



Scientists first discovered the existence of Vaquita in 1958.

Youth Power is an annual social leadership programme organised by The Global Times. It witnesses ten teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from varied walks of life discuss several aspects of the chosen social cause. Here's presenting **Part 1** of this exclusive eight-part series, based on the panel discussions organised by YP teams, and a host of opinions as experts debate on 'Food Wastage', cause chosen by YP team of **AIS Gur 43**.



The bite of the bite

Hunger Bites, And So Does The Food Wastage. Bytes From The Experts...

It is indifference and not ignorance

"Food wastage is definitely not a problem stemming from illiteracy or poverty. The main reason is indifference. We are simply indifferent to wasting food. For example, when we are buying food, barely do we acknowledge the fact that we are perhaps buying in surplus and we may not be able to consume all that we are buying. Yet, we tend to overstock products,



Sanjoni Sethi
Psychologist & Counselor

which is primarily a result of choosing from an abundance of aesthetically pleasing products, lined on the shelves of supermarkets. The focus should primarily be on what we need and not what we want."

Less is never a mess

"As a nutritionist, I feel that the root cause for food wastage is 'variety'. When we are served with an array of anything, we tend to grab more, even if we do not want it. And exactly the same thing happens with food. When we are



Anshul Singh
Nutritionist

provided with a variety of food items, we end up wasting more. Thus, it is crucial that we stick to serving not more than 2-3 dishes at a time. This is even more relevant for weddings where a large amount of food is wasted, simply because of the humongous variety that is served on such occasions."

Baby steps lead to revolution

Rashmi
Owner, Desi Bistro



"Being a restaurant owner, I witness food wastage daily. People order in excess and then tend to waste it as they are unable to finish it. To avoid it, we request our customers to take their leftovers. If they don't wish to consume it, we request them to give it to someone in need. I think the food

mitigation initiative by the YP team of AIS Gurugram 43 is truly a wonderful one. If this is how responsible they are at a young age, then India is headed towards a productive revolution."

Shop smart

Mr Ashok
Chief Cook, AIS Gur 43



"Food wastage can be eliminated to a great extent if we shop smart. Since we have to prepare food in large quantities on a daily basis, I ensure that we are buying the right quantity. I have switched to weekly shopping rather than on a monthly basis. I make sure that we don't cook extra food than necessary.



Bridge the bridge

"Our organisation aims at mitigating food wastage that takes places abundantly. We act as mediators between the fortunate and less privileged. However, the biggest hurdle for us is ensuring the quality of food being donated. If each one of us tries to bridge this gap, hunger will no longer be an issue. The key is to create a balance between the



Mr Kanav
Robin Hood Army*, NGO

haves and the have-nots to solve the purpose."
*The Robin Hood Army is a non-funded organisation run by volunteers. It collects good quality surplus food from restaurants and social gatherings with an aim to serve the underprivileged sections of the society.

Feed those who need it

Karunanjali
Earth Saviours Foundation*



"Our NGO adheres to a strict no waste policy. If you give a couple of oranges to a man who barely gets to eat anything, he will be happy and grateful. However, a privileged person will never be satisfied and would always want more in greed. So, instead of organising parties for your family and friends, we should focus more on the ones who are in need. We can organise a food donation drive for those who are actually in need. If that seems difficult, we can atleast not waste food. Try and utilise the leftover food to the maximum, or feed to the ones who need it. I highly appreciate the effort of Youth Power team, because it is very rare that young kids are willing to step out of their comfort zones and do something for the society. I am sure that these students are getting the right kind of exposure. It is not just a student who wins, but the whole society."

*Earth Saviours Foundation is an internationally acclaimed non-government organisation dedicated to work for the less-fortunate people and also for the betterment of the society. The foundation is also a proud recipient of Sardar Vallabhbhai Patel International Prestigious Award for Excellence in Humanitarian Services.