



# Sri SAI RAM ENGINEERING COLLEGE

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi  
Accredited by NBA and NAAC 'A+' | BIS/EOMS ISO 21001 : 2018 and 9001 : 2015 Certified and NIRF ranked institution  
Sai Leo Nagar, West Tambaram, Chennai - 600 044. www.sairam.edu.in



## UNNAT BHARAT ABHIYAN மேம்பட்ட இந்தியா பிரச்சாரம்



### MISSION LIFE

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# Mission Life

*Life Style for the Environment*

26.01.2024, FRIDAY | 9.30 AM to 10.30 AM | SSR Hall

*Resource persons*

**Dr. R. RAMESH**  
Associate Professor,  
CRI, UBA – SEG Co-ordinator,  
National Institute of Rural Development  
and Panchayat Raj, Hyderabad

**Dr. A. ARPUTHARAJ**  
Sustainability Programme Officer,  
Sairam Institutions, Chennai

**Mr. K. CHITHIRAKANAN**  
UBA, Sairam Institutions, Chennai

**Dr. S. K. Umamaheswaran** | **Dr. K. Porkumaran** | **Dr. Sai Prakash LeoMuthu**  
Advisor - UBA | Principal | Chairman & CEO, Sairam Institutions



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### Mission Life – Lifestyle for Environment

Organized by: UBA Club, Sairam

Date: 26th January 2024

Venue: SSR Hall

Duration: 1 hour

#### Event Summary:

UBA Sairam organized a meeting titled Mission Life – Lifestyle for Environment to promote environmental awareness and sustainable living practices. The meeting brought together esteemed experts who shared valuable insights on how individuals can adopt a lifestyle that positively impacts the environment.

#### Key Speakers:

##### 1. Dr. R. Ramesh

Dr. Ramesh emphasized the importance of understanding the long-term effects of human activities on the environment. He discussed simple yet impactful lifestyle changes that can reduce one's carbon footprint, such as minimizing plastic use, conserving water, and embracing renewable energy sources.

##### 2. Dr. P. Arputharaj

Dr. Arputharaj elaborated on the role of education in fostering environmental responsibility. He highlighted the need for community-based initiatives that encourage sustainable practices at the grassroots level. His speech inspired participants to take personal responsibility for protecting the environment.

##### 3. Mr. K. Chitrakkannan

Mr. Chitrakkannan shared practical strategies for integrating sustainability into daily life. He discussed the importance of reducing waste, reusing materials, and recycling as key actions that contribute to environmental preservation. His talk provided attendees with a clear roadmap for living an eco-friendly lifestyle.



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### Conclusion:

The meeting successfully highlighted the significance of adopting an eco-conscious lifestyle and equipped attendees with the knowledge and motivation to implement sustainable practices. The UBA Club's initiative, Mission Life, proved to be an impactful step towards Raising awareness about environmental preservation and promoting a lifestyle that benefits both individuals and the planet.

### Event Outcome:

Participants left the meeting with a deeper understanding of how their daily actions affect the environment and a commitment to making positive changes in their lifestyles for the betterment of the environment.



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