



The story of a decade

The Journey of a lifetime

INSIDE

Youth Power, a creative social leadership programme and an initiative of Dr (Mrs) Amita Chauhan, is now in its tenth year. The programme witnesses the ten participating teams from each branch of AIS across Delhi/NCR/UP working on a social cause through the year. This special edition, put together by the 10 participating teams is a glimpse into their causes, through their creative eyes.

AMITEpoll

What is the most exciting thing about YP Grand Finale?

- a) The awards
- b) The speeches
- c) The performances

To vote, log on to www.theglobaltimes.in

POLL RESULT for GT Edition April 9, 2018

Will IPL 2018 match up to its previous editions?



Coming Next

YP Grand Finale 2017-18

10 Years Of Youth Power- Walk Down Memory Lane

Vira Sharma
Managing Editor, GT

1 The decade gone by was one full of beautiful memories, of sensitising lives, of moments that scripted change, of victories and learnings, of courage and challenges, and of young champions who defied odds and pushed every limit. It was the decade of Youth Power. From nail biting to gripping, spectacular to speechless; every Youth Power is a fond memory etched deep into our hearts, minds and souls. Here are some pearls of 'Youth Power' learnings from the shell of times.

1 Change, with a change

Be the change, they say. But change the way you wish to bring the change, says YP. "What else can you do other than talking about the cause?" I asked the oft repeated question to a girl who was passionate about working on reducing use of plastic. "We can make Ravana out of plastic bottles, driving home the message that plastic is the new Ravana," she said. That young girl is called Sana Sawhney (AIS Noida), also the winner of YP 2012-13. Thinking out of box is all we need.

2 Passion knows no age

The year was 2008. It was the very first Youth Power. The best was chosen from each school. And amongst the best was a young girl, so young that we had to fix a small chair for her to reach the podium. Pitted against senior students, she went on to win the title of 'Youth Envoy' and the youngest YP winner. That girl was Ruchi Avtar (AIS Vas 6). That year, we learnt that age is most certainly a number.

3 Believe, it will happen

Quizzed by a jury member if she would give dowry if the demand came from the family of the boy she loved; she replied with a stern no. The audience erupted in loud applause. And there stood a proud mother - Chairperson ma'am applauding her young dynamite. That girl was Shreya Tayal, a student of AIS Vas 1 and YP participant, 2013-14. That year we learnt, the significance of leading by example.

4 Leadership is action

Echoes of 'Hamara neta kaisa ho, Vansh Saluja jaisa ho' still reverberate loud in the corridors of 'Youth Power' memoirs. When Vansh Saluja of AIS Saket was giving his YP 2012-13 interview, he kept on emphasising that he will talk to the government. "But why will government listen?" I asked. "Why not?" he said. That year he filed an RTI for two unprotected monuments; government acted on it. Today, Vansh Saluja is a social and political activist. Vansh taught us that firm belief in yourself is all you need.

5 Leap of faith

The year was 2014. Rehearsals for the final act of AIS PV were underway. Everything was smooth till one of the performers, a student of class III took a 'Leap of Faith' and fell down, yet she performed at the finale. Her commitment amazed us no end. I remember clearly how we all stood with bated breath on the day of the finale before AIS PV's performance. Such a stupendous act it was that everyone including Chairperson ma'am had goosebumps. The brave girl had taken that leap

of faith with faith in her team members. That's exactly what true leaders do.

6 Winner lose too

2015. A neck to neck fight between AIS PV and AIS Noida for the winners' trophy. Both the teams had put in their blood and sweat into the programme. AIS Noida lost by 2 marks. The team wept inconsolably and that was the time when Chairperson lifted up their spirits and said, "Haarna bhi aana chahiye." I realised that not winning would teach them a lot more, than what their victory would have.

7 Every loss is learning

A winner is a dreamer who never gives up. No one epitomised it better than a team of students in AIS Noida who had been trying to be the part of the YP programme since class VI but they would keep getting rejected in interview. Finally, when it was their last year of the interview, even before I could start asking questions they started answering. "Now you will ask what's different about this, and the answer is..." she went on. They had worked on every parameter they had been rejected for. Each rejection, had taught them a new way to do things.

8 The show must go on

It was the Youth Power Grand Finale 2010-11. Team Noida led by team leader Kripi Badonia was on stage. Somewhere technology failed us at eleventh hour and her PPT didn't work. However, undeterred, she shared her entire presentation through her flawless eloquence. That year, we learnt there's no stopping true leaders.



Dr Amita Chauhan
Chairperson

Youth is the biggest power of the universe which has changed the world over centuries. With a mission to channelise the same power into the direction of positive social transformation, 'Youth Power' was envisaged 10 years ago. A decade down the line it is extremely heartening to see young minds striving to make world a better place. With each step in this programme, they learn, with each learning they grow, and with each growth the world gets a new leader. We cannot always build the future for our youth, but we can always build our youth for future. This is the power of 'Youth Power'.

9 Our own padman

Much before Bollywood made India wake up to menstrual problems, we had our own 'Padman' from AIS Gur 43. The team of three girls and a boy had taken up the cause of menstrual hygiene and awareness, and the boy impressed one and all with his deep understanding and sensitivity about the issue and the eloquence with which he delivered the same.

10 It starts with a leader

Every chapter of change is scripted by a leader. The victory saga we call YP too has been penned by a visionary leader - Dr (Mrs) Amita Chauhan, Chairperson, Amity group of Schools & RBEF. I am extremely grateful to her for bestowing in me her faith to execute her pathbreaking vision. I remember her handing me Youth Power in 2008 - that year and every year thereafter that I spent under her guidance has been a learning for me and everyone at GT.



No OR to ORGANIC

It's Not Just Another Fad. It's Your Route To The Greener And Healthier Side

Roti, kapda aur makaan

Roti

- Buy organic foods
- Opt for locally grown food



Kapda

- Use organic fabrics
- Reuse and recycle old clothes



Makaan

- Plant your indoor organic garden
- Switch to eco friendly appliances and products



Aur tum...

- Take public transport
- Do not use non biodegradable materials like plastic



The green club inspires When Celebrities Have #OrganicGoals

Courtney Cox: Who knew that the O in Monica's OCD could also stand for organic? From makeup to bedroom linen, Courtney's undaunted love for organic products is no

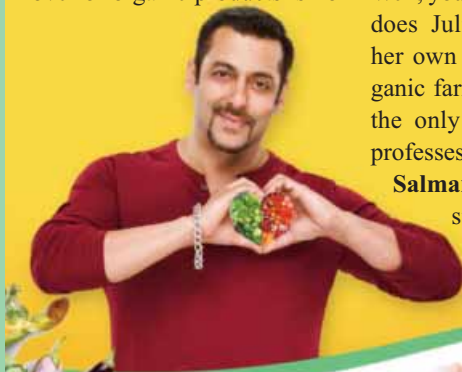
less inspiring than Joey's love for sandwiches.

Julia Roberts: How do you get a bunch of uptown folks to sing "Oh, pretty woman for you"? Well, you mind what you eat, as does Julia Roberts. Growing her own vegetables in her organic farm, a green lifestyle is the only one she knows and professes aloud.

Salman Khan: For all those still baffled with the fact that 'Tiger

Zinda Hai', there you go. Let's just say that his reel life longevity stems from the real life commitment to organic food. And don't even get us started about Bhai's tryst with cycling commitments.

Brangelina: No, we can never have enough of this former couple. Brangelina's organic lifestyle manifests their love for the planet and for each other. Together in health and happiness they are, certainly.



YOUTH POWER FINDINGS

9 out of 10 people knew about organic food.



8 out of 10 people had more than one AC at home.



7 out of 10 people traveled to local market on foot or bicycle.



9 out of 10 people knew that most food items contained chemicals.



5 out of 10 people segregated their waste at home.



Sample size: 608 Methodology: Questionnaire
Sample group: 14-70 years

En route the greener side

Amidst burgeoning pollution and thriving consumerism, only an organic lifestyle can offer health. **Varun Singla, Founder, Vakshi Organics**, cracks the code.

The Need: Increasing air and water toxicity and rampant adulteration of food reckon the diminishing quality of our natural surroundings. We, thus, need to be watchful of what we intake. Today, our food is not just adulterated with inferior ingredients, it's becoming toxic with the addition of pesticides, growth hormones, colours, flavours, acids, etc. Organic products can no longer be only an option – they are a necessity.

The Hurdles: Even though the problem is out there in black and white, acceptance of or-

ganic products remains a distant dream. Resistance to organic lifestyle can be attributed to many reasons, all of which find their roots in the basic lack of awareness. As a result, some brands have been successful in deceiving the public, promoting their expensive products as 'Safe' and 'Organic'. This in turn has widened the gap between the awareness of a layman and his acceptance of an organic lifestyle. The general perception about organic products is that they are expensive and meant for a certain class. Little do people know about their role in developing a healthy lifestyle and promoting local economies.

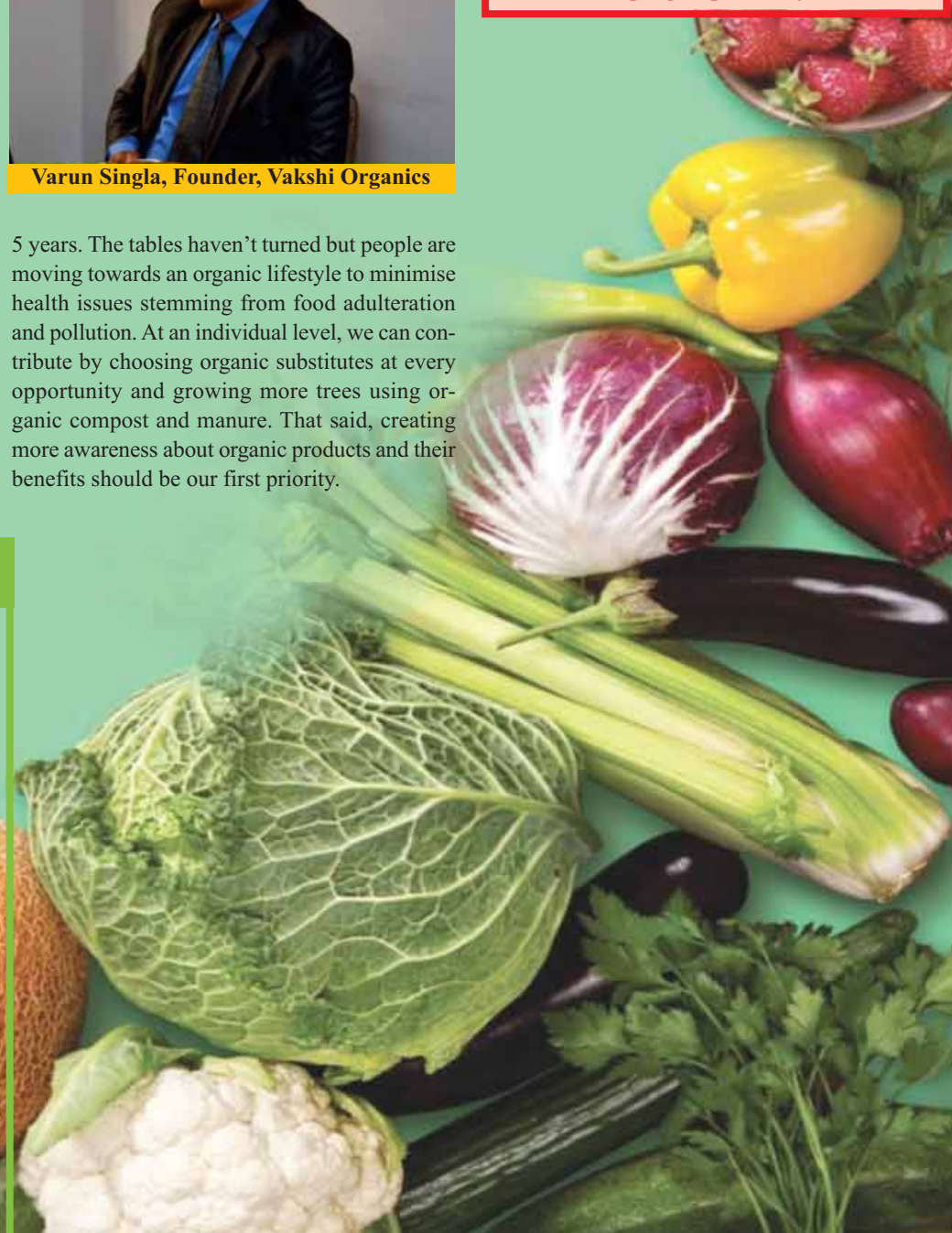
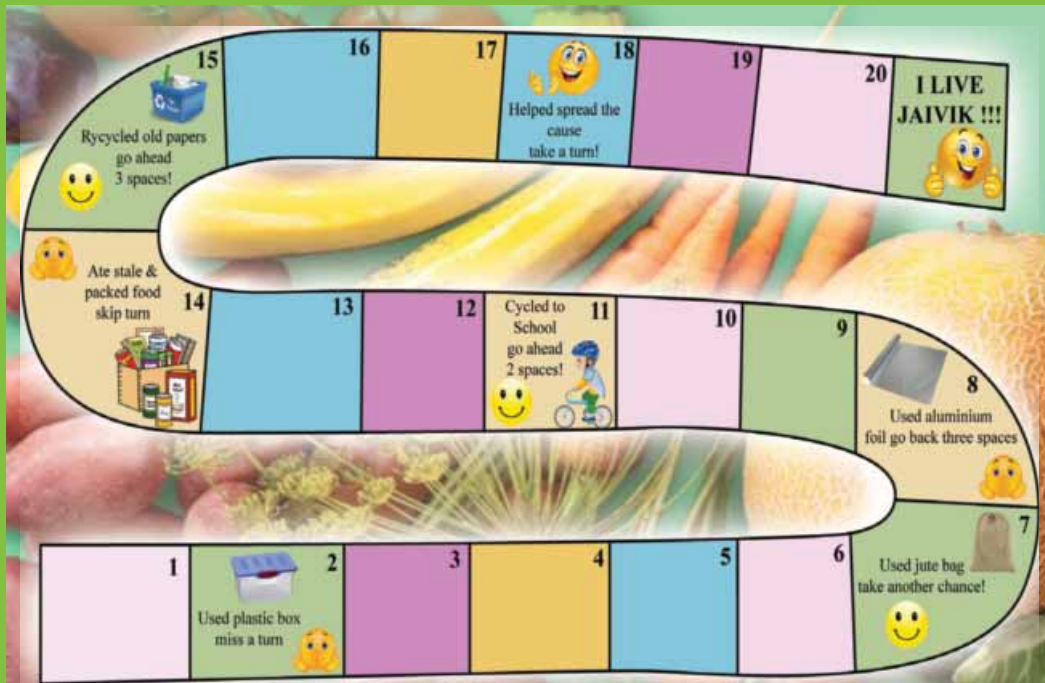
The Future: Despite these issues, it is encouraging to know that the market for organic foods is set to grow phenomenally over the next



Varun Singla, Founder, Vakshi Organics

5 years. The tables haven't turned but people are moving towards an organic lifestyle to minimise health issues stemming from food adulteration and pollution. At an individual level, we can contribute by choosing organic substitutes at every opportunity and growing more trees using organic compost and manure. That said, creating more awareness about organic products and their benefits should be our first priority.

Roll the dice and go organic





Yeh dil mange more

For It Deserves A Lot More For All That It Does

40

Million heart patients in India

17.5 Million people die each year in India from cardiovascular diseases, accounting for 31% of all deaths worldwide from CVCs.

80% Of all cardiovascular deaths are due to heart attacks and strokes.

74% Of urban Indians are at risk of cardiovascular diseases.

(Source: Internet)

Food for heart

Instead of savouring the dishes ordered by tastebuds, listen to your heart as it craves for something healthier for its smooth functioning. Enlisted are some food items your heart wants.

arteries from damage by free radicals.

Oatmeal: Rich in good fats, fiber, and potassium. Combats heart disease, brings down blood pressure.

Asparagus: Potassium along with folic acid and Vitamin C.



Almonds: Rich in monounsaturated fats, fiber and antioxidants.

Avocado: Vitamin C, Vitamin B, good fats and potassium.

Blueberries: Antioxidant rich, keeps cholesterol levels in control.

Brown rice: Rich in fiber and contains special compound, lignans that fight heart disease.

Tomatoes: Rich in Vitamin C, Vitamin A and also protect

helps in preventing heart disease.

Broccoli: Contains Sulforaphane and co-enzyme Q10 which fortifies muscles including those of the heart.

Oranges: Contains powerful compounds flavanones that raise good cholesterol and lower bad cholesterol.

Dark chocolate: Anti-inflammatory compounds

keep blood sugar and cholesterol levels in check.

Problem? Solution!

Dr Mahesh Sharma, Union Minister of State for Culture (I/C) and MoS Environment, Forest and Climate Change, Govt of India, talks about the problem of poor heart health in India and probable solutions to the same.



YP team interacts with Dr Mahesh Sharma

The problem

Today, most of the people have a very hectic lifestyle, which is one of the primary reasons for increase in cardiovascular diseases. With an ever increasing busy schedule, people are forced to eat junk food at odd hours and have little or no time to exercise. People these days have very less or no time for getting a regular health check up done, especially after the age of 30. Add to it the high stress levels of today's competitive world where everyone is running in a rat race. All these factors put together lead to poor heart health. Increase in smoking and alcoholism too have made the matters worse.

The solution

A healthy lifestyle is the key to keep your heart healthy. Exercising daily and eating nutritious foods at the right time matters. Healthy heart is possible only if you make healthy choices. No work is more important than one's health. So, make it a point to take time off every day to exercise and relax your mind. On a community level, hospitals should work towards preventive measures instead of treatment-intensive course for better heart health. These include conducting awareness camps on cardiovascular diseases, cholesterol management and conducting subsidised heart check-ups.

YOUTH POWER FINDINGS



Only **15%** people are aware about heart diseases.

Only **11%** people eat breakfast before leaving for work.



A dismal **6%** exercise on a regular basis.

Just **15%** people get their BP checked regularly.



10% people know how to perform Cardiopulmonary resuscitation (CPR).

25% people get cholesterol level checked regularly.



6% people take break between work.

8% work for optimum 8 hours.



Sample size: 200 | Methodology: Questionnaire | Sample group: 30-50 years

Be a sweetheart, avoid these risks

Risk 1 Diabetes

It increases the risk of developing cardiovascular diseases.

Risk 2 High blood pressure Heart's workload increases because of high blood pressure causing heart muscles to become stiffer. It

increases the risk of stroke, kidney failure and congestive heart failure.

Risk 3 Overweight People with excessive body fat especially at the waist are more likely to develop heart disease and stroke.

Risk 4 Smoking

It increases your risk of developing heart disease by two to four times.

Risk 5 High Cholesterol The risk of coronary heart disease increases with high cholesterol.

Risk 6 Family History Individuals with parents or close relatives with heart disease are more likely to develop heart related ailments.



FIND YOUR TARGET HEART RATE

Peak heart rate
Subtract your age from 220.



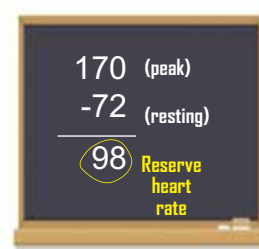
Peak heart rate

Resting heart rate
Hold the pulse and count the beats for 10 seconds. Multiply your answer by 6.



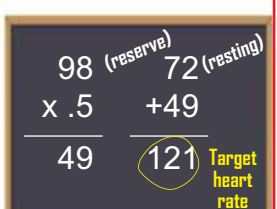
12X6 = 72
Resting heart rate

Reserve heart rate
Subtract resting heart rate from peak heart rate.



Reserve heart rate

Target heart rate
Multiply reserve heart rate by 50 percent, then add that number to your resting heart rate.

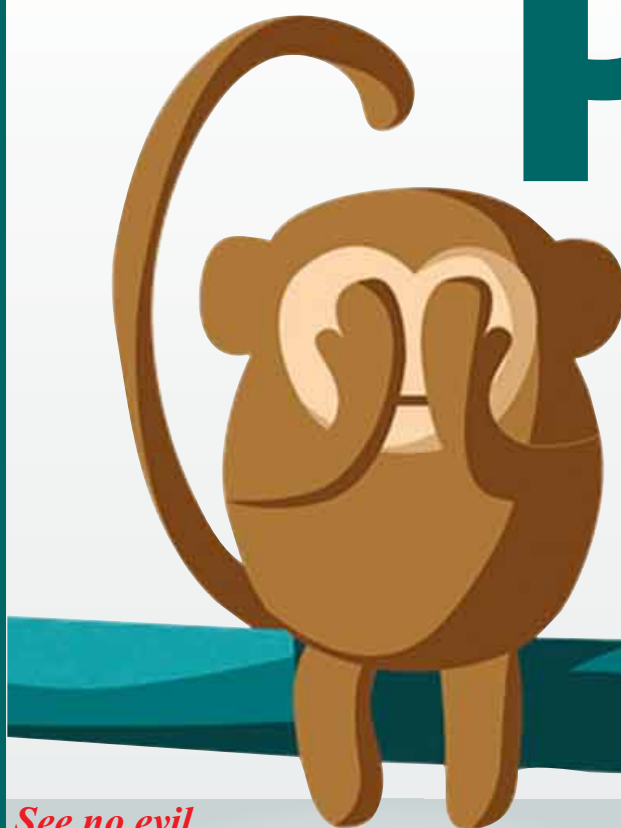


Target heart rate

(Source: Internet)



Pick Civic



See no evil

Strive to eradicate evil until there is none left to see.

- ✓ Someone throwing trash on the road, littering surroundings? Stop them.
- ✓ Someone flouts rules and jumps a traffic light? Report it.



Hear no evil

Have no listening ears for uncivic behaviour.

- ✓ Someone talking loud in public? Stop them.
- ✓ Someone honking repeatedly? Report it.



Speak no evil

Speak loud civic sense with your own actions.

- ✓ Speak up if someone uses foul language.
- ✓ Speak up at every cost if someone talks ill of your nation.

Cook up some civic sense

Just like a good healthy meal, where you pick up the finest ingredients and simmer them over, civic sense too needs to be nurtured step by step. Suresh Kumar Dev, Deputy Manager at TERI Gram, and a leader in sustainable practices, talks about this necessity of life.

You need civic sense like food because...

...without it, countries and communities cannot function properly, leading to greater challenges in the long run. Development is impossible unless every individual does his bit. Adopt the strategy of 'Sensitize, Recognize, Act'. Support and help



Suresh Kumar Dev, Deputy Manager, TERI Gram with YP team

others to enhance their civic sense and skills and you will be able to achieve sustainable development.

Take in civic sense along with your

almonds and milk...

...there is nothing that can enrich the society more than citizens who realise their civic responsibilities. It is important to instil civic sense at

an early age itself. We need to start instilling civic and social sense from nursery and kindergarten. Growing up with natural sensitisation towards societal issues, youth will automatically engage to improve the world around them.

Civic sense is the nutrition the society needs...

at a time when resources are scarce and issues like pollution and global warming plague the society, responsible citizens is the need of the hour. Imagine a society where people follow traffic rules, take care of the environment, do not litter around. The world will be so much better a place.

Helpline Apps

Delhi Senitel To report rule breakers and road mishaps

Samadhaan To report issues related to water, public toilets, unauthorised constructions, sewage, street lighting, etc

NDMC 311 To supervise municipal works like: water supply, cleanliness, waste management, etc in Delhi

Swachh Bharat Mission App

To report dumping of garbage in residential areas, promote need for cleanliness

(Source: Internet)

Irresponsible lows

The Planet Bears The Brunt As We...

Kept strewing waste, littering all around...

- **4.7 million** tonnes of garbage is generated across the world, daily.
- India produces **15 lakh** tonnes e-waste every year.
- By 2030, the amount of household waste will almost double to **3000 million** tonnes annually.
- Burning waste is the world's largest source of dioxins, which are one of the **most toxic** chemicals known to science
- The amount of waste generated has **tripled** since 1960.

Showed no mercy to the environment...

- **160,000** plastic bags are used globally every second!
- An average office worker uses and throws away over **500** paper cups per year.
- **50** percent of the Earth's wild forests have vanished.
- **4 trillion** cubic meters of fresh water is used every year.

Drove and strode carelessly on roads...

- Every year more than **1.2 million** people die in road traffic crashes.
- Road traffic crashes cost countries up to **4%** of their Gross National Product.
- **50 million** people are injured in road traffic crashes every year.
- Motor cyclists, cyclists and pedestrians account for more than **50%** of victims of traffic crashes.

(Source: Internet)



YOUTH POWER FINDINGS

The good



said they would stop people from damaging public property and inform the authorities.

felt they could help to improve civic responsibility.



The Bad



carried their own grocery bags

disposed off trash on road trips by throwing it out of the window



The Ugly



thought it was not important to remove their earphones while crossing the road.



felt it was unimportant to apologise or thank people in public.

Sample size: 500 Methodology: Questionnaire
Sample group: 15-65 years



Brought to you by YP team of AIS Pushp Vihar-**Yashika Thapar, Srijan Vaish, Prakriti Bhanot, Sehaj Malhotra** & mentor teacher, **Sonali Batra**



Diabetes – A Story That Starts Sweet And Ends On A Bitter Note

I have diabetes

Three Diabetics & Their Story



Fitting with time
When I was diagnosed with type 2 diabetes, it was quite hard to believe it. The thought of being on a restricted diet for lifetime scared me. But thanks to good medical advice and help from dieticians, I started looking up to life again. With time I discovered, I am like any normal person. Only thing is I have to eat small regular meals on time, foods with low glycemic index and exercise regularly. My world embraced me and I embraced my world.

Mallika Ahuja, Alumni



Go holistic
I was diagnosed with type 2 diabetes. My blood glucose level was 400mg/dl. It came as a huge shock because I don't have a sweet tooth. My doctor told me to start medications and exercise regularly. I didn't stick to allopathy alone but also tried home remedies like having cinnamon water daily, having green tea and doing yoga. After 6 months, my fasting blood glucose level is down to 118-120 mg/dl.

Neena Bhanot Housewife



Prevent it
I am a patient of type 2 diabetes and also suffer from high blood pressure and arthritis. I crave for sweets but cannot eat them. I don't like the fact that I cannot eat half the things I like. Due to high blood pressure my dietary restrictions are more. Living with diabetes during this phase of my life is very difficult. I suggest young people to maintain a healthy lifestyle at an early age itself to avoid diabetes.

Shabad Malhotra Retired Teacher

Stevia vs Sugar

	Stevia	Sugar
Sweetness	High 200X	Low
Calories	Zero	387/100 gm
Glycemic Index	Zero	65

(Source: Internet)

Type 1 / Type2

Cause: Enough insulin is not produced in the body

Age: Usually develops during childhood

Risk factors: Family history

Prevention: Cannot be prevented

Cause: Insulin is produced, but not efficiently utilized

Age: Develops in 45+ years

Risk factors: Family history, obesity, high BP

Prevention: Preventable

YOUTH POWER FINDINGS

People were under the impression that diabetes is a treatable disease

53.8 %

People were unaware that gestational diabetes is a form of diabetes

50.4 %

People were unaware that the ideal blood sugar level of a healthy human should be 70-99 mg/dl

53.8 %

People believed that sugar is the only cause of diabetes

71.4 %

Sample size: 500 Methodology: Questionnaire
Sample group: 13-60 years

Ladoo land

- India has over **65.1** million diabetics.
- Within 2 decades, number of diabetics in India will reach **100** million.
- On an average, an Indian develops diabetes **10 years** earlier than his western counterparts.
- Diseases like diabetes and other CVCs will cause India **26 million** INR between 2012-2030.
- 25%** of the family income goes to diabetes care in a low income family group.
- 1 million** people died from diabetes in India in 2012.
- 77.2** million people in India are said to have pre-diabetes.

Source: Internet

Ladoo meets Glucoman

Ladoo is watching Glucoman's ad

"Fight Diabetes", says Glucoman

Nothing can help me! Not even Glucoman

Suddenly, TV starts sucking in everything

This will suck me in too

Help!

Where am I?

Just let me go!

I know you're pre diabetic

Ladoo look into my eyes.

You are in Glucoman's world!

And now at these sugar crystals. You will see your future with these magical crystals.

Who was that? It couldn't be me. Can I prevent this?

Yes, exercise regularly and use natural sweeteners.



Clash with trash



Where there is waste ...There Is Always A Way Out



Sonia Garaga shares her views with YP team

‘Waste’ is a major challenge that looms large over the world, but could be overcome if we go the ‘management’ way. Sonia Garaga, Project Manager of Saa-has, an NGO contributing towards effective waste management talks about the ways to manage waste.

The waste... is way more than we can imagine

The way (out)... With growing urbanisation, the needs of people are exceeding the resources available, so rather than ‘management’, what needs to be done is ‘reduction’. If the resources are distributed within a certain limit, then waste generated would be minimal.

The waste... created en route building smart cities

The way (out)... We are working towards building a ‘smart’ city but in the process what we miss is its connect with environment. We need to reduce the amount of waste and manage it effectively. So, a ‘sensible city’ with smartness is what we should aim for.

The waste... that needs to be managed at grass root level

The way (out)... lies in waste segregation. We segregate items such as clothes, shoes, kitchenwares, etc. Then why not our waste? Awareness needs to be created about segregating waste and the use of green, blue and red dustbins.

Break the trash					
Average decomposition time of various waste items					
Banana peel	Leather shoes	Plastic bag	Sugar cake	Paper bag	Sanitary napkin
2-10 days	25-40 years	15-100 years	30-60 days	2-5 months	500-800 years
Glass jar	Orange peel	Rope	Plastic container	Tetra carton	
1000000 years	6 months	3-14 months	Never	5 years	

(Source: Internet)

YOUTH POWER FINDINGS

16 out of 100 people use organic waste for composting.



24 out of 100 people practice waste segregation.



46 out of 100 people throw hazardous waste carelessly.



78 out of 100 people know what hazardous waste is.



94 out of 100 people donate their old clothes.



Sample size: 100 Methodology: Oral interaction Sample group: 15-18 years

Waste free lunch



Waste type	Waste generated (in tonnes)	Waste recycled (in tonnes)
Textile/Leather	150,800	9,600
Plastics	815,200	51,800
Food	809,800	133,000
Glass	71,300	12,400

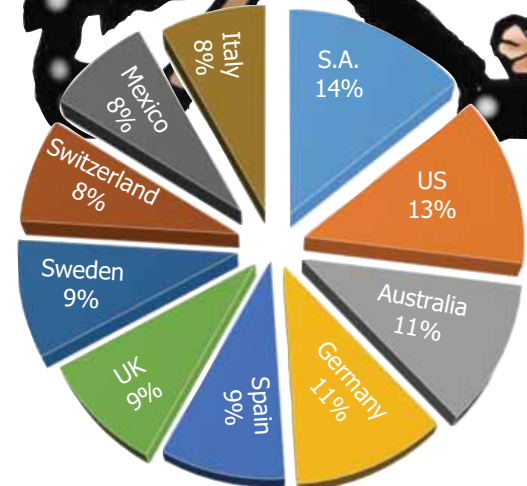
(Source: Internet)

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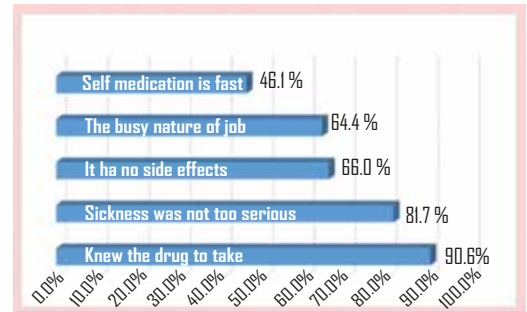


The pill will make you ill

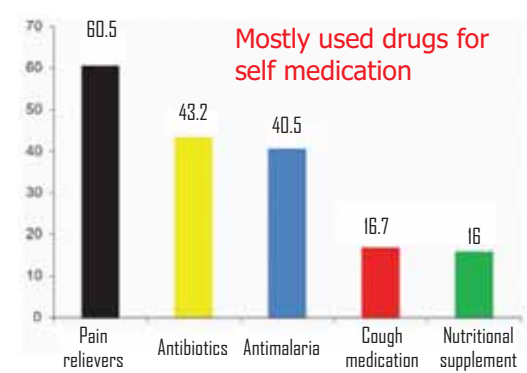
...If It Is Not Prescribed By The Real Doctor



Self-medication across the globe



Common reasons for self-medication



Mostly used drugs for self medication

Doctor who? Stop Being Your Own Doctor

Dr Mahipal S Sachdev, Chairman, Centre for Sight and a pioneer of phacoemulsification technique in India shares his views on self-medication.



Dr Mahipal makes a point

Little knowledge is fatal
Quite often two different diseases have similar symptoms. It is only a doctor who can understand the subtle differences between similar appearing symptoms and diagnose the real problem. Unfortunately, many a times, patients only follow the symptoms that surface and resort to self-medication, ergo falling prey to wrong medicines. Practices like these only aggravate the problems and make them more sick.

Don't wait
In India, it is only when the disease reaches an advanced stage that people go to see a doctor. They self-medicate first. Though there are many socio economic factors responsible for this but it makes the treatment difficult. A disease when

detected in its early stages is easily treated, whereas when it progresses coupled with self-medication, it results in increased complications, and reduces the chances of full recovery.

Talking it out
Usually when we come across patients who self-medicate or use expired medicines, we counsel them and make them aware of the hazards of indulging in these malpractices. We tell them that they can develop other complications, instead of getting cured. Talking people out of self medication is a must.

YOUTH POWER FINDINGS



48% people do not follow their medicine course strictly.



54% people do not check expiry date of medicines.



56% people prefer self-medication over seeing a doctor because of sheer convenience.



85% people throw their medicines in the dustbin- improper medicine disposal.

Sample size: 500 | Sample group: General Public | Methodology: Questionnaire

For your information

MoU Between Tableto And UHA

Tired of being blamed by humans for their medical problems, the medicines had enough. So 'Tableto', an organization seeking rights for the medicines was born and a clash with 'United Human Association' ensued. There was a raging debate over rising cases of self-medication and health hazards due to improper disposal of biomedical waste. After endless arguments, a five point MoU was signed between UHA and 'Tableto':

- 1: Improper disposal of medical waste causes contagious diseases. To prevent it, UHA has agreed that every country will dispose off its biomedical waste as per the guidelines.
- 2: Negligence of expiry date will be a crime. If statutory warnings on medicine packs is ignored, person will be fined.

3: Humans have to be cautious about self-medication especially antibiotics. Nation will not bear bills for complications due to self medication.

4: Hypertension patients opting



for self-medication will be considered a health con as self-medication increases chances of stroke by four times.

5: Only a qualified medical doctor can advice treatment. Buying and selling medicines without prescription is a crime.

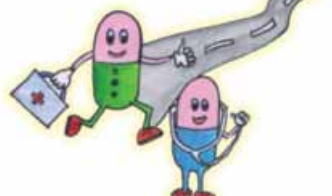
PS: The story is fictional, but we hope it turns real soon.

Tale of two tablets



Long time ago, two medicine pills were born in a pill factory. Twins were these. Never apart, always together.

As years passed by, both the pills learned to provide services to humans. Fate played its evil plan as one was consumed immediately, but the other was left behind.



Their lives transformed. While one was prospering, providing health to humans, the latter was caged in a container where no human ever consumed him.

Getting older, its effectiveness depleted over time gradually turning toxic. Ergo, the poor old pill lived through the phase of expiration.



And, then when he least wanted a little girl consumed the pill. The ills of the pill consumed the girl. And now dealing with multiple ailments, she is revenged for all other humans by the ghost of that pill.





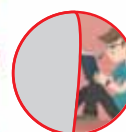
WHO READS THE MOST?

COUNTRIES	HOURS
INDIA	10.24
THAILAND	9.24
CHINA	8
EGYPT	7.3
CZECH REP	7.24
RUSSIA	7.06
SWEDEN	6.54
FRANCE	6.54
SAUDI ARABIA	6.48
HUNGARY	6.48
HONGKONG	6.42
UK	5.18
JAPAN	4.06

(Source: Internet)

Reader's Alarm

Problem: #BooksAreBoring



Only 50% Of the students read syllabus books.



Only 30% Of children under 17 read non-syllabus books for pleasure.



About 85% Of children prefer stories being read aloud to them.

Reader's Solution

#ReadingIsMyChoice

- Let kids choose books, it keeps them engaged.
- Time to make more personalised books and stories.
- Include bright visual graphics and imagery to entice kids.
- Reduce text and weave study concepts through stories.

their own personalised

Head to toe

Eyes: Looks for possible clues ie predicts and draws conclusion.

Head: Starts monitoring on its own ie it thinks while reading.

Nose: Sniffs important details while reading.

Stomach: Reading reduces stress, and leads to relaxed stomach with no digestive problems.

Heart: Creates visualisation ie produces imaginary characters while reading.

Mouth: Begins questioning ie ask questions every now and then while reading.



Read to lead

For It Empowers You With Profound Knowledge

How to build a reading habit



Start with a simple, easy to read book of 200 pages. On day 1, read for five minutes when you get up.

DAY 1

Change the ambience. Go to the terrace where you can breathe fresh air as you read. Read for ten minutes.

DAY 2



Switch to your couch. Read for 12 minutes.

DAY 3

DAY 4

Increase your reading time to 18 mins.

Use your colourful garden or a nearby park for the day.



Opt for the spot where you feel most relaxed. Increase your reading time by 2 mins. Your overall reading time now become 20 mins.

DAY 5



DAY 6

Push yourself a little more and make your reading time 25 minutes. Eat an ice cream or your favourite dessert as you flip through.



Time to be a PRO on day 7. Sit on a chair, open the book and read for 25 mins straight.

DAY 7



Repeat 7 days cycle twice more and WIN IN LIFE.

DAY 8

YOUTH POWER FINDINGS



5 out of 10 people read



2 out of 10 people read for more than 1 hour daily



4 out of 10 people prefer movies to books



9 out of 10 people understand what they read



6 out of 10 people dislike reading because it requires too much time or concentration

Sample size: 550 Methodology: Questionnaire
Sample group: 12-40 years

The magic called reading

Who said only nerds read? Mrs India Earth 2017, Arjeeta Garg Goel believes that reading is for everyone. She brings you stories from the magical land of reading.

Once upon a read The enchantment begins

No matter what career you choose, personality development is important. And nothing builds your personality more than reading. Reading expands the boundaries of your imagination, and your ability to visualise grand dreams, to fly without wings.

The gifts of fairies & elves Wit, grace and brilliance

We need to make reading a habit as much as

possible. Parents need to catch the children young. They should make it a point to read to their children in their free time. This will not just help the child learn better but also help the parents bond with the child.

Brambles and thorns No obstacle, reading rocks!

If you find some books boring, that's not a problem. There will be others that will interest you. Just keep exploring until you find the 'friends' that suit you best. They can be Harry Potter, or Shadow Hunters, or Vampire Academy just as easily as Oliver Twist.

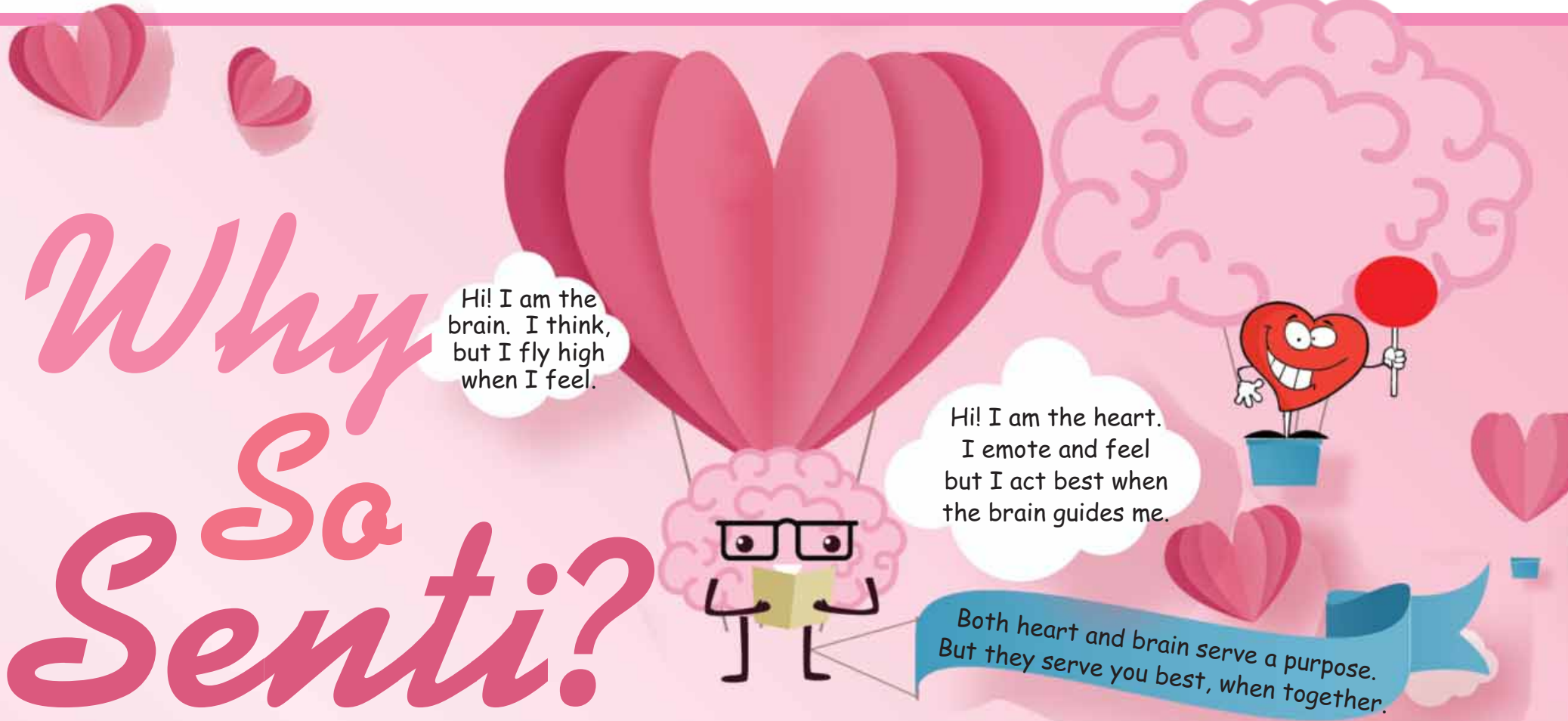
Happily ever after Curl up with a book

My book best friend is 'And Still I Rise' by



Mrs India Earth interacts with the YP team

Maya Angelou. So, let the aroma of paper and print soak your mind and soul. Explore the jungles of Jim Corbett with Mowgli and laugh at the antics of Brer Rabbit. Pick up a book and dive into the sea of imagination.



Because Emotions Have An Intelligence Of Their Own

The need of the hour

With the vision to unite humans and function in their best interest, Rajesh Ahuja, Founder, Good Enough foundation, sheds light on the importance of Emotional Quotient (EQ) to achieve success in life.

The need to know EQ

EQ is the ability to perceive, evaluate and control your own feelings while also understanding others' emotions. It is what enables a person to recognise emotions, differentiate between varied emotions and use this emotional information to guide behaviour and decision making.

The need to balance

For most people, IQ is more important than EQ for it's intelligence that can help one ace exams. However, what is required is to balance IQ and EQ, as both are fundamental to a person's

overall growth. If someone is academically brilliant, but socially inept, s/he may land up with unsuccessful relationships. IQ gets you grades but EQ gets you through life. Increased emotional intelligence leads to better academic achievements, and stronger relationships.

The need to talk

Talking about emotional and mental well-being remains a taboo in our society. Even as stress levels continue to rise, people shy away from talking about its effect on their emotions. It's high time we deal with the lack of awareness and ignorance towards EQ. Parents should encourage children to express their emotions. Moreover, parents should communicate openly with children and assure them that their emotions are valid and balanced.

Rajesh Ahuja shares views with YP team



When IQ met EQ

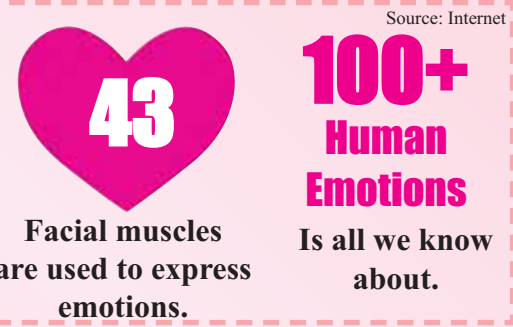
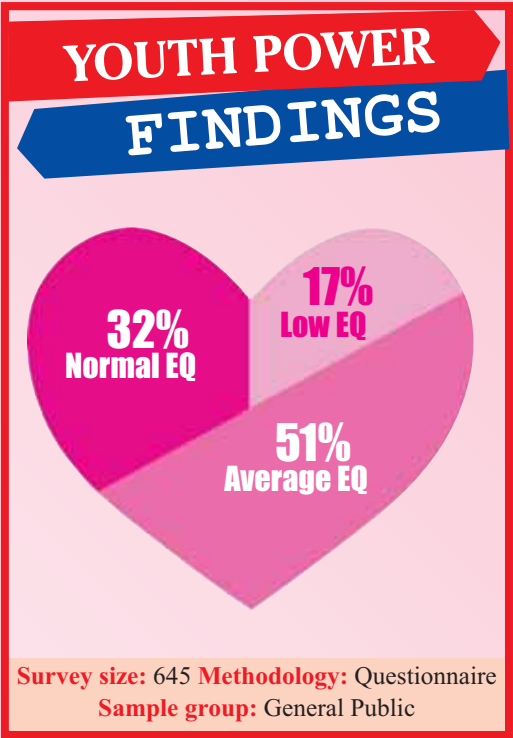
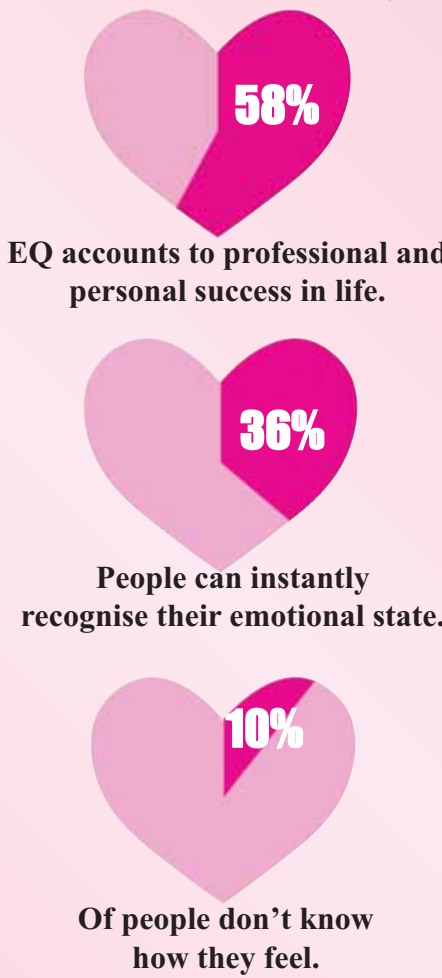
The hot cup of mocha had now turned cold. Engrossed in his laptop, he had no time to look up. IQ had made up his mind to solve that difficult mathematical problem. Just then, EQ entered the café. Looking for a table, he realised that the chair next to IQ was empty. With a smile, EQ approached IQ, "Mind if I share the table with you?" "No, you'd rather not. I don't want to be distracted." EQ was disappointed, but soon found another table. Sipping his hot chocolate, EQ flipped through the pages of a book, relaxing. Meanwhile, IQ only grew fidgety and irritated. He had still not been able to solve that sum. EQ saw IQ shifting his chair, his uneasiness only growing by the minute. EQ felt bad for poor IQ. Walking to IQ's chair, EQ said, "Want a

helping hand?" IQ was now really low and would appreciate someone helping him out with his emotions. Taking the silence as a yes, EQ started talking to IQ about anything

and to his surprise, he solved it. "Guess you triggered right emotions in me," IQ said with a wink. He realised that he was better off with EQ by his side.



Mixed Feelings



Low Emotional Intelligence		High Emotional Intelligence
Aggressive, Demanding, Egoistic, Bossy, Confrontational	Self-awareness	Assertive, Ambitious, Driving, Strong willed, Decisive
Easily distracted, Selfish, Poor listener, Impulsive	Empathy	Warm, Enthusiastic Sociable, Charming, Persuasive
Resistant to change, Passive, Un-responsive, Slow, Stubborn	Self management	Patient, Flexible, Consistent, Good listener
Critical, Picky, Fussy, Hard to please, Perfectionistic	Skills	Detailed, Careful, Meticulous, Systematic, Neat

Source: Internet





You are stressed...

Always For No Matter Where You Go It Follows

While you are driving

- 70%** feel stressed in traffic jam.
- 58%** drivers feel stressed while looking for parking.
- 56%** feel stressed for fear of meeting an accident.
- 48%** fear traffic fines.

* Survey for Asia-Pacific region only.

While you are at work

- 41.7%** reported insomnia due to workplace stress.
- 24.5%** switched careers due to workplace stress.
- 51%** employees feel less productive when they are stressed.

* Respondents are from USA.

While you are studying

- 6.23** Students in India commit suicide everyday, due to peer pressure.
- <50%** Class XII students admitted of having more than 3 private tutors.
- 82%** students reported high stress levels a week prior to their exams.
- 72%** feel stressed because of excessive homework.

* Study pertains to Indian students only.
(Source: Internet)

Numbing numbers stressed facts

- Work-related stress is the **2nd most** frequently reported work-related health problem in Europe.
- In EU, **50-60%** of all lost working days can be attributed to work-related stress.
- Japanese people** are most stressed.
- Annual economic impact of stress in US alone is **USD 400 billion** which amounts to **13%** of the nation's GDP.
- In India, exam stress is one of the **leading** causes of depression and suicide in teenagers.
- A WHO report suggests that India is the **most depressed** country in the world.
- 12.5 million** working days in UK were lost due to work-related stress, depression or anxiety in 2016-17.
- 75-90%** of all physician visits are for stress related ailments.

(Source: Internet)

A body of Issues

Stress affects every body part right from your hair to your toe nail

Hair

Leads to hair thinning and hair loss, may take ten years for the process to reverse

Brain

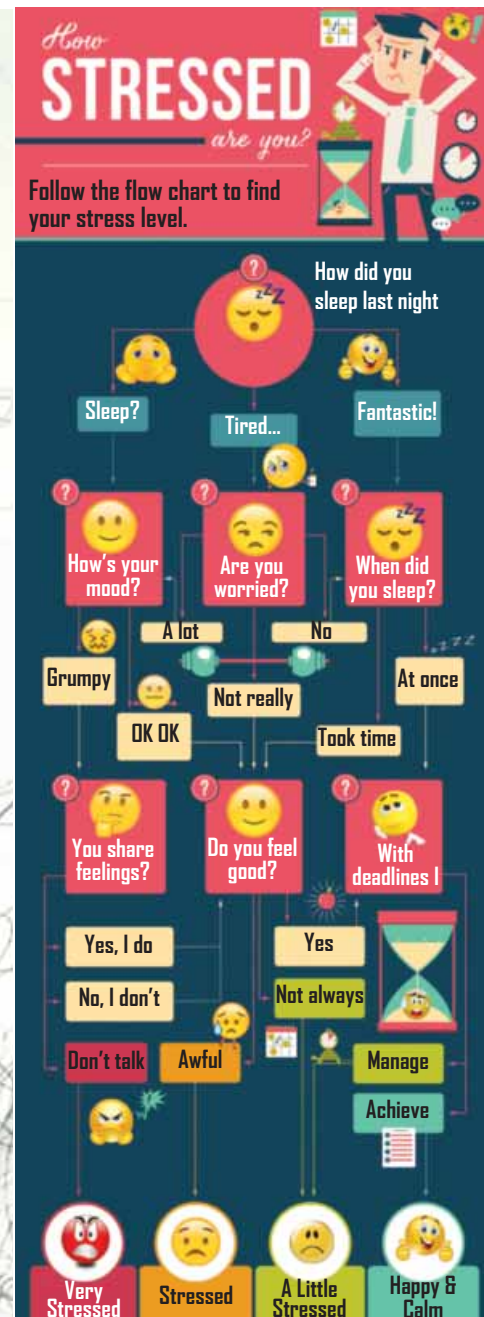
Lack of concentration, inability to focus and even memory problems

Skin

Loss of moisture and skin tone and even acne in some cases

Heart

Linked to coronary heart diseases and heart attack; also stress leads to high blood pressure and hardening of arteries



Lungs

Stress can make you breathe harder

Stomach pain

Decreased nutrient absorption during stress, can lead to stomach pain

Intestines

Affects bowel movement, and also leads to constipation

Muscles

Stress causes muscle tension and pain

Immune System

Prolonged stress leads to lowered immunity levels

Stress NO MORE

Commandments of a stress free life

Ms Rupali Yadav, Counselor, AIS VKC shares tips for a stress free life.

#1 There's a good side

Not all stress is bad. Stress can be positive too, which is also known as 'Eustress'. Positive stimuli like anticipation of victory, achievement of goals, getting rewarded, promotion, etc induces motivation to work harder, increases focus and coping ability of a person.

#2 Stay away from peer pressure

'Peer pressure' is one of the primary causes of stress. In order to keep pace with the world, one tries to do things s/he might not be capable of, and when they fail, they get stressed. One must realise and be confident of one's unique abilities and try to develop a strong value system to cope up with the peer pressure.



Rupali Yadav with YP team

#3 Look out for these!

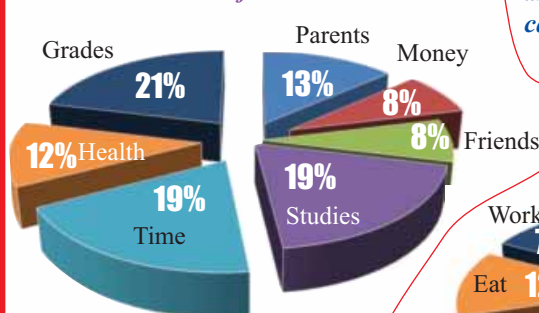
Eating very less or overeating, sleeping excessively or insomnia (not able to sleep), overreacting, oversensitivity, frequent headache, unexplained body-aches, laziness, drowsiness, excessive anger, etc are some of the most common symptoms of stress. It is best to consult a doctor in case you notice any of these symptoms.

#4 Develop a hobby, think good

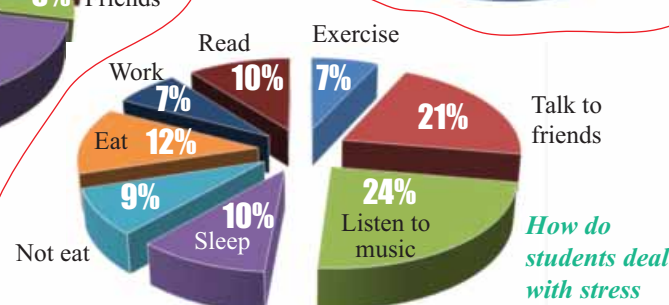
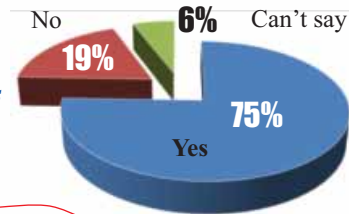
Keeping yourself engaged in any hobby be it dancing, painting, writing, etc. Hobbies keep your creativity alive and hence ward off stress. Your thoughts shape your personality so, be pragmatic, think well, and think positive in every condition.

YOUTH POWER FINDINGS

Cause of stress



Peer pressure as the main cause of stress



How do students deal with stress

Sample size: 520 Methodology: Questionnaire Sample group: 11-18 years



Brought to you by YP team of AIS Jagdishpur-Unnati Agarwal, Astha Mishra, Kritik Singh, Aniket Shukla & mentor teacher, Amar Nath Sharma

Raise Your Voice To Stop This Noise Before It Tunes You Out

What's that racket?

Rock concerts are a blast, the blare of car horns not so much. Dr PP Patel, MD, gives us the lowdown on noise pollution.

But it's just noise...how bad can it be?
Noise pollution is not a fad but a fact. More and more people are unable to sleep due to stress and hypertension. A major reason for this is noise pollution.

But everybody's stressed out...isn't that normal?
Stress isn't the only negative effect of noise pollution. It affects the body at various levels. Unwanted noise can damage psychological and physiological health. It can cause tinnitus, hearing loss, sleep disturbances and other harmful effects.

But...really? From noise? Is this for real?
Yes. As a practicing doctor, I've frequently come across many patients who are directly or indirectly affected by noise pollution on a regular basis.

But if it's so bad...what has the government done about it?
The government has time and again taken



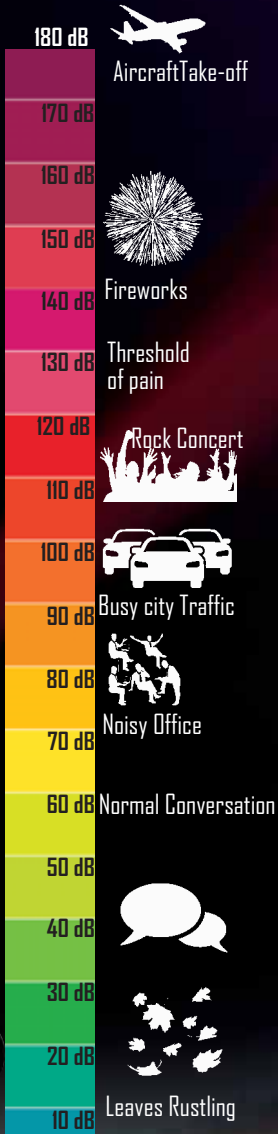
YP team with Dr PP Patel

steps to curb growing noise pollution levels. Government agencies monitor noise levels regularly in factory areas. Ambient noise standards and vehicular noise standards were notified in 1989 and 1990 respectively. However, the government alone cannot solve the problem. We need to take adequate steps too.

Oh...ok. So what can we do?
Simple things like not honking unnecessarily, not playing music at high volume, not bursting crackers, etc., can go a long way in controlling noise pollution. Also, wherever possible, we should promote the growth of plants and trees. They act as sound absorbers.

Noise of 'Shor'

Dear Homo Sapien,
Hey! How are you? I just heard that you have some hearing loss and doctors are blaming me for that. Yep me the 'Shor'. They say I made you partially deaf. 'Uh! How ridiculous is that? I didn't even choose to come to your world. You brought me into this world and now you accuse me?
You know, when Lord made the world he created me as sound. My softer, sweeter, melodious original self. I was everywhere, as sweet song of the bird, in pitter patter of raindrops, in babbling and bubbling of blue rivers, as swishing of breeze and rustling of leaves. This is how I was - calm, composed and pleasant. But as luck would have it, Lord gave you all the powers and with that the right to look after me. But, you being a human invented blaring loudspeakers, honking horns, zooming vehicles, supersonic planes and what not. While doing so, you experimented with my simple, softer 80 dB self and pushed my limits. 85 dB, 90 dB and still going on. You exploited my real self and made me into harsh and hard hitting brash sound, with an ugly name 'Noise'. Goodness! Even I am on the verge of going deaf now.
Hear me, will you? Enough blaming me for all the deafness in the world. Stop. For I was born as soft sound to soak you into the melodious beauty of the world. Not to make anyone deaf and mute. Now before you deface me more as 'Noise', I plead you to put me back to my normal softer self.
Shor aka 'Noise' born 'Sound'



Decibel Discord

Shor in my city

Noise is not just annoying, it is **hazardous to our health**



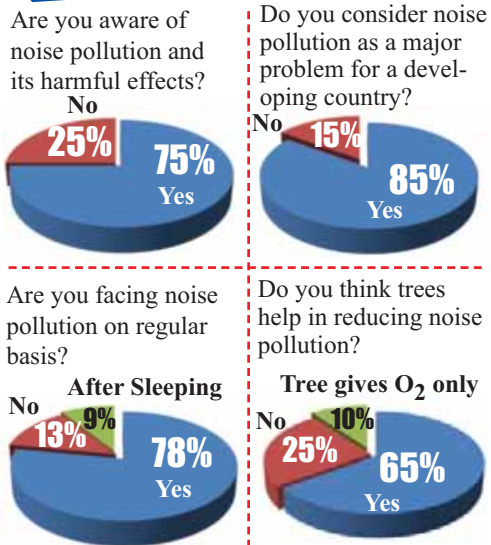
We can reduce noise levels



Lend an ear

- Out of 4 million people in US who suffer from hearing loss, 25% are cases of noise induced hearing loss.
- The mining industry has the **loudest** working environment.
- Noise pollution is the **number one** cause for hearing loss.
- Children who are exposed to loud noises suffer from **hampered brain development**.
- Guangzhou in China has the worst noise pollution, while Zurich in Switzerland has the least.
- Delhi stands at the number two spot for highest noise pollution.
- Long term exposure to sound over 85dB can lead to hearing loss.

YOUTH POWER FINDINGS



Sample size: 480 Methodology: Oral Interview
Sample group: General Public

Youth Power 2017-18



AIS Gur 46

Students of AIS Gur 46 with their mascot 'Medinion' champion safe use of medications



AIS Noida

Dr(Mrs) Amita Chauhan, Chairperson, signs up for a healthy heart



AIS Jagdishpur

YP team demonstrates ill effects of noise pollution



AIS Gur 43

YP team of AIS Gur 43 conduct a clothes donation drive



AIS Saket

Cleanliness drive in full swing



AIS MV

Volunteers draw a graffiti on organic living



AIS VKC

Students of AIS VKC Lko write to fight stress



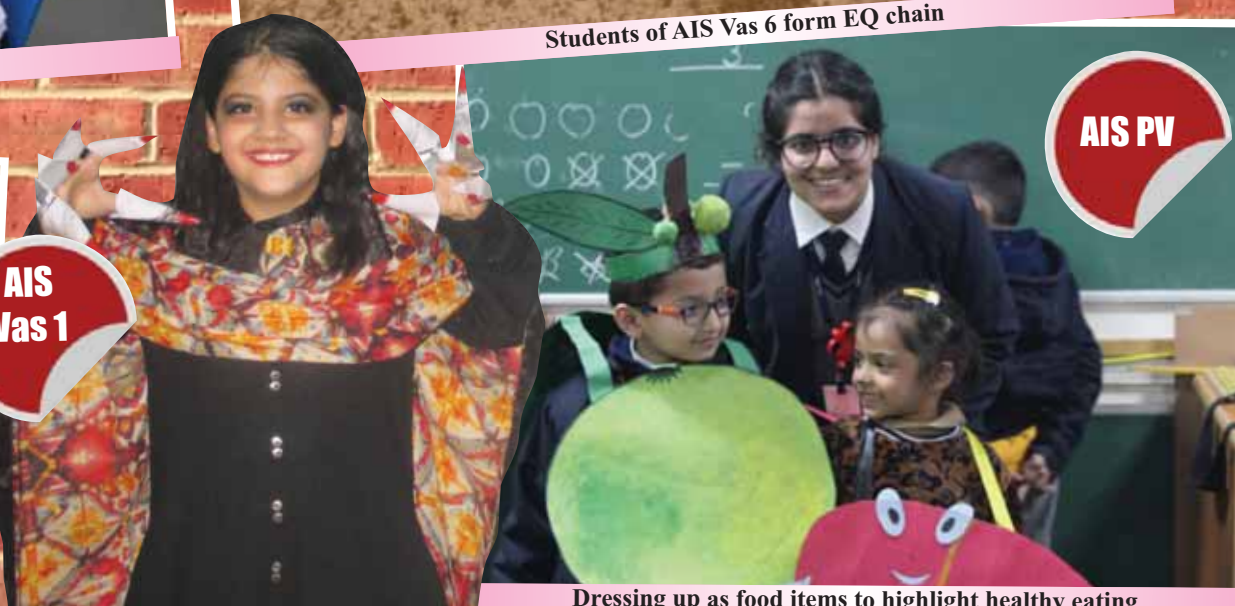
AIS Vas 6

Students of AIS Vas 6 form EQ chain



AIS Vas 1

'We recite and dramatise', students of AIS Vas 1 read



AIS PV

Dressing up as food items to highlight healthy eating