

Carbon Emission Reduction Initiatives Implemented at UPR

Additional Measures to Achieve Carbon Neutrality at University of Poonch Rawalakot (UPR) Include:

1. Food Waste Management System

The University of Poonch Rawalakot has implemented a comprehensive food waste management system to minimize wastage on its campus. The university has established a food waste policy and employs various strategies to reduce food waste, such as sustainable food choices and the use of appropriate food technologies. They have a dedicated committee overseeing food waste management, which employs measures like participatory menu planning, portion control, and data-based food quantity management. They also maintain optimal storage conditions, conduct food waste sensitization programs, and collaborate with municipal authorities for proper disposal. The university's efforts have resulted in minimal food waste, estimated to be less than 70 grams per meal, including packaged food and leftovers, which is appropriately handled. The Food Science and Technology department further raises awareness and provides training to students and staff on preventing food wastage.



Food waste disposal area at the University of Poonch Rawalakot cafeteria



UNIVERSITY OF POONCH RAWALAKOT

Office of the Registrar

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Office Order

The Competent Authority has been pleased to accord approval for constitution of Food Waste Management Committee, comprising of the following with immediate effect till further orders.

Sr. No.	Name	Status
01	Dr. Imtiaz Hussain Professor, Department of Food Sciences and Technology	Convener
02	Dr. Imran Hayat Associate Professor, Department of Food Sciences and Technology	Member/Secretary
03	Dr. Saira Ishaq Department of Food Sciences and Technology	Member
04	Dr. Hammad Riaz Assistant Professor, Department of Management Sciences	Member
05	Mr. Bilal Fazil Lecturer, Department of Food Sciences and Technology	Member

The Committee is responsible to track and reduce the food waste within the campus in the following manner.

- Participatory menu planning, promoting local cuisines and setting appropriate portion sizes which reduces food waste on the plates or in the service area.
- Purchasing and cooking the appropriate quantity based on well-maintained data base at the cafeterias according to daily routine of the campus e.g. each Friday there are less food cooked on the campus due to half working day and student and staff mostly leave before noon. A daily food forecasted table is maintained based on the timeseries data by number of persons visit to food outlets.
- Installation of storing; controlled temperature, humidity and ventilation conditions at the food serving and storage area.
- Food Waster Sensitization program, display of anti-waste banners/posters in the Dinning Halls, cafeteria and other food outlets.


Assistant Registrar

No. UPR/C/1/3761 / 2021

Dated: 14-10-2021

Distribution (for necessary action):

- All Deans of the Faculties
- All Principal Officers
- Chairmen/HoDs/Incharge of the Departments
- All Directors

CC (for information):

- Secretary to the Vice-Chancellor
Master File

2. Student Society: Environmental Protection Society

In UPR, we have an active Student Society dedicated to environmental protection. This society plays a crucial role in fostering environmental awareness and addressing climate change issues. Students within this society are actively engaged in organizing and participating in various events and initiatives aimed at promoting environmental health and sustainability. Through their efforts, they strive to raise awareness about pressing environmental concerns, educate the community, and actively contribute to safeguarding our planet's future.



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Office Order

On the recommendations of the Director Student Affairs, the Competent Authority has been pleased to accord approval for establishment of the following student societies for extracurricular activities in UPR, comprising of:

A. Literary Art & Debating Society

- | | |
|---|----------------|
| 1. The Director Student Affairs | In-Charge |
| 2. The concerned ADSA | Member |
| 3. The Volunteer Students | Member |
| 4. Any suitable member amongst Officers/Officials (To be nominated by DSA/ADSA) | Special Member |

B. Environmental Protection Society

- | | |
|---|----------------|
| 1. The Director Student Affairs | In-Charge |
| 2. The concerned ADSA | Member |
| 3. The Volunteer Students | Member |
| 4. Any suitable member amongst Officers/Officials (To be nominated by DSA/ADSA) | Special Member |

(Authority: UPR/Gen-126 (Vol-03)/Para-76-N/2021).


Assistant Registrar (Gen.)

No: UPR/Gen-126 (Vol-03)/3415/2021 Dated: 16-09-2021

Distribution (for necessary action)

1. All Deans of the Faculties
2. The Controller of Examinations
3. The Director Student Affairs
4. All ADSA(s) of Campuses

Copy for information/record

1. Master File
2. Concerned File

Dr. Aqila
Majid
22/9/21

3. Embrace Sustainable Leaf Management in Autumn

The Department of Soil and Environmental Sciences, University of Poonch is dedicated to promoting responsible leaf management within our community. It is imperative that we avoid the practice of trashing or burning the abundant deciduous leaves, which are particularly substantial in the Rawalakot region. Burning these leaves not only releases harmful smoke and greenhouse gases into our environment but also wastes a valuable resource.

Making a positive impact through eco-friendly practices, such as composting and recycling autumn leaves, is a commendable approach. These efforts not only contribute to environmental well-being but also result in decreased air pollution and the production of nutrient-rich compost that enhances our soil and gardens. The brochures have been created and distributed within the community.



SAY
NO
TO
BURN
LEAVES



SAY
YES
TO
COMPOST



Leaf Management: Choose Sustainability

Don't Burn or Trash Autumn Leaves

Compost Creation

Transform leaves into rich compost for healthier soil and gardens.

Leaf Mold Magic

Convert leaves into natural soil conditioner for garden vitality.

Responsible Recycling

Contribute to a cleaner environment by recycling leaves.

**DEPARTMENT OF SOIL AND ENVIRONMENTAL
SCIENCES**

October 2022

Brochure advocating against burning autumn leaves, intended for community distribution



UPR students unite with the powerful message: "Preserve the beauty of autumn, say no to burning leaves"

4. Green University: Extent of Vegetation Cover across the University of Poonch

The extensive efforts put forth in planting trees and establishing orchards at the University of Poonch have proven to be highly effective in carbon sequestration and the reduction of greenhouse gas emissions. In fact, a substantial 96.5% of the university's total area is now covered by various forms of vegetation, which serves as a testament to the institution's commitment to environmental sustainability. This green cover not only enhances the aesthetic appeal of the campus but also plays a pivotal role in mitigating the adverse impacts of climate change by capturing and storing carbon dioxide, thus contributing to a cleaner and healthier environment.



UNIVERSITY OF POONCH, Rawalakot

Directorate of Works

Phone No.: 0092-5824-960094 Fax #: 0092-5824-960054

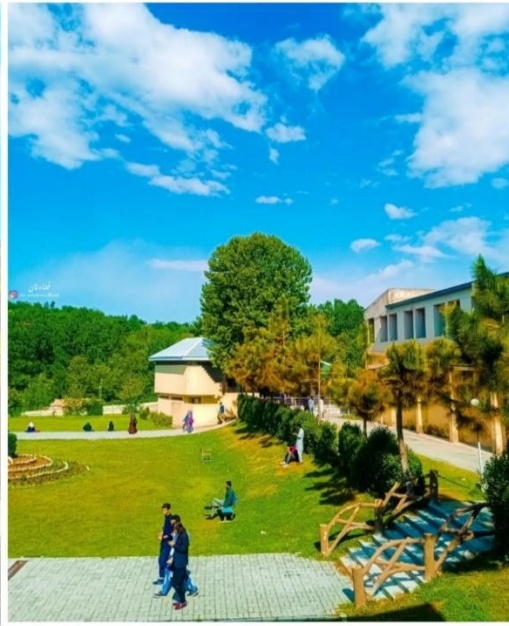
No:- UPR / Works /1631/2023

Dated : 08/11/2023

Subject: Area Under Vegetation

S. No.	Description	Area
1.	Total land in the name of University of Poonch Rawalakot	1450 Kanal 7,888,000 Sft
2.	Foot Print Area of Constructed Buildings	263,882 Sft (3.5%)
3.	Area under Vegetation	7,624,118 Sft (96.5%)

Director works
University of Poonch
Rawalakot



Nature claims its rightful space at the University of Poonch, Rawalakot, Azad Jammu and Kashmir, with an impressive 96% under lush green canopies — a campus thriving in harmony with the environment.
#UPRGreenCampus