

EMPOWERING YOUNG MINDS

At School of Eminence
Mohinderganj, Rajpura

SESSION ON SUSTAINABLE LIFESTYLE

By

Sqn Ldr. (Dr.) Rina Angel

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Chitkara University Punjab

16 May 2026

10:00 am onwards



Event Name	Empowering Young Minds through Sustainability Awareness Session
Date	16 May 2026
Venue	School of Eminence, Mohinderganj
Organizer	Centre of Excellence for Sustainability in collaboration with Community Resilience Resource Centre
Resource Person	Sqn Ldr (Dr.) Rina Angel
SDGs Covered	3,4, 5, 10, 12, 13 & 17
Duration	1 Day

Objective

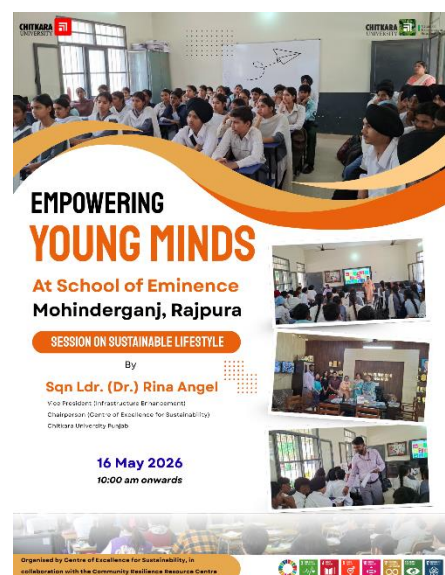
The objective of the outreach visit was to spread awareness among school students and parents regarding sustainable living, environmental responsibility, health, and holistic well-being. The initiative aimed to inspire young minds to adopt eco-friendly habits, understand the importance of social equality, and actively contribute towards achieving the **United Nations Sustainable Development Goals (SDGs)**.

Description

The Centre of Excellence for Sustainability, in collaboration with the Community Resilience Resource Centre, Chitkara University, conducted an impactful outreach visit to the **School of Eminence, Mohinderganj, Rajpura**. The visit was organized with the purpose of educating and empowering students through awareness sessions focused on sustainability, responsible living, and social well-being.

During the session, **Sqn Ldr (Dr.) Rina Angel**, Chairperson – Centre of Excellence for Sustainability, delivered an engaging and insightful talk on Sustainable Lifestyle Practices. She emphasized the urgent need for adopting responsible and mindful habits in daily life to protect the environment and ensure a sustainable future for coming generations.

The session covered several important themes including waste management practices, reduction of carbon emissions, environmental conservation, gender equality, reduced inequalities, and the significance of the **United Nations Sustainable Development Goals (SDGs)**. Students were encouraged to understand their role as responsible citizens and become



active contributors towards environmental protection and social development.

The interactive nature of the session motivated students to actively participate in discussions and share their views on sustainability-related issues. The awareness programme helped them recognize how small lifestyle changes can collectively create a significant positive impact on society and the environment.

Additionally, on the special request of the **principal**, an awareness session was also conducted for the parents who had arrived for the induction programme. The session focused on the importance of creating sustainable habits at home, promoting environmental responsibility among children, and encouraging community participation in sustainable initiatives.

The outreach visits successfully strengthened community engagement while promoting awareness about sustainability, health, and social responsibility. Through such initiatives, Chitkara University continues to nurture socially responsible and environmentally conscious communities.

Outcomes

- Enhanced awareness among students and parents regarding sustainable lifestyle practices and environmental responsibility.
- Encouraged students to adopt eco-friendly habits and contribute towards sustainability initiatives.
- Promoted understanding of the United Nations Sustainable Development Goals (SDGs) and their importance in daily life.
- Created awareness about gender equality, reduced inequalities, and social responsibility.
- Strengthened the bond between the university and the local community through meaningful outreach activities.
- Inspired young minds to become active participants in building a sustainable and inclusive future.



