



CLICK HERE: [WWW.TOISTUDENT.COM](http://WWW.TOISTUDENT.COM)

STUDENT EDITION

FRIDAY, JUNE 5, 2020



WEB EDITION

As people across the globe stayed home to stop the spread of the coronavirus, nature got a breather. Air cleaned up, smog stopped choking people—there was a sudden drop in carbon emissions, reduction in NO<sub>2</sub> concentration in atmosphere, and the world witnessed the beautiful side of our planet...



While humans were confined to their homes, animals roamed around freely on the otherwise busy roads. A Nilgai was spotted in Noida during the lockdown. Penguins were also seen on the streets of Capetown



Rivers like Ganga and Yamuna, which couldn't be cleaned despite spending crores, looked sparkling clear, thanks to a blanket reduction in industrial pollutants, and less human activity



Pink flamingoes which are a treat to watch, returned to Mumbai beach in huge numbers. The Bombay Natural History Society stated that their number is 25% more than it was in the last year



Pictures of the Himalayan range visible from Jalandhar went viral, courtesy clean air. The Himalayan range is more than 100 miles away from Punjab; when spotted, its sight left many in awe!

Photo: Getty Images

## THE BIGGEST LESSON FOR HUMANITY

# Earth is HEALING...

Let us **PLEDGE** to make it **GREENER, CLEANER AND BRIGHTER**



## Celebs' wish FOR THE EARTH



Actor Bhumi Pednekar is creating an awareness about the World Environment Day through her initiative, 'Climate Warrior'. Her campaign urge people to share 'One wish for the Earth'

My #OneWishForTheEarth this World Environment Day is to conserve water. Water is one of the most critical things in life, and we must be careful with how we use it. It's time to shut your taps and open your minds!



KARAN JOHAR, filmmaker

Climate change is a grave reality that all of us are facing. The simplest act is that of planting tree



AKSHAYA KUMAR, actor

Let us pledge to be 'climate-conscious' to protect nature



AMITABH BACHCHAN, actor

My wish for the Earth is I wish that we treat the plants and animal species—as just as significant a part of nature—as the human species. I wish that we would not treat them as a means to an end, because at the end of the day... we are all one

ANUSHKA SHARMA, actor

## I PLEDGE...

TO SPARINGLY USE AIR CONDITIONER



For thousands of years, we've been exploiting the Earth's resources and it has been bountiful. While we continue to use its resources, we ignore the fact the nature wants something in return: our care and consideration. So, on this Environment Day, I pledge not to use the air conditioner 24/7. I understand it is extremely warm, but by dousing a cloth in water and patting it on your face and other parts of the body, when you feel hot, can be tried to cool off. Besides, I will urge our house help and elders to use water judiciously for cleaning the house—use a tub of water to clean the utensils, rather than using running water. Moreover, I will try to use the peels of vegetables and fruits as compost, and plant trees.

HINA NAELA, class XII, GD Goenka public school, Lucknow

## TO MAKE OPTIMUM USE OF 3'R's: REDUCE, REUSE AND RECYCLE

The global pandemic and the lockdown has made the three R's—Reduce, Reuse, Recycle even more significant. So, I pledge to make the best use of the available resources and utilise them wisely. Besides, as our PM has urged each one to plant a tree, my brother and I will plant curry leaf saplings and 'sambar cheera' plants on our balcony garden.

DEVAYANI UNNIKRISHNAN, class VII, Rajagiri Public School, Ernakulam



## TO SPREAD AWARENESS ON MINIMAL USE OF ELECTRONIC GOODS

The climate change that seemed like an unstoppable force till last year, is now fixing itself, courtesy the lockdown. I promise the next generation that I will provide a healthy and a pollution-free Earth by limiting the use of electrical gadgets to minimise carbon footprint.

KHYATI TAPADIA, class XII, DCIS, Ahmedabad



## TO REDUCE CARBON FOOTPRINT

I pledge to make green and sustainable choice and reduce carbon footprint. The lockdown has given us time to ponder about how each of us can contribute and put our best step forward to conserve our environment. This World Environment Day, I plan to plant at least 30 plants on my terrace and in my locality.

DEV P SETH, class X, Venkateshwar Global School, New Delhi



## TAKE CARE OF PLANTS AND ANIMALS

Plants and animals too have a life and it is our duty to treat them with love and care. So, let us spread awareness on a large scale on the need to act responsibly towards nature, because spending time with nature inspires creativity, boosts happiness, and makes you responsible.

DIYA LOKESH, class VII, DPS North, Bengaluru



## READ

READ THE WORLD ENVIRONMENT DAY 2020 PRACTICAL GUIDE ([https://p.widenedn.net/e2n0wj/WED\\_SimpleToolkit](https://p.widenedn.net/e2n0wj/WED_SimpleToolkit)) to gain a comprehensive insight into why the preservation of biodiversity is essential to mankind's survival.

► There are others as well: <http://www.un.org/en/observances/environment-day/take-action>

► <http://www.worldenvironmentday.global>

Compiled by NITYA SHUKLA

(SOURCES: <https://www.un.org/en/observances/environment-day/take-action>, <https://www.worldenvironmentday.global/>)

## TEST YOURSELF

TAKE A QUIZ ON: <https://www.worldenvironmentday.global/did-you-know/take-quiz> to test your knowledge Check out your knowledge on biodiversity, and learn more about the intricate services nature provides us.

## LEARN

► Find out what your city and the government is doing to protect the environment.  
► Join Earth School and take part in the 30 lessons on the environment hosted by TED-Ed and curated by some of the best nature teachers in the world at <http://ed.ted.com/earth-school>  
► Get information on how you can help fight climate change through the United Nations' Act Now campaign, [www.un.org/en/actnow/](http://www.un.org/en/actnow/)  
► Learn about plastic pollution and how it affects marine species through UNEP's Clean Seas campaign, [cleanseas.org](http://cleanseas.org)

## Here's HOW YOU CAN MAKE THIS ENVIRONMENT DAY MORE MEANINGFUL



## PARTICIPATE

**EVENTS SCHEDULE:** Join a plethora of online events, including wild earth live safari, Instagram talks on waste management, and specially designed escape rooms, etc at <https://www.worldenvironmentday.global/latest/schedule>

**PHOTO CHALLENGE:** CITIES4FORESTS has launched the Forest Challenge. Join the photo contest and plant a tree through [cities4forests.com/forest-challenge/](http://cities4forests.com/forest-challenge/)

## VOICE IT

► Head to UNEP's social media feeds; share with the world why action for nature is so critical. Use the #ForNature and #WorldEnvironmentDay hashtags. Tag a couple of people/organisations/ companies in your reply; ask them to join the conversation

## ACT

► Go for an eco-friendly diet. Beans, nuts and soy offer high-protein alternatives to animal products  
► Travel less. Limit your travel when things go back to normal after the coronavirus pandemic  
► Leave some wild green spaces in your garden where pollinators and ground dwelling insects can thrive  
► Avoid plastic. Plastic wastes that end up in nature is often mistaken for food by animals, both on land and at sea. For many species, it can cause severe injury and death  
► Recycle as much as you can. Plant a tree on your balcony or backyard  
► Minimise the use of household chemicals that can have toxic effects on soil and groundwater.  
► Encourage and use organic stuff





## THE ENVIRONMENT IS MOURNING

**We are deeply, deeply grieved. And we bet so are you!**



### Be a part of this campaign. Every. Voice. Counts

- 1 Write to us on [timesnie175@gmail.com](mailto:timesnie175@gmail.com) on how you feel about this tragic incident. Tell us what we could do to make animal protection better in India.
- 2 Make a short video or a film on why we should take care of animals and how we can do it. Share it on the same email id.
- 3 Interview wildlife conservationists and send us the transcript.

JOIN THIS DISCUSSION ON MONDAY...

# DON'T LOSE TOUCH WITH NATURE IN PANDEMIC

[supriya.sharma2@timesgroup.com](mailto:supriya.sharma2@timesgroup.com)

"And from the window of my room I owned the world"... says young Rusty (Ruskin Bond) to his childhood friend Koki in his famous story 'The Window'. A sentiment we share at the moment as we sit locked up at home with only a window or balcony as our link to the outside world. On World Environment Day, let's celebrate the role of nature in our lives, now that we have been distanced from it and find ways to still be in sync with it.

'Last Child in the Woods' says, "Parents, educators, and urban planners can help kids reconnect with nature - before it's too late."

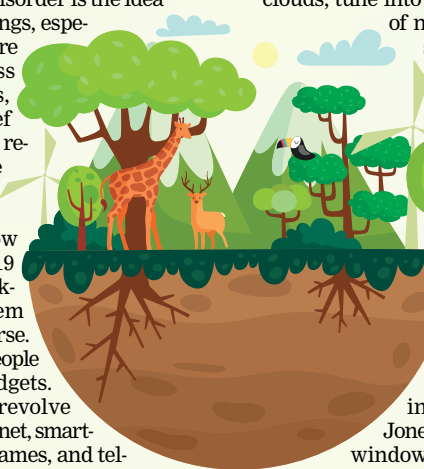
### Window...

If you can't go out, let your eyes travel far and capture every movement of nature and ears tune into the slightest of sounds. Observe birds and their flight patterns; take time to appreciate the changing formations of clouds; tune into the sounds of nature - bird song.

"Watch nature documentaries, use binoculars for bird watching from home, stargaze from your rooftop since the skies are clearer these days or even pitch a tent in your backyard and pretend camping with family for fun," says Dr Bangar. Nature writer and 'Losing Eden' author Lucy Jones: "I've been opening the window to let the dawn chorus in, and have become reliant on Lev Parikian's Twitter Birdsong Project to learn the different calls. 'It can take a while for your ears to attune to it,' cautions Jones, but stresses it is worth it." Setting a few minutes aside to sink into the view from our windows - or taking slower moments on our daily walks - can lead to all sorts of tiny, precious discoveries that can help ground us at a time when we need it most.

### Nature deficit disorder

Nature-deficit disorder is the idea that human beings, especially children, are spending less time outdoors, and the belief that this change results in a wide range of behavioural problems. Now with Covid-19 stay-at-home diktat, the problem has only got worse. "In lockdown, people are glued to gadgets. Their lives revolve around the internet, smartphones, video games, and television. This is alienating them from nature, making them obese, and may be leading to attention difficulties too. All this is taking a toll on their emotional and mental well-being," points out Dr Santosh Bangar, psychiatrist Global Hospital, Mumbai, adding that it is the parents responsibility to educate their child about nature, help them plant trees, or opt for gardening. Like Richard Louv, author of



# PEEL & PRESERVE

[Pallavi.shankar@timesgroup.com](mailto:Pallavi.shankar@timesgroup.com)

Throwing away vegetable and fruit peels is usually a given. Well, it need not be the norm. Most vegetable and fruit peels are nutritious and can be used in different ways in cooking and even skincare rituals. Here are some peels that deserve to be preserved.



### CUCUMBER PEEL

This green peel is nutritious as it is loaded with tons of vitamin C and other nutrients. Once done with peeling, just preserve it and later chop and add to raita and salad.



### APPLE PEEL

These pretty peels have 85% more cancer-fighting phytochemicals than the fruit itself. If your grandparents find it difficult to eat apple with skin and peel it, don't discard it. Blend it in your fruit smoothie.



### RAW MANGO PEEL

The delicious raw green mango peels add a lot of flavour and mild tanginess to your regular dal. Add it to your aloo-matar curries, especially on days you are running out of amchur (raw mango) powder.

### ENJOY THE VERSATILITY OF ORANGE PEEL

These peels are aromatic and versatile and can be used to make fancy zest for your dessert as well as face cleansing powder to treat oily and blemish-prone skin. Plus they are rich in fibre, vitamin B6 and C, and folate.

**HOW TO EAT:** Cut orange peels into small, thin strips and add it to your cake, shakes, marmalade.

**HOW TO USE ON SKIN:** Preserve orange peels and dry in sun for 7-10 days. Once completely dry and brittle, grind for 3-4 minutes. Your face cleanser is ready to be stored in a jar.

**RECIPE:** Take 1 teaspoon of orange peel powder in a bowl and add 1 tablespoon of gram flour powder (besan) to it. Add enough water to this mix be used it as a cleanser, scrub or even a face mask. This natural cleanser is devoid of chemical ingredients that find their way in the oceans and contaminate it. **Bonus points:** It helps heal acne and dark spots.



# Famous Indian Environmentalists

and what they want you to do

### Romulus Whitaker

**What is he doing?** Attempting to save the planet by championing reptiles: Romulus Whitaker has been researching and protecting snakes and crocodiles, and busting myths and stereotypes about reptiles.



### What can you do?

Learn everything there is to know about reptiles. Once you know how fascinating they are, it's easy to protect them. If there are venomous snakes in your area, don't disturb them. Instead, call the local wildlife department or people who work with animals to rescue them.

### Parineeta Dandekar

#### What is she doing?

Attempting to save the planet by keeping conversations about water flowing: Parineeta Dandekar strives to protect rivers and water bodies through her writing and research.



search, and acts as a bridge between policymakers, ecologists, scientists and people.

#### What can you do?

Well, it's simple: save water. Fix leaky taps, close taps when not in use, take shorter showers or bucket baths and so on.



### Vidya Athreya

#### What is she doing?

Attempting to save the planet by researching human-animal conflict: Vidya Athreya studies leopard ecology when they live among humans in agricultural landscapes, and helps citizen initiatives around

the Sanjay Gandhi National Park in Mumbai to spread awareness on living with leopards.

#### What can you do?

You can be an urban wildlife ranger! Look out for all the wildlife that visits your garden, home and school. They could be birds like bulbuls, barbets and sparrows.

## Activity

### MAKE FURNITURE

This activity has been designed keeping in mind innumerable trees that have been uprooted in Amphan all over West Bengal including Kolkata

- 1 Portion of the bark can be cut into a cylindrical shape. This should be the job of the elders.
- 2 Be ready with glue and sea shells, to stick it around the sides of the bark.
- 3 Old cushions can be cut in oval or circular shapes and attached to the flattened top.



4 We can also use twigs, and painted dried leaves to decorate the stool. It is not possible for the trees to decompose in cities because the gravel road doesn't allow the fresh soil to come in contact.

**SRIJITA CHAKRABORTY, class XII, BDM International, Kolkata**

### CREATE A ZONE



Lockdown posed a big challenge as our gardener did not come. Then I was given the responsibility of taking care of the garden. I was irritated in the beginning, but slowly it became my passion. Apart from watering plants and cleaning the garden area, I worked on a special space with plants around it, which I call "Buddha Silence". It is here that I read, study and think. I have developed a connection with gardening that will not fade even after lockdown is over.

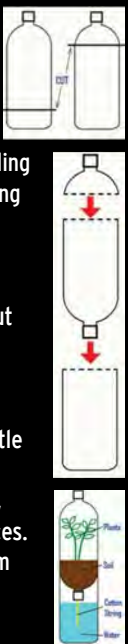
**NIYATI DESAI, class XII, St Xavier's, Ahmedabad**

### BIODOMES

We will be creating biodomes using things available at home. A biodome helps in the study of eco-systems by modelling how living and non-living things interact in their natural environments. This is an attempt to create awareness about living responsibly.

#### Biodomes Engineering Design Activity

1. Cut a two 2-litre bottle into three pieces.
2. Using the duct tape, connect the three pieces.
3. Drill a hole in bottom lid and place a cotton string through it.
4. Fill the top portion with 8-10 cm of potting soil.
5. Fill the bottom portion with a pond of distilled water, so that the cap is just above the water line.
6. Plant different kinds of seeds in the soil.



**DELHI PUBLIC SCHOOL, ELECTRONIC CITY, Bangalore**

# GREEN YOUR WARDROBE

A student's guide to sustainable fashion because the #ootd is so last year

[nupur.amarnath@timesgroup.com](mailto:nupur.amarnath@timesgroup.com)

**Sustainability. That's a big word.** In a spelling bee contest, it would definitely be worth a 10-pointer. But it's not just a word any more - it's a way of life. Mindful fashion advocate and writer Sujata Assomull says, "The trend of sustainable fashion was already on the rise before this pandemic. This pause at home has made many of us think of our own personal fashion footprint - and do we really need so much stuff?" It's time to start your sustainable journey and remember no change is too small.

### EDUCATE

Sustainable fashion blogger-turned-entrepreneur Devyani Kapoor says that first you need to educate yourself. Don't follow hashtags, follow information and proven work record. Some of the good social media accounts and websites are Fashion Revolution (Global and India), Fair Trade India and Climate Karma. Or start reading: 'Fashionopolis' by Dana Thomas is a good start. Documentaries like 'The True

Cost' and Hasan Minhaj expose of fast fashion are also a must-watch.

### SHOP YOUR CLOSET

Have you looked inside your closet? Take everything out, make a list of what you have, figure out fresh pairings and create new looks. Layering shirts over tees, skirts as tops - you would be surprised how versatile your clothes are. Kapoor adds, "Start your journey with what you have. The idea of sus-



tainability begins when you say that what I have is enough for me, so you are not shopping more and hoarding more." ThredUP's Fashion Footprint calculator helps you assess the environmental impact of the clothes in your closet.

### INFORMED SHOPPER

Follow the words of designer Vivienne Westwood, "Buy less, choose well and make it last". Sustainability advocate Livia Firth floated a concept of the 30-wears test. Before shopping, ask yourself: Will you be wearing it 30 times, can it handle 30 washes, etc.

### ASK QUESTIONS

Now that the clarion call of shopping local is on, it's a good time to research local brands - if they are sustainable even better. Also when you buy anything new, think of at least four pairing with what you already have.

### DON'T SHOP FOR A YEAR

Indians have always been big with hand-me-downs among family and cousins. This helps in increasing the life of the garment. By extending the lifespan of your clothes by just nine extra months of active use, you reduce carbon, water and waste footprints by around 20-30% each. There are so many ideas to not shop: swap among friends and family, rent, upcycle and just make styling changes.



### Rohan Arthur

#### What is he doing?

Attempting to save the planet by deep diving into coral reef systems: Rohan Arthur studies how climate change affects the denizens of coral reefs, and brings the world's attention to what is happening under water.

#### What can you do?

Every child should learn not to fear the water and be taught to swim even before he/she can walk. This requires a cultural shift in our attitude.

Published with permission from '10 Indian Champions Who Are Fighting To Save The Planet' by Bijal Vachharajani and Radha Rangarajan. The book releases on June 8, 2020.

### Other books to read

#### NON-FICTION Green Gardening

by Benita Sen

Teaches you how to build a garden anywhere: a windowsill, balcony or a terrace.



#### FICTION Budgie, Bridge and Big Djin

by Ranjit Lal

An adventure story of three friends - a budgie, a teenager and a Tibetan Mastiff-German Shepherd!

## Make seed bombs to help environment!

Want to do your bit for mother Earth? Make seed bombs and use it yourself and distribute to your friends and family too.

**WHAT IS A SEED BOMB?** A seed bomb resembles a soil like structure wrapped in a bomb material, usually a mix of compost and clay. This is later dried and thrown into the wild. "It is used in re-vegetation and re-

forestation of our fragile eco-system. The seed bombs help in securing the seeds and help in its germination process, and gives it a fighting chance to survive in the open and wild," informs Derek Henriques, an environmentalist. So go ahead and make some at home.

**INGREDIENTS:** Mud/soil Neem powder (helps keep rodents away)



Organic compost > Seeds (of any plant)

**HOW TO MAKE:** 1. In a bowl, mix together compost, neem powder and

- 1 clay or soil with water. Mix until the consistency is thick.
2. Slowly mix in water until everything sticks together.
3. Make small and firm pieces of the mixed clay.
4. Then make a depression in the clay and add the seeds.
5. Roll out the mixture into firm round balls.
6. Keep the seed bombs in the shade to dry. They are now ready for use.