

Healthy Lifestyles Adopted

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
4. Plant medicinal plants such as neem, tulsi, giloy, mint, curry leaves, ashwagandha, curry leaves etc. within household premises
5. Practice natural or organic farming
6. Plant trees to reduce the impact of pollution
7. Avoid purchasing products/souvenirs made from skin, tuskers and fur of wild animals
8. Create and volunteer at community food and cloth banks, and at animal shelters
9. Initiate and/or join green clubs in your residential area/ school/ office