



100 DAYS : 1 DEC'24 - 10 MAR'25

## Everyday Climate Correction

# 7 DAYS HABITS

Simple steps to reduce energy and  
material consumption for combating  
climate change

### MONDAY

#### WAH Monday

Wrinkles Acche Hail!  
Wear non-ironed clothes today  
Not ironing one pair of clothes saves  
100-200 grams of CO<sub>2</sub> emissions

### WEDNESDAY

#### Waste-Free Wednesday

Don't throw any garbage, avoid  
single-use items today  
Not using a single paper napkin saves  
about 10 gms of CO<sub>2</sub>, also prevents  
landfills

### SATURDAY

#### NoP Saturday

No purchase day,  
skip any purchasing  
Avoiding unnecessary purchases  
reduces waste & CO<sub>2</sub> emissions

### TUESDAY

#### RAW Tuesday

One time skip cooking, eat raw -  
fruits, vegetables, & sprouts  
Skipping one time cooking saves 600-  
1000 gms of CO<sub>2</sub> emissions per person

### THURSDAY

#### Power Down Thursday

Reduce electricity consumption,  
switch off devices not in use  
It saves upto 1-5 kg of CO<sub>2</sub> emissions  
by reducing unnecessary electricity  
use a day

### SUNDAY

#### Sustainable Sunday

Choose reuse, recycle,  
refurbish or repair  
Minimize landfill waste, conserve  
energy and resources of new  
manufacturing

### FRIDAY

#### Friendly Footprint Friday

One time skip the Car,  
Walk, Bike, or share  
Avoiding one car trip saves approx 1  
kg of CO<sub>2</sub> emissions for every 5-7 km



Govt. Holkar (Model Autonomous) Science College, Indore (M.P.)



An Initiative of  
Indore Municipal Corporation & Energy Swaraj Foundation  
**Indore Climate Mission**

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**100 दिन का मिशन**

**आओ अब बनाइये इंदौर को विश्वा में नंबर 1**

**क्या आप ऊर्जा साक्षर है ?**

**ऊर्जा साक्षरता - ऊर्जा का  
उपयोग करने की समझ**

**इंदौर क्लाइमेट मिशन से जुड़े, ऊर्जा साक्षर बने !**

**ऊर्जा साक्षर बनकर ऊर्जा, पैसा और पर्यावरण बचाये**



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**100 DAYS MISSION**

***Let's Make Indore No. 1 In The World***

**ARE YOU ENERGY LITERATE?**

Energy Literacy - Understanding how to use energy

Save energy, money and environment by becoming energy literate

**Take part in Indore Climate Mission**

**BECOME ENERGY LITERATE?**



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# 100 दिन का मिशन

## आओ अब बनाइये इंदौर को विश्वा में नंबर 1

बिजली की बचत से पैसे, पर्यावरण और बच्चों के भविष्य की सुरक्षा है।

### बिजली की खपत में

# 20%

### की कमी करें

#IndoreClimateMission

इंदौर जलवायु  
मिशन में  
हिस्सा लें



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**100 दिन का मिशन**

**आओ अब बनाइये इंदौर को विश्वा में नंबर 1**

Electricity saving is saving money, saving environment and  
saving child's future

**Reduce**

**20%**

**Electricity Consumption**

**#IndoreClimateMission**

**Take part  
in Indore  
Climate Mission**



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**बिजली की खपत में**

**20%**

**की कमी करें**

**#IndoreClimateMission**

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मिशन में  
हिस्सा लें**



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