



ONE WEEK SUSTAINABILITY AWARENESS ACTIVITY

(ST 3 Assignment)

Environmental studies 24UNI0106

Duration: 16th March – 22nd March, 2026

Mode: Individual (Home / Hostel / Neighborhood) Submission

Deadline: **25th March 2026** (Upload PDF on Google Drive)

File Name Format: Roll No.

Objective: To develop environmental responsibility through 7 days of practical sustainability actions at home or in the community.

Day-wise Activities

- Day 1 – Waste Audit & Segregation
- Day 2 – Plant a Sapling / Kitchen Garden / Care for Plant
- Day 3 – Water Conservation Action
- Day 4 – Energy Saving Practices (Minimum 3 changes)
- Day 5 – Plastic-Free Day Challenge
- Day 6 – Sustainable Food Practice
- Day 7 – Create Awareness among 3 people

Submission Must Include

Cover Page (Name, Course, Roll No.) Introduction (100–150 words) Day-wise Activities with Evidence Photographs (dated) & Video Link Overall Reflection (200 words)

Evaluation (Total 40 Marks)

- Completion – 10 Marks
- Practical Implementation – 10
- Marks Documentation – 5
- Marks Reflection – 5 Marks
- Creativity – 10 Marks

Upload Link:

https://drive.google.com/drive/folders/1py8iafEJ67ZktTMP4xqoi0GLiNQmdTme?usp=drive_link



Event details	
Event type	Environment or Green Initiative
Topic	One Week Sustainability Awareness Activity
Date	2026-03-16 to 2026-03-22
Mode	Offline
Venue	University campus (Chitkara University, Rajpura, Punjab)
Organizer Name	Chitkara College of Hospitality Management Collaboration with Centre of excellence for sustainability
No. Of Participants	98
SDG No	SDG 6: Clean Water and Sanitation, SDG 7: Affordable and Clean Energy, SDG 12: Responsible Consumption and Production, SDG 13: Climate Action, SDG 15: Life on Land
Po number(s)	Po2, po4, po6, po9, po12
University charter	Let's educate our students for brilliant futures, let's prepare our students for industry, let's foster civic engagement in our students, let's install discipline, integrity and honesty in our students, let's encourage our students to think out of the box, let's infuse leadership skills in our students

OBJECTIVE

1. To promote environmental awareness through practical daily sustainability actions.
2. To encourage responsible waste management and resource conservation habits.
3. To develop eco-friendly lifestyle practices among students.
4. To enhance understanding of sustainability through experiential learning.
5. To inspire community engagement and spread awareness on sustainable living.

ONE WEEK SUSTAINABILITY AWARENESS ACTIVITY

ST 1 Assignment | Environmental Studies 24HAMQ106
Sustainability Awareness Initiative 2026

🎯 **Objective:** To develop environmental responsibility through 7 days of practical sustainability actions at home or in the community.

📅 **Duration:** 16th March – 22nd March, 2026 | 📍 **Mode:** Individual (Home / Hostel / Neighborhood) | ⏰ **Deadline:** 25th March 2026

THE 7-DAY CHALLENGE

DAY 1

Waste Audit & Segregation

DAY 2

Plant a Sapling / Kitchen Garden / Can for Plant

DAY 3

Water Conservation Action

DAY 4

Energy Saving Practices (Minimum 3 changes)

DAY 5

Plastic-Free Day Challenge

DAY 6

Sustainable Food Practice

DAY 7

Create Awareness among 3 people

MAKE AN IMPACT!

SUBMISSION GUIDELINES

- **Format:** Upload PDF on Google Drive
- **File Name Format:** Roll No.
- **Submission Must Include:**
 - Cover Page (Name, Course, Roll No.)
 - Introduction (100-150 words)
 - Day-wise Activities with Evidence (Photographs (dated) & Video Link)
 - Overall Reflection (200 words)

EVALUATION CRITERIA

Total: 40 Marks

- **Completion:** 10 Marks
- **Practical Implementation:** 10 Marks
- **Creativity:** 10 Marks
- **Documentation:** 5 Marks
- **Reflection:** 5 Marks

Scan to Upload Assignment

<https://drive.google.com/drive/folders/7pUyLdA/C?usp=sharing>

Organized by: CCHM
in collaboration with
CUCES

DESCRIPTION

The “One Week Sustainability Awareness Activity” organized by Chitkara University under the Sustainability Awareness Initiative 2026 is a thoughtfully designed experiential learning program aimed at fostering environmental responsibility among students. Conducted over seven days, from 16th March to 22nd March 2026, this individual activity encourages participants to adopt practical and impactful sustainable practices within their homes, hostels, or neighborhoods. The initiative bridges the gap between theoretical understanding and real-life application, enabling students to become active contributors to environmental conservation. The activity is structured as a 7-day challenge, with each day focusing on a specific aspect of sustainability. It begins with a Waste Audit and Segregation exercise, helping students understand waste generation and proper disposal methods. This is followed by planting a sapling or nurturing a kitchen garden, promoting green living and responsibility towards nature. Water conservation actions on Day 3 instill the importance of preserving this vital resource, while energy-saving practices encourage students to adopt habits that reduce electricity consumption. Further, the Plastic-Free Day Challenge sensitizes participants about the harmful effects of plastic and motivates them to seek eco-friendly alternatives. The Sustainable Food Practice activity highlights mindful consumption, reduction of food waste, and preference for local and seasonal produce. On the final day, students extend their learning by creating awareness among at least three individuals, thereby multiplying the impact of the initiative. The program also emphasizes proper documentation and reflection, requiring students to submit a structured report including an introduction, daily activities with photographic or video evidence, and an overall reflection. This ensures not only participation but also critical thinking and self-evaluation. Overall, this initiative plays a significant role in shaping environmentally conscious individuals. By integrating simple yet effective sustainability practices into daily life, students develop a sense of accountability towards the environment. Such initiatives are crucial in building a sustainable future, as they empower young minds to take small steps that collectively lead to significant positive change.

OUTCOMES

1. Students adopt sustainable habits in daily life.
2. Improved awareness of waste management and resource conservation.
3. Enhanced practical understanding of environmental sustainability.
4. Increased use of eco-friendly and energy-efficient practices.
5. Positive impact created through community awareness and participation.





Day 2: plant based action