



**Gokhale Institute
of Politics and
Economics**
(Deemed to be University)



SCHOOL PRINCIPAL HANDBOOK

FOR A CLEAN, BEAUTIFUL AND A HEALTHY CITY





A
CLEAN,
BEAUTIFUL,
HEALTHY CITY

FOR OUR CHILDREN

CONTENTS

FOREWORD	3
PLASTIC POLLUTION IN THE CITY	5
SCHOOL PRINCIPAL: A POWERFUL POLICY MAKER	12
SIMPLE ACTIONS	14
ACTION 1	
ACTION 2	
ACTION 3	
IMPLEMENTING THE CHANGE	18
WE ARE HERE TO HELP YOU	



IS IT IMPOSSIBLE?

NO!!

CAN WE DO IT?

ABSOLUTELY!!!



DR. GURUDAS NULKAR
DIRECTOR

CENTRE FOR SUSTAINABLE DEVELOPEMENT

FOREWORD

Greetings from the Mission City Chakra Team!

We are very excited that your school is participating in this important initiative to reduce plastic waste and contribute towards healthier students!

The Mission City Chakra started with one goal in mind: What can we learn from forests? The forests take nothing but sunlight and water from outside their environment. And the forests do not leave any waste out. How can we replicate this metabolism in urban areas? Undoubtedly, this is a utopian dream! And yet, we can certainly learn from forests, and change the way human societies generate and manage waste. Economic growth leads to lifestyles that are based on increased comfort and convenience. Unfortunately, such lifestyles generate humungous waste. Can we refuse to generate some waste? Can we reduce that which we cannot refuse? Can we reuse, recycle, redistribute some forms of waste? The answer is YES we can.

However, it needs some changes in our lifestyle, behaviour and the way we consume products. In the Mission City Chakra, our young team is engaged in studying our habits, our materials, our processes, to develop more sustainable forms of waste generation and management.

Your participation makes your school one of the forerunners of this Mission. Your participation in this climate action will certainly have positive impacts on the health of your students and the health of the natural environment!

With best wishes!



ADITI DEODHAR
PROJECT LEAD

MISSION CITY CHAKRA
CENTRE FOR SUSTAINABLE DEVELOPEMENT

FOREWORD

Our cities, with their great history and people are facing many challenges, waste being one of them.

Our cities are drowning in their waste. Situation is so grave now, what would be the situation some thirty years down the line? What would be the condition of our cities then? What about health of city and health of our children?

Answer is not very encouraging. However, good news is that all of us have power to change that grim future.

We all can make a difference, individually and together.

We all are policy makers in our own right. We can decide policy for our home. We can decide what to do, what to avoid.

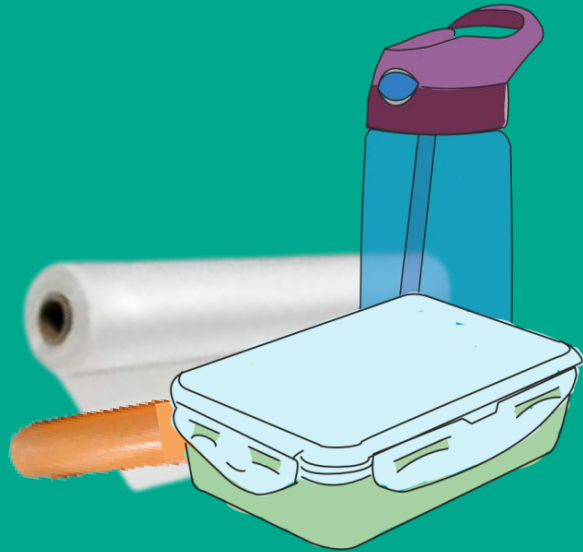
Some individuals are more powerful policy makers, like the school principals, corporate office admins, institutions admins, housing society committees, restaurant and hotel managers.

At project mission City Chakra we implement ideas to design a livable city for our children.

We are glad that you have joined us in this journey. Together we can turn this vision into reality.

LET US START
WITH
THREE
VERY SIMPLE ACTIONS





EVERY YEAR **THOUSANDS OF STUDENTS** START SCHOOL IN OUR CITY.

ALL PARENTS BUY MINIMUM **ONE TIFFIN** AND A **WATER BOTTLE** FOR THEIR CHILD.

THUS, AT THE START OF A SCHOOL YEAR, **THOUSANDS OF TIFFINS AND WATER BOTTLES** ARE PURCHASED.

LAMINATED COVERS OR **LAMINATED BROWN PAPER COVERS** ARE PUT ON THE NEW TEXTBOOKS.

THOUSANDS OF CHILDREN WITH **SIX TEXTBOOKS EACH**, EACH TEXTBOOK WITH ITS **PLASTIC COVER**. IMAGINE THE QUANTITY!!

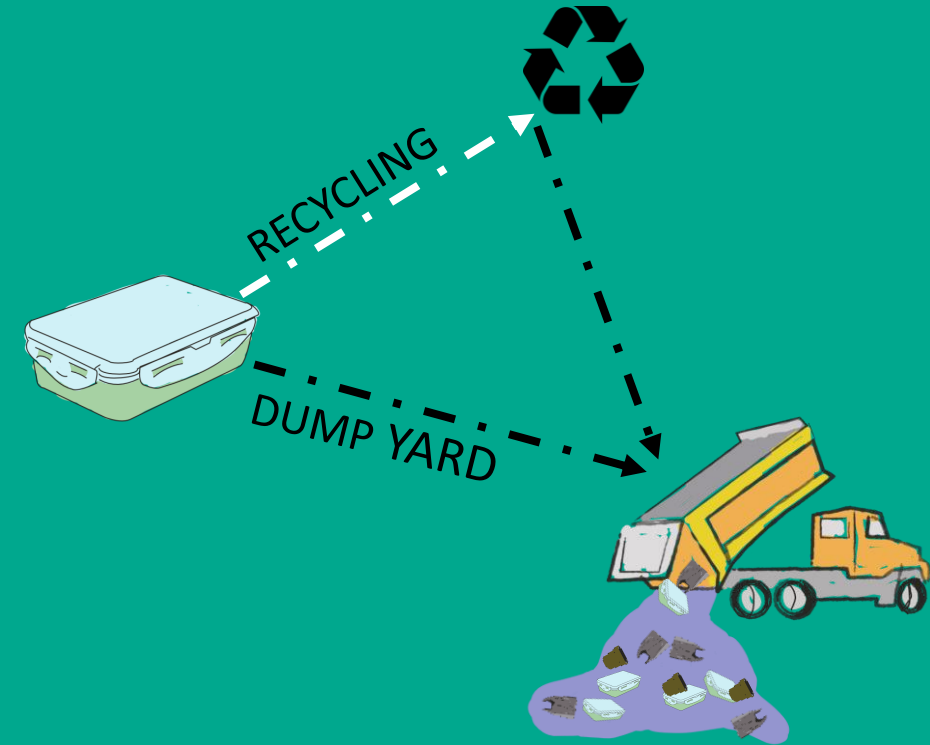
IF THEY ARE PLASTIC TIFFINS AND PLASTIC WATER BOTTLES,
THEY BREAK OR CRACK WITHIN TWO YEARS.

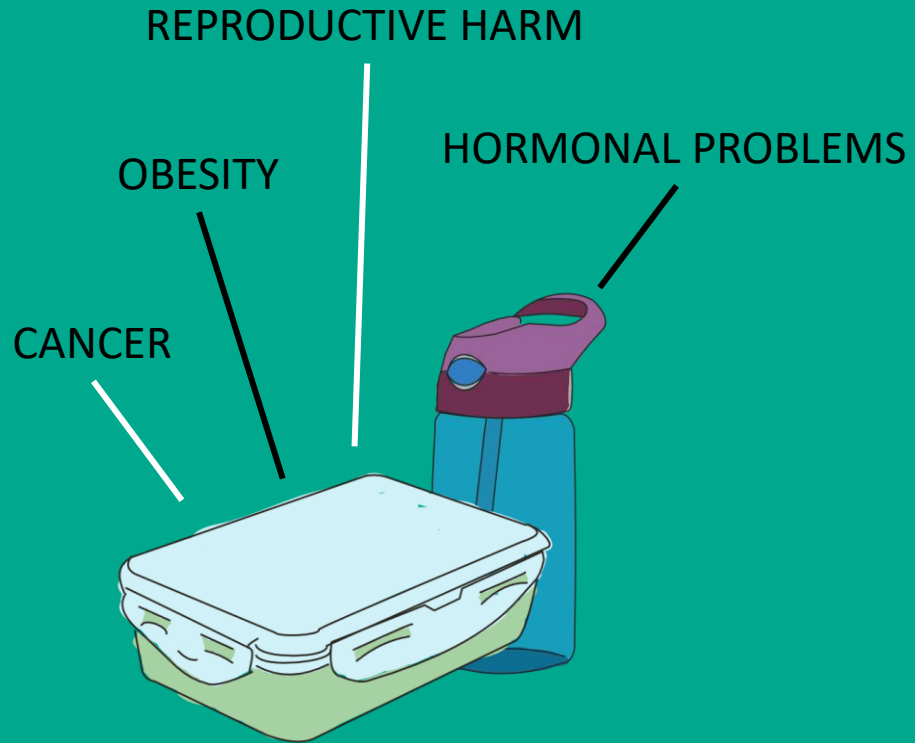
THOSE THOUSANDS OF PLASTIC TIFFINS AND PLASTIC WATER
BOTTLES ARE DISCARDED.

NEW PLASTIC TIFFINS AND PLASTIC WATER BOTTLES ARE
PURCHASED.

TEXTBOOKS ARE USED ONLY FOR ONE ACADEMIC YEAR. PLASTIC
COVERS USED FOR THEM BECOME WASTE ONCE YEAR ENDS.

THIS CYCLE CONTINUES TILL THE CHILD FINISHES THE SCHOOL.





VARIOUS CHEMICALS ARE ADDED TO PLASTIC WHICH LEACH INTO THE FOOD OR LIQUID STORED IN IT.

HOT FOOD CAUSES MORE LEACHING.

SOME CHEMICALS IN PLASTIC ARE CARCINOGENIC I.E. CAN CAUSE CANCER.

SOME CHEMICALS ARE ENDOCRINE DISRUPTORS THAT CAN CAUSE VARIOUS HORMONAL PROBLEMS.

SOME CHEMICALS ARE KNOWN TO CAUSE NEONATAL, INFANT BRAIN AND REPRODUCTIVE HARM.

CHEMICALS LIKE BPS AND BPF WHICH ARE USED INSTEAD OF BPA IN THE PRODUCTS MARKED AS 'BPA FREE' ARE ALSO LINKED TO CHILDHOOD OBESITY.

PLASTIC DETERIORATES AND ITS LIFESPAN IS REDUCED WITH EACH RECYCLING.

THE RECYCLING OF PLASTIC MATERIAL CAN BE DONE TWO-THREE TIMES ONLY.

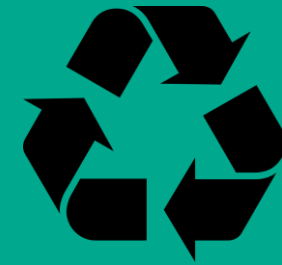
THE RECYCLED PLASTIC IS OF LOWER QUALITY THAN THE VIRGIN PLASTIC.

HENCE, RECYCLING IS NOT A SAFE AND PERMANENT SOLUTION FOR PLASTIC WASTE DISPOSAL

PLASTIC WASTE MANAGEMENT
ISSUES, SOLUTIONS & CASE STUDIES.

MINISTRY OF HOUSING & URBAN AFFAIRS (MOHUA)
GOVERNMENT OF INDIA

RECYCLING
IS NOT
A SAFE AND PERMANENT



SOLUTION
FOR
PLASTIC WASTE DISPOSAL

<http://swachhbharaturban.gov.in/writereaddata/SBM%20Plastic%20Waste%20Book.pdf>

PLASTIC DOES NOT DECOMPOSE BUT IT DOES DEGRADE

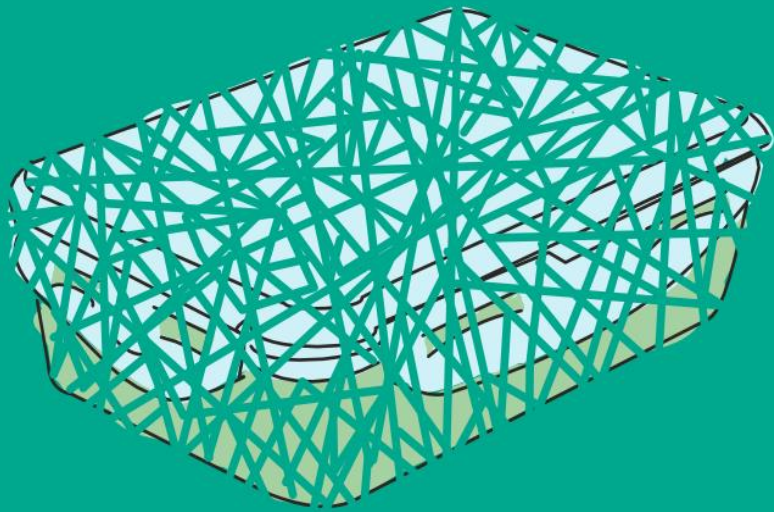
A PLASTIC TIFFIN OR A PLASTIC WATER BOTTLE OR A PLASTIC BOOK COVER IN THE DUMPYARD WILL BREAK INTO SMALLER AND SMALLER PIECES.

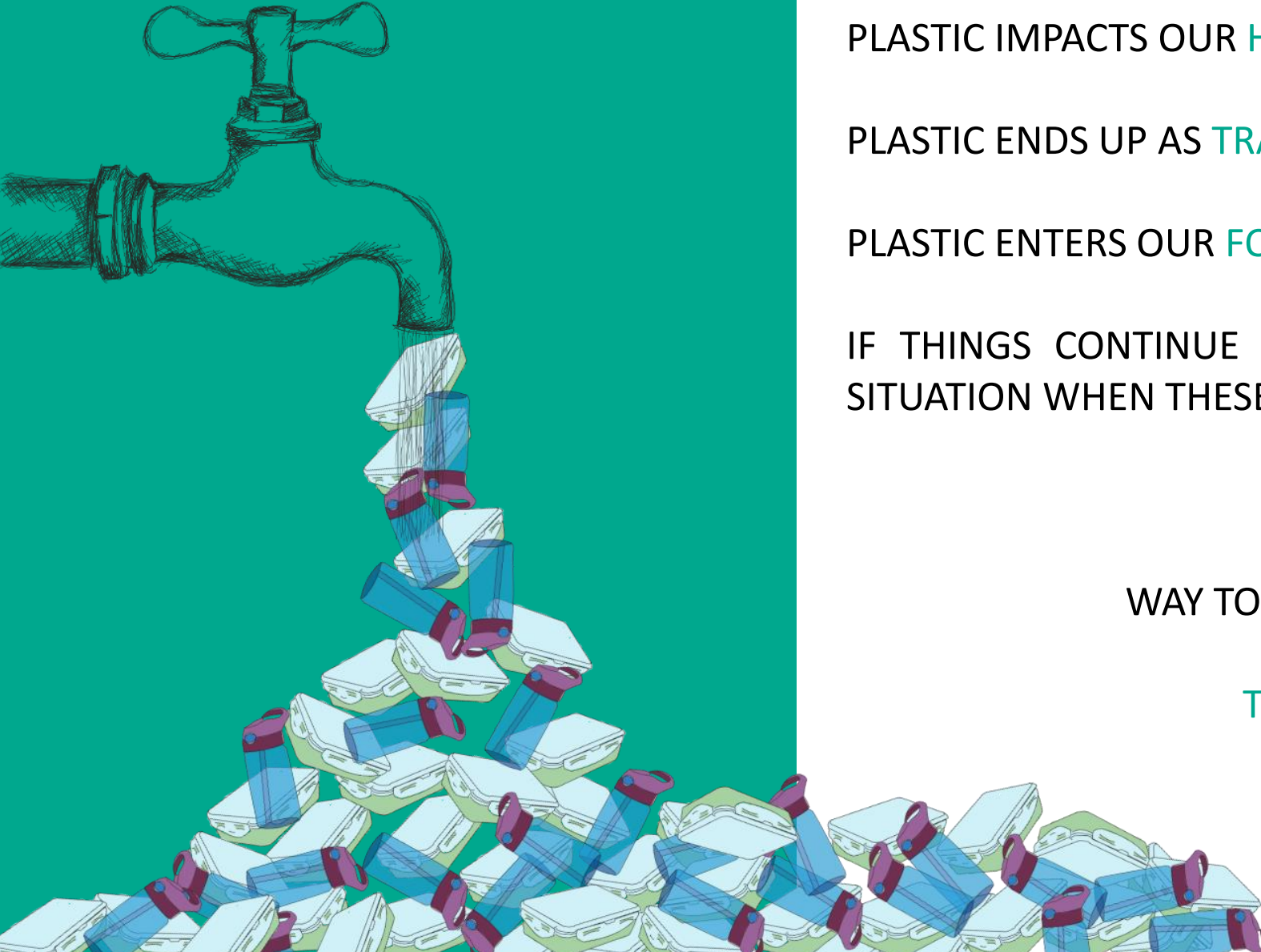
PLASTIC SMALLER THAN A SESAME IS CALLED MICROPLASTIC.

SMALL AND LIGHT MICROPLASTIC SPREADS INTO THE SOIL, STREAMS, RIVERS AND THE OCEANS.

IT IS EVERYWHERE. WE EAT, WE DRINK, WE BREATHE MICROPLASTIC

IT IS ALREADY IN OUR FOOD CHAIN.





NEW PLASTIC PRODUCTS ENTER THE MARKET EVERYDAY

PLASTIC IMPACTS OUR HEALTH

PLASTIC ENDS UP AS TRASH IN THE DUMPYARD

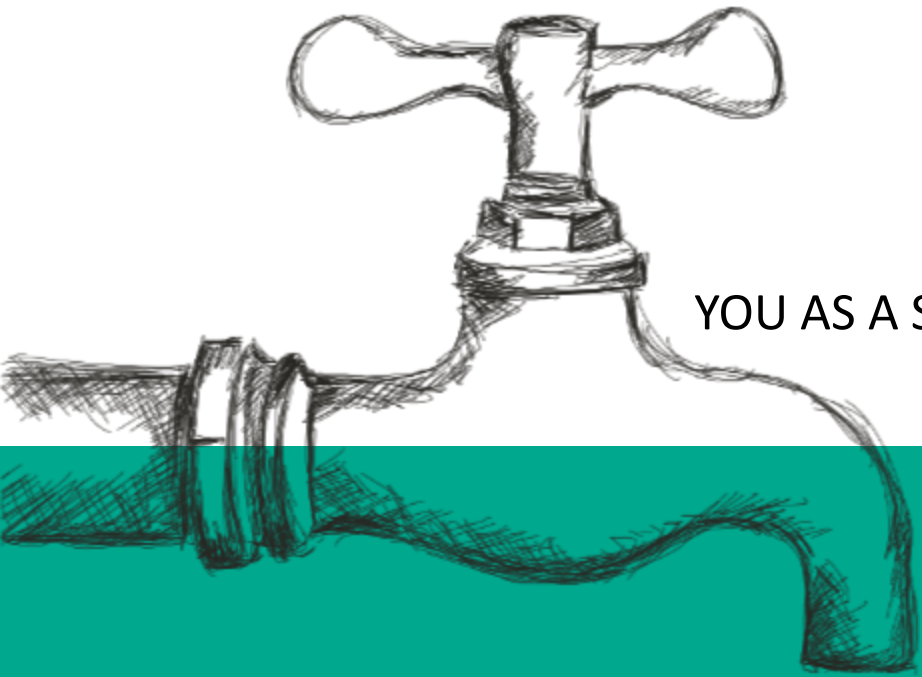
PLASTIC ENTERS OUR FOOD AS MICROPLASTIC

IF THINGS CONTINUE AS THEY ARE, WHAT WOULD BE THE SITUATION WHEN THESE CHILDREN ARE OUR AGE?

IT IS LIKE A TAP

WAY TO STOP THE POLLUTION IS
TO

TURN OFF THE TAP



YOU AS A SCHOOL PRINCIPAL HAVE THE POWER TO TURN OFF THE TAP

WE ALL ARE POLICY MAKERS

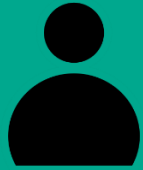
WE DECIDE WHAT WE BUY ON THE HOME-FRONT

HOWEVER

A SCHOOL PRINCIPAL IS A MORE POWERFUL POLICY MAKER

A SCHOOL PRINCIPAL CAN GUIDE THOUSANDS OF STUDENTS AND THEIR PARENTS TOWARDS POSITIVE ACTION





AS A SCHOOL PRINCIPAL

YOU CAN **STOP** PLASTIC POLLUTION

YOU CAN **STOP** THE **HEALTH IMPACT** AND **ENVIRONMENTAL IMPACT** OF PLASTIC FROM THE NEXT ACADEMIC YEAR

YOU CAN **TURN OFF THE TAP** ON

PLASTIC TIFFIN

PLASTIC WATER BOTTLE

LAMINATED BOOK COVERS



ACTION 1

MAKE STEEL TIFFIN & STEEL WATER BOTTLE COMPULSORY FOR THE NEW ADMISSIONS IN THE SCHOOL

ACTION 2

BAN PLASTIC COVERS AND LAMINATED BROWN PAPER COVERS FOR THE BOOKS

NO BOOK COVER IS FINE

PAPER BOOK COVER IS FINE

ACTION 3

ASK EXISTING STUDENTS TO BUY STEEL TIFFIN & STEEL WATER BOTTLE
WHEN IT IS TIME TO CHANGE THE EXISTING PLASTIC TIFFIN OR THE PLASTIC WATER BOTTLE

SMALL ACTIONS WITH BIG IMPACT

LOCAL ACTIONS AND GLOBAL IMPACT

LESS WASTE IN THE CITY

LESS GREENHOUSE GASES IN THE ATMOSPHERE



WHAT DIFFICULTIES DO YOU SEE?

RESISTANCE FROM THE STUDENTS?

RESISTANCE FROM THE PARENTS?

DON'T WORRY!!

LET US HELP YOU HELP THE CITY

WE ARE HERE TO HELP YOU

TO PARTICIPATE IN THE PROGRAM, FOLLOW THESE SIMPLE STEPS:

1. FILL IN THE FORM

<https://forms.gle/WLC5tVPoDsMhu9pq9>

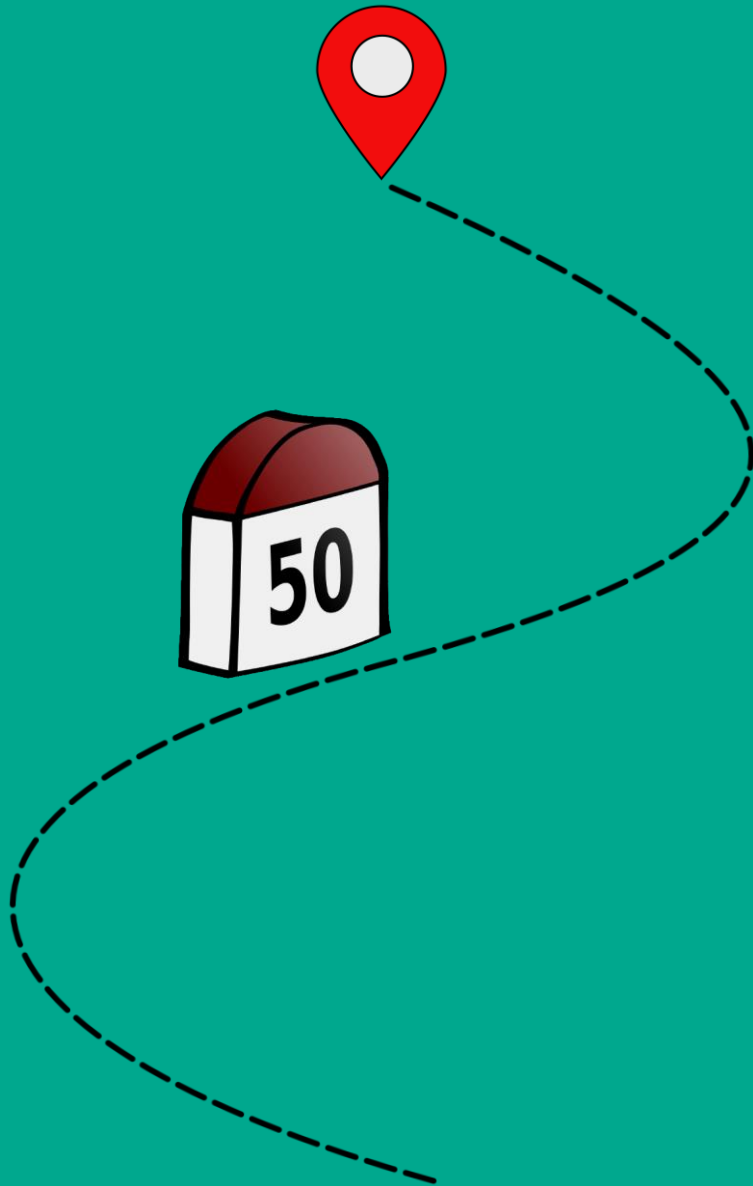


2. DOWNLOAD THE KIT AT

https://drive.google.com/drive/folders/11cG3ZwjqzLqrcL-N0nu91jP1G3fs0_vA?usp=sharing



WE ARE HERE TO HELP YOU



LET US KNOW WHEN YOU ACHIEVE

GREEN WARRIOR STATUS

50% STUDENTS USING
STEEL TIFFIN
STEEL WATER BOTTLE
NON-LAMINATED BOOK COVERS

EARN THE **BADGE**

RECEIVE GLORIFICATION ON OUR PLATFORM



LET US KNOW WHEN YOU ACHIEVE

BLUE WARRIOR STATUS

100% STUDENTS USING
STEEL TIFFIN
STEEL WATER BOTTLE
NON-LAMINATED BOOK COVERS

EARN **THE BADGE**

LETTER OF RECOGNITION FROM THE GOKHALE INSTITUTE OF
POLITICS AND ECONOMICS (**GIPE**) AND THE CENTRE FOR
SUSTAINABLE DEVELOPMENT (**CSD**)

RECEIVE GLORIFICATION ON OUR PLATFORM

GET A **HONARARY MENTION** IN THE **PRINT MEDIA**



NEED ANY MORE HELP?

WE ARE JUST A CLICK AWAY

ADITI DEODHAR

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CENTRE FOR SUSTAINABLE DEVELOPMENT
GOKHALE INSTITUTE OF POLITICS AND ECONOMICS

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MISSION CITY CHAKRA

‘The best way to predict the future is to create it together’

- Abraham Lincoln