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KWAME NKRUMAH UNIVERSITY OF SCIENCE AND TECHNOLOGY



GROUP MEMBERS

- ✓ RICHARD KWAO MATEY
- ✓ ASANTE PRINCE
- ✓ DONKOR AUGUSTINE
- ✓ ADJIE HENRY



GREENER_#PGC_2025_DAY 19

@TurningGreenOrg

@MadeSafehq

@Naturepedic

#pgc2025

Meet ZAHRA

A FELLOW PGC PARTICIPANT

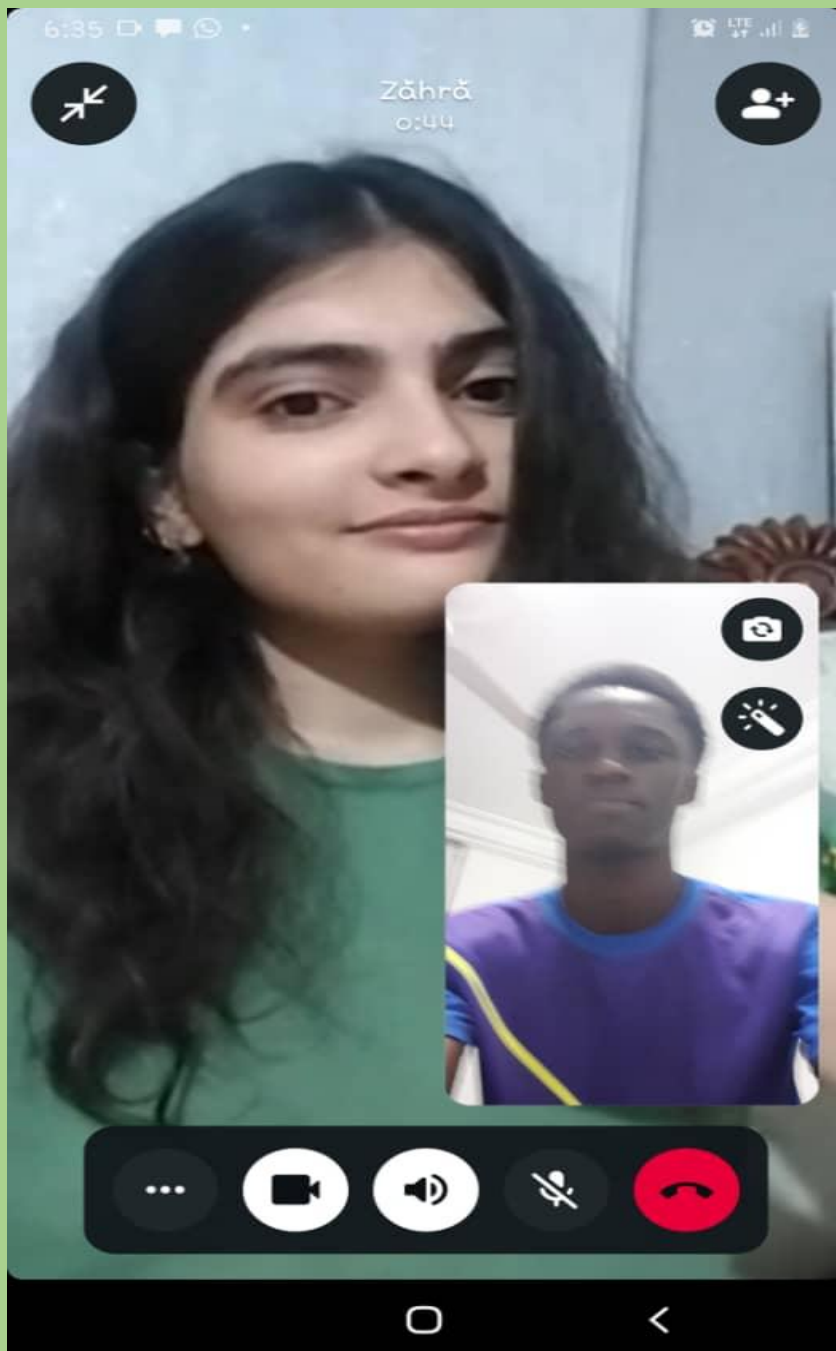


Zahra is from Tehran in Iran studying Psychology in the Tehran Shomal Azad University

Zahra's journey into environmental awareness began with the realities she faces in her country, water shortages, severe air pollution, and long months of intense heat in Tehran. These ongoing crises deeply affected her, especially when she noticed how casually people around her wasted resources during birthdays, parties, and daily life. Instead of ignoring the issue, she chose to take action

She discovered Project Green Challenge (PGC) and immediately felt it was a platform that aligned with her values. Zahra admired how PGC encourages not just learning, but real action — and she wanted to be part of a global community making a difference.

THE VIDEO CALL



Her Favorite Challenge

Her favorite challenge so far has been “Create Your Produce Pal.” It allowed her to combine psychology, mindfulness, art, and sustainability. By making a playful character out of fruits and vegetables, she paused to appreciate food instead of wasting it. She said that her “produce pal dances every time food isn’t wasted!” — a fun reminder that small acts of gratitude can inspire big mindset shifts. This challenge helped her see how creativity and environmental care can go hand-in-hand.

How PGC Has Inspired Change

As a psychology student, Zahra sees PGC as more than just an environmental challenge — it's also an emotional and mental journey. She learned that gratitude, creativity, and mindful actions can improve mental well-being while also helping the planet. Creating small sustainable habits has helped her reduce stress, feel more present, and connect deeply with nature and her values.

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Her Favorite Quote

“There’s a popular Iranian proverb that says, ‘Drop by drop, a river is made.’

So know that every single action matters, my friend

