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# Indian Ancient Techniques for Sustainable Environmental Growth: A Study of Indian Knowledge Tradition

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**Abstract:** India's intellectual and cultural heritage embodies a profound ecological awareness that is reflected in its philosophical traditions, agricultural practices, and community-based environmental systems. This paper explores how Indian Knowledge Tradition (IKT) incorporates principles of sustainability that existed long before the emergence of modern environmental discourse. Drawing upon classical sources such as the Vedas, Arthashastra, and traditional agricultural treatises, along with contemporary ecological studies, the research identifies key domains of sustainability, including environmental ethics, water management, biodiversity conservation, and sustainable agriculture.

The study adopts a qualitative and interdisciplinary methodology, combining textual analysis with a review of secondary research to examine the ecological relevance of traditional practices. It highlights that ancient Indian environmental techniques were not merely symbolic or ritualistic but were practical, adaptive, and effective in maintaining ecological balance. Systems such as rainwater harvesting through johads, the preservation of sacred groves as biodiversity hotspots, and the use of organic farming practices demonstrate a sophisticated understanding of natural processes and resource management.

The findings indicate that these traditional practices closely align with contemporary sustainability principles such as conservation, resilience, and efficient resource utilization. In many cases, they offer cost-effective and locally adaptable solutions to modern environmental challenges, including climate change, water scarcity, and soil degradation. Empirical examples, such as the revival of traditional water systems and the continued ecological significance of sacred groves, further support their practical relevance.

However, the study also identifies significant challenges in integrating these practices into current environmental frameworks. The gradual decline of traditional knowledge systems, rapid urbanization and industrialization, and limited policy support have reduced their widespread application. Additionally, the gap between indigenous knowledge and formal scientific systems often hinders effective implementation.

The paper concludes that Indian Knowledge Tradition provides a comprehensive, ethically grounded, and sustainable model for environmental management. It emphasizes that sustainability is not solely a technological issue but also a cultural and ethical concern. Therefore, integrating traditional ecological knowledge with modern scientific approaches can create a more balanced and inclusive framework for sustainable development. Such integration holds the potential to address current environmental crises while preserving valuable cultural heritage, making it highly relevant for achieving long-term environmental sustainability in the contemporary world.

**Keywords:** Indian Knowledge Tradition, Sustainable Development, Traditional Ecological Knowledge, Water Harvesting, Sacred Groves, Vedic Agriculture, Environmental Ethics, Biodiversity Conservation

## I. INTRODUCTION

The contemporary world is confronted with severe environmental challenges, including climate change, water scarcity, biodiversity loss, and soil degradation. These issues have raised critical concerns about the sustainability of current development models. Although modern approaches largely emphasize technological advancements and policy interventions, traditional knowledge systems offer alternative and time-tested pathways grounded in ecological balance and harmony. Indian civilisation, one of the oldest continuous cultures in the world, has evolved sustainable environmental practices over thousands of years that reflect a deep understanding of nature and its processes.

Mainstream discourse has largely focused on technological innovation and market-based mechanisms; however, growing bodies of evidence from ethnoecology, environmental history, and sustainability science suggest that Indigenous and traditional knowledge systems offer equally critical, yet systematically overlooked, pathways toward ecological resilience (Gadgil et al., 1993; Berkes, 2012).

The Indus Valley Civilisation (c. 3300–1300 BCE) already demonstrated advanced hydraulic engineering and urban sanitation. Subsequent Vedic, Buddhist, Jain, and later Bhakti traditions elaborated ethical frameworks positioning human beings not as masters of nature but as custodians within a morally ordered cosmos (Chapple, 1993; Shiva, 1988).

Yet integration of Indian Knowledge Tradition into mainstream environmental policy remains limited and often tokenistic (Gupta, 2006).

Ancient Indian texts and cultural traditions conceptualize nature as sacred, interconnected, and worthy of respect. The philosophy of “*VasudhaivaKutumbakam*” (the world is one family) highlights an inclusive ecological worldview that encourages coexistence rather than exploitation of natural resources. Historical evidence, ranging from the sophisticated hydraulic systems of the Indus Valley Civilization to the environmental ethics embedded in Vedic literature, demonstrates that sustainability was an integral part of daily life and governance.

In the context of present environmental crises, revisiting these indigenous practices is both relevant and necessary. This paper examines how ancient Indian environmental techniques contribute to sustainable development and explores their potential role in shaping contemporary environmental policies and practices for a more balanced and sustainable future.

## II. OBJECTIVES OF THE STUDY

- 1) To examine the philosophical foundations of environmental sustainability in Indian Knowledge Tradition.
- 2) To identify key ancient techniques for environmental conservation.
- 3) To analyze the ecological effectiveness of traditional practices.
- 4) To explore the relevance of these practices in contemporary environmental challenges.
- 5) To suggest policy implications for integrating traditional knowledge into modern sustainability frameworks.

## III. RESEARCH METHODOLOGY

The study adopts a qualitative research methodology based on multiple approaches.

- 1) Textual analysis is used to examine ancient Indian sources such as the Vedas, Arthashastra, and Vrikshayurveda to understand traditional environmental knowledge.
- 2) Secondary data review includes analysis of scholarly articles, environmental research studies, and government reports to support the study.
- 3) A comparative analysis is conducted to evaluate differences and similarities between traditional practices and modern sustainability approaches.
- 4) Case study approach is employed, focusing on examples such as the revival of johads and the conservation role of sacred groves, to demonstrate the practical relevance of these indigenous techniques.

## IV. CONCEPTUAL FRAMEWORK

The conceptual framework of this study is grounded in the relationship between Indian Knowledge Tradition (IKT) and Traditional Ecological Knowledge (TEK). Both frameworks emphasize a holistic understanding of the environment, where human beings are not separate from nature but are an integral part of it. TEK is generally defined as a cumulative body of knowledge, practices, and beliefs that evolve through generations and guide human interaction with the natural world. Similarly, IKT encompasses a wide range of philosophical, cultural, and practical knowledge systems developed in the Indian subcontinent, which promote ecological balance and sustainability.

### 1) *Interdependence of humans and nature*

A central aspect of this framework is the principle of interdependence between humans and nature. Indian traditions consistently highlight that human survival and well-being are closely linked to the health of the environment. Natural elements such as land, water, forests, and animals are viewed not merely as resources but as living entities that sustain life. This perspective encourages responsible behavior and discourages exploitation.

## 2) Ethical responsibility toward environment

Another key dimension is ethical responsibility toward the environment. Indian Knowledge Tradition integrates moral values into environmental practices, suggesting that protecting nature is not only a practical necessity but also a moral obligation. This ethical orientation ensures long-term sustainability, as individuals and communities are guided by values that prioritize conservation over short-term gains.

## 3) Sustainable resource use

Sustainable resource use is also fundamental to this framework. Traditional practices such as controlled harvesting, seasonal restrictions, and organic agriculture demonstrate an understanding of maintaining ecological balance. Resources are utilized in a manner that meets present needs without compromising the ability of future generations to meet theirs, reflecting principles similar to modern sustainability concepts.

### Philosophical Foundations of Environmental Sustainability in IKT

The objective aims to examine the philosophical basis of environmental sustainability embedded in Indian Knowledge Tradition (IKT). This foundation is deeply rooted in ethical and ecological principles that guide human interaction with nature. The key concepts can be explained as follows:

- **Dharma (Duty toward Nature):** Dharma represents the moral responsibility of individuals to maintain harmony with the natural environment. It emphasizes that humans are custodians, not exploiters, of nature. By following dharma, individuals contribute to preserving ecological balance and sustaining natural resources for future generations (Kangle, 1972).
- **Ahimsa (Non-violence):** Ahimsa extends the principle of non-violence beyond humans to all living beings, including animals and plants. It promotes compassion, respect, and care for the entire ecosystem. This principle encourages practices that minimize harm to biodiversity and supports conservation efforts (Chapple, 1993).
- **Panchabhutas (Five Elements):** The concept of Panchabhutas—earth (prithvi), water (jala), fire (agni), air (vayu), and space (akasha)—provides a holistic understanding of environmental balance. It suggests that all life forms and natural systems are composed of these elements. Any imbalance or pollution of these elements leads to ecological disruption, highlighting the need for their protection (Narayanan, 2001).
- **Integration of Ethics and Ecology:** These philosophical concepts collectively integrate ethical values with ecological practices. They ensure that environmental sustainability is not only a practical concern but also a moral obligation.
- **Relevance to Sustainability:** Together, Dharma, Ahimsa, and Panchabhutas form a comprehensive framework that promotes sustainable living, environmental protection, and long-term ecological balance, making IKT highly relevant in addressing contemporary environmental challenges.

## V. KEY ANCIENT TECHNIQUES FOR SUSTAINABLE ENVIRONMENTAL GROWTH

This objective focuses on identifying significant traditional practices in Indian Knowledge Tradition (IKT) that contributed to environmental conservation. These techniques demonstrate a practical and sustainable approach to resource management, as explained below:

- 1) **Water Management Systems:** Ancient India developed highly efficient water conservation methods suited to diverse climatic conditions. Archaeological evidence from Mohenjo-daro, Harappa, Dholavira, and Lothal (c. 2600–1900 BCE) reveals one of the ancient world's most sophisticated urban water-management systems. Stepwells (*vav*) were architectural structures designed to store and access groundwater, especially in arid regions. Johads, or small earthen check dams, helped in rainwater harvesting and groundwater recharge. Similarly, the reservoir systems of Dholavira showcased advanced urban planning and water storage techniques (Joshi, 1990). These systems ensured water security and minimized wastage.
- 2) **Forest Conservation through Sacred Groves:** Sacred groves were patches of forests protected by religious and cultural beliefs. Communities preserved these areas as abodes of deities, which restricted human interference. As a result, these groves became rich centers of biodiversity, conserving rare plant and animal species while maintaining ecological balance. Sacred groves, referred to by different names such as *devavana* (Sanskrit), *sarpakavu* (Kerala), *orans* (Rajasthan), *jaherthan* (Jharkhand), and *law lyngdoh* (Meghalaya), are estimated to range between 100,000 and 150,000 across the Indian subcontinent, collectively safeguarding vast areas of biodiversity that might otherwise remain unprotected (Gadgil & Vartak, 1976). The *Arthashastra* prescribes the creation of forest reserves (*abhayaaranya*) near urban areas, restricts the hunting of certain species within protected sanctuaries, and provides for the appointment of forest officials (*atavika*) to implement and monitor wildlife regulations (Kangle, 1972).

- 3) **Sustainable Agriculture Practices:**Traditional farming methods emphasized ecological harmony and soil health. Mixed cropping systems like the Baranaja method involved cultivating multiple crops together, which enhanced soil fertility and reduced pest attacks. The use of organic fertilizers such as Panchagavya improved soil quality without harmful chemicals. Seed preservation ensured genetic diversity and resilience against climatic variations. The Vrikshayurveda documents and categorizes numerous plant species, outlines composting techniques involving materials such as cow dung, bone meal, and oil-seed cake, and explains methods of grafting, transplantation, and seed treatment that closely resemble principles of modern plant science (Sadhale, 1996).
- 4) **Biodiversity Conservation Practices:**Cultural traditions played a vital role in protecting biodiversity. Totemism discouraged the exploitation of specific species associated with communities, while seasonal restrictions limited resource use during critical reproductive periods. These practices helped maintain ecological stability and species survival. The baranaja (twelve grains) system practiced in the hills of Uttarakhand involves cultivating twelve different crops together in a single field, which helps reduce pest incidence, spread production risk, sustain soil fertility, and enhance nutritional diversity—an approach that modern agroecologists recognize as a form of ecological intensification (Shiva, 1991).

Overall, these ancient techniques reflect a deep understanding of environmental sustainability and continue to offer valuable insights for modern conservation strategies.

## VI. DATA PRESENTATION

### Ecological Effectiveness of Traditional Practices

This objective aims to analyze how traditional environmental practices in Indian Knowledge Tradition (IKT) effectively contributed to ecological sustainability. These practices were not only culturally significant but also scientifically sound and environmentally beneficial. The effectiveness can be understood through the following points:

- 1) **Water Conservation Efficiency:** Traditional systems like johads and stepwells effectively managed water by harvesting rainwater, recharging groundwater, and ensuring long-term storage, especially in dry regions.
- 2) **Biodiversity Protection:** Sacred groves acted as protected natural areas, preserving biodiversity, safeguarding rare species, and maintaining ecological balance without formal regulations.
- 3) **Soil Health and Agricultural Sustainability:** Practices such as mixed cropping and organic fertilizers like panchagavya improved soil fertility, reduced pests, and enhanced overall agricultural sustainability.
- 4) **Resource Sustainability:** Traditional methods emphasized limited use and natural regeneration of resources, ensuring long-term environmental balance and preventing ecological degradation.

Table 1: Ancient Techniques and Their Environmental Benefits

Technique	Description	Environmental Benefit
Johads	Rainwater harvesting	Groundwater recharge
Sacred Groves	Protected forest patches	Biodiversity conservation
Mixed Cropping	Multiple crops together	Soil fertility & pest control
Panchagavya	Organic fertilizer	Improved soil health
Stepwells	Water storage structures	Water conservation

- 5) **Comparison with Modern Practices:**Traditional methods are largely sustainable and eco-friendly, whereas many modern practices prioritize productivity over environmental health.

Table 2: Comparison of Traditional and Modern Practices

Aspect	Traditional Approach	Modern Approach
Water Use	Conservation-based	Extraction-based
Agriculture	Organic	Chemical-intensive
Forest Use	Sacred protection	Commercial exploitation
Biodiversity	Cultural preservation	Scientific conservation

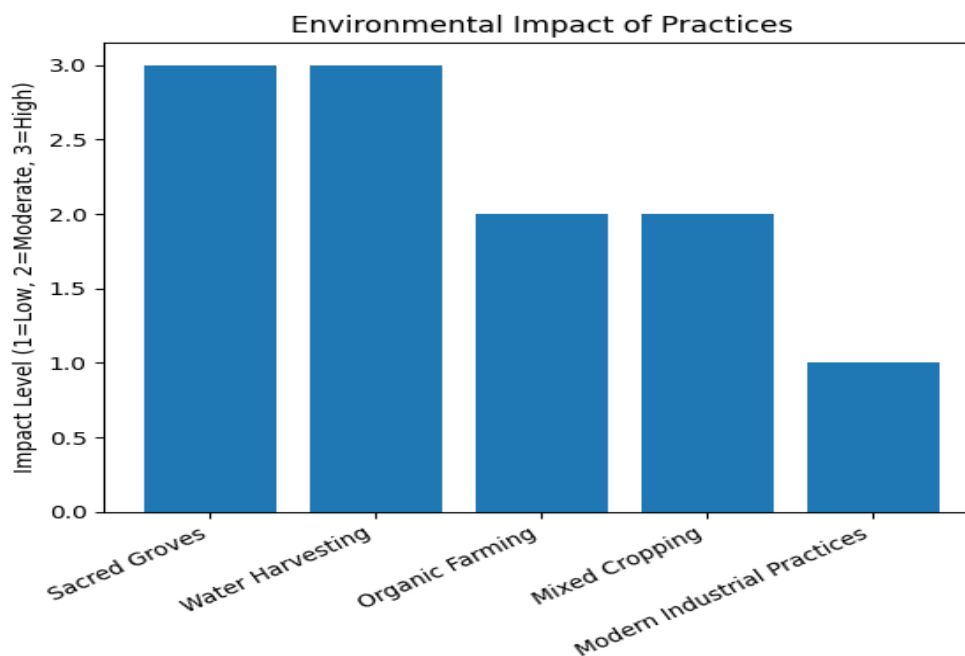
- 6) Overall Effectiveness: The analysis shows that traditional practices maintained ecological balance, ensured resource sustainability, and minimized environmental degradation. These methods provide valuable insights for developing sustainable solutions in the present context.

Chart 1: Sustainability Impact (Textual Representation)

High Impact → Sacred Groves, Water Harvesting

Moderate Impact → Organic Farming, Mixed Cropping

Low Impact → Modern Industrial Practices



## VII. RELEVANCE OF TRADITIONAL PRACTICES IN CONTEMPORARY ENVIRONMENTAL CHALLENGES

This objective focuses on examining how ancient Indian environmental practices remain significant in addressing present-day ecological issues. In the face of climate change, water scarcity, biodiversity loss, and soil degradation, traditional knowledge systems offer sustainable and practical solutions.

- 1) Climate Change Adaptation: Traditional agricultural practices such as mixed cropping and the use of indigenous seeds enhance resilience to climate variability. These methods reduce dependency on external inputs and help farmers adapt to changing weather conditions.
- 2) Water Resource Management: Ancient water conservation systems like johads and stepwells are highly relevant in tackling modern water crises. Their revival can improve groundwater recharge, reduce water scarcity, and promote sustainable water use in both rural and urban areas.
- 3) Biodiversity Conservation: Practices such as sacred groves and cultural protection of species help preserve biodiversity. These community-based conservation methods can complement modern scientific approaches and strengthen ecosystem stability.
- 4) Sustainable Agriculture: Organic farming techniques, including the use of natural fertilizers like panchagavya, contribute to soil health and reduce environmental pollution caused by chemical inputs.
- 5) Holistic Environmental Ethics: Traditional values emphasize harmony with nature, encouraging responsible consumption and conservation.

Overall, these practices provide eco-friendly, cost-effective, and culturally relevant solutions, making them highly applicable for achieving sustainable environmental development in the modern era.

## VIII. POLICY IMPLICATIONS FOR INTEGRATING TRADITIONAL KNOWLEDGE INTO MODERN SUSTAINABILITY FRAMEWORKS

This objective aims to propose actionable policy measures for incorporating Indian Knowledge Tradition (IKT) into contemporary environmental governance. Integrating traditional knowledge with modern scientific approaches can strengthen sustainability efforts and ensure long-term ecological balance.

- 1) **Inclusion in Environmental Policies:** Governments should formally recognize traditional practices such as water harvesting, sacred grove conservation, and organic farming within national and state environmental policies. This will ensure their systematic implementation and protection.
- 2) **Community Participation and Empowerment:** Local communities, who are the custodians of traditional knowledge, should be actively involved in decision-making processes. Policies must support community-led conservation initiatives and provide incentives for sustainable practices.
- 3) **Integration with Scientific Research:** Traditional knowledge should be scientifically validated and integrated with modern technologies. Collaborative research between scientists and indigenous communities can enhance the effectiveness of sustainability strategies.
- 4) **Educational Reforms:** Incorporating IKT into school and higher education curricula can raise awareness and promote environmentally responsible behavior among future generations.
- 5) **Legal Protection and Intellectual Property Rights:** Policies should safeguard the intellectual property rights of indigenous communities and prevent exploitation of traditional knowledge. Frameworks like benefit-sharing mechanisms must be strengthened.
- 6) **Sustainable Development Programs:** Government initiatives should promote the revival of traditional techniques such as rainwater harvesting and organic agriculture through funding and training programs.

Overall, integrating traditional knowledge into modern frameworks can lead to more inclusive, sustainable, and culturally grounded environmental policies.

## IX. RESEARCH FINDINGS AND EVIDENCE

The findings of this study indicate that,

- 1) Ancient Indian environmental practices were both scientifically sound and sustainable. Historical and contemporary evidence supports their effectiveness. For instance, traditional water harvesting systems such as johads have demonstrated measurable success in regions like Rajasthan, where community-led revival efforts restored groundwater levels and even revived seasonal rivers, ensuring improved water availability.
- 2) Sacred groves provide strong empirical evidence of biodiversity conservation. Ecological studies have shown that these protected forest patches contain higher species diversity and better vegetation density compared to surrounding areas, confirming their role as natural conservation zones.
- 3) Traditional agricultural practices based on organic inputs, such as the use of panchagavya and mixed cropping systems, have been found to improve soil fertility, enhance microbial activity, and reduce dependence on chemical fertilizers. Modern research in sustainable agriculture validates these benefits, linking them to long-term soil health and productivity.
- 4) Furthermore, cultural norms such as totemism, seasonal restrictions, and religious beliefs played a crucial role in regulating human interaction with nature. These informal systems effectively prevented overexploitation of resources.

Overall, the results demonstrate that Indian traditional practices were not only environmentally effective but also offer practical solutions for addressing current ecological challenges.

## X. DISCUSSION

The findings show that Indian Knowledge Tradition (IKT) offers a holistic model of sustainability by integrating ethical values, ecological balance, and practical techniques. Unlike many modern approaches that treat humans and nature separately, IKT promotes harmony and interdependence. However, several challenges limit its application today, including the gradual decline of traditional knowledge, rapid urbanization and industrialization, and insufficient policy integration. Despite these issues, modern scientific research increasingly supports the effectiveness of traditional practices. This growing validation highlights the importance of reviving and integrating these indigenous methods into contemporary environmental strategies for achieving sustainable development.

## XI. CONCLUSION

Indian ancient techniques for environmental sustainability remain highly relevant in addressing contemporary ecological challenges. These practices highlight that sustainability is not only driven by technology but also deeply rooted in cultural values and ethical principles. Their long-term effectiveness demonstrates the importance of harmony between humans and nature. Integrating traditional knowledge with modern scientific approaches can lead to more balanced, inclusive, and sustainable solutions for present and future environmental needs.

## XII. IMPLICATION OF THE STUDY

### 1) Policy Implications

- Incorporate traditional practices into environmental policies: Governments should formally include methods like water harvesting, sacred grove conservation, and organic farming in policy frameworks to promote sustainable resource management.
- Support community-based conservation: Local communities should be empowered and involved in conservation efforts, as they possess valuable traditional knowledge and practical experience.
- Promote indigenous knowledge systems: Policies should recognize and preserve indigenous knowledge, ensuring its protection, documentation, and application in environmental planning.

### 2) Educational Implications

- Include IKT in curriculum: Integrating Indian Knowledge Tradition into education can raise awareness among students about sustainable practices and cultural values.
- Promote environmental ethics: Education should emphasize values like responsibility, respect for nature, and conservation to develop environmentally conscious citizens.
- Practical Implications
- Revival of water harvesting systems: Reintroducing traditional methods such as johads and stepwells can help address water scarcity and improve groundwater levels.
- Adoption of organic farming: Encouraging natural farming techniques can enhance soil health, reduce pollution, and ensure sustainable agriculture.
- Protection of sacred groves: Conserving sacred groves can preserve biodiversity and maintain ecological balance through community-based protection.

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