

APR-JUN 2025



Green THE UNIVERSE

READ THE EARTH. WRITE THE FUTURE



Illustrated by
PRIYAL MOTE





Green
THE UNIVERSE

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THE GREEN UNIVERSE

Apr-Jun 2025, New Delhi

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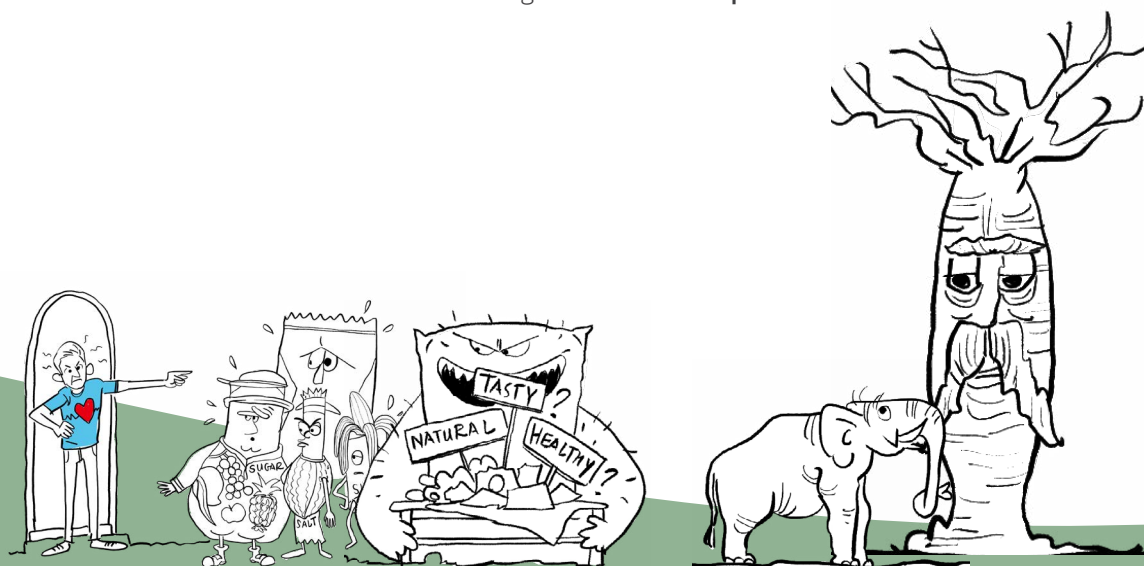
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FOUNDER'S NOTE

Dear Young Changemaker,

It gives me immense pleasure to introduce you to our new magazine designed exclusively for school students, and the young changemakers of tomorrow. At *TheCSRUniverse*, we've long been committed to stories that drive impact, promote sustainability, and reflect the evolving landscape of Corporate Social Responsibility (CSR). But we believe it's time to take a step further by directly connecting with you, the youth. The launch of this magazine – *The Green Universe*, is our first step.

Why now? Because the climate crisis is no longer a distant possibility, it is a present-day reality. From rising temperatures and erratic weather patterns to the loss of biodiversity and growing climate anxiety, our planet is sending out distress signals. And while policies and corporate action matter, the most powerful shift will come when individuals, especially young people, take charge. This magazine is born out of that belief.

It's not just a publication; it's a movement. A space where you will find stories of hope, solutions that matter, innovations led by young minds, and simple yet powerful ways you can make sustainability a part of your daily life, be it through climate action, reducing waste, mindful consumption, or influencing change in your schools, colleges, and communities. You might ask: Why a separate magazine for us?

Because we understand that your world is different. The way you engage with information, express your opinions, and drive movements is unique. This magazine will speak your language: curious, bold, tech-savvy, and ready to act. It will give you the knowledge you need, the tools to reflect, and the voice to be heard. Whether you're a student passionate about clean energy, a teen innovator building climate tech, or just someone wondering how to start a green journey—this is your platform.

As the Founder of *TheCSRUniverse*, I have had the privilege of engaging with countless changemakers across the globe. And if there's one thing I've learned, it's this: when youth leads, the world listens.

The digital edition will be launching soon, along with many exciting opportunities for you to be part of our collective journey to protect the planet and create a greener, more sustainable future for generations to come.

Let's learn. Let's question. Let's act.
Because the planet can't wait, and neither should we.
With hope and purpose,

Ashish Jha
Founder, *TheCSRUniverse*



EDITOR'S NOTE

Hey there, Champ!

You're holding something super special: the very first issue of *The Green Universe*! Think of it as your monthly dose of amazing stories, surprising facts, planet-friendly ideas, and a whole lot of fun, all wrapped in green!

So, what are we all about?

If you've ever wondered why summers are getting way too hot to play outside, or if trees can actually talk (spoiler: kind of!), or whether the food in your snack packet is as good as it tastes, then you're exactly where you need to be.

This magazine was born out of one simple thought: what if kids led the way to a greener world? What if you didn't have to wait to grow up to do something cool for the planet? What if climate action wasn't just about scary news, but also about hope, hacks, heroes, and wild ideas that actually work? That's what we're here for.

In this debut issue, you'll meet a water-saving superhero who helped revive ponds in his village, and a super-smart detective who can help you decode your food like a pro. You'll also travel to a desert where the Bishnois, a community of eco-warriors, have protected animals and trees for hundreds of years! You'll learn what UPFs are (they're not aliens, but they are kind of scary), and discover why mommy knows the best when it comes to your favourite Ramen bowl.

You'll get a peek into Bhumi's green birthday party (balloons not invited), take a spin on a magical bamboo bicycle, and even try your hand at building a bird feeder. And yes, since AI is everywhere these days, you'll find out why ChatGPT is a thirsty chap!

Oh, and don't forget the baobab tree: a time-traveling tree so old and wise, it could probably write its own autobiography (but we got there first).

Everything in this issue connects to our big idea: the Earth is amazing, and it needs young people like YOU to keep it that way. We're not here to lecture or list rules, we're here to explore, imagine, build, plant, and yes, sometimes even mess up and try again.

So turn the page, take a deep breath (thank a tree for that), and get ready. This is not just the first issue of a magazine. It's the first step in your green journey.

Medha Gupta
Founding Editor, *The Green Universe*



NEXT TIME YOU SPOT A UPF, SAY BOO!

You may have heard of UFOs (Unidentified Flying Objects) in the news from time to time. But do you know about UPFs? While UFOs may or may not be dangerous, UPFs definitely are! Want to know more, read on...

Commonly known as junk foods, ultra-processed foods or UPFs are highly processed foods that contain artificial ingredients. These items go through lots of processing and contain additives, preservatives and other artificial ingredients. Due to this reason, these foods are very hard to recreate in our kitchens. A few examples of such foods are ready-made meals, pastries, buns, cakes, breakfast cereals, fruit drinks, iced tea, candy, soft drinks, chips and quick food items from restaurants.

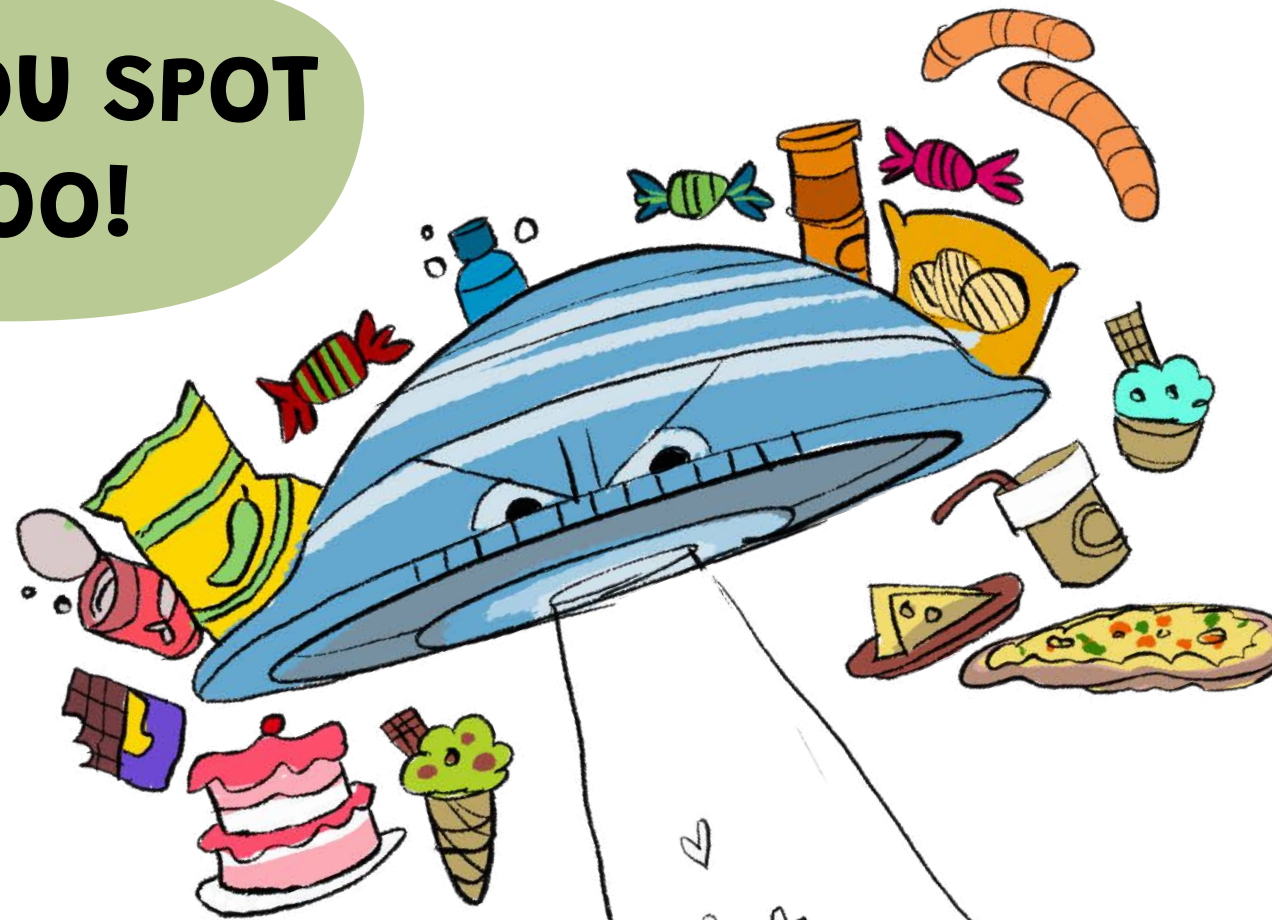
Why are UPFs bad for the planet

Your parents and teachers must have informed you that junk foods or UPFs aren't good for our health, but do you know that they are as bad for our environment?

This is due to many reasons. One of which is that UPFs rely on a few crop species to be prepared. Food producers choose these crops because they are cheaper to grow. This burdens the habitats where these crops are grown. This results in a fall in the demand for more diverse crops. Some examples of such crops include oil seed crops (like palm oil), sugar, corn, wheat, soybean, rice and potatoes. Take the example of palm oil, which is

responsible for deforestation of some of the world's most biodiverse forests. It is the world's most consumed vegetable oil that can be found in half of our UPFs. To meet the demand for this oil, this crop has to be grown on a large scale. Due to this, several wild habitats are destroyed to make space for its farming, putting some very important species of animals and plants at risk. Between 2015 and 2018, lakhs of hectares of rainforest was cleared for palm in Indonesia.

To better understand how UPFs are bad for our biodiversity, imagine your favourite park where you and all your friends love to play. There are swings, slides, trees and places for



birds, squirrels and butterflies to live. Now, what if someone came and turned most of the park into a big field that only grows one kind of flower? It may still look pretty, but now there's hardly any space left for the birds and squirrels to make their homes on the trees or for you and your friends to play on the swings. This is what happens in places like rainforests and other wild areas when farmers clear land to grow just one crop, like palm oil or soybean. Animals like jaguars and orangutans lose their homes. In Indonesia, rainforests are cut down to plant palm oil trees. In Brazil, land is cleared to grow soybeans.

The environment needs lots of different plants and animals, just like your park needs a variety of swings, benches, trees and flowers to stay fun and full of life!

Palm oil is in a lots of snacks like cookies, chips, and even instant noodles! But to grow it, some places are cutting down huge forests and turning them into massive palm oil farms.



Profit > Planet

If something is ultra-processed, it's going to have a larger carbon footprint, as it uses more water and energy. The big companies producing these foods often don't care for the planet as they are mainly concerned with profits to flourish. Here are a few reasons for the larger carbon footprint of UPFs.

Cheap Raw Materials:

UPFs often rely on inexpensive and bulk ingredients, such as refined grains, cheap oils, sugars and additives, which are cheaper than other ingredients.

High-energy Processing:

The extensive processing involved in producing ultra-processed foods requires big machines, resulting in massive electricity consumption.

High Cost of Packaging:

UPFs use packaging materials, labelling and design to make their product look attractive to consumers, especially kids.

Expensive Marketing & Advertising:

The companies spend lakhs of rupees on marketing and advertising to sell these foods.

High Usage of Fuel:

These foods are transported from factories to distributors and retail stores. This includes transportation fees and storage costs.

Zero Waste-Management:

UPFs come in plastic wrappers and containers. After use, these plastic wastes are dumped into landfills or into our oceans.

Why do we love UPFs?

This is because ultra-processed foods are also ultra-easy. They are ready to eat and do not require cooking. Most UPFs taste great and come in pretty packets or containers, which makes them hard to resist. But now we know that UPFs are also ultra-poor foods that deprive us of not just healthy nutrients but also a healthy environment.

So next time when you choose between a banana or a packet of chips, think of it as a choice between good health and bad health; good environment and bad environment.



THE LEAST “COOL” SUMMER OF OUR LIVES

Meet Bhumi and Ambar, the 10-year-old twins who love to play chor-police with their friends, especially during summer vacations. They are growing up in a small town in Haryana. The siblings live in a beautiful house overlooking a park, which allows frequent visits to the open space, which is full of trees, bushes and the newly-installed see-saws.

These days, Bhumi and Ambar are only playing chess and ludo in their drawing room or watching TV during their playtime. They have reasoned enough with their mother but she isn't allowing them to step out.

“But why Maa?” Bhumi said in frustration.

“Because there's a red alert for heat waves in our district, you'll get a heat stroke if you play outside in this weather.”

“What's a red alert?” asked Ambar.

“A red alert means a warning for extreme

heat. It is issued by the government when a severe heatwave has been there for more than two days,” Maa replied.

“But we always play without any trouble. We even had a colony sports day during our last vacations in this very park!” Bhumi said.

“That was when the weather was fine. This time, we have extreme spells when the temperature is soaring as high as 48 degrees. No choice but to stay indoors, baccho.”

“But maa our school teacher said the same thing when we were given early vacations by school this time. We were happy that we got more time to chill in summers.”

“We thought we would play *kho-kho*, *gilli-danda* and *chhupan-chhupai*. Now we can't go out even in the evenings. What is the point of these holidays?”

“Make art at home, play your favourite antakshari or other indoor games,” Maa suggested.

“But maa we have done it all, it's not the same as playing in the park. OK then, join us for a carrom session,” Ambar said.

“Bachha, I would have loved to, but I need to get some chores done since Pinki auntie is on leave today. Her little daughter, Soma, is having diarrhoea.”

“Ohh ho. Poor Soma. How did it happen?”

“Due to food that had gone bad due to extreme heat,” Maa replied.

“But how did it go bad? Our food remains good in the fridge even in summer months,” Bhumi said.



“That's because Pinki auntie cannot afford a refrigerator. This time, the heat is such that even her freshly cooked food is going bad within hours,” Maa replied.

“I HATE this mad heat. My summer holidays are so uncool,” Ambar cried in agony.

Climate change is here and it is affecting children, who are the least responsible for it.

This past summer saw record-breaking temperatures across many countries in Asia, Europe, the Americas and Africa, with children affected by poverty, inequality and discrimination being the worst hit.

A research report released by Save the Children has found that children born in 2020 faced on average 7 times as many scorching heatwaves as their grandparents!



What is climate change?

Climate change is a change in the typical weather pattern of a region. This can include high and low temperatures, and the amount of rainfall the region gets over a long period of time. Scientists say that some of the warmest years on Earth have happened in the past 20 years. This rise in global temperature is called global warming.

Humans are directly responsible for this change. The destruction of forests and burning of fossil fuels create extra greenhouse gases that trap more of the Sun's heat, leading to a warmer Earth.

The average air temperatures near Earth's surface have gone up about 2 degrees Fahrenheit (-16.67°C) in the last century. A couple of degrees over a hundred years may not seem like much. However, this

change can have big impacts on the health of Earth's plants and animals.

Can we do something to stop or slow down climate change? Yes, we can. By changing ourselves. In our next feature you will know the tiny steps you can take in your daily life to fix this problem.

DID YOU KNOW?

The number of school days has drastically reduced in the past few years.

Extreme heatwaves is the reason behind significant loss of school days in Delhi. In May 2024, the Delhi allowed an early summer vacation from May 11 to June 30 due to severe heatwave conditions, resulting in a 50-day break for schools. This decision was prompted by temperatures as high as 47.4°C in areas close to Delhi.



THE UPSIDE-DOWN TREE!

This month, we have a special species for all our tree explorers! Ever heard of a tree so magical, it looks like it's been planted upside down? Meet the Baobab tree, one of the coolest (and strongest) trees on the planet. With its gigantic trunk and super weird branches, it's like nature's own skyscraper for animals and plants.

The name "Baobab" derives from the Arabic Buhibab (fruit with multiple seeds). The numerous seeds of this tree are considered the most valuable part of its fruit, from which one gets the precious Baobab oil.

Upside-Down Tree

It got its nickname because its branches look like roots reaching toward the sky. Some legends say that long ago, it got tossed upside down by a giant, which is why it looks so funky.



Wildlife Hotel

Birds, monkeys and even bees call the Baobab home. The thick, hollow trunks become cosy little hideouts for critters. Its flowers help feed bats and insects.

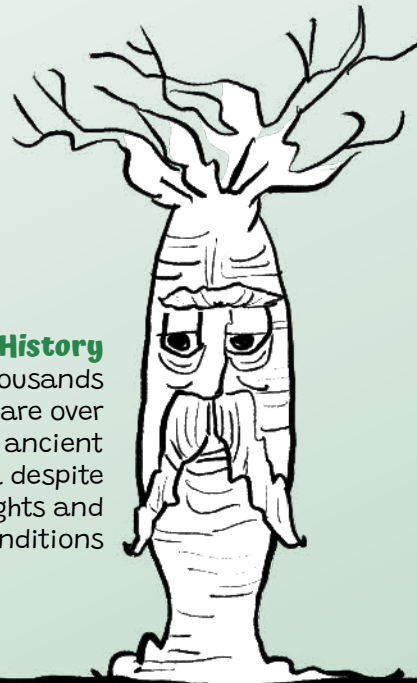
Your Own SnackBar

This tree grows a fruit that's packed with vitamins. Also called "monkey bread", the sweet and tangy fruit is filled with enough nutrients that can keep you energised for days. Its pulp can be eaten, soaked in water to make a refreshing drink, preserved into a jam, or processed to make a coffee-like powder.



Long History

These trees live for thousands of years! Some Baobabs are over 3,000 years old. They're like ancient guardians, standing tall despite weathering storms, droughts and other extreme weather conditions



A Giant Water Bottle:

It can store thousands of litres of water! Yes, a single baobab can store up to 4,500 litres of water in its trunk. During dry seasons, animals (and sometimes even people) rely on Baobabs for water. It's like nature's very own water cooler!



Super Sized

Baobabs can grow as tall as a ten-story building and as wide as three school buses parked end to end! Their massive trunks can grow large enough to house a small grocery store inside.



Creative Workshop

Baobab's bark can be pounded to make everything from rope, mats and baskets to paper and cloth. Glue can be made from their flower's pollen.



THE WATER SUPERHERO

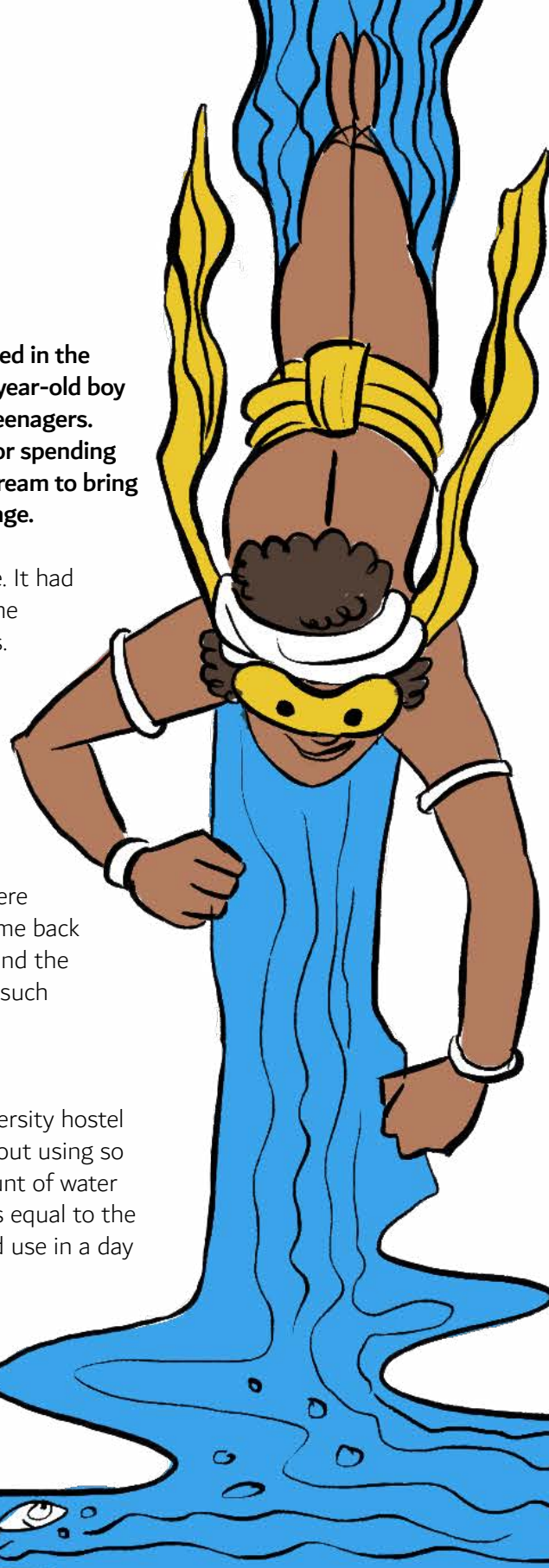
In a small village named Adhawan, nestled in the heart of Bundelkhand, there lived a 17-year-old boy named Rambabu. He wasn't like most teenagers. While others were busy playing games or spending time on their phones, Rambabu had a dream to bring water back to the thirsty land of his village.

Bundelkhand was not always a dry place. It had enough water for its people but over time repeated droughts led to drying of lands. The ponds, once full of sparkling water, dried up, leaving behind cracked, dusty earth. People struggled to grow crops, animals wandered far to find water and villagers had to walk long distances just to get enough water for their homes.

But Rambabu knew that these ponds were the lifeline of their land. If the ponds came back to life, so would the fields, the animals and the people. But how could a teenager make such a difference?

One-man Army

One day, while taking a bath at the university hostel where he was studying, he felt guilty about using so much water. This way because the amount of water he was using for bathing once a day was equal to the quantity of water his entire family would use in a day back at his village.



He decided to do something about it. During his visits to the village on weekends, Rambabu gathered some friends who supported the cause and they started talking to the elders of the village. At first, they were doubtful. Even his own family didn't support him. "It's the government's work to fix this, not yours," they said. But Rambabu didn't give up.

Rambabu began by cleaning the ponds alone. The first pond he focussed on was 'Bajrang Sagar'. This big pond was situated near a temple. He invited people to join him to clean the pond but they didn't turn up.

Then he thought of another idea. He started inviting people to keep prayers at the temple. After this, people started coming. One day, before prasad was to be distributed to everyone, Rambabu and his friends started desilting the pond as an offering to God. The villagers looked in awe, and something amazing happened. Instead of waiting for the celebration to end, they rolled up their sleeves and joined Rambabu and his friends in digging the pond.

Rambabu felt, "They're not just working, they're doing something good for our land. Just like a gift to God."

He and his friends worked tirelessly with shovels, spades and their bare hands, digging out the thick layers of silt. Soon, word spread to nearby villages about Rambabu's efforts.

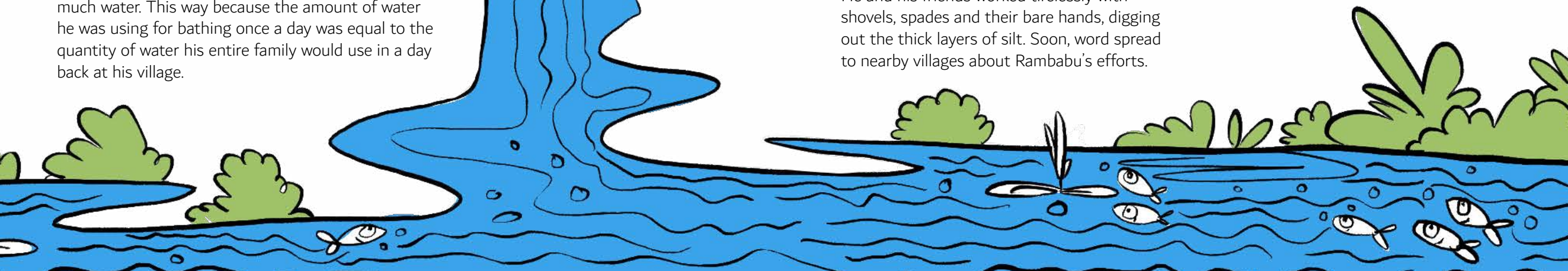
More and more villagers joined in, and they started cleaning ponds in other villages too. Day after day, under the hot sun, the team worked hard to restore these water bodies.

It wasn't easy. There were times when they felt tired and discouraged, but Rambabu kept them going. He reminded them that this wasn't just about ponds, it was about the future of their village, their crops and their families. Slowly but surely, the ponds began to change. They deepened, and when the rains came, they filled with water again!

Life Returns to the Village

As the ponds filled, the land around them began to change. The fields that had once been dry and barren turned green. Farmers could plant their crops again. The animals no longer had to travel far for water. Life returned to the villages. Everyone was grateful to Rambabu.

Soon, Rambabu became a hero, not just in his own village but across Bundelkhand. People from other regions started visiting to learn how he and his team had revived the ponds. They called him "The Water Superhero" because he had fought to bring water back to the land. The Prime Minister of India also congratulated him on his exceptional journey.





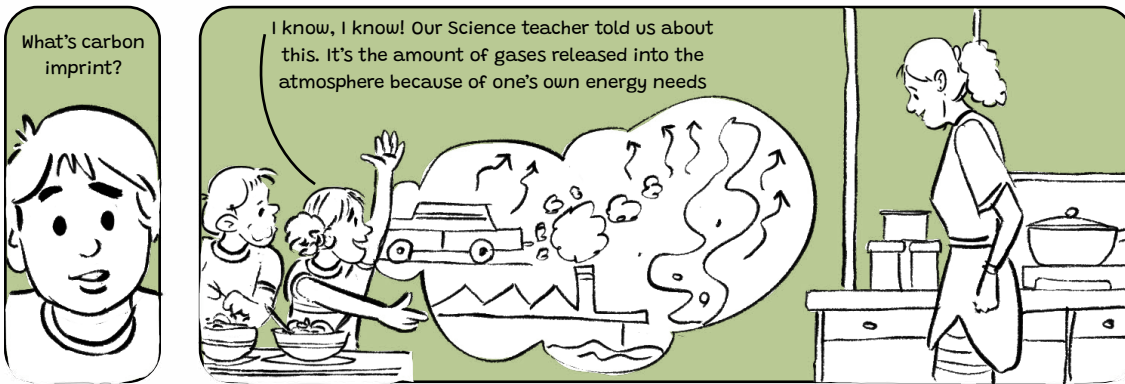
In Bundelkhand, rain doesn't visit for long – that's why saving every drop is super important! Water harvesting helps fill ponds, grow food, and keep villages happy and green.

RAMEN NOODLE SOUP WITH AN INDIAN TWIST

Ambar loves to eat Chinese food, and these days he's into Ramen soup. One day, he asked his mother to cook his favourite noodle soup. Maa cooked it for Ambar with a lot of love. But he was still not happy. Let's find out why...

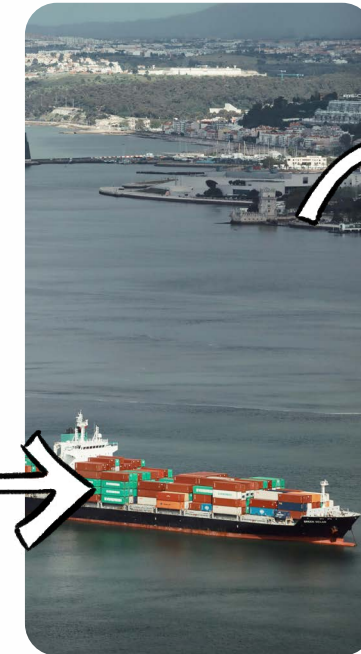


"When we use ingredients in our dishes that are imported or transported from far, we increase the carbon footprint of these dishes."

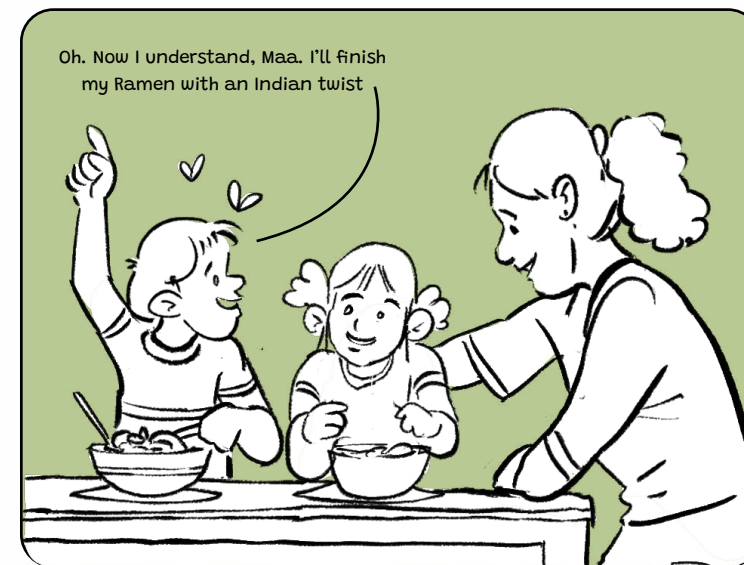


"You're right. But not just any gases, greenhouse gases that mainly include carbon dioxide," Maa said, adding, "our food will have a much higher carbon footprint if we use imported vegetables used in the original Ramen soup. So I replaced these with locally grown veggies such as mushrooms and green bell peppers. It may have changed the taste a bit but you can be happy knowing that what you're eating is not bad for the environment."










Ambar looked a little perplexed, so Maa explained in detail

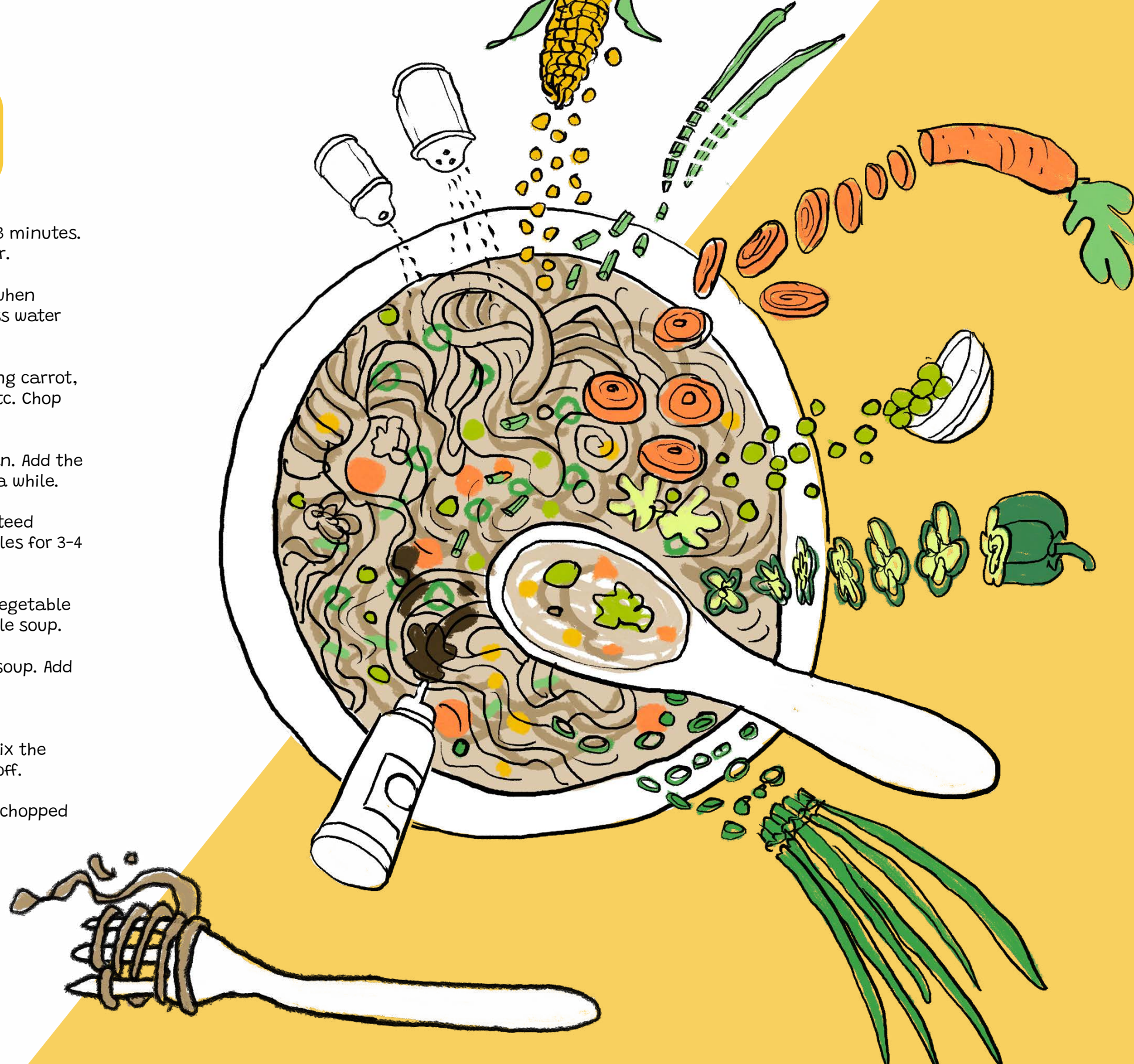


"The carbon footprint of food means the energy used to grow, process, transport, store and cook the meals we eat. If we choose imported ingredients that are transported through aeroplanes, we end up increasing our carbon footprint due to the gallons of fuel spent in the transportation process."



TRY MAA'S EASY RAMEN SOUP WITH A SPICY INDIAN SPIN

-  Boil 3 cups of water in a saucepan for 3 minutes. Add ramen noodles to the boiling water.
-  Take the noodle out of the saucepan, when the noodles are boiled. Drain the excess water through a sieve.
-  Chop vegetables of your choice including carrot, peas, corns, french beans, capicum etc. Chop garlic and onions as well.
-  Now heat one tablespoon of oil in a pan. Add the previously chopped garlic, saute it for a while.
-  Add the chopped vegetables to the sauteed garlic, one by one. Stir fry the vegetables for 3-4 minutes.
-  Add 4 cups of water. You can also use vegetable stock to add more flavour to your noodle soup.
-  Add 2-3 teaspoons of soy sauce to the soup. Add salt and pepper as per your taste.
-  Add the noodles to your soup. Add half or one teaspoon of vinegar. Mix the ingredients well and switch the flame off.
-  Garnish the noodles with some freshly chopped spring onions.



THE WOMAN WHO LOVED TREES MORE THAN HER LIFE

Once upon a time, in a small village called Khejarli in Rajasthan, there lived a brave woman named Amrita Devi. Amrita and her family were part of a unique community called the Bishnois. They believed in living peacefully with nature and never hurting any trees or animals. Their favourite tree was the Khejri

tree, which gave food and shelter to many creatures in the desert. The Bishnois loved these trees so much that they would protect them at any cost.

On a hot day way back in the year 1730, a group of soldiers sent by Maharaja of Jodhpur, Abhay Singh, arrived in Amrita's village. They were ordered to cut down the Khejri trees to make wood for the king's palace.

When Amrita heard the news, she felt her heart race with worry. She knew that cutting these trees would hurt the animals who lived there and harm the land they depended on.

With a determined look, Amrita walked up to the soldiers and said, "Please don't cut these trees. They are like family to us and to all the creatures who live here."

Surprised to see her standing in their way, the soldiers laughed and replied, "We have orders from the king! No one can stop us".

But Amrita was not afraid of the soldiers. She wrapped her arms around the nearest Khejri tree and said, "If you want to cut down this tree, you'll have to go through me first".

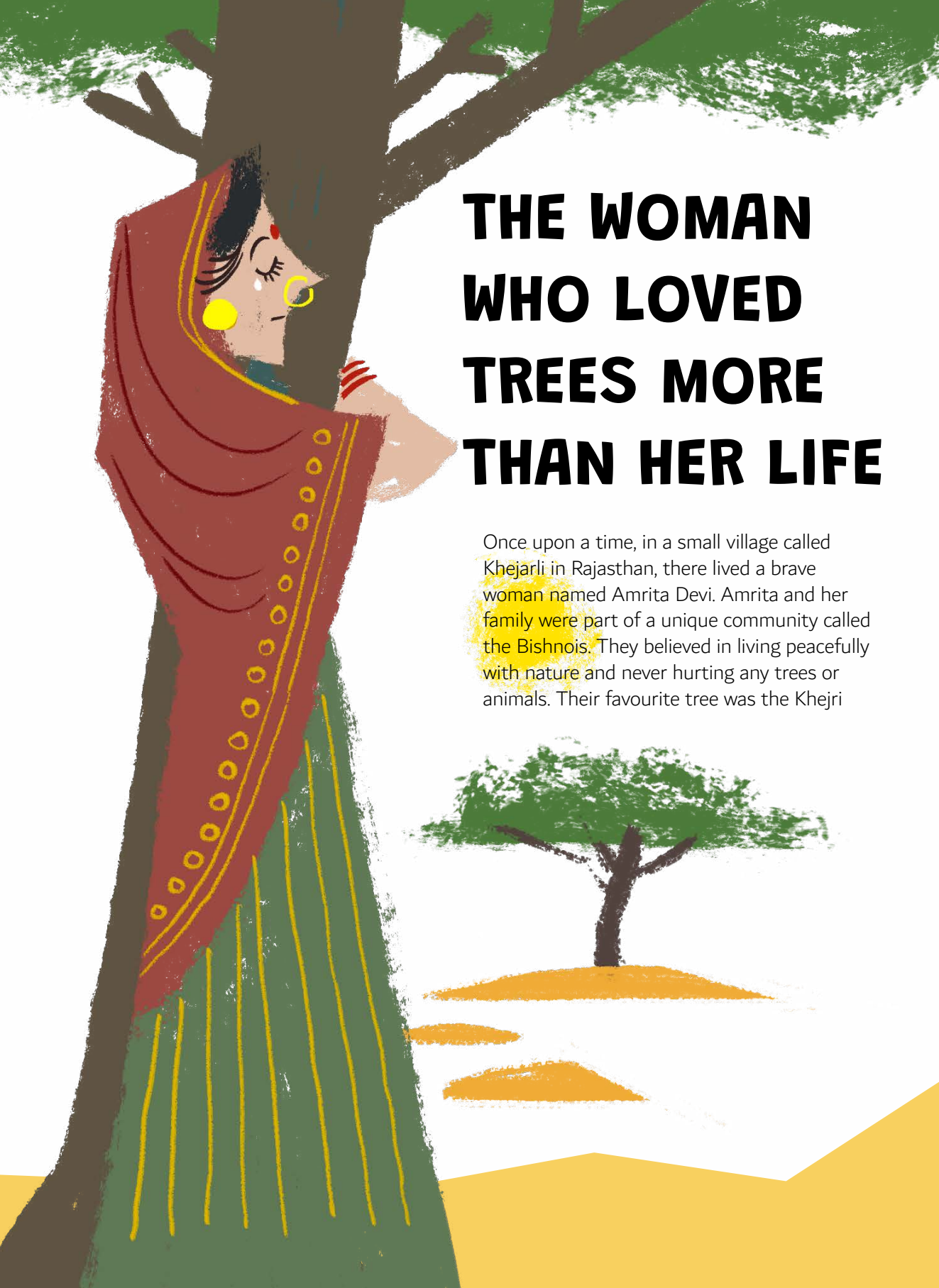
The soldiers hesitated, but their orders were final.

They continued advancing towards the trees. Amrita, her three daughters and other villagers came forward, each one wrapping their arms around a tree. The move was to show that they would protect their beloved Khejri forest with their lives. The soldiers also continued to move forward with their axes.

In no time, their axes hit Amrita and her three daughters who were still hugging the tree. The mother and her three children sacrificed their lives to protect these trees.

Their bravery didn't go unnoticed. News of Amrita's courage spread far and wide, reaching even the King of Jodhpur. When the King learned of the sacrifices made by Amrita and her family, he was moved by their love for nature. Feeling ashamed, he declared that no more Khejri trees would be cut down in Bishnoi lands.

To this day, people remember Amrita Devi and the Bishnois for their courage. They showed the world that even one person's bravery can make a difference. Inspired by Amrita Devi's legacy, the Bishnoi community continues to protect trees and animals to this day, teaching us all that we should treat nature like family, too.



India has always been a land where people have strived to live in harmony with nature. Long before modern environmental movements, Indian culture advocated for sustainable living in thought and in action. Many of India's sustainability practices stem from ancient customs, religious beliefs and rural practices that have been passed down through generations. The Bishnois of Rajasthan is one such community that became one of the biggest cheerleaders of the green cause way back in the 15th century.

SOME OF THESE PRINCIPLES PROPOUNDED BY THE GURU AND FOLLOWED BY BISHNOIS INCLUDE:

Do not cut down green trees.

Do not wear or buy blue clothes due to the potential damage indigo dye causes to insects.

Be merciful to all living beings and love them.

Provide shelter to abandoned animals to avoid their slaughter.

Guru Jambheshwar was the founder of the Bishnoi sect, a Hindu subset of nature lovers and environmentalists. He propounded 29 guiding principles (hence the name "Bishnoi", meaning "bees-nau" in Hindi and "twenty-nine" in English). Many of these principles centred around harmonious coexistence with the environment. Jeev Raksha or animal protection is also ingrained within the Bishnoi community.

These amazing animal-lovers care for creatures like they're part of the family — because to them, they are!



IS YOUR BIRTHDAY A ZERO-WASTE WONDER?

It's Bhumi's 10th birthday and she's very excited to call all her friends for her big day! She's asked her parents for a unique gift, one that will not just benefit her but the entire world! Can you guess what it is that she asked her parents?

Bhumi asked her parents to plan an eco-friendly, waste-free birthday bash. She's learnt from her parents and teachers that she can protect the environment by choosing wisely. Curious to know how her parents made sure their daughter's was her best birthday till date. Here are some simple things they did:

Digital invitations were sent out instead of paper ones.

The food was served in **paper plates** that were eco-friendly. No plastic bottles were used.

Bhumi's birthday falls in October, so they chose an **outdoor green location** for the party. The autumn month is neither too hot nor too cold. They hosted the party in a nearby park, which had iron benches and a gazebo.

spread awareness about the ill effects of palm oil plantation on the environment. Bhumi **planted a tree** in the

Instead of the usual entertainment like DJ or magician, an art activity was held to teach kids **DIY recyclable artworks**.

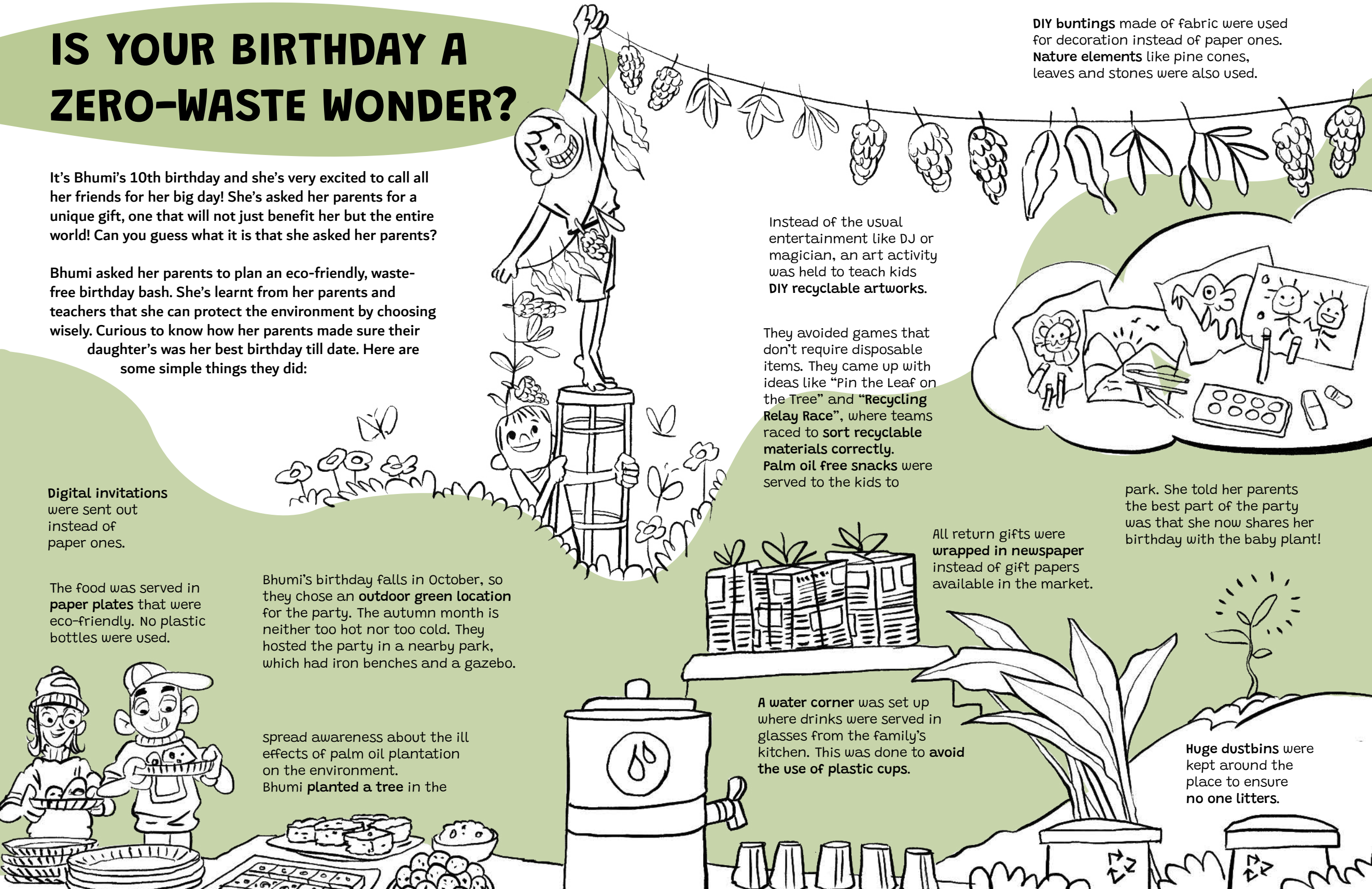
They avoided games that don't require disposable items. They came up with ideas like "Pin the Leaf on the Tree" and "**Recycling Relay Race**", where teams raced to **sort recyclable materials correctly**. **Palm oil free snacks** were served to the kids to

All return gifts were **wrapped in newspaper** instead of gift papers available in the market.

A **water corner** was set up where drinks were served in glasses from the family's kitchen. This was done to **avoid the use of plastic cups**.

park. She told her parents the best part of the party was that she now shares her birthday with the baby plant!

Huge dustbins were kept around the place to ensure **no one litters**.



A DAY IN THE LIFE OF: MEENA BAI, THE MILLET FARMER!

In this issue of *The Green Universe*, we sit down (under a shady tamarind tree!) with Meena Bai, a wise and warm-hearted farmer from Andhra Pradesh. She grows magical grains called millets and she's here to tell us how growing food can help the planet!

Hello Meena Atta! What time do you wake up in the morning?

Meena Bai: Namaskaram, children! I wake up at 5 o'clock, even before the birds start singing. I stretch, say a quick prayer to thank the Earth, and get ready to walk to my farm.

What's the first thing you do on the farm?

Meena Bai: First, I greet my plants. Yes, really! I check if the soil is dry or moist, look for any sneaky bugs hiding under the leaves, and talk to the baby millet sprouts. Plants like love too, you know!

What are millets, and why do you grow them?

Meena Bai: Millets are tiny, powerful grains like ragi (finger millet), bajra (pearl millet), and kangni (foxtail millet). They grow well even when there's little rain. My family has been growing them for generations. They're super healthy and good for the Earth!

What does your day look like after that?

Meena Bai: Once I finish my morning round, I water the crops if needed (but millets don't need much!), do some weeding, and then help with whatever the season calls for planting, harvesting, or drying the grains in the sun.

At noon, when the sun is too hot, I come home, drink buttermilk, and rest a bit. Later in the evening, I go back to the fields. The day ends when the sky turns orange and the birds come home.

Can you tell us an interesting or funny incident that happened on your farm?

Meena Bai: Once, during harvest, a goat sneaked into the field and started munching happily on the millet bundles! I ran after it, waving my scarf, and it just looked at me as if it owned the place. My granddaughter still laughs when she tells that story. Farming is full of surprises you never know what you'll find: frogs in your water pots, parrots nibbling on seeds, or even unexpected rainbows!

Do you enjoy being outdoors all day?

Meena Bai: Oh yes! I feel free out here. The wind, the sun, the smell of wet soil after rain it keeps my heart light. I've worked in indoor places before, like sewing for long hours, but farming lets me move, breathe, and stay close to nature. Every plant teaches you something if you pay attention.

What's the best part of being a farmer?

Meena Bai: That moment when tiny green shoots pop out of the soil it feels like magic. I also love teaching other women in my village how to grow food naturally, without chemicals. We help each other, and we help the land too.

How does farming help the planet?

Meena Bai: Growing millets helps save water, keeps the soil happy, and doesn't pollute rivers. We don't use chemical fertilizers. That means birds, bees, and bugs can live safely too!

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What do you like doing when you're not working on the farm?

Meena Bai: I love cooking millet dishes for my family. Ragi mudde with sambar is a favorite! I also lead a group of women where we talk about health, farming, and how to save money.

And in the evenings, I sit with my grandchildren and tell them stories about farming, animals, the stars, and how to listen to the Earth.

Last question! What advice do you have for children reading Green Universe?

Meena Bai: Don't be afraid to get your hands dirty! Try planting something even in a small pot. Care for it. Watch it grow. When you grow food, even a little, you become a friend of the Earth.

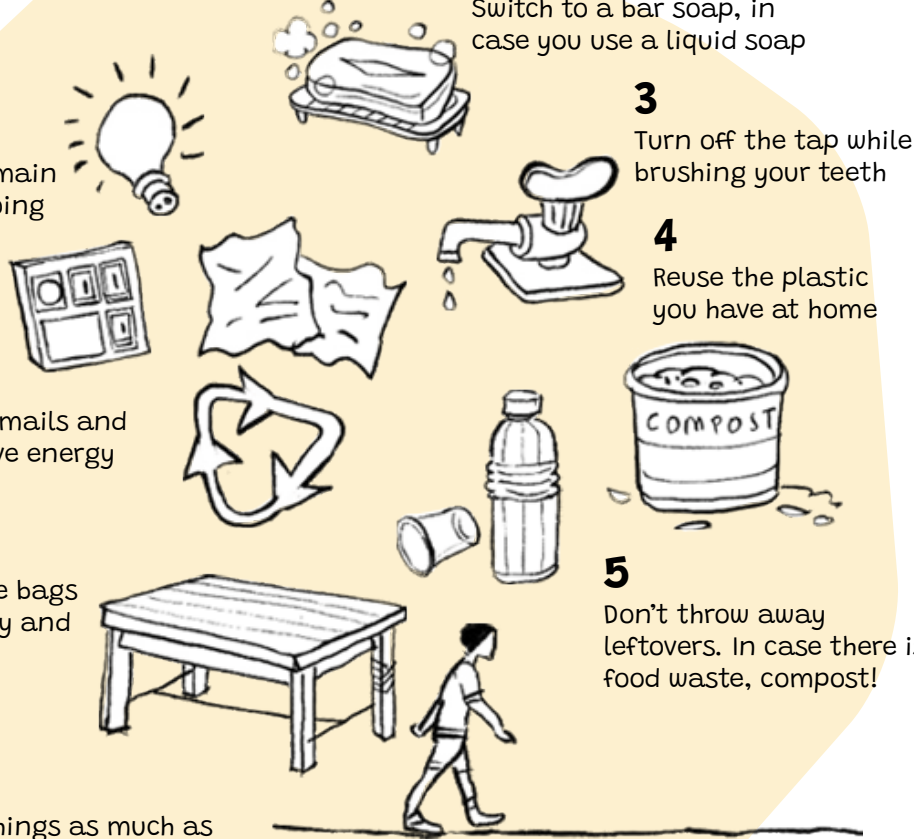
And remember, the planet needs kind hearts, strong hands, and curious minds just like yours!



TEN THINGS FOR ECO WARRIORS



- 1** Use long-lasting light-bulbs
- 2** Switch to a bar soap, in case you use a liquid soap
- 3** Turn off the tap while brushing your teeth
- 4** Reuse the plastic you have at home
- 5** Don't throw away leftovers. In case there is food waste, compost!
- 6** Don't rely on transport for short distances. Walk as much as possible.
- 7** Repair things as much as possible. Don't replace unless needed. Eg. Your Old Study Table
- 8** Take reusable bags to the grocery and other stores
- 9** Delete old emails and spam to save energy
- 10** Switch off the main plugs before going to sleep

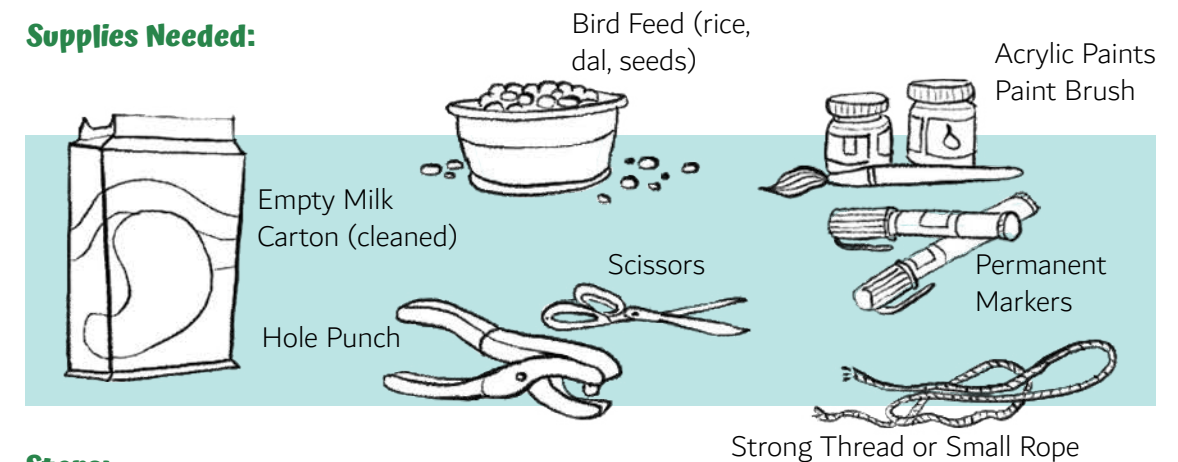


DIY MILK CARTON BIRD FEEDER

Activity for ages 6 and up

Have you ever wanted to attract colourful birds to your backyard? Building a bird feeder is a fun and rewarding project that helps you connect with nature, while giving your feathered friends a tasty treat! This Milk Carton Bird Feeder is a simple and creative craft you can do with just a few supplies. Get ready to unleash your artistic side and enjoy watching birds fill their beaks and bellies! We promise you once the feeder is up, your garden will be their favourite hangout spot.

Supplies Needed:



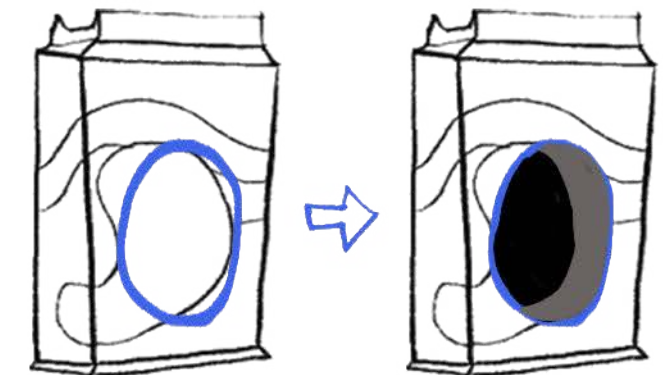
Steps:

1. Draw the Opening:

Take your milk carton and use a permanent marker to draw an outline for a bird entrance on one side of the carton. Make it about the size of your hand!

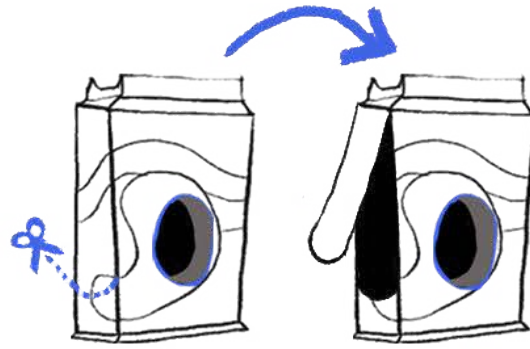
2. Cut Out the Opening:

Ask an adult for help to carefully cut out the opening along the outline you drew.

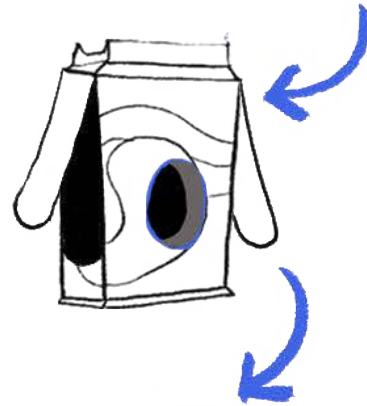


3. Create the Wings:

Rotate the carton so the front is now on one of the sides. Draw an outline for a wing-shaped flap, making sure to leave the top attached. Cut along this outline, but keep the top connected to create a wing that can flap open.

**4. Repeat for the Other Side:**

Rotate the carton again and repeat step 3 to create the second wing on the opposite side. Paint the Bird: Use acrylic paint to colour the beak, wings, and body of your bird. Let it dry for 1–2 hours and apply a second coat if needed.

**5. Add the Eyes:**

Paint two circles above the beak for the eyes. Allow them to dry for 1–2 hours.

**6. Add Details:**

Use permanent markers to draw pupils and other fun details on your bird's face.

7. Prepare for Hanging:

Hole punch a hole at the top of the carton. Feed a piece of thread through the hole and tie the ends into a knot to create a loop for hanging.

**8. Fill with Seed:**

Pour bird seed into the openings you cut out.

9. Hang Outside:

Find a good spot to hang your bird feeder and watch as your feathered friends come for regular visits through the day!



THE MAGIC BAMBOO BICYCLE

In the lush green hills of Tripura, where the forests swayed with the wind and the rivers sang melodies of the monsoon, lived a curious boy named Aru. His village was surrounded by tall bamboo groves, where his father worked as a carpenter, carving bamboo mats, furniture, and flutes. But Aru had a different dream: he wanted to build a bicycle.

The nearest school was five miles away, and children either walked or rode rusty, second-hand bicycles that broke on the bumpy village roads. Aru wanted to create something light, strong, and sustainable, but he had no metal or fancy tools. One evening, as Aru sat by his grandmother Aita, she told him an old tale: "Bamboo is nature's gift, my boy. It bends, but never breaks. It stands tall, yet stays rooted. In the hands of the wise, bamboo can build anything, even dreams." That night, as the moonlight fell on the swaying bamboo outside, an idea sparked in Aru's mind: What if a bicycle could be made of bamboo?

The Experiment

With excitement bubbling in his heart, Aru rushed to his father's workshop, where the air smelled of fresh bamboo and wood polish. With his father's guidance, he chose the

strongest bamboo, cut it to size, and tied the pieces together using hemp fiber instead of screws. His best friend Mira, whose family wove bamboo baskets, helped him experiment with different binding techniques to make the frame strong yet flexible. But the first attempt was a disaster. The bicycle wobbled like a drunken duck, and the wheels kept coming off. The villagers laughed, saying, "Bamboo is for

baskets, not bicycles!" Aru felt defeated. That night, as he lay under the starry sky, he saw a red panda swinging from a bamboo branch. It balanced so effortlessly on the thin stems. "If a red panda can balance on bamboo, why can't my bicycle?" he thought. The next day, Aru made a crucial change. He redesigned the joints to be more flexible, allowing the bike to absorb shocks instead of breaking. He coated the bamboo with natural resin to make it waterproof. Finally, the bamboo bicycle was ready.

The Test Ride

The entire village gathered near the rice fields to watch. The elders shook their heads, but the children whispered with excitement. Aru took a deep breath, placed his feet on the pedals, and pushed forward. The bicycle glided like a dream smooth


over rocks, mud, and even puddles. It was light but strong, fast but balanced. The villagers cheered and clapped, amazed at how well it worked. Mira jumped with joy, shouting, "Aru, you did it!"

DID YOU KNOW?

The Real-Life Inspiration

This story is inspired by real-life innovators like Vijay Sharma, who designed India's first bamboo bicycle in Bangalore, and Yakuza Solo from Nagaland, who is traveling the world on a bamboo bike. Sustainability is not just about replacing what is broken it is about reimagining the things that have always been around us.



A low-angle, upward-looking photograph of a dense bamboo forest. The bamboo stalks are tall, slender, and light brown with distinct nodes. They are packed closely together, creating a strong sense of verticality. Sunlight filters through the dense canopy of green leaves at the top, creating bright highlights and a dappled light effect on the bamboo stalks. The sky is visible in patches through the foliage.

This super plant isn't just for pandas — it can become houses, hats, straws, spoons, and even skateboards! Who knew bamboo could do so much?

THE FOOD PHARMER'S STORY

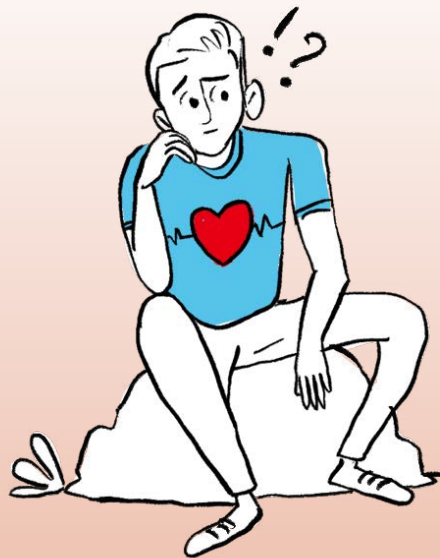
Once upon a time, there was a boy named Revant Himatsingka. He loved junk food—chips, colas, and all those colourful packets that say “tasty” and “healthy” at the same time. Like most of us, he never looked at the back of the packet. Who even reads that, right?

But years later, Revant grew up to become something really cool—a food detective! Today, he’s called the Food Pharmer, and he helps people across India understand what’s really inside the food they eat. His mission? To stop food companies from fooling people with tricky labels.

Let’s find out how he got here.

A Big Lesson About Food

When Revant was in college in the US, he took a class on nutrition. That’s when everything changed. He discovered that many foods sold as “healthy” were actually full of sugar, oil, and fake stuff. Even things like “organic lemonade” or “fruit yogurt” weren’t always as healthy as they looked.



He was shocked! He started reading labels more carefully—and realized that what we eat every day really matters for our health.

Back to India with a Big Idea

After studying and working in countries like the US, UK and Dubai, Revant decided to return to India. Why? He saw that a lot of people here didn’t know much about nutrition. Food companies were using big words and flashy packaging to sell snacks that weren’t healthy at all.

Revant wanted to change that. He started teaching people how to read food labels—and how to spot the tricks companies use to make junk food look good.

His First Big Video

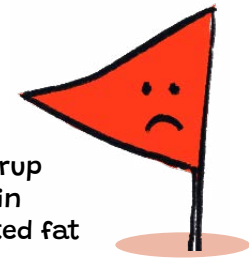
Revant didn’t start with a big team or fancy camera. He just picked up his phone and made a short video about a drink called *Bournvita*. Lots of kids in India drink it thinking it’s healthy. But Revant showed that it had a lot of sugar—more than most people knew!

The video went viral! So many people watched and shared it that even the company behind *Bournvita* changed its recipe to have less sugar. That’s the power of knowing what’s in your food!

Busting Sneaky Labels

Revant’s videos are super popular because he talks about things we all see in stores—like chips, biscuits, cereal, juices, and noodles. He explains what’s hiding inside these products and shows you how to understand words like:

Palm oil
Fructose syrup
Maltodextrin
Hydrogenated fat



Yeah... they sound weird. But Revant helps you get it!

He doesn’t say never eat snacks. He just wants everyone to know what they’re eating—and not get tricked by words like “low fat” or “zero sugar” that may not tell the full truth.

Label Padhega India!

Revant started a movement called #LabelPadhegaIndia—which means “India will read labels.”

The idea is simple: If we all learn to read food labels, we’ll make smarter choices. That means less junk, more real food, and better health for everyone.



You Can Be a Food Detective Too!

Next time you're at the store or looking in your kitchen, grab a snack and try this:

- Turn the packet around
- Look at the ingredients
- Try to spot sugar, palm oil, or long chemical-sounding words
- Ask yourself—Is this really healthy? It's like solving a mystery!

What We Can Learn from The Food Pharmer

Revant didn't start off as a food expert. He was just a regular kid who loved junk food. But when he learned the truth, he decided to share it with others—and now he's helping people all over the country.

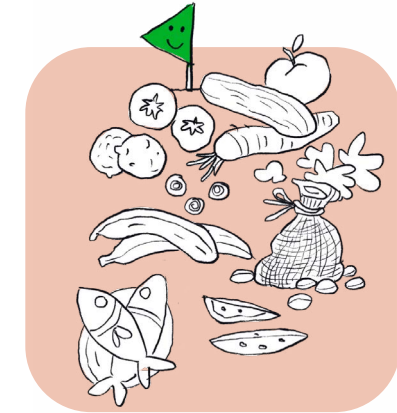
So next time you see a shiny packet that says "healthy," take a closer look. Be curious. Ask questions. Just like the Food Pharmer does!



Snack Swap: Healthy Edition

One shows "tricky snacks" with sad faces (e.g. a cookie frowning with a sugar thermometer).

The other has smart swaps—fruit popsicles, trail mix, roasted chana, etc.—smiling with sparkles and eco-badges.



The Food Packet Masquerade

A juice box dressed as a banana.

A sugary cereal box wearing a "fitness coach" outfit.



WHO IS A GREEN ARCHITECT?

Do you love drawing houses, building LEGO towers, or dreaming up treehouse cities in the sky? Well then... say hello to your future dream job: Green Architect!

Green architects are the superheroes of the building world. They don't just make cool-looking houses—they make planet-friendly buildings that save energy, water, and even help fight climate change!

Here's how YOU can get started:

Step 1: Think Like a Planet Protector.
Green architects always ask:

"How can I help the Earth while building this?"
That means designing buildings that:

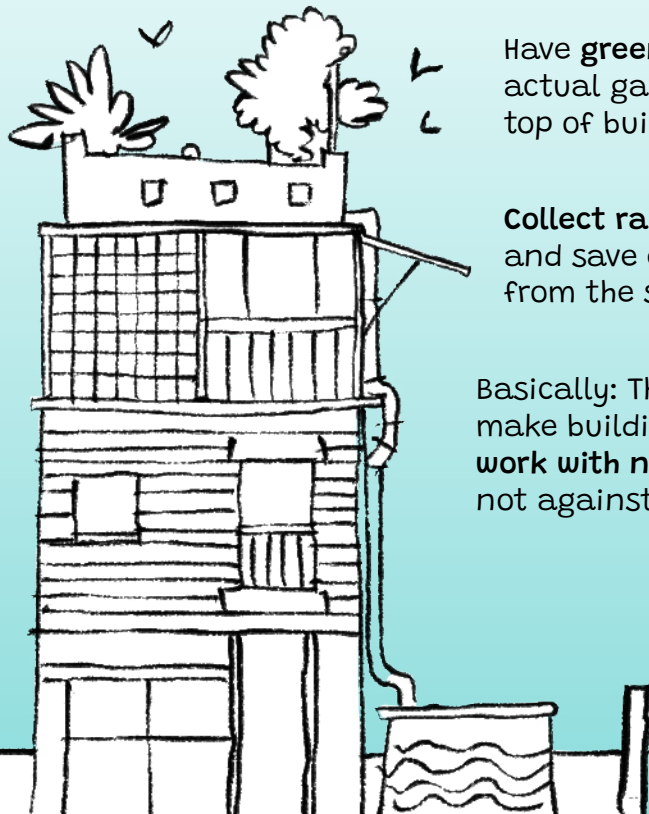
Let in **natural light and air** so you use fewer fans and lights

Use recycled or **eco-friendly materials** (like bamboo or old bricks!)

Have **green roofs**—actual gardens on top of buildings!

Collect rainwater and save energy from the sun

Basically: They make buildings that **work with nature**, not against it.



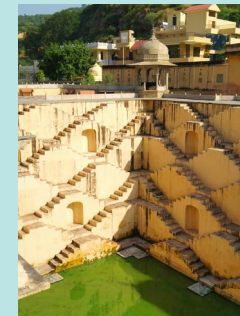
DID YOU KNOW?

India built super-smart green buildings way before the world started talking about sustainability?

Stepwells, called baolis or vavs, were magical water buildings built hundreds of years ago in dry parts of India. They were like giant open-air wells with beautiful steps going deep underground. But they did more than just store water!

Benefits

- Collected and saved rainwater
- Kept the air around them cool (natural air-conditioning!)
- Gave people a shady spot to rest and chat
- Were made from local materials like stone — no pollution!

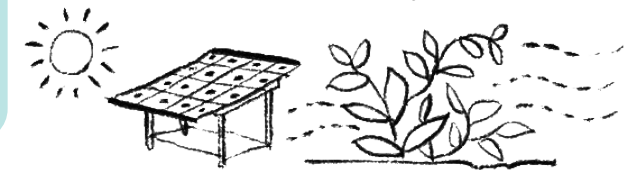


- Cardboard and paper—design a model of an eco-office.
- Old boxes and bottles—build a recycled materials mansion!
- Get creative—and make it GREEN!



Step 4: Learn from Nature

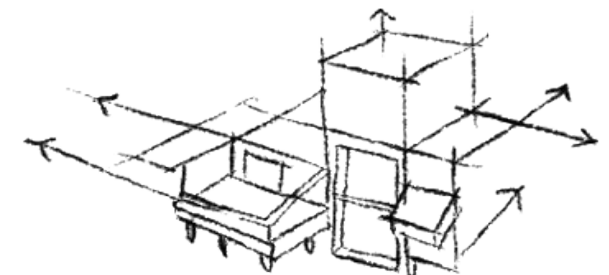
Walk around your neighborhood:
Which buildings feel cool without AC?
Do any have plants on walls or solar panels?
What would YOU do differently?



Step 5: Grow Up to Build Big

When you're older, you can study architecture and specialize in green design. You'll learn how to:

Use computers to create 3D building plans
Choose the best Earth-friendly materials
Work with engineers, gardeners, and even climate scientists!

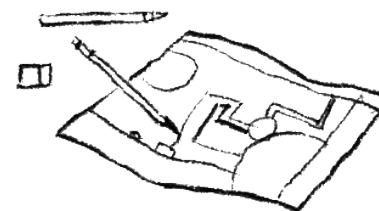


But guess what? Your journey can start right now, with one recycled cereal box and a BIG dream.

Step 2: Start Sketching Like a Pro

No need for fancy tools yet—just grab paper and a pencil! Try:

- Drawing your dream green home
- Designing a school with solar panels
- Creating a treehouse village with slide exits and rooftop gardens (yes please!)
- Your imagination is the blueprint!



Step 3: Build (With What You Have!)

Don't have bricks or tools? No problem! Try building with:
• LEGO or blocks—make a house that uses no electricity.



Gardens by the Bay – Singapore


Aerial night view of
Gardens by the Bay –
Singapore

Cool Places to visit:

The Edge: Amsterdam, Netherlands

The smartest building on Earth!

Uses sunlight, rainwater, and even knows where its workers are to save energy.

Bosco Verticale: Milan, Italy

A forest in the sky!

Over 900 trees grow on these twin towers—home to birds, bees, and butterflies.

Gardens by the Bay: Singapore

Futuristic supertrees!

These giant tree-shaped structures collect solar energy and rainwater, and even clean the air.

CopenHill: Copenhagen, Denmark

A ski slope on top of a power plant!

Turns waste into energy and has a climbing wall and ski track on the roof.

Bullitt Center: Seattle, USA

The greenest building in the world!

Generates its own power, collects rainwater, and has composting toilets!

Indira Paryavarán Bhavan: New Delhi, India

India's pride and the world's green hero!

This eco-friendly government building uses solar panels, natural cooling systems, and even recycles air and water. It's net-zero energy, meaning it creates as much energy as it uses. Super smart and super sustainable!

Traditional Indian homes use mud, wood, and stone to stay cool in summer, warm in winter. And best of all, they don't hurt the planet. They use natural materials, make less waste, and work with nature, not against it.

STEPWELLS/SABARMATI
ASHRAM



EVERY QUESTION ON CHATGPT USES WATER—WAIT, WHAT?!

The air-blower unit:
Numerous such units
are installed in the server
assembly to maintain a
standard low temperature
for the servers to
operate effectively



You've probably heard of ChatGPT, a smart computer program that helps people write stories, answer questions, and even do homework. But did you know that using ChatGPT can also use up water? Sounds strange, right? After all, it's not like a robot is drinking from your water bottle!

But here's the real story:

Every time you type something into ChatGPT or any AI tool, it uses powerful computers stored in giant buildings called data centers. These computers get very hot from all the thinking they do. To stop them from overheating, they have to be cooled down—and that often means using lots of water.

How much water are we talking about?

Researchers found that just 20 to 50 questions on ChatGPT could use up as much

water as it takes to fill a large water bottle—that's about half a litre! If millions of people are using ChatGPT every day, that adds up to millions of litres of water every single day.

Why does this matter?

Water is super precious. It's needed for drinking, growing food, and keeping animals and plants alive. But some parts of the world are already running low on clean water. So we have to be smart about how we use it—even when it's being used by computers!

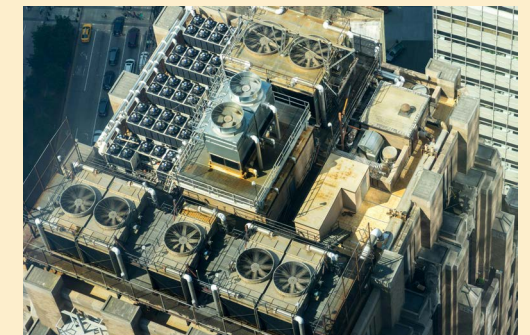
What can we do?

- **Think before you type:** Do you really need to ask that question? Can you ask it more clearly in one go?
- **Ask smarter:** Try grouping your questions together instead of sending lots of short ones.
- **Use books:** Not every answer needs to come from a screen!

DID YOU KNOW?

The Future of Green Tech

The people who build AI tools like ChatGPT are now looking at cleaner and cooler ways to run their machines—like using recycled water or building data centers in cooler places. But until then, it's up to all of us to use these tools wisely.



An aerial view of the building showing the cooling system used for commercial servers.



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Green THE UNIVERSE

Support a magazine where young voices lead the way and every page plants the seed for change. When **educationists, corporates, and communities** come together, we can spark climate action, **one curious child at a time!**



For collaborations and contributions, or to support *The Green Universe*, get in touch with

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