

Powering present & future

The Current Generation Must Use Energy Responsibly For A Sustainable Future

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 various aspects of the chosen social cause. Here's presenting **Part VII** of this exclusive series, based on the panel discussions organised by YP teams for the year 2025-26, and a host of opinions and insights shared by experts on 'Save energy', the cause chosen by the YP team of AIS VKC Lucknow.



Panellists share long-term effects of air pollution on humans

Using energy responsibly is not a sacrifice

Panellist: Dr Sanjeev Yadav

Senior Scientist, CSIR-CDRI, Lucknow

"Sustainable development begins with becoming conscious of how much energy we use. Since energy consumption is invisible, we rarely think about it. That is why we must 'watch the watts' we use. Whether it is a refrigerator or an air conditioner, we should know how much electricity an appliance consumes per hour. Awareness leads to responsibility.

Conservation starts with small, consistent habits. Personally, I avoid using lifts unless necessary and remain careful about



temperature settings. Scientifically, room temperature should be around 26°C, yet many households set air conditioners at 18-20°C. Even increasing the setting by a few degrees can save significant energy. Children are the strongest agents of change. When they learn responsible habits, they ensure others follow them. Sitting together in one room while the AC runs not only saves electricity but also strengthens family bond. Using

energy responsibly is not sacrifice - it is awareness in action."

Future tech should make energy use visible

Panellist: Malvika Awasthi

Deputy General Manager, NTPC

"Working at NTPC, I see first-hand how electricity is produced and how resource-intensive the process is. Thermal power generation depends on coal, and when we trace its journey - from mining to transportation and conversion into electricity - we understand how precious energy truly is. This perspective makes responsible consumption essential.

Simple practices at home can create a large impact. Keeping air conditioning around

25-26°C, setting refrigerators at optimal cooling levels, and switching appliances off after use can significantly reduce energy demand. Many people complain

about high electricity bills without understanding that compressors in these appliances consume maximum power when forced to work harder. Society criticises visible pollution like littering, but excessive electricity use goes unnoticed. The future lies in making energy usage

visible - perhaps through technology and systems that show household consumption and rewards responsible use."



Opt for public transport when possible

Panellist: Md Asif, Project Manager, Earth Protection Group

"Transportation is a key area. Whenever travel is not urgent, one should opt for public transport instead of personal vehicles. This cuts fuel consumption and lowers environmental impact. Sustainable living is thoughtful decisions in daily routines. Energy conservation is also linked to our health and natural balance. Extremely low air conditioning forces our

bodies to work harder to maintain normal temperature. Similarly, excessive use of hot water wastes energy and disturbs the body's natural equilibrium. Moderation



benefits both the environment and personal well-being. I would also like to emphasise that electricity, water, and other natural resources are interconnected. Today water reaches our homes through electric pumps, yet we often allow tanks to overflow because electricity feels easily available. Earlier generations valued every drop because effort was required to obtain it. When we conserve resources,

we are not only saving electricity but protecting nature itself. Sustainable energy begins with conscious habits, responsible resource use, and respect for what supports our daily lives."

Renewable and green solutions a must

Panellist: Ankit Singh
Chief Engineer, HAL

"India faces a unique energy challenge. Our per-capita energy consumption is still far below the global average, which means increasing energy use is essential for economic growth, infrastructure development, and improved quality of life. Therefore, the goal is not to reduce energy use entirely but to eliminate misuse and shift toward sustainable sources. Energy demand will continue to rise with population growth and industrial expansion. At the same time, India has committed to achieving net-zero emis-



sions by 2070. This means our future must rely increasingly on renewable and green energy solutions. Reducing unnecessary consumption can create immediate reductions in carbon emissions, while long-term sustainability depends on transitioning to clean energy systems. Also, climate change makes this transition urgent. Every decision we make today influences future environmental stability. Green buildings, solar

installations, and efficient water systems can go a long way in lowering energy demand. Energy consumption should be need-based rather than luxury-driven."



PART VII

EXPERT SPEAK