



PRAKRITI SANRAKSHAN

Newsletter

Volume 4, Issue 4, Oct. - Dec. 2021

Inside Glimpses



If you believe in our ideology and wish to step up for the environment, we welcome you to join our organisation and together we can save the environment.

Visit- <https://stenvironment.org/>

Follow the link, choose the kind of membership that suits you and fill-up the form.



ABOUT US

Save the Environment (STE)

SAVE THE ENVIRONMENT (STE) is the organization that aims to spread awareness to the society about environment, health and water. It was founded and registered on 19th November 1990. STE has collaborated with various organizations in the past 29 years such as All India Institute of Hygiene & Public Health (AIIHPH) and India Canada Environment Facility, DRDO Ministry of Defence, Department of Science and Technology (DST), Indian Institute of

Management (IIM), Ahmedabad to mitigate the effects of arsenic and provide arsenic-free drinking water.

The vision of the society is to protect present and future generations from various Environmental Hazards. The NGO has been actively organizing various interactive sessions such as conferences (National and International), workshops, seminars and awareness programs including poster competitions, quiz competitions, science exhibitions and webinars.

STE Annual Awards 2021

(NOMINATION AND APPLICATIONS ARE INVITED)

LAST DATE 31 December, 2021

Annual Awards of STE are the tangible symbol to signify eminence of contributions made by a person or institution. This boosts the enthusiasm of the contributors who have contributed in different fields of science and social service with their excellence, expertise and approach towards achieving certain goals for the society. Recognition of such extraordinary activities is eventually very important to boost their confidence and to honour them for what they have done for the science and society. STE confers following categories of awards and honours to such eminent personalities.:

STE Dr. APJ Abdul Kalam Award

STE Fellowship Awards

STE Water Awards

STE Dr. Praloy O Basu Life Time Achievement Award

STE Best Ideas/Innovations/Technology for Environment Awards

STE Meritorious Award for Excellence in academics and research

STE International Achiever Awards

STE Green Excellence Award

STE Humanitarian Award for NGO

STE Best Teacher Award

STE Young Researcher Awards

STE Women Awards

For more information, please log on to our website

www.stenvironment.org/ste-awards/

ARTICLES ARE INVITED FOR THE INTERNATIONAL JOURNAL OF ENVIRONMENT AND HEALTH SCIENCES

This journal is being published by Save the Environment. Send your manuscripts for peer-review by e-mail. The authors must mention address, Contact Nos. and E-MAIL ID in their forwarding letter. Proof will be sent for correction before publishing. A pledge for originality will be signed by the authors.

We are pleased to announce that the DOI prefix for International Journal of Environment and Health Sciences is now available from Crossref, the official Digital Object Identifier (DOI). The journal is now indexed in International Scientific Indexing (ISI).

For further details, please contact, Chief Editor at: ijheditor@gmail.com or visit our website: www.stenvironment.org



SAVE THE ENVIRONMENT

A Society for Research Awareness and Social Development

ENVIRONMENTAL POLITICS: A CALL FOR PARADIGM SHIFT IN OUR ATTITUDE TOWARDS INTEGRATION OF ENVIRONMENT AND POLITICS

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Our local, regional and global environments have all been pushed beyond their carrying capacity predominantly due to anthropogenic factors. As global citizens we are now facing the wrath of the nature in the form of Climate Change, deadly pollution, spread of various communicable and non-communicable diseases, socio-political and socio-economic instability as well as rise in the level of social stress and anxiety. The conditions particularly in case of over populated, low income and politically unstable developing and under developed nations of Asia, Africa and Latin America are exceptionally vulnerable to serious environmental degradation. But even the so-

called developed nations or First World countries across the planet are also suffering from numerous environmental issues impacting quality of life, livelihood and socio-political issues. In short, we have to accept that globally we are facing serious issues related to environment, ecosystem and conservation of forests and biodiversity. The current COVID-19 pandemic has further stretched the crisis situations across various countries beyond repair and have been exposed to utter chaos, poor management, rapid degradation of the ecosystem and environment and acute socio-cultural and economic destabilization. The rapid mutational change of various strains of the COVID-19 leading to several pressing issues related to medication and vaccination. This in turn has led to both personal and social trauma among those impacted which in a cascading fashion has activated both short and long term negative changes to our environment. It is time for us to realize that we are facing survival crisis and need to stand together as global citizens on a common platform to join hands to protect our vulnerable environment.





The world has seen various environmental movements to deal with various existential environmental threats from time to time. Several of them have global impact like the Green Peace initiatives, Save Narmada Movement, the Chipko Movement, environmental resistance by Baba Amte and several other legendary figures to our current day young environmentalist movement initiated by Greta Thunberg. If we review the writings of Swami Vivekananda, Mahatma Gandhi and Rabindranath Tagore we will discover how they have advocated for the conservation, protection and restoration of the environment through their numerous speeches, essays, poems and lectures. If we look back further we will find that most Eastern religions such as Hinduism, Buddhism, Jainism, Sikhism, Taoism, Shintoism, Confucianism and other global and regional religions have advocated very strongly for environmental protection.

Each of these stories and historical facts about these environmental movements are highly awe inspiring and deserve our strong respect for those super human individuals such as Late Sunderlal Bahuguna who have dedicated their entire lives and careers to protect our environment. But in spite of our greatest respect for these masters and their monumental work and dedication for the environment, there are some significant challenges in sustaining environmental

movement over a very long period of time. It may look promising currently; but, unfortunately with the passing away of the leaders over time most environmental movements around the planet have seen a fall out and slow disintegration of the movement over time.

We need to remember that environment movements like any other apolitical movement needs strong foundation, extreme hard work, dedication, sincerity and selfless service of the leaders as well as the workers and followers over a long period of time. To govern and guide such an unorganized, inexperienced, motivationally challenged group over a long time is not only challenging; but in the true sense of the term a monumental task. Furthermore, any movement whether political or non-political needs the whole hearted support of the local populations did the movement to thrive, sustain and expand. One of the biggest difference between a political and environmental movement is the strong, long term and dedicated support of the local people behind the former. Political issues are related to our lives and livelihoods and hence more popular and has much longer shelf life in a region than an environmental movement. Furthermore, most political parties not only have political support of the local people; but also massive funding to sustain them over years. This cadre power (man power) together with the economic as well as





administrative power enables them to thrive, expand and push their agenda through both people at the ground level as well as in the legislative and judicial platforms making their movements highly successful and sustainable.

It is quite common to note the apathy and irritation as well as lack of faith among common people towards political parties, politicians and the government. It is not just a Third World phenomenon but also observed in First World countries. In many advanced western democracies very few people are turning up for voting in elections over the years. This political and democratic crises has been attributed by a number of incapable, callous, dishonest and party educated or illiterate politicians developing a wall between them and the common people to some extent. None the less

no nation on the planet can ignore the popularity and mass support enjoyed by politicians, political parties and governments. No country can function without a government and as such political movements and political issues have always huge mass support. Being totally aware that many of the environmental problems are directed against specific governments it is difficult for many associated with environmental movements to think about integrating political and environmental movements together.

However, if looked from a different perspective, both could be integrated successfully and can be a win-win situation for both parties. The million dollar question being why, how and when. The 'why' part is the most challenging aspect to answer, but, none the less it is the most important. Many traditional environmental





movement worker will not be comfortable with the idea as all their life they have worked against these groups to protect the environment. But we need to realize that a country like India lives and breaths politics. Not a single leaf in a country like this can move forward or sustain without political support. Most political parties around the world are 'aware' of environmental issues; but, they are simply not 'cautious' about it. The reason being environment is not a priority issue for them to earn a vote. People themselves are not much concerned about their environment in comparison to food prices and food security, banking, transport, communication, pricing and taxing, tax and investment incentives etc. Thus political parties are not much interested in including environment in their election campaigns and mandates. But they are also not as stupid as people often think.

A politician who sniffs mass popular support behind a particular local or regional environmental issue is always going to support it unless it comes directly in their path of personal gain or interest. But if it does not cross their selfish needs they are bound to support the issue since they have valuable Voter Bank associated with such issues. If a big group of voters are supporting an environmental movement that hits a particular Vote Bank is bound to get attention today or tomorrow. Similarly for sustaining a valid environmental cause and movement, one could get comprehensive support from the political party if the environment movement leader or organizer is popular with the local people of a particular constituency. The main goal should be to get the environmental issue resolved in a positive manner whether by political or apolitical means needs to be looked down upon as a minor factor.

Politicizing an environmental issue with local political support will bring in instant oriole support, attention of print and electronic media and the ever powerful social media. One can also avail logistic support it needs from local administration and legal support through the judicial system operating. Thus 'why' and 'how' of integrating environmental movement with political movement can coexist side by side with both sides benefitting from the integrated approach. The other important aspect is 'when' is a rather situational issue. People or an environment movement leader or an environmental working group need to decide the

correct time as well as correct platform for this purpose based on the need.

This is a new concept in the field of wildlife, forest and wildlife conservation and this article deserves to be the first of its kind in formulating this new idea. I have coined the term Environmental Politicism or Environmental Politics to highlight this concept of a paradigm shift in environmental movement around the globe. We have to change our attitude in how we look towards politics. I do sincerely acknowledge the negativity associated with current politics. But at the same time we have to acknowledge the strength of politics. If we could integrate environmental movement with local or regional political movement through alliance, cooperation, collaboration and coordination our environmental issues will get much more higher impetus with respect to reaching out the public as well as the media. For important environmental issues to reach the offices of our corporations, municipalities, legislative assemblies, parliaments, national assemblies, senates, congress and other democratic forums integration of environmental and political movements can be if it both groups. We have to remember that our ultimate goal of environmental protection will need government support and legislative legitimacy to be formulated into laws supporting environmental conservation.

How do we then define environmental politicization or environmental politics. I would rather define it as an integration of local, regional or global environmental issues with appropriate positive local political issues to generate a comprehensive socio-political and socio-ecological platform to protect our vulnerable environment. In other words, environmental politics is a positive cooperation, collaboration, coordination and communication (4Cs) platform between environmental and political movements for an unified approach to cater to our environmental, sociological, economical and political well being.

Off course, I do not expect my friends associated with various environment movements to change their stand and attitude overnight towards politics. politicians and political movements. However, at the same time this



article provides some food for thought regarding integration of environmental and political movements to generate more momentum, thrust and people's support for bringing our pressing environmental and ecological issues to the limelight for a social, political, legislative and environment-friendly resolution. Let us think about this new opportunity from a new perspective and a positive attitude. Political parties, politics and political movements are here to stay, they are not going

anywhere. Hence, it is better to look into this opportunity and give a new perspective to environmental movements across the planet. Rather than confrontation, cooperation may help in resolving urgent environmental and ecological issues through environmental politics or politicism in this new millennium.

Photo credit: Saikat Kumar Basu

SEAWEED: AN APPROPRIATE NUTRITION AND FOOD SOURCE

Translated by Kshama Gautam

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Many South-East Asian and African countries have shown significant improvement in Global Hunger Index published in 2020. Though the Index does not explain aspects related to nutrition, for India this is going to be crucial as, according to United Nations, our population would reach 180 crore by 2050. Consequently, availability of nutritious food for a huge section of the population, especially for the people at lower economical level, is going to be a big challenge. The objective of National Food Security Act 2013 is to provide food and nutrition to people by giving an assurance of quality food in sufficient quantity at reasonable prices.

Seaweed, one of the major renewable marine resources, can be a great source as food for human and animals. There are many seaweed species and various marine environments across the world that are great for their adaptation. Seaweeds are one of the living renewable resources that play a crucial role in maintaining the marine ecosystem. Apart from that, they help in the process of mineralization and saprophytic food chain which help in maintaining the marine ecosystem. Seaweeds are classified in three groups on the basis of their colour—Rhodophyta (red seaweed), Phaeophyta or Ochrophyta (brown seaweed) and Chlorophyta (green seaweed). People who live in coastal areas have been using seaweed in food items, medicine, manure and fertilizer, etc. for a long time. Algae are considered to be a sustainable food source as it is available during the whole year and can be stored easily. Similarly, some algae of class Phaeophyta, like

remains of Sargassum, have been found at Japanese pre-historic archaeological sites. A long history of using seaweed explains that some components of the algae are better and more valuable than other land-based plants. Although in western food items seaweeds are not used traditionally, many western countries are now adopting it as an alternative to vegetables.

Lately, people have grown taste towards functional foods. Functional foods are those that procreate beneficial effects to physiological functions and lessen the risk of suffering from any specific disease and further curb its development. Seaweeds are capable of enhancing such functions making the body strong apart from providing nutrition. For example, it works as hypertensive, anti-inflammatory or antioxidant. Some red and brown algae are used in producing three types of hydrochlorides: Alginate, Carrageenan and Agar. Hydrochloride is a noncrystalline substance containing larger atoms, which produces a thick and sticky solution when mixed with water. Globally only around 221 species of seaweeds are used and out of them, 145 species are used directly for food. Carbohydrate Algae have a great amount of carbohydrate in the form of structural polysaccharides, storage polysaccharides and functional polysaccharides. In various species, it may be present in the range of 20% to 60% of dry mass.

Agar and carrageenan in red algae and alginate in brown algae are the examples of structural polysaccharide. These polysaccharides are especially used in food industry extensively in pure form to make the food thick and clean, like ice-cream, curd, candy, meat products, drinks etc. Laminarin in brown algae and Floridian in red algae are found in the form of starch storage polysaccharides.

Although algae contain carbohydrates in abundance, most of polysaccharides of them are indigestible by human and therefore, they are also called dietary fibres. Edible algae

contain 33-50% of fibres which is more than most of the plants grown on land. *Porphyra umbilicalis*, which is often used to wrap rolls of 'nori', contains more fibre than banana (3.8 g versus 3.1 g per 100 g). Similarly, *laminaria digitata* (which is also called kombu) contains more fibre than brown rice (6.2% versus 3.8%).

Protein

Proteins are present in algae in different parts of the cells in various forms. They are found in the inner parts of the cell or cell wall in the form of fermenter, pigment or with polysaccharide. Generally, red and green species have more protein than brown species (4- 50% of average versus 1-29%). Red algae contain protein similar to vegetables like soybean. Proteins in algae contain all necessary amino acids and are available during the entire year despite diversity of seasons. Amount of necessary amino acids of some species like *Porphyra* can be compared with the amount of protein found in soya and e.g. Apart from that, many species of algae contain plenty of amino acids like arginine, aspartic acid and glutamic acid.

Lipids

Algae contain relatively low (1-5%) amount of lipids. But half of that is polyunsaturated. These polyunsaturated fatty acids have omega-3 and omega-6 fatty acids like eicosapentaenoic acid and arachidonic acid in abundance. In most of the algae eicosapentaenoic is the main polyunsaturated fatty acid which may be close to 30% of total fatty acids. Polyunsaturated fatty acids help in preventing heart disease, knee and joints pain and diabetes. Besides fatty acids, algae contain carotenoids, tocopherol, sterols and terpenoids.

Minerals

As algae grow in the sea they absorb various minerals. Algae have ample amount of calcium, iron and copper. Sodium, magnesium, calcium, potassium, chlorine, phosphorus and sulphur are included as macronutrients and zinc, copper, iodine, selenium, manganese, molybdenum, cobalt, fluoride, nickel and boron are included as micronutrients. Iodine is an essential nutrient for physical development and metabolic regulation and is found in most of seaweeds in great amount.

Algae has greater amount of iodine than any land-based vegetation; for example, 1500-8000 ppm iodine is found in brown algae. Food sources which we obtain from animals and land-based vegetation do not contain much iodine; therefore, algae can be included as most reasonable food to meet iodine requirements. In most of the species of



seaweeds, level of heavy metals is naturally lower than food security limit. However, regular monitoring of minerals in seaweeds may be necessary.

Vitamins

Seaweeds contain vitamins soluble in both fat and water. Plenty of provitamin A and B1 and B2 are present in most of the red algae like *palmaria palmata* and *porphyra tenera*. These species and some green algae like *ulva lactuca* (sea lettuce), *undaria pinnatifida* (wakame) and *Gracilaria* are rich source of vitamin C (10mg/100 g wet mass).

Source of animal nutrition Seaweeds are being used as animal food from thousands of years. In the beginning of 19th century dried and preserved seaweeds were used to feed sheep and other animals. Species like *laminaria* or *alaria* are often used as fodder in Norway and Finland.



Farming of Ulva, port Okha, Gujarat. (Photo credit: Dr P.V. Subbarav)

Algae as food products Algae are traditionally consumed as sea vegetables in Asian countries. Japan is the leading consumer of seaweeds, where around 4-8 g/person (dry mass) is eaten every day. French administration has accredited the use of 11 species of seaweed as food ingredients in human diet. The algae which is chiefly used as food in the whole world are, undaria pinnatifida (wakame), hizikia fusiforme (hijiki), himanthalia elongate (sea spaghetti), laminaria (kombu), ecklonia cava, Ascophyllum nodosum (goemon), fucus vesiculosus (warek, goemon noir), ulva lactuca (sea lettuce), Monostroma and Ulva lactuca (aonori), gracilaria (ogonori), grateloupia filicina (mukadenori), palmaria palmata (dulse) and lithothamnion calcareum (maerl).

Availability of possible edible seaweeds in Indian oceans Porphyra/pyropia of bangiales order is the most loved traditional and delicious food in Asian countries like Japan, China and Korea. It is called 'nori' or purple laver in Japan, jikai in China and kim in Korea. Pyropia acanthophora and pyropia vietnamensis have recently been analysed for their nutrients in India. Pyropia acanthophora, robusta (subspecies) contains all necessary minerals, fatty acids in large amount, vitamin C and dietary fibres which fulfil human requirement. Analysis of Pyropia vietnamensis has been done for its nutritional values, collected from 18 western coastal areas of India. As per the prescribed dietary approval of heavy metals, amount of daily intake of pyropia vietnamensis, found in Indian region, must be 1.3 g (dry

mass). Likewise, the species caulerpa collected from coastal areas of Gujarat is believed to be a great food source due to its high nutritional values and presence of antioxidants. Gracilaria edulis, ulva lactuca and sargassum gathered from Mandapam, Tamil Nadu are found as an important source of dietary fibre, protein, minerals and vitamins and act as functional food components.

Indian food processing industry was there are around 1000 types of snacks and their demands are on the rise. Use of seaweeds like Enteromorpha compressa in traditional snacks like pakoras can increase its nutritional values. Farming of edible seaweeds in Indian oceans and their future Farming of seaweeds using modern technology, developed at Central Salt and Marine Chemicals Research Institute (CSIR), has opened the doors of golden opportunities to get new employments in the seaweed-based industries. Also, it has promoted and encouraged farming of seaweeds. Around 1000 fishermen are engaged in growing seaweeds and they are growing 2000 tons of seaweeds. It includes farming of the species kappaphycus and gracilaria. Similarly, farming of ulva lactuca, gelidiella acerosa and hypnea musciformis are also established in the laboratory as well as outer and maritime zone. Farming of seaweeds is technically easy and simple to adopt. It does not need water for irrigation or any kind of fertilizer.

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ACTIVITIES AND SPECIAL DAYS AT A GLANCE IN THE MONTH OF OCTOBER 2021

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1 October - International Day of the Older Persons

The International Day of Older Persons is one of the most important days in October, commemorating and appreciating the contributions of older people in society. On 14 December 1990, the United Nations General Assembly designated October 1 as International Day of Older Persons.

1 October - International Coffee Day

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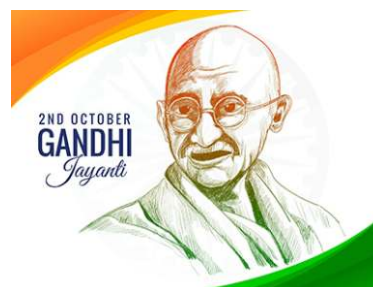
1 October - World Vegetarian Day

The first of October is World Vegetarian Day. It is observed to emphasise the benefits of vegetarianism and to demonstrate that a meatless lifestyle can also be quite tasty.



2 October - Gandhi Jayanti

October 2 is one of India's most important days. Gandhi Jayanti is a national holiday commemorating Gandhi's birthday. Mohandas Karamchand Gandhi, also known as Mahatma Gandhi, was born on this day. People commemorate the day by praying, holding commemorative rituals, and paying honour to the Nation's Father.





4 October - World Animal Welfare Day

World Animal Welfare Day is observed on October 4th. Because this day unites the animal welfare movement, mobilising it into a global force to make the world a better place for all animals, it is commemorated every year



5 October World Teacher's Day

Teachers' Day is observed on October 5th to show respect for them. The day is observed around the world, but no public holiday has been designated. For the first time, World Teacher's Day was commemorated in 1994.

8 October - Indian Air Force Day

The Indian Air Force Day is observed on October 8. On this day in 1932, the force had served in numerous conflicts and missions. As a result, the day is commemorated as an anniversary. Every year, the IAF plans the day ahead of time.



9 October - World Post Day or World Post Office Day

Every year on October 9th, World Post Day commemorates the founding of the Universal Postal Union in Bern, Switzerland, in 1874. The day was named World Post Day by the UPU Congress in Tokyo in 1969. Since then, countries all across the world have joined in the annual festivities.

11 October - International Day of the Girl Child

The International Day of the Girl Child is celebrated on October 11th. The day is dedicated to highlighting and addressing women's empowerment, as well as the demands and obstacles that girls confront, such as the realisation of their rights.

13 October - World Calamity Control Day (UN)

UN International Day for Natural Disaster Reduction

On October 13, the International Day for Natural Disaster Reduction is commemorated around the world. The International Day for Natural Catastrophe Reduction, observed by the United Nations (UN), aims to increase awareness about disaster risk reduction.



13 OCTOBER
INTERNATIONAL DAY FOR DISASTER RISK REDUCTION

15 October - Global Hand Washing Day

The 15th of October is World Handwashing Day. The purpose of the day is to raise hygiene awareness. The goal of the day is to raise awareness about the necessity of soap-based handwashing as a cost-effective and low-cost strategy to prevent disease and save lives.

15 October - World Students' Day

World Students' Day is a worldwide celebration of student diversity, multiculturalism, and collaboration. Students hold events on campus to display and celebrate their actions of social responsibility.

16 October - World Food Day

Every year on October 16, World Food Day commemorates the creation of the United Nations' Food and Agriculture Organization (FAO) (FAO). Three abstract human figures distributing, harvesting, and exchanging food make up the official World Food Day symbol.

17 October - International Poverty Eradication Day

The 17th of October is designated as International Poverty Eradication Day. One of the keys to reducing child poverty, according to UN Secretary-General António Guterres, is addressing poverty in the home, from which it typically emanates. The availability of high-quality social services must be prioritised.

23 October - Mole Day

On National Mole Day, a particular number in chemistry is honoured. We'll put an end to any visions of a burrowing creature party right now. Every year on October 23, chemists and chemical students commemorate the occasion.

31 October - Rashtriya Ekta Diwas or National Unity Day

The National Unity Day, or Rashtriya Ekta Diwas, is observed on October 31 in India. Sardar Vallabhbhai Patel's birth anniversary is today. During India's independence, Patel was instrumental in persuading numerous princely states to join the Indian Union.

FROM THE EDITORS DESK,

DR. VAISHALI MISHRA
EDITOR STE

NEW BEGINNING

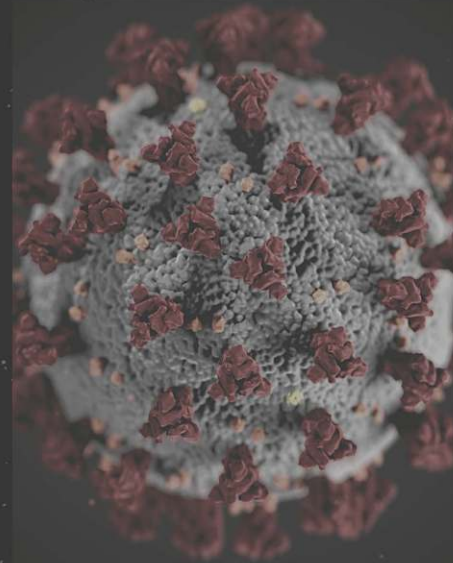
STE NEWSLETTER

A NEW START

New Year is an occasion of joy and happiness! No matter how good or bad the year was the arrival of New Year gives you lots of hope. As you all know, the year 2021 was full of unexpected events that held back the world. The advent of coronavirus raised several questions but with a positive mindset and right attitude, we harmonized together to fight against this novel coronavirus. This also reminded us how vulnerable we are, nevertheless, the year 2022 is full of new hopes and dreams. The announcement of vaccines in 2021 was one step towards the future. We are hoping to hear much such positive news from all around the world.

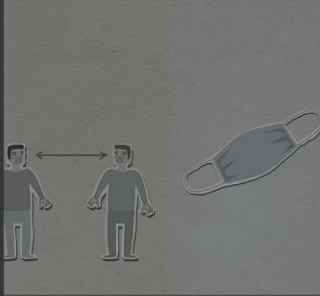
The past 12 months have been challenging for many people across the world in different ways. Today, many of us are possibly more aware of the importance of mental health in difficult times. So it seems fitting to reflect not just on what has happened to our worlds, but also what we have been through and, in the process, who we have become. Whatever our struggles have been – or continue to be – may have shaken us to the core or broken us. But through dark times, perhaps some of us have learnt the importance of resilience and the responsibility to stay uplifted.

For some of us, it was a year that offered a chance to be both big and small. And whether today we feel uplifted or broken or anything in between, we should know that been given that chance is no small thing.



THE MONSTER THAT PERSISTED

We knew what Covid was, but the Monster took new variant and attacked the nation's population with its second wave. It started in March and took the peak in April with daily cases of upto 200k. Medical Industry ran out of oxygen and it became a situation of chaos around the nation. But as the waves passed, our knowledge set about the virus grew, and now the industry is prepared for the upcoming challenges.



PRE-CAUTIONS

Taking up precautions is yet as important as it was before vaccines were introduced to the world.

Wearing Mask

Maintaining Social distance

Washing hands thoroughly

Staying Home if possible

Taking Steam and practising breathing yoga



HIT ON EDUCATION

2021 year has turned out to be an unexpected ride for Education system. Because India suffered through a huge pang of Covid's Second wave, it became yet impossible for CBSE to conduct offline High School Exams. And for juniors, the year passed through their screens virtually.



NECESSITY IS THE MOTHER OF INVENTION

Vaccine is considered as the biggest weapon to fight any medical war against any disease and we were blessed that the Medical Industry was advanced/future-ready enough to procure two Vaccines- Serum Institute's Covisheild which comes under the vaccine type of Non-Replicating Viral Vector and Bharat Biotech's Covaxin which is an inactivated vaccine. The vaccination drive started from 16th January and by the end of the year of 2021 almost 62% of the population is fully vaccinated, which is a huge milestone that is achieved in the fight against Covid-19. As the medical professionals have informed, that vaccines are effective just to protect the person but a fully vaccinated can still catch the infection but it'll be mild as mentioned by them. We as responsible citizens should give vaccination as our utmost priority because securing health is necessary to secure life. Other than getting vaccinated we still should take precautions because we should even avoid being a carrier of the virus

EVOLVE OR DISSOLVE...

IT'S YOUR DECISION.

Life is about evolving, Don't stay in a situation that's not helping you, Grow mentally, spiritually and emotionally. Recognizing that we are constantly working to evolve ourselves is a major part of the journey and is critical to success. In acknowledging that it's not a change, but an evolution, enables us to allow for growth through trial and error. This gives us the needed forgiveness to fail. When we make it about change, it's too black and white. In a mindset of change, we are set up to fail because it's impossible to change all the time. With a mindset of evolving, we have the ability to succeed because it's working gradually off of our strengths, which can lead not only to bigger wins but to a more satisfying life.

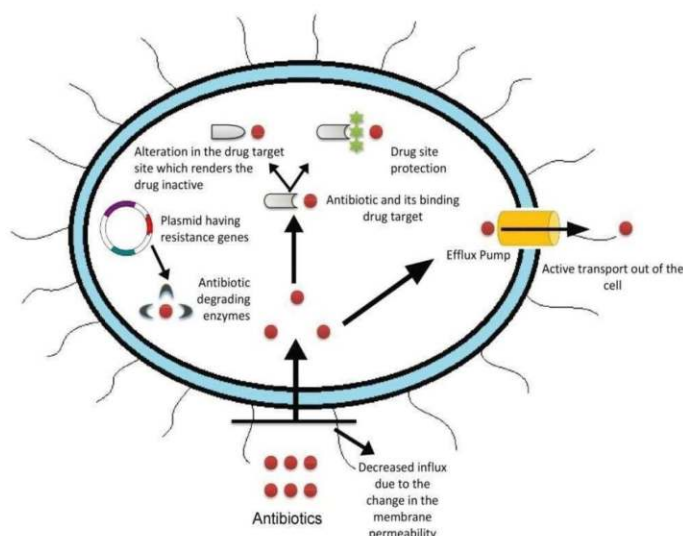
With this note,

STE Team wishes you a very **Happy New year**

ARTICLES ARE INVITED FOR THE INTERNATIONAL JOURNAL OF ENVIRONMENT AND HEALTH SCIENCES

This journal is being published by Save the Environment. Send your manuscripts for peer-review by e-mail. The authors must mention address, Contact Nos. and E-MAIL ID in their forwarding letter. Proof will be sent for correction before publishing. A pledge for originality will be signed by the authors.

We are pleased to announce that the DOI prefix for International Journal of Environment and Health Sciences is now available from **Crossref**, the official **Digital Object Identifier (DOI)**. The journal is now indexed in **International Scientific Indexing (ISI)**.



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STE Dr. Praloy O Basu Life Time Achievement Award

STE Young Researcher Awards

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