



# THE SUSTAINABLE LIVING IN THE TIME OF COVID-19

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**Abstract:** Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. The rapid spread of coronavirus COVID-19 has shocked the world, with more than 6 million people dead and more than 540 million confirmed cases. The crisis has re-enforced the need of sustainable living in our world. Sustainable living describes a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources, and one's personal resources. In order to make sustainable living, it is very helpful to have solid, reliable information that tells us which practices are sustainable and which are unsustainable. And more importantly which actions will make the greatest positive difference for us, should be prioritized.

**Keywords:** SARS-CoV-2, covid'19, pandemic, sustainable living, natural resources.

## I. INTRODUCTION

Coronavirus disease 2019 (COVID-19) is a contagious disease caused by a virus, the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first known case was identified in Wuhan, China, in December 2019. The disease spread worldwide, leading to the COVID-19 pandemic. Symptoms of COVID-19 are variable, but often include fever, cough, headache, fatigue, breathing difficulties, loss of smell, and loss of taste. Symptoms may begin one to fourteen days after exposure to the virus. The rapid spread of coronavirus COVID-19 has shocked the world, with more than 6 million people dead and more than 540 million confirmed cases. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

Sustainable living a concept of maintaining equitable conditions across not only socioeconomic and geographic barriers, but also across generations and through time. It seeks to demonstrate that there is a way for society to progress and prosper in harmony with the planet. It's about maintaining a healthy balance between people and the environment.

Sustainable living describes a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources, and one's personal resources. It is often called as "earth harmony living" or "net zero living". Its practitioners often attempt to reduce their ecological footprint (including their carbon footprint) by altering their methods of transportation, energy consumption, and/or diet. Its proponents aim to conduct their lives in ways that are consistent with sustainability, naturally balanced, and respectful of humanity's symbiotic relationship with the Earth's natural ecology. The practice and general philosophy of ecological living closely follows the overall principles of sustainable development. (wikipedia)

Sustainable living is depending on the development of three aspects i.e. economic, environmental, and political, illustrating that current standards of life should be maintained in order for future generations to be able to enjoy the same quality of life. Sustainable living is a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources and his or her own resources. In practice, it deals about practical lifestyle choices, large and small, to live in line with the Earth's carrying capacities, while maintaining (or sometimes improving) our quality of life.

Sustainable living is achieved by making decisions that attempt to lessen our individual and collective environmental impact by implementing positive changes that help to mitigate climate change and environmental damage. It's a strategy to lessen our carbon footprint and make better use of the planet's resources in order to prevent the environmental damage that our lifestyle choices can create.

Making choices today that will have a good impact on the earth tomorrow is what sustainability entails. It involves considering future generations' needs and ensuring that they will inherit a secure and healthy planet on which to live and develop.

## II. II. MAIN PART

The cost of the crisis in terms of loss of lives is painful, but the effects on the sustainable living prospects and the global economy are worrisome. Through many economic, social, and political avenues, this pandemic is heralded to affect the global development. The COVID-19 crisis will be felt in education, human rights and, in the most severe cases, basic food security and nutrition, especially for the estimated 55 percent of the people in the world with no social protection

In order to make sustainable living, it is very helpful to have solid, reliable information that tells us which practices are sustainable and which are unsustainable. And more importantly which actions will make the greatest positive difference for us, should be prioritized. Here is some of the practices we should develop and maintain for sustainable living –

- **Responsible consumption energy use at home:** Simple things like switching off our computers when we're done with work, turning off appliances by turning off the switches means we're cutting down on your energy use while at home. As the weather gets warmer, air drying our clothes instead of using a dryer, and washing clothes on a shorter cycle can also help with this.
- **Producing one's own energy:** Every day we are using huge amount of electricity to maintain our daily activities. For lowering the electricity requirement we should use Fluorescent lights, laptop, computers and gas-powered refrigerators etc. We can also use the solar power, bio mass etc. by which we can cope up with the energy requirement in our house by own self.
- **Reducing our water use:** In sustainable living, one can use water more sustainably through a series of simple, everyday measures. These measures involve considering indoor home appliance efficiency, outdoor water use, and daily water use awareness. Reducing water use in indoor appliances, Toilets, Showers, dishwasher/sinks, washing machine, gardening, using roof water storage etc.
- **Growing our own food:** In addition to local, small-scale farms, there has been a recent emergence in growing one own food by using community gardens or private home gardens. With this trend, both farmers and ordinary people are becoming involved in food production. This helps in reducing carbon offsets even more, and also increases self-sufficiency.

- **Make our house Green:** The size of your house, you can turn your house into a make-shift wildlife sanctuary by growing your own garden. In small spaces, you can regrow store-bought vegetables in water. If you have a bigger home, you can turn your balcony or windowsill into a mini-garden
- **Reducing waste production:** As populations and resource demands climb, waste production contributes to emissions of carbon dioxide, leaching of hazardous materials into the soil and waterways, and methane emissions. For sustainable living the production of waste should be minimized. By using reusable materials, managing the toxic wastes proper ways, reducing or eliminating the generation of harmful and persistent wastes etc. we can promote more sustainable living.
- **Obtaining foods from local farmers:** A more sustainable means of acquiring food is to purchase locally. Buying food from local farmers reduces carbon offsets, caused by long-distance food transport, and stimulates the local economy. Also, in addition to buying local food, the food you buy is best seasonally grown.
- **Tacking food from organic farmers:** Organic farming is a production system that sustains the health of soils, ecosystems and people. It relies on ecological processes, biodiversity and cycles adapted to local conditions, rather than the use of inputs with adverse effects. Organic farming is a rapidly emerging trend in the food industry and in the web of sustainability. Purchasing and supporting organic products is another fundamental contribution to sustainable living.
- **Production of energy from renewable sources:** Spain's production of energy from renewable sources (wind, solar power, and biomass) plays an important part in the country's economic model. Spain is the sixth-largest energy consumer in Europe and has virtually no domestic production of liquid fuels or natural gas. We can follow the same path as a developing country and place a farm step towards sustainable living.
- **Using e-vehicle:** An electric vehicle is a vehicle that uses energy other than natural resources. An electric vehicle may be powered through a collector system by electricity from off-vehicle sources, or may be self-contained with a battery, solar panels, fuel cells or an electric generator to convert fuel to electricity. Research has shown that electrical cars are better for the environment. They emit less greenhouse gases and air pollutants over their life than a petrol or diesel car. These even decrease the demand of natural resources in our transport system. Etc.

### III. CONCLUSION

The pandemic has exposed the fundamental weaknesses in our human world. It has shown how the growing up of poverty, weak health systems, lack of education, spoiling our natural resources and the poor maintenance of hygiene worsen the crisis. If there was any doubt that our world faces common challenges, this pandemic put that into rest. This pandemic also demonstrates that governments and individuals are capable of strong and rapid action in the face of an overarching challenge. The crisis has re-enforced the need of sustainable living in our world. It ensures future generations a habitable world that they can enjoy. It gives the future generations a good involvement to live in. Hence there's the reason to boost up our goal of being eco-friendlier during Covid-19 lockdown. With millions of us staying at home worldwide due to the coronavirus lockdown, there are little green habits we can develop to help us with these goals. According to Helle Abelvik-Lawson, a UK-based campaigner at Greenpeace, "Your house or flat is just as much a part of the environment as the Arctic or the Amazon. So, if it's the only bit of the environment you have easy access to, why not make it a greener place to live?" (Sustainability 101: How to Be Eco-Friendly During Covid-19 Lockdown) Only our consistent and heartiest effort towards sustainable living can help us to eradicate the pandemic like covid'19 and build a natural resourceful world for our future. Lastly, I am concluding this topic with the quote of UN ECOSOC Ex-President, H. E. Ms. Mona Juul @UNECOSOC, "We need to work together to deepen our efforts during this Decade of Action- to recover better, and build a healthier, greener, fairer and a more resilient world. A world of solidarity".

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