



**SRI VENKATESWARA COLLEGE
(UNIVERSITY OF DELHI)**

EVENT REPORT

NAME OF THE EVENT: Sustainability in Lifestyle			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS NAME
14 Feb 2021- 24 May 2021	FAA	Anubhuti	Dr. Arvind Meena Sambhav Chalana Muskan Upadhyay Parth Khurana Riya Goyal
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
	-	80	Online
FINANCIAL SUPPORT/ASSISTANCE (if any):	No		

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	To promote sustainable living as a way of life to forestall the damage caused to environment by our current lifestyles.
OBJECTIVES	1)Implementing the basic idea of idea of 5R's i.e, Refuse, Reduce, Reuse, Recycle and Rot. 2) Suggesting ways to tackle different types of waste under Waste Management. 3) Basic changes in our daily lives to conserve all the types of resources 4) Supporting NGOs and Other agencies who are working on producing more sustainable products which are safer for the environment 5) Various homemade sustainable alternatives of products which we can easily incorporate in our daily lives. 6) Talked about all the major changes needed in our lives from household to fashion waste management,

	from energy to transport energy conservation, from health and hygiene of household to every individual's personal hygiene
METHODOLOGY	<ol style="list-style-type: none"> 1) Posting about our campaign and creating awareness via reels with well researched content 2) Talking about every alternative possible to cut off the use of non-eco friendly products 3) Visiting small business owners who are supporting and promoting the use of sustainable products only. 4) Prepared a BINGO challenge for people so they could challenge themselves in using sustainable products mentioned in the bingo.
INVITED SPEAKERS WITH AFFLIATION DETAILS (IF ANY)	
OUTCOMES	We have tried to incorporate various changes in our daily life, starting from using a wooden toothbrush to using natural sunlight for drying our clothes. We hope there have been positive changes in the lives of the people who could become a part of this campaign in some or the other way and contribute in the betterment of our lifestyle and surroundings.

PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1 Notice & Letters	2 Number of Participants & Name of participants	3 Video clip	4 Photos	5 Feedback Form & analysis
6	7	8	9	10

News clip with details	Sample Copy of the Certificate	Posters/ Invites	Event report Attested by Event Coordinator & IQAC Coordinator √	Any other document
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IQAC Document No:	IQAC/SVC/2020-21/FAA/Anubhuti/02	Criterion No:	3 and 5
Departmental file no:	FAA/2020-21/Anubhuti	IQAC file No:	2020-21

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Arvind Meena	Dr. Arvind Meena	

For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

PROOFS

8) Posters

SUSTAINABILTY
IN
LIFESTYLE

#jyothodasochke #sastasundarsustainable

THE PROBLEM

India's population of more than 1.35 billion people generates the highest amount of waste in the world. Out of the 62 million tonnes of waste generated, 45 million tonnes remain untreated. Major landfills in urban metropolises, from Delhi's Ghazipur to Mumbai's Deonar are already overburdened. This trend would lead India to severe garbage crisis by 2030. Indians waste as much food as the whole of United Kingdom consumes. Constant exploitation of resources, which includes both overuse and misuse, will lead to ecological disturbances, economic problems and a stunt in India's development.

SUSTAINABLE LIVING

Everyone is aware of the climate crisis the world is currently facing and its imminent challenges to the current way of our lives. The only way to keep this calamity at bay is to make immediate changes in the way we think about environmental responsibility and our lifestyles. Pushing aside the buzz around the 'trend' of sustainable living, what it really denotes is a practical philosophy that aims to reduce personal and societal environmental impact by making positive changes which counteract negative environmental concerns. It aims to reduce one's environmental impact, in ways that are sustainable both for the Earth and for the person. During the course of this campaign, we aim to spread awareness and convince people to bring about small but long term changes in their lives which, in turn, will be a major contribution to the conservation of environment.

IS SUSTAINABLE LIVING EXPENSIVE?

Living sustainably often gets a bad rap for being expensive. But if done right, you could actually end up saving money. Things like shopping in the bulk section, only buying seasonal or local produce, shopping secondhand, reducing food waste, taking public transportation, and using reusable napkins, containers, etc. can actually be more affordable than the alternative, and therefore save you money.

OUR ROLE

Unintentionally many of us are beginning to live more sustainably every day. The widespread ban of plastic straws in restaurants holds proof for the same. That was just the beginning. We need to practice it on a greater scale and let the idea of sustainable living guide our everyday actions. Rather than setting our sights immediately on profound world-shattering changes, we should focus on what we can do TODAY to reduce our impact. Then think about what we can do tomorrow and keep going from there. Implementing the basic ideal of 5R's, for example, can go a long way - Refuse what you do not need; Reduce what you do need; Reuse by repurposing stuff and choosing reusable over disposable; Recycle what you cannot refuse, reduce or reuse; Rot (compost) the rest.

5) PHOTOS

Do visit our official Instagram page @Anubhutisvc ([https://instagram.com/anubhutisvc?utm_medium=copy link](https://instagram.com/anubhutisvc?utm_medium=copy_link)) to check our posts in detail about every topic we have tried to cover in our campaign with their problems and the solutions. Here are few glimpse of small changes that we did to support sustainable lifestyle.

SUSTAINABLE LIVING BINGO

10 Day Waste Management Challenge

Donate old/unused clothes

Use the RO Waste water to wash the utensils

Segregate the Dry household waste from the Wet waste

Keep cloth bags while leaving for shopping

Say No to using Straws

Carry your own tiffin and water bottle at Fast Food Points

Avoid buying from Fast Fashion Brands

Avoid shopping clothes unless necessary

Start a Compost bucket at home

Make one DIY item out of household waste

Avoid buying packaged items as much as possible

Use newspaper instead of plastic bags in the dustbins



@PRATHAMJAIN IS USING A BAMBOO TOOTHBRUSH
INSTEAD OF A PLASTIC ONE.

#ItsThatSimple



@[lakshnaahahahaha](#) utilized organic waste to start composting at home.
#[ItsThatSimple](#)

3) Video Clips

We prepared Instagram reels to reach out more people and presented them the alternatives of different types of sustainable products which are easily accessible and eco friendly.

1) INTRODUCTION VIDEO :

[https://www.instagram.com/reel/CLOnOefjRQu/?utm_medium=copy link](https://www.instagram.com/reel/CLOnOefjRQu/?utm_medium=copy_link)

2) SOLUTIONS FOR HOUSEHOLD WASTE MANAGEMENT:

[https://www.instagram.com/reel/CLgoS1QDyOJ/?utm_medium=copy link](https://www.instagram.com/reel/CLgoS1QDyOJ/?utm_medium=copy_link)

3) TO PROMOTE SINGLE USE PLASTIC: [https://www.instagram.com/reel/CLrovz6DCh-/?utm_medium=copy link](https://www.instagram.com/reel/CLrovz6DCh-/?utm_medium=copy_link)

4) PROMOTING SUSTAINABLE FASHION:

[https://www.instagram.com/reel/CLzLrDuDh4S/?utm_medium=copy link](https://www.instagram.com/reel/CLzLrDuDh4S/?utm_medium=copy_link)

5) ALTERNATIVES FOR ENERGY CONSERVATION AT HOME:

[https://www.instagram.com/reel/CMmssN6Dant/?utm_medium=copy link](https://www.instagram.com/reel/CMmssN6Dant/?utm_medium=copy_link)

6) TRANSPORT ENERGY CONSERVATION:

[https://www.instagram.com/reel/CM7duRxjzj/?utm_medium=copy link](https://www.instagram.com/reel/CM7duRxjzj/?utm_medium=copy_link)

7) HOUSEHOLD ENERGY CONSERVATION:

[https://www.instagram.com/reel/CNcRQcHHT5Q/?utm_medium=copy link](https://www.instagram.com/reel/CNcRQcHHT5Q/?utm_medium=copy_link)

8) SUSTAINABLE PERSONAL HYGIENE ALTERNATIVES:

[https://www.instagram.com/reel/CN-NbqGDjVd/?utm_medium=copy link](https://www.instagram.com/reel/CN-NbqGDjVd/?utm_medium=copy_link)

9) SMALL CHANGES WE MADE: [https://www.instagram.com/p/COkyMOojKO-/?utm_medium=copy link](https://www.instagram.com/p/COkyMOojKO-/?utm_medium=copy_link)

9)IQAC Certificate



SRI VENKATESWARA COLLEGE
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A.O(I/C)

This is to certify that the Activity report (Teacher/Department /Society/Association) has been submitted for documentation to IQAC, Sri Venkateswara College, University of Delhi.

N. Latha

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