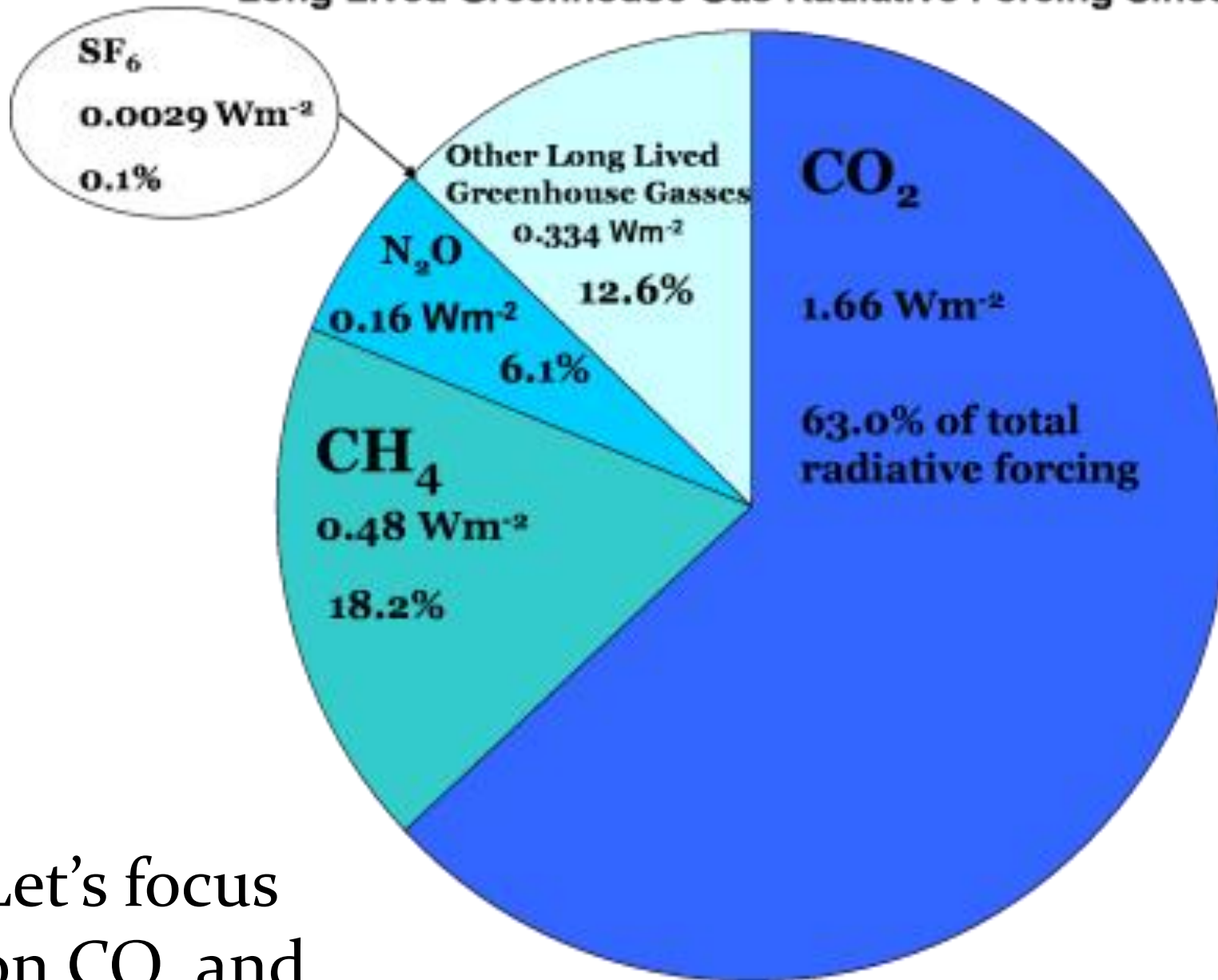


Low Carbon Lifestyles

What can we do in our homes?

Long Lived Greenhouse Gas Radiative Forcing Since 1750



Let's focus
on CO₂ and
methane

Every unit of electricity (kWh) used
generates **0.82 kg of CO₂** at the power station



Switch to LED bulbs

Replace just five 60W bulbs
(incandescent lamp) with 7W
Light Emitting Diode bulbs(LED)

Reduce annual CO₂ emissions by
278 kg
Reduce annual electricity bills by
`2014



If every house in the NCR
would just change 5
incandescent bulbs to LED
bulbs

920,404,902
kg of CO₂ less per year

900,000 tonnes
of CO₂ less per year



Buying a new home appliance?

Look out for the 5 star label and buy a higher star rated product

Per Fan (210 cum air delivery)

Reduce annual CO₂ emissions by **46 kg**

Reduce annual electricity bills by **₹ 334**

Per Refrigerator (Frost-free)

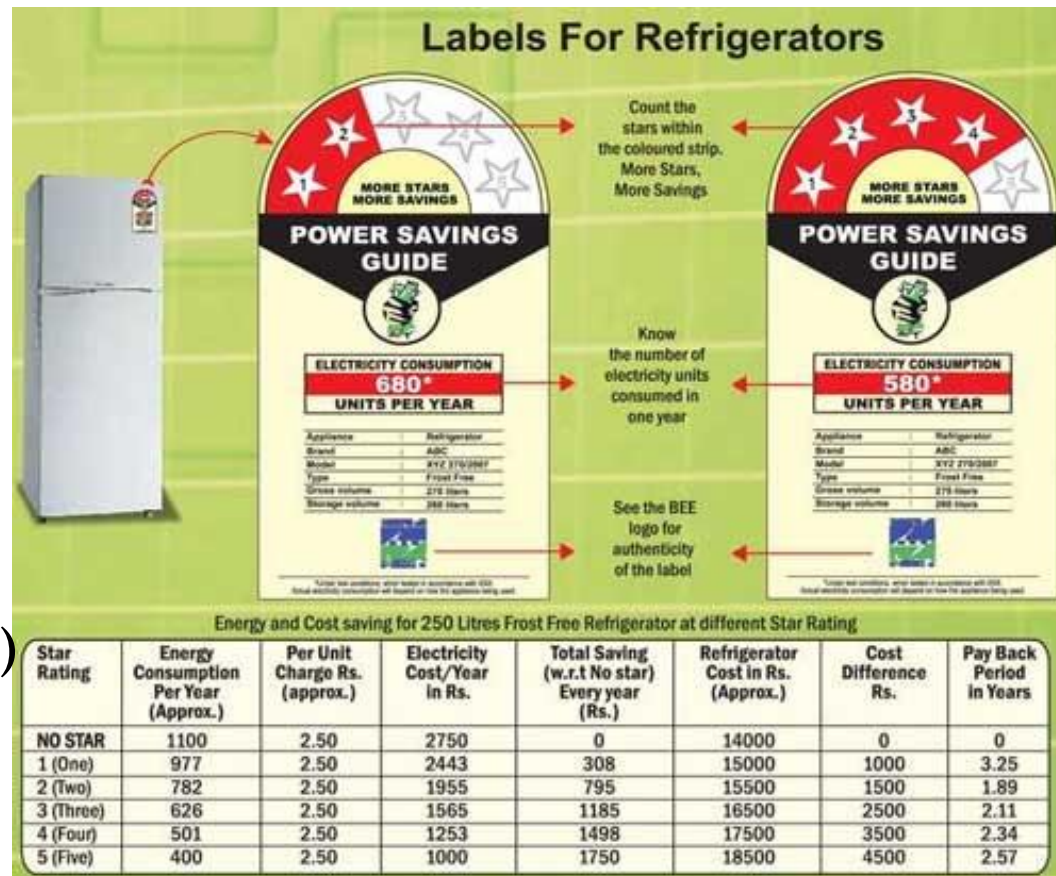
Reduce annual CO₂ emissions by **100 kg**

Reduce annual electricity bills by **₹ 730**

Per Air conditioner (1.5 tons split)

Reduce annual CO₂ emissions by **197 kg**

Reduce annual electricity bills by **₹ 1428**

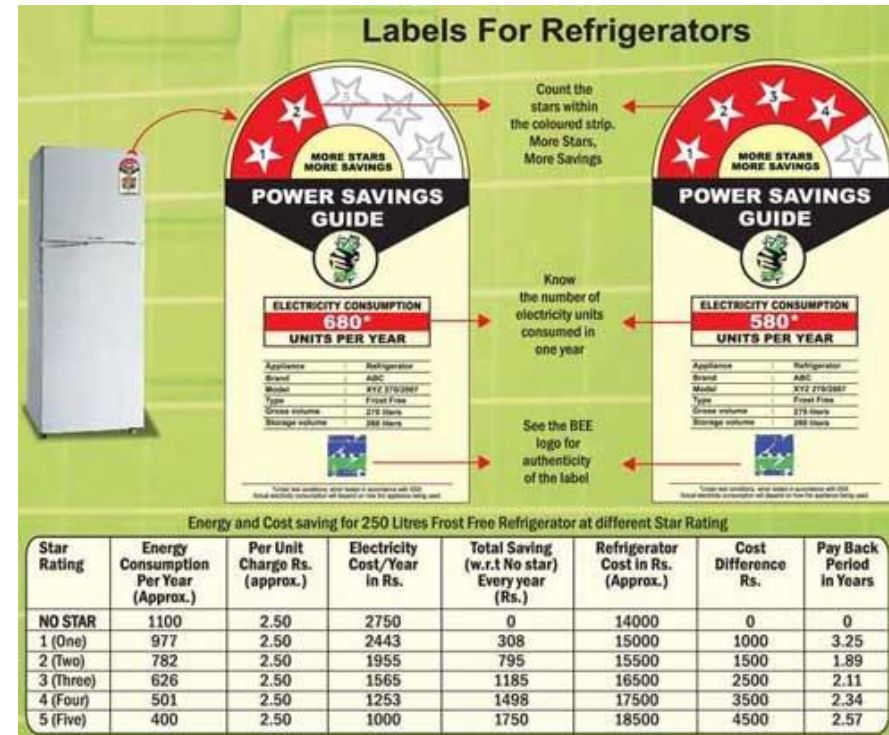


If 1000 families were to make this change

5000 Fans (210 cum air delivery)
Reduce annual CO₂ emissions by **230,000kg**

1000 Refrigerators (Frost-free)
Reduce annual CO₂ emissions by **100,000 kg**

1000 Air conditioners (1.5 tons split)
Reduce annual CO₂ emissions by **197,000 kg**



Install a solar water heater

Reduce annual CO₂ emissions by 687 kg

Reduce annual electricity bills by ` 4896



Install a solar inverter / power your home through solar energy

With a 1 kW_p system

Reduce annual CO₂ emissions by 984 kg

Reduce annual electricity bills by ` 7140

A 1 kW_p system generates 4 units of electricity if there is sunshine for 5 hours of the day

It occupies an area of 10 m²

With a 640 W_p system

Reduce annual CO₂ emissions by 617 kg

Reduce annual electricity bills by ` 4480

A 640 W_p system can power 5 tubelights and 3 fans for 300 days of the year.





Use the geyser efficiently. Have baths in quick succession

Reduce annual CO₂ emissions by 344 kg

Reduce annual electricity bills by ` 2493

Reduce the temperature setting on the geyser. Geysers come with a factory setting of 60°C but you need water at only 40°C for a comfortable bath.

Reduce annual CO₂ emissions by 172 kg

Reduce annual electricity bills by ` 1247



1000 households use the geyser efficiently

Reduce annual CO₂ emissions by **344,000 kg**

1000 households reduce the temperature setting on the geyser.

Reduce annual CO₂ emissions by **172,000 kg**

Don't use the hot wash setting in the washing machine



Reduce annual CO₂ emissions by 64 kg
Reduce annual electricity bills by ` 464

Dry your clothes in the sun instead of using a dryer

Reduce annual CO₂ emissions by 371 kg
Reduce annual electricity bills by ` 2692

1000 households pledge to not use the hot wash setting in the washing machine



Reduce annual CO₂ emissions by 64,000 kg

1000 households pledge to dry their clothes in the sun instead of using a dryer

Reduce annual CO₂ emissions by 371,000 kg

Eat together

Heat food at one go. Reduce unnecessary use of the microwave for just 5 minutes a day. Reduce up to 30 kg of CO₂ emissions per year and reduce annual electricity bills by ` 217



1000 households pledge to reduce the use of the microwave by 5 minutes a day

Reduce annual CO₂ emissions by 30,000 kg

Switch off appliances at the plug point



Switching off just the HD Set top box at the plug and not with a remote.

Reduces annual CO₂ emissions by **135 kg**

Reduces annual electricity bills by **` 977**



Use a table lamp for studying

Reduce annual CO₂ emissions by **57 kg**

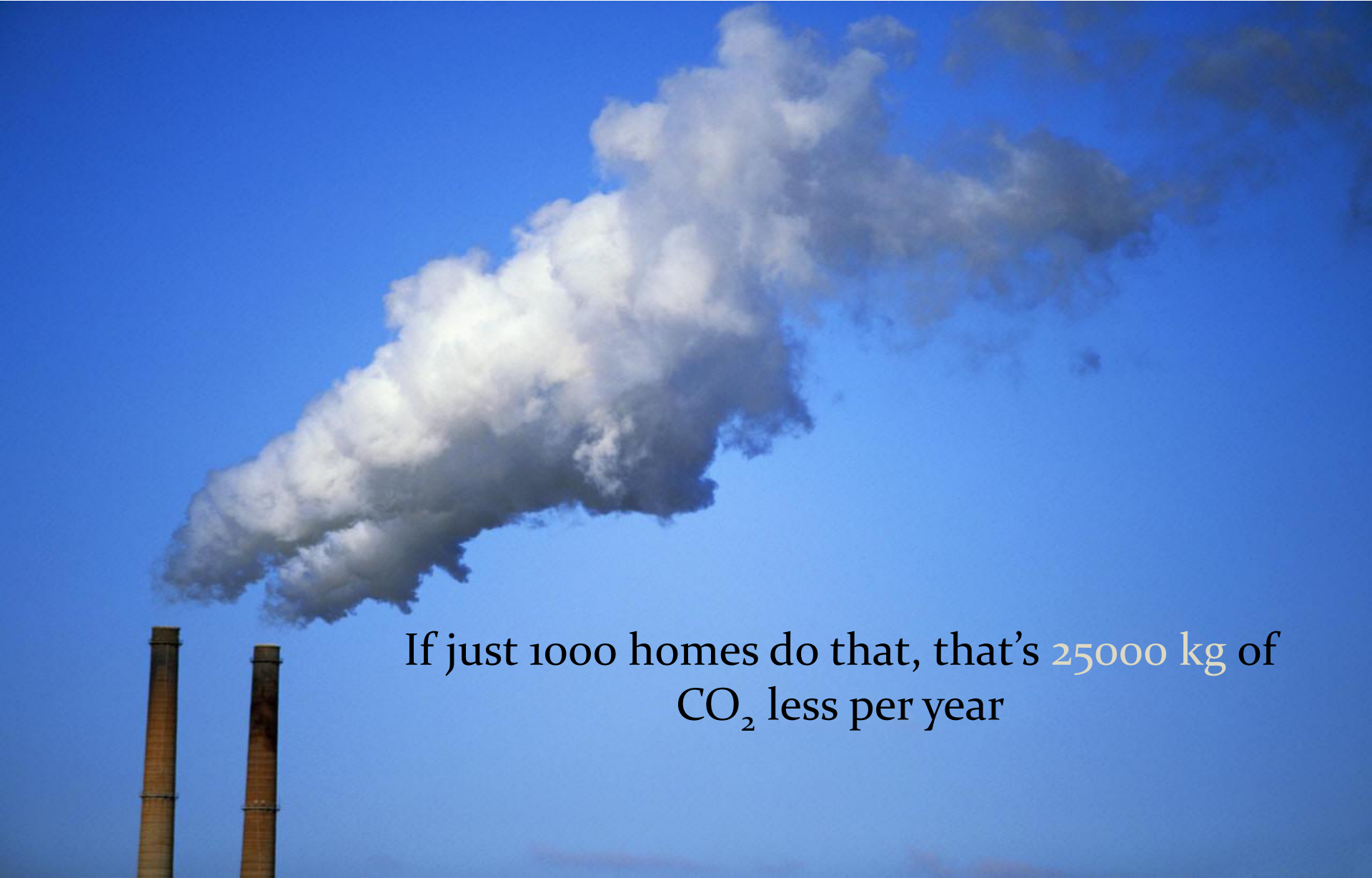
Reduce annual electricity bills by **` 413**

Switch off unnecessary lights and fans

Reduce annual CO₂ emissions by **25 kg**

Reduce annual electricity bills by **` 186 per bulb and fan** kept on for just an extra hour each day

Switch off unnecessary lights and fans



If just 1000 homes do that, that's 25000 kg of
CO₂ less per year

An hour of Yoga instead of running on a treadmill

Reduce annual CO₂ emissions by 446 kg

Reduce annual electricity bills by ` 3238

Go out & play instead of playing on a device

Reduce annual CO₂ emissions by 22-89 kg

Reduce annual electricity bills by ` 159 - 643





Use a pressure cooker

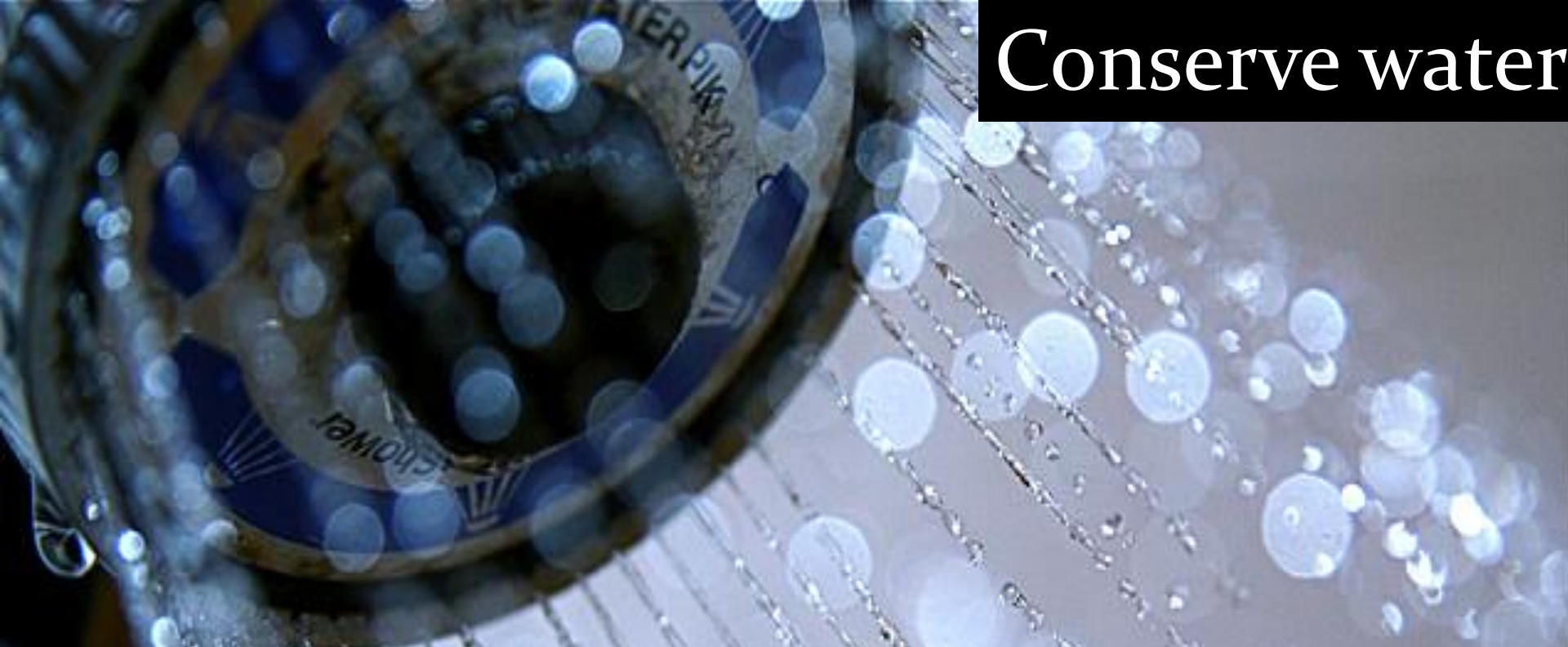
Reduce annual CO₂ emissions by **134 kg**

Save ` **1265** (cost of 3 cylinders)

Use fuel efficient cooking methods

Reduce gas usage by 20 minutes a day to reduce annual CO₂ emissions by **67 kg**

and save ` **632**



Conserve water

Install water efficient showers and faucets. Use water carefully.
Reduce annual CO₂ emissions by **75 – 189 kg**

Change flush tanks in the bathrooms
Reduce annual CO₂ emissions by **39 – 99 kg**

Harvest 1000 litres of rainwater every day over 40 days of rainfall
Reduce annual CO₂ emissions by **27 to 68 kg**



Reduce annual CO₂ emissions by **118 - 470 kg** by reducing food waste by just 1 kg/day

Reduce annual CO₂ emissions by **11 - 28 kg** by reducing just 1 plastic or paper bag

Turn off ignition at traffic red lights

Reduce annual CO₂ emissions by 80-122 kg

Save ` 2532 - 3351

Inflate tyres regularly

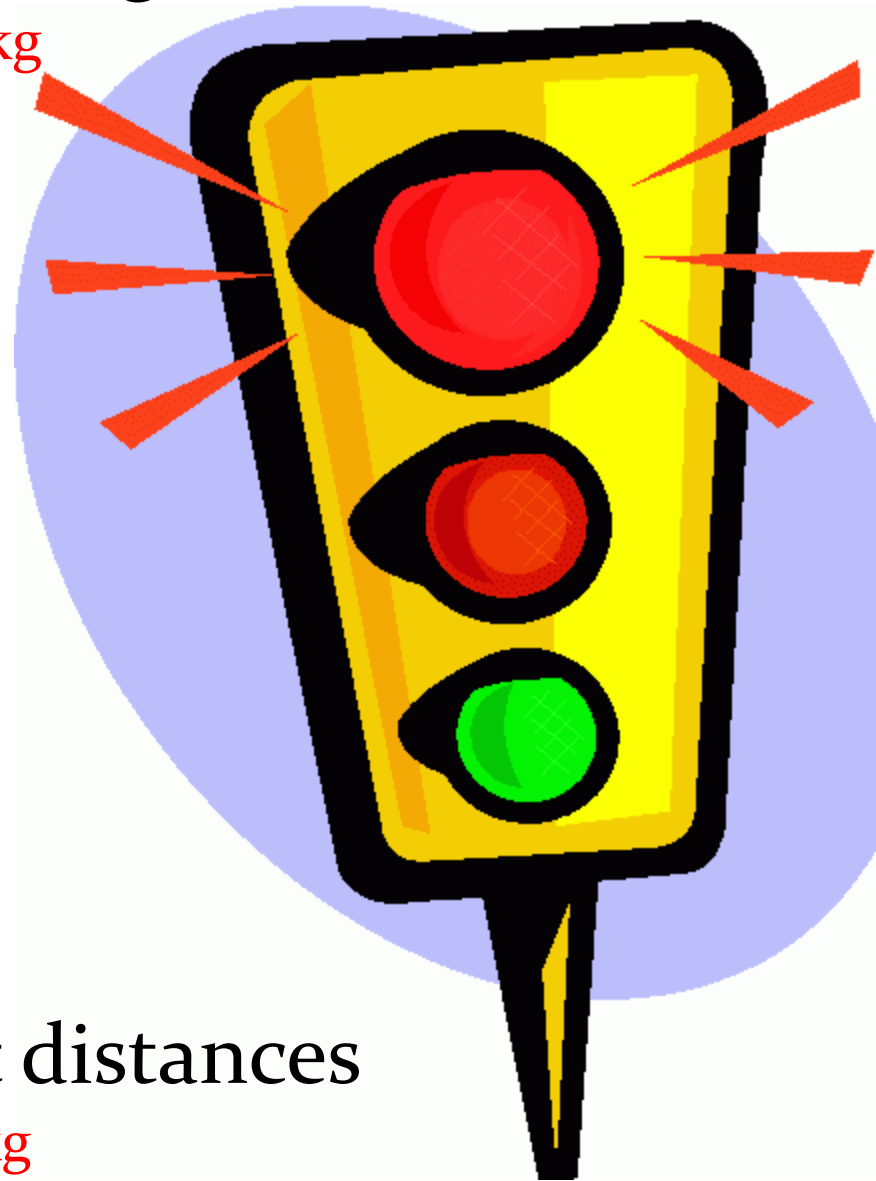
Reduce annual CO₂ emissions by 140 kg

Save ` 3864

Walk if you need to go short distances

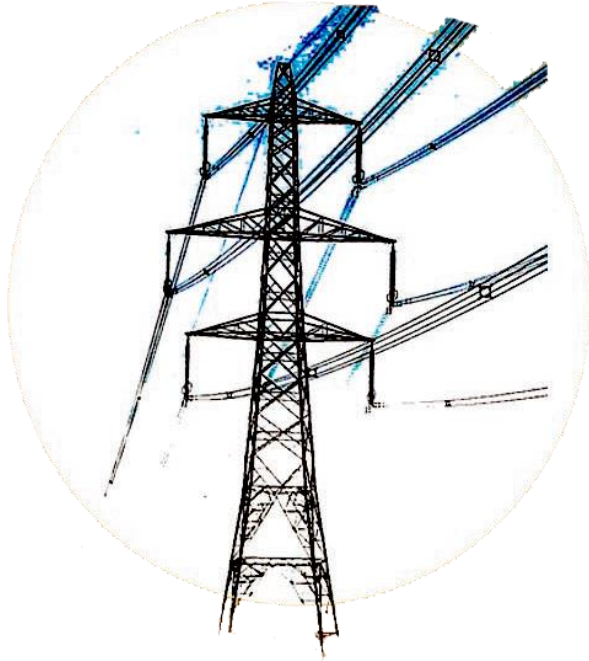
Reduce annual CO₂ emissions by 9 - 63 kg

Save ` 271 - 1712



It's time to adopt a low carbon lifestyle....

**Reduce use of
electricity**



Conserve fuel



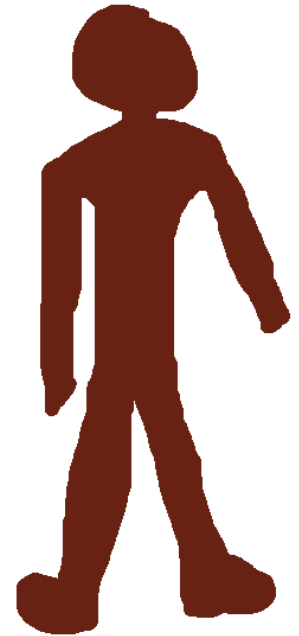
**Do not
waste water**

**Reduce, Reuse,
Recycle**

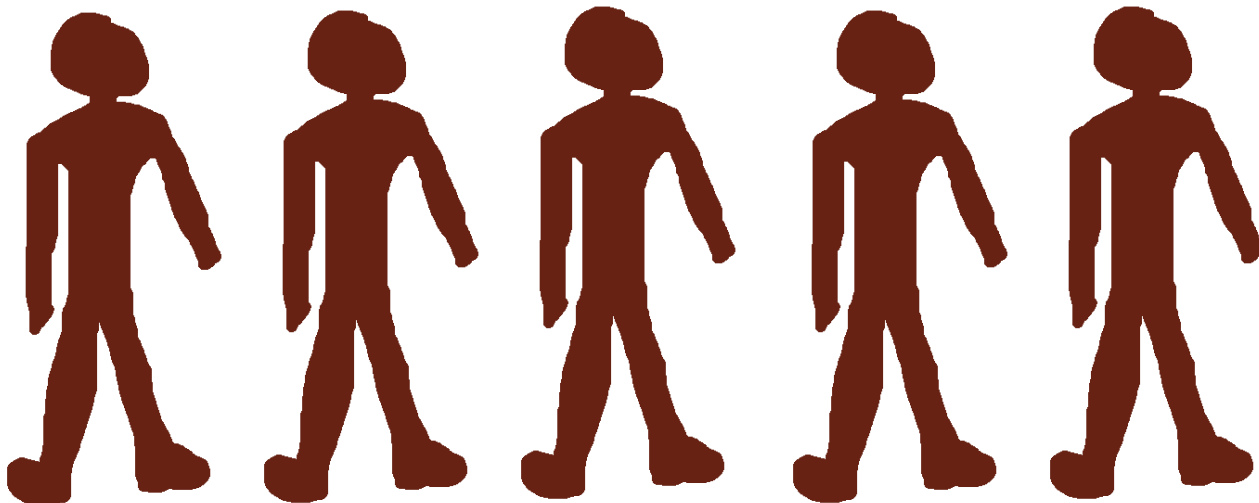


But can I make a difference? I am just one person

Each one adopt at least
two low-carbon actions

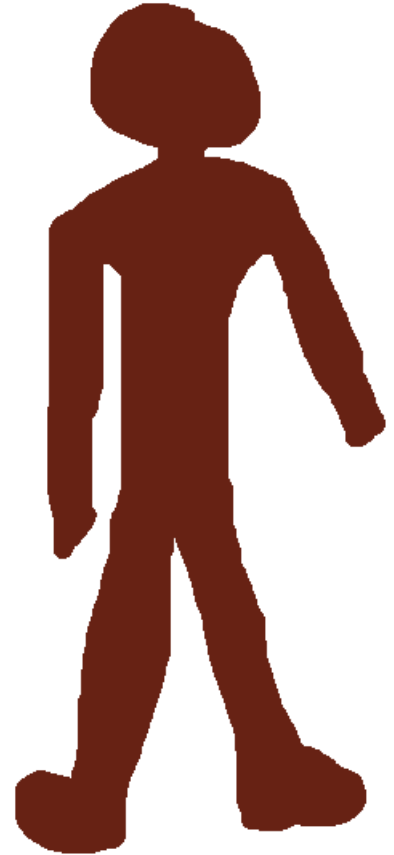


Each one influence at least 5 others
to adopt two low-carbon actions
and spread the message



Will it help?

The impact of millions of people who choose to make changes in personal lifestyles cannot be undermined



“Whatever you may do may seem insignificant to you, but it’s most important that you do it”.

- Mahatma Gandhi