talk to the owner. The café we selected were Cafeeiro, Milky Way café and The Chocolate Room.

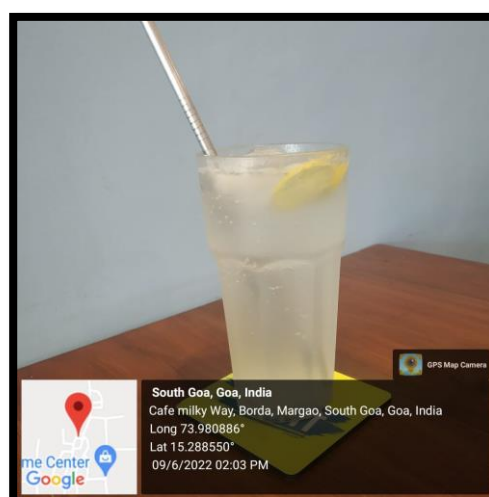
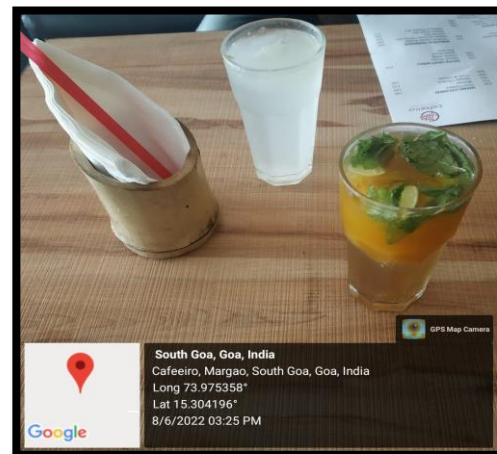
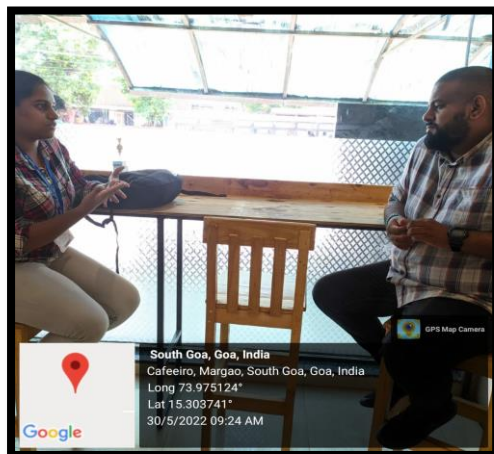
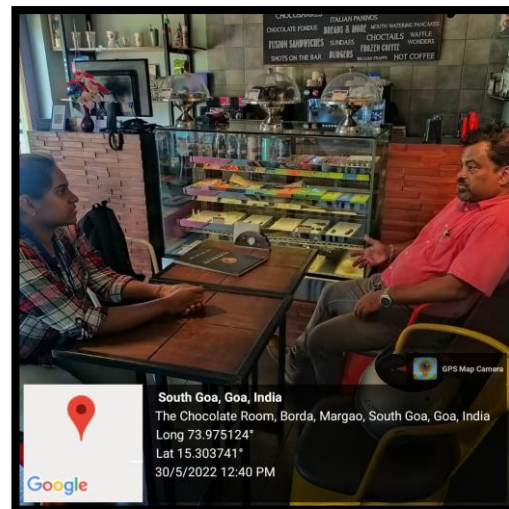
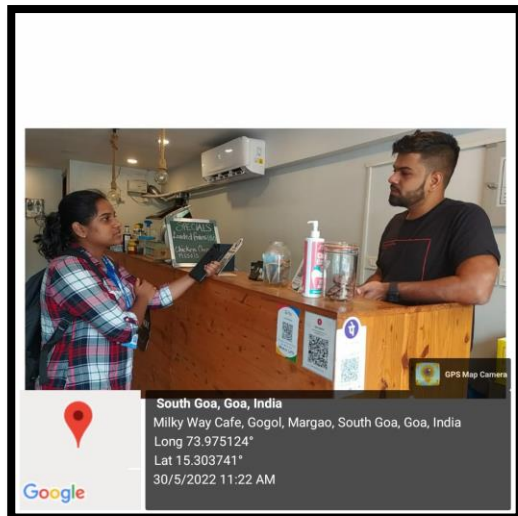
After finalizing the cafés we found out the costing of plastic straw, paper straws and metal straws that were compared with each other. We also found out the advantages and disadvantages of using all these three types of straws and prepared a sheet mentioning all the details we found. With regards to tissue paper, we found information on how much water and paper is used to make tissue papers and what alternative we can use.

Two of our team members then visited each of the Cafe and explained them about the costing of the straws, why metal straw are good for them in cost wise as well as for the environment, why they should limit the number of tissues they give to the customers and also alternatives like providing a cloth napkin than can be reused.

From our visit we came to know that the Milky Way cafe were already using steel straws for serving their customers except for their takeaway orders and were also keeping few tissues

which they said they will surely reduce to one per customer when they serve and only give more on demand. The owner of The Chocolate Room informed us that they have been using plastic straws which are recyclable and they give it to recycling without fail and also shared that they can't change it to steel as they have to abide by the rules laid down by the franchise. The Cafeeiro café was using plastic straws as said by the owner as it was cheaper for them and easier to work with. We explained everything about the metal straw its uses and the owner assured that not now but he will surely move to steel straw in some time as it was not an affordable option for him after lockdown had closed down their business for past two years. But he surely agreed to our idea to not put the plastic straw directly into the drink while serving to customers so that customers can by choice opt for the straw and leave it if not needed. He also agreed with us to keep give only two tissue papers to customers and not keep a bunch of tissue papers infront of them. We made placards, that were designed to make people aware about how much water and paper is being used to make tissue papers, so that people could resist using lot of tissue papers unnecessarily. We distributed this placards to one of the Café, so as to be kept on the tables for spreading awareness.

Awareness about Metal Straws and Tissue Paper usage



2.7. Mango Seed Collection Drive

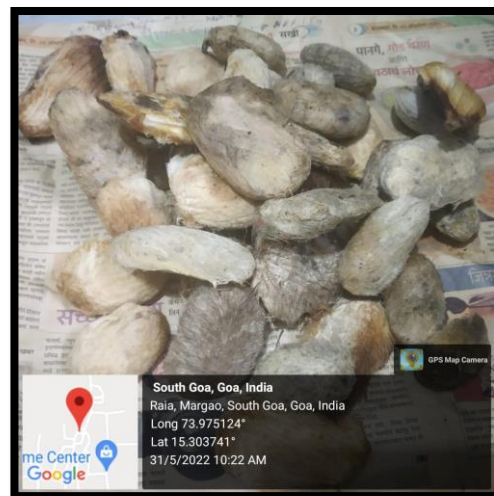
Tree Plantation drives combat many environmental issues like deforestation, erosion of soil, desertification in semi-arid areas, global warming and hence enhancing the beauty and balance of the environment. Trees absorb harmful gases and emit oxygen resulting in an increase in oxygen supply. While conducting our plantation drive we came to know that, even though efforts are made to plant more and more trees, people living in cities are restricted to plant small saplings due to unavailability of space for growing bigger trees. While conducting the plantation drive we came across a video on YouTube that spoke about Mission Green Mumbai that was initiative started by Mr. Subhajit Mukharjee (Ambassador Majhi Vasundhara Abhiyan). It was basically appealing people to send their mango seeds to the address given which were then made into saplings and given to farmers.

Objective

We conducted this Seed Collection Drive as a part of our plantation drive that aimed to contribute towards Mission Green Mumbai. The objective behind this was to make people aware about this organization and to the fact that people could plant a tree without any efforts. We took up this drive as this will help us contribute to two things that is the plantation drive as well helping the farmers.

We started our planning by researching more about the Mission Green Mumbai. Preparations included, making of e-posters and uploading them on our Instagram page as well as spreading a word personally to people around us. We explained people the preparation of seeds and how to go about it before giving it to us and then collected the seeds on the date given. We received a very less number of seeds, but still wished to send it as we feel every seed counts and even if we were able to contribute in planting ten saplings it would be an achievement for us.

Mango Seeds Collection Drive



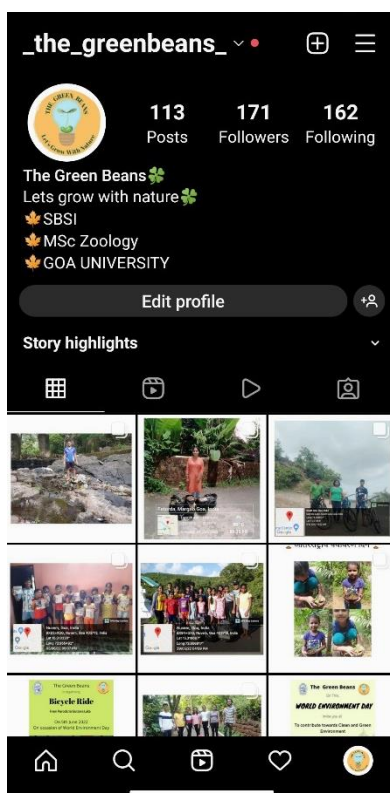
HOURS DISTRIBUTION

Sr. No.		Activity	No. of hours	
1.	Online Activities	Meme Competition	10	
2.		Photography Competition	10	
3.		Face Painting Competition	10	
4.		My Heritage, My Pride (Documentation of Indigenous Knowledge)	10	
5.		Poetry Writing Competition	10	
6.		Poster Competition	10	
7.		Best out of Waste	10	
8.		Fancy Dress Competition	10	
9.		Build Innovation, Simplify Education (Education Outreach)	10	
1.	Offline Activities	Cleanliness Drive	Colva Beach	05
			Nuvem Village	05
			Borda, Margao	05
2.		Workshops on Reusing Paper	Paper Bag Making	05
			Paper Making	05
3.		Bicycle Ride		15
4.		Activities held on World Environment Day	Cleanliness Drive	05
			Plantation Drive	05
5.		Artificial Nest Building		10
6.		Awareness about metal straws and tissue paper usage		10
7.		Mango seeds collection drive		10
Total Hours				170

ABOUT US

We have started this internship, by naming our group as 'The Green Beans'. The name was a unique way to represent our team as people always ready to help environment, always for greenery, having great enthusiasm, who would grow further to deepen it's roots and grow giving fruitful contribution towards making this world a better place to leave. The Green Beans have taken an initiative to be the change that is for a good cause, helping in reforming the society and building a better future for the upcoming generation.

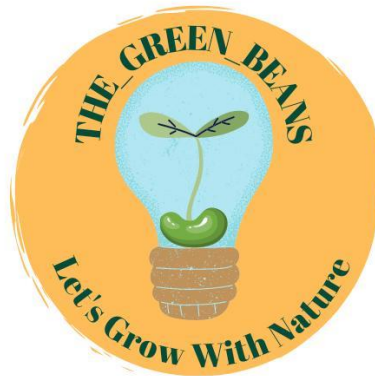
Instagram Page



We created an Instagram page of our group named, 'The Green Beans'. We all know the power of social media. To use this power and to spread our message to larger masses we created this Instagram page. Another objective to create this page was for documenting all the activities that we carried out throughout this internship program and thereafter. Apart from documenting the activities, we uploaded various e-posters and videos for spreading awareness about different issues concerning the environment and society.

We have in total of 171 followers till now and still counting. Our Instagram page has about 113 post till date. Our efforts will be to grow this page more so that we reach more audience and could influence them through our actions.

Logo



Logo is something that attracts and makes a place in minds of people very quickly. Its an identity that is remembered more than your name. In our logo we have incorporated three fundamental elements of nature; Water, Air and Earth. In the logo, the blue colour inside the bulb, signifies air, the brown colour signifies earth and between the brown colour, the blue colour signifies the groundwater. All these three elements come together and aid in the growth of the nature, which is signified through the growing bean. Hence, our main motto is, '*Let us Grow with Nature*'.

Link to our Instagram page: @_the_greenbeans_

https://instagram.com/_the_greenbeans_?igshid=YmMyMTA2M2Y

IMPACTS/TAKEAWAYS OF THE SBSI COURSE

This internship gave us an opportunity to work for the betterment of our country and the environment. During this internship we learnt many things not only pertaining to environment but also developed various skills that contributed to our own betterment.

By planning for various activities, we developed an ability to think about every little problem that contributed to environment degradation and helped us to start from the root cause rather than looking at the bigger picture. This internship made us think out of the box and not limit ourselves to things people have been already doing from so long.

Through this internship we have made an attempt to create awareness among people by carrying out various activities as mentioned above. Through the online activities conducted, we could bring out the hidden artist in people, their perspective towards nature and their knowledge about the degradation that has been taking place of the environment. The main aim was to take up major issues and portray them in a creative, fun and interesting way that would help in spreading awareness effectively and also help people understand the things better. Our message was delivered to a large audience as more than hundreds of people viewed our posts and stories on our Instagram page.

Through online activities we were able to document the indigenous knowledge of Goa, spread awareness about eating healthy food, highlight about increase of plastic in oceans, capture the biodiversity of Goa, get knowledge of various teaching aids, learn about plant animal interaction, sanitation and hygiene, global warming and also spread awareness about vanishing greenery. Another thing we highlighted was the topic ‘Say no to ragging’, which was based on a recent event that came into news about ragging of Indian student.

The offline activities we conducted were aimed to influence people by starting the work ourselves so they too can be awareness about various issues and act in a particular way to help us solve the larger problem. Cleanliness Drive conducted at Colva influenced the tourist around to join us which marked the success of the drive as we were able to spread awareness among others. The plantation drive Carried on occasion of World Environment Day received a total of 38 responses all over Goa which included youth, children as well as adults who enthusiastically participated in the event. It was helpful for awakening the love towards nature and plants in the hearts of people including us who have developed a hobby of gardening.

Bicycle ride was a fun way that served two issues, that is helped the environment and also helped us to stay fit. Most of us had left cycling after growing up, but this ride influenced

many to get back on their cycles and have a joyful ride that's helping us as well as the environment while we enjoy. By conducting the drive we were able to spread awareness among people around Paroda Village and have decided to go around the village with bicycles every Sunday.

By interacting with Restaurant owners to spread awareness about kinds of straws available and that the metal straw is the best suitable considering all the categories we were able to influence atleast one Café to reduce usage of plastic straw by using metal straws. With regards to tissue papers, all the three café that we spoke to agree to keep minimum number of tissue papers at each table.

Another activity that we carried out was the artificial nest building. Our team members made artificial nest hoping that the birds could occupy those and we can influence more people to do the same. This activity would give areas for birds to come back to urban areas.

The paper bag making workshop was a great success as the bags made by the children were given to the pharmacy which will be continued hence forth by the children, by making paper bags and providing it to the pharmacy.

Altogether, our team has learnt a lot about various issues that we were totally unaware about. We also got to know about various people and organizations who are already working for a good cause and helping in restoring our ecosystem. We ourselves developed many skills during this internship and will be continuing to work for the betterment of the environment by conducting such activities. We will also try to take this to a larger scale by engaging with people and organizations who are working for the environment and try our best to serve the world.