

# 10-B PROJECT



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# GLOBAL WARMING

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## What is Global Warming?

The increase in temperature on the earth's surface as a result of the "greenhouse effect" of gases released into the atmosphere as a result of human actions is called global warming.

### Gases That Cause Global Warming

- Carbon dioxide (CO<sub>2</sub>)
- Methane Gas (CH<sub>4</sub>)
- Nitrogen oxide Gas (NO<sub>2</sub>)
- Halocarbon Gases
- Ozone Gas (O<sub>3</sub>)
- Carbon monoxide (CO)
- Consequences of Global Warming

- 1- Weather Changes
- 2- Sea Level Rise
- 3- Ecosystem Disruption
- 4- Decrease in Agricultural Productivity
- 5- Decrease in Water Resources
- 6- Health Problems
- 7- Ocean Warming
- 8- Ocean Acidification
- 9- Increasing Natural Disasters
- 10- Increasing Environmental Pollution
- 11- Desertification in the World
- 12- Spread of Epidemic Diseases
- 13- Day-Night Temperature Difference Gradually Decreasing

## Causes of Global Warming

Global warming is the biggest factor affecting the world. The causes of global warming are fossil fuels ( coal, oil, naturel gas ) industrial processes, energy production, transportation and agriculture. The reason for this is that carbon dioxide, methane and nitrogen mix into air. These increase greenhouse gases. These gases retain heat and cause the air to warm up.

Greenhouse Gas: Does not reflect sunligt and warms the air.

Fossil Fuel: Increases greenhouse gases.

Deforetation: Greenhouse gases increase because carbondioxide increase.

Industry and Transportation: Increases greenhouse gases.

## The Effect of Global Beam on Human Life and the World

Global warming affects the world badly. melts glaciers, seas rise, seasons change, water evaporates, creates storms and tsunamis.It also reduces water. The weather becomes hot and dry. It causes events such as erosion. People will not have water. Agriculture will change. Epidemic diseases will increase.

Global warming, which is a common problem for all of us, nega^vely affects the lives of living creatures the most. Increasing temperatures and carbon emissions, disrup^ng seasonal balances, extreme drought, mel^ng of glaciers, decreasing oxygen levels in sea and ocean waters and many other factors destroy the natural habitats of animals. It consumes food resources. Let's go into the details of these areas together.

Oxygen level is decreasing.

Forest fires, which have occurred around the world in recent years and damaged thousands of hectares of forest areas, are among the most important consequences of global climate change. The destruc^on of forest areas, on the one hand, accelerates global climate change and, on the other hand, causes a decrease in the oxygen level in the world.

The amount of drinkable water is decreasing.

Although 75 percent of the world is covered with water, the amount of drinkable water is less than 3 percent. As a natural consequence of global climate change, the amount of drinkable water is decreasing. According to experts, the living ecosystem will soon face a water crisis.

Living spaces are shrinking.

Increasing water levels due to global climate change cause the shrinkage of suitable and suitable habitats. It is estimated that some countries will be under water in the coming years.

Economies are negatively affected.

Global climate change causes costs to rise in various fields, especially in renewable energy resources, on an international scale. In addition, in order to reduce the effects of global climate change and carbon emissions, states, institutions, organizations and companies have to make various investments in the production network.

Disease durations are getting longer.

Many factors such as temperature increase, air pollution, melting of glaciers, decrease in water and food quality due to global climate change cause the duration of the disease to extend and even the emergence of new types of viruses.

## What Happens If Global Warming Increases?

- Temperatures Increase : This can affect people's health and lead to problems such as heatstroke. Additionally, agricultural areas may dry out and plants may be damaged.
- Glaciers Melt
- Sea Level Rises
- Drought and Thirst Increase : As water resources decrease, people may face shortage of drinking water. Agricultural areas become dehydrated and plants cannot grow, making food production difficult.
- Animal and Plant Species May Disappear : Due to climate change, some animals and plants cannot adapt to new weather conditions.
- Diseases Can Spread : Due to hot weather, food spoilage may increase and epidemic diseases may increase.



- **People May Be Forced to Migrate :** People may have to leave the areas they live in due to water scarcity, agricultural lands becoming inefficient and natural disasters increasing.
- **Energy Consumption Increases :** Due to hot weather, people use more air conditioners and fans. This increases electricity consumption.
- **Agriculture and Food Production Become Difficult:** Since agriculture depends on weather conditions, rising temperatures and drought can reduce the yield of crops.
- **Diseases Can Spread:** As temperatures increase, some disease-carrying insects and microbes may spread to new regions.
- **People May Have to Migrate:** People may have to leave the areas they live in due to water scarcity, agricultural lands becoming inefficient and natural disasters increasing.

## How Can Global Warming Be Prevented?

You have the opportunity, you can start by planting a sapling in your garden or around your house. For a larger-scale organization, you can apply to local governments and get permission to plant trees on roads or empty areas. Trees are our source of breath, so we can start by breathing first.

Even saving a little energy is a big step. When your house is too hot in winter, you can simply turn down the heating instead of opening the windows to cool down. Instead of turning the heater on at full blast, dressing a little warmer is also a solution. You can use energy-saving bulbs instead of regular bulbs, thus reducing your electricity bill and not having to change bulbs frequently.

Unplug electrical appliances before going to bed at night. You will both prevent emitted radiation and save money. For example, do not leave chargers plugged in when you are not using them.

In this way, you will prevent the risk of a possible explosion due to overheating of the charger. Unplug electrical appliances you are not using and you will significantly reduce carbon dioxide emissions.

Using solar energy is one of the biggest benefits you can make to the environment. Use solar energy whenever possible and thus preserve the balance of nature. You can heat your home and produce electrical energy with solar energy.

You also contribute to the environment by giving due importance to recycling. We live in a world where we consume constantly. For this reason, we can often consume electronic devices, plastics, bags or similar things. Every product we recycle will come back to us as breath. Let's spread awareness about recycling for a healthier world.

## women's rights

Women's rights are the most important part of human rights. Women have experienced and continue to experience great problems about their rights and lives throughout history. They are experiencing inequality in issues such as political, legal, education, inheritance and business life and they are dying. In the political sphere, women's participation in decision-making processes has been blocked for many years, and women still do not have equal rights with men in many countries. For example, the right to vote and to be elected has been a late acquisition for women in many countries. In the legal field, women still have a lower status than men in many societies; they do not have equal rights in matters such as divorce, inheritance and alimony. From a political point of view, the first steps towards a solution have been taken with the right to choose and be elected granted to women. Then, with the elections held in 1936, 18 women deputies came to office and Hatice Özgener became the first woman deputy. Sirimavo Bandaranaike is the world's first female prime minister. Nowadays, women can easily enter the politics and start a party and one of the first steps of this is that Mustafa Kemal Atatürk's brother allowed Mrs. Makbule to become a member of the established party and enter the politics. In addition, with the elections held in 1950, Mufide İlhan Türkiye, who became the first female mayor, took office. Women are also exposed to some inequalities in the field of education from a younger age. For example, in developing and non-developing societies, the school attendance rate of girls is much lower than that of boys. However, studies conducted in Western countries show that girls' achievements in schools are higher compared to boys. For example, Marie Curie is the first person to receive two Nobel prizes. Or maybe the world's first computer programmer was Ada Lovelace. The main reason why the education rate of women is so low is due to social and cultural barriers. For example, "The woman in society cannot read or work, she only takes care of her home. wrong thoughts like "cause the formation of a backward mentality. Another obstacle is that all the roles in the family, especially responsibilities such as housework, are assigned to women and girls are married at an early age. Almost always, women are limited to domestic responsibility. Cooking, cleaning, childcare, elderly care have been considered as the responsibility of women. This situation also leads to inequality and injustice. Efforts are underway for women to put an end to this inequality. The United Nations is at the forefront of these efforts, and projects have been initiated to facilitate girls' access to education, especially in order to achieve equality in education. In addition, it has also involved governments and various nongovernmental organizations in these processes. UNESCO, which is also a large organization, continues its work on girls' education. It provides opportunities in terms of scholarships and transportation for them to continue their education in rural areas, especially in developing regions. In some countries, regulations have been made in the curricula to ensure equality between men and women in education. With these regulations, women are encouraged to participate more in leadership roles and STEM (Science, Technology,



Engineering, Mathematics) fields. Another important issue is that campaigns have been organized to increase education, especially in countries such as

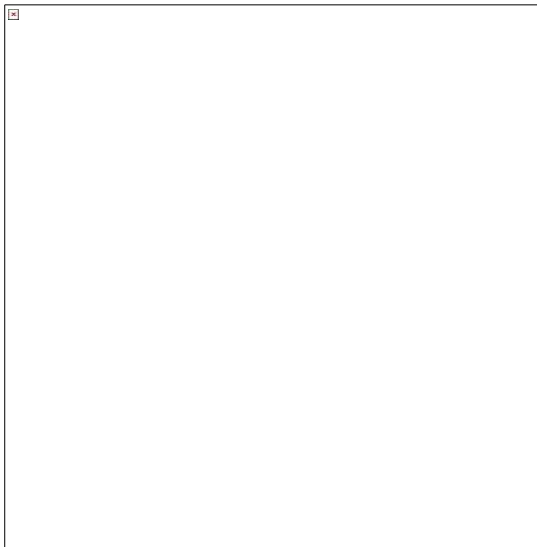
Nigeria, Kenya and India, and trainings have been given for social awareness. The name that went down in history as the first female teacher, 19. She was Fatma Aliye Hanım in the Ottoman Empire at the beginning of the century. The first female teacher in the Western world, 19. At the turn of the century, it was Mary Lyon who founded Mount Holyoke College for Women in 1837. Figures such as Fatma Aliye Hanım and Mary Lyon have a great importance both in the fields of women's education and in the social sense. Another issue is women's health rights. Women's right to health is of critical importance in achieving gender equality. However, women around the world experience serious inequalities in access to health services. In developing countries, women often do not have access to adequate health services due to inadequate health infrastructure, cultural barriers and economic difficulties. In addition, women may be in a more vulnerable situation in terms of physical and mental health due to factors such as gender-based violence, psychological pressures and low social status. In order to eliminate these inequalities, it is necessary to expand health education and make more investments in women's health in order to ensure equal access to health services for women. While women experience some difficulties in business life, they also have some negative privileges. Some of these difficulties are a lot of obstacles that we cannot count, such as unequal wages, sectors where women are not hired, and the way the environment views working women. Some of the positive privileges granted to women are maternity leave, the salary that continues to be given while on maternity leave, and the policies of municipalities aimed at introducing women into business life. The biggest problem that women are experiencing today is violence and harassment against women. Nowadays, this problem is increasing every passing year. According to digital data, 40 women were murdered in the first two months of 2025. the number of women killed in 2024 will be 444 and in 2023 it will be 418. After these murders, dozens of children remain motherless, many women become psychologically disturbed due to the threatening messages they receive, begin to be hospitalized on medication, and become afraid to go out on the street. There are various reasons for the increase in incidents of violence and harassment. These reasons are due to social, cultural, economic and psychological factors. At the beginning of these, gender inequality and women's second place are included. Traditional social perceptions and gender roles lead to women being seen as having a lower status and men having more power. This imbalance causes violence and harassment to be considered legitimate. In addition, economic difficulties and poverty can increase individuals' stress levels, and as a result, violent behavior may become more frequent. Problems such as fragile structures within the family, educational deficiencies and addiction are also factors that are effective in increasing violence and harassment. The normalization of the themes of violence and harassment in the media and popular culture is also an important factor. A situation that leads to violence, harassment and disregard of women's rights is marriages performed at an early age. The fact that girls are usually married at an early age due to family pressures and poverty restricts their rights to education and personal development.

This situation also endangers their health. Is there a constitution that protects women? Of course, there is; but this is not enough. Most women who are wronged do not find their rights. Some women are not protected when they should be protected, and criminals who commit crimes against them do not find their punishment. So, how can we prevent this with this constitution? More deterrent penalties should be introduced against violence against women. Adherence to international conventions such as the Istanbul Convention should be maintained. By putting these practices into effect legally, women's murders and violence can be prevented. But while there are also these applications, there are some responsibilities that fall on us. Women's rights and freedoms are not just an individual issue, but an issue that affects the level of development and wellbeing of societies. The greater participation of women in economic, social and cultural life is of critical importance for the overall health and sustainability of societies. The presence of women in decision-making mechanisms improves the quality of life not only of women, but of all individuals. Greater participation of women in leadership, the workforce and education can reduce gender inequality while at the same time accelerating economic growth. Besides, it is extremely important to raise awareness about gender equality while fighting violence and to educate children about this issue from an early age. Because an egalitarian society offers a peaceful life not only to women, but to all people. In fact, it is everyone's right for women to live in a safe, free and equal way, and the protection of these rights is the responsibility of the entire society.

# MALNUTRITION

Living beings have to nourish to live. Nutrition is a psychological, sociological and economic thing as well as physiological one. Healthy nutrition; It is the adequate and regular consumption of nutrients for growth and development, maintenance of life, protection of health, renewable and replaceable nutrients for life flexibility.

Malnutrition occurs when a person cannot get enough energy, protein, and other nutrients from food for long periods of time. Malnutrition can lead to weight loss and problems with body functions if the body's needs are not met. According to the World Health Organization (WHO), a BMI of less than 18.5 kg/m<sup>2</sup> is malnutrition.



Malnutrition in children can lead to developmental delays. Malnutrition is seen in 1 in every 4 children in the world.

According to the declaration published by the World Health Organization (WHO), it is estimated that approximately 1 million children die in a year annually due to malnutrition.

Malnutrition affects children more. Children's development should be monitored by weighing them regularly and measuring their height. Malnutrition shows itself in children as loss of

appetite, fatigue, susceptibility to infections, irritability, and in severe cases, leads to developmental delay. This means delayed physical development accompanied by motor and psychosocial changes. Malnutrition, especially in the child's first two years; It can inhibit brain development and therefore intellectual development. It can also weaken the immune system in the first five years of life.

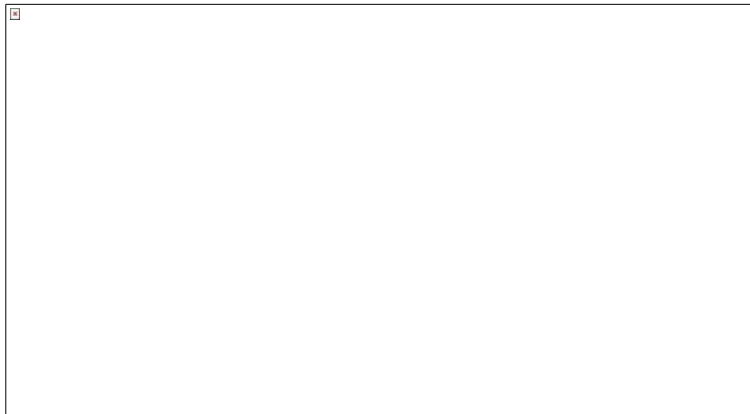
## Symptoms of Malnutrition

The symptoms and consequences of malnutrition depend largely on how severe the malnutrition is. Long standing or severe malnutrition can have serious consequences and impair important organ functions.

The most obvious symptom of malnutrition is loss of weight and muscle mass. Moreover Symptoms include fatigue, difficulty on concentrating, mood swings, depression and anxiety, and weakened, brittle hair and nails. Malnutrition leads to general weakness of both the muscle and immune systems. Malnutrition can also lead to digestive problems and dehydration. It may cause vitamin and mineral deficiencies. Calcium deficiency weakens bones, which can lead to osteoporosis and recurrent fractures. Good eating habits are also essential for mental balance. If left untreated, malnutrition can eventually lead to a person's death.

## Treatment of Malnutrition

To successfully treat malnutrition, it is important to detect its causes. The earlier malnutrition is detected, the easier it is to treat. The problem of malnutrition can be cured by consuming the missing nutrients. It is crucial to counter malnutrition at an early stage, especially when there is an underlying disease. Therefore, in the case of debilitating diseases such as cancer, care should be taken from the very beginning to ensure adequate energy and nutrients. Being overweight does not provide any protection against malnutrition. Treatments against malnutrition aim to restore good eating habits by restoring the patient's diet. The most appropriate treatment can be considered after a general evaluation of the patient's nutritional habits and the severity of the underlying diseases. A healthy and balanced nutrition plan is determined and nutritional supplements such as vitamins and minerals are usually added to this plan.



## Countries Where Malnutrition Is Most Common in the World

To list the countries with the highest rates of malnutrition, the top five countries are as follows:

1. Afghanistan
2. Somalia
3. Central African Republic
4. Yemen
5. Chad

The geographical location of these countries is actually the African continent, which has very fertile lands. However, if we think about why malnutrition is so much more common in these countries, we need to look at the different characteristics that these five countries have in common. The common features of these countries are economic difficulties, political instability and conflicts, climate and environmental problems, weak infrastructure and agricultural production and dependence on international aid, shortly, exploitation by developed countries. The low development level of these countries and the lack of awareness of the people living in these countries about their rights are among the main reasons for malnutrition.

Article 25 of the United Nations Universal Declaration of Human Rights states that everyone has the right to access adequate food, shelter and health services. In addition, Article 11 of the International Covenant on Economic, Social and Cultural Rights says that everyone has the right to adequate nutrition and places the responsibility on states to secure this right. It is known that the five countries mentioned above have also accepted these two agreements and these articles. Despite this acceptance, malnutrition remains very serious in these countries. Among the countries that are important in the preparation of these two agreements are; USA, USSR, UK etc. We see developed colonial countries.

### Bad Effects of Unhealthy Eating

Unhealthy eating is bad for the body and health. Here are some bad effects:

- ✚ Low Energy: The body has no energy. This makes people tired.
- ✚ Lack of Nutrients: No enough vitamins, minerals, and protein. This causes sickness.
- ✚ Weak Immune System: The body cannot fight diseases. People get sick easily.
- ✚ Growth Problems: Children cannot grow well. Bones become weak.
- ✚ Muscle Loss: Weak muscles because of no enough protein. Anemia: Not enough iron. This causes tiredness.
- ✚ Mood Changes: The brain does not work well. People feel sad or angry.
- ✚ Obesity and Disease: Bad eating makes people fat and sick.
- ✚ Stomach Problems: No enough fiber causes constipation.
- ✚ Hair, Skin, and Nail Problems: Hair falls, skin gets bad, and nails break.

### Healthy Eating

To be healthy, we must eat well. We need protein, carbohydrates, fat, vitamins, and minerals. Eating well keeps our body and mind strong. A good diet gives us energy and health.

# BENEFITS OF AI:

Nowadays, artificial intelligence is mostly discussed in terms of its harms and is often approached with prejudice. However, it actually has many roles and benefits in our lives.

Now, let's take a look at them!

**BENEFITS IN THE HEALTH SECTOR:** First, in the healthcare sector, AI helps doctors make faster and more accurate decisions by reducing mistakes in diagnosis. For example, with image processing technology, AI can analyze medical images like X-rays, MRIs, and CT scans more quickly and accurately. This helps doctors detect diseases early. As a result, treatment starts sooner. AI also gives you more detailed information about your illness and creates a personalized treatment plan based on past diagnoses and reports.



**BENEFITS IN THE EDUCATION SECTOR:** Artificial intelligence also has benefits in education. The first and, in my opinion, the most important one is applications that create study programs based on students' learning and focus styles. A personalized study method helps students learn more effectively. For teachers, AI is useful because it allows them to track students' academic progress more closely and evaluate their performance better. In the future, AI is expected to be used even more in education. One prediction is that AI might replace teachers and lessons could be held in a virtual environment.





**BENEFITS IN THE AGRICULTURE SECTOR:** AI is very helpful in agriculture for saving resources and increasing efficiency. It monitors soil moisture and plant water needs and controls smart irrigation systems. This helps save water and keeps plants healthy. AI also reduces time and labor costs. Using water wisely also benefits the economy.



**BENEFITS IN THE INDUSTRY SECTOR:** AI has many benefits in the industry. It makes production faster and more efficient. It reduces human mistakes and costs. It also finds errors quickly and improves product quality. Plus, AI helps keep workers safe by using smart sensors to prevent accidents.

**BENEFITS IN TRANSPORTATION:** AI helps in transportation too. It shows the best routes for your trip and gives information about traffic. It also makes roads safer with traffic signal systems.



**BENEFITS IN BUSINESS:** AI helps businesses by making faster and better decisions based on current conditions. It reduces human errors and increases efficiency. With AI, customers can ask questions and submit complaints 24/7 through chatbots. Quick responses improve customer satisfaction. AI speeds up business operations and lowers costs by reducing the need for human workers. It also analyzes past data to predict future risks and offers solutions. AI can generate new ideas, making it valuable for innovation in companies.

**DEVELOPING CREATIVITY AND ART:** One of the best examples of the benefits of AI in creativity and artistic development is 3D printers. These devices can help people's creativity develop and also offer new opportunities to artists. Although AI is still controversial in the field of art, developments in this field are exciting and are expected to lead to greater innovations in the future.



**SOLUTION TO ENVIRONMENT PROBLEMS:** When AI is used it can make a great contribution to solving environmental problems. AI can help protect natural resources, stop climate change, and reduce pollution. When the benefits of AI in this field are discovered, environmental problems can be reduced and solved faster.

**INCREASING ACCESSIBILITY:** AI can help elderly and disabled people. For example, it can help disabled people talk to others. AI can also make elderly people happier, be their friend, and support their mental health.



**SPACE EXPLORATIONS:** AI can be used in space research for weather forecasting, helping astronauts, and getting information about exploration. For example, AI can give information about explosions, storms, and similar events in a place that people want to visit. AI robots can also go to places where humans cannot go, so we can learn about those places. Also, in space stations, AI can check astronauts' health and help with experiments.





## Freedom of the Press

Freedom of the press is the freedom to express news, ideas, and thoughts freely through reproduction means. It includes the right to collect information and ideas freely, reproduce them by commenting and criticizing, and publish and distribute them without interference. Publication through the press is a special form of expressing ideas, but freedom of the press constitutes a separate category of freedom from the freedom of expression. The fact that the truth can be revealed thanks to people's ability to express their thoughts freely in public life, and that mistakes, corruption, illegalities, and contradictions will come to light, has led to the acceptance of this freedom in democratic states of law. A press that lives under state pressure and fear cannot perform its duty as the public's advocate. It cannot defend social benefits. For this reason, freedom of the press is not considered a privilege granted to the press, but a protected right, like personal rights.



Everyone should be able to express their opinions without being hindered by anyone. The right to freedom of expression is our most natural right; it is the right to learn, receive, and impart all kinds of information and ideas without

limitation, orally, in writing, in print, through art, or through any media of choice. This right can be restricted at times. This is clearly stated in Article 28 of the constitution.

**Article 28:** Those who write or print any news or article that threatens the internal and external security of the State, the indivisible integrity of its territory and nation, or that incites the commission of a crime or insurrection, or that relates to confidential information belonging to the State, or who print it for the same purpose, and those who give it to someone else, are responsible in accordance with the provisions of the law regarding these crimes. Distribution by precautionary measure may be implemented by a judge's decision; in cases where delay is harmful, it can be prevented by the order of the authority expressly authorized by law.



Some issues that do not constitute an obstacle within the scope of freedom of thought expression may hinder freedom of the press because they occur within a business context. Making the establishment of a printing house conditional on obtaining permission or paying a financial guarantee and introducing preliminary inspections for works to be published are examples of issues that may hinder freedom of the press.

Since accepting freedom of expression and freedom of the press in domestic legal systems would not provide sufficient guarantees, these freedoms have been included in international texts and have become the subject of international agreements.

## **Freedom of the Press in Different Countries:**

There are practices that limit the exercise of press freedom in every country. Each country has its own laws regarding the scope of these limitations and the means of imposing restrictions. Non-governmental organizations evaluate whether there is press freedom in a country based on different criteria. For example, Reporters Without Borders publishes the Press Freedom Index every year. This index is evaluated according to criteria such as pluralism, media independence, media environment and selfcensorship, legal framework, transparency, and the quality of the infrastructure supporting news and information production. The survey is applied to journalists in 180 countries.

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