
A Lifestyle Memo



A Full Circle

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INTRODUCTION

We often wonder why our ancestors were healthier than us, stronger than us and less prone to illnesses. We were pondering about the same thing. Deep thought delving into the source of their good health showed few important differences in the lifestyle of the two generations. The earlier generations led an organic lifestyle while the present generation is leading an inorganic lifestyle. But what exactly do you mean by organic and inorganic? Organic is a Greek word meaning natural or unadulterated. In simpler terms, organic lifestyle means doing your best to live a healthy lifestyle while also doing your part to take care of the environment while the inorganic lifestyle is chemically induced and subjected to exposure to detrimental environment. The big question is, “What is the solution to this problem?”

We must make a change in what we consume through our:

1. MOUTH
2. SKIN
3. NOSE
4. BODY

5. EYES
6. EARS
7. MIND &
8. SOUL

This way, we can gift a healthy lifestyle to the ones we care for; our kids.

MOUTH

“Organic Farming is a system which avoids or largely excludes the use of synthetic inputs (such as fertilizers, pesticides, hormones, feed additives etc) and to the maximum extent feasible rely upon crop rotations, crop residues, animal manures, off-farm organic waste, mineral grade rock additives and biological system of nutrient mobilization and plant protection”.

THE KEY CHARACTERISTICS OF ORGANIC FARMING INCLUDE

1. Protecting the long-term fertility of soils by maintaining organic matter levels, encouraging soil biological activity, and careful mechanical intervention.
2. Providing crop nutrients indirectly using relatively insoluble nutrient sources which are made available to the plant by the action of soil micro-organisms.
3. Nitrogen self-sufficiency through the use of legumes and biological nitrogen fixation, as well as effective recycling of organic materials including crop residues and livestock manures.

4. Weed, disease and pest control relying primarily on crop rotations, natural predators, diversity, organic manuring, resistant varieties and limited (preferably minimal) thermal, biological and chemical intervention.
5. The extensive management of livestock, paying full regard to their evolutionary adaptations, behavioral needs and animal welfare issues with respect to nutrition, housing, health, breeding and rearing.
6. Careful attention to the impact of the farming system on the wider environment and the conservation of wildlife and natural habitats.

COMPONENTS OF ORGANIC FARMING

1. Green Leaf Manure
2. Green Manure
3. Organic Manures
4. Compost & Vermicompost
5. Biofertilizer
6. Crop Rotation
7. Soil Management

NEED FOR ORGANIC FARMING

1. Health conscious- Now-a-days many people are conscious about the food that they eat. As they encounter the pesticide usage and their ill effects in latter stage has made people grow their own crops especially organically.
2. As the name indicates organic farming make people get fresh, pesticide free, healthy and nutritious product everyday.
3. Organic farming also includes all the traditional aspects of farming where basics are taken care of. Where compost, age old nutrition, home-made medicines can be made at very low cost.
4. Composting reduces the degradable waste which goes into garbage and will be an excellent source of nutrition for your garden plants.
5. It's a sort of knowledge and footsteps for the future generation to follow and continue preaching.
6. Now-a-days organic farming is also practised on a commercial basis where people are growing vegetables and selling them to markets and get good returns as organically grown products fetch a higher price.

7. In a long run you can maintain sustainable farming.
8. Also, organic farming maintains the soil and environmental health.

Are Vegetables and Fruits titled ORGANIC really organic? We need to question ourselves about the integrity of the growers, stockists, traders and retailers who are selling Organic Food. The best way to take control over what we eat is to grow our own Vegetables and Fruits. There is a company named My Dream Garden which makes it possible. They can help you Start, Grow and Maintain your own personal Terrace Garden where you can grow your own Vegetables and Fruits Organically. You can have complete control over what goes into your fruits and vegetables. How cool is that?

SKIN

We apply a lot of things on our skin and one such product is soap. These products go into our bodies through the pores of our skin.

First let us try to understand what soap is.

Soaps are generally the cleaning agents used with water and they possess the ability to remove dirt or greasy substances from hand, skin & hair.

Soap has been in use for the last 2600 years and was invented for the first time during the Roman period.

Soaps are made up of alkali such as Sodium hydroxide which is then made to react with the natural available fats or fatty acids.

These soaps are available in a range of shapes and sizes, with or without colorants or scent. There are different types of soaps available based on the usage of a particular individual ranging from antimicrobial soaps, beauty soaps, moisturizing soaps, etc. We all need these soaps right from the time we wake up in the morning till the time we sleep. We use these soaps in almost each and every activity of our daily

routine from taking a shower to washing our hands before we have our food. We need these soaps in order to keep ourselves clean. They rid us of pollution and germs and keep us fresh, neat and tidy.

Just ask yourself these questions. Have we at any point of time made an attempt to think about what exactly soap contains and how exactly it is made? What are the ingredients required for the manufacture of soap? Are these ingredients good for our skin? What are the benefits and hazards of these ingredients?

Here is the answer. Not all soaps which are locally available in the market are one and the same.

These soaps can be categorized into two types:

1. Chemical soaps and
2. Natural soaps.

Chemical Soaps are nothing but Detergents. Yes, you read it right. Real soap on the other hand is actually made with organic plant based ingredients. It is created with an excess of plant oils in a process called "superfatting". This process along with the chemical reaction called

"saponification" leaves a soap bar full of moisturizing natural oils, and glycerin.

CHEMICAL REACTION IN THE FORMATION OF NATURAL SOAP:

In chemical terms these soaps are sodium or potassium salts of long chain fatty acids. When the triglycerides which are the major constituent of fatty acid react with potassium or sodium hydroxide it gets converted into soap and glycerin. This is called the alkaline hydrolysis of esters. Since this process involves the formation of soap it is known as saponification.

MECHANISM OF SOAPS:

Each soap molecule has two groups a polar group and a non polar group. Polar group is called the head and the non polar group is called the tail. The polar group is hydrophilic (water loving) in nature which binds with water and the non polar group is hydrophobic (water repelling) in nature which binds with grease or oil. When the greasy particles or dirt or oil is mixed with soapy water, the soap molecules arrange themselves into tiny clusters called micelles. The water-loving (hydrophilic) part of the soap molecules bonds with the water and points outwards, forming the outer surface of the micelle.

The oil-loving (hydrophobic) part bonds with the oil and trap oil in the center where it cannot come into contact with the water. With the oil stuck safely in the center, the micelle is soluble in water. As the soapy water is rinsed away the greasy dirt goes along with it.

MECHANISM OF DETERGENTS:

Detergents were developed in response to the shortage of the animal and vegetable fats used to make soap during World War I and World War II. Detergents are primarily surfactants, which could be produced easily from petrochemicals. Surfactants lower the surface tension of water, essentially making it 'wetter' so that it is less likely to stick to itself and more likely to interact with oil and grease. Detergents are Sodium Salts of long Carbon Benzene Sulfonic Acid. They are produced using a process of Sulfonation. Sulfur Trioxide, ethylene oxide, and sulfuric acid are among the molecules used to produce the hydrophilic component of detergents. Oxidizers provide an energy source for chemical reactions. These highly reactive compounds also act as bleaches.

It is an Individual's choice whether they want to lead an organic life or a chemical ridden life.

COMPARISON BETWEEN CHEMICAL AND NATURAL SOAPS:

Each and every one of us has the desire to look the best we possibly can. So everyone in general and women in particular use a lot of cosmetics to look better. All these cosmetic products have various chemicals in them which make the individual look more beautiful and fair but we generally tend to think about the immediate benefit and ignore the long term effects. How can we cleanse all these "chemicals" from the surface of our skin? Should we use a chemical soap again? Then does it mean we are using a chemical to get rid of chemicals from the skin? Is this safe?

These chemical soaps are generally manufactured in a very large scale with very harsh chemicals and cost being the most important factor whereas Natural Soaps are made from those ingredients which are naturally available on Earth which are rich in nutrients thereby giving us a healthier skin and enriching its beauty.

1. Chemical soaps dry our skin too quickly. This makes the skin dehydrated causing irritation or acne or wrinkles. The glycerin content is completely removed during manufacturing thus forcing the customers to buy other moisturizing creams.

Natural soaps on the other hand keep the skin moist and fresh throughout the day because of the glycerin content in it. Glycerin draws moisture from the air onto the skin forming a protective layer thus keeping the skin moist and subtle preventing pimples, acne and wrinkles.

2. Commercial soaps contain harsh chemicals which pollute the soil, air & water which in turn disrupt the process of photosynthesis in plants. Natural soaps on other hand are eco friendly and serve as manure/ compost for plants when mixed with soil.

3. Chemical Soaps are made with Animal Fats and are tested on animals before releasing for human use thus harming animals. Natural soaps on the other hand do not require animal fats and are not tested on animals.

4. Chemical soaps are made with various chemicals and preservatives in order to enhance the shelf life of the soaps but these chemicals have long term effects on the human skin. Chemicals such as: Triclosan serve as preservatives but disrupt the endocrine glands thus affecting the level of hormones. Formaldehyde used in antibacterial soaps weakens the immune system and respiratory system by making the bacteria resistant to drugs leading to arrhythmia and headache.

The fragrances used in these soaps have good aroma but sometimes cause respiratory problems leading to nausea and headache. Parabens is sometimes used as a preservative in these soaps which is known to cause breast cancer. It has been banned by the Food and Drug Administration (FDA), USA.

Natural soaps on the other hand use ingredients which are organically grown. They use natural colours, fragrances and essential oil extracted from plants such as rose, lavender or butter such as shea butter, olive oil, coconut oil, palm oil, almond oil and many other ingredients which are rich in nutrients. Since all these ingredients are plant based they have skin nourishing properties and are ideal for vegans. It is made of sodium hydroxide which is a major constituent in saponification process, without which soap cannot be made. This when mixed with water forms a solution called lye. Sodium Hydroxide or Lye is the only ingredient not available naturally.

5. Chemical soaps have a very low pH value of about 7 to 7.5. They maintain a lower pH value in order to increase the shelf life of the product. Human skin is slightly acidic in nature with a pH value ranging from about 5.5 to 6.5 in order to kill the germs and bacteria when it comes in contact with the skin. It is part of the defense mechanism of the human body.

During the cleaning process, the skin starts getting dry and rough leading to eczema. So, it needs a soap which has a higher pH value to avoid this ill effect.

Natural soaps are manufactured using sodium hydroxide as the main ingredient leading to lye formation which has a higher pH value. Hence the soaps thus manufactured have a pH value ranging from about 9 to 10 which balance the pH of the skin without using any harmful ingredients. This helps in keeping the skin soft and moist throughout the day.

NOSE

We breathe in air continuously and all the contents in it. The contents may be the scent of roses, the aroma of dry hay, the smell of wet mud, the stench of exposed garbage and the fumes of our cleaning solutions.

Cleaning solutions are of many types:

FLOOR CLEANER:

The importance of keeping our surroundings clean, neat and tidy cannot be stressed enough. In order to achieve this we need to sweep and mop the floor each and every day. Sweeping removes all the dust from the floor but there are invisible disease spreading microbes which get killed only by intermittent mopping of the floor using a good and sustainable cleaning solution. Have you ever thought about the importance of keeping the floor clean?

IMPORTANCE OF FLOOR CLEANING:

1. A clean floor attracts a lot of customers or clients by giving them a good impression. A properly maintained floor indicates how professional your business is and gives a good

feeling and it is needless to mention that happiness influences purchase decisions.

2. Regular floor cleaning will save your money and cut down on additional costs such as replacement cost or maintenance costs of the floor. Floor in industries or those subjected to high traffic are often prone to accumulation of more dirt and germs which get multiplied without frequent cleaning. In such cases the floor is permanently damaged in terms of scratches and marks resulting in high replacement cost of the floor.

3. A clean working environment free from dirt, germs and allergens can be achieved by regular floor cleaning thus resulting in higher productivity and lesser cost in terms of wages and salaries.

4. Generally, grime and oil gets accumulated on industrial floor. When this is not cleaned properly, it might be a serious workplace hazard causing injuries due to slippery floor. So by timely cleaning of the floor you will be protecting the health and wellbeing of employees and customers.

GLASS CLEANER:

Would you be comfortable going to a doctor if all the window glass in his clinic is dirty and broken? The same holds good for your house or place of business. Hence cleaning of window glass is very important as it gives the inside view of the place to the outside world thereby, attracting more clients and making them feel comfortable. But why is this cleaning of glass so very important is something which you should worry about? What are its benefits?

IMPORTANCE OF GLASS CLEANING:

1. One of the best and effective way to obtain Vitamin D is by exposing oneself to the natural light. Over a period of time the glasses in the windows become dull because of the contaminants such as dust, dirt, grime and acid rain thus obstructing the natural light from entering the building leading to skin problem and allergic reactions. Hence, by cleaning the window glass on a regular basis you will be allowing more light to penetrate inside the building there by allowing the body to synthesize Vitamin D more effectively and preventing it from various types of skin ailments.

2. Various contaminants in the environment like hard water, acid, algae growth and oxidation makes the glass very weak and brittle leading to small cracks and scratches eventually leading to a very high replacement cost. Hence by getting windows cleaned regularly you will be extending the lifetime of the window eventually saving the money and improving the quality of the windows.

3. During winter season if the window glasses are dirty and grimy they obstruct the sunlight from entering into the living space thus making it impossible to heat the space during the day thus, resulting in higher heating cost of the furnace. Hence if the window glasses are cleaned properly it reduces the heating cost.

4. Regular cleaning of glass not only makes the living space look more beautiful but also makes it more comfortable and appealing. It also boosts the people's mood positively by keeping them active and focused in their work.

TOILET CLEANER:

Cleaning of toilet is one of the most important and crucial aspect in one's life especially in the lives of children. This is because at the time of flushing of the toilet many disease causing bacteria are being released into the environment making the room stinky. When the toilets are not sanitized in a proper manner it can lead to potential health risks such as diarrhea which is at times proved to be fatal. This diarrhea is proved to be the third major cause of child mortality in India. In order to bring awareness among the people November 19 is celebrated as "World Toilet Day". According to a recent research by WHO "1 gram of faeces can contain 10 million viruses, 1 million bacteria, 1,000 parasite cysts, and 100 parasite eggs". Indians alone excrete close to 65,000 metric tons of faeces into the environment each day. Just think for yourself what would just happen if we don't bring a change in our society by cleaning the toilets daily. Why is it necessary to clean toilets on a daily basis? What happens if you don't maintain it properly?

IMPORTANCE OF TOILET CLEANING:

1. A dirty toilet in an office serves as a breeding place for the growth of bacteria and germs by generating a pungent odour eventually leading to various health troubles. This keeps the employees away from using it thereby creating health risks to themselves. Due to this, they are at high risk of being vulnerable to diseases because of the flying dust and germs attacking their body. Hence the number of sick leaves among the employees increases which thereby affects the productivity of the company.

Hence a sanitized toilet reduces the number of sick leaves thereby increasing the productivity of the company and creates a healthy environment which creates a trouble free platform for the employees to perform their work by keeping them focused without any fear.

2. If the toilet is dirty and gassy and a customer wants to rush to the toilet, he will definitely come out from there very quickly which can harm the image of the company. On the other hand a clean toilet can always attract customers and these customers are the only way to success in business thus, making them satisfied.

BATHROOM CLEANER:

Since the bathrooms are always moist it serves as a good breeding place for the growth of bacteria, virus and germs there by attracting the dirt and grime which makes cleaning of bathroom a very challenging and crucial step.

A study was done on the " Microbial Biogeography Of Public Restroom Services"and was found that there are over 70,000 different types of bacteria and virus located on the floors, and toilets in public bathrooms. Bathroom virus such as E coli, Norovirus, salmonella causes intestinal distress and bacteria such as staph causes breathing problems which can eventually lead to be fatal. So do you want your bathrooms to be served as a magnet for these harmful bacteria or do you want to protect yourself from this harmful health hazard by periodic cleaning?

IMPORTANCE OF BATHROOM CLEANING:

1. Since the bathrooms are always damp mould gets accumulated very often on the walls and ceilings releasing a very harmful toxic gas thus, polluting the environment around causing a musty smell and slight discomfort in breathing eventually leading to respiratory problems. When these fungi

get accumulated on the floors it becomes very slippery leading to severe accidents. Hence by periodic cleaning of these bathrooms using a proper cleaning solution the little fungi can be eliminated thus generating a healthier environment.

2. Based on the survey conducted it has been reported that an average time a human spends a day in the bathroom is about 30 minutes. When the bathroom is dirty and smelly it has a major impact on the productivity at work as it causes distress, anxiety and depression in the employees by triggering their mental health leading to their poor performance.

When the bathroom is cleaned on a daily basis in a proper manner and looks to be clean and fresh there is a boost in the mood of the employees making them work better and remain active and focused throughout the day.

COMPARISON BETWEEN CHEMICAL AND NATURAL CLEANING SOLUTIONS:

1. Using a chemical cleaning solution can affect the health of an individual thus disrupting a healthy lifestyle of other individuals and co-workers. Chemicals such as Ammonia lead to irritation in the skin and eyes. 2-Butoxyethanol leads to sore throat

and also causes damage to the liver and kidney. Hence they are very risky to handle.

Because of the natural ingredients in natural cleaning solution they are safe to handle and are risk free. In addition to this, even if we come in contact with these natural and organic cleaning solutions they do not have any harmful effect on our skin and eyes.

2. When chemical cleaning solutions are used they evaporate generating harmful vapour and fumes, they pollute the air. When they are washed off, they cause water pollution. When hydrogen is released into the environment it leads to the depletion of the ozone layer thus making human skin more vulnerable to allergies and pigmentation. When phosphates are released into waterways and reaches water bodies it leads to a process called eutrophication, that is when the phosphates enter into the water bodies like lakes and rivers, they serve as a fertilizer for the algae growth. This sudden increase in algae growth on the surface of the water body decreases the oxygen level leading to the death of fishes and other organisms making it harmful for human and animal health.

The natural cleaning solution on the other hand is environment friendly as it does not release the toxic gases into the environment thus protecting the animal life by maintaining better air quality.

3. Chemical cleaning solutions are not only harmful but, in addition to this it has a very bad smell. Chemicals such as sodium hydroxide when inhaled leads to sore throat which lasts for several days or months and also causes severe burns because sodium hydroxide is very caustic. This makes it very unpleasant to work.

On the other hand, natural cleaning solutions possess the aroma of natural ingredients like lavender or lemon which are non acidic in nature and create a pleasant working atmosphere. This aroma also refreshes our mind by keeping us fresh and active throughout the day.

5. Ironically, while our goal is to clean our home in order to remove the dirt and contaminants, we often end up replacing them with allergens and poisons by using these chemical cleaning solutions which result in additional expenditure and higher medical bills.

Natural cleaning solutions are cost-effective than typical cleaning chemicals. Buying these solutions has multiple benefits indirectly saving your money

6. Due to the usage of chemical cleaning solutions children and pets are particularly vulnerable to these harsh chemicals. Because their vital organs are still developing, children have a reduced ability to eliminate toxins from their developing bodies and are at a greater risk of being affected by these toxins over the long term. Thus, they create an unsafe atmosphere for them.

When you replace your chemical cleaning solution with natural ones, you are creating a safe atmosphere for you and your loved ones.

GARBAGE BAGS

HISTORY OF GARBAGE BAGS:

There were various types of wastes generated from houses and industries such as wet waste, dry waste, sanitary waste, medicinal waste, etc. Earlier, people did not know much about the disposal of these various types of garbage. So the people started throwing it on the streets and burning it as a result of which the entire locality started appearing messy and stinky. Farmers started feeding this garbage to the domesticated cows, dogs, pigs and goats. The other method of disposal was dumping this waste into the oceans which led to water pollution and ditches which started attracting lot of rodents and bugs eventually leading to many diseases such as cholera and yellow fever. So the government decided to build garbage incinerators and US alone had 180 incinerators built. But these incinerators started generating a lot of toxic fumes and smog leading to air pollution due to which people observed a slight discomfort in breathing the impure air often leading to respiratory problems.

Hence they had to think about a way to dispose this garbage in an enclosed manner so that it does not come in contact with any sort of water bodies or pollute the air.

Therefore in 1950, Canadian inventors Harry Wasylyk and Larry Hansen invented the garbage bag made of stretchy, waterproof material called polyethylene which is a plastic.

WHY DO WE REQUIRE GARBAGE BAGS?

Waste can be anything which is disposed by an individual or organization or household. This waste has to be disposed in a proper manner with the help of garbage bag because of the following reasons:

1. When the waste is disposed in an improper manner in the landfills they emit hazardous chemicals which are very dangerous to the soil. For instance when plastic bottles are disposed just like that they emit a carcinogen DEHA which affects the reproductive system and causes weight loss there by contaminating the soil. As a result of which the growth of plants is affected there by affecting the animals feeding on these plants.
2. When the waste containing paper and plastic is burnt they release harmful gases like methane and dioxins which pollute the air we breathe thereby depleting the ozone layer.

3. When the waste is disposed in water bodies it affects the marine life thereby affecting the people who consume the sea food such as fish and prawns.
4. Open garbage serves as a breeding place for the mosquitoes and rats which carry deadly diseases like malaria, dengue, leptosperosis and salmonellosis.
5. When the garbage is disposed openly on the streets the economy of the country has a major setback as it doesn't attract tourists or investors.

Hence, segregating garbage and disposing of waste in the garbage bags is each and everyone's responsibility for the wellbeing of the general population, our future generations and our planet. When garbage is segregated at source, wet waste can be composted and recyclable waste can be recycled. It is of value to someone. Mixed garbage is a cost to the country.

TYPES OF GARBAGE BAGS:

Based on the type of material used there are various types of garbage bags available such as plastic bags, biodegradable bags, oxo-biodegradable bags , compostable bags and tapioca starch compostable and water soluble bags.

PLASTIC GARBAGE BAGS:

These bags are made up of flexible, tough and light material called polyethylene. These bags are the most common type of bags used in the market today. But are you aware about the ill effects of these bags?

According to a recent research conducted plastic bags require over 400 years to decompose.

1. According to a recent CPCB (Central Pollution Control Board) estimate conducted in 2012, India generates about 26,000 tonnes of plastic a day out of which about 10,000 tonnes remains uncollected and this finds its way into the oceans or landfills eventually leading to environmental and water pollution. Because of this the United Nations Food and Agricultural Organization has warned that by 2025, 1.8 billion people will be living in regions of absolute water scarcity.

2. The amount of plastic in water bodies is found to be more than the aquatic life and a recent study says that about 1,00,000 whales, fish and turtles die every year because of this.

Since plastic has a major setback on the bio- diversity various countries started banning the usage of plastic and looking out

for other alternatives as a result of which biodegradable and compostable bags were invented.

BIODEGRADABLE GARBAGE BAGS:

Biodegradable bags are those made up of naturally available plant based raw materials which can decompose with the help of certain bacteria and fungi present in the environment without polluting it.

Biodegradable Garbage Bags are of 2 types.

1. Oxo Degradable / Oxo Biodegradable.
2. Compostable.

OXO BIODEGRADABLE:

Oxo Biodegradable Bags ought to actually be termed as Oxo Degradable as they degrade due to the effect of Oxygen and Sunlight but Living Organisms have nothing to do with the Degradation. The term Bio indicates life or living organisms.

Oxo Degradable is nothing but Polyethylene material with degradable additive which is added during the process of Film Extrusion. These bags will degrade even when kept on a

table if sunlight falls on it directly but they will stay the way they are for many years if they are buried under the soil. Even when these bags degrade due to the effect of oxygen and sunlight, they leave behind cobalt and other heavy metals which are hazardous to the environment, flora and fauna.

Since this material had many ill effects, a better and more suitable material was necessary and the humble and useful compostable garbage bags were invented.

COMPOSTABLE GARBAGE BAGS:

The word “compost” first appeared as a French word in the 13th century meaning mixture of leaves, manure etc for fertilizing land. “ALL COMPOSTABLE BAGS ARE BIODEGRADABLE BAGS BUT ALL BIODEGRADABLE BAGS ARE NOT COMPOSTABLE.” Compostable means anything that can serve as manure. Compostable bags are made of natural materials like corn starch or vegetable oil. The most common of them are corn starch based material and tapioca oil based material. The tapioca oil based material is compostable and water soluble. These might not be well suited to pack wet waste. Corn starch based material only degrades when it is metabolized by micro organisms into

carbon dioxide, water, methane and humus. Humus is organic matter which serves as manure.

1. Compostable bags take about 60-180 days to decompose in the presence of micro organisms unlike plastic bags which take over 400 years to decompose. They also decompose in industrial composters in as less as 8 hours.

2. Compostable bags do not generate any sort of toxic residue which can pollute the environment and also poison the flora and fauna unlike oxo-biodegradable bags.

3. Managing compostable bags is very economical as they can be used as manure after their useful life. Even if they are disposed off improperly, they will biodegrade anyway.

4. These compostable bags will make the life of garbage handlers much easier as the wet waste can go into the composting environment along with the bag and garbage handlers do not have to bear the stench of wet garbage. Their health will be in a better condition as they are not directly exposed to organic matter which acts as a breeding ground for micro-organisms like bacteria, fungus and virus.

5. Compostable bags are 100% eco-friendly and sustainable.

BODY

The Human Body has improved over many centuries of evolution. It is accustomed to a certain way of life and a certain set of habits. Going against it will create stress and shock to the body. Since many years, the exercise for the body was work at home for the women and work outside for the men. Since the Stone Age, the men used to go hunting and gathering fruits and the women used to manage the cave home and children. So, the human body is accustomed to that lifestyle. In recent times, people are putting their bodies through enormous stress by changing their lifestyles rapidly. Technology, Automation & availability of Domestic Help are making us a lazy generation. Many who give importance to their fitness are paying for a Gym membership or some other Sports membership but there is no substitute to Work and an Organic Workout.

Kids of the earlier generation used to play outdoor sports for their entertainment which in turn used to keep them fit. Kids of this generation have replaced these outdoor sports with computers and smart phones. Don't get it backward. Using smart phones and computers is not bad but the screen

time must be limited so that kids don't ignore their body fitness.

The Active Healthy Kids 2018 Report Card provides evidence-based assessment across 12 indicators of physical activity behaviors, sleep, and related community and government initiatives for children and youth. The systematic development process provided by the Active Healthy Kids Global Alliance was used. The best available data from the past 10 years were reviewed by a panel of experts. According to predefined benchmarks, letter grades were assigned to 12 indicators (Overall Physical Activity, Organized Sport Participation, Active Play, Active Transportation, Sedentary Behaviors, Physical Fitness, Sleep, Family, School, Community and Environment, Government, and Obesity).

RESULTS

Three of the five activity behaviors received C- or C grades: Overall Physical Activity (C-), Sedentary Behaviors (C-), and Organized Sport Participation (C). Active Transportation was graded B +. Same to the 2016 Report Card, Active Play could not be graded. School and Government were graded C. Family and Community and Environment was graded D- and B, respectively. Three new

indicators were added after the 2016 Report Card and they were graded from C- (Sleep) to D (Physical Fitness) or D- (Obesity).

CONCLUSIONS

Children and youth of these days have low physical activity and physical fitness levels and high sedentary behaviors despite a generally favorable community environment. A high prevalence of obesity and low levels of family support warrant more public health action. Researchers should address the surveillance gap in active play and peer support.

SOLUTION

Kids must be shown an alternative activity which they will enjoy as much and more than their computers and smart phones which will also help them get fit; activities like group outdoor games, sports, etc depending on their age.

Adults must refrain from appointing Domestic Help and do their own chores, practice yoga, aerobics, zumba and sports which do not involve any equipment like running, swimming, etc. One such yoga school which teaches yoga in its most traditional form is Srimath Yoga just outside of Bangalore.

MIND, EYES & EARS

What makes human beings different from animals is the power of the mind; that is to think. The quality of our thoughts are mostly influenced by the sensory inputs that we help ourselves with. Research shows that 90% of our minds are shaped before the age of 15. So, it is very important to ensure that our kids get great quality sensory inputs; great quality in terms of content and medium of communication.

Stories are a great medium through which kids' minds get quality stimulation. Now, are we giving stories to them in the form of movies, cartoons or books? Video inputs retard kids' ability to imagine. Books (Except for comics) give them the freedom to imagine. Smart Phones and Computers except for educational purposes must be strictly kept away from kids. These steps will bring out your kids' creativity. The same description will give rise to different kinds of imagination in kids. This is the kind of ability we need to nurture in kids but sadly, even today's education system fails to do so.

Kids are easily influenced by their peers and the kind of company they keep controls their lifestyle. Is it realistic to force their choice of friends and peers? It is rather frightening to know that the most powerful influence on our kids is out of

our control. So, to compensate for it, we as parents must fill the space of good friends as well in the lives of our kids. We must speak to them in a way that nurtures and nourishes the mind. We must communicate to them in a manner which helps them grow into sensible adults.

However much we try to take control of their sensory inputs, kids are bound to be exposed to awful content whether through the internet, friends or otherwise. Few of these might not even come to the notice of parents. So, the most important skill we as parents need to help our kids develop is the ability to decide and judge for themselves as to what is good and what is bad for them. We need to help them introspect. Introspection happens only when we cut off all the external sources of stimuli. We need to cut off all sensory inputs and this can be done in the state of meditation. It is desirable for adults to practice meditation and essential for kids. We as adults need to live by example so that our kids too follow in our footsteps. Meditation is a way to discipline our minds. Meditation in its purest and unadulterated form is preached at Srimath Yoga, a Yoga and Wellness Center.

SOUL

What makes us Human Beings is the ability of being Human; the ability to love. Animals can only love themselves and their little ones. Only humans can love people other than themselves and their little ones. Few pet parents might claim that their pets love them a lot and it's true. Animals are being more human these days than humans themselves are.

There is another angle to this; the karma angle. We owe it to ourselves to cleanse our bad karma and amass good karma. Lord Krishna said that good karma is amassed when we do something good for others with no expectation of anything in return. So, let us take account of our karma and be accountable to ourselves as we are the ones who will face the consequences of our own karma.

Kriya is the activity along with the steps and effort in action while karma is the executed action as a consequence of that activity as well as the intention of the actor behind an executed action or a planned action.

Put simply, Karma is Cause and Effect. We are responsible for the cause and the Soul is the beneficiary or the victim of that effect. So, let us vow to rise above and shine by

doing good to other people, environment and the world as a whole with no expectation in return.

**“YOU CAN GIFT A GREAT
LIFESTYLE BY SPREADING
THE WORD ABOUT THIS
BOOK.”**

**DO YOU WANT TO LIVE AN ORGANIC
OR INORGANIC LIFE ?**

AN ORGANIC LIFE BENEFITS :

- 1. Your Kids**
- 2. You**
- 3. The World**

GIFT YOUR KIDS A BETTER WORLD

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