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People Science Forum

Upasaki Prof. V M Parvathamma Memorial Space Eco Literacy and Sky Watch Orientation

BACKGROUND MATERIAL FOR THE WEEK # 03

Week	Agenda	Vision	Action
# 01 of 10	Climate Change	Wedonthavetime	One creative response
# 02 of 10	Pandemics since 1000 AD	Public Health	One action
# 03 of 10	Eco Sense is Cost Free	Ecological Sense	One Case

WEEK # 03 OF 10

ECO SENSE IS COST FREE

: It is the real cultural heritage of any sustainable society.

PANCHASUTRA : FIVE PRINCIPLES FOR ECO-FRIENDLY LIFESTYLE

BASIC KNOW HOW AS A CITIZEN

CONSTITUTION OF INDIA

(https://www.india.gov.in/sites/upload_files/npi/files/coi_part_full.pdf)

(Only Preamble to be read by the Student, the rest for Library Record and Reference)

We being the citizens of India are active in fighting for our rights quoting our requirement for pollution free environment to protect our FUNDAMENTAL RIGHT - ARTICLE 21: PROTECTION OF LIFE AND PERSONAL LIBERTY.

But are we forgetting about our fundamental duties? Yes!

ARTICLE 48A of CONSTITUTION says - PROTECTION AND IMPROVEMENT OF ENVIRONMENT AND SAFEGUARDING OF FORESTS AND WILDLIFE AS OUR FUNDAMENTAL DUTY!

How can we do that?

Answer is PANCHASUTRA.

PANCHA SUTRA

1) CLEAN AIR TO BREATHE – REQUIRES OXYGEN.

People living in villages have a fortune of breathing clean air. Urban places need prevention of air pollution from domestic, industries and services. Walking and cycling are eco sense. Lichens are zero cost environmental quality monitoring tools.

<https://environmentalprofessionalsnetwork.com/value-of-trees-how-much-is-a-tree-really-worth/> and <https://www.downtoearth.org.in/books>

(Identify any one of urban air quality sources, effect and benefit of a tree for Eco Sense)

2) PURE WATER TO DRINK

World's purest form of water is rain!!! If we consider the total water on earth is an egg, only 8 drops are available for drinking. Rainwater harvesting (collection of rainwater for reuse and/or its process to refill into ground for increase in groundwater by using trees and drains and recharge in parks and open spaces) to meet potable (drinking, cooking) water requirements. Using taps only for collection, saves lot of water

How to do? - visit pioneering best practices at <https://www.kscst.org.in/rwh.html>

(Identify any one of one water saving best practice Eco Sense)

3) MANAGE OUR OWN WASTEWATER

Did we know that almost 80% of water we use becomes waste water!!

Total quantity of water in the world is constant and gets circulated through WATER CYCLE!)

www.quora.com/How-is-grey-water-treated#:~:text=Water%20for%20toilet%20flushing%20and%20laundry%20and%20irrigation,serve%20

(Identify any one method as a usefulness case of best practice Eco Sense)

4) MANAGE OUR OWN SOLID WASTE

Segregate the waste at home by placing a **bucket for degradable waste at kitchen** and **another bucket in the hall area for non-degradable waste.**

Remember we have **paid the price for the fruit along with skin and peels along with vegetables** and so on and so forth for every product that we have purchased.

Hence smart way is to segregate at source and **compost your own degradable waste** by following method or any other such Kitchen Biogas.

<http://www.dailydump.com> and www.nie.ac.in/crest

(Identify any one method as a usefulness case of best practice Eco Sense)

5) EAT HEALTHY AND LIVE HEALTHY

Grow your own veggies using the compost made out of degradable waste and grey water. They'll indeed be free from pesticides, artificial colouring agents and preservatives. For Eq. Walking alone gives good cholesterol and no medicine can give it.

www.nhp.gov.in/ayush_ms

(Identify any one method as a usefulness case of best practice Eco Sense)

These simple PANCHASUTRA steps (free of cost) once adapted in our lifestyle contributes towards eco friendly home and in turn leads to green community and world.

(by Er. Shilpa S, Envl Engineer, Modabidri, and Prof. V. Jagannatha and Prof. Shobha Jagannath)