

## 2-page submission from Team Futuretastic;

Our life has completely changed. For the better or worse we don't know. By bringing in technology and chemicals, it might just have taken a turn for the worse. By making things easier, we may just have made things worse.

Have you ever wondered how seedless grapes grow, without any seeds? Chemicals. Rice, pasta, bread? Processed. Cheese, Fruit Jam, Pickles? Preservatives. When foods like this that are considered "healthy", contain so much toxic material, how do you expect junk food to be? If you think about it, the only things that profit from our alarming diet are hospitals and health centres. Surely you've noticed that hospitals are everywhere, right? There's almost one on each road or block! But *why* are they there? Wouldn't it be enough to have one for each area? NO. It wouldn't. There are so many sick people these days, and if there was only one hospital, all the earnings would go to them only. Yep, that's right. Our health has become a matter of money and profit. And all of this leads down to one thing, and one thing only. Our lifestyle. When I say everything has changed, I *mean* everything has changed. And unless someone puts this right, it's going to go on forever. Like everything. Our team, Futuretastic, wanted to *be* the someone. Noticing all this, we launched Healthtastic, a project in which a group of young minds worked on spreading awareness on our society's health and wellbeing. People tend to blame things on society, but we claimed up to the fact that we *are* society. And that society *can* better itself. It just needs a bit of guidance.

Once we launched Healthtastic, for the whole of a month or so, all we did was research and take notes. We needed information to back up our reasons – we searched and found the information that isn't normally passed around; secrets behind the biggest food industries; stories from personal experiences; the most sickening and foul truths ready to reveal to the crowd. We needed proof to show that we weren't playing around. All of this was true, and unless we spread the news, no one would know about any of this.

Each one of us was given a topic to research about: equal distribution of work. Around the same time, we started the YouTube channel "Team Futuretastic", in which we posted videos to spread awareness to digital citizens all over the world. We also demonstrated experiments, to show the proof scientifically. We got quite a good response as each video had a lot of time and effort put into it. Depending on our individual qualities, the work was split efficiently. The best writers were assigned the blog updates and yet more research work, the best speakers were assigned the YouTube channel and the rest were assigned tasks like editing, getting permission for events or making props, but we ALL went for presenting our information.

Every time we got our feedback form, we were ecstatic to still be in the competition and implemented at least one thing that was suggested. We went to talks by famous doctors and health specialists and gave talks of our own, out of which a memorable one was in a Montessori school nearby called Paatashaala. We arranged a talk with the 5<sup>th</sup> and 6<sup>th</sup> graders in the school, involving a lot of props, presentations and experiments. The children were taught to follow the green path, the way to a healthy lifestyle. As a way of

encouraging them, we gave them each a Tulsi plant, a herbal plant which gives up to 5 times more oxygen than a normal plant.

The presentation there was truly an eye-opener to us all, because we realized that how much ever effort, time and energy was put into it, that at the end of the day, it feels great to have done something good for the society. All those children, that we taught that day, we hope, will grow up to be responsible citizens.

Another huge thing we organized was a sale for traditional foods of the past, this time in our school. It was pretty hard to get permission from the head, but once we did, things were simple. Each one of us brought 2 dishes, one of which had to be homemade. We got an amazing response from the students, who enjoyed the food, partly because it was tasty and partly because all of it was cheap. The most expensive thing on our menu was priced 15 rupees. That's equivalent to 0.17-pound sterling! All the food was fresh and made of local ingredients. They didn't contain any processed ingredients (eg. Salt and White Sugar) or any preservatives. It was all 100% natural and healthy.

We all gathered donation as well, to add on to our earnings. Overall, we gathered 2330/- rupees, which all went as funds to a school for the specially-abled.

Even after coming so far in this competition, we are only focused on what we're doing and what *more* we want to do. We are always up to something. There has never been a single day when we didn't discuss or think about this project. This is a lot of effort we're putting in, all on the hope of creating a healthy society in the future. There have been numerous ideas that we carried out that we haven't mentioned, like trying to make biodegradable plastic, starting a recycling club or planning a yoga meet as we were busy with exams and projects. It's just that the time wasn't enough. We have plans for the next competition as well- we think ahead. It may be early planning, but we prefer to prepare and execute.(playing it safe).

But for now, we have one goal and one goal only- to spread awareness to the ones that need it most, whatever it may be. We've talked and interacted with people of all ages. We met new people, went to new places and discussed as a group. All of this we did, not on the hope of winning this competition (though that would also be good) but for our own interest in spreading news that needs to be spread. To bring awareness. To do all that we can as our part, for a better future, and encourage others to do the same. You see, the thing is, we never stop. We always keep going. We've been through phases where we've gone through a lot of problems and faced a lot of crisis. But at this point, it could be anyone's game, really. It's tough to step back for a minute and actually think about what all we've done and wonder if it is enough. It's hard. But the thing about us- we never stopped. Not once. And we never will. We'll keep going till the very end, until we reap the fruits for our hard labor- a healthy community.

:::We wouldn't have completed this journey without our teachers ,the GSL members who guided us throughout, and of course our parents who gave us loads of support and love every moment through this milestone.:::

Here are a few pictorial memories of our  
GSL



Our team and volunteers at the traditional food  
sale in our school...



Giving a talk at Paatshala Montessori.



Everyone is a happy Tulsi (basil) plant owner , at Paatshala Montessori School...



Selling the traditional treats...



And this is us. **TEAM FUTURETASTIC.** 😊