World Sikh Environment Day 14 March
In memory of Har Rai Ji becoming 7th Guru in 1644
Respect, love and look after nature
Guru Ji created parks and gardens where he planted fruits and flowering plants, medicinal herbs and wildlife sanctuaries at Kiratpur sahib
Pavan guru - Air

Paani pita - Water

Mata dharat mahat – Earth
Nature gives us

- Water to drink
- Air to breathe
- Food to eat
- Beauty to see
- Energy for fuel
- Materials for so many goods
Bad things humans to do nature

- Pollute the water
- Pollute the air
- Waste food
- Hurt animals
- Chop trees, plants, flowers
- Drop litter
- Destroy animal and bird Habitats
World Environment Day

Started in 1972 by the United Nations raising awareness, supporting action and driving change

Each year it has a different theme, this year 2018 it is:

‘Beat plastic pollution’
Activities worldwide to celebrate March 14

• Bicycle rallies reminding people that cars cause pollution so cycle if possible
• Tree planting events in large groups
• Introduction of organic langar
• Organic kitchen gardens in gurdwaras growing pesticide free food
• Guru Har Rai Ji stories and sakhia
Based in Washington DC, USA and working with schools, universities and gurdware worldwide to promote Guru Har Rai Jis environmental message

Particularly encouraging Panjabs government to work on reducing pollution in the state

Making Amritsar the holy city greener. Planted 2000 trees in Amritsar

www.ecosikh.org
Eco. Amritsar
A GREEN INITIATIVE 2017
MARKING 440 YEARS OF AMRITSAR
Ecosikh projects

• World Sikh Environment Day 14 March
• Amritsar Foundation day
• Organic langar campaign
• Green nagar kirtan
• Youth Environmental Leadership workshops
• Organic farmer training
• Guru Har Rai rukh lagao leher – tree planting
• Green Diwali campaign – no need for fireworks
Panjabs environment

- EcoSikh have proposed a 4 point agenda:
  1. Increase the number of trees
  2. Improve the cleanliness of water and stop wasting it
  3. Stop burning waste to reduce air pollution
  4. Reduce harmful pesticides in Farming, promote kitchen gardens And organic langar
Panjab priority no.1 - forests

- Panjab only has 3.5% of forest cover
- 900,000 trees were cut down in the last 5 years
- More trees must be planted to provide wildlife and birdlife habitats and provide clean air
Panjab priority no. 2 – save water and keep it clean

• Water shortage due to overfarming
• Water should not be wasted
• Farmers and general public need to look at ways of using water more efficiently
• Industrial waste must be treated before being released into the rivers
Panjab priority no.3 – stop burning waste

• Stubble burning kills nutrients in the soil
• Polluted air with the toxins of burnt waste causes damage to humans as they breathe it in
Panjab priority no. 4 – reduce harmful pesticides in farming

• Farmers have pressure to produce lots of food so they use chemicals, which can sometimes be very harmful especially as they enter the soil, waterways and human food chain
Facts about nature

Bees are vital to our lives as they are among the primary pollinators of plants in the UK.

Cotton is the fabric which requires the most water to grow.

Plastic bottles, bags, and other waste takes hundreds of years to break down when buried in the ground as rubbish.
What can you do to help the environment?

1. **Reduce** – use less plastic e.g. glass Tupperware, don’t print unnecessarily, don’t leave lights and electrical equipment on for longer than needed, don’t leave taps running

2. **Re-use** as much as possible – old electrical equipment can be repaired or valuable metals removed to be used in something else. Drop off at local recycling centres [www.recyclenow.com](http://www.recyclenow.com)

3. **Recycle** as much as possible – paper is an easy one! Use your local authority waste collection services. Food waste can be composted, waste cooking oil can be converted into biodiesel. Contact your local council today
Reduce

• Turn off the tap when water is no longer needed
• Switch off the lights when not in the room
• Print double sided
• Don’t waste food
Reuse

• Donate old clothing and toys to charities
• Instead of buying bottles of drinks reuse a bottle
• Use the plain side of junk mail as scrap paper
Recycle

Take batteries and electrical items to your local recycling centre

Clean out plastic bottles and yoghurt pots before recycling

Recycle cardboard and paper

Wash out glass jars and bottles
Useful websites

• www.recyclenow.com

• www.lovefoodhatewaste.com

• www.woodlandtrust.org.uk

• www.canalrivertrust.org.uk

• www.keepbritaintidy.org (#GBspringclean)
Thank You
For Not Feeding Us Bread

Bread makes us ill, as it does not contain the right nutrition or calories that we need to keep us warm in winter.

Rotting bread pollutes our water and causes nasty surface algae, which kills our fish and gives us diseases. It also makes our water smell

WE DO LIKE:
Cut seedless grapes,
cooked rice, birdseed, peas,
corn, oats and chopped lettuce
What does Gurubani say?

• Eak Bageecha: A compilation of shabads from the Guru Granth Sahib Ji on the Environment
• The Guru cares for, nurtures, and resides within nature, and expects us to be more caring about our environment in every aspect of our lives. The purpose is to inspire us to be more considerate towards our environment in all of our daily dealings and decisions. As the Guru asked us, we can and should take steps on an individual basis to bring back the lost glory of our garden, making this earth a better place to live, not only for human beings, but for all of Creation.
ਅਗ਼ਾ ਮਾਹੀ ਰੁੱਕ ॥
ਦੋ ਸਾਲੀ ਪੁਰਾਣ ਅਲਾਸ਼ ॥ ਅਕੁਲਤਾ ਹੈ ਉਹ ਅੱਠ ਵਿਧੀਵਾਂ ॥
ਮੈਂ ਜੋ ਦੋ ਚਿੱਤ ਸੈਂਭਰੀਂ ॥ ਹੁਣ ਥੋਂ ਪਹਿਲੀ ਨੂੰ ਨਕਸ਼ਨੀ ॥
ਅਦਰਕ ਪ੍ਰਤੀ ਚੁੱਕੀਆ ਸੀ ਹੁਣ ਚੁੱਕੀ ਅਕੁਲਤਾ ਹੈ ਉਹ ਦੀ ਬਾਣੀ ॥
ਸੁਖਨਾਮੇ ਕੇ ਮਾਦਿ ਸੀ ਸਾਹਮਣ ਵਾਲੀ ਬਣਾਂ ਕੇ ਪੁਰਾਣੀ ॥
ਮਾਗ ਰੋਕਣਾ ਅਲਾਸ਼ ਅਲਾਸ਼ ॥ ਮਾਗ ਰੋਕੇ ਹੋਣ ਵਾਲੀ ਬਾਣੀ ॥
ਅਕੁਲਤਾ ਹੈ ਉਹ ਅੱਠ ਵਿਧੀਵਾਂ ॥ ਸੁਖ ਵਾਲੀ ਪ੍ਰਤੀ ਨਕਸ਼ਦਾਰੀ ॥
ਨਾਨਾ ਹੀ ਉਠੀ ਪ੍ਰਤੀ ਅਲਾਸ਼ ॥ ਸੁਖ ਵਾਲੀ
There is a garden.
It has so many plants created within it.
And each bears the sweet-nectared Naam as its fruit. ||1||

Consider this, O wise one,
In this garden you may seek the means by which to attain eternal bliss.
O brothers and sisters of Destiny,
This garden has dark pools of poison here and there,
But it also contains the ambrosial nectar within it. ||1||Pause||

There is only one gardener who tends it.
He takes care of every leaf and branch. ||2||
He brought all these plants and planted them there.
They all bear fruit – none is without fruit. ||3||
The one who receives the ambrosial fruit of the Naam
From the Guru – O Nanak,
Such a servant has a way to pass over the ocean of illusion. ||4||5||56||