DAY 1: EVENT ACTIVITY REPORT

Adopt Healthy Lifestyles

S.K.V.T. Government Degree College, Rajahmundry

BRICS Sustainable Lifestyle Week (BSLW-2026)



Date & Day	Event Duration	Students	Faculty / Staff	Theme
01/11/2026 (Sunday)	01/11 to 07/11, 2026	350	10	Adopt Healthy Lifestyles

PROGRAM DETAILS & OBJECTIVES

Theme	Adopt Healthy Lifestyles
Activities	LiFe Pledge, Yoga Session and Tree Plantation at the adopted village, Konthamuru.
Objectives	1. To create awareness about environmentally responsible and sustainable lifestyles. 2. To encourage students and staff to conserve natural resources and protect the environment. 3. To promote physical fitness, mental peace and emotional well-being through yoga. 4. To encourage tree plantation and community participation in environmental conservation. 5. To develop social responsibility among students through active community engagement.
Key Activities	• Conducted a LiFe (Lifestyle for Environment) pledge-taking programme for students and staff. • Organised a yoga session highlighting the importance of a healthy and happy life. • Conducted a tree plantation programme at the adopted village, Konthamuru. • Planted 35 saplings with the participation of college representatives, students and local community members.

PARTICIPATION

Activity	Participation / Achievement
LiFe Pledge	350 students and staff
Yoga Session	350 students and staff
Tree Plantation	Number of saplings planted: 35 Principal and faculty members: 10 Students and local community members: 30 Total participants in plantation: 40

OUTCOME

The programme promoted awareness of healthy and sustainable lifestyles among students, staff and the local community. The LiFe pledge encouraged environmentally responsible daily habits, while the yoga session highlighted the value of physical fitness, mental peace and overall well-being. The plantation drive at Konthamuru resulted in the planting of 35 saplings and encouraged cooperation between the college and the adopted village. Overall, the activities strengthened environmental awareness, community participation and social responsibility among students.

PHOTOGRAPHIC EVIDENCE

LiFE PLEDGE-TAKING PROGRAMME





YOGA SESSION TO PROMOTE HEALTH & WELL-BEING





TREE PLANTATION PROGRAMME AT ADOPTED VILLAGE, KONTHAMURU







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