



# HILLS AND PLAINS

## A POLLUTION CHECK

MY SCRAP BOOK OF DEPICTIONS ON AIR QUALITY, ITS CONSEQUENCES  
AND SOLUTIONS

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# INTRODUCTION

## **Air quality and our surroundings**

- With the immense production of greenhouse gases, such as carbon dioxide and methane, our surrounding is at risk. These gases contribute to climate change, which causes sea levels to rise, droughts, stronger storms, hotter temperatures, and decreased snowpack. This also leads to acid rain.
- As leaders of tomorrow, it is our duty to find a solution to the problem rather than face the consequences.
- This World Environment Day let us prepare a scrap book to understand the difference in air quality when we come down from hills to the lands.

## **About the scrap book**

- This scrap book should depict the difference in air quality that exists in the hills i.e. pure air and in the plains such as in cities like Delhi where the air is impure.
- We should also try to add a page on the consequences of bad air quality in cities such as health problems like cough and lung infections.
- This should be a three to four page booklet and should also have a page with drawings dedicated to what we can do to improve the air quality in our village/ town/ city.
- Guidelines to prepare each page are given in different slides for your better understanding.

# MATERIALS TO USE

TO CHANGE AWARENESS INTO ACTION, PLEASE USE THE FOLLOWING MATERIALS

1. A few papers which could be used for drawings. (3-4 would do)
2. Drawing material- pencil, color pencil, paint, paint brush and crayons.
3. And your attention.

# UP IN THE MOUNTAINS

- The air quality in the mountains is somewhat pure or even fresher than the air in cities. This is because of the low number of factories and people. Therefore the air is clean.
- Now draw on your sheet a few mountains and a little grey patch of air pollution. Colour the page and make it look neat.
- Precaution- do not dirty or paint yourself.

# BACK TO THE CITIES

- The air in the cities, for example the air in Delhi is polluted, impure and not at all fresh. This is due to deforestation and high population which results in more number of vehicles and more pollution from them.
- Now take another page and draw factories, many cars and motorcycles and a lot of grey gas being emitted.
- Precaution- do not dirty or paint yourself.

# HOW ARE YOU AFFECTED

- Due to bad air quality, most of us fall sick. We tend to get cough, have breathing problems such as asthma attacks as well as congestion.
- Our regular routine can also be affected.
- Lung infections can also kick in, having horrible consequences in the future.
- Now draw how you would be affected by air pollution after reading the above points.
- Precaution- do not dirty or paint yourself.

# HOW CAN YOU HELP #BEATAIRPOLLUTION ?

- Plant trees and make your area more green.
- Do not burn waste.
- Talk to your parents about carpooling with friends.
- Get a 'Pollution Under Control' check for your car.
- Avoid indoor air pollution.
- Now draw what you are going to do to save your environment .
- Avoid energy wastage, it can help reduce air pollution.
- Switch to renewable source of energy
- Now draw how can you help in combatting air pollution after reading the above points.
- Precaution- do not dirty or paint yourself.





**YOUR SCRAP BOOK IS READY NOW..!!**

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