

BECOMING SAAF HAWA AUR NAAGRIK (SHAN) WARRIOR

The teachers and members of B.E.S.T. club, Delhi Public School, Gurgaon attended Lung Care Foundation's webinar on Becoming Saaf Hawa Aur Naagrik (SHAN) Warrior on the occasion of the first International Day of Clean Air for Blue Skies conducted on 7th September 2020. The webinar was very informative. The webinar started with a welcome speech by Mr Anand Mehta, President, K L Mehta Dayanand Women College and chain of schools. The session was conducted by Mr Abhishek Kumar and Mr Rajiv Kumar. Prof. (Dr.) Arvind Kumar, who is also a founder trustee of Lung Care Foundation shared his views on the importance of lung health, air pollution and the challenges being faced due to air pollution. A special guest in the panel Ms. Sayema (Radio Jockey, Radio Mirchi) also gave valuable inputs.

What Do We Breathe?

- **Particulate Matter (PM)**
10 / 2.5 / < 1 micron
- **Gases**
Carbon dioxide (CO₂)
Sulfur oxides (SO_x)
Nitrogen oxides (NO_x)
Carbon monoxide (CO)
Volatile organic compounds (VOC)
Chlorofluorocarbons (CFCs)
Ammonia (NH₃)
Toxic metals : lead and mercury
Persistent free radicals
Ground level ozone (O₃)

LUNG CARE FOUNDATION
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Air Pollution
A National Emergency
It Needs:
Awareness - Awakening - Commitment

Karo ya Maro Aaj Nahin to kabhi nahin

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