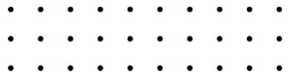




GREEN PROTOCOL

Daughters of the Heart of Mary

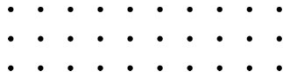




INTRODUCTION

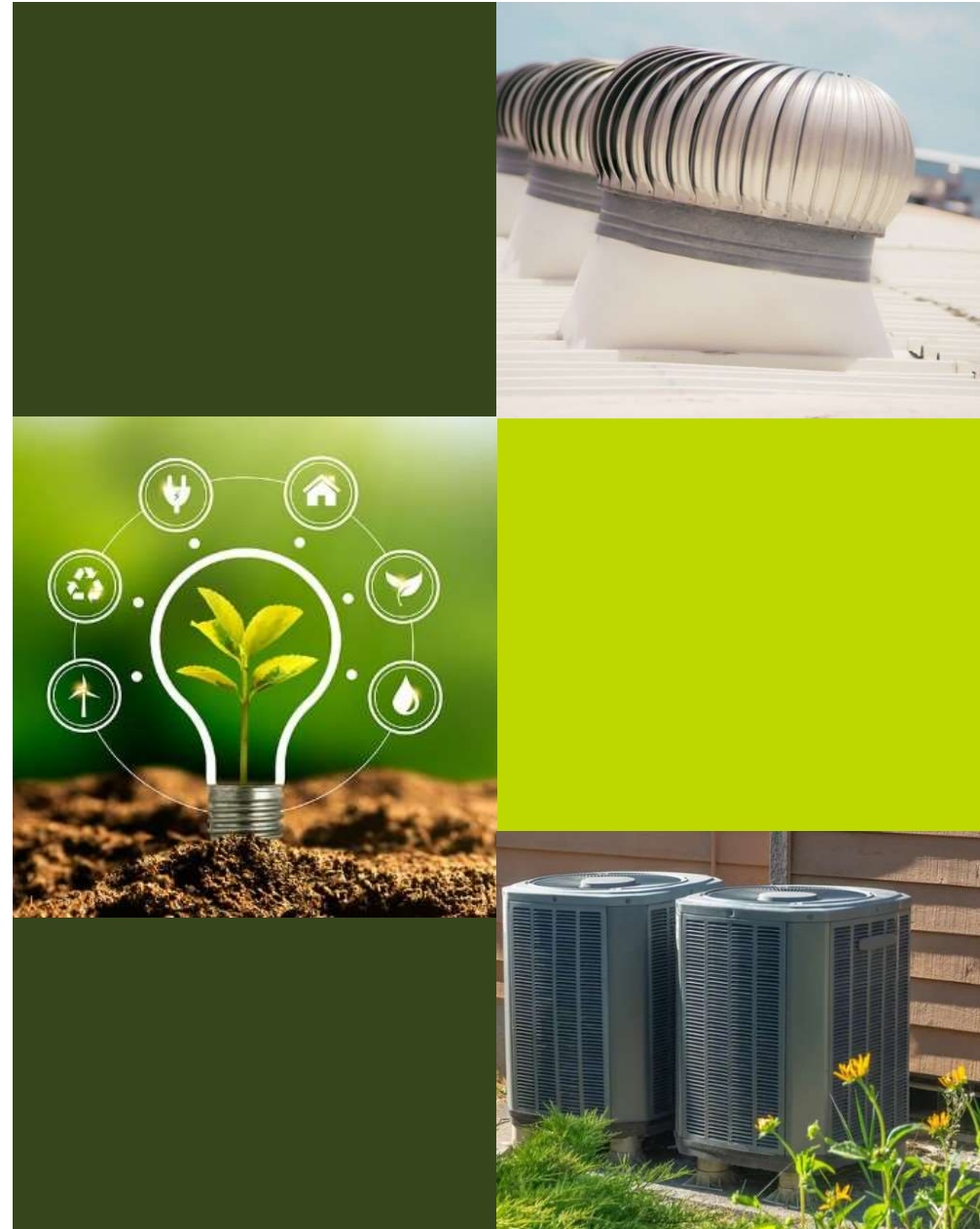
Implementing a "green protocol" involves adopting practices and policies that promote environmental sustainability and reduce the institution's ecological footprint. Here are some key components and actions that institutions can take:





ENERGY EFFICIENCY

- Install energy-efficient appliances and lighting systems.
- Encourage the use of natural light and implement energy-saving measures
- Use programmable thermostats to optimize heating, ventilation, and air conditioning (HVAC) systems.



WASTE MANAGEMENT

- Implement a comprehensive recycling program for paper, plastic, glass, and other recyclables.
- Minimize paper usage by encouraging electronic communication and documentation.
- Provide clearly labelled recycling bins throughout the institution
- Composting: Set up composting facilities for organic waste

PLASTIC



ORGANIC



PAPER



GLASS



METEL



E-WASTE

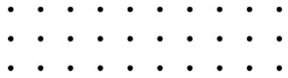




WATER CONSERVATION

- Fix any leaks promptly to conserve water.
- Install water-efficient appliances and fixtures, such as low-flow toilets and faucets.
- Encourage water-saving habits among staff and students.
- Rain water harvesting
- Adopt ways to increase ground water level through recharging of wells, bunding, plantation of trees etc
- Drip irrigation

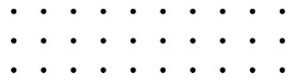




TRANSPORTATION

- Promote sustainable commuting options like biking, walking, and public transportation.
- Provide facilities for bicycle parking and electric vehicle charging stations
- Adopt eco-friendly travel which avoids carbon emission





EDUCATION AND AWARENESS

- Conduct awareness campaigns and training programs to educate staff, students, partners and collaborators about environmental issues.
- Promote a culture of sustainability within the institution
- Campaigns and Events: Organize events like Earth Day celebrations or sustainability fairs to promote awareness.





RENEWABLE ENERGY SOURCES

- Explore the possibility of incorporating renewable energy sources, such as solar energy, wind energy, bio-gas, bio fuels, hydropower.
- Purchase renewable energy credits to support clean energy initiatives

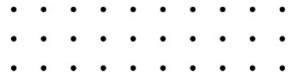




SUSTAINABLE EVENTS

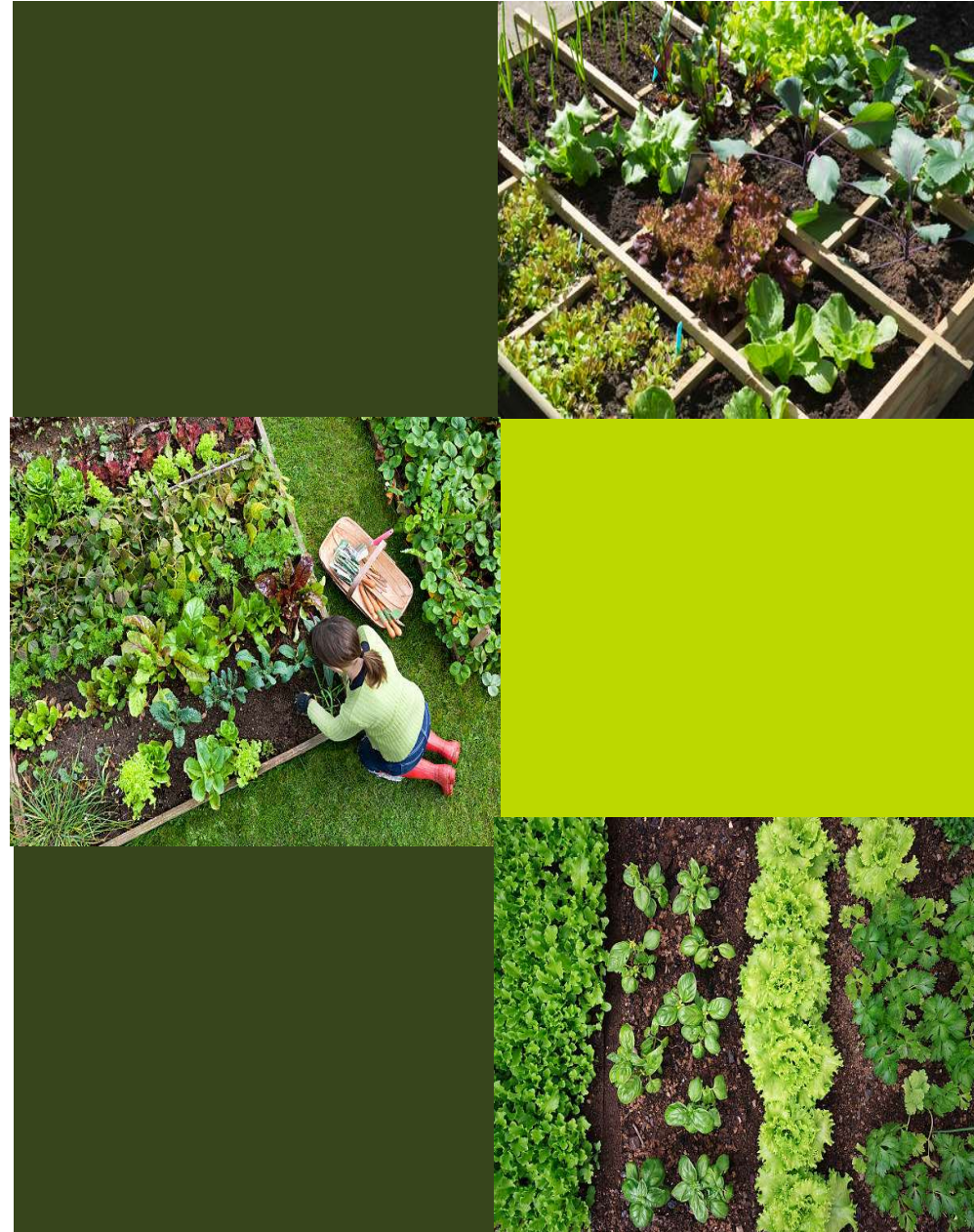
- Organize events with a focus on sustainability, including waste reduction and eco-friendly practices.
- Choose venues that adhere to green principles
- Outings to green parks
- Gift the guests with potted plants or seeds

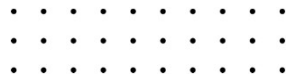




KITCHEN GARDENS

- Set up a kitchen /terrace garden where vegetables, herbs, fruits, and sometimes flowers can be grown for household use. Consuming fresh, homegrown produce contributes to a healthy diet.
- Gardening is known to have therapeutic benefits, such as reducing stress and promoting physical activity.
- Grow own food, which can reduce the environmental footprint associated with transportation, packaging, and the use of pesticides and fertilizers mostly used in commercial agriculture.





SIMPLE LIFE STYLE

- **Declutter and Minimize Possessions:** Simplify your life by decluttering your home and getting rid of things you don't need or use regularly.
- **Prioritize Experiences Over Material Goods:** Instead of accumulating possessions, prioritize experiences and meaningful relationships.
- **Spend Wisely:** Be mindful of your spending habits. Avoid impulse purchases and assess whether something is necessary before buying it.
- **Practice Mindfulness and Gratitude:** Cultivate mindfulness in your daily life by being present and appreciating the simple pleasures.
- **Simplify Your Diet:** Eat wholesome, unprocessed foods and reduce reliance on convenience or fast foods.
- **Reduce Digital Clutter:** Limit screen time, unsubscribe from unnecessary email lists, and organize digital files to reduce digital clutter.
- **Sustainable Living:** Adopt eco-friendly practices like reducing waste, conserving energy and water, and supporting sustainable products and businesses.
- **Connect with Nature:** Spend time outdoors, appreciate natural beauty, and develop a connection with the environment.
- **Focus on Personal Growth:** Invest in self-care, self-improvement, and lifelong learning. Simplifying your life can free up mental and emotional space to focus on personal growth and fulfillment.

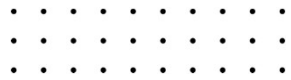
Living a Simple
life is a PEACE OF MIND



"it is no bad thing to celebrate a simple life"

J.R.R. Tolkien

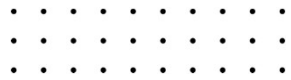




EDUCATION AND AWARENESS

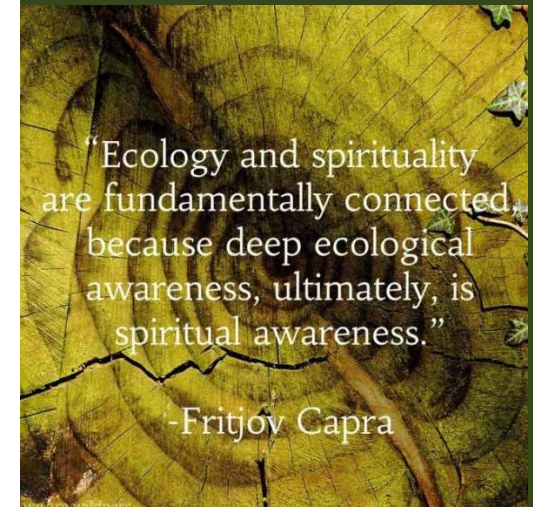
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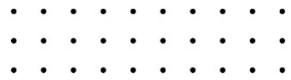




ECO-SPIRITUALITY

- **Deepen Your Connection with Nature:** Spend time with nature and develop a sense of awe and appreciation for the natural world around.
- **Environmental Stewardship:** Take responsibility for caring for the Earth.
- **Integrate Nature into Spiritual Practices:** Incorporate outdoor rituals, meditation in natural settings, or nature-based ceremonies into your spiritual routine.
- **Reflect on Interconnectedness:** Contemplate how all life is interconnected and interdependent. Recognize the sacredness of all beings and the Earth itself.
- **Advocate for Environmental Justice:** Stand up for the rights of marginalized communities and work towards sustainability and justice for all.
- **Educate and Raise Awareness:** Educate the community about environmental issues and inspire others to live more sustainably.
- **Practice Gratitude and Mindfulness:** Cultivate gratitude for the gifts of the Earth and practice mindfulness in daily interactions with nature.
- **Reduce Consumerism:** Challenge the culture of materialism and consumerism by living simply and consuming less

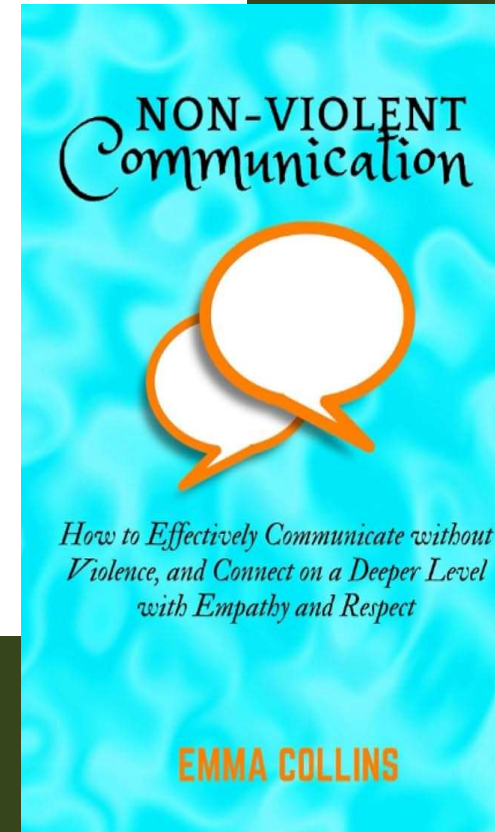




NONVIOLENT (COMPASSIONATE) COMMUNICATION:

- **Listen Actively:** Focus on listening attentively to others without interrupting or formulating responses in the mind.
- **Express feelings** and needs using "I" statements to take ownership of the experience.
- **Avoid Judgments and Criticism:** Refrain from labeling others or blaming them for how one feels. Instead, focus on expressing one's own experience.
- **Practice Patience and Empathy:** Cultivate patience and empathy towards oneself and others. Recognize that practicing NVC is a skill that improves with time and effort.
- **Seek Mutual Understanding:** Aim to understand the underlying feelings and needs of both oneself and the other person involved in the communication.

It's a transformative approach that can lead to greater harmony and understanding in all aspects of life.

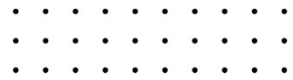




PARTNERSHIPS AND COLLABORATION

- Collaborate with local environmental organizations, businesses, institutions and government/non-government agencies to enhance sustainability efforts.
- Participate in community-wide initiatives for a greener environment





LEADERSHIP AND COMMITMENT:

- Foster a culture of sustainability from the top down with support from administration, staff and stakeholders.
- Empower leadership in sustainability initiatives through teams or clubs.
- Continuously educate and train staff on sustainable practices and encourage their active participation.





COMMUNITY ENGAGEMENT

- Partner with local environmental organizations and community groups for joint initiatives.
- Organize events like Earth Day celebrations, tree planting campaigns, or environmental awareness workshops.
- Involve people in sustainability committees or clubs to drive initiatives and raise awareness.





Join trillion tree campaign...

Each year, human activities release more carbon dioxide into the atmosphere than natural processes can remove, causing the amount of carbon dioxide in the atmosphere to increase. The global average carbon dioxide set a new record high in 2022: 417.06 parts per million.

It's time of taking action in regard to climate change ,the entire world is waking up to the damage already done to the environment, but there are positive steps that can be taken.

Stay connected



Green Protocol" in Rural areas involves integrating sustainable practices that promote environmental conservation and reduce ecological footprints. Here are some key strategies that can be part of such a protocol:

- **Renewable Energy Promotion:** Encourage the use of solar panels for electricity generation in homes, schools, and community centers. This reduces reliance on fossil fuels and mitigates greenhouse gas emissions.
- **Waste Management:** Implement effective waste segregation at source and promote recycling and composting. Encourage the use of biodegradable materials and discourage single-use plastics.
- **Water Conservation:** Promote rainwater harvesting techniques to recharge groundwater levels. Encourage the use of water-efficient technologies such as drip irrigation in agriculture.
- **Afforestation and Green Spaces:** Initiate tree-planting drives to increase green cover and combat deforestation. Create and maintain community parks and gardens to enhance biodiversity and provide recreational spaces.
- **Promotion of Organic Farming:** Support farmers in adopting organic farming practices that reduce chemical usage and promote soil health. Facilitate access to organic markets and certification.



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- **Education and Awareness:** Conduct workshops, seminars, and campaigns to educate villagers about environmental issues, sustainable practices, and their benefits. Involve schools and local leaders in spreading awareness.
- **Promotion of Eco-friendly Transport:** Encourage the use of bicycles, electric vehicles, or shared transport options to reduce carbon emissions from traditional fuel-powered vehicles.
- **Efficient Energy Use:** Replace traditional incandescent bulbs with energy-efficient LED bulbs. Promote energy-saving practices in households and community buildings.
- **Support for Eco-friendly Enterprises:** Provide incentives and support for small-scale businesses and enterprises that adopt eco-friendly practices, such as using sustainable materials or renewable energy sources.
- **Policy and Governance:** Work with local government bodies to develop and enforce policies that support sustainable development and environmental conservation. Encourage village councils to prioritize environmental considerations in local planning and decision-making.
- Implementing a Green Protocol requires collaboration among villagers, local authorities, NGOs, and government agencies. It's essential to tailor initiatives to suit local conditions and resources while ensuring long-term sustainability and community engagement.



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THANK YOU

