

LiFE Actions: Energy Saved	
1. Switch off vehicle engines at red lights and railway crossings	11. Install a solar water or solar cooker heater on rooftops
2. Use LED bulbs/ tube-lights	12. Keep temperature of air conditioners to 24 degrees
3. Use public transport wherever possible	13. Prefer pressure cookers over other cookware
4. Use smart switches for appliances that are used frequently	14. Defrost fridge or freezer regularly
5. Switch off irrigation pumps after use	15. Take the stairs instead of an elevator wherever possible
6. Use bicycles for local or short commute	16. Run outdoors instead of on a treadmill
7. Install community earthen pots for cooling water	17. Use carpooling with friends and colleagues
8. Use biogas for cooking and electricity needs	18. Keep your electronic devices in energy-saving mode
9. Prefer CNG/ EV vehicle over petrol/ diesel vehicles	19. Drive in the correct gear. Keep your foot off the clutch when not changing gears.
10. Switch off appliances from plug points when not in use	

LIFE Actions: Water Saved

20. Invest in a water metre for your house to measure water consumption regularly	28. Fix leaks in flushes, taps and waterpipes
21. Use efficient water-saving technologies (like micro-irrigation, bunding, laser levelling, farm ponds, zero tillage, direct seeded rice, alternate wetting and drying and others)	29. Reuse water from washed vegetables and from washing machine to water plants and other purpose
22. Practice crop diversification	30. Use drip irrigation systems created with waste materials, wherever possible
23. Prefer cultivation of less water-intensive crops like millets	31. Use water-efficient fixtures for taps, showerheads, and toilet flush units
24. Participate in recharge of rural water bodies through the Amrit Sarovar Scheme	32. Reuse water drained out from AC/RO for cleaning utensils, watering plants
25. Create rainwater-harvesting infrastructure in home/ schools/ offices	33. Pre soak heavy pots and pans before washing them
26. Do not discard unused stored water every time The tap water supply resumes	34. Prefer a water purification system that wastes less water
27. Use buckets instead of hose pipes to water plants/ floors/ vehicles	35. Turn off running taps when not in active use

LiFE Actions: Single Use Plastic Reduced

36. Use recycled plastic over virgin plastic, wherever possible

37. Use menstrual cups instead of sanitary napkins

38. Cut the packaging bags used for milk, buttermilk, etc., only partially to avoid plastic bits from mixing into biodegradable waste.

39. Use cloth bag for shopping instead of plastic bags

40. Use steel/ recyclable plastic lunch boxes and water bottles

41. Carry your own non-plastic water bottle wherever possible

42. Reuse glass containers/ packaging plastic items as storage boxes

43. Opt for bamboo toothbrushes and neem combs

44. Participate in and mobilize participation for clean-up drives of cities and water bodies

45. Prefer non-plastic eco-friendly cutlery during gatherings and events

LiFE Actions: E-waste Reduced

46. Repair and use electronic devices over discarding the devices

47. Discard gadgets in nearest e-recycling units

48. Use rechargeable lithium cells

49. Prefer cloud storage over a pen drive / hard drive

LiFE Actions: Sustainable Food Systems Adopted

50. Prefer locally available and seasonal foods

51. Compost food waste at home

52. Use smaller plates for daily meals to save food wastage

53. Create kitchen gardens/ terrace gardens at homes/ schools/ offices

54. Include millets and nutricereals in diets

55. Prepare organic manure from cow dungs and apply to farms

LiFE Actions: Waste Reduced (Swachhata Actions)

56. Use agricultural residue, animal waste for composting, manuring and mulching

57. Recycle and reuse old newspapers, magazines and agricultural by-products (coconut leaves, bamboo, jute/coir and ash)

58. Feed unused and uncooked vegetables leftovers to cattle

59. Contribute cattle waste, food waste, and agricultural waste to biogas plant (provided under GOBARDHAN)

60. Donate old clothes and books

61. Set printer default to double-side printing

62. Repair, reuse and recycle old furniture

63. Buy paper products made from recycled paper

64. Practice segregation of dry and wet waste at homes

65. Do not discard waste in water bodies and in public spaces

66. Do not let pets defecate in the public places

LiFE Actions: Healthy Lifestyles Adopted

67. Encourage use of indigenous herbs and medicinal plants

68. Plant medicinal plants such as neem, tulsi, giloy, mint, curry leaves, ashwagandha, curry leaves, etc., within household premises

69. Practice natural or organic farming

70. Initiate and/or join green clubs in your residential area/school/ office

71. Create and volunteer at community food and cloth banks, and at animal shelters

72. Avoid purchasing products/souvenirs made from skin, tuskers and fur of wild animals

73. Prefer consuming natural or organic products

74. Plant trees to reduce the impact of pollution

75. Start biodiversity conservation at community level