

# SUSTAINABLE LIVING

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**“We have not inherited this earth from our forefathers; we have borrowed it from our children”.**  
- Lester Brown

Sustainable living is following a lifestyle that does not impact the earth negatively. It is also termed "net zero living". In recent years there has been a boom in green technology and a much greater emphasis on driving business in the direction of sustainable development goals (SDGs). This year COP27, an initiative by United Nations Climate Change Conference held in Egypt, concluded with a decision to operationalize funding to poorer countries that have become victims of climate change by the developed countries. Sustainable development can help fight climate change thus leading to a better quality of life for both, the present and future generations. Sustainability has three pillars namely- economic viability, environmental protection, and social equity. technical feasibility, political legitimacy, and institutional capacity are other aspects of sustainability. All these have to be kept in mind while devising, strategizing, and implementing SDGs. The application and extensive philosophy of ecological living are thoroughly interrelated with universal principles of sustainable development.



We can opt for a sustainable lifestyle by taking small steps. We can avoid the use of plastics by switching to hemp, jute cotton and bamboo fibres. We can switch to a climate-friendly diets such as vegan and vegetarian. We can reduce our consumption and control our purchasing habits, by mending our older stuff or purchasing second hand. Consumerism is a big issue now. Switching to and making more use of public transportation and green vehicles such as an electric car would help in reducing pollution. Buying stuff which is locally made or grown and promoting micro enterprises and local industries. We should be considerate tourists by keeping the places we visit- clean. These little steps would benefit not only us in the present, but also our future generations. Geopolitical matters are important for the successful working of SDGs. In case of political lethargy, we should always insist and create awareness. All of us can learn more about minimalism, as was in the book and documentary, "Ikigai", which literally means "life purpose" and Zero waste living.

