



# Tamil Nadu Pollution Control Board



 **1/75**  
#ECOTips



Leaving a tap open while brushing wastes 12 L of precious water

## Don't Run the Tap While Brushing the Teeth

 [www.tnpcb.gov.in](http://www.tnpcb.gov.in)



# Tamil Nadu Pollution Control Board



 **2/75**  
#ECOTips



1 million households can save 150 million units of electricity  
by operating the AC at 26°C

**Operating ACs at low temperature affects  
Health and Environment**

 [www.tnpcb.gov.in](http://www.tnpcb.gov.in)





# Tamil Nadu Pollution Control Board



 **3/75**  
#ECOTips

Water lost from food waste a year is equivalent to pouring  
40 trillion litres of water down the drain

## The Food Waste Iceberg

 [www.tnpcb.gov.in](http://www.tnpcb.gov.in)



# Tamil Nadu Pollution Control Board



4/75  
#ECOTips



Improper tyre pressure and misaligned wheels will waste 3 L of diesel for every 100 km

**Maintain proper tyre pressure & wheel alignment to save fuel and to protect environment**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



5/75  
#ECOTips

Transporting 1 T of apple from the USA to  
India emits 15000 kg of CO<sub>2</sub>

**Buying locally grown vegetables and fruits  
from small vendors protect our health and environment**

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# Tamil Nadu Pollution Control Board



 **6/75**  
#ECOTips

Every human being requires at least 7 well-grown trees to provide sufficient oxygen for breathing.

**Consume more tree based vegetables / fruits & Promote tree cultivation**

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# Tamil Nadu Pollution Control Board



 **7/75**  
#ECOTips



Did you know that it takes 132 litres of water to produce  
a cup of coffee of 125 ml

**Be aware of Water footprint,  
use water in all forms judiciously**

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# Tamil Nadu Pollution Control Board



8/75  
#ECOTips

Globally, fossil fuel dependent transport sector accounts for around 25% of CO<sub>2</sub> emissions

**Walk or Cycle or use Public Transport & SAVE THE PLANET**

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# Tamil Nadu Pollution Control Board



9/75  
#ECOTips



Cement production is responsible for around 7%  
of worldwide greenhouse gas emissions

**Use cement judiciously. Dispose Construction & demolition waste in authorised waste management centres.**

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# Tamil Nadu Pollution Control Board



 **10/75**  
#ECOTips

To raise 1 kg of Rice we require 2800 L of water but to raise Millets we require only 900 L of water

**Millets are Climate, Environment, Water and Health friendly.  
Include millets based meal daily**

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# Tamil Nadu Pollution Control Board



 **11/75**  
#ECOTips

Aerators can reduce your water consumption in the  
Kitchen and Bathroom by 50%.

**Fix Tap aerators today and conserve  
water for tomorrow**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



12/75  
#ECOTips

Recycling 1 ton of paper saves 26,500 litres of water and 17 trees.

**Use both sides of paper and  
recycle it after usage**

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# Tamil Nadu Pollution Control Board



 **13/75**  
#ECOTips

If 10% of mobile phones in Tamil Nadu are overcharged for 2 hours,  
it may pull out 32310 kWh of electricity

**Avoid overcharging the mobile phones;  
Avoid warming the Earth**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



14/75  
#ECOTips

On average there are 46,000 pieces of plastic floating in every square mile of ocean.

**Avoid single use plastic water bottles and carry reusable bottles**

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# Tamil Nadu Pollution Control Board



 **15/75**  
#ECOTips

Transformation of tree to tissue is a chemically intensive process that generates toxic pollutants.

**Avoid paper towels and use handkerchief to protect environment**

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# Tamil Nadu Pollution Control Board



 **16/75**  
#ECOTips



Bathing with mug and bucket  
can save 38000L of water per year per person

**Avoid long showers and use a small mug  
and bucket for bathing.**

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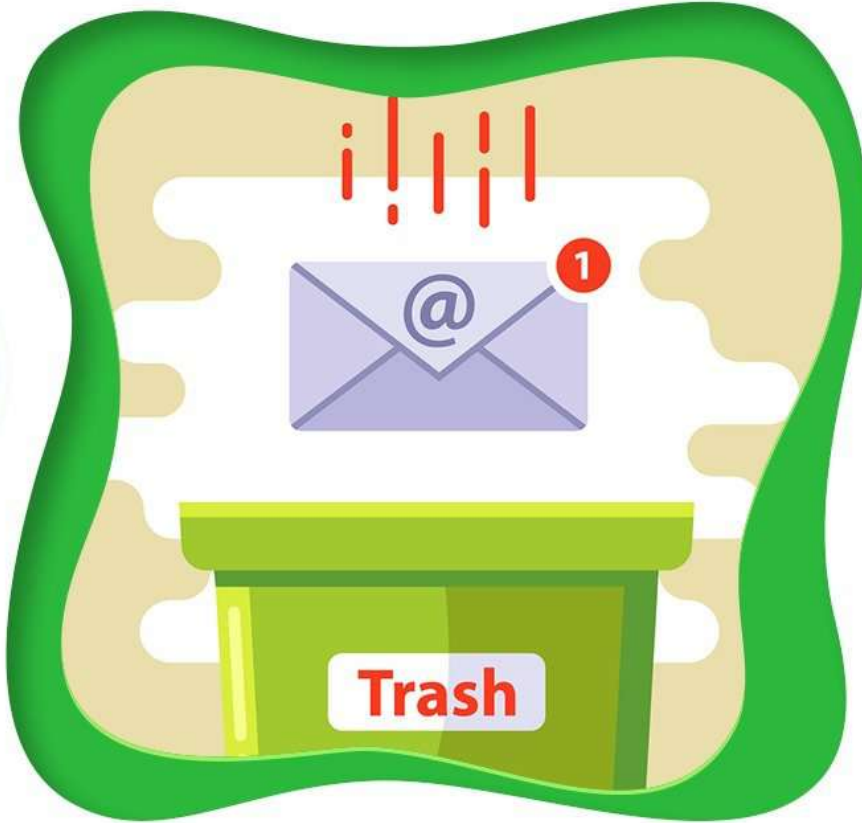




# Tamil Nadu Pollution Control Board



17/75  
#ECOTips



If each one of us deletes 10 old emails, 55.2 million kWh of electrical energy could be saved globally.

**Delete unwanted Emails and Save Electrical Energy**

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# Tamil Nadu Pollution Control Board



 **18/75**  
#ECOTips

1.6 billion of disposable pens find their way to landfill each year, in America alone.

**Avoid using disposable pens and start using Fountain Pens**

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# Tamil Nadu Pollution Control Board



 **19/75**  
#ECOTips

33% of total solid waste produced annually is not managed properly and is polluting water, air and land.

**Segregate waste at your house and convert them into resource**

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# Tamil Nadu Pollution Control Board



 **20/75**  
#ECOTips



Surface cleaning products can expose us to a similar amount of particles as a busy urban road used by 28,000 vehicles a day

**Avoid using scented surface cleaning products**

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# Tamil Nadu Pollution Control Board



 **21/75**  
#ECOTips

Annually India consumes about 8 million tons of plastic for single use package.

**Avoid packaged goods and buy them in reusable containers**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா

22/75  
#ECOTips



Pesticide use accounts for about  
6 percent of total ground level ozone.

**Phase out chemical pesticides and  
practice sustainable agriculture techniques.**

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# Tamil Nadu Pollution Control Board



 **23/75**  
#ECOTips

Making use of natural light and ventilation can save up to 20 percent of the energy.

**Keep the windows open at home and office to minimize the usage of fan and light.**

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# Tamil Nadu Pollution Control Board



 **24/75**  
#ECOTips



PM10, PM2.5 and PM 1.0 levels increase upto 854.1  $\mu\text{g}/\text{m}^3$ , 779.8  $\mu\text{g}/\text{m}^3$  and 699.8  $\mu\text{g}/\text{m}^3$ , respectively during burning of incense sticks.

**Avoid using mosquito coil and agar batti in your home.**

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# Tamil Nadu Pollution Control Board



 **25/75**  
#ECOTips

Carbon footprint of a bicycle is only 21 g of CO<sub>2</sub> per kilometer  
which is less than 1/10 of a car

**Use bicycle and be  
environmental friendly and healthy**

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# Tamil Nadu Pollution Control Board



 **26/75**  
#ECOTips

Indoor plants can remove up to 87 per cent  
of air toxins in 24 hours

**Growing indoor plants make  
our living space pleasant and healthy**

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# Tamil Nadu Pollution Control Board



 **27/75**  
#ECOTips

Carbon footprint of liquid soap is about 25 percent larger than that of bar soaps on per wash basis.

**Avoid liquid soap and use eco friendly bar soaps.**

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# Tamil Nadu Pollution Control Board



 **28/75**  
#ECOTips

Every year more than 375 million single use cartridges are disposed off, contributing to hazardous waste in landfills.

**Choose digital communication and  
make printing a thing of past**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



29/75  
#ECOTips

In US 3 billion toys are sold each year and 80 percent of all toys end up in landfills and oceans.

**Gift used toys to see smile on the face of poor child of today and every child of tomorrow**

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# Tamil Nadu Pollution Control Board



 **30/75**  
#ECOTips

India can reduce carbon footprint by as much as 63934+ tons per annum, if one in four journeys is shared ride.

**Adopt Carpooling and avoid global warming.**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



31/75  
#ECOTips

Meat production is responsible for 14.5 % of total global greenhouse gas emissions.

**Eat less meat for a better environment and better health.**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



32/75  
#ECOTips

Globally furniture sector is one of the top three sectors responsible for vast deforestation and loss of millions of trees

**Buy used furniture and get Oxygen to breathe free**

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# Tamil Nadu Pollution Control Board



 **33/75**  
#ECOTips

Honking contributes an additional 2 to 13 dB (A) noise on the busy urban roads.

## Avoid honking, Avoid noise pollution

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# Tamil Nadu Pollution Control Board



 **34/75**  
#ECOTips

Video streaming alone generates 300 million tonnes of CO<sub>2</sub> each year.

**Reduce your video streaming hours to save your eyes and environment.**

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# Tamil Nadu Pollution Control Board



 **35/75**  
#ECOTips

A LED bulb with 750 to 900 lumens, generates about 28kg CO<sub>2</sub> per year against 172kg by classic incandescent bulb.

**Switch to LED bulbs to save energy and environment.**

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# Tamil Nadu Pollution Control Board



 **36/75**  
#ECOTips



If all the Aavin milk packets are opened without separating the piece we Tamil Nadu alone can stop 48, 00,000 small plastic pieces getting into water bodies & landfills.

**Avoid snipping off the tip of your milk packets to save environment.**

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# Tamil Nadu Pollution Control Board



 **37/75**  
#ECOTips

The fast fashion industry emits 1.2 billion tons of CO<sub>2</sub> equivalent per year  
i.e. worlds 10% of the world's carbon emission.

**Prolong the life of your clothing to reduce  
your individual carbon footprint.**

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# Tamil Nadu Pollution Control Board



 **38/75**  
#ECOTips

1.5 million swabs are disposed every day, thus impacting the planet in undesirable ways.

**Swap cotton bud swab with silicone-tipped swab.**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



39/75  
#ECOTips

By replacing old single flush toilet with modern dual flush toilet each household can save upto 70 liters per day i.e.25,500 liters per year.

**Use modern Dual flush toilets to conserve water.**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா

40/75  
#ECOTips



2.8 million tons of single use wraps are used and thrown away each year globally.

**Use Beeswax wrap to avoid Plastic cling**

[www.tnpcb.gov.in](http://www.tnpcb.gov.in)





# Tamil Nadu Pollution Control Board



 **41/75**  
#ECOTips

Using 100 L smaller capacity fridge saves about 600 KWh electricity every year.

**Use smaller refrigerators and save environment**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



42/75  
#ECOTips

There is a potential to recover and use about 4.5 million MT of used cooking oil for production of bio-diesel if properly handled

**Dispose the used cooking oil to recyclers to save environment**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



43/75  
#ECOTips

The ice buildup in the appliance doesn't only take up space, but every 2mm of buildup increases the energy consumption by about 10%.

**Save energy and environment by regularly defrosting your freezer**

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# Tamil Nadu Pollution Control Board



 **44/75**  
#ECOTips



Turning your computer off at night reduces energy consumption by about 1KWh per week and cut down CO<sub>2</sub> emission by 63 kg a year.

**Turn off your computers when not in use to save your computer and our environment.**

 [www.tnpcb.gov.in](http://www.tnpcb.gov.in)





# Tamil Nadu Pollution Control Board



 **45/75**  
#ECOTips



A typical household can save about 13,000 liters of water a year by running full laundry loads instead of half loads.

**Run your washing machine with full load of laundry to save water and energy.**

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# Tamil Nadu Pollution Control Board



 **46/75**  
#ECOTips

About 2.7 billion dry cell batteries are consumed annually in India, of which 2.4 billion goes to landfills every year.

**Use and dispose your batteries responsibly.**

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# Tamil Nadu Pollution Control Board



47/75  
#ECOTips



Disposable razors contribute to more than two million tons of plastic waste every year.

**Avoid disposal razors and use reusable metal razors**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



48/75  
#ECOTips

Cleaning your car using wet clothes will reduce  
water consumption by 75%

**Don't wash your cars with water,  
use wet cloth to save water**

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# Tamil Nadu Pollution Control Board



 **49/75**  
#ECOTips

Spent chewing gum pieces add up to 561 million kg of plastic waste every year.

**Avoid chewing gum, to reduce plastic waste**

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# Tamil Nadu Pollution Control Board



 **50/75**  
#ECOTips



Cooking with the lid off takes twice the time to heat a pan of water to boiling point, than with the lid on.

**Cook with pans covered to save energy and time.**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



51/75  
#ECOTips

Using a train instead of a domestic flight would reduce your carbon footprint by 70%.

**Limit air travel; Limit global warming.**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



52/75  
#ECOTips

43% of all plastics produced in India are used for packaging, majority being single-use plastic.

**Purchase in bulk to save money, and the environment.**

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# Tamil Nadu Pollution Control Board



 **53/75**  
#ECOTips

A 5kW rooftop solar system saves around 500 units of electricity monthly, thus reducing CO2 emission by 5.475 Tons per year

**Install solar panels at your home to save money and environment.**

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# Tamil Nadu Pollution Control Board



 **54/75**  
#ECOTips

Standby power accounts for 5%-10% of residential energy use and unplugging electric devices could reduce CO2 emission up to 700 Kg per household per annum.

**Unplug your electric appliances to save energy and environment.**

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# Tamil Nadu Pollution Control Board



 **55/75**  
#ECOTips

Average household leaks in India, waste nearly 3.4 trillion litres of water annually while almost 600 million of India's population is water-deprived.

**Replace leaking pipe fittings and fixtures as soon as possible to save water.**

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# Tamil Nadu Pollution Control Board



 **56/75**  
#ECOTips

The annual rainfall in India is 400-million-hectare meters and it uses only 10-20% of it, and the remaining goes waste in the form of surface run-off.

**Harvest Rainwater else run out of potable water.**

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# Tamil Nadu Pollution Control Board



 **57/75**  
#ECOTips

Studies indicate that over 60% of children in India may have high levels of lead in their blood and paints are key source for it.

**Avoid painting your house frequently, especially using lead based paints.**

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# Tamil Nadu Pollution Control Board



 **58/75**  
#ECOTips

The most fuel-efficient big cars get 16 to 19 Kmpl , while small cars get 25 to 27 Kmpl. Thus 36% lower emission in small cars.

**Prefer small cars for environmental and economic benefits.**

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# Tamil Nadu Pollution Control Board



 **59/75**  
#ECOTips

Burning 10 kg of garden waste may emit 1 kg of carbon monoxide and 1 kg of particulate matter

**Do not burn garden waste;  
Do not pollute environment**

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# Tamil Nadu Pollution Control Board



 **60/75**  
#ECOTips



Immersing idols made of PoP and painted with chemicals in lakes increases the heavy metal content by tenfold.

**Don't use idols made of PoP and painted with chemicals during Vinayahar Chaturthi.**

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# Tamil Nadu Pollution Control Board



 **61/75**  
#ECOTips

Noise level can go beyond 125 dB (A), during Deepawali while the permitted level in the residential area is 55 dB (A) in daytime and 45 dB (A) at night.

**Avoid high noise generating firecrackers & let everybody enjoy Deepawali**

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# Tamil Nadu Pollution Control Board



 **62/75**  
#ECOTips

Studies show that PM 2.5 levels ranges between 800 microgram/m<sup>3</sup> to 1000 microgram/m<sup>3</sup> at certain locations on Bhogi morning which is at least sixteen times more than the prescribed limit

## Stop burning tyres and plastics on bogi for real happy Pongal

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# Tamil Nadu Pollution Control Board



 **63/75**  
#ECOTips

Out of total E-waste produced only about 35% get recycled and the remaining get disposed along with domestic solid wastes.

**Do not dispose E-Waste along with garbage;  
Do not spoil the environment**

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# Tamil Nadu Pollution Control Board

75  
Azadi Ka  
Amrit Mahotsav

64/75  
#ECOTips



About 92.6% of the consumers throw away the unused medicines and 73% of them discard them along with household trash.

**Do not discard unused medicines along with garbage;  
Do not make environment unhealthy**

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# Tamil Nadu Pollution Control Board

75  
Azadi Ka  
Amrit Mahotsav



65/75  
#ECOTips

Every year 120 billion pieces of single-use plastic cutlery is disposed in India.

**Ditch disposable cutlery to save environment.**

[www.tnpcb.gov.in](http://www.tnpcb.gov.in)



# Tamil Nadu Pollution Control Board



 **66/75**  
#ECOTips

On an average, an Indian wedding hosting 400-1000 people results in around 3 tonnes of waste

**Choose eco-friendly wedding and create memories and not wastes.**

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# Tamil Nadu Pollution Control Board

75  
சுதந்திரத்திருநாள்  
அமுதப்பெருவிழா



67/75  
#ECOTips

More than 1 million tonnes of textiles are thrown away every year, with most of this coming from household sources.

**Donate used clothes today; Donate usable environment to future.**

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# Tamil Nadu Pollution Control Board



68/75  
#ECOTips

Avoiding elevators and climbing stairs for one floor can save 2.5 Wh of energy thus reducing carbon emission by 2.3 to 2.4 g.

**Minimize the use of elevator to minimise your carbon footprint and to improve your fitness.**

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# Tamil Nadu Pollution Control Board



69/75  
#ECOTips

A Christmas tree of 2m made of plastic has a carbon footprint of 40kg of CO<sub>2</sub>, 10 times greater than a real tree.

**Avoid artificial Christmas tree for happy Christmas and healthy environment.**

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# Tamil Nadu Pollution Control Board



 **70/75**  
#ECOTips



Around 80% of waste buried in landfills could have been recycled if classified and processed properly.

**Avoid Wishcycling and learn what can and can't be recycled.**

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# Tamil Nadu Pollution Control Board



 **71/75**  
#ECOTips



Just one mid-sized cruise ship uses 150 tons of fuel daily and has a bigger carbon footprint than 12,000 cars.

**Avoid Cruise and Choose sustainable tourism**

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# Tamil Nadu Pollution Control Board

75  
Azadi Ka  
Amrit Mahotsav



72/75  
#ECOTips

Globally 77% of candles are made using paraffin wax and these candles, release a plume of carcinogenic materials into the air whenever they are lit.

**Avoid toxic candles to protect your health and environment.**

 [www.tnpcb.gov.in](http://www.tnpcb.gov.in)





# Tamil Nadu Pollution Control Board

75  
Azadi Ka  
Amrit Mahotsav



73/75  
#ECOTips

Approximately 5 million units of air conditioners sold in India each year, that's potentially 50 million liters of water that can be saved and re-used daily.

## Collect and reuse A/C water to conserve water

 [www.tnpcb.gov.in](http://www.tnpcb.gov.in)



# Tamil Nadu Pollution Control Board



 **74/75**  
#ECOTips



Researchers in Australia found that one in five seabirds die regularly as a result of eating balloons

**Avoid balloons and use Eco friendly alternatives for decorations**

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# Tamil Nadu Pollution Control Board



 **75/75**  
#ECOTips



The oldest visual image of reverence for nature is found in the 10,000 year-old cave paintings at Bhimbetka in Central India depicting birds, animals, and human beings living in harmony.

**Be proud of India; Practice it's great traditional knowledge of nature conservation.**

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