



# CARBON FOOTPRINT

Reducing it for  
a better tomorrow



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## From the Desk of Dr R K Pachauri

Very few among us are aware that our daily activities — travelling, buying, dietary choices, and so on — cause emissions of greenhouse gases like carbon dioxide? These gases are building up in the Earth's atmosphere, slowly increasing the average global temperature — a phenomenon commonly known as “climate change”.

Carbon footprint is a measure of the impact an individual or group has on the environment in terms of the greenhouse gases (especially carbon dioxide) they emit. Thus, for the sake of our own and our planet's future, it is imperative that we learn how to effectively lower our carbon footprint.

“Living green”, or adopting a low-carbon lifestyle, is a trend that is gaining popularity across the globe. It involves using certain products and taking actions that will have minimal impact on the environment in terms of emissions of greenhouse gases. It also means conserving resources (such as paper, electricity, and water) and avoiding products that are harmful to the environment (plastics, for example).

There are many other things each of us can do to reduce our carbon footprint. All it takes is the willingness to make some changes in our lifestyles— some small, others big. For instance, making a small change like what we eat everyday and where we buy food from can have a large impact. This is because transport of food items contributes significantly to emissions of carbon dioxide.

Considering the enormity of the issue, efforts at an individual level might appear too miniscule to make any difference. However, if every reader of this book finds encouragement in its words to bring about positive changes in their lifestyles and consumption patterns, it will cause a ripple effect that will, surely, ensure our tomorrow is prosperous — not wasteful — and self-sustaining.



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