







## DESKU EIACP PC-RP on Environmental Biotechnology, University of Kalyani, Nadia, West Bengal

**National Energy Conservation Day** 

**Theme: "Powering Sustainability: Every Watt Counts** 

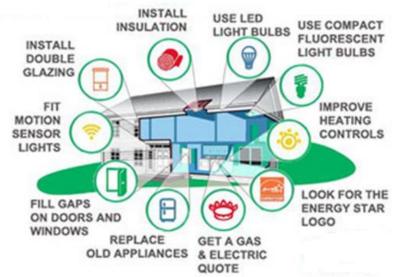
14th December - 2024

Conserve energy, conserve the planet.









https://humanjourney.us/sustainability

## Do's

- Use natural light: Open curtains and blinds during the day to maximize natural light usage.
- Switch to LED bulbs: Replace traditional incandescent bulbs with energy-efficient LED bulbs.
- Unplug electronics when not in use: Pull the plug on appliances like chargers, TVs, and computers when not actively used.
- Use smart power strips: Plug multiple devices into a power strip that can be switched off easily when not needed.
- Wash clothes in cold water: Most laundry can be cleaned effectively with cold water, saving energy.
- Install a programmable thermostat: Set different temperatures for day and night to optimize heating and cooling.
- Insulate your home: Proper insulation helps maintain desired temperatures, reducing energy loss.
- Choose energy-efficient appliances: When buying new appliances, look for Energy Star labels.
- Air dry dishes: Instead of using the dishwasher's drying cycle, let dishes
- Walk or bike when possible: Reduce reliance on cars for short distances

- rooms: Always turn off lights when leaving a room.
- Over-cool or over-heat your home: Set your thermostat to a comfortable temperature and avoid extreme settings.
- Run appliances with small loads: Wait until you have a full load before running the dishwasher washing or machine.
- Leave electronics on standby mode: Fully shut down devices instead of leaving them in standby mode.
- Use outdated appliances: Consider upgrading older appliances to newer, energy-efficient models.
- Leave the refrigerator door for open long periods: Close the fridge promptly to prevent unnecessary cooling loss.
- excessively hot Use water: Lower the water heater temperature to save energy.
- Plug in unnecessary devices: Unplug appliances like phone chargers when not actively charging.

## Significance

- Lower Environmental Impact: Less energy usage reduces carbon emissions and mitigates climate change.
- Save Resources: Conserving energy helps preserve finite natural resources like coal and petroleum.
- **Economic Benefits:** Lower energy bills and reduced costs for businesses contribute to economic growth.
- Empower Sustainable Development: Energy efficiency is a cornerstone of sustainable development goals.