



# Office of the Principal GOVT. DEGREE COLLEGE SOPORE-J&K

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NAAC ACCREDITED GRADE "A"

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Dated: \_\_\_\_\_



## REPORT

### **Sub: Awareness Programme on Life style Habits in relation to Environmental Week celebration**

Today on 3rd of June, 2023, an awareness programme on life style habits was organized by the NSS programme officers of the college under the patronage of the worthy Principal, Prof. Dr. Salma Ahad. The programme officers briefed the students about the various habits that they need to inculcate among themselves so as to bring a healthy change in the life style as well as in the natural surroundings. The students were provided with the instruction



manuals containing information about the healthy life style habits and the role it can play in their

lives. The students participated in the event with enthusiasm and asked various questions related



to life style habits and environmental change. The students were also encouraged to read these instructions and also to communicate the same among their families and community members.

The instructions important for the students were as:

1. use Bicycles for local or short commute
2. Use public transport wherever possible
3. Use clothes bags instead plastic bags
4. Turn off running taps when not in use
5. Take the stairs instead of Elevator
6. Carrying own water bottle wherever possible
7. plant trees to reduce the impact of pollution
8. Compost food waste at home
9. Repair, reuse and recycle used things
10. Use carpooling with friends and colleagues

**Sd/**

**NSS PROGRAM OFFICERS**

