

Generational Restoration: Shaping Our Future

Climate change, plastic pollution, and loss of biodiversity threatens the very basic foundation of life. Our planet is at a crossroad, but as a generation, we hold the power to protect and restore our environment for future and a promising generation ahead. Restoring is more than planting trees, it is a commitment to change how care for our natural world, how we live and what we consume. Ecosystem can heal if we stop harming them.

As a medical student I have seen how environmental damage affects health. During my first preclinical community posting in one area located at the northern part of Nigeria, I treated children suffering from preventable diseases linked to pollution and poor sanitation. It then became clear to me that a degraded environment directly harms human being.

Innovation is key. Innovative solutions like renewable energy and biodegradable materials gives hope, but it requires a collective effort and action. Government, communities, and individuals must unit to protect our planet.

As young people inheriting this crises, we must act as leaders of tomorrow Just as we care for our patients, we must care for the earth.

TOGETHER WE CAN SHAPE A BETTER FUTURE