

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 (19 Action Points)

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 temperatures 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 (15 Action Points)

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 (11 Action Points)

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 (06 Action Points)

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) (11 Action Points)

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 (09 Action Points)

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 (04 Action Points)

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

Mission LiFE Logos



LiFE
Lifestyle for
Environment

Prakriti Mascot



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