



LUNG CARE
FOUNDATION







Youth Movement for Cleaner Air and Healthy Happy Lungs



What are B.E.S.T Clubs?

A Student led movement to:

-  Create awareness about air pollution and its health impacts
-  Promote individual actions for clean air
-  Increase awareness in schools about asthma and make schools asthma ready
-  Promote better lung health among students

What is in it for students?



- Certificates, Letters of Recommendation and Trophies (for winners)
- Individual Social Responsibility
- Gain Leadership and Management Skills
- Scope for Creativity and Innovation
- Improve Communication Skills
- Media Exposure

What is in it for Schools?

- Opportunity to Lead by Example.
- National and International Recognition
- Awards and Trophies for Most Impactful and Innovative Clubs
- Practical Implementation of Academic Learning



B.E.S.T. Club Annual Plan



Attend 1 day Orientation and Training Program

- 2 senior students & 2 teachers to attend a 1- day Orientation & Training program organized by Lung Care Foundation to learn from leading experts



Setting Up Teams & Create Annual Action Plan

- Form a team of 20 core members to work on various activities
- Training of new members by leadership team on air pollution and lung health
- Ideate and make annual activity plan for B.E.S.T. Clubs



Participate & Organize Various Activities

- Organise minimum 2 intra-school competitions
- Participate in 2 inter-school competitions organised by Lung Care Foundation
- Conduct Asthma Training session for school teachers



Win Awards & Be Part of Annual Culmination Meet

- Win exciting trophies and medals based on your activities & competitions
- Titles and recognition for all club members



Why B.E.S.T. Clubs ?

Air Pollution is a Public Health Emergency

Over 1.2 million Indians lose their lives annually due to air pollution. Children are more susceptible to ill effects of air pollution as they spend more time outdoors (majorly in school) and breathe rapidly absorbing more pollutants impacting their health

A child who is exposed to unsafe levels of pollution can face a lifetime of health impacts



- Increased risk of heart disease, diabetes and stroke in adulthood.



- Stunted lung growth
- Reduced lung function
- Acute lower respiratory infections.



- Impaired mental and motor development
- Behavioral disorders.



Source: Impact of Air Pollution on Children's Health, WHO

Children can lead the change

B.E.S.T. Clubs aim to inspire young minds with an outlook that envisions and empower every student to be a change maker in the society, while learning invaluable skills of leadership and innovation in the process

ASSOCIATED INITIATIVES



Lung Care Foundation under B.E.S.T. Clubs organize Asthma Response Training (A.R.T.) programs in schools to raise awareness about asthma and develop asthma management strategies to enable students and teachers to cope with asthma emergencies in schools under the guidance of specialist doctors.



Doctors For Clean Air (an initiative of Lung Care Foundation) is a network of specialized doctors guiding students by imparting knowledge about Air Pollution and its health impacts through various interactive sessions in simple and understandable terms.

For more information about Doctors For Clean Air, visit : www.dfca.org.in



Yeh Diwali Alag Nirali is an annual contest announced one month before Diwali to encourage students to share unique ideas of celebrating Clean, Healthy and Happy Diwali. The contest is open for age groups between 6-18 years. The entries of each contestant are promoted on social media platforms and the best ideas are rewarded for their unique contribution to the momentum.

We conduct customized sessions of ART and Health Impact of Air Pollution by an expert Doctor from DFCA for individual schools

For more information, please contact: matrushri@lcf.org.in|7838333985

For more information on Yeh Diwali Alag Nirali annual contest, write us at: ydan@lcf.org.in

Glimpses of BEST Club Activities

Green Drive



Asthma Preparedness



NO Idling Campaign



Waste Management



Awareness Among Community



Awareness Through Art



Yeh Diwali Alag Nirali



Lung Warriors Featured in Media

B.E.S.T. clubs were covered in various national and international media where the students got a chance to raise their voice about issues related to air pollution and health on various platforms



125
Schools

250
Mentors

625+
Activities

2500
Active
Volunteers

DELHI-NCR

KANPUR

NAGPUR

JALANDHAR

HYDERABAD


Join the Initiative

 / foundation.lung.care

Join the B.E.S.T. Club Group:

<https://www.facebook.com/groups/bestlcf>

 icareforlungs

 lungcarefoundation

 www.lcf.org.in

For More Information, Visit

www.lcf.org.in/bestclub

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Start a B.E.S.T club for Healthy Happy Lungs
to 'Breathe Easy, Stay Tough'