

Energy Conservation

Introduction

There are several aspects in our life that we consider and even pay attention. These comprise of inflation rates, increase in cost of living, stock market and much more. We all are worried about our future, but we don't take any step to make it better. Future predictions can never prove helpful. To make your future sparkling, then design it in a sustainable growth. Energy conservation is a foundation to sustainable growth. Energy conservation helps in energy independence. It is the act of saving energy by plummeting by cutting back the usage of energy and other services. For instance, while driving car, turning down your AC or thermostat, unplugging your home appliances when they are not in use and many other ways are there through which you can save a great amount of energy.

Some of the above mentioned examples reduce the amount of energy by consuming less fuel or electricity. There is a possibility that this may affect your comfort level or make things less convenient, but you could notice drastic reduction in monthly electricity and energy bills.

Why Is Energy Conservation Important?

Energy Conservation is of great importance to all of us, since we are dependent on energy for almost all activities that we perform every single day. You must understand the fact that energy supplies are limited; therefore to maintain a quality life, you need to find the ways to use energy





wisely. We are completely dependent on energy derived from oil, which according to the experts will run out in just a few decades. Non-renewable natural sources of energy are the only source of producing energy, which are already scarce and their cost will probably increase with time. Moreover, these natural resources causes pollution and produce toxins that are released into the atmosphere when they are burnt. We are not just running out of these natural resources, but also polluting our environment and making our surrounding unsafe for living and even breathing.

A little effort of conserving energy by making small changes could result in a significant difference in overall energy consumption. Your efforts along with those of others, who also have decided to make a few small changes, will prove beneficial to your life, lives of your future generations, as well as the environment.

The earth gives enough protection and safety to each and every organism, but man's greed and deeds are responsible for the destruction and harm caused to the nature. It is no more safe to live. If things keep going like this, the day is not far when our earth will become a garbage house. We need to understand its importance and make every possible effort to preserve natural resources. Energy conservation is must, let understand why.

- Coal, oil, natural gas – these are some of the natural resources that are mainly utilized for producing energy. The energy we use is faster than it is produced. It takes thousands of years in the formation of these natural resources.
- Most of these sources of energy are renewable, which means that these cannot be reused. These non-renewable sources actually constitute 80% of the fuel use. Experts believe that these energy sources will last approximately 40 more years or so.
- We save a lot of money of our country when we save energy. Millions of dollars are spent on importing crude oil and fulfill the energy needs of the country people.



- We save energy; we are automatically save our money. Just how much savings you can make if your LPG cylinder runs for an extra week or when you notice a cut in your electricity bills.
- It is said that the energy saved is energy generated. It means when we save a single unit of energy, it is equivalent to 2 units of energy produced. Every single unit is important.
- Save energy to decrease pollution. The process of energy production and energy usage results in large proportion of air pollution. Greenhouse gases are emitted which results in global warming.
- There is a saying “The earth, water and the air are not a gift to us from our parents, but a loan from them.” We need to make energy conservation a habit.

How Can We Save Energy?

Energy conservation efforts can help reduce strains on the environment and cut down electricity expenses. By making energy efficient selections, you can save both energy and money without affecting your comforts. No matter you live with your parents, rent an apartment or own a home, you need to adopt energy saving habits.

- Turn off lights when they are not in use. This smart household habit is applicable to all electrical devices, which save a great amount of energy.
- All of us remember to turnoff lights, but forget to unplug our chargers and electronic devices. Try power strip, set computers to sleep, hibernate or with screensavers. These help saving power in a time-efficient manner.
- While buying electronics, make sure that you buy only those that use a fraction of the electricity. Many computers, laptops and desktops are available that roughly use 35 times less energy annually.
- Prefer buying electronics with the ENERGY STAR logo.



- You need to take control of temperature by setting thermostat in your water heater. Set them low as higher set points may increase your utility bills.
- Make the best use of sun light by leaving shades and keeping the blinds open. Don't forget to close them in the night to trim down the amount of heat lost through windows.
- You need to efficiently use appliances like ovens, microwaves, refrigerators, washing machines, dishwashers and many more.
- You must employ electricity monitor meter that can keep you aware of the energy used by each appliance at your home.

Apart from this, the primary way to improve energy conservation is constructing green buildings. Such buildings are designed in a way keeping in mind the proper usage of sun light to avoid spending much energy. Such building are constructed with the help and guidance of the energy conservation specialist who have years of experience in constructing such buildings. This could be another way out to conserve energy.

