

HARIT SANKALP

हरित संकल्प

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

हर छोटा बदलाव बड़ी कामयाबी का हिस्सा होता है
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Paryavaran Sanrakshan Gatividhi Punjab

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पर्यावरण संरक्षण गतिविधि पंजाब ने मंडी गोबिंदगढ़ में सोशल इंटर्नशिप कार्यक्रम का आयोजन

- श्री हरि कथा समिति ने हरियावल पंजाब को भेट किया नया ट्रैक्टर

मंडी गोविंदगढ़, 2 नवम्बर
(सुरेश): पर्यावरण संरक्षण गतिविधि,
पंजाब द्वारा लोहा नगरी मंडी

गोविंदगढ़ के गोविंदगढ़ बतव लिपिटिड में पर्यावरण संरक्षण का विषय बतवाया गया तो हर कथा समर्पित तथा यूनिक लेडीज बतव गोविंदगढ़ के स्थायों में संस्थाएँ इंटरविएप्रोग्राम (एप्स आई.पी. १) का आयोजन किया गया। शिल्डिंग एप्सेंस पट्टवृक्ष धूम के तहत आयोजित इस कार्यक्रम का उद्देश्य युवाओं में पर्यावरण संरक्षण के जीवन रहकरता बढ़ाना और उन्हें व्यावहारिक संस्कृति संस्कार देना।

सूद व एडवोकेट संदोप कश्यप को



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.

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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Guru Nanak Jayanti: A Sacred Call to Protect Nature and Humanity



Dr. Pardeep Kumar, PSG Chandigarh, Punjab

On 5th November 2025, the birth anniversary of Guru Nanak Dev Ji, the first Sikh Guru, was celebrated with great devotion and grandeur across the world. The day echoed with prayers, hymns, and acts of selfless service, reflecting the divine teachings of Guru Ji that continue to guide humanity even today. Among his eternal messages, one that holds profound relevance in today's times is his teaching on the sanctity of nature:

“Pavan Guru, Pani Pita, Mata Dharat Mahat.”

Meaning: Air is the teacher, water is the father, and the earth is the great mother.

“Divas Raat Du-I Daa-Ee Dayaa, Khaylai Sakal Jagat.”

Meaning: Day and night are the two kind nurturers, and the entire world plays under them.

“Jinee Naam Dhiaaiyaa, Gey Masakat Ghaal, Nanak Tay Mukh Ujalay, Kaytee Chhootee Naal.”

Meaning: Those who meditate on the Name of the Lord and depart after working by the sweat of their brow, O Nanak, their faces are radiant, and many others are saved along with them.

These divine lines carry a timeless message to live in harmony with nature and value the elements that nurture life. Guru Ji equated the air we breathe, the water we drink, and the earth we walk upon with our Guru, father, and mother teaching us that they must be treated with reverence and care. In an age when environmental degradation threatens our very existence, Guru Nanak Dev Ji's words remind us that protecting nature is not just a moral duty but a spiritual act. It is high time we rise to preserve every component of the environment, for the survival of humanity depends on it. If we fail to respect and safeguard these divine gifts, no power can save us from the consequences of our own destruction. Let us, therefore, celebrate Guru Nanak Jayanti not merely through rituals, but by living his message embracing compassion, balance, and harmony with the world around us.

Ancient Wisdom for Modern Ecology: Taoism and the Human-Nature Relationship Harmony



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Abstract

This article explores the Taoist understanding of the environment and nature, as articulated in classical texts such as the *Tao Te Ching* and the *Zhuangzi*. Taoism envisions the natural world as an interconnected, self-regulating system governed by the *Tao*, the universal Way that sustains all existence. Through principles such as *wu wei* (effortless action) and harmony with natural rhythms, Taoism advocates a respectful, cooperative relationship between humans and their surroundings. Contrary to misconceptions that regard Taoism as passive or mystical, its teachings reveal a pragmatic ecological ethic rooted in observation, balance, and moderation. Integrating ancient insights with modern ecological and scientific perspectives, the article demonstrates how Taoist philosophy anticipates contemporary ideas such as systems ecology, adaptive management, and sustainable living. Ultimately, Taoism offers a timeless vision of environmental harmony, urging humanity to act with humility, restraint, and awareness of its integral place within the living fabric of nature.

Environment and Nature in Taoism

Taoism, one of the oldest philosophical and religious traditions of China, offers a profound perspective on the relationship between humans and the natural world. Rooted in texts such as the *Tao Te Ching* by Lao Tzu [1] and the *Zhuangzi* by Zhuang Zhou [2], Taoism emphasizes harmony with the *Tao* (道), often translated as the "Way," which encompasses the fundamental order of the

universe. Unlike many belief systems that place humans at the center of creation, Taoism sees humans as part of a vast, interdependent web of life.

At the core of Taoist environmental philosophy is the principle of *wu wei* (無為), often translated as “non-action” or “effortless action.” This does not imply passivity but encourages alignment with the rhythms of nature rather than imposing artificial structures upon it. In the *Tao Te Ching* (Chapter 8), Laozi compares the sage to water: "The highest good is like water. Water benefits all things and does not compete. It stays in lowly places which others disdain." This metaphor reflects an ecological awareness: water nourishes life while respecting natural balance. By observing nature and acting without forced interference, humans can promote environmental sustainability.

Taoism [3-5] also acknowledges the interconnectedness of all living beings, an insight now supported by modern ecology. Zhuangzi, in his famous *Butterfly Dream*, underscores the fluidity and interconnectedness of life, blurring the boundaries between human and non-human entities. This worldview challenges anthropocentric misconceptions that humans are separate from or superior to nature. By recognizing interdependence, Taoism implicitly advocates for conservation and respect for ecosystems, long before ecological science articulated similar principles.

Ancient Taoist texts often offer guidance on living in harmony with natural cycles. Seasonal observances, dietary moderation, and practices such as *feng shui* reflect awareness of environmental conditions and their influence on human well-being. Taoist alchemy, both external (focusing on minerals and herbs) and internal (breath and meditation practices), demonstrates an empirical engagement with the natural world, echoing experimental aspects of modern environmental science. Taoist thinkers [6] understood that imbalance in nature inevitably leads to societal instability, a view increasingly validated by contemporary studies linking ecological degradation to human conflict and public health crises.

However, popular myths sometimes portray Taoism as purely mystical or passive regarding environmental action. In reality, Taoism offers a nuanced framework: it does not call for the conquest of nature but advocates for intelligent engagement, observation, and intervention when necessary. Scientific research today echoes this principle, highlighting the importance of adaptive management, biomimicry, and ecosystem-based planning, approaches that harmonize human activity with natural systems rather than dominate them [7].

In conclusion, Taoism presents a deeply ecological vision of the world, integrating spiritual insight, practical observation, and a scientific sensibility. By emphasizing harmony with the Tao, interconnectedness, and mindful interaction with natural processes, Taoism encourages both reverence for and responsible stewardship of the environment. As modern society grapples with climate change, pollution, and biodiversity loss, Taoist wisdom reminds us that sustainable living requires humility, observation, and alignment with the profound order of nature that has existed long before humanity emerged.

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अपने घर को बनाएं खुशियों का हरा कोना: शहरी जीवन में हरियाली की नई राह



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शहरों में हम अक्सर जगह की कमी की शिकायत करते हैं, लेकिन सच्चाई यह है कि थोड़ी-सी जगह में भी हरियाली उगाई जा सकती है। घर की छत, बरामदे या पिछवाड़े में एक छोटा-सा हर्बल गार्डन बनाकर हम न केवल अपने परिवेश को सुंदर बना सकते हैं बल्कि स्वास्थ्य, शांति और सकारात्मकता को भी अपने जीवन का हिस्सा बना सकते हैं।

बागवानी एक ऐसा कार्य है जो मन और शरीर दोनों को संतुलन प्रदान करता है। यह एक ध्यानमय (meditative) अनुभव देती है, तनाव को कम करती है, शारीरिक स्वास्थ्य को सुधारती है और ताज़ी सब्जियों व जड़ी-बूटियों के माध्यम से बेहतर जीवनशैली अपनाने में मदद करती है। अपने उगाए पौधों को बढ़ाते देखना एक संतोषजनक उपलब्धि (accomplishment) का अनुभव कराता है।



तनाव में कमी और बेहतर मूड़:

बागवानी मन को शांत करने का सबसे प्रभावी तरीका है। यह हमें जीवन की जटिलताओं से हटाकर वर्तमान क्षण पर केंद्रित करती है। पौधों को पानी देना, मिट्टी को छूना या बीज बोना एक ध्यानमय अभ्यास की तरह होता है, जो तनाव और चिंता को दूर करता है। मिट्टी के संपर्क में रहना तंत्रिका तंत्र को शांत करता है और मानसिक सुकून प्रदान करता है। खुदाई या पौधारोपण जैसे कार्य एक प्रकार के कैथारिसिस (भावनात्मक शुद्धिकरण) का कार्य करते हैं, जिससे मन में जमा नकारात्मक भावनाएँ निकल जाती हैं।

फूलों के चमकीले रंग और उनकी सुगंध हमारी इंद्रियों को सुखद अनुभव देते हैं, जिससे मूड बेहतर होता है और जीवन में सकारात्मकता आती है।

शारीरिक और मानसिक लाभ:

बागवानी एक हल्का-फुल्का लेकिन प्रभावी व्यायाम है। पौधों की देखभाल करते समय चलना, झुकना, उठाना या पानी भरना शरीर को सक्रिय रखता है और कैलोरी जलाने में मदद करता है। यह गतिविधियाँ हृदय के स्वास्थ्य को सुधारती हैं और शरीर को लचीला बनाती हैं।

पौधों की देखभाल करने से व्यक्ति में जिम्मेदारी और उद्देश्य की भावना विकसित होती है, जो आत्म-सम्मान और आत्मसंतोष को बढ़ाती है। दिनभर की शारीरिक मेहनत रात में अच्छी नींद का कारण बनती है।

बागवानी परिवारिक और सामाजिक रिश्तों को भी मजबूत करती है। जब परिवार या मित्र मिलकर पौधे लगाते हैं, तो यह एक सुखद और सार्थक सामूहिक अनुभव बन जाता है।

स्वस्थ जीवनशैली की ओर कदम:

घर में उगाई गई सब्जियाँ, फल और जड़ी-बूटियाँ न केवल स्वादिष्ट और ताज़ी होती हैं, बल्कि रासायनिक कीटनाशकों से भी मुक्त रहती हैं। तुलसी, पुदीना, एलोवेरा, धनिया, नीम और मेथी जैसे पौधे औषधीय गुणों से भरपूर होते हैं और घर की हवा को शुद्ध रखने में सहायक होते हैं।

पौधे ऑक्सीजन का प्राकृतिक स्रोत हैं। वे कार्बन डाइऑक्साइड को अवशोषित करके वातावरण को स्वच्छ बनाते हैं, जिससे घर का वातावरण ताज़गी और ऊर्जा से भर जाता है। यहाँ घर में गमलों में आसानी से उगाए जाने वाले और औषधीय पौधों की सूची है:

1. तुलसी (Tulsi) – रोग प्रतिरोधक क्षमता बढ़ाती है।
2. पुदीना (Mint / Pudina) – पाचन और ठंडे पेय में उपयोगी।
3. अलोवेरा (Aloe Vera) – त्वचा और घाव के लिए लाभकारी।
4. धनिया (Coriander / Dhania) – हरी पत्तियाँ खाने में स्वाद बढ़ाती हैं।
5. लेमनग्रास (Lemongrass) – चाय में और मच्छर भगाने में उपयोगी।
6. अजवाइन (Ajwain / Carom Seeds) – पाचन और घरेलू दवा में काम आता है।
7. शतावरी (Shatavari) – स्वास्थ्यवर्धक और हर्बल दवा में प्रयोग।

सुझाव:

- * सभी पौधों को पर्याप्त धूप और पानी दें।
- * अच्छी गुणवत्ता वाली मिट्टी और थोड़ी खाद डालें।
- * घर में छोटे गमलों या बर्तन में भी ये पौधे आसानी से उग सकते हैं।

अंततः, बागवानी केवल पौधों को उगाने की कला नहीं है, यह जीवन जीने का एक सुंदर तरीका है। चाहे आपके पास छत पर कुछ गमले हों या पिछवाड़े में छोटा-सा कोना, एक हर्बल गार्डन आपके जीवन में हरियाली के साथ-साथ शांति, स्वास्थ्य और खुशी की नई किरण लेकर आता है।

FOOD ADULTERATION



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Food is the basic necessity of life. It not only provides nourishment, but also ensures, growth, development and overall well-being of individuals. However, in today's world, the safety and purity of food have become a matter of serious concern due to widespread food adulteration. Food Adulteration refers to the process of lowering the quality of food by adding harmful, cheap or unnecessary substances to it or by removing vital nutrients. This malpractice not only cheats consumers but also poses severe health hazards. It had emerged as one of the measure challenges in maintaining public health and food security.

Slogan:-“*Pure food, healthy mood – Adulteration ruins our food!*”

WHAT IS FOOD ADULTERATION?

Food Adulteration means mixing cheap or harmful substances in food, removing useful thing from it. For example:- adding water in milk, putting starch in Ghee or adding artificial colors in spices. FSSAI (Food Safety and Standards Authority of India) says that adulteration happens when something is added to food just to increase quantity and profit, but it makes the food bad and unsafe.

SLOGAN:- “*Say no to adulteration, say yes to good nutrition*”

TYPES OF FOOD ADULTERATION

There are different types of Adulterations:-

1. **Intentional Adulteration**:- Done knowingly to earn money, e.g. Water in milk, brick powder in chilly.
2. **Incidental Adulteration**:- Happens by mistake during storage or transport, e.g. pesticides in vegetables.
3. **Metallic Adulteration**:- Mixing harmful metals like lead, mercury, arsenic.
4. **Packaging Hazards**:- When low quality plastic or polythene bags spoil the food.
5. **Biological Adulteration**:- Contamination by insects, worms or microorganisms.

SLOGAN:- “Check your plate before it’s too late!”

COMMON ADULTERATION IN OUR FOOD:-

Milk:- Mixed with water, starch or detergent.

Vegetables and fruits:-Chemical, injections.

Spices:-Brick powder, soapstone, lead stone.

Oils and Ghee:- Cheap or dangerous oils.

Sweets:-Use of soap powder, aluminum instead of silver foil.

Beverages:-Used tea leaves, too much sugar or chemicals.

Cereals:-Small stones, chalk powder.

SLOGAN:- “Adulteration in food is a slow poison in disguise.”

WHY DOES ADULTERATION HAPPENS:-

- ❖ To earn more profit.
- ❖ Population growth and demand for more food.
- ❖ Lack of awareness among consumers.
- ❖ Weak law and less checking.
- ❖ Poor testing facilities in small towns.

SLOGAN:- “Don’t be greedy, keep food pure and needy.”

EFFECTS OF ADULTERATION:-

Adulteration has very bad effect.

- ❖ **Health Problems**:- Diarrhea, Stomach pain, Vomiting, Food poisoning.
- ❖ **Serious diseases**:- Cancer, kidney damage, liver problems, Heart disease.
- ❖ **Children Health**:- Growth and immunity get badly effected.
- ❖ **Economic Effects**:- People pay more for bad food, medical expenses increases.
- ❖ **Social Effects**:- Loss of trust in food industries.

Quote:- “A health outside starts from inside.”

LAW TO STOP FOOD ADULTERATION:-

In India, there are many Laws:-

- Prevention of Food Adulteration Act, 1954
- Food Safety and Standards Act, 2006 – *FSSAI was made under this.*
- Agmark and ISI Mark – Show food is safe and food quality.
- Consumer Protection Act, 1986 (replaced by *The Consumer Protection Act, 2019*)

Quote:-FSSAI mark is the spark of food safety.

HOW TO CHECK ADULTERATION AT HOME:-

- ❖ Milk:- Put a drop on a flat surface. Pure milk leave a white line, adulterated does not.
- ❖ Turmeric:-Add drops of acid, if it turns pink, it has lead salts.
- ❖ Chilli Powder:-Put in water, brick powder floats.
- ❖ Sugar:-Wash in water, chalk will settle down.

WHAT CAN WE DO TO PREVENT IT?

- ❖ Strict rules and punishments.
- ❖ More awareness campaigns.
- ❖ Regular checking in markets.
- ❖ Safe packaging of food.
- ❖ Consumers should buy from trusted shops and check ISI, Agmark, FSSAI.

SLOGAN:- “Pure food, sure health- Adulteration steals your wealth.”

ROLE CONSUMERS:-

We as consumers can also help. We should be alert, not to buy cheap items from roadside, report bad food to authorities and spread awareness among others.

CONCLUSION:- Food adulteration is a serious crime. It harm health, cheats people and destroy trust. Government and law must control it, but at the same time, we as consumers must also be aware and careful. Pure and safe food is right. A healthy country is possible only when people eat healthy and pure food. Adulteration free food is our right and we have to join hands in this fight.

SLOGAN:-

*Life tastes like an adulterated canned food,
canned for days and yet so satisfying but
you never know when will it poison your body and
unpredictably turn you into a corpse.*

Environment Characteristics



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The environment provides all necessities for life, from clean air to water and fertile land. However, human activities like pollution, deforestation, and resource exploitation have created a significant imbalance, leading to climate change and destruction. Protecting the environment requires collective action, including reducing waste, conserving energy, using eco-friendly products, and supporting sustainable policies. Individual efforts, supported by government regulations and community initiatives, are crucial for preserving a healthy planet for generations. destruction. Protecting the environment requires collective action, including reducing waste, conserving energy, using eco-friendly products, and supporting sustainable policies. Individual efforts, supported by government regulations and community initiatives, are crucial for preserving a healthy planet for future generations.

Environmental Threats

- **Pollution:**

Air and water pollution from industrial and vehicular emissions, as well as chemical use, degrade air and water quality.

- **Deforestation:**

The cutting down of forests destroys habitats and is a major contributor to climate change.

- **Resource Exploitation:**

Human activities overconsume and exploit natural resources, threatening ecological balance.

Solutions for a healthy environment

Reduce, reuse, recycle: Minimize waste by reducing consumption, reusing items, and recycling materials.

Conserve energy: Save electricity by turning off lights and appliances when not in use and supporting energy-efficient products.

Plant trees: Tree planting is an effective way to improve air quality and combat deforestation.

Support sustainability: Choose eco-friendly products and support green initiatives and policies.

Increase awareness: Educate communities and children on the importance of environmental protection to foster a sense of responsibility.

The Environment and Its Impact on Life:

It is a combination of natural and human-made components. Natural components include air, water, land and living organisms. Roads, industries, buildings, etc., are human-made components. The natural environment can be differentiated into four main components – Biosphere, Lithosphere, Hydrosphere and Atmosphere. The topmost layer of the Earth is called the Lithosphere, which is a thin layer of soil made of rocks and minerals. The hydrosphere consists of various types of water bodies like seas, oceans, rivers, lakes, ponds, etc. Atmosphere, consisting of water vapour, gases and dust particles, is the layer of air that surrounds the Earth. The living world consisting of human beings, plants and animals constitute the biosphere.

The environment is dependent on the interaction between all the different components. However, human beings play a huge role in the making and breaking of the environment. Being the supreme most intellectual power on Earth, human beings influence the wellness of the environment to a great extent. The impact of the environment on all living beings is directly proportional to the way human beings treat the environment. Any kind of existence would not be possible without air, water or land. Nothing to eat, not a drop to drink and nowhere to go is not what we or our future generations should expect to have. Every living thing depends largely on the environment for survival, and having a clean and safe environment is solely in the hands of the human beings.

Environment and the Need to Preserve It:

The environment is the fundamental source of all possible existence on planet Earth. However, over the recent years, the environment has been exploited excessively because of which the environmental conditions are becoming worse day by day. Pollution of air, water and land, mining,

industrialisation, modern urbanisation, deforestation, release of chemical effluents and landfills are some of the major factors that cause the gradual deterioration of the environment.

It is necessary to conserve the environment in order to protect wildlife and to preserve the different species. With the disastrous pace of climate change, a result of pollution and exploitation of the environment, finding out ways to protect the environment from any further damage should be the first priority. Bringing back the environment to its original state is critically important and is the only solution.

Working towards a common goal will be the easiest and fastest way to keep the environment from any more harm. According to Ban Ki-moon, “Saving our planet, lifting people out of poverty, advancing economic growth... these are one and the same fight. We must connect the dots between climate change, water scarcity, energy shortages, global health, food security and women’s empowerment. Solutions to one problem must be solutions for all”. This is what we have to act on and look forward to – finding the dots, connecting them and providing solutions.

The leaders of the world are working to reduce the rapid degradation of the environment, and there are organizations like the United Nations who come up with initiatives to create awareness and get people to take actions to curb the problems of the environment. Some of these initiatives include the 2019 Sustainable Development Summit, 2019 Climate Action Summit, 2030 Agenda for Sustainable Development, Paris Agreement and many other programs that include river conservation, afforestation, coastal management, wetland conservation and so on. While all these measures are in action, individuals are also obliged to take steps to preserve the environment that everyone is a part of. With everyone’s efforts, we can be sure that all of it will definitely make a difference and help the environment in becoming healthy and sustainable.

Biodiversity Conservation



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Biodiversity conservation is an urgent priority in environmental science, critical for maintaining ecosystem stability, providing ecological services, and supporting human well-being. With increasing threats from habitat loss, pollution, land-use change, and climate change, the need for robust conservation strategies is greater than ever.

Importance of Biodiversity Conservation

Biodiversity, the variety of life forms on earth which ensures ecosystem balance and resilience. Every species, from the smallest microorganism to the largest mammal, plays a role in sustaining ecosystems. Loss of biodiversity affects stability, productivity, and resilience, making ecosystems more vulnerable to diseases and environmental changes. For humans, biodiversity underpins ecological services such as pollination, nutrient cycling, water purification, soil formation, and climate regulation. Agricultural productivity, medicine, and livelihoods are deeply interconnected with protected, healthy ecosystems.

Current Challenges

Despite India's rich biodiversity, being one of the world's seventeen megadiverse nations with almost 8% of global flora and 7.5% of fauna biodiversity is under threat. Factors like deforestation, excessive resource extraction, infrastructure development, invasive species, and pollution accelerate species extinction. Only a small percentage of plant and animal species in India have been assessed for conservation risk, making effective policymaking challenging.

Conservation Strategies and Initiatives

India has adopted significant measures for biodiversity conservation. The unveiling of the National Red List Roadmap and Vision 2025–2030 marks a substantial step. This initiative, launched at the IUCN World Conservation Congress 2025, focuses on scientifically assessing the extinction risk of 11,000 species (7,000 flora, 4,000 fauna) and establishing a participatory, data-driven framework for action. It follows the IUCN Species Conservation Cycle assess, plan, act, network, and communicate—to ensure evidence-based conservation aligned with global standards like the Convention on Biological Diversity and Kunming-Montreal Global Biodiversity Framework.

Key Conservation Actions Include:

- Expanding and effectively managing protected areas.
- Strengthening legal frameworks, such as the Wild Life Protection Act.
- Monitoring and documenting endangered species.
- Community participation and traditional knowledge integration.
- Promoting ecological restoration and sustainable development practices.

The Road ahead success in biodiversity conservation demands sustained collaboration among governments, scientists, local communities, and international organizations.

India's roadmap to 2030 emphasizes integrating modern science with traditional wisdom, improving monitoring, and involving all stakeholders. Only through coordinated global and local efforts can biodiversity loss be halted, ensuring ecological security and sustained benefits for future generations

Protecting Our Environment for a Sustainable Future

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Introduction

The environment is the life-support system of our planet. It gives us air, water, food, and shelter everything we need to survive. But in recent decades, human activities like deforestation, pollution, and industrialization have caused serious harm to nature. Protecting the environment is essential to ensure that the Earth remains livable for future generations. Sustainable development means meeting our needs today without destroying the resources needed for tomorrow.

Environmental Challenges

1. Pollution: Air, water, and soil pollution are among the biggest threats to the planet. Factories, vehicles, and plastic waste release toxic substances that harm humans and wildlife alike. Air pollution leads to diseases, while contaminated water affects both people and aquatic life. Reducing waste, recycling, and using clean energy can help fight pollution.

2. Deforestation: Forests are vital for maintaining ecological balance. They purify the air, support biodiversity, and control the climate. Unfortunately, trees are being cut down at alarming rates for agriculture and urban development. This results in habitat loss and increases carbon dioxide in the atmosphere, leading to global warming.

3. Climate Change: Climate change is a growing crisis caused mainly by greenhouse gas emissions. The Earth's rising temperatures have led to melting glaciers, rising sea levels, and unpredictable weather patterns. If not controlled, it will cause food and water shortages, and displace millions of people.

Why Environmental Protection Matters

A healthy environment ensures the survival of all living beings. It provides clean air and water, fertile soil for farming, and stable weather for human life. Protecting the environment also means

protecting the economy—industries like agriculture, fishing, and tourism depend directly on nature. Moreover, when we care for the planet, we create a safer, cleaner, and more peaceful world.

Ways to Protect the Environment

- 1. *Reduce, Reuse & Recycle:*** Following the three R's helps minimize waste. Reducing consumption saves resources, reusing items cuts pollution, and recycling turns waste into new products.
- 2. *Save Energy and Water:*** Simple actions like switching off lights, using energy-efficient appliances, fixing water leaks, and collecting rainwater can make a big difference.
- 3. *Plant Trees:*** Trees absorb carbon dioxide, provide oxygen, and offer homes for wildlife. Every tree planted helps restore balance to the ecosystem.
- 4. *Use Eco-Friendly Products:*** Avoid plastic bags and prefer biodegradable materials. Choose products made from recycled or natural sources to reduce pollution.
- 5. *Spread Awareness:*** Educating others about the importance of the environment encourages collective action. Schools, media, and communities must promote eco-friendly habits.

Conclusion:

Protecting our environment is not just a duty—it is a necessity for survival. Every person, community, and nation must act responsibly to reduce pollution and conserve natural resources. By living sustainably and supporting green initiatives, we can secure a better, cleaner, and more sustainable future. The Earth is our shared home, and it's our responsibility to keep it healthy for generations to come.

कविता: लहलहाते पौधे



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ये लहलहाते पौधे, मुझे क्या बता रहे हैं—
कि हम चल नहीं सकते, पर लहरा रहे हैं,

बोल नहीं सकते, पर गीत गा रहे हैं।
हवा की ताल पर गुनगुना रहे हैं,

सहते हैं वार हम भी आँधी-तूफानों के,
मगर यह नहीं कि हम रोए जा रहे हैं।

डर है हमें जिनसे कटके मर जाने का,
उन्हीं में हम अंत तक जीवन जगा रहे हैं।

तुम उड़ते हो आसमान में, फिर भी ऊँचे नहीं—
हम जुड़े हैं ज़मीन से, और बढ़ते जा रहे हैं।

ये लहलहाते पौधे मुझे क्या बता रहे हैं।
कि हम चल नहीं सकते, पर लहरा रहे हैं।

कविता: एक दिन चिड़िया आएगी



*Rishi Modi, Entrepreneur, Baltana, Zirakpur
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पत्ते सुखने लगे हैं, सुखने लगा है जल ।

एक बार तो सोचो ऐसे कैसा होगा कल।

एक सपना था, चिड़िया आएगी, कोयल गायेगी,

मेरे घर का दाना खाएगी।

फूल खिलेंगे मेरी बगिया में, मधुमक्खी शहद बनाएगी।

एक दिन चिड़िया आएगी, एक दिन चिड़िया आएगी ।

पीपल की छाया में चैन से सोऊं, मीठे सपनों की दुनिया में खोऊं।

सच हो ये सबका सपना, सोचो हर पल।

मत उजाड़ो धरती मां को, करो कोई तो हल ।

सुखी नदियों में आस नहीं है, सुखे पेड़ों में सांस नहीं है।

फिर भी मन कहता है, एक दिन चिड़िया आएगी, मेरे घर का दाना खाएगी।

कविता: पर्यावरण को बचाना है।



निधि कंबोज, छात्रा, पीजीजीसी, सेक्टर 11, चंडीगढ़

पौधे लगाकर और पेड़ न काटकर,
अपना इस धरती के प्रति फ़र्ज़ निभाना है।
हमें पर्यावरण को बचाना है।

बिना काम के बिजली, पानी व्यर्थ नहीं बहाना है।
इसी बात को सबको समझाना है,
हमें पर्यावरण को बचाना है।

सिर्फ अपने घर को ही नहीं बल्कि अपने आस-पास
हर जगह को कचरे से नहीं, फूलों से सजाना है।
हमें पर्यावरण को बचाना है।

पर्यावरण को बचाना है, यही नारा घर-घर फैलाना है।
अपने तरीकों को बदलकर, अपने जीवन को लुप्त होने से बचाना है,
हमें पर्यावरण को बचाना है।

Poem: Cry of A Mother



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One night I heard a woman crying,
The sobbing filled my heart with guilt,
A guilt that I never felt before.
I tried to find her but I couldn't.
“My child, my child, Please help me.”
I thought I was hallucinating.
Mother earth, is that you?
My heart sank deep
By the thought that I failed to protect
The woman who gave us birth.
“What can I do for you mother?”
She replied, “I feel sick.
It feels sick, I am going to die soon.
The pollution caused by factories
Pollutes my lungs – I am suffocating.
Humans – My own children – my creation
Have even started cutting trees.

They hurt me.
They penetrate deep into my blood ocean
To take out those dark black pieces
Which they burn endless
To generate what they call
Power, electricity.
My child Please help me,
Provide me the pills
That will make me
Green and clean again.
“Yes mother. I will. I will.”
And then on I venture,
And found ways to clean our mother.
Let's join our hands and pledge
To make our mother earth, our creator,
Green and beautiful again.
Let's use solar energy and wind energy,
Let's leave behind this dark black masses.
Let's switch to CNG
And leave those crude oil.
Let's pledge to
Use clean and green energy.
Clean and green energy.

The Hidden Pharmacy Around Us: How the Environment Can Heal?



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We often think medicine comes only from hospitals or chemists, but what if the environment itself is a pharmacy? From the air we breathe to the soil under our feet, nature provides healing compounds and experiences that science is only beginning to understand. This article explores how everyday nature can improve our health in surprising ways.

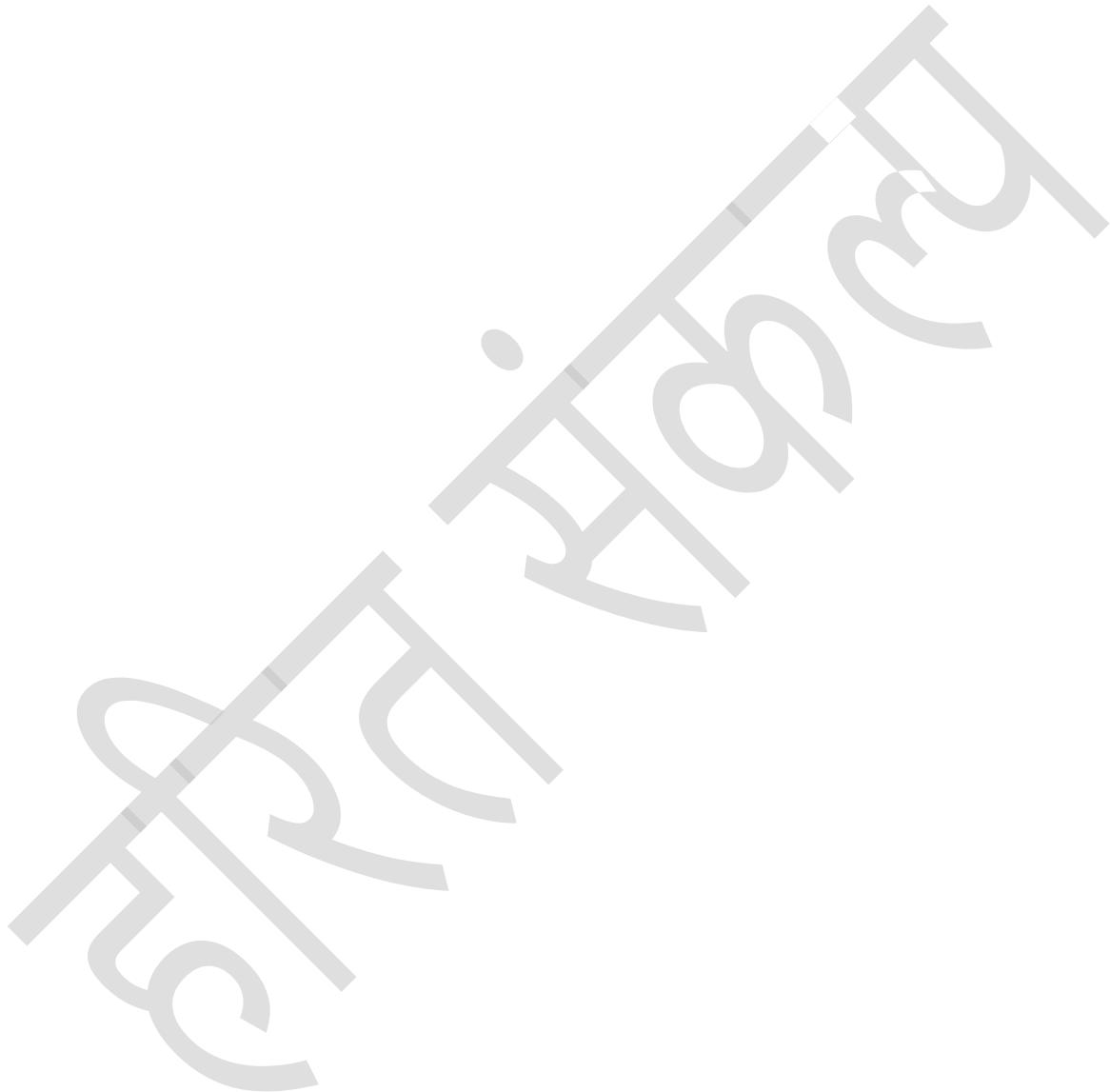
- Forests and urban trees release phytoncides, natural chemicals that boost immunity and reduce stress.
- Fresh air improves lung function, brain focus, and even sleep quality.
- Green, blue, and earthy colors calm the mind.
- Listening to birds, rustling leaves, or running water can lower anxiety levels. Natural light regulates our circadian rhythm, helping mood and energy.
- Soil, Plants, and Microbes: Contact with soil exposes us to friendly microbes, which improve our gut health and immunity. Growing plants or gardening reduces stress and creates a sense of purpose.

Interactive Twist for Readers:

Try a “Nature Scan”: spend 5 minutes observing 5 things in nature—colors, sounds, textures, smells, and shapes. Notice changes in mood, creativity, or energy.

Challenge the friends to do it and compare experiences.

Nature is more than a backdrop, it's an active healer. By engaging our senses and interacting with the environment daily, we can tap into a natural pharmacy that improves both mental and physical health. Next time you feel stressed or tired, remember: healing is often just a step outside.



Poem: The Whispers of Nature



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Introduction for the poetry: My poem ‘The Whispers of Nature’ is about the myth that often stays in people's mind that nature is weak or just beautiful, because I see the reflection of strength behind the beauty of nature. My poem serves as a warning for human beings who think that nature is harmless. “For if nature knows how to create humans it also knows how to destroy them”. Here the poem goes.

“The whispers of nature”

Some people say, Nature is all about trees,
All about blooming flowers, and sunset scenes.

But it never made sense to me , for when I see the storms,
The lightning that cracks open the sky, I see the rage, I see the power,
A warrior in a beautiful disguise.

In the calm of the lake, I see my reflection,

So I disrupt its mediation with my finger, and it was fun to see, Until I saw what ruptured was my own image, And what else could it be ? .

“That is what we have been doing”,

And the mist in my mind settled as the ripples of water did, a clear thought shone like the moon late at night,

A warning, a siren, the echoes whispered behind my mind.

I realised-

We disturbed the cycle of nature, and the waves overflowed,

Ripples of flood, lava, famine drought arose, While What died was human life,

And what settled was nature with time.

For if nature can be beautiful, Don't forget it can be strong,

And if they think it is harmless, Well, they might be wrong.

So when some people say “nature is life”,

I hear the voice so clear,

The whispers behind my mind-

“The evils done are never forgotten, So take your steps carefully my dear,

Because When life forgets the taste of death, Remember-It must be near”.

More Than Waste



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The title “**Kachra Wala**” first entered my life when I moved from my quiet rural village to a municipal city. I was surprised to learn that this term referred to a person who goes door to door, collecting garbage. but what struck me even more was how easily society had reduced this role to just "a garbage man" as if that's all the person is. no respect, no identity just someone who deals with waste.

In my village, I had never seen such a system. there, every household took responsibility for managing and disposing of their own waste. But times are **changing and** not always for the better. With the increasing use of plastic and non-biodegradable materials, it has become nearly impossible for rural communities to dispose of their waste responsibly. What follows is a dangerous trend: garbage dumped carelessly, wherever convenient.

Recently, I visited my ancestral home in Himachal, the most peaceful, pure, and beautiful place I know. one evening, I went for a walk, hoping to soak in the calm of the hills. but what I saw was deeply disturbing. At almost every turn, and in narrow streams between mountain slopes, there were heaps of garbage. It wasn't just one spot, this is now the reality in many villages. with no functioning municipal bodies and little accountability, garbage has started to silently invade our once-pristine rural landscapes.

City life tells a similar story. we've all witnessed what happens during monsoons **with** blocked drains, flooded roads, and garbage floating everywhere. In all this, one thing becomes painfully

clear: our public lacks civic sense. from throwing chips packets out of bus windows to burning waste in the open, the problem isn't just infrastructure **but** it's attitude.

According to the **Ministry of Housing and Urban Affairs** (mohua), India's cities generate over 15,000 tonnes of solid waste every day, yet only a quarter of it is scientifically and sustainably processed. at the national level, the statistics are equally alarming: **India** generates about 62 million tonnes of municipal solid waste annually. of this, only 70% is collected, and just 30% is actually processed. but what's even more worrying is that these numbers only cover urban **India**. There is no official data for garbage generated in rural areas, which means an entire segment of the country remains invisible in national waste management reports. This absence of accountability in villages leads to unchecked dumping in open fields, near water sources, and alongside roads. **No one** tracks how many mosquitoes, carriers of diseases like **Dengue** and **Malaria** are born in these stagnant garbage-filled drains. **No one** asks how many water-borne illnesses are spread by contaminated runoff in places where a qualified doctor is often miles away, and treatment is delayed or even unavailable. these are not just environmental issues, they are life-threatening realities. as a young woman,

I've noticed something very personal yet rarely spoken **about the** lack of safe disposal options for menstrual waste in rural areas. in cities, we barely think twice about what sanitary product to use. **But** back in my village home in **Himachal**, the decision isn't that easy. **Do I** use a sanitary product and add to the waste problem near my home? or **do I** go back to unhygienic practices that put my health at risk? This isn't just my personal **dilemma**; it is a daily reality for countless young girls and women in remote villages and hill areas. **We** often speak about menstrual health and hygiene in campaigns, distribute sanitary pads, and consider the problem solved. but the real question is , where is the system to dispose of them safely? Without proper disposal infrastructure, how can we expect women to use these products regularly and confidently?

Awareness alone is not enough. distribution is only the first step. There must also be policy level planning for safe collection, disposal, and waste segregation of menstrual waste in rural areas., otherwise, these well-meaning efforts turn into half-baked soluions. **It** reminds me of the **LPG** cylinder campaign, a slogan that promised **Pradhan Mantri Ujjwala Yojana** "Clean Fuel, Better Life".

While many families did receive cylinders, after the price hikes, many of those cylinders sat unused. why? Because refilling them became unaffordable. The campaign succeeded in distribution, but failed in sustainability. The same pattern is repeating with menstrual products. we must move beyond visibility and slogans and ensure that solutions are complete, accessible, and sustainable, not just on paper, but on the ground. Even in cities, where systems exist, the problem lies not in infrastructure but in mindset. Our garbage collector repeatedly asks residents to separate waste- wet, dry, sanitary, yet few listen. people wonder, “why should we do it? isn’t that his job?”.

Such an attitude reflects a deep disrespect for both the individual doing the job and the environment. Separating waste takes only a few extra seconds, but our careless habits make us part of a bigger problem, the creation of garbage mountains that are eating up land, poisoning groundwater, and making lives miserable for those living nearby.

It's time we start seeing waste for what it really is: a serious threat not just to the environment, but to our public health, space, and future generations. I often think, why not take children and parents on educational trips to garbage dumping sites? Not to shame, but to understand. to move beyond charts and slogans and experience the ground reality of what we create every single day. maybe then, children will grow up not just learning about the 3R's (reduce, reuse, recycle), but actually practicing them.

If we can build better habits at home, separating waste, reducing plastic, and respecting the workers who clean our surroundings. We'll start to change more than just our own lives & to change the system. Because in the end, it's not just “**Kachra Wala**” job, it's everyone's responsibility.

***THINK ABOUT IT.
HAPPY READING!***

Environment Collage: A Glimpse of Nature's Harmony



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This environment collage is a collection of original nature photographs clicked by me, capturing the simple yet profound beauty of our surroundings. The images include animals, flowers, and the moon, each reflecting peace, balance, and happiness in everyday life.

Through this collage, I aim to showcase the serenity of nature and remind viewers of the importance of preserving its purity and charm. Collage description is about **the harmony between humans and nature**, that peace and happiness already exist around us if we learn to observe and appreciate the natural world.

“Peace and joy lie in living in harmony with nature.”



*Nature's calm
captured in
moments of life
and light*

*Happy!
Moment...*

Original Photos Clicked By
~ Tanish Garg
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Chhath Puja and Health: The Scientific and Spiritual Significance of Sun Worship



Dr N D Sharma Devshali, IPRO (Punjab Government)

Introduction

In Indian culture, every festival is not merely a religious ritual but a celebration of balance between nature, the human body, and the soul. Among these sacred and disciplined festivals, Chhath Puja holds a unique place. Dedicated to Lord Surya (the Sun God) and Chhathi Maiya, this festival symbolizes not only faith and devotion but also a profound harmony between the human body, nature, and the universe. It blends spirituality with science and health in a remarkable way.

Historical and Religious Background of Chhath Puja

The tradition of Chhath Puja dates back to the Vedic era. The Rigveda refers to the Sun as “Sarva Roga Nivaraka” - the destroyer of all diseases, the ultimate source of light and energy.

According to the Puranas, Lord Rama and Sita performed Surya worship on Kartik Shukla Shashti after their return to Ayodhya from Lanka.

In the Mahabharata, Karna, known as the son of the Sun, is said to have offered daily oblations to the Sun to gain divine strength. Thus, Chhath Puja represents not just a ritual but the most ancient and scientific form of solar worship practiced in Indian tradition.

The Procedure and Purity of the Vrat (Fasting Ritual) Chhath Puja is a four-day-long disciplined observance, emphasizing purity in food, behavior, and thought.

1. Nahay-Khay (First Day):

On this day, devotees bathe and prepare sanctified food, usually lauki-bhaat (bottle gourd and rice). This marks the initial purification of the body and prepares the digestive system for fasting.

2. Kharna (Second Day):

Devotees observe a full-day fast and in the evening prepare kheer (sweet rice pudding made with jaggery) and roti as offerings. This fasting helps in detoxifying the body and balancing internal energy.

3. *Sandhya Arghya (Third Day):*

Devotees offer arghya (water oblation) to the setting sun, symbolizing self-control, gratitude, and humility. Standing in water during sunset helps align the body and mind with the rhythm of nature.

4. *Usha Arghya (Fourth Day):*

The ritual concludes with offering arghya to the rising sun at dawn, symbolizing renewal, hope, and spiritual awakening. Throughout these four days, devotees practice sattvic living — pure diet, self-restraint, silence, meditation, and contact with natural elements — all of which balance both body and mind.

Scientific and Health Perspective

Behind the spiritual practices of Chhath lies a deep scientific logic. The festival falls during Kartik month, a transitional period between monsoon and winter, when the human body undergoes physiological changes. The observances of Chhath help in restoring internal balance.

1. *Benefits of Ultraviolet Rays:*

During Shashti Tithi, ultraviolet (UV) rays from the Sun reach the Earth in higher intensity. Standing in water while offering arghya allows controlled exposure to sunlight, stimulating vitamin D production and strengthening the bones.

2. *Detoxification of the Body:*

Continuous fasting and consumption of light, natural food give rest to the digestive system. This helps eliminate toxins, purifying the liver, stomach, and blood circulation system.

3. *Regulation of Blood Pressure and Mental Health:*

Exposure to sunlight and immersion in water increase the secretion of serotonin, a hormone that reduces stress, depression, and insomnia. It helps maintain stable blood pressure and heart rhythm.

4. *Enhancement of Vital Energy (Prana Shakti):*

Standing in water and meditating towards the sun generates the effect of pranayama, strengthening the respiratory system and improving oxygen absorption in the body.

5. *Collective Meditation and Positive Energy:*

The communal nature of Chhath Puja promotes social unity, cooperation, and collective positivity.

Such group meditation enhances mental peace and emotional stability.

Spiritual and Psychological Benefits

Chhath is not merely a fasting ritual — it is a discipline of the body, mind, and soul. It purifies the spirit, removes ego, and cultivates gratitude and patience. By bowing to the Sun, devotees experience a sense of oneness with nature and the cosmos. It teaches that the energy of nature is the true source of life and that harmony with it leads to well-being and enlightenment.

Cultural and Social Significance

Chhath Puja is celebrated with deep devotion in Bihar, Jharkhand, Eastern Uttar Pradesh, and the Terai regions of Nepal. It transcends barriers of caste, class, gender, and wealth. On riverbanks, lakes, and ponds, people worship together, representing equality, unity, and social harmony.

Chhath is therefore a festival that integrates faith, science, health, and social ethics, a reflection of India's holistic life philosophy. Chhath Puja teaches that the Sun, the ultimate source of energy, is not merely a deity to be worshipped but a symbol of health, vitality, and universal life force.

It embodies the perfect union of spiritual devotion, scientific reasoning, and natural health practices. "In the lap of nature, within the energy of the Sun, and through the discipline of self-control lies the secret of health, beauty, and prosperity."

POSTER

A Child's Imagination-

Save the Earth, Respect the Nature, Say No to Plastic



Paramakshi Sabharwal, Class 2 'D', KB DAV, Sector 7, Chandigarh



पर्यावरण संरक्षण और वैदिक धर्म



मनोज कण्डा, जिला संजोजक, पर्यावरण संरक्षण गतिविधि, जिला शहीद भगत सिंह नगर
ॐ श्री गुरुभ्यो नमः ! हरिः ओम् !

वैदिक साहित्य में पर्यावरण संरक्षण का गहन महत्व है, जहाँ प्रकृति के विभिन्न घटकों को देवतुल्य मानकर उनकी रक्षा और सम्मान की प्रेरणा दी गई है। यहाँ कुछ प्रमुख वैदिक मंत्र प्रस्तुत हैं जो पर्यावरण के प्रति श्रद्धा और संरक्षण की भावना को अभिव्यक्त करते हैं:

1. शान्ति मंत्र (यजुर्वेद 36.17)

मूल मंत्रः

“द्यौः शान्तिरन्तरिक्षं शान्तिः पृथिवी शान्तिरापः शान्तिरोषध्यः शान्तिः।

वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्म शान्तिः सर्वं शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि॥”

भावार्थः

इस मंत्र में सम्पूर्ण सृष्टि—आकाश, पृथ्वी, जल, औषधियाँ, वनस्पतियाँ, देवता, ब्रह्म और समस्त जगत के लिए शांति की कामना की गई है। यह मंत्र पर्यावरण के सभी घटकों में संतुलन और सामंजस्य की प्रार्थना करता है।

2. पृथ्वी सूक्त (अथर्ववेद 12.1)

मूल मंत्रः

“माता भूमिः पुत्रोऽहं पृथिव्याः।”

भावार्थः

इस सूक्त में पृथ्वी को माता और स्वयं को उसका पुत्र कहा गया है, जो पर्यावरण के प्रति गहन आत्मीयता और संरक्षण की भावना को दर्शाता है।

3. वृक्षों के प्रति सम्मान (ऋग्वेद 5.41.11)

मूल मंत्रः

“नमो वृक्षेभ्यो हरिकेषेभ्यः।”

भावार्थः

इस मंत्र में हरे-भरे वृक्षों को नमस्कार किया गया है, जिससे स्पष्ट होता है कि वैदिक काल में वृक्षों को देवता के समान माना जाता था और उनकी रक्षा को धर्म का हिस्सा समझा जाता था।

4. वायु देवता की स्तुति (ऋग्वेद 1.134.1)

मूल मंत्रः

“वायवायाहि दर्शतेमे सोमा अरं कृणुहि बृहद्वयः।”

भावार्थः

इस मंत्र में वायु देवता का आह्वान किया गया है और उनसे जीवनदायिनी वायु प्रदान करने की प्रार्थना की गई है, जो शुद्ध वायु के महत्व को रेखांकित करता है।

5. जल की महिमा (ऋग्वेद 10.9.1)

मूल मंत्रः

“आपो हि ष्ठा मयोभुवस्ता न ऊर्जे दधातन।”

भावार्थः

इस मंत्र में जल को आनंददायक और पोषणकारी बताया गया है, जिससे जल संरक्षण की आवश्यकता और महत्व स्पष्ट होता है।

6. सूर्य की स्तुति (ऋग्वेद 1.50.10)

मूल मंत्रः

“उद्वयं तमसः परि ज्योतिष्पश्यन्त उत्तरेण।

देवं देवत्रा सूर्य गच्छन्तो यत्सवितारमप्रावः।”

भावार्थः

इस मंत्र में सूर्य देवता की स्तुति की गई है, जो प्रकाश और ऊर्जा के स्रोत हैं, और जिनकी कृपा से जीवन संभव है।

7. वनस्पतियों की प्रार्थना (अथर्ववेद 12.1.35)

मूल मंत्रः

“ओषधयो वनस्पतयः पृथिव्याः सन्तु नः प्रजाः।”

भावार्थः

इस मंत्र में औषधियों और वनस्पतियों से प्रजा की रक्षा और कल्याण की प्रार्थना की गई है, जो उनके संरक्षण की आवश्यकता को दर्शाता है।

इन वैदिक मंत्रों से स्पष्ट होता है कि प्राचीन भारतीय संस्कृति में पर्यावरण के प्रत्येक घटक को देवतुल्य मानकर उसकी रक्षा और सम्मान की प्रेरणा दी गई है। आज के समय में, जब पर्यावरणीय संकट गहराते जा रहे हैं, इन मंत्रों की शिक्षाएं हमें प्रकृति के साथ संतुलित और सम्मानजनक संबंध स्थापित करने की प्रेरणा देती हैं।

जय सत्य सनातन वैदिक धर्म!

पर्यावरण संरक्षण के लिए समुदाय द्वारा उठाया गया स्वागत योग्य कदम



मनोज कण्ठा, जिला संजोजक, पर्यावरण संरक्षण गतिविधि, जिला शहीद भगत सिंह नगर

नवांशहर के मॉडल टाउन निवासियों ने परस्पर सहयोग से मॉडल टाउन को हरित टाउन बनाया: मॉडल टाउन कॉलोनी ने आज से 15 साल पहले परस्पर कॉलोनी वासियों के सहयोग से एक विशेष पौधारोपण अभियान चलाया गया, जिसमें कॉलोनी निवासियों ने भाग लेकर अपनी कॉलोनी को हरा-भरा बनाने का संकल्प लिया। इस अभियान का मुख्य उद्देश्य पर्यावरण संरक्षण और हरित वातावरण को बढ़ावा देना था।



इस कार्यक्रम को गति दी पर्यावरण संरक्षण गतिविधि के सदस्य सरदार तरलोक सिंह सेठी ने जो पर्यावरण प्रेमी होने के साथ साथ उनका अपना बीज और खाद का भी व्यवसाय है वीक नर्सरी भी चलाते हैं वास्तव में आज हमकों पौधा लगाना जरूरी हो गया है। हमें समय रहते स्थान से ऊपर उठकर पौधों की आवश्यकता अधिक महत्वपूर्ण लगने लगी है। पर्यावरण संरक्षण के लिए मूल आवश्यकता है पौधारोपण करना। पौधरोपण करके उसे विकसित करना और वृक्ष बनाना यही हमारा संकल्प होना चाहिए। इस अभियान में बड़ी संख्या में कालोनी के रहवासी शामिल हुए।

पौधरोपण अभियान में स्थानीय निवासियों ने मिलकर कॉलोनी में विभिन्न प्रकार के पौधे लगाए और उनकी देखभाल का जिम्मा उठाया। कॉलोनी के लोगों ने मिलकर फलदार, छायादार और कुछ औषधीय पौधे भी लगाए गए। यह पहल न केवल पर्यावरण के लिए लाभदायक है, बल्कि आने वाली पीढ़ियों के लिए एक हरा-भरा और स्वच्छ वातावरण सुनिश्चित होगा। इस वक्त कालोनी में लगभग 80 प्रकार के औषधीय पेड़ पौधे लगे हुए हैं।

इस अभियान के प्रमुख आयोजक तरलोक सिंह सेठी ने कहा कि "हम सभी का कर्तव्य है कि हम अपने पर्यावरण को संरक्षित करें और उसे हरा-भरा बनाएं। यह पहल हमारे बच्चों और आने वाली पीढ़ियों के लिए एक बेहतर भविष्य का निर्माण करेगी।" उन्होंने कहा की इसके इलावा कालोनी का अपना वर्तन बैंक भी बना हुआ है जो की विशेष कार्यक्रम में इस्तेमाल होता है।

कालोनी निवासी प्रवेश कुमार की अपनी कपड़ों की दुकान में जो कपड़ा बच जाता है उनको अपने खरचे पर बैग बनाने का काम किया जाता है और निशुल्क बांटे जाते हैं। कालोनी ने खाद बनाने का यूनिट भी लगाया है। कालोनी में कई फलदार वृक्ष जैसे की आड़ , अमरुद , आम आदि लगे हुए हैं जिनका फायदा कालोनी निवासी अक्सर मौसम आने पर लेते हैं। कालोनी में की प्रकार की मौसमी सब्जियां भी लगाई जाती हैं। जहां पर सुबह सुबह चिड़ियों और अन्य पक्षियों का भी छ्याल रखते हुए उनको बाजरा , रोटी भी दी जाती है।

मॉडल टाउन कालोनी के निवासियों की इस पहल की काफी लोगों ने सराहना की। इस अभियान को अन्य कॉलोनियों के लिए प्रेरणादायक उदाहरण माना जा रहा है। इस तरह की पहल से न केवल पर्यावरण को लाभ होगा, बल्कि समाज में एकता और सामूहिकता की भावना भी प्रबल होगी।

Paryavaran Sanrakshan Gatividhi Punjab

Social Internship Program (SIP)-01

Venue of Training Session, Nawanshahr

Dated:07-09-2025



Harit Campus Training Program



Harit Campus Training By PSG Nawanshahr



हरित संकल्प

द्विभाषी पत्रिका

मासिक पत्रिका:मासिक न्यूज़लेटर | Monthly Newsletter

नवंबर 2025 | November 2025

“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

TREE PLANING

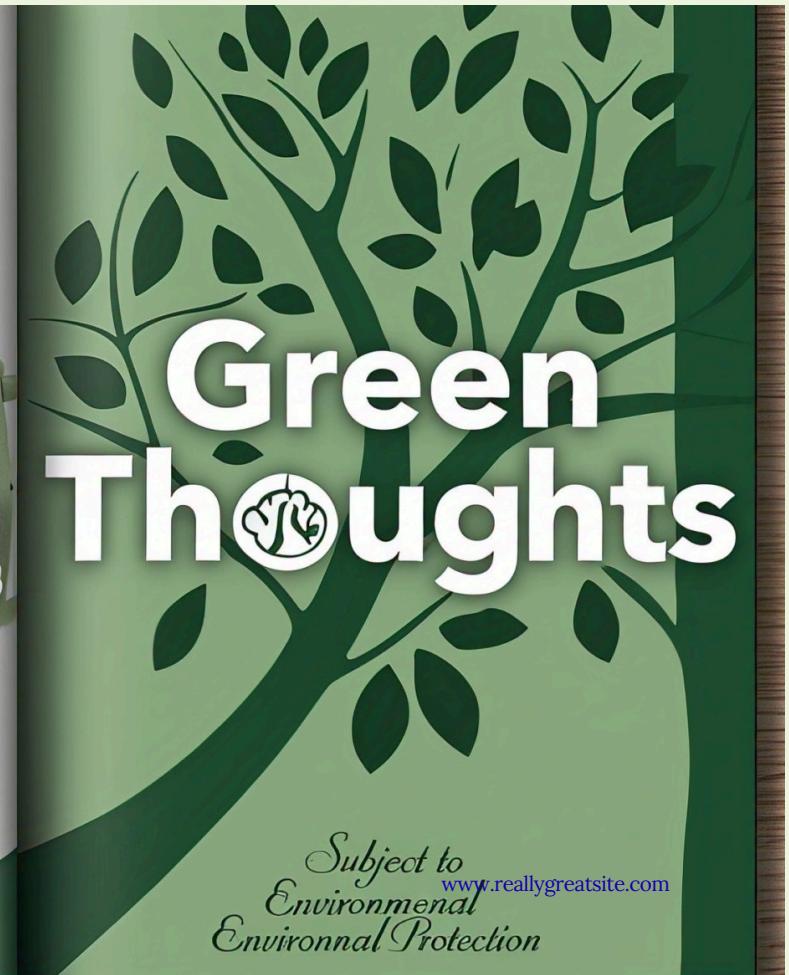
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Untly anidans **Harie Vatiurs**

World War History

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