

# Eco-Friendly Birthday Celebration

---



## **Dr. Sunil Menghani**

Associate Professor

Department of Pharmaceutical Chemistry

Yenepoya Pharmacy College & Research Center

sunil\_sunmegh@rediffmail.com

Sometime we make green living more complicated than it should be. The concept is so simple and a natural life style should be inculcated, - “Naturally”. Old-fashioned birthday themes can sometimes be the most sustainable environmentally acceptable. Thus, it should be mindset to celebrate eco-friendly birthday party. The word Eco-friendly reflects the human activities should be nature friendly or not harmful to the environment. The term eco-friendly commonly refers to the green practices, which will conserve the resources such as water and energy. Eco-friendly products are also prevents air, water and land pollution. Eco friendly environment and enjoyment can be achieved in different manner specially using reusable and biodegradable materials like plates, spoon leaves and so on. Use of environment friendly decoration, eliminating goody plastic bags, practicing fun games and use of news paper for wrapping purpose are some examples. Celebration of birthday from readily available natural material without using balloons, made out of hazardous mylar (non bio-degradable

polymer) leads to environmental protection. Balloon kills countless animals in terrestrial, freshwater and marine habitats. They can travel thousands of miles and pollute the most remote and pristine places. There are plenty of avenues and opportunities to practice nurture friendly approaches if we start thinking and working together towards green space. A truly biodegradable and eco-friendly product ensures environmental safety means human safety.

Cake cutting is the commonest action in the birthday celebrations, along with decorations at the home or the places of celebration. Cake is typically made of processed wheat flour, a lot of sugar and a lot of fat. None of these are considered to be healthy for human life. The general public may not know the quality of marketed cake and the chemicals or colors used for decoration of cake.

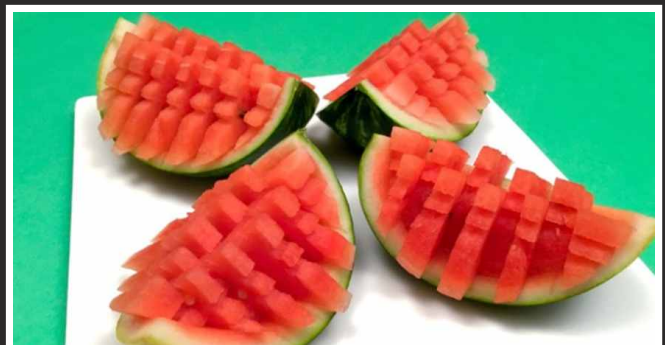
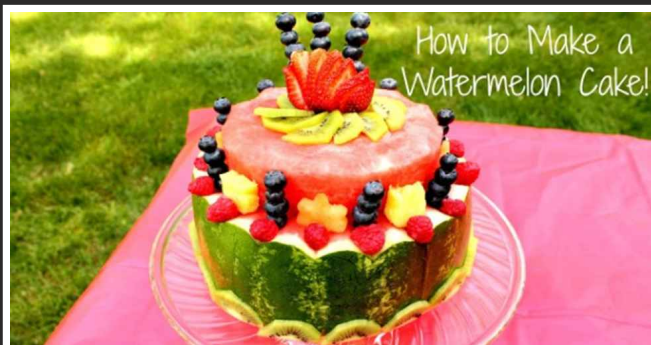
The main objective behind this initiative is to bring awareness in the parents about the health of their children and quality and contents of baked

cake. Parents can celebrate not only the birthday and even other occasions too with simple eco-friendly approaches. Further, some approaches help avoiding plastic plates to serve the cake or food.

Watermelon, along with sugar, low fat contents, composed of high water content, thus keeps body hydrated. Eating watermelon is a good for the body and liked by every individual in almost all conditions. If we use water melon, the outer part of the fruit will serve as plate and no need to use plastic plates. The guests will be happy to participate in such eco-friendly gathering. The leftover water melon will be food for cattle and easily biodegradable.

Definitely question remains, does the children enjoy cut and eat the water melon instead of cake? But, that is the stage children as well as parents and guests to understand how important to follow eco-friendly approaches in such

functions. Such pro-environment action will register in the mind of children not to use cake and plastics in future. Certainly some tips like the bad nutritional qualities and carcinogenic colours of cake are dangers to human beings or even to animals. Water melon provide scope to cut into different shapes and designs much appreciable than cakes. Similar to watermelon other big fruits can also serve the purpose of required nutrition as well as the celebration. Such changes in celebrations will educate the children as well as neighbours to practice eco-friendly approaches. Furthermore, demand for fruits (or natively available fruits) will boost farmers' economy. Such occasions in villages or remote places will be advantageous with regard to transport of farmers' produce to urban locations.



Various attractive shapes could be given to watermelon pulp.