

**REUSE,  
RESTORE &  
RECYCLE**  
FOR A RELIABLE  
FUTURE



A WORLD ENVIRONMENT DAY SPECIAL

# CARE FOR MOTHER EARTH

World Environment Day, established by the United Nations in 1972 at the Stockholm Conference on the Human Environment, is aimed at raising awareness, ensuring interactions, productive actions and quality results from global citizens on various environmental issues including global warming, sustainable consumption, marine pollution, human overpopulation and wildlife crime



The theme for **World Environment Day 2021** is Ecosystem Restoration

This e-book, **Reuse, Restore & Recycle for a Reliable Future**, deals with sustainability and upcycling and gives valuable tips on how you can contribute towards a clean, happy and healthy environment.



# RESTORE

## SUSTAINABLE, WASTE-FREE FOOD PRACTICES FOR A BETTER PLANET

In March 2020, when the World Health Organization declared Coronavirus outbreak as a pandemic and countries across the globe huddled into a lockdown, there was only one thing that stayed on everyone's mind – how to source food. We have learnt important lessons on food conservation in the last 18 months.

By conserving food, you can also help the environment in enormous ways and replenish all that you take from it. And here's how you do it.

### **Eat Local**

If you consume indigenous produce, the locally cultivated food does not have to travel for miles thus cutting down on greenhouse gas emissions. It helps local farmers too!

.....

### **Home Garden**

A home garden in your abode comes with a decision-making power on saying no to harmful chemicals seeping into the soil, affecting the environment and water sources

### **Seasonal Produce**

Seasonal food is great as it thrives under natural weather conditions, sans pesticides and genetic modifications

.....

### **Choose a Plant-Based Diet**

Relishing plant-based food daily and cutting down on meat brings down agricultural emissions by eight gigatons of carbon, annually

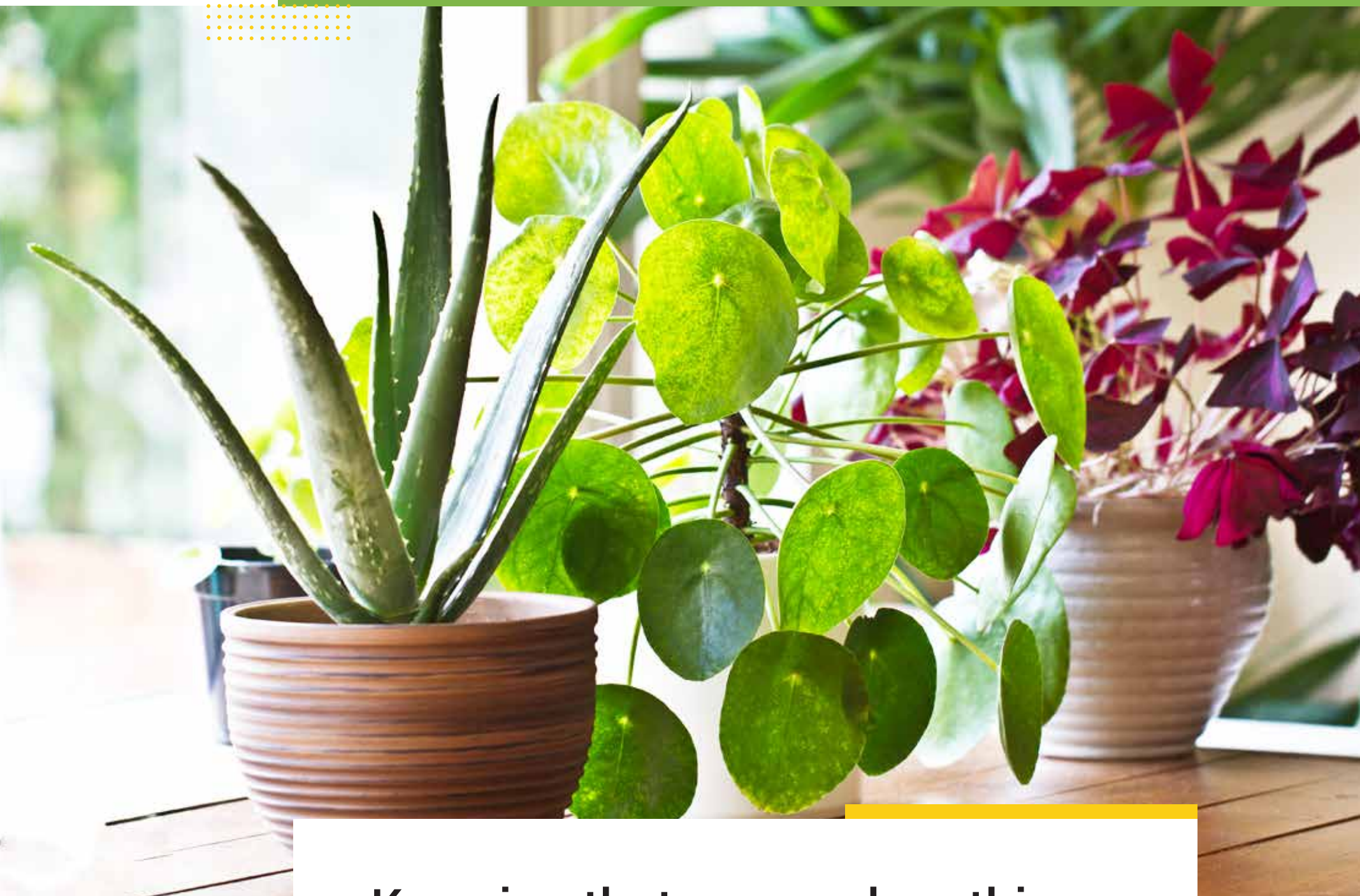
.....

### **Go Organic**

Yes! Organically grown vegetables and fruits are not only best for your health but also discourage the usage of chemicals. It's a win-win for you and the environment!

# 5 BEST INDOOR PLANTS TO CLEAR TOXIC AIR

Pollutants are lurking indoors too. Biological pollutants, indoor particulate matter, solid fuels emitting from stoves to second-hand smoke, toxins are everywhere causing health hazards



**Knowing that you are breathing in impurities even within closed doors can be stressful but do not lose heart yet.** Bring in these 5 indoor plants not only to decorate your interiors but to also clear all airborne pollutants naturally.



### **Spider Plant**

Emits a pleasant fragrance

*Plant Care:* Water the plant 2-3 times a week. Eliminates formaldehyde, xylene



### **Bamboo Palm**

Releases a healthy dose of moisture into the air

*Plant Care:* Maintain soil moisture and position it in a place with ample air circulation. Gets rid of formaldehyde, benzene, carbon monoxide, xylene etc



### **Golden Pothos**

Being a natural indoor air purifier, it eliminates common toxins

*Plant Care:* Water when soil turns dry and trim tendrils on and off. Removes formaldehyde, xylene, toluene, benzene, carbon monoxide etc



### **Chrysanthemum**

Highest ranking air purifying plant, it can remove even ammonia

*Plant Care:* Keep the soil moist and damp every day. Clears formaldehyde, xylene, benzene, ammonia



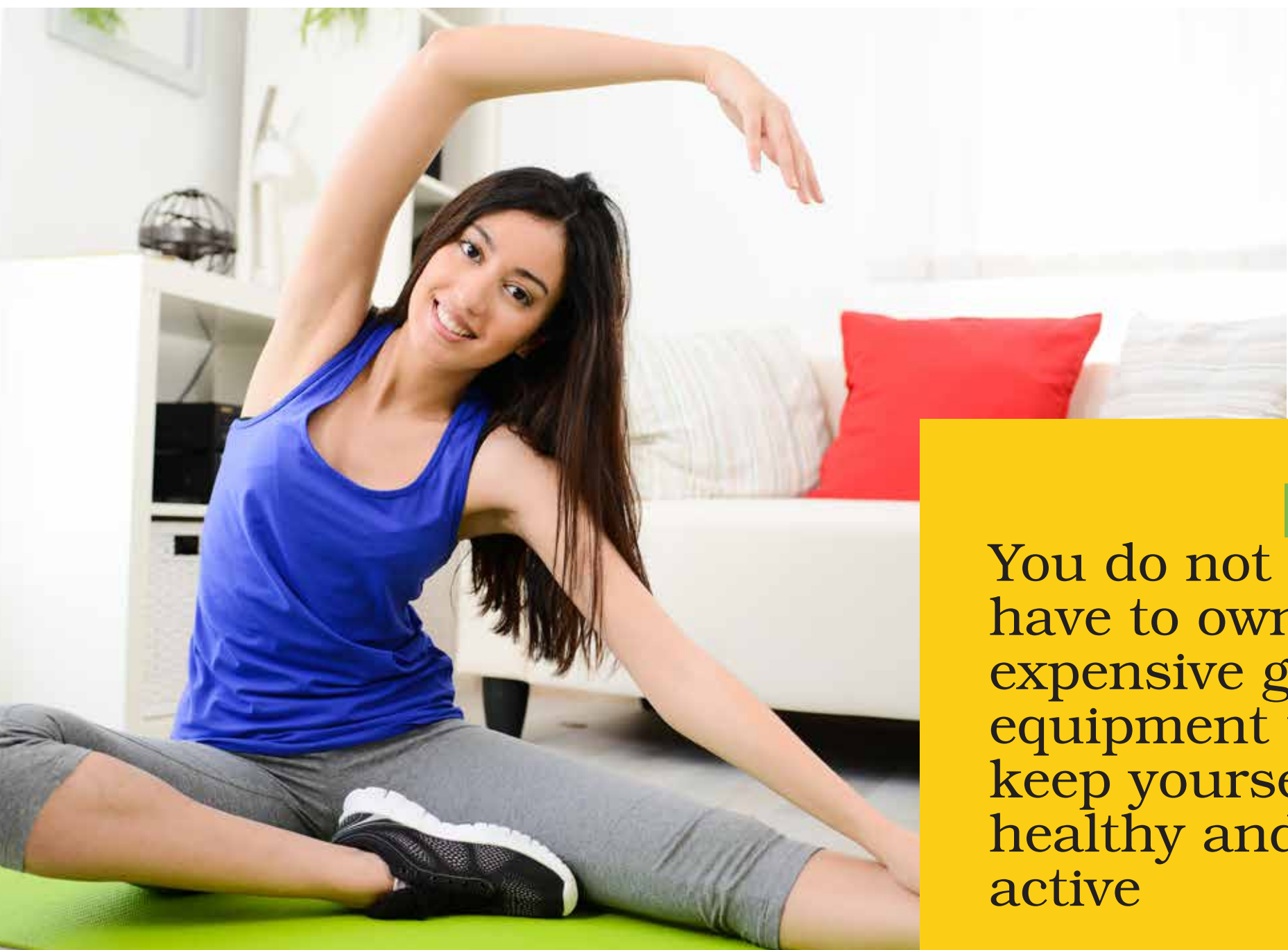
### **Aloe Vera**

Releases oxygen at night time even while taking in carbon dioxide

*Plant Care:* Needs minimal water. Eliminates formaldehyde, harmful pathogens and absorbs dust in the air

## TOP 5 ECO EXERCISE PRACTICES

We may not notice it all the time but very simple lifestyle changes, even at an individual level can bring in positivity while caring for the environment. One such practice is building an eco-friendly workout regimen. You do not have to own expensive gym equipment to keep yourself healthy and active. You can make the best use of things that are available at home without using much electricity and reducing carbon footprint, to derive the full benefits of a healthy lifestyle



You do not have to own expensive gym equipment to keep yourself healthy and active

## HIIT

High Intensity Interval Training is a fast-growing trend where your body switches between aerobic and anaerobic activity while performing exercises like jumping, push-ups, lunges, sit-ups, crunches etc.

<<< And it is the most efficient way to burn 450 calories in just 30 minutes!

## Cycling

Belly fat bothering you? Pedal your way to burn those stubborn pounds, build muscle strength, and to de-stress completely

## Walking

Include walking into your daily workout regimen to lower your blood pressure naturally. Walk for 40 minutes daily for three months to notice positive results

## Yoga

Make this traditional practice a lifestyle not only to maintain weight, keep chronic ailments at bay, de-stress but also to stay happy

## Plogging

And this super trendy workout is for the environmentalist in every one of us. Coupled with jogging or brisk walking and picking up litter, plogging helps burn 330 calories and also research suggests it boosts confidence and self-esteem



### UPCYCLE AND RECYCLE FOR LESS WASTE GENERATION

The practise of not throwing away things, but recycling to find new ways to use what was once considered junk goes a long way towards saving the planet

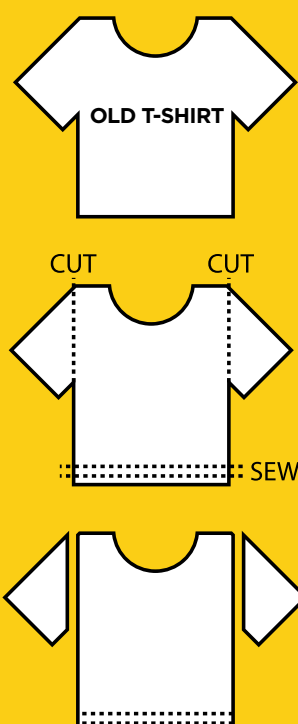


### BAG HACK: MAKE A REUSABLE GROCERY BAG WITH AN OLD T-SHIRT

Want to stay away from plastic bags while shopping? Nothing beats a good, sturdy cloth bag which is not only easy to carry but can also accommodate a lot of products. Try this simple DIY

#### Materials:

- An old t-shirt, preferably one made with thicker fabric
- Thread
- Sewing machine or basic stitching accessories
- Scissors



#### DIY REUSEABLE COTTON BAG

- Turn the t-shirt inside out, sew a hem in a straight line across the bottom of the shirt

- Draw the shape of the bag and cut it out
- Sew a zigzag stitch across the bottom of the t-shirt where it's open
- Run over the zigzag stitch twice, as the bag can be used to carry groceries
- Cut off the sleeves and neck area for a one-handle option, then sew a zigzag stitch across the top to make the strap
- Trim off the excess fabric and turn the bag right side out





## PILLOW TALK: TURN AN OLD SWEATER INTO A COMFY CUSHION

Don't know what to do with old woolies? Turn them into cozy, beautiful cushion covers. Try this simple DIY

### Materials:

- Cushion 16\*16
- Knit sweaters
- Needle
- Thread

### Instructions

- Fold the sweater as you would a shirt
- Align the arms of the sweater with the top corners of the cushion insert to get a crisp look
- Once the arms are perfectly positioned, gather the sleeve in your hand and tuck each arm inside
- Now fold the neck of the sweater onto the back of the cushion to create a clean line across the top of the cushion
- With the help of a needle and thread, make a small stitch at the corner where the neck meets the back of the cushion, which will hold the neck firmly in place
- Now take the corners of the bottom of the sweater to the back of the cushion insert. Make a stitch at the bottom corners where they meet the back of the cushion insert
- Untuck the arms and pull them across the back of the cushion. Run a stitch to keep them intact

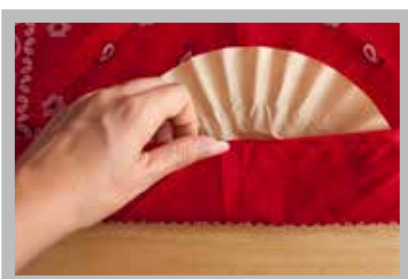


## COVER UP: FACE MASK FROM OLD CLOTHES

Face masks are a compulsory accessory now. Doctors are advising double masking while out in public. Don't waste money buying disposable ones. Try DIY masks

### Materials:

- Old t-shirt or any other cotton fabric
- Scissors
- Hair ties or elastic
- Tape measure



- Place an old cloth on a flat surface
- Measure 7-8 inches from the bottom using cloth tape
- Cut up and across to get a big rectangle shape
- Fold the cut cloth from the bottom to the middle and then fold from the top to the middle to get the shape of the mask
- Loop a rubber band or a large hair tie around each end of the fabric, about 2 inches in from the end of the fabric
- Hold the rubber bands and place the mask over your mouth and nose

- It should be tight enough to keep the mask in place

### TIP

Wash with hot water, dry completely before and after stitching. Do not forget to wash after every use

# DON'T THROW THOSE FRUIT PEELS

Make the best use of these natural wonders for super soft skin



One of the most popular concepts when it comes to protecting the environment is reusing every bit of everything. And here's something you can put to good use right from your kitchen, with no extra effort

The next time you have a handful of fruit peels, put them on your face to glow instantly



## Mango

This king of fruits rich in carotenoids stimulates collagen synthesis for softer, supple skin



## Banana

The phenolic antioxidants in banana peels can diminish dark spots and tan



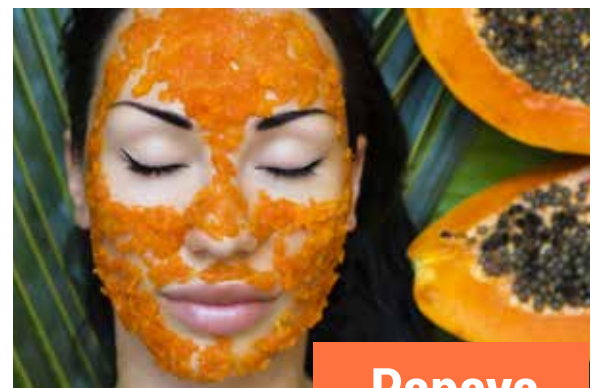
## Orange

Loaded with vitamins A and C, the inner layer of the orange crust cleanses the pores



## Watermelon

Ample amounts of vitamin B5 in the outer layer of watermelon keeps skin moisturized



## Papaya


The enzyme papain in papaya heals wounds and acne scars

# RECYCLE

## HOW RECYCLING HELPS THE ENVIRONMENT

A healthy environment is the right of one and all, a personification of You and Me.

Unfortunately, we take more from the environment than we give back and tend to waste a lot. It's time we all embrace the art and science behind recycling. Recycling has become the in-thing in recent years as it not only reduces the wastage of various materials but also aids in significantly cutting down greenhouse emissions, reduces air and water pollution.



Mother Nature is a treasure trove of amazing natural resources including water, flora and fauna, minerals, metals, marine life etc

# HERE ARE SOME AMAZING FACTS ABOUT RECYCLING



01

Aluminium can be recycled forever. A recycled aluminium can is capable of producing power that can run a television set for 3 hours non-stop

02

Glass doesn't decompose easily. It takes up to 1 million years for a glass bottle to perish completely. It can be recycled infinitely and this doesn't affect its quality or purity

03

Ditto with plastic. It stays for around 1000 years but a single recycled plastic bottle can save enough energy to power a 100 watt bulb for 4 hours

04

Recycling a plastic bottle, instead of making a new one brings down air pollution by 20% and water pollution by 50%

05

Paper can be recycled for up to 6 times after which the fibre becomes weak and loses the ability to hold

06

In India, while around 60% of plastic waste is getting recycled, only 9% of the total produced globally is reprocessed

07

Several states in India have banned the usage of single use plastics. Efforts are on to discourage people from using single use items like bags, cutlery, straws etc

**SO FIND WAYS TO  
DO YOUR BIT  
AND CONTRIBUTE  
TO SAVING  
MOTHER EARTH**

**BECOME A  
GREEN WARRIOR  
TODAY!**