

## WORLD ENVIRONMENT DAY 2022

The Baily Star

DHAKA SUNDAY JUNE 5, 2022

JAISHTHA 22, 1429 BS







**S2** 

# Living sustainably in harmony with nature



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with low environmental
footprints can significantly
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Think about what you really
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Choose items that are made
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### TANVIR AHMED CHOWDHURY

The theme for World Environment Day (WED) 2022, 'Only One Earth', calls for resetting the balance with nature through transformative changes in how we eat, live, work and move around. As citizens, workers, students, consumers or in any number of other roles, our individual decisions shape how our societies impact the environment. As well as making our personal lives more sustainable, as individuals we can press for and support faster and more far-reaching environmental change from larger entities like governments and businesses.

Here are some actions that we can take on our own to make the shift from harming the planet to healing it.

### Balance your diet

A balanced, plant-based diet is good for our health and for the planet because it provides energy and nutrients from several different food groups. The special report (2019) on climate change and land by the Intergovernmental Panel on Climate Change (IPCC) states that balanced diets comprising plant-based and sustainably produced animal-sourced food "present major opportunities for adaptation and mitigation while generating significant co-benefits in terms of human health."

We also need to reduce consumption of foods that require more natural resources, especially water, to be produced. Meat, for example, uses more water than plants and pulses. A recent study claims that if every person in the US cut their meat consumption by 25 percent, it would reduce annual greenhouse gas emissions by 1 percent. Wide varieties of beans, lentils, seeds and green peas are some alternative protein options which one may weigh up.

Besides adopting a balanced diet, we should also be careful about food waste because it aggravates climate issues, inducing additional methane to enter our environment. Therefore buy only the food you need and use it all up.

Finally, try to grow food in your yard or on your balcony. It will not only save money but also reduce the transport, packaging and waste of food. Nurturing plants also improves mental well-being.

#### Stay away from fast fashion

Buying products and services with low environmental footprints can significantly curb environmental pollution and boost green businesses. Think about what you really need and cut back the amount of stuff that you buy. Choose items that are made to last and that can then be recycled or repurposed.

Stay away from fast fashion that mass produces at the cost of the environment and labour standards. Buy fewer and better clothes that you still like even when they show their age. Conserve energy

Changing your habits can also make

a big difference, so turn-off lights and electronics when not in use, use appliances with high energy-efficiency ratings in your home. This will reduce emissions and save you money.

#### Go cleaner

Burning fossil fuels accelerates the deterioration of our climate, and personal transport majorly contribute to this crisis. Hence, do more walking or cycling to cut vehicle pollution and road congestion while getting some fresh air and boosting your fitness. If walking or cycling isn't practical, opt for public and shared transport.

### **Ethical investing**

Financial investments are a key lever in the hands of individuals. Check and make sure your personal savings, pension or investments are with financial institutions committed to the conservation of natural resources while avoiding those deemed detrimental to the environment. Transfer your accounts to a sustainable bank and invest in stocks and bonds issued by renewable energy firms, manufacturers of green products.

## Stay curious and enjoy the journey How we spend our free time hugely influences our impacts on the environment. Staying local for outings and holidays can reduce your carbon footprint, save you money and allow you to travel more slowly, without the stress of long journeys. If you

money and allow you to travel more slowly without the stress of long journeys. If you do go the distance, do it less often but stay longer.

Keep an open mind and embrace a life of constant learning, adventure, and curiosity. There are many sustainable ways to live a good life, so find out what makes sense for you and put into action!

Finally, we have to speak up for the big changes that really transform our relationship with the planet. Take a deep dive into the science around an environmental issue that concerns you and spread your knowledge with friends, family and your wider community, and in public discussions, including on social media. Join a local organization that advances sustainability and restores nature including by campaigning for systemic change.

The evidence of rapid climate change and degradation of the ecosystem are all around us and growing more ominous day by day. However, we can still avoid the worst of the crisis if we can make sustainable living possible by transforming consumption, production, infrastructure, investment and land use and making them inclusive, fair and more connected with nature.

In the universe there are billions of galaxies, in our galaxy there are billions of planets, but there is #OnlyOneEarth. Let's take care of it.

SOURCE: ONLY ONE EARTH PRACTICAL GUIDE
/ WORLD ENVIRONMENT DAY 2022



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<u>S3</u>



## A Breathable Workplace

### Rangs Properties Limited's new headquarter

Embracing greenery, the new Rangs Properties Limited (RPL) headquarter has been designed by integrating nature into all of its aspects to keep sustainability and functionality intact, giving its employees a stressfree and eye-pleasing environment to work in.

Let's dive deep into this article to know more about this initiative.





The combination of many factors makes a good working environment. Most office spaces are built the same – each tightly-spaced cubicle facing the next. While many office spaces have begun to take initiatives in revamping their workspaces, the focus falls on RPL and their efforts in creating a proper green and breathable workplace.

Located at the iconic Rangs Babylonia, in the heart of Tejgaon, we are humbly greeted by the openness of the space that occupies the 11th floor of the building. The walk-in to the main building complex is garnished with Madagascar Almond trees, setting the stage for what the floors of the building are to follow.

The terrace overlooking the city landscape presents a bold 30-feet vertical wall of greenery made of yellow and green Monstera and ferns. The wall is made with keeping sustainable design philosophy in mind. Geotex bags, made of biodegradable material, lined vertically in high columns keep all the plants in place. Each spacious meeting room on the floor

houses a large plant.

The lobby itself is adorned with various life-sized plants. The floors of this building have similar open terraces, and a wide field of view courtesy of the surrounding full-height glasses. This allows for natural light to disperse throughout the day, thus saving a lot of energy in the process.





The spaciousness with which RPL's new floors have been designed takes biophilic design elements into account. Biophilic design is a concept that enhances human connectivity with the natural environment. The use of Monstera for the vertical wall, for example, isn't a coincidence. Monstera is considered as one of the most effective plants for reducing air pollution, the same being true for ferns. The floor comes with not one but two terraces, with the second one containing large frangipani trees (Kath Golap) and more plants in the mix, giving the whole space a noble look.

RPL and its top management body's core philosophy is green, which has been implemented and orchestrated by Inspace Architects Limited in the design of this office. It is designed with modern contemporary architecture and a minimal design approach, making the workplace feel livelier and less stress-inducing for employees and visitors alike.

RPL has made great strides in creating green architecture since the implementation of green fencing in all

its projects. The company utilises any and all small space available, and plans and designs it accordingly with a creative inclusion of greenery. As a result, in recognition for its efforts in mobilising green initiatives and cleaner living, RPL received the Bangladesh Innovation Award in 2021.

On this World Environment Day, RPL's eco-



friendly objectives ring true to the motto of "Only One Earth". Because of the implications of climate change, deforestation, and rapid urbanisation, we need immediate actions and workable models.

RPL has shown sustainable solutions through their green designs and with the unique look of their new office, the company has set an example of how breathable a workplace can be. This is a testament to Rangs Properties Limited's forward-thinking in pushing the envelope on ensuring thriving greenery, and through this, they want to continue their journey of becoming a true, breathable real estate.

Written by Asif Ayon

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## On World Environment Day 2022, Bonayan pledges to build a greener tomorrow for our 'Only One Earth'

Since 1980, Bonayan, the largest private sector driven afforestation program has been contributing towards a greener Bangladesh. We hope to build on this momentum and continue to support the Government of Bangladesh in achieving the SDGs.



## **ANWAR LANDMARK** Building green, eco-friendly homes

#### **NIHAD NOWSHER**

"Only One Earth" is the theme for World Environment Day 2022. It is calling to our attention an obvious fact - which we at times seem to be oblivious to - that in the universe there are billions of galaxies, in our galaxy there are billions of planets, but there is only one earth.

The theme calls for us to take care of the earth, and push for a major shift in how we treat the environment, and this can only be achieved through a significant level of collective, transformative action. The key areas for transformation include how we build and live in our homes, cities and places of work and worship, how and where our money is invested, and what we

As citizens of Bangladesh, we are currently at major risk of suffering from the adverse effects of what the environment is experiencing. Dhaka, in particular, is at the centre of many of the problems the country is facing. As one of the most densely populated metropolises in the world, Dhaka continues to endure the challenges of environmental pollution, while also significantly contributing to it. As recently as in March 2022, the capital was classified as one of the most polluted cities in the world. While we can look at the west for a large proportion of the longterm damage caused to the environment, we still have to continue doing our part to ensure that we are trying to set an example for the rest of the world.

Anwar Landmark, one of the leading real estate developers of Bangladesh, has taken impressive measures to incorporate green. eco-friendly initiatives in its latest and future projects. Anwar Group, the parent company of Anwar Landmark, was founded in 1834, signalling the corporation's deeprooted commitment to the sustainable development of Bangladesh.

The real estate developer's ventures bring forth much-needed avenues for inhabitants of Dhaka, with the inclusion of eco-friendly values. Their latest establishments embrace green landscapes and water bodies at the ground level, accompanied by a garden and swimming pool on the rooftops. These projects include extensive open spaces, modern amenities, and vertical gardens to nurture a healthy environment, where designs have accommodated free-flowing air

These new buildings come equipped with water purification and preservation systems, to not only ensure that safe drinking water is available, but also to conserve water. The double-glazed windows let in more natural light and enable low solar heat gain. The fair-face building structures and amenities within the projects, such as solar panels and the central garbage disposal system, are





all eco-friendly measures to ensure the buildings are as green as possible.

Anwar Landmark's Whistling Woods project is the latest addition to the organisation's impressive array of projects. Situated in the North Banani residential area, it serves as an example of Anwar Landmark's commitment to its customers. Regular apartments and duplex apartments are both available, with the latter including a terrace. It has been earmarked by the developers as a property which exudes an air of luxury, spaciousness, and comfort. The international airport is merely a 15-minute drive away, while recreational areas such as the Banani Club field and Banani playground are nearby. The Whistling Woods project will make one feel connected to nature while also providing residents an escape from the hustle and bustle of Dhaka city.

The organisation supports moves towards sustainability and believes that such a mindset must be applied in this era. Whistling Woods provides such options and much more, considering that it has the aura of a private retreat. The spaces within the project have been designed to ensure that residents are able to enjoy the beauty of nature. Amenities include a swimming



pool with jacuzzi on the roof, BBQ zone, a fully-equipped gymnasium, children's play area, and greenery all over the premises.

Another ongoing project of Anwar Landmark is Whispering Green, in North Gulshan. Keeping with the eco-friendly strategies of the 21st century, the project promises to convey a green ambience. Spread over about 0.2 acres of land, this fresh, new project has made sure of greenery being within reach, even at the entrance. The residential establishment may well be seen as a sanctuary from the commotion that residents of Dhaka have become accustomed to.

Anwar Landmark's continuous effort to protect the environment received international recognition in 2018 and was awarded for inaugurating eco-friendly real estate projects in the Bangladeshi market. In May 2019, Anwar Landmark was awarded at the Bizz Awards in Amsterdam, Netherlands in recognition of "Excellence in the Real Estate Industry", from the World Confederation of Businesses. In September 2019, Anwar Landmark received "Bangladesh's Most Promising Brand Award," presented by the Global Real Estate Congress. Such recognition has strengthened Anwar Landmark's position as one of the top 10 developers of the

country, empowering the organisation's capabilities to further advance its green initiatives.

A welcoming proposition is that Anwar Landmark plans to integrate eco-friendly strategies in future condominium projects as well. Rainwater harvesting systems, water treatment plants, and water efficient systems will be installed to conserve water. In regards to the safeguarding of energy, a large number of appliances will be energy efficient. Additionally, sewage treatment plants are also potential developments going forward.

Anwar Landmark has earmarked a substantial proportion of its resources to develop eco-friendly properties in the coming years. Present and future customers will be able to reap the benefits of such undertakings, particularly when climate change has become a serious impediment to environmental and economic progress.

On this World Environment Day, Anwar Landmark's eco-friendly objectives should be greeted with open arms, especially during an era when climate change renders immediate action imperative. Such green real estate initiatives are one way to start the fight against climate change in the long run.

**S7** 

## Rooftop gardening: Making our living space greener

#### PRIYAM PAUL

A buzzword that one will hear at least once or twice every day in Bangladesh is "development". And with development comes an even greater push for urbanisation, which brings with it certain consequences for the environment.

So, as more high-rise buildings take over our cities, it should be a primary concern for us to ensure that these buildings have elements of greenery. With our rising population, our horizontal real estate continues to shrink, and the only option left is to look at establishing green and ecofriendly facilities from a vertical perspective.

While mass-scale, global change is something Bangladesh cannot do alone, and individual consumer-level behavioural change having little to no effect, there are only a few options left on the table. One such option, with respect to our rapid urbanisation, is the use of rooftop garden.

The availability of such a facility in one's building has more than one environmental benefit. It benefits residents by supplying a fresh supply of oxygen and also helps by providing a hobby that is accessible at one's fingertips.

Nadira Ahmed, 42, works in the corporate sector, and her advice for people looking to get into the practice of rooftop gardening is to start small.

"I enjoy working in my garden. It helps reduce mental stress that comes with city life. Whatever I grow in my garden, I distribute to my neighbours. As a result of rooftop gardening, there is little dust and more fresh supply of oxygen," added Nadira.

In the last couple of years, the initiative of rooftop gardening has increased

primarily through individual effort in large cities and urban areas. Joining the efforts, many real estate companies have slowly begun to incorporate such facilities within their newer buildings.

However, there are no systematic arrangements or policies in place to better facilitate such structures on a large scale. For instance, there are no easily accessible government resources on how individuals can start to create their own



PHOTO: SAZZAD IBNE SAYED

rooftop garden. In India, for example, the Brihanmumbai Municipal Corporation (BMC) recently proposed a policy that will make it mandatory for all buildings to have space for a rooftop garden. This policy has been proposed, and plans to be rolled out in the near future. This is the type of initiative governments all over the world should be looking to replicate.

However, relying solely on the government cannot be the right approach towards protecting the environment. If we truly care about the consequences of climate change, then we must step forward and do our part, as insignificant as it might seem in the bigger picture. Additionally, the market itself needs to establish a demand and supply for rooftop gardens, otherwise

we cannot ensure that such measures become sustainable in the long run.

Afsana Rahman, 45, from Monipuripara in Dhaka, initiated the idea of a rooftop garden in her own building, back in 2015. In the primary setup phase, she struggled heavily, due to her lack of knowledge and experience with gardening.

"In the first two years, most of my plants did not survive due to wrong selection of seeds and plants. It took me two years to understand the proper ways of gardening and choosing the right plants and fruits to grow. Nowadays, people are learning gardening techniques through Facebook and TV reports, but a more useful set of guidelines can ensure that fewer people struggle in the initial phase," said Afsana.

Experts say that rooftop gardens need continuous efforts. Occasional or even seasonal attempts at gardening will rarely be successful.

Arifur Rahman, 35, a tenant who lives in a garret, in the Mohammadpur area of Dhaka, shared his experience with rooftop gardening.

"When I sought permission from my house owner to do rooftop gardening, he dismissed the idea. He was concerned that such a garden would harm the roof's condition. Thankfully, I was able to convince him, and was able to make a small but beautiful rooftop garden with around 50 plants, including a mixture of fruits and vegetables. But when there was a rising fear of dengue fever in the city, I had to shut down the garden as the building owner was afraid of mosquitoes breeding in the pots," he added

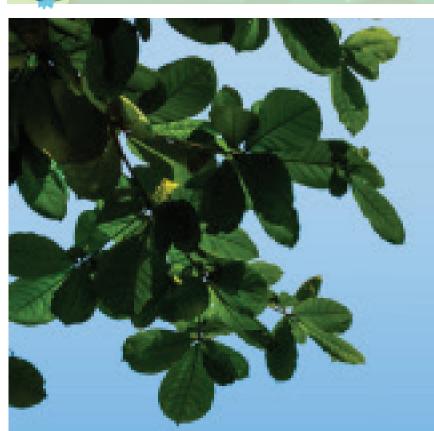
City planners have a crucial role to play here, as they need to be the ones setting the standards on how to make our cities green and eco-friendly.

In Dhaka, the two City Corporations have announced that they will issue a tax rebate for those building rooftop gardens. The government has also been rewarding the best rooftop gardeners. Simultaneously, the agricultural department has also taken up a programme to further facilitate rooftop gardens in our cities and villages. However, these efforts need to be channelled together in a more structural and systematic way to see proper success.

Rahat Raja is an agriculturalist and agro-journalist, and has reported on many rooftop gardens. He says, "The government can work on creating a series of campaigns through different mediums, to inspire more people to come forward and take the initiative to start rooftop gardens."

As the world continues on its trajectory, Bangladesh faces unforeseen levels of environmental threats. While we cannot change how the world operates, we can take small, incremental steps such as rooftop gardening to at least be able to tell our future generations that if nothing else, we tried





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## World Environment Day

