



# News Letter

JYOTI NIVAS COLLEGE AUTONOMOUS - PG CENTRE

## SUSTAINABLE LIVING

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### DIRECTOR'S MESSAGE



#### I start with my own story.....

'Save the earth' is easier said than done. As the earth revolves, it takes me back again to my childhood days. The days that I enjoyed in the beauty and purity of nature. I lived in a place which was surrounded by rivers, water reservoirs, green and fertile fields, jungles filled with huge trees, birds, animals and fruits. We sang to the tune of the birds and chased them around just to enjoy their company.

The jungle was my world every weekend. My friends and I would reach the jungle crossing a river. We spent our time climbing trees, plugging fruits, playing and enjoying the company of one another in a world so free and beautiful.

We ate the fruits of the jungle to our hearts content and carried some home to reminiscence about all that we saw in the jungle with the older members of the family.

For me the weekend was perfectly complete only with the visit to the jungle. What fascinated me most is the river that I needed to cross and the river taught me to swim across and pass through fertile fields to the far away jungle with lots of stories to share.

Today sadly, as my heart grieves, the amazon is burning – engulfed by flames for the last three weeks and nobody is doing anything about it. We all know that Amazon produces 20% of the oxygen for our planet and that it has the widest bio-diversity in the entire world. The most beautiful thing about this forest is that it is also the home to more than 30 million people.

We are pained to see that people who have administrative power to stop the destruction are indifferent. But I still believe in humanity because the intelligence and power given to us by God, is not just to destroy but to build and protect our planet.

We need to stand together here and now, for our planet. O God save us, save our planet, please send down rain, rain to douse the fire in the amazon forest.....please save us!!!

Dear all, from the food we eat, to the clothes we wear each of us can make a change in saving the earth. Choose now to save water (close the taps), electricity (Switch off the lights/fans), and keep your campus green, clean and plastic free.

***"Future generations stand to inherit a greatly spoiled world. Our children and grandchildren should not have to pay the cost of our generation's irresponsibility."*** (Pope Francis)

*Dr. Sr. Lalitha Thomas*



### Sustainable living- Sonetto

*How long till it's gone  
The beauty that we see  
Everything that was made  
Wasn't made for you and me.  
Each creature holds its beauty  
Each life source holds a key  
Everyone has a role in life  
So, we can all live free.  
Power and greed took over  
Who's got the most or best?*

*We didn't spare a thought  
To each animal in their nest.  
The damage isn't reversible  
But here's what we can do  
To live from now sustainably  
A time for worldwide breakthrough.  
For eyes to be opened  
And for hearts to feel  
Enough is enough  
The destruction is real.*

Hema.C, 1<sup>st</sup> MBA

## Organic Farming to a Sustainable Living



Environment sustainability is one of the biggest issues faced by mankind at present. Issues like smog, rising global temperatures, water pollution, and oodles of plastic waste are a concern. People started questioning how their food is grown, whether through conventional or organic means and if it's grown sustainably or not.

Organic food offers a more sustainable, long term solution for 4 main reasons:

- i. Organic farming rebuilds soil health and stops harmful chemicals from getting into our water supplies. Water and soil are two important resources necessary for growing food. (About 1/3 of the world's soil has already been degraded because of "chemical heavy" farming techniques, and deforestation, which increases erosion.)
- ii. Organic farmers don't rely on non-renewable oil-based fertilizers and pesticides.
- iii. Organic farming results in greater biodiversity.
- iv. Organic farming releases fewer greenhouse gas emissions. Purchasing and supporting organic products is another fundamental contribution to sustainable living. Organically farmed products include vegetables, fruits, grains, herbs, meat, dairy, eggs, fibres, and flowers.

**L. NARAYANA REDDY** (A globally acclaimed organic farmer)



Narayan Reddy was no less than an icon who inspired and educated many in the essence of organic farming. He was known as fearless man who wanted farmers to be self-reliant in terms of everything. Over the years, he also addressed a host of seminars and public meetings on the value and techniques of organic farming not just in India, but across the world. In the past, Reddy was also honoured with the Nadoja award by the Kannada University in Hampi for his contribution in the field of agriculture. After taking up organic farming, Reddy's farm changed a lot in terms of growth and productivity. The coconut trees that used to yield 40 coconuts earlier, started producing 150 coconuts. In addition to coconuts, his farm has coffee, mulberry, guava, and chikoo plant etc. Organic food is a long-term solution resulting in less soil and water pollution, a decreased reliance on oil-based fertilizers and pesticides, greater biodiversity and less greenhouse gas emissions.

**Sushmitha V, 2<sup>nd</sup> MBA**

## Save the Earth, Save Ourselves

Sustainable living is the practice of reducing your demand on natural resources by making sure that you replace what you use to the best of your ability. We all know that climate change, global warming, depletion of ozone layer and resource depletion are real and their impact on human and animal lives can be devastating. It is an opportunity for people to adopt actions for sustainable living that can help them to reduce their carbon footprint or environmental impact by altering their lifestyle. Simple measures like using public transportation more often, reducing energy consumption, becoming eco-friendlier can go a long way in reducing your environmental impact and making this planet a clean and safe place.



Unsustainable water use has far reaching implications for humankind. Currently, humans use one-fourth of the Earth's total fresh water in natural circulation, and over half the accessible runoff. Additionally, population growth and water demand are ever increasing. Thus, it is necessary to use available water more efficiently. In sustainable living, one can use water more sustainably through a series of simple, everyday measures. These measures involve considering indoor home appliance efficiency, outdoor water use, and daily water use awareness.

It is generally recognized that education is the most important factor in improving the quality of life and for enhancing opportunities for individual development. However, it has only recently been realized that education is the decisive factor in addressing the present crisis related to environmental instability. The extent of the global environmental degradation crisis has only come into focus because of the multiple and repeated alarms being raised over the effects of climate change. However, addressing the multiple threats to the sustainability of humanity within the 21st century is an enormous challenge involving educating and re-educating people on a multitude of complex and inter-related concepts.

Sustainable development doesn't constrain our desires. We, in no way, are restricted from using the reserves in store. This development, in fact, guides us for the resources' diplomatic use so that our future generation can also meet its needs.

If articulated commercially, it can be framed that sustainability fetters our impulsive spending and makes us invest for future gains. Ever since we have longed for an unbroken environment, this environment requires protection; let us rather create one which doesn't need any. Investment, not an expenditure, development not devastation, prudent use of resources, not its exhaustion, drives you to sustainability, characterizing you as pound wise not penny foolish.

**Priyanka Jeevan, 1<sup>st</sup> M.Com (FA)**

## Bengaluru Architects Return to Their Roots to Build Green Homes for the Future

*"The best way to predict the future is to design it" -R Buckminster Fuller.*

If you believe that a building is just brick and mortar, think again. Made in Earth, an architecture collective based in Bengaluru, is a team of four bright minds- Shruthi Ramakrishna, Jeremie Gaudin, Agnimitra Bachi, and Ajinkya Unhale. They have been redefining the urban landscape with sustainability-focused buildings for the last four years.



Shruthi says, “All of us have followed different paths during our education, work, and volunteering experiences. When we met and started working together, one thing became clear, that nothing other than Sustainable Architecture would work for us. We believe that “A most sustainable approach to creating buildings is no more an option—it is a necessity and also a joy.”



### **Living in an Ecological Home is a Whole New Feeling....**

A lot of the industrial materials currently in use, such as paints, varnishes, glue, release volatile organic compounds (VOC) in our living spaces; continuous exposure to these chemicals interfere with our respiratory systems. One can only imagine their effect on the construction workers. The group insists that our buildings need to breathe! The key to practice sustainability in the long-term is to find joy in it rather than looking at it as a constraint or compromise.

It is a relationship with a house that breathes, the values of which can only be felt through experience. A well-designed, modern and earth engineered home does not present the same issues of maintenance on the earth as a traditional building. Through design and detailing, the well-designed, modern and earth-engineered home does not present the same issues of maintenance on the earth as a traditional building.



“Very early into working in Bengaluru, we realised that not all our interventions could be from scratch. Renovation and restoration of existing buildings, and altering interiors to create healthy living spaces, soon became very real needs. To answer these, we focused on developing natural plasters, natural paints, and artisanal flooring finishes.” In addition to being locally available and requiring very less energy to produce, these natural plasters can also regulate temperature and humidity. Devoid of chemicals, they are healthy and eco-friendly. And of course, there is an intrinsic beauty in the subtle tones and textures of lime and clay on the walls. They often work with wood, stone, fly ash, straw, rice husk, and thatch, combined with concrete, steel, glass, and ceramics.

Their love for clay and lime binds their studio together, quite literally. The answer is not to find ‘the perfect material or technique’. Fundamentally, it is about looking beyond the bag of cement, the sheet of plywood, the layer of laminate, the bucket of chemical paint, and understand what they are made of, what processes they have gone through, and what impact they will have on your health and the ecosystem, and look for alternatives. There are no perfect solutions; it is all about finding a good balance between several parameters. From residential homes to cafes and experiential centres, these architects have handled all kinds of projects. They also organise various hands-on workshops and training sessions for individuals and institutions, sharing their experiences in sustainable building practices.

**TKPS. Pragnavallika, 2<sup>nd</sup> MCA**

## **Protection of Mother Earth Through Sustainable Living**



When we speak of the enchanting phrase “Mother Earth”, we are saying something of superior significance.

Earth is indeed our mother who sustains life and gives essence to our existence by providing us fundamental necessities we need each day. It is the only planet in our solar system on which life exists with incredible bio- diversity. Our mother has bestowed mankind with an astounding and a mesmerizing environment in form of natural resources that leads humanity towards sustainable development.

However, the world today has become vastly different from what it was before urbanization and industrialization. No longer are we in an environment which is serene and green but much rather diminishing and unrecognizable before our eyes. Human beings are causing immeasurable pain to our mother earth without realizing that they are inviting the termination of their own existence. Consequently, our environment is slowly disappearing due to different activities of man that contribute to the pollution of our environment. It is truly saddening to visualize how our home is being befouled from both the ends as rivers are running dry.

There are few questions we need to ask ourselves. Have we become blind? What is wrong with our fellow humans? Can’t we appreciate our mother? Before, we start changing someone else, let’s be the change. There are numerous ways to protect our mother earth. Here are few,

- Start using reusable things.
- Recycle materials like plastic bottles and tin cans into something creative and innovative
- Don’t litter
- Donate your clothes, furniture, toys, books etc., for charity
- Dispose and segregate waste properly
- Save environment from pollution
- Plant more trees
- Ban CFC (chlorofluorocarbon) releasing materials
- Save water, stop polluting water by throwing harmful liquids e.g. cyanides, ban the use of dynamite

Our journey hasn’t come to an end yet. There is still a glimmer of hope left for us. I believe that we can still save and protect our mother earth if we work together in order to correct our wrong doings, value our nature and discover creative and innovative ways to maintain clean and green environment. Let’s all together save our mother earth from the threat she is facing through sustainable living.

**Shreya Reddy, 1<sup>st</sup> MBA**

## Building Green Nation Through Sustainable Development



The leaders around the world gathered on 25<sup>th</sup> September 2015 at the United Nations in New York to adopt the 2030 agenda of forming 17 sustainable development rules which are

- i. No poverty
- ii. Zero hunger
- iii. Good health and well being
- iv. Quality education
- v. Gender equality
- vi. Clean water and sanitation
- vii. Affordable and clean energy
- viii. Decent work and economic growth
- ix. Industry, innovation and infrastructure
- x. Reduced inequality
- xi. Sustainable communities
- xii. Sustainable consumption and production
- xiii. Climate action
- xiv. Life below water
- xv. Life on land
- xvi. Peace, justice and strong institutions
- xvii. Partnerships for the goals

The world is advancing towards becoming a sustainable world. Many countries have adopted sustainable living, people have voluntarily involved in many sustainable development programs and have tried to become better citizens of their nation. Iceland stands at first position with index of 93.5 environmental performance, followed by Switzerland with index of 89.1; similarly, many countries have tried to become green nations. India is among the bottom five countries on the Environmental Performance Index 2018 according to a biannual report by Yale and Columbia Universities along with World Economic Forum.

Abhilasha Gowda, 1<sup>st</sup> MCA

## Reduce, Reuse and Recycle



Practitioners of sustainable living often attempt to reduce their carbon footprint by altering methods of transportation, energy consumption and diet. It doesn't mean living without luxury but rather being aware of your resource consumption and reducing unnecessary waste.

Some of the ways to practice sustainable living would be

- **Practice minimalism:** Minimalism doesn't mean living without anything, it means that you are making sure that everything you own and use is put to its maximum purpose. With a minimalist lifestyle, you will recycle more, and be more mindful of the items you support being produced so that sustainability is emphasized.
  - **Change the lights in your house:** By changing the lighting in your home from traditional light bulbs to CFL (compact fluorescent lamp), using skylights and more natural light you will reduce your demand on energy resources significantly. Using longer lasting, energy efficient light sources also reduce the amount of waste going into landfills significantly.
  - **Unplug devices when not in use:** Most of the electronic devices keep on drawing electricity even when they're off. To reduce energy usage, simply pull the plug when not in use. It will help you to save energy and reduce your monthly electricity bill.
  - **Walk, bike or carpool to work:** The less personal use of your car you do, the more you and the environment will benefit. Carpooling assists sustainability as it can provide an increased social outlet that can improve the quality of life. Science has found that there is a direct connection between your quality of life and the sustainability of life that you will choose to lead.
  - **Use daylight as much as possible:** Sunlight is free and doesn't cost anything. Using sunlight during the day helps to reduce dependence on fossil fuels to produce electricity and your bulbs and tube lights are going to last longer.
  - **Choose Renewable energy:** Choosing renewable energy over fossil fuels is a great way to stop climatic change and doing your part in making things happen. Install solar panels for solar water heating.
  - **Ditch the plastic:** Plastic never goes away. It takes millions of years for plastic to decompose. Plastic can be found swirling in the ocean's surfaces. It badly affects marine life. Every year large number of mammals, seals, sea birds are killed after ingesting plastic or getting tangled up in it. It's time for all of us to switch to reusable bags when we shop and ditch one-time use plastic water bottles.
- Sustainable living is the need of the hour. The main challenge is about implying in real practice, which needs a lot of education and self-awareness.

Anbuselvi & Srividya, 2<sup>nd</sup> M.Com (FA)



## Sustainable Living: Deliberations



We are living in a time when human impacts on the environment are changing the face of our planet.

Our planet can only produce a finite number of resources – from food, to water – and can only withstand a certain degree of greenhouse gas emissions in order to stay healthy. We only have one Earth and are utterly dependent on it for our survival and well-being. But both people and nature are facing severe consequences if our current consumption increases (that's the amount of energy we use and our demand for resources to feed, clothe and house us, as well as materials that we want for pure enjoyment).

According to wwf.org, the biggest driver of environmental degradation is the fact that we're consuming resources at an unsustainable rate, and therefore our production of goods is increasing. This is often a result of economic growth – from affluent westerners to growing wealth in the developing world.

One of the world's largest banks says the planet is running out of resources and warns that neither governments nor companies are prepared for climate change. The world spent its entire natural resource budget for the year by August 1, a group of analysts at HSBC said in a note that cited research from the Global Footprint Network (GFN). That means that the world's citizens used up all the planet's resources for the year in just seven months, according to GFN's analysis.

So, what is the solution to this problem? Sustainable ecological development is the answer, and it is sometimes viewed as the meeting of current economic and ecological needs without compromising the needs of future generations. Examined in another way, it is the balance of four interconnected disciplines, namely economics, politics, sociology and culture. This implies living within limits so as not to squander resources which are scarce. This is something a nation, a society can do to change the production and the process of production in order to not affect the resources.

**Stephanie Felix, 2<sup>nd</sup> MA**

## How Aware Are We About Sustainable Living?

Given all that we know about our environment and the precarious position that we are in, it's necessary that we take the right steps to help our environment and subsequently ourselves. It's incredibly difficult to become completely sustainable in our lifestyles but small changes by many people can really make a telling impact on our environment. Over the last year I have tried (and also failed) to make small changes in my lifestyle. Here are some of them that worked and that can possibly help you in your journey in becoming more sustainable:

### Getting rid of plastic



Over the last year, I started using more glass and steel utensils in the kitchen. Plastic is not just bad for the environment but also bad for your health. Using them for storing food is not a good idea because of the chemicals that leech into our food. I use small dessert jars and bottles that we can easily get as takeaway containers to store spices, dry spices and even grow plants. Besides being better for your health, these containers look much nicer than plastic ones. Also, when opening any plastic packet, I make sure I don't cut all the way through so that the whole packet can be recycled. Tiny bits are snipped and separated are too small to be recycled. Next time you buy any juice or drink, refuse plastic straws. Ask them for paper ones or just drink straight from the glass. It is also a good idea to invest in metal water bottles. They are sturdy, last long and are not harmful to our health or the environment.

### Alternative Skincare and Fashion



One by one, I have changed my skin and hair care products to organic, less harmful ones. This process takes some time because you have to understand what suits your skin. Using natural skincare products like organic aloe vera gel, shea butter, shampoos with no harmful sulphates or parabens and handmade organic soaps and organic makeup not only benefits your health in the long run but also reduces water pollution while also enabling local organic businesses to flourish. Instead of shopping every new season in fast-fashion outlets, you can be a smart shopper by deciding your style beforehand and then investing in good, long-lasting pieces. There are many videos online where you can find out how to have a minimal wardrobe that allows you to still look effortlessly classy and stylish.

### Segregating waste



Although this seems to be one of the simplest things each person can do to truly make a difference within our city, segregation is still not as common as it should be. Even though we have separate bins in each floor with detailed images on what constitutes wet and dry waste, we still find unsorted waste in our college bins. Please think before you throw your empty tea cup and chips packet into the wet waste bin. The onus of segregating our waste will then fall into someone else's hands. Segregating is the first step before recycling, safely disposing or composting waste.

We don't need to make huge life-altering changes to truly change the environment. With small steps done by all of us collectively, we can make a telling impact on our environment. There is no time for us to think about it or postpone environmentally conscious decisions, our time to act is right now.

**Diya Rajan, 2<sup>nd</sup> MA**



Charanya Sreya Prabhakar, 2<sup>nd</sup> MBA



Priyanka S, 1<sup>st</sup> MCA



Zainab Fathima K Z, 2<sup>nd</sup> MCA