



# Biodegradable Yoga Mat

## Why in News

Recently, six young girls from the fishing community from **Assam** have developed a **biodegradable** and **compostable yoga mat** called '**Moorhen Yoga Mat**'.

- The intervention was triggered through an initiative by [North East Centre for Technology Application and Reach \(NECTAR\)](#).
- **NECTAR** is an autonomous society, set up under the Department of Science & Technology, with its headquarter at Shillong, Meghalaya.

## Key Points

### ▪ About the Mat:

- The 'Moorhen Yoga mat' is **named after Kam Sorai** (Purple moorhen, a resident bird of Deepor Beel Wildlife sanctuary).
- It is a **hand-woven 100% biodegradable and 100% compostable mat developed from water hyacinth**.
- The mat could **improve the aquatic ecosystem of the wetland (Deepor Beel) through removal of water hyacinth**, help **sustainable production of utility products** with community engagement and generate **livelihood for indigenous communities** to become completely '**Atamanirbhar**'.

### ▪ Water Hyacinth:

- Water hyacinth is a **type of invasive floating plant** found in water bodies across the world.
- These **invasive species** block the sunlight reaching and oxygen level in water systems, which results in damaging water quality and seriously affecting various life forms in the ecosystem.
- It is **also referred to as the terror of Bengal** given its effect on the local ecology and lives of the people.
- It has an effect on irrigation, hydroelectric generation and navigation.
- It also leads to a drastic reduction in fish production, aquatic crops and an increase in diseases caused by mosquitoes.

### ▪ Deepor Beel:

- Deepor Beel (Beel means wetland or large aquatic body in Assamese) **located about 10 km Southwest of Guwahati city** is considered **one of the large and important riverine wetlands in the Brahmaputra Valley of lower Assam**.
- Deepor Beel has both biological and environmental importance besides being the **only major storm-water storage basin** for Guwahati city.
- It is considered **one of the staging sites for migratory birds in India**; and some of the large congregations of aquatic birds in Assam during winter.
- Because of the richness of avian fauna it enjoys, Deepor Beel has been selected as **one of the Important Bird Area (IBA) sites** by Birdlife International.
- Deepor Beel has also been designated as a [Ramsar Site](#) in November 2002.

**Source: PIB**

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