

BRICS Sustainable Lifestyle Week

November 1-7, 2026

Tagline: One Week, Seven Actions, One Planet



- BRICS Sustainable Lifestyle Week is one of the key outcomes of the Joint Statement of the 12th BRICS Environment Ministers Meeting of the BRICS Environmental Working Group
- Envisioned as a week-long event, from **1–7 November 2026**
 - to promote environmentally responsible and sustainable lifestyles through public outreach, citizen engagement, and behaviour-oriented action.
 - To strengthen the role of individuals, communities, and youth in promoting sustainable lifestyles
- India would be celebrating with actions across various Line ministries / Departments of Central/State Govt., as well as through the Industry focussing celebrations through their member units



75 LiFE Actions under Mission LiFE

Save Energy

- 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 & 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
- 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 which are used frequently
- Install community earthen pots for cooling water
- Defrost fridge or freezer regularly
- Run outdoors instead of on a treadmill
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Save water

- Adopt cultivation of less water intensive crops like millets
- Participate in recharge of rural water bodies through Amrit Sarovar Scheme
- Practice crop diversification. Move from rice & wheat cultivation to pulse & oil seed cropping system.
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- Use efficient water saving technologies (like micro-irrigation, bunding, 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
- Do not discard unused stored water every time there is fresh water coming in taps
- Use buckets instead of hose pipes to water plants/ floors/ vehicles
- Fix leaks in flushes, taps and waterpipes
- Use water-efficient fixtures for taps, and showerheads, and toilet flush units
- Invest in a water meter for your house to measure water consumption regularly
- Reuse water drained out from AC/RO for cleaning utensils, watering plants and others
- Prefer a water purification system that wastes less water

Adopt Sustainable Food System

- Include millets in diets through Anganwadi, Mid-Day meal and PD scheme
- Compost food waste at home
- Create kitchen gardens/ terrace gardens at homes/ schools/ offices
- Prepare organic manure from cow dung and apply to farms
- Prefer locally available and seasonal foods
- Use smaller plates for daily meals to save food wastage

Adopt Healthy Lifestyle

- 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

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

Reduce Waste

- 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
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- Recycle and reuse old newspapers, 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

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Say No To Single Use Plastic

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

Day-wise Activity Plan

Date	Theme	Signature Action
Nov 1 (Sun)	Adopt Healthy Lifestyles	<ul style="list-style-type: none"> • Mobilize the units under the administrative control of respective Industry to celebrate BRICS sustainable lifestyle week (BSLW) focusing on 7 themes of Mission LiFE; • Launch event with citizens taking oath of LiFE pledge; • Organize walkathons, cyclothons, etc. • Conduct Poster and Essay Competitions, storytelling sessions for children focusing on the importance of sustainable lifestyle daily habits; • Tree plantation activity under Ek Ped Maa Ke Naam, etc; • Yoga webinar where volunteers join and participate in 1 hour yoga session; • Showcase and promote seven themes of Mission LiFE • Display BSLW and Mission LiFE messaging at office premises • Report it on the MeriLiFE portal;



Day-wise Activity Plan

Date	Theme	Signature Action
Nov 2 (Mon)	Save Energy	<ul style="list-style-type: none">• Switch-off unwanted electrical devices when not necessary in offices and educational institute campuses• Conduct webinars /workshops to create awareness on household energy savings, energy-efficient appliances and responsible cooling lifestyle practices;



Day-wise Activity Plan

Date	Theme	Signature Action
3 Nov (Tue)	Save Water	<ul style="list-style-type: none">• Create awareness on water conservation through display of posters, webinars, policy dialogue, etc.• Undertake repair works of water leaks, rain water harvesting structures in office premises, etc.• Promote drip irrigation and other water saving measures in lawns, gardens, etc.• Conduct slogan writing competitions, poster competitions, etc. on water conservation



Day-wise Activity Plan

Date	Theme	Signature Action
4 Nov (Wed)	Adopt Sustainable Food System	<ul style="list-style-type: none">• Promote Millet and traditional-diet in the office canteens• Organize Awareness campaigns on food-waste reduction and composting of organic waste, etc.



Day-wise Activity Plan

Date	Theme	Signature Action
5 Nov (Thur)	Say No to Single-use Plastics	<ul style="list-style-type: none"> • Organize plogging drives in office campuses and affiliated industries/ field offices/units • Conduct awareness campaigns on creating Single use Plastic-free campuses and organizing SUP free events; • Create awareness on reusable bag and bottle drives; • Conduct storytelling sessions for children focusing on the importance of protecting the environment and reducing plastic pollution; • Educate citizens about sustainable fashion practices and alternatives to plastic-based clothing materials; • Promote traditional and eco-friendly fabrics such as Linen, Cotton, Tencel, Hemp-fabric instead of synthetic fabrics which have micro-plastics.



Day-wise Activity Plan

Date	Theme	Signature Action
6 Nov (Fri)	Reduce E-waste	<ul style="list-style-type: none">• Organize E-waste collection drives linked to authorised recyclers in industries /office campuses and affiliated field offices/units and townships;• Create awareness on importance of repair, reuse and responsible disposal;• Take oath of LiFE pledge through MyGov platform of MEITY; 'Waste to Wonder' installations from E-waste to be showcased during the Week



Day-wise Activity Plan

Date	Theme	Signature Action
7 Nov (Sat) (Cont)	Reduce Waste	<ul style="list-style-type: none"> • Undertake clean-up Drives promoting sustainable lifestyle practices in local communities, involving Anganwadi workers, children, and parents to collect waste; • Coordinate a 30-minute community clean-up walk drives in offices, residential campuses, along local riverbanks, wetlands, ghats, etc; • Promote Waste to Art installations in office campuses/townships and affiliated field offices/units



Generic list of Activities

- Promote seven themes of Mission LiFE and BRICS Sustainable Lifestyle week on the digital display boards in the campus;
- Mobilize units under the administrative control of respective industry to celebrate BRICS sustainable lifestyle week (BSLW) focusing on 7 themes of Mission LiFE;
- Public outreach through dissemination of creatives/infographics/video on the BRICS Sustainable Lifestyle week-2026 through social media platforms;
- Promote campaign community success stories, and Do It Yourself (DIY) solutions on social media platforms;
- Media releases/press notes may also be issued on the activities undertaken by your organizations;
- Organise special talk shows, local channel discussions, television and radio shows, focussing on Mission LiFE and sustainable behaviours;
- Message amplification on social media, hashtags;
- Conduct Poster and Essay Competitions, storytelling sessions for children focusing on the importance of sustainable lifestyle daily habits;
- Use #MissionLiFE, #Proplanetpeople and #BRICSforLiFE

Call for Action

- To ensure active participation of all industries and field units in the BSLW-2026
- To nudge the participation of all stakeholders like Civil society organizations, etc. falling under the jurisdiction of each office
- To register and upload the activities on the MeriLiFE portal of MoEFCC.
- Public outreach through social media campaigns

Use #MissionLiFE, #Proplanetpeople and #BRICSforLiFE

- To nominate nodal officers and ensure uploading of the activities by individual departments on the MeriLiFE platform of MoEF&CC. Daily online orientation VC link available on homepage of portal from 27.10.2026 between 11 AM-1 PM and 3 PM-5 PM.

THANK YOU

For any clarifications / inputs, please email us at: life-moefcc@gov.in

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