



EkoCalendar 2021



Dear Colleagues

COVID-19 pandemic brought the world to a screeching halt. People got ample of time to reflect upon some of the basic things in life like food choices, relationships, health, passion projects etc. All these reflections pointed towards the need for a mindful and sustainable lifestyle.

Certainly, year 2020 led us to view life differently and we should not let this introspection go unutilized.

Let us embrace 2021 with a hope and zeal to bounce towards a sustainable living rather than returning to the same “normal”. Here are a set of 12 actionable items that will remind you every month of 2021 towards the “new normal”.

Some say that habits are formed if practised regularly over 21 days. That is a period less than a month! We hope that this EkoCalendar will make you habitual towards a mindful and sustainable living.

Lead the way and others will follow.

A happy, healthy and successful 2021.

With compliments from

Dr Prasad Modak and Team EMC LLP and Eknnect

When you think about practising sustainability, talk to us.

Illustrations by Manish Rangnekar





Minimalism

Begin the New Year with de-cluttering your homes and offices through donating things that you do not really need. You can check out some free resources, tips and tricks to make your journey towards minimalism easy by following The Minimalists and watching a documentary named 'Tidying up with Marie Kondo'



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January

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31					1	2
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17	18	19	20	21	22	23
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05 - National Bird Day
30 - National Cleanliness Day



Urban Gardening

Spend a couple of minutes sowing, growing and harvesting veggies in your balcony, terrace, backyard or participate in community supported farming. Soil your hands as you grow your own food along with your loved ones and learn the journey of food from farm to your fork. Don't be surprised if you suddenly start liking that veggies you've despised all your life.



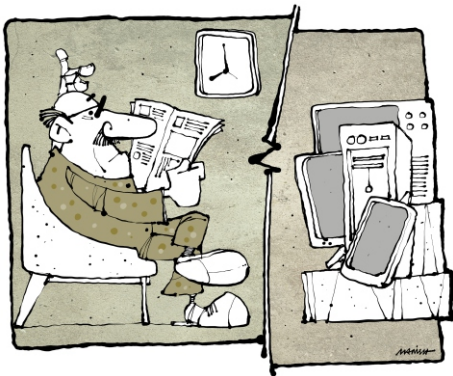
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February

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02 - World Wetland Day
27 - International Polar Bear Day



Gadget Free Hours

Journey towards conscious living starts with self-realization, simple act of reflection and observing oneself. Quiet time involves making time for our emotions, thoughts and feelings and this can be done through meditation, journaling, reading or taking long walks. COVID-19 has surely blurred the lines between professional and personal lives, but taking some time off from our gadgets can surely be rewarding! Discover yourself.



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March

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15 - World Consumer Rights Day

18 - Global Recycling Day

22 - World Water Day

23 - World Resources Day

27 - Earth Hour



Composting

Composting is a great way to manage your food waste, avoid chemical fertilizers and reduce greenhouse gas emissions. It not only prevents our waste from reaching the landfills but also recycles nutrients back into the soil and sequesters carbon. Composting at home seems like a daunting task but a lot of videos and organizations provide simple tips and tricks to make the process easier.



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April

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21 - World Creativity and Innovation Day
22 - Earth Day



Account Resources You Consume

For our living, we consume resources like water and electricity. The consumption of resources can be optimized by measuring them in the first place. We cannot manage what we do not measure. Hence conducting household or office level water and energy audit allows us to measure resources we consume and benchmark to understand what we need to improve. Using low flow water fixtures, and ensuring temperatures of AC at 24 degrees are examples of resource saving strategies.



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May

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23	24	25	26	27	28	29

20 - World Bee Day

21 - Bike-to-work Day

22 - International Day for Biological Biodiversity



Green Products

Most of the products we use in our daily lives are either wrapped with non-recyclable plastic or loaded with chemicals. The simplest thing we can do is start finding easy alternatives for such products we use on daily basis. Switch to eco-friendly cleaning products, bamboo toothbrushes, biodegradable shampoos, soaps and reusable toiletries.



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June

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05 - World Environment Day (WED)

08 - World Oceans Day

17 - World Day to combat Desertification and Drought

21 - International Climate Change Day

22 - World Rainforest Day



Plastic-Free July

This July, join the global community which is willing to be a part of the solution. 'Plastic-free July' is a personal challenge that people across the globe undertake to avoid and find replacements for some of the 'single-use' plastic items you encounter in your daily life. The community now consists of 326 million members from 177 countries and every year, more and more people pledge to join the challenge on the website www.plasticfreejuly.org



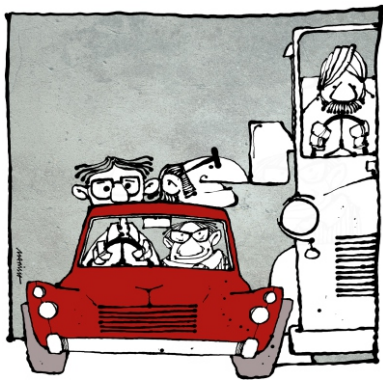
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July

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11 - World Population Day
 28 - World Nature Conservation Day
 29 - World Tiger Day



Practice Shared Economy

Sharing economy refers to peer-to-peer based sharing of access to goods and services facilitated by common platforms. Transportation, hospitality and household items are few of the sectors which provide a chance to the customers to experience shared economy. Opting for Ola, Uber or the likes in sharing mode for travelling and booking an Airbnb for your next vacation are some of the simple steps you can take to put this practice into action.



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August

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12 - International Youth Day



Mindful Gifting

Some of the major gifting festivals are just round the corner and here's your chance to practice mindful gifting by selecting sustainable and ethical clothing brands, upcycled products, and organic-food hampers wrapped up in compostable and biodegradable packaging. Try to avoid packaging in the first place.



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September

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16 - World Ozone Day

22 - World Car-Free Day

28 - Green Consumer Day



Managing E-waste

Did you know that the global generation of e-waste has grown by 9.2 MT since 2014 and is projected to grow to 74.7 MT by 2030 – almost doubling in only 16 years. Electronic waste can be managed through reducing the purchasing of gadgets just for the sake of fashion, preferring repair as the first option, donating, returning/selling used gadgets back to the stores, or sending them to e-waste recycling units.

(Source: The Global E-waste monitor 2020)



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October

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04 - World Habitat Day

14 - International E-Waste Day

16 - World Food Day

24 - International Day of Climate Action



Switch to Energy Efficient Lighting

Light bulbs consume 15% of the global electricity and India's LED market has grown 130-fold within just the last five years. LEDs are highly energy efficient as they use 85% less electricity when compared to conventional lighting and 18% less as compared to CFLs. Hence switching all the older lighting in your houses and offices to LEDs is surely a win-win for your budget as well as the environment.

(Source: bit.ly/carbonbriefindia)



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November

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06 - Global Refill Day

14 - World Energy Conservation Day

27 - Buy Nothing Day



Hold Zero-Waste Events

Parties, festival celebrations and weddings are grand affairs that lead to significant impacts to the environment. However, one can always reduce their environmental footprint through various ways like sending e-invitations, using eco-friendly decorations, donating surplus food after the event, using re-usable or compostable cutlery, and gifting saplings! COVID-19 taught us virtual conferences. But are you ready for a virtual wedding event?



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December

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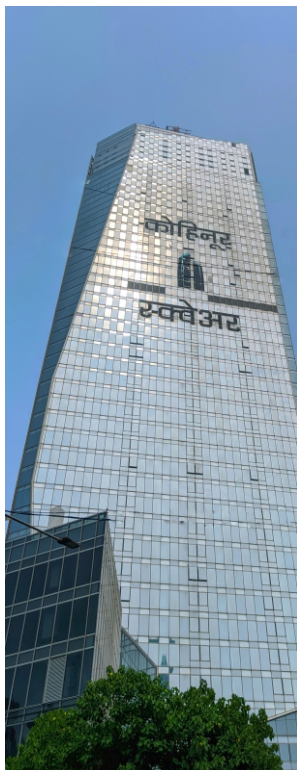
04 - National Pollution Prevention Day

05 - World Soil Day

14 - National Energy Conservation Day



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We have moved

EMC and Ekkonnnect have moved to a new office in Shivaji Park, Dadar in Mumbai. The office building is Gold LEED rated, the furniture is Green Guard certified and the office space hosts several indoor air purifying plants. Do visit us.

1308, Wing B, Kohinoor Square, N. C. Kelkar Road, Shivaji Park, Dadar (West), Mumbai 400 028

Environmental Management Centre (EMC) LLP

EMC was established in 1996. EMC's consulting services are essentially strategic, knowledge driven and supported through research and training. Over the past 25 years, EMC has conceived, developed and executed more than 600 national, regional and international assignments that have set several "firsts".

Visit www.emcentre.com to know more.

Ekkonnnect Knowledge Foundation (Ekkonnnect)

Ekkonnnect is a non-profit section 8 company set up in 2012 with the aim to increase understanding, impart education and build capacities to address challenges and offer solutions in arena of environmental management and sustainability.

Visit www.ekonnnect.net to know more.

