

*This issue of Greenolution Digest gives you a glimpse of the Green Initiatives undertaken by our employees.*

*Look out for the winners of the November issue.*

*Do not miss out our fun sections (**Green Quotient**) which will tickle your brain and force you to think!*

*Greenolution team wishes you a Happy and prosperous new year.*

*Let this new year be cleaner and greener!*

*Happy Reading!*

## Green Initiatives at a Glance

### Recycling is a Habit!

Green Hero Mr. Mithun Patel from Andheri CRC is imparting knowledge to his customers.

A customer walked-in to the Andheri CRC for submitting ECS form, it was noticed that she had taken an extra xerox of the ECS form thinking we would use it as an acknowledgement slip. But Mithun informed her that Tata Power has taken the initiative to save paper and hence they have introduced a tear off slip at the bottom of the form which is given as the acknowledgement.

Later, Mithun helped her in converting that paper which was of no use to the customer into an envelope, She was delighted by the extra effort taken by our CRC team in encouraging going green.

**Way to go GREEN HERO!**



## Green Desk

### Indoor Air Pollution

- Ms. Janhavi D Godbole (Corporate Environment)

Any kind of pollution whether it is water pollution, land pollution or air pollution is bound to have some detrimental effects on ecosystem. Since no one can stop breathing; gravity of seriousness attached to pollution of air is much more. We always think of any air pollution as something outside the premises and only external factors contribute to air pollution. But the truth is, indoor air quality (Offices, homes, buildings, auditoriums, shopping malls etc.) can be more polluted than outside. **Indoor air quality (IAQ) is a term which refers to the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants.** Chronic exposure to indoor air pollution may cause Irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. So it is very important to check the sources of indoor air pollution and remedial measures to avoid it.



#### Contributors for Indoor Air Pollution.

Will have a look at few of the causes of indoor air pollution and see from where they originate:

**Cigars:** the combination of smoke comes from the burning of pipe or cigar, as well as the smoke exhaled by the essence sticks, dhups etc. during traditional occasions.

**Room fresheners, perfumes:** Spraying of perfumes and air fresheners releases harmful chemicals and gases.

**House cleaning solutions:** Everyone knows importance of hygiene so we can't simply throw away these cleansing agents from our house. But at least we can stop its overuse.

**Pesticides:** to get rid of insects and rodents wide range of products are available in the market. But one must think wise before buying them. 80 percent of most people's exposure to pesticides happens inside our house.

There may not be an ultimate solution to eliminate all indoor air pollution, but looking at the following steps, one can definitely enjoy a healthy life at home.

**1. Plant indoor plants:** Plants alter the environment in which we live by improving air quality and restoring natural harmony in addition to great job of removing toxins from the home. Different species of plants such as Fern, Anthurium, fiddle leaf fig plant etc are suitable to plant indoor. This will add an extra green look to your space. A good rule of thumb is two plants per hundred square feet.

#### Greenolution: Information on Indoor Air Pollution

Contributed by Janhavi D Godbole (Corporate Environment)

**2. Keep it well ventilated:** Ventilation also plays a role in how these pollutants harm you. If fresh air frequently circulates throughout the area then chances of these chemicals and pollutants affecting you is reduced to a great extent.

**3. This board is visible every where in the office premises, public places.** Cigarette smoke contains complex of chemicals and gases. Worst fact is that it harms passive smokers also having detrimental impact such as cancer, infections of respiratory track, lung failure just to name few. So make your home a Smoking free Zone.

**4. Natural fragrance:** instead of using synthetic air fresheners opt for natural fragrance. Place fresh flowers or garlands. It will also add ethnic look to your house.

**5. Choose your cleansers wisely:** Whenever possible use only water for cleaning. Switch to mild cleaners that don't include artificial fragrances.

**6. Go Outdoor:** Out door games and exercising regularly improves blood circulation, enhances immunity against infections and strengthens our lungs. This will in turn help to combat indoor air pollution.

**By adopting these measures one can definitely improve Indoor Air Quality and enjoy healthy life.**

Green Quotient

Tease your brain with these riddles.

 How much paper does an average office worker use per year?

- 500 Sheets
- 1,000 Sheets
- 5,000 Sheets
- 10,000 Sheets

 What percent of the heavy metal in landfills is there due to e-waste?

- 10%
- 50%
- 70%
- 90%

 A PC running screensaver uses on average more than 100W of power. How much electricity does that same PC use in sleep mode?

- 5W
- 10W
- 25W
- 30W

 Approximately how much of electricity output is produced from renewable sources?

- 1 percent
- 5 percent
- 8 percent
- 20 percent

 Dropping the thermostat from 70 to 80 degrees fahrenheit (21.1 to 20 degrees celsius) saves you about how much on your heating costs?

- 1 percent
- 5 percent
- 10 percent
- 20 percent

Please send your answers to [Greenolution@tatapower.com](mailto:Greenolution@tatapower.com)

In case of more than two correct entries, the winners would be decided by a draw of lots.

November Issue

The winners chosen by draw of lots are-  
**Mr. Hardikkumar Patel, CGPL**

*Congratulations to our Winners!*

## Green Canvas

This canvas is specially created for all of you who believe GREEN is the new way of Living!

Next time whenever you come across a GREEN thing, capture it and send it to [Greenolution@tatapower.com](mailto:Greenolution@tatapower.com) ! We will feature the top 10 clicks on our Greenolution Digest.



Image courtesy <http://ngm.nationalgeographic.com/ngm/photo-contest/2012>

Do share your feedback with us on [Greenolution@tatapower.com](mailto:Greenolution@tatapower.com)