

Measuring sustainable lifestyle status of office goers

Gender

- Male
- Female
- Others

Profession

- Academician/Teacher
- Corporate Security
- Financial Services (Banks, NBFIs, etc.)
- Information Technology Services
- Journalist/Media Professional
- Other Professionals (Doctors & Lawyers)
- Public Servant (Govt. employee other than teachers)
- Social Worker
- Others

Section A: Tell us about your energy use this week.

Does your tube light flicker when you turn it on?

- Yes
- No

Are your windowpanes and/or ventilator shafts cleaned regularly?

- Yes
- No

Did you charge your mobile through the night?

- Yes
- No

Did you turn off your TV, sound system, DVD player, etc. when not in use?

- Yes
- No

Did you turn off your set top box when not in use?

- Yes
- No

Did you clean your lampshade/lights regularly?

- Yes
- No

Is the gap between the refrigerator and wall/s less than 6 inches on any side?

- Yes
- No

Did you avoid elevators and used the stairs instead?

- Yes
- No

Did you use your lights and fan only when necessary and turn them off when you left the room?

- Yes
- No

Have you placed any furniture or home appliance in front of your window?

- Yes
- No

Section B: Tell us about your water use this week.

Did you dry out your clothes outside?

- Yes
- No

Did you take short shower/use bucket to take bath?

- Yes
- No

Did you used half flush for the toilets?

- Yes
- No

Did you leave the tap running while you were washing hands/brushing teeth?

- Yes
- No

Did you use a bucket and sponge to clean your vehicle?

- Yes
- No

Did you turn taps off tightly, so they do not drip?

- Yes
- No

Did you use a broom first and then a bucket of water to mop your house?

- Yes
- No

Did you peel and clean vegetables in a large bowl of water instead of under running water?

- Yes
- No

Did you wash full loads in your washing machine?

- Yes
- No

Did you check leakages in your water taps/faucets this week?

- Yes
- No

Section C: Tell us about your waste (food, paper, metal, plastic etc.) generated this week.

Did you take cloth bag/bags to the store when shopping?

- Yes
- No

Did you store leftover foods in reusable containers instead of single use plastic bags or polystyrene foam containers?

- Yes
- No

Did you donate unwanted, slightly used clothing, furniture and other household items to local non-profit organizations like Goonj (<https://goonj.org/material/>)?

- Yes
- No

Did you compost biodegradable waste?

- Yes
- No

Did you purchase groceries in bulk?

- Yes
- No

Did you cook and serve food in small quantities to avoid food wastage?

- Yes
- No

Did you buy products with less packaging?

- Yes
- No

Did you use both sides of a paper to reduce paper waste in your house?

- Yes
- No

Did you use chemical free washing soaps, detergents, and bathroom cleaners?

- Yes
- No

Did you dump hazardous-material like batteries and e-wastes in usual dustbins?

- Yes
- No

Section D: Tell us about your mode of transport this week.

Did you use your bicycle to commute?

- Yes
- No

Did you use your bike/scooty to commute?

- Yes
- No

Did you use a car/taxi to commute?

- Yes
- No

Did you use a bus/train to commute?

- Yes
- No

Did you take a flight for your journey this week?

- Yes
- No

Did you use carpool or ride sharing to commute?

- Yes
- No

Did you prefer walking to commute?

- Yes
- No

Did you drive/ride within the speed limit?

- Yes
- No

Did you keep your vehicle's engine running on idle, excessively?

- Yes
- No

Did you avoid rush hours?

- Yes
- No

Section E: Tell us about your views on climate change.

Is climate change really happening?

- Yes
- No

Will you support/demand that the government reduce the greenhouse gas emissions that causes climate change?

- Yes
- No

Which of the following is the most serious threat to the society?

- Proliferation of nuclear weapons
- Increasing population
- Armed Conflicts
- Spread of infectious disease

- Lack of clean (drinking) water
- Biodiversity (habitat) loss
- Climate change
- Poverty
- Economic situation

Which of the following is the least serious threat to the society?

- Proliferation of nuclear weapons
- Increasing population
- Armed Conflicts
- Spread of infectious disease
- Lack of clean (drinking) water
- Biodiversity (habitat) loss
- Climate change
- Poverty
- Economic situation

Have you noticed any changes to the environment or climate in the past 10 years in your region?

- Yes
- No

Do you follow climate change related activities & policies?

- Yes
- No

Who do you think is doing enough for tackling climate change in India?

- Corporations & Industry
- Citizens themselves
- Union/State/Local government authorities
- Environmental groups & other NGOs

Which of the following individual action can help in mitigating climate change?

- Reducing energy consumption
- Reducing water consumption
- Waste recycling
- Reducing consumption of disposable item
- Buying seasonal & local product
- Buying environmentally friendly products
- Using public transportation
- Purchasing a car that consumes less fuel or electric car
- Installing Renewable Energy equipment
- Insulating home

There are many reasons why people take actions aimed at fighting climate change. Which of the following apply to you?

- Desire to live in healthy & clean environment.
- Need to keep households cost low.
- Your duty as a citizen
- If everybody changed their behaviour it will help mitigate climate change
- You are concerned about future generation.
- You were directly exposed to climate change.

There are many reasons that stop people from taking actions aimed at fighting climate change. Which of the following apply to you?

- It is duty of governments, industries & companies.
- I don't know what I could do to fight climate change.
- Lack of information about climate change
- Changing my behaviour won't have impact on climate change.
- It is too late to mitigate climate change.
- I am not concerned about climate change.

Where do you find more information about climate change?

- TV
- Print media
- Specialised scientific journals.
- Social Media
- Internet in general
- Newsletter
- Project reports/studies

Have you noticed an increase of climate change related discussions in media in recent times?

- Yes
- No

Would you be willing to pay more for energy produced from low carbon sources or Renewable Energy?

- Yes
- Yes, if the price is reasonable and the source guaranteed.
- No

Do you think you are well informed about different issues related to climate change?

- Yes
- No

Which of the following are consequences associated with climate change?

- The ice sheets are declining, glaciers are in retreat globally, and our oceans are more acidic than ever.
- Surface temperatures are setting new heat records about each year.
- More extreme weather like droughts, heat waves, and hurricanes

- Global sea levels are rising at an alarmingly fast rate — 17 centimetres (6.7 inches) in the last century alone and going higher.
- All the above

What was agreed to in the "Paris Agreement" that came out of COP-21, held in Paris in 2015?

- To protect biodiversity and end the deforestation of the world's rainforests.
- To keep global temperature, rise well below 2°C pre-industrial levels and to pursue a path to limit warming to 1.5°C
- To limit sea level rise to 3 feet above current levels
- To pursue a goal of 100% clean, renewable energy
- Do not know.

Globally, which of the following economic sectors emit the largest percentage of greenhouse gas?

- 1. Transportation
- 2. Real estate
- 3. Industry
- 4. Electricity generation

Does deforestation contribute to climate change?

- Yes
- No

To the best of your knowledge, are climate change awareness campaigns carried out in your workplace?

- Yes
- No

What does climate change mean to you?

- Change in temperature.
- Change in the environment and biodiversity.
- Change in weather conditions.
- Change in climate due to human induced pollution.
- Change in climate due to global warming.

Of the nine environmental issues listed below, please choose one you believe should be the top priorities of the country.

- Overpopulation
- Urbanization
- Deforestation
- Climate Change
- Desertification
- Pollution
- Environmental Education
- Recycling

- Renewable Energy

Who do you think is most vulnerable to the effects of climate change?

- Developed countries.
- Developing countries
- Both are equally vulnerable.

Which of the following can be an effective climate change solution?

- Investment in renewable energy and energy efficiency
- Prepare an infrastructure built to withstand the impacts of climate change.
- Motivate people, communities and businesses, to reduce the amount of greenhouse gas emissions.
- Mobilization and deployment of climate finance