



A Special Booklet
on the Occasion of
World Environment Day 2019
A TIL - CSR Initiative



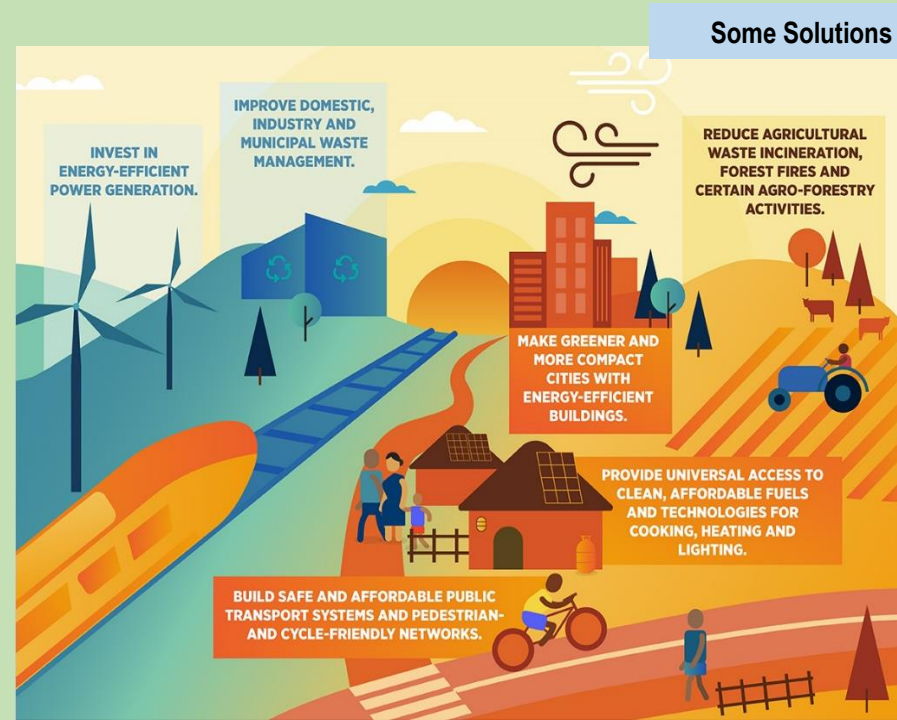
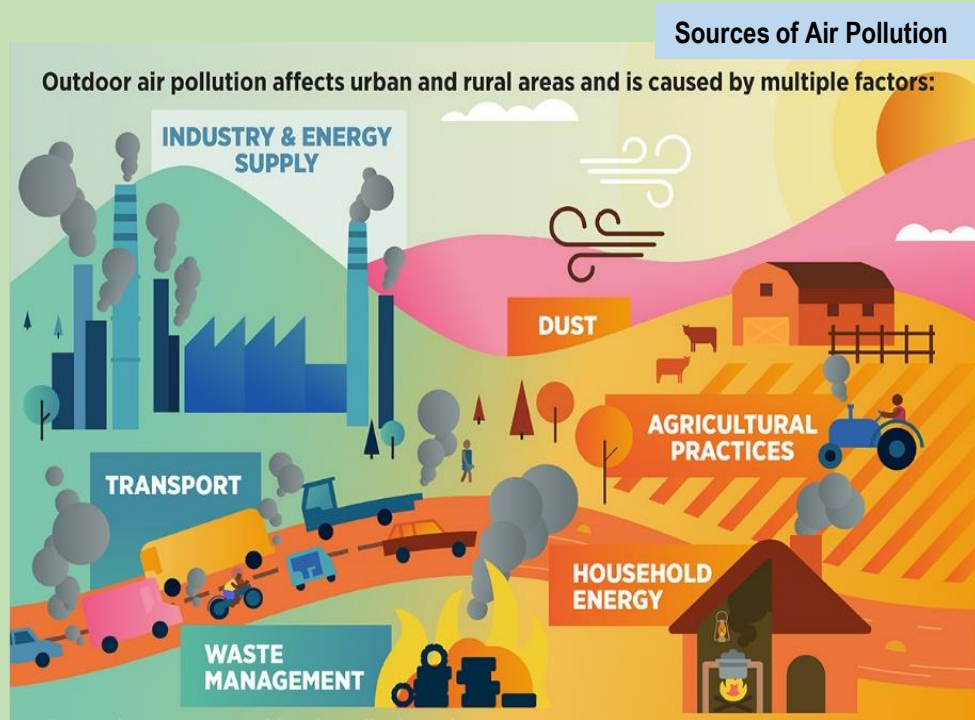
Breathing is something we never stop doing. Yet we know very little about the air we breathe every second of the day. Part of the problem is that we can't see air pollution, thus making it easy to ignore.



#airpollutionfacts

- Air pollution causes 1 in 9 deaths worldwide and is the largest single environmental health crisis.
- Air pollution is an invisible killer that we face on a simple walk or even in our homes.
- Many sources of air pollution are heavy emitters of CO₂, contributing to a vicious cycle that threatens our health and climate.
- Air pollution has been linked to higher rates of cancer, heart disease, stroke, and respiratory diseases such as asthma.
- Air pollution increases the risk of acid rain, which in turn damages crops, trees and buildings.
- 4.2 million deaths occur every year as a result of exposure to ambient (outdoor) air pollution.
- 3.8 million deaths are attributed to household air pollution annually.
- 50% of pneumonia deaths in children under 5 are due to household air pollution.

UN theme this year
#Beatairpollution





Air pollution is a mix of particles and gases that can reach harmful concentration both outside and indoors. The negative effects can range from higher disease risks to rising temperatures. Soot, smoke, mold, pollen, methane, and carbon dioxide are a just few examples of common pollutants.

Small shifts in everyday
behavior can help reduce
air pollution.

Protect Yourself from Unhealthy Air

- Check air pollution forecasts in your city. There are various Apps available for it.
- Avoid exercising outdoors when pollution levels are high, or near high-traffic area.
- Limit the amount of time your child spends playing outdoors if the air quality is unhealthy.
- Walk, bike or carpool. Combine trips. Use buses, subways, commuter trains or other alternatives.
- Use less energy in your home. Use CFL/LED lighting, energy efficient appliances. By reducing energy use, you can help improve air quality, curb greenhouse gas emissions and also save money.
- Don't burn wood or trash. Burning firewood and trash are among the major sources of particle pollution.
- Ensure proper ventilation at home. Ventilation is crucial to healthy indoor air.
- Consider purchasing an indoor air purifier.
- Keep filters in air conditioners and heaters clean.
- Wear a mask while stepping out. Face masks don't offer absolute protection from polluted air but are useful if the air is particularly bad on any given day.
- Keep a few air purifying plants at home or office. Plants such as Aloe Vera, Areca palms are known to purify the indoor air.
- Quit Smoking.
- Don't allow anyone to smoke indoors and support measures to make public places tobacco-free.





This World Environment Day TIL, in association with Grow-Trees planted 150 trees in the Sunderban area, West Bengal - to provide a healthy and breathable environment for our current and future generations.



He who plants a tree,
plants a hope.





Here's a look at some of the pledges taken by our TIL colleagues to beat air and other types of pollution.



“ To save our planet from pollution, I take the pledge to replace all my home lightings with LEDs which not only consume 90% less power but also runs 40 times longer than traditional incandescent bulb. They operate at lower voltage & generate 50% less heat. Also, they produce virtually zero UV emissions, making it most preferred for a safer planet for our next generation.

Arindom Chakraborty
Executive Assistant to CMD



“ On the World Environment Day, I pledge to beat air pollution in every possible way I can:

- ✓ Stop burning of waste and promote recycling
- ✓ Avail the bus, train or other public transport or at times ride the bicycle
- ✓ Reduce carbon emission
- ✓ Induce people to quit smoking
- ✓ Plant as many trees as possible

Sucheta Dutta
Executive-Legal & Secretarial



There is no planet B.
We have to take care of
the one we have.



“

I am always haunted by the thought that what kind of Earth our future generation will inherit. A small contribution by each of us will surely make a large difference. So, to make our mother Earth a cleaner & greener planet and to beat Air Pollution I would take a pledge to plant at least one sapling each month and use public transport to office once a week.

Raju Laik
CIO



“

I take a pledge on this World Environment Day, to say NO to polythene and minimize the use of plastic. I will make a practice not to use plastic bottles, polythene bags, plates, spoons and all disposable items in our day to day life. I will try to encourage colleagues in office to use reusable bottles, cups, glasses.

Sohini Seal
Asst. Manager-HR



“

To help **#BeatAirPollution** I have pledged to use eco-friendly tote bags for buying food and other grocery items. We are using these bags for shopping as well. Together, we can help to put an end to this plastic surge by cutting out small, everyday plastic use. I urge all my family and friends to take up similar initiatives to help keep our environment safe.

Soumya Biswas
Dy. Manager -IT



Planting of Saplings
TIL HO-Taratolla



Planting of Saplings 1-Kamarhatty 2- Kharagpur



1



2





1



2



Planting of Saplings
1- Mumbai & Singrauli
2- Sahibabad & Delhi
3- Chennai



3





Take Action
For The Environment.
Every Year. Everywhere. Everyone.

Hope you have enjoyed this issue of TILTouch

Do send in your feedback to. corporate.communications@tilindia.com

Air pollution information & infographics
source:
WHO & United Nations websites