



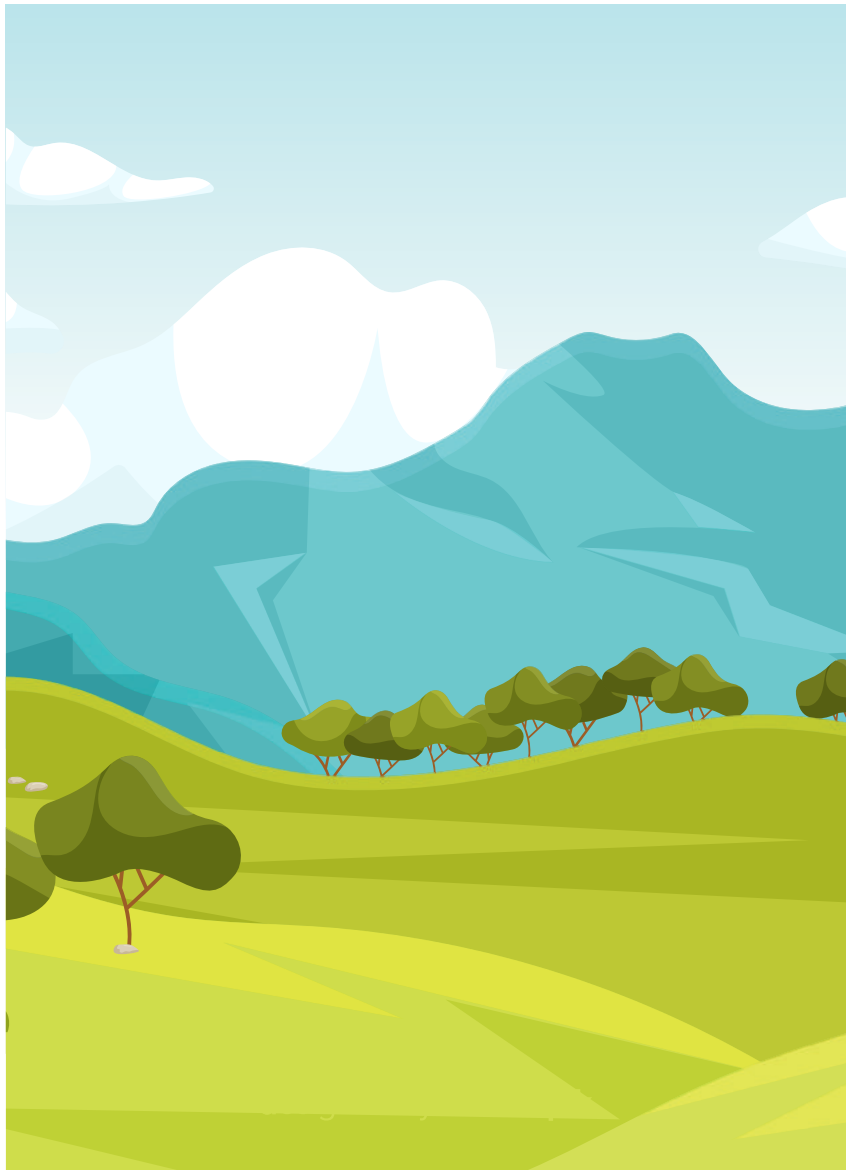
सत्यमेव जयते

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***



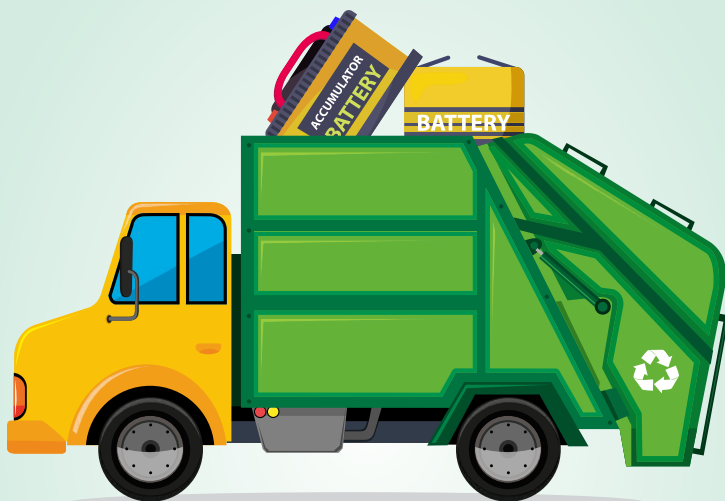
*Collect pet litter and dispose it safely*



*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*



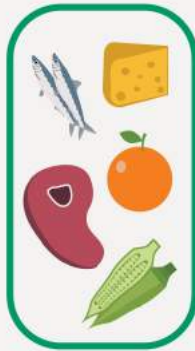
***Stop using single use plastic bottles, bags, plates & cutlery etc., reduce the use of micro plastics***



*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*

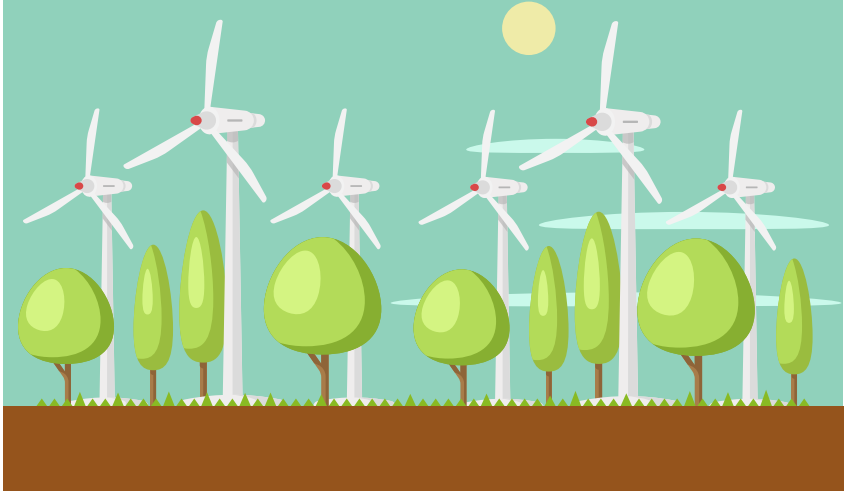
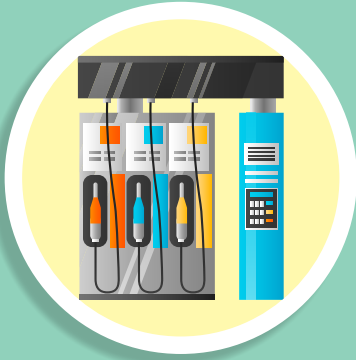


*Use paver blocks made out of Construction & Demolition (C&D) waste to improve drainage*

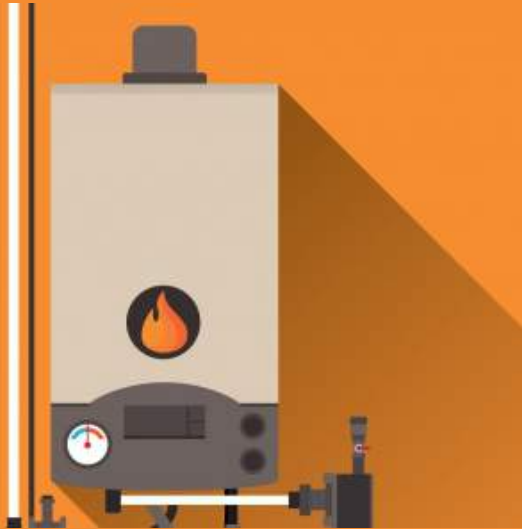


***Bio-medical waste should be properly disposed as per Biomedical Waste Management Rules***

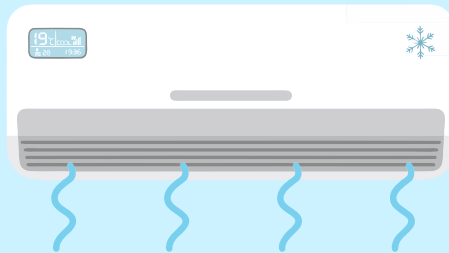




**ENERGY CONSERVATION  
AND PROMOTING  
RENEWABLE ENERGY**



***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***



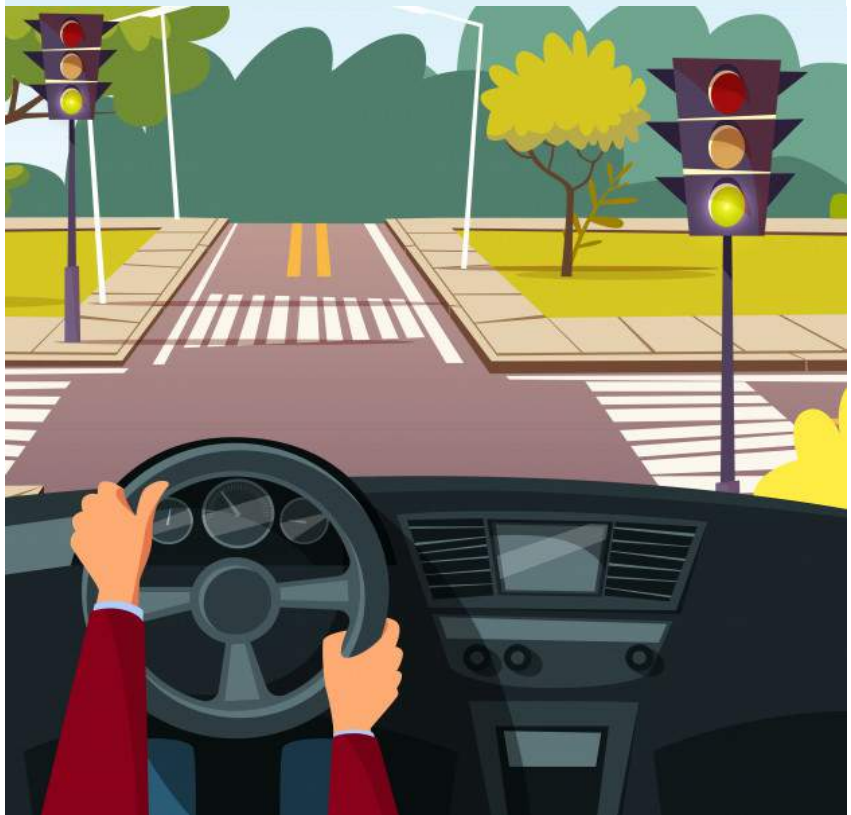
*Cook with fuel-efficient appliances, use  
ISI marked LPG gas stove for higher  
efficiency*



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



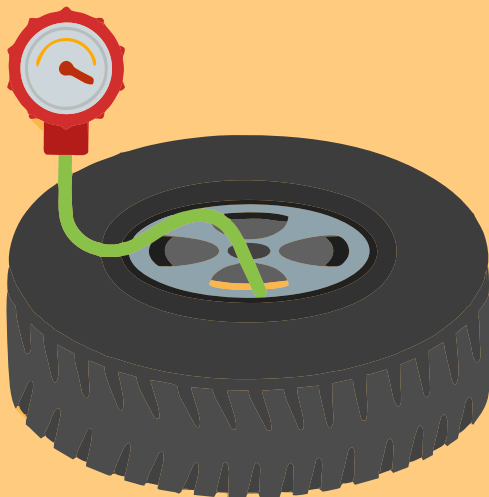
***Save Fuel from evaporation, ensure that fuel cap is secured tightly***



*Avoid rapid acceleration till the car engine and oil warms up*



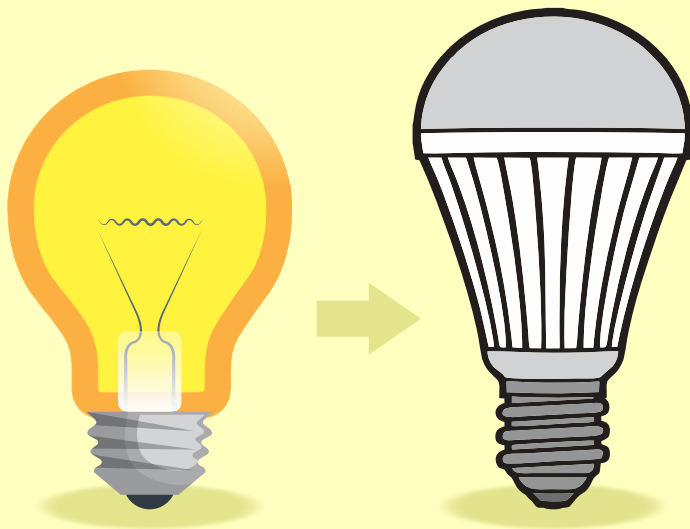
***Don't overload your vehicles, overloading means higher fuel consumption***



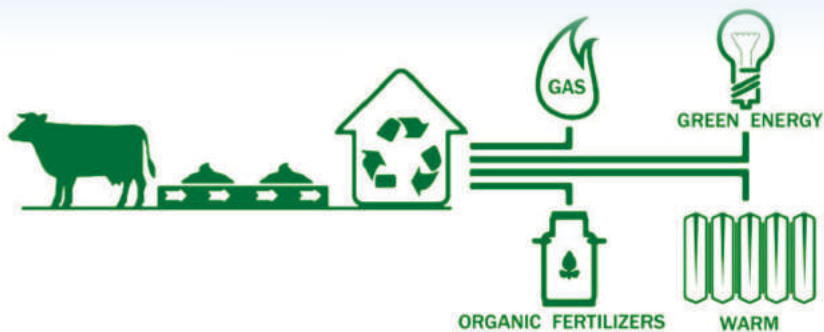
***Keep your tyre pressure under check***



*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, WATER, 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'*



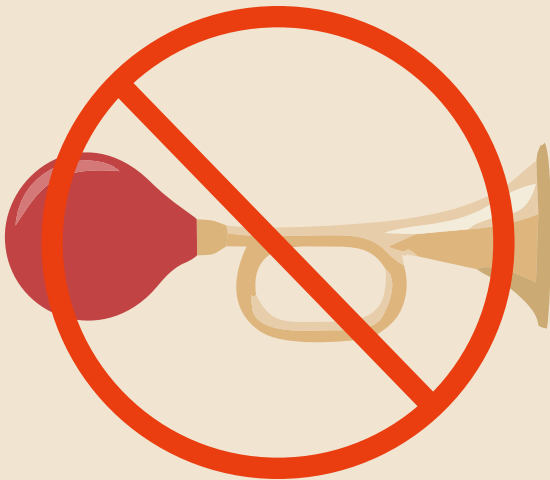
*Adhere strictly to vehicle emission standards and prevent air pollution*



***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***



## PESTICIDES AND FERTILIZERS



*Use organic fertilisers and pesticides*



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



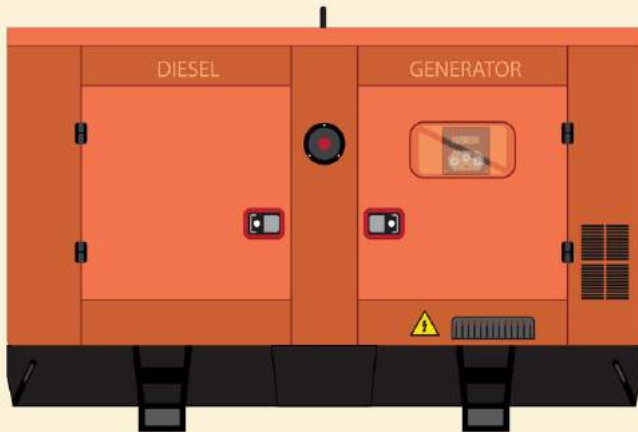
*Celebrate your festivals with idols made  
of environmental friendly materials*



*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*



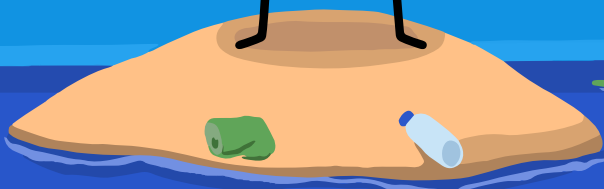
*Stop stubble burning*



## “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*





*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*



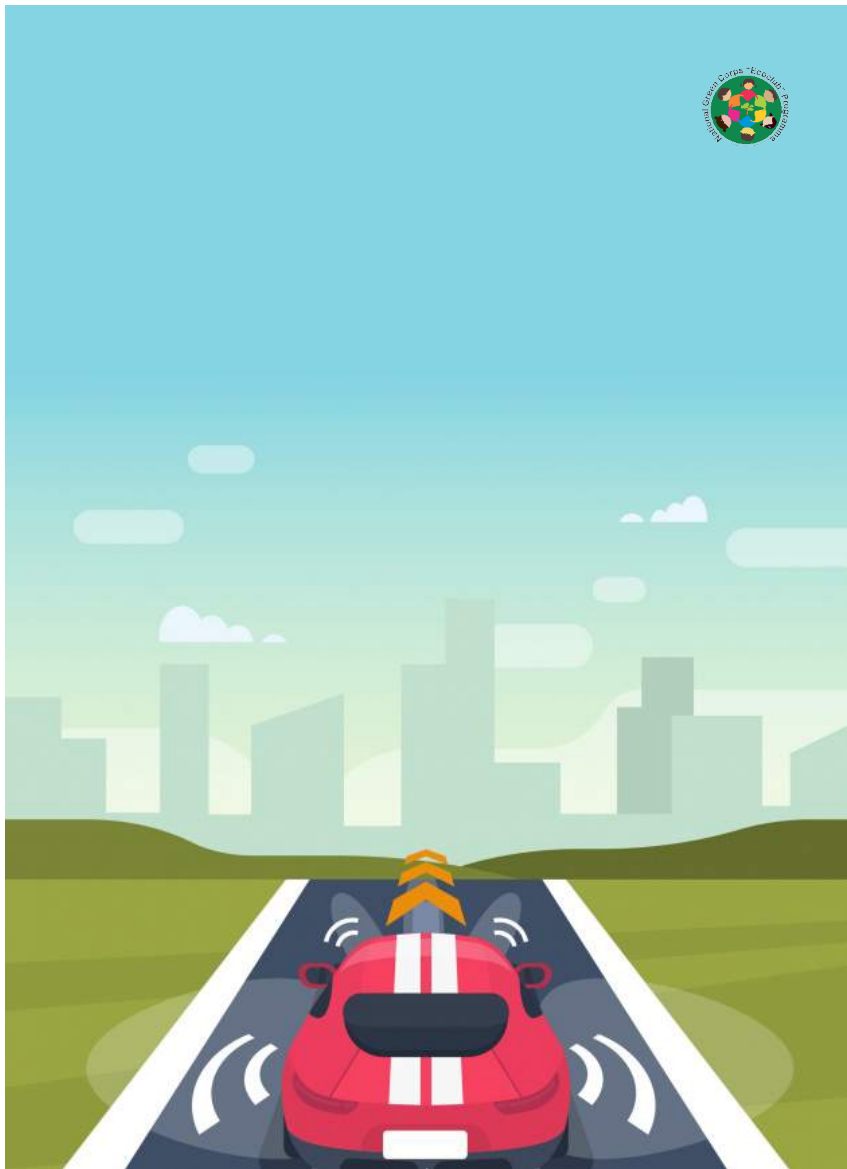
*Accelerate smoothly for better fuel efficiency*



*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*



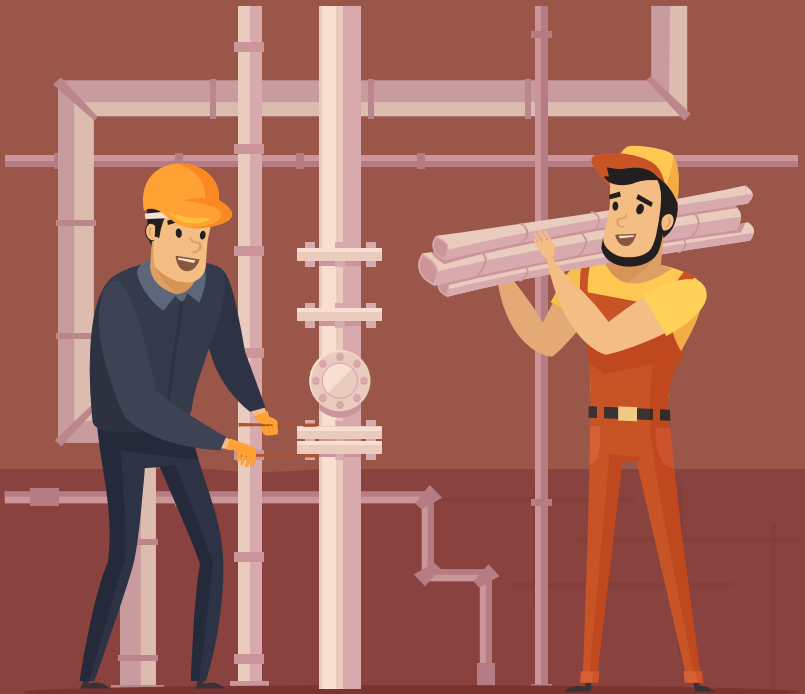
*Prefer earthen pots over plastic bottles*



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



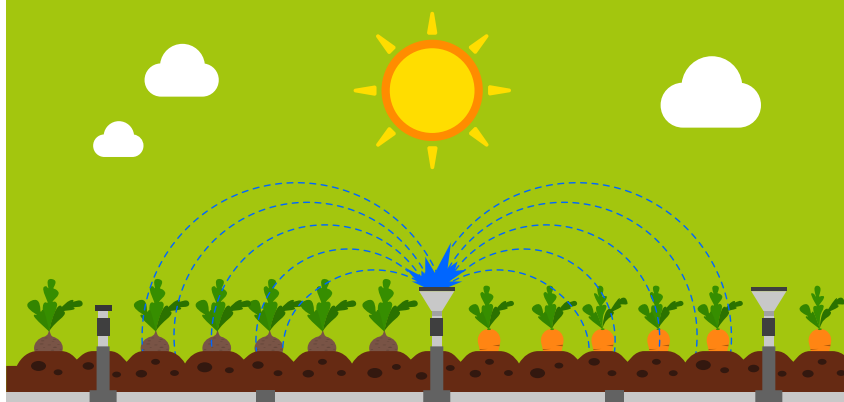
***Efficient faucets should be used to help save water. Install aerators in faucets to reduce wastage***



*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*



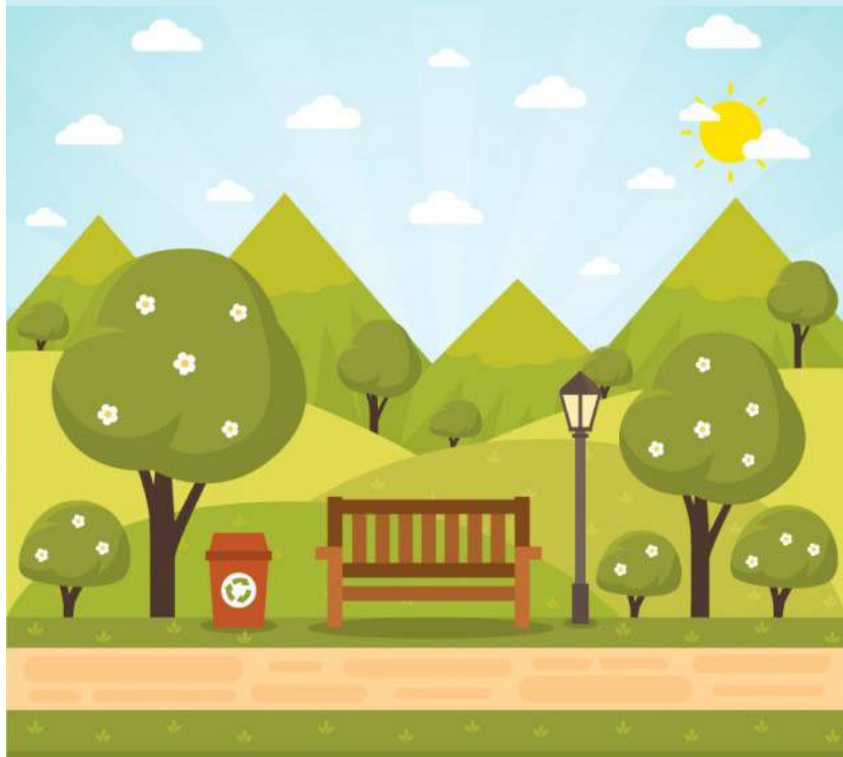
*Efficiently wash dishes by pre-soaking heavy pots and pans*



# 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*







## CONTACT

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