

उत्तर पूर्वी क्षेत्रीय भार प्रेषण केंद्र /North Eastern Regional Load Despatch Centre

Action Taken Report on Implementation of Mission LIFE at NERLDC

Mission Lifestyle for Environment (LiFE) was carried out throughout GRID-INDIA as per guidelines of Ministry of Power. This campaign was launched with an aim to inculcate environment friendly habits among people and the mission is set on 7 themes which are-

- Save Energy
- Save Water
- Say No to Single Use Plastic
- Adopt Sustainable Food Systems
- Reduce Waste
- Adopt Healthy Lifestyles and
- Reduce E-Waste

In lines with the above, NERLDC took initiatives to implement LiFE Mission under the seven themes mentioned above.

*All Employees joined to take the **LIFE Pledge**, which was administered by ED NERLDC Sh. Nabarun Roy from Kaizen Hall, NERLDC, Shillong on 2nd June,2023*



Save Energy

1. Labels with messages related to energy-saving have been displayed on switchboards in the building premises to create awareness among the employees about timely switching off of appliances when not in use.



2. On 5th June 2023, to mark World Environment Day, LED bulbs were distributed among employees of NERLDC Shillong and Guwahati to promote energy saving measures among employees.



Save Water

1. Overhead water tank of NERLDC building at Shillong have been replaced on 20th May 2023 to reduce wastage of water and facilitate storage of clean water.



BEFORE



AFTER

2. As an awareness to employees and staff on reducing water wastage, posters with messages related to timely turning off water taps have been displayed in rest rooms and over washbasins in the office premises.



Say No to Single Use Plastic

1. As a measure to avoid usage of plastic in the office premises, physical banners have been replaced with E-banners, which are displayed through digital screens. However, In case of requirement, only cloth banners are being used in NERLDC.
2. Jute Bags were distributed among employees at Shillong and Guwahati to promote the idea of plastic usage reduction and carrying own bags while shopping.



3. Copper water bottles for all employees of NERLDC are being procured to facilitate an office environment free of plastic jars and bottles. Drinking water from copper vessel has multiple health benefits, which also promotes healthy lifestyle among the employees.
4. All plastic water bottles in the conference rooms and other office areas have been replaced with glass bottles, thereby promoting a plastic-free environment.



Adopt Sustainable Food Systems

1. 500 grams of a variety of Millet (Little Millet) were distributed to each employee of NERLDC, year 2023 being declared as **International Year of Millets**. In addition, health benefits of Millet have been displayed in the digital screens in the office building.



Reduce Waste

1. Employees of NERLDC Shillong took part in a cleaning drive on 22nd May 2022 in which plastic and other wastes were collected and cleared from office vicinity and parking area.



Adopt Healthy Lifestyles

1. A session on Stress Management and **Guided Meditation on Twin Hearts** was organized on 24th May 2023 in association with GMCKS Pranic Healing Centre, Guwahati to promote the benefits of healthy lifestyle habits such as yoga and meditation among employees.



2. NERLDC is ensuring that items such as nuts, fruits and juices are being served during meetings and other office events to inculcate the habit of healthy and conscious eating.
3. Daily two-minutes exercise break is being introduced in NERLDC as a reminder for employees to take sufficient breaks in between work, thereby promoting healthy workplace practices.
4. A Fitness Walk was organized on 29th May 2023, motivating employees to adopt the habit of walking instead of opting vehicles for commuting to shorter distances.



5. A Zumba / Aerobics session was conducted at NERLDC Shillong for employees and family members in association with TAAL Academy, Shillong on 7th June 2023. The session was conducted as an initiative to promote healthy lifestyle among employees.



Reduce E- Waste

1. Scrap disposal committee disposed off all electronic scrap items from NERLDC Shillong premises. The scrap included old desktops, printers, telecommunication devices, server racks, consumables etc., thereby making the office premises free of any E- waste.

In addition to the above, informative posters relevant to the LiFE Mission have been displayed on digital screens in the office premises.



If you want to change the world, start with yourself. Responsible individual climate action is the key to safeguarding our collective future.

India's per capita carbon footprint is 60% lower than the global average. This is because our lifestyle is still rooted in sustainable traditional practices. In fact, sustainability has always been a part of our tradition, culture and values.



The LiFE movement seeks to transform persons into 'pro-planet people', who would adopt sustainable lifestyles.



Save energy



Use public transport wherever possible



Switch off vehicle engines at red lights and railway crossings



Use LED bulbs tube-lights



Take the stairs instead of an elevator wherever possible

Mission Lifestyle for Environment recognises that Indian culture and living traditions are inherently sustainable.

Mission LiFE seeks to channel the efforts of individuals and communities into a global mass movement of positive behavioural change.



The importance of conserving our precious natural resources and living in harmony with nature are emphasised in our ancient scriptures.

The need of the hour is to tap into that ancient wisdom and spread the message to as many people as possible.



**Save
energy**



Use carpooling with
friends and colleagues



Prefer CNG/
EV vehicle over
petrol/ diesel
vehicles



Use bicycles
for local or
short commute



Drive in the correct gear.
Keep your foot off the
clutch when not changing
gears.



**Save
energy**



Install a solar
water or solar
cooker heater
on rooftops



Keep
temperature of
air conditioners
to 24 degrees



Run outdoors
instead of on a
treadmill



Use smart switches for
appliances that are used
frequently



**Fix leaks in flushes,
taps and waterpipes**



Save Water



**Turn off running taps
when not in active use**



**Do not discard unused
stored water every time
there is fresh water
coming in taps**



**Invest in a water metre
for your house to
measure water
consumption regularly**



**Reuse water drained out
from AC/RO for cleaning
utensils, watering plants
and others**



**Use cloth bag/jute bag
for shopping**



**Say No to Single
Use Plastic**



**Carry your own water
bottle**



**Reuse glass containers/
packaging plastic items
as storage boxes**



**Participate in and mobilize
participation for clean-up drives
of cities and water bodies**



Prefer using non-plastic
eco-friendly cutlery during
gatherings and events



Say No to Single
Use Plastic



Use steel/recyclable
plastic lunch boxes
and water bottles



Opt for bamboo toothbrushes and neem combs



Adopt Sustainable
Food Systems

Include millets and nutri cereals in diets

Compost food waste at home

...

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

...

Prepare organic manure from cow dungs and apply to farms

...

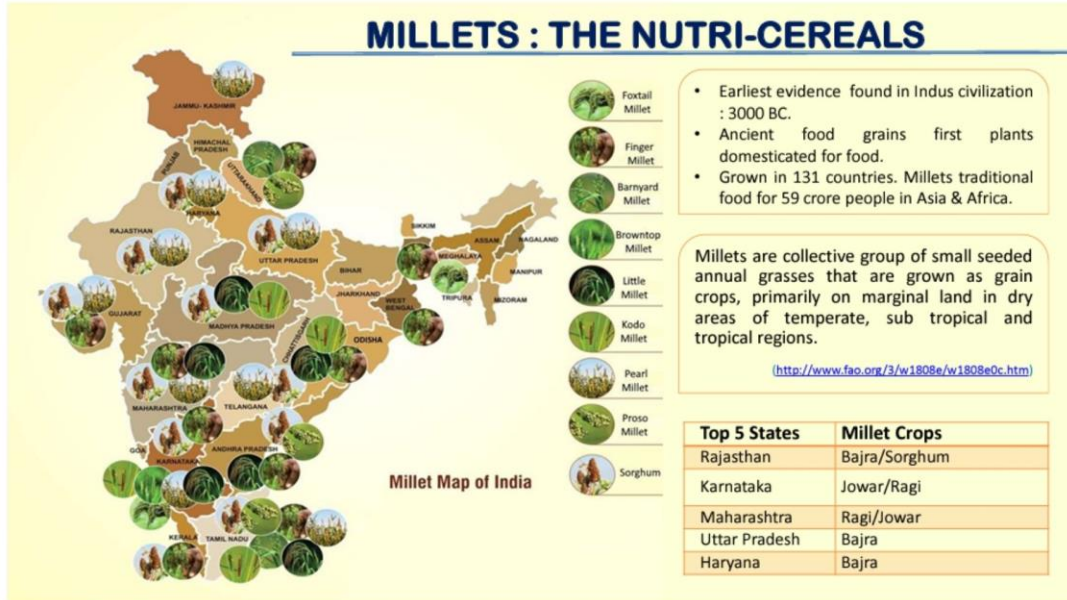
Prefer locally available and seasonal foods

...

Use smaller plates for daily meals to save food wastage



MILLETS : THE NUTRI-CEREALS



Reduce Waste

Practice segregation of dry and wet waste at homes

Use agricultural residue, animal waste for composting, manuring and mulching

Recycle and reuse old newspapers and magazines

Set printer default to double-side printing

Repair, reuse and recycle old furniture

Buy paper products made from recycled paper

Donate old clothes and books

Do not discard waste in water bodies and in public spaces

Do not let pets defecate in the public places



Adopt Healthy
Lifestyles

Encourage use of millets in food and indigenous herbs and medicinal plants for nutrition and well being

Prefer consuming natural or organic products

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

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

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

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



Reduce E-waste

Repair and use electronic devices over discarding the devices

Discard gadgets in nearest e-recycling units

Use rechargeable lithium cells

Prefer cloud storage over a pen drive / hard drive

Individual LiFE Actions pertaining to the seven themes under LiFE Mission have been circulated among employees via e-mail to aware employees about the simple steps that can contribute to creating a sustainable environment.

 **Individual LiFE Actions** 



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


Reduce E-waste


 **Individual LiFE Actions** 



- Include millets and nutri cereals in diets
- Compost food waste at home
- Create kitchen gardens/terrace gardens at homes/schools/offices
- Prepare organic manure from cow dungs and apply to farms
- Prefer locally available and seasonal foods
- Use smaller plates for daily meals to save food wastage


Adopt Sustainable Food Systems


 **Individual LiFE Actions** 

- Use LED bulbs tube-lights
- Use public transport wherever possible
- Take the stairs instead of an elevator wherever possible
- Switch off vehicle engines at red lights and railway crossings
- Use bicycles for local or short commute
- Switch off irrigation pumps after use
- Prefer CNG/ EV vehicle over petrol/ diesel vehicles
- Use carpooling with friends and colleagues
- Drive in the correct gear. Keep your foot off the clutch when not changing gears.
- Install a solar water or solar cooker heater on rooftops


Save Energy

 **Individual LiFE Actions** 

- Install a solar water or solar cooker heater on rooftops
- Switch off appliances from plug points when not in use
- Use biogas for cooking and electricity needs
- Keep temperature of air conditioners to 24 degrees
- Prefer pressure cookers over other cookware
- Keep your electronic devices in energy-saving mode
- Use smart switches for appliances that are used frequently
- Install community earthen pots for cooling water
- Defrost fridge or freezer regularly
- Run outdoors instead of on a treadmill


Save Energy



Individual LIFE Actions



- Adopt cultivation of less water-intensive crops like millets
- Participate in recharge of rural water bodies through the Amrit Sarovar Scheme
- Practice crop diversification. Move from rice & wheat cultivation to pulse & oil seed cropping system
- Use efficient water-saving technologies (like micro-irrigation, bunding, laser levelling, farm ponds, zero tillage, direct seeded rice, alternate wetting and drying and others)
- Create rainwater-harvesting infrastructure in home/schools/offices
- Use drip irrigation systems created with waste materials, wherever possible
- Reuse water from washed vegetables to water plants and other purpose
- Pre-soak heavy pots and pans before washing them



Individual LIFE Actions



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- Use drip irrigation systems created with waste materials, wherever possible
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Individual LIFE Actions



- Use cloth bag for shopping instead of plastic bags
- Carry your own water bottle wherever possible
- Reuse glass containers/ packaging plastic items as storage boxes
- Participate in and mobilize participation for clean-up drives of cities and water bodies
- Prefer using non-plastic eco-friendly cutlery during gatherings and events
- Use menstrual cups instead of sanitary napkins
- Use recycled plastic over virgin plastic, wherever possible
- Use steel/recyclable plastic lunch boxes and water bottles
- Cut the packaging bags used for milk, buttermilk, etc., only partially to avoid plastic bits from mixing into biodegradable waste
- Opt for bamboo toothbrushes and neem combs



Individual LIFE Actions



- Contribute cattle waste, food waste, and agricultural waste to biogas plant (provided under GOBARdhan)
- Practice segregation of dry and wet waste at homes
- Use agricultural residue, animal waste for composting, manuring and mulching
- Recycle and reuse old newspapers and magazines
- Feed unused and uncooked vegetables leftovers to cattle
- Set printer default to double-side printing
- Repair, reuse and recycle old furniture
- Buy paper products made from recycled paper
- Donate old clothes and books
- Do not discard waste in water bodies and in public spaces
- Do not let pets defecate in the public places





Individual LIFE
Actions



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



Adopt Healthy
Lifestyles
