

## ENTHUSIASTIC ECO-FRIENDLY ENDEAVOURS: ESSENTIAL FOR EARTH'S ENDURANCE

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**Abstract:** *Life is lived on this earth on multiple levels; we live as an individual and as a social being. We all are aware of our being national and global citizens and have to fulfil certain duties. We have to live our life to maintain its compatibility with the limitations of the earth. Ecology has to be taken care of, while sustaining life in all its forms. To live an eco-friendly life, we have to preserve all the available resources, safeguard all energy resources, put a strict check on wastage of valuable things, check pollution, balance everything and co-ordinate with the whole environment. While living on the earth, we have to be considerate about the limited availability of resources and their judicious use. We have to put a check on misuse, overuse and rash use of resources to support sustainability for all living beings.*

**Key words:** Individual, Social, Global, Ecology, Pollution, sustainability

### Introduction

Products which do not cause any impairment to the natural surroundings in the process of their creation or manufacture are called eco-friendly products. They have no detrimental effect on use by people and during disposal after use. They save a lot of energy and create minimum pollution. The stuff which is biodegradable is also favourable to the environment. Some such material can be recycled and some can be reused through the process of composting. In this manner they help improve the condition of the environment and preserve the natural resources for future use. Apart from products, there are many practices also, which when implemented, contribute a lot to the preservation of the environment.

### Significance of Eco-green Living

Prosperity and its demonstration is the key word for today's global society. Consumerism has given rise to demand on a large scale. More demand more production more industries more raw material consumption more pollution more wastage more depletion of resources rapid ecological imbalance uncontrolled extinction of plant and animal species and the chain goes on! Resources are in a state of being exhausted in near future. Living species are on the verge of extinction. In that case the earth will become barren and devoid of the most precious plants, animals minerals and other natural resources. It is essential to become eco-friendly and preserve our resources otherwise we will be left with nothing worthwhile. We should appreciate what Jimmy Carter said in his speech in 1979, "Every act of energy conservation is more than just common sense: I tell you it is an act of patriotism." The efforts and price entailed herewith to save the resources, will be far lesser than that which mankind will pay in

future on losing these precious and irreplaceable things. The pollutants emitted currently have to be mitigated urgently or else they will challenge our life on the planet.

### **Small but Solid Practice and Principles of being Eco-friendly**

Our daily habits have a direct impact on the environment and use of natural resources. If we monitor them, we can contribute a lot to the ecological treasure of the earth. Let us discuss them according to the various locations.

### **Eco-friendly Practices within the Household**

Life at home can be a great contributor to ecology-care. By reducing the excessive use of exhaustible things, we can change the ecological scenario. The housewife is the key person who can decide on what can be reduced in consumption, what can be recycled and what all can be eliminated from the domestic consumption list. Home appliances have become a necessary part of our life style. She can use the right ones to save energy and reduce pollution. Keeping the surroundings clean and green can be managed by her decision to reduce use of chemical cleaners and harmful things. They can be replaced by eco-friendly cleaning agents. Apart from a large garden and kitchen garden her maintenance of small flower-pots on the balcony contributes a lot to freshening the atmosphere and providing oxygen. Introduction of this hobby in the family ensures the active participation of all the family members towards a larger cause. The junior generation will learn the utility of this practice and carry it forward to its own progeny. If each child in the family is allotted a flower pot and allowed to plant a sapling of his or her own choice, he will take care to nurture his chosen plant. Siblings can be made to compete. This way the whole household will enjoy the benefit of greenery. Love for plants and flowers are a very healthy habit which should be introduced in every home. Control on pollution in all forms is very significant in the family. Low audio sounds and cleanliness should be made mandatory habits of all family members. The household should be proud to observe eco-friendly conduct.

### **Social Events can be organized on an Eco-friendly mode**

We often throw parties and organize many social celebrations. These result in a lot of leftovers and atmospheric pollution. Many things used on these occasions create a lot of wastage. The organizer can be careful about not allowing loud noise and unnecessary dirt to be scattered around. Not using disposable cups, plates, glasses, straws etc can be very useful. Instead of this, washable and reusable household utensils can be used. There will be less wastage and some menial workers will get employment by washing utensils. Unnecessary artificial decoration can be replaced by use of natural green leaves and flowers. Misuse of electricity is a very important factor to be taken care of. If a party is organized during daytime, it will save a lot of electricity. Gifts can be exchanged in the form of mud-pots with saplings, rather than chemical and synthetic ones. For children's gatherings, green twigs with attractive natural roses can be an introductory step towards teaching them to love and value nature. They can also be encouraged to dress up as birds, animals, plants etc as they do in fancy dress competitions. This will introduce them to the natural flora and fauna. As Zenobia Barlow says in '*Confluence of Streams*', "Children are born with a sense of wonder and affinity for nature. Properly cultivated, these values can mature into ecological literacy, and eventually into

sustainable patterns of living.” The theme of a party can also be chosen in a manner that all participants and guests get diverted towards using eco-friendly get ups.

### **Evolving Eco-friendly Recreational Concepts**

Recreation is an integral part of our annual activities. Little do we think that we cause a lot of damage to our surroundings in the course of our enjoyment. There are many locations like green organizations which entertain tourists and help them to understand many aspects of nature. Time spent at remote water places, jungles, wildlife sanctuaries, bird sanctuaries, natural art places and the like add a lot to our taste for the environment and we are inclined to work in the direction of protecting and preserving the environment. If this is made a regular annual practice, perhaps every family will contribute concretely towards eco-friendly practices. When natural picnic spots become famous, more and more people take interest in visiting them. This way they create a lot of harmony between man and nature.

### **Workplace as a Sanctuary for Eco-friendly Practices**

On an average, every one spends eight or more hours at the workplace. Water, electricity, fuel, paper, stationary in miscellaneous forms, raw materials etc are used on large scale. Here we should pay attention towards the type and nature of our work, the things that we use and how we can reduce their wastage and improve preservation. The saving practices of one single day amounts to multiplied saving on a monthly and annual basis. If we have an inclination to save, we can do it in adopting many habits in routine. For example,

- Control all switches on the switch board in such a manner that only as many lights and fans are switched on as are really required for a smooth working. Unnecessary fans and tube lights can be switched off. Lights in corridors should be put off during day time.
- Heaters, geysers, refrigerators and other appliances should be used judiciously.
- Computer should be set to go on sleeping mode when not being used.
- Print-out of only necessary documents should be taken out. Rest docs can be preserved in the electronic form and read in that state only.
- Soft copies of documents and e-bills can be preferred instead of paper bills and documents
- Drinking water outlets and taps should be checked and repaired for any type of leakage.
- Biodegradable products should be encouraged to mitigate dirt and filth. Most of the workplaces are littered with plastic cups, glasses and plates used for refreshment during office hours. These should be discouraged.
- Paper, used on one side can yet be used to write rough draft on the other side. It should be used on both sides, and then sent for recycling instead of being thrown hither-thither.
- Encourage the use of recycled products at the workplace. This will save a lot of wastage and pollution
- We should check the kind of pollution our workplace creates and take proper measures to check it.

- During production, many harmful residues and by-products are created. It should be researched if they can be treated in some way to reduce their harmful effect, or convert into useful products. Measures to neutralize them can also be an effective step.
- Car-pooling can be adopted to save fuel.
- Cleaners used to clean the floors should be non-toxic
- Rechargeable batteries save a lot of wastage.
- Washable cloth bags should be used instead of polythene or plastic bags.
- There can also be healthy interaction amongst colleagues during free time on the various aspects of maintaining healthy surroundings.

The views of Margaret Mead very aptly support the idea of each small contribution. She says, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has."

### **Automobiles as the Fuming Pollutants**

Automobiles are a source of great comfort in transportation. On the other hand they are the largest source of air pollution on the globe because they emit a large amount of poisonous elements and gases like tetraethyl lead, methane, carbon di oxide in the air. An ordinary automobile emits about one thousand types of pollutants. This daily used source should be made eco-friendly by using green practices. Big public vehicles carry people in large numbers and emit fewer pollutants. For individual use, smaller cars use less fuel and cause lesser pollution than big and luxurious ones. Driving causes harm in many ways which can be avoided by simple practices. Like,

- Cluttering the vehicle with unnecessary things is a bad habit. Unwanted things should be removed from the automobile to reduce additional weight and misuse of inner space.
- External temperature and internal temperature should be used to moderate the temperature of the vehicle. In case of warm climate and surroundings, the vehicle should be parked in shade to avoid heating of the exterior body and interior atmosphere of the vehicle. Free flow of atmospheric air before starting the AC will enable the overall moderation of temperature. Switching on of air conditioner after that will consume lesser fuel.
- Fuel evaporates due to heat. The automobile should be parked in a shed or under thick leaved trees to enable a cool temperature and reduced evaporation of fuel.
- Over-inflated and under-inflated tyres affect fuel consumption. They affect the lifespan of the tyre and automobile too. So, they should be as per the recommended limit.
- Over-filled fuel tanks spill out excess fuel and cause pollution.
- Condition of engine and brakes hits the amount of fuel used and emission of pollutant air. They should be checked regularly.
- Jamming on accelerator emits abundant carbon mono oxide, so it should be avoided.
- On a smooth and plain road, like a highway, a higher gear should be used. Higher gear means less wear and tear of the engine and lesser fuel consumption.
- Every vehicle has its individual speed limit. It should be used in accordance with that for maximum output and minimum losses.

- Haphazard movements mean wastage of fuel and time. If the trip and route are properly planned before hand, many works on the same route and in a definite sequence can help us to do more work in lesser time and lesser wear and tear of the automobile.
- Asking for confused and indefinite address wastes a lot of fuel and time.
- Unnecessary use of brakes damages the machinery.

More than the automobile, the concern and care of the user are important in making the automobile eco-friendly. As Fujio Cho says, "Environmentally friendly cars will soon cease to be an option they will become a necessity."

### **Conclusion**

Our habits make a big impact. They are important in saving the environment from many hazards. We are living in a consumerist society. All that we use has a direct effect on the environment. So, we should be careful about the pros and cons of all that we use. Pollution and toxins may engulf our whole system within no time. Resources will fall short of the overall demand. By taking eco-friendly steps we all can unanimously save depletion of resources to a great extent. Awareness about the alternative methods and products that can be used, reused, replaced and done without should be spread at a large scale. If we all know the alternates, we may develop a practice of substituting them and contributing to the environment. Eco-friendly brands should be popularised and made easily available to the common man. Labels indicating the eco-suitability of a product should also be popularised.

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