



*Youth Power, a social leadership programme and an initiative of Dr (Mrs) Amita Chauhan, is now in its eighth year. This special edition, put together by the 10 participating teams is a glimpse into their causes, as they see through their creative eyes.*

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## AMITEpoll

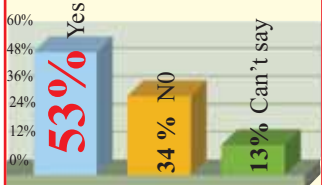
*Do you think renaming 'Gurgaon' as 'Gurugram' is a good idea?*

- a) Yes
- b) No
- c) Can't say

To vote, log on to [www.theglobaltimes.in](http://www.theglobaltimes.in)

## POLL RESULT for GT issue April 11, 2016

*Do you support CBSE's proposal to revoke Class X boards?*



Results as on April 16, 2016

## Coming Next

Big story special edition



**Tweeting  
in support**

Kailash Satyarthi @k\_satyarthi · 25 Nov 2015

Selfie with students who are engaged against school drop out in Govt schools. Now promise to fight child labour.



Nobel Laureate Kailash Satyarthi tweets his photograph with the YP team of AIS Gurgaon 46

# Signed up for change

Signing up as mere participants, signing off as benevolent beneficiaries; the change though not tangible, will surely reflect in them forever

When they stood at the threshold of a year-long journey called Youth Power, they sure were determined to transcend lives, to bring a change. Who knew that the change would begin from within? Who knew that a competition, or a social sensitising programme as they call it was capable of so much.

## AIS Gurgaon 46

**Cause: Child education and school dropouts**

One of our team members withdrew in the middle of the campaign. There were three hands instead of four and with the kind of multitasking that Youth Power requires, things got a little tough. But nothing stopped, neither the madness of activities, nor the satisfaction that came with accomplishing our targets. A new member came along. We moved on, only to meet new obstacles on the way - team members falling ill, missing photographs, lack of permissions to say the least. But nothing deterred us for we had learnt that the show must go on.

*Signing off,*

*The team that understood that the show must go on.*

## AIS Pushp Vihar

**Cause: Save electricity**

We started with a dream to get that trophy. Somehow on the way, our dreams changed. If there was one thing that kept us going it was words of kindness, appreciation and thankfulness. When an elderly woman, while filling one of our surveys, patted our backs, her smile reassured us that winning hearts mattered more than winning the trophy.

*Signing off,*

*The team that won hearts.*

## AIS Noida

**Cause: Waste management**

Our entire team had been into so many extracurriculars and won so many of them too. But never did we feel so exhilarated. You know why? Because we were participating in all those competitions for our-

selves. This time, we were doing something for others. 'Social work' - the word sounds heavy duty, but it is the closest one can come to true happiness. You realise what it means to give back to the society only once you start giving. So for that, thank you Youth Power.

*Signing off,*

*The team that experienced the joy of giving.*

## AIS Saket

**Cause: Respect street food**

Every time anyone talks about bringing a change, it starts at the level of policy makers. People want to approach the government, make new laws and then usher in change. Youth Power, on the other hand, is about the grassroot level. We did not go to the authorities, nor did we question the lawmakers. We went to the roadside *gol-gappe wala*, asked him what his problems were and realised that you do not need 'connections' to bring in change. There are things that you can do on your own.

*Signing off,*

*The team that went from bottom to top.*

## AIS Mayur Vihar

**Cause: Food wastage and hunger**

Our days would start on an over ambitious note. Running around four floors of the school with a checklist, being at ten places at a time, specks of green-yellow-blue on the uniform, arguments, differences, jokes, celebrations and tireless endeavours to usher a change - that's one day of Youth Power. As we laid lifeless at the end of the day, the realisation that 'we did it' would dawn upon us. We would pat our backs and treat ourselves with an ice cream. So it is good to be tired perhaps, for being tired means you stretched yourselves to achieve something.

*Signing off,*

*The team that found beauty in exhaustion.*

## AIS Gurgaon 43

**Cause: Road safety**

We had only 5 months and we had a heavy baggage to carry forward. We understood that if we were to lift it up and start walking, we would get exhausted soon. So we decided to empower the baggage with the wheels of assistance, handle of support and the ramp of direction, so that even when our time lapses, the equipped baggage can be carried forward, towards a new future, with ease.

*Signing off,*

*The team that joined hands for change.*

## AIS Vasundhara 6

**Cause: Vitamin D deficiency**

How often do we go out in the slums to interact with the underprivileged? How often do we visit old age homes? How often do we go to the tiny ones in Class KG and listen patiently to what they have to say? Chances are that you, like us would answer "not frequently". Youth Power changed things. We interacted with different groups, each interaction making us realise that age, status and gender are no bar. Every group will teach you something.

*Signing off,*

*The team that learnt from everyone.*

## AIS Vasundhara 1

**Cause: Save paper**

Conducting surveys, interviewing experts, performing street plays, organising activities; Youth Power teaches you all that and more. It is a journey that takes you through different stages. The stages come to an end but leave behind memories.

*Signing off,*

*The team that packed a bag full of memories.*

## AIS VKC Lko & AIS Jagdishpur

**Cause: Lifestyle disorders in children & Tuberculosis**

They say that the first step is always the hardest. For us, it was the most enriching one as we stepped into the world of Youth Power. Since we are new to this journey called Youth Power, there were bound to be challenges. Youth Power is not just a programme, it is an experience in itself, one that teaches you so much within a short span of time.

*Signing off,*

*The teams that are warming up to bring change.*



Dr (Mrs) Amita Chauhan  
Chairperson

As an educationist, it has been my constant endeavour to provide my children with holistic education. Education that teaches them beyond text books. Education that makes them responsible citizens. Education that teaches them to be human. Youth Power is a step towards providing this education that nurtures the

mind, body and soul.

I am moved beyond words as I see my young Amities go out in the slums, interacting with the less privileged, trying to make a difference to their lives. My heart swells with pride as my children take to the streets, cleaning up not just the waste, but also the mess that all of us have created. Every time, I visit a school and listen to the YP participants share their experiences, I feel overwhelmed for these kids have developed empathy and sensitivity at such a young age. This is real education, one that teaches you to live for people other than yourself.

'Vidya dadati vinayam' goes the Amity insignia which translates into 'education begets humility'. Youth Power has offered them education that has nurtured them into humble beings, a virtue that will take them a long way in turning Founder President's dream of making India a superpower into reality.

*Signing off*

**Dr (Mrs) Amita Chauhan**

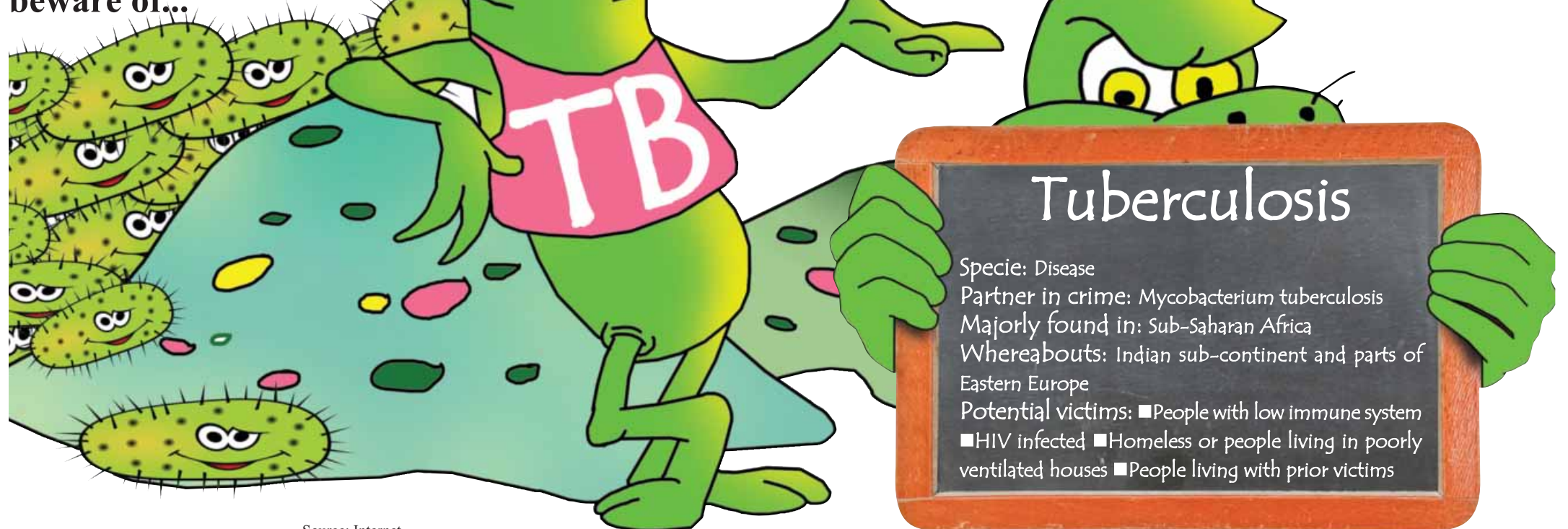
**The educationist who stood proud**







For long has it spread its nuisance, taking million lives. For long have we fought against it, to no feat. Perhaps for long have we considered it 'just a disease' as compared to the epidemic it is. So for once, beware of...



Source: Internet

## Millions, and still counting?



8.6 million people are diagnosed with TB every year  
3.3 million are either not diagnosed or treated  
1.3 million die because of TB every year  
10 million children are orphaned by it

# Alarm the awareness

Dr Santosh Singh, orthopaedic surgeon and Potts TB specialist, talks about the prevalent disease

**The most prevalent type:** Pulmonary TB is diagnosed in most of the cases. TB is spread by air and thus our lungs are the first to get affected. Many people ignore TB in the initial stages as common cold. This delay often leads to people developing Potts TB.

**The damage caused:** Chronic infection may erode the pulmonary artery, resulting in bleeding, which is seen in sputum. The illness then becomes chronic and causes scarring of upper lobes of lungs. In addition, it also has serious effects on lungs.

The Potts disease affects the spine, which then needs to be treated with braces.

**Side effects of treatment:** All TB medications are hepato-toxic i.e. toxic to liver. Side effects although common, can be severe. Fever, night sweats, jaundice, loss of appetite, nausea, hepatotoxicity, renal toxicity etc are some. The earlier the diagnosis, the better the treatment.

**The diet:** Even though the diet for patients is not restricted, they are recommended to follow a high protein diet.

Green leafy vegetables that are high on iron & vitamin B, whole grains, cereals, antioxidants rich veggies like carrots, pepper and unsaturated fats like olive oil should form the essentials of the diet.

**To combat TB:** Awareness, awareness and awareness! TB has been prevalent for all these years due to lack of awareness. Despite the fact that diagnostic kits and medicines are available in every town and village, millions of people are still dying. Sensitising people has a significant role to play here.



## True or False

Think you know it all about TB. Take this test and think again.

1. Your constant unfinished lunch boxes have nothing to do with TB. ☐
2. The need for an extra blanket might be more than just a cold night. ☐
3. But too much perspiration is just due to global warming. ☐
4. If your fever remains unaffected by common medicines, increase the dosage. ☐
5. Regular fatigue is associated with TB. ☐
6. Unintentional weight loss is nothing to be worried about. ☐
7. You should go to the doctor if you've been coughing for 5 weeks or more. ☐
8. You may have TB, if your grandmother did. ☐
9. You might have TB, even if there are no symptoms. ☐

**Answers:** 1. FALSE. Loss of appetite is a major symptom of TB. 2. TRUE. Chills are an indication of potential tuberculosis. 3. FALSE. Those sweat drenched sheets and pillows make you a potential TB patient. 4. FALSE. Regular fever requires you to get your sputum test done. 5. TRUE. TB patients experience fatigue all the time. 6. FALSE. Those dropping numbers may indicate TB. 7. FALSE. You're late. You should have been there 3 weeks earlier. 8. FALSE. TB is not hereditary. 9. TRUE. A person with TB might not show any symptoms. If you think you've been exposed to TB, a test is advisable.

## Keep it away

**Healthy looks can hide TB:** While you might look all macho, your X-ray will show TB way before you know it.



**Your kiss of affection, the germ of infection:** TB is a communicable disease. Think before kissing a child.



**A handkerchief in time saves nine:** Use a handkerchief to prevent the spread of TB germs.

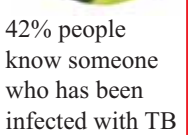


## YOUTH POWER Findings

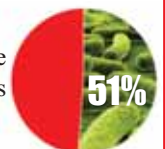
97% people have heard about TB



42% people know someone who has been infected with TB



51% people are aware of the therapies related to TB



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

**1882** Robert Koch identified Mycobacterium tuberculosis that causes TB.

**1920-53** Vaccines like BCG, Streptomycin and Isoniazid were developed.

**1970** First outbreak of drug-resistant TB in the US.

**1993** WHO declares TB 'a global emergency' and introduced DOTS in 1995.

**1997** India launches the Revised National Tuberculosis Control Programme (RNTCP).

**1999** TB Alert, UK's national TB charity, launched on World TB Day, March 24th.

**2004** TB Alert's sister organisation, TB Alert India was launched.

**2006** The second global plan, Stop TB was launched.

First case of totally drug-resistant TB (TDR-TB) found in India.

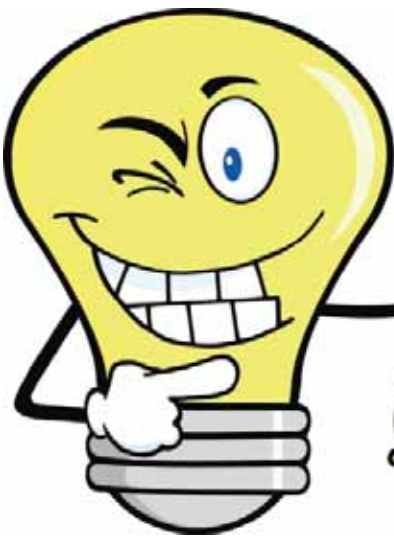
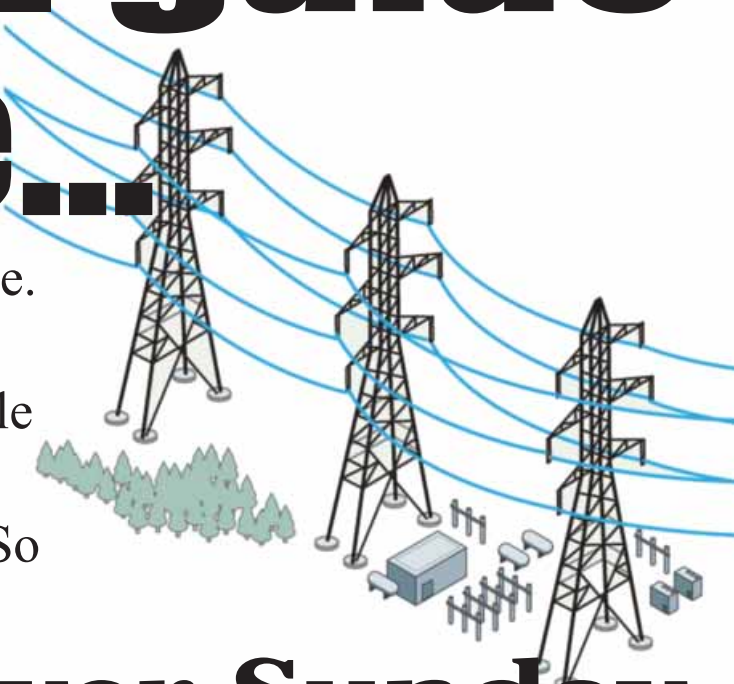
**2012-17** Strategic Plan 2012-2017 to fight TB is launched by TB Alert in India and overseas.





# Lights will guide you home...

...only when there will be enough for everyone. Everytime your locked house remained illuminated, the future got a little darker. While you have ample to waste, your future generation might not get the minimal to use. So do the right and save light!



## Super saver Sunday

A guide to make the most of your Sunday and the least of your electricity bill

### Run full loads

Cut one load of wash per week, using cold water only, and you could save \$60 (approx Rs 3600) a year. Sunday seems the correct day, doesn't it?

### Forgetting your Sunday outing?

Sunday has never seemed like a day to

spend at home and that's what we exactly demand. A locked dark house a day, keeps hefty bills away.

### Make room for everyone

Sunday, probably the only 24 hours your family gets to spend quality time together. So have your 3 course meals together, a laugh or two as well, but - TOGETHER, IN A SINGLE ROOM. Give other rooms their share of secrecy!

### Get rid of them

Perhaps when you purchased that 50 inch LED TV, you moved the old one into your bedroom or basement. Recycle or donate it, even if you're just using it an hour a day. That 32 inch TV is costing you Rs 4500/year.

Now that you've saved some money, looks like there's something else to do. We love Sunday shopping, don't we? 🇮🇳

## YOUTH POWER

### Findings



22% of people pay a monthly electricity bill of over Rs 10000



60% of people are aware of the star ratings on electrical appliances

65% of people leave the lights on when they leave a room



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

## Unplugged



One night of computers being shut down instead of sleep mode will save enough energy to light up the Eiffel Tower 24 hours a day, for the next 720 years.

Unplugging your gaming console when not in use will save you enough money to buy a new game every year.

A plasma TV can save more than Rs 20,000 only if it is unplugged when not in use.

Left the lights of your office switched on for a night? You just wasted enough energy to heat water for 1000 cups of tea. Running your air conditioners at 18 degree or 22 degree can save up to 6-10% on your electricity bill. Every time you open the refrigerator, up to 30% of the cold air can escape. A PC monitor switched off overnight saves enough energy to microwave six dinners.

Source: Internet

## Switch to switching off!

**D**r Svatopluk Zeman, director, Swami Vivekanand Educational Solutions, sheds light on the need to conserve electricity for the future

### The 'current' crisis

The electricity that we use comes from nuclear power, coal power plants etc, emit CO<sub>2</sub>, a greenhouse gas, that aggravates global warming. We are rapidly consuming energy, more than what we need. The day is not far when all our non-renewable resources will exhaust, completely.

### The Indian crisis

As of 2015, the power generation



shortfall in India is estimated at 11% of the total energy. This is despite the fact that the country is consuming more than 2 million barrels of imported oil a day. The consumption is increasing by about 10 percent annually. India will

have to increase its capacity for power generation by about seven times its present capacity to sustain its growth.

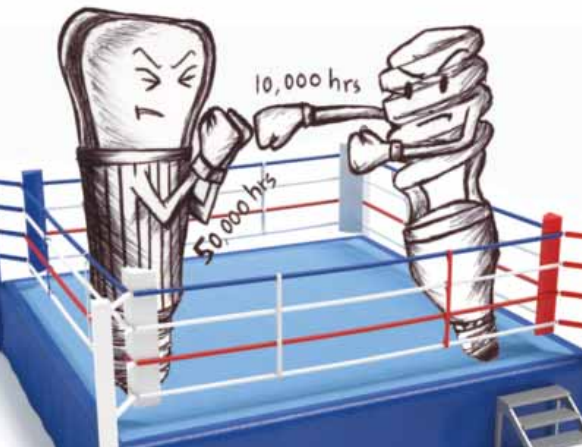
### The need of the hour

Energy isn't free. So wasting energy is the same as wasting money! Energy conservation extends the lifetime of an equipment and reduces the maintenance cost by operating for less hours. That said, one cannot turn a blind eye to the adverse environmental effects that come with energy production and consumption. The way forward is to use conventional energy efficiently while simultaneously building renewable energy. India's initiative to replace the existing street lights with LEDs is one such step. Every time you turn off a light bulb, you're doing your bit.

## Green champion league| LED Vs CFL

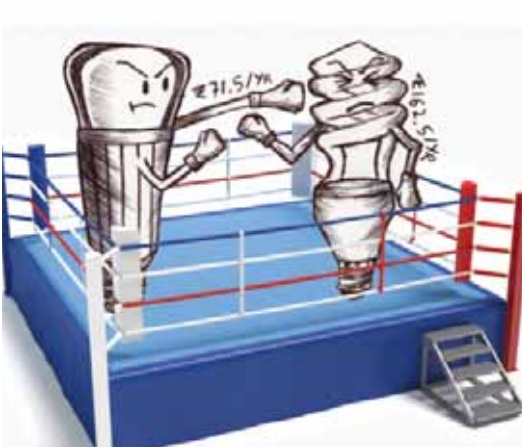
### Round 1: Life span

With a life span of 50,000 hrs, LED (the supposed underdog) can stay in the ring for longer against CFL who's got just 10,000 hrs.



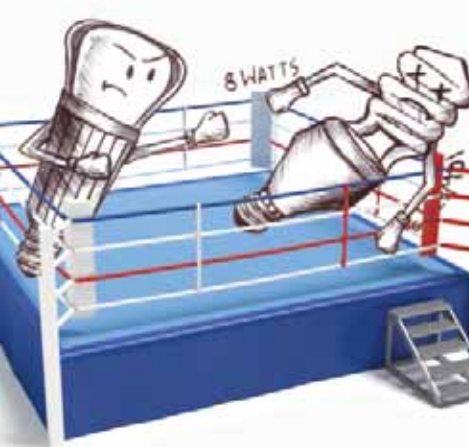
### Round 2: Operating cost

LED boasts of a mere Rs 71/year against CFL's Rs 162/year and has managed to knock it down again. Bigger isn't always better, you see!



### Round 3: Consumption

LED manages to secure a 3-0 by consuming only 8 watts against CFL's 15 watts!



### Round 4: Environment friendly

Shocker! Quite a shocker! Against CFL's whopping 35 pounds of CO<sub>2</sub> emission, LED by emitting just 15 pounds has won yet again. And with that, LED stands as the clear winner.

**Note:** Although LED has won it now, its popularity remains low. Help the champion reign. Replace that CFL with an LED today.



Source: Internet





# It's just a piece of PAPER

## Take note

- ✓ Reduce your font size by one and save a forest.
- ✓ Use both the sides of your notebook to gift the pandas an extra meal.
- ✓ Don't throw that bright wrapping paper to save land for a family.
- ✓ Go techno friendly to save your time, and paper.
- ✓ Get those lessons photocopied on both the sides to light another home.
- ✓ Create a journal from the leftover pages of that old notebook to save water for your community.
- ✓ Reduce the use of tissues and use handkerchief to stop winters from getting late.
- ✓ Use ceramic cups instead of paper cups as your cup for tea or coffee to breathe more oxygen. [G](#) [I](#)

*So, where is this newspaper going once you are done reading it? To the bin or the kabadiwala, at the end of the month. Who cares? After all, it's just a piece of paper. Perhaps you even know its cost. Or do you?*

## The cost not accounted for

**Equation 1-** 1 ton of paper costs 17 trees, 380 gallons of oil and 6953 gallons of water.

**Equation 2-** As we bring you this information, more than 199 tons of paper has already been produced.

**Equation 1 x 2-** So, the cost incurred to produce paper, as we read this = 3,383 trees; 75,620 gallons of oil and 1,383,647 gallons of water.

*Does paper still seem cheap and easily available?* [G](#) [I](#)

Source: Internet

## Pulp fiction

*'Save paper, save trees', reality. 'Save paper, just save trees', fiction. Let's debunk paper myths*

**Fiction:** Recycled paper is beneficial to the environment.

**Fact:** Though recycling saves energy, the process generates harmful

by-products and emissions in the deinking process.

**Fiction:** Save paper, save trees only?

**Fact:** The pulp and paper industry is the fifth largest consumer of energy, accounting for four per cent of all the world's energy used. 1 ton of paper wastage means that somewhere a home will not light up for the next six months.

**Fiction:** Paper production doesn't cause pollution.

**Fact:** Nitrogen dioxide (NO<sub>2</sub>), sulphur dioxide (SO<sub>2</sub>) and carbon dioxide (CO<sub>2</sub>) are emitted during paper manufacturing.

**Fiction:** Well, at least water is safe.

**Fact:** The discharges resulting from the pulping and bleaching process is responsible for discolouring water bodies and adding harmful organic matter detrimental to aquatic life.

**Fiction:** Computers are saving paper.

**Fact:** In the last 20 years, the combined usage of today's top ten paper users has increased from 92 million tons to 208 million, which is a growth of 126%. [G](#) [I](#)

Source: Internet

## The paper man

*To reduce the load of paper we throw everyday and open our eyes, here comes kabadiwala*

### The wasted amount

On an average, I collect waste from 4-5 houses daily, out of which the majority comprises paper. Every single household supplies at least 14-15 kg of paper. And most of this paper is unused. So many people throw away notebooks with sheets that are blank.

### Where does it go?

Firstly, we segregate the paper into used and unused category. Then newspapers are taken to the companies that recycle them. The ones not used by the

companies are given to vegetable/fruit vendors who use it to wrap their products. We even receive textbooks and notebooks from many households. While some of it is donated to the needy, the rest is sent for further recycling.

### He minds it too

We know that paper is very precious. Plenty of trees are being cut to make paper and yet we waste paper. Saving paper is not that difficult. You just need to ensure that you are using every single bit of it. [G](#) [I](#)



Pawan Kumar

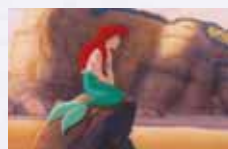


## Look who's sad

*As you go around wasting paper because it's easy on your pocket; someone else somewhere is paying a hefty price*

**Po is ready to go:** The sad panda is not doing kung fu any more. Your incessant paper wastage has endangered nearly half of the world's 1,200 woody bamboo species that he feeds on. Now that there's no food, he might leave soon. And no, you won't have a sequel then.

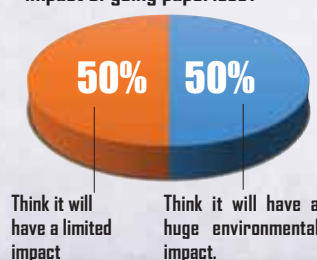
**Happy feet, not really:** Mumble doesn't want to tap those feet for the ice below is melting. The pulp and paper industry has produced greenhouse gases in an enormous amount that have altered the natural habitat of penguins.



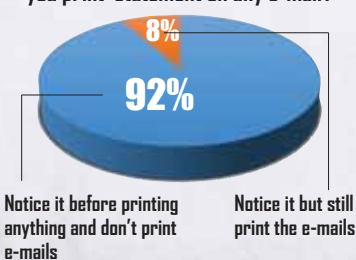
**Unplayful Ariel:** Who wants to play in dirty water? The paper and pulp industry discharges waste water that contains solids, nutrients and dissolved organic matter such as lignin that apart from polluting water resources, kill the aquatic life too. [G](#) [I](#)

### YOUTH POWER Findings

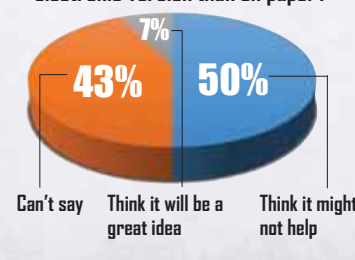
What do you think going will be the impact of going paperless?



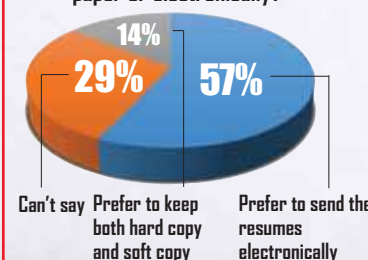
Have you ever noticed the 'think before you print' statement on any e-mail?



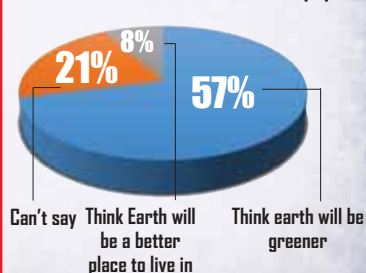
Should college certificates be sent in an electronic version than on paper?



Do you prefer to send the resumes on paper or electronically?



What would Earth be like without paper?



Sample size: 500 Sample group: 15-40 years Methodology: Oral interview

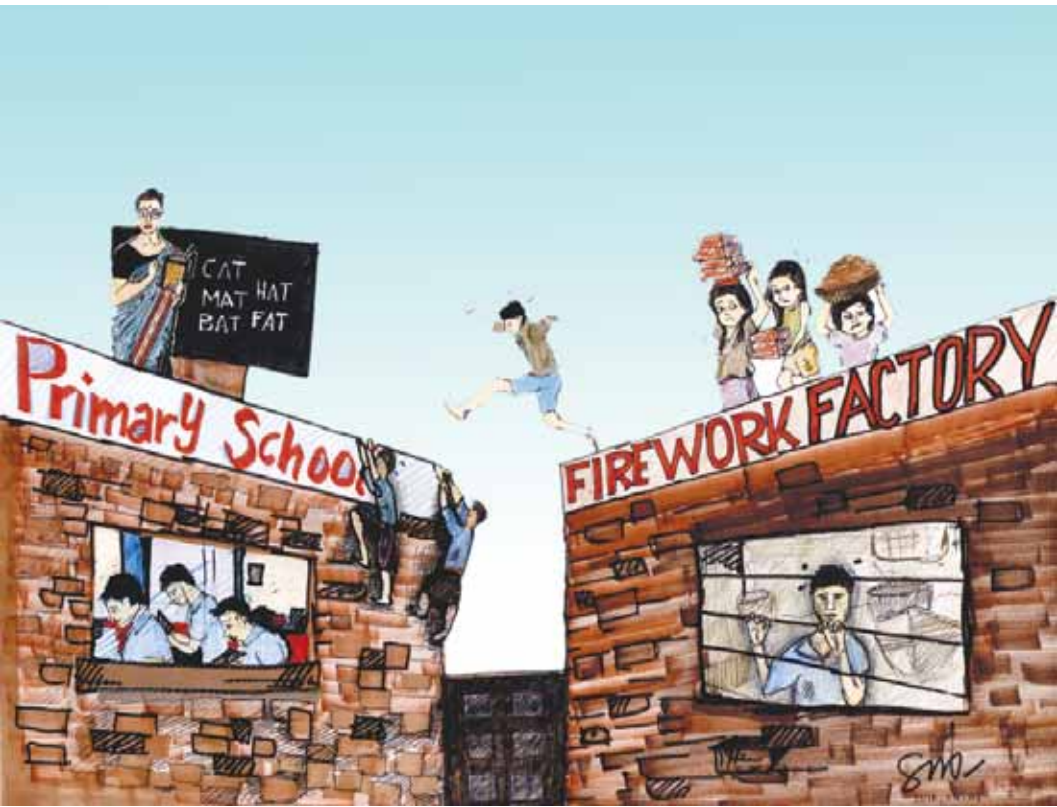
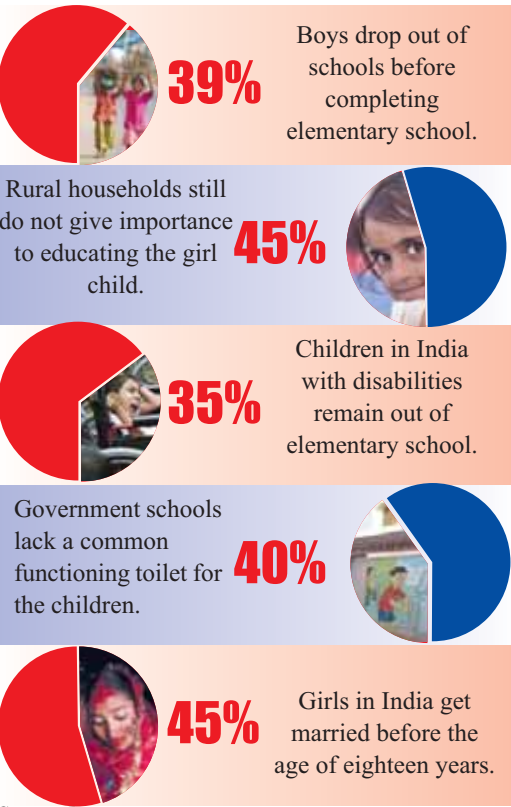
An A3 paper sheet measuring 297mm \* 420mm was used to convey you a message. Let this paper not go waste. Consider the thought.





# Dropped on the way

The potential doctor fell ill and the future entrepreneur became a child labourer. They dropped out of school and so they dropped their dreams. While the Right to Education Act gave them a will, but did we succeed in giving them a choice?



## YOUTH POWER Findings

4 out of 10 children drop out of school due to poor teaching conditions

6 out of 10 children drop out of school due to financial problems

5 out of 10 rural adults consider education more important than early employment

3 out of 10 rural adults are aware of government vaccination schemes

4 out of 10 children dropout of school due to parent's discouragement

Sample size: 500  
Sample group: Underprivileged  
Methodology: Oral interview

## Cindrellas who lost a book

Going back to school was nothing short of a fairy tale for Isha and Kajal who were enrolled in Amitasha after dropping out of school

**We dreamt of the castle... and its riches**  
We always wanted to go to school. Everyone said that going to school will end our problems. So, we were very excited when we got admissions in a nearby government school.

**The castle that shone bright... was dark inside**  
But the school was different from the one we had imagined. There were no proper benches and chairs. The washrooms were dirty. We couldn't understand what was being taught and were often scolded unnecessarily. We started falling sick often. After eight months, we

dropped out of the school.

**To put the pieces back together... enters fairy Godmother**  
My mother worked at Kuljot didi's house. When didi got to know that I don't go to school anymore, she started teaching us and we enjoyed it!

**Back to the castle... the one with less hassle**  
After being taught by her, we were admitted to Amitasha. It has all the basic facilities that we require and learning here is fun. We want to grow up to become a doctor or a teacher. We love going to school.

**And they studied happily ever after...**



## RHYME TIME

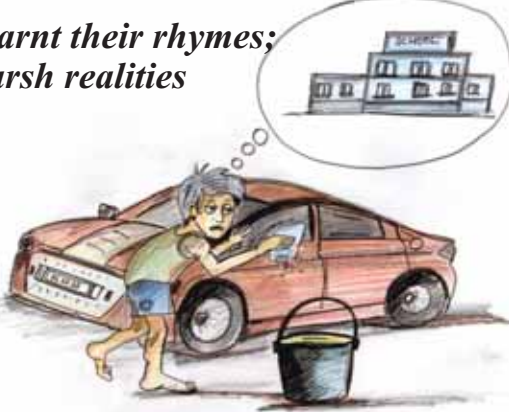
*They are outside school but have learnt their rhymes; rhymes that are not fun tales but harsh realities*

**The busy much:** According to NSSO, 12.16% students dropped out of school in 2014 as they were required to supplement household income.

Twinkle twinkle little star  
How I wonder what you are  
They talk about you in the school so far  
While I am busy washing a car.

**'Poor' kid:** According to NSSO, 23.76% students dropped out of school in 2014 due to poverty.

Johny Johny  
Yes teacher  
Coming to school?  
No teacher  
Telling lie  
No teacher  
Tell me the reason  
No money this season.



**Good kids, bad stomachs:** According to a report in November 2014, nearly 90% of the midday meals in Delhi were reported unhealthy.

Jack and Jill  
Had midday meal  
While they were  
At school for education  
Jack fell ill,  
And so did Jill  
And they dropped out school  
Before summer vacation.

**Bored and snored:** According to a study by Harvard, 25% of teachers in India are absent and only half are teaching.

Old MacDonald had a school, E I E I O  
But that school was not so cool, E I E I O  
With snore snore here and a sigh sigh there  
Here a snore, there a sigh, teacher gave him a black eye  
Old MacDonald had a school, E I E I O.



## Back to school

Roll the dice and follow the instructions written below to help Ichha and Rohan reach their school. On your way, take note of the stepping stones to know more about their ideal school

- Step 6:** Sarva Shiksha Abhiyan is here to help, move two steps forward.
- Step 13:** Lunch time, thank midday meal and jump to step 20.
- Step 18:** Learning just got fun with a painting class, move two steps forward.
- Step 27:** Vaccination camp being conducted, take another free chance to roll the dice.
- Step 35:** Got a wash basin, go to step 40.
- Step 42:** Soap dispensers have been installed, jump to step 48.
- Step 52:** Vocational training being provided, you can take that long jump to step 98.
- Step 60:** Teacher knows it right, roll the dice again.
- Step 73:** Parents' encouragement, go to step 82.
- Step 87:** School just got closer, go to step 94.
- Step 98:** Looks like you got 'the game', Ichha and Rohan can now go to school.





# En route bins, pits, pots, walls

Dumping old bulbs and banana peels et al in the same dustbin is waste disposal. Using old bulbs to make planters, banana peels to fertilise the soil is waste management. The either path undertaken decides the fate of the trash, whether worthy or simply wasteful



## Stage 1: Household Disposal

Waste management starts from household disposal. This stage, however is full of heaping problems

### Problem 1: The amount

- India produces nearly **0.14 million tons** of garbage daily while the world produce is **4.5 million**, which is expected to rise to **6 million per day by 2025**.
- Each year, one person uses nearly 90 drink cans, 70 food cans, 107 bottles and jars and 45kg of plastic.
- We produce and use twenty times more plastic today than we did 50 years ago.

### Problem 2: What shouldn't have gone to trash?

- The average Indian family throws away **6 trees worth of paper** in their household bin a year.
- Out of the total household waste collected, on an average **94% is dumped on land and only 5% is composted**.

### Problem 3: We forgot that cycle, recycle

- Glass milk bottles are used an average of **13 times before recycling**
- In 2003, the recycling of glasses saved enough energy to launch **10 space shuttle missions!**

Source: Internet



## Stage 3: Recycle and reuse

Does your segregated waste have a 'not so useful anymore category'? For once, let's think better than 'throwing away'. 'Use it up' to see the beauty in waste



Wall hangings made from used CDs



Wall decor from old bottles



Snowman from bottle caps



## Stage 4: Composting

Food waste may not make it to the 'Reuse & recycle' category but can surely make it to the compost pit

**Eggshells:** Scatter dry crushed eggshells around a young seedling to keep the pesky molluscs away. Egg shells can be a great source of calcium. It also promotes plant growth and prevents blossom end rot in tomatoes



on your plants to keep the 'plant lice' away. It will add calcium, magnesium, phosphate, potassium and sodium in the soil helpful for both flowering and fruiting plants.

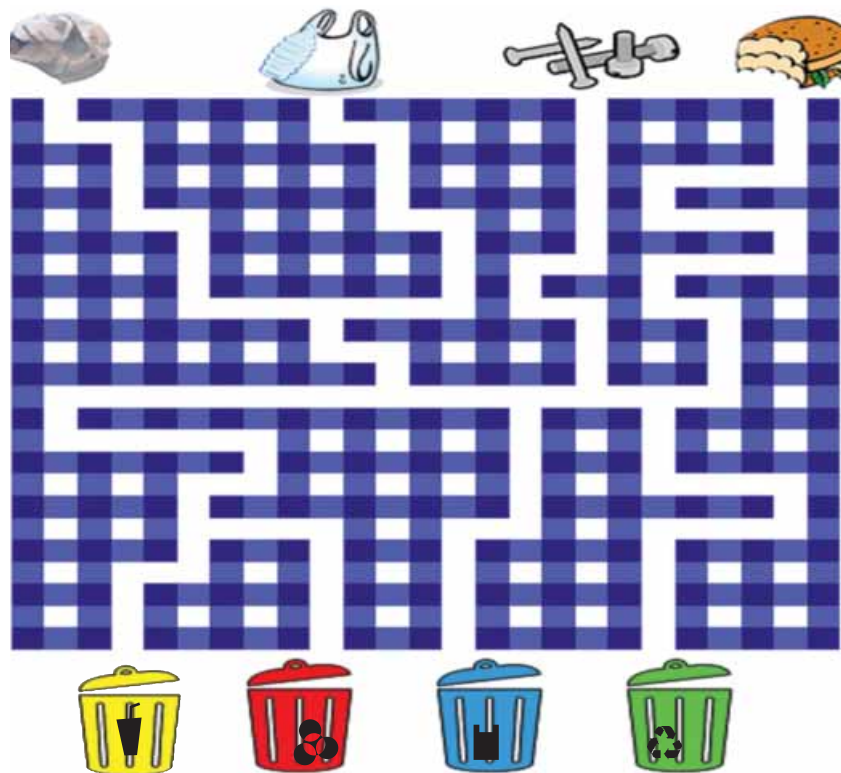
**Banana peels:** Soak banana peels in water for a couple of days and spray it

**Coffee beans:** Use coffee grounds waste as a general fertiliser. It improves soil drainage, water retention capacity and soil aeration. 🌱



## Stage 2: Segregation

Help these waste reach their correct bins to learn about segregation and solve waste disposal problems



## Stage 5: Landfills

The waste not treated in earlier stages goes to landfills, a place constantly in news for wrong reasons

**Delhi wastelands: 50 feet tall and growing, Ghazipur operates beyond deadline**

**Delhi's Bhalaswa landfill contaminates ground water**

**Mumbai's Deonar garbage fire can be seen from space**

**Landfill sites source of methane emission: Report**

# Add worth to the waste...

....says Aruna Pandey from Swechha, an NGO working for waste management

### Make space

Waste management is a useful environmental reform yet to be tapped to its full potential. For an overpopulated country like India, it can prove to be a boon by ensuring more space for the population.

### Recycle

Recycling is the best and simplest way forward for waste management. The benefits of recycling go beyond the environmental ones.

The employment opportunities for the unskilled labour created by recycling, which ensures social welfare too.

### Still to be done

We need to instill environmental consciousness in people, promote responsible consumerism, offer practical green solutions to the problem of waste and put pressure on government and other

agencies concerned for effective waste management.

### Inspire

If you know a person who does not care about trash, take him/her for a walk alongside the Yamuna or any other landfill and you will notice a change. For when one understands the problem better, it is then that the consciousness arises. So let's add worth to the waste.

## YOUTH POWER

### Findings

80% of the things thrown away in Delhi NCR are recyclable



And yet only 28% are actually recycled.

60%

Amount of waste landfills can hold

40%

The waste that is dumped illegally

Sample size: 500

Sample group: General public and landfill workers

Methodology: Oral interview

## A Wasteful trivia

■ The concept of landfills dates back to 3000 BC. Due to lack of space the waste was dumped in big holes in the ground.

■ There are 19,000 pieces larger than 5 cm and 300,000 pieces smaller than 1 cm of waste orbiting our planet.

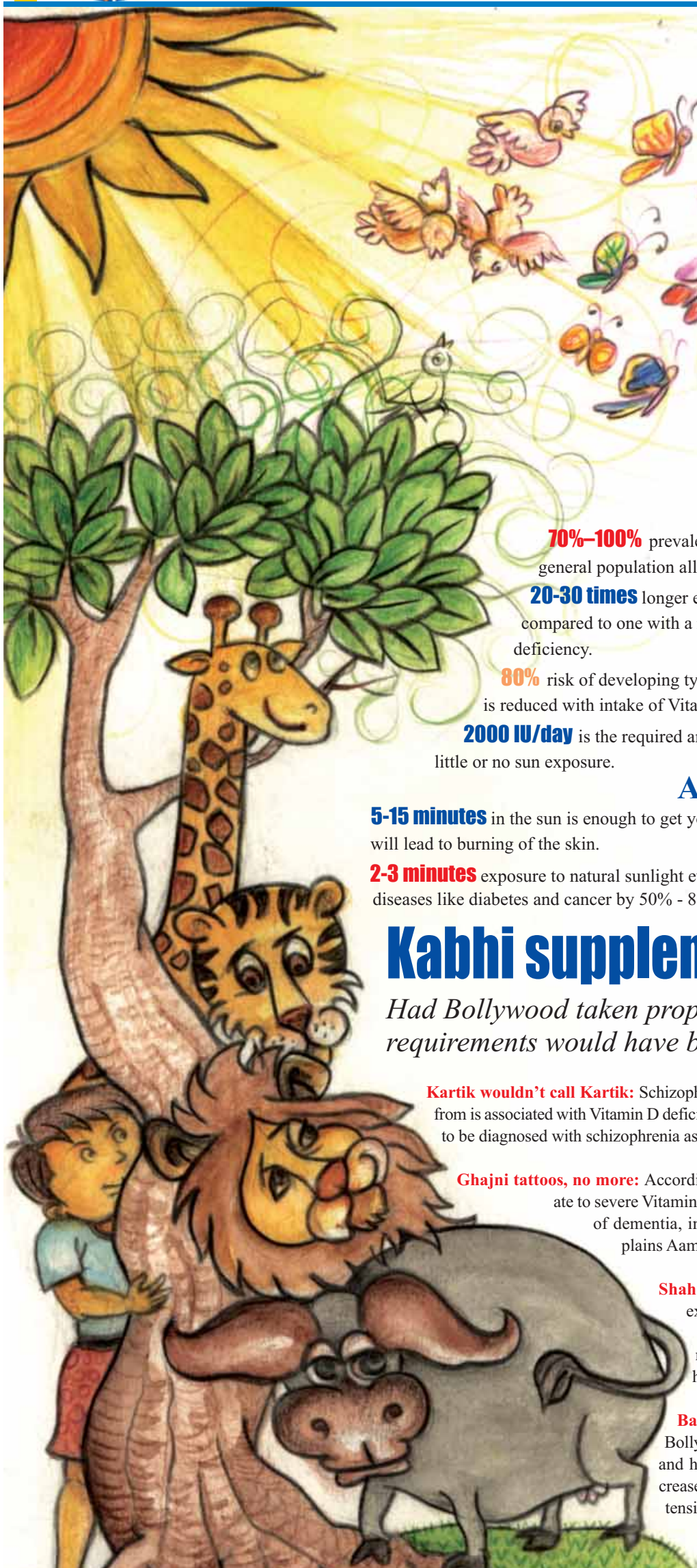
■ Paris was known as the 'City of Flies', as huge heaps of garbage guarded it during the '100 Year War'.

Source: Internet



YP team with Aruna Pandey





# Remember me? Vitamin D?

*With summers at your doorstep, keep your doors and windows open for the uninvited guest, Vitamin D; unless you want to befriend amnesia and schizophrenia et al*

### As much as

**70%-100%** prevalence of Vitamin D deficiency is observed in the general population all over the Indian subcontinent.

**20-30 times** longer exposure to sun is required by a dark skinned person as compared to one with a normal skin tone, to reduce the risk of Vitamin D deficiency.

**80%** risk of developing type 1 diabetes over the next twenty years by an infant is reduced with intake of Vitamin D supplements.

**2000 IU/day** is the required amount of Vitamin D supplements for an adult who gets little or no sun exposure.

### As little as

**5-15 minutes** in the sun is enough to get you the required amount of Vitamin D. More than that will lead to burning of the skin.

**2-3 minutes** exposure to natural sunlight every week can reduce the risk of developing serious diseases like diabetes and cancer by 50% - 80%.

Source: Internet

## Kabhi supplements kabhi sun

*Had Bollywood taken proper dosage of both, Vitamin D requirements would have been met and along with that...*

**Kartik wouldn't call Kartik:** Schizophrenia, the disease that the protagonist of the movie suffers from is associated with Vitamin D deficiency. People who are Vitamin D deficient are twice as likely to be diagnosed with schizophrenia as compared to people with sufficient Vitamin D levels.

**Ghajni tattoos, no more:** According to a study published in the journal Neurology, moderate to severe Vitamin D deficiency in adults may double the risk for some forms of dementia, including Alzheimer's disease. Now that pretty much explains Aamir Khan's need to get phone numbers inked!

**Shahrukh would utter "Kiran" before the interval:** Those extra k..k..k would not be required had Shahrukh's mother in the movie taken her Vitamin D supplements on time. Pregnant women with low Vitamin D levels are more likely to have children with language difficulties.

**Babuji would not die of 'Dil ka daura':** Heart attacks and Bollywood go back a long way. And so do Vitamin D deficiency and heart attacks. Vitamin D deficiency is associated with increased risk of cardiovascular diseases (CVD), including hypertension and heart failure. For those with pre-existing CVD, the risk of developing incident hypertension or sudden cardiac death increases with Vit. D deficiency.

Source: Internet

## Absorbing the basics of Vit D

**D**r Rakesh Kumar, senior consultant, Diabetology and Endocrinology at Fortis Hospitality narrates the goodness of Vitamin D

### For your bones and skin

Vitamin D is responsible for strengthening your bones. It also helps in absorption of calcium which in turn is responsible for maturation of several cells in the body.

### In the fight against cancer

Sufficient amount of Vitamin D can protect you from 50 types of cancer. If you are genetically prone to cancer, Vitamin D deficiency might worsen the situation for you. On the other hand, the right amount of Vitamin D would help the body to respond effectively during treatment.



The YP team with Dr Rakesh Kumar

### The body produces it too

Body skin has cholesterol. A special spectrum of UV rays act on this cholesterol to produce Vitamin D. This special spectrum of sunlight comes between 11:00am to 3:00pm. It is when your shadow is shorter than you, the body produces Vitamin D.

### India shining, still low on Vitamin D

Even though India is a tropical country, more than 80% of the Indian population lacks Vitamin D, the reason being that most of us spend our time indoors. With more and more people leading a sedentary lifestyle, the time spent outdoors has gone down significantly.

## When the days are dark, EAT!

*Here's presenting food items that will up your Vitamin D levels. Gorge on*

**Cheese:** Are you the cheese lover? Make sure you have enough of it to keep your Vitamin D count going.

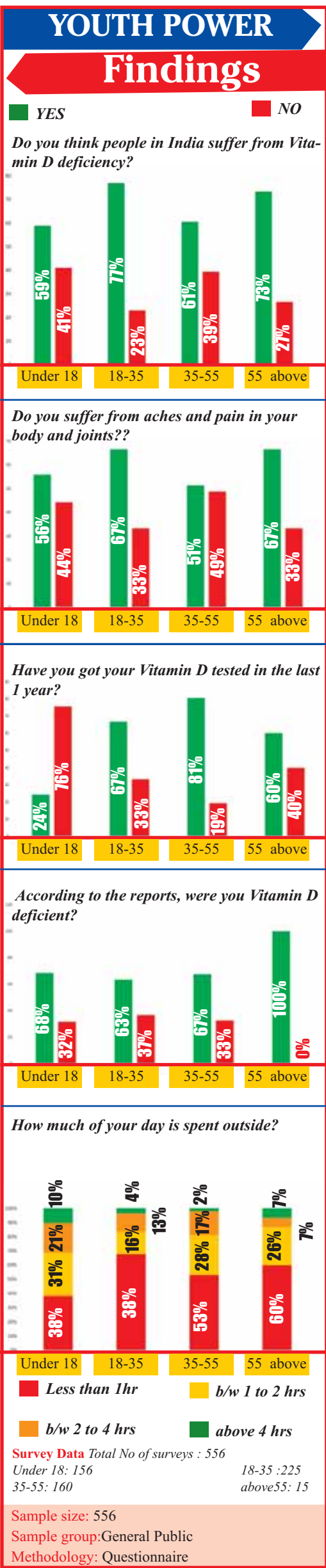


**Mushrooms:** So the next time you order a pizza, get it loaded with mushrooms.



**Soymilk:** Soymilk is an excellent source of Vitamin D. Make interesting smoothies to replenish your taste buds and Vitamin D count

**Eggs:** Who doesn't love eggs? Along with other vital nutrients, eggs are a rich source of Vitamin D. So sunny side up?







### Be street smart

Ensure the following as you head to the *chaat wala*.

- ✓ Vendor is wearing gloves while serving the food.
- ✓ Water used is potable
- ✓ No open garbage dump is lying near the vendor.
- ✓ Covers are used to protect all the food items.
- ✓ Food is not fried more than thrice.
- ✓ Shakes/smoothies/fruit juices are freshly prepared
- ✓ Cooking and serving utensils are properly cleaned.
- ✓ And most importantly, you ask for the complimentary *papdi/pani* /anything that isn't charged.

# Finger licking good

As you savour the sizzling hot *tikki* and the mouth watering *golgappas*, the flies come buzzing, asking for their share. But do you really want to share your food with them?

## The triad

While Indian street food is making waves and winning hearts by transcending geographical boundaries, the hygiene quotient often pulls it a step back and alters it as a gruesome gulp.

### Beyond Indian streets

The British Street Food Lifetime Achievement Award 2016 went to Angus Denoon, the man who popularised Jhalmuri, Kolkata's street food in London through his stall 'Everybody loves The Jhalmuri express'. Gagan Anand, the owner of one of the World's best Restaurants 'Gaggar' in Bangkok made his reputation with his version of

*papri chaat*, applying modern cooking techniques to Indian street food.

### But what's difficult to digest

Various surveys conducted by the FSSAI and other regulatory organisations reveal that 80% street food vendors prepare food while they are sick. Only 30% washed their hands with soaps after handling garbage. 63.3% vendors prepared food amidst garbage.

### As coliform isn't an ingredient

In May 2015, a study by IHM, showed that while the normal Most Probable Number of coliform bacteria is 50 or less as per the CPCB, it crossed 2,400 in the samples of street food taken. The unhygienic conditions in which street food is prepared are a breeding ground for bacteria like Salmonella and Coliform and other microorganisms that can cause serious water borne diseases.

Source: Internet

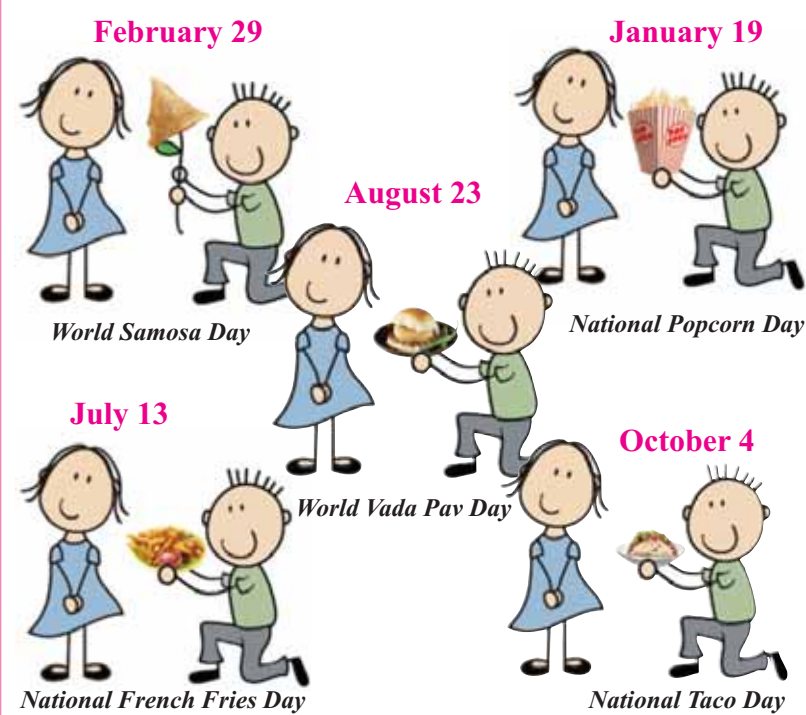
## YOUTH POWER

### Findings



Sample size: 500  
Sample group: People in the age group 15-40 years  
Methodology: Oral interview

## Save the date...



## Vada Pav & vigilance

**S**angeeta Singh, head NASVI Street Food Programmes talks about the initiatives taken by the organisation to change the fate of Indian street food and their masters

### Initiating the initiative

"The need for food safety cannot be denied. NASVI has initiated various projects to impart training to over twenty thousand street food vendors for this particular goal. It will enable the vendors to earn more income and also establish street food vending as a serious entity."

### Standardised quality and hygiene

"NASVI has ensured standardised rules



on hygiene, quality and pricing in restaurants and street food alike. It has registered 715 organisations representing street vendors from 23 states to bring standardised measures. It is important for both producer and consumer to have a safe and hygienic food experience."

Source: Internet

## And we twist!

<b>Dosa</b> 	<b>Egg Dosa</b> An amalgamation of dosa with half fried egg. <b>Available at:</b> Indian Coffee House, CP	<b>Schezwan Dosa</b> Even Anna couldn't resist Schezwan. The obsession with Chinese proved! <b>Available at:</b> Anna's 101 Dosa, Lajpat Nagar	<b>Green Gram Dosa</b> The health of gram and a twist in regular Dosa. <b>Available at:</b> Nivedyam, Hauz Khas Village
<b>Chowmein Samosa</b> This one has also got a Chinese tinge to it! <b>Available at:</b> Kumar Samosa Wala, Karampura	<b>Samosa</b> 	<b>Cheese Samosa</b> This part quesadilla-part samosa is a cheesy treat for the foodies! <b>Available at:</b> Mathura Lassiwala, Janakpuri	<b>Macaroni Samosa</b> After chowmein its macaroni accompanying your regular samosa. <b>Available at:</b> Pandey Snacks Point, Janakpuri
<b>Special Tandoori Jhalandhari</b> A close ally to Domino's stuffed garlic bread but much tastier! It could be much cheaper too.	<b>Star Monaco</b> Small square pieces of bread wrapped in egg and fried, topped with mayonnaise and garnished with a slice of full boiled egg.	<b>Omelette</b> 	<b>Lemon Omelette</b> Omelette with a tangy touch! <b>All Available at:</b> Rahul Eggs, Karampura Metro Station, Lawrence Road
<b>Chocolate Momos</b> The sweet <i>bhi</i> and salty <i>bhi</i> flavour of this twisted delicacy will leave you asking for more and more. <b>Available at:</b> WOW momos	<b>Baked Momo Au Gratin</b> A layer of pan-fried momos topped with white cream, crispy noodles and cheese! <b>Available at:</b> WOW momos	<b>Kothe Momos</b> These momos are filled with vegetables and fried ginger is one of the key ingredients. <b>Available at:</b> Yeti, M block, GK 2	<b>Momos</b> 

## Food with a purpose

Indispensable to cultures world over, the significance of street food goes beyond just tickling the taste buds

**Entertainment and employment:** While the ancient Romans enjoyed salted peas during gladiators battle in the Colosseum, a Dussehra mela in India is a miss without *gol-gappas*. Besides that, food vending is the only employment opportunity for unskilled labour in Mexico who have migrated from rural areas to urban areas. **For the rich and the poor:** In ancient China, where street food generally catered to the poor, wealthy residents sent servants to buy street foods for

themselves to eat in their homes. While in India, street food is the staple diet for the low income groups like labourers, *autowalas* etc. It even forms the menu of high end restaurants.

**To mix cultures and to demarcate them:** A famous national Japanese ramen was a common street food in China and went on to become a national dish in Japan. While on the other hand, *chicken tikka* replaced old favourites like fish and chips in Britain.







Think Eat Save

- While the global volume of food wastage is estimated at 1.6 billion tons worldwide there are 9,820 million chronically hungry people in the world.
- While agriculture produce to the tune of Rs 58,000 crore ie 40% of the total produce is wasted annually in India, over 20 crore Indians will sleep hungry tonight and 7,000 will die of hunger.
- While the carbon footprint of food wastage is estimated at 3.3 billion tons of carbon dioxide, 1.4 billion hectares of land, ie 28% of the world's agricultural area is used annually to produce food that is wasted or lost.

Source: Internet

# Food, food everywhere; not a bite to eat...

...because what should have filled an empty stomach, filled the trash. While hordes of food is wasted every day, millions die of hunger; a sad irony indeed. It's time to bridge the gap between the extra 'roti' and its taker



## The know-hows of food wastage

**The problem:** Food wastage is common at both high end restaurants and casual dining places. "The wastage is mostly observed as pre-consumer waste ie the waste produced during cooking and serving and post-consumer waste ie the food wasted by the customers," says Ashok, executive chef, Café 21. However, the amount of food wasted varies at different sources. According to Van-

shu Monga, a housewife, "Sometimes a lot gets wasted, sometimes there's nothing in the dustbin." "Since most of our dishes are made on the spot, there is minimal food wastage," says Shiv Kumar, a street vendor.

**The culprits:** Ashok believes, "It is often the younger lot that wastes food. The elder ones are conscious as they re-

late food wastage with wastage of money," he says. "My children are the ones who end up wasting food," says the housewife. In the words of Shiv Kumar, "The young ones are indecisive about their order and throw away what they don't like to eat," says Kumar.

**The solution:** Sudhir Behrani, co-founder, Roti bank says, "The best way



Ashok



Vanshu Monga



Shiv kumar



Sudhir Behrani

to solve this problem is to begin with small efforts at an individual level. Finishing the meals, buying in proportion to the requirement, ordering food wisely and utilising the excess food for somebody else's benefit rather than throwing

it away is the least we can do to control hunger and food wastage. The mindset that it is okay to waste needs to be changed. In India, where millions are dying of hunger, food wastage is an unaffordable option," he adds.



## The global battle

When people turned a deaf ear to food wastage concerns, these countries thought differently

**Celebration of food at Disco Soup-Nairobi:** Disco Soup is an initiative in which kilos of food, liable to waste otherwise, is cooked and devoured by the participants. A DJ leads the collective cooking and eating session, thus, the name 'Disco Soup'.

**'Perfectly imperfect' at Tesco-United Kingdom:** The supermarket chain launched a new range 'Wonky' fruit and veg at its stores. Vegetables and fruits which have 'imperfect' size

and are usually thrown away are now being sold there. The initiative aims to reduce food waste from 50,000 tonnes to 20,000 tonnes. Asda and Morrisons are other supermarkets following suit to curb food wastage.

**Legal restrictions at France:** French senate has banned supermarkets from throwing the unsold food products with extended sell-by-date. It will be donated to food banks, charities and NGOs, to reduce its yearly food waste.

## The hunger games

So much talk about hunger. What can it do?

**Initially: All izz well**

The glycogen in the body is broken into glucose to function as a source of energy. It gets absorbed by the body, but last only for 6 hrs.

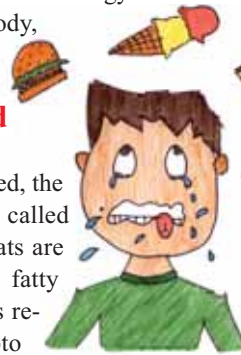
**6 hours gone: Mood swings on!**

Once the glucose is depleted, the body undergoes a process called 'ketosis' wherein stored fats are broken into long chain fatty acids, fulfilling the brain's requirements but only upto

75%. A growling stomach and hunger driven mood swings thus explained.

**72 hours past: Not many last**

As a defence mechanism, the body uses all its energy resources till their availability. The immunity system weakens and the body becomes vulnerable to diseases. The body can sustain this crisis merely for three weeks, after which it succumbs to starvation.



## When hunger rules

Your kind of eating personality, revealed!

**The nibbler:** You're the fussy critic with a hawk's vision who'll move around and eat with a checklist. 'Teekha hai, meetha hai or kaccha hai' is what you quip at every bite.

**Your dissection might end up wasting a lot of food.**

**The gorgor:** For you, there is no 'we' in food. You eat round the clock, turning a deaf ear to your health and requirement, without realising the agony of the teeming

hungry millions.

**Did you just eat that hungry kid's share too?**

**The lover:** You're the brainy one. You love food and always complete your meal without decorating the plate with specks of the food you've devoured. *Dabba khaali pet full* is what you hymn after your lunch.



Finally, we have a saviour!

## YOUTH POWER Findings



People ignore the date of manufacture and best before while buying products



People waste food due to improper storage



People throw food after being served too much



People regularly discard the leftover food



People waste food that goes straight into the dustbin

Sample size: 500

Sample group: General Public

Methodology: Questionnaire





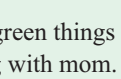
# Little Johnny doesn't play

*They say he's hypertensed. But why? Doesn't he have the best of the modern goodies, from pizza to gaming consoles? Oh wait, did we miss on something?*

## Gone in 60 seconds

*Diseases can take time in taking a toll. But keeping them away won't take more than 60 seconds*

1. Breathe, deeply for 60 seconds.
2. Gulp down a glass of milk every morning.
3. Grab a fruit and eat on the way to your tuitions!
4. To boost your metabolism, drink ice cold water before your sports training.
5. Sat on the homework for too long? Get up and jump, just for 60 seconds to get that blood circulation going.
6. Be a Popeye lover. Pick up those green things when you go for grocery shopping with mom.



### Khate peete ghar ka bacha

Not really. Studies show that in India, nearly 15% to 20% of children are overweight and 30% are at the risk of falling in this category.

### Kuchh meetha ho jaye

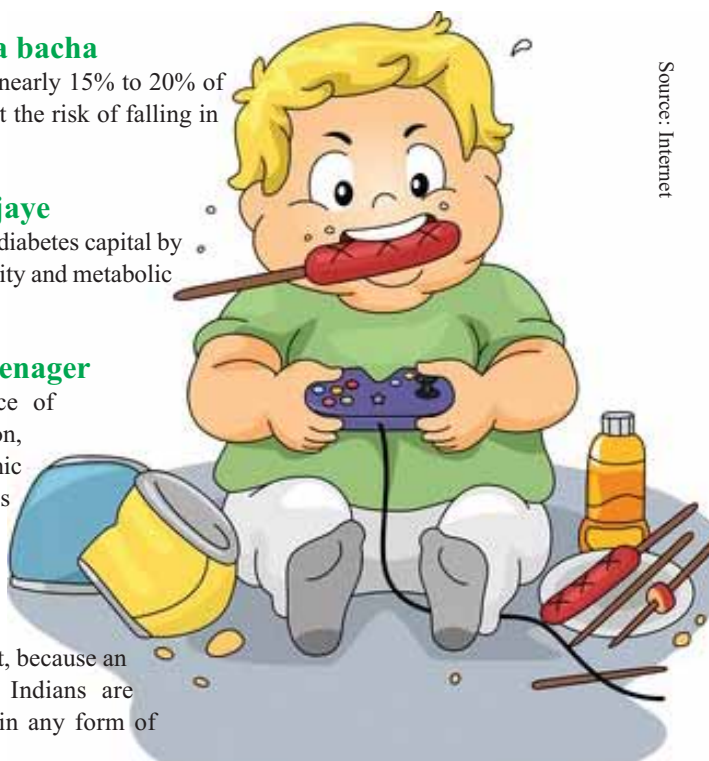
Think again, as India will be the global diabetes capital by 2050 if the problems of abdominal obesity and metabolic syndrome are not arrested in time.

### He's just a confused teenager

Maybe more, because the prevalence of overall psychiatry morbidity (depression, conduct disorder, social anxiety, and panic disorder) among adolescents has increased from 12 to 16.5%.

### This is the smartphone generation

The same generation is not acting smart, because an extraordinarily high 71% of young Indians are sedentary and 57% are not involved in any form of exercise.



Source: Internet

## YOUTH POWER

### Findings

Are you suffering from any kind of medical issues (including eye problems)?

No **39%**  
Yes **61%**

Do you spend more than 4 hours using your electronic gadget?

Yes **13%**  
Yes **87%**

Is 'drug' a negative word for you?

Yes **94%**  
No **6%**

Do you think that you follow a healthy food diet?

Yes **41%**  
No **59%**

Sample size: 500  
Sample group: School students  
Methodology: Questionnaire

## Shin-chan, forever

According to a recent study published in *Lancet*, a UK based medical journal, Japanese boys and girls are expected to live up to the age of 73 without any major illness or disability and have the highest life expectancy. Here's unraveling the secrets behind Shin Chan's long life

**He's unstoppable:** According to the WHO, more than 98 per cent of Japanese children walk or bike to school, which means they get 60 minutes of moderate-to-vigorous physical activity per day just by walking and biking to and from school.



**His lunch packs power:** In Japan, food education is a part of the curriculum. Mid day meals made from locally grown foods and freshly prepared on site are served right from the elementary school. Unhealthy food options are simply not available.

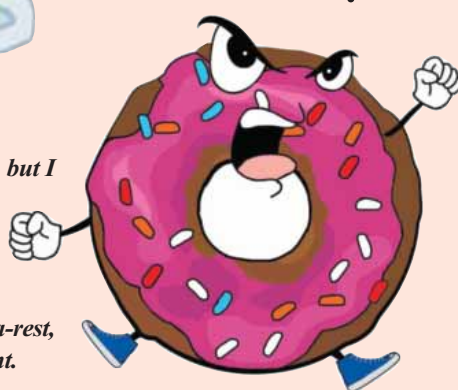
**He counts his bites:** The Japanese believe in having low calorie density food, consuming whole grains, fruits and vegetables. A typical Japanese meal consists a small bowl of rice, miso soup, three side dishes served in little bowls, a modest portion of fish or tofu and vegetable-based side dishes.



**His parents taught him right:** Japanese food culture works on the flexible constraint criteria. Parents encourage their children to indulge in treats of ice-creams and pizza, but in the right quantity and frequency. The families make sure to eat together, encouraging all to enjoy what's being served.

## Just for pun

- You butter back off pal!
- My heart beeeets for you.
- I do follow a healthy lifestyle, but I rarely catch up with it.
- Dough-nut take me lightly!
- Don't sacri-fries on your health.
- And now stop, you are under a-rest, at least for 10 hours in the night.



## Never lose your roots...

*... for a healthy lifestyle in present times, advises Dr Lohani, chief medical superintendent, NE Railway Hospital, Lucknow*

### Health doesn't have an age

Unlike other countries, where a general medical check-up is essential once the child completes 5 years of age, India has no such law. In our country, health is more about cure than prevention and maintenance of a healthy lifestyle. Regular health check-ups starting at an early age can go a long way in maintaining a healthy lifestyle.



### Mind that bite

The eating habits we follow today have drastically changed, for the worse, from what were followed few years back. One cannot deny the detrimental effect of processed, instant and junk food on

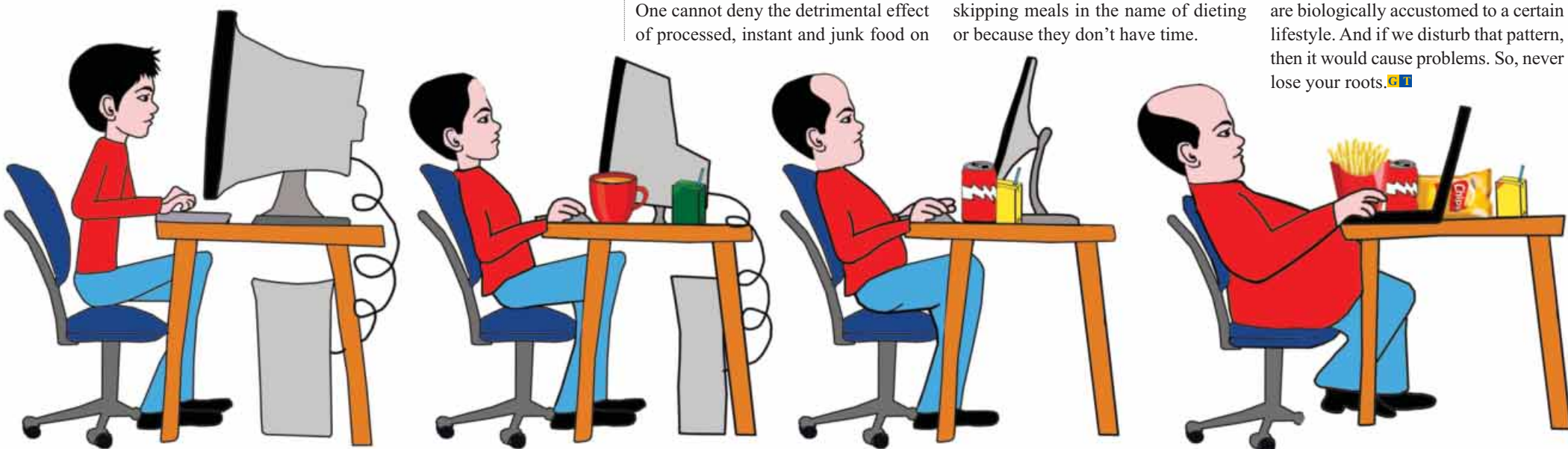
children. There is a lack of balance. On one hand, obesity among children is on a rise and on the other youngsters are skipping meals in the name of dieting or because they don't have time.

### AC's are not so cool

Our dependency on artificial factors and artificial environment is increasing. Children are hardly getting any fresh air. Their homes, schools, vehicles, are all air conditioned. We have long forgotten the benefits of stepping out of the house to spend time in the greens.

### Stay rooted

Indian culture has been applauded for its simple yet healthy lifestyle. But are we retaining this credit? Though adopting the western culture is acceptable, but it should not be forgotten that we are biologically accustomed to a certain lifestyle. And if we disturb that pattern, then it would cause problems. So, never lose your roots.





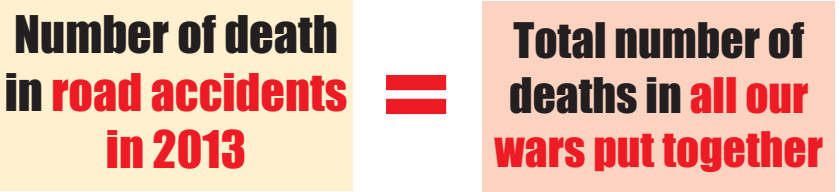
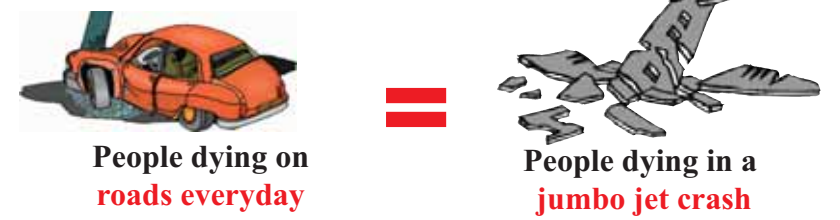
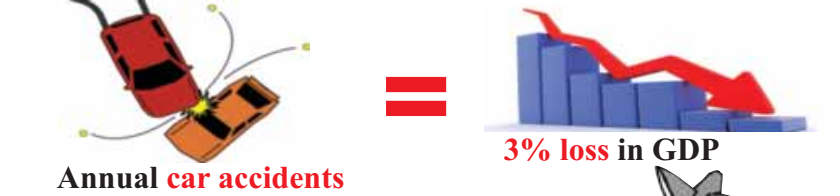
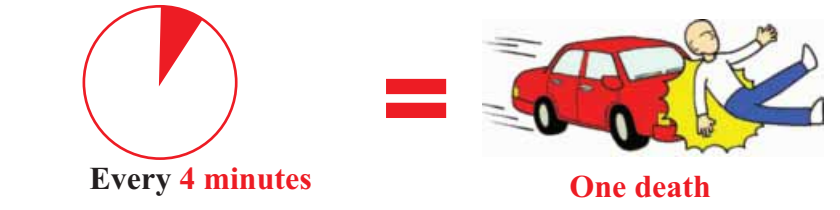


# The road not to be taken

The dictionary meaning of accidents comprises the words ‘unfortunate’, ‘unexpected’ and ‘unintentional’. But on Indian roads, they change meaning: predictable incidents resulting from deliberate ignorance; nevertheless unfortunate



## A new equation



Source: Internet

## Predictable and preventable

The common mentality on road safety has become predictable. The consequences, were preventable, says WHO

**Seatbelts...** fasten as soon as you spot a cop.  
**WHO:** The right use of seatbelts can reduce the risk of death in a crash by 61%.

**Speed limit...**my expensive car is designed to accelerate.  
**WHO:** A reduction of 1km/h in average speed reduces the number of accidents by 2%.

**Two standard drinks...**says the law, but I can handle more. I am a controlled driver.  
**WHO:** Enforcing a strict drinking and driving law around the world could reduce vehicle crashes by 20%.

**My child in the car...**is safe, sitting with me on the front seat, or in my lap.  
**WHO:** Mandatory use of child restraints can reduce child deaths by 35%.

**Helmets...**avoidable in summers, for girls and on roads without check posts.  
**WHO:** The use of helmets reduce serious head injuries up to 45%.



## The fault in our...

...cars, roads and people. The alarming rate of road mishaps in our country is a cumulative problem

**Roads:** As per the Road Accident Report (2014) published by the Ministry of Road Transport and Highway, 6,672 people died in accidents caused due to potholes and badly designed speed breakers. 4,726 lives were lost in vehicle crashes due to humps on roads.

**Vehicles:** According to CSE's 2014 report on "Addressing the Road Safety

Need in India", India is the only country among world's top ten car markets to lack proper safety regulations and testing programmes. 40% of road accidents in India involve heavy vehicles like overloaded trucks and buses. Every year over 9000 people die and over 29000 people are injured in accidents involving trucks carrying protruding rods, even after the Supreme court's ban on the same.



**People:** 70% accidents are a result of drunk driving, making it the leading cause of road fatalities in India. Indian truck drivers are known to drive under the influence of drugs to stay awake. In many Indian states, driving licenses are given without proper tests.

Source: Internet

## To help or not to help

There exists a law to resolve this never-ending dilemma

**What?** The Good Samaritan Law is aimed at encouraging bystanders of road accidents to come forward and help the injured, by issuing guidelines that offer protection to such people from various legal and procedural hassles.

**Why?** As per the Law Commission of India, 50% of the victims of road accidents could have been saved if they were given first aid on time. In the absence of emergency medical services, bystanders can play a significant role in saving

lives, by rushing the victim to the nearest hospital. Yet, in India, they have been hesitant to help, fearing the aftermath.

**How?** In 2012, a PIL was filed by an NGO, in the Supreme Court of India to lay down safeguards for 'Good Samaritans' who come forward to help the injured. Following this, the Government of India issued detailed guidelines for protection of Good Samaritans from legal and procedural hassles on May 13, 2015.



### As per the recommended guidelines:

- There should be no criminal or civil liability against Good Samaritans.
- Identity disclosure should not be compulsory.
- They should not be harassed either by police or in court.
- Also, hospitals should not demand registration fee in accident cases.

## Road safety is a way of life



Sarika Panda with YP team members

Sarika Panda, manager, Cities and Transport, WRI India, raises concern over the aggravating road congestion and the general, ignorant take on road safety contributing to the increased number of road accidents

**Effect:** The current scenario is alarming. Take Gurgaon for instance. It leads the state of Haryana in the number of accidents. An average of two accidents take place in Gurgaon every day. In the name of status and convenience, educated individuals are adding to the congestion and pollution with more vehicles and that's a shame. At present, the city is nil on ensuring safety for the vulnerable lot who jostle for their rightful space on the roads.

**Cause:** One of the major causes of road accidents in India is the lack of awareness among drivers and road users, along with the ignorance of safety rules. Everyone is in a hurry. The mentality that it is okay to overtake from right, left and from any space you find on the road has proved more detrimental than anything else. It is unfortunate that the 'me-first' attitude has overpowered safety, legality and most of all, self-consciousness.

**Solution:** Road safety should be more than a protocol, it should be a way of life to be inculcated at an early stage. The onus lays on the shoulders of the citizens as well as the authorities. People need to be made aware of the growing concerns related to road safety. Then comes forming policies, creating guidelines and effective implementation. While many new regulations are required, the discrepancies present in the existing ones also need to be fixed.

## YOUTH POWER Findings



4 out of 10 people give way to emergency vehicles



8 out of 10 admit to have broken the law of the road



8 out of 10 people don't know how to perform first aid



9 out of 10 people didn't know the difference between a zebra crossing and a pedestrian crossing

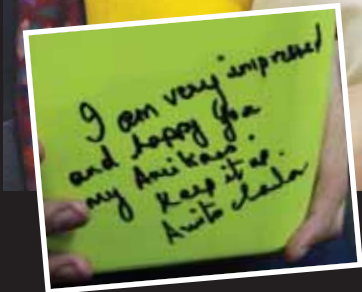


5 out of 10 people would like to have the Odd-Even rule in their city

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



# Youth Power 2015-2016



Dr (Mrs) Amita Chauhan signs in support for AIS Noida;  
Her message of support for the team (inset)

## AIS VAS 1



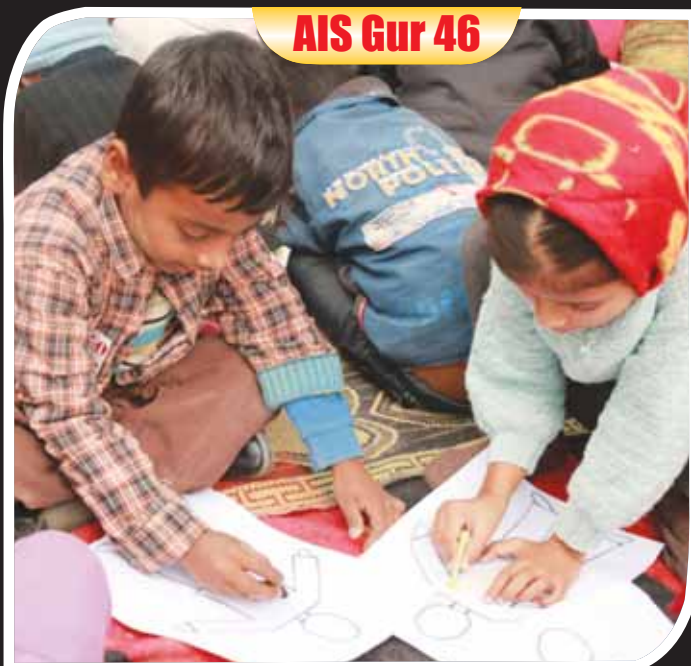
Students showcase their recycled paper bags

## AIS NOIDA



A wall made from waste paper for a signature campaign

## AIS Gur 46



Underprivileged children fill in the colours of aspirations

## AIS Gur 43



A street play on 'Road safety' in progress @ Raahgiri

## AIS Pushp Vihar



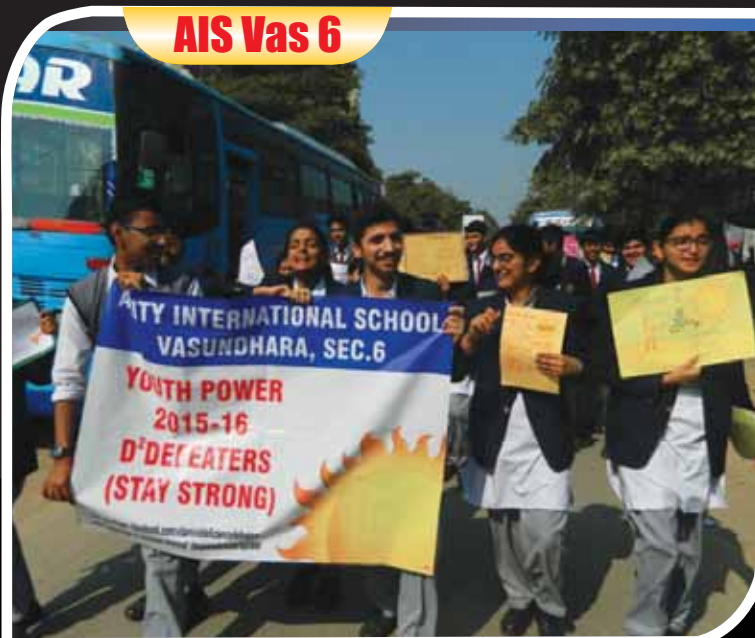
A student writes a message on the tree of light

## AIS Mayur Vihar



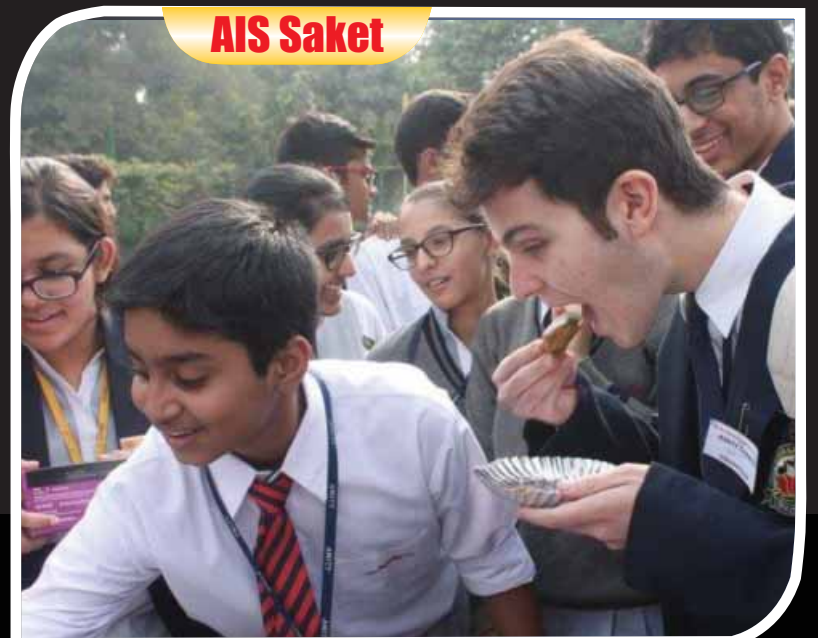
The master chef of leftovers

## AIS Vas 6



YP team and volunteers rally for their cause

## AIS Saket



Students savour Aloo Tikki in a competition

