



**SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS**

**2ND STREET, SHANTI NIKETAN, NEW DELHI**

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# SANJEEVINI

## ECO CLUB NEWSLETTER

# 2024

"I must never forget that every thought I think, every word I utter, every feeling and emotion that awakes within, is recorded in the memory of nature."

-Dada J.P. Vaswani



### MESSAGE FROM THE PRINCIPAL

#### DR. SANTOSH VYAS

'Often when you think you're at the end of something, you're at the beginning of something else.'

As we proceed on this exciting journey with the publication of the 5th edition of Sanjeevini, let us remember that sustainability is not a destination but a continuous process. It requires our collective efforts and calls for the creation of a new milieu, one that fosters environmental awareness and a sense of responsibility towards our planet. At Sadhu Vaswani International School for Girls, eco club has been promoting and taking up plantation activity in and around the school campus. Awareness is spread about stopping use of Single Use Plastic and mitigation of plastic pollution while adhering to the 3 Rs (Reduce, Reuse and Recycle) principle, to minimize generation of waste, conserving water, combating air, water and noise pollution. No single method works for everyone or in every situation, while moving towards sustainable living. Let us come up with solutions and initiatives that are better adapted to change our lifestyle for the environment. Small steps can lead to enormous changes in the future. Through 'Sanjeevini', we aim to sensitize our students to environmental issues and ignite a passion within them towards conservation and sustainable practices. The collaborative efforts of all eco-club schools will surely serve as a catalyst for change. Tackling global environmental issues, we have to work at the grassroot level and take the message of 'Think Global, Act Local' forward for a clean and green world.



# Green School- SVISG

## ECO FACILITIES IN SCHOOL

- Solar Panels
- Rainwater Harvesting System
- Water Efficient Fixtures
- Composting
- Energy Efficient Fixtures
- Waste Management

### SOLAR PANELS



Solar panels are installed on our school roof top to save on energy and space. The Solar power plant has been functioning w.e.f 17th July,2020.

Our school has 208 Solar Panels with a capacity of 68.4 Kw installed on the school terrace, that meets 75% of the total annual demand load of the campus by the renewable energy.

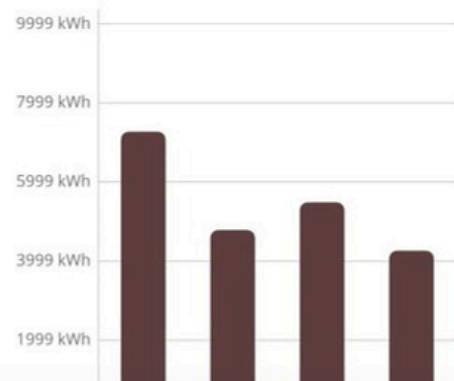
#### TOTAL GENERATION

**392.25 MWh**

#### Generation

Inverter Number: All

September 26, 2023 to September 26, 2024

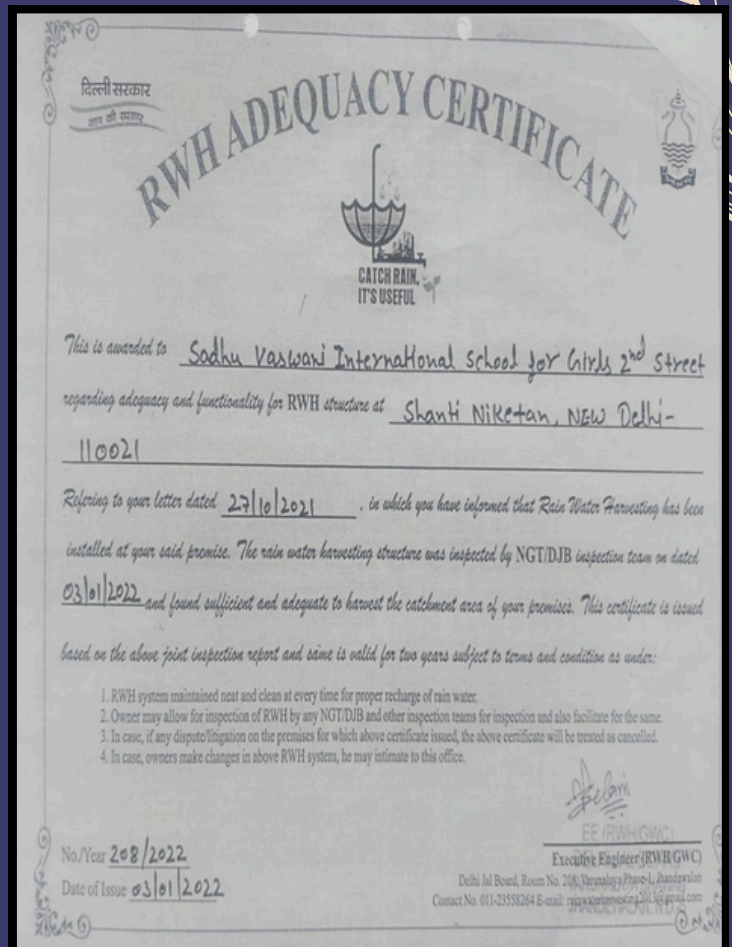




# RAINWATER HARVESTING SYSTEM



To contribute a small step towards solving the environmental problem of water scarcity in Delhi, our school has an RWH facility with six rechargeable pits wherein water percolates to reach the water table. Ground water is being recharged and 100% of run-off volume of rainwater from the roof area is used. The facility is being checked and maintained on a regular basis, under the 'Jal Shakti Abhiyaan.'



# WATER EFFICIENT FIXTURES

## WATER SPRAY NOZZLE



## PUSH BUTTON TAPS



## DUAL FLUSH FEATURES



## SPRINKLER SYSTEM





# COMPOSTING

## STAGE 1



## STAGE 2



## STAGE 3



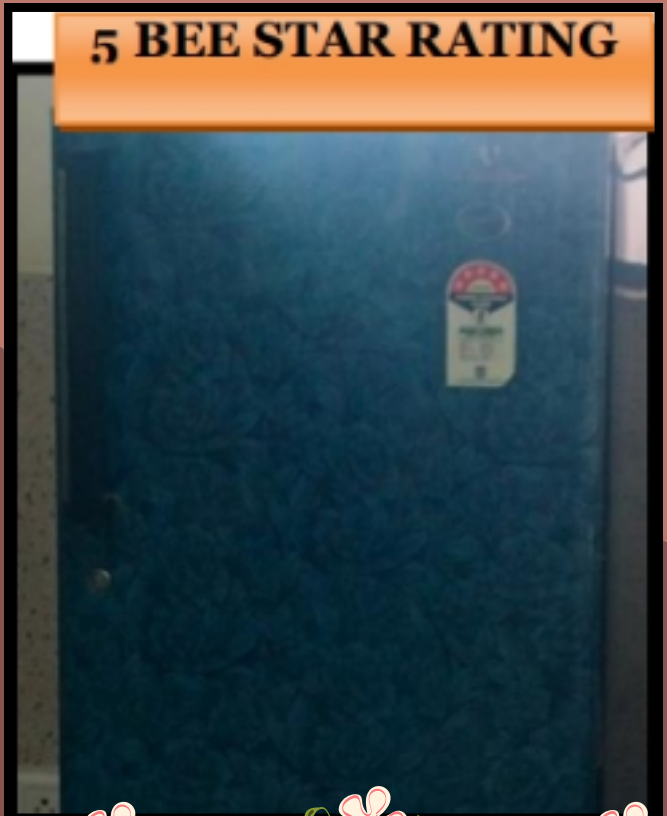


# SAVE ENERGY

## ENERGY EFFICIENT FIXTURES



LED lights in the Auditorium



## ELECTRIC SCOOTY





# WASTE MANAGEMENT



Segregation of  
Waste-  
First Step towards  
Waste Management



Health and Wellness  
through Waste  
Management-  
Incinerators have  
been installed





Campaigns based on Mission LiFE  
(Lifestyle for Environment) themes

## 1. SAY NO TO SINGLE USE PLASTIC

### Plastic Waste Collection Drive

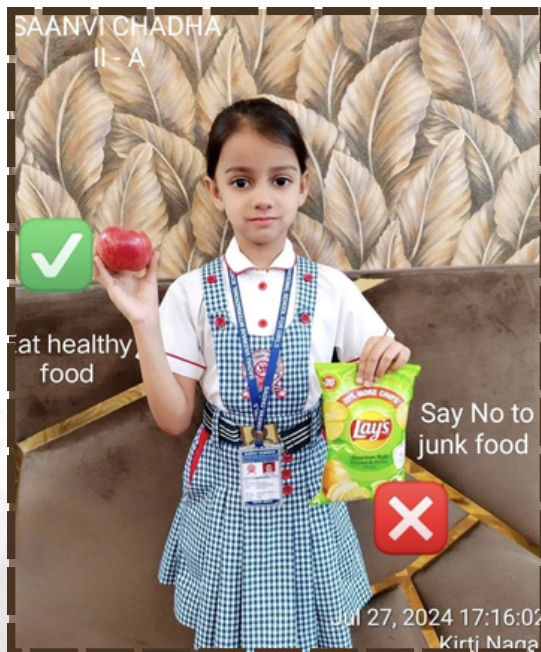


### Spreading Awareness through Sloganizing

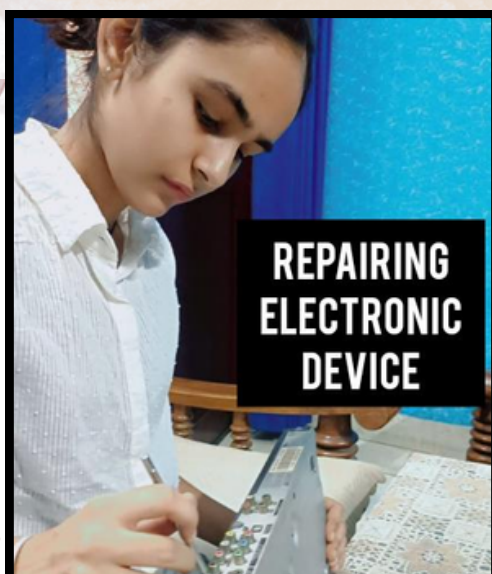
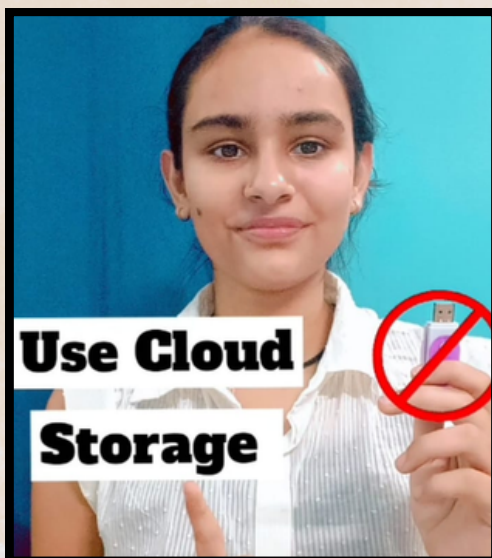




## 2. ADOPT SUSTAINABLE FOOD SYSTEMS



## 3. REFUSE E-WASTE





# 4. ADOPT HEALTHY LIFESTYLE

## NO TOBACCO



## NATURE WALK

IN THE LAP OF NATURE



SVISG at Kufri



SVISG at Chail

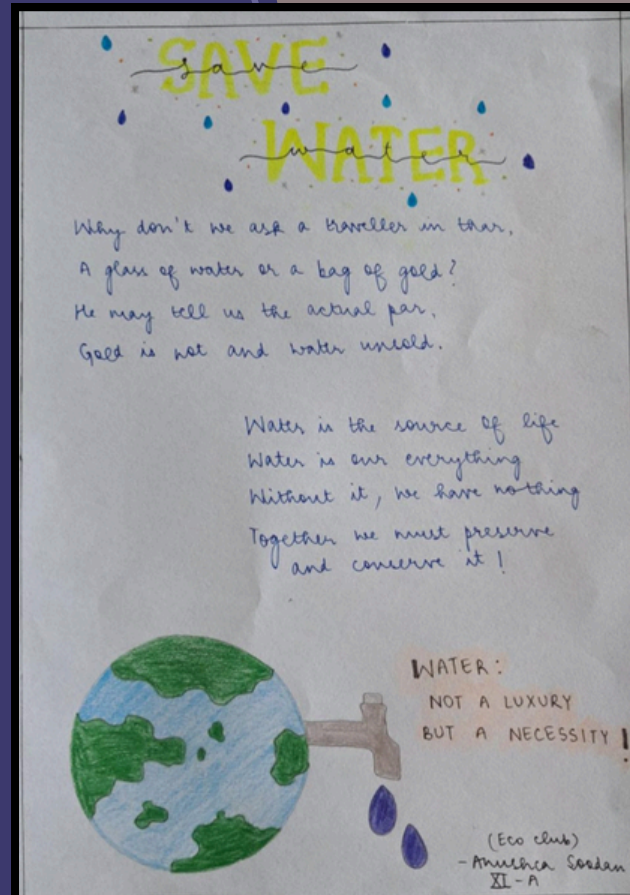


# 5. Green Crusaders at Work





# 6. SAVE WATER

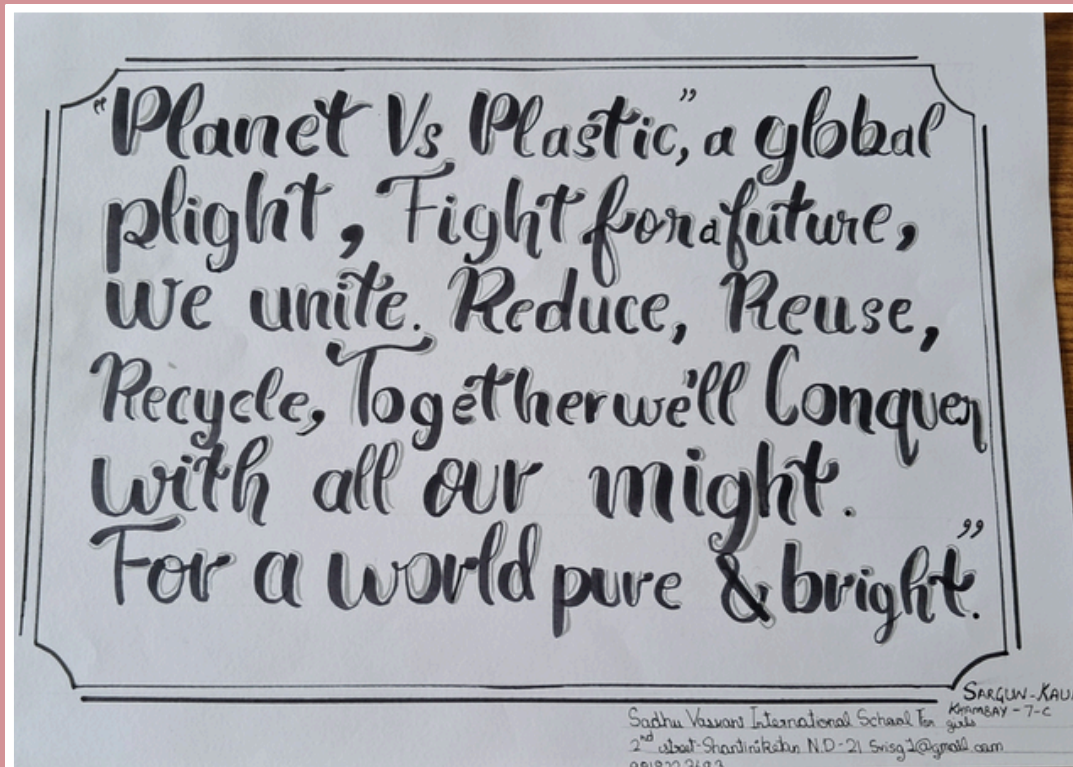
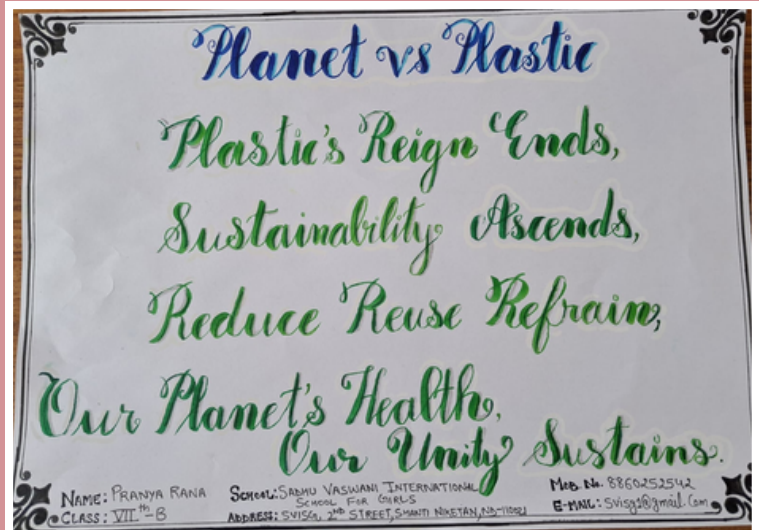
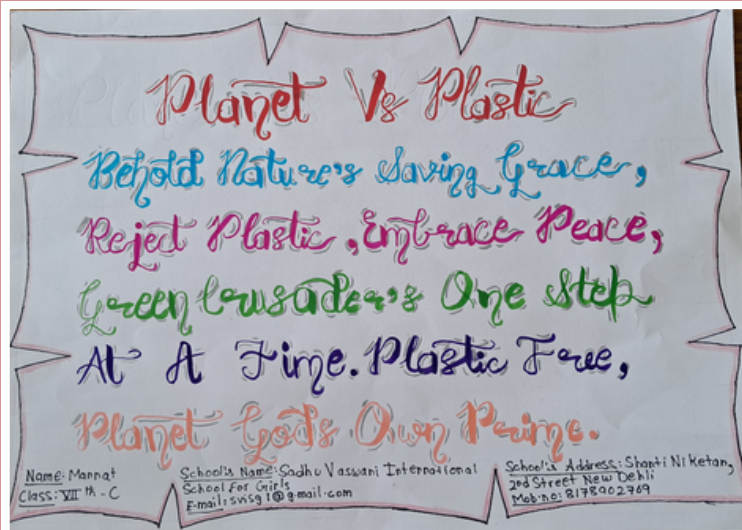




# EARTH DAY

## THEME - PLANET VS PLASTIC

Students participated in online slogan writing competition organised by National Museum of Natural History, Ministry of Environment, Forest and Climate Change, Government of India. Plantation was done in the school lawn to enhance beauty and balance of the environment. Earth day was commemorated on 22nd April 2024 to promote a sense of responsibility among students for reducing plastic production for human and planetary health. All the activities were aimed at inculcating the correct environmental etiquettes, starting at the grassroots level, and were carried out to meet the theme of Earth Day 2024- 'Planet vs Plastic'.



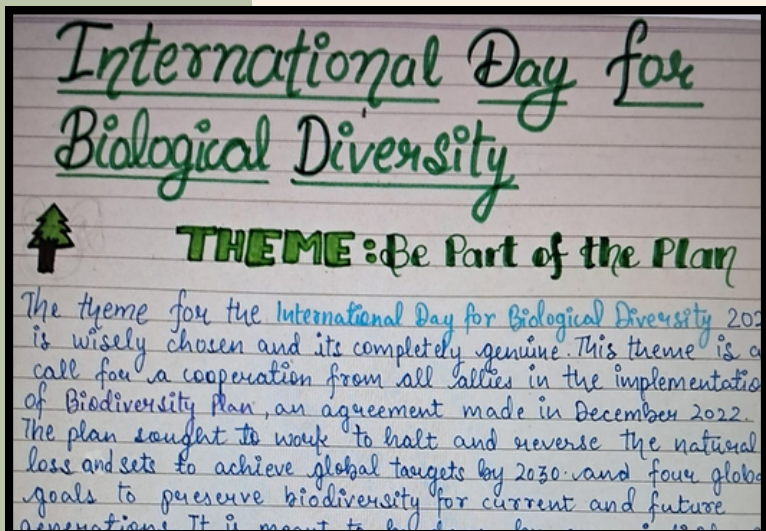


# INTERNATIONAL BIODIVERSITY DAY

THEME - BE PART OF THE PLAN



Students participated in National level online essay writing competition on 'Be Part of The Plan' and National level Nukkad Natak competition on the theme 'Land Restoration, Desertification and Drought Resilience' organized by National Museum of Natural History, Ministry of Environment, Forest and Climate Change, Government of India. Commemoration of the International Day for Biological Diversity was a call to action to encourage our school students to highlight the ways in which they are supporting the implementation of the Biodiversity Plan. Everyone has a role to play and therefore can 'Be Part of the Plan'.





# WORLD ENVIRONMENT DAY

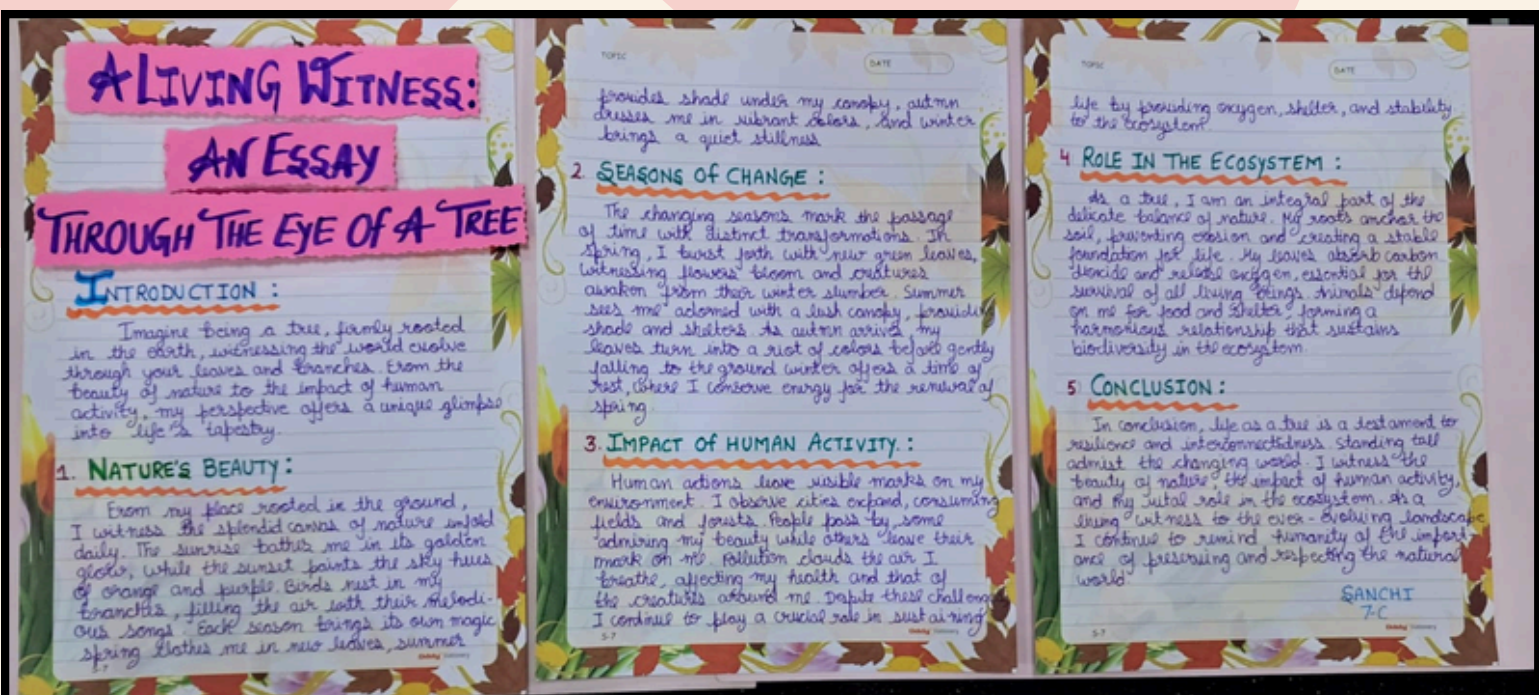
## THEME - LAND RESTORATION, DESERTIFICATION AND DROUGHT RESILIENCE

As part of activities of Eco Clubs, Students were sensitized about the impact of behavioural change in the environment in accordance with the theme 'Land restoration, desertification and drought resilience'.

Mission LiFE material was shared with students. Plastic cleanup campaigns were organized.

The students were motivated to make green choices at home to stem the tide of plastic pollution.

World Environment Day was commemorated in our school by motivating students to plant saplings at their homes to contribute to the cause of greening the environment.





# SHIKSHA SAPTAH

Plantation was done by the students of Eco and Gardening Club on July 10, 2024 to commemorate the 106th Birthday celebration of Revered Gurudev Dada J.P Vaswani. Students planted saplings in Jashan Kunj of our school premises, as a small step to pay homage to the pious soul.

On July 27, 2024 as part of the 'Shiksha Saptah' commemorating the 4th anniversary of the National Education Policy 2020 by the Ministry of Education, Government of India, students along with their mothers planted saplings in and around their homes and in the nearby areas under #Plant4Mother initiative to strengthen the bond with their mothers and Mother Earth. They visited parks and gardens, made posters to spread message to conserve water, Say No to Single Use Plastic, and to promote healthy eating habits.





# SPECIAL TREE PLANTATION DRIVE

On August 09, 2024, Sadhu Vaswani International School for Girls hosted a Special Tree Plantation Drive as part of the Department of Education's Greening Drive to promote environmental awareness and conservation. The event took place in the school garden and neighbouring parks in Shanti Niketan that witnessed an enthusiastic participation by the students of Eco and Gardening Club and NCC, with an objective to instil a sense of responsibility towards the environment. During the drive, a variety of saplings were planted, including Ficus panda, known for its dense foliage and air-purifying qualities; fragrant Jasmine, which attracts beneficial insects; Citrus limon (Lemon), offering both shade and fruit; Coleus, with its vibrant, colorful leaves; and hardy Jatropha, chosen for its unique foliage.





# WORLD OZONE DAY

THEME- MONTREAL PROTOCOL; ADVANCING CLIMATE ACTION



Message was spread on World Ozone Day, 16th September, 2024, for preserving Ozone and protecting our atmosphere with all the school students, parents, teachers and school staff. An online quiz was also conducted to make students aware of the significance of ozone layer.

## WORLD OZONE DAY 16<sup>TH</sup> SEPTEMBER

THEME - "PRESERVING OZONE, PROTECTING OUR ATMOSPHERE"

- 1) The ozone layer was discovered in 1913 by French physicists Charles Fabry and Henri Buisson
- 2) These rays are not only harmful to humans- causing diseases like cancer and cataract, but also are harmful for plants and marine life.
- 3) The ozone layer plays an important role in protecting us by absorbing most of the sun's ultraviolet rays.

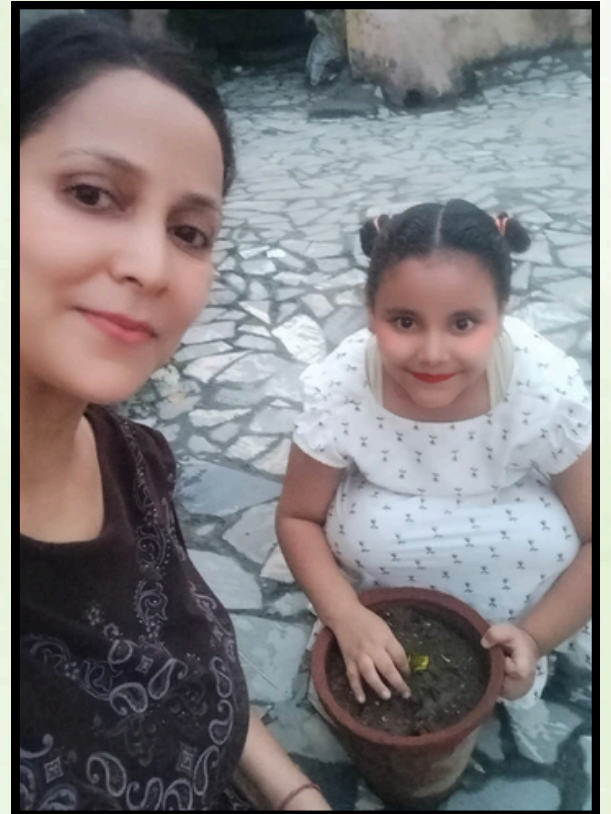




# EK PED MAA KE NAAM



School students planted saplings in the honour of their mothers.





# Annual ECO-MEET 2023

Annual Eco-meet was organized by the school Eco-club on July 28, 2023 to raise awareness on protection of the natural macrocosm on World Nature Conservation Day. The Eco-clubs of neighbouring schools joined us for the meet.



The programme started with the release of the fourth edition of our Eco-Club Newsletter- 'SANJEEVINI,' by the School Principal, Dr. Santosh Vyas. In her address, Dr. Vyas stressed on the need of sustainable actions and stepping-up efforts to strengthen resilience and adaptive capacity to climate induced impacts.

Various activities were organized for the event, which included a skit on environmental protection. The eco-club teachers and students of participating schools were apprised of the initiative of ATAL INNOVATION MISSION to sensitize people about the urgency of climate action, and they were shown the climate clock displayed in our school. The participants were briefed about Miyawaki Plantation Method and motivated to plant saplings using this technique by the School Headmistress and Eco-club Incharge, Ms. Deepti Sharma. Seedlings of Draceana, Saplera, Coleus and Ocimum were planted.





A wall magazine was assembled to display the eco-club activities and eco-facilities of our school.

All the participants visited the Department of Genetics, Delhi University, South Campus to witness the plant tissue culture technique for propagation of transgenic plants. The participants were addressed by Professor Pradeep Kumar Burma, Head, Department of Genetics and were motivated towards research work by learning about the regeneration of whole plants from somatic cells.



Students and teachers participated in all the activities enthusiastically and vowed to pursue the cause of environmental development, making it more viable.



# SAY NO TO SINGLE USE PLASTIC

IN THE RECENT YEARS, USAGE OF PLASTIC HAS INCREASED. EVERY YEAR, HUGE AMOUNTS OF PLASTICS ARE PRODUCED. THE AMOUNT IS FORECAST TO DOUBLE BY 2050 AND MOST OF IT IS NEVER RECYCLED. MAJORITY OF THE PLASTICS PRODUCED ARE SINGLE USE PLASTICS, THAT MEANS THEY ARE USED ONLY ONCE, FOR THINGS LIKE PACKAGING, UTENSILS AND STRAWS, ETC.

WHILE MANY PRODUCTS MADE WITH PLASTIC ARE IMPORTANT AND USEFUL, SINGLE USE PLASTIC POSES A HARMFUL THREAT TO US. MOST OF THE PLASTIC ENDS UP IN LANDFILLS AND IS NEVER RECYCLED. AS WE KNOW, PLASTICS ARE NOT BIODEGRADABLE – MOST DISPOSABLE PLASTICS CAN LAST FOR HUNDREDS OF YEARS IN THE ENVIRONMENT WITHOUT BREAKING DOWN. PLASTIC WASTE ALSO DAMAGES ECOSYSTEMS AND HARMS WILDLIFE ON LAND AND IN OCEANS.

SAYING NO TO PLASTICS IS NOT JUST AN ENVIRONMENTAL CHOICE, IT IS A CRUCIAL STEP TOWARDS PRESERVING ECOSYSTEMS, BIODIVERSITY, AND PROMOTING SUSTAINABLE LIVING. IN OUR WORLD FILLED WITH POLLUTION AND PILES OF GARBAGE, SAYING NO TO SINGLE USE PLASTICS IS THE NEED OF THE HOUR. BY NOT USING STRAWS, PLASTIC BAGS AND SINGLE USE PLASTIC CUTLERY, WE CAN PLAY OUR PART IN REDUCING OUR RELIANCE ON SINGLE USE PLASTICS. ALWAYS REMEMBER, THERE IS NO PLANET B, WE MUST PROTECT AND CONSERVE OUR ENVIRONMENT BEFORE IT'S TOO LATE. EVERY SMALL STEP COUNTS, AND TOGETHER, WE CAN MAKE A SIGNIFICANT DIFFERENCE IN THE FIGHT AGAINST SINGLE USE PLASTICS. LET'S COMMIT TO A FUTURE WHERE CONVENIENCE DOESN'T COME AT THE EXPENSE OF THE ENVIRONMENT - LET'S SAY NO TO SINGLE USE PLASTICS.

*Written by*  
**SHRUTI ARYA X-C**





# A PATH TO WELLNESS

IN THE MORNING'S GENTLE LIGHT,  
I RISE WITH PURPOSE, CLEAR AND BRIGHT.  
THE SUN, A BEACON IN THE SKY,  
WHISPERS SOFTLY, "GIVE IT A TRY."

I BREATHE IN DEEP, THE FRESH, PURE AIR,  
RELEASE THE WEIGHT OF WORRY AND CARE.  
EACH STEP I TAKE, FIRM ON THE GROUND,  
ECHOES WITH LIFE, A VIBRANT SOUND.

GREENS ON MY PLATE, COLORS SO BOLD,  
FUEL FOR MY BODY, WORTH MORE THAN GOLD.  
WATER SO COOL, A CRYSTAL STREAM,  
KEEPS ME ALIVE, PURE AS A DREAM.

THE WORLD MOVES FAST, BUT I FIND MY PACE,  
IN MINDFUL MOMENTS, A QUIET GRACE.  
WITH EVERY CHOICE, I BUILD ANEW,  
A TEMPLE OF HEALTH, STRONG AND TRUE.

SLEEP COMES EASY, SOFT AS NIGHT,  
WRAPPING ME IN ITS PEACEFUL LIGHT.  
AWAKE, REFRESHED, TO GREET THE DAY,  
MY HEALTHY LIFE, MY CHOSEN WAY.

IN THIS ENVIRONMENT JOURNEY, I AM FREE,  
LIVING THE PURE LIFE MEANT FOR ME.  
WITH EVERY BREATH, EVERY BEAT  
I DISTANCE PLASTIC AND EMBRACE A NEW LIVING SPREE.



**Written by**  
*Priyanshi Gaur*  
Class XI





# EMBRACE OF TOMORROW, WHISPERING HOPE

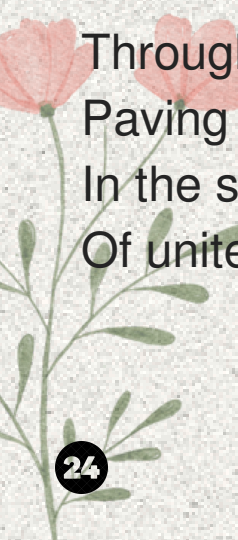
As the ribbons of the intricate nature come undone,  
Peeking out from the blanket of clouds, glimmers the beaming  
sun

As the perfumes of flowers rear their head out of the meadow,  
On an aureate harp, she plays a tune mellow.

Trees pierce into the sky, masked in light  
Masked away amidst the cool mist, birds take flight  
In the reign of life, for the rebirth of the now dead  
In a pool of birth, drowning in a crimson leaf bed

Hidden beneath joy's facade, the sweet deceit she mourns,  
For amidst the sea of souls, no remedy adorns.  
Man fells the ancient trees, wielding his ruthless blade,  
Striking at blossoming flowers, while wealth becomes his shade.

Her whispers woven in a symphony of leaves  
Stay hidden under the mist, in a screaming cry, she grieves  
Alas, for man failed to embrace the yearning love  
Still buried in her woeful grave, still weeping sove.



Through the threads of our minds, battles we transform  
Paving the way, towards hearts warm  
In the swift of a breeze, we hear the mighty call  
Of united voices, binded through this goal, echoing through all

*Written by*  
**AKSHITI BHARDWAJ**  
**CLASS IX A**





## A living witness: An Essay through the eyes of a tree

Being this land's oldest tree, my roots go deep down into the soil, blended with the narrative and history of this place. For so many years, I have been here, invisibly observing the world around me. I have watched the rise and fall of rulers; their legacies recorded in the murmur of wind through my leaves. I have seen native leaders giving guidance to their people and also modern politicians taking over the land. Everyone had an impact on the town and I have been there as a tower of strength; a sober interlocutor watching their successes and losses.

One of the most profound moments I recall is the Bishnoi Sacrifice. The villagers, who died so that the trees (like me) might survive, had such high courage and love for nature that they have been committed to my mind forever. I have also seen countless marriages and community gatherings beneath my branches. Laughter, joy, and celebration have filled the air, and my leaves have danced to the rhythm of human happiness.

Nonetheless, several memories of my life are not so happy. I have been a first-hand witness to the process of the earth's degradation. The land I used to call home has been destroyed by all the deforestation. Pollution has affected both the air and the soil, which in turn makes it not possible for any life to grow. Whenever a tree is removed or the air somehow becomes impure, it is like a gunshot to my bark, a painful memory of our ecosystem's frailty.

However, even during moments of despair, I have observed some better days. I am in a position to watch the common people among us perform joint efforts by means of planting new saplings and promoting community environmental campaigns. Every new tree that is planted is a symbol of continuity, showing that we can survive and grow back to life.

Throughout the history, I stayed tough. My continued survival serves as both a metaphor reflecting the power of life (Êtox) and a reminder that we are all linked. I have been through the storms and the dry periods, just as the people who live around me have. When I think of the future, I visualize a happier and more environmentally friendly society.

In my long life, I have seen the cycle of life and death repeat endlessly. Efforts to protect and nurture the environment are growing stronger. People are becoming more aware of the importance of trees and the role they play in the ecosystem. They are taking action to preserve and restore forests, which gives me hope that future generations will inherit a healthier, more sustainable world.

Through all these experiences, I have learned that survival is not just about standing tall but also about bending with the wind and adapting to change. My journey is a testament to the resilience and adaptability of nature. As long as there are people who care, there is hope for a greener, more harmonious future. The old trees will tell the stories of the past to the young generation as they will take shelter under my shade.

*Prisha Gupta*  
Class V B



# **SUSTAINABLE LIVING AND GREEN LIFESTYLE: UNLEASHING A LIFESTYLE FOR THE FUTURE**

CHOOSING TO LIVE A LIFESTYLE GOES BEYOND JUST FOLLOWING A TREND; IT'S A CHOICE TO SAFEGUARD OUR PLANET. MAKING ADJUSTMENTS CAN HAVE AN IMPACT. TAKING STEPS TO MINIMIZE WASTE BY RECYCLING AND REUSING ITEMS IS A STARTING POINT. SIMPLE CHANGES CAN MAKE A SIGNIFICANT DIFFERENCE. REDUCING WASTE THROUGH RECYCLING AND REUSING IS A FUNDAMENTAL STEP. OPTING FOR FOOD OPTIONS SUCH, AS FRUITS AND VEGETABLES AND CUTTING BACK ON MEAT CONSUMPTION NOT ONLY BENEFITS YOUR HEALTH BUT ALSO HELPS THE ENVIRONMENT. REDUCING ANIMAL CONSUMPTION IS NOT ONLY ECO-FRIENDLY BUT ALSO PREVENTS TOXIC AND CHEMICAL EXPOSURE ON ANIMALS, WHICH MAY DISMANTLE THE NATURE CYCLE.

TRANSFORMING YOUR LIVING SPACE INTO AN ECO ENVIRONMENT IS IMPORTANT TOO. USING ENERGY APPLIANCES, CONSERVING WATER AND USING CLEANING PRODUCTS ALL CONTRIBUTE TO CREATING A MORE ENVIRONMENT FRIENDLY HOME. COMMUTING BY WALKING, BIKING OR USING PUBLIC TRANSPORT CAN HELP REDUCE CARBON EMISSIONS, SINCE FUELS SUCH AS BIOGAS, PETROLEUM, DIESEL ALL ARE LIMITED AND MINING SUCH RESOURCES DESTROYS THE LAND, CAUSES NATURAL CALAMITIES AND ALSO BOOSTS CARBON EMISSIONS. THE AIR QUALITY ALSO GETS NEGATIVELY AFFECTED WHEN SUCH FUELS ARE BEING CONSUMED. SWITCHING TO MORE ETHICAL AND GREEN ALTERNATIVES SUCH AS SOLAR POWER, HYDROELECTRICITY AND WIND POWER IS NOT ONLY A SUSTAINABLY RESPONSIBLE STEP BUT ALSO IS MORE ECONOMICAL WITH THE NEW ADVANCING TECHNOLOGY WITH SOLAR PANELS BEING AN ONE TIME INVESTMENT AND HELPING REDUCE THE ELECTRICITY BILL BY ALMOST 90%. A 5KW SOLAR ENERGY SYSTEM COSTS AROUND 2 TO 2.5 LAKHS AND PRODUCES ENOUGH ENERGY THAT CAN SAVE RS 4000/4500 PER MONTH FOR YOU. THIS MEANS YOU WILL BE SAVING AROUND RS 50000 EVERY YEAR AND THE SYSTEM WILL WORK FOR AROUND TWO DECADES.

LASTLY, BEING MINDFUL OF WHAT YOU CONSUME IS ESSENTIAL. INVESTING IN QUALITY, LASTING PRODUCTS SUPPORTING ENVIRONMENTALLY CONSCIOUS BRANDS AND REDUCING PLASTIC USAGE ARE KEY STEPS TOWARDS LEADING A SUSTAINABLE LIFESTYLE. REMEMBER THAT EVERY SMALL ACTION MAKES A DIFFERENCE. OUR DOMESTIC SPACES ALSO OFFER A CANVAS FOR SUSTAINABLE LIVING. ENERGY-EFFICIENT APPLIANCES, WATER-CONSERVING FIXTURES, AND NON-TOXIC CLEANING AGENTS CONTRIBUTE TO ECO-FRIENDLY HOMES. THESE LITTLE MEASURES CONTINUE TO MAKE IMPROVEMENTS TOWARDS THE CARBON FOOTPRINT AND CREATE ECO-CONSCIOUS HUMANS WHO LIVE IN A SUSTAINABLE FASHION. BY INTEGRATING THESE PRACTICES INTO YOUR LIFE YOU PLAY YOUR PART IN CREATING A PLANET FOR FUTURE GENERATIONS.

*Written by*  
**MEDHA**

**CLASS XI C**



# "A LIVING WITNESS: AN ESSAY THROUGH THE EYES OF A TREE"

*An essay by*

SRIJITA MISRA CLASS- IX

In the heart of a bustling village, I, a simple tree have stood silently, witnessing the changes that have unfolded around me.

I remember the day I was just a tiny sapling, planted by gentle hands in the soil of our village. Back then, the world seemed vast and full of possibilities. I soaked up the warm sunlight, drank in the nourishing rain, and grew steadily reaching towards the sky with each passing day.

But my journey was not without its challenges. There came a time when the threat of being cut down loomed over me like a dark shadow. It was a scary time, filled with uncertainty and fear. But then, a beacon of hope emerged in the form of the village leader. Wise and kind, he saw the value in protecting trees like me, and he took action to ensure our safety. With his leadership, I was spared from the axe, and I continued to grow, grateful for the second chance at life.

As the years went by, I watched that the village began to change. People started to realize the importance of trees and the need to protect our environment. Tree plantation drive became a common sight, with eager hands digging into the earth to plant new saplings and breathe life into our surroundings. It was an exquisite sight to behold and I felt a sense of pride knowing that I was a part of something so important.

But alongside the positive changes, I also witnessed the darker side of progress.

Pollution began to cloud the air, choking the life out of everything it touched. The once clear skies turned hazy with smog, and the waters of our rivers and streams became polluted and unfit for life, and then there was deforestation in nearby towns and cities. Trees like me were felled to make way for buildings and roads, leaving behind barren landscapes devoid of life.

Today, as I stand here, a living witness to the evolution of our world, I cannot help but feel a mix of hope and despair. Hope, because I have seen the power of human kindness and the resilience of nature. Despair, because I have also seen the damage we are capable of inflicting on our planet. But amidst it all, I remain hopeful. Hopeful that we can come together, as we did before, to protect the beauty and balance of nature. Hopeful that we can create a world where trees like me can continue to thrive for generations to come.

So, as I continue my journey through life, I will stand tall and proud, a living witness to the world around me, hoping and praying for a better tomorrow. As long as I stand, I will continue to watch, protect, and inspire. My story is one of resilience and hope, a reminder of the enduring bond in between all living things and the importance of preserving our natural world.



# CREDITS

## Efforts by



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IT Captain



**Medha Sharma XI A**  
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