

**Integrating Education with Consumer Behaviour Relevant to Energy Efficiency and Climate Change at the Universities of Russia, Sri Lanka and Bangladesh**

**Climate change at urban and peri-urban scale in tropics: Impacts, Mitigation and adaptation**

Cost : Free  
Language : English  
Institution : University of Ruhuna  
Free e- certificate

Developed By:  
Prof. Champa Nawarathne  
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Mr. Pranith Ruwanpathirana  
Mr. W.M. Ravindu Hashan

Coordinated by:- Prof. Champa Nawarathne

**Background**

Climate change may have many ecological, social and economical impacts. The world has to explore different opportunities to mitigate the effects and build resilience on climate change since each region of the world faces specific vulnerabilities to the climate change. Water management is one of the major concepts in mitigation and adaptation of challenges in climate change.

The course introduces a holistic view to address climate change, mitigation and adaptation aligning with urban and peri-urban agriculture (UPA). The course integrates climate smart agriculture and neural networking for the achieving of sustainable development goals through urban and peri-urban agriculture

**Course Aim**

Aim of the course is to provide students with an understanding of the basic principles and knowledge for the planning, design and implementation of various water management and modern concepts of urban and peri urban agriculture techniques to mitigate and adaptation of challenges in climate change.

**How do you get start:**

Register with this-  
<https://forms.gle/iXyAiz9viqD9R2yEA>

**For more Information:**

Contact: Snr.Prof.Champa Nawarathne- 071-8116982  
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**Course Outline:**

Water management techniques to meet the challenges of climate  
Urban and peri-urban agriculture as a strategy to meet challenges of the climate change

**What with you learn :**

To identify and describe importance and impacts of water management in climate change challenges in urban and peri urban agricultural sector.

To discuss different water management techniques to mitigate and adapt on climate change impacts in urban and peri urban area.

Identify, formulate and analyse management problems in a given water management system to mitigate and adaptation to climate change by using different water management techniques

Able to identify concepts, theories and perspectives of urban and peri-urban agriculture in relation to climate change relevant to adaptation and mitigation

Research and make decisions in the development of urban and peri-urban agriculture in relation to climate change relevant to adaptation and mitigation by using climate smart agriculture and neural networking with the aid of modern ICT technologies



**Integrating Education with Consumer Behaviour Relevant to Energy Efficiency and Climate Change at the Universities of Russia, Sri Lanka and Bangladesh**

**Green Behavior and sustainable consumption stimulation**

Cost : Free  
Language : English  
Institution : University of Ruhuna  
Free e- certificate

Developed By:  
Prof. Champa Nawarathne  
Mr. Chamila Priyankara  
Mr. W.M. Ravindu Hashan

Coordinated by:- Prof. Champa Nawarathne

**Background**

In parallel to the rapid growth in the world's population and globalization, the production rates also have increased significantly, increasing the risk of environmental pollution. Educating and acknowledging the young people about green behaviour and sustainable consumption is important for increasing their attention towards protecting the environment from pollution and for the conservation of natural resources so that human needs can be met not only in the present, but also for future generations.

The course introduces and gives an overview of conceptual theories and applications for sustainable consumption stimulation by changing consumer behaviour into green for addressing the climate change.

**What will you learn :**

Explain and apply the concepts, theories of consumers green behaviour and sustainable consumption

Identify and examine the applications which are used by different industries to stimulate the sustainable consumption and green behaviour  
Understand and explore the circular economy concepts to value creation toward the sustainable business/ sustainable business models

**How do you get start:**

Register with this-  
<https://forms.gle/iXyAiz9viqD9R2yEA>

**Course Outline:**

- Introduction to green consumerism/ green consumer behavior
- Theories related to green consumer behavior
- Introduction to concepts of footprints (Carbon footprint, water footprint, Ecological Footprint)
- Introduction to Circular economy
- International Environmental Certification systems
- Eco-labeling and application
- Sustainable Consumption stimulation
- Motivation toward the green logistic, green marketing & green consumption
- Sustainable Consumption stimulation:
- Applications and practices of different industries

**Course Aim**

The module will introduce theories for the students to engage with behavioural changes towards sustainable life pattern and consumption by intergrading the knowledge-based application, personality development to meet the challenges of climate change.

**For more Information:**

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**Integrating Education with Consumer Behaviour Relevant to Energy Efficiency and Climate Change at the Universities of Russia, Sri Lanka and Bangladesh**

**Learn more about Spirituality and relaxation techniques for personality development**

Cost : Free  
Language : English  
Institution : University of Ruhuna  
Free e- certificate

Developed By:  
Emeritus Prof. KDN Weerasinghe  
Mr. W.M. Ravindu Hashan  
Mr. Chamila Priyankara

Coordinated by:- Prof. CM Nawarathne

**Background:**

An introduction to spiritual development, history of yoga, yoga culture and foundation, advantages of yoga, specifications of yoga, ashtanga yoga, yoga and physical exercises, instructions for physical exercises, different postures of yoga, sun salutation, mental exercises, relaxation exercises, relaxation technologies, training of fundamental breathing exercises, human aura and kundlini energy, practical yoga

**Course Aim**

An introduction to spiritual development, history of yoga, yoga culture and foundation, advantages of yoga, specifications of yoga, ashtanga yoga, yoga and physical exercises, instructions for physical exercises, different postures of yoga, sun salutation, mental exercises, relaxation exercises, relaxation technologies, training of fundamental breathing exercises, human aura and kundlini energy, practical yoga

**How do you get start:**

Register with this-  
<https://forms.gle/iXyAiz9viqD9R2yEA>

**For more Information:**

Contact: Snr.Prof.Champa Nawarathne- 071-8116982  
: Mr.Ravindu Hashan- 071-5376766  
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**Course Outline:**

- Impact of weather and climate on individual behaviors
- Basic Meditation Techniques
- Ashtanga Yoga

**What will you gain:**

- Skill development to evoke internal energy by balancing the mental and physical energy centers of the body

**What will you learn :**

- Skill development to evoke internal energy by balancing the mental and physical energy centres of the body Identify the specialty of practicing yoga
- To train the body and mind to self-observe and become aware of their own nature
- To practice the higher consciousness in the individual.
- To increase relaxation and greater flexibility.

