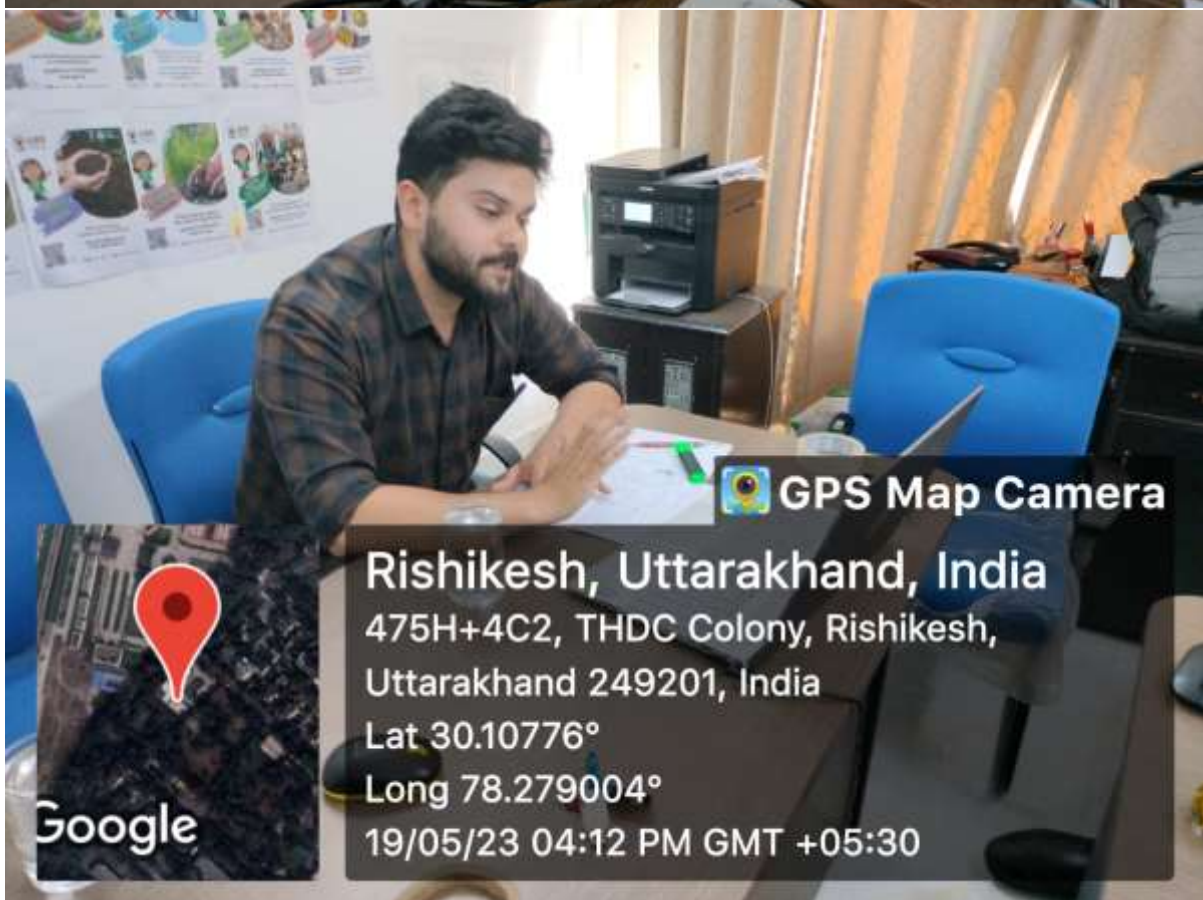
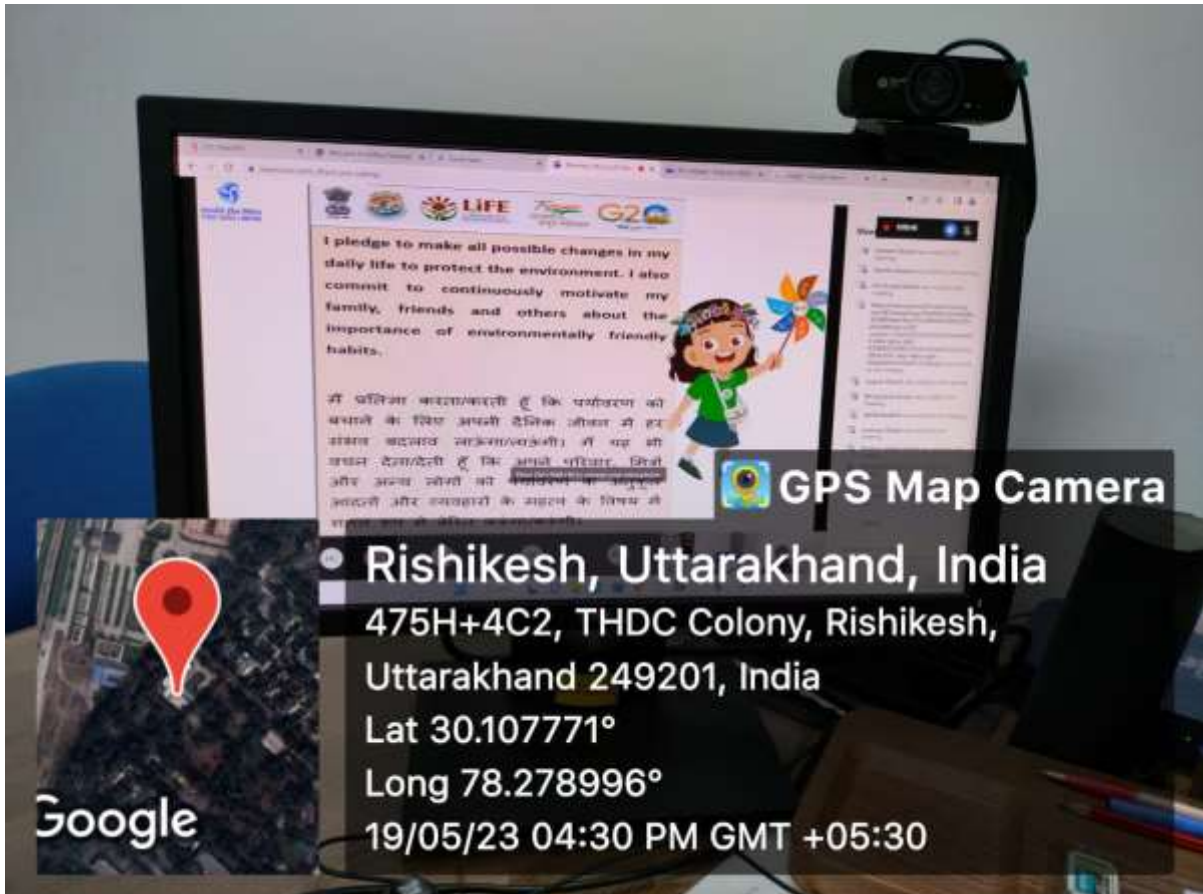
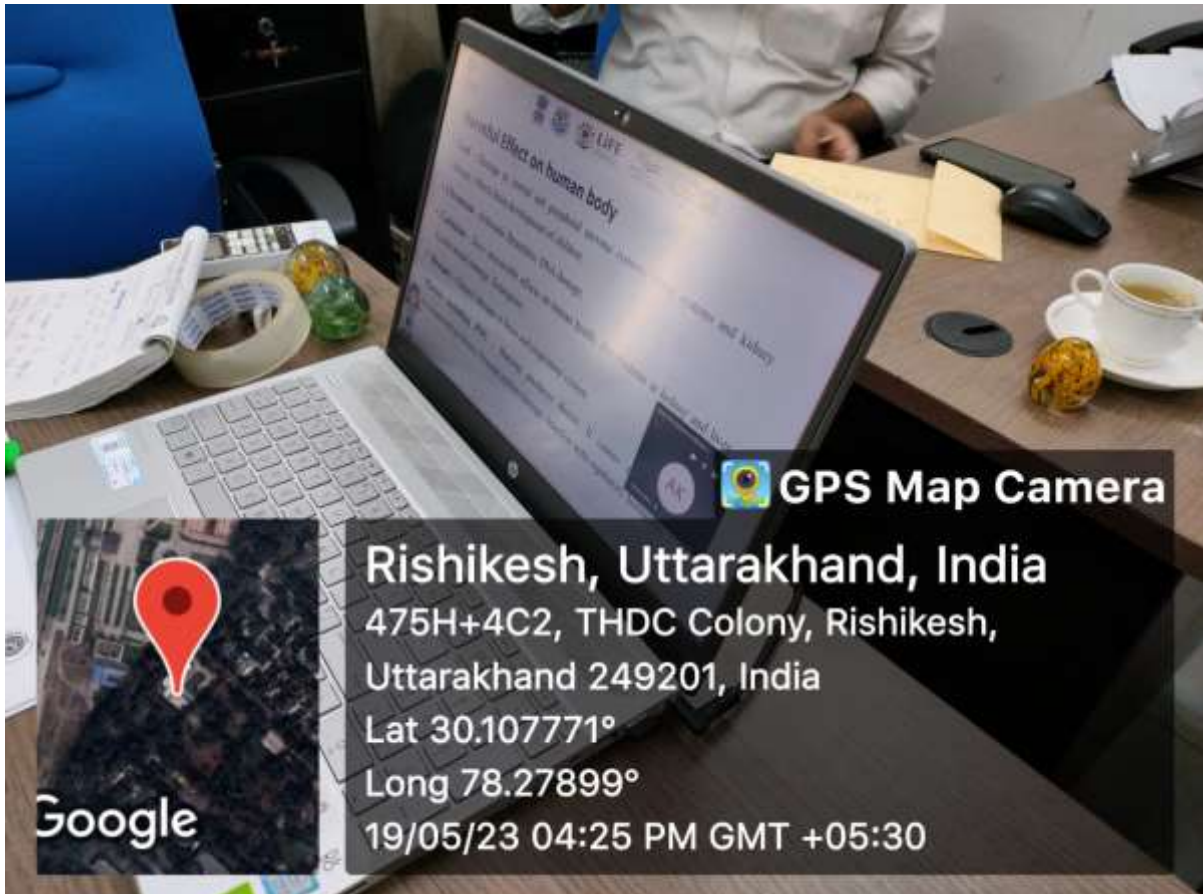


19.05.2023





 GPS Map Camera

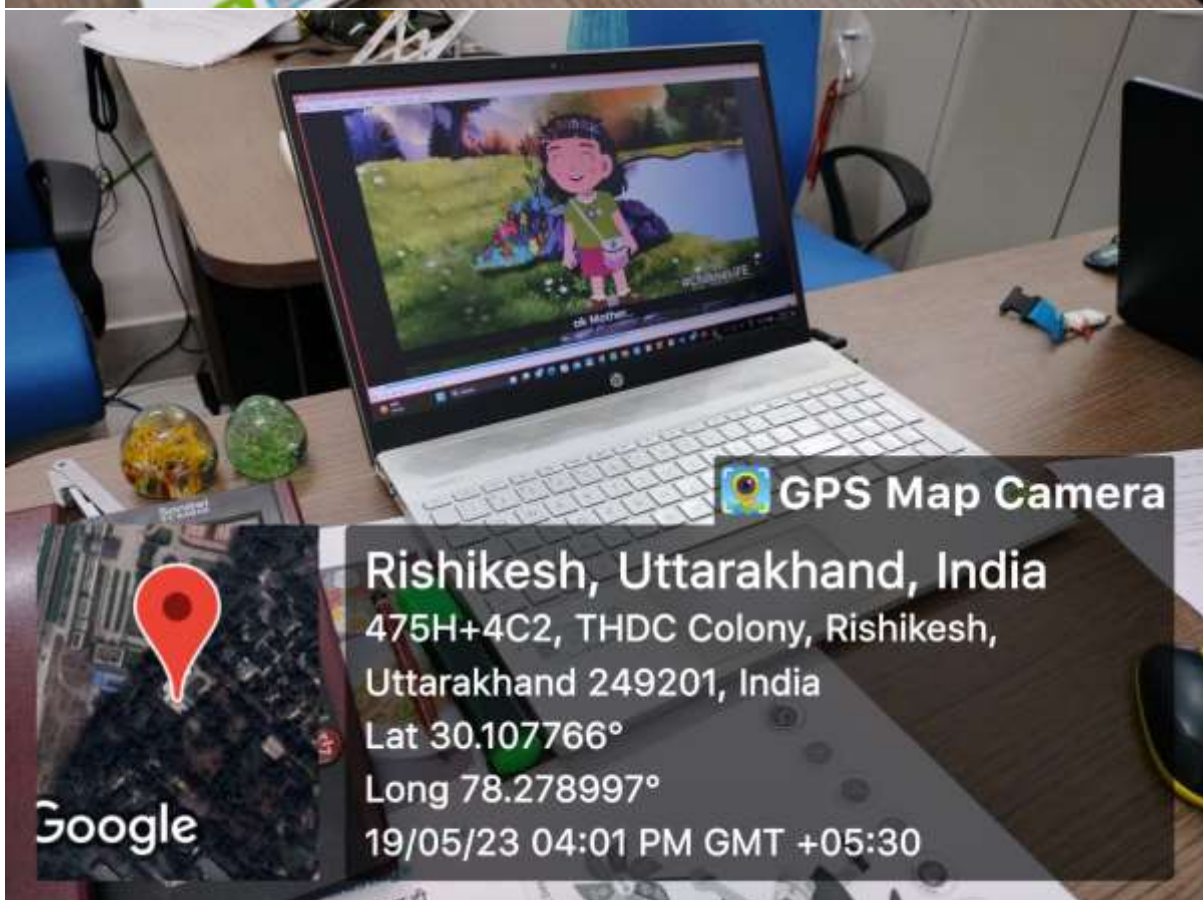
Rishikesh, Uttarakhand, India


475H+4C2, THDC Colony, Rishikesh,
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Long 78.27899°

19/05/23 04:25 PM GMT +05:30



 GPS Map Camera

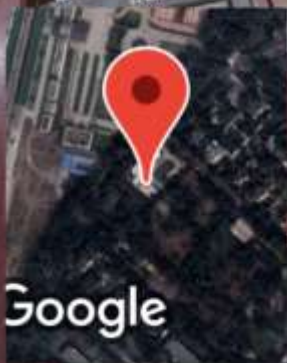
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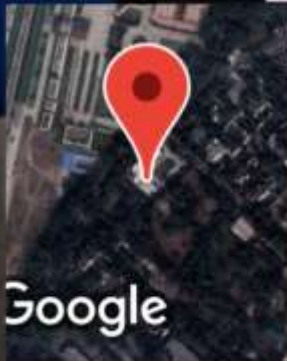
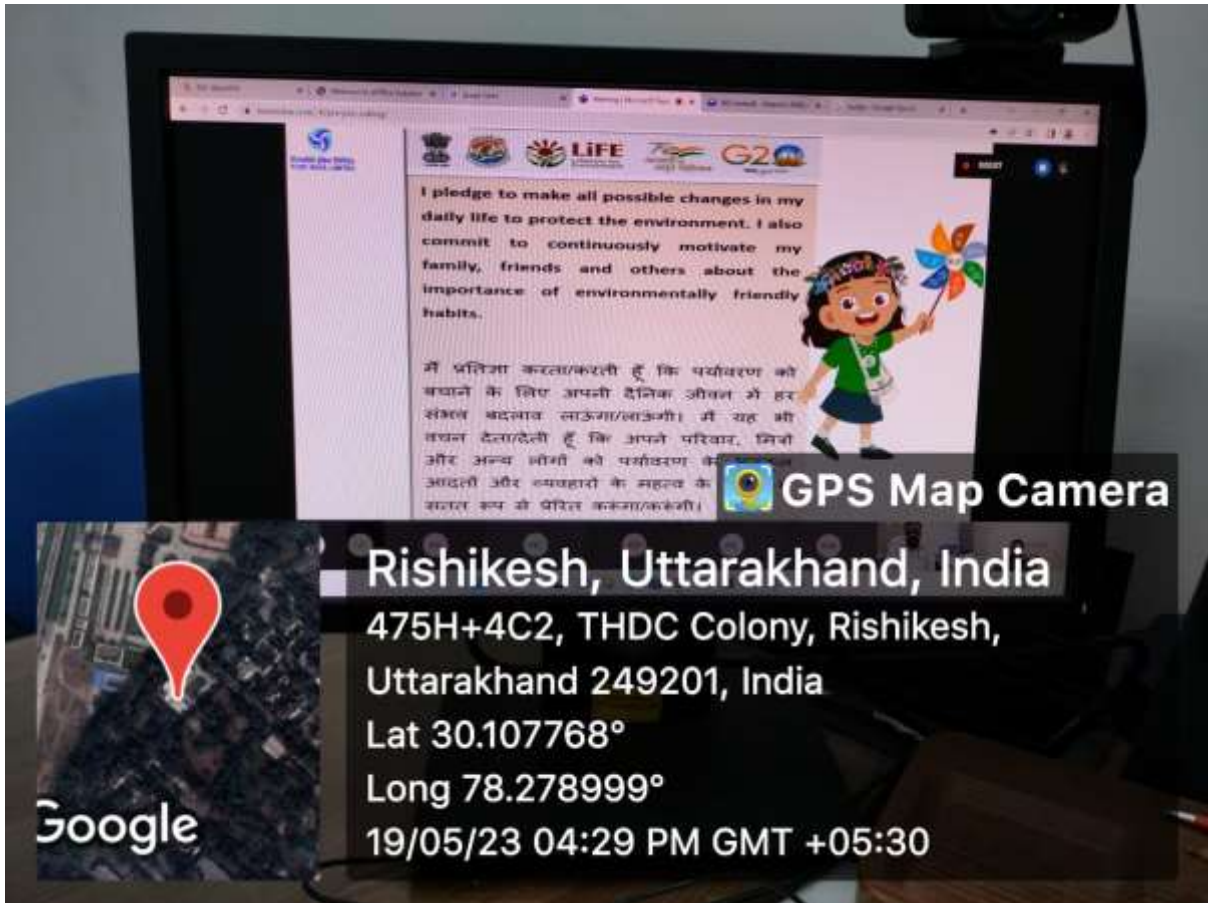
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Rishikesh, Uttarakhand, India
475H+4C2, THDC Colony, Rishikesh,
Uttarakhand 249201, India
Lat 30.107768°
Long 78.278999°
19/05/23 04:29 PM GMT +05:30



Rishikesh, Uttarakhand, India
475H+4C2, THDC Colony, Rishikesh,
Uttarakhand 249201, India
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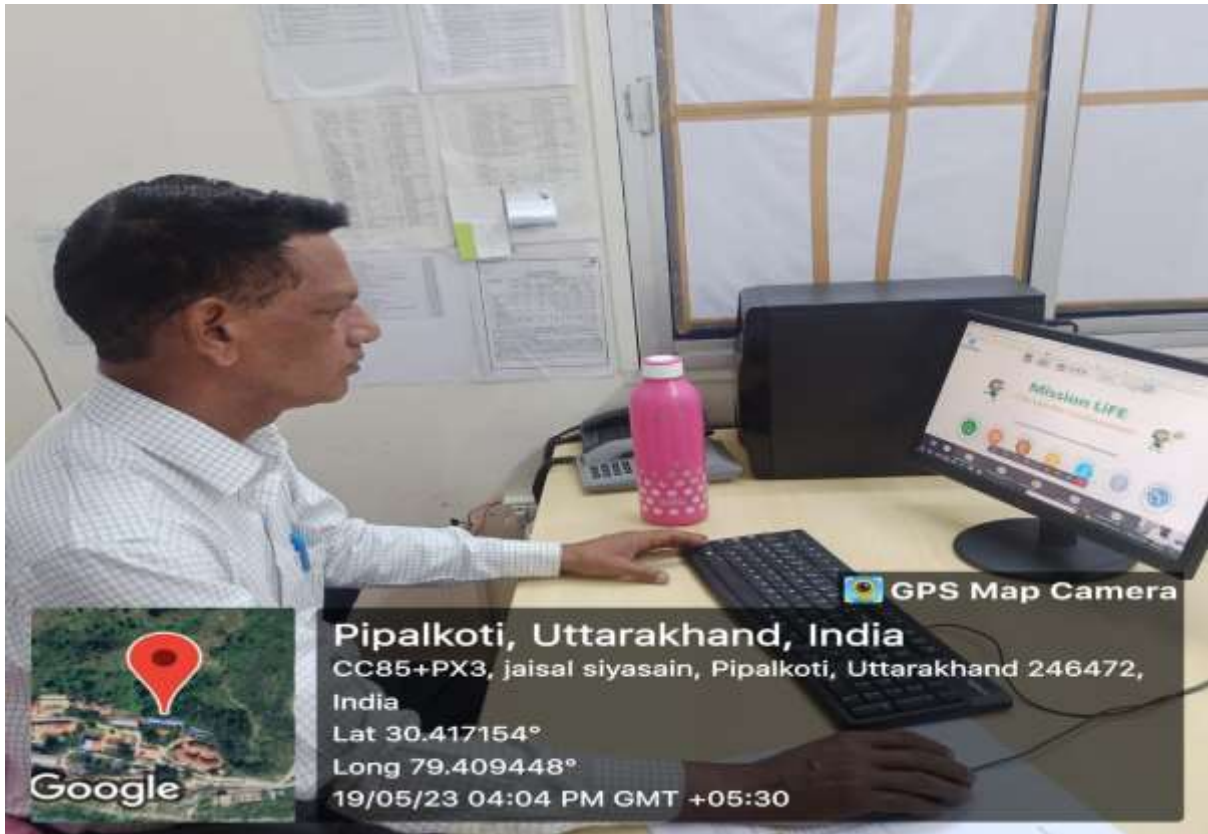




GPS Map Camera
Pipalkoti, Uttarakhand, India
CC85+PX3, jaisal siyasain, Pipalkoti, Uttarakhand 246472,
India
Lat 30.417154°
Long 79.409455°
19/05/23 04:04 PM GMT +05:30



GPS Map Camera
Pipalkoti, Uttarakhand, India
CC85+PX3, jaisal siyasain, Pipalkoti, Uttarakhand 246472,
India
Lat 30.417007°
Long 79.409627°
19/05/23 04:18 PM GMT +05:30



Pipalkoti, Uttarakhand, India

CC85+PX3, jaisal siyasain, Pipalkoti, Uttarakhand 246472, India

Lat 30.417154°

Long 79.409448°

19/05/23 04:04 PM GMT +05:30



Pipalkoti, Uttarakhand, India

CC85+PX3, jaisal siyasain, Pipalkoti, Uttarakhand 246472, India

Lat 30.416194°

Long 79.410055°

19/05/23 04:09 PM GMT +05:30



GPS Map Camera

Pipalkoti, Uttarakhand, India

CC85+PX3, jaisal siyasain, Pipalkoti, Uttarakhand 246472, India

Lat 30.416914°

Long 79.408959°

19/05/23 04:03 PM GMT +05:30



GPS Map Camera

Singrauli, Madhya Pradesh, India

3JHX+9FH, Singrauli, Madhya Pradesh 486886, India

Lat 24.078483°

Long 82.648858°

19/05/23 04:06 PM GMT +05:30





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प्राकृतिक संपदा को संरक्षित करो
Nature protects if She is Protected



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Lifestyle for
Environment



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Mission LiFE

Lifestyle for Environment



Corporate Social & Environment Department





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Nature protects if She is Protected



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LIFE

Lifestyle for Environment

An India-led global mass movement to nudge individual and community action to protect and preserve the environment



LiFE is an India-led global mass movement



LiFE was introduced by Prime Minister Narendra Modi—at COP26 in Glasgow on 1 November 2021—as a mass movement for “mindful and deliberate utilization, instead of mindless and destructive consumption” to protect and preserve the environment.



It aims to nudge individuals and communities to practice a lifestyle that is synchronous with nature and does not harm it.



Those who practice such a lifestyle are recognised as **Pro Planet People**

India is the first country to include LiFE in its Nationally Determined Contributions:

“India will put forward and propagate a healthy and sustainable way of living based on its traditions and the values of conservation and moderation, including through a mass movement for LiFE, as a key to combating climate change.”



Mission LiFE seeks to translate the vision of LiFE into measurable impact.

It is designed with the objective to mobilise at least one billion Indians and other global citizens to take individual and collective action for protecting and conserving the environment in the period 2022-28.

Within India, at least 80 percent of all villages and urban local bodies are aimed to become environment-friendly by 2028.



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Impact

When estimated against a business-as-usual scenario by 1 billion Indians in 2022-23 to 2027-28, the impact of LiFE actions can be significant, as demonstrated below with select examples:



Switching off the car / scooter engines at traffic lights / railway crossings can save up to **22.5 billion kWh of energy**



Turning off running taps when not in active use can save up to **9 trillion litres of water**



Using a cloth bag instead of a plastic bag while shopping can save up to **375 million tonnes of solid waste** from entering the landfill



Discarding non-functioning gadgets in the nearest e-recycling unit can recycle up to **0.75 million tonnes of e-waste**



Composting waste food at home can save up to **15 billion tonnes of food** from going to landfills



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प्राकृतिक पर्यावरण संरक्षण



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Seven Themes of Life

LiFE Themes



Save Energy



Save Water



Say No to Single
Use Plastic



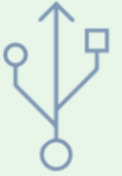
Adopt Sustainable
Food Systems



Reduce Waste



Adopt Healthy
Lifestyles



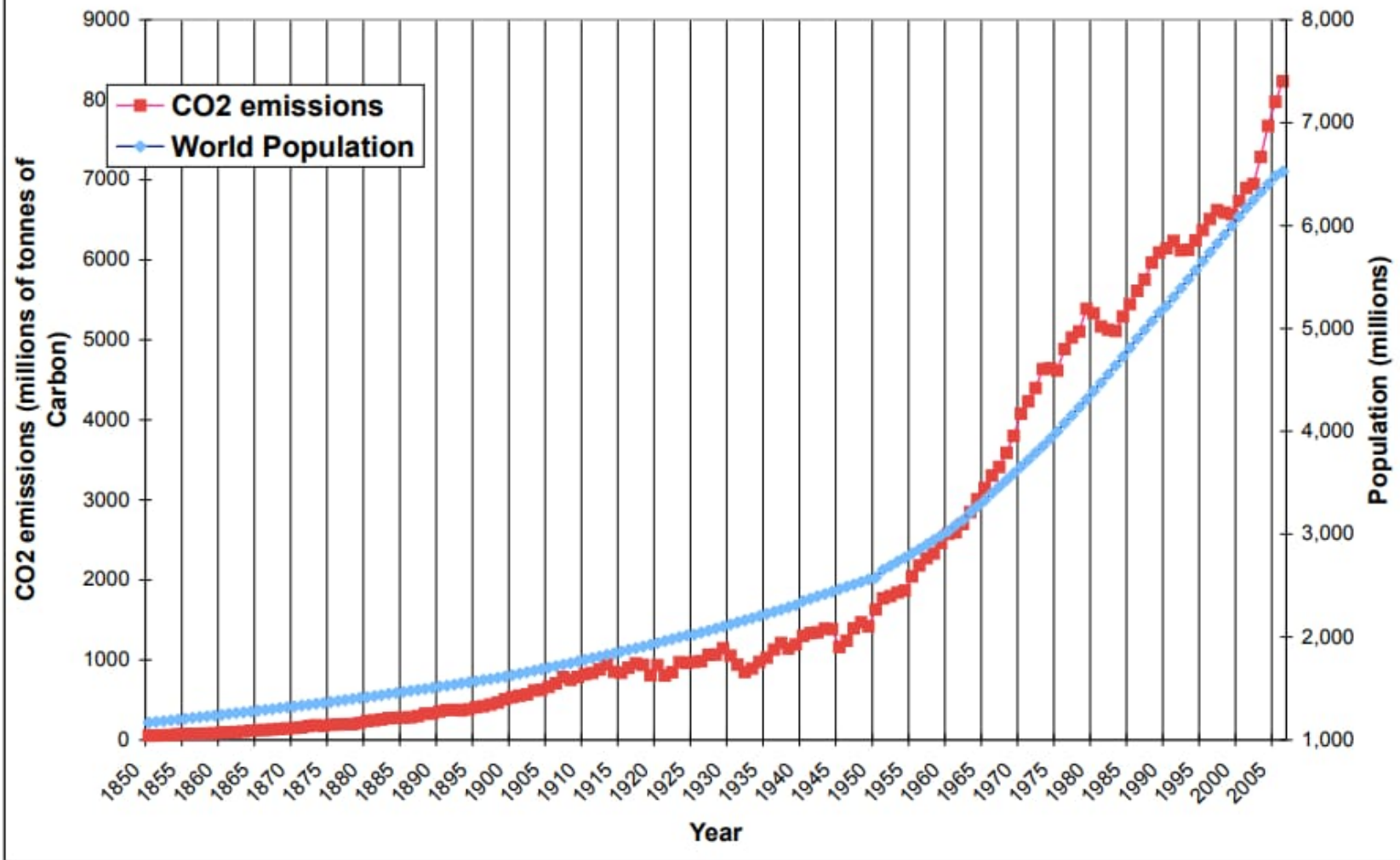
Reduce E-waste



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World Population vs. Global Anthropogenic CO2 Emissions





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Adopt Healthy Lifestyle

- Indigenous herbs and medicinal plants are an important part of the natural ecosystem, providing important habitats for wildlife and promoting biodiversity.
- Many local communities rely on these plants for traditional medicine and other uses. Indigenous trees are essential for maintaining a healthy environment, providing a range of benefits such as absorbing carbon dioxide, preventing soil erosion, and providing shade and shelter for wildlife.
- Biodiversity conservation efforts, both at the individual and community level (through green clubs and volunteer groups, for instance), are essential enablers of healthy lifestyles.
- By taking such actions to protect the environment and promote sustainability, we can help to create a better world for ourselves and future generations.





Best Practices



1. Encourage use of indigenous herbs and medicinal plants



2. Prefer consuming natural or organic products



3. Plant trees to reduce the impact of pollution



4. Start biodiversity conservation at community level



5. Create and volunteer at community food and cloth banks, and at animal shelters



6. Avoid purchasing products/souvenirs made from skin, tuskers and fur of wild animals



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



8. Plant medicinal plants such as neem, tulsi, giloy, mint, curry leaves, ashwagandha, etc., within household premises





Healthy Lifestyle
#ChooseLiFE

Plant trees to reduce the impact of pollution

प्रदूषण के प्रभाव को कम करने के लिए पेड़ लगाएं



Scan the QR Code to know more



Healthy Lifestyle
#ChooseLiFE

Start Biodiversity Conservation at community level

सामुदायिक स्तर पर जैव विविधता संरक्षण शुरू करें



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Adopt Sustainable Food Systems

- Consuming locally available and seasonal foods are key ways of contributing to sustainable food systems.
- By doing so, we can support local farmers and communities, and reduce the carbon footprint associated with transporting food long distances.
- Food waste is another critical issue that must be addressed to ensure our food systems are sustainable.
- According to the Food and Agriculture Organization of the United Nations, around one-third of all food produced globally is lost or wasted each year.
- This waste has economic, social, and environmental implications, including the loss of valuable resources such as water, land, and energy.
- By reducing food waste, we can conserve these resources and reduce greenhouse gas emissions.





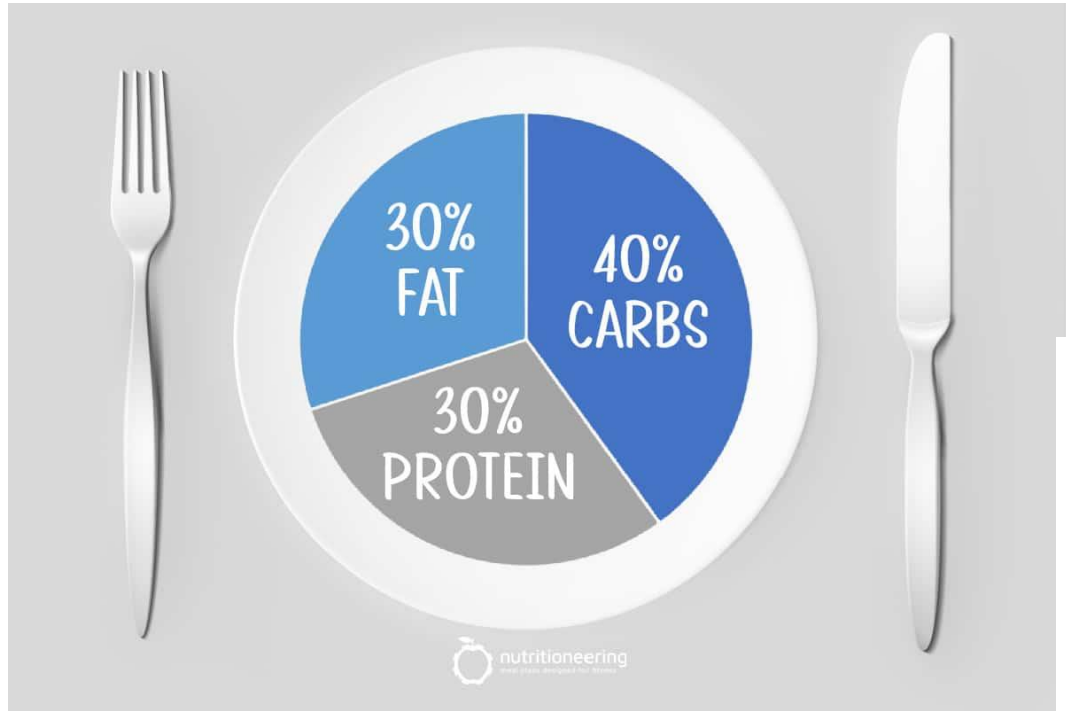
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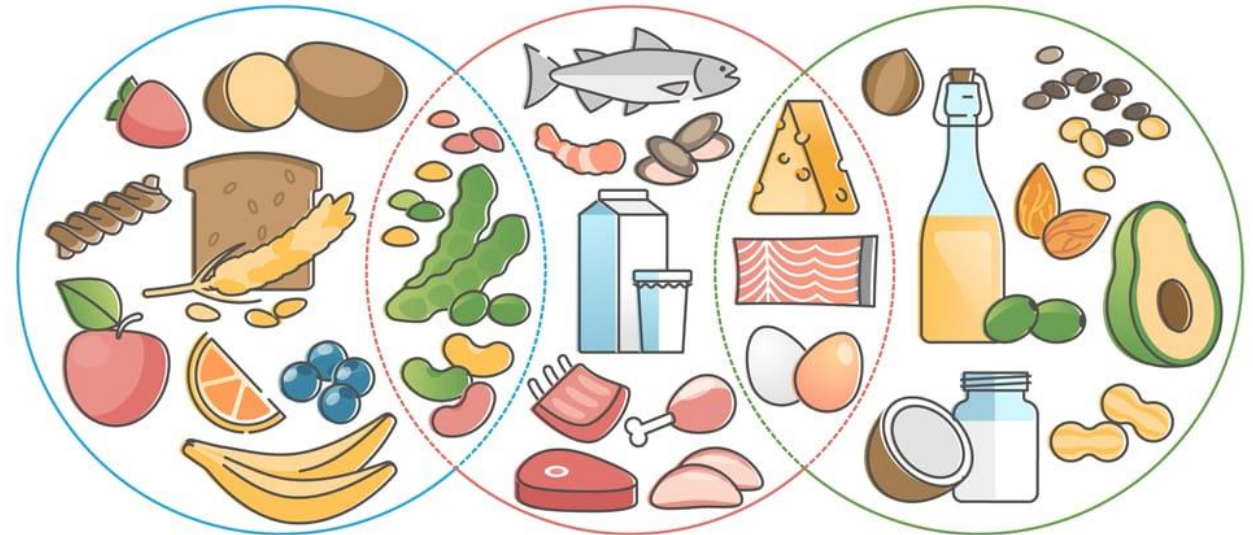
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MACRONUTRIENTS



CARBS

PROTEIN

FATS



Best Practices



1. Prefer locally available and seasonal foods



2. Compost food waste at home



3. Use smaller plates for daily meals to save food wastage



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



5. Include millets and nutri cereals in diets



6. Prepare organic manure from cow dung and apply to farms





sustainable
FOOD
systems
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Use cow dung as organic manure in farms

गोबर से बने जैविक खाद का उपयोग खेतों के लिए करें।



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systems
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Compost food waste at home

बचे हुए खाने से कम्पोस्ट बनाएँ।



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**Use smaller plates for daily meals
to save food wastage**

छोटे प्लेट में आवश्यकतानुसार ही
खाएँ, खाना बर्बाद न करें।



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systems
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**Include millets in diet through
Anganwadi, Mid-Day meal & PD scheme**

आंगनबाड़ी, मध्याह्न भोजन और
पी.डी.एस में मिलेट्स को शामिल करें।



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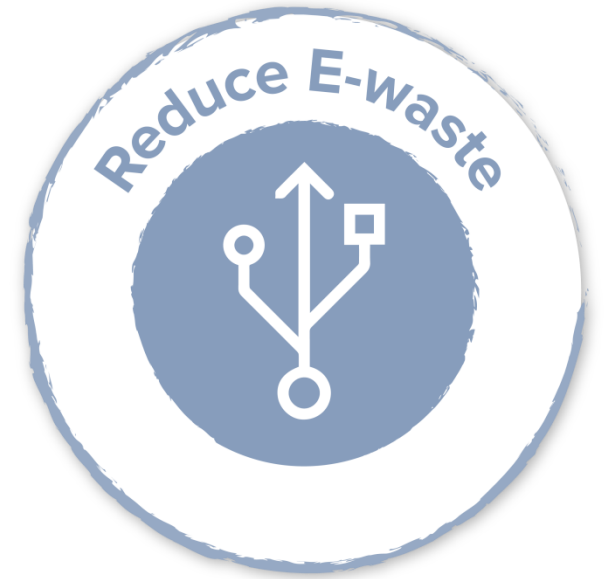
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E-Waste

- Electronic waste or e-waste describes discarded electrical or electronic devices.
- Used electronics which are destined for reuse, resale, salvage, recycling, or disposal are also considered e-waste.
- Informal processing of e-waste in developing countries can lead to adverse human health effects and environmental pollution.





Sources of E-Waste

- Waste generated from the products used for data processing such as computers, computer devices like monitor, speakers, keyboards, printers, scanners etc.
- Batteries of UPS, Mobiles, Laptops etc and Solar Cells.
- Electronic devices used for entertainment like TV, DVDs, and CD players.
- Equipment or devices used for communication like phones, landline phones, fax etc.
- Household equipment's like vacuum cleaner, microwave ovens, washing machines, air conditioners, CFL, LED bulbs etc.
- Audio, visual components such as VCRs, Stereo equipment etc.



Reasons of increasing E-Waste generation

- Advancement in technology.
- Changes in fashion styles and status
- End of their useful life
- Not taking adequate precautions while handling.



Effect of E-waste on the environment

- Emissions from E-Waste create environmental damage.
- Toxic chemicals from e-waste enter the "soil-crop-food pathway".
- These are non-biodegradable and cause soil pollution.
- E-Waste dumping yards and nearby places are polluted and cause health hazards.





Harmful Effect on human body

- **Lead** - Damage to central and peripheral nervous systems, blood systems and kidney damage. Affects brain development of children.
- **Chromium** - Asthmatic Bronchitis. DNA damage.
- **Cadmium** - Toxic irreversible effects on human health. Accumulates in kidney and liver. Causes neural damage .Teratogenic.
- **Mercury** - Chronic damage to brain and respiratory system.
- **Plastics including PVC** - Burning produces dioxin. It causes reproductive and developmental problems; Immune system damage; Interfere with regulatory hormones.



Why safe disposal is important ?

- Land fill disposal allows heavy metals to leach into ground water.
- Incineration makes hazardous material airborne.
- Acid batteries are dangerous and cause water and soil contamination.
- To ensure exported materials are handled properly.





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Handling E waste

- Circular economy – 5R
- Reduce
- Reuse
- Recycle
- Recover
- Refuse



Recycle and Reuse

- **Disassembly/Dismantling:** It is the systematic removal of components, parts or a group of parts or a subassembly from a product in E-waste.
- **Upgrading:** It includes comminuting and separation of materials using mechanical/physical or metallurgical processing. Methods to recover materials include incineration and refining.
- **Materials recovery:** The materials are recovered by recycling facilities. The plastic, glass, metals can be recovered by sorting them before mixing them with other waste.
- Electronic devices also contain valuable materials, such as gold, silver, and copper, which can be recycled and reused in the production of new devices.



By recycling e-waste, we can conserve our natural resources and also create jobs and stimulate local economies



Best Practices



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





Best Practices to adopt

- 5R
- Discard your E-waste to authorized vendors.
- E-waste (Management Rules), 2022 have provision for Extended producer Responsibility.
- THDC India Ltd. dispose its e waste through MSTC, a government agency to ensure safe disposal.

Collective effort is required to save our environment.



Discarding
non-functioning
gadgets in the
nearest
e-recycling unit
can recycle
upto **0.75**
million tonnes
of e-waste



**Reduce
E-Waste
#ChooseLIFE**



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to know more

Discard gadgets in
nearest **e-Recycling** units

इलेक्ट्रॉनिक उपकरणों को बलदने के बजाय
उनकी मरम्मत कर पुनः उपयोग करें



**Reduce
E-Waste**
#ChooseLIFE



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**Use rechargeable
Lithium Cells**

सदैव रिचार्जेबल लिथियम बैटरी
का उपयोग करें



**Reduce
E-Waste**
#ChooseLIFE



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Maintain the Devices you Own!

Keep them in Case, Clean them
regularly & avoid Overcharging

अपने उपकरणों की देख-रेख करें
उपकरणों को सदैव सुरक्षित व साफ रखें,
ओवरचार्जिंग से बचें

I pledge to make all possible changes in my daily life to protect the environment. I also commit to continuously motivate my family, friends and others about the importance of environmentally friendly habits.

मैं प्रतिज्ञा करता/करती हूँ कि पर्यावरण को बचाने के लिए अपनी दैनिक जीवन में हर संभव बदलाव लाऊंगा/लाऊंगी। मैं यह भी वचन देता/देती हूँ कि अपने परिवार, मित्रों और अन्य लोगों को पर्यावरण के अनुकूल आदतों और व्यवहारों के महत्व के विषय में सतत रूप से प्रेरित करूंगा/करूंगी।





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#ChooseLiFE #MissionLiFE

#ProPlanetPerson #PrakritiKaKhayal





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Thank You