



Thanal Newsletter

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Embracing Digital Minimalism for a Greener Future

EMBRACING DIGITAL MINIMALISM FOR A GREENER FUTURE

In the heart of our mission to protect our planet, we often overlook the hidden impact of our digital lives. The accumulation of digital data, while seemingly weightless, has a tangible footprint on our environment. This September, let's embark on a journey of digital decluttering, a conscious effort to reduce our digital carbon emissions and foster a healthier relationship with technology. Digital decluttering is the process of mindfully auditing our digital spaces, eliminating unnecessary files, emails, and applications that clog our devices and cloud storage. It's about creating a digital environment that supports our well-being and aligns with our commitment to environmental sustainability. The storage and transmission of digital data consume significant energy, contributing to greenhouse gas emissions. By decluttering our digital space, we can lessen the demand for data centres and reduce our carbon footprint. It is a small but impactful step towards a greener future.

Mindful deletion

Regularly review and delete files, emails, applications and photos you no longer need.

Streamlined cloud storage

Choose a cloud provider with sustainable practices and store only essential data.

Energy-efficient settings

Opt for energy-saving screen savers and power down devices when not in use.

JOIN OUR SEPTEMBER DIGITAL DECLUTTER CHALLENGE

Each year the internet and its supporting systems produce more than 900 million tons of CO2.

SEPTEMBER 2024 സെപ്റ്റംബർ						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Data Diet Challenge: Time for a gadget eco-makeover! Unplug, declutter, and reduce your digital carbon footprint. Delete old files, streamline your cloud, and choose energy-efficient screen savers. Challenge yourself to find a balance between technology and tranquility. Audit devices, optimize settings, and dedicate tech-free hours. Join the quest for a cleaner digital world!

Let us embrace digital minimalism this September! Share your decluttering journey on your social media and inspire others to join the movement. Together, we can make a tangible difference for our planet. Remember, every digital decision we make has an impact. Let us choose a path that contributes to both personal and environmental well being.

NUTRI GARDEN INITIATIVE



Thanal has always worked with indigenous communities focusing on environmental and social justice. In Kulathupuzha, Thanal and NABARD are working towards empowering indigenous communities.

Among the various sustainable initiatives, we have also initiated a Nutri-garden project. The aim is to make the beneficiaries self-sufficient in vegetable cultivation and to ensure that each household gets fresh and pesticide free vegetables, steady supply of nutritious food, environmental sustainability, waste recycling,

cheaper and easier access thus improving their overall well-being. This consisted of distributing vegetable kits containing 11 types of organic vegetable seeds, bio control agents and micronutrients.

We have distributed a vegetable kit each to 23 Self Help Groups and our Agroecology team members took a training class for them on vegetable cultivation discussing planting space and seedbed preparation of each crop and various organic composts that can be applied and further discussed variety of bio-fertilizers that should be applied at different growth periods. Every SHG has actively participated in planting vegetable seeds in plots. Thanal's Nutri-Garden initiative exemplifies our dedication to creating sustainable and equitable solutions for indigenous communities. By promoting self-sufficiency, nutritional security, and environmental sustainability, we are fostering a brighter and healthier future for all.

PISCICULTURE CLASS

A class on pisciculture was organised on 16th August by Pathanamthitta Fisheries Department Project coordinator Sri Suraj. Total 29 beneficiaries attended the class at Kulathupuzha office. He gave an engaging class on basics of fish farming focusing on the economic side of growing local fish varieties, discussed pros and cons of different species of fishes, various parameters required for fish growth, gave us a detailed class on how to take care of young ones and which species can coexist and which cannot. He informed us about schemes of the fisheries department tailored for the tribal sector aimed at promoting pisciculture. This comprehensive training covered breeding techniques, nutrition management, healthcare practices, and sustainable farming methods tailored to each type of livestock. Participants learnt best practices in fish cul-

tivation, aiming to improve productivity and livelihoods within the community.



A Tale of Triumph In The Face Of Adversity Story of a beneficiary of our Thanal – NABARD project at Ranni.



she not only managed to sell some of the goat kids for a substantial profit but also received 24 chickens as part of the TDF project.

Chellamma's journey through life has been nothing short of a test of endurance. From a young age, she faced hunger and hardship, with her only motivation being the hope of a better future. After her husband passed away, leaving her to raise their children alone, Chellamma worked tirelessly to provide for her family. She sacrificed her own well-being to ensure her daughters received an education and were married off. However, once her daughters were settled, Chellamma found herself alone and struggling with health issues that made it difficult for her to work as she once did. As Chellamma's health began to deteriorate with age, she had to rely on her daughters for support. She felt helpless and alone. But then, a glimmer of hope appeared in the form of three goats from NABARD through the Tribal Development Fund project.

These goats became Chellamma's lifeline, her source of income and companionship. Chel-

lamma treated these goats like her own children and through them she was able to earn a substantial income of Rs 86,000. Despite her illnesses and hospitalisations, Chellamma refused to part with her goats, as they were her only source of income. They were her family, her only means of survival. With determination and resilience, she not only managed to sell some of the goat kids for a substantial profit but also received 24 chickens as part of the TDF project. These chickens have provided her with additional income, as she sells their eggs to a nearby shop every week. Now, Chellamma tends to her six goats and chickens with care, refusing to let go of the animals that have brought light into her once monotonous life. Through sheer willpower and unwavering dedication, Chellamma has transformed her circumstances and emerged as a symbol of strength and perseverance. Her story is a testament to the power of resilience in the face of adversity.

Awareness Sessions by Thanal team members



Carbon Neutral Meenangadi team members Ms. Anusree and Ms. Anjana conducted awareness sessions at Govt LP School , Appad and Govt LP School, Boothanam in August . The main objective is to educate and engage the students in understanding the concept of carbon neutrality and promote sustainable practices through interactive discussions. These Sessions were interactive and students as well as teachers participated actively in this. They were encouraged to share and discuss the eco-friendly practices they are already doing at home and the good ones were showcased which further encouraged others also to do such things at home.



Anju M Nair, Research Scholar of Thanal, took a session on the topic- ‘Conservation of Mangroves’ at Mar Ivanios College. Students from Botany, Biotechnology departments and Bhoomitrasena club members attended the session.

Felicitations

It is a moment of immense pride and happiness that we share the news of Kerala State Agriculture awards received by our friends and associates for their commitment to sustainability and diversity.



Hearty Congratulations to Sri Anil Dev, who received the State Governments prize for the best nutrition garden . For the past 7 years , he has been Thanal’s organic certified farmer (Thanal is the regional council of PGS certification under GOI). We wish him all the success in his future endeavours.



Meenangadi Krishi Bhavan has been honoured with the VV Raghavan Award from the State Department of Agriculture for exceptional work. Among its key projects, the Krishi Bhavan has championed marigold and sunflower cultivation, attracting tourists with vibrant floral displays near Kakkavayal Highway. In alignment with the International Year of Small Grains 2023, the Krishi Bhavan cultivated millet on six hectares and supported farmers with demonstration plots and organic practices. Other notable initiatives include the promotion of rice cultivation through subsidies and the “Mannariyaam Krishi cheyyam” scheme for soil health improvement. The Krishi Bhavan’s commitment to carbon-neutral development is evident in projects like the Oxygen Park and pulse seed sowing. Their comprehensive approach to farming showcases a model of sustainable and innovative agricultural practices.



Your donation, regardless of its size, holds the power to catalyse positive change towards a greener and sustainable future.

Your support will enable us to extend our outreach to a wider range of beneficiaries, including farmers and marginal communities. With your contributions, we can provide essential assistance to small scale or disadvantaged farmers by giving them training, supplying organic seeds, saplings and other resources that are crucial for sustainable agriculture and safe food. These resources often come at a higher cost compared to conventional alternatives, making your support even more valuable.

For your convenience, we have provided our account details below:

Account Name: Thanal
Account Number: 21780100017799
Bank Name: Federal Bank, Sasthamangalam
IFSC Code: FDRL0002178

Thank you once again for your generosity and commitment to our shared cause