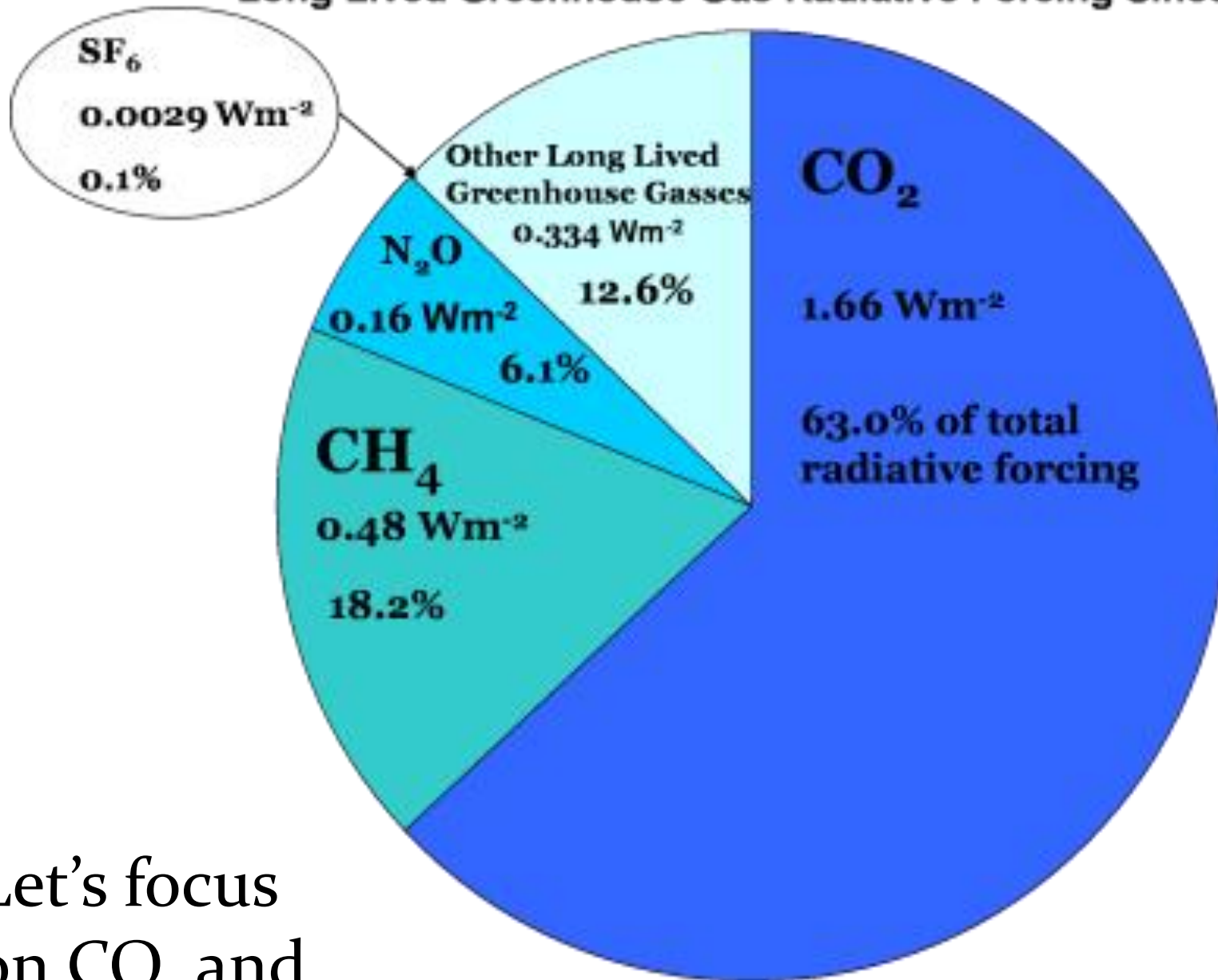


Low Carbon Lifestyles

What can we do in our workplaces?

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 hundred 60W bulbs
(incandescent lamp) with 7W
Light Emitting Diode bulbs(LED)

Reduce annual CO₂ emissions by
5552 kg
Reduce annual electricity bills by
`60530



Instal occupancy sensor lights in conference rooms, bathrooms and passageways

Reduce annual CO₂ emissions by 2542 kg

Reduce annual electricity bills by ` 27714 for 200 replacements



Image Credit: <https://www.pinterest.com/pin/569283209120586061/>

Replace old desktops with laptops



For 100 replacements reduce annual CO₂ emissions by **17712 kg**
annual electricity bills by **` 193100**

Set computer workstations to sleep mode, if inactive



For 100 workstations

Reduce annual CO₂ emissions by 2028 kg

Reduce annual electricity bills by ` 22107

Power your office using solar energy

With a 7 kW_p system

Reduce annual CO₂ emissions by 5051 kg

Reduce annual electricity bills by ₹ 52360

A 7 kW_p system will power 200 T8 tubelights for 6 hours if there is sunshine for 5 hours of the day. It occupies an area of 70 m²



Print responsibly

Reduce printing in each department by just one ream of paper a month:

Reduce annual CO₂ emissions by 75 kg

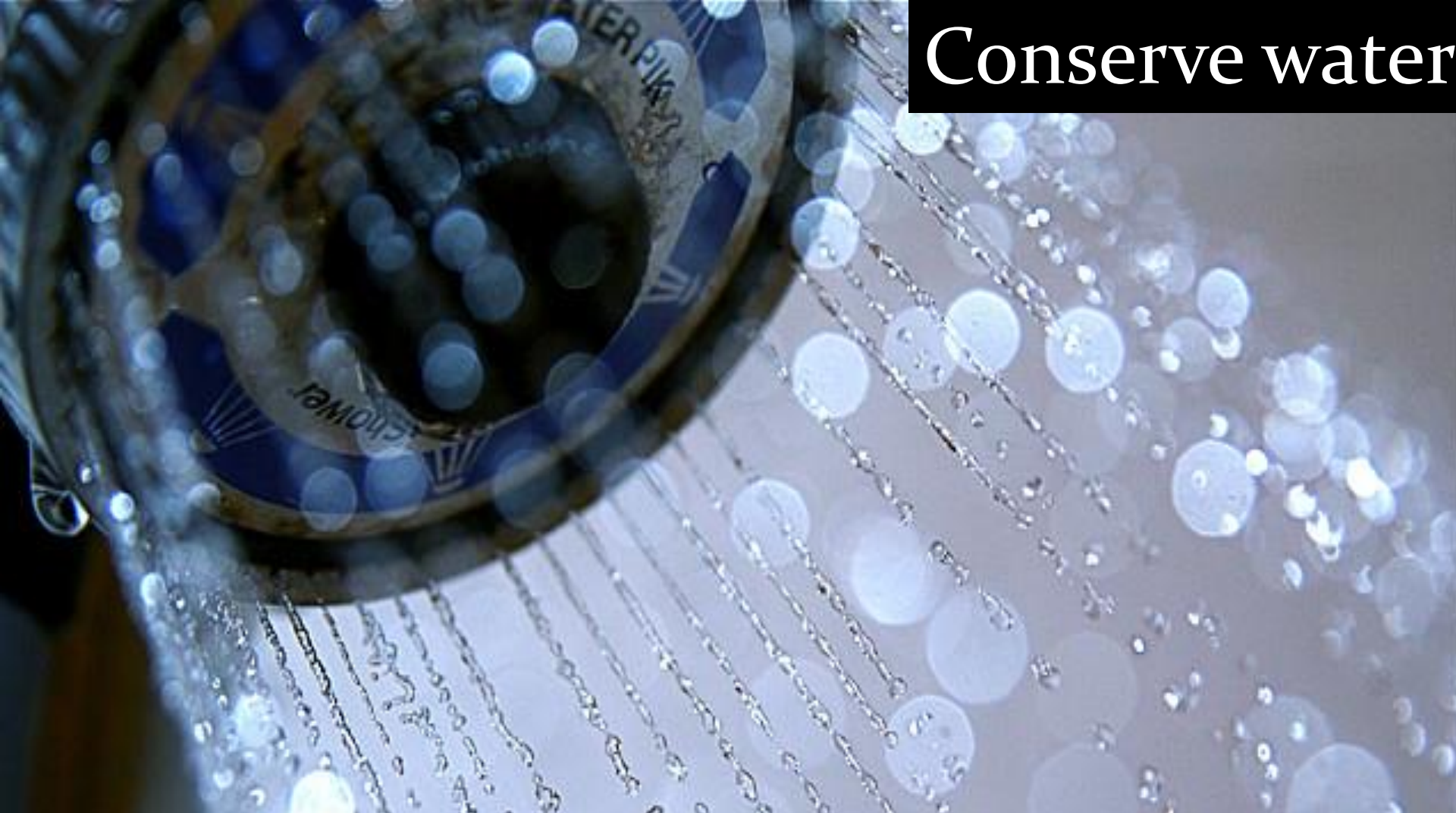
Just 500 sheets of double sided printing a month:

Reduce annual CO₂ emissions by 75 kg



Reduce annual CO₂ emissions by **74 kg** by reducing 100 crates of bottled water

Reduce annual CO₂ emissions by **10604 kg** by composting food waste from your canteen, instead of sending it to a landfill



Conserve water

Install water efficient faucets and dual flush toilets. Use water carefully.
Invest in rainwater harvesting and drip irrigation.
Conserve 10000 litres of water per day
Reduce annual CO₂ emissions by **1474 – 3718 kg**

Let's Carpool!



Every small car that goes off the road reduces:

- Annual CO₂ emissions by **1263 kg**
- Annual fuel cost by **` 34772**

for 40kms travel/day and 250 days a year



Switch off ignition at traffic signals and when you are in a traffic jam

- Reduce annual CO₂ emissions by 84 to 122 kg
- Reduce annual fuel cost by ` 2532 – 3351

Get driven to work...in a bus

Reduce annual
CO₂ emissions
by **24565 kg**

if 50 people use
the company bus
instead of
personal cars





Avoid flights. Take a train or a bus, instead

20 return train journeys instead of flights over a distance of 250 km (Delhi – Jaipur) reduces annual CO₂ emissions by **2430 kg**

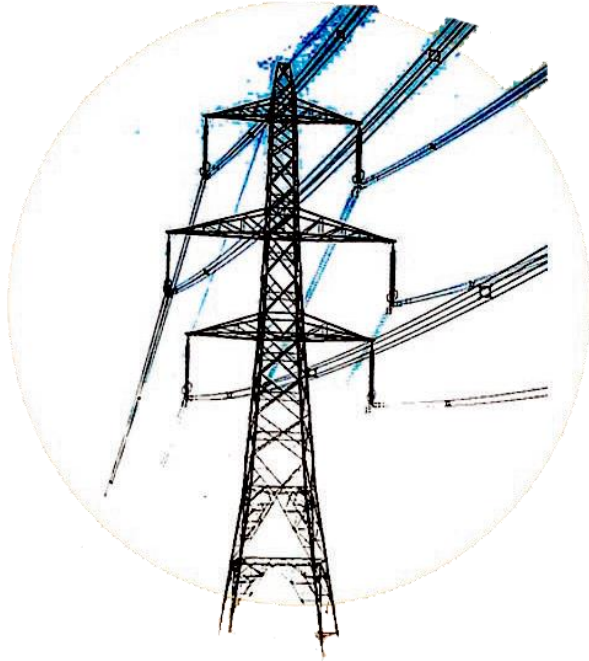
20 return train journeys instead of flights over a distance of 1150 km (Delhi – Mumbai) reduces annual CO₂ emissions by **7406 kg**

Video-conference instead of taking a long-haul flight

Avoiding 10 Delhi – New York return flights reduces annual CO₂ emissions by **26904 kg**

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

**Reduce use of
electricity**



Conserve fuel



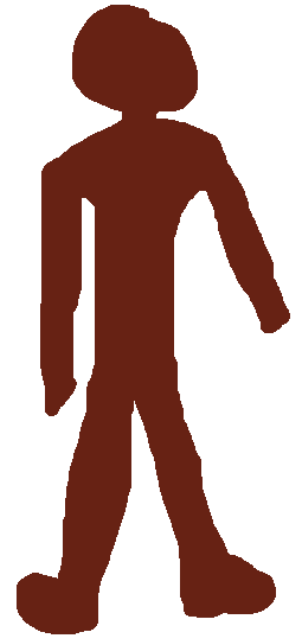
**Do not
waste water**

**Reduce, Reuse,
Recycle**

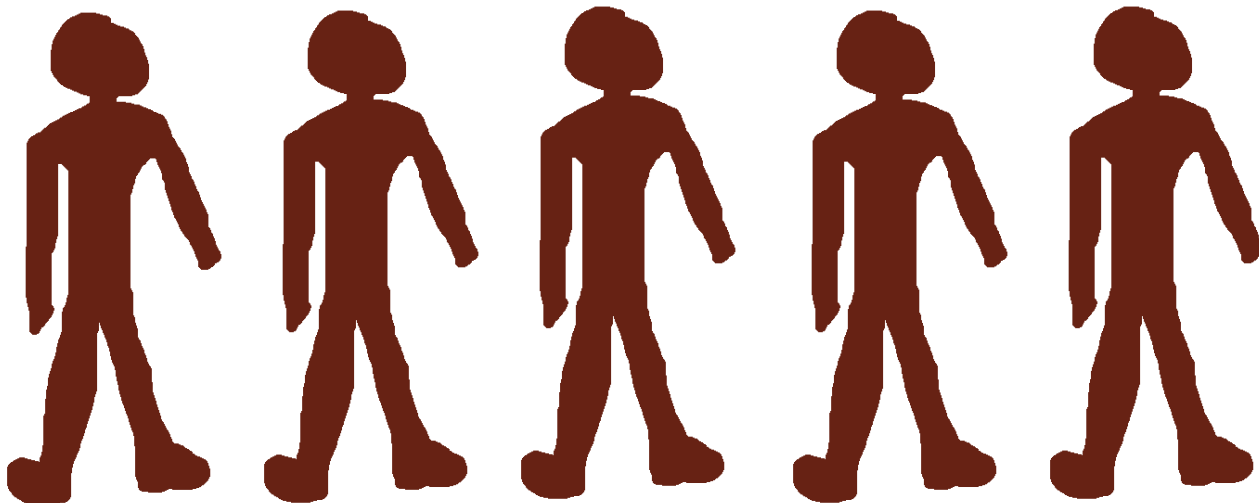


But can I make a difference? I am just one person

Each one adopt at least
two low-carbon actions

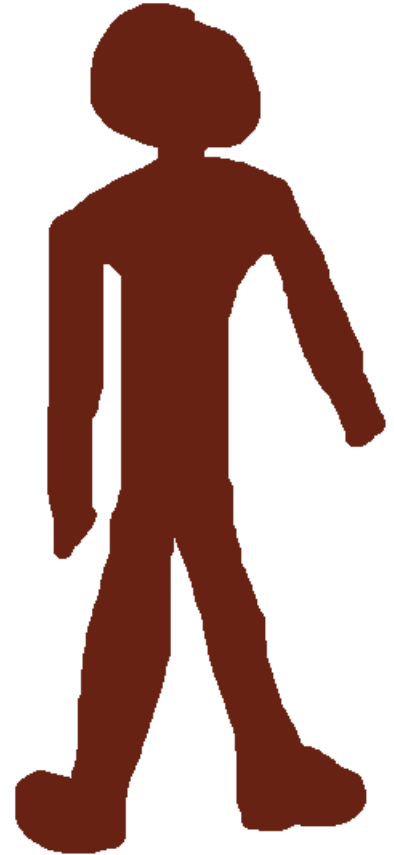


Each one influence at least 5 others
to adopt two low-carbon actions
and spread the message



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