



News

As smog chokes Delhi-NCR, keep THESE four plants in your home to improve air quality

New Delhi | Jagran Lifestyle Desk: Mounting levels of air pollution have become a major issue for people living in Delhi-NCR. The thick layer of smog has covered the sky of the national capital taking the air quality to very poor zone with the AQI hovering between 350 and 400. Long exposure to harmful air pollutants can easily amplify the risk of respiratory diseases such as Asthma, chronic obstructive pulmonary disease (COPD), pulmonary fibrosis, pneumonia and others. Seeing the situation, the Delhi government has taken emergency measures such as the closing of schools, colleges and announced work from home for government employees till November 21 to bring down the pollution levels.Read more...

Date: November 18, 2021

Source: English Jagran

Environment: Trees, nature's frontline fighters

We all know that we should plant more trees to minimise the damage caused by pollution, but did you know that trees reduce one-third of global emissions every year? Planting more trees can reduce the effects of air pollution because they absorb carbon dioxide, provide clean air, and mitigate climate change. An excess of carbon dioxide pollutes the air. Carbon dioxide is a greenhouse gas. It traps heat from the sun in Earth's atmosphere. Therefore, the planet is warming up quickly. This is the greenhouse effect. Pollution in the air causes many human diseases, especially respiratory illnesses. In addition to this, it harms animals and interferes with plant growth and survival. Carbon dioxide is used in photosynthesis to make food for plants. The leftover carbon is stored in the wood and in the soil the tree is planted on. The process by which trees absorb this gas is a form of carbon sequestration.Read more...

Date: November 20, 2021

Source: DAWN

6 House Plants for your Home Office to Relieve Stress

Work from home trend started with the Pandemic and is here to stay as people in the National Capital again have to stay at home due to the air pollution. Though the atmosphere is tainted with fog and dust, keeping some greens near your seat will help you to have a comfortable work setting. The WFH from a green-space will boost your concentration, capability, creativity and also reduce stress. It doesn't require a lot of money, but need proper planning and arrangements to create a green workspace for you at home. You have to first choose a space which has internet access, electricity, good lighting, and shelter from extreme sun. Choosing exact plants that will survive indoors or climate also needs to be taken care of. In this article you can find some recommendations for the kind of plants best suited for work spaces at Home.Read more...

Date: November 23, 2021

Source: Krishi jagran

Nalgonda: Bank manager turns social activist to save environment

Nalgonda: In general people who settle in good positions will try to show their talent in their profession and will lead joyful life with family and friends but a youth quit his manager post of a noted private bank and turned as a social worker and an environmentalist against the use of plastic. Suresh Gupta (44), who thought to keep away from plastic fourteen years ago has started bringing awareness among the people on ill effects of plastic and importance of planting saplings to protect the environment from pollution and to create a healthy society. Suresh Gupta who wanders in Nalgonda town on bike from morning to night picks up the plastic bags thrown on roads and drops it in the nearest dustbin. Apart from this, he provides bags of Khadi cotton to the people who carry vegetables and groceries in plastic bags.Read more...

Date: November 25, 2021

Source: The Hans India

Indoor Plants That Clean The Air And Remove Toxins

Plants are well known to boost our minds and conduct life in our space; they can also do that. They are necessary for cleansing the air and linked to our entire health. However, if you do not have any plants in your house, you may consider adding indoor plants that clean the air and remove toxins. According to NASA research, indoor air impurity is a threat to our health, and the separation of plants and microorganisms is just a contributing cause to many health problems. Indoor air impurity comes from a variety of sources, together with toxic emissions such as toluene, xylene, trichloroethylene, formaldehyde, and benzene, which can affect our health. Toxins are often found in areas where there is no air circulation, such as offices and homes. Let us talk about some of the best indoor plants that clean the air and remove toxins.Read more...

Date: November 27, 2021

Source: US Updates

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