



The Q & A gallery

Here's How The Teams Aced The Volley Of Questions From Jury Members At YP Finale



What role does social media play in sensitising about any social cause?

The involvement of social media is paramount in spreading cognisance about any social cause. During our campaign, it played a huge role in conveying our cause to a larger audience. Upon our interactions with families with special children, we came to know that many parents are not comfortable sharing about their special children. Social media is one place that offers anonymity, and it allows these families to reach out to experts and interact with other families with the same outlook.

According to WHO, the prevalence of diabetes, mortality rates, cancer deaths, etc., has seen a surge in the recent years. Do you think there is something wrong with the very base of our functioning?
 Humans are undergoing several changes because of the prevalence of several diseases and conditions that have increased substantially over the years. Diseases such as cancer, diabetes have a biological reason behind them, but when it is about mental conditions like autism and dyslexia, there is still a lot to be figured out. These conditions cannot be regarded as a result biological imbalance and hence, scientists across the world are still doing research to find the reasons for such mental conditions.

YP Team, AIS Saket
Cause: Special care for the special needs



You talked about buying things only when necessary and not out of want. Can you quote some incident where you managed to resist from buying something that you really wanted to possess?

Before this initiative began, we would procure any attractive item that we came across while exploring a nice fancy store, even if it was absolutely unnecessary. However, our YP journey taught us that we can certainly hold back our impulsive habits and refrain from purchasing something that doesn't really hold an immediate purpose. We started with simple stationery items like using refillable pens and the blank pages of used notebooks for our personal use. We also used this measure during our endeavour by combining blank pages of old notebooks and distributed it to the underprivileged kids, through an NGO called Rupantar.

While researching on the topic, did you hear about types of waste such as chemical waste, heavy metals, volatile organic compounds (VOC). If so, can you please name the measures that can be taken to mitigate these kinds of wastes?

Upon online research and expert interactions, we realised that the usage of several products leads to the generation of harmful chemical waste. During one of our interactions with Mr Shantanu from Space India and Sankalp Goyal from Moti Packaging, gave us an understanding of space waste and packaging waste respectively. We were apprised how these are main contributors towards hazardous waste and the methods being devised in order to mitigate them. For example, Space India is collaborating with ISRO to create reusable rockets. In the same way, Moti Packaging has also developed eco-friendly packaging for a greener planet. We think, every such practice can be made organic, so that it makes the planet greener with time.

YP Team, AIS Mayur Vihar
Cause: Management of waste

Expert: Deeksha Mittra, Life Coach
Speaks: "Responsibility means ability to respond, wherever you are and in whatever situation you should have that sensitivity in you to respond to every situation in best possible manner. I am very happy to see that in present times these young change makers from Amity Group of Schools instead of getting disheartened or complaining previous generations for their present sufferings, thought to transform the society for better. They are indeed the inspiring torch bearers who at such tender age have such great insights into social issues which need immediate attention. I am impressed with the holistic approach of every YP team for their respective social causes."



Plastic being such a necessity in a layman's life, did you ever come across any fact that truly shocked you and made you realise what a huge issue this problem is?

Humans are dependent on plastic, but coming face to face to this reality was definitely an eye-opener for us. As we went on with our project, we found that approximately 60% of Gurugram residents feel that the plastic waste management implied in their locality is inefficient or useless altogether, which is why it became our goal to fix this issue. For the same, we collaborated with companies like EcoGreen and KK Plastics to ensure that the plastic our society carelessly uses and throws away actually ends up being properly disposed of.

Anirudh Narwal, YP Team, AIS Gurugram 43

Plastic waste and plastic management is a serious issue, something that even grown-ups ignore, so how difficult was it for you to educate the junior section of the society and how was the response?

In our experience, the junior section of our school were much more environmentally-conscious than any other grown up would have even thought. As we started interacting with the tiny tots of our schools to conduct anti-plastic activities, we received maximum participation. They themselves came up to us, telling us how they prefer using steel and metallic bottles instead of plastic. Whenever we would carry out the campaign in school, kids could come up to us and call us 'Anti-plastic warriors' which was such a confidence boost for us; it willed us and motivated us to work even harder.

Ishrita Gandhi, YP Team, AIS Gurugram 43
Cause: Say 'NO' to plastic



How did the initiative affect students of your school and how did you respond to them?

During our campaign, we designed mood-trackers, which individuals could use to monitor their moods and were distributed amongst the students. After some time, we collected them back and noticed that one student's mood tracker had more negative moods than usual. So, we approached the student and connected him to our school counsellor to discuss his problems. His parents were informed about it as well and they really appreciated our methods. Along with that, our initiative sensitised the students not only about mental health but also the impact of use of derogatory words.



As the only male member in the team, what are your views on boys wearing pink and the ridicule that follows?

I personally have always loved wearing pink and this is less out of a conscious protest but more because I feel that I look good in this colour. And, I think that's the way it really should be. Why do we even have to give weightage to such stereotypes in the first place. So, I choose to wear pink, a so called feminine colour, irrespective of any derogatory remark that is thrown at me. I really don't seek the approval of people who are ignorant. And believe it or not, you would do too, if only we break away from such gender-based stereotypes.

Paras Pandey, YP Team, AIS VKC Lucknow

When we say equality, are we trying to place and weigh oranges and apples on the same scale? Is this what we mean by equality?

Equality does not mean oranges and apples are same; equality is when oranges and apples are both considered fruits with their individuality intact. Likewise, when we say men and women are equal, what we mean here is that they should together as humans get the same rights and resources. For, we are all humans first, men and women afterwards.

Alisha Ojha, YP Team, AIS VKC Lucknow
Cause: Gender sensitisation



When you say 'we are what we eat', do you think it only ends up referring to our physical state?

'We are what we eat' refers to who we really are; it signifies that whatever we eat determines our physical and mental health. Which is why it's important for us to eat healthy so that our body stays fit and our psychological state remains flourishing. It is, after all, our brain that makes us who we are, so we should be very careful about what we feed it with.

Aakarshika Singh, YP Team, AIS VYC Lucknow

Your YP topic was 'Debunk the junk', but what do you think is the biggest irony when we talk about junk food and how it is so tempting to the common masses?

It's ironic how when we say junk, only negative connotations jump to our minds. We imagine useless items that nobody wants, but add a 'food' after it and suddenly we think of pizzas and fries. But if it is 'junk' food, shouldn't we be throwing it in the dustbin, like any other junk? Considering how 90% of the happy hormones are produced by our gut, we definitely shouldn't feed junk to our mind, body and soul.

Kainaat Arif, YP team, AIS VYC Lucknow
Cause: Say no to junk food

Hormones play an important role in our mental health, especially serotonin. What do you have to say about the same?

Hormones have a crucial influence on our mental health. Serotonin, also known as the 'happy hormone', contributes to our overall well-being and happiness. There are other hormones as well in the body that are equally responsible for our happy moods such as dopamine and oxytocin. These hormones bring changes to our emotions which in turn impact our mental health. For example, a lack of the hormone serotonin may cause depression, anxiety and sleep disorders among other behavioural changes.

Anupriya Bhatnagar, YP Team, AIS Vasundhara 1
Cause: Mental Health

