

WHAT CAN BE DONE TO CURB AIR POLLUTION

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As a prime contributor to climate change, air pollution is damaging our planet. According to the World Health Organization (WHO), each year air pollution is accountable for nearly seven million deaths around the globe. Nine out of ten human beings currently breathe air that exceeds the WHO's guideline limits for pollutants, with those living in low- and middle-income countries suffering the most. Air quality in India has deteriorated considerably during the last two decades; today, air pollution is the second leading risk factor contributing to the country's disorder burden.

That being said, preventing the environment and enhancing the quality of the air we breathe is doable. There are various policies and programs that have been implemented in India to tackle the issue of air pollution. Apart from these government initiatives, there is also a need for efforts to be made at an individual level in order to breathe fresh air and protect our health.

Here are the following tips if tailored in day to day can assist in attaining cleaner and healthier air.

1. Utilization of public transport: Vehicle exhaust is a major factor. Using public transport requires less gas and energy, even carpooling adds to it. Walking or cycling to nearby places is a healthier option.
2. 3R's: Reduce, Reuse and Recycle are some of the best ways to help the environment. This concept not only helps in achieving a sustainable lifestyle, but also reduces air pollution as pollutant emission is reduced.

Ride a bike or walk instead of driving.



Take a bus or carpool.



3. Use less energy: Opt for an effective appliance and heating system. Use a fan instead of air conditions. Switch off electrical stuff when not using it. Transition to renewable energy sources and sustainable living.
4. Afforestation: Go green, plant more and more trees. Trees filter the pollutants and release oxygen. It helps improve the long-term air quality of your area.
5. Avoid crackers: Usage of crackers during festivals or any other event increases the particles of pollutants in the air, leading to layers of smog which directly affect one's health.
6. Avoid burning garbage and smoking: burning garbage or conducting open fires and wood-burning stoves have a significant impact on air pollution. In addition to it, smoking worsens the quality of air along with its harmful effect.

In a nutshell, the consequences of air pollution are real and in the future, it's only going to get worse until and unless necessary precautions and steps are not taken. Air pollutants can be subdued by making some changes in everyday life such as adopting renewable energy resources, planting more trees, leading sustainable lifestyles and many more.