



In our day to day life, we become so busy that we tend to become ignorant of the environmental impact of our activities. Our actions might lead to waste generation, greenhouse gas emission, increase in carbon footprint, accumulation of plastic waste, deterioration of renewable sources and what not. We are the generation, to confront all the environmental problems head-on. It is very important to take steps towards environment rejuvenation. Fortunately, there are many ways to make our lifestyles environment friendly without making drastic changes.

So Buckle up and take up the challenge in saving the environment!

Follow the Tips and take up the projects to make your time in schools/colleges as sustainable as possible. Some of the following suggestion could be inculcated in your day to day life while some could be proposed to the school/college management. Form a *Green club*, wherein the students take up the responsibility to carry out and maintain the propositions. The club should make sure to implement the ideas at every level. This will not only inculcate a sense of responsibility towards the environment but will also help you save a lot of money.



CERC-ENVIS Resource Partner

Consumer Education and Research Centre

Suraksha Sankool, S. G. Highway, Thaltej, Ahmedabad 380 054

Tel: 079-27489945/6, Email: cerc-env@nic.in, cerc@cercindia.org,

Website: www.cercenvis.nic.in, www.cercindia.org

Fb page: <https://www.facebook.com/EcoProductsEcoLabeling/>



Water Conservation

- **Turn off the tap:** While washing your Hands - Do not leave the tap running while scrubbing your hands. Wet



your hands and turn off the tap. Turn on the tap when you need to rinse.

- **Flush with less:** Using dual flush fixtures and sensor based fixtures allows you to use less water to flush liquid waste and more water to flush solid waste simply by pressing the correct button. This will save a lot of water as per our requirement.
- **Install a Tap/Faucet Aerator:** This adds air to the



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flow of water giving more consistent stream while using less water overall. This can save up to 80% water as compared to regular taps.

- **Installing Water meters:** This will help in monitoring usage of water.



- **Rain Water Harvesting:** Collection and storage of rain



water that runs off from roof tops, parks, roads, open grounds, etc. This water run off can be either stored or recharged into the ground water.

- **Use leftover water:** Do not drain; water the plants with the leftovers from your water bottle.

Save Energy

- **Energy Saving Light Bulbs:**
Use CFLs or LEDs instead of traditional incandescent bulbs : These bulbs use 25-80% less electricity, lasts much longer compared to the traditional ones.

- **Energy Efficient**

Appliances:

Look for the BEE energy star label, more the stars more energy and money is saved.



- **Proper ventilation:** Rely on natural ventilation instead of heating or cooling systems. The natural ventilations not only saves money but also keeps you comfortable and restores the natural light.
- **Green Electricity:** Renewable sources like Sun and Wind provide usable power. Install Solar panels in the school and college premises and as well as on your home roof for the



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electricity supply. Most coastal areas are experiencing relatively large quantum of solar and wind energy. Installation of medium sized windmill plant can supply power to small areas.

- **Unplug to save money and energy:** Unplug appliances when



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not in use. It saves 5 to 10% on your electric bill. Using power strip/extension board avoids repeated plugging/unplugging of appliances from the wall. Most power strips use no electricity at all when they are switched off.

Commutation

- **Walk/ Bicycle:** Take a walk or use bicycle if your

destination is under a mile. These are your steps towards good health.

- **Share your ride:** Sharing a



bike or car pooling helps reduce carbon emissions to a great extent.

- **Public Transportation:** Using public transportation is a greener way to get to your work. It saves a lot of money, avoids traffic and keeps your health improved.



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- **Running on Renewables:** Use vehicles that run on renewable source of energy like vehicles use solar panels or electricity as alternative fuel.

Waste

- **Waste management:** Segregated waste is often



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cheaper to dispose off as it does not require much manual or mechanical sorting as mixed waste. Keep separate containers with different colour codes for food/ kitchen waste, dry waste, plastic, electronic and paper waste. Develop the habit to throw all waste things into baskets which are specially made for this purpose.

- **Composting:** Compost bins could be installed in school premises. The manure thus produced from the compost could be used in the school gardening. It will help you to understand the three environmental R's (Recycle, Reuse and Reduce)



- **No to Plastics:** Don't use plastics, ban them completely. Students and teachers should be encouraged to carry a cloth /paper bag with themselves. Carry water bottle or re-usable mugs so as to avoid plastic water bottles and glasses.



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- **Avoid packed lunches.** Carry Tiffin box from home. This not only eliminates waste from packed lunches but is also healthy and hygienic.

Changes to adapt

- **Environment friendly Paints:** The solvents used in the conventional paints contain heavy metals and VOCs which vaporizes when exposed to the atmosphere. These have very harmful effects on human health. So, use water



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based paints that are non toxic to human health.

- **Organic Clothing:** Organic cotton produces around 46% less CO₂e, use less water and energy compared to conventional cotton. Organic cotton is grown without synthetic pesticides and fertilizers. Less toxic chemicals, dyes and bleaches



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- are used and hence, health of the workers is also not compromised.
- **Plant indoor air purifying plants in classrooms:** These plants have the ability to help remove toxins from the air and have a positive impact on your psychology, behavior and health. Avoid plants with high levels of pollen, as it causes skin irritations and are poisonous when ingested. Grow plants like Spider Plant, "Janet Craig" Dracaena, Chinese Evergreen, Areca Palm,

Rubber Tree and many more.

Take a Pledge

- To reuse papers, print on both the sides of paper, use recycled paper for rough work or for home work, bind the unused papers and reuse them.
- To gift or plant trees on birthdays. Encouraging plantation and gardening in school premises. Also adopt trees to water and nurture them.
- To donate books and textbooks to lower grade students or those who need.
- **To adopt green technologies and become tech savvy.**

Create web sites or social media groups for easy transaction of messages, notice, circulars or study materials.



To help Counterparts: by donating stationary items, clothes, study materials, toys, sports items etc. to the underprivileged

- **Taking part in cultural festivals:** Festivals are prime time wherein people participate in large number which increases the impact on the environment and thus pollutes it. Become a green soldier during the festive season and participate in cleaning the trash and promote environmental friendly habits.



- To maximize the use of eco products such as recycled, reusable, up scaled environment friendly items in day to day life
- To spread the message and to replicate and educate the same in your homes and neighbors respectively.

CERC-ENVIS Resource Partner

Ministry of Environment, Forest & Climate Change, GOI has recognized Consumer Education and Research Centre as ENVIS (Environment Information System) Resource Partner with the theme "Environment Literacy-Ecolabelling and Eco-friendly Products." The focus is to provide environmental information to decision makers, policy planners, scientists and engineers, research workers, etc. across the country.