

School Impact Report



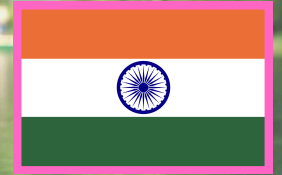
EcoPsych @ NESISM

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✦ A branch of @ecopsych_
🧠 Blending psychology with sustainability to build conscious changemakers
🌱 Turning eco-awareness into student-led action



Introduction

Student Ambassador: Anyaa Garatkar

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School: NES International School Mumbai

Location: Mumbai, Maharashtra, India

Reporting Period: October 2025 - March 2026

Impact in Numbers



8

Number of Student Advisory Board Members



3

Number of solutions implemented



800

Number of individuals impacted

Solutions Implemented

#1 Sustainability awareness campaign

- Problem Observed: Many students lack awareness of how their daily actions impact the environment. Sustainable habits, such as reducing plastic use or conserving electricity, are often overlooked without consistent reminders.
- Behavioural Insight Applied: Salience
- Solution Implemented: Created and installed over 200 posters in high-impact areas across the school, including corridors, classrooms, and common spaces. The posters use clear and engaging messages to remind students and staff to adopt simple sustainable behaviours in their daily routines.



#2 Reminders to turn off lights

- Problem Observed: Lights are often left on in classrooms even when not needed, such as when rooms are empty or already well-lit by natural light, leading to unnecessary energy use.
- Behavioural Insight Applied: Nudge theory
- Solution Implemented: Placed clear and simple reminder signs near light switches in classrooms and other key areas. These signs prompt students and teachers to switch off lights when leaving or when natural light is sufficient, making the action more visible and easier to remember in everyday situations.



#3 Reduction of single-use plastic in the canteen

- Problem Observed: Plastic spoons are widely used in the canteen, generating a large amount of single-use waste on a daily basis.
- Behavioural Insight Applied: Default effect
- Solution Implemented: Replaced plastic spoons with reusable steel cutlery for cafeteria use and introduced wooden spoons for takeaway orders to reduce single-use plastic waste. Installed posters in the cafeteria that encourage students to use metal spoons or bring their own.



School Event



- Date: 22nd December 2025
- Held 30-minute sustainable action inspired game shows for 90 students from Grade 5 to 6
- The session introduced sustainability in a way that felt relatable, practical, and focused on solutions rather than just problems.
- The team delivered a 9-slide presentation that defined sustainability, explained its importance, and demonstrated how students can apply it in their daily lives.

- Students explored simple actions such as saving water, reducing electricity use, minimising plastic, and recycling, supported by real-life examples.
- Students were encouraged to think about how they could apply these practices within their school and community.
- A Jeopardy-style game reinforced key ideas, allowing students to actively test their understanding in an engaging and interactive format.
- The session ended with a reflection activity where students identified habits they could start, stop, and continue to live more sustainably.



Celebratory Assembly

On 26th March 2026, Disha, Aanyaa, and Virati delivered a presentation during the end-of-year celebrations for MYP 4 and 5 in the school auditorium, attended by over 80 students, parents, and teachers. The presentation highlighted the 10-month EcoPsych journey at NES International School Mumbai. The team outlined three key challenges within the school: low sustainability awareness, high use of single-use plastics in the canteen, and unnecessary electricity consumption. They then showcased the solutions implemented to address these issues, along with the Green Gameshow workshops for Grades 5 and 6, demonstrating how awareness was translated into action through interactive learning. The session concluded with future goals, including reducing food and textbook waste, and encouraged the wider school community to take part in sustainable practices.



Testimonials

"EcoPsych, through interactive discussions and workshops, allowed me to express my thoughts and perspectives on environmental sustainability in a more creative way. It helped me better understand the environment around us and see sustainability from a different perspective."

- Kriti Parameshvya, Member of Student Advisory Board

"The Green Gameshow and EcoPsych initiatives were really fun and eye-opening for me. They made learning about sustainability feel exciting and helped me understand how small actions can make a big difference. I truly think EcoPsych NESISM is helping make our school more aware."

- Tiaa Parchani, Grade 6 student

"I am extremely proud of our students for their initiative through the EcoPsych project. What makes this initiative truly special is that it is completely student-led and focuses on real environmental issues. EcoPsych has helped create awareness among students and staff, and small changes in habits are already visible around the school."

- Ms Nayana Choudhari, Science Teacher