



SUSTAIN-U INSIGHTS

CENTRE OF EXCELLENCE FOR SUSTAINABILITY

Discover Sustainability in Action

Stay updated with the Centre of Excellence for Sustainability at Chitkara University. Our newsletter highlights key initiatives and contributions aligned with the 17 UN SDGs—showcasing how we're shaping a better, greener future.

**"SUSTAINABILITY STARTS WITH US –
BUILDING A GREENER TOMORROW,
TODAY."**



NEWSLETTER

JANUARY - JUNE 2025

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The Centre of Excellence for Sustainability at Chitkara University is constituted for finding a balance between eco-friendly practices while maintaining efficiency and productivity, without sacrificing the performance and goal of the university.

VISION

"To be a Global Leader in advancing sustainability practices, fostering interdisciplinary research, and empowering future generations to create a resilient and equitable world."

MISSION

"To integrate sustainability principles into every aspect of academia, research, and operations. Through collaborative partnerships, innovative solutions, and community engagement, we strive to drive positive environmental, social, and economic impact locally and globally. By nurturing a culture of sustainability, we aim to inspire and equip individuals to become catalysts for sustainable change."

OBJECTIVES

To align the university processes with 17 UN SDGs as per university vision & mission. To develop and implement the sustainability process within and beyond the campus. To promote awareness through various programs to develop a culture of sustainability at all levels. To continuously improve the sustainability processes by sharing new ideas and practices among all stakeholders. To collect, analyze and maintain. The data related to different programs and activities indicated by the university related to SDGs, at national & international level.



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FROM THE DESK OF THE CHAIRPERSON



Sqn Ldr (Dr.) Rina Angel
Vice President | Infrastructure Enhancement
Chairperson | Centre of Excellence for Sustainability

“It is our collective and individual responsibility to preserve and tend to the world in which we all live” - Dalai Lama

It gives me great pride to see the growing enthusiasm for sustainability across the Chitkara University community. Here, sustainability is not an added initiative, it is embedded in our identity. Through innovative ideas, education, and collective effort, we continue to weave environmental awareness into every aspect of university life—from academics to operations and student engagement.

The time to act sustainably is now. The impact of our past choices reminds us of our collective duty to safeguard our planet and heal what has been harmed.

At the Centre of Excellence for Sustainability, we believe that real progress is achieved when growth respects nature's balance. Our ancestors lived with simplicity and harmony—carrying cloth bags, eating on leaf plates, and valuing community and culture over consumption. These traditional practices carry timeless wisdom that still guides us today.

As a modern institution, we now have the opportunity to redefine the future—to create a generation that lives responsibly and thinks sustainably. Through initiatives such as renewable energy installations, waste segregation systems, and the Ecolution Club, we are nurturing environmental stewardship aligned with the United Nations Sustainable Development Goals (SDGs). Signature events like Van Mahotsav, Sustainastaff Series, and our collaboration with Litvill Lessons Association & National EduTrust of India reflect our active steps toward this vision.

Let us continue this journey by combining age-old wisdom with modern innovation. Every small step counts, reducing waste, conserving energy, and promoting eco-friendly habits. Together, let's build a campus that not only educates minds but also nurtures the planet.

Let's choose to live consciously, lead responsibly, and shape a sustainable legacy for generations to come.



REPURPOSING PLASTIC BOTTLES (PHASE I)

(23 - 24 JANUARY 2025)

The Centre of Excellence for Sustainability organized a two-day workshop on Repurposing Plastic Bottles (Phase I) from 23rd to 24th January 2025. This innovative and eco-friendly initiative aimed to create awareness about plastic waste management and provide hands-on experience in creatively reusing discarded plastic bottles.

The workshop was conducted by Mr. Hamid Raza, Senior Horticulturist, who shared his expertise in horticulture and sustainable practices. Under his guidance, participants transformed plastic bottles into useful items such as flower pots, hanging pots, and decorative items. The session emphasized the importance of recycling and reducing plastic waste to protect the environment.



A significant highlight of the workshop was the plantation activity. After crafting their eco-friendly pots, participants learned about plantation techniques from Mr. Raza. They then planted trees and plants in the pots they created, making the event both creative and impactful.

**PARTICIPANTS MAKING CREATIVE ITEMS WITH PLASTIC BOTTLES**

The workshop received an enthusiastic response from participants, who appreciated the opportunity to contribute towards sustainability in an engaging and practical way. This initiative not only fostered creativity but also instilled a sense



WORKSHOP ON RECYCLING PAPER

(28 JANUARY 2025)

In a significant step toward environmental stewardship, a dedicated workshop was organized to sensitize students and faculty on the critical importance of paper recycling. Led by the expert insight of Mr. Sanjeev Kumar Bhardwaj, the session bridged the gap between theoretical knowledge and practical application.

The workshop explored the complete lifecycle of paper, offering a deep dive into the machinery and technical processes required to transform waste into usable material. Through a hands-on demonstration, participants witnessed the alchemy of recycling firsthand, reinforcing the principles of the Mission LiFE (Lifestyle for Environment) initiative.

Alignment with Global Goals: The event highlighted the institution's commitment to the United Nations Sustainable Development Goals:

SDG 12 (Responsible Consumption and Production): By promoting the circular economy and reducing waste generation through recycling.

SDG 13 (Climate Action): By demonstrating how saving paper preserves forests—our vital carbon sinks—thereby directly combating climate change.

The session concluded with a collective pledge to adopt sustainable practices, proving that small changes in our daily consumption can lead to a global impact.



SESSION ON THE IMPORTANCE OF PAPER RECYCLING BY MR. SANJEEV BHARDWAJ



HANDS ON WORKSHOP AT PAPER RECYCLING PLANT



As a gesture of encouragement, students were given recycled notepads and pens, reinforcing the importance of using sustainable products.





WASTE TO WEALTH - FOCUSING ON PLASTIC UPCYCLING

(30 JANUARY 2025)

Chitkara University Centre of Excellence for Sustainability, in collaboration with the Centre for Research Impact and Outcome (CRIo) and the Department of Applied Sciences, hosted an expert session titled "Waste to Wealth - Focusing on Plastic Upcycling."



SESSION ON MICROPLASTIC & UNDERWATER LIFE BY DR. CHINGAKHAM CHINGLENTHOIBA

The event aimed to highlight innovative approaches to upcycling plastic waste, transforming it into valuable products while promoting sustainable practices. The resource person for this session was Dr. Chingakham Chinglenthoba, an esteemed expert in the field of sustainability and plastic waste management.



Dr. Chingakham Chinglenthoba focused on various aspects of plastic upcycling, demonstrating how plastic waste can be converted into valuable products instead of polluting oceans and landfills. Some key highlights from the session include:

- Upcycling plastic waste into construction materials, such as eco-bricks and sustainable building components.
- Transformation of plastic waste into fashion items, showcasing the potential of using plastic in the textile industry.
- Challenges and opportunities in plastic upcycling, emphasizing the importance of innovative research and collaboration.
- Real-world case studies and success stories of plastic upcycling initiatives around the world.

The expert session successfully raised awareness about the environmental impact of plastic waste and the importance of upcycling as a sustainable solution. The interactive discussions provided participants with valuable insights into practical applications of plastic upcycling, motivating them to explore innovative approaches in their academic and professional pursuits.

By engaging experts like Dr. Chingakham Chinglenthoba and fostering such discussions, Chitkara University continues to play a pivotal role in advancing sustainability initiatives and promoting responsible environmental practices.





REPURPOSING PLASTIC BOTTLES (PHASE II)

(20 - 25 FEBRUARY 2025)

The second phase of the 'Repurposing Plastic Bottles' workshop was successfully conducted with an engaging session by Mr. Hamid Raza, a Senior Horticulturist, followed by hands-on activities for the students. The primary objective of this phase was to educate students on sustainable practices while encouraging creativity and teamwork. The event focused on utilizing plastic bottles to design and construct garden bed walls, promoting environmental awareness and reducing plastic waste.

INTRODUCTORY SESSION BY MR. HAMID RAZA



Session by Mr. Hamid Raza

The event commenced with an insightful briefing by Mr. Hamid Raza, who emphasized the importance of sustainability in horticulture. He highlighted the adverse effects of plastic waste on the environment and introduced innovative ways to repurpose plastic materials. The students learned about various applications of plastic bottles in gardening, including vertical gardens, planters, and garden bed walls. His session also covered the significance of soil conservation and the benefits of integrating eco-friendly materials into landscaping projects.

After the knowledge-sharing session, students actively participated in designing and constructing garden bed walls using plastic bottles. The activity was structured in the following steps:

- The filled bottles were systematically arranged to form the structure of the garden bed walls.
- The students carefully aligned the bottles to create a strong and aesthetic design.
- To enhance visual appeal, the students painted and decorated the bottles with colorful designs.
- To provide stability and durability, the students filled the bottles with sand.
- Proper compaction techniques were used to ensure that each bottle was firm and ready for construction.



PARTICIPANTS MAKING CREATIVE ITEMS WITH PLASTIC BOTTLES

Conclusion

The ‘Repurposing Plastic Bottles – Phase 2’ effectively combined education, sustainability, and hands-on experience. Mr. Hamid Raza’s session provided valuable insights, and the student-led construction activity reinforced the importance of reusing plastic waste innovatively. This initiative has laid the groundwork for future projects that integrate eco-friendly solutions into everyday practices. With continued efforts, such initiatives will contribute significantly to environmental conservation and sustainable living.

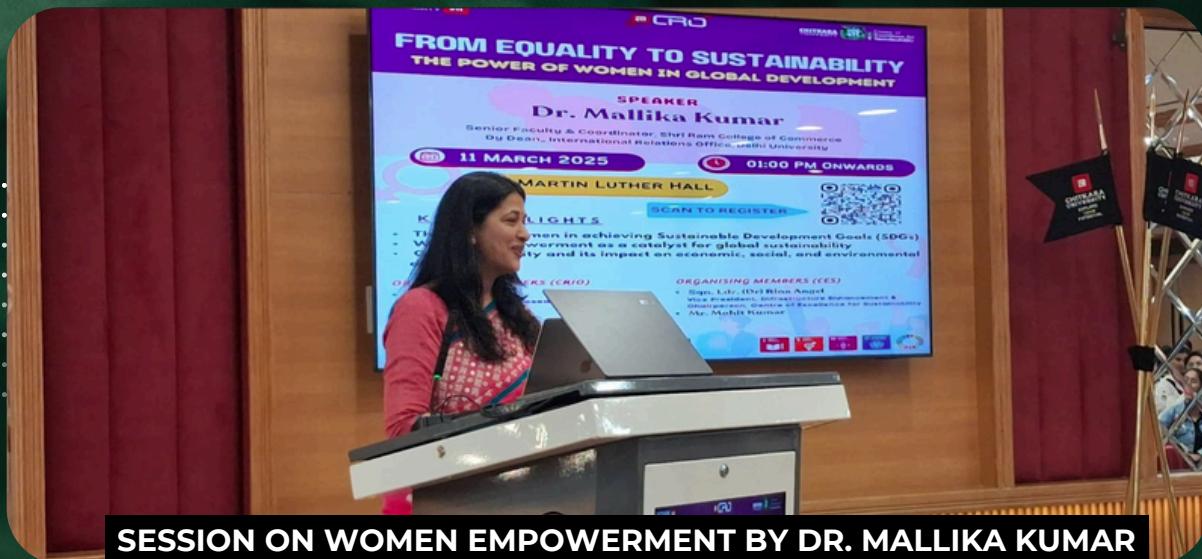




FROM EQUALITY TO SUSTAINABILITY

(11 MARCH 2025)

The session was focus on gender equality, policy frameworks promoting women's leadership, and inspirational success stories of women driving sustainable change. The session inspired attendees to champion inclusivity and actively contribute to a more sustainable future. The session witnessed active participation from students, faculty members, and researchers who engaged in a thought-provoking discussion with Dr. Kumar. Participants raised questions on gender-inclusive policies, the role of technology in empowering women, and how academic institutions can contribute to gender equality and sustainability



SESSION ON WOMEN EMPOWERMENT BY DR. MALLIKA KUMAR

The expert talk aimed to shed light on the integral role of women in driving sustainable development and achieving global progress. It emphasized the importance of gender equality as a catalyst for economic growth, environmental sustainability, and social equity. Dr. Kumar highlighted how women, when provided equal opportunities and access to resources, can significantly contribute to the Sustainable Development Goals (SDGs) set by the United Nations.





REPURPOSING PLASTIC BOTTLES (PHASE III)

(18 - 19 MARCH 2025)

In alignment with Global Recycling Day on March 18, the Centre of Excellence for Sustainability successfully organized Phase 3 of the 'Repurposing Plastic Bottles' event on 18th and 19th March 2025. This initiative aimed to promote environmental sustainability by encouraging students to repurpose plastic waste creatively. Phase 3 focused on constructing retaining walls using plastic bottles and enhancing their appearance with decorative elements. The event, held at the Bus Parking Area near Rockefeller Block, highlighted the importance of recycling and innovative waste management solutions.

INTRODUCTORY SESSION BY MR. HAMID RAZA



Following the talk, students were divided into teams and tasked with building retaining walls using plastic bottles filled with sand, soil, and other eco-friendly materials. The participants demonstrated remarkable creativity and teamwork, turning plastic waste into functional and decorative retaining walls.

Challenges	Solutions
Difficulty in securing bottles together	Used cement and adhesive for better bonding
Balancing weight and structure	Added layers of soil and gravel for stability
Ensuring long-term durability	Applied protective coating to prevent weather damage

The event resulted in the creation of several beautifully designed and structurally sound retaining walls. The students' efforts demonstrated that plastic waste can be effectively transformed into functional and artistic structures.



BOTTLING UP CREATIVITY, NOT WASTE

Phase 3 of the "Repurposing Plastic Bottles" event was a remarkable success. The creative and innovative approaches adopted by the students showcased the potential of repurposing plastic waste for practical use. The event not only promoted environmental sustainability but also fostered a sense of responsibility and creativity among the participants. The Centre of Excellence for Sustainability's initiative continues to inspire positive changes toward a more sustainable future.





OWN YOUR WASTE (28 MARCH 2025)

The Ecolution Club of the Centre of Excellence for Sustainability successfully organized and conducted a Own Your Waste Event on March 28, 2025, at Square One. This initiative was designed to educate students about the importance of waste management, emphasizing the need for proper waste disposal practices and their role in maintaining a cleaner and more sustainable environment. Through a series of engaging activities, the event aimed to instill a sense of individual responsibility among students, encouraging them to actively participate in keeping their surroundings clean. By fostering awareness and promoting eco-friendly habits, the event served as a stepping stone towards building a more conscious and environmentally responsible student community.



Student-Led Waste Monitoring Initiative

A key feature of the event was the break given to housekeeping staff, encouraging students to take ownership of their waste disposal. Volunteers actively monitored disposal habits and rewarded students who disposed of waste correctly with green stickers, while politely guiding others to use the bins appropriately.



CAUGHT IN THE ACT OF KEEPING OUR CAMPUS CLEAN





WORLD SPARROW DAY

(31 MARCH 2025)

The World Sparrow Day Workshop commenced on 31st March 2025 with an expert session led by Dr. Kanika Bansal, the Dean of Chitkara School of Planning and Architecture. She delivered an insightful talk about sparrows, emphasizing their importance in the ecosystem.



SESSION ON SPARROWS BY DR. KANIKA BANSAL



Day 2: Scrap Collection and Nest Building

On the second day, participants were taken to a scrapyard, where they collected materials for building the bird nests. The participants worked in teams of 2-3 members and gathered items like plastic, wood, and other reusable scrap materials.



PARTICIPANTS COLLECTING SCRAP MATERIAL



After gathering materials, they began constructing and decorating the bird nests, integrating creativity and sustainability. The teams showcased immense dedication, ensuring their nests were not only functional but also aesthetically appealing.



PARTICIPANTS MAKING BIRD NESTS



The final day of the workshop was dedicated to evaluating the bird nests. Dr. Kanika Bansal assessed each nest based on:

- Use of sustainable materials
- Durability and structure
- Aesthetic appeal and creativity
- Suitability for sparrow habitation

The World Sparrow Day Workshop was a resounding success, creating awareness about sparrow conservation and fostering innovative approaches to sustainability. Participants learned the importance of recycling and upcycling waste materials while contributing towards a noble cause. The event was a perfect blend of education, creativity, and environmental consciousness, reinforcing the university's commitment to ecological preservation.





WORLD EARTH DAY

(22 APRIL 2025)

In honor of World Earth Day, the Centre of Excellence for Sustainability (CUCES), in collaboration with the Ecolution Club, organized a meaningful Tree Plantation Drive on 22 April 2025. The event aimed to raise awareness about environmental conservation, promote sustainability, and encourage the university community to take proactive steps toward a greener and healthier planet.

Trees are often referred to as nature's silent warriors — quietly absorbing carbon dioxide, reducing air pollution, preventing soil erosion, and offering shelter to biodiversity. Recognizing their immeasurable contributions, this initiative served as a powerful reminder of the need to plant and protect trees for a better future.



PLANTATION DRIVE DONE BY STUDENTS



The plantation drive took place in the green spaces surrounding the Rockefeller Block, transforming the area into a more vibrant and eco-friendly zone. 30 Faculty members, staff, and more than 30 enthusiastic students of Ecolution Club actively participated in the planting of various saplings native to the region. The activity was both symbolic and practical, contributing directly to the ecological wellbeing of the campus.

More than just a planting activity, the event served as an opportunity to educate participants about the long-term benefits of afforestation and sustainable practices. It underscored the fact that planting trees is just the beginning — consistent care and nurturing are equally essential for their survival and growth.



ECOLUTION CHRONICLES 2025

(02 MAY 2025)

Ecolution Chronicles 2025 marked a significant milestone in the sustainability journey of Chitkara University, celebrating the power of student leadership in driving environmental consciousness and responsible action. Conceptualized and executed by the Ecolution Club of Centre of Excellence for Sustainability, the event served as both a showcase and a reflection of the university's ongoing commitment to sustainable development. The afternoon was filled with inspiration, learning, recognition, and a powerful sense of community built around a shared vision for a greener future.

SKIT ON SUSTAINABILITY BY ECOLUTION CLUB

MEMBERS



Thematic Skit on the UN Sustainable Development Goals (SDGs)

The event opened with a powerful and thought-provoking skit performed by students, which explored the five foundational pillars of the United Nations Sustainable Development Goals—People, Planet, Prosperity, Peace, and Partnership.

Recognition and Appreciation

In recognition of the students' hard work, creativity, and engagement across various initiatives, certificates were awarded to all participants. This segment not only celebrated individual contributions but also emphasized the collaborative effort that fueled the success of each project. Special appreciation was extended to the resource persons and facilitators, whose guidance and expertise were instrumental in shaping meaningful learning experiences throughout the year.

FELICITATING THE WINNERS



To mark this important moment, eco-friendly trophies, designed and handcrafted using sustainable materials, were presented to the new team members.





FELICITATING THE ECOLUTION CLUB PAST MEMBERS



Ecolution Chronicles 2025 was not merely an event; it was the living embodiment of a movement driven by student energy, creativity, and unwavering dedication to sustainability. It showcased what becomes possible when passion meets purpose—when students, mentors, and institutions unite with a vision larger than themselves.

Beyond the engaging activities and celebratory moments, the event left an enduring message: sustainable change is not a distant goal, but a lived reality—one action, one idea, and one initiative at a time. As the newly appointed Core Team steps into their leadership roles, they carry forward a legacy of impact, innovation, and environmental stewardship.

With every upcycled project, every awareness campaign, and every conversation sparked, the Ecolution Club continues to light the path for a more sustainable and conscious tomorrow—reminding us all that real change begins with us.



CUCEs MEMBERS



INTERNATIONAL COMPOSTING AWARENESS WEEK 2025

(04 - 10 MAY 2025)

The Centre of Excellence for Sustainability successfully organized International Composting Awareness Week 2025 from May 4th to May 10th, 2025. The event promoted awareness around composting organic waste at home and encouraged community participation through a national-level competition. The initiative aligned with global sustainability goals and aimed to foster a culture of responsible waste management.

- Promote awareness about the importance of composting organic waste.
- Encourage individuals and families to adopt sustainable waste disposal practices at home.
- Recognize and reward exemplary composting efforts within the community.
- Contribute to the United Nations Sustainable Development Goals (SDGs), particularly



PARTICIPANTS CREATING BIOENZYME AT HOME

Staff from various departments came together to share their composting journeys. This collective effort fostered a sense of environmental responsibility and local action.

The event promoted practical, home-based composting as a simple yet powerful eco-friendly practice. Participants embraced this green habit, significantly reducing household organic waste and contributing to cleaner communities.

IMMERSION PROGRAMME FOR STUDENTS FROM CHITKARA INTERNATIONAL SCHOOL

(29 - 30 MAY 2025)



The Immersion Programme is an educational initiative organized by Chitkara University's Centre of Excellence for Sustainability, designed to raise awareness and foster hands-on learning experiences related to the United Nations Sustainable Development Goals (SDGs). The programme consists of interactive and practical sessions encouraging environmental responsibility, creativity, and innovation among school students.

Dr. Kanika and Dr. Ravi Dandotiya conducted an enlightening and interactive session focused on the United Nations Sustainable Development Goals (SDGs). The session was designed to raise awareness among students about pressing global sustainability challenges and to inspire a deeper understanding of the goals aimed at building a more sustainable and equitable world.



QUIZ ON SUSTAINABILITY



ONLINE QUIZ



GIVING HONOR TO THE WINNERS



DAY 2: 30TH MAY 2025 (HANDS ON WORKSHOPS)

CREATING BIO-ENZYMES

The hands-on workshop on bio-enzymes was conducted by Prof. Manpal Singh Setia. During the session, they learnt to create bio-enzymes — natural cleaners made from citrus peels, jaggery, and water. This eco-friendly initiative not only introduced students to the science behind fermentation but also highlighted the importance of reducing chemical use and reusing organic waste. The activity fostered curiosity, innovation, and a strong sense of environmental stewardship among the young learners.

PAPER RECYCLING

The hands-on workshop on bio-enzymes was conducted by Mr. Sanjeev Kumar Bhardwaj. In this engaging, hands-on session, students learned the process of transforming used paper into recycled sheets through soaking, pulping, and pressing techniques. The workshop not only emphasized the importance of reducing paper waste but also encouraged students to adopt sustainable practices in their daily lives.

REPURPOSING PLASTIC BOTTLES

The hands-on workshop on bio-enzymes was conducted by Mr. Hamid Raza (Senior Horticulturist). Through this hands-on session, students learned the importance of recycling and sustainable living. By turning waste into useful planters, they not only nurtured greenery but also contributed to reducing plastic pollution. The activity inspired creativity, environmental awareness, and a sense of responsibility towards a cleaner, greener future.

WASTE TO WEALTH (PAPER PULP)

The hands-on workshop on bio-enzymes was conducted by Mr. Raman. Students learnt to make eco-friendly products using recycled paper pulp, transforming waste into useful items through creativity and teamwork. This hands-on experience not only enhanced their understanding of recycling but also encouraged responsible environmental practices. The session empowered students to think innovatively and contribute to a more sustainable future.

BIOENZYME WORKSHOP



PAPER RECYCLING WORKSHOP



REPURPOSING PLASTIC BOTTLES

PAPER PULP WORKSHOP





PLANTATION DRIVE – WORLD ENVIRONMENT DAY

(5 JUNE 2025)

Chitkara University proudly celebrated World Environment Day 2025 on 5th June through a series of impactful and inclusive events aimed at promoting environmental stewardship, sustainable action, and awareness among faculty, students, and the wider community. The events were organized by the Centre of Excellence for Sustainability, in association with the **Institution's Innovation Council (IIC)** and in collaboration with the **National EduTrust of India (NEI)**.



PLANTATION DRIVE

A large-scale plantation initiative was held at the Rockefeller Block and Omega Zone, with the participation of 135 faculty members from over 25 departments. This drive, conducted as part of the IIC's sustainability agenda, was supported logistically by the Department of Horticulture and the Office of Administration. Departments such as Nursing and CUIET – Applied Engineering stood out with the highest participation.

Notable contributors included **Prof. Amit Mittal, Pro Vice Chancellor, CPIO**; **Prof. Harpreet Bhatia, Pro Vice Chancellor, Office of Talent Management**; and **Sr. Director Dr. Nitin Saluja from CURIN**.



PLANTATION DRIVE



Valuable support also came from **Col. Rakesh Sharma** of the **Registrar's Office**, **Dr. Ajay Goyal** from the **Department of Civil Engineering**, and **Dr. Adarsh Kumar Agarwal, Vice President** of **CIIF**. Additionally, **Dr. Harmeet Kaur Kang** and **Dr. Kanika** from the **Department of Nursing**, along with **Prof. Amit Vohra** from the **Chitkara College of Hospitality**, played active roles in mobilizing their teams.

Student-Led "Each One, Reach One" Drive

Simultaneously, the Ecolution Club, under the guidance of the Centre of Excellence for Sustainability and in collaboration with the School of Maritime Studies, led a unique student plantation campaign. With the motto "Each One, Reach One", the initiative aimed to promote peer-driven ecological responsibility.

A total of 21 students registered and participated actively, planting native and oxygen-producing trees on campus and in nearby communities. Students documented and shared their experiences to inspire broader involvement and develop a sense of environmental ownership.



PLANTATION BY CHITKARA UNIVERSITY SCHOOL OF MARITIME STUDIES DEPARTMENT



TEAM HORTICULTURE



SUSTAINASTAFF – SERIES 1: REPOt & REPLANT

(5 JUNE 2025)

On the occasion of World Environment Day (5th June 2025), the Centre of Excellence for Sustainability at Chitkara University organized the first edition of the “SustainaStaff” series, titled “Repot & Replant.” The event was aimed specifically at faculty members and was designed as a hands-on activity promoting sustainable gardening practices.

The session commenced with an expert talk and demonstration by Mr. Hamid Raza, a senior horticulturist known for his expertise in sustainable planting methods. Mr. Raza’s session was interactive and allowed participants to clarify doubts and gather practical knowledge on plant care and eco-friendly gardening.



Following the demonstration, the participants actively engaged in the Repot & Replant activity. Under Mr. Raza’s guidance, faculty members:

- Created beautiful potted plant arrangements using upcycled bottles/containers.
- Used some creativity to make pots special.
- Practiced replanting techniques aimed at improving plant survival rates.

This practical experience was not only therapeutic but also educated participants about incorporating sustainability into daily life and workspaces.



- The event saw enthusiastic participation from faculty across various departments.
- Attendees appreciated the blend of knowledge sharing and experiential learning.



The SustainaStaff – Repot & Replant event was a successful beginning to what promises to be a valuable and impactful series. It not only provided faculty with a refreshing and engaging activity but also reinforced Chitkara University's commitment to environmental sustainability. Participants left with their own handcrafted potted plants and a renewed sense of ecological awareness.



FINAL PRODUCTS





WORLD DAY TO COMBAT - DESERTIFICATION & DROUGHT

(17 JUNE 2025)

To raise awareness about the pressing global issues of desertification and drought and to engage the university community in sustainable environmental practices.

Mr. Hamid Raza (Senior Horticulturist, Department of Horticulture, Office of Infrastructure) addressed the attendees on the significance of land conservation, the impacts of desertification, and the importance of community participation in sustainability efforts. He also emphasized the critical roles of water conservation and prevention of soil erosion.



SESSION ON DROUGHT & DESERTIFICATION

As part of the awareness campaign, the support staff team took the lead in constructing a retaining wall across Chitkara Woods using plastic bottles. This innovative and eco-friendly initiative not only contributed to soil conservation but also promoted the reuse of non-biodegradable waste, reinforcing the message of sustainable development.





MENDING WORKSHOP FOR VILLAGE WOMEN

(24 - 25 JUNE 2025)

The Centre of Excellence for Sustainability at Chitkara University, in collaboration with the Office of Administration and the Department of Fashion Design (Chitkara Design School), successfully conducted a two-day Mending Workshop on 24th and 25th June 2025. The initiative aimed at empowering women from local villages to adopt responsible consumption practices through learning basic yet effective garment mending techniques.

- To promote sustainable fashion through mending rather than discarding.
- To build capacity among village women to support household savings and self-reliance.
- To create awareness about responsible consumption under the UN Sustainable Development Goals (SDGs).

DAY 1

- The event began with a refreshment session, providing tea and light snacks to the participants.
- The workshop was formally inaugurated by members of the organising committee.
- Mr. Ravinder Singh, Lab Technician from the Department of Fashion Design, served as the resource person. He began by sharing the importance of mending in reducing fabric waste and promoting sustainable living.
- Participants were introduced to basic tools and materials required for mending.
- Demonstrations were held on hand-stitching techniques for patching, button replacement, and hemming.



SESSION ON MENDING & STITCHING



DAY 2

- The session began with another round of refreshments and a brief recap of Day 1 activities.
- Mr. Singh continued with advanced tips such as reinforcing torn seams, darning holes, and upcycling old clothing.
- A hands-on activity allowed each participant to practice mending on sample garments under the supervision of the instructor.
- The workshop concluded with an interactive Q&A session, and group photographs.



WOMEN FROM DIFFERENT VILLAGES EXPRESSING THEIR SKILLS THROUGH MENDING

The Mending Workshop not only imparted useful life skills but also aligned with Chitkara University's commitment to community engagement and sustainability, supporting SDGs such as Gender Equality, Responsible Consumption, and Sustainable Communities. It was a significant step toward empowering rural women and fostering a culture of reuse and self-reliance.





Sustainable Living Tips and Tricks

Welcome to our guide on embracing a more sustainable lifestyle! Discover simple yet impactful changes that can make a big difference for our planet.

Reduce Plastic

Use reusable bags, bottles, and containers. Avoid single-use plastics.

Sustainable Transport

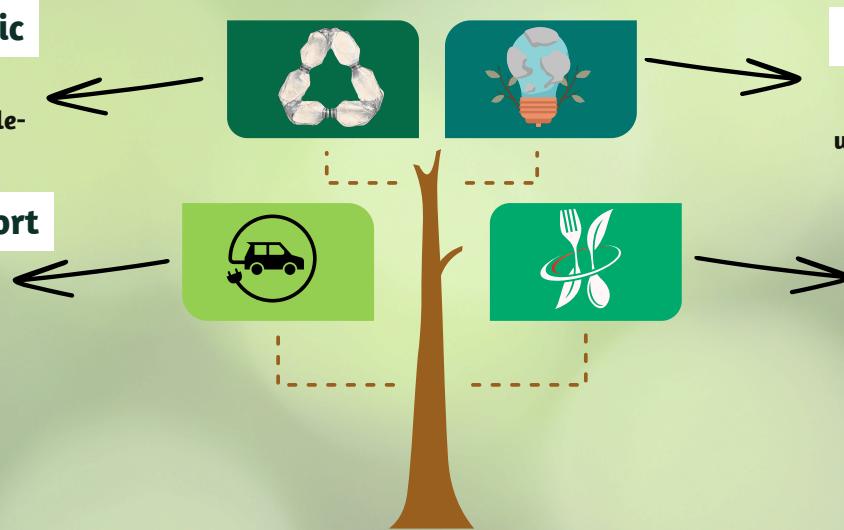
Walk, bike, or use public transport. Carpool to reduce emissions.

Conserve Energy

Switch to LED bulbs and unplug unused electronics.

Eco-Friendly Eating

Choose local, organic foods and reduce meat consumption.



**Join Us in Making a
Difference!**

Adopt these tips for a positive impact.
Visit our website or follow us for more!