



Kadambari
Towards a Clean and Green Planet

A

Non – profit Organisation

Report

2019- 2022 (March)

Kadambari is a women organisation based in Kodakara, a village in Thrissur district, working for the cause of environment protection. We are a group of women working towards a plastic free toxic free and green living. Though we come from a wide range of back ground - students, housewife, working professionals, hard core environmentalists, architects, nature enthusiasts – all working for a common goal: preserving our living planet. Our activities are based on zero waste, circular economy, sustainability concepts and practices. We work mainly among women and children and we concentrate our work in rural areas. Kadambari is registered in 2019 as a trust under the charitable trust act so as it is a non profit organisation.

Our main programs include Plastic free Living, Chemical burden on life, Women in alternatives, Nature Studies and Nature education program for children – “Children for Clean and Green Planet”

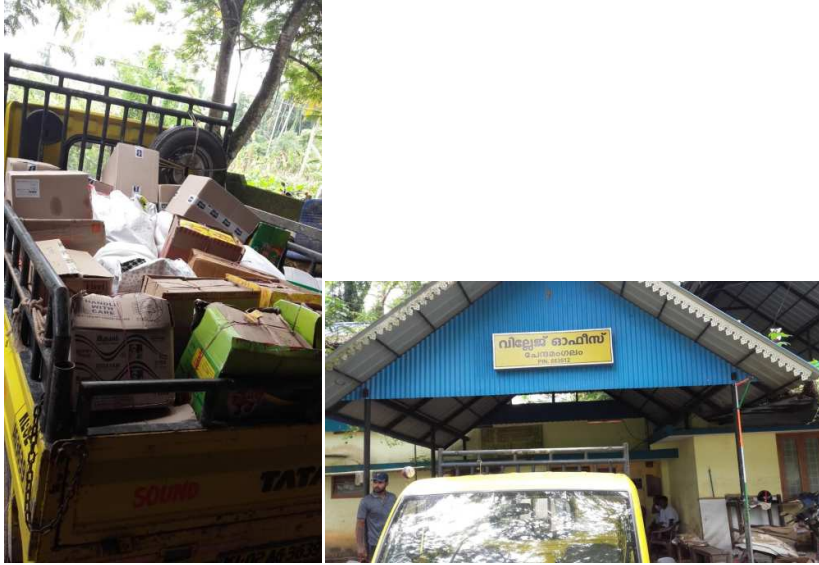
Our activities on a voluntary basis started even before the formal registration with flood relief programmes related with the Kerala deluge of 2018. We could reach out to the flood affected at their regions with relief materials as food items, medicines, cloths, umbrellas, school bags and as money to the devastated people. We could able to achieve these with the wholehearted financial support from our families and friends. Volunteers of Innuneeli library at Chalakudy helped us with utmost enthusiasm in sorting and packing of food items and in taking them to the flood affected areas





Volunteers helping in sorting, packaging food items..





.....relief items reaching flood affected villages.

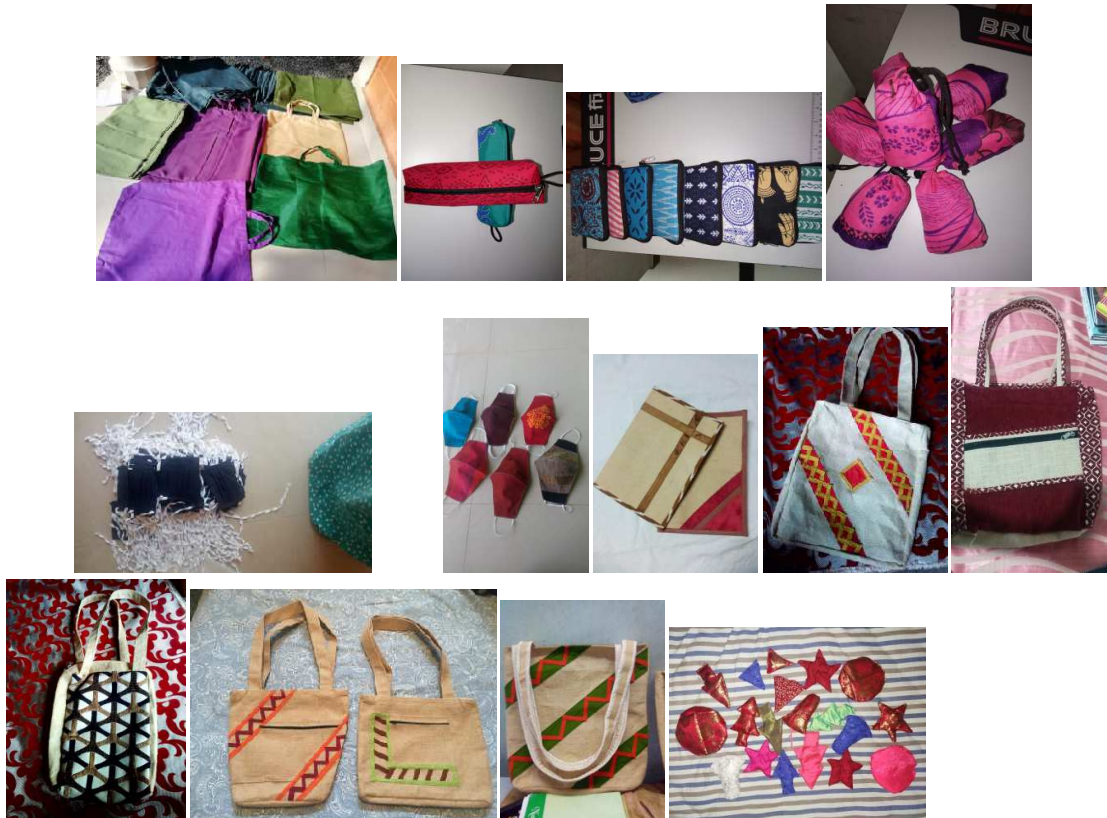
Our relief activities extended to working with and empowering women groups in the flood affected regions of Chalakudy. We gave trainings to the women group in creating many products with cloth and jute such as bags, files etc. These women could participate in several exhibitions with their products and they could earn a noble income out of their products. These activities slowly evolved into a programme of Kadambari called **Women in Zero waste Creativity** and later turned into Women in Alternatives when new women making new products added up. Women groups in Chalakudy, Kodakara and Thiruvananthapuram are associating with us.



Some of the products made by the women groups during training period.



A Women group in creativity



Many of our members were closely working with children, supporting them in environment-oriented programs and activities. They actively involved in a Summer Environment camp held at Kodakara. Demand from the children participated in the camp for a continuing nature education programme paved the way for creation of the environment education programme named **Children for Clean and Green Planet (CCGP)** under Kadambari. In September 2019, we formally started the programme. Though majority of the members of this nature enthusiast group were children from Kodakara and Chalakudy region,

children from Wayanad and Thiruvananthapuram are also actively participating in it.



Members of Children's group - Children for Clean and Green Planet (CCGP).

Many nature monitoring programmes were started as part of this programme. Studying Owls in our locality, monitoring of birds, butterflies and Odonates in and around Kuzhikani stream (a small stream flowing through Kodakara) and premises, observing moths in the evenings were the main nature monitoring programs of the nature education program. Some of the members have ebird account and are part of the citizen science program which is happening globally. Monitoring programme of owl and odonates were carried out on Friday evening and Saturday evening respectively.



Team –CCGP members along with their parents participating in Owl survey as part of the Owl study.



Childrens team –studying the odonates





Pictures of nature monitoring – taken by and posted in the whatsapp group by members of the CCGP group - Venu E, Amritha, Niranjana, Reshmi, Thomas, Pavithra, Subeena, Rohith, Richard, Vani ..

Some activities were planned and conducted during their get together on holidays. “Toxic free paintings- painting with nature colours was one important activity among them. Children gathered wild flowers, leaves, wild berries, fruits, sand and some tubers. The extracts from these wild items turned into beautiful pictures. The program was extended to schools nearby Kodakara region. Kadambari is associating with them in many programs , creating butterfly gardens, paper bag training, paper pen training and participating in many programmes organised by the schools. Sessions for NSS volunteers, SPC, and regular students were taken on herbal garden, butterfly conservation, waste management etc.



Many events were planned and conducted as part of the Kadambari's programs. "Plastic free shop" during the Kodakara Shashti festival on Dec 2, 2019 at Kodakara, Thrissur was one such event and an important one carried out by Kadambari team. Children's group –CCGP and the women groups associating with Kadambari took the major initiative in conducting this event and they made it successful. Children of CCGP and Kadambari members started the preparations days before the event. They collected plastic free products from bamboo weavers, potters, wooden toy distributors, etc. Women groups got an opportunity to exhibit and sell their products through this event.



Plastic Free shop by the Children's group – Children for Clean and Green Planet (December 2019)



We organised many campaigns during the year 2019. Major one was the campaign against disposable plastic pens which was executed in 2019-20 academic year. We distributed a campaign letter in the schools, gathered around 720 signatures from students of 6 schools showing their disinterest in using single use plastic pens and we planned to submit those signatures with a write up as document before education minister by the end of the academic year. But the first wave of Covid-19 and the lock down restrictions followed halted many of our plans. Most of the children and teachers are agreeing with plastic menace and are willing to use ink pens, they raised the problem of poor quality notebooks , ink gets spreads in the paper of most of the notebooks.

Online activities during Covid Pandemic time

Covid pandemic time was tough time as same as for the whole world. So as to retain the spirit and hope among our members we planned many online activities. During the lock down time when most of us were literally tied down at home, we planned some activities that can be carried out via online and using social media connections. These programs were refreshing for children and women groups associating with us .

Online camp for CCGP members

Group members of CCGP planned for a summer vacation camp 2020 during the month of April. First wave of Covid19 and the subsequent lock down made us to conduct the camp by online. Active participation of the members even from distant areas made the online camp very colourful. We planned the camp for 7 days from May 1, 2020 to May 7, 2020. Diverse, challenging, and attractive activities filled the camp. Main theme of the camp was “Nadum, charithravum, krishiyum, prakrithinireekshanavum” (land, history, cultivation

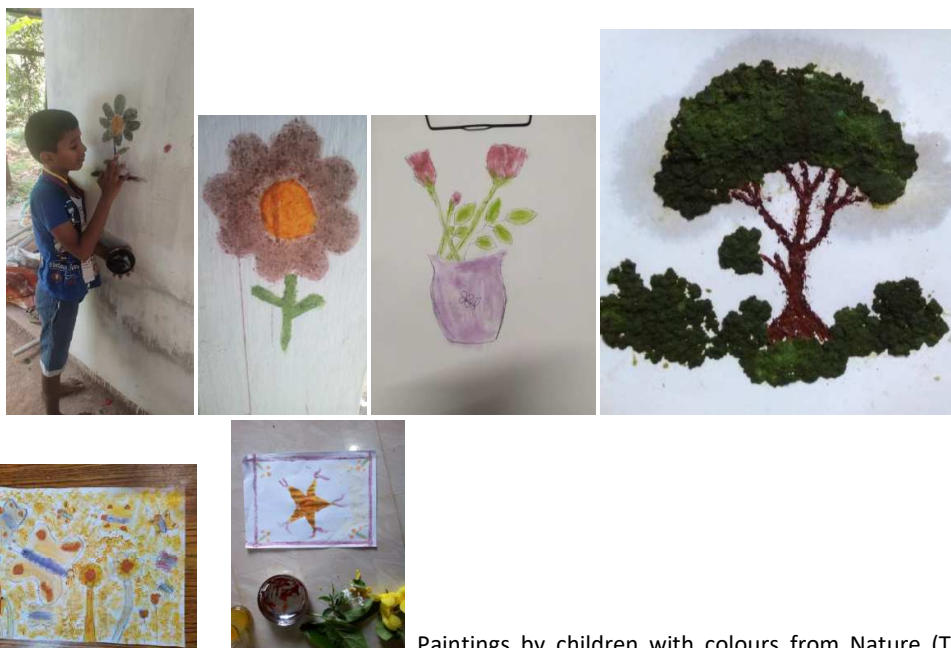
and nature monitoring). Different topics were given based on the theme all based on nature on each day. Most of them were activity based. Some mathematic puzzles were included in the daily activities to break the monotony. Responses from the children to these activities were rapid and were full of enthusiasm.



Craft from nature: an activity given in the online camp and the artworks by children



Starting Krishi in homeyard: an online camp activity and children's initiatives



Paintings by children with colours from Nature (Toxic free paintings)

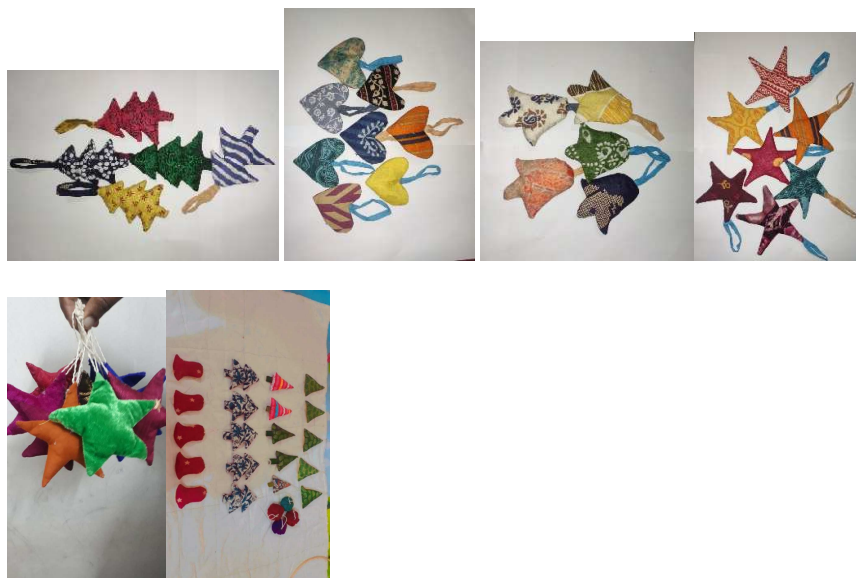
Freedom from toxics

We started a campaign on the Independence Day of 2020 “Freedom from Toxics” the message was circulated in children as well as women group giving them a message - Stay safe, Eat safe, stay healthy

As part of this campaign, activity was started for our women groups during the lock down period. Women were given online traditional recipes to try out during the period. They prepared pickles, traditional snacks, chutney powders etc. We could gather some orders from friends and family members. As soon as the lock down restrictions were withdrawn the groups became confident in making and selling many chemical free toxic food products

“Plastic free Christmas tree decorates”

Women group who were making cloth products also were given sessions through online on making festival decors and other products from tailoring discards. Many attractive decorates were created by our women groups and these decorated many of our friends and well-wishers Christmas tree and houses. Postings about this initiative in social media like WhatsApp helped in the sale of many of these items. During the end of 2021 when the lock down restrictions were loosened, we could reach out to the markets with Ecofriendly Christmas decors. Many orders from many part of Kerala reached us and we could send the decors to them via courier and post.





During the last of December 2021 and during the first week of Jan 2022, we could participate in the Plastic Alternate Exhibition conducted by Thiruvananthapuram Corporation at Putharikandam Groud in Thiruvananthapuram. This was wonderful opportunity for our groups to sell the products they made during the lock down time. Our products received good acceptance at the exhibition and our stall with all upcycled products came in the third place in judgement made by the Thiruvananthapuram Corporation.



Our stall at Plastic Alternate Exhibition, Putharikandom Ground, Thiruvnanthapuram.



Mayor Smt Arya Rajendran and Rev. Minister Sri M V Govindan at our Stall.



Receiving the award from Respected Minister Sri. M V Govindan

We could carry out a training program for women in Chalakudy municipal region on plastic free chemical free cloth pad making. Many studies prove that the sanitary pads available in the market are made of plastic and chemicals and are harmful to the women using them during the menstruation periods. The soiled pads are a headache to the local government bodies regarding their safe disposal. Eco-friendly cloth pads are ideal solution for this growing menace. The training was given by Smt Kavya, Founder of Ecofeminist Research Foundation, Thrissur. 10 women participated in the training program.



We are doing many studies as part of our main programs. Study on Owls, Odonates, Moths etc are carried out as part of our Children's Environment education programme- CCGP. Apart from these many studies like Studies on Wild flowers, studies on birds and butterflies under our Nature studies program are also carried out by our enthusiastic adult members. Reports of these studies are getting ready. We conducted an online survey as part of our "Plastic free Living "program on the use of plastic toys among children up to 15 years of age. Survey was carried out via Google form for this study. This was carried out during the covid time and had its limitations. Responses from the survey were tabulated and a report is getting ready.

Most of the programs were conducted in these period were carried out voluntarily. In the future we wish to reach out to more village women and children with plastic free toxic free green living ideas. We are planning to work in the coming year on value addition of local and under utilized fruits and herbs of our locality. We are planning to seek guidance from KAU and Research stations working on the same.