

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”

Water is one of the most essential natural resource for sustaining both plants and animals life. Humans use water for various purposes . Besides drinking, bathing, washing and cooking; water is used for irrigation. It is helpful in generating electricity(hydropower) large amount of water is required in Industries like drugs, paper, Fertilisers, petroleum refining and for construction of buildings and many more. Like Air , clean drinking water is essential for the good health of all living things, especially human beings but a large number of activities of man are polluting the water. Water is available in abundance and is renewable . Then why do we suffer from water scarcity? The availability of water differs from place to place due to variation in seasonal and annual precipitation, but scarcity of water is mainly caused by overpopulation, increasing demands for food and cash crops, Urbanisation and rising standard of living. The excessive use of freshwater has led to the drying up of water sources and water pollution. Water exists mainly in three forms — Water vapour, water in oceans, rivers, and ice in the glaciers and ice caps . Three-fourth of the Earth's surface is covered with water, but only a small proportion of fresh water can be put to use. Water is precious. It is very essential to conserve and manage our water resources. Some of the ways to conserve water are :-

- ◆ Discharge of untreated sewage, agricultural chemicals and industrial effluents are major contaminants . Water pollution can be checked by treating these effluents , before being drained into the sewage pipes.
- ◆ Proper irrigation methods should be adopted to minimise wastage of water. Sprinkler can irrigate very large areas. In dry regions where evaporation is very high , drip irrigation is very useful.
- ◆ Water Harvesting methods can be used to conserve water. Water harvesting means to collect rainwater where it falls. Rainwater that falls on the roof, courtyard etc. is not allowed to flow away. It is collected in dug Wells or tanks for future use with the help of pipes. This water can be used for cleaning, washing and gardening.
- ◆ In the household uses, consumption of water can be reduced in the following ways :# we should use only the required amount of water.# leaking taps should be repaired. A leaking tap wastes 1200 litres in a year.# A bucket of water can be used for bathing instead of using shower or allowing flow of water unnecessarily from the tap.
- ◆ Recycling of wasted and polluted water can help reducing water shortage.

There should be water conservation awareness and tips for every starter in the orientation manual and training program at schools, colleges, work place, offices, institutions, etc. Water conservation techniques should be promoted on every news media such as TV, newspaper, radio, FM, community newsletters, bulletin boards, banners, etc. People should be more active in their area to report (to their owner, local authorities, water management of district) any problems related to water loss through broken pipes, errant sprinklers, open hydrants, abandoned free-flowing wells, etc. Water conservation awareness should be highly developed and promoted especially in the

schools to aware children means future of the nation. School students should be assigned to prepare projects on water conservation or given this topic during any competition like debate, discussion, essay writing or speech recitation.

As being educated citizens we should encourage our friends and neighbors to join the water conscious community. Everyone should make a task related to water saving and try to complete by the end of day strictly.

रकृति के द्वारा मानवता के लिये जल एक अनमोल उपहार है। जल की वजह से ही धरती पर जीवन संभव है। भारत और दूसरे देशों के बहुत सारे क्षेत्रों में पानी की कमी से लोग जूझ रहे हैं जबकि पृथ्वी का तीन-चौथाई हिस्सा पानी से घिरा हुआ है। जल की कमी के कारण विभिन्न क्षेत्रों में लोगों द्वारा मुश्किलों का सामना किये जाने के कारण पर्यावरण, जीवन और विश्व को बचाने के लिये जल बचाने और संरक्षण करने के लिये हमें सिखाता है।

धरती पर जीवन का सबसे जरूरी स्रोत जल है क्योंकि हमें जीवन के सभी कार्यों को निष्पादित करने के लिये जल की आवश्यकता है जैसे पीने, भोजन बनाने, नहाने, कपड़ा धोने, फसल पैदा करने आदि के लिये। बिना इसको प्रदूषित किये भविष्य की पीढ़ी के लिये जल की उचित आपूर्ति के लिये हमें पानी को बचाने की जरूरत है। हमें पानी की बर्बादी को रोकना चाहिये, जल का उपयोग सही ढंग से करें तथा पानी की गुणवत्ता को बनाए रखें। संरक्षण की जागरूकता रहने से इस स्थिति में जल संरक्षण हेतु हमें कई कदम उठाने होंगे जो इस प्रकार हैं-

1. हर नागरिक में जल संरक्षण हेतु जागरूकता लानी होगी।
2. हर नागरिक शावर की जगह बाल्टी में पानी भरकर स्नान करें।
3. सेविंग करते समय नल बंद रखें।
4. बर्तन धुलते समय नल के स्थान पर टब का प्रयोग करें।
5. गंदे जल का सिंचाई में उपयोग करके भी जल संरक्षण किया जा सकता है।
6. वर्षा का जल छत पर संरक्षण कर उसका उपयोग करना। इसलिये छत पर पानी टंकी बनाना होगा।
7. नदियों के जल में गंदा पानी कदापि नहीं छोड़ा जाय जिससे जरूरत पर उस जल का प्रयोग पीने तथा अन्य उपयोगों हेतु किया जा सके।
8. विद्यालय और महाविद्यालयों में निरंतर प्रचार-प्रसार की जरूरत है। जिससे युवा पीढ़ी समय रहते इसकी गंभीरता को अच्छी तरह से समझ सकें।

निष्कर्षतः 'जल संरक्षण' आज के पूरे विश्व की मुख्य चिंता है। प्रकृति हमें निरंतर वायु, जल, प्रकाश आदि शाश्वत गति से दे रही है लेकिन हम विकास की आंधी में बराबर प्रकृति का नैसर्गिक संतुलन बिगाड़ते जा रहे हैं। जल संरक्षण हेतु समय रहते चेत जाने की जरूरत है क्योंकि-

**'रहिमन पानी राखिए, बिन पानी सब सून
पानी गए न उबरे, मोती, मानुस, चून'।**

So we as an institute want to encourage the children towards regular practice of the same and only hope that we are able to imbibe these good habits amongst the children by giving regular reminders for the same .Your participation in our endeavor is a must for us to achieve this goal .

Everyday we come across numerous facts related to environment. We already know about the importance of environment, its effect on our health and daily life , and the consequences of the

present constant environmental changes. Parents themselves know its value but still they fail to stop their children from wasting the resources. Children need to be aware about why is it important? Why it matters so much? The simplest explanation about why the environment matters is that, as humans, **the environment – the Earth – is our home. It is where we live, breath, eat, etc.** Our entire life support system is dependent on the well being of all of the species living on earth. **Air, water, soil, food, etc required for survival are acquired through the environment.** Human beings utilizes the natural resources for development of civilization of human beings. For increasing the standards of the quality of human life, man uses the environmental resources in different sectors of development activities. Plants and animals are also dependent upon the environment. **Hence, all the natural processes such as survival, reproduction, growth and development, etc of living organisms are done under the environment.** आनेवाली पीढ़ी है प्यारी, तो पृथ्वी को बचाना है हमारी जिम्मेदारी.

We as an institute can only advise you on the importance of healthy upbringing. Parenting is a unique responsibility with no set formulas to fit the bill but the habits that are imbibed today will be responsible for a healthier tomorrow. So let's just not choose to take up the convenient path but the correct oneWe request you to take out time from your busy schedule to share your feedback with us . We will be happy to hear any suggestions on the given topic .

Name		Class
Father's Name		Mobile No.
1 Does your child put his effort to save water?		
Yes, everyday	Rarely	Don't take interest
2.Do you observe that your child spread awareness about saving water among the neighbours?		
Everytime ,when he meet them	Sometimes, not regularly	Not interested at all
3. Does your child shows gratitude towards people around who is helping him?		
Yes, everytime	Needs reminders	Never
4. Does your child discuss the benefits of saving water with you ?		
Takes interest in sharing	only when asked	never
5. Does your child		
6.		
7. Did he /she enjoy the rallies and other activities related with the theme that were held here ?		
Was very excited	Was feeling forced	Did not want to attend