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Life Style Changes for Environment and Sustainable Development

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Abstract: ***Climate change's repercussions have made it more crucial than ever to have a discussion about growth restrictions and the need for sustainable resource management. Numerous academic fields, such as ethics, sociology, anthropology, psychology, and environmental economics, are criticising the techno-econocentric worldview for its restricted focus. It is obvious that a second technology revolution is required and that it must be widely adopted, but it is as important to emphasise the critical role that consumers play in facilitating and accelerating the transition to sustainability. Eco-centric discourse from sources as different as ecological footprint literature and eco-justice literature claims that rising conspicuous consumerism in the post-industrial era cannot be sustained. The neoclassical assumption that technology and natural resources may be completely interchangeable distorts analysis that is overly technocentric. Evidence reveals that not every human existence has benefited equally from the industrial revolution, even after two centuries. For those who are currently falling behind, future climate change will be the most severe. Despite being available, efficient technology cannot be used since there is not enough demand.***

Keywords: Climate, environment, natural sources, Sustainable Practices, technology.

The fundamental idea of "Sustainable Development" evolved as people realised that natural resources were finite and that resource depletion would actually occur. According to the Dictionary of Environment and Sustainable Development, this notion is:

> …development that provides economic, social and environmental benefits in long term, taking into account the current needs and future generations, and requires: greater emphasis on conservation of natural resources and the basic systems on which all development depends; greater consideration to social equity in national and international context, with particular focus on the poorest countries; a planning horizon that exceeds the needs and aspirations of the present generation. (Gilpin, 1997)

Another key issue that has received a lot of attention in society is the concept of environmental sustainability (ES), which connects social, environmental, and economic aspects. ES is defined as the ability to exist by absorbing waste, supplying food, and supplying natural resources (UNEP, 2006) in an endeavour to grow and expand in a sustainable manner, without depleting all natural resources for the present and future generations. It is vital that governments and commercial companies in each country establish limitations on the use of natural resources and determine the actual needs of people in both developed and developing countries. To reach a suitable degree of sustainability, the world requires a greater understanding of the state of the environment today. Through initiatives like environmental protection programmes and conservation legislation, governments and businesses all over the world have been working to lessen the effects of human activity on the environment (Miller and Bentley, 2012). However, society frequently ignores the fact that individuals must start modifying their habits and lifestyles and determining what is actually necessary to consume in order to create a sustainable ecosystem.

Individual lifestyles must be carefully considered. Every individual has their own traditions and morals, many of which obstruct efforts to create a sustainable ecosystem. Drivers, Pressures, State of the Environment, Impacts and Responses (DPSIR) is a technique used to assess and manage environmental challenges. In an effort to establish a sustainable environment, it is used to track environmental indicators, focus on identifying environmental problems, and design policies to assist decision-makers in a variety of environmental subjects (UNEP, 2006). Anthony Friend created it in the 1970s, and the State of the Environment group at the Organisation for Economic Cooperation and Development

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A tool to evaluate and manage environmental issues is called Drivers, Pressures, State of the Environment, Impacts and Responses (DPSIR). It is employed to support decision-makers in a variety of environmental matters, track environmental indicators, concentrate on identifying environmental issues, and develop policies in an effort to create a sustainable environment (UNEP, 2006). Anthony Friend created it in the 1970s, and the State of the Environment group at the Organisation for Economic Cooperation and Development (OECD) later modified it. The United Nations and European Environmental Agency currently use it extensively to link human demands and attitudes towards the environment with the condition of the planet (UNEP, 2006). The DPSIR framework has five ideas, per (OECD, 2010). These values serve as their foundation: Drivers are the factors that influence human attitudes and are related to socioeconomic and cultural factors; Pressures are all of the stress and negative effects that human activity has on the environment and that we want to lessen; State is connected to environmental conditions (water, atmosphere, land, and biodiversity), involving all of the environmental worries of humans; and Impacts are the outcomes of environmental deterioration and changes.

Waste, one of the main issues when it comes to people's lifestyles, can be quantified using the Ecological Footprint, which is defined as the impact of human activities measured in terms of the area of biologically productive land and water required to produce the goods consumed and to assimilate the wastes generated. In most countries, the solid waste issue has gotten worse as a result of population expansion and pronounced urban growth, which is a global concern. The growth of human conventions, the formation or alteration of habits, the enhancement of life, industrial development, and new techniques for packaging consumer goods could all be viewed as drivers of this issue. They have all put the ecosystem under pressure. In addition to the effects on public health, it is important to take into account how incorrect garbage disposal affects the land, atmosphere, vegetation, and water supplies. The majority of human waste is dumped or burned, which contributes significantly to contamination of the land, air, and water. In response, the general populace should start encouraging recycling at home. A system of collecting recyclables that can be recycled or reused, such as paper, plastic, glass, metals, and organics, is known as a selective collection. By educating the public about the issues of resource waste and the pollution brought on by this waste, selective collection also serves as an environmental education process. Individuals may make a difference by emphasising the 3Rs: reduce, reuse, and recycle. Restrict: refraining from creating waste and examining one's spending patterns. Use previously used materials for a different purpose. Recycle is to prepare previously used items so they can be utilised once more. Another source of practises that people can use is the voluntary simplicity movement, which can be regarded as a diversified social movement made up of individuals who do not live a consumerist lifestyle and who believe that humanity can have a higher quality of life by employing sustainable alternatives.

Both industrialised and developing nations struggle with the management of their water resources. The society is continually impacted by scarcity and inadequate care. Poor water management is having a negative impact on humans in many areas of their lives. This can entail mandating water restrictions in drought-stricken areas. The following are the effects that human activity has had on the environment and how people use water: Water scarcity, which is greater in nations with inefficient water distribution; the decline in biodiversity as a result of this natural resource's scarcity. Numerous species, particularly amphibians, are sensitive to humidity and are unable to withstand this kind of biotic stress. Using water tanks that may be built in a person's home and reusing water for flushing the toilet and watering the garden are just a few of the simple individual solutions that can benefit the environment, even if managing water resources is a complex challenge. Take shorter showers, wash your car on grass rather than tarmac, and use a broom to remove trash from your car rather than a hose. Water limitation and recycling are becoming more and more crucial as the population grows every day in order to protect fresh water supplies, protect the environment, and improve water quality standards. In Rouse Hill, New South Wales, a successful sustainable project was created where water is recycled for home uses like flushing toilets, watering gardens, and washing cars. The calibre of the plumbing installed in residences affects how effectively this recycled water supply system works. In order to reduce the need for freshwater, citizens' sustainable duty is to invest in high-quality technology that will enable higher uptake and use of recycled water.

The creation of energy is regarded as a crucial tool for economic development and essential for achieving human needs, such as web browsing, home tasks, refrigeration, etc. Pollution levels and energy output are strongly correlated, and pollution levels rise as energy output rises. Population growth (overpopulation), which drives up energy consumption to

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meet the needs of the global population, economic considerations, and technological advancements are the main sources of the increased production of energy. Increased energy output has several detrimental effects on the environment, including ozone depletion, air pollution, and forest destruction. Due to the high levels of toxic gas emissions (CO2, NO, NO2, SO2, O3, and CFCs) and their repercussions, such as global warming, these affects are dangerous. Renewable energy sources generate energy using unprocessed, abundant materials. The utilisation of these renewable resources, which includes solar energy, has increased in developed nations. Solar energy can provide significant amounts of energy with no emissions after the initial carbon-intensive construction phase. It is crucial to switch to this and other renewable energy sources in order to stop and reduce environmental deterioration. Individual change is possible with the use of solar energy collection plates. People are thereby reducing their reliance on fossil fuels and the emissions that result from their usage for energy. Despite the fact that purchasing and installing the necessary equipment makes this form of renewable energy expensive, future energy costs will be lower and the entire investment will pay for itself.

Science, politics, economics, health, and notably in relation to the environment have all been hot topics of discussion and worry over climate change. In the dispute over climate change, there is scientific agreement that people have had a considerable impact on the environment. These so-called "deniers" think that human emissions have no impact on climate change because it is a natural phenomena. The only reason there is contention is because "climate change deniers" receive excessive media attention and it seems like their points of view are continually brought up to "balance" the discussion. According to Kennedy et al. (2009), more than half of the world's population now lives in urban areas, and the study's examined cities' combined greenhouse gas emissions range from 4.2 to 21.5 t CO2/cap. The population density of each city, the energy demand, and the ease of access to transportation all influence these figures. The percentage of greenhouse gas emissions is significantly impacted by the increased affordability of their own means of transportation and their reliance on the use of non-renewable energy for the operation of automobiles. Huge pressures and effects are brought about by the rise in greenhouse gases on the state of the ecosystem, including melting ice caps that destroy local biodiversity, respiratory illnesses brought on by air pollution, an increase in wildfires that destroy habitat, etc. What's concerning is how little can be done on an individual level to cut down on greenhouse gas emissions from transportation. This is so because corporations and local governments produce the majority of the answers. In an effort to lessen human impacts on the environment, society as a whole must make individual adjustments such as limiting the number of cars per family and using public transport or bicycles for varied personal goals (job, school, leisure activities). Additionally, depending on the area, taking public transportation might be quicker than driving a car, and users can also save money on parking and auto upkeep.

At the COP26 conference in Glasgow, Scotland, Prime Minister Narendra Modi declared the motto of LIFE, or Lifestyle for the Environment, as a means of preventing climate change. The message exhorted listeners to alter their lifestyles in a way that would help save the environment. At the national level, our government is making significant progress towards making the nation greener and more energy-efficient. Micro-steps are equally crucial to macro-steps, though. PM Modi once emphasised that changing one's behaviour in daily life, such as avoiding single-use plastics, turning off the light when not in use, managing one's waste properly, etc., is one of the most effective ways to combat climate change.

The Sustainable Development targets (SDG) framework, which consists of 17 targets, was designed by the UN as a comprehensive plan to reorient economies towards long-term sustainability. Inequality, climate change, the preservation of our seas and forests, as well as health and education, are just a few of the issues that the SDGs address. With a focus on waste management (both municipal and hazardous), food loss prevention, garbage recycling and reuse, and sustainability in industries like tourism, Sustainable Development Goal (SDG) No. 12 seeks to promote sustainable consumption and production patterns. SDG 12 also exhorts individuals to change their existing way of life to one that is more sustainable. As part of its efforts to advance resource efficiency and a circular economy, India has also established a variety of waste management and waste avoidance programmes. The initiative is a part of the UN Decade of Action to realise the SDGs. Additionally, as they are based on the principles of reduce-reuse-recycle, the concepts of extended producer responsibility (EPR) and the circular economy are important for fostering sustainable consumption and production.

The NITI Aayog has established committees to create circular economy (CE) action plans for various waste categories. The Nodal Ministry for the Circular Economy Action Plan for Tyre and Rubber is the Ministry of Environment, Forest, and Climate Change (MoEFCC). According to the 2016 Plastic Waste Management Rules, the Ministry published

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"Guidelines on the Extended Producer Responsibility (EPR) for Plastic Packaging" on February 16, 2022. Reusing hard plastic packaging materials is mandated by the regulation, which restricts the use of fresh plastic material for packaging. This is a measure to cut back on plastic pollution. The regulations also enable the trading of surplus extended producer responsibility certificates, resulting in the development of a market-based mechanism for the elimination of plastic waste. The MoEFCC launched the Green Good Deeds (GGDs) initiative in January 2018 as a social effort to encourage pervasive environmental awareness throughout society. Anyone may live a more environmentally responsible lifestyle by using GGDs, which are simple, feasible behaviours. A collection of these deeds is titled "Green Deeds & Habits for Sustainable Environment." The government has also taken steps to promote GGDs among high school and college students as part of the National Green Corps (NGC) "Eco-club" programme. Additionally, members of the Eco-club take part in initiatives including planting drives, trash reduction initiatives, campaigns to reduce single-use plastic consumption, and eco-friendly festival celebrations.

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