



Celebrate Eco-Friendly Holi

The joyous festival of Holi is meant to celebrate the arrival of Spring and the colours used in Holi are reflecting the various hues of the spring season.

It is an Indian festival which has ancient and religious significance. Holi is celebrated with enthusiasm & gaiety on the full moon day in the month of Phalgun which is the month of March. Earlier the colours used during Holi were prepared from the flowers that blossomed during spring and these spring seasonal flowers also had medicinal properties and the colours obtained from them were highly beneficial for the skin.

But unfortunately, in modern times Holi does not stand for all things beautiful. Like various festivals, Holi has also become ruthlessly commercialized and become yet another source of environmental degradation.

Rapid commercialization of this festival, manufacturers started producing artificial colours which are more expensive and have severe ill-effects on our health as compared to natural colours.

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- ▶ Environmental concerns around Holi
- ▶ Harmful health effects of chemical colours
- ▶ Method of preparing Holi colours
- ▶ Tips for Safe & Ecofriendly Holi celebrations
- ▶ Preparations before Holi celebrations





Three main environmental concerns around Holi

- ▶ Use of toxic chemical colours.
- ▶ Use of wood for burning Holi fires.
- ▶ Wasteful use of water during Holi.

of which have bright red flowers. These trees also had medicinal properties and holi colors prepared from them were actually beneficial to the skin.

Harmful Effects of Chemical colours: In earlier times when festival celebrations were not much commercialized Holi were prepared from the flowers of trees such as the Indian Coral Tree (parijat) and the Flame of the Forest (Kesu), both

Over the years, with the disappearance of trees in urban areas and for higher profits these natural colours came to be replaced by industrial dyes manufactured through chemical processes.

Three categories of colours available in the market

▶ Pastes

▶ Dry Colours

▶ Water Colours



COLOUR

Black
Green
Silver
Blue
Red
Dry Colours
Wet Colours

CHEMICALS

Lead oxide
Copper Sulphate
Aluminium Bromide
Prussian Blue
Mercury sulphite
Asbestos, Silica
Gentian violet

HEALTH EFFECTS

Renal failure
Eye Allergy, Puffiness, temporary blindness
Carcinogenic
Contract Dermatitis
Highly toxic can cause skin cancer
Asthma, skin diseases, eye allergy
Skin dis-colouration, dermatitis





Eco friendly holi celebrations

For playing safe and healthy Holi ,there are some simple steps to celebrate with eco friendly colours by making your own natural colours straight from your own kitchen. Some simple steps to make natural colours.



Here are some very simple steps to make natural colours

Colour	Method Of Preparation
Yellow	1) Mix turmeric (haldi) powder with chick pea flour (besan) 2) Dry and grind the petals of Marigold/Amaltas/Yellow chrysanthemums flowers
Red	Soak peels of pomegranate (Anar) overnight. Dry red rose petals & Grind it.
Deep Pink	Slice a beetroot and soak in water
Green	Grind dry or fresh Henna leaves (mehndi) to get green colour powder.





Tips for Safe and Eco-Friendly Holi Celebrations

The dream of an eco-friendly and non-hazardous Holi can be done only when every individual who participates in this festival, make efforts from his/her own way to protect the environment.

DRY HOLI: In the current scenario, when most of the cities in India are facing water scarcity, using water during Holi is also being objected. So, the idea of playing dry Holi seems beneficial as the climate becomes warmer around Holi and will save the risk of falling ill. Wasteful use of water will also be controlled by avoiding playing water holi. By this practice we can avoid natural crisis and save water.



HOLI BONFIRE: Burning of fuel wood for bonfire in HOLIKA DAHAN is also serious environmental problem. So we have to make one symbolic community fire rather than several smaller bonfires across the city as a way to reduce wood consumption or we can use waste material rather than wood for bonfire.

PURCHASE NATURAL HOLI COLOURS: For those who don't have the time to make their own colours, there is the choice of buying natural Holi colours. Several groups are now making and promoting such colours called ORGANIC COLOURS, although it is important to verify the ingredients of the colours.





ENVIRONMENTAL CONSCIOUSNESS AMONGST PEOPLE: Awareness about the environmental impacts of celebrating holi are being brought to light by various NGOs, Eco-clubs and gradually more and more Indians are choosing to play natural and dry holi.

Lot of people have a habit of throwing small plastic bags & balloons filled with water on each other. Hitting each other with plastic bags and balloons during Holi can cause harm to some external organs beside creating environmental pollution. You should also stop other people from doing this also don't play with someone if he/she is not willing to play and do not let others to be rude with you. The best option would be to play with natural colours.

One of the Eco-club in Chandigarh, Sohanjana Eco Club under the supervision of Department Of Environment, Chandigarh prepare Eco friendly Holi Colours. This was a step towards water conservation and prevention of environmental pollution. In order to motivate & spread awareness among masses to conserve water and play with dry gulal, the eco club members prepared holi colours from natural ingredients, distributing free of cost herbal colours during the Rose Festival for the past two years.

This year, a workshop for 50 teachers of different schools and colleges of Chandigarh was organised on 28-02-2014 to impart knowledge about the technical know-how of preparing these natural holi colours & creating awareness about Eco-friendly holi.





Web : www.chandigarhenvs.gov.in

Preparations before Holi Celebrations

- ▶ Apply ample quantity of cream or mustard oil on your face before and after playing with colours.
- ▶ Cover up the body to the maximum.
- ▶ Use of olive oil on hair well, it will make easy to get rid of the colour stuck in hairs.
- ▶ Keep your lips tightly locked so that colours donot enter your mouth.
- ▶ Avoid drinking bhang and alcohol during festival.
- ▶ Keep anti-oxidants and other anti allergic medicines ready for any skin problem
- ▶ Protect your eyes from toxic colours.

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TAKE A PLEDGE TO CELEBRATE ECO-HOLI



Chandigarh-The City Beautiful

Response Centre Feedback Form

➔ YES ! I WANT TO KNOW ABOUT ENVIS CHANDIGARH
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Dear Information Seeker,

ENVIS CENTRE, Chandigarh furnishes you with the services to collect and disseminate information related to environment of Chandigarh. To share information with us you are requested to fill up the form given below.

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4 SIMPLE HABITS WHICH HELP TO PROTECT ENVIRONMENT

Use compact fluorescent light bulbs: It is true that these bulbs are more expensive, but they last much longer and they can save energy and in the long term your electricity bill would be reduced.

Donate: Tons of clothes or things you want to get rid of. If they are still usable, give them to someone who needs them. Not only will you protect the environment, but you will also contribute to a good cause.

Turn off your devices: When you do not use a house device, turn it off. It's an easy habit to take up which will help you save a lot of money.

Walk or cycle: Driving is one of the biggest causes of pollution. If you want to use your car, ask yourself the following question: do I really need my car? Walk or use your bike if the journey is a short one.

"Earth provides enough to satisfy every man's needs, but not every man's greed." - Mahatma Gandhi

"If the bee disappeared off the face of the earth, man would only have four years left to live." - Maurice Maeterlinck, The Life of the Bee

"A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people." - Franklin D. Roosevelt

"Why are ecologists and environmentalists so feared and hated? This is because in part what they have to say is new to the general public, and the new is always alarming." - Garrett Hardin

ENVIS - CENTRE

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