



LiFE
Lifestyle for
Environment

Energy Saved

- Use LED bulbs/ tube-lights
- Use public transport wherever possible
- Take the stairs instead of an elevator wherever possible
- Switch off vehicle engines at red lights and railway crossings
- Use bicycles for local or short commute
- Switch off irrigation pumps after use
- Prefer CNG/ EV vehicle over petrol/ diesel vehicles
- Use carpooling with friends & colleagues
- Drive in the correct gear. Keep your foot off the clutch when not changing gears
- Install a solar water or solar cooker heater on rooftops
- Switch off appliances from plug points when not in use
- Use biogas for cooking and electricity needs
- Keep temperature of Air Conditioners to 24 degrees
- Prefer pressure cookers over other cookware
- Keep your electronic devices in energy-saving mode
- Use smart switches for appliances which are used frequently
- Install community earthen pots for cooling water
- Defrost fridge or freezer regularly
- Run outdoors instead of on a treadmill

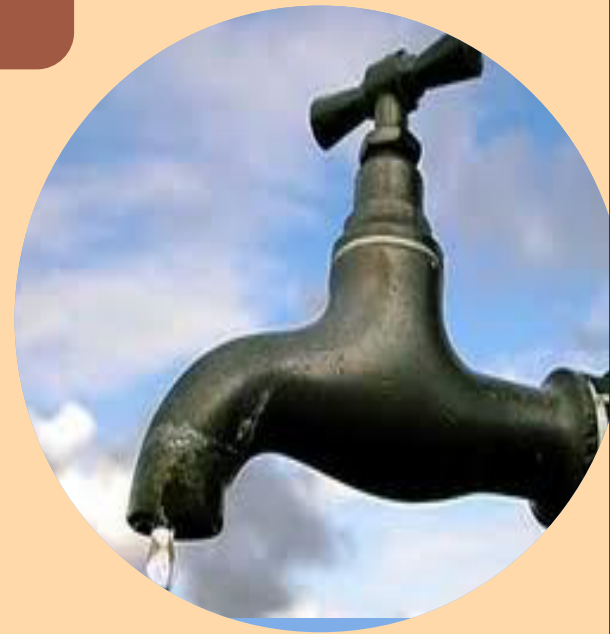




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Water Saved

- Adopt cultivation of less water intensive crops like millets
- Participate in recharge of rural water bodies through Amrit Sarovar Scheme
- Practice crop diversification. Move from rice & wheat cultivation to pulse & oil seed cropping system.
- Use efficient water saving technologies (like micro-irrigation, bunding, farm ponds, zero tillage, direct seeded rice, alternate wetting and drying and others)
- Create rainwater harvesting infrastructure in home/ schools/ offices
- Use drip irrigation systems created with waste materials, wherever possible
- Reuse water from washed vegetables to water plants and other purpose
- Pre-soak heavy pots and pans before washing them
- Do not discard unused stored water every time there is fresh water coming in taps
- Use buckets instead of hose pipes to water plants/ floors/ vehicles
- Fix leaks in flushes, taps and waterpipes
- Use water-efficient fixtures for taps, and showerheads, and toilet flush units
- Invest in a water meter for your house to measure water consumption regularly
- Reuse water drained out from AC/RO for cleaning utensils, watering plants and others
- Prefer a water purification system that wastes less water
- Turn off running taps when not in active use





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Single Use Plastic Reduced

- Use cloth bag for shopping instead of plastic bags
- Carry your own water bottle wherever possible
- Reuse glass containers/ packaging plastic items as storage boxes
- Participate in and mobilize participation for clean-up drives of cities and water bodies
- Prefer using non-plastic eco-friendly cutlery during gatherings and events
- Turn off running taps when not in active use
- Use menstrual cups instead of sanitary napkins
- Use recycled plastic over virgin plastic, wherever possible
- Use steel/ recyclable plastic lunch boxes and water bottles
- Cut the packaging bags used for milk, buttermilk, etc. only partially to avoid plastic bit from mixing into biodegradable waste
- Opt for bamboo toothbrushes and neem combs





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Sustainable Food Systems Adopted

- Include millets in diets through Anganwadi, Mid-Day meal and PD scheme
- Compost food waste at home
- Create kitchen gardens/ terrace gardens at homes/ schools/ offices
- Prepare organic manure from cow dungs and apply to farms
- Prefer locally available and seasonal foods
- Use smaller plates for daily meals to save food wastage





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Waste Reduced (Swachhata Actions)

- Contribute cattle waste, food waste, and agricultural waste to biogas plant (provided under GOBARDHAN)
- Practice segregation of dry and wet waste at homes
- Use agricultural residue, animal waste for composting, manuring and mulching
- Recycle and reuse old newspapers, magazines
- Feed unused and uncooked vegetables leftovers to cattle
- Set printer default to double-side printing
- Repair, reuse and recycle old furniture
- Buy paper products made from recycled paper
- Donate old clothes and books
- Do not discard waste in water bodies and in public spaces
- Do not let pets defecate in the public places





Healthy Lifestyles Adopted

- Encourage use of millets in food and indigenous herbs and medicinal plants for nutrition and well being
- Prefer consuming natural or organic products
- Start biodiversity conservation at community level
- Plant medicinal plants such as neem, tulsi, giloy, mint, curry leaves, ashwagandha, curry leaves etc. within household premises
- Practice natural or organic farming
- Plant trees to reduce the impact of pollution
- Avoid purchasing products/souvenirs made from skin, tuskers and fur of wild animals
- Create and volunteer at community food and cloth banks, and at animal shelters
- Initiate and/or join green clubs in your residential area/ school/ office





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E-Waste Reduced

- Repair and use electronic devices over discarding the devices
- Discard gadgets in nearest e-recycling units
- Use rechargeable lithium cells
- Prefer cloud storage over a pen drive / hard drive



E- WASTE DROP BOX

