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I took a walk around the streets of Madhupur to see how energy flows through our daily lives and where it is being used. As I moved through the town, I immediately noticed how much electricity powers our surroundings. Shops along the main roads had their lights on brightly, even though the sun was still shining, and some homes had fans running to keep the heat away. Streetlights were waiting silently to switch on at night, a reminder of how much energy is stored just for convenience. I also saw people on motorbikes, cars, and rickshaws moving through the streets, using fuel to go about their daily tasks, while a few others rode bicycles or walked, moving through the town without consuming extra energy.

Inside homes and shops, I could see devices like TVs, phones, and computers constantly running, showing how connected we are to technology. At the same time, I noticed pockets of calm courtyards and open spaces where sunlight streamed in, naturally lighting and cooling the surroundings. Trees and small gardens provided shade, creating spaces where energy from electricity or fuel wasn't needed at all. Walking around, I started thinking about how much energy we rely on without really noticing it, and how small changes, like using sunlight, switching off devices when not in use, or walking instead of taking motorized transport, could make a real difference.

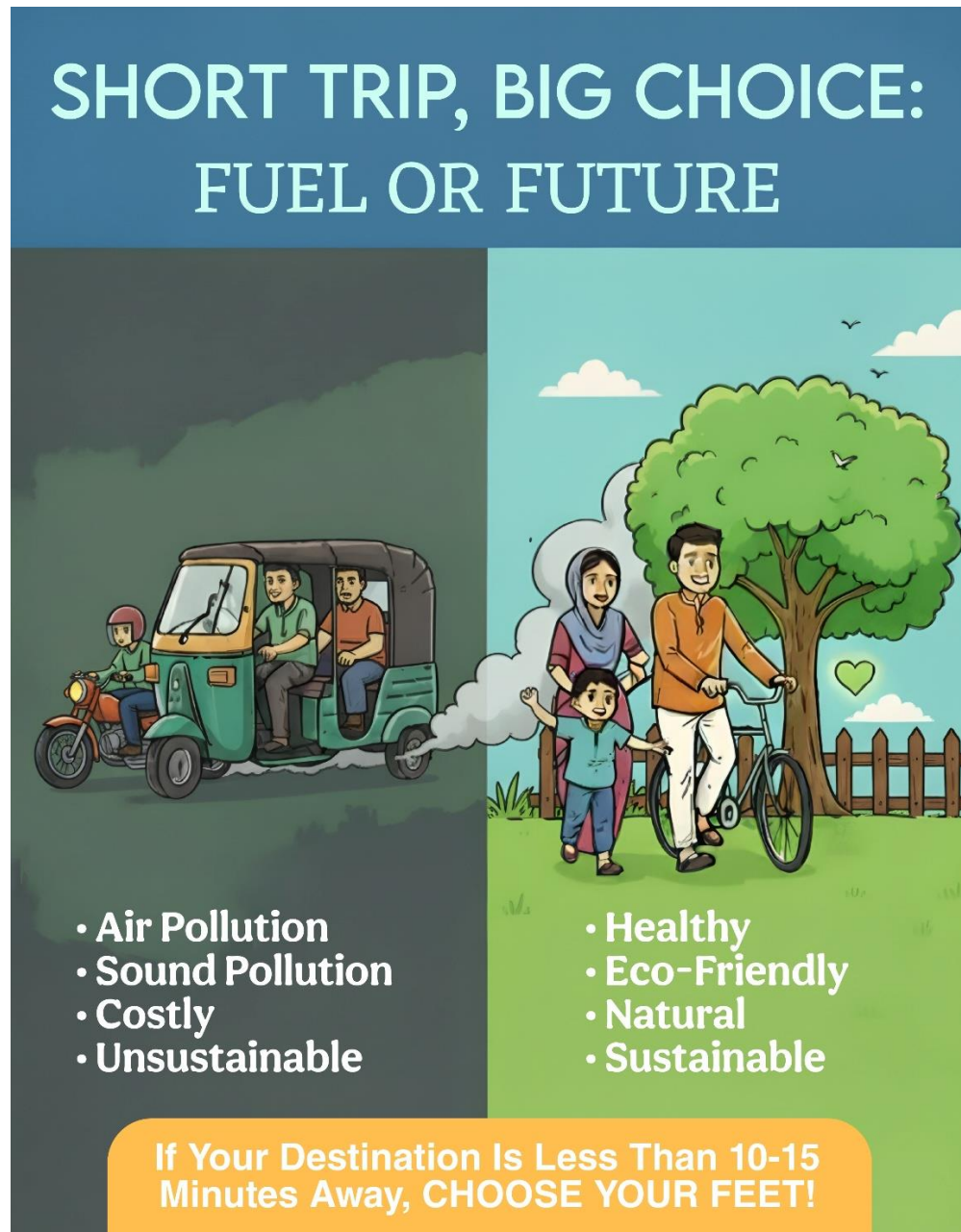
By the end of my walk, I felt a mix of awareness and responsibility. Energy is everywhere, powering our lives, but we often forget to respect it and use it wisely. Madhupur is full of energy, literal and human, and noticing it made me realize that saving energy isn't just about numbers; it's about paying attention to our surroundings, being thoughtful in our choices, and taking small steps every day to make our town and our planet a little better.

One realistic improvement that could reduce waste

Madhupur is relatively a small town, and almost everything you need, shops, schools, markets, and parks, is within bicycle or walking distance. Yet, I still see many people using motorbikes, cars, or even buses for very short trips that could easily be done on foot or by bike. Watching this made me realize how much energy is being wasted just out of habit or convenience. Vehicles not only consume fuel, but they also contribute to air pollution and noise, affecting the overall environment of our town. A realistic improvement to increase efficiency would be encouraging more people to walk or ride bicycles for these short distances. It could be as simple as creating safer bicycle lanes, raising awareness about the benefits of walking, or just reminding ourselves to take a few steps instead of starting the engine. Plus, walking or cycling is much cheaper than using fuel-powered vehicles, contributes to less sound pollution, and doesn't even take much extra time for such short trips. Small changes like these might seem minor, but if more people adopt them, it could save a lot of energy, reduce pollution, and make Madhupur's streets calmer and cleaner. I also noticed that people often rush for these short trips without thinking about the impact, and even small awareness campaigns could slowly change this habit. Walking through the streets made me feel more connected to my community and more responsible for the energy choices we make every day. I feel that this is a change everyone can realistically take part in, and it starts with noticing the habits we often overlook in our everyday life.

I made a simple poster to raise awareness and help “rebalance the flow”
based on the improvement I mentioned

Here it is -



This poster hits you right away because it makes you feel the difference. On one side, it's all smoke, noise, and hidden costs, it looks like a problem. On the other side, it's sunshine, a happy family, and a beautiful tree, it looks like the good life. The poster uses this feeling to teach a simple truth: for a short trip, you're not just choosing a ride; you're choosing your health and the planet's health. By putting the problem and the simple fix next to each other, it takes away all the excuses and makes choosing your feet feel like the smart, kind, and best decision for your future.

I took some steps toward actions too!

Firsly I printed the poster and put them up in some places where it can reach a lot of people,

The first place I put up the poster was right in front of my house's alley, where hundreds of people pass by every day.



Then I put another poster on the entrance wall of our local bazar.



The next one I put up was on an electric pole beside a major coaching center hub in our area, where nearly a thousand students pass by every day.



Then I put another one in an alley a little farther from my house. Not as many people pass through this area compared to the others, but still a few dozen do every day.



I also left a few of them in a sitting/hangout area near a public park.



I even posted it on a facebook group named “Environment and Sustainability Professionals” with around 13.5k members!

Here is the link to it,

<https://www.facebook.com/share/p/1a44h5VTcz/>

**Environment and Sustainability Professionals**
Anas Muhammad · 2m · 🌐

Challenge yourself: Can you walk this? Let's rethink the habit of using motorized vehicles for ultra-short distances. Switching to walking or cycling is cheaper, quieter, and every step counts toward a cleaner planet and a healthier you!

#PGC2025

SHORT TRIP, BIG CHOICE: FUEL OR FUTURE



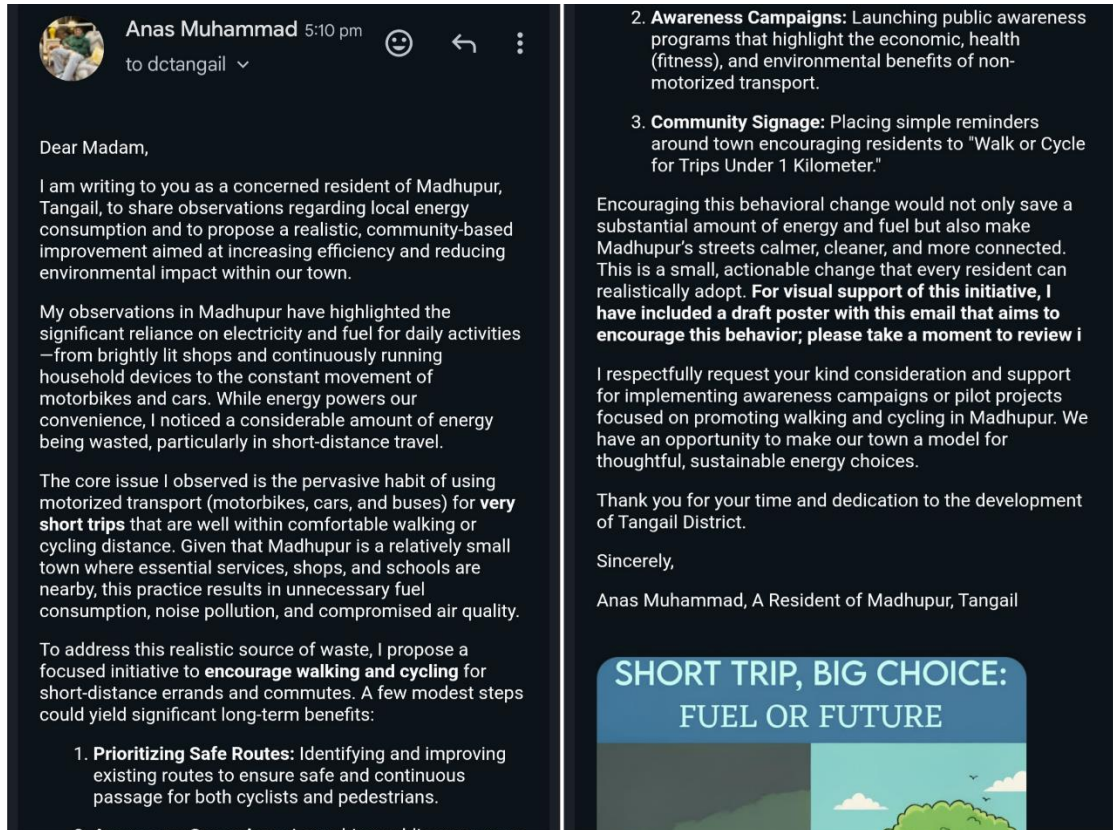
- Air Pollution
- Sound Pollution
- Costly
- Unsustainable



- Healthy
- Eco-Friendly
- Natural
- Sustainable

If Your Destination Is Less Than 10-15 Minutes Away, CHOOSE YOUR FEET!

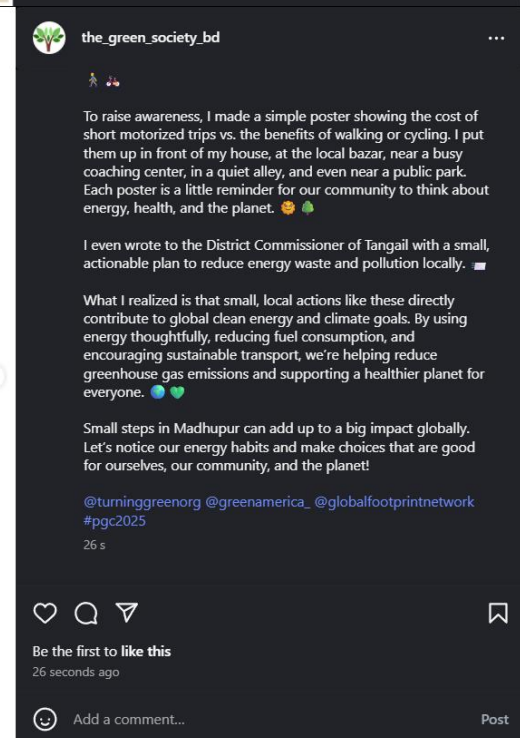
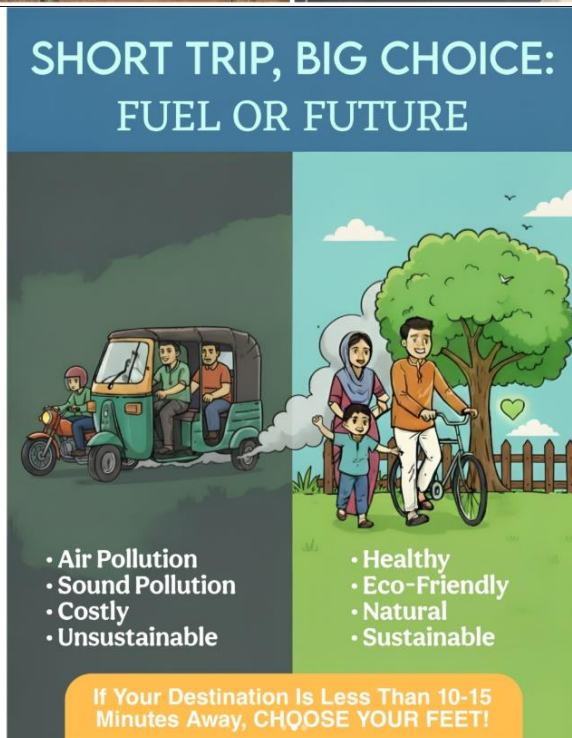
I took a step further and wrote to the District Commissioner of Tangail, the highest-ranked officer of the entire district, to propose a small, actionable plan to tackle energy waste and pollution in our local community.

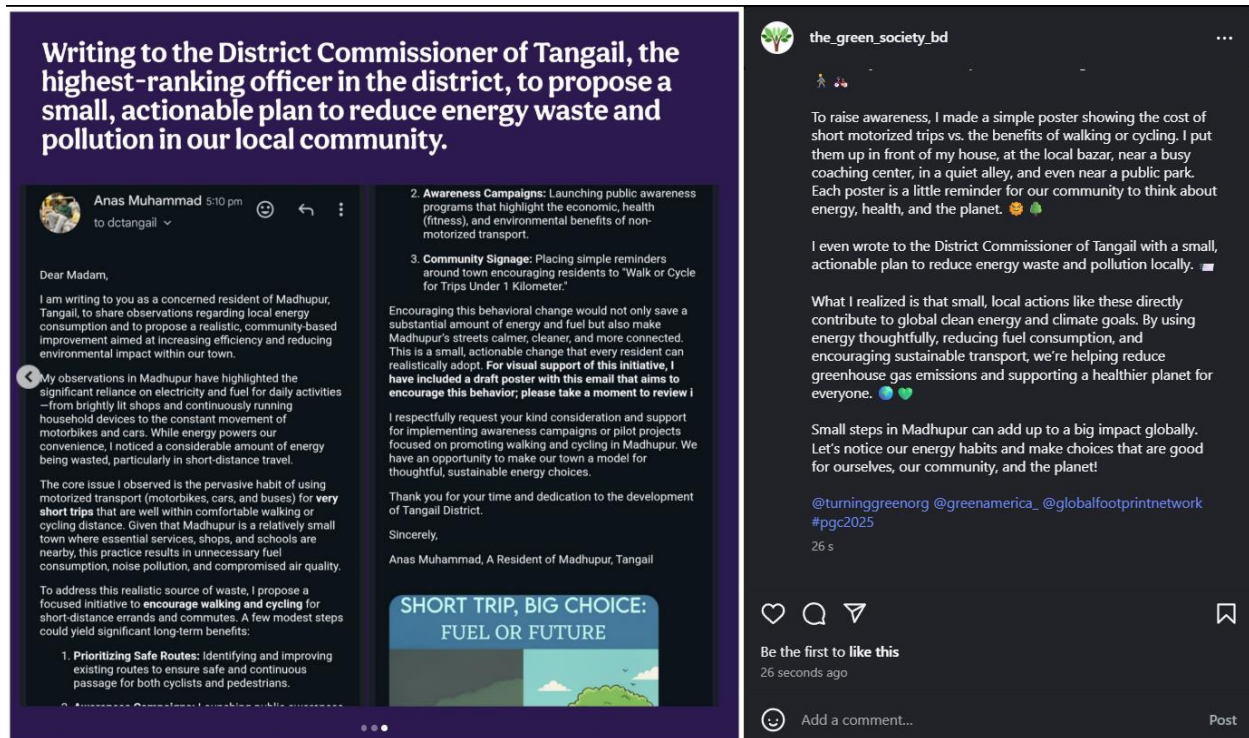


(I will mail and let you guys know if I get a reply)

Here is my Instagram post regarding all of this,

https://www.instagram.com/p/DQO0GdTE-aS/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFlZA==





Caption: Rebalancing the Flow in Madhupur

Today I took a walk around Madhupur to see how energy moves through our daily lives. Electricity, fuel, and human effort are everywhere—sometimes used wisely, sometimes wasted. One small change could make a big difference: choosing to walk or ride a bicycle for short trips instead of using motorized vehicles.

To raise awareness, I made a simple poster showing the cost of short motorized trips vs. the benefits of walking or cycling. I put them up in front of my house, at the local bazar, near a busy coaching center, in a quiet alley, and even near a public park. Each poster is a little reminder for our community to think about energy, health, and the planet.

I even wrote to the District Commissioner of Tangail with a small, actionable plan to reduce energy waste and pollution locally.

What I realized is that small, local actions like these directly contribute to global clean energy and climate goals. By using energy thoughtfully, reducing fuel consumption, and encouraging sustainable transport, we're helping reduce greenhouse gas emissions and supporting a healthier planet for everyone.

Small steps in Madhupur can add up to a big impact globally. Let's notice our energy habits and make choices that are good for ourselves, our community, and the planet!

@turninggreenorg @greenamerica_ @globalfootprintnetwork #pgc2025