

ZERO WASTE DAY 2024



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY



Brahma Kumaris
Environment Initiative

Observing the UN Zero Waste Day 30 March 2024

Waste Nothing, Value Everything

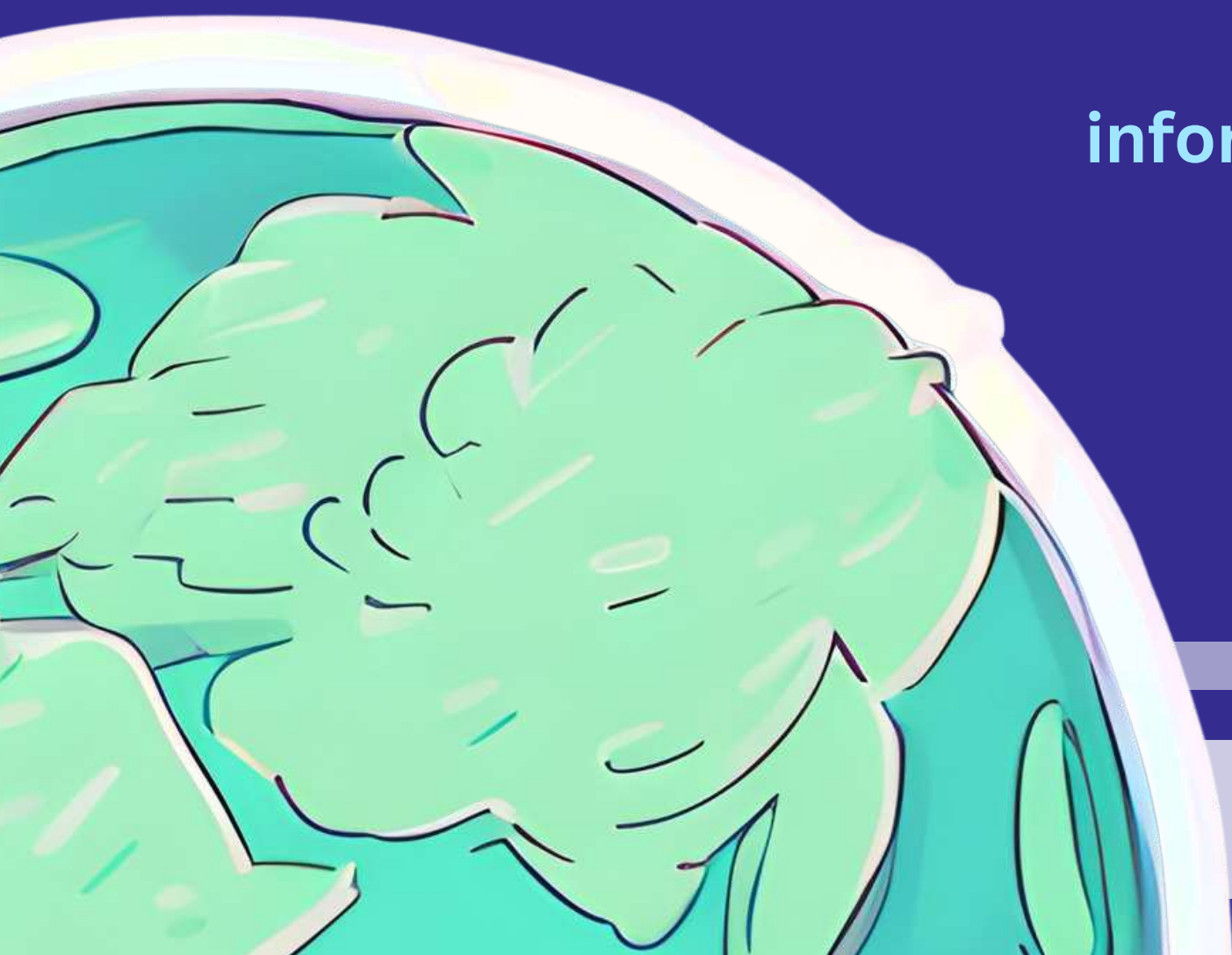
Humanity's unsustainable production and consumption practices are driving the planet towards destruction. Households, small businesses and public service providers generate between 2.1 billion and 2.3 billion tons of municipal solid waste every year – from packaging and electronics to plastics and food. However, global waste management services are ill-equipped to handle this, with 2.7 billion people lacking access to solid waste collection and only 61–62 per cent of municipal solid waste being managed in controlled facilities. Humanity must act urgently to address the waste crisis. [Click to the UN website](#)

But how to Act ? What set of Actions will be necessary to deal with this problem ? What is the seed for such a transformative and collective action ? Who is creating waste ? Who can solve the problem ? The answers are simple yet need reflection, realisation and cooperation.

The team of official youth representatives of the Brahma Kumaris to the UNEP(United Nation Environment Program) and UNFSS (United Nations Food System Summit) have come up with some ideas that will encourage the students of each centre to participate and observe this very important initiative of the UN, which will also help them in their spiritual journey to a waste free lifestyle.

Please share your news,
information, images, videos and experiences of
observing the zero waste day 2024.

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Before you look into the ideas...

Do's

- Use digital backdrops, or no backdrops for your events. be creative and enjoy a simple event.
- Organize your catering in a way that is least wasteful.

Don'ts

- Avoid printing banners or backdrops.
- Avoid using single use plastic containers, polybags etc. for the events.



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1. Upcycled Treasure Hunt

Hide upcycled items (old objects turned into something new and useful) around the center. Provide clues related to Brahma Kumaris teachings or concepts. The finders are rewarded and get to explain the spiritual significance of upcycling.

2. Zero Waste "Meditation Kitchen"

Host a mindful cooking session where focus is on using every bit of ingredients, minimizing scraps, and appreciating the abundance provided.

3. Zero Waste Dishes

An innovative vegetarian dish where every thing ingredient of that dish is used up or the parts that are usually thrown are made into something edible. Also share with us the recipe. For example dragon fruit peel snacks, and passion fruit skin desserts.



1. Bring dragon fruit skin



2. Slice the dragon fruit skin



3. Mix dragon fruit skin with all purpose fl



4. Deep fry the dragon fruit skin

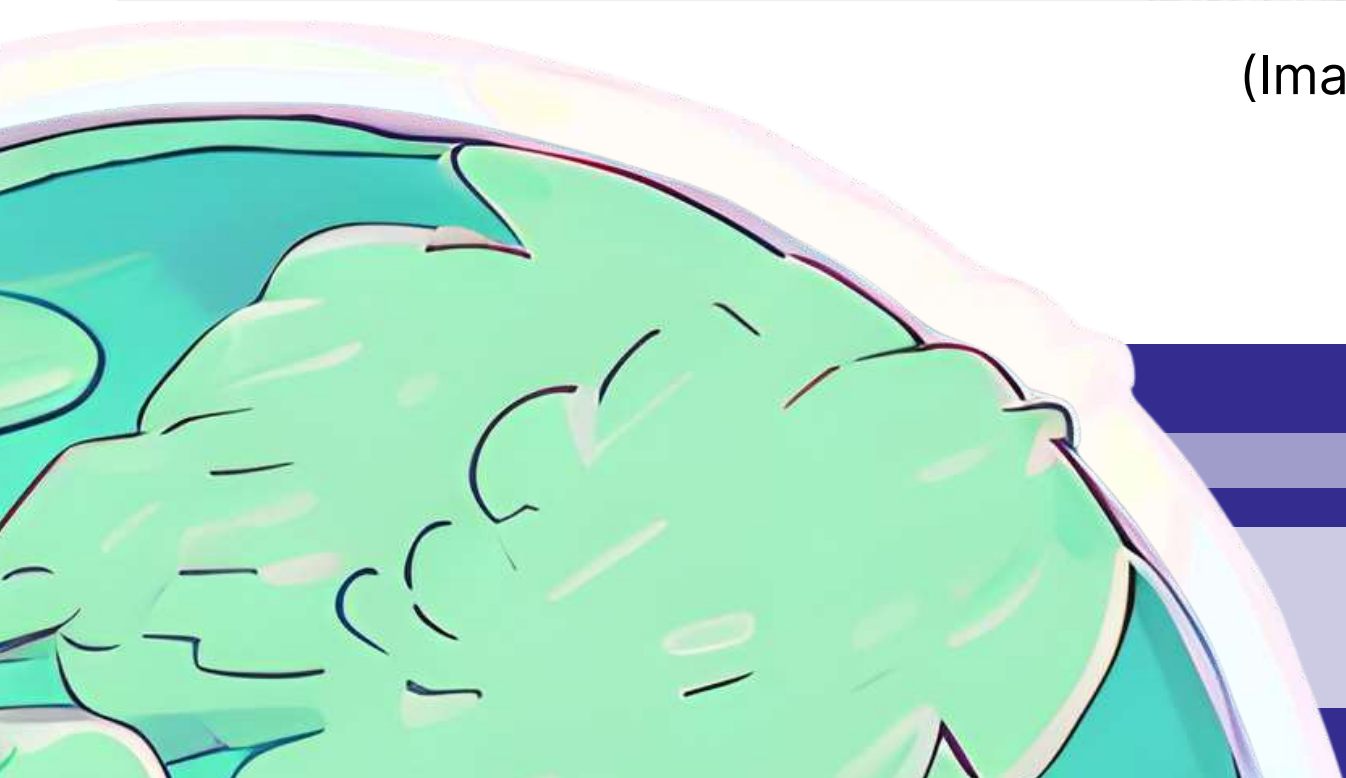


5. Put the dragon fruit fries into the glass shot then add the yoghurt dressing



6. Ready to be served pass around the buffet

(Image is subjected to copyright, please use it for internal sharing only")



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4. "Waste Confessions" and Transformation

Set up an anonymous 'confession' box for wasteful habits. Later, read them out loud and collectively brainstorm solutions with a spiritual perspective.

5. Zero Waste WORLD

Every centre 1st 30 minutes before murli, meditation sessions, have a few minutes focused on visualizing a waste-free world and sending positive vibrations towards a sustainable future.

6. How can we live a Waste-free life ?

Join our online event **on Zoom, on Saturday the 30th of March, 2 pm UK time.** Experts from all across the world will be sharing their insights and ways for us to live a more sustainable life that is free from waste. Its an interactive session so you can ask your questions as well. Find the poster attached in the email for the event.

Some Key Principles and values that can be highlighted

Respect for Nature

Highlight the connection between waste and disrespecting nature's resources.

Ahimsa (Non-violence)(Do no harm)

Link excessive waste to a form of indirect violence towards the planet and its inhabitants.

Compassion

Compassionate way of living must showcase complete respect and usage of our resources, whether its thoughts, words, actions, resources like Time, money and natural resources.

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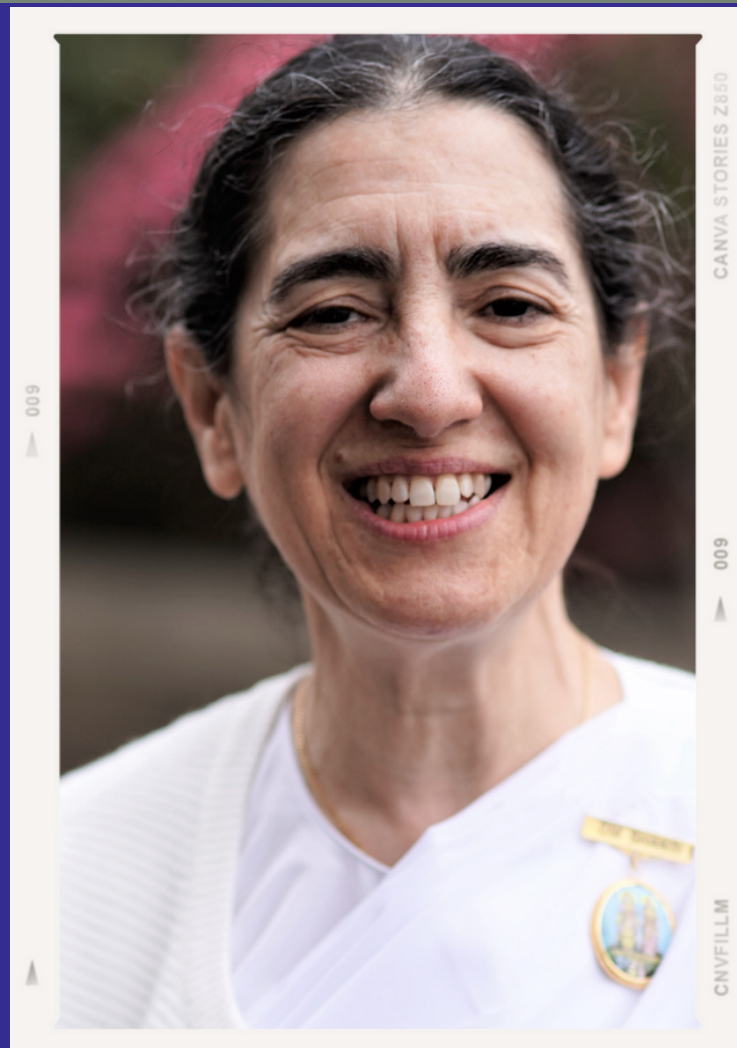
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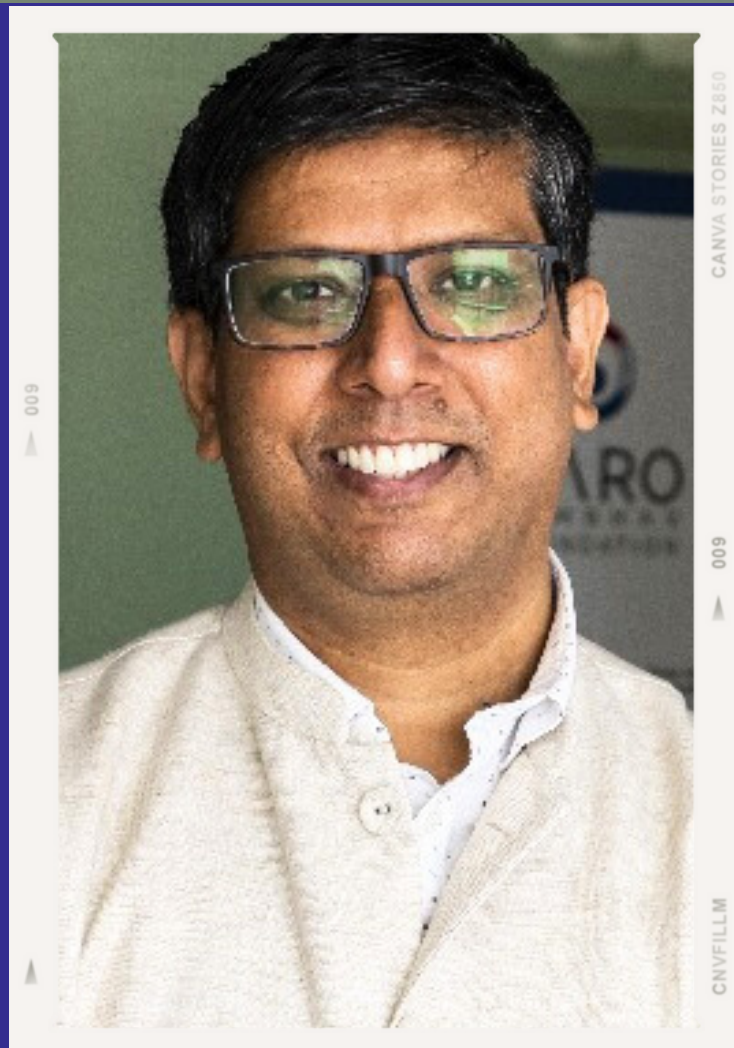
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HOW CAN WE LIVE A WASTE-FREE LIFE?

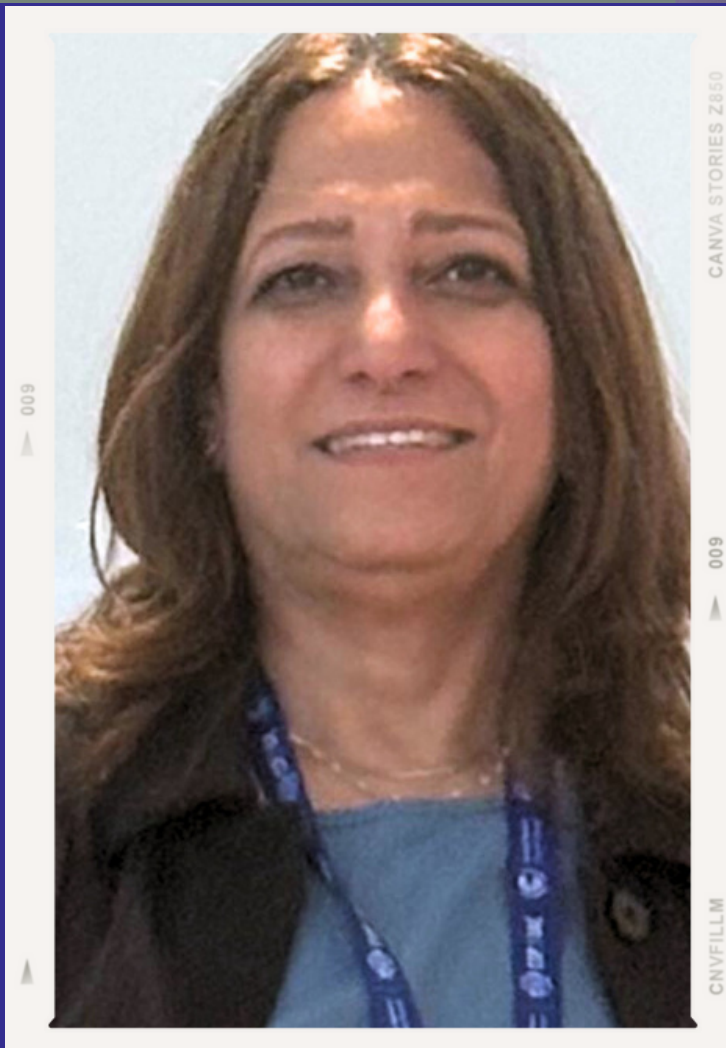
Saturday 30 March 2 pm (UK)



Sister Maureen
Program Director
Brahma Kumaris (UK)



Pranshu Singhal
Founder
Karo Sambhav (India)



Shaikha Al Arfaj
Dept. Chairman,
Beatuna Company (Kuwait)



Prajwal Bhosale
Food waste Consultant
The PLEDGE™ (Thailand)

Ready to dive into a conversation that could change the way we live? From limited resources such as water, to our thoughts and words, everything is precious. This International Day of Zero Waste, join us in a refreshing discussion and perspective on the possibilities of living a waste-free life. Explore practical strategies and sustainable habits to empower yourself to reduce, reuse, and recycle effectively. Together, let's unlock the key to a simpler, cleaner future for ourselves and our planet

contact: ecoshanti@brahmakumaris.com

Meeting ID:

924 6542 1506



zoom