## Regional Coordinating Institute (RCI) Malaviya National Institute of Technology Jaipur (MNIT) Unnat Bharat Abhiyan (UBA)

Report on a Webinar on "Lifestyle for Environment- Living Udaharan"

**June 02, 2023 (Wednesday)** 

The webinar on "Lifestyle for Environment - Living Udaharan" was successfully organized via Zoom on June 2, 2023, from 12:00 pm to 01:00 pm. The session was attended by more than 20 members, including the faculty coordinator of Participating Institutes (PIs) such as ICFAI University Jaipur, NIIT University, and Banasthali Vidhyapith. Members from NCI-UBA (National Coordinating Institute-University Based Activities) and other RCI (Regional Coordinating Institute) coordinators from different states of India, including Andhra, Gujarat, MGNCRE, and others, were also present.

The webinar began at 12:00 pm, with Dr. Namita Mittal welcoming the PIs coordinators, NCI members, and other RCI coordinators. Ms. Sneha Kishirsagar then gave a warm welcome and introduced the speaker for the session. The speaker, Dr. Natarajan B R, was introduced and invited to share his knowledge.

Dr. Natarajan started his session by introducing and explaining the importance of lifestyle and environment. He also highlighted the connection between these topics and genetics. During his presentation, Dr. Natarajan provided insights on how to reduce plastic usage and combat pollution. He emphasized the need for sustainable practices and encouraged all participants to take the pledge for "Lifestyle for Environment."

At the conclusion of the session, Dr. Namita Mittal presented a thank-you note to the speaker, expressing appreciation for his valuable insights. Ms. Sneha then delivered the formal vote of thanks, expressing gratitude to the RCI UBA Team for organizing the webinar, the NCI members for providing the opportunity to organize this session as part of the webinar series, the PI coordinators for their active participation, and the RCI coordinators from various parts of the country.

Overall, the webinar successfully addressed the importance of adopting an environmentally friendly lifestyle and provided practical insights for achieving this goal.