

One in five tweets contain the emoji of a face with tears of joy and is the most used emoji on Twitter.



# WhatsApp' @ YP!

Acing The DMs Of Questions, YP Teams Clears All Chats At Grand Finale 2021-22!

WhatsApp chat interface for NINDIYA | AIS PUSHP VIHAR.

**TODAY**

**NINDIYA | AIS PUSHP VIHAR**

**Prof Manish K Verma**

*"A healthy mind and sound sleep implies healthy body." Your views on the statement?*

**Team Nindiya**

One cannot ignore the fact that without sleep, you cannot have a healthy mind, and without a healthy mind, there can't be a healthy body. Many scientists around the world state that if the body does not get sound sleep, it is bound to dizziness, erratic errors or accidents, anxiety and so much more, so yes, the statement stands true.

**Dr Sanjiban Banerjee**

*Even the great Mahatma Gandhi claimed that physical labour is the way to a healthy life, so what role do you think physical activities play in helping curb insomnia?*

**Team Nindiya**

Physical work is directly proportional to sound sleep. Engaging ourselves in physical work, or for that matter, any kind of physical exercise is important as it facilitates the process of sound sleep. In fact, during COVID-19 pandemic, most of us were unable to engage ourselves in physical exercises, that's why our team conducted the activity 'Nama'stay in bed', which informed the audience about easy yoga poses they could do on their beds. The feasibility of the activity ended up inducing better sleep, and a healthier and holistic lifestyle.

WhatsApp chat interface for HARIT CHAKRA | AIS GURUGRAM 43.

**TODAY**

**HARIT CHAKRA | AIS GURUGRAM 43**

**Dr Sanjiban Banerjee**

*How will reversing environmental degradation affect climate change?*

**Team Harit Chakra**

Our team operated on the belief that what goes around comes around. Creating awareness about the same, we focused on reversing environmental degradation by encouraging the audience to create their own herbal moth repellants, vegetable compost etc. We also aimed to target climate change by healing the planet with activities like 'Plant your pen', 'Terrace gardening' and many more. Our campaign has run an entire gamut, making the audience realise that whatever goes into the environment by them has a direct consequence on their own self.

**Prof Manish K Verma**

*What role do trees play in regulating global warming and climate change?*

**Team Harit Chakra**

Trees are the best facilitator for us because they intake the harmful carbon dioxide – the biggest factor of greenhouse gas emissions. Hence, we focused on the issue of plantation in our project via our tangible change, 'Terrace gardening', that created 200 terrace gardens with the support of our school teachers. Trees give us a lot and can protect us from a lot, which is why we must take care of them properly.

WhatsApp chat interface for SAHEJANA | AIS GUR 46.

**TODAY**

**SAHEJANA | AIS GUR 46**

**Prof Manish K Verma**

*What role does water play in the development and origin of life on this earth?*

**Team Sahejana**

Water is what makes up 70% of the human body, which is why it is clearly important for us. It is also very vital for the survival of plants and other living organisms. It comes as no surprise to anyone that we are still dependent on water as our most basic means for survival, even after thousands of advancements. And the reality stands to be that there is no substitute for it. To sum it up, water is necessary for the growth and emergence of life.

**Dr Sanjiban Banerjee**

*What major steps have you taken to conserve water in the school premises?*

**Team Sahejana**

We took various different steps which we implemented in our school to conserve water as much as possible. One of these steps was that the water that is wasted from the RO purifiers, we used it to water resilient plants. Along with it, we implemented Neer Prabha, which is generating electricity from water that was wasted, wherein we generated electricity, and the very school can run on that same electricity produced, showcasing the true power of water.

WhatsApp chat interface for TEAM U MATTER | AIS MV.

**TODAY**

**TEAM U MATTER | AIS MV**

**Dr Manish K Verma**

*What role does family and society play in maintenance of mental health and well-being?*

**Team U Matter**

During the pandemic, it was the support from our family that helped us to remain strong. The tough journey with ups and downs became easy, all because we opened up to our family, who understood our feelings, and also helped us in finding solutions. Our family, friends, and the society around us are our ecosystem, and if our ecosystem is strong, so will be our mental health. This is why, we should always keep our loved ones around us, and never refrain from depending upon them.

**Dr Sanjiban Banerjee**

*Do you think pets can suffer from mental health issues, especially during the times of pandemic?*

**Team U Matter**

Pets play a really important role in our lives; seeing them after a long day becomes a source of happiness. In the pandemic, they were also trapped in the house, and to help them, we walked our dogs within the house and on terrace. And when the restrictions were relaxed, the happiness they had whilst being in the park reiterated the fact that pets also suffered a great deal.

WhatsApp chat interface for DESORDENANDO | AIS VKC LKO.

**TODAY**

**DESORDENANDO | AIS VKC LKO**

**Prof Manish K Verma**

*How does decluttering influence one's mental well-being and happiness?*

**Team Desordenando**

If we talk in the context of decluttering, mental well-being is very closely related to one's happiness. Because if one has an organised lifestyle, their mental health is bound to get better; they would get more productive with time, and that in itself, acts as a huge decisive factor in determining whether or not a person is leading a happy life.

**Dr Sanjiban Banerjee**

*What, according to you, is more important – decluttering or buying less stuff?*

**Team Desordenando**

We believe that both decluttering and buying less stuff are equally important. And these two go hand in hand for one to lead an organised minimalistic lifestyle. For one not only needs to buy less stuff, but also consciously get rid of the clutter that surrounds them in order to be organised. Apart from this, practicing sustainable shopping and prioritising what you need over what you really want would also go a long way.