

## Mission LiFE: Lifestyle for Environment

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Mission Lifestyle for Environment recognises that Indian culture and living traditions are inherently sustainable. The importance of conserving our precious natural resources and living in harmony with nature are emphasised in our ancient scriptures. The need of the hour is to tap into that ancient wisdom and spread the message to as many people as possible. Mission LiFE seeks to channel the efforts of individuals and communities into a global mass movement of positive behavioural change.

### Save energy

Energy consumption is a significant contributor to greenhouse gas emissions, which is the primary cause of climate change. By reducing energy use, we can reduce our carbon footprint and help mitigate the effects of climate change. Saving energy is essential for preserving natural resources. By using energy efficiently and investing in renewable energy sources, we can reduce our reliance on non-renewable resources and ensure a sustainable future. When we take small steps to save energy, we reduce our costs, and help create a healthier environment and an energy secure nation.

- ❖ 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 and 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 that are used frequently
- ❖ Install community earthen pots for cooling water
- ❖ Defrost fridge or freezer regularly
- ❖ Run outdoors instead of on a treadmill

### Save water

Water is a finite resource and the demand for water is rapidly increasing. There is a risk of water scarcity in many regions of the world. Saving water

can help to ensure that there is enough water to meet the needs of the current and future generations. Saving water can also help to reduce water bills for households and businesses, as well as reduce the strain on water treatment facilities and infrastructure. Water is also essential for plant and animal life, and water scarcity can have severe consequences for natural habitats and the species that depend on them. When we take small actions to save water, we are securing a sustainable future, reducing energy consumption and greenhouse gas emissions, saving money, and preserving ecosystems and biodiversity.

- ❖ Adopt cultivation of less water-intensive crops like millets
- ❖ Participate in recharge of rural water bodies through the 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, laser levelling, 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
- ❖ Use buckets instead of hose pipes to water plants/ floors/ vehicles
- ❖ Fix leaks in flushes, taps and waterpipes
- ❖ Use water-efficient fixtures for taps, showerheads, and toilet flush units
- ❖ Invest in a water metre 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

#### **Say no to single use plastic**

Single-use plastics are designed to be used once and then discarded, contributing to the massive amount of plastic waste that is polluting our planet. It is typically made from fossil fuels, a non-renewable resource. By reducing our reliance on single-use plastic, we can help to conserve natural resources and reduce greenhouse gas emissions. According to the Central Pollution Control Board, India generated around 34.7 lakh (3.47 million) tonnes of plastic waste in 2019-20. Avoiding the use of items made from plastic that can only be used once is an important step to reduce its damaging impact on our health and environment. From the 1st of July 2022, the Government of India decided to ban certain single-use plastic items, such as plates, cups, glasses, cutlery such as forks, spoons, knives, straws, trays and cigarette packets, plastic or PVC banners of less than 100 microns. Single-use plastics take hundreds of years to break down, and they can harm wildlife that ingests or becomes entangled in them. Therefore, refusing single-use plastic also helps to protect our marine and terrestrial ecosystems. By making small changes in our daily lives to refuse single-use plastics, we can help to create a more sustainable and resilient future for all.

- ❖ 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
- ❖ 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 bits
- ❖ from mixing into biodegradable waste
- ❖ Opt for bamboo toothbrushes and neem combs

#### Reduce E-waste:

Electronic waste, or e-waste, is a growing environmental problem that results from the improper disposal of electronic devices. These devices contain hazardous materials, such as lead, mercury, and cadmium, which can pollute the environment and pose a risk to human health. Electronic devices also contain valuable materials, such as gold, silver, and copper, which can be recycled and reused in the production of new devices. By recycling e-waste, we can conserve our natural resources and also create jobs and stimulate local economies. We must take action to reduce E-waste, while ensuring the proper disposal and recycling of the same.

- ❖ 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

#### Adopt sustainable food systems

Consuming locally available and seasonal foods are key ways of contributing to sustainable food systems. By doing so, we can support local farmers and communities, and reduce the carbon footprint

associated with transporting food long distances. Food waste is another critical issue that must be addressed to ensure our food systems are sustainable. According to the Food and Agriculture Organization of the United Nations, around one-third of all food produced globally is lost or wasted each year. This waste has economic, social, and environmental implications, including the loss of valuable resources such as water, land, and energy. By reducing food waste, we can conserve these resources and reduce greenhouse gas emissions. Our consumer choices and sustained efforts by our farming communities can ensure that the food systems of the future are resilient and sustainable.

- ❖ Include millets and nutri cereals in diets
- ❖ 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

#### Reduce waste

Reducing, Refusing and Recycling are key ways to reduce the heavy burden of waste on our environment and health. Efficient waste management is key to keeping our surroundings clean, which in turn leads to a lot of social, economic and environmental benefits. Many of the products we use and consume require the use of finite resources, such as fossil fuels and minerals. By reducing waste, we can conserve these resources and use them more efficiently. By taking action to reduce waste in our daily lives, we can help to create a more sustainable future for all. Doing so will set a good example for others and encourage more sustainable behaviours.

This can help create a culture of sustainability and inspire others to take action to reduce waste

- ❖ 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 and 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

#### **Adopt healthy life style:**

Indigenous herbs and medicinal plants are an important part of the natural ecosystem, providing important habitats for wildlife and promoting biodiversity. Many local communities rely on these plants for traditional medicine and other uses. Indigenous trees are essential for maintaining a healthy environment, providing a range of benefits such as absorbing carbon dioxide, preventing soil erosion, and providing shade and shelter for wildlife. Biodiversity conservation efforts, both at the individual and community level (through green clubs and volunteer groups, for instance), are essential

enablers of healthy lifestyles. By taking such actions to protect the environment and promote sustainability, we can help to create a better world for ourselves and future generations.

- ❖ 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

Let us draw inspiration from ancient Indian literature that is replete with references to the management, conservation, and protection of the environment. Texts like the Arthashastra, Upanishads, and Vedas, are full of verses that highlight the values of environmental protection. Let us continue to invest in technological innovations that can improve the efficiency of our resource consumption, while developing alternative materials that are less harmful to the environment. This potent combination of traditional Indian wisdom and modern scientific development forms the core of Mission LiFE.

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