



As the year long journey of Youth Power reaches the grand finale, GT looks back at the efforts of the eight finalist teams and spreads it over 12 pages in this special edition.

## INSIDE

Meet the teams, P3

Say No to Plastic, P4

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Road Discipline, P6

In the name of a dog, P7

## AMITEpoll

Is art an effective medium for fostering human values?

a) Yes

b) No

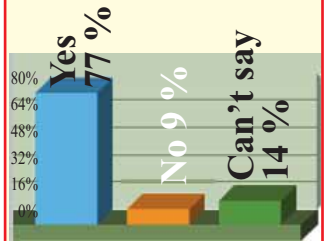
c) Can't say

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

## POLL RESULT

for GT issue April 15, 2013

Do young people make for better leaders?



Results as on April 20, 2013

## Coming Next

Human Values  
special edition

# THE GLOBAL TIMES

MONDAY, APRIL 22, 2013

[www.theglobaltimes.in](http://www.theglobaltimes.in)

## Youth Power and Me

Parents, volunteers, judges, mentors... Youth Power has mobilized countless people in different roles through its five year journey. Read on as they share their experience of being a part of Youth Power with **Bhawna Tuteja**, GT Network

### PARENT SPEAK

Youth Power, in my opinion, is one of the finest initiatives of Amity. It is initiatives like YP that drive the students to delve into the less privileged sections of the society. Everyday we discuss social issues, talk about the problem in the comforts of our drawing rooms but do nothing about it. YP pulls you out of your living room and ensures that you participate in the cause actively.

While the programme leaves the students with a lot to learn, it is definitely very challenging. I remember accompanying my daughter to various slums, where she would try to convince them to send their daughters to school. They would initially agree, but the following day none would turn up for the classes.

**Monika Minocha**

M/o Kashish Minocha, AIS Saket, XII  
I Runner up, YP 2011-12

### ALUMNUS SPEAK

When I participated in Youth Power, it was individual contestants participating in the programme. The newly introduced team format has changed the programme completely. Working as a team gives you the chance to do a lot more for the cause you have undertaken and reach out to a larger audience, which is not the case when you are working alone. YP has become a much stronger programme over the years. The programme is now more popular, sees more support from the students, is being recognised a lot more and is definitely far reaching. It has become bigger and better.

**Vishrutyi Sahni**, AIS Noida,  
Alumnus  
YP finalist 2010-11

### JUDGE SPEAK

YP enriches the individual. It teaches you to feel the heart beat, instead of thinking from the mind. There are so many programmes that touch on contemporary subjects like science, communication, etc; YP instead takes them back to the very roots. I remember when I was judging YP, the honesty with which children presented their cause touched me. For those participating, let this be a learning experience and not a competition. In the end you will win, whether you win the trophy or not.

**Anupama Pandey**  
Specialist, Communication  
Mission Convergence  
YP Judge 2009-10

### VOLUNTEER SPEAK

Youth Power is one of the most inspiring programmes. This was the second year in a row when I had applied for YP. It was sad that I did not get selected but that did not stop me from being a part of this programme.

A dedicated service to a cause brings drastic results. This was the case with the YP team of AIS Gur 43. I along with other student volunteers have been a part of their journey and it never felt like I was not a part of the team. All of us were an equal part of the team. I am proud to have worked with such a persevering bunch and will always cherish the joy of working with the YP team of AIS Gur 43. Working for the cause has given me satisfaction and is an experience I will cherish forever.

**Eesha Tripathy**, AIS Gur 43, X  
Volunteer, YP 2012-13.



## A Commitment



**Dr. Amita Chauhan**  
Chairperson

The biggest responsibility of any educational institution is to impart good human values.

An education that makes someone a

successful doctor or a scientist is irrelevant, if he or she fails to be a good human being. This is something which has even been emphasized in our vedic scriptures, that we take pride in. Our Rig Veda says, "Let us work together, let us speak together, let our minds and hearts be united for a great cause." We can therefore, be truly human only when we live up to the human values and practice them in life. Amity's Youth Power Programme is a step in this direction. My heart swells with pride to see my students take up social causes so close to our day-to-day living. They have worked for the same for almost one year. It is an effort to build a healthy nation. Youth Power is a commitment to serve the nation and I can see that in my Amities.

**A year long journey, ten stages, countless activities, numerous challenges, few achievements...the eight YP teams from different branches of Amity have been through it all. As Youth Power 2012-13 draws to a close, here's bringing you a glimpse of the path they have traveled to the finale. Read on to understand the ten steps it takes to be the Youth Envoys.**



### Phase I: YP Passport

**Focus: I want to make a difference**

The programme was launched through an advertisement published in GT issue dated July 9, 2012 titled 'Passport for Youth Power'. The announcement was also made through the website/GT Facebook page/posters put up in school. All interested students (in groups of 4) from class VII to XI filled the Passport, specifying the cause they wished to work on. Over 80 teams from 8 branches of Amity filled the form.



### Phase II: Project Overview

**Focus: Can I communicate my viewpoint**

Shortlisted teams from each school appeared for a personal interview, taken by the GT team. One team from each school qualified for the next round.



### Phase III: We Care

**Focus: Research Strategy**

The teams undertook both qualitative and quantitative research. Students conducted surveys using various methods such as survey, online polls, questionnaires, oral interviews et al. They also interacted with experts from the field to get an expert opinion on the subject. While their research facilitated their plan of action, it was consolidated into an article, printed in this special YP edition.



### Phase IV: Rally for the cause

**Focus: Creating Awareness**

The teams created awareness on the cause through various innovative activities conducted both inside and outside the school such as creating visual models, playing unique games, graffiti and poster making, street plays and the like. The teams also used internet as a medium to reach out to the masses.



### Phase V: Be the Change

**Focus: Making a tangible difference**

The participants undertook one tangible/result oriented/measurable activity. In the end, the teams were able to produce tangible results, thereby motivating others by example.



### Phase VI: 59 Seconds

**Focus: Explore the technical creative streak in youth**

The participants produced a 59 second film that sensitized the viewers towards the cause. The activity aimed at creating awareness using a medium beyond words.



### Phase VII: Charity Begins at Home

**Focus: It's the MEANS and not the END**

The teams created a creative practical model to generate funds for the social cause undertaken. The focus was on the methodology adopted to generate money and not the quantity raised. It was ensured that the method adopted for the fund generation was innovative so that there was no direct burden on the parents/students. The ceiling for the amount collected by each team was Rs 2,000.



### Phase VIII: Youth Power Grand Commission (YPGC)

**Focus: Proposal for funding the project**

With an aim to educate the teams to apply for funds, the YPGC round was introduced this year. The eight teams prepared a proposal stating the allocation of funds for the chosen cause.



### Phase IX: Creative Communication

**Focus: To use a medium beyond words**

Dissemination of ideas through established means of communication as speeches, write-ups, seminars, is passé. YP teams move beyond the established means to spread awareness on the social issues undertaken, through a two minute creative communication a la shadow puppetry, mime, theatre etc.



### Phase X: The Grand Finale

**Focus: Identifying the Youth Envoys**

The event concludes with the finalists sharing their experience in the tenth round of the Youth Power programme. It also comprises interaction with the judges from diverse fields and the audience. One finalist team wins the title of Youth Envoys 2012-13.

## From start to finish



OPPORTUNITY FOR CLASS X, XI, XII  
AND 2013 XII PASS OUT STUDENTS



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A view of the 60 acre Amity University, Noida Campus

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"Summer School was a memorable experience. Highly qualified & experienced faculty gave an invaluable theoretical as well as practical knowledge. I also enjoyed swimming, horse riding & other sports activities. Hostel was truly a home away from home".



Dhwanit Rahul Dave  
Lilavatibai Podar School, Mumbai

"It helped me a lot by providing exposure to different areas of Biotechnology. I also learnt some useful laboratory techniques".



Suramya Kedia  
United World College, Singapore

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• Ysgol Friars, Wales, UK • United World College, Singapore • The Shri Ram School • Delhi Public School • Dhirubhai Ambani International School • Doon International, Dehradun • G D Goenka World School • Mayo College, Ajmer • Mother's International • Spring Dales School • The Banyan Tree School • Army Public School • Convent of Jesus & Mary • Vasant Valley School • Amity International School • Lilavatibai Podar High School, Mumbai • Step By Step School, Noida • Scottish High, Gurgaon

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  - Nanotechnology
  - Forensic Science
  - Aerospace & Avionics
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  - Space Science & Technology
- Management
  - Marketing & Sales
  - Accounting & Finance
- Communication
  - Film Awareness & Film Making
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- Law
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  - Performing Arts
  - Foreign Language

**Fees • Course Fees: Rs. 8,000/-** (Fees subsidized by Amity Youth Foundation) • **Hostel Fees (including Breakfast/ Lunch/Dinner): Rs. 3,500/-**

• On-campus hostel with AC rooms, attached bathroom, sitting lounge, cable TV and Wi-Fi connection • Fully secure campus through smart cards, biometric readers, latest IP cameras, fire warning systems, 24-hour guards and patrolling gypsies • 24x7 medical facilities with a team of doctors and ambulance in case of any emergency.

Application forms available at [www.amity.edu/summerschool](http://www.amity.edu/summerschool)





# The top eight

As the year long journey of Youth Power 2012-13 draws to a close, YP teams from eight branches of Amity International School recall the highs and lows of the year gone by

## AIS VASUNDHARA 6 | Pledge Your Sight



Mentor teacher Swati Pandey with (L to R) Tarunika Gaur, Urvashi Gupta, Shatakshi Aggarwal and Manav Vinayak

**Mentor Teacher:** Swati Pandey  
**Team Leader:** Tarunika Gaur, X A  
**Team Members:** Urvashi Gupta, X A; Shatakshi Aggarwal, X A; Manav Vinayak, X A

**YP is:** A once in a lifetime opportunity to be the change that all of us want to see

**The biggest challenge:** Convincing and sensitizing the audience towards the cause

**The biggest achievement:** Getting 100 eye donation forms signed; the endless rallying, working for months all seems worth it in the end

**One thing we will take back:** The belief – we can

## AIS PUSHP VIHAR | Supporting Senior Citizens



Mentor teacher Richa Chandna with (L to R) Arsalan Ahmed, Harsimran Kaur, Anirudh Chaudhary and Raunak Jain

**Mentor Teacher:** Richa Chandna  
**Team Leader:** Anirudh Chaudhary, XI A  
**Team Members:** Raunak Jain, XI A; Arsalan Ahmed, XI C; Harsimran Kaur Khurana, XI A

**YP is:** A strong medium to reach out to the

masses and work towards a better future

**The biggest challenge:** Making others realise the importance of the elderly

**The biggest achievement:** Being able to bring a smile on the faces of the elderly

**One thing we will take back:** New grandparents and relationships

## AIS NOIDA | Say No to Plastic

**Team Leader:** Sana Sawhney, XI G  
**Team Members:** Ayan Pandey, XI G; Ananya Rajpoot, XI E; Ayushi Gupta, XI G

**YP is:** Not just another competition; it is a golden opportunity to work for the society, to eradicate its numerous problems and bring about a change

**The biggest challenge:** The stage “Be the change: Making a tangible difference” and perhaps the most exciting one too

**The biggest achievement:** Switch of plastic bags to fibre bags in the restaurant of club 15-A, Noida

**One thing that we will take back:** Time management and meeting of deadlines



(L to R) Ayan Pandey, Sana Sawhney, Ayushi Gupta and Ananya Rajpoot

## AIS GURGAON 43 | Sanitation & Hygiene

**Mentor Teacher:** Shalini Agarwal  
**Team Leader:** Shreya Bansal, X C  
**Team Members:** Rishab Srivastva, X; Shivin Chaudhary, X; Shilpa Nair, X

**YP is:** Not just about changing others but ourselves too

**The biggest challenge:** Making people realise the simple fact that by instilling a few simple habits they can transform the country

**The biggest achievement:** Garnering support of so many people

**One thing we take back:** The satisfaction of making a difference



Mentor teacher Shalini Agarwal with (L to R) Shreya Bansal, Shivin Chaudhary, Rishab Srivastva and Shilpa

## AIS MAYUR VIHAR | Road Safety and Discipline



Mentor teacher Archana Upadhyay with (L to R) Aanya, Ankita, Dhvanii and Shashwat

**Mentor Teacher:** Archana Upadhyay  
**Team Leader:** Dhvanii Chawla, VIII D  
**Team Members:** Ankita Drolia, VIII E; Shashwat Das, VIII B; Aanya Mittal, VIII B

**YP is:** A supportive programme that teaches you to shape your efforts

**The biggest challenge:** Making people understand the importance of road discipline

**The biggest achievement:** Successfully creating awareness amongst the three groups we were targeting - children, youngsters and adults

**One thing we will take back:** If not the Champion's cup, we are surely taking back lots of cups filled with courage to bring a change

**Mentor Teacher:** Amika Handa  
**Team Leader:** Vansh Saluja, XI  
**Team Members:** Vishruti Saraf, X B; Shaurye Agarwal, X; Yug Shankar, X

**YP is:** The opportunity to develop the leader within us and transform ourselves into active and responsible citizens; it is a platform to bring about the much needed change in the society through innovative means

**The biggest challenge:** Convincing and making the concerned authorities step up to their responsibilities; on a lighter note, completing the work within the

## AIS SAKET | Respect Heritage

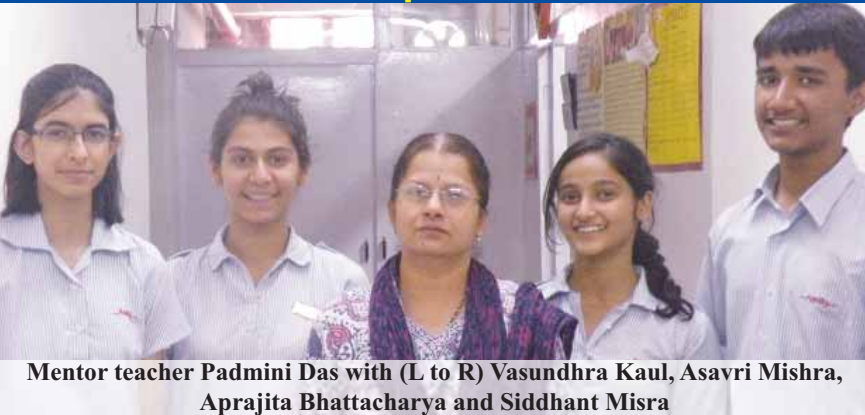


Mentor teacher Amika Handa with (L to R) Yug Shankar, Vansh Saluja, Shaurye Agarwal and Vishruti Saraf

deadlines is no less a challenge  
**The biggest achievement:** Fetching Sultan Garhi the importance it deserves

**One thing we will take back:** Determination and the ‘Never say die’ spirit; it taught us that things will work out eventually

## AIS GURGAON 46 | Protection of Stray Dogs



Mentor teacher Padmini Das with (L to R) Vasundhra Kaul, Asavri Mishra, Aprajita Bhattacharya and Siddhant Misra

**Mentor Teacher:** Padmini Das  
**Team Leader:** Vasundhra Kaul, X D  
**Team Members:** Aprajita, X D; Asavri Mishra, X C; Siddhant Misra, XI

**YP is:** An incredible opportunity to give back to society

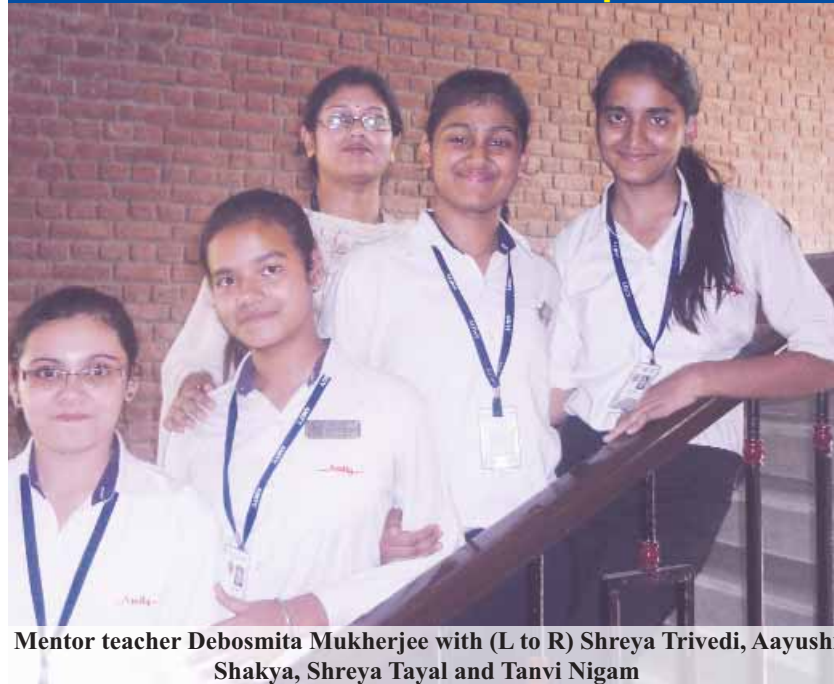
**The biggest challenge:** Getting people to

take us seriously. People look at us and think that we're on a school project, because apparently that's all kids can do

**The biggest achievement:** The look on a dog lover's face when they play with a dog they got through us

**One thing we will take back:** To carry on and never give up

## AIS VASUNDHARA 1 | Prevent Food Adulteration



Mentor teacher Debosmita Mukherjee with (L to R) Shreya Trivedi, Aayushi Shakya, Shreya Tayal and Tanvi Nigam

**Mentor Teacher:** Debosmita Mukherjee  
**Team Leader:** Shreya Tayal, VIII  
**Team Members:** Shreya Trivedi, VIII B; Aayushi Shakya, VIII A; Tanvi Nigam, VIII B

**YP is:** An instrument that taps the potential of the young

**The biggest challenge:** Convincing owners to let us inspect their food joints

**The biggest achievement:** After one of our *nukkad natak*, a lady came up to us saying that we were doing a good job

**One thing we will take back:** The art of multi tasking and being able to face the world with more confidence than before



# It's all plastic

In just 25 years, our usage rate of plastic bags has grown from almost zero to over 500 billion plastic bags annually, that is almost 1 million per minute; about time we say no to plastic



## It chases

■ If you place one year's worth of plastic bags end to end, they would go around the earth almost 36,000 times.

■ Plastic bags are now the fifth most common debris item found on beaches.

■ There is an ever-growing patch of discarded plastic in the Pacific Ocean, which is twice the size of Texas, called the Great Pacific Garbage Patch.

■ The average plastic bag which is used for ten minutes to carry your purchases home takes up to 10,000 years to break down.

## It kills

■ Approximately 1 billion seabirds and mammals die a painful death each year by ingesting plastic bags or getting entangled.

■ 86% of sea turtles are reported to have died by being entangled or choked by marine debris, 90% of which is plastic.

■ Plastic constitutes approximately 90% of all trash floating on the ocean's surface, with 46,000 pieces of plastic per square mile.

■ Fulmars, a type of seagull, had an average of 30 pieces of plastic in their stomachs. Source: Internet

Dear Diary,

I was in news again, this time for killing a blue whale.

This is the fifteenth allegation of this week alone! From the demise of Tommy, Bruno, Scooby, Max, Buddy, Roger to the murder of the black cats that lived down the lane, I have been conveniently blamed by the humans for each death. I feel extremely gloomy about the loss of innocent lives, yet refuse to take these blames silently. I am disappointed, infuriated, enraged, agitated, frustrated and everything at once!!

What the humans fail to realise is, that pushing the blame on a mute entity (which is nothing but their puppet) will not change the truth!

Who brought me into this world?

HUMANS!

Who gave me my present form?

HUMANS!

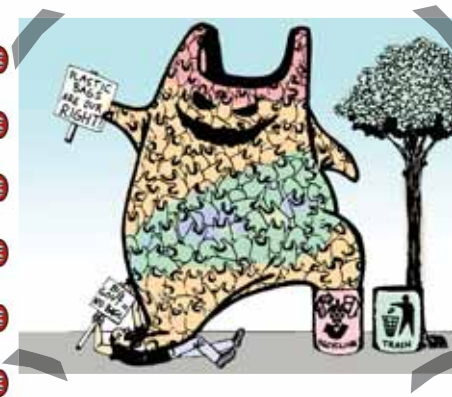
Who produced me in large numbers?

HUMANS!

Who used me indiscriminately?

HUMANS!

Who disposed me off recklessly?



HUMANS!

THEN HOW IS IT ME WHO KILLED THE POOR ANIMALS, CLOGGED THE DRAINS AND DAMAGED THE TREES?

It's high time the humans understand that they are at fault and abandon their tendency of blaming others for their own blunders; else their mother earth would die a heart rendering death! They need to change to see the greener earth that they wish for. Till then, anticipating a change in habit...a green movement!

The yet to be abandoned Plastic Bag



## A world View

### Questions

What has been the response to the cause "Say no to plastic" amongst the public in your country?

### Answers

In Turkey people use single-use plastic bags which are very harmful. Some people collect them and give them at the recycling centers.

What is the response of the government in your respective countries towards the issue of plastics?

Not much is being done, but talks are on about imposing ban on plastics. I hope the government imposes tax on people who use plastic bags.

Any message that you would like to give?

I came to know about your team through FB and I was happy to see the work you are doing. It is students like you and institutions like Amity that will bring in the change.



**Anshul Tewari** is the founder of 'Youth Ki Awaaz', an online forum where the youth can voice their opinion on various vexing issues. The website has been taking up various social issues including banning the use of plastic.

The "throw away" attitude in India is what makes the situation really ugly. People are aware about the harmful effects of plastic, but they rarely do anything about it.

The recent ban on plastic bags in Delhi is a major step taken by the government, but I'm not sure how far it will go in curbing the use of plastics.

Many people think the cause of 'Say no to plastic' is very common, but yet it needs maximum attention.



**Laxmi Agarwal** is a graduate in environmental science and post graduate in environmental law. She has worked for developing environmental policy in various developing nations. At present, she is working on a proposal of a commercial forest in Tanzania.

People in Tanzania are to a certain extent concerned about the environment because they live close to wildlife sanctuaries. There are also plastic free zones in this area.

The Tanzanian govt is known to be environment conscious. It ensures that the waste supply is reused within the same supply chain. However, there are many areas where the country can improve.

Be creative and different in your approach.

## Youth Power FINDINGS

95%



were aware of the hazards of plastic

4%



recycle plastic

77%



are willing to support efforts to reduce usage of plastic bags

84%



feel that the govt is not doing enough to minimise the usage of plastic bags

61%



shopkeepers give plastic bags

60%



agree with the imposition of nominal fees on plastic bags to reduce their usage

Sample size: 340 Sample group: General public: housewives, students, shopkeepers (17 – 45 yrs)  
Methodology: Questionnaire

Tick and colour the correct options



Plastic Bag



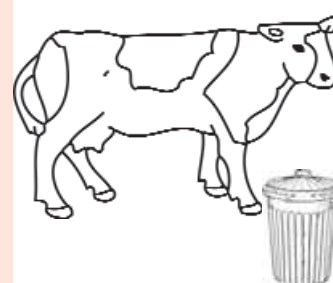
Paper Bag



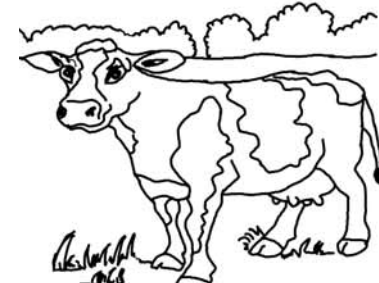
Happy Earth



Sad Earth



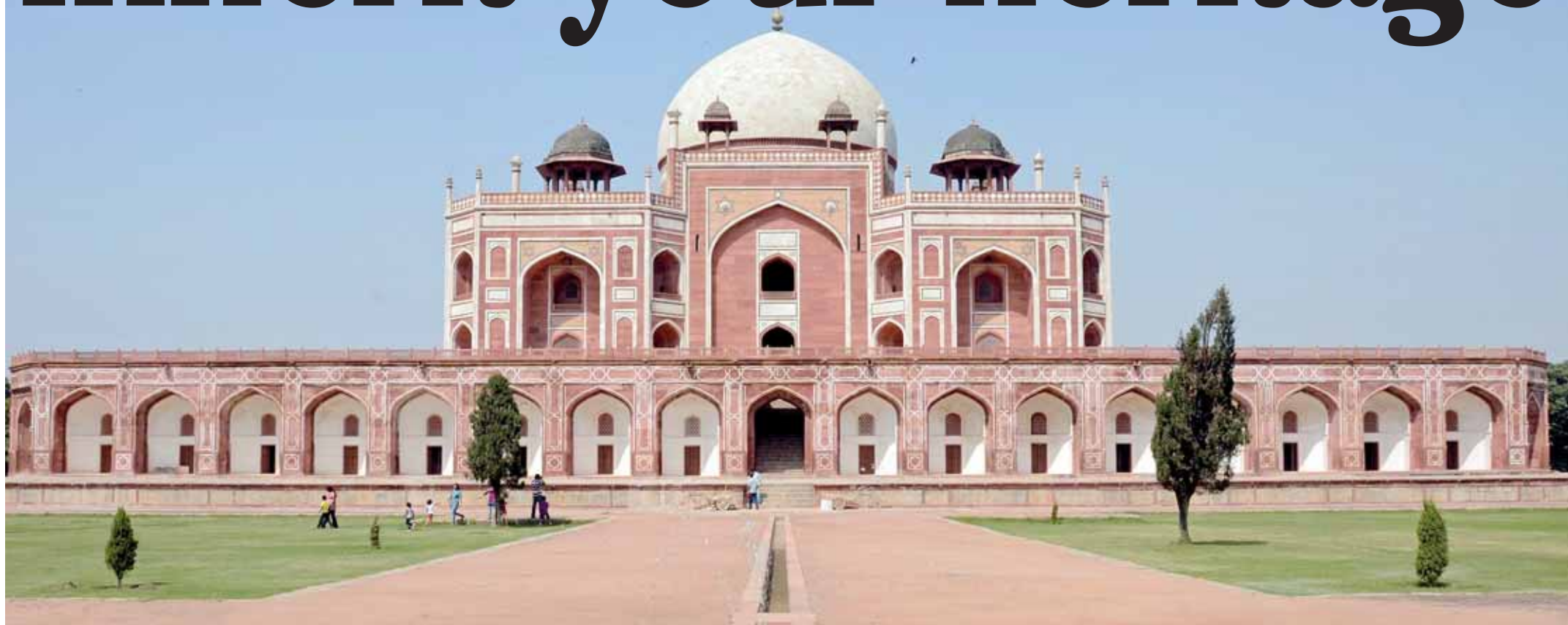
Cow eating from the bin



Cow grazing grass



# Inherit your heritage



Intricate embroideries, beautiful artifacts, rich customs & traditions, monuments that are historical edifices...India offers it all under the awning of its rich heritage. But are we doing enough to protect it?

## Heritage: Not just tangible

Heritage is not only monuments and architecture, but a way of life. The traditional skills, fairs and festivals, different varieties of dance, music, paintings, literature of different languages and dialects; all form a part of our heritage. The precious pieces of sculpture, art, paintings, jewellery, costumes, old weapons; preserved in various museums of the country reflect the glory of a country's heritage. While many believe that heritage is tangible, the same is not true as the rich customs and traditions are also a part of heritage.

## India: The heritage cosmos

India has been witness to an eventful and prolific history. Evidence of this exists in the numerous historical buildings that dot the country's landscape. The pluralistic culture of the country is a product



of its complex history, and is manifested in the varied expressions of heritage - tangible and intangible, natural and manmade.

Some monuments like the Qutub Minar, Humayun's Tomb and Red Fort are so exceptional that they have already been inscribed in UNESCO's World Heritage Site list. Apart from the architect-

tural edifices, the country's rich heritage can be experienced in its varied music and dance forms as Bharatnatyam, Kuchipudi, Mohiniattam, Chhau, Manipuri, Odissi and many more. India is known the world over for its intricate embroideries. Phulkari from Punjab, chikan from Lucknow, kantha from West Bengal, are some of the embroideries that inundate Indian heritage with numerous hues.

## The situation: A sad affair

Even though World Heritage Day on April 18 offers an opportunity to create awareness about the diversity of heritage and the efforts required to protect and conserve it, the countless citations of India's rich heritage have little to cheer about the day. Several historical structures here are on the brink of collapse like Masjid Moth, Agar Sain Ki

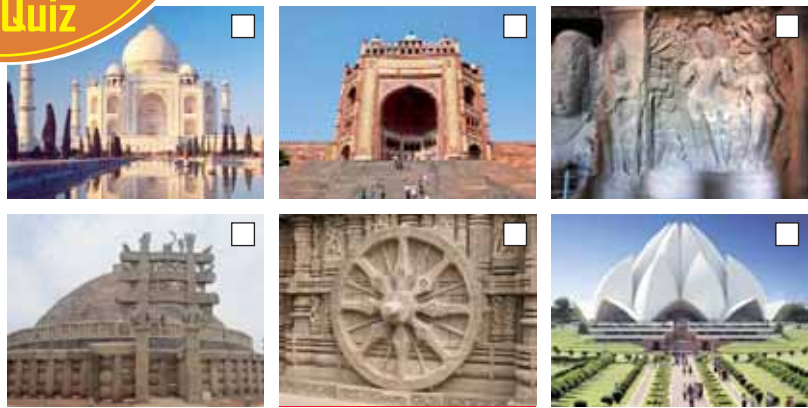
Baoli and Hauz Khas pond. Out of over 1,000 historical monuments, 776 historical buildings are lying unnoticed and vulnerable to encroachments, vandalism and misuse by trespassers.

There are 1200 heritage buildings in the historic city of Delhi, out of which just 174 come under the protection of Archaeological Survey of India (ASI). Besides, under the Delhi Ancient Monuments Archaeological Sites and Remains Act 2004 (came into effect in 2005), the government has to conserve and protect 250 monuments.

And that's not all. The classical music and dance forms have lost out to new age western music. Traditional art forms like tanjore, madhubani and chamba rumal paintings face loss of interest and a subsequent loss of demand. Story telling, considered to be one of the country's prime arts is nearing its demise.

## Heritage Quiz

Tick the monuments recognised by UNESCO as the world heritage site in India.



HINT: For answers refer to The Global Times issue dated November 19, 2012 or log in at [www.theglobaltimes.in/pdf\\_issues/pdfVol4Issue34Page7.pdf](http://www.theglobaltimes.in/pdf_issues/pdfVol4Issue34Page7.pdf)

## ASI is protecting only 4000 heritage buildings

**R**L Bawa is an architect and was trained as an urban planner at the University College, London. He was a member of the team that prepared the first comprehensive development plan for Greater Delhi and set-up town planning department in the Municipal Corporation of Delhi. He is also the former state convener of INTACH Haryana chapter. Read on as he talks about Indian heritage losing its sheen, steps that can be taken to restore the same and much more.



spread over the country. While a majority of the monuments are ignored, the ones adopted by the ASI and State departments are also not being managed well. They are in a state of neglect both due to the lack of upkeep and also due to the destructive actions of the people. The main reason is lack of

funds made available to them and shortage of qualified persons to be employed for looking after them. There is little willingness on part of the government to give any importance to the preservation of our heritage.

*There is a general perception among students that heritage is synonymous to historical monuments. What can be done to change this perception?*

Heritage includes not just historical monuments, but also places of natural scenic beauty such as lakes & hills, folk arts, paintings, religious traditions, etc which require conservation, restoration and protection. Each school should organise special classes on preservation of heritage on a regular basis.

*Is the government doing enough to preserve our heritage? 92% of the 400 students we interviewed answered - No.*

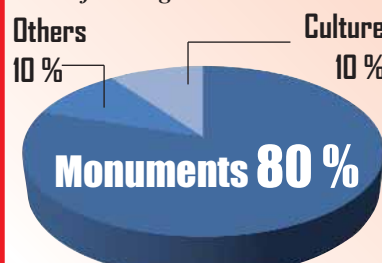
ASI is protecting only about 4000 heritage buildings out of the many lakhs

*How can students play a role in preserving the rich heritage our country?*

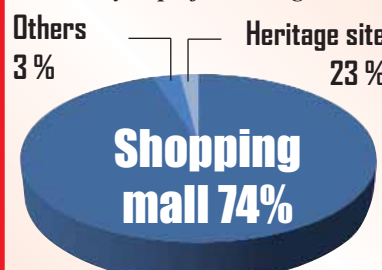
Each student can prepare a list of the monuments in their areas, write out brief historical statement of the building or complex, take photographs and send a set either to INTACH or to the respective State Department of Archaeology or to the ASI. The best course would be to get these published in the newspapers. The students can also take up cleanliness programmes for the areas around and inside these monuments. They can also organise lectures, essay and painting competitions amongst the students on these monuments and consequently the work done can be displayed in the form of an exhibition.

## Youth Power FINDINGS

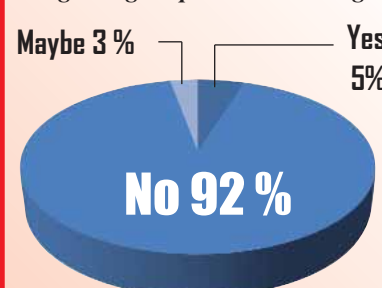
*What comes to your mind when one talks of heritage?*



*What do you prefer visiting?*



*Do you think that our government is doing enough to protect our heritage?*



Sample size: 400  
Target Group: 10-40 years  
Methodology: Questionnaire

## Heritage Corner

Respect Your





# Drive with caution, life ahead

**B**rimming with enthusiasm, Jeevan kicks his bike, a latest model and vrooms away. Aping his favourite Salman Khan, he zig-zags his way into the morning traffic. He jumps a red light, but loses control and hits the pavement. Within seconds the boy so full of life is lying lifeless on the road. A momentary thrill snatched away the life of a 19 year old and marooned a mother of her happiness. But the big question is who was to be blamed? Authorities, roads, rules, parents or the boy? Haven't we read similar stories almost every other day in the newspapers? Yes we have. We read, we sympathise and move ahead. But it's time now to PAUSE and PONDER.



## The staring stats

- Every year, nearly 4 lakh people under the age of 25 yrs die on the world's roads, an average of more than 1000 a day.
- Road traffic injuries are among the three leading causes of death of people between 5-44 years of age.
- About 20-50 million are injured in road accidents, every year.
- Road accidents are predicted to be the 5th leading cause of death by 2030.

## Chasing the cause

- Pathetic condition of roads
- Poor implementation of road safety standards
- Lack of laws and their proper enforcement
  - Drunken driving
  - Lack of emergency services
  - Road rage
- Lack of awareness of rules
  - Stray animals on roads
  - Underage driving

## Highway to hope

- The United Nations has proclaimed 2011-20 as the decade of action on road safety.
- Talks about Delhi government making road safety an integral part of school curriculum are on.

### TRAFFIC BUDDY TIPS

- Wear helmets and seat belts.
- Never drive under the influence of alcohols or drugs.
- Obey speed limits.
- Obey safety rules when changing lanes.
- Give appropriate signals.
- Practice safety at traffic intersections by stopping on red light.
- Avoid tailgating as it very dangerous.



## A bird's eye view



YP team leader  
Dhvani Chawla  
with Neelkant  
Bakshi

**R**oad accidents, traffic law violations, blaring horns...does all this drive you crazy? If yes, then it's time to get to the root of the problem. **Neelkant Bakshi**, an activist with Marg Darshan, an NGO that works for road discipline, brings you a bird's eye view of the dismal traffic condition in the country.

**THE SITUATION:** Almost 450 people die on roads everyday. I think this should give an idea of how bad the traffic management situation in the country is. I would rate it as 2 out of 10.

**THE CAUSES:** The primary cause of poor traffic management is the weak implementation of laws. People have no fear of law enforcement agencies; courtesy - their contacts.

**THE CHALLENGE:** The population in India is very high, which basically means that there are a lot of people on the roads, which is not easy to manage.



**THE SOLUTION:** A lot is being done already to tackle the problem. Government is trying to create awareness on the issue via print and

electronic advertisement campaigns. Several zero tolerance zones have been created. Many state governments have started online campaigns to sensitize people through social media like Facebook.



**THE ROAD AHEAD:** Stricter implementation of laws is the need of the hour. Students should be educated on road safety and traffic rules via demonstration during road safety weeks. A special training course for drivers of commercial vehicles and auto rickshaws should be introduced to tackle the problem.

**THE ADVICE :** Stick to these five simple tips:

- Always drive in your lane.
- Go through the requisite tests for obtaining a license.
- Always wear seat belts, no matter where you are sitting.
- Leave before scheduled time.
- Maintain a distance of (approx) 2 centimeters from the vehicle in front.


**THE MESSAGE:** You, as school children, can do your bit to promote road discipline by creating awareness. Spread a word. Talk about it with your friends and family members and encourage them to follow traffic rules. And always remember that someone awaits you at home.  

## Traffic Ramaswamy

**T**raffic Ramaswamy is a 75 year old former mill worker, a founder member of Tamil Nadu's Home Guard, and a self-appointed traffic policeman from Chennai. Known for his activism of regulating traffic in Chennai, he initially started with unofficially directing traffic at the city's busy Parrys Corner. The local police were pleased with his efforts and provided him with an official identity card. His work earned him the title of traffic Ramaswamy.  



## Snarls and Leads

						Safe road safer people
Blaring music distracts	Do not block roads	Say no to tinted glass	Use public transport	Don't break traffic rules	Stray animals cause road snarls	Use car pool
Help road accident victims	Don't stick out your head	Do not drink & drive	Help elderly cross the road	Merging traffic causes jam	Zig Zag driving is dangerous	Bad roads cause accidents
Stay away from road rage	Follow traffic rules	Don't use mobile while driving	Give way to pedestrian	Tow away zone	Always walk to your left	Use dipper at night
Lane driving is sane driving	Under age driving is illegal	No over taking	No honking	Speed limit 40	Challan for jumping red light	Wear seat belt
Don't be a jay-walker	U-turn prohibited	Give way	Don't drive without helmet	One way	Speed breaker ahead	No overtaking
Keep Distance	Use subway	Overloading not allowed	Pedestrian Crossing	Go straight	Do not Jump red light	Stop
Stop Look Go	Zebra Crossing	Parking not allowed	No left turn	Carry required papers	Go for pollution check regularly	No stopping

**INSTRUCTIONS:** 1. Begin when you get one 2. Read the rule when you get into a box 3. You miss a chance if you forget to read the rule

## Fill in the blanks

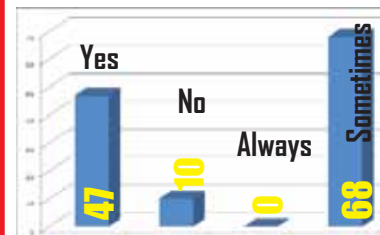
1. You can't park your vehicle in a -----else your vehicle will be towed away.
2. A----- is a term which describes a reckless pedestrian, crossing a road.
3. The period that has the highest volume of traffic during the day is called-----
4. Leaving the scene of a motor vehicle accident without stopping to fulfill the duties imposed by law is considered as a-----case.
5. A transverse strip of roadway marked for the use of pedestrian crossing is called -----.

## Youth Power FINDINGS

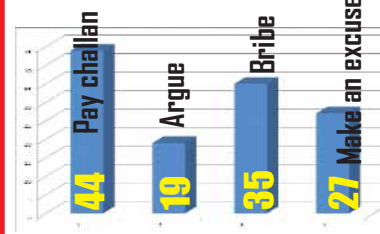
Do you think that people in India are careless or undisciplined on roads?



Do you break traffic rules?



If stopped by a traffic cop for breaking a traffic rule, you would....



Sample size: 125 Sample group: Teenagers, young adults, adults  
Methodology: Questionnaire

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# In the name of a dog

While dog spas and dog salons crop up in the urban landscape to pamper the already spoilt pedigrees, a number of stray dogs still roam on the streets seeking basics like food and shelter

There are  
**19000000**  
stray dogs on Indian roads today.

Before 1994, up to  
**50000**  
stray dogs were killed each year by electrocution in major cities like Mumbai.

**80%**  
of stray dogs above the age of eight are euthanized in India every year.



India has the highest number of human rabies deaths in the world  
**@20000**  
per annum, which is more than a third of the global rabies toll.

In 2001, the Indian govt launched an intensive sterilization campaign, that reduced the number of strays by  
**38%**  
thus, proving that sterilization works better than elimination.

Source: Internet

## Ask Zoey

Is your pet giving you a tough time? Which is the best vet in town? Ask Zoey!

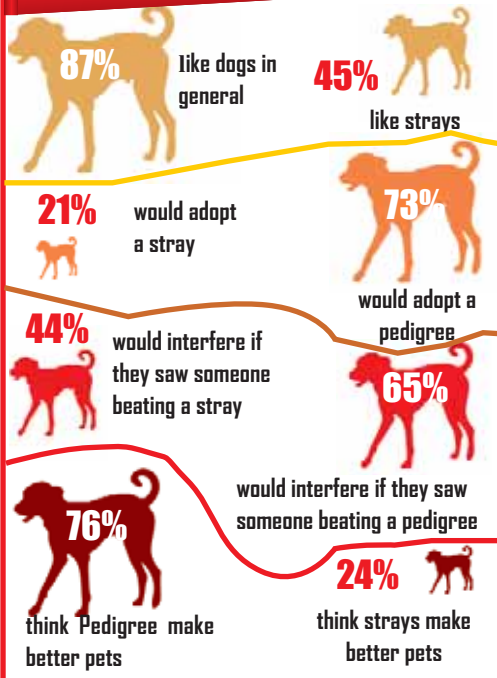
*I got a puppy last month from my friend. The puppy's a stray dog, and I got him vaccinated properly and checked by a vet, but he bites a lot. He's torn a couple of my socks, and keeps chewing on the end of my slippers. Is this because he is a stray? How do I stop him?*



First of all, congratulations on getting a stray. Not everybody is as open minded as you are. Now, his biting is completely normal, as his milk teeth are getting replaced by his permanent teeth. I believe human pups too undergo this. It has nothing to do with him being a stray. Nevertheless, teething is a very important time in a pup's life. If the owner is too lenient, the

puppy can go wild and chew up everything. If too strict, the puppy becomes moody and rebellious. Teething in puppies can last upto 11 months, though it usually gets over in 5-7 months. I remember when I was that age, I used to love chewing on shoes, especially shoelaces...ah, shoelaces! Anyway, here are some dog approved ways of lessening your dog's urge to chew. Let him chew on ice cubes. They soothe the swollen gums, and keep dogs occupied. Also, make sure your dog has plenty of hard rubber toys to help relieve the pain. A favourite of mine were frozen carrots. Keep them in the freezer overnight, and they'll keep your dog busy all day 🐾

## Youth Power FINDINGS



Sample size: 150 Sample group: 15 - 40 years  
Methodology: Oral interview and questionnaire

## Good Samaritan

Meet Shefali Sharma and Nandini Chakravarty, two real life heroes who adopted stray dogs

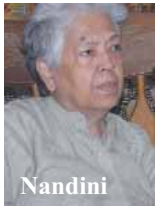


**When did you get your dog?**  
**Shefali:** September 25, 2012  
**Nandini:** December 2010

**Pedigrees or strays – who do you think makes better pets?**  
**Shefali:** I think strays make better pets.

They're street smart, less fussy, more fun and generally stay healthier.  
**Nandini:** I find strays to be more alert, home bound, more faithful and very family oriented.  
**How did you come to adopt a stray? Was it because it was free?**  
**Shefali:** Partly, because it was free and partly with the help of my vet.  
**Nandini:** My friend had adopted a stray, and that stray had given birth. She was searching for loving homes for them. So I adopted one. I feel it is very cruel to sell them, so I'm against buying any, even if for a very low price.

**How has your experience with the pet been? Would you recommend other people to adopt strays?**  
**Shefali:** Definitely! They're good fun and they keep you entertained all the time. They love you unconditionally. They have goofy smiles and a wacky sense of humour.  
**Nandini:** My experience has been lovely. My dog is extremely loving, and I wasn't such a dog lover before. I feel a deep connection with my dog. I would certainly recommend adopting strays. 🐾



## Cookie Corner

Whip up some tasty treats for your four legged friends with this dog biscuit recipe.

### Ingredients

Refined flour (*maida*).....1 cup  
Yeast .....¼ cup  
Salt.....¼ tsp  
Wheat germ .....¼ cup  
Vegetable oil .....1 ½ tbsp  
Vegetable stock.....½ cup

### Method

■ Pre-heat oven to 300 degrees.  
■ Whisk wheat germ, yeast and salt together in a bowl. Sieve *maida* into the mixture.  
■ Add oil and stock to this mixture. Knead well till it acquires the consis-

tency of a dough. If the dough is sticky, add some refined flour and if it is dry, add more water.  
■ Roll out dough onto surface. Cut out biscuits of different shapes with a knife.  
■ Grease baking tray lightly. Put cookies onto the tray.  
■ Bake for ten minutes. Insert a toothpick in the cookie. If it comes out dry, the cookies are well baked.  
■ Brush the cookies with vegetable stock.  
■ Keep biscuits in oven till they dry completely.  
■ Store them in airtight container. 🐾

## The Adventures of ~~Tintin~~ Snowy

*Snowy, Tintin's dog was in town to enjoy the bright and beautiful sun. As he indulges in some sun bathing, we bring to you a tete-a-tete with the white fox terrier.*

### How did you meet Tintin?

It's an interesting story. A bunch of boys had tried to rob an old man, and I chased them away. I ran after them till I thought I'd lost them. But they suddenly came up behind me and stuffed me into a sack. They were going to throw me into the river! Luckily, Tintin was at the bridge that day, and he managed to save me. I have been loyal to him ever since.

### Is Tintin a good master?

What! Master?! Tintin is not my master. He is my friend, my comrade. I would even go so far as to say that he is mon frère, my brother.

### How was life before that?

I had all the adventures a young puppy has. I was abandoned by my owners at a young age, and mostly survived on leftovers in rubbish bins. But I was the favourite of the bins!

### What are your thoughts on strays?

Personally, I have a lot of 'stray' friends, and I'm not sure what the big deal is.

They are all very clever and brave. Also, being abandoned and forced to live on the streets as a pup, I've

realised just how much love these dogs need.

### Any message for other dogs?

Every dog will find a Tintin one day. Stick with him, and he will treat you well. Love him and be loyal. 🐾



### RAPIDFIRE

**Role model** Maneka Gandhi  
**Greatest fear** Arachnophobia. I'm dead scared of spiders.  
**Favourite movie** Marley and me  
**Favourite smell** The smell of adventure, and steak.  
**Last words** Take a bow wow



# The dirty picture

“I hope he is fine...,” the little nine year old girl whispered to herself as she made her way to school, dodging small pools of water and muck. Her little brother had been bed ridden for more than a week. The doctor had diagnosed that it was because of the water he had consumed. Her brother was sick and no one could say what would happen to him. Not that anyone cared...it was one of the things that happened in their slum every day. Young children who had not even learnt to walk properly were paralyzed by the evil of various diseases; clutching to their mothers’ bosom as the mothers carry them to hospitals, hoping against hope.



## Living in filth

- Estimates show that one child dies every 15 seconds in a slum, somewhere in our country, because of the lack of sanitary conditions and lack of healthcare facilities.
- On an average, a five year old child living in a slum has around 1000 parasitic worms in his/her stomach.
- Every 1 death in 10 happens because of poor sanitation and hygiene.
- Diarrhea, which is a preventable disease is the biggest killer and accounts for every 20th death.
- Our national capital has a shameful position in the top twenty five dirtiest cities in the world.
- 638 million people defecate in the open and 44% mothers dispose their children’s faeces in the open.
- About 30 million urban residents do not have toilets, whereas 7 million have access to the ones which are not proper.
- 80% of India’s surface water pollution is on account of poor sewage alone.
- 4861 of 5161 cities across the country do not have even a partial sewage network. Source: Internet

## Stay clean... says SRK

If you thought that championing the cause of sanitation & hygiene was an uncool thing, take a cue from SRK. Leading Indian actor, Shah Rukh Khan, has been named the Indian Goodwill Ambassador for Sanitation and Hygiene as part of a UN hosted campaign by Water Supply and Sanitation Collaborative Council (WSSCC). “It’s quite simple. Toilets for all will make India and the world a healthier and cleaner place, particularly for those at the margins of our societies,” SRK was quoted as saying. So, if SRK can do it, so can you. 🇮🇳



## It starts here

Mahatma Gandhi once said, “Sanitation is more important than Independence.” And here we are, after sixty years of independence, as not even one of the 170 nations with satisfactory sanitation facilities.

We might not realise it, but it all starts with the simple act of absent minded flinging of that one toffee wrapper on the road. That wrapper might not harm anyone, but it cultivates the dreadful habit of promoting an unclean environment.

While there are several factors responsible for the lack of sanitation and hygiene in the country, the most significant ones include India’s growing population and increasing levels of consumption, increasing pollution levels, lack of awareness and insufficient political commitment.

Add to that, the unpopularity of sanitation and

hygiene as a compared to other social issues also proves to be a major obstacle. As the UN secretary general, Ban Ki-moon, puts it, sanitation is a sensitive and unpopular subject, so it is unsurprising it fails to garner much public or official attention. 🇮🇳



## It ends here



If you thought that lack of sanitation and hygiene was taking a toll only on the nation’s health, then you are clearly mistaken as the impact is far reaching even in the economic arena. Inadequate sanitation costs the nation equivalent of 6.4% of GDP or \$53.8 bn annually. And that’s not all, the problem even affects the literacy rate, especially amongst girls. Studies have shown that the lack of proper toilets in schools leads to an increased drop out rate among girls. The environment and the ecological balance is, of course, at stake too as indiscriminate disposal of solid and liquid waste and the pollution of fresh water and lakes by untreated human waste continues to degrade the environment.

At the current spate of events, India is likely to miss UN’s Millennium Development Goal of reducing the proportion of people without basic access to sanitation to half by 2015. 🇮🇳



## Both need to act

Both the administration and the public need to act to develop a cleaner and healthier India...says Shashi Tharoor, Minister of State for Human Resource Development

*What do you think are the major reasons for the unsanitary conditions in the present world?*

The major reasons for unsanitary conditions are the lack of the will of the government to work for the cause as well as the non-regard in the citizens regarding sanitation and hygiene.

*Almost 50% of Indian households don't have toilets, but 65% have mobile phones. Is this the face of modern India?*

I do recognise that the situation of sanitation in our country is dismal, but our govt has been taking all the necessary steps by launching awareness measures and financially supporting the municipal corporations. I feel that this is more of a local problem and the municipalities are the ones who need to act.

*Do you think that the recent National School Sanitation Initiative programme by the CBSE will help improve the sanitary conditions?*

I am in full support of this programme, as not only the government but the citizens are also responsible for sanitation. If the awareness starts right from the school, it will definitely help the country.

*Who is responsible for the condition of waste around them, the citizens or the administration?*

I feel both are equally responsible. While it is the duty of the government and the administration to maintain sanitation and hygiene, it is also the duty of the citizen to regard the work of the govt. 🇮🇳

## Youth Power FINDINGS

### The Individual

**20%** carry a hand sanitizer on the go

**56%** Do not use soap

**43%** Do not wash their hands before eating

### The Society

**60%** found the waste disposal system in their locality satisfactory, while remaining 40% found it dismal

**80%** have municipality waste collection in their living area.

**10%** have ever complained about the situation.

Sample size: 100

Target group: Shopkeepers and residents staying around HUDA market, Gurgaon

Methodology: Oral interview





# Sunshine at dusk

They held your hand as a child, led you through your teens and supported you as an adult...only to be abandoned in their autumn years. As 40% of the senior citizens in the country deal with some form of elderly abuse, it is time the society rises to support those who laid its very foundation



## Partners for life

A question arose in the muzzy little brain  
Of a walking stick, sitting beside a window pane  
“Who am I?” it questioned  
A man with endless desires?  
A lady full of hopes?  
Or a piece of wood that catches fire?

An old man, wrinkled as he was  
A serenity of white, rejected by all, replied,  
“You are neither a man nor a woman  
You are my companion, you are my friend  
You are the one who will be with me, till the end.”

That man in his slippered pantaloons  
Sitting alone under the moon  
Is my only friend, a dear one  
He gave me an identity of my own  
I am his wife, I am his son  
I am his everything, and this should be known

Years have passed by  
His soul is ready to fly  
To meet the ultimate  
And then I will have no mate  
So let’s pray that his soul rests in peace  
Hoping his journey to be in ease 🇮🇳

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Confessions at dusk

190 likes • 40 talking about this

As they make peace with loneliness, their constant companion; their near ones make some candid confessions

About • Suggest an Edit

Photos 195 Like

Highlights

Confessions at dusk

March 16 via mobile

#27

Dear lonely grandfather, you always thought your son would be your support and help you walk. But it's me who turned up eventually.

#awalkingstick

Confessions at dusk

March 18 via mobile

#28

I wonder if something ever happens to me...what will my old friend do???..who will be by his side...???

#awheelchair

Confessions at dusk

March 21 via mobile

#29

We never realise the importance of people or things close to us. Only once they are gone, do we realise the role they played in our life.

#agrandson

Confessions at dusk

April 04 via PC

#30

Sometimes, I wish you would just give me a few minutes from your busy schedule and stop by to give me a smile.

#afatherwaitingforhisson

Youth Power

FINDINGS

Have you witnessed any form of elderly abuse?

No 33%

Yes 67%

What do you think is the best way to prevent elderly abuse?

More old age homes 7%

Financial assistance 18%

Counselling 8%

Stronger laws 67%

Which is the worst form of elderly abuse?

Psychological abuse 17%

Financial abuse 8%

Neglect 42%

Physical abuse 33%

Sample size: 150

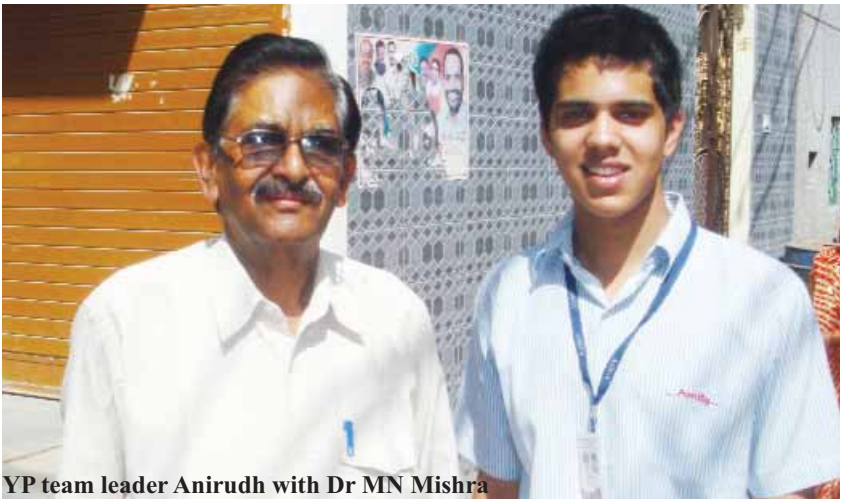
Sample group: Children (10-16yrs)

Methodology: Questionnaire

## A weak foundation?

Psychological abuse, neglect, financial exploitation...the elderly are being subjected to numerous forms of abuse, laying the cornerstone of a weak foundation of the society. Dr MN Mishra, associated with the ‘Home for the Aged’, an old age home for the past 12 years, brings various facets of the problem to the fore.

**“The problems are psychological, not physical.”**  
I have been working with this NGO for 12 years now and I see senior citizens suffer from several health issues; cataract, urine disorder and diabetes being the most common. However, what is more perturbing is the psychological stress they have to deal with. They deal with stress, depression and low self esteem as most of them have been excluded from families or have been ignored for a long time. Many of them even deal with anxiety as they are unsure of how they will manage on their own at such a stage in life.



**“All of us will grow old and retire some day.”**  
Whether we want or not, all of us will grow old and retire some day and I am no exception. And then like these senior citizens, I too will need someone to take care of me. Hence, I decided to work for this cause. I want to play a care taker before I need to be taken care of ie when I am old. I encourage others to join me in doing the same as elderly are very precious and should be taken care off.

**“They are considered a burden by their children.”**  
In 50% of the cases, senior citizens are

considered a burden by their own children. The children send them to an old age home in order to get rid of the burden. In some cases, their children even take away their property or money.

**“They are the foundation of our society.”**  
The first thing that we need to get rid of is the mindset that senior citizens are a burden. They are precious jewels, who are the cornerstone of our society. A strong building can only stand on a strong foundation. These senior citizens are the foundation of our society. Let’s not weaken them. 🇮🇳

## Grey matters

Statistics show the dismal condition of the elderly

1/8<sup>th</sup>

of the world’s elderly population lives in India.

45%

of the rural elderly are chronically ill.

30%

of the elderly are subject to some form of abuse.

40%

of the elderly are reportedly facing some kind of abuse by their own families.

35%

of the elderly in urban areas and 32% in rural areas live alone.

47.3%

elders are ill-treated by their own children.

48.7%

elderly deal with neglect, making it the most common form of abuse.

Source: Internet



# An eye for an eye...



...can make the whole world see. “Close your eyes and you will see my world,” goes the common voice among the blind. Read on to experience the darkness they feel, and open your eyes to the world of eye donation and keep them open even after you die

### What is eye donation?

Put in scientific terms, eye donation may be described as the corneal transplant from a deceased to a living person. A corneal transplant is an operation that replaces the opaque cornea with a clear cornea obtained from a human donor eye. However, a more humanitarian definition may describe it as bringing light to someone’s life.

### Who can donate eyes?

ANYONE can donate eyes. Age or gender is no criterion for donating eyes. Even if a person has a medical history of diabetes, hypertension, asthma or tuberculosis, he/she can donate eyes. Quite contrary to popular belief, spectacle wearers or those who have undergone cataract surgeries or lasik treatments can also donate eyes. However, if a person has died due to diseases such as AIDS, hepatitis B, rabies, cancer encephalitis etc, his/her eyes cannot be donated.

### Why eye donation?

India has the largest blind population in the world. At least, 12 million people in the country are blind and the vision of a tenth of them can be restored with a simple cornea transplant. Besides, 40,000 new cases of corneal blindness are added



every year. While people do pledge to donate eyes, the kin of the deceased hesitate to take the plunge owing to the myths that surround eye donation. Sample the stats: despite 50,000 people pledging to donate their eyes each year, only 16,000-18,000 corneas are actually received by eye banks. Eye donation also fosters research and development. The parts of the donor eye ball not used for transplant are used for research in Microbiology, Biochemistry and Molecular Biology.

### How can I donate eyes?

Contact an eye collection centre/eye

bank near you. Register with them and sign the pledge card. The card also needs to be signed by a witness. You will be issued an eye donation card on submitting the form. In case, you happen to be a relative of the eye donor, in the event of death, take care to:

- 1.Call the eye bank within six hours of the death of the person.
- 2.Switch off the fans.
- 3.Keep the AC on.
- 4.Close eye lids gently and cover them with a moist cloth.
- 5.Raise head with a pillow.

Source: Internet

Open your eyes

1 donation = 2 people getting eyesight. A single eye donation can benefit **TWO** corneally blind people.

A person can donate eyes **IRRESPECTIVE** of his age/sex.

Eyes should be donated preferably within **SIX** hours after death.

A living person **CANNOT** donate eyes.

There are **NO CHARGES** for eye donation; the only cost you encounter is that of making a phone call to the nearest eye bank.

Immediate family members or relatives can donate the eyes of the deceased, even if the deceased had **NOT PLEDGED** for eye donation during his/her life time.

The gift of sight is made **ANONYMOUSLY**. A recipient is never told about the eye donor.

In Sri Lanka, the number of eye donors is so high that the country has a **SURPLUS OF CORNEAS** and corneas are exported from the country.

The whole eye cannot be transplanted, only the cornea can be. The rest of the eye is used for **RESEARCH & EDUCATION**.

## Eye donation: Myths and Facts

**Myth:** Donating eyes can lead to disfiguration of the face.  
**Fact:** The face is not disfigured. In fact, it is just not possible to make out any difference in the face before and after the donation. Doctors, in fact, also put a miniscule suture just under the eyelashes which keep the eyes from opening.  
**Myth:** Anyone who donates eyes is born blind in the next birth.

**Fact:** Most religious texts encourage donation. In fact, Jainism suggests donation as the route to nirvana. This perhaps explains why most of the eye donations come from Gujarat as the state is home to a sizeable Jain population.  
**Myth:** A person who has cataract or glaucoma cannot donate eyes.  
**Fact:** True, but a person who has been operated for cataract or glaucoma can donate eyes.  
**Myth:** People who are very old cannot donate eyes.  
**Fact:** Age is no criterion for donating eyes.

Whose eyes are these?

Can you guess these celebrity eye donors?



(a) Aishwarya Rai ☐

(b) Rani Mukherjee ☐



(a) Akshay Kumar ☐

(b) Amitabh Bachchan ☐



(a) Akshay Kumar ☐

(b) Anil Kumble ☐



(a) Sunil Shetty ☐

(b) Shakti Kapoor ☐

## Sensitizing is the first step

...says Dr Gaurav Sood, an eye surgeon with Centre for Sight, to deal with the problem of low eye donors in the country

### In a global scenario, where do you see India in terms of eye donation?

India has a long way to go as far as eye donation is concerned. There is lack of awareness on part of the general public so much so that only 51% are aware of this form of donation. And those who are aware, are hesitant to take the plunge due to various superstitions and religious beliefs that surround eye donation.

### What is the biggest hurdle faced by a person who wishes to be a beneficiary?

There is usually a very long waiting list that that can be for about 6 months to a year. Government hospitals are usually very short of corneas. Also, there are a very small number of government eye banks. Hence, people have limited op-

tions at their disposal. Of course, there are private eye banks too, but they charge about Rs 50,000-60,000 per transplant, which not many people can afford.

### Are substantial steps being taken to deal with the problem?

Both government as well as private organisations are taking several initiatives. The government has been organising various seminars and CME (Continuing Medical Education) programmes to create awareness. Several eye donation

camps are also being organised.

### What is the biggest challenge that lies ahead of increasing the number of eye donors in the country?

The myths surrounding eye donation is one of the biggest challenge.

### How can we, as, students, contribute to the cause?

Start from the very basic – sensitize. Talk to your family and friends and convince them to pledge their sight.

Youth Power FINDINGS

Will you donate eyes?

Yes 23%

No 77%

Why don't you want to donate your eyes?

I will be born blind 20%

I will not be able to see God, when I die 7%

It disfigures the body 73%

Sample size: 100  
Sample Group: Middle aged people (25-40 years)  
Methodology: Oral interview





# Is your food eating you?

From enhancing the appearance of food to increasing its weight, food adulterants are serving numerous purposes. As toxic substances enter the food cycle, the health of the nation is at risk

- THE BASICS:** A food item is considered to be adulterated if:
- A substance is added which depreciates it
  - A cheaper or inferior substance is substituted wholly or partly
  - Any valuable or necessary constituent has been wholly or partly abstracted
  - It is coloured or treated in its appearance
  - It contains any substance injurious to health

**THE PROBLEM:** The problem of food adulteration is so widespread that everything ranging from everyday use items like spices to the most exotic sweets are adulterated. These adulterants, when consumed over a period of time can lead to a several health disorders that range from curable to incurable. To cut it short, the health of the community,



referred to as the wealth of the nation is at risk.

**THE CAUSES:** Some adulterants are added to enhance the appearance of food; read washing powder to ice cream to give it a bright white sheen and metanil yellow to pulses to accentuate the yellow



colour. On the other hand, other adulterants are added to increase the weight, for example argemone seeds and papaya seeds are added to mustard seeds and black pepper respectively.

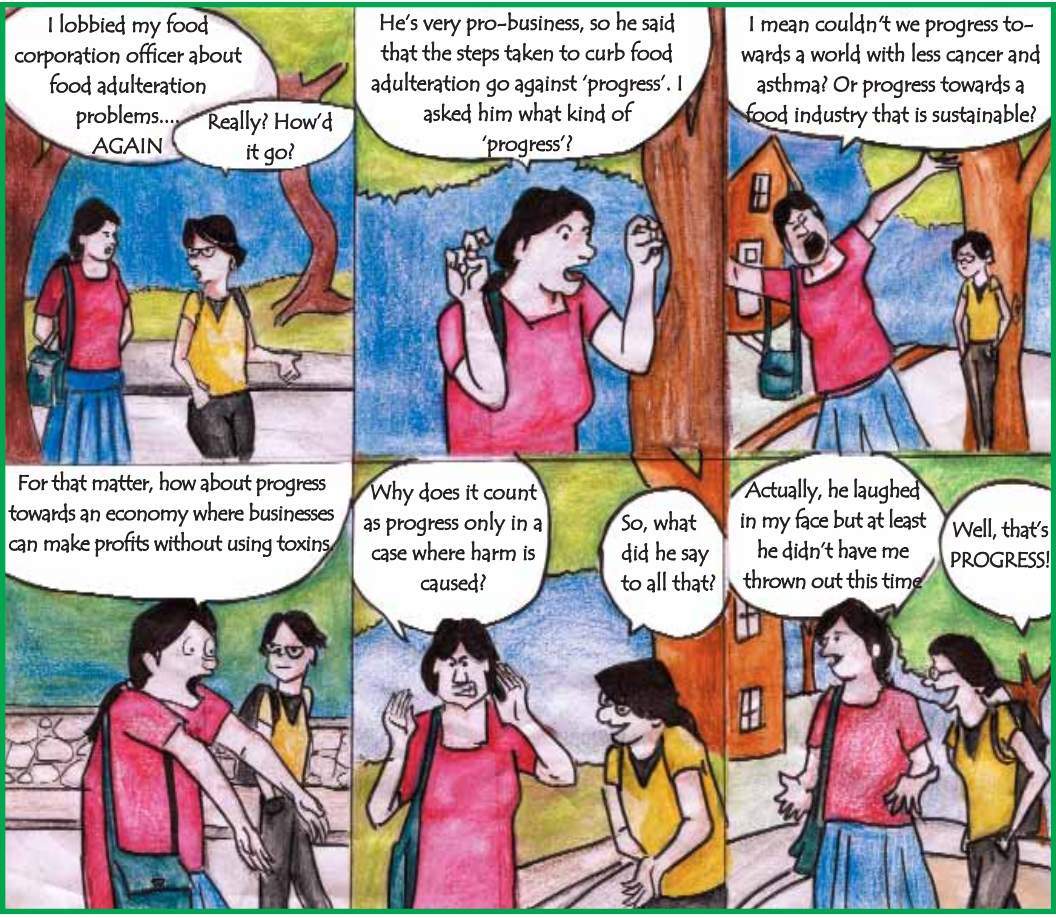
**THE LAWS:** While there are several laws pertaining to food adulteration, the Prevention of Food Adulteration Act is all pervasive. The law states food adulteration as a punishable offense and those found guilty could be served with life imprisonment

or be fined up to Rs 10 lakh.

**THE SOLUTION:** An aware consumer is the need of the hour. Look out for trademarks by ISI, AGMARK or FPO before you buy a food item. Purchase packaged goods instead of loose food items. Also, do not forget to read the food label. If you come across any cases of food adulteration, get your complaint registered at the National Consumer Helpline by dialing 1800-11-4000.

## Be your own food inspector

Food Article	Adulterant	Simple method for detecting the adulterant
Milk	Water	Put a drop of milk on a polished vertical surface. If the milk is adulterated, it will flow immediately without leaving a mark.
Mustard Seeds	Argemone Seeds	Press the mustard seeds. If the seeds are yellow inside, it is mustard. However, if the seeds are white inside, it indicates the presence of argemone seeds.
Ice Cream	Washing Powder	Put some lemon juice in the ice cream. Formation of bubbles indicates the presence of washing powder.
Sugar/salt	Chalk	Dissolve sugar/salt in a glass of water. Chalk will settle down at the bottom of the glass.
Honey	Water	Dip a cotton wick in honey. Burn the wick. If the wick produces a crackling sound while burning, the honey is adulterated.
Coffee	Chicory	Gently sprinkle coffee powder on water in a glass. The coffee floats over the water but chicory begins to sink down within a few seconds.
Tea	Artificial Colour	Rub leaves on white paper. If the tea has been adulterated with artificial colour, it will leave coloured marks on paper.



**Do you know what you are eating?**

**Edible oils**  
Argemone oil, mineral oil and castor oil

**Butter and ghee**  
Margarine, vanaspati and starch

**Lentils**  
Clay, stone, gravel, metanil yellow colour

**Grains**  
Dust, pebble, stone, straw

## Most adulterants are carcinogenic

...says Dr BP Tyagi, a leading physician and health editor for various publications. Read on as he talks about the problem of food adulteration

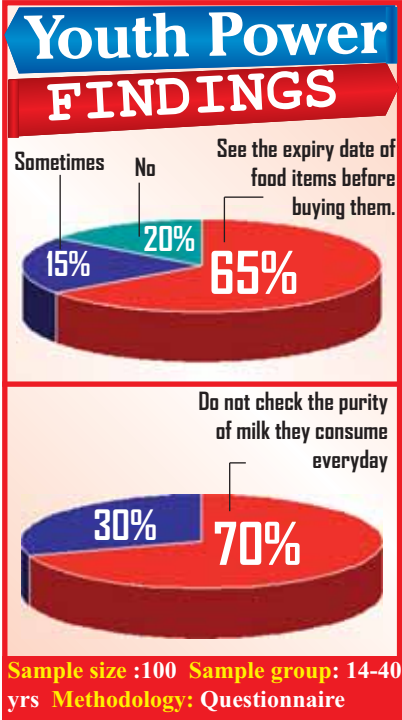
**How widespread is the problem of food adulteration in India?**  
Despite improvement in production, processing and packaging, more adulterants seem to be entering our food chain. While there are several factors responsible for the problem, it is the increasing demand of our ever increasing population that is the most significant.

**What are the most common side effects caused due to food adulteration?**  
Most chemical adulterants are carcinogenic. They irritate the inner membrane of our body tissues and can cause ulcers. Adulterants like castor oil found in vegetable oil causes gastric problems; metanil yellow in pulses can lead to stomach disorders; and lead found in turmeric causes nerve problems.

**Is organic food adulteration free?**  
Since the lands near or-

ganic farms are using chemicals, the food grown in these farms is not 100% toxin free as they get affected by the chemicals present around them. Having said that, organic food is definitely better than others.

**When a food item is adulterated with non toxic substances, is it still considered food adulteration, for example water with milk?**  
Yes, it is adulteration as water is the unwanted substance here and any unwanted substance being mixed with a pure substance is adulteration.





# A young head start



Students at AIS Saket extend their support to the cause during an Art Mela

They rally for the cause, raise funds and bring a tangible difference. Here's a sneak peek into the efforts of the eight Youth Power teams, captured through the lens



Team AIS Gur 43 cleans up HUDA market



A teacher signs up to say no to plastic at AIS Noida



AIS Gur 46 YP team member dispels fear for stray dogs amongst students



Poster the cause, say students at AIS Vasundhara 1



Coloured in the spirit of graffiti competition at AIS PV



AIS Vas 6 YP team member conducts a workshop to ask students to pledge their sight

AIS MV conducts a 'tee party' to encourage road discipline