

Let's make the city **CHAKACHAK**





Kachra kidhar? BIN JIDHAR!

Hi kids! We are here to tell you about kachra! This booklet will educate you about what goes into which bin and how to manage waste. This booklet also features 3R, the wise super-crow who flies from one neighbourhood to another, making people aware about managing waste the right way. Has he visited your neighbourhood yet? Look out for 3R!

Let's begin.

Our wise crow 3R was flying over Saaf Nagar when he saw Golu and Ajju arguing. He flew down to them to ask what had happened.

3R, Ajju says he can throw waste in the garden, but I am telling him he has to throw it in the bin. You tell us who is right.

You both are right. Let me explain this. When things we use become unusable, we throw them away. This waste can be in any form - solid or liquid.



What can we do with this waste?

This waste needs to be managed by each one of us for a healthy environment.

How can we do that?

It is important to segregate the waste. Some waste materials like paper, plastic, wood, glass, rubber, cloth, metal can be reused or recycled.



Whereas the kitchen waste, such as fruit and vegetable peels, tea leaves, egg shells, bones from chicken/meat curry can be composted.

After segregating the waste, we should throw it in the appropriate bins. Use the green coloured bin for biodegradable, wet waste; the blue bin for non-biodegradable or dry waste; and the red bin to throw away unused electronic waste and biohazardous waste.



In a nutshell, waste management means to reduce, reuse and recycle (3Rs) the waste. Let me make it easier for you. When we segregate waste products, we contribute to the 3Rs.



Tell us about the 3Rs.
When we replace products like small packets with bottles/jars OR avoid using polythene in our homes or say NO to packaged food, we are Reducing the waste.

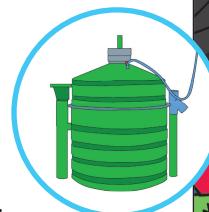
Some materials that we throw away can be used again, like atta packet can be reused as a shopping bag OR old wrapping paper can be flattened and reused to wrap gifts. This is Reusing waste instead of adding to the waste load.



Some products in our waste can be used as raw materials to manufacture other products. This is called Recycling. Materials like iron and steel scrap, aluminium cans, glass bottles, paper, wood and plastics can be used for recycling.



Composting or reuse of biodegradable waste—such as food or garden waste—is also a form of recycling. When organic matter like food or animal waste (eg. cattle dung) is broken down by microorganisms in the absence of oxygen, biogas is formed. Biogas, another form of recycling, is an environment-friendly, renewable energy source that can be used for cooking and to fuel the vehicles.

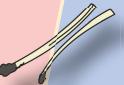


All the 3Rs help in reducing the waste load and thus, help to conserve our environment.

We have understood it well now. Thank you 3R!

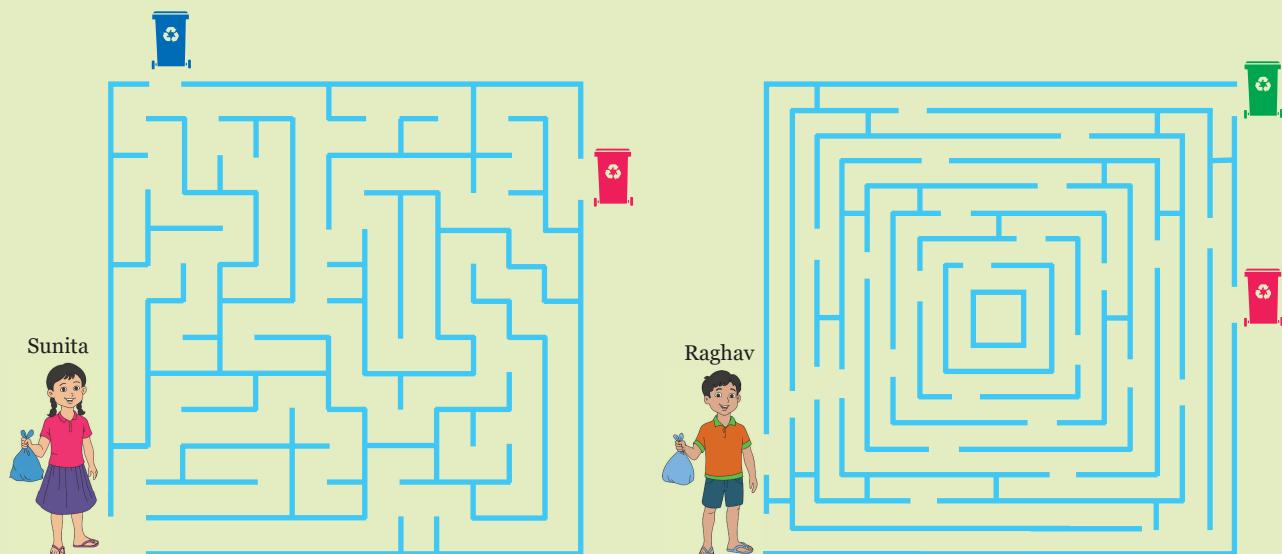
3R takes off to another neighbourhood in Saaf Nagar!

Did You KNOW?

Everyday waste	Time for decomposition
Organic kitchen waste	 1-2 months
Tissue paper	 3 months
Matchstick	 6 months
Gum	 5 years
Cigarette butts	 1-12 years
Aluminium cans	 10-100 years
Diaper	 400 years
Plastic bottle	 100-1000 years

Activity / Game

Help Sunita reach the  and Raghav reach the 



This activity is for 10-12 year olds only. Take a photo of both the solved puzzles and send your entries to 9667743455 or share on www.facebook.com/cleanNoidaProject. Entries with correct answers will win exciting prizes.

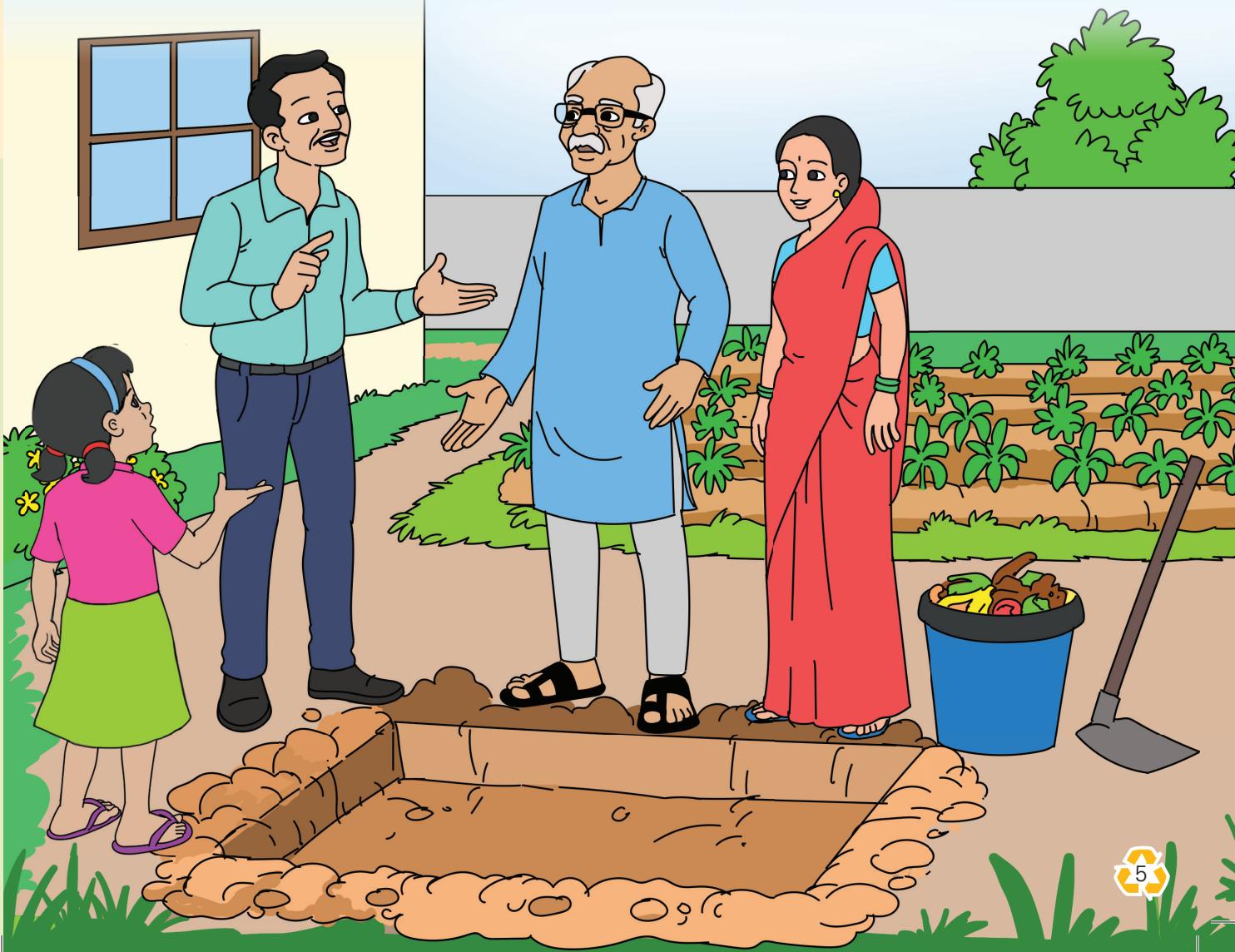


Komal Kaaki turns waste into manure!

Komal Kaaki, a resident of another neighbourhood in Saaf Nagar, had heavy debates with her father-in-law, Shyamji. She wanted to use the backyard of their home for composting, but Shyamji was against it. He did not want to waste the land. Komal Kaaki's daughter Prakriti asked her Science teacher in school, Darshan Sir, to come home and resolve this matter.

Darshan Sir heard them both out and then he explained to Shyamji that instead of throwing kitchen waste away in the bin, it can be used for composting. Composting is a natural process of recycling organic matter into manure which provides nutrients to the soil. It is also a great way to reduce kitchen waste. For this, Komal Kaaki will simply need to dig a compost pit in the backyard and dispose of all the kitchen waste, such as fruit and vegetable peels, leftover food, tea leaves, egg shells, etc. into that pit – on a daily basis.

Shyamji was amused as to how throwing all the waste in the pit will be hygienic. Darshan Sir explained that every day, after disposing wet waste in the pit, Komal Kaaki will cover the waste with soil. That way, there will not be any bad smell and



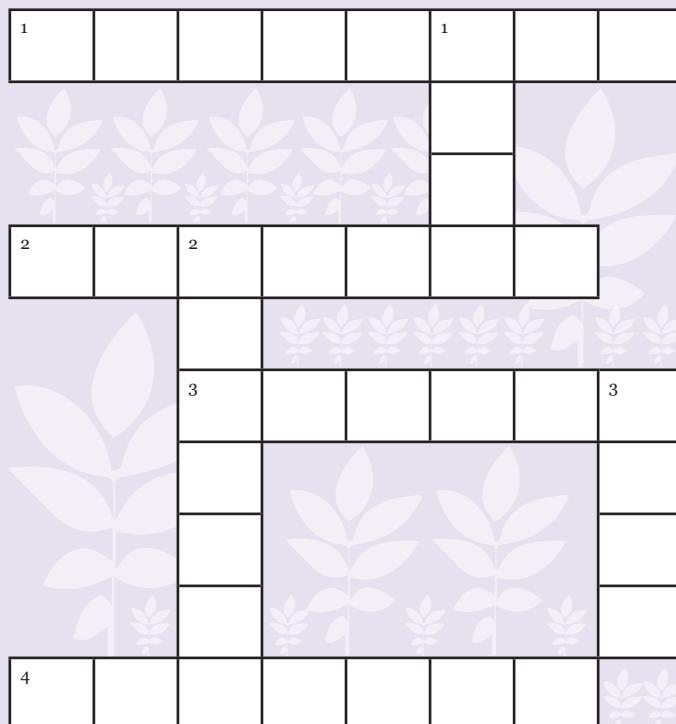
the waste will not attract flies. Once the pit is filled up over time, it will be covered with soil completely and rested for 1-2 months. During this time, the waste will decompose and turn into compost. You can use this compost as fertiliser or manure for your plants.

Shyamji then understood that this was a great way to reduce and recycle waste at home. He happily agreed and even offered to help Komal Kaaki dig the compost pit!

Activity/Game

Fill in the crossword puzzle using the clues below:

Puzzle



Clues:

Across:

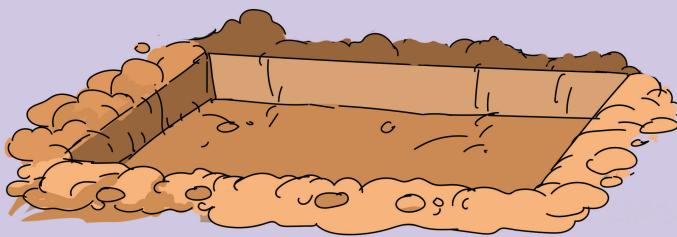
1. You dispose _____ in the compost pit.
2. Composting is a great way to _____ at home.
3. Use the compost as _____ for your plants.
4. In most houses, wet waste can be found in the _____.

Down:

1. Once the pit is filled up, cover it with _____.
2. Waste decomposes and turns into _____.
3. Shells of _____ can be disposed of in the compost pit.



This activity is for 12-14 year olds only. Take a photo of the solved puzzle and send your entries to 9667743455 or share on www.facebook.com/cleanNoidaProject. Entries with correct answers will win exciting prizes.



Hazards of Using Polythene

Polythene is a common form of packaging which is used extensively throughout our country, in fact all over the world. Whether it is for buying something from the market or lining our garbage bin, we use polythene bags every day. They are mostly used for a few minutes and then discarded.

What is it made up of?

Polythene is made up of Polyethylene, a constituent of crude oil and natural gas, and is separated through the process of fractional distillation. It is tough and durable, and used in making polythene bags, plastic boxes, bottles, etc.



Here are some eye-openers:

According to scientists, polythene bags take 400 to 1,000 years to decompose.



The chemicals used in some bags can cause poisoning when burned.



Most polythene bags usually end up in landfills. Stray animals like dogs and cows, who gather around garbage dumps, end up eating the polythene bags, which choke them to death.



If thrown in water bodies, polythene bags may get swallowed by the coastal birds and sea animals, and kill them.



Let us understand it this way:



You buy groceries packed in polythene bag



After removing groceries, you throw the polythene bag in the dustbin



The polythene bag ends up in the landfill



The stray animals eat up the polythene bag and choke to death

What is the alternative to polythene bags?

One can use paper bags or jute/cloth bags to carry or for packaging things. It is necessary to shift to environment-friendly materials instead of polythene for a cleaner, greener future.



Sanitary Waste

Another form of hazardous waste is called the sanitary waste that should be disposed of in a proper manner. The plastic used in sanitary napkins is non-biodegradable, thereby causing health and environmental hazards. Plus, waste pickers are at a high risk of exposing themselves to bacterial and other infections while handling soiled napkins.

While disposal is important, on a health note, Menstrual Hygiene Management is equally important. If proper hygiene practices are not observed during the time of your periods, it could lead to rashes, odour and even infections.

Here are a few dos and don'ts to practise

Dos



Change your sanitary napkin 2-3 times a day.



Wrap your used napkin in a newspaper before throwing it.



Wash your hands before and after you change sanitary napkins.



Don'ts



Keep the napkin on for a long duration of time.



Flush the used sanitary napkin in the toilet.



Use cloth napkins for periods. If the cloth is dirty, it can lead to infections.



Activity

Let us test how much you have learnt about waste management!

Match the following waste items with the correct bins - Blue, Green or Red!

1. Magazine

2. Cardboard box

3. Egg shells

4. Stale pizza slice

5. Used face mask

6. Sanitary pad

7. Glass jar (not broken)

8. One day old water in a bottle



This activity is for 14-16 year olds only.

Take a photo of the solved activity and send your entries to 9667743455 or share on www.facebook.com/cleanNoidaProject. Entries with correct answers will win exciting prizes.

Haath swachh, toh aap swasth

Handwashing is an essential hygiene practice. Germs from dirty hands can be transferred to other objects and then get transferred to other people's hands; this can lead to stomach and respiratory infections. Washing hands frequently prevents this transfer of germs. Since the onset of COVID-19, handwashing has become an essential activity. Good hand hygiene reduces the chances of illness.

7 Steps of HANDWASHING



Step 1 Wet hands. Apply soap. Lather well. Rub palms together.



Step 3 Interlink your fingers and rub hands together.



Step 2 Rub the back of your hands, one hand at a time.



Step 4 Interlock the fingers and rub the back of your fingers of both hands.



Step 5 Rub thumb in a rotating manner, followed by the area between the thumb and the index finger.



Step 7 Rub both the wrists in a rotating manner. Rinse. Dry thoroughly.



Step 6 Rub fingertips on the palm for both hands.


STOP germs from spreading.
Wash your hands frequently.

To always prevent the spread of germs, especially during the COVID-19 phase, ensure you wash your hands with soap and water for at least 20 seconds.



When to Wash Hands?

Help yourself and your loved ones by washing your hands frequently and regularly. Here are some situations where you are likely to get and spread germs:

- Before, during and after preparing food
- Before and after eating food
- Before and after treating an open cut or wound
- After using the toilet
- After cleaning a child who has used the toilet
- After blowing your nose, sneezing or coughing into the hands
- After touching an animal, animal feed or animal waste
- After touching garbage.

Activity

Circle the 6 differences in the 2 pictures below.

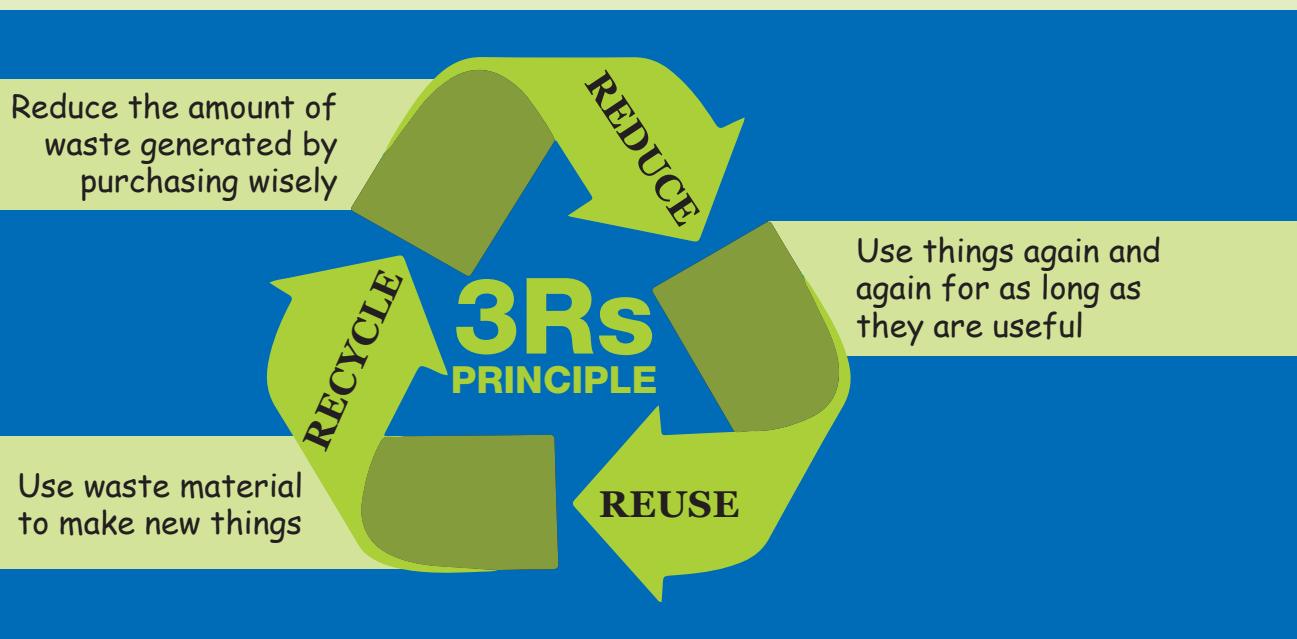


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Recycling CAN BE FUN!

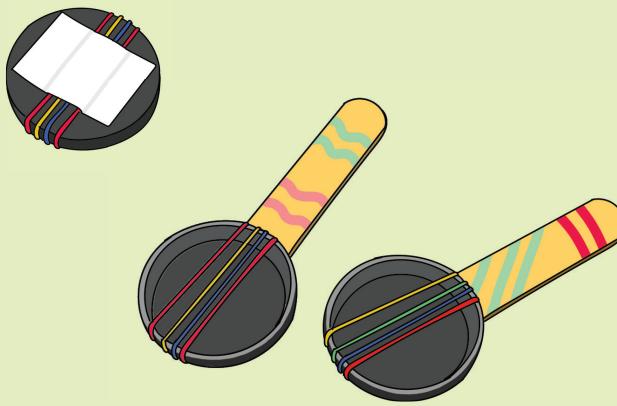
All around the world, the concept of 3Rs is being practised for effective waste management. What are the 3Rs?



Follow the 3Rs principle and do your bit to conserve the environment.

Here are a couple of ideas to make interesting crafts using recycled goods found at home. It is easy and fun. Try these and decorate your home or room with these craft ideas!

Mini Lid Guitar



Things you will need:

- Any small jar lid (*dhakkan*)
- Used and cleaned ice-cream stick
- Paints or colour pens
- Scotch tape
- 4 big rubber bands (any colour)

How to make your Mini Lid Guitar:

1. Paint the cleaned ice-cream stick on both sides with any paint. Let it dry completely. You can also decorate it with designs made by felt pens if you like.
2. Place the 4 rubber bands over the lid and tape them on the top side of the lid.
3. Take the dried ice-cream stick and attach it to the taped rubber band side with another tape.
4. Your Mini Lid Guitar is ready. Enjoy playing!

Colourful Bookmark



Things you will need:

- Thin cardboard (you can take parts of old cartons also)
- Pages from old magazine or newspaper or any waste paper
- Glue
- Paint brush
- Scissors
- Ribbon or colourful thick string

How to make your Colourful Bookmark:

1. Cut the cardboard in a rectangle shape (small size that will fit in a book) and make a small hole on the top end using scissors.
2. Cover the whole bookmark (front and back) with glue. You can use a paint brush for this if you like.
3. Take the pages (magazine, coloured paper or newspaper) and tear them into small pieces of different sizes.
4. Place these pieces onto the cardboard rectangle and let it dry.
5. Once it is dry, trim the extra paper which is hanging outside the rectangle.
6. Take the ribbon or coloured string through the hole and tie a knot.
7. Your bookmark is ready to use!

About the Project

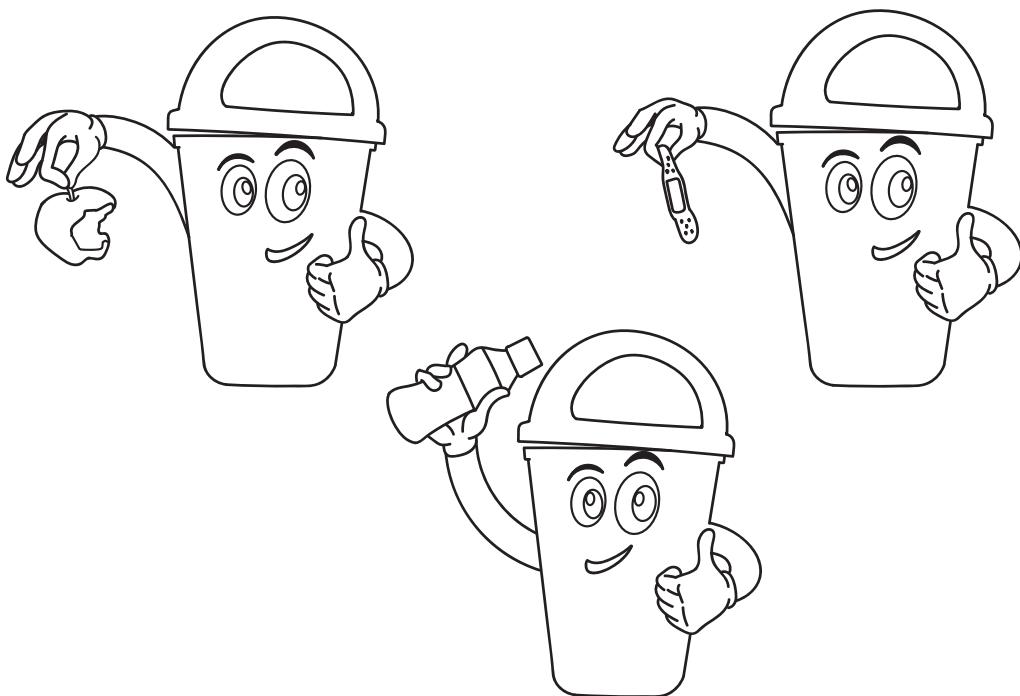
HCL Foundation, the corporate social responsibility arm of the multinational company HCL, was established in 2011. HCL Foundation aims to bring about a lasting impact in the lives of people through long-term sustainable programmes in WASH, education, health, livelihoods and environment.

With its corporate headquarters in NOIDA, UP and realising that there is a need for a long-term vision to manage solid waste, HCL Foundation has partnered with NOIDA administration to strengthen the city's waste management system and contribute in making it one of the cleanest cities in the country.

For this, HCL Foundation has launched an initiative called Clean NOIDA and intends to carry out works and services to implement effective solid waste management in NOIDA city. This initiative aims to transform the city into a litter and waste free region, covering all the Residents Welfare Associations and urban villages. The major focus areas of the project are capacity building of relevant stakeholders, intensive behaviour change campaigns, awareness drives and technological solutions.

COLOUR ME

This activity is for 10-12 year olds only. Take a photo of the correctly coloured bins and send your entries to 9667743455 or share on www.facebook.com/cleanNoidaProject. Entries with correct answers will win exciting prizes.



Entries for all activities are valid till 20 December 2021.