

First Friday of December
Today is...

PIEDAR

Environmental Reflection Day

Environmental reflection day is an occasion initiated by EEPAL/PIEDAR in Pakistan to encourage everyone to be responsible for their deeds. The environment we live in is everyone's responsibility, and it is up to each one of us to look after and take care of it, today and for the future.



Mangrove Forest

There are so many places in Pakistan that we need to take care of: the Cholistan Desert, the Valleys in the North, the Punjab plains, all our rivers such as the Indus and the Jhelum. The Hindu Kush mountain range is an ecosystem that is constantly at risk because of the large number of tourists that visit there every year. The Chilgoza forests in Balochistan, the coastline in Sindh, and even the towns and villages we live in are areas that need care and protection. This picture shows a thick mangrove forest. Mangroves are important for sustaining wetland ecosystems and also need to be looked after.

The Indus Dolphin in this picture has died due to pollution affecting its habitat. In the same way, our Sea Turtles are also on the endangered species list. Other wildlife native to Pakistan on the endangered species list include the Sindh Ibex, snow leopards, markhor, wild ass and houbara bustard. In the past we have already caused the near extinction of the lion, tiger, cheetah, chau-singa and one-horned rhino in Pakistan. It is time to reflect how many more species we will add to that list as a result of our activities.



Indus Dolphin

On environmental reflection day, look back over your year and ask yourself:

- What have you done to help safeguard the environment?
- What have you done that may have harmed the environment?
- What more can you do to conserve resources and protect the environment?

Today it is time to reflect, plan, and take action for the conservation and protection of our natural resources on a sustainable basis.

What can YOU do?

- Plant more trees.
- Conserve water.
- Do not litter and stop others from doing so as well.
- Protect endangered species of flora and fauna.
- Recycle household garbage.
- Make a compost heap for kitchen waste.
- Tell others to join environment clubs as well.

There is lot more you can do..... So Reflect



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