



Environment



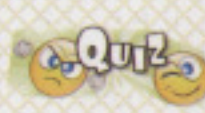
Hygiene



Health



Wild Life



Quiz



First showers of monsoon are heartily welcomed by everyone after experiencing the scorching heat of summer. But monsoons reduce the immunity of our body and make us susceptible to many diseases which are commonly associated with this season. It is time for us to keep our body resistant against diseases by boosting our immunity and taking precautions against these diseases.



The diseases associated with monsoon are malaria, jaundice, gastro intestinal infections like typhoid and cholera. Apart from these, viral infections like cold and cough also make their presence felt.

Pollution of drinking water during monsoon is very common. It is very necessary to drink clean and pure water when water

borne monsoon diseases like diarrhea and gastro intestinal infections threaten us. Drinking boiled water at home is strongly recommended to tap water. Prefer mineral water of



## Keeping Well When Monsoon Dwells.

government certified companies when you are away from home.

Puddles of water formed due to rain become breeding ground for mosquitoes which spread diseases like malaria & danguue fever.

As a precautionary measure against mosquito bite born diseases one can use mosquito net around the bed which is better choice to mosquito repellants like mats and coils. Fumigating the



house with smoke of dried neem leaves in evening for 1-2 minutes is an excellent ayurvedic method to keep mosquitoes away.

Walking in dirty water during rainy season leads to numerous fungal infections which affect toes and nails. Diabetic patients

have to take a special care about their feet.

Always keep your feet dry and clean. Avoid walking in dirty water. Keep your shoes, socks and raincoats dry and clean. Drying clothes with fumes of loban and dry neem leaves is recommended in ayurvedic texts.



# Ayurvedic Tips

to increase body immunity  
and preventing diseases of monsoon.

1. The digestive system gets weakened due to dehydration in summer. This leads to low digestive



power. This is further weakened by vitiation of doshas and dhatus due to monsoon. Hence following diets which increase power of digestion and strengthen the digestive system would be beneficial in rainy season.

\* Light foods prepared out of old barley, rice and wheat.



\* Sour and salted soups of vegetables.

\* Drinking boiled and cooled water mixed with little honey.

\* Adding ginger and green gram in daily diet.

\* Eating warm food.

2. **Avoid the following:**

Sleeping in daytime.

Over physical exertion.

Over exposure to sun.

3. Always keep the surrounding dry and clean. Do not allow water to get accumulated around.

4. Keep your body warm as viruses attack immediately when body temperature goes down.



5. Do not enter air conditioned room with wet hair and damp cloths.

6. Dry your feet and webs with soft dry cloth whenever they are wet.

7. Wash vegetables with clean water and steam them well to kill germs.

8. Avoid eating chaats, fried items such as pakoras, uncooked foods, salads, pre-cut fruits and juices from roadside vendors.



9) Drink plenty of water and keep your body well hydrated.



10) Do not allow kids to play in



stagnant polluted water filled puddles.

## Ayurvedic Home remedies for Monsoon diseases:



1. Apply castor oil or sesame oil for cracked feet and skin.

2. A freshly prepared paste of turmeric, neem and sesame seeds is recommended in ayurveda for fungal infection between toes.

3. Drink a glass of warm water mixed with a tea spoon of honey in empty stomach. This flushes out accumulated toxins.

4. Drink warm beverages; add mint or ginger or dry ginger powder to tea.

5. Freshly prepared radish juice is the best remedy for cold.

6. A pinch each of long pepper powder and rock salt mixed in warm water reduces cough.

Have a healthy and safe monsoon.



## How can we reduce our carbon foot Print?

**T**oday it is more important than ever before to minimize our footprint. Here's a list of simple things you can do immediately. These will start to reduce your contribution to global warming. The items in this list will cost you no money at all and will in fact save you money.

If there is green energy supplier who will supply electricity from renewable sources (e.g. wind and hydroelectric power) sign up to them - this will reduce your carbon footprint contribution from electricity to zero. **Renewable energy is clean, safe, and inexhaustible.**

Turn it off when not in use (lights, television, DVD player, Hi Fi, computer Oven, Washing Machine Dishwasher.) Fill your dish washer and washing machine with a full load - this will save you water, electricity, and washing powder

Unplug your mobile phone as soon as it has finished charging

Defrost your fridge/freezer regularly.

Do your weekly shopping in a single trip

- Fit energy saving light bulbs.
- Install thermostatic valves on your radiators
- Recycle your grey water
- Replace your old fridge / freezer (if it is over 15 years old), with a new one with energy efficiency rating of "A"
- Replace your old boiler with a new energy efficient condensing boiler
- Use the bus or a train rather than your car
- See if your employer will allow you to work from home one day a week

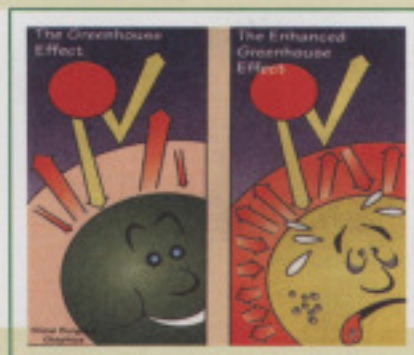
- Buy local fruit and vegetables, or even try growing your own
- Don't buy fresh fruit and vegetables which are out of season, they may have been flown in
- Reduce your consumption of meat
- Don't buy bottled water if your tap water is safe to drink
- Try to buy products made closer to home buy organic produce
- Don't buy over packaged products



# Green House Gases, effects and our Carbon foot print towards its offset

## What are the Green House Gases?

Greenhouse gases (GHGs) are gases in the atmosphere that trap energy from the sun. Naturally occurring GHGs include water vapour, ozone ( $O_3$ ), carbon dioxide ( $CO_2$ ), methane ( $CH_4$ ), nitrous oxide ( $N_2O$ ) and fluorocarbons.



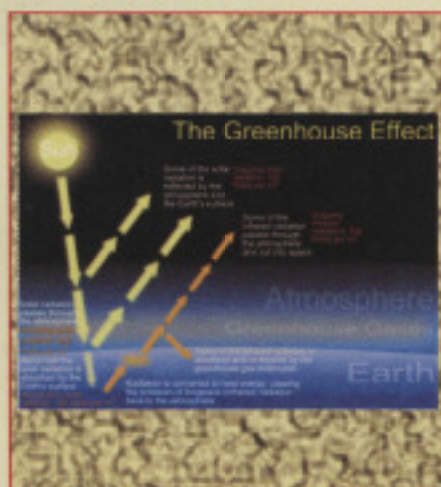
## What is their importance in our earth's atmosphere?

Without them, the Earth's average temperature would be about  $33^\circ C$  lower than it is, making the climate too cold to support life.

## How it works?

The "greenhouse effect" is the

heating of the Earth due to the presence of greenhouse gases. It is named this way because of a similar effect produced by the glass panes of a greenhouse. Solar radiation from the sun passes through Earth's atmosphere, and then is absorbed by the surface of the Earth, causing it to warm. Part of the absorbed energy is then reradiated back to the atmosphere. Little of this long wave radiation escapes back into space; the radiation cannot pass through the greenhouse gases in the atmosphere.



## What worries us about these GHGs?

While these naturally occurring gases are what make life possible, a serious concern today is the enhanced effect on the climate system of increased levels of some of these gases in the atmosphere, due mainly to human activities (anthropogenic). Increases in anthropogenic greenhouse gas concentrations are very likely to have caused most of the increases in *global average temperatures* since the mid-20th century which has resulted in the change of our earth's climate, ice deviation, increase in sea level, drought, storms, floods, tsunamis, extinction of species, change in natural habitat etc.... This is the reason why we need to reduce the green house gases emissions especially the anthropogenic emissions.

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