



CAN DEGREE OF ENVIRONMENTAL DEGRADATION BE MINIMIZED BY ADOPTING ENVIRONMENTAL SUSTAINABILITY IN DAY TO DAY LIFE AN ELABORATE DISCUSSION

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ABSTRACT :

In present scenario there is no doubt that we are afraid of natural calamities each and every moment responsible for destruction of mankind is caused by rapid degradation of natural environment It is right that environmental degradation can not be stopped instantly and entirely but can be minimized which is also badly needed for wellbeing of mankind and in bigger sense for entire civilization

Environmental sustainability refers to the responsible management of natural resources to fulfill current needs without compromising the ability of future generations to meet theirs. It aims to balance ecological, economic and social goals, such as reducing carbon emissions, promoting renewable energy and ensuring equitable resource access.(Southern New Hampshire University)

Daly provided more detail specific to environmental sustainability by outlining three operational rules:1) Renewable resources such as fish, soil, and groundwater must be used no faster than the rate at which they regenerate; (2) Nonrenewable resources such as minerals and fossil fuels must be used no faster than renewable substitutes for them can be put into place; and (3) Pollution and wastes must be emitted no faster than natural systems can absorb them, recycle them, or render them harmless. Although these early definitions provide useful context and broad guidelines for achieving sustainability, they lack specificity and are not explicitly quantitative.(environment science and technology)The standard definition of environmental sustainability equates to environmentally sustainable development, but what does that mean on a practical level? It means there must be a balanced relationship between the natural resources available to us and the human consumption of those resources

Environmental sustainability is important to preserve resources like clean air, water and wildlife for future generations

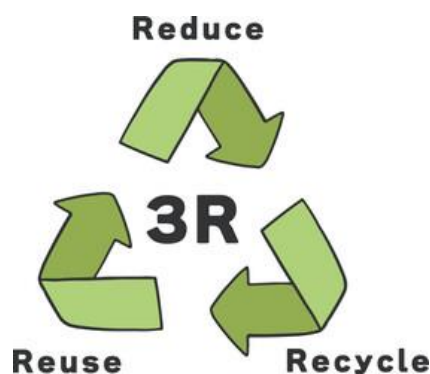
Beside taking effective measures to achieve the goal of environmental sustainability in large scale by entire society if each and every person make some habits mandatory in their day to day life then it can be hoped that degree of environmental sustainability can be minimized in near future The aim of this paper is to establish a clear conception about the possibility of minimizing environmental degradation by adopting sustainable living by each and every person which is not too tough to adopt.

Environmental degradation a threat to human being is most of the time manmade. sustainable living is one of the way which make environment sustainable By adopting some sustainable lifestyles perhaps environmental degradation can not be stopped totally but can be minimized which undoubtedly ensure positivity in keeping environment clean and healthy

Every day we make choices in our lives that affect the environment, the climate and other species. From what we eat to how many children we decide to have, there's a lot we can do to "choose wild" and reduce our environmental footprint to leave more room for wild animals and plants. Our individual actions matter — but we can't do it alone(centre for biological diversity)

Several measures are there which help vigorously in minimizing environmental degradation and making environment sustainable. Most important of those including three R in life.

Three r (reduce, reuse, recycle) is the most important key to sustainable environment



Reduce means to minimise the amount of waste we create. Reuse refers to using items more than once. Recycle means putting a product to a new use instead of throwing it away. As we know, if we include three R in our life, it would be quite easy to fulfill the dream of achieving a sustainable environment. It is our moral and ethical duty to do the above in each and every moment of life. Besides incorporating three R in life, several steps and moves can ensure environmental sustainability by minimizing the degradation process of the natural environment for sure. Those are as follows below :-

- Thinking twice before shopping.
- Ditching plastic and switch to reuse.
- Taking extinction off your plate.
- Simplifying the holidays.
- Choosing organic.
- Ditching fast fashion and animal-based textiles.
- Using water wisely.
- Driving less, driving green.
- Greening home.
- Boycotting products that endanger wildlife.
- Fighting for the right to choose when and if to start a family.
- Taking action. Using voice

Thinking twice before shopping

Every product we purchase has an environmental footprint, from the materials used to create it to the pollution emitted during manufacturing to the packaging that ends up in landfills and incinerators. Even if you can recycle or compost a product at the end of its life, the upstream damage has already been done. So before you buy, ask yourself if you really need it. If you do, consider buying secondhand instead of new, and look for products made from lower-impact materials and with minimal packaging and shipping.

Ditching plastic and reuse of the same

Plastic, a non-biodegradable substance, causes water and soil pollution. Vigorously, anti-plastic projects and campaigns have been taking place since long past, yet using plastic has neither stopped nor been decreased. As there can be no fixed time to do the needful for betterment of the natural environment and in other words, giving efforts repeatedly to minimize environmental degradation, so each and every human being should leave no stone unturned in ditching plastic and in reusing plastic.

Taking extinction off the plate

By choosing plant-based meals and incorporating a non-vegetarian diet in life, one can take extinction off the plate. The more one reduces meat consumption, the more he will be able to create a positive impact on saving wildlife, habitat, and the planet with an entirely plant-based diet having the smallest environmental footprint. We collectively and unitedly can shrink the demand for meat before it is too late for wildlife.

Simplifying the holidays

Holidays can be simplified by redefining holiday traditions, and celebrating in ways that respect land, water, and wildlife and refocus on what really matters. When people talk about why they usually describe spending time with family and friends, eating good food, having fun, and relaxing.

Choosing organic

By choosing organic, one can serve the nature and the natural environment. The reason behind it is organic farming practices prioritize the health of soil, the ecosystem. This means that organic farms are less likely to pollute nearby water sources, contribute to soil erosion, or harm beneficial insects and animals. Additionally, locally sourced food reduces the carbon footprint associated with long-distance transportation.

Ditching fast fashion and animal-based textile

The clothing industry produces 92 million tonnes of textile waste each year (Circular, 2020), and fast fashion is at the heart of this massive problem. Fast fashion hinges on brands mass-producing runway designs, offering consumers the latest looks quickly and affordably. However, it also comes with significant issues: unsustainable materials, poor manufacturing, excess waste, and unethical working conditions are all features of fast fashion. This trend has led to a devaluation of the quality of clothes in favor of getting cheap, on-trend looks. Animal-based textiles include silk, hair/fur, (including wool) feather. The animal fibers used most commonly both in the manufacturing world as well as by the hand spinners are wool from domestic sheep and silk. Also very popular are alpaca fiber and mohair from Angora goats. In the wave of globalization, the entire mass is addicted to

fast fashion and animal based textile in name of modernization. In this scenario lives of the animals like sheep,goat,silkworm are at stake. Which we can easily avoid by ditching fast fashion, and animal based textile.

Using water wisely

Uses of water in our everyday life

- For drinking purpose.
- For dish cleaning.
- For cooking purpose.
- For feeding plants.
- For clothes washing.
- To take bath.
- For hydro-electricity generation.
- For the car wash.

Cooling: Industrial water is used to cool equipment, machinery and processes to prevent overheating and damage. Cleaning and washing: Used to clean and wash manufacturing equipment, products and work areas to ensure product quality and a hygienic work environment

Uses of water in agricultural sector

Water for agriculture is a vital resource in agricultural production, covering a number of key areas such as irrigation, livestock watering, farm management, equipment cleaning, and produce preservation

Uses of water in industries

According to the United States Geological Survey (USGS), industrial water is used for fabricating, processing, washing, diluting, cooling, or transporting a product.

In largescale sector where huge amount of water is needed several measures like applying alternative process where minimum amount of water can be used or less water consuming machinery or equipments can be best alternative or option These kind of initiatives have to be taken by people in large where knowledge about adverse effect of misusing water and awareness in wiseuse of water is required in mass level

Misuse of water used in day to day life can be easily prevented by taking small steps by every individual. In this regard awareness is utmost important. Beside kids should be educated about misuse and wiseuse of water Practice of harvesting rainwater should be mandatory if possible not only in large scale in factories and industries but also in houses .apartment and multistoried building .The more the process of rainwater harvesting will be practised the more the goal of reuse and wiseuse of water can be achieved.

Driving less driving green

Driving less

By choosing alternative means of transport like Bicycle, Escooter,public transport depending upon distance and purpose of journey one can achieve the aim of driving less. Beside walking if possible can be the best option by which one can keep himself or herself healthy. The above transport methods not only reduce carbon emission from vehicle use and production but also those can also keep one healthy

Driving green

Driving green means driving e scooter or e car which run by electricity instead of petrol or diesel . By taking this step dependency on nonrenewal energy can be reduced which is undoubtedly wise move towards minimizing environmental degradation.

Greening home

An Eco-house (or Eco-home) is an environmentally low-impact home designed and built using materials and technology that reduces its carbon footprint and lowers its energy needs.As green home is built or remodelled by using sustainable or recycled materials and produce less waste these help to solve several important purposes like conservation of energy ,water, improvement of air and water quality. Not only that by using energy efficient appliances, building material derived in sustainable way dependency on materials or appliances cause environmental damage or degradation directly or indirectly

Boycotting products that endanger wildlife

Wildlife derived products are biggest threat to wild animals and their lives.

Snakes, crocodiles, lizards and frogs are harvested for their skins to be made into shoes, handbags and other exotic leather products. Some animal products such as ivory—used for ornaments, as decoration, in ornamental seals and traditional medicine—are as valuable as gold, threatening elephants and rhinos. By raising voice against using and purchasing products made of animal body parts and boycotting those products environmental degradation can be minimized at least to some extent.

Fighting for the right to choose when and if to start a family

When one starts a family he or she should be aware of choosing and including the right things in their lives. Here right things refer to sustainable and ecofriendly products, energy efficient gadgets. Apart from taking the above step as an environmentally aware person one should strictly boycott animal-derived products in house decoration. By planting trees in garden, terrace, kitchen garden, and decorating rooms, lawn, balcony by ornamental indoor plants one can fight not only against environmental degradation but also sustainable living can be practised.

Taking action using voice

Taking action

Composting food scraps can reduce climate impact while also recycling nutrients. Recycling paper, plastic, glass & aluminium keeps landfills from growing. Buy minimally packaged goods. Pre-heating the oven must be avoided. By taking the above actions environmental sustainability can be ensured.

Using voice

Voice of nongovernmental organizations dedicated to nature safeguarding, environmental research and human welfare always has been the best option in making environment sustainable. The campaigns, projects organised, and the journals published by environmental NGOs and organizations always have been proved as best option.

From the above discussion an inference can be drawn that taking the measures pointed out above environmental sustainability can be ensured by minimizing environmental degradation. It is hoped that a clear conception has been established that by taking small steps in day to day life it is possible to make environment sustainable at least to some extent.