



PARYAVARNAM

Department of
Environmental Engineering
DELHI TECHNOLOGICAL UNIVERSITY

21-Day

Eco-Challenge

Campaign Toolkit

under the aegis of ViksitBharat@2047


Save Energy | Reduce Waste | Protect the Environment

Starting on 3rd March, 2024 and culminating on Earth Hour (23rd March, 2024)

Welcome to the *Paryavarnam's* Eco Challenge!

Under the aegis of ViksitBharat@2047, the Department of Environmental Engineering at Delhi Technological University proudly presents a **21-Day Eco Challenge - a unique initiative to inspire positive environmental action**. We invite you to join hands with us in making a lasting impact on our planet by adopting sustainable practices in your daily life.

Save Energy | Reduce Waste | Protect the Environment

Embark on this transformative journey with us, where each day unveils a new eco-friendly task aimed at conserving energy, minimizing waste, and nurturing a deep appreciation for the environment. Are you ready to make a difference? 

Instructions:

Daily Challenges: Every morning, check our Instagram and WhatsApp for the daily challenge card. Each card outlines a specific task promoting energy conservation, waste reduction, or nature appreciation.

Social Media Engagement: Capture your efforts! Post pictures or videos of your daily challenges on your social media handles using the dedicated hashtags **#21DayEcoChallenge** and **#ParyavarnamDTU**. Spread the word and inspire others to join the movement!

Google Form Submission: Share the link to your social media post by submitting it through the linked Google Form. Access the form using the provided QR code. Your submissions contribute to the collective impact we aim to achieve.

Community Building: Connect with fellow participants by using the daily challenge hashtags. Share your experiences, tips, and encouragement. Let's build a community that thrives on collective environmental consciousness.

Weekly Highlights: Look out for weekly highlights showcasing outstanding participant posts. Your dedication could be featured, so keep sharing your eco-friendly journey!

Closing Ceremony: As the challenge concludes, we'll come together for a virtual or physical closing ceremony to celebrate our collective achievements. Prizes, certificates, and acknowledgments await those who go above and beyond!

Educate Yourself: Alongside the challenges, we'll provide educational resources to deepen your understanding of environmental issues and sustainable living practices.

Let's make these 21 days a beacon of change! Together, we can contribute to a greener, healthier, and more sustainable world.

21-Day Eco-Challenge Schedule



The image is a poster for a 21-day eco-challenge. At the top left is the Paryavarnam logo, and at the top right is the Delhi Technological University (DTU) logo. The title '21 Days Eco Challenge' is written in a cursive font. Below the title, the schedule is organized into three columns representing Week 1, Week 2, and Week 3. Each day's challenge is listed with its date and a specific activity. At the bottom right, there is a QR code and a text prompt: 'Scan QR and submit your contributions to the Mother Earth'.

Week 1	Week 2	Week 3
DAY 1: 03.03.2024 No Ironing Day	DAY 8: 10.03.2024 Vegetarian Meal Day	DAY 15: 17.03.2024 Plant a Tree
DAY 2: 04.03.2024 Unplug Unused Electronics	DAY 9: 11.03.2024 Reusable Bottle day	DAY 16: 18.03.2024 Bird Feeder Day
DAY 3: 05.03.2024 Natural Lighting Day	DAY 10: 12.03.2024 Compost Day	DAY 17: 19.03.2024 Nature Walk
DAY 4: 06.03.2024 Cooking using pressure cooker	DAY 11: 13.03.2024 BYOB (Bring Your Own Bag)	DAY 18: 20.03.2024 Eco-friendly Transportation
DAY 5: 07.03.2024 Turn off excess Lights	DAY 12: 14.03.2024 Paperless Day	DAY 19: 21.03.2024 Local Produce Day
DAY 6: 08.03.2024 Reduce your shower time	DAY 13: 15.03.2024 No Disposable Utensils	DAY 20: 22.03.2024 Educational Day
DAY 7: 09.03.2024 Open Windows for Cooling	DAY 14: 16.03.2024 Zero Waste Day	DAY 21: 23.03.2024 Earth Hour

Scan QR and submit your contributions to the Mother Earth



Are you in for the *Paryavarnam's* 21-Day Eco Challenge? 🌱☀️

#21DayEcoChallenge #ParyavarnamDTU

Paryavarnam's 21-Day Eco Challenge Toolkit

Week 1: Energy Conservation

DAY01. No Ironing Day: Wrinkles ache Hai ! Avoid using irons or pressing machines for clothes. Hanging clothes to air-dry reduces energy use. Every Monday shall be dedicated to reducing the carbon footprint used for ironing your clothes. **#WrinklesAcheHai #ParyavarnamDTU**

DAY02. Unplug Unused Electronics: Unplug it ! Unplug chargers, appliances, and electronics when not in use. Even on standby, they consume energy. **#UnplugToday #ParyavarnamDTU**

DAY03. Natural Lighting Day: Use a dipper at night, Din me only Sun-Light ! Use natural light during the day instead of turning on lights. **#OnlySunLight #ParyavarnamDTU**

DAY04. Cooking using pressure cooker: Seeti bajao Cooker Wow ! Cook today's meal using a pressure cooker. It uses less oil in cooking and also less fuel. **#CookerWow #ParyavarnamDTU**

DAY05. Turn off excess Lights: Batti Gul ! Be mindful of lights in unoccupied rooms. Challenge yourself to turn off lights as you leave each room. **#BattiGul #ParyavarnamDTU**

DAY06. Reduce your shower time: Bucket Today ! Shorten showers to save water and the energy used to heat it. Try going for a bucket bath today. **#BucketToday #ParyavarnamDTU**

DAY07. Open Windows for Cooling: Khidki Khol ! Instead of turning on fans or air conditioning, open windows to cool the house naturally. **#KhidkiKhol #ParyavarnamDTU**

Week 2: Waste Reduction

DAY08. Vegetarian Meal Day: Avoid consuming non-vegetarian food today, reducing your carbon footprint. **#VeggieBowl #ParyavarnamDTU**

DAY09. Reusable Bottle day: Plastics Bye Bye ! Use a reusable water bottle, no single-use plastic bottles. **#ByePlastics #ParyavarnamDTU**

DAY10. Compost Day: Nature's post..Only Compost ! Start composting food scraps if you haven't already. **#OnlyCompost #ParyavarnamDTU**

DAY11. BYOB (Bring Your Own Bag): Use only reusable bags when shopping. **#BYOB #ParyavarnamDTU**

DAY12. Paperless Day: Avoid using paper. Opt for digital notes, receipts, and communication. **#Paperless #ParyavarnamDTU**

DAY13. No Disposable Utensils: Use reusable utensils instead of disposable ones for meals. **#NoDisposables #ParyavarnamDTU**

DAY14. Zero Waste Day: Try to produce zero waste for the day by being mindful of packaging and recycling properly. **#ZeroWaste #ParyavarnamDTU**

Week 3: Nature Appreciation

DAY15. Plant a Tree: Whether in your backyard or a community area, plant a tree. **#PlantATree #ParyavarnamDTU**

DAY16. Bird Feeder Day: Set up a bird feeder or birdhouse to support local wildlife or setup a bowl for water for birds. **#BirdFeeding #ParyavarnamDTU**

DAY17. Nature Walk: Take a walk outside, appreciating and observing nature. **#WalkDTU #ParyavarnamDTU**

DAY18. Eco-friendly Transportation: Use public transport, bike, walk, or carpool for the day. **#GreenWays #ParyavarnamDTU**

DAY19. Local Produce Day: Purchase locally grown fruits and vegetables to support local farmers and reduce carbon footprint. **#VocalForLocal #ParyavarnamDTU**

DAY20. Educational Day: Spend time learning about local environmental issues or a new way to live sustainably. **#EcoEdDay #ParyavarnamDTU**

DAY21. Earth Hour: Join the biggest hour for the Earth! Switch off your lights for an hour between 8:30 PM to 9:30 PM today. **#EarthHour #ParyavarnamDTU**

Benefits:

- ***Environmental Impact:*** Reducing energy use, waste, and supporting local ecosystems.
- ***Personal Health:*** Many challenges promote healthier habits, like walking, plant-based meals, and fresh air.
- ***Community Building:*** Encouraging others to join and infuse a sense of shared responsibility in community.

Brochure of Department of Environmental Engineering



Departmental Details – DTU Website



Annual Report of the Deptt. of Environmental Engg.



Paryavarnam – Environmental E-Newsletter



Photo Collage of the Department



Video Documentary of the Department

