

Aparna Krishna, an influence for today and hope and necessity for the world tomorrow....



“Would my sacrifice alone contribute? Does it make sense, if its only me who tries it? Will I alone be able to save this world?” In this era of agony and despair it takes a lot of strength and motivation, to begin the change alone, all by yourself. Just like the 17-year-old climate activist, Greta Thunberg, once said, “You must take action. You must do the impossible. Because giving up is never an option”, but how many of us can stand up to do the impossible, be it even in our daily lives?

Here comes the story of a self-empowered youth, who went through the dilemma of eco-depression, “what have we done, what are we doing to our home planet?”, and finally realising how she could bring the change. The lone fact of her taking an action against what she felt and working towards it makes me think greatly of her. Being an electronics and electrical engineer, Aparna Krishna had remained detached from the environment early in her life. She works at Bosch, as a calibration engineer, for functional safety; and interestingly she has personified all the devices and their parts that she is working on. While working in the electric vehicle sector, she came across a video on Kerala floods, and that was all it took to make Aparna work towards the wellbeing of the planet she is living on. Since then, she has been volunteering with several organisations across

Coimbatore, she has learned about Miyawaki forests, been to lake clean ups, restorations, stray dog welfare, tried to look for natural building materials, inks, and is also involved in building a sustainable university campus. Besides her job, she donates her weekends to environmental welfare, and is also working closely with a start-up called Iku, a social media platform which focuses on building communities for sustainability. Disconnected, as the youth is today, Aparna aims to make human communities interconnected and self-sustained for a better future. She is eager to work with communities and work with them to fight climate change and pollution. She wants to find herself with least possible carbon footprint and personally lead a sustainable and plastic free life in future. While volunteering all across she came to know the role of plastic as one of the major villains and was all set to take action against it, just like a true hero.

She visited the RHATC Fellows, and like a true leader she inspired all of us. Giving us a sneak peek into her life, she told us how all the products she uses, starting from her soap to her toothpaste, everything is eco-friendly and plastic free. She did sound a bit worried recalling the fact that she couldn't come up with a good substitute for shampoo, enough to explain her dedication. Not only this, she reuses all the plastic she



Eco-Gifting!
No plastic tape
Reused paper, Natural flowers
Cotton thread to hold



Use paper not plastic ribbons!



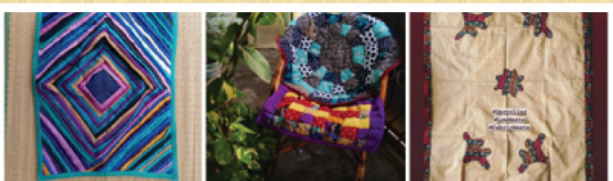
Shampoooooo!! Bathing Soap?



Hair care + Bathing needs!
Soapnuts, besan, arappu,
Hibiscus leaves, Shikakai,
Grounded Raw rice + moong
& random experiments!



Food diversity & waste
1. Include millets, diverse foods
For better nutrition & soil health
2. Food scrap to recipes
3. Buying "Ugly" veggies
4. Make peanut butter, jams
at home to avoid transport footprint



Waste is not waste,
until we waste it!
1. Fabric waste to mats, seaters etc
2. Flower waste to personal care
3. Onion peels to natural colours

The shields of an Eco-Warrior



Refuse single use by carrying reusables
Use what you have.



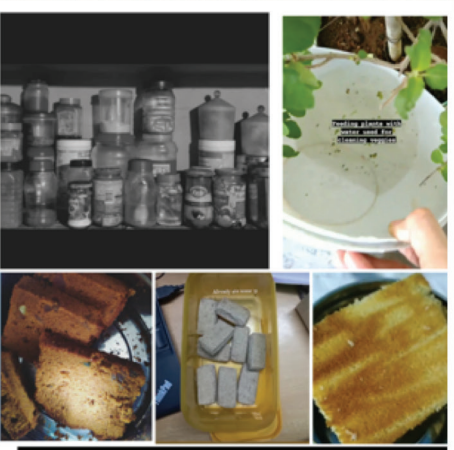
Simple, but most impactful
Carry your bag.
Create pouches out of fabric scraps to avoid single use plastics



Rejuvenate in nature, get back strongly on why you do, What you do!



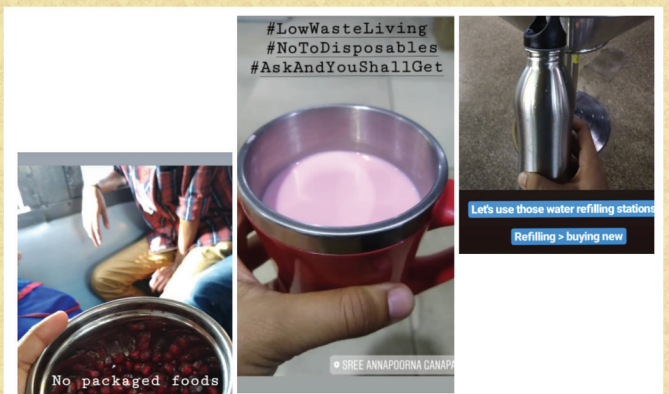
Avoiding smaller plastics
1. Cut the corner, but leave it intact. Will not choke animals/birds!
2. Use coir scrubs, to avoid microplastics into waterbodies and ultimately oceans
3. Manage dry waste properly. Clean it, Dry it, recycle it



Reusing what we already have.
1. Old product bottles, to store new spices/groceries
2. Reuse veggies washed water for plants, reduce water usage
3. Existing boxes, to buy snacks guilt free :)



Questions to ask before buying new:
1. Do I really need it?
2. If yes, is there something I can reuse or reuse?
3. If no, Can I borrow it for a short time?
4. If no, can I buy it second hand?
5. If no, I can buy, but is there a sustainable product, which is in my budget too?
6. If no, then buy it.
Always wait: the impulse to buy will fade. Give it few days, if you still need it, go for it!



No packaged foods
A low waste travel by carrying reusables!

gets due to packaging. Also, she influences her friends and her roommate to follow the same, and has been successful enough to start a Coimbatore chapter of The Gigatonne Challenge, a big step towards climate change and climate action, with two of her friends because it wasn't possible for her to do it alone. Shyly, I remember, she mentioned how her friends used to make fun of her choices and how she would choose cleanliness drives over friend outings, and with a spark in her eyes suddenly she said, "but now they ask me about such drives and also join me at times". She also influences people through social media and has a big fan base who out there are following her, be it trying out her floor cleaner recipes or her face pack preparations. But something that intrigued me was, she always came back to a point, "Nature is not something out there. Nature includes us, we are pretty much a part of it and we are just a small part in a vast interconnected and an interdependent web, equally humble and empowering". So beautifully she put up her thought across and achieved understanding it to her audience! Inspired by Arun Krishnamurthy, founder of Environment Foundation of India, I guess she has done and is doing a lot to make her idol proud. As much interesting her journey as an environmentalist is, so is her life. She is a little bit of everything, a hula hooper newbie, a freelancing environmental volunteer, sustainability enthusiast, a dancer, and a person who tries to use traditional knowledge and skills to have less impact. She ensures to have a very low waste lifestyle and is trying her best to cut down her carbon footprint, something I guess every informed youth is

trying to do today some way or the other, just that she is one of them who has already excelled in it. She inspired all the RHATC Fellows by her talk, and her aura and her humbleness made her very popular amongst us.

This young environmentalist has been doing her share to save her planet, her home, herself and her future and is an inspiration for all out there. "Imperfect environmentalist" she called herself, but I would leave it up to the audience to decide how perfect and important she is in today's world, and how all of us would love to be influenced by her.



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