

## Dear YP finalist

From The Woman Who Started It All, To Those At The Finish line

As I sit down to write this letter, my heart is filled with an overwhelming surge of emotions that only a mother can feel. There is so much I want to convey to you, as you reach the end of this remarkable year-long journey of change. But first and foremost, I wish to congratulate you and tell you that I am proud of you. I am proud of each one of you for being compassionate enough to undertake a social cause, and then passionate enough to work for it through the year. I have seen you pour your heart and soul into your mission, never faltering in the face of challenges. Today, as you stand on the precipice of closing this beautiful chapter, I want you to know that this is not the end. The crusade for change is ongoing, and you, my dear, are at the forefront, carrying the torch of Youth Power. It all began 14 years ago with the dream to nurture socially conscientious leaders. Grooming students, preparing them to take on the mantle of tomorrow, we, at Amity, are

committed to creating future leaders who can usher the nation and the world at large towards a brighter future. But quite often, leadership is misunderstood for strong rhetoric or strategic expertise. I wanted to create leaders with a heart, leaders who can actually be the change to bring change. And thus, Youth Power was born.

14 years since, this ethical leadership has inspired, sensitised, changed and celebrated. It has championed various causes ranging from say no to plastic, save electricity, sensitisation towards specially-abled, bone health, anaemia, and many more. At times, in an endeavour to consolidate the individual impact created by the teams and cast a deeper effect, the programme was interwoven with carefully chosen themes. Youth Power 2010-11, in collaboration with UNIC, saw contestants work towards millennium development goal. YP 2013-14, heralded as the year for women, saw teams champion

various women centric causes such as vocational training for women, self defence, dowry, etc. In its 2014-15 edition, the programme, centered on health as the common theme, saw teams take up causes such as first aid, hand sanitation, dental health et al.

Through its 14-year-long journey thus, YP has touched countless lives. Its efforts have shown results, sometimes intangible and at other times, ones that commanded standing ovations. Whether it was treating 50 school support staff for anaemia or bringing attention to otherwise ignored monuments via RTI, the feats of YP have been noteworthy. And how can I forget the time when a weeping father stood on stage, grateful that his child had come in touch with one of the YP teams who successfully managed to get him operated, filling the hole in his heart. The 10-year-old had got a new lease of life, all thanks to this honest initiative. YP deserves all the praise and applause, and so do all the

### Chairperson's Message



principals and mentor teachers who have stood strong and acted as the backbone of this programme. Without their relentless support, achieving a feat of such magnitude would have been impossible. The praiseworthiness of YP also gets attested by the numerous stalwarts who have graced the programme over the years. Ravish Kumar, former senior executive editor, NDTV India; Maha Siddiqui, associate editor-anchor, CNN-News 18; Shovana Narayan, Padma Shri awardee, etc., are just some names who, mesmerised by the magic of it all at the YP finale, struggled for words that could do justice to the enigma of this programme. With over 4,50,000 sensitised people, 2000 leaders, 140 causes, 4000 activities and a 14-years-long journey, YP indeed has come a long way. And I wish this journey continues indefinitely.

With love and blessings,  
Your Chairperson



### THE GT POLL

How excited are you for the Youth Power Finale 2022-2023?

- a) Can't wait
- b) Very much
- c) So so

To vote, checkout our Instagram page @the\_global\_times

#### Coming next

Glimpse of YP Grand Finale

Follow us on: @theglobaltimesnewspaper @the\_global\_times



**YOUTH POWER 2022-23**

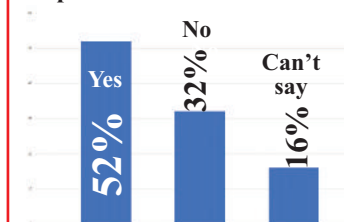
Youth Power, the annual social leadership program by Amity, showcases eleven teams from Amity schools dedicated to various social causes throughout the year. This special edition, crafted by our YP teams, provides a comprehensive view of their chosen causes. With expert interviews, survey, statistics, trivia, and creative tidbits, this edition is your gateway to understanding the significance of their chosen causes. Dive into these 12 pages and embark on a journey of enlightenment.

### What's inside

- The elder the better, P2
- Bullseye on bullying, P3
- Bound yet free, P4
- The cry of carbon, P5
- The wagging tail, P6
- Donating lives, P7

### POLL RESULT for GT Edition July 3, 2023

Do you support the PIL filed before the Supreme Court of India seeking a ban on the exhibition of bollywood film Adipurush?



Results as on July 8, 2023



# The elder the better

All Grey-Haired And Wrinkled, Yet Vibrant And Unpuckered At Heart



Neha Sharma with YP team members



## Elderly health

## Old but gold

Senior citizens are known to be the treasure trove of life experience who can add immense value to our lives. However, they are still the most undervalued people out there. To rectify this, Neha Sinha, CEO, Epoch Elder Dementia Care Centre, is paving the way for a society where the elderly get their dues.

ments, or stereotypical boundaries, and thinking about their needs and wants is the need of the hour. Youth can play a very important role in achieving this, in modifying the environment as per the elderly's convenience so they get to live their life to the fullest.

### Change comes from within

Effective communication is the key to bringing the older generations and our generation together. However, it is important to note here that each elderly is different; each of them have their own love language, and there's no set formula to initiate effective communication with them. Thus, we must first ensure that all the physical barriers to communication are taken care of. Next, we must take care of the language barrier. Sometimes the senior citizens are not comfortable in certain languages, so we must speak their language. Understanding what works for a particular senior and changing ourselves accordingly can help them a lot.

### Little efforts count

As people age, their psychology, physical strength, and behavioural patterns change, and they need our love and attention more than ever. When you do anything for them, or even spend 10 minutes of your day with an elderly person, their day is made. This has been my biggest driving factor and can be yours as well.

### Inclusivity brings change

Age is just a number for most of us. However, for the elderly who face discrimination because of it on the daily, it means a lot more. Therefore, understanding them without any assumptions, judg-

Getting adequate nutrition is necessary for the aged, so here are the five key nutrients they must consume...

	<b>Why:</b> Important for creating red blood cells and DNA		<b>Source:</b> Fish, meat, poultry, eggs, and milk
	<b>Why:</b> Folic acid increases mental agility in the elderly		<b>Source:</b> Grapefruit, bananas, spinach, beans, peanuts, etc
	<b>Why:</b> Helps the body absorb calcium, maintain bone density, and prevent osteoporosis		<b>Source:</b> Cereals, milk, yogurt, and juices
	<b>Why:</b> Aids in the movement of blood vessels throughout the body		<b>Source:</b> Low-fat milk, dairy products, kale, broccoli, etc
	<b>Why:</b> Essential for brain development, and for keeping the nervous and immune system healthy		<b>Source:</b> Fish, potatoes, and other starchy vegetables and fruits

(Source: Internet)

## YOUTH POWER

### FINDINGS

25%



of senior citizens work beyond the retirement age

95%



of grandchildren do not spend adequate time with their grandparents

48%



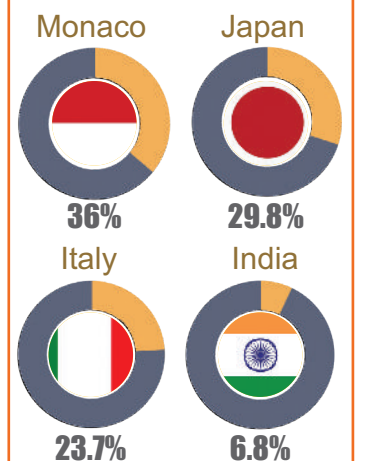
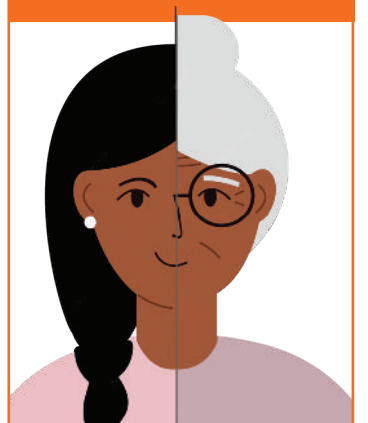
of the respondents feel the need to seek help from the elderly for their day-to-day activities

Sample size: 200

Survey tool: Questionnaire

Sample group: General public

## The aged population across the globe



(Source: Internet)

## Busting The Sundry Myths About The Golden Ages For Better Care

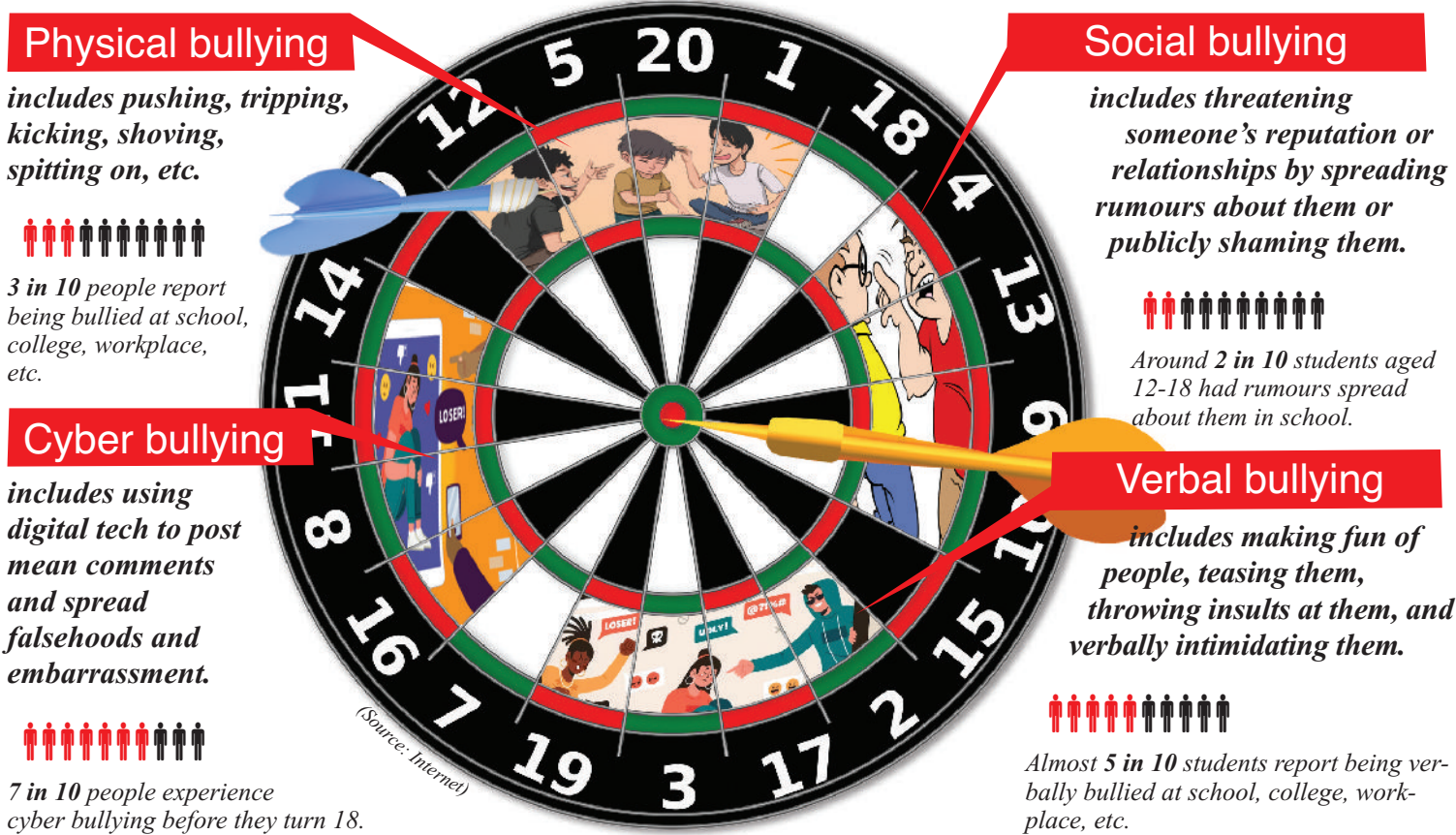
<b>Fiction</b>		The older you get, the less sleep you need.		Old people are more social than others.		Family provide the majority of care for elders.
<b>Facts</b>		They require 7-9 hours of sleep each night.		Everyone ages at the same rate.		47.4% elderly feel that their future is bleak.
		It depends on their lifestyle choices.				30% of elderly rely on supplementary care.

(Source: Internet)



# BULLSEYE on BULLYING

## About Time We Pull The Plug On Bullying & Harassment



### YOUTH POWER

### FINDINGS

**89%** respondents have experienced bullying in schools

**42.1%** respondents believe that people bully in order to feel powerful

**51%** respondents have been verbally bullied in the form of name calling and taunts

**47%** respondents feel that most victims never speak up owing to the fear of becoming a bigger target

Sample size: 418  
Sample tool: Questionnaire  
Sample group: General public

## Buddy or Bully?

Find your buddy/bully score. Read each statement and depending on how it makes you feel (happy or sad), colour the smiley.

- 1 Caring about everyone around you  😊  ☹️
- 2 Laughing when other people mess up  😊  ☹️
- 3 Sharing your things with everyone  😊  ☹️
- 4 Playing with everyone  😊  ☹️
- 5 Being mean to others  😊  ☹️
- 6 Trying to make others look dumb  😊  ☹️
- 7 Helping other people  😊  ☹️
- 8 Calling people names  😊  ☹️
- 9 Using polite words  😊  ☹️

**Your score:**  
If anything mentioned in statement 2, 5, 6, or 8 made you happy, you are a bully, and need to start working on yourself.  
If anything mentioned in statement 1, 3, 4, 7, or 9 made you happy, you are the best buddy one can ever get. Kudos to you!



A champion for children's rights, Nobel Peace Prize laureate, Dr Kailash Satyarthi, is a figure known to many. Read on as he talks about how bullying is a learned behaviour, and what can be done to make things right.

## Clouds of bullying...

### ...Shall Only Pass With Empathy And Care

**Bullying over the years**  
Bullying has increased dramatically over the years; earlier, it was restricted to pulling someone's hair for instance, but now it has transformed into abuse which is worrisome. However, there has been development in the way it is being tackled these days, with proactive anti-bullying groups, self-help groups, and several other mediums to fall back on.

for their behaviour is often a mere manifestation of their trauma. Under supervision, we must have the bullies and their victims talk to one another and understand each other's pain as this is the only way out of this deeply rooted issue.

**Dealing with bullying**  
Instead of brutally punishing bullies, we must try and understand their anatomy,

**The right path**  
When you feel the suffering of others, and take action to help them out, it becomes so much deeper than just 'care'. Don't let anything cloud such feelings. Have faith in yourself and in the society, and choose love over bullying.

## Bullied to brilliant

### Victims of Bullying Who Turned The Tide For Good

**Lady Gaga**  
Singer & songwriter  
Growing up in New York city, Lady Gaga, Stefani Germanotta then, was often bullied for having 'buckteeth' and a 'big nose'. Her bullies even dedicated a Facebook page named 'Stefani, you will never be famous' to her. Her success story thus serves as a tight slap on their faces.

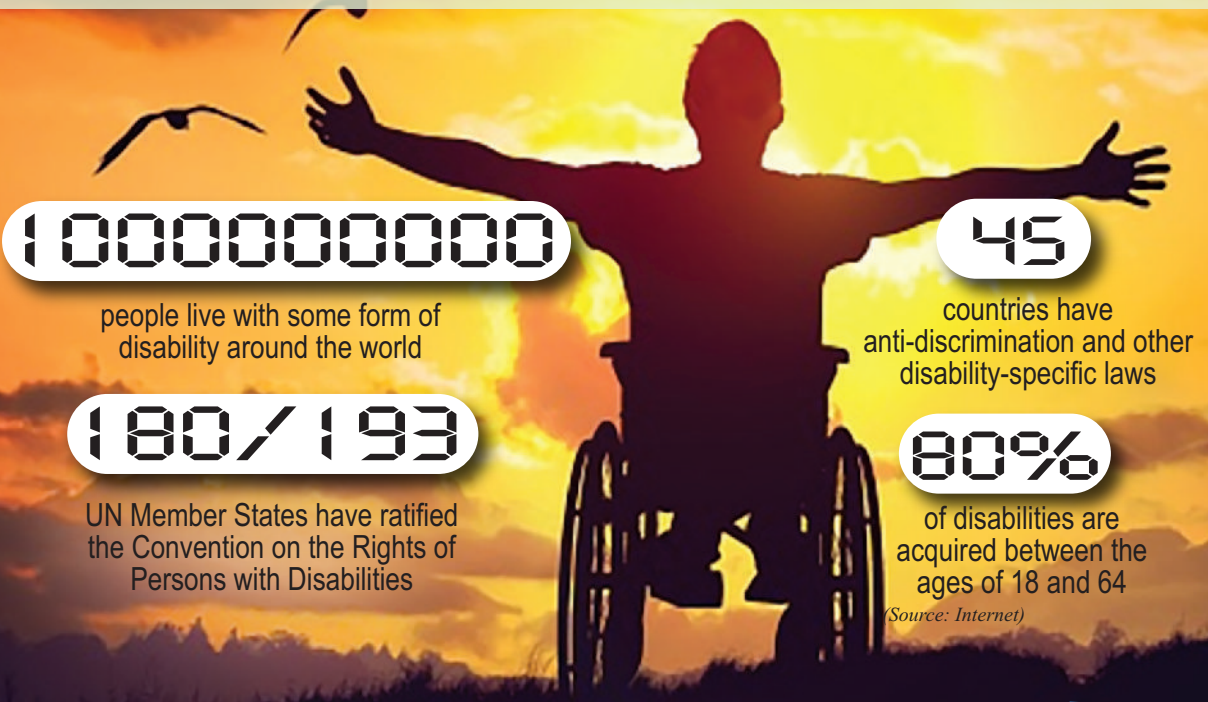
**Kate Middleton**  
Princess of Wales  
Would you believe that this royal figure was once incessantly bullied at her school? She was called names for being the 'new kid', an outsider, and for her 'lanky' built. But she didn't give in; this whole incident instead inspired her to take on the anti-bullying stance she has today.

**Eminem**  
Rapper & songwriter  
After facing a tumultuous relationship with his parents and a traumatic childhood at school, Grammy winning star Eminem reached worldwide fame in 1999, becoming a hit machine. In his raps, he has time and again made mention of his bullies (some even by name) and the effect they had on him.



# BOUND YET FREE

Let's Take A Closer Look At The Superabundant Ability That Lies In Disability



1000000000

people live with some form of disability around the world

180/193

UN Member States have ratified the Convention on the Rights of Persons with Disabilities

45

countries have anti-discrimination and other disability-specific laws

80%

of disabilities are acquired between the ages of 18 and 64

(Source: Internet)

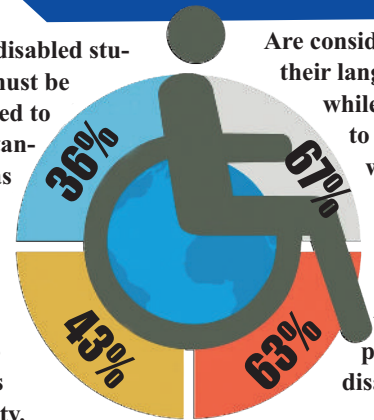
## YOUTH POWER FINDINGS

Think disabled students must be subjected to same standards as others.

Are considerate of their language while speaking to people with disability.

Think enough is not done to address disability.

Witnessed prejudice towards people with disability.



Sample size: 215

Survey tool: Questionnaire

Sample group: General public

### BREAKING THROUGH

We all are well acquainted with the struggles people with disabilities face. **Himani Bundela**, a 25-year-old visually-impaired girl from Agra, managed to



Himani Bundela

overcome them as she became the first Crorepati on KBC 13, inspiring many. Here's what she has to say about the issue.

#### "Limitations only go so far"

When I lost my vision due to an accident, my parents were my strength; they invested all their savings for my treatment. Even though my vision couldn't be cured, we didn't lose hope. I had to face many obstacles on my way, yet I made it, any how!

#### "Inclusion is having a voice"

Conscious inclusion is required, especially in educational institutions. Having inclusive institutes will ensure equal opportunity for disabled students. Achieving it at the grassroots level for the *divyaang* community of India still seems like a distant dream.

#### "Different yet together"

Life is full of critical situations, but what's important is how we deal with them. In such times, our attitude towards ourselves can do wonders.

## Guess Who?

Name The Achievers Who Excelled In Their Field Despite Being Feebled

- 1 A celebrated theoretical physicist, cosmologist, and an eminent scientist who lived with ALS and was paralysed below his neck for 55 years until his death in 2018.
- 2 A Mexican painter who suffered from polio and spinal ailments due to an accident. Even so, she managed to become one of the most famous painters of all time.
- 3 An Indian lyricist and music director, with Ramanand Sagar's Ramayana being his most iconic creations. He was blind from birth.
- 4 She is an Indian mountaineer and sportswoman who plays volleyball. She is the world's first female amputee to scale Mount Everest, Mount Kilimanjaro etc.
- 5 After losing her leg due to an infection after an accident, she taught herself how to dance using a prosthetic Jaipur foot, and became one of the most acclaimed Bharatnatyam dancers.

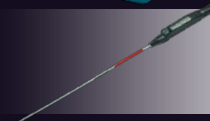
Answers: 1. Stephen Hawking 2. Frida Kahlo 3. Ravindra Jain 4. Arunima Sinha 5. Sudha Chandran

## I CAN TECH

Assistive Tech For The Differently Abled



**Annie:** It is an educational product that uses interactive technology to help visually impaired children learn braille.



**Ultrasonic Walking Stick:** It helps the visually impaired in navigation by alarming them to change their path with a nudge.



**Vibeat:** Like AirPods, this device allows the hearing-impaired to sense music by converting beats into vibrations at different rhythms.



**PAC Mate 20:** A portable device with built-in JAWS to provide the visually impaired access to braille on Windows and Mobile apps.



**Open up:** Opening jars can be difficult for the disabled, so this electric jar opener is helpful in twisting lids with the touch of a button.



**OTO the hugging chair:** Providing a reassuring effect, it applies pressure on the body of autistic people to help their sensory needs.



**Conversor Pro Plus:** It's a personal assistive listening device used to amplify and enhance sound level and clarity for hearing impaired.

(Source: Internet)

### PLEDGE FOR INCLUSIVITY

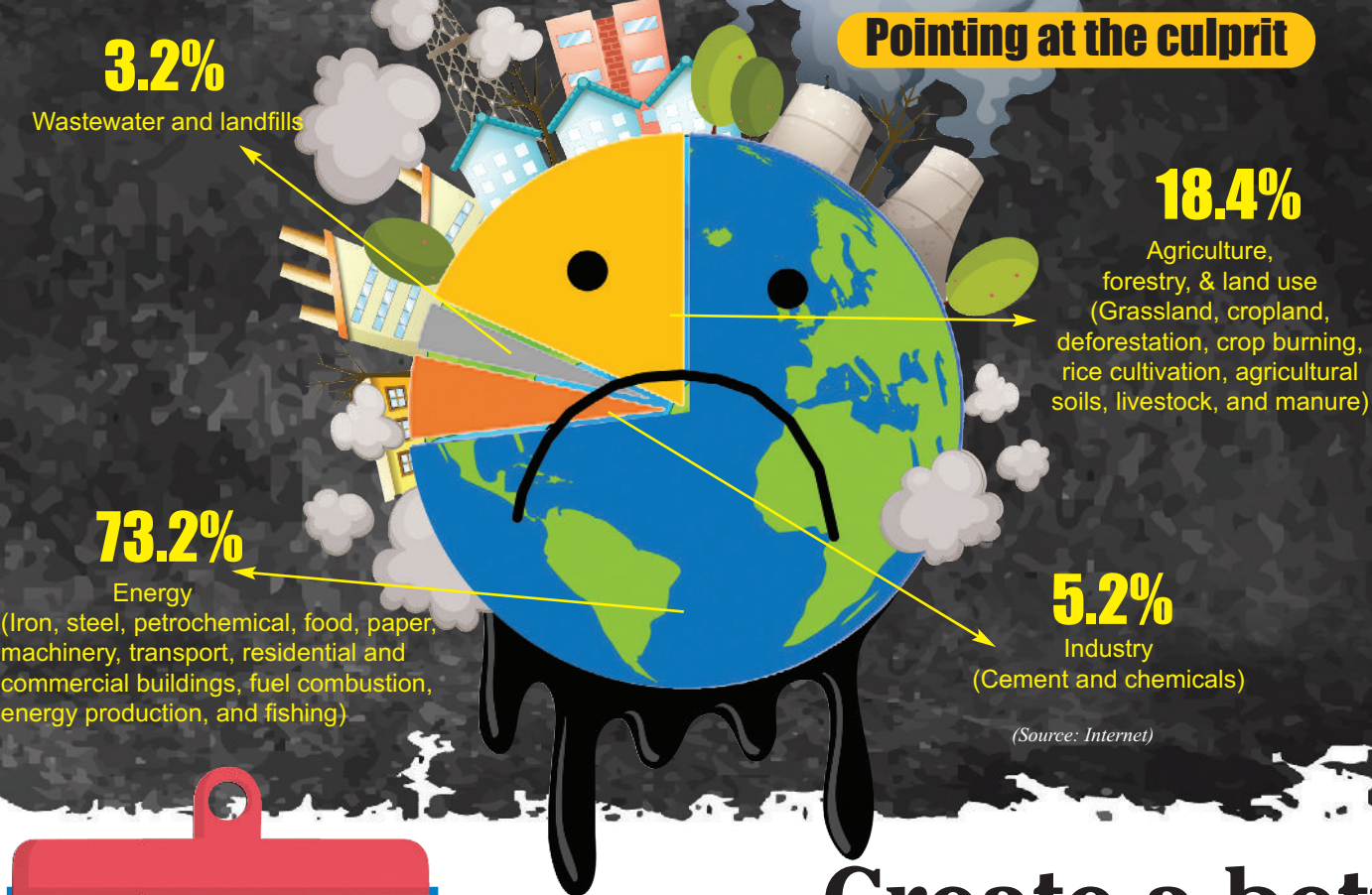
I ..... take a pledge to advocate and accept my responsibility as a citizen of this nation to accept people of all abilities, to be more inclusive of people with disabilities, to be aware of the fact that some disabilities are invisible, and finally, to respect and treat all individuals, no matter where they come from, equally.

Signed by:.....



# The cry of carbon

Bad, Worse, And Worst Of The Emissions Choking The World



### YOUTH POWER FINDINGS

**Do you make a conscious attempt to reduce your carbon footprint?**

Response	Percentage
Never	13.8%
Sometimes	58.1%
Frequently	28.1%

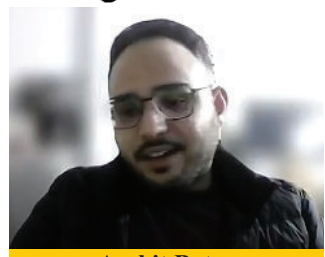
**What is the biggest contributor to rising carbon emissions?**

Contributor	Percentage
Airplanes	3.6%
Coal burning plants	28.1%
Automobiles	33.2%
Factories	35.1%

Sample size: 418  
Sample tool: Questionnaire  
Sample group: General public

## Create a better world

Says Archit Batra, Sr Carbon Business Developer, FairClimateFund



“The government is planning to create a carbon-free world by implementing

solar energy watts across India, but it cannot be a standalone effort. FairClimateFund is aiding this mission by helping the corporate sector devise plans that enhance their profit and also benefit the environment. Learning from its example, we need to revise our daily habits in order to build a better world. Fashion production alone makes up to 10% of humanity’s carbon emissions. To combat such figures, the first step needs to be the reduction of consumerism and the increased usage of recycled materials for clothing. When it comes to public services, we should aim for carbon neutral vehicles so it results in less depletion of fossil fuels and reduces the number of vehicles used. At the end of the day, we must focus on ways that can drive the country towards sustainability and economic prosperity.”

## Carbon kajaal



**Dix**

- Material required**
- Lit diyas - 4
  - Steel plate - 1
  - Bowls - 4
  - Spoon - 1
  - Bowl (small) - 1
  - Ghee - 1 tbsp
- What you need to do**
- Take four lit diyas and place them together so their flames are facing and touching each other in the centre.
  - Place one bowl next to one diya, forming a bigger circle in the process. Ensure that the circumference

- of this circle is smaller than that of the chosen steel plate.
- Place the steel plate on top of the bowls, ensuring that the plate covers the lit diyas. The flames should be touching the plate.
- After ten minutes, remove the plate and you’ll see black deposits on it.
- Scrape out this black deposit in a smaller bowl using a spoon, and add a little bit of ghee to it. Mix it well.
- Your safe and organic homemade kajaal is now ready!

### Reduce the print

- Did I switch off the bulbs when natural light was a sufficient source? Yes  No
- Did I shut off the fans when breezy air was enough? Yes  No
- Did I take shorter showers to save water? Yes  No
- Did I unplug electronics when not in use? Yes  No
- Did I carpool or took public transport while travelling? Yes  No
- Did I only do full complete loads of laundry in the washing machine? Yes  No
- Did I recycle and reuse things that I easily could? Yes  No





**YOUTH POWER**

**FINDINGS**



7 out of 10 people are aware of the Prevention of Cruelty to Animals Act 1960



9 out of 10 people give food/water to strays



8 out of 10 people feel that the punishment for animal cruelty should be increased



7 out of 10 people give shawls and blankets to strays in winters

Sample size: 250  
Survey tool: Questionnaire  
Sample group: General public

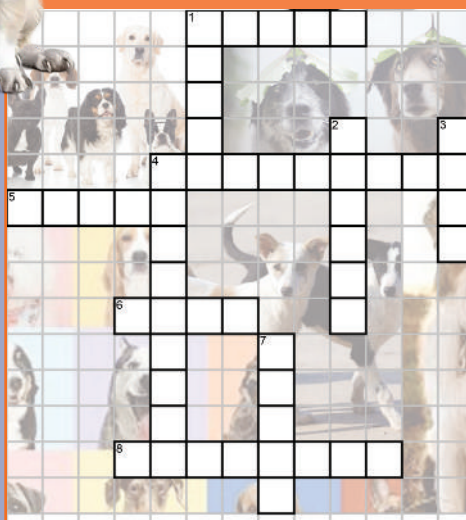
# THE WAGGING TAIL

Saadda Kutta Kutta; Tuadda Kutta Tommy?



## ALL FOR PAWS AND PURRS

## DOGSWORD



## LEGAL FAWLICE

Some Anti-Cruelty Laws Around The Globe

**HONG KONG**

**The Prevention of Cruelty to Animals Ordinance**

With food animals, companion animals, and laboratory animals in its purview, the law recognises abuse, neglect, inappropriate transport, fighting, etc., as the various ways in which cruelty gets afflicted. It fines those found violating the law with a staggering 200,000 USD and imprisonment for three years.

rendering animals useless with imprisonment for a term which may extend to 5 years or with fine or with both.

**AUSTRIA**

**The Austrian Animal Welfare Act 2004**

As one of Europe's harshest anti-cruelty laws, it prohibits pet owners from cutting their pets' ears or tails, with fines ranging up to 18,160 USD.

**FRANCE**

**The Penal Code (Article 521-1)**

The code makes it an offence to physically or sexually abuse, or afflict cruelty to animals. The max penalty is two years of imprisonment and a 30,000 EUR fine.

(Source: Internet)

**INDIA**

**Section 428 and 429 of the Indian Penal Code**

It provides for punishment of all acts of cruelty such as killing, poisoning, maiming, or

### Animal Welfare: An Important Virtue

'Be kind to everything that lives' is a motto **Gauri Maulekhi**, trustee of **People for Animals**, India's largest animal welfare organisation, swears by. Having worked towards the cause for eons, she thus had a lot to divulge. Excerpts...

least, one can stop being cruel to them. If you cannot help, just mind your own business as they mind theirs.



**Gauri Maulekhi**

**What inspired you to work for animal welfare?**

I did not really grow up with love for animals; if anything, I was indifferent towards them. But when my pet dog was denied proper medical care, and I saw it dying helplessly, I realised how completely helpless animals are. The cause as such wasn't chosen by me, rather it chose me.

**What is the key to achieving a harmonious relationship with strays?**

Back in 2000, WHO had warned us against increasing animals on roads and laid strong emphasis on animal birth control, but we failed to adhere to it. So, we are the only ones to be blamed for the rise in their population now. For no animal likes being there on the road. They don't want to get crushed by moving vehicles. It's a monster that we have created, and being intolerant towards it won't help. That is not to say that one has to go out and feed the strays, but at the very

**How do we combat stereotypes against strays?**

People often term strays as aggressive biters, but what they fail to understand is that they bite for specific reasons, most of them being environmental such as if they are unwell, hungry, in danger, or if they or their mates are being ill-treated. As for pets, well, they are usually kept in small homes without exercise, so biting is all they can do to express anger. Such irresponsible pet ownership needs to be curtailed in order to stop dog bites. Spreading awareness about these issues thus is of chief importance.

**What role can law and order play in reducing animal cruelty?**

The existing Prevention of Cruelty to Animals Act 1960 has never been amended. The penalties are minuscule and most of the offences, as per it, are non-cognisable, making filing complaints tough. However, I am hopeful for stricter laws. We also need to sensitise the youth, so they know that cows don't simply give us milk and hens eggs, we steal it from them.

**Across**

- Dogs have \_\_\_ eyelids.
- The world's smallest dog breed is called \_\_\_.
- Dogs have an "extra" yet "useful" \_\_\_ sense.
- A dog's \_\_\_ print is unique like human's fingerprints.
- \_\_\_ dogs have less medical problems compared to intact dogs.

**Down**

- \_\_\_ is a dog's first sense to develop.
- \_\_\_ is the most important vaccine for dogs.
- Dogs don't pant like us, instead they \_\_\_ to cool themselves.
- \_\_\_ can be deadly for dogs.
- \_\_\_ should be available to dogs at all times.

**Answers:**  
Across - 1. Three 2. Rabies 3. Pant 4. Chocolate 5. Sixth 6. Nose 7. Water  
Down - 1. Touch 2. Rabies 3. Pant 4. Chocolate 5. Sixth 6. Nose 7. Water

### FEED US

**Feed us carrots**  
as they are low in calories and full of vitamins, minerals, and fibre. We can choke on them though, so please chop them in bite-sized pieces.

**Feed us eggs**  
as these provide us with almost every vitamin, mineral, and protein. However, it's crucial to note that you shouldn't give us raw eggs, for that would put us at the risk of contracting salmonellosis.

**Feed us Milk**  
as it is rich in protein, calcium, and vitamin A, D, and B12. But refrain from offering us an entire bowl in one sitting, as it causes unpleasant reactions in our bodies. If you dilute it with water, nothing like it!

(Source: Internet)



# Read it out

The Bibliophile In You Deserves To See The Light Of Day

## Are you reading this?

### The good

- People who read at least 20 minutes a day have exposure to around two million words annually.
- According to a research by University of Minnesota, regular reading is shown to lower stress levels by as much as 68%.

### The bad

- Americans aged 15-44 years spend only 10 minutes or less a day reading.
- American Psychological Association states that one of every three teenagers hasn't read a book for pleasure in a year.

### The ugly

- As of 2022, there are 281 million people in India who cannot read.
- One out of five kids in the UK can't read at their school level by the time they are 11.

(Source: Internet)

## YOUTH POWER

### FINDINGS



4 out of 5 people would read more if they had the time



4 out of 5 people think the younger generation (up to 20 years old) does not read enough



3 out of 5 people read only up to 5 books a year

Sample size: 200  
Survey tool: Questionnaire  
Sample group: General public

## Myth facing the fact

The power of reading has a lot to offer, but in the world of social media, it is way easier to read a myth on WhatsApp and believe it. Worry not! **Yuvraj Malik, Director, National Book Trust, India**, is here to mop out the myths and give you the rundown on the true reality.



Yuvraj Malik

**Myth:** The statistics for reading have gone down in recent years.

**Reality:** People are still reading, and in fact, they are now reading more than ever. It's just that the method of reading has changed. With the onset of digitalisation, readers have moved beyond the conventional print medium to e-books, audiobooks, etc.

should be inculcated early in a child's life. We can do this by making books more readily available to them. By showing children that reading is an enjoyable activity, adults can inspire a love for reading in the next generation.

**Myth:** Children can figure out the importance of reading on their own as they grow up.

**Reality:** The habit of reading

getting into the habit of reading regularly is so difficult.

**Reality:** If you're looking to get into reading, I'd suggest you start out with something you're interested in. Choose a book that aligns with your interests, and set aside time for reading to make it a habit, even just 10-15 minutes a day is enough. Or you can look into joining a book club which can help you stay motivated. Reading is a personal journey; you may not find the perfect book for yourself at first, but keep trying different texts until you find what interests you best.



## Mark The Elements That You Have Read And Make A Bingo

Reading!

A translated book	A New York Times #1 best-selling book	Read more than 30 minutes in one go
Finished a book in one sitting	A Pulitzer winner	A book with more than 500 pages
A book in your mother tongue	A non-fiction	A book written in first person narrative

## Recommended

Read The Same Book As Your Fav

**Book:** The Stranger  
**Author:** Albert Camus

**Synopsis:** The tale of an indifferent settler in French Algeria who struggles to connect to the rest of the world.

**Recommended by:** RM, Marilyn Monroe



**Book:** Song of Solomon  
**Author:** Toni Morrison

**Synopsis:** The tale of Milkman as he explores the complexity of family, human frailty, etc.

**Recommended by:** Oprah Winfrey



**Book:** Untamed  
**Author:** Glennon Doyle

**Synopsis:** The memoir explores the importance of listening to one's inner voice and unleashing wildest instincts.

**Recommended by:** Adele, Reese Witherspoon, Mariah Carey



**Book:** The Little Prince  
**Author:** Antoine de Saint-Exupery

**Synopsis:** The tale of a young prince who visits various planets in space and addresses themes of loneliness, friendship, love, and loss.

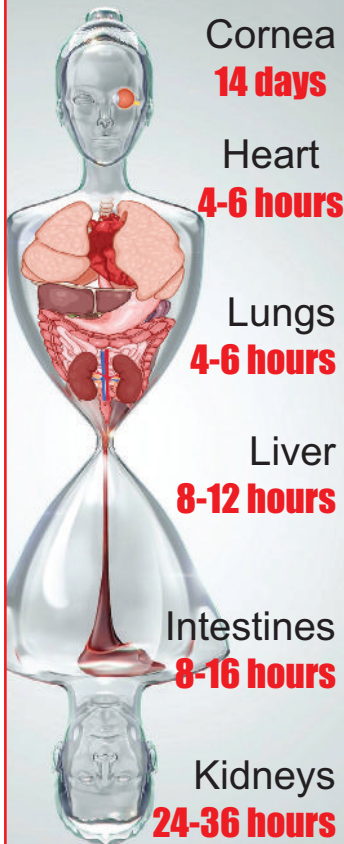
**Recommended by:** Jungkook, Suga, Natalie Portman





## Tick tock

Time Frame In Which Organs Need To Be Donated After Death



(Source: Internet)

## The organ burst

Decoding The Myths Pertaining To Organ Donation

- Pados wali aunty**  
When an organ donor meets with an accident, the hospital doesn't try to save their life.
- Doctor**  
The hospital will try their best to save your life, whether you are an organ donor or not.
- Pados wali aunty**  
You can't be a donor if you have a pre-existing ailment.
- Doctor**  
Only some ailments can stop you from being a donor. Visit a doctor to be sure.
- Pados wali aunty**  
Donating organs affects one's burial and funeral services.
- Doctor**  
The removal of tissues or organs does not alter the appearance of the body, so no.

(Source: Internet)

# Donating



**lives**

Bequested Gift Of Life, One Organ At A Time

## A change of heart

To live with a transplanted organ or donate one, can shake even the strongest. **Delhi-based chef, Rahul Kumar Prajapati, an organ recipient, weathered the said storm and emerged with a rainbow on the other side as he represented India in discus throw at the World Transplant Games 2023 and won a bronze medal. In the process, he reiterated that organ donation can indeed be a solid second inning. Here's his tale in his own words.**



Rahul Kumar Prajapati with YP team members

"It all began in 2012, the year I was supposed to appear for my class XII board examination. I was suffering from mild fever but didn't pay much attention to it. Only when it got a little hard dealing with the fever did I get myself dia-

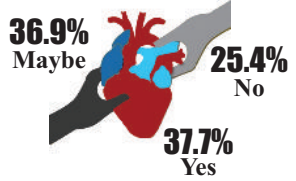
gnosed. The results said I had DCMP (dilated cardiomyopathy), a condition where the heart cannot pump blood effectively because the left ventricle, the main pumping chamber, is enlarged and weakened. So, we started with the treatment as soon as we could. My life revolved around the long list of medicines that I was asked to consume daily. And it all seemed worth it initially when my con-

dition started improving. However, it was on December 11, 2017, when I went to attend a friend's wedding, that I had a paralytic attack. I was diagnosed with left ventricular dysfunction which indicated that the left side of my heart completely stopped working now. After innumerable trials of electric shocks and other treatments, the doctors declared that the only treatment that could save me was transplanting

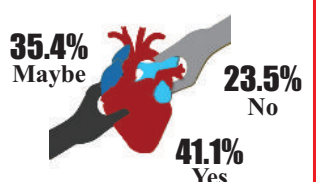
my heart. Agreeing to get the transplant done needed a lot of courage. But that didn't enfeeble me in any manner. With a positive attitude and a brave heart, I decided to undergo the transplant. Within 18 days of my decision, the doctors found a donor for me. The heart of a young boy who was declared brain dead due to a road accident was transplanted into me. Today, as I feel my heart beat every second, I feel grateful to the young boy who donated his heart for me to live. This only goes on to show the many wonders our organs are capable of doing if pledged to be donated at the right time."

## YOUTH POWER FINDINGS

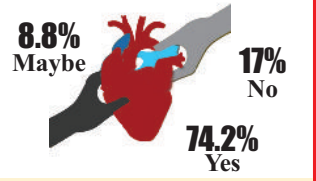
Is there a stigma surrounding organ donation?



Have you ever come across people saying organ donation is a way of making money?



Do you know patients considered brain dead can also donate their organs?



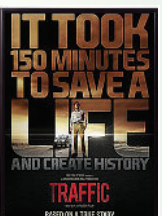
Sample size: 260  
Survey tool: Questionnaire  
Sample group: General public

## Binge to be informed



**Movie: Ship Of Theseus**  
**What is it about:** The movie revolves around the organ donations undergone by three characters - a blind photographer, a monk, and a stockbroker.

**Why you should watch it:** The story successfully spreads awareness about the issue of organ donation, and is sure to leave the watchers wanting to sign a pledge to donate all their organs.



**Movie: Traffic**  
**What is it about:** A gripping and exciting tale of an ambulance that carries a live beating heart from one hospital to another.

**Why you should watch it:** A thrilling watch, the movie brings forth the importance of green corridors, a special route devised in collaboration with the traffic department to transport a vital organ in the shortest time possible.



**Movie: Phir Zindagi**  
**What is it about:** Sumedh, a young boy, meets with an accident and is declared brain-dead. Dr Aditi Rao, a social worker, then seeks

permission from his family to donate his organs to the ones in need.  
**Why you should watch it:** The movie sheds light on the complexities and emotional challenges faced by donor's family.

(Source: Internet)





Save The Bees Today And Stop The Buzz Around Their Declining Population

# Bee a honey...

...And Help Save Bees From Their Early Extinction



Sunil Kumar

neglected creature, despite being the biggest driving force of the entire food chain. India, in fact, has a huge scope in the field of apiculture due to favourable weather conditions. Our honey industry is already growing at a healthy CAGR of over 20%. The younger generation, thus, must act towards bringing a change and take this initiative forward.

### There must be a place sweeter...

...to make the world better. Honey and other bee products are loved world over. For not only are they delicious, but they are also beneficial for us. Young kids are facing several health issues, mostly due to the consumption of white sugar. So, why not give them natural sugar in the form of honey instead of white sugar? As honey offers benefits that range from helping in digestion to healing wounds.

Not only do honeybees help with pollination, but they also produce a variety of healthy products. To know more about this multitasking insect, we interviewed Sunil Kumar, GM, Sales and Marketing, Kejriwal Bee Care India (pvt.) Limited.

Save the bees, save the world... but that is not an easy undertaking to achieve. While I was still a student, I studied the food chain and could not help but notice how honeybee was the most

## Beeware!

- 🐝 Three in four crops of fruit or seeds across the globe are dependent on honeybees for pollination.
- 🐝 A bee produces one tablespoon honey in its life.
- 🐝 The average lifespan of a worker bee is around 30-40 days, whereas the queen bee can live up to 2-3 years.
- 🐝 The honeybee is the only insect that produces food for humans.
- 🐝 Queen bee can lay up to 800,000 eggs throughout her lifetime.
- 🐝 Bees keep their hives warm in winter by swarming together and during summer, they fan water through their wings to keep it cool.

(Source: Internet)

## Let's bee friends...

- 🐝 Protect bee habitats since habitat destruction is a major cause of the decline in the number of bees.
- 🐝 Avoid pesticides as they cause Colony Collapse Disorder (CCD). Instead, use organic pesticides like cottonseed oil, garlic oil, lime sulphur, etc.
- 🐝 Plant a bee-friendly garden by growing flowers and plants that are rich in nectar and pollen.
- 🐝 Put out a bee bath, as it helps the bees with digestion and keeps their hive cool during the summers.

(Source: Internet)

## YOUTH POWER

### FINDINGS

Are you concerned about the decline of honeybees?

17.5% Can't say

13.8% No

Yes **68.7%**

Do you think it is crucial to save bees?

8.1% Can't say

7.1% No

Yes **84.8%**

Are you aware that honeybees are the most important agricultural pollinators?

6.1% Can't say

15.2% No

Yes **78.7%**

Sample size: 211

Sample tool: Questionnaire

Sample group: General public

# World for bees

Bee Conservation Efforts And Initiatives From Around The World

### Bee bus stops, UK

"Bee bus stops" or "buzz stops" entailing miniature gardens full of pollinator-friendly flora, have been installed to aid the population of bees and butterflies. These bus stops are basically bus shelter roofs with an out and out haven for bees and other insects.

### Pollinator Partnership Canada, Canada

Pollinator Partnership Canada provides and supports various projects that help protect pollinators. In addition to this, they also offer a Pollinator Steward Certification program for land managers, communities, and organisations.

### Sweet Revolution, India

Initiated in 2016 by Indian PM Narendra Modi, the revolution aims to promote apiculture and boost honey production in India, which in turn can aid farmers' income.

(Source: Internet)

### Purple Hive Project, Australia

It makes use of AI to detect and prevent the Varroa destructor mite that decimates colonies and spreads honeybee viruses, from reaching Australian honeybees.



**Bee a spot!** There are a total of 37 bees hidden throughout this page. Let's see how many of you potential bee lovers can spot all of them!

If your score is...

Between 1-10: You're a fumble bee!

Between 11-20: You're in bee-ness!

Between 21-30: You're the great gats-bee!

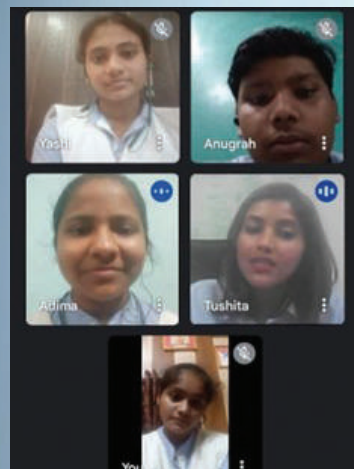
All 37: Wow, you're a beenius!





# Battiyan bujha lo ji!

## A pledge to save



Tushita with the YP team

and skills to tackle these issues as a part of classroom teaching. I have even designed textbooks, assessment, and teacher handbooks for sundry schools in India, South Asia, and the US in this regard. Today, it has been a decade that I have been jumping through hoops to put forth the environmental issues.

The issue of energy conservation is closely related to the environment and needs to be dealt with at the earliest – this is because everything we do, either implicitly or explicitly, ends up affecting our environment. If we keep on using our energy resources at an exponential rate, the demand for fossil fuels would increase, leading to a surge in the carbon dioxide levels in the atmosphere. To restrict something of that sort from happening, one can indulge in small energy-conservation activities like carpooling, riding a bicycle, or walking for shorter distances, etc. By taking action at an individual level, we all can make a huge difference to the world we are living in.”

The environment needs to be saved and so does the energy we consume daily. **Tushita Rawat, programme manager with the Environment Education Unit of the Centre for Science and Environment,** vows to be their saviour. Here’s how!

“I, along with my team at CSE, engage with institutions, teachers, and students to enhance their understanding of key issues of environment and development, as well as provide them with resources



Paving A Greener And More Sustainable Path For Future

### Do we have time?

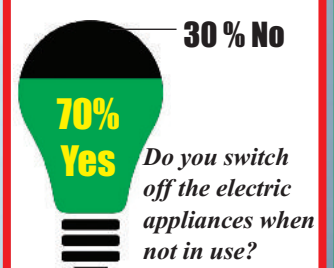
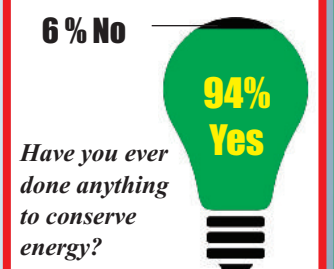
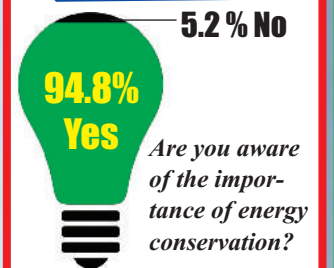
(Source: Internet)



Barrels left  
**1,650,585,140,00**



### YOUTH POWER FINDINGS



Sample size: 250  
Survey tool: Questionnaire  
Sample group: General public

### Switch Save Store

			You just saved 70-80% of your electricity or fuel bills!
			You just saved 24% of energy for future use!
			You just saved 10-20% of your electricity bill!
			You just saved 25-30% of energy for future use!

(Source: Internet)

### That’s what they did!

A Look At How The Corporate Sector Conserves Energy Globally

- S** Sealed, a real-estate company based in New York, works to take homes off fossil fuels, making them cleaner for the planet. It covers the upfront upgradation cost of homes and gets repaid based on the energy reductions achieved by its customers.
- H** HDFC Bank, a renowned bank in India, has taken various carbon neutral initiatives, such as replacing its Uninterruptible Power Supply apparatuses with new energy-efficient devices, replacing bottled drinking water with water purifiers, etc.
- A** Aurora Solar, a cloud-based solar company, has designed over 10M solar projects and was voted as the best solar software in 2021.
- K** Kia Corporation, a South Korean automobile manufacturer, has diminished pollution by conducting a thorough evaluation of its upcoming products, and has also launched EV6, the first Korean car ever to achieve product carbon footprint certification.
- T** TVS Motors, a motorcycle MNC based in Chennai, India, has incorporated renewable energy (wind and solar) in their operations, which has reduced their power consumption by 15%.
- I** Inspire, a greentech company in California, provides its customers with 100% clean energy for one flat monthly price.

(Source: Internet)



# Long live the LIVER!



## Know More To Say No More To The Silent Gun That's Hepatitis



Dr Nitin Manglik

## Kill to live(er)

**D**r Nitin Manglik, principal consultant and gastroenterologist, Fortis, Noida, shares everything you need to know about maintaining a healthy liver and fighting off its silent killer, hepatitis.

### A silent killer was born

If you lead a lifestyle that revolves around eating junk, being inactive, consuming alcohol or smoking, your liver is bound to

deteriorate. To combat this, one must be mindful of what they eat and how physically fit they are.

### Know the killer better

For the unversed, there are four types of hepatitis, namely Hepatitis A, B, C, and D. Hepatitis B and C usually spread through infected needles for injection, blood transfusion, etc., while Hepatitis A is caused by the intake of contaminated food or water. Their detec-

tion, howbeit, isn't easy, for certain liver diseases arrive with no symptoms. The only way to keep track of them is through regular screening. Basic tests for the same include LFT, HBV screening, and abdominal ultrasound.

### Vaccination to outsmart it

The Indian Academy of Pediatrics has incorporated vaccinations of Hepatitis A and B in the universal immunisation program. As part of it, every child gets the required vaccinations upon birth. But one must still take the right precautions to not contract it ever.

## YOUTH POWER

### FINDINGS

8 out of 10 people know about hepatitis



1 out of 10 people don't know hepatitis affects the liver



5 out of 10 people are vaccinated against hepatitis

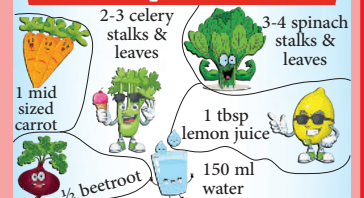


Sample size: 236  
Sample tool: Questionnaire  
Sample group: General public



## Health shots

### Ingredients



### Procedure

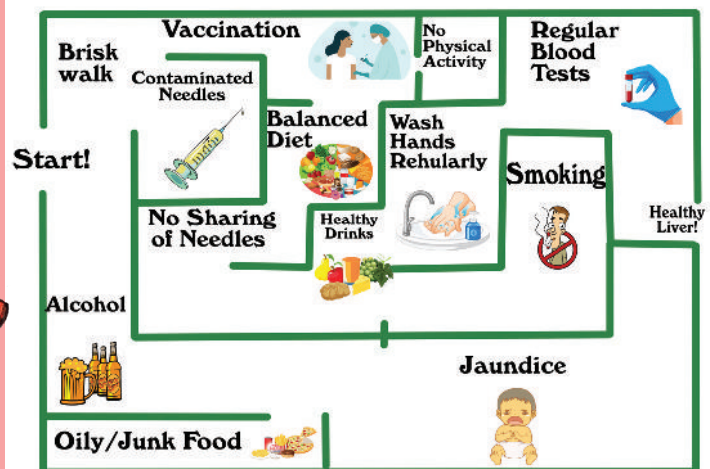
- Wash the stalks and leaves of celery and spinach thoroughly.
- Now, take carrot and beetroot and chop them into small pieces.
- Take a mixer grinder and in it, grind the chopped veggies, stalks, leaves, and some lemon juice together.
- Now, add 150 ml water to it and grind the mix once again.
- Strain the mixture and pour it into a glass. Your health shot is ready!
- Consume daily to get a healthy liver.

### Benefits

- Owing to the presence of betaine in beets, the shot makes for a great detoxifier that helps your liver dump damaging toxins and prevent any build-up of fatty acids.
- Beta-carotene present in carrots, gets converted into Vitamin A in our body and is known to prevent the liver from any sort of damage.

## The liver trail

Pave The Path Of Good Habits For A Happy Liver!



Quora Search for questions, people, and topics. Ask New Question Sign In

**FAQs** Share Knowledge And Better Understand Your Liver

30.4k Questions 9.7m Followers

Related Topics: TV Show Recommendations (7.1k Followers), Television (3.5m Followers), Entertainment Industry (442.7k Followers), Film and Television (695.7k Followers), Television Business (209.1k Followers)

**What is the difference between Hepatitis A, B, and C?**  
Hepatitis A is usually a short-term infection, while Hepatitis B and C can be chronic or life-long ailments. There are vaccinations for both Hepatitis A and B, but there is none available for Hepatitis C.

**How many doses of vaccination one needs for Hepatitis A and Hepatitis B?**  
For Hepatitis A, one must get two doses, with a gap of 6 months between the two. For Hepatitis B, au contraire, one must get either three or four doses depending upon the type of vaccine used.

**What are the foods one must avoid if detected with Hepatitis?**  
One must completely avoid foods with saturated fats such as butter, sour cream, etc., and food with higher sugar and salt content.

(Source: Internet)



# My body is mine!

No Matter What Size Is Your Body Frame, It Isn't For The World To Put To Shame

## The tall and short of it

**D** Dismorphic disorder named Muscle Dysmorphia is what one in ten men who hit the gym struggle with.

**E** Even children aged three can have problems with their body image.

**H** Half the women aged between 18-25 would prefer being run over by a truck than have excess weight.

**S** Social media, as per 40% of UK teenagers, is the root cause of their body negative attitude.

**A** Around 50% of American women feel somewhat better about their bodies after seeing a celebrity with a body similar to theirs.

**A** Around 67.3% of Chinese children are not happy with their body shape.

**K** Known sources have reported that over 28% of Indian women find it difficult to stand up for themselves when someone criticises their physical appearance.

**A** Around 52% of 15-year-old Polish girls saw their bodies as too fat in 2018.

**A** Around 15% of adolescent boys in Germany are terrified of gaining weight.

**R** Research has shown that 50% of Spanish girls harbour a desire for a thinner body despite being of a normal body weight.

(Source: Internet)



## UnRAMENTantly me!



### Ingredients

- Confidence.....1 cup
- Self-love.....as desired
- Positive mindset.....1/2 tsp
- Kindness.....as desired
- Support.....1 tsp
- Body negativity-diluting oil...1 tbsp

### Procedure

- In a cooking pan, add some self-love and let it come to a boil. Don't shy away from adding in a little too much of it, for loving yourself without fail is the goal.
- Now, pour in some positive mindset, but make sure you weed out all the unnecessary societal opinions before doing so. Add some body-negativity-diluting oil if weeding out doesn't help.
- As the thoughts soften a bit, season them with a cupful of confidence and a little support (remember to not compromise on the former in hopes of getting the latter). Stir well.
- Lastly, garnish the mix with some kindness to make it equally accepting towards self and others.
- Voila, your B+ ramen is ready to serve, and how!

## YOUTH POWER

### FINDINGS



7 out of 10 respondents believe that all body types are not treated with equal love and respect



5 out of 10 respondents yearn for an hourglass figure or a muscular shape



4 out of 10 respondents criticise their body type on a daily basis

Sample size: 400  
Sample tool: Questionnaire  
Sample group: General public

## My body, my choice

A plus size model and actor, Sonal Mehandroo, through her journey as a survivor of body shaming, sheds light on the need for our society to be more accepting of different body types...



Sonal Mehandroo

of people who are confident of how they look, but the reality is that there is an even greater number of those who hate their bodies and feel insufficient owing to it. It's therefore important we make them feel valued. The easiest way to do this is by providing them with ample opportunities to prove their mettle. One of my many endeavours, Ms Polished Pluss, a platform for plus-sized women to be featured, is a step in this direction.

### On all that she had to endure

I used to face a lot of bullying growing up. People then used to underestimate the fact that someone of my body type could make it big in the fashion industry or any other sphere for that matter. But now the very same people who looked down upon me praise me for my work. You can make the same happen for yourself, too.

### On all that she wills to change

There might be a good number

### On all the love we need

Know that loving someone else becomes easier when you love yourself first. Self-love thus is key. It isn't something that can be bought or taught; it comes from within. You just have to make peace with yourself. You also need to stop paying heed to what others say. It's more about what I like and less about posting what I think others will like. Turning a deaf ear to hate is the best way to combat this.