

## **Generation Restoration: A Health Student's Pledge**

As a medical and health sciences student, I've come to understand that the well-being of our planet directly impacts human health. Polluted air worsens respiratory illnesses, and contaminated water spreads diseases. Attending a climate change conference opened my eyes to the alarming rise in respiratory issues, waterborne diseases, and malnutrition—all linked to environmental degradation.

“Generation Restoration: Shaping Our Future!” is more than a theme—it reflects my daily commitment. In school, I've championed environmental awareness by organizing health talks that link ecological damage to medical consequences. Our generation must lead in reforestation of our lands, cleaning waterways, and reducing pollution. These actions don't just restore nature—they safeguard lives.

In places like Ikorodu, I've witnessed how improper waste disposal leads to malaria outbreaks. This drives me to advocate for clean energy, waste reduction, and sanitation through community-based solutions like clean-up drives.

Restoration isn't just about the environment—it's about securing a future where health is a right, not a privilege. Through health advocacy rooted in climate action, I strive to shape a world where well-being is a global standard. Let's be the generation that doesn't just dream of change—but makes it real.