

# BRIEF REPORT

ON

“Celebrating Biodiversity”

Lockdown 2.0 Special Online Festival

*(A series of online programs from May 22 to June 8, 2021)*

Submitted by



**CMS VATAVARAN**

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## 1.0 Executive Summary

CMS VATAVARAN in collaboration with the High Commission of Canada in India, and #LeadtheGreenChange campaign of Delegation of European Union to India (EUDEL), had organised an eighteen day long environmental awareness online festival entitled “**Celebrating Biodiversity: Lockdown 2.0 Online Festival**” on its social media platforms.

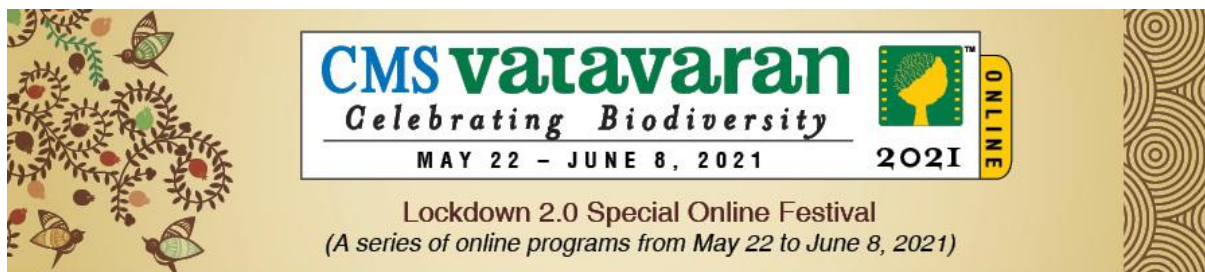
The focus of this virtual festival was to use the online medium for raising the people attention and concern on the various issues related to the biodiversity, climate change and environment with the aim to inspire and encourage everyone to take action, even during the COVID-19 pandemic.

The festival was scheduled from **May 22 to June 8, 2021**. Commencement of the festival on May 22 was to mark the World Biodiversity Day, which continued to celebrate World Environment Day on June 5 and came to an end with celebrating the World Oceans Day on June 8.

In this 18-days long celebration of our diverse biodiversity, a number of online activities was organised which includes a **total of 30 award winning national and international film screenings, 15 live discussions with environmental filmmakers, 3 panel discussions & workshops and an online quiz competition.**

The festival attracted a lot of younger audience with a rise in attendees from school students and college students studying environment, science and journalism. Overall participation was **more than 35000 (thirty-five thousand)** including a large number of participations by the school children, followed by college students, film and media students, amateur filmmakers, teachers and policy makers. **More than 4000 school students participated in the online quiz competition.**

Film, Media and Journalism students flocked the online venue for the various live sessions with the environment filmmakers and a special session with the doyen of environmental journalism in India, Swati Thiyagarajan. The festival also brought together around **3 environmental education professionals and 90 teachers from 16 schools** for a specially designed online teacher’s workshop.



## 2.0 Overview

In the year 2020, CMS VATAVARAN team while working from home in a national lockdown since March 21, 2020, decided to leverage the power of social media platforms through a series of online programs like online celebration of different environmental days, online workshops, online film-making competitions, quiz and essay writing competitions and world's first "Lockdown Special Online Environmental Film Festival".

These online efforts were much appreciated by the different sections of the society. More than one lakh people connected online through these various online efforts.

### Glimpses

**FILM FESTIVAL**  
**on BIODIVERSITY & CLIMATE CHANGE**  
PUNJAB STATE COUNCIL FOR SCIENCE & TECHNOLOGY  
In collaboration with  
**CMS VATAVARAN**  
March 9, 2021 | 11:00 am - 02:30 pm  
Hybrid | PSCSTCHANDIGARH

- The Wishing Tree (Feature Film)  
Hindi | 00:57 | Rajgopal-Chetani
- Earth Witness: Reflections on the Times and the Timeless  
English | 01:00:30 | Anurag Kashyap
- Chantal: Revival of Madagascar  
Hindi | 00:28:03 | Shivnivas Oj
- Bunty's Tree  
Non-verbal | 00:05:52 | Jeetu Singh Bhatti
- Dado  
Non-verbal | 00:03:30 | Doria Patha
- Carry Your Own Bag  
Hindi | 00:00:01 | Sanku Bhargava
- Cheering Gum  
Hindi | 00:00:00 | Sanku Bhargava

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**CMS vatavaran**  
**Webinar Series on Environmental Filmmaking**  
Presents  
**Chapter Four:**  
**It All Starts and Ends with the Story:  
How to Write a Successful Script?**

PANELISTS: Saibal Chatterjee, Ujjwal Bhatnagar, Aarti Shrivastava  
MODERATED BY: Aarti Shrivastava

Saturday, June 27, 2020 | ZOOM | @ 4:30 - 6:00 pm  
REGISTER NOW  
Limited Seats, registration will be on first come-first serve basis.  
www.cmsvatavaran.org

**CMS vatavaran**  
**Webinar Series on Environmental Filmmaking**  
Presents  
**Chapter Three:**  
**Production of Environmental and Wildlife Films**

PANELISTS: Mr. Gautam Pandey, Ms. Deel Tripathy, Ms. Aarti Shrivastava  
MODERATED BY: Ms. Aarti Shrivastava

Saturday, June 20, 2020 | ZOOM | @ 4:30 - 6:00 pm  
REGISTER NOW  
Limited Seats, registration will be on first come-first serve basis.  
www.cmsvatavaran.org

**CMS vatavaran**  
**Webinar Series on Environmental Filmmaking**  
Presents  
**Chapter One:**  
**Why and How Should You Make Short Films!**

Expert: Mr. Anshul Sinha, award winning filmmaker

Sunday, May 31, 2020 | ZOOM | @ 4:30 PM  
REGISTER NOW  
Limited Seats, registration will be on first come-first serve basis.  
www.cmsvatavaran.org

**Ethics and Morality in Environmental and Wildlife Film-Making**

PANELISTS: Ajay Bhatt & Vijay Bhatt, Kanchana Bhatt & Nandana Sastri, P.N. Vasanti  
MODERATED BY: Aarti Shrivastava

August 28, 2020 | ZOOM | @ 3:30pm to 4:30 pm  
REGISTER NOW  
Limited Seats, registration will be on first come-first serve basis.  
www.cmsvatavaran.org

**CMS VATAVARAN** presents  
**Screenings of Award Winning Films** | MAR 03, 2020

**THE PYTHON CODE**  
A SHOCKING DOCUMENTARY ABOUT ILLEGAL TRADE OF PYTHON SKIN FOR THE GLOBAL FASHION INDUSTRY  
German and English | 00:28:45 | Directed by Andreas Ewels

**The Golden Thread**  
Assamese and English | 00:29:30 | Directed by Anoop Khajuria

Venue: Casuarina, India Habitat Centre, Lodhi Road, New Delhi | Time: 07:00 pm onwards  
www.cmsvatavaran.org

### 3.0 Celebrating Biodiversity: Lockdown 2.0 Special Online Festival

This year when the second wave of COVID-19 came to India, which was more infectious and much deadlier than the early one, CMS VATAVARAN decided to use its experience and knowledge to use the online medium and its various platforms to reach more and more people for raising the awareness.

To achieve the above goals, CMS VATAVARAN in collaboration with the High Commission of Canada in India, and #LeadtheGreenChange campaign of Delegation of European Union to India (EUDEL), has decided to organizing an eighteen day long environmental awareness online festival entitled “Celebrating Biodiversity: Lockdown 2.0 Online Festival”.

The festival was scheduled from May 22, 2021 until June 8. Beginning on May 22 to mark the World Biodiversity Day, the festival has continued to celebrate World Environment Day on June 5 and came to an end with commemorating the World Oceans Day on June 8. Based on the learning of similar series of popular online initiatives in 2020, this special online festival focussing on Biodiversity has been specially curated.

The **18-days long celebration** has organised a number of online activities, including daily Award-winning film screenings followed by questions and answers sessions with filmmakers and environmentalists; Webinar; Workshop; online Quiz competition and a special Session with the Oscar winner Swati Thiyagarajan.

#### POSTER OF THE PROGRAM

**CMS vatavaran**  
*Celebrating Biodiversity*  
MAY 22 - JUNE 8, 2021 **2021** ONLINE

Lockdown 2.0 Special Online Festival  
(A series of online programs from May 22 to June 8, 2021)

**PROGRAM HIGHLIGHTS**

|  |  |
|--|--|
| <p><b>ONLINE FILM SCREENINGS</b><br/>Daily Film Screenings<br/>May 22 - June 08, 2021   10:00 am onwards</p> <p><b>Daily Question &amp; Answer Session</b><br/>with film makers</p> <p><b>TEACHER'S TRAINING WORKSHOP</b><br/>COVID-19: Understanding the challenges<br/>and the solutions of the new world<br/>for education's frontline workers<br/>June 04, 2021   10:00 am - 1:00 pm</p> | <p><b>PANEL DISCUSSION</b><br/>Covid-19 or the Pandemic<br/>of abused Biodiversity<br/>May 22, 2021   3:00 pm - 4:30 pm</p> <p><b>CELEBRATING<br/>WORLD ENVIRONMENT DAY</b><br/>Online Quiz Competition<br/>June 05, 2021   02:00 pm - 2:15 pm</p> |
|--|--|

**UNDERSTANDING THE PROCESS**  
Special Session with  
*Oscar Winner Swati Thiyagarajan*  
June 08, 2021 | 3:00 pm

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**1. ONLINE FILM SCREENINGS: Daily Film screenings and Live Q&A Session with the filmmaker/s**

Films are the most impactful audio-visual medium that establishes a subconscious communications channel between itself and its viewers by creating an environment wherein all senses are immersed in the experience, eliciting an emotional response.

A film is thus a magical tool to raise eco-awareness in society. It captures unambiguous realities in a manner that jolts us out of our sense of complacency. Our experience through the online and offline film festivals/screenings has shown that there is perhaps no better way than films to impress upon our society that biodiversity and environment is not an uninteresting topic but is an interactive living eco-system that responds to our participation in ways that we can touch and see, every day.

Keeping this in mind, from **May 22 till June 8, 2021**, a total **30** thought provoking and award-winning **national and international green films** has been screened online daily. These films were available free for streaming for 24 hours, and has been watched free on the Facebook and YouTube page of CMS VATAVARAN. These films were premiered daily from 10 am IST onwards.



| Date       | Original Title                        | Director                                     | Viewership (24-hrs) |
|------------|---------------------------------------|--|---------------------|
| 22-May     | The Moor                              | Jan Haft                                     | 250                 |
|            | The Last Ocean                        | Peter Young                                  | 592                 |
|            | The Firefox Guardian                  | Gunjan Menon                                 | 489                 |
|            | Char... The No-Man's Island           | Sourav Sarangi                               | 523                 |
| 23-May     | Earth Witness                         | Akanksha Damini Joshi                        | 1665                |
| 24-May     | On the Brink - Great Indian Bustard   | Akanksha Sood Singh                          | 447                 |
| 25-May     | Arsenic- The Creeping Killer,         | Andreas Ewels                                | 1360                |
|            | Python code                           | Andreas Ewels                                | 1382                |
| 26-05-2021 | Whispers of Warming,                  | ANOOP KHAJURIA                               | 371                 |
|            | THE GOLDEN THREAD                     | ANOOP KHAJURIA                               | 1087                |
| 27-May     | Where the Elephant Sleeps             | Brigitte Uttar Kornetzky                     | 534                 |
| 28-May     | Chilika - Jewel of Odisha             | Shekar Dattatri                              | 1873                |
| 29-May     | Gyamo - Queen of the Mountains/       | Doel Trivedy and Gautam Pandey               | 1441                |
|            | Looking for sultan                    | Doel Trivedy and Gautam Pandey               | 2622                |
| 30-May     | Guardians of the grain                | G S Unnikrishnan Nair                        | 466                 |
| 31-May     | Rearing Giants                        | Thejaviko Chase and Dipen Rangmang           | 391                 |
|            | Keoladeo National Park                | Sherap Palden Sherpa and Dechin Pema Saingmo | 329                 |
| 01-Jun     | Gharat : Revival of Watermills,       | Shriniwas Oli                                | 1243                |
|            | Kotibanaal                            | Shriniwas Oli                                | 430                 |
| 02-Jun     | Forestring Life                       | Aarti Shrivastava                            | 410                 |
| 03-Jun     | Living...the Natural Way              | Sanjib Parasar                               | 655                 |
| 05-Jun     | Diminishing Weather Gods              | Jalal Ud Din Baba                            | 337                 |
|            | Global warning: Kashmir Chapter       | Jalal Ud Din Baba                            | 477                 |
|            | Neeli Raag (True Blue)                | Swati Dandekar                               | 795                 |
|            | SuryaGanga (SunGanges)                | Valli Bindana                                | 594                 |
| 06-Jun     | KhetChorabNahi (Our Land ...Our Life) | Krishnendu Bose                              | 417                 |
|            | Rivers Beyond Borders,                | Krishnendu Bose                              | 455                 |
|            | THE FRAGILE ISLANDS                   | Krishnendu Bose                              | 490                 |
| 07-Jun     | Candles In the Wind                   | Kavita Bahl and Nandan Saxena                | 995                 |
| 08-Jun     | Harvesting The Seas (The Shell Story) | Himanshu Malhotra                            | 750                 |

Apart from film screenings, everyday an online live **Q&A session with the Environmental Filmmakers** has been organised which was much appreciated for its content as it was one of its kind efforts online till date. Total 22 filmmakers of international repute participated in this live Q&A series and discussed about the various aspects of environment and biodiversity conservation, condition of wildlife and the green film-making scenario in the country.

| Date   | Director  | Total Viewership |
|--------|---|------------------|
| 22-May | Gunjan Menon and Sourav Sarangi                         | 506              |
| 23-May | Akanksha Damini Joshi                                   | 799              |
| 24-May | Akanksha Sood Singh                                     | 590              |
| 26-May | Anoop Khajuria  | 294              |
| 27-May | Brigitte Uttar Kornetzky                                | 469              |
| 28-May | Shekar Dattatri   | 308              |
| 29-May | Doel Trivedy and Gautam Pandey                          | 455              |
| 30-May | G S Unnikrishnan Nair                                   | 152              |
| 31-May | Thejaviko Chase, Dipen Rangmang and Dechin Pema Saingmo | 2131             |
| 01-Jun | Shriniwas Oli   | 561              |
| 03-Jun | Sanjib Parasar  | 275              |
| 05-Jun | Jalal Ud Din Baba, Swati Dandekar and Valli Bindana     | 603              |
| 06-Jun | Krishnendu Bose   | 245              |
| 07-Jun | Kavita Bahl and Nandan Saxena                           | 449              |
| 08-Jun | Himanshu Malhotra                                       | 307              |

These programs have been watched by more than thirty-one thousand people across the various social media platforms of CMS VATAVARAN. The Live Q&A session can still be watched on our Facebook (<https://tinyurl.com/7j8edjnc>) and YouTube Channel (<https://tinyurl.com/3xc3xfpx>).

## 2. PANEL DISCUSSION: Covid-19 or the pandemic of abused biodiversity

Date: May 22, 2021

The whole world has been affected by the Covid-19 pandemic and perhaps India is worst in the second wave of the COVID. We all fear for the health and life of ours, our loved ones and also those who are most vulnerable. In the span of just a few weeks of this second wave, Covid-19 has devastated the country and suddenly become most urgent than the crises of ongoing climate change or the dangerous decline in biodiversity.

However, like other major epidemics (AIDS, Ebola, SARS, etc.), is the emergence of the Corona Virus is not unrelated to the climate and biodiversity crises we are experiencing? What do these pandemics tell us about the state of biodiversity? Is there any connection between the blatant destruction of the biodiversity and Covid-19?

To understand these issues, on the occasion of International Day for Biological Diversity, a panel discussion 'Covid-19 or the pandemic of abused biodiversity' was organised. Three very eminent biodiversity expert and conservationists participated in this panel discussion.

**Abi Tamim Vanak:** Fellow, Centre for Biodiversity and Conservation, Ashoka Trust for Research in Ecology and the Environment (ATREE)

**Anish Andheria,** President & CEO, Wildlife Conservation Trust

**Siddharth Edake,** Fellow & Convener, Centre for Biodiversity & Ecosystem Services, Land Resources Division, TERI.

The panel was Moderated by **Ms. P N Vasanti,** PhD, Director General, Centre for Media Studies

The session started with a question raised by Ms Vasanti about the significance of Biodiversity and Biodiversity conservation for us. According to Mr Vanak Biodiversity is not just a checklist of different species but also interaction between these species. He also expressed his fear about one of the greatest concerns of our times, the loss of biodiversity and the impending crisis from the climate emergency. He also said that the current pandemic is just a symptom and the outcomes we are going to see more often due to it and its high time to tackle them in an urgent basis.

In his opening comment, Dr Anish Andheria explained about the history behind commemorating the WBD in detail. He also explained how land, forest and oceans are intricately woven and how more than 1.3 billion known species are its part. According to him mono-forestry is not going to solve the climate crises threats. To tackle this problem, we do need forests but we also need the diversity of the species.

In his reply to the question, Dr Edake said that although India is having only 2% for the world's total land mass, it has managed to conserve and protect almost 7 to 8% of world's total biodiversity which includes 45 thousand species of plants and over 91 thousand species of animals and it is a big achievement for us but we need to do a lot of efforts in conserving it for our future generations.

Later on, the panellist explained what is the meaning of biodiversity loss and how this loss is directly or indirectly responsible for the current pandemic situation. According to Dr. Andheriya, biodiversity loss does not always mean the total number of species but it also means the richness of the species, the different types of species. He has given few examples to understand the relationship between the richness of the species and biodiversity conservation.

According to Dr Vanak this is the era of sixth mass extinction and this Anthropocene extinction is as a result of the mindless human actions. He also explained how preserving the biodiversity means preserving the human civilization.

In his reply, Dr Edke tried to explain how mindless human intervention is destroying the local biodiversity. He also explained that how short sightedness of governments and our greed has troubled the biodiversity balance to its extent.

Later on, the panellist discussed about the relationship of health, current pandemic and the loss of biodiversity. The panellists discussed about the transfer of the zoonotic disease, how it is impacting our health and also how it all related to the loss of biodiversity.

Dr Vanak explained how the microorganisms are also an important part of the biodiversity and how it is extremely important for the richness of the biodiversity & wellness of the human being. He further explained that by creating pressure on the different biodiversity hotspot by destroying them we are opening a pandoras box by giving a chance to these pathogens and microorganism to cross, jump species and to effect human being, circulate in greater numbers and also to mutate.

Dr Andheriya talked about the explosion of human population and how the mindless urbanisation has made these pathogens and zoonotic diseases multiplied and infected the human being in such a rapid pace. He also explained the how human development, infrastructural growth and our consumption patterns and live stocks are also playing an active rope in the spread of these zoonotic disease.

Talking in the conversation, Dr Edke explained how we can be a part of the solution. He presented a case study from the state of Nagaland through a PPT presentation and explained how by involving local communities, a community conservation can be used as a successful strategy for the biodiversity conservation.

More than 700 viewers participated in this live panel discussion. The panel discussion still can be watched on CMS VATAVARAN’s YouTube channel (<https://youtu.be/oc2ZrzioNNo>) and Facebook page (<https://tinyurl.com/4hs62x9s>)



**CMS vatavaran** ™ **ONLINE**  
*Celebrating Biodiversity*  
 MAY 22 - JUNE 8, 2021 **2021**

**PANEL DISCUSSION**  
**Covid-19 or the Pandemic of Abused Biodiversity**  
 May 22, 2021 | 3:00 pm - 4:30 pm  
 Venue:  VatavaranCMS |  cmsvatavaran

**Panelist**

|   |   |   |
|---|---|---|
| <br><b>Abi Tamim Vanak</b><br>Senior Fellow (Associate Prof),<br>Ashoka Trust for Research in Ecology<br>and the Environment (ATREE) | <br><b>Anish Andheria</b><br>President & CEO,<br>Wildlife Conservation Trust | <br><b>Siddharth Edake</b><br>Fellow & Convener, Centre for<br>Biodiversity & Ecosystem Services,<br>Land Resources Division, TERI |
|---|---|---|

**Moderated by**

|  |
|--|
| <br><b>P N Vasanti</b><br>Director General,<br>Centre for Media Studies |
|--|

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### 3. TEACHER'S TRAINING WORKSHOP: COVID-19: Understanding the challenges and the solutions of the new world for education's frontline workers.

Date: June 04, 2021, Time: 10 am- 1 pm

On the eve of World Environment Day, 4 June 22, 2021, a teacher's workshop on the topic of "COVID-19: Understanding the challenges and the solutions of the new world for education's frontline workers" was organised.

As we all know, one of the biggest challenges to biodiversity conservation in India is the rate at which it is degrading and natural resources are diminishing. While development is unavoidable, it is possible to achieve it in a sustainable manner which ensures the preservation of our unique biodiversity. We at CMS VATAVARAN also feel that one of the reasons for the pandemic is this shameless destruction of our natural resources and our biodiversity.

Education has been globally recognised as a key solution to achieving biodiversity conservation and sustainability in development. It is imperative that the young generation builds appreciation for nature and sees value in its preservation to avoid further irreparable damage to our planet. And this makes the teachers as one of the most important frontline workers in fighting the pandemic and saving this world from it.

During and post COVID-19, the challenges for teaching and learning outside the traditional classroom have risen, especially for environment education and reconnecting with nature. The need of the hour is to innovate and implement alternative educational systems and assessment strategies.

This pandemic has forced the teachers into a virtual world of teaching through different apps and devices. But this virtual world has its challenges also. What does this mean for the future of environmental education? What are the possible futures that can be imagined once the pandemic has subsided? How to deal with the These questions cannot, of course, be separated from present experiences of the social impacts of COVID-19.

In this workshop we tried to discuss the challenges faced day-to-day by these education's frontline workers and tried to find out its solutions too. To answer the above questions, the workshop has invited three subject experts.

- **Lima Rosalind**, Director, Green Future Foundation, Conservation Educator, Sustainable Livelihoods and Interpretation Professional.
- **Radhika Suri**, Director, Environment Education, WWF India.
- **Sasha Aery**, Co-Founder at MokshIn and a mental health professional and education consultant



**TEACHER'S TRAINING WORKSHOP**

**COVID-19: Understanding the Challenges and the Solutions of the New World for Education's Frontline Workers**

June 04, 2021 | 10:00 am - 1:30 pm | Online zoom (invitation only)

*Inaugural Address*



**Aly-Khan Rajani**  
Head, Advocacy & Public Affairs  
High Commission of Canada

*Resource Persons*



**Lima Rosalind**  
Director, Green Future Foundation,  
Conservation Educator,  
Sustainable Livelihoods and  
Interpretation Professional

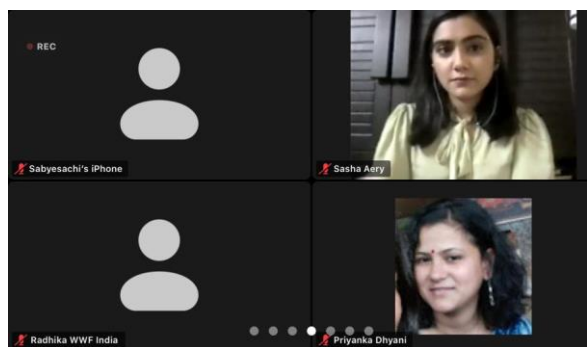
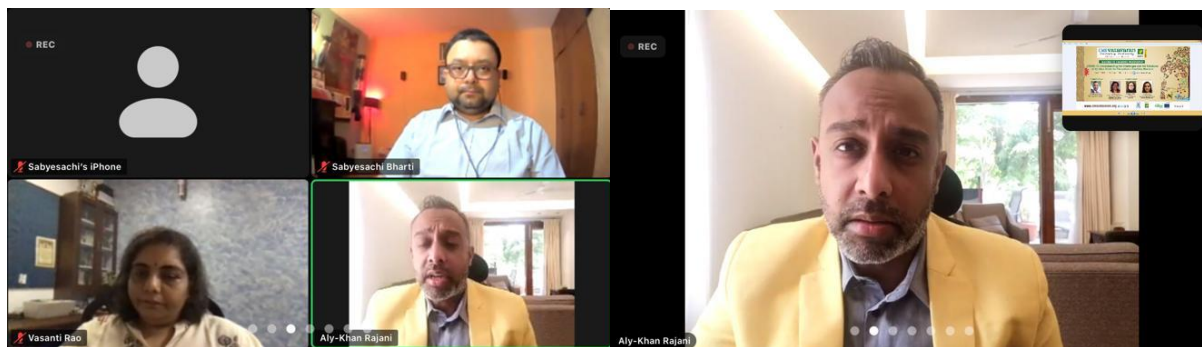


**Radhika Suri**  
Director,  
Environment Education,  
WWF India



**Sasha Aery**  
Co-Founder, Mokshin  
and a Mental Health Professional  
and Education Consultant

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## **Inauguration**

The inaugural session started on time at 10 am. **Aly-Khan Rajani**, Head, Advocacy & Public Affairs, High Commission of Canada in India was the chief guest of the workshop.

The session was introduced by Sabyesachi Bharti, Deputy Director, CMS VATAVARAN. He welcomed the chief guest, resource persons and the participants. In a brief, he also explained the necessity of organizing the workshop.

In her welcome address Ms. P N Vasanti, DG, CMS explained the role of CMS VATAVARAN and its relationship with the schools and teachers for promoting environmental education. She praised the selfless work of teaching community during this challenging time and also explained why it is important to recognize these efforts.

In his inaugural address Mr. Aly-Khan Rajani, Head, Advocacy & Public Affairs, High Commission of Canada appreciated the idea of organizing the workshop specially in the pandemic time. He further explained that how the educators can play a leading role in building back a better world post pandemic. He also appreciated CMS VATAVARAN for using creative ways to connect and engage with the community during the pandemic times. He called the participants to take a pledge to inform, inspire and influence youth to be the torch bearers for protecting the environment.

After the inaugural address, the workshop started with Sabyesachi Bharti's formal introduction of the resource persons. The workshop was divided in three lectures sessions and a Q&A session with the panelist at the end of the sessions.

## **Session 1**

**Lecture Topic: Futures of outdoor and environmental education in the post COVID era**

**Resource Persons: Ms Lima Rosalind.**

In this session Ms Rosalind explained in detail about the need for sustainability amid to Covid 19. She also explained about the need of innovation in the teaching techniques in the post covid era and a long-lasting behavioural change to live in harmony with nature. She encouraged teachers to see how to include the SDGs in their teaching curriculums.

She also talked in detail about the "Education for Sustainable Development" and the role of cognitive learning, analytical thinking and problem-solving skills in tackling the environmental problem faced by the world.

## Session 2

**Lecture Topic: How to build Conservation Leadership through Education in the post COVID era**

**Resource Person: Ms Radhika Suri.**

Ms Radhika Suri is playing an instrumental role in developing various environment education programmes that aim at building a generation of environmentally conscious citizens and empower the teachers across the country to embed the concept of sustainability into the school system.

In this very interesting and interactive session, Ms Suri with the help of her colleague Sulagna Roy, tried to empower the teachers to come up with the innovative ideas about how to develop the conservation leadership in their schools in post covid era.

In this brainstorming sessions she had very effectively used various innovative communication medium like animation, short film and collaborative softwares like menti.com and padlet.com.

## Session 3

**Lecture Topic: Supporting educators' mental health during the pandemic and post pandemic era.**

**Resource Person: Sasha Aery.**

For many involved with environmental education the pandemic has been particularly difficult, especially with lockdowns. The pandemic has not only affected the mental state of students, since teachers have also accumulated a high level of stress since the beginning of the crisis. Recent studies have pointed out that during lockdown, teachers have suffered stress from having to adapt (in record time) in order to provide online classes. This stress has often been accompanied by symptoms of anxiety, depression, and sleep disturbance as a consequence of the increased workload resulting from home teaching

Sasha Aery, being a mental health professional and an education consultant with experience as a Cambridge trainer, IB Teacher, psychologist, and entrepreneur, talked about the anxiety, depression stress and other physiology and mental health issues faced by the teaching communities.

The workshop concluded with a Vote of thanks by Sabyesachi Bharti, Deputy Director, CMS VATAVARAN. The workshop is now available to watched on CMS VATAVARAN's YouTube channel (<https://www.youtube.com/watch?v=niKls4N-Y44&t=1239s>)

A total of 317 teachers from 36 different schools registered for the workshop in which 90 teachers from 16 schools finally participated in the workshop.

### List of Participants: Annexure 1

The participant teachers enjoyed the session thoroughly which is reflecting in their feedbacks:

- *All session was very interactive especially mental health session was given useful tips to maintain our mental health. (Shweta Arya, Bal Bharati Public School, Pitampura)*
- *It was enriching workshop for all of us especially the ones conducted by Radhika Suri and Sasha Aery. So many takeaways related to classroom management mindfulness especially. The prompts asked by Radhika Suri were really fantastic with so much learning. The tools like padlet connected us we'll, our profession. (Sanjali Dhar, DLF PUBLIC SCHOOL, Ghaziabad)*
- *CMS VATAVARAN workshop was wonderful and enlightening experience. Which gave us insight into reality of how we ignore ourselves and what to do get back mindfulness with little things. That day glass of water gave us energy and mindfulness. I realized we have to work as soldiers to restore our environment and prepare army of future generation conserve our only planet Earth. (Nidhi Chandra, DLF PUBLIC SCHOOL, Ghaziabad)*
- *Your only limit is your mind and to bring about a change you need to move rest to be inspired to follow you. (Adita Saxena, DPS, Vasant kunj)*
- *The Workshop was excellent and I enjoyed and learned a lot about why self-care is important for us in our busy lives, tips regarding classroom management helped me a lot which I can apply in my classroom too, tips on mindfulness, some activities that I can do with my students in class. (Richa Thakur, DLF PUBLIC SCHOOL, Ghaziabad)*
- *“Happy mind can make the surrounding happy” very helpful workshop addressing the challenges of environment & new world education and discussing the solutions for the same. The mindfulness activities by resource person were gems of the workshop. I wish to be a part of such workshops in future. (Saurabh Mangla, Summer Fields School, Kailash Colony)*
- *Such an informative workshop especially for the teachers. It was very helpful for us to recognize our own hidden qualities. The motivational points delivered by speakers have really made me feel so proud of myself. Keep the good work to you and your team for organizing such a wonderful workshop. (Meena Rakhi, Venkateshwar International School, Dwarka)*
- *It was a wonderful experience and a learning session. This guided us on overcoming challenges during the Pandemic. Keeping young kids engaged throughout the duration of a class, is never easy but, we were properly taught on how to do that. Connecting with the nature is imperative and can be put into games for engaging students. This creates mindfulness among them too. We also practiced self-care, to release stress and instill a calm feeling within us. (Sudipa Bandyopdhay DLF PUBLIC SCHOOL, Ghaziabad)*

#### 4. CELEBRATING WORLD ENVIRONMENT DAY: ONLINE QUIZ COMPETITION

World Environment Day, the biggest annual event in the world run by the United Nations to mark the environmental awareness among the people is celebrated every 5th of June. It is also known as “People’s Day” -a day to do something to take care of our environment. With main aim to raise awareness, to protect our nature and look at various environmental issues that are growing day

Keeping this in mind to celebrate the World Environment Day 2021, CMS VATAVARAN has organized an online quiz competition. The quiz questionnaires were based on ‘Biodiversity Conservation’, the practice of protecting and preserving the wealth and variety of species, habitats, ecosystems, and genetic diversity on the planet, is important for our health, wealth, food, fuel, and services. Aim of this competition was to help the students to enhance their knowledge and understand the importance of biodiversity conservation. Quiz competition was held on June 05, 2021 at 03:00 PM where the participants answered 35 questions in 15 minutes.

A total of 4007 students from 40 schools and 16 colleges participated in online quiz competition. 17 students scored 100% and presented with the Certificate of Excellence. 382 students scored between 99-80% and presented with the Certificate of Distinction where 637 students got the Certificate of Appreciation scoring between 80-60% marks.

The detailed list can be seen on [http://cmsvatavaran.org/Lockdown2\\_World-Environment-day.php](http://cmsvatavaran.org/Lockdown2_World-Environment-day.php)



[www.cmsvatavaran.org](http://www.cmsvatavaran.org)





## Online Quiz Competition on Biodiversity

Date: June 05, 2021 | 03.00 PM  
Time Count: 15 Minute Language: English

CELEBRATE  
**WORLD  
ENVIRONMENT DAY**  
JUNE 05, 2021

[www.cmsvatavaran.org](http://www.cmsvatavaran.org)



### Certificate of Distinction

Proudly Presented to

In recognition of securing a position of distinction in the "Online Quiz Competition"  
on occasion of **World Environment Day**, held on June 05, 2021  
organised by CMS VATAVARAN, New Delhi



[www.cmsvatavaran.org](http://www.cmsvatavaran.org)



### Certificate of Appreciation

Proudly Presented to

In recognition for participating in the "Online Quiz Competition"  
on occasion of **World Environment Day**, held on June 05, 2021  
organised by CMS VATAVARAN, New Delhi



[www.cmsvatavaran.org](http://www.cmsvatavaran.org)



### Certificate of Winning Competition

Proudly Presented to

*Abhinav*

In recognition of securing a winning position in the "Online Quiz Competition"  
on occasion of **World Environment Day**, held on June 05, 2021  
organised by CMS VATAVARAN, New Delhi



[www.cmsvatavaran.org](http://www.cmsvatavaran.org)

## 5. UNDERSTANDING THE PROCESS: SPECIAL SESSION WITH OSCAR WINNER SWATI THIYAGARAJAN

Date: June 08, 2021

The 18-days long virtual celebration focuses on biodiversity, climate change and environmental issues with the aim to inspire and encourage everyone to take action, even during the COVID-19 pandemic came to an end with commemorating the World Oceans Day on June 08, 2021 with an invite only session exclusively for the film-making, journalism and mass-communication students with Swati Thiyagarajan, the doyenne of environmental journalism in India

A conservationist, documentary filmmaker and environmental journalist and is a core team member of the highly acclaimed Sea Change Project in South Africa, Swati Thiyagarajan is also the associate producer and production manager of the documentary film *“My Octopus Teacher”*, which won the best documentary feature award at the 93rd Academy Awards. Thiyagarajan is also a recipient of the Carl Zeiss Award, Earth Heroes Award and two Ramnath Goenka Excellence in Journalism Awards.

A total of sixty-one specially invited students from 13 different mass-communication and journalism schools participated in the session which is now available to watch on our YouTube channel (<https://www.youtube.com/watch?v=C3Ykvr99mxM&t=337s>)



**CMS vatavaran**  
*Celebrating Biodiversity*  
 MAY 22 - JUNE 8, 2021

**UNDERSTANDING THE PROCESS**

Special Session  
 with *Oscar Winner*  
**Swati Thiyagarajan**

June 08, 2021 | 3:00 pm | Online  *(invitation only)*

[www.cmsvatavaran.org](http://www.cmsvatavaran.org)

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 **LEAD THE GREEN CHANGE**  
 **EUROPEAN UNION**  
 **Canada**

## List of Participants: Annexure 2

In this session Swati talked in length about the condition of environment journalism in Indian subcontinent. She also talked about the process of making a social and environmental conscious film. At the end of the session, she answered various questions raised by the participants.

A Certificate of Participation has been provided to all the 61 participants.

The participants were very happy about the session which can be seen in their feedbacks:

- *It was very informational. I got to understand the effort and time it takes for environmental journalists to bring out their work, also that the job is not as simple as people would think. (Nyadang Wangsu, Sikkim University)*
- *First of all, a big thanks for team CMS VATAVARAN for organizing such an amazing webinar with Oscar winner Swati Thiyagarajan. To be honest, this webinar fully motivated me for environmental journalism. Looking forward for more such events. The best part was that we also got the opportunity to directly ask our questions to her. (Chirag Jha, Delhi School of Journalism)*
- *I had the opportunity of attending a live zoom session organised by CMS VATAVARAN with the Oscar winning Swati Thiyagrajan. She shared insights into her journey of the how the film 'My Octopus Teacher' made its way onto Netflix and into the hearts of the people eventually. She talked extensively about her experience as an Environment Reporter working in India, when she did. It was an insightful session with an open floor at the end of the session to ask questions that students like me, as budding journalists interested in Environment had. Looking forward to more such sessions. (Priyanka S Yadav, GGSIPU, Delhi)*
- *Swati Thiyagrajan way of explaining the things with facts and her personal experiences. Really a nice session and very informative. (Preeti Gupta, Miranda House (DU))*
- *I enjoyed the informative session and am grateful to be enlightened by such an amazing personality.*
- *The session was really well conducted. (Arunima Dey, Acharya Narendra Dev College, University of Delhi)*

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