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Editorial

As the world grapples with the challenges of climate change, adapting to the seasons has become a crucial aspect of our daily lives. From scorching heatwaves to bountiful harvests, the seasons present-day opportunities for us to innovate, adapt, and thrive. By embracing the changes that come with each season, we can reduce our impact on the environment, promote sustainable living, and improve our overall well-being. Heatwaves can be intense, but they also offer opportunities for energy harvesting and sustainable living. Solar panels and solar water heaters are just a few examples of how we can harness the sun's energy to power our homes and businesses. By investing in renewable energy sources, we can reduce our reliance on fossil fuels and mitigate the impact of climate change. In addition to harnessing solar energy, we can also adapt our daily habits to cope with the heat. Planting trees and greenery around our homes can provide shade and cool the air through evapotranspiration.

As the seasons change, so too must our strategies for living in harmony with nature. Planting heat-resistant crops, adjusting our outdoor activities, and using heat-reflective materials are just a few ways we can adapt to the changing climate. By embracing seasons, we can reduce our carbon footprint, support local agriculture, and promote sustainable living. In India, for example, farmers are using innovative techniques such as rainwater harvesting and drip irrigation to conserve water and reduce their reliance on groundwater.

Adapting to the seasons is not just a necessity; it is an opportunity to innovate, create, and thrive. By embracing the challenges and opportunities presented by the seasons, we can build a more sustainable future for ourselves and future generations. Adapting to the seasons is key to sustainable living.

In this issue of our newsletter, "From Heatwaves to Harvest: Adapting with the Seasons", we dive into this transformation. We'll explore how communities are confronting the extremes of summer, how harvests are being redefined, and what each of us can do to better align with the changing world around us.

"FROM HEATWAVES TO HARVEST: ADAPTING WITH THE SEASONS"

Shifting Seasons, Shifting Realities

For generations, the changing of the seasons followed a familiar rhythm. Spring brought renewal with budding trees and lengthening days. Summer meant warmth, steady sunshine, and time spent outdoors. Autumn arrived with crisp air and the promise of a fruitful harvest. Winter offered a period of rest, reflection, and dormancy. These cycles shaped the way we lived, planted, worked, and celebrated.

As the Earth warms, the natural calendar we once relied on is unravelling. Spring flowers bloom earlier than expected, only to be damaged by sudden late frosts. Summers stretch longer and hotter, often marked by intense, sometimes deadly heatwaves. Autumn harvests arrive prematurely or fail altogether while winters swing between unseasonal warmth and brutal cold snaps. What was once predictable is now increasingly erratic. Behind these changes lie deep scientific truths: rising global temperatures, shifting jet streams, and altered precipitation patterns are reshaping the way seasons unfold. The consequences are far-reaching, and no one is untouched.

In rural regions, farmers are grappling with the stress of unpredictable growing seasons. Crops that once thrived are now scorched by the sun or drowned by unseasonal rain. In urban centres, heatwaves turn cities into pressure cookers, straining energy grids and endangering new timing of buds, birds, and insects.

The message beneath these shifting seasons is clear and urgent: we must adapt—not just to survive, but to thrive in this new climate reality. And adaptation is happening, all around us. From innovative agricultural practices to reimagined urban design, individuals and communities are responding with creativity, resilience, and a deepening respect for the fragility of our environment. Traditional knowledge is merging with modern science, and new tools are being developed to track and manage change at local levels.

We're living through a time of profound environmental transformation. But with awareness, adaptability, and action, we can shape how we respond. The seasons may be shifting, but the future is still ours to harvest.

Summer's New Face - Heatwaves and Hard Lessons

Summer has always been associated with warmth, growth, and light, but in recent years, the season has taken on a far more dangerous identity. Around the world, what was once a time for vacations, outdoor markets, and thriving gardens has increasingly become a season marked by record-breaking heat, environmental stress, and public health crises.

The Reality of Heatwaves

In 2025, the Northern Hemisphere endured one of the hottest summers on record. From Paris to Tokyo, from the U.S. Midwest to Southern China, entire regions faced searing temperatures exceeding 40°C (104°F). What made the situation even more alarming was the persistence of the heat weeks on end of blistering days, followed by nights that brought little to no relief. This phenomenon, known as the urban heat island effect, was particularly dangerous in densely populated cities where concrete and asphalt trap heat long after the sun goes down.

In many Indian cities, the summer of 2025 pushed temperatures to dangerous extremes. In Delhi, overnight temperatures hovered above 30°C for several consecutive days in June, offering little relief from the sweltering daytime highs that reached beyond 45°C. The relentless heat overwhelmed healthcare systems and prompted local authorities to set up emergency cooling centers in schools, community halls, and metro stations. In Ahmedabad, which has long battled deadly heatwaves, hospitals saw a sharp rise in admissions for dehydration, heatstroke, and related complications.

According to municipal health data, there was an increase in heat-related illnesses compared to the previous year. For the elderly, outdoor workers, and residents of low-income neighborhoods without access to reliable cooling or water, the heat was more than a discomfort it was a daily threat to life and well-being. But heatwaves aren't only an urban problem. Rural communities and agricultural zones face their own set of challenges when the mercury rises.

Agriculture Under Pressure

For farmers, summer is typically a season of steady growth and preparation for the harvest ahead. But extreme heat throws this cycle into chaos. Plants under prolonged heat stress fail to pollinate, photosynthesis slows, and water demand skyrockets.

In India, the situation was equally dire. The monsoon season arrived late and irregularly, and when it did, it brought sudden bursts of rain that damaged soil structure. Vast stretches of rice paddies dried up in Uttar Pradesh and Bihar, cutting the expected harvest by nearly a quarter. Livestock, too, suffered from heat-stressed animals that eat less, produce less milk, and are more prone to disease. These cascading effects on food systems don't just impact farmers they affect global food prices, supply chains, and, ultimately, the food on our plates.

How We're Adapting

Despite these challenges, adaptation is already underway, and some of it is inspiring in both its simplicity and innovation. Urban areas are investing in green roofs, reflective materials, and urban forests. These not only reduce surface temperatures but also improve air quality and biodiversity.

In agriculture, drought-resistant and heat-tolerant crops are being trialled with increasing success. Varieties of millet, sorghum, and even climate-resilient wheat are being introduced in heat-prone regions. Farmers in Australia have begun integrating smart irrigation systems that use sensors and data analytics to optimize water use during peak heat periods.

Shifting planting and harvesting dates is becoming the norm. With growing seasons changing, many farmers are recalibrating their calendars entirely. In parts of southern Italy, grape harvests now begin weeks earlier than they did a decade ago, altering not only yield but flavor and quality.

The Wisdom of the Past Meets the Tools of the Future

Not all solutions are high-tech. Around the world, communities are rediscovering and honouring traditional ecological knowledge—much of it held by Indigenous groups and rural elders. In the Southwestern U.S., Pueblo and Hopi farmers use centuries-old dryland farming techniques that conserve water and protect soil. In India, tribal farmers are reviving multi-crop systems that naturally buffer against heat and drought stress.

These systems often outperform monocultures under extreme weather and remind us that resilience is sometimes rooted in the past, not just the future. As summer continues to change before our eyes, we are being asked not only to cope but to rethink how we build, grow, and live. The heatwaves we face today may be a warning, but they are also a call to action. And around the world, people are rising to meet that challenge, one rooftop garden, one adapted crop, and one community at a time.

The Harvest Season - A Time of Adjustment

Traditionally, autumn marks a period of reward, a time when the fruits of spring planting are gathered. But today, harvest season is increasingly unpredictable.

Changing Harvest Cycles: Farmers and gardeners are noticing crops maturing earlier—or sometimes not at all. In wine-producing regions like California and France, grape harvests are happening weeks ahead of historical averages, altering the character of the wine itself. In tropical zones, altered rainfall patterns are affecting cocoa and coffee harvests.

Community Impacts: These shifts ripple out to local economies and food security. In regions dependent on seasonal labour, early or delayed harvests can throw off entire workforces. In urban areas, consumers see higher prices and lower variety at the grocery store.

Embracing Flexibility

To adapt, many communities are turning to:

- Agroforestry, where crops are grown under the shade of trees to regulate temperature.
- Season-extension technologies, such as hoop houses and low tunnels, that help buffer against unpredictable frosts.
- Cooperative models, where shared risk and resources help buffer individual losses.
- At the heart of successful adaptation is flexibility—the willingness to rethink old calendars, try new techniques, and accept that traditional timelines may no longer apply.

Resilience, Innovation, and the Road Ahead

While the challenges posed by seasonal shifts are real and urgent, they also open the door for innovation, cooperation, and renewal. From high-tech solutions to low-cost community-led initiatives, the future is being rewritten every day.

What You Can Do - Practical Tips for Seasonal Adaptation

Even individuals can adapt in small but meaningful ways:

- Track local weather patterns and plan gardening or outdoor work accordingly.
- Use mulching, composting, and rainwater harvesting to make home gardens more resilient.
- Plant native species that are better suited to your shifting climate.
- Get involved in local food co-ops or community-supported agriculture (CSA) programs to support diversified local harvests.

The seasons may no longer follow the script we once knew, but that doesn't mean we are powerless. With awareness, collaboration, and a willingness to adapt, we can navigate this shifting landscape—finding new rhythms, planting new seeds, and harvesting hope along the way.

The journey from heatwaves to harvest is not just a cycle of nature—it's a story of human resilience. It reminds us that change is constant, but so is our capacity to meet it head-on.

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Celebration of International Tiger Day on 29 July 2025

The Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP), Nagaland Pollution Control Board (NPCB), organised an awareness Programme under Mission LiFE and Drawing competition on the occasion of International Tiger Day on 29th July 2025, at Regimental School 4th NAP, Thizama, Kohima District under the theme "Harmonious Coexistence between Humans and Tigers".

The programme was chaired by Mr. Arluin Jamir, Assistant Headmaster and a welcome address was delivered by Ms Akali Aye, Headmistress, Regimental School 4th NAP, Thizama, Kohima District.

Mr. Arluin Jamir, Assistant Headmaster

Ms Akali Aye, Headmistress

Ms. Khriehunuo Rutsa, PO, EIACP

Mrs. Lashikali Chishi, IO, EIACP

Ms. Khriehunuo Rutsa, Programme Officer EIACP, delivered a PowerPoint presentation on International Tiger Day. The presentation focused on the theme "Harmonious Coexistence between Humans and Tigers." She highlighted facts about tiger subspecies, the history and purpose of celebrating Tiger Day, and emphasized the threats tigers face, as well as the insufficient investment in wildlife protection.

Mrs. Lashikali Chishi, Information Officer EIACP, gave a presentation on Mission LiFE and also stressed on all the seven themes associated with Mission LiFE. Followed by a combined pledge-taking session by all the participants and teaching faculty. A short video on MissionLiFE was also shown.

A drawing competition under the theme “Harmonious Coexistence between Humans and Tigers" was conducted between classes 7 to 8 students.




The winners and five consolation prizes of the Drawing Competition were presented with certificates. They are as follows:

1st PRIZE Ms. Pekruzenuo Tseikhanuo, Class-8	*Five consolations are as follows:* 1. Ms. Kevilenuo, Class-7 2. Mr. Akhumkhiung, Class-7 3. Ms. Tsükholü, Class-7 4. Ms. Lungkimliu, Class- 8 5. Ms. Limasenla A. Jamir, Class-7
2nd PRIZE Ms. Natensangla, Class-8	
3rd PRIZE Ms. Rebecca Ningshan, Class-7	

Pamphlets on International Tiger Day were also distributed to all the students and Teachers. A total of 132 Students and 9 Teachers attended the Programme.


Celebration of International Tiger Day
& Drawing Competition

Celebration of International Day of Clean Air for Blue Skies

On 8th September 2025 the Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP) of the Nagaland Pollution Control Board (NPCB) observed International Day of Clean Air for Blue Skies and conducted Drawing Competition under the theme, "Racing for Air" at Govt. Middle School, Duncan (Ao), Dimapur.

The programme was chaired by Mr. Temendong, Head Teacher, GMS (Ao) Duncan, Dimapur District and vote of thanks was delivered by Mrs. Moala Imchen.

Mr. Temendong, Head Teacher, GMS (Ao) Duncan

Mrs. Moala Imchen, Teacher

Ms. Khriehunuo Rutsa, PO, EIACP

Mrs. Lashikali Chishi, IO, EIACP

As part of the observance of the International Day of Clean Air for Blue Skies, Ms. Khriehunuo Rutsa, Programme Officer EIACP delivered a compelling PowerPoint presentation on the theme "Racing for Air" The presentation aimed to raise awareness about air pollution, its adverse effects, and the urgent need for collaborative action to improve air quality. She pointed out that air pollution remains one of the most pressing environmental issues of our time, with major contributors including vehicular emissions, industrial discharge, burning of biomass, and construction-related dust. The health impacts are severe and widespread, often leading to respiratory and cardiovascular diseases, especially among vulnerable groups such as children and the elderly.

The presentation also stressed the importance of individual and community-level action. Ms. Rutsa encouraged the audience to adopt more sustainable practices such as opting for renewable energy, practicing eco-friendly farming/ agriculture, reducing forest fires & deforestation, etc. She reminded everyone that clean air is not a luxury, but a basic human right. The message she conveyed was clear: we are all part of this race, and only through swift, informed, and united efforts can we hope to secure blue skies for generations to come.

Mrs. Lashikali Chishi, Information Officer EIACP, gave a presentation on Mission LiFE and also stressed on all the seven themes associated with Mission LiFE. Followed by a combined pledge-taking session by all the participants and teaching faculty. A short video on MissionLiFE was also shown.

A drawing competition under the theme "Racing for Air" was conducted between classes 6 to 8 students.

The winners and three consolations of the Drawing Competition were presented with prizes along with certificates. They are as follows:

1st PRIZE Mr. Manto, Class 6	*Three consolations are as follows:*
2nd PRIZE Ms. Ramtsula, Class 7	1. Mr. Angtau, Class 8
3rd PRIZE Mr. Pukho, Class 7	2. Mr. Herbaman, Class 6 3. Ms. Manlem, Class 7

Pamphlets on International Day of Clean Air for Blue Skies were also distributed to all the students and Teachers. A total of 110 Students and 7 Teachers attended the Programme.

Celebration of World Ozone Day

On 16th September 2025, the EIACP Hub of the Nagaland Pollution Control Board organized a webinar to celebrate World Ozone Day, along with an elocution competition under the theme "From Science to Global Action," at the State College of Teacher Education (SCTE), Kohima.

The programme was chaired by Ms. Ngipsha Konyak, a 3rd Semester student of SCTE, Kohima. The welcome address was delivered by Ms. Anisha Himb, Assistant Professor, SCTE, and the vote of thanks was proposed by Mr. Megosielie, Assistant Professor, SCTE.

Ms. Khriehunuo Rutsa, Programme Officer, EIACP, delivered an insightful presentation on the importance of protecting the ozone layer. This year's theme, "From Science to Global Action," highlights how scientific research has driven global efforts to heal the ozone layer. She explained the key causes of ozone depletion, such as harmful chemicals released by air conditioners, refrigerators, and sprays. The presentation also addressed the harmful effects of ozone depletion, including increased UV radiation leading to health issues and environmental damage. She emphasized the success of the Montreal Protocol in phasing out ozone-depleting substances and stressed the ongoing need for global cooperation and awareness. The session served as a powerful reminder that science and collective action can lead to real environmental change.

Mrs. Lashikali Chishi, Information Officer, EIACP, gave a presentation on Mission LiFE, highlighting all seven themes associated with the initiative and encouraging lifestyle changes for environmental sustainability.

An elocution competition under the theme "From Science to Global Action" was also conducted.

The winners of the Elocution Competition are as follows

1st PRIZE	Mr. Mmhatsu Humtsoe
2nd PRIZE	Mr. Tonwang
3rd PRIZE	Ms. Asula T. Yingphithongru
3rd PRIZE	Mr. Razukhweto Tacu

One-day Capacity Building Programme on Water Monitoring on the occasion of World Water Monitoring Day.

On 18th September 2025, EIACP, PC Hub, Nagaland Pollution Control Board organised a one-day capacity-building programme on water monitoring in observance of World Water Monitoring Day at the Nagaland Pollution Control Board Office, with students from Highland Hall Higher Secondary School Chumukedima. The event also coincided with Seva Parv, a national initiative running from 17th September to 2nd October.

Shri Akangmeren Imchen, Scientist 'C'

Mrs. Lashikali Chishi, Information Officer

Shri Akangmeren Imchen, Scientist 'C' NPCB, gave a presentation on Water Monitoring in Nagaland, emphasizing the importance of monitoring water quality to ensure the sustainability of water resources. He highlighted the growing issue of water pollution and its connection to human activities, which are deteriorating water bodies across the state. He also shared that there are 28 water quality monitoring stations in Nagaland, which assess parameters such as chemical composition, turbidity, and biological contamination.

Shri Imchen stressed the collective responsibility of citizens and industries in preserving water resources and ensuring the proper functioning of monitoring stations to gather accurate data for effective decision-making.

Mrs. Lashikali Chishi, Information Officer, EIACP, presented on Mission LiFE, discussing its seven key themes and encouraging sustainable lifestyle changes. This was followed by a pledge-taking session with all participants and teaching staff. A short video on Mission LiFE was also shown.

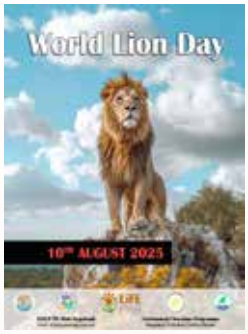
A hands-on water testing session was conducted for students at NPCB water lab by Mr. Limitsa S. Sangtam, Scientist B, NPCB and Er. Nikato Swu, Junior Engineer, NPCB.

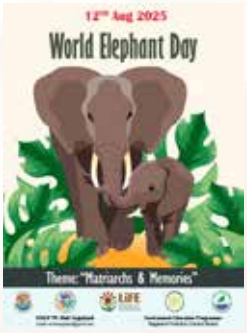







In total, 54 students from class 11 and 2 teachers attended the program. The session concluded with a Q&A and distribution of pamphlets to the students.





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