



### List of proposed activities for India@75 Week 2018

Sl. No	Activity	NGO / Organization
1	Personal Carbon footprint + Pledge (Online)	India@75
2	"Make it Count" initiative	India@75
3	Distribution of seed balls	Bhumi
4	Make-a- Wish	Make-A-Wish Foundation of India
5	Awareness Campaign on Accessibility	National Centre for Promotion of Employment for Disabled People (NCPEDP)
6	Mentoring/Skill development of youth	Aide et Action
7	Cyber Bullying	Action Aid (Punjab)
8	Waste Management Workshop at RWAs	Hari Dharti (Mumbai)
9	Tobacco Cessation	Dr Astha Chauhan, Tobacco De-addiction Consultant
10	Workshop on E-Waste	NASSCOM Foundation
11	Vanishing Girl (Female Foeticide)	Alliance Defending Freedom India
12	Employee Engagement / Interaction with children and women SHG groups	SOS Children's Villages of India
13	Poshan Abhiyan	Bhumi
14	Cleanliness drive/ wall painting	Lakshyam
15	Town hall on Pro Bono	India@75
16	India@75 Awards	India@75



## Activity Brief

### 1. Carbon footprint and pledge

**Organized by: India@75**

The vast majority of energy we use today is derived from the burning of fossil fuels such as oil, natural gas, or coal. A carbon footprint, as commonly known, is simply the weight of carbon or carbon dioxide emitted into the atmosphere each year from the burning of fossil fuels. The carbon footprint, however, can be expressed in other ways that are more useful and more consistent with the original ecological footprint concept. On an average, it takes roughly 41 acres of forest to absorb one ton of carbon emissions. Other gases that contribute to global warming — such as methane from waste — are converted into 'carbon equivalent' units then added to the carbon footprint.

**Your personal carbon footprint can be calculated online and you can pledge to reduce your and your family's carbon footprint. Also, advice on how to reduce your carbon footprint will also be given.**

So, won't you pledge to take at least one action every day, over the next year to reduce your (and your family's carbon footprint)?

### 2. "Make it Count"

**Organized by: India@75**

Every day is a new day with a new beginning. You make a living with what you get and make a life by what you give. So, the make each day count!

The initiative aims to encourage people to make each day count by making a difference and by doing simple acts of kindness for someone in need.

### 3. Distribution of seed balls

**Organized by: Bhumi**

The Seed Ball programme focuses on increasing green cover across India. The process involves making golf ball-sized mixture of soil, seeds and compost, and scattering it in suitable places for trees to grow. Among many initiatives to improve green cover, making and distributing seed balls is a quicker and cost-effective method to reclaim the lost green cover of our environment. Hence, it is an emerging afforestation technique adopted worldwide, most commonly used for ecological restoration.

The composition of seed ball makes it self-sustainable and favorable for germination in most environments.



#### **4. Make-A-Wish**

**Organized by: Make-A-Wish Foundation of India**

An opportunity to grant a heartfelt wish to a child who has a life-threatening condition. Volunteers will get a list of wishes of children from the age group of 3-18 years, from which they can adopt a wish of a wish child and fulfill it.

#### **5. Awareness Campaign on Accessibility**

**Organized by: National Centre for Promotion of Employment for Disabled People (NCPEDP)**

An awareness campaign about how can we change our workplaces to ensure that persons with disabilities get the opportunities they deserve.

It is essential to make employers aware about the different kinds of disabilities, as different disabilities come with different challenges and required intervention, and also to change their mindsets about persons with disabilities. To ensure that a person with disability is able to work optimally, their skills have to be matched to the job role.

This activity can be done across India, with experts from National Disability Network.

#### **6. Mentoring/Skill development of youth**

**Organized by: Aide et Action**

Employability training for youth in the age group of 18-32 years who are mainly school dropouts from marginalized sections of society on various market oriented trades through *iLEAD* (Initiative for Livelihood Education and Development).

**Below are few trades in which training is provided to the youth:**

- i. ITeS
- ii. Hospitality
- iii. Customer Relations and Retail (CRR)/Sales
- iv. Automobile
- v. Electrician
- vi. Beauty Therapy
- vii. Fashion Designing
- viii. Computer Fundamental Application (CFAI)
- ix. Spoken English

#### **7. Cyber bullying**

**Organized by: Action Aid ( Punjab )**

People will learn about what cyber bullying is, why people do it and how it can be recognized. They will also get to discuss their own experiences and to practice skills that can keep them from becoming a victim of cyber bullying. Online or cyber bullying is a nationwide and growing problem, disrupting learning and causing immense pain and suffering to those on the receiving end. Although bullying has been around for as long as humans themselves,



never before has it been possible to persecute a person through so many channels while lurking behind a network of servers and mobile exchanges.

**8. Workshop on Waste Management at RWAs**  
**Organized by: Hari Dharti**

Waste is generated daily, and by every person. That's understandable. But we can change the amount, the kind and the fate of the waste that you generate by taking simple steps. The workshop will show you how to segregate waste and what steps need to be taken to reduce wastage.

Venue – Mumbai

**9. Session on Tobacco Cessation –**  
**Organized by: Dr. Astha Chauhan, Tobacco De-addiction Consultant**

Session can be organized to help employees in curbing their use of Tobacco. Tobacco contains nicotine, which is addictive. Nicotine withdrawal makes the process of quitting often very prolonged and difficult.

Helping out the patients to reduce the risk of dying from tobacco-related diseases such as coronary heart disease, chronic obstructive pulmonary disease (COPD), and lung cancer.

**10. Workshop on E waste**  
**Organized by: NASSCOM Foundation**

E-waste is among the fastest growing waste streams across the world today, fueled by exponential growth in the use of electronic equipment, especially PCs and their rapid rate of obsolescence. They are considered dangerous, as certain components of some electronic products contain materials that are hazardous, depending on their condition and density. The hazardous content of these material poses a threat to human health and environment.

The program gives information and tips on disposal and recycling of e-waste in a responsible manner.

**11. Vanishing Girl (Female Foeticide)**  
**Organized by: Alliance Defending Freedom India**

Every year in India, baby girls are killed simply for being girls. In recent years, 19 million have died through abortion or by being killed just after birth.

This campaign will help us join forces with those who have been working in this area for a long time in bringing a gradual change to the rigid patriarchal set up of our country that has a strong preference for the male child.



## **12. Employee Engagement / Interaction with Children & Women SHG groups** **Organized by: SOS India**

- Industry leaders to meet youth at SOS Youth Homes to share their life experience in order to inspire and motivate them in shaping their life better. (This activity can only be done on weekends. )
- Exposure visit for our youth to various large production units/factories/corporate offices to make these youth aware of the hard work and dedication required in reaching those places. This can be done on any day convenient to the corporate.
- Industries / corporates volunteers to do capacity building and leadership qualities to help members of the Self Help Group under our Family Strengthening programme.
- Corporate volunteers with support from India@75 to provide technical support to women SHG members to make their livelihood projects viable.
- To visit Reha Project towards providing long term support towards sustainability in Gujarat

## **13. Poshan Abhiyan** **Organized by: Bhumi**

The programme targets to reduce the level of stunting, under-nutrition, anemia and low birth weight babies. It will create synergy, ensure better monitoring, issue alerts for timely action, and encourage States/UTs to perform, guide and supervise the line Ministries and States/UTs to achieve the targeted goals. Get informed and get involved.

## **14. Cleanliness Drive / Wall painting** **Organized by: Lakshyam**

- Health & hygiene workshop – Camps would be organized as lack of cleanliness gives impetus to illness. Its objective is to encourage children to get health checkups done on a quarterly basis
- Wall Painting – Painting of walls surrounding the school, interaction with kids as they will be participating.



## **15. Town hall on Pro Bono** **Organized by: India@75**

In this event for Corporate employees, India@75 will talk about Pro Bono Volunteering and introduce the concept. The employees will be told how the contribution of their skills will help in the development of our nation as well as the benefits to themselves. The town Hall will cover:

- Introduction to Pro Bono: By a member of India@75
- The Pro Bono Experience: By a contributing company representative
- Experiential sharing: By a Nonprofit
- Open House session

### **Others Activities that can be undertaken**

- a) Lake Cleaning
- b) Beach cleaning
- c) Awareness on ills of smoking
- d) Sensitization drive for Digital literacy
- e) Awareness campaign on health and hygiene
- f) Blood donation drive
- g) Workshop on women's empowerment
- h) Book Donation Drive
- i) Tree plantation drive
- j) Traffic rules awareness campaign
- k) Old age home visits
- l) Visits to children with cancer