

NATIONAL ENERGY CONSERVATION DAY

14 DECEMBER 2022



10 ways to conserve energy at home

1. Use LED bulbs/ tube-lights/ night lamps, BLDC ceiling & table fans & BEE star labelled home appliances
2. Use public transport wherever possible
3. Take the stairs instead of an elevator wherever possible
4. Switch off vehicle engines at red lights, in traffic (more than 40 sec) & railway crossings
5. Keep your electronic devices in energy-saving mode
6. Run outdoors instead of on a treadmill
7. Use car pooling with friends & colleagues
8. Keep temperature of Air Conditioners to 25 ± 2 degrees
9. Defrost fridge or freezer regularly (in direct cool refrigerator)
10. Use bicycles for local or short commute

Did you know ?

India has achieved its Nationally Determined Contribution (NDC) target with total non-fossil based installed energy capacity of 159.95 GW which is 41.4% of the total installed electricity capacity.

Consumer Education & Research Centre - Environmental Information, Awareness, Capacity Building and Livelihood Programme
Programme Centre, Resource Partner on "Environment Literacy- Eco-Labeling & Eco-friendly Products"



@EcoProductsEcoLabeling



cerc_envis



@cerc_envis



CERC-ENVIS