

Commitment to a Carbon-Neutral University

It will take a coordinated effort from all members of the university community, including instructors, staff, administrators, and students, to become a carbon-neutral university. The following actions can be taken, and University of Poonch Rawalakot (UPR) is taking them on a proactive basis.

- Create a carbon inventory: List all the sources of greenhouse gas emissions from the university's operations, transportation, and activities related to its operations in a thorough and comprehensive inventory.
- Carbon reduction plan: Formulate a comprehensive strategy for curbing the university's carbon emissions in the long run. This plan should outline precise goals and deadlines for cutting emissions, along with an extensive range of tactics and activities to reach these goals.
- Implementation of energy efficiency measures: Adopt energy-saving practices on the entire campus, such as enhancing building operations and systems and utilizing renewable energy sources like geothermal, solar, and wind power.
- Promote sustainable transportation: Encourage sustainable modes of transportation for faculty, staff, and students, such as walking, bicycling, public transportation, and carpooling, to lessen the university's dependency on single-occupancy vehicles.
- Engage the university community: Include the university community in initiatives, events, and educational programs that raise awareness of the significance of reducing carbon emissions and the effects of climate change.
- Monitor and report progress: Track and report on the university's progress toward its carbon reduction targets on a regular basis. Make necessary adjustments to plans and initiatives to guarantee that progress continues.

The UPR has set its target and given in UPR Climate Action Plan, the plan is available at link:

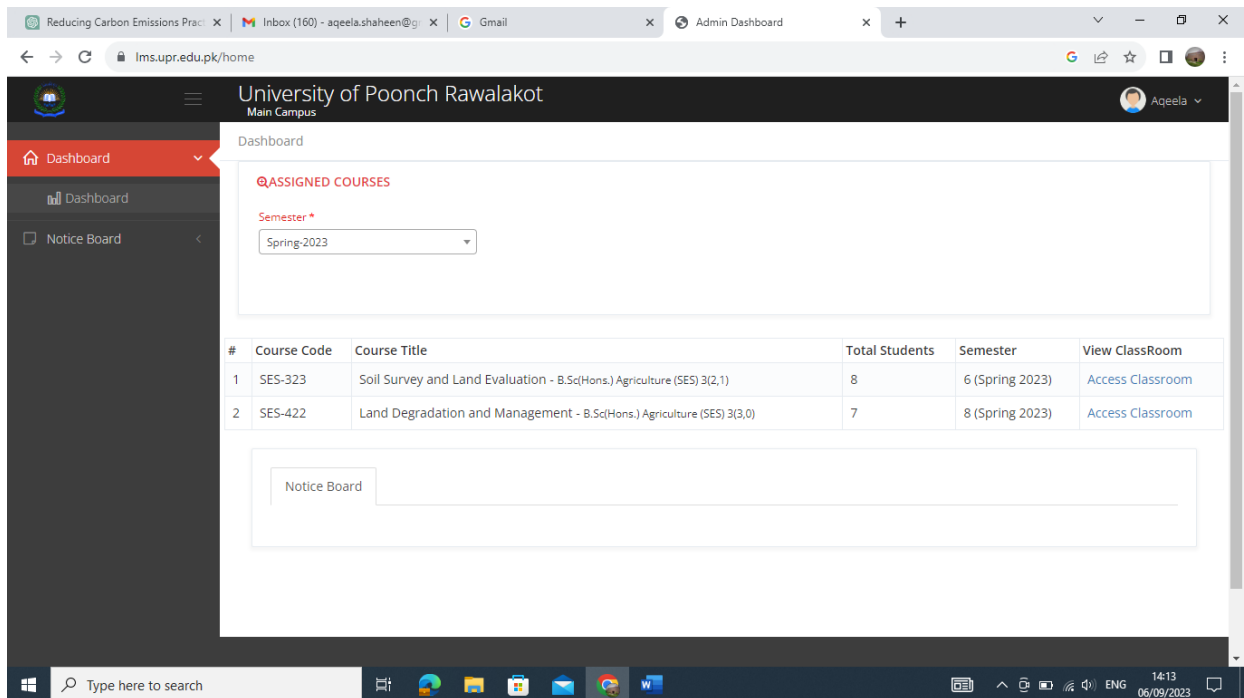
<https://upr.edu.pk/storage/uploads/blogs/655f2b046ea52-Climate%20Action%20Plan%20%20University%20of%20Poonch-sdg%2013.pdf>

Carbon Emission Reduction Initiatives Implemented at UPR

There are some practices that are being adopted in UPR to reduce carbon emissions. These are given below.

1. Reducing Paper Consumption

Paper production often involves cutting down trees, which releases stored carbon into the atmosphere. Using less paper reduces the demand for paper products, leading to less deforestation. The paper-making process requires a significant amount of energy. By using less paper and promoting digital communication and documentation, energy consumption and associated emissions are reduced. The Learning management system (LMS) is indigenously developed by UPR to facilitate the learning experience of students as well as reduce the need for paper and printing. If necessary, the papers are printed but it is ensured that they are printed on both sides as a policy. Use of plastics for paper binding, reports cover, and single-use plastics are highly discouraged. All communication is done digitally.



The screenshot displays the LMS dashboard for the University of Poonch Rawalakot. The interface includes a navigation menu on the left with options for Dashboard and Notice Board. The main content area is titled 'Dashboard' and features a search bar for 'ASSIGNED COURSES'. A dropdown menu is set to 'Spring-2023'. Below this, a table lists the assigned courses with columns for Course Code, Course Title, Total Students, Semester, and View Classroom link.

#	Course Code	Course Title	Total Students	Semester	View Classroom
1	SES-323	Soil Survey and Land Evaluation - B.Sc(Hons.) Agriculture (SES) 3(2,1)	8	6 (Spring 2023)	Access Classroom
2	SES-422	Land Degradation and Management - B.Sc(Hons.) Agriculture (SES) 3(3,0)	7	8 (Spring 2023)	Access Classroom

Below the table, there is a section for 'Notice Board' which is currently empty.

The Learning Management System UPR to Reduce Paper Usage and Carbon Emissions



Only admins can send messages

UPR's Digital Communication Strategy: Cutting Paper Usage for a Greener Tomorrow

2. Sustainable transportation

When more people choose to walk, there are fewer cars on the road, which can reduce overall traffic congestion and associated emissions. University bus services use larger vehicles that can carry more passengers, making them more energy-efficient per passenger mile compared to individual cars. Encouraging students and staff to use university bus services can reduce the number of private vehicles on the road, decreasing traffic congestion and emissions. The students of UPR and no. of faculty prefer to walk. Instead of private cars the students prefer the university bus service.



Choosing the university bus service: a sustainable move to curb individual car emissions



Students choose to walk, an eco-conscious commute with minimal carbon footprint

3. Rainwater Harvesting

Rainwater harvesting systems reduce the need for energy-intensive water treatment and distribution, which can be a significant source of carbon emissions. By using harvested rainwater for non-potable purposes like irrigation and flushing toilets, the demand for treated municipal water decreases, reducing the energy required for water pumping and treatment. There is water harvesting installation in UPR and water is used for irrigation.



UPR's Commitment to Sustainability: Rainwater Harvesting

Incorporating these practices into university operations can contribute to a reduction in carbon emissions. However, the extent of emission reduction will depend on various factors, including the scale of implementation and local conditions. Nonetheless, these actions can collectively make a meaningful contribution to lowering carbon emissions and promoting sustainability.

4. The Green Youth Movement

The Green Youth Movement, within the framework of the Prime Minister Youth Program, is designed to empower students and young individuals to actively contribute to environmental conservation and sustainable practices. Through this movement, UPR encourages its students to engage in various activities and initiatives that promote green growth and foster a sense of responsibility towards the environment. In addition, the movement offers a forum for youth, including University of Poonch students, to suggest and carry out creative solutions to environmental problems. These suggestions might include anything from neighborhood-based environmental initiatives to sustainable business models.



UNIVERSITY OF POONCH RAWALAKOT

Office of the Registrar

Phone No. 0092-5824-960053, Fax No. 0092-5824-960052, Email: registrar@upr.edu.pk, URL: www.upr.edu.pk

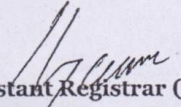
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Office Order

On the recommendations of the Director Student Affairs, the Competent Authority has been pleased to accord approval for constitution of an Oversight Committee for implementation of Green Youth Movement Prime Minister Youth Program, comprising of following:

- | | | |
|----|--|-------------------------|
| 1. | Dr. Majid Mahmood Tahir
Associate Professor
Department of Soil & Environmental Sciences | Convener |
| 2. | Dr. Aqeela Shaheen
Assistant Professor
Department of Soil & Environmental Sciences | Member |
| 3. | Dr. Raina Ejaz
Assistant Professor (TTS)
Department of Horticulture | Member |
| 4. | Dr. Muhammad Faraz Khan
Lecturer/ Focal Person for Kamyab Jawan Markaz
Department of PB&MG | Member |
| 5. | Dr. Muhammad Zubair
Director Student Affairs | Secretary/ Focal Person |

(Authority: UPR/Gen-156 (Vol-01)/Para-29-N/2022).


Assistant Registrar (Gen.)

No: UPR/Gen-156 (Vol-01)/ 713 /2022

Dated: 08-03-2022

Distribution (for necessary action)

1. All Deans of Faculties
2. Dr. Majid Mahmood Tahir, Convener Committee along with Green Youth Movement Clubs guide lines (13-pages)
3. The Director Student Affairs
4. All concerned members

Copy for information/record

1. Master File
2. Concerned File

5. Inter-Universities Consortium on Climate Change

The Inter-Universities Consortium on Climate Change, Sustainability, and Conservation (CCSC) is a cooperative initiative with both national and international participation, of which the University of Poonch is an essential member. The University of Poonch, Rawalakot (UPR) has the chance to significantly contribute to collaborative research projects and play a critical role in furthering climate sustainability initiatives within the framework of this consortium. By means of

proactive involvement and collaboration with fellow member establishments, UPR can effectively tackle significant environmental concerns, generate inventive resolutions, and advance sustainability on an international level.

The web link of CCSC is: <https://ccsc.iub.edu.pk/our-partners>

[Date 23-11-2023](#)



The screenshot shows the CCSC website interface. At the top, there are logos for the Government of Punjab and the University of Poonch. Below the logos is a navigation menu with items: Home, About, Partners, Advisory Board, Core Team, Events, Meetings, Projects, Initiatives/Workshops, Success Stories, and Contact. A search bar contains the text "university of poonch". Below the search bar is a table of partners. The table has columns for Logo, Organizations Name, Name of Vice Chancellor/Head, Name of Focal Person, Contact Number, and E- Mail Address. The first entry is for the University of Poonch, Rawalakot, Azad Jammu & Kashmir, with Dr. Aqila Shaheen as the focal person and contact number 0317-0154919. The email address is aqilashaheen@upr.edu.pk. Below the table, it says "Showing 1 to 1 of 1 entries (filtered from 80 total entries)".

Logo	Organizations Name	Name of Vice Chancellor/Head	Name of Focal Person	Contact Number	E- Mail Address
	University of Poonch, Rawalakot, Azad Jammu & Kashmir		Dr. Aqila Shaheen	0317-0154919	aqilashaheen@upr.edu.pk

University of Poonch highlighted as a partner in CCSC within this screenshot



UNIVERSITY OF POONCH RAWALAKOT

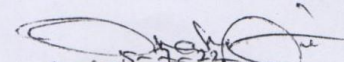
Office of the Registrar

Phone No. 0092-5824-960053, Fax No. 0092-5824-960052, Email: registrar@upr.edu.pk, URL: www.upr.edu.pk

Office Order

The Competent Authority has been pleased to nominate **Dr. Aqila Shaheen**, Assistant Professor, Department of Soil & Environmental Sciences as Focal Person for Inter-Universities Consortium on Climate Change, Sustainability and Conservation (CCSC) for the Promotion of Joint Research and Development among the Islamia University of Bahawalpur and University of Poonch Rawalakot. The particulars of the nominee are as under:

Name: Dr. Aqila Shaheen
Designation: Assistant Professor
Department: Soil & Environmental Sciences
Cell No: 0334-5017505
Office No: 05824-960007
Email ID: aqeela.shaheen@gmail.com


Assistant Registrar

No. UPR/Acad-272/Vol- /1765/2022

Dated: 05-07-2022

Distribution:

- The Dean, Faculty of Agriculture
- Dr. Wajid Naseem Jatoi, Focal Person CCSC.....*alongwith all relevant documents*
- Dr. Aqila Shaheen, Assistant Professor/ Focal Person, Department of Soil & Environmental Sciences

CC:

- Secretary to the Vice-Chancellor
- PA to Registrar
- Personal File
- File