

Banarsides Chandiwala Institute of Physiotherapy

Outreach Awareness Program: Sustainable Living

Date: 25th September 2024

Introduction:

On 25TH September 2024, Banarsidas Chandiwala Institute of Physiotherapy, New Delhi, conducted a Community Awareness Program centered on sustainable living. The event aimed to educate and empower local residents to embrace sustainable practices in their daily lives.

Objectives:

1. Increase Awareness of sustainable living practices within the community.
2. Foster Engagement of community members regarding environmental issues.
3. Encourage Action by providing practical solutions for sustainable living.

Participants:

Event coordinator: Dr. Prithvi Parasher

Participants: The event saw participation of 10 BPT students.

Activity Description:

- Students visited residential area of Giri Nagar, locality of New Delhi 110019 and discussed the following with the residents:
 - Waste Reduction Strategies: describe composting and recycling practices, emphasizing the importance of reducing landfill waste.
 - Energy Efficiency at Home: Students shared tips on how to save energy through simple changes, such as using LED bulbs and unplugging devices.
 - Global Warming and Protection of Ozone Layer.
 - Reduction of Air Pollution by using public transports, vehicle pooling etc.
- In the end, students distributed the pamphlets containing the discussed information.

Outcome:

The program raised awareness and fostered a sense of community:

- Increased Participation: Community members expressed interest in ongoing sustainability initiatives, leading to the formation of a local sustainability group.
- Behavioral Changes: Many attendees committed to implementing at least one new sustainable practice in their homes.

Challenges:

It was challenging to convince people to spare few minutes of theirs to understand the environmental hazards, however students effectively take over the command and attract the interest of masses to the serious alarming concern.

Conclusion:

The Outreach Community Awareness Program on Sustainable Living effectively raised awareness and motivated community members to adopt more sustainable practices. BCIP looks forward to organizing more initiatives aimed at fostering a sustainable future.



