



PRAKRITI SANRAKSHAN

Newsletter

Volume 6, Issue 4, Oct.-Dec., 2025

From the Editor's Desk

Welcome to the October–December 2025 issue of *Prakriti Sanrakshan*

Dear Readers,

As we conclude the year, we warmly welcome you to the October–December 2025 issue of *Prakriti Sanrakshan*. This edition reflects our continued commitment to protecting nature, promoting health, and uplifting communities. Through remembrance, celebration, action, and awareness, we share a snapshot of the meaningful work carried out during this period.

We begin by honouring the legacy of our beloved Founder, Late Dr. Praloy O Basu, whose vision and compassion continue to guide our mission. This issue also celebrates cultural exchange through the Joint Indo–Russian Photography Exhibition, highlights community impact through the successful Marhtala Health Camp, and shares knowledge from workshops on medicinal plants and sustainable healthcare.

Alongside these, we raise urgent awareness about global challenges such as declining bee populations and air pollution, calling for collective action to protect our environment and health.

Together, these stories remind us that every small effort contributes to a larger change—for people, for nature, and for the future.

Divya Bhardwaj

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**Polluting air is
not fair;
save trees to
breathe fresh air.**

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 33 years such as All India Institute of Hygiene & Public Health, AIHH&PH 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 among the future generations.

HUMBLE APPEAL for CSR FUNDS

To continue your Kind support for clean water supply and sanitation facility project at the STE adopted village Bankanali, Block Puncha, Distt. Purulia

Save The Environment (STE) extends its gratitude and thankfulness for your benevolent support which has made possible the installation of a drinking-cum-wash water unit at the cost of about Rs four and a half lakh (Rs. 4.5 Lakh only) in the first phase of the subject project at STE adopted village Bankanali, Puncha Block, Distt. Purulia, West Bengal. Many households, in dire need of proper water facilities, are somewhat benefitting from the same.



However, a long path remains ahead of us in order to complete the pursuit undertaken. In this endeavour, we plan to provide various water supply units in adjoining areas, rejuvenate and restore the available ponds, create the rain water harvesting systems, reuse of waste water, plantation, Electrification in the village using Solar energy and also to install toilets in the school and other places to be used by people. Looking forward for your kind support to complete the above project.

In this regard, we at STE, earnestly request all the citizens, corporates, life members of STE and patrons to kindly come forward and support for this noble cause. Your generous donation will be a pillar for us and will certainly enable us to bring a smile to several underprivileged persons.

Details of the proposed project are :

ACTIVITIES

Restoration of ponds
Installation of Rain Water Harvesting Systems
Solar Electrification in the Houses and roads
Distribution of drinking water by pipe line in the village
Constructions of toilets in school, houses and other public places and plantation etc.

Looking forward to receiving your generous support.

Contact details:

Phone: 9871372350; 9830779260 Email: info@stenvironment.org

Account details for donating funds:

ONLINE PAYMENT:

Name of the Account: **SAVE THE ENVIRONMENT**

Account Number: **38041963371**

Bank and Branch: **State Bank of India, Lake Town, Kolkata**

IFSC Code: **SBIN0001506** OR

GOOGLE PAY to: **Mrs. Chhanda Basu; Mobile 9830779260**

A HEARTFELT TRIBUTE TO OUR REVERED FOUNDER, LATE DR. PRALOY O BASU

We pay our deepest respects to our esteemed former Secretary and Founder, Late Dr. Praloy O Basu. His vision, dedication, and compassion continue to illuminate the path for Save The Environment, inspiring our efforts every single day.

Dr. Basu's noble mission to serve humanity and protect nature lives on through our collective work and commitment. His remarkable legacy remains a guiding force, reminding us of the power of purpose, empathy, and unwavering resolve.

We remain profoundly grateful for his extraordinary contributions and for the enduring impact he has left on our organisation and the world.

SUPPORT GLOBAL BEE CONSERVATION – YOUR SIGNATURE MATTERS!

Saikat Kumar Basu

PFS, Lethbridge, Alberta, Canada;

Email: saikat.basu@alumni.uleth.ca

Bees worldwide are showing a significant decline due to a number of anthropogenic factors. Bees are important natural pollinators and essential for the survival of global agriculture, forestry and apiculture industries. My humble request to you is to kindly join us for global bee conservation. Please



open the link and sign the petition electronically with few simple clicks. If you click the link it will take you to the website and you just follow the steps, very easy. If you scroll down the page it will show a box saying sign the petition and this will record your vote. Please help me to collect 10K signatures to take it to the parliament.



Thanks in advance.

Please click the link below for supporting our bee conservation petition: <http://chnq.it/m7sM6j6m>

<https://youtu.be/MIWMxJdwHNC?si=FqOT9wffSLbeygTH>



JOINT INDO-RUSSIAN PHOTOGRAPHY EXHIBITION

The Indian Council for Cultural Relations (ICCR), Kolkata, inaugurated a vibrant Joint Indo-Russian Photography Exhibition on Thursday, celebrating the artistry, heritage, and cultural diversity of two long-standing friendly nations. The exhibition ran from December 4 to 7, 2025, bringing together acclaimed photographers from India and Russia and offering visitors a visual journey



across landscapes, traditions, and human stories. Top 50 Indian photos were selected by acclaimed judges for exhibition in Russia as part of the Indo-Russia Friendship program.

The photo entitled *The Partition*, taken by Saikat Kumar Basu and capturing the picturesque Indo-Bangladesh border in North 24 Parganas district, has been selected among the top 50 for exhibition in Russia.



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.

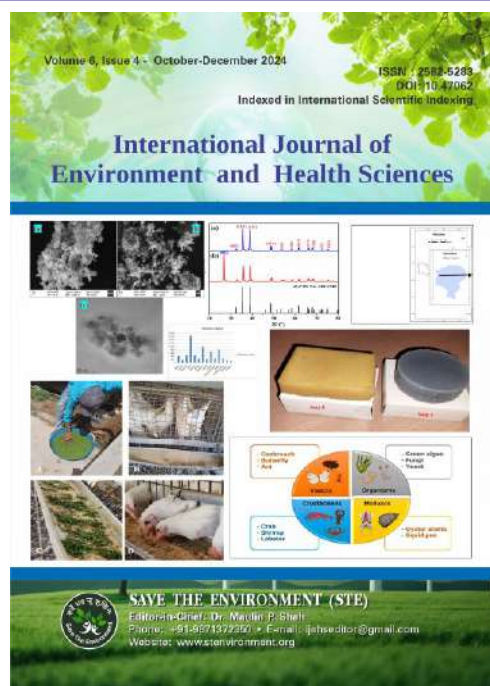
We are pleased to announce that the DOI prefix for International Journal of Environment and Health Sciences is now available from Crossref, the official Digital Object Identifier (DOI). **The journal is now indexed in International Scientific Indexing (ISI).**

For further details, please contact Chief Editor at:

ijehseditor@gmail.com

or

visit our website: www.stenvironment.org



MARHTALA VILLAGE, PASCHIM MIDNAPUR, WEST BENGAL HEALTH CAMP – A HEARTWARMING SUCCESS!



We were delighted to share that our community outreach program exceeded all expectations.

Our Team on the Ground

- Medical Specialists: Debabrata Manjudar & Anindita Saha
- Support Team: Sanjit Mitra, Chhanda Basu & Subhankar Chakraborty

Program Highlights

- A warm traditional welcome was given with flowers, badges, and a presentation.
- The Health Camp served approximately 35 community members, providing medical checkups, essential medicines, and health guidance.
- A water quality assessment was conducted, and treatment solutions were provided to families in need.
- A special celebration was held for around 30 children, including many with physical disabilities, with cake and lunch for all participants.
- A career counselling session was offered to college graduates, focusing on soft skills and interview preparation.

- Comprehensive lifestyle and nutrition guidance was shared with the community.

The Impact

The response from community members was extraordinary. People expressed genuine gratitude for the care and attention they received. Although the day was long and exhausting, it was deeply fulfilling for everyone involved.

Looking Ahead

While we were proud of what was accomplished within our available time and budget, we recognised the immense potential for ongoing support. There was much more that could be done to improve lives in underserved communities.

This was why we existed — to serve those who needed it most.

#CommunityService #HealthCamp
#Marhtala #SocialImpact #Healthcare
#MakingADifference



SAVE THE ENVIRONMENT (STE)

(A SOCIETY FOR RESEARCH, AWARENESS & SOCIAL DEVELOPMENT)
KOLKATA • GURUGRAM



Organizes

FREE HEALTH CAMP FOR VILLAGERS

Marhtala Village, Paschim Midnapur, West Bengal

Target Beneficiaries: Villagers of Marhtala (Population: 4000)

Serving humanity is the greatest service to God. STE is organizing a free health camp to support the needy villagers with medical check-ups and essential medicines. Your generous donation will bring blessings, healing, and hope to many. Kindly support this noble cause.

Program Highlights

- ✓ About 100 villagers will undergo medical diagnosis
- ✓ Free initial treatment & medicines
- ✓ Health record tracking for future follow-up
- ✓ Guidance for continued treatment in upcoming months



Health Check-up Sessions

Date: 14 Dec. 2025
Time: 11:00 to 5:00 PM



Bank details for Electronic Transfer

Account Name: Save The Environment

Account Number: 60475457174

Bank and Branch: Bank of Maharashtra, Kalkaji, New Delhi-110019

IFSC Code: MAHB0000974

Google Pay to: Mrs. Chhanda Basu; Mobile No. 9830779260

DONATE TO PAY



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GLIMPSES OF MARHTALA VILLAGE, PASCHIM MIDNAPUR, WEST BENGAL HEALTH CAMP – A HEARTWARMING SUCCESS!



Every drop counts.

Life without water is impossible. Save water. Save life.

With every little drop, a day less to live on Earth.

Join the Blue Revolution to stop water pollution.

Clean water. Healthy living.



GLIMPSES OF MARHTALA VILLAGE, PASCHIM MIDNAPUR, WEST BENGAL HEALTH CAMP – A HEARTWARMING SUCCESS!



GLIMPSES OF MARHTALA VILLAGE, PASCHIM MIDNAPUR, WEST BENGAL HEALTH CAMP – A HEARTWARMING SUCCESS!



**"The best friend on earth of man is the tree.
When we use the tree respectfully and economically,
we have one of the greatest resources on the earth."**

**"These quotes highlight the importance of tree plantation and
the positive impact it has on our environment.""**

WORKSHOP ON MEDICINAL PLANTS AND SUSTAINABLE THERAPEUTICS HELD AT JAMIA HAMDARD, NEW DELHI 28th October, 2025

Organizing secretaries, Dr. Rabea Parveen and Dr. Bushra Parveen (Assistant Professors, SPER), and Dr. Jigni Mishra, Treasurer, STE, played key roles in coordinating the workshop.

Dr. Indu Tucker Sidhwani, Former Associate Professor of Gargi College, Delhi University, provided mentorship during sessions focused on green techniques for the pharmaceutical industry.

The event also celebrated distinguished academicians and pioneers, honoring them with the STE Annual Awards for their outstanding contributions to research and innovation.



Under the aegis of SECON 2025, the Medicinal Plants and Sustainable Therapeutics (MPST) Workshop took place at Jamia Hamdard's Centre of Excellence in Unani Medicine (Pharmacognosy & Pharmacology) in collaboration with Save The Environment, Kolkata | Gurugram on 28th October 2025.

The inaugural session was graced by the Honorable Vice Chancellor of Jamia Hamdard, Prof. M. Afshar Alam, along with Prof. S. Shah Alam, Director, NIUM Bangalore; Prof. Yasmeen Shamsi, Dean, SUMER; Prof. A. Selvapandiyan, Dean SIST; and Prof. Uma Bhandari, Dean SPER. The event was spearheaded by Organizing Chairman Prof. Sayeed Ahmad, Director, Centre of Excellence in Unani Medicine, and Dr. Kshipra Mishra, Former Additional Director, DIPAS DRDO & President, STE.

The Hon'ble Vice-Chancellor of Jamia Hamdard, Prof. M. Afshar Alam was conferred with the prestigious **Dr. Praloy O. Basu Life Time Achievement award** during a solemn ceremony, in recognition of exemplary leadership and academic excellence.



Glimpses of the Workshop



Glimpses of the Workshop



Glimpses of the Workshop



AIR POLLUTION: THE WORLD'S LEADING ENVIRONMENTAL HEALTH RISK

By: Divya Bhardwaj

Source: Internet

Air pollution has been identified as the top environmental threat to human health worldwide. With rising urbanisation, vehicle exhaust, and industrial emissions, harmful particles in the air are affecting millions of people daily. This issue explores the causes, health impacts, preventions, and action steps to stay protected.

1. Understanding Air Pollution

What Is It?

Air pollution is a mixture of harmful solid particles and gases such as:

PM2.5 & PM10 (fine particulate matter)

Nitrogen dioxide (NO₂)

Sulphur dioxide (SO₂)

Ozone (O₃)

Smoke, dust, and industrial emissions

These pollutants can irritate, inflame, and damage the lungs and other organs.

2. How Pollution Affects Your Health

A. Respiratory Effects

Persistent coughing

Wheezing & breathlessness

Asthma attacks

Bronchitis & lung infections

Worsening of COPD and other chronic conditions

B. Cardiovascular Effects

Air pollution can enter the bloodstream, contributing to:

High blood pressure

Heart attacks

Stroke

Long-term heart disease

C. Long-Term & Systemic Effects

Long-term exposure may lead to:

Reduced lung development in children

Lung cancer

Complications during pregnancy

Increased risk of chronic illness

Potential cognitive decline with age

3. Causes of Air Pollution

Major Contributors

Vehicle emissions

Industrial waste & factory smoke

Construction dust

Burning of fossil fuels and biomass

Household smoke from cooking or cigarettes



4. How to Protect Yourself

A. Track the AQI (Air Quality Index)

Use apps/websites to check daily pollution levels:

Good (0–50): Safe for all

Moderate (51–100): Acceptable

Poor–Hazardous (100+): Limit outdoor exposure

B. Protect Your Lungs

Wear N95 masks during high-pollution days

Avoid outdoor exercise during peak hours (early morning & night)

Stay indoors when AQI is “Very Poor” or “Severe”

C. Improve Indoor Air Quality

Keep windows closed on high-pollution days

Use air purifiers with HEPA filters

Avoid burning incense or smoking indoors

Keep your home well-ventilated on cleaner days

D. Healthy Daily Habits

Stay hydrated to reduce throat irritation

Maintain good respiratory hygiene

Keep inhalers/medications accessible if you have asthma or heart conditions

5. When to Seek Medical Attention

Contact a doctor if you experience:

Difficulty breathing

Chest pain or tightness

Persistent cough or wheezing

Extreme fatigue or dizziness

These may signal a more serious response to polluted air.

Final Thoughts

While air pollution is a growing global issue, simple precautions can significantly reduce its impact on your health. By staying informed and taking everyday preventive steps, you can protect yourself and those around you.



STE ANNUAL AWARDS 2025

(NOMINATION AND APPLICATIONS ARE INVITED)

LAST DATE 10th February, 2026

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.:

1. STE Dr. APJ Abdul Kalam Award

This award is conferred every year to the senior scientist of DRDO/ ISRO (working or retired) who has significantly contributed towards science and technology in India. Nominations will be from STE.

2. STE Dr. Praloy O. Basu Lifetime Achievement Award

This award is conferred every year to any citizen of India, who has made a difference to the society by his/her contributions in terms of education/ policies/ S & T/ Social Service and others. Nominations will be from STE.

3. STE Green Excellence Award

This award is constituted to honor those Indian citizens who have excelled in safeguarding and protecting the environment utilizing green technologies.

4. STE Fellowship Awards

STE Fellowship award is conferred to the Indian senior scientists /Academicians for their outstanding achievements in various fields of Science & Technology and Education.

5. STE Meritorious Award for Excellence in Academics and Research

6. STE Women Excellence Award

This award is constituted to recognize the Indian women scientists/ Academicians for their contributions in the field of science and environment.

7. STE Water Awards

The awards are conferred to the Indian nationals who have made a difference in the area of water by their efforts.

8. STE Award for Best Innovation in the field of Science & Technology

9. STE Best School Principal Award

10. STE Best Teacher Award

11. STE International Achiever Awards

12. STE Young Researcher Awards (Age limit: Faculty/ researchers between 25 to 40 years can apply.)

13. STE Humanitarian Award for NGO

14. STE Green Campus Award

15. STE Student Award

A. School Level

B. College Level

For more information, please log on to our website: www.stenvironment.org/ste-awards/

STE is pleased to announce that the STE State chapter of Uttarakhand has been opened and is ready to start activities there. It is requested that those who want to do any programme/ seminar / conference / symposia or any other related activity under the mandate of STE are welcome to come forward and take off for the new journey of STE in the mountains.



SAVE THE ENVIRONMENT



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Shilyakote Malla, Dhari, Nainital, Uttarakhand

Contact details:
E-mail: steuk2020@gmail.com, Mobile: 9971851949, 9359412783
Website: www.stenvironment.org/chapter

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Branch Name: Muketshwar, Nainital, Uttarakhand 263138
Branch Code: 02582
Account No.: 41762330673
Name: Save The Environment
IFSC Code: SBIN0002582

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Awards/ recognition received for DART

- Silver Medal for Innovative Technology in Anveshan Competition on 29th June, 2003 at IIM, Ahmedabad
- WATI (Women and Technology Innovation) National Award by Bhartiya Stree Shakti for innovative Technology -2004
- DRDO Spin-off Technology Award- 2007
- NRDC, GOI –Social Innovation Award-2012

Our Collaborators

- | | |
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| <ul style="list-style-type: none"> ◆ DRDO, Govt. of India ◆ DST, Govt. of India ◆ AIIHPH, Kolkata ◆ Hindu College, University of Delhi ◆ Royal Society of Chemistry (London)-North India section ◆ CSIR-NEERI, Delhi Zonal Centre ◆ Environment & Social Development Association (ESDA), Delhi ◆ SOITS, IGNOU, New Delhi ◆ Anchrom Enterprises Pvt. Ltd., Mumbai ◆ Indo-Canada Environment Facility ◆ NSHM, Durgapur ◆ Heritage School, Kolkata ◆ Suraksha Diagnostics, ◆ Brindaban Matri Mandir, ◆ Fight Cancer, ◆ Amra Sabai Happy Club, ◆ Vidyasagar Park MWA ◆ Milan Samity-Hrishikesh Park ◆ Swami Rama Himalayan University (SRHU), Dehradun, Uttarakhand | <ul style="list-style-type: none"> ◆ Visvesvaraya Technological University, Muddenahalli, Chikkaballapur, Karnataka ◆ ICAR-CAFRI, JHANSI, U.P. |
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Website: www.stenvironment.org

STE PLANTATION DRIVE (ON GOING)

STARTED FROM

5th June, 2025 World Environment Day



“एक पेड़ माँ के नाम”
“EK PED MAA KE NAAM”



We request you to please come forward to participate and
donate (₹ 1000/-) a plant as dedication to your mother

Bank details for Electronic Transfer

Account Name: Save The Environment

Account Number: 60475457174

Bank and Branch: Bank of Maharashtra, Kalkaji, New Delhi-110019

IFSC Code: MAHB0000974

Google Pay to: Mrs. Chhanda Basu; Mobile No. 9830779260



Note: Please send the payment details and your mother's name at:
Mobile: 9871 372 350 • E-mail: info@stenvironment.org



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