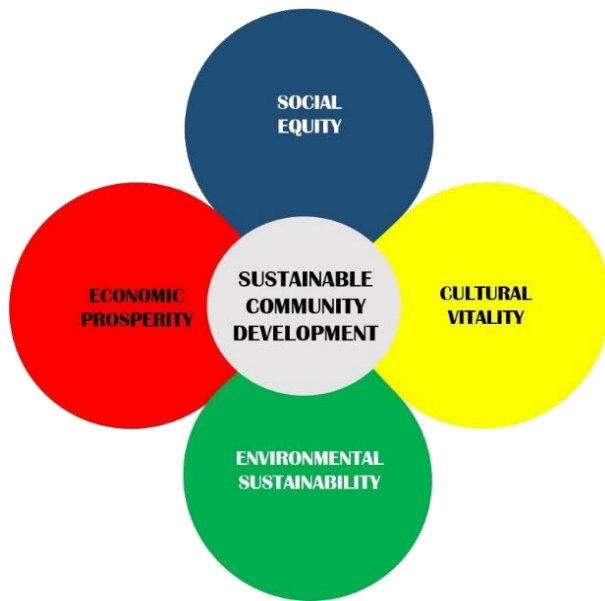


Sustainability: A Key to Better Future

– Sayantani Haldar, B.Sc., 3rd Year



As said by Mahatma Gandhi "The world has enough for everyone's need, but not for everyone's greed" and we can see how everyone's greed has put our Mother Earth into a dismal condition. Our earth which was once considered as the most inhabitable place for all the living species is slowly becoming uninhabitable and who is to be blamed for that? It's none other than us - the greedy human beings. In today's time of crisis where climate change is a massive life-threatening issue, the replenishment of all the non-renewable resources, the extinction of many biological species has led us to think about our lifestyle practices and also how can we help to save our planet.

In the year 1992, when the Earth Summit was held in Rio de Janeiro, Brazil, at the end of the conference many conclusions were drawn and agreed upon. Agenda 21 was one of

the comprehensive plans that developed the idea of sustainable development. So, what does sustainable development means? To be precise Sustainable Development is an organizing principle for meeting human development goals of the society and the economy without degrading the ability of natural systems to provide the natural resources and ecosystem services so that the future generations can also be provided with the same services.

But now the question comes how can every single person be part of such a development or rather we can say how can a person practice sustainability on the grassroot level? As they say





charity begins at one's home so does sustainability. Inculcating such practices in our day-to-day life can really do wonders! The following are some practices in which we should engage ourselves to lead a sustainable lifestyle –

1. The 3Rs which we learnt during our elementary school, Reduce, Reuse, and Recycle are the prime practices for living sustainably.

2.Reduce water usage, i.e., turning off the tap while brushing our teeth during the morning, using buckets and mugs while bathing instead of taking showers, can save a lot of water.

3. Switching off the lights and fans of rooms when it's not in use, also during the day time rather than turning on the tube light we can use sunlight.

4. Taking our own reusable bags to markets rather than asking for multiple plastic bags from the

vendors. Also using jute bags and paper bags can help reduce plastic pollution.

5. Carrying our own reusable bottles whenever we go out instead of buying plastic bottle.

6. Using public transports more often than private cars with precautions of course since it's the time of Covid-19.

7. Purchasing products that have an eco-mark certification, environmentally friendly and easily degradable. Starting from clothes to manures and insecticides.

8. Buying vegetables and fruits grown by local farmers and available in the local markets instead of eating exotic produces as importing these increases burning of more fossil fuels.

9. Donating clothes to the needy that we don't wear can be reused by others and, in some cases, can also be recycled.

10. Planting trees in and around your house, may it be indoor plants or outdoor plants can help to purify the air and reduce the damage that had been done.

These are the few practices that I practice at least in my day-to-day life

but there are many more that we all can do to reduce the inverse effect of damages that are being already caused to our nature. So being most advanced creature of this planet it is our duty to make this planet a better place for living for all the creatures rather than further degrading it.