

From

The Director General,  
Department of New and Renewable Energy,  
Haryana & HAREDA, AkshayUrjaBhawan,  
Sector-17, Panchkula.

To

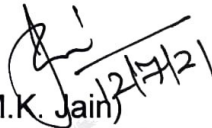
The Director General,  
Information Public Relation & Languages, Haryana  
Chandigarh.

Memo no. DNRE / EC/ 7823 Dated 12/07/2021

**SUBJECT Regarding publishing of Article on "Energy Conservation in our daily life".**

In an attempt to create awareness among various stakeholders including General public on Energy Conservation, W/Additional Chief Secretary to Govt. Haryana, NRE, has desired to publish a topic on "Energy Conservation in Everyday life" in magazines/ tablet newspaper /newspapers / Samvad etc., for wide publicity.

Accordingly, you are requested to publish a topic on "Energy Conservation in Everyday life" in magazines/ tablet newspaper /newspapers / Samvad etc., for wide publicity. A copy of the same is enclosed (Soft copy of the same has been emailed). The details after publishing the topic may kindly be sent to Director General, New and Renewable Energy Department, Haryana, Akshay Urja Bhawan, Sector 17, Panchkula, email: [hareda@chd.gov.in](mailto:hareda@chd.gov.in) .

  
(M.K. Jain)

Project Director

For Director General, Department of New and  
Renewable Energy, Haryana Akshay  
UrjaBhawan, Sector-17, Panchkula.

## Energy Conservation in our Daily Life!!!!

The Central and State Government constantly appeals on energy conservation, effective utilization of available resources, going green and saving earth. Yes, it's true that most of the natural resources used by us, to generate the necessary power for modern human survival are depleting at an alarmingly fast rate. As of today, most of the energy is generated from coal powered power plants. These plants do generate energy but also pollute the environment by emitting harmful gases in the atmosphere. These toxic gases are just not only harmful to the environment but also cause serious health concern to humans and animals. It is the need of the hour to save energy for our future generations and sustainable development.

When you're taking steps toward energy conservation, changing your daily energy habits is key to managing your energy usage. Small, everyday changes in your power consumption can be easy to make. They don't cost much, but they can add up to real energy savings. We can all reduce our energy use — and save money in the process — simply by changing a few habits in our day-to-day lives. Here are a few good practices that we can imbibe in our daily routine to save energy:

1. **Simplify Your Life:** Categorize your errands by location, and combine several into one trip to save fuel and time. If you have to pick up the dry cleaning, stop in at the pharmacy next door for toothpaste and cold medication, for example. Buy a week's worth of groceries at once instead of driving to the supermarket every other day. Eventually, these things will become habits, and your energy costs will drop. When driving, don't let your car idle. Turn off the ignition when parked or stopped at a light. Take public transportation whenever possible, and as an added bonus, you won't have to worry about parking
2. **Walk, whenever possible:** You can just walk down to your destination if it is close enough and takes only 10-15 minutes by walk. It saves petrol and is also a good exercise, helps you to think over in solitude and enables you to observe your surroundings peacefully.



3. **Use sunlight wherever possible:** We tend to switch on lights in our homes during the day. Avoid doing so. Many activities at home, like watching TV, do not require bright light. Use natural light during the day.

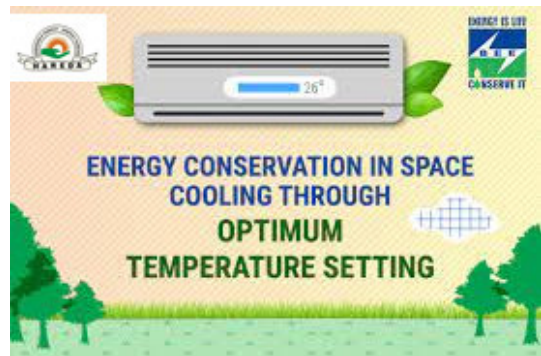
4. **Re-use paper at work:** At work (and at home), we require paper for rough work, calculations or for other internal use. Think. Do we need to use fresh paper every time? Use duplex print (printing on both sides of paper, like a book) for print-outs needed for your own use. Use one sided print paper for your rough work. In fact, you can use your creativity and compile all the one-sided printed papers into a notebook and use it as a diary.



5. **Plant trees:** You need not have a huge garden or space to plant trees. Your balcony or your backyard or compound is sufficient too. Plants and flowers look pleasing to the eye, purify the air and ensure that your house gets fresh air.

6. **Use solar heaters or solar power plant at home:** India is a tropical country and we get lots of sun at almost all times during the year. A solar heater or a solar rooftop plant is a good option for us.

7. **Turn it Down:** Heating and cooling systems can be real energy hogs. Most people think of lights when it comes to energy consumption in the home. In fact, water and space heating can account for nearly 60 percent of typical home energy use. Luckily, there are some quick ways to reduce your heating bill. Turn down the thermostat on the furnace and put on a sweater to keep warm. Install a programmable thermostat to reduce energy use while you are away at work and asleep at night. Invest in some insulated drapes to block out heat in summer and keep in warmth in winter. Turn down the temperature on your water heater by a few degrees. Finally, consider a home energy audit to uncover more ways to improve energy efficiency.



8. **Turn it Off:** Appliances can't draw power if they are turned off. Better yet, unplug anything you don't need. Choose BEE Star rated appliances when you can. We've grown so used to constant background noise from gadgets. Try turning everything off and listen to the blessed silence. You'll be surprised at how much racket all that stuff made.



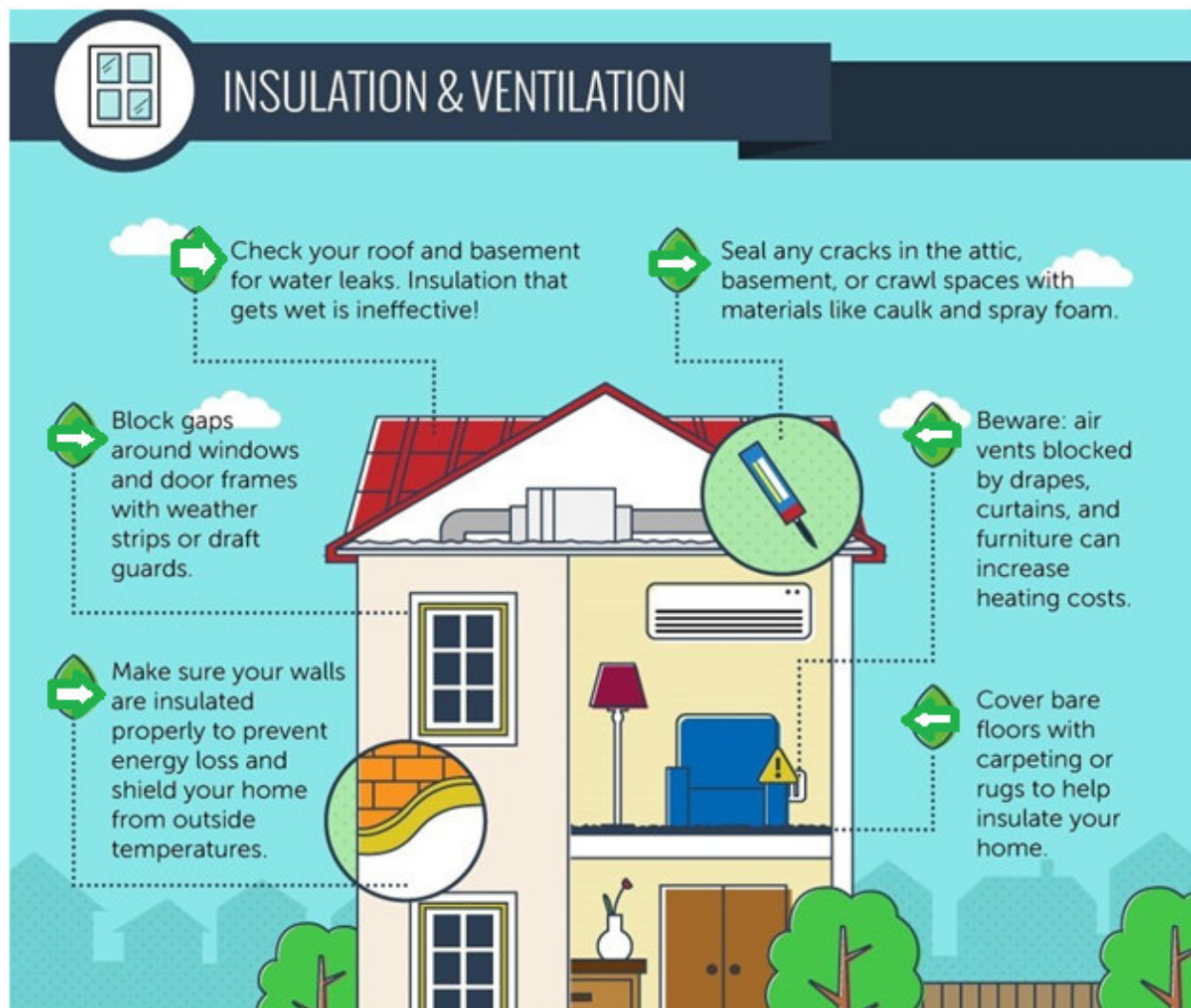
Switch off, save more

9. **Use energy-efficient light bulbs.** Install energy-saving LED bulbs in your lighting fixtures to use up to 91 percent less energy as compared to regular incandescent bulbs.

10. **Clean or replace air filters as recommended.** The air conditioner and heater are the biggest energy users in most homes or offices, and these appliances have to work even

harder with dirty air filters. Write the date of installation on the filter to help you remember when it needs to be replaced.

11. **Operate at full loads.** Make sure your dishwasher and washing machine are full before running them to get the most energy-saving use from each run cycle.
12. **Air-dry dishes and clothes.** Instead of using your dishwasher's drying feature, consider letting the dishes air-dry. And instead of using the dryer on a nice day, hang your clothes outside to dry.
13. **Cook using the right-sized burner.** Conserve energy by using your stove's small burners for small pots and large burners for large pots.
14. **Cut down on air leaks in your home or office.** You're paying for warm air in the winter and cool air in the summer — don't let that money escape! Check your windows and doors for cracks and gaps, and seal them up with new weather stripping or caulk.



15. **Handing your refrigerator:** To increase energy savings, set your fridge cooling mode as per weather requirement. Make sure that refrigerator is kept away from all sources of heat, including direct sunlight, and appliances such as cooking range, oven, radiators, etc. Refrigerator motors and compressor generate heat, so allow enough space for

continuous airflow around refrigerator. If the heat does not escape, the refrigerator's cooling system will work harder and use more energy. Over filling of the storage capacity of refrigerator with food items should be avoided, to ensure adequate air circulation inside. Do not keep fridge door open for longer period as it consumes more electricity. Therefore decide what you need before opening the door. By this practice, you will reduce the amount of time the door remains open. Allow hot and warm foods to sufficiently cool down before putting them in refrigerator. It is also advisable to put them in sealed (air tight) containers. Refrigerator will use less energy and water condensation will also be lesser. When dust builds up on refrigerator's condenser coils, the compressor works harder and uses more electricity. Therefore clean the coils regularly.

16. **Don't Buy It:** Think before buying that new electric gadget -- do you need it or will it just clutter up your home? Every new electric gadget requires energy in several ways: energy to produce it and transport it to the consumer, energy to operate it, and energy to recycle or dispose of it. If you don't buy it in the first place, you've just saved some of that energy.

Energy conservation is the decision and practice of using less energy. Energy needs to be conserved not only to cut costs but also to preserve the resources for longer use. Resources that are available to us today should be used economically to conserve them for future use since they are limited and will expire one day. These resources such as coal, oil and gas are not sustainable. We, therefore, have a responsibility in hand to conserve and save energy as much we can to make it available for our kids and protect our environment from further degradation.

(P.K. Das, IAS)

Additional Chief Secretary to Govt. Haryana  
Power and NRE