Energy Watt Counts: Youth and Energy Conservation Energy Club

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Date of Event : March 13, 2026

Faculty In-charge: Dr. Jeena Antony

Ms. Anitta Jaison

Ms. Anna Diana K



No: NIMIT/ CP/ EC / 01 / 2025-2026 **Date:** March 1,2026

Circular

The Energy Club of the institute is organizing a talk titled **"Energy Watt Counts: Youth and Energy Conservation."** The session aims to create awareness among students about the importance of energy conservation and the role of youth in promoting sustainable energy practices.

The programme will be held on **13 March 2026 (Friday)** from **2:15 p.m. to 3:15 p.m.** at the **Main Block Seminar Hall**. The session will be delivered by **Ms. Abshana Jamal**, Doctoral Scholar, Department of Social Work, Rajagiri College of Social Sciences, Kalamassery.

Rev Fr. Dr. Paulachan K. J
(Principal)

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REPORT

The Energy Club of Naipunnya Institute of Management and Information Technology, Pongam, Koratty East, organized an awareness talk titled **"Energy Watt Counts: Youth and Energy Conservation"** on **13 March 2026** at the **Main Block Seminar Hall**. The programme was conducted from **2:15 p.m. to 3:15 p.m.** with the objective of creating awareness among students about the importance of energy conservation and the vital role youth can play in promoting sustainable energy practices.

The programme commenced with a **prayer song** rendered by **Ms. Bhavana Dasan, I MBA**, which set a serene and respectful tone for the event. Following the prayer, **Ms. Visniya Wilson, I MBA**, delivered the **welcome speech**. In her address, she warmly welcomed the principal-in-charge, the resource person, faculty members, and students. She emphasized that energy conservation is one of the most pressing global concerns today and highlighted the need for students to develop responsible habits in energy usage.

The **presidential address** was delivered by **Rev. Fr. Dr. Diston Kunjachan**, Principal-in-Charge of the institution. In his speech, Father stressed the significance of energy conservation in the context of environmental sustainability and climate change. He pointed out that educational institutions play a crucial role in shaping environmentally responsible citizens. He encouraged students to adopt small but impactful practices such as reducing unnecessary electricity consumption, promoting renewable energy, and spreading awareness among peers and family members.

The highlight of the programme was the **session by the resource person, Ms. Abshana Jamal**, a Doctoral Scholar from the Department of Social Work at Rajagiri College of Social Sciences, Kalamassery. She delivered an engaging and insightful talk on the theme **"Energy Watt Counts: Youth and Energy Conservation."** During her session, she explained the growing global demand for energy and the environmental consequences associated with excessive energy consumption. She also discussed the role of fossil fuels in climate change and the importance of transitioning towards sustainable energy sources such as solar and wind energy.

Ms. Abshana Jamal emphasized that **youth are powerful agents of change** in promoting energy conservation. She encouraged students to adopt responsible energy habits such as switching off lights and

appliances when not in use, using energy-efficient devices, and supporting eco-friendly initiatives. She also discussed how youth-led awareness campaigns, community engagement, and sustainable lifestyle choices can contribute to reducing energy consumption and protecting the environment.

The session was highly interactive, with students actively participating and raising questions related to energy conservation, renewable energy solutions, and the role of individuals in promoting sustainable development. The speaker addressed these questions effectively and provided practical suggestions for implementing energy-saving practices in daily life.

The programme concluded with a **vote of thanks** delivered by **Ms. Saniya Jaison, I MBA**. She expressed sincere gratitude to the principal-in-charge for his support and encouragement, the resource person for her enlightening session, and the faculty coordinators and students who contributed to the successful organization of the programme. She also appreciated the efforts of the Energy Club in conducting initiatives that promote environmental awareness and sustainability among students.

Overall, the programme was highly informative and inspiring. It successfully created awareness about the importance of energy conservation and highlighted the critical role that youth can play in ensuring a sustainable future. The session motivated students to adopt responsible energy practices and reinforced the institution's commitment to environmental sustainability and social responsibility.

Prepared by:	Verified by:	Approved by:
Dr. Jeena Antony	Dr. Joy Joseph Puthussery	Rev. Fr. Dr. Paulachan K J
Faculty-in-Charge	Dean of Studies & IQAC coordinator	Principal & Executive Director

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BROCHURE

ENERGY CLUB ORGANISE A TALK ON:

"ENERGY WATT COUNTS: YOUTH AND ENERGY CONSERVATION"

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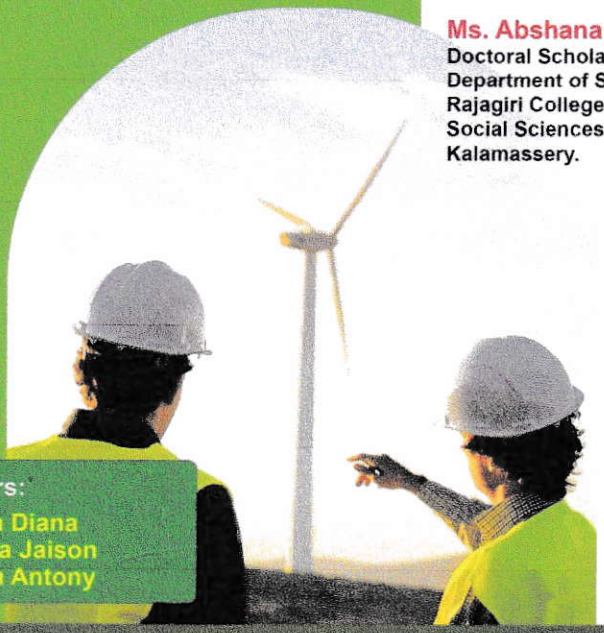
Date : 13-03-2026
Time : 2.15 p.m
Venue : Seminar Hall, Main Block

Resource Person:



Ms. Abshana Jamal
Doctoral Scholar (SRF),
Department of Social Work
Rajagiri College of
Social Sciences (Autonomous),
Kalamassery.



Coordinators:
Ms. Anna Diana
Ms. Anitta Jaison
Dr. Jeena Antony

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ENERGY CLUB
PROGRAMME SCHEDULE

Date: March 13,2026 (Friday)

Time: 2:15PM – 3:15PM **Venue: Main block Seminar Hall**

Prayer Song	:	Ms Bhavana, Dasan, I MBA
Welcome Speech	:	Ms. Visniya Wilson, I MBA
Presidential Address	:	Rev. Fr. Dr. Diston Kunjachan, Principal- in- Charge
Session by Resource Person	:	Ms. Abshana Jamal, Doctoral Scholar, Department of Social Work, Rajagiri College of Social Sciences, Kalamassery
Vote of Thanks	:	Ms. Saniya Jaison, I MBA

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RESOURCE PERSON'S PROFILE



Name: Ms. Abshana Jamal
Designation: Doctoral Scholar, Department of Social Work, Rajagiri College of Social Science.

Abshana Jamal is a PhD Scholar in Social Work at Rajagiri College of Social Sciences, Kochi and a UGC Senior Research Fellowship awardee. Her doctoral research examines how family farmers are driving the transition toward sustainable and resilient agri-food systems, with a focus on lived experiences, traditional knowledge, and community-based climate-resilient practices. She is deeply engaged in sustainable development, eco-social work, and environmental sustainability, combining academic research with grassroots fieldwork. Her work seeks to bridge research, practice, and policy through participatory and community-centred approaches. She has previously served as a faculty member in Social Work at Rajagiri College of Social Sciences and St. Joseph's College, where she was actively involved in teaching, mentoring students, academic coordination, and research.

Abshana serves as the President of the Climate Leaders Action Network (CLAN), a youth-led organisation working in the climate action space. Through this platform, she leads initiatives in climate education, sustainable farming, and youth leadership. She is also a Youth Ambassador from India for Real Food Systems, where she advocates for sustainable food systems and amplifies the voices of farmers and young changemakers.

Her academic contributions include multiple Scopus-indexed, peer-reviewed publications, participation in international conferences, and representation at the World Food Forum at the FAO in Rome. She is also a recipient of the Team Finland Knowledge Programme of the Finnish Ministry of Education, where she collaborated in developing a master's curriculum on Climate Change, Migration, and Crisis Preparedness.

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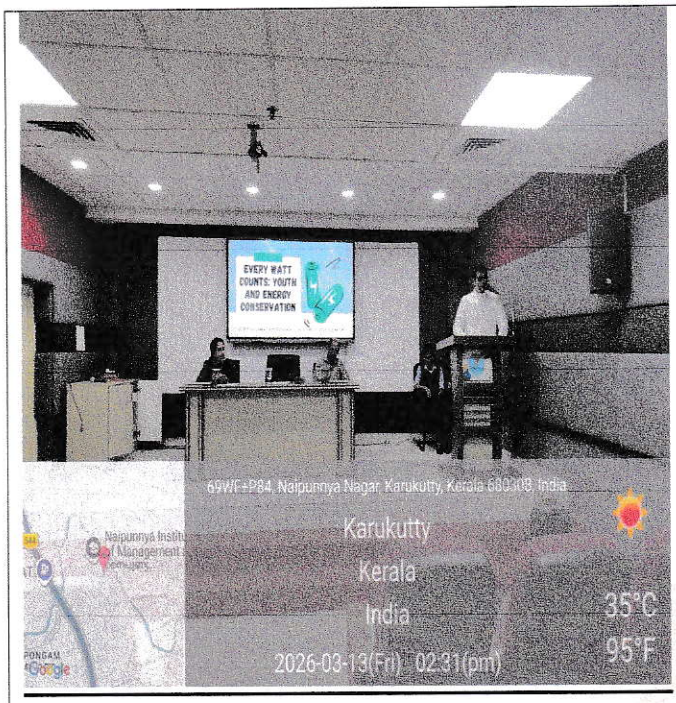
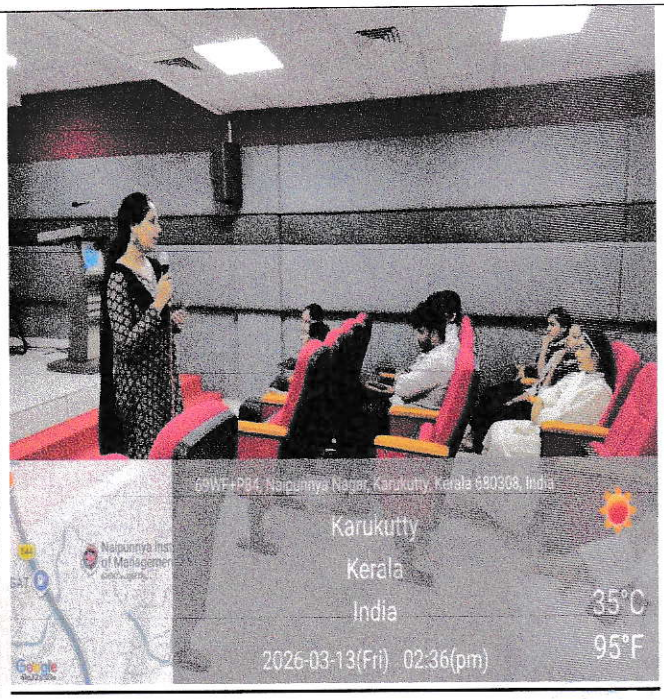
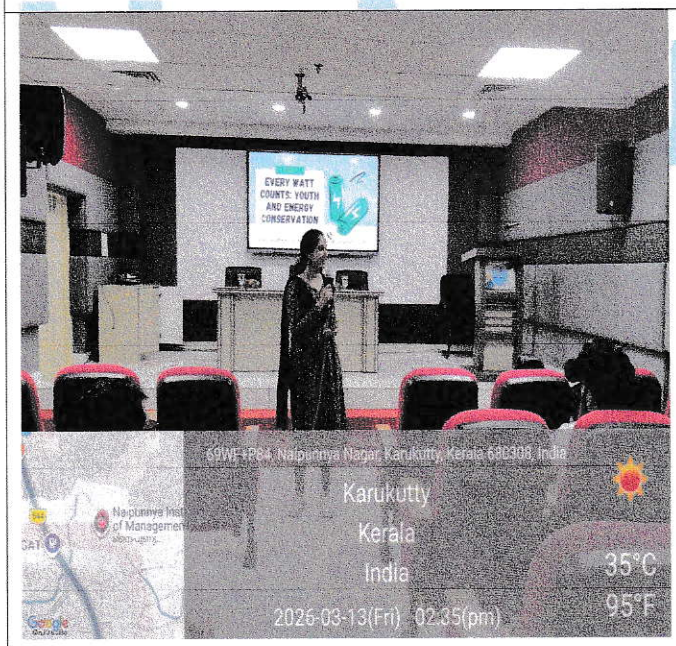
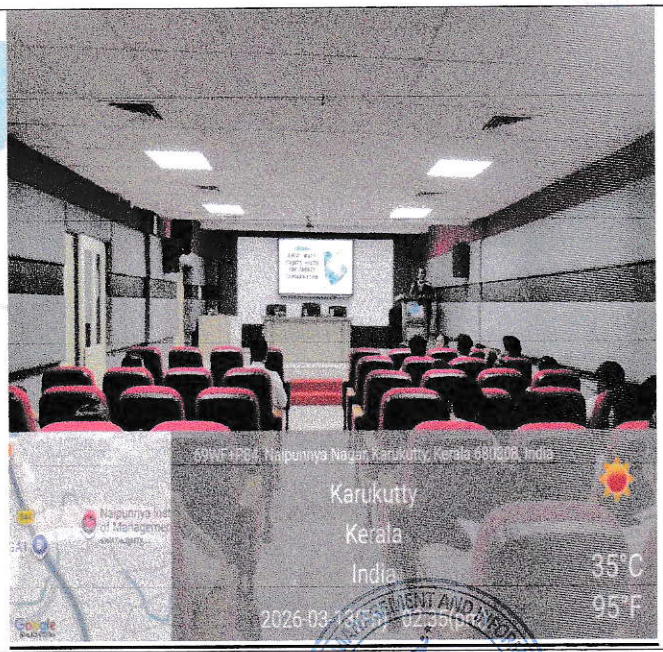
PHOTOGRAPHS









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PARTICIPANT'S LIST

Name of the event: Talk titled "Energy Watt Counts: Youth and Energy Conservation."

Date: 13.03.2026

Sl. No.	Name	Signature
1.	Sreesha Shajan	
2.	Bhavana Dasan	
3.	Saniya Jaison	
4.	Visniya Wilson	
5.	Amal. TS. VATTOLY	
6.	Deyon Jo Paul	
7.	Sreyas T	
8.	Amritha NS	
9.	Liya poulose	
10.	Anjana M.P	
11.	Jeff Binoy Palatty	
12.	Alwin Siju	
13.	Judwin shaju	
14.	Ashwin Viju	
15.	Arax Xavier.	
16.	Sebin Shajan	
17.	Anael martin	
18.	Edwin Joseph	
19.	Albin Sebastian	

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20.	Stedin mathew Saji	
21.	Anson Joy	
22.	MIDHUN Joshy	
23.	HARIS K.V	
24.	Noel T Tharun	
25.	Anupama Anna Antony	
26.	Merin Antony	
27.	Sreeram Santhosh.	
28.	Hariharan	
29.	Abinand	
30.	Deepak	
31.	Stephin	
32.	Joseph varghese	
33.	Anandhu Jayan	
34.	Joe Thankachan	
35.	George Titus	
36.	Jenwin Shiju	
37.	Devanarayanan. K.S	
38.	Aijo Sunny	
39.	Renel A John	
40.	Saniya Sebastian	
41.	Akash C S	
42.	Vinayak E.S	

43.	Sani Jaison	
44.	Fathimathul Neha	Neha.
45.	Shreya K D	
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