

Cultural and Environmental Sustainability in India

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ABSTRACT

India, rather than repeating the Western pattern of using up all of a country's natural resources to fuel development before trying to mitigate the damage it's done to the environment, can find the answers to sustainable development by returning to its cultural and traditional practices. Changing our current consumption and modern lifestyles and reverting to traditional ways of existence are two of the most effective ways to lessen our impact on the environment. We can learn a lot about modern resource management from ancient Indian practises of environmental preservation. The health and happiness of every species on Earth are integral to sustainable development. The traditions and lifestyle of India offer many useful tools for advancing sustainable growth. This research will look at the effectiveness of numerous Indian environmental practises from the past and compare them to those in modern times.

Keywords: *environmental, lifestyle, culture, food supply, energy*

I. INTRODUCTION

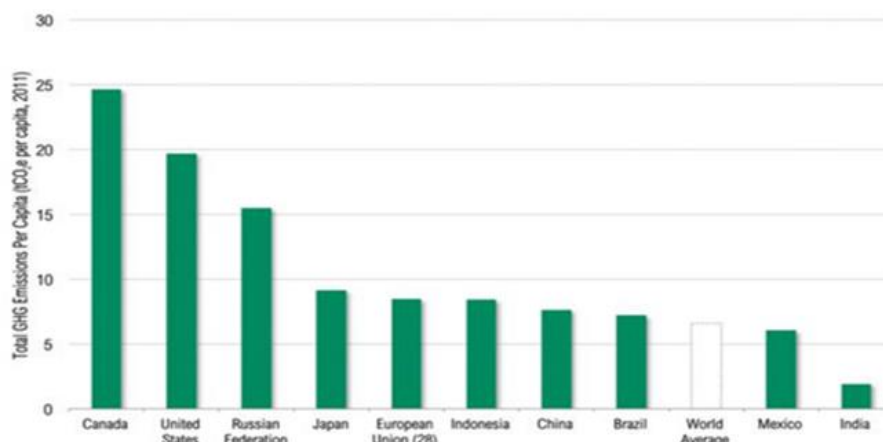
In the second decade of the twenty-first century, when we have triumphed over all obstacles to create a life of maximum comfort and luxury, it is natural to feel quite progressive and up-to-date. Over the course of the last two centuries, with the aid of rapidly developing technologies, we have severely depleted our natural resources. A growing number of individuals and institutions around the globe are realising that the status quo of business as usual is untenable. While the world has been worried about environmental degradation ever since the first United Nations conference on the human environment was held in Stockholm in 1972, the significance of our way of life has only recently been recognised on a global basis.

Towards that end, the Sustainable Development Goals (SDGs) were adopted at COP 21 in Paris in 2015. These goals, set for 2030, seek to end poverty, hunger, and inequality while simultaneously protecting the planet's dwindling natural resources. Responsible consumption and protection is the subject of the 12th of these 17 goals. As we near the end of the 12th objective, we need to figure out how to get more done in less time and with fewer resources. There is widespread agreement that leading a nonsustainable lifestyle is bad for the environment.

Global population numbers, economic activity, lifestyle, energy consumption, land use pattern, and climate policy are all strongly correlated with anthropogenic greenhouse gas emissions.

II. RESPONSIBILITIES OF A MODERN LIFESTYLE

The connection between human activity and the state of the planet has finally been understood by everyone. There needs to be a shift away from the so-called consumerist and materialistic ways of life.

**Figure 1:** Capita Greenhouse Gas Emissions**Source:** To wit: Ge Mengpin, 2014

While industrialised countries like Canada, the United States, and Russia each produce more than twice as much carbon dioxide per person as India does, India's per capita emissions are only a third of the world average.

Natural resources inside national borders vary greatly from country to country. Because of this, an alternative system of production and consumption can help people achieve true sustainability by keeping their ecological footprints within the planet's biocapacity.

India has already exceeded its biological capacity while being a developing country. If we want to achieve sustainable growth, we will need to find a new paradigm of production and consumption. The ability to moderate our actions is one of our most potent tools for bringing about sustainable development.

1. Green Lifestyle

The term "patterns" is used to describe the ways in which humans act and consume in order to define and distinguish themselves from others in ways that are sustainable (i.e., they meet basic needs, improve living standards, lessen waste and pollution, and don't jeopardise the needs of future generations) (UNEP 2011–2012).

Rethinking our housing, consumption habits, and daily schedules is essential if we are to adopt a more environmentally friendly way of life. To achieve this, we must alter the ways in which we conduct social interactions, trade information, impart knowledge, and shape young minds. It requires reevaluating our lifestyle and finding ways to make it more harmonious with the environment. Sustainable lifestyles are the result of individual choices made in the home and workplace.

2. Culture and Characteristics

Recent research on worldwide cultural tendencies asserts that "culture impacts our viewpoint." To achieve peace and sustainable development, which we know is the only way forward for life on Earth, it has to have the power to alter people's perspectives.

Our cultural beliefs hold the key to ending wasteful consumption and environmentally irresponsible living. Lifestyle decisions affect and are affected by a wide range of societal, cultural, technical, economic, political, institutional, and geographical factors. UNESCAPE (2011–2012) (2011–2012)

III. THE INDIAN WAY OF LIFE AND THE ENVIRONMENT

The Indian worldview holds that everything is interrelated and follows a universal order that may be observed in every aspect of existence. We are an integral part of a perfectly balanced system in which every part serves its purpose. The Indian way of life emphasises respect for nature and a happy coexistence with other living things. (World Wide Fund—India, on behalf of the Ministry of Environment, Forestry, and Climate Change).

When people all over the world are troubled by environmental deterioration and its catastrophic consequences, traditional ethics of nature conservation can provide a source of inspiration and guidance for the future. The Indians are the only people in the world who have achieved such a level of cultural variety and ecological sustainability in their interactions with the natural world.

India ranks first on National Geographic and the research firm Globe Scan's Greened, a biannual international assessment on sustainable living that names it as the most environmentally conscious country in the world.

IV. PRESERVING THE PLANET AND OUR FOOD SUPPLY

We humans have long tried to strike a balance between our material needs and those of the natural world. Some of the many examples include:

4.1 Preserving the Natural World

There is a deep and abiding respect for trees and forests in India. There are trees and forests covering an estimated 24.01 percent of India's territory. According to the United Nations Environment Program, forest cover mitigates about 12% of India's greenhouse gas emissions.

Sacred trees are planted here. Preserving sacred animals, groves, forests, and landscapes is highly prized in Indian morality. The people who live in and around the Sacred Groves and Forests have done a fantastic job of protecting the rare plant and animal species that may be found there. Carbon sequestration sites may be found in the sacred groves of Himachal Pradesh, Maharashtra, Kerala, and Karnataka, among other states. These groves already serve as models for community-led conservation efforts.

Bishnoi Culture the Bishnoi people, who live in the western Indian Thar Desert, are known for their commitment to sustainable lifestyles and conservation efforts. They view harming the environment as a form of self-harm.

The Khejri Tree Must Be Saved the Khejri tree is so highly valued in the Indian desert state of Rajasthan that it is rarely cut down, even if it is in the path of a construction project. A prime real-world illustration of this idea is seen in the Salasar Balaji temple in the Sikar area.

The people of India to collect and store rainwater are described. Indian communities have been collecting rainwater for centuries, as its scarcity and high value have been known for many years. Devices for collecting rainwater are tailored to the specifics of the terrain, weather, and precipitation levels in the area where they are installed. The Step Wells of Gujarat, the Tanks of Tamil Nadu, the Johads of Rajasthan, and the Zabo System of Nagaland are a few such examples.

4.2 Food

The use of energy and natural resources as well as the emissions of GHGs make the consumption and disposal of food a major contributor to environmental degradation. (World Wide Fund — India, on behalf of the Ministry of Environment, Forestry, and Climate Change) Traditional Indian culture places a high value on eating well.

4.2.1 Foods Season and Grown Nearby

By eating seasonal, locally grown foods, you can reduce the need for food to be preserved and transported, which is good for your health. When travelling around the world from north to south and east to west, you can find many examples of how people have found inventive ways to use leftovers to cut down on waste. Countless leftover food recipes have led to a dramatic decrease in the rate of food waste in the United States. food items (curry, curd rice, dal parathas, vegetable peel chutneys, etc.)

4.2.2 Save Energy Cooking

Madani has been utilised in a wide variety of energy-saving techniques, including hand grinding and hand churning, as well as environmentally beneficial techniques for preserving food, including sun drying and pickling. Here are just a couple of examples: (Aam Papad and Pickles) (CEE for MoEFCC 2015)

Since ancient times, Indians have held food in the highest esteem, treating it almost as a religious item. Respect for one's food is taught to children from an early age in Indian households.

4.2.3 The Indian Diet Predominantly Vegetarian

In India, over 42 percent of households eat exclusively vegetarian (they do not eat fish, meat, or eggs). The remaining homes can be classified as either strict non-vegetarians or vegetarians. When compared to the global average, India's per capita meat consumption of 3.3 kg between 2011 and 2013 is less than 10%.

Fast and massive emissions of greenhouse gases (GHGs) are produced when food is transported. The environmental impact of packaging and shipping food can be greatly reduced when it is produced locally.

V. SUSTAINABLE VALUES IN CONSUMER PRODUCTS

People should wash themselves with a bucket and a cup instead of taking a shower to reduce water waste. For some, all you need is some weaving skills. Fabrics with intricate hand embroidery are also a significant part of our heritage. Banarsi,

kanjivaram, patola, zardozi, kalamkari, tie-and-dye, sujani, phulka, kantha, and nagaland weaves are just a few of the common types of textiles woven in India.

Khadi

Khadi can be made from cotton, silk, or wool, among other materials. Using natural dyes, yarn spun on a charkha and woven by hand (therefore not using fossil fuels) can produce environmentally friendly green fabric.

Cotton, silk, and wool are all materials that can be used to create khadi. Cloth dyed with a natural pigment is green when it is made from yarn spun on a charkha and woven by hand, processes that don't require the use of fossil fuels.

When compared to the 55 litres of water used by a conventional textile mill to make only one metre of fabric, khadi needs only three. This handwoven fabric produces the fewest carbon dioxide emissions during manufacturing. the Hindu (May 19th, 2016).

Cotton Dish Towels with Terry Cloth

Handkerchiefs. These tissue papers can be used multiple times before they need to be thrown away, in contrast to the disposable alternatives. Wood is used to make paper products, and this in turn causes water and air pollution. It has always been customary for older siblings to pass down their clothing and books to younger siblings.

Formerly Employed Fabrics in Branding

Recently released products As evidence of our dedication to recycling, the vast majority of homes use dusters made from used clothing. Some examples of reusing or recycling materials are rugs made from old blankets, foot mats made from jute bags, cushions made from used saris, and bags made from unwanted clothing.

All of these instances show how sustainability has become an integral part of our culture. Countries with a deep-rooted culture of sustainability need not follow the same path as economically prosperous nations. Because of these eco-friendly choices, a new direction is required. This means that if we want to be a role model for other developing nations, we need to reimagine what it means for our country to be developed.

VI. RECONCEPTUALIZING DEVELOPMENT IN INDIA

The only indicators of progress in the modern era are a growing economy, more GDP and per capita income, and more products for consumers to choose from. Throughout history, every country has aspired to develop similarly to the United States and the United Kingdom. When these newly industrialised nations started down the road to industrialization a century ago, the world was oblivious to the environmental repercussions of this linear style of progress. Since only a select few countries opted for this growth path at the time, the rest of the world and its citizens in the newly developing states grew enamoured with this comfortable and opulent way of life.

The United States has a population of 1.25 billion people, but its private car ownership rate is only 900 per 1,000 people. This results in 1.12 billion cars on the road, far more than can be sustained by the world's oil supplies.

About two centuries after the beginning of the industrial revolution, the need for alternate models of growth in developing countries should be clear. Therefore, we need to rethink our strategy for expansion and create something new. In Indian culture, development is about more than simply material success; it's also about a person's sense of contentment and fulfilment in life as a whole. We had an idea called Manglya.

Mangalya isn't confined to just one person; it includes everyone and everything in one's immediate vicinity. While progress might be made at the expense of other people and the environment, Mangalya is immune to its effects. Mangalya emphasises "community welfare" and "complete well-being and enjoyment" for the sake of all those concerned. This means that we need to reevaluate what it means to be "advanced" and "rich" in the modern day. The reasonable consumption of items should include things like fresh air to breathe, clean water to drink, and fertile soil to walk on.

VII. CONCLUSION

As a people, Indians require a mentality change that recalls the teachings of our ancestors, who saw the natural world not as a resource to be exploited or dominated but as a source of life itself. Limit your usage to what the earth can sustain. Instead of the current modern consumer culture, a post-modern sustainability culture should take its place. (Unep2011-12).

A sustainable way of life is unattainable in a foreign country or continent. There needs to be a shift in emphasis from growth, GDP, and material well-being to social and equitable well-being.

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