

World Wetlands day – 2nd Feb

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CHINNARA CHETANA
JANUARY 2017
ANNA AKSHARA AROGYA
Chief Patron : Shri Ananth Kumar,
Hon'ble Union Minister & MP, Bengaluru South

30.12.2016
The President of India visits
Adamyta Chetana's Green Kitchen

BYE BYE WINTER!
It is early spring time for mother nature! Just as we discard our winter clothes, the trees and shrubs too start wearing new shoots and leaves after a season of dull winter. It is a joy to watch the flowers blossoming in mango, mangosa, jacaranda, spathodia and a myriad other trees. People throng to Lalbagh to see a riot of colours exhibited by flowers.
This flowering season will continue till Yugaddi, our new year as per the Hindu calendar. This is the time to watch the dramatic interplay of nature through flowers, insects, birds and mammals.
This is also the time to keep a watch on our water bodies. They start drying up slowly as summer sets in. We need to be doubly careful about water.
Every year the world celebrates Wetlands Day on 2nd February. That is the reason this issue of Chinnara Chetana has extra emphasis on water. Did you notice the theme colour blue in this issue? This is also the season when many migratory birds build nests near our lakes. Bird watching experts have just concluded counting the birds around lakes. Tourists have started thronging around lakes. Incidentally this year is designated as the 'International Year of Sustainable Tourism'. Do you know what is sustainability? Read all this and more. Wish you all a Happy Wetlands Day!

Sustainable Tourism
2017 is declared as 'International Year of Sustainable Tourism' by the United Nations. It means, we all should behave very responsibly while visiting a tourist spot. Do not litter, do not deface the monuments, do not carve your name on the rocks or tree trunks. We all enjoy visiting a bird sanctuary, a zoo, a temple, a historical monument or a beautiful water fall. We expect those spots to be clean before we visit and we should ensure it remains clean after our visit too. That is how we can ensure our natural heritages and national monuments to remain very attractive and very lively. That is the meaning of 'Sustainable Tourism'. We have so many wonderful tourist spots in Karnataka. It is our social responsibility to maintain them in their pristine condition. Keep telling these things to your friends throughout this year.
Every year the UN announces a new topic for the whole world to mull over and to understand its significance. 2016 was the 'Year of Pulses' and 2015 was the 'Year of Soil'. Ask your teacher why pulses are so important. Find out how Adamyta Chetana provides your daily dose of pulses in your mid-day meal.

Avian Survey
Many kinds of migratory birds visit our lakes during winter season to build nests and to raise their young. That is why birders (bird watching enthusiasts) visit different water bodies in and around Bengaluru to count the number of birds in this season. This is a month-long exercise undertaken every year between December 22 and January 22. Can you guess why it is so important to conduct a bird census?
Because the population of birds indicates the health of a lake. Actually birds make an aerial survey before landing on the water front. Birders then make an avian survey!

World Wetlands Day
February 2 every year is observed as World Wetlands Day. It is different from World Water Day (March 22). Wetlands may not seem important for us human beings but are vital for the survival of different species. A wetland could be a lake, a reservoir, a part of a river, a marsh or an estuary- where a river meets the sea. A healthy wetland is a biological treasure. So many species of fish, frogs, crabs, seiches, insects, plants, turtles, snakes live there. And in turn they become food to so many species of birds and mammals. All these vanish if a wetland is destroyed by humans (read about 'Ramsar Convention' mentioned above). We need to preserve wetlands. Ask your teachers to take you to a nearby lake on 2nd February. Take a picture, make a painting or write an essay or a poem on it. Be green!

What is a 'Ramsar Site'?
It is like a Nobel prize or an Oscar award for a water body. We have 26 'Ramsar Sites' in India, but none in Karnataka. An ideal water body is called a 'Ramsar Site' if it meets the standards laid down by 'Ramsar Convention'. 'Ramsar' is a place in Iran where the first environmental conference was held in 1971 just to protect important water bodies. There are some eight conditions which are to be fulfilled before getting this honour. A lake (or estuary or a part of a river) should have so many life forms around it, should be protected from drought, pollution, encroachment, etc. There are at least three water bodies in Karnataka which await this honour.

Save Energy, Serve the nation
Save one unit of electricity is equivalent to producing one unit of electricity. But how do you save? Change the old bulb, use either a CFL or an LED lamp. Switch off the fan and light when you go out. There are many such ways.
Nearly 50 thousand students from 80 schools in the city had recently taken part in a competition to reduce their monthly electricity bill. They were trained in their task by their teachers, who were in turn were trained by a team of experts from Adamyta Chetana and Moti McDonald, a private company.
These students employed simple techniques such as changing old incandescent bulbs to CFL or LED lamps, switching off lights, fans and geysers when not needed, etc. Many of them convinced their parents and grandparents to adopt these ideas. Children who had shown maximum reduction in their monthly bill were awarded attractive prizes during Adamyta Chetana Seva Utsava.

Trump moth!
Is this moth imitating the hairstyle of the new American president Mr. Donald Trump? Or is it the other way round?
Some unknown entomologist found this funny creature in Amazon forest and published it in social media for fun.

Adamyta Chetana
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