



**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.**

**ENERGY
EFFICIENCY
TIPS**



<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 air dry.
- **Walk or bike when possible:** Reduce reliance on cars for short distances

Don'ts

- **Leave lights on in empty 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 or washing 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- **Use outdated appliances:** Consider upgrading older appliances to newer, energy-efficient models.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 open for long periods:** Close the fridge promptly to prevent unnecessary cooling loss.
- **Use excessively hot 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.