

Youth Power is a year-long journey where eleven 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 11 teams, is a peek into the causes they've worked for throughout the year.

A yearlong saga...

...That Touched Countless Lives And Gave Experience Worth A Lifetime

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AMITE poll

Do you think it is safe for Delhi Metro to resume its services?

a) Yes b) No c) Can't say

To vote, log on to www.theglobaltimes.in

POLL RESULT for GT issue August 31, 2020

Do you think government's decision to set up a National Recruitment Agency (NRA) would speed up the public sector recruitment process?



Results as on September 5, 2020

Coming Next

Winners of YP 2019-20



Trouncing the gender divide

"As WHO declared COVID-19 virus as a pandemic, it led to mandatory lockdowns globally, that adversely impacted all of us and uncovered the grim discrepancies of our present-day society; gender inequality being one of them. Conveniently robbing our women of any progress the world made towards their equality with men, this pandemic widened the gender gap for worse. As much as 17 million women workers lost their jobs in April 2020 alone. With families, specifically the school children at home and all the household work to look after, the female at home feels more burdened, giving her less to no time for her own paid work or any sort of career advancement. Even though the post pandemic age tried all it can to suppress one half of the world's faculties, trust us, everything is still far away from being completely ruined. We as YP team firmly stood for the cause then and happily so, do now too."

Signing off, YP team AIS VKC Lucknow
Cause: Gender sensitisation



Healing the Mother Earth

"As humanity suffers from the pandemic, hit in every field and sphere, the planet we live on has finally been allowed to take a breather from the epidemic that it had been suffering from for years- Global Warming. Forced to stay put where they cannot go out for work or leisure, human beings have been rendered incapable of interrupting the true course of nature. The aftermath - a massive drop in the air pollution levels of the world, with sightings of many near-extinct species of flora and fauna becoming a common phenomenon; a feat we relentlessly sought for during our YP journey. But, the question yet remains: will we take this as an opportunity to finally treat our planet the way it deserves to be treated, or will we continue to exploit it? Well, this team would unfailingly make sure the former sweeps the board."

Signing off, YP team AIS Jagdishpur
Cause: Mitigation of global warming

Hustling hard for that muscle



"The corona outbreak has brought the world to a standstill inarguably. But, be it pre lockdown or post it, fitness is something which can never become redundant. But what is obstructing us from building our immunity to fight the virus or for that matter, being fit? We say nothing. Check out the innumerable fitness videos online. People today, like never before, are participating in physical activities like yoga or sports to boost their immunity. Health and wellness apps like HealthifyMe are now seeing a 76% spike in their usage. Evidently, 2020 has proven to be the brand ambassador of the Fit India Movement led by our Honourable Prime Minister; exactly what we, as a YP team, have been promoting and raising awareness towards from the very beginning. For, a fit body is the key to a happy and healthy life."

Signing off, YP team AIS Pushp Vihar
Cause: A step towards fitness

Overcoming the problem of plastic



"In a post-COVID19 world, where every touch matters more than it ever did, our paranoia is forcing us to buy only new things, use once, and discard them, doing the best we can to not catch or pass on a disease. But with a lot of personal protective equipment, masks, gloves, sanitiser bottles, etc., being carved out of plastic, when will we stop to gasp at the 'new' giant mountain of single-use plastic waste that we have created? As much as 13 million tonnes of plastic ends up in the ocean every year and with the pandemic, the figure has skyrocketed for 2020. Being plastic warriors, we as YP team members, have tried our best to overcome the challenge, especially through our initiative of acrylic hand sanitisers and refillable sanitiser pouches to reduce plastic waste. Remember this planet is also a part of us; in order to save ourselves from the immediate danger, we cannot be ignorant to the danger our land faces."

Signing off, YP team AIS Gurugram 43
Cause: Say 'NO' to plastic

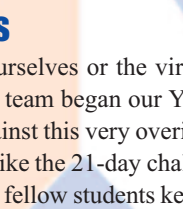


Making it possible for the one with special needs

"As we are stuck at home, enveloped by the uncertainty of the COVID pandemic, our lifestyle seems to have been disrupted in more ways than one. But for some the consequences are graver and more traumatic than the rest. For special needs children, this situation has been like a bolt out of the blue, a disturbance that has affected their educational progress, necessary routines, be it therapeutic or otherwise, leaving

them exposed to the virus due to their pre-existing medical complications. We as a team have worked to establish a 'new normal' for these children. Our self-designed sports activities like adapted golf, football and hockey have also been a major asset. We interacted with the parents of special children because we as YP team sincerely hope that nothing should impact the overall development of any child."

Signing off, YP team AIS Saket
Cause: Special care for the special needs



Moderating our eating habits

"Figures show that junk consumption and the consequent obesity and enfeeblement of our immune system are one of the leading causes of deaths today due to coronavirus. But weren't we already anticipating this? Being aware of the effects of eating junk previously, it is shameful to know that it took a pandemic to make us realise its real-time threats. Who is responsible for our situa-

tion? Ourselves or the virus? We say the former. We as a team began our YP stint to spread awareness against this very overindulgence. Through activities like the 21-day challenge activity, we made sure our fellow students keep a strict check on their eating habits. Also, the need of the hour is a strict ban on junk food marketing, something health experts are calling for and we back as well."

Signing off, YP team AIS VYC Lucknow
Cause: Say no to junk food



Undeafening the world

"Life for a deaf person has never been easy especially amidst this global pandemic. Since the majority of people do not know sign language, the deaf or hard-of-hearing individuals rely on facial expressions and lip reading to communicate better. But with masks being compulsory today, communication is difficult. We as a YP team, have tried our best to put forward the cause of the deaf and made sure that our fellow mates learn ISL, so that the next time they meet a deaf person, mask or anything for that matter, does not become a hindrance!"

Signing off, YP team AIS Noida
Cause: Deaf culture awareness



Dealing with the bigger C

"This pandemic has changed the map of our lives. Health became a priority; immunity and lifestyle became the pallbearers for society. An influx of COVID cases created a dearth of medical resources, which were earlier focused on patients with other illnesses, one of them being cancer. Cancer treatments are getting delayed and patients are becoming more susceptible to the virus. In this situation, building immunity is the only alternative. The same has been our effort as a YP team. Our e-book Sanjeevika, consists of immunity-building recipes like turmeric latte, tulsilemon tea, etc. We are sure they would become staples as we move ahead from here on."

Signing off, YP team AIS Gurugram 46
Cause: Fighting cancer

Utilising and not wasting this pandemic



"We can indeed count this pandemic as a blessing in disguise. As we are confined in our homes, our surroundings have become cleaner. With markets closed and online shopping restricted to just the essentials, we are finding alternatives to repurpose what we already have. This decrease in consumption and production has kindled a large reduction of waste in every region of the world, reviving various beautiful elements of nature, something that drove us to work for this YP cause in the first place. But, as every coin has two sides, this pandemic also negatively affected our country's waste management mechanisms. Medical waste saw an upsurge, given that face masks, PPE kits, etc. are in tremendous use. And so, it becomes highly imperative for us to treat it wisely. Now, even though the pandemic seems monstrous and evil, it is more than that, a lesson for us to learn and mend our ways-our efforts at which have been constant."

Signing off, YP team AIS Mayur Vihar
Cause: Management of waste

It all began in October 2019, when eleven teams from Amity International Schools signed up for 'Youth Power 2019' with a dream to be the change and bring a change in the lives of those around. With immense passion, the Youth Power teams worked for the chosen cause and in return gathered experience worth a lifetime. Sharing what this journey has taught them along with pandemic being around, the YP teams pen down sign off messages for a journey that's close to their hearts and will remain so forever.



Caring for the elderly

"In a country with over 16 crore senior citizens who are needed to be taken care of mentally and physically, this pandemic has added fuel to the fire. It has proved to be discriminatory towards the elderly, who now account for over 63% of total deaths due to Coronavirus. During our YP journey, we realised that senior citizens are an invaluable part of our society, a wellspring of knowledge, history and wisdom. They play a very important role in imparting strong moral values in a family, especially to the young ones, as they give us a 360-degree perspective on life. Even our PM in one of his Mann ki Baat episodes reiterated that we should encourage youngsters to interact with their grandparents and learn stories about their days. Remember, spices, herbs, home remedies and fairy tales all came from them and nowhere else. We as a YP team feel blessed to have worked towards this cause, which truly brought us closer to the wisest generation alive."

Signing off, YP team AIS Vasundhara 6
Cause: Care for senior citizens

Be the change

Being young means being brave, full of ideas, energy, creativity and confidence. The young have in them the power to be the change and bring change. The Youth Power programme initiated by Amity 12 years ago under the aegis of The Global Times, aims to channelize this power of youth to shape a better world. It is immensely satisfying to know that over the years, the programme has nurtured over 500 ethical leaders while sensitizing over 10,000 students towards various social issues. This year, the pandemic did create hiccups in the implementation of the programme but not the spirit of my young Amityans who continued to express themselves for the cause with same passion and zeal. Youth Power truly celebrates the power of youth to change the world, no matter how adverse the situation becomes.



Dr. Amita Chauhan
Chairperson



Guarding our sanity

"Imagine feeling disconnected with the world you live in and simultaneously being surrounded by people grooving and having a whale of a time, confusing, isn't it? That's life for people with mental issues. Almost 7.5% of the population of India, i.e. over 90 million people suffer from various mental health problems. Awareness of the same in the country? Distressingly low. With this in mind, we as a YP team embarked on our journey to highlight the importance of mental wellbeing, especially now that we are facing a pandemic forcing people to stay inside 24x7. Seeing the outbreak, break the peace of mind of many, we held several motivational Instagram Live sessions with eminent psychiatrists to alleviate the situation. However, during this crucial hour of need and otherwise too, what remains pertinent is for us all to persevere, stand together as one and be a little less judgmental towards those around us."

Signing off, YP team AIS Vas 1
Cause: Mental Health

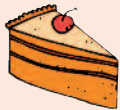


Know your junk

Xanthan Gum

Characteristic: Stabiliser or thickener

Found in: Ice creams, pastry fillings



Mono- and Diglycerides

Characteristic: Emulsifier

Found in: Mayonnaise, chocolate, creamy sauces



Soybean Oil

Characteristic: Fat

Found in: Pastries, cookies, soups etc.



Monosodium Glutamate

Characteristic: Flavour enhancer

Found in: Ramen, gravy, stews, condiments, savoury snacks



Caramel Colour

Characteristic: Colour additive

Found in: Brown bread, buns, chocolate, cookies, and chocolate-flavored confectionery



High-fructose Corn Syrup

Characteristic: Sweetener

Found in: Frozen pizza, ketchup, mac and cheese etc



Citric Acid

Characteristic: Preservative

Found in: Jams, jellies, candy, canned foods etc



The junk food PANDEMIC

End It Now Or Ye Shall Bring Your Own Doom



YOUTH POWER FINDINGS

62% of people said that they feel attracted towards junk food



46%

of people said that they skip their daily balanced meal for junk food



35%

of people said that advertisements influence their junk food intake



Sample size: 120, Sample group: General public
Survey tool: Online questionnaire

(Source: Internet)

A war against the common enemy



➤ Mexico, in 2013, levied an 8% fat tax on fattening food and sweetened beverages in order to reduce junk food consumption and discourage any sort of unhealthy diets.

➤ Norwegian government along with the country's food industry imposed a self-regulated ban on the marketing of junk food to children under the age of 16 in 2013.

➤ Primary schools in Netherlands make sure that students eat nutritious and healthy home-made food within the school premises. Canteens or vending machines are completely taken out of the scene.

➤ Chile, in 2016, introduced the National Law of Food Labeling and Advertising that restricts the marketing of junk to under fourteens, and requires a front-of-package warning label on junk packages for the buyers to be aware.

➤ Taiwan banned the most common promotional strategy amongst fast food chains using free toys as incentives to promote their sale.

Dunk the junk far away

Speak of junk food and most of us would drool just at the thought of it. Well, that is exactly what we should not do, says Gaurav Tiwari, nutritionist at Amity University, Lucknow. He believes that it's important to pull away from the sin of eating unhealthy food. Don't believe us? Read for yourself!

A healthy diet equates to a healthy body. Is that true or false?

Partially true. Because one needs to eat a balanced meal as well as exercise every day for a perfectly healthy body.

Improper dietary habits lead to...



Gaurav Tiwari, nutritionist, Amity University, Lucknow



young people/students?

A mix of brain food and body building food like spinach, beans, nuts, berries, quinoa etc.

What are the top 3 'must-not-eat' food items for people?

Anything which has trans-fat is a big no-no. Things like burgers, pizzas, fries, donuts, etc.

It is important to avoid junk because ...

It only leads to consumption of empty calories which do not have any nutritional value.

A whole range of problems like obesity, diabetes, anemia, kidney stones, etc.

What are the top 6 'must-eat' food items for

The JUNK sickness

Headache: Many fast food items contain sodium, excess of which causes headache.

Acne: Excessive amount of carbohydrates can lead to acne breakouts.

Cardiovascular conditions: Intake of trans fat increases bad cholesterol level in our body and also increases the risk of developing heart diseases.

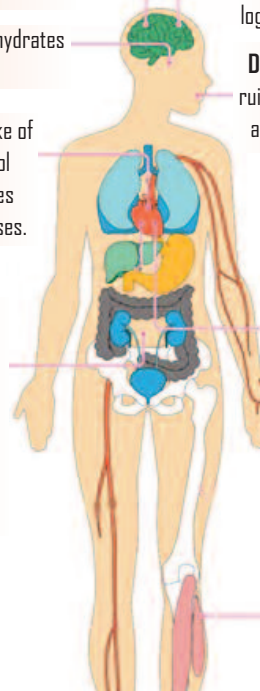
Obesity: Due to the intercalary fats and sugars, refined grains, sodium and sweeteners, obesity takes place. One can also experience shortness of breath and wheezing even when engaging in little physical activity.

Depression: Additives lead to poor mental concentration and different psychological issues like stress, depression etc.

Dental issues: The enamel of tooth gets ruined by acids produced on eating sugar and carb-heavy junk, leading to cavities.

Diabetes: The empty carbohydrates present in junk food changes the response of body's natural insulin, leading to frequent insulin spikes and an increased risk of diabetes.

Bloating: Excess of sodium intake may lead to water retention, which leaves people feeling bloated.



(Source: Internet)

Substitute and how?

Healthy Foods As Junk Substitutes

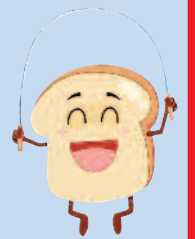
If you are craving candy, try eating dried fruits or nuts. They don't have any added sugar and make for a healthy snack.

If you are craving potato chips, have hummus with vegetable sticks. No extra fats, calories or sugar. Healthy all the way!

If you are craving for any carbonated drink, sip up on some lemon water. You will get the same freshness and cooling effect with no risk of kidney damage or high blood pressure.

If you are craving ice cream, have some Greek yogurt and unload yourself of all the fats, added sugar and artificial flavours.

If you are craving a burger, take two slices of brown bread, stuff in all your favourite veggies and savour your home made brown bread sandwich.





Brought to you by YP team of AIS
Neelansh Kr Singh, Ishrita Gandhi,
Anirudh Narwal: XI & mentor teacher,



Gurugram 43:
Aaditya Rathore,
Jyoti Mutreja

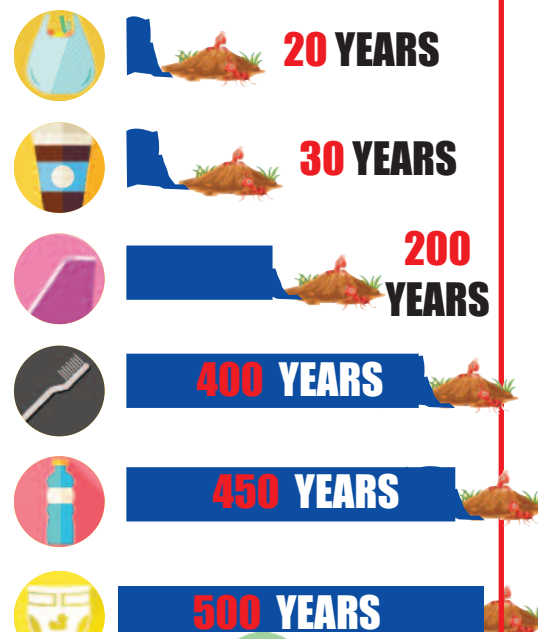
SAY NO TO PLASTIC



...And Welcome Everything That Says 'Biodegradable'

How long until it is gone?

Your Favourite Plastic Products Really Do Live And Pollute Earth Forever



THE BIG NUMBER

- 91%** of all plastic is not recycled
- 5,000,000,000,000** trillion macro and micro plastic pieces are currently floating in the open ocean
- 1,000,000** plastic bottles are bought per minute
- 8,000,000,000 kg** of plastic are thrown into the ocean annually
- 320,000,000,000 kg** of plastic was produced in the year 2016. This number is set to be doubled by 2034
- 73%** of beach litter worldwide is plastic
- 100,000 marine** mammals and turtles choke on plastic every year

(Source: Internet)

YOUTH POWER FINDINGS

Do you think single use plastic is a serious impending threat to our environment?

5% No **95% Yes**

Are you of the belief that the government's ban on single use plastic is a good idea?

10% No **90% Yes**

Do you reuse the plastic bags you get whilst shopping?

63% No **37% Yes**

Does your locality follow an efficient plastic waste management system?

56% No **44% Yes**

Is it crucial for the government to come up with solutions for single use plastic waste?

56% No **44% Yes**

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

What can you do?

Tick Mark The Things You Implement In Your Daily Routine To Live A Plastic-Free Life

- Use fabric shopping bags instead of polythene bags
- Avoid using plastic straws
- Do not use takeaway cups
- Carry your own water bottle
- Use bar soaps instead of body washes that come in plastic bottles
- Buy milk that comes in returnable glass bottles
- Switch to bamboo toothbrushes
- Don't use disposable razors
- Don't chew gums as they are made of synthetic plastic

Man-made problem

Finding Solutions To The Man's Menace



Bhavisha Buddhadeo, founder, RootsSkills Foundation, with YP team

“Earth, water, fire, air and ether are the classical elements that are gifted to us by nature, but we, humans, have made our own sixth classical element we cannot live without – plastic. Whether done knowingly or unknowingly, it cannot be denied that plastic has become an integral part of our life and so has plastic pollution. This pollution is ubiquitous; in our celebrations, grief, everyday life, special occasions – its non-biodegradable residue can be found every-
where. And the dangers it has created for our environment can neither be ignored nor contained, which is why it is up to us to rectify it and come up with a solution because we are the ones who created the problem. We have a wide array of technological advancements at our disposal and it is up to us to employ them ethically to end our plastic problem. It's time to join hands with technology to recycle, reuse, reduce and repurpose plastic, because those are the most effective options available to mankind to do
some damage control. We should find the alternatives of plastic, on a legislative level as well as a personal level. Combating this issue won't be easy because sadly we have all become excessively reliant on plastic. However, all is not lost. It is still possible with empathetic efforts of millions of people worldwide that believe in creating a beautiful world not just for a single human, but for all of humanity and humankind.” **GT**

Bhavisha Buddhadeo
Founder
RootsSkills Foundation

Plastic (free) WORLD

How Different Parts Of The Globe Follow The 'N-Plastica' Message

- N** New discovery PETase, a plastic-eating enzyme created by Japan, can recycle plastic by breaking it down.
- P** Plastic Bank, a social initiative in Haiti, has incentivised plastic waste in exchange for money.
- L** Lachen, in Sikkim, has introduced bamboo water bottles for tourists as a replacement for plastic.
- A** A ban has been introduced on microbes in cosmetics in UK as they harm the marine wildlife.
- S** Swire Coca-Cola, in Hong Kong, put vending machine that rewards cents for recycling plastic bottles.
- T** To reduce plastic waste, Kenya has set 4 years of jail time or 38,000 USD fine on polythene bags.
- I** Ireland plans on imposing 'latte levy' discount of 0.25 euros per cup to encourage reusable 'Keep Cups'.
- C** Company Sea2see in Italy works with fishermen of Spain to convert ocean plastic waste into eyewear.
- A** Air New Zealand provides edible biscotti coffee cups to reduce disposable coffee cups used globally.

I PLEDGE...

Today, empowered by the knowledge of plastics, the contamination they induce and the threat they pose to life on earth, I pledge to use eco-friendly alternatives to plastic whenever possible. I will also advocate against the global plastic endemic, strive to promote environmentalism at all times, reduce single-use plastic usage at a personal level and encourage my peers to do the same, bearing in mind the 4 Rs – Reuse, Reduce, Recycle and Repurpose.

(Signature)



Health is wealth
 And Not Just In A Figurative Way

- ➡ If all adults aged between 18 and 64 walked 15 more minutes a day, it could increase the world economic output by some \$100 billion (£77 billion) year after year.
 - ➡ If a 40-year-old physically inactive individual introduces 20 minutes of jogging in his everyday routine, then his life expectancy could increase by 3.2 years on an average.
 - ➡ If an average American missed a week of work due to illness, then the absenteeism would cost the US approximately \$118 billion annually in medical expenses and lost productivity.
 - ➡ If the Fit India Movement continues to gain pace, then the revenue of the fitness industry would amount to 1,786 million USD by the year 2021.
- (Source: Internet)

Commit to be fit

Leading A Healthy Lifestyle Can Take You A Long Way

A healthy lifestyle is what everyone aspires for. Yet there are very few, who, with their determination, gets the tag 's/he is fit'. Dr OP Agarwal, a 74-year-old man, is one such fitness inspiration, who adopted a healthy lifestyle after surviving spine tuberculosis surgery; read on to know his fitness saga...



Dr OP Agarwal in conversation with YP team

"The pain was so severe that I couldn't sleep for many months."
 After being diagnosed with Spine Tuberculosis, I was on medication for two months. I had severe pain in my back. After operation, the intensity of pain was so high that I felt like I shall never be able to walk again. But I was determined to get better and to become fitter. It was my will to walk that kept me motivated.

"I wanted to be fit."
 Along with these exercise sessions, it was the persistent will inside me that made me stand once again. I wanted to be fit for my book writing and also for the service of my family.

"Regarding fitness, the idea is to be persistent."
 Post-surgery, I was on wheelchair for 6-7 months, on walker for 4-5 months, and on a walking stick for 2-3 months. I was finally back on my feet because of these persistent leg exercises and physiotherapy sessions. In 18 months, I started walking again.

"Each one should indulge in a healthy routine."
 In today's day and age, each one of us should have a basic fitness regime. You can begin by small steps like eating fruits, avoiding junk food and go for a 30-minute walk in the morning. [G](#) [I](#)

YOUTH POWER FINDINGS

- 2 / 10-Do not exercise at all
- 4 / 10-Do not have time to exercise
- 2 / 10-Try to take stairs instead of the elevator
- 4 / 10-Believe in the concept of balanced diet
- 8 / 10-Know the ill effects of trans fat in junk but still cannot avoid it

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

Fit Bytes

- Narendra Modi** @narendram... · 2h
 "Success is related to fitness, success stories of all of our icons from any field of life have a common thread- most of them are fit, have a focus on fitness and are fond of fitness."
- Hardik Pandya** @hardikpandya7 · 3h
 "Sports has been one of the biggest teachers in my life. On #NationalSportsDay, let's take a pledge towards fitness and fly towards our dreams."
- Shilpa Shetty Kundra** @TheShilpaShetty · 8h
 "In today's fast-paced life and competitive world, being fit is as important as breathing. It gives me immense pride to know that our future generations will have equal opportunities to adapt to a wholesome lifestyle. Pledge to make fitness a way of life today."

Breaking News LIVE

- According to WHO, Uganda is the most physically active nation in the world.
- Lancet Global Health study declares Kuwait least active country with 67% people not partaking in fitness training.
- Fitbit reports India as the least-active country among 18 countries, walking an average of 6,533 steps daily.
- Once again, WHO statistics say one in four adults globally is insufficiently active.
- Findings by the Bloomberg Healthiest Country Index 2019, show six of the top 10 healthiest countries are in Europe.
- WHO declares Nauru as the most obese country in the world, with 61% of the people having BMI higher than 30.

(Source: Internet)

Grow it yourself!
 Microgreens: The Power Bombs of Nutrition

What you need
 Container
 Sprouted moong greens
 Spray bottle (water)
 Potting soil

How to make
STEP 1: Fill your container about 3/4 full of moistened potting soil. Flatten and level it with your hand.
STEP 2: Generously sprinkle your sprouted moong greens on the top of the soil. Press gently with your hand.
STEP 3: Cover the greens with a thin layer of soil and dampen the surface with mister.

STEP 4: Within 3 to 7 days, you will notice seedlings. Use the mister once daily to keep the soil moist, and not wet.
STEP 5: When the seedlings are 2.5-10 cm tall, your microgreens are ready for harvesting! Cut stems just above the soil and use them in your salads.

Precious health

Shyla Basu, AIS PV, X F

What's in the nibble here, a snack there?
 Whatever we eat, why should we care?
 After all, it's just a tasty diet
 Insatiably taken day and night
 Brimming with junk, fat and cholesterol
 These are foods wanted by us all
 Who cares if the arteries are thickened
 And the body gets ill and sickened
 This body is surely a precious tool

Take care of it and don't be a fool
 Be a wise human who has a vision
 Make exercise imperative in all seasons
 Diet and exercise are instrumental
 After all your body is your temple
 We must protect our precious health
 For it is but our truest wealth
 It's high time you take care of your body
 Make health a priority, not a hobby
 Let's pledge to exercise everyday
 So that we can keep diseases at bay!



The Golden Ager

The Age Old Abuse, Trials And Tribulations Of the Old Aged

JUST OLD, NOT OUT

Meet The 'Aged' Maestros

Omkar Nath Sharma: 85-year-old Omkar Nath Sharma, a former blood bank technician, roams the streets of Delhi in a bid to collect unused medicine from people and distribute it among the poor for free. The octogenarian, commonly known as Medicine Baba, has been collecting medicines for more than a decade now.

Latika Chakrabarty: This 90-year-old entrepreneurial grandma has been making a splash with her handmade drawstring bags or *potlis*. She has her own website- Latika's Bags, where she sells her handmade bags, stitched with her loyal stitching machine, which she has been using for the past 64 years!

Karthiyani Amma: Topping an exam in school is exhilarating. Imagine topping an exam at the age of 96. Karthiyani Amma aced Kerala's Aksharalaksham literacy test, scoring a whopping 98%. The wonder woman now plans to take her class 10th exams as and when she turns 100.

Sarla Minni: Some of us were lucky to have been lulled to sleep by the stories of kings and queens told to us by our grandparents. But for the ones living away from their grandparents, the tradition is kept alive by 62-year-old Sarla Minni, a homemaker who has her own audio storytelling service for children all over the world. She records stories and sends them through Telegram and has over 800 subscribers.



Oldster's laws

Bangladesh: Parents Maintenance Act
If living separately, adult children are liable to provide their parents with a 'logical amount of money' as maintenance. In case they fail to do so without any 'logical reason', parents may get remedy by complaint. In the absence of one or both parents, the grandparents may be entitled to 'maintenance' allowances.

China: Law for the Protection of the Rights and Interests of the Elderly
Family members should take care for the spiritual needs of the elderly and must not neglect them. The supporters who live separately from the elderly should frequently visit or send a greeting.

India: Maintenance and Welfare of Parents and Senior Citizens Act
Adult children or grandchildren are under obligation to maintain at least one parent or grandparent. In absence of a child, an adult relative of a senior citizen is obliged to look after him/her.

Singapore: Maintenance of Parents Act
Each Singaporean parent, aged at least 60 years, should be paid either a monthly allowance, or a lump sum, for maintenance by their adult children.

Source: WHO



End the abuse

Care For Them, While You Still Can

With profound knowledge about education, health and infrastructure at the tip of his tongue, **Pradeep Dixit, officer-in-charge, Department of Rural Development Agency, UP**, tells us how his organization is lending a helping hand to the elderly.



YP team member with Pradeep Dixit

On the role of DRDA

Our department is the center through which all development schemes of the government are implemented. These schemes of social welfare and pension largely involve the senior citizens. We transfer the monetary benefits received from the government directly into their bank accounts, making sure that they receive maximum benefits at all costs.

On the schemes at work

Under our pension scheme, citizens over 60 years of age are granted a pension of 400 INR every month and those above the age of 80 are granted 500 INR. In order to avail the benefits of this scheme, annual income from all sources should not exceed 46,080 INR in rural areas

and 56,460 INR in urban areas. Apart from this, elderly people can avail benefits from other schemes such as Destitute Women Pension Scheme, Prime Minister Awaas Yojana, National Health Protection Scheme etc.

On the way to a better outcome

We need to employ the services of healthy senior citizens in a more productive manner so as to give them a decent earning. Along with this, a little increase in the pension amount would significantly help them. There is also a need to incentivize elderly care in our society in order to overrule the abuse. The government is doing their bit, let us all chip in too. [GI](#)

Never-ageing facts

- 1 out of 10 individuals over the age of 65 suffer from at least one type of abuse each year, according to the US Department of Justice.
- Senior citizens lose approximately 2.6 Billion USD a year due to financial abuse.
- Seniors who are physically abused have a 300% higher chance of premature death compared to those who have not faced physical abuse, according to a study by the Journal of the American Medical Association.
- 2/3 elderly people in India say they are neglected by their family members, while 1/3 elderly people claim to have suffered physical or verbal abuse.

(Source: Internet)



Elderly-tech

Pillbox: A medication reminder app, useful in maintaining a scheduled tab on the numerous pills, tablets and supplements mandatory for the old.



Empowerji: Technology can be a very tricky thing, especially due to its ever evolving nature. Empowerji, with their learning app and workshops, makes it easier for the senior citizens to keep up with the modern-day tech.

Duolingo: A fun website and mobile app for learning new languages, Duolingo offers up to 32 languages and helps ward off dementia by keeping the mind active and sharp.



Senior Safety Phone: An app that makes smart phones easy to use; it has an old-school look and feel, in tune with what senior citizens might be familiar with. Along with big icons and locked down settings, the app has other useful features such as sending SOS and medication reminders.



Audible: Old age comes saddled with the bane of deteriorating eyesight, cataract and so on. Audible, an app to listen to audiobooks, is a great alternative to reading as there is literally no eye strain involved. Just listen and learn!



YOUTH POWER FINDINGS

4 Out of 10 older adults go for health checkups annually.



7 Out of 10 older adults do not have an updated health insurance to prevent themselves from uncertain health risks.



6 Out of 10 older adults have not registered themselves as senior citizens with the police.



Sample size: 353

Methodology: Online questionnaire

Sample group: General public

The six commandments Let Us All Abide By

- Thou shall call your grandparents at least thrice a week.
They are always waiting for your call.
- Thou shall remember your grandparents' on special occasions.
They were always there for all of yours.
- Thou shall make your grandparents feel special by giving them handmade cards or gifts.
Although it's the thought and concern that counts, not the gift.
- Thou shall make sure your grandparents take their medicines on time.
They always prayed for you when you were ill, remember? They still do.
- Thou shall not get annoyed when your grandparents seek your help with technology.
They made you learn how to walk; it is literally incomparable.
- Thou shall hug your grandparents often.
They miss you when you're not around.



No time to WASTE



Let's talk trash

For It's Time To Find Solutions

No matter how big the problem is, there is always a solution. Stressing on one such colossal problem, that of waste generation, **Mehar Kaur, area convenor, Centre for Waste Management, TERI**, brings us the best possible solution to evade and eradicate this global menace.

The problem

It is a given and inevitable fact that waste will be generated. Our lifestyle necessitates the generation of waste on a daily basis. So, the problem now is not the production of waste, but its

management. What makes the challenge even tougher is that many people are not aware of the proper ways of waste segregation and disposal. It is still seen as a novel concept, while the truth is, segregation is the first and the simplest step towards curbing waste. These challenges together, make waste a big menace and calls for our immediate attention towards creating awareness about the same.

The solution

However, with time, there has been a realization among people about waste generation. On a larger scale, many in-



Mehar Kaur with YP team members

stitutions and organisations like TERI are doing their bit to diminish the impact of waste on the planet by focusing on developing holistic sustainable solutions that curb the problem of waste generation. We can achieve a complete control over it, only if all of us at an individual level take small steps such as avoiding single use plastics, practicing

waste segregation and further encouraging others to practice the same. Let's refrain ourselves from using plastic cups, bottles and anything that we believe will harm the environment. Waste crisis is looming, but it can definitely be forestalled, given that we behave more considerately towards the environment.

YOUTH POWER FINDINGS

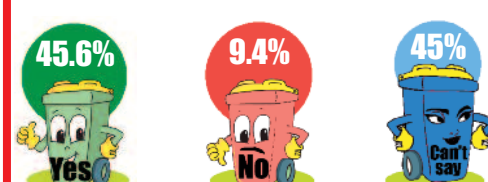
Have you heard the expression 'zero-waste' or 'waste-free' living?



Do you use disposable cutlery?



Do you use plastic bags for shopping?



Do you compost kitchen waste at home?



Do you segregate your daily waste?



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

The 'litter'al truth

The good

1 In a bid to reduce food waste, France became the world's first country to ban supermarket food waste, making it mandatory for retailers to donate leftover food.

2 China plans to build the largest waste-to-energy facility in the world, measuring approximately 1 mile in circumference.

The bad

1 More than 50% of the waste collected in Europe cannot



be recycled owing to quality reasons.

2 Canada produces 36.1 tonnes of waste per person annually, making it the highest waste generating country in the world.

The ugly

1 Majority of marine turtles, 59% of whales and 40% of

seabirds have traces of marine plastic waste in their bodies and other organs.

2 Coca-Cola, Nestle and PepsiCo are three major companies that alone account for 14% of marine waste.

3 By 2050, the amount of plastic waste in the oceans will outweigh the amount of fishes present in it.

(PS: By the time, you read through the above facts, around 2721554 kg of waste was dumped on a global level.)

SWAP the trash

Go Save The World With Just One Switch

1 reusable bag = 170 plastic bags

1 reusable water bottle = 167 plastic bottles

1 reusable cup = 500 disposable cups

1 metal straw = 540 plastic straws

1 cloth towel = 7,300 paper towels

Back in time

A Look At How Our Ancestors Were Kind Enough To The Environment

Then	Now
Neem twigs	Toothbrushes
Compost	Pesticides
Slates	Tablet
Leaf cutlery	Plastic cutlery
Sustainability	Indifference

(Source: Internet)

Think and Tackle

Learn New Ways To Reduce The Waste Pile

Colombia

What they do? Colombia produces about 28,000 tonnes of waste per day. To manage it, the country came up with



ECOBOT, a reverse vending machine installed at various public places. Every time a person puts in a PET bottle, s/he gets free shopping vouchers, restaurant coupons, movie tickets and much more.

Indonesia

What they do? This country generates around 5,000 tonnes of waste every day. Also, nearly 10% of its population is below the poverty line and cannot afford health insurance. While the two may



look like different problems yet Indonesia smartly solved both at once by introducing an initiative that allows people to trade their trash for free health insurance and other medical services.

Uganda

What they do? Ruganzu Bruno, an artist and environmentalist, created an amusement park for the slum children in Kam-

pala, using the garbage generated in those slums. He refashioned the waste to make swings and life-size board games which is a hit among the locals. But this is just the beginning; he aims to make many more such fun parks.

Sweden

What they do? This country adopted a recycling policy that converts waste into



energy. So much so, that it produces heat for 810,000 Swedish households and electricity for about 250,000 private houses. The recycling model helps to sort the trash in such an efficient manner that less than 1% ends up in landfill dumps. As a result, the country imports trash from other countries to meet its power needs.





GLOBAL WARMING

Feeling Hot, Eh? There Is Only So Much That You Can Take & So Can The Earth!

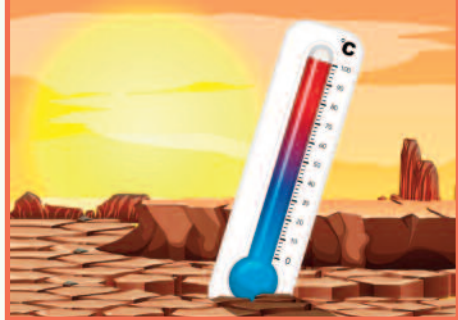
0.8°C is the total rise in the Earth's overall temperature over the past 100 years.

415.4 ppm is the average amount of CO2 present in the atmosphere today. It is higher as compared to any time in the last 800,000 years.

1 million species across the world are at a risk of extinction due to global warming.

6.7 Inches is the rate at which the capital city of Indonesia, Jakarta, is sinking every year, forcing the country to change its capital to Borneo island.

800 million people or 11 per cent of the world's population, is vulnerable to the drastic consequences of climate change such as floods, drought, etc.



KNOW THE DIFFERENCE

The terms *global warming* and *climate change* are often used interchangeably. Though these two terms are related, they are ultimately not the same. Here's how:

Global Warming

- Global warming refers to the long-term heating of earth's climate system.
- Global warming includes only the earth's rising surface temperature.
- It is mainly due to the increasing concentrations of greenhouse gases in the atmosphere.
- Global warming is one symptom of the much larger problem of human-induced climate change.

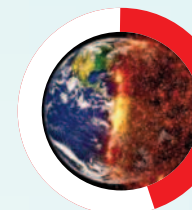


Climate Change

- Climate change refers to the broader range of climatic changes happening on the planet.
- Climate change includes warming and the 'side effects' of warming—like melting glaciers, heavier rainstorms, or more frequent drought.
- It is a consequence of the warming, which is caused by burning of fossil fuels and putting out of heat-trapping gases into the air.
- Climate change encompasses global warming but refers to the global phenomenon of transformation that is happening in the usual climate of our planet.

YOUTH POWER

FINDINGS



45%

people still deny, dismiss climate change or global warming as something existent.

55%

people have never planted a tree in their entire lives.



60%

people still personally own and access more than 2 vehicles.



80%

people do not advocate eco-friendly practices such as recycling, reusing, carpooling etc.



Sample size: 150 Survey tool: Questionnaire
 Sample group: General public

NOT SO COOL!

Little Changes To Save Our Big Planet

At a time when climatic changes are evident, **Ajay Singh (AS)**, district coordinator, District Science Club & sub-coordinator, National Children Science Congress, Amethi and **Sanjay Pratap Singh (SPS)**, electronic inspector, GITI, Rae Bareilly, share their views:



Ajay Singh and Sanjay Pratap Singh interact with the YP team members

What changes have you observed in the environmental conditions in the last two decades?

AS: Extreme weather condition is not just a thing on the paper. Year after year, the temperature in summer is going as high as 45° C to 48° C, indicating that the Earth is heating up.

SPS: Today, every house has at least two ACs apart from other electronic appliances. This has only added to the emission of greenhouse gases.

Of course, there are other factors involved, but at the pace with which we are going, its clear that our planet is under burden.

How does the Earth of 2050 look like to you?

AS: Recent satellite data shows that the global sea level is rising. The overall observed rise since

1901 is about 20 cm (8 inches). And if we fail to act in time, then most of our coastlines would sink and we would have a completely new world map by 2050 or even earlier.

SPS: It's very frightening for me to imagine the earth of 2050. Excessive use of AC and automobiles, using single use plastic- all of these seem convenient now, but future would be horrific just because of these seemingly small things.

What can people do to reduce global warming?

AS: Each one of us should adopt small steps like discarding straws, turning off lights when not in use, using handkerchief instead of tissues, in our daily lives. The steps might look small initially, but when implemented wholeheartedly, they can bring macroscopic changes around us.

SPS: As an electronic officer, I'm aware that many people leave their electronic appliances on sleep mode. This is sheer wastage of electricity which leads to a whole chain of negatives for the planet. Lets be a little more responsible in our usage. Remember, sustainability is the key. 🇮🇳

'WARM' GREETINGS

Goodbyes Are Hard, Now Hellos Too?

While many are still unable to come to terms with the changing climate, we hate to break it to you that sooner or later, you might have to welcome some unwanted things and bid farewell to some of your favourites. Take a look.

Say hello to:

Mosquitoes: Understand the cycle- high temperatures – dry pools – less mosquito predators like frogs etc., and therefore, more mosquitoes. Brace up for tough days ahead!

More natural disasters: Scientists claim that the number of natural disasters has doubled in the last century, courtesy climate change. Tri State tornado 1925, Britain flood of 2007, hurri-

cane Maria 2017, latest Australian bushfires, and we can go on and on.

Diseases: WHO has identified more than 30 new or resurgent diseases in the last three decades, the sort of explosion that has not happened since the Industrial Revolution. Nipah and Corona are just the beginning we say.

Say goodbye to:

Christmas trees: The Pine Bark Beetle which was controlled by the cold winter temperatures is now thriving and feeding on pine trees, killing off the forests. Year 2050, celebrating Christmas with a virtual tree...anyone interested?

Ski vacations: Do we need to say more? Melting glaciers are making the hotspot tourist desti-

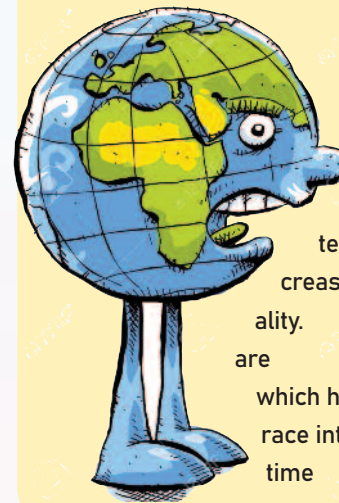


nations a bummer due to warmer temperatures. Slopes on the East Coast last year closed months ahead of time due to warmer weather, some losing as much as a third of their season.

French fries: International Agricultural Research scientists say warmer temperatures are killing off wild relatives of potato and peanut plants, "threatening a valuable source of genes that help these crops fight pests and drought."

...And the list can be really long if we fail to find a solution in time. 🇮🇳

Terribly Tall Tales



Earth is round is a fact. Earth's rotation cycle will slow down with time is simply fiction. Global temperature is increasing is the harsh reality. Likewise, there are many statements which have put human race into ignorance. It's time to put such fake news to rest forever.

Faux: Earth's climate has always changed.

Fact: The planet has changed a lot over the course of 4.5 billion years. But the pace at which it is currently changing can't be denied so much so that an uninhabited islet off the coast of Japan could no longer be found, presumably because of the rising sea level.

Faux: Climate change is a future problem.

Fact: The '12 years to save the planet' notion has been replaced by mere 18 months. If the earth's temperature rises to 2 degrees Celsius, a massive 70% of the world's coastlines would rise by 0.2 meters, the world's already diminishing biodiversity would face greater levels of extinction, risks of forest fires and extreme weather events would increase, and oceans would become acidic.



Seeing The Remarkable Ability In Disability, One 'Special Needs' Child At A Time

Developmental disorders

- ➔ Around **32,000** children in India are born with down's syndrome.
- ➔ Boys are **four times** more likely to be diagnosed with autism than girls.
- ➔ Over **15%** of military veterans live with an auditory processing disorder due to high-intensity blast exposure.

Behavioural disorders

- ➔ Males are **three times** more likely to be diagnosed with ADHD than females.
- ➔ ADHD can continue through adolescence and adulthood and affects roughly **2.5%** of adults and **5%** of children worldwide.
- ➔ Oppositional defiant disorder affects around **11%** of boys and **9%** of girls.



HAND-IN-HAND

Recognise the symptoms

If you know a child who...

- Has difficulty sustaining attention in tasks
- Does not seem to listen when spoken to directly
- Has difficulty organising tasks and activities
- Avoids, dislikes or is reluctant to engage in tasks



...then s/he might be suffering from **Inattentive ADHD**

If you know a child who...

- Lacks in babbling or pointing by age one
- Has not said any word by 16 months of age
- Has poor eye contact
- Has repetitive or strange language patterns



...then s/he might be suffering from **Autism**

If you know a child who...

- Has difficulty pronouncing and rhyming words
- Possesses slow and inaccurate reading skills
- Has poor spelling skills
- Does not understand what others are saying



...then s/he might be suffering from **Dyslexia**

If you know a child who...

- Keeps fidgeting with hands or feet or keeps squirming in his seat
- Finds it tough to engage in leisure activities
- Has difficulty awaiting turn
- Interrupts or intrudes others



...then s/he might be suffering from **Hyperactive-Impulsive Type ADHD**

The race for change

It's Time To Embrace The Word 'Special'

“The need to integrate special needs children in the society is vital”, says **Dr Sambhavi Seth**, an expert in the field of developmental neurology. Read on as she shares with us her views on how special children can win this race called life.



Dr Sambhavi Seth with YP team member

The start: There are many special needs children who suffer from communication or behavioural disorders. The first step is to identify the problem at the right time and understand that every child is unique. The status of these children should be analysed on parameters like responsiveness, issues, concerns and performance as compared to an abled child of the same age. Following which, a set individualised programme should be created that caters to bring about maximum improvement in them.

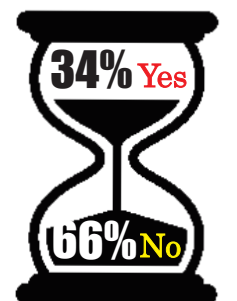
The hurdle: One of the biggest problems that these children face is communication as they usually do not interact the same way as others do; they face issues while picking up languages and even receptive communication becomes tricky for them. Their social behaviour is also affected as most of them are lost in their own world, without any friends, furthering behavioural issues like hyperactivity, aggression, etc.

The finish line: Special needs children are not different from others, but their needs are. Here, the need to sensitise the world to the challenges they face comes to fore. Teachers should know how to deal with them, the schools should integrate their needs in their curriculum and special services should be present for them in public areas. Only if we take care of their needs, can we create an inclusive society.

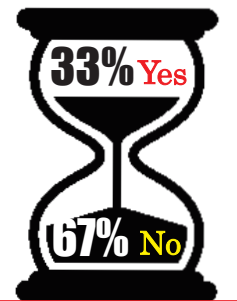
YOUTH POWER

FINDINGS

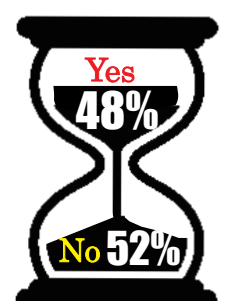
Do you know what 'special needs children' means?



Do you think there is a cure for autism?

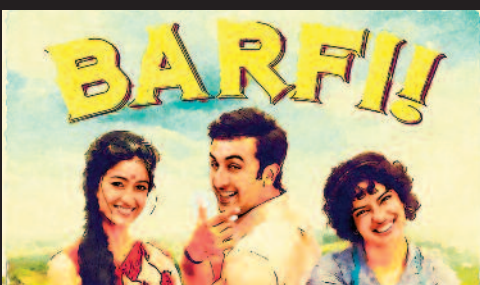


Do you interact with special needs children in your neighbourhood?



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

See and sensitise

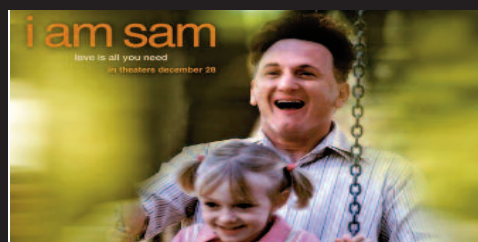


Movie: Barfi!

What is it about: A rom-coma portraying the unconventional story of an autistic girl and a deaf and mute boy.
Why you should watch: The film, hitting everyone right in the heart, showcases how love conquers all, even disabilities.
Available on: Netflix

Movie: Taare Zameen Par

What is it about: The struggles of an 8 year old dyslexic boy who is sent to a boarding school due to his poor academic performance.
Why you should watch: The movie opens society's eyes to special needs children and makes folks rethink their parenting style.
Available on: Netflix

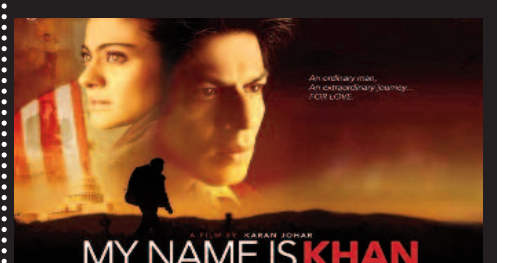


Movie: I Am Sam

What is it about: A man with a learning disability fights for the custody of his daughter with the help of an infamous successful lawyer.
Why you should watch: A great pick for family movie time, this film is a great reminder of the power a parent's love holds.
Available on: Netflix

Movie: My Name Is Khan

What is it about: A man with Asperger's syndrome embarks on a journey to fight discrimination and racism.
Why you should watch: An emotionally gripping tale, with great actors, this movie will leave you with a few lessons learnt.
Available on: Hotstar





Brought to you by YP team of AIS Gurugram 46
Toyam Khanna, Manasvi Kadian,
Debjyoti Ghosh, Shireen Sabharwal; XI &
 mentor teacher, **Saritha Chithal**

We ~~cancer~~ overcome

The actual and **factual**

9,600,000

people succumbed to cancer in the year 2018 alone

60%

of annual deaths in Africa, Asia, and South America are due to cancer

275,600,000

new cancer cases will be reported by the year 2040

7.34%

is the average risk of dying from cancer before the age of 75 years in males

20%

cancer cases in the world are caused by tobacco use



Immunity potion



Ingredients

- Spring basil leaves (shredded).....1 cup
- Honey5-6 drops
- Cardamom powder¼ tsp
- Ginger (chopped).....½ tsp
- Turmeric powder¼ tsp
- Lemon juice.....2 tsp
- Water.....3 cups

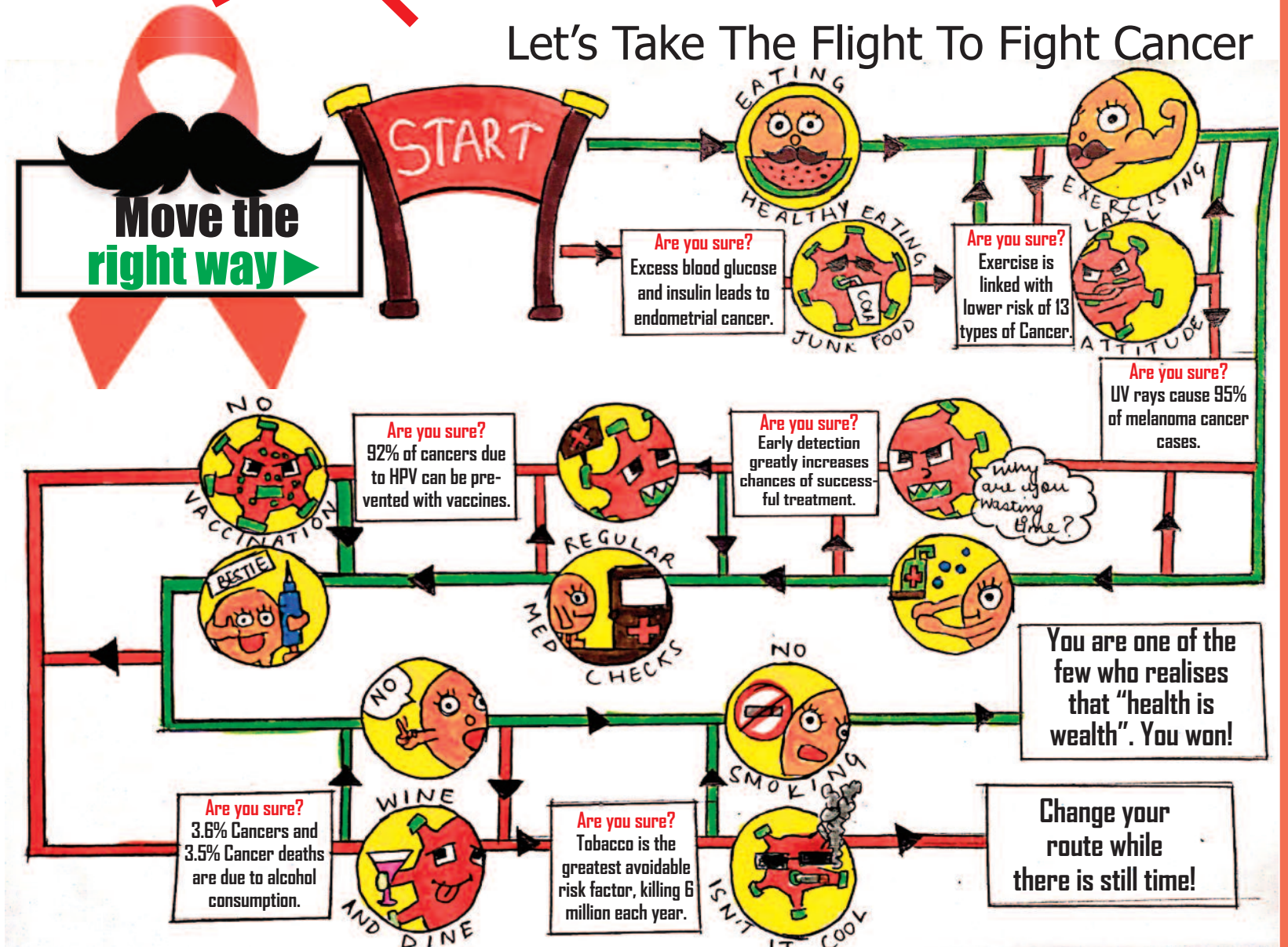
Method

- In a large sauce pan, add three cups of water. Keep it to boil at high flame.
- Add shredded basil leaves, chopped ginger and cardamom powder to the water. Let it boil for another 10 minutes.
- To the boiling mixture, add the prescribed amount of turmeric powder.
- Stir the mixture for 15 minutes and remove it from the flame.
- Strain the mixture and serve it with a dash of honey and lemon juice.

Benefits of Immunity potion

- Helps in preventing certain respiratory illnesses ranging from cold and cough to bronchitis and asthma.
- Helps in maintaining normal levels of cortisol hormone in the body that is known as the stress hormone.
- Helps in lowering the blood sugar levels significantly.

Let's Take The Flight To Fight Cancer



Fighting the big C...

...For It's Not That Tough To Beat Cancer

The word cancer is always associated with pain and a devastating toll it takes on anyone's life. However, it stands false in the case of Indra Jasuja, who chose to become victor instead of a victim. Apart from being the vice president of Breast Cancer Unit and president of Cancer Sahyog, she is also a clinical psychologist who assists cancer-afflicted individuals. A look at how she managed to beat cancer.



Dr Indra Jasuja (L) with YP team members

self well-equipped and all the positive strength to get through this, which motivated me to work for this cause.

ever, there are various government initiatives to take care of economically weak families.

On being a survivor

My husband was a cancer patient but that never enfeebled him in any manner. And it was this positivity that helped me to fight the disease when I became a target of the same. I found my-

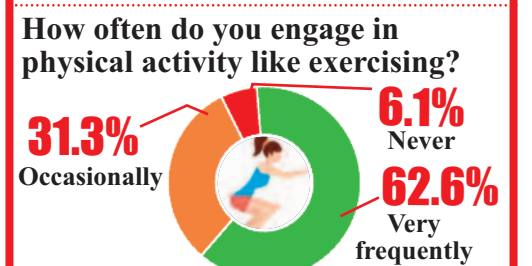
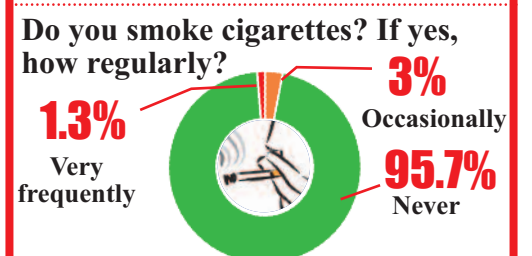
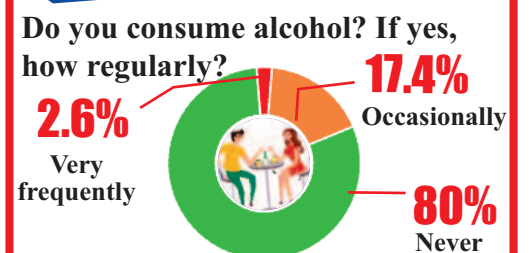
On the challenges

Along with physical trauma, cancer also brings fiscal instability. Most families find it tough to meet the expenses that accompany cancer treatments. How-

On the value of empathy

Try seeing a cancer patient as just another hearty individual and it will make a huge difference. Nudge them to believe that they are strong enough to fight the disease. **GT**

YOUTH POWER FINDINGS



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

EAT A RAINBOW

Red

What it contains: Fiber and antioxidants like lycopene and actinin that are great cancer-fighting chemicals
What to eat: Tomato, watermelon, red kidney bean

Orange

What it contains: Carotenoids like alpha-carotene and beta-carotene that protect cells from further damage
What to eat: Orange, nectarine, tangerine, papaya, peach, carrot pumpkin

Green

What it contains: Sulforaphane, isothiocyanate, lutein, zeaxanthin, etc., which reduce the risk of skin, breast, and colorectal cancers
What to eat: Spinach, lettuce, kale

Purple

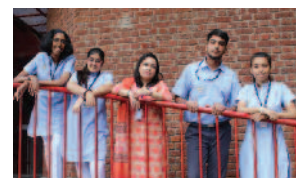
What it contains: Antioxidants like anthocyanins that prevent gastrointestinal cancers
What to eat: Blackberries, blueberries, eggplant, cranberries, plums

Yellow

What it contains: Beta-cryptothanzin and limonoids that lower cholesterol and protect against breast, skin, and stomach cancers
What to eat: Mango, pineapple, yellow grapefruit, yellow bell pepper, corn

White

What it contains: Allicin and flavonoids that are antiviral, antifungal, and antimicrobial, and are rich in antioxidants
What to eat: White onions, garlic, and mushroom



Did you know?

The global economy loses around US\$ 1 trillion per year in productivity due to depression.

Age groups 30-49 years and above 60 years have a higher chance of suffering from mental disorders.

Amongst the individuals aged 15-29 years, suicide is the second leading cause of death worldwide.

On a global level, individuals in the 70 years and older age bracket, face a higher risk of depression.

Almost half of all the mental disorders begin before the tender age of 14.

Over 9.8 million individuals in the age bracket of 13-17 years require active interventions, according to NIMHANS Mental Health Survey.



Shatter the



Before Your Mental Clock Starts Ticking And Breathing Its Last!

Fit Mind, Fit Body

Don't Settle When It Comes To Mental Health



Dr Manpreet Sodhi with YP team members

How do you think India is faring in terms of its mental healthcare system and services?

Vast changes are needed. A recent study by NIMHANS found out that 13.7% Indians suffer from some type of mental illness, but there's an alarmingly low number of mental health professionals available for them and because of that, it becomes expensive to seek mental healthcare. The absence of mental healthcare insurance further exacerbates this situation.

How can parents and children work towards a healthy mind?

It might seem tough, but it is important for every child to open up. If there is any conflict, discuss it with your parents or teachers. Likewise, parents need to accept and understand their child's behaviour, and should seek professional help if need be. [GI](#)

Meet **Dr Manpreet Sodhi**, psychologist, Fortis Hospital, Noida, who believes that mental well-being comes before everything else.

How do you think we, as a society, need to change our outlook on mental health?

We tend to focus on what we see. We feel feverish, so we visit the

doctor's clinic. But we forget that the mind needs help too, when it feels anxious or depressed. Our society is very unforgiving when it comes to dealing with such mental health issues. Any sign of mental distress is either brandished as inconsequential or is feared in general. There is thus an urgent need to de-stigmatise mental well-being for a sound living.

Mental Health Meter

Keep A Tab On Your State Of Mind

I often dwell on past experiences and daydream about different outcomes. Agree Disagree

My feelings of happiness are often overshadowed by worry about the future. Agree Disagree

When life gets tough, I try and retreat from friends and family. Agree Disagree

After an emotional upheaval, it makes me feel guilty to feel happy. Agree Disagree

When people say I have positive qualities, I have trouble believing what they are saying. Agree Disagree

If you chose 'Agree', you get no points, while every 'Disagree' gets you one point. If you have less than 3 points, your state of mind is currently in a bad place. If you've got 3 points, you are stable, and if it is more than 3, you have attained serenity. Way to go! *This is not a standardized test.

Mental Health Victim Survivor

Anupriya Bhatnagar

AIS Vas 1, XI

It hurts every day

The pain is invisible

Scars burn inside me

Making me so miserable

The hurt follows me around

All the way home

It knows where to strike

How to rattle my bones

I am sick and tired

Of pretending every day

Just sick and tired

Of keeping others at bay

I am not ashamed

For I am not at fault

It is not easy to face

Your own mind's assault

But let me remind you

All just the same

I'm a mental illness survivor

But that is not my name. [GI](#)

YOUTH POWER FINDINGS

84.8%

people had never gone for a mental health checkup in their life.

62.9%

people rarely gave a thought to their mental health.

11.2%

people had no knowledge about mental health and the issues related to it.

1.5%

people said they had poor mental health.

Sample size: 353
Methodology: Online questionnaire
Sample group: General public

Speak Up

Deepika Padukone

Profile: Bollywood Actress

Speaks: "I thought it was stress, so I tried to distract myself by focusing on work, and surrounding myself with people, which helped for a while. But the feeling didn't go away. I suffered from lack of concentration and I broke down often."



Ellen DeGeneres

Profile: Talk Show Host

Speaks: "Depression eats away your confidence, making you forget that you're enough just as you are. And soon, you isolate yourself. You never say, 'I am hurting, I need help'. It was the same for me; I went to a therapist and healed."



J. K. Rowling

Profile: Famous author

Speaks: "I have never been remotely ashamed of being depressed. Never! It is just like any other disease, so what's there to be ashamed of? I went through a really tough time and I am quite proud that I got out of it, healthy and sound."



Lady Gaga

Profile: American singer

Speaks: "I have looked for the answers to my chronic pain and the change I felt in my brain for five long years. But I overcame it all. Sadly, there is a lot of shame attached to mental illness, but don't forget there is hope and a chance for recovery always."



(Source: Internet)



The gender way

Let's Expunge The Gender Lines

YOUTH POWER FINDINGS

Do you think that gender inequality exists in the workplace?

No 34% Yes 66%

Do you think it is right for women to be paid less for doing the same job as men?

Yes 16% No 84%

Sample size: 450
Sample group: General public
Survey tool: Instagram

Insightful or insensitive?



Here's a little quiz for parents. The rules are simple - If you answer most of the questions with a 'Yes', there is a need for you to be more gender sensitive. If you answer most questions with a 'No', you are definitely nurturing your kids in a gender neutral environment. Kudos to you!

- Are your children's room colour coded ie, pink for girls and blue for boys?..... Yes/No
- Do you have different curfew timing for your son and daughter?.....Yes/No
- Have you ever stopped your son from working in the kitchen?.....Yes/No
- Have you ever restricted or chided your son for playing with dolls or your daughter for playing with cars?.....Yes/No
- Have you ever called your daughter a 'tomboy' or your son 'girlish'?.....Yes/No
- Do you encourage your son more than your daughter to join sports?.....Yes/No

Embracing the notions 'un-gendered'



“Ever since my childhood I was told, 'boys don't cry'. This notion that boys shouldn't be expressive of their detrimental feelings, falls in the face of equity. I was always asked to take part in sports and activities specifically designed for boys, while I had a knack for culinary arts. And for this, I faced the ridicule of my near and dear ones every time. Such stereotypical notions hamper the mental health of individuals irreversibly. Abolishing these so-called roots of gender inequality is the need of the hour.”

Tushar Gadia, University student



“Time and again, many of my female friends and I have encountered statements like-it is not necessary for a girl to think about her future because she will eventually get married to a man, who will take care of her demands. When I enrolled in university for law, people were of the view that why do I even want to be a lawyer in the first place, when my life plan was already set. But what I don't understand is why boys don't go through the same? I guess it is all because the society perceives boys as the sole bread earners and women as housekeepers. I don't believe in any such gender specific roles and firmly advocate that girls like me should stand up and change the set notion of gender roles laid by the society.”

Prakshi Singh Rao, University student

Gender: Is it a bar or not?

Out of the total 153 countries that were ranked for WEF's Gender Gap report 2020, India was ranked a lowly 112th position for its ever widening gender disparity between males and females. Here's a list of all those parameters that are reflective of this gap:

Sex ratio: India has a low sex ratio of 924 females per 1000 males as of 2020.

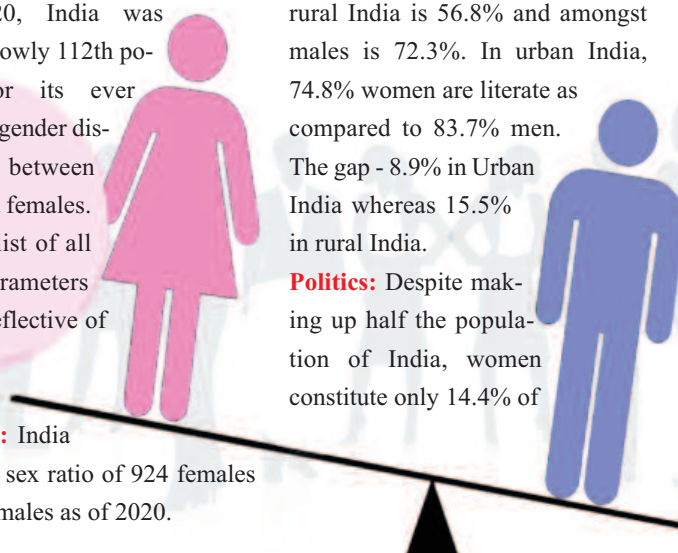
Literacy rate: Latest data puts India's literacy rate at 69.1%. Out of which, that amongst the women of rural India is 56.8% and amongst males is 72.3%. In urban India, 74.8% women are literate as compared to 83.7% men. The gap - 8.9% in Urban India whereas 15.5% in rural India.

Politics: Despite making up half the population of India, women constitute only 14.4% of

the parliament and 23% of the entire cabinet. Their underrepresentation stretches to such an extent that the country has had only one female president and prime minister since the year 1947.

Economic opportunities: According to WEF, women get only a limited 35.4% economic opportunities in India, with 13.8% representation on company boards.

Income: The average pay gap between men and women is 22.5%, wherein men get a gross hourly wage of around 288 INR and women earn 223 INR, a whopping 65 INR less for the same work.



Once upon a time...

...a brave prince rescued a dainty princess and so they lived happily ever after!" Ugh, aren't you tired of such stereotypical stories? If yes, here are some new books you can explore to move away from these typical gender norms.

Ballerino Nate

Kimberly Brubaker Bradley

The book addresses the stereotype of ballet being 'girlie', but the persistence with which Nate follows his passion for being a ballerina, tells us that dreams do not have genders.

Little Women

Louisa May Alcott



Following the life of March sisters, from venturing out in the world to be an artist, to finding bliss in a marital life, this book tells us

that there is no fixed path to empowerment.

William's Doll
Charlotte Zolotow

One of the first children's text to talk of non-traditional gender stereotypes, this book addresses the problem of gender-labeling even a simple item like a doll.

Flout Them To Fight Them

They say makeup is only for women

We say makeup is an art to be enjoyed by all, which is why cosmetic companies like Maybelline, CoverGirl, etc, are hiring male models. Not just so, with the biggest beauty influencers in the world being men like Manny Mua, Patrick Starr, etc, this industry is open for all, gender no bar.

They say women are not good at sports

We say do you know Serena Williams? Does PV Sindhu ring a bell? Have you forgotten Saina Nehwal? Or does Mary Kom need to knock your regressive typecasts out of the window?



They say men are the sole breadwinners of the family

We say 47.7% of all women are an active part of the labour force. In the US alone, 2.2 million men were stay-at-home dads in 2010, a number that has definitely increased over the last decade. So move on gender roles, here comes the change.

They say men are too tough and strong to cry

We say real men do cry. Like, when K Sivan, ISRO chief, broke down publicly as Vikram Lander lost contact, or when Harry Styles was all willed up seeing the suffering of children in Ghana, substantiating that emotions do not have any gender.



Hear the unheard

Lending An Ear To Those Who Need To Be Listened To

Clean your ears and how!



Hi! I know you use me for hearing, but do you realise that those loud sounds end up making life difficult for me?



And this wax! So much that it could be turned into a candle. What to do?



Wait, I have an idea! An age old recipe to clean the ears.



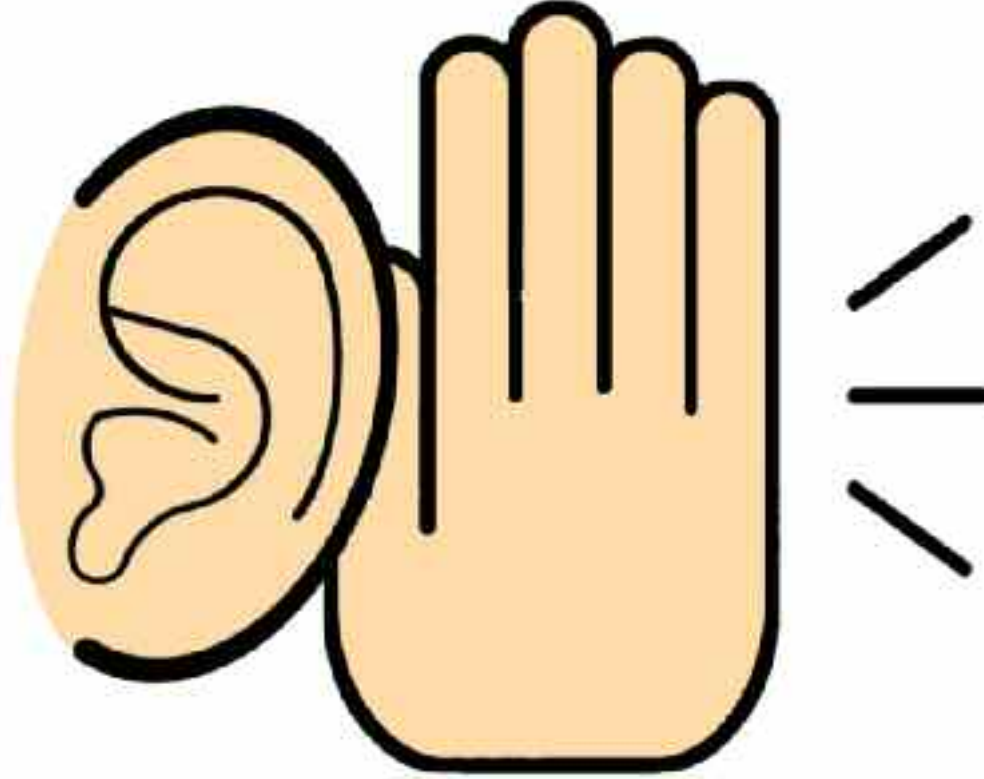
A few drops of oil, glycerin and hydrogen peroxide and it's done.



This seems like a jolly good bath, so relaxing and rejuvenating!



What do you say? Don't I look neat and clean, and in perfect shape now?



Let's HEAR the expert

Accoutered with facts and great experience, Neevita Narayan, senior audiologist, speech therapist and director at SpHear (Speech and Hearing Clinic), New Delhi, gives an insight on how hearing disability affects kids, and makes it the responsibility of those around them to take action before it's too late. Here's what she said:

Step 1: Detection

Without early detection and screening, hearing deficiency goes undetected till around 14 months of age, resulting in delayed development of speech, hampering the child's interpersonal relationships. Therefore, early detection plays a pivotal role in the life of children born with hearing loss as it gives them a chance to be successfully integrated in the mainstream society.

Step 2: Challenge

Every year, over 1,00,000 children born in India suffer from hearing loss but very few children receive treatment. The reason-lack of infrastructure, expertise and affordability. A cochlear implant surgery can cost up to 9,00,000 INR - which is high. Not just that, post-surgery speech therapy is mandatory but very few are aware of this. Apart from this, the families also have to be taught to take care of the hearing aid device. It really becomes a

task to ensure that each and every child suffering from hearing loss gets all the benefits.

Step 3: Action

Parents should get their child detected right at the moment of birth or when the baby turns one month old so that s/he can get early intervention services. After detection and treatment, prolonged speech therapy is a must. It helps the child to overcome any communication delays and bring them at par with others. 🇮🇳



Do not turn a deaf ear



- Deafness and hearing stultification is the third most common disability in the world
- WHO states that almost half the causes of complete deafness are easily preventable
- 1 in 4 hearing loss case in babies is due to any pregnancy infection or head trauma
- Currently more than 430 million adults and 30 million children worldwide are deaf
- Unaddressed hearing deficiencies result in an annual global cost of US\$ 750 billion
- Only 17% of those who can be benefitted from use of a hearing aid actually use one
- 1.1 billion people are exposed to hearing loss owing to noise in recreational settings
- As estimates suggest, by 2050, over 900 million people will suffer from hearing loss

Hear the LOSS

Time To Monitor Your Daily Exposure To Noise



Feed your ear

Professor X Potassium

The fluid in our inner ear levels down as we age, contributing to hearing loss or presbycusis. Guess who regulates it?
What to eat: Potatoes, spinach, raisins, apricots, bananas, melons, yogurt and low-fat milk

Flash Folic Acid

It maintains the overall health of the hair cells in our inner ear by generating new cell growth and enriching circulation in our body.
What to eat: Fortified breakfast cereal, spinach, broccoli and asparagus

Megamind Magnesium

Acts as a barrier for our hair cells in noisy surroundings and as a saviour for the blood vessels in the inner ear that otherwise



shrink, causing oxygen deprivation.
What to eat: Bananas, artichokes, and broccoli

Zorro Zinc

It increases cell growth, heals wounds, boosts the body's immune system and also helps ward against ear infections. Who is it?
What to eat: Cashews, almonds, peanuts, beans, split peas, lentils, and everyone's favourite dark chocolate!

Omega 3 Fats

Omega 3s lessen the risk of age-related hearing loss and also improves the functioning of our brain, sending signals between the brain and the ears more effectively.
What to eat: Flaxseed, krill oil and soybean oil

YOUTH POWER FINDINGS

The exclusion

4

Out of 5 companies do not have any deaf employees



Out of 5 working adults don't know sign language



A step towards inclusion

3

Out of 5 would accommodate deaf people in their social circle



Out of 5 are willing to learn sign language



The inclusion

2

Out of 5 people see deaf people as efficient employees



3

Out of 5 would help them in understanding the assigned work better



Sample size: 500

Sample group: General public

Survey tool: Online questionnaire

Deafen the myths...

...Or They Will Deafen You

Myth: Hearing loss is usual at my age.

Fact: Regardless of how old or young a person is, hearing loss is not normal or usual at any age.

Myth: Hearing aids help in making your hearing normal again.

Fact: Hearing loss cannot be cured with hearing aids. They can only help one in communicating and listening better.

Myth: A child needs to be at least 3 years old in order to check him for any hearing disorder.

Fact: Hearing loss can be identified even in newborn babies. It's suggested to get hearing detection at the time of birth.

Myth: Only cotton swabs can clean my ears.

Fact: Human ears can clean themselves on their own. One just has to remove the extra wax outside the ear canals, thus prodding and picking at it using a cotton swab won't help. It will only push it deeper inside, causing blockage or potential short-term hearing loss.

Myth: My child cannot speak now, but might do it later.

Fact: Hearing disorder is one amongst the various reasons why children don't start talking. Also, a normally developing child starts talking between 12-18 months of age. Visit a doctor if you suspect any delay.

