

## PROJECT GREEN CHALLENGE

-GREENER

By Team Eco-Warriors

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I choose the step to “beef up my plant based diet”. In fact, i am a Vegetarian myself. Not because of any cultural or religion barriers, just because i stand against the concept of using animals as food when all the required nutrients are already being given to me by plants. Also, vegetarianism is helpful to our environment. This is called economic vegetarianism.

Environmental vegetarianism is the practice of vegetarianism when motivated by the desire to not contribute to the negative environmental impact of meat production. Livestock as a whole is estimated to be responsible for around 18% of global greenhouse gas emissions. As a result, significant reduction in meat consumption has been advocated by, among others, the Intergovernmental Panel on Climate Change in their 2019 special report and as part of the 2017 World Scientists' Warning to Humanity

Meat is considered one of the prime factors contributing to the current sixth mass extinction. The 2019 IPBES *Global Assessment Report on Biodiversity and Ecosystem Services* found that industrial agriculture and overfishing are the primary drivers of the extinction crisis, with the meat and dairy industries having a substantial impact. The 2006 report *Livestock's Long Shadow*, released by the Food and Agriculture Organization (FAO) of the United Nations, states that "the livestock sector is a major stressor on many ecosystems and on the planet as a whole. Globally it is one of the largest sources of greenhouse gases (GHG) and one of the leading causal factors in the loss of biodiversity, while in developed and emerging countries it is perhaps the leading source of water pollution." (In this and much other FAO usage, but not always elsewhere, poultry are included as "livestock".) A 2017 study published in the journal *Carbon Balance and Management* found animal agriculture's global methane emissions are 11% higher than previous estimates based on data from the Intergovernmental Panel on Climate Change. Some fraction of these effects is assignable to non-meat components of the livestock sector such as the wool, egg and dairy industries, and to the livestock used for tillage. Livestock have been estimated to provide power for tillage of as much as half of the world's cropland. A July 2018 study in *Science* asserts that meat consumption will increase as the result of human population growth and rising individual incomes, which will increase carbon emissions and further reduce biodiversity.

On August 8, 2019, the IPCC released a summary of the 2019 special report which asserted that a shift towards plant-based diets would help to mitigate and adapt to climate change. According to a 2018 study in the journal *Nature*, a significant reduction in meat consumption will be "essential" to mitigate climate change, especially as the human population increases by a projected 2.3 billion by the middle of the century. In November 2017, 15,364 world scientists signed a Warning to Humanity calling for, among other things, drastically diminishing our per capita consumption of meat. A similar shift to meat-free diets appears also as the only safe option to feed a growing population without further deforestation, and for different yields scenarios.

The steps me and my team would take to promote this activity would be :-

- 1) Encourage others to follow a strict vegetarian diet instead of using meat while practicing the same myself in order to contribute to the welfare of the environment

- 2) Planting trees and plants around my neighbourhood and encouraging our colleagues to do the same
- 3) By eating less meat, we are essentially affecting the production of the meat itself, thereby reducing the cruelty done to animals
- 4) We are also preserving the land resources by allowing less meat to be produced, which reduces the amount of land required to grow crops for the animals.

