

## LCOY15 – Stories



**LCOY15**  
NOVEMBER 2019  
**India**

**Shaurya S. Sharma, 13 Years old** (Special participant at LCOY)

13 years old cyclist who recently cycled from Chandigarh to Mumbai and Back, a total of 3328 kms on cycle along with his cyclist dad. His mission was to spread the message of more environmental friendly travelling choices by people will make the world cleaner, safer and happier.

I am not as grown up as you all are, yet i am able to understand a simple fact, the more we use cars, bikes, and more personal vehicles we create more pollution. It is harmful for our air, for our health. I chose cycling because this is healthy, eco-friendly and cheaper also. Today people are not thinking of their health and just looking for comfort. Cycling will give you health and you don't even have to pay for gym. I don't understand why grownups don't understand or ignore such facts. Lastly i would invite you all to choose environment friendly means of transport. I thank LCOY India for providing me such a nice opportunity to spread this simple yet important message.

My experience of LCOY has been great. It helped me enrich my knowledge about how to Save Our Environment and to lead towards a better future for our human race. I learnt many new things and attended many sessions like The Garbage to Gold Session by Mr. Srinivasan Vellore which I found the most interesting. LCOY 15 has made me realise my moral duty towards planet Earth and now I have initiated a new habit that I avoid to use plastic articles in every possible way and I always carry a jute bag, whenever I go to The Market. In this way, I try to be one with nature



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**Suhani Bhartiya**

16 years old, Student of xi standard.

"The past cannot be changed but the future is yet in our power"

keeping this quote and Greta Thunberg's initiative in mind, I attended the Local conference of youth in Rajasthan Mount Abu, Brahma Kumaris campus.

I was very devastated to see that how plastic can ruin the lives of animals. That how animals get mistaken by the smell of the leftover food and engulf the plastic unknowingly. When Mr Srinivasan showed us the clippings of the intestines/stomach of animals which died due to excess of plastic, I realized that it is our carelessness.

From that moment we have stopped using plastic packet milk. I have become more conscious regarding use of electricity e.g- Geyser, press, elevator (Mr Prabhjot Sodhi had asked us this question in between- Do you know how much electricity is consumed when we just go from ground floor to first floor) and from that moment I prefer to climb stairs over elevator. I have tried to minimize water consumption and avoid wastage of it (Mr Mahit Sibbal told us about the quantity of water which is wasted in everyday life and I was devastated by the figures). The moment I start my day, and use the tap water for brushing etc., I have become very particular that it doesn't go in vain.

Most importantly, I am an environmentalist by heart but earlier I was very sad that I didn't have the link/exposure, but now I do have. Also, I was very inspired by Ms. Avni Varia the way she persuaded us to use indigenous art/techniques.

My message to the entire youth is that the earth is what we all have in common.

If not now, when?

If not we, who is going to take an action?

- Suhani Bhartiya





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**Amit Singh**

23 Years Old

District lead (Swasth Bharat prerak)- POSHAN Abhiyan  
Poshan Abhiyan is National Nutrition Mission

This conference helped me connect with people from different disciplines, all united for averting climate change. The session that stood out for me was by Mr Stephen Barkley, who helped me realize we're all part of one community. We need to be compassionate towards our comrades and environment. One take away for me is that it's a long journey to restore balance to our planet. But one small step at a time, we can all reach there. We don't need a handful of people to practice zero waste perfectly; we need everyone of us to practice it imperfectly.

- Amit Singh



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**Rekha Doyijode**

Civil Engineer

I got an opportunity to be a part of this conference and meet many like minded people, motivated youth, student activists, scientists, green entrepreneurs, sustainable developers, and consciously evolving human beings.

Many eminent personalities of the industry gave us great amount of knowledge.

My take away was

Reduce-Reuse-Recycle as much as possible. All of us have to start right now we have no excuses left anymore we cannot go about living the life that is harmful for this planet. Each one of us have to do our best to reduce the carbon footprint on earth.

Start small, start by giving up one plastic thing that you use on a daily basis and repeatedly buy, like toothbrushes, shampoos etc. Buy Bamboo toothbrushes, make your own paste, shampoos and bars. One can get creative in so many ways.

Always always think twice before buying any plastic ask yourself twice if you really need it.

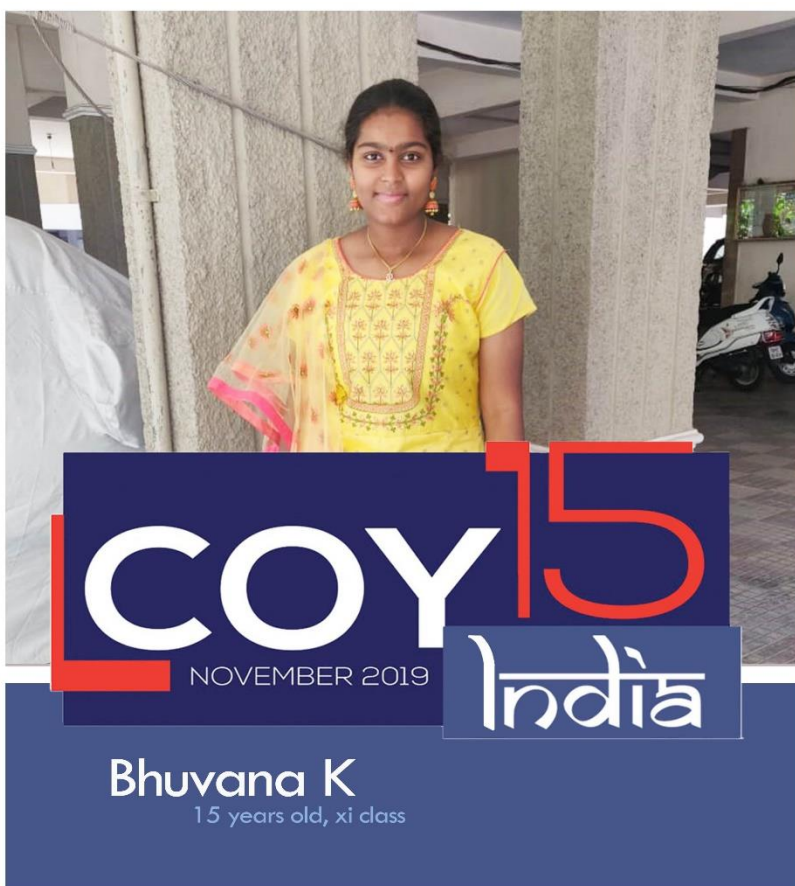
Urging one and all to be mindful of the things around us and live a compassionate life.

-Rekha Doyijode



This conference was an eye opener for me. Not that I was unaware of climate change and Pollution and other environmental issues. I knew them, I can say I was educated about them, but after attending this event I realised that I am somewhere contributing to Climate Change. When I take responsibility I can be changing the Climate with my actions in the favour of the future. Before today I knew there is something happening and now I know what I can do. Learning it from experts really made me more serious about it and I can see the effect of this conference on my daily awareness of my consumption patterns. I am thankful to LCOY.

- RJ Arushi



Lcoy 2019 has been a contemplating experience. The conference has helped me realise that my small acts of selfishness are costing people's lives and it's high time I bring a change within me. After the program i have started to use metro to commute to college. I have decided to minimise the waste as much as possible, so i switched to organic bathing powder. I have started using bucket instead of shower. Lcoy has filled in me the zeal to love the environment more than ever and I will make sure I do everything possible to save the environment.

- Bhuvana