

Study on Environment Awareness and Culture Sustainability in India

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ABSTRACT

Instead of following the cycle of over-exploitation of natural resources for development and then looking for ways to reduce its environmental impacts, India as a country can find the solutions to sustainable development by focusing on our roots of culture and lifestyle and moving forward on the path of development. There are various ways to reduce our carbon footprints simply by changing our current consumption and modern lifestyles and returning to our traditional ways of existence. Ancient Indian techniques of environmental conservation can help us better manage our natural resources now. For development to be complete, it must include the well-being and harmony of all living things on the planet as a whole. India's culture and way of life provide a variety of strategies to promote sustainable development. This study will examine several traditional Indian practises for environmental conservation and their relevance and practicality in today's era of environmental degradation.

Keywords-- Environment, Indian Culture, Lifestyle, Awareness, Development

last two centuries, with the help of technological improvements at a very rapid pace, making it possible. People and organisations all across the world have begun to see that this way of behaving cannot continue indefinitely. The United Nations' inaugural conference on the human environment in Stockholm in 1972 sparked international concern about environmental deterioration, but the significance of our way of life has only lately been recognised on a global scale.

The Sustainable Development Goals (SDGs) were adopted at COP 21 in Paris in 2015 as a means of achieving Sustainable Development. By 2030, these targets aim to eradicate poverty, hunger, and inequality while also safeguarding the Earth's natural resources. The 12th of these 17 goals, titled "Responsible Consumption and Protection," deals with this topic. Toward the end of the 12th objective, humanity is tasked with finding ways to do more and better with less. The environmental effects of an unsustainable lifestyle are now well accepted.

There is a strong correlation between the size of the global population, economic activity, lifestyle, energy use, land use pattern (and climate policy), and anthropogenic greenhouse gas emissions.).

I. INTRODUCTION

We may all feel quite modern and advanced in the second decade of the twenty-first century since we have overcome all the difficulties and hindrances to achieve a lifestyle of maximum comfort and luxury. Our natural resources have been overexploited and overutilized in the

II. LIFESTYLE RESPONSIBILITIES

The world has now fully grasped the link between our way of life and the health of our planet. The so-called consumer and materialistic ways of life must be altered.

The top ten emitters' emissions decreased proportionally

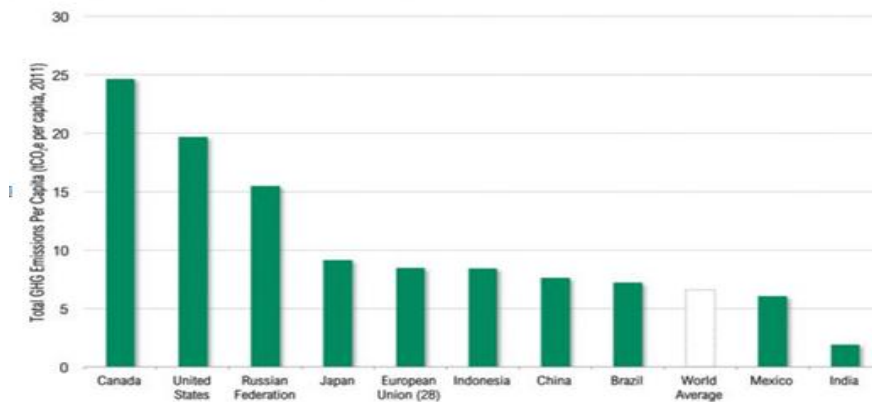


Figure 1: GHG Emissions Per Capita
Source: Ge Mengpin, 2014.

India's per capita emissions are one-third of the global average, while developed countries like Canada, the United States, and Russia emit more than double the global average per person.

Nations around the world have varying levels of natural wealth within their borders. As a result, a unique production and consumption system can enable individuals to attain true sustainability by limiting their ecological footprints to the biocapacity of the planet.

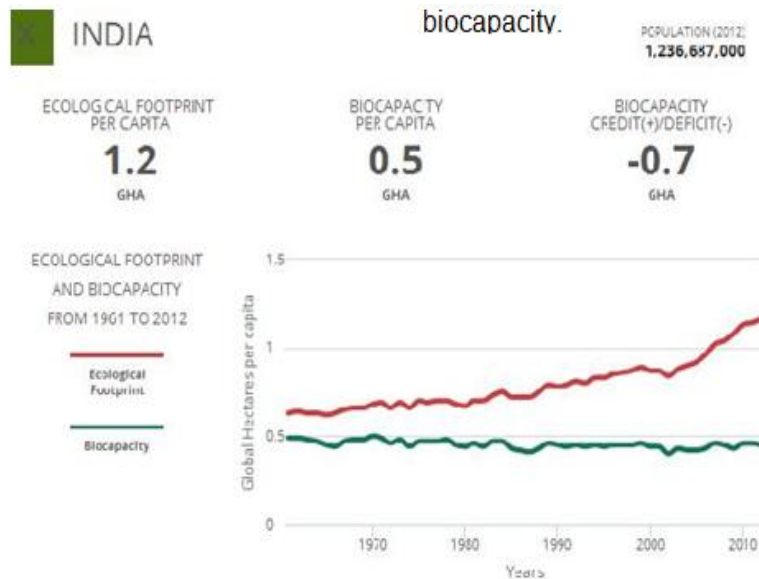


Figure 2: The Environmental Footprint and Biocapacity of India from 1961 to 2012

Figure 2 clearly shows that India, as a developing country, has already exceeded its bio capacity, and thus, to achieve sustainable growth, we must discover a unique model of production and consumption. In order to achieve sustainable development, our moderation can be our most powerful weapon.

1. Eco-Friendly Way of Life

Human actions and consumption patterns used to identify and differentiate themselves from others, which: satisfy fundamental requirements; provide a better

standard of living; reduce waste and pollution; and do not threaten the needs of future generations, are referred to as "patterns" (UNEP 2011 to 2012).

In order to live a more sustainable lifestyle, it is necessary to reexamine the manner in which we live, shop, and organise our daily routines. As part of this, we need to transform the way we interact, exchange, communicate, educate, and form our identities. It entails rethinking our way of life and integrating it into the natural world. The decisions we make as citizens, both at home and at work,

have a direct impact on the development of sustainable lifestyles.

2. *Culture & Personality*

"Culture shapes our worldview," claims a recent analysis on global cultural trends. With the ability to transform mindsets, it can secure peace and sustainable development, which we know is the only path ahead for life on Earth. "

Overconsumption and a lifestyle that does not care about the environment can be solved through our cultural values. Social, cultural, technological, economic, political, institutional, and geographic contexts shape and are shaped by lifestyle choices. UNESCAPE (2011-2012)

III. INDIAN CULTURE AND SUSTAINABLE LIFESTYLE

All parts of life, according to the Indian worldview, are interconnected and guided by a universal order that may be seen in all areas of human experience. We are a part of a well-functioning system where everything has its place and works in harmony with everything else. The Indian tradition and ethos are based on a harmonious relationship between humans and the natural world. (WWF-India for the MoEFCC).

Traditional ethics of nature conservation can serve as a source of inspiration and guidance for the future when people around the world are disturbed by the degradation of the environment and its devastating repercussions. Only the Indians have a cultural diversity and ecologically sound interaction with their environment that rivals any other society.

National Geographic and research firm Globe Scan produce the Greened, a biannual international assessment on sustainable living, and it finds that India is the most environmentally conscious nation in the world.

IV. PROTECTING ENVIRONMENT AND FOOD

As humans, we've always practiced living in balance and returning as much as possible to nature. Among the many instances are these:

1. *Protecting the Environment*

In India, trees and forests are loved and adored. It is estimated that 24.01 percent of India's land area is covered with forests and trees. About 12 percent of India's GHG emissions are offset by forest cover, according to the United Nations Environment Program.

There are sacred groves here. The ethics of Indian culture place a high value on the preservation of sacred animals, groves, forests, and landscapes. Communities in the Sacred Groves and Forests have done an excellent job of conserving the unique flora and wildlife that can only be found there. The sacred groves of Himachal Pradesh,

Maharashtra, Kerala, Karnataka, and other states not only serve as examples of community-led conservation initiatives, but they may also serve as carbon sequestration sites in the long term.

The Bishnoi People As a part of India's western Thar Desert, the Bishnoi people practise eco-friendly social practises while also protecting the region's biodiversity. Environmental damage is considered self-harm by these people.

Preservation of the Khejri Tree Because it is treasured for its ability to retain moisture, the Khejri tree is not felled even if it gets in the way of a building in the desert state of Rajasthan in India. The Salasar Balaji temple in Sikar district is a living example of this concept in action.

Methods for storing rainwater in India's indigenous culture Indian communities have been harvesting rainwater for generations since we've known for a long time about the value and scarcity of fresh water. These rainwater harvesting devices are unique to the topography, climate, and amount of rainfall in the area where they are installed. A few examples include the Step Wells of Gujarat, the Tanks of Tamil Nadu, the Johads of Rajasthan, and the Zabo System of Nagaland.

2. *Food*

Consumption and disposal of food have significant environmental impacts due to the use of energy and natural resources as well as the emissions of GHGs. (WWF-India for the MoEFCC.) India's way of life has traditionally included a reverence for food.

2.1 *Seasonal and Locally Grown Foods*

Good health can be achieved by reducing the amount of food that needs to be preserved and transported by choosing seasonal, locally farmed foods. Eating from north to south and east to west, numerous instances may be discovered of creatively reusing the extra food made, thereby decreasing waste. The amount of food that goes to waste in the United States has plummeted thanks to the abundance of recipes for repurposing leftovers. (curry, curd rice, dal parathas, vegetable peel chutneys, etc.)

2.2 *Cooking Methods that Use Less Energy*

The use of madani in various energy-saving methods, such as hand grinding and hand churning, Environmentally friendly methods for food preservation, such as sun drying and pickling, have also been used. (Aam Papad and Pickles are two examples of this) (CEE for MoEFCC 2015).

Indians have a strong aversion to food waste and a high regard for food as a sacred commodity. Children in Indian households are instilled with an understanding of food respect from an early age.

2.3 *A Large Portion of the Indian Diet Made up of Plants*

About 42% of Indian homes follow a vegetarian diet (they do not eat fish, meat, or eggs). The remaining households are either vegetarians or non-vegetarians who

are less rigorous about their dietary preferences. The average amount of meat consumed per person in India from 2011 to 2013 was 3.3 kg, which is less than 10% of the global average.

Global warming gases (GHGs) are emitted in large and rapid amounts during the delivery of food. Locally grown food is a significant lifestyle choice that impacts packaging and transportation resource usage.

V. CONSUMPTION VALUES ENVIRONMENTALLY FRIENDLY

Sustainable consumption values, such as turning off the lights when you don't need them, are easy to include into your daily routines. The use of electronic gadgets is inculcated from an early age, both in the home and at school. During the summer, many individuals prefer to sleep outside in courtyards or on terraces, reducing the demand for air conditioning in their homes. For centuries, matkas (earthen pots) have been used to hold water and retain it at a reasonable temperature. In the heat, this helps to lessen the need for cooling. Drying clothing in the sun and washing dishes by hand both minimise the need for energy-intensive appliances such as tumble dryers and dishwashing machines. Assuming one cycle of dishwashing every day, this would save 200 to 300 kWh/year. As a result, the amount of water used is less than with a dishwasher.

Because it is much less wasteful than taking a shower, people should use a bucket and cup to wash themselves instead. Some require merely the ability to weave. Various types of hand-embroidered fabrics are also part of our rich cultural heritage. Typical examples include banarsi, kanjivaram, patola, zardozi, kalamkari, tie-and-dye, sujani, phulka, kantha, and nagaland weaves, to name just a few.

Khadi

There are a few types of khadi: cotton, silk, or wool. Yarn spun by charkha and woven by hand, i.e. without the use of electric assistance (i.e. not employing fossil fuels), becomes green cloth when coloured with natural dye.

While a regular textile mill uses 55 litres of water to produce one metre, khadi uses only three. The least amount of carbon dioxide is emitted during the production of this handwoven cloth. (19th May 2016, the Hindu).

Kitchen Towels and Cotton

Handkerchiefs. Unlike single-use and single-throw tissue papers, these last a long time. Paper goods are harmful to the environment since they rely on timber and pollute the water and air.

Sharing clothes and books with younger siblings has been a family tradition.

Previously used Textiles to Create Brand

New items the fact that the majority of households use dusters manufactured from used clothes

demonstrates our commitment to recycling. Rugs from old blankets, foot mats from jute bags, cushions from used saris, and bags from discarded garments are all examples of reusing or recycling.

All of the examples cited above demonstrate that a sustainable lifestyle is deeply ingrained in our society. There is no reason why the path pursued by countries with a strong culture of sustainability should be the same as that of wealthy countries. As a result of these environmentally friendly lifestyle habits, a distinct path must be chosen. This means that our country needs to reinvent the definition of development in order to serve as an alternative model for other emerging countries.

VI. INDIA'S NEW DEFINITION OF DEVELOPMENT

Only economic growth, a rise in GDP and per capita income, and an increase in the number of consumer items are considered to be examples of current era development. Everyone wants to be like the United States or the United Kingdom in the way they grow. The globe was unaware of the environmental effects of this form of linear development when these now industrialised countries began the journey to industrialisation in the century prior to today. Since only a small number of countries chose to follow this development path at that time, as the world became enamoured with this comfortable and luxurious way of life, emerging countries and their inhabitants alike sought to emulate it.

Despite having a population of 1.25 billion, the United States has a private car ownership rate of 900 per 1,000 people, resulting in 1.12 billion cars on the road, a number that cannot be supported by the world's oil resources.

The need for alternative models of growth in developing countries should be obvious now, about two centuries after the start of the industrial revolution. As a result, we must reevaluate our growth plan and take the initiative to invent something new. Growth in Indian culture isn't just about money gains; it's also about a person's total well-being and pleasure. Mangalya was a concept that we had.

Mangalya does not confine itself to a single individual, but rather encompasses all of the people and other living things that surround that individual. At the expense of other people and nature, but not Mangalya, modern development can take place. For the sake of everyone involved, Mangalya refers to "collective welfare" and "total well-being and enjoyment." As a result, we must rethink what it means to be developed and wealthy in today's world. Something like pure air to breathe, clean water to ingest, and green soil to walk on should be included in the moderate consumption of things.

VII. CONCLUSIONS

Indians need a cultural shift and a mindset that takes us back in time to the values of our forefathers, who taught us that nature is not a thing to be consumed or conquered, but rather a source of nourishment. Keep your consumption at a level that nature is able to replenish. A Post-Modern Sustainability Culture is needed to replace the current Modern Consumer Culture. (Unep2011-12).

It is impossible to live a sustainable lifestyle if you live in a different country or continent. It's time to shift our attention from growth, GDP, and material well-being to a focus on social and equitable well-being.

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