

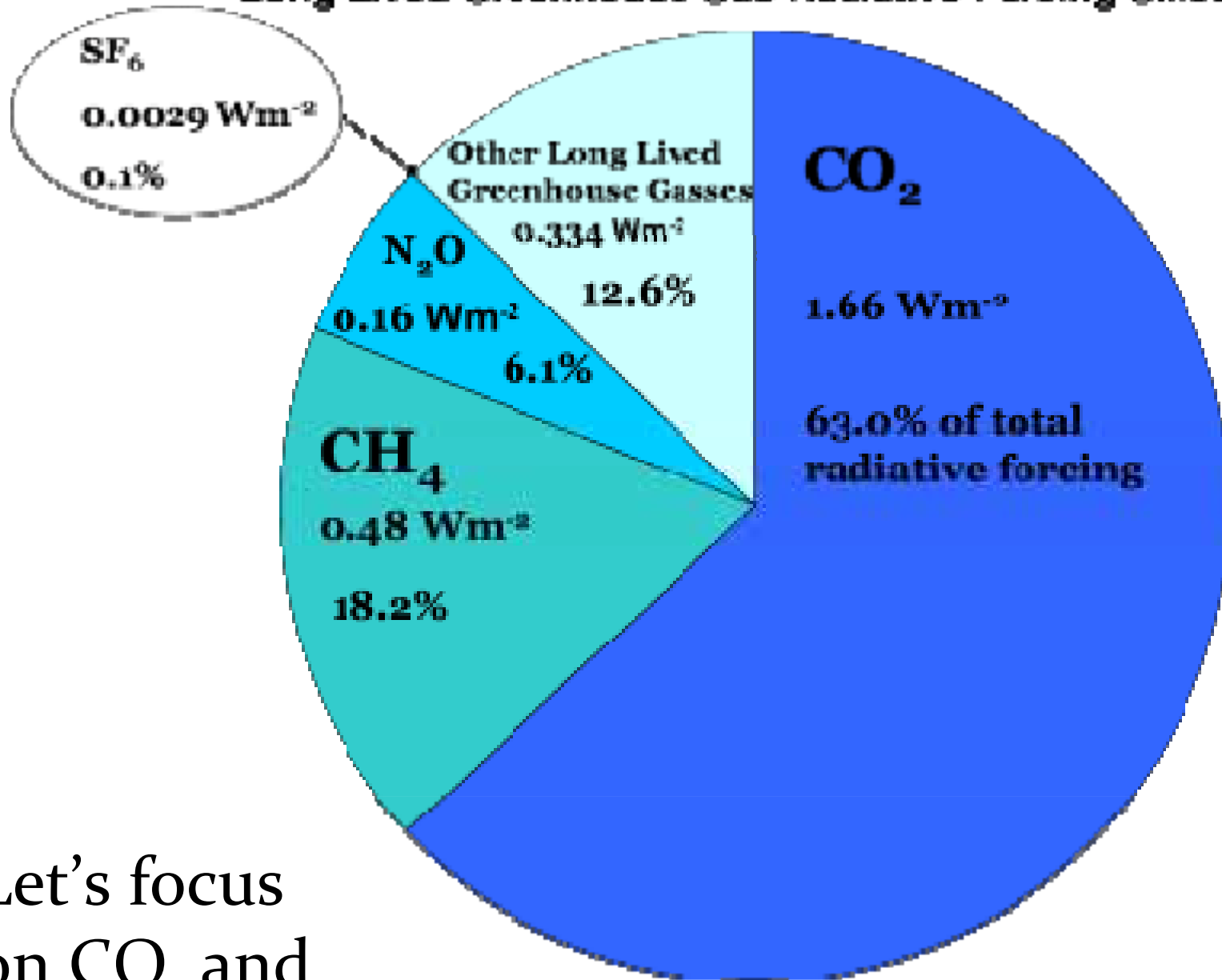


Low Carbon Lifestyles

What can we do in schools?



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 two hundred 14W CFLs with 7W LEDs

Reduce annual CO₂ emissions by **1641 kg**

Reduce annual electricity bills by `17017



If only 100 schools would do so

164100 kg of CO₂ less per year

Switch off computer workstations at the plug point

For 40 workstations

Reduce annual CO₂ emissions by 282 kg

Reduce annual electricity bills by ` 2920

Set your computer workstations to sleep mode once you finish your class

For 40 workstations

Reduce annual CO₂ emissions by 811 kg

Reduce annual electricity bills by ` 8400



Switch off lights and fans when
you leave the classroom

For 36 classrooms

Reduce annual CO₂ emissions by **3143 kg**

Reduce annual electricity bills by ` **32580**

Power your school 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



Use a school bus
Carpool if you cannot
Walk if you live close by
Reduce annual CO₂ emissions by **111 - 24565 kg**





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**

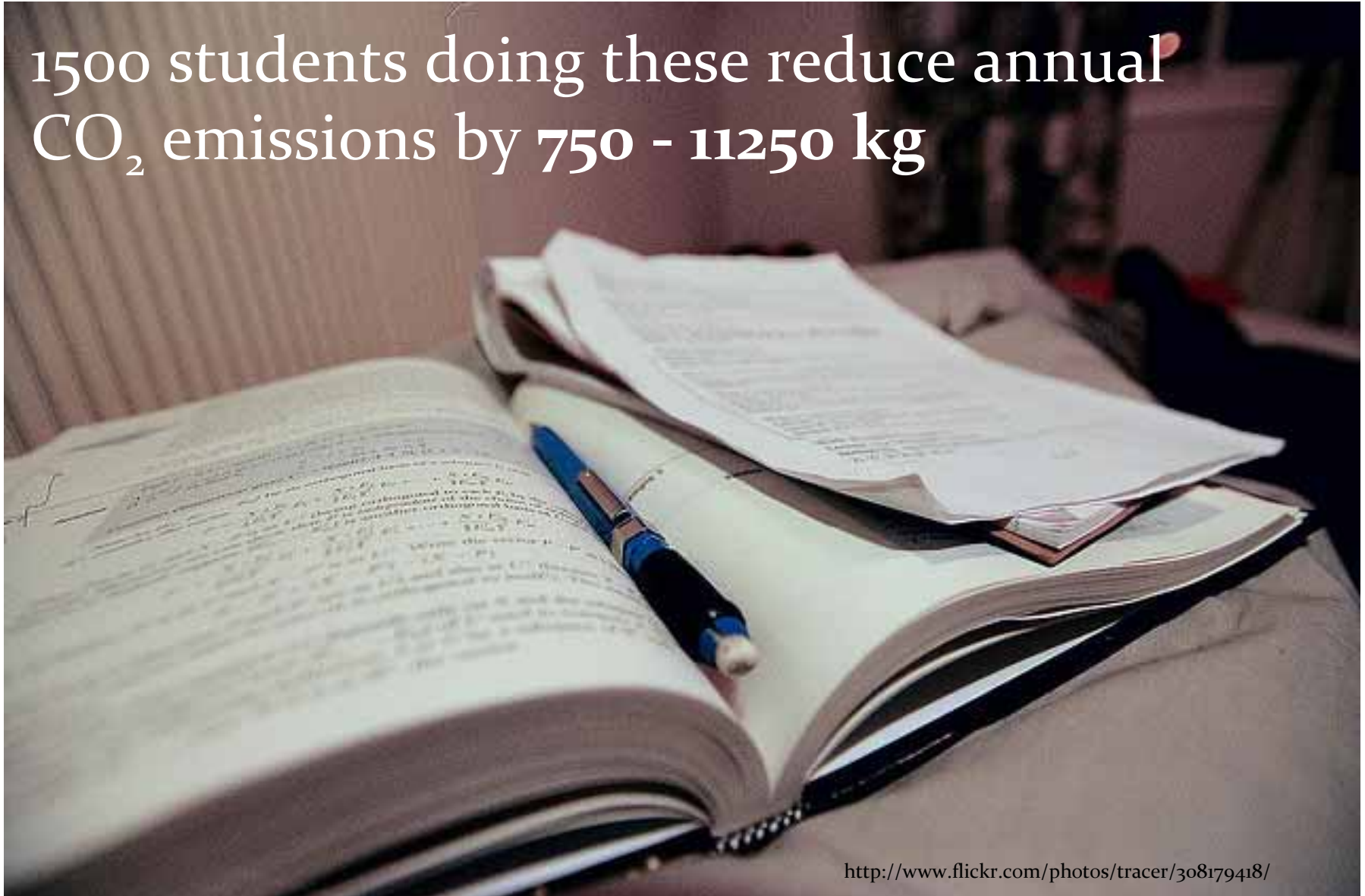


Reduce annual CO₂ emissions by **10604 kg** by composting food waste from your canteen, instead of sending it to a landfill

Reduce annual CO₂ emissions by **2534 kg** by starting an aluminium can collection campaign and giving the collected cans to a recycler.

Hand down your textbooks to juniors. Reduce, reuse and recycle paper

1500 students doing these reduce annual
CO₂ emissions by 750 - 11250 kg



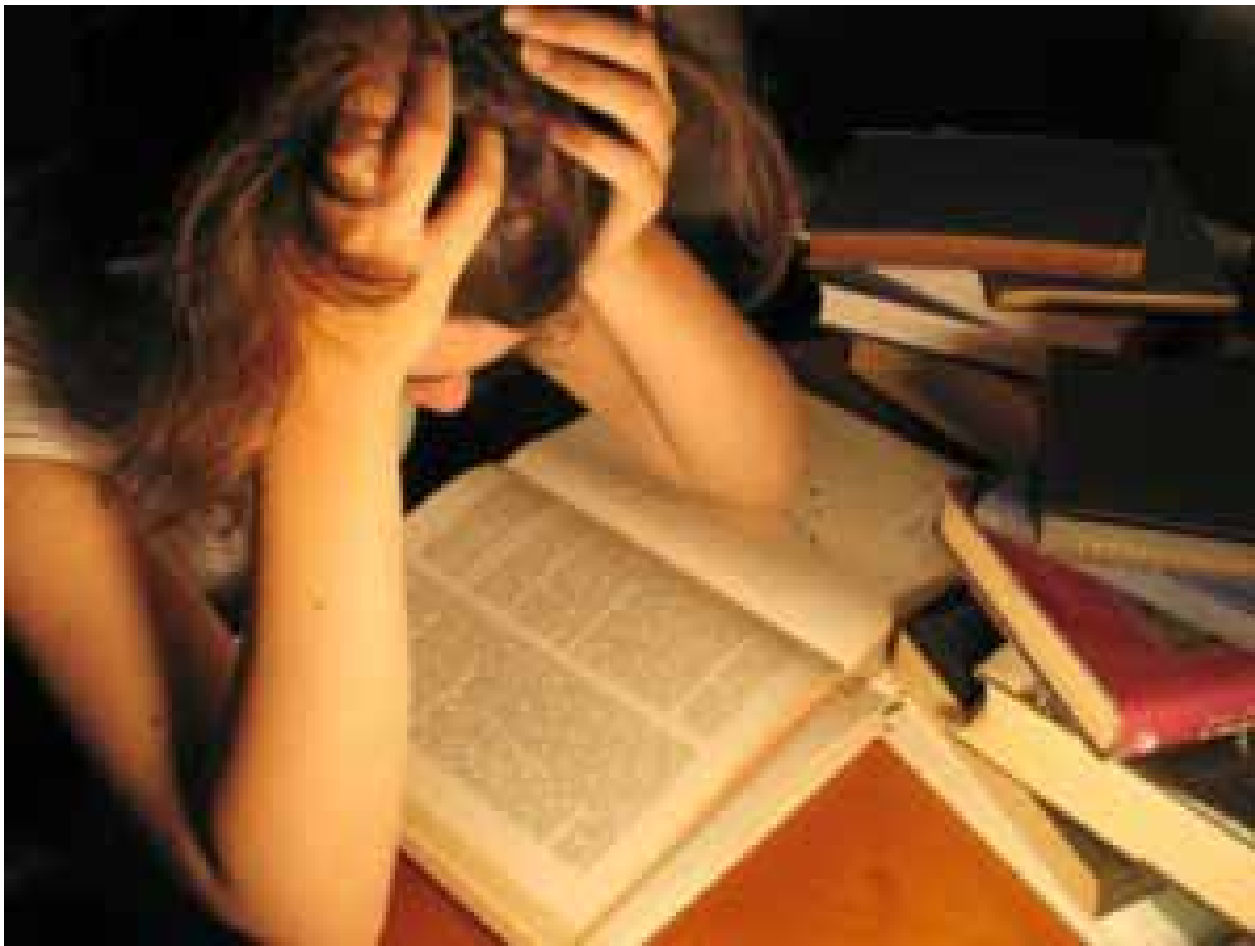
Studying for exams?

Use a table lamp for more effective lighting and CO₂ emissions reduction of **57 kg**



Reduce annual electricity bills by ` **413**

If 1000 children in a school make this change
CO₂ emissions reduction of **57000 kg** can be achieved
in a year



Go out and play

Go out for a couple of hours everyday instead of watching TV or playing on the computer or X box

A silhouette of a cricketer standing on a field at sunset, holding a cricket bat. To the left, three cricket stumps are visible. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The overall scene is dark, with the sunset providing the main light source.


Reduce annual CO₂ emissions by 22 to 89 kg
Reduce annual electricity bills by `159 to 643

Go out and play

1000 of you going out to play for a couple of hours everyday instead of playing on a device can help the planet by reducing CO₂ emissions by almost

22000 kg a year atleast



A close-up photograph of a person's hand pointing at a power strip outlet. The outlet is a standard two-pronged type, and a black power cord is plugged into it. The power strip is light-colored, and the word 'SELECT' is partially visible in red on the left side. The background is a plain, light-colored wall.

Switch off appliances at the plug point at home

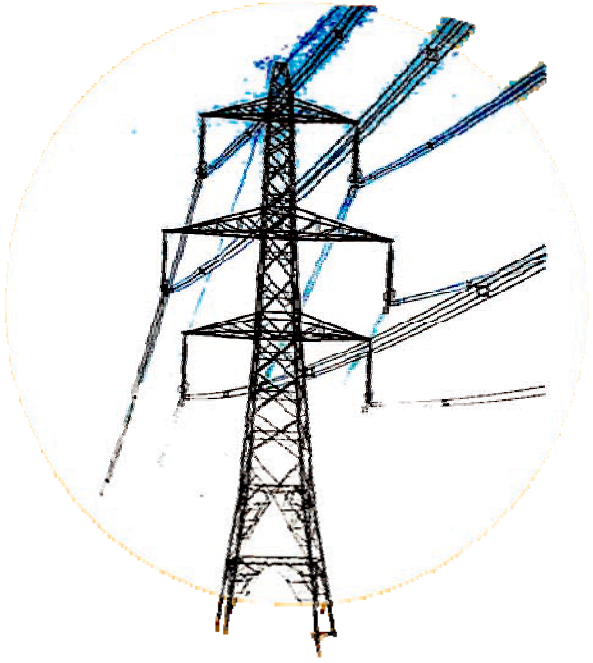
Switching off just the Set top box at the plug, not with a remote

Reduces annual CO₂ emissions by **135 kg**

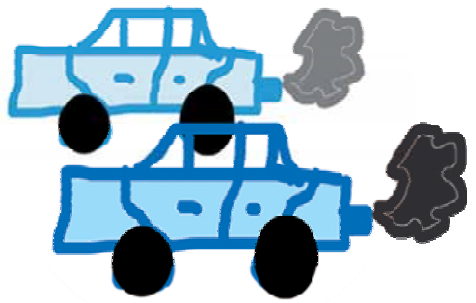
Reduces annual electricity bills by **` 977**

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

Reduce use of electricity



Conserve fuel



Do not waste water

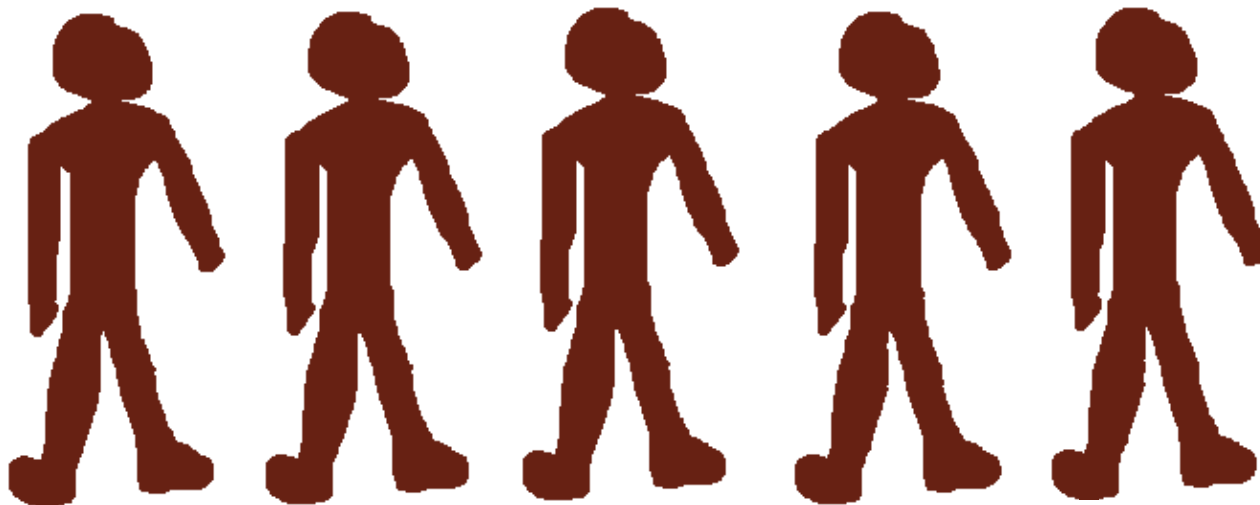
Reduce, Reuse, Recycle



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

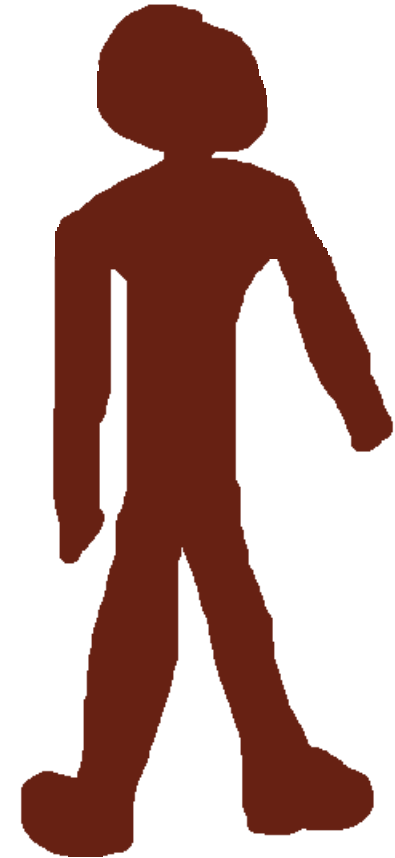
Each one adopt at least
two low-carbon actions

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

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Sources:

The Schools Water Portal - <http://schools.indiawaterportal.org/>

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