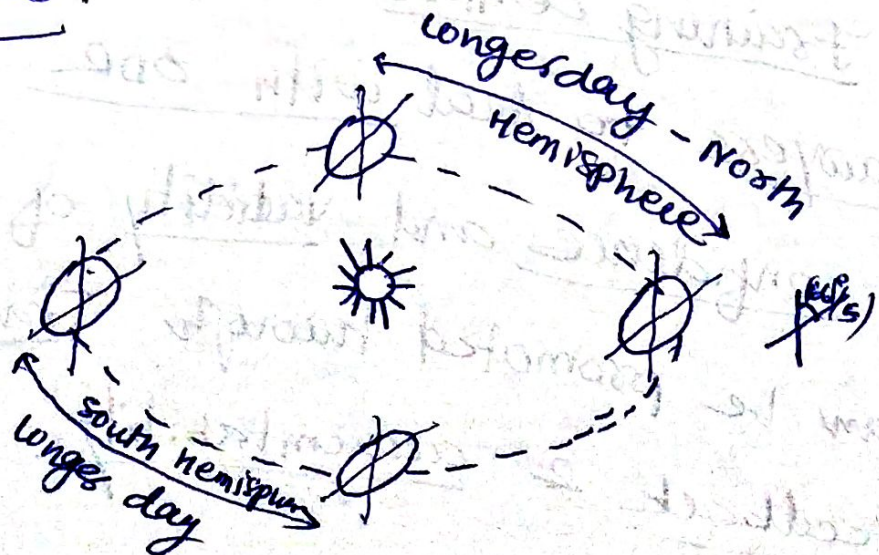


Significance of Day light saving time

Day light saving time is a system of adjustment of clocks according to the length of the day [sunlight] caused by apparent movement of sun.

As earth is tilted $(66\frac{1}{2})^\circ$ with its oblique plane, the revolution of it around the sun cause different daylight time zone in various latitudes.

mostly at high latitude as shown in diagramme.



The government of the country announces the exact date and time which the people need to adjust.

Reason behind adjustment is SAVING ENERGY as sunlight provides enough light but, recent surveys and studies shows some negative followups also such as

- (i) mental trauma - These adjustments create periodic mental adjustment for example childrens schooling gets affected.
- (ii) Increase the chances of heart-Attack and obesity [Fat accumulation] due to sleep loss and so.

(iii) Disruption in work cycles - Things get complicated, instead of raising efficiency at work it does opposite.

(iv) energy savings - very little affect on energy savings due to rise of electric

equipments .

way forward → various countries including
European Union are going for permanent
time zone to do away with lost time
practice .

India does not practice such adjustment
since it lies near equator where
apparent movement of sun does not make
any significant difference .