



The first car did not had a steering wheel, it was operated by a lever.



**Can you share what was the thought behind deciding on the name 'Sakhaa' for your Youth Power cause?**

It started with my grandfather, fondly called Nanu by me. He led a happy and happening life for 67 odd years both personally and professionally. Two years back, I lost him to Parkinson's disease which had rendered him completely immobile and dependent on us. I was a part of his daily life, from feeding him to changing his diapers. This revealed the insensitivity of a few of my friends with whom I shared my daily routine. I also discovered the loneliness that elderly people go through in their lives. They are in need of a friend and that's how we came up with the name Sakhaa, which will always remain close to my heart.

**Medhavi Jagmohan, YP Team, AIS Vasundhara 6**

**Can you share how your experience changed with your grandparents prior to picking up this cause and post it?**

After being a part of this campaign, I learnt that senior citizens have so many experiences to share and so much knowledge to give. When we visited Shashiraj Foundation, the elderly residents there shared with us their life experiences. We in turn gave them technological help and informed them about helpful apps such as ElderAid. From this journey, we have understood that senior citizens have a lot to share and we must enlighten ourselves with the wisdom of elderly.

**Sparsh Rastogi, YP Team, AIS Vasundhara 6**  
Cause: Care for senior citizens



**There was one thought provoking activity in your report, based on BHAAG- Behaviour, Hard work, Attitude, Ambition and God. How do you think God contributes in our healing and fitness?**

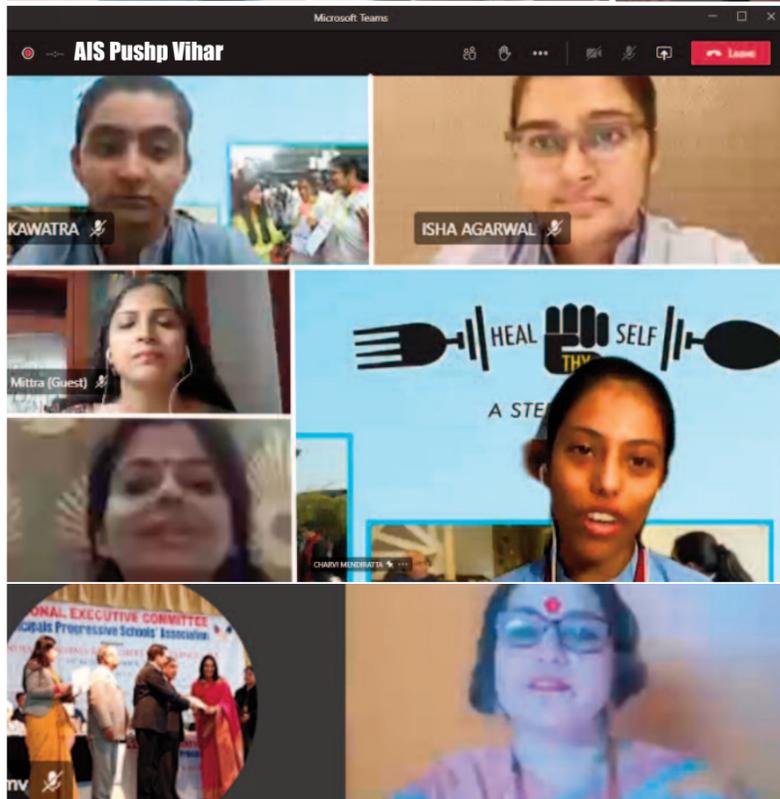
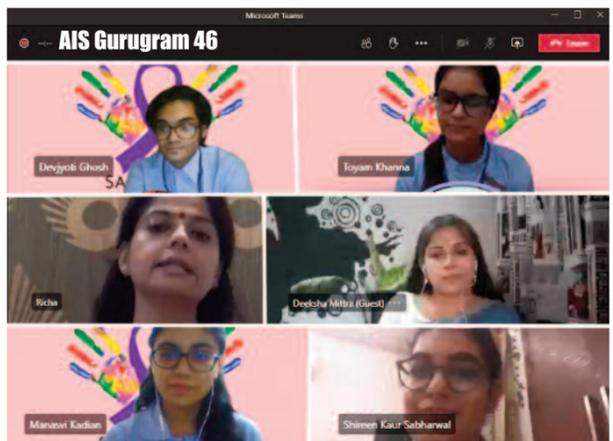
God is one omnipresent being who gives us inner strength and if we have that, we can achieve anything in life. It is our belief and will power from within that pushes us to reach our goals. Keeping the attributes of BHAAG in mind, we encouraged students to exercise daily and make it a habit and assured that if they are willing to do that, God will help them achieve their goal.

**Charvi Mendiratta, YP Team, AIS Pushp Vihar**

**Diet and lifestyle play a huge role in healthy living and you reached out to many people to communicate the same. Did you also interact with senior citizens to understand lifestyle and food of their time?**

In the modern world, our grandparents are the ones who offer us their advice of experience in terms of what we are doing wrong, be it intensive gyming or intake of artificial nutrients. As a part of our campaign before the lockdown, we interacted with the old aged people to gather fitness tips from them. We also posted it on our social media so that maximum number of people could benefit from it.

**Isha Agarwal, YP Team AIS Pushp Vihar**  
Cause: A step towards fitness



**Expert: Richa, The Naturalist**

**Speaks:** "Over the time our mechanistic and reductionistic approach has made us get far away from nature, we have forgotten that we are made of 'Pancha-boota', we are made from nature and if we continue to extract and destroy the nature, we will eventually hurt ourselves. It's heartening for me to see how

the YP teams picked up relevant social causes as well as worked so passionately for the same. I feel that the youth should always find solutions to fix the cause. Remember, when water overflows we fix the tap and do not go looking for corks. As the leaders of tomorrow, now, the onus lies on youngsters to reclaim the human species from toxins and create a beautiful better world. Congratulations to the students for putting up a stupendous show."



**To convince people to spend an entire day without air conditioner is tough, how did the you go about it?**

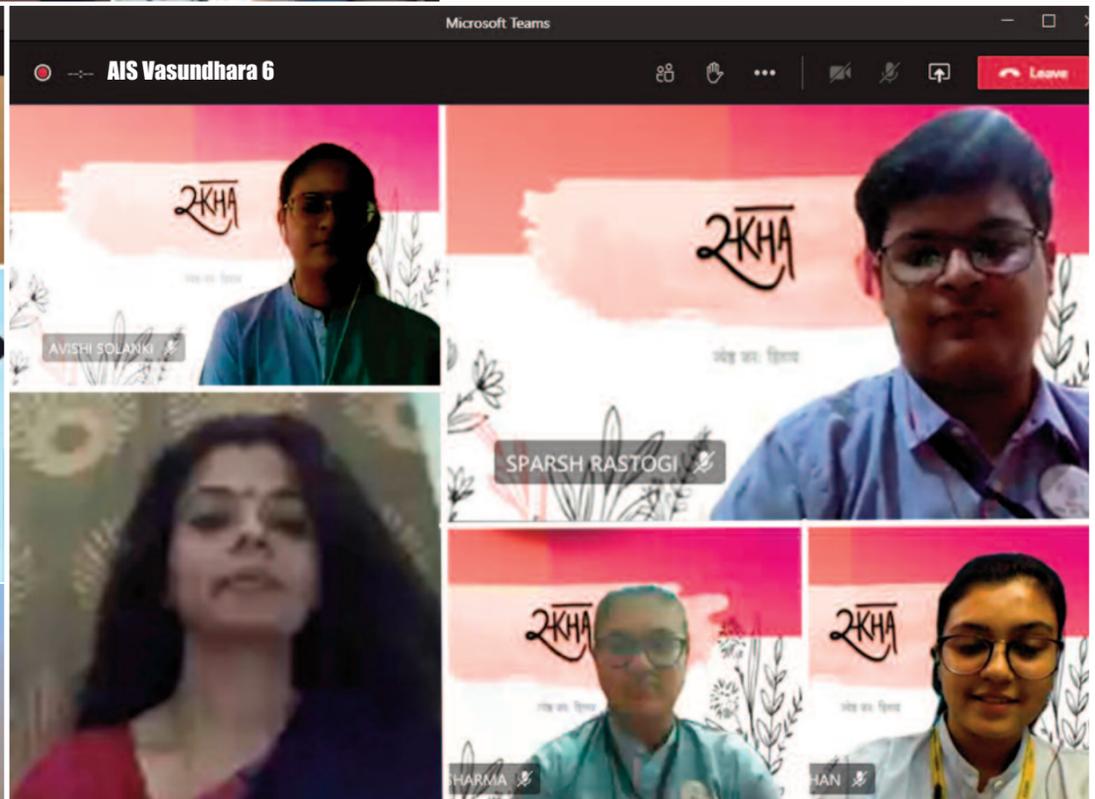
It was easy to convince our fellow school mates since they supported our cause but to convince parents and families was a tough job. We would often hear them say that we are just whiling away our time and that we should be more inclined towards academics, but it didn't deter us from achieving our goal. And I reckon, this is where the need to sensitise people towards the environment comes to the forefront. We along with the help from our volunteers unflinchingly sensitised our compeers who in turn convinced their families at home to partake in the cause, creating a chain of love and affection for our precious mother Earth; also safe-guarding our own selves and our future in the process.

**Fatima Samreen, YP Team, AIS Jagdishpur**

**When we talk about global warming, we generally hear about carbon dioxide but did you also happen to hear about nitrous oxide and methane?**

All these gases are known as greenhouse gases which majorly contribute to global warming. While we hear more about carbon dioxide in our daily life, nitrous oxide is 300 times more potent and methane's potency rate is about 60 times more than that of carbon dioxide; so you can imagine the extent of damage that these gases cause, but still these are overlooked very conveniently. Our everyday industrial, agricultural activities like farming, fossil fuel burning, etc majorly contribute to their composition, posing a grave threat to the ozone layer and finally, the climate and earth's temperature overall. So, it is the need of the hour to somehow restrict these human activities a bit, if not completely.

**Ashish Kumar Yadav, YP Team, AIS Jagdishpur**  
Cause: Mitigation of global warming



**Throw some light on how a deaf person hears himself talk in his head?**

Scientifically speaking, we hear our voice in two ways. When we speak, one sound enters through our ears and the other one through the internal vibrations from the Eustachian tube which connects our ears to our neck to the pharynx area. So, what we hear is different from what the other person hears because of these two sounds. A deaf person is however unable to hear the outer world because of some complications in his/her ear, but manages to hear the sound of what s/he speaks through inner vibrations of the Eustachian tube.

**Anannda Mittal, YP Team, AIS Noida**

**Describe your YP journey in a few words.**

Dhvanialp came into being a year before our YP journey actually began. I was intrigued by sign language and used to fingerspell some common words and phrases using it. Gradually my team mates joined in too. And then, we were all set on our journey to learn more about deaf culture and its other facets, one of them being sign language. As we coursed through, we found out the problems that a deaf person or a hard of hearing person faces in his day-to-day life. And then we never stopped. From that day to this day, we have been vehemently engrossed in championing the cause of the deaf and will continue to do so.

**Vanya Tandon, YP Team, AIS Noida**  
Cause: Deaf culture awareness



**Upon your insightful interactions with cancer survivors, what do you think worked more for them? Was it empathy, love and positivity, or the medical treatments?**

After we came across various fighters who got through cancer, we realised that even though chemo therapies and proper treatments are crucial to overcome this disease; however, more than that, what kept them going was the mental and emotional support that they were offered with, be it their family, friends or even the doctors themselves. A normal and positive environment is what gives them the hope and strength to endure the internal pain and get through the entire period of this battle.

**What role do you think detox plays in fighting cancer?**

During our campaign, our team shed light on various plants like wheatgrass and tulsi, that contain high detoxification properties. Detox plays a significant role in cleansing the blood, regulating oxygen flow, and increases red blood cells in the body. This is in turn crucial in mitigating cancer, because cancer cannot thrive in a low oxygen environment. Even if we incorporate intermittent fasting it can help in detoxification, but what goes a long way is taking care of our eating habits and lifestyle, ensuring that our body is not deprived of even the little things that are great in preventing cancer.

**YP Team, AIS Gurugram 46**  
Cause: Fighting cancer

