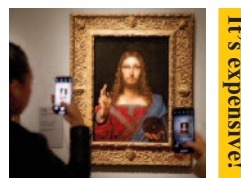


Leonardo da Vinci's 'Salvator Mundi' created a record for being the most expensive artwork sold at a public auction with 450.3 million USD.



It's expensive!

# Losing its cool

## Are We Running Out Of Time To Save The Planet?

Deetya Gambhir

AIS Pushp Vihar, IX C

*"Climate change is already happening, and it's detrimental to human life, too."*

Time and again, we all come across such disturbing and alarming headlines. With newspapers, magazines and web articles, flooded with facts and interpretations related to climate change, have we really understood the effects and actuality of it? Are we as aware and prepared as we should be? Truth be told, a large number of us are even unaware of the difference between global warming and climate change. Global warming refers only to the Earth's rising surface temperature, while climate change includes warming and the various effects of warming, like melting glaciers, heavier rainstorms, more frequent drought or acute water crisis. On that account, global warming is one indicator of the much larger problem of cli-

mate change.

According to the United Nations, climate change is a long-term change in the average weather patterns that have come to define earth's local, regional and global climate. The planet is warming, from the North Pole to the South Pole. Rising temperatures are affecting wildlife and their habitats. Vanishing ice has challenged species such as the Adélie penguins in Antarctica, where some populations on the western peninsula have collapsed by 90% or more. The heat is melting glaciers and sea ice, resulting in rising sea levels and shifting precipitation patterns, all setting animals on the move. It has been predicted by several climate experts that if we do not act now, cities such as Jakarta, Bangkok and Mumbai may submerge.

The climate clock is ticking. Before it gets too late, we must undo the most extreme scenarios of climate change and take coordinated and comprehensive climate action. The 13th Sustainable Development Goal from the list of 17 such goals given by the United Nations aims at and highlights the need to address climate emergency. The Paris Agreement, a legally binding

international treaty on climate change that was adopted by 196 parties on December 12, 2015, and entered into force on November 4, 2016, aims to limit global warming to well below 2 degrees. To achieve this long-term temperature goal, countries aim to reach global peaking of greenhouse gas emissions as soon as possible to pave the way for a climate neutral world by mid-century.

But even when we take such steps, the question remains: are global agreements or initiatives enough to save our planet? Well, they are not! As nations are coming together to combat climate change, people also need to stand up as a community and search for reliable solutions or alternatives.

How long would it really take to completely get everything under control? Will we be able to reverse all the damage and prevent major changes in the near future? How has the pandemic impacted climate change? With all the time that we have lost, especially this year, how would we be able to achieve our aim in the estimated span of time? - these are some of the few questions that we need to ask ourselves and should strive to find answers for.



# Bitty bitter gourd

Fruits and vegetables make up the largest chunk of our nutrition. However, their role is not just limited to a wholesome diet. Their significance permeates across economy, environment, health and social impact, proving how they are, in fact, essential commodities to attain a sustainable world. Keeping the same in mind, the United Nations has designated 2021 as the International Year of Fruits and Vegetables to make us cognisant of the diverse roles that they undertake. Shaking hands with this goal, GT brings you a brand-new series, wherein every part will explore the various facets of one fruit or vegetable, highlighting why it is important to preserve these precious gifts of nature.

Karan Kapoor, AIS MV, VII D

**Hey! My name is:** Bitter gourd

**I am also known as:** Momordica charantia

### About me

- I am an edible pod belonging to the Cucurbitaceae family that also comprises cucumbers, squash, zucchini, etc.
- I am believed to have been originated in Africa as a dry-season staple food of hunter-gatherers.
- Green-skinned with white to translucent rind, I am filled with large, flat seeds, and have a taste that fits my name.

- I am cultivated around the globe, mainly in the tropical parts of the world, and I am considered a staple in various types of Asian cuisines.
- Regardless of the specific type, I am known by many names such as bitter melon, bitter cucumber, karela, bitter apple, balsam-pear, goya, bitter squash, etc.
- With summer as my peak season, I am usually available round the year.

### What I offer

A little over 100 grams of my intake provides:

- Carbohydrates: 7 grams
- Fibre: 1.9 grams
- Calories: 34
- Total fat: 0.2 grams
- Protein: 3.6 grams
- Sodium: 13 milligrams
- Vitamins (C, A, B1, B2, B3, B9, etc.)
- Other minerals (Potassium, Zinc, Iron, etc.)

### I can help you with

- Strengthened immune response
- Weight loss
- Blood purification
- Prevention of cell damage in HIV/AIDS patients
- Controlling asthma
- Prevention of hair loss
- Acquiring healthy and beautiful skin
- Reducing blood sugar level

### Where you can find me

I am grown on approximately 340,000 hectares across the Asian continent, with India and China accounting for more than half of my production; the production credits for the remnant yield go to countries like Japan, Malaysia, Bangladesh, etc. In addition to this, other parts of the world where I am extensively cultivated are East Africa, the Caribbean, the Amazon, and also some parts of South America.

### My different avatars

- Pusa Do Mausmi
- Arka Harit
- Coimbatore Long
- VK-I (Priya)
- MDV-I
- Pusa Vishesh
- Konkan Tara
- Hirkani
- Phule Green
- Kalyanpur Baramasi
- Preethi (MC 4)

### Why I fear climate change

Since I am a warm season crop grown mainly in hot-arid regions, with an ideal temperature range of 24-27 degrees Celsius, climate change and the subsequent increase in temperatures is not only proving to be a huge hindrance to my growth, but the resultant high humidity is also rendering me vulnerable to various fungal diseases. Besides, I am highly susceptible to light frost if grown during winter months, so as the temperatures dip, my production capacity plummets too. For my seeds germinate best when temperatures are higher than 18 degrees Celsius. Thus, in order to avail my health benefits, humans will truly have to stand up and stave off climate change.

