



भारतीय  
जन स्वास्थ्य  
प्रतिष्ठान



## Centre for Environmental Health

Public Health Foundation of India

**Congratulates**

**Prerna Sharma**

MPH (2023-25)

Indian Institute of Public Health - Delhi



for winning the **Essay Competition**  
on the topic: **How green is my planet?**

### **Congratulations, Prerna Sharma, MPH (2023-2025 Batch)**

We are thrilled to announce that Prerna Sharma, MPH (2023-2025 batch) has won the Essay Competition conducted by PHFI Centre for Environmental Health, Public Health Foundation of India, on the topic "How Green is My Planet?"

### **Essay Summary: How Green is My Planet?**

Prerna's essay derived inspiration from the words of Rachel Carson, "In nature, nothing exists alone," to explore the current state of our planet's greenery. She poignantly recounted her childhood memories of vibrant, green summers at her grandfather's village, only to witness the alarming transformation of lush farmlands into barren fields due to human activity.

Her essay explored the global scale of environmental degradation, highlighting the staggering loss of 18.7 million acres of forests annually. Prerna stressed on the dire consequences of deforestation and urbanization, calling for urgent collective action to preserve and rejuvenate our precious green spaces.

Through compelling examples, Prerna showcased the power of individual and collective efforts in environmental conservation. She highlighted Jadav Payeng, the "Forest Man of India," whose dedication led to the creation of a lush green forest in Assam, and cites innovative solutions from Copenhagen's cycling infrastructure to Singapore's advanced water conservation technologies.

Through Prerna's essay we are reminded that our actions today shape the destiny of future generations, inspiring us to create a harmonious future where every being can flourish in unity with the Earth.