सत्यमेव जयते

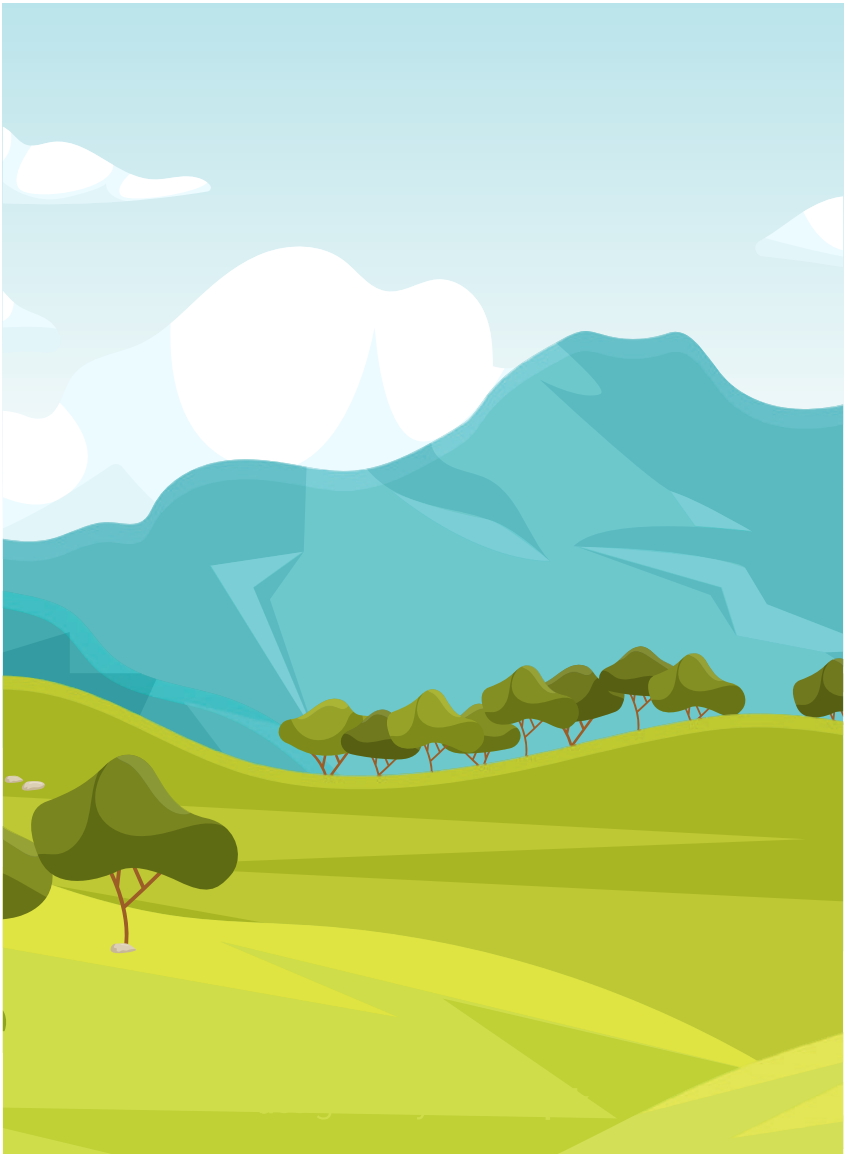
Government of India

Ministry of Environment, Forest and Climate Change

Green Deeds & Habits for Sustainable Environment



Environment Education Division



THEMES

- Efficient Waste Management
- Energy Conservation and Promoting Renewable Energy
- Control Pollution (Air, Water, Noise, Soil, Land)
- Biodiversity Conservation
- Resource Efficient Practises
- Sustainable Water Consumption
- Plantation & Greening
- Healthy habits



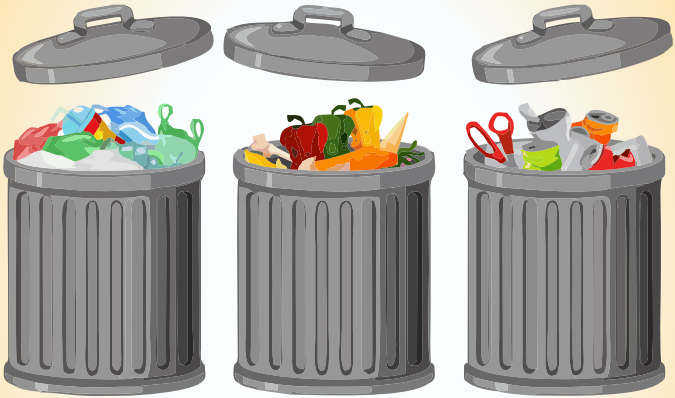




EFFICIENT WASTE MANAGEMENT



Collect your trash/waste in cloth bags during commuting



Keep trash well covered as it becomes a breeding ground for mosquitoes, flies and mice



Don't Trash the Trash; Trash can be a breeding ground for diseases but if organised well, it reduces harm



Don’t burn waste. Burning garbage releases smoke and particles that can affect health and cause climate change





Segregate kitchen waste as it reduces cost of disposal



Dispose electronic & hazardous waste through authorised recyclers



Carry out regular inspection and maintenance of septic tanks



Avoid throwing garbage in drains as it leads to clogging



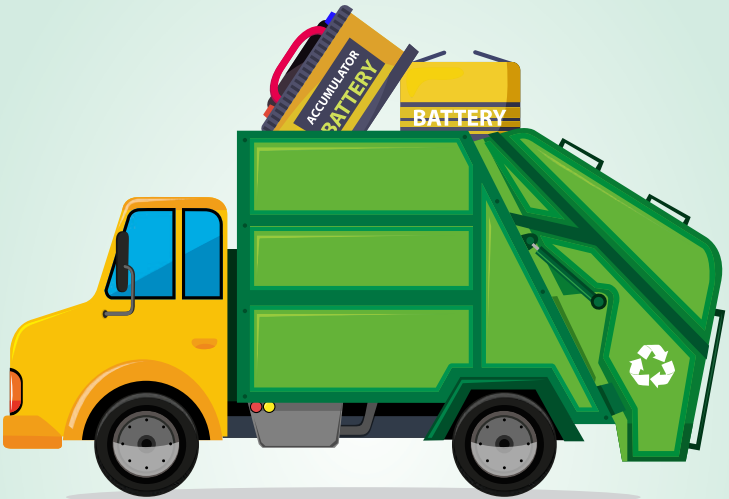
Collect pet litter and dispose it safely



Carry out regular inspections and maintenance of drains to prevent clogging during rains



Rivers are sacred. Flowers, clothes, fruits, decorations, plastics and leftovers shouldn't be dumped in the rivers



Dispose batteries through authorised recyclers



Food residue should be turned to compost



Segregate organic waste for making compost



Every paper scrap is valuable, recycle and re-use paper scrap



Waste accountability is a must, conduct waste audits and be responsible by reducing waste



Stop using single use plastic bottles, bags, plates & cutlery etc., reduce the use of micro plastics



Hazardous materials like paints, pesticides, car batteries, waste oil etc. should be treated before disposal



Cut down aluminium waste, old aluminium cans may be collected for recycling instead of being dumped in landfills



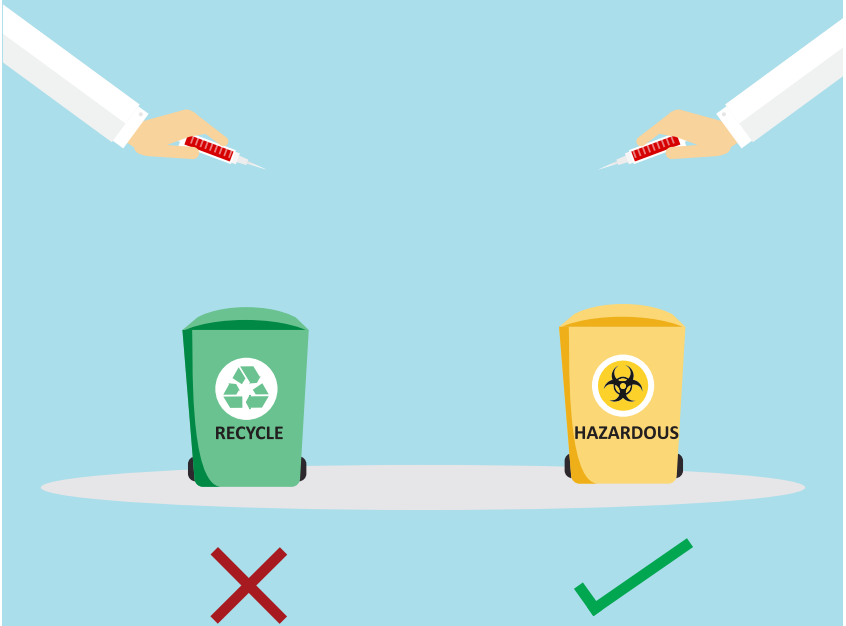
Use appropriate bins for disposal - a blue bin for recyclable waste and a green bin for wet waste



Don’t dump or burn tyres, recycle them

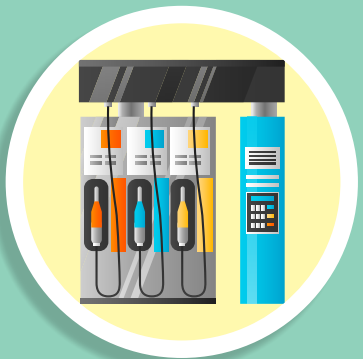


Use paver blocks made out of Construction & Demolition (C&D) waste to improve drainage

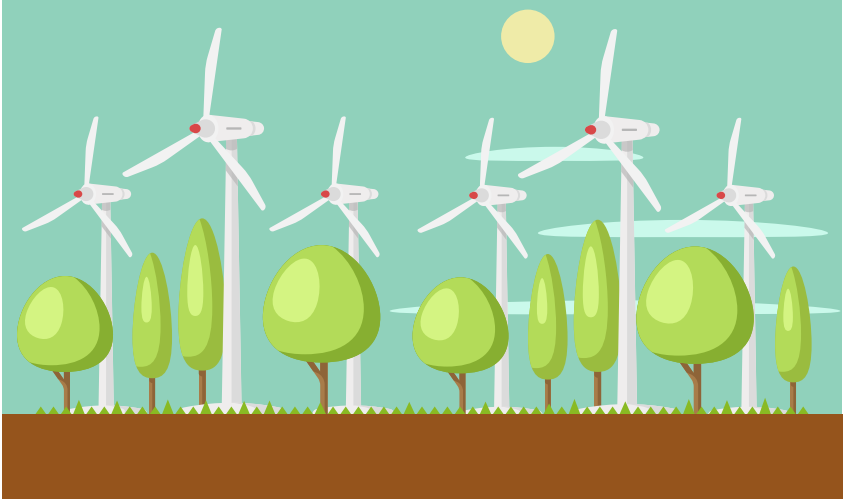


Bio-medical waste should be properly disposed as per Biomedical Waste Management Rules


PAPER
PLASTIC
ORGANIC
GLASS
BATTERY



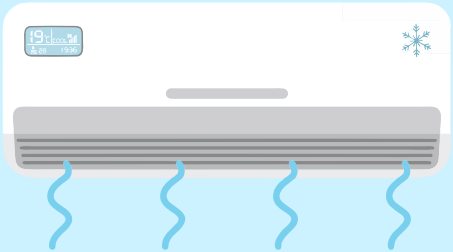




ENERGY CONSERVATION AND PROMOTING RENEWABLE ENERGY

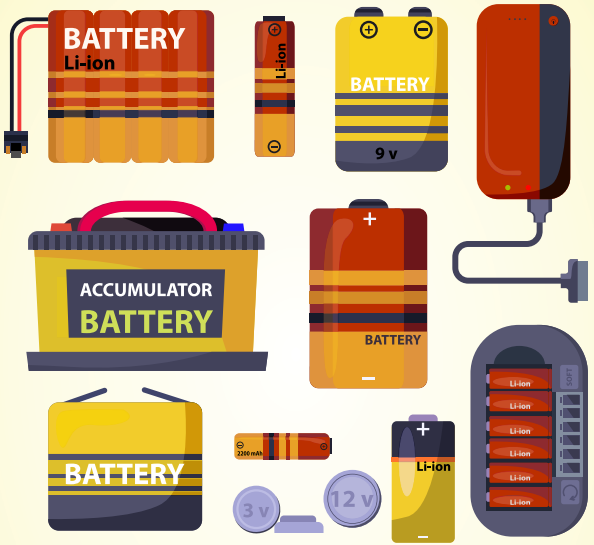


Set geyser temperature at an optimum level; Do not leave geyser 'ON' after use





Use air conditioners judiciously, clean the filters at regular intervals to reduce power consumption



Switch to rechargeable batteries



Light your offices efficiently, use as much natural light as possible



Cook with fuel-efficient appliances, use ISI marked LPG gas stove for higher efficiency



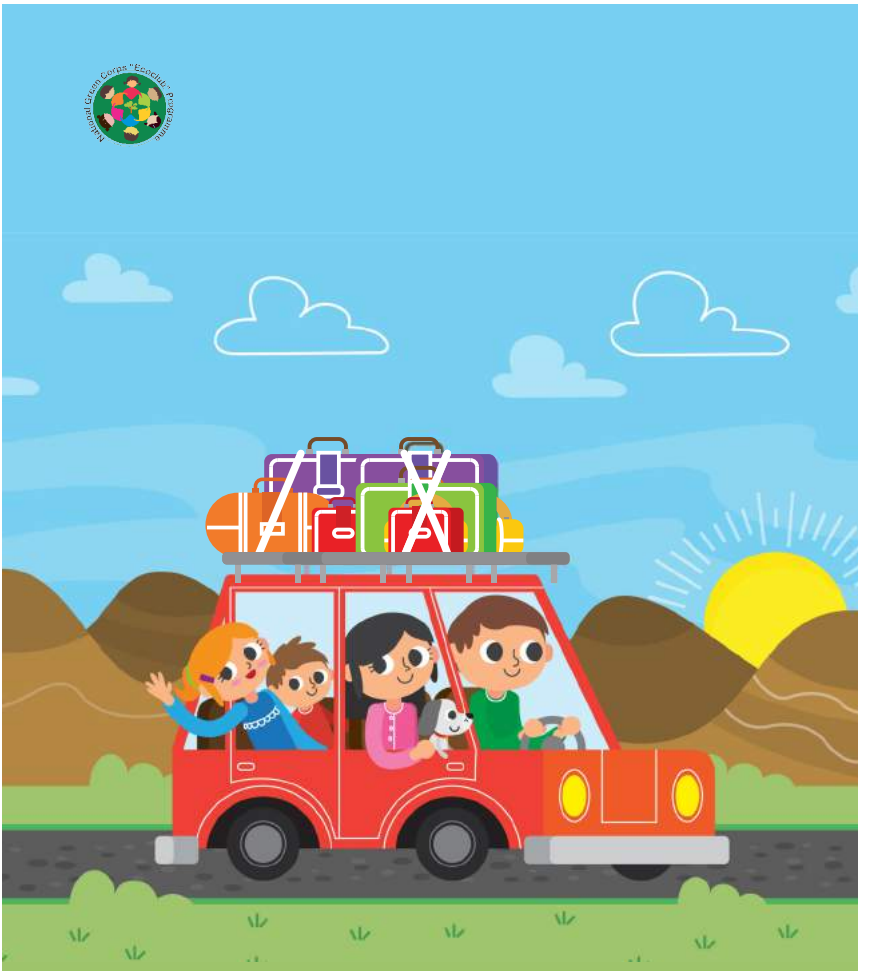
Go for outings at Evenings & weekend for fun and more; it reduces electricity bill in household substantially



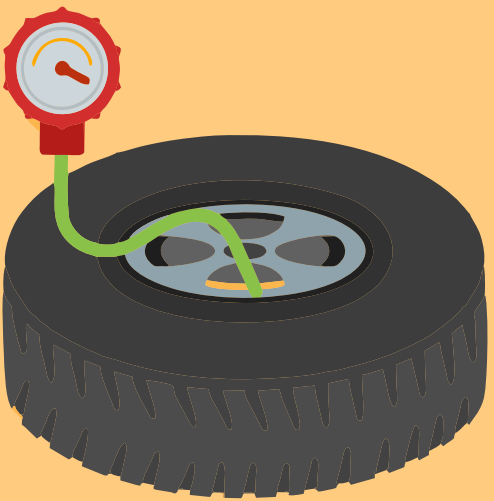
Save Fuel from evaporation, ensure that fuel cap is secured tightly



Avoid rapid acceleration till the car engine and oil warms up



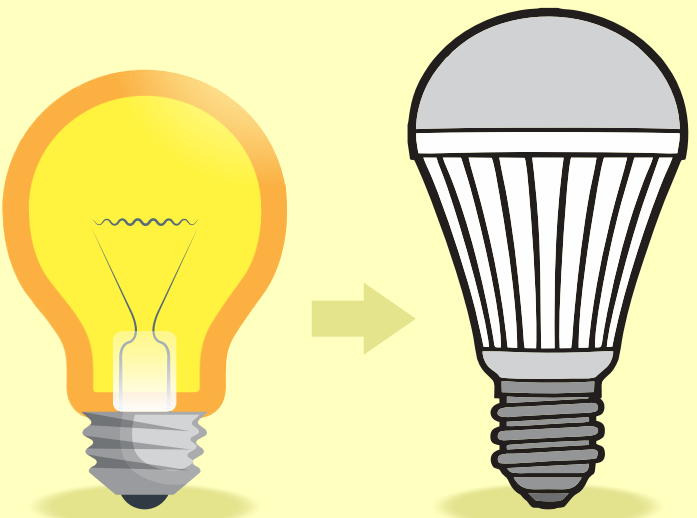
Don't overload your vehicles, overloading means higher fuel consumption



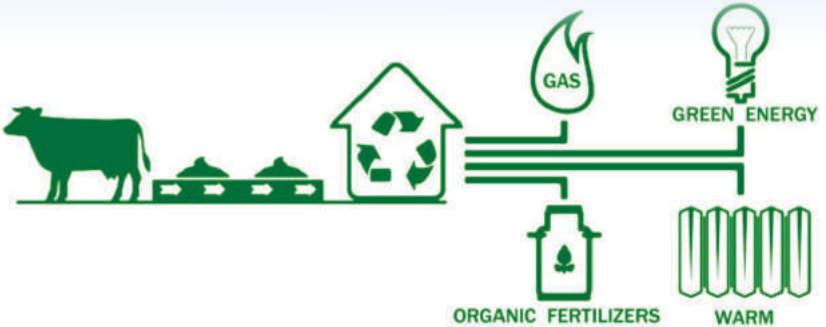
Keep your tyre pressure under check



Park your vehicles in the shade; Vehicles parked in the shade stay cool, thereby reducing need for AC which is detrimental to the environment



Switch to LED bulbs, reduce carbon emission



Use clean fuel (like biogas) for cooking





Install solar water heaters



Educational institutions should opt for inverter ACs, this can help reduce power consumption and also carbon footprint



Use elevators smartly, during non-peak hours of passenger traffic, buildings with multiple lifts can switch off a few of them



Use energy efficient PCs



Use organic manure from cattle dung







CONTROL POLLUTION (AIR, W ATER, NOISE, SOIL, LAND)



Drive CNG/electric vehicles



Prefer High Octane fuel for more benefits as it reduces carbon dioxide emissions from vehicles



Don't overfill fuel tank, it is harmful to the environment and to the car engine



Don't keep vehicle engine running unnecessarily, turning off the engine will prevent the release of harmful air pollutants



Use public transport



Adapt ‘One family, one car’



Adhere strictly to vehicle emission standards and prevent air pollution







Make Car-pooling a habit, reduces traffic on the streets, thus reducing air and noise pollution



Switch off engines at traffic intersections, helps in curbing pollution



Use dippers and indicators instead of horns; Irrational use of horns is a major noise pollutant, besides being an irritant



Maintain optimal speed while driving and use GPS where required



In a stationary vehicle, don't waste fuel to run AC / Heater



Ensure vehicle maintenance and servicing for a smooth ride



Keep your carpets clean as they trap pollutants which can be harmful for humans



Control the bass of music systems and TVs, causes noise pollution



Use silencers for noisy machines wherever possible



Do not honk near schools, hospitals or where the 'No Horn' sign is displayed



Try using phosphorous free detergent



Use organic fertilisers and pesticides



Treat liquid waste before discharging into the rivers, water bodies, lakes, ponds & ocean



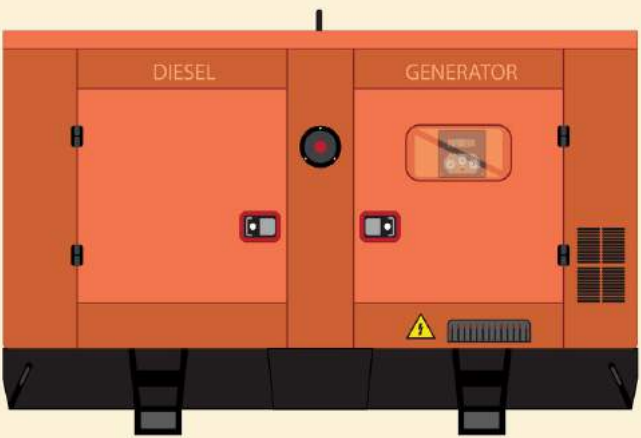
Celebrate your festivals with idols made of environmental friendly materials



Make use of fly ash in construction projects, embankments and road pavements



Don't throw the fishing net in the sea and river; they have become a major menace for the marine environment



Use sound pump (acoustic) DG sets to prevent noise pollution



Develop green belts in cities



Stop stubble burning

“GREEN CRACKERS”





Avoid burning crackers. Adopt Harit Diwali - Swasth Diwali









BIODIVERSITY CONSERVATION



Care for flora and fauna. Keep your eyes and ears open for any cruelty to animals and illegal cutting of trees



Protect the avian population as many are already extinct or facing extinction



Start Biodiversity conservation at community level-groups of people, communities or residents



Alert authorities about any violation of wildlife rules



Boycott products and souvenirs made from skin and fur of wild animals, elephant tusks, rhino horns etc.



Endangered species are not pets. Adopt indigenous domestic animals as pets



Don't tease animals when you visit zoos, national parks and sanctuaries - respect their privacy



Don't feed animals in zoo and sanctuaries



Be a biodiversity volunteer- help in cleanliness drives, planting trees, rescuing street animals



Promote eco-tourism to boost the local economy



Don't litter and make loud noises as it can stress, traumatize and even irritate animals



With growing animal-human conflict it is necessary to educate people about conservation







RESOURCE EFFICIENT PRACTISES



Adapt Smart refrigeration of food to ensure no wastage



Serve food as per need. Use smaller plates to serve and multiple servings, if required



Ensure food is properly stored and refrigerated at ideal temperature



Turn to nature for packaging; Eco-friendly packaging reduces the waste of natural resources



Managing food leftovers; handover leftover food to NGOs



Cook on low flame. Keep the flame right



Get cooking ingredients laid out before you light the burner



Use Biomass stoves for fuel efficiency



Do grocery shopping sensibly with a "to buy" list, buy as per requirement. Avoid impulsive buying from Malls/stores



Let's keep the wheels aligned; Better aligned wheels increase life of tyres also leading to improved fuel efficiency



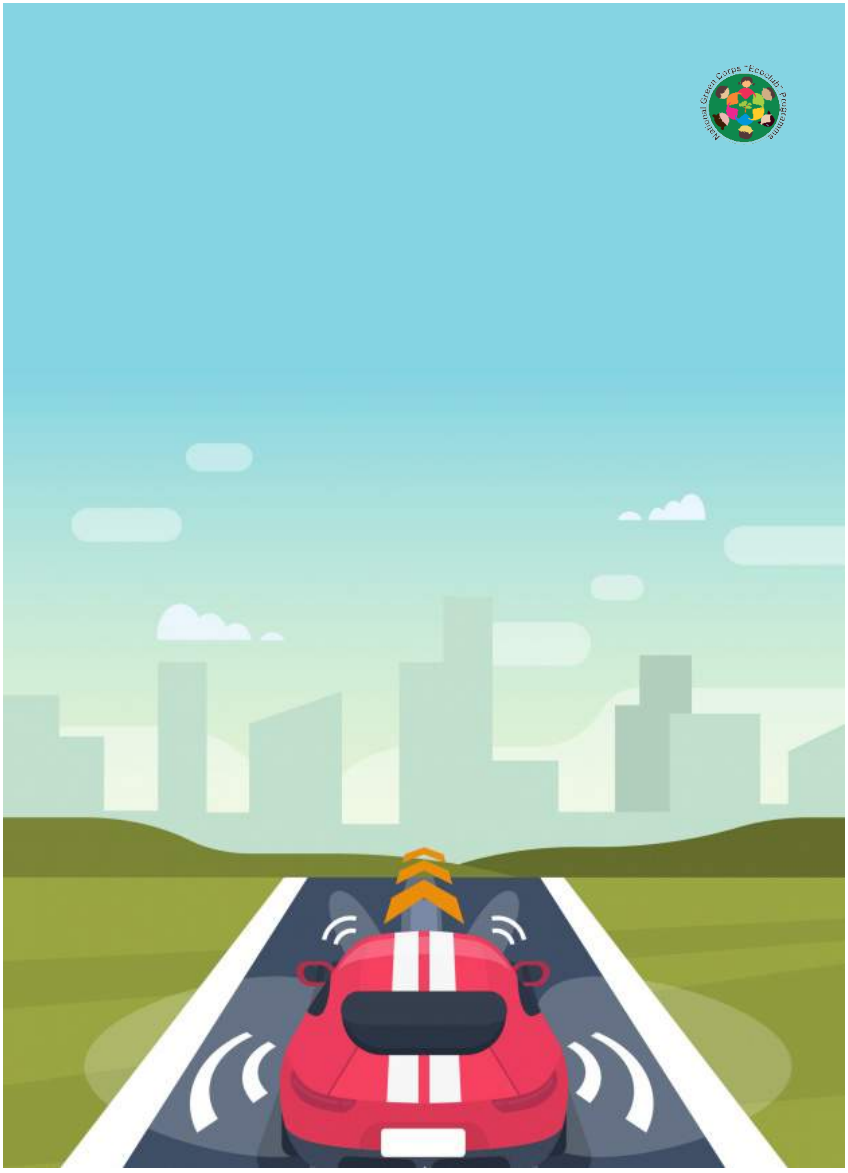
Accelerate smoothly for better fuel efficiency



Go easy on brakes, excessive use of brakes increases fuel consumption



Plan a single trip for several tasks









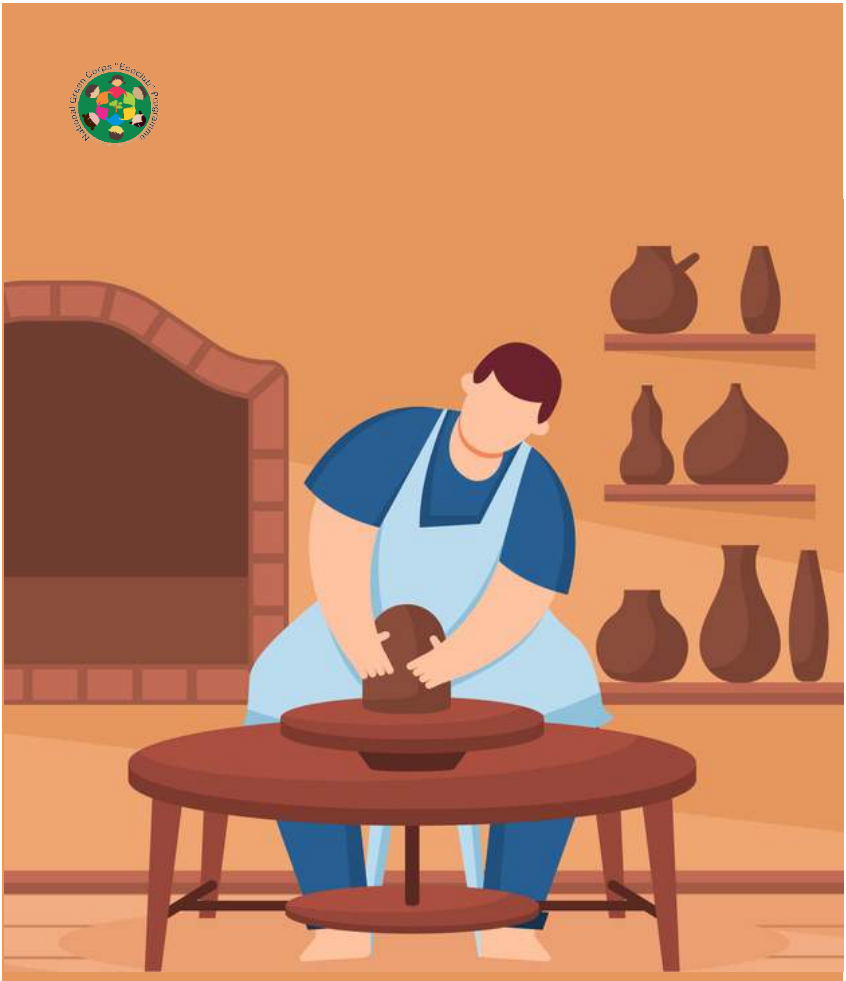
SUSTAINABLE WATER CONSUMPTION



Use the washing machine efficiently to reduce water usage, Use cold water whenever possible and dry clothes in the Sun



Reduce household water usage by reusing kitchen wastewater in gardening



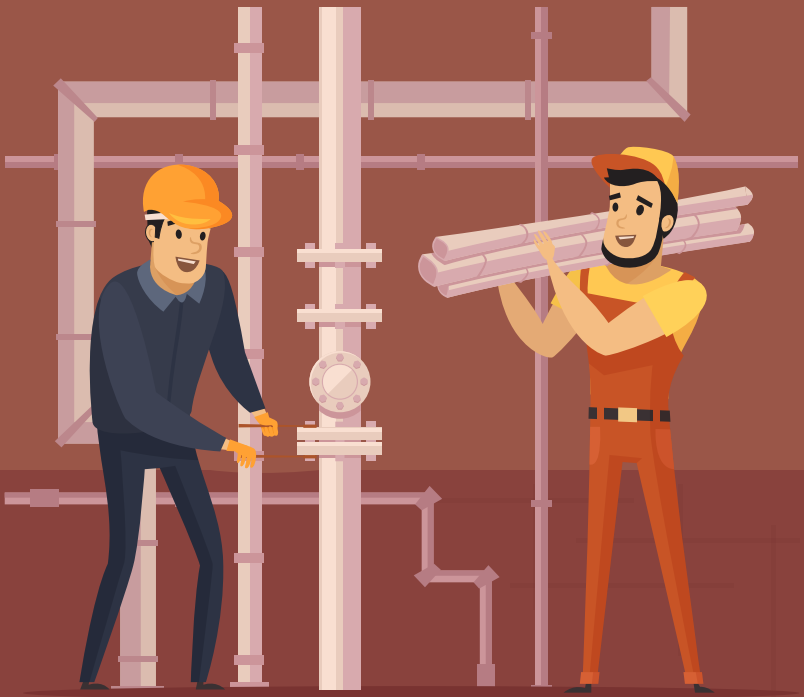
Prefer earthen pots over plastic bottles



Use sprinklers for watering garden when the wind speed is low to circumvent drift losses



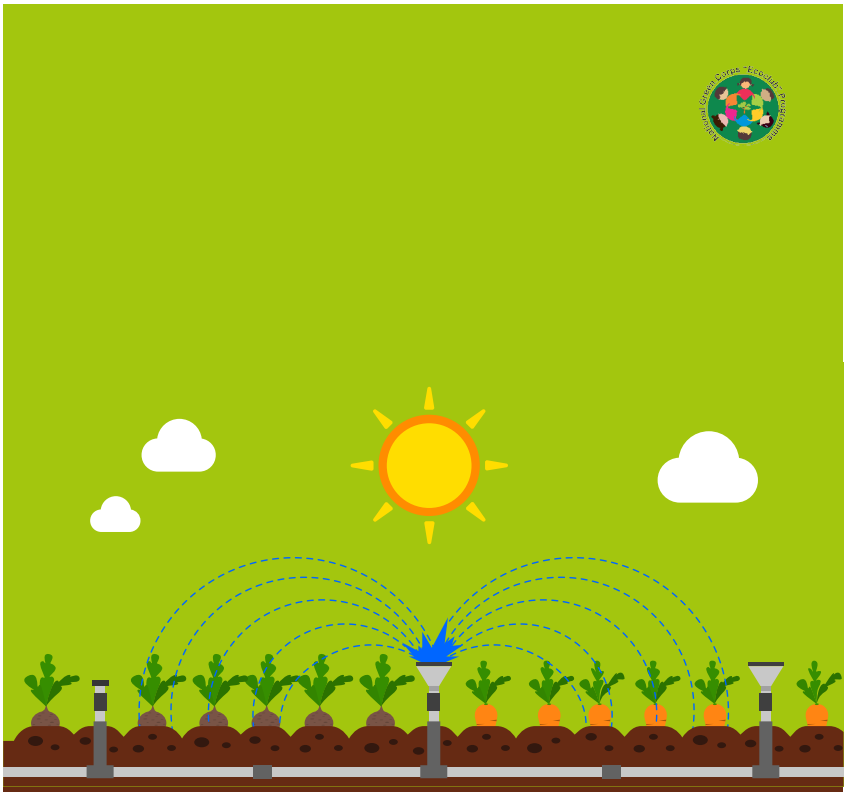
Efficient faucets should be used to help save water. Install aerators in faucets to reduce wastage



Plug leakages in pipe faucets and toilets to reduce your water bill



Conserve water while bathing. Reduce shower time, especially in summer



Practice efficient irrigation methods



Use Rooftop water harvesting to conserve water



Clean floors smartly, use a thick mop that absorbs water and cleans better



Use Modern dishwasher; energy efficient & use less water



Never let the overhead tank overflow as it leads to water loss







Hand wash winter clothes to save water



Use the wastewater from Reverse Osmosis (RO) water purifying systems



Don't splash away the water to clean your car, Use a bucket and a mug to clean your car



Use water efficiently for cooking



Save water during shaving, opt to use a mug of water to wet the shaving brush and rinse the razor instead of using running water



Efficiently wash dishes by pre-soaking heavy pots and pans









PLANTATION & GREENING



Keep indoor plants to purify air, they can curb cancer-causing volatile organic compounds



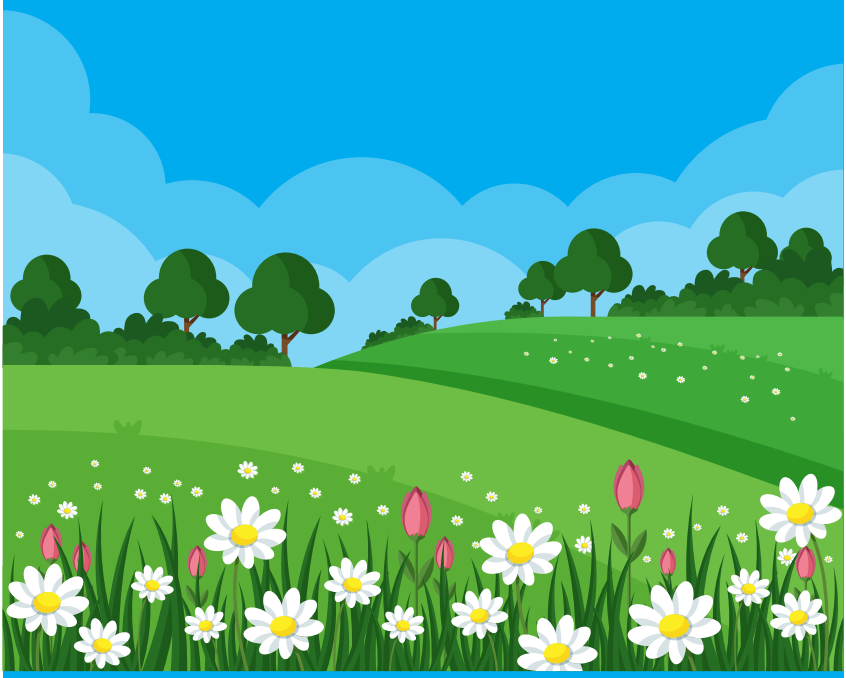
Avoid concrete bases around the plants, as they are detrimental to their growth



Plant trees to reduce the impact of pollution



Corporates should support "Green" initiatives



Use native plants in garden or as a part of the landscape, as they require less water, fertilizers and pesticides



Green your place of work, school, college, neighbourhood







HEALTHY HABITS



Check expiry date before you consume packaged food/ beverages



Ventilate your homes properly to minimise health risks from indoor pollutants



Cycle your way to a healthier environment



Preferring yoga, brisk walks etc. over Gymnasium



Maintain proper ventilation in the kitchen; else it leads to combustion without oxygen with emission of carbon monoxide, a serious threat to health



Keep your bed neat and clean



Say 'NO' to synthetic air fresheners. Use home-made and natural air fresheners



Drink clean water [Ensure water tank is cleaned periodically]



Cigarettes burn a hole in the pocket & harm environment. Say 'no' to Cigarettes



Consume seasonal fresh fruits and vegetables

NOTES





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