



## GREEN LIFESTYLE:- A HOLISTIC APPROACH TO THE SUSTAINABLE LIVING

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**ABSTRACT** We can understand the meaning of green lifestyle as a lifestyle in which the earth's natural resources are used properly without harming them, which creates a favourable environment for human life. But we have often heard that the environment is being damaged, climate change is happening, all this is a sign of environmental degradation. Humans in particular and partly nature are responsible for this. Green lifestyle can include some techniques like saving water, reducing, recycling and reusing things, using electricity-less bulb, reducing the use of single-use plastic, etc. If green lifestyle is not adopted in time, then its adverse effects can be seen in future. The main topic of discussion in this paper will also be how humans can save the environment and the future by changing their daily activities. For this, important steps taken by the government are also leading.

**KEYWORDS :** Green lifestyle, diseases, degradation, environment, techniques.

### INTRODUCTION

In the era of increasing modernization, on one hand, high technology is increasing and on the other hand, the population is also increasing rapidly. Along with this, the population is completely dependent on nature to fulfill their needs. Due to excessive interference of man in nature, many environmental problems are arising. Such as ozone depletion, melting of glaciers, climate change, pollution etc. Green lifestyle is very important because it not only protects our environment but also gives strength to the new future that is coming. It creates a life-giving and healthy environment by reducing the effect of pollution. It is not just a matter of awareness, but it is the need of time.

### Objectives

1. To understand the world pattern of green lifestyle.
2. To find out sustainable living practices at individual level.
3. To highlight the limitations and suggest measures for sustainable living.

### METHODOLOGY

In this paper, we have studied the green lifestyle concept in depth. For this, we have prepared the study material by combining qualitative and quantitative data. This quantitative and qualitative material has been taken from various types of official sites, articles, journal publications, which strengthens the analysis. In this paper, we have discussed in detail about Green Lifestyle and Sustainable Future, which provide us a brief review about overall development of a country.

### Favourable Outcomes Associated with Ecological Living

By adopting an eco-friendly lifestyle, we can **reduce pollution** which is responsible for environmental degradation on a large scale. **Climate change** is a big problem now days. We can save it by adopting some eco-friendly technology. Like reducing the use of fossil fuels which increase global warming in the environment.

Human exploited **natural heritage** day by day. We can save them by adopting eco-friendly lifestyle. Eco-friendly lifestyle is also beneficial on a personal level. It reduces pollution, and the diseases caused by which can prove fatal for humans.

### World Pattern Of Green Lifestyle

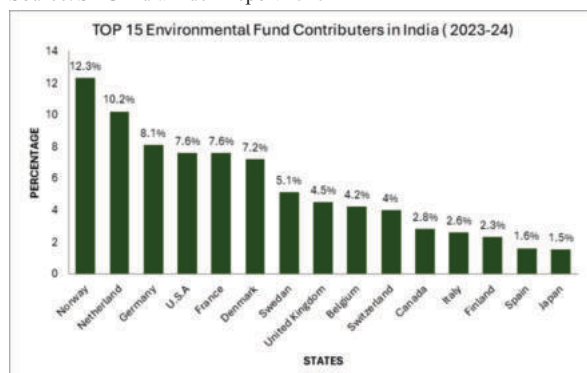
There are many countries like Switzerland, Norway, Finland, Sweden which have scored well in their approaches to green lifestyle. And they are rapidly growing their positions on global level by accepting green sustainable practices. Switzerland is one of the greenest countries because of the strict rules made by the administration here. The Swiss government uses ESG data to make laws related to the environment, which keeps the EPI high. And the second rank of Norway, The Norwegian government's goal is to reduce carbon emissions to 0% by 2030. The third rank is Finland, believes in environmental sustainability through renewable energy, forest management policies and biodiversity conservation. Environmental awareness is included in the curriculum at university colleges in Finland. On the other hand, Iceland is world famous for its use of geothermal energy. Its target is to reduce the greenhouse effect to 0% by 2045. This country carries out its work through hydroelectric power.

**Table No.1**

**Top 15 Environmental Fund Contributors of the world in India (2023-24)**

Sr.no	Country	Amount( US\$millions)
1	Norway	12.3
2	Netherland	10.2
3	Germany	8.1
4	U.S.A	7.6
5	France	7.6
6	Denmark	7.2
7	Sweden	5.1
8	United Kingdom	4.5
9	Belgium	4.2
10	Switzerland	4
11	Canada	2.8
12	Italy	2.6
13	Finland	2.3
14	Spain	1.6
15	Japan	1.5

Source: SDG India Index Report 2020-21



This table ranks the top 15 nations contributing to global environmental funds in India for 2023-24. Norway leads with \$12.3 million, demonstrating a strong commitment to environmental causes. The Netherlands and Germany follow, each contributing over \$8 million. The USA and France, tied at \$7.6 million, also show significant financial support. Overall, European countries dominate the list, highlighting their leading role in funding environmental initiatives.

### Sustainable Living Practices

By stopping use of **single use plastic** we can save our environment to pollute. On the other hand, **Plant many trees** as possible so that environmental balance is maintained. We should also **reuse waste things**. We also **save electricity** to adopt green lifestyle. By **celebrating eco Friendly Festival** we can reduce pollution. On festivals like Ganapati Utsav, Navratri etc. the idols of Gods should be made of clay instead of iron and plastic so that immersion can be done

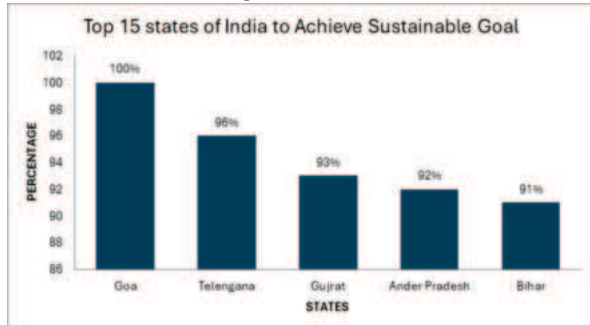
easily.

We know that there is only **3% pure water** on our earth and even out of that only one percent has been consumed, despite this we are going throw out it unnecessarily and polluted it. By adopting some hacks in our personal life we can save it. We should also **reduce food waste** specially in wedding parties, a lot of food gets wasted, this should be stopped as soon as possible,

**Table no.2**

Top 5 States Of India To Achieve Sustainable Goal		
Rank	States	Percentage
1	Goa	100
2	Telangana	96
3	Gujrat	93
4	Ander Pradesh	92
5	Bihar	91

Source: SDG India Index Report 2020-21



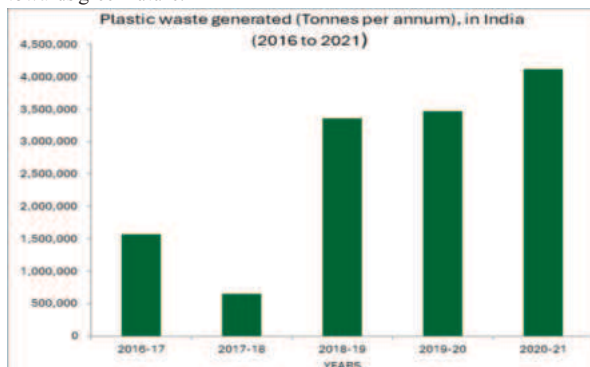
The table ranks Indian states based on their process toward achieving the sustainable development goal (SDGs). We can see that Goa securing the top position, with full compliance with SDGs. Telangana is close behind Goa, indicating significant progress in economic growth, clean welfare programs. Overall we observe that the western and southern state dominate the rankings, with Goa, Gujarat, and Andhra Pradesh leading sustainability. Bihar inclusion is surprising, showing its commitment to sustainable development despite economic challenge.

**Bihar achieved 91%** sustainable goal , there are big contribution of Bihar govt. For example The Bihar government adopted the **Electric Vehicle Policy** in December 2023. Apart from this, the Bihar government promoted **organic farming**. The government is providing them financial assistance.

### Road Blocks to Going Green

Because of **Lack awareness** among people is the biggest challenge in adopting green lifestyle. It is also true that **eco-friendly lifestyle** can be very **expensive** and is out of reach for some people. There cannot be **uniform infrastructure** development everywhere because the government does not have enough money to invest everywhere, so this is a big challenge to change the thinking of people to adopt green lifestyle.

**New policies and regulations** should be made to adopt an eco-friendly lifestyle. It has not been possible so far to provide **job facilities** for green future in industries or companies because people are not aware enough. If this happens, it will definitely prove to be an important step towards green future.



**Table no.3**

Plastic waste generated (Tonnes per annum), in India (2016 to 2021)		
Sr. no	Year	Amount of Wastage(tons per annum)
1	2016-17	1,568,714
2	2017-18	660,787
3	2018-19	3,360,043
4	2019-20	3,469,789
5	2020-21	4,126,997

Source: Ministry of Environment, Forest and Climate Change

The provided table presents data on annual waste generation, measured in "tons," over a five-year period. Starting in 2016-17, waste generation was recorded at 1,568,714 tons. A significant reduction occurred in the following year, 2017-18, with waste decreasing to 660,787 tons. However, this improvement proved temporary, as waste generation increased substantially in 2018-19, reaching 3,360,043 tons. This increase continued through 2019-20 and 2020-21, with waste generation reaching 3,469,789 and 4,126,997 tons, respectively. In summary, the data reveals a fluctuating trend in waste generation over the five-year period, characterized by an initial decline followed by a sustained increase.

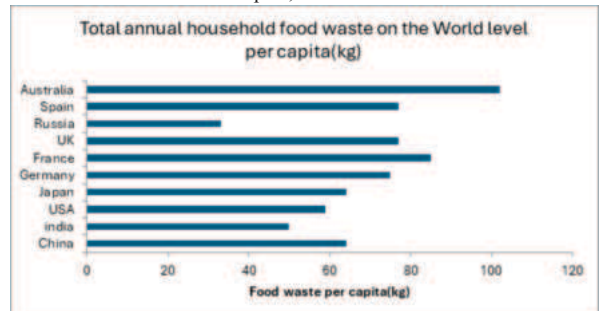
### The Evolving Landscape of Eco-Conscious Lifestyle

Green lifestyle presents a positive vision for the future. Green lifestyle also means **accepting vegetarian food**. For **saving electricity** we used solar panels are being used in industries as well as domestic use. And now Trend of **Recycling and Reuse** are in progress. Waste is being **managed well**. By **Rain water harvesting programs** are being run to save water so that we do not have to face water crisis in future.

**Table no.4**

Total annual household food waste on the World level	
Country	food waste per capita(kg)
China	64
India	50
USA	59
Japan	64
Germany	75
France	85
UK	77
Russia	33
Spain	77
Australia	102

Source: UNEP food Index Report,2021



The provided data set reveals a significant disparity in per capita food waste among the selected nations. Australia exhibits the highest recorded waste at 102 kg per capita, substantially exceeding the levels observed elsewhere. A trend of elevated food waste is apparent among several economically developed countries, including France, the UK, and Germany, suggesting a possible correlation between economic prosperity and increased waste generation. China and Japan demonstrate moderate levels of food waste, while Russia and India report considerably lower per capita amounts, potentially reflective of differing economic conditions and cultural norms surrounding food consumption.

### CONCLUSION

By adopting green lifestyle, we can reach the path of overall sustainable development. It is essential for the holistic development of any state, country and the world, but while adopting green lifestyle, we have to face many problems like lack of development of basic infrastructure, lack of investment, lack of awareness of people,

insensitivity towards environment, etc. are the major problems. Actually, this is a first step for our future and to make it successful, the government and policy makers should make such rules which promote green lifestyle and also make environment protection possible.

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