

Day 24 – Greener Challenge | Project Green Challenge 2025

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My Energy Circle: How I Use and Receive Energy

Energy is part of everything I do every day. From the food I eat to the electricity that powers my phone and the fuel that takes me to university, energy keeps my life moving. Creating this Energy Circle helped me understand where my energy really comes from and how it connects my daily life to the larger world.

1. **Physical Energy – from Food :**

I get energy from foods like rice, vegetables, fish and fruits. These meals give me the strength to study, walk around campus and stay active throughout the day. Without good nutrition, I notice that I feel tired, less focused and unable to complete tasks effectively.

2. **Electricity :**

Electricity powers my laptop, phone and lights at home and at university. It allows me to attend online classes, complete assignments and stay connected with friends and teachers. Electricity also makes it possible for me to access information quickly and efficiently.

3. **Transport :**

I use fuel when traveling to university and other places, usually by bus. This energy helps me move easily from one location to another, saving time and energy that I would otherwise spend walking long distances. Reliable transportation keeps my daily schedule manageable.

4. **Connection Energy :**

Wi-Fi and mobile networks powered by electricity help me stay connected. I use them to communicate with friends, teachers and people around the world. Staying connected allows me to learn, share ideas and be part of larger conversations beyond my campus.

5. **Home & Comfort Energy :**

Electricity runs fans, lights and appliances at home, keeping it comfortable for both study and rest. A well-lit, cool and functional home environment helps me focus better on my studies and recharge my energy after a long day.

Main Energy Source – Bangladesh :

- **Fossil fuels** like natural gas, oil and coal power most of our electricity and transport systems.

Alternative Energy Sources:

- **Solar energy** is growing fast in rural areas and cities.
- **Hydropower** provides a small amount of clean energy from the Kaptai Dam.

How Energy Supports :

• **Food (Physical Energy) :**

The food I eat gives me the strength to study, walk and stay active throughout the day. Eating balanced meals like rice, vegetables, fish and fruits keeps me healthy and helps me focus better on my tasks at university. Without proper nutrition, I feel tired and less productive, so food plays a key role in my daily energy.

• **Electricity :**

Electricity powers my laptop, phone and lights so I can attend classes, study and finish assignments on time. It also helps me charge devices and stay productive even at night. Without electricity, it would be difficult to complete my academic work or communicate with friends and teachers efficiently.

• **Fuel (Transport) :**

Fuel allows me to travel to university, markets and other places easily. It saves time and effort compared to walking long distances and ensures that I can reach my destinations on schedule. Transportation energy makes my daily routine manageable and less exhausting.

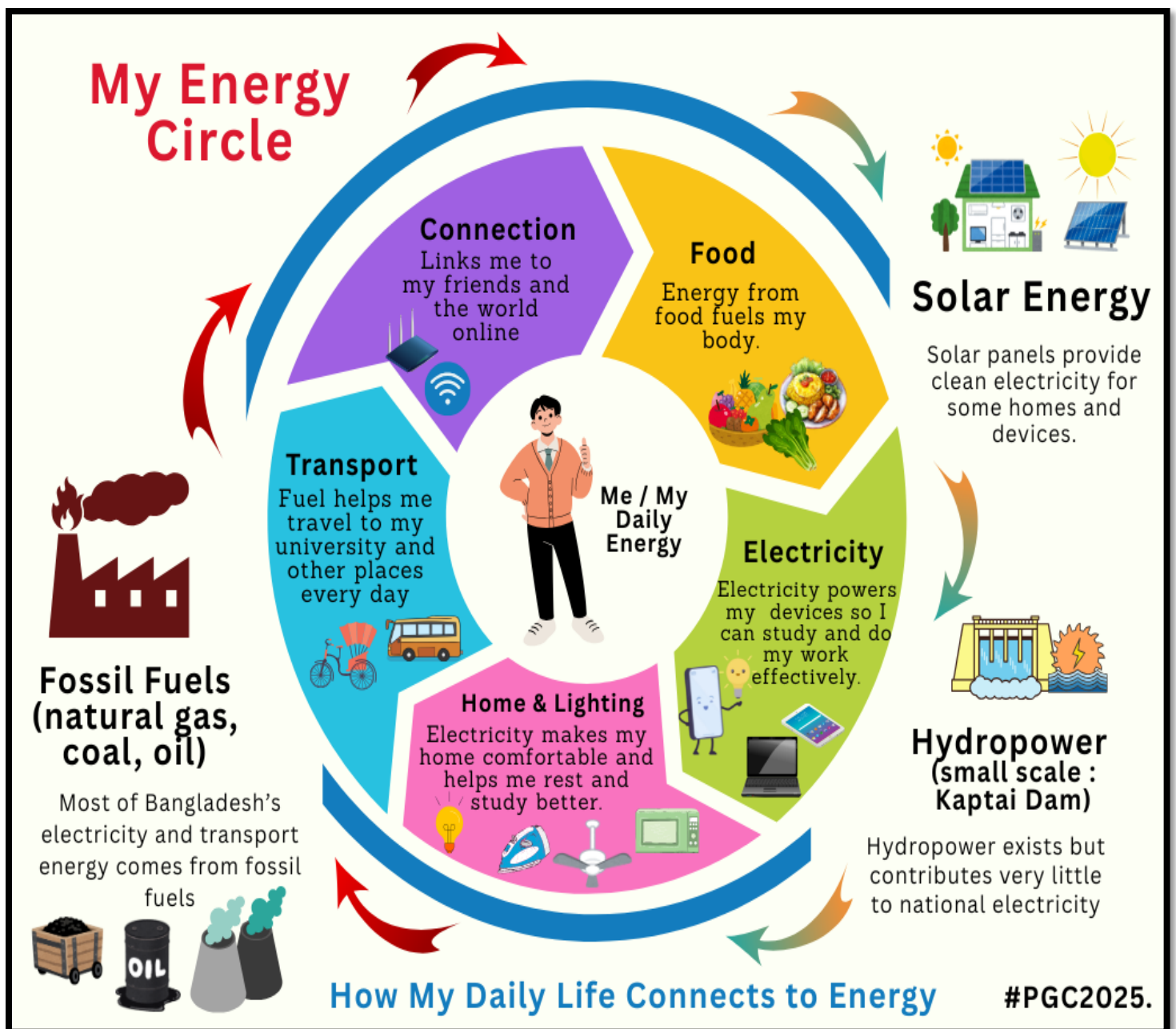
• **Connection (Wi-Fi, Internet, Mobile) :**

Wi-Fi and mobile networks help me communicate with teachers and friends. They also allow me to learn online, share ideas and stay informed about what is happening around me. This connection energy is essential for keeping up with studies and maintaining relationships.

- **Home & Lighting :**

Electricity keeps my room cool, bright and comfortable. It helps me rest well after a long day and provides a good environment for studying. Having a comfortable home space supports both my physical energy and mental focus.

This is my Energy Circle visual, showing where my energy comes from and how I use it in my daily life :



Main Energy Source in Bangladesh – Fossil Fuels

1. **What it is :**

Fossil fuels include natural gas, coal and oil. These fuels are burned to produce electricity, run transport systems and provide heat for different uses. They have been the main source of power for homes, industries and public services in Bangladesh for many years.

2. **How it powers daily life :**

Most of the electricity used in homes, universities and offices comes from power plants that burn fossil fuels. Buses and other vehicles depend on fuel made from oil to transport people every day. This energy allows people to study, work, travel and live more comfortably across the country.

3. **Environmental impact :**

Burning fossil fuels releases smoke, carbon dioxide and other greenhouse gases that cause air pollution and increase global warming. Over time, using too much of these fuels can also reduce natural resources that take millions of years to form again. This creates serious environmental challenges for the planet.

4. **Importance :**

Even with environmental risks, fossil fuels remain the main energy source in Bangladesh. They support everyday life, keep industries running, help transportation move smoothly and make it possible for students and workers to stay connected and productive.

5. **Connection to alternatives :**

Bangladesh is slowly introducing solar energy, small hydro power and nuclear energy to reduce its heavy dependence on fossil fuels. These clean energy sources produce less pollution and can protect the planet while meeting the growing energy needs of the population.

What Surprised Me About My Energy Sources

1. **Energy comes from far away :**

I was surprised to learn that most of the energy I use every day, like electricity and fuel, is produced in power plants that are far from where I live. I had never thought about how much effort and distance are involved in getting energy from these sources to my home, university and local areas.

2. **Reliance on fossil fuels :**

I realized that Bangladesh still depends heavily on fossil fuels such as natural gas, coal and oil to produce electricity and run transport. Even though solar and renewable projects are increasing, they still supply only a small portion of total energy. This made me understand how dependent our daily lives are on nonrenewable sources.

3. **Hidden environmental impact :**

What surprised me most is that almost everything I do—studying, traveling, using my phone and staying connected—uses energy that can harm the environment. I didn't notice before how much pollution and carbon emission come from simple daily actions that rely on fossil fuels.

4. **Limited alternatives :**

Even though Bangladesh has started using solar panels and small hydro projects, they still cover only a small share of the country's total energy use. This shows that there is still a long way to go before clean energy becomes common and accessible for everyone.

I was surprised to see how much my daily life depends on fossil fuels and how it impacts the planet. This makes me more aware of using energy wisely and supporting cleaner alternatives.

How Energy Affects People and the Planet

1. **Environmental Impact:**

- Burning **fossil fuels** produces **air pollution and greenhouse gases**, which contribute to **climate change**.
- Pollution from energy production can **harm rivers, soil, and wildlife**, affecting the ecosystem.

2. **Health Impact on People:**

- Air pollution from coal, gas, and oil can cause **respiratory problems, allergies and other health issues**.



- Communities near power plants may face **noise, dust or water pollution**.

3. Resource Depletion:

- Fossil fuels are **non-renewable**, so overuse can lead to **shortages in the future**, affecting **energy availability for daily life**.

4. Social and Economic Impact:

- Energy shortages can affect **schools, hospitals, and businesses**, making daily life and work harder.
- Clean alternatives like **solar or hydro** can provide sustainable energy and **benefit local communities**.

5. Personal Impact:

- My daily energy use—**studying, traveling, staying connected**—depends on these sources, so it's connected to both **people's health and the planet's wellbeing**.

I realized that how I use energy affects not just me, but also the environment and other people, so I should use it carefully and support cleaner options.

Alternative Energy Sources in Bangladesh

1. Solar Energy

- **What it is:** Energy from sunlight captured using solar panels.
- **Use in Daily Life:** Powers homes, schools and small devices in both cities and rural areas.
- **Importance:** Clean, renewable, and reduces reliance on fossil fuels.
- **Current Status:** Bangladesh has around 946 MW of installed solar capacity, with potential to grow further.



2. Small Hydropower

- **What it is:** Electricity generated by flowing water, usually from small dams or rivers.
- **Use in Daily Life:** Provides electricity to nearby communities and small industries.
- **Importance:** Renewable and low-carbon energy source.
- **Current Status:** Contributes only a small fraction of total electricity; e.g., from Kaptai Dam.



3. Wind Energy

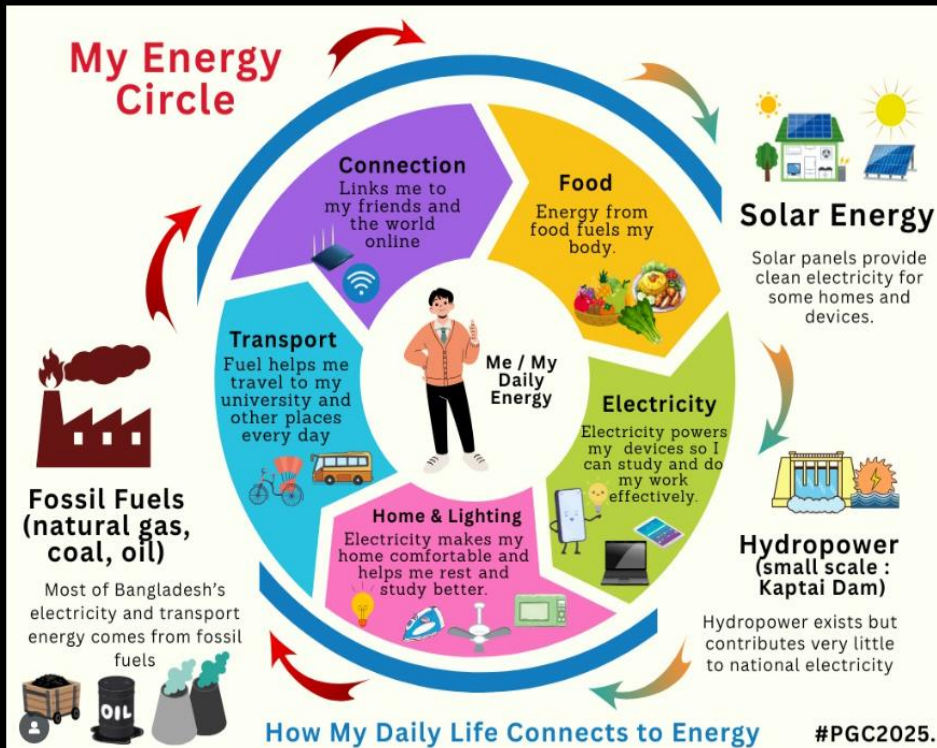
- **What it is:** Energy generated by wind turbines.
- **Use in Daily Life:** Can supply electricity to coastal or windy areas.
- **Importance:** Renewable and clean energy source.
- **Current Status:** Still very limited in Bangladesh but has potential in certain regions.



What I Learned :

1. Most of my daily energy comes from **fossil fuels**, which affect the environment.
2. **Alternative energy sources** like solar, small hydro, wind and future nuclear power can provide cleaner and sustainable energy.
3. **Energy is connected to everything I do**—studying, traveling, staying connected, and living comfortably.
4. I realized the importance of **using energy wisely** and supporting cleaner, renewable sources.
5. Small changes in my energy use can **help reduce pollution and protect the planet**.

Instagram post screenshot :



jubayerbinomar



jubayerbinomar -Creating my Energy Circle helped me see how my daily life—eating, studying, traveling, using devices, and staying connected—relies heavily on fossil fuels. I was surprised that most of my energy comes from faraway sources that affect the environment and people. This makes me more aware of how I use energy and motivates me to support cleaner, renewable sources like solar, small hydro, and future nuclear power. Every small action counts toward protecting our planet. 🌱🔌
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