

2023

CALENDAR

Sustainable Lifestyle



Consumer Education and Research Centre
Environmental Information, Awareness, Capacity Building
and Livelihood Programme (EIACP) Programme Centre-
Resource Partner on “Environment Literacy - Eco-labelling &
Eco-friendly Products”

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Reduce E-Waste

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

JANUARY

2023

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14 - Makar Sankranti
30 - National Cleanliness Day



Save Water

- Adopt cultivation of less water intensive crops
- Participate in recharge of rural water bodies through Amrit Sarovar Scheme
- Practice crop diversification
- Use efficient water saving technologies
- Install rainwater harvesting system in homes/ schools/ offices
- Use drip irrigation systems created with waste materials wherever possible
- Reuse water from washed vegetables to water plants and other purposes
- Turn off running taps when not in use

FEBRUARY

2023

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02 - World Wetlands Day
28 - National Science Day



Save Water

- Pre-soak heavy pots and pans before washing them
- Do not discard unused stored water
- Use buckets instead of hose pipes to water plants or to clean floors/ vehicles
- Fix leaks in flushes, taps and waterpipes
- Use water- efficient fixtures for taps, showerheads, toilet flush units
- Install water meter to measure your water consumption regularly
- Reuse water drained out from AC/RO for cleaning floors/vehicles etc
- Prefer a water purification system that wastes less water

MARCH

2023

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03 - World Wildlife Day
 04 - National Safety Day
 15 - World Consumer Rights Day

20 - World Sparrow Day
 21 - World Forestry Day
 22 - World Water Day



Reduce Waste

- Contribute cattle waste, food waste and agricultural waste to biogas plant
- Practice segregation of dry and wet waste at homes
- Use agricultural residue, animal waste for composting, manuring and mulching
- Feed unused, uncooked vegetables and leftovers to cattles

APRIL

2023

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07 - World Health Day
18 - World Heritage Day

22 - World Earth Day
28 - World Day of Safety and Health at work



Reduce Waste

- 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
- Recycle & reuse old newspapers & magazines
- Set printer default to double-side printing

MAY

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13 - World Migratory Bird Day
 22 - International Biodiversity Day
 23 - World Turtle Day



Adopt Sustainable Foods

- Include millets in diets through Anganwadi and Mid-Day meal
- Compost food waste at home
- Create kitchen gardens/ terrace gardens at homes/ schools/ offices
- Prepare and use organic manure from cow dungs
- Prefer locally available and seasonal foods
- Take frequent & smaller servings to avoid food wastage

JUNE

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05 - World Environment Day
 08 - World Ocean Day
 15 - Global Wind Day

17 - World Day to Combat Decertification
 21 - International Day of Yoga



Reduce Single- Use Plastics

- Use cloth bag/ paper bags for shopping instead of plastic bags
- Carry your own water bottle wherever possible
- Reuse glass/ plastic containers for storage purpose
- Participate in and mobilize participation for clean-up drives of cities and water bodies
- Use eco-friendly cutlery during gatherings and events

JULY

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28 - World Nature Conservation Day
29 - International Tiger Day



Reduce Single- Use Plastics

- Prefer 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. partially to avoid plastic bits from mixing into biodegradable waste
- Opt for bamboo toothbrushes and neem combs

AUGUST

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- 10 - International Biodiesel Day
- 10 - World Lion Day
- 12 - World Elephant Day



Adopt Healthy Lifestyles

- Encourage use of millets, herbs & medicinal plants in regular diets
- Prefer consuming natural or organic products
- Start biodiversity conservation at community level
- Plant medicinal plants such as neem, tulsi, giloy, mint, curry leaves, ashwagandha etc. in households
- 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 & volunteer at animal shelters, community food & cloth banks
- Initiate and/or join green clubs in your residential area/ school/ office

SEPTEMBER

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16 - International Ozone Day
 18 - International Coastal Clean-up Day
 28 - Green Consumer Day



Save Energy

- Use carpooling with friends & colleagues
- Drive in the correct gear & keep your foot off the clutch when not changing gears
- Use public transport
- Take the stairs instead of an elevator
- 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

OCTOBER

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01 to 07 - Wildlife Week
 04 - World Animal Day
 13 - International Day for
 Natural Disaster Reduction

14 - World Standards Day
 24 - International Day of
 Climate Action



Save Energy

- Use LED bulbs/ tube-lights
- Use solar water heater and solar cooker
- 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

NOVEMBER

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19 - World Toilet Day
21 - World Fisheries Day



Save Energy

- 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 using treadmill

DECEMBER

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02 - National Pollution Prevention Day
 03 - Bhopal Gas Tragedy Day
 05- World Soil Day
 11- International Mountain Day

14 - National Energy Conservation Day
 24 - National Consumer Rights Day

30 Green Routines towards Sustainability



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