



BREATHLESS

The song left you in awe; the air is leaving you lifeless. Not very far is the day when the air that swept us off will sweep lives away

660 million

i.e **half of India's population** lives in conditions where the pm levels are far above India's safety limits

92%

of the world's population is going to live **three years less** because of the rising air pollution.

10X

above the safety limits goes the level of particulate matter in air post Diwali in areas of Delhi/NCR.

4X

more toxic is the air that the school children are breathing.

Source: Internet

The clock is ticking

Citizens coughing all over; children with face masks; air purifiers selling like hot cakes. Welcome to Delhi 2016. Dr K K Singhal, Gen physician/pediatrician at the Fortis hospital tells us how air pollution has become a time bomb

What are the indicators of bad air?

The very first indicator for any chronic serious disease is breathlessness and developing cough in the body. The redness of eyes and itching skin also shows that the person has been living in bad air since a long time.

What has been the impact of air pollution on pregnant women?

Mothers exposed to high levels of CO during pregnancy are at higher risk of adverse birth outcomes, including pre-term delivery, low birth weight, and congenital heart defects. When carbon monoxide crosses the placenta in the fetus, it



Dr K K Singhal with YP representative

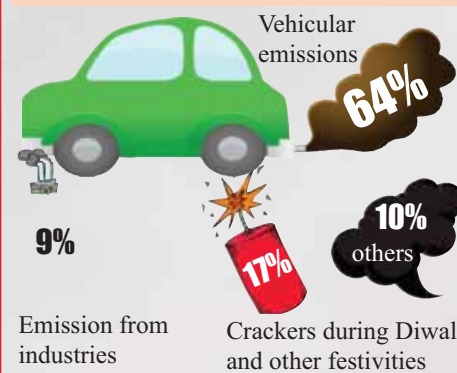
leads to inadequate circulation of oxygen for the baby, which in turn results in a condition called 'fetal growth retardation'.

Does air pollution impact children and adults differently?

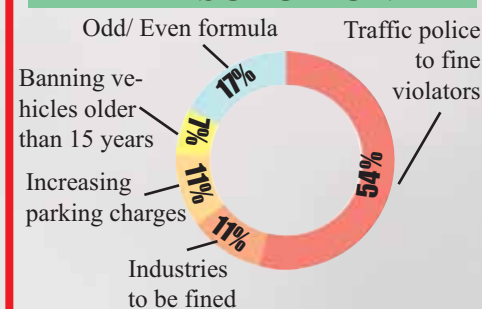
Children up to the age of six have lungs, immune system and brain that are still developing which is not so in the case of adults. This process of early development is important for the health of the child; the exposure to air pollution at this time can have lasting effects on future health. [G](#) [T](#)

YOUTH POWER FINDINGS

THE PROBLEM



THE SOLUTION



Sample size: 500 Methodology: Oral Interview
Sample group: General public

Tippy tippy tap, what colour you want?

Different colours denote different levels of air pollution. Read on for we definitely don't want the bad one!



An air of mystery

Just like the components of air that are mostly felt but seen, there are some facts about air pollution hidden in mystery

I fear the gym now! ...says Johnny Bravo

It's true that sweating out in the gym can make you happy, but breathing there can make you sick! According to a research done by a Por-

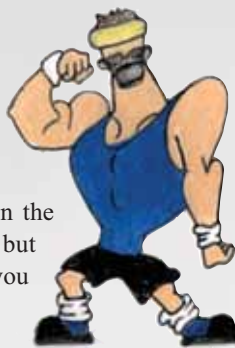


Illustration: Shreya, AIS Vas 1

tuguese research team, the air at the gym is high on airborne dust and carbon dioxide. It also contains high levels of formaldehyde responsible for irritation in the eyes, skin and the respiratory tract and can also cause headaches, coughing etc.

How long can I paint?

...thinks Michaelangelo
The frescos of the coveted Sistine Chapel in the Vatican City are bearing the

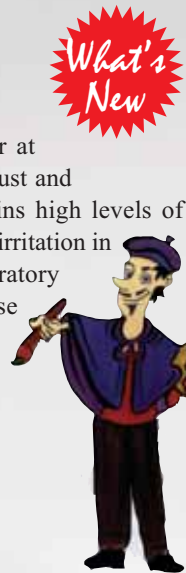


Illustration: Kriti, AIS Vas 1

What's New

brunt of the carbon dioxide released from the breath of nearly six million people. The increased level of CO₂ is making these iconic paintings lose their colour and go white.

My bad marks? blame the air!

...says Nobita. Students have a valid excuse for not scoring high marks. A study suggests that polluted air is the reason behind attention disorders found in children. Mother's exposure to polycyclic aromatic hydrocarbons puts unborn children at a high risk of attention disorders. [G](#) [T](#)



Illustration: Kriti

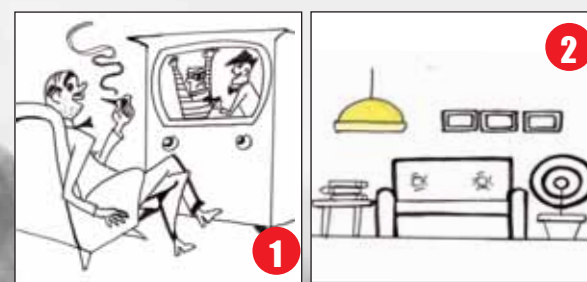
Go green. Indoors

For these green plants not only will save your bills but also give you a breath of fresh air whenever you step home

Spider Plant: Best plant for people who want hassle free gardening. Put this plant under direct sunlight to get rid of pollutants like formaldehyde and xylene.

Snake Plant: A snake plant is known to remove enzyme, formaldehyde, trichloroethylene, and xylene from the air.

Peace Lily Plant: It grows best in shady area and removes pollutants like ammonia, benzene, formaldehyde, and trichloroethylene. [G](#) [T](#)



Answers

1. The generation of electricity causes air pollution as during the process fossil fuels like coal, natural oil, and gasoline are burnt which releases harmful chemicals in the air. 2. Tobacco and hookah smoke contains carcinogens, cancer causing substance making it a lethal part of air pollution.





This poster is brought to you by the YP team of AIS Noida that worked for the cause- Vaccination.

DESPICABLE



The number games



58%

is the decrease in the child mortality rates since 1990 due to immunisation.

100%

immunisation is prevalent in the states of Sikkim and Manipur.

95%

has been the reduction in tetanus cases, over the past three decades, with atleast 18 states having not reported a single case as of December 2013.

1.3m

million children under five are still dying each year in India due to non-immunisation.

21%

of global deaths among children under five happen in India.

10%

is the only amount of adult opting for adult vaccination.

Source: Internet

Chart your vaccines

Let's start securing your child's safety with the right vaccination at the right time.

At birth: BCG, Hep B-1, OPV 0

6 weeks: DTP 1, IPV 1, Hep B2, Hib 1, Rotavirus 1, PCV 1

10 weeks: Hib 2, IPV 2, DTP 2, Rotavirus 2, PCV 2

14 weeks: Hib 3, IPV 3, DTP 3, Rotavirus 3, PCV 3

6 months: Hep B 3, OPV 1

9 months: OPV 2, MMR 1

9-12 months: Typhoid Conjugate

12 months: Hep A 1

15 months: MMR 2, Varicella 1, PCV Booster

16-18 months: DTP booster 1, IPV Booster 1, Hib Booster 1

18 months: Hep-A 2

2 years: Typhoid booster

...is the fact that even though we are living longer with vaccination and technology, millions are still dying. Reason- Lack of immunisation

Shots of life!

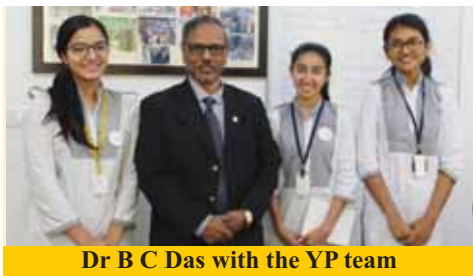
Dr B C Das, the father of HPV vaccine shares the importance of vaccination shots in medicine

Need

Minor ailments like measles, whooping cough and complicated problems like amputations, paralysis, convulsions and even death can be prevented if one gets vaccinated at the right time. Since the poor and the weak are most vulnerable, vaccination can help them survive to a great extent and live safely.

Challenges

Since long, vaccination is being viewed with a skeptical eye. Even after the eradication of polio and smallpox through successful immunization, it is constantly been questioned. Take the case of HPV vaccine in India, it was met with strong opposition despite the fact that



Dr B C Das with the YP team

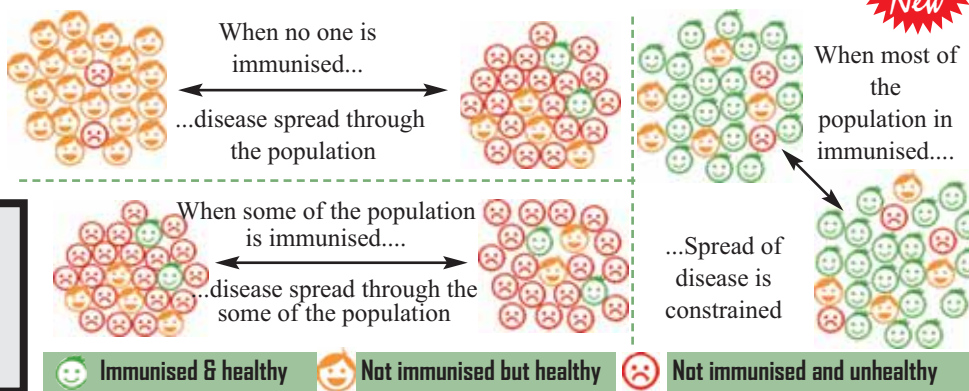
India ranks high in cervical cases. People also believe that vaccination is an expensive process, which is not the case.

The road ahead

For a country like India, it is absolutely essential that we create pro-vaccine awareness. The government must amend its vaccination policy and encourage immunisation as a mandate. Free camps should be organised. If costs of vaccines are subsidised, we'll witness a huge upsurge in families accepting vaccination.

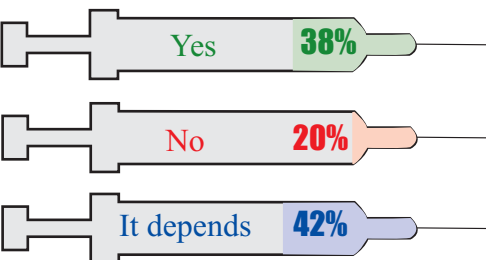
Together and strong!

Immunisation begins with one person. And then slowly, everyone gets vaccinated; herd immunity can save many lives and society



YOUTH POWER FINDINGS

Do you think vaccination is effective?



Do you take responsibility for your child's vaccination?



Do you have a vaccination card?



Sample size: 500 Sample group: General public Methodology: Oral interview

THE WAR BEGINS!

Between the vaccines and the diseases!

Heroes	Villains
BCG	Diphtheria, Pertussis and Tetanus
HBV	Hepatitis B
HiB	Haemophilus, influenza type B
IPV	Polio (Given by injection)
MMR	Measles, Mumps and Rubella
OPV	Polio (Given orally)
Pneumococcal C	Polio (Given orally)
Varicella	Chicken Pox

Find the mysterious ghost

Illustrations: Preeti Panigrahi, AIS Noida



There was a vaccination camp in a village. But, the villagers were scared of such big needles and refused to get the children vaccinated.



Seeing him as a threat to the children, the villagers forced the doctor out of the village. The innocent and generous doctor was misunderstood by the gullible villagers.



Few months later, there were sightings of a ghost, visible to kids. Any kid who encountered the ghost, would get fever. The next day, a mysterious band-aid would appear on hand.



But the fever vanished the next morning, and the kids grew even stronger than before. Villagers were seriously confused. Who was this mysterious friendly ghost?

Answer: The ghost was none other than Dr Vaccination. He knew that once the children get vaccinated, they'll fall sick at once but will come out stronger than before as they won't be vulnerable to preventable diseases!

4-6 years: DTP booster 2, OPV 3, Varicella 2,

Typhoid booster

10-12 years: Tdap, HPV (Only for girls)



The bitter-sweet truth

All that glitters is not gold, all that taste sweet can sometimes turn sour. Why make diabetes our date, prevent it before it gets too late

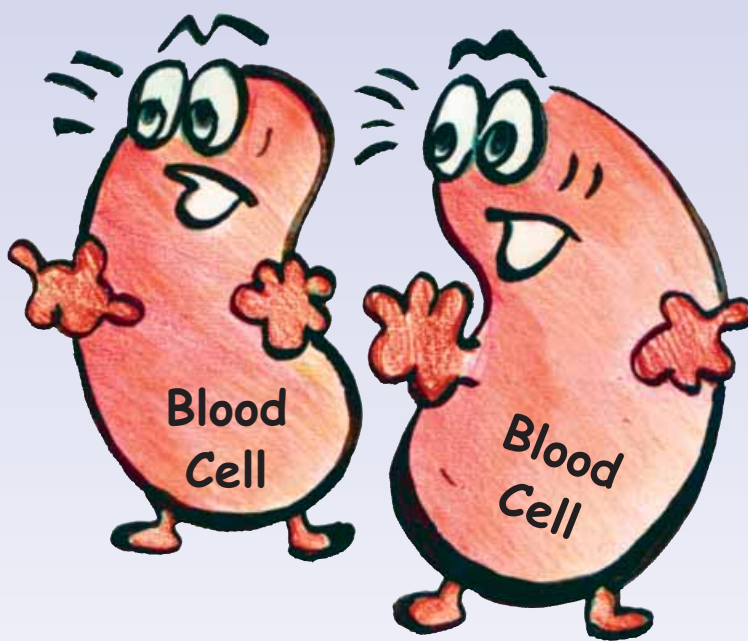
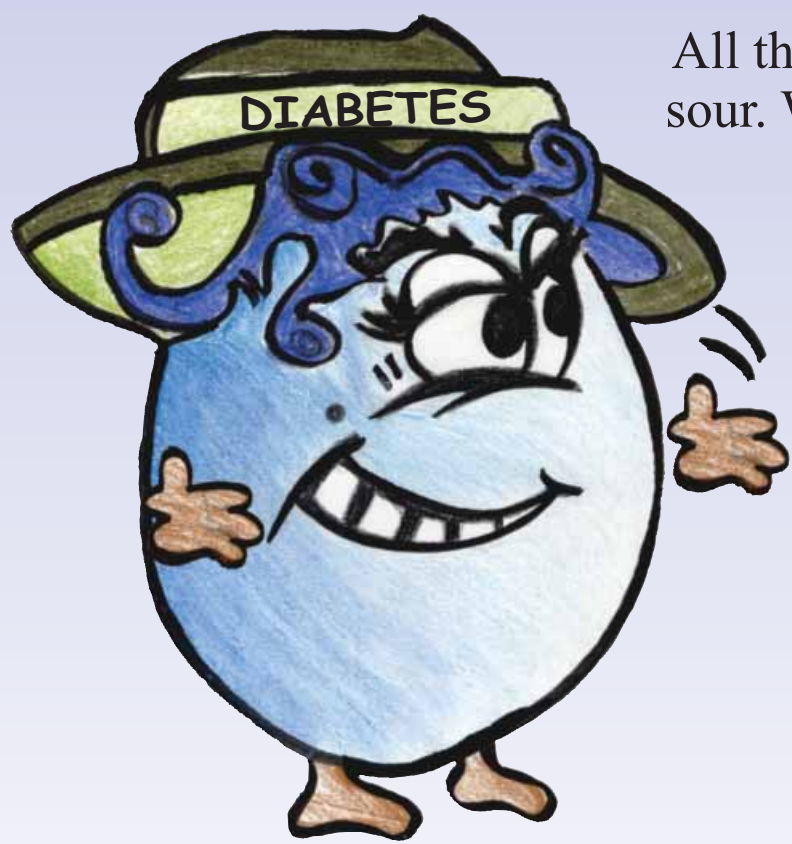


Illustration: Riddhi Gupta, AIS MV, XII G

Duet with diabetes

Just like the two sides of the coin, diabetes too come with its twins. Know more about them.

Type I
In Type 1 Diabetes, the body's immune system destroys the cells that release insulin, thereby stopping the production of insulin. This is harmful for the body as without insulin the body cannot absorb sugar which is needed to give energy.

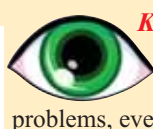
Type II
In Type 2 Diabetes the body becomes resistant to insulin as it is not able to use insulin in the right manner. As the condition grows worse, the pancreas produces less and less insulin which results in insulin deficiency in the body.

Characteristics	Type I	Type 2
Onset	Sudden	Gradual
Age at onset	Any age (Mostly young)	Mostly in adults
Body habits	Thin or normal	Often obese
Autoantibodies	Usually present	Absent
Concordance in identical twins	50%	90%
Prevalence	Less prevalent	Most prevalent

Source: Internet

Move your body

Diabetes is not just the disease of the pancreas but it can affect other parts of the body too.



Keep an eye on...

your eyesight as diabetes can cause eye problems, even blindness.



The heart knows what is right...

...unless diabetes put your heart at risk because of high blood pressure.



Develop a thick skin...

...for diabetes can cause your skin to become dry and cracked, especially on the feet due to lack of moisture.

The two left feet...

...can be in danger as diabetes can often



turn small cuts and bruises into major infections and ulcers.

A breath of fresh air...

...can smell sweet due to high levels of ketones, which can drop the PH level of your blood. This is a serious complication of diabetes.



Going down the memory lane...

...can be an issue as diabetes can lead to a loss of consciousness.



Dr Rajat Kant Jain and Dr Shalini Jain with the YP team

Sugar is sweet...

But its effects are not. Dr Rajat Kant Jain, Sr Consultant, Deepak Memorial Hospital and Dr Shalini Jain, General Physician, Lady Harding Medical College debunk some myths and provide some facts on sugar's foe diabetes.

Diabetes education is just for the diabetic.

Doctor says: "Diabetes education helps in developing the skills one need to manage diabetes. It should be extended to the family and friends as it gets easier for them to understand your condition."

One cannot live a healthy life after being diagnosed with diabetes

Doctor says: Whether you have been diagnosed with type 1 or type 2 diabetes, you can live a long and healthy life by eating healthy, being physically active and taking medications to keep your blood glucose in your target range.

The target blood glucose remains same for all diabetes patients

Doctor says: Target levels vary from person to person and their situation. Blood sugar levels should be kept in target as it lowers the risk of further developing complications of diabetes.

Aggressive exercise becomes mandatory

Doctor says: Although exercise is mandatory, one can start with as little as five to ten minutes per day and gradually build up the duration.

One can eat anything in diabetes.

Doctor says: Though a diabetic can eat every

Illustration: Riddhi Gupta, AIS MV, XII G

Coco Monkey asks..

...why wait until you get diabetes? The Disney mascot Coco Monkey gives you some tips to prevent diabetes in future

Lose that fat.

Exercising can cut the risk of having diabetes by 50 percent. So, run, dance, skip or fight!

Know your numbers.

BMI, blood pressure, cholesterol, kidney function etc readings should be within safety limits.

Check your blood sugar.

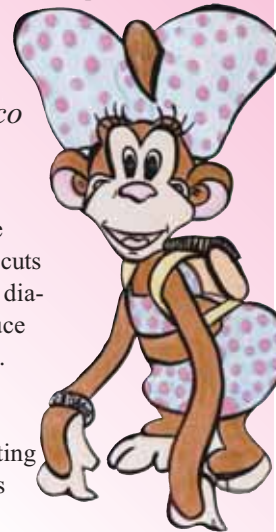
The optimal amount of blood sugar varies from person to person; hence one should keep a track of the blood sugar levels.

Look down.

Regularly check the sole of your feet for any cuts or bruises as diabetes can reduce nerve function.

Watch & eat.

Because eating anything that has high sugar levels can disrupt your sugar levels. Also, planning what you eat becomes a must to maintain a balanced intake of the carbs.



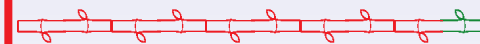
YOUTH POWER FINDINGS



8 out of 10 respondents admit to eating junk food



5 out of 10 respondents are regular with physical exercise



9 out of 10 respondents are not aware of the sugar content in the food they consume



3 out of 10 respondent have a diabetic in the family



8 out of 10 respondents prefer sugar free drinks

Sample size: 500 Methodology: Questionnaire Sample group: General public

food item, we recommend a complete vegetarian diet, devoid of even dairy products. It is healthier because they are less on cholesterol and fat.

Diabetes is reversible

Doctor says: One will have diabetes for the rest of their lives. Though it cannot be reversed, it can definitely be managed to prevent or delay complications. Doing this will keep your blood glucose, blood pressure and cholesterol within optimal range.

It's all about sugar

Be a smart buyer and don't get fooled by these glitzy names of sugar on food packets. Coz you gotta be smart, when diabetes is your opponent!





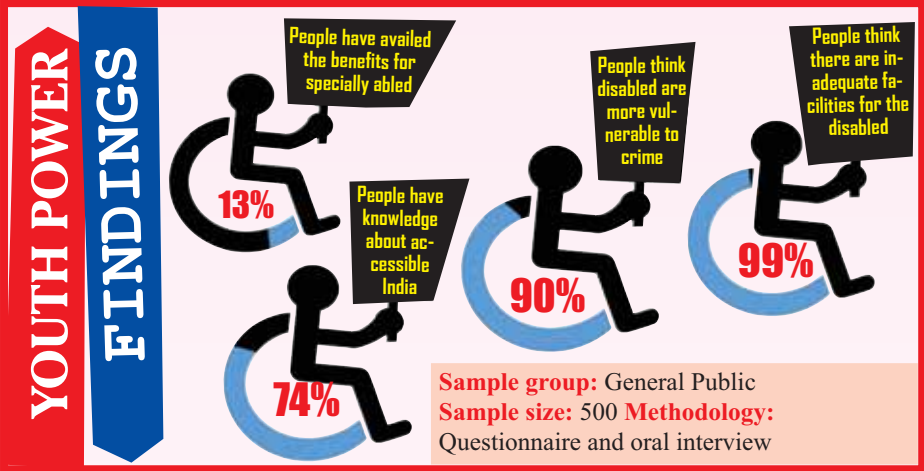
This poster is brought to you by the YP team of AIS Vas 6 that worked for the cause- Physical Disability.



Illustration: Swamin Kiran, Vas VI X A

DO YOU STILL LIKE US?

Yes, we do! Nemo's tears went unnoticed when he could not climb the tree. But he knew no one can swim the sea as fast as he did. 'Disabled', he might be called by others; 'differently abled', that's what he chose to call himself



From the other side



Two people, two shoes. Akash Bhardwaj, Founder of Khaas, an NGO for the visually impaired and acid attack victims shares his thoughts about the disabled. Tapas Bhardwaj, a visually impaired law student and a topper presents us with problems on ground zero.

The Problem: "Bechara aisa hai bechara vaisa hai!" Is what I hear quite often. We need to understand that everybody's needs are different and each of them needs to be treated separately. Some get tired, some can't run and some can't remember. However, to ensure an inclusive society it is imperative that an empathetic not sympathetic environment is created. Laws should be made hand in hand with the problems that particular disabled individual faces. India is a country of potential youths. But we also need to take proper care of disabled youth, then only our country will progress equally."

Tapas Bhardwaj

The solution: "I came across an acid attack victim selling balloons. The attack left her partially blind with scars on her face. She had to leave her work due to her appearance. Even her husband left her stranded with a child. Her education did not do any good to her due to her disability and she had to resort to these petty jobs." This particular incident was what led to the foundation of Khaas, which aims to improve the life of such people by providing them with employment and secure future. If every company employs a differently abled employee on merit basis, India will become one of the first countries where no such victims will be jobless."



Read the words written in Braille and tell us the answers!

1. What's New

2. Hello

3. Good-bye

4. Ok

5. (I'm) happy

6. (to) meet

7. you.

8. Sorry

9. Please

10. Thank you

11. See

12. you

13. later!

Know your Rights

The reservation in government jobs for physically disabled has risen from **3% to 4%**.

Any recruiter found guilty in discriminating against disabled at the workplace, will be imprisoned up to **two years**, along with a fine ranging between **Rs 10,000 and Rs 5 lakh**.

Person with a disability certificate can avail train and bus concessions and accompany an attendant with **50% off** on ticket price.

Indian citizens above **18 years** of age, suffering with more than **80%** disability, living below the poverty line are entitled to the 'Disability Pension' under the Indira Gandhi National Disability Pension Scheme.

Say wassup!

- Hello
- Good-bye
- Ok
- (I'm) happy
- (to) meet
- you.
- Sorry
- Please
- Thank you
- See
- you
- later!

This poster is brought to you by the YP team of AIS Pushp Vihar that worked for the cause- Plas-untick.



YP 2016-17

The watch is ticking

For them to decompose



Balloons
6 Months



Milk carton
5 years



Plastic bags
10-12 years



Disposable Styrofoam
plates/cups
50 years



Beverage holders
400 years



Plastic bottles
450 years

Source: Internet

Ticking off



Mahabali's gurudakshina for Lord Vaman was- three paces of land. He grew to conquer the land, heaven and sea. Fast forward it to 2017, he finds no place to set his foot on.

Courtesy - Plastic - The modern day asura, more powerful!

No entry: On land

According to a study done by Worldwatch Institute, the global consumption of plastic has increased from 260 million in 2012 to 297.5 million in 2015. 97% of the plastic produced still exists, meaning it is not decomposed yet. Almost 80% of the plastic is dumped into oceans. Which means, enough plastic is thrown to circle the earth four times.



bags filled with plastic for every foot of coastline in the world. It is estimated that by 2025, plastic waste will double up, i.e., 10 bags full of plastic per foot of coastline. By 2025 be ready as plastic waste will increase 20 times – 100 bags of plastic per foot of coastline in the world!

No entry: In air

The numbers are staggering, the results are even more. The plastic dumped or burned releases toxins that fuses with air, that we breathe. Major cause for air pollution and danger to human health causing cancer and respiratory diseases. [G](#)[T](#)

The plastic dilemma

In Vishakhapatnam, Lav Agarwal, current Joint Secretary with the Department of Health & Family Welfare banned the usage of polythene bags in tourist spots. The problem of plastic dumping is crossing its limit, he explains.

Small steps can go a long way...

...for small steps cover long roads.

The recent plastic ban by National Green Tribunal in the Delhi NCR region is one step towards the fight. In the modern world, plastic products are so common that hardly anyone keeps a track of how they are used and discarded. It is time to be the change and act environmentally conscious. Journey will be long, but an important one.

Awareness is important...

...for it's a prequel to change.

Isn't every individual responsible for the safety of the world?



Lav Agarwal with YP team

Lack of awareness regarding these cheap alternatives is responsible for the usage of plastics. Lack of cheaper alternatives is another major reason for this ignorance, as cloth or paper bags cost more than plastic bags. A grocery shop owner who seeks minor profit out of his daily sale, would not want to spend extra on paper bags.

Time to act now...

...for action brings results.

To create a generation that takes care of the environment better than us, we need to interact with children, make them understand the alarming situation and the need for them to be more involved in the cause.

Start with children...

...for they are the change makers.

Awareness should be started with primary education. We need a generation that cares for the environment and are willing to change the old practices. [G](#)[T](#)

YOUTH POWER FINDINGS

On the three R's:

63% opt for reuse

23%

prefer to throw away the plastics

14%

recycle them

On awareness:

30% are not aware about the types of plastic

7%

sometimes check the type of plastic

15% never check the type of plastic

48%

check the quality of plastic

On recycling plastic:

11% recycle their plastic

7%

are unsure about it

82%

never recycle plastic

Sample size: 500 Methodology: Questionnaire
Sample group: General public

Survival challenge

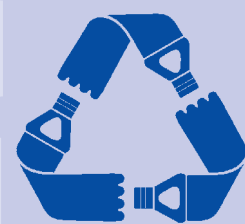
You are aware about the problem. Now let's take the challenge by substituting plastic with eco-friendly practices for a week and self evaluate the change



Week 1: Focus on food storage

Recycle old plastic storage

Use less cling wrap



Get plastic free storage

Upgrade your water bottle

Week 2: Check your garbage

Shop less plastic products

Line garbage bins with shopping bags



Compost

Get your own takeout containers

Week 3: Clean the bathroom

Get replaceable toothbrush heads

DIY your own skincare products



Opt for bar soaps

Keep microbeads off

Week 4: Keep a tab on your kitchen

Bid adieu to plastic cookware.

Have ice-cream in a cone.

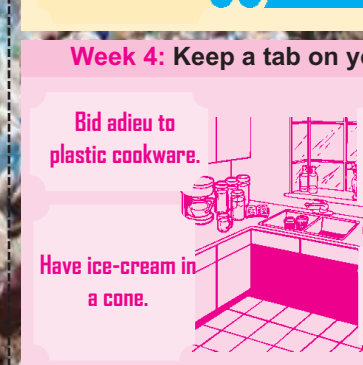
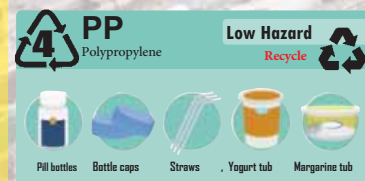


Store food in glass containers

Bring your own eco-friendly grocery bags.

Saat roop maaf?

The seven faces of plastic, all requiring a different treatment. Now it is upto you to choose what to follow to live in a safe environment.



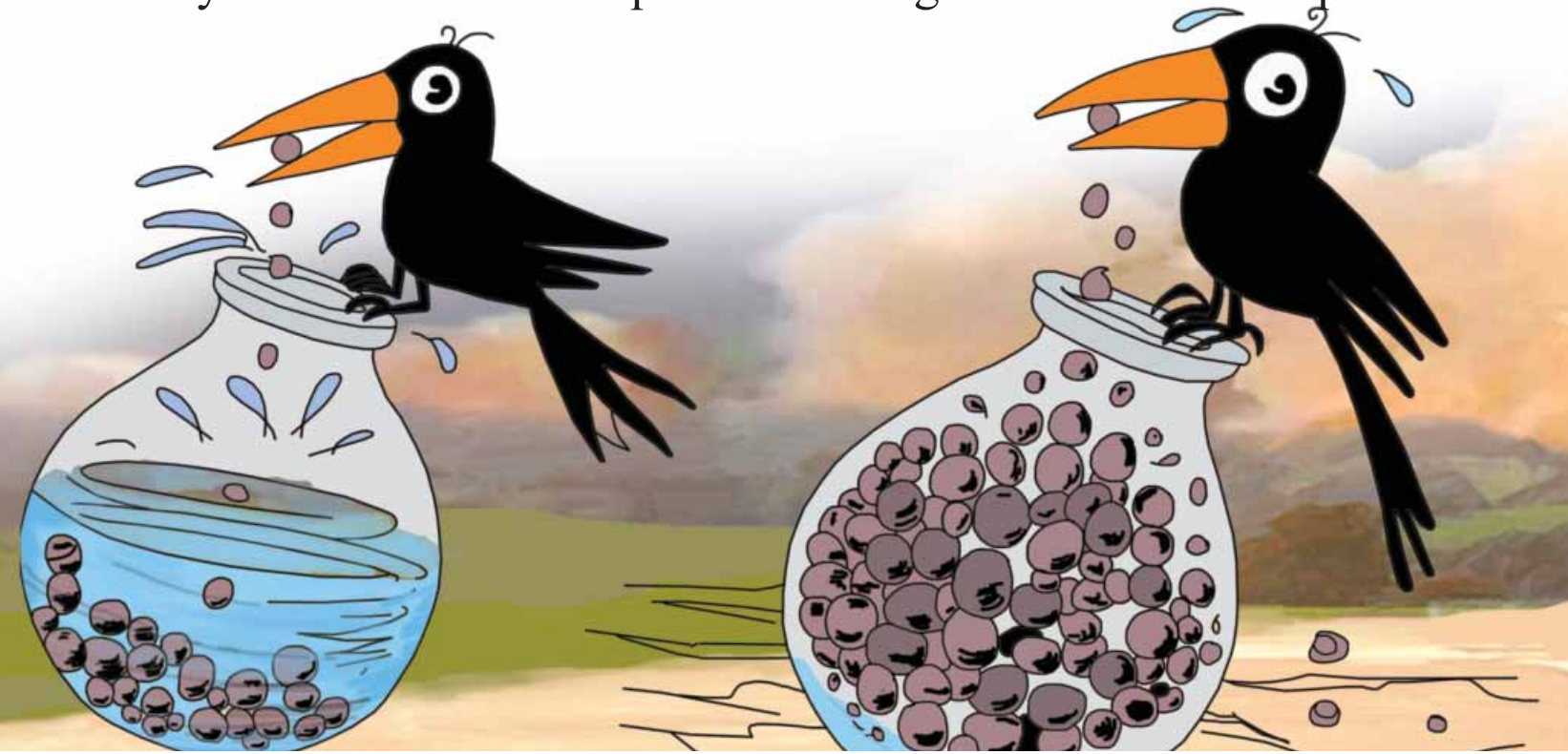
What's New



This poster is brought to you by the YP team of AIS Gur 43 that worked for the cause- Water Management.

Water on the rocks

The rocks filled the pot up to the brim, still the water does not come up. The thirsty crow has lost all hopes of drinking water. Can we help?



YOUTH POWER FINDINGS

2/10 farmers use drip irrigation in Haryana

5/10 people don't have access to clean water

4/10 houses have rainwater harvesting systems

9/10 women have to walk more than 5 km to fetch water

8/10 rainwater harvesting plants are not properly cleaned

Sample size: 1000 Sample group: General public Methodology: Questionnaire

When the tap opens

On one hand, a tap is left open; on the other the future of a few is going down the drain. How much water can ones conscious effort save?

60 litres
For running the tap while cleaning dishes once.

Enough to clean them 5 times a day.

264 litres
For a long shower a day.

Enough to bath for 4 days.

75 litres
For the half load.

Enough to clean 3 rounds of clothes.

908 litres
For brushing teeth a month.

Enough to brush for 2 months.

From the bests

The goal is one, the methods are many. A glance at the best practices of the world to save water.

Israel

It treats 80% of its domestic wastewater for agricultural use and constitutes nearly 50% of the total water used for agriculture.

US

To save water being lost from evaporation in Los Angeles 'shade balls' are being thrown into a reservoir. The black plastic balls are four inches in diameter, and made from polyethylene plastic developed from solid fossil fuels. These balls help maintain water quality by blocking sunlight, thereby saving water from evaporating.

Saudi Arabia

Saltwater is desalinated to produce water suitable for human consumption or irrigation. Today about 50% of drinking water comes from desalination, 40% from the mining of non-renewable groundwater and only 10% from surface water in the mountainous south west part.

Japan

One is supposed to wash themselves with soap outside the bathing tub and then step inside the tub to relax. Cleansing outside the tub then makes the water reusable by all the family members. These tubs are then attached to washing machines, which sucks up the water and reuses it for washing clothes.

What's New

It's all grey

Grey water, i.e the water from baths, bathroom sinks and washing machines. While greywater may look 'dirty', it is a safe and even beneficial source of irrigation water. Keep in mind that if greywater is released into rivers, lakes, or estuaries, its nutrients become pollutants, but to plants, it means a valuable fertilizer. Grey water directly diminishes the need for fresh water. A system like this can reduce your water usage by about 50%. It also reduces the amount of wastewater entering sewers or on-site treatment systems.

An expert view

Sanjeev Sharma (SS), Director, Projects & Partnerships at FORCE NGO, Forum for Organised Resources Conservation and Enhancement and Parshottam Rupala (PR), the Union minister for Agriculture and Farmer's Welfare on water management.

On spreading awareness
SS: The need for spreading awareness is extreme. Force NGO organises works in the same direction by organising various workshops in rural areas to sensitise people and launching various projects which incorporate the implementation of modern irrigation techniques."

PR: More people should get involved in spreading awareness. The power to change definitely lies in the hands of the informed youth, which in turn assures of a bright future."

On the methods of conservation
SS: Rainwater harvesting is a very important method for the conservation and management of rainwater. With its help, major problems of water scarcity and inefficient drainage of water can be solved to a great extent.

PR: Drip irrigation is a very effective irrigation technique for conserving water. It involves delivering water directly to the roots of the crop which prevents any loss of water. This particular practice can save up to 20 to 50 percent water.

On the role of government
SS: To tackle water scarcity, the government is planning to introduce water audit (systematic approach of identifying, measuring, monitoring and reducing the water consumption in an industry) and yearly water footprint disclosure to tackle oversconsumption and misuse of water.

PR: In implementing drip irrigation, 50% of the investment is provided by the government. However, many farmers in India hesitate to pay for the remaining 50%. Moreover, they are still blighted by prejudices.

Parshottam Rupala with the YP team

Grab a sip?

Behind the production of everything you eat, liters of water is used. These water footprints are too rigid to be erased.

1 egg =

454 liters of water

Family of five (assuming each have 2):
10*454= 4540 liters

1 Chocolate bar =

2580 liters of water

Family of five (assuming each have 1):
5*2580= 12900 liters

1 Glass of milk =

200 liters of water

Family of five (assuming each have 1):
5*200= 1000 liters

1 Glass of tea =

30 liters of water

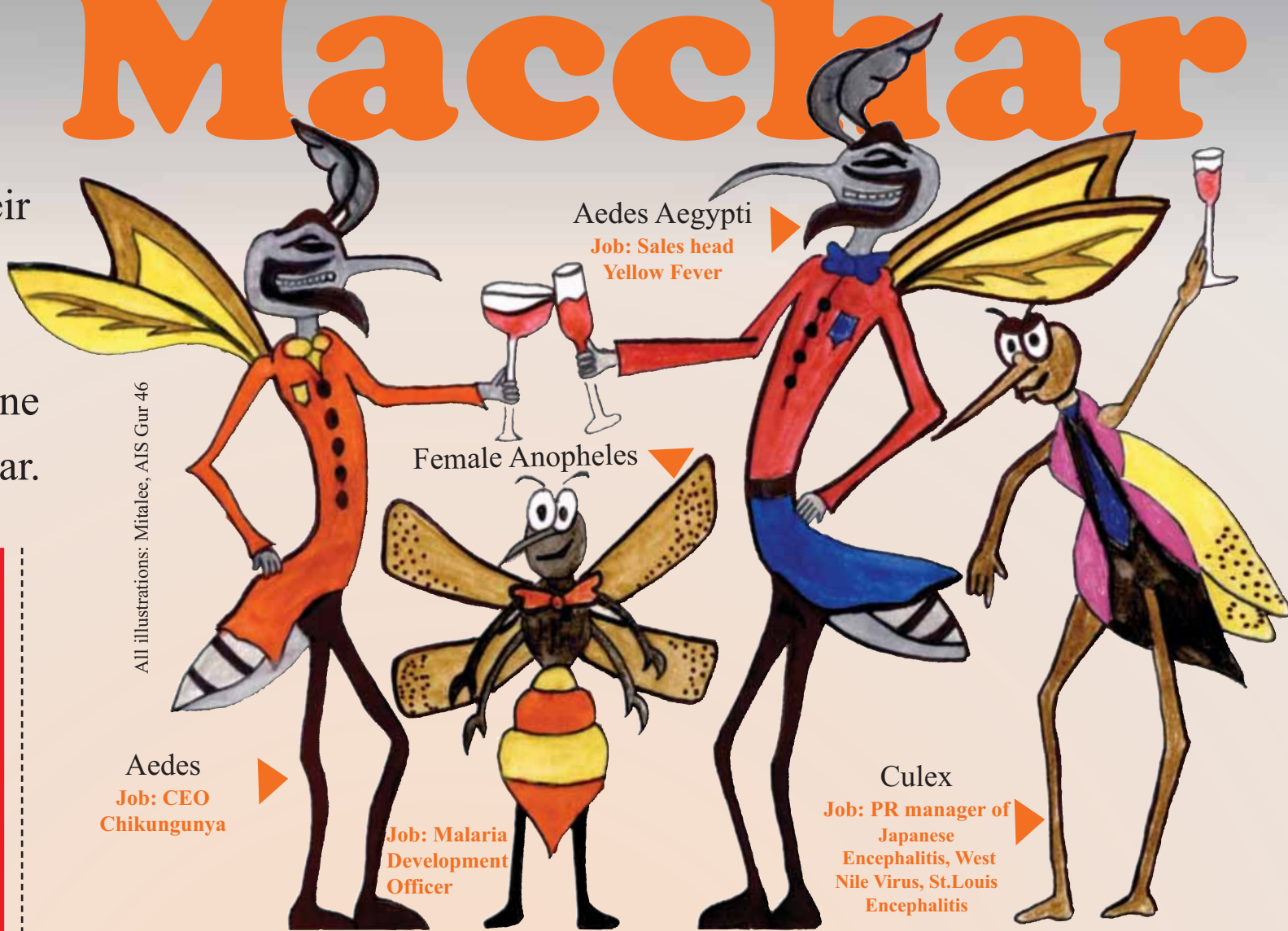
Family of five (assuming each have 1):
5*30= 150 liters

This poster is brought to you by the YP team of AIS Gur 46 that worked for the cause- Mosquitoes.



Ek Macchar

Do not be fooled by their tiny size my friends, for they are capable of leaving a big impact. One million deaths every year.



All illustrations: Mitalee, AIS Gur 46

YOUTH POWER FINDINGS

Economically weaker section



Most familiar with Malaria.



Consider home remedies as a cure for mosquito borne disease.

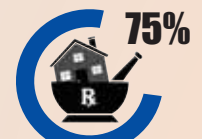


Use macchardaani

Economically stronger section



Most familiar with Dengue.



Consider home remedies as a cure for mosquito borne disease.



Use cream repellants

Sample size: 500 Methodology: Questionnaire
Sample group: General public

The mosquito dilemma

The special commissioner of health and nutrition in the Gurugram division, D Suresh talks about the rampant spread of mosquito borne disease in rural areas

The challenges...

The central issue is the lack of awareness and literacy among the rural population. People need to be informed about keeping their surroundings clean and make certain changes in their lifestyle too. As filthy and unkempt, unsanitary surroundings also lead to the rise in mosquito borne diseases. Such changes can contribute to disease control extensively.

To be overcome by public sector...

The public sector currently has to achieve many goals. Disease control is definitely one of them. However, due to lack of resources and non-payment of taxes, the government is lagging behind. Though, government has taken up Swachh Bharat Abhiyaan as a major step to maintain hygiene, reducing the outbreak of mosquito borne diseases, but the outcomes are not very visible. More steps need to be taken in order to overcome the challenge of disease control.

With the efforts of the youth!

Knowledge is power. A sensitive and well-informed youth can bring about a lot of positive changes. A committed and hard-working gener-



D Suresh with the YP team

ation can fight any challenge, be it malaria or even illiteracy. The more you give, the more you gain. School students can definitely take up such initiatives and lead the revolution against mosquito borne diseases. [G](#) [T](#)

Mosquito trap

Trap the mosquitoes with a simple mosquito trap recipe.

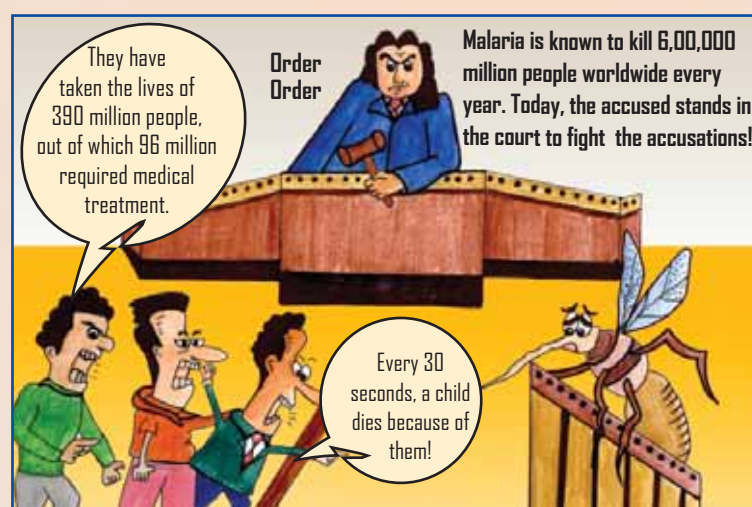
Ingredients

Water1 cup
Brown Sugar¼ cup
Baking Soda1 gm
Empty bottle or jar
Dark coloured cloth

DIY

Method

- Boil water and add brown sugar and mix well. Let it cool for 15-20 minutes.
- After the liquid cools down to room temperature, pour it into a jar.
- Now add the baking soda to the mixture. Mixing baking soda will release carbon dioxide, which attracts mosquitoes.
- Wrap the jar lid with a dark cloth.
- Place the jar in spots like near the window and garden from where the mosquitoes enter. They will die once they come near it.
- Change the solution every two weeks. [G](#) [T](#)



Source: Internet

Are you a mosquito magnet?

Here's why the pesky insects seem to like you a bit more than others

It the clothes dummy!

Mosquitos are highly visual. Wearing dark colors (navy, black) and red make you easier to spot.

Which group?

Is your blood group O. Bad luck mate. Apart from Type O, mosquitos are most likely to come for Type A followed by Type B.

CO2 dilemma

Mosquitoes can sense carbon diox-

ide up to 160 feet away; so the more one exhales, the more attractive they become.

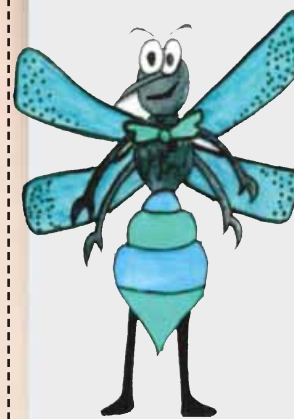
Sweaty pants?

The little bugs seem to like sweaty victims since lactic acid, uric acid, ammonia and other compounds are emitted in sweat.

Smelling sweet?

Mosquitoes too love perfume! Especially the one's which are floral in smell. [G](#) [T](#)

CV: KNOW ME



Mosquito

Address: Water coolers, uncovered sewages and tanks, stagnant water, shrubs and forests.
Email: rainyseason-roxx@gmail.com
Age: 210 million years old.

Achievements

Been handling the blood sucking business of my ancestors since 226 million years ago.

Objective

Looking for a job to feed on plant nectar, reptiles, birds and mammals. Out of my 3000 relatives, only couple of hundreds are medically important. Also of the species that do bite humans, it is only the female that drink blood — the protein aids in egg production.

Identifying features/ Characteristics

- My body is divided into head, thorax and abdomen.
- Females have mouth for piercing and sucking blood.
- Males have mouths modified to suck nectar and plant secretions.

Experience

- Killed Alexander, the Great from Malaria in 323 B.C.
- Responsible for about 1.07 million total cases in 2014 with 535 deaths.
- Declared as a living hazard by various municipalities and GOI.
- Holds a position in the top 20 leading causes of death in the world.
- Reached a turnover of killing 20,000 people in a year.
- Carry malaria, which kills more than 1 million people every year.



This poster is brought to you by the YP team of AIS VKC LKO that worked for the cause - Animal care & rights.



Mowgli would have loved living with the animals, for they never made him feel threatened. The animals sharing space with humans might agree to disagree

Is it worth it?

There's no happily ever after for them, neither in the wild nor in the city.



Killed for fun

In the wild: 350,000 baby seals were killed during the annual Canadian seal hunt (2006)

In the city: 7,600 greyhound puppies and 11,400 old greyhound dogs were killed for not being fast enough (2000)



Killed for fashion

In the wild: In the year 2001, 42% seals were skinned while they were alive.

In the city: 2 million dogs and cats are killed for their fur to produce fake fur coats.



Killed for food

In the wild: 3,000 gorillas, 4,000 chimpanzees and hundreds of bonobos are killed every year.

In the city: 56 billion farmed animals are killed for food



Killed for us

In the wild: 1 billion bees have traditionally been exterminated every year by honey industry.

In the city: As per researchers in India, death of nearly 170 bees is recorded on an average a day at a single beverage shop.

Source: Internet

For haven's sake

Cyro farm is a safe haven for pets and farm animals; a place where kids can learn how a farm functions in a fun manner. The owner of the farm Cyrus, tells us more about it

"Animals need a nurturing environment that makes them feel at home. We cannot keep them in flats, we need gardens and open spaces to cater their needs. The farm is self-sufficient in every way to make animals feel at ease inside it. There is enough grass to feed the cows and often the milk we get from them is given to dogs and other animals. People also volunteer and donate animal food. An eyeopening factor



Cyrus with the YP team

is that due to lack of space a number of stray dogs and cows are abandoned. There is a need to take care of these animals."

"If you spot any injured animal, move the animal to the side of the road. Mostly, what people do is leave the injured animal on the road

until another vehicle drives over them. even if the animal may be dangerous, but when it is hurt, you need to calm the animal. After calming the animal, stop the bleeding or better seek professional help unless you are good at handling animals."

Role switch

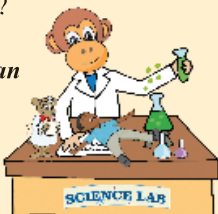
How'd it feel, if someone shaved whole of you?

Australia is known to be the largest producer of wool. 'Mulesing', the process is opted where the lambs between two to eight weeks old are castrated without painkillers. Every year 3 million sheeps are killed by cutting the animal's skin for wool without using painkillers. As soon as they are born, their ears are hole-punched and tails are chopped off. Can you imagine more horror?



How'd you feel, if you were an object of experimentation?

Every year around 50,000 animals are supplied to more than 175 labs in India. They



go through deadly chemicals and life threatening experimentations. These animals go through severe depression. Approx 115 million animals go through such trauma and life threatening situation.

How'd you feel, if you were kept in a box?

Who doesn't like to have their own space. Just like us humans, animals like it and deserve it too. The condition that they are kept under in poultries, breeding houses and labs is very cramped and filthy for survival.



The law of the jungle...

Article 51A (g) says...
It is the fundamental duty of every citizen of India to have compassion for all living creatures.

IPC Sections 428 and 429 says...
To kill or maim any animal, including stray animals, is a punishable offence.

(Slaughterhouse) Rules, 2001 and Chapter 4, Food Safety and Standards Regulations, 2011 says...
Sick or pregnant animals shall not be slaughtered.

Sec 22(ii), PCA Act, 1960 says...
Bears, monkeys, tigers, panthers, lions and bulls are prohibited from being trained and used for entertainment purposes, either in circuses or streets.

Rule 3, Slaughterhouse Rules, 2001 says...
Animal sacrifice is illegal in every part of the country.

Helpline numbers

- Wildlife Rescue (Chawri Bazaar, Old Delhi)-98100-29698
- Friendicoes (Under Defence Colony flyover, South Delhi): 24 hour Ambulance Service: 98733 02580
- Sanjay Gandhi Animal Care Centre (Raja Garden, West Delhi): 93122 11134
- Kamdhenu Mangal Parivaar (Free 24x7 Cow Ambulance with doctor on board): 7503777888
- Mr. Ravi Dubey (Sector 55, Faridabad): 9213961501



Save a pet, save your life

Read on to know how can a pet make your life happy.

Friends for life

Pets reduce loneliness by providing companionship as they help increase serotonin levels. This is because oxytocin or bond-

ing hormone is released during interactions.

Adorable therapists

Psychologists recommend patients to adopt an animal. They are known to help in treating depression.

Stress busters

Everyday spending 15 - 20 minutes with a pet helps in reducing stress and makes one feel less anxious.

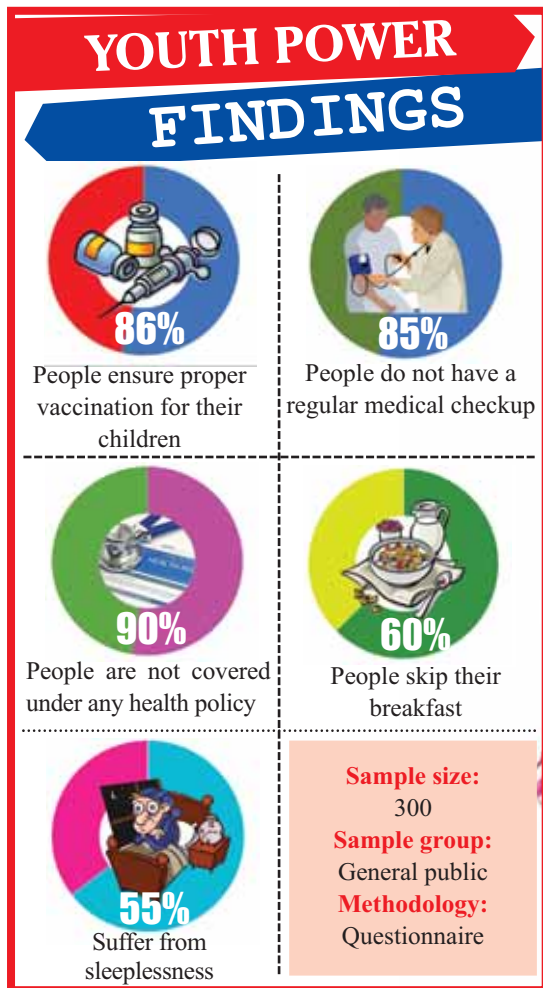
Natural elixir

Research shows that pet owners live longer than non-pet owners.



Take charge!

...of your mind, body and soul. For, a healthy mind is a pathway for a healthy body and a happy life. Right from the young, to the old; being healthy is an option for all!



Magical potion: Water

What's New

- 2 glasses after waking up ~ helps activate internal organs.
- 1 glass 30 minutes before a meal~ Helps digestion.
- 1 glass before taking a bath~Helps lower blood pressure.
- 1 glass before going to bed~Avoids stroke and heart attack.



Source: Internet

A healthy rapid fire

Dr Devendra Sharma, DM, MD, MBBS, Indo Gulf Hospital, plays a rapid fire on the issues pertaining to health.

Most prominent health issues for the age groups:

0-3 years: Malnutrition, diarrhoea, baby colic, neonatal jaundice, hepatitis and pertussis

4-11 years: Malnutrition, water borne ailments, viral & bacterial diseases.

12-20 years: Malnutrition and obesity, mental health, infectious diseases, injuries, excess of tobacco use

21-35 years: Mental disorder, chronic respiratory diseases, infectious & parasitic diseases, cardiovascular diseases, skin diseases, oral health.



Dr Devendra Sharma

40 years+: Diabetes mellitus, acute respiratory conditions, Psychological disorders, Disease of digestive system, Musculoskeletal diseases.

The main reasons for the diseases:

Air/water pollution, adulteration of food, obesity, lack of physical activity, malnutrition

Steps to prevent such diseases:

Proper and complete vaccination, early diagnosis, proper diet, ample exercise

One advice for healthcare:

The growing age of a child is best stage to develop immunity and prevent any type of future complications, I would advise parents not to ignore any problem in early ages of a child.

Excuse exercises?

Excuse 1: No time with school and studies!

Increase your walk, use stairs, walk for 5 minutes after every 2 hours, walk while you talk- easy right?

Excuse 2: Sweating? A big no!

Not all exercises guarantee sweat. Try yoga. Exercising under an air conditioned room won't do any harm and if you want something more, try swimming!

Excuse 3: It's boring!

Well, so are you. The world is full of creative things. If working out in the gyms is not your thing then try out dancing, zumba, badminton, run. Whatever suits you. Just move!

Sane Brain

Take a few steps towards a healthy brain!

Stop multi-tasking

Why? It causes brain fatigue and increases the time taken to do a single task five times. Give your attention to just one task and start with 15 minutes interval.

No Tech!

Why? Constant connection with technology results in constant mental work creating an ADHD (Attention deficit/hyperactivity

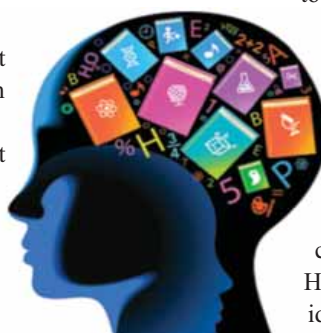
disorder) like state. Stop using technology from time to time; giving atleast 15 minutes of break between tech usage.

Filter information.

Why? Constant information overload leads to bombarding of our brain. Identifying 2 most critical to-dos of your day will help you focus on them better.

Imagine

Why? Mechanical routines of our lives lead to a decrease in creativity. Hence, try to perceive ideas in a new way.



Two lives

The villages

70% of the rural population relies on alternative medicines with limited healthcare facilities, as per Forbes.

1,53,655 sub centers were present, according to Ministry of Health and Family Welfare, in September 2015. The number is much lower than the numbers prescribed by government.

100 million people suffer from diarrhoea and cholera every year.

64% of rural India is facing shortage of doctors.

30% of rural population has to travel more than 30kms for healthcare facilities.

The city

32% people in urban India use public healthcare facilities while the **68%** opt for private healthcare facilities.

5% people in urban areas are covered under medical insurance that excludes poor sections.

33.8 % of the urban population suffers from hypertension as compared to 27.6% rural population.

17% of the urban Indians suffer from kidney diseases.

60% of the deaths in urban India occur due to non-communicable diseases.

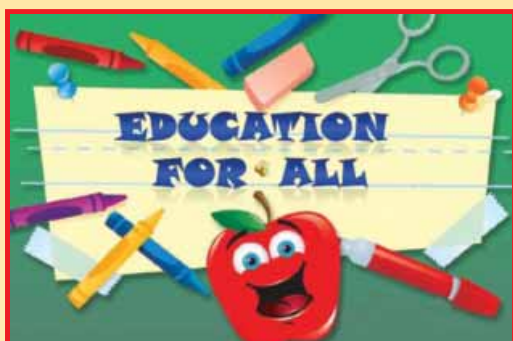


This poster is brought to you by the YP team of AIS Saket that worked for the cause- Education for all.

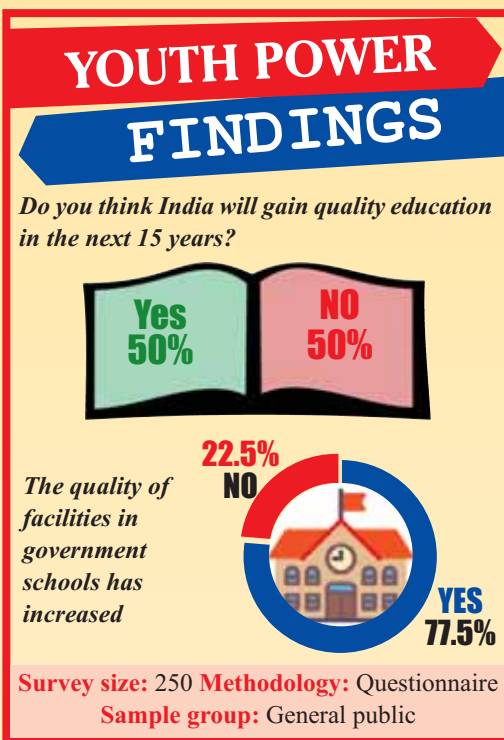
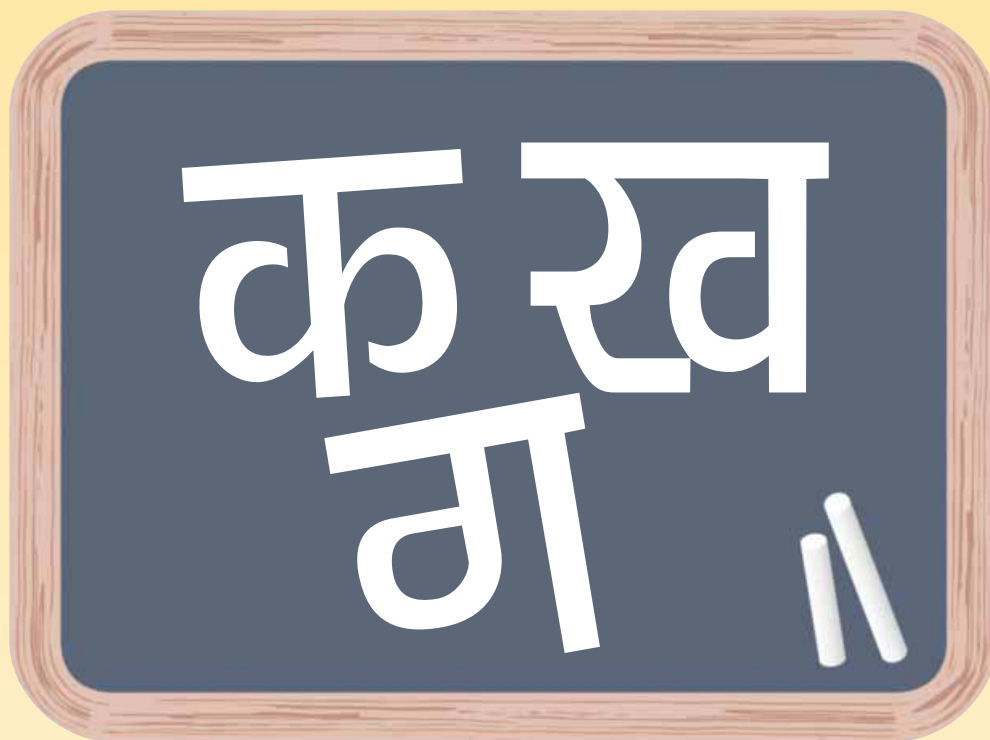


English vinglish, hindi vindi; the languages are unprejudiced. They want to see all of us writing and learning irrespective of the age, gender or caste.

Conspiring with them is UNESCO with its set of goals to encourage education for all



- The model for Education for all was initiated in the year 1990 by UNESCO, UNDP, UNICEF and World Bank to universalise the concept of learning for the world and reduce illiteracy on a mass level by the end of the decade.
- After ten years, the countries analysed their performances with respect to the goals and came up with a set of six foundational goals to work in this direction by 2015.
- Post 2015, to ensure development in over-reaching goals, the committee translated derived specific targets to be achieved by the year 2030.



GOAL 1 Improving early childhood care and education

Alarming numbers

What happens when despite having a national policy for compulsory primary education, only 50% of children have access to education?

35,000,000 Children aged 6 to 14 years do not attend school.

53% of girls in the age group of 5 to 9 years are illiterate.

60% of the schools, have less than two teachers to teach Classes I to V.

48% i.e 75.7 million children below six years are covered in Integrated Child Development Scheme. *Source: Internet*

GOAL 2 Free and compulsory education to all children



Inclusive. Is it?

When specially abled children becomes a different category

"How could I tell you the colours of the rainbow or how the butterflies look? If only I could read words through my eyes, education, is the word I'd choose."

'Jyothirgamaya', a part of the scheme 'Braille without borders' extends a hand of support for the visually impaired. A converted rickshaw that carries a computer, printer, Braille slates and white canes to home across the city in the southern Indian state- that is how they empower visually impaired students.

"The call of the bulbul does not enamour me, the roar of the lion do not scare me. The chanting of letters is where my heart goes." Balavidyalaya School in Chennai is working for hearing impaired children under the age of three to prepare them so that they can join mainstream education. Their goal is to help them develop verbal language skills by making the best use of the residual hearing i.e the ability to hear some sounds despite having hearing loss.

When you say children, count them too.

Where India stands

- According to RTE, all schools, will have to admit 25% students from EWS.
- Only 0.79% disabled children are enrolled in primary schools.

GOAL 3 Ensuring skills programmes for young and adults

You've got the skills?

A drowning man will clutch at a straw, that is what skills do for a person.

Situation 1: Poverty ruled his life. With no one to call his own, the only thing that helped him to survive the world was an eye for pictures. Slowly and steadily through his skilled pictures, he made a place for himself. At least he could live, happily.

Situation 2: She knew the school was out of her reach. Belonging from a family of artisans, she was best in weaving beautiful patterns. Had it not been this skill, she would have led a miserable life.

Where India stands

- Only 10% of the total workforce of the country receive some kind of skill training.
- National Skill Development Mission, Pradhan Mantri Kaushal Vikas Yojana and Skill Loan Scheme are a few of the policies included in Skill India.

GOAL 4 Achieving improvement in adult literacy

An aging problem

Passing the 'formal age' of education did not mean a loss, for they started their journey with letter again

Age is just a number.

You ask why?

Priscilla Sitienei of Kenya, is the oldest pupil in the world. After serving 45 years as a midwife, she at 90 finally gave herself a chance to read and write because she wanted to read the Bible.

Joseph Conrad, the renowned writer did not have a way with words until he was 20. Ideally, this age marks the end of one's educa-

tion. But it was at 20, Conrad started his education in English.

Age is just a number.

We know now.

Where India stands

■ The gap in literacy rates among adults who have crossed the formal age of education, between urban and rural areas is reduced by 5% point.

■ Saakshar Bharat, one of the initiatives to promote adult education has raised literacy rate to 80%.

GOAL 5 Achieving gender equality in education

They were not meant to stay in the kitchen. Since ages, women have been at par with men

50-50

Lilavati, the first woman mathematician and daughter of the great Bhaskara easily solved any complex mathematics problems given to her. This ease with Mathematics made Lilavati, an eminent name in the history of women mathematicians of India.

Where India stands

■ A National Scheme of Incentives to Girls for Secondary Education was launched in which they're entitled to a sum of 3000/- on reaching 18 years of age and on passing 10th class examination.

■ Mahila Samakhya Programme, KGBV, and NPEGEL are some of the programmes encouraging women education.

GOAL 6 Improving the quality of education



Manish Sisodia and Somnath Bharti with a YP member

Quality check

Manish Sisodia, Education and Deputy Minister, Delhi and Somnath Bharti, Member AAP shares the need of the hour in education

Rickety rocky benches

Lack of proper furniture and other facilities is a common problem in schools. Under a scheme for this problem, new furniture had been installed in more than 28 govt schools. New computer labs promoting digital literacy are being built too.

Faculty in a loophole

Upon visiting a computer lab at Sarvodaya Bal Vidyalaya, Ishwar Nagar, we found out that even though there were enough computer labs for students, they have not been used even once. Due to this we had to take strong action against the concerned teachers and suspend them.



Youth Power 2016-17

