

**Guidelines and Curriculum
Framework on “Mission LiFE”
at the Undergraduate Level**

Guidelines and Curriculum Framework on “Mission LiFE” at the Undergraduate Level



ज्ञान-विज्ञान विमुक्तये

The University Grants Commission
Bahadur Shah Zafar Marg
New Delhi – 110002

Curriculum Framework Outline

Course Title: Mission LiFE : Sustainable Lifestyles for Climate Resilience

Level: Undergraduate

Total Credits: 2

Mode: Theory / Case Studies and Field Work / Project

Unit	Title
I	Mission LiFE- Introduction
II	Mission LiFE and the Global Environmental Challenges
III	India's Sustainability Policy and Legal Framework
IV	Mission LiFE and Behavioural Change
V	Thematic Areas of Mission LiFE
VI	Behavioural Change in Practice

NCrF Level: 4.5-5.5

**As per UGC Curriculum and Credit Framework for Undergraduate Programmes (<https://www.ugc.ac.in/e-book/FYUGP/mobile/index.html>), a one-credit of tutorial work means one-hour engagement per week. In a semester of 15 weeks duration, a one-credit tutorial in a course is equivalent to 15 hours of engagement.*

A one-credit course in practicum or lab work, community engagement and services, and field work in a semester means two-hour engagement per week.

In a semester of 15 weeks duration, a one-credit practicum in a course is equivalent to 30 hours of engagement.

The proposed number of credits per course and the credit distribution are suggestive and the HEIs may decide on course credits and distribution over 1/6 semesters in a manner that will facilitate the students to meet the minimum credit requirements.

Unit I. Mission LiFE - Introduction

Learning Outcomes:

After completion of this unit, a student would be able to:

- Understand the concept, and origin of Mission LiFE.
- Understand the imperative of adoption of sustainable lifestyle in the contemporary context.

Unit Outline:

An in-depth understanding about the Mission LiFE (Lifestyle for Environment): Context and genesis; recognition of the role of environmentally-responsible behaviour at the individual and community levels; make sustainable living a mass movement; promote a circular economy based on mindful consumption and responsible use of resources.

Climate Change and Global Warming: Climate projections from Intergovernmental Panel on Climate Change (IPCC); global priorities and discussions on capping of greenhouse gas emissions; overview of major environmental crisis faced by the planet and the human race; understanding about triple planetary crisis; threats to ecosystems, habitats, species and natural resources.

Global water resources: Introduction to pollution, resource scarcity, mindless extraction and overconsumption; issue of microplastics in water; perils of over extraction of ground water

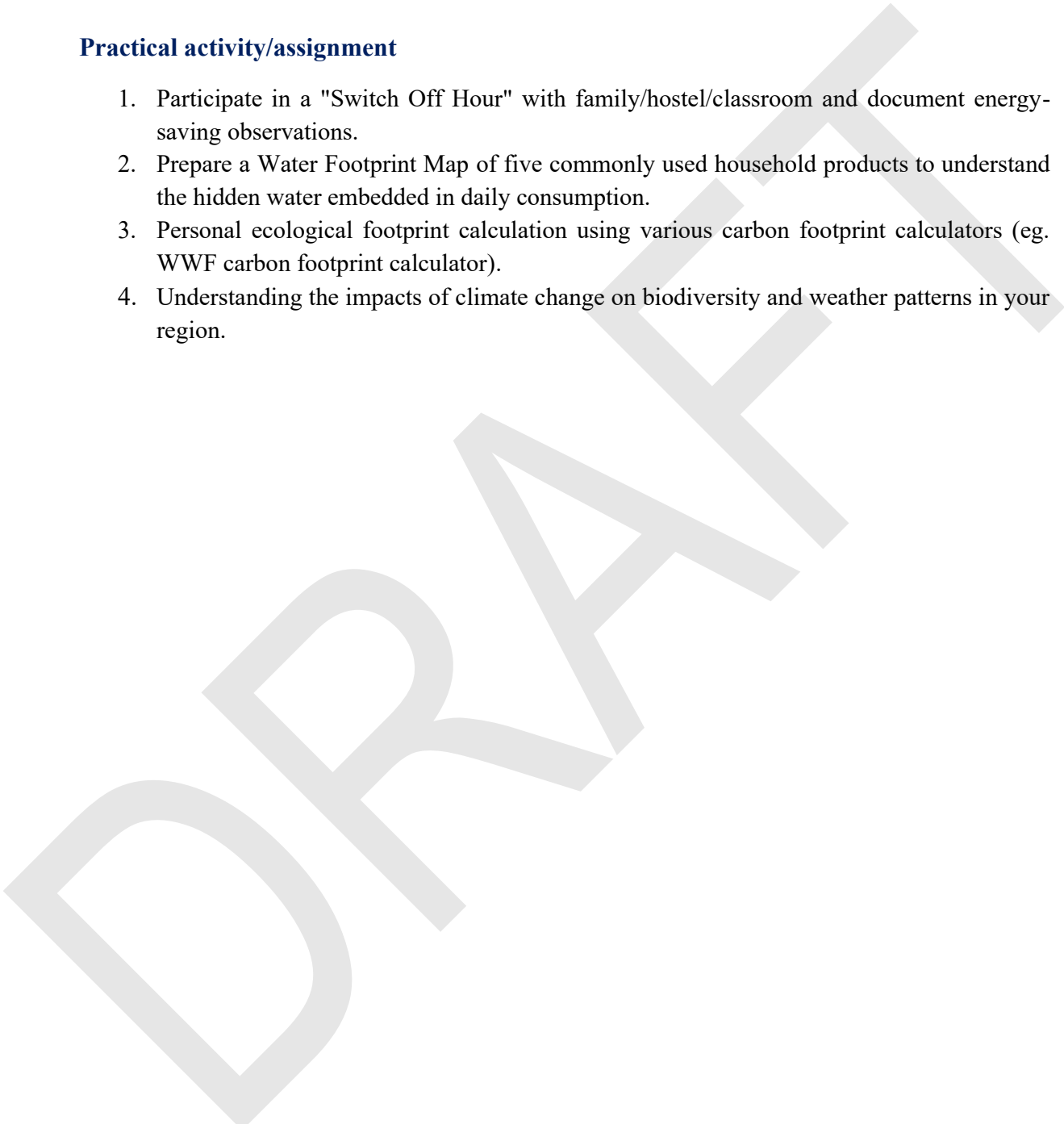
Role of India in promoting Mission LiFE: Launch; promotion at national and international platforms; focus on the pillars of *Demand, Supply and Policy*; 7 themes of Mission LiFE.

Suggested readings:

1. LiFE, Niti Aayog, <https://www.niti.gov.in/sites/default/files/2023-02/Brochure-10-pages-op-2-print-file-20102022.pdf>
2. Parampara – India’s Culture of Climate-Friendly Sustainable Practices. https://missionlife-moefcc.nic.in/assets/flipbook/Parampara-ebook/Parampara_Ebook.html
3. MoEFCC and UNDP (2022). Prayaas Se Prabhaav Tak: From Mindless Consumption to Mindful Utilization
4. Samanvay - Harmonizing Tradition and Modernity for Low-Carbon Growth. <https://moef.gov.in/uploads/2019/10/Samanvay-book.pdf>
5. Thinking for Our Planet – 75 Ideas to Promote LiFE. <https://www.niti.gov.in/sites/default/files/2023-06/Thinking-For-Our-Planet-75-Ideas-to-Promote-LiFE.pdf>
6. Synthesis Report for the Sixth Assessment Report (2023). <https://www.ipcc.ch/report/sixth-assessment-report-cycle/>

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7. Global Footprint Network. Ecological Footprint. <https://www.footprintnetwork.org/our-work/ecological-footprint/>

Practical activity/assignment

1. Participate in a "Switch Off Hour" with family/hostel/classroom and document energy-saving observations.
 2. Prepare a Water Footprint Map of five commonly used household products to understand the hidden water embedded in daily consumption.
 3. Personal ecological footprint calculation using various carbon footprint calculators (eg. WWF carbon footprint calculator).
 4. Understanding the impacts of climate change on biodiversity and weather patterns in your region.
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Unit II. Mission LiFE and the Global Environmental Challenges

Learning Outcomes:

After completion of this unit, a student would be able to:

- Understand the multiple environmental crisis impacting planet Earth
- Understand sources of pollution and their impact on human health
- Appreciate the diversity of life forms
- Understand the services rendered by different ecosystems

Unit Outline:

Multiple systems contributing towards global environmental challenges: Interconnected risks.

Dimensions of environment sustainability: Linkages between lifestyle consumption patterns and their impacts on the environment; ecological and carbon footprints; eco-friendly practices at individual and community levels; contributions of Indian culture and its timeless traditions of sustainability.

Environmental and Ecological Crisis: Climate change; deforestation; land degradation; overharvest; biodiversity loss; pollution; waste accumulation.

Understanding Diversity: Biodiversity and ecosystem services.

Suggested readings:

- World Health Organization (WHO). (2021). Global Air Quality Guidelines: Particulate Matter (PM_{2.5} and PM₁₀), Ozone, Nitrogen Dioxide, Sulphur Dioxide and Carbon Monoxide. Geneva: WHO Press.
- Central Pollution Control Board (CPCB). (2022). National Ambient Air Quality Status and Trends. New Delhi: CPCB.
- https://files.ipbes.net/ipbes-web-prod-public-files/2021-06/20210609_workshop_report_embargo_3pm_CEST_10_june_0.pdf
- Forest Survey of India. (2023). India State of Forest Report 2023. Ministry of Environment, Forest and Climate Change, Government of India.

Practical activity/assignment:

1. Participate in a Zero-Waste Challenge Week by adopting waste reduction practices and documenting behavioural changes
2. Visit or participate in a Community Composting Workshop to understand circular economy principles and organic waste management
3. Documenting the adverse effects of pollution in your surroundings
4. Documenting the local biodiversity and changes

Unit III. India's Sustainability Policy and Legal Framework

Learning Outcomes:

After completion of this unit, a student would be able to:

- Understand the policies and legal framework related to environmental conservation.
- Familiarise oneself with major National Missions related to Mission LiFE

Unit Outline:

Constitutional and institutional frameworks: Forest, Wildlife and Environmental laws; climate policies, and India's commitment to the UN SDGs.

India's National Missions: National Solar Mission; Green Hydrogen Mission; Jal Jeevan Mission; Atal Bhujal Yojana; Smart Cities Mission; AMRUT

Suggested readings:

- Ministry of Environment, Forest and Climate Change (MoEFCC): <https://moef.gov.in>
- UNFCCC. (2022). India's Updated Nationally Determined Contribution. https://unfccc.int/sites/default/files/NDC/India_NDC_2022.pdf
- Convention on Biological Diversity – NBSAP India: <https://www.cbd.int/countries/profile/index.shtml?country=in>
- NITI Aayog. SDG India Index. <https://sdgindiaindex.in>
- Mission LiFE Portal: <https://missionlife-moefcc.nic.in>

Practical activity/assignment

1. Mapping activities to SDG targets and indicators
2. Document activities being undertaken in the neighborhood related to the National Missions aligned with Mission LiFE
3. Organise or participate in a Jal Chaupal (Water Dialogue) to document traditional and local water conservation practices.
4. Visit or volunteer at a Reduce-Reuse-Recycle (RRR) Centre or any authorised waste management facility to understand implementation of waste management policies.
5. Participate in tree plantation activities and document/report them through the Meri LiFE Portal/App, wherever feasible.

Unit IV. Mission LiFE and Behavioural Change

Learning Outcomes:

After completion of this unit, a student would be able to:

- Understand the interlinkage between sustainable lifestyle and behavioral change
- Comprehend various theories of behavioral change

Unit Outline:

Role of individual and collective behaviour: Theories of behavioural change; reflections on eco-friendly practices.

Social engagement mechanisms: Energy efficiency; water conservation; waste management; sustainable transportation; responsible consumption; biodiversity conservation

Dynamic environmental changes: Resource consumption; technological and policy solutions; transformative impact

Suggested readings:

- Fischer, J., Dyball, R., Fazey, I., Gross, C., Dovers, S., Ehrlich, P. R., Brulle, R. J., Christensen, C., & Borden, R. J. (2012). Human behavior and sustainability. *Frontiers in Ecology and the Environment*, 10(3), 153–160.
- Kwasnicka, D., Dombrowski, S. U., White, M., & Sniehotta, F. (2016). Theoretical explanations for maintenance of behaviour change: A systematic review of behaviour theories. *Health Psychology Review*, 10(3), 277–296.
- India Development Review. Seven Things We Learned from Dr Vandana Shiva. <https://idronline.org/seven-things-we-learned-from-dr-vandana-shiva/>

Practical activity/ assignment

1. Mapping of personal habits that are in alignment with the seven themes of Mission LiFE
2. Design a behavioural nudge to encourage sustainable choices in everyday life.
3. Participate in a Plastic-Free Shopping Challenge by replacing disposable plastics with reusable alternatives and documenting behavioural changes.
4. Conduct or participate in a Digital Minimalism Workshop to assess digital habits and explore strategies for reducing e-waste.
5. Participate in an Adopt-a-Device Drive by donating, sharing or extending the life of functional electronic devices.
6. Participate in a Local Food Basket Challenge by preparing meals using locally sourced and seasonal ingredients.

Unit V. Thematic Areas of Mission LiFE

Learning Outcomes:

After completion of this unit, a student would be able to:

- Understand the seven thematic areas of Mission LiFE
- Understand how adoption of eco-friendly practices will enable sustainable lifestyle

Unit Outline:

7 tenets of Mission LiFE; Sustainable Lifestyles

Energy Conservation: Reducing energy waste (optimal lighting and thermal comfort); energy-efficient appliances

Water Conservation: Reducing water wastage; recycling and rainwater harvesting; efficiency of water use

Waste Reduction: Efficient segregation, collection and treatment processes; recycling and reuse; minimizing single-use plastics

Sustainable Mobility: Walking and cycling; public transportation; carpooling

Responsible Consumption: Reduce consumeristic behaviour; adoption of eco-friendly products

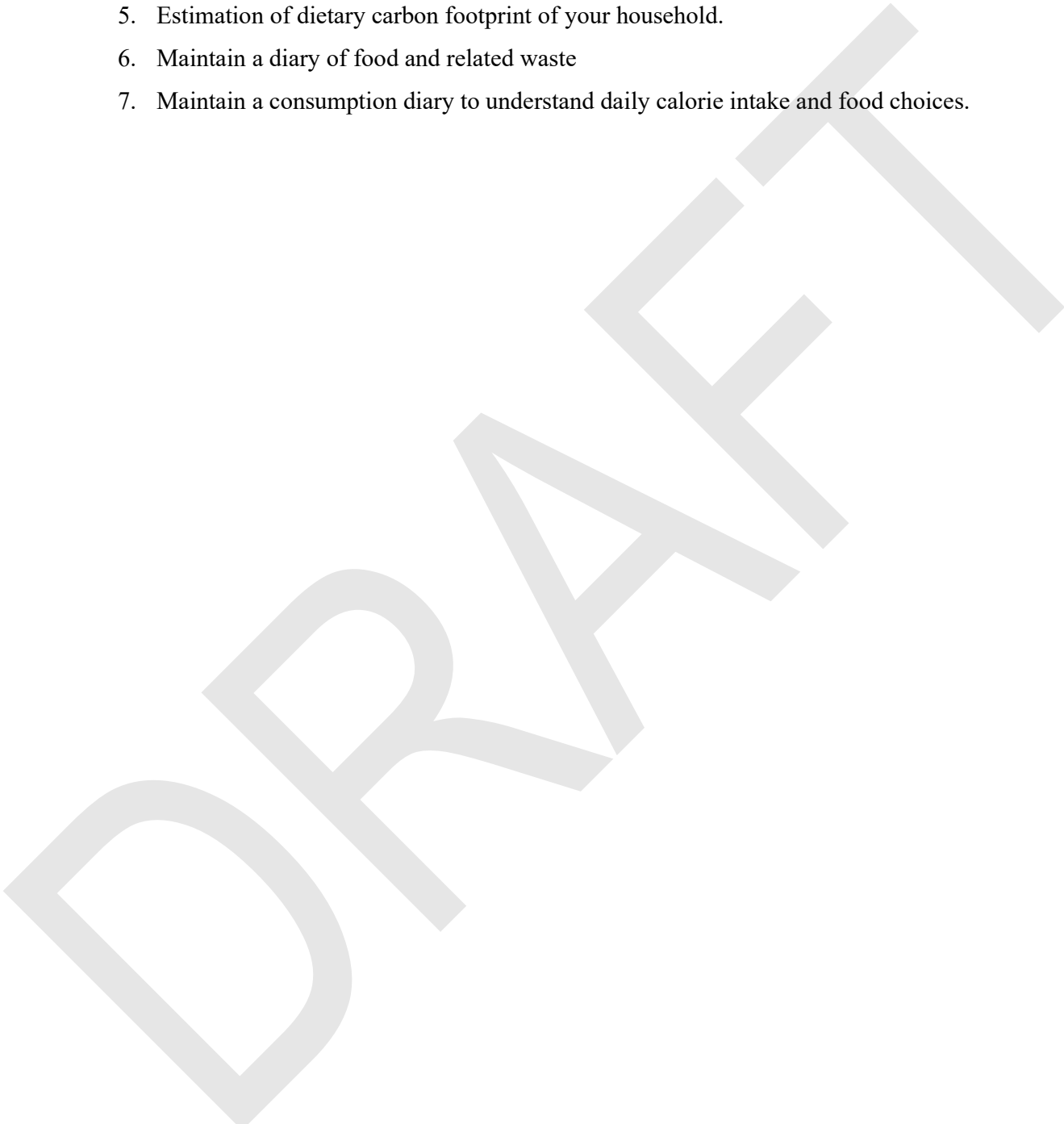
Suggested readings:

Annual Reports of:

- Ministry of Environment, Forest and Climate Change (MoEFCC). <https://moef.gov.in/>
- Ministry of New and Renewable Energy (MNRE). <https://mnre.gov.in/en/>
- Ministry of Jal Shakti, Department of Drinking Water and Sanitation. <https://www.jalshakti-ddws.gov.in/>
- Central Pollution Control Board (CPCB). <https://cpcb.gov.in/index.php>
- Ministry of Housing and Urban Affairs (MoHUA). <https://www.mohua.gov.in/>

Practical activity/assignment

1. Energy audit: Measure appliance wattage, maintain household energy diary and conduct an energy audit
2. Document household water sources, maintain a water diary and conduct a water audit

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3. Identify household sources of waste, maintain a waste diary and conduct waste and e-waste audits.
 4. Identify different types of single use plastics banned in India and conduct a household plastic audit.
 5. Estimation of dietary carbon footprint of your household.
 6. Maintain a diary of food and related waste
 7. Maintain a consumption diary to understand daily calorie intake and food choices.
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Unit VI. Behavioural Change in Practice

Learning Outcomes:

After completion of this unit, a student would be able to:

- Understand the role of communication for behavioural change
- Engage with different portals/Apps facilitating behavioural change
- Fostering community engagement for behavioural change

Unit Outline:

Communication for Behavioural change: Actions for altering consumptive habits; individual and collective choices; sustainable lifestyles

Behaviour Change: Environmental benefits at local, national and global scales.

Innovations for mass engagement: Meri LiFE portal , Meri LiFE App, etc.

Suggested readings

- Ministry of Environment, Forest and Climate Change. Meri LiFE Portal. <https://missionlife-moefcc.nic.in> and <https://merilife.nic.in>
- Vivek, Malghan D, Mukherjee K. Toward achieving persistent behavior change in household water conservation. *Proc Natl Acad Sci U S A*. 2021 June 15;118(24):e2023014118. doi: 10.1073/pnas.2023014118.
- Mohapatra, G. (2019). Projected Behavioural Change in Swachh Bharat Mission: A Public Policy Perspective. *Indian Journal of Public Administration*, 65(2), 451-474.
- Fostering Social Responsibility and Community Engagement in Higher Education Institutions 2.0. https://www.ugc.gov.in/pdfnews/4187860_Revised-Final-Guidelines.pdf (2023)

Practical activity/assignment

1. Draft a short communication content/ poster promoting Mission LiFE
2. Document the impact of any three technological innovations promoting sustainable lifestyles.
3. Register on the MeriLiFE portal/App and report the action-oriented activities on each of the seven themes of Mission LiFE, alternatively, complete the green challenge tasks available on the Meri LiFE App.
4. Organise a community clean-up drive or participate in it to reduce single-use plastic and promote waste segregation.
5. Conduct a community awareness campaign on any Mission LiFE theme using posters, street plays, social media, exhibitions, or campus outreach activities.
6. Prepare and present a reflective portfolio documenting the behavioural changes adopted during the course, supported by photographs, observations and evidence uploaded on the Meri LiFE Portal/App.