

Citizens make Cities

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A smart & sustainable city is built by active participation of its citizens. Ever growing cities need efficient resource management.

We doctors are trained to deliver our best with limited resources at our disposal. Medical training enables us to analyze, priorities and design out of the box solutions to give best results in toughest situations.

So as doctors when we started a not for profit organization, RNisarg foundation we knew we would be able to give our best.

With the vision to make cities livable, focus area chosen were:

- Waste
- Road safety

Both issues have deep rooted connect with planet health and thereby human health.

At RNisarg Foundation, innovative projects are designed to bring unknowingly right behavioral change in society.

Basic right to clean air, water and soil are worked on through awareness and working tools for the citizens to live by.

Following are the projects implemented and successfully running:

1. Follow the monkey:

Learn to manage waste responsibly every day, everywhere.

NGO, helps create awareness and provides guidance to citizens to implement waste segregation and waste management solutions. Projects have been implemented in residential complex, commercial complex, schools, gardens and temples.

2. Smiles (Safety for miles) - Road safety campaign. Adopt a road and follow Road safety rules to make your roads safer.

Technical supported is provided by IIT B. Curriculum base lessons on Rules for road safety are conducted in schools.

3. Prarambh - A local solution to global problem.

Educational institutions of the city are made zero waste

Model (Follow the monkey campaign) & they are encouraged to Adopt one km of their roads (Smiles campaign).

25 educational institutions are registered under this project, which will provide an outreach of 50,000 students and staff and a reach to 2 lakh citizens.

4. Sakhi- Sustainable Menstrual practices.

Promoting a waste free menstrual practice, to empower women to lead a

healthy life.

Launched in 2019, project uses medical fraternity to help create awareness & support for women to make sustainable Menstrual product choices for themselves. Menstrual waste is a burning environmental issue since more and more females are switching to use disposal able sanitary pads. Commercial disposable sanitary pad available in the market are non-biodegradable, thereby cause pollution of air, soil and water. 336 million females are in the menstruating age group in India, with percentage of females using disposable products growing very fast.

Under the project sakhi, 300 plus awareness workshops have been done.

3000 females from urban slums, tribal areas have been converted to using menstrual cups.

4. Biomedical waste Management- Safe Healthcare practice for healthcare providers

2000 plus healthcare providers have been trained. Paper published on Covid waste - A study of biomedical waste management in 1st and 2nd wave.

5. Green Pharmacy: Safe disposal of unwanted, expired and unused medicines from households. A pilot project under Swacchta Saarathi fellowship, Govt of India is being done in Thane city.

With 20 bins installed, public participation has helped divert 250 kgs of medicine waste from going into the landfill.

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Figure 1: Door to door waste segregation awareness.



Figure 4: Live Prarambh sessions



Figure 8: Inauguration of Project Green Pharmacy



Figure 2: Students with segregation posters



Figure 5: Training Sessions on menstrual health and hygiene and donation of Menstrual cups.



Figure 9: Monthly Medicine Waste Collection

6. Know your Plastic:

Education and collection for multilayers plastic waste generated.

To live with plastic one needs to learn about them. Resisting plastic use is not the way forward, instead using plastic wisely is. Workshop speaks about good and bad plastics thereby empowers



Figure 11: Recycling papers to make new papers, envelopes, cards etc

consumers to make right choices towards sustainable living.

7. Bioenzyme –

Best from waste.

Learn Sustainable living with organic



Figure 12: Kagadam Workshop in school



Figure 3: Students adopting a road.



Figure 6 & 7: Session on biomedical waste



Figure 10: MLP collection Drive

floor cleaners made from fruit peels.

8. Kagadam-

A handmade paper recycling project. Platform to encourage sustainable life skills and livelihoods.

Installed in a school premises it helps students understand the process and respect the concept of recycling.

9. Oorja-

Yoga for Life

Train school children on yoga for healthy body & mind.

Each project is unique in its design with emphasis on last mile impact. All the above projects will assure definitive behavioral change in the citizens, even if



Figure 13 & 14: Zero Waste festival- Maha Shivratri



Figure 16: World Environment Day



Figure 19: Meeting with Devendra Fadnavis

slow. Through above initiatives the NGO is positive of making living in the city environmentally safe.

The decade long work has paid off in helping us reach the younger generation. We have been successful in involving and encouraging citizens to participate. Benefits to the sanitation workers, underprivileged and weaker sections of



Figure 17: Gratitude to All Covid Waste Warriors



Figure 20: Meeting with Maharashtra state Environment Minister Mr. Aditya Thackeray

the city are also projects done by us to keep all the stakeholders safe.

Our Achievements

- Appreciation by Mr Amitabh Bachchan for the project, Prarambh in January 2018.
- Felicitation by Chief Minister, Mr Phadanvis for best society award for solid waste management
- CSR Project on Menstrual health and Hygiene, for 2000 slum females.

Papers Published

- Hospital waste management in Thane

Over 1k sanitation workers, no casualty, thanks to NGO

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Mumbai: When Asia's largest slum sprawl of Dharavi turned into a Covid-19 hotspot with an unabated spike in cases till a few days ago, authorities turned their focus to sanitation measures, which were taken up on a war footing to contain the virus spread. Nearly 1,000 plus sanitation workers were deployed to clean community toilets, pick up solid waste and sweep the area. Knowing that these Covid warriors were extremely vulnerable, NGO Rnisarg Foundation decided to roll out a Dharavi sanitation worker safety project.

Nearly three months down the line, the zero casualties among the sanitation workers even though a dozen got infected speak to the success of the initiative.

The NGO's initiative involved a three-step intervention. First intervention being workers were provided PPE kits, initially disposable and later reusable. In case of reusable suits, the workers were required to soak them in disinfectant at the end of their workday and dry it up. The second intervention was the distribution of glucose biscuits and medicines to boost



NGO Rnisarg Foundation ensured Dharavi's Covid warriors were safe

their immunity. Assistant municipal engineer, Amit Shetty from the solid waste management department said reusable PPE kits were given only to teams who either worked in non-containment zones or carried out sanitation work, but were not in direct contact with Covid patients.

The third intervention was providing pulse oxymeters at each of the solid waste chowkies to screen workers. Dr Lata Ghanbhavani, co-founder of the NGO said, "The reason we provided the oxymeters was because while

the worker may look fine, his/her oxygen levels may be low. Daily monitoring could help in early detection of positive cases. The safety of the sanitation workers was important to us since they are the backbone in the fight against the virus. As the donations poured in, we realized the faith and responsibility entrusted on us by most of the unknown/anonymous donors." Assistant municipal commissioner for G North ward Kiran Dighavkar confirmed that around 11 solid waste labourers did get infected, but no deaths have been reported.

Figure 15: Thanks to NGO



Figure 18: Mission Dharavi



Figure 21: Meeting with Cabinet Minister for Roads Shri Nitin Gadkari

hospitals in International conference (Ishwmcon) at Bangalore in 2017.

- Our 4 projects (Prarambh, Bioenzyme, Multilayered Plastic, Kagdam) in International Conference on Sustainable Education in September 2019.
- Status and Challenges of Covid -19 Waste Management in Thane city, India in International Journal of Scientific Research, volume 17, July 2021.
- Prevalence of common urogenital



Figure 22: Thane Gaurav Award from the hands of State guardian minister Shri Eknath Shinde.



Figure 23: Maharashtra state Governor Shri Koshiyar felicitating for COVID-19 relief work



Figure 24: Status and Challenges of Covid-19

infections among menstrual cup users,
Indian Journal of Obstetrics and
Gynaecology Research

Ongoing prestigious projects

- MCAP C40 Women for Climate
- Swachh Saarthi fellowship

Join to learn more and support the cause.

Visit our website:

www.rnisargfoundation.com

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Always remember

What you are not changing

You are choosing

Choose rightly for yourself, your city and
your planet.

RNisarg Foundation.

We serve the planet

Conflict of Interest: NIL
Source of Support: NIL

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