



LiFE
Lifestyle for
Environment



75
Azadi Ka
Amrit Mahotsav



LEXICON of **LiFE**



MESSAGE



Environmental degradation and climate change are global phenomena wherein anthropogenic activities in one part of the world impacts ecosystem across the globe. Globalization has led to consumerism which in turn has been a major factor in depletion of natural resources causing damage to our planet's life. Mahatma Gandhi once quoted "The Earth has enough for everyone's need but not for everyone's greed". This exemplifies the need of nudging individuals to adopt sustainable practices.

The concept of 'Lifestyle for the Environment (LiFE)' was introduced by Hon'ble Prime Minister Shri Narendra Modi at COP 26 in Glasgow. He called upon the global community to rekindle a global pursuit of Lifestyle for Environment (LiFE). He urged to take LiFE forward as an international mass movement towards "mindful and deliberate utilisation, instead of mindless and destructive consumption". The Mission emboldens the spirit of the P3 model, i.e., Pro Planet People, as it is premised on the basic principles of 'Lifestyle of the planet, for the planet and by the planet'.

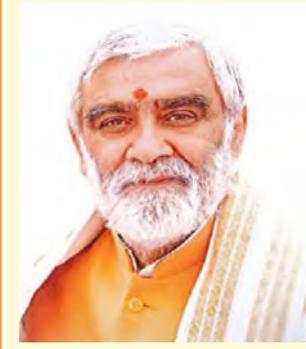
India is committed to put forward and further propagate a healthy and sustainable way of living based on traditions and values of conservation through 'Lifestyle for Environment' as a key to combating climate change. The Ministry of Environment, Forest and Climate Change (MoEF&CC) is implementing a programme titled, 'Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP)' corresponding to erstwhile scheme named ENVIS. In an endeavour to mainstream the concept of LiFE a 'EIACP National Workshop on LiFE' has been envisaged. The "EIACP National Workshop on LiFE (NWL) 2023" is scheduled to be held on Monday, 30th January, 2023 in the Ministry of Environment, Forest and Climate Change (MoEF&CC), New Delhi.

The workshop will see participation of all EIACP Programme Centres from across the country. An Infographic Booklet 'Lexicon of LiFE: A-Z of sustainable lifestyle' designed and developed by the team of EIACP Division, MoEF&CC highlighting the simple changes that one can adopt at individual level for transition towards sustainable lifestyle will be launched at the workshop. Various EIACP Programme Centres will display GSDP/LiFE products as well as activities undertaken under Mission LiFE.

I extend my best wishes to entire team of the EIACP Division of Ministry of Environment, Forest and Climate Change for successful organization of the EIACP National Workshop on LiFE.

(Bhupender Yadav)
Hon'ble Minister
Environment, Forest and
Climate Change

MESSAGE



The culture of conservation of nature dates back to the ancient Vedic period. The four Vedas — Rig-Veda, Sama-Veda, Yajur-Veda and Atharva-Veda — are full of hymns that celebrate various natural entities. However, the tremendous and pervasive changes in the domain of environment caused by various anthropogenic activities has become a major cause of concern in the present times.

In this context, Hon'ble Prime Minister, Shri Narendra Modi has coined the term LiFE- Lifestyle for Environment during the 26th United Nations Climate Change Conference of the Parties (COP26) in Glasgow in 2021. LiFE highlights the need to shift from a throwaway culture to more sustainable ones.

LiFE is envisioned as an India-led global mass movement that will spur individual and collective action to protect and preserve the environment. As per the updated NDC, India now stands committed to reduce Emissions Intensity of its GDP by 45 percent, from 2005 level by 2030 and achieve about 50 percent cumulative electric power installed capacity from non-fossil fuel-based energy resources by 2030. In addition, India's updated NDC also includes an element on LiFE. This will take forward Hon'ble Prime Minister's vision of sustainable lifestyles and climate justice to protect the poor and vulnerable from adverse impacts of climate change.

In order to complement India's efforts towards steering Mission LiFE, Ministry of Environment, Forest and Climate Change has envisaged a programme named 'Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP)' corresponding to erstwhile ENVIS Scheme. EIACP National Workshop on LiFE will be conducted on 30th January, 2023 in Ministry of Environment, Forest and Climate Change to promote the idea of LiFE among academicians, researchers, school students, NGOs etc. The EIACP Programme Centres will actively participate in the workshop and engage in various activities under LiFE.

I congratulate the entire team for organising this grand event and convey my best wishes for its success.

सर्वे भवन्तु सुखिनः


(Ashwini Kumar Choubey)
Hon'ble Minister of State
Environment, Forest and
Climate Change

लीना नन्दन
LEENA NANDAN

75
आज़ादी का
अमृत महोत्सव



सत्यमेव जयते

सचिव
भारत सरकार
पर्यावरण, वन एवं जलवायु परिवर्तन मंत्रालय
SECRETARY
GOVERNMENT OF INDIA
MINISTRY OF ENVIRONMENT, FOREST AND
CLIMATE CHANGE



MESSAGE

The Hon'ble Prime Minister of India, Shri Narendra Modi launched Mission LiFE at the Statue of Unity, in Ekta Nagar, Gujarat on October 20, 2022. The objective of Mission LiFE is to promote concepts that are integral to sustainable lifestyles and thus build a community of Pro-Planet People.

The Mission encompasses a three-pronged strategy: Nudging individuals to practice simple yet effective environment-friendly actions in their daily lives; Exhorting industries and markets to respond swiftly to the changing demand and; Influencing policy, in order to support both sustainable consumption and production.

It is imperative to generate awareness amongst individuals, especially the youth, towards adoption of environment friendly practices. Through advocacy and outreach programmes, Mission LiFE aims to influence behaviour and create a mass movement towards environmentally conscious actions.

In this context, the Ministry of Environment, Forest and Climate Change is organizing a National Workshop on LiFE, on January 30, 2023. The entire network of Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP) Centres located across India would be participating in the event.

I convey my best wishes to the entire team of EIACP for successful conduct of the upcoming National Workshop on LiFE.


(Leena Nandan)

Dated: January 27, 2023.





FOREWORD

According to the United Nations Environment Programme (UNEP), by changing individual and community behaviour, a significant impact can be made in reducing environmental and climate issues. It estimates that if one billion people out of the global population of eight billion adopt environment friendly behaviours in their daily lives, global carbon emissions could decrease by approximately 20%.

Hon'ble Prime Minister, Shri Narendra Modi remarked that "The mantra of Mission Life is 'Lifestyle For Environment'. While emphasizing on the benefits of Mission LiFE, our Hon'ble Prime Minister stated that LiFE connects the powers of the people for the protection of this earth, and teaches them to utilise it in a better way. He underlined that Mission LiFE makes the fight against climate change democratic, in which everyone can contribute within their capacity.

Owing to our Hon'ble Prime Minister's vision, to make the fight against climate change more democratic and adopt sustainability as a way of life, Ministry of Environment, Forest and Climate Change is implementing a Programme titled 'Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP)' corresponding to erstwhile ENVIS Scheme. The revamped mandate of EIACP Programme underscores the relevance of outreach and awareness activities on LiFE.

To manoeuvre the Programme towards one of its intended objectives viz. aligning the activities of scheme with LiFE, a National Workshop on LiFE has been planned. It will be organized on 30th January, 2023 within the premises of Ministry of Environment, Forest and Climate Change. The EIACP National Workshop on LiFE will enable us to exemplify the tremendous efforts that has been undertaken by EIACP Programme Centres under MoEF&CC to apprise the masses including the youth about LiFE. In the long run, this programme will be instrumental in ensuring a transition to a society encompassing environmentally conscious citizens. The EIACP National Workshop on LiFE will be a platform to demonstrate that EIACP Programme Centres are natural anchors for LiFE.

I would like to express my heartfelt thanks to our entire team in the EIACP Division for putting their efforts to create a meaningful impact with their new booklet 'Lexicon of LiFE: A-to-Z of Sustainable Lifestyle'. I wish the EIACP team at the Ministry of Environment, Forest and Climate Change great success and hope that all stakeholders, especially the youth and students will find it informative and educational.

(Dr. Sujit Kumar Bajpayee)

Joint Secretary
Environment, Forest and
Climate Change



*A*lternative to Plastics

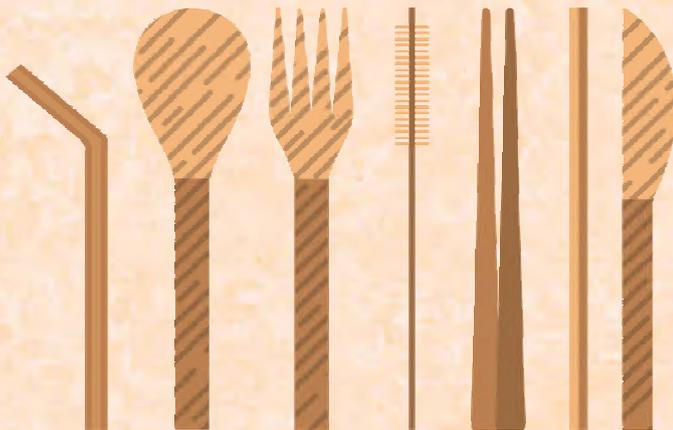
Refrain from using

PLASTIC

products to the
extent possible.



Bamboo bottles,
glass bottles, paper
straws and cloth
bags should be
used.



Use locally sourced
nature based
products like pattals,
wooden spoons etc.
for cutlery.



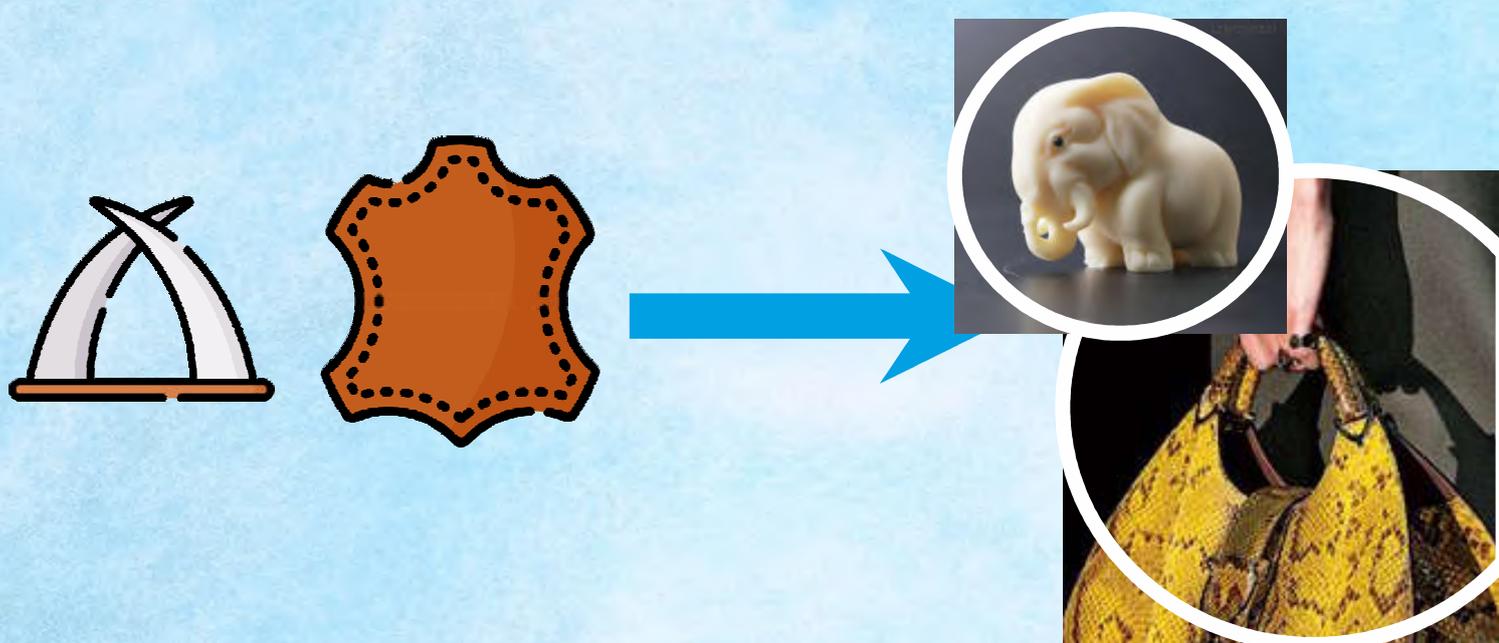


Biodiversity Conservation

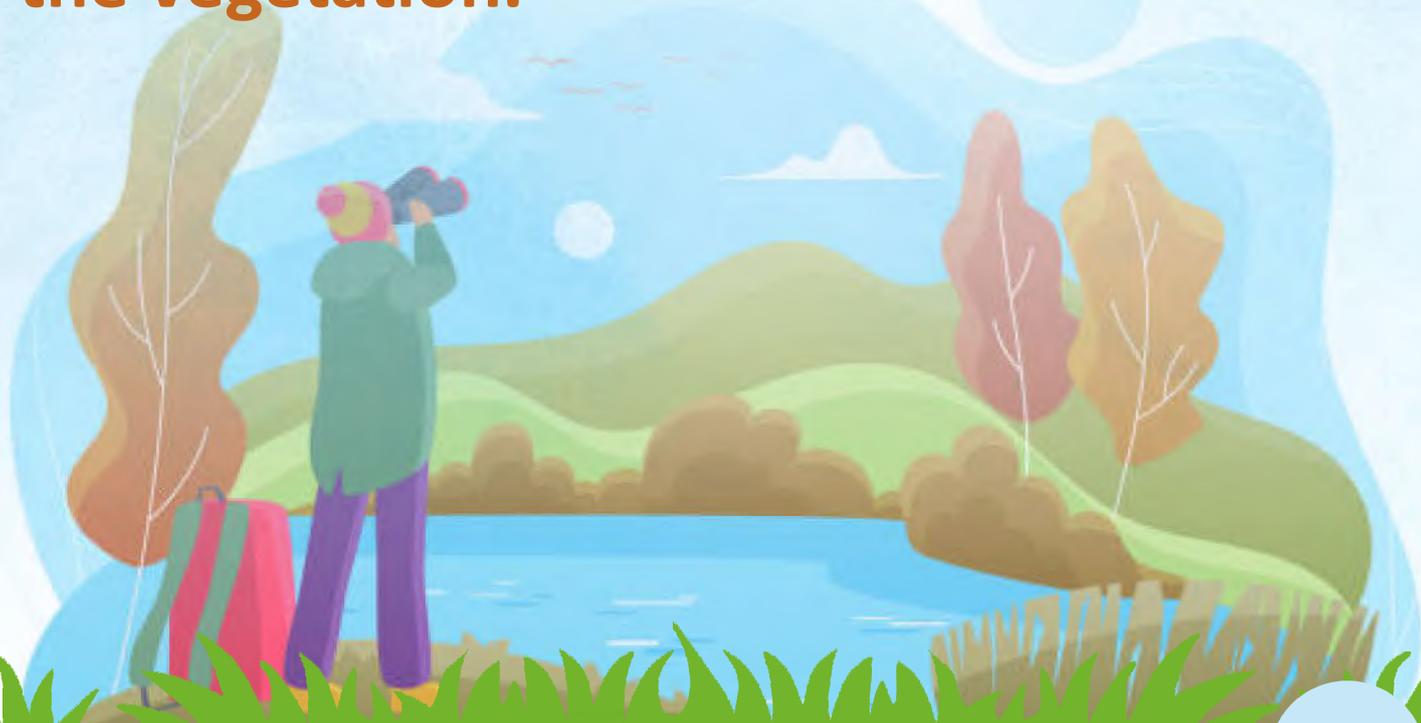


Respect Natural Habitats

Don't buy products like ivory, leather etc. sourced from endangered species.



During walking and hiking trails, stick to the walking path and don't trample on the vegetation.





Circular Economy



Try and repair things like clothing, accessories etc. instead of throwing away as trash



Water plants with water that has been used to wash vegetables and lentils



Use old newspapers for packaging





*D*igital Consciousness

Reducing the size of the documents sent by email to reduce the size of the message



Asking for
e-statements



Regularly deleting
emails and emptying
recycle bin



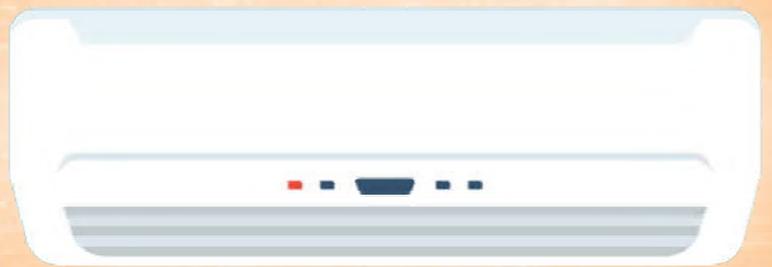


Buy a product that is rated 5-star by the **Bureau of Energy Efficiency (BEE).**





Turn off your appliances such as microwave, mixer and don't leave them on standby when not in use.

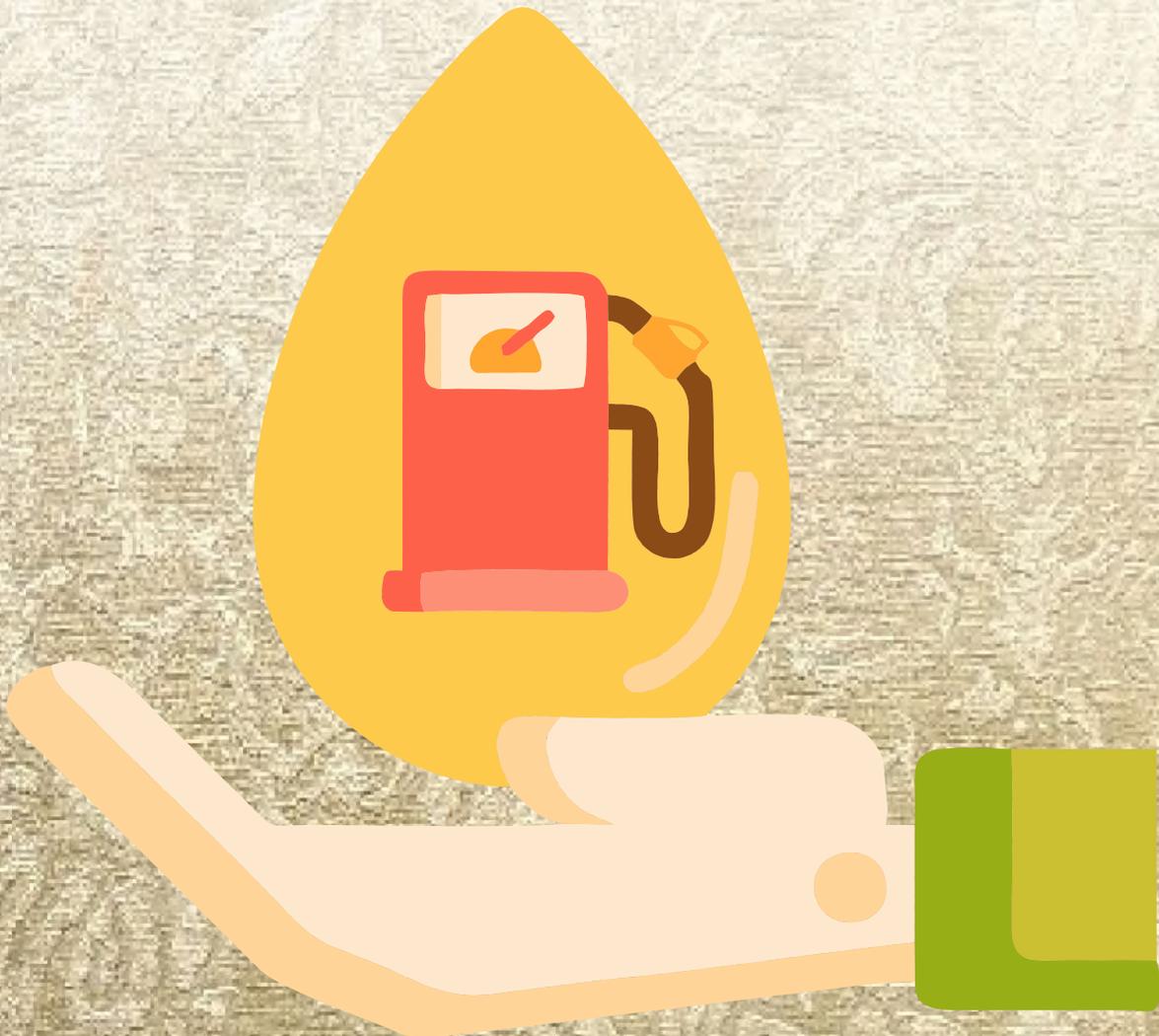


Turning off switches of ACs, heaters, lights when not in use.





F
uel - wise



Keeping all ingredients ready at hand before turning on the gas



Soaking rice and lentils for a while before cooking



Eating together should be preferred so that food is not reheated multiple times





GO GREEN



Plant more trees



Walk or cycle to small distances instead of driving



Take
resolution to
plant trees on
important
occasions
such as Birth,
marriages and
birthdays



Gift indoor
plants on
various
festivals and
occasions.



Healthy Planet, Healthy Us

Buy fresh fruits and vegetables and avoid highly processed foods and beverages.





Throw your garbage in the designated bins.



Treat your surroundings like you treat your home



Unite to take climate actions to protect your health.



Change to a renewable energy provider





I*ncentivizing technological adoption*

Adopting “**clean tech**” refers to products or companies that provide renewable energy and eco-friendly alternatives to current technologies



Adopting
drip/sprinkler
irrigation



Promoting insitu
recycling of
household waste as
well as Zero liquid
discharge in
industries.





Judicious use of resources

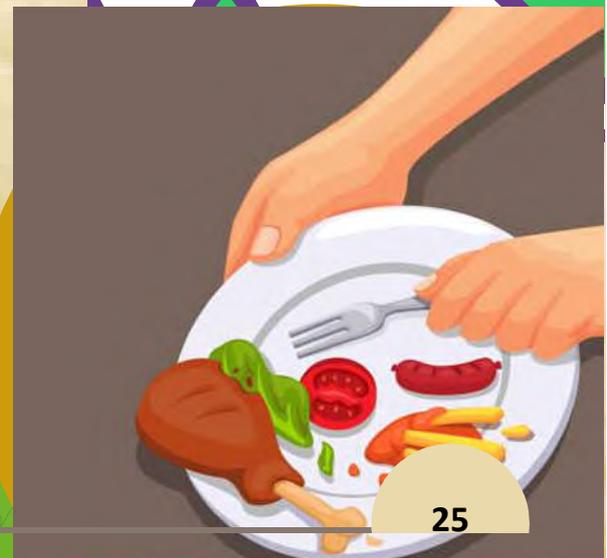
Follow Gandhiji's talisman and his philosophy of minimalism



Don't extract more than
required



Don't waste
water & food





*K*nowledge sharing



Give preference to Medicinal Herbs/ plants.



Valuing the Indian culture of conserving trees.

Celebrating festivals in an ecofriendly manner.





Landscaping

- 🌿 Design kitchen gardens, vertical and terrace gardens in the homes for thermal regulation
- 🌿 Use plants that cost less energy like native plants adapted to that environment.
- 🌿 Applying mulch over exposed soil



 Covering loose ground with moss

 Planting large shade trees on the side facing the sun.





Microenvironment Management

Conducting water and energy audit through electricity and water bills in homes, colonies, schools etc.



Water Audit



Water Leaking



Water Conservation



Rain water harvesting

Adopt environment friendly measures such as rain water harvesting, e-waste recycling etc. in homes, colonies, schools etc.



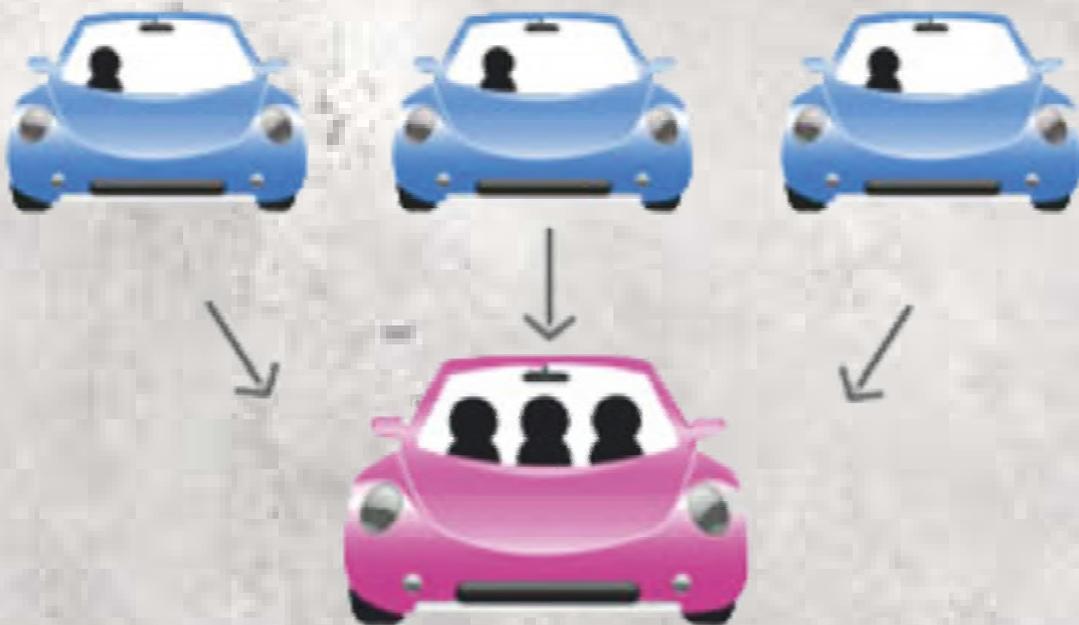
Choosing environment friendly and sustainable materials for furniture, floorings, furnishings etc.





*N*eed not Greed

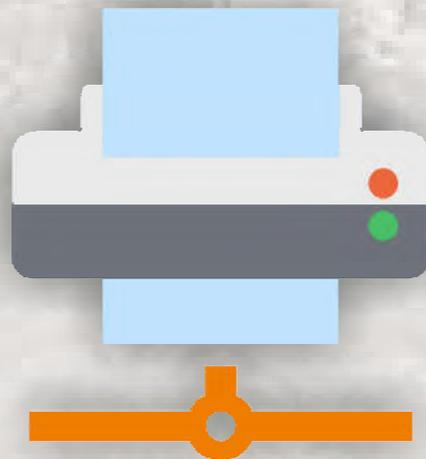
Adopt **Car Pool** wherever possible.





Avoid food wastage during functions, marriages, parties etc.

Share stationary, printer etc in offices





O *ptimum office*

 Optimise use of printed papers and go in for double sided printing as far as possible



Bringing personal
coffee mug/ plates
instead of disposable
cups/mugs





*P*rioritize our Planet

Work towards reducing all forms of
Pollution.





Conduct meetings virtually
as far as possible



Indulge in outdoor sports and activities for
physical and mental health instead of
digital games with high carbon footprint.





Quit habits antithetical to environment

Quit smoking and spitting paans in
buildings and open spaces.





Quit laxity in following environment friendly behaviour.

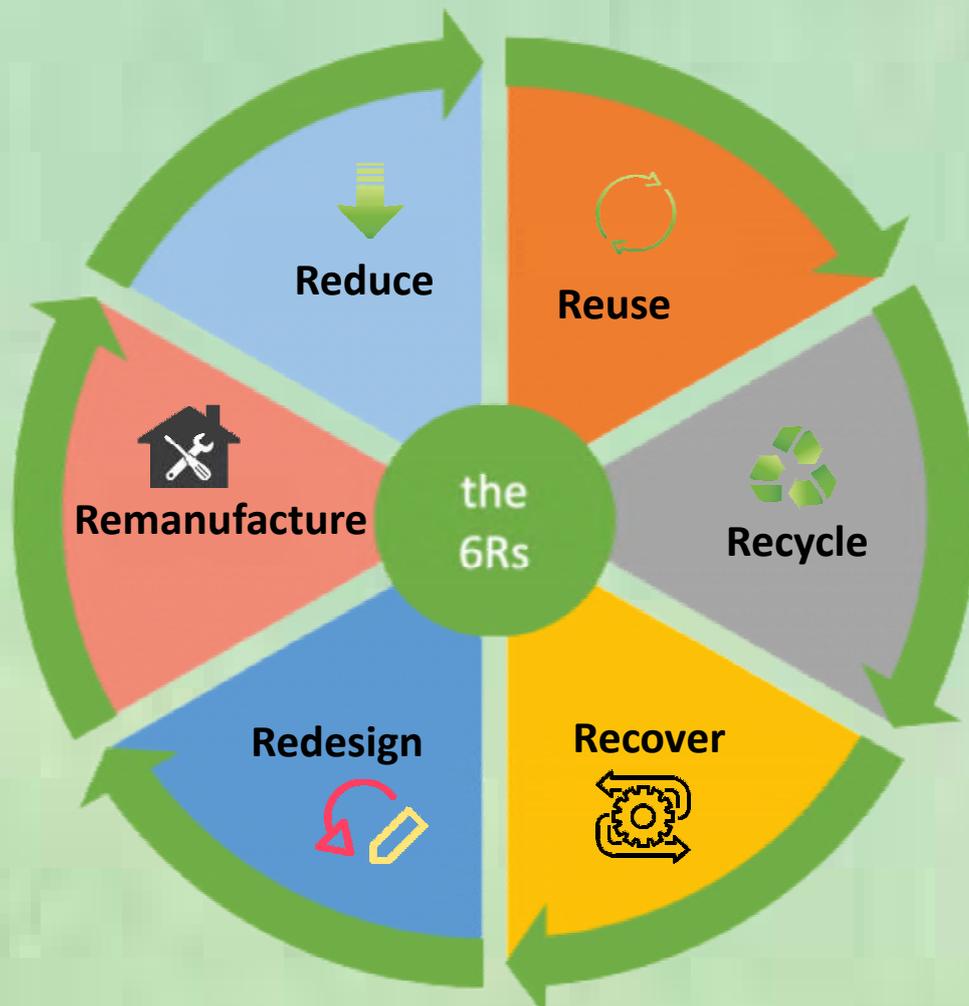


Quit using products with high carbon footprint.



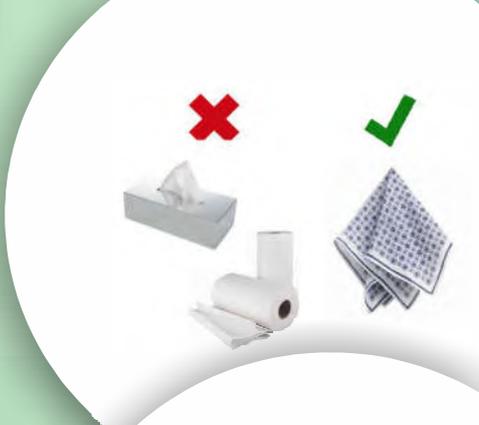


*6Rs- Reduce, Reuse, Recycle,
Recover, Redesign and
Remanufacture*





Giving used textbooks to juniors; making rough notebooks from unused sheets of old notebooks.



Donating clothes to charity



Using handkerchiefs instead of tissues





Sustainable agriculture





Use agricultural residue for mulching and composting

Sell/process stubble instead of burning it

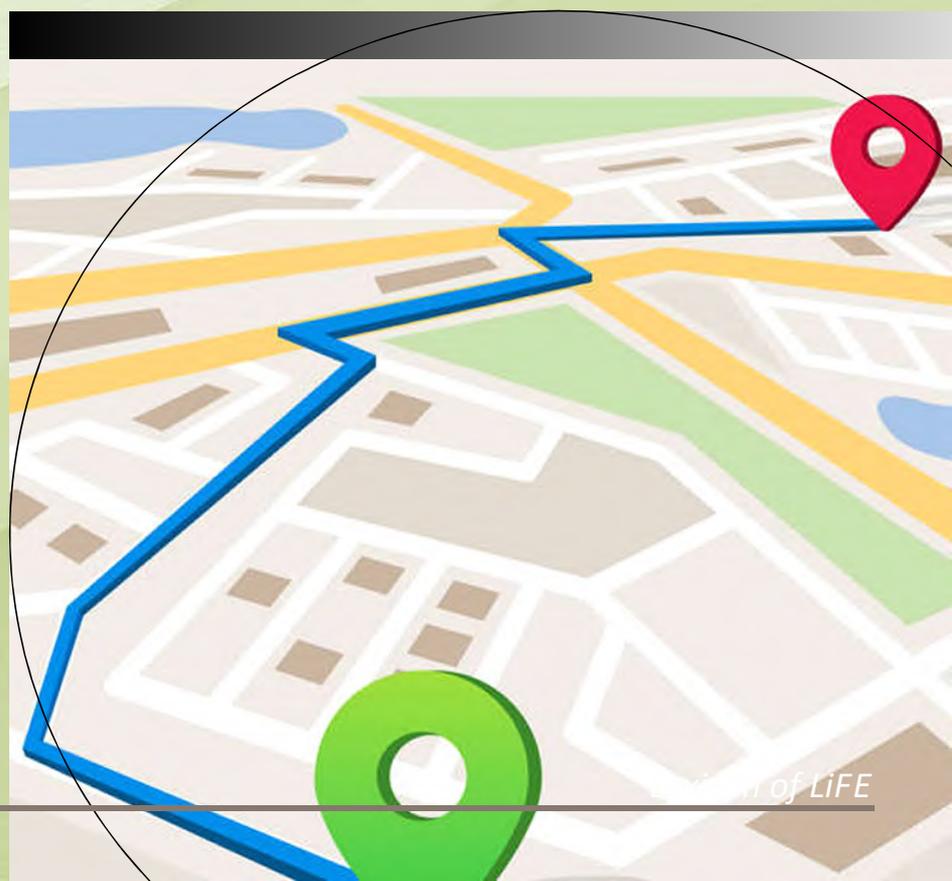


Follow natural and organic farming practices



T ransport

Plan your trips and your route. Take less congested routes even if these are slightly longer



Use hybrid vehicles/EVs to conserve fuel



Practice International Car-Free Day, World Bicycle Day and World Cycling Day

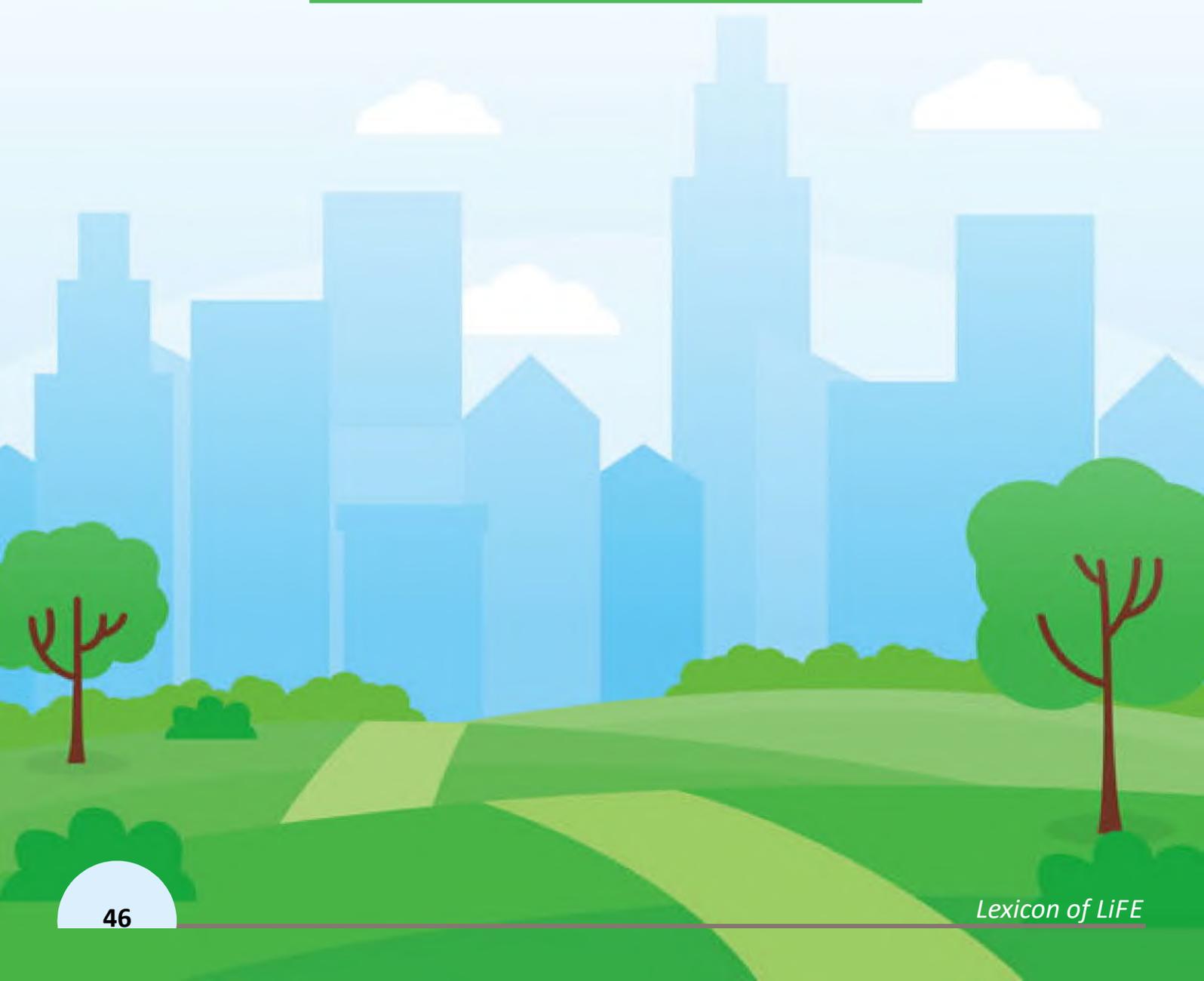


Regularly inflate vehicle tyres with nitrogen





*U*ber urban





Install dual flush/vacuum toilets



Install more windows in homes for natural light



Use solar water heaters instead of electric heaters





Value your culture

Do an hour of yoga instead of running on a treadmill.



Reverting to healthy dietary habits rooted in our culture like jowar, bajra, ragi.

Use dyes from natural sources

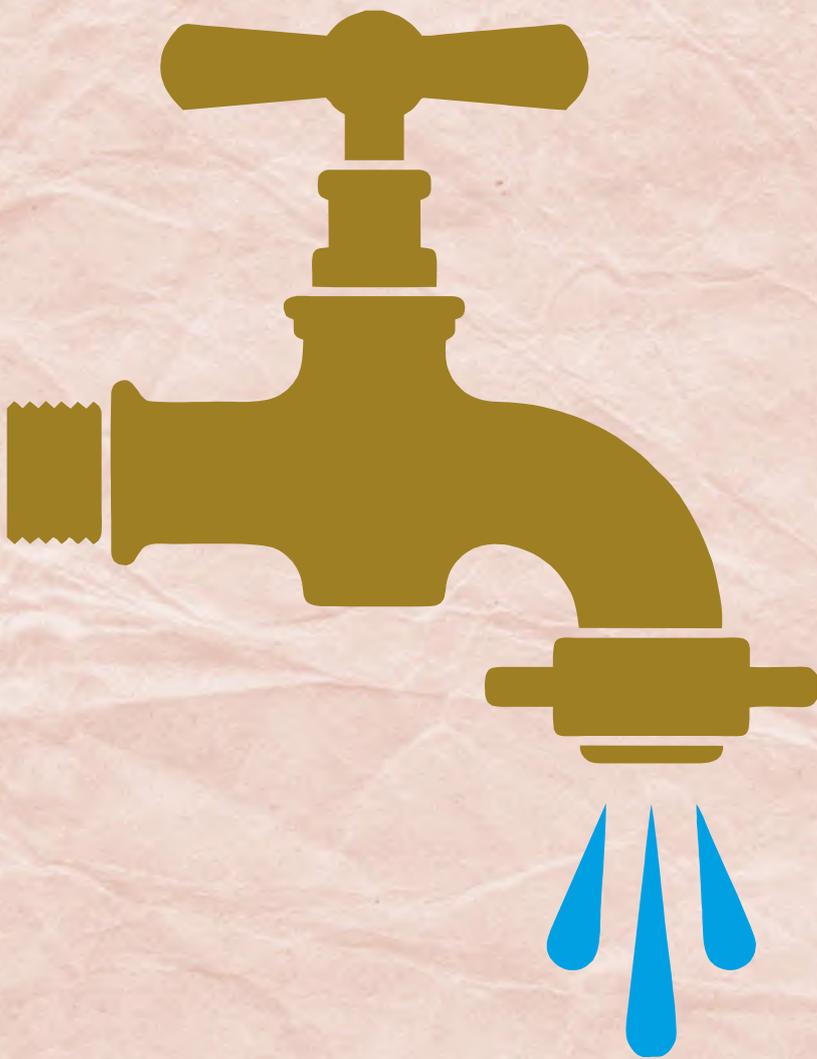




*W*aste management

Segregating biodegradable and non-bio-degradable wastes





Installing a faucet aerator to reduce water wastage

Recycle e-waste through recyclers instead of discarding them





'X
travagance' avoidance

Don't spend just
because you can afford it.





Optimise flower decorations in marriages and functions

Put extra efforts for making people aware in your locality like burning of waste by sweepers, dumping waste in the backyard etc.





*Catch them **Y**oung*

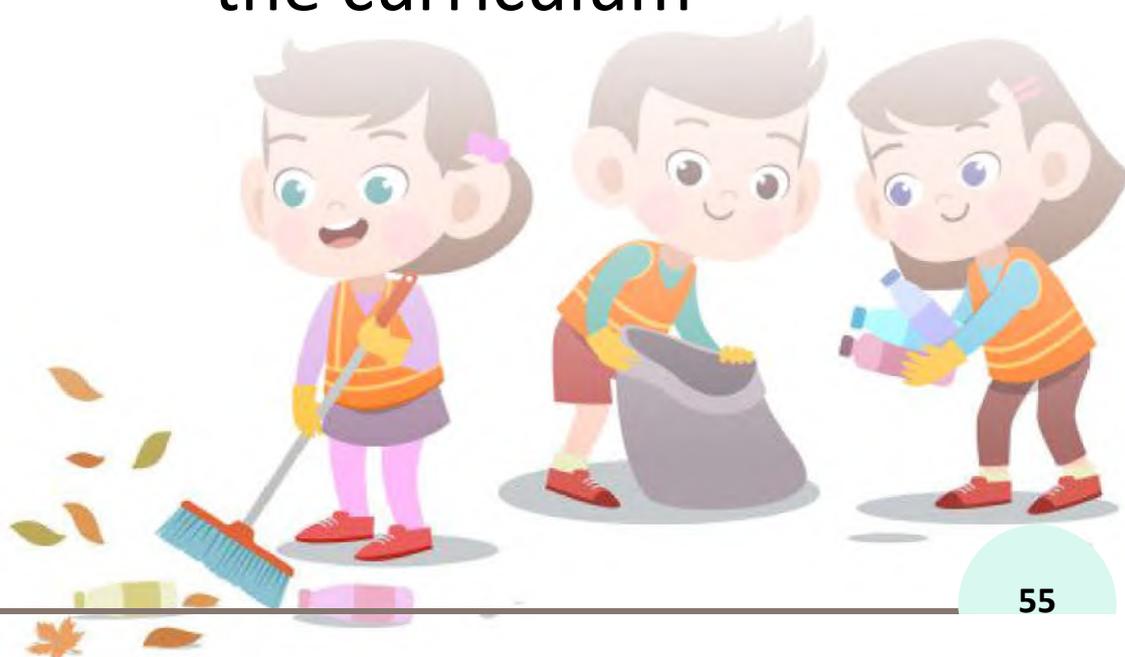




🌿 Parents should inculcate environment friendly behavior in their children.

🌿 Involving children in cleanliness drives in schools, colleges etc.

🌿 Mainstreaming Environmental studies in the curriculum





Zero-carbon lifestyle

Using staircase
instead of lifts.





Use public transport over private transport.



Solarize your homes



Lexicon of LiFE: A-Z OF SUSTAINABLE LIFESTYLE

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LiFE
Lifestyle for
Environment

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