

Indian Institute of Technology Kanpur

National Programme on Technology Enhanced Learning (NPTEL)

**Course Title
Enhancing Soft Skills And Personality**

**Lecture - 40
Care for Environment**

**by...
Prof. T. Ravichandran
Dept. of Humanities and Social Sciences**

Hello hi welcome back to NPTEL's course on handsome soft skills and personality.

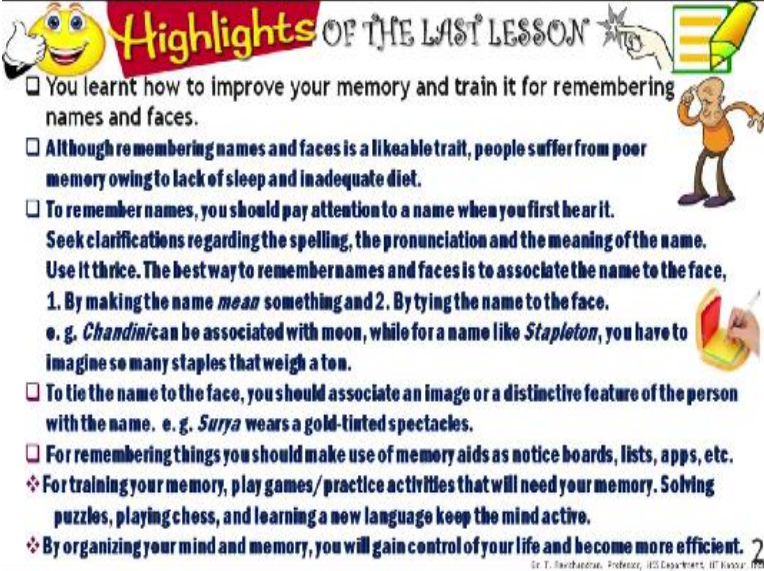
(Refer Slide Time: 00:18)



I am Ravichandran from the department of humanities and Social Sciences IIT Kanpur. I have been giving this course to you for the past eight weeks. This is the last week last unit and the last lesson that is lesson number 40, and very appropriately I want to conclude this entire course with care for environment. Now before we actually try to understand why should we really care for the environment and what we can do about it.

Let us take a quick look at what I did in the previous lesson highlights of the last lesson.

(Refer Slide Time: 01:03)



Highlights OF THE LAST LESSON

- ❑ You learnt how to improve your memory and train it for remembering names and faces.
- ❑ Although remembering names and faces is a likeable trait, people suffer from poor memory owing to lack of sleep and inadequate diet.
- ❑ To remember names, you should pay attention to a name when you first hear it. Seek clarifications regarding the spelling, the pronunciation and the meaning of the name. Use it thrice. The best way to remember names and faces is to associate the name to the face, 1. By making the name *mean* something and 2. By tying the name to the face. e. g. *Chandini* can be associated with moon, while for a name like *Stapleton*, you have to imagine so many staples that weigh a ton.
- ❑ To tie the name to the face, you should associate an image or a distinctive feature of the person with the name. e. g. *Surya* wears a gold-tinted spectacles.
- ❑ For remembering things you should make use of memory aids as notice boards, lists, apps, etc.
- ❖ For training your memory, play games/practice activities that will need your memory. Solving puzzles, playing chess, and learning a new language keep the mind active.
- ❖ By organizing your mind and memory, you will gain control of your life and become more efficient. 2

Dr. T. Sathishkumar, Professor, IISER Kolkata, India

In the last one you learned how to improve your memory and train it for remembering names and faces. Although remembering names and faces is a likeable trait, people suffer from poor memory owing to lack of sleep and inadequate diet. So to remember names, you should pay attention to your name when you first hear it. Seek clarifications regarding the spelling, the pronunciation, and meaning of the name.

Use it thrice so when you use it three times in the same day during a party at three different meeting points you will not forget the name at all. And the best way to remember names and faces is to associate the name to the face which can be done in two ways one by making the name mean something this becomes easy in situations where the names themselves mean something.

And the second one by tying the name to the face. Now example is like a name like Chandini can be associated with moon immediately wait for a name like Stapleton it is very difficult to get an appropriate image. So what you can do is you can separate, so then you identify Staple and ton

and then you have to imagine so many staples that vary a ton. And to tie the name to the face you should associate an image or a distinctive feature of the person with the name. So let us say Surya of Sun God, so the color of Sun is gold so if you remember Surya varying of gold tinted spectacles so you will be able to remember the name as Sun when you remember gold tinted spectacles.

And for remembering things in day-to-day life you should make use of memory aids as notice boards, list, applications, which can be used in mobiles and all that. So that you know note down as when it comes to your mind and then strike the items completed as and when you complete it and always try to keep this list okay wherever you are either in your pocket or in your mobile, or in your handbag, or in your suitcase.

So that you can refer to them frequently and do not miss a single item thinking that your memory is superior and then you will never forget things is every human mistake and normally we think like that. But then even very great people known for their wonderful memory forget very small things. So it is important to note on these things so that you do not forget, and apart from that I said that you need to train your memory and you can do that by playing games or practice activities that we utilize your memory.

Such as solving puzzles, playing chess and learning a new language keep the mind active by organizing your mind and memory you will gain control of your life and become more efficient. Now hoping that you will use these funds and make your life and career more efficient the concluding thought of this course is to make our environment safe and sustainable. So in order to do that first we need to know what is it that our living environment needs to be done from our side as human beings. What is environment? While well environment refers to our surrounding conditions.

(Refer Slide Time: 04:47)

OUR LIVING ENVIRONMENT 

While environment refers to our surrounding conditions, the area in which we live includes the natural life on earth and the global ecosystem.

Human beings, owing to their egoistic and egotistic tendencies, seek possession of everything surrounding them. For instance, a truck driver assumes that while driving he owns the front area of about 10 to 20 feet of the road. Hence, he gets annoyed when anybody crosses that space.

In this way, human beings in general have disturbed and destroyed global ecosystem by expanding their living spaces through urbanisation and modernisation.

Many dams and roads are constructed at the cost of clearing forests and destroying the habitat of many birds and animals.



Dr. J. Lakshminarayanaiah, IIT Bombay, 2010

So it could be natural or man-made generally refers to surrounding conditions it refers to the area the place in which we live it includes the natural life on earth and the global ecosystem. So environment is not something that is only related to the individual, but it includes all the natural life on earth as well as the global ecosystem. However human beings going to their egoistic tendencies seek possession of everything surrounding them.

So whatever is before them if they can occupy they occupy that take for instance a truck driver who assumes that while driving he wants the front area of his truck it is believed that up to 10 to 20 feet he thinks that he is owning in his mind in his psychological thinking. So that is the reason why he gets annoyed when anybody crosses that space. And he even feels that he has a kind of right to hit the person who crosses without taking his permission or darting across so quickly.

So that kind of aggressive thing comes in the mind that is because of the human beings egoistic tendency just like the truck driver normal human beings also believe and behave in such a manner as if whatever space around them if for them to utilize and it is meant for them to enjoy. And they have the right to destroy and they can utilize whatever is there the human food items as well as the animals and birds which are also there.

So man thinks that he can use everything and order it is disposal. Now what human beings have done in general in this way they have disturbed and destroyed global ecosystem by expanding their living spaces through urbanization and modernization. So the simple thing like many dams and roads are constructed at the cost of clearing forests and destroying the habitat of many birds and animals.


(Refer Slide Time: 07:15)

ARTIFICIAL VERSUS NATURAL

As we destroy nature for our materialistic gains, we move away from nature and start living an artificial life. In an artificial life, everything is fake but still we pretend that things are real and live a false life.

We need to realise that the essential things for our survival come from nature and they are free. Our living space is given to us by nature. The air we breathe, the water we drink, the energy we get from sun, and the food we eat are all free. But they are very essential for our happy, healthy, and harmonious living.

When we live an artificial life, everything has to be done in great hurry and everybody lives under enormous pressure to achieve more in less time and for getting maximum benefit by doing minimum work.



D. T. Kulkarni, Professor, MS Department, IT Kanpur, India

Let us for a while look at the artificial versus natural debate as we destroy nature for our materialistic gains we move away from nature and start living an artificial life. In an artificial life everything is fake, but still we pretend that things are real and we try to live a false life we need to realize that the essential things for our survival come from nature and they are free. So we depend so much on artificial things, but if you look at the essential things in life they are actually free and we get everything from nature.

Our living space is actually given to us by nature initially it was free, but now we are buying using money for buying and then using power to possess it. But generally it is something that is being given to us by nature the air we breathe by which we survive the water we drink, and the

energy we get some Sun on the food we eat. So they are all freely given to us by nature, but then today we are making them as commodities and then we are selling water, we are selling air also okay.

But they are very essential for our happy, healthy and harmonious living if only we do not make them commercialized highly and then if you are able to use them in the free and natural forms. And when we live in artificial life everything has to be done in great hurry and everybody lives under enormous pressure to achieve more in less time and forgetting maximum benefit by doing minimum work.

Now in order to avoid this hurry you need to live a life that is very close to nature, but however we are moving far away from nature and we are inventing things thinking that they will save our time.

(Refer Slide Time: 09:19)

ARTIFICIAL VERSUS NATURAL

We keep inventing things to save our time: internet, mobile, e-mail, sms, chat, etc. But, in the name of saving time, they hijack our time and always keep us running short of time!




Whereas, nature does not hurry to do anything, but everything happens in time.

By living in harmony with the surrounding, man can gain everything.



However, man's arrogance and sense of entitlement, which is called as "anthropocentric" (man-centred) nature has been harming the environment.

Earth is the only place where humans can dwell; but, as if to set fire on one's own house, man's indiscriminate use of natural resources is leading to depletion of fossil fuels, drinking water, and oxygen, which threaten the sustainability of earth.



5

Dr. G. Rajkumar, Professor, Department of Computer, IIT Kharagpur, India

You get internet mobile email SMS chat etcetera we thought that by inventing these things we will be able to save so much time. But in the name of saving time these devices they hijack our time and always keep us running short of time, but if you look at nature, nature does not hurry to

do anything, but everything happens in nature in time by living in how many with the surrounding man can bring everything.

However man is arrogance and sense of entitlement which is called as anthropocentric or man centered nature as being harming the environment. Earth if you look at it is the only place where humans can survive. But as if to set fire on one's own house man's indiscriminate use of natural resources is leading to depletion of significant ones such as fossil fuels, drinking water, and oxygen.

(Refer Slide Time: 10:26)

CLIMATE CHANGE DISASTERS




Our increased use of fossil fuels and emission of carbon di-oxide cause greenhouse effect that traps heat on earth and causes increase in the temperature.

Global warming can cause floods and Tsunamis by making glaciers melt. There could be drought in one part of the Earth and flood on the other.

Sea level increase can submerge cities near coastal areas.

Boundaries between countries will blur and owing to climate change disasters, many human beings will become climate refugees. They will move to dry areas and fight for food and other scarce resources.

Climate change films like *Day After Tomorrow*, *Water World*, and *Mad Max: Fury Road* picturise dystopian worlds where the excess as well the lack of water become crucial in controlling and governing the lives of people who have become nomads.



6

Dr. G. Kalanidhri, Assistant Professor, IIT Madras

Now when we are depleting these resources and making increased use particularly of fossil fuels what is happening is that we are also emitting carbon dioxide or CO₂ and cause this so-called greenhouse effect the traps heat on earth and causes increase in the temperature this again leads to global warming and global warming can cause floods and tsunamis by making glaciers melt, there could be drought in one part of the earth and flood on the other.

Sea level increase is another consequence and that can submerged cities near coastal areas, islands can go without any trace and once sea level will rise and slowly it will immerse all the

land nearby so the land will become very scarce and people in the name of country they will soon forget that which country they belong to, because this boundaries between one country and another country will be blurred by water literally and figuratively.

And boundaries between countries will blur going to particularly climate change disasters many human beings will become climate refugees, because they lost their home, their nationality, they their country because of climate change disaster. And they will move to dry areas for food and they will fight for food and other scarce resources. There are so many climate change films and some of the films like Day After Tomorrow, Water World, Mad Max Fury Road which is the recent one.

They all picturise dystopian worlds, so dystopian is a very negative world very gloomy and depressive world where the excess as well as the lack of water become crucial in controlling and governing the lives of people who have become nomads, nomads are like gypsies no one place no one fixed house to live in. So they have to move okay, and depending on the nature that is chasing them in the form of one calamity after another.

So they have to find a place, so today they are in one place flood comes and occupies that place they have to move to the nearby place where they can live. And while moving they will lose some of their near and dear ones. So life is likely to go by this kind of nomadic tendency and a compelled kind of phonomatic live which these movies try to depict. There are other movies like slightly old one like Soylent Green.


(Refer Slide Time: 13:23)

CLIMATE CHANGE DISASTERS

In the movie, *Soylent Green* and *Snowpiercer*, the food crisis owing to over-population is compellingly resolved by recycling human body and cockroaches, respectively.

In the climate fiction *Polar City Red*, living a nomad-like existence, people hunt for their food, share resources including the female womb. Women, who are less in number, are given security only if they are willing to participate in the procreation lottery in which one woman has to live with six men periodically. It also points out that climate change disasters will affect the women, the children, and the marginal the most. And the politicians and the rich will find means to survive even by making tunnels under the earth.

Although these novels appear to be scary, they try to give us a jolt to our indifferent and complacent approach towards caring for our environment.



7

Dr. J. Anandaraman, Professor, IIS Department, IIT Kharagpur, India

And a recent one like *Snowpiercer* where they try to deal with the food crisis which are brought actually by climate change. And how do they try to deal with the food crisis and they show in *Soylent Green* they people are so fond of eating one *Soylent Green*, but they realize that it is actually made out of recycling dead human bodies. Whereas in *Snowpiercer* again they are given some kind of protein bars which are actually made of cockroaches and other insects.

There is another climate fiction by name *Polar City Red*. Now in this novel it shows people living a nomad like existence they hunt for their food like they go back to the old times and they start hunting for the food and they share resources including the female womb women who are less in number in the novel or given security only if they are willing to participate in the procreation lottery in which one woman has to live with six men periodically.

Now these issues are raised will you be happy with this will be happy to eat this kind of food made out of human bodies or cockroaches will you be able to let your wife share this kind of biological space with other men. So these are issues these novels are rising unless we are going to do something about climate change now. It also rises points related to climate change disasters and says that it will affect the women, the children, and the marginal the most.

And the interesting point that it makes is that the politicians and the rich will find means to survive even by making tunnels under the earth. So they planned long before and they are making tunnels and they learn how to move with latest equipment and they live under the earth and they try to control people who are living above. Now when you read these novels, watch these movies, also these novels and movies appear to be scary they are called as Cli-fi and Cli-fics the climate fiction and climate films.

They try to give us a jolt they just want us to shake us from our deep sleep they just give us a jolt to our indifferent and complex and approach towards caring for our environment. Now when these things are trying to give us the jolt would not we wake up and should we not start caring for our environment. And if you let this global calamity happen you should realize that human beings maybe wiped out without a trace any global disaster that is induced.

(Refer Slide Time: 16:33)



CARING FOR OUR ENVIRONMENT

In case of a global calamity, human beings may be wiped out without a trace. Only some creepers, insects, and cockroaches can survive.

Human beings arrived late to the planet Earth and will be the first to leave it!

However, in order to prolong the life of human beings as species on this Earth, we need to help the environment by being mindful, respectful and careful and making gentle use of it.

In the time to come, a person's ability to care for the environment will become a crucial soft skill and an integral part of a well-developed personality.

Hence, let us look at some simple ways of caring for our environment.

The slide features three illustrations on the right side: a green flower with a raised fist in the center, a green globe with the text 'GO GREEN' on it, and a smiling green tree character. At the bottom right, there is a small logo.

Because of climate change can wipe out human beings without any trace no species of human beings please survive what we survive is only some creepers insects such as cockroaches. So they will be able to survive and if you look at the lifespan of human beings in general human

beings arrived late to the planet earth and will leave it very soon. However in order to prolong the life of human beings as species on this earth we need to help the environment by being mindful, respectful and careful and making gently use of it.

We should learn how to keep this resources sustainable how we can use renewable resources and instead of exploiting and depleting the scarce resources that we have. Now how is this related to soft skills and your personality in the time to come a person's ability to care for the environment will become a crucial soft skill and an integral part of a very developed personality. So many people particularly somebody like Al Gore who was given the Nobel price, because he advocated the cause for climate change he brought it to the foreground.

And then he is even now trying to create this kind of awareness and you should realize that that becomes an integral part of a personality and then people will try to see what is your position. So are you an activist, or are you an in activist, or are you skeptical with some kind of hidden agenda. So all these things are going to typify your personality and this is a soft skill that when you are able to negotiate with individual to individual levels.


And when you are able to negotiate with the society as an individual you should also learn to negotiate in a very harmonious manner to the environment. So that will show you as a fully developed personality, so that is why I am going to give you some simple tips, simple steps for caring for our environment and try to start caring for the environment by using these tips as quick as possible.

So there is no day is better day then this day and this moment. Now in general on the top for caring for the environment the tip I would like to give it that avoid any wastage do not waste anything.

(Refer Slide Time: 19:23)

TIPS FOR CARING FOR THE ENVIRONMENT

- ❖ **Avoid any wastage. Since resources are scarce, whether it is food or water, do not waste.**
- ❖ **Recycle waste as much as possible.**
- ❖ **Conserve water: Use it to the minimum required quantity. While brushing teeth, washing fruits, etc., turn off the tap the moment cleaning is done.**
- ❖ **Conserve Electricity: Turn off the light, the fan, the AC, the TV, the laptop or anything that makes use of electricity when it is not in use.**
- ❖ **Avoid AC: Avoid air-conditioners as much as possible. But when in use, close the door so that you will not let the cool air escape.**



9

Because to create one resource it takes so much of time, since the resources are scarce whether it is food or water do not waste you may be very rich. So you have lot of materials at your disposal, but you cannot just throw them out and then waste them just because you have money at your disposal to buy them. The reason why you cannot waste them is that you have no right to misuse or waste resource created by somebody else on your behalf.

So that is why do not waste anything and the second important thing is recycle waste as much as possible they try to recycle try to reuse do not waste. The most important thing is conserving water drinking water as well as normal water, so you should use it to the minimum required quantity while brushing peat so running the tap oil brushing teeth, consumes two to three liters just like that.



But actually you need only 100 ml or 50 ml to wash the brush and little bit for just washing your mouth. So washing fruits etc just running the tap on and then washing, washing vegetables. Now you need to tap off, turn off the tap the moment cleaning is done. In a similar manner you need to conserve electricity, because we need so much of energy to produce electricity, so do not waste that.

Turn off the light, the fan, the AC, the TV, the laptop, or anything that makes use of electricity when it is not in use. And generally try to avoid AC and as much as possible try to avoid using air conditioners, but when in use close the door, so that you will not let the cool air escape.

(Refer Slide Time: 21:27)

TIPS FOR CARING FOR THE ENVIRONMENT

- ❖ **Avoid Travel by Flight: You can prevent enormous fossil fuel consumption. Use train if possible.**
- ❖ **Use car pool. Share space in cars**
- ❖ **Use public transport.**
- ❖ **Use bi-cycle or walk: You will become eco-friendly and healthy!**
- ❖ **Do not use lifts. Walk up the stairs.**
- ❖ **Avoid use of plastic: Plastic is a non-biodegradable material. Since it does not decompose, leaving it on soil can harm growing plants. Throwing them in rivers can block their flow and eventually make them stagnant.**



10

And the other important thing that climate change activists try to advocate is that they say that you should avoid travel by flight, because they say that you can prevent enormous fossil fuel consumption and the suggested recommended the travel mode is train, they say that it uses less and if possible. But more than that you should use car pool okay, which means that you take lift or you share space with someone or you let someone's use the space in your car.

So share the space in cars, do not use it only for an individual. And if possible use public transport that again consumes less fossil fuel. So by that you can save lot of CO2 consumption use bicycle or simply walk, so if it is possible if you can even avoid going by public transport and using cycling by that way you will become eco-friendly and healthy and if you are inside corporate offices, tall buildings do not use lifts, walk up the stairs again you will be healthy and you will be eco-friendly also.

And the most important of all avoid use of plastic so plastic is a non biodegradable material and since it does not decompose leaving it on soil it can harm growing plants or any biological organism, throwing them in rivers can block the flow and eventually make them stagnant. So we have heard that so many pools and lakes and rivers getting stagnant and they are not able to move they choked and then they die, so rivers die just, because of plastics.

So it is very important that you should stop using them and there are already cities they have stopped using or they are preventing the use of them by increasing the price of plastic bags and all that. So avoid pesticides by cultivating your own kitchen garden.

(Refer Slide Time: 23:39)



TIPS FOR CARING FOR THE ENVIRONMENT

- ❖ **Avoid pesticides: Cultivate your own kitchen garden. You can grow your own food that tastes much better.**
- ❖ **Sensitise your children: Take your children to natural surroundings and make them experience the joy of being in green, clean, and pure environment.**
- ❖ **Reuse jars, and containers instead of throwing them in dustbins.**
- ❖ **Use solar power.**
- ❖ **Use your bags for shopping. Avoid paying for plastic bags in the malls.**
- ❖ **Minimise printing and paper use.**

Whatever is possible if you can cultivate even if you are not living on a ground floor you can have your own terrace garden and grow your own food that tastes much better and it is organic and it is without pesticides. So it is healthy and you live longer. The next important thing is you need to sensitize your children take your children to natural surroundings and make them experience the joy of being in green clean and pure environment then just getting bogged down in video games on their computers or mobiles.

So take them outdoor make them experience and that experiential learning will actually change them and many children after getting exposed to pure natural environment have gone into volunteering services such as cleaning the parks, then keeping the environment clean in general. So they actively participate in that, but the motivation has come from just making them experientially feel this significance of pure environment.

And when you are buying something and if it comes in some jars or containers reuse jars and containers instead of throwing them in dust bins. And use solar power instead of going for electricity as far as possible and if there is solar powered charges, solar powered lanterns you can use them use your bags for shopping instead of going and then getting plastic bags in the malls and paying for them.

So take your bags with you so avoid spending money on unnecessary plastic bags, but at the same time make it a principle to carry your own bags for shopping. And in terms of sprinting so minimize printing and paper use, so try to use as far as possible soft copies. So if you are in a meeting so use your laptop and a projector and then you can show everything on a screen instead of giving 40 printouts of 50 page materials which can be just shown on the screen with good projection and everybody can see and then comment on that.

So wherever you can avoid making use of paper and printing, because you get papers from trees and then if you can save so this paper usage so that is also making the environment very healthy.

(Refer Slide Time: 26:19)

TIPS FOR CARING FOR THE ENVIRONMENT

- Use energy efficient bulbs.
- Avoid buying 'use and throw' products. Try to fix things before buying new ones.
- Plant trees: whenever and wherever it is possible.
- Keep water for birds: particularly, in summer.
- Keep food for birds regularly.
- Being considerate to the environment is the best way to teach your children to save the planet from deterioration.
- Change your anthropocentric mind-set to bio/eco-centric mind-set!

12

And in terms of using bulbs use energy-efficient bulbs, so wherever you can use this LED so you can use and generally you when you see that instead of using high watt if you can use a low watt one in that small space, so try to do that. And avoid buying use and throe products, so that is sometimes nowadays so many things have become use and throw you can use it only once and if it goes on repair your to throw it.

So do not buy such products try to buy something which are repairable and try to fix things before buying new ones and many things are actually repairable. And the next important thing is plant trees whenever and wherever it is possible and how many it is possible try to do that take care of them pour water regularly. And then it gives a very good and satisfied feeling. And the next one for environment is keep water for birds, because birds look for water particularly in summer and then when they are not able to quench the thirst some birds even die, because of the scorching Sun and heat.

And you should also keep food for birds regularly. Now towards the conclusion I would like to tell you that being considerate to the environment it is the best way to teach your children to save the planet from detracton. So when you set examples the children will look up to you and then

they will internalize, and then they will start caring for the environment and start living in a very safe and secured future and make this planet very sustainable.

Overall what is expected is that you should change your anthropocentric mindset, anthropocentric mindset is human-centered mindset that I am first, the birds and animals and all trees the flora and fauna they are here for me. So I can do anything they are at my mercy, they are at my beck and call I can do anything. Instead of that take this eco-centric or biocentric mindset what is eco-centric or biocentric mindset.


It suggests that you are part and parcel of nature and you have right nobody denies that, but in the same way an amoeba and ant a small creature has equal right, just because you are a man so big in size does not mean that something that is so small tiny and negligible in size does not have any right. And in fact you have no right to kill or harm any other living organism on this planet you have no right and it is a right that you are aggressively violently taking it for yourself.

But it is actually causing environmental injustice, so be fair to the environment try to have this biocentric mindset where you start respecting other non-human creatures that is birds, trees, animals and then you give them equal importance you treat them as your peer and there are some people who even keep them one step ahead and they even feel that okay I am very humbled before you.


So you are even better than me, so I should treat you with utmost respect. So when you change to this mindset so automatically will be able to care for the environment. Let us look at two interesting quotes from two eminent people in terms of environment and living harmoniously with nature one is from Mahatma Gandhi.

(Refer Slide Time: 30:28)


Living harmoniously with nature . . .



**“Earth provides enough to satisfy every man’s needs,
but not every man’s greed.”**



-Mahatma Gandhi



“Nature is not a place to visit. It is home.”

-Gary Snyder

Dr. T. Ravichandran, Professor, MS Department, JSS College, Mysore

13

He says earth provides enough to satisfy every man's needs, but not every man's greed. So if you can make limited use of the resources which earth provides us to satisfy our need all of us will have in plenty, but if somebody is greedy and wants to exploit nature use the environment as much as possible then all of us will not have enough so that is what he is suggesting. The next one from Gary Snyder is also very interesting and is with a very powerful message.

He says nature is not a place to visit it is home, so it is not something that you go out and see during a picnic but it is our surrounding, it is our home. So we have to take good care so you sometimes go to your picnic and then let us say you are in a park and then you throw the drink that you had the can, that carried the drink and then you throw that throw all trash, but he says that you cannot do that because this is your home, and you are surrounded by that, and you are living amidst that surrounding that environment.

So keep that in mind so with this I hope I will try to be somewhat instrumental in changing your anthropocentric thinking to eco-centric or biocentric and start doing your bit whatever you can do. So that also will change your personality, so remember like to be humorous and light-hearted

one of the tips given was that you should try to interact with these pet animals and then natural creators as much as possible.

Because you will see that they are joyful in nature, so you cannot make them feel depressed and that joy and radiance will come to you and will make you feel light-hearted. There are people who go to plants they watch them every day because there are people who talk to plants, because they feel that they are like the children and then they breathe and they like human beings going and talking to them.

And then they feel fresh they invite people they welcome them then you go, and then when you do not go so they look somewhat fagged in energy and then they feel that they are missing you and people say that and people even experience this kind of thing even with nature. So being with that is a kind of symbiotic relationship on the one hand you are trying to make them live happily.

And then they will also keep you in a very happy and healthy condition, so with this thought let me conclude this with another interesting suggestion to you to watch these videos.

(Refer Slide Time: 33:35)



MUST WATCH VIDEOS . . .

Climate Change in the Anthropocene.
<https://www.youtube.com/watch?v=6Bjn2RGAl0&list=PLP-tV5qSqzNSoURFEWWQJn1CKK5qJfD&index=2>

Climate Change Explained.
<https://www.youtube.com/watch?v=ifrHogDujXw&list=PLP-tV5qSqzNSoURFEWWQJn1CKK5qJfD&index=17>

What YOU Can Do About Climate Change.
<https://www.youtube.com/watch?v=VTfqNFz1DBM&index=30&list=PLP-tV5qSqzNSoURFEWWQJn1CKK5qJfD>

Dr. T. Ravichandran, Professor, HSS Department, IIT Kharagpur, India

14

So I have given some names of movies which if you are interested you can watch in the lecture itself. And one climate fiction that I mentioned that is polar city right, but apart from that if you want to know more about climate change what is it and what you can do about it. So watch is these three videos the first one is little bit longer it tells about all issues related to that the next two are very short, if you cannot watch the first one try towards the next two climate change explained and what you can do about climate.

It is hardly about five minutes you can take a quick look of course I have given the essence of these ones, but when you watch them on videos it is more impactful and more attractive and you will keep remembering them easily. So it is worth watching so that is why I said that it is must watch videos. And now as we have concluded the course, so we will be looking forward towards your feedback we welcome your feedback on the course.

(Refer Slide Time: 34:44)



FEEDBACK

We welcome your feedback on the course, the course instructor and anything . . .
Any suggestion for a new course that you look forward to?

Write to: trc@iitk.ac.in

Dr. T. Rameshbabu, Professor, IIT Department, IIT Kanpur, India

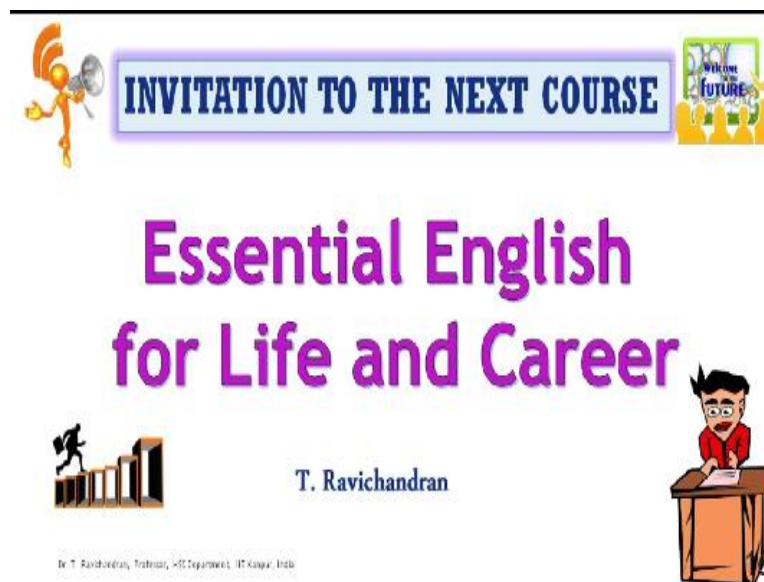
15

Anything about the course the course contents the way it was delivered to you the course contents any suggestions for further improvement the course instructor that is me and how I delivered the lectures where they effective and anything you want to say about this you can share

it. And then if you have some suggestion for a new course and that you look forward to, so then also you can write to me you can write to the email ID I have given trc@iitk.ac.in.

Now based on the feedback from some of the course participants who like the previous course as well as some of the lectures given in this one on English skills. So the suggestion given was that why do not I give a fully-fledged course on English skills, so I invite you to my next course so it may start in July or in January depending on our preparedness, but then you are all the time invited all those who have been doing this course and some of you the majority of you are continuing from my previous course.

(Refer Slide Time: 36:07)



So all the participants you are invited to the next course that will be on essential English for life and career. So with this I thank you and I leave this with a note of overwhelming thought that you have been with me now for the 40 lectures about 8 weeks, but it is like a very long journey. But it just went like as if I just started recording the first lecture yesterday and then it is just completing now.

I did not know how time went, time is really a relative, but then I hope that these materials have been really beneficial to you and then had some impact on you, and you are able to use them in your life journey and make your life a very happy LD and a harmonious one. Wish you success in whatever endeavor that you take in your life wish you happiness and peace also. Thank you so much, thanks again.

Acknowledgement

Ministry of Human Resource & Development

Prof. Satyaki Roy

Co-ordinator, NPTEL IIT Kanpur

NPTEL Team

Sanjay Pal

Ashish Singh

Badal Pradhan

Tapobrata Das

Ram Chandra

Dilip Tripathi

Manoj Shrivastava

Padam Shukla

Sanjay Mishra

Shubham Rawat

Shikha Gupta

K. K. Mishra

Aradhana Singh

Sweta

Ashutosh Gairola

Dilip Katiyar

Sharwan

Hari Ram

Bhadra Rao
Puneet Kumar Bajpai
Lalcy Dutta
Ajay Kanaujia
Shivendra Kumar Tiwari

An IIT Kanpur Production

©copyright reserved