

**Mission Life**  
Life Style for Environment

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

**Department: Electrical Engineering**  
**Date: 17<sup>th</sup> February 2024**

On 17<sup>th</sup> February 2024, a one-day workshop titled "Mission Life" was organized for the students of the Electrical 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. A. N. Pamnani, Sr. Lecturer, Civil Engineering Department, BBIT 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: Adopt Sustainable Food Systems & Adopt Healthy Lifestyles**

The "Adopt Sustainable Food Systems" session focuses on promoting sustainable practices across the food production and consumption spectrum. Through a multi-faceted approach, the program addresses various aspects such as agricultural methods, food distribution, waste reduction, and consumer education. By advocating for environmentally-friendly farming techniques, such as organic farming and agroecology, the program aims to minimize negative impacts on ecosystems and biodiversity. Additionally, it emphasizes the importance of equitable access to nutritious food and supports initiatives that improve food security in vulnerable communities.



Education and awareness campaigns play a crucial role in encouraging individuals to make informed choices about their food consumption, including reducing food waste and opting for locally sourced produce. The session was

delivered by the Prof. Vijya Agarwal, Assistant professor, S. M. Patel College of Home Science, Vallabh Vidyanagar.

## **Session 02: Adopt Healthy Lifestyles**

The "Adopt Healthy Lifestyles" session promotes holistic well-being by encouraging individuals to embrace healthy habits. Through a combination of education, resources, and community engagement, the program aims to empower people to make positive lifestyle choices. Key focus areas include nutrition, physical activity, mental health, and stress management. By providing access to information and support networks, the program seeks to inspire sustainable behavior change. It fosters partnerships with healthcare providers, schools, workplaces, and local organizations to create environments conducive to healthy living. Ultimately, the program strives to improve overall quality of life and reduce the burden of preventable diseases in communities. The session was delivered by the Prof. Vijya Agarwal, Assistant professor, S. M. Patel College of Home Science, Vallabh Vidyanagar.

## **Session 03: Save Water, Say No to Single-Use Plastic & Reduce Waste:**

The "Save Water" session addresses the critical need for water conservation. Through public awareness campaigns and practical initiatives, it emphasizes the importance of responsible water usage. Strategies include promoting efficient irrigation methods, fixing leaks, and advocating for water-saving technologies. By engaging communities, industries, and policymakers, the program aims to reduce water waste and preserve this precious resource for future generations. Together, we can make a significant impact in safeguarding our planet's water supply.



The "Say No to Single-Use Plastic" session tackles the global issue of plastic pollution by advocating for the reduction and elimination of single-use plastics. Through education, policy advocacy, and community action, the program raises awareness about the environmental impacts of plastic waste. It promotes alternatives like reusable bags and bottles while urging businesses and consumers to make sustainable choices. By collectively rejecting single-use plastics, we can protect ecosystems and create a cleaner, healthier planet. The "Reduce Waste" session aims to mitigate environmental degradation by minimizing waste generation. Through education, recycling initiatives, and waste reduction strategies, the program encourages

individuals, businesses, and communities to adopt more sustainable practices. It promotes composting, upcycling, and responsible consumption habits to decrease the amount of waste sent to landfills. By fostering a culture of waste reduction and resource conservation, the program contributes to a cleaner, greener future for all. All of these topics were delivered by Dr. R. D. Patel, Head, Mechanical 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 93 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 &  
Institute Coordinator, Mission Life Initiative  
B & B Institute of Technology, Vallabh Vidyanagar  
Email: [adraval@bbit.ac.in](mailto:adraval@bbit.ac.in)