

Business and Environmental Protection

“Environmental Protection –It is none of your business “mind your own beeswax- means this is not a concern to you. The environment was in general a segment not much considered by the Management stream. It was always a subject learned in science, implemented in science, and evolved in science. But time has changed and changing environment has become an inevitable part of everyone’s business. It is significantly necessary for every business to play a significant role in environmental protection.

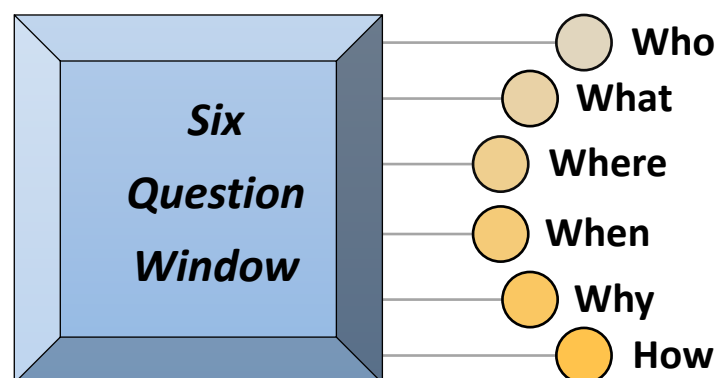
Yes! Business and Environmental Protection elaborates on the thoughtful concern about the environment that every business leader and decision-maker must antagonize.

The term “environment” refers to these surroundings that are also made up of resources that are beneficial to human life. Natural resources include land, water, air, fauna & flora, and it also includes raw materials, manmade resources, arts, culture & heritage, socio-economic institutions, and human resources. It is extensively endorsed that the quality of the environment is rapidly deteriorating, mainly due to industrial activity.

Pollution is dangerously affecting the environment, human life & other species on the earth. The several climatic changes happening around us are because of global warming. Global warming is happening because of the actions of humans and the technological development of the human activity.

Many harmful chemical wastes are absorbed by the environment which is causing risks to environmental quality, human life, and other creatures on the earth, natural resource & manmade resources.

Business and Environmental protection can be looked at from 6 question window.



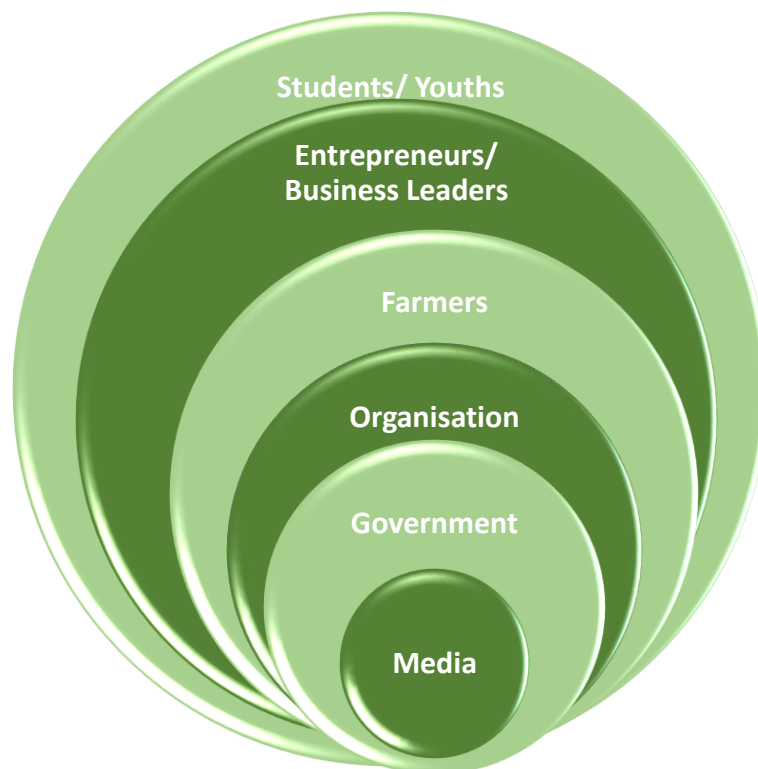
What need to be protected?

In the race of achieving economic growth in a country, natural resources are diminished and utilized at the maximum without even thinking about the future requirement. It is a requisite of all the role players to contribute their best possible to the sustainable conservation, preservation, and, protection of the environment.

There are different parts of the environment that can be protected. Soil, water, Air, Forest, Fauna & Flora, and even the arts, culture & heritage.

Who must protect the environment?

Environmental protection is definitely a concern of every individual. Every person can look at the protection of his surrounding in an individualistic way, there are different role players that can contribute the sustainable environmental protection.



Where does it has to be executed?

Environmental protection can be done in the place where we are living, working, or utilizing directly or indirectly. There is no restriction on where it has to be done.

For example: Kannada New Channel is working on save tiger forest near 'Bandipura forest 'and also worked on uplifting the community surrounded to it. Every human being can think & follow within his limit, Entrepreneurs /Organisations and Government & Media can look at the issue at the macro level, Farmers can execute the environmental protection activity at the place they are cultivating.

When Environmental Protection need to be done?

“Now or never” because tomorrow never comes. Right now is the right time to start the right work. We must not wait for the more crisis to happen, more danger to occur. We are already late because maximum of the environment is already affected. At least not neglecting further everyone must work on the conservation, development, preservation & protection of environment. Moreover don't wait for the compulsion to protect your environment neither wait for the restriction to laid.

One more caution and suggestion: Don't wait to inaugural the eco-friendly activity from the day of World Environmental day lies on June 5th of every year & don't wait to get hyped by the media capture.

Why Environmental protection is must?

Its crisis at the moment essential to take a strong forward move on the protection of environment. Instead, every human being must work on environmental protection before everything becomes history. We are facing a hazardous risk from the environmental pollution - ozone layer depletion, global warming, losing the quality of soil, historical monuments are getting effected, fauna & flora is in dangerous circumstance of decreasing in its strength & volume. As the environment defines about Air, soil, water as a prominent requirement of a human life similarly Culture & Heritage are also the strongest representation of our environment which contributes to the sustainability of human life on earth; for many different reasons culture is being diminished in the name of development. Therefore it is and necessitate to protect the environment in all the phases to maintain the balance of life on the earth.

How the environmental Protection can be contributed by different role players?

- Individuals keep their surrounding clean, do not throw garbage, Become more environmentally friendly by avoiding the usage of plastic, and prepare eco-friendly daily required items, like, paste, shampoo, soap, washing liquids for cloth, vessels Bathrooms & toilets. Replacement of sanitary pads with reusable cloths, kids' diapers to reusable cloth diapers, fabric with a cotton cloth etc.
 - Students/ Youths are the significant change makers because there is a beautiful statement "If a plant would not bend then how would a tree bend?" Their innate interest is a prime contribution to environmental protection. Youths can build a concrete interest on not wasting papers, less junk eating which subsidizes to less plastic waste.
 - Entrepreneurs are the economic drivers whose optimistic impact is the road map for the community. Their contribution is worthwhile as the greatest gratitude of giving back from where they have benefited. Entrepreneurs use natural resources, human resources etc required to run their business. Righteous and concerned use of the available resources is in the hand of the business owner. For example an entrepreneur running a construction industry can make sure while construction planning is designed in such a way that natural resources are not damaged neither demolished. He builds an eco-friendly house by preserving the original green in the location and may value add more greenery in the landscape.
 - Farmpreneurs may look into the organic growing culture which can reduce the soil pollution. Instant and immediate reward of return on crop can be replaced by using organic manures and organic culture. Instead of producing using a chemical to grown products it is suggestible use the traditional farming .
 - Employers or Companies involved in production activity of different utilities can use low waste and clean technology for the industry equipment's. Recycling of Industry wastages to minimise the pollution water, upgraded machinery that minimises the air pollution.
 - Industries must adhere the rules & regulations laid by the government. The businesses should take steps to save the environment by setting up campaigns of planting trees, cleaning of rivers, save animal campaign, inspiration and encouragement towards culture & heritage.
 - Government is the rule maker who can bring the strict positive changes via rules & regulations. Laying down the rules to the Enterprises will make become more responsible to compete.
 - Media plays one of the dominant role because it's a medium to reach to the large number of mass. Media can set an example by practicing the sustainable environmental protection activities. There are many news channels are channelizing the environmental social responsibility in a very responsible way by creating a footprints to follow.
- There are many tiny changes that can bring a magnificent contribution to the environment.

Exercise

- 1. There are different role players who contribute to environmental protection; are there any other additions to these role players listed above?**
- 2. Being and Student/ Youth what is your contribution to the environment?**
- 3. List the eco-friendly replacement you suggest for the day to day chores.**

Causes for pollution.

It must be accepted that unwanted waste elimination is produced by entire segments of our society, comprising manufacturing, government, farming, mining, energy, transport, building construction, and customers who are end users of many products and services. The manufacturing unit is a main cause of waste generation, both in terms of quantity and toxicity, among the several sources of pollution.

Types of Pollution are

Air Pollution

Automobile Industries, Manufacturing units, factories forest fires, and homes with combustion usages, are the few common sources of air pollution. Smoke & other pollutants emitted by the factories will weaken the ozone layer as result leading to Global Warming.

Water pollution

Water is one of the main sources of daily requirements. As water is a universal solvent it absorbs all the waste and toxic chemicals that come from farms, cities & factories. This seriously produces water pollution and has created a severe threat to many creatures including Human beings.

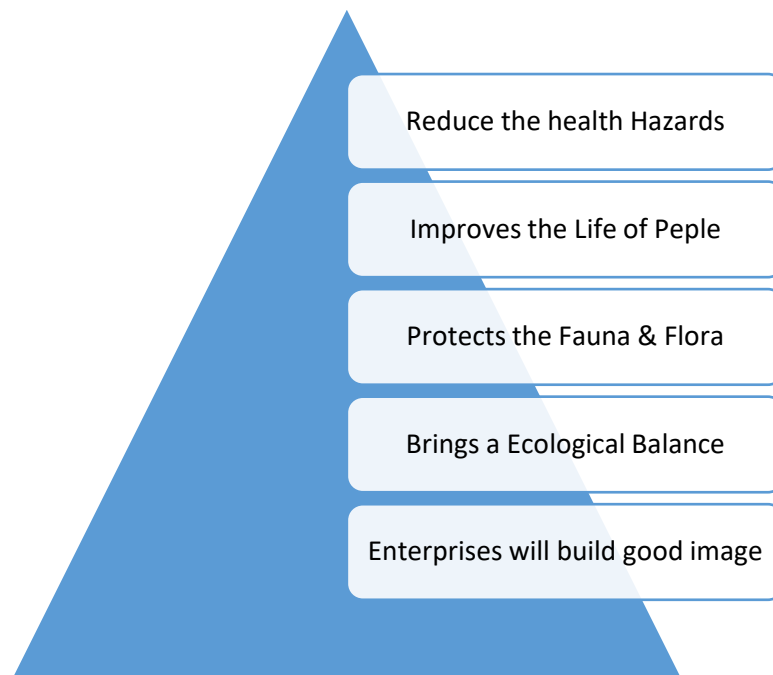
Land Pollution

Dumping of solid & liquid waste items on land or underground pollutes the land. The quality of soil loses its natural composition and becomes unfit for farming or planting.

Noise pollution

Noise pollution rises from automobiles and factories. It is not only annoying but also creates an extensive health hazard. Heart problems, hearing loss & mental illness are the problems caused by noise pollution.

Need for Pollution Control



Reduce the health hazards

A good environment creates a healthy atmosphere & healthy human life. It is said that a healthy man is a happy man. If human life is always at risk. There are many new diseases are arriving because of the polluted environment. Creation on earth is at risk. But we hold all the responsibility to reduce by using sustainable business practices.

Improves the life of people

Healthy and Organic living improves the life and life span of human life parallel to human life other creatures are safe. People living in the villages are healthy when compared to cities because of the pollution. Thereby reducing pollution will radically contribute to the improvement I the life of people.

Protects Fauna & Flora

Pollution is affecting drastically Fauna & Flora which brings a massive change in the overall structure of the environment. Because of afforestation and pollution forest is reducing their density. Therefore controlling pollution will protect Fauna & Flora.

Brings ecological balance.

Every life on the earth co-exists. It is very much dependent on each other. The human population is increasing and animals and birds are reducing, and lakes are becoming dry land for human cultivation & life. All these bring ecological imbalance. Thereby pollution control will bring an ecological balance.

Enterprises will build a good image.

To chase the competition in the market it is also a must for enterprises to build an image by adopting sustainable business practices.

Role of Business in Environmental Protection

Protection of the environment is everyone's responsibility because every life will be affected by environmental issues. Everybody is affected by environmental issues. Developing sustainable implementations within the organization, as well as in industry, can benefit and protect the planet for forthcoming generations.

- **Central players in Environmental Protection**

Confronted by universal environmental complications, enterprises/ businesses have turned out to be central players in environmental protection.

Ecological Accountability By accomplishing their ecological accountabilities, business organizations can generate a respectable external image and increase backing from the community & government.

Corporate Environmental Responsibility and economic growth are intricately interconnected.

- **Competition and Green development will go hand in hand.**

If companies don't want to be out of the competitive market environment; Business leaders must adopt the trend of green development by adopting the "Go Green" concept, rather updated technology, designing the structure of the Industry matching to the International standard, Optimum Utilisation of Human resources, reduction in consumption of resources & polluting environment

- **Setting up campaigns**

Business enterprises can design and assign different campaign drives for ecological benefit & sustainability of the environment. Planting trees, cleaning rivers, adopting villages to preserve the culture & heritage, protecting Fauna & Flora, replacement of fewer paper transactions/paperless transactions, Green campuses, Zero plastic Zone, etc. can be the best examples for campaigns.

- **Looking for P2 opportunities**

Pollution prevention or more simply, P2, is the "ounce of prevention" approach to environmental protection. Instead of producing waste materials that then have to be wisely managed and disposed of, Businesses must adopt eco-friendly technology which reduces the elimination of waste from production

For example: Automatically turning off lights when not in use. Repairing leaky faucets and hoses. Using LED lighting which minimizes energy use etc.

- **Adopt & follows laws & regulations**

Businesses must adhere to, adopt & follow the laws & regulations laid by the government. Participation in government programs & supporting the campaigns organized by the government.

- **Workshop & Training**

Businesses can arrange workshops & training for the suppliers, customers as well their employees to become environmentally sensible.

- **Sustainable Business Practices**

Even small businesses can mark substantial steps toward becoming more sustainable. Business practices allow companies to minimize or curtail the negative practices that impact the environment while the company is making similar or more profits by adopting positive and sustainable business practices.

For Example: Video conferencing instead of spending money on traveling from different places for a meeting.

Case Analysis: Gift that is grown in the Garden

A very simple sustainable activity of an IT firm. The firm is having 100 employees on campus. They have a practice of celebrating everyone's birthday on campus. It is an expense but happiness to the employees. This practice has changed to an eco-friendly birthday celebration. Instead of drinking Juices and eating junk & gifting items that are of no use: they have shifted to gift a bucket of vegetables grown in the campus garden. Beautifully packed vegetables are a gift to the employees on their birthdays. Every employee is engaged in the garden at least once a week as a rejuvenation. Vegetable grown is pure organic using manure & all the food / Vegetable or Fruit waste is produced if any on the campus. Water is recycled and also used for gardening purpose. It's a completely Green campus where packed food is used less, reusable water bottles are used, no plastic is used, and complete greenery is maintained.

1. *Does this tiny changes make any difference or no?*
2. *Do you suggest any more green concepts can be adopted in addition to this?*
3. *List down the things that has replaced as part of the environmental protection activity.*
4. *Who all are benefitted out of this practice?*

The emergence of awareness about ecology & environment aroused only since the middle of 20th century; more highlighted when the UN Conference on environment took place in 1972 in Stockholm (Sweden) and even the matter extended more importance after the Earth Summit held in 1992 in Brazil. Environmental Protection is a topic of discussion not raised in this contemporary moving world but also derived inspiration from ancient Indian texts; Vedic Samhitas, Puranas, Upanishads, Mahabharata, Ramayana, Arthshastra, etc. Unlike these days of extempore & disconnected approach towards environment brings back the ancient consciousness on Environment through the holistic approach from Upanishad “ Vasudhaiva Kutumbakam, i.e., all the beings of the entire universe belong to the same family. By this means the traditional Value system along with the deep-rooted knowledge of India reveals Environmental protection.

Let us understand the contribution of Indian Knowledge toward Environmental Protection.

Environmental Protection in the context of Veda Purans.

Indian Knowledge carries multiple indigenous knowledge backed by tradition. Indian knowledge is supported by many values that define the importance of trees, plants, and animals & also their value to human life, all together value to the nature or environment. Nature is depicted as well as respected as a God or Mother Nature. Numerous ancient philosophies teach us Nature is the visible god. Five elements called Agni(Fire), Vayu(Air), Akash(Space) Pruthvi(Earth), or Jal(Water) are the greatest blessings of God. These five elements are called PANCHAMAHABHOOTAS which create, nurture & sustain all life on the earth. These five elements are very sacred. They are important from birth to death. Many trees are worshiped, which also signifies the scientific reason behind them. Different guiding principles are followed by our Indian Knowledge System to protect the environment. Though there were no rules or regulations; deep-rooted principles were contributing to environmental protection. Great learnings from the Indian Knowledge System are as follows

1. Our Veda Purana and Sanskrit Literature explain the beauty of our Vedic culture which is bound to respect every creature on the earth.
2. Animals, rivers, trees, Earth Fire, etc. Everything was connected and praised in the name of God.
3. Even though everything nature drove; in spite of not having many facilities available for livelihood like cooking, shelter, etc are dependent on the woods still the forest has

never diminished because of the divine reason of God. Pupil Tree, Banyan Tree, Ashoka tree, Neem, and many others are never used to cut.

4. It was believed that “One Tree is equal to ten Sons/ Children” But now ten children come together to cut one tree.
5. Bhoomi Pooja (Prasing of Earth is done every year for one full n day which is also called Bhoomi Poornima
6. Water sources are always kept clean without polluting them because water is considered as Jala Devate(water Deity) Ganga Poje
7. Few cultures strictly adhered to and prohibited cutting the tree, and killing the animal; avoidance of such principle is a serious sin according to them. They believed Ahimsa
8. Righvedha, Yajurveda, Samaveda, and Athrvanaveds admired & protected the environment with a holistic approach.
9. Ancient culture believed that Man is one being on the earth like other creatures created by God and he has no right but rather has a responsibility to protect & progress them
10. Therefore it was believed that the destruction of nature is the destruction of mankind.

Environmental protection in the context of the Bhagavad Gita

Ancient Indian traditions continuously held a high opinion & respect towards mountains, rivers, forests, trees, and several animals. Consequently, abundant nature was revered and protected.

Srimad Bhagavad Gita is the holy book of the Hindu community. Geeta is the most precious book in which the importance of nature or the environment is prominently explained. Hindu or ancient Indian civilization was always at the bank of the river, thus nature/ environment was in the thoughts & practices of the natives.

Bhagavad Gita: Chapter 3 Karm Yog : The Yog of Action, Verses 14 describes the relationship between the environment and the effort of a human being.

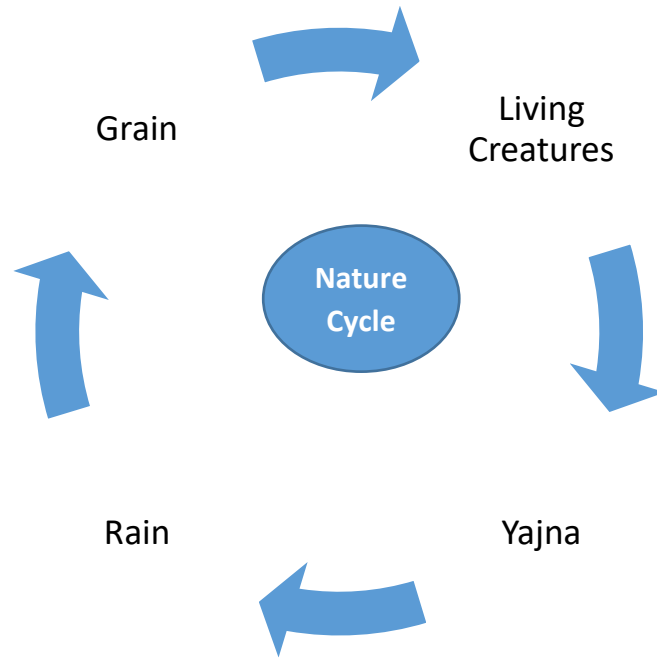
अन्नाद्भवन्ति भूतानि पर्जन्यादन्नसम्भवः ।
यज्ञाद्भवति पर्जन्यो यज्ञः कर्मसमुद्भवः ॥ 3 -14॥

**annād bhavanti bhūtāni parjanyaḥ anna-sambhavaḥ
yajñād bhavati parjanyaḥ karma-samudbhavaḥ**

It means all living beings survive on food, and food is produced by rain. Rains come from the performance of sacrifice, and sacrifice is produced by the performance of prescribed duties.

In this verse, Lord Krishna is unfolding the cycle of nature; nature & animal relation. All living things live on food grains. “Rain brings grains” means grains are produced by rain. Grains are consumed and converted into blood. From blood, the human body is created. Human beings perform *yajña and yogas* to bring rain because the Yagya is the work performed selflessly in the importance of others. Yagya is the sacrifice & service to the environment & yajna arises out of regular karma, so the cycle continues.

The overall essence of this verse is very clearly stating that every work of a human being is governed by the nature.



Bhagavad Gita: Chapter 3 Karm Yog : The Yog of Action, Verses 27 describes the truth of nature.

प्रकृतेः क्रियमाणानि गुणैः कर्माणि सर्वशः ।
अहङ्कारविमूढात्मा कर्ताहमिति मन्यते ॥ 27॥

**prakriteh kriyamanani gunaih karmani sarvashah
ahankara-vimudhatma kartaham iti manyate**

Every work is administered & directed by the grace of nature, but human arrogance denies accepting the truth.

This verse clearly states the truth of nature. Humans believe that Natural occurrences of creation are directed by us, but are executed & directed by *prakṛiti*, or Mother Nature. The activities of our own body habitually are of two types: 1) Biological functions, such as blood circulation, heartbeat, digestion, etc., which are unknowingly performed but occur naturally

with the grace of the environment. 2) Actions like walking, working speaking, sleeping, hearing, etc. that we think we perform. Thereby harming nature/environment will affect human health and growth.

Bhagavad Gita: Chapter 13 Prakriti, Purusha & Conciouness, Verses 20,21,22 describes that one should know that nature & creatures are eternal.

प्रकृतिं पुरुषं चैव विद्ध्यनादी उभावपि ।
विकारांश्च गुणांश्चैव विद्धि प्रकृतिसम्भवान् ॥ 20॥

**prakritim purusham chaiva viddhy anadi ubhav api
vikaransh cha gunansh chaiva viddhi prakriti-sambhavan**

कार्यकारणकर्तृत्वे हेतुः प्रकृतिरुच्यते ।
पुरुषः सुखदुःखानां भोक्तृत्वे हेतुरुच्यते//21//

**karya-karana-kartritve hetuh prakritir uchyate
purushah sukha-duhkhanam bhoktritve hetur uchyate**

पुरुषः प्रकृतिस्थो हि भुङ्क्ते प्रकृतिजान्गुणान् ।
कारणं गुणसङ्गोऽस्य सदसद्योनिजन्मसु ॥ 22॥

**purushah prakriti-stho hi bhunkte prakriti-jan gunan
karanam guna-sango 'sya sad-asad-yoni-janmasu**

Bhagavad Gita: Chapter 13, Verses 20,21,22 describes the environment (i.e Prakrithi means material energy). It is said that material energy, with the way of God, generates numerous components and forms of life that compose creation. The Vedas state that there are 8.4 million species of life in the material world. All these bodily forms are transformations of real energy. Hence, material nature is responsible for all the causes and effects in the world forever. All the transformations of the body and the modes of matter are generated by the material energy. The changes and qualities are the impacts of nature or the environment. Human beings hold all responsibility for occurring in the environment; because it all depends on the way the environment is treated. “You get what has been given” If so sow a seed you reap a tree; If the destruction is seeded then our environment smashes back.

There are many Shlokas that emphasize the environment

Bhagavad Gita: Chapter 9, Verses 7,8,9

सर्वभूतानि कौन्तेय प्रकृतिं यान्ति मामिकाम् ।
कल्पक्षये पुनस्तानि कल्पादौ विसृजाम्यहम् ॥ 7॥
प्रकृतिं स्वामवष्टभ्य विसृजामि पुनः पुनः ।
भूतग्राममिमं कृत्स्नमवशं प्रकृतेर्वशात् ॥ 8॥

*sarva-bhutani kaunteya prakritim yanti mamikam
kalpa-kshaye punas tani kalpadau visrijamyaham
prakritim svam avashtabhya visrijami punah punah
bhuta-gramam imam kritsnam avasham prakriter vashat*

न च मां तानि कर्माणि निबध्नन्ति धनञ्जय ।
उदासीनवदासीनमसक्तं तेषु कर्मसु ॥ 9॥

*na cha mam tani karmani nibadhnanti dhananjaya
udasina-vad asinam asaktam teshu karmasu*

Environmental Protection in the context of Koutilya Arthashastra

Koutilya's Arthashastra is the most material & realistic approach as it was planned to frame instructions & rules which could be enforced by law by the King. Preservation of the environment & Ecology were also well described in Koutilya's Arthashastra.

Arthashastra is a manual prepared by Koutilya (also known as Chanakya) for running an empire(350-283 BCE). He is an ancient Hindu legend of knowledge who were a teacher, philosopher, strategist, economist, and royal advisor of Emperor Chandragupta.

1. Environmental protection was one of the essential parts of state administration mentioned in Koutilya's Arthashastra. He laid norms & rules to protect the environment, fauna & flora & natural resources.
2. Koutilya assigned the task of protecting forests and other natural resources to the King. Koutilya suggested protecting dry lands & pasture lands by growing the appropriate plants.
3. Koutilya clearly mentions the responsibility of the King to safeguard different types of forests, water reservoirs, and mines.

4.To safeguard the empire from several kinds of environmental difficulties like fire, flood, pestilential diseases, famine, etc.

5. Koutilya's strict rules on punishing those who do environmental pollution by way of throwing dirt on roads, using public places, pilgrimage centers, royal or temple premises, or near water reservoirs.

6.Punishments & penalties were laid down for individuals who spoiled or disturbed plant or animal life.

7.King beholds the responsibility of a well-maintained forest in the Kingdom.

8. Kingdom had a reserved forest intended to source all types of food for the Kingdom, thus reserved forest was to be concentrated and free of all hazards of destruction and human exploitation.

Environmental protection in the context of the concept Minimalism and Sustainability

What is Minimalism or Minimalist Life?

A minimalist or simple life is deliberately leading a life with fewer possessions or belongings. Minimalism is focusing only on the things which are really needed.

But there may be a question that arises how Minimalism or a Minimalist Lifestyle leads to environmental protection? Yes! Minimalism is quite famous in western countries these days.

There is one famous Documentary released by two best-selling authors Mr.Joshua Fields Millburn and Ryan Nicodemus on Minimalism. They Travelled around America which revealed the in-depth idea of minimalism and met people who share their transformation stories.

However, Minimalism was not a passion that is newly adopted now in most developed countries rather it was a part of our culture throughout history.

Our Ancient Indian lived a very minimal lifestyle. Even our previous generations practiced Minimalist Lifestyles that only serve the actual purpose and eliminated unnecessary clothes, decorations, tools, possessions, etc. There was less attachment to physical things and most of them were nature driven; i.e. nothing was artificially made.

For Example: Now we sleep on mattresses that are neither good in nature nor good for the human body, then no mattress, only Mat (Charpay) made out of naturally dried grasses.

No Fabric clothes it was cotton or Khadhi clothing

No plastic items were used at all it was Mud pots etc.

What is Sustainability?

Sustainability in a literal sense means the prevention of the depletion of natural resources in order to preserve an ecological balance. Sustainable development embraces environmental, social, and economic objectives, to distribute continuing justifiable growth & development which benefits present and forthcoming generations.

There are three types of Sustainability

1. The Economy
2. Society and
3. The Environment

The main three principles are informally used as profit, people & Planet. Thereby, it's the role of every individual Business owner and all government departments that have been predictable to implant sustainable development across their activities: policymaking, procurement, and estates. The Department of Energy & Climate Change (DECC) and the Department for Environment, Food & Rural Affairs have key roles in environmental protection and sustainable development.

What are the Environmental Benefits of Minimalism?

1. Purchasing less material generates less stress on the ecosystem.

With minimalism a person ends up buying fewer physical things leads to few materials that need to be produced; which finally ends up in consuming fewer resources, and burning fossil fuels. Soil degradation and environmental pollution.

According to NAPO, 80% of the items we keep are never used. Our life will be more streamlined if we keep only things that are useful. This will reduce the negative impact on the environment.

Imagine everyone has their own pattern of minimalism, just a small change will make a small reduction in the production and accumulation of waste

2. Giving unused stuff away supports a circular economy.

The best way to work on sustainable environmental protection is to give away the tuffs that do serve our purpose to others.

A typical Economic Model is a linear one



The kind of economy that is essential for the well-being of the globe is circular; where the material gets produced, used, and stays in a loop of reuse

3. More Conscious purchase and consumption

Becoming more conscious while purchasing and even consuming will lead to a positive ecological balance. Buying at the urge or competition with others will become a waste soon after the purchasing parity is satisfied

4. Good quality material is better for the environment.

There was once a concept arisen from the China Market that Uses & Throw. People became quite fascinated with buying new items for a cheap cost which contributed to maximum wastage.

Good quality eco-friendly products can be used and reused and the linear economic Model can become a Circular (recycle) Model.

Overall Minimalism and Sustainability are integral parts and Minimalism is the foundation to live a more sustainable life. Minimalism and sustainability go hand in hand. Minimalism isn't just some trend that's about white & clean walls and neat drawers. It is a **perspective** that **fight**s **that mindless consumerism** that is factually harming ecosystems on earth. The primary step in minimalism is to declutter and do it sustainably by not dumping everything in landfills. It is a ceramic situation to become more conscious of what we bring into our lives.



Pic Credit: From Internet

***“This Land is not inherited from our elders
It is a debt owed to our future generations”***

Dear Students,

We humbly request you all contribute to the environment through which we are living today. Please make a significant plan which suits you, make a plan together in a group and others will definitely follow your right path. Few recommendations below,

Don't wait to become an entrepreneur to protect the environment. Take charge now.

Don't waste water and electricity unnecessarily either at home or at your educational institution.

Please preserve all the seeds of the fruit you have eaten, wash & keep them in your car, bike, or cycle. Whenever you go out and find a barren land while traveling on highways throw seeds when the monsoon is heading. With this act you will at least contribute to one tree.

Don't waste paper; it's either yours or someone else's.

Try doing DIY home products like soaps from soapnut, shampoo, dishwashing liquid.etc.

Try to walk rather than using a vehicle for a small distance.

Please use biodegradable products as much as possible.

I know it is not so easy to curtail but please avoid eating junk-packed food and carbonated drinks.

Carry your own reusable water bottle instead of buying a plastic water bottle.

Say no to plastic, so carry your own cotton bag with you.

Share your good thoughts with others and come together towards Pollution free environment.

Remember taking simple small steps is not to favor anyone rather it is the best gift for yourself and the future generation.

Comprehensive overview of the literature that is referred and cited in the

Study:

1. How Indigenous Knowledge Systems can play a crucial role in environmental protection and sustainable development (In Indian context) in Environmental Protection — by Sweta Lakhani — 19/09/2019.

About the reference: This article elaborates on - many ways in which traditional communities are helpers in combating environmental degradation and climate change. Traditional Agro Economics, Traditional Medicine & Health care systems, conserving Fauna & Flora, traditional Methods for the weather forecast, and Traditional Religious Beliefs are the main highlights of this article.

2. Environmental Protection in Ancient Indian Religion System Journal of Advances and Scholarly Researches in Allied Education [JASRAE] (Vol:16/ Issue: 4) DOI: 10.29070/JASRAE .

About the reference: This article focused on Indian philosophy; thus All living being are animate or inanimate on the major five elements called earth, water, fire, air, and space. So life forms are created on the backdrop of the gross elements. The five gross elements do inherently carry a link with the five human cognitive organs. The nose carries an inherent relationship with the earth, the tongue with the water, the eyes with the fire, the touch with the air, and finally, the ear with space. “These Five Mahabhutas are cosmic elements which create, nurture and sustain all forms of life, and after death or decay they absorb what was created earlier; thus they play an important role in preserving and sustaining the environment”

3.. Environment and Ecology in Koutilya’s Arthashastra by Ratan Lal Basu

https://www.academia.edu/7781197/Environment_and_Ecology_in_Kautilya_s_Arthasastra?email_work_card=view-paper

About Reference: This article is focused on Environment and ecology Koutilya’s Arthashastra .this article lights upon the emergence of awareness about ecology & environment aroused only since middle of 20th century; more highlighted when the UN Conference on environment took place in 1972 at Stockholm (Sweden) and even the matter extended more importance after the Earth Summit held in 1992 at Brazil. There are many Ancient Indian sources contemplating

Environment protection but Koutilya's Arthashastra is most secular and pragmatic in its approach which laid the rules which could be enforced by law by the King.

4. http://ijrar.com/upload_issue/ijrar_issue_20542369.pdf Environment and Environmental awareness in the Bhagavad Gita Jayita Pramanik¹ & Bijan Sarkar² [VOLUME 5 I ISSUE 4 I OCT. – DEC. 2018] e ISSN 2348 –1269, Print ISSN 2349-5138 <http://ijrar.com/> Cosmos Impact Factor 4.236

About the reference: This article focuses on the environment and its related things mentioned in the Srimad Bhagavad Gita, the holy book of the Hindu community. The Aryan civilization, which was moulded to the Hindu or ancient Indian civilization was a riverine one, thus nature was in the mind of the inhabitants. This was reflected in most of the scriptures and the Gita is no exception. In the current article, we have mainly pointed to the slokas (the verses) describing the nature and relation of living with it, human nature and behavior connected to nature, and the evaluation of nature and its living.

5. <https://youmatter.world/en/definition/definitions-sustainability-definition-examples-principles/#:~:text=The%20principles%20of%20sustainability%20are,as%20profit%2C%20people%20and%20planet.>

About the reference: About The Reference: Youmatter is an online news media with English and French Editions. To serve the purpose of analyzing the major issues shaking & shaping our societies. This blog is explained in detail the Sustainability meaning, principles, and pillars behind sustainability. Three major Pillars of sustainability are elaborated on in this article; economy, society, and environment which are principally used for Profit, People & Planet. John Elkington, author of Cannibals with forks and co-founder of the sustainability consultancy firm SustainAbility and Volans (a think tank to help solve the world's wicked problems), was one of the first people to integrate these 3 principles.

6. <https://www.sortitoutsustainably.com/blog/the-5-environmental-benefits-of-minimalism#:~:text=Buying%20less%20stuff%20created%20less%20stress%20on%20the%20ecosystem&text=With%20minimalism%20you%20buy%20less,used%20according%20to%20'NAPO'>.

About Reference. This blog elaborates on minimalism & sustainability. How does this go hand in hand there are many valuable suggestions that can make us change to a minimalistic lifestyle and contribute to sustainability.

7. <https://www.nao.org.uk/wp-content/uploads/2015/09/A-Short-Guide-to-Environmental-protection-and-sustainable-development.pdf>

A Short Guide to Environmental protection and sustainable development July 2015 published by the UK Government with the aim of protecting the environment in the UK by the National

Audit Office. This report is applicable to a UK nation but sustainability is very well described and suitable to all nations by and large.

8. *<https://www.theminimalists.com/email-thanks/>. This is a website called the minimalists. Which speaks about Emmy-nominated Netflix stars, podcasters, and New York Times–bestselling authors Joshua Fields Millburn and Ryan Nicodemus support millions of people live meaningfully with less. The Minimalists have been featured in TIME, GQ, ABC, CBS, NBC, BBC, NPR, and they have spoken at Harvard, Apple, and Google. They lived the Minimalist lifestyle and spreading the same to the world through their podcast and documentaries.*

8. *NAPO, The National Association of Organizing Professionals has published some interesting organizing-related statistics on one of its website pages; <http://www.organizerny.com/column.php?c=20120719>*

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