



## News

**How to test and improve the air quality in your home - because indoor air is shockingly worse than outdoor air**

Indoor air quality (IAQ) probably isn't top of mind for most people, if any. But it should be because you're probably not breathing clean air. According to the Environmental Protection Agency, "Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later." That means headaches, itchy eyes, and fatigue now, and an increased potential for respiratory complications, heart disease, or cancer later. So yeah, it's serious stuff. IAQ is affected by myriad factors, but according to the Occupational Safety and Health Administration, the leading issue is poor ventilation. In theory, you can just open the windows to increase air flow but that might not be a pleasant option in the dead of winter, or even a option at all if you live in an urban environment with poor outdoor.....[Read more...](#)

**Date:** April 04, 2019

**Source:** Business Insider India

**Green roofs could reduce indoor air pollution**

The findings add to the already known environmental benefits of green roofs, including reducing carbon dioxide, decreasing storm water runoff and cutting down on urban heat, according to PSU researchers. The researchers from PSU's departments of Mechanical and Materials Engineering, Biology and the university's Honors College, set up measuring devices on the roof of a big-box retail store in North Portland that was split between a green roof and a more conventional white membrane roof. They measured the air coming into the building from outdoor intake vents, and found that the air coming in from the green roof area had modestly lower ozone levels than the air coming in from the unplanted area. They found that the vegetation trapped and filtered the ozone in the outdoor air. The trapping effect is a.....[Read more...](#)

**Date:** April 10, 2019

**Source:** Science Daily

**Indoor plants that will purify the air in your home or office**

Already known for absorbing carbon dioxide and releasing oxygen — nicely complementing humans, which do the opposite — a number of indoor plants also proved useful in removing toxic chemicals from the air, including known carcinogens benzene, formaldehyde and trichloroethylene. You may ask why anyone would have those nasties indoors. Unfortunately, many of these chemicals can be found in tobacco smoke, car exhausts and other fumes that form urban smog, as well as compounds emitted from new carpets, furniture, paint, household cleaners, and also from cooking and gas heaters. The combined effect became known in the 1990s as sick building syndrome. A CSIRO study into indoor air quality found that an attached garage with internal linking door posed a greater risk of pollution.....[Read more...](#)

**Date:** April 11, 2019

**Source:** ABC Life

**Connecticut's rapid loss of urban trees could have long-term consequences**

Connecticut's cities and towns are losing trees to disease, invasive pests, storm damage and old age at an alarming pace, and experts warn the loss of urban tree cover can impact everything from asthma rates to crime and property values. In many financially hard-pressed municipalities, forestry funding is now going to taking down damaged and dying trees to protect public safety rather than planting trees to restore or maintain the "urban canopy." While the loss of tens of thousands of trees is an issue across the state, experts say the problems are worse in cities like Hartford than in leafier suburbs that have more trees to lose, or rural areas where forests can regenerate themselves. Connecticut has suffered an estimated 80,000-90,000 acres of "severe tree canopy loss" in the last few years, according to.....[Read more...](#)

**Date:** April 11, 2019

**Source:** The Hartford Courant

**Five Eco-Friendly Benefits Of Community Gardens**

Looking for an activity to help the environment while you reap the benefits of a healthy lifestyle? Try getting your hands dirty in a community garden. Connecting with nature can lower your stress level and lift your mood. Digging in the dirt gives your muscles a workout while your plants nourish the planet. Community gardens are growing (no pun intended) across the country. The shared green spaces are ideal for anyone who doesn't have room to grow at home, and they're a great way to develop new skills. No experience with plants? No problem! You'll be surrounded by experienced gardeners with tips to share. Look for community gardens in schools, universities, churches, housing complexes, and parks. Neighborhood gardens improve access to affordable, nutritious food. It's easy to adopt healthier.....[Read more...](#)

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**Source:** The Environmental Magazine

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