

# **SUSTAINABLE PRACTICES: A WAY TO PROTECT AND CONSERVE THE ENVIRONMENT**



Human wellbeing is closely linked to the health of the environment. People need clean air to breathe, fresh water to drink, and places to live that are free of toxic substances and hazards. As we begin to experience the long-term consequences of exponential industrial growth and energy use, we must act to reverse these effects and prevent further damage, ensuring we have healthy places to live for generations to come. For businesses, it means committing to environmentally sustainable practices to help build thriving communities and secure future growth potential.

Environmental sustainability is the responsibility to conserve natural resources and protect global ecosystems to support health and wellbeing, now and in the future. Because so many decisions that impact the environment are not felt immediately, a key element of environmental sustainability is its forward-looking nature. A key factor associated with sustainable environment is sustainable living. Sustainable living describes a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources, and one's personal resources. It is often called "earth harmony living" or "net zero living". Its proponents aim to conduct their lives in ways that are consistent with sustainability, naturally balanced, and respectful of humanity's symbiotic relationship with the Earth's natural ecology.

One approach to sustainable living, exemplified by small-scale urban transition towns and rural ecovillages, seeks to create self-reliant communities based on principles of simple living, which maximize self-sufficiency particularly in food production. These principles, on a broader scale, underpin the concept of a bioregional economy. Additionally, practical ecovillage builders like Living Villages maintain that the shift to alternative

technologies will only be successful if the resultant built environment is attractive to a local culture and can be maintained and adapted as necessary over multiple generations.

Agriculture has been another prime enterprise for the National Economy of this country for centuries and that is why India is called Agrarian country. But this sector has undergone several paradigm changes with advent of Green Revolution that boosted the crop production. The use of organic farming is also gaining importance. Organic agriculture is a factor of sustainable development: for society, health, employment, the environment and the economy. But, the pressure on agricultural production systems to achieve global food security, in the context of growing demands and the degradation of natural resources, makes it necessary to rethink current production systems towards more sustainable models. At present, competing uses for land and water resources contribute to the degradation of natural resource. Sustainable agricultural practices protect the ecosystem through the more efficient use of natural resources and strengthened capacity for adaptation to climate change and climate variability. Moreover, sustainable agriculture has the potential to directly contribute to several of the United Nation's Sustainable Development Goals (SDGs) for 2030. Sustainable agriculture is standing on three pillars: economic, environment, and community. In order to be sustainable, three areas must be addressed by our agriculture, food, and natural resource systems. A sustainable agriculture must provide a fair and reasonably secure living for farm families. It should minimize harm to the natural environment. It should maintain basic natural resources such as healthy soil, clean water, and clean air.

Further, several emerging dimensions of contemporary Agriculture such as organic agriculture and animal husbandry practices are now getting attention. Food processing, value addition and preservation have been the focus of policies formation in recent times which are helpful in minimizing the wastage in Agriculture. This is helping in better income realizing through marketing of value-added products.

In order to find out best Sustainable Practices the **Dean Students' Welfare Office, Maharshi Dayanand University Rohtak** is conducting a Competition in 2 levels. The details of competition are as under:

## **LEVEL 1: AT COLLEGE LEVEL**

### **COMPETITION 1: SUSTAINABLE PRACTICES WORKING MODEL**

#### **Themes:**

- Check Soil Fertility
- Making of Bio-Fertilizer
- Preparation of Bio-Pesticide
- Irrigation Method
- Drip and Sprinkle Irrigation
- Pest and Disease Management Methods
- Post- harvest Management
- Subsidiary Enterprises based on agriculture
- Mushroom and method of production
- Beekeeping and its important usage
- Plant saplings
- Seed Treatment
- Seed Bed
- Storage of various fruits and vegetables
- Harvesting and packaging of Flowers
- Drying of fruits, vegetables and flowers
- Compost making
- Vermi-culture
- Reduce, reuse, and recycle
- Conserve water
- Zero Waste Management
- Green spaces
- Reduced reliance on fossil fuel
- Bio gas plant
- Homemade perfume from plant flower
- Rain water Harvesting
- Greenhouse effect
- Eco friendly housing/ agriculture
- Save Energy
- Power: Solar Energy/ Green Energy/ Solar Thermal Energy/ Wind Power/ Hydro-electricity/ Bio-mass power
- Utilization of Waste Energy
- Save earth using sustainable energy
- Way to reduce Noise Pollution
- Way to reduce Air Pollution
- Way to reduce Water Pollution
- Sustainable Building Material
- Food: Local and Seasonal Food/ Reducing Meat Consumption
- Food Preservation and Storage
- Organic Farming
- Urban Gardening

- Transportation- Reducing Noise Pollution/ Reducing Air Pollution/ Electric bikes
- Use of fossil Fuel
- Solar water heaters
- Conserving water
- Rain Water Harvesting

NOTE: Above mentioned are only illustrative themes. Any other theme connected with main theme can be chosen by the participants. The working model may also depict more than one of the above-mentioned components.

WINNERS: Winners of first,second and third positions shall be given entry in level 2

## **COMPETITION 2: SLOGAN WRITING ON SUSTAINABLE ENVIRONMENT**

### **Themes:**

- Say no to chemical fertilizers
- Say no to pesticides
- Say no to industrial synthetic product
- Say yes to rotating crops
- Embracing diversity
- Planting cover crops
- Water conservation
- Precision farming
- Soil Health
- Don't send chemicals into our waterways
- Plant a tree
- Dispose of waste properly
- Zero waste management
- No to plastic packaging
- Better Nutrition & Food

NOTE: Above mentioned are only illustrative themes. Any other relevant topic connected with main theme can also be chosen for slogan writing.

WINNERS: Winners of first, second and third positions shall be given entry in level 2

## **COMPETITION 3: POSTER MAKING ON SUSTAINABLE PRACTICES**

### **Themes:**

- Sustainable Environment
- Conserve Water
- Global Warming
- Bio-Fertilizers
- Save Fuel for better environment

- Rain water Harvesting
- Save Energy

NOTE: Above mentioned are only illustrative themes. Any other relevant topic connected with main theme can also be chosen for slogan writing.

WINNERS: Winners of first, second and third positions shall be given entry in level 2

**NOTE: It's Mandatory for all UTDs and affiliated colleges to conduct the competitions in their department/colleges. Level 1 competitions shall be organised by all UTDs and Affiliated colleges at their own level on or before February 26, 2022.**

## **LEVEL 2: AT UNIVERSITY LEVEL**

### **COMPETITION 1: SUSTAINABLE PRACTICES WORKING MODEL**

Model Presentation Rules & Regulations: It is essential that the model submitted by students adhere to certain standards. It is also expected that model prepared by students must reflect quality, originality and be innovative.

- The First, second, and third winners of level 1 will be given entry in level 2.
- All winners of level 1 need to register themselves on provided registration link to confirm their entry in level 2.
- Maximum number of participants per team shall not exceed 2 in any case
- Students from any discipline can participate.
- The team should display their project throughout the event schedule. Failing this the team shall be liable to be disqualified
- Participants should bring their requirements along with them on the day of the competition
- Participants can choose any material of their choice.
- Model needs to be ready beforehand the competition. It will only be displayed on the day of competition.
- You must make sure that your exhibit should not require more than 3'x2' (Feet) of space for display. Maximum project sizes include all project materials, supports, and demonstrations for public and judges.
- Strictly adhere to the size limitations and safety rules while preparing your display.
- Make sure your display is portable and sturdy, as it will need to remain intact for quite a while.
- Select a good and simple title for your exhibit. Your title must accurately represent your exhibit.
- Take photographs, make videos of the supporting activities undertaken by you while working on model. You may take photographs/videos of important parts/ phases of your experiment to use in your display.
- It's mandatory that model be prepared under the constant supervision of a teacher.

- In this level the participants are supposed to give 3 minutes oral presentation (if asked) to judges of the event to explain their model
- Good design, easy navigation, and proper explanation shall be the merit criteria.
- The decision of the judges shall be final and no sort of disputes shall be entertained
- Rules may be changed without prior notice to the participants.

### **DISPLAY / SAFETY RULES**

Following items are prohibited for display and should not be used while working on project:

- Living organisms.
  - Specimens / Preserved vertebrate or invertebrate animals.
  - Human / animal parts or body fluids (e.g., blood, urine). For the purpose of student research, all body fluids, including saliva and urine (excluding hair), are not to be considered tissues. (Exceptions: teeth, hair, nails, dried animal bones, histological dry mount sections and completely sealed wet mount tissue slides).
  - Laboratory / household chemicals.
  - Poisons, drugs, controlled substances, hazardous substances, or devices (e.g., firearms, weapons, ammunition, reloading devices)
  - Flames or highly flammable display materials.
  - Gas cylinders, Generators.
  - Batteries with open top cells.
  - Dry ice or other sublimating solids.
  - Pressurized tanks that contain non-combustibles may be allowed if properly secured.
  - Sharp items (for example syringes, saw blades, needles, pipettes, knives etc.)
  - Any apparatus with unshielded belts, pulleys, chains, or moving parts with tension or pinch points may not be operated.
  - Any apparatus producing temperatures that will cause physical burns must be properly insulated.
  - Heavy electrical machinery such as large compressors, electric hot plates etc. may not be used.
  - Any Banned object if displayed will be removed by the authorities and the project will be summarily disqualified.
  - All open ends of electrical wires, sharp objects, edges to be properly insulated/sealed.
  - It may be noted that wire connectivity without proper plug at power source is not permitted
- Computer facilities

### **COMPETITION 2: SLOGAN WRITING ON SUSTAINABLE ENVIRONMENT**

Rules & Regulations:

- The First, second, and third winners of level 1 will be given entry in level 2.
- All winners of level 1 need to register themselves on provided registration link to confirm their entry in level 2.
- Only one Participant (one Student) will be allowed per entry and participants should be bonafide student of MDU Rohtak

- Slogans should be original and shall not be copied from anywhere, otherwise the participant shall be liable to be disqualified.
- All participants of level 2 for Slogan writing competition are supposed to write slogan on the spot.
- The poster must be made on the A3 size (11.7 × 16.5 inches) sheet affixed on a placard.
- Slogan can be written by using pencil, crayon, watercolour, oil paint, etc. Photographs, wires, other 3D objects, print-outs won't be acceptable. It should be original and hand made.
- The essential material required for slogan writing shall be carried by participants by themselves.
- Slogan should not contain any personal details like Name, Class, College etc. of the participants. These details should be mentioned in registration form only
- The participants may be required to explain their slogan by the judges.
- All participants must provide a slogan relevant to the theme of the competition in no more than 20 words
- Slogan must be written in English or Hindi only
- Message of slogan, design, content and explanation of slogan shall be the merit criteria.
- The decision of the judges shall be final and no sort of disputes shall be entertained.

### **COMPETITION 3: POSTER MAKING ON SUSTAINABLE PRACTICES**

#### **Rules & Regulations:**

- The First, second, and third winners of level 1 will be given entry in level 2.
- All winners of level 1 need to register themselves on provided registration link to confirm their entry in level 2.
- Only one Participant (one Student) will be allowed per entry and participants should be bonafide student of MDU Rohtak
- Poster should be original and shall not be copied from anywhere, otherwise the participant shall be liable to be disqualified.
- All participants of level 2 for Poster making competition are supposed to make poster on the spot.
- The poster must be made on the A2 size (16-1/2 × 23-3/8 inches) sheet
- Poster can be made using pencil, crayon, watercolour, oil paint, etc. Photographs, wires, other 3D objects, print-outs won't be acceptable. It should be original and hand made.
- The essential material required for poster making shall be carried by participants by themselves.
- Poster should not contain any personal details like Name, Class, College etc. of the participants. These details should be mentioned in registration form only
- The participants may be required to explain their poster by the judges.
- All participants must make poster relevant to the theme of the competition only
- Poster shall not contain any message on it
- Creativity, design, colours and explanation of poster shall be the merit criteria.
- The decision of the judges shall be final and no sort of disputes shall be entertained.

**PRIZES FOR LEVEL 2 WINNERS:**

**1. In Working Model Category**

- First Prize: 11,000/-
- Second Prize: 5100/-
- Third Prize: 3100/-
- Consolation: 2100/-

**2. In Slogan Writing Category**

- First Prize: 5,100/-
- Second Prize: 3,100/-
- Third Prize: 2,100/-
- Consolation: 1,100/-

**3. In Poster Making Category**

- First Prize: 5,100/-
- Second Prize: 3,100/-
- Third Prize: 2,100/-
- Consolation: 1,100/-

**E-Certificate** will be given to all the participants of Level 2

**Registration Link for Level 2:** <https://forms.gle/4J4AXGYF66jNgxpy8>

**Last date for registration:** February 28, 2022 upto 04:00pm

**Date/ Time/ Place of level 2 competition:** Will be intimated beforehand the competitions (tentatively in first week of March, 2022)

**ORGANIZER:**

Dean Students' Welfare Office  
Maharshi Dayanand University, Rohtak

For any query contact - Mr. Naresh Ahlawat 9812402030





**MAHARSHI DAYANAND UNIVERSITY ROHTAK**

ROHTAK- 124001, HARYANA (INDIA)  
'A+' GRADE UNIVERSITY ACCREDITED BY NAAC



**Organizes**

**COMPETITIONS on THEME**

**SUSTAINABLE PRACTICES: A WAY TO PROTECT AND  
CONSERVE THE ENVIRONMENT**



Let's Nurture the Nature so that we can have a Better Future. Environment is not asking us to conserve her but for our Future Generations

# MAHARSHI DAYANAND UNIVERSITY

ROHTAK- 124001, HARYANA (INDIA)  
'A+' GRADE UNIVERSITY ACCREDITED BY NAAC

## LEVEL 1: AT DEPARTMENT & COLLEGE LEVEL

COMPETITION 1: SUSTAINABLE PRACTICES WORKING MODEL

COMPETITION 2: SLOGAN WRITING ON SUSTAINABLE ENVIRONMENT

COMPETITION 3: POSTER MAKING ON SUSTAINABLE PRACTICES

## LEVEL 2: AT UNIVERSITY LEVEL

WINNERS: WINNERS OF FIRST, SECOND AND THIRD POSITIONS SHALL BE GIVEN ENTRY IN LEVEL 2

## PRIZES FOR LEVEL 2 WINNERS

### In Working Model Category

- First Prize: 11,000/-
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### In Slogan Writing Category

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- Third Prize: 2,100/-
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### In Poster Making Category

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- Second Prize: 3,100/-
- Third Prize: 2,100/-
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**ORGANIZER: Dean Students' Welfare Office, Maharshi Dayanand University, Rohtak**