INDIAN INSTITUTE OF TROPICAL METEOROLOGY, PUNE

Environmental Information Awareness, Capacity Building & Livelihood Programme (EIACP) Programme Centre Resource Partner

(Ministry of Environment, Forest & Climate Change, Govt. of India)

Mission LiFE (Lifestyle for Environment)

LiFE
Lifestyle for Environment

Overview

■ LiFE is an India-led global mass movement

✓ LiFE was introduced by Prime Minister Narendra Modi—at COP26 in Glasgow on 1 November 2021—as a mass movement for "mindful and deliberate utilization, instead of mindless and destructive consumption" to protect and preserve the environment.

✓ It aims to nudge individuals and communities to practice a lifestyle that is synchronous with nature and does not harm it.

✓ Those who practice such a lifestyle are recognized as **Pro Planet People**

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 some actions are:

Discard (gadgets) E-Waste in nearest e-recycling units

- Prevents toxic chemicals from polluting the ecosystem
- Refurbished equipment are reused and conserves natural resources
- It can prevent long-term damage
- E-waste recycling saves unnecessary dumps & landfills
- Creates new markets for the valuable components & jobs for professional recyclers

Switch off Vehicle Engines at red lights and railway crossings

- It will reduce fuel consumption and save money
- It reduces emissions and keeps your environment clean

Use Public Transport wherever possible

- It helps to improves road congestion and reduces air pollution
- You can enjoy a less stressful & safety journey with healthier lifestyles

Use Cloth Bag for shopping instead of plastic bags

- Cloth bags can be reused and recycled as well as non-toxic to the environment
- Cloth bags are capable of carrying more things
- Durable and long lasting, not easy to tear like Plastic and Paper bags do
- Cloth bags are biodegradable so they do not pollute the environment
- Cloth bags are more sustainable

Participate in recharge of Rural Water Bodies through Amrit Sarovar Scheme

- It helps in conservation of water and fight drought like condition
- These water bodies would help control flood
- During the summer, it will aid in preserving the level of ground water
- It helps boost to fisheries sector and availability of water to both local and migratory birds

Create Kitchen Gardens / Terrace Gardens at homes/ schools/ offices

- It reduces overall heat absorption of buildings and insulate the building against heat and cold
- it gives convenience of safe, pesticide-free, healthy green and fresh vegetables
- It helps to recycle vegetables and plant scraps
- Provides a hands-on experience on the cultivation of crops
- It is conducive to a routine of physical exercise, clean air and being close to nature

Create Rainwater Harvesting infrastructure in home/schools/offices

- It improves the quality and quantity of groundwater
- It advances self-sufficiency and helps conserve water
- It can be used as a backup source of water for emergencies
- Since it is a free source of water it reduces the water bill
- It can solve the drainage problems on your property

Use agricultural residue, animal waste for Composting, Manuring & Mulching

- It improves soil properties and provides nutrients in a stable organic form
- It helps to reduce waste and maintainance cost
- It increases plant growth & health, and conserves water
- It reduces weed germination, moderates soil temperature
- It helps to combat Climate Change and assists in Wetland Reclamation

Start Biodiversity Conservation at community level

- It helps to conservation of essential ecological diversity to preserve the continuity of food chains
- It will ensure sustainable management of the species and ecosystems.
- Biodiversity conservation serves as an insurance policy for the future
- It will protect and preserve species diversity

Buy Paper Products made from recycled paper

- It is more biodegradable than other materials
- Prevents pollution and reduces greenhouse gases by reducing the need to mine and process new raw materials
- Reduces the amount of waste sent to landfills and incinerators
- Recycling services are cheaper than trash-disposal services
- Wildlife habitats stay healthy because of paper

Fix LEAKS in flushes, taps and waterpipes

- It save our limited water resources
- It's Eco-Friendly and benefits not only you, but other nature too
- It saves your expenses on structural damage to your home
- It's not expensive and easy to get fix
- Protects your health and wellbeing

Opt for BAMBOO Toothbrushes & Neem combs

- It is safe & hygienic and just as effective as any plastic one
- It is strong, biodegradable and has no negative impact on the planet
- It helps to save the environment, especially the oceans, from being destroyed
- Neem comb contains natural antiseptic properties
- It encourage more sustainable living

Create and VOLUNTEER at Community Food and Cloth Banks, and Animal Shelters

- Community food provide a healthy boost to your self-confidence, self-esteem, quality time and life satisfaction.
- Cloth banks keeps your home clutter-free and aids those in need
- Animal shelters provide animals with food, water, and medical care; protection from the elements; relief from suffering; and a caring human presence

IITM-EIACP PC-PR, Pune steps towards Lifestyle for Environment

Let's Take Action Towards the Sustainable Development Goals (SDG's)

The Sustainable Development Goals (SDG's) are the blueprint to achieve a better and more sustainable future for all. It is a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. The Sustainable Development Goals (SDG's) are the blueprint to achieve a better and more sustainable future for all. It is a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. **The Time for action is now if we wish to shape our tomorrow. Let's take Climate Change Action Pledge and become a "Climate Change Warrior".**

CLIMATE CHANGE ACTION PLEDGE

Scan & Take E-Pledge