

Weekly schedule of activities of Mission LiFE

Sl.	Week	Week period	Theme	Topics
1.	Week 1	04.09.2023 – 10.09.2023	Save Energy	<ol style="list-style-type: none"> 1. Use LED bulbs tube-lights 2. Use public transport wherever possible 3. Take the stairs instead of an elevator wherever possible 4. Switch off vehicle engines at red lights and railway crossings
2.	Week 2	11.09.2023 – 17.09.2023		<ol style="list-style-type: none"> 1. Use bicycles for local or short commute 2. Switch off irrigation pumps after use 3. Prefer CNG/ EV vehicle over petrol/ diesel vehicles 4. Use carpooling with friends and colleagues
3.	Week 3	18.09.2023 – 24.09.2023		<ol style="list-style-type: none"> 1. Drive in the correct gear. Keep your foot off the clutch when not changing gears. 2. Install a solar water or solar cooker heater on rooftops 3. Switch off appliances from plug points when not in use 4. Use biogas for cooking and electricity needs
4.	Week 4	25.09.2023 – 01.10.2023		<ol style="list-style-type: none"> 1. Keep temperature of air conditioners to 24 degrees 2. Prefer pressure cookers over other cookware 3. Keep your electronic devices in energy-saving mode
5.	Week 5	02.10.2023 – 08.10.2023		<ol style="list-style-type: none"> 1. Use smart switches for appliances that are used frequently 2. Install community earthen pots for cooling water 3. Defrost fridge or freezer regularly 4. Run outdoors instead of on a treadmill
6.	Week 6	09.10.2023 – 15.10.2023	Save Water	<ol style="list-style-type: none"> 1. Adopt cultivation of less water-intensive crops like millets 2. Participate in recharge of rural water bodies through the Amrit Sarovar Scheme 3. Practice crop diversification. Move from rice & wheat cultivation to pulse & oil seed cropping system 4. Use efficient water-saving technologies (like micro-irrigation, bunding, laser levelling, farm ponds, zero tillage, direct seeded rice, alternate wetting and drying and others)
7.	Week 7	16.10.2023 – 22.10.2023		<ol style="list-style-type: none"> 1. Create rainwater-harvesting infrastructure in home/schools/offices 2. Use drip irrigation systems created with waste materials, wherever possible 3. Reuse water from washed vegetables to water plants and other purpose 4. Pre-soak heavy pots and pans before washing them
8.	Week 8	23.10.2023 – 29.10.2023		<ol style="list-style-type: none"> 1. Do not discard unused stored water every time there is fresh water coming in taps 2. Use buckets instead of hose pipes to water plants/ floors/ vehicles 3. Fix leaks in flushes, taps and waterpipes 4. Use water-efficient fixtures for taps, showerheads, and toilet flush units
9.	Week 9	30.10.2023 – 05.11.2023		<ol style="list-style-type: none"> 1. Invest in a water metre for your house to measure water consumption regularly 2. Reuse water drained out from AC/RO for cleaning utensils, watering plants and others 3. Prefer a water purification system that wastes less water 4. Turn off running taps when not in active use

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10.	Week 10	06.11.2023 – 12.11.2023	Say No to Single Use Plastic	<ol style="list-style-type: none"> 1. Use cloth bag for shopping instead of plastic bags 2. Carry your own water bottle wherever possible 3. Reuse glass containers/ packaging plastic items as storage boxes
11.	Week 11	13.11.2023 – 19.11.2023		<ol style="list-style-type: none"> 1. Participate in and mobilize participation for clean-up drives of cities and water bodies 2. Prefer using non-plastic eco-friendly cutlery during gatherings and events 3. Use menstrual cups instead of sanitary napkins
12.	Week 12	20.11.2023 – 26.11.2023		<ol style="list-style-type: none"> 1. Use recycled plastic over virgin plastic, wherever possible 2. Use steel/recyclable plastic lunch boxes and water bottles 3. Cut the packaging bags used for milk, buttermilk, etc., only partially to avoid plastic bits from mixing into biodegradable waste 4. Opt for bamboo toothbrushes and neem combs
13.	Week 13	27.11.2023 – 03.12.2023	Adopt Sustainable Food Systems	<ol style="list-style-type: none"> 1. Include millets and nutri cereals in diets 2. Compost food waste at home 3. Create kitchen gardens/terrace gardens at homes/schools/offices
14.	Week 14	04.12.2023 – 10.12.2023		<ol style="list-style-type: none"> 1. Prepare organic manure from cow dungs and apply to farms 2. Prefer locally available and seasonal foods 3. Use smaller plates for daily meals to save food wastage
15.	Week 15	11.12.2023 – 17.12.2023	Reduce Waste	<ol style="list-style-type: none"> 1. Contribute cattle waste, food waste, and agricultural waste to biogas plant (provided under GOBARdhan) 2. Practice segregation of dry and wet waste at homes 3. Use agricultural residue, animal waste for composting, manuring and mulching
16.	Week 16	18.12.2023 – 24.12.2023		<ol style="list-style-type: none"> 1. Recycle and reuse old newspapers and magazines 2. Feed unused and uncooked vegetables leftovers to cattle 3. Set printer default to double-side printing 4. Repair, reuse and recycle old furniture
17.	Week 17	01.01.2024 – 07.01.2024		<ol style="list-style-type: none"> 1. Buy paper products made from recycled paper 2. Donate old clothes and books 3. Do not discard waste in water bodies and in public spaces 4. Do not let pets defecate in the public places
18.	Week 18	08.01.2024 – 14.01.2024	Adopt Healthy Lifestyles	<ol style="list-style-type: none"> 1. Encourage use of millets in food and indigenous herbs and medicinal plants for nutrition and well being 2. Prefer consuming natural or organic products 3. Start biodiversity conservation at community level
19.	Week 19	15.01.2024 – 21.01.2024		<ol style="list-style-type: none"> 1. Plant medicinal plants such as neem, tulsi, giloy, mint, curry leaves, ashwagandha, curry leaves, etc., within household premises 2. Practice natural or organic farming 3. Plant trees to reduce the impact of pollution
20.	Week 20	22.01.2024 – 28.01.2024		<ol style="list-style-type: none"> 1. Avoid purchasing products/souvenirs made from skin, tuskers and fur of wild animals 2. Create and volunteer at community food and cloth banks, and at animal shelters 3. Initiate and/or join green clubs in your residential area/school/ office
21.	Week 21	29.01.2024 – 04.02.2024	Reduce E-Waste	<ol style="list-style-type: none"> 1. Repair and use electronic devices over discarding the devices 2. Discard gadgets in nearest e-recycling units 3. Use rechargeable lithium cells 4. Prefer cloud storage over a pen drive / hard drive