

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.