

LIST OF ACTIVITIES

SR. NO.	ACTIVITY TITLE
1	Green Offices Initiative
2	Waste Reduction Competition
3	SDG's Expo: Responsible consumption & Production
4	Junk to Jewel: Sustainability Showcase
5	Cleanliness Drive Activity
6	Donate Blood Today, Save Tomorrow's Resources
7	Responsible Energy Production and Conservation
8	Sustainable Blood Practices for a Healthier Future
9	Bird and Cat Feeders Competition



ACTIVITY 01: GREEN OFFICES INITIATIVE

Organized By: The Department of Pharmacy









On December 27th, 2024; a special activity of green offices was initiated. The Green Offices Initiative has played a key role in advancing Sustainable Development Goal (SDG) 12, which targets responsible consumption and production. By encouraging the placement of indoor plants in office spaces, the initiative not only enhances aesthetic appeal but also improves air quality and boosts employee well-being. The incorporation of potted plants contributes to resource efficiency by promoting use of locally sourced and sustainable plant species, thus reducing carbon footprint associated with office furnishings. By raising awareness and taking action, society can work towards safeguarding nature for future generations. The placement of potted plants in faculty offices was started at 11:30am and concluded at 12:00pm.



ACTIVITY 02:

WASTE REDUCTION COMPETITION

Organized By: The Department of Pharmacy









On 10th January, 2025; waste reduction competition was conducted in which students gave their innovative ideas either in form of crafts or in form of phrases highlighting the importance of the waste reduction for sustainability of environment. Waste Reduction Competition, aligned with SDG 12, encouraged students to propose innovative ideas or craft phrases to promote waste reduction. The initiative focused on raising awareness about reducing waste through prevention, recycling, and reuse, in line with Target 12.5. Selected contributions will be used in future campaigns to inspire sustainable practices and engage students in achieving global sustainability goals. The event started at 10:00am and concluded at 12:00pm.



ACTIVITY 03:

SDG'S EXPO 2025: RESPONSIBLE CONSUMPTION AND PRODUCTION

Organized By:
The Directorate of Sustainability
and Environment





The SDG Expo was held on January 9th, 2025 that targeted different SDG goals including SDG 12 (Responsible Consumption and Production) and aimed to highlight the importance of adopting the 3Rs i.e; Reduce, Reuse and Recycle. A desk was arranged, showcasing glimpses of the programs and initiatives undertaken in the previous year, including posters and different handmade crafts such as bird and cat feeders that highlighted our efforts in promoting waste reduction. The desk attracted significant attention from students and faculty, fostering discussions about past achievements and strategies for future improvement. At the end of Expo, all the student ambassadors were awarded certificates through the teachers which motivated the students to further promote SDG goals.



ACTIVITY 04: JUNK TO JEWELS: SUSTAINABILITY SHOWCASE

Organized By:
The Department of Psychology



The Department of Psychology organized a "Junk to Jewel's: Sustainability showcase" event under the umbrella of Directorate of Sustainability and Environment (DSE). The event aimed to promote recycling, upcycling, and responsible consumption in compliance with the target 12.5. Students displayed innovative products made from recycled materials on tables decorated with reused items, emphasizing sustainable practices. Faculty and students across the university visited the desks, engaging with participants to learn about their creations. The event successfully raised awareness about waste reduction and inspired attendees to adopt sustainable habits, demonstrating the value of individual efforts in achieving global sustainability.



ACTIVITY 05: CLEANLINESS DRIVE ACTIVITY

Organized By: The Department of Pharmacy







Keep your environment clean







The Social Welfare Club of Pharma Spark Society at Capital University of Science and Technology organized Cleanliness Drive on 20th March 2025, aligning with SDG Goal 12: Responsible Consumption and Production. Students from the Pharmacy Department took part in cleaning classrooms, laboratories, and open areas across the campus. Their collaborative efforts contributed to reducing waste and promoting sustainable practices within the university. The drive emphasized the importance of responsible resource management, fostering a cleaner and healthier environment. Faculty members highly appreciated the initiative, recognizing the students' commitment to sustainability. Beyond the immediate impact of cleaning, the event encouraged teamwork, civic responsibility, and instilled pride in maintaining a responsible and sustainable campus.



ACTIVITY 06:

DONATE BLOOD TODAY, SAVE TOMORROWS RESOURCES

Organized By: The Department of Pharmacy





The Social Welfare Club of Pharma Spark Society, in collaboration with Directorate of Sustainability and Environment (DSE) and Jamila Sultana Foundation, organized a Blood Donation Camp on Thursday, 17th April 2025, at the C-Block Corridor, in alignment with SDG Goal 12: Responsible Consumption and Production. With over 150 donors, the event was a the university's commitment significant success, demonstrating sustainable practices and community welfare. The event also contributed to awareness under SDG Target 12.8 by educating students and the community on sustainability as a shared responsibility. The involvement of trained medical staff ensured safe procedures, reinforcing the importance of quality and efficiency in resource use. By integrating sustainability principles into health focused community action, the university demonstrated its commitment to reducing resource waste and promoting responsible behavior. This initiative serves as a model for how health and sustainability goals can intersect meaningfully.



ACTIVITY 07: RESPONSIBLE ENERGY PRODUCTION AND CONSERVATION

Organized By: The Department of Pharmacy



In alignment with SDG Goal 12, the FM recording activity on responsible energy production and conservation provided students with a hands-on platform to explore sustainability through media and communication. The session not only offered practical experience in audio recording and broadcasting but also encouraged critical thinking and collaboration among participants. Emphasizing the need to reduce energy waste, enhance efficiency, and shift towards renewable sources, the activity aimed to instill a deeper understanding of sustainable energy practices. It highlighted the importance of mindful energy consumption as a key step toward environmental protection and long-term resource preservation. Through this initiative, students were empowered to engage with real-world challenges and explore innovative solutions for a more responsible and sustainable future.



ACTIVITY 08:

SUSTAINABLE BLOOD PRACTICES FOR A HEALTHIER FUTURE

Organized By: The Department of Pharmacy









In alignment with SDG 12 (Responsible Consumption and Production), Pharma Spark Society, in collaboration with DSE, organized a blood grouping activity that promoted sustainable health practices among university students. The initiative supported Target 12.2 by emphasizing the efficient use of medical and logistical resources through well-organized procedures and minimal waste. By raising awareness about the importance of knowing one's blood type, event contributed to Target 12.8, fostering informed and responsible healthcare decisions. Student volunteers played a key role in managing registrations and guiding participants, reflecting principles of community engagement and efficient resource utilization. The activity not only enhanced individual health awareness but also encouraged collective responsibility, showcasing how sustainable practices can be integrated into everyday health initiatives on campus.



ACTIVITY 09:

BIRD AND CAT FEEDER COMPETITION

Organized By: The Department of Pharmacy









The Social Welfare Club of Pharma Spark Society, in collaboration with Directorate of Sustainability and Environment (DSE) organized 'Bird and Cat Feeder Competition'. This competition aimed to assess the creativity of students and make them interact with nature in alignment with SDG Goal 12: Responsible Consumption and Production. The competition promoted sustainable solutions for feeding birds and cats, aligning with SDG 12.2 on efficient resource use. It successfully reconnected students with nature and raised environmental awareness, supporting Target 12.8. By encouraging creativity and practical learning, it fostered responsible behavior toward ecosystems and biodiversity, contributing to Target 12.5 on waste reduction. Overall, the event highlighted the importance of sustainable practices through hands-on, educational engagement.