

A complete
*'Think Green, Act
Green'* Handbook for
earth-friendly people



Here's how you can make
this planet worth living for
your grand children!

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Act Green' Handbook for
Earth-friendly People

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Chapter - 1 Why think green? Stressing on the current ecological crisis

The globe is all set to move towards its sorry end if you and I do not wake up right now! Yes! So wake up people and look around! What do you see? Population explosion, corruption, pollution crisis! The world is in a mess! Green is the way to be! The ecological balance of mother nature has been turned and turned over and over again, till it has reached a point where there is only too much to worry about. The Water in the world is decreasing day by day, the world is quenching! Deforestation has resulted in such a scenario, that people have landed up in the midst of a concrete jungle. There are hardly any trees and plants left. There is so much pollution that it is difficult to even commute from one place to another without landing up in mud and sweat all over the body. There is hardly any oil left in the world for the future generations. More and more trees are being cut for making paper and other material for the use of humanity.

The condition of the planet is deteriorating day by day. There are ecological disorders that the planet is facing every single day. The earth is pleading for help, and we have deaf ears towards it. It is about time there is going to be so many disturbances in the world, that it would be difficult to face for the common man. The civilization is under a threat as there is so much pollution and imbalances in the nature these days. Global recession and financial crisis is taken upon as a serious issue and is speculated upon. What about the ecological scenario? There are billions that are being spent each day on issues that are of

secondary importance. What are you doing to protect nature? Are you going green? Are you making it a point to plant more trees? Are you making an effort to switch off the electricity when not in use? Are you trying to do your bit to make a better tomorrow for the sake of the environment? Are you trying to save water? Are you trying to create little less pollution? Are you trying to do your bit for the betterment of the future generations? Wake up and start right now! You have to act with everyone so that there is a clean and green future.

Chapter - 2 How can eat- drink- think green make a difference?

The ecological scenario as mentioned in the last chapter is at a high rate of deterioration. The ecological crisis in the world has risen to the brim! It is high time you woke up from your deep sleep of ignorance and did something about it and worked towards a better, brighter and greener tomorrow. It is only rightly said that there should be a green attitude towards life now.

It is the only way one can avert the impending danger that is upon the shoulders of humanity. There is so much pollution in the world, that it can be helped only and only by the go green attitude. There has to be a way out of it all and this is it. A green today would mean using healthy and ecologically friendly products for the purpose of saving Mother Nature from falling into the endless pit of destruction. One needs to be careful to eat organic products only as a step forward in the go green mission. Besides this there are other steps that need to be taken good care of so that there is a greener tomorrow for the future generations. Simple steps are sure to help in the greener today tomorrow aid. Steps like creating lesser pollution is a good start.

Besides this there should be an increase in the plantation of trees and plants so that there is no shortage of greenery in the environment. The concrete jungle has to be overcome by eco friendly homes that use those products that would not harm the balance of nature any more. The nature has to be preserved, the

oil has to be preserved for the future, and there should be the use of eco friendly products. One should give up habits like smoking and drugs, as that is another cause of pollution in the environment. One should work for the betterment of the future of the human civilization. One has to take effective measures right now so that there is no possibility of harm to the elements of the nature.

Thinking green is another step that shall be of great help. Switching off the fans and the lights is another way in which one can preserve the balance in nature and help in attaining a better tomorrow. All these small steps shall sure help in creating a visible difference towards the betterment of a greener globe!

Chapter - 3 Green travel and communication for a greener world

The world is becoming more and more polluted day by day and this has increased the reason to take care of the surroundings even more. On an extensive level, there should now be the efforts made for the purpose of a greener and cleaner environment. There are many a ways in which one can make their bit towards a better environment.

Communication is a thing that can be used as a way to help nature. There are many ways of commuting that can be called green. One should make it a point save fuel as it is on the verge of evaporation and there soon shall be no fuel left. One of the most eco friendly ways to preserve nature is to walk. It is the best way to save fuel and completely abide by the go green mission. Besides this the other methods to go green would be to use public transport. This is a way that would save fuel and help a lot of people commute to wherever they want to and same time.

Another good idea is to commute with friends. This would help one in saving a lot of fuel for the future generation. There are other methods as well such as riding a bicycle and using the new and advanced vehicles that run on other substances than fuel. Communication is a very essential aspect of every person's existence you need to communicate at all times. One always needs to converse with other people. This can be done in a green way with the help of online letter writing. One should make it a point to make all their efforts for the betterment of the society and of

Mother Nature. Travelling by train would be a great method in order to go green. Another good way is to recycle everything possible. Even phones can be recycled these days and this is sure to make the society a cleaner and greener place to live in.

All one needs to do is to make it a point to contribute towards making unceasing efforts towards painting the world green all over again. Together we can and we will make a difference to the deterioration ecological state of the globe. All one needs to do is to understand each of their responsibility and do their bit towards saving mother earth.

Chapter - 4 Green shopping and its advantages

Going green is the best way to be. There are so many ecological imbalances in the world these days that one has to take a stand and move towards a better and a cleaner and a greener tomorrow. Going green should be a sort of mission that one needs to follow. There are so many ways in which you can start this wonderful mission of going green. There is a whole new world that is waiting for you to come and join the revolution.

There are so many new and innovative ways in which one can incorporate for the betterment of nature. There are so many things which one can do for the purpose of following the go green mission. Saying no to plastic is first step towards creating a better world. There can be usage of paper bags, that too the brown paper bags. This is sure to help in creating a greener world for the coming generations. There are other steps that need to be taken care of. These steps shall be to buy and eat the food items that are totally organic and this is sure to benefit. There are ways of using cloth made bags and totally putting an end to disposable plastic bags.

These things are sure to take the mission a step forward in this regard. The path of following a way of green shopping is the best way to help the civilization. You can choose those electrical appliances that do not emit harmful chemicals and which do not use up too much electricity. These are the ways in which one can contribute their bit in the go green mission. One can use those bulbs that use CFL and this is sure to lessen the load of the electricity bills. These are the few steps that can help a lot in making

the world a cleaner and brighter place to live in. There are options one can inhibit like green washing, organic and natural products recycling and the checking of the labels and the certifications products before buying them.

These are the few small and important steps that one can use for the betterment of the society and the betterment of the green world mission. You shall learn a bit more about the new and innovative methods of making the world a better place. So wake up now and start working towards it.

Chapter - 5 Eco friendly fashion for ecological well being

The world is being so polluted day by day that there is an ever increasing impending danger that is here on all humanity. There are so many ecological imbalances in the world these days that one has to take care of every step taken. There are so many types of pollution in the world that the state of the earth is deteriorating day by day. Fashion is an important part of all our lives. Every minute of our lives is effected by fashion in one way or the other. From what we wear to what bags we carry, fashion is an essential need of the hour.

It is each one's responsibility to take care of the type of fashion that they follow. This shall definitely help in making the world a cleaner and greener one. You have to pledge each day to use and try and modify fashion in such a way that it benefits the nature and is in the best interest of the community. For a start, and as a major help, one should say an absolute no to leather. Leather is something that is made from the skin of the animals and this is a way in which the environment is being depleted day by day. Using fake leather is a better option. Besides this, one should try using the funky and the trendy cloth bags that are coming up these days. These bags are totally eco friendly and give out the message loud and clear. You can wear t-shirts with slogans that say save earth, or save Mother Nature etc. These are sure to inspire the others as well. It is up to the youth of the nation to bring about a revolution in the nation and in the world.

One has to stand up for the betterment of the globe that one lives in. You have to act now if you want to be sure of a better future. Waking up and working now is essential so that a safe a secure future is ensured for the generations to come. Fashion can surely make a big difference in the way people react to situations. So all you need to do is to take care of the type of fashion you follow so that everyone around you rises and then walks the same walk as you.

Chapter - 6 Adopting green lifestyle and furnishings

Living in this world full of pollution and global warming is becoming excessively difficult with each passing day. There are so many ecological imbalances in the world that are encountered with every single day of one's life. There are so many things that your parents might tell you were different in the environment when they were young.

There is no pure air to breathe, no pure food to eat and no pure water to drink. We cannot go on thinking that there is still time. You have to act now for the betterment of this world. A greener world shall be the result of the constant and combined efforts from all in the world. It shall have to be you as well. Each one needs to put in their bit for the betterment of nature.

You can start by making the furniture green. Green refers to a healthier and a more ecological approach towards life. Using organic products that are not made by harming the nature and is toxin free is a way to begin. There are simple tips that can be followed to make the world a cleaner and greener one. You can single handedly stop and prevent such a lot of pollution that you might be amazed. You can use such products at homes and in the offices that are environment friendly, saying no to plastic is a thumbs up idea! There can be other simple measures like keeping the surroundings clean, turning off the lights when you are not around, preserving water, saving fuel. There is so much one can do to save Mother Nature but there is hardly anyone who does anything about it. You have to take up a stand for your world, or there might

soon be nothing left to stand up for! You have to act now.

You can use home furnishings that are made from organic cloth and not the leather that uses the skin of animals. Saying no to leather is a great idea. There are other tips that one can follow such as using those electrical appliances that save energy and emit less harmful gases. One needs to do a little more than just reading this! It is the right time to inculcate in yourself and the surrounding a positive and green lifestyle. This style shall not only make the world cleaner, it shall also help you stay fit and active!

Chapter - 7 Green eating and drinking for you and your planet's health

The world is in a crisis and you have to help! Yes you heard it right. As you must have read in the last few chapters, there is the need to be using eco friendly material for the betterment of the globe. This has to be done before the world reaches the dregs of destruction. The planet has to be saved and it doesn't need a superhero! It needs you! Are you listening? Do you even know the sorry state of affairs the nature is? It is pathetic to see more of a concrete jungle than a real one, where trees are being cut every single day, where there is wanton killing of animals for the pleasure of man and where there is so much chaos and confusion everywhere.

When will you wake up and take responsibility for all this? When will you realize that the earth needs you? And what does it really ask? Just a few simple modifications in your lifestyle. You can do your bit by simply eating and drinking green. Eating food that is organically made is the best way in which the nature can be preserved. One should look for the certificates of authentic organically made food when buying stuff. There is so much one can do with a mere change in the routine life. There should be the use of organic spices as well so that you ensure that the balances of the nature are maintained well. One should wake up before it is too late, eat vegetarian and eco friendly food and the packaging of food should be promoted and supported for the betterment of humanity. These few steps shall sure help you in doing your bit for the

Mother Nature that has blessed you with endless gifts from the day you were born.

This is your planet and so the responsibility lies on your shoulders. You have to take a stand for the betterment and the improvement of the ever falling standards of humanity. You should preserve water. You should use safe fuels and eat healthy food. You should say no to plastic as well. It is high time each of the responsible residents of the world, helped mother nature to regain its lost luster and shine and become the same heavenly place it used to be years ago. So wake up now!

Chapter 8 - The emerging concept of 'Green offices'

The corporate culture is inculcating the concept of the green offices because of its various financial as well as environmental benefits. Every business entity is trying to make the workplace more eco friendly. You can also contribute to this concept by turning your office into a place full of nature. Just like your home your workplace also need certain changes to make the go green campaign a success. Though the concept of the green offices is emerging at a very fast pace but if you are not still its part then take a step now.

It's not difficult at all just making the appropriate use of all the things in the office is the only required task which must be done at the earliest. You have to install the energy efficient appliances, most importantly the computers in the work place. The office furniture must be chemical free to keep the environment free of dangerous chemicals. Making only the organic food available to all the employees working in the office is also a very solid step. The organic stuff can be used in number of ways in the office.

The recycling of the old stuff is of utmost importance. As the offices are kept full of unwanted stuff so disposing the same in the proper manner can contribute in a great way. The greener office will certainly infuse the new energy into your body and all others working in the same setup. Improving the financial status of the business is usually the primary task of every enterprise. The installation of the CFL and other energy efficient products in your office will earn you a lot of extra money. Also try to use as much natural light as possible to cut on the electricity bill. All

the advantages associated with maintaining the green office are in your favor. So it doesn't need any thinking.

You will also gain an edge over your competitors by starting to work in the greener environment. This also helps in maintaining the health of the employees working at the workplace. Good health means more productivity and more productivity means better returns. So the whole cycle is a rewarding one and to increase your profits it's a great idea. The concept of green offices is worthwhile from every angle and that's the reason behind its successful implementation. So to get the taste of the success and to gratify the earth incepting this concept is the most brilliant idea.

Chapter 9 - How can the policy of 'zero waste, full recycles' help?

Reusing the products again and again is the philosophy behind the zero waste. The nature gets affected most of the time by your inactions so you must be aware of the zero waste, full recycle policy. This policy demands your cooperation to recycle as much things as possible. Putting the different type of waste in different bins is the action needed to apply this policy. The greener offices can also use this approach. Installing the bins on the roadsides can also contribute towards this policy. The waste collected in different containers can be categorized as below:

- Recycling dry stuff like plastic bottles, cardboards, tins and other objects is easy than other waste. So these must be collected separately.
- Paper is the final product which we get after cutting many trees. So it must be recycled most often. If collected separately this process can be completed with ease.
- Packaging material is usually hard to recycle because it consists of plastic. Plastic is not easy to recycle so keeping it in a separate bin is a requirement.
- Scraps of food can be collected in the biodegradable bags placed in the slop buckets or a kitchen caddie.

- Glass is a valuable material. Though it can be collected with the dry waste material but because of their non-contaminated material these are advised to be placed in a separate bin.
- Garden waste is also a biodegradable material so it can be combined with the food waste. You can also collect it in the green bins made specifically for them.
- Any other thing except the above mentioned ones must be discarded according to their nature. To achieve the zero waste along with the full recycle disposing of the material in accordance to their natural decomposing process is required.

By classifying the waste collected at your home on this basis you can easily get rid of it without harming the planet at all. By adopting this policy you can save the world from getting more polluted. The positive effects of this policy will certainly show the results in the long run. Without wasting single thing just imagine we can save a lot more than it's required. Most importantly we can save the world and the whole humanity from eloping from this planet. So this zero waste, full recycle is a wonderful concept which must be adopted for the sake of the humanity.

Chapter 10 - Green hope!

Going green is very much on the cards. In fact most of us have taken a step towards turning everything green. The earth has already suffered a lot. Now it's the time to do something about this suffering. It's true that the damage the environment has sustained can't be reversed but at least you can try to make every effort to save it from further damage. Practicing green living is the ultimate solution to this problem. Making every move to achieve the status of the green living is not just a luxury but is the need of the hour. The world is on the verge of getting destructed because of the practices of the human being. Stopping all these unwanted and destructive inventions is required at this time.

There is hope that the world will become a better place to live without any or say minimum pollution. To maintain this hope the action is required just now. You have to put in your own contribution without waiting for the others to start the process. Even you can start from your own home or work place. It's not difficult at all, one just need to put in some effort initially. Later on everything will fall at its place. Small changes in the lifestyle and other habits against the wellness of the environment are bound to leave a bigger impact on the whole scenario. You only have the power to improve the situation from getting worse because if it reaches the higher extent then there will be no comeback.

To secure yourself, your family and your friends you have to stop this disaster from expanding further. The nature is unpredictable may be if we do something for

it, it may return the favor. Also there is no other option left you have to think about the future generation on the whole. By applying the policy of going green today you will be making the coming generation more aware about their responsibility towards the importance of keeping the earth clean and green. Adopting the green lifestyle including the green drinking and eating and doing every other thing in the same way is the last option left with us.

There is certainly a hope and it will remain till the very end. You have to keep it alive for the rest of the humanity and every living thing present on this beautiful planet. "Once you choose hope, anything's possible" is truly said by Christopher Reeve.

Conclusion

They say modern technology owes an apology to the ecology. So much wrong has been done to the planet that a combined and a collaborated effort is now required to make our 'home' a worth-living place. If you are actually ready to work for your planet, there are tons of things that you can do and by now you must have gotten to know of quite a lot of them. You must have also cultivated an understanding for the cause and effect relationship that exists between manly actions and environmental degradation. We are hopeful that you would put the so-gathered information into a practical approach, thereby doing your bit to save Mother Earth.

We are also optimistic that you will pass on this earth-saving information on all the people you know so that the message reaches out to as many people as possible. Your thoughtfulness can take us a step further in disseminating the information related to environment, its degradation and protection.

Thank you for joining us in this environmental campaign! Wishing you a healthy and prosperous life!