

## DEPARTMENT OF SCIENCE, TECHNOLOGY & ENVIRONMENT

### PUDUCHERRY POLLUTION CONTROL COMMITTEE

#### EIACP PC HUB PUDUCHERRY

(Environmental Information, Awareness, Capacity Building and Livelihood Programme)

Be a part of LiFE Mission, change our Lifestyle to an ecofriendly one.

**LiFE**



1.



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

2.



Use cloth bags for shopping groceries instead of plastic bags.

3.



Use stairs instead of an elevator, if possible.

4.



Practice segregation of dry and wet waste at homes.

5.



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

6.



Turn off the lights, ACs, heaters and home appliances when not in use. (It can save energy).

7.



Turn off the vehicle engines while waiting at signals. (30 mins of idling at traffic signals wastes nearly 1 liter of fuel).

8.



Don't snip off & throw corners of Milk, oil and any other grocery packets, instead cut the corner vertically, not separating the small piece (Avoid small / microplastic from mixing into other waste).

9.



Use Biodegradable utensils (Across the country, street and public food joints should serve food in plant based biodegradable utensils and tea in clay pots).

10.



Alternatives to energy intensive practices are common to Indians (Sun-drying of clothes and hand washing dishes reduces the need of energy-intensive driers and dish-washer, respectively).

11.



Use bicycles whenever possible (Dutch citizens have incorporated sustainable transportation into their daily routines. The Netherlands has more bicycles per capita than any other country in the world).

12.



Use public transport wherever possible.

13.



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

14.



Pre soak heavily soiled pots and pans before washing them.

15.



Defrost fridge or freezer regularly.

16.



Service or maintain your bike or car regularly to avoid air pollution.

17.



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

18.



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

19.



Reduce paper usage (use both sides of the paper while printing), go for E-office setup / online mode.

20.



Dispose gadgets in nearest E-recycling units.

21.



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

22.



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

23.



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

24.



Use fountain pen rather than one time use ball point pen.

25.



Compost food and yard waste.

26.



Soak lentils and pulses for energy-efficient cooking.

27.



Donate clothes and other goods which are good to use, but not in use.

28.



Use Ecofriendly cleaning products.

29.



Shop for products that are locally produced. This reduces energy used for transportation, refrigeration, etc.

30.



Recycle and reuse as much as possible.

**LiFE** means 'Lifestyle For Environment'. Today, there is a need for all of us to come together and take Lifestyle For Environment (LiFE) forward as a campaign. This can become a mass movement towards an environmentally conscious lifestyle. - Prime Minister Narendra Modi at COP 26.