

# GOVERNMENT MEDICAL COLLEGE & HOSPITAL, CHANDIGARH

(Hospital Building), Sector 32-B, Chandigarh-160030 (Ph:0172-2665253-59, Fax: 0172-2608488)

(ESTABLISHMENT BRANCH-IV)

27 DEC 2019

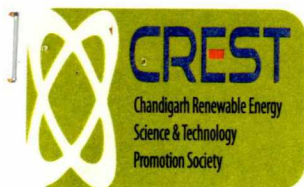
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Dated, Chandigarh the,

A copy of letter No. CREST/21/III/12/2019/2764 dated 11.12.2019 received from Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST), Chandigarh Administration is forwarded to the System Analyst, IT Centre, GMCH with a request to e-circulate/email the same to all the HODs/Branch Incharges of GMCH Chandigarh for information and necessary action.

27/12/19  
Superintendent (Estt.-IV)



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18 DEC 2019

# Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST), Chandigarh Administration

(Under the Aegis of Department of Science & Technology & Renewable Energy)

No. CREST/21/III/12/2019/2764

Dated:- 11-12-19

To

All Heads of Departments,  
U.T., Chandigarh

The Director Principal  
CMCH, Sec-32, Chandigarh  
JDA  
OSCEIV

**Subject:- Leaflet on Energy Conservation Tips.**

Enclosed please find herewith the 4No. Leaflet about the information of Energy Conservation Tips for placing the same at prominent places like Notice Board/Information Board of your office so that awareness about Energy Conservation could be made.

DA/As above

EA-III  
23/12  
  
(Dr. Abdul Qayum), IFS  
Chief Executive Officer  
CREST, Chandigarh





# ENERGY CONSERVATION TIPS



**Energy Conservation is the foundation of energy independence, thus Get Install the Solar Power Plant and follow the Energy Conservation Tips :**

- ✓ Remember 3 "R"s- for Sustainable Development –Reduce, Recycle & Reuse.
- ✓ Use day light as far as possible in office and house.
- ✓ Paint the inner walls and ceiling with light colour in your house.
- ✓ Defrost the refrigerators regularly and do not open the refrigerator door frequently.
- ✓ Prefer fan over AC since it consumes 15 times less energy. Keep temperature at 25°C and keep windows & doors closed.
- ✓ Keep lamps and lights fixtures dust free.
- ✓ Use electronic chokes instead of ordinary chokes in tube lights.
- ✓ Use renewable energy devices based on solar, biogas/biomass energy wherever possible.
- ✓ Shading the windows and walls can save upto 40% of air-conditioned load.
- ✓ Put computers on sleep mode when not in use helps on cut energy cost upto 40%.
- ✓ Use Solar Water Heating System in place of electric geysers and save upto 1500 units of electricity per year.
- ✓ Install the Solar Power Plant. Go Solar – Safe Polar.
- ✓ Make maximum use of sun light.
- ✓ Use ISI Mark/BEE Star Rating electrical appliances and carry out regular maintenance.
- ✓ Energy Saved is Energy Produced.

**Issued in Public Interest by CREST**

Chandigarh Renewable Energy and  
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