हरित संकल्प

HARIT SANKALP ਹਰਿਤ ਸੰਕਲਪ

“पर्यावरण संरक्षण: हमारी साझा ज़िम्मेदारी”

"ਵਾਤਾਵਰਣ ਦੀ ਸੰਭਾਲ : ਸਾਡੀ ਸਾਂਝੀ ਜ਼ਿੰਮੇਵਾਰੀ"

“अवसर की प्रतीक्षा में मत बैठो ।आज का अवसर ही सर्वोत्तम है ।”

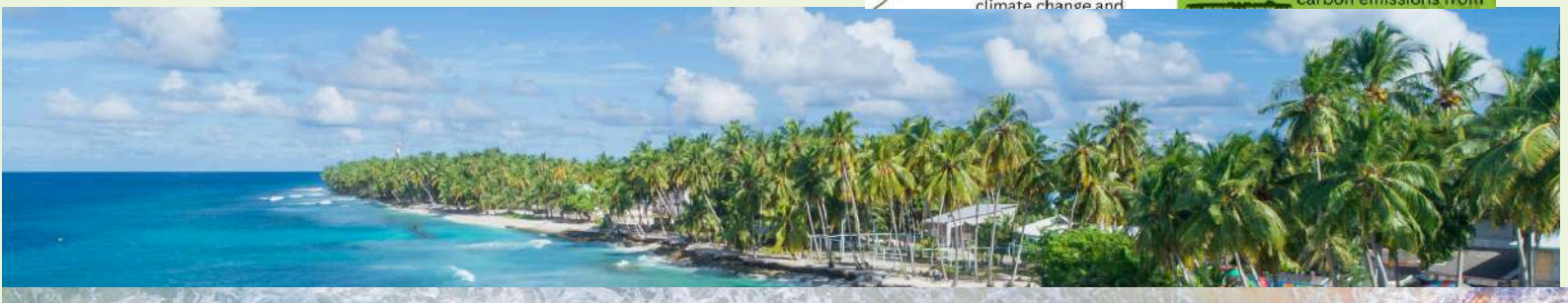
मासिक पत्रिका | Monthly Newsletter

जनवरी 2026 | January 2026

विशेषांक : जलवायु परिवर्तन और हमारे प्रयास

Website:psgpunjab.org

"हर छोटा बदलाव बड़ी कामयाबी का हिस्सा होता है"



SAVE ENERGY, SAVE FUTURE!

Simple Ways to Conserve Energy at Home

ELECTRICITY

- Turn off lights & fans when not in use
- Use LED bulbs
- Unplug devices after charging

COOLING & HEATING

- Set AC to 24-26'C
- Clean filters
- Use fans or natural air

Add a little bit of body text

KITCHEN & APPLIANCES

- Use pressure cookers & induction stoves
- Close refrigerator door properly
- Choose 5-star rated appliances

GO GREEN

- Install solar panels
- Plant trees around your home
- Insulate walls and windows

"Energy Saved is Energy Generated!"

Let's build a cleaner, brighter tomorrow — starting from home!

Shivani, PSG, Punjab

Message from the Editors
Harit Sankalp – Monthly E-Newsletter on Environment

Paryavaran (Environment) is a vast and multidimensional subject, encompassing both horizontal and vertical aspects. While most people relate to one or more parts of it, a deeper understanding reveals its true vastness and interconnectedness with every aspect of life.

The responsibility of protecting the environment does not rest solely with the Government, rather it is a shared duty of every individual. As one of the fastest-growing developing nations, our path demands strong economic and industrial growth. However, such progress must never come at the cost of environmental degradation.

In line with this vision, Paryavaran Sanrakshan Group has initiated "Harit Sankalp", a monthly, environment-friendly E-Newsletter. This platform will bring together experts on core environmental issues from both national and international arenas, translating their knowledge into simple, practical insights for the common citizen.

In 2026, the *Five Transformations* have been given renewed importance as a guiding vision for India's future. Focusing on social harmony, family empowerment, environmental protection, self-reliance, and civic duty, they underscore a collective commitment to building a strong, compassionate, and self-reliant nation.

Through this, we aim to bridge the gap between awareness and action, empowering every reader to contribute meaningfully to a sustainable future.

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Reverence, Ritual, and the Environment: Shinto's Path to Sustainability

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Abstract

This article explores the relationship between environment and nature in Shinto through textual, philosophical, and scientific perspectives. Drawing on ancient Japanese sources such as the Kojiki and Nihon Shoki, it clarifies misconceptions that reduce Shinto to simple nature worship, instead presenting it as a relational worldview grounded in harmony, interconnectedness (musubi), and ethical restraint. The study highlights practices like sacred forests and purification rituals as early forms of ecological stewardship. By aligning Shinto principles with modern ecological science, the article demonstrates Shintoism's enduring relevance in addressing contemporary environmental challenges.

Introduction

Across cultures, religious traditions have shaped how human beings understand and interact with the natural world. Shinto, also called Shintoism, is the indigenous spiritual tradition of Japan. It offers a distinctive environmental worldview rooted in lived experience, ritual practice, and reverence for natural processes. Often misunderstood as a form of naïve nature worship, Shinto in fact presents a subtle and ethically grounded understanding of nature as dynamic, relational, and morally significant. Its insights emerge not from abstract theology but from close observation of land, seasons, and ecological limits, preserved in ancient texts such as the *Kojiki* [1] and *Nihon Shoki* [2].

At a time of accelerating climate change and ecological crisis, revisiting Shinto perspectives becomes especially relevant. This article examines how Shinto concepts, such as *kami* [3], *musubi* [4-5], and *Wa* (harmony) [6], align with modern scientific understandings of ecosystems and interdependence, offering an integrated framework for environmental responsibility grounded in both tradition and reason.

1. The Divine in Nature: Understanding *Kami*

In Shintoism [7-11], nature is not worshipped as a separate god, but understood as the living field through which *kami,* sacred presences, manifest. Ancient texts such as the *Kojiki* (712 CE) [1] and *Nihon Shoki* (720 CE) [2] describe *kami* [3] as forces that emerge from mountains, rivers, storms, fertility, and ancestral memory. Importantly, *kami* are not omnipotent deities detached from the world; they are immanent, dynamic, and responsive. This challenges the myth that Shinto is "primitive nature worship." Instead, it reflects a sophisticated ontology where natural phenomena are morally and energetically significant.

From a scientific standpoint, this resonates with systems theory and complexity science, which view nature as composed of interacting processes rather than inert objects. Shinto's recognition of agency in nature cultivates ethical restraint: forests, rivers, and landforms are not resources alone but participants in a shared existence, deserving care rather than domination.

2. Interconnectedness: *Musubi* and Ecological Harmony

The Shinto concept of *musubi* [4-5] refers to the generative, binding force that connects all existence: biological, spiritual, and social. In the *Kojiki* [1], creation itself unfolds through acts of *musubi*, emphasizing relational emergence rather than unilateral creation. This worldview dissolves rigid boundaries between humans and nature, a division that modern ecological science increasingly critiques. Ecology demonstrates that life evolves through interdependence: nutrient cycles, symbiosis, and feedback loops sustain ecosystems. Shinto anticipated this understanding by framing harmony (*wa*) [6] as a cosmic principle rather than a human preference.

Environmental degradation, from a Shinto perspective, is not merely a technical failure but a breakdown of relational balance. Misconceptions often portray Shinto harmony as passive acceptance; in reality, it entails active responsibility for maintaining equilibrium. *Musubi* [4-5] thus provides a spiritual analogue to ecological resilience, reminding humanity that survival depends not on control, but on cooperative coexistence.

3. Sacred Forests: Tradition as Conservation Practice

The tradition of *chinju no mori* [12-13], sacred shrine forests, illustrates how Shinto spirituality translates into tangible environmental protection. These forests, preserved around shrines for centuries, function as living archives of native biodiversity. Long before modern conservation biology, Shinto practice limited deforestation, restricted hunting, and regulated land use through ritual taboo rather than legal enforcement.

Scientifically, such forests act as carbon sinks, genetic reservoirs, and microclimate stabilizers, aligning with contemporary conservation strategies. A common myth is that religious conservation lacks rational planning; however, shrine forests reveal an empirical wisdom embedded in cultural practice. By sacralizing ecosystems, Shinto ensured their continuity across generations. Today, as Japan faces biodiversity loss, these forests remain ecological strongholds. They demonstrate that ethical reverence, when institutionalized, can be as effective as scientific policy in protecting ecosystems.

4. Rituals and Purification: Living with Natural Cycles

Shinto purification rituals (*harae* and *misogi*) [14] are often misunderstood as mere symbolic acts. In reality, they encode a profound environmental logic. Purification reflects alignment with natural rhythms, water flow, seasonal change, and bodily renewal. The emphasis on cleanliness parallels ecological health: polluted rivers, degraded land, and disrupted seasons signify spiritual imbalance (*kegare*) [15]. Unlike moral guilt-based systems, Shinto views impurity as situational and correctable, much like environmental degradation is reversible through restoration. Seasonal festivals (*matsuri*) [16] mark agricultural cycles, reinforcing awareness of climate, soil fertility, and communal dependence on nature.

From a scientific lens, these practices foster ecological mindfulness and sustainable behaviour patterns. Ritual here is not superstition, but a behavioural technology, one that synchronizes human life with environmental processes, reducing exploitation and encouraging stewardship.

5. Addressing Misconceptions: Beyond "Nature Worship"

One persistent misconception is that Shinto romanticizes nature or rejects human development. Classical texts contradict this view. The *Nihon Shoki* [2] portrays agriculture, settlement, and craftsmanship as sacred activities when performed in balance with natural forces. Shinto does not oppose technology; it opposes alienation. Nature is neither idealized nor feared; it is relational. Floods, earthquakes, and storms are acknowledged as expressions of *kami*'s power, fostering humility rather than denial.

Scientifically, this aligns with disaster ecology, which recognizes natural disturbances as integral to ecosystem renewal. Shinto's realism avoids the modern myth of absolute control over nature. Rather than worshipping nature blindly, Shinto cultivates attentiveness, recognizing limits, feedback, and consequences. This perspective offers a corrective to both exploitative industrialism and naïve environmental romanticism.

6. Scientific Perspectives: Convergence with Ecological Ethics

Modern environmental science increasingly echoes Shinto principles. Ecology, Earth systems science, and environmental ethics [17] emphasize relationality, feedback loops, and planetary boundaries, concepts implicit in Shinto cosmology. The idea that human actions affect atmospheric balance, biodiversity, and climate mirrors Shinto's moral causality, where imbalance invites disruption. Importantly, Shinto ethics are non-anthropocentric: humans are participants, not masters. This resonates with the Gaia hypothesis and Indigenous ecological knowledge systems worldwide.

Critics often assume religion and science conflict; Shinto demonstrates a complementary relationship. Its worldview encourages precaution, long-term thinking, and reverence for complexity, qualities essential for addressing climate change and ecological collapse. By

integrating scientific insight with spiritual restraint, Shinto offers a holistic environmental ethic grounded in observation, continuity, and humility.

Conclusion: Shintoism's Contemporary Environmental Relevance

Shintoism provides a timeless yet adaptable framework for environmental ethics. Rooted in ancient texts yet validated by modern science, it reframes humanity's place within nature as relational rather than extractive. By dissolving false dichotomies, sacred versus scientific, ritual versus rational, Shinto offers a path beyond environmental crisis narratives driven by domination or despair. Its emphasis on *kami*, *musubi*, and harmony encourages ecological responsibility without moral absolutism.

In an age of climate anxiety, Shinto reminds us that healing begins with attention, respect, and balance. Environmental action, in this view, is not heroic intervention but sustained participation in Earth's living systems. As global societies search for ethical models that unite culture, science, and sustainability, Shintoism stands as a quiet but profound teacher, one that sees the Earth not as property, but as kin.

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Green Maha Shivratri Awareness Campaign

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Lord Shiva's Message for Us

The entire universe is a creation of Lord Vishwanath. He manifests in eight visible forms water, fire, earth, air, sky, moon, sun, and the soul. From an Indian philosophical perspective, the cosmic form of Lord Shiva represents all living beings and the natural elements that sustain them. As a father figure to all beings, Lord Shiva is pleased when people nurture and protect the environment. Conversely, harming any of these eight elements is akin to harming Lord Shiva himself.

Lord Shiva's physical form also symbolizes the environment:

1. **Matted Hair** (Jata): When King Bhagirath performed intense penance to bring the Ganges to Earth, Goddess Ganga expressed concern about her powerful descent. To prevent destruction, Lord Shiva contained the river in his matted locks. Similarly, tree roots perform the same function—absorbing rainwater and preventing soil erosion.
2. **Snakes** (Ornaments of His Neck): Shiva wears snakes as ornaments, signifying their role in ecological balance. Snakes control rodent populations, thereby protecting crops and maintaining the food chain.
3. **Neelkanth** (Blue Throat): During the churning of the ocean (Samudra Manthan), Lord Shiva consumed the deadly poison that emerged, turning his throat blue. Likewise, trees absorb poisonous gases like carbon dioxide and release oxygen, sustaining life on Earth.
4. **Tiger Skin** (Baghambar): Lord Shiva sits on a tiger skin, symbolizing the need to protect

endangered species like tigers, which are crucial to maintaining the food chain.

5. **Ash** (Bhasma): Shiva smears his body with ash, which has insulating properties, keeping the body cool in summer and warm in winter. Traditional ash is made from sacred woods, promoting the sustainable use of natural resources.
6. **Nandi** (Sacred Bull): Nandi, Shiva's vehicle, symbolizes the vital role of cattle in human survival. Protecting and nurturing cows and bulls is essential for ecological balance.
7. **Bilva Tree** (Sacred Bael Tree): This tree has the highest capacity to purify air, which is why bael leaves are used in Lord Shiva's worship, encouraging its conservation and plantation.
8. **Himalayas**: Lord Shiva resides in the Himalayas, emphasizing the importance of protecting mountains, forests, wildlife, glaciers, and water bodies for the well-being of humanity.
9. **Tandava** (Cosmic Dance of Destruction): Natural calamities like landslides, cloudbursts, melting glaciers, rising sea levels, and climate change are signs of environmental imbalance. Shiva's Tandava symbolizes that humanity must protect nature to prevent its own destruction.

True Worship of Lord Shiva: Preserving the Five Elements

The word "Bhagwan" (God) consists of five letters, each representing a natural element—Bhoomi (Earth), Gagan (Sky), Vayu (Air), Agni (Fire), and Neer (Water). Worshipping God, therefore, means protecting and nurturing these five elements.

The Harmful Effects of Plastic Waste on the Five Elements

1. **Water Pollution**: Discarded plastic enters rivers and lakes, contaminating water sources and obstructing sewage systems. Microplastics prevent groundwater recharge, leading to water scarcity.
2. **Soil Pollution**: Plastic waste depletes soil fertility, affecting crop quality. Massive garbage piles, largely made up of plastic, tarnish the beauty of our cities.
3. **Air Pollution**: Burning plastic releases toxic gases, contributing to air pollution and respiratory diseases. Millions suffer from poor air quality worldwide.
4. **Threat to Wildlife**: Marine and terrestrial animals ingest plastic, mistaking it for food, leading to thousands of deaths among fish, turtles, cows, and birds.

5. **Health Hazards**: Harmful chemicals from plastic contaminate food and water, causing cancer, hormonal imbalances, and other severe illnesses. Using plastic utensils for hot food is hazardous.

"One Bag, One Plate" Campaign—A Successful Initiative

To make the 2025 Prayagraj Maha Kumbh green, clean, and plastic-free, the *Environmental Protection Initiative* launched the "One Bag, One Plate" campaign. People from across the country donated cloth bags and steel plates to reduce plastic waste.

Results:

- 1.025 million steel plates, 1.3 million cloth bags, and 250,000 steel glasses were distributed for free at the Kumbh Mela.
- 80-85% reduction in disposable plate and glass usage.
- 29,000-ton reduction in waste generation.
- Daily cost savings of ₹3.5 crore on disposable items.
- 70% reduction in food waste, as people were encouraged to take only what they could eat.
- Significant cost savings for religious organizations running free food distribution centers (langars).
- Long-term impact, as distributed steel plates can be used for years, reducing future waste.
- Cultural transformation, inspiring the creation of "Utensil Banks" for public events.

Green Mahashivratri: A Call to Action

The campaign aims to make India plastic-free and cancer-free by engaging religious and social organizations to ban disposables during Mahashivratri celebrations. Encouraging steel plates for food distribution has received enthusiastic support.

Appeal:

"Let's pledge to establish Utensil Banks this Mahashivratri and contribute to a plastic-free, cancer-free India."

Thank you.

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Review and Evaluation of UNESCO Environmental Sustainability Report, 2025

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"When we plant new trees, we plant the seeds of peace"
Wangari Maathai, Kenyan Environmentalist

1) Introduction:-

The rapid growth of human population coupled with tech-driven living standards, has led to alarming environmental contamination worldwide. As per Environment (Protection) Act, 1986, Environment is thus defined as," the sum total of water, air and land and the inter-relationships that exist among them and with the human beings, other living organisms and materials. Industrialization, resource exploitation and excessive chemical use have disrupted ecosystem, threatening life itself. This crisis has sparked global discussions among scientists, policymakers and academics. But change start at the grassroots involving communities is key. In India, the Supreme Court has mandated environment focused curricula to make citizens eco-conscious.

Human activities have become so widespread and impactful that they are altering the earth on a global scale in complex, interconnected, and often irreversible ways. We are now capable of disrupting the very systems and natural processes that sustain us,posing a significant threat to our own survival. Environmental pollution is when the air water or soil gets contaminated, harming life and eco system. It's any change, physical, chemical, or biological that messes with nature's balance. Its impact health risks, food safety and water scarcity, bio-diversity loss and climate chaos.

The importance of environmental protection gained significant traction in the developed world during the latter half of the 20th century, leading to a global emphasis on environmental education. The United Nations has played a pivotal role in driving this movement. The world took notice of the environment 35 years ago at the 1972 Stockholm conference. Since then, June 5th is celebrated as world environment day and after that 1992 earth summit at Rio de Janeiro highlighted

global environmental crises; followed by 2002 world environment summit at Johannesburg pushed for sustainable development.

UNESCO is embedding eco-principles in their global offices, think green buildings, waste reduction and energy efficiency. By leading by example, they are inspiring a global green movement.

2) Review of UNESCO' Environmental Sustainability Report, 2025:-

The UNESCO Environmental Sustainability Report, 2025 report is published by Jennifer Linkins, Assistant Director-General for administration and management in the framework of UNESCO organization wide environmental management system based on sustainable development agenda and the goals of the Paris agreement on Climate and covers both UNESCO headquarters in Paris, France as well as 60 field office is in project service and 14 category in just and specialized program location.

2.1)Target and Performance indicators:-

The targets of environment sustainability is, in line with the goals of the Paris agreement the entire system has committed to reduce greenhouse gas emission by 45% by 2030 as compared to 2010 . UNESCO has achieved 31% reduction as compared to 2019 gas emission. Greenhouse gases (GHG) are particles which trap heat in the atmosphere .Due to ongoing and unsustainable human activity; they are being excessively produced and causing anthropogenic climate change. Each GHG has a different global warming potential which results in a spectrum of impact levels.

UNESCO has achieved 30% of greenhouse gases emissions 27% air travel emission and 4% other travel emissions and 41% facility emissions upto 2025 and 93% waste recycling, 42% per capita reduction of water consumption and 38% staff completed environmental training; 24% reduction in electricity use and 18% reduction in heating and 51% reduction in paper use 48% in water generation by rain and 24% waste sorting rate.

2.2)Target of Environmental Management System (EMS)

UNESCO's Environmental Management System (EMS) has been implemented in a staged approach since 2019 first with technical focus on headquarters and overall review of policy revolution providing a structure approach to measuring managing and reducing environment impacts. The focus was on building capacity establishing and active network of EMS focal points at providing the technical and financial sports system necessary for effective implementation in diverse the context.

For environment sustainability UNESCO has created EMS focal point in 68 unseco' field offices and category one institutes and developed an online EMS toolkit and introduced training course and arranged 15 regional online meetings to exchange experiences and good practices and address shared challenge.Unesco provide financial support of a total of USD 370,000 for 22 specific environment projects, ranging from solar power systems to electric vehicles to a rainwater harvesting system.

2.3) Target of Green House Gas Emission:-

a)Emission of carbon footprint.

UNESCO's Carbon Footprint is asses every year during a comprehension Environmental Inventory. 2020 for UNESCO total carbon footprint Rose by 12% compared to the previous years. A carbon footprint measures the total greenhouse gases emitted by an organizations or person activities at UNESCO. The entire UNESCO office is involved in Environmental activities such as on- site composting to reduce waste' a greenhouse irrigated by rainwater to sport local food production and pollinator garden to enhance urban biodiversity. A major technical measure was the installation of a solar panel and battery storage system, which serves both as a climate mitigation measure and an adaptation response in the face of ongoing electricity shortage in Ecuador.

Carbon offsetting involves investing in projects that reduce or remove greenhouse gases from the atmosphere elsewhere, such as solar and wind energy initiative, through the purchase of carbon credit. Each of these credits represents 1 tonne of CO2. While the priority remains on the reducing emissions, UNESCO has committed to fully compensating for its emissions that cannot yet be eliminated, in accordance with the UN strategy for sustainable management 2020 2030 .Every year UNESCO assembles an internal expert panel to select a collation of internationally recognized and certified offsetting projects that reflect unseco' mandate at global priorities.

b) Emission Compensation:-

Among UNESCO good practices are 'Rimba Rai Reserve' (Indonesia) project that protects land and endangered species from deforestations for industrial and agricultural activity. Second was Improved cook stoves (Malawi) run by RIpple Africa,a close partner of the UNESCO culture sector, this project replace inefficient 'three stone fire 'which are harmful for the environment and society and women in particular. Third was 'Salkhit Wind Farm'(Mongolia) ,the first grid-connected wind farm is supporting the decarbonisation of the local fossil- fuel dependent grid by generating renewable electricity. and fourth is Micro -hydropower (Nepal)where 50 micro hydro power plants in rural Nepalese areas are producing secure green and electricity and positive community ownership of the renewable. Fifth is 'Safe Water Lighthouse (Nigeria) that installing water purify systems in schools that project brings clean water to children and avoids burning fuel for water treatment.

c) Global Travel and Transport Emissions:-

UNESCO's Environmental Management system and related reduction targets aims to reduce Travel and Transport related emissions in a way that environmental friendly means of travel are prioritized where possible. In April 2024 UNESCO introduce 3 additional message to ensure that air travel reduction targets are made by 2013 first mission travel of any staff member is limited to 50 days per year second the internal carbon tax on air travel is raise USD 42 USD 80% of CO2 and third specific and thought specific air travel reduction target and monitor per sector and office UNESCO'S Tashkent office made use of fully electrical vehicles for daily operation, replacing old

petrol car at the new vehicle is powered by the office solar energy system effectively operating with zero emissions.

2.4) Energy Emission:-

In Energy sector UNESCO's energy emissions comprise electricity use, heating and cooling of all buildings used by the organization for office space.UNESCO has made progress in a recent years by replacing outdated, polluting air conditioning units with eco -friendly options. 40 offices and institutes operate exclusively with non -ozone depleting refrigerants now. While significant reductions have been achieve that headquarters over the last decade. Electricity emissions remain at zero as electricity consumed headquarters continue to be source from a hundred percent renewable supply. Consumption itself decrease by 4% compare to 2023 reflecting prove energy efficiency. On the other hand, purchased electricity encouragingly saw a 10% drop in emissions over the past years and installation of a solar system.

2.5)Internal water management :-

UNESCO internal water management aims to support the organization's wider mission to promote sustainable water use and resilience worldwide. In 2024 per captia water consumption across all UNESCO office is decreased to 19.4 M3 representing is 7% reduction from the year before and 42% reduction compared to the 2019 baseline. Water conservation and efficiency is working priorities in the building of UNESCO'S Rabbit office. The architectural features of the building in collaboration with two integrated rainwater reservoirs collect and store the rain drops and funnel them for irrigation use in the office's garden facilities.

2.6)Internal Waste Management :-

UNESCO Amman has taken significant steps to address local recycling challenges. The offices is now equipped with dedicated water recycling stations for paper ,plastic and metal .The sorted waste is collected and treated by a private contractor. Through educating staff on proper waste separation, this initiative has created a sense of responsibility environmental Stewardship amongst colleagues. Integrated waste management has various positive impacts on the environment, including a reduction in greenhouse gas emissions for waste treatment. The most impactful measure is waste avoidance, followed by sorting and recycling.UNESCO has initiated good practices such as by observing zero waste day and organizing workshop on composting and up cycling and participate in a quiz around ways to win a virtual for a zero waste shop. UNESCO reduced non-hazardous waste in 2024 by 12% reduction from 2023.

2.7) Internal Paper Emission:-

To ensure an efficient at economical and environmentally conscious consumption, UNESCO has instituted several measures to support required work processes while limiting the need for paper and printing .UNESCO internal policy on the use of e- signature for all contract has signed digitally from 11% in 2021 to nearly 43 % in 2024.Additionally,the installation of 'smart settings' for printers in various UNESCO offices reduce the need for paper and ink as default setting to double sided printing, use of grey scale and double verification which avoids print jobs being left

uncollected. For all documentation and UNESCO publications, a print on demand process has been implemented to promote the use of digitalized versions instead of printed copies.

2.8) Internal Staff Awareness and Training:-

The overall objective of sustainable procurement to ensure the organization does not inadvertently cause harm to the environment via goods or services. It purchase and contributes positively to sustainable production and consumptions.UNESCO's mandatory Environmental Awareness training forms the basis of equipping staff with the knowledge to contribute to a more environmentally conscious workplace.

3) Evaluation and Impact:-

UNESCO'S 2025 sustainability report highlights the organization's efforts to reduce its environment footprint and promote sustainable development globally. The impact of UNESCO's sustainability practices is that over 96000 schools across 93 countries have adopted UNESCO's green practices.Unesco's initiatives have contributed to reducing greenhouse gas emissions, conserving biodiversity, and promoting sustainable development. UNESCO'S sustainability and environmental practices have a profound impact on the world. By integrating eco-friendly initiatives into their global operations, they are setting a powerful example for others to follow. Due to UNESCO impact Govt. of India is also encouraging electricity vehicles in their state's transport. . In India, the Supreme Court has mandated environment focused curricula to make citizens eco-conscious.

UNESCO's initiative has contributed to reducing greenhouse gas emissions, conserving bio-diversity, and promoting sustainability development. UNESCO's continues to advocate for environmental sustainability, encouraging individuals, organizations and governments to adopt eco-friendly practices and work towards a more sustainable future.

Individuals play a huge role in pollution prevention. By adopting simple habits like water conservation and energy efficiency, we can make a big impact. The individual can contribute by reduce, reuse, recycle to cut down waste and pollution. Switch to led bulbs, unplug devices and opt for energy- efficient appliances. Walk, cycle carpool or use public transports choose sustainable brands and reduce single use plastics.

Environmental sustainability aims to boost public awareness and equip people with the knowledge, facts, and skills to make informed decisions and take eco-friendly action. It does not push a specific agenda instead, it encourages critical thinking, helping individuals explore different perspectives and develop their own problem solving approaches to environmental challenges.

Creating environmental awareness is crucial. It's everyone's planet. In our tech-driven world, self centered lifestyle is hurting the earth. Awareness can shift mindsets to prioritize the planet. Pollution impacts us all clean water, clean air are rights not privileges. Sustainability is not optional. It's our only way forward. Sustainability needs everyone's participation, government alone cannot do it. Sustainable development means using resources wisely so future generations

can benefit too. It involves using renewable resources like water, forests, without depleting or harming them. Managing non- renewable resources like minerals, fossils fuels carefully to avoid running out. The Public must be involved.

UNESCO's report is a call to action, urging everyone to play their part in protecting our planet. By working together, we can create a more sustainable future. It showcases effective strategies for environment conversation and sustainable development, encouraging all stake holders to take action.

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Environment: The Quiet Guardian of Life

A Special Feature for Our E-Magazine

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The environment is not merely what surrounds us; it is the silent guardian that sustains every form of life. The air we breathe, the water we drink, and the soil that feeds us are all threads of a delicate natural fabric that holds the planet together.

In the race for development, humanity often forgets that progress and nature must walk hand in hand. Forests shrink, rivers lose their purity, and the climate grows restless reflecting the consequences of careless actions.

Nature does not protest in words; it responds through imbalance. Protecting the environment begins with small, conscious choices. Conserving resources, reducing waste, and nurturing greenery are simple acts that carry powerful impact.

When respect replaces exploitation, the Earth begins to heal. The future depends on how we treat our planet today. Caring for the environment is not a burden but a promise, a promise to preserve life, harmony, and hope for generations yet to come.

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The Fear in a Glass of Water

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It is winter in India. City life has moved on. First, we wrapped up the daily news of the monsoon - how floods washed away homes, roads, and lives. Now, every winter, the newspapers carry the same headline again and again: pollution. AQI numbers sit at the top or bottom corner of the page, as if they are seasonal decorations we have learned to live with.

This morning, while watching the news, I came across something that shook me. Reports from Madhya Pradesh and Gujarat spoke about water contamination. Drinking water pipelines had mixed with sewerage lines. Hundreds of people were hospitalized after consuming polluted water. This is India in 2026.

An India preparing to host AI summits, talking about innovation, technology, and a Viksit Bharat. Every day, we hear announcements about becoming a developed nation. And yet, we are failing at something basic. We cannot provide clean drinking water. Safe water is not a luxury. It is not a privilege. It is the most basic need to survive and live with dignity. Without clean water, no economy grows, no technology matters, and no development feels real. Progress cannot stand on slogans alone.

A developed country is not defined by headlines or events -it is defined by whether its people can safely drink a glass of water without fear. I am talking mainly about cities places where hospitals exist, where doctors are available, where help can still reach people on time.

I do not know who will be held accountable for these incidents, or whether anyone will be at all.

But this news pulled me back to memories of my hometown. In the mountains, tap water is often the only option for drinking. People there usually do not rely on water filters or packaged water. Not because they don't care, but because clean water has always been trusted as natural.

But what if the same contamination happens there? In the mountains, even basic first aid is difficult to access. Finding a doctor or even a local pharmacist can take hours. Are we prepared for such a situation?

We often talk about garbage and household waste as major concerns, and rightly so. But water contamination is no longer a rare event. Just because only a few regions make it to the headlines does not mean other regions are receiving safe, good-quality drinking water every day.

And contamination is not only about sewage mixing into pipelines.

There are different kinds of invisible threats: excess minerals, chemicals, and hazardous substances in water that slowly harm health over time.

What disturbs me the most is this: Why do we hear about water quality only after people are hospitalized?

Are any NGOs or independent agencies regularly testing water in different regions? If such testing happens occasionally, at least the truth reaches us through newspapers. So many questions remain unanswered.

Why is no one clearly accountable for this crisis?

Why is water testing not done on a regular basis?

Is it really so difficult to ensure safe drinking water in every home?

Development cannot ignore these questions. Because when water becomes unsafe, everything else -health, education, and dignity -quietly collapses. The fact that contamination is detected means solutions are possible. Regular testing, transparent reporting, and timely action can prevent hospitals from filling up in the first place. Development does not always require grand projects; sometimes it begins with doing small, essential things consistently and honestly.

Water conservation is not only about saving water; it is also about protecting its quality. Preventing contamination begins with safeguarding water sources, maintaining pipelines, treating waste responsibly, and ensuring regular water quality testing. Conservation, monitoring, and transparency must go hand in hand. Without protecting what we consume daily, awareness campaigns remain incomplete.

As we imagine a stronger and more developed India, perhaps we should pause and ask ourselves:

What does progress truly mean if it cannot protect the health of its people? Can technology and innovation reach their full potential without ensuring basic human needs?

And if clean water can save lives before illness begins, shouldn't prevention matter more than response?

The future we speak about is still being built. If we choose care over neglect, accountability over silence, and prevention over headlines, then a glass of clean water in every home can become not just a goal - but a reality worth calling development.

Happy Reading!

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From Guilt to Green

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I am Parneet Kaur, currently pursuing my second year of M.A. Sociology at Post Graduate Government College for Girls, Sector 42, Chandigarh. I am an active member of the Srishti Environment Society, where I engage in environmental awareness initiatives and sustainability-focused activities. As part of my contribution to the society's work, I have authored a story on waste management to promote responsible practices and encourage greater ecological consciousness among the community.

Mr.Adi, a well-known executive director of "KAMALA- THE NATURE PROTECTOR" was holding a press conference regarding his new project. He suddenly felt silent for a moment, when he was asked about the inspiration behind his eco-friendly company. His eyes grew distant as if a memory had stuck in his head. After a pause, he shared his changing experiences, a turning point of his life-'summer holidays of ninth standard.'

It all began when Adi was in the 9th standard. Summer holidays had just started and like other students, he had also decided that he would wake up late, play the whole day and enjoy his holidays to the fullest. Every day he woke up late, enjoying his lazy days. His grandma did not want him to waste his days like this, as she was quite disciplined and punctual herself. For this, she assigned him a simple task to feed the cow, which her grandmother lovingly used to call 'Kamala'. She visited their home every morning for food.

Unwillingly, Adi followed her instructions and fed the cow for a few days. But shortly, his grandmother had to visit her parental home for a couple of weeks. Adi was happy, as now he was free from his duty; he no longer had to feed the cow. He again started waking up late.

Kamal still came for the next few days, waited patiently at their gate but no one fed her. After that, she never came.

Almost two weeks later, when his grandmother returned, she asked Adi if he had been fulfilling his duty properly. Afraid of grandmother's scolding, he lied and assured her that he has been doing his duty with enthusiasm.

But the next morning, when Kamala did not appear, his grandmother asked him strictly. This time, he has to tell her the truth. His grandmother was really upset with him. She was aware that he is ill-disciplined but never knew he has become a liar too. She asked him to go and only come when he found Kamala. Now Adi also realized his mistake and guilt ridden. He took his bicycle and began searching through the village. He asked around, looked through the streets, fields, everywhere but could not find Kamala. At last, he was passing near the village dumping ground; he saw a heart-breaking sight.

Several cows were lying unconsciously on the ground. When he took a closer look, his heart sank, Kamala was also lying there lifeless, a plastic bag hanging from her mouth. The cause of their death was the one in which they found food-'the plastic bags.' Next to her was her calf licking her and crying helplessly. The calf was making heart-breaking sounds trying to wake its mother. It was a scene that Adi could never forget.

Just then, Ali heard the sound of a loud horn behind him. A truck had arrived to collect the dead cows. The workers started loading the bodies. Kamala's calf was running her and there to stop them from taking her mother away. Then, the calf looked at Adi, his eyes filled with sorrow and questions.

This shattered Adi completely. The calf's eyes seemed to ask him:

"What was my mother's fault?
What was my fault?
Why are we suffering?"

Adi was traumatized, he was standing there alone, tears rolling down his cheeks. He blamed himself for not feeding Kamala. He thought that if he would have done his duty properly he could have save her, could have saved his calf from being alone, motherless. He blamed himself for throwing waste carelessly, never thinking about what his actions could lead to. He realized he was not just a boy who had failed a duty, but was a part of a much bigger problem.

The scenes continuously keep on replaying in his mind. He saw himself as a culprit- not just for Kamal's death but for countless animals who suffer because of human greed.

He could not forget the scene. He started questioning everything- "We worship cows and the Earth. We call them our mothers, but what kind of sons are we? We are not protectors but destroyers."

This incident changed his life completely. He promised himself that he would never treat the environment with carelessness. Additionally, he also promised to make sure that no one in his village would throw plastic waste again. He started spreading awareness, teaching people about waste segregation, reduction and reuse of plastic.

Now years later his promise has taken the shape of an NGO- aims at protecting and caring. He was bound in that memory … sudden applause brings him back to the present. Adi smiled, remembering Kamala, her calf and that turning point.

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Environment Conservation and Awareness.

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Hello, I'm Vanshika Bhardwaj, a B.Com 2nd-year student at Post Graduate Government College for Girls (PGGCG), Sector 42, Chandigarh. I'm an active member of the Srishti environment society, where I engage in environmental awareness, initiatives and sustain ability focused activity. I have a strong interest in environmental protection and social responsibility.

Through my article, I aim to highlight the importance of conserving nature and bring attention to recent initiatives taken by society to protect the environment. I believe that small, collective efforts can create a meaningful impact toward a sustainable future

The environment is not something separate from human life, it is the very foundation of our existence. Every breath we inhale, every drop of water we drink, and every meal we consume is a gift of nature. However, rapid urbanization, careless consumption, and unsustainable practices have disturbed the natural balance. Rising temperatures, polluted air, shrinking green spaces, and overflowing waste dumps are clear warning signs. The need of the hour is not only environmental awareness but also responsible and continuous action.

1. **Waste Management: From Problem to Opportunity.**

Improper waste management is one of the biggest environmental challenges faced by modern cities. Large quantities of household and plastic waste end up in landfills, open spaces, and water bodies, causing soil, air, and water pollution.

In Chandigarh, the Municipal Corporation has taken notable steps to tackle this issue. Door- to-door awareness campaigns encourage residents to segregate waste at source into wet and dry categories. Several zero-waste cultural and religious events have also been organised, where biodegradable plates, cloth decorations, and reusable materials are used. These initiatives prove that environmental responsibility can be easily integrated into daily life and traditions. When waste is managed correctly, it turns from a burden into a valuable resource.

2. **Water Conservation: Saving Today for Tomorrow**

Water scarcity is no longer a distant threat; it is a present-day reality. Falling groundwater levels and irregular rainfall have made water conservation essential, especially in urban areas.

Chandigarh promotes rainwater harvesting systems in government buildings, educational institutions, and residential societies to recharge groundwater. Citizens are also encouraged to adopt simple habits such as fixing leaking taps, reusing water for gardening, and avoiding unnecessary wastage. These small actions, when adopted collectively, help secure water resources for future generations and reduce dependence on external water supplies.

3. **Tree Plantation: Green Shields of the City.**

Trees are the natural protectors of the environment. They purify air, regulate temperature, prevent soil erosion, and support biodiversity. Unfortunately, urban expansion has led to the loss of green cover in many cities.

To counter this, the Chandigarh Forest & Wildlife Department regularly conducts tree plantation and greening drives across parks, road sides, forest areas, and vacant land. Special plantation efforts have been undertaken around the Dadu Majra dumping ground to improve air quality and restore ecological balance. The development of a City Forest (Nagar Van) near Sukhna Lake has further strengthened the city's green infrastructure and serves as a space for environmental education and recreation.

4. **Clean Energy: Powering a Sustainable Future**

The excessive use of fossil fuels has contributed significantly to air pollution and climate change. Clean and renewable energy sources are crucial for sustainable development.

The Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST) has played a major role by installing solar panels on various government and civic buildings. Solar street lights and rooftop solar systems have reduced electricity costs and carbon emissions. These initiatives demonstrate that clean energy is both practical and beneficial for urban living.

5. **Traditional Ecological Knowledge and Wildlife Conservation**

Long before modern technology, our ancestors lived in harmony with nature. Practices such as rainwater collection, natural farming, and respecting forests were based on sustainability.

Chandigarh continues this legacy through the conservation of natural ecosystems like the Sukhna Wildlife Sanctuary, which protects native flora and fauna while maintaining ecological balance. Local NGOs such as Environment Matters actively engage citizens in plantation drives, lake rejuvenation projects, and environmental awareness programs, especially involving youth. Blending traditional wisdom with modern science can offer long- term solutions to environmental problems.

6. **Myths and Misconceptions about Environment Protection.**

A common misconception is that individual efforts do not make a difference. However, Chandigarh's local initiatives clearly show that collective change begins with individual responsibility. Another myth is that environmental protection is costly, whereas practices like waste

segregation, composting, water conservation, and energy saving require minimal investment but deliver lasting benefits.

Conclusion: Shared Responsibility

Environmental protection is not the responsibility of governments alone. The initiatives taken in Chandigarh show that when authorities, communities, and individuals work together, meaningful change is possible. The message of Harit Sankalp reminds us that every small step saving water, planting a tree, segregating waste, or choosing clean energy brings us closer to a healthier planet. We do not inherit the Earth from our ancestors; we borrow it from our children.

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Powering a Greener Tomorrow: The Clean Energy Revolution of 2026

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As we welcome the dawn of 2026, the global narrative surrounding environment conservation has reached a pivotal turning point. No longer is "sustainability" just a buzzword; it has become the foundation of our survival. Among the various pillars of conservation, the transition to Clean Energy stands out as the most significant leap humanity is taking to heal the planet.

The Urgency of the Shift

For over a century, our progress was fueled by carbon-heavy resources that left a trail of rising temperatures and polluted air. Today, the mission of Harit Sankalp (A Green Pledge) reminds us that nature does not belong to us ,we belong to nature. By shifting to renewable sources like solar, wind, and green hydrogen, we are finally moving toward a "Zero-Emission" lifestyle that protects our biodiversity and ensures clean air for future generations.

India's Leadership in Renewables

In 2026, India stands as a beacon of hope in the renewable energy landscape. Through massive solar parks and offshore wind projects, we have proven that economic growth and environmental protection can go hand-in-hand. This transition is not just about large-scale infrastructure; it is also about Traditional Ecological Knowledge. Ancient Indian architecture emphasized "passive heating and cooling"—designing homes to work with the sun rather than against it. By combining this ancestral wisdom with modern solar technology, we are reducing our "carbon footprint" one household at a time.

The Technical Frontier: Green Hydrogen

While solar and wind are perfect for our daily electrical needs, certain sectors like heavy industry and long-haul transport require more concentrated power. This is where Green Hydrogen emerges as the "fuel of the future."

Unlike traditional hydrogen produced from fossil fuels, Green Hydrogen is created through electrolysis. By using renewable electricity to split water (H_2O) into hydrogen and oxygen, we produce a high-energy fuel whose only byproduct is water vapor. This technology is the "missing

link" in climate action, allowing even the largest factories to operate without harming the atmosphere. By 2026, India's push toward becoming a Green Hydrogen hub is a testament to our commitment to a truly circular and clean economy.

The Individual's Sankalp: Our Personal Pledge

Conservation is a collective journey. While governments build the grids, we must build the habits. Every small action contributes to the larger goal of clean energy:

* Energy Efficiency: Switching to high-efficiency LED lighting and 5-star rated appliances.
* The 'Phantom' Load: Unplugging electronic devices when not in use to prevent silent energy drainage.
* Support for Green Power: Opting for solar rooftop installations or supporting local businesses that run on renewable energy.
* Awareness: Debunking myths about renewable energy being "unreliable" and educating the younger generation on the science of the sun.

Conclusion:

The journey to a cleaner planet is paved with innovation and intent. As we contribute to the January 2026 edition of Harit Sankalp, let us remember that every kilowatt-hour of clean energy we use is a gift to the earth. The sun, the wind, and the water have always sustained life; it is finally time we let them power our progress as well.

About the Author

Sonam is a passionate student and environmental enthusiast dedicated to exploring sustainable energy solutions. Last year, Sonam led a collaborative research project on Green Hydrogen, which was successfully showcased at a regional science exhibition. This hands-on experience involved studying the intricacies of electrolysis and the potential of hydrogen as a zero-emission fuel source, fueling a deep interest in India's energy transition.

As a student researcher, Sonam believes that the youth play a pivotal role in driving the "Harit Sankalp" (Green Pledge). By bridging the gap between classroom science and real-world environmental challenges, she aims to simplify complex green technologies for the community. Through this article, Sonam shares insights gained from both academic study and practical project work to inspire fellow students to innovate for a cleaner, greener 2026.

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विकास की राह या विनाश का रास्ता: चारधाम सड़क परियोजना और संकट में हिमालय

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उत्तराखंड की चारधाम सड़क परियोजना को अक्सर आस्था, पर्यटन और राष्ट्रीय विकास से जोड़कर प्रस्तुत किया जाता है, लेकिन ज़मीनी हकीकत इससे कहीं अधिक जटिल और चिंताजनक है। हिमालय जैसे युवा और अत्यंत संवेदनशील पर्वतीय क्षेत्र में बड़े पैमाने पर सड़क चौड़ीकरण केवल इंजीनियरिंग परियोजना नहीं, बल्कि प्रकृति के साथ सीधा टकराव है। यहाँ पहाड़, जंगल, नदियाँ और मानव जीवन एक नाजुक संतुलन में बंधे हुए हैं। इस संतुलन को तोड़ने का परिणाम केवल आज नहीं, आने वाली पीढ़ियाँ भी भुगतेंगी।

चारधाम मार्गों को चौड़ा करने के लिए जिस तरह पहाड़ों को काटा जा रहा है, उसने हिमालय की प्राकृतिक संरचना को गंभीर रूप से कमजोर किया है। पहाड़ों की परतें लाखों वर्षों में बनी हैं और इनमें प्राकृतिक दरारें, जलधाराएँ और मिट्टी की पकड़ होती है। जब भारी मशीनों और विस्फोटकों से इन परतों को तोड़ा जाता है, तो पहाड़ अपनी स्थिरता खो देते हैं। इसका प्रत्यक्ष परिणाम भूस्खलन के रूप में सामने आता है, जो अब चारधाम मार्गों पर एक सामान्य घटना बन चुका है। थोड़ी-सी बारिश में सड़कें धंस जाती हैं, मलबा नीचे की बस्तियों तक पहुँच जाता है और यात्रियों तथा स्थानीय लोगों की जान खतरे में पड़ जाती है।

इस अंधाधुंध निर्माण का सबसे गहरा असर वनों पर पड़ा है। हजारों पेड़ों की कटाई केवल हरियाली का नुकसान नहीं है, बल्कि पूरे पारिस्थितिकी तंत्र पर चोट है। हिमालयी जंगल मिट्टी को बांधकर रखते हैं, वर्षा जल को धीरे-धीरे जमीन में उतारते हैं और नदियों व प्राकृतिक जलस्रोतों को जीवन

देते हैं। जब ये पेड़ कटते हैं, तो बारिश का पानी सीधे ढलानों से बह जाता है, मिट्टी को साथ ले जाता है और जलस्रोत सूखने लगते हैं। उत्तराखंड के कई क्षेत्रों में पारंपरिक नौले, धारे और झरने या तो खत्म हो चुके हैं या तेजी से सूख रहे हैं, जिससे ग्रामीण जीवन संकट में आ गया है।

पर्यावरणीय असंतुलन का प्रभाव केवल प्राकृतिक संसाधनों तक सीमित नहीं है, बल्कि सामाजिक ढांचे पर भी पड़ रहा है। पहाड़ों के लोग सदियों से प्रकृति के साथ सामंजस्य बनाकर जीवन जीते आए हैं। खेती, पशुपालन और जंगल उनके जीवन का आधार रहे हैं। लेकिन जब खेत भूस्खलन में बह जाते हैं, पानी के स्रोत खत्म हो जाते हैं और बार-बार आपदाएँ आती हैं, तो लोगों के पास गाँव छोड़ने के अलावा कोई विकल्प नहीं बचता। पलायन की समस्या पहले से ही उत्तराखंड के लिए एक गंभीर चुनौती रही है, और चारधाम परियोजना ने इसे और तेज़ कर दिया है। यह विडंबना है कि जिस विकास से रोजगार और समृद्धि की उम्मीद की गई थी, वही विकास लोगों को अपने घर-परिवार से दूर कर रहा है।

परियोजना के नाम पर पर्यावरणीय स्वीकृतियों और वैज्ञानिक चेतावनियों को भी कई बार नजरअंदाज किया गया। हिमालयी क्षेत्र में सड़क निर्माण के लिए विशेष तकनीकों और सीमित चौड़ाई की सिफारिशें पहले से मौजूद थीं, लेकिन व्यावहारिक रूप में इनका पालन नहीं हुआ। पहाड़ों को जरूरत से ज्यादा काटकर मलबा नदियों में डाला गया, जिससे नदियों का प्रवाह बदला और बाढ़ का खतरा बढ़ा। अलकनंदा, मंदाकिनी और भागीरथी जैसी नदियाँ पहले ही कई बार इस तरह के हस्तक्षेप का दुष्परिणाम झेल चुकी हैं।

यह भी समझना जरूरी है कि चारधाम यात्रा केवल धार्मिक यात्रा नहीं, बल्कि एक संवेदनशील पर्यावरणीय क्षेत्र में होने वाली मानवीय गतिविधि है। लाखों यात्रियों का दबाव, होटल निर्माण, कचरा, वाहन प्रदूषण और सड़क विस्तार—ये सभी मिलकर हिमालय की सहनशीलता को लगातार परख रहे हैं। यदि विकास का मॉडल केवल अधिक से अधिक सड़कें, अधिक चौड़ाई और अधिक यातायात पर आधारित होगा, तो यह क्षेत्र लंबे समय तक इस बोझ को सहन नहीं कर पाएगा।

असल प्रश्न यह नहीं है कि विकास होना चाहिए या नहीं, बल्कि यह है कि विकास कैसा हो। हिमालय के लिए विकास का अर्थ प्रकृति के साथ तालमेल होना चाहिए, न कि उस पर विजय पाने का प्रयास। संकरी लेकिन सुरक्षित सड़कें, सुरंग आधारित परिवहन, स्थानीय सामग्री और तकनीक

का उपयोग, व्यापक वृक्षारोपण, और ईमानदार पर्यावरणीय आकलन ऐसे विकल्प हैं, जो आस्था, सुविधा और पर्यावरण–तीनों के बीच संतुलन बना सकते हैं। स्थानीय समुदायों की भागीदारी और उनकी पारंपरिक समझ को नजरअंदाज किए बिना ही किसी भी परियोजना को सफल कहा जा सकता है।

चारधाम सड़क परियोजना आज हमें चेतावनी दे रही है कि यदि हमने हिमालय की नाजुक प्रकृति को केवल विकास की बाधा समझा, तो यही प्रकृति भूस्खलन, बाढ़ और जल संकट के रूप में जवाब देगी। सच्चा विकास वही है, जो वर्तमान की जरूरतों को पूरा करते हुए भविष्य को सुरक्षित रखे। उत्तराखंड के पहाड़ केवल तीर्थयात्रा के मार्ग नहीं हैं, वे जीवन के स्रोत हैं। यदि इन स्रोतों को हमने ही नष्ट कर दिया, तो विकास के नाम पर किया गया यह प्रयास अंततः हमारे ही लिए विनाशकारी सिद्ध होगा।

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हरित संकल्प: प्रकृति, जीवन और भविष्य के प्रति हमारी सामूहिक जिम्मेदारी

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हरित संकल्प केवल एक पर्यावरणीय विचार नहीं, बल्कि भारतीय जीवन दृष्टि और सांस्कृतिक चेतना का स्वाभाविक विस्तार है। हमारे संस्कारों में संकल्प का अर्थ किसी क्षणिक भावावेग में लिया गया निर्णय नहीं, बल्कि आत्मा से उपजा वह वचन7 है, जिसे निभाने के लिए व्यक्ति अपने जीवन की दिशा तक बदलने को तैयार हो जाता है। जब हम पुष्प, जल और अक्षत हाथ में लेकर संकल्प लेते हैं, तब वास्तव में हम प्रकृति के पंचतत्वों को साक्षी मानकर यह स्वीकार करते हैं कि हमारा अस्तित्व उन्हीं पर टिका है। यही भाव हरित संकल्प को केवल पर्यावरण संरक्षण का नारा नहीं रहने देता, बल्कि उसे जीवन जीने की जिम्मेदार और संवेदनशील पद्धति में परिवर्तित कर देता है।

आज के समय में हरियाली का महत्व केवल सौंदर्य तक सीमित नहीं रह गया है। पेड़-पौधे हमारे जीवन का आधार हैं–वे वायु को शुद्ध करते हैं, जलचक्र को संतुलित रखते हैं, तापमान को नियंत्रित करते हैं और भूमि को उपजाऊ बनाए रखते हैं। जहाँ हरियाली होती है, वहाँ जीवन स्वाभाविक रूप से फलता-फूलता है, और जहाँ हरियाली नष्ट होती है, वहाँ जीवन धीरे-धीरे दम तोड़ने लगता है। मरुस्थलीकरण, सूखा, बाढ़ और असामान्य मौसम–all ये उसी असंतुलन के परिणाम हैं, जो मानव ने प्रकृति के साथ अपने संबंधों में पैदा किया है। यह समझना आवश्यक है कि पृथ्वी पर जीवन की

निरंतरता किसी एक प्रजाति के प्रयासों पर नहीं, बल्कि संपूर्ण पारिस्थितिकी तंत्र के संतुलन पर निर्भर करती है।

विकास की अवधारणा ने पिछले कुछ दशकों में एकतरफा रूप धारण कर लिया है। ऊँची इमारतें, चौड़ी सड़कें, औद्योगिक विस्तार और तकनीकी प्रगति को ही विकास मान लिया गया, जबकि हरियाली, जंगल, नदियाँ और स्वच्छ वातावरण धीरे-धीरे पीछे छूटते चले गए। विकास का यह मॉडल अल्पकालिक लाभ तो दे सकता है, लेकिन दीर्घकाल में यह मानवता के लिए गंभीर संकट खड़ा करता है। जब हवा सांस लेने लायक न रहे, जब जल पीने योग्य न बचे और जब भूमि बंजर हो जाए, तब किसी भी भौतिक उपलब्धि का मूल्य शून्य रह जाता है। हरित संकल्प इसी चेतावनी को समय रहते समझने और विकास की दिशा को पुनः परिभाषित करने का आह्वान है।

वनों की अंधाधुंध कटाई ने केवल पेड़ों को नहीं, बल्कि संपूर्ण जीवन श्रृंखला को प्रभावित किया है। जंगल केवल लकड़ी का स्रोत नहीं, बल्कि असंख्य जीव-जंतुओं का घर, औषधियों का भंडार और पृथ्वी के ताप संतुलन का महत्वपूर्ण माध्यम हैं। जब जंगल उजड़ते हैं, तो वन्य जीवों के सामने अस्तित्व का संकट खड़ा हो जाता है। भोजन और आश्रय की तलाश में वे मानव बस्तियों की ओर बढ़ते हैं, जिससे संघर्ष की स्थिति उत्पन्न होती है। यह संघर्ष किसी एक पक्ष की जीत नहीं, बल्कि दोनों की हार है—मानव भी असुरक्षित होता है और वन्य जीव भी। इस स्थिति से निकलने का एकमात्र मार्ग यही है कि मनुष्य अपनी सीमाओं को पहचाने और प्रकृति के अधिकारों का सम्मान करे।

आज कृषि के क्षेत्र में भी हरित संकल्प की अनदेखी के दुष्परिणाम स्पष्ट दिखाई देने लगे हैं। बढ़ती आबादी की आवश्यकताओं को पूरा करने के लिए रासायनिक खादों, कीटनाशकों और संशोधित बीजों का अत्यधिक उपयोग किया जा रहा है। इससे उत्पादन तो बढ़ा, लेकिन मिट्टी की सेहत बिगड़ गई, जल स्रोत प्रदूषित हो गए और खाद्य पदार्थों की प्राकृतिक गुणवत्ता में गिरावट आई। जैविक और पारंपरिक खेती, जो कभी हमारी पहचान थी, धीरे-धीरे हाशिए पर चली गई। हरित संकल्प हमें यह याद दिलाता है कि प्रकृति के साथ सहयोग करके ही स्थायी समाधान संभव हैं, न कि उसके विरुद्ध युद्ध छेड़कर।

हरित संकल्प का सबसे सुंदर पक्ष यह है कि यह बड़े-बड़े आंदोलनों या नीतियों तक सीमित नहीं है, बल्कि व्यक्ति के स्तर से आरंभ होता है। जब कोई व्यक्ति एक पौधा लगाता है, जल का संरक्षण करता है, प्लास्टिक का सीमित उपयोग करता है या ऊर्जा की बचत करता है, तो वह अनजाने ही एक बड़े परिवर्तन की नींव रख देता है। छोटे-छोटे प्रयास जब सामूहिक रूप लेते हैं, तब वे समाज और राष्ट्र की दिशा बदलने की क्षमता रखते हैं। हर व्यक्ति द्वारा लगाया गया एक पौधा केवल उसकी व्यक्तिगत जिम्मेदारी नहीं, बल्कि सामूहिक भविष्य में लगाया गया विश्वास का बीज होता है।

अंततः हरित संकल्प का सार यही है कि हम अपने जीवन को प्रकृति के प्रति कृतज्ञता और जिम्मेदारी के भाव से जिएँ। ईश्वर ने हमें यह धरती उधार दी है, उत्तराधिकार में नहीं। इसे जिस अवस्था में हमने पाया है, उससे बेहतर स्थिति में आने वाली पीढ़ियों को सौंपना ही हमारी सच्ची उपलब्धि होगी। यदि आज हम संवेदनशील बनकर हरियाली की रक्षा करें, वृक्षारोपण को संस्कार बनाएं और विकास के साथ पर्यावरण का संतुलन बनाए रखें, तो भविष्य की पीढ़ियाँ न केवल हमें याद करेंगी, बल्कि गर्व के साथ यह कहेंगी कि उनके पूर्वजों ने समय रहते हरित संकल्प को अपनाया और धरती को जीवन के योग्य बनाए रखा।

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ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਸੁੱਚੀ ਧਰਤੀ

ਗੁਰਬਖਸ਼ੀਸ਼ ਸਿੰਘ ਅਨਟਾਲ, ਮੁੱਖੀ ਵਿਭਾਗ ਸਿਵਲ ਇੰਜੀਨੀਅਰਿੰਗ, ਸਰਕਾਰੀ ਪੌਲੀਟੈਕਨਿਕ ਕਾਲਜ ਖੂਨੀਮਾਜਰਾ

ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਸੁੱਚੀ ਧਰਤੀ

ਆਪਣਿਆਂ ਹੀ ਗੰਧਲੀ ਕਰਤੀ।

ਕੁਦਰਤ ਲਾ ਰਹੀ ਪੁਕਾਰ

ਕੌਣ ਹੈ ਇਸਦਾ ਜੁੰਮੇਵਾਰ

ਹਰ ਜਗਾ ਗੰਦਗੀ ਦੇ ਢੇਰ

ਸੁੱਟ ਲਿਫਾਫਾ ਲੈਂਦੇ ਅੱਖਾਂ ਫੇਰ

ਕਹਿੰਦੇ ਇਹ ਜੁੰਮੇਵਾਰੀ ਸਾਡੀ ਨੀ ਬਣਦੀ

ਪੰਜ ਦਰਿਆ ਦੀ.....

ਕੱਟ ਦਰਖ਼ਤ ਸਭ ਜੰਗਲ ਬੇਲੇ

ਬਾਗ ਬਗੀਚੇ ਸਭ ਉਜਾੜੇ

ਦਰਿਆਵਾਂ ਦੀ ਕੁੱਖ ਚੋਂ ਕੱਢ ਰੇਤਾ

ਰਾਤੋ ਰਾਤੀ ਦੇਖੋ ਮਹਿਲ ਉਸਾਰੇ

ਸੌਂ ਗਈ ਜਮੀਰ ਸੋਚ ਗੁੰਗੀ ਕਰਤੀ

ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ.....

ਫਸਲਾਂ, ਦੁੱਧ, ਪਾਣੀ ਅਤੇ ਹਵਾ

ਹਰ ਸ਼ਹਿ ਵਿੱਚ ਮਿਲਾਵਟ

ਝੂਠੀ ਸੋਚ ਦੇ ਠੇਕੇਦਾਰਾਂ

ਇਸ ਤੋਂ ਭਿਆਨਕ ਕੀ ਹੋਊ ਗਿਰਾਵਟ

ਜੋ ਕੁੱਝ ਇਹ ਕਰ ਰਹੇ ਨੇ

ਕਿਉਂ. ਇਹਨਾਂ ਦੀ ਸੋਚ ਨਹੀਂ ਡਰਦੀ

ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ.....

ਸਤਲੁਜ, ਬਿਆਸ ਚਾਹੇ ਬੱਢਾ ਨਾਲਾ

ਸੁਟ ਦਿੱਤਾ ਵਿੱਚ ਜ਼ਹਿਰੀ ਪਾਣੀ

ਕਾਲੀ ਬੇਂਈਂ ਵੀ ਨਾ ਬਖਸ਼ੀ

ਜਿੱਥੇ ਉਚਰੀ ਸੀ ਪਾਵਣ ਬਾਣੀ

ਕਿਵੇਂ ਕੁਦਰਤ ਨਾਲ ਖੇਡ ਰਹੇ ਹਾਂ

ਸ਼ਾਇਦ ਸਾਡੀ ਜਮੀਰ ਹੀ ਮਰਗੀ।

ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਸੁੱਚੀ ਧਰਤੀ,

ਆਪਣਿਆਂ ਹੀ ਗੰਧਲੀ ਕਰਤੀ।..

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Water Conservation

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We are not running out of water; we are running out of time to save it. Water covers nearly three-quarters of our planet, yet only a tiny fraction is fit for human use. Freshwater—which we depend on for drinking, cooking, agriculture, sanitation, industries, and sustaining ecosystems—makes up only around 3% of Earth's total water. Out of this, most is locked in glaciers and ice caps, leaving less than 1% accessible for use. Despite this limited availability, we continue to use water carelessly in our daily lives—during bathing, washing, cleaning, gardening, and other routine activities. This mindless consumption has pushed us closer to severe water scarcity.

Conservation of Water is not just a practice; it is a responsibility and a necessity for the survival of all living beings. It refers to the wise and efficient use of water resources, including both surface water (rivers, lakes, ponds) and groundwater sources. It also includes preventing water pollution and ensuring the water available today remains pure and usable for future generations.

Water plays a vital role in every living organism. In the human body, all biochemical activities—catabolism, anabolism, digestion, circulation, excretion, temperature regulation—require water. Without water, both cellular processes and life itself would cease. Plants too cannot grow without water, and without plants, neither food chains nor ecosystems can survive. This is why water is often called the foundation of life.

Even in our ancient scriptures, water has been praised as sacred and life-giving:

"**Aapo Hi Sstthaa Mayo-Bhuvasthaa Na Uurje Dadhaatana"**

Meaning: O waters, you are the source of strength and nourishment.

This verse beautifully highlights that water sustains human health, agricultural productivity, and overall prosperity.

The first step toward conservation begins at home, where significant amounts of water are unknowingly wasted. Simple actions can make a huge difference if practiced consistently. Regularly checking for leakages in bathroom taps, sinks, flush tanks, and kitchen pipes can prevent hundreds of litres of water from being lost every day. Adopting mindful bathing habits like reducing shower time, using buckets instead of running taps, and turning off water while applying soap can save thousands of litres each month.

Using a broom instead of washing floors with flowing water, and closing the tap while brushing or washing utensils, are small yet impactful steps. Plant watering should be done using mugs, cans, or drip methods rather than with high-flow pipelines that cause unnecessary wastage. Even while washing vehicles, opting for a bucket instead of a pipe can save up to 100–150 litres in a single wash. When such small efforts are multiplied across millions of households, the cumulative impact becomes transformative.

India, being one of the largest agricultural nations in the world, uses nearly 80% of its freshwater for irrigation. While the water requirement of crops cannot be eliminated, the use of efficient irrigation techniques can drastically reduce wastage.

Drip irrigation, for instance, delivers water directly to the root zone of plants, minimising evaporation, seepage, and runoff. It has emerged as one of the most efficient methods of irrigation, capable of saving 50–70% more water compared to traditional flooding methods.

Sprinkler irrigation, which distributes water through pipes and sprays it into the air in a manner similar to rainfall, ensures uniform water distribution and works effectively across various soil types. Night irrigation is another useful practice, as the absence of sunlight reduces evaporation rates, allowing more water to penetrate the soil and reach plant roots. These modern methods not only save water but also improve crop yield, reduce labour, and support sustainable farming.

In addition to efficient farming techniques, modern water conservation methods have become increasingly accessible and essential. Rainwater harvesting is one of the most effective solutions to water scarcity. Rainwater, being pure and naturally replenished, can be collected and stored for domestic use such as washing, cleaning, gardening, and even drinking after proper treatment. The stored rainwater also helps recharge groundwater levels, improves water quality, reduces soil erosion, and decreases surface water runoff.

Considering that about 85% of Earth's freshwater originates from rainfall, harvesting even a fraction of it can significantly reduce dependence on municipal water supplies and mitigate the effects of droughts. Water recycling is another vital method in which wastewater is treated and reused before being discharged into natural water bodies.

Treated wastewater can be safely used for irrigation, industrial cooling, flushing, construction, and landscaping. Recycling reduces pollution of rivers and lakes while also conserving freshwater for essential needs.

Minimising the use of chemical fertilisers and pesticides in agriculture is crucial because they contaminate groundwater through seepage and pollute nearby water bodies through runoff. This contamination not only harms aquatic life but also affects the health of humans and animals. Encouraging organic farming, using natural fertilisers, and adopting integrated pest management can prevent such pollution and contribute to the overall conservation of water resources. The goals of water conservation include maintaining the natural water cycle, ensuring the availability of water for future generations, reducing unnecessary consumption, and preventing ecological degradation. Water conservation is also linked with energy conservation since water pumping, delivery, and wastewater treatment require enormous amounts of electricity. By saving water, we indirectly save significant energy as well.

Water is as precious as money, sometimes even more. Every drop wasted is like wasting wealth. Although water is a renewable resource, it does not replenish quickly enough to match the speed of human consumption. Excessive extraction of groundwater, rapid urbanisation, deforestation, industrial pollution, and climate change have all contributed to the rapid depletion of freshwater resources.

Many regions are already facing severe water shortages, conflicts over water distribution, and unpredictable rainfall patterns. If corrective measures are not taken urgently, future generations will inherit a planet where water scarcity becomes a daily struggle.

To prevent such a crisis, governments, industries, and individuals must work together. Governments are developing large-scale water conservation strategies such as installing rainwater harvesting systems, building check dams, promoting drip and sprinkler irrigation, recycling sewage water, and implementing watershed management programmes. However, true conservation begins at the individual level.

Every citizen must adopt simple, practical habits that reduce wastage. Whether it is turning off taps, repairing leakages, planting trees, preventing pollution, or educating others about water conservation, each action contributes to protecting this vital resource.

Saving water is not a choice but a responsibility. The famous motto “Save Water, Save Life” highlights the undeniable truth that without water, life on Earth cannot survive. To avoid severe water scarcity in the future, we must begin conserving water today, before conditions reach an alarming stage.

As individuals, we must take responsibility by making small yet meaningful changes in our daily routines. When millions of people contribute in small ways, the combined impact can protect the planet and secure a sustainable future. Water is not just a resource; it is life itself. The sooner we understand this, the better our chances of preserving the Earth for generations to come.

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My Visit to Mawlynnong – Asia's Cleanest Village

Dr. Pardeep Kumar, Paryavaran Sanrakshan Gatividhi-Punjab,
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On 29th December 2025, I had the opportunity to visit Mawlynnong, the village proudly known as Asia's Cleanest Village, located in the East Khasi Hills district of Meghalaya. The visit was planned with the objective of understanding and learning the cleanliness practices and community-led initiatives followed by the villagers that have made Mawlynnong a global example of sustainable living.

During the visit, I personally walked nearly 1.5 km in and around the village to closely observe the daily practices adopted by the residents. Every lane is spotless, lined with flowering plants, bamboo dustbins, and carefully maintained houses surrounded by lush gardens.

With a population of just 414 people (Census 2011), Mawlynnong, a small village near the Bangladesh border. It has become a global example of cleanliness and community living. The village is guided by its traditional council, the Dorki Sabha, where cleanliness rules are followed voluntarily, out of responsibility and pride.

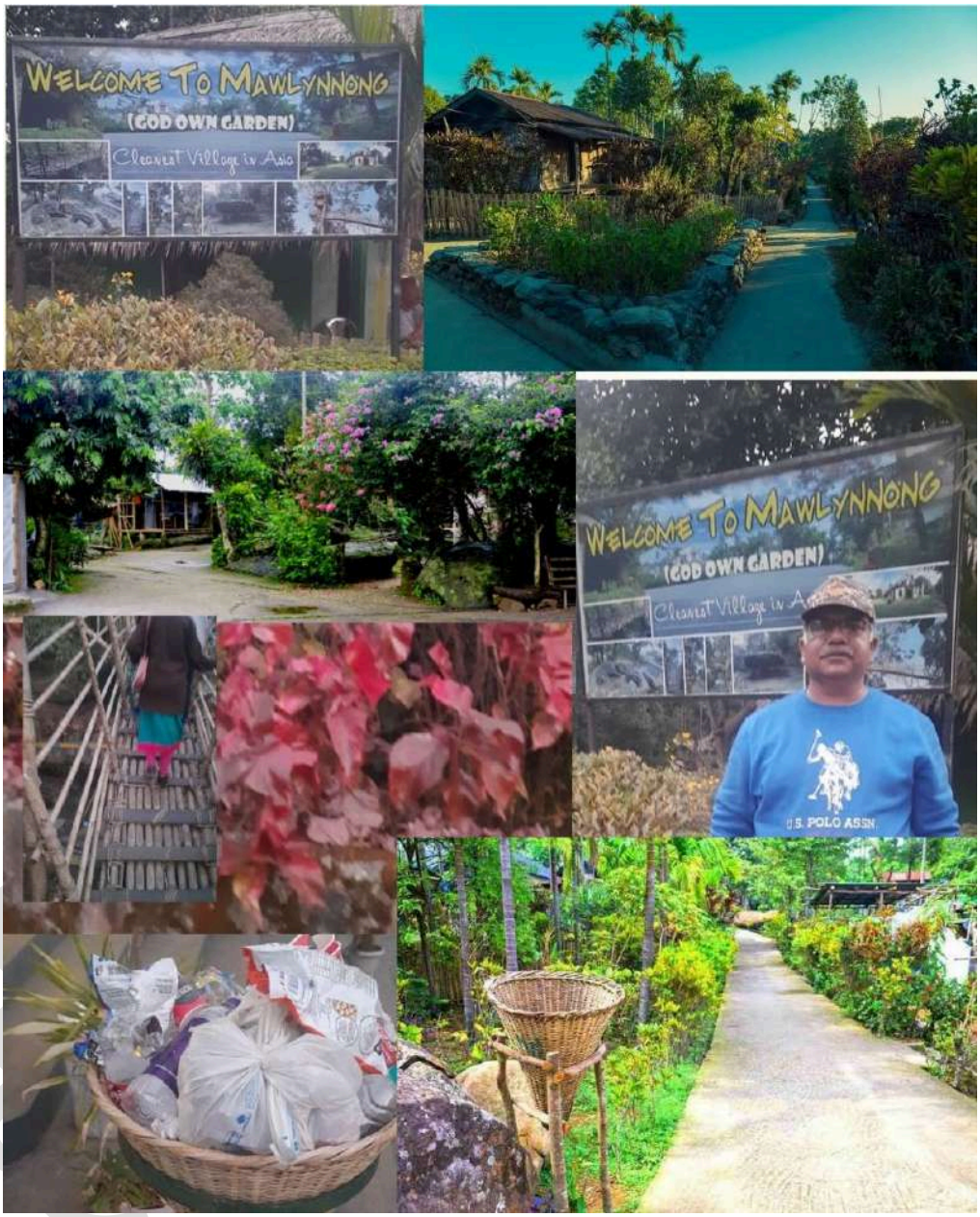
What stood out most was that cleanliness here is not enforced, it is a way of life, deeply rooted in culture and passed on from generation to generation. Women play a central role in decision-making, reflecting the strong matriarchal values of Khasi society. Their leadership ensures discipline, continuity, and collective harmony.

Important Observations & Learnings

Community Participation:

Every household actively participates in maintaining cleanliness. Villagers clean their homes, pathways, and common areas daily without external supervision.

Cleanliness Education from Childhood:



Children are involved in cleaning activities, making hygiene and discipline a natural habit from an early age. The villagers practice rainwater harvesting, use organic farming methods.

Bamboo Dustbins Everywhere:

Bamboo-made dustbins are placed at regular intervals throughout the village, reflecting eco-friendly waste management.

Waste Segregation:

Organic waste is composted, while non-biodegradable waste is disposed of safely away from the village.

No Plastic Policy:

Use of plastic bags and single-use plastic is strongly discouraged. Locals prefer cloth bags, baskets, and bamboo containers.

Toilets in Every Household:

Each home has a functional toilet, ensuring complete sanitation and eliminating open defecation.

Self-Motivated Cleanliness:

Villagers clean voluntarily, not due to fines or fear, but out of responsibility and pride in their village.

Well-Maintained Infrastructure:

Stone pathways, clean streets, flower-lined lanes, and neatly maintained gardens create a peaceful environment.

Living Root Bridges:

The nearby Living Root Bridge showcases harmony between humans and nature through indigenous knowledge.

Sky View Point:

Offers breathtaking panoramic views of the surrounding landscape, adding to the village's eco-tourism appeal.

Cultural Discipline:

Cleanliness is influenced by Khasi traditions, strong community values, and the leadership role of women.

Comparison with Other Regions: Cleanliness observed across Meghalaya, including Shillong, is noticeably better compared to many other states, but Mawlynnong stands out as exceptional.

My Experience: The visit to Mawlynnong on 29.12.2025 was not just a tour but a learning experience. The village proves that sustainable development and cleanliness are achievable when communities take ownership. Mawlynnong is a living example that true cleanliness begins with mindset, unity, and respect for nature, making it a model worth emulating across the country.

Mawlynnong's success did not come from large funds or government schemes, but from people's determination, unity, and value-based education. The village proves that true cleanliness begins with mindset, community participation, and respect for tradition.

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शरद ऋतु की पहली बरखा

ललिता शर्मा, लेखिका, नाहन, हिमाचल प्रदेश

शरद ऋतु की पहली बरखा
मचल रही बूंदो की सरिता
उमंग भरी बादल के भीतर
नाच रही फूलों की बगिया

मन ने भी कुछ ख़ाब सजाये
गीत मधुर होठो पर आये
उमड़ घुमड़ कर याद पुरानी
पलकों पर ठहरी मुस्काये

गाओ बसंत, उठो बाहर आओ
स्वागत को बाहें फेलाओ
दूर नहीं खूबसूरत मंजर
आओ सब हिस्सा बन जाओ

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हरित महाशिवरात्रि जागरूकता अभियान

प्रवीण कुमार, संयोजक, पर्यावरण संरक्षण गतिविधि, पंजाब

पर्यावरण मूर्ति भगवान शिव

यह समस्त विश्व विश्वनाथ की रचना है। जल, अग्नि, पृथ्वी, वायु, आकाश, चंद्र, सूर्य तथा यजमान/आत्मा–इन आठ प्रत्यक्ष रूपों में भगवान शिव सर्वत्र विद्यमान हैं। भारतीय दृष्टि से समस्त जीव-जगत तथा उसका पोषण और संवर्धन करने वाले प्राकृतिक तत्त्व ही *विश्वमूर्ति शिव* का सजीव स्वरूप हैं। इस प्रकार समस्त चेतन-अचेतन प्राणियों के पिता भगवान शिव हैं।

जिस प्रकार संतान के कल्याण से पिता प्रसन्न होते हैं, उसी प्रकार पर्यावरण के घटकों की रक्षा करने वाले, उन्हें प्रदूषण से बचाने वाले तथा उनका पोषण करने वाले भक्तों से भगवान शंकर प्रसन्न होते हैं। यदि कोई व्यक्ति इन आठ मूर्तियों में से किसी का भी विनाश करता है, तो वह वास्तव में भगवान शिव का ही विनाश करता है।

भगवान शिव का स्वरूप और पर्यावरण संदेश

1. जटाएँ

राजा भगीरथ की तपस्या से प्रसन्न होकर मां गंगा धरती पर अवतरित हुईं, पर उनके तीव्र वेग को संभालने हेतु भगवान शिव ने उन्हें अपनी जटाओं में धारण किया। वृक्षों की जड़ें भी शिवजी की जटाओं की भाँति वर्षा के जल को थामकर मिट्टी के कटाव को रोकती हैं।

2. सर्प

भगवान शिव के गले का आभूषण सर्प है। सर्प चूहों जैसे फसल-नाशक जीवों को खाकर कीट नियंत्रक का कार्य करते हैं और भोजन चक्र का अभिन्न अंग हैं।

3. नीलकंठ

समुद्र मंथन से निकले विष को भगवान शिव ने पी लिया, जिससे उनका कंठ नीला हो गया। वृक्ष

भी इसी प्रकार कार्बन डाइऑक्साइड जैसी विषैली गैसों को अवशोषित कर हमें ऑक्सीजन प्रदान करते हैं। इसीलिए धरती पर वृक्ष साक्षात महादेव हैं।

4. बाघांबर

भगवान शिव का बाघ की छाल धारण करना वन्य जीवों के संरक्षण का प्रतीक है। आज बाघों की कई प्रजातियाँ विलुप्ति की कगार पर हैं। उनका संरक्षण आवश्यक है क्योंकि वे भोजन चक्र का महत्वपूर्ण हिस्सा हैं।

5. भस्म

भस्म शिवजी का सौंदर्य प्रसाधन है। यह शरीर के रोमछिद्रों को सुरक्षित रखती है। भस्म निर्माण में कपिला गाय का गोबर तथा विभिन्न औषधीय वृक्षों की लकड़ी का उपयोग होता है।

6. नंदी

भगवान शिव का वाहन नंदी (बैल) है। गौवंश मानव जीवन और पर्यावरण के लिए अत्यंत उपयोगी है। उसे जीवन का अभिन्न अंग बनाकर ही स्थायी सुख संभव है।

7. बिल्व वृक्ष

बिल्व वृक्ष में वायुमंडल की अशुद्धियाँ सोखने की अद्भुत क्षमता होती है। इसी कारण महादेव की पूजा में बेलपत्र का विशेष महत्व है, ताकि इस वृक्ष का संरक्षण और संवर्धन हो।

8. हिमालय

भगवान शिव का निवास हिमालय में होना इस बात का संकेत है कि पर्वत, जंगल, जल स्रोत, ग्लेशियर और जीव-जंतु–सभी का संरक्षण मानव कल्याण के लिए आवश्यक है। प्रकृति के मध्य शिव-पार्वती का वास उनके प्रकृति प्रेम को दर्शाता है।

9. तांडव

पर्वतों का खिसकना, बादलों का फटना, ग्लेशियरों का पिघलना, समुद्र जल स्तर का बढ़ना–ये सभी पर्यावरण असंतुलन के संकेत हैं। शिव का तांडव यह चेतावनी है कि यदि पर्यावरण संरक्षण नहीं किया गया, तो मानव अस्तित्व संकट में पड़ जाएगा।

भगवान की पूजा का तात्पर्य

'भगवान' शब्द पाँच अक्षरों से बना है–
भ (भूमि), **ग** (गगन), **व** (वायु), **अ** (अग्नि), **न** (नीर)

अर्थात भगवान की सच्ची पूजा इन पाँच तत्त्वों का संरक्षण और संवर्धन है।

प्लास्टिक कचरे से पंचतत्त्वों को हानियाँ

1. जल प्रदूषण

प्लास्टिक कचरा नदियों व समुद्रों में जाकर जल को दूषित करता है और भूजल स्तर घटाता है।

2. भूमि प्रदूषण

खेतों में प्लास्टिक से मिट्टी की उर्वरता घटती है और फसलों की गुणवत्ता प्रभावित होती है।

3. वायु प्रदूषण

प्लास्टिक जलाने से विषैली गैसें निकलती हैं, जिससे लाखों लोग प्रतिवर्ष बीमार होते हैं।

4. जीव-जंतुओं की मृत्यु

प्लास्टिक को भोजन समझकर मछलियाँ, पक्षी, गाय और कछुए मर जाते हैं।

5. स्वास्थ्य पर प्रभाव

प्लास्टिक से कैंसर, हार्मोन असंतुलन जैसी गंभीर बीमारियाँ फैलती हैं। डिस्पोजेबल बर्तनों का प्रयोग स्वास्थ्य और धर्म–दोनों की दृष्टि से हानिकारक है।

"एक थैला-एक थाली" अभियान: एक सफल प्रयोग

प्रयागराज महाकुंभ 2025 को स्वच्छ और हरित बनाने हेतु यह अभियान चलाया गया। देशभर से कपड़े के थैले और स्टील की थालियाँ एकत्र कर वितरित की गईं।

परिणाम:

- 10.25 लाख स्टील थालियाँ
- 13 लाख कपड़े के थैले
- 2.5 लाख स्टील गिलास निःशुल्क वितरित किए गए

उपलब्धियाँ

1. पर्यावरणीय स्वच्छता का संदेश घर-घर पहुँचा।
2. डिस्पोजेबल कचरे में 80–85% तक कमी आई।

निवेदन

"आइए इस महाशिवरात्रि पर बर्तन बैंक स्थापित करने का संकल्प लें और प्लास्टिक मुक्त, कैंसर मुक्त भारत की दिशा में योगदान दें।

"धन्यवाद।

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पंच-परिवर्तन

संयोजक, जनसंवाद, पर्यावरण संरक्षण गतिविधि-पंजाब

शताब्दी वर्ष के अवसर पर घोषित 'पंच-परिवर्तन' भारतीय समाज के सर्वांगीण विकास की एक दूरदर्शी रूपरेखा प्रस्तुत करते हैं। ये पांच परिवर्तन न केवल वर्तमान चुनौतियों का समाधान सुझाते हैं, बल्कि आने वाले वर्षों में राष्ट्र को सशक्त और समरस बनाने की दिशा भी तय करते हैं।

1. सामाजिक समरसता के माध्यम से समाज के सभी वर्गों, जातियों और समुदायों के बीच सौहार्द, आपसी सम्मान और प्रेम को सुदृढ़ करने का संकल्प लिया गया है। इससे एकजुट, शांतिपूर्ण और सहयोगात्मक समाज का निर्माण संभव होगा।

2. कुटुम्ब प्रबोधन परिवार को राष्ट्र निर्माण की मूल इकाई मानते हुए उसके नैतिक, सांस्कृतिक और सामाजिक मूल्यों को सशक्त करने पर बल देता है। सुदृढ़ परिवार ही संस्कारित नागरिकों और सशक्त राष्ट्र की नींव होते हैं।

3. पर्यावरण संरक्षण में पृथ्वी को माता के रूप में मानकर जीवनशैली में आवश्यक बदलाव लाने का आह्वान किया गया है। प्राकृतिक संसाधनों के संरक्षण, स्वच्छता, और सतत विकास के माध्यम से भावी पीढ़ियों के लिए सुरक्षित पर्यावरण सुनिश्चित करना इसका उद्देश्य है।

4. स्वदेशी और आत्मनिर्भरता देश की अर्थव्यवस्था को मजबूत बनाने हेतु स्वदेशी उत्पादों के उपयोग और आत्मनिर्भर सोच को प्रोत्साहित करता है। इससे रोजगार सृजन, आर्थिक स्थिरता और राष्ट्रीय स्वाभिमान को बल मिलेगा।

5. नागरिक कर्तव्य प्रत्येक नागरिक को अपनी सामाजिक जिम्मेदारियों के प्रति जागरूक होकर राष्ट्रहित में योगदान देने की प्रेरणा देता है। कर्तव्यनिष्ठ नागरिक ही सशक्त लोकतंत्र और विकसित भारत की पहचान होते हैं।

इस प्रकार, पंच-परिवर्तन का यह संकल्प भारत को एक समरस, संस्कारित, आत्मनिर्भर और पर्यावरण-संवेदनशील राष्ट्र के रूप में आगे बढ़ाने का मार्ग प्रशस्त करता है।

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विशाल धर्म सम्मेलन,

सेक्टर 43, चंडीगढ़ इस क्षेत्र में सभी धर्मों के आम लोगों द्वारा पंच परिवर्तन के तहत पर्यावरण के लिए एक पहल (18.01.2025)

Sri Sukhmani Group of Institutions DeraBassi

नागरिक के कर्तव्य
(Civic Duties)

#Civic Duties
To value and preserve the rich heritage of our composite culture.

#Civic Duties
To defend the country and render national service when called upon to do so.

Republic Day Celebration

National Voters Day

- संविधान का सम्मान करें
- कानून का पालन करें
- राष्ट्रीय ध्वज और राष्ट्रगान का आदर करें
- देश की एकता और अखंडता बनाए रखें
- मतदान करें और लोकतंत्र को मजबूत करें
- सार्वजनिक संपत्ति की रक्षा करें
- पर्यावरण की सुरक्षा करें
- स्वच्छता बनाए रखें
- सामाजिक सद्भाव और भाईचारे को बढ़ावा दें
- महिलाओं, बच्चों और बुज़ुर्गों का सम्मान करें
- कर्तव्यनिष्ठ, ईमानदार और जागरूक नागरिक बनें

Civic Duties & Cultural Celebrations

[National Voters Day,76th Republic Day, Basant Panchmi]

आओ मिलकर पक्षियों की रक्षा करें

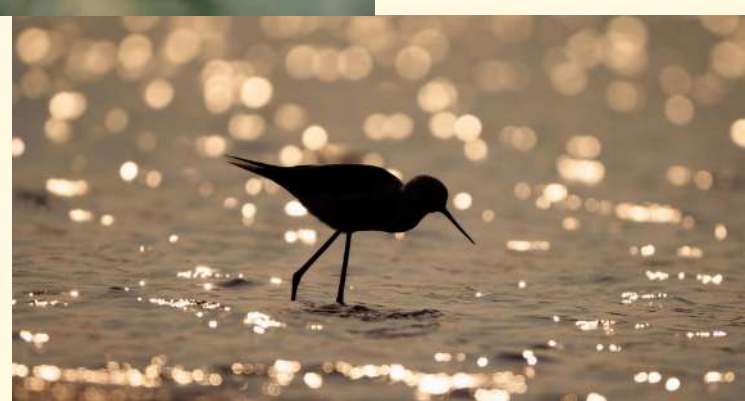
5 JANUARY

National Birds Day

हम छोटे हैं, पर काम महान,
बीज बिखेरें, सजाएँ जहान।
कीट हरें, फसलों की रखवाली,
फूल खिलें, जीवन की खुशहाली।

हमारी चहचहाहट कहती कहानी—
हवा है स्वच्छ, धरती है जवानी।
हमें बचाओ, प्रकृति मुस्काए,
पक्षी बचें तो भविष्य बच जाए।

Paryavaran Sanrakshan Gatividhi
Punjab



START SAVING WATER AT YOUR HOME WITH

Dated:07-09-2025

6 SIMPLE HABITS

Small daily habits, when practiced collectively, make a huge difference.

1 Use a bucket when washing vehicles

Switch from a continuously flowing water hose to a water-filled bucket when washing your car or bike

2 Turn off taps when not in use

In your daily routine, always turn off taps when not in use, such as when brushing your teeth or washing dishes

3 Use toilets wisely

When using the toilet, use partial flush for urination or light use and full flush only for heavier use.

4 Collect rainwater

Make the habit of collecting rainwater by placing containers outside your house, and use this water to irrigate plants.

5 Shorten shower time

Cutting shower time by even 2 minutes can save dozens of liters daily.

6 Use efficient garden sprinklers

Use sprinklers wisely: water early morning or late evening, adjust settings to avoid overwatering, and maintain the system to prevent leaks.

"Every drop saved at home is a river preserved for tomorrow."

By: Harmanjot Kaur (M.A Sociology)
College: PGGCG-42, Chandigarh

हरित संकल्प

त्रिभाषीय पत्रिका

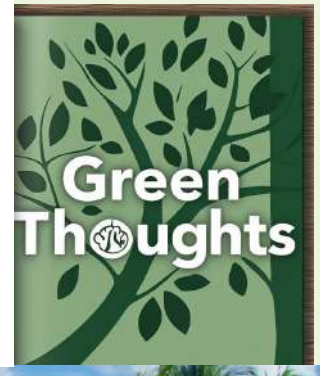
मासिक पत्रिका | Monthly Newsletter

जनवरी 2026 | January 2026

“अवसर की प्रतीक्षा में मत बैठो ।
आज का अवसर ही सर्वोत्तम है ।”

हर छोटा बदलाव बड़ी कामयाबी का हिस्सा होता है

संपादक: डॉ. प्रदीप कुमार,डॉ. सुमन मोर



Youtube link: https://youtube.com/@haritpunjabbypsgpunjab-y1k

Website: www.psgpunjab.org **E Mail: myharitpunjab@gmail.com**