

## **Go Green and Save Environment**

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### **Abstract**

Going green is good for the environment, the community, and the economy. By using less energy, less water, and fewer material and natural resources, a green building greatly reduces its harmful impact on the natural environment. Energy efficiency and environmental performance can be evaluated using a “systems” approach during the entire use-phase of a building. The core most benefit of going green is cost cutting when we conserve energy and resources, by not wasting water and electricity, we help to reduce the amount of money and in turn it leads to a healthy and a more sustainable world. Also, it reduces pollution, conserve energy, reduce consumption & waste and protects the earth’s ecological balance and conserves resources. As conventional building materials and methods have been linked to a wide range of health issues, until human population make effective use of the infinite, sustainable, and green sources of available energy, we cannot expect any change in future. A positive reinforcement will definitely create green way of life.

**Key Words:** Green Building, Energy Conservation, Green Environment

### **Introduction**

Going green has become the new buzz word. Maintaining and restoring the natural environment will play a fundamental role in sustaining our collective future. People’s connection with nature can increase their health and well-being. Green buildings are good for the environment, the community, and the economy. By using less energy, less water, and fewer material and natural resources, a green building greatly reduces its harmful impact on the natural

environment. Children who learn in green schools can demonstrate up to 21% better performance on tests, and patients in green hospitals are discharged earlier.

### **Green Building Guiding Principles**

- Environmental considerations and energy efficiency should become a part of building design and purchasing criteria, consistent with such traditional criteria as product safety, price, performance, and availability.
- Energy efficiency and environmental performance should be evaluated using a “systems” approach during the entire use-phase of a building.
- The process for establishing “sustainable” building/product criteria should include consensus-based decision-making, best available science, transparency, and openness to all relevant stakeholders.

### **Material**

Green design is about finding that balance between high-quality construction and low environmental impact. Green building is a goal and a process. Viewing sustainable building as a process is important, because green-building success isn't just a matter of building with green materials. Green building combines both material and processes to maximize efficiency, durability and savings.

### **IPD Environment Code**

The IPD Environment Code was launched in February 2008. The Code is intended as a good practice global standard for measuring the environmental performance of corporate buildings. Its aim is to accurately measure and manage the environmental impacts of corporate buildings and enable property executives to generate high quality, comparable performance information about their buildings anywhere in the world. The Code covers a wide range of building types (from offices to airports) and aims to inform and support the following;

- Creating an environmental strategy
- Inputting to real estate strategy
- Communicating a commitment to environmental improvement

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- Creating performance targets
- Environmental improvement plans
- Performance assessment and measurement
- Life cycle assessments
- Acquisition and disposal of buildings
- Supplier management
- Information systems and data population
- Compliance with regulations
- Team and personal objectives

### **Healthier Life**

As everyone seeking for green life we can gain better quality air, a cleaner environment and better health. According to the World Health Organization air pollution is estimated to cause about 2 million premature deaths worldwide every year. Common air pollutants like lead have been found to be associated with behavioral problems, learning deficits and lowered IQ in young children. In addition, the health of our environment also has an impact on the quality of our food and ultimately our health. It would be hard to imagine how we could remain healthy if we are consuming polluted drinking water and food contaminated with chemicals (e.g. fish with heavy metal contamination, vegetables exposed to acid rain, etc.) for long periods. By keeping our air and environment, cleaner, we are actually building a healthier environment for ourselves, our loved ones and our future generations.

### **A More Sustainable World**

One of the most important benefits of going green is a more sustainable world. At the rate that we are consuming the world's resources, polluting the earth and fuelling global warming, and destroying the earth's ecosystem, we would be left with nothing in future. In turn, these developments would make it easier for people to adopt green living practices.

### **Green Environment for Now and Future**

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Adverse effect on forest due to over pollution and chemical effects have created the negative force on climate and rainfall. With the effect of global warming not only human beings are affected but also the species. Situation is going worse day by day. If we don't take steps in right time our generation will be highly affected. Similarly, the harmful effect on the atmosphere brought about by chemical emissions in industrialized countries is a very dangerous sign. We need to start adopting green practices in our daily lives, as well as encourage others around us to do the same. As more and more people start living a green life, there will be greater drive for developments in the area of green energies, recycling and other green technologies, as well as a market for eco-friendly products and services. In practice, going green means adopting five basic principles in your daily life:

### **Reduce Pollution**

Going green mean in practice is to reduce pollution, or the release of toxic substances into the environment. In our daily life we release substantial amount of toxic substances into the environment

### **Conserve Energy**

Another aspect of going green mean is to conserve energy. As with the earth's resources, the sources of energy (in the form of oil, coal, natural gas, etc.) on earth are currently finite. - While humans have started exploring other sources of "sustainable energy", such as palm oil, there are inherent environmental problems with the cultivation of some of these energy sources.

### **Reduce Consumption and Waste**

Foremost practice of going green is to reduce consumption and waste. Reusing helps us to reduce our consumption of new materials, as well as help to reduce the waste that we create as an entire population.

### **Protect the earth Ecological Balance**

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The earth's ecological balance refers to the equilibrium formed as a result of the harmonious co-existence of living organisms, including plants, animals and man, on this planet. So when seek to protect the earth's ecological balance, we actually seek to achieve a harmonious co-existence with other living creatures on this planet.

### **Conserve Resources**

With the effect of increase in the population and technology advancement consumption of natural resources are merely high now compared to the olden days. More and more trees are cut down to produce more and more paper for the growing number of offices worldwide. More oil, coal and other natural fuels are extracted from the earth to drive our factory machineries, our automobiles and in our homes. And fuel extraction contributes to polluted air, acid rain and global warming. We are in condition to conserve our finite resources to save future generation.

### **Suggestion**

- Government should strongly ban use of plastics, rather reusable plastic bottles can be used
- Insist everyone to Purchase rechargeable batteries and a battery recharger
- Planting Trees at Home
- Constructors should strongly implement Green building codes and standards

### **Conclusion**

Eco-friendly construction can not only help to create a better outdoor environment, it can also help to build a healthier indoor environment. Conventional building materials and methods have been linked to a wide range of health. Until human population make effective use of the infinite, sustainable, and green sources of available energy, we cannot expect change in future. A positive reinforcement will definitely create green way of life.

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