



LIFE

Lifestyle for Environment



ACTIVITIES ON MISSION LIFE AT IGNOU



Prepared by:

**CENTRE FOR INTERNAL QUALITY ASSURANCE
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Vice-Chancellor's Message

I am pleased to share the recent activities carried out at Indira Gandhi National Open University, compiled by the Centre for Internal Quality Assurance, consistent with the profound ethos embodied in India's G20 chairmanship theme, "One Earth, One Family, One Future." This theme resonates with the ancient Sanskrit principle of "Vasudhaiva Kutumbakam." As we embark on this significant journey, we are reminded of the interconnectedness of all life forms on our planet and beyond.

India's G20 Presidency presents a unique opportunity for the country to shape the global economic agenda and contribute to the global community's well-being. India is committed to promoting sustainable development, inclusive growth, and digital transformation during its presidency. It is a crucial period for the country, and India is committed to working with the global community to build a better future for all. The country's focus on fostering a futuristic, inclusive, and developed society anchored in human-centric values during the Amritkaal period is a testament to India's commitment to creating a better world for future generations.

Our priorities encompass fast-tracking Sustainable Development Goals and advocating for eco-friendly sustainable lifestyles through LiFE (Life for Environment). In the coming months, we aim to translate the suggestions of our stakeholders into tangible actions, including the Green Development Action Plan for the IGNOU Campus for a better and more sustainable future.

Together, let us strive for a brighter tomorrow.



Prof. Nageshwar Rao
Vice-Chancellor
Indira Gandhi National Open University
March 31, 2024

THE PEOPLE'S
UNIVERSITY

1. INTRODUCTION

The impact of global warming on our planet has been devastating. As temperatures continue to rise, many regions of the world are experiencing extreme heat waves and record-breaking temperatures. This has led to numerous natural disasters such as droughts, wildfires, and storms, causing much suffering around the globe. The impact on our environment has been equally alarming, with rivers drying up and glaciers melting at an alarming rate, leading to rising sea levels and other ecological imbalances. The need for urgent action to address the issue of global warming and its impact on our planet has never been more pressing.

Against this backdrop, India introduced a new initiative called LiFE - Lifestyle For the Environment - which aims to promote sustainable and healthy lifestyles. This initiative was unveiled by Prime Minister Narendra Modi at the global climate summit, COP26, on 1 November 2021. PM Modi urged the world to join the LiFE movement and adopt mindful and deliberate utilization instead of mindless and destructive consumption to protect the environment. The LiFE movement has been placed on the global agenda, including at G20. This initiative aims to encourage individuals and organizations alike to adopt sustainable practices in their daily lives, thereby reducing their carbon footprint and mitigating the effects of climate change. The LiFE initiative is a crucial step towards a more sustainable future for the planet. The Mission is to inspire people to take simple actions in their daily lives that can have a significant impact on the environment when adopted globally. It seeks to establish a global community of individuals, called "Pro-Planet People" (P3), who share a commitment to adopt and promote sustainable lifestyles. Through the P3 community, the Mission aims to create an ecosystem that reinforces and enables environmentally friendly behaviours to become self-sustaining by replacing the current "use-and-dispose" economy. Individuals will be encouraged to practice mindful and deliberate utilization of resources. These principles include encouraging the use of renewable energy, promoting sustainable waste management practices, and adopting eco-friendly transportation methods. The G20 also emphasized the importance of education and awareness-raising campaigns to promote environmentally responsible behavior among the general public.

The University Grants Commission (UGC) prepared 'G20- A Primer-Background Note for G20 University Connect' for fast tracking Sustainable Development Goals (SDGs) and leading the HEIs and its stakeholders to adopt eco-friendly sustainable lifestyles through LiFE (Life for Environment) as major priority.

2. ACTIVITIES AT IGNOU HEADQUARTERS

The G20 New Delhi Leaders' Declaration emphasized the mainstreaming of Lifestyles for Sustainable Development (LiFE) as a means of promoting sustainable consumption patterns and lifestyles for sustainable development. As centers of knowledge creation, dissemination, and acquisition, Higher Education Institutions (HEIs) have a pivotal role in incorporating the principles of Mission LiFE into higher education. Therefore, HEIs should take action to mainstream Mission LiFE in higher education, and share the practices adopted in this regard.

HEIs can play a significant role in promoting sustainability by adopting Mission LiFE in higher education. By embracing the principles of sustainable consumption patterns and lifestyles, HEIs can contribute to creating a sustainable future. To this end, HEIs should take concrete steps to mainstream Mission LiFE in higher education. This could include incorporating sustainability into the curriculum, promoting research on sustainable development, and adopting sustainable practices on campus. By incorporating the principles of Mission LiFE into higher education, HEIs can help to create a more sustainable future for all.

In this background, several initiatives were taken at the headquarters of the Indira Gandhi National Open University which are documented in the next section.

2.1 Centre for Internal Quality Assurance & NEP Cell

The Centre for Internal Quality Assurance (CIQA) and NEP Cell of Indira Gandhi National Open University (IGNOU) developed feedback tools for data collection for the academic year 2022-2023 from its stakeholders, namely: (1) Teachers; (2) Subject Experts; (3) Academic Counsellors; and (4) Learners; (**Appendices 1-4**) The feedback tools were designed by preparing questionnaires for conducting a survey to obtain stakeholders' views on the issues flagged above. One of the major objectives of obtaining feedback from stakeholders was to identify gaps and initiate the steps to be taken by the University for the attainment of SDGs by adopting eco-friendly practices through LiFE and replace the prevalent 'use and-dispose' economy with a circular economy, characterized by responsible consumption, under the motto: "One Earth, One Family, One Future". The CIQA & NEP Cell administered the survey tools through Google form and the stakeholders were requested to respond to the survey online within a stipulated time frame. The data collected was analyzed and Reports were prepared, viz.:

(1) Teachers' Feedback Analysis Report (2022-23); (2) Feedback Analysis Report of Academic Counsellors (2022-23); (3) Feedback Analysis Report of Learners (2022-23); and (4) Feedback Analysis Reports of Subject Experts (2022-23).

All of the above mentioned reports have been approved by the University's statutory bodies The Feedback Analysis Report of the Teachers' was approved in the 60th meeting of the Academic Council's Standing Committee (Item No.15) and Reports of the Academic Counsellors and Learners in the 80th meeting of the Academic Council (Item No. 18). The Feedback Analysis Reports of the Subject Experts were approved in the respective School Boards by the Schools of Studies namely School of Health Sciences (Item No. 76.13); School of Continuing Education (Item No. 66.39); and School of Translation Studies and Training (Item No.39.2).

Feedback from Stakeholders on Mission LiFE

Lifestyle changes intended in line with "LiFE"		Teachers	Academic Counsellors	Learners
1.	Carry a non-plastic water bottle while stepping out of home	92.00	90.57	83.80

2.	Use cloth bags for shopping for groceries instead of plastic bags	98.10	97.02	93.20
3.	Use stairs instead of an elevator, if possible	93.80	94.51	91.30
4.	Donate old clothes and books	99.40	97.73	94.20
5.	Practice segregation of dry and wet waste at homes	88.30	94.39	88.80
6.	Switch off appliances from plug points when not in use	98.80	98.45	96.70
7.	Use public transport wherever possible	89.50	95.60	94.30
8.	Switch off vehicle engines at red lights and railway crossings	90.70	96.06	94.90
9.	Plant trees to reduce the impact of pollution	94.40	98.70	94.30
10.	Feed unused and uncooked vegetables leftovers to cattle/ pets/ street animals	79.00	93.08	92.00
11.	Pre-soak heavy pots and pans before washing them	94.40	92.84	91.50
12.	Use steel/ recyclable plastic lunch boxes and water bottles	96.30	96.18	93.80
13.	Cut the packaging bags used for milk, buttermilk, etc. only partially to avoid plastic bits from mixing into biodegradable waste.	95.10	93.79	91.80
14.	Defrost fridge or freezer regularly	85.80	87.47	84.10
15.	Create kitchen gardens/ terrace gardens at homes/ schools/ offices	84.00	92.36	89.60
16.	Reuse water drained out from AC/RO for cleaning utensils, watering plants and others	86.40	90.81	86.60
17.	Set printer default to double-side printing	93.20	93.32	84.90
18.	Encourage use of indigenous herbs and medicinal plants such as neem, tulsi, giloy, mint, curry leaves, ashwagandha, etc..	98.80	98.60	96.70
19.	Initiate and/or join green clubs in your residential area/ school/ office	75.30	92.72	83.80
20.	Participate in and mobilize participation for clean-up drives of cities and water bodies	76.50	92.12	84.90
21.	Discard gadgets in nearest e-recycling units	75.90	90.50	84.60

The responses received from the various stakeholders with respect to the lifestyle changes they have proposed to make in line with LiFE are presented below.

IGNOU Teachers:

1. Minimize the use of air conditioners. Use coolers and pedestal fans instead.
2. Stop the use of firecrackers during festivals.
3. Create a pit in the garden to dispose of fruit and vegetable and horticulture waste to prepare manure.
4. Stop buying clothes unnecessarily.
5. Less use of packaged food and more use of freshly cooked food.
6. Creation of collection points for the donation of used clothes/books/ toys/ furniture/ utensils, and such other utility items, which are in good condition and can be reused by others.
7. Crushing disposable glasses and bottles before disposing of them.
8. Switch off lights in common areas during day time and use stickers to save electricity in offices and homes.
9. Prefer walking to driving vehicles on the IGNOU campus.
10. Cut the plastic bags into small strips before disposal.

IGNOU Subject Experts:

In addition to the above mentioned points given by the teachers, academic counsellors, and learners, the subject experts gave the following suggestions:

1. Encourage net zero food processing practices, by utilizing agro-processing waste.
2. Use of solar energy driven gadgets.
3. Encourage water harvesting.
4. Avoid creating pollution by using electric vehicles.
5. No smoking on road-driving and traffic.
6. No pet dogs should be allowed to poo on street/park.
7. Use of natural or minimal processed foods daily.
8. Discard gadgets in nearest e-recycling units.
9. Collecting fruit-seeds and conserving it for sowing.
10. Use of pitcher (earthen pots) in summer.

Suggestions of the Stakeholders for Making the IGNOU Campus Clean & Green

Following the receipt of input from all stakeholders, a report has been compiled regarding the measures to be taken to enhance the cleanliness and environmental sustainability of the IGNOU Campus. The report is based on the views expressed by the stakeholder groups and outlines a range of recommendations for the University authorities to consider to promote the cleanliness and eco-friendliness of the campus. It offers detailed suggestions to improve the overall maintenance and sustainability of the campus, with a view to ensuring that it remains a welcoming and conducive environment for learning and work. The University authorities will review the report in detail, taking into account its recommendations and insights, and will strive to implement the necessary measures to achieve the desired outcomes.

Feedback to Administrative Division:

- Conduct sensitization programmes to reduce the culture of 'use and dispose'.

- Use reusable bags, bottles, and containers, and avoid disposable items whenever possible.
- Reduce plastic usage in the campus and ban use of single plastics completely.
- Organize health awareness talks.
- Observe clean days and schedule cleanliness drives by involving all employees for at least one day in a month for campus clean and green activity.
- Each staff can give "*Shram Daan*" such as: weeding the garden, watering the plants, picking up the waste, etc.
- Increase awareness and cooperation of employees for maintaining clean washrooms.
- Blue and Green Garbage bins to be provided at designated places on the campus for disposal of dry and wet waste (recyclable and non-recyclable waste).
- Encourage sustainable transportation in the campus by introducing e-rickshaw and cycles for internal mobility.
- Collaborate with NGOs to recycle paper, plastic, and e-waste materials of the University.
- Encourage paperless transactions in the office by focusing on the e-filing system.
- Issuance of circulars/notices/ handouts via emails and hosted on the website only.
- More number of electronic vehicles (ev) charging stations for use of ev car or auto in the campus.

Feedback to Construction and Maintenance Division:

- The use of green energy should be encouraged. The entire IGNOU campus can be powered by solar panels in both its offices and its residential complex.
- Extra electricity generated should be sold to the government and revenue should be generated.
- IGNOU should create awareness and run projects on clean and green energy for surrounding areas as part of its extension activity.
- Once successful, the same efforts should be replicated by all Regional Centres for a more significant impact.
- Ways should be found out to make the old structures more eco-friendly, like using sustainable materials for interiors etc.
- The new structures should be constructed in a strictly eco-friendly manner.
- The material should be such that it keeps the building less heated in the summer and warm in the winter.
- Replacing of all taps and flush systems in the toilets with sensor taps and auto flush systems for all restrooms and pantries should be initiated to replace the old rusted leaking sanitary fittings.
- Using LED bulbs is not the only option; sensors should also be used on all campus lighting.
- Preference should be given to build multi-storey buildings in place of single/double-storey buildings, in order to make more space for plantation.
- Issue advisories on Energy conservation to the employees of the University.

Feedback to Campus Horticulture Cell:

- Plant more and more trees which will help in controlling climate change.
- Drip-irrigation should be used in watering the campus plants/trees and more trees should be planted, which are less water-intensive but are of high economic value.

- Excess water flow from all the ROs can be drained into reuse of the water in cleaning and watering the trees.
- Wet waste can be collected from the residential complex and used for the production of manure for the various gardens of the University.
- Every School can adopt a garden as a rose garden, herb garden etc. and maintain it as environmental activity.
- The best-maintained garden by School may be given an award or appreciation certificate on the foundation day of the University.
- All the employees should own at least one plant from the existing plants and take care of them.
- Plantation should be made a regular practice.
- Plantation in the name of visiting guests.
- Develop available spaces to grow medicinal herbs and oriental plants and generate income through sale of these and encourage their usage by the employees.

2.2 School of Social Sciences

The following activities were undertaken by the School of Social Sciences:

1. A talk on “*The Urgency of Climate Change*” by Mr. Nagraj Adve, Environmental Activist and Writer, on 26th September, 2023. Mr. Adve addressed various aspects of climate change. These ranged from the basics of global warming to the urgent need for action. Adve’s talk was punctuated by compelling statistics, underscoring the urgency of global warming. He stressed that climate change is not a distant issue but a present crisis that demands the collective attention of all. The lecture delved deeply into the multifaceted realm of climate change. The speaker identified six fundamental aspects of this global challenge. Beginning with the foundational science behind global warming, he elucidated the key drivers and mechanisms responsible for the rise in global temperatures. Adve then shifted focus to the critical issue of crucial impacts and feedback, discussing the far-reaching consequences of climate change and the feedback loops that exacerbate the crisis. Delving into the underlying causes, he scrutinized the root factors driving the climate crisis, including the significant role of greenhouse gas emissions. Adve also explored the intricacies of climate politics and the notion



of ‘net zero,’ shedding light on the complexities of international agreements and strategies to mitigate climate change. As an expert on the subject, he addressed energy transitions, especially in India and other pivotal countries, highlighting the challenges and opportunities in transitioning to sustainable energy sources. Finally, Adve underscored the importance of urgency, emphasizing that climate change’s impacts are unfolding faster than anticipated and prompt action is imperative.

2. A session on “*Women, Chulha and Energy Studies*” by a renowned Anthropologist, Dr Meena Khandelwal, Associate Professor at the Department of Anthropology, Gender, Women’s and Sexuality Studies in the University of Iowa, USA, on 5th January, 2024.

The speaker Dr Meena, began the lecture by highlighting her research insights on the traditional chulhas/ cook stoves from a feminist anthropological perspective, highlighting the importance of

these chulhas in traditional Indian households, Issues faced by women while collecting wood from regions of Udaipur district in the Indian state of Rajasthan. Her book 'Cookstove Chronicles: Social life of the Women's Technology in India'. Health issues associated with traditional cook stoves were also addressed along with the reasons and motivation behind their team, which led to the development of Simple inserts, known as 'Mewar Angithi', which has significant health and ecological benefits. She also highlighted the reasons like difficulty in assessing the social, economic, health and environmental benefits due to the flexibility and fluidity of the device and the massive rollout of Ujjwala scheme, behind less popularization of this innovation. Throughout her talk, she defined wood as something that should not be seen from an engineering point of view, where it is only seen as a bio-fuel, but also seen from an anthropological perspective, where it is seen as something with huge traditional and religious values. During the talk, she placed various examples from her research works, defining people's perspective towards traditional chulha, reasons behind non-standardizing improved cooking chulhas and how women's lives surround chulha and problems they face and stated reasons for a multi-disciplinary approach towards solving this issue. She also gave her thoughts regarding the chulha as a mixer of traditions and innovations, i.e., something prepared from locally available materials, and highlighted the indigenous knowledge and importance of women's role in preparing these chulhas. Dr. Meena also raised the urgent need to address the major reasons behind the persistent use of traditional chulhas, despite developing new and cleaner technologies, which will require a multi-disciplinary approach. She highlighted the positive aspects of the chulha without romanticizing it and the consensus on neither portraying the chulha as neither a hero nor a villain.

The chulhas is a technology in its own right. It is typically prepared from organic materials, collected from immediate environment like mud, and fueled by biomass. It is influenced by factors and modified on the basis of family size, local needs, preferences and utensils.

Cooking on chulhas has detrimental health effects when it comes to indoor cooking. Indoor air pollution mainly affects/endangering the health of women and children. Physical injuries and sexual assault are some of the common issues women typically face while collecting wood from the forest. Social aspects include deprivation from elementary and primary education and income-generating work. The problems were also linked to deforestation, atmospheric carbon, and global warming.

The Research area, i.e. Udaipur District of the Southern Region, has been dealing with the forest crisis since earlier times. Research findings have shown that harvesting firewood significantly impacts deforestation in this region. She also addressed the issue of fuel wood collection by rural people and how they collected stacks of firewood at their homes, trees cut with amputated limbs. Solar cookers were distributed among the villagers of this region, but people hesitated and abandoned the idea. The motive was good behind it as it would have prevented excess biomass burning.



In 2016, the Government of India launched the massive Ujjwala campaign to elevate gas cooking to a status-enhancing status, leading to less adoption of the 'MewarAngithi' technology. Here, people were receiving LPG cylinders and the associated benefits of digital technologies. She stated that the Villagers wanted LPG cylinders but didn't want to discard chulha. The speaker discussed the issue of stove stacking in India, arguing that it is not an incomplete energy transition but rather an expression

of women's strategy to maintain control over their cooking devices rather than a failure of new technology to replace old practices.

The session concluded with a thought-provoking message addressing the need to recognize chulha as a technology and re-imagine the chulha as a women's technology due to the expertise and skills they put in, ultimately bringing the feminine lens towards energy studies.

2.3 School of Interdisciplinary and Transdisciplinary Studies

Programme launched by the School in line with Mission LiFe in IGNOU in the AY 2023-2024, namely:

Post Graduate Diploma in Environmental Management and Law (PGDEML). In line with the growing concerns over environmental degradation, the School of Interdisciplinary and Transdisciplinary Studies (SOITS), IGNOU has actively engaged in a series of events aimed at raising awareness and promoting actionable solutions to combat air and plastic pollution.

National Workshop on "Air Pollution: Its Implication, Mitigation & Planning Innovative Actions": One of the cornerstone events was the National Workshop on "Air Pollution: Its



Implication, Mitigation & Planning Innovative Actions," held at the Convention Centre, at IGNOU headquarters. The workshop, conducted on September 23-24, 2023, brought together experts, policymakers, and stakeholders to deliberate on the multifaceted challenges posed by air pollution and explore innovative strategies for its mitigation.

National Webinar on "Lifestyle for Environment" - Mission LiFE: On May 31, 2023, SOITS hosted a National Webinar on "Lifestyle for Environment," under the banner of "Mission LiFE." The webinar aimed to mobilize and sensitize individuals about the significant impact of behavioral changes on environmental sustainability. By promoting the adoption of eco-friendly lifestyles, the webinar sought to inspire collective action towards a greener future.



National Level Competition on 'Solutions to Plastic Pollution' - Mission LiFE:

Another notable initiative was the organization of a National Level Competition focusing on the theme 'Solutions to Plastic Pollution' as part of the "Mission LiFE" campaign. The competition comprised three categories: Essay Competition, Poster Making Competition, and Slogan Writing Competition. Through these creative avenues, participants were encouraged to explore and propose innovative solutions to address the menace of plastic pollution.

“Ek Pedh Deh ke naam”, was yet another campaign launched by the School. “These activities were held between 1st July and 31st August 2023.

The overarching objective of these initiatives was to foster dialogue, disseminate knowledge, and catalyze concrete actions towards environmental conservation. The series of events organized by SOITS organization underscored our commitment to environmental stewardship and sustainable development. Through collaborative efforts and concerted actions, we aspire to pave the way for a cleaner, healthier planet for future generations. We remain steadfast in our resolve to continue spearheading initiatives that contribute to the preservation and protection of our natural environment.

2.4 School of Sciences

The faculty members of the School conducted Live Teleconferencing on Gyan Darshan channel on the themes related to Mission LiFE. The details are given below.

1. 25.1.2023: 4.00-4.30, Experts: Dr. K. D. Prasad, Director, EMPC, Prof. B. Rupini, SOITS, Prof R Baskar, SOS & Dr Sushmitha Baskar, SOITS, School: School of Inter-Disciplinary and Trans-Disciplinary Studies (SOITS), Topic: Introduction of Post Graduate Diploma in Environmental Management and Law (PGDEML).
2. 26.7.2023: 3.00-3.30, Experts: Dr. Sushmitha Baskar & Prof. R. Baskar, Programme: Post Graduate Diploma in Environmental and Occupational Health (PGDEOH), Course Code: MEV-001, Topic: Biogeochemical Cycles.
3. 28.8.2023: 4.00 – 5.00 PM, Experts Prof R Baskar& Dr M Prashanth "Introduction to Groundwater".
4. 13.12.2023: 4.00 – 5.00 PM. Experts: Dr. Sushmitha Baskar & Prof. R. Baskar, Programme: Post Graduate Diploma in Environmental Management and Law and MAEOH Course Code: MEVE-004, Topic: Mining and its Environmental Impacts.
5. 15.12.2023: 3.30 - 4.00, Experts: Dr. Sushmitha Baskar & Prof. R. Baskar, Programme: Post Graduate Diploma in Environmental Management and Law and MAEOH Course Code: MEV-003, Topic: Noise Pollution and monitoring.
6. 24.1.2024: 4.00-4.30, Experts: Dr. Sushmitha Baskar & Prof. R. Baskar, Programme: Post Graduate Diploma in Environmental Management and Law and MAEOH Course Code: MEVE-017, Topic: Ecotourism and Geotourism.
7. 15.2.2024: 3.30 – 4.00, Experts: Dr. Sushmitha Baskar & Prof. R. Baskar, Programme: Post Graduate Diploma in Environmental Management and Law and MAEOH Course Code: MEV-003, Topic: Environmental movements in India.
8. 20.3.2024: 4.00-4.30, Experts: Dr. Sushmitha Baskar & Prof. R. Baskar, Programme: Post Graduate Diploma in Environmental Management and Law and MAEOH Course Code: MEV-003, Topic: International Day of Forests.

The faculty members of the School conducted live sessions on Gyan Vani FM Channel on the themes related to Mission LiFE. The details are given below.

1. 5.4.2023: 12 – 12.30 pm. Introduction to PGDEML Program, Experts: Prof. R. Baskar, Prof Boyina Rupini and Dr Sushmitha Baskar, SOITS, IGNOU

2. 6.3.2024: 12:00PM- 12:30 PM: International Day of Forests, Programme Code: PGDEML; Post Graduate Diploma in Environmental Management and Law, Experts: Dr. Sushmitha Baskar and Prof. R. Baskar.

3. 19.3.2024: 12PM-1230PM: Exploring the depth of Geology: Beyond rocks, Experts: Prof R Baskar and Dr Kakoli Gogoi.

2.5 School of Law

A Webinar on the topic “Indian Ethos in Environmental Management” by Prof Amar Pal Singh, Faculty of Law, IP University, New Delhi was organized by the School of Law on 20th October 2023, as part of the Special Campaign 3.0 Swachhta Hi Sewa and Mission LiFE. Prof Amar Pal Singh, the invited speaker elaborated on the Indian ethos related to environment, highlighting the eco-centric civilization of India where every environmental element is personified, and worshipped. He emphasized that local participation at the community level is very much important for the protection and preservation of environment. He stated that environmental management is a matter of global thinking and local action.



3. ACTIVITIES AT IGNOU REGIONAL CENTRES

3.1 IGNOU RC BANGALORE

Report on Celebration of World Environment Day 2023 under the theme ‘Lifestyle for Environment’

The IGNOU RC Bangalore has organized various activities under the theme ‘Lifestyle for Environment’ as part of celebration of World Environment Day 2023 at Regional Centre and Learner Support Centres. The details are given below.

I. Life Style for Environment Exhibition:

On 17.5.2023, RC Bangalore has informed to IGNOU B.Ed. learners at the Sarvajna College of Education, IGNOU PSC 13140, Bengaluru to prepare for Life Style for Environment Exhibition. Accordingly, on 24.05.2023, they presented many activities.

Poster Making: The students actively prepared posters on ‘Life Style for Environment & Lifestyle without Environment’, ‘Ban Plastic’, ‘Say No Plastic’, ‘Save Earth’ & ‘Save trees etc., These posters are nominated for National Competition conducted by SOITS, IGNOU, New Delhi.

Beyond these posters making, the students conducted other activities during the Life Style for Environment Exhibition.

Preparation of biodegradable badges with eucalyptus dry leaves with the Government logo

Preparation of Paper Crowns

Preparation of Bio-enzyme (organic hand wash)

Presentation on uses of medicated plants

Presented a Puppet Show on “ Lifestyle for Environment’

Recover Presentation (R-R-R-R-R)- How to recover the environment and ecosystem

Presentation on Healthy things & explanation

Role Plays and Songs etc.,



II. Learners Administered the Environment Pledge:

On 26.5.2023, as a part of Life Style for Environment activities, IGNOU learners of MSCENV learners administered the Environment Pledge at LSC 1390, Hasanath College for Women Bangalore.



III. Organized the Webinar:

On 29.5.2023, RC Bangalore organized a webinar on 'Global Warming and Ozone layer Depletion' through virtual mode, Resource Person : Dr. M. Shanmugam, Asst. Regional Director RC Bangalore, Target audience are IGNOU learners of BAG , BSC and MSc Environmental Science of January 2023 batch. The webinar is started with welcome the participants by Dr. Hemamalini, Asst. Regional Director RC Bangalore, followed by Opening remarks by Dr S Radha, Sr. Regional Director RC Bangalore and Webinar delivered by Dr. M. Shanmugam, Asst Regional Director and approved counsellor of Environment Science. Total 26 participants attended the webinar. The aim of the webinar is to sensitize the audience about the impact of behavioural change on the environment.

IV. RC Staff Administered the Environment Pledge:



On 31.5.2023, as a part of Life Style for Environment activities, Regional Centre Bangalore staff had taken the Environment Pledge in the garden developed in the campus.



V. Participation in the National Webinar:

On 31.5.2023, the RC Bangalore participated in the National Webinar on “Lifestyle for Environment” organized by Shachi Shah, Prof of Environmental Studies, Director, School of Interdisciplinary and Trans-disciplinary Studies, IGNOU, New Delhi.

VI. MyGove-Pledge on Lifestyle for the Environment:

The Pledge for the Lifestyle for the Environment link <https://unnatbharatabhiyan.gov.in/life-movement> announced by NITI Aayog and MyGov is circulated among the Regional Centre and LSC staff and encouraged to take e-pledge. The NITI Aayog appreciated and issued Certificate of Commitment for contribution towards practising and creating awareness of an environment-friendly lifestyle to become a Pro Planet People. Few of Certificates are attached herewith.

VII. On 5.6.2023, RC Bangalore participated in the interaction with the Hon'ble Education Minister

through virtual mode on World Environment Day Celebration through the You Tube link received from the Registrar, Administration Division, Indira Gandhi National Open University, New Delhi <https://www.youtube.com/watch?v=pLw03ILDVCM>





Note cam lite
Address : Bhagalpur,Bihar,India
Latitude : 25.24908704°
Longitude : 86.95772457°
Altitude : 45.0 meter
Date : 10/01/2023 11:36 AM
Accuracy : 3.7900925 meter
Time zone : GMT+05:30
Note : Captured by Note cam



Note cam lite
Address : Bhagalpur,Bihar,India
Latitude : 25.24904558°
Longitude : 86.95786491°
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Swachhata Pledge At RC-Bhagalpur

3.3 IGNOU RC BHOPAL

International Webinar on the theme, 'Imbibing Mission LiFE in Higher Education Special Campaign 3.0' dated 20th October 2023; 15:00 to 18:00 Hours, IST

Flyer of the Webinar:

Theme: 'Imbibing Mission LiFE in Higher Education: Special Campaign 3.0' dated 20th

Sub Themes:

1. Clean workplace and an efficient country
2. Traditional and age-old practices for a sustainable lifestyle
3. RRR (Reduce, Reuse Recycle) and sustainable development
4. Management of 'waste for the best'
5. Sharing/ Documentation of SHS (Cleanliness is Service) activities
6. Zero Waste events
7. Adopting Lifestyle for Environment (LiFE Actions)
8. Sharing of Best Practices

Resource Persons:

1. Mr. Lokendra Thakkar, Coordinator, SKCCC, Officer I/C SWA, Principal EIES, EPCO, Department of Environment, Government of MP, India.
2. Prof. Shachi Shah, Professor, Environment Studies, SOITS, IGNOU, India.
3. Participants: Total 150 learners- National IGNOU Online Learners and International IGNOU Online Learners of e-Vidyabharti Project (attached to RC Bhopal) registered for the International webinar and were encouraged to submit an abstract of 250 to 400 words on any of the given sub-themes. The participants were from 14 countries including Mauritius, India, and Germany.



Indira Gandhi National Open University, INDIA Regional Centre Bhopal Time of countries of IGNOU Learners, as per IST (Indian Standard Time)			
Sl. No	Countries	Time as per IST	IST TIME
1	Congo	02.30pm	07.00 pm

2	Ghana	01.30pm	07.00 pm
3	Malawi	03.30pm	07.00 pm
4	Mauritius	05.30pm	07.00 pm
5	Mozambique	03.30pm	07.00 pm
6	Nigeria	02.30pm	07.00 pm
7	Somalia	04.30pm	07.00 pm
8	South Sudan	03.30pm	07.00 pm
9	Sudan	03.30pm	07.00 pm
10	Uganda	04.30pm	07.00 pm
11	Zambia	03.30pm	07.00 pm
12	Sierra Leone	01.30pm	07.00 pm
Reference link		https://dateful.com/time-zone-converter	

Abstract selection for presentations during the webinar was done through the Jury of 5 Academics of RC Bhopal; selected 6 out of 50 Abstracts.

Following 6 abstracts were selected by the Jury for Presentation during the Webinar –

Selected Abstracts for “Imbibing Mission LiFE in Higher Education: Special Campaign 3.0”					
Date: 20/10/2023, Time: 1500 to 1745 hrs (IST)					
Name	Gender	Designation /work description/any other	How are you connected with IGNOU?	Programme Name	Nationality
Mr. Sixpence Manuel	Male	Student	Student- EVB	(MBAOL)	Mozambique
Mr. Mohammed Buhari	Male	Assistant Lecturer	Student- EVB	MBA OL	Nigeria
Mr. Aman Kumar	Male	Social Activist, Author, Photographer, Designer and Journalist	Student - IOP	BSWGOL	Indian
Mr. Jibril Muhammad Abdulkarim	Male	Teacher	Student - EVB	CDM	Nigeria
Mr. Muhammad Khalid Haruna	Male	Student	Student - EVB	MBAOL	Nigerian

Ms. Jutta Gabriele Wenzel	Female	volunteer / working with refugees in Germany	Student - IOP	BSWGOL	German
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Schedule of the Webinar:

Webinar Schedule

“Imbibing Mission LiFE in Higher Education: Special Campaign 3.0”

Date: 20/10/2023, Time: 1500 to 1745 hrs (IST)

Google meet Link: <https://meet.google.com/ppj-turt-csu>

Proceedings:

The Webinar started on the Scheduled time with Welcome address by Dr. Bini Toms.

Resource Persons took their sessions with their expertise through PPTs followed by discussion. Mr. Lokendra Thakkar gave a descriptive presentation of Mission LiFE experiences in Madhya Pradesh as well the innovative experiments of EPCO in the area of Mission 3.0.

Prof. Shachi Shah presented about the Special Campaign 3.0, she gave a detailed introduction and activities observed by IGNOU all over India.

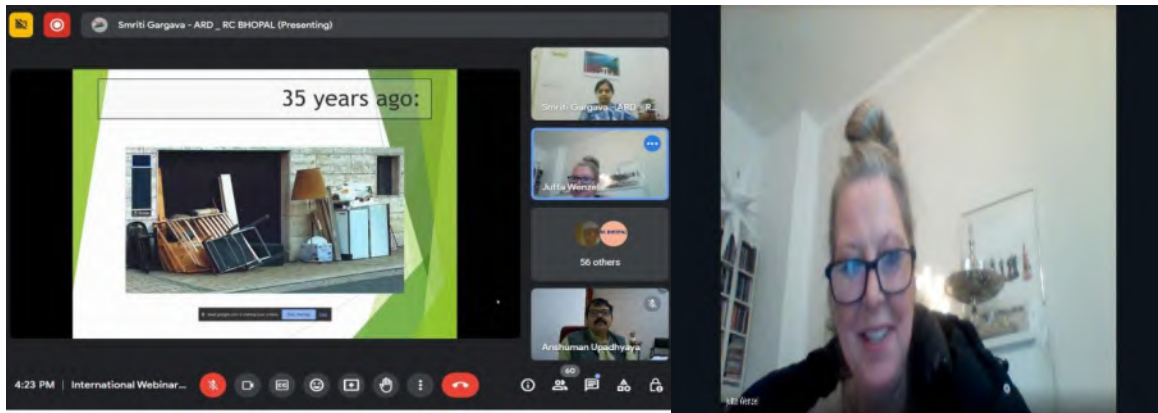


Presentation by Mr. Lokendra Thakkar

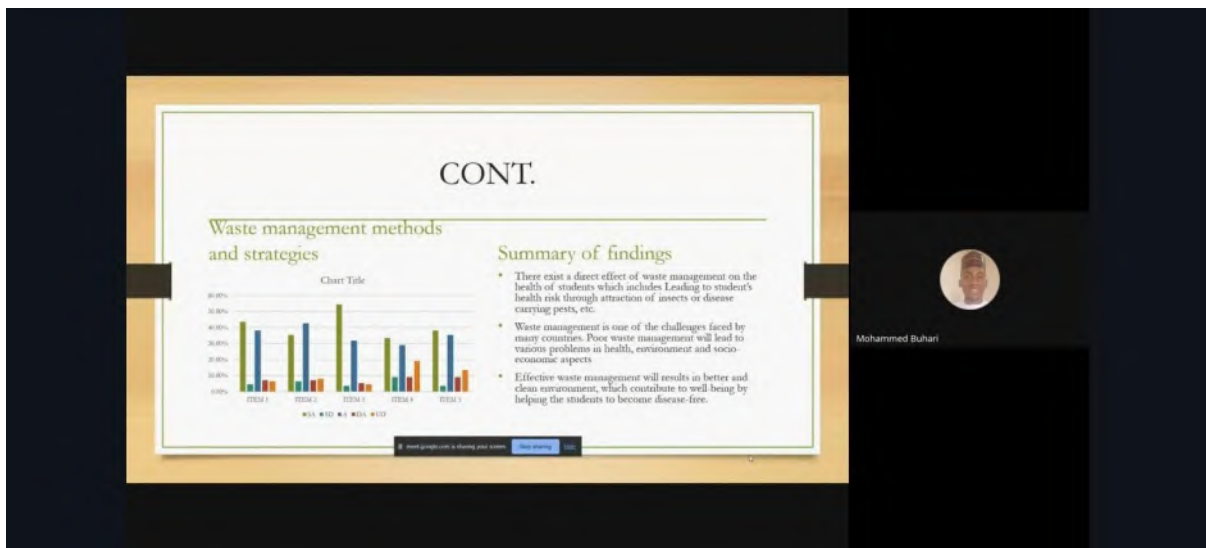


Presentation by Prof Sanchi Shah

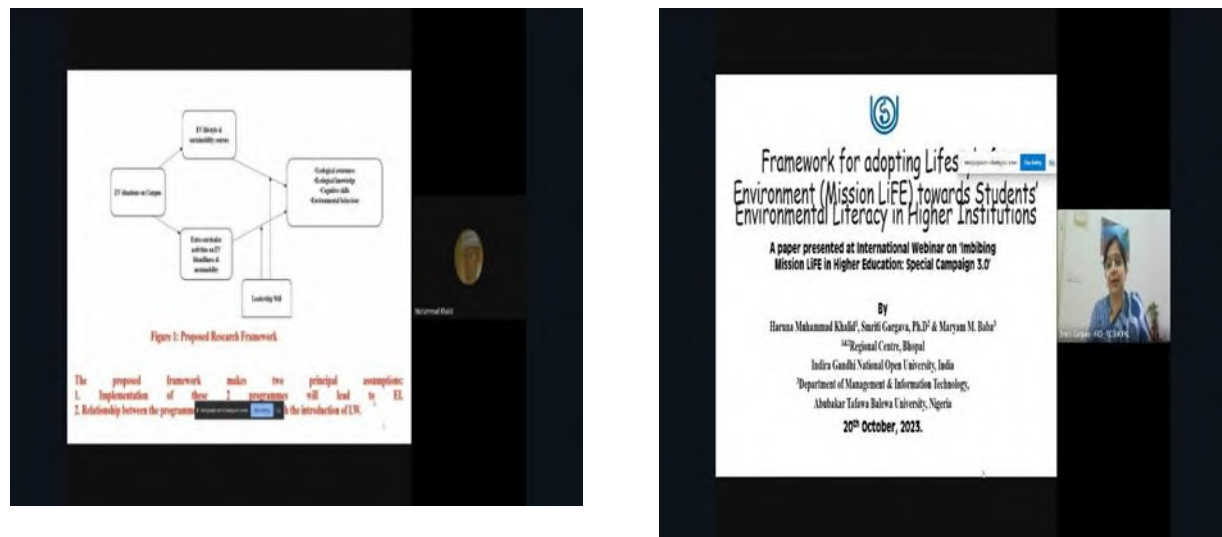
Presentation by Ms. Jutta Gabriele Wenzel



Presentation By Mr. Mohammed Buhari



Presentation By Mr. Muhammad Khalid Haruna

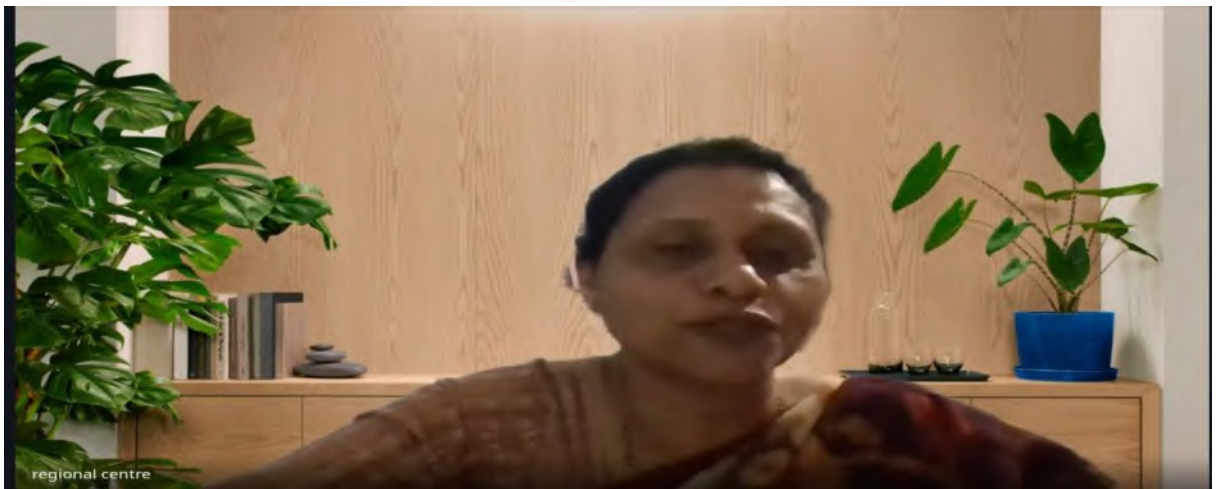




Learners' Presentations received Feedback from the Academic Jury



Closing remarks by Dr. Bini Toms



Webinar Recordings You Tube Link: <https://youtu.be/8NV-FjNUKGg>

Feedback:

The Webinar was found very useful and interactive and learners requested to organize such Webinars from time to time on various topics. It was also proposed by the participants to organize a pre-conference workshop followed by an international Conference on the same theme.

3.4 IGNOU RC CHENNAI

Webinar on Sustainable Development On 12-10-23 @ 3 - 4 P.M

Programme Schedule

3.00 P.M Welcome address: Dr.SK.Zareena ARD

3.05 P.M Presidential Address: Dr.K.PanneerselvamSr.Regional Director

3.10 P.M Keynote Address: Resource Person :

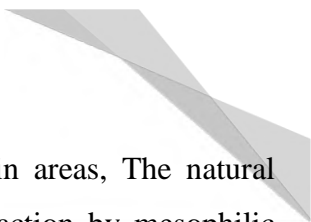
Dr Sultan Ahmed Ismail, Member, State Planning Commission, Government of Tamil Nadu.

4.10 P.M Interaction: BY PARTICIPANTS

4.25 P.M Vote of Thanks: Sh.Venkat Bhargav Assistant Registrar

Resource Person: Dr Sultan Ahmed Ismail, M.Sc., M.Phil., Ph.D., D.Sc., Dip.Hr.Edn (9.10.1951) presently Member, State Planning Commission, Government of Tamil Nadu. He is also the Task force member, State Planning Commission, Chhattisgarh Government; and Chairman for the Reconstituted High Level Expert Technical Committee – Hydrocarbon Project, Tamil Nadu Government; and Former Director of the Eco science Research Foundation, Chennai.

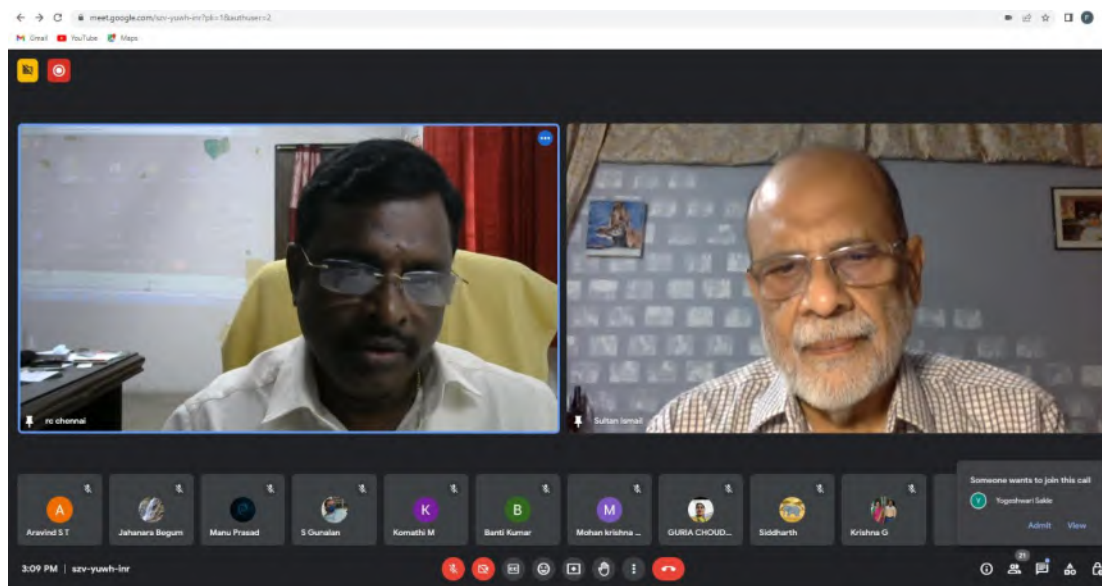
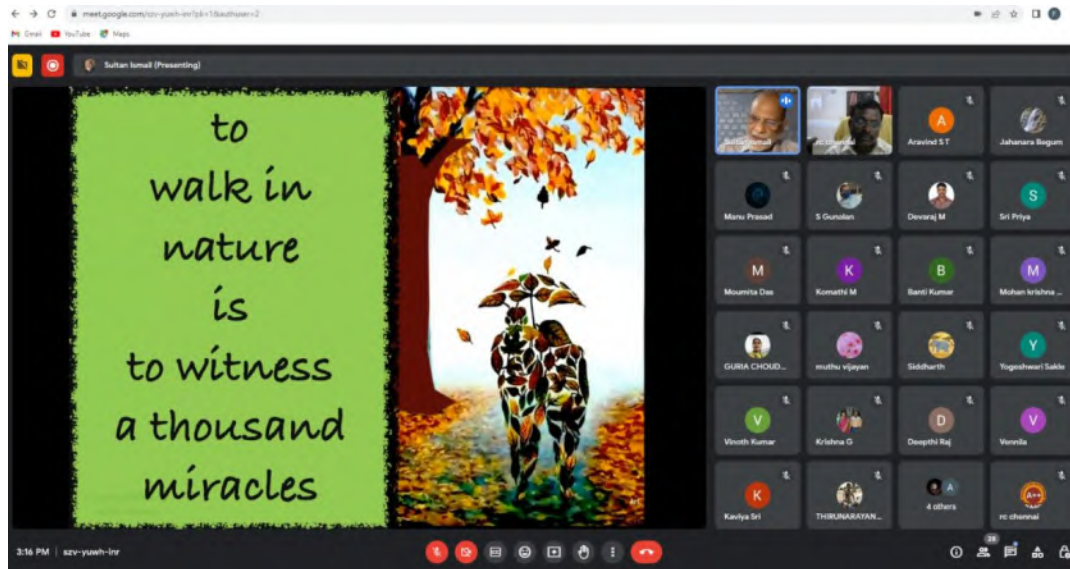
He delivered a thought provoking lecture with demonstrations through PPT covering the aspects of importance of Soil , Air , Water , difficulties with Pollution , Plastic usage , Deteriorating soil health has led to a sharp decline in the production of crops since 1990, quoted a recent report by the Delhi-based Indian Society of Soil Science. Extensive use of chemicals kills bacteria and microorganisms in the soil, making land uncultivable. Earthworms and termites are organisms which help increase soil health. In the olden days, after the harvest, the top portion of the crop was used for human consumption, the middle portion was used as a feed for animals and the bottom portion went back to the soil and supported the growth of microorganisms. But today so much salt is being dumped into the soil that it is losing important microbes and land has become uncultivable. More salt means that



the soil demands more water, which has also led to water scarcity in certain areas. The natural composting process goes through a series of biological sub processes: first action by mesophilic microorganisms on the C-substrate—the metabolic process produces heat (raising the temperature of the compost pile)—resulting in a subsequent second action by thermophilic microorganisms. When all of the C-substrate is depleted, the metabolic activity slows down with the temperature dropping and the mesophilic organisms becoming active while the thermophiles become dormant. This is the cure stage. The whole process in a natural system takes about 30 days (minimum). The 24-hour machines do not produce compost. They produce an end product of pulverized material.

Short-circuiting this natural biological process in composting is not acceptable and claims that this 24- or 48-hour thermal treatment process produces “compost” is misleading and wrong. By analogy, a baby takes 9 months in a mother’s womb to be fully formed and delivered. One cannot short-circuit this and have a baby delivered in one or two months. One should not violate Nature and its processes if we want to be environmentally responsible. The 24-hour composting machines are just waste disposal or waste reduction machines with or without using microorganisms. These materials can be used as feed. Care must be taken that these end products neither reach the soil nor the feed because stabilization continues till completion of the decomposition of degradable organic compounds and re-organization of other organic substances, which takes its own time depending on the constituents. There is no microorganism so far found that can hasten this process to be completed in 24 hours. If this “compost” is used without full stabilization, it may prove to be harmful to the plants and also to the soil. This 24-hour process from machines can be useful probably to reduce the volume of waste for land filling or for further processing.

Interaction: Learners interacted with the resource person and clarified their doubts



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3.5 IGNOU RC DEOGHAR

Webinar on the theme: Mission LiFE

IGNOU Regional Centre Deoghar organized a webinar on 'Hazardous effects of Plastics and its Alternatives', on 28.10.23. In this webinar students and functionaries of the LSCs under RC Deoghar participated.

The main speaker was Mr. Shashi Kant Singh, leading industrialist whose firm is producing organic waste to produce packaging materials and thus giving alternative to single use plastic. He shared his

experience with the participants and talked about the organic materials made of banana trunk etc and explained how it can be converted to packaging materials. He emphasized about need of innovation and more intervention in the area. He also underlined the fact that unless alternative is in place we cannot think of doing away with the single use plastic. The two challenges he pinpointed that the scale required to suffice the need and the challenges in reduction of price of packaging materials.

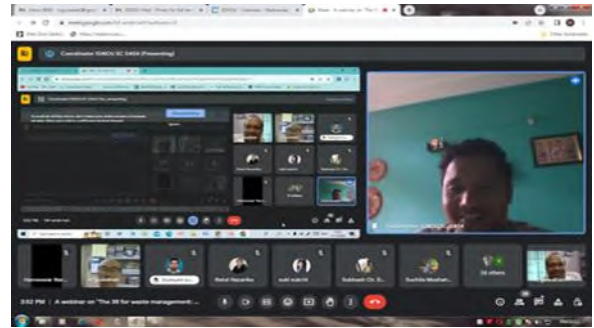
Participants shared their views in the webinar expressing major issues like developing culture of sustainable development and reduction of carbon emitting things. Few expressed about the Indians role in developing alternative fuels and reduction in use of fossil fuels.



3.6 IGNOU RC GUWAHATI

Webinar Lecture on 3R for Waste Management: Reuse, Reduce & Recycle

As part of Govt. of India campaign 3.0 Swacchta - Mission Life, RC Guwahati organized a **Webinar Lecture on 3R for Waste Management: Reuse, Reduce & Recycle.** with Mr. Sanjib Kumar Baglari, Assistant Professor, Dept. of Physics, Birjhora Mahavidyalaya, Bongaigoan, Assam as the resource person.



Mera Mati Mera Desh Campaign

As part of **Mera Mati Mera Desh** campaign of Swaccha Pakhwada- Mission Life, IGNOU Regional Centre Guwahati organized Tree plantation Programme in Collaboration with Regional College of Nursing and IGNOU Regional Centre Guwahati.



3.7 IGNOU RC JAIPUR

Webinar on Solid Waste Management

An online One Day Webinar on “Solid Waste Management” under special campaign 3.0 Swachhata Pakhwada Mission Life was organized by IGNOU Regional Centre, Jaipur on 06.10.2023. Prof. Ranjeeta Soni, Renowned expert, Dean Welfare of students, Environmental Science, Jagannath University, Jaipur was the Chief Speaker on this occasion. Prof. Ranjeeta Soni has more than 17 years’ experience in the field of the environmental science.

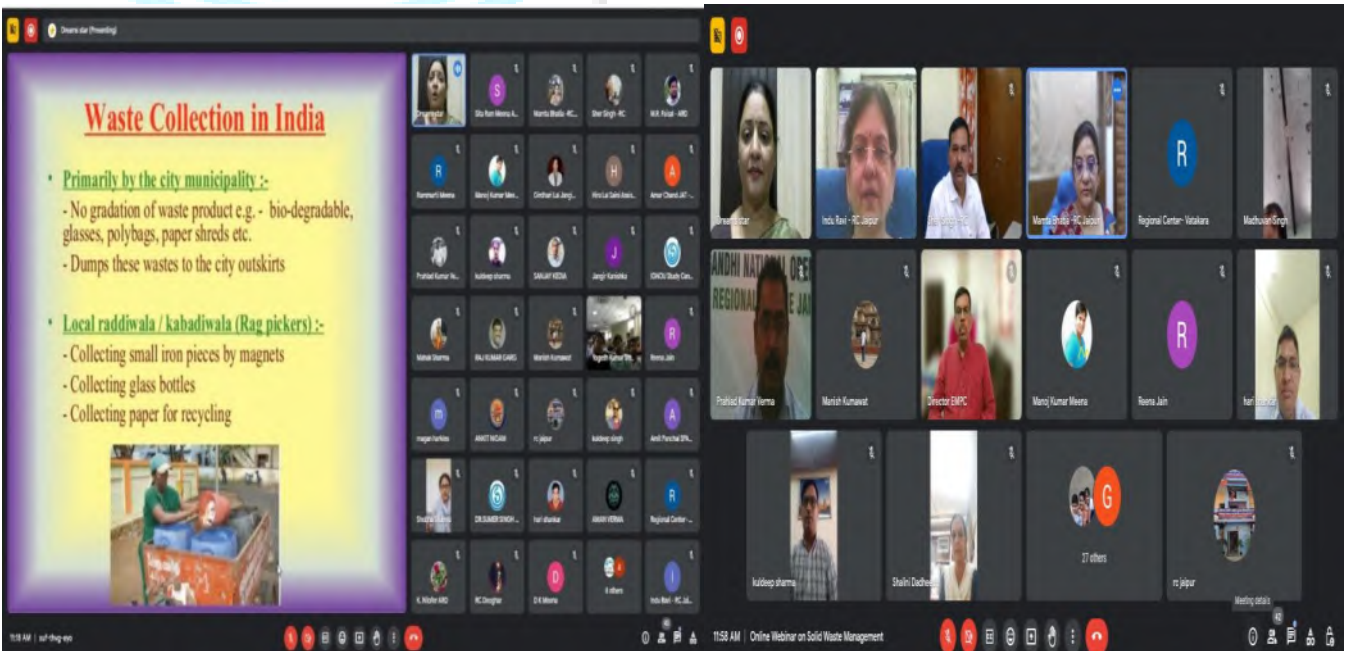
Prof. Ranjeeta Soni gave a presentation on Solid Waste Management. She highlighted on what is solid waste, how can we do management of solid waste, type of solid waste, various method of solid waste management, why it is necessary to manage solid waste, their harmful effects in our day to day life. She also spoke about e-waste disposal methods and how to manage office waste.

About 55 participants were present in the webinar.

The recording of the webinar was uploaded on the YouTube channel of RC Jaipur for wider dissemination among all.

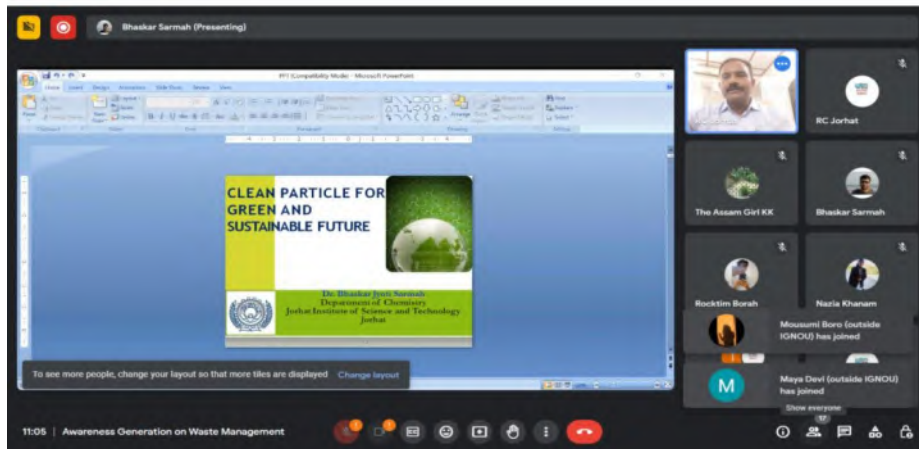
Social Media Link:

1. Facebook: <https://www.facebook.com/OfficialpageRCJaipur/>
2. Twitter: <https://x.com/ignouRc/status/1710163289655619939?s=20>
3. YouTube: <https://youtu.be/Pab13HSaae0>



3.8 IGNOU RC JORHAT

Report of Mission Life-Special Campaign 3.0



IGNOU RC Jorhat has undertaken activities for reducing waste and plastic at the surrounding of the office. All the officials and staff members joined the cleanliness drive at the campus for reducing garbage and

plastics. During the cleanliness drive the surroundings of the office, entrance area, parking area, wall, ceilings, floor etc were cleaned by the staff members making it a plastic and garbage free area.

RC Jorhat has organized a Webinar on “Awareness Generation on Waste Management” on 20th Oct, 2023. Dr. Bhaskar Jyoti Sarmah, Assistant Professor, Dept. of Chemistry, Jorhat Institute of Science and Technology (JIST) was the resource person of the webinar and delivered a talk on the topic and made an online presentation on ‘Clean Particles on Green and Sustainable Future’.

Webinar on Awareness Generation on Waste Management



Cleanliness Drive at the Regional Centre's surroundings



Awareness programme on Nasha Mukh Abhiyan

IGNOU Regional Centre Jorhat organised an awareness programme on “Nasha Mukh Bharat” on 19th March 2024 in our adopted village in collaboration with DihaBheta Primary School, Borgohain Chapori and Prajapita Brahma Kumaris Ishwariya Viswavidyalaya, Jorhat. The Resource persons from Brahmakumari made a presentation on Nasha Mukh Bharat Abhiyan. Through the presentation, they briefed about Substance Use Disorder which is a major problem worldwide including India, Govt. actions for Substance Use Disorder, Role of Brahmakumaris in making the society free from addiction, Rajyoga meditation taught in Brahmakumaris, how it provide a comprehensive and holistic approach to addiction recovery, role of Brahmakumaris in behavioural transformation, meditation etc. They briefed how they to bring inner peace and happiness among people and thereby help to adopt a healthy lifestyle.

3.9 IGNOU RC KHANNA

Report on the activities on the theme of ‘Mission LiFE’

The concept of LiFE was introduced by the Prime Minister at COP26 at Glasgow on 1st November, 2021. The Ministry of Environment, Forest and Climate Change, GoI is the nodal Ministry for national level coordination and implementation of Mission LiFE. The mission is a 5-year programme. Mission LiFE (Lifestyle For Environment) represents a significant step towards a more sustainable future, emphasizing the importance of collective action and conscious consumption for the well-being of our planet. By embracing these principles, individuals and nations can contribute to a healthier and more environmentally responsible world.

Objectives of Mission LiFE

Mission LiFE aims to turn its vision into observable effects. It is intended to motivate at least 1 billion Indians and other global citizens to perform both individual and group actions for environmental protection and conservation between 2022 – 2028.

Categories of Mission LiFE

- Pledge for LiFE
- Save Energy
- Save Water
- Say No to Single Use Plastic
- Reduce Waste
- Adopt Healthy Lifestyles
- Reduce E-Waste

Three phases of Mission LiFE

Mission LiFE envisions three core shifts towards sustainability in phases viz. change in demand, change in supply and change in policy, by collective actions of individuals, industry and the Government.

IGNOU Regional Centre, Khanna is committed to keep the environment in and around the campus as clean and green as possible. In view of the efforts to be made under Mission LiFE, this office organized plantation drives from time to time. ‘Single Use Plastic’ items are not at all utilized at the Regional Centre. Special care is taken by the staff to save water/electricity as and when possible. As per guidelines received from IGNOU HQs, all the obsolete material including computer peripherals were disposed of recently by the Regional Centre and the office got a cleaner look.



3.10 IGNOU RC MUMBAI

Report On Mission Life

The Indira Gandhi National Open University performed different activities under Lifestyle for Environment (LiFE) which are as below:

Plantation Drive: Regional Centre Mumbai organized a plantation Drive at Regional Centre premises on 28th September 2023 with all Regional Centre staff and planted more than 7 plants towards making the premises Green.



1. Declaring RC Premises for No Single Use Plastic: The Regional Centre Mumbai has made the premises Single Use Plastic free and posters in this regard have also been placed in the premises. A staff meeting was also organized and oriented the staff regarding harmfulness of plastic use, saving electricity and saving water and other environment safety measures for better lifestyle. This staff orientation also going help the staff, to further orient their family members, friends, and neighbours.



2, **Display of Banner:** The Regional Centre has displayed a banner for LiFE movement at the entrance of Regional Centre premises for creating awareness about the movement among the students and general public of the area.

3. **Webinar:** The Regional Centre Mumbai has organised a Webinar on “Sustainable Lifestyle” on 12th October 2023 at 04:00 PM for students, LSCs and the academic counsellors under special campaign 3.0. The lecture was delivered by Shri Sandeep Kulkarni, Head, Department of Environment Sciences, K J Somaiya College of Arts and Commerce.

In his presentation the speaker has explained different types of adoptions to lead life without destroying the environment. He further showed different methods to conserve water, a forestation, saving electricity etc with the help of PPT.

4. **Webinar:** The IGNOU Regional Centre Mumbai has organized a Webinar on “How to Balance Personal and Professional Life” on 19th October 2023 at 04:00 PM. The speaker delivered a detailed lecture on How to Balance Personal and Professional Life. The speaker presented and discussed the methods and measures to balancing professional and personal life thereby leading a happy life. The presentation also consisted of live examples of stress management and tips for coming out of stress. Important points and pictures were presented to the audience with the help of PPT.

5. **Awareness among staff:** Regional Centre organized a meeting with the Regional Centre staff where the staff were asked to follow certain environment friendly practices such as

switching off the electrical appliances when not in use, try to use one sided paper wherever possible and many more.

6. **Competition for Learners:** Regional Centre Mumbai organized below competitions for encouraging the LiFE movement:

- Elocution Competition
- Painting Competition
- Slogan Competition

Regional Centre Mumbai floated a Google Form to receive the entries for Painting and Slogans and registration for the Elocution Competition. Through this form 01 learner submitted the painting, 06 learners have submitted the slogans and 08 learners registered their names for the Elocution competition at Regional Centre Mumbai.

The competition was held on 25th October 2023 at Regional Centre premises which started with initial remarks of Dr. E. Krishna Rao, Regional Director. During his initial remarks he informed the participants about the different activities conducted by the Regional Centre Mumbai under Special Campaign 3.0 and insisted on the importance of Lifestyle of every individual on environment.

The elocution competition was held at Regional Centre premises and was attended by 04 participants. The Regional Centre gave the topic 10 minutes before the competition “Lifestyle for Conservation of Natural Resources”. All the participants spoke on the topic in presence of all the Regional Centre staff and other learners. The programme was attended by 25 staff and learners. The winners of the elocution competition and slogan were distributed prizes on the same day by the Regional Director.

3.11 IGNOU RC RAIPUR

Webinar on preservation of Environment on 17.02.2023

The Regional Centre Raipur organized a webinar on preservation of Environment on 17.02.24 and the Resource person was Dr. Keshav Chandra Sahu from pt. Ravi Shankar Shukla University Raipur who spoke on the topic titled Preservation of the Environment for our Future Generation’. He elaborated to the learners the importance of the environment and it's safety. We people should protect the environment for better future. For that we should plant trees and save our eco system.

Initiatives under Mission LiFE: Reduce, Reuse and Recycle

Under these missions, RC has undertaken the following initiatives:

A) **Restoration of old Chairs:** Several years ago, IGNOU supplied chairs made from iron frame-plastic cord (Make: Godrej), which were unused and dumped in study centers and regional centers.

We are currently gathering these unused chairs, damaged items, and outdated study materials, from study centers to create more space in the Learner Support Centers (LSCs). Some LSCs returned these chairs to the Regional Center. Upon inspection, it was determined that these chairs could be repaired since their bases were still in good condition. One of our part-time staff members possesses the necessary skills to restore these chairs, making them appear as good as new, at a cost of Rs 500/- per chair. So far, 20 such chairs have been successfully repaired, and an additional 30 chairs are slated for restoration soon.



Mr. S. Marak, Security Guard (part-time) repairing the chairs, helped by others



The repaired chairs are kept aside.

B) Retrofitting the Iron Steel self for storing study materials: Numerous steel racks in the storage area are in a damaged state. Due to the lack of bookshelves, study materials are placed on the floor. These racks are being fixed, painted, and restructured. Currently, 15 racks have been fully restored and are being utilized to store study materials.



Fig c: Study materials were arranged in the refurbished recks.

C) Refurbishing of old Computers (desktop and laptop): Several computers (supplied by IGNOU in the year 2007) are not operating efficiently due to outdated hardware, causing staff members to experience slowdowns and other problems with software compatibility etc. Following discussions with experts, it was decided to upgrade a few desktop computers to ensure smooth day-to-day operations. Consequently, four computers were fully upgraded at a cost of Rs 18,000 per computer. Additionally, the RAM of another four computers was partially upgraded to facilitate online exams. These upgraded computers have been working satisfactorily. Furthermore, viewing the increases in the enrollment of online program and computers will be upgraded as per requirement requirements.

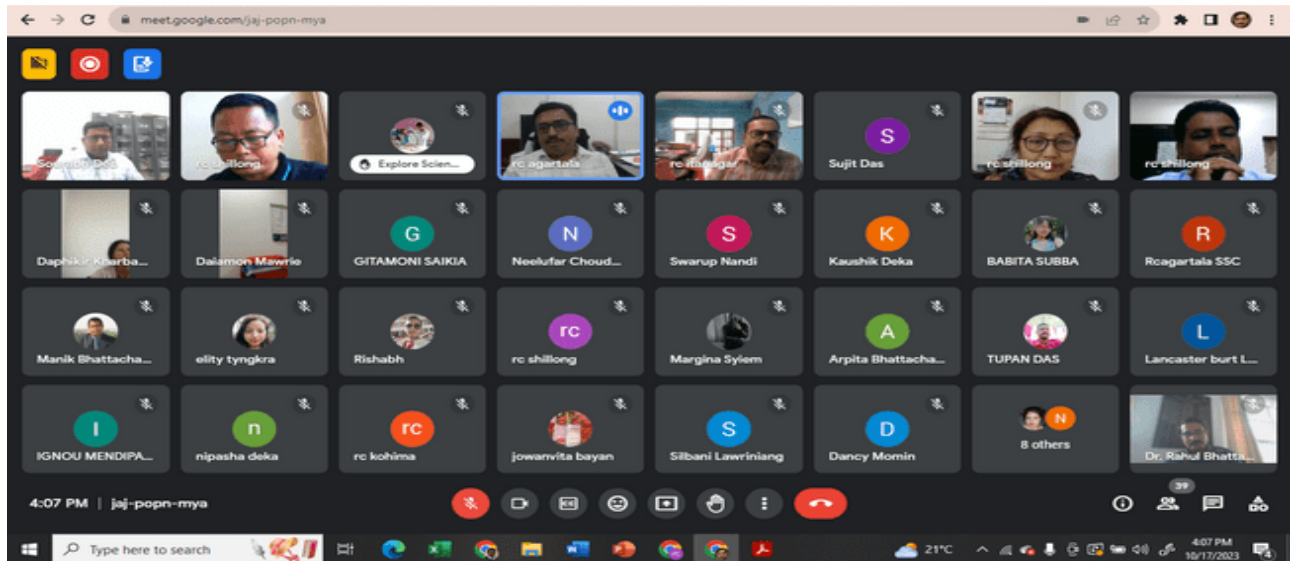
3.12 IGNOU RC SHILLONG

Webinar on “Adopting Sustainability as a Way of Life”

Date: 17th October 2023, Time: 2.30 onwards Organized by IGNOU Regional Centres Agartala, Itanagar & Shillong; *A part of the Special Campaigning 3.0.*

In this webinar, three RCs are involved namely RC Agartala, RC Itanagar and RC Shillong. In this webinar two resource persons **Dr. Rajesh Bajpai**, Associate Professor, Department of Environment Science, NEHU, Shillong and **Dr. Sourabh Deb**, Assistant Professor, Dept. of Forestry and

Biodiversity, Tripura University, Agartala. All the RC academics took part in the webinar.



Screenshot of the participant present virtually

3.13 IGNOU RC SRINAGAR

Report on the Activities Conducted on Mission LiFE at RC Srinagar

The RC Srinagar organised various activities under the mission LiFE. The awareness regarding the programme was conducted initially by issuing a circular regarding the activities to be conducted under the mission which was circulated among the students, study centres and the staff of RC. The circular was uploaded on the website and the social networking sites of RC. An event in offline mode was also conducted with the students of a Govt School adjacent to the RC in which students, teachers of the school and the Regional Director spoke about the importance of adopting mission LiFE in our day to day activities. An offline event was also organised in the RC with the learners of IGNOU to appraise them about the activities to be conducted under mission LiFE. The event was attended by the female learners and the staff of the RC. A banner was also prepared regarding the mission LiFE which was fixed at the main entrance of the RC.



3.14 IGNOU RC VARANASI

Events organized under Special Campaign 3.0

IGNOU RC Varanasi organized a programme in association with the LSC 48056 under Special Campaign 3.0 for **Mission LiFE** (Lifestyle for Environment) and “Swachhata hi Seva” at the Sambodhi Hall, Faculty of Social Science, BHU on 08.10.2023. Different events and co-curricular activities for IGNOU learners were organized, such as debate, poster making and slogan writing competitions. The session commenced with garlanding of Mahamana Statue and lighting of the lamp by the guests and dignitaries. Dr. Shravan Kumar Pandey, ARD elaborated about the programme and Dr. U N Tripathi, RD RC Varanasi chaired the programme and guided learners for different activities. Students participated with full enthusiasm in good number in these competitions. Prof. Sandeep Kumar, coordinator of LSC 48056 managed the activities under Special Campaign 3.0 and promoted the learners for active participation. Prof. Raj Kumar Singh from SMS College also graced the occasion. Ten students were declared winners and were provided with the certificates in different categories.

Mr. Yogesh Kumar AR coordinated the competitions and activities actively.





Varanasi, Uttar Pradesh, India

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Banaras Hindu University, Varanasi, Uttar Pradesh 221005, India
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Long 82.993729°
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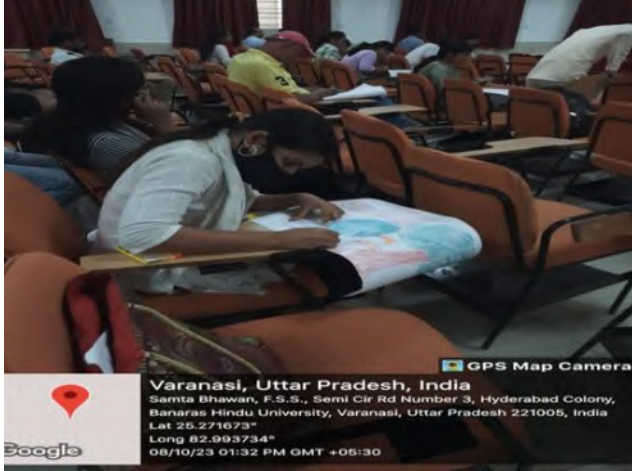
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Varanasi, Uttar Pradesh, India

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उच्च शिक्षा में प्रवेश लेने वाले विद्यार्थियों को 'इग्नू' ने स्वच्छता के प्रति किया जागरूक

वाराणसी (एसएनबी)। शिक्षा मंत्रालय के निर्देशानुसार इग्नू क्षेत्रीय केन्द्र द्वारा उच्च शिक्षा में प्रवेश लेने वाले विद्यार्थियों के लिए स्वच्छता कार्यक्रम आयोजित किया गया। काशी हिन्दू विश्वविद्यालय सामाजिक विज्ञान विभाग में स्थल केमिन के अन्तर्गत विभिन्न कार्यक्रमों का आयोजन किया गया। इसमें इग्नू के विभिन्न पाठ्यक्रमों के 265 विद्यार्थियों ने भाग लिया। कार्यक्रम के माध्यम से विद्यार्थियों को स्वच्छता के लिए जागरूक करना है एवं पर्यावरण के लिए जीवनशैली के अंतरण प्राप्त करने एवं नगरी में रहने वाले 10 करोड़ लोगों को 2028 तक पर्यावरण के अनुकूलजीवनशैली अपनाने के लिए तैयार करना है। कार्यक्रम का शुभारंभ क्षेत्रीय केन्द्र के निदेशक डा. उपेन्द्र नभ त्रिपाठी और अध्ययन केन्द्र के समन्वयक प्रो. सतीश कुमार ने पं. मदन मोहन मालवीय की प्रतिमा पर माल्यार्पण और दीप प्रज्ज्वलित करके किया। डा. त्रिपाठी ने अध्ययन केन्द्र में उपस्थित छात्रों को स्थल कार्यक्रम तीन के अन्तर्गत 'स्वच्छता ही सेवा' और 'मिशन लाइफ' के बारे में जानकारी दी। सहायक क्षेत्रीय निदेशक डा. श्रवण कुमार पाण्डेय ने इग्नू की तरफ से आयोजित किये जाने वाले विभिन्न कार्यक्रमों के बारे में जानकारी दी। इस अवसर पर 'पर्यावरण संरक्षण में महिलाओं की भूमिका', 'हरित जीवनशैली एवं विनाश मुक्त प्लास्टिक का बहिष्कार' जैसे विषयों पर भाषण, पोस्टर एवं स्लोगन प्रतियोगिता का आयोजन किया गया।

स्लोगन प्रतियोगिता में प्रथम स्थान दिलीप कुमार वर्मा, द्वितीय व तृतीय पुरस्कार क्रमशः भोरिश कुमार और चन्द्रभूषण राय ने प्राप्त किया। पोस्टर प्रतियोगिता में प्रथम स्थान यशिता शर्मा, द्वितीय पुरस्कार कविता कुमारी तथा तृतीय पुरस्कार रितु गुप्ता एवं अक्षराम कुमार सिंह ने प्राप्त किया। भाषण प्रतियोगिता में प्रथम स्थान मिर्ता कुमार पांडेय, द्वितीय स्थान प्रयाश सिंह तथा तृतीय पुरस्कार प्रवेश साह ने प्राप्त किया। क्षेत्रीय केन्द्र के निदेशक डा. उपेन्द्र नभ त्रिपाठी ने विभिन्न कार्यक्रमों के पुरस्कार विजेताओं को प्रशंसा पत्र देकर पुरस्कृत किया। सहायक कुलसचिव योगेश कुमार ने क्षेत्रीय केन्द्र की तरफ से स्लोगन, पोस्टर और भाषण प्रतियोगिता को संयोजित किया। धन्यवाद ज्ञापन डा. उपेन्द्र नभ त्रिपाठी ने किया।



स्वच्छता पखवाड़ा में साफ सफाई का दिया संदेश

सकलडीहा। पीजी कॉलेज में बुधवार को समन्वयक प्रोफेसर शमीम राईन द्वारा महाविद्यालय में पौधरोपण कर स्वच्छता पखवाड़ा का शुरुआत किया गया। प्रो.राईन ने कहा कि महाविद्यालय के प्राचार्य प्रोफेसर प्रदीप कुमार पांडेय के नेतृत्व में पौधरोपण कर कार्यक्रम का शुभारम्भ किया गया तथा उनके द्वारा विद्यालय को साफ व स्वच्छ रखने पर बल दिया गया। प्राचार्य सहित शिक्षकों ने कार्यक्रम में बढ़-कर कर सहयोग एवं श्रमदान किया। इस मौके पर महाविद्यालय के इग्नू अध्ययन केन्द्र के सभी कर्मचारियों ने मिलकर इग्नू अध्ययन केन्द्र का कार्यालय तथा उसके आसपास श्रमदान कर स्वच्छ और साफ किया। कार्यक्रम में धर्मेश कुमार यादव, भोजूराम मौजूद रहे।

3.15 IGNOU RC VIJAYAWADA

Energy saving practices adopted by RC Staff at home/work place

Date: 11.10.2023

Mode of activity: Offline

Write Up about the activity:

A meeting was conducted in the RC Office on 11 Oct 2023 in which the staff of RC Vijayawada were asked to share among themselves at least two energy saving activities that they were practicing at the workplace and at their homes.

Webinar on ISR towards Environment

Date: 19.10.2023

Mode of activity: Online

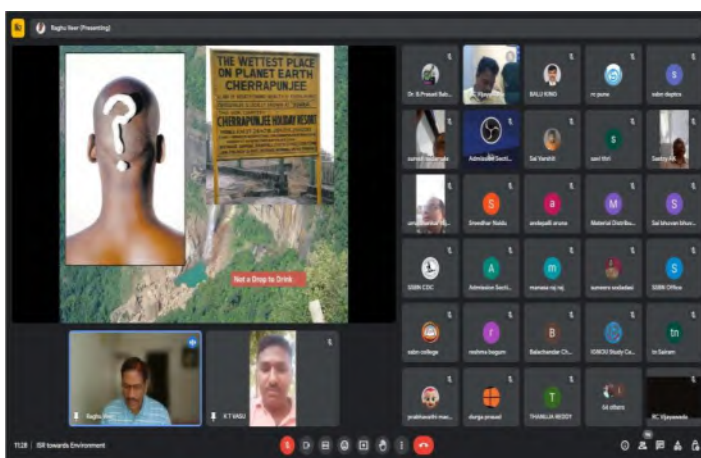
Resource Person: Sh P Raghuveer. I.F.S, Prl Chief Conservator of Forests (Rtd), Hyderabad

As a part of Special Campaign 3.0, a webinar was organized by RC Vijayawada on 19/10/2023 from 11 am to 12.30 pm on the topic “ISR towards Environment”. Sh P Raghuveer. I.F.S, Prl Chief Conservator of Forests (Rtd), Hyderabad was the resource person for the webinar.

Sh P Raghuveer. I.F.S shed light on various environmental issues. With his power point presentation he stressed upon some key elements of the topic: effects of chemical use in Agriculture, Rising of Sea level, Global Warming, Conservation of Rain Water, Urban Forestry etc. and highlighted the responsibility of the individual towards environment.

Case studies like, Wangari Maathai founder of Green Belt Movement, Licy Priya Kangujam a child environmentalist from Manipur, drinking water problem in Chirapunjee, the Idea of Steel bank to reduce the usage of plastic, plastic sucking ship to reduce the plastic pollution from the ocean, the Miyawaki afforestation method, and backyard forest by Shubhendu Sharma were discussed in detail by the resource person.

Screenshots of the webinar attached below:



3.16 IGNOU RC VISAKHAPATNAM

Mission LiFE Activity Report

Regional Centre, Visakhapatnam organized a Webinar on the theme “Mission LiFE” on 30th October 2023. The title of the Webinar is “Shaping Life Style for protection of Environment” The Chief Speaker of this Webinar is Prof. S. Ramakrishna Rao, Former Vice Chancellor, Krishna University, Machilipatnam & Former In charge Vice Chancellor, JNTU, Kakinada, Andhra Pradesh.

The Webinar was presided over by the Regional Director, Dr. Dharmarao Gonipati and 22 IGNOU Students along with 8 Academic Counsellors were participated in the webinar. The video recording of the Webinar was uploaded in the RC YouTube Channel and the YouTube link is <https://youtu.be/phXUqggHWdw>

