

Sustainable Living Course

For a better future for you and me, Think Sustainability



Sustainable Living is the need of the hour as it involves ways of living that leads us to good health and well-being along with limiting the excess consumption of natural resources.



Newton's Law of Motion teaches us, **Every Action has an Equal and Opposite Reaction**. Now, the **time** has come when we should be aware of our actions on the environment and learn not just the survival techniques but be a responsible citizen. The common mission should be **SAVE OUR PLANET**.

For that We Must Be the Change We Wish to See in the World.





Each individual has a crucial role to play in this mission. Whether you are a student, working professional, stay-at-home-mother or housewife this self-paced course will bring you close to nature. This course will take you on a journey of self-awareness and self-growth with the bigger target of keeping our Mother Earth a better and happier place to live.

In Ralph Bicknese words, “Sustainability is all about ecology, economy and equity.”



We broadly cover these topics,

What is Sustainable Development? Why is it so important?

What are SDGs?

Resources Management.

Role of Technology / Digital technology and its support to fight pandemics



The course is designed and taught by Dr. Neha Bhatnagar. Dr. Bhatnagar has done her PhD in Physics from Banaras Hindu University, Varanasi India. When she was doing her Research Internship from Central Building Research Institute (CBRI), Roorkee India, she came across the concept of Sustainable Development which drew her attention. Later, she introduced a module for Sustainable Development at AURO University with an aim to train the students from different educational backgrounds about Sustainability and its importance. Through this course she

wants to create awareness about the subject in a simplified and approachable manner. Her vision is to train the participants from different backgrounds for creative thinking and scientific approach with the final objective to implement their findings in real-world problems.

Duration of the course in terms of hours: 10 hrs **Credits (If any):** 1 Credit

Target group profile: Open to All

Course Modules and Sub-Modules (topics):

Module 1	SUSTAINABLE Living
Learning Outcomes	At the end of this module, learners will be able to discover various aspects of sustainable development.
1.1	Understanding of Sustainable Development
1.1.1	Sustainable Development Goals (SDGs)
1.1.2	Understanding ecosystem and its components
1.2	Why is Sustainable Living the need of an hour?
1.2.1	Sustainable eating, Sustainable farming and conscious consumption
Module 2	RESOURCE MANAGEMENT
Learning Outcomes	At the end of this module, learners will be able to explore how different natural resources can be explored.
2.1	Types of Energy Sources (Conventional and Non-Conventional)

2.1.1	Alternative energy sources and sustainability
2.2	Recycling in the kitchen garden, Smart water Gardening and Utilizing Rainwater
Module 3	SCIENCE, TECHNOLOGY AND INNOVATION DURING PANDEMICS
Learning Outcomes	At the end of this module, learners will be able to explore the interconnection of science, technology and innovation especially during pandemics.
3.1	Role of Digital technology and its support to fight pandemics
3.2	The process of creating social, health or sustainability startups based on SDGs, community needs and climate change preparedness activities.

E-Certificate would be issued from AURO University on the successful completion of the course
