

Report on LiFE (Lifestyle for Environment)



A week-long program on LiFE – Lifestyle for Environment, an initiative of ASTEC (The Assam Council of Science, Technology and Environment) from 22nd March 2023 to 28th March 2023 was organized by the Environment and Climate Change Cell of Lumding College, Lumding. This endeavor represents an Indian-led global movement aimed at motivating individuals to undertake actions for the conservation and safeguarding of the environment. Mission Lifestyle for Environment acknowledges the inherent sustainability of Indian culture and traditional ways of living. At present, there is a crucial need to draw upon this ancient wisdom and disseminate it widely. Mission LiFE aims to mobilize the efforts of individuals and communities towards a global movement advocating positive behavioural changes. Similarly, the ASTEC in collaboration with the Department of Climate Change, government of Assam has undertaken this initiative to extend its implementation across all regions of the state, with the active involvement of students, youth, and the general public.

The objective of this campaign is to increase public awareness about its seven key themes, which include preserving water resources, conserving energy, rejecting single-use plastics, embracing sustainable food practices, minimizing waste generation, promoting healthy lifestyle and decreasing electronic waste. Visits were conducted door-to-door over the course of seven days, each visit focusing on one of the designated themes.

Day 1: Water Conservation. Five residences were toured in the local area on 22nd of March 2023, accompanied by both faculty members and students. The community was educated about water usage and methods for conservation. Since this event aligned with World Water Day, students held signs advocating for water preservation. Given the severe water shortage in the area we visited, residents implemented strategies to conserve both rainwater and groundwater.

Day 2: Energy Conservation: On 23rd of March 2023, the community was informed about initiatives aimed at lowering end-use energy consumption. They were encouraged to install energy-efficient LED bulbs and to switch off lights when they were not in use.

Day 3: Say no to single use plastic: Some residences and shopkeepers were educated about the environmental impact of plastic waste on 24th of March 2023. They were informed about the alternatives such as use of reusable items, provided information on proper recycling practices, and encouraging the use of cloth bags, paper or stainless-steel cups and bottles instead of plastic ones, reusable cloth napkins instead of disposable paper napkins and so on.

Day 4: Embracing sustainable food practices: Again 7-8 homes were visited on the 25th of March 2023 and the residents were educated on embracing sustainable food practices that involves choosing locally sourced, organic produce, reducing food waste, supporting regenerative farming methods, and opting for plant-based meals. Advocating for fair labour practices, minimizing packaging waste, and promoting biodiversity in agriculture were also discussed.

Day 5: Minimizing waste generation: About 7-8 homes in Kalibari area of Lumding were visited on the 26th of March 2023 and the inhabitants were educated on minimizing waste generation which entails reducing, reusing, and recycling materials to limit the amount of waste sent to landfills. They were encouraged to cultivate conscious consumption habits such as



choosing products with minimal packaging, composting organic waste, and opting for durable and reusable items whenever possible.

Day 6: Promoting healthy lifestyle: On the sixth day, i.e on the 27th of March 2023, six houses were visited in Shantipara neighbourhood. The community were encouraged to lead a healthy lifestyle which includes regular exercise, balanced nutrition, adequate sleep, stress management, and positive social connections. They were advised to avoid harmful habits like smoking and excessive alcohol consumption, as well as prioritizing mental well-being through activities like meditation and self-care.

Day 7: Reduce e-waste: On the final day, i.e on the 28th of March 2023, some homes and shops in the market area were visited where the citizens were informed on how to reduce e-waste which would involve extending the lifespan of electronic devices, repairing instead of replacing, recycling old electronics responsibly, and supporting initiatives for electronic product stewardship and eco-friendly disposal methods.

Overall, this effort served as an effective means of raising awareness among Lumding's residents about adopting mindful living practices, lessening pollution, and preserving the environment.

Some pictures from the seven days door-to-door campaign:





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