



An app named Imoji enables the users to create their own emojis by customising their pictures as an emoji.



TODAY

IMMUNITY | AIS JAGDISHPUR

Prof Manish K Verma

How is immunity getting affected due to modern day eating habits and lifestyle?

Team Immune

In this era of delicious delicacies, we all have an easy access to do binge-eating at our doorstep. One good chance to know that there's no food made at home, and we will be ready with our food delivering apps to serve us the tastiest meals. We have instilled this habit unconsciously, which effects our overall well-being. Moreover, not being physically active along with poor eating habits results in poor immunity, and this is an invitation in disguise to several life-altering diseases.

Dr Sanjiban Banerjee

Do you think that there is a link between mental well-being and immunity?

Team Immune

If we try and analyse a connection between mental well-being and immunity, we all must have noticed that we tend to eat more when we are happy. While some people eat more to deal with their sadness! So, yes, it goes without saying that our eating pattern highly depends on our mental state, which also directly controls our immunity.

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VITTIKSHA | AIS VAS 6

Prof Manish K Verma

What is the link between digital divide and financial management in this globalized world?

Team Vittiksha

During the pandemic, the usage of cashless payment methods saw a spike. We all had to use UPI to ensure contactless transactions, and that's when our grandparents, parents, and domestic helpers faced issues as they weren't well-versed with digital payments. So, it is valid to say that a digital divide was there, but to conquer the same, we conducted activities such as 'Reaching out to community' and 'Seniors go cashless', where we introduced domestic helpers and senior citizens to digital platforms and assisted them in making cashless transactions.

Dr Sanjiban Banerjee

What are the steps you took to eradicate the fear of online frauds among people?

Team Vittiksha

We conducted a workshop for the *didis* and *bhaiyas* of the school to eliminate the misconception of unsafe online payment. We then enlightened them on how online apps such as Google Pay, PhonePe, etc., are authorised by National Payments Corporation of India and are certified UPI platforms unlike chit funds. After the session, they understood how these platforms are safe for transactions.

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HYGIENOABHYAN | AIS VAS 1

Prof Manish K Verma

Apart from cleaning your hands, what else is needed to maintain body hygiene?

Team Hygienoabhyan

Hand hygiene is one aspect of the term 'hygiene' that we, in our campaign, touched upon. Apart for hand hygiene, an individual needs to maintain oral hygiene, nail hygiene, shower hygiene, teeth hygiene etc. If each one of us maintains hygiene in totality, then we can, for sure, create a community free of hygiene-related diseases.

Prof Manish K Verma

How exactly is hygiene important for the mental well-being of a person?

Team Hygienoabhyan

We all know that a healthy mind resides in a healthy body. So, it is true to state that hygiene has a direct connection with the condition of an individual's health and mental state, as it acts as a bridge that enables a human to attain a sound well-being. Many a times, we must have noticed that living in a clean and hygienic surrounding uplifts our mood and makes us stress-free to some extent. In a nutshell, we must focus on maintaining hygiene both at an individual level as well as in our surroundings.

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MAITRI | AIS SAKET

Dr Sanjiban Banerjee

Enlighten us with some wisdom that you gathered while interacting with senior citizens as part of your endeavour.

Team Maitri

We talked to senior citizens in old age homes, in our localities, and we also made local Maitri groups on WhatsApp for the same; through these interactions, we learnt a lot about them. They have innumerable life lessons to share, if only one's ready to listen. In one such instance, one of the elderly people at Nirmal Chhaya Senior Citizens Home taught us how to ace interviews, and trust us when we say this, we implemented some of those tips today as well.

Prof Manish K Verma

What role do the senior citizens play in the maintenance of norms and values in a society?

Team Maitri

Senior citizens are more knowledgeable than us because of their wisdom and experiences. So, every time they impart their priceless learnings to us, they make sure it benefits the society we live in, and, makes us better humans. All we, thus, need to do is to trust them, their years' worth of experience, and walk in their footsteps or perhaps on the path shown by them.

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MELANITE | AIS VYC LKO

Dr Sanjiban Banerjee

"Having a healthy mind and body is more important than skin colour." What are your thoughts on it?

Team Melanite

It cannot be denied that having a healthy body and mind is far more vital than unimportant factors like skin tone. Surprisingly, people still give more importance to their skin tone instead of working towards a healthy skin. To address the same, we came up with the activity 'Mumma's magic', where we informed the target audience on homemade recipes to care of their skin and not fall prey to brightening products available in the market.

Prof Manish K Verma

Do you think that colours plays an important role in the stratification of society?

Team Melanite

Skin colour is not supposed to matter, but in our traditional Indian society, it unfortunately does. If you look at our past, you'll find that workers with light complexion were permitted to work in households, while others with dark skin were expected to perform manual side labour, outside the households. This clearly shows that, as a society, we have grown accustomed to making distinctions based on skin tone and sadly continue to do that.

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VYADHIMUKT | AIS NOIDA

Dr Sanjiban Banerjee

Do you think poor people also have eating disorders? What do you suggest them to do so that they can mitigate their problems to a great extent?

Team Vyadhimukt

One thing we discovered as we interacted with the less-fortunate crowd is that there is frequently a strong link between food insecurity and eating disorders. When people are forced to restrict their intake, their nutritional deficit decreases, and many other events take place that eventually cause people to develop eating disorders. With our phones in our hands, we were able to raise awareness in the first place, and then give people access to specific possible resources.

Prof Manish K Verma

In what all ways do you think food nutrition and health are interrelated?

Team Vyadhimukt

If you consume healthy and nutritious food, you will have enough energy to work and execute your tasks. On the contrary, if you restrict yourself or you binge-eat i.e. you eat a lot of food in a short amount of time, then of course you will undoubtedly experience negative effects. So one must monitor their nutrition intake.

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