

Indian Inclusive lifestyle: A Response to Climatic Concerns

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Abstract- Lifestyles in relation to production patterns and consumption in highly populated and rapidly developing economies such as India at the outset tend to raise the question of a major share of the Indian population finding any magnitude of lifestyle as for unaffordable and unsustainable leading to climatic change and other exponential impact on the environment in term of natural resources depletion and soil erosion . it is a form of this vantage point that wish to project the Indian lifestyle as a response to climatic concerns and other environmental hazards showcasing importance of energy in relation to sustainable and affordable and affordable housing pattern as also patterns of production and consumption in influencing major sustainable development goals chartered by united nation in 2014

Key words-Indian lifestyle Major sustainable development goals, Response to climatic concerns, Sustainable and affordable housing

"Earth provides enough to satisfy everyone's need, but not for anyone's greed." -Mahatma Gandhi

INTRODUCTION

Given the Indian scenario of unaffordable and unsustainable lifestyle mostly for the economically Weaker or Disadvantaged Section (EWDS) of the society referred to as the Low Income Group (LIG) families otherwise affecting climate change through Green House Gas (GHG) emissions the Indian Green Building Council, much in the lines of the Evergreen Sustainable Development Standard (ESDS) in the US, in is implementing (GAH) towards sustainability and affordability reducing, at least, financial wastage however on a global scale extensive research in the domain of environmentally sustainable and affordable housing reveals that sustainability and affordability are contrary constructs without addressing the issue of environmentally friendly lifestyle that has a long history of upholding traditional practices with low

carbon footprints, against modern technological applications.

INDIAN INCLUSIVE LIFESTYLE: A MARRIAGE BETWEEN MAN AND NATURE

A. Culture of Harmony.

India conceives such a way of life which symbolizes harmonious existence of man and nature as the core of India's cultural ethos. People in India sustain themselves mostly on need-based consumption minimizing. wastage and thus respect for life, ingrained in their simple lifestyle in the lap of nature with nearly 70 percent the population possessing rural habitation. Needs are simple with peoples lives revolving round farming, simple with agri-based labour and individual craftsmanship, a phenomenal indigenous village industry that supports. the mass. Locally available raw materials used manually lead to hand-made products for daily use minimizing the dependence on power. Preference to handlooms has given shape to the presently profit making Khadi Industry popularizing the homespun fabric against the synthetic fabric Respect for life reflects in the sacred worship of nature and ecosystem. Amidst religious rituals in temples, mosques, gurduwaras and churches, the religious places are surrounded by gardens, ponds, sacred" • groves.

B. Agriculture and Food Waste

The entire agricultural process pertaining to annual requirement of food production, processing the agri-product supplying same to the zonal level wholesale storage facilities, transportation of the product to local level storage facilities, transportation to the local retail sellers and finally the seller-buyer interaction leading to food consumption and disposal affects the natural environment. Globally food wastage enhances the

possibility of an imprint of carbon emissions indirectly leading to climate change. This is more a cause of serious concern for the technologically advanced. Industrialized world with higher volume of food waste as compared to developing nations like India, consumption related per capita food waste in the case of Europe and North America is at 110kg/year. While the developing nations in South! South East Asia and Sub-Saharan Africa register a per capita food waste amounting to 10kg/year This is Ample proof of respect for food wasting the bare minimum in the case developing nations like India Much in comparison to the culture of processed and packaged food items in the West, the people of the developing nations such as india prefer locally grown fresh food available in the local markets. This minimises transportation of food products leading to reduced GHG emissions as a response to arrest climate change. Meat consumption. being another pertinent though in direct cause, behind rising GHG emissions developed nations register a per capita meat consumption at 36kg in period 2022-2023. On the contrary, India has developing nations such as india has registered during the same period a per capita meat consumption at only 4 kg, which stands. at one-ninth of the global or average.

C. Hazardous Emissions Through Transportation and India's Response To Such Hazards!"

There is no denying the fact that transportation. network across the globe using mostly fossil fuel generated transportation is a major cause of CO₂ Emissions. Only road transport itself cause's nearly 20% of hazardous emissions with rapidly expanding. urban centres adding passenger cars every minute to bringing mobility to a grinding halt at the cost of the urban populace breathing toxix gases when transportation in the Technologically developed Countries is dominated by motorized transport even for short distances resulting in GHG emission The Indian populace, a majority of which finds motorized transport Unaffordable, prefers non-fuel driven modes of transport like pedal rickshaw, bicycle and even walking to cover a short distance at least."

D. Energy Emissions and Traditional Healthy Practices.

The electricity heat generation and cooling system sectors attached to residential end -use globally emit

nearly 13% of Green House gases annually and the developed countries are the prominent stake holders. in the pollution sector. In contrast to the Western technology driven lifestyle majority of the economically weaker section of the Indian population prefers even during tropical hot summer season to use handfans or desert coolers. people even prefer to sleep out in the open courtyard or on the terrace. This traditional practice naturally minimizes Co₂ emissions otherwise effected by the use of cooling appliances. In India clothes are still dried in the sun and utensils are handwashed reducing the use of energy intensive appliances Indian villagers bathe in ponds and other natural waterbodies while even urban settlers use a bucket and mug symbolizing conservation of water. Stepwells in Indian villages to collect potable water also examplify water conservation and use of natural resources.

E. Modern Energy Intensive Construction and Traditional Building Practices

The technology-driven modern construction, technique mostly embraced by the developed countries includes hazardous construction materials, like cement which globally releases nearly 10% of CO₂ as against traditional construction materials such as bamboo, mud, stones used mostly in developing nations like India. These traditional building practices, mitigate Greenhouse Gases. Furthermore, mud houses with open courtyards and chequered windows enhance natural ventilation in perfect harmony with natural surroundings.

F. Waste Management

The developed nations are far ahead in terms of waste recycling but there the culture of reuse of old products is conspicuously absent. In contrast, developing countries like India upholds the traditional practice of repair and reuse. In India the Municipal Solid Waste Department is performing a remarkable job of organizing the recycling network to collect from every household the recyclable waste such as plastic, metals, newspapers, electronic. products and thus giving to a thriving recycling industry.

G. Traditional Healthcare System as A Way of Life in India

Pandemic or no pandemic, India is not merely the drug capital of the world but since the Vedic period the

country is home to the practice of traditional medicinal systems such as Ayurveda, . Unani and Homeopathy. These are both cost effective and safe. India should also be called the yoga capital of the world. yoga, based on certain asanas, refers to various bodily postures rejuvenating human beings physically, mentally, and spiritually without the use of any drug. The entire world & has accepted the beneficial effects of Yoga' and this universal appeal made the United Nations proclaim 21 June as the International Yoga Day on 11 December 2014. India has revealed. to the entire world that a disease-free lifestyle is possible without the use of any or equipment for physical fitness at Yoga is the answer to all human diseases

H. Nature Conservation the Indian Way

Nature Conservation in India makes the Indians. look up towards the flora and fauna with due reverence and devotion. Forest and trees are worshiped here as a deity. India's forest cover at 25% of the sub-continent's geographical limits is on the rise with the forest departments spreading awareness about nature conservation. among the intelligentsia, common people and even the forest dwellers. The populace depends on nature's critical. resource for food, fuel and fodder. The forest cover in India arrests soil erosion and preserves. water resources indirectly neutralizing GHG emission In most of the Indian State's there exists among culture among the tribals to maintain Sacred Groves and Landscapes. Plantation is regarded. as a holy act and on an annual basis plantation drives or van mahotsavs are organized Conservation of biodiversity by the Bishnois of the Thar Desert in India is an act of best practice

CONCLUSION

There is no denying the fact that political will and community participation has led in India towards the success of affordable as well as sustainable housing for the Economically weaker Section of the society. This environmentally friendly Green Housing pattern along with an environmentally responsive lifestyle is a commendable effort and can be. replicated by other, mostly developed nations not merely to build a better earth for future generations. but also to create a sense of oneness living in perfect harmony with nature.

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