

A sustainable future

As Ideas To Decrease Carbon Emissions Flow, Our World Gains A Greener Glow

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part IV** of this exclusive series, based on the panel discussions organised by YP teams in 2022-23, and a host of opinions as experts debate on 'Carbon Emissions', the cause chosen by the YP team of **AIS Gurugram 46**.



Experts discuss carbon emission solutions

Be the change

Panellist: Lokesh Chaudhary
Vice president, Paryavaran Sanrakshan Gatividhi

"The age we are currently living in is full of information; to transform that knowledge into meaningful actions is an onerous task. To attain the same, we must revolutionise our thoughts as we hold the power to bring a change. Like our ancestors revered the earth, air, water, fire, and sky as elements integral to our existence, we, too, must protect our environment. For only when we change ourselves, will the world change for better."



Fuelling wellness

Panellist: Dr Ajay Dua
Cardiologist

"Failing to control carbon emissions and environmental degradation will have severe consequences on our health. For carbon emissions contribute to extreme weather conditions, resulting in health issues such as heatstroke and other cardiovascular diseases. Studies, in fact, have shown a correlation between heat waves and increased heart attacks. So, we must raise awareness about the importance of sustainability for our own well being, if nothing else."



Mindful habits

Panellist: Dr Surbhi Singh
Senior wellness and nutrition consultant, Medanta

"Making mindful choices in our diet like limiting non-veg intake to 50 gms and opting for chicken over red meat can significantly impact our carbon footprint. Choosing locally produced milk and buying locally grown seasonal fruits and vegetables can help us lead a nutritious and sustainable life. By making conscious food choices, one can make major contributions to sustainability."



The three R's

Panellist: Dr Himani Manral
Ophthalmologist and fellow of the International Council of Ophthalmology, UK

"While it's crucial to incorporate outdoor activities and limit sun exposure in our lives, the changing environment makes it difficult. Raising awareness about carbon emissions and promoting practices such as reducing, reusing, and recycling to preserve the environment, thus, is vital. We must emphasise the importance of reusing items as a way to combat carbon emissions."



Communal power

Panellist: Maj Gen (Dr) Yash Mor
CEO, Save the Himalayas Foundation

"Our collective efforts can have a huge impact on the preservation of nature. Unfortunately, many tourists visiting exotic locations disregard the environment, leaving behind tons of waste. Couple it with the excessive usage of groundwater and things become worse. As a soldier, I feel that we are our biggest threat and so, I urge the youth to combat this evil by taking care of the environment."



Go local and organic

Panellist: Atul Bajaj
Brand ambassador, Swachh Bharat Mission

"Choose seasonal vegetables that are grown with fewer pesticides and chemicals, and embrace 'vocal for local'. For, when we consume seasonal produce, we not only support local farmers, but also reduce packaging waste which contributes to a significant portion of landfill pollution (about 70%). It is crucial to prioritise these factors and maintain a balance to actually make a difference and have a significant impact on reducing the carbon footprint that we are currently producing."



Leave an impact

Panellist: Dr Suresh Lacchiramka
Paediatrician & member of Indian Academy of Paediatrics and National Neonatology Forum

"Small initiatives like conscious use of cars, switching off of electric equipment when not in use, and opting for carpooling and public transport instead of individual cars can make a huge difference in reducing carbon emissions. Additionally, reducing air travel, too, can have a significant impact on our carbon footprint. These simple actions on our part can together play an important role in combating climate change once and for all."



Become one with nature

Panellist: Rajeev Sinha
CEO & co-founder, OnlyGood

"Samanvay – the name, signifying unity, harmony, coordination, and synchronisation, itself holds the answer to several queries. That is to say that when we are in harmony with the environment, everything aligns naturally, benefiting both us and the environment. Practicing this harmony can help save our natural world."



The Safai Bank patrol

Panellist: Savneet Kaur
NGO associate, Safai Bank of India

"The multi-layered packages have no recycling potential and so, the rag pickers don't pick them up. As a result, they often end up in water bodies and landfills and contribute to toxic gas emissions. The Safai Bank of India offers a solution for this by collecting these wrappers and sending them to a processing unit that further sends them to cement companies for incineration in the kilns. Creating a 'Wrapper Bank' at schools can further allow for regular collection of these wrappers in return for rewards, such as cleaner air, less waste, etc."



Part IV

Expert Speak