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**World Environment Day: Time for Nature** 

## CSIR-NATIONAL BOTANICAL RESEARCH INSTITUTE, LUCKNOW

# World Environment Day 2020: Five ways we can contribute to saving our environment

#### Times Now News, 03 June 2020

New Delhi: Massive industrialisation, urbanisation, extraction of mineral resources are some of the factors that have played havoc with our environment and caused huge damage to it.

The theme for this year's World Environment Day is 'Biodiversity' and 'Time for Nature'. It has laid emphasis on the role in providing essential infrastructure that supports life on earth and human development. Since 1974, World Environment Day is being celebrated every year on 5 June. Due to the change in our lifestyle, the condition of the environment has fast deteriorated. While technology has made our life comfortable, the environment has faced negative consequences. On this World Environment Day 2020, we look at some of the ways in which we can contribute to protecting the environment.

- 1. Planting more trees: Apart from purifying the air, trees also help us humans in many other ways which include climate control. With the increase in greenhouse gases, trees help in maintaining the air quality by emitting oxygen. Trees also act as habitat for wildlife. Forests are home 80% per cent terrestrial biodiversity of the world.
- 2. Avoid using single-use plastic: Plastic has become a part of our life. But it is also a major source of pollution to our environment. And the single-use plastic is mainly to blame for it. The single-use plastic not only chokes our drains, pollutes underground water table but also causes severe damage to marine life like Turtles, seabirds, whales, and other species. Therefore, the need of the hour is shunning the single-use plastic and adopt eco-friendly items like cloth carry bags for our daily use.

## World Environment Day 2020: How you can save the environment

#### India Today, 05 June 2020

World Environment Day 2020: The environment is the most important aspect to survive on this planet. Humans tend to forget that without a balanced environment, life cannot be sustained. With climate change upon us, sea levels on the rise, and increasing numbers of earthquakes, floods, and droughts, we cannot stress this enough.

The increase in contamination and pollution of precious resources, and even more importantly, the exploitation of forest areas as they are roped in for various business ventures need to stop immediately if we are to hope for human survival.

Hence, to spread awareness and make people understand that a small positive step taken by each person can make big changes, 'World Environment Day' is celebrated every year.

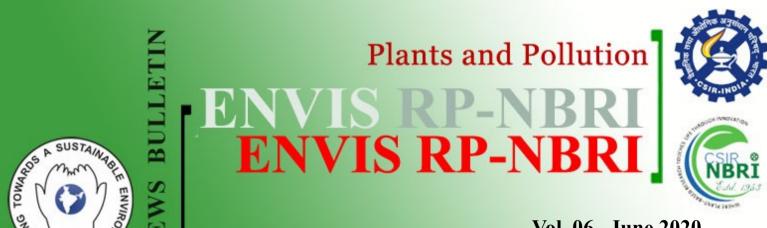
The day is celebrated to highlight the importance of the environment and how to prevent environmental degradation and use natural resources within the natural discipline.

When is World Environment Day celebrated?

World Environment Day is the most renowned day for environmental action. It has been celebrated every year on 5 June, since 1974; engaging governments, businesses, celebrities and citizens to focus their efforts on a pressing environmental issue.

The theme of World Environment Day 2020, is biodiversity-a concern that is both urgent and existential.

The theme was selected based on the recent events-Bushfires in Brazil, locust infestations, a global disease- Covid-19 coronavirus.



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## World Environment Day 2020, June 5: How **Beauty Products Are Destroying Our Planet?**

#### India.com, 05 June 2020

World Environment Day 2020: Have you ever thought about how selfish and destructive nature of humans is affecting our planet? Did you even bother to research about how humans are contributing majorly to the destruction of the environment? No, right? Well, now is the time to do that. Simple things like beauty products that you are using daily travel a long way before reaching you. And, in the process, ingredients used to prepare these personal care products make the animals and environment suffer and have a detrimental effect on them.

Apart from illegal animal trade for rhino horn and precious ivory, the beauty industry is also causing toxic damages to the environment and the biodiversity.

To prevent these ongoing destructions and educate people about the need to preserve the Eco-system on Earth, the UN General Assembly started a worldwide campaign called the World Environment Day in 1974. It is observed every year on June 5. The theme of the World Environment Day 2020 is "Biodiversity-a concern that is both urgent and existential." We cannot exist on this plant alone. We need flora and fauna around us for our survival.

"Biodiversity is the foundation that supports all life on land and below water. Changing, or removing one element of this web affects the entire life system and can produce negative consequences", says United Nations. To begin making positive changes in a bid to protect the environment, firstly we need to know how exactly we are causing destruction. Let's start by understanding the role of beauty products in damaging the environment.

One of the most common ingredients used in most of the sunscreens is Oxybenzone, which is an active chemical known for absorbing UVA and UVB rays. Though it protects you from the harmful effects of sun rays, the chemical has a devastating effect on coral reefs. It leads to the bleaching of the coral reefs. We expose this underwater ecosystem to oxybenzone, when we swim in the ocean after applying sunscreen..... Read More...

### World Environment Day: 7 simple habits that can make this planet a better place to live in

#### yourstory.com, 05 June 2020

The environment is what encompasses all living beings, and its degradation may affect the health of the entire ecosystem. Climate change is a proven fact. The impact of extreme weather patterns, rising sea levels, deforestation, etc., are among the most serious issues leading to the devastation of flora and fauna, individuals, families, communities, and societies across the world.

While governments and civil organisations continue to play an important role in providing support to better prepare for more extreme weather, and their socio-economic and environmental impacts, we are equally responsible to play our role in making this planet a better place, and start contributing to the Climate Action Plans with some simple change of habits.

#### 1. Reduce Emissions

Opt for public transport or pooling whenever possible, or use sustainable transportation such as bicycling more often. In this smart world, be the smart one to go for a new car and bike with a fuel-efficient model that could save on gas and reduce your carbon footprint over the years. In fact, this is a very common habit of people in some of the most developed and environmental-friendly cities globally.

#### 2. No to plastic: Plastic never really goes away!

This has been said for way too many times now. Today, we can still find billions of pounds of plastics swirling convergences, making up about 40 percent of the world's ocean surfaces.

#### 3. Pay attention to labels

From coffee to fruit and vegetables — the number of options available out there can give us varieties, but doesn't help us to maintain a good environment. Choose fair-trade certified goods when possible to support the industry dedicated to sustainable production, which also pays...... Read More...