

Nature and Women's Health, India Peace Centre celebrates Earth Day



In honour of the Earth Day on 22nd of April, India Peace Centre and CNI-SSI jointly organized an awareness program on conserving nature and health at Vinoba Bhave Nagar. Therefore, we worked with some of the women of the local self-help groups. India Peace Centre would like to give special thanks to Aradhana Upadhyay, director of CNI-SSI, who made the program possible. Furthermore, we are also thankful to our core group member Dr. Charu Baheti for leading the sessions. Patiently she explained, how the participants are able to improve their health, as well as protect the environment around them. Therefore, she spoke about the issue of how to use sanitary napkins and the right way to wash hands. She also mentioned nature related issues, like the importance of avoiding plastic bags and planting plants to improve the oxygen level in the air. Besides, she also introduced Ezy Spit. Plenty of people that are using chewing tobacco are spitting on the streets. Doing so, they are polluting their surroundings. To avoid that from happening, Ezy Spit is a small bag that they can use to spit in. The inside of the bag is made of an anti-bacterial material. Therefore, it can be used up to 15 times. Another important point is that it is also made from a biodegradable material, not from environmental polluting plastic.

All in all, Dr. Charu Baheti addressed some present topics, that everyone is able to relate to. Her presentations led to good discussions and questions with the participants.