



S&I Article

ECO-FRIENDLY LIVING

Small choices. Big impact. For a greener, healthier planet.

Look around your plastic bottles, vehicles on roads, electricity usage, and food waste. These are part of our daily lives. But have you ever wondered how these everyday actions affect our planet?

The Earth is like our home. Just like we keep our rooms clean, we must also take care of our environment. However, rapid industrial growth, population growth, and overuse of natural resources have created serious environmental challenges, including pollution, climate change, and biodiversity loss.

This is where the idea of **eco - friendly living** comes in.

Eco - friendly living means making choices that **do not harm the environment** and help preserve resources for future generations. The best part Even small actions by students like you can create a huge impact

A Brief Background: How Did the Problem Begin?

Before industrialisation, humans lived more in balance with nature. People used natural materials, reused items, and generated very little waste.

But after the Industrial Revolution:

- Factories increased
- Fossil fuels were heavily used
- Plastic production grew rapidly

Today, India faces:

- Air pollution in cities like Delhi
- Water pollution in rivers like the Ganga River
- Increasing plastic waste

These challenges highlight the need for eco-friendly living. Eco - friendly practices are based on scientific concepts like

- **Sustainability** – Using resources without exhausting them
- **Carbon footprint** – Every activity (like using electricity or travelling) releases carbon dioxide (CO₂). Reducing this is key to fighting climate change.
- **Renewable energy** – Energy from natural sources like the sun and wind

Understanding these helps us make smarter decisions.

1. Reduce, Reuse, Recycle – The 3Rs



Reduce

Use fewer resources.

For example:

- Switch off lights when not needed
- Avoid single – use plastics

Reuse

Use items again:

- Reuse notebooks
- Use cloth bags instead of plastic ones

Recycle

Convert waste into new products:

- Paper recycling
- Plastic recycling

2. Say No to Plastic

Plastic takes hundreds of years to decompose.

In India:

- Many animals accidentally eat plastic
- Drainage systems get blocked

Alternatives:

- Cloth bags
- Steel bottles
- Paper packaging

Government campaigns like Swachh Bharat Abhiyan promote reducing plastic use.

Fun Fact:

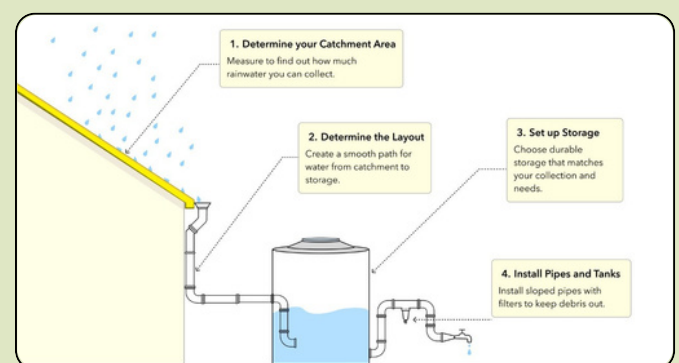
Do you know a single plastic bottle can take up to 450 years to decompose?

3. Save Water – Every Drop Counts

Water is essential for life, yet many parts of India face water shortages.

Ways to save water:

- Turn off taps while brushing
- Fix leaks
- Use buckets instead of showers



Scientific innovation:

- Rainwater harvesting systems

Fun Fact

Growing 1 kg of rice can use **3,000 – 5,000 litres of water.**

DIY Activity: Water Filter Challenge

Objective: Clean dirty water using simple materials

Materials:

- Sand
- Charcoal
- Gravel
- Bottle

Challenge:

Make the clearest water possible!

Concept: Filtration & purification

4. Energy Conservation – Save Electricity

Electricity is often generated from fossil fuels, which cause pollution.



Tips:

- Use LED bulbs
- Switch off unused devices
- Use natural light

Renewable energy:

- Solar energy
- Wind energy

5. Eco - Friendly Transportation

Vehicles release harmful gases.



Better options:

- Walking or cycling
- Public transport
- Carpooling

Electric vehicles (EVs) are becoming popular in India.

6. Waste Management and Composting

Waste should be separated into:

- Wet waste (food)
- Dry waste (plastic, paper)

Composting:

Convert kitchen waste into fertiliser.

DIY Activity: Composting at Home

Objective:

Learn how waste turns into useful fertiliser.

Materials Needed:

- Vegetable peels
- Soil
- Container

Steps:

1. Add kitchen waste to the container
2. Cover with soil
3. Mix regularly
4. Wait for 2 – 3 weeks

Science Concept:

Decomposition by microorganisms

Role of Technology in Eco-Friendly Living

Technology helps in:

- Monitoring pollution
- Saving energy
- Smart waste management

Role of Students as Future Innovators

Students are not just learners; they are **future problem - solvers.**

You can:

- Create eco - friendly projects
- Spread awareness
- Innovate solutions

Simple Daily Habits You Can Start Today

- Carry your own water bottle
- Use both sides of the paper
- Plant trees
- Avoid food waste
- Save electricity

Small steps lead to big change.

Conclusion

Eco-friendly living is not difficult, it just requires awareness and responsibility. Every small action matters. When millions of students across India take small steps, the impact becomes massive.



Sudoku Challenge 2604

	7							4
	5			7		8		
	8		9	5				
	9		2			5		1
		1				4		
7		5			1			3
				1	6			8
		2		3				4
4								6

Riddles 2604

1. I help you measure length, but also help draw straight ideas. What am I?
2. I am invisible, but I carry signals and data. I help smart classrooms and modern learning. What am I?
3. I am full of questions, answers, and exploration. Without me, innovation cannot grow. What am I?
4. I connect wires and make things work. In student projects, I bring ideas to life with energy. What am I?
5. I am a place where ideas are tested, not just taught. You wear coats and use me to discover. What am I?

(Answers on Back Cover Inside)