



LiFE

Lifestyle for Environment

An India-led global mass movement to nudge individual and community action to protect and preserve the environment

“Sustainable Home”



Issued by

EIACP PUDUCHERRY (erstwhile ENVIS)

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LiFE
Lifestyle for
Environment



Use cloth bags for shopping groceries instead of plastic bags.



Cut the packaging bags used for milk, buttermilk, etc. only partially to avoid plastic bits.



Carry a non-plastic eco friendly water bottle while stepping out of home.



Create rainwater harvesting infrastructure in home



Practice segregation of dry and wet waste at homes.



Ride bicycles whenever possible.



Close the tap while brushing, bathing, washing utensils, doing laundry etc.



Feed unused & uncooked vegetables or leftovers to cattle/pets/street animals, to reduce food waste.



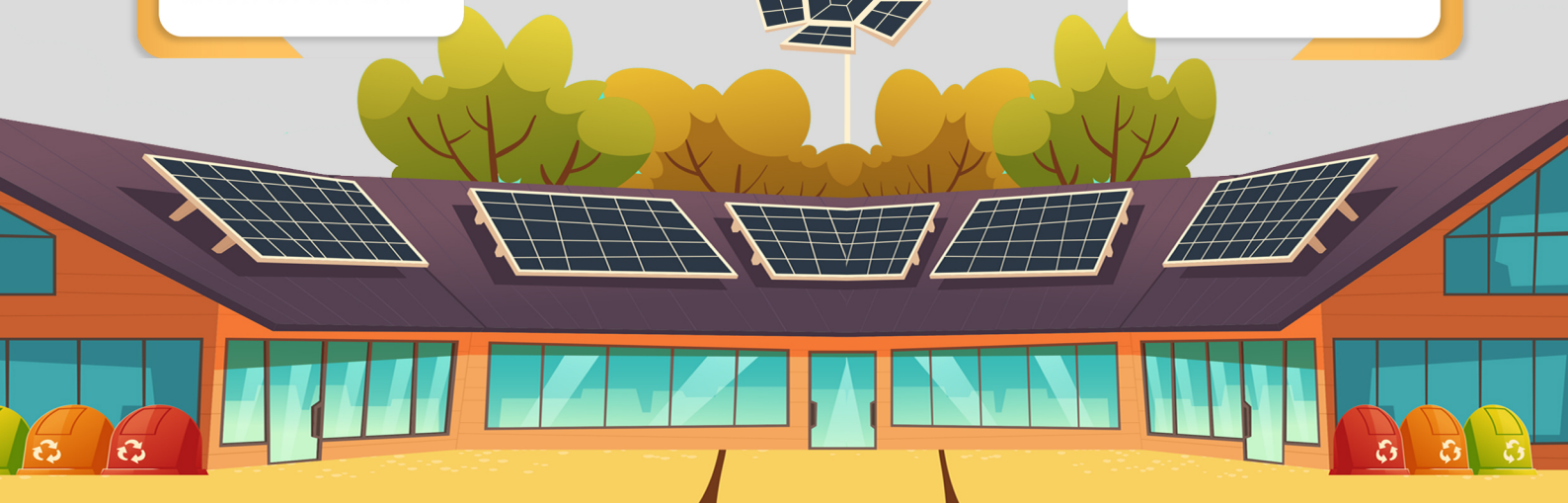
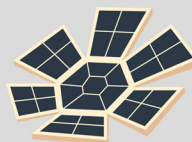
Turn off the lights, ACs, heaters and home appliances when not in use.



Pre soak heavily soiled pots and pans before washing them.



Sustainable Family



Defrost fridge
or freezer
regularly.



Compost food
and yard
waste.



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



Soak lentils and
pulses for
energy
efficient
cooking.



Reuse water drained
out from AC/RO for
cleaning utensils,
watering plants,
etc...



Lifestyle For Environment

Use
Ecofriendly
cleaning
products.



Dispose gadgets
in nearest
E-recycling
units.



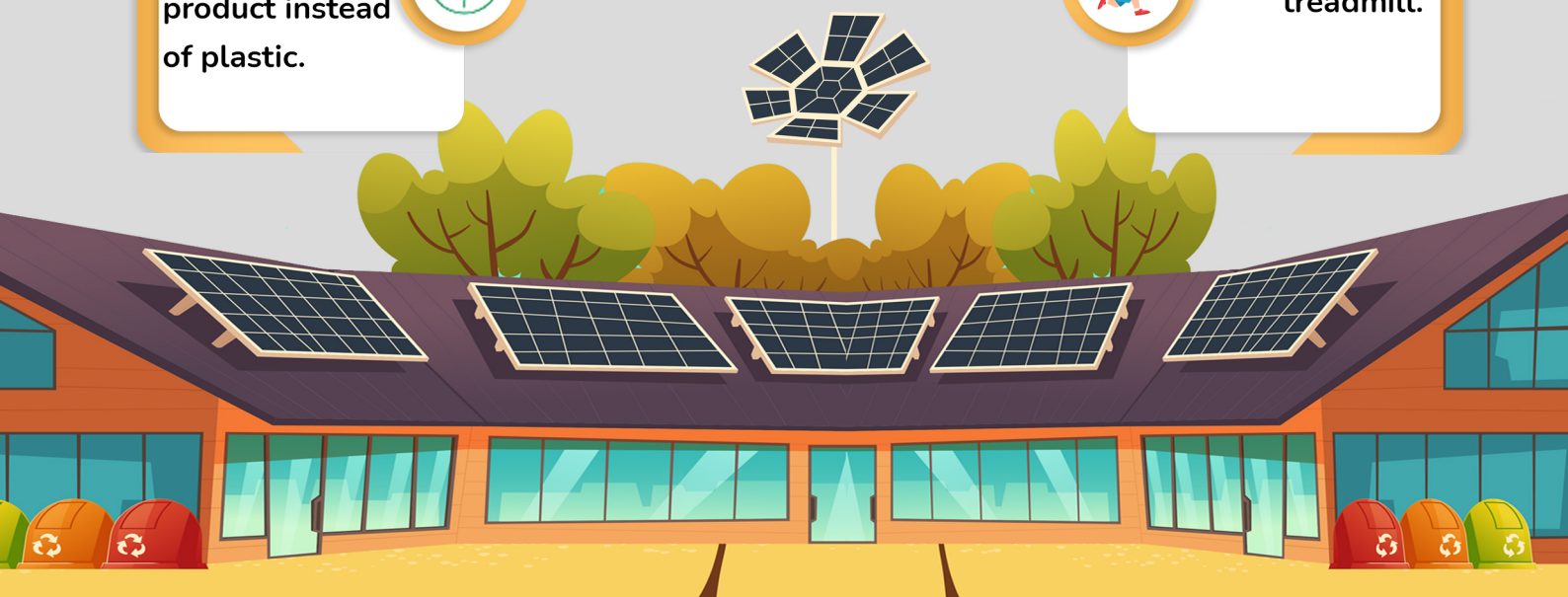
Use biogas for
cooking and
electricity
needs.



For decoration or
gift-wrapping
use eco-friendly
product instead
of plastic.



Run outdoors
instead of on a
treadmill.





LiFE

Lifestyle for Environment

LiFE movement is India's contribution to the global climate crisis

In this context, the concept of 'Lifestyle for the Environment (LiFE)' was introduced by Prime Minister Narendra Modi at COP26 in Glasgow on 1st November 2021, calling upon the global community of individuals and institutions to drive LiFE as an international mass movement towards "mindful and deliberate utilisation, instead of mindless and destructive consumption" to protect and preserve the environment.

LiFE and Sustainable Development Goals (SDGs)

The SDGs focused on sustainable cities and communities (SDG 11), responsible production and consumption (SDG 12), climate change (SDG 13), life on land (SDG 15), and life under water (SDG 14) emphasize that all individuals ensure that their lifestyles are in sync with the resources available on the planet.

SDG 12 entails decoupling economic growth and environmental degradation and demands more efficient and environmentally friendly management of resources, including improving energy efficiency, sustainable infrastructure, access to basic services, and providing green and decent jobs to ensure a better quality of life for all. The societal responsibility towards SDG 12 goes beyond businesses, to involve individual consumers as active participants in the process of achieving this goal.

