



Monthly Newsletter

**December 2024
&
January 2025**

CEO'S MESSAGE

Dear Friends, Member Organizations, Donors & Stakeholders,

Greetings from the Indian Social Responsibility Network (ISRN)!

As we step into the new year 2025, ISRN extends its heartfelt wishes for a new year filled with happiness, success, and meaningful progress. Together, let us continue striving for sustainable development, empowering communities, and creating lasting change.

At ISRN, we remain steadfast in our commitment to fostering impactful collaborations and community-driven solutions. Here's a glimpse of our efforts and initiatives in the month of December'24 and January'25, that reflected our dedication to building a brighter future.

Empowering farmers remains at the heart of our agricultural sustainability initiatives. Through training sessions for Farmer Producer Organizations (FPOs), we equipped farmers with essential skills such as soil testing techniques to make informed decisions. Supported by SFAC and NAFED, ISRN is actively assisting 35 FPOs across four states, benefiting over 8,500 farmers through sustainable practices and knowledge sharing.

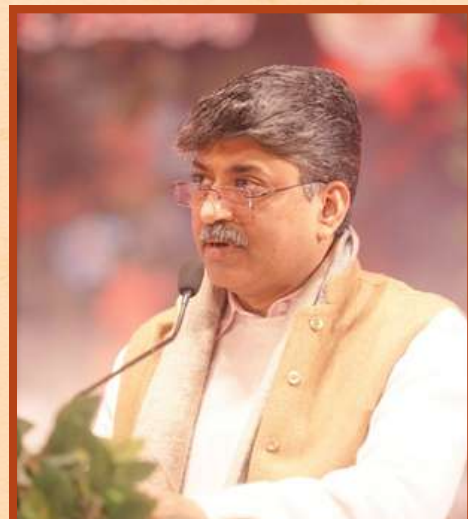
With our Uttam School model at 53 schools, ISRN is committed to promoting health and menstrual hygiene with modern facilities. As part of this effort, we've installed Sanitary Pad Vending Machines and Incinerators across all four schools in the targeted area. These installations ensured students have easy access to sanitary pads, reduce absenteeism, and support proper hygiene during menstruation. The incinerators also provided a safe disposal solution, promoting cleanliness and responsible waste management while preventing environmental contamination.

ISRN, in partnership with Delhi Premier Rotary Service Foundation, has successfully completed data collection for its baseline and feasibility study across five districts in Rajasthan, Madhya Pradesh, Uttar Pradesh, and Maharashtra. Covering 36 villages and 1,781 households, the study assessed key agricultural factors, including crop yields, irrigation, and soil and water health. With data analysis underway, the findings will guide future interventions to enhance agricultural productivity and sustainability, reinforcing ISRN's commitment to evidence-based rural development.

The NGO Clinic Podcast continues to serve as a platform for strengthening the capacities of NGOs and empower them with expert insights. In Episode 11, Dr. Kamlesh Lalchandani, Deputy Country Director, Jhpiego highlighted the role of networking and advocacy in driving social impact. Whereas Episode 12 explored media and digital strategies for NGO success with Mr. Bhuwan Bhaskar, CEO, Aryavarth Farms.

Thank you for your unwavering support and partnership. Wishing you all a joyful and prosperous New Year 2025, filled with hope, success, and meaningful partnerships! With your continued support, we look forward to another year of impactful partnerships and transformative initiatives. Let's keep working together to create a healthier, more sustainable, and empowered society.

Warm Regards,
Santosh Gupta,
CEO-ISRN



SANTOSH GUPTA

Formation & Promotion of Farmer Producer Organizations (FPOs)

Empowering FPOs Through Training on Soil Testing and Government Schemes

In December, a training session was organized for two Farmer Producer Organizations (FPOs) – Safalta Fed FPO and Pragatisheel Fed FPO – uniting 50 shareholders, including marginalized and small landholding farmers from Kaushambi district, Uttar Pradesh. Conducted in collaboration with the Agriculture Department, Kaushambi under the Central Sector Scheme for Formation & Promotion of 10,000 FPOs, the session focused on enhancing soil health management skills. The soil doctor team provided a hands-on demonstration on conducting soil testing at the block level, equipping participants with practical knowledge to perform soil tests locally.



This initiative empowered farmers to analyze soil health effectively and make informed decisions to improve crop production while fostering sustainable agricultural practices and long-term productivity for the FPOs.



Prominent officials, including Sh. Indrajeet Yadav, Plant Protection Officer, and Sh. Sant Ram, District Agriculture Officer, also graced the event. They provided valuable insights into various government schemes and programs available to support FPOs in the region.

The training offered a comprehensive understanding of soil testing techniques and highlighted government support mechanisms, fostering the growth and efficiency of agricultural practices among FPOs in Kaushambi district.

ISRN is promoting 35 FPOs in 4 states (Jammu & Kashmir, Himachal Pradesh, Uttarakhand & Uttar Pradesh) with the support of SFAC and NAFED and more than 8500 farmers are associated with us through these FPOs.



FPOs Empower Farmers at Maha Kumbh Mela 2025

In January during the Maha Kumbh Mela 2025, in addition to fresh vegetables, the ISRN stall featured a diverse range of products from other Farmer Producer Organizations (FPOs). These included Shitladham Fed Farmer Producer Company Limited, Block Pratappur, District Prayagraj—supplying paneer and khowa; Safalta Fed Farmer Producer Company Limited, Block Sarsawan, District Kaushambi—providing mustard oil; and Milestone Bhumi Farmer Producer Company Limited, Block Mauaima, District Prayagraj—offering wheat flour, turmeric powder, and coriander powder.

With total sales crossing ₹6 lakh, this initiative underscored the dedication of FPOs to empowering farmers and ensuring the availability of fresh, locally sourced produce for consumers.



Baseline and Feasibility Study for Enhancing Agricultural Productivity and Sustainability

A Collaborative Initiative by ISRN & Delhi Premier Rotary Service Foundation DPRSF)

Indian Social Responsibility Network (ISRN), in partnership with Delhi Premier Rotary Service Foundation (DPRSF), continues its efforts on the baseline and feasibility study across Rajasthan, Madhya Pradesh, Uttar Pradesh, and Maharashtra. The study spans five districts, covering 36 villages, with a focus on assessing crop yields, farmers' income levels, irrigation practices, groundwater status, and cultivation patterns. Additionally, the study evaluates soil and water health to support sustainable agricultural practices.

The data collection phase of the study has been successfully completed, marking a significant milestone in this initiative. A total of 1,781 households were surveyed across 36 villages, with rigorous quality control measures in place to ensure reliable and accurate data collection. A mixed-methods approach was employed, integrating both quantitative and qualitative tools. The study included household surveys conducted digitally, focus group discussions engaging diverse community members, soil and water sample testing to assess

critical parameters, and interviews with district and block officials, Panchayat leaders, and agricultural experts. Special efforts were made to ensure inclusivity, incorporating perspectives from both male and female farmers to provide a well-rounded analysis of agricultural conditions and sustainability challenges.



With the data collection phase concluded, the next steps will focus on data analysis and reporting. The findings from this study will help shape future interventions aimed at improving agricultural productivity & sustainability in the targeted regions. This initiative underscores ISRN's commitment to leveraging evidence-based approaches to drive meaningful impact in the agricultural sector, fostering long-term benefits for farmers and rural communities.

UTTAM SCHOOL

A legacy of 53+ schools completed

Promoting Health and Menstrual Hygiene with Modern Facilities and Amenities in Uttam Schools

Installation of Sanitary Vending machine & Incinerator: In a rigorous effort to strengthen hygiene practices, diminish absenteeism rates, and instill a culture of safe disposal methods, a strategic initiative was undertaken. The installation of Sanitary Pad Vending Machines and Incinerators across all four schools within the targeted area to address several critical aspects of menstrual hygiene management to ensure that students have easy access to sanitary pads whenever needed, eliminating any potential barriers that might hinder their ability to maintain proper hygiene during menstruation. In addition to providing access to sanitary pads, the installation of Incinerators facilitated the safe disposal of used pads. Proper disposal is essential not only for maintaining cleanliness within school premises but also for preventing environmental contamination. By promoting the use of Incinerators, the initiative aimed to instill responsible waste management practices among students.



AI VERSUS EDUCATION IN SCHOOLS

Balancing Innovation and Skill Development: A Study in ISRN Uttam Schools

Artificial Intelligence (AI) is rapidly transforming various sectors, including education. The integration of AI into schools has brought about significant changes in teaching methods, learning experiences, and administrative processes. However, as with any technological advancement, there are both benefits and potential drawbacks. While AI can enhance learning, it is crucial to ensure students continue developing their skills and acquiring knowledge through active engagement, rather than becoming overly reliant on technology.



The Pros of AI in Education

1. Personalized Learning: AI can tailor educational experiences to meet individual student needs. Adaptive learning platforms analyze a student's strengths and weaknesses, providing customized resources and activities that help them improve at their own pace.



2. Administrative Efficiency: AI can handle administrative tasks such as grading, scheduling, and attendance tracking, allowing teachers to focus more on instructional time and student interaction.

3. Access to Resources: AI-powered tools can provide students with access to a wealth of online resources, including tutorials, educational games, and interactive simulations, which can make learning more engaging and effective.

4. Support for Special Needs: AI can offer assistive technologies for students with disabilities, such as speech-to-text applications, audio books, and personalized learning plans, ensuring inclusive education for all.

The Cons of AI in Education

1.Reduced Critical Thinking: Over-reliance on AI tools may lead to a decline in students' critical thinking and problem-solving skills. When students rely on AI to complete tasks, they may miss out on the deeper learning that comes from grappling with challenging problems and developing their solutions.

2. Limited Creativity: AI can provide answers and solutions quickly, but this can limit students' opportunities to engage in creative thinking and exploration. Discovering talents and qualities often requires time and experimentation, which can be bypassed when AI offers instant results.

3. Loss of Soft Skills: Essential soft skills such as communication, teamwork, and empathy may suffer if students interact more with AI than with their peers and teachers. Education is not just about acquiring knowledge; it is also about developing social skills that are crucial for personal and professional success.

4. Equity Issues: Not all students have equal access to advanced AI tools and technology. This digital divide can exacerbate existing inequalities in education, leaving some students at a disadvantage.

5. Ethical Concerns: The use of AI in education raises ethical questions about data privacy and security. The collection and analysis of student data must be handled responsibly to protect students' personal information.

To maximize the benefits of AI in education while mitigating its potential drawbacks, a balanced approach is essential. Here are some strategies for achieving this balance:

1. Hybrid Learning Models: Combine AI-driven personalized learning with traditional teaching methods. This approach ensures that students receive the benefits of technology while still engaging in critical thinking, problem-solving, and creative activities.

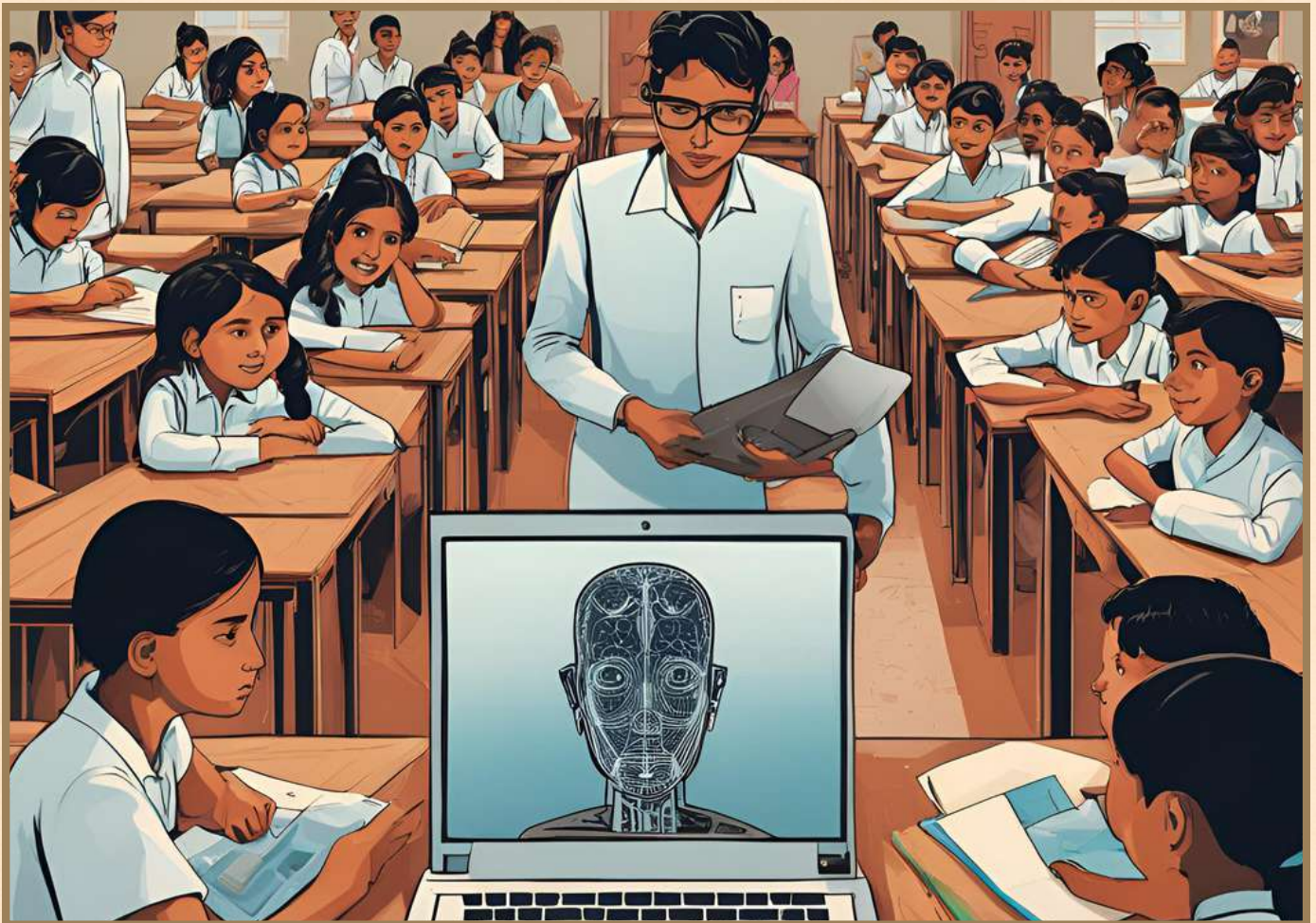
2. Emphasize Skill Development: Schools should focus on developing students' foundational skills, such as reading, writing, and mathematics, alongside digital literacy. Encouraging students to explore subjects deeply and independently will help them develop a strong knowledge base and the ability to learn autonomously.



3. Promote Collaboration: Encourage group projects and collaborative activities that require students to work together, communicate effectively, and solve problems as a team. These experiences are vital for developing soft skills and fostering a sense of community.

4. Ethical AI Use: Implement clear guidelines and policies for the ethical use of AI in schools. Ensure that data privacy and security are prioritized and that students and parents are informed about how their data is used.

5. Equitable Access: Work towards providing equitable access to AI tools and technology for all students. This can be achieved through funding, partnerships, and community initiatives aimed at bridging the digital divide. education.



Conclusion

AI has the potential to revolutionize education by providing personalized learning experiences, enhancing administrative efficiency, and offering support for diverse learning needs. However, it is crucial to balance AI integration with the development of critical thinking, creativity, and soft skills. By adopting a balanced approach, we can ensure that students not only benefit from the advantages of AI but also grow into well-rounded individuals capable of thriving in a complex and rapidly changing world.

Personal Bulletin

Author: Jagat Kinkhabwala



Sweet voice and beautiful look, just like an anklet bells: Indian White-Eye Bird.



Very agile small and sweet little bird i.e. Indian white-eye bird sounds as sweet as anklet bells. It is a small, beautiful and a soft bird that attracts your attention because of its beauty and playfulness. The stature is small but the versatility is very great. They live together in a group of 15-20 birds of their species on trees. When the entire flock starts call simultaneously in sweet voice like an anklet bell, the entire atmosphere turns alive. In the year of 1824, a zoologist named Coenraad Jacob gave it the name Oriental White Eye, but due to its separate species found in India, it was later named Indian White Eye.

Mostly the upper body is a beautiful yellow colour with a shade of green/ olive coloured and a clear white ring around the eyes. The yellow colour of the body and the white eye ring make this little bird very beautiful. The chin, throat and lower part of the tail are bright yellow in colour. A little dark part under the eye and in the front, looks like eye liner has been used just like an Indian classical dancer. The chest, lower part and legs are grey and the beak is black. The male and the female Indian white-eye look similar in appearance.

Eleven [11] of their species are prevalent and each species has very little difference from each other. There is a different species of Indian white-eye bird in Maharashtra and a different species in Bengal. Apart from this, it is of different sub-species in Oman, Arabia, Afghanistan, North India, and South China. Only in India there are as many as 100 sub-species of the bird out of which 60 of them are considered in the same class.

Like many other birds, for their subsistence, they contribute to the process of pollination by consuming the nectar from flowers. They eat insects, so they have a direct impact on the life cycle of insects. They contribute in controlling the population of insects. Due to this, the need to use insecticides/pesticides is reduced. They are mainly fond of consuming flower nectar and their tongue is slightly longer for eating small animals. The tongue is big enough for them to stick it out of the beak with small hairs on its tongue. To find their food, they dig behind the leaves and in the crevices of the trunk of the tree and

can hang upside down for it. They sing along while catching and eating flies. This depicts the ability of a small bird. Their voice is soft and nasal. It maintains constant contact with its flock by calls and keeps on working on the tree with playfulness while calling. Indian white-eye bird is rarely seen sitting on the ground. It is a bird seen completely year round in dense trees and gardens. The species is found in a wide range of habitats from scrub to moist forest.



Their breeding season is from February to September, depending on the season that differs from region to region in India. In most of the areas it is from the month of May to September. In the breeding season, the male Indian white-eye bird sings in beautiful voice to attract female Indian white-eye for mating.

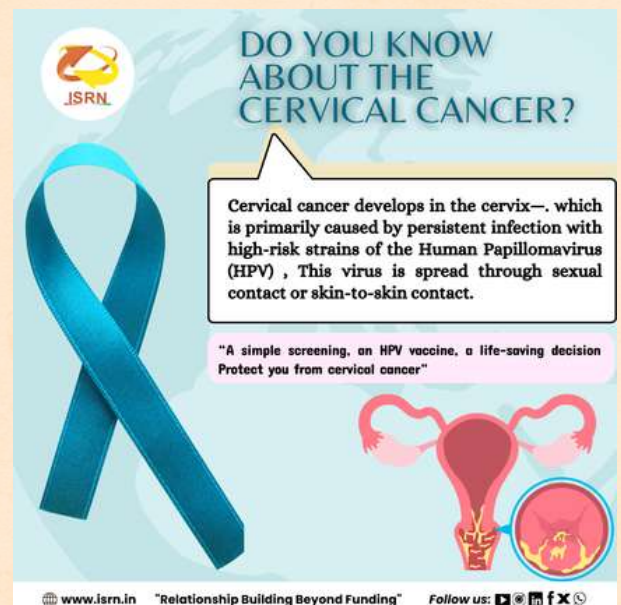
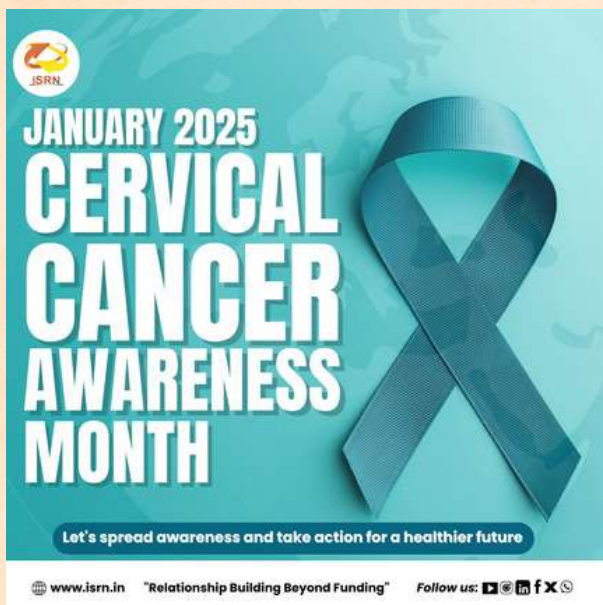
A bowl/cup shaped nest are made in the tree at a height of 6 to 8 feet, with spider webs between the branches and the fibres pulled from the tree, at such a place that is not easily visible inside the tree. Sometimes they pull the fibers from the nest of other birds to make their own nest. Sometimes Indian white-eye bird's nests are found at very high altitude in the tree. It takes about 4 days to build a nest. Female Indian white-eye birds can lay two eggs in a single season. It lays another egg a few days after laying the first egg. The colour of their egg is light blue. Both male and female Indian white-eye take turns to incubate eggs. It takes 10 days for the eggs to hatch and after that the baby flies in the next 10 days. Many times it has been found feeding the chicks of the Paradise Fly Catcher bird like its own. Apart from India, Indian White-eye bird is found in Bangladesh, Myanmar and Sri Lanka in Asian continent. They cannot cover long distances, but are carried far away in whirlwinds and storms.

Cervical Cancer Awareness Month

January 2025

Empowering Communities Through Knowledge

This January 2025, we proudly observed Cervical Cancer Awareness month and dedicating our efforts to educate, inform, and inspire action against one of the most preventable cancers- Cervical Cancer. Leveraging our social media platforms, we worked to amplify key messages about prevention, early detection, and treatment.



Key Highlights of the Week

1. Understanding Cervical Cancer:

We shared essential insights on cervical cancer, highlighting the role of persistent HPV infections as the primary cause and emphasizing that it is preventable with timely intervention.

2. Prevention Through Action:

Focused on actionable steps, we encouraged women to prioritize:

- Regular Pap smears and HPV tests for early detection.
- The HPV vaccine as a powerful tool to reduce cervical cancer risk.

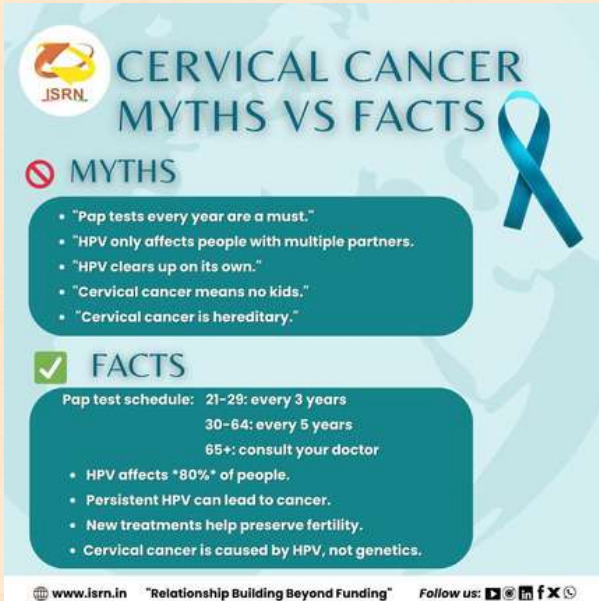
3. Myths vs. Facts:

We debunked prevalent myths surrounding cervical cancer to break the cycle of misinformation and empower women to make informed health decisions.

4. Advocating for a Healthier Future:

Through our posts, we inspired individuals to initiate conversations about cervical health, advocate for HPV vaccination, and support community awareness programs.

A Collective Effort for a Cervical Cancer-Free Tomorrow



CERVICAL CANCER MYTHS VS FACTS

MYTHS

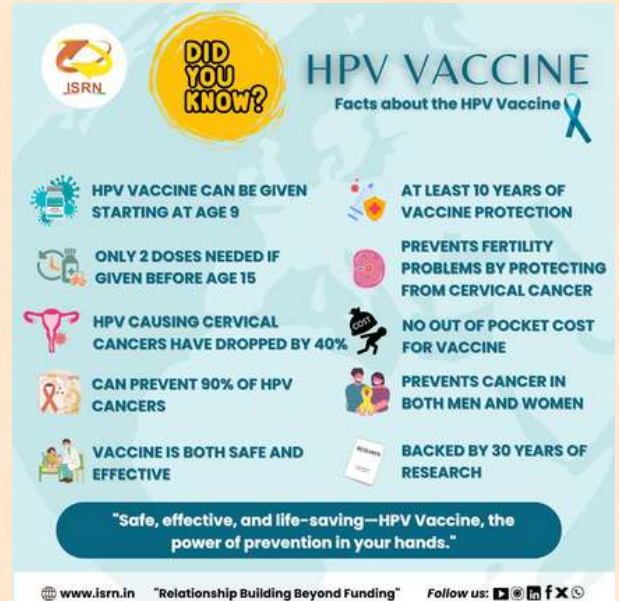
- "Pap tests every year are a must."
- "HPV only affects people with multiple partners."
- "HPV clears up on its own."
- "Cervical cancer means no kids."
- "Cervical cancer is hereditary."

FACTS

Pap test schedule: 21-29: every 3 years
30-64: every 5 years
65+: consult your doctor

- HPV affects *80%* of people.
- Persistent HPV can lead to cancer.
- New treatments help preserve fertility.
- Cervical cancer is caused by HPV, not genetics.

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HPV VACCINE
Facts about the HPV Vaccine

DID YOU KNOW?

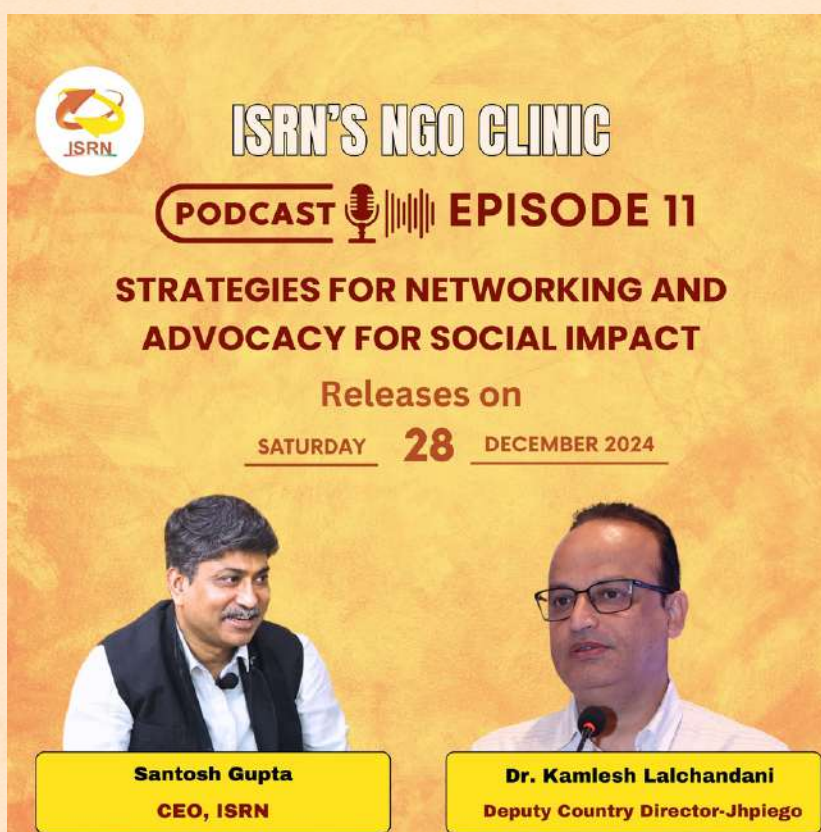
- HPV VACCINE CAN BE GIVEN STARTING AT AGE 9
- ONLY 2 DOSES NEEDED IF GIVEN BEFORE AGE 15
- HPV CAUSING CERVICAL CANCERS HAVE DROPPED BY 40%
- CAN PREVENT 90% OF HPV CANCERS
- VACCINE IS BOTH SAFE AND EFFECTIVE
- AT LEAST 10 YEARS OF VACCINE PROTECTION
- PREVENTS FERTILITY PROBLEMS BY PROTECTING FROM CERVICAL CANCER
- NO OUT OF POCKET COST FOR VACCINE
- PREVENTS CANCER IN BOTH MEN AND WOMEN
- BACKED BY 30 YEARS OF RESEARCH

"Safe, effective, and life-saving—HPV Vaccine, the power of prevention in your hands."

www.isrn.in "Relationship Building Beyond Funding" Follow us: [social media icons]

At the heart of our mission is the belief that every conversation can save a life. By fostering awareness and encouraging proactive steps, we aim to ensure that no woman has to face cervical cancer alone. Let's continue to spread awareness, prioritize regular health check-ups, and champion the importance of the **HPV vaccine**. Together, we can build a healthier, cervical cancer-free future for all.

ISRN's NGO Clinic Podcast Episode 11



Strategies For Networking & Advocacy for Social Impact!

In the 11th episode of ISRN's NGO Clinic Podcast, we explore the powerful role of Networking and Advocacy in driving social impact. Join Dr. Kamlesh Lalchandani, Deputy Country Director at JHPIEGO, and Mr. Santosh Gupta, CEO-ISRN, as they share their expertise and impactful stories to empower changemakers in advancing their mission.

Key Highlights:

- The pivotal role of networking and advocacy in driving social change.
- Tools and techniques for effective collaboration and partnerships.
- Strategies for building lasting stakeholder relationships and overcoming challenges in advocacy.
- Personal stories and innovative solutions to address pressing social issues.
- Learn the 3Cs and 5 steps of Advocacy.
- Discover how to build meaningful connections with donors and policymakers.

The episode is a must-watch for social workers, NGO professionals, and changemakers aiming to elevate their efforts and create a better tomorrow.

Don't miss out! Tune in now, and subscribe for more expert guidance on navigating the social development sector.

[**Watch the full episode here!**](#)

ISRN's NGO Clinic Podcast Episode 12



Media and Digital Transformation Strategies for Non-Profit Success!

In the 12th episode of ISRN's NGO Clinic Podcast, we uncover the transformative potential of media and digital advancements in driving NGO success. With thought-provoking insights and compelling examples, Mr. Bhuvan Bhaskar, CEO of Aryavarth Farms, and Mr. Santosh Gupta, CEO of ISRN, offer expert guidance on utilizing innovation to strengthen missions and create meaningful social change.

Key Highlights:

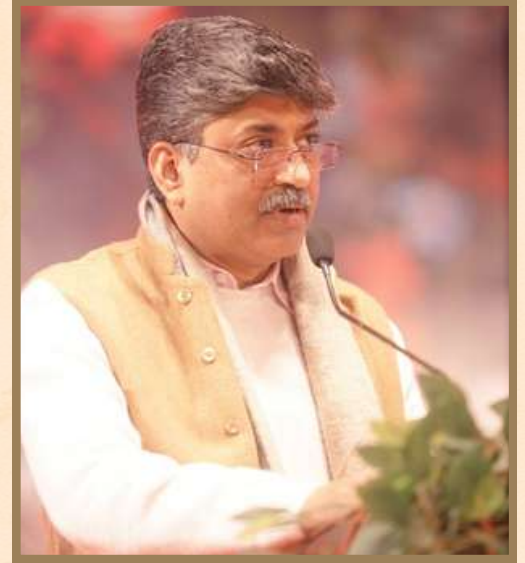
- Innovative Media Campaigns – Strategies to create powerful social impact.
- Harnessing Digital Tools – Using technology to streamline outreach & operations.
- Building an Online Presence – Attract donors, volunteers & supporters.
- Overcoming Digital Challenges – Solutions for effective transformation.
- Success Stories – How NGOs are revolutionizing their impact with media.

This episode is a must-watch for social workers, NGO professionals, and changemakers aiming to elevate their efforts and create a better tomorrow.

Don't miss out! Tune in now, and subscribe for more expert guidance on navigating the social development sector.

[Watch the full episode here!](#)

"Exploring Sanatan Dharma's Global Vision: A Memorable Session at Prayagraj Maha Kumbh 2025"



At the grand confluence of faith, culture, spirituality, and unwavering devotion—the Prayagraj Maha Kumbh 2025, Divya Prem Seva Mission, Haridwar hosted the first session of its lecture series titled **"Swami Vivekananda - The Global Vision of Sanatan Dharma"**.

The session was graced by esteemed dignitaries, including **Kunwar Raghuraj Pratap Singh 'Raja Bhaiya', Dr. N.P. Singh, Shri Gaurang Das, Dr. Ashish Gautam Bhaiya Ji, Sanjay Chaturvedi Ji, Raj Singh Ji, and ISRN CEO- Mr. Santosh Gupta** along with enthusiastic participants from across the nation, including volunteers and members of the youth present at the camp.

Heartfelt congratulations and gratitude to **Divya Prem Sewa Mission** for organizing this enriching, insightful, and successful lecture session!



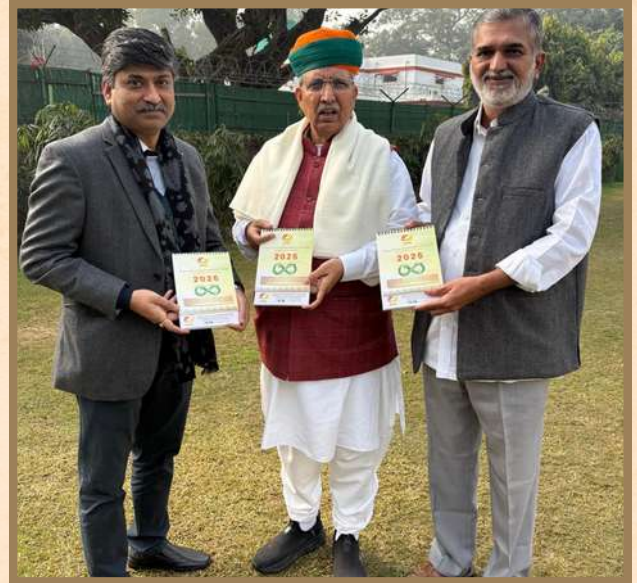
Building a Sustainable Future: ISRN 2025 Calendar

"Inspired by the Pro-Planet People Movement"

Together, let's build a sustainable future! Inspired by Hon'ble Prime Minister's call for Action for Lifestyle for Environment (LiFE), ISRN proudly supports the Pro-Planet People movement, promoting eco-friendly habits for a Green Home, Green World, and Green Future.

ISRN 2025 Calendar based on the above theme, was unveiled by His Excellency Shri Arjun Ram Meghwal Ji, Hon'ble Minister of Law & Justice and Parliamentary Affairs, Government of India, and Dr. Vinay Prabhakar Sahasrabuddhe, Former President of the Indian Council for Cultural Relations (ICCR).

Each page of the calendar highlights simple, actionable, and eco-friendly habits designed to transform homes and offices into greener, happier spaces. Let's join hands and act together for the planet—it's the time for change!



"A glimpse of ISRN 2025 calendar



INDIAN SOCIAL RESPONSIBILITY NETWORK

Relationship Building Beyond Funding

2025



Pro-Planet People' (P3) - We are committing to adopt and promote environmentally friendly lifestyles. Through the P3 community, the Mission seeks to create an ecosystem that will reinforce and enable environmentally friendly behaviours to be self-sustainable. Make life a mass movement by focusing on behaviours and attitudes of individuals and communities .

Hon'ble PM's Words For "Empowering India" A Vision for Change



Together let us make
our planet better,
Let us Act Together,
It is time for Action,
Action for Life,
Action for Lifestyle For
Environment.

**-HON'BLE PRIME MINISTER,
SHRI NARENDRA MODI**

I pledge to make all possible changes in my daily life to protect the environment. I also commit to continuously motivate my family, friends and others about the importance of environmentally friendly habits.

Message For CEO

Journey So Far...

Looking back at 2024, I am filled with gratitude for the collective efforts that brought progress in the development sector. It was a year of change and resilience, with a growing emphasis on sustainability and social impact. These achievements have laid a strong foundation for the challenges and opportunities that lie ahead.

In 2025, let us take deliberate actions to combat climate change and nurture our planet. Reducing emissions, embracing green practices, and promoting eco-conscious lifestyles must become our shared priorities. Let us see every effort as a step toward earning green credits—not just for ourselves, but for future generations who deserve the same natural abundance we've been blessed with. **"We do not inherit the Earth from our ancestors; we borrow it from our children."**

This calendar reflects these values, showcasing behavioral practices that inspire and remind us to embrace them in our daily lives.

This year, let us empower individuals and organizations alike to act responsibly and sustainably, fostering a balance between development and nature. Together, we can turn aspirations into impactful actions and build a legacy of hope and harmony.

Wishing a Prosperous, Greener, and Brighter Happy New Year 2025 to all!

Warm Regards,
Santosh Gupta
Chief Executive Officer, ISRN



Green Home, Green World, Green Future | हरित घर, हरित विश्व, हरित भविष्य

January 2025

Clean And Fresh Air

JANUARY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

HOLIDAYS & SPECIAL DAYS

01 New Year	06 Guru Gobind Singh Jayanti
09 National Youth Day	13 Lohri
14 Makar Sankranti	26 Republic day
24 International Day of Education/ National Girl Child Day	

CLEAN AND FRESH AIR

According to NASA's Clean Air Study, some indoor plants can remove up to 90% of volatile organic pollutants from the air. These plants trap pollutants in their roots and cells.

I pledge to make following changes in my daily life to protect the environment:

- **Plantation at Home:** Balcony, Terrace & Backyard.
- **Make a Panchvati** by planting Peepal in the East, Banyan in the North, Bel in the Center, Amla in the West & Ashoka in the South at Terrace/Garden.
- **Planting** either Peace lily, Snake plant, Spider plant, Areca palm, Broadleaf lady palm, Lemon button fern or Aloe Vera **inside the home.**
- Spread Mass awareness for more plantation.

Green Home, Green World, Green Future | हरित घर, हरित विश्व, हरित भविष्य

February 2025

Energy Conservation



FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

ENERGY CONSERVATION

HOLIDAYS & SPECIAL DAYS

02 Basant Panchami
10 World Pulses Day
12 Guru Ravidas's Birthday

27 World NGO Day
26 Maha Shivratri

Energy conservation at home involves reducing the amount of energy consumed by cutting back on activities that use energy

I pledge to make following changes in my daily life to protect the environment:

- **Turn off lights** when you leave a room.
- **Replace incandescent bulbs with LEDs:** LED bulbs use up to 90% less energy than incandescent bulbs and last longer.
- **Unplug appliances:** Unplug appliances when they're not in use, as some appliances draw electricity even when they're not actively being used.
- **Install Solar Panel at Home** according to the need of your total energy. Also install Solar Water Heater, Lamps etc.
- **Purchases Bureau of Energy Efficiency (BEE) star rating system** to promote and Save energy efficiency.

Green Home, Green World, Green Future | हरित घर, हरित विश्व, हरित भविष्य

March 2025

Clean And Fresh Air

MARCH 2025



SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

WATER CONSERVATION

HOLIDAYS & SPECIAL DAYS

08 International Women's Day
13 Holika Dahan
14 Holi
24 Shaheed Diwas
30 Eid ul- Fitr

I pledge to make following changes in my daily life to protect the environment:

- **Take shorter showers**
- **Reuse AC & RO water** for Gardening, Moping, Dishwashing, vehicle washing and other domestic works.
- **Invest in Rain Water Harvesting, low flush toilets.**
- **Use Aerators in every Taps**
- **Repair leaks:** Leaky faucets, toilets, and pipes can waste a lot of water over time. Regularly check your plumbing fixtures for leaks and repair them promptly.
- **Turn off the water** while shaving or brushing.

Green Home, Green World, Green Future | हरित घर, हरित विश्व, हरित भविष्य

April 2025

Waste Management

APRIL 2025



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

HOLIDAYS & SPECIAL DAYS

05 Durga Ashtami	10 Mahavir Jayanti	18 Good Friday
06 Ram Navami	13 Vaisakhi	27 World NGO Day

WASTE MANAGEMENT

Reduce, Reuse, Recycle: The 3R method is a key to managing waste and helping to combat climate change.

I pledge to make following changes in my daily life to protect the environment:

- **Segregate Waste:** Sort waste into biodegradable, recyclable, and non-recyclable categories for proper disposal.
- **Compost Organic Waste:** Turn kitchen and garden waste into compost to reduce landfill contributions.
- **Recycle Responsibly:** Collect and recycle materials like paper, plastic, glass, and metal through local facilities.
- **Reduce Single-Use Plastics:** Use reusable bags, bottles, and containers to minimize plastic waste.
- **Repair and Reuse:** Fix broken items and repurpose old belongings to extend their life.
- **Dispose off E-Waste Properly:** Hand over electronics to certified recyclers to prevent harmful environmental impact.
- **Donate Usable Items:** Give away items like clothes or books in good condition instead of discarding them.
- **Avoid Burning Waste:** Choose eco-friendly disposal methods to prevent toxic emissions.
- **Participate in Clean-up Drives:** Join or lead initiatives to keep your community clean and waste-free.

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May 2025

Healthy Eating Habits



HEALTHY EATING HABITS

HOLIDAYS & SPECIAL DAYS

12 Buddha Purnima
22 World Earth Day

Nourish body and soul with mindful eating

I pledge to make following changes in my daily life to protect the environment:

- **Incorporate Millets into Meals:** Include nutrient-rich millets like ragi, bajra, and jowar in your diet.
- **Adopt Mindful Eating:** Choose fresh, seasonal, and home-cooked meals for better nutrition and digestion.
- **Limit Processed Foods:** Reduce consumption of packaged and processed foods high in sugar, salt, and unhealthy fats.
- **Practice Portion Control:** Serve smaller portions to avoid overeating and maintain a balanced diet.
- **Include a Variety of Foods:** Add colorful mix of fruits, vegetables, whole grains & proteins to ensure diverse nutrients.
- **Plan and Prepare Meals:** Plan meals ahead of time to make healthier choices and reduce reliance on fast food.

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June 2025

Happy And Fit Home

JUNE 2025



SUN	MON	TUE	WED	THU	FRI	SAT
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HOLIDAYS & SPECIAL DAYS

05 World Environment Day
07 Id- ul- Zuha (Bakrid)
21 International Yoga Day

HAPPY AND FIT HOME

Foster a harmonious and healthy home by incorporating the transformative power of yoga, eco-friendly bio-enzymes, and the nutrient-rich goodness of millets for a sustainable and vibrant lifestyle.

I pledge to make following changes in my daily life to protect the environment:

- **Engage in Family Fitness Activities:** Practice yoga, go for walks, or do light exercises together to stay active.
- **Dedicate a few minutes daily to yoga** for mental peace and physical fitness.
- **Use Bio-Enzymes for Cleaning:** Replace chemical cleaners with eco-friendly bio-enzymes for a toxin-free home.
- **Create a Relaxing Space:** Designate a quiet corner in your home for meditation, yoga, or relaxation.
- **Stay Hydrated:** Encourage everyone at home to drink adequate water for overall well-being.
- **Adopt Mindful Eating:** Choose fresh, seasonal, and home-cooked meals for better nutrition and digestion.

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July 2025

Sustainable & Eco-Friendly Lifestyle

JULY 2025



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SUSTAINABLE & ECO-FRIENDLY LIFESTYLE

HOLIDAYS & SPECIAL DAYS

06 World Rural Development Day
06 Muharram

Reduce, Reuse, Recycle: The 3R method is a key to managing waste and helping to combat climate change

I pledge to make following changes in my daily life to protect the environment:

- **Adopt a Poly-Free Home:** Replace plastic bags with reusable cloth or jute bags and eliminate single-use plastics.
- **Create Eco-Bricks:** Pack non-recyclable plastics into empty bottles to make durable eco-bricks for multi-purpose use.
- **Recycle Old Clothes:** Donate, repurpose or recycle old clothes into cleaning rags, bags, or cushions.
- **Upscale to Save Food:** Transform leftovers into creative dishes or share excess food with those in need.
- **Segregate Waste at Home:** Separate recyclables, organic waste, and non-recyclables.
- **Support Local and Sustainable Products:** Choose locally made eco-friendly products to reduce your carbon footprint.
- **Repurpose Everyday Items:** Turn glass jars into storage containers or old boxes into organizers for a clutter-free home.

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August 2025

Environment Friendly Office



AUGUST 2025

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ENVIRONMENT FRIENDLY OFFICE

HOLIDAYS & SPECIAL DAYS

01 World Breastfeeding Week, 1-7 August
09 Raksha Bandhan 15 Independence
12 International Youth day 16 Janmashtami

Create a sustainable, paper-free office by going digital, reducing waste, and embracing eco-friendly practices—boosting productivity while protecting the planet.

- I pledge to make following changes in my daily life to protect the environment:
- **Go Digital:** Use digital platforms for communication, documentation, and file sharing to eliminate paper usage.
 - **Use Recycled Stationery:** Opt for notebooks, pens, and office supplies made from recycled materials.
 - **Adopt Energy-Efficient Practices:** Switch off lights, computers, and other devices when not in use to save energy.
 - **Encourage Green Printing:** Print only when necessary, use both sides of the paper, and choose eco-friendly inks.
 - **Set Up Waste Segregation Bins:** Place separate bins for recyclables, non-recyclables, and organic waste in the office.
 - **Promote Reusable Items:** Provide reusable coffee mugs, water bottles, and cutlery for employees.
 - **Decorate with Indoor Plants:** Add greenery to improve air quality and create a calming work environment.
 - **Host Awareness Campaigns:** Organize workshops or discussions on sustainability to inspire eco-friendly practices.

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september 2025

Sustainable Transport



SEPTEMBER 2025

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SUSTAINABLE TRANSPORT

HOLIDAYS & SPECIAL DAYS

05 Happy Onam
06 Ganesh chaturthi
08 International literacy day

Choose sustainable transportation to reduce your carbon footprint and contribute to a greener future

I pledge to make following changes in my daily life to protect the environment:

- **Carpool Regularly:** Share rides with colleagues or neighbors to reduce fuel consumption and traffic congestion.
- **Use Public Transport:** Opt for buses, trains, or metros whenever possible to lower your carbon footprint.
- **Embrace Cycling and Walking:** Choose bicycles or walk for short distances to stay fit and minimize pollution.
- **Switch to Electric Vehicles (EVs):** Invest in EVs or hybrid vehicles for a greener mode of transportation.
- **Plan Efficient Routes:** Use navigation apps to find the shortest and least congested routes to save time and fuel.
- **Maintain Your Vehicle:** Keep your vehicle well-serviced and tires properly inflated to improve fuel efficiency.
- **Avoid Idling:** Turn off your engine during long stops to save fuel and reduce emissions
- **Support Sustainable Transport Initiatives & Policies.**

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October 2025

Mindful Consumption & Minimalist Living

OCTOBER
2025



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MINDFUL CONSUMPTION & MINIMALIST LIVING

HOLIDAYS & SPECIAL DAYS

01 Dussehra (Mahanavmi)
02 Gandhi Jayanti
16 World Food Day

20 Diwali
21 Govardhan Puja
22 Bhai Duj

Embrace mindful consumption and minimalist living by prioritizing only what truly adds value to your life.

I pledge to make following changes in my daily life to protect the environment:

- **Adopt a "Buy Only What You Need" Approach:** Prioritize essential items over impulsive purchases.
- **Invest in Quality Over Quantity:** Choose durable and high-quality products that last longer.
- **Repurpose and Upcycle:** Transform old or unused items into something useful instead of discarding them.
- **Consume Resources Wisely:** Use water, electricity, and other resources mindfully to minimize waste.
- **Support Local and Sustainable Brands:** Opt for products from eco-conscious and local vendors.
- **Declutter Regularly:** Keep only what you need and donate or recycle items that are no longer useful.
- **Embrace DIY Practices:** Make your own cleaning products, decorations, or repairs to save money and resources.
- **Follow a "One In, One Out" Rule:** When buying something new, ensure you repurpose or donate an existing item.

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November 2025

Reduce Noise Pollution



NOVEMBER 2025

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REDUCE NOISE POLLUTION

HOLIDAYS & SPECIAL DAYS

05 Guru Nanak's Birthday
08 chhath puja

COP is an acronym for 'Conference of the Parties', organised by the UN with the high-level participation of states, regional and non-governmental actors. COP30 will take place from Nov-Dec 2025 in Brazil. Biodiversity COPs takes place every two years & Desertification COPs has been meeting biennially since 2001 and has held 16 sessions.

I pledge to make following changes in my daily life to protect the environment:

- **Limit Horn Usage:** Use vehicle horns only when necessary and encourage silent zones near schools and hospitals.
- **Maintain Vehicles Regularly:** Ensure your vehicle's engine and exhaust system are in good condition.
- **Opt for Quiet Appliances:** Choose energy-efficient and low-noise appliances for your home and workplace.
- **Plant Trees and Shrubs:** Green spaces act as natural sound barriers and contribute to reducing ambient noise levels.
- **Use Headphones Responsibly:** Keep the volume low while using headphones or speakers to avoid disturbing others.
- **Create Soundproof Spaces:** Use curtains, carpets & sound-absorbing materials in homes and offices.
- **Encourage Public Awareness:** Advocate for campaigns and discussions on noise pollution and its harmful effects.
- **Promote Quiet Transportation Options:** Use electric vehicles, bicycles, or public transport to reduce traffic noise.

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DECEMBER 2025

Protect Biodiversity



DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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PROTECT BIODIVERSITY

HOLIDAYS & SPECIAL DAYS

01 World AIDS Day
05 World Soil Day

10 Human Rights Day
25 Christmas Day

Protect biodiversity to foster sustainable practices to preserve nature's balance for future generations.

I pledge to make following changes in my daily life to protect the environment:

- **Plant Native Trees and Vegetation:** Grow indigenous plants to support local ecosystems and promote biodiversity.
- **Feed Birds and Provide Water:** Set up bird feeders & water bowls to help birds thrive, especially during harsh seasons.
- **Protect Stray Animals:** Support local shelters, provide food, and create safe spaces for stray dogs and other animals.
- **Avoid Using Harmful Chemicals:** Minimize the use of pesticides and fertilizers to protect soil health and local wildlife.
- **Support Reforestation Efforts:** Participate in tree-planting drives & community reforestation projects.
- **Promote Natural & Organic Farming** to enhance soil fertility and preserve ecosystems.
- **Create Wildlife Habitats:** Build small shelters, birdhouses, or ponds to provide homes for animals, birds, and insects.
- **Participate in Clean-Up Drives:** Join efforts to clean natural habitats to safeguard biodiversity.

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ISRN believes that having a right to live in equality is something each human deserves and with support from esteemed people like you, we are transforming the lives of thousands of fellow citizens. We have held workshops and training sessions for more than 800 member organisations, fostering a symbolic growth system

We genuinely appreciate all of your help, love, and support for ISRN.

We humbly ask that you continue to provide us with support, advice, and invaluable assistance that will enable us to ensure that each and everyone is empowered to grow and flourish in their own unique way.

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