

Energy saving practices followed by rural and urban homemakers of Ludhiana district while cooking

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■ **ABSTRACT :** The world is fast heading towards energy crisis. So, we need to rapidly move into a policy to reduce energy needs. A shift to alternate energy use and renewable energy sources that are used judiciously and equitably would bring about environmental-friendly and sustainable lifestyles. So, the present investigation was planned to study the different energy saving practices which are followed by rural and urban homemakers of Ludhiana district. The study was conducted on 60 rural and 60 urban homemakers of Ludhiana and the results showed that most of the rural as well as urban respondents were using energy saving practices in their kitchen, such as using optimum quantity of water for cooking, using lid on pans to prevent heat loss, etc. As regards use of solar energy only 6.67 per cent of the urban respondents were using it for various purposes in their homes as against none of their rural counterparts.

■ **KEY WORDS :** Energy crisis, Energy saving practices, Solar energy

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