



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



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



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



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





- 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



- 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



- 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



Lifestyle for Environment (LiFE) is a global initiative launched by the Government of India which aims to live a life that is in tune with our planet and does not harm it. People living such lifestyles are called Pro-Planet People. Sustainable development can be achieved through robust actions and human centric collective approaches. The idea promotes an environment conscious lifestyle that focuses on mindful and deliberate utilization instead of mindless and destructive consumption. Despite enormous efforts being taken at macro level with policy reforms, regulations and economic incentives to tackle environmental degradations, efforts need to be taken at the level of individuals, communities and institutions.

Changing individual and community behavior alone can make a significant dent in the environmental and climate crises. In this context, the concept of 'Lifestyle for the Environment (LiFE)' was introduced by the Prime Minister of India during the 26th United Nations Climate Change Conference of the Parties COP-26 in Glasgow on 31 October – 13 November 2021. Our habits are deeply ingrained in our daily lives and are continually reinforced through several elements of our environment. By taking one action at a time and making one change daily, we can change our lifestyle and inculcate long-term environment-friendly habits. Here are some 75 individual actions points which has been divided in 7 broad categories such as

- Energy Saved
- Water Saved
- Single Use Plastic Reduced
- Sustainable Food Systems Adopted
- Waste Reduced (Swachhata Actions)
- Healthy Lifestyles Adopted
- E-Waste reduced

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