



UPDATES

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**PLASTIC
FREE
JULY!**

2025



EMBRACE A PLASTIC-FREE JULY!

July is here, and we remind you all to join together to make a difference for our planet by joining the **Plastic Free July!** movement. This global movement encourages millions of people worldwide to reduce their reliance on plastic, aiming for a cleaner, healthier environment. It is not about being perfect, it is about making small conscious choices that collectively create a massive impact. From refusing single-use plastic items to seeking sustainable alternatives, every small step you take this month contributes to a larger wave of change. Imagine the positive effect if we all try to inculcate just one new plastic-free habit from this month!

SIMPLE STEPS FOR YOUR DAILY ROUTINE

Making plastic-free choices is easier than you think. Here are a few tips to get you started on your daily journey:

- » Carry Reusables: Always keep a reusable water bottle, a tumbler and cloth bags handy.
- » Say No to Single-Use: Politely refuse plastic straws at restaurants and plastic cutlery when ordering takeout. You can carry your own reusable set.
- » When grocery shopping, try to choose products that aren't pre-packaged in plastic. Look for items in glass, paper, or metal containers instead of plastic. Consider buying in bulk to reduce packaging waste.

- » Rethink Your Kitchen & Bathroom: Explore alternatives like shampoo bars, bar soap, and bamboo toothbrushes instead of their plastic-packaged counterparts. In the kitchen, try beeswax wraps instead of cling films and store leftovers in reusable containers.
- » Cook More at Home: Preparing meals at home often means less packaged foods and takeout containers, which again helps in cutting down plastic waste.

Join us in embracing the Plastic Free July challenge. Let us motivate each other to find innovative, sustainable solutions and collectively work towards a healthier, plastic-free future for generations to come! So, What's one plastic item you're committing to avoid this July?

ENVIRONMENT DAY EVENTS



On Environment day, Thanal team member Mr Jovin Joseph delivered a talk at Madhuvan Sai Vidyashram School, Puliyaikonam, Trivandrum on the topic **"My Waste, My Responsibility"**.

In his own words- "It was a wonderful experience. The audience consisted of almost 200 students from 2nd to 10th standard along with teaching and non-teaching staff. I spoke about the importance of World Environment Day and its background. I also spoke about the different types of waste and their disposal methods. The students showed great interest in waste disposal methods like composting and were eager to practice in their day-to-

day life. The role of students in protecting the environment for ensuring its sustainability was also covered.

After the talk, I had the chance to give away plant seeds to the students for instilling eco-friendly habits in them. Later, along with principal Sri. Binil, I planted a sapling in the school compound delivering the message of commitment to a greener future.

GREEN DAY CELEBRATIONS AT MANIVAYAL PACHATHURUTHU, MEENANGADI, WAYANAD

A vibrant environment day celebration with 47 participants including local residents, Panchayat staff, MNREGA workers, Nanma Manivayal farmers, the medicinal plant group, and 10 active volunteers.

Activities included:

- » Bamboo tagging for plant identification
- » Waste collection and eco-friendly disposal
- » Tree trunk seating and handmade swings
- » Sapling planting to green the land

There was more youth participation and engagement in the program than usual and their energy, commitment, and fresh perspective brought life to every activity.



AWARENESS BEGINS WITH YOUNG MINDS

The MNAL team has been conducting Carbon Neutral Meenangadi (CNM) awareness sessions at NAAUPS Manikavu for the past few years, and this time, it was truly special, as this was our first session after the school was officially declared Meenangadi's first Carbon-Neutral school!

This was indeed a proud moment, a reflection of years of commitment, collaboration, and care. The 7th grade students welcomed us with bright eyes and eager minds. The classroom filled with energy and curiosity as we journeyed through the ideas of reducing waste, planting trees, and conserving energy, small steps that shape a carbon-neutral future. Through stories, visuals, and discussion, we explored how small actions, like reducing waste, planting trees, and conserving energy, can build toward a carbon-neutral future for Meenangadi and beyond.

We believe these young eco-leaders will carry the message forward with even more clarity, more care, and more commitment than ever before.



[CLICK HERE TO SEE THE POST](#)

MASTER FARMERS ARE READY

As part of Thanal's Mannorukkam Project - a community driven solution aimed at regenerating soil, empowering our farmers and transitioning towards Agroecology in Meenangadi Panchayath, we have identified and brought together 25 inspiring farmers from Meenangady who are already practicing organic farming. With their in-depth knowledge, experience and commitment to organic farming, they are now ready to be master farmers - the first line of change. These 25 farmers will lead the way in guiding and mentoring others.

Together with them, our aim is to build a strong network of 500 organic farmers or more, all working in harmony with nature.

Over the next year, we will be closely studying soil transformation in Meenangadi, observing how the earth responds to care, patience, and chemical-free farming. One of the key components of the project is restoring natural soil fertility through continuous monitoring, regular soil testing, and providing tailored organic recommendations.

Their first set of crops is already in the ground.

The next cycle is ready to begin.

The land is alive.

The farmers are ready. And so are we.

CLIMATE LITERACY FOR KUDUMBHASREE MEMBERS

On 22nd June 2025, three awareness sessions were conducted as part of the Carbon Neutral Meenangadi project. The sessions were held in Purakkadi Ward and Pannimunda Ward kudumbasree members. The session began with an introduction to the concept of Carbon

Neutral Meenangadi and its significance in environmental conservation and community development. Participants were engaged in discussions on sustainable practices, including waste management, energy efficiency, and afforestation. Special emphasis was placed on how Kudumbashree members can actively contribute to the initiative by adopting eco-friendly practices in their households and community activities.

In Pannimunda Ward, a special highlight was the participation of a Mannorukkam Program farmer who has successfully cultivated the saplings provided through the project. Her contribution stood as a real-life example of the project's success at the grassroots level. The overall mannorukkam project vision, strategies, ongoing initiatives and how it helps in the carbon neutral journey were shared with the participants. As we reach the end of our carbon neutral journey at Meenangadi, it is highly imperative that each and every person of Meenangadi work toward this goal with a single mind. Through these sessions, we hope to create increased awareness among participants about the Carbon Neutral Panchayat mission, including sustainable practices such as waste segregation, composting, tree banking, and use of energy-efficient technologies, motivate and encourage the locals to increase community-level participation, especially seeing success stories like the Mannorukkam farmer, strengthen community engagement through local ward-level sessions and live examples of success.

Through these sessions, it has been seen that personal success stories (like that of the Mannorukkam farmer) are powerful motivators and should be highlighted in future

sessions. Participants connect better when practical, local examples are used instead of only theoretical explanations.

SILENT EXTINCTION WHY ARE FIREFLIES DISAPPEARING?

As a child, have you ever chased a tiny spark of light glowing in and out of the darkness and wondered how it happens? Did you ever try to catch it in your palms with your eyes wide at its gentle light? That childhood magic, soft and bright, is fading now from our evening skies.

Fireflies, also known as lightning bugs, have long been symbols of childhood wonder. Their gentle glow has fascinated generations, lighting up fields and backyards with their magical bioluminescence. But today, these insects are quietly disappearing from our world. Around the globe, scientists and nature lovers alike have noticed a troubling trend: firefly populations are shrinking. In some areas, they've vanished completely. While exact numbers are hard to track, the decline is alarming enough that researchers have listed habitat loss, pollution, pesticide use, and light pollution as major threats. Fireflies thrive in wetlands, forests, and paddy fields that are increasingly being destroyed or altered by urban development and agriculture. Without the damp soil and vegetation, they find it hard to survive. Unlike most insects, fireflies rely on their glow to find mates. Artificial lights like street lamps, light from buildings, and

cities interfere

with these delicate signals. When their messages are drowned out, fireflies can't connect, reproduce, or flourish. Chemical pesticides used in farming and landscaping don't just kill pests; they harm fireflies, too. Runoff from these chemicals, along with pollution in water sources can poison both adult fireflies and their larvae.

By making small changes like turning off unnecessary outdoor lights at night, opting for eco-friendly gardening, conducting firefly monitoring projects to track populations, and protecting and restoring wetland and forest habitats, we can help these tiny insects continue to shine. If we act now, we can preserve the magic of fireflies for future generations.

The author, Ms Anju Nair, Staff Scientist at Thanal, penned this article out of a personal concern for the dwindling firefly populations she's observed over many years.

APICULTURE TRAINING

In our NABARD ITDP project at Kulathupuzha, we are providing various sustainable livelihood components to indigenous community beneficiaries. One of the components being apiculture, we distributed apiculture units to a few beneficiaries and conducted apiculture training conducted by veteran Sri Vijayan sir. During June, he took apiculture training in Kadamancode hamlet on June 25 th 2025. This training was focused on shaping master trainers from different hamlets. He started training 6 master trainers. The aim of the



master trainers is to help the beneficiaries of apiculture in case of emergencies, to help beneficiaries in extracting honey and to monitor the honey bee boxes. Master trainers will be specially trained to handle emergency situations by Vijayan sir. This method will ensure survival rate and hopes for a spike in income of beneficiaries. During first session with trainers, he taught them how to divide colonies and precautions to undertake while handling cages.

POULTRY AND GOAT TRAINING CLASS

On 3 rd June 2025 training class for poultry and goat rearing was conducted by veterinary doctor Hisham sir for the beneficiaries of both Villumala and Peruvazhikala hamlets. He began his class by addressing beneficiaries who has experience in goat and poultry rearing, their concerns and expectations. He briefly described about the hi-tech cage which will be distributed along with poultry chicks, its importance and specialities and the need for chicks to stay closely in the cage for egg production. He described the conditions by which a goat cage should be built for proper ventilation. He recommended them the food and nutrition for poultry and goat and made them aware about mistakes to avoid while

rearing. Beneficiaries were also taught about seasonal care of poultry and tips to increase egg production. It was implied that once their poultry lay eggs, income of selling eggs should be noted for future references and once the goat is kidding, they should inform the office. Every month medical checkups are also organised at Kuzhaviyodu and K adamancode hamlets by veterinary doctor Hisham on 9 th June 2025. Medical checkups are conducted on a monthly basis for ensuring survival rate and health of poultry and goats. Necessary medicines and injections were given on the field itself for coughs,cold, mild fever and follow ups at veterinary hospitals were suggested for some goats that had fever.



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