



Who will be our
**AIR
SAVIOR?**



प्रस्तावना

हमें पर्यावरण को वायु प्रदूषण मुक्त बनाने के लक्ष्य को पूर्ण रूप से सफल बनाने के लिए अपने उत्तरदायित्व एवं भागीदारी को सुनिश्चित करना होगा। इसी मुहिम के अंतर्गत 'सार्ड' (SARD) सोसाइटी फॉर आल राउंड डेवलपमेंट गैर सरकारी संस्था एवं विंगिफाई फाउंडेशन (Wingify Foundation) द्वारा उठाए सकारात्मक कदम की सराहना करते हैं। इनके सहयोग से हमारे दिल्ली नगर निगम विद्यालयों के बच्चे 'वायुरक्षक' कहानी पुस्तक एवं खेलों के माध्यम से वायु प्रदूषण के प्रति जागरूक होंगे और समाज में अपनी महत्वपूर्ण भूमिका निभा पाएँगे।



जैसा की हम सभी जानते हैं कि वायु जीवन का एक आवश्यक तत्व है। प्राणी वायुमण्डल से ऑक्सीजन ग्रहण करते हैं और कार्बन-डाई-ऑक्साइड निष्कासित करते हैं, जिसे पौधे ग्रहण कर लेते हैं और इस तरह एक संतुलित चक्र चलता रहता है। किंतु इस संतुलन में उस समय रूकावट आ जाती है जब उद्योगों, वाहनों एवं अन्य घरेलू उपयोगों से निकलता धुआँ एवं अन्य सूक्ष्म कण, विभिन्न प्रकार के रसायनों से उत्पन्न विषैली गैस, धूल के कण, आदि वायु में प्रवेश करके, मानव के स्वास्थ्य के लिए ही नहीं अपितु समस्त जीव-जगत के लिए हानिकारक बन जाते हैं।

हमें वायु प्रदूषण के प्रभावों को कम करने के लिए पेड़ों को नहीं काटना चाहिए, सार्वजनिक परिवहन का प्रयोग करना चाहिए और अन्य उन गतिविधियों को करना चाहिए जो वातावरण को प्रदूषित करने वाले तत्वों को रोकने में सहायक हों।

इस दिशा में बच्चों को जागरूक करने के उद्देश्य से किया जा रहा यह प्रयास, निश्चित रूप से सार्थक होगा।

आइए हम सब मिलकर पर्यावरण को वायु प्रदूषण मुक्त बनाने का संकल्प लें तथा अपनी सार्थक भागीदारी सुनिश्चित करें।

**'आइए हम सब मिलकर करें प्रयास
बढ़ते प्रदूषण को रोकें आज'**

शुभकामनाओं सहित,

श्री विकास त्रिपाठी

आई आर एस ईई, निदेशक शिक्षा, दिल्ली नगर निगम



PROLOGUE

The right to breathe clean and fresh air is one of the significant components of the right to a clean and healthy environment. Air pollution negatively impacts all living beings' right to life and health, including humans, plants, and animals, especially children, the future citizens of the world.

Air pollution is a severe man-made problem that we all have the power to solve. We all need to take responsibility, actively unearth the causes, and take remedial steps.

With these observations in mind, **Wingify Earth**, a **CSR** initiative of **Wingify Foundation**, and **SARD (Society for all Round Development)**, in association with the teachers of Municipal Corporation of Delhi, have prepared a storybook, "**Vayurakshak**," for primary schools.

The aim is to make the children aware of a pollution-free environment, help them comprehend the damage air pollution causes, and empower them with the actions they can take to resolve it.

"**Vayurakshak**," a mythical air savior, takes children on an educational journey to demonstrate the significant causes of air pollution and further identifies the simple steps each individual must take to ensure that everyone breathes clean air.

"**Vayurakshak**" is an action-packed children's journey of discovery that uncovers the real heroes who, we believe, shall take a stand while growing up and fight for their right to breathe clean air.

We sincerely hope that "**Vayurakshak**" will encourage healthy discussion among children and adults alike on this severe issue impacting everybody.

Let us all pledge to actively participate in protecting our environment from pollution and spread the good word.

Bless you, all...

Sudhir Bhatnagar

Chief Executive Officer

(SARD) Society for All Round Development

Anil Chopra

Trustee


Wingify Foundation



Who will be our

**AIR
SAVIOR?**





Kavita and Gurmeet were strolling in the park, they were surprised to see their friend Nagma, sitting on a bench, who appeared quite weak and sick. They were all 5th grade students. They approached Nagma and asked the reason for her weakness.

Nagma - I have been quite sick. I had persistent chest pain and trouble breathing. The doctor told me, the cause of my sickness was Air Pollution.

Gurmeet - Air Pollution ... What is Air Pollution?



Suddenly children heard
some voice telling them–

“I will tell you, what Air Pollution is?”

All three started looking around.

“I am here, right above your head.”

All the three children looked up and asked –

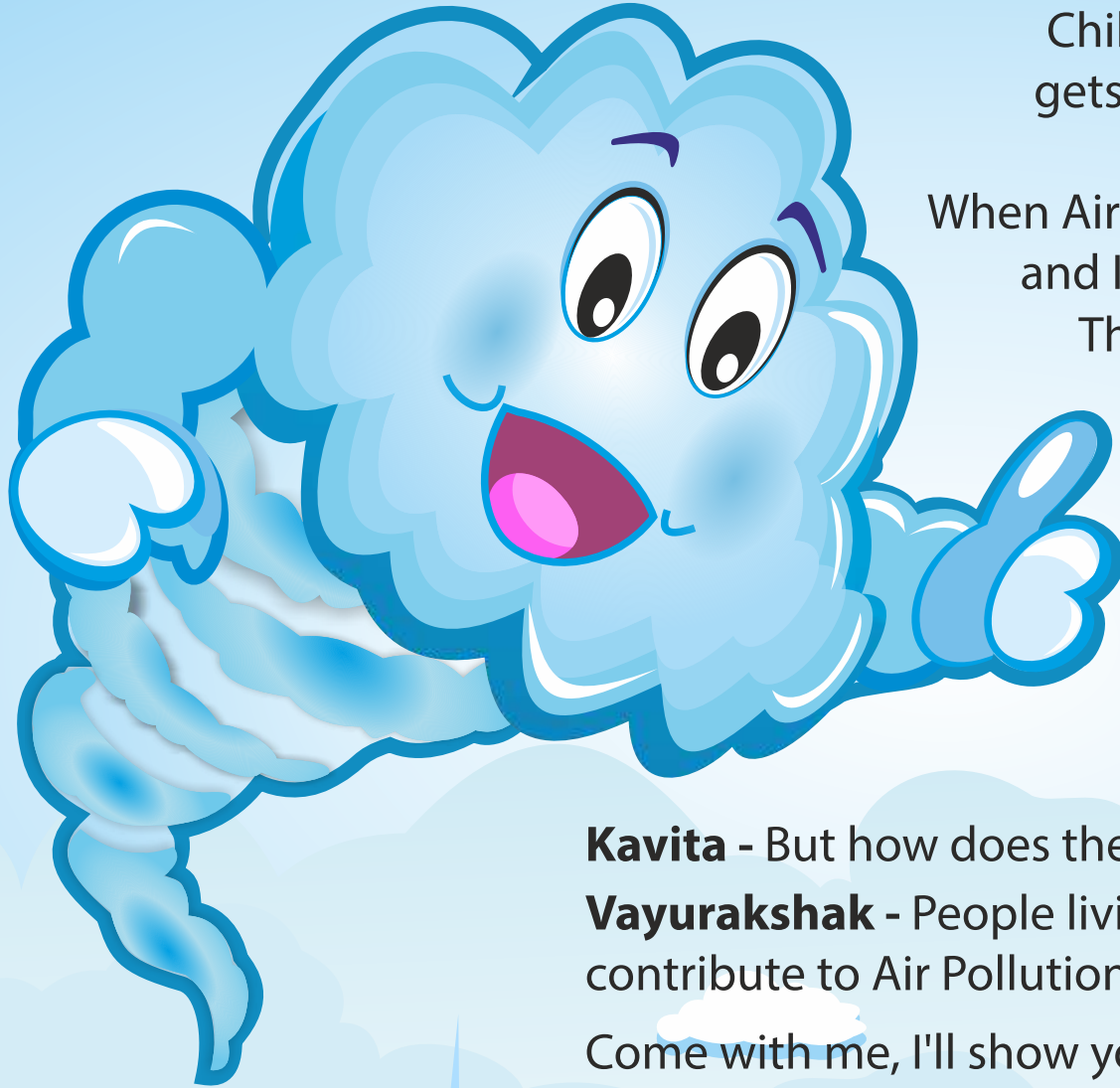
“Who are you Sir?”

(While moving in a circular motion, in the Air) the voice said,

“I am Vayurakshak”

“Vayurakshak” – the children said in unison





“Yes, Vayurakshak.”

(Vayurakshak said while romping in the Air)

Children! The Air you are breathing, gets polluted due to several reasons.

When Air gets polluted, it is called Air Pollution and I prevent it from getting polluted.

Therefore, I am a '**Vayurakshak**'.

Kavita - But how does the Air get polluted?

Vayurakshak - People living on the earth contribute to Air Pollution.

Come with me, I'll show you how people contribute to Air Pollution.

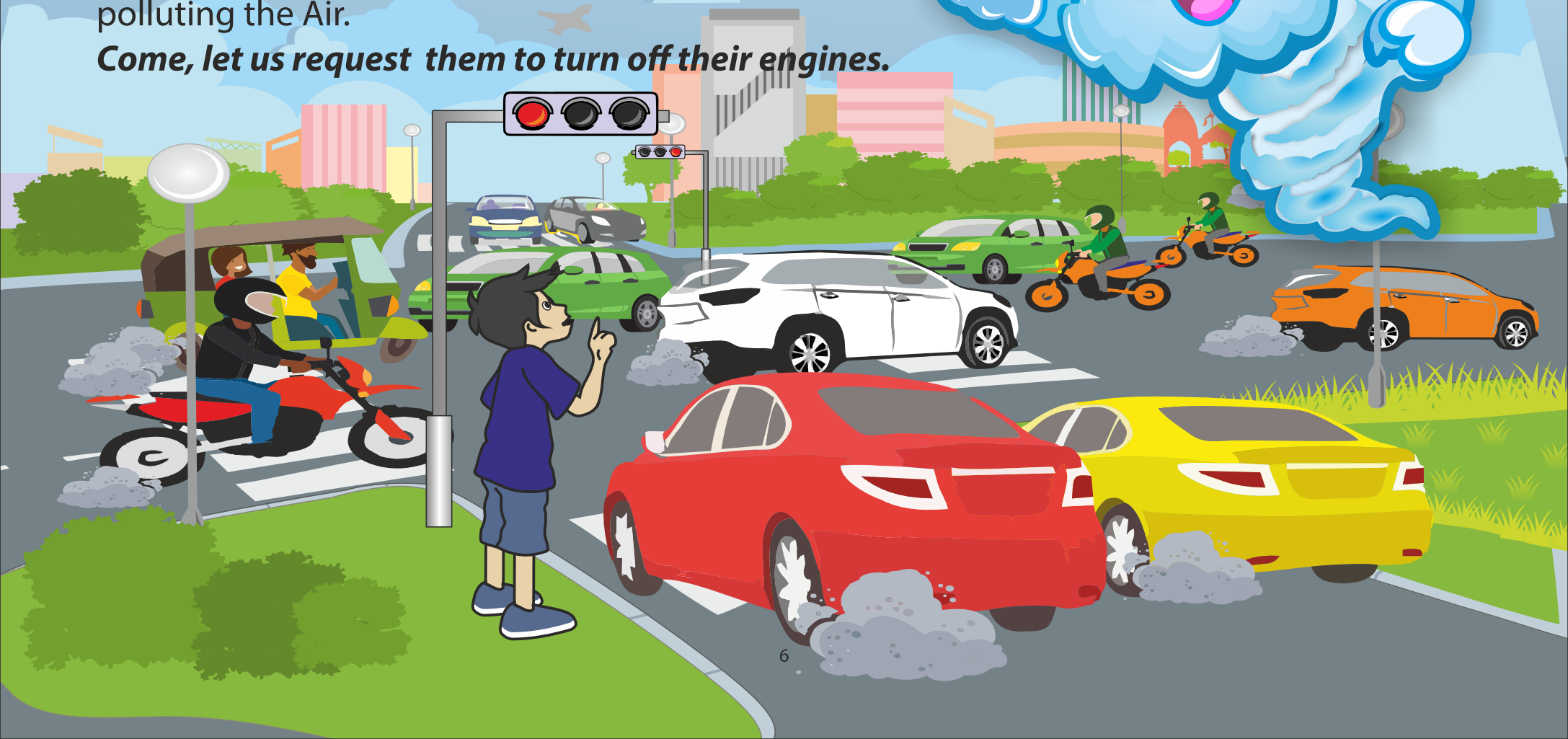


Vayurakshak took the children to the nearby roundabout and showing towards the vehicles on the road – said “look! How much smoke these petrol and diesel vehicles are releasing in the Air!”

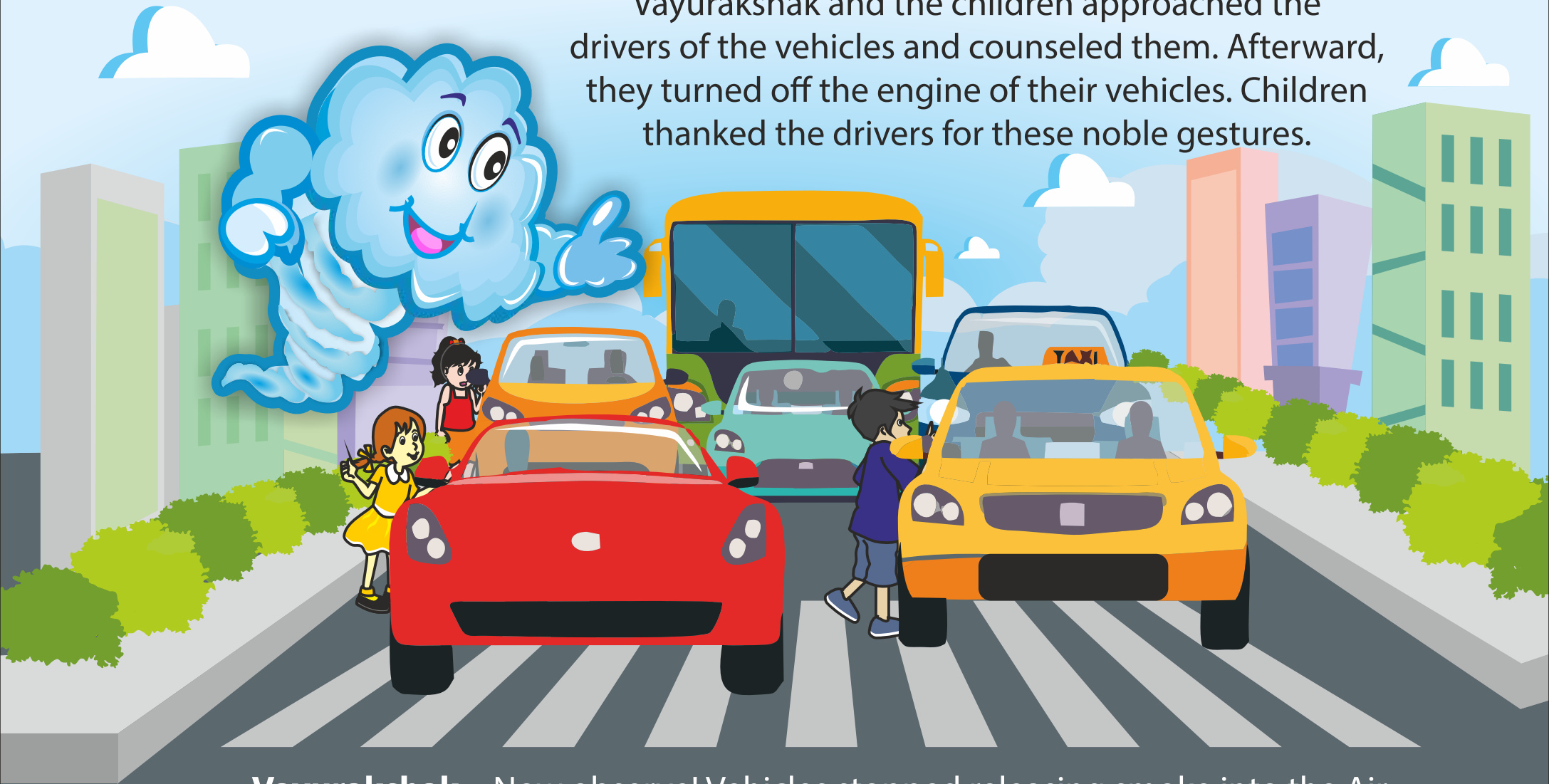
Gurmeet - Nagma might have fallen ill due to the hazardous smoke released by these vehicles.

Vayurakshak - You are right. Look, the traffic signal has turned red, and vehicles are waiting, but their engines are still on, and smoke from their vehicle is polluting the Air.

Come, let us request them to turn off their engines.



Vayurakshak and the children approached the drivers of the vehicles and counseled them. Afterward, they turned off the engine of their vehicles. Children thanked the drivers for these noble gestures.

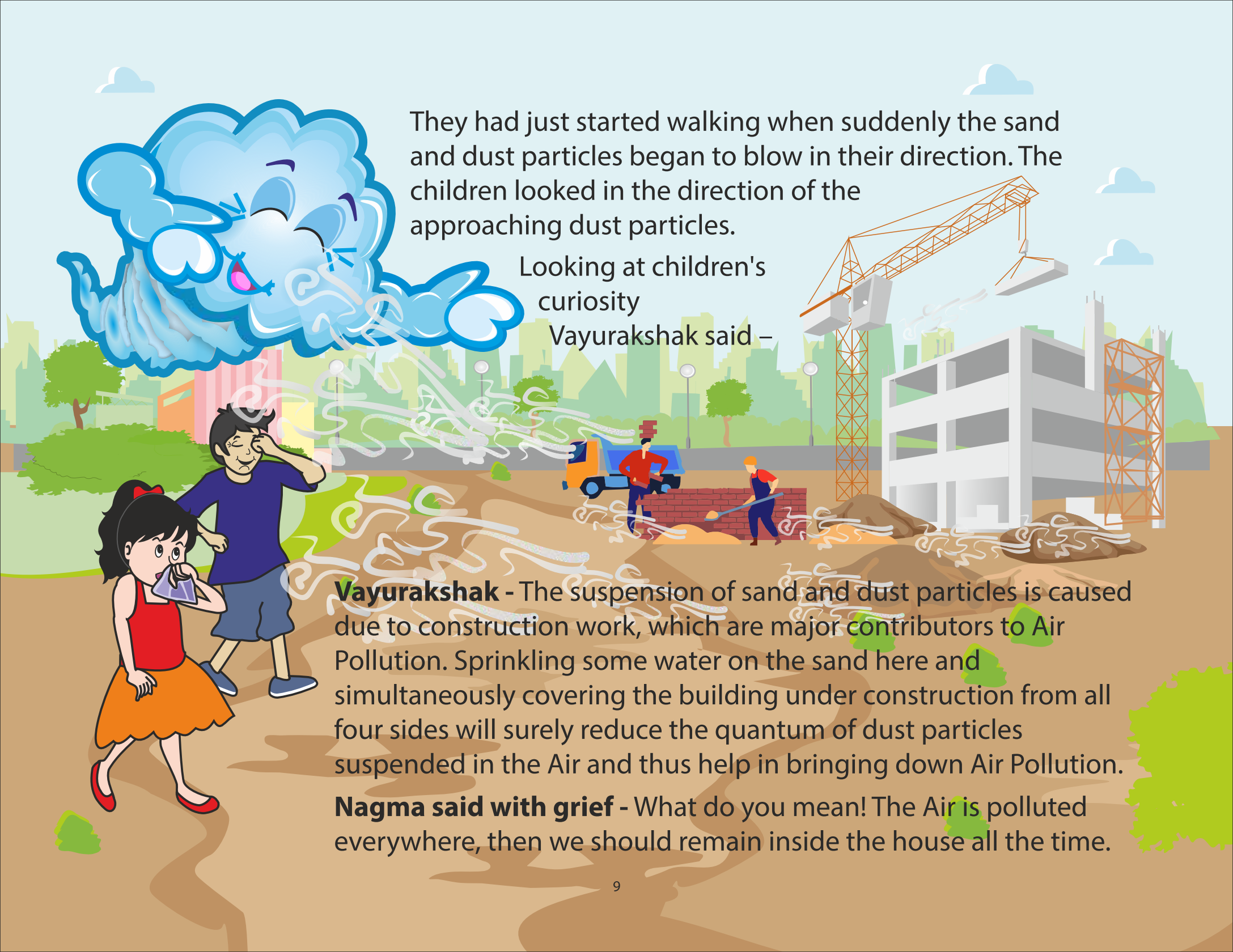


Vayurakshak - Now observe! Vehicles stopped releasing smoke into the Air. If everyone turns off their engines at the red signal, Air Pollution can be very much reduced.

Suddenly Gurmeet pointed out one vehicle and said, oh! The engine of that vehicle is still on but the vehicle is not releasing any smoke.

Vayurakshak - Ohh! That one ... that is an electric vehicle, a vehicle which runs on electricity. It does not pollute the environment. Now we should use such vehicles only so that pollution control becomes easier.





They had just started walking when suddenly the sand and dust particles began to blow in their direction. The children looked in the direction of the approaching dust particles.

Looking at children's curiosity
Vayurakshak said –

Vayurakshak - The suspension of sand and dust particles is caused due to construction work, which are major contributors to Air Pollution. Sprinkling some water on the sand here and simultaneously covering the building under construction from all four sides will surely reduce the quantum of dust particles suspended in the Air and thus help in bringing down Air Pollution.

Nagma said with grief - What do you mean! The Air is polluted everywhere, then we should remain inside the house all the time.

Vayurakshak smiled and said - Okay! Come on, let us go home. When they reached their lane, they saw garbage that was set on fire. The smoke was entering their houses and the neighboring houses as well.

Vayurakshak - Look, even air inside your house is also not clean. This smoke is polluting the Air inside your house.

Kavita - Do smoking cigarettes and beedis in the house also cause pollution?

Gurmeet - It must be.

They also release smoke.



Vayurakshak - Children, besides this, burning coal, uplas (cow dung cakes), wood, etc. in stoves or Angithis also causes pollution. We should use clean fuel such as an LPG cylinder.

Nagma - Is the Air inside our houses also not clean?

Vayurakshak - How can it be? Nowadays people are cutting down trees, which has resulted in a huge decline in their number. Whereas trees purify the polluted Air.





Vayurakshak said after a pause - "Now, you tell me! Who wants to become a Vayurakshak and help me clean the Air?"

All the Children extinguished the burning garbage by pouring water and...



Said loudly –
we are also Vayurakshak from today
onwards! We will work together to
make the Air cleaner.



Children! Would you like to be
Vayurakshak too?

VAYURAKSHAK

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PLEDGE

We take a pledge that we will not commit any such acts which shall pollute the Air. We commit to plant more trees, use public vehicles and avoid burning garbage. We will follow these and inspire others to do the same. We are sure that our efforts will prove to be effective in developing a pollution free environment.



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