

2023



# ‘National workshop on LiFE’



**Environmental Information Awareness Capacity  
Building and Livelihood Programme (EIACP)**  
**CSIR-NBRI Lucknow**

CSIR-NBRI LUCKNOW | Rana Pratap Marg, Lucknow



## National Workshop ON “**LiFE** – Lifestyle For Environment”

The ‘*National workshop on LiFE*’ was inaugurated by **Union Minister for Environment, Forest and Climate Change Shri Bhupender Yadav** on January 30, 2023.

While addressing the workshop he said that everyone has to introspect on whether his/her actions are *LiFE-conscious* while also highlighted the *need for environmental sense* on the lines of **civic** sense and **moral** sense.



Shri Bhupender Yadav inaugurating the workshop programme held in New Delhi.

Deep Prajwalan Ceremony done by Shri Bhupender Yadav



Around 60 Environmental Information Awareness Capacity Building and Livelihood Programme (EIACP) Centres across the country participated in the workshop while the Minister also acknowledged the efforts done by EIACP centres promoting the Mission LiFE initiative.



*Shri Bhupender Yadav with participants of National workshop on LiFE from 60 EIACP Centres across the country*

The Minister unveiled the **new logo of EIACP** as well as an **Infographic Booklet ‘Lexicon of LiFE: A-Z of Sustainable Lifestyle’** was also released by Shri Yadav.

Aimed at students, the booklet presents simple changes that individuals can adopt to lead a sustainable lifestyle in an engaging and fun manner.





As per the mandate of EIACP, the activities of the programme centres are to be aligned with 'Lifestyle for the Environment (LiFE)' introduced by **Prime Minister Narendra Modi** at COP 26 in Glasgow, Scotland.

The minister also inaugurated an exhibition cum sale prepared by students trained under **Green Skill Development Programme** of EIACP. The second half of the workshop consisted of a

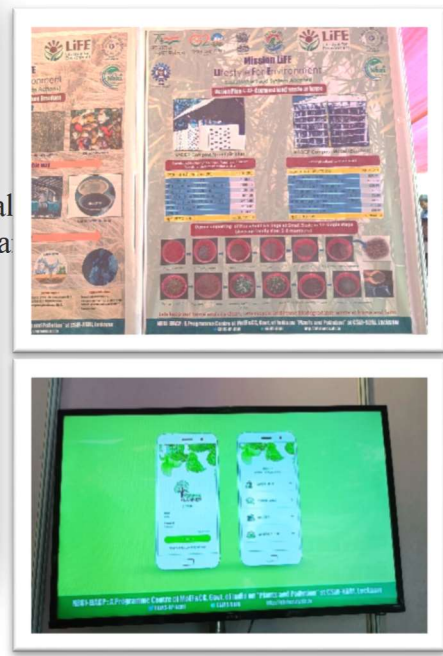


technical session where the EIACP Centers were oriented and divided into seven clusters then held a breakaway session and Team NBRI had participated in **Brainstorming Session** related with *Healthy Lifestyle Adopted* where they brainstormed and came up with ideas for creative, innovative, conservation-focused, and awareness-raising initiatives.

The Minister interacted with the EIACP team at their stall and effectively went through the presentation on “**Plant trees to Reduce the Impact of Pollution**” which was represented by **Dr.**



**Pankaj Srivastava**, Principal Scientist, **Dr. Richa Rai**, Scientist and **Dr. Anju Patel**, Scientist at **CSIR-NBRI, Lucknow**, which he found quite helpful for the upcoming era, hence apart from appreciation, he also asked for further work on this project under EIACP's calendar activities.



*EIACP Lucknow team with presentation on “Plant trees to Reduce the Impact of Pollution” and “Green Planner App” at their stall in workshop.*

The Minister was sensitized about the Lifestyle for Environment initiative and how the Ministry of Environment, Forest and Climate Change has incorporated it into the design of its green building, and also how the implementation of MISSION LiFE has been accomplished by EIACP team Lucknow at different levels.

**75th Anniversary**  
आज़ादी का अमृत महोत्सव  
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**MISSION LIFE**  
Lifestyle For Environment  
Healthy Lifestyle Adopted

**Action Plan #65- Start biodiversity conservation at community level**

**Pushpangada model**  
A team of scientists led by Dr. Pushpangada conducted an ethno-botanical survey and exploration in the Agasthya hills of the Western Ghats in South India in with the help of two young Kani men-a-pudus.  
During this visit, they realised that Kani men were not taking any kind and were eating only some small dry fruits.

**Kani tribes**  
Kani, a semi-nomadic tribal community, that inhabits in the forested mountains in and around 'Agasthyamala' of the Southern Western Ghats region of India.  
Their population as per the latest census of India is 1428.

**Interaction with Kani tribes and Scientific Investigations**  
After the mountain trek, Dr. Pushpangada and his colleagues got exhausted and were taking rest.  
Kani men accompanying them offered these dry fruits by saying that when consumed it would reduce fatigue and provide energy.  
Dr. Pushpangada conducted the first scientific test to validate Kani's claim on the anti-fatigue property of Argyreuscha.

**Argyreuscha/Trichopus zeylanicus**  
Scientific name- Trichopus zeylanicus  
Vernacular name- Argyreuscha  
Phyto-constituents- Flavonoid, glycosides, glycolipids, polyphenols, silybinol/compounds, etc.  
Medicinal properties- Anti-oxidant, anti-inflammatory, anti-stress, immunomodulatory, anti-diabetic, reproductive, anti-hyperlipidemic, anti-tumor, anti-ulcer, anti-osteoporosis and hepatoprotective activity.

**Drug Jeevani released**  
Herbal formulation 'Jeevani' was formulated with 'Trichopus zeylanicus' and 'Withania somnifera' (ashwagandha), Piper longum (pepper) and Evolvulus alaternus (mushapupu).  
Enhances immunity levels, and has anti-fatigue as well as anti-stress properties.

**Patent on drug Jeevani**  
A process of preparation of novel immuno-enhancing anti-fatigue, anti-stress and fatigue-protective herbal drugs.  
Patent Number: 99/MA/96 dated June 4, 1998.

**Technology Transfer to M/s Arya Vaidya Pharmacy Ltd.**  
Rajya benefits shared with Kani Tribes

**Pharmaceutical properties of Argyreuscha**  
Anti-fatigue  
Anti-inflammatory  
Anti-oxidant  
Anti-ulcer

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*Healthy Lifestyle Adoption*

**75th Anniversary**  
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**MISSION LIFE**  
Lifestyle For Environment  
Waste reduced (Swachhata Actions)

**Action Plan #54- Use of Agriculture Residues**

**Agricultural residues**  
Rice straw, Wheat straw, Deciduous residual twigs, Other biomass

**Waste utilization in sustainable way**  
Grinding into fine powder - Green for pyrolysis  
Pyrolysis (500°C) (absence of air)  
Carbon-rich material

**Applications of Biochar**  
Soil amendment: Improves soil fertility, water retention, and nutrient availability.  
Waste management: Reduces organic waste and methane emissions.  
Carbon sequestration: Stores carbon in the soil for long-term storage.  
Water treatment: Removes organic pollutants and heavy metals.  
Agriculture: Enhances crop yield and reduces the need for chemical fertilizers.

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*Use of Agriculture Residues*





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Life  
Lifestyle for Environment



NBRI

## Mission LIFE (Lifestyle For Environment)

Healthy Lifestyle Adopted

### Action Plan # 68- Plant Trees to Reduce the Impact of Pollution

Greenbelt Program for Industries

**Greenbelt** is a strip of landscape vegetation over a defined width and length of land, planned with appropriately selected native/ exotic species of trees and shrubs to ensure the better proximity of project site, and also several specified individual person/ entities and designed for engineering and conserving higher extension of clean, green air, reduce pollutants, avoid noise, ensuring from project operations and/or activities, improvement of the project site.

**Regulatory Provision:**

- Greenbelt should be 15% of the total area of industry.
- Width of greenbelt should be based on design of industry.
- Native broad species (100 Meters) and 100 Meters (50) Tall trees, Native species.

**Plant size and composition of tallgroves to air pollution**



**Plant Size:**

- Tree Height: 10-15 Meters
- Tree Width: 10-15 Meters
- Tree Depth: 10-15 Meters
- Tree Spacing: 10-15 Meters

**Plant Composition:**

- Native Broad Species (100 Meters)
- Native Species (50 Meters)
- Native Species (100 Meters)
- Native Species (50 Meters)



**Green-Planner app developed by NBRI-EIACP as a database of air pollutant tolerant plants.**







**NBRI-EIACP - A Programme Center of MoEF&CC, Govt. of India on "Plants and Pollution" at CSIR-NBRI, Lucknow**

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The image displays three smartphones showing the Green Planner app interface. The first screen shows the app logo, tagline "PLANTS FOR AIR POLLUTION CONTROL", and logos of the Ministry of Environment, Government of India, and NBRI. The second screen shows a "SIGN UP" section with options for Government, Academicians, Student, and General Public. The third screen shows a "SEARCH PLANTS" section with a search bar and a grid of plant categories: Roadside, Road Divider, Green Belt, and Indoor.

## Green Planner APP