

The Green GUARDIAN

(May-June 2025)

The Old Order Changeth

"The old order changeth, yielding place to new."— Alfred, Lord Tennyson's timeless verse stirs deeply in me as we confront today's global realities. Across continents, we are witnessing not only the decline of long established systems, but also the wilful erosion of human dignity, ethical leadership, and long-term responsibility. The suffering of communities, the silencing of voices, and the pillaging of nature signal a dangerous disregard for both present needs and future rights.

It is painful to witness that succession planning—once a moral compass for environmental stewardship, social care, governance, leadership, and legacy has been widely cast aside. When those in power fail to care or plan for sustainability, and instead cling to control—shaping and sometimes even demolishing the destinies of others—they betray the very essence of true stewardship.

The Sustainable Development Goals (SDGs) have long offered a clear and collaborative path forward for decades. Yet they remain hollow promises unless embraced with ethical intent and courageous implementation.

It is time for the silent majority—the wise, the weary, the watching—to rise. To speak. To steer. To apply their talents, networks, and resources in service of the common good of all humankind.

We must empower and equip emerging leaders to thrive—not in the shadows of failed systems, but in the light of renewed values. We must urge our leaders to pass the torch with intention, grace, and responsibility, so that the new generation may build wisely on what came before.

Leaders must now yield to the urgent calls of a new generation demanding inclusion, climate action, justice, the right to life and livelihood, and, above all, essential sustainability.

Ethical leadership must no longer be the exception, but the norm. The time for transition is now.

Let this be the generation that did not look away, that did not remain passive but chose to pass the torch wisely, and in doing so, paved a golden path forward for life, liberty, and sustainability.

Nara Subramaniam

Editor, May-June 2025 (EcoVisionaries Newsletter)

Meet the Core Team

- Nara Subramaniam (Malaysia)–Chairperson, Sustainability & CSR Strategist
- Dr. Haleema Sadia (UAE) – Founder & Director of Operations
- Dr. Chinnu Palanivelu (Singapore) – Vice Chairperson, Green Economy Specialist
- Dr. B. Ramanathan (Singapore) – General Secretary, Educator & Researcher
- Narendra Singh (India) – Director of Marketing, Environmental Policy Advocate
- Nazar Danish (USA) – Green Ambassador, E-waste Management Expert
- Cdr. Vijay Kumar (India) – Climate Change Educator & Researcher
-

Eco- Visionaries Global Group



Mr. Nara Subramaniam
Chief Adviser



Dr. Haleema Sadia
Editor



Ms. Hina Iqbal
Teacher Editor



Haleema



Cdr. Vijay Kumar
Chief Adviser

Our Vision

To Create A World Where Sustainability Is A Universal Way Of Life, Inspiring Individuals And Organizations To Protect And Preserve Our Planet.

Our Mission

To Drive Meaningful, Lasting Change Through Education, Collaboration, And Innovation—aligning Our Initiatives With The **United Nations Sustainable Development Goals (sdgs)**

To Build A Greener, More Resilient Future.

The Eco Visionaries Group Is Committed To Exploring And Defining Focus Areas For Sustainable Solutions, Engaging With The Community And Relevant Authorities For Policy Advocacy, And Translating Expert Discussions To Practical Actions To Empower Our Future Generations.

Join Us. Act Now. Make a Difference.

The Future Of Our Planet Depends On The Actions We Take Today. Become a member of the Eco Visionaries Global Group and help shape a sustainable tomorrow.

Learn More

Watch Our Story

<https://edufam.ae/eco-visionaries-group/>

Eco Visionaries

Eco Visionaries Global Group Is More Than Just An Organization-it Is A Movement, A Commitment, And A Pledge To Future Generations. It Stands As A Beacon Of Hope, Proving That The Fight For A Cleaner, Greener World Is Far From Over. United In Purpose, We Have Embarked On A Transformative Journey To Restore The Planet's Blue Skies And Secure A Sustainable Future For All.

Contributed by

Dr.Haleema Sadia

Sustainability in Action

Sustainability Is About Recognizing That The

Planet Has A Finite Number Of Resources Which Society At Large Relies Upon. We Should Have A Vision Promoting The Adoption Of Green Technologies, Renewable Energy Sources, And Eco-friendly Practices Across Industries.

My Passion For Sustainability Certainly Grew Over Time. I Don't Think I Was Necessarily An Environmentalist Growing Up, But I Was Schooled Knowing That Any Waste (whether It Was Food, Clothes, Etc.) Was Bad.

My First Step Was Waste Reduction. I Noticed The Overflowing Bins, So I Planned Simple, Easy To-follow Guides And Stuck Them On Every Lamppost, Explaining How Food Scraps Could



Become Rich Soil.

For Awareness, I Created Colorful Posters About The Merits Of A Greener Lifestyle, Shared Tips On Lessening Household Waste And Also Organized "Nature Walks" For Younger Kids, Teaching Them About Different Plants And The Importance Of Keeping Their Environment Clean. Then I Joined Edufam International Academy Which Took "Pledge For A Greener Tomorrow" Asking Participants To Commit To Small Daily Challenges.

In Edufam, We Did Challenges Like Not Using Plastic, Decreasing Waste, Buying Locally Grown Vegetables, Donating Clothes And Books, Etc.

Edufam had shown everyone that every small act of green living, every mindful effort to reduce waste, and every planted seed, could sow the seeds of a truly flourishing and peaceful home.

Contributed by

Halima Hussain Kuwait

International Student Green Ambassador

YOUR VOICE MATTERS

What is sustainability to you?

Sustainability Intertwined With Robust Circular Practices Is The Pathway To A Resilient Future. It Ensures That Resources Are reserved, Waste Is Minimized, And Ecosystems Thrive For Generations To Come. Embracing This Way Of Life Empowers Us To Create A Balanced World Where Economic Growth Coexists Harmoniously With Environmental Integrity. By Adopting Circularity, We Turn Waste Into Opportunity, Fostering Innovation And Responsibility At Every Level. Ultimately, Sustainability Rooted In Circular Principles Is Not Just A Goal, But A Commitment To Safeguarding Our Citizens, And Our Planet's Health And Prosperity.



Eco Pulse

It was indeed an honour and privilege for me to meet **Mr. Ajay Kumar Singh** to exchange some thoughts and learn his perspectives on Education, Empowerment and Sustainability.

Nara: Mr. Ajay, you have done inspirational work in the field of education, human development, and sustainability which continues to make a profound impact. As a Green Ambassador and visionary leader, your journey offers immense insight for our global readers.

Let me start by asking about your experience in sustainability, ecological conservation, and urbanisation.

Mr. Ajay: As I reflect on my journey towards sustainability, I realize that ecological conservation and urbanization are intertwined. Growing up in a bustling city, I witnessed the consequences of rapid urbanization on the environment. However, I also saw the potential for sustainable practices to mitigate these effects.



During my college days, I volunteered with a local organization that focused on urban gardening. We transformed abandoned lots into thriving green spaces, providing a haven for local wildlife and a source of fresh produce for the community. This experience taught me the importance of incorporating green infrastructure into urban planning.

Q1. How Can Education, Particularly At The School Level, Be A Driving Force In Promoting Sustainability And Achieving The SDGs?

Ans. Education at the school level can promote sustainability and achieve SDGs by:

Raising awareness about sustainability principles and practices

Developing sustainability competences through integrated curricula

Fostering global citizenship and responsible behaviors

Empowering individuals to address socio-environmental challenges

Encouraging lifelong learning and action towards SDGs

Q2. Nurturing Eco-Conscious Leaders: You've trained over 700 leaders – how do you incorporate environmental responsibility and sustainability values into your leadership training?

Ans 1. We incorporate environmental responsibility and sustainability values into leadership training by:

Integrating sustainability principles into curriculum design

Using case studies and real-world examples of sustainable practices
Encouraging leaders to develop eco-friendly policies and strategies
Fostering a culture of environmental stewardship and social responsibility
Promoting sustainable leadership practices through experiential learning

Q3. Green Ambassadorship in Practice: As a Green Ambassador at EDUFAM, what are some impactful environmental or sustainability projects you've led or supported in schools?

Ans. As a Green Ambassador, I've led projects such as:
Implementing waste management and recycling programs
Promoting energy-efficient practices and renewable energy use
Developing eco-clubs and green teams in schools
Organizing awareness campaigns on climate change and sustainability
Supporting tree plantation and biodiversity conservation initiatives

Q5. The Role Of Educators In The Climate Dialogue: In Your Personal View, What Is The Role Of School Principals And Teachers In Contributing To Climate Literacy And Environmental Stewardship?

Ans. School principals and teachers play a crucial role by:
Integrating climate literacy and sustainability into curricula
Promoting eco-friendly practices and behaviors in schools
Encouraging critical thinking and problem-solving around environmental issues
Fostering a culture of sustainability and environmental stewardship
Serving as role models and inspiring students to take action

Q6. Student - Led Sustainability Initiatives: Can you share an example of a student - led environmental initiative from your school that had a measurable impact?

Ans. One example is a student - led recycling program that reduced school waste by 30%. Students organized collection drives, created awareness campaigns, and implemented composting initiatives. This project not only reduced waste but also educated peers about sustainability. The initiative was recognized at a regional level, inspiring other schools to adopt similar programs. It empowered students to take ownership of environmental issues.

Thank you, Mr. Ajay. Your advocacy for education, human capital development and sustainability is commendable. Best wishes for your continuing efforts. Congratulations on being named as one of Bihar's most incredible leaders comes with influence.

This exciting meeting has given us a broad spectrum of thoughts on all matters of sustainability. We intend to keep this discussion going, engaging with subject matter experts. Please contact us to offer your esteemed opinions and contributions.

A STORY -GREEN WILLOWS

The small town of Willow Creek was plagued by air, land and water pollution and waste. But one day, a group of passionate residents decided to take action. They launched the "Green Willow" initiative, aiming to transform their community into a sustainable haven.

Led by Della, a young environmentalist, the group organized clean-up drives, picking up plastic bottles, tree-planting events, promoting composting of organic waste, disposing biodegradable domestic waste in community compost, recycling waste water and workshops on sustainable living. They worked with local businesses to reduce plastic use and promote eco-friendly practices. Projects and awareness of reducing paper wastage and use.

As the initiative gained momentum, the town began to transform. A Greener mindset lifestyle and attitudes improved, Parks were revitalized, new plants added and grown, air quality improved, and residents became more environmentally conscious.

The Green Willow initiative inspired a sense of sustainable community and ownership among residents. Children learned about sustainability in schools, and local businesses thrived with eco-friendly innovations.

Della's vision had sparked a movement, proving that even small actions could make a big difference. Willow Creek became a model for sustainable living, and the Green Willow initiative continued to grow, inspiring other communities to follow suit.

The town's transformation was a testament to the power of collective action and the importance of protecting the environment for future generations. As Della said, "Every small step towards sustainability can lead to a greener, brighter future."

Research and documented

By Dr. Hina Mudgal

Head Science Allenhouse
Eco Saviour (Green Volunteer)



HOT TOPICS IN CLIMATE ACTION

Extreme Weather and Human Impact

In 2024, deadly heatwaves swept across East Asia from April to November, with Japan, South Korea, and China each breaking monthly temperature records. Myanmar saw a scorching 48.2°C, while New Delhi in 2025 faced highs of 44°C despite a relatively cooler summer overall.

This intense heat contributed to natural disasters across the continent. Typhoon Yagi devastated parts of Southeast Asia, killing over 1,000 people. Heavy rains and landslides killed 350 in Kerala, India, while Nepal lost 246 lives in its wettest September on record. Pakistan experienced its wettest April ever, and the UAE saw record rainfall since 1949.

India's monsoon arrived a week early in May 2025, with nationwide rainfall 106% above the seasonal average. Kazakhstan, Bahrain, Oman, and Iran also reported severe flooding. Meanwhile, Greenland faced a record heatwave in May 2025, marking the world's second warmest May in history.

Asia is warming at nearly twice the global average, posing serious threats to its 4.6 billion people, according to the World Meteorological Organization's State of the Climate in Asia 2024 report, released in June 2025. In 2024, the continent's average temperature was 1.04°C above the 1991–2020 average, making it one of the hottest years on record. The pace of warming has accelerated significantly almost doubling since the 1961–1990 period—due to the fact that land heats faster than oceans. This makes Asia, stretching from the equator to the Arctic, extremely vulnerable.

This dangerous trend coincides with record-high levels of greenhouse gases—carbon dioxide, methane, and nitrous oxide—reached globally in 2023.

These events highlight the urgent need for climate action across all levels of society.

SHINRIN YOKU FOREST BATHING

Connecting with Nature, Healing from Within

We Are Delighted To Share The Highlights Of Our Recent Shinrin-yoku (forest Bathing) Retreat Held In The Pristine Hills Of Lansdowne, Uttarakhand. It Was A Unique Three-day Journey Into The Heart Of Nature, Where Participants Explored The Magic Of The Forest Using All Five Senses. This Retreat Was Not Just A Break From Routine But A Powerful Experience Of Self-awareness, Healing, And Gratitude.

SPECIAL FEATURE

Shinrin-yoku Retreat-Lansdowne, Uttarakhand

THEME

Manifestation Of Forest Through Five Senses

DATES

16th - 18th June 2025

DAY 1

MANIFESTATION OF FOREST THROUGH SENSES.

Day 1: Manifestation of Forest through Senses The program began with a warm welcome by Ms. Masooda Haseeb, followed by a session on the benefits of Forest Bathing by Mr. Narendra Singh. Dr. Haleema Sadia Led Participants Through A Powerful Session On Manifesting The Blessings Of The Forest Through The Five Senses-Engaging Deeply With The Forest Through Sight, Touch, Sound, Smell, And Even Taste.

Participants spent time in the forest without gadgets, learning to connect deeply with the environment, noticing patterns in tree bark, listening to birdsong, and absorbing the calming effect of greenery.



As Part Of Shinrin Yoku (forest Bathing), Mr. Narendra Led The Exploration This Morning, Guiding Us To Observe Nature With Mindfulness. Through This Immersive Experience, Participants Reflected On The Wisdom Trees Offer To Humans.

KEY LEARNING AND MESSAGES FROM TREES

Resilience and Adaptability

Trees Stand Firm Through Storms And Harsh Weather, Symbolizing Human Resilience In Facing Life's Challenges.

Embracing Change

The Seasonal Transformation Of Leaves Reminds Us Of The Importance Of Flexibility And Openness To Change.

Growth and Renewal

New Leaves Represent Fresh Beginnings And The Continuous Cycle Of Growth In Life.

Letting Go

The Shedding Of Leaves Teaches The Importance Of Releasing What No Longer Serves Us To Welcome New Opportunities.

Interconnectedness

Through Their Intricate Network Of Roots And Branches, Trees Mirror The Significance Of Relationships And Community Support.

Offering Shelter and Protection

Trees provide shade and protection, inspiring us to extend kindness and care to others.

Mindfulness and Presence

Rooted In The Present, Trees Encourage Us To Be Mindful And Fully Experience Each Moment.

Listening to Nature

The Gentle Rustling Of Leaves Invites Us To Slow Down, Listen Carefully, And Enjoy Life's Simple Pleasures.

Ancient Wisdom

Trees, Being Silent Witnesses To Time, Teach Us About Patience, Persistence, And Learning From Experience.

Beauty in Details

The Intricate Patterns On Leaves Symbolize The Beauty Of Complexity And The Value Of Noticing Life's Finer Details.



CREATIVE REFLECTIONS

Poem By **Dr. Haleema Sadia** The Hidden Beauty Of The Tree
Blindfolded Myself And Touched This Tree, It Felt So Rough-no Charm For Me. But Then I Opened My Eyes To See, And Hidden Beauties Spoke To Me. its Bark, Though Coarse, Held Patterns Wise, A Symmetrical Design Beneath The Disguise.

Tiny Leaves Whispered, "don't Walk Away," Though At First, I Thought To Leave And Stray.

The Leaves Were Dark, A Vibrant Green, Firm And Strong Not Easily Seen. At First, I Feared The Buzzing Near, Mosquitoes Hovered, But Brought No Fear. What Seemed Unattractive At The Start, Revealed True Beauty To My Heart. A Lesson Learned Beneath That Sky: Look Deeper Beauty Meets The Eye.



Lines By Mohammad Safwan

"The sounds of birds chirping, The beauty of nature speaking, The healing power of nature is not something New, This is the truth that everyone knew But no one noticed it, except a few."



Reflection by Masooda Haseeb

Masooda shared her emotional connection with the tree, echoing the poem's message – things that seem ordinary at first reveal hidden beauty when observed with open eyes and heart.

DAY 3

GRATITUDE WALK & FOREST IMAGINATION



- Stay Connected with Edufam
- Upcoming Retreats and Programs Coming Soon.

The Third Day Started With A Beautiful Gratitude Walk With Each Step Filled With Thankfulness For Life's Blessings, From Health To Relationships, From The Beauty Of The Forest To The Breath In Our Lungs.

Later, Ms. Masooda Haseeb guided a creative forest art activity, using materials collected from the forest floor. Two stunning models were created



Let's continue the journey of personal growth, sustainability, and holistic well-being — together.



- In The Silence Of The Forest, We Find The Loudest Echoes Of Our Soul.
- Shinrin-yoku Is Not Just A Walk In The Woods It's A Return To Ourselves.
- When We Breathe With The Forest, We Inhale Peace And Exhale All That Weighs Us Down.

A Riverside Garden With A Hut, Symbolizing Peace And Serenity. A Cozy Forest Cottage, Symbolizing Simplicity And Connection To Nature.

A Profound Reflection Session Followed, Guided By Dr. Haleema Sadia, Who Used The Analogy Of A Barren But Tall-standing Tree To Highlight The Importance Of Inner Strength (roots) As The Foundation Of Confidence In Life.



Reflections And Takeaways

- Deeper Connection With Nature.
- Strengthened Inner Confidence.
- Creative Expression Through Natural Elements.

A Renewed Sense Of Gratitude For Life and Nature, With Its Untouched Beauty And Calmness, Proved To Be An Ideal Setting For This Enriching Experience.



World Environment Day 2025 – Event Highlights

The celebration opened with a powerful welcome by Dr. Haleema Sadia, urging climate action and sustainability. Lt. Gen. Anil Malik's keynote highlighted global responsibility and youth leadership. Young changemakers like Esther Mariyam George and Isha Chandna impressed with inspiring contributions under the theme "Cool the Earth." Jury members Dr. Prema Subramaniam and Ms. Summayyah Masoodi applauded their creativity. A heartfelt Environment Day Anthem by Dr. Haleema, sung by Dr. Hina Mudgal and composed by Shaheed Rehman, moved the audience. The event ended with Mr. Nara Subramaniam's Vote of Thanks, uniting all for a greener tomorrow.



Green Lifestyle Trainers Graduated

Edufam Training Services And Eco Visionaries Proudly Celebrated The Graduation Of Four Passionate Sustainability Champions

Graduates

Dr. Khushbu Sachdev
Ms. Masooda Haseeb
Dr. Hina Mudgal
Dr. Atia Khan

Over 30 days

- Completed 30 modules on sustainable living
- Took 30 daily eco-challenges
- Pledged to promote green awareness at Sustainability Summit 40

They are now **Certified Green Lifestyle Trainers**, ready to inspire global change

The convocation was graced by **Prof. (Dr.) Adel Ahmed**, who conferred certificates and delivered a motivating keynote on turning sustainability theory into action.

Congratulations to our new Green Trainers – true ambassadors of **SDG 12: Responsible Consumption and Production!**

Dr. Haleema Sadia Was Honored To Be Invited By As An Advisor For A Career Counseling Session With Students From The Field Of Education. She Shared Valuable Insights

On Various Career Paths Beyond Teaching, Including Curriculum Design, Ed - tech, Consulting, Policy, And Research.

The Session Was An Enriching Experience, With Students Asking Thoughtful Questions About Pursuing Higher Studies Or Entering The Workforce. Dr. Sadia's Guidance Inspired Many To Explore The Diverse Opportunities Within The Education Sector.

Dr. Haleema Sadia was honored to be the **Chief Guest** at the Multimedia & Creative Summer Camp organized by **Hamaari Sada Trust**, a platform dedicated to empowering young voices through media meaning, and mentorship.



In her keynote, she shared the “H-Factor: 5 Hs for Media Success” — Hope, Hone, Humility, Hold Values, and Help Humanity, inspiring participants to create conscience, not just content.



Dr. h.c. Azeeza Jalaludeen, Founder of Our SHINE GoGlobal Ltd (Singapore), who profoundly reminded us that sustainability is not a mere concept, but a conscious lifestyle and a soulful leadership path.



The Sustainability Summit-36, hosted by Edufam Training Services in collaboration with Eco Visionaries Global Group, successfully spotlighted the urgent need for responsible consumption in alignment with UN SDG 12. The event opened with an inspiring message from Ms. Nashrah Anwar, encouraging a shift in everyday habits toward sustainability. Keynote speaker Mr. Nara Subramaniam emphasized the power of systems thinking and individual impact. The summit featured expert insights from Mr. Ibrahim Nizam on sustainable tourism, Dr. Haleema Sadia on energy-saving at home, Ms. Masooda Haseeb on ethical fashion, Dr. Khushbu Sachdev on eco-friendly transport, Dr. Hina Mudgal on water conservation, Ms. Deepti Shanmughan on green technology, and Ms. Hafsath Aleem on circular economy and zero waste living. The event concluded with a powerful call to action by Ms. Anwar, urging participants to turn small steps into a global green movement, leaving attendees empowered to act for a sustainable future.



UPCOMING ECO EVENTS (JULY- AUGUST)



- **World Population Day** (11 July 2025)
- **Shark Awareness Day** (14 July 2025)
- **World Chimpanzee Day** (14 July 2025)
- **World Orca Day** (14 July 2025)
- **World Snake Day** (16 July 2025)
- **International Day For The Conservation Of The Mangrove Ecosystems** (26 July 2025)
- **World Nature Conservation Day** (28 July 2025)
- **International Tiger Day** (29 July 2025)
- **World Ranger Day** (31 July 2025)
- **International Clouded** (4 August 2025)
- **Leopard Day** **World Tomistoma Day**
- **International Moon Bear Day** (8 August 2025)
- **World Lion Day** (10 August 2025)
- **World Elephant Day** (12 August 2025)
- **World Hirola Day** (12 August 2025)
- **International Wolf Day** (13 August 2025)
- **National Honey Bee Day** (15 August 2025)
- **World Orangutan Day** (19 August 2025)
- **World Mosquito Day** (20 August 2025)
- **World African Wild Dog Day** (26 August 2025)
- **International Whale Shark Day** (30 August 2025)