

B & B Institute of Technology

Vallabh Vidyanagar - 388120

Mission Life

Life Style for Environment

A Program Report of One Day Workshop on "Mission Life"

Department: Mechanical Engineering

Date: 15th February 2024

On 15th February 2024, a one-day workshop titled "Mission Life" was organized for the students of the Mechanical Engineering Department of B & B Institute of Technology, Vallabh Vidyanagar. The workshop aimed to enlighten students about various aspects of sustainable living and promote awareness about key issues such as water conservation, energy efficiency, plastic reduction, waste management, e-waste reduction, sustainable food systems, and healthy lifestyles.

The Workshop was inaugurated by the Dr. R. D. Patel, Head of the Department, Mechanical Engineering Department, BBIT, Dr. Arti Pamnani, Sr. Lecturer of Civil Engineering Department and Vice President of Students Central Committee, BBIT and Invited experts.

Key Topics Discussed: The workshop covered a wide range of topics related to sustainable living and mission-oriented lifestyles. The key topics discussed during the workshop were as follows:

Session 01: Save Water

The importance of water conservation was highlighted, emphasizing the need for responsible water usage and the implementation of water-saving techniques both at home and in industrial settings by Prof. Jagruti Shah, Assistant Professor, BVM Engineering College, Vallabh Vidyanagar. Various strategies for conserving water were discussed, including the use of efficient irrigation techniques, rainwater harvesting, and the importance of fixing leaks promptly.

Session 02: Say No to Single-Use Plastic & Reduce Waste:

The detrimental effects of single-use plastics on the environment were discussed, and students were encouraged to minimize their use of plastic products. Alternatives to single-use plastics were presented, and the importance of recycling and proper waste management practices was emphasized to mitigate plastic pollution by Prof. Jagruti Shah.

Strategies for waste reduction and management were discussed, focusing on the principles of reduce, reuse, and recycle. Students learned about the benefits of waste minimization, composting organic waste, and proper

segregation of recyclable materials to reduce the burden on landfills and promote environmental sustainability.



Session 03: Adopt Sustainable Food Systems & Adopt Healthy Lifestyles

The concept of sustainable food systems was introduced, emphasizing the importance of consuming locally sourced, organic, and seasonal produce. Students learned about the environmental, social, and health benefits of sustainable agriculture practices and were encouraged to make informed choices about their food consumption habits. The Session was delivered by Dr. Arti Pamnani, Sr. Lecture of Civil Engineering Department, BBIT



The workshop concluded with a discussion on the importance of adopting healthy lifestyles, including regular exercise, balanced nutrition, adequate sleep, and stress management. Students were encouraged to prioritize their physical and mental well-being to lead fulfilling and sustainable lives. The Session was delivered by Dr. Arti Pamnani, Sr. Lecture of Civil Engineering Department, BBIT

Session 04: Save Energy & Reduce E-Waste:

Students were educated on the significance of energy conservation and were introduced to methods for reducing energy consumption in daily life and engineering practices. The workshop emphasized the adoption of energy-

efficient appliances, the promotion of renewable energy sources, and the implementation of energy-saving practices in industries and transportation.



The workshop addressed the growing issue of electronic waste generation and its environmental and health impacts. Students were educated on the proper disposal and recycling of electronic devices, as well as the importance of extending the lifespan of electronic products through repair and refurbishment. Both the sessions were delivered by the Prof. Shweta Prajapati, Lecturer, Electrical Engineering Department.

The Workshop was concluded with the vote of thanks given by the Prof. Amitkumar Raval, Lecturer, Civil Engineering Department and Institute Coordinator of "Mission Life" Initiative

The "Mission Life" workshop provided students with valuable insights into sustainable living practices and instilled a sense of responsibility towards environmental conservation and personal well-being. By addressing key topics such as water and energy conservation, waste reduction, plastic pollution, and healthy lifestyles, the workshop aimed to empower students to become agents of positive change in their communities and beyond.

Overall, the workshop was well-received by the 87 participants, and it is hoped that the knowledge gained will inspire them to incorporate sustainable practices into their personal and professional lives, thereby contributing to a greener and healthier future.

Sincerely,



Prof. Amitkumar Raval

Lecturer, Civil Engineering Department &
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