Government Degree College, Karvetinagaram

BRICS Sustainable Lifestyle Week (BSLW–2026)

Day–2 Celebrations – Activity Report

Date: 02 November 2026 | **Venue: Virtual Lab, Government Degree College, Karvetinagaram**

Report

As part of the Day–2 celebrations, Government Degree College, Karvetinagaram, organized activities to promote energy conservation, environmental awareness, and health and well-being among students and staff on 02-11-2026.

The following activities were conducted:

1. Mandatory Campus Switch-Off Hour (10:00 AM – 11:00 AM)

Students and staff were encouraged to switch off non-essential lights, fans, and electronic equipment across the college campus for one hour. The activity aimed to create awareness about energy conservation and the responsible use of electricity.

2. Workshop on Household Energy Conservation and Green Cooling Practices

Students were sensitized to practical methods of saving electricity at home, reducing unnecessary energy consumption, and adopting environmentally friendly cooling practices. The programme highlighted the importance of sustainable living and environmental protection.

3. Three-Minute Desk Yoga

A three-minute Desk Yoga activity was organized for students and staff. Participants performed simple stretching and relaxation exercises to promote physical fitness, reduce stress, and improve concentration and overall well-being.

Outcome

The activities created awareness among students and staff about energy conservation, sustainable practices, environmental responsibility, and the importance of maintaining physical and mental well-being.

The programme was conducted successfully with active participation from students(25) and staff(10).






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