

ECOSYSTEM RESTORATION

June 5th has been celebrated as World Environment Day every year since 1974. People and organizations from all over the planet focus on pressing environmental issues on this day. This year's central focus is "Ecosystem Restoration- Building a Sustainable Future".

Ecosystem restoration means aiding the recovery of degraded ecosystems. It also includes ensuring that the current ecosystems remain stable. We are living in the sixth and largest extinction period that ever occurred. Species are dying out at a thousand to ten-thousand times the regular rate, mainly due to the invasive activities of humans.

Ecosystem restoration is critical to prevent the loss of biodiversity. If we do not avert the deterioration of the ecosystems, we could lose 50% of all species by 2050. The year 2050 may seem like its far away, but it is not. We see closer to 2050 than we are to 1990, time flies.

All ecosystems are restorable, no matter how much we have altered them. Forests, oceans, swamps, ravines and even cities can be restored. Ecosystem restoration is not only limited to governments or large organizations, but anybody can also take part in making the world a healthier place. Every little bit counts. Planting just two trees can provide the same oxygen as a family of four consumes.

There are wide varieties of ways in which we can practice ecosystem restoration from our own homes! They include growing plants, vermiculture, switching to renewable sources of energy, cycling, walking or even using public transport to reduce the carbon output. And we should not forget about following the three R's- Reduce, reuse and recycle. Small steps like these can help us to achieve the long-term goal of complete ecosystem restoration.

Taking these small steps would safeguard the future generations to come. Not only humans, but hundreds of thousands of species will be safe from extinction.

To quote Nelson Henderson, "The true meaning of life is to plant a tree under whose shade you do not expect to sit". Cheers to us and our international future with nature!

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Building a sustainable future

An ecosystem is a group of living organisms that live and interact with the biotic and abiotic components around them. On today's 48th World Environment Day, let us spend some time in understanding why ecosystem restoration is a need in the coming years. Ecosystem restoration is the process of reversing the degradation of the ecosystem to improve the productivity and capacity to meet the needs of the society. It could take about 10-42 years to restore an ecosystem.

Degradation can take place in many ways like intensive farming, deforestation and oil spills etc. The degradation of the ecosystem is due to the special trait of human carelessness and negligence. If man tends to be a little more careful about nature, the disasters in the environment can be avoided. We all need to take tiny steps from our side to restore the ecosystem. Switching off the lights while leaving the room, planting trees, using a bicycle or just walking can immensely help us in restoring the ecosystem. Switching to renewable sources of energy such as sunlight, wind and water instead of depleting the non-renewable sources of energy like coal, petrol etc. Avoiding the usage of plastic bags and switching alternatives like paper and cloth materials, following the three R's can help in reducing the pollution and create a safe environment for all the organisms around us.

This Environment Day, let us all promise to put in the tiniest efforts we can to bring a huge change in nature. Let us all do things for nature not just today, but every day from today. Let us keep nature in mind forever, rather than remembering about it on 5th June every year. May earth become a better place to live in than what it is today. A very happy World Environment Day to all of you!

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