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ESSAY TOPIC : IN SEARCH OF LIVELIHOOD,
WE POLLUTED OUR LIFE

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OUTLINE:

1) Introduction

Thesis Statement: Man has been ^{since long} searching different methods for boosting his livelihood. Although the livelihood has increased, it comes at the cost of environmental damage. There is a need to take steps for promoting environment friendly livelihood practices and for repairing the environment.

2) Current levels of pollution of Earth

3) How search of livelihood polluted our lives

- a) The establishment of industries polluted the environment
- b) Advancement in agriculture comes by compromising the quality of nature
- c) Rapid Urbanization for better livelihood damages the environment
- d) Extraction of natural resources for different activities results in environmental degradation
- e) Global trade and transportation contributed to pollution of environment
- f) Air travel and tourism industry cause surge in environmental pollution
- g) Excessive reliance on technology for better livelihood soaked the amount of e-waste that damages the environment

4) Effects of pollution on life of human being

- a) Surge in death toll of human beings
- b) Accretion in health issues

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- c) Surge in poverty in developing countries
- d) Escalation in the levels of food insecurity
- e) Loss of education of people living in disaster prone areas
- f) Natural disasters due to pollution triggers mass migration

5) Suggestions for promoting environment friendly livelihood practices and for ~~repairs~~ preserving the environment

- (a) Encourage and adopt sustainable livelihood practices
- (b) Afforestation for sequestering the levels of Carbon dioxide
- (c) Define a limit for carbon footprints of industries and impose fine on those which exceed limits
- (d) Enhance waste management

6) Conclusion

The proverbial three unemployed friends were told by an old man to go to certain place and get their desire of wealth fulfilled. However, he advised them to not go beyond that place. On reaching there, they found lead reserves and loaded their bags with it. The voracious nature of three forced them to go beyond ~~the~~ in search of more wealth. When they started going beyond that place, a massive rock ~~fell~~ fell on them. Three of them died at the spot. The mentioned story depicts the condition of ~~the~~ man. Man in search of livelihood has crossed limits. This ^{has} ultimately created problems for man in the form of pollution. The search of livelihood has polluted man's life in many ways. This includes establishment of industries, advancement in agriculture, rapid urbanization, extraction of natural resources for different activities and global trade and transportation. Furthermore; air travel, tourism and e-waste generation exacerbates the environmental damage. These methods of livelihood generation pollutes the environment which has negative repercussions on man's life. This include surge in death toll, accretion in health issues, escalation in poverty in developing countries and soaring levels of food insecurity. Moreover, it includes loss of education of people living in disaster prone areas and augmentation in mass migration. Therefore, there is a need to steps for promoting environmental friendly livelihood practices. This includes encouraging sustainable practices, defining limit of carbon footprints, enhancing ^{gracy}

Waste management and promoting afforestation. In a nutshell, the craze of search of livelihood has placed human life at perils. Therefore, concerted efforts are needed for synchronising the search of livelihood with resulting pollution.

The current levels of pollution of Earth are reaching dizzy heights. It seems that Earth ^{is} ~~could~~ become uninhabitable due to soaring degree of mercury. United Nation Environmental Programme has declared 2023 the hottest year. Antonio Guterres has told that the age of global warming has gone and the age of global boiling has started. Natural disasters are striking different parts of the Earth one after another. Glaciers are melting and sea levels are rising. All these phenomena are disturbing the natural balance of environment, which in turn is proving to be fatal for mankind. There are many factors behind this. Chief of all is human being. Human beings are not serious about this issue of environment. Many reports reveal that practices and policies in vogue are not enough to curb the escalating temperature. Therefore, pollution of Earth has reached to deadliest level.

Man, in search of livelihood, has made many endeavours that consequently polluted his life. One of that endeavour is the establishment of industries for increasing livelihood. Industrial revolution, started in 18th century, was the beginning of establishment of industries. It marked the transition from manual and labour based economies to

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to industrial and machine based manufacturing. These industries polluted man's life by emitting green house gases. Green house gases emitted by industries are around 3.15 billion ton (**Emissions by Sector, Our World in Data**). Moreover, many industrial process produce large quantity of wastes. These wastes, if not properly handled, damages the environment. According to BBC, around third of world's waste is produced by industries. Therefore, man's quest for search of livelihood has endangered his life through establishment of industries.

Man has been trying to make advancements in agriculture since long. The real motive behind this is to increase the production for making more profit. These advancements ~~had~~ have harmful ramifications on man's life. Increase in production levels has increased the resulting green house gases' emission. Food production accounts for over a quarter of global greenhouse gases emissions (**Environmental Impacts of Food Production, Our World in Data**). The use of excessive ^{amount of} fertilizer and pesticides has resulted in eutrophication. 77% of global eutrophication is caused by agriculture. Hence, advancements in agricultural has damaged the quality of life of man.

Rapid urbanization for better livelihood has deteriorated the environment. People are moving from rural area to urban centers in the search of livelihood. As the number of people in urban centers are increasing, the volume of traffic is also increasing. The emissions from vehicle are ^{the} Gracy

main sources of smog formation. According to University of Chicago Air Quality Index, the pollution level of Lahore is around 350. This value is hazardous. Urbanization can increase noise pollution levels due to traffic, construction work and other activities. 90% of urban areas' total noise pollution is caused by traffic (**Influence of Urban Green Spaces on Road Traffic Noise Levels**). Thus, urbanization has created lots of problem for man.

Man is involved in many activities related to extraction of natural resources that result in environment degradation. God has bestowed mankind with abundance of resources. Unsustainable method and overexploitation is damaging environment which is problematic for man. Extraction of natural resources cause degradation of soil quality. It result in removal of top productive layer of soil which reduces its fertility. Resource extraction through bombing cause destruction of habitat of different species which are necessary for maintaining the environmental balance. It also result in deforestation. World has already lost 80% of ~~resource~~ forest and continually losing it at a rate of 375 km²/day (**Environmental Degradation Facts, The World Count**). Hence, extraction of resources is damaging the environment.

Global trade and transportation has also contributed to environmental degradation. Man is trying to enhance the opportunities of livelihood for himself. This has resulted in global trade for Gracy

increasing profit margins. However, this comes at the cost of deterioration of life quality. Cargo ships consume large quantity of fossil fuels for transporting goods. The emissions from ships impact the quality of air. This sector contribute to about 2% of global greenhouse gases. (**Shipping Emissions Worldwide, Statista**). Oil spills from ships transporting oil is inimical for marine life. Many incidents of oil spills occurred in the past. The total volume of oil lost to the environment from tanker spills in 2022 was 15000 tonnes (**Oil Tanker Spills Statistics 2022, ITOFF**). Therefore, global trade and transportation is polluting man's life.

Air travel and tourism industry is causing surge in environmental pollution. Many people go to another countries in search of livelihood. Air travel has reduced the time of travel to hours. However, these air travels ~~are~~ emits large quantity of CO₂ gas. In 2019, it emitted over 900 million metric tons of CO₂ (**Statista**). Tourism industry is also a source of livelihood of many. This sector is also not immune to pollution. Cruise ships ~~are~~ used by tourist for moving from one country to another country. These cruise ships contribute to marine pollution. These contribute to 77% of all ship waste (**14 Important Environmental Impacts of Tourism, Tourism Teacher**). Therefore, this air travel and tourism industry is responsible for environmental pollution.

Excessive reliance on technology for better livelihood ~~are~~ has soaked the amount of energy

e-waste. Entire world is moving towards digitalization. Every sector is aspiring to digitalize its everyday practices and procedures. The digitalization would result in escalation in levels of livelihood. Digital gadgets are part and parcel of digitalization. This ~~area~~ has resulted into large amount of e-waste. World generates around 40 million tons of electronic waste each year. (E-waste Facts, The World Count). E-waste is toxic in nature. Around 70% of e-waste is toxic. World recycles only small quantity of e-waste. Only 12.5% of e-waste is recycled. Hence, man has polluted his life by generating surfeit of e-waste.

The resulting pollution from above source has adverse effects on man's life. This pollution cause surge in death toll of human beings. The pollution is causing global warming. Man is unable to live under this harsh condition. According to the 2021 study in Lancet medical journal, heat is the cause of half a million death in a year. The pollution has also increased the frequency of natural disasters which take the lives of many people. According to World Meteorological Organization, a disaster had been occurring once a day for past 50 years. This caused death of over 155 people everyday. Therefore, the death toll of human being is surging ~~to~~ due to pollution.

The pollution has also caused accretion in health issues. This pollution has deteriorated the

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living condition of mankind. Many diseases are broken out due to poor living conditions. Bad air quality caused hike in asthma cases. Around 72.5% of men and 79% of women have fallen prey to asthma (Deteriorating Condition of Smog in Pakistan, Sajid Hussain). Harmful air quality is also responsible for miscarriages in pregnant women. According to the study that included 34,197 women who lost their pregnancy, many miscarriages were due to air pollution (Helen Regan, CNN). Therefore, pollution exacerbate health related issues.

Pollution of environment cause surge in poverty levels in developing countries. Developing countries are least involved in greenhouse gases emission. However, they have to bear greater brunt of climate crisis. According to UNDP by 2030, more than 100 million people could fall back to extreme poverty due to climate change. People loses the sources of earning during natural disaster. According to NDMAT, people lost around 10,000 livestock due to flood in 2022. It also result in loss of jobs. According to HRD briefing, 2.36 to 8.6 million people lost their jobs due to floods of 2022. Therefore, pollution of environment increases miseries of life by increasing poverty.

The pollution can escalate the levels of food insecurity. ~~Pro~~ Climate crisis destroy crops which inturn escalates the level of food insecurity. According to global report on food crisis, climate change has made 56.8 million people

insecure in 12 countries. Erratic pattern of rainfall damages the crop. According to WFP, mango production in Pakistan has decreased by 25%. Higher temperatures ripen the crop earlier than to full development. Therefore, pollution can prevent many individuals from having square meal in a day.

Pollution also cause loss of education of people living in disaster prone areas. Pollution causes climate crisis which resulted in natural disasters. Floods have destroyed many schools and barred many from acquiring education. Flood destroyed 30,000 schools preventing 3.5 million children from getting education. **The Hardest Hit, Abdullah Fadil** - Natural disasters cause huge monetary losses which make people unable to bear educational expenses. Moreover, it also forces government to reduce subsidies and scholarships given to students. Government then spend this money to mitigate the effects of natural disasters. Hence, pollution result in loss of human capital due to loss of education.

Natural disasters due to pollution trigger mass migration. It makes the land uninhabitable for people. People were forced to leave their homes. Scarcity of ~~is~~ drinkable water, fear of death and many other causes urged people to leave their home and settle in some other place. This result in social restlessness, increase in crime rates and exploitation of masses. According to the report of **IDMC 2023**, among

60.9 million of internal displacements registered in 2022, 53% were by disasters. Loss of basic facilities necessary for life force people to migrate from their land. Thus, pollution disturbs people by migrating them from one place to another.

There is a need to take steps for promoting environmental friendly livelihood practices and for preserving the environment. This include encouraging and adopting sustainable livelihood practices. Industries that are using fossil fuel as a utility should make transition to green fuels. Moreover, they can utilize hot steam for heating purposes. Direct discharge of greenhouse gases into the environment should be avoided. Greenhouse gases should be treated in a way that reduces the content of carbon and nitrogen. Reduce paperwork and make shift to digital documents. Search alternatives of process that require less fuel and less raw material. Hence, sustainable practices guarantees protection of environment and reduction in pollution.

Afforestation should be encouraged to sequester the level of carbon dioxide. Shifting to sustainable practices is hard and costly steps. Many firms and industries would resist that move. However, afforestation is easy and cheap process. Trees consume CO_2 for photosynthesis. They purify air. Mangroves are one of the kind of trees that consume large quantity of CO_2 . It consume around 22-30 kg of CO_2 yearly. Moreover, it also saves Gracy

water bodies from eutrophication. Trees intercept the agricultural run offs and absorb fertilizer and prevent pesticide from entering into water bodies. Therefore, afforestation is an effective step to repair the damage already done to environment and to prevent further harm.

Another step in this course is to define a limit carbon footprints of industries and impose heavy fines on those that exceed limit. Government should frame policies in this regard. Coordination between government officials and environment experts is pre-requisite of effective policies. Moreover, all the government officials who own factories or industries should be excluded from this process. The recommendation of experts should be given more weightage. Further, heavy fines must be imposed who exceed the limits. A special force consisting of environment experts and police force should be formed for this. This force audits the carbon footprint of every industry after every 3 months. Therefore, this step has a potential to protect the life of human and to preserve the environment.

Waste management should be enhanced for reducing the volume of waste. Incineration and open dumping should be eliminated. Recycling of materials should be enhanced. Recycling is crucial step in waste management. It will ~~reduce~~ save environment as well as generate profits. Modern methods of waste management should be adopted. Technology should be

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Transferred from developed countries for this purpose. International organization can be used for seeking help from developed countries. Moreover, government should define stringent rules of waste management. Therefore, waste management can protect the environment.

In a nutshell, man is searching opportunities for enhancing his ~~his~~ livelihood. These endeavours and struggle is polluting man's life in many ways. This include establishment of industries, advancement of agriculture, exploitation of natural resources and global trade and transportation. The resulting pollutant from these venture is affecting man's life in many ways. This include surge in death toll, accretion in health issues, soaring levels of poverty and food insecurity. Therefore, there is need to take steps for saving man and environment. These steps can include encouraging sustainable livelihood practices, promoting afforestation and defining limit for carbon footprint for industries. Man is sagacious being. He has a wisdom due to which it has reached to moon, defeated COVID-19 and many other problems. Therefore, man has potential to heal his life and preserve the environment.