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MESSAGE FROM THE MANAGEMENT



Mr. Atul Gupta
MANAGEMENT TRUSTEE

hile writing a message for INSPIRE 2024, Inspiria's annual flagship magazine, I reflect on my recent expedition to Everest Base Camp, which was filled with gratitude and purpose. The journey through the majestic and serene Himalayas was not merely about reaching the base camp peaks but about embracing sustainable leadership and resilience in the face of nature's grandeur.

Inspiria Knowledge Campus, an emergent sustainable campus, holds a special place in my heart. Every nook and corner of our campus tells a story of creativity, design, and innovation intertwined with a deep reverence for the environment. The trek to Everest Base Camp was more than a personal odyssey; it was a journey of self-discovery and a testament to our values at Inspiria Knowledge Campus. I am reminded of embracing challenges as opportunities for growth and greatness.

As I navigated the rugged terrain, I was constantly reminded of the delicate balance between human ambition and ecological harmony. Every action I took echoed sustainability principles, from minimizing waste to respecting the fragile ecosystem that sustains life in the highest reaches of the world.

My trek to the Everest Base Camp is a call to action for our students. It's an invitation to embrace sustainability not just as an idea, but as a way of life. Our campus is a living testament to this vision, with ongoing initiatives and programs that embody our commitment. The current edition of INSPIRE is a proud showcase of our students' remarkable awareness and contributions to sustainability. Their dedication to practising sustainability in their daily lives is a testament to their power to shape a better future, a future that exceeds our expectations.

As our students prepare to embark on their journeys, I hope my trek to Himalayan Base Camp will guide them towards a more sustainable future. Yes, the challenges may seem daunting, but the vista from the summit—a world where humanity and nature coexist in harmony—is a sight worth every step of the way. It's a future filled with hope, promise, and the rewards of our collective efforts.





Dr. Indrajit Chatterjee PRINCIPAL

With great pleasure and anticipation, I extend my warmest greetings to all our esteemed college community members. As we embark on another journey of academic exploration and intellectual growth, I am delighted to introduce the latest edition of our college magazine, 'Inspire 2024'. This magazine is a testament to our collective effort and commitment to sustainability, and I am proud to share it with you.

This year, Inspire 2024 takes on a profound theme that resonates deeply with our institution's values and vision: Sustainability. In an era marked by pressing environmental challenges and global uncertainties, the significance of sustainability cannot be overstated. It is not merely an option but an imperative guiding our collective efforts toward a more resilient and harmonious world.

Through this magazine, we can delve into the multifaceted aspects of sustainability, exploring topics ranging from environmental conservation and renewable energy to social equity and economic resilience. Each article, artwork, and reflection featured in this magazine is a testament to our commitment to fostering a culture of sustainability within our college community and beyond.

As members of this prestigious academic institution, we are entrusted with the responsibility to lead

by example and inspire positive change. Let us harness the power of knowledge, creativity, and collaboration to address the urgent challenges facing our planet and to chart a course towards a sustainable future for generations to come. Remember, even small changes in our daily habits can have a significant impact. We all have a role to play in building a more sustainable future.

We encourage all of you to contribute a small part of your daily work and activities to sustainability in your locality and society. You can start with a straightforward way: not using plastics in daily life or not throwing garbage on the road.

I encourage you to engage with Inspire 2024, reflect on its message, and consider how you can contribute to the advancement of sustainability in your own lives and endeavours. Together, let us continue to learn, innovate, and inspire one another as we work towards a world where sustainability is not just an aspiration but a reality.

Thank you for your unwavering dedication, passion, and commitment to excellence. Your efforts are not only recognized but also deeply appreciated. I am confident that through our collective efforts, we will continue to make a lasting impact and inspire others to join us on this journey towards a more sustainable and prosperous future.



Mr. Rahul Gupta DIRECTOR OPERATIONS

Witnessing Inspiria Knowledge Campus's metamorphosis into a beacon of academic excellence and a trove of practical skill and wisdom is a matter of great pride and honour. We provide our students with the best educational opportunities, infrastructure, and facilities. One of our most significant achievements so far is achieving our goals organically while maintaining our sustainable practices.

We have made Inspiria an almost paperless campus. Nearly all of our communications and paperwork are done online and digitally. Even the study materials and notes provided to the students are carefully curated and digitally distributed through a specially designed software system. The Inspiria Knowledge campus is an architectural wonder. The campus has been structured and designed so people feel very close to nature. The negative space in and around the campus creates a spacious environment, and the play of natural light, even inside the building, becomes the icing on the cake.

Furthermore, LED lighting has been installed all over the campus to reduce electricity consumption. This reduces the carbon footprint. When we risk depleting groundwater, we at Inspiria try to harvest rainwater and prevent water wastage as much as possible. The green wall at the entrance, which holds hundreds of plants, symbolizes our sustainable practices and speaks volumes about our go-green initiatives.

Every initiative taken for sustainable development in Inspiria promises our environment and society that our progress will not come at the expense of environmental degradation. This year's magazine aims to create awareness about sustainable living and make people aware of the different experiments and practices of the good Samaritans to make this world greener and cleaner. We want to make a difference and inspire millions to believe in sustainable living. I ardently believe that 'Inspire 2024' will be your parable for sustainability in the future.





Dr Siddhartha Shankar DEAN - PLACEMENT, ALUMNI, ACCREDITATION

Sustainability and climate change are interconnected issues that demand urgent attention and concerted action from individuals, communities, businesses, and governments worldwide. As we navigate the complexities of the 21st century, it becomes increasingly evident that our current consumption, production, and resource management patterns could be more sustainable in the long term. Climate change, driven primarily by human activities such as burning fossil fuels, deforestation, and industrial processes, poses unprecedented threats to our planet's ecosystems, biodiversity, and, ultimately, to human well-being.

At the heart of sustainability lies the recognition that we must meet the needs of the present without compromising the ability of future generations to meet their own needs. This requires a fundamental shift in our approach to development, which embraces principles of environmental stewardship, social equity, and economic prosperity. Sustainable development seeks to balance ecological, social, and financial considerations, ensuring that we live within the planet's ecological limits while promoting human flourishing and social justice.

Addressing climate change is the most pressing challenge of our time. The scientific consensus is clear: greenhouse gas emissions from human activities are causing the Earth's climate to warm alarmingly, leading to more frequent and intense heat waves, storms, droughts, and other extreme weather events. The consequences of

climate change are already being felt around the globe, from rising sea levels threatening coastal communities to disruptions in agricultural systems jeopardizing food security.

We must transition to a low-carbon, resilient economy to mitigate and adapt to climate change. This requires ambitious policies and investments to reduce greenhouse gas emissions across all sectors, accelerate the shift to renewable energy sources, improve energy efficiency, and promote sustainable land use practices. It also entails enhancing our resilience to the impacts of climate change by investing in infrastructure, technology, and community-based adaptation strategies.

Individuals, including you, have a crucial role to play in advancing sustainability and combating climate change. By making informed choices in our daily lives – such as reducing energy consumption, minimizing waste, supporting sustainable products and businesses, and advocating for policy change – we can collectively drive positive change and contribute to building a more sustainable and resilient future for all.

In conclusion, sustainability and climate change are not just challenges, they are defining crises of our time, requiring collective action at all levels of society. By embracing the principles of sustainability, we can work towards a more equitable, prosperous, and resilient world for present and future generations. The time to act is now, and we must act together.



Dr. Firoz Mohammed DEAN - DESIGN AND MEDIA

As the Dean of the School of Design and Media, I am thrilled to present Inspire 2024, our annual magazine dedicated to exploring climate change, global warming, sustainable development, and living. Within these pages, you will witness not only the younger generation's profound understanding and genuine concern for saving our planet but also their unique perspective, shaping the discourse on environmental sustainability.

While writing this message for Inspire 2024 and being involved in Indian higher education, I believe education institutions must incorporate solutionbased approaches to sustainable development and living into their course curricula and equip students with the knowledge and skills necessary to make a real difference. By offering courses centered on sustainable development, colleges and universities will contribute to environmental conservation and provide students with practical opportunities to engage in hands-on projects and develop innovative solutions to environmental challenges. Such experiences will deepen their understanding of sustainability and collaboration skills essential for addressing sustainability issues and concerns while preparing them for future challenges.

Higher education institutions must seize the opportunity to transform education into a catalyst for sustainable development, creating a generation of change-makers who will champion a greener, more resilient world. By incorporating solution-based sustainable development projects into their course curricula, higher education institutions will educate future leaders and contribute to the urgent and necessary transition toward a sustainable future.

Moreover, higher education institutions should lead by example in sustainability. By implementing sustainable practices on their campuses, such as renewable energy systems, water conservation initiatives, waste reduction and recycling programs, and sustainable food options, they demonstrate practical models for achieving a greener future and inspire students to apply sustainable practices.

Inspiria Knowledge Campus is ready to foster a culture of sustainability within the campus and practices and prepare the next generation for a sustainable future. Inspire 2024 is just one of our initiatives to promote sustainable development and living.





HEAD OF SCHOOL OF MANAGEMENT MESSAGE



Ms. Sherry Merien George HEAD OF SCHOOL OF MANAGEMENT

The School of Management at Inspiria Knowledge Campus allows you to reflect on the past, celebrate the present, and envision the future of business education.

The management field constantly evolves, driven by technological advancements, globalization globalization, changing consumer behaviours, and societal shifts. As educators, we must stay ahead of these trends and equip our students with the knowledge, skills, and mindset to thrive in this dynamic environment.

The critical aspect of modern business education is the emphasis on experiential learning. We are committed to providing our students with hands-on opportunities to apply theoretical concepts in real-world settings through internships, consulting projects, case analyses, or simulations. Learning by doing is one of the most effective ways to prepare students for the complexities of the business world.

The importance of ethics and sustainability in business must be maintained. As future leaders, our students must understand the ethical implications of their decisions and the impact of their organizations on society and the environment. Integrating discussions on corporate social responsibility, moral leadership, and sustainable business practices into our curriculum, we nurture responsible and conscientious professionals who will contribute positively to the world.

Organizations increasingly value soft skills such as communication, critical thinking, collaboration, adaptability, and technical skills. Therefore, we strongly emphasize developing these skills in our students through interactive classroom activities, group projects, presentations, and networking events. We aim to produce well-rounded individuals who can thrive in diverse and challenging work environments.

Looking ahead, digital transformation, artificial intelligence, data analytics, and other disruptive technologies will shape the future of business education. As a forward-thinking institution, we are preparing our students for this future by integrating digital business, innovation management, and entrepreneurship courses into our curriculum. We are also fostering a culture of lifelong learning and adaptability to ensure that our graduates remain competitive and relevant throughout their careers.



Navigating the Tightrope:

INDIA'S STRUGGLE FOR SUSTAINABLE DEVELOPMENT



Anubhav Chakraborty
Assistant Professor

In the cacophony of modern development discourse, "sustainability" often feels like an elusive ideal, particularly for developing nations like India. While the world applauds economic growth and progress, the harsh reality is that achieving sustainability in such environments presents a Herculean task fraught with complexities and contradictions. India finds itself at the intersection of this dilemma, grappling with the imperative to balance economic development with environmental preservation.

India's rapid economic expansion has undoubtedly lifted millions out of poverty and catapulted it onto the global stage as an emerging economic powerhouse. However, this growth has come at a significant cost to the environment. The country's burgeoning population, industrialization drive, and unchecked urbanization have placed immense pressure on its natural resources, leading to widespread environmental degradation, pollution, and biodiversity loss.

The consequences of this uncontrolled exploitation are dire, with air and water quality plummeting, ecosystems teetering on the brink of collapse, and vulnerable communities bearing the brunt of environmental injustices. The challenge of reconciling economic development with ecological conservation lies at the heart of India's sustainability problem. For a nation striving to uplift its citizens and bolster its economy, the temptation to prioritize short-term gains often takes precedence over long-term environmental stewardship.

Despite these formidable challenges, India has made strides in integrating sustainability into its development agenda. Initiatives such as the Swachh Bharat Mission, National Solar Mission, and Clean India Campaign demonstrate the government's commitment to addressing pressing environmental issues and promoting sustainable practices. However, these efforts must be more cohesive and

sufficient in the face of the monumental task. The lack of comprehensive policy frameworks, institutional capacity, and public awareness hinders progress towards achieving meaningful sustainability goals.

To honestly confront India's sustainability challenges, a paradigm shift is needed—transcending narrow economic interests and embracing a holistic development vision. This entails redefining progress beyond GDP growth to encompass broader well-being indicators, such as environmental quality, social equity, and intergenerational equity. It requires fostering a culture of sustainability that values resource conservation, community empowerment, and ecological resilience. It demands bold policy interventions, robust regulatory mechanisms, and meaningful stakeholder engagement to ensure that development is not pursued at the planet's and its people's expense.





Mr. Anil Philip Asst. Professor

GLOBAL BUSINESS

I am pleased to welcome you all to the Department of BBA in Global Business. Our department has been offering quality education for five years now, and we are proud to say that our students have secured placements at reputed multinational companies. The department of BBA Global Business believes in teaching its students about the global dynamics and interplay between political, economic, social, and human conditions and how one can use them to leverage one's business venture. The opportunities that lead to an expansion of a business on a truly global scale can only be harnessed if the students understand the macroeconomic phenomenons like world trade, inflation, and employment, keyed in with geopolitical factors like trade wars, trade barriers, supply logistics, regime change, etc.

With a multidisciplinary approach to the various interplays of global market forces, our department's teaching style is unique. We focus on developing a holistic understanding of international business by combining theoretical knowledge with practical experience. Our faculty members, experts in their respective fields, employ innovative teaching methods to keep the learning experience engaging, stimulating, and fun.

As part of our commitment to providing a comprehensive global business education, we organize international trips for our students. In the past, our final year batches of 2020 and 2021 had the opportunity to explore the business landscapes of Malaysia and Singapore respectively. These trips are not just about sightseeing, but about immersing in the global business environment, interacting with international business leaders, and gaining valuable insights that can shape your future careers.



Mr. Vishnu Pujari Asst. Professor

India is the land of Jugaad. Innovative and creative ideas have no limit here. The entrepreneurship department at Inspiria Knowledge Campus is dedicated to nurturing innovative thinking, teaching entrepreneurial skills and fostering future business leaders. Our core objective is to provide students with a dynamic and comprehensive education that ignites them to thrive in entrepreneurship's ever-evolving landscape. Through our unique curriculum, mentorship programs, and experiential learning opportunities, we aim to empower our students to turn their ideas into successful ventures and positively impact society.

Our faculty members are experienced practitioners who bring expertise and knowledge to the classroom. In addition to academic excellence, our department organizes business pitch fests and Startup weekend events to foster a culture of collaboration, creativity, and ethical leadership. Diversity of thought and perspective is essential for driving innovation and solving complex problems, and we encourage our students to embrace diversity in all its forms. Whether you aspire to launch your startup, lead a social enterprise, or innovate within an existing organization. The Department of BBA Entrepreneurship is here to support you every step of the way.



Ms. Sherry George Asst. Professor

BBA Accountancy, Taxation & Auditing provides students with in-depth theoretical knowledge along with practical exposure, which helps them when they step out for their vast upcoming career opportunities. We conduct various events, seminars, and sessions throughout the year, keeping in mind the industry's trending demand.

Workshops and guest lecturers by experts from the industry are conducted to emphasize problem-solving through interaction and exchange of information. Role

Plays and simulated situation games are being conducted to give students an insight into the responsibilities of various professionals involved in the finance industry. Students are given soft skill sessions such as Mock Interviews, Group Discussions, and Improvement in Presentation Skills to improve their overall personality development. Also, we have developed our in-house curriculum on Spreadsheet Training so that students can get all the technical, tactical and theoretical understanding and command of their specified area.



In our Sports Management program, we ignite the spirit of innovation and leadership within each student, preparing them for the exhilarating challenges of the sports industry. From the thrill of the game to the intricacies of behind-the-scenes operations, our comprehensive curriculum equips students with the knowledge and skills to excel in this fast-paced field.

At Inspiria Knowledge Campus, we believe in a holistic approach to education, blending classroom theory with real-world experiences. Our esteemed faculty members bring a wealth of expertise from various sports industry sectors, ensuring that students receive the most relevant and up-to-date instruction. Through internships, practicums, and hands-on projects, students can apply what they have learned professionally, building invaluable connections.

Our commitment to innovation and adaptability sets our Sports Management program apart. As the sports industry continues to evolve, we empower our students to think critically and creatively, preparing them to thrive in an ever-changing landscape. Whether it's sports marketing, facility management, event planning, or athlete representation, our program covers various topics, allowing students to tailor their education to their unique interests and career goals.

Beyond the classroom, the college offers a vibrant campus community where students can engage in extracurricular activities, network with industry professionals, and foster lifelong friendships. With state-of-the-art facilities and a supportive alumni network, students have access to resources that enhance their overall college experience.



Mr. Suresh K Manoharan Asst. Professor

HOSPITAL MANAGEMENT

Offers complete sustainability of energy by utilizing the available natural resources in a stringent manner. We use our resources properly, effectively, and efficiently so that they can be saved or stored for the efficient use of upcoming and future generations.

Not only does hospital management teach students how to be sustainable in this world, but it also teaches us how to handle the different dimensions of management, that is, workforce, people, time and operations management, which we can connect to our day-to-day life, we get to learn about the different disease, cause-effect symptoms, and get a way to regulate a particular hospital at a semi, middle or higher level, The students learning here in Inspiria are trained on to be a practical oriented sustainable health care leaders which will fit into several

job requirements of various positions across India and Abroad.

Rainwater harvesting techniques are being taught and implemented at our college to be a role model for Sustainability education institutions. We are utilizing sunlight for solar energy, which is required at a large scale to heat water for hospital patients.

Breeze and Wind rotate the turbine over the roof, Acting as an exhaust fan to remove stagnated air. On the other hand, the dynamo produces electrical energy stored for regulated use. Inspiria Knowledge Campus is one of the best colleges affiliated with MAKAUT and delivers the best quality education in BBA hospital management. The faculty is very friendly and cooperative, giving you a vast space and time to understand the concept of this course.



Mr. Debayan Chakraborty Asst. Professor

BUSINESS MANAGEMENT

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In today's rapidly evolving world, sustainability has become more than just a buzzword; it's a fundamental aspect of responsible business practices. At Inspiria Knowledge Campus, we are committed to integrating sustainable practices into every aspect of our operations. As a faculty member of the BBA Digital Marketing department, I am delighted to share how we embrace sustainability within our department.

Our journey towards sustainability begins with our curriculum. Students enrolled in our program learn about eco-friendly advertisements, green branding, and the pivotal role of digital media in promoting sustainability. We firmly believe in providing hands-on learning experiences for our students. Students can apply their theoretical knowledge to real-world scenarios through projects and case studies, mainly focusing on sustainable marketing campaigns.



Mr. Anubhav chakraborty Asst. Professor

Welcome to the vibrant department of Media Science! Our department is all about delving into the thrilling crossroads of media, technology, and society. Through our forward-thinking research, dynamic courses, and industry-relevant initiatives, we're gearing up our students to become symbols of trust and authenticity in the constantly evolving media landscape.

Our program offers specialized tracks in Electronic Media, Advertising, Public Relations, and Event Management. Here, students dive deep into the intricacies of media production, multimedia storytelling, and content creation through hands-on workshops, webinars, industry immersions, and project-based learning adventures.

But that's not all! We're dedicated to providing the most cutting-edge and futuristic media education, ensuring our students are primed to take on the challenges of tomorrow's media industry. We believe in giving industryready simulation-based experiences where students learn from their mistakes on a constantly evolving basis. With a faculty team brimming with diverse expertise, real-world experience, and top-notch facilities offering immersive learning experiences, we're here to ignite your passion and nurture your creativity.



Mr. Subhankar Dandapat Asst. Professor MULTIMEDIA, ANIMATION AND GRAPHIC DESIGN

In today's digital era, effective visual communication is paramount for ensuring a positive user experience across websites, apps, and digital platforms. Visual elements play a crucial role in guiding users and conveying essential information. Through the study of visual communication, individuals can acquire the skills necessary to craft user-friendly designs that enhance overall usability. Our course, rooted in Visual Communication, is an advanced introduction to graphic design, animation, and multimedia. At Inspiria, our student body hails from diverse backgrounds, necessitating an initial immersion into the fundamentals of visual communication.

This course is structured around multiple projects and assignments, providing students with hands-on learning experiences. A key advantage of multimedia, animation,

and graphic design lies in their versatility, allowing us to integrate various tools and mediums into our teaching approach. Our curriculum progressively advances from simple tasks to more intricate challenges, ensuring students develop a comprehensive skill set.

Practical application is central to our teaching methodology, whether through computer-based exercises or traditional handcrafted projects. We integrate conventional teaching methods and innovative technologies to facilitate immersive learning experiences. Additionally, we offer elective courses wherein students can gain real-world experience, preparing them for their chosen professional endeavours.



INTERIOR DESIGN

Ms. Ankita Patnaik Asst. Professor

Interior design revolves around crafting spaces that mirror each individual's unique personality and requirements. At Inspiria, we champion the transformative power of empathy, critical thinking, and creative imagination in turning environments into sanctorums.

Our approach goes beyond mere aesthetics; we deeply understand our clients' desires, lifestyles, and aspirations to craft bespoke solutions that resonate with their essence. In a world where standardization often prevails, we champion customization and individuality. Following Ludwig Mies van der Rohe's words, "God is

in the Details"," every client is a story waiting to be told, and we, as designers, are the storytellers. We embrace the diversity of human experiences and celebrate the beauty of imperfection.

Through our teachings, we instill in our students the technical skills of interior design and the art of understanding, empathy, and creative problem-solving. Because, in the end, it's not just about creating spaces; it's about creating experiences that enrich lives and inspire souls.



Mr. Deepika Bansal Asst. Professor

Greetings to all fashion enthusiasts embarking on an exciting journey into the enchanting domain of fashion! As the Head of the Department of Fashion Design and Management, I am thrilled to extend a heartfelt welcome as you step into our dynamic community.

Beyond mere education, our department is a vibrant hub where creativity thrives, ideas bloom, and dreams soar. Here, we offer a holistic curriculum that delves into the artistic flair and the business acumen essential for success in the fashion industry.

As a fashion designer, you hold the power to influence culture, spark change, and convey your distinct vision through your creations. Whether picturing elegant couture ensembles, sustainable fashion lines, or groundbreaking athletic wear, the possibilities are limitless. Yet, the true beauty lies in the profound impact you can have on others through your designs. Whether instilling confidence in individuals or enabling self-expression through fashion, the potential to bring joy and empowerment is immeasurable.

To all budding designers, I urge you to embrace your creative spirit, seize every opportunity, and persistently pursue your passion for fashion. Let us embark on this journey of exploration, innovation, and boundless opportunities together. Welcome to the captivating fashion world, where dreams are transformed into reality.



Mr. Saurav Bhowmik Asst. Professor

Technological developments have exploded in the last few years, completely changing how we plan, build, and operate buildings. Technology has enabled us to automate tasks, improve productivity, and open up new possibilities for building performance. Examples include the widespread use of Building Information Modeling (BIM) and the application of AI and automation.

What distinguishes this era, though, is our shared dedication to sustainability. Prioritizing actions that reduce our ecological footprint and advance the welfare of future generations is our duty as stewards of the built environment.

Programs like green building certification schemes, which use data analytics and energy-efficient technologies to reduce resource consumption and lessen environmental effects, are prime examples of this technology and sustainability working together. Comparably, incorporating renewable energy sourceslike solar panels and wind turbines-is changing how we power our buildings and accelerating the shift to greener, more sustainable energy alternatives.



Asst. Professor

I am delighted to warmly welcome eager learners and enthusiasts to the vibrant and dynamic Department of Bachelor Data Science at Inspiria Knowledge Campus. We are thrilled to introduce you to an educational journey focused on shaping the future rather than simply acquiring knowledge. In today's world, where data is the new currency, the demand for skilled Data Science professionals is higher than ever.

Our Bachelor of Data Science program is meticulously designed to equip students with the necessary skills and knowledge to thrive in today's data-driven world. We are committed to providing a comprehensive learning experience that integrates theoretical knowledge with hands-on practical applications. Our curriculum is

continuously updated to reflect the latest trends and advancements in the field, ensuring that our graduates are well-prepared for the challenges of tomorrow.

Furthermore, our department boasts state-of-the-art facilities and cutting-edge technology, providing students with access to resources that facilitate exploration and innovation. We foster a collaborative learning environment where students are encouraged to engage in research projects, internships, and industry collaborations, allowing them to gain real-world experience and build valuable connections within the field.



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Event 8
Activities
2023-24



A Vibrant Celebration of Youth and Talent

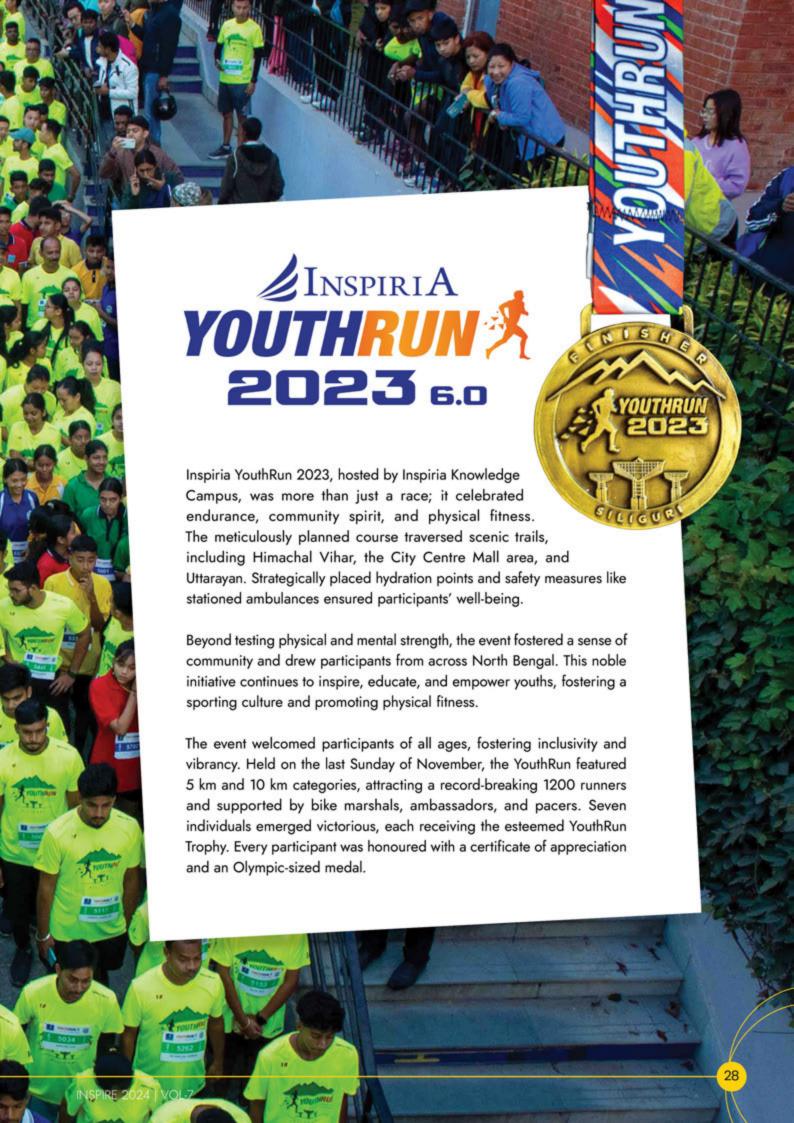
The largest inter-college fest in North Bengal drew participants from colleges across Bengal and Sikkim, turning the campus into a bustling hub of creativity and competition. The event started with Ganesh Vandana and the National Anthem and proceeded with diverse competitions, including cooking challenges and strategic games. The "Battle of the Bands" was a standout event, and the day concluded with a fashion show and an energetic DJ performance.

On the second day, there were 16 competitions, such as burger battles, pot painting, robotics, coding, photography, dance, and drama. Tech-savvy participants competed in Capture the Flag, while literary and business-minded students engaged in poetry slams and Biz Quiz. The day ended with the Inspiria Fashion Show, showcasing yin-yang-themed attire designed by students.

Insvaganza 2024, a jubilant celebration of passion, creativity, and the spirit of youth was more than just a fest. It was a platform that fostered unity and collaboration, providing a space for students to showcase their talents and learn and build connections. The event's resounding success underscored its pivotal role in nurturing talent and fostering a strong sense of community.



















































Inspiria Knowledge Campus organized the 10th edition of InspiriaQ, an inter-school quiz competition, on Monday, April 14, 2023. This event marked the culmination of a rigorous six-month-long process that began in October 2022. The competition aimed to promote academic excellence and provide a platform for students to showcase their skills in a friendly and competitive environment.

Twenty regional semi-finalist schools bravely stepped into the arena, with six schools emerging as the ultimate contenders in the finals. The quiz, with its rounds covering general knowledge, current affairs, history, science, and literature, was a true test of wit and knowledge. The participating schools, with their exceptional skills and knowledge, made the competition a thrilling and highly competitive event.





The second round of the Inter-School Quiz competition, InspiriaQ, tailored for students in classes XI and XII, will be on October 7, 2023. Preliminary quiz rounds were conducted within participating schools, and over 100 schools from North Bengal and Sikkim participated in this round.



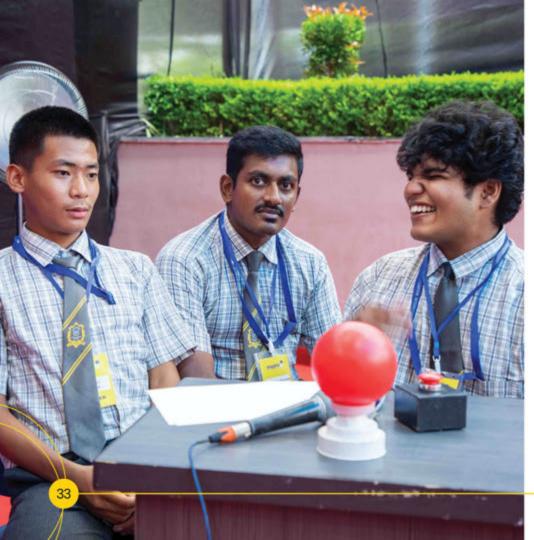
















techstars_ Startup Weekend Siliguri

Startup Weekend, organized by the Incubation cell at Inspiria Knowledge Campus (Inhub), offers aspiring entrepreneurs a dynamic forum to experience startup life, collaborate with like-minded individuals, and receive expert mentorship. The 6th edition, held in partnership with Techstars and Google for Startups, aimed to identify, foster, and reward passionate entrepreneurs. From March 29th to 31st, the campus became a vibrant innovation hub, allowing participants to ideate, develop, and pitch their startup ideas.

Guided by renowned mentors such as Ms Nisha Kotecha, Founder & CEO of InkDiVo & GloCal CoWorking, 47 students and five external participants formed teams to transform their innovative ideas into tangible prototypes and business plans. The event started with one-minute pitch sessions, intense brainstorming, market research, and customer validation. Participants delved into design thinking, lean startup methodologies, and business model canvas development, gaining practical knowledge under the mentorship of 8 seasoned business leaders.

The weekend culminated in a pitch competition judged by esteemed entrepreneurs Prabin Agarwal and Pratik Gargh, who provided invaluable feedback and guidance. Beyond structured learning, the event fostered networking and collaboration, connecting participants with mentors, industry experts, and potential partners. As the event concluded, participants left with newfound resilience, adaptability, and problem-solving skills, essential for aspiring entrepreneurs.



























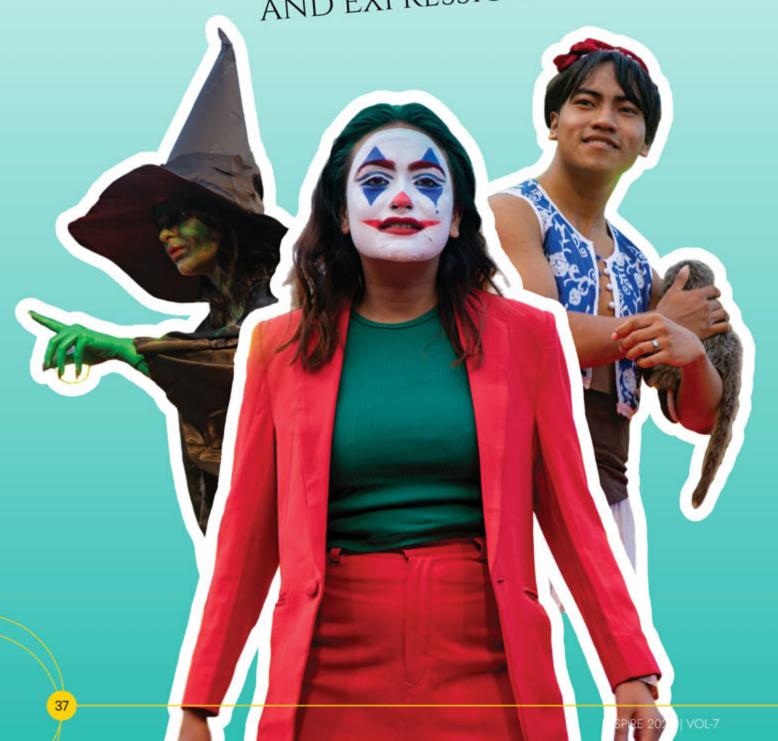








A CELEBRATION OF CREATIVITY
AND EXPRESSION





Inspiria Knowledge Campus hosted the 6th edition of the Inspiria Cosplay, a highly anticipated event celebrating creativity, costume craftsmanship, and campus spirit. The day was marked by students showcasing their unique forms of expression through intricate costumes and imaginative ensembles. In the lead-up to the event, excitement filled the campus as students perfected their outfits, face paints, and hairstyles.

Adorned with vibrant decorations, the campus set the stage for participants to bring fictional characters to life. The runway featured a variety of head-turning costumes, from classic literature and Hollywood icons to gaming characters. Notable cosplays included the Joker, Chainsaw Man, and Shakchunni, showcasing the immense creative talent of Inspiria students. The event was enthusiastic, with students expressing their love for various fandoms, making the Inspiria Cosplay 2024 a memorable celebration of creativity and community.

































BOISHAKHI BHOJ 2023



Inspiria Knowledge Campus celebrated Pohela Boishakh 2024, the first day of the Bengali New Year, with great enthusiasm and excitement. As the day broke, students and faculty members dressed in traditional attire gathered to commemorate this significant cultural occasion. Everyone greeted each other traditionally by saying (Happy New Year). The Bengali community holds this day in high regard, and it carries a unique emotional significance.



The entire event perfectly represented the rich Bengali culture and traditions, leaving a lasting impression on the attendees. The celebration blended food, music, decorations, and traditional attire, creating a vibrant and memorable experience. The celebration has undoubtedly brought colours to the campus and served as a platform to showcase and preserve Bengali traditions and culture.



The students took immense interest in decorating the entire program hall with Diyas, colours, and other traditional embellishments. They adorned themselves in sarees and kurta pyjamas, following the age-old tradition. The event featured a delectable array of traditional Bengali cuisine, including Basanti Pulao, Cholar Dal, Baigan Bhaja, Kacha Lonka Murgi, Aamsotto Chutney, Payesh, and Papad. The tantalizing aromas wafting from the food stalls filled the air with excitement and anticipation. The event organizers, the School of Hospitality, left no stone unturned to make the celebration a grand success.





Cakes & Carols



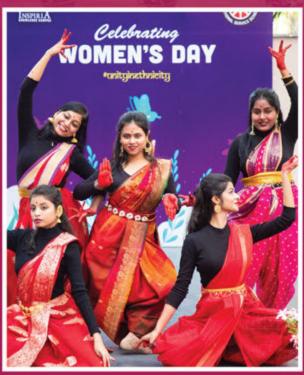
Cakes and Carols, a Christmas-themed ceremony, was held on November 29th at Inspiria, bringing everyone together in festive cheer. This delightful tradition involves a cake-mixing ceremony, where family members, friends, and sometimes even colleagues gather to mix various dried fruits, nuts, and spices with alcohol, usually rum or brandy. The mixture is then stored to mature until it's time to bake Christmas cakes or other holiday treats.

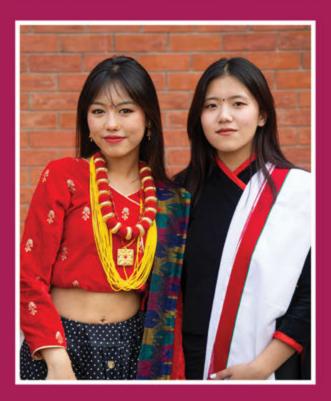
The festivities at Inspiria included cake mixing, carol singing, and gift sharing. Students participated enthusiastically in the mixing process, followed by a carol performance that added to the Christmas spirit. The campus was beautifully decorated in red, green, and white, with a specially adorned Christmas tree and melodious carols creating an atmosphere of music, fun, and love.

Santa Claus made a festive appearance, enhancing the event's joyful ambience. Days before, a Secret Santa theme was established, and during Cakes and Carols, Santa distributed the exchanged gifts, adding an element of surprise and delight. The ceremony was a wonderful way to bring everyone together, create delicious treats, and usher in the holiday spirit.









Women's Day and Ethnic Wear

On March 8th, Inspiria Knowledge Campus celebrated International Women's Day with a vibrant display of ethnic culture. This year's celebration at Inspiria was a unique blend of International Women's Day and Ethnic Day. Attendees adorned in beautiful ethnic attire showcased a fusion of cultures and traditions. The event was a tribute to all women who have triumphed against adversity and excelled in their fields.

We were privileged to welcome Ms. Rima Das Pradhan, an international affairs specialist with over 25 years of experience, as our chief guest. The celebration began with the lighting of the ceremonial lamp, followed by a captivating student performance dedicated to women's empowerment. The graceful dance performance was a highlight of the event. The college also honoured its female labour force, including security guards and cleaners, acknowledging their invaluable contributions to the institution's daily operations. The drama club students performed a powerful play emphasizing women's rights, resonating deeply with the audience.

Ms. Pradhan then shared her inspiring journey, recounting her experiences and challenges at borders and war fronts. Her story of courage and passion left a lasting impact. The event concluded with the National Anthem, paying tribute to the national flag and filling everyone with joy and pride. The day she ended on a high note, leaving a wave of happiness and inspiration.

A Renaissance-Inspired Freshers Welcome





As autumn arrived, Inspiria Knowledge Campus celebrated the arrival of the new batch of students with Fresco 2023. FRESCO, a testament to our students' active participation and creativity, embraced a Renaissance theme known for its exquisite art and gentle colour palette. The Inspirians transformed the Crystal Garden, our all-weather basketball court, into a Renaissance-inspired masterpiece.

Guests were elegantly dressed in ball gowns, doublets, and jerkins, evoking the charm of the Renaissance era. The scene was reminiscent of glamorous time travel, setting a vibrant and historical ambience. The highlight of the evening was the Mr. and Mrs. Fresher competition, a cherished tradition that featured 75 talented participants. The contestants walked the runway, confidently showcasing their medieval-inspired fashion and enthusiasm.

Om Chhetri and Srijana Chhetry were crowned Mr and Ms Fresher, respectively, following in the footsteps of former winners and adding a sense of continuity and tradition to the event. The grand finale was a vibrant DJ night, with everyone dancing with unbridled joy to upbeat tunes. This energetic conclusion was the perfect way to end the event, marking the beginning of an exciting new chapter for the first-year students.







Inspiria proudly inaugurated the Student Representative Council, comprising academic, placement, sports, and cultural chairs and co-chairs. This event begins a journey where students actively shape our college's future. Each council member brings unique perspectives and skills, and we are confident they will tirelessly represent our diverse student body. The selection process for our student representatives highlighted their dedication, commitment, and leadership qualities.

The newly elected Student Representative Council Members serve as a bridge between students and the administration, advocating their concerns, issues, aspirations, and needs. Inspiria expects these selected students to fulfil their roles with dedication, commitment, and responsibility.

During the ceremony, Inspiria honoured students who were recognized as Rising and Shining Stars from all 14 departments. These students have excelled in academics and demonstrated exceptional performance in extracurricular activities. Their integrity, leadership, community involvement, and campus participation have set them apart. The rising stars were selected from the current first-year batch, and the shining stars from the second-year batch showcased their consistent dedication and hard work.







ANNUAL SPORTS



















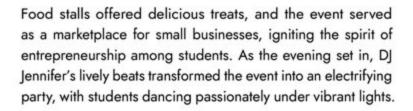




Inspiria's Youth Carnival 2024 united students, faculty, alums, and the local community for vibrant festivities. The event provided a platform for established and budding artists, captivating the audience with their skills. The carnival showcased diverse student talents through music and dance, ranging from classical to contemporary performances. Interactive activities, including the popular kite-flying competition, created a fun and relaxed atmosphere for socializing and bonding.



The glamorous fashion show was a highlight, inspiring aspiring designers by showcasing the latest trends. However, the true highlight of Youth Carnival 2024 was The Inspire Creators Award, a beacon of inspiration that honoured 18 social media influencers for their impactful work. This recognition not only celebrated the influencers but also inspired the entire community with their stories of success.































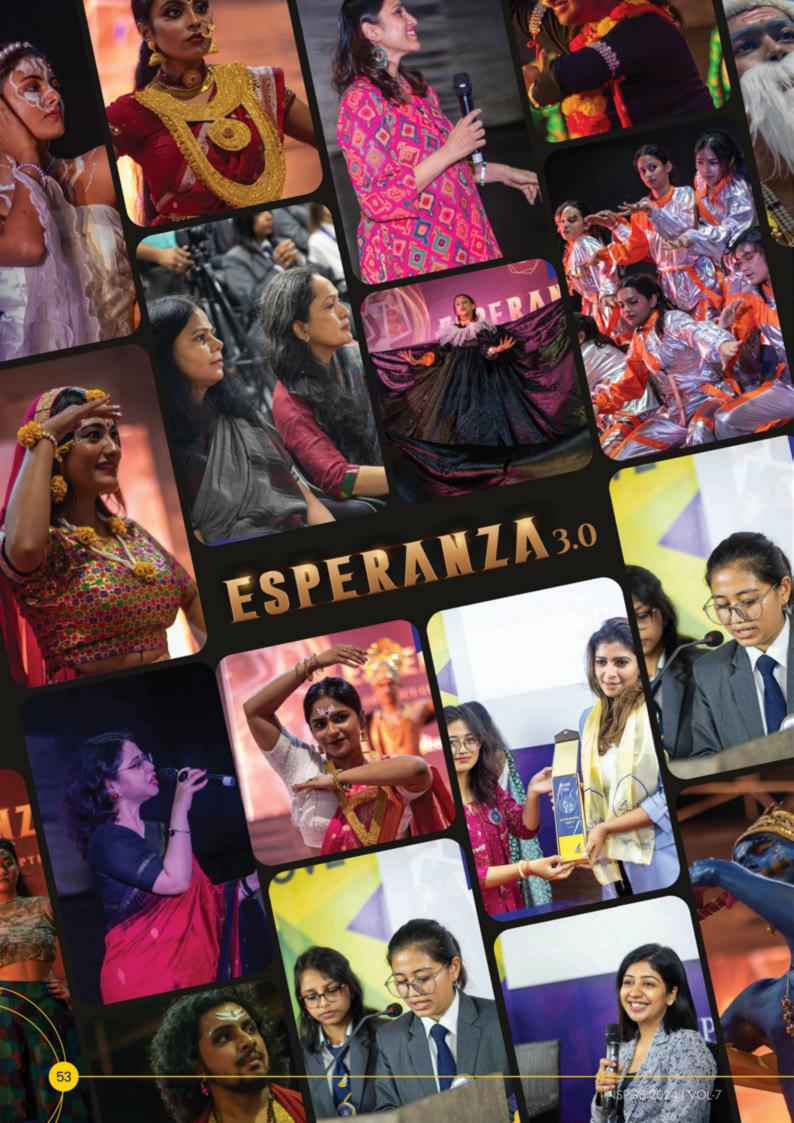


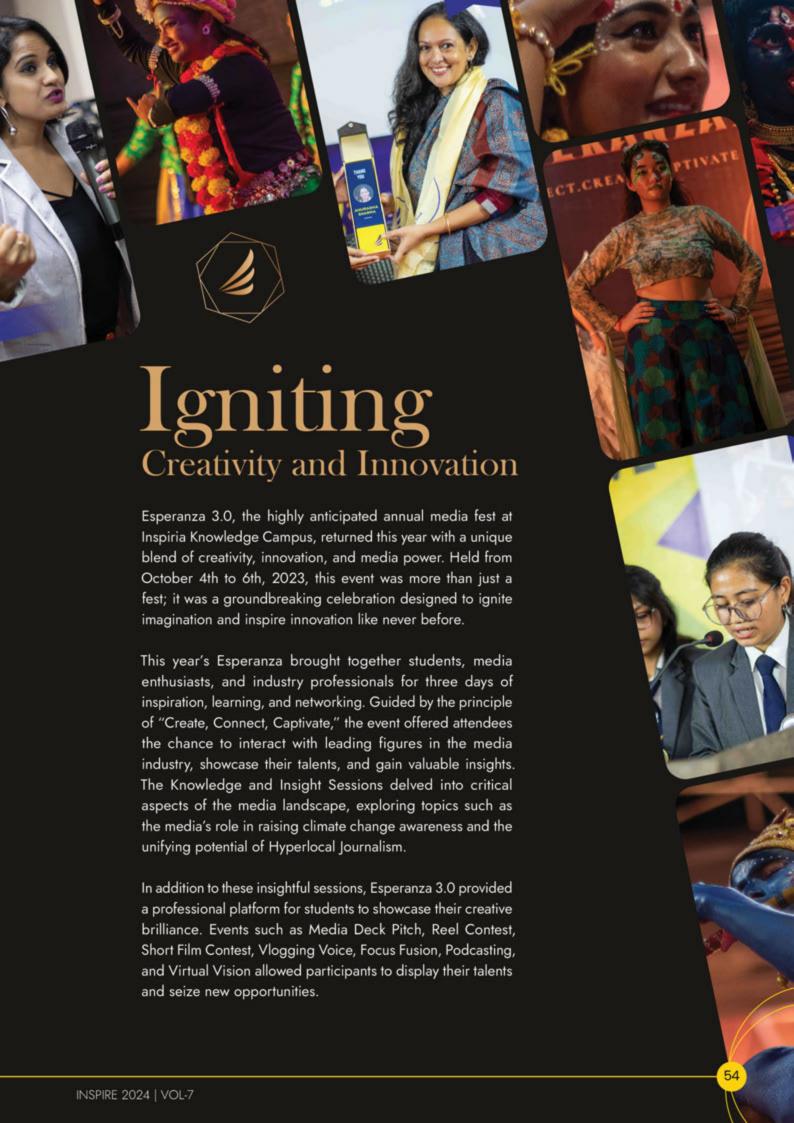




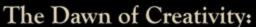












Inspiria Design Exhibition

2024



Inspiria Knowledge Campus hosted the 2024 Design Exhibition on May 10th-11th, inaugurated by renowned designer Shweta Gupta and others. The event, led by the School of Media and Design, showcased innovation and artistry. The highlight was the launch of the Inspiria Art Gallery, aimed at promoting regional art. The exhibition included interactive displays by the Department of Multimedia, Animation, and Graphic Design, live 3D printing demos, and immersive experiences by the Fashion Design and Management Department. The Interior Design Department showcased a sustainable forest-themed space. Atul Gupta, Managing Trustee, highlighted the benefits for the creative community, emphasizing collaboration opportunities for students and artists. The Inspiria Gallery aims to foster artistic expression in North Bengal.















Atul Gupta,

Managing Trustee, Inspiria Knowledge Campus







COMPUTING CLUB

Computing Club - Computing club is a student's group which aims to promote the awareness of technology and its advancements through various activities. The Computing club has collaborated with CodeChef, one of the biggest coding and programming platforms for budding programmers. The Computing Club of Inspiria Knowledge Campus is one of the only two colleges to have collaboration with CodeChef. Having the name Codopiria, the campus chapter of Computing Club is fully managed by students of the Computer Application department, under the guidance of the esteemed faculty members.

O1 Trivia Quiz







02

Data Viz- Cricket







03

BGMI









WEB-X-RETRO







O5 Capture the Flag



06 Incode



O7 Al Design







07 Blind Coding



Mobile Mockup



09 VizWorld







CULTURAL CLUB

Fare-O-Lasta







02 Independence Day Celebrations





03 Teacher's Day Celebrations





O4 Guru Samaan Event













Investiture Ceremony



Fresco



07 Esperanza



© Candle Workshop







Diwali Exhibition



10 Youth Run









Cakes and Carols



¹² Cosplay



13 Youth Carnival



Fashion Show by Inspiria



Republic Day Celebrations



Saraswati Puja









Color Day Celebrations



Insvaganza 2024

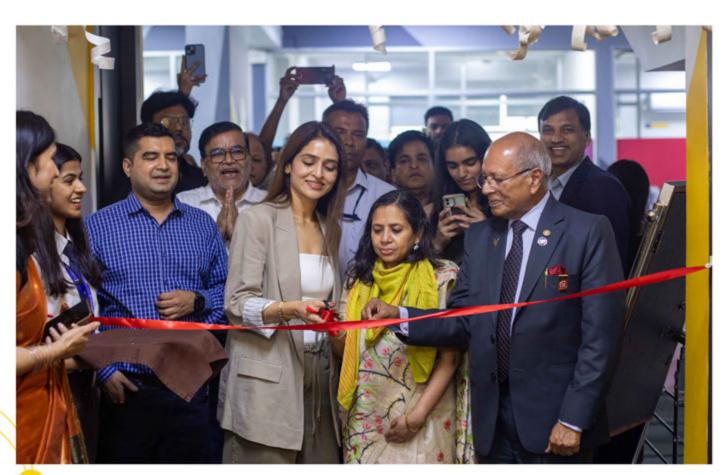




Award Ceremony-Rising and Shining Stars



20 Inauguration of Inspiria Art Gallery



INSIGNIA CLUB

Insignia, the management club, is a dynamic and vibrant community dedicated to fostering leadership, innovation, and excellence among students. With a rich history of organizing engaging events and activities, Insignia provides a platform for students to enhance their managerial skills, network with industry professionals, and stay updated on the latest trends in the world of business and management. Through a variety of workshops, seminars, and interactive sessions, Insignia empowers its members to develop critical thinking, problem-solving abilities, and a deep understanding of the business world.



01

BUILD A BRAND



At the heart of innovation and teamwork, the 'Build a Brand' management event on 27th Sept 2023 brought together dynamic participants to create magic with unique products. Teams dived into the challenge, infusing passion and strategy to carve out distinctive brand identities.

DIZ QUIZ

October 16 at Inspira Knowledge Campus featured an engaging business quiz presented by the Insignia Management Club. For every participant, this event was more than just a competition it was an immersive and dynamic experience.



O3 STRATEGEM SUMMIT

The Stratagem Summit 2024, hosted by Insignia Management Club of Inspiria Knowledge Campus, witnessed the convergence of strategic brilliance and leadership prowess among student managers. Under the adept guidance of anchors Sakshi and Aditya Chhetri, the event unfolded across two intense days, with participants vying to showcase their managerial mettle.



INSPIRIA TV



Inspiria TV - Students Team and works Inspiria TV for creating media professionals with the aim to cultivate a hub of creators and makers. Where the students are trained to work as professionals with first hand experience of working in a channel. There are more degrees, more qualifications, and more capabilities than there are jobs! Inspiria TV focuses on solving that, or taking a step towards lessening that problem. Hence comes the birth of Inspiria TV, a boon for the media science students of this college and an open platform for all other departments. Where the platform focuses on getting students industry ready and making them employable.















ESPERANZA 3.0

Inspiria TV produces trending content on a regular basis to give students an opportunity to work for a media platform. In the year 2023-24, school of media and design hosted a media fest known as Esperanza 3.0, this fest gathered an ample amount of professional speakers and attendees which helped them gain insight on the relevant topics and in the field of media.







Industrial Visit

Inspiria TV produces trending content on a regular basis to give students an opportunity to work for a media platform. In the year 2023-24, school of media and design hosted a media fest known as Esperanza 3.0, this fest gathered an ample amount of professional speakers and attendees which helped them gain insight on the relevant topics and in the field of media.







TOASTMASTERS CLUB

Dare to dream, dare to speak, and let your journey of inspiration begin here-Inspiria Toastmasters Club stands as a beacon of inspiration, igniting flames of excellence in every member's journey. Within its vibrant meetings, individuals transform into confident speakers, adept leaders, and lifelong learners. The club's nurturing environment fosters growth, encouraging members to step beyond their comfort zones and embrace challenges with courage. At Inspiria Toastmasters, every speech is a story, every evaluation a stepping stone, and every meeting an opportunity to shine. Through constructive feedback and supportive camaraderie, members refine their communication skills, unlock their potential, and embark on a path of continuous improvement.

Inspiria Toastmasters Club celebrates a legacy of success with prestigious awards, including physical awards Rising Star, Excellence Ensemble Award, DCP Marvel Award. ITC also secured 1st place for EC poster design contest and Design of the Month Award and 3rd place for Insta active award of the month. Our club members shine bright with their well-deserved awards such as winner positions in contests like evaluation, International speech contest and Table Topic contest.

In our club, every event is an opportunity to celebrate diversity, foster unity, and create memorable experiences for our members. From festive occasions like Halloween, Diwali, and Holi to milestone celebrations like our grand 225th session, each event brings us together in a spirit of joy, learning, and camaraderie. Each of these events has left an indelible mark strengthening bonds, fostering inclusivity, and creating cherished memories.

Inspiria Toastmasters Club stands as a sign of growth, learning, and empowerment within our community. Through its dynamic sessions, supportive environment, and focus on communication and leadership skills, the club has nurtured countless individuals, transforming them into confident speakers and effective leaders.



We have some dedicated leaders serving Area and Division











DRAMA CLUB

Asst. Prof. Taqui Haider founded the Inspiria Drama Club, which has showcased several memorable performances both on and off-campus. Not only did students take the stage, but the teacher also surprised students with performances on Teacher's Day. Under Asst. Prof. Taqui Haider & guidance, the Drama Club has garnered significant appreciation and attention in recent times. The collective efforts of the team have led to numerous accolades, including first-place rankings, for their memorable performances across various colleges.

The Inspiria Drama Club fosters student involvement in dramatic productions, offering opportunities for them to showcase their talent through plays. Through theatre training and nurturing positive mental relationships, this club accompanies students at every stage of their life journey. Its repertoire includes play acts that enhance youths' storytelling abilities, empowering them to express themselves freely. By cultivating leadership skills, teamwork, communication, and storytelling prowess, the club creates a space for vulnerability, laughter, and skill development among young members.



ACHIEVEMENT

2019 - STREET PLAY 1ST POSITION-SALESIAN COLLEGE FEST

2020 - ONLINE PERFORMANCE - REAL SUPER HEROES - DEDICATED TO COVID WARRIORS

 2022 - AWARENESS OF CHILD SEXUAL ABUSE - BEST NUKKAD NATAK AWARDED BY YI

2023 - GABBAR MEETS SANTA - TERAI BAZAR FESTIVAL - MONTANA VISTA

2023 - GHALIB IN INSPIRIA - INSPIRIA YOUTH CARNIVAL

2023 - RANGREZ - INTERNATIONAL COLORS DAY

2024 - KANTA VEER - WOMEN'S DAY

2024 - UTOPIA SWAG - INSVAGANZA



HEALTH CLUB

At Inspiria Knowledge Campus, we believe that true health encompasses not only physical fitness but also mental and emotional well-being, as well as cultural enrichment. This holistic approach to health is essential for fostering responsible citizenship and building a healthy society. Our Health Club serves as a platform for students to actively engage in activities aimed at promoting overall well-being, including mental, physical, emotional, and social aspects.

Students are encouraged to adopt the principles of 3R (reuse, recycle, regenerate) and are educated about the importance of sustainability. Additionally, the club promotes cleanliness initiatives and advocates for the elimination of plastic products on campus. By raising awareness about proper hygiene and sanitation practices, we aim to instill in students a sense of responsibility towards their own health and the well-being of their community.



Health Check-Up Camp

Health Checkup Camp has been organized by the health club in association with Medica Synergy, Siliguri. The camp was conducted to provide a basic health check up to the faculties and students of Inspiria









O2 Seminar on Nutritional Diet

A seminar was conducted on proper diet and health by Ms. Anita Sha followed by Q & A Session.





Alumni Talk

Talk by Ms. Shreyasi Deb, Manipal Hospital Bangalore. Ms. Deb became part of our webinar on How to be part of an organization in the Health care sector from the context of an HR. She had answered questions raised by students regarding the various facets associated with working in Healthcare organization.







LITERARY CLUB

The Inspiria Literary Club aims to provide a platform to the students for creative expression in its various forms. It has been established with the motive to impart a sense of fulfilment and confidence which one achieves through proactive participation in literary activities. In 2022 the Club launched "I Critique", a forum for students to present reviews of books, movies and series. Some of the events organised by the Club are:



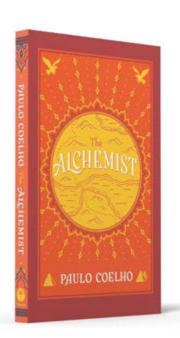






Alchemist

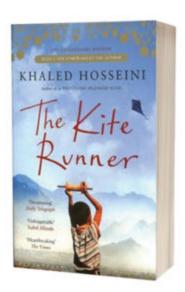
The "Bibliophilia" book review session, led by Ayush Bajaj, Parampreet Dutta and Prajjual Shankar, discussed Paulo Coelho's "The Alchemist" on Book Lovers Day. Diverse perspectives on manifestation and magic were explored, with students and teachers actively engaging. The event featured vibrant discussions, plans for future sessions, and a stall showcasing student-made bookmarks.

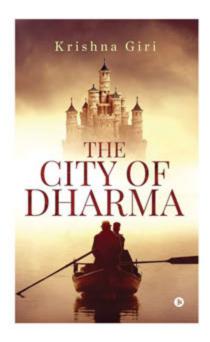




Kite Runner

"The Kite Runner" book review session, led by Sayan on 23th November, 2023, explored Khaled Hosseini's acclaimed novel. Diverse viewpoints on redemption and friendship were discussed, fostering engaging dialogue among students and teachers. The event featured vibrant discussions and plans for future sessions.







City of Dharma

A book review session for "City of Dharma" by Krishna Giri was moderated on 16th Feb,2024 by Ayush Bajaj and Parampreet Dutta. Author Krishna Giri, hailing from Assam, shares his vibrant portrayal of Guwahati in his book, drawing inspiration from his childhood and family. Join us for a captivating exploration of his work.



Soliloquy: Slam Poetry

The Inspiria Literary Club hosted "Soliloquy," a Slam Poetry Competition, on March 20th, 2024, at the Lecture Garden. This event celebrated creative expression through poetry, providing participants with a platform to showcase their talent. With an afternoon filled with captivating performances, Soliloquy was a memorable celebration of artistic expression.



NSS CLUB



The Motto of NSS reflects the essence of democratic living and upholds the need for selfless service. NSS Unit at Inspiria helps the students' development & appreciation for other people's points of view and shows consideration towards other living beings. It also creates a sense of belonging in the minds of the students. The aim is to cultivate the character and personality of the students by engaging them in community service. NSS volunteers partake in activities such as awareness campaigns, health camps, cleanliness drives, blood donation camps, and tree plantation drives, among others, to foster a sense of responsibility and empathy in students towards the community and promote national integration. Participating in the NSS program offers benefits not only to the community but also to volunteers, as it develops their leadership, communication, and teamwork skills. It also presents an opportunity to interact with individuals from diverse backgrounds and learn about their cultures and beliefs. The NSS program is integral in developing students' characters and enhancing society. It promotes social responsibility and civic consciousness and encourages young people to become active citizens who contribute to the growth and development of the nation.



Our Drives:

- —» Mega Yuva Enrollment Drive
- -» National Youth Day
- -» Parakram Diwas 2024
- -» Pariksha Pe Charcha
- -» E.V Awareness
- » Digital Literacy Drives





DEPARTMENT GROUP PHOTOS



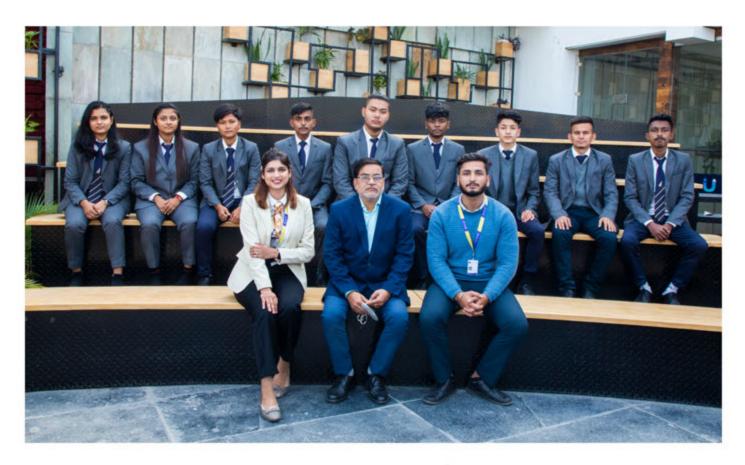
BBA (Business Management) | Batch 2021



BBA (Hospital Management) | Batch 2021



BBA (Global Business) | Batch 2021



BBA (Sports Management) | Batch 2021



BSc in HHA (Hospitality and Hotel Administration) | Batch 2021



B.Sc in Film and Television | Batch 2021



BCA (Bachelor of Computer Application) | Batch 2021



B.Sc in Media Science | Batch 2021



B.Sc in Multimedia, Animation and Graphic Design | Batch 2021



B.Sc. in Interior Designing | Batch 2021



Sustainable Food: **WHY DOES** IT MATTER?



Anjani Nandan HOD, HHA

In recent years, sustainable food has gained significant traction as people become increasingly aware of the environmental, social, and health implications of their dietary choices. Sustainable food encompasses a range of practices aimed at reducing the ecological footprint of food production and consumption, promoting fair labour practices, and improving nutrition and food security for all. In this blog post, we will delve into the importance of sustainable food, explore various sustainable food practices, and discuss how individuals can contribute to a more sustainable food system.

Why Sustainable Food Matters?

The current global food system faces numerous challenges, including climate change, biodiversity loss, soil degradation, and food insecurity. Unsustainable agricultural practices contribute to greenhouse gas emissions, deforestation, water pollution, and depletion of natural resources. Moreover, industrialized food production often relies on monoculture farming, excessive use of chemical pesticides and fertilizers, and exploitation of labour, negatively impacting ecosystems and communities worldwide.



In contrast, sustainable food practices prioritize environmental stewardship, social equity, and economic viability. By supporting sustainable agriculture, we can mitigate the adverse effects of food production on the planet, conserve biodiversity, protect natural habitats, and promote resilience to climate change. Additionally, sustainable food systems emphasize fair wages, safe working conditions, and empowerment of small-scale farmers and food producers, fostering inclusive economic development and social justice.

Fundamental Principles of Sustainable Food

Organic Farming: Organic agriculture eliminates synthetic pesticides, herbicides, and genetically modified organisms (GMOs), promoting soil health, biodiversity, and ecological balance.

Agroecology: Agroecological practices integrate traditional knowledge and ecological principles to design resilient farming systems that enhance soil fertility, water retention, and pest management while reducing dependence on external inputs.

Local and Seasonal Eating: Choosing locally grown, seasonal produce reduces carbon emissions associated with transportation and supports regional economies and food sovereignty.

Plant-Based Diet: Shifting towards a plant-based diet reduces the environmental impact of food production, including land use, water consumption, and greenhouse gas emissions, while improving health outcomes and animal welfare.

Food Waste Reduction: Minimizing food waste at all stages of the supply chain, from production and distribution to consumption, conserves resources, reduces methane emissions from landfills, and addresses food insecurity.

Examples of Sustainable Food

Mushrooms: mushrooms can make use of by-products recycled from other crops as compost for growth, they have an extremely low environmental impact. They also use very little water — under two gallons per pound — and contribute extremely low CO2 emissions. Mushrooms also require tiny land; just one acre can produce up to one million pounds of mushrooms.

Pulses: Beans, lentils, peas, and other legumes are some of the most widely available sustainable foods on the market. They require little water to produce a high yield. Legumes have an additional superpower in sustainable farming—they're nitrogen fixers working in cooperation with helpful bacteria called rhizobia.

Mussels: Unlike many types of seafood, mussels can be produced sustainably. While they can be harvested in the wild, most mussels are farmed using long lines strung in the water. This aquaculture has a fraction of the environmental impact of farming more traditional animal proteins, using no land and requiring no feed. Harvesting doesn't result in large amounts of by-catch or damage to ecosystems. Furthermore, mussels actively help reduce greenhouse gasses by removing carbon dioxide from the ocean to grow their shells. Their meaty texture and high protein content make them a fantastic alternative to other, less sustainable options.

Seaweed: Seaweed is a highly nutritional food, and its production is the least impactful form of aquaculture. Seaweed gets everything it needs from the water around it, providing generous yields without the need for fertilizers and no pollution. In addition, seaweed filters excess nutrients such as phosphorus and nitrogen from the water, offering a solution to problems posed by agricultural runoffs, fish farms, and sewage facilities.

3D GREEN GLAM CREATION PROJECT

Through the 3D Green Glam Creations Project, students promote sustainable fashion. They start by designing 2D croquis and then transform them into 3D forms using ecofriendly materials like paper, wool, and coconut shells, showcasing the importance of eco-friendly practices. Green Glam merges style and sustainability, redefining glamour to emphasize luxury alongside environmental responsibility. This unique approach to fashion design combines creativity, sustainability, and innovation, symbolizing a shift towards more environmentally conscious practices in the fashion industry. Green Glam celebrates elegance aligned with ethical principles, conveying that fashion can inspire sustainable practices for a stylish, eco-friendly future.

Through 3D Green Glam Creations and the spirit of Green Glam, students remind us that fashion can be a force for positive change. As we embrace sustainable practices, let us remember the words of Vivienne Westwood: "Buy less, choose well, make it last.





Deepika Bansal HOD, BFDM



My Granny's Eco-friendly Lifestyle:

A Sustainable Home Journey

My grandmother's life develops in her old, peaceful, purposeful chalet with simplicity and purpose. She dedicates herself to tending a flourishing vegetable garden amid the charming rusticity of her surroundings, where the earthy aromas of newly churned soil and brilliant greens fill the air. She loves growing her food and takes great pleasure in giving her priceless plants the loving attention they require daily.

She knows the importance of everything she has and how it affects the environment. As a result, she not only reduces waste when it comes to clothing but also cultivates a greater appreciation for the things she does own.

She uses natural ingredients' power to make mild yet potent cleansers that leave her house spotless without endangering the environment. She creates all-purpose sprays utilizing vinegar, baking soda, and essential oils that effectively remove stains and smells while leaving a clean, fresh aroma in their wake. My granny creates her cleaning products, reducing her reliance on plastic-packaged store-bought goods and keeping her home free of harsh chemicals commonly found in commercial cleansers.

She is passionate about sustainable living and takes care of a thriving garden that is a lively representation of her devotion to environmental stewardship. Tucked away in her backyard, this lush haven is bursting at the seams with vibrant flowers, a bounty of fresh fruit, and healthy plants. She uses organic gardening techniques to carefully tend to her garden, forgoing synthetic pesticides and fertilizers in favour



Neha Thapa Assistant Professor



of organic substitutes that support biodiversity and soil health. She enhances the soil by adding nutrient-rich mulch and composting kitchen trash, creating a vibrant ecosystem of earthworms and helpful microorganisms.

With every passing season, her garden produces an abundance of fresh treats, from aromatic herbs and juicy fruits to crisp, sun-kissed veggies. In addition to providing her body and soul with nourishment, these fresh, nutrient-dense offerings also lessen her dependency on store-bought produce carried from far-off places, reducing her carbon footprint and promoting local food systems.

Beyond its usefulness, her sustainable garden is a wildlife and pollinator refuge, offering food and habitat for bees, butterflies, birds, and other critters. She cultivates a harmonious relationship with the environment by using mindful gardening techniques, acknowledging the interdependence of all living things and the significance of protecting biodiversity for coming generations.

My grandmother exemplifies the ageless knowledge of living in tune with nature and appreciating the beauty of life's necessities through her straightforward yet profound style of living. Her delicate footsteps are a timeless reminder of the great delight that arises from tending to the things that genuinely matter and the richness found in simplicity.

As an exemplar of water-wise sustainability, my grandma carefully preserves this invaluable resource by employing effective technologies and thoughtful methods. She treats water use with reverence and care, realizing the significance of protecting this limited resource for coming generations. She has a profound grasp of water's critical function in supporting life.

She uses various techniques in her daily activities to reduce water waste and increase effectiveness. She carefully attends to drips and spills, ensuring each drop is appreciated and used to the maximum extent possible.

Water-wise landscaping techniques like drip irrigation and intelligent scaping keep her garden lush and colourful while using less water. She builds a resilient landscape that survives on little irrigation, even during dry spells, by choosing native plants resistant to dryness and arranging them in groups based on how much water they require. She uses the rainy season to gather rainwater in barrels and cisterns, utilizing the abundance of nature to help her garden get the extra water it needs. In addition to lowering her dependency on municipal water supplies, this rainwater harvesting lessens



the adverse effects of heavy rains on her land and the surrounding ecosystem by reducing runoff and erosion.

By adopting water-wise practices, she conserves a valuable resource and sets a positive example for people in her community. She shows that even tiny adjustments may have a significant impact by adopting sustainability at home. This encourages people to take similar action in their own lives and work together to create a future that is more resilient and water-wise.

She understands the many advantages of boosting the local economy and building relationships with her neighbours, so she strongly supports small businesses in her neighbourhood. Her unwavering dedication to sustainability and community fortitude drives her to shop locally wherever possible, favoring small neighbourhood businesses over more prominent brands.

She supports the life and energy of her town by shopping in neighbourhood markets, boutiques, and artisan spaces, and she has access to highquality products and services. She cherishes the relationships she develops with owners and artisans who take care of their craft and take the time to understand her particular requirements and preferences. She values the personal touch and attention to detail that local companies bring.

My grandma embraces the concepts of sustainability and food sovereignty by choosing fresh, seasonal foods that are carefully farmed and harvested and by supporting local farmers and producers. She lessens the environmental effect of transportation and promotes agricultural methods that prioritize soil health, biodiversity, and the ethical treatment of animals by purchasing locally sourced food.

Furthermore, my grandmother knows that every rupee spent locally has a ripple effect that benefits the community by promoting prosperity and economic growth. By investing in local companies, she contributes to developing social links, employment prospects, a sense of community, and support among neighbours.

Her simple living proves that sustainability is a way of life that should be shared and lived. In addition to sustainability, she leaves a legacy of optimism and empowerment, demonstrating the immense impact one can have when one chooses to live in peace with the natural world.



DENIM REBORN

UNVEILS SUSTAINABLE STYLE



Deepika Bansal HOD, BFDM



In a trailblazing and eco-conscious initiative, Inspiria's Fashion Design department recently staged a dazzling event titled "Denim Reborn." In this transformative showcase, discarded and stained pieces of denim underwent a creative transition, emerging as innovative and stylish garments. The entire creative journey, from conceptualization to execution, was a testament to the students' creative flair and skill. Every facet, encompassing design, stitching, construction, and decoration, was meticulously undertaken by the students, showcasing the depth of their talent.

This hands-on approach instilled a sense of ownership and pride and highlighted the institution's commitment to empowering students to evolve into adept and self-reliant professionals. Beyond affirming sustainability, the show celebrated the inherent creative potential within the domain of upcycling. What set this exhibition apart was the active participation of Inspiria students as models, confidently showcasing these freshly upcycled creations on the runway.

"Denim Reborn" marked a remarkable fusion of creativity and sustainability and exemplified Inspiria's dedication to nurturing a generation of fashion-forward individuals with a strong sense of craftsmanship and responsibility. The runway became a dynamic canvas, showcasing the convergence of fashion, creativity, and environmental responsibility. This unique blend of sustainable fashion and student involvement underscored the significance of repurposing materials. It highlighted the institution's commitment to fostering a holistic and socially responsible approach to its educational pursuits. The Denim Reborn fashion show not only unveiled a new dimension of style but also conveyed a powerful message about embracing sustainable practices in the ever-evolving fashion world.





In summary, 'Denim Reborn' stands as a shining example of how innovation and sustainability can intersect to bring about positive change in the fashion industry. This initiative, which transforms discarded denim into stylish garments, contributes to waste reduction and reshapes our perceptions and approaches to fashion consumption. As the wave of sustainable fashion gains momentum, 'Denim Reborn' demonstrates the potential for creative solutions in tackling environmental challenges, leaving a lasting impression on the industry and inspiring a more conscientious approach to fashion consumption.

In threads of blue, a tale retold,
Denim reborn, in green and gold.
From discarded threads, a fashion reclaims,
Sustainability, in every stitch, it proclaims.



THE NEED FOR SUSTAINABILITY IN SPORTS EVENTS



Mr. Nallamilli Neehar Reddy Assistant Professor

The three pillars of sustainability are environmental, social, and economic. This article cites multiple instances where at least one of the pillars above failed for an easier understanding of the need for sustainability.

Sports events are notoriously difficult to execute. Several recorded instances in history show that several nations and organizations ended up in ruin for failing to execute within planned premises.

The entire country of Greece endured the worst due to the financial hole dug by excessive and irresponsible spending of more than \$15 billion to host the 2004 Summer Olympics. This spending played a part in the eventual Greek economic meltdown in 2010. It was estimated that Greek taxpayers shouldered an average of \$56,000.

Another instance was when Brazil spent billions of dollars to build new stadiums to host the 2014 FIFA World Cup. Being a prosperous nation with a football legacy and already possessing several fully functional iconic stadiums, the organizing personnel thought it was a good move to develop new stadiums in the remote parts of the country, which were readily inaccessible by the roads.

The intention is to place the new facilities closer to the central parts of the country to engage more local people. Once the tournament ended, those stadiums and facilities built around them lost all of their value as there were no local football clubs nearby to house them. They were left desolate as there was no value in return, forcing the government to detach from renovating or maintaining the facilities.

No other sport is more associated with higher carbon emissions than Formula 1. The grand strategy of FIA (Fédération Internationale de l'Automobile) efficiently is to reduce the carbon footprint by 20% by 2025 and by 50% by 2030, using sustainable fuels in cars. Approximately only 0.7 per cent of the sport's carbon emissions stem from using F1 cars. The real problem lies not with racing but with the transportation involved to match the demands of the race calendar across the world, requiring teams, organizers and fans to travel to over 21 countries at the very least.

The irony of the entire fiasco is the planning of the FIA concerning the scheduling of the Grand Prix calendar every season, where the said races aren't scheduled in a strategic order and are scarcely considered being placed either, as monetary gains heavily influence the Grand Prix hosting rights. There is a tremendous demand for particular races to be hosted at a specific period, which always results in incoherent mapping. For the 2024 season, the teams must travel from China to the U.S.A., Italy, and Monaco to Canada within 40 days and revisit the same continent at a preceding season stage for other races.

Delving into the Indian sports events space, the glamour and extravaganza take the driving seat for any major sports event within the country. The biggest cricket league in the world, the Indian Premier League, embodies how the organizers and administrative bodies involved in planning and execution don't care about sustainability.

On average, an IPL franchise must travel by air to three cities a week and stay in luxurious hotels in three different cities for almost two months, leaving a huge carbon footprint. The other major players in Indian sports events are the National Games and Khelo India Youth Games, where tens of crores of rupees are spent on the not-so-necessary and mediocre branding of the host city and the venue itself to promote the event. There aren't many external sponsors involved, either.

Looking at the brighter side, some stories show that employing sustainable practices leads to greater good. England hosted the 2012 London Olympics, where many temporary dynamic structures were constructed and removed in the aftermath.

There was also the Pro Kabaddi League, where all the teams, as a touring party, visited a single city to play multiple games and moved on to another till the end, resulting in lower operating costs and lower overall carbon emissions.

The Paris 2024 Olympic Games will be the most sustainable, besting emissions from Tokyo's games. This is remarkable, as none of the spectators were allowed due to the then-ongoing COVID-19 pandemic.

The predicted emissions are 1.75 million metric tons of CO2 this time, whereas the three previous editions of the Olympics have emitted an average of 3.5 million metric tons of CO2. In addition to avoiding and reducing emissions, the sustainable concepts of reusing and recycling, harvesting renewable energy, travel, and food choices will be implemented.

Some of the practices that can be incorporated into sports events are efficient scheduling, using existing sports facilities, and constructing new facilities if deemed necessary with a long-term view. Other practices include recycling practices, efficient public transportation to carry masses, and opting for green energy usage. But with billions of dollars of revenue and reputation at stake, will the stakeholders have any intention of being sustainable?

PAVING THE PATH OF A GREEN ECONOMY FOR TOMORROW'S

SUSTAINABLE INDIA



Dipanwita Sikdar Assistant Professor

In the pursuit of a sustainable future, India is leading the way in a transformative journey towards eco-friendly practices and investments across all sectors. The concept of Green finance has emerged as a beacon of hope, offering a strategic framework to channel financial resources towards environmentally sustainable projects and initiatives. This paradigm shift is not just a passing trend; it is a crucial step towards securing a prosperous future for generations to come, instilling hope in the hearts of all those who believe in a greener, more sustainable world.

The seeds of India's green finance revolution were planted in 2007, with the RBI's initiatives focusing on "Corporate Social Responsibility, Sustainable Development, and Non-financial directives for banks". Since then, The United Nations Environment Programme (UNEP) has been working to align financial systems with the 2030 Sustainable Development Agenda to address environmental challenges and promote sustainability.

But why this sudden surge in demand for green finance? The tracked data of Green Finance in 2020 was INR 309 thousand crores per annum, approximately a fourth of India's needs, leading to concern about future generations' well-being. The numbers speak for themselves. Despite progress, green finance flows in India are falling short of the nation's current needs. With only a fraction of the required funds being allocated to environmentally sustainable projects, there is an urgent need to act for the well-being of future generations, compelling us to take immediate action.

India, at the 26th session of the United Nations Framework Convention on Climate Change (COP 26) in November 2021, announced its target to achieve net zero by 2070. Green finance encompasses various financial products and services, including Green bonds, Green-tagged loans, Green investment funds, and Climate risk insurance. These instruments play a pivotal role in supporting projects and activities that mitigate environmental harm and facilitate the transition to a low-carbon economy.

The benefits of embracing green finance:Organizations can drive transparency and accountability by prioritizing environmentally responsible investments while fostering innovation and job creation. Moreover, green finance offers a pathway to achieving a harmonious balance between ecology, environment, and economy, thereby reducing the costs associated with environmental degradation.

Current trends in India: Initiatives such as the Climate Change Finance Unit, SEBI'sSEBI's guidelines for green bond issuance, and ambitious renewable energy targets underscore the government's commitment to fostering a green economy. From 30% subsidizing rooftop solar installations to promoting electric vehicles through schemes like FAME and Green Car Loans, policymakers are laying the groundwork for a sustainable future.

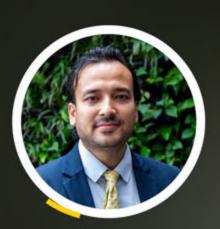
As we confront unprecedented challenges like climate change and biodiversity loss, the need for bold and decisive action has never been more apparent. By embracing the principles of green finance, India can pave the way for a brighter, more sustainable future. Let us seize this opportunity to shape a world where economic prosperity coexists harmoniously with environmental stewardship.



THE RISE OF

MOBILE JOURNALISM IN INDIA

A PARADIGM SHIFT IN NEWS REPORTING



Taqui Haider Assistant Professor

India's mobile journalism industry is expected to increase due to shifting media consumption patterns and technology improvements. With about 500 million smartphones and rising internet penetration, news reporting has become more accessible than ever, thanks to mobile devices. Equipped with cell phones, citizen journalists are now frontline reporters, documenting events as they happen and providing real-time information. For example, during the COVID-19 pandemic, people reported the virus's effects on communities using mobile smartphones, offering vital information and increasing awareness.

In addition, social media sites like Facebook, YouTube, and Twitter have allowed citizen journalists to tell their stories anywhere without being restricted by traditional media gatekeepers. This trend has enhanced the news landscape with its multiplicity of tales and perspectives. However, the growth of user-generated material also has drawbacks, such

as false information and moral conundrums. Media companies are using mobile journalism tools to authenticate and validate user-generated material to overcome these problems.

Future developments in mobile technology, such as augmented reality and 5G networks, will further transform news reporting in India. As mobile journalism redefines the role of established media sources in influencing public conversation, it will also continue to democratize the news ecosystem by promoting accountability, transparency, and civic involvement.

Environmental Sustainability through Mobile Journalism: A New Era in News

The widespread use of smartphones and readily available digital platforms has made mobile journalism possible, drastically changing how news is gathered and distributed in the conventional sense. This paradigm change has significant ramifications for sustainability in several ways. By prioritizing mobile devices over desktop computers, the environmental impact of traditional journalism practices is considerably diminished. Mobile journalists help conserve resources and reduce carbon footprints by relying less on physical infrastructure and transportation, which aligns with international sustainability goals.

The real-time nature of mobile journalism enables swift responses to pressing environmental challenges and crises, facilitating informed decision-making and community engagement.

Whether reporting climate change impacts, environmental degradation, or sustainable development initiatives, mobile journalists are crucial in raising awareness and catalyzing positive action. In essence, the rise of mobile journalism in India heralds a transformation in news reporting and a paradigm shift towards more sustainable media practices. By harnessing the power of technology and amplifying the voices of communities, mobile journalism emerges as a catalyst for sustainability, fostering a more informed, inclusive, and resilient society.



INDIA TOWARDS SUSTAINABLE EDUCATION



Sushmita Dutta
Assistant Professor

"Vasudhaiva Kutumbakam"

The world is one family, and India's cultural legacy originated in the Hindu text Maha Upanishad. India has a rich history of education and scholarship, with institutions like Nalanda playing a crucial role in nurturing knowledge and disseminating it worldwide. Nalanda is one of the oldest known universities and "the first residential university" in the world. It was a renowned centre of learning in ancient India, particularly during the Gupta dynasty and later the Pala Empire, which thrived from the 5th to the 12th century CE. It attracted scholars and students worldwide, including Central Asia, China, Southeast Asia, and the Middle East. It encompassed subjects like Philosophy, Theology, Logic, Grammar, Astronomy, Mathematics, Medicine, and more. This multicultural environment fostered the exchange of ideas, languages, and cultures, making Nalanda a womb to nurture education and culture internationally.





Modern India is following its legacy by introducing concepts like internalization of education, a recommendation of the Radhakrishnan Commission and set as a motto of NEP 2020. The goal is to make the Indian education system self-reliant and compliant with global standards, which will result in attracting more students from abroad. The purpose is to strengthen institutional research and knowledge production capacity by complementing resources, skills, and knowledge through interuniversity alliances and collaborations.

One such move was recently achieved by establishing a second campus of IIT Delhi in Abu Dhabi. This marks a camaraderie between India and the UAE. The collaboration between these two countries also reaffirms the bonhomie in India—UAE bilateral relations.

Demonstrating India's innovation and expertise in Science and Technology, the campus is set to serve as an edifice in education, reflecting a shared vision for educational excellence, innovation, knowledge exchange, and investment in human capital.

Taking forward the legacy of escalating education, this collaboration results in manifold ways:

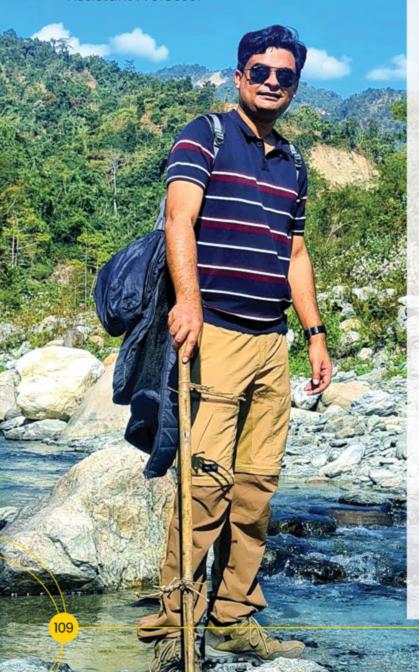
- Academic excellence: The curriculum is meticulously tailored to meet the region's needs and aspirations. Leveraging IIt Delhi's top-notch teaching and research, the New campus in Abu Dhabi aims to offer excellent academic programs and innovative regionspecific activities.
- Futuristic vision: The courses offered in Masters in Technology in Energy Transmission and Sustainability address the pressing need for clean energy transitions.
- iii. Academia—Industry Interface: To meet the emerging global challenges, the research agenda is an interface between academia and industry requirements, merging AI, Data Analytics, Energy, sustainability, and Healthcare. UAE designating 2023 as a year of sustainability is a testimony to this goal.
- iv. Multiculturalism: The amalgamation of cultures, ideas, and perspectives helps strengthen the bonds between Indian and Emirati students.

As a premier educational institution, IIT Delhi marked its global presence, contributing to India's reputation as a global leader. Vishwa Mitra is committed to shared prosperity and the philosophy of Vasudhaiva Kutumbakam—the world is one family.



THE UNTOLD STORY OF CHUIKHIM

Dr Anirban Bhattacharya Assistant Professor



I am a traveler, and stopping and staying still terrifies me. I travel through darkness in search of light. The journey can be challenging, but it is rewarding. One becomes a part of the culture, the people and their life. It is not just a matter of great pride but also a great responsibility.

Cradled in the Himalayas in the district of Kalimpong, West Bengal, lies a small, quaint and picturesque hamlet. Chuikhim is a small village situated only 50 kilometers from Siliguri's bustling and cosmopolitan town, yet it seems completely cut off from the rest of the world. The place has a delicate ecosystem of its own. After an hour of back-breaking bolero ride through the meandering broken mountain paths, one reaches the gates of this mesmerizing village. Almost 7 out of 10 people mistake Chuikhim for Sikkim owing to their hidden existence in the mountains and the similar rhyme scheme of the words.

The trip officially started with my visit to Panbu. Panbu offers an unobstructed, nearly 360-degree view of the Kangchenjunga on one side and a bird' s-eye view of the Teesta River valley on the other. The eastern side of Panbu overlooks the Teesta Valley, and the Western side stretches the ancient city of Kalimpong. Beyond the town is the mighty Kangchenjunga.

The people of Chuikhim and places adjoining that fall under the Kalimpong District Block Development have taken the initiative to become zero-waste villages. Waste products must be collected, segregated, reduced, recycled and reused. Garbage collection units have been set up at different cross-sections of the towns for this purpose. This is one of the first steps towards sustainability. Under Swachh Bharat Mission Phase-II of the Government of India and the Global Tourism Plastic Initiative of the UNWTO, the idea is to eliminate plastic and unburden our dear old earth.

On the second day of my trip, I trekked to the Yelbong River Canyon. This is a trekker's paradise. My local guide, Dharam, took me on his scooter and rode to the entry point of the trek. At this point, I learned that one must hire a trained guide familiar with the forest and the cave. For our safety, the locals have established a rule not to allow solo trekkers on the path. They also provide you with a helmet, a mountaineering rope and a Kukri. Rinzing and I developed an incredible bond during the hike. They ensured I was safe, and I shared my snacks with them.



The first part of the hike was downhill and through a dense forest. While heading towards the mouth of the river cave, I met Mr. Francis Rai, the explorer and discoverer of this river canon. He said that as a child, he used to explore this coal-rich region and search for diamonds in the caves in the forest. Although he found no natural diamonds, he saw a metaphoric one. The river canyon has opened up new opportunities for the people of this region. Several homestays have started to crop up around this canyon. River camping has become an important attraction.



After the hike through the forest, I reached the mouth of the river cave. The path before me looked ominous. The path was a narrow gorge with a stream. It was dark, cold and dangerous. The moment you dive into the canyon, the cold hits you hard. The water reached up to my chest as I tried to keep myself steady and walk to the nearest boulder that stood out of the water. It is a three-step canyon. Every step felt like a death trap. The cold water felt like a thousand piercing knives. The rocks were slippery, but the adrenaline rush was elevating.

As I made my way through the narrow canyon, half walking and half swimming, sometimes climbing onto logs of fallen trees that got stuck between the crevices of boulders, I tried to keep my spirits high when my limbs gave away to exhaustion. The Yelbong River trek is still in its budding stage. Suppose the government works hand in hand with the locals and optimizes the environmental resources, maintaining essential ecological processes and conserving natural heritage and biodiversity. In that case, this place could create an economic boom for the region.



The following day, I visited Barbot, a village that Christians mainly inhabit. My friend Noel Lepcha invited me. His family has lived here for three generations, and his grandfather was one of the earliest missionaries to bring Christianity to this region. The whole village was gathered at the church for the Christmas mass, from the oldest to the youngest. The best part was when the town gathered behind the church for a community lunch. The food was simple yet delicious. The intercultural

understanding and tolerance taught me what India stands for. I saw people with different religious beliefs living together in harmony nearby. In and around Chuikhim, I saw people practising Buddhism, Hinduism and Christianity. The Buddhist shrine at the Gumbadara viewpoint, under construction at the time, is an example of religious diversity and tolerance.

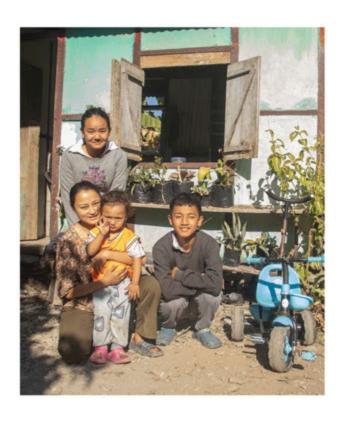


The following day, I visited the local Mine Junior High School. This visit changed my idea about resilience. Against fighting all the odds, this school stands resiliently as a symbol of hope for better days. Chuikhim knows that building a solid foundation for the young generation is mandatory if it needs to be noticed. They are the ones who can make the world acknowledge their presence. They are the future of this little hamlet. This school, with ten teachers and 80 students from classes six to ten, is the future of this village. The school is almost self-sustaining itself.

There needs to be support from the government. The school stands on an elevated ground with only three classrooms and one staff room. The teacher-incharge, Ms. Pushpita Thapa, needs more funds and resources to keep the show running. The meager fees collected from the students keep the wheel rolling. The classrooms have no doors or windows. Although there are switchboards, the rooms have no lights or fans. The teacher-in-charge admitted that she would be forever thankful to some travelers from Singapore who donated funds to construct washroom facilities for the students. It is high time that we take accountability for our loopholes, mistakes, and reluctance.



This trip has left me wiser but more empathetic. I realized that little initiatives taken by the people and taken by the government can go a long way in preserving the ecosystem even after taking the most out of it. Places like Chuikhim, Barbot and Yelbong are starving for attention but have become resilient with their sustainable practices. The onus is on us to bring them into the limelight and preserve this pristine habitat belonging to thousands of birds, animals, butterflies and people living close to the earth. However, the whole experience remains complete if I show my gratitude to the people of Chuikhim, Mr. Hom Khawash, Raymond, Dharam, and last but not least, my friend Noel. They showed me a world which was yet so far hidden from me.







In the lush green hills of North Bengal, amidst the Himalayan foothills, the Toto community resides. This small but resilient indigenous group is known for its sustainable lifestyle and unique cultural practices. Despite facing challenges from modernization and environmental changes, the Toto people continue to uphold their traditions, including their distinctive circular homes and the production of a traditional millet alcoholic beverage.

Sustainable Homes:

At the heart of the Toto community's sustainable lifestyle lies their architectural marvel - the elevated house, locally known as 'ghot.' Crafted from materials readily available in nature, these homes blend seamlessly with their forested surroundings. The slanting shape of the houses is not merely an aesthetic choice; it embodies the community's deep connection to nature and their harmonious way of life. The construction of a Toto house begins with collecting bamboo, thatch, and other natural materials from the nearby forests. These materials are carefully selected for their durability and suitability to withstand the region's challenging climatic conditions, including heavy rainfall and occasional landslides. The house's slanting shape allows for efficient utilization of space while minimizing the impact on the environment.

Millet Alcoholic Beverage:

In addition to their unique housing architecture, the Toto people are renowned for their traditional millet alcoholic beverage, known locally as 'handia.' Handia holds significant cultural and ceremonial importance within the community and is produced using age-old techniques handed down through oral tradition.

The production of Handia begins with the fermentation of millet grains, typically ragi or finger millet, in large earthenware pots known as 'horas.' The fermented mixture is then strained and left to mature, resulting in a mildly alcoholic beverage with a distinct flavour profile.

Handia is enjoyed during festive occasions and social gatherings and is also used in traditional healing practices and religious ceremonies. The beverage symbolizes unity and community spirit, fostering a sense of belonging among the Toto people.

The Toto community's sustainable lifestyle extends beyond its housing and dietary practices to encompass its relationship with the natural environment. As custodians of the forests surrounding its villages, the Toto people deeply respect the land and its resources.

Through traditional ecological knowledge and sustainable harvesting techniques, the Toto community ensures the preservation of biodiversity and the continued availability of forest resources for future generations.



The Sacred Space:

The Story Behind a Eco-Friendly Cafe



The "Sacred space" is a tribute to the supernatural. The supreme creator of the universe that transcends the natural world and defies conventional understanding and that is beyond the realm of scientific understanding or natural laws.

On the occasion of world creativity and innovation day, the students from our Interior designing department participated in an event and the theme was responsible living. They tried to show the value of water and the consequences of its depletion.



Credits

Jeet Dutta, Faizan, Ankita Paul, Ritu Karmakar, Natasha Agarwal, Harshita Sharma, Sanjay Kumar Singh, Tenzing Tshegyal Bhutia, Nilavra Dutta, Irteza Naushed and BID 2023 Batch.



A man with a head of a tap set it in a deserted background emphasizing the scarcity of water, where he is the last surviving man waiting for the water. The concept is an urgent reminder to conserve and appreciate water resources. The whole mock cafe revolves around this concept where we try to give life to the dying man.

Everything in nature is made up of 5 basic elements: Earth, fire, water, air and ether.









The merging of these elements in these contexts symbolizes a deeper connection with nature, the cosmos, or the divine. In various spiritual and philosophical traditions, the merging of these elements is often associated with ideas of balance, harmony, and transformation.

In this context, the working model of the "Tap Man" leads to a new state or condition different from the previous one where the indigenous people are able to access unlimited water resources, leading to a metamorphosis making it super natural and sacred.









Atul Gupta's

Everest Base Camp Trek - 17,598 ft.

A SUSTAINABLE LEADERSHIP ODYSSEY

tul Gupta, the visionary behind Inspiria Knowledge Campus, trekked to Everest Base Camp, embodying sustainable leadership amidst the Himalayas. His journey echoes through the campus, inspiring environmental stewardship. Gupta's message urges students to embrace challenges with resilience and sustainability. His actions reflected a delicate balance between ambition and ecological harmony as he navigated rugged terrain. The campus, reflecting Gupta's vision, champions sustainability.









Shreya Goyal BMAGD, 3rd Year

BANNING SPECIFIC DOG BREEDS IN INDIA IS NOT ACCEPTABLE!



s a fervent advocate for the welfare of all dogs, including stray dogs, I firmly believe that banning specific dog breeds in India is not only misguided but also ineffective. While the intention behind such measures may stem from concerns about public safety, they overlook the root causes of dog-related incidents and fail to address them effectively.

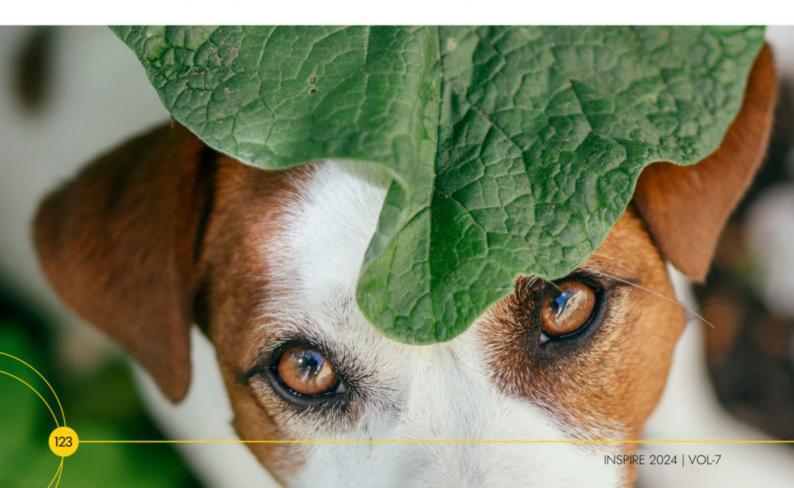
At the heart of this issue lies a fundamental misunderstanding; it's essential to understand that a dog's behaviour is primarily shaped by its environment and upbringing rather than its breed alone. Singling out certain breeds as inherently dangerous overlooks the individual temperament and upbringing of each dog. Any dog, regardless of breed, has the potential to exhibit aggression if "it is mistreated, neglected, or improperly trained." The results have been far from desirable in areas where BSL (breed-specific legislation) has been enforced, such as parts of the United States and Europe. Studies have consistently shown that it does not significantly reduce dog bites or attacks. Instead, it often leads to the discrimination and euthanasia of innocent dogs solely based on their appearance. This is a grave injustice that we must not allow to happen in our communities.

Banning specific breeds also perpetuates harmful stereotypes and prejudices against certain dogs, leading to discrimination and stigmatization. This unfairly targets responsible dog owners and their beloved pets and detracts from promoting responsible ownership and education about canine behaviour.

Instead of resorting to blanket bans, we have the power to implement measures that truly make a difference. These measures focus on responsible ownership, education, and community engagement. By promoting proper socialization and training for dogs, encouraging owners to spay and neuter their pets to prevent overpopulation, and establishing dog-friendly spaces where owners can safely exercise and socialize their dogs, we can create a safer and more harmonious environment for all.

Investing in public education campaigns that teach people how to interact safely and respectfully with dogs can help prevent incidents and promote positive relationships between humans and animals. By fostering understanding and empathy, we can create a society where people and dogs coexist harmoniously.

Ultimately, the key to creating safer communities for people and dogs lies in proactive measures focusing on education, responsible ownership, and community collaboration. By working together to address the root causes of dog-related incidents, we can create a society where all dogs, regardless of breed, are treated with the love, respect, and compassion they deserve. I urge policymakers and communities in India to reject the notion of breed-specific bans and instead embrace approaches that prioritize education, responsible ownership, and compassion.



SUSTAINABLE DEVELOPMENT



Preetika Thapa BCA 1st year



Sustainable development is a term that gained popularity worldwide in the 1980s by the World Commission on Environment and Development. It spoke about the urgency and the need for the people to meet the needs of the present without compromising future needs.

The selfish idea of thinking only about "ourselves" will lead to severe crises in the future, such as globalization, environmental degradation, biodiversity destruction, and many more. To practice sustainable development, one must know what it is.

The main idea behind sustainable development is that any progress, be it economic, environmental, or social, everything can be achieved without depleting the earth's resources and using only what is needed.

The explosion in the human blast is one of the primary reasons for the unsustained development tendency. With more people, there is a higher utilization of resources and, on the other hand, increases the probability of poverty due to insufficient resources; there are other reasons for an unsustained world. We must take care of all the aspects and protect "our common future".

The main objective of sustainable development is to stabilize our social, economic, and environmental requirements. It is a wonderful way to conserve natural resources by using them sustainably so that they do not become extinct or lead to the extinction of species.



Rudraksha Pradhan BCA 1st year

DYSON SWARMS, RINGWORLDS AND MORE

Have you ever watched Iron Man? Most readers have it, but let me introduce you to the character anyway. For a fundamental description fit for a beginner: Ironman, or rather the man behind the Iron, Tony Stark, is a billionaire playboy supergenius who figured out how to size down a nuclear reactor from taking up an entire town to no larger than an apple (the fruit, not the phone) and affix it upon a suit of armour that he uses to fight a Purple Simpson with a Groovy Golden Gauntlet. A typical nuclear reactor generates about 1 Gigawatt of energy in an hour.

You may be thinking, "What would I do with just 1 Gigawatt of Energy?"

My friend, if you had not failed Physics in Class 10, you would have known that 1 Gigawatt of energy can power about 30,000 average American homes (I couldn't find a global average; hurray, America for making their business everyone else's) or 1,000,000 typical electric vehicles for an entire day. Imagine having such incredible power in the palm of your hand. What if I told you this is not just a possibility but a SURETY! (About a million years in the future, but nonetheless)

The Dyson Swarm has always been a constant floater around Science Fiction columns since its coinage by Freeman Dyson in 1960. With Solar Power becoming a reality, the Dyson Swarm seems close enough. A Dyson Swarm is a multitude of structures capable of directly harnessing the energy of the Sun. It does so by orbiting near the Sun and capturing the terajoules of energy that usually dissipates to space before reaching our planet.

Now, let's take this into an ecological context. A Dyson Swarm would not only deal with climate change, water scarcity, and habitat destruction (in a given time) but also allow humans to artificially create an entire world.

Interstellar (2014) is one movie that features such a world. When Matthew McConaughey (Cooper) is found by an O'Neill Cylinder (also a great concept, basically a harvester for moons) near the rings of Saturn, he is brought back to civilization.

That civilization is NOT on Earth; it is orbiting near Saturn. The Cooper Station (I know it's a station, but it is basically the same concept but smaller) is a Space Colony based on a ringworld.

By now, you can figure out what a ringworld is. If you still haven't, a RingWorld is a World in a Ring. Just like the International Space Station, it generates artificial gravity by rotating, allowing people to experience the same sort of gravity just like at home (How thoughtful!). These RingWorlds can be changed and modified according to the controller's wishes.

Do you want a farm world? Canals, Farmland, and Water are already at your disposal.

THE POWER OF WORDS:

How One Journalist Exposed Illegal Logging in the Amazon



Ishita Jaiswal BSC DS 1st year

The lush rainforests of the Amazon, teeming with life and vital to our planet's health, face constant threats. One such threat is illegal logging, a multi-billion dollar industry fueled by greed and the silence of those who witness it. In this case study, we delve into the story of Ana Flores, an environmental journalist in Brazil, and her fight to expose a major illegal logging operation, showcasing the power of investigative journalism in protecting our environment.

Ana, driven by a deep love for the Amazon and a commitment to uncovering injustices, received anonymous tips about illegal logging activities deep within the rainforest. Undeterred by the dangers, she embarked on a months-long investigation. Disguised and accompanied by trusted guides, she ventured into the heart of the operation, witnessing firsthand the devastation — felled giants of the rainforest, displaced wildlife, and terrified local communities. Ana meticulously documented her findings, collecting photographic evidence, video footage, and testimonies from affected communities. Returning to civilization, she faced the challenge of turning raw

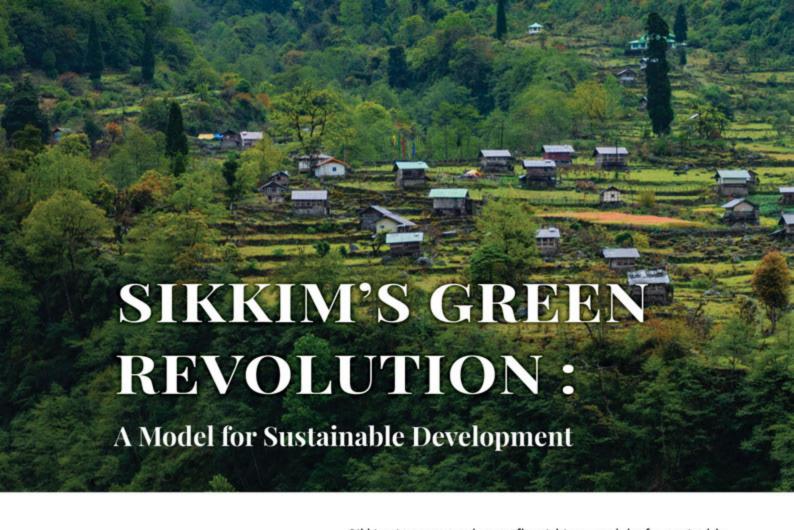
information into a compelling narrative. Through meticulous research, data analysis, and collaboration with data journalists, she built a comprehensive picture of the illegal logging ring, exposing its methods, connections, and environmental impact.

Ana's exposé, published in a renowned national newspaper, sent shockwaves through the country. Detailed maps, satellite imagery, and emotional firsthand accounts painted a stark picture of environmental crime. Social media amplified the impact, with the hashtag #SaveTheAmazon is trending nationally. Public outcry mounted, putting pressure on authorities to act. As a result of Ana's tireless work, several arrests were made, logging operations were suspended and stricter regulations were implemented.

The exposé sparked broader conversations about illegal logging, deforestation, and the urgent need for sustainable practices. It also empowered local communities, giving them a voice to advocate for their land and livelihoods.

Environmental journalism can empower communities and hold authorities accountable for environmental protection. Ana Flores' story is a powerful testament to the potential of ecological journalism to create positive change.

It reminds us that we can contribute to safeguarding our planet's precious ecosystems through informed awareness and responsible action. Let us continue to shine a light on environmental injustices and work towards a future where the rainforests and all they represent thrive.





Natasha Pradhan BSCDA 1st year

Sikkim is renowned as a flourishing model of sustainable development, with its commitment to creating environmentally friendly policies, incrementing sustainable agricultural practices, and encouraging a culture of interdependence between nature and humanity that seeks to mitigate the draconian effects of climate change.

Sikkim is the first region in the world to have a hundred per cent sustainable development. It has been awarded the Future Policy Award Gold Prize by the United Nations Food and Agriculture Organization (FAO) in 2018. Sikkim has emerged as a beacon of sustainable development, setting an inspiring example for the rest of the world. Known for its breathtaking landscapes and rich biodiversity, Sikkim has embraced and actively implemented measures to ensure environmental conservation, social inclusivity, and economic prosperity.

Sikkim has taken bold steps to become India's first fully organic state. In 2003, the government launched an initiative to convert all agricultural land into organic farms. The state banned synthetic fertilizers and pesticides, promoting traditional and sustainable farming practices. This move protects the environment, preserves soil health, and ensures the production of healthier and chemical-free food for local consumption and export.



Sikkim boasts diverse flora and fauna, and the state government has implemented robust measures to conserve its biodiversity. Numerous national parks and wildlife sanctuaries have been established to protect endangered species. Additionally, community-led conservation initiatives involve residents in safeguarding their natural heritage, creating a sense of ownership and responsibility.

Sikkim has harnessed its abundant water resources to generate clean and sustainable energy. The state has invested in hydropower projects, contributing to its energy needs and supplying surplus power to neighbouring states. By prioritizing clean energy, Sikkim has reduced its dependence on fossil fuels, mitigating the impact of climate change and promoting a greener future.

Sikkim recognizes that sustainable development goes beyond environmental considerations and involves social inclusivity and community wellbeing. The state government has implemented various programs to empower local communities and ensure that development benefits are shared equitably. Initiatives include skill development programs, education campaigns, and infrastructure projects that improve residents' quality of life.

Tourism is a significant industry in Sikkim, attracting visitors with its pristine landscapes. However, the state has adopted a responsible tourism approach. Strict regulations on the number of tourists, waste management systems, and eco-friendly accommodations are in place to minimize the environmental impact of tourism. This sustainable tourism model aims to preserve the region's natural beauty while providing economic opportunities for local communities.

SUSTAINABLE LIVING: SIMPLE STEPS FOR A GREENER FUTURE



Ankit Sharma BSCDA 1st year

In today's world, taking care of our planet is more important than ever. With climate change and pollution rising, we all must do our part to live more sustainably. But what does sustainability mean, and how can we incorporate it into our daily lives? Let's explore some simple steps towards a greener future.

Sustainability is all about meeting the needs of the present without compromising the ability of future generations to meet their own needs. It's about finding ways to live harmoniously with nature, using resources wisely, and minimizing our environmental impact.

Reducing waste is also crucial to living sustainably. By practising the 3 R's — reduce, reuse, recycle — we can minimize the amount of waste we produce and lessen our environmental impact. This means buying only what we need, choosing products with minimal packaging, and finding creative ways to repurpose items instead of throwing them away.

Recycling materials like paper, plastic, and glass is another essential way to keep waste from landfills and conserve valuable resources. Choosing sustainable transportation options is another way to reduce our environmental impact. Walking, biking, carpooling, and using public transportation are all eco-friendly alternatives to driving alone in a car. These options reduce air pollution and greenhouse gas emissions and promote healthier lifestyles and stronger communities.

Lastly, supporting sustainable practices in our communities and advocating for change on a larger scale can have a significant impact. Whether supporting local farmers markets, voting for environmentally conscious leaders, or participating in community clean-up events, there are many ways to make a difference.

In conclusion, living sustainably is about making conscious choices to protect the planet and preserve its resources for future generations. By incorporating simple actions into our daily lives, such as reducing energy consumption, conserving water, minimizing waste, choosing sustainable transportation, and supporting eco-friendly initiatives, we can all contribute to a greener, more sustainable future. Together, we can positively impact our planet's health and create a better world for generations to come.





BLOOM From DUST

Varun Chetri BBA DM 1st year

The desert wind whipped sand against Margaret's weathered face as she surveyed the desolate landscape. Once, turquoise water kissed these shores, but greed had sucked it dry, leaving a cracked mosaic of parched earth. Yet, Margaret saw not just barrenness but a canvas for rebirth.

She unfurled a long, woven mat, its intricate patterns mimicking forgotten ecosystems. With deft hands, she sprinkled seeds, each a prayer for life. Desert cactus, fat with resilience, rose from the sand. Drought-resistant grasses unfurled emerald fingers. She sang ancient songs, calling back the wind's song, urging it to carry water on its wings.

Day by day, the tapestry bloomed. Butterflies, long absent, danced on desert winds. Tiny lizards sunned themselves on rocks reclaimed by creeping vines. Once, listless children ran through the green maze, their laughter echoing across the reborn land.

One day, a stranger arrived, his eyes wide with disbelief. "But..." he stammered, "this was impossible." Margaret smiled, the wrinkles around her eyes crinkling like sun-baked mud. "Perhaps," she whispered, "impossibility is just a seed waiting for the right plant to grow."

The stranger stayed, learning the dance of water harvesting and seeds' language. Together, they wove the tapestry further, stitching life back into the desert's heart. Their story, borne on the desert wind, became a song of hope, a testament to the power of even the most miniature hand to mend what greed has broken.

Transforming WASTE TO WELLNESS with Biodegradable Sanitary Napkins



Rounak Dey BBA DM 1st year

In India, used sanitary pads pose a significant waste management challenge. These non-recyclable items, often disposed of inappropriately, can clog drains, pollute waterways, and litter landscapes. Their presence poses health risks and environmental damage, while the lack of accessible and adequate disposal options adds to the issue.

Finding sustainable solutions, such as biodegradable alternatives, improved access to disposal facilities, and awareness campaigns promoting responsible disposal, are crucial steps towards addressing this widespread problem and creating a cleaner, healthier future for India.

According to a report by the Central Pollution Control Board (CPCB), India generates around 3.37 lakh tonnes of waste from sanitary napkins and baby diapers, where not even 50% of women use sanitary napkins.

A sanitary pad may take up to 500-800 years to decompose. In most cities, waste is still not segregated, so municipal workers have to sift through all kinds of garbage and remove the sanitary pads, often without gloves, under unhygienic conditions.

Saathi Pad Company is a social enterprise that produces eco-friendly and biodegradable sanitary napkins made from banana fibre. Founded in 2015 by MIT (US) graduates and Nirma University, Saathi aims to improve women's access to hygiene products, empower local farmers and women workers, and reduce plastic waste and environmental impact. Saathi pads are rash-free, chemical-free, and compostable, making them a better choice for the body and the planet. Saathi also conducts awareness campaigns and workshops on menstrual health and hygiene in rural areas.

Saathi is not just a company but a movement to create a more sustainable and inclusive world.





In the bustling heart of West Bengal, a tale of aspirations and hurdles is told in the search for sustainable development. With its hue of colour and integration of cultures and landscapes, the State faces difficulties and challenges while seeking innovative solutions to ensure a greener, more resilient future.

Petrichor is one example of this world where you can dive into the meaning and pleasure and appreciate the world of sustainability. It's quite a site to see when you travel down the road, enjoying the scenery of these beautiful foothills of the lush Neora forest surrounding itself through the tea garden and the shimmering of sunlight through the drops of water flowing in the river Chel running below.

The road connects the Dooars and the Kalimpong Hills. When you reach your destination, you learn how to appreciate the word eco-community, where small farmers work together and contribute independently. With the effort of husband-wife duo Sidhartha and Swetha, who not only took the initiative to make a step in this beautiful journey but also came from very different professional real estate and design backgrounds, respectively,

With the help of many, we also get a considerable present. There is an unexpected hero-the humble mushroom, a fungus that can make a start on this journey of sustainability that not only boosts the nutritional value but also presents itself as the best candidate for sustainability livelihood with minimal environmental impact present all year round maturing itself in just a few weeks. Mindblowing right?

You may have gone on a picnic with your friends and family, enjoying beautiful landscapes and mountains, a perfect break from the hustle and bustle of the city. However, with the continuous development of our country, a dark cloud looms over the State's natural heritage. The dwindling forest cover raises alarm, indicating a threat to our precious biodiversity and ecosystem.

How can we halt this decline and rejuvenate the forest that once announced its life and richness? Or how about the reality of trafficking near the "Chicken Neck" corridor with increasing the red light for security threats with region integrity? The questions that twist themselves with the narrative of West Bengal's sustainable journey make us pause and ponder.

Are we Polluter or Protector

CHALLENGES OF WASTE MANAGEMENT IN SILIGURI

Siliguri, often referred to as the 'gateway to the Northeast,' is nestled amidst Darjeeling and Sikkim breathtaking landscapes, offering visitors serene and picturesque destinations. Over the years, rapid urbanization and population growth have transformed Siliguri into a bustling hub, driving the need for effective waste management.

The exponential rise in population density, escalating fivefold since 1931, has significantly increased solid waste generation. Siliguri generates approximately 350-400 tons of waste per day, soaring to 500-600 tons/day during festive seasons. The composition comprises 65.2% biodegradable waste, 14% non-biodegradable waste, and 2% plastic. This staggering volume of garbage has overwhelmed local administrative bodies, leading to the establishment of an unscientific landfill spanning around 22 acres, dangerously close to residential areas, posing health risks to residents.

Moreover, open waste dumping in densely populated public spaces exacerbates the problem, threatening residents' well-being. The consequences of poor waste management extend beyond environmental degradation and compromise public health. Improper waste disposal contaminates air, soil, and water sources, endangering ecosystems and biodiversity. Accumulated waste attracts pests such as rats, flies, and mosquitoes, spreading diseases and posing risks to humans and animals. Wildlife may ingest or become entangled in waste, leading to injuries or fatalities.



Sheetal Bagdas Dorjee BBA GB 1st year

Siliguri's waste management system faces several challenges, including inadequate landfill sites, irregular waste transportation, and poor civic awareness. Additionally, the increasing slum population complicates efforts to engage residents in waste management practices. Adequate waste segregation and awareness campaigns are essential for mitigating environmental pollution and promoting sustainable development.

Various initiatives by NGOs and the government aim to address the issue. NGOs conduct educational campaigns, organize clean-up drives, and advocate for strong policies. For instance, Safe Earth for Life NGO in Siliguri has undertaken numerous waste management initiatives. Government schemes like the National Urban Health Mission and Green City Mission contribute to controlling waste and its adverse effects on the environment and public health.

Despite proactive measures, significant challenges persist, emphasizing the need for collaborative action. Implementing sustainable waste management practices, raising awareness, and advocating for robust policies is imperative. Let's strive to protect our environment, safeguard public health, and create a healthier future for all. Every individual's contribution matters, so let's unite and make a positive impact in our communities.



Chowdhury BBA GB 1st year



Siliguri, known as the gateway to North East India, holds immense significance for the state of West Bengal and the entire nation. Nestled at the foot of the Himalayas, on the edge of the Terai region, it offers a picturesque view of the Himalayan ranges, enchanting any visitor with its natural charm.

However, amidst its beauty, Siliguri faces environmental challenges, particularly concerning pollution in the Mahananda River and its tributaries that flow through the city. Social organizations, such as the Himalayan Nature & Adventure Foundation (HNAF), based in Siliguri, have actively advocated for environmental conservation measures. They recently organized a seminar addressing the critical environmental issues in North Bengal and proposed solutions.

The Mahananda River, spanning 360 km, is a transboundary river, with most of its stretch in India. Originating from Mahaldiram Hill in the Darjeeling district of West Bengal, the river sustains the region's ecosystem. However, due to various activities in and around Siliguri City, pollutants find their way into the Mahananda, resulting in a decline in water quality over time.

Water management emerges as a crucial aspect of conservation efforts. While the civic authorities are

responsible for supplying water to the city, addressing issues like leakages and wastage is imperative. Rainwater, often overlooked, can be harvested to replenish groundwater levels, mitigating the impact of water scarcity. Additionally, drip irrigation can aid in efficient water usage in agriculture, with farmers playing a pivotal role.

Individuals can contribute to water conservation through simple yet effective practices, such as installing flow-restricting shower heads, opting for bucket baths, and repairing leaking taps promptly. Rainwater harvesting further reduces water wastage, emphasizing the importance of community involvement in conservation efforts.

The consequences of water pollution extend beyond environmental degradation, impacting public health and livelihoods. It's imperative to prioritize water management strategies to preserve rivers and ensure the well-being of communities reliant on them. By adopting sustainable practices and fostering stakeholder collaboration, Siliguri can strive towards a cleaner and healthier environment for present and future generations.

EMBRACING SUSTAINABILITY ATHOME



Amit Sarmah BBA GB 1st year

In a world of environmental challenges, adopting sustainable practices at home has never been more crucial. Small changes in our daily routines can significantly reduce our carbon footprint and preserve the planet for future generations. Here are some practical and achievable sustainable practices you can incorporate into your daily life at home.

The "reduce, reuse, recycle" mantra is at the heart of sustainable living. Start by reducing your consumption of single-use plastics and opting for reusable alternatives. Invest in reusable shopping bags, water bottles, and containers. When it comes to waste, consciously recycle materials like paper, glass, and plastics. Composting kitchen waste is another effective way to minimize landfill contributions.

Cultivate a sustainable garden by choosing native plants that require less water and maintenance. Composting kitchen scraps and yard waste reduces landfill contributions and enriches the soil. Avoid chemical pesticides and fertilizers, opting for organic alternatives that are less environmentally harmful. Foster a sense of responsibility for the environment within your household. Educate family members about the importance of sustainable living and involve them in the decision-making process. Encourage open discussions about adopting ecofriendly practices and make it a collective effort.

Consider eco-friendly transportation options. If feasible, use public transportation, carpool, or biking and walking. Electric and hybrid vehicles are also excellent choices for reducing carbon emissions. Additionally, proper vehicle maintenance ensures optimal fuel efficiency and reduces the environmental impact.



TOWARDS SUSTAINABLE FUTURE



Prattasha Guha BBA GB 1st year

Amidst the growing focus on sustainability, many wonder why sustainable papers are less prevalent when recyclable papers are becoming more common. When paper is sourced from sustainably managed forests, it becomes a renewable material, ensuring sustainability for future generations without harming the environment.

Three fundamental questions arise regarding sustainable paper: What are they? Why are they used? How can we produce them? The answers are straightforward: sustainable papers are made from responsibly managed resources chosen to preserve the environment's delicate balance. Agricultural residues like strawberries and corn husks can serve as raw materials for paper production, reducing waste and promoting sustainable farming practices. In North Bengal, initiatives are dedicated to producing sustainable papers, not only to support responsible resource management but also to raise awareness about tree conservation. For instance, Sapphire Papers Mill Pvt Ltd., located in Bidhan Nagar, West Bengal, manufactures writing, printing, and newsprint paper from 100 per cent recycled materials, ensuring quality while prioritizing environmental preservation.

Sapphire's mission emphasizes a commitment to sustainability. It aims to exceed customer expectations without compromising environmental responsibility.

Since its establishment in 2005, Sapphire Pvt Ltd. has become a prominent figure in the northeast paper industry, employing over 400 individuals and contributing to regional growth and social causes. Another notable endeavour is Kanha Paper Mills Private Limited, which focuses on sustainable packaging through the production of Kraft Paper. Kraft paper, primarily used for sustainable packaging, is witnessing increased demand globally, driven by factors like e-commerce growth and the need for damage-resistant packaging solutions across various industries.

In conclusion, North Bengal embraces sustainable practices to preserve its environment and diverse ecosystem, with regions like Siliguri leading the way. Enhancing such initiatives and adopting sustainable practices is crucial to achieving sustainable development goals. Furthermore, innovative approaches like producing plantable papers containing seeds and contributing to reforestation efforts can further promote the circle of life and environmental conservation.

Overall, North Bengal's shift towards sustainability signifies a progressive step towards a brighter, more sustainable future.

EXPLORING NATURE'S BEAUTY: ECO-TOURISM IN NORTH BENGAL



Moumita Ghosh BMS 2nd year

"Awakening to the melody of birdsong, you ascend into the ethereal hills of Darjeeling and Kalimpong, where emerald tea gardens cascade down rolling slopes like liquid jade. Guided by the whispers of the wind, you embark on enchanted hikes through mist-shrouded forests, where each step reveals hidden waterfalls and secret glens untouched by time."

North Bengal lies in the heart of the Eastern Himalayas, a region teeming with lush forests, majestic mountains, and diverse wildlife. Nestled between the plains of India and the towering peaks of Bhutan and Nepal, North Bengal is a haven for ecotourism enthusiasts seeking to immerse themselves in nature's bounty while treading lightly on the environment.

Your adventure begins in Siliguri, a small town known as the gateway to all the wonders of North Bengal. From here, you head into the Dooars forests. These forests are home to many animals, like elephants roaming freely and rhinoceroses grazing in the grasslands of Jaldapara National Park. Accompanied by experienced guides, visitors embark on safari adventures, catching glimpses of elusive Bengal tigers, leopards, and rare bird species amidst the verdant foliage.

As the sun sets over the horizon, travellers retreat to eco-friendly lodges and homestays, welcomed by warm hospitality and organic cuisine from local farms. These sustainable accommodations minimize their carbon footprint and contribute to preserving North Bengal's cultural heritage, providing income opportunities for indigenous communities and fostering cross-cultural exchanges.

For the adventurous at heart, North Bengal offers adrenalinepumping activities such as white-water rafting in the turbulent waters of the Teesta River and paragliding over the picturesque valleys of Kalimpong. These eco-friendly pursuits not only thrill the senses but also instil a sense of stewardship for the region's natural heritage, inspiring travellers to become advocates for conservation long after they have departed.

In the world of ecotourism, North Bengal shines brightly as a prime illustration of successful sustainable travel. In this sanctuary, the marvels of the natural world are honoured, treasured, and protected for the delight of all.

Embracing Sustainability: Small steps make a significant impact.

Sustainable living is not just a trend; it is a way of life that holds the key to the future of our planet and ourselves. So, what does sustainable living really mean? Simply put, it's about making choices that consider the health of people and the planet today and for future generations.

Sustainable living starts in our kitchen. The important thing is to choose locally grown organic foods and produce them in a way that minimizes damage to the environment. Consider the journey it takes for your food to get to your table and choose options with a lower carbon footprint. By supporting local farmers and choosing seasonal produce, you reduce shipping costs and support healthy, diverse ecosystems.

Promoting sustainability means rethinking our relationship with consumption in a world of single-use plastics and disposable products. It's about saying no to plastic bags and choosing to recycle. It's about bringing back the water bottle and saying goodbye to plastic bottles that pollute our oceans and harm marine life. This includes considering the lifespan of our products, choosing quality over quantity, and supporting companies that value ethics and culture. It also includes our lifestyle. It's also about how we move around the world. Transport is a significant source of carbon emissions, so finding a greener way to get around is essential. Whether walking, biking, using public transportation or transit, every choice we make to reduce our dependence on fossil fuels brings us closer to the future.

Additionally, choosing these options often provides additional benefits such as physical health and



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stronger communities. Simple things like turning off lights when you leave a room, unplugging appliances when not in use, and setting the thermostat to save energy will not only reduce your environmental impact but also save you money on your utility bills. When it comes to home decor or renovation, choosing energy-efficient products and investing in insulation and renewable energy can reduce our carbon footprint. It's about accepting that our actions matter and that every choice we make, no matter how small, has the power to create positive change. It's about understanding that we are part of a larger ecosystem that is interconnected with all living things on this planet and that our health is related to the health of the environment around us. Adopting sustainable living practices is not always a walk in the park, and it's certainly not about achieving perfection. It's about progress, about striving to be better, and about making choices that align with our values. It's about living a simpler, more thoughtful life rather than settling for the status quo. It's the path to a fuller, more rewarding life for all of us.

By embracing small changes in our daily lives, together, we can make a significant impact and create a future where people and the planet thrive. So, let's take the first step towards tomorrow together.

DUMPING GROUND:A MYRIAD OF HOPELESSNESS



Tanisha Sarkar BMS 1st Year

A dumping ground is a place where worthless articles, known as trash, are dumped. These 'worthless' pieces of trash also have the potential to become someone's life savings. Between 1.5 and 4 million ragpickers live off a garbage dump in India without any social security, life insurance, or safety gear. Their monthly income lies just above the poverty line, which helps them to survive, but at what cost?

A person living around a landfill has an average life expectancy of 39 years, which is against the average urban life expectancy of 70.5 years. Several reasons stand behind this; one of the major causes is the emission of LFGs such as Methane and Carbon dioxide, followed by the unhygienic environment, which is inhumane. Yet, what is the hold that pulls these people back to this inhuman place to spend their entire lives earning just enough to survive?

Saba Khatoon is a 38-year-old Muslim lady who has been working as a ragpicker for 22 years at the dumping ground in the Don Bosco Colony near Eastern Bypass in Siliguri. This is the only landfill in the metropolis established in 1955. The dumping ground surpassed its saturation level nearly 15 years ago and has played a significant role as a place of employment for people like Saba.

Siliguri stands to have the highest number of migrant workers from Bihar, i.e., 59.02%. Saba's parents migrated to Siliguri from Bihar for better working and living conditions, yet when tragedy struck and she lost both of her parents, Saba and her younger sister fell into ragpicking to make a living. When asked about why she chooses rag picking at a life-threatening landfill rather than doing other odd jobs, she answered, "This is a Bengali-Hindu dominated area, and the people associated with this ethnic group traditionally



believe in not touching me because of the religion I belong to, they will neither hire me as their maid nor will they drink tea from my vessels if I try to run a roadside tea stall."

The societal divisions are an enormous compulsion for Saba to continue working in this place. Yet, it is the same society for whom she has been disguising herself as a factory worker for years so that the people in her neighbourhood accept her and her family.

Saba's husband is a hatchback driver who earns Rs 500 a day, but the fortune does not meet the needs of her family as it is used to satisfy her husband's alcoholism. Saba stands to be the only breadwinner for her four grown children and her husband. Her sons help with adding a minimum amount, but both the daughters are unemployed, and when asked why, she said, "We do not let our daughters work; I am still working here at this horrific place just for my daughters to be wedded to suitable husbands. My soul died almost two decades ago; only my flesh is what's working just for my children. Once they are married off, I will happily give up my life at this very place".

The health conditions that have prevailed in Saba after spending around 12 hours a day for 22 years at this place are undiagnosed. Regarding intake nutrition, a cup of dal with a plate of rice and a side with mashed potatoes, rarely replaced with a few pieces of meat, is her daily meal. She says that seeing a doctor is affordable, but continuing the treatment is concerning. Instead, she has been taking 2-3 pills of Dolo and Paracetamol almost every day as an alternative to prevent her body from aching.

Before ending up with the interview, my last question to her was, if the dumping ground is sorted and stabilised in the next five to ten years, what would she choose to do after that? She scoffs and says, "I cannot even imagine myself alive for the next few years, and you are asking me about ten." As her evening tea time is over and a new garbage truck comes inside the dumping ground, Saba excuses herself and rushes towards the garbage truck along with her 20-25 mates to fill up the big bags of sorted garbage or maybe we should call it her bags of life savings

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RIPPLES OF RESPONSIBILITY-The Drip Effect Of Water



Sorojani Singh BMS 1st Year

Preserving the invaluable water resource is not a choice but an essential responsibility for individuals, communities, and nations. Water, the essence of life, is a finite resource crucial for our existence. The need for water conservation has never been more pressing. As we navigate the challenges of the 21st century, we must recognize the profound impact of our actions on water sources and embrace a collective responsibility to conserve this precious resource. As Earth's custodians, we must acknowledge the impact of our actions on interconnected water resources amid a rising population and environmental challenges.

Across borders, water scarcity poses a pressing global concern exacerbated by population growth and climate change-induced disruptions. Water sustains diverse ecosystems beyond human needs.

Excessive consumption and pollution disrupt aquatic environments, endangering biodiversity and ecosystem health. Agriculture's significant water consumption necessitates efficient irrigation, crop choices based on water availability, and sustainable farming practices for stable food supplies and environmental sustainability. Rapid urban development and population growth often strain water supplies. Adopting water-efficient technologies, promoting responsible water use, and investing in green infrastructure can alleviate urban water stress.

Imagine a world where clean, accessible water is scarce - a reality many communities face today. Water scarcity not only jeopardizes the health and well-being of individuals but also disrupts ecosystems, agriculture, and economies. In this

context, the importance of water conservation becomes evident. Conserving water is not just an environmental duty but a commitment to sustaining life. Each drop saved contributes to a reservoir of hope for future generations. It is a small act that collectively can make a monumental difference.

The symphony of water conservation: unveiling styles to preserve liquid harmony Leveraging technology with smart meters, sensors, and data analytics optimizes water use, applying precision in agriculture and real-time leak detection to minimize waste. Drawing from natural ecosystems, biomimicry in design incorporates innovations like rainwater-collecting buildings and rootinspired irrigation systems for sustainable water management. Combining environmental education with immersive travel experiences, educational ecotourism fosters an appreciation for water ecosystems, promoting responsible tourism practices. Vibrant festivals celebrating water unite communities, merging entertainment, education, and water-saving initiatives to turn conservation into a collective celebration.

By promoting awareness, education, and widespread adoption of water-saving practices, we can secure a sustainable future where water remains accessible for generations. Let us not underestimate the ripple effects of our actions. What may seem like a slight drop in the ocean of global challenges is, in reality, a vital contribution to the future. Water conservation is not merely a duty; it is an investment in the resilience of our ecosystems, the prosperity of communities, and the prosperity of generations yet to come. The call for water conservation is a call to action, a plea for responsibility, and a testament to our shared destiny. Together, let us embrace the challenge, knowing that-

"EVERY DROP SAVED IS A STEP TOWARDS A MORE THRIVING WORLD."

SUSTAINABLE DESIGN

Kavya P. Chettri BMAGD 2nd Year

There are many definitions of design, but one of the best is that "Design is a plan for arranging elements in such a way as best to accomplish a particular purpose"- a definition given by Charles Eames, an American designer.

The above definition means that design involves considering how various components, such as materials, shapes, functionalities, etc., come together to fulfil a particular objective, whether creating a product, a building, a system, or an experience. Design is about intentionality and optimization, ensuring that the arrangement of elements is optimized to achieve the desired outcome efficiently and effectively.

What is sustainability?

'Sustainability' means 'the ability to continuously maintain or support a process over time.' It can be defined as fulfilling the needs of current generations without compromising the needs of future generations.

Now that you've grasped the concept of design and sustainability, let's delve into the term' sustainable design'. Have you come across this term before?

What exactly is Sustainable design, and why is it so crucial in today's world?

Sustainable design, also known as eco-design or green design, is an approach to minimizing the negative impacts of products, buildings, systems, and processes while maximizing their positive social and economic benefits. Sustainable design considers the entire lifecycle of a product or project, from material sourcing and production to use, maintenance, and disposal.

Designers create sustainable designs by making recyclable, compostable, and endlessly reusable products. They might also develop a process to reduce or remove carbon dioxide emissions, which have significantly challenged today's world.

CHEWANG NORPHEL THE ICE MAN OF INDIA

"Real heroes don't wear capes; they give people wings to fly."

Saptarshi Nag BMS 1st Year

This quote fits Chewang Norphel, a true climate hero. He is known as the Ice Man of India for doing something extraordinary that changed the lives of people in Ladakh.

Water, one of the most essential things that everyone in the world depends on for their living, is abundant in the rest of India due to rivers, monsoons, and dams. However, Ladakh, situated in a high-altitude desert, faces scarcity. Four of five Ladakhis depend on agriculture for their livelihoods, yet it rains only 10 to 15 days a year. Earlier, half of the mountain was covered with glaciers. Only a few ice caps are left on the peaks, and the melting glaciers fail to reach the villagers by April/May when it is most needed.

Fortunately, Ladakh has abundant water hidden in the form of ice. When it melts, it flows through the Indus River to neighbouring regions. Chewang Norphel, our hero, conserved this water in the form of artificial glaciers to help the farmers. The concept is simple: slow down the water flow so that Ladakh's winter temperatures can freeze it. When the ice melts in summer, it seeps into the villages, increasing groundwater and aiding crop cultivation.

The idea struck Norphel when he observed water being conserved in a small ditch. He noticed that in Ladakh, water freezes instantly when it falls to the ground during winter. He devised channels to divert the flowing water to a suitable location with minimal sunlight exposure. Initially, Ladakh experienced heavy snowfall and longer winters, increasing glacier sizes. However, over the last few decades, reduced snowfall and global warming have led to glacier recession, causing glaciers to melt earlier, which is detrimental to the farmers.

Norphel's artificial glaciers, created at lower altitudes closer to villages, melt at the beginning of the sowing season, supplementing irrigation and groundwater recharge. He employed two methods: diverting narrow water streams and constructing ice-hitting walls across broader streams. By mid-November, water starts freezing, and a gate is fixed at the diversion channel's head. Gradually, more water is released until the entire stream flows into the channel, forming large ice pools over three to four months. Though artificial glaciers last only about 45 days, they have significantly helped farmers grow vegetables, especially potatoes.

Despite initial scepticism, Norphel persisted, and his idea has transformed the lives of people in Ladakh over the past 33 years. Farmers who once struggled to grow wheat or barley now cultivate various vegetables. These are the heroes we need for a better world.



Parampreet Dutta BMS 2nd Year

WHY WE SHOULD LIMIT THE USE OF CARBON FOOTPRINTS

A carbon footprint quantifies the total greenhouse gas emissions, primarily carbon dioxide (CO2), generated by the activities of an individual, organization, event, or product. It measures the comprehensive environmental impact of these activities in terms of the amount of carbon dioxide and other greenhouse gases produced, expressed in units equivalent to carbon dioxide (CO2e).

Carbon footprints are typically calculated in tons of emissions (CO2 equivalent) per a specified unit, such as per year, per unit of consumed protein, per kilometre travelled, or per item of clothing. They account for emissions across a product's entire lifecycle, from production through the supply chain to disposal. Understanding a product's carbon footprint can guide consumers in making environmentally-conscious purchasing decisions, while for climate change mitigation efforts, it enables identifying high versus low emission economic activities.

Reducing our carbon footprint is crucial because it directly impacts the health of our planet. Excessive

carbon emissions accelerate climate change, leading to rising global temperatures, extreme weather events, and ecosystem disruptions. By decreasing our carbon footprint through sustainable practices such as using renewable energy, reducing energy consumption, and adopting eco-friendly transportation and dietary habits, we can buffer the impact of climate change and safeguard the well-being of current and future generations.

Since the primary energy source is derived from fossil fuel combustion, an essential action is lowering and diminishing energy usage and transitioning to renewable energy alternatives. If feasible, consider switching your household energy supply to a renewable energy plan or selecting a 100% renewable energy provider. If this isn't possible, decrease dependence on fossil fuels by installing solar panels or a solar water heater and incorporating solar-powered technologies for outdoor lighting or portable electronics. Opting for LED lighting and energy-efficient appliances to curtail energy consumption indoors is admirable.

Additionally, enhancing energy efficiency by properly insulating your home with materials that trap heat or cool air, thereby reducing the need for excessive energy consumption in heating or cooling processes, should also be considered an alternative.

Opt for cycling or walking whenever feasible, or utilize electric bikes or scooters. Prioritize public transportation (such as buses, trams, or trains) over using a personal vehicle. Consider carpooling instead of travelling alone when using a car is unavoidable. If purchasing a new or used vehicle, look for environmentally conscious electric models if viable. Limit air travel significantly, and when flying, choose direct routes whenever available. Boosting your intake of fruits and vegetables significantly is among the most beneficial actions for the planet. Adopting a nutritious, well-rounded diet rich in diverse plant-based foods, sourcing meat and fish exclusively from sustainable origins, and minimizing food waste all safeguard our planet.

Be intentional about your purchases and the businesses you patronize to minimize your carbon footprint. Reduce your overall consumption by becoming more aware of excessive consumption habits. Prioritize buying recycled and recyclable products to cut down on waste. Consciously support companies that prioritize sustainability through their core values and practices.

As a consumer, investor, exercising your influence can pressure businesses to lower their carbon footprints. These are a few of the steps that we can take to reduce our carbon footprint in our daily lives because our personal, organizational, and industrial carbon footprints are contributing directly to dangerous levels of greenhouse gas emissions; mitigating climate change depends heavily on our ability to reduce these emissions sources as quickly as possible. Small reductions multiplied by millions can drive the large-scale change needed.



HARMONY HARVEST



Khushi Dhital BMS 1st Year

On the outskirts of Meghalaya, a small village named Mawkynbat supports a small community of farmers. These middle-class farmers depend mainly on crops such as Rice and wheat. They grow these in a small area by a river that flows downstream. The river, an important water source for consumption and irrigation, is taken utmost care of by the villagers. The scenic beauty of the valley enchants the hearts of the farmers. They may not earn a good deal from their agricultural practice, but they indeed love their place and respect what they believe is given to them by their God.

The Ireal family lives in the very village. ChiChi, a mother of two - Yoren, who is still a toddler, and Siyen, who is studying in 5th grade- supports Tenry in meeting their livelihood. They have a small plot of land just by the river where they grow Rice once a year. Tenry would visit the town every year to make a good deal for their Rice, their vital income source. Their land supports their family with consistent output every year that helps sustain them throughout the year. They have also raised cows and sheep whose wastes come in handy to be used as manure. The family was self-sufficient in every aspect and led a beautiful life.

ChiChi began to worry about their future as her children grew. She wanted to send Siyen to town for further education. The Ireal family was self-sufficient; they could not afford the fees of an outskirted School. ChiChi would talk to Tenry about their daughter's education, but he would talk her off, saying they would need to do much more than farming for it to happen. Tenry understood her concern but knew their current rice cultivation production could only support as much.

Tenry took the harvest of the following year to town to sell where he came upon a Crop dealer who abundantly sold his produce in the market throughout the year. He would claim that his cultivation was top-notch and the most productive. Out of curiosity, Tenry asked the dealer about his secret to such abundant production and that too throughout the year. He learnt that fertilizers played a significant role in the increased production, and crop rotation practice would ensure all-year-round production. Tenry thought this production technique could significantly improve his production and income. He bought seasonal crops and returned to his village. He talked about his new idea of cultivation. She was overwhelmed with the thought that she could send her child to a better School.

The following year, they grew Rice during July using fertilizer as manure and pesticides to get rid of the pests. The final cultivation was excellent. Tenry was really happy. He sold more Rice than

any other year. Their income grew, and so did their confidence in the use of Fertilizers and pesticides. After they were done with rice cultivation, they opted for Beans, carrots, and wheat during November. They would harvest it in March and earn a good deal of money.

Soon, the family was earning a lot more than they did before. Tenry also taught the villagers about the use of Fertilizers. Soon, the whole village got involved in this practice. Everyone reaps more crops. The villagers wholly benefitted from the use of Fertilizers and all-year-round crop rotation. This continued for about four years.

The sudden uprising of the villagers rained back on them in the form of diseases and health catastrophes. The villagers began to suffer. The infant and the young age had leukemia, respiratory lung failure, liver-associated diseases, and low brain development. The elderly members of the village coughed blood—a terror spread around the town, leaving everyone affected. Moreover, the cultivation failed gradually. The once green widespread crops in the field now turned pale black. The field would not support any crop, no matter the effort. The source of income for the villagers suddenly diminished. Many of the farmers chose to kill themselves rather than suffer.

The villagers believed that their God was angry with them because they became so proud of their wealth that they no longer felt grateful to him. Others thought the havoc was caused by the sudden change in the atmosphere, which had become hotter over the years.

After a long period of trouble and suffering, the villagers understood that it was all happening because of their extensive use of their farming land and fertilizers. The all-year-round crop rotation

gradually reduced the nutrient content of the soil, which eventually caused the crops to fail, leading to decreased agricultural yield and potential food shortages. Also, the extensive use of fertilizers by the farmers in the field caused them to flow down to the river during rain, which ran downstream into the valley and contaminated it. As an essential source of water consumption, the villagers used the same water without knowing its harmful effects.

The villagers, coming to know of their fault and their greed for more crops, which caused the entire village to suffer, decided to stop using fertilizer. They returned to their old form of crop cultivation after leaving the soil barren for a short time, naturally replenishing it. They used the cattle waste as manure and used the river water for irrigation. They learned that all-round crop rotation caused the natural nutrition of the farming land to decrease, so they chose to grow only Rice during the monsoon season. The land nutrients soon replenished, and the barren land became lustful green. The villagers understood their mistake and chose to use ecofriendly farming methods, which would yield consistent crops every year.

The sustainable use of resources paved the way for sustainable farming, which left a path for future generations to avail of the same resources as we do now. Adopting sustainable farming techniques saved the village of Mawkynbat from facing the danger of total eradication of land nutrients and the threat of solid and water pollution, and so should the majority population understand the importance of sustainable farming.



FROM KITCHEN TO TRASH

FOOD WASTAGE IN HOUSEHOLD



Dibyam Mukhia HHA 1st Year

Food wastage is a pressing issue in India, with staggering statistics to back it up. The UNEP's (United Nations Environment Programme) food wastage index report reveals that a whopping 68.7 million tonnes of food is wasted annually in Indian homes. That's roughly 50 kg per person. This places India as the second-highest contributor to household food wastage globally, just behind China. The gravity of this issue becomes even more apparent when we consider the prevalence of hunger and malnutrition in our country. Despite millions of people suffering from these conditions, food wastage continues to persist.

Food wastage is a common sight in ordinary households, whether we know it or not. This can happen for many reasons, and learning and understanding the root causes is the first step in reducing food wastage and promoting a more sustainable food system. By knowing what causes food wastage at home, we can dive deeper into how we can minimize it by following small and simple steps.

One effective way to combat food wastage is to list your food items before going shopping. Overpurchasing is a major contributor to food wastage, and this problem can be mitigated by monitoring our purchases. Before heading to the store, take stock of what you already have at home and make a shopping list based on your needs. This simple practice can help reduce over-purchasing and prevent buying items you already have at home, thereby reducing food wastage.

If you live alone or have a small family, avoid buying in bulk. Consider purchasing smaller quantities of perishable items like fruits, vegetables, and dairy products. This will help reduce the likelihood of these items spoiling before you can use them up. If any confusion related to expiry dates ever happens, you could always refer to the internet to double-check.

Change your perspective: Promoting a change in how we look at our food, changing our attitudes towards imperfect produce, and shifting our perceptions of food aesthetics by embracing imperfect produce can help us reduce the rejection of "flawed fruits and vegetables" by focusing on nutritional value and flavour rather than looks. We can embrace these items rather than discard them based on appearance alone.





Understanding how expiry dates work helps us distinguish between what is safe to eat and what is not. Knowing that "best before" dates indicate quality rather than safety, we can avoid unnecessary wastage. This can help us make the right choices, reduce food waste, and contribute to a more sustainable food system.

Manage your food: Lack of proper food management can refer to improper storing or inefficient use of food. It can include not planning meals, not storing food properly, and wasting leftovers. When food isn't managed correctly, it can spoil or be wasted, leading to food shortages or money loss.

Food storage can be a problem in households that may have limited access to refrigeration. This can limit the ability to store perishable items such as fruits, vegetables, and dairy products for extended periods. If that is the case, we could use different processes for storing foods, like Fermenting, drying, curing, and pickling. Learning these methods can help extend the shelf life of food.

THE BURNT SHELTER



Aniket Saha HHA 1st Year

Once upon a time, a boy named Abhishek lived in a small town and worked at a small firm. Abhishek lived in a rented house far away from his family, caught in the routine of working hard in his tight schedule. Everything was going smoothly until one night. He was thinking about his promotion in the upcoming days and buying a house for himself, a dream to come true. Suddenly, he heard a woman screaming from a distance.

Concerned, Abhishek went outside to check. He noticed a house opposite his house was on fire. He was panicking seeing that. The bamboo fences were burning like anything, and nothing could be seen except smoke everywhere. Feeling a sense of responsibility, Abhishek rushed to help. He alerted his neighbours and, together, worked tirelessly to put off the fire. In the aftermath, as the smoke cleared, he saw the extent of the destruction.

Later, it was found that the house that was on fire caught the fire from the dump of the trash of a vacant lot beside the house which came out of Abhishek's house. No one knows how, but now everyone was aware of where it began. He used to throw his household trash into the vacated lot every week. Realizing the cause, he immediately fell on

his knee and started weeping on the feet of the old woman whose house was gone completely, whom he calls "Amma".

Amma was a loner like Abhishek and treated him like his long-lost son. He then promised to build a new house for her.

Abhishek couldn't sleep that night, thinking about his dream of buying his own house, which was swapped by the burning house of his Amma. He couldn't believe that his careless act could take someone's roof.

This experience deeply impacted him. It made him realize the consequences of his thoughtless actions. From that night onwards, he changed his ways. Abhishek began disposing of his trash in the proper bins, determined to prevent another disaster like the one he had witnessed. He also started spreading awareness in his community, encouraging everyone to be more mindful of their actions and their impact on others and the environment.



Chandni Gandhi BID 1st Year

CONVERTING TEMPLE WASTE INTO INCENSE STICKS

Temples are not just places of worship; they are embodiments of culture, heritage, and tradition. However, with the devotion also comes the responsibility of managing the waste generated within these sacred precincts. Among the various waste materials produced, floral offerings are a significant contributor. Yet, what if these discarded flowers could find a new purpose, reducing waste and creating a product deeply intertwined with spirituality? This article explores the innovative idea of converting temple waste, particularly floral offerings, into incense sticks, thereby blending environmental consciousness with religious practices.

Temples are unique in Indian society, serving as focal points for spiritual, social, and cultural activities. Millions of devotees visit temples daily, offering flowers, fruits, and other materials as a symbol of reverence to the deities. However, the aftermath of such rituals often leads to heaps of organic waste, primarily comprising flowers, leaves, and other plant matter.

While offering flowers is a deeply ingrained tradition, the disposal of these offerings poses a significant environmental challenge. Conventional waste management methods, such as dumping or incineration, contribute to pollution and fail

to harness the potential value of these discarded materials.

Recognizing the need for sustainable waste management practices, several initiatives have emerged to repurpose temple waste, particularly floral offerings, into value-added products like incense sticks. This innovative approach involves collecting the discarded flowers, drying them, and processing them into incense sticks.

While converting temple waste into incense sticks holds immense potential, it has its challenges. These include logistical issues in waste collection, technological constraints in processing, and market penetration for the finished products. However, collaborative efforts involving religious institutions, environmental organizations, and government support can overcome these challenges through innovative solutions and sustainable practices.



R USE DUCE CYCLE



Anjali Prakash BID 1st Year

Plastic and glass, ubiquitous in our daily lives, present a dual dilemma. On one hand, their production contributes to resource depletion, pollution, and greenhouse gas emissions. Conversely, their disposal poses a significant challenge, with landfills overflowing and oceans choked with plastic waste. Amidst this crisis, the concept of reuse emerges as a beacon of hope, offering a pathway towards a more sustainable future.

The Cycle of Recycling: Though essential, recycling has its limitations. The process involves collecting, sorting, cleaning, and re-manufacturing materials, consuming energy and resources. Moreover, not all materials are recyclable, and contamination often renders recyclables unfit for reuse. These challenges underscore the importance of exploring alternative approaches to waste management, with reuse emerging as a promising solution.

The Role of Reuse: Unlike recycling, which breaks down materials to create new products, reuse entails utilizing items multiple times before they end their lifespan. Regarding plastic and glass containers, reuse offers a simple yet powerful strategy for reducing waste. By refilling, repurposing, or simply using containers repeatedly, we extend their utility and minimize the need for disposal or recycling.

Environmental Benefits: Reusing plastic and glass has manifold ecological benefits. By circumventing the energy-intensive process of recycling, reuse conserves resources and reduces greenhouse gas emissions. Additionally, it helps alleviate the burden on waste management infrastructure, easing the strain on landfills and recycling facilities. From energy savings to reduced pollution, the environmental dividends of reuse are undeniable.

MITIGATING FOOD WASTE IMPACT ON ANIMALS THROUGH

RESPONSIBLE MANAGEMENT



Shreya Goyal BMAGD 2nd Year

Improper waste management affects the environment, this is a known fact, but another important fact which is not in the spotlight is its impacts on animals, the consequences of reckless dumping of waste on animals.

Waste disposal: Improper waste disposal is a significant issue where waste is thrown openly, providing access to street animals. The animals rummage through the garbage bags in search of food which leads to scattering of waste due to the inappropriate containers like plastic bags which easily tear further leading to the consumption of plastics by animals considering it as food. When animals ingest dumped waste, particularly plastics, it can result in severe health issues, it can lead to internal injuries or blockages, and consumption of micro plastics can lead to long term injuries. Additionally the entry of these pollutants into the food chain poses a risk to both wildlife, and, eventually to human consumers. Along with the major issue comes another one, the management of food waste.

Food waste management: Food waste is generated everyday, and it is disposed without the separation of biodegradable waste and non-biodegradable waste, which leads to the consumption of unwanted particles by the animals who are hunting for food in the trash. Properly separated trash can serve a dual purpose: biodegradable waste can be utilized as animal feed, domestically generated food waste allows for its utilization in feeding street animals through the appropriate collection of leftovers and non biodegradable waste can be disposed of with responsible packaging, certain items such as sanitary napkins, diapers and glass require careful packaging, when openly discarded this can poses a risk as animals, particularly stray dogs, may rummage through the garbage, leading to unpleasant scenes of torn sanitary pads and diapers scattered on the streets. Proper packaging is essential to mitigate such environmental and public health concerns.

A very relatable example is our own community, In Siliguri, the waste management system is severely deficient, with waste being haphazardly dumped in various locations- road sides, residential areas, and drains-resulting in an unsightly and unpleasant environment. A local observation reveals significant shortcomings, including the absences of dustbins, open dumping areas, and the added challenges of a large population of dogs and cows, exacerbating the already dire situation.

In addressing Siliguri's waste management challenges, a holistic approach is imperative. imperative. Establishing designated disposal areas and encouraging proper waste segregation through strategically placed dustbins can significantly alleviate the prevalent issue of indiscriminate waste dumping.collaborated with local authorities to enforce regulations against open dumping and littering, imposing fines for violation. Moreover, recognising the abundant food waste

generated by paying guest and hostel, there exists a unique opportunity to turn a challenge into solution. Implementing a community-driven initiative, we can collect and repurpose this biodegradable waste to feed the street dogs, cows and other such animals, not only minimizing environmental impact but also contributing to the welfare of our local animal community. To execute this plan effectively, collaboration with local NGOs or animal welfare organizations becomes essential.

This joint effort can not only ensure the proper implementation of the food waste feeding program but also foster community involvement and awareness regarding responsible waste management practices. Through these concerted efforts, we can transform our local surroundings, creating a cleaner, more sustainable environment for everyone.





TOWARDS A GREENER TOMORROW



Bishal Kundu BBA ATA 2nd Year

"Advancement that addresses the issues of the current ages without compromising the capacity of people in the future to address their issues"

Today's students strongly believe in sustainability as a responsible practice that can help eliminate environmental waste. They care intensely about their ecological impact and feel that educational institutes should also engage in sustainability practices.

Even as students turn to online education, they have a responsibility to the environment. They desire to leave the world better than what they found. No matter what your educational institution is, you can have an effect by participating in different activities and exercises that diminish your carbon footprint, reduce the amount of rubbish you discard, put more things into the reusing stream, and, finally, set aside your cash.

Sustainability is a global issue that affects every aspect of our world. Economies, organizations, and governments are all incorporating sustainable

practices into their daily operations to reduce their environmental impact. While sustainability is a relatively new field, it is now offered as a major or minor at almost every university, meeting the growing demand for individuals who can develop strategies and plans to help organizations become more environmentally friendly.

Even if you feel that your individual efforts are insignificant, remember that every time you choose to use a reusable water bottle instead of a plastic one, or every time you recycle instead of throwing something in the trash, you are making a difference. And when you inspire others to make these small changes too, it can have a significant positive impact on the environment. So, don't underestimate the power of your choices, and continue to make sustainable choices every day!

In conclusion," Encouraging sustainability is not just a choice, but a promise to ensure a flourishing future for future generations in the harmonious relationship between humanity and the planet."

A NEW WAY TO EXPLORE INDIA



Madhushree Das Sarma BBA HM 2nd Year

The term ecotourism emerged in the late 1980s. It is a niche segment of tourism in natural areas. Sustainable Tourism refers to sustainable practices in and by the tourism industry. Sustainable tourism is often also referred to as responsible tourism. In 1992, the 'Earth Summit' in Rio established the principles of triple environmental, economic and social sustainability. Since then, the tourism industry worldwide has adopted the principles of sustainable tourism.

The Mohonk Agreement (2000), a proposal for international certification of Sustainable Tourism and Ecotourism, saw ecotourism as "sustainable tourism with a natural area focus, which benefits the environment and communities visited, and fosters environmental and cultural understanding, appreciation, and awareness."

The GSTC(Global Sustainable Tourism Criteria) is the global standard for sustainability in travel and tourism. GSTC has two sets of criteria. The first one is GSTC Industry Criteria, which relates

to the sustainable management of the private sector travel industry, focusing currently on Hotels and Tour Operators. The second one is GSTC Destination Criteria, which relates to the sustainable management of Tourism Destinations.

National strategy for sustainable tourism aims to mainstream sustainability in the Indian tourism sector and ensure a more resilient, inclusive, carbon-neutral and resource-efficient tourism while safeguarding natural and cultural resources. The vision of sustainable tourism in India is to position India as a preferred global destination for sustainable and responsible tourism, and the mission is to increase the economic, social and environmental benefits to build a low-carbon, inclusive and resilient tourism sector in India. Some strategic pillars are identified for sustainable tourism development: Promoting Environmental Sustainability, Protecting Biodiversity, Promoting Economic Sustainability, Promoting Socio-Cultural Sustainability, Scheme for Certification of Sustainable Tourism, IEC and Capacity Building, and Governance. Spiti Valley, Himachal Pradesh; Chilika Lake, Odisha; Kabini, Karnataka; Andaman and Nicobar Islands; Ladakh, Jammu and Kashmir; Mawphlang, Meghalaya; Sunderbans, West Bengal; Kutch, Gujarat are sustainable tourism practices and destinations in India.

Though sustainable tourism has gained significant momentum in India, there needs to be more awareness and understanding of sustainable tourism practices among tourists, local communities, and stakeholders. A study by the Ministry of Tourism, Government of India at essential tourist destinations reveals that lack of hygiene and sanitation is a significant irritant for foreign and domestic tourists.

STCI (Sustainable Tourism Criteria for India) builds up some indicators for sustainable tourism in India,

such as - anthropogenic character, applying to all significant human impacts on the environment; local community participation, engagement and benefit; Ministry of Environment & Forests, Government of India guidelines; biodegradable toilets; water harvesting; lessons from successes and failures, national & international and polluter pays principle.

Travel and tourism account for about 5% of India's GDP and generate 39 million jobs as of 2020. With millions of local people relying on tourism for work, tourism in India must remain sustainable to benefit local people.



When Tourists Met Tigers in NORTH BENGAL



Bidisha Gupta BBA HM 2nd Year

Siliguri, the gateway to North Bengal, pulsated with frenetic energy. Jeeps piled high with luggage jostled with rickshaws laden with fragrant Darjeeling tea, while tourists, with a kaleidoscope of excitement and trepidation, bargained for trinkets and permits. The air thrummed with the promise of adventure, of communing with nature in the emerald embrace of the Dooars.

Rani, a young Lepcha woman, watched from her verandah as a convoy of jeeps roared past, their dust settling on the meticulously tended herbs in her garden. "The jungle used to be our temple," she sighed, her eyes reflecting the wisdom of generations. "Now, it's become a spectacle." Rani's apprehension wasn't unfounded. The surge in tourism has led to deforestation for hotels and resorts, strained water resources, and polluted streams with plastic waste.

Wary of the human invasion, the once abundant wildlife retreated deeper into the forests, disrupting the age-old rhythm of life for the local communities, which depended on them for sustenance and spirituality.

But amidst the discord, a melody of hope began to play. A young entrepreneur, Arjun, had a vision. He envisioned tourism that was about more than just consuming experiences and co-creating them with the local communities. He started by organizing homestays in Lepcha villages, where tourists could immerse themselves in the culture, learn traditional weaving and farming techniques, and participate in forest conservation efforts.

Arjun's initiative resonated with a growing wave of responsible tourists. They swapped jeep safaris for guided walks with local naturalists, sipped locally brewed tea instead of imported brands, and opted for souvenirs crafted by artisans rather than mass-produced trinkets. Slowly, a symbiotic relationship began to bloom. Tourists, enriched by authentic experiences, became stewards of the environment, while the local communities gained a sense of ownership and pride in their heritage.

One day, Rani found a group of tourists helping to clear plastic from a stream near her village. Unaccustomed to such labour, their hands blistered, but their faces were alight with a newfound respect for the fragile ecosystem. Touched by their gesture, Rani brewed them a pot of her special herbal tea and shared stories of the forest and its secrets.

A chorus of crickets filled the air as the sun dipped below the emerald hills, casting long shadows across the tea gardens. It seemed that the Dooars were finding their rhythm again. The tourists, no longer just fleeting visitors, were becoming temporary threads in the intricate tapestry of the region. And the local communities, empowered and engaged, were weaving a future where sustainability and prosperity danced hand-in-hand.

The ballad of the Dooars, once a lament for a lost balance, was now morphing into a hopeful symphony. It was a symphony where the roar of jeep engines was replaced by the murmur of respectful conversations, where the glitter of plastic trinkets gave way to the earthy hues of handcrafted souvenirs, and where the footprints of tourists tread lightly on the sacred soil, leaving behind only the echoes of shared stories and a renewed respect for the delicate tapestry of life.

Deep within the emerald maze of the Dooars lived the Oraons, a vibrant tribe whose existence danced to the rhythm of the jungle. Their daily lives intertwined with the whispers of the wind through the sal forests, the gurgling symphony of hidden streams, and the watchful eyes of the majestic Bengal tigers. But the tourism surge, while bringing prosperity, also cast a shadow of fear.

The tiger trails, once the Oraons' sacred pathways, became coveted tourist tracks. Jeep safaris rumbled through their ancestral lands, disruptive roars shattering the stillness, and camera flashes startling the wild residents. Wary of the intrusion, Tigers strayed closer to villages, threatening livestock and livelihoods. Anxiety gnawed at the Oraons, their deep respect for the jungle clashing with survival demands.

One young Oraon woman, Maya, refused to let fear eclipse their connection to the jungle. She witnessed the tourists' fascination with their culture and eagerness to connect with the land. So, Maya envisioned a solution: transforming the threat into a shield. She founded the "Tiger Trails Project," where tourists could embark on guided walks led by the Oraons. They learned to track pugmarks, understand tiger behaviour, and appreciate the ecosystem's delicate balance. The profits funded solar-powered fences around villages, deterring tigers while minimizing environmental impact.

Tourists, captivated by the Oraons' knowledge and deep respect for nature, became invested in their cause. They donated cameras with night-vision technology, allowing the Oraons to monitor the tigers remotely, reducing the need for disruptive safaris. Inspired by Maya, local children created vibrant murals depicting the interconnectedness of their lives and the tigers, educating visitors and fostering respect.



NURTURING SUSTAINABILITY IN THE HEART OF

HEALING INSTITUTIONS



Aadile Khan BBA HM 1st Year

Every hospital's heart beats the dual rhythm of healing and resource consumption. But what if these vital care centers could mend bodies and sustain our planet? Welcome to the forefront of healthcare's green revolution, where sustainability isn't just a trend—it's a prescription for a healthier world. Sustainability in hospitals is vital due to their significant environmental impact.

Implementing eco-friendly practices can reduce costs, minimize waste, and contribute to global efforts in combating climate change. Hospitals are crucial in promoting environmental stewardship while maintaining their commitment to patient care and public health.

The main argument centres on the notion that hospital sustainability is not only ethically imperative but also strategically advantageous, leading to cost savings, enhanced reputation, and better patient outcomes. Through case studies and expert insights, the article highlights innovative approaches such as energy-efficient infrastructure, waste reduction strategies, and environmentally friendly procurement practices, demonstrating how these efforts contribute to a

healthier planet and community while fulfilling the healthcare sector's core mission.

In India, a green revolution is underway in the healthcare sector, with hospitals increasingly prioritizing sustainability. Spearheaded by visionaries like Hospital Administrator Dr. Kapoor, facilities are embracing renewable energy and waste reduction to create eco-conscious medical spaces. Notable examples include KLE Dr. Prabhakar Kore Hospital and MRC in Belagavi, Fortis Hospital in Mohali, and Amrita Institute of Medical Sciences in Kochi.

These institutions aren't just renowned for medical excellence and their commitment to environmental stewardship. By tapping into solar and wind power, these hospitals cut carbon emissions and ensure uninterrupted healthcare services. Waste reduction initiatives further minimize environmental impact, setting new standards for sustainable healthcare operations.

As India's healthcare sector increasingly embraces sustainability, these pioneering hospitals serve

as beacons, inspiring others to follow suit. Led by administrators like Dr. Kapoor, they're not just healing patients—they are healing the planet too.

In Indian hospitals, sustainability is more than a buzzword; it's a commitment to optimizing resources. From water conservation to eco-friendly infrastructure, surgical practices are evolving to align with environmental responsibility. This shift reflects a broader ethos of efficiency and stewardship within healthcare. By integrating green principles into daily operations, hospitals reduce their ecological footprint and set a precedent for sustainable practices in the industry. This holistic approach ensures a healthier future for patients and the planet alike.

Infectious Disease Specialists emphasize the imperative of a sustainable healthcare system in combating diseases. Hospitals are minimizing environmental impact and streamlining operations through responsible waste management and digital

technology adoption to reduce paper consumption, ultimately enhancing patient care. This proactive approach reflects a holistic commitment to public health and environmental stewardship.

The movement towards sustainability in Indian healthcare is gaining momentum, driven by the efforts of hospitals and healthcare professionals to integrate renewable energy, optimize resources, manage waste responsibly, and embrace digital technologies. By prioritizing environmental consciousness alongside medical care, these initiatives are enhancing the resilience of healthcare facilities and contributing to the well-being of communities and the planet as a whole.



8THMILEGORABARI:

From Dumping Ground to Sustainable Haven



Nitisha Sharma BBA 2nd Year

In the heart of 8th Mile Gorabari near Sonada, a once-neglected dumping yard, the legacy of a hollow block factory owned by Bhim Chandra Pradhan for over 40 years was revived by the visionary Utsav Pradhan. The factory, dormant for almost two decades, became a symbol of sustainable living, with Utsav steering the community towards a green renaissance.

A Return to Roots: Utsav, the son of Bhim Chandra Pradhan, made a life-altering decision to leave his corporate career behind and return to his hometown. Driven to be closer to his ageing parents, he set out to restore the desolate dumping yard into a thriving forest and a testament to sustainable living.

Embracing Permaculture: Unlike conventional approaches, Utsav's vision for sustainable living in Gorabari focused on permaculture. This holistic and regenerative design system aimed to create a self-sustaining ecosystem. With the help of the local community, Utsav initiated the transformation, recruiting individuals who shared his passion for environmental conservation.

Architectural Innovation for Sustainable Homes: Utsav's commitment to sustainability extended beyond the restoration of the land. Inspired by the concept of sustainable living, TIEEDI, the community-driven initiative, collaborated with architects and design students to construct ecofriendly homes. Utilizing natural materials like bamboo, wood, grass, and mud, they built mud

huts with thatched roofs made of cogon and lemongrass. These homes stand on a triple-layered stone foundation, showcasing the traditional 'wattle and daub' bamboo weaving technique.

Educational Outreach and Environmental Education: TIEDE's commitment to sustainability extended to environmental education. Collaborating with schools in Kurseong and Darjeeling, they designed a holistic curriculum to teach students about composting, local species identification, and sustainable practices. Inspired by TIEEDI, the schools set up composting units and embraced sustainable infrastructure.

Awards and Recognition: TIEEDI received accolades and recognition from private and government organizations for its remarkable efforts. The organization's partnership with the District Rural Development Cell, Government of West Bengal, to implement 'solid liquid waste management' further underscores its role in keeping the hills clean and green.

In just eight years, what was once a 1.5-acre dumping ground has been transformed into a permaculture forest garden, a testament to the power of community-led sustainable living. The story of 8th Mile Gorabari inspires, showcasing that with dedication, innovation, and a commitment to harmony with nature, even the most desolate spaces can flourish into vibrant, sustainable havens.

SUSTAINABLE APPLE LEATHER:

Revolutionizing Style with Purpose



Sandhya Chettri BFDM 1st Year

Enter the realm of sustainable fashion with apple leather — an innovative material that transforms how we think about style and environmental impact. Crafted from apple waste, primarily leftover peels and cores, this eco-friendly alternative challenges traditional leather production methods.

Apple leather production begins by upcycling the byproducts of apple processing, reducing agricultural waste, and utilizing resources that would otherwise go unused. The result is a cruelty-free, plant-based material with a significantly lower environmental footprint than conventional leather.

Beyond its sustainability credentials, Apple Leather maintains its style and quality. It boasts a luxurious texture and durability, making it a versatile choice for various fashion items. From bags to shoes, Apple Leather proves that ethical fashion can be chic and conscientious.

Choosing apple leather aligns with the growing demand for cruelty-free and environmentally responsible products. It exemplifies the fashion industry's commitment to innovative solutions that respect the planet. So, next time you don your apple leather accessory, know that you're not just making a fashion statement — you're contributing to a more sustainable and compassionate future.



BIPASHA GUPTA
BBA ATA 2nd Year

RECYCLING

STATIONERY INTO CREATIVE ITEMS

In today's world, where sustainability is a top priority, finding innovative ways to repurpose everyday items is critical. Have we ever looked around to see how many items we use regularly are wasted with no recourse? All of us use stationery items, one or other, daily, but how many will think of repurposing them? How about digging into innovative ways of reusing these stationary items and starting that conversation immediately? Let's explore some fun and creative ideas to add a personal touch to disposable items and give them a second life!

Pen and Pencil Photo Frames: Let's Gather those unused or broken writing tools and arrange them around the edges of a plain photo frame. Glue them in place, and voila! You have a unique frame that adds creativity to your photos.

Paper Clip Art: Paper clips are more versatile than you might think. Use them to create unique designs on plain frames or to hold multiple photos together in an eye-catching display. Bend and shape the paper clips into different forms, such as hearts, stars, or your campus logo. The possibilities are endless!

Binder Clip Displays: Those trusty binder clips can do more than hold papers together. We can attach them to a string or wire and hang them vertically on a wall. These clips can secure your favourite photos, postcards, or inspirational quotes. This DIY display adds a touch of charm to any campus space.

Marker Masterpieces: Did you know markers can be used for more than just colouring? Take a plain white frame and decorate it with vibrant marker designs. You can create patterns, doodles, or even write inspiring quotes. Let your imagination run wild and make your frame an actual work of art.

How we think and what we think about long-term sustainability is very important for keeping the Earth green and healthy. Repurposing everyday items that would otherwise be thrown away can fuel our regenerative thread of sustenance. It will not only showcase our creativity but also contribute to a more sustainable society.



Mohit Agarwal BBA ENT 1st Year



PIONEERING SUSTAINABLE HYDROGEN PRODUCTION FOR A

GREENER FUTURE

Sir David King, former UK Chief Scientific Advisor, expressed concerns about the extreme heat in Canada during July 2021, stating that "Nowhere is Safe." Temperatures reached as high as 48-49 Celsius in the western hemisphere. This highlights the urgent need to address climate change and reduce reliance on fossil fuels.

Ossus Biorenewables, a startup, is making strides in this direction by developing innovative solutions to replace fossil fuels with hydrogen as a clean energy source. Their Al-powered bioreactor, the OB HydraCel, extracts carbon from wastewater in process industries and provides on-demand hydrogen gas.

Since its establishment in 2017, Ossus has been revolutionizing the renewable energy sector by focusing on alternatives to fossil fuels. The OB HydraCel, powered by artificial intelligence, efficiently generates hydrogen gas using wastewater.

What sets Ossus apart is not only its advanced technology but also its commitment to sustainability. By utilizing waste carbon and promoting circularity, it reduces carbon emissions and redefines environmental responsibility. Their progress was significantly boosted when they participated in the Qualcomm Design in India Challenge (QDIC) 2021. With Qualcomm's support, Ossus enhanced its transition to machine learning-based control systems, achieving higher levels of efficiency and innovation.

Dr. Suruchi Rao, co-founder of Ossus Biorenewables, envisions a future where biology and artificial intelligence collaborate to combat climate change. With HydraCel leading the way, industries have a powerful tool to reduce emissions and embrace a cleaner future.

Ossus's success is due not only to its technology but also to its team. Its diverse group shares a common goal of sustainability and is motivated to make a positive impact. Their efforts have earned them recognition and drive them towards expansion and influence.

At the heart of Ossus' innovation is the OB HydraCel, a bioreactor that efficiently converts waste carbon into hydrogen gas. This Al-powered technology is more efficient than traditional methods and requires minimal energy. By avoiding rare earth metals and freshwater, Ossus is leading in sustainable hydrogen production that is accessible and scalable.

In a critical time in history, Ossus Biorenewables stands out as a beacon of hope. With plans for global expansion and a focus on the lucrative hydrogen market, they are changing the industry and challenging norms.

Ossus Biorenewables reminds us that the future is in our hands as we face uncertainties. We can create a world where sustainability is a part of our everyday lives through innovation, collaboration, and a commitment to sustainability.



TOWARDS A MORE

ECO-FRIENDLY TOMORROW

In an age of environmental concerns, sustainable living is a beacon of hope for a brighter future. It entails practices to lessen ecological impact, conserve resources, and foster harmony with the environment. Sustainable living isn't just a trend but a crucial response to climate change and environmental degradation.

At its core, sustainable living encourages mindful consumption and responsible stewardship of Earth's resources, affecting daily life from energy usage and transportation to dietary choices and waste management. By adopting sustainable practices, individuals can mitigate the negative impacts on the planet and enjoy a healthier lifestyle.

Energy efficiency is key, with shifts to renewable sources like solar, wind, and hydroelectric power reducing carbon emissions and reliance on fossil fuels. Simple measures like enhancing insulation and using energy-efficient appliances can yield substantial energy savings.

The transportation sector is critical for sustainability. Alternatives to gasoline vehicles, such as electric cars, bicycles, and public transit, help cut emissions and ease congestion. Carpooling and telecommuting also minimize commuting's environmental impact.





Abhishikta Roy BMS 2nd Year

In food production, sustainable living emphasizes choices that prioritize environmental preservation and animal welfare. Supporting local farmers, choosing organic produce, reducing meat consumption, and composting can significantly reduce the environmental footprint.

Effective waste management is crucial. Adhering to reduction, reuse, and recycling principles diverts waste from landfills. Minimizing single-use plastics and composting organic waste fosters a circular economy that conserves resources and reduces pollution.

While individual actions are vital, broader societal transformations and policy interventions are necessary. Governments, businesses, and communities play pivotal roles in championing sustainability through regulations, incentives, and public awareness campaigns. Collective efforts are essential for systemic change toward a sustainable future.

Ultimately, sustainable living transcends sacrifice; it enriches both individuals and the planet. By prioritizing sustainability in daily choices and advocating for systemic shifts, we can pave the way for a greener, more equitable world for future generations. Embracing sustainable living is imperative for safeguarding our planet and its ecosystems.

SIMPLE LIFE

Sadhna and Pemu BBA SM 1st Year

People have heard about protecting the environment and making a sustainable future. Are you one of them? Have you ever used an environment-friendly object because you are concerned about protecting the environment? Humans have garnered enough knowledge, but is it worth it if there's no planet to live on? Most people only talk about preserving the environment but must make more practical efforts to protect it. In stark contrast to such people is an inspiring story of a girls' School in Kalimpong, which has contributed immensely to preserving the environment and healing the wounds of our beloved mother Earth. The School's name is ST—Philomena's Girls Higher Secondary School.

For decades, this School has been practising sustainable living. Students and teachers are engrossed in cleanliness and maintaining a clean and green environment. There's silence and peace around, where green leaves of trees rustle in the fresh wind. Every morning assembly is followed by a speech on a clean environment, which motivates and inspires everyone.

The main motive behind practising sustainability is limited resources. According to the School's teaching staff, "It is crucial to teach the upcoming generations about some small steps that they as individuals can take to make a huge difference." The School has solved the most critical problem at this time, which is waste disposal. They introduced the idea of waste segregation. Each classroom from primary to higher secondary has two dustbins: Biodegradable and Nonbiodegradable. The students are taught the importance and benefits of waste segregation, which is practised daily.

The waste of the biodegradable dustbins is dumped in a compost pit, which is converted into manure, and the nonbiodegradable waste is burnt in an incinerator. The compost manure is used in the vegetable and flower gardens of the School. They have adopted the "Beat the Plastic" theme to reduce plastic waste. Instead of burning plastics, they are reused in art and craft classes. These crafts are sold at the School's annual fair. The School was awarded the NIRMAL VIDYALAYA PURASKAR

in 2013. The School has built a water harvesting system because of water scarcity in the hills. The rainwater is collected and stored in a separate tank. Thus, this stored water is used to water the plants and flowers on the school campus. With the innovation of water harvesting, dealing with the water crisis during dry seasons has been possible.

Fifth June of every year is celebrated as World Environment Day to spread awareness about conserving our environment—the role of ST. Philomena School on this day is paramount. All students and teachers are involved in cleaning activities regardless of age. This day is celebrated as a big festival associated with cultural programs. On this day, saplings are distributed and planted. In 2019, in collaboration with Mani Trust (NGOS, Kalimpong), more than a thousand saplings were

distributed among the local people and students. Kishan Kalyan Sanghatan is another organization that works with ST. Philomena's School for Sustainable Living. They practice and believe that the right time to start is NOW!

The School has done a tremendous task in anchoring sustainability among us. They are serving their locality, nation, and the world as a whole. Thus, the damage done already cannot be reversed. However, we can focus on decarbonization and circulate awareness all over the globe. The world is getting more polluted, and resources are getting deleted faster than they can regenerate from generation to generation.

We ought to be inspired by organizations like ST— Philomena's to make this planet a better, greener and more sustainable place.





Sastik Chandra Saha BCA 3rd Year

A HAPPY SAD HUE

Blue

When I think of the most underrated Yet the common favourite colour, blue Which feeling do I associate it with For it the happiest yet the saddest hue Feeling blue, even I use that term Does it actually represent a sad situation All I see is the beauty of blue In the clear joyful skies, in the thrilled waves of the ocean. When did the colour of peace Become the colour of grief Its more like a simple enchanting colour One that gives my eyes and soul relief. Blue never meant sadness It was always the idea of depth it expressed Like how the sea with the with restless shores Has emotions deeper than a soul could guess. So if ever say I feel blue again Never take it as me being depressed I'll embody the colour Accepting fake and still being at peace Being in pain, yet being at ease.



SUSTAINABLE DEVELOPMENT GOALS

Hear the Earth's unspoken part with open ears and a beating heart.

A call for balance, hand in hand, Sustainable progress across the land.

Forests whisper, oceans sigh,

Of resources used, reaching the sky.

Concrete sprawls where flowers bloomed, A fragile planet, soon consumed.

But hope remains, a vibrant seed, Planted deep, where hearts can heed.

Renewable energy, the sun's golden kiss, the Wind's song, powering a future's bliss.

Green rooftops bloom, cities reborn, Local markets, fruits freshly torn. Bikes on paths, laughter's delight, Weaving a community, shining bright.

bikes on parns, laughter's delight, weaving a community, shining bright.

Waste transformed, a second chance, Reduce, reuse, a mindful dance.

Compost feeds the soil a new,

Life's cycle spins, vibrant and true.

Education's torch, knowledge shared Sustainable choices, carefully paired.

From children's hands, a future bright, Where Earth and humanity live in light.

So let us act with purpose boldly; this story of sustainability unfolds.

For generations yet to be,

A thriving Earth, eternally.



DAWN OF SUSTAINABILITY

In the hopeful glow of dawn's embrace, A vision of sustainability, finding its place. Fields of green, wildflowers sway, Promises whispered in the breeze each day. Solar whispers caress the earth's embrace, Wind turbines hum with harmonious grace. Forests, sentinels standing tall and wise, Breathing life beneath cerulean skies. Green innovations, seeds gently sown, Harvesting progress as they've grown. Eco-footprints light as feathered plume, Earth's caretakers are linked in the commune. Hand in hand, seeds of change are sown, A sustainable future is now widely known. Oceans breathe freely, waves in a dance, Balancing ecosystems in a delicate trance. With nature's rhythm, we learn to thrive, A sustainable future where all can survive.



In North Bengal's embrace, nature thrives, Where tea fields drape the rolling hillsides. Beneath the emerald canopy's serene sheen, A hidden symphony of life, unseen, unseen. Rivers frolic with playful glee, From tree to sea, a lifeline, free. In the Himalayas' towering shade, Sustainable paths, thoughtfully laid. Communities, hand in hand, they blend, Harmony with nature, a message to send. From organic farms to eco-retreats so neat, Each stride toward sustainability's beat. With every dawn, a promise to renew, To cherish, protect, a duty to pursue. In North Bengal's core, a beacon light, A sustainable future is guiding our sights.



Echoes of EARTH'S SORROW

The earth, once happy, so green and serene, How I yearn to know how those days have been, Now marred by pollution and endless cars, The scars on our planet, etched deep with scars. It's agonizing to witness, painful to see, Animals and birds flee, leaving homes to flee, Yet waste lingers on, a testament to our neglect, Blinded by convenience, we need to reflect. "Say no to plastic," echoes in the air, But how many genuinely heed, how many care? If aligned in our passion, united we stand, Nature's revival, a wondrous sight, so grand. I dream of a day when sparrows sing once more, Though it may take years, five or ten, or more. Oh, for those childhood days, feeding sparrows with glee, When nature's embrace felt so pure, so free. It's more than just birds and their chirping song, Saving nature safeguards us from all that's wrong. A pristine environment reveals the stars' bright boon, Fail to protect it, and our fate we're hewn. Waste and pollution, within our command, To cherish our motherland, we must make a stand. Let's strive together, let's give it our all, Before the earth loses hope and begins to fall.



MOTHER

From a shell I grow
Thy love makes me glow
In the blues, you live,
In the browns, you care.
The green of yours that I breathe
The life in me makes me dare.
Where my sight is, you are.
Where my life is, you are.
I ate you up, mother,
The womb that birthed me,
The arms that carry me.

I see thy blackening eye, Thy bleeding heart, yet, I am hungry. I eat. I can't stop.



Sustainable INTERIORS OF SILIGURI

In Siliguri's heart, where the mountains kiss the sky, Sustainable design takes wings to fly. In Siliguri's bustling streets, where dreams take flight, Sustainable interior design, a beacon of light. From bamboo to jute, materials so green, Creating spaces, vibrant and serene. With eco-friendly paints, colours blend, A harmonious palette, nature's trend. Solar panels adorn rooftops high, Harnessing energy from the sky. Recycled furniture, stories to tell, Each piece is unique in its dwell. Plants breathe life in every room, Bringing freshness, banishing gloom. Water-saving fixtures, a conscious choice, Preserving resources and raising our voices. In Siliguri's embrace, sustainability blooms, In every corner, nature resumes. In Siliguri's embrace, nature's call, Guiding hands create a haven for all. Where every element finds its place, Sustainable interior design, a timeless embrace. So let's design with care for generations ahead, In Siliguri's heart, where sustainability spreads.



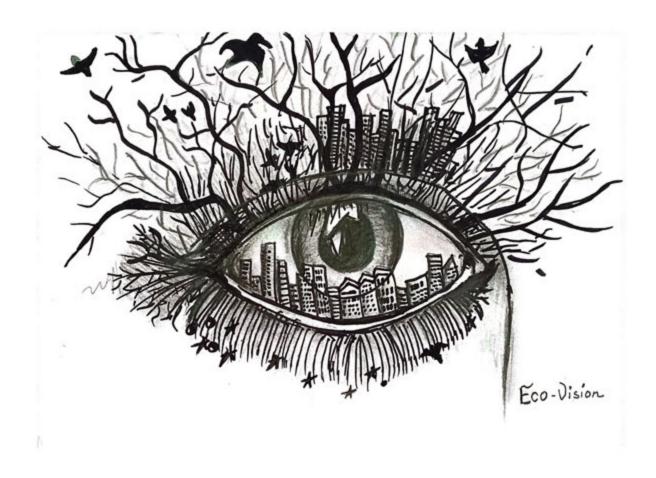
PROMISES TO TOMORROW

Hand in Hand, below the sun's warm hue A promise to heal what we have not done, to start a new Emotions raw, like, a river that kindly flows An urge to let sustainability flourish and grow For the promises whispered in tomorrow's ear Lies the hope of the world that's crystal clear, Where mountains stand proud, covered in snow And the ocean shore purely glow Let the forests dance with vibrant life While creatures rove freely in a balanced world A promise to nurture, to love, to restore For the generations ahead, for what lives in store With every step forward, guided by our promises Sustainability blooms; it's our pledge, our sacred promise To honour and respect our Earth, our home, our beating heart In this journey where emotions play a part So hand in hand, let's walk upon this path Where emotions guide us together with natures bath





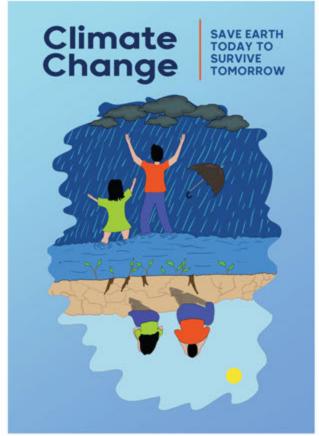
Arghadeep Paul BBA ATA





BBA HM









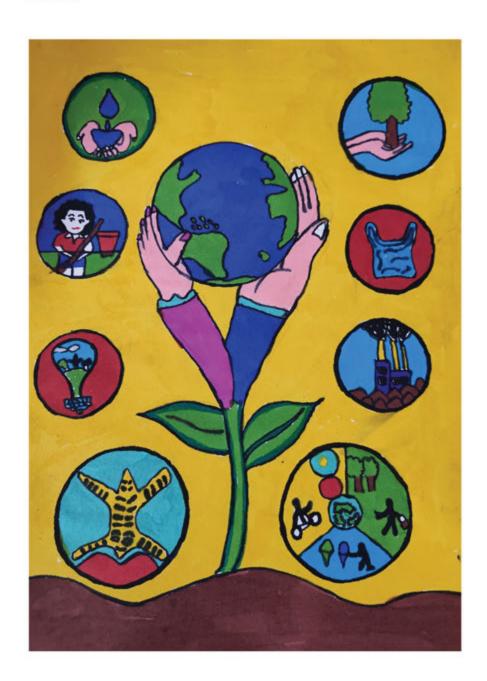


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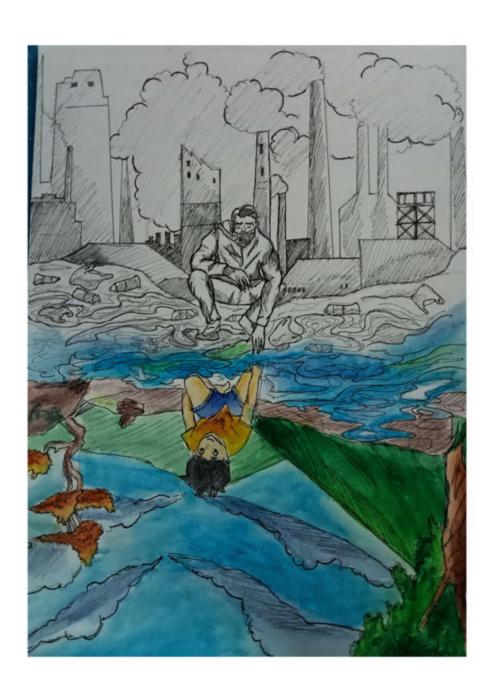


Manali Saha BMAGD





Neha Gurung BMAGD





Rownak Kabir BMAGD









Sakshi Suman Sarkar BMAGD





Sayan Das BMAGD







Shreya Goyal BMAGD





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INSPIRIA LOCATION MAP



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