



Environment



Hygiene



Health



Wild Life



Quiz



4 Pages | Vol 6 | Issue 11 | October 2009

Lets celebrate this **Diwali** in an eco-friendly manner

Is the upcoming Diwali festival leaving you with innumerable unanswered questions like how to celebrate Diwali in an eco-friendly manner as the whole world is looking for greener alternatives? Certainly emission of harmful toxins due to cracker bursting on Diwali is harmful to everyone on the planet in every way .

So, here are some ways that can help you to make this Diwali more greener and friendlier in various ways.

Combining Diwali festival with lights and sounds is just the story of previous times. Why do you restrict your thinking to cracker bursting and light only? Explore more innovative ideas!

Go for some colourful ways. Intead of using artificial colors, use natural dyes and bio-degradable ingredients while making rangoli.

You can even make use of colourful homely pulses, turmeric dyed rice and flowers too instead of those artificial colours which are



made up of azo dyes.

Do you know that earlier rangoli was a means of feeding birds?

Why don't you also make use of this retrospective step and follow your roots.

Always keep in mind that Diwali is a festival of lights than a festival of sounds emitting from the bursting from harmful crackers. Work on various ways to enhance the ambience and aesthetics of the surrounding environment you live in rather than in deleting it.



• But still if you are too fond of crackers ,go for eco-friendly ones . Eco-friendly crackers are made up of

recycled paper and the sound produced by these crackers is under the decibel limit defined by the Pollution Board. These crackers produce paper fluffers and different color



lights instead of sound on bursting.

• Instead of electric illumination go for traditional lightening of earthen lamps or diyas. This will not only enhance the beauty of your house but will also cut down the enormous electric consumption. Though earthen lamps need oil but the quantity is less and it gives light for at least 3-4 hours.



- Cut down your shopping list and avoid purchasing unwanted and unnecessary things this Diwali. Excess consumerism is directly related to the consumption of raw material used to manufacture those things. Excessive consumerism increases the undue pressure on the natural resources.

- Instead of buying "one-time use" items go for recyclable things. Secondly while cleaning your home for Deepawali instead of disposing things it is better to give it to under-privileged people.

- Celebrate Diwali 2009 with a different meaning. You can celebrate this Diwali with poor and under-privileged

children. Share your Diwali crackers, sweets and happiness with poor children. So, don't wait anymore, follow the above ways for celebrating Diwali in a greener and eco-friendly way with your family and loved ones.

Reduce the noise and the extra smoke and make sure that the Gods will hear us anyway.



Importance of

Solar Energy

Need of the Hour



Most of the electricity in India comes from fossil-fuels like coal, oil and natural gas.

Today the demand of electricity in India is increasing where as the reserves of the fossil-fuel are depleted everyday. The demand of electricity is already more than the production of electricity. We can feel this fact from the electricity-cuts during summer.

Luckily Sun throws so much energy over India, that it can trap few minutes of solar energy falling over India we can provide India with electricity for whole year.

Solar Hot Water Panels.

The use of solar panels to heat water is becoming increasingly popular around the world due to the energy and money saving associated with this method.

A good solar hot water panel system is able to provide an average household with around a third of its annual hot water supply. While this may not sound much, it can reduce energy costs by a considerable amount.

Now imagine if you could combine not only a solar panel hot water heating system, but also an average solar electricity system. This would save considerably on energy and

electricity bills.

The combination of a solar hot water panel with other renewable energy technologies, such as solar panels, or a home wind turbine can work quite well together in providing a source of cheap, clean, and renewable energy for our homes.

Integration is key for the success of a solar electricity system, so be sure to consult an expert in this field.



Benefits of Rainwater Harvesting:

1. Environment friendly and easy approach for water requirements
2. RWH is the ideal solution for all water requirements.
3. Increase in ground water level.
4. Mitigates the effects of drought.

5. Reduces the runoff, which otherwise flood storm water drains.
6. Reduces flooding of roads and low-lying areas.
7. Reduces soil erosion.
8. Improves the ground water

quality.

9. Low cost and easy to maintain

10. Reduces water and electricity bills.



Teach your kids the meaning of going green with these creative eco friendly crafts and fun activities.



Below is a list of selected educative crafts and fun activities suitable for all ages:

Piggy bank - Fun and creative craft idea, use empty baby food boxes as piggy bank.

Spring flowers - Make beautiful, colourful flowers from used plastic bottles.

Keepsake box - Learn how to create a gorgeous keepsake box from a shoe box, a perfect solution to store all your kid's valuable artworks.

Plant a tree - Planting a tree

will benefit you and your kids for years to come and will teach them the meaning of being responsible for their actions.

Decorating terracotta plant pot
Decorating a plant pot it's a fun project for all ages, your children can grow organic plants in their decorated pots, which will visually demonstrate how fruits and vegetables grow.

Old CDs - fun craft ideas - What can you do with old and used Cds? Put your mind to work.

Scarecrow crafts - Think of ideas on how to build a

scarecrow from recycled materials.

Green gardening - Green gardening is a fulfilling activity for kids as well as a healthy one, your child will gain self esteem, relaxation time and learn the meaning of being patient and responsible plus your family will enjoy spending quality time together and benefit from growing your own healthy food.



Healthy Rawa Dosas.

The following recipe is not only healthy but even ideal for weight watchers.

Ingredients:

- 1 cup rawa.
- 1 cup water
- 2 tbsp sour curd.
- 1-2 green chillies.
- Coriander-as required.
- Chilli powder-a pinch.
- ½ onion.
- ½ tomato.
- 1 cheese cube(grated).
- Salt to taste.
- 2 tsp oil.



Method.

Soak rawa in water, salt and curd with finely chopped green chillies for an hour. Take a pan and grease it with some oil. Take a large spoonful of the rawa mix and spread it over the pan in the shape of a dosa. Top it with onions and tomatoes, sprinkle salt, chilli powder and coriander over it add some oil on its sides and cover the pan with a lid for 2 minutes.

Now flip over the dosa and cook the other side with the pan open. When cooked remove the dosa on a serving dish and garnish with grated cheese. Now serve with ketchup or chutney.

Say to yourself every morning.

- Today is going to be a great day.
- I can handle more than I think I can.
- Things don't get better by worrying about them.
- I can be satisfied if I try to do my best.

Think Positive.

- There is always something to be happy about.
- I'm going to make someone happy today.
- It's not good to be down.
- Life is great make the best of it.

Be an Optimist.

QUIZ Time

1. Rainwater harvesting reduces.....

- a. telephone bills.
- b. water and electricity bills.
- 3. society maintenance bill.
- 4. internet bills.

2. Earlier 'Rangoli' was a means of feeding.....

- a. birds.
- b. animals.
- c. humans.
- d. reptiles.

3. Most of the electricity in India comes from fossil fuels like....

- a. gold.
- b. silver.
- c. mercury.
- d. coal.

4. A few minutes of solar energy falling over India, can provide India with electricity for.....

- 1. 2 years.
- 2. 3 years.
- 3. 1 year.
- 4. 4 years.

Sharp Mind Tips.

Sit down and think it out, what can you do to keep a sharper mind and a better attitude? You'll be amazed at what that you figure out for yourself.

Don't let others rule your life, for that will make you sad and dull your mind.

Make yourself a special mental note that being sharp is smart.

Negative thinking never gets anything done; it is just setting yourself up to fail.

Don't be a people pleaser, for the wrong kind of people will take advantage of you. If you stay sharp, chances are that won't happen to you.

Answer the quiz and mail it to us with all your identity details by 30th Oct. 2009 at admin@burhanifoundationindia.org or you could even mail it on the following address and the lucky winner will receive exciting prizes.

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Designed by: SKN 8224108935