



Oriental Education Society's
Oriental College of Education & Research
UGC NCTE Approved, Affiliated to University of Mumbai,
(NCTE Code- 123016)
Adarsh Nagar, Andheri (W)
NAAC Accreditation 'B' Grade

Report on No Lift Day 20th January 2025 & 24th January 2025

Introduction:

As part of an initiative to promote health and sustainability, No Lift Day was observed at **Oriental College of Education** on **Monday, 20th January 2025, and Friday, 24th January 2025**. The objective was to encourage individuals to use the stairs instead of elevators, fostering a healthier lifestyle and reducing electricity consumption.

Objective:

1. To encourage physical activity among students and staff.
2. To create awareness about energy conservation.
3. To promote a sustainable and healthy lifestyle.

Execution:

- **Awareness Campaign:** Posters and digital messages were circulated before the event to inform students and staff about the significance of No Lift Day.
- **Participation:** Faculty members, students, and administrative staff actively took part by using stairs instead of elevators.
- **Encouragement & Monitoring:** Volunteers were stationed near elevators to remind and motivate individuals to take the stairs.
- **Feedback Collection:** Participants shared their experiences, highlighting the health benefits and increased awareness about energy consumption.

Impact:

- A significant reduction in elevator usage was observed on both days.
- Participants reported feeling more active and motivated to incorporate stair climbing into their daily routine.
- Awareness regarding energy conservation was successfully instilled among the institution's members.

Conclusion:

No Lift Day was a successful initiative, promoting both health and sustainability at **Oriental College of Education**. The enthusiastic participation indicated a positive response, and such activities can be regularly organized to reinforce the habit of an active and energy-conscious lifestyle.

By Order

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No Lift Day



No Lift Day



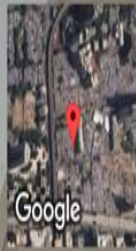
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