

Now if this current is allowed to pass through a resistor "R", then power delivered at any instant is given by,

$$P = I^2 R \quad (2)$$

Putting equation (1) in equation (2), we get,

$$P = I_m^2 \sin^2(\omega t) R \quad (3)$$

Now as the value of $\sin^2(\omega t)$ varies between 0 and 1, so its average value is "1/2", thus equation (3) becomes,

$$P = I_m^2 \times \frac{1}{2} \times R$$

$$\Rightarrow P = \frac{1}{2} I_m^2 R \quad (4)$$

In terms of r.m.s value, equation (2) can be written as,

$$P = I_{rms}^2 R \quad (5)$$

Comparing equation (4) and equation (5), we get,

$$I_{rms}^2 R = \frac{1}{2} I_m^2 R$$

$$\Rightarrow I_{rms}^2 = \frac{1}{2} I_m^2 \Rightarrow I_{rms} = \frac{I_m}{\sqrt{2}}$$

$$\Rightarrow I_{rms} = 0.7071 I_m$$

$$\Rightarrow \boxed{I_{rms} = 0.707 I_m}$$

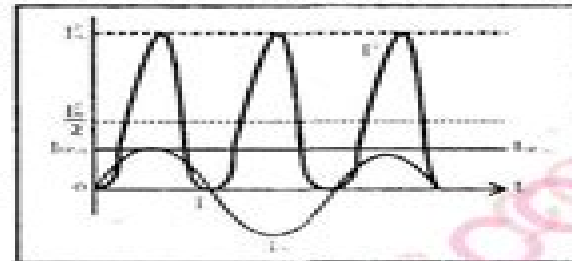
Similarly, the r.m.s value of voltage is given by,

$$\boxed{V_{rms} = 0.707 V_m}$$

Note: In Pakistan, the AC mains supply that is available in the normal wall outlets is 50 hertz and 220V_{rms}. So the peak value of voltage will be:

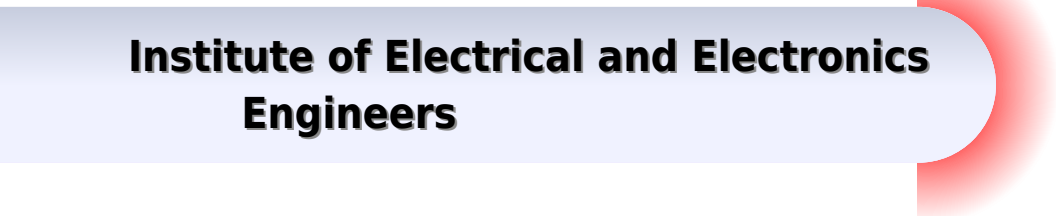
$$V_m = \frac{V_{rms}}{0.707}$$

$$\Rightarrow V_m = \frac{220}{0.707} = 310V \Rightarrow V_m = 310 \text{ volts}$$



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