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## REPORT ON 'AWARENESS SESSION ON REDUCING WASTE FOR A GREENER FUTURE'

**Date:** 6th March 2026

**Time:** 10:00 AM onwards

**Venue:** Anganwadi Centre, Berka, Sohna, Gurugram

**Event Type:** Awareness Session and Skill Demonstration

**Mode of Activity:** Offline

**Target Group:** Anganwadi workers, local women, community members and children

**Convener:** Dr. Neeraj Kumari (NSS Program Coordinator)

**Event Coordinator:** Mr. Amit Kumar, NSS Program Officer

**Student Coordinators:** Sanvi Vashistha (BA (H) Psychology), Harsh (BA (H) Psychology)

**Organized by:** National Service Scheme (NSS), K. R. Mangalam University

**Participants:** 30 NSS Volunteers and more than 29 local community members

**Social Media Link:**

<https://www.instagram.com/reel/DWTRrtqDAXw/?igsh=anhmMWF1NTUxcGxm>

### Introduction

On the occasion of International Women's Day, the NSS Unit of K. R. Mangalam University organized an Awareness Session on Reducing Waste for a Greener Future on 6th March 2026 at the Anganwadi Centre, Berka, Sohna. The initiative aimed to promote environmental awareness among community members, particularly women, and encourage sustainable waste management practices at the household level.

During the session, NSS volunteers educated participants about the importance of waste segregation into dry and wet waste, responsible waste disposal, and the harmful effects of excessive plastic use. A practical demonstration was also conducted where volunteers showed how paper bags can be prepared from waste newspapers, promoting recycling and eco-friendly alternatives to plastic bags.

The activity aligns with Sustainable Development Goal (SDG) 5 – Gender Equality by empowering women through awareness and skill-building and SDG 11 – Sustainable Cities and Communities by encouraging responsible waste management practices.

### Objectives



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- To create awareness about waste reduction and environmental protection.
- To educate community members about segregation of dry and wet waste at the household level.
- To encourage the use of eco-friendly alternatives to plastic bags.
- To demonstrate simple recycling practices such as making paper bags from waste paper.
- To empower women to adopt sustainable lifestyle practices.

### **Content of the Event**

The event began with an interactive awareness session conducted by NSS volunteers who explained the importance of maintaining a clean and healthy environment. Participants were informed about the growing problem of waste generation and the need to adopt sustainable waste management practices.

### **Awareness on Dry and Wet Waste Segregation**

Volunteers explained the difference between dry waste and wet waste and highlighted the importance of separating them at the source.

- **Wet Waste:** Includes biodegradable materials such as food scraps, vegetable peels, fruit waste, and garden waste. These materials can be decomposed naturally and can be converted into compost.
- **Dry Waste:** Includes non-biodegradable materials such as plastic, paper, glass, metal, and packaging materials, which should be recycled or reused.

Rural women were encouraged to maintain separate bins at home to reduce landfill waste and improve recycling efficiency.

### **Demonstration of Paper Bag Making**

A hands-on demonstration was conducted where NSS volunteers taught participants how to make paper bags from old newspapers and waste paper. The activity was simple and practical, allowing community members to learn a useful skill that can reduce plastic usage.

Participants actively took part in the activity and learned how such paper bags can be used for daily household purposes such as carrying groceries or storing small items.

### **Community Interaction**

The volunteers also interacted with Anganwadi workers and local residents, discussing ways to reduce waste generation, reuse materials, and promote cleanliness in their surroundings. The session

encouraged participants to adopt small yet impactful steps toward environmental conservation.

### Conclusion

The Awareness Session on Reducing Waste for a Greener Future proved to be a meaningful initiative in promoting environmental responsibility among community members. The session not only increased awareness about waste segregation but also empowered participants with practical skills such as making paper bags from waste materials.

### Event Outcome

- Increased awareness among community members about dry and wet waste segregation.
- Encouraged reduction of plastic usage through eco-friendly alternatives like paper bags.
- Empowered women with practical recycling skills.
- Promoted sustainable habits that contribute to a cleaner and healthier environment.



**Photo 1:** NSS volunteers conducting an awareness session on dry and wet waste segregation at Anganwadi Centre, Berka.



**Photo 2:** Demonstration of preparing eco-friendly paper bags from waste newspapers.



**Photo 3:** Community members actively participating in the paper bag making activity.



**Photo 4:** Group photograph of NSS volunteers and community members after the awareness session.



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