

Mission LiFE 2022-23

In 2022-23, Mission LiFE will focus on Phase I, Change in Demand, by nudging individuals, communities and institutions to practice simple environment-friendly actions (LiFE actions) in their daily lives. **In view of Mission LiFE being launched in the 75th year of India's independence, a comprehensive and non-exhaustive list of 75 individual LiFE actions across 7 categories is identified** such that most actions are:

- Specific and measurable
- Easy to practice by individuals, communities and institutions, with minimal supply-side dependencies
- Non-disruptive to ongoing economic activity, and, in fact, promoting economic activity in the foreseeable future

List of Actions

Energy Saved	
1	Use LED bulbs/ tube-lights
2	Use public transport wherever possible
3	Take the stairs instead of an elevator wherever possible
4	Switch off vehicle engines at red lights and railway crossings
5	Use bicycles for local or short commute
6	Switch off irrigation pumps after use
7	Prefer CNG/ EV vehicle over petrol/ diesel vehicles
8	Use carpooling with friends & colleagues
9	Drive in the correct gear. Keep your foot off the clutch when not changing gears
10	Install a solar water or solar cooker heater on rooftops
11	Switch off appliances from plug points when not in use
12	Use biogas for cooking and electricity needs
13	Keep temperature of Air Conditioners to 24 degrees
14	Prefer pressure cookers over other cookware
15	Keep your electronic devices in energy-saving mode
16	Use smart switches for appliances which are used frequently
17	Install community earthen pots for cooling water
18	Defrost fridge or freezer regularly
19	Run outdoors instead of on a treadmill
Water Saved	
20	Adopt cultivation of less water intensive crops like millets
21	Participate in recharge of rural water bodies through Amrit Sarovar Scheme
22	Practice crop diversification. Move from rice & wheat cultivation to pulse & oil seed cropping system.

23	Use efficient water saving technologies (like micro-irrigation, bunding, farm ponds, zero tillage, direct seeded rice, alternate wetting and drying and others)
24	Create rainwater harvesting infrastructure in home/ schools/ offices
25	Use drip irrigation systems created with waste materials, wherever possible
26	Reuse water from washed vegetables to water plants and other purpose
27	Pre-soak heavy pots and pans before washing them
28	Do not discard unused stored water every time there is fresh water coming in taps
29	Use buckets instead of hose pipes to water plants/ floors/ vehicles
30	Fix leaks in flushes, taps and waterpipes
31	Use water-efficient fixtures for taps, and showerheads, and toilet flush units
32	Invest in a water meter for your house to measure water consumption regularly
33	Reuse water drained out from AC/RO for cleaning utensils, watering plants and others
34	Prefer a water purification system that wastes less water
Single Use Plastic Reduced	
35	Use cloth bag for shopping instead of plastic bags
36	Carry your own water bottle wherever possible
37	Reuse glass containers/ packaging plastic items as storage boxes
38	Participate in and mobilize participation for clean-up drives of cities and water bodies
39	Prefer using non-plastic eco-friendly cutlery during gatherings and events
40	Turn off running taps when not in active use
41	Use menstrual cups instead of sanitary napkins
42	Use recycled plastic over virgin plastic, wherever possible
43	Use steel/ recyclable plastic lunch boxes and water bottles
44	Cut the packaging bags used for milk, buttermilk, etc. only partially to avoid plastic bits from mixing into biodegradable waste
45	Opt for bamboo toothbrushes and neem combs
Sustainable Food Systems Adopted	
46	Include millets in diets through Anganwadi, Mid-Day meal and PD scheme
47	Compost food waste at home
48	Create kitchen gardens/ terrace gardens at homes/ schools/ offices
49	Prepare organic manure from cow dungs and apply to farms
50	Prefer locally available and seasonal foods
51	Use smaller plates for daily meals to save food wastage
Waste Reduced (Swachhata Actions)	
52	Contribute cattle waste, food waste, and agricultural waste to biogas plant (provided under GOBARDHAN)
53	Practice segregation of dry and wet waste at homes
54	Use agricultural residue, animal waste for composting, manuring and mulching

55	Recycle and reuse old newspapers, magazines
56	Feed unused and uncooked vegetables leftovers to cattle
57	Set printer default to double-side printing
58	Repair, reuse and recycle old furniture
59	Buy paper products made from recycled paper
60	Donate old clothes and books
61	Do not discard waste in water bodies and in public spaces
62	Do not let pets defecate in the public places
Healthy Lifestyles Adopted	
63.	Encourage use of millets in food and indigenous herbs and medicinal plants for nutrition and well being
64	Prefer consuming natural or organic products
65	Start biodiversity conservation at community level
66	Plant medicinal plants such as neem, tulsi, giloy, mint, curry leaves, ashwagandha, curry leaves etc. within household premises
67	Practice natural or organic farming
68	Plant trees to reduce the impact of pollution
69	Avoid purchasing products/souvenirs made from skin, tuskers and fur of wild animals
70	Create and volunteer at community food and cloth banks, and at animal shelters
71	Initiate and/or join green clubs in your residential area/ school/ office
E-Waste reduced	
72	Repair and use electronic devices over discarding the devices
73.	Discard gadgets in nearest e-recycling units
74	Use rechargeable lithium cells
75	Prefer cloud storage over a pen drive / hard drive