Reflective Paper

**Name**: - Akshita Gaur

**Topic**: - Health and Wellbeing

**Issue**: - Due to the corrupting habit of eating junk food, people are suffering from more health issues.

**Aim**:-To make people aware about the detrimental effects of eating junk food.

We held our first meeting to choose an issue to work on as we began our group project. It was quite complicated to decide on a research topic, as everyone had different ideas and suggestions. After several brain storming sessions, we were finally able to reach a conclusion. After a thorough discussion we chose "Health and Wellbeing" as our main topic. After conducting some initial research and exchanging our opinions, we were able to narrow down our focus. We identified the core problem as: "Due to the corrupting habit of eating junk food, people are suffering from more health issues."

Moreover, according to me, the action we took made a considerable difference in the issue. The Website we designed played a central role in our action as we had uploaded several articles- summing up all the essential focuses which must have assisted the visitors(of the website) to comprehend the issue and its harmful effects along with the action they might take. The brochure confined of several different substitutes of junk food considering the healthy and a balanced meal.

Since everyone in the group, including myself, frequently consumes junk food, we felt this issue was very relevant to our everyday lives. I personally think this is a major global concern that requires immediate attention. It's something many people overlook, yet it affects not only physical health but mental well-being as well. Therefore, we made it our mission to raise awareness about the harmful effects of consuming junk food and promote healthier eating habits.

Everyone in the group found this topic engaging, and because it was such a significant issue, we understood that we had to put in a great deal of effort. After weighing our options, we decided to create a website that would serve as a platform to share our findings. This website would include original slogans, presentations, informative brochures, and articles based on our research.

One of the most helpful aspects of our project was the strong sense of teamwork we developed. It was honestly surprising that we managed to complete the project on time—hopefully, without any major flaws! However, we did face challenges. Communicating after school hours was difficult because we all live far apart, so school hours were the only time we could work together. Keeping our other study work updated along with the team project was a challenging task, which made it even harder to collaborate and stay productive. Despite these setbacks, we pushed through because of our commitment, individual strengths, and team spirit. Working as a team was found to be mainly beneficial. It was stress-free for us to carry out our work as each team member was given its own quantity of work; this made it really supportive as the work was uniformed without any tangled doubts.

As for my personal contribution, my responsibilities included designing the brochure, coding the website, and preparing a portion of the final presentation along with the compilation of all the work we did together. Unfortunately, I was absent for about a week at the beginning due to personal reasons, so I could only work on the opening pages of the brochure. The rest of the team helped complete the remaining sections. Even though I missed the initial part, my teammates didn’t stop the project in my absence—they continued to move forward. Each member worked on their part of the presentation, and when I returned, we all combined our work and made final edits together.

I’ve always been someone who takes time to process things, which makes it difficult for me to complete tasks quickly. This was one of my weaknesses. However, this project really helped me improve in that area. Working in a team motivated me to manage my time better and increased my ability to complete tasks more accurately. Another area I wasn't confident in was design. But when I started working on the brochure, it turned out to be more manageable than I had expected, which helped boost my confidence and skills in that area.

Being an ICT student gave me an advantage, especially since our project involved using digital tools and computer software. I was comfortable with the technical side of things, so I was glad to assist any of my teammates who struggled with software issues or web development.

Before doing this research, I used to think junk food only had negative effects on our physical health, like obesity or heart issues. But as we dived deeper into the topic, I discovered that it also affects mental health—causing mood swings, anxiety, and even depression in some cases. Additionally, one of my teammates focused on researching healthy diets and creating a nutritious menu. I was surprised to learn that there are so many fast food options available throughout the day, not just two or three as I had assumed.

This project has definitely improved my understanding of the topic and changed my perspective on food and health. If I were given another opportunity to work on this team project, the first thing I would do differently is create a proper checklist to keep our work organized. This time, our workflow was a bit tangled, and we lacked a clear order for completing tasks. Secondly, I would encourage the group to finish the project a bit earlier so we’d have more time to review everything and make necessary corrections.

As a team, we have developed the ability to handle even the most challenging situations with confidence and coordination.

Altogether, I believe my contributions helped our group succeed. However, none of it would have been possible without the cooperation, efforts, and support of my teammates. This experience taught me the importance of teamwork, planning, and adaptability.

(952 Words)

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