



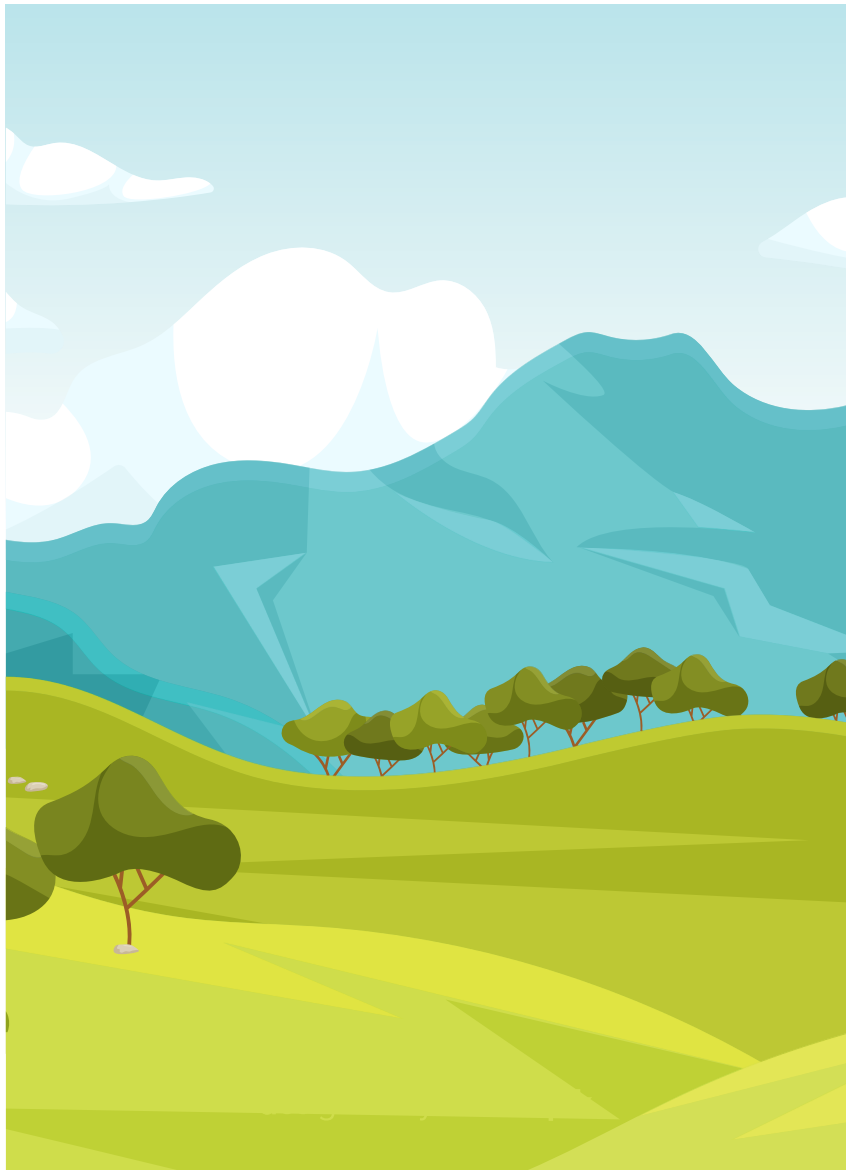
सत्यमेव जयते

Government of India
Ministry of Environment, Forest and Climate Change

Green Deeds & Habits for Sustainable Environment



Environment Education Division





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**LET US PLEDGE TO COLLECTIVELY
WORK TOWARDS CONSERVING
PRECIOUS ENVIRONMENT RESOURCES.
LET US LIVE IN HARMONY WITH
NATURE AND KEEP OUR BELOVED
EARTH CLEAN AND GREEN.**

”

Shri Narendra Modi
Hon'ble Prime Minister



मंत्री
पर्यावरण, वन एवं जलवायु परिवर्तन,
सूचना एवं प्रसारण और
भाषी उद्योग एवं लोक उद्यम
भारत सरकार



सत्यमेव जयते

MINISTER
ENVIRONMENT, FOREST & CLIMATE CHANGE,
INFORMATION & BROADCASTING AND
HEAVY INDUSTRIES & PUBLIC ENTERPRISES
GOVERNMENT OF INDIA

प्रकाश जावडेकर
Prakash Javadekar



MESSAGE

The booklet 'Green Deeds and Habits for sustainable environment' aims to bring about mass environmental awareness among society. The green deeds are simple, practical steps that every individual may perform in day-to-day life that can make a visible difference to the environment.

The initiative shall act as a catalyst to motivate us all to do our bit to protect and improve the environment through simple individual and collective actions.

Ministry of Environment, Forest and Climate Change (MoEF&CC) intends to reach every citizen in the country to adopt green habits in his/her daily life. These green habits are planned to be proliferated through schools/colleges under the National Green Corps "Eco-club" programme of MoEF&CC.

(Prakash Javadekar)

Date: 17.07.2020

।। प्लास्टिक नहीं, कपड़ा सही ।।

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IV

Babul Supriyo

Union Minister of State

Ministry of Environment, Forest & Climate Change
Government of India



सत्यमेव जयते



बाबुल सुप्रियो

केन्द्रीय राज्य मंत्री

पर्यावरण, वन एवं जलवायु परिवर्तन मंत्रालय
भारत सरकार



MESSAGE

In order to improve our quality of life, we need to adopt Green Behaviour and preserve our natural resources. We need to inculcate the Green Social Responsibility so as to protect our environment while working towards sustainable development goals.

This booklet on 'Green Deeds & Habits for Sustainable Environment' highlights various small deeds which can be inculcated by individuals in their day to day lives in areas such as waste management, energy conservation, control of pollution, biodiversity conservation etc.

I am hopeful that this publication will create awareness among the society towards a green behavior.

Babul Supriyo
(Babul Supriyo)





आर पी गुप्ता
R P Gupta



MESSAGE

सचिव
भारत सरकार
पर्यावरण, वन एवं जलवायु परिवर्तन मंत्रालय
SECRETARY
GOVERNMENT OF INDIA
MINISTRY OF ENVIRONMENT, FOREST AND CLIMATE CHANGE

The Ministry of Environment, Forest and Climate Change endeavours to promote environment education to school and college level students and create awareness amongst different stakeholders.

The 'Green Deeds & Habits for Sustainable Environment' is a social movement which seeks to transform the behaviour of people to fulfil their Green Social Responsibility.

'Ecoclub' programme of the Ministry is an established institutional framework. Students of Ecoclubs under the 'National Green Corps' programme of Ministry would be the torch bearers for this initiative for proliferation across the society and to take the nation towards a sustainable future.

[R P Gupta]

New Delhi, the 9th July, 2020

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अरविंद कुमार नौटियाल
Arvind Kumar Nautiyal



सत्यमेव जयते

संयुक्त सचिव
भारत सरकार
पर्यावरण, वन एवं जलवायु परिवर्तन मंत्रालय
Joint Secretary
Government of India
Ministry of Environment, Forest & Climate Change



Preface

I am pleased to present 'Green Deeds & Habits for sustainable environment' which will be a resource for the society to adopt the small green deeds in their daily life. These deeds and habits focus on the themes of the environment protection namely waste management, energy conservation, control of pollution, biodiversity conservation, resource efficient practices, water conservation and healthy habits. We are hopeful that these small but vital steps by individuals as well as organizations can surely make significant contribution towards the goal of conserving the country's natural resources.

I express my appreciation for my team Dr. Ritesh Joshi, Scientist 'E', Ms. Kanchan Puri, Programme Coordinator and Mr. Vishant Yadav, Assistant Section Officer for their best efforts made in preparation of this booklet.

Arvind
(Arvind Kumar Nautiyal)



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Green Deeds & Habits for Sustainable Environment

Green Deeds & Habits for Sustainable Environment is a social movement with an aim to bring about mass environmental awareness among society. The green deeds & habits are simple, practical steps that every individual may perform in day-to-day life that can make a visible difference to the environment.

The initiative shall act as a catalyst to motivate us all to do our bit to protect and improve the environment through simple individual and collective actions.

Ministry of Environment, Forest and Climate Change (MoEF&CC) intends to reach every citizen in the country to adapt green deeds & habits in his/her daily life.

With this preamble, the Green Deeds & Habits are planned to be proliferated through schools/colleges under the National Green Corps "Ecoclub" programme of MoEF&CC.

THEMES



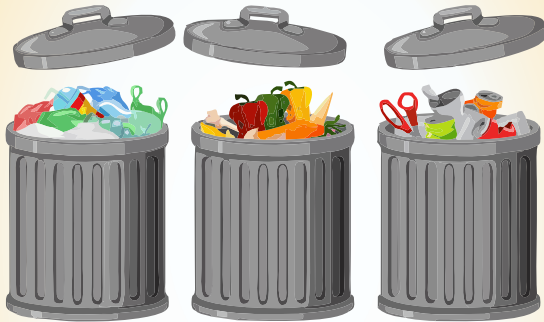
- Efficient Waste Management
- Energy Conservation and Promoting Renewable Energy
- Control Pollution (Air, Water, Noise, Soil, Land)
- Biodiversity Conservation
- Resource Efficient Practises
- Sustainable Water Consumption
- Plantation & Greening
- Healthy habits



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.



Segregate kitchen waste and use it for making compost.



Dispose electronic & hazardous waste through authorised recyclers.



Carry out regular inspection and maintenance of septic tanks, as it saves water.



***Check water leakages or any blockage
in water pipes to save water.***



***Don't take your pets to the public parks,
instead take them to isolated areas for walk.***



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



Don't dump or burn tyres, reuse them.



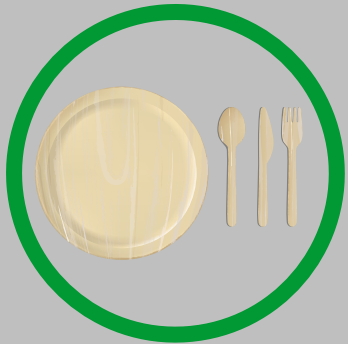
Food residue should be turned to compost.



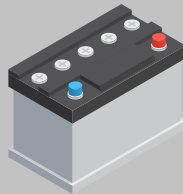
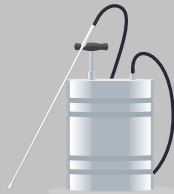
Every paper scraps is valuable, recycle and re-use paper scraps.



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



Stop using single-use plastic or thermocol cutlery during parties instead use eco-friendly cutlery made of leaves, soft wood, etc.



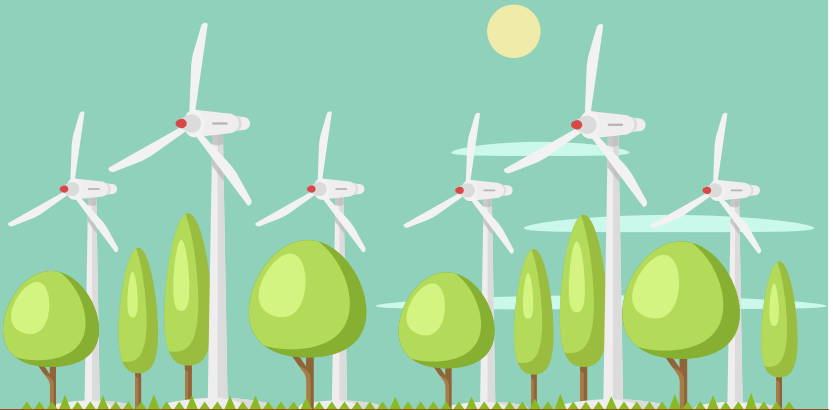
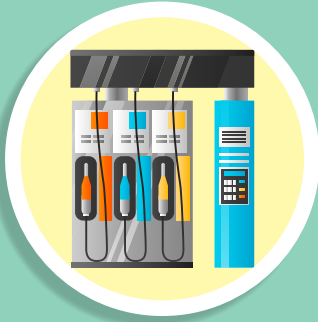
Hazardous materials like paints, pesticides, car batteries, waste oil etc. should be treated scientifically before disposal.



Old aluminium cans, etc. should be disposed using authorized dealers.



Use appropriate bins for waste disposal - green for organic waste including wet items, blue for plastics, paper & other dry waste & red for electronic waste.



**ENERGY CONSERVATION
AND PROMOTING
RENEWABLE ENERGY**



***Set geyser temperature at an optimum level;
do not leave geyser 'ON' after use.***



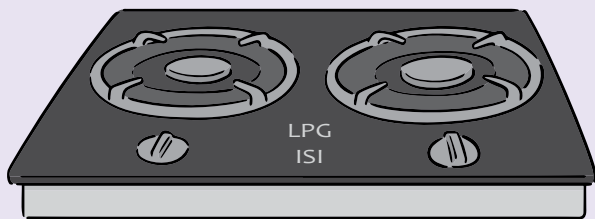
Use air conditioners judiciously, clean the filters at regular interval to reduce power consumption.



Use rechargeable batteries



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



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



Go outside in the evening for playing; it will keep you active & healthy.



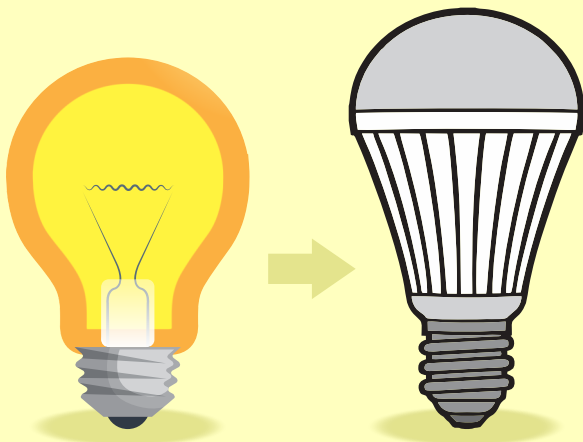
Save Fuel from evaporation, ensure that fuel cap is closed tightly.



Prepare organic manure from cattle dung.



Park your vehicles in the shade. Vehicles parked in the shade stay cool, and reduces fuel consumption by minimizing use of ACs.



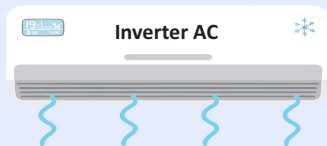
Switch to LED bulbs, it reduces carbon emission.



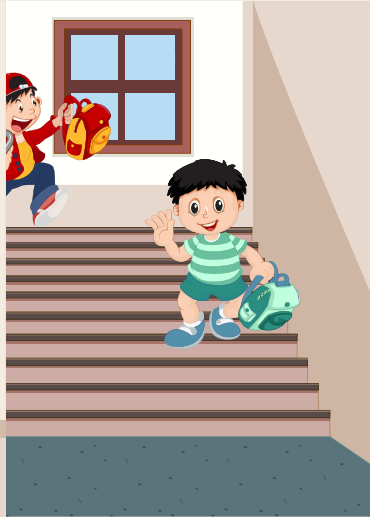
Keep your computer on hibernation mode while going outside for longer duration.



Install solar water heaters to save energy.



Educational institutions should opt for inverter ACs, this can help reduce power consumption.



Use lift for higher floors, otherwise use stairs.



**CONTROL POLLUTION
(AIR, WATER, NOISE, SOIL, LAND)**



Use CNG vehicles to reduce pollution



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 turned on unnecessarily, turning off the engine will prevent the release of harmful air pollutants.



Use public transport



Adopt 'One family, one car'



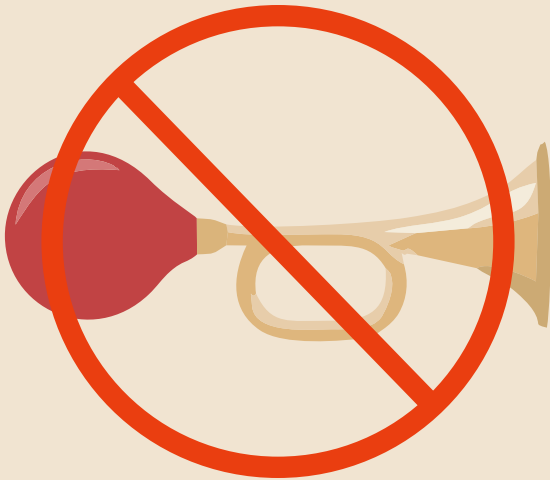
*Adhere the vehicle emission standards
and prevent air pollution.*



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



Ensure vehicle maintenance and servicing for minimizing the pollution.



Use dippers and indicators during night instead of horns; unnecessary use of horns is a major cause of noise pollution.



Maintain optimal speed while driving



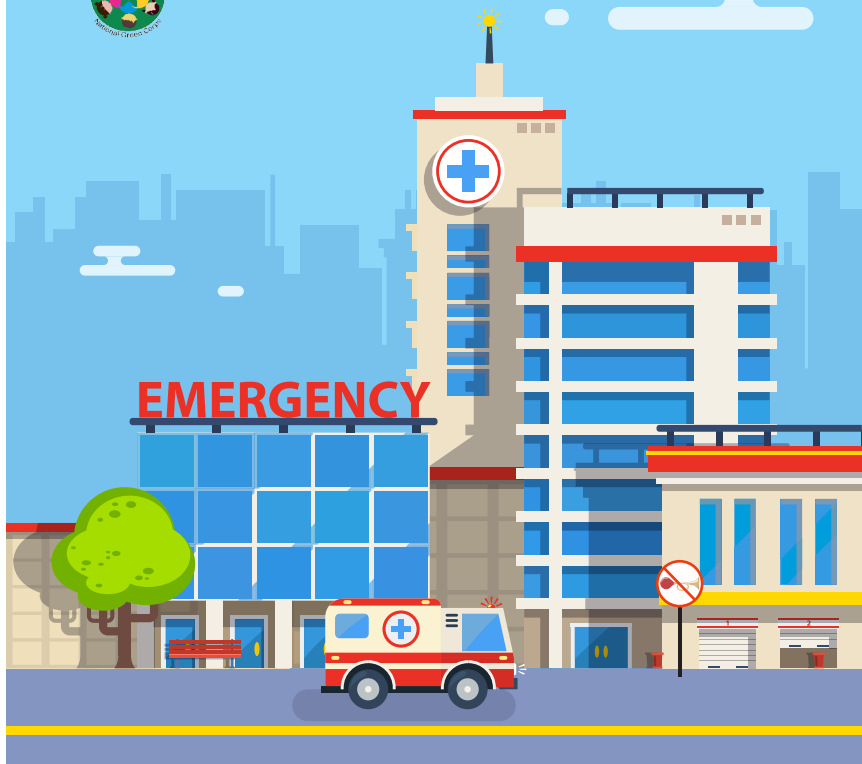
Keep your carpets clean as dirty carpets can be source of diseases.



***Control the bass of music systems,
since it causes noise pollution***



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



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



Use phosphorous free detergent

“GREEN CRACKERS”



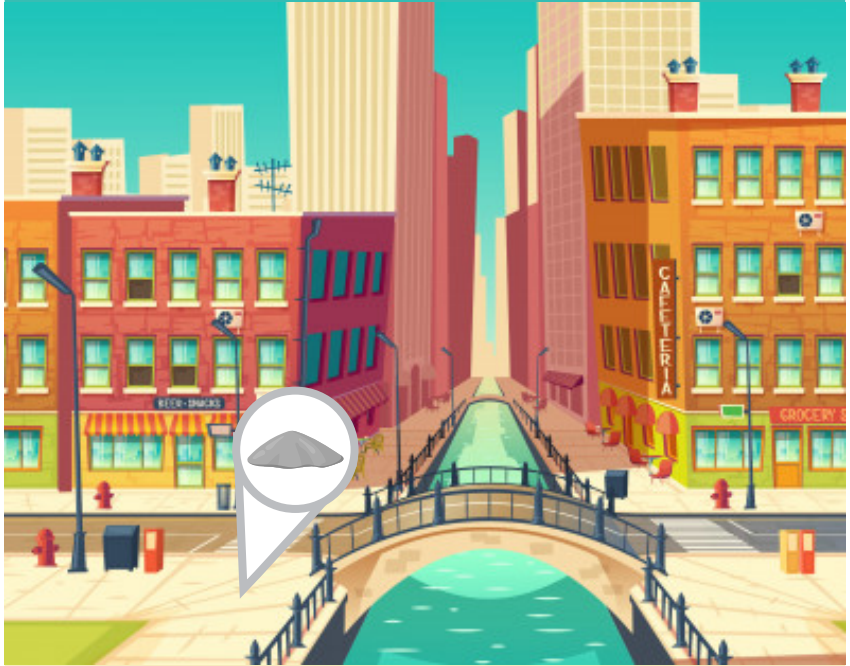
***Avoid burning crackers. Celebrate Harit
Diwali - Swasth Diwali***



Treat liquid waste before discharging it into the water bodies.



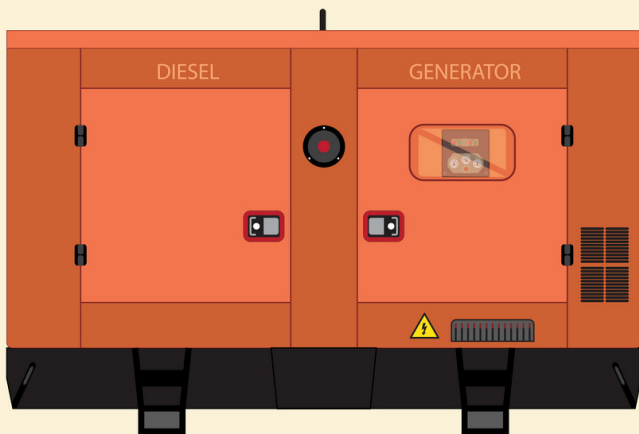
Celebrate your festivals with the idols made up of environment friendly materials



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



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



Use sound proof (acoustic) Diesel Generator sets to prevent noise pollution



Develop green belts in cities



Stop stubble burning, since it is major contributor of Particulate Matter.



BIODIVERSITY CONSERVATION



Care for flora and fauna. Keep your eyes and ears open for any cruelty to animals.



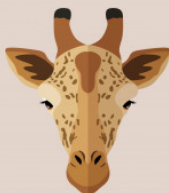
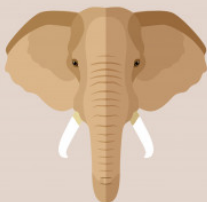
Protect the birds as the most of them are threatened.



Start biodiversity conservation at community level.



Help in controlling illegal wildlife crime.



***Boycott products and souvenirs
made from the skin, horns and fur
of wild animals.***



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



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



***Don't feed animals in zoo, national parks
& wildlife sanctuaries.***



Be a animal lover & volunteer, help in protecting street animals.



Promote eco-tourism to boost the local economy



RESOURCE EFFICIENT PRACTISES



Adapt Smart refrigeration of food to ensure no wastage



**Serving excess food causes food
wastage.**



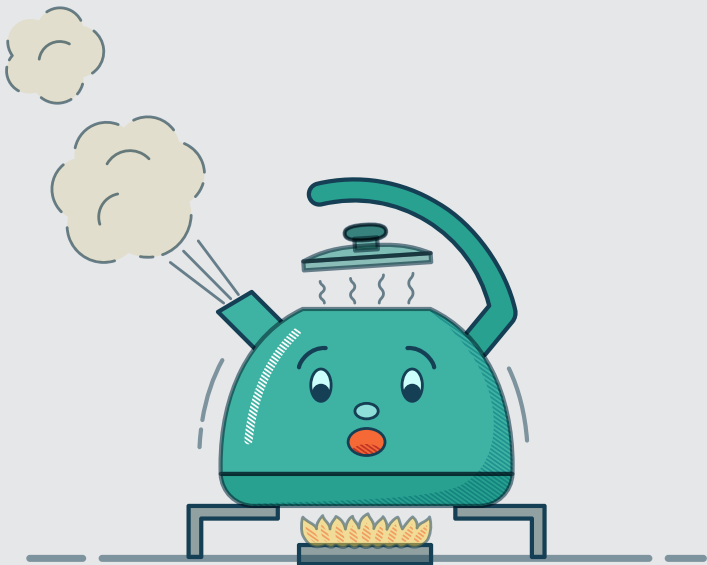
Store food in refrigerator at ideal temperature.



Avoid wrapping items in plastics instead use eco-friendly packaging.



Give food leftovers to needy persons to minimize food waste.



Cook on low flame to save fuel.



Get cooking ingredients ready before you light the burner



Use Biomass stoves for fuel efficiency



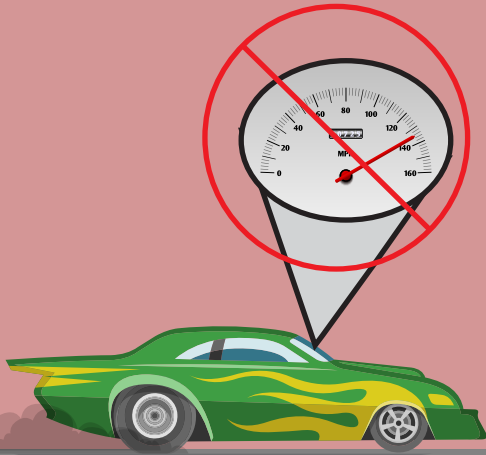
Don't purchase perishable food items such as fruits, vegetables, eggs, etc in excess to avoid spoilage



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



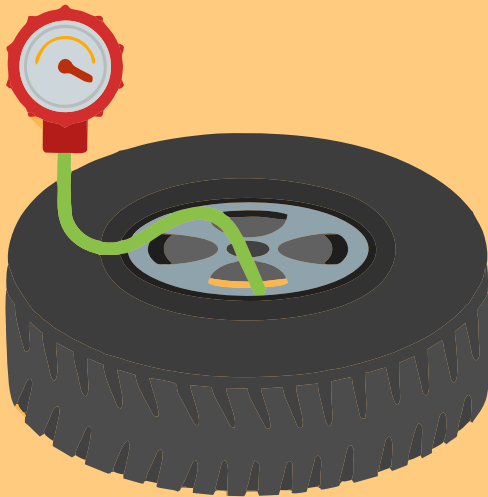
Unplug your electronic appliances at home before going on vacation



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



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



Keep your tyre pressure under check to save fuel.



SUSTAINABLE WATER CONSUMPTION



*Use the washing machine
efficiently to reduce water usage
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 plants to save water.



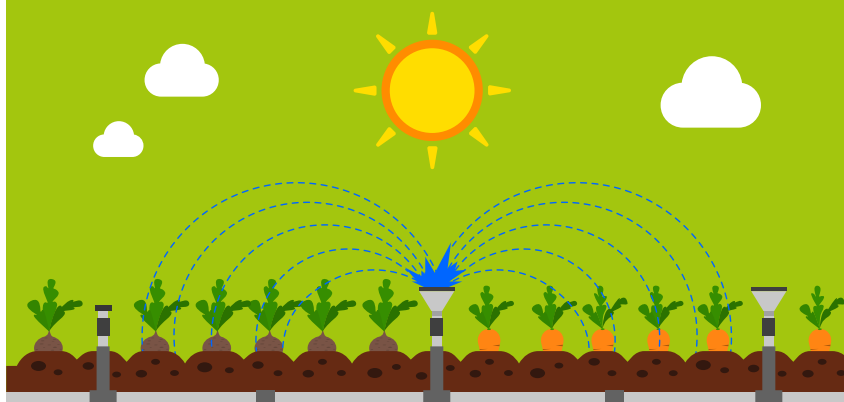
Efficient faucets should be used to save water.



Plug leakages in pipe faucets and toilets to reduce to save water.



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



Practice efficient irrigation methods



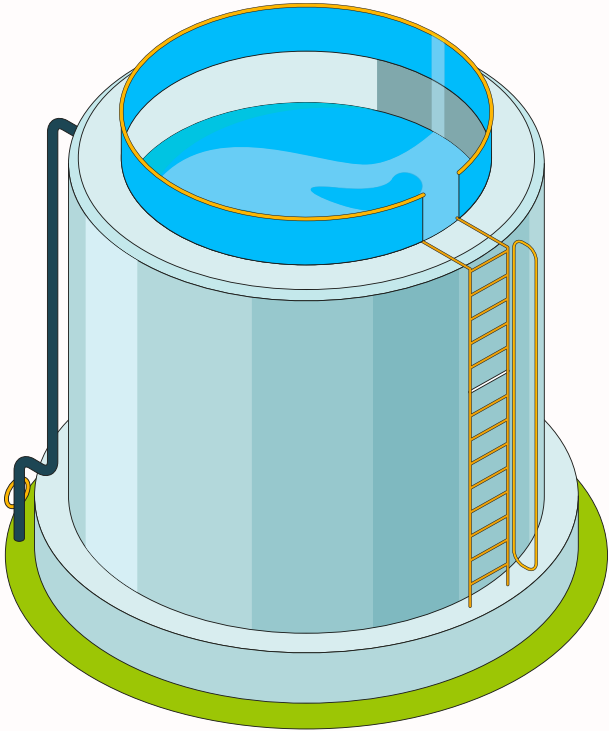
Adopt rain water harvesting to conserve water



Clean your house daily for better hygiene



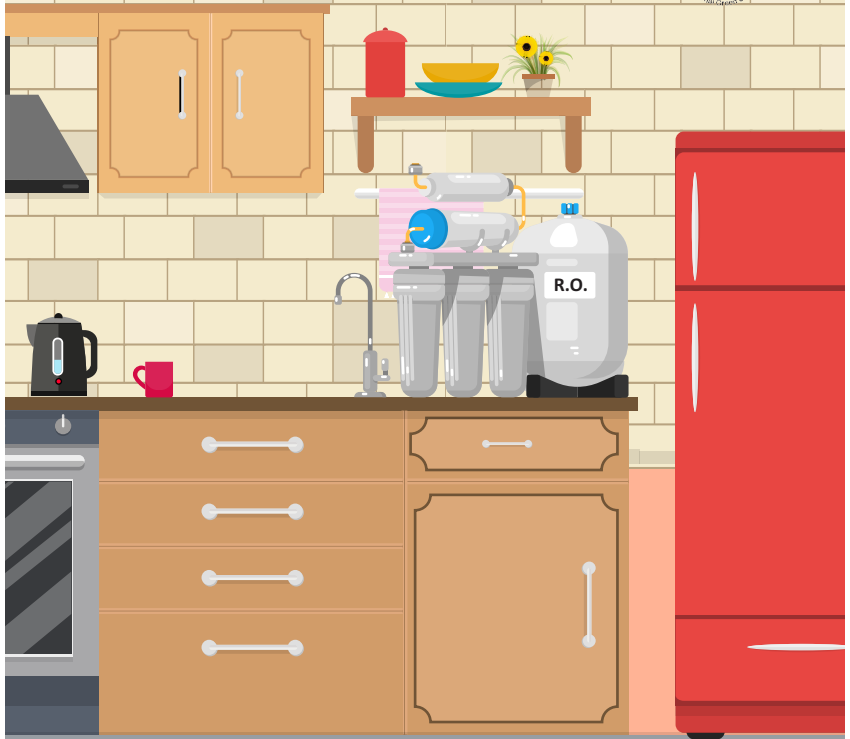
Instead of washing each dish individually in running water, fill up your sink with water and detergent, and rinse your dishes in standing water



Never let water tank overflow, as it leads to waste of water.



***Prefer washing clothes with hands
to save water.***



Reuse the waste water of reverse osmosis water purifying systems for gardening purpose



Don't splash away the water to clean your car; instead use a bucket and a mug to clean your car.



Use water efficiently while cooking food



Save water during shaving, opt to use a mug of water instead of using running water.



Efficiently wash dishes by pre-soaking heavy pots and pans



PLANTATION & GREENING



Keep indoor plants in room to purify air.



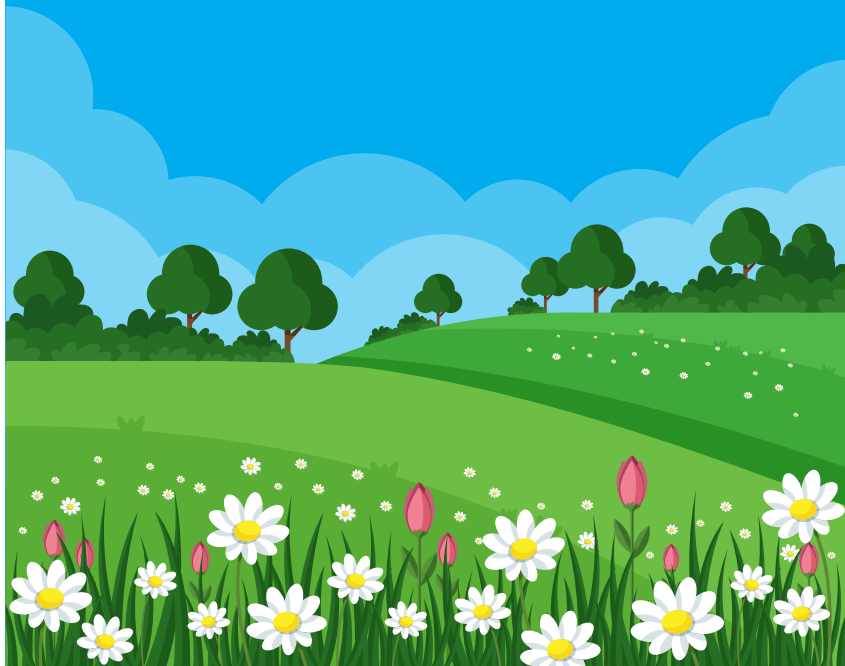
Avoid concrete bases around the plants to allow seepage of water into the roots.



Plant trees to reduce the impact of pollution



***Use bicycle for short distances, as
it will keep you healthy & active.***



Use native plants in garden as they require less water & fertilizers.



***Green your place of work (school, college,
neighbourhood)***



HEALTHY HABITS



***Check expiry date before consuming
packaged food/ beverages***



Ventilate your home properly as it will clean the room's environment.



Adopt yoga & stay fit & healthy.



Keep your bed neat and clean for better hygiene.



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



Drink clean water to stay healthy.



Say 'no' to Cigarettes as it is harmful to health & cause air pollution.



Consume seasonal fresh fruits and vegetables



Thank you for Reading this Book

We all live on this earth and it is our responsibility to protect its environment. This little booklet aims to inculcate environment-friendly habits among all sections of the society especially children.

While saving the earth, you would be cultivating self-discipline, and you would be being more careful about your thoughts and actions. This will help you become a good human being.

This booklet will serve as a compendium for all students, especially for Ecoclub students to become Environment Champions in the near future.

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