

PGC 2022 Greenest

Team - Panthers

Username - nikitanigania.22@gmail.com

School - Forest Research Institute, Dehradun

Instagram - panthers.pgc2022

My Energy Requirements in a day:

7:00 am - 9:00 am - Switch on lights (NR+R)

7:20 am - 7:40 am - Switch on Hot Water Geyser (Solar)

7:45 am - 7:55 am - Toaster (NR+R)

11:00 am - 5:00 pm - Fan (NR+R)

8:30 am - 11:30 am - Laptop (NR+R)

12:30 pm - 1:00 pm - Lunch on gas stove (Liquified Petroleum Gas)

1:00 pm - 2:00 pm - Television (NR+R)

2:00 pm - 3:00 pm - Phone charge (NR+R)

3:00 pm - 5:00 pm - Laptop (NR+R)

7:00 pm - 10:00 pm - Switch on lights (NR+R)

7:30 pm - 8:00 pm - Dinner on gas stove (Liquified Petroleum Gas)

8:30 pm - 8:45 pm - Boiling milk on Induction (NR+R)

- NR - Non Renewable
- R - Renewable

Where does that energy come from?

The major activities required the use of electricity which came from the State owned DISCOMs (Distribution Companies) who source it from a mix of renewable (solar, wind, hydro, etc.) and non renewable (fossil fuels, coal, natural gas, etc.) sources .

Some activities made use of solar energy for the completion of tasks.

While others used LPG to turn on the gas supply to cook food.

What type of resources are required to produce the energy you consume?

Resources required are majorly a mix of both renewable and non renewable:

1. Solar

2. Fossil fuel
3. Coal
4. Wind
5. Thermal
6. Hydro

REFLECTIONS :

How did your energy consumption make you feel?

In our daily lives we don't pay much attention to such things but while jotting down my energy requirements of a day made me feel ashamed that how much energy a single individual is using for the basic activities. When things come easy we become so negligible of the precious things. My consumption was an eye opening for me.

Can your relationship with it change?

Yes, my relationship with it can change and from today onwards I will consciously make sure of it. Some basic steps we all can follow are:

- **Turn your refrigerator down.** [Refrigerators](#) account for as much as [13.7%](#) of the total household energy use. To increase energy savings, set your fridge to 37 degrees Fahrenheit and your freezer to 3 degrees Fahrenheit.
- **Use energy-efficient light bulbs.** Install energy-saving [CFL or LED](#) bulbs in your lighting fixtures to use 25-35 percent less energy, compared to regular incandescent bulbs.
- **[Clean or replace air filters](#) as recommended.** The air conditioner and heater are the biggest energy users in most homes, 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.
- **Do 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.
- **Use smart power strips.** Even when not in use, household electronics still draw power from outlets. This phenomenon is called "phantom load". [Energy-saving](#) smart power strips, which shut down appliances that have gone into standby mode, help you cut down on phantom-load costs, potentially resulting in money and energy savings.

- **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.
- **Bake with glass or ceramic pans.** You can set the oven's temperature 25 degrees lower than indicated in the recipe when you do this.
- **Cook using the right-sized burner.** Conserve energy by using your stove's small burners for small pots and large burners for large pots.
- **Cut down on [air leaks in your home](#).** 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.
- **Keep your house a little hotter in the summer and a little cooler in the winter.** Opt for wearing lighter clothes in the summer and wearing a few extra layers in the winter in exchange for those few degrees' change in temperature. A good rule of thumb is to set the [thermostat](#) to 68 degrees Fahrenheit in the winter and to 78 in the summer.

How can you motivate other people to move in a more sustainable direction as it relates to energy?

We as students can bring out very basic changes in our lifestyle that can have a huge impact and we can also motivate others in doing so.

Things a student can do:

- Cycling wherever possible, otherwise carpool
- Switch off fans and lights when not in use
- Switch off laptop when not using
- Limited screen timing means less wastage and more mental health
- Don't switch on appliances and forget

Sharing the link to our presentation:

<https://www.instagram.com/p/CkN5FsZp8pX/?igshid=MDJmNzVkMjY=>

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What Is Energy Conservation?

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Energy conservation is the decision and practice of using less energy. Turning off the light when you leave the room, unplugging appliances when they're not in use and walking instead of driving are all examples of energy conservation. The two main reasons people conserve energy are to gain more control over their energy bill and reduce the demand on the earth's natural resources.





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