




"Lifestyle For Environment" - Living Udaharan
which is part of the Higher Education Engagement Program of Unnat Bharat
Abhiyan
in partnership with C20 - LiFE working group.

VIRTUAL SESSION REPORT

Regional Coordinating Institute Name	Indian Institute of Technology, Delhi
Date & Day/Time	Date: 22nd May 2023 Time: 11:30 am to 01:00 pm
Language	English
Name of Speaker	Professor Sangeeta Kohli and Professor M.R. Ravi
Brief Bio/Talk	<p>Professor Sangeeta Kohli and Professor M.R. Ravi, affiliated with the Department of Mechanical Engineering at IIT Delhi, exemplify a commendable and environmentally conscious lifestyle. Their commitment to simplicity and eco-friendliness is noteworthy. Additionally, Professor Sangeeta Kohli serves as the PI Coordinator for the Khurrampur cluster of Unnat Bharat Abhiyan at IIT Delhi. The webinar featured esteemed speakers Professor Sangeeta Kohli and Professor M.R. Ravi, along with Professor Pooja Ghosh, the Coordinator of the RCI at IIT Delhi. The session was skilfully moderated by Pinky Kumari, staff member of the RCI at IIT Delhi.</p> <p>During the webinar, the speakers delved into various aspects of leading an environmentally conscious lifestyle. They emphasized the importance of reducing energy footprint and shared their personal experiences of commuting by bicycles, breaking free from stereotypical thinking. Notably, they highlighted the absence of air conditioning in their homes and advocated for the use of cab services instead of purchasing cars.</p> <p>Both speakers actively avoid the use of microplastics and passionately encouraged everyone to develop a deep love for nature and embrace a simple way of life. Professor Sangeeta and Professor Ravi proudly showcased their wooden furniture made from sustainable material called "Beth" and provided glimpses of their eco-friendly home and living style through captivating visuals.</p> <p>Moreover, they offered practical advice on managing kitchen waste, suggesting the use of composting instead of discarding it in trash bins. The webinar concluded with a Q&A session, where questions sourced from YouTube viewers were addressed. Leaving the audience with the powerful message that starting with the basics can truly bring about significant change in our world, the webinar came to a close.</p>

Video Byte	The speaker denied for video byte.
Glimpse (2 pictures) of the session.	
Network Presence/social media details (Number of participants etc)	Registration: 286 Views: 340 Stagnant Live audience:50
YouTube Link	Link: https://youtube.com/live/kNr0nXAXciI

*The report can be prepared in Regional language as well.