

Green Lung

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All the seasons are shifting. Spring is arriving earlier, winters are shorter, and the freezing days are declining, jamboo and watermelon are there before rain...

We desperately find shade at traffic signals in hot days...

Last two years have seen many natural calamities like tsunami, flood, avalanche or cyclone. Isn't it alarming? Think of the deteriorating health of the earth - echo anxiety. Isn't it scarcity of many things for our next generation? The future generation will likely not be able to use products from trees. That means no paper, barely any fruit, lack of shade, increased temperature, and more.

In just seven months we had consumed all the resources that the planet could generate in a year. In other words, at the current rate of consumption, energy use and exploitation of natural resources, we would need almost two planets to sustain our current way of life and economic system.¹

We need to replenish and restore what the planet has lost. Offsetting is no longer enough; we must "heal" environmental, economic and social wounds. And this is the promise of sustainable regeneration, a concept that seeks to create economies.

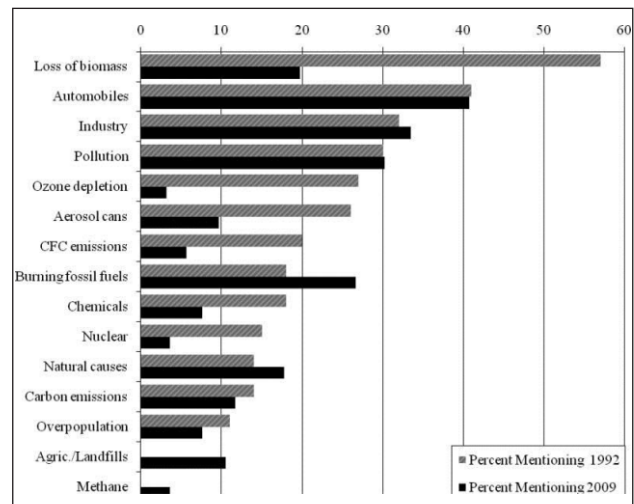
Beautify all around us!

Open up eyes. Open up mind. Why this is happening... How this change happened?

What is it? Is it reversible? Yes, it is. These changes happen after so many years of deforestation process on the earth.

A rapidly growing world creates greater need for agricultural, industrial and most importantly, urban requirements to contain cities. Therefore, forest land is reclaimed. Trees are chopped to build roads, metro and bullet train.

For the first time in history, more than 50% of the world's population now lives in towns and cities. By 2050, this number is expected to increase to 66%. The shift from rural to urban areas, mainly in Africa and Asia, is due to poverty and related socio-economic factors. Somewhere in the rush of development, we have forgotten about environmental protection.



Most Frequently Mentioned "Things" that "Could Cause Global Warming": Responses provided to an Open-Ended Question that Asked for a List

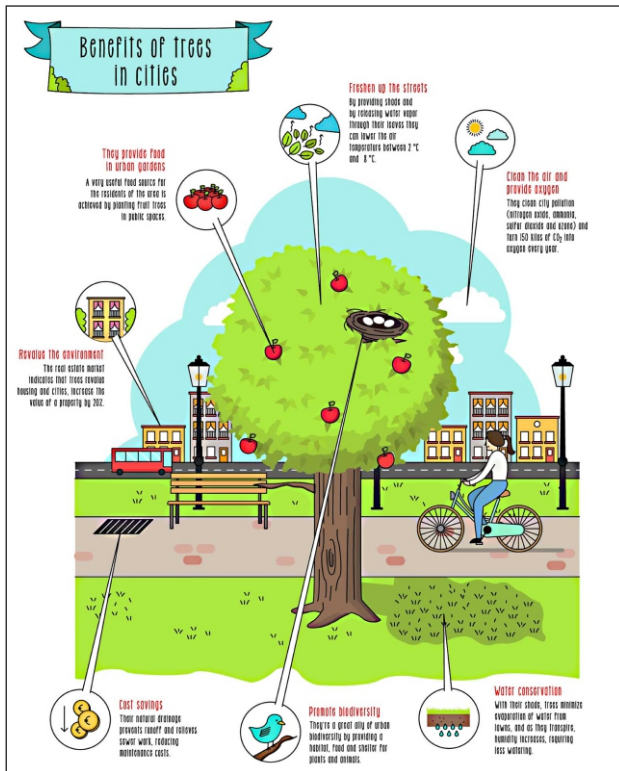
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During last 2-3 years - covid era, we came across many new words and lifestyle changes. Lockdown, quarantine, mask, vaccine, sanitization, social distancing, etc. They were new and awkward on the initial stage, but with the passing time and practice in day to day life, they became part of our life. The same practice is needed in planet conservation by tree plantation and care.

Indian Forest Act, 1927 was introduced in India for the management and preservation of forest areas. According to this Act, if any person cuts down a tree due to any reason, without taking permission from the forest department, in that case, the accused shall be punished with a fine of Rs. 10,000 or three months imprisonment.²

Importance of tree

Trees play a major role in controlling global warming. They utilize greenhouse gases, restoring the balance in the atmosphere. With constant deforestation, the ratio of greenhouse gases in the atmosphere has increased, adding to our global warming woes.



<https://pin.it/4zNneC6> (3)

Trees are nature's own air conditioner. Trees in cities can help to cool the air upto 2 - 8°C, thus reducing the urban "heat island" effect: The correct placement of trees around buildings can reduce the need for air conditioning by 30 %, and reduce winter heating bills by 20-50 %.⁴ They provide oxygen, improve air quality, maintain climate, conserve water, preserve soil, and support wildlife. We obtain thousands of products from trees such as fruits, nuts, medicine, paper, wood, oil, construction materials, etc. Everyday materials we use, such as latex, cork, fruit, nuts, natural oils, and resins are found in the tropical forests. Our daily consumption of paper includes printing paper, notebooks, napkins, toilet paper, etc. It will be local, national & international challenge to preserve trees for human beings.

A mature tree can absorb up to 150 kg of CO₂ per year. As a result, trees play an important role in climate change mitigation.

In cities, parks and gardens do clean the air, they are popularly known as 'urban lungs' as they absorb CO₂ and add new oxygen to the air. That's why these green areas are especially popular on hot summer days. Be a tree hugger!

What if we create a tiny garden around us...?

- Trees planted as living memorials or reminders of loved ones or to commemorate significant events in our lives make a memory.
- A thick curvy trunk trees can complement the architecture or design of buildings or entire neighborhoods. The value of a well landscaped

home with mature healthy trees can be as much as 10% higher than a similar home with no or little landscaping.⁵

Well placed trees can **reduce your cooling costs** in the summer by shading the south and west sides of your home. If deciduous trees are used, they will allow the sun to pass through and warm your home in the winter.

We need innovative **remedies and solutions** to conserve the environment. Can be created on an individual level. It's not a lot of jargon. We must broaden our horizons!!

Take small and conscious steps in daily life. To save electricity, water, tree, fuel.

Making a few minor lifestyle changes may help make the planet a better place.

Here are the best ways in which urban trees and forests contribute to making "Go Green" inside your home, work place and cities, socio-economically and environmentally more sustainable:

- **Judicious use of water.** A half open tap also makes cleaning perfect, e.g. car wash with a bucket. Now that saving water can be diverted to tree watering.
- **Try to reduce consumption,** reduce waste of paper, use both sides of printing and also opt for recycled paper products.
- **Recycling** is an easy thing to do. Save your plastic, aluminum, and steel and put them out by the curb in a separate container for disposal.
- **Using cool water** for the bath saves electricity.

At the work place:

While it's every business owners' responsibility to think about practical ways to make smart changes around the workplace, it is also important that everyone in the company is involved in this energy saving initiative. Employees should also contribute in whatever way they can and help the company to make a difference.⁵

- **Switch off artificial lights** and use natural light. Natural light is free.
- Switch off the lights in meeting rooms, the pantry, reception, corridors, or stairs. If there's nobody in the room for more than a couple of seconds, **kill the lights!**
- Choose energy-efficient compact fluorescent lamps (CFLs). Light-Emitting Diode (LED) light bulbs
- Put **computers in hibernation mode** during break or a meeting.
- Employees should be aware of the **energy-saving features** of appliances and other electronics like the printers, microwaves and air conditioners.
- It's best to **replace old office appliances** with new certified energy efficient devices

- Make sure to switch off and plug out all equipment when not in use. This includes air conditioners, coffee vending machines, hand dryers, microwaves, printers, copiers, and scanners during weekends or holidays.
- **Print only when necessary.** Aside from reducing paper wastage, this also helps cut the total amount of energy consumed by the printer.
- Don't expect a drastic difference between the temperature outside and the one in your workplace. A **24°C degree** cooling temperature should be practiced, not cooled below it.
- Use great source of renewable energy - **solar panels** -- clean, longer - lasting, and require little maintenance.
- One should be responsible and wise in using energy resources just like in spending money.
- **Paperless billing**, switch to e-bills that come as emails is a great way to cut back on the amount of paper inadvertently created.
- **Bring a reusable mug** and food container to the office desk.
- Get a **reusable water bottle** to cut back on the need for plastic or styrofoam cups at the office.
- Prefer used or reclaimed wood furniture.
- Buy used books or get an **e-reader**, cloth shopping bag, napkin, no -- tissue paper, disposable diapers, cardboard boxes.
- Borrow, share and donate books.
- **Plant a tree.** Pick the right tree for your space.
- Spread the word about Deforestation and tree removal on social media.
- Start sending out a reminder for everyone to always check making small changes in their daily habits at work.

Open up your mind!!! Be responsible citizens and must take steps towards a better tomorrow.

We must join hands to take various initiatives and fight against this global warming problem. If we don't do anything from now on or take a stand to make the earth pollution-free, then the last day will be upon us very soon.

The plan for localized cooling with dense tree planting offers the potential for microclimate adaptation surrounding bus stops, pathways, school yards, community centers, and other pedestrian urban gathering spaces. These significantly impact thermal comfort.

It would be quite difficult, but not impossible, to reduce storm water runoff by 50% using green infrastructure in a city that is 90% impervious, particularly if we can only allocate 1-2% of the land surface to greening strategies.

Numerous physical health aspects, such as mortality, lifespan, heart rates, and weight changes, have been shown to be inextricably linked to urban "greenery."³

Regarding this, the regional Cancer Center at our GCRI will be expanded to three additional buildings. A "Grey to Green GCRI" campaign was initiated by Dr Rajan Garg (Paediatric Surgeon) and Dr Kinna Shah (Anesthesiologist) in August 2020. This was to make surrounding breathable. Total 150 big and small trees were planted by GCRIian's cooperation. To provide a comfortable environment for patients and employees, roadside, decorative, shrubs, and shade plants are rooted. Every staff is enthusiastically partaking in the watering by bottles as well. Hoping that this small initiative will make difference to future generation and grading "Green star" for GCRI!

Nevertheless, we suggest from our experience, that even small-scale and temporary tree planting may have specific benefits. Establishing collaborative teams that participate in the design process and shape the built environment is crucial for maximizing these advantages.⁴

Plant a tree, nurture it, and feel proud

Have nice greener GCRI days

Best wishes for achieving your dream to become immersed in nature.

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