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EARTH ROOT

Eco Friendly practices

Recyclable Materials

Noise and light Pollution



About E-magazine

“Earth Root” is an open access e-magazine in the discipline of Environmental sciences published by Earth Root Foundation. The aim of the e-magazine is to provide information and upgradation of knowledge about environmental issues on wider scale and to share ideas and resources to the readers. Using essential knowledge people can lead a healthy life, which is more sustainable and can connect with ongoing efforts for stopping catastrophically the climate change. E-magazine caters to all related environmental aspects ranging from big issues like climate change, renewable energy and pollutants in the atmosphere to the health of human and living beings on Earth. We also take topics of water resources and efforts and measurement to provide optimum use of it; including large scale atmospheric circulation linked with oceans and ecology.

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eco-friendly



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ECO-FRIENDLY PRACTICES

Abhinandan

Rajdhani College, University of Delhi

We everyone love our family, and we always give our 100% to take care of all of them. But what happens if they fell in an unimaginable and unpredictable situation, that created by us, and cannot recover? In this present world of honk and knock, we are focused on ourselves. But the important thing is that we ignore/forget to remember about our surroundings. our environment gives us power, and true energy to live up with positivity and passion.

According to the united nations sustainable development, it is important for us to save the ecosystem, climate, for the meeting of human needs. We all knew that, but hardly follow any rules for saving it.

For this situation that was created by us, climate change is a real and unimaginable threat. Affecting human wellbeing and to environmental health every country.

Nature has come to the forefront of global attention as both the significant risk of widespread ecosystem collapse and the opportunities nature holds. For addressing urgent social and environmental have become better understood.

We must be sure how our ecosystem should be safe for ourselves and for our next generation.

Talking about the practices that helps us for be a eco friend and reduce the carbon emission can broadly divided into some ways.



In home there are certain ways with the help of which we can be a eco friend...

1. Avoid the use of plastics

One of the biggest threats to a fragile ecosystem is the manufacture and usage of plastic. Plastics contain harmful carcinogens and are non-biodegradable, which means they are a waste management nightmare. Apart from the fact that we should reduce the usage of plastic bags, cutting down on buying household products that use plastic for packaging can go a long way in adopting a green lifestyle. Buy groceries items in bulk so that you reduce packaging, use a water filter at home instead of buying mineral water containers and avoid buying pet bottles. When traveling, carry reusable bottles and containers instead of buying food and water in plastic packaging.



2. Buy eco-friendly household and personal hygiene products.

The regular household products that we use for washing clothes and cleaning the house have a combination of chemicals that can be potentially harmful to the environment. Moreover, many of the popular cosmetics and personal hygiene items used in the majority of homes employ manufacturing practices that are bad for the ecology. As much as you can, use fair trade products; those which have the least impact on the environment and use ingredients that are natural and free of chemicals. These days there are many eco-friendly alternatives to everything from regular detergents to moisturising creams.

3. Avoid throwing out electronic waste

The world generates around 40 million tons of electronic waste every year and much of this harmful waste ends up in landfills. When burnt in incinerators, e-waste releases harmful toxins into the air. Find out if there is an e-waste recycling unit in and around your locality and make an arrangement with them, so that you can drop off your e-waste. Many cities in India now have e-waste collection centres or voluntary organisations that collect and recycle e-waste.



4. Make cloth bags a habit

Since plastic and polythene bags are choking the environment, filling up landfills and endangering animals, cloth bags are the best option to prevent them. Many countries around the world and a few states in India have banned the use of plastic bags, to prevent environmental degradation. The best way to make cloth bags a habit is to teach your children to use them. Kids have a knack to remember such practices and will remind you every time you are getting out of the house to buy groceries and provisions for the house. This will cut down considerably on your usage of plastic bags.



5. Buy and eat locally

Scientists and environmentalists have long pointed out that eating food that is grown locally and in season is not just good for your health but also good for the ecology of the planet. When you consume food that is grown locally, you encourage the local economy and discourage the use of chemicals for preserving produce that is transported from far away at huge costs. Also, look for organic certification when you buy produce and grocery items, as these are grown under eco-friendly conditions and are chemical and pesticide free.

6. Save power

We all tell our children to switch off the lights when not in use. While this might seem like a small step, it helps a lot in bringing down energy consumption. In the same way, unplug electronic appliances such as washing machines, microwaves, coffee makers, mixer-grinder, television, and so on when not in use. This will cut down electricity costs and in turn, help the environment.



7. Compost your kitchen waste

Reduce, recycle, and compost. These three mantras should be the pillars of minimalistic living and when you do this, it helps your family to reduce their carbon footprint in a big way. Reduce unnecessary consumption, segregate your waste into wet, sanitary, and dry, and compost the wet kitchen waste in a corner of your balcony or garden, and use the composted manure for your plants. You can even grow your vegetables. Recycle the dry waste from your house by passing them on to recycling units.



As the maximum people on this planet earth is teenage and working group, we also tend to focus on them for curbing carbon emission and global warming. In the workplace we can do things like.

Recycle!

This may be an obvious one, but many offices do not recycle. It is easy to have extra bins in the office or at your desk for recycling documents, notes, plastics, etc.

Incentivize carpooling, public transportation, and bike riding to work.

This is a great way to reduce emissions and save on car expenses and gas money.

Go paperless or use recycled paper.

Transition to digital documents or if you require hard documents, consider buying 100% recycled paper.

Shop local.

Buy fruits, vegetables, and snacks from local farmers markets or have a CSA (Community Supported Agriculture) box with fresh food delivered to your office!

Avoid using plastic cutlery.

Buy metal or reusable cutlery and ditch single-use plastics.

Use eco-friendly cleaning products.

This applies to your home and work office. Many common cleaning products are indoor pollutants that are dangerous for the environment as well as human health. Purchase environmentally friendly hand soaps and cleaning sprays that do not have harmful and/or toxic chemicals.

Create an office green team or group that creates sustainable awareness in your office.

This is a great way to get more employees involved!

Say goodbye to bottled water.

The doctor doesn't require your daily 8 glasses of water to be from the bottle. Purchase a reusable water bottle or a water purifier for the office that can filter tap water. These will both eliminate your dependence on plastic bottles and keep them out of the landfills.

In this way we can curb mitigate the ill practices.

NOISE AND LIGHT POLLUTION

Aditi Avasthi

Shyama Prasad Mukherji College

“Environmental pollution is an incurable disease, it can only be prevented.”

- Barry Commoner

Pollution is the presence of any substance which are harmful to our environment. These harmful substances are known as pollutants. Pollutants can be natural such as ash from a volcanic eruption or man-made like effluents from factories. Pollution is not only harmful to the environment but the components thereof. All living organisms are negatively affected by pollution.



In humans and many animals, prolonged exposure to noise leads to higher blood pressure, irritation, and even permanent hearing loss. Hence, it becomes crucial to combat it. Many measures can be taken, for instance, introducing noise limit levels, making the use of earplugs when in noisy surroundings, and reducing noise in sensitive areas like schools and hospitals. Planting trees also helps in controlling noise pollution.

Pollution is mainly of three types i.e. air, water, soil, and noise. Somewhat less common but very apparent is light pollution. Noise pollution is the presence of undesired, loud sound which has a detrimental impact on the health of organisms. According to the WHO, any noise above 65 dB is categorized as noise pollution. It is caused by industrial equipment, vehicles, and propagation systems. Daily exposure to loud noise causes Noise Induced Hearing Loss (NIHL).



Light pollution is the existence of artificial, excessive, or unwanted lighting. It is the improper use of light around different times of the day. It has several derogatory effects on the environment as well as on the organisms. Trees find it harder to adjust to seasonal variations after prolonged light exposure. Animals like insects, turtles, fishes, and reptiles affect their breeding cycles.



Birds are frequently in a dilemma because they are disoriented by brightly lit buildings during their travel. For humans too, exposure to artificial light for a long duration of time disturbs the circadian rhythm which in turn causes many problems like depression, insomnia, cardiovascular diseases, and cancer.

Light pollution interferes with research work too. It can be prevented by using motion sensors and timers to decrease illumination levels, turning off indoor lighting when not in use, and using LEDs can help to some extent.. These issues can be resolved with immediate action and active participation of the citizens of the earth.



ZERO WASTE PRODUCTS

Ritika Sen

Freelance content writer

Zero Waste Products are those products which are made mainly to focus the idea of conservation of all the resources by means of liable production, utilization and materials without burning and with no discharges to land, water, or air that is harmful for the environment or human health. There are 5R's of zero waste- Refuse, Reduce, Reuse, Repurpose and Recycle. While talking about zero waste products, the first thing which comes in mind or if one surfs out is - Bamboo based products. But not only bamboo there are many such products which fall in the category of 'Zero waste products' listed as:-

- 1.Arm chair(discarded rubber tyres)
- 2.Organic Loofah(dried vegetables)
- 3.Soap bars(derived from natural ingredients)
- 4.Chopping board(rosewood)
- 5.Compost maker brick(active microbes)
- 6.Tamboolam bags(kora cotton)
- 7.Tote scarf(recyclable PET bottles)
- 8.Slippad(cow dung)
- 9.Coconut scrub pad(coconut coir)
- 10.Plantable seed pencils(cow dung)
- 11.Bamboo basket(bamboo)
- 12.Food storage bowls(silicone)
- 13.Dental Floss(silk)
- 14.Straws(steel/bamboo)



These kinds of products are available on various online websites like amazon, going zero waste, bare necessities, sustainable jungle etc.



RECYCLABLE MATERIALS

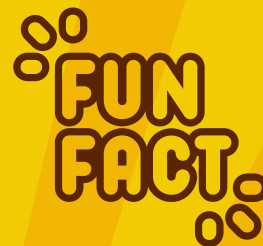
Nimarpreet kaur

Mata Sundri College For Women, New Delhi

What is recyclable material mean to you? A material or group of materials that can be collected and sold or used for recycling. In other words, it means that a material that would otherwise become Municipal waste can be collected and separated and on to the economic mainstream in the form of raw materials or usable products, however the waste of household people industries and the other sectors that material will be recycled and form into a different new product or a new material again for the use of household, industries or for the people, material which is capable or has the potential of being recycled again which would otherwise to be processed or disposed of as solid waste. Paper is one of the most recycled materials as many different kinds of paper can be recycled including cardboard, white Computer paper, magazines, catalogs, white paper, and phone books. Yes, of course, papers are one of the most commonly used items in all places or the overall world They allow us to take you through a fun and eco-friendly activity on how to make paper from old and used papers and turn all those used scrap papers old magazines, newspapers into recycling paper.



FACTS



1. More than 52 million tons of paper products were recycled in 2018.

That's roughly the same weight as almost 350,000 blue whales.

2. Recycling helps save energy. If you recycle one glass bottle, it saves enough energy to light a 100-watt bulb for four hours, power a computer for 30 minutes, or a television for 20 minutes.

Recycled paper is also used to make boxes for dry fruits like cereals, pasta and other food products, tissue products like toilet paper and paper towels as well as newspapers, magazines so once we used the paper in the form of newspaper or in other some other form and again that paper again recycled into a new newspaper or into a new paper boxes, toilet paper etc. Do you know that the recycled paper use saves resources and reduces the paper industries impact on the planet. When it comes to paper communication recycle paper is the greenest option it uses less energy water electricity and produces a lower carbon emissions than manufacturing non recycle paper. Besides paper they are many other material that can be also recycled like plastic i.e water bottles, tincans is one of the other material that can be recycled into a new product or material.

BECOME ECO-FRIENDLY

Ayushi

Content writer, Earth root foundation

Environmental friendly signifies the acceptance to the ways in our daily life activities for Sustainable development also benefit us individually. Directly it means to practice the stuff that are not being environmentally harmful. It not only help us to save our Earth land but also help us to enhance a positive cum healthy livelihood. You may have heard about accepting Ayurveda during covid lockdown, however that period had helped a lot by teaching about Saving Us by Saving Earth i.e., through Practicing eco-friendly habits. If you still aren't wake up, then it is the call to save you and your future generation from facing hazardous disaster.

All of you can simply start by saying NO TO PLASTIC: Use home-based cloth bag while shopping, see the ECO-FRIENDLY LABELLED marked on the products you are going to buy. Believe or not that will cost you the lifesaving offer. It includes the solution of every budget issue by being POCKET FRIENDLY for every one out there. so, here is the bonus point- RESOLVE YOUR FINANCIAL CRISIS.

SUPPORT REGENERATIVE FARMS AND FOOD FORESTS which provides for a number of environment and wealth benefits. By eliminating toxics and focus on revitalizing soils, increase water infiltration and biodiversity activity, producing food rich in nutrients and vitamins.

BRING GREEN LIFE CLOSE TO YOU AND SURROUNDING- you can also enhance your mental health as well because greenery leads to calm, meditative mind and activities, the major problem of today's world can be replenished by stepping into green world with other benefits like fresh healthy air.

Eco-Friendly Habits for Your Home

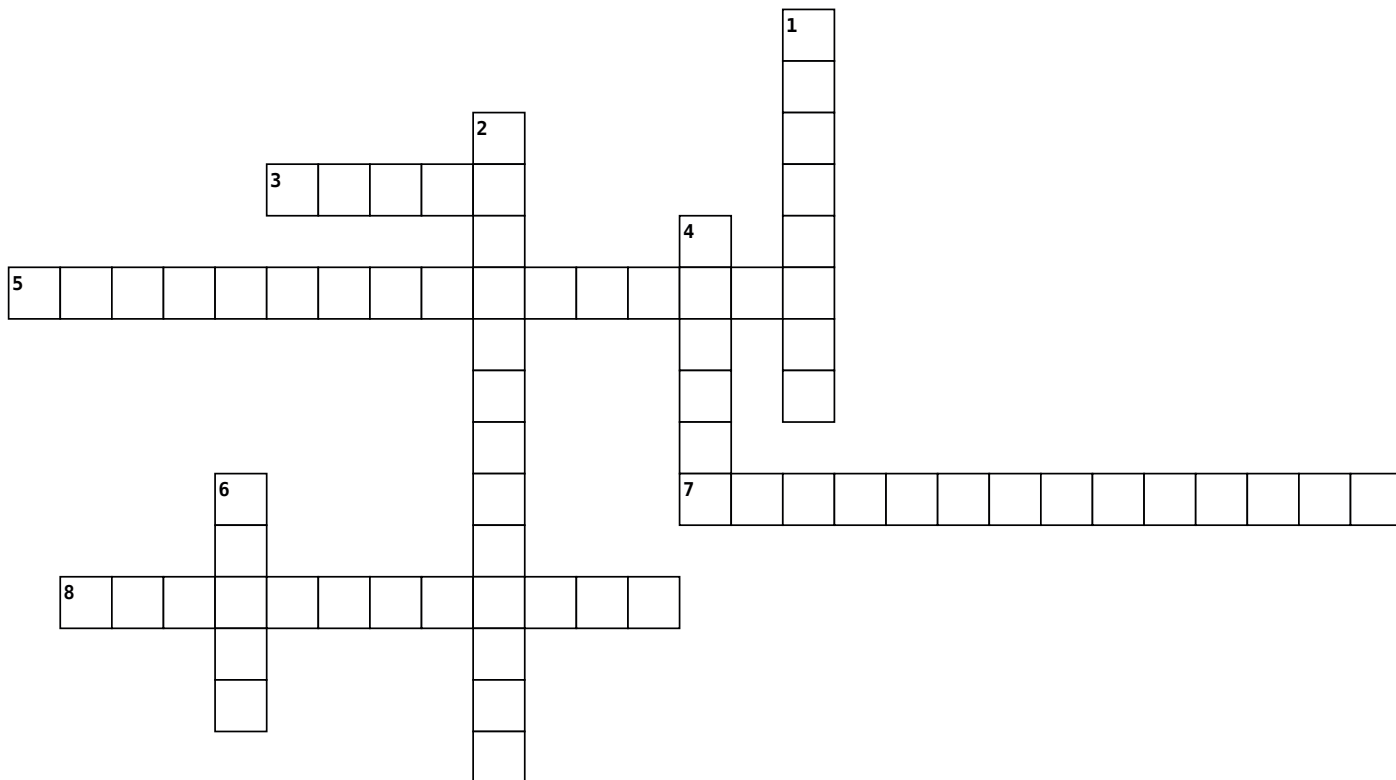


1. Start Recycling
2. Reduce Water Waste
3. Ditch Plastic Storage Containers
4. Use Canvas Bags Instead of Plastic
5. Swap Paper Towels for Rags
6. Start a Compost Pile
7. Invest in Energy-Efficient Light Bulbs
8. Use Natural Cleaning Products
9. Ditch the Pod-Based Coffee
10. Get Some Plants
11. Buy a Water Filter
12. Pay Your Bills Online
13. Line Dry Your Clothing
14. Reduce Oven Use
15. Scour Your Home for Energy Drains

Fit water saving SEWAGE system not only makes you look smarter already, learn and improve recycling methods. Hence, by being eco-friendly you are not burdening up anyone or yourself, although you are enriching your way of life apart from all the chaos. Choice is all yours either grab this buy one get wholesome offer or indebted yourself with a lifetime loan which is going to cost you more than your life

Conclusion: kindly be EARTH FRIENDLY by practicing recycling, going paperless, shop local, stop wasting stuff, invest in energy efficient bulb and become the precious member of a step towards innovation.

CROSS WORD



Across

3. unwanted materials left over as a result of human habitation or manufacturing and production processes
5. a measure of the impact human activities have on the environment based on carbon outputs
7. meeting the needs of the present without compromising the ability of future generations to meet their own needs
8. a method for the destruction of waste by controlled burning at high temperatures

Down

1. a large waste collection container designed to be lifted and emptied into a garbage or recycling truck
2. the breakdown of matter by bacteria and fungi, changing the chemical makeup and physical appearance of materials
4. a renewable energy source that is produced throughout the anaerobic digestion process
6. A sound that is loud, unpleasant, unexpected, or undesired



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