



## AZADI KA AMRIT MAHOTSAV

Commemorating 75 Years of India's Independence  
(12<sup>th</sup> March 2021 to 18<sup>th</sup> August 2022)

Sikkim ENVIS Hub  
Forest and Environment Department, Government of Sikkim

### 75 Week-long Action Plan (12<sup>th</sup> March 2021 to 18<sup>th</sup> August 2022)

Sikkim ENVIS Hub, Forest and Environment Department is celebrating Azadi Ka Amrit Mahotsav through a 75 week-long activities w.e.f 12<sup>th</sup> March 2021 to 18<sup>th</sup> August 2022 focussing of propagation of 75 Green Good Deeds to promote awareness on harmful effects of Single Use Plastics and to promote conservation and protection of environment. The following events are being organised in collaboration with School Eco-Clubs, NGOs, Army, SSB and ITBP personnel, other stakeholders, volunteers and general public at large.

As per the directions of the Ministry of Environment, Forest and Climate Change, the focused week for Sikkim State along with iconic week celebrations are also highlighted in the period of activity as detailed under:





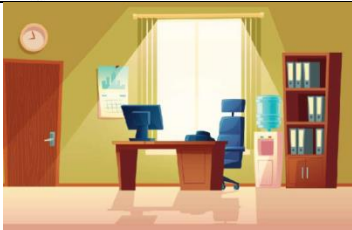
Week	Period of Activity		Month	Activities
	From	To		
1	12-03-2021	18-03-2021	March 2021	Celebration of World Forestry Day –‘Forest Restoration’; <i>Mith</i> Tree Programme/ Hugging the Tree Campaign; Weeding, maintenance and plantation activities of school nurseries, herbal-cum-botanical garden.
2	19-03-2021	25-03-2021		Celebration of World Water Day –‘Valuing water’; Activities to reduce water wastages such as fixing drip taps at schools/ homes, installation of drop traps, signages, grey water treatment at schools; cleanup of water sources, reuse of waste water in gardening etc.
3	26-03-2021	01-04-2021	April 2021	Adopting Rainwater harvesting to conserve water.
4	02-04-2021	08-04-2021		Not All Wastes are Waste Campaign; Practice of 3R's to convert wastes to valuable handicrafts, reusable products.
5	09-04-2021	15-04-2021		Stop backyard burning campaign; awareness campaign to stop the practice of burning of any types of waste
6	16-04-2021	22-04-2021		Celebration of World Earth Day with theme “Restore Our Earth” with online competitions, webinars etc.
7	23-04-2021	29-04-2021		Awareness on curbing the use of single- use plastic, Styrofoam products; Switching to traditional practices of using eco-friendly cutlery made of leaves, soft wood, etc.
8	30-04-2021	06-05-2021	May 2021	Awareness on curbing the use of single- use plastic, Styrofoam products; Knowledge sharing and seeking innovation/ ideas for management and reduction of plastic waste
9	07-05-2021	13-05-2021		Waste Segregation Practices: Using appropriate bins for waste disposal- green for organic waste including wet items, blue for plastics, paper & other dry waste & red for electronic waste.
10	14-05-2021	20-05-2021		Celebration of International Biodiversity Day, Care for flora and fauna. Online and offline competitive events for students and youth
11	21-05-2021	27-05-2021		Preparation of Biodiversity Registers at Schools – surveying and listing of all flora and fauna with local names and recording in biodiversity register
12	28-05-2021	03-06-2021		Celebration of World Environment Day –‘Ecosystem Restoration’: Plantation and clean up drives, online/ offline competitive events at schools.
13	04-06-2021	10-06-2021	June 2021	Plantation drive to continue; Cleanliness drive of school and



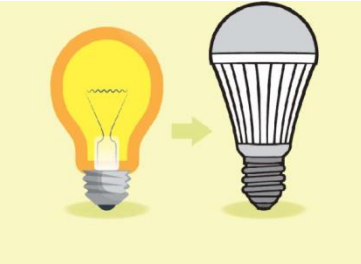


Week	Period of Activity		Month	Activities
	From	To		
				neighbourhood
14	11-06-2021	17-06-2021		Plantation drive to continue; Cleanliness drive of jhoras, nallahs, clearing of clogged drains, lakeside/ riverfront cleaning
15	18-06-2021	24-06-2021		Plantation drive to continue; Cleanliness drive of nature parks, public places and sramdan activities
16	25-06-2021	01-07-2021		Plantation drive to continue; Clean Air Campaign – car pooling, saving fuel, stop littering along roads, cleaning of taxi stands etc
17	02-07-2021	08-07-2021	July 2021	Celebration of Van Mahotsav July 1-7 and Celebration of State's flagship programme 'A Day for Mother Earth' on July 7– stoppage of all vehicles except emergency and essential services for 7 minutes on July 7 from 11am to 11.07am, plantation and clean up drives, awards and felicitation etc. State Level function organized at Dentam, West Sikkim with HCM as chief guest.
18	09-07-2021	15-07-2021		
19	16-07-2021	22-07-2021		
20	23-07-2021	29-07-2021		
21	30-07-2021	05-08-2021	August 2021	Propagation of Green Good Deed selected for week : Using native plant saplings for plantation
22	06-08-2021	12-08-2021		Propagation of Green Good Deed selected for week : Energy conservation by cooking food in low flame
23	13-08-2021 <i>Focused week for Sikkim</i>	19-08-2021		Online capacity building training for green teachers, eco-competitions etc, focused Green Good Deed activity of the week
24	20-08-2021	26-08-2021		Propagation of Green Good Deed selected for week : Avoiding buying in excessive to avoid spoilage, unplugging electrical appliances when not in use etc
25	27-08-2021	02-09-2021		
26	03-09-2021	09-09-2021	September 2021	Celebration of World Ozone Day on September 16, 2021 with the theme "Montreal Protocol – Keeping us, our food and vaccines cool"; Online session of Green teachers of school eco-lubs; online quiz for schools and green teachers
27	10-09-2021	16-09-2021		
28	17-09-2021	23-09-2021		
29	24-09-2021	30-09-2021		
30	01-10-2021 <i>Iconic Week Oct 1-10</i>	07-10-2021	October 2021	Celebration of iconic week during October 1-10 as per the direction of the MoEF&CC, GoI with focus on awareness on curbing the use of SUPs; cleanup drives of office premises, public places, lakeside clean up etc, signature campaign, online green pledge, online capacity building session for 100 Green Teachers of school eco-clubs; social media campaign, eco-competitions etc; Wildlife Week celebration across the state during October 2-10; Gandhi Jayanti on October 2 with clean up campaign;
31	08-10-2021	14-10-2021		
32	15-10-2021	21-10-2021		
33	22-10-2021	28-10-2021		
34	29-10-2021	04-11-2021	November 2021	Harit Diwali Swastha Diwali Campaign – Clean air campaign focusing on propagation of ban on use of firecrackers; Awareness on curbing the Single use Plastics in partnership with ULBs, local associations, Taxi Driver's Association etc. Awareness on Air and Water Pollution; riverfront clean up including jhoras, nallahs etc; Implementation of Green Skill Development Programme;
35	05-11-2021	11-11-2021		
36	12-11-2021	18-11-2021		
37	19-11-2021	25-11-2021		
38	26-11-2021 <i>Focused week for Sikkim</i>	02-12-2021	December 2021	Awareness on curbing the Single use Plastics in partnership with ULBs, local associations, Taxi Driver's Association etc;
39	03-12-2021	09-12-2021		Awareness on Air and Water Pollution; riverfront clean up including jhoras, nallahs etc
40	10-12-2021	16-12-2021		Implementation of Green Skill Development Programme;
41	17-12-2021	23-12-2021		
42	24-12-2021	30-12-2021		
43	31-12-2021	06-01-2022	January 2022	Awareness on curbing the Single use Plastics in partnership with ULBs, local associations, Taxi Driver's Association etc; Awareness on Air and Water Pollution; riverfront clean up including jhoras, nallahs etc Implementation of Green Skill Development Programme;
44	07-01-2022	13-01-2022		
45	14-01-2022	20-01-2022		
46	21-01-2022	27-01-2022		
47	28-01-2022	03-02-2022	February	Awareness on curbing the Single use Plastics in partnership with ULBs,

Week	Period of Activity		Month	Activities
	From	To		
48	04-02-2022	10-02-2022	2022	local associations, Taxi Driver's Association etc; Awareness on Air and Water Pollution; riverfront clean up including jhoras, nallahs etc Implementation of Green Skill Development Programme;
49	11-02-2022	17-02-2022		
50	18-02-2022	24-02-2022		
51	25-02-2022	03-03-2022		
52	04-03-2022	10-03-2022	March 2022	Awareness on curbing the Single use Plastics in partnership with ULBs, local associations, Taxi Driver's Association etc; Awareness on Air and Water Pollution; riverfront clean up including jhoras, nallahs etc Implementation of Green Skill Development Programme;
53	11-03-2022 <i>Focused week for Sikkim</i>	17-03-2022		
54	18-03-2022	24-03-2022		
55	25-03-2022	31-03-2022		
56	01-04-2022	07-04-2022	April 2022	Propagation of Green Good Deed selected for week*; Celebration of Earth Day on April 22 with eco-club activities; Eco-competitions; etc
57	08-04-2022	14-04-2022		
58	15-04-2022	21-04-2022		
59	22-04-2022	28-04-2022		
60	29-04-2022	05-05-2022	May 2022	Propagation of Green Good Deed selected for week*; Celebration of Biodiversity Day on May 22 with eco-club activities; Eco-competitions; etc
61	06-05-2022	12-05-2022		
62	13-05-2022	19-05-2022		
63	20-05-2022	26-05-2022		
64	27-05-2022	02-06-2022	June 2022	Propagation of Green Good Deed selected for week*; Celebration of World Environment Day on June 5; Eco-competitions (online/ offline); Awards and Felicitation; Plantation and clean up drives across the state;
65	03-06-2022	09-06-2022		
66	10-06-2022	16-06-2022		
67	17-06-2022	23-06-2022		
68	24-06-2022 <i>Focused week for Sikkim</i>	30-06-2022		
69	01-07-2022	07-07-2022	July 2022	<b>Iconic Event of Forest and Environment Department (Sikkim),</b> Propagation of Green Good Deed selected for week*; Celebration of Van Mahotsav on July 1-17 and 'A Day for Mother Earth on July 7; Awards and Felicitation; Plantation and clean up drives across the state;
70	08-07-2022	14-07-2022		
71	15-07-2022	21-07-2022		
72	22-07-2022	28-07-2022		
73	29-07-2022	04-08-2022	August 2022	Propagation of Green Good Deed selected for week*; Culmination of 75 week long activities,
74	05-08-2022	11-08-2022		
75	12-08-2022	18-08-2022		



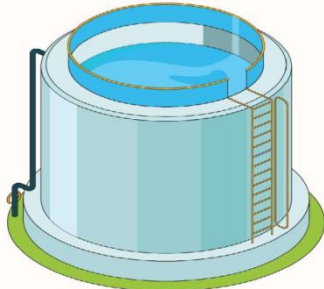


**\* Attached 75 suggestive Green Good Deed for 75 week-long Azadi ka Amrit Mahotsav for School Eco-Clubs.**



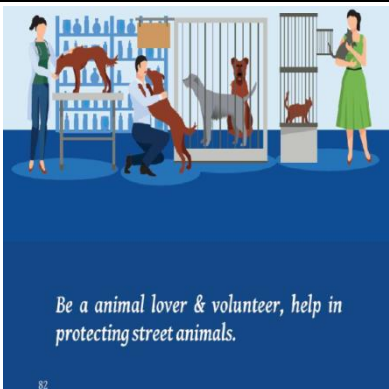
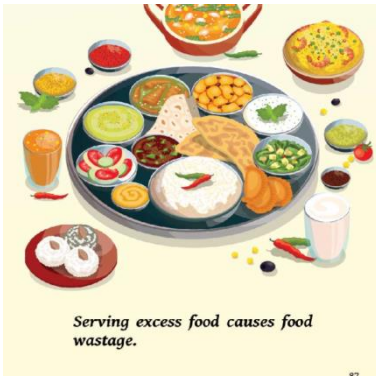

List of Green Good Deeds






S.No.	Green Good Deed	
1.	Plant trees to reduce the impact of pollution	 <p>Plant trees to reduce the impact of pollution</p> <p>124</p>
2.	Green your place of work (school, college, neighbourhood)	 <p>Green your place of work (school, college, neighbourhood)</p> <p>127</p>
3.	Use sprinklers for watering plants to save water.	 <p>Use sprinklers for watering plants to save water.</p> <p>105</p>
4.	Every paper scrap is valuable, recycle and re-use paper scraps.	 <p>Every paper scraps is valuable, recycle and re-use paper scraps.</p> <p>24</p>
5.	Light your offices efficiently, use as much natural light as possible.	 <p>Light your offices efficiently, use as much natural light as possible.</p> <p>35</p>

S.No.	Green Good Deed	
6.	Efficiently wash dishes by pre-soaking heavy pots and pans	 <p><i>Efficiently wash dishes by pre-soaking heavy pots and pans</i></p> <p>116</p>
7.	Don't make loud noises as it can stress, traumatize and even irritate animals	 <p><i>Don't make loud noises as it can stress, traumatize and even irritate animals</i></p> <p>79</p>
8.	Switch to LED bulbs, it reduces carbon emission.	 <p><i>Switch to LED bulbs, it reduces carbon emission.</i></p> <p>41</p>
9.	Keep your computer on hibernation mode while going outside for longer duration.	 <p><i>Keep your computer on hibernation mode while going outside for longer duration.</i></p> <p>42</p>
10.	Protect birds as most of them are threatened.	 <p><i>Protect the birds as the most of them are threatened.</i></p> <p>75</p>

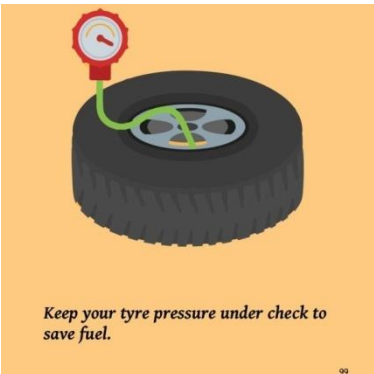
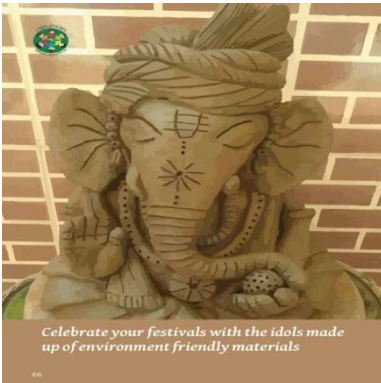





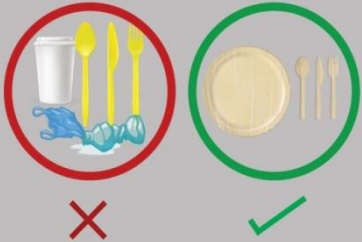



S.No.	Green Good Deed	
11.	Store food in refrigerator at ideal temperature.	 <p>Store food in refrigerator at ideal temperature.</p>
12.	Save water while bathing. Reduce shower time, especially in summer	 <p>Save water while bathing. Reduce shower time, especially in summer</p>
13.	Never let water tank overflow, as it leads to wastage of water.	 <p>Never let water tank overflow, as it leads to waste of water.</p>
14.	Use public transport	 <p>Use public transport</p>
15.	Don't burn waste. Burning garbage releases smoke and particles that can affect health and climate.	 <p>Don't burn waste. Burning garbage releases smoke and particles that can affect health and climate.</p>






S.No.	Green Good Deed		
16.	Boycott products and souvenirs made from the skin, horns and fur of wild animals.		
17.	Adopt yoga & stay fit & healthy		
18.	Be a animal lover & volunteer, help in protecting street animals.		
19.	Serving excess food causes food wastage.		
20.	Keep your bed neat and clean for better hygiene.		





S.No.	Green Good Deed		
21.	Use native plants in garden as they require less water and fertilizers.		 <p>Use native plants in garden as they require less water &amp; fertilizers.</p> <p>126</p>
22.	Cook on low flame to save fuel.		 <p>Cook on low flame to save fuel.</p> <p>91</p>
23.	Get cooking ingredients ready before you light the burner		 <p>Get cooking ingredients ready before you light the burner</p> <p>92</p>
24.	Don't purchase perishable food items such as fruits, vegetables, eggs, etc in excess to avoid spoilage		 <p>Don't purchase perishable food items such as fruits, vegetables, eggs, etc in excess to avoid spoilage</p> <p>94</p>
25.	Unplug your electronic appliances at home before going on vacation		 <p>Unplug your electronic appliances at home before going on vacation</p> <p>96</p>







S.No.	Green Good Deed		
26.	Keep your tyre pressure under check to save fuel.		 <p>Keep your tyre pressure under check to save fuel.</p>
27.	Celebrate your festivals with the idols made up of environment friendly materials.		 <p>Celebrate your festivals with the idols made up of environment friendly materials</p>
28.	Adopt rain water harvesting to conserve water		 <p>Adopt rain water harvesting to conserve water</p>
29.	Clean your house daily for better hygiene		 <p>Clean your house daily for better hygiene</p>
30.	Practice efficient irrigation methods		 <p>Practice efficient irrigation methods</p>
31.	Stop using single-		



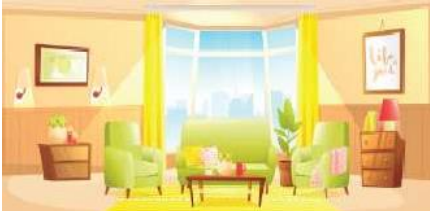

S.No.	Green Good Deed	
	<p>use plastic or thermocol cutlery during parties; instead use eco-friendly cutlery made of leaves, soft wood, etc.</p>	 <p>Stop using single-use plastic or thermocol cutlery during parties instead use eco-friendly cutlery made of leaves, soft wood, etc.</p> <p>26</p>
32.	<p>Prefer earthen pots over plastic bottles</p>	 <p>Prefer earthen pots over plastic bottles</p> <p>104</p>
33.	<p>Avoid wrapping items in plastics instead use eco-friendly packaging.</p>	 <p>Avoid wrapping items in plastics instead use eco-friendly packaging.</p> <p>89</p>
34.	<p>Use appropriate bins for waste disposal- green for organic waste including wet items, blue for plastics, paper &amp; other dry waste &amp; red for electronic waste.</p>	 <p>Use appropriate bins for waste disposal - green for organic waste including wet items, blue for plastics, paper &amp; other dry waste &amp; red for electronic waste.</p> <p>29</p>
35.	<p>Avoid burning crackers, Celebrate Harit Diwali - Swasth Diwali.</p>	



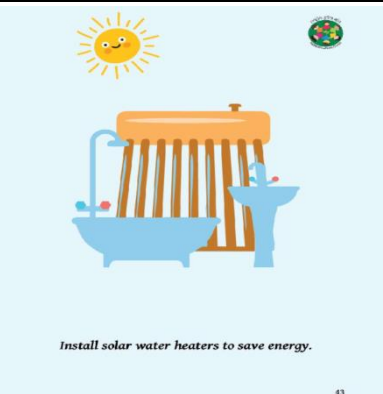
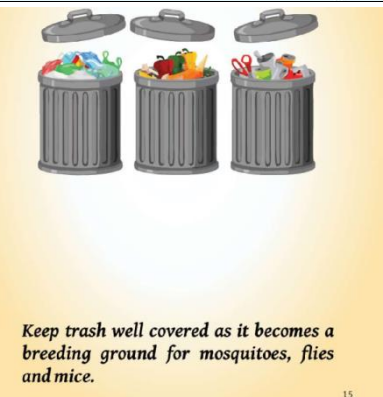

S.No.	Green Good Deed		
			<p>"GREEN CRACKERS"</p>  <p>Avoid burning crackers. Celebrate Harit Diwali - Swasth Diwali</p> <p>64</p>
36.	Make car-pooling a habit, it reduces traffic on the roads, thus reducing air and noise pollution.		 <p>Make Car-pooling a habit, it reduces traffic on the roads, thus reducing air and noise pollution.</p> <p>55</p>
37.	Stop stubble burning, since it is a major contributor of Particulate Matter.		 <p>Stop stubble burning, since it is major contributor of Particulate Matter.</p> <p>71</p>
38.	Control the bass of music systems, since it causes noise pollution.		 <p>Control the bass of music systems, since it causes noise pollution</p> <p>60</p>
39.	Collect your trash/waste in cloth bags during commuting.		 <p>Collect your trash/waste in cloth bags during commuting.</p> <p>34</p>






S.No.	Green Good Deed	
40.	Use CNG vehicles to reduce pollution.	 <p>Use CNG vehicles to reduce pollution</p>
41.	Care for flora and fauna. Keep your eyes and ears open for any cruelty to animals.	 <p>Care for flora and fauna. Keep your eyes and ears open for any cruelty to animals.</p>
42.	Don't splash away the water to clean your car, instead use a bucket and a mug to clean your car.	 <p>Don't splash away the water to clean your car; instead use a bucket and a mug to clean your car.</p>
43.	Use water efficiently while cooking food	 <p>Use water efficiently while cooking food</p>
44.	Adhere the vehicle emission standards and prevent air pollution.	


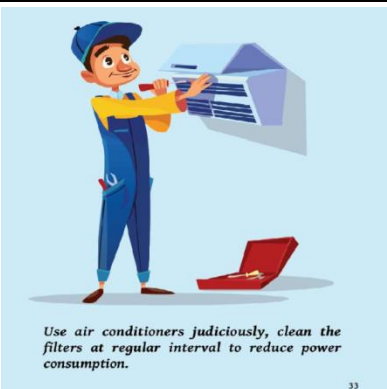

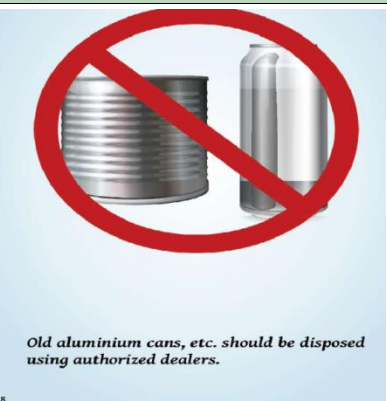
S.No.	Green Good Deed	
		 <p>Adhere the vehicle emission standards and prevent air pollution.</p>
45.	Don't keep vehicle engine turned on unnecessarily, turning off the engine will prevent the release of harmful air pollutants.	 <p>Don't keep vehicle engine turned on unnecessarily, turning off the engine will prevent the release of harmful air pollutants.</p>
46.	Set geyser temperature at an optimum level; donot leavegeyser 'ON' after use.	 <p>Set geyser temperature at an optimum level; do not leave geyser 'ON' after use.</p>
47.	Don't dump or burn tyres, reuse them.	 <p>Don't dump or burn tyres, reuse them.</p>







S.No.	Green Good Deed	
48.	Use sound proof (acoustic) Diesel Generator sets to prevent noise pollution	 <p><i>Use sound proof (acoustic) Diesel Generator sets to prevent noise pollution</i></p>
49.	Save fuel from evaporation, ensure that fuel cap is closed tightly.	 <p><i>Save Fuel from evaporation, ensure that fuel cap is closed tightly.</i></p>
50.	Keep indoor plants in room to purify air.	 <p><i>Keep indoor plants in room to purify air.</i></p>
51.	Avoid concrete bases around the plants to allow seepage of water into the roots.	 <p><i>Avoid concrete bases around the plants to allow seepage of water into the roots.</i></p>



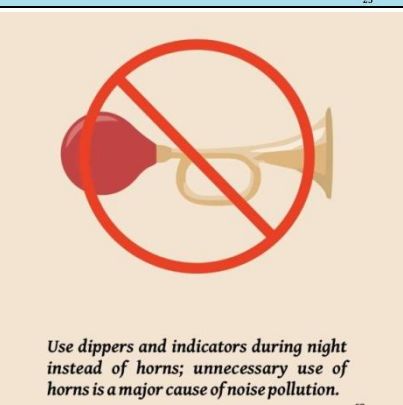
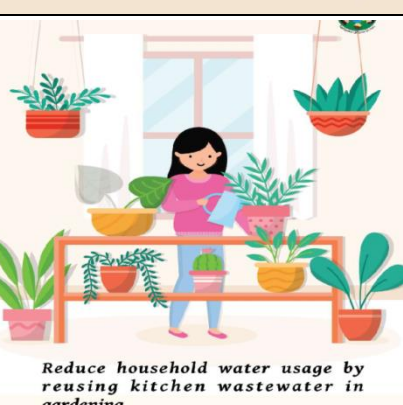
S.No.	Green Good Deed		
52.	Say 'no' to Cigarette as it harmful to health and cause air pollution.		
53.	Cook with fuel-efficient kitchen appliances, use ISI marked LPG stove for higher efficiency.		
54.	Install solar water heaters to save energy.		
55.	Keep trash well covered as it becomes a breeding ground for mosquitoes, flies and mice.		
56.	Dispose electronic & hazardous waste through authorised recyclers.		

S.No.	Green Good Deed	
57.	Use phosphorous free detergents	 <p>Use phosphorous free detergent</p> <p>63</p>
58.	Check water leakages or any blockage in water pipes to save water.	 <p>Check water leakages or any blockage in water pipes to save water.</p> <p>19</p>
59.	Reuse the waste water of Reverse osmosis water purifying systems for gardening purpose	 <p>Reuse the waste water of reverse osmosis water purifying systems for gardening purpose</p> <p>115</p>
60.	Food residue should be turned to compost.	 <p>Food residue should be turned to compost.</p> <p>23</p>
61.	Don't overfill fuel tank, it is harmful to the environment and to the car engine.	 <p>Don't overfill fuel tank, it is harmful to the environment and to the car engine.</p> <p>50</p>

S.No.	Green Good Deed		
62.	Hazardous materials like paints, pesticides, car batteries, waste oil etc. should be treated scientifically before disposal.		 <p>Hazardous materials like paints, pesticides, car batteries, waste oil etc. should be treated scientifically before disposal.</p>
63.	Use air conditioners judiciously, clean the filters at regular interval to reduce power consumption.		 <p>Use air conditioners judiciously, clean the filters at regular interval to reduce power consumption.</p>
64.	Use the washing machine efficiently to reduce water usage and dry clothes in the sun.		 <p>Use the washing machine efficiently to reduce water usage and dry clothes in the sun</p>
65.	Old aluminium cans, etc. should be disposed using authorized dealers.		 <p>Old aluminium cans, etc. should be disposed using authorized dealers.</p>

S.No.	Green Good Deed		
66.	Park your vehicles in the shade. Vehicles parked in the shade stay cool, and reduce fuel consumption by minimizing use of ACs.		 <p><i>Park your vehicles in the shade. Vehicles parked in the shade stay cool, and reduces fuel consumption by minimizing use of ACs.</i></p> <p>40</p>
67.	Develop green belts in cities		 <p><i>Develop green belts in cities</i></p> <p>70</p>
68.	Prefer high octane fuel for more benefits as it reduces carbon dioxide emissions from vehicles.		 <p><i>Prefer high octane fuel for more benefits as it reduces carbon dioxide emissions from vehicles.</i></p> <p>49</p>
69.	Adopt 'One family, one car'.		 <p><i>Adopt 'One family, one car'</i></p> <p>53</p>



S.No.	Green Good Deed		
70.	Ensure vehicle maintenance and servicing for minimizing the pollution		 <p>Ensure vehicle maintenance and servicing for minimizing the pollution.</p>
71.	Bio-medical waste should be properly disposed off as per Biomedical Waste Management Rules		 <p>Bio-medical waste should be properly disposed off as per Biomedical Waste Management Rules.</p>
72.	Use dippers and indicators during night instead of horns; unnecessary use of horns is a major cause of noise pollution.		 <p>Use dippers and indicators during night instead of horns; unnecessary use of horns is a major cause of noise pollution.</p>
73.	Reduce household water usage by reusing kitchen wastewater in gardening		 <p>Reduce household water usage by reusing kitchen wastewater in gardening</p>

S.No.	Green Good Deed	
74.	Do not honk near schools, hospitals or where the 'No Horn' sign is displayed.	 <p><i>Do not honk near schools, hospitals or where the 'No Horn' sign is displayed</i></p>
75.	Segregate kitchen waste and use it for making compost.	 <p><i>Segregate kitchen waste and use it for making compost.</i></p>