

BOARD for COMMUNITY DEVELOPMENT through EDUCATION



GOVERNMENT OF ANDHRA PRADESH
#C-202, Prime Hill Crest, Adj to DGP Office, Vaddeswaram, Tadepalli
(M),
Guntur Dt. A.P. - 522 503,



E-Mail: bcde.ap.gov.in@gmail.com; Website: www.bcde.online;

LiFE (Awareness/Activities)

SI. No.	List of Actions	A	B	C
THEME –I Energy Saved				
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	✓	✓	✓
5	Use bicycles for local or short commute	✓	✓	✓
6	Switch off irrigation pumps after use	✓	✓	✓
7	Prefer CNG/EV vehicle over petrol/diesel vehicles	✓	✓	✓
8	Use carpooling with friends & colleagues	✓	✓	✓
9	Drive in the correct gear. Keep your foot off the clutch when not changing gears	✓	✓	✓
10	Install a solar water or solar cooker heater on rooftops	✓	✓	✓
11	Switch off appliances from plug points when not in use	✓	✓	✓
12	Use biogas for cooking and electricity needs	✓	✓	✓
13	Keep temperature of Air Conditioners to 24 degrees	✓	✓	✓
14	Prefer pressure cookers over other cookware	✓	✓	✓
15	Keep your electronic devices in energy-saving mode	✓	✓	✓
16	Use smart switches for appliances which are used frequently	✓	✓	✓
17	Install community earthen pots for cooling water	✓	✓	✓
18	Defrost fridge or freezer regularly	✓		
19	Run outdoors instead of on a treadmill	✓		
THEME –2 Water Saved				
20	Adopt cultivation of less water intensive crops like millets			✓
21	Participate in recharge of rural water bodies through Amrit Sarovar Scheme			✓
22	Practice crop diversification move from rice & wheat cultivation to pulse & oil seed cropping system			✓
23	Use efficient water saving technologies (like micro-irrigation, bunding, farm ponds, zero tillage, direct seeded rice, alternate wetting and drying & others)			✓
24	Create rainwater harvesting infrastructure in home/schools/offices	✓	✓	✓

25	Use drip irrigation system created with waste materials, wherever possible				✓
26	Reuse water from washed vegetables to water plants and other purpose	✓			
27	Pre-soak heavy pots and pans before washing them	✓			
28	Do not discard unused stored water every time there is fresh water coming in taps	✓	✓		
29	Use buckets instead of hose pipes to water plants/floors/vehicles	✓	✓	✓	
SI. No.	List of Actions	A	B	C	
30	Fix leaks in flushes, taps and waterpipes	✓	✓	✓	
31	Use water-efficient fixtures for taps, and showerheads, and toilet flush units	✓	✓	✓	
32	Invest in a water meter for your house to measure water consumption regularly	✓	✓		
33	Reuse water drained out from Ac/RO for cleaning utensils, watering plants and others	✓	✓		
34	Prefer a water purification system that wastes less water	✓	✓		
THEME – 3 SINGLE USE PLASTIC REDUCED					
35	Use cloth bag for shopping instead of plastic bags	✓			
36	Carry your own water bottle wherever possible	✓	✓	✓	
37	Reuse glass containers/packaging plastic items as storage boxes	✓	✓		
38	Participate in and mobilize participation for clean-up drives of cities and water bodies				✓
39	Prefer using non-plastic eco-friendly cutlery during gatherings and events	✓	✓	✓	
40	Turn off running taps when not in active use	✓	✓		
41	Use menstrual cups instead of sanitary napkins	✓			
42	Use recycled plastic over virgin plastic, wherever possible	✓	✓		
43	Use steel/ recyclable plastic lunch boxes and water bottles	✓	✓		
44	Cut the packaging bags used for milk, buttermilk, etc. only partially to avoid plastic bits from mixing into biodegradable waste	✓	✓		
45	Opt for bamboo toothbrushes and neem combs Sustainable Food Systems Adopted	✓	✓	✓	
THEME – 4 Sustainable Food systems adopted					
46	Include millets in diets through Anganwadi, Mid-Day meal and PD scheme				✓
47	Compost food waste at home	✓			
48	Create kitchen gardens/ terrace gardens at homes/ schools/ offices	✓	✓		
49	Prepare organic manure from cow dungs and apply to farms	✓			
50	Prefer locally available and seasonal foods	✓			

51	Use smaller plates for daily meals to save food wastage Waste Reduced(Swachhata Actions)	✓		
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THEME –5 Waste Reduced (Swachhata Actions)

52	Contribute cattle waste, food waste, and agricultural waste to biogas plant (provided under GOBARDHAN)			✓
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53	Practice segregation of dry and wet waste at homes	✓	✓	✓
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54	Use agricultural residue, animal waste for composting, manuring and Mulching.			✓
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55	Recycle and reuse old newspapers, magazines	✓	✓	✓
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56	Feed unused and uncooked vegetables leftovers to cattle	✓		✓
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57	Set printer default to double-side printing		✓	
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58	Repair, reuse and recycle old furniture	✓	✓	✓
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59	Buy paper products made from recycled paper	✓	✓	✓
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60	Donate old clothes and books	✓		
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61	Do not discard waste in water bodies and in public spaces	✓	✓	✓
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62	Do not let pets defecate in the public places Healthy Lifestyles Adopted	✓		✓
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THEME –6 Health Lifestyles Adopted

63	Encourage use of millets in food and indigenous herbs and medicinal plants for nutrition and well being	✓	✓	✓
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64	Prefer consuming natural or organic products	✓		✓
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65	Start biodiversity conservation at community level	✓		✓
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66	Plant medicinal plants such as neem, tulasi, giloy, mint, curry leaves, ashwagandha, curry leaves etc. within household premises	✓	✓	✓
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67	Practice natural or organic farming	✓		✓
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68	Plant trees to reduce the impact of pollution	✓	✓	✓
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69	Avoid purchasing products/souvenirs made from skin, tuskers and fur of wild animals	✓		✓
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70	Create and volunteer at community food and cloth banks, and at animal shelters	✓		✓
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71	Initiate and/or join green clubs in your residential area/ school/ office E-Waste reduced	✓	✓	✓
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THEME –7 E-Waste Reduced

72	Repair and use electronic devices over discarding the devices	✓	✓	✓
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73	Discard gadgets in nearest e-recycling units	✓	✓	✓
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74	Use rechargeable lithium cells	✓	✓	✓
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75	Prefer cloud storage over a pen drive/hard drive	✓	✓	✓
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