

Youth Power is a year-long journey where ten teams, along with their respective mentor teachers, from all Amity schools, undertake a mission to raise awareness regarding various social issues plaguing the world at large. In an effort to sensitise the audience, they rally for their chosen cause and leave no stone unturned to create a tangible change, benefitting every strata of the society. This edition, put together by the 10 teams is a peek into the causes they've worked for through the year.

INSIDE

- AIS Mayur ViharP2
- AIS Vasundhara 6P4
- AIS NoidaP6
- AIS Gurugram 46P8
- AIS VKC Lucknow . . .P10

AMITE poll

On a scale of 1 to 10, how excited are you for Youth Power finale 2018-19?

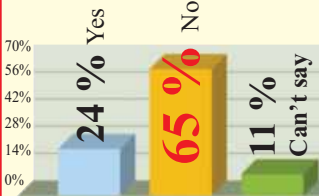
- a) 1-4 b) 5-7 c) 8-10

To vote, log on to www.theglobaltimes.in

POLL RESULT

for GT issue April 22, 2019

Do you think that the recent social media ban by FIFA will curb racism in sports?



Results as on April 26, 2019

Coming Next

Winners of YP 2018-19

Bhawna Tuteja, GT Network

We all have a story. Sometimes it is a tale of victory that finds its fairytale ending; sometimes it has no end. But it isn't the end that makes a story worth sharing, but rather the characters that the story explores, the journey it charts out, the emotions it unleashes. Youth Power, through its 11 year long journey of social change, has seen many such stories. Sadly, the only ones we get to hear are the ones shared on stage. Lurking behind the curtains are many more tales that played their part in scripting this saga of change. This is the story of those unheard stories.

The story of the principal who never gave up

"Whether it was as the Vice Principal of AIS PV or as the Principal of AIS Saket, my involvement with Youth Power and the desire to drive change has remained the same. The only thing that I feel has changed is the fact that Youth Power is no longer just a team project. Today, it is a school project with everyone coming together for the programme. Every student, every teacher, every parent knows what Youth Power is. The only thing that bothers me a little is that we are yet to lift the winners' trophy. Each year, I put in more effort with my students and teachers, trying to understand the programme better. But like I said, it is just a tiny little glitch, one I am sure we will overcome very soon. And that is my Youth Power story." *This is the story of Divya Bhatia, Principal, AIS Saket. For us, hers will always be the story of the biggest cheerleader that a team has ever seen.*

The story of the teacher who became a mother

"I remember when I was given Youth Power, I was overwhelmed. But the more

I understood the programme, the more it became a part of my life. But what really affected me was my team. Whether it was the previous years' teams or this year's team, all of them are my babies. Every single time the team is stuck, they come running to me and that makes me realise how much they depend on me. Of course, that brings in an immense sense of responsibility but also the happiness that I am no longer just a mentor teacher to them. I may have started out as a mentor teacher, but now I feel like a mother figure to my team and that is my Youth Power story."

This is the story of Saritha Chittal, Mentor Teacher, AIS Gur 46. For us, hers will be the story of the mother who cried when they lost and even when they won.

The story of the volunteer who became a team member

"I joined Amity in Class VII. My class teacher, who was also the YP coordinator, realised that I had a strong technical hand. She asked me to help the team with video. And that was my first year of being a volunteer in YP. The next year, I was asked to help with video and PPT. This time, I was a little more involved. Making the final PPT of the team meant that I had to keep track of all the activities of the team, go through their report, follow their speech so that it could be in sync with the PPT, all of which meant working closely with the team. Back then I was an introvert and there I saw the core team, brimming with confidence. I was impressed. It was perhaps then that YP brushed its charm on me and I took up the programme next year, this time not as a volunteer but as a core team member and that is my Youth Power story."

This is the story of Daksh Chokra, Alumnus, AIS Gur 46. For us, his will be the story that it is always the one on the sidelines that make the hero win.

The story of the husband who cheered on

"Being married to a mentor teacher is a roller coaster. You have to realise that if she is a little too annoyed, it is because the finale is around the corner or the activities are not going as planned. But then when you realise that this (Youth Power) is something too important to her, it automatically becomes important to you. Ask me anything about the project and I know what's going on. I knew when the documentation was being done, I knew when there were changes in the video, I know that we are currently working on the PPT. On the day of finale, I find it hard to focus on my work and so I keep calling her every couple of hours to find out the result. It's like my finale. As of now, I am hoping that Noida wins. And that is my Youth Power story."

This is the story of Abhinav Priya, husband of Mentor Teacher, Sanyukta Priya, AIS Noida. For us, his will always be the story of the man who supported a successful woman.

The story of the father who almost lost his son

"I still remember losing all hope. The waiting list at AIIMS was too long and my son unfortunately could not wait that long. He was battling for life with a hole in his heart. Coming from a small town in Bihar, I found myself utterly lost, running from one doctor to another. And then, it was as if God had come down on earth. I met these children and they helped my son get a surgery. They would come visit him every day, bring him toys, chocolates etc., but most of all, they brought him life. They got us through doctors and before I knew my son was in the operation theatre. Today, my son is eleven and I am told it is because of something called Youth Power. Though, I do not understand what it is, I am extremely thankful and that is my

My Youth Power Story



Dr. Amita Chauhan
Chairperson

I have always said that I am not just the Chairperson of Amity Group of Schools, but the mother of countless Amitians. As their mother, my Amitians have given me numerous occasions to be proud. So what exactly makes a mother proud? When the child brings home a glittering trophy? Or, when the child surpasses his own achievements, setting new benchmarks of excellence? What makes a mother really proud is when she sees her child turn into a fine human being, bearing the values she has instilled in him. That is exactly what I feel every year at the Youth Power grand finale, when I see my children upholding Amity's legacy of human values, being sensitive towards others and taking on the responsibility of tomorrow. I am a mother, proud of the legacy that my children have created with Youth Power and that is my Youth Power story.

Youth Power story." *This is the story of Ramesh Kumar, father of Rajesh, a ten year old boy who was helped by YP team of AIS Noida (2017-18) in getting treatment. For us, his will always be the story that reminds us why Youth Power exists in the first place.*

... And that is my Youth Power story

Eleven Years, Countless Stories

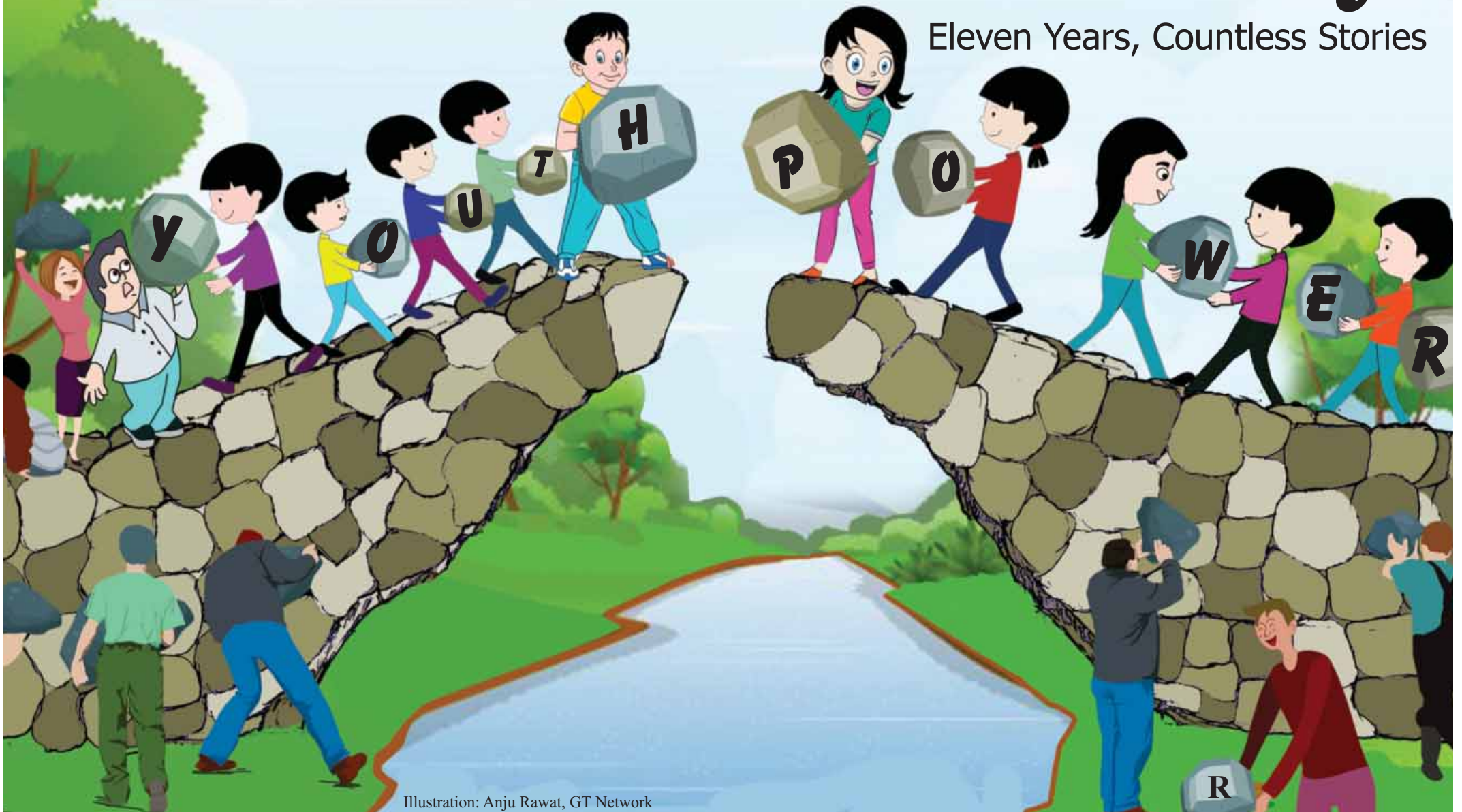
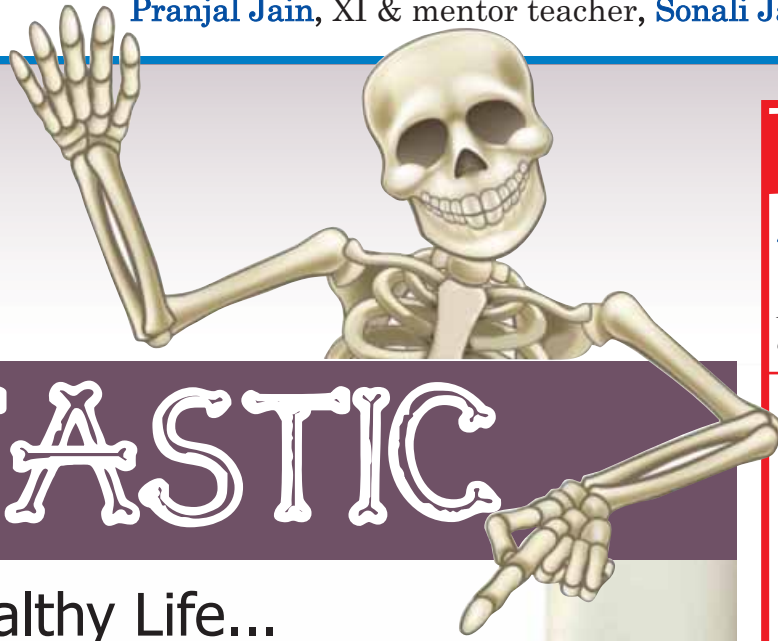


Illustration: Anju Rawat, GT Network



BE BONETASTIC

It Is Time To Bone Up For A Healthy Life...

Not women's best friend

According to National Osteoporosis Foundation, females are more prone to developing osteoporosis due to thinner bones.

46 million women over the age of 50 are afflicted with osteoporosis, while 20% of them are not even aware of the same.

The risk of a woman breaking her hip bone is equal to her combined risk of breast, ovarian and uterine cancer.

During menopause, a hormone called estrogen responsible for bone protection decreases sharply, which leads to bone loss.



Gender no bar

Not friendly to men either

Men comprise 20% – 25% of total hip fracture patients, the overall mortality rate of which is about 20%. This risk is considered relatively lower in women.

The residual lifetime risk of men encountering an Osteoporotic fracture has been found to be up to 27%, which is higher than the risk of developing prostate cancer.

Men usually have higher rates of fracture mortality than women do.

Men suffering from colles fractures stand at a much higher risk of hip fractures.

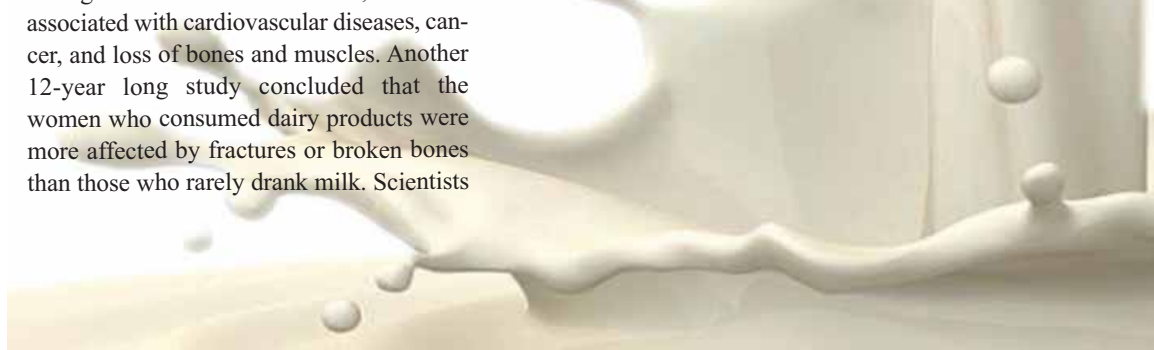
Source: Internet

A bone of contention

The hero of every story, the protagonist of every tale, the knight in shining armour: Milk! But is it really the one that will solve our problems, or will it end up giving us more trouble?

According to a study, too much milk turns antagonist to our bones. Conducted with 60,000 women and 45,000 men, the study concluded that too much milk, say, 3-4 glasses a day, can be associated with mortality and increases the risk of fracture. D-Galactose, a substance found in milk, has been shown to stimulate oxidative stress damage and chronic inflammation, which are associated with cardiovascular diseases, cancer, and loss of bones and muscles. Another 12-year long study concluded that the women who consumed dairy products were more affected by fractures or broken bones than those who rarely drank milk. Scientists

also argue that not only do we barely absorb the calcium in cow's milk, it actually increases calcium loss from the bones, as it acidifies body's pH level, which, in turn, triggers a biological correction. It also contains three times the amount of protein that the human body needs, creating a metabolic disbalance in human beings. But then this is just one study, and as is the case with science, contended by other studies. So, don't drop off that glass of milk just yet. Till the time we reach a unanimous verdict, stick to drinking a moderate amount of milk.



YOUTH POWER FINDINGS

Do you consume diets rich in calcium and Vitamin D?

74% No

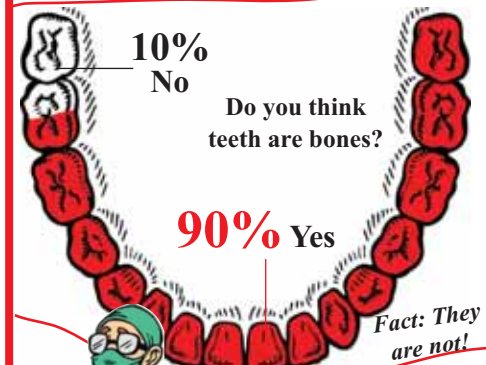


91% No

9% Yes

Are you aware of bone diseases like Osteoporosis and Osteopenia?

26% Yes



10% No

Do you think teeth are bones?

90% Yes

Fact: They are not!



Have you ever consulted an Orthopedician?

40% No

60% Yes

Do you take bone health seriously?

43% No

57% Yes

Sample size: 500 Sample group: General public Survey tool: Questionnaire

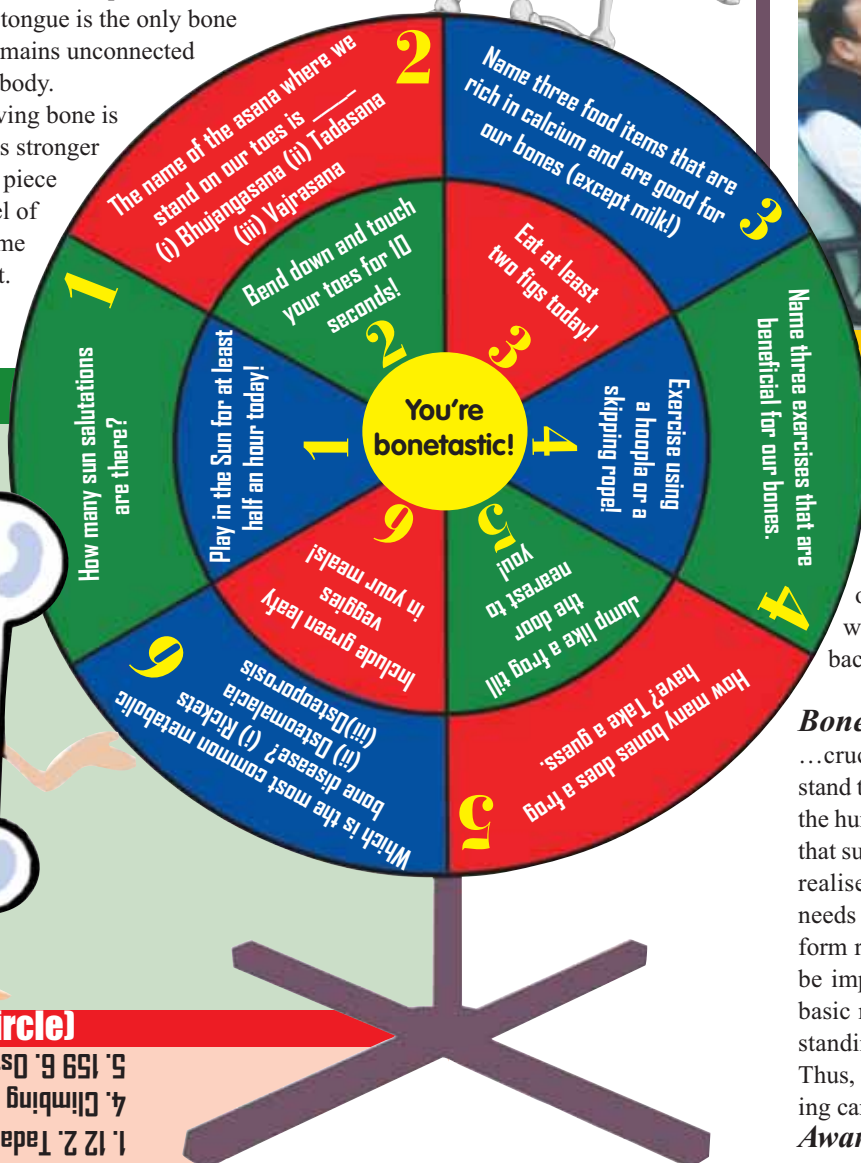
Did you know?

One of the most easily broken bones are those of the arm, which accounts for half of all broken bones in adults. Among children, collarbone is the most easily broken bone.

During puberty, bones cease to grow in length. Bone strength and density changes over the course of life.

Hyoid, a V-shaped bone located at the base of the tongue is the only bone that remains unconnected to the body.

A living bone is 6 times stronger than a piece of steel of the same weight.



A dicey affair!

1. Roll the dice.
2. Check the number on the dice and answer the question corresponding to the number written on the outer circle.
3. Know the answer? If yes, you may now move on to the inner circle and attempt the task written on the corresponding number.
4. Done? Now, pat yourself on the back. Congratulations, you're bonetastic!



Answers (Outer circle)

1. 12. Tadasana 3. Figs, lentils, Yoghurt
2. Climbing stairs, jogging, racquet sports
3. 159 B. Osteoporosis
4. 5. 159 B. Osteoporosis

Honing the bones



Dr SK Arora in conversation with YP team

The fight against weak bones is in full swing, and leading the cause is Dr S K Arora, Additional Director of Health, Government of India. He is also the only Indian to be felicitated with the esteemed World No Tobacco Day 2018 Award by WHO.

Bone-health is...

...crucial. It is imperative to understand that bones are the framework of the human body, much like the pillars that support a building. Yet, we fail to realise their importance. Our body needs healthy bones in order to perform regular bodily functions. It will be impossible to conduct even very basic routine activities like walking, standing etc. without healthy bones. Thus, it is essential that we start taking care of our bones early on.

Awareness is...

...a must. Neglecting bone-health can lead to numerous health problems, the prime one being Osteoporosis. It is the most common bone-disease that affects a large population of the world. In India alone, more than 46 million people either already have osteoporosis or are at high risk due to low bone mass, which make them prone to fractures. One also needs to be aware of the effects of unhealthy habits like smoking or alcohol consumption that result in lower bone density.

The time is...

...now. It's never too late to start taking care of your bones. The activities you do and the diet you take decide bone's health. So, cut junk food, smoking and drinking from your routine. Eat healthy and exercise daily, for healthier bones and healthier you.



Dabba khaali dustbin full

For Every Stomach Too Full, There Is One Growling In Need For Food



Do the right with the left

If doing away with leftover food is what you do, then it's time for you to do away with this practice

Ingredients

Leftover chapatis2
Oil2 tbsp
Onion (chopped)1
Capsicum (chopped)1
Green chili (chopped)2
Saltto taste
Peanuts a handful
Mustard seedsa pinch
Cumin seedsa pinch

Method

- Cut the chapatis into small pieces. Set them aside.
- Take a pan, add oil, mustard seeds and cumin seeds to it.
- Once the seeds start to splutter, add chopped vegetables and sauté till the veggies turn light brown.
- Now, add peanuts and roast for a few minutes till it starts turning light brown in colour.
- Finally, add chapati pieces and sauté all the ingredients on a low flame. Add salt as per taste.
- Your leftover chapati recipe is ready.

Every morsel counts

Food: A way to life for some, a path towards crisis for others. Anshul Singh, Clinical Nutritionist, General Secretary of Nutrition Association, talks about how one must focus on curbing food wastage.

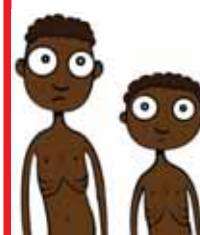
Despite the fact that India is the world's largest producer of rice, wheat, etc., the country grapples with a severe food crisis; the primary reason for which is wastage. While there are several reasons for food wastage, in my opinion 'variety' leads the cause. When we are provided with a variety of food items, we end up



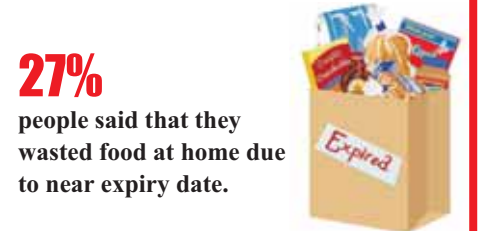
taking a little bit of everything, which ultimately results in a lot of food, something we are unable to consume. The end product, of course, is wastage. Simple steps like taking multiple servings instead of filling your plate at once, inculcating the habit of consuming food in portion sizes etc., can go a very long way in curbing food wastage because every morsel counts.

YOUTH POWER FINDINGS

26.6% people were aware enough to store smart by labelling items with their 'open date' or 'freeze date'.



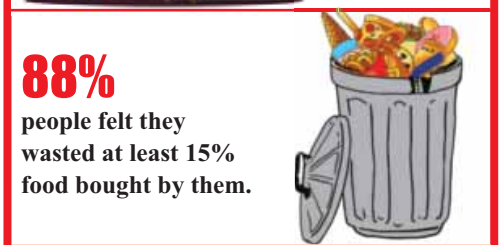
42% people said that they were aware of people suffering from hunger whilst they themselves wasted food.



27% people said that they wasted food at home due to near expiry date.



19% people said they opted not to eat leftover food.

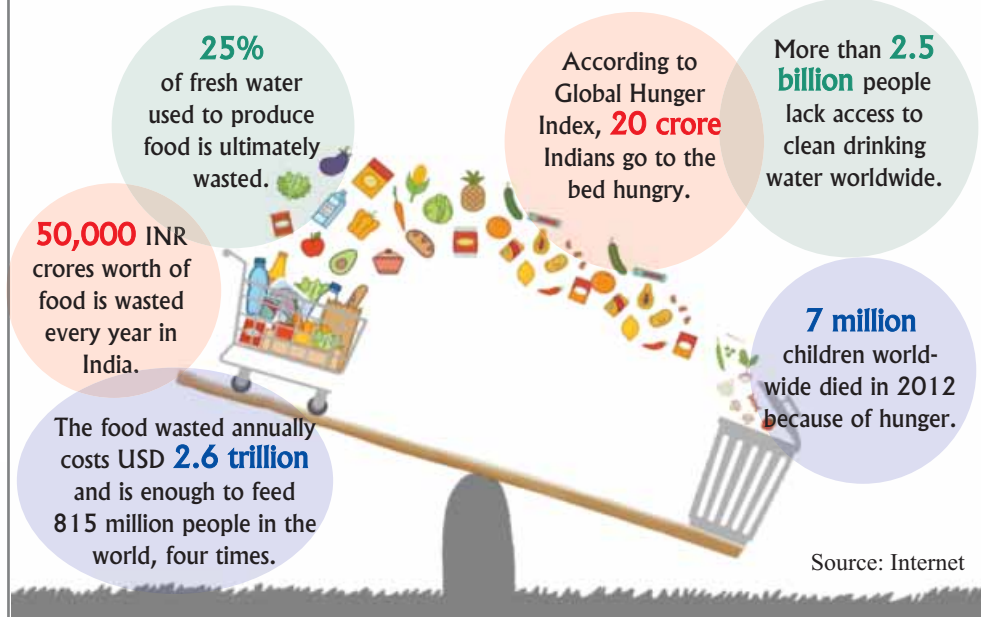


88% people felt they wasted at least 15% food bought by them.

Sample size: 500 Sample group: 11-65 years
Survey tool: Questionnaire

Fac(t)ing the truth

For every full plate of food that is thrown to waste, there are many hands that scavenge the dustbin for a meal. The difference between the two sides of the plate is staggering!

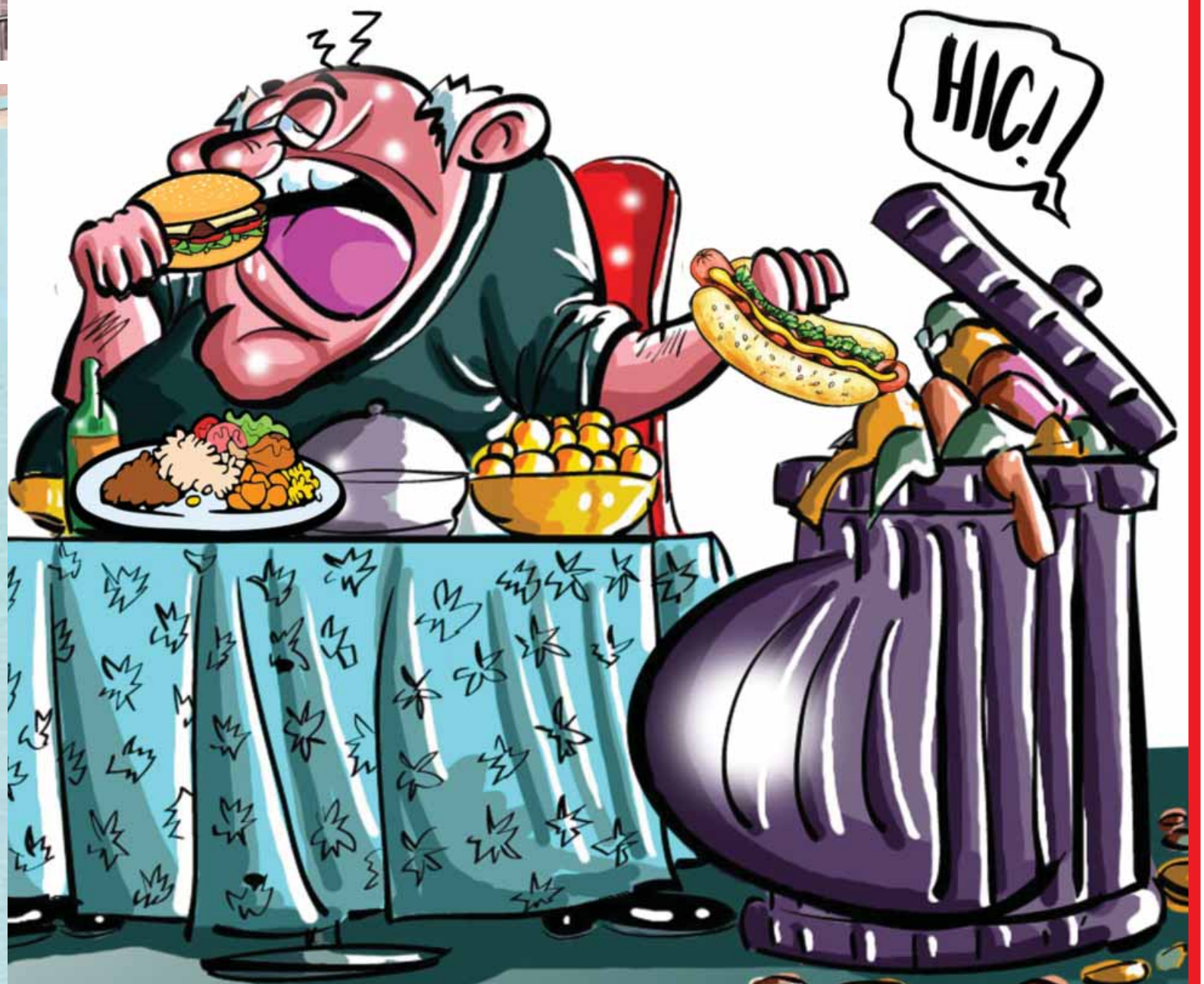


The holy grain

If you think that you don't contribute to food wastage, it's time for a reality check!

1. Do you make your grocery list according to your food requirements?
Always (5), Sometimes (3), Never (0)
2. While grocery shopping, do you select items according to their shelf life?
Always (5), Sometimes (3), Never (0)
3. Do you compost the stale food?
Always (5), Sometimes (3), Never (0)
4. Do you finish the food put on your plate?
Always (5), Sometimes (3), Never (0)
5. Do you include leftovers in the next meal?
Always (5), Sometimes (3), Never (0)
6. Do you prepare the dishes according to the number of people present?
Always (5), Sometimes (3), Never (0)

Your Score:.....
Full 30: You do not contribute to food wastage. Kudos!
Between 20-29: You're trying not to contribute to food wastage. Good job!
Between 10-19: You need to do better. It's time to pull up those socks!
Below 10: You are not at all concerned about food wastage. Boo hoo!





Let's Work Towards Making India A Green & Clean Place

The big number...

...Shows Us How Badly We Treat The Environment

53.1%...
...of the country's 246.7 million households don't have a proper waste disposal system.

26,000 tonnes...
...of plastic waste is produced in India every day.

15.3 billion...
...trees are chopped down every year worldwide.

2.4 million pounds...
...of carbon dioxide is released into the air every second.

62 million tonnes...
...of waste is generated in India every year, of which 60% is collected and 15% processed.

1,400 km. sq...
...of landfill area will be required by 2047 for dumping India's increasing municipal solid waste.

78%...
...of the urban sewage flowing in rivers remains untreated, according to a Centre for Science and Environment report.

14,000 km. sq...
...of forests have been cleared out over the last three decades.
Source: Internet

The rules to live by

In a world where humanity is losing its ground, **Mahesh Mishra, a freelance horticulture consultant and environmentalist** has three 'green' commandments for everyone to follow.

Thou shalt not ignore the changing circumstances
One reason why we haven't reached our goal of a 'Clean and Green India' is due to the surging carbon footprint resulting from our dependence on ACs, refrigerators, cars, etc. If we do not remove the intoxicants from our renewable resources like air and water, we will never be able to fix the environment.

Thou shalt plant more and more trees
Trees remove various contaminants from the air. A



Mahesh Mishra with YP team member

single tree produces enough oxygen for at least 4 people. So, let's do our bit and plant as many trees as possible to make the environment clean and green.

YOUTH POWER FINDINGS

Residents Welfare Associations maintain the green areas in their societies.

People do not throw waste on roads.

People like participating in cleanliness-related campaigns.

People contribute towards keeping the country clean.

People consider cleanliness to be a major problem for India.

People take an extra step to keep the area around their house clean.

People believe Swachh Bharat Abhiyan to have made a difference.

(These stats are out of 4)

Sample size: 502 Sample group: General Public
Survey tool: Questionnaire

Thou shalt not refrain from sharing responsibilities
Government or NGOs are not solely responsible to keep the surroundings clean; the duty lies on all of us. 'Swachh Bharat' will become a reality only if we all come together and fulfill our duty towards our surroundings and our nation.

Around the world

These countries are keeping it clean and green. The time has come for our country to also follow suit.

<p>Singapore</p> <p>Little things matter! Singapore implements low-scale laws that result in big changes. Smoking, littering, and spitting in public are punishable offences with more than \$1000 fine. The country has banned chewing gum since 1992.</p>	<p>Australia</p> <p>Recycling is the key! Adelaide recycles 85% of its waste, where every residence is provided with 240 litre yellow lid bin (for recyclable items), 240 litre green lid bin (for organic items), and 140 litre red bin (for waste).</p>	<p>Switzerland</p> <p>Use public transport! Zurich has efficient transport services that connect the city through zone buses that operate 24/7. The city follows restrictive parking policy, allowing only 1 parking space per 1200 sq. meters.</p>	<p>Iceland</p> <p>Let's not be indifferent! Reykjavik has waste drop-off centres across the city; they even use geothermal energy to power their public buildings. It is because of their efforts that the country's HDI value stands at 0.935.</p>	<p>Hawaii</p> <p>Zero littering! Honolulu implements a strict no-littering policy and fines with penalty of \$5,000 or a year in jail. The country promotes walking over transportation with their various pedestrian-friendly sidewalks.</p>
---	---	---	---	---

Easy peasy Indoor plants that are great air purifiers

Name: Areca palm
Scientific name: *Dyopsis lutescens*
Easy to care: Can grow anywhere in the house in indirect sunlight.
Benefits: Filters xylene and toluene from the air and is considered an effective humidifier.



Name: English ivy
Scientific name: *Hedera helix*
Easy to care: Keep it in direct contact with sunlight with no overflow of water.
Benefits: Reduces airborne fecal-matter particles.



Name: Aloe vera
Scientific name: *A vulgaris lam*
Easy to care: Place it near a sunny window.
Benefits: Clears formaldehyde and benzene from the air and is considered best for skincare.



Hi, everyone!
My name: Indian Ocean
My nickname: Garbage Patch
Why people call me that: I have the third major collection of plastic debris
My biggest struggle: That I am filled with litter including various hazardous chemicals. 106 tonnes of oil and petroleum is discharged into me annually, which is approximately 40% of the total spill in all the oceans.



I dislike: Debris! Most of it inside me doesn't even decompose, polluting me. It uses my oxygen as it degrades and then it ends up depleting me. As a result of that, my friends Whales, Turtles, Sharks and Dolphins suffer so much. I lose so many friends every year.
I like: When my water is extremely clean and crystal clear, but sadly, I have not seen that side of me in decades.

Pledge

I, _____ (Your Name), pledge to be committed towards making this planet cleaner and greener and propagate the message of 'Swachh Bharat, Sundar Bharat'. I will help in keeping my surroundings clean and will not let anyone litter on my watch. I will plant as many saplings as possible and will not let others cut down trees.

(Cut this and paste it on your bedroom wall to remember your role as a green warrior.)



200 Animals

...that is the number that an average vegetarian is able to save every year. All one needs to do is to simply resort to vegetables.

90% Fish

...that is the number that has been exterminated due to over fishing, courtesy-non vegetarianism.

1100 gallons

...that is the amount of water saved every year when one adopts vegetarianism.

18-51%

...that is the amount of man-made pollution generated from the meat industry alone.

52,000 INR

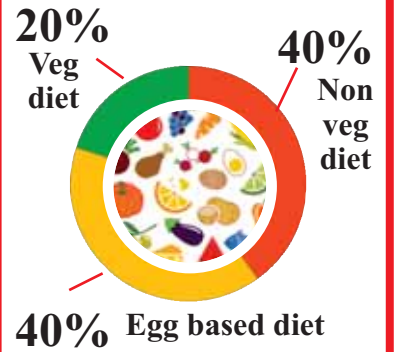
...that is the amount you can save every year by switching to a vegetarian diet.

Source: Internet

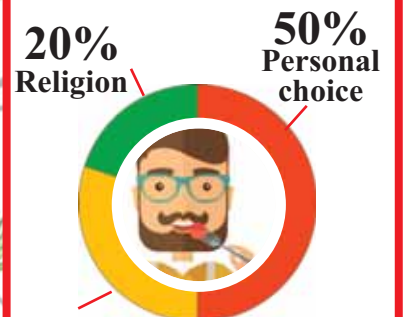
It's Veggie important

YOUTH POWER FINDINGS

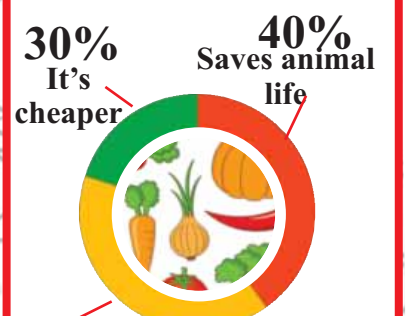
Most common diets



Reasons for being a non-vegetarian



Why should one adopt vegetarianism?

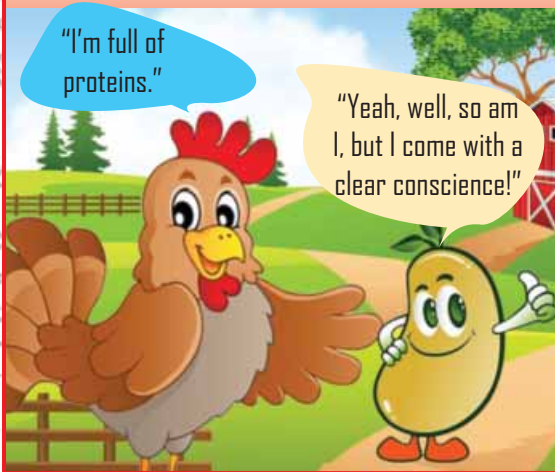


Sample size: 510

Sample group: General Public
Survey Tool: Questionnaire

Take The Pledge, Switch To Veg, Don't Push Animals To The Edge

'Hen'ce proved



The facts don't lie!

Dr DK Tyagi, an eminent social worker and a vegan advocate working for animal welfare, shares his reasons as to why everyone should be a part of the vegetarian movement, and he comes bearing facts.



Dr DK Tyagi shares his wisdom with the YP team

Fact: A vegetarian diet saves more lives.

According to a study done by Nobel Price winner, Elizabeth Blackburn, a vegetarian or a vegan diet causes more than 500 genes to change in three months in a person. This type of diet turns on the genes that fight diseases and turns off the genes that cause cancer, heart diseases and other illnesses. It goes on to show that a vegetarian diet is better for human body

than a non-vegetarian diet.

Fact: Non-vegetarianism aids world hunger.

Vegetarianism is the only way to feed every mouth on this planet,

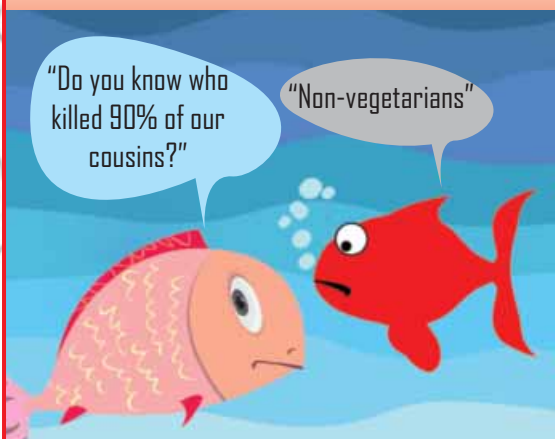
but we keep ignoring it for our own pleasure. Various studies have been done on how we produce enough grain to feed the entire world, but we choose to feed most of it to the animals so that we can

eat them instead. We can feed almost 9 billion people if we give up meat. The choice is truly ours; are we going to pick our own pleasure over world hunger?

Fact: Vegetarianism is water-friendly.

Around 9464 litres of water is required just to make one pound of meat, whereas one pound of wheat requires only 94 litres of water. So, leaning towards wheat not only saves innocent lives, it also saves our precious and valuable water. Vegetarianism is nothing but good for the world, and it is high time we switch to it.

'Fishing' for an answer



'Moo'ving over meat



Meet the family

Different Types Of Vegetarians To Be On A Lookout For

Vegan



They don't consume any animal products like meat, fish, or even their by-products such as eggs and dairy. They are not in favour of animal murder for their silk, leather or wool.

Lacto Vegetarian



This section does not prefer to eat red or white meat, fish, fowl or eggs, but they do like and consume diets that include dairy products such as cheese, milk and yogurt.

Ovo Vegetarian



Also referred to as 'Eggetarians', they do not consume red or white meat, fish, fowl or dairy products. However, they choose to eat egg products in their diet.

Lacto-ovo Vegetarian



As the name suggests, this is the most common type of vegetarianism. This category does not like to consume any animal products but eat dairy products and eggs.



A 'blood'y affair

Changing The Way The World Thinks Of Menstruation, One Step At A Time

Menstrual tabOOs around the world

Romania

You can't touch flowers because they'll die quicker!



USA

One must not perm their hair until their first period!



Israel

You get slapped on the face when you get your first period so that you have 'nice' red cheeks for life!



Malaysia

Wash your pads before throwing them or ghosts will haunt you!



Nepal

Menstruating women are banished outside their home in the practice of 'Chhaupadi', prohibiting them from participating in any household activities.



India

Religious worship and rituals are forbidden for women undergoing their menstrual cycle.



Food for every period

Popcorn

Delivers whole grain to the system that boosts the production of serotonin to keep mood swings in check.



Dark Chocolate

Full of antioxidants and magnesium that soothe cramps and produces endorphins in the body which keeps one relaxed and cheery.



Broccoli

Gives fibre and Vitamin E to the body, regulating digestion and reducing PMS symptoms.



Muskmelon

Flushes out excess fluid that the body starts storing a few days prior to periods, thus prevents bloating.

Yogurt

Rich in calcium and vitamin D, it balances Ca²⁺ levels in the blood and reduces PMS symptoms, bloating and eases out the pain to a great extent.



Banana

Provides potassium and vitamin B6 to the body which eases bloating and helps muscles to relax.

Crimson Crusader



It's time to ovary-act!

Are women getting proper care to deal with the menstrual pain? The statistics say otherwise!

2,30,00,000 girls

drop out of school after their menstruation cycle begins due to lack of access to proper sanitation facilities.

88% of girls

in India, living in poverty cannot afford disposable sanitary napkins and rely on home-made pads.

70% reproductive diseases

occur because about 2/3 of girls change menstrual cloth once in a day.

25 million women

suffer from endometriosis, a chronic condition in which period pain is so bad that women nearly pass out from it.

71% girls in India

report having no knowledge of menstruation before their first menstrual cycle. Source: Internet

Read, reflect and see your doctor

Dr Archana Chaudhary, a specialist obstetrician and gynaecologist at GTB Hospital, Shahdara, New Delhi, shares what is and isn't normal during a menstrual cycle.

The duration of blood flow

A healthy period lasts between 3 to 7 days, the average days being 5. If it continues for more than that or ends sooner, it isn't normal and is a sign that you should go see a doctor.

The amount of blood flow

A normal amount of blood



Dr Archana Chaudhary with YP team members

loss should be 30 to 80 ml with an average of 50 ml. More than 80 ml loss of blood in a single cycle is considered unhealthy. If you have to change your pad every hour or so, take it as a sign of abnormality.

The frequency of menstrual cycle

A menstrual cycle that goes for about 28 to 30 days is normal. Also tak-

ing into consideration that the number of days remain constant for every cycle, if your periods happen after more than 35 days or once in 2-3 months, then you should talk to a doctor. Other signs of an abnormal period are severe pains, unusual bleeding between periods, feeling anxious, depressed or anything that can intervene with everyday routine.

YOUTH POWER FINDINGS

The Good

58.5%

women follow their normal routine even during periods.

87.4%

women are ready to accept eco-friendly sanitary napkins.

The Bad

37.6%

women avoid exercising during their periods.

48.8%

women avoid going to religious places whilst menstruating.

61%

women don't take special care of their diet during their periods.

59.2%

women feel uncomfortable to talk to family regarding periods.

The Ugly

Sample size: 500 Sample group: 15-51 years (females) Survey tool: Questionnaire



The evolution of period products

Cloth pads (10th century)

Pros

- They tend to create less waste
- Can be reused

Cons

- Takes time to wash and dry the pads
- Does not stay intact

Sanitary Napkins (1921)

Pros

- Doesn't obstruct the menstrual flow
- They can be worn overnight

Cons

- Risk of infection
- Since it's not reusable, it creates more waste

Tampons (1929)

Pros

- No problems with body odour
- Does not show through clothing

Cons

- Can cause Toxic Shock Syndrome
- May leak without any warning

Menstrual cups (1937)

Pros

- Is environment friendly with minimum waste
- Can be used and reused

Cons

- Hard to use in a public place
- Needs to be sterilised after each menstrual cycle



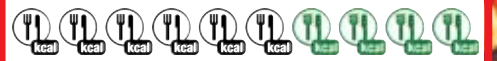
Brought to you by YP team of AIS Pushp Vihar:
 Aman Singh, Daksh Jhalani, Roshini Srivastava: XI,
 Keshav Gupta, X, & mentor teacher, Lavanya Jain

NOURISH

to

FLOURISH

YOUTH POWER FINDINGS



6 out of 10 people

were unaware about the number of calories they must consume in a day to maintain their body weight.



5 out of 10 people

do not follow a balanced diet.



7 out of 10 people

were unaware that obesity is a form of malnutrition.



8 out of 10 people

were unaware that malnutrition can be congenital and genetic.

Sample size: 572 Sample group: 12-75 years
 Survey tool: Questionnaire

Let Thy Food Be The Medicine That Fights Malnutrition



THE ONES SUFFERING

Stunting

Impaired growth as a result of poor nutrition

155,000,000

children under the age of 5 were stunted in 2016.

28,900,000

children are stunted in West and Central Africa, increasing from 22.8 million in the last decade.

Nyctalopia

The inability to see well in poor light or at night caused by vitamin A deficiency

5,200,000

preschool-age children worldwide are affected by it.

3 out of 4

cases of blindness in India are of night-blindness.

9,800,000

pregnant women in the world suffer from night blindness.

WHEN PROBLEM MEETS SOLUTION

The plague of malnutrition is a question that is yet to be answered. But **Neha Baweja**, a senior nutritionist and a certified diabetes educator, gives us a history of the problem and ways to find the solution.



Neha Baweja shares her views on the cause

THE PROBLEM

Malnutrition is generally thought of as an issue only for the under-privileged, but it is a problem that affects the privileged section too. Anaemia, a form of malnutrition, affects one-third of the world, which includes the privileged lot. Some other problems affecting them are obesity and vitamin deficiency. While the poor battle malnutrition due to lack of food, the rich are affected due to consumption of junk food.

THE SOLUTION

The urban population has made fast food their best friend and there is a need to change that. A healthy diet of homemade nutritious food needs to be in place which includes iron and protein rich food, especially for the younger ones. Government

needs to come up with new plans that makes nutritious food easily accessible for the economically weaker sections. Periodical routine health check-ups like haemoglobin level checks are needed so that malnutrition can be detected at an early stage and can be dealt with accordingly.

JUST 'BEET' IT... WITH THESE NUTRITIOUS FOODS!



Body type #1

Ectomorph: Long, thin muscles, with small joints and a low fat storage.

You 'butter' eat it: Protein shakes, oats, flaxseed oil, eggs, apples, asparagus, pear, prunes and sweet potatoes.



Body type #2

Endomorph: Large bone structures, high fat storage and low muscle-building capability.

You 'butter' eat it: Quinoa, legumes, coconut oil, avocado, brown rice, oatmeal and strawberries.



Body type #3

Mesomorph: Solid torso, medium bones, low fat storage, wide shoulders and a narrow waist.

You 'butter' eat it: Lentils, greek yogurt, olive oil, bran cereal, mashed potato, tuna salad and muesli.



THE GALLOWS OF MALNUTRITION

The dreadful clock ticked away
 Time was hollowly filling
 The pain was too much to bear
 It sped up the final killing

With the hopes of nutrition
 The boy roamed for three days
 But no food was in sight
 The world was an endless maze

His spine was bent out of shape
 The breaths were getting shallow
 The eyes bulged out in horror
 His body was now a fallow

Standing on the verge of death
 The boy won't live to see tomorrow
 Life said its final goodbye
 Isn't malnutrition a cause of sorrow?

Source: Internet

Obesity

Excessive body fat accumulated in the body

650 MILLION

people, in 2016, were obese.

70% OF PEOPLE

in the middle-age category living in Delhi-NCR are obese.

ANAEMIA

Lack of healthy red blood cells due to iron deficiency

51% OF WOMEN

living in India are anaemic.

#1

is India's position vis-a-vis prevalence of anaemia.



SAVE THE future SAVE FOR THE future

Let's Say Yes to Sustainable And Renewable Energy Sources

Roof: Light coloured tiles help save energy up to 60%

Attic: Insulation with fiberglass, cellulose or mineral wool saves up to 26% energy

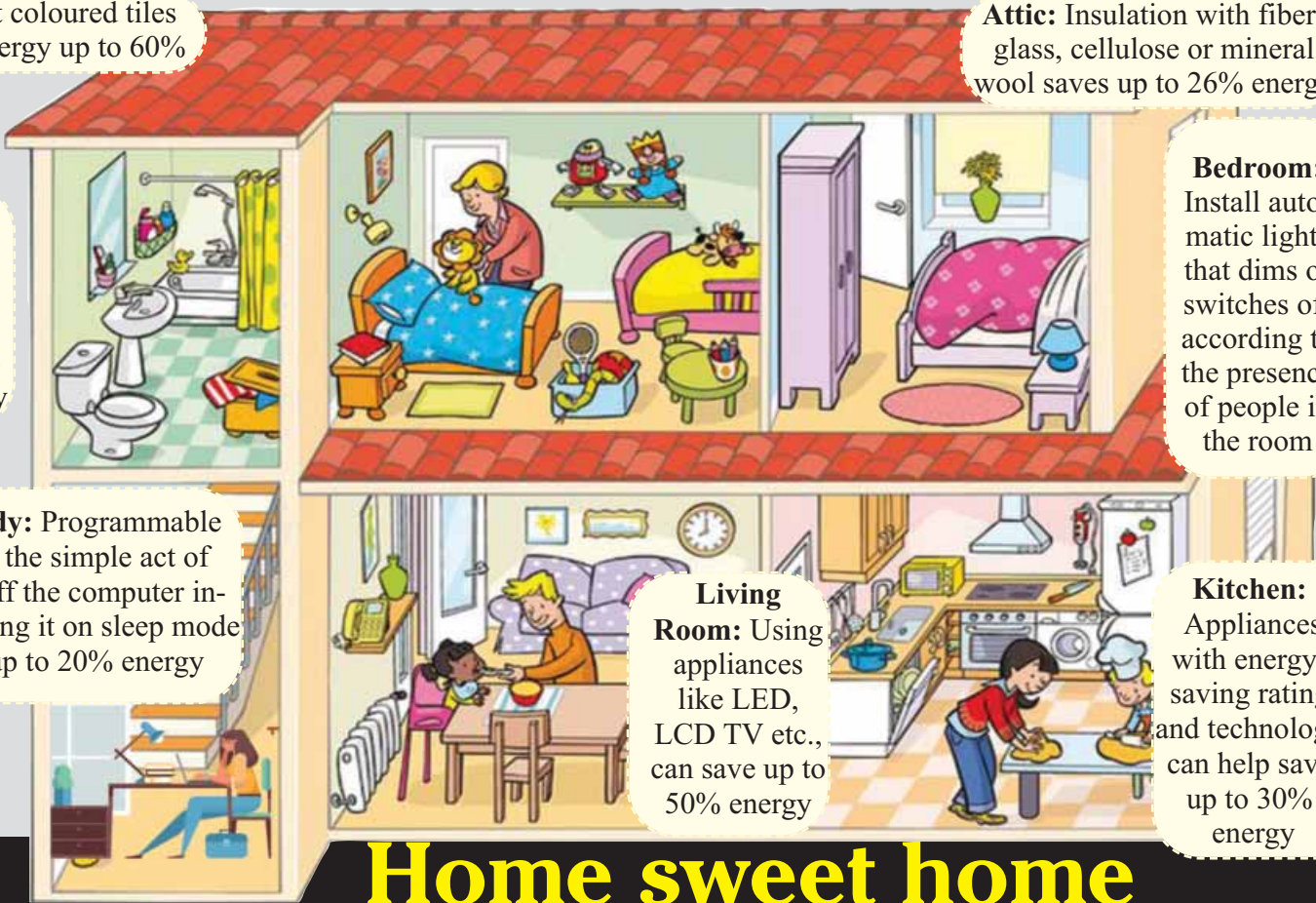
Bathroom: Switching to hot shower instead of a bath saves up to 20% energy

Bedroom: Install automatic lights that dims or switches off according to the presence of people in the room

Office/Study: Programmable blinds and the simple act of switching off the computer instead of putting it on sleep mode can save up to 20% energy

Living Room: Using appliances like LED, LCD TV etc., can save up to 50% energy

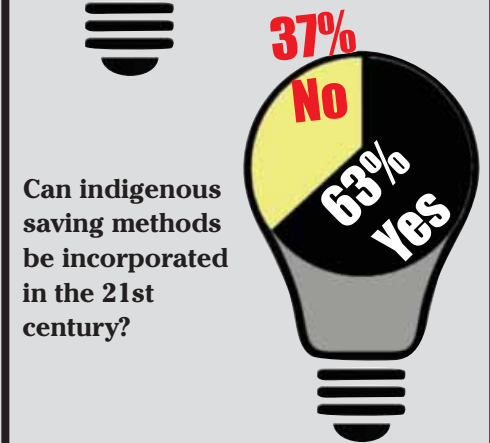
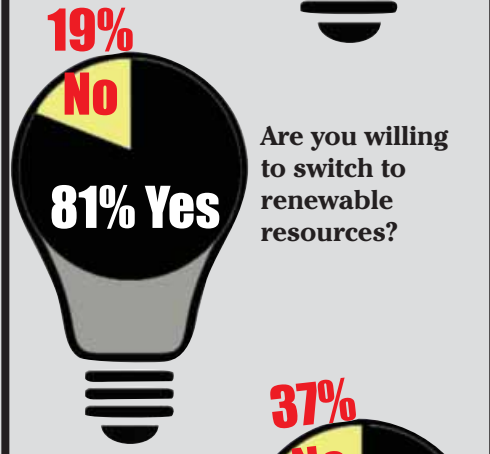
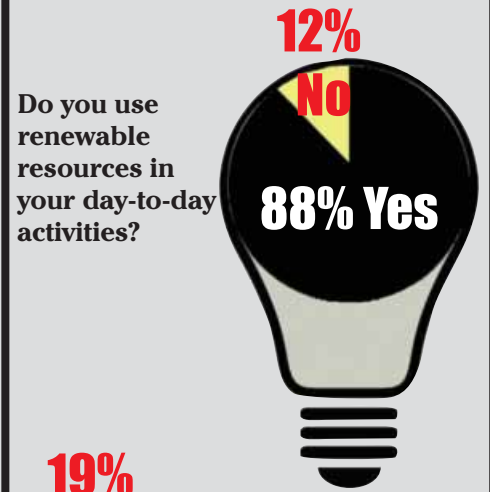
Kitchen: Appliances with energy-saving rating and technology can help save up to 30% energy



Home sweet home

Little Things We Can Do At Home To Conserve Energy

YOUTH POWER FINDINGS



Sample size: 650 Sample group: General Public Survey tool: Questionnaire

Conserve-it-yourself Solar Lamp

Material required

- Distilled water
- Bleach
- 600ml recycled plastic bottle
- Electric circuit board
- Solar panel
- Glue
- Plastic pipe
- Small LED bulb (tube shaped)
- Rechargeable battery



Method

- Take a piece of cardboard and make a hole in it which is the same size as the diameter of the bottle.
- Push the bottle through the hole and stick the cardboard to the bottle with the help of glue. Drill a hole in the cap of the bottle and keep it aside.
- Fill the bottle with distilled water. Ensure that there's no dirt or dust in the water and it's as clean as possible.
- Add a little amount of liquid bleach to the water to ensure that the water stays clear for as long as possible. Close the bottle cap tightly after this.
- Mount the electric circuit board on top of the cardboard. Connect an LED bulb and battery to the circuit board with the help of wires. Insert the pipe in the bottle through the cap so that it is half immersed in the liquid.
- Insert the bulb in the pipe so that only the bulb is immersed in the liquid. Ensure that the wire does not touch the liquid.
- Connect the circuit board to a solar panel to charge the battery of the bottle lamp. Voila! Your lamp is ready!

Solar lamp by YP team

Shine bright, save light

Adopting Sustainable Energy Is The Need Of The Hour

Dr Harsh Vardhan, the incumbent minister at Ministry of Science & Technology, Ministry of Environment, Forest and Climate Change, and Ministry of Earth Science, has a pivotal role to play in energy conservation and resource management. He shares his views on the topic and its aspects.

"India is brimming with vast potential of various renewable energy resources."

India's technology is increasing rapidly and so is our potential. We do not just have vast sources of alternative energy, but we also have the technology to tap the same. Thus, the scope of development of new and better sources of energy, is immense. We're on the path of



Dr Harsh Vardhan interacting with YP members

becoming a 100% renewable-energy-dependent nation.

"We need to promote utilisation of alternative energy sources."

The increase in energy consumption has led to depletion of resources. This has resulted in an energy crisis, most of which

can be solved if we try our hands at alternatives. Increased dependence on renewable sources will not just solve the power crunch, but also help in conserving the environment.

"India can attain SDG 7: Affordable and Clean Energy."

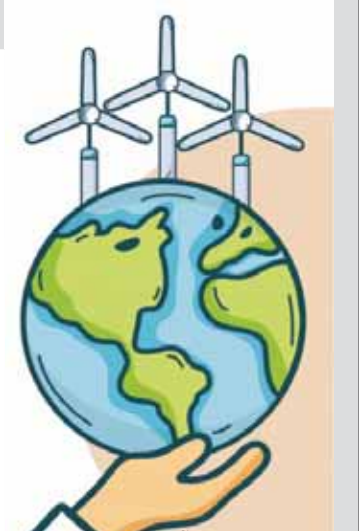
The government of India is working hard towards achieving SDG 7 and has introduced various schemes to promote energy conservation amongst various sectors. It is very much possible for our country to attain this goal if every citizen consciously works towards saving energy and empowers others to adopt and use renewables."

"The amalgamation of dreams, passion and knowledge leads to success."

We need to understand that in order to bring a change in the world, we need not have an out-of-the-box idea but rather develop a fundamental solution to a basic problem which is faced by all. Renewable energy solutions is the way forward.

Addressing the problem

PROBLEM	CAUSE	SOLUTION
The total usage of energy by the entire world in 2015 was 13,000 MTOE. This loosely translates to around 17.3 Terawatts continuous power during the year.	With global human population growing around 83 million annually, the demand for fuel increases almost 7% every year, creating a shortage.	The entire world could be powered by harnessing solar energy from a mere 1% of the Sahara desert.
By 2025, around 1.8 billion people of the world will be living in regions where water is absolutely scarce.	Water wastage tops the reasons for shortage, with USA wasting around 3 trillion litres of water annually and India 125 million litres per day.	Saving is the only solution. An average family can save up to 35,582 litres annually, simply by fixing leaky taps.
More than 300 billion cubic feet of natural gas escapes during the production stage every year.	Due to lack of technology, 5.3 trillion cubic ft. natural gases are flared or 1,10,832 crore INR lost annually.	Better-equipped technology like Hy-Bon engineering will change the way the world deals with natural gases.



Source: Internet

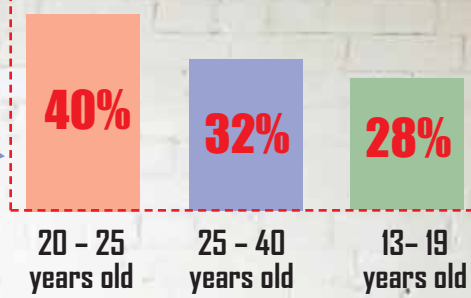


Brought to you by YP team of AIS Vasundhara 1: **Shakshi Maurya, Maansi Anand: XI, Shreya Tuli, Anika Joshi: IX** & mentor teacher, **Sonia Rao**

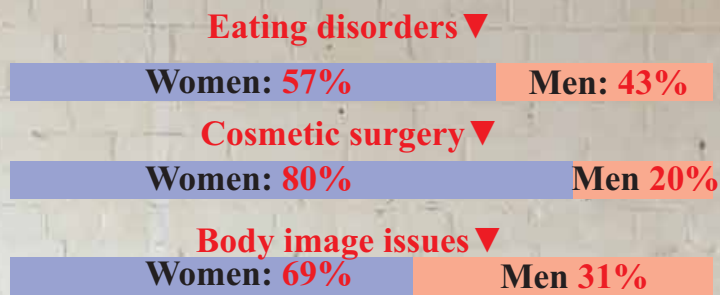
MY BODY, MY BUSINESS!

The Time Has Come To Re-Evaluate Our Beauty Standards And Stop Body Shaming

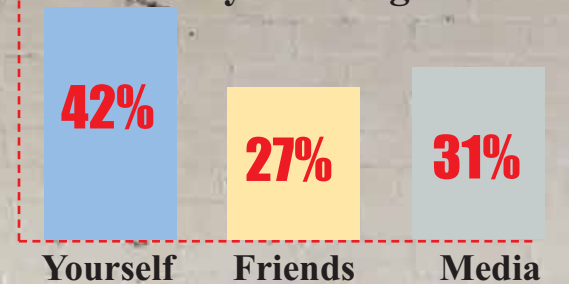
Mostly targeted age groups amongst women



Aftermaths of body shaming



The main culprits of body shaming



Source: Internet



I'm a Barbie girl... ...And I Have Unrealistic Measurements

Wrist: A 3.5-inch wrist sure doesn't sound fit enough to lift up too many things, now, does it?

Weight: Weighing only 110 pounds, Barbie would be anorexic and would not be able to menstruate.

Neck: The average neck of barbie dolls is 2 inches long, 0.25 inches longer than what her shoulders can handle, which would make her unable to hold her head up in real life.

Waist: With a 16-inch waist, Barbie doesn't represent the women worldwide as the average waist size is 24 to 28 inches. Not just so, but even her internal organs wouldn't be able to fit all inside.



Feet: With a size three feet and six inch ankles, Barbie would not be able to support her own body and would be forced to walk on all fours.

YOUTH POWER FINDINGS



6 out of 10 people in the world have been shamed for their weight.



5 out of 10 people aged 15 - 20 years become a victim of body shaming.



9 out of 10 people think body shaming to be a serious issue that needs to be addressed.



7 out of 10 people think body shaming can be expelled by spreading body positivity.

Sample size: 572 Sample group: 12-75 years
Survey tool: Questionnaire



MY HEIGHT, MY PRIDE
"As a 6'2" girl, I had my own nightmares to face. Have I heard comments about my 'giant-ness'? Yes. Did I develop social anxiety because of it? Affirmative. But, did I eventually overcome my insecurities? You bet I did! I learnt to see my height as a gift and stop anyone who tried to make fun of me or anyone else around me based on physical features. I have embraced and love all my inches and centimeters. They make me who I am!"

Andrea Kecić
University Student



DARK IS BEAUTIFUL
"I was 7 years old when my 'friends' started bullying me for being 'ugly' because I was dark-skinned. As a child, it was damaging to know that I'll never be beautiful; I was bullied by young children because they, too, were repeating the prejudiced ideas taught to them by the society. It took me years to 'get over it', and today, I refuse to believe the lies taught to me about my skin colour. I know who I am, and I know that my rich melanin is a part of my beauty."

Shraddha Singh
Singer



I AM MY BRAIN
"Even when I was in kindergarten, I was teased and bullied because I was shorter than the other boys my age. To 'cure' it, like it was a disease, I tried different methods, but nothing worked, obviously. The only thing that worked was when I finally realised that it is not something to be ashamed of. Instead of focusing on this, I developed a keen interest in coding and film-making and learnt that my skills are what define me, not my appearance!"

Sajal Jaggi
School Student

ARE YOU A BODY SHAMER?

The rules are simple: every 'Yes' is worth 3 points, every 'No' takes away 2 points, and every 'Can't Say' equals 0 points..

1. Do you have to control your urge to pass a comment on a stranger regarding their body?
Yes No Can't Say
2. Do you want a Kendall Jenner-like size zero figure?
Yes No Can't Say
3. Do you think looking three shades 'fairer' will help you crack a tough interview?
Yes No Can't Say

Yes No Can't Say

4. Does it bug you if 'fat' people wear short or revealing clothes, or 'too skinny' people don't cover themselves up?
Yes No Can't Say
5. Do you like spending your time scrolling through your Instagram feed and judging people for how they look?
Yes No Can't Say

6. Do you prefer wearing tummy tuckers and such products to achieve a flat stomach?
Yes No Can't Say

7. Have you ever chosen your friends on the basis of their physical appearances?
Yes No Can't Say

8. Does physical features contribute to a person's success more than intrinsic features?
Yes No Can't Say

If your score is...
More than 15: You're a body shamer, shame on you!
1-10: You judge people on occasions; it's time to broaden your horizons.
Less than 1: Congrats on embracing beauty in diversity.

Disclaimer: This quiz is for your personal understanding & is not accredited by a professional



TO DO AND TO KNOW

Know Your Rights, Follow Your Duties, Qualify As A Responsible Citizen

Heed for the deed

The Rights And Responsibilities Of Different Stages Of Life

Children	Adults
<p>Rights</p> <ul style="list-style-type: none"> ✓ Article 26 (1) of Universal Declaration of Human Rights: The right to education and enjoyment of benefits of cultural freedom and scientific progress. ✓ Article 18 of Universal Declaration of Human Rights: The right to freedom of thought, conscience and religion. <p>Responsibilities</p> <ul style="list-style-type: none"> ✓ Article 51A (g) of the Indian Constitution: To protect and improve the natural environment including forests, lakes, rivers and wild life, and to have compassion for living creatures. ✓ Article 51A (i) of the Indian Constitution: To safeguard public property and to abjure violence. 	<p>Rights</p> <ul style="list-style-type: none"> ✓ Article 23 (1) of Universal Declaration of Human Rights: The right to work, to free choice of employment, to favourable conditions of work and to protection against unemployment. ✓ Article 27 (1) of Universal Declaration of Human Rights: The right to freely participate in the cultural life of the community, to enjoy arts, and to share s scientific advancement and its benefits. <p>Responsibilities</p> <ul style="list-style-type: none"> ✓ Article 51A (k) of the Indian Constitution: To provide opportunities for education to their child or ward aged 6-14. ✓ Article 51A (d) of the Indian Constitution: To defend the country and render national service when called upon to do so.

YOUTH POWER FINDINGS

- Out of 5** people are aware of their fundamental rights.
- Out of 5** people educate their children about their civic duties and rights.
- Out of 5** feel that the judicial system of the country is unable to protect their rights.
- Out of 5** shoppers knew about their consumers rights.
- Out of 5** people hesitate to approach the higher courts if their rights are violated.

Sample size: 300 Sample group: General Public Survey tool: Questionnaire



The need of the hour Is To Bring Rights And Duties Together

“With great power comes great responsibility” believes **Vandana Singh, Advocate at Lucknow High Court**, as she shares tips on what needs to be done for people to be responsible citizens.

“One of the biggest challenge is people’s ignorance of their rights and duties. We, the educated ones, need to teach everyone about it. Let’s start with our families, friends, and neighbours. Follow rules and educate others about them, even if it’s small things like throwing



duty, we are, in the long run, depriving others of their rights. We must understand that our duties come first.”

-On choosing duties over one’s convenience

“The nation cannot thrive if our politicians rob people of their rights and duties. We need leaders who are honest, the ones who know their rights and follow their duties and makes sure everyone else does too. If our leaders are sincere, only then the public will learn a thing or two from them.”

-On the need of responsible politicians

Are you someone who is...

- Responsible and abides by your duties enshrined in the constitution?
- Humane and respect the rights of others, whilst exercising your own?
- Educated about your rights and duties and do your best to better the society?
- Morally correct and practices moral value towards the betterment of the state and its citizens?
- Egalitarian and promotes equality and eradicates inequality based on gender, caste, religion etc.?

If you are, congratulations! You’re a dutiful citizen who exercises their rights.



If you can read this, you're lucky!

Do You Think You Have Made Enough Time To Save Your Sight? Think Again!

Estimates report that half of the world population will be myopic by the year 2050.

Your eyes have a success rate of over 97% recovery from a corneal transplant operation.

Evaluation of the current conditions suggest that macular degeneration patients will reach 196 million by 2020.

Cataract accounts for 51% of the world blindness.

Adopting a new action plan, World Health Assembly has set a target of 25% reduction in avoidable visual impairment by 2019.

Roughly, there are over 1.5 million Indians who suffer from corneal blindness, out of which 80% cases were preventable.

Every 1 in 10 people will be at risk for permanent blindness by 2050.

Source: Internet

One eye for another

Dr Rajesh Sinha, Professor, Dept of Ophthalmology at AIIMS, New Delhi, discusses the three diseases which primarily afflict the human eye.



Dr Rajesh Sinha with YP team

Glaucoma: It is a condition of increased pressure within the eyeball, is a problem that affects the optic nerve of the eye. Lowering of Intraocular Pressure is the only therapy for glaucoma – available via eye drops, laser therapy or surgery. Studies also suggest that meditation lowers the eye pressure in glaucoma patients.

Blindness: There are 15 million blind people in India. However, most of them are corneal blind and can regain their vision, provided they find an eye donor. In fact, 75% cases of blindness can be cured via a corneal transplant, provided the retina and optic nerve of the eye are healthy. Considering that a single pair of eyes can cure six people, eye donation is an effective solution to blindness.

Age-related macular degeneration: AMD is a condition that results in the loss in the centre of the field of vision. People suffering with AMD usually have difficulty performing everyday tasks such as reading, driving, recognising faces etc. It is the leading cause of blindness. On an average, it takes around ten years after the diagnosis for the person to completely lose their vision.

Healthy Chef

Eye Cook

Ingredients	Method
<p>Vitamin C</p> <p>Take your pick between bell peppers, bok choy, cauliflower, papayas and strawberries as all these items provide a high amount of Vitamin A and Vitamin C, and lower the risk of getting cataract.</p>	<p>etables aside for the dessert as sweet potatoes, carrots, mangoes and apricots are high in beta-carotene, a precursor of Vitamin A which helps in night vision. Or you could also have dairy products like milk and yogurt which also contain Vitamin A as well as the mineral Zinc, which protects the cornea.</p> <p>For garnishing, indulge in some eggs which will help you to boost the protective pigment present in the macula, a part of the eye which is responsible for controlling central vision.</p>
<p>Vitamin A</p> <p>Sauté any fatty fish of your choice like salmon, tuna or trout. You can also choose any other seafood as they are rich in the two types of omega-3 fatty acids the body needs: DHA and EPA. They protect the eyes from AMD, glaucoma and dryness.</p>	
<p>Omega-3 Fatty Acids</p> <p>Sort orange-coloured fruits and veg-</p>	

YOUTH POWER FINDINGS

49.70%

people wear spectacles

14.90%

people think that people who wear spectacles cannot donate eyes

22.30%

people spend more than 4 hours a day on an electronic gadget

43.20%

people experience irritation and redness in their eyes due to pollution in the air

54.40%

visit an optician only when the problem becomes unavoidable

32.80%

people don't visit a blind school.

Sample size: 300
 Sample group: General Public
 Survey tool: Questionnaire

Just Like that

Look! Look! Look fast, or you'll miss it!

Just give me a minute. Let me clean my glasses.

Never mind, the moment is gone.

Lights turn on; Alia and Ayushmann are on a couch; Karan sits on a chair opposite to them.

Karan: Welcome to your favourite talk show, Karrot with Karan, because you know I like to take care of my eyes, but the same cannot be said about my guests today because, let's face it, they don't drink one glass of carrot juice everyday! So, Alia Bhatt, do you want to spill the tea on what happened to your eyes?

Alia: It's such a disaster, Karan! The makeup artists keep smashing tonnes of eye makeup on me for every shoot.

One day, I had to wear my contacts, fake lashes and what not, and now I have to wear this eye patch for God knows how long!

Ayushmann: How are you managing with that eye-patch? While shooting for my film Andhadhun, I was challenged to go an entire day blindfolded. I gave up after 15 minutes!

Karan: Interesting! Now, without further ado, let's get started with our rapid fire round, shall we? The winner



will take home this hamper of a cook-book with eye friendly recipes, eye gel, organic eye makeup remover and a free appointment with an optician. Here's your first question. What is my favourite eye healthy food?

Alia: Gajar ka halwa!

Ayushmann: It's olive and feta salad.

Karan: What is the minimum age to donate eyes?

Alia: Is it 15? Or 20? Or after death?

Ayushmann: There is no age limit.

Karan: Name the ingredients present in carrot juice.

Alia: Water, ginger and carrots!

Ayushmann: Damn!

Karan: Give one idiom with the word 'eye' in it?

Alia: Aankh maare, oh ladki, aankh maare! Aankh maare!

Ayushmann: That's a song, Alia, not an idiom!

Karan: Well done, both of you, but we can only have one winner and that is...Ayushmann! Thank you for coming to the show and I hope you'll take good care of your eyes.



Youth Power 2018-19



AIS Gur 43



AIS MU



AIS Jagdishpur



AIS Gur 46



AIS Vas 1



#Real Beauty



AIS UKG LKO



AIS Noida



AIS Saket



AIS Vas 6



AIS PU

