



# THE COMMERCIO

PG Department of Commerce & Research  
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## Empowering Change Embracing Sustainable Development Goals for Lasting Impact



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## From the Editor's Desk

Welcome to the second issue of our Newsletter 'The Commercio'. Inspired and driven by the seventeen Sustainable Development Goals set forth by the UN with 2030 as the desired deadline for realisation, all our publications this year will therefore be

dedicated to these goals, based on national and local relevance. The current issue focusses on the fifteenth goal 'Life on Land', that hopes to protect and promote sustainable terrestrial ecosystems and preserve our biodiversity in health and vitality. Achievement of these goals require collaborated efforts involving governments, international organisations, private sector and civil societies in a top-down approach and an awareness across humanity remains key to its successful implementation. This Newsletter is hence imagined to take incremental steps in this direction with dissemination of the concerns and consequences to a wider reader-base.

The enthusiasm displayed and the efforts put in by the students to bring out back-to-back editions of the newsletter are laudable indeed and the current issue that has been developed, enriched and presented by Fifth semester B Com (Aided) students carry some reflective content in the form of film reviews and poetry.

It will be our ongoing effort to curate the newsletter content and to bring out the best from the student community in conformity with the standards and the objectives these newsletters are intended to uphold.

*Dr Nisha Leela Jose*

"The Commercio" wishes to thank the Editorial Team, Student Contributors and everyone involved in its making. At "The Commercio" we believe in the Kaizen philosophy of Continuous Improvement and would therefore welcome your comments and feedback for making the next issue even better. Please feel free to reach out to a student member with your comments. We look forward to your support in the future,

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# Cover Story

## Exploring the Richness of Life on Land Discovering the Diversity and Beauty of Terrestrial Ecosystems



Life on land encompasses the incredible diversity of flora, fauna, and ecosystems that make our planet so rich and vibrant.

From the vast rain forests teeming with unique species to the sprawling grasslands that support migratory animals, our terrestrial habitats are essential for the survival and well-being of both wildlife and human communities.

However, these precious ecosystems face numerous threats, including deforestation, habitat loss, pollution, and climate change.

The Sustainable Development Goal 15 provides a comprehensive framework for addressing these challenges and creating a more sustainable relationship between humanity and nature.

It recognizes that the health of our ecosystems is intricately linked to our own well-being, as they provide us with vital resources such as clean air, fresh water, food, and medicine. Furthermore, thriving ecosystems contribute to climate regulation, soil fertility, and natural disaster resilience. SDG 15 focuses on various aspects, including the conservation of forests, the restoration of degraded land, the protection of endangered species, the promotion of sustainable agriculture, and the combating of illegal wildlife trade.

By implementing sustainable land management practices, adopting responsible consumption habits, and

supporting conservation efforts, we can contribute to the preservation of biodiversity and the resilience of our ecosystems.

Achieving sustainable development requires the collective effort of governments, businesses, communities, and individuals.

By working together and embracing our role as custodians of the land, we can create a positive and lasting impact. By valuing and respecting the interconnectedness of all life on land, we can ensure a sustainable and prosperous future for ourselves and the generations to come.

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**UN's Sustainable Development Goal 14 - Life on Land seeks to Protect, restore, and sustainably manage terrestrial ecosystems, promoting biodiversity conservation and combating desertification and land degradation."**

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### **Biodiversity: Nature's Masterpiece**

Our planet is a tapestry woven with diverse life forms, each playing a crucial role in maintaining a balanced ecosystem. SDG 15 calls for the conservation and sustainable use of terrestrial and freshwater ecosystems, safeguarding biodiversity. From awe-inspiring rain forests to fragile wetlands, every habitat deserves our attention and protection. By preserving biodiversity, we unlock nature's potential to provide clean air, fresh water, and countless other benefits.

### **Deforestation: Putting the Brakes on Destruction**

Deforestation remains a significant threat to life on land. Each day, precious hectares of forests vanish, jeopardizing the homes of countless species and exacerbating climate change. However, we have the power to make a difference. By supporting sustainable forestry practices, embracing responsible consumption of wood products, and planting trees, we can turn the tide and give forests a fighting chance to thrive.

### **Land Degradation: Healing the Earth's Wounds**

Unsustainable land practices, including overexploitation, soil erosion, and desertification, take a toll on our precious land. SDG 15 aims to combat land degradation and restore degraded land, ensuring its productivity and resilience. Through sustainable agricultural practices, reforestation efforts, and land restoration projects, we can heal the wounds inflicted on our land and secure a sustainable future.

### **Wildlife Conservation: Protecting the Guardians of Earth**

The fate of our planet's wildlife hangs in the balance. Illegal wildlife trade, habitat loss, and climate change threaten countless species. To reverse this trend, SDG 15 emphasizes the need to protect endangered species, combat poaching and trafficking, and promote wildlife conservation efforts. By supporting conservation organizations, advocating for



stronger regulations, and embracing sustainable tourism practices, we can safeguard the invaluable biodiversity that enriches our lives.

#### **Collaboration: Joining Hands for a Greener Future**

Achieving SDG 15 requires a collective effort from governments, businesses, communities, and individuals like us. By fostering partnerships, sharing knowledge, and promoting sustainable land management practices, we can create a ripple effect of positive change. Whether it's participating in local

conservation initiatives, supporting sustainable agriculture, or educating others about the importance of life on land, each action contributes to the larger goal of a sustainable future.

#### **Conclusion:**

As we conclude our exploration of SDG 15: Life on Land, let us remember that our choices and actions shape the world we inhabit.

Preserving life on land is not only about protecting ecosystems and wildlife; it is about securing our own well-being

and that of generations to come.

By embracing sustainable practices, advocating for change, and appreciating the beauty and value of nature, we can create a harmonious balance between human development and the preservation of life on land.

Until next time, keep nurturing life on land and embracing the beauty of sustainability!

**Archana Sasindran**



### **India's Commitment to Sustainable Development Goals: Building a Prosperous and Equitable Future**

## **Building a Prosperous and Equitable Future Embracing Sustainable Development Goals for Lasting Impact**

#### **Introduction:**

In today's rapidly changing world, the significance of sustainable development cannot be overstated.

The United Nations' transformative blueprint, known as the Sustainable Development Goals (SDGs), has emerged as a guiding framework to tackle global challenges.

Here we explore India's remarkable progress in implementing the SDGs and aligning its national development plans, such as the "National Development Agenda: Vision 2030," with the goal of achieving inclusive growth.

#### **History:**

Formulated in 1987 by the World Commission on Environment and Development, popularly known as the Brundtland Commission, the concept of sustainable development aimed to balance the needs of present and future generations.

#### **Understanding Sustainable Development Goals:**

The United Nations adopted 17 Sustainable Development Goals in 2015, which encompass a wide range of areas crucial for global progress. These goals include eradicating poverty, ensuring zero hunger, promoting good health and well-being,

providing quality education, fostering gender equality, ensuring access to clean water and sanitation, promoting affordable and clean energy, fostering economic growth and decent work opportunities, encouraging industry, innovation, and infrastructure, reducing inequalities, building sustainable cities and communities, promoting responsible consumption and production, taking climate action, preserving life below water, conserving life on land, establishing peace, justice, and strong institutions, and fostering partnerships for the goal.

#### **India's Implementation of Sustainable Development Goals:**



India has made significant strides in implementing the SDGs and integrating them into its national development plans. Notable initiatives like the Pradhan Mantri Jan Dhan Yojana, Swachh Bharat Abhiyan, and Make in India exemplify India's commitment to various SDGs.

Moreover, India has demonstrated its dedication to environmental conservation through the implementation of key laws, including the Wildlife Protection Act (1972), the Water Prevention and Control Act (1974), the Environment Protection

Act (1986), and the National Green Tribunal Act (2010).

These measures contribute to the protection of wildlife, the preservation of natural resources, and the mitigation of environmental degradation.

In a recent United Nations Climate Change Conference, India's Prime Minister, Shri Narendra Modi, made ambitious commitments, pledging that 50% of India's energy needs would be met by renewable energy sources. He also projected that India would achieve zero carbon emissions by 2070.

### Conclusion:

India's policies, programs, and initiatives showcase its unwavering dedication to the SDGs, addressing poverty, promoting social inclusion, and conserving the environment.

By embracing the SDGs, India endeavors to build a prosperous, equitable, and sustainable future while making significant contributions to the global journey towards sustainable development.

*Sr.Merino A Sebastian*

## Lifestyle and its impact on health

**According to WHO, 60% of factors to individual health and quality of life are correlated to lifestyle.**

**Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviour, diet and functions of individuals in job. In recent decades, life style is considered as an important factor of health by researchers. Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, hypertension, overweight, violence and etc can be caused by a unhealthy lifestyle.**

### Relationship of lifestyle and health

Today, wide changes have occurred in lifestyle of people. Malnutrition, unhealthy diet, smoking, alcohol consumption, stress and so on, are the presentations of unhealthy life style. Further the emerging new technologies within IT such as the internet and virtual communication networks, threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology. Some basic lifestyles that affect health.

### Unhealthy Eating Habits:

Diet is one of the most crucial parts towards a healthy lifestyle. Fast-paced lifestyles leave people with little time for meal preparation or leisurely eating. People then turn to fast food and preservative-filled frozen items instead of eating wholesome cuisine. Weight gain commonly known as Obesity is the most obvious result of this and when unhealthy behaviour are practiced regularly, you run the risk of not only being overweight but also having high cholesterol or blood pressure, diabetes or any number of other health issues.



As per the latest National Family Health Survey data. Nearly one in every four persons is overweight compared to one in every five earlier.

One estimate in 2016 put 135 million Indians as overweight or obese



<https://www.bbc.com/news/world-asia-india-61558119>

### Low Water Intake:

Dehydration is when your body does not contain enough water. About 80% of what makes up an adult human is water. It is essential for the normal functioning of the body, which is why getting enough water each day is crucial. It is advised to consume six to eight, 8-ounce glasses of water each day.

### Lack of Exercise and Physical Fitness:

A requisite part of a healthy lifestyle is exercise. Being physically active can improve your brain health, assist in weight management, lower your risk of disease, strengthen your bones and muscles, and increase your capacity to carry out daily tasks. Exercise also avoids health problems, improves strength, boosts energy, and can help you live longer.



### **Lack of Sleep:**

The lack of sleep is a result of a variety of lifestyle factors, including screen time, lengthier commutes, and the blurring of work and leisure time. A person needs a minimum of seven to eight hours of restful sleep per night to lead a healthy existence. Lack of sleep obstructs the body's ability to boost its immune system and release cytokines to fight illness. Chronic health issues like heart & kidney diseases, high blood pressure, diabetes, and depression are all associated with sleep deprivation caused due to lack of sleep.

### **Abusive consumptions:**

The risk of several dangerous health issues rises as a result of excessive alcohol, smoking & drugs. These short-term physical impacts of substance mis-use may result in long-term alterations to a person's brain & body.

### **Poor Preventive Monitoring of Mental and Physical Health:**

Due to the fast-paced lifestyles and busy schedules, people frequently neglect their health. Regular health screenings are crucial because they can help identify issues even before they manifest. Early detection of disorders and prompt treatment improve the likelihood of a successful cure. It also aids in early disease identification and estimating a person's present state of health.

### **Insufficient exposure to natural sunlight and fresh air:**

Depression and mood fluctuations are frequently associated with low serotonin levels. Long periods of time spent indoors might cause anxiety and restlessness. When you spend extended periods of time indoors, you may also experience extreme levels

of stress and loneliness. And both can impair your immune system, making you more vulnerable to infections when you do eventually go outside. The health and wellbeing of humans depend on sunlight. Sunlight has a number of positive health benefits, including producing vitamin D, increasing bone health, decreasing blood pressure, avoiding disease, and improving mental wellness.

### **Conclusion:**

Having a healthy lifestyle is crucial for giving your body everything that it needs. Maintaining a healthy weight, reducing risk of developing heart disease, increasing energy levels, assisting a healthy immune system, and it helps you to be more social.

*Meera Ullas*

## **Global Warming**

is a pressing issue that demands immediate attention, as our planet continues to heat up, posing significant threats to the environment, wildlife, and future generations.



## **Global Warming - no longer a myth**

Earth is warming up, and humans are at least partially to blame. The causes, effects, and complexities of global warming are important to understand so that we can fight for the health of our planet. There is a crying need to raise awareness about global warming if we have to save the world from disaster.

Now climate scientists have concluded that we must limit global warming to 1.5 degrees Celsius by 2040 if we are to avoid a future in which everyday

life around the world is marked by its worst, most devastating effects: the extreme droughts, wildfires, floods, tropical storms, and other disasters that we refer to collectively as climate change. These effects are felt by all people in one way or another but are experienced most acutely by the underprivileged, the economically marginalized, and people of color, for whom climate change is often a key driver of poverty, displacement, hunger, and social unrest.

### **Impact of Global Warming**

- ▶ The sea levels are constantly rising as fresh water marshlands, low-lying cities, and islands have been inundated with seawater.
- ▶ There have been changes in rainfall patterns, leading to droughts and fires in some areas, and flooding in other areas.
- ▶ Ice caps are constantly melting posing a threat to polar bears as their feeding season stands reduced.



- ▶ Glaciers are gradually melting.
- ▶ Animal populations are gradually vanishing as there has been a widespread loss of their habitat.

We can save Planet Earth, only by tackling the problem of global warming. Let's resolve to reduce the production of CO<sub>2</sub>. The way to do it is to less use of oil, coal and gas. Rather we should embrace renewable energy. Let us reduce our dependence on

electricity, as its production releases a huge amount of CO<sub>2</sub> simultaneously. So, less use of energy and electricity can help us in dealing with the problem of global warming. We have to avoid producing a great amount of CO<sub>2</sub>, Sulphur, CFCs, and Methane gases as they are harmful to the environment. A massive tree plantation drive should be undertaken as trees soak up CO<sub>2</sub> and at the same time trees generate more oxygen.

There is also the need for going for plant-derived plastics, bio-diesel, wind power and solar power. At individual levels, people should prefer buying cars with the best fuel economy, and should not unnecessarily use them

**Anet Rose Joseph**



## India's most famous environmentalists that each one of us should know

The world needs leaders and eco crusaders who are willing to put it all on the line to fight the menace that is threatening to destroy the bounty of nature. We have rounded up a list of some of the country's brightest and most influential ecological warriors. Read on, and choose the one that inspires you.

**Sunderlal Bahuguna:** The leader of the Chipko forest conservation movement, and recipient of the Padma Vibushan award in 2009 and his tireless efforts towards conservation of the environment. Passed away in May 2021.

**Medha Patkar:** Medha Patkar, is one of India's most well known female environmentalists and the woman behind the "Narmada Bachao Aandolan". Winner of the Swedish "Right to Livelihood" Award in 1991.

**Salim Ali:** Rightly called the "Birdman of India", Salim Ali was a devoted ornithologist and naturalist. He is also recognized for pioneering the use of systematic surveys of birds in India, the creation of Bharatpur Bird Sanctuary and the protection of the Silent Valley National Park. Passed away June 1987.

**Rajendra Singh:** Known by the moniker, "Waterman of India", Rajendra Singh, has dedicated his life to working towards efficient water management and harvesting. A 2001 Magasaysay and 2015 Stockholm Water Prize winner, Rajendra Singh is a true inspiration for any budding eco crusaders.

**Sumaira Abdulali:** A lesser known name in this list, Sumaira Abdulali has been working in the field of environmental conservation since 2002 with her main focus being sand mining and noise pollution. Through her work with the NGO Awaaz Foundation, she played a crucial role in implementing silence zones and safe zone limits during festivals.

**Jadav Payeng:** Also known as the "Forest Man of India." comes from the state of Assam. A devoted environmentalist, he is recognized for single handedly creating a 550 hectare long man-made forest Muli Reserve in the Majuli island. Through his efforts, the forest currently encompasses an impressive 1350 hectares of land and a variety of wildlife.

**Mike Pandey:** A filmmaker focused on environmental and wildlife films, Mike Pandey is most known for his movie "Vanishing Giants" which is based on elephants. Through his work raising awareness about the Whale Shark and its conservation, he was recognized by the UNEP which awarded him the CMS-UNEP Award for Outstanding Achievement in Global Conservation. Pandey also won the green Oscar becoming the first Asian producer to do so and has been since recognized for his service to environmental protection by winning the award three more times.

**M. C. Mehta:** A public interest attorney, MC Mehta is responsible for several landmark judgments in the arena of

environmental law in India. Mehta has worked on a number of critical environmental issues plaguing the country such as industrial pollution along the Ganges, corrosion of Taj Mahal and shrimp farming along the coast. His efforts led to the introduction of lead-free gasoline in India and the ban on shrimp farming. A green advocate, his contributions in the dual fields of law and environment led to the introduction of the discipline of environmental studies at the undergraduate level in Indian law schools.

**Kinkri Devi:** A famous female activist and environmentalist, Devi is best known for her fight against illegal quarrying and mining in the state of Himachal Pradesh. From humble beginnings as a sweeper, Devi dedicated her life to protecting the environment. And her efforts were recognized by being awarded the Stree Shakti award in 1999. Passed away December 2007

**M. S. Swaminathan:** Last but not least is Mr. MS Swaminathan. A name familiar to most Indians, Swaminathan is best known for being the father of the India's Green Revolution. His work in developing and introducing high yielding wheat and rice varieties to India in the 1960s was responsible for helping making the country self sufficient, resolving food security for millions of Indians and eradicating famine in India and Asia.





## Embracing ESG: Driving Sustainability and Success

### Introduction:

Environmental, Social, and Governance (ESG) practices have gained significant prominence worldwide as a means to drive sustainable development and responsible business conduct.

### ESG Practices in India

Companies have recognized the importance of ESG principles and opened their eyes to the urgent need to address environmental challenges, given the country's significant population and industrial growth.

Many businesses have increasingly embraced ESG principles as key components of their operations and adopted sustainable practices to mitigate their environmental footprint.

One of the notable initiatives is the promotion of renewable energy sources. Indian companies have been investing in solar and wind energy projects, reducing their reliance on fossil fuels and contributing to India's goal of increasing renewable energy capacity.

Additionally, organizations have implemented measures to enhance energy efficiency, reduce waste generation, and optimize water consumption, thereby reducing their environmental impact.

### Social Practices:

Social responsibility is a crucial aspect of ESG practices, emphasizing the well-being of employees, communities, and society at large. Indian companies have recognized the importance of fostering inclusive workplaces and providing fair treatment to their employees.

Initiatives such as diversity and inclusion programs, skill development initiatives, and employee wellness programs have gained momentum. These efforts not only enhance employee satisfaction and productivity but also contribute to social development by promoting equal opportunities and addressing social disparities.

### Governance Practices:

Good governance practices are vital for fostering transparency, accountability, and ethical conduct within organizations.

Indian companies have made significant strides in enhancing corporate governance standards. They have embraced board diversity, appointed independent directors, and implemented robust risk management frameworks. Additionally, companies have improved their disclosure practices, ensuring transparency in financial reporting, sustainability metrics, and stakeholder engagement.

Such governance practices not only inspire investor confidence but also contribute to the overall credibility and reputation of Indian companies in the global marketplace.

### Impact on Sustainable Development:

By integrating environmental practices, companies have contributed to mitigating climate change, conserving natural resources, and reducing pollution.

The promotion of renewable energy sources has helped in India's transition to a low-carbon economy. Socially responsible initiatives have enhanced employee well-being, strengthened communities, and addressed social inequalities.

Moreover, by upholding high governance standards, companies have built trust among stakeholders and facilitated long-term sustainable growth.

### Challenges and the Way Forward:

While Indian companies have made significant progress in implementing ESG practices, challenges persist. Some companies face resource constraints and require support in terms of funding, capacity building, and knowledge sharing. Regulatory frameworks related to ESG reporting and disclosure are still





evolving, requiring further clarity and standardization. To overcome these challenges, it is imperative for companies, regulators, and civil society to collaborate and create an enabling ecosystem that encourages the adoption and integration of ESG practices.

Some live examples of Indian companies implementing ESG practices are discussed here.

#### **1. Tata Group:**

The Tata Group, one of India's largest conglomerates, has long been committed to sustainability and social responsibility. They have set ambitious targets to reduce greenhouse gas emissions, increase renewable energy capacity, and conserve water resources. Tata Motors, a subsidiary of the Tata Group, has been a front-runner in producing electric vehicles and promoting sustainable mobility solutions.

#### **2. Infosys:**

Infosys, a global leader in consulting and information technology services, has integrated ESG practices into its operations. They have set targets to reduce their carbon footprint, increase renewable energy consumption, and achieve zero waste to landfill. Infosys has also implemented initiatives

to promote employee well-being, diversity & inclusion, and community development through various education and skill-building programs.

#### **Mahindra Group:**

The Mahindra Group, a prominent conglomerate in India, has embraced ESG practices across its businesses. They have made significant investments in renewable energy projects, aiming to achieve carbon neutrality. Mahindra & Mahindra, the automotive division of the group, has been focused on producing electric vehicles and implementing sustainable manufacturing processes. The company also emphasizes employee engagement, diversity, and community development.

#### **4. ITC Limited:**

ITC Limited, a diversified conglomerate with businesses in sectors such as FMCG, hospitality, and agriculture, has been a leader in sustainable practices. They have implemented measures to reduce water consumption, promote forest conservation, and adopt renewable energy sources. ITC has also made significant efforts in empowering rural communities through its social initiatives, focusing on education, health, and livelihood development.

#### **5. Hindustan Unilever Limited:**

Hindustan Unilever Limited, a subsidiary of Unilever, has been at the forefront of sustainable practices in the FMCG sector in India. HUL has set ambitious targets to reduce its environmental impact, such as reducing greenhouse gas emissions, water consumption, and waste generation. They have also been actively engaged in community development through various social initiatives, including sanitation programs and women's empowerment.

#### **Conclusion:**

ESG practices have emerged as a catalyst for sustainable development in Indian companies. The adoption of environmental, social, and governance initiatives has not only contributed to mitigating environmental challenges but also fostered inclusive workplaces and sustainable environment.

**Devika A**



ITC is rated AA by MSCI on ESG, and has been carbon positive for 15 years, water positive for 18 years and solid waste recycling positive for 13 years.





## FILM REVIEW

**A Wild Ride through the Reel World**  
In this issue we review 2 films that deal with the environmental and wildlife awareness



### 2018: Everyone is a hero

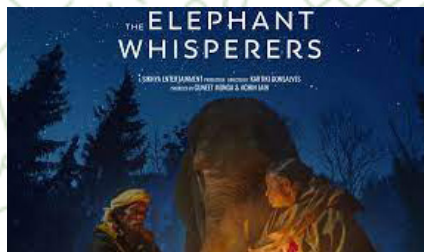
'2018: Everyone is a Hero' was expected to be an emotional survival story, a story of triumph against all odds. For anyone who has lived through the Kerala Floods of 2018, for anyone who had watched the events from the sidelines, it will end up being more than a movie. A technically sound, well paced, thoughtfully crafted film, 2018, is a cinematic experience Keralites deserve.

The story starts in a village Aruvikkulam. The absolute horror and the helplessness one feels when water goes up to the roof of their house is depicted well and Jude Anthany succeeds in doing justice to the sufferings, desperation and pain of thousands. While the first half was comparatively calm, it was the calm before the storm that was the second half.

Cast:

Tovino Asif Ali, Lal, Indrans, Sudheesh, Narein, Kunchacko Boban, Gauthami, Tanvi Ram

Rating:



### The Elephant Wishpers

The Elephant Whisperers is a fascinating narrative of Bomman and Bellie, a couple who have dedicated their lives to caring for elephants Raghu and Ammu.

This short documentary brings us to Tamil Nadu's Mudumalai Tiger Reserve, which is responsible for caring for orphaned elephants. The documentary follows Bomman and Bellie, a couple who live in the Tiger Reserve and care for two orphaned elephants named Raghu and Ammu.

It all starts with Bomman and Bellie raising Raghu as if he was their own child. The narrative then travels back in time to discuss how Raghu became an orphan after becoming separated from the elephant herd. Later we see the couple getting the responsibility of Ammu, another orphaned elephant. The documentary ends on a tragic note when Raghu's responsibility is handed over to another caregiver.

Cast:

Bomman, Bellie

Rating:



Movies that promote environmental protection.

### Don't Look Up

Don't Look Up starring Leonardo DiCaprio is a record-breaking Netflix film tells the story of a science professor and his student discovering a fast-approaching comet that is likely to destroy earth. Together, they need to convince the government as well as the public of the existential threat and the catastrophic consequences it may have on humanity. The comet approaching the planet is a metaphor for climate change and its disastrous effects. The film also serves as a reminder that politicians are clearly not doing enough and if they don't act quickly, it will be too late to save our planet.

### Before the Flood

One of the best climate change movies is Before the Flood, a collaboration between actor and Earth Alliance co-founder Leonardo DiCaprio and National Geographic. Taking viewers around the world, the documentary features how different stakeholders are affected by climate change through deforestation, rising sea levels and other human activities.



# TEST YOUR KNOWLEDGE WITH OUR ENVIRONMENTAL QUIZ!

Explore fascinating facts about the environment and sustainability. Challenge yourself with questions about global warming, renewable energy, and more. Discover how much you know about environmental issues and learn something new along the way.



1. Which gas is primarily responsible for global warming?
2. What is the largest rain-forest in the world?
3. Which natural phenomenon is responsible for transferring heat around the Earth's atmosphere?
4. What is the process of converting waste materials into reusable materials called?
5. Which endangered marine animal is known for its unique tusk-like tooth?
6. What is the term for the gradual increase in the Earth's average temperature due to human activities?
7. Which gas is responsible for the depletion of the ozone layer?
8. Which organization promotes the conservation and protection of endangered species and their habitats?
9. Which natural disaster is measured using the Richter scale?
10. What is the term for the gradual wearing away of the Earth's surface by natural forces?
11. Which gas is the most abundant in the Earth's atmosphere?
12. Which planet is often referred to as Earth's "sister planet" due to its similar size and composition?
13. Which environmental agreement aims to protect the ozone layer by phasing out the production of ozone-depleting substances?
14. What is the term for the gradual increase in the Earth's average temperature due to natural factors?
15. Which bird species is known for its long-distance migratory flights across continents?

1. Carbon dioxide (CO<sub>2</sub>).
2. The Amazon rainforest.
3. The greenhouse effect.
4. Recycling.
5. Narwhal.
6. Global warming.
7. Chlorofluorocarbons (CFCs).
8. The World Wildlife Fund (WWF).
9. Earthquake.
10. Erosion.
11. Nitrogen.
12. Venus.
13. The Montreal Protocol.
14. Climate change.
15. The Arctic Tern.

## ANSWERS

### Interesting Trivia:

#### Fascinating Trivia on Nature's Treasures and the Environment

- ▶ The UN Decade on Ecosystem Restoration, from 2021 to 2030 is designed to promote global efforts in restoring degraded ecosystems.
- ▶ The Sundarbans, located in India & Bangladesh is the largest mangrove forest in the world and a UNESCO Heritage Site.
- ▶ The Western Ghats, is one of the world's eight "hottest hot-spots" of biological diversity & is home to over 7400 species of flowering plants, 139 mammal, & 508 bird species.
- ▶ The Keibul Lamjao National Park in Manipur is the only floating national park in the world and is home to the endangered Manipur brow-antlered deer, also known as the Sangai.
- ▶ The Indian peacock, is the national bird of India and is protected under Indian law.
- ▶ The Indian rhinoceros, is one of the world's largest rhino species & is found in the northeast region of India.
- ▶ The Thar Desert, is the most populated desert in the world.
- ▶ The Great Indian Bustard, a critically endangered bird species, is one of the heaviest flying birds in the world.
- ▶ The Silent Valley National Park is home to the Lion-tailed macaque, an endangered primate species.
- ▶ The Rann of Kutch, located in Gujarat, is the largest salt marsh in the world.
- ▶ "Blue carbon" refers to carbon captured & stored by marine ecosystems, such as mangroves, sea-grasses, and salt marshes, climate change.



## "Welcome to our word puzzle challenge!"

Below, you'll find a collection of jumbled-up words that may seem like a tangled mess at first glance. But don't worry, hidden within this chaos are words waiting to be discovered. Your task is to unravel these jumbles and find the words from the provided list. Take a careful look, rearrange the letters, and put your word-solving skills to the test. Can you find all the words? Good luck and enjoy the brain-teasing journey!"

C	X	K	R	E	P	A	P	U	M	Z	E	A	R	T	H	G	P
F	N	I	Q	L	E	L	B	A	S	O	P	S	I	D	Y	L	J
W	T	Z	A	M	G	R	W	C	N	E	V	U	H	K	A	E	X
A	J	N	P	Y	B	A	E	M	I	Z	L	W	Q	S	O	L	F
S	E	Y	C	O	T	E	X	H	D	R	E	C	T	A	N	B	K
T	B	R	V	E	L	G	N	I	P	A	J	I	Y	O	R	A	S
E	P	E	R	M	F	L	S	E	G	S	C	N	I	C	P	D	H
K	G	U	Z	B	V	P	U	H	R	E	O	T	J	X	E	A	L
A	C	S	E	H	O	N	D	T	W	G	A	M	Q	F	U	R	B
Y	N	A	J	S	X	A	L	Z	I	V	Y	K	T	P	O	G	I
G	E	B	A	O	D	E	M	U	R	O	C	I	F	A	H	E	W
O	P	L	X	L	A	L	Z	E	Q	R	N	Y	S	J	M	D	K
L	R	E	W	A	H	C	S	S	A	L	G	U	S	B	E	O	F
O	O	D	V	R	E	N	V	I	R	O	N	M	E	N	T	I	A
C	T	G	L	A	O	Y	T	P	M	E	S	F	C	K	A	B	U
E	E	N	I	C	S	H	M	Q	A	J	D	Z	O	W	K	F	C
J	C	E	V	K	X	E	T	U	L	L	O	P	R	G	I	M	E
Q	T	Z	R	E	D	U	C	E	N	F	B	S	P	A	H	Y	T

ATMOSPHERE  
ECOLOGY  
PAPER  
SAVE  
BIODEGRADABLE  
EMPTY  
PLANET

SOLAR  
CLEAN  
ENERGY  
PLASTIC  
RECYCLE  
CONSERVATION  
ENVIRONMENT

POLLUTE  
REDUCE  
DISPOSABLE  
FAUCET  
POLLUTION  
REUSABLE  
DISPOSAL

GLASS  
PROCESS  
WASTE  
EARTH  
METAL  
PROTECT  
WATER



## Bhoomika - An eco-restoration Programme

Two day eco-restoration program as part of compulsory social service (CSS) organized with Ashryam Rural Development Society Nenmeni ,Kollengode,Palakkad.

The program was organized on 12 and 13 April 2023. 55 students with 2 tutors participated in the event. The program started with an orientation by Mr. Sasikumar and Mr. Vivesh. On 12th afternoon we headed to Velleatimedu and constructed two brushwood check dams collecting woods and stones from the forest and collected the plastic waste for proper disposal. We were accompanied by Ashryam Rural Development Society members and forest officers.

On that evening students organized a community awareness program on eco-restoration in Nenmeni, Kizhakkeparambil Village. Students displayed a flash-mob, street play on the theme of environment protection, song and nadanpattu. The talented village members showcased their talents along with ours in the program. After the 2 hours program class tutor Jilu Varghese proposed vote of thanks.



We headed back to our residential area in Ashryam Rural Development Society and enjoyed the camp fire and everyone shared the experience of the day.

On 13 April morning we went to Seetharkund forest area and constructed another brushwood check dam and enjoyed the forest view. In the afternoon at 2 PM the validation function was arranged where everyone along with members of Ashryam Rural Development Society and special dignitaries shared their experience and views. At 3.30 we headed back to college.



Students along with volunteers from the Ashryam Rural Development Society Nenmeni, Kollengode, Palakkad gather together for a group photograph after a day of hard work.



# The Global Mirror

Explore the Vitality of Our Environment through the Latest News and Insights"

- ▶ A recent study conducted in Delhi has shed light on the concerning health implications faced by outdoor workers due to their daily exposure to unclean air. The research focused on various occupational groups, including wastepickers, municipal sweepers etc
- ▶ The US is considering a controversial tool called Solar Radiation Management (SRM) to address global warming. In a recent White House report, various activities were

proposed. Oceans play a crucial role in regulating the Earth's climate beyond absorbing carbon dioxide

- ▶ A recent study has revealed that oceans release short-lived halogens, such as chlorine, bromine, and iodine, which contribute significantly to cooling.
- ▶ Climate patterns in our oceans have a significant influence on weather events worldwide. Two key

phenomena that affect weather conditions are El Nino and La Nina. However, an equally important but lesser-known phenomenon called the Indian Ocean Dipole (IOD).

- ▶ A team of researchers from the Department of Physics at IIT-Madras has developed a technology prototype to produce green hydrogen (GH<sub>2</sub>) from seawater in a simple and cost-effective manner.

Lakshmi E.J

## Poetry of the Heart: Capturing Love's Essence in Verse

I believed you when you said you love me.  
I believed beat of your heart when you said you love me  
I believed the light in your eyes when you said you love me  
I believed the promise in your voice when you said you love me  
I believed the love in the air when you said you love me  
But it never was love ,was it?  
Maybe it was me who was in love  
Maybe it was my broken heart that believed it was love  
Maybe it was my lonely soul which longed for your love I believed you when you said you love me.

I believed beat of your heart when you said you love me  
I believed the light in your eyes when you said you love me  
I believed the promise in your voice when you said you love me  
I believed the love in the air when you said you love me  
But it never was love ,was it?  
Maybe it was me who was in love  
Maybe it was my broken heart that believed it was love  
Maybe it was my lonely soul which longed for your love

Anaswara Muralideeran

For me,  
The heavens are dark .  
But the chill of the hell  
Gives me a spark,  
For which I cannot accuse  
Neither you , nor anyone  
As my fate, was to burn.  
Not even for a moment ,  
I thought of escaping.  
Cause the burn was a cure,  
Which held me secure  
When my thoughts of you,  
Was dragging me into despair

Anaswara Muralideeran

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When the canvas becomes a gateway to infinite possibilities







## **Earth Guardians Unite: Preserving Our Planet for Future Generations**

Join the movement to save our Earth, our home, for the generations yet to come. Together, we can make a difference and protect the fragile beauty of our planet. Every action counts, whether big or small. Let's stand as Earth Guardians, embracing sustainable practices and fostering a deep respect for nature. From reducing waste to conserving energy, planting trees to advocating for eco-friendly policies, our collective efforts can shape a greener, cleaner future. Together, let's heal our Earth and leave a legacy of environmental stewardship that will be celebrated for years to come. Join the Save the Earth campaign today and be a part of the solution. Our planet needs you!