
Greenergy
A Green Concern!
We can't help everyone,
but everyone can help
someone.

SHRI. BABASAHEB GHADAGE'S RESIDENCE

.....Ar. Suvarna Lele

Project Planner: Ar. Pramod Chaugule

Ar. Pramod Chaugule
Editor, Greenergy

A residence of area 621.26 sq.m. Over a plot area of 1461.27 sq.m. Is constructed at Sangli, Maharashtra completed in 2013.

Ground floor plan is open and efficiently ventilated. Living room is extended from an open veranda. A step up leads to an interesting chowk which acts as a focal point for the total ground floor . Ground floor is equipped with an open kitchen and dining with store.

Interior planning:

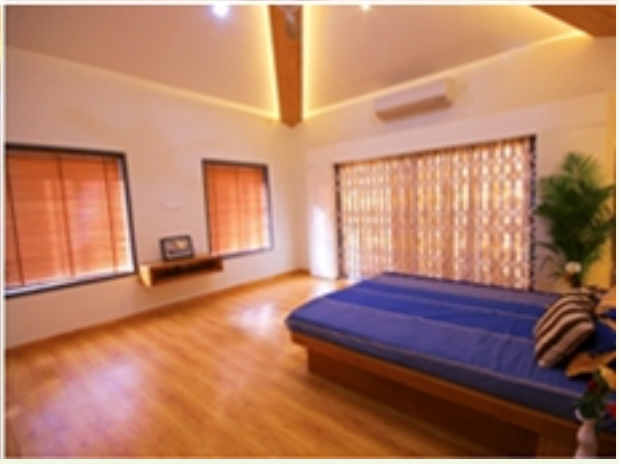
The plan is simple and yet the spaces are well connected through the central courtyard. A magnificent open staircase from central courtyard heads to first floor. Other utilities include puja and hobby room along with well-furnished bed rooms with toilets. Living room opens to an airy, naturally ventilated sit outs area. All the internal areas are provided with suitable green indoor plants for visual delight.

The first floor is provided with three well equipped bedrooms. It is also provided with a cosy family sitting as well as a huge terrace area for sit out and family gathering. The plan is square yet neatly resolved. All the rooms area provide with proper fenestration which facilitates in providing a natural light and ventilation throughout the year without the requirement of air conditioning. The central courtyard connects both the floors with interesting bamboo plant seen from both the floors. Plans are a perfect example of principle of addition and subtraction as well as in three dimension. The eliminated squares area in form of sit outs, courtyards and ducts, while the addition is in form of verandas, utility spaces and window.







The section shows an open, transparent planning with living room having double height. A courtyard with bamboo plantation is covered with sloping skylight resting on concrete beams. An open staircase heads to a family terrace and first floor circulation space.

The slopes and the form gives a feel of vernacular architecture along with the roof has been coloured brown to enhance the concept.

Integrated interior design:

Each space is treated with a minimalistic ideology followed in design of furniture along with the flooring and ceiling.

Veranda opens into a cosy living space with double height and sloping roof with sloping wooden rafters and an elegant set of cream coloured sofas. The wall adjacent to door is decorated with subtle floral design. The space is sprinkled with greenery in form of indoor plants.

Dining, kitchen seems to be enormous due to planning. The counter is treated with white Korean top along with elegantly designed storage space below. The storage space near dining space is treated with glass and veneers, which aptly suits the white wall and brown vitrified tiles.

The furniture is mostly manufactured from natural wood or the ply surface covered with natural wood. The speciality of this is most of the wood is recycled or used from the remains of other sites.

All bedroom doors are treated with decorative panels which match with the panelling behind the bed area.

The hobby room and sitting areas are treated with wooden parquet flooring giving a cosy feel to the room.

First floor is provided with a room equipped with a home theatre which has a huge screen and comfortable leather sitting.

The functioning material is selected to suit the external finishing of bedroom laminated. Furnishing, finishing, colour scheme and lighting are used to enhance each other. The residence with its minimalistic ideology seems to be a real home.

..... Compiled Rituraj Karanjkar

THE PLASTIC PROBLEM!!!

Dr. Jaya Kurhekar
Executive Editor, Greenergy

All of us are aware today that plastics are creating a lot of pollution problems. Plastic is one of the major reasons related to Global Green House Effect.

Plastic cannot be degraded easily, it causes land and water pollution, besides closing landfill sites. It has become a matter of great concern. Plastic is a broad name given to different polymers with high molecular weight, which can be degraded by various processes. Today there are primarily seven commodity polymers in use; **polyethylene, polypropylene, polyvinylchloride, polyethylene terephthalate, polystyrene, polycarbonate and poly** (methyl methacrylate) or Plexiglas. These make up nearly 98% of all polymers and plastics encountered in daily life. Each of these polymers has its own characteristic modes of degradation and resistances to heat, light and chemicals. Polyethylene, polypropylene, and poly (methyl methacrylate) are sensitive to oxidation and UV radiation, while PVC may discolour at high temperatures due to loss of hydrogen chloride gas, and become very brittle. PET is sensitive to hydrolysis and attack by strong acids, while polycarbonate depolymerises rapidly when exposed to strong alkalis.

Plastics are abundantly present in the environment and are used in various places for various purposes. With increasing global consumption and their natural resistance to degradation, plastic materials and their accumulation in the environment is of increasing concern, especially poly (ethylene terephthalate) (PET).

There has been presently, a lot of awareness about the problem of waste disposal. A new interest in the area of degradable polymers and plastics has arisen because of this problem.

An interest in environmental issues is growing and there are increasing demands to develop material which do not burden the environment significantly. With the excessive use of plastics and increasing pressure on plastic waste disposal, the need for biodegradable plastics and biodegradation of plastic wastes has assumed increasing importance in the last few years. As the polymers eventually enter streams which can neither be recycled nor incinerated, biodegradability is essential for water-soluble or water-immiscible polymers. Widespread studies on the biodegradation of plastics have been carried out in order to overcome the environmental problems associated with synthetic plastic waste.

Polymer degradation is a change in the properties - tensile strength, colour, shape, etc, of a polymer or polymer-based product under the influence of one or more environmental factors such as heat, light or chemicals such as acids, alkalis and some salts. Degradation can be useful for recycling / reusing the polymer waste to prevent or reduce environmental pollution. Degradation can also be induced deliberately.

It takes very long for plastics to be degraded, as compared to other material.

HOW LONG DOES IT TAKE TO DECOMPOSE?

Sr. No.	Item	Degradation time
1	Paper Towel	2-4 weeks
2	Banana Peel	3-4 weeks
3	Paper Bag	1 month
4	Newspaper	1.5 months
5	Apple Core	2 months
6	Cardboard	2 months
7	Cotton Glove	3 months
8	Orange peels	6 months
9	Plywood	1-3 years
10	Wool Sock	5 years
11	Milk Cartons	5 years
12	Cigarette Butts-	10-12 years
13	Leather shoes	25-40 years
14	Tinned Steel Can	50 years
15	Foamed Plastic Cups	50 years
16	Rubber-Boot Sole	50-80 years
17	Plastic containers	50-80 years
18	Aluminum Can	200-500 years
19	Plastic Bottles	450 years
20	Disposable Diapers	550 years
21	Monofilament Fishing Line	600 years
22	Plastic Bags	200-1000 years

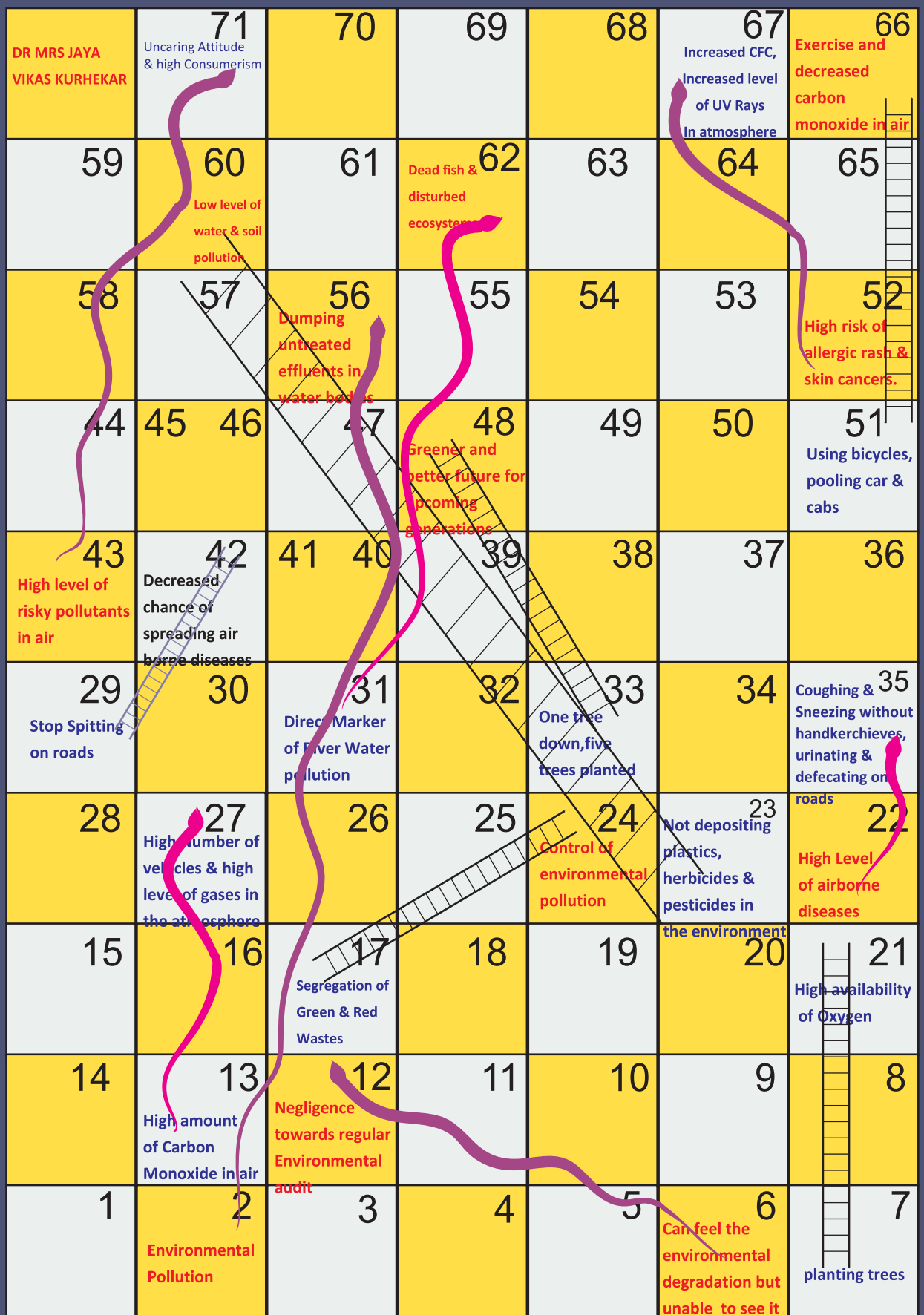
Hence, as a lover of environment and nature, it is the duty of every human being on this earth, to take care of the environment and use minimum plastic or try to reuse it, as much as possible, so that it doesn't reach the garbage and precipitate for years together!

VITHOBA!

O God! A worshipper pleads,
Please remove your hands from your hips,
Touch the sky and the clouds,
Click on a dark cloud, with a mouse,
And wet my village and surrounds.
No gold or silver, I want,
Just bring rains to wet my environ,
It's my plea sincere,
Don't disappoint me,
O my Lord, dear!
Totally amused,
God smiled and sighed,
Now you are asking me to bring rains,
You don't want any material gains,
But pray tell me who the culprit is?
Who has spoilt the earth, by cutting down all the trees?
Who has made the land barren?
In want of progress and unthinking of the long run?
Now listen to me and to what I say,
Abandon your greed and love Nature, I pray!
Don't close your eyes and merely pray,
Open your eyes and let them sway,
Remove your ear plugs,
Listen to Mother Earth crying,
Fulfil your duty of being a good son and a human being.
Awaken every person and plant a tree,
Without that, don't come seeking for me.
Each mountain, each pass should look green and grand,
On Earth, proudly tall, it should stand!
I have been standing on a brick mere,
For twenty eight light years my dear,
Trying to spread this message clear,
But my innocent disciples turn a deaf ear,
They just touch my feet,
And carry home my "Prasad" to eat !!!

Composer: Dr. Mrs Jaya Kurhekar
Executive Editor

CARE FOR THE ENVIRONMENT IN A GREEN WAY, WITH HEALTHY HABITS!!!



SAVE WATER SAVE LIFE

….Er. Nikita

Water is an interesting issue. As with all of Nature it is a symbiotic factor in a greater whole, and an element all life depends on. As we degrade our soils, poison our land and remove the natural catchments for runoff through deforestation and removal of trees; as we fill in our waterways and natural filtering systems in the name of development and progress; as we dam up rivers destroying natural eco-systems, we completely upset the natural scheme of things that water needs to flow and filter clean water for us all.

Simply put, water scarcity is either the lack of enough water (quantity) or lack of access to safe water (quality).

It's hard for most of us to imagine that clean, safe water is not something that can be taken for granted.

The problem of water scarcity is a growing one. As more people put ever increasing demands on limited supplies, the cost and effort to build or even maintain access to water will increase. And water's importance to political and social stability will only grow with the crisis.

Valuable Water…

Three things no one can't live without are Oxygen, Water and Food. No one can live without Water. But do you know how precious is water and how much pure water we have in world.

If 10 years ago someone had given suggestion to sell the pure water, I'm sure people made good joke or laughed a lot on him. But nowadays mineral or purified water is billion dollar industry. People are ready to spend 20 rupees for water bottle, because we know it's not easy to get pure or clean water.

One thing is sure; in future we are going to get shortage of clean water. People can't get clean water easily.

Here are some water facts to remember:

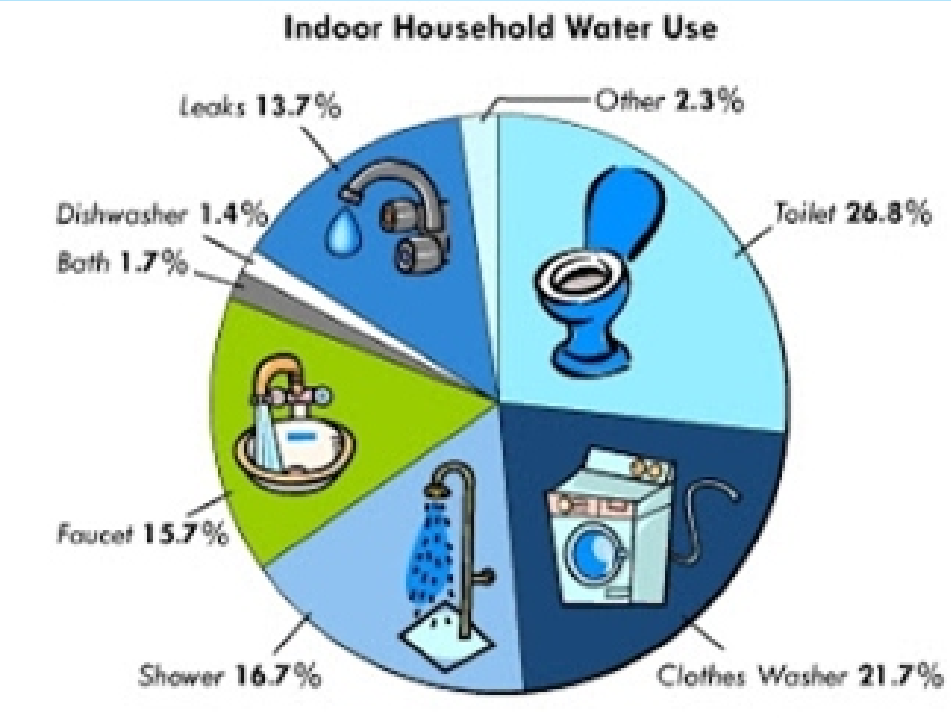
- Less than 1% of the earth's water is suitable for drinking
- More than a billion people around the globe survive on just over 1 gallon (4 liters) of water per day
- Potentially more than 3 billion people may suffer from water shortages by the year 2025
- 66% of the human body is water
- A person can only live without water for approximately one week

Some of Facts about, How valuable clean Water are:

- More than 4 million people died due to water related diseases.
- 98% of water realted diseases occured in developing countries.
- It takes about 300 litres of water to make the paper for just one Sunday newspaper. So use
- paper as less as you can, use E-mail and electronic sources more.
- On average, women in Africa and Asia have to walk 3.7 miles to collect water. It can be more in rural villages of India.
- In India alone, water born diseases cost the economy 73 million working days per year.
- Global sales of bottled water account for over $60-$80 billion each year.
- A child dies of water born diseases about every 15 Seconds.

Ways to save water without changing your lifestyle

The average household consumes approximately 240lt of water per person per day. That means that for a household with four people in it, 960lt of water is used every day which equates to 350'400lt per year!



1. **Use your washing machine only when it is filled to its total capacity.** You can save about 4500 litres per month in this process. Besides saving water, this method is also helpful to save electricity.
2. **Avoid using a shower for bathing.** Try using a bucket instead. This will help you save about 150-200 litres every day.
3. **Turn off the tap while brushing** and save more than 200 litres of water every month.
4. **Stop participating in Holi.** As we all know, a massive quantity of water is wasted during this festival.
5. **Don't drink water** if you are not thirsty.
6. **Use sprinklers** to water the plants provided you have a large garden.
7. **Ensure that your home has no leakages.** Also check whether all water bottles are closed properly.
8. **Use small glasses for drinking water.** The smaller the container, the less consumption of water.
9. Whenever you waste water, **just think about those millions of people** who still struggle to save every drop of water for their survival.
10. Lastly, **spread awareness** regarding water conservation.

Save Water Save The Planet.....

Yoga

..... Dr. Hemant Patil

.....Continued from Previous Issue .....

GROUP - A

VYADHI- means sickness, person having disease cannot concentrate.

STYANA- lack of mental lust of work

SAMSYA- means problems person having problems cannot

ALAYSA- means lazyness, these people cannot concentrate

PRAMADA- means over smart, these people cannot concentrate

AVIRATI- means tremendous carvings for pleasure.

BHRANTADARSHAN- people having half hazard knowledge cannot concentrate

ALABDHA BHUMIKATVA- means a person who cannot recollect, cannot concentrate.

ANAVASTI TATVA- means untrue things such people who believe can not concentrate.

GROUP B

Intellect people always know and study, below group of chittavrittis ie KLESHAS and SUKHA that too, disturb the concentration of mind.

KLESHAS-means Dukha ysse are of five types

ASMITA-means superiority complex these cannot concentrate.

RAGA-means anger, angry person cannot concentrate

DWESHA-means confusion,these person cannot concentrate

ABHINIVESH-means thurst for life, cannot concentrate.

AVIDYA-means ignorance illetrarte people cannot concentrate.

SUKHA

VIPARYA-old view, when proved to be mistaken gives Pleasure which disturbs concentration.

VIKALPA-means imagination, people who live in Imagination get pleasure and cannot concentrate.

PRAMAN means mesurement,

NIDRA. means sleep, sleep gives pleasure and while sleeping nobody can concentrate.

SMRUTI mens recollection of memory experiences, these people find pleasure in past experiences cannot conc.

THE REMEDIES TO OVERCOME OBSTACLES WHICH HELP S IN CONCENTRATION ARE

MATRI-means to emain friendly with everyone.

KARUNA-means having sympathy to every one

MUDITA means to find happiness in others work.

UPEKSHA-means self examination and finding way to help.

TYAGA-means sacrifice sacrification for good helps

DANA-means to donate generously.

LADER IN PSYCHOTHEREPY

By regular ABYASA(practice), of above six folds, VAIRAGYA(detachment) can be easily achieved from VASANA, EMOTIONS WOORIES, INDRIYAS AND SENSE OBJECTS. etc. and control over prana leads sadak to Ishwar Pranidhan, Gunatita, and aporadna and finally to Samadhi, helps awakening of Kundalini Shakti offering Siddihis and finally Moksha.

CURATIVE HELP YOGIC PROCEDURES HELPFUL FOR PSYCHOTHERAPY

NETH helpful for cleaning nasal passages.

DHAUTH helpful for cleaning of alimentary canal, Thoracic and Head part

NAULI- method for massaging and toning abdominal organs.

BASTI-procedures for washing large intestine

KAPALBHATI-breathing technique for cleaning frontal region of brain

TRATAKA-exercise for strengthening of eye muscles.

FOR STRESS MEDITATION IS THE ANSWER
AND YOGA IS ANSWER FOR PSYCHOTHERAPY

Bowerbirds

Bowerbirds make up the bird family **Ptilonorhynchidae**. They are renowned for their unique courtship behaviour, where males build a structure and decorate it with sticks and brightly coloured objects.

The family has 20 species in eight genera. These are medium to large-sized passerines, ranging from the golden bowerbird at 22 centimetres (8.7 in) and 70 grams (2.5 oz) to the great bowerbird at 40 centimetres (16 in) and 230 grams (8.1 oz). Their diet consists mainly of fruit but may also include insects (especially for nestlings), flowers, nectar and leaves in some species. The satin and spotted bowerbirds are sometimes considered agricultural pests due to their habit of feeding on introduced fruit and vegetable crops and have occasionally been killed by affected orchardists.

The bowerbirds have an Austro-Papuan distribution, with ten species endemic to New Guinea, eight endemic to Australia, and two found in both. Although their distribution is centered on the tropical regions of New Guinea and northern Australia, some species extend into central, western, and southeastern Australia. They occupy a range of different habitats, including rainforest, eucalyptus and acacia forest, and shrublands.

Behaviour and ecology:

The Ailuroedus catbirds are monogamous, with males raising chicks with their partner, but all other bowerbirds are polygynous, with the female building the nest and raising the young alone. Female bowerbirds build a nest by laying soft materials, such as leaves, ferns, and vine tendrils, on top of a loose foundation of sticks. In courtship the male bowerbird will dance to the female in an attempt to attract her.

All Papuan bowerbirds lay one egg, while Australian species lay one to three with laying intervals of two days. Bowerbird eggs are around twice as large as most passerines of similar size – for instance eggs of the satin bowerbird weigh around 19 grams (0.67 oz) as against a calculated 10 grams (0.35 oz) for a passerine weighing 150 grams (5.3 oz). Eggs hatch after 19 to 24 days, depending on the species and are plain cream for catbirds and the tooth-billed bowerbird, but in other species possess brownish wavy lines similar to eggs of Australo-Papuan babblers. In accordance with their lengthy incubation periods, bowerbirds that lay more than one egg have asynchronous hatching, but siblicide has never been observed.

Bowerbirds as a group have the longest life expectancy of any passerine family with significant banding studies. The two most studied species, the green catbird and satin bowerbird, have life expectancies of around eight to ten years and one satin bowerbird has been known to live for twenty-six years. For comparison, the common raven, the heaviest passerine species with significant banding records, has not been known to live longer than 21 years.

The most notable characteristic of bowerbirds is their extraordinarily complex courtship, where males build a bower. There are two main types of bowers. One clade of bowerbirds build so-called maypole bowers, which are constructed by placing sticks around a sapling; in some species, these bowers have a hut-like roof.

The other major bowerbuilding clade builds an avenue type-bower made of two walls of vertically placed sticks.

In and around the bower, the male places a variety of brightly colored objects he has collected. These objects — usually different among each species — may include hundreds of shells, leaves, flowers, feathers, stones, berries, and even discarded plastic items, coins, nails, rifle shells, or pieces of glass. The males spend hours arranging this collection. Bowers within a species share a general form but do show significant variation, and the collection of objects reflects the biases of males of each species and its ability to procure items from the habitat, often stealing them from neighboring bowers. Several studies of different species have shown that colors of decorations males use on their bowers match the preferences of females.

Taxonomy and systematic:

Though bowerbirds have traditionally been regarded as closely related to the birds of paradise, recent molecular studies suggest that while both families are part of the great corvid radiation that took place in or near Australia-New Guinea, the bowerbirds are more distant from the birds of paradise than was once thought. Charles Sibley's DNA-DNA hybridization studies placed them close to the lyrebirds; however, anatomical evidence appears to contradict this placement, and the true relationship remains unclear.

.....Compiled by AGS

Green Toon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Green Pick

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