

Yes I Have

~~No~~ Time For
Liver

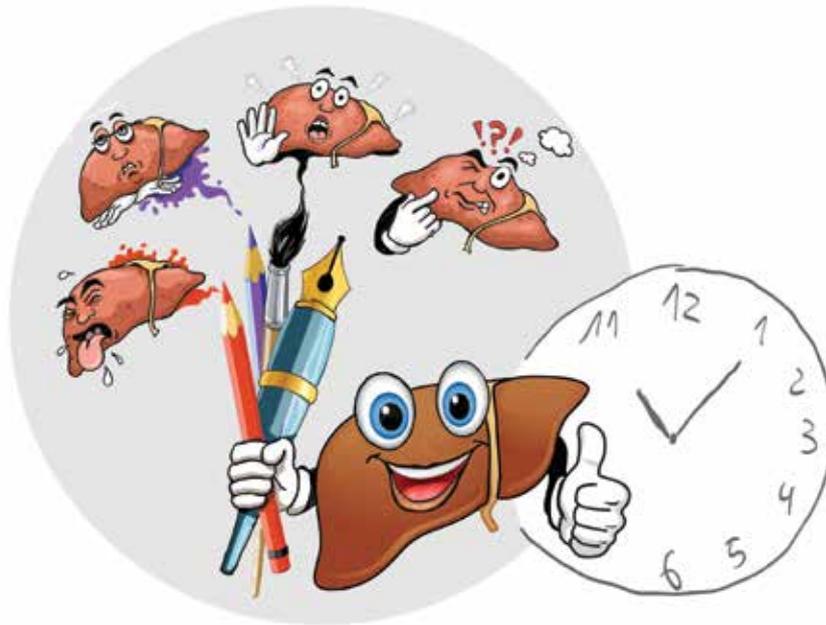


COLLECTION OF CARTOONS

FROM

The First International Cartoon contest on Liver Health Awareness, 2019

Theme : **No Time For Liver**



Organised by Institute of Liver and Biliary Sciences under the Empathy Campaign
with support of Airports Authority of India

Cartoon Artwork Catalogue

Contest Organiser: Institute of Liver and Biliary Sciences | www.ilbs.in

Under the Project

EMPATHY: Empowering People Against Hepatitis | www.theemphycampaign.com

Supported by: Airports Authority of India (under its CSR initiative) Project Empathy

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Foreword

Liver was considered the seat of life for centuries. It was worshipped by ancient Greeks, Etruscans and Babylonians peered at the Liver to Predict the Future. It was only in 16th century circulation and relevance of heart became known, till then Liver, Jigar was the most vital organ of human body. In fact, in reality, Liver remains one of the most vital organ of the human body today.

However, Liver, like other organs always remained in the books and hands of the physicians and scientists. For common people, it is a glutton's delight and gets insulted with too much booze. They never bother, till someone tells them that they have a bad liver. It is only then they ask the neighbor or the internet about liver.

How to learn with fun, more so about health and disease. Institute of Liver and Biliary Sciences, experimented with the idea of making people aware of liver, its functions, ailments and prevention, using a novel concept. We used a creative participatory approach to use Cartoons/illustrations as a communication tool to educate about liver health and diseases.

This novel activity was undertaken as part of Empathy Campaign: Empowering People Against Hepatitis which is being supported by Airports Authority of India under its CSR (Corporate Social Responsibility) initiative.

It gives me immense pleasure to see the outcome of this creative call. We witnessed an overwhelming response from 40 countries with approximately 800 submissions covering various aspects of Liver Health issues. I am amazed at the high quality work and wide array of issues on liver health that participants have depicted through their artworks. It must have been quite a difficult task for the jury, to make a selection of the winners. It made us announce the additional award categories (consolation and appreciation).

I would like to thank all the artists and participants from India and various countries of the world for taking time to be part of the contest and congratulate all the winners. I heartily acknowledge the hard work of the entire team, specially Deepti Dubey and Vikram Nayak who helped us actualise this unique concept.

I believe Artworks capture the aesthetic aspect of science describing a scientific truth in a simplistic way; people can see and understand these cartoons in a way that is much more accessible and relatable to them. I hope people will not only enjoy these cartoons but also get inspired to take care of their Liver and Health.

Let us all take the Pledge to keep our Liver Healthy and say it aloud...**YES I HAVE TIME FOR LIVER!**



Dr. Shiv Kumar Sarin,
Director, ILBS



'NO TIME FOR LIVER'

The First International Cartoon contest on Liver Health Awareness, 2019

The course of this cartoon catalogue is also the journey of one of its kind unique initiative undertaken by Institute of Liver and Biliary sciences. The First international cartoon contest on 'Liver Health Awareness' was organised by the Institute of Liver and Biliary Sciences under The EMPATHY CAMPAIGN: Empowering People Against Hepatitis, supported by Airports Authority of India under its Corporate Social Responsibility initiative.

The opening of the Contest was announced on 10th July 2019 and entries were accepted until 15th August 2019. The competition had received nearly **800 entries** from India and abroad (40 countries) on the topic 'Liver Health Awareness' and under the theme 'No Time For Liver'. It attracted entries from **40 countries and 23 states** of India. The age group of the participants ranged from 09 years to 77 years.

We have attempted to present a catalogue of selected cartoon artworks of awardees and participants from India and international category portraying diverse issues related with liver health. This catalogue is a rich array of cartoon illustrations on the theme of Liver Health exploring the ways in which artists have captured the neglect towards this most important organ of our body, various liver diseases associated with fatty liver, alcohol abuse, viral infection, unhealthy food habits, lifestyle and constant struggle associated with chronic liver diseases.

We express our profound gratitude, and appreciation to Dr. Shiv Kumar Sarin, Director, Institute of Liver and Biliary Sciences for believing in the power of Visual Arts as a medium to communicate the importance of healthy Liver. Dr. Sarin, with his intense dedication, vision and work, is a role model for the country. The vivid and rich array of illustrations from across the world is the fruit of his vision and encouragement. We truly hope that this contest and Liver cartoon exhibitions will contribute towards spreading awareness about liver diseases in India.

We would also like to warmly acknowledge the contribution of Dr. Anil Agarwal (Head, Administration) and his team for providing vital administrative support. His valuable inputs at each phase of the contest propelled the steady completion of the tasks and enriched the outcomes.

The Journey.....

Our deep sense of gratitude to Dr. Umesh Kapil (Sr. Professor, Epidemiology) who provided valuable inputs throughout the course of this activity.

We sincerely thank Vikram Nayak, the contest Mentor and curator, for hosting this challenge and making sure everything went smoothly. This was the first contest of its kind with a unique subject, despite that we received great response and high volume of participants from India and the world over. The jury members (Internal and External) had a hard time evaluating them, without them the contest could not have been completed.

Our Internal Jury Team comprised of Doctors, senior Hepatologists and Medical professionals who despite having busy schedules took pain in evaluating each and every cartoon which were each more impressive than the next. Our deep gratitude goes to Dr. Seema Alam (Professor, Department of Pediatric Hepatology), Dr. Ekta Gupta (Professor, Virology), Dr. Meenu Bajpai (Additional Professor, Department of Transfusion Medicine) Dr. Rajeev Khanna (Associate Professor, Pediatric Hepatology), Dr. Anjana David (Assistant Head, Operations), Dr. Shantanu Dubey (Assistant Head operations, Observer in the Jury) and Dr. Neeraj Raizada (Assistant Professor, Epidemiology).

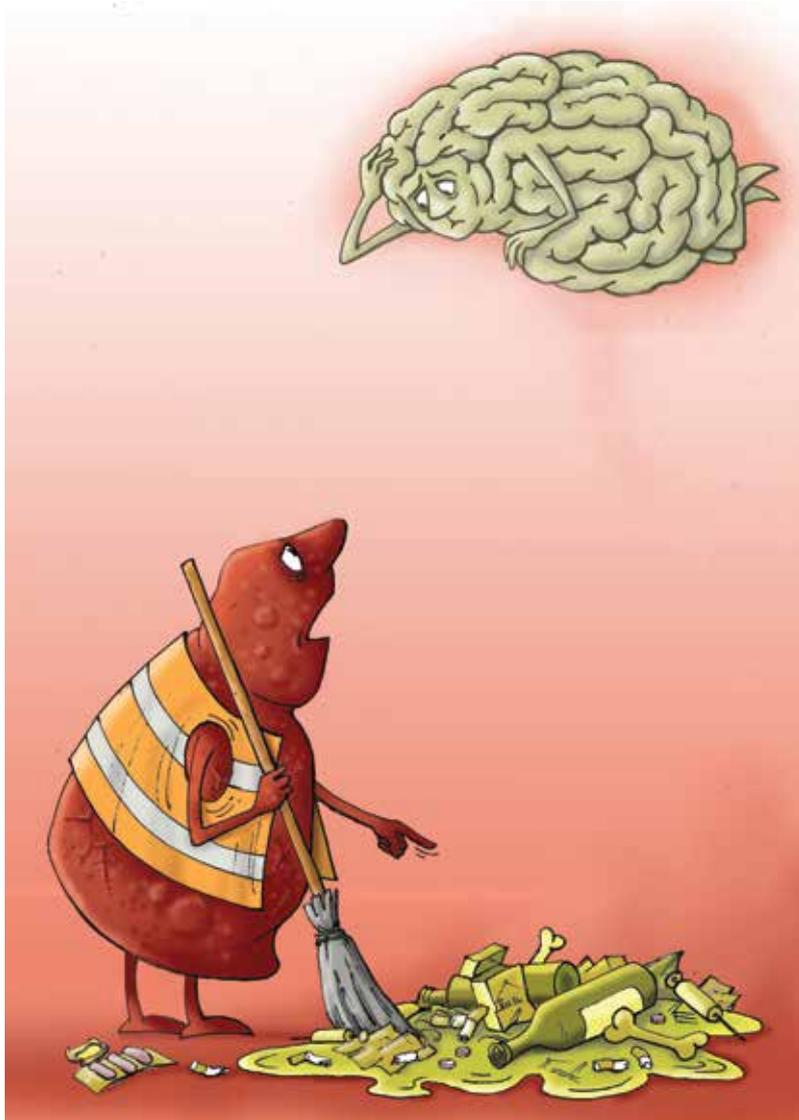
We also extend our heartfelt thanks to external Jury members Shri Ajit Ninan (Prominent Cartoonist of India), Shri Uday Shankar Ganguly (Senior Cartoonist, Times of India), Ms. Vandana Bist (Senior Illustrator, Writer, Author) for their valuable time.

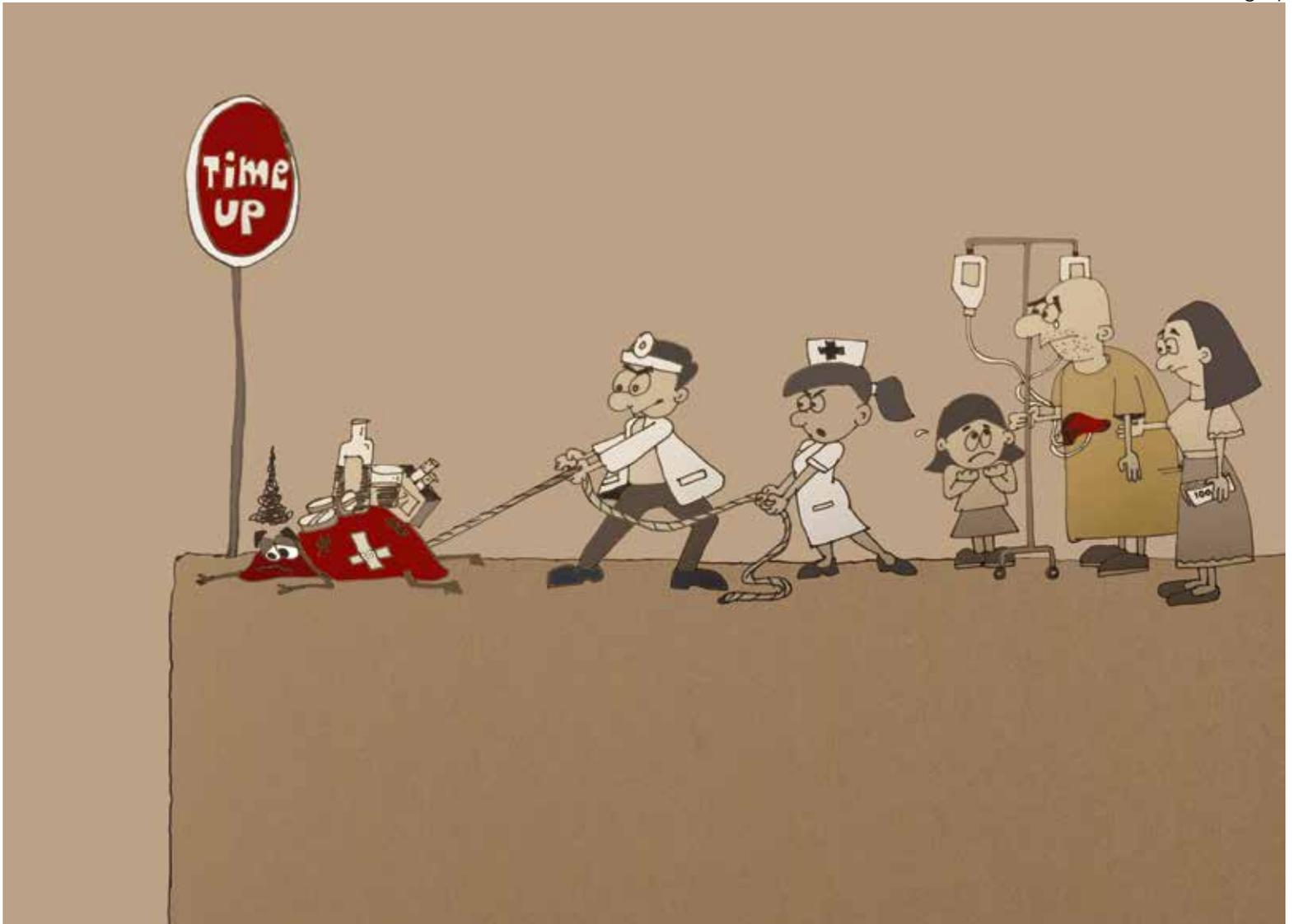
We are grateful to Operations, HR, IT, Finance & Accounts and Purchase Departments for providing all necessary support. Our sincere thanks to Volunteers and Cartoon Exhibit Team members especially Ms. Mini George (Principal, College of Nursing) and her students, Ayushi Rastogi (Exhibit coordination) and Jyoti Aggarwal (IT support).

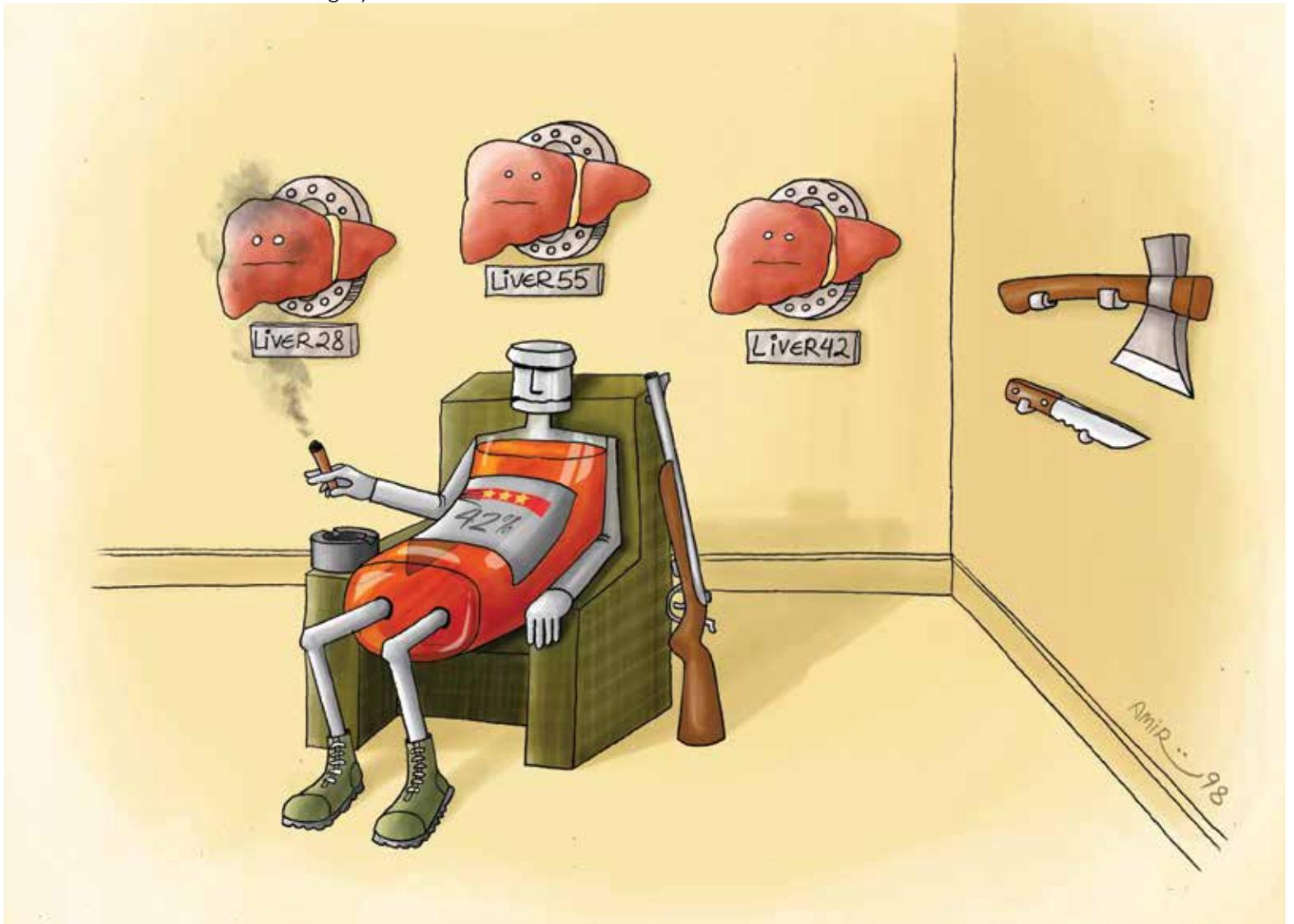
The lion's share of our thanks goes to all the participants from India and the different countries across the world without who's enthusiastic participation, this wonderful and memorable journey could not have been accomplished.

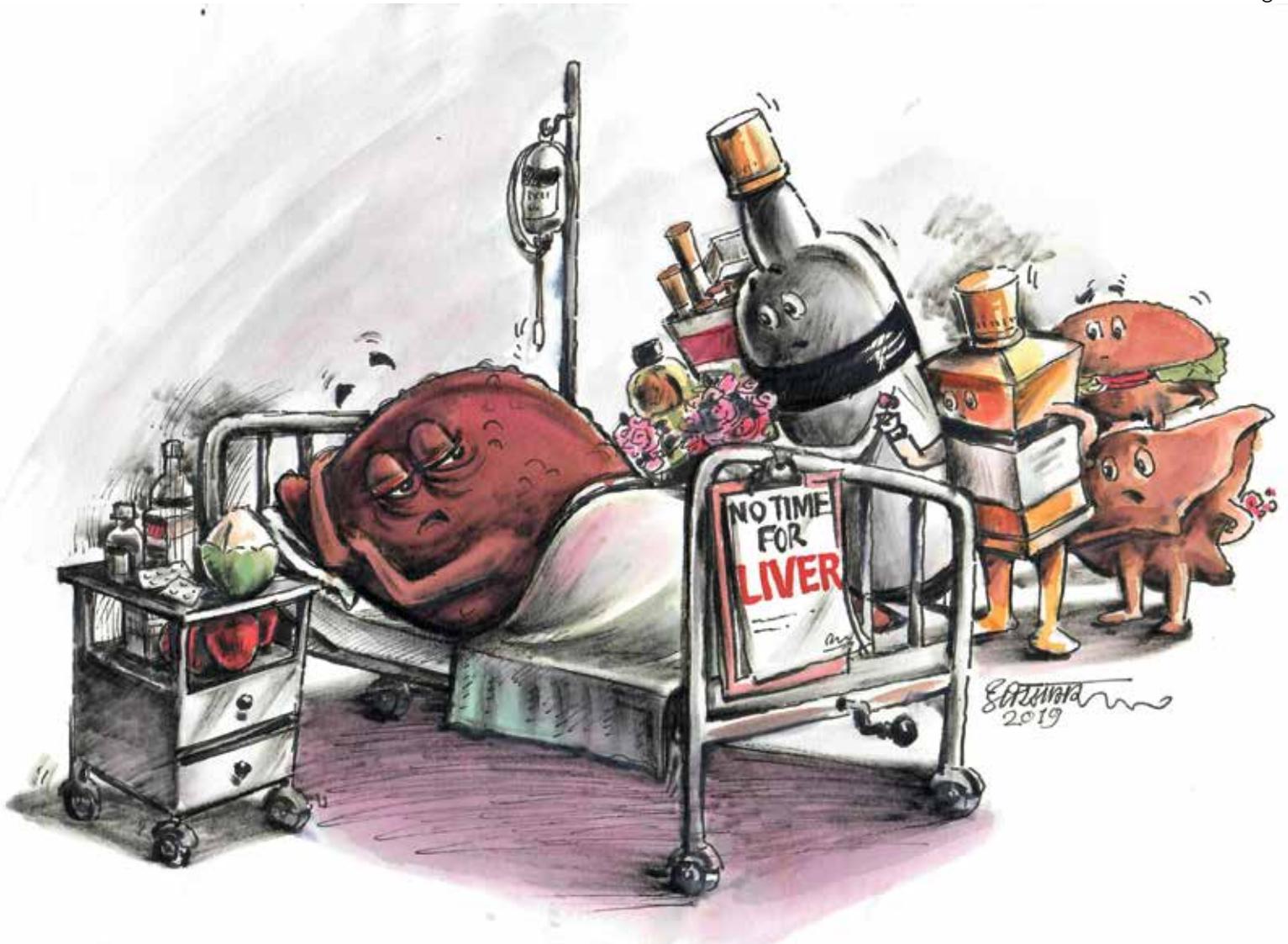
Deepti Dubey

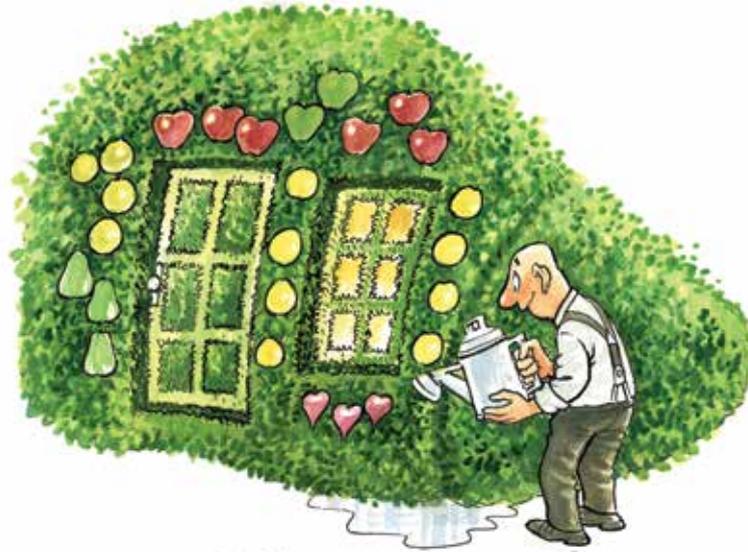


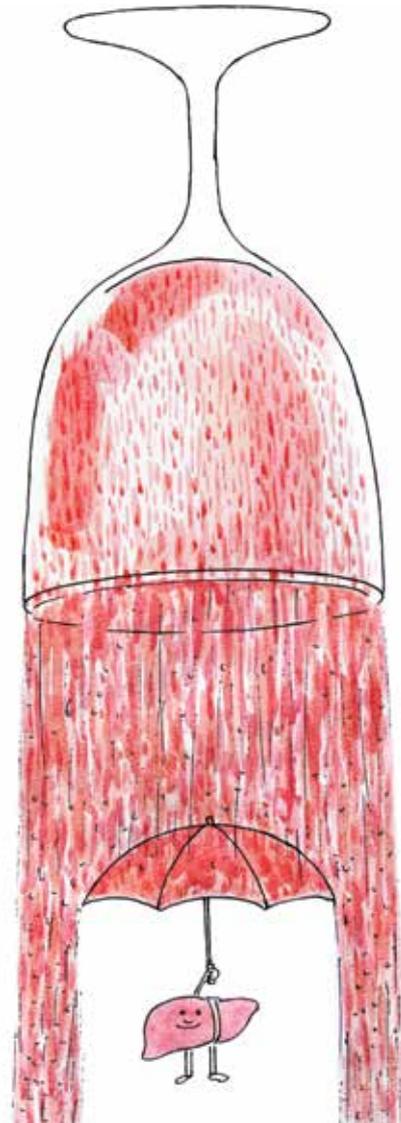












C-B-SHIBU



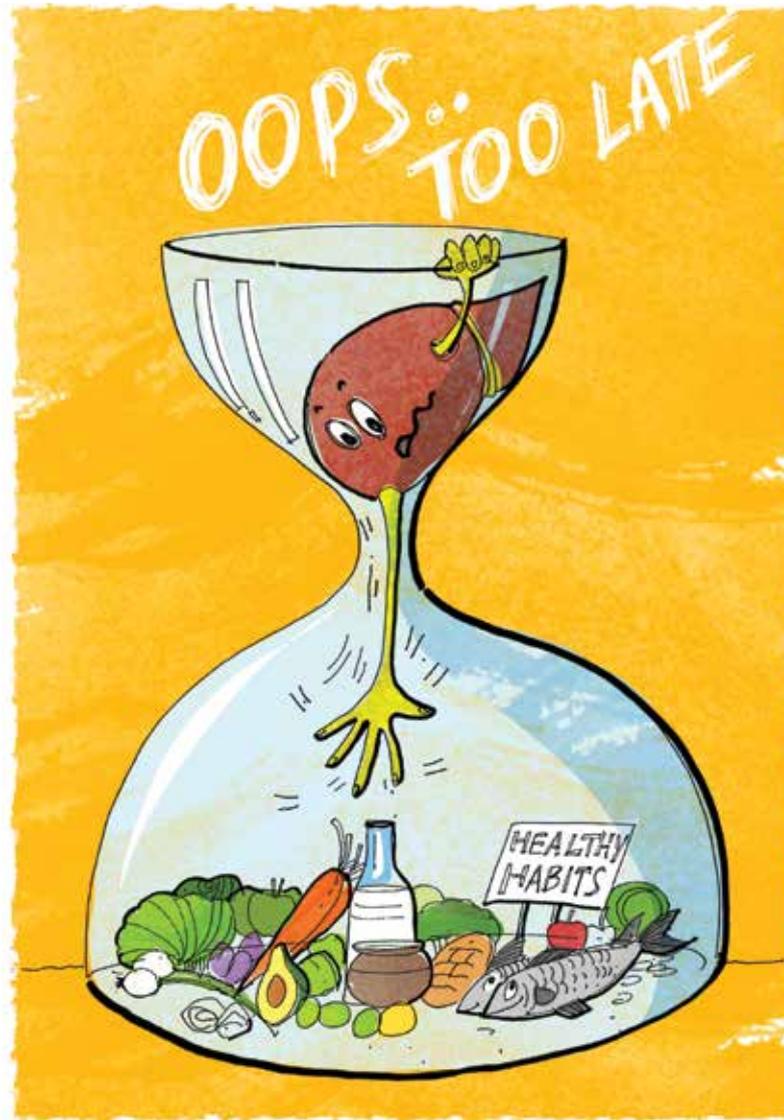




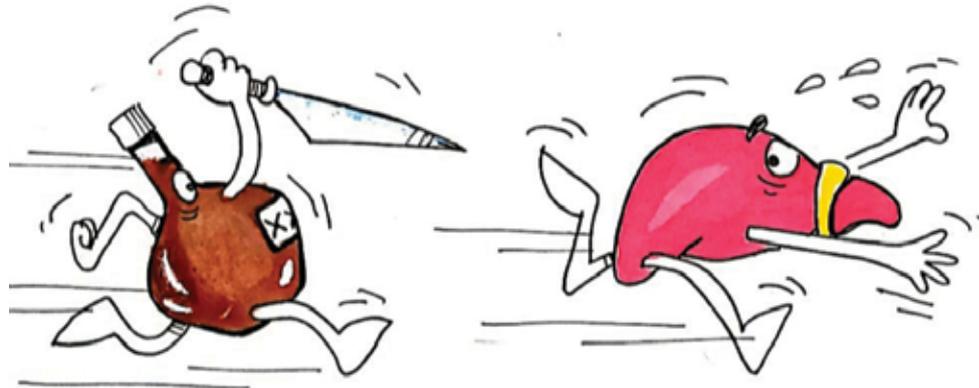


KEEP IT SAFE

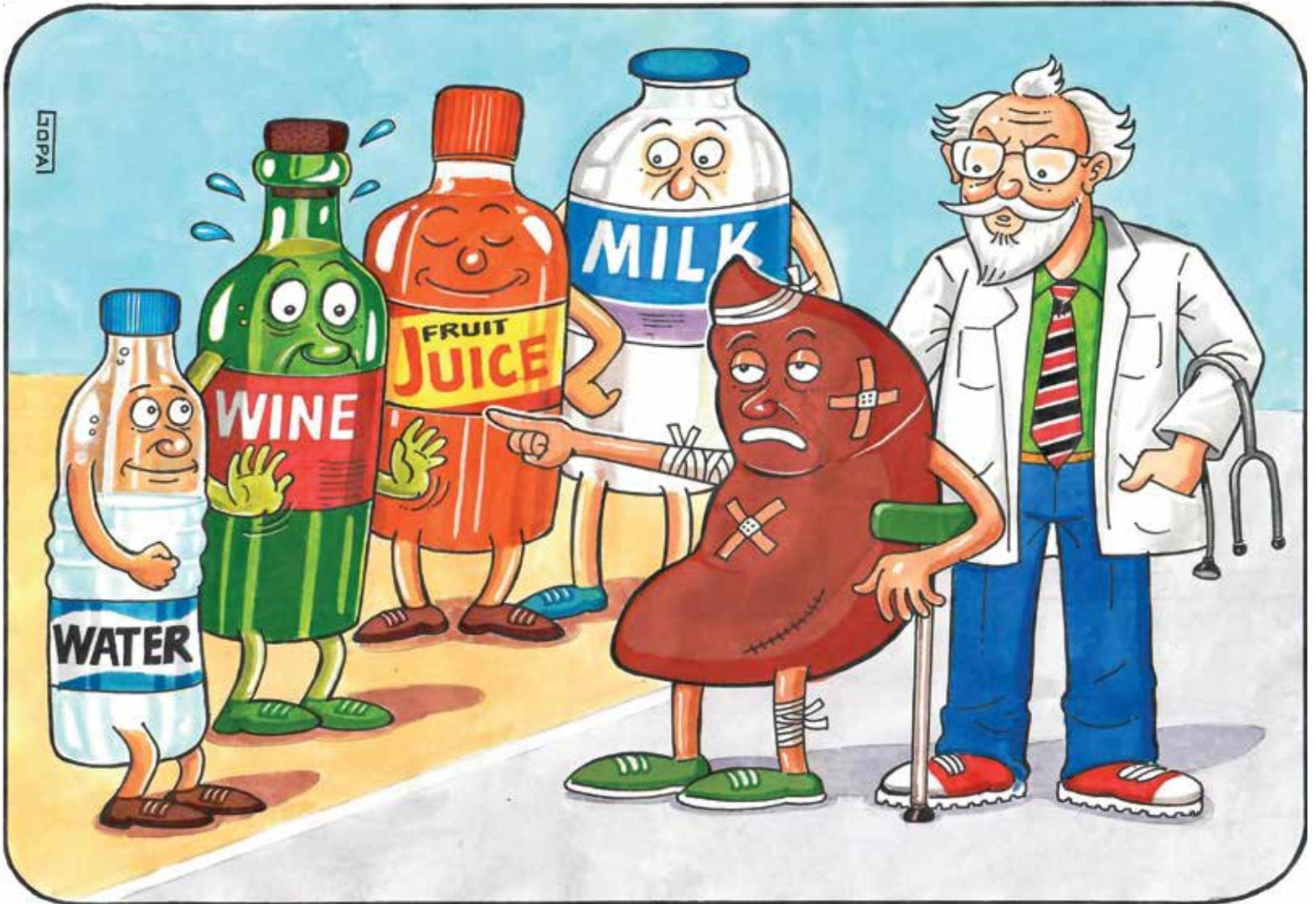


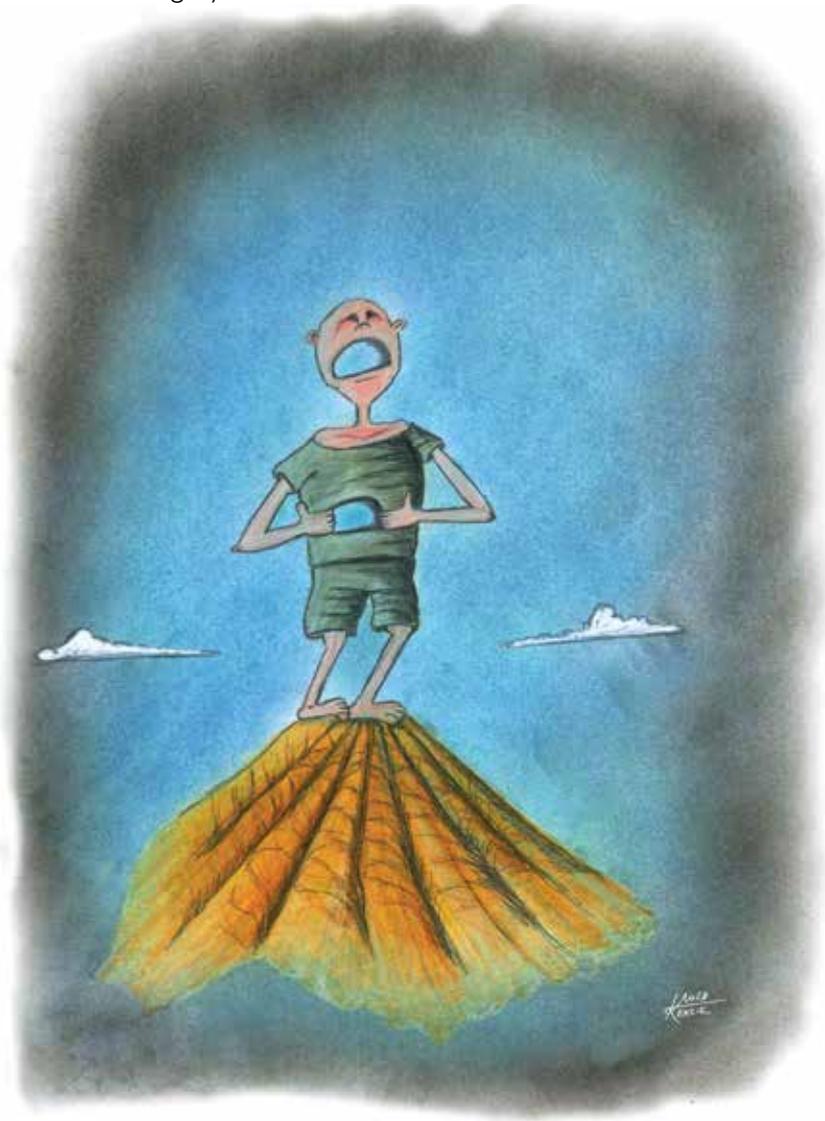






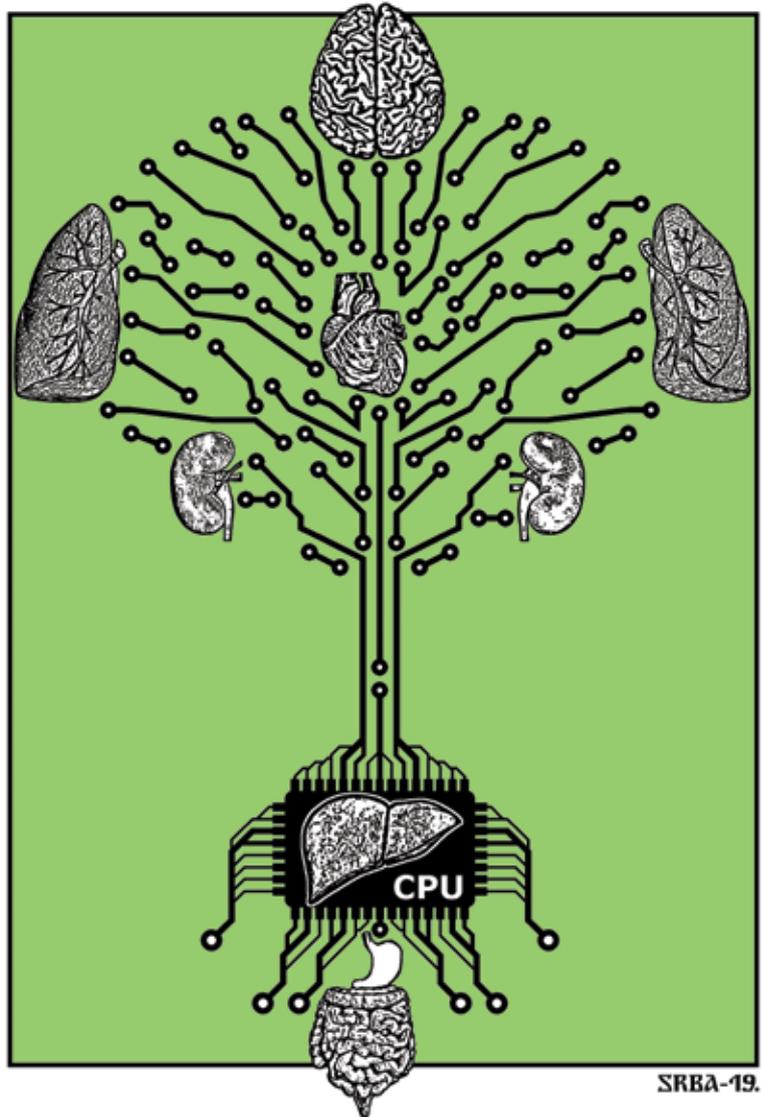






"You are chopping the branch you're sitting on...!"



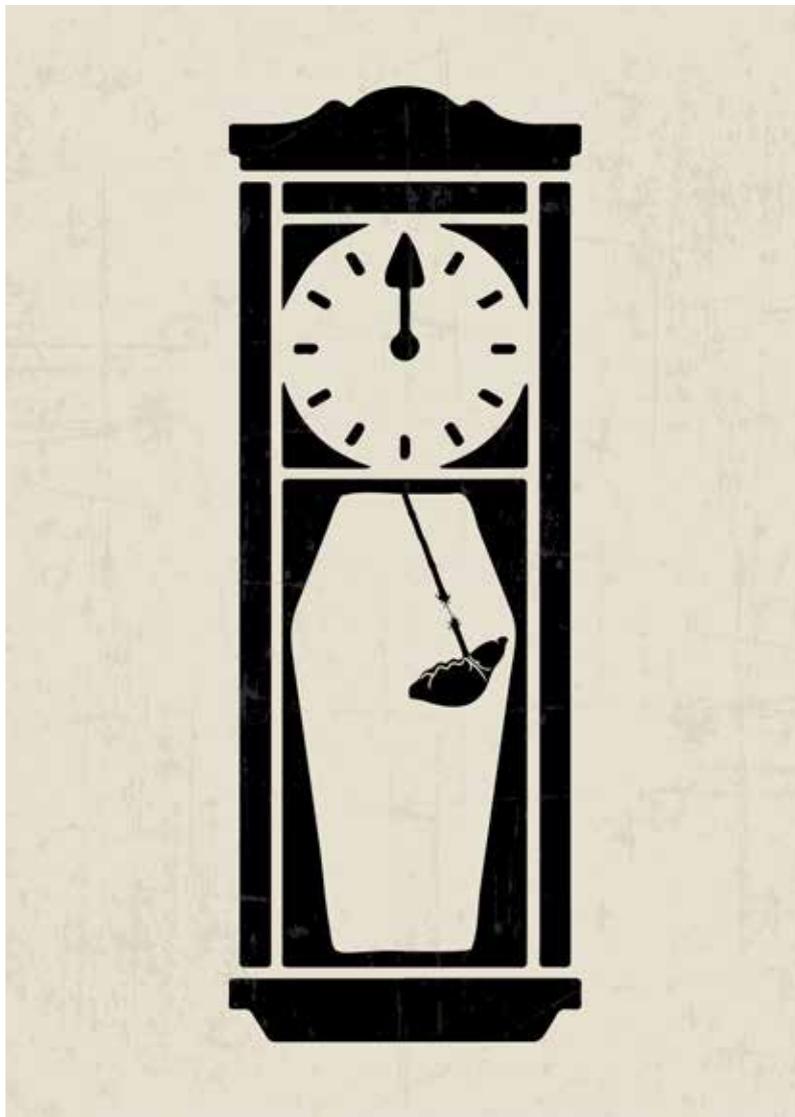


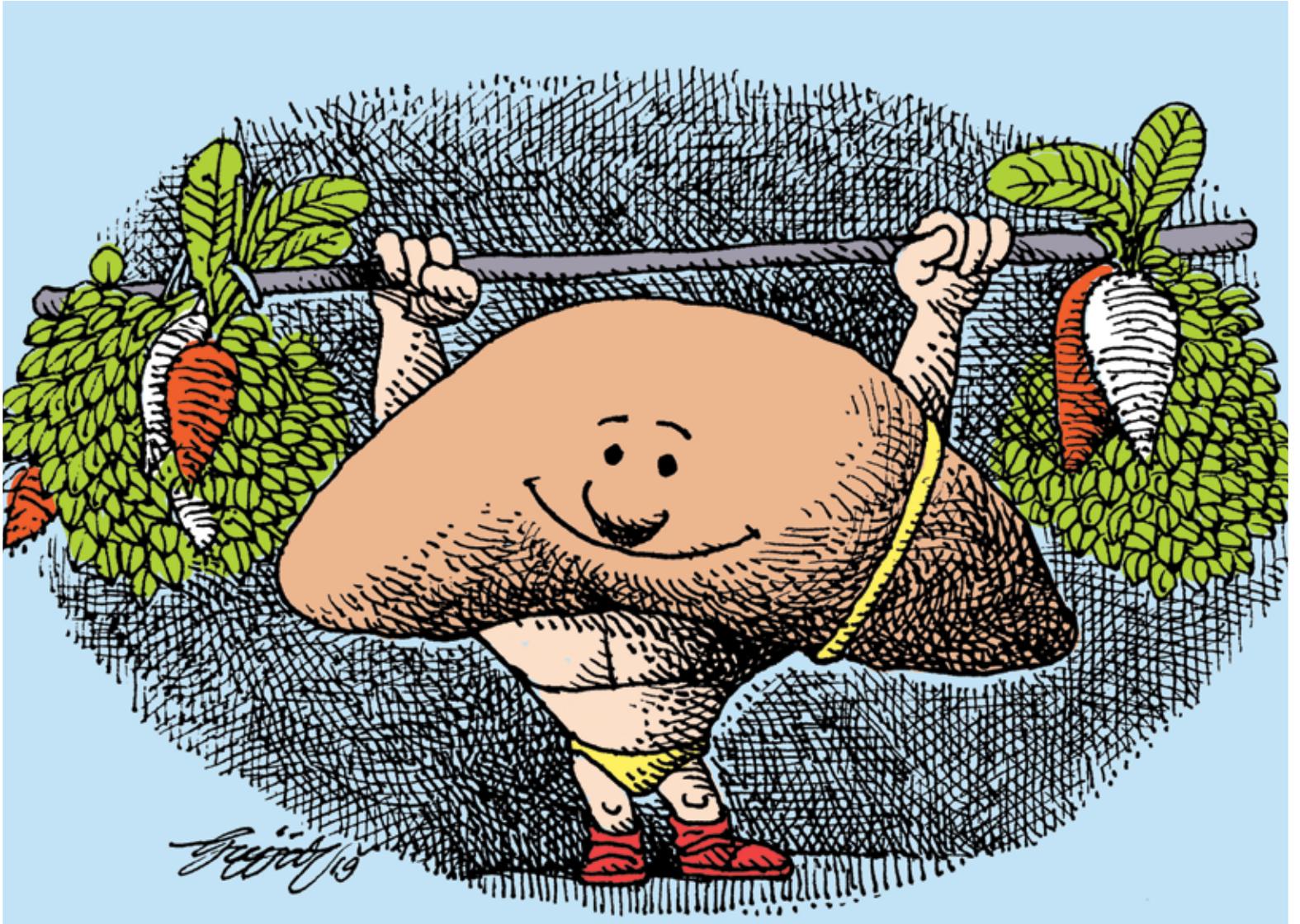
SRBA-19.



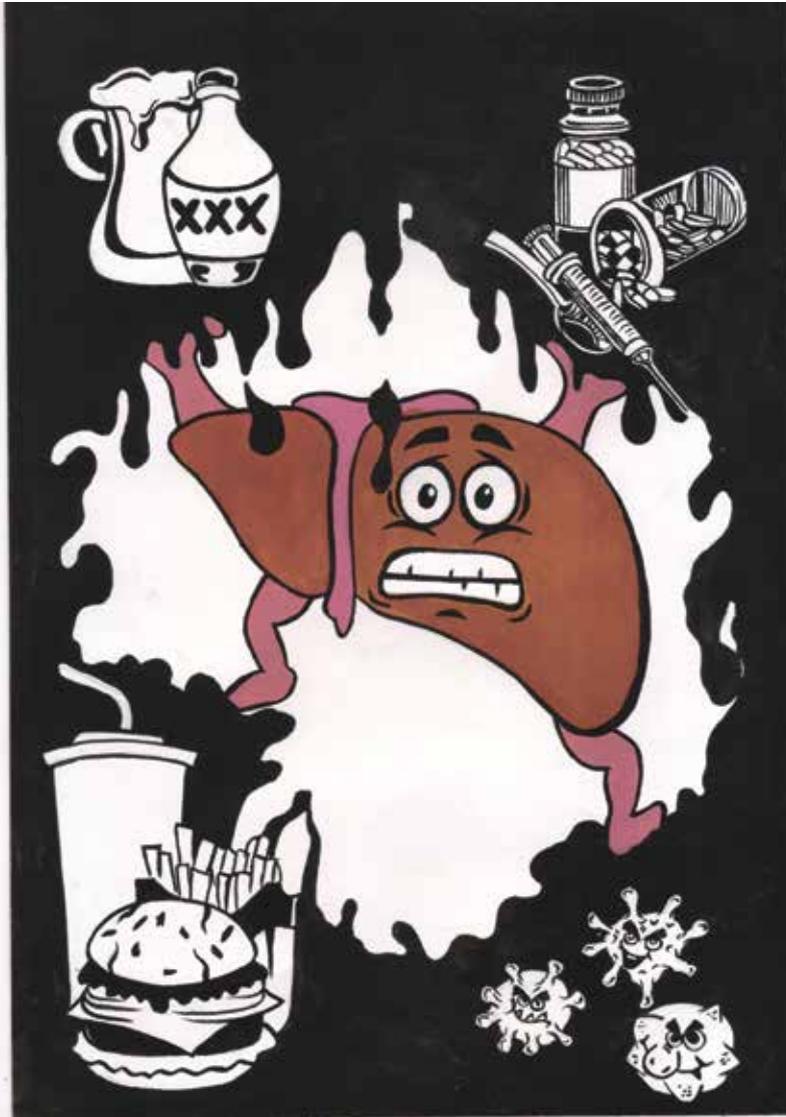










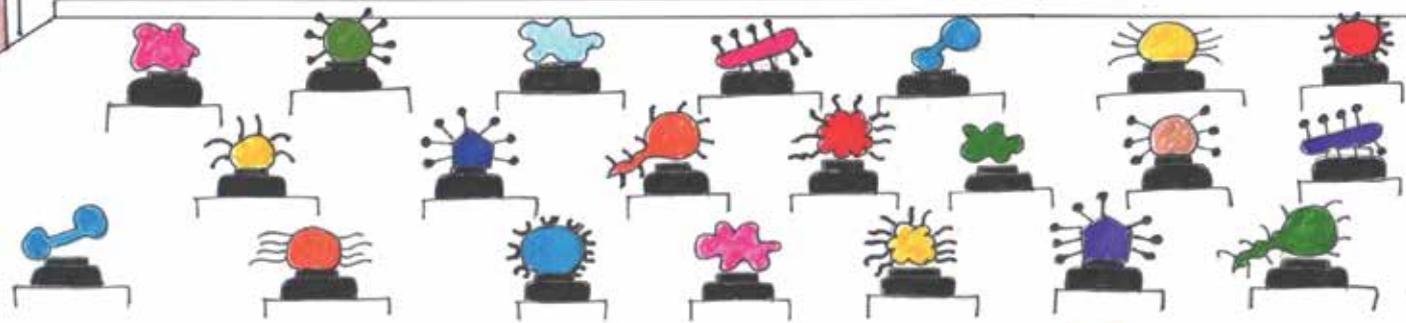
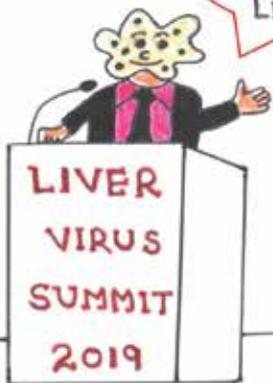




SUCCESS DAY



THANKS TO THE PEOPLE WHO HAD NO TIME FOR LIVER



Priyanka







Hello, Namaste!

I am your **Liver** and, in many ways, I am reflection of your health. The second largest organ of the body and largest internal organ, I am the **control tower** of the body and have tremendous regenerative prowess. I do many functions, such as bile secretion, filtering toxins, redistributing nutrients and producing digestive enzymes, keeping track of the body's energy demands, releasing glucose as needed, storage and elimination. Lots of work.... **Right ?**
HELLO! We are just getting started here!!!

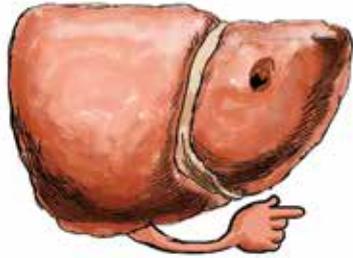
I am Hep and Humble: My to-do list is second only to that of the brain and numbers well over 300 items. I am proud of 'Hepatocytes', the super unique cells, comprise the main metabolically active cells in me, and about 80% of the cell number. I am very Hardworking!

I am also a very non-complaining organ in your body. Is that why you don't give me as much attention as I deserve?

I am struggling against Liver diseases. You need to protect me against invaders, Viruses (**hepatitis A, B, C, D and E**), too much fat, causing Fatty Liver Disease, alcohol abuse causing Alcoholic Hepatitis and unnecessary and toxic drugs. On-going insults by any of these, causes replacement of my hepatocytes with scar tissue, development of Liver Cirrhosis and sometimes even Liver Cancer. All these invaders can be prevented.

Just Protect Me... I am your best Friend for healthy Life!





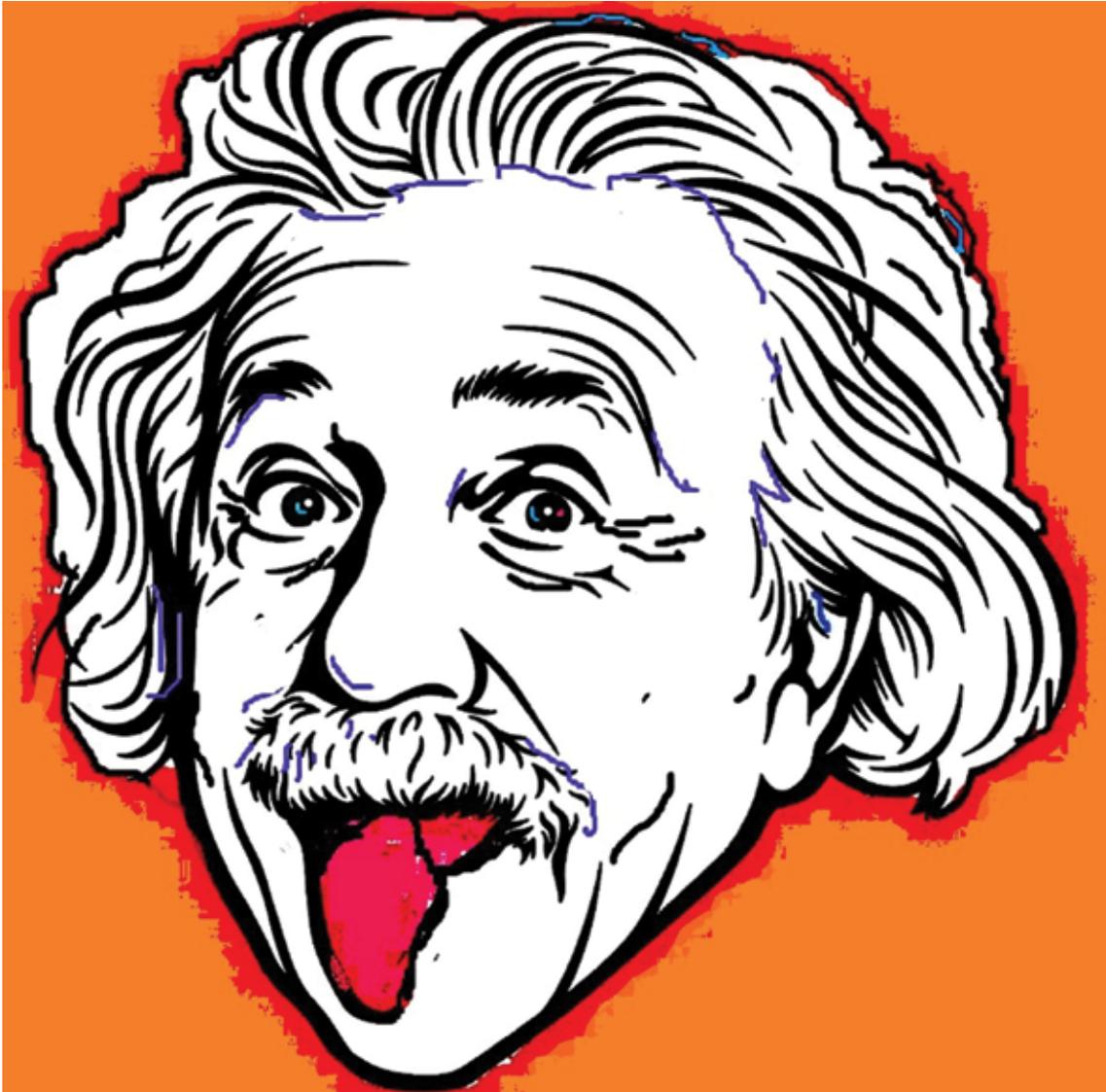
Shortlisted Entries
for
Final Round

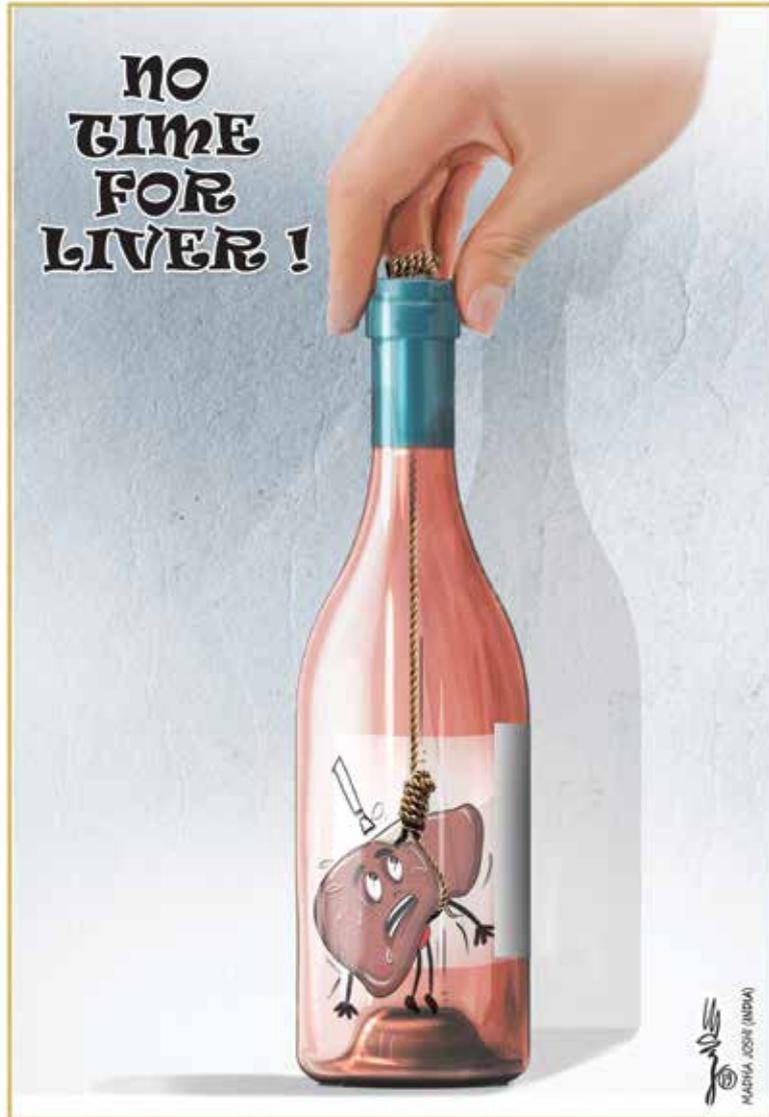
First International Cartoon Contest
on Liver Health Awareness, 2019

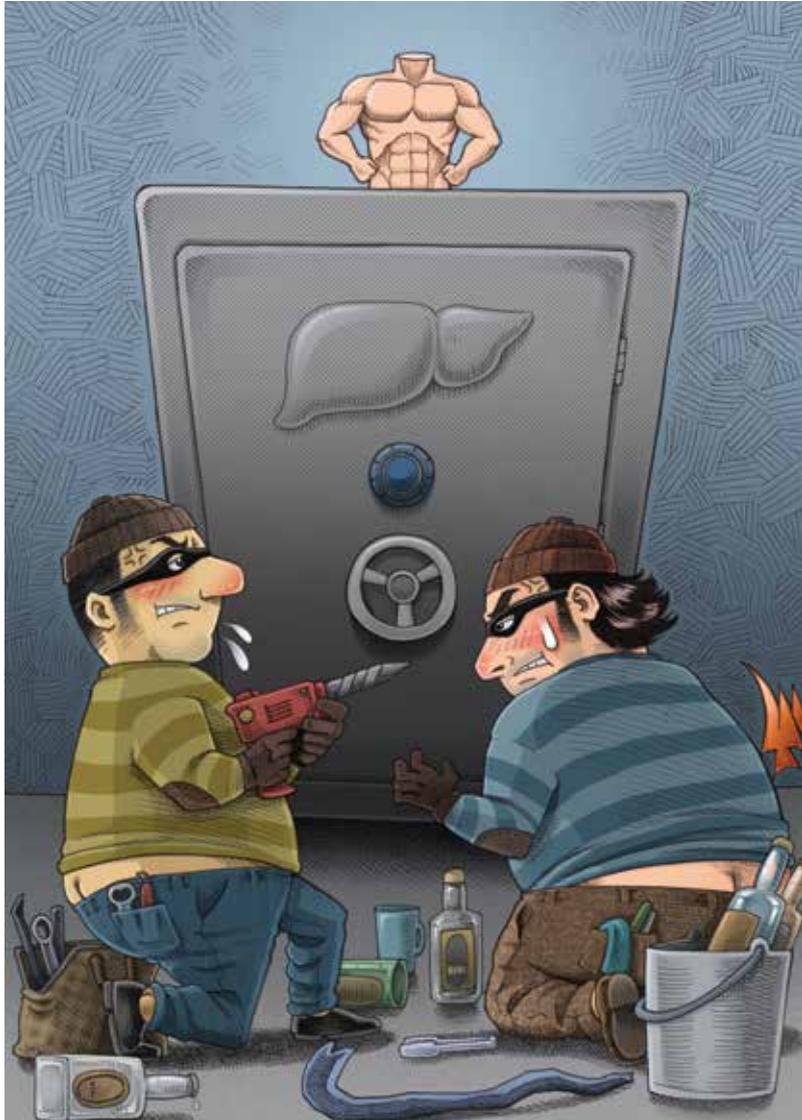
Theme: **No Time For Liver**





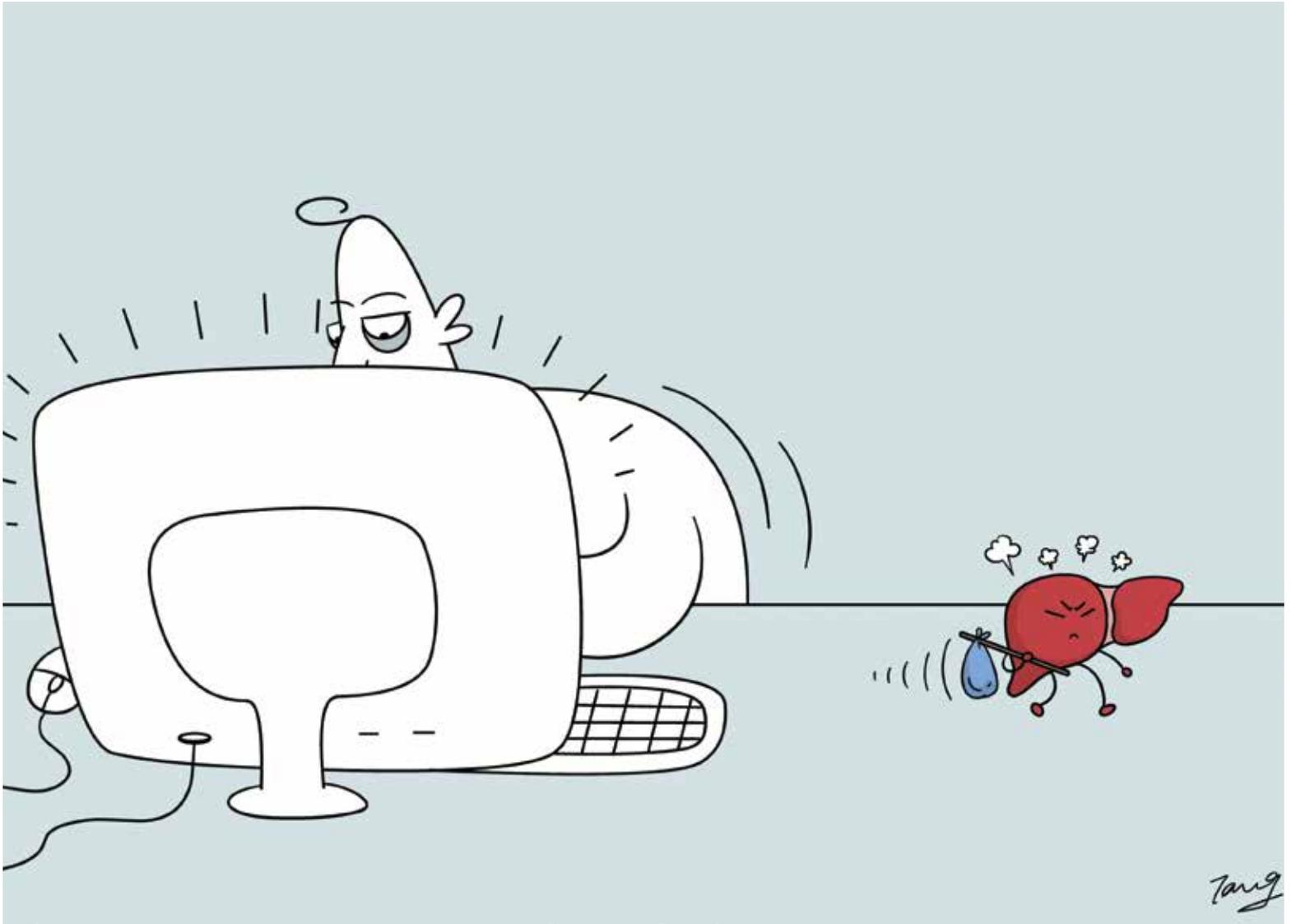


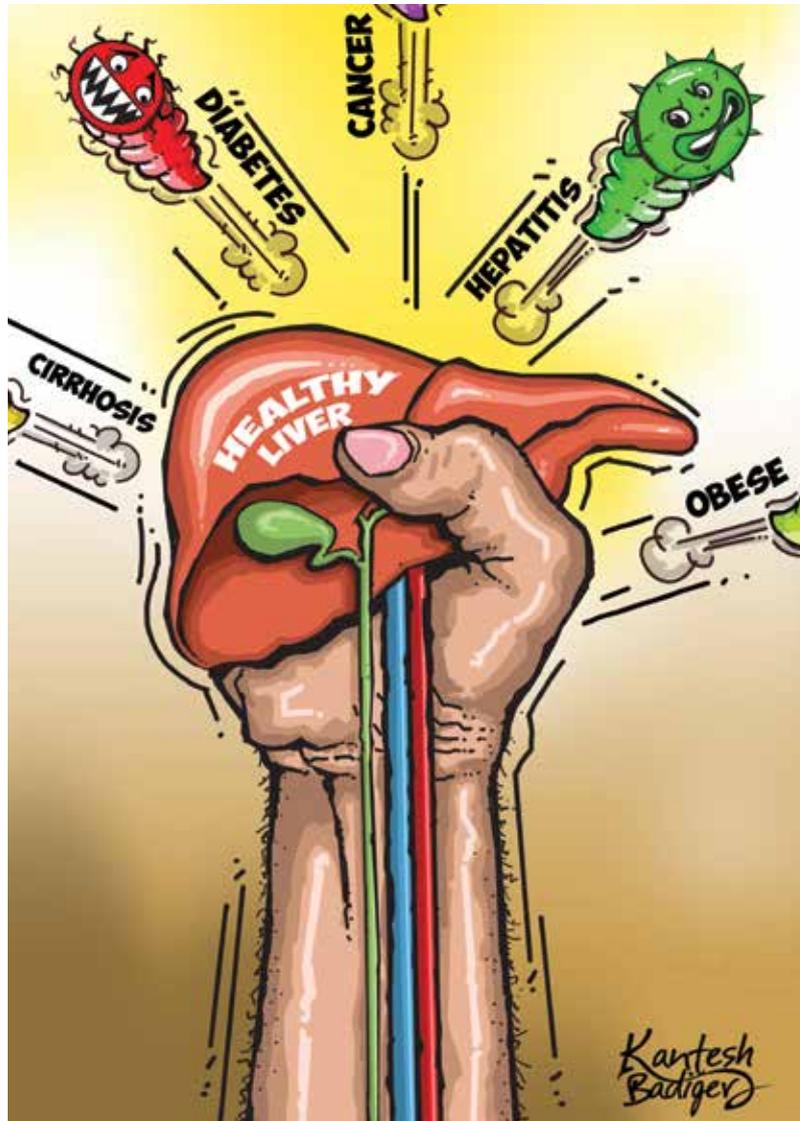


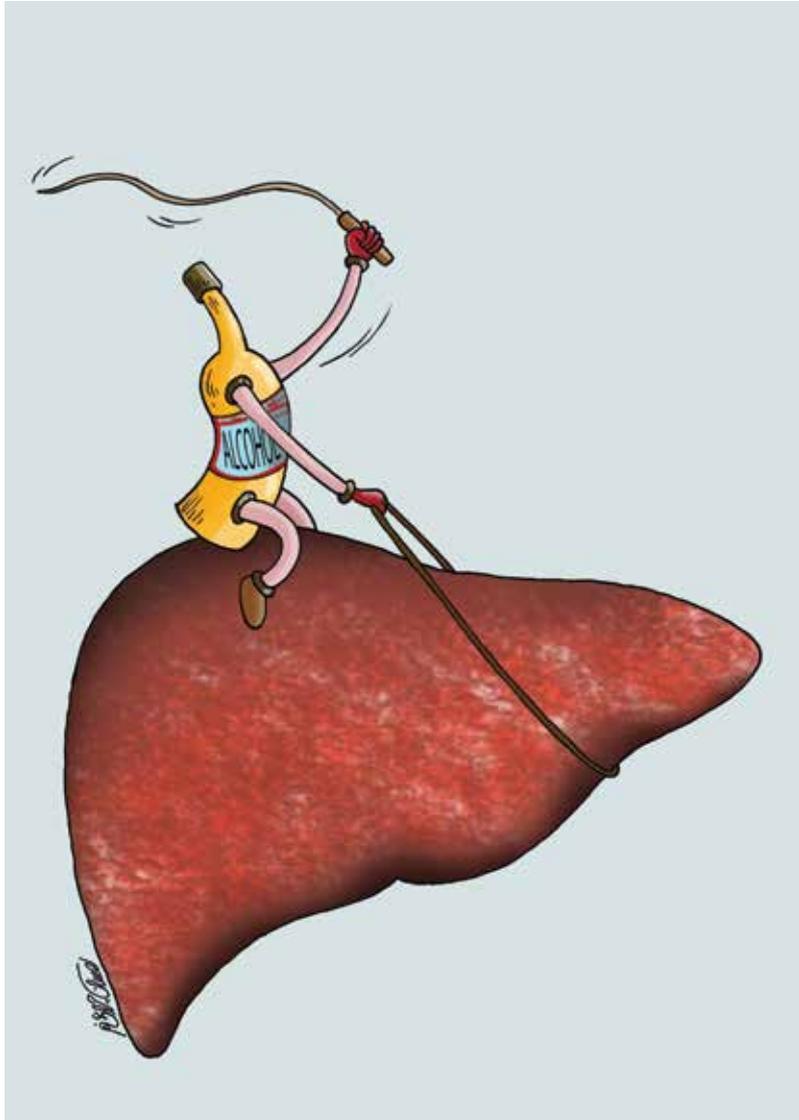




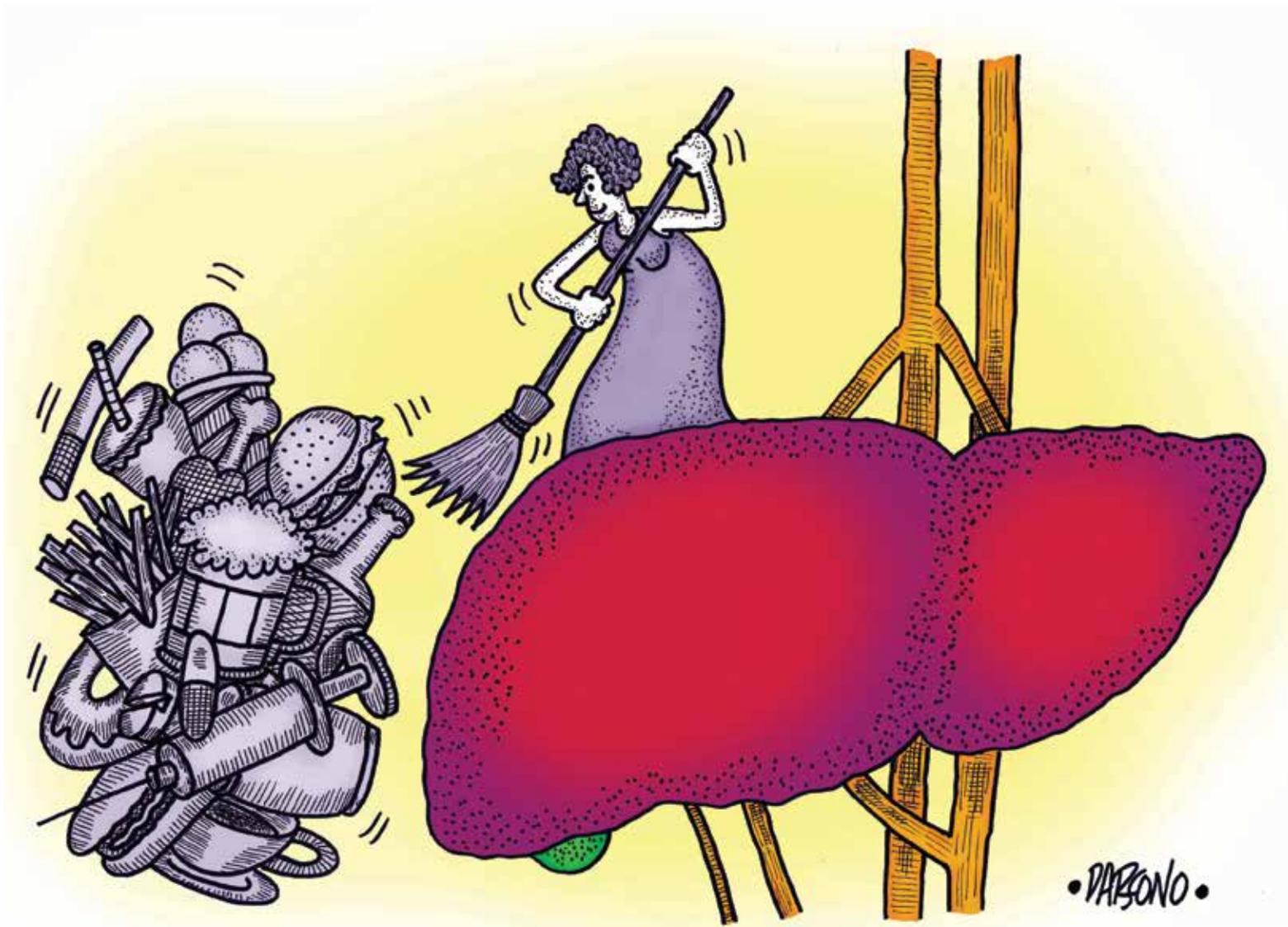
Oleksy Kustovsky, UKRAINE



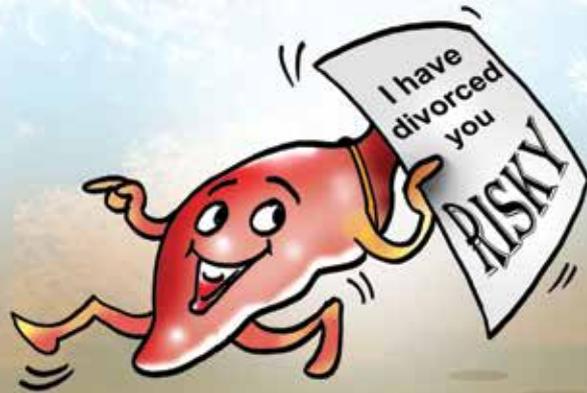








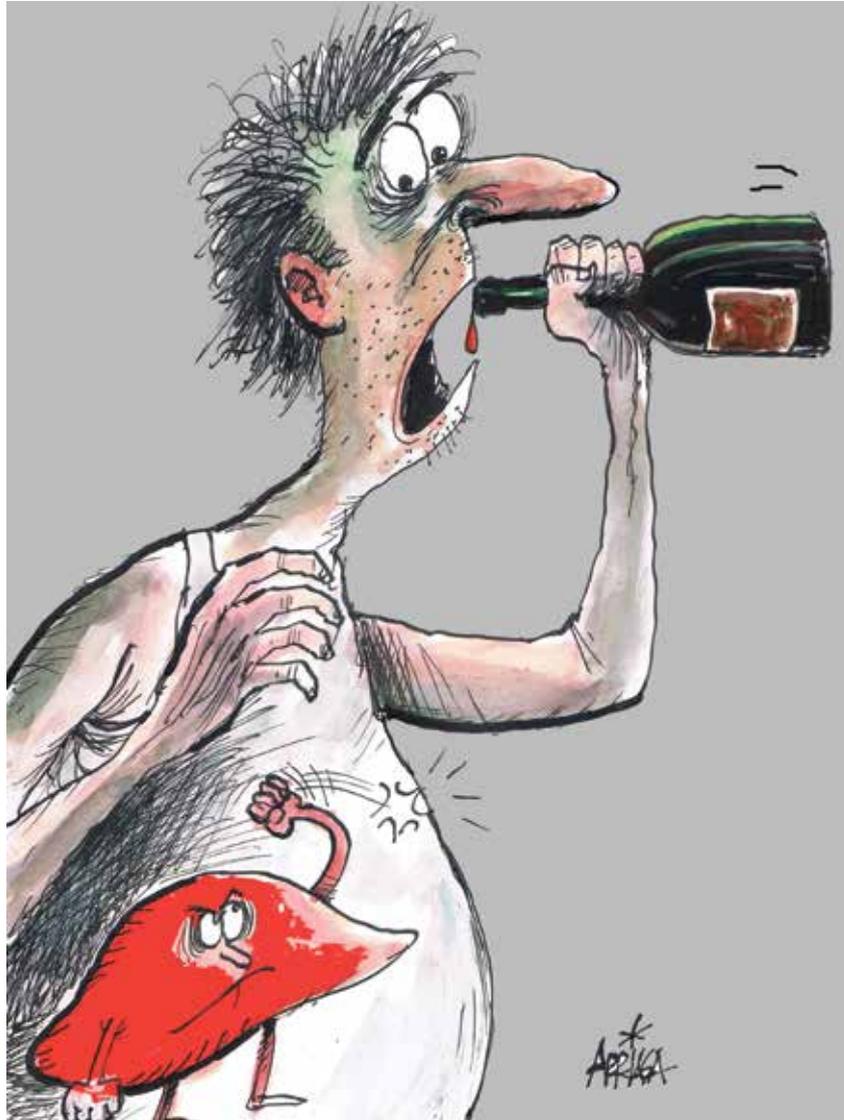
WHISKEY
RISKY

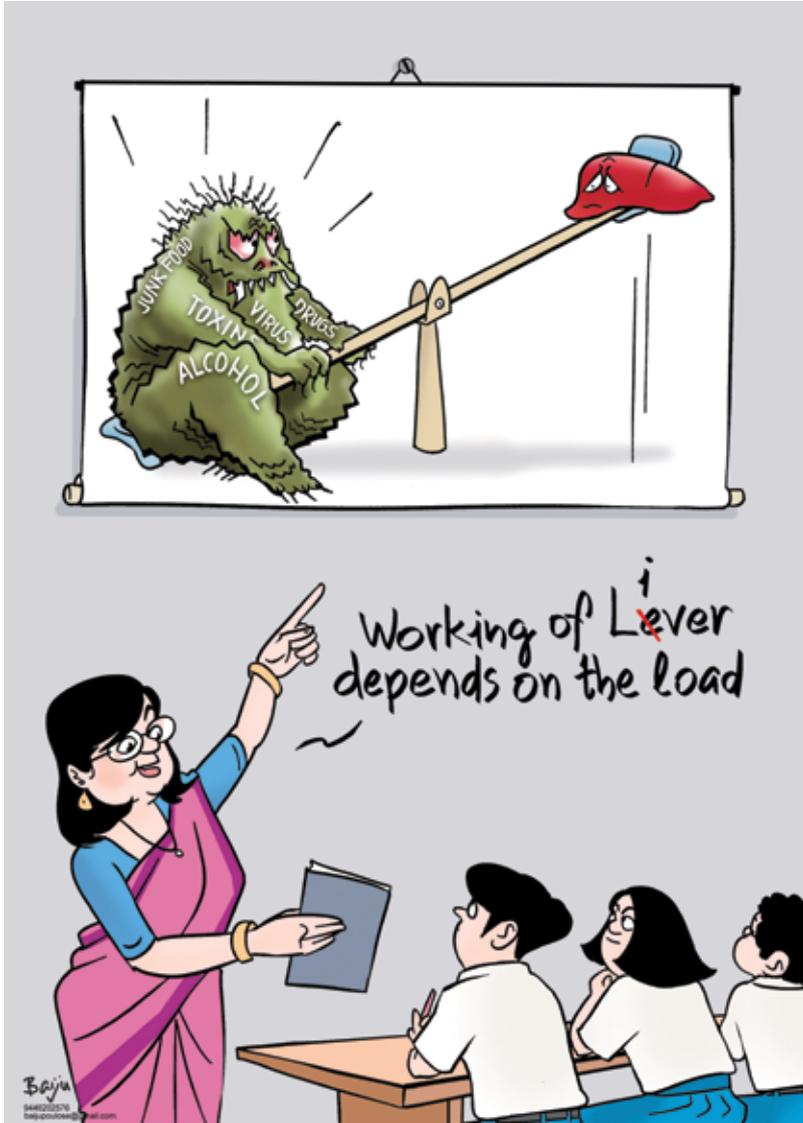


Nanjunda Swamy











Liver diseases account for approximately 2 million deaths per year worldwide, 1 million due to complications of cirrhosis and 1 million due to viral hepatitis and hepatocellular carcinoma and together account for 3.5% of all deaths worldwide. **Liver cancer is likely to become the commonest cause of cancer death in 2030.**

Alcohol-use disorders are on the rise and are at risk of alcohol-associated liver disease. Approximately **2 billion** adults are obese or overweight and over 400 million have diabetes; both of which are risk factors for nonalcoholic fatty liver disease and hepatocellular carcinoma.

The global prevalence of viral hepatitis remains high, while drug-induced liver injury continues to increase as a major cause of acute hepatitis. Liver transplantation is the second most common solid organ transplantation, yet less than 10% of global transplantation needs are met at current rates.

(Source: <https://www.ncbi.nlm.nih.gov/pubmed/30266282>, European Association for the Study of the Liver. Published by Elsevier B.V.)

According to the Government of India estimates, **India has 50 million people infected with viral Hepatitis B and C.** However, over majority of them do not know that they are infected as the symptoms are not visible in early stages. Due to lack of this awareness, most of them develop complications and succumb to liver Cirrhosis or cancer, which require very costly treatment and are often fatal.

The liver, in many ways is the reflection of a person's health. But do we really give attention to this hardworking and humble part of our body that it deserves?

Its Time... Respect and take care of one of the most hardworking organ of your body..... your LIVER.....

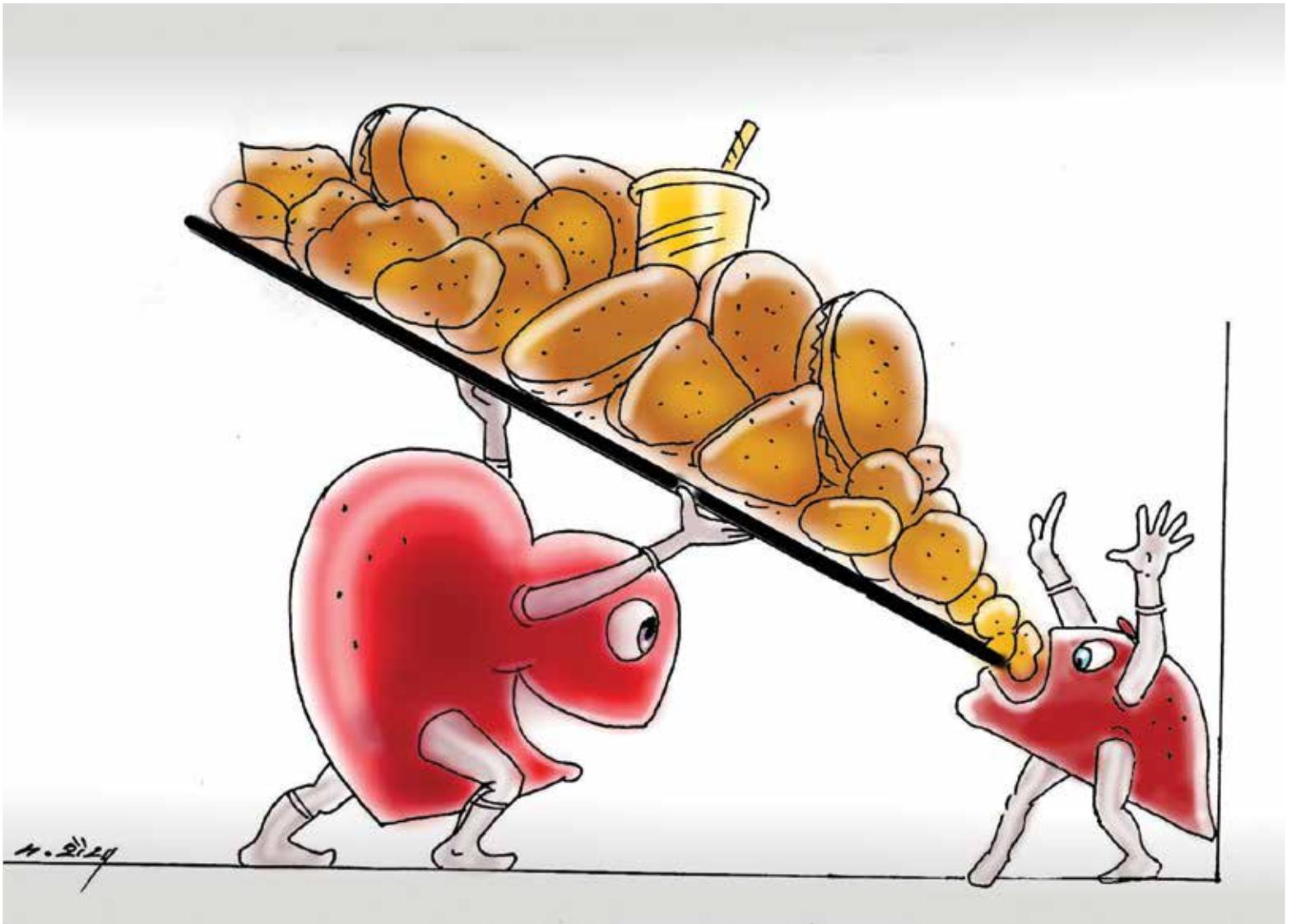
"From you I Hope for Justice: I Love Life ...

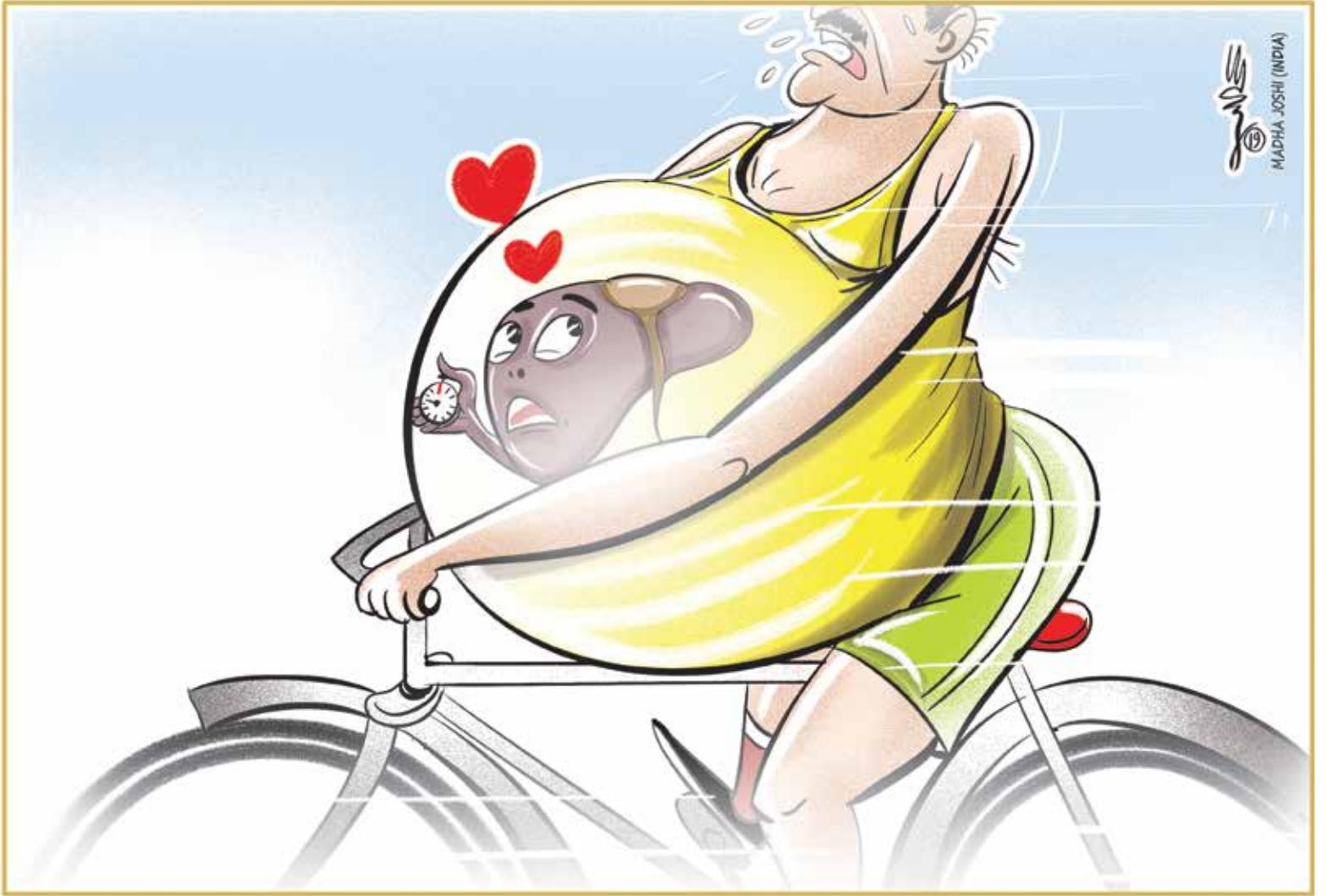
Do Not Betray Me! Work Out!

Do Not Arrest My Song....."

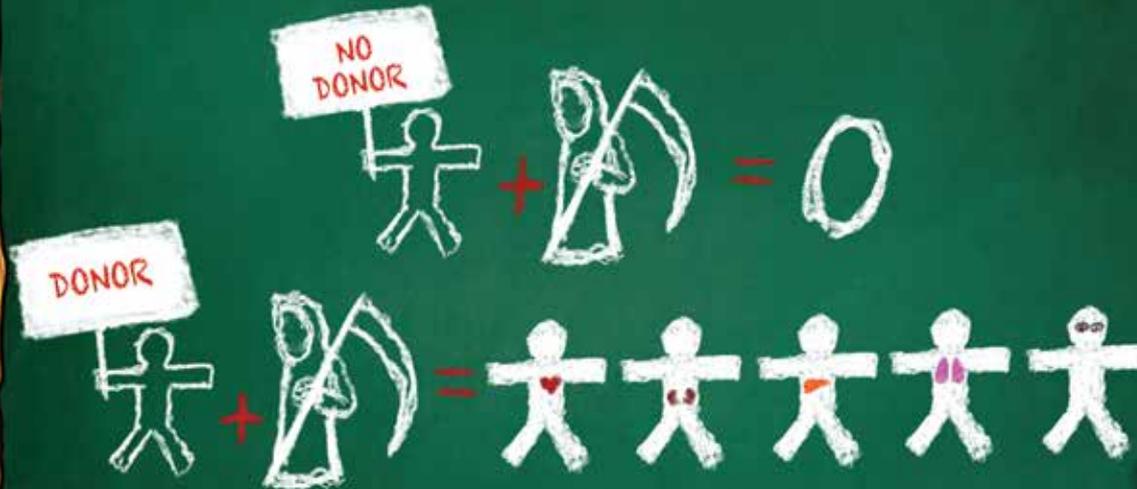
(From Pablo Neruda's 'Ode to the Liver', Translated by Oriana Jasseau Kalan)





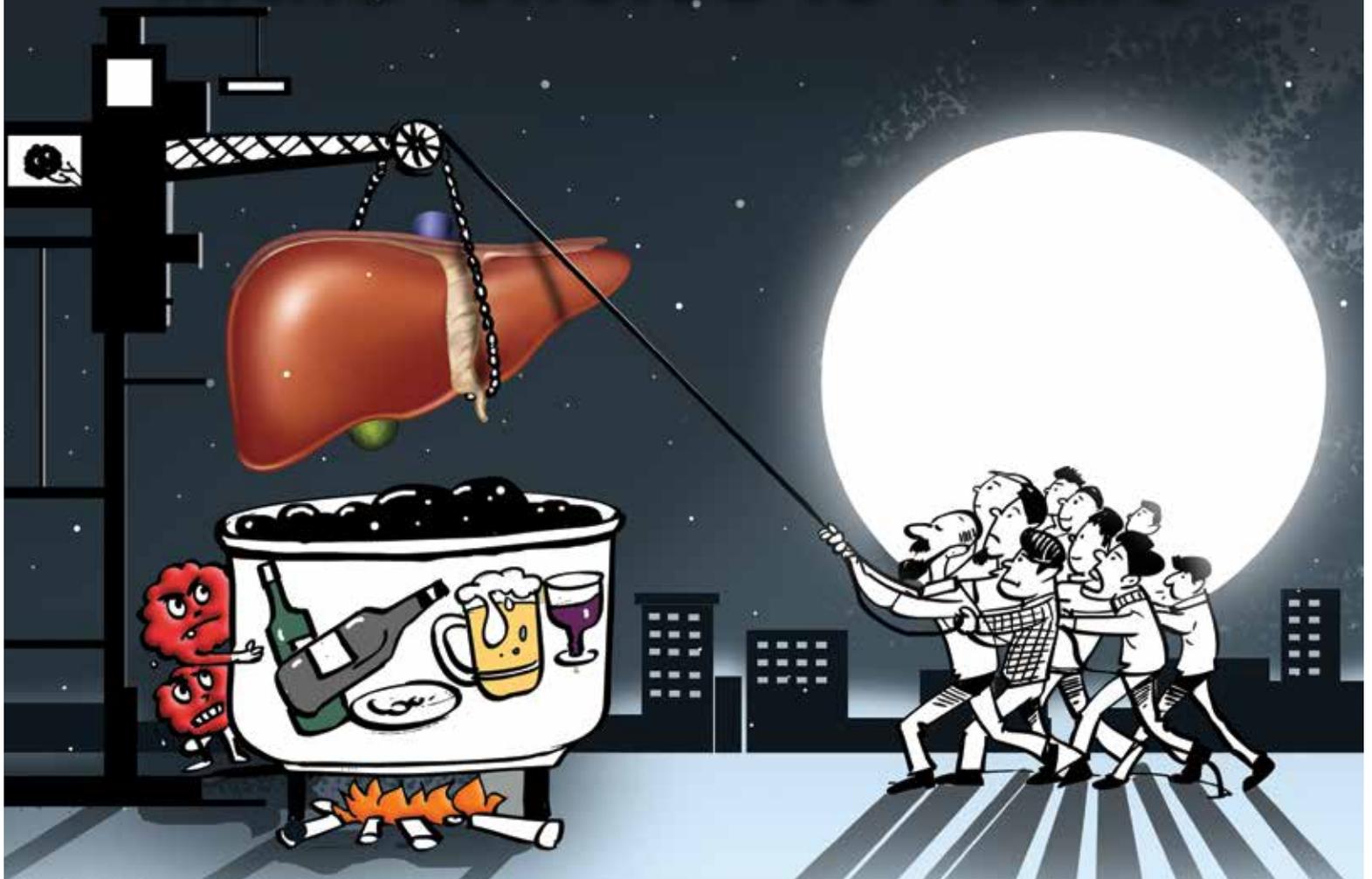


Math Lesson

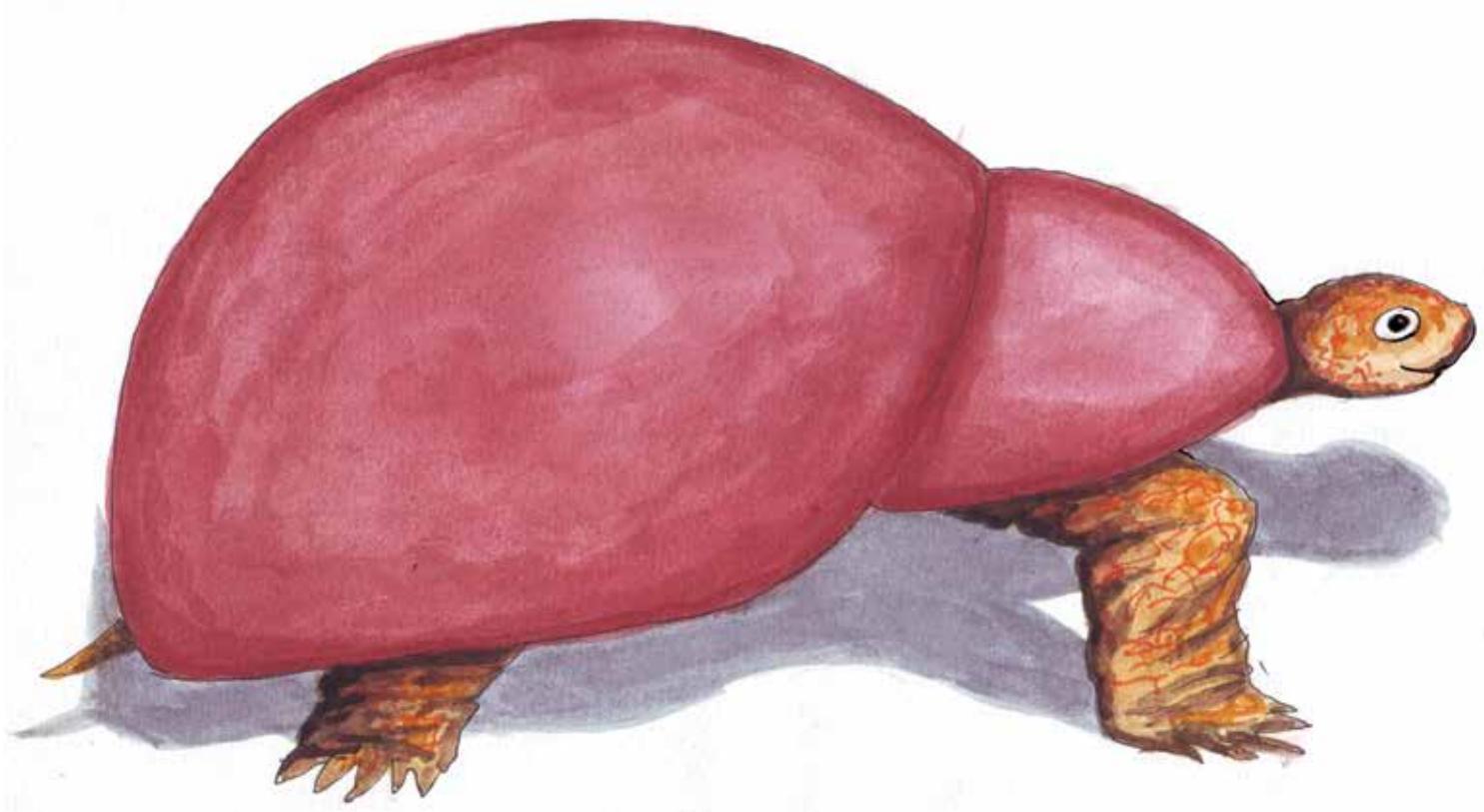


CORNE

...the Choice is Yours

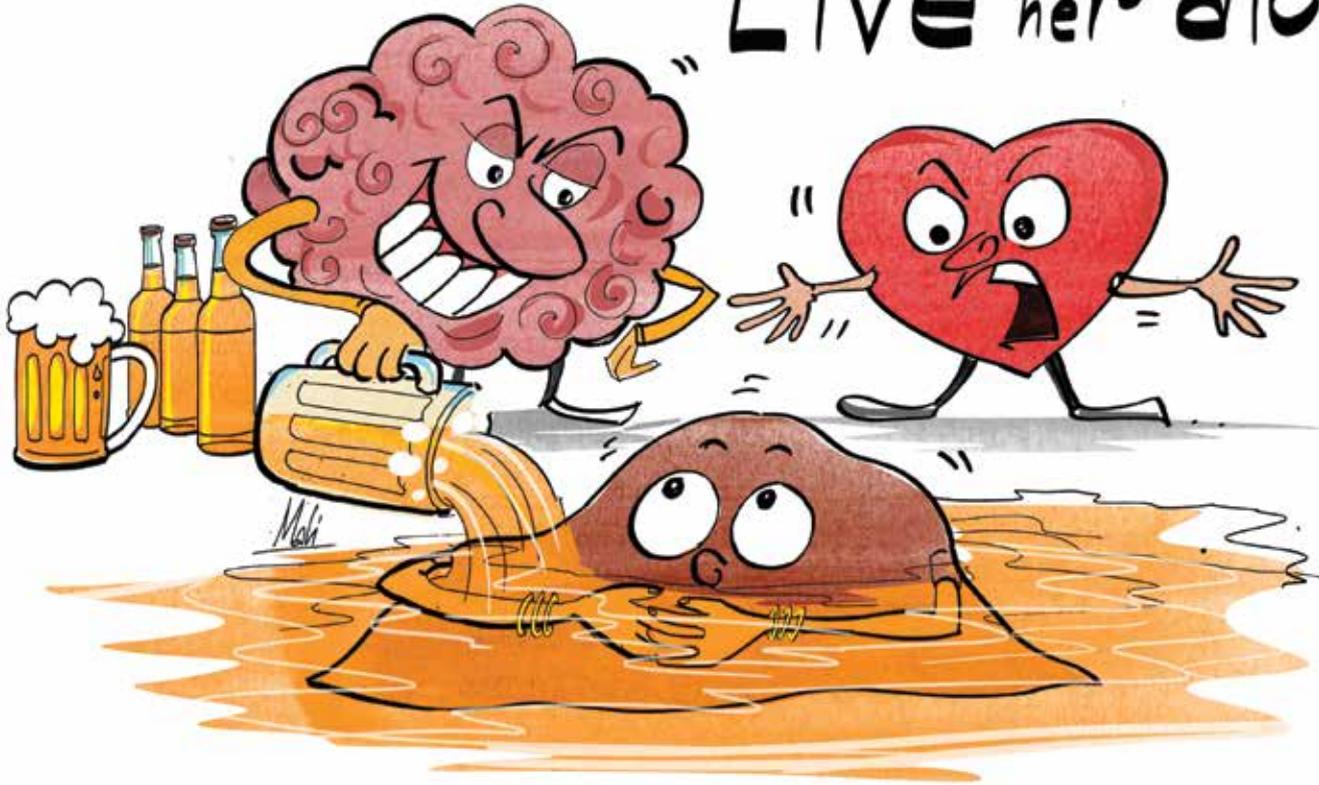






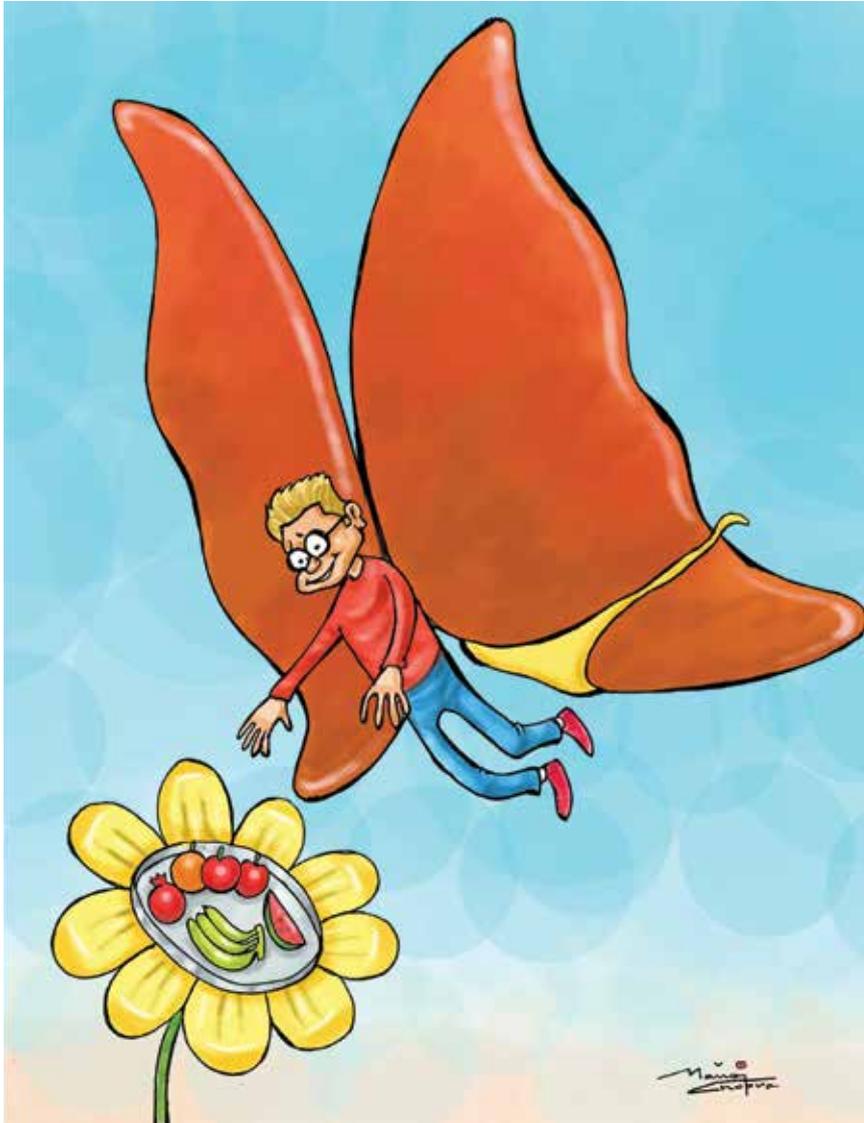
SPIRO

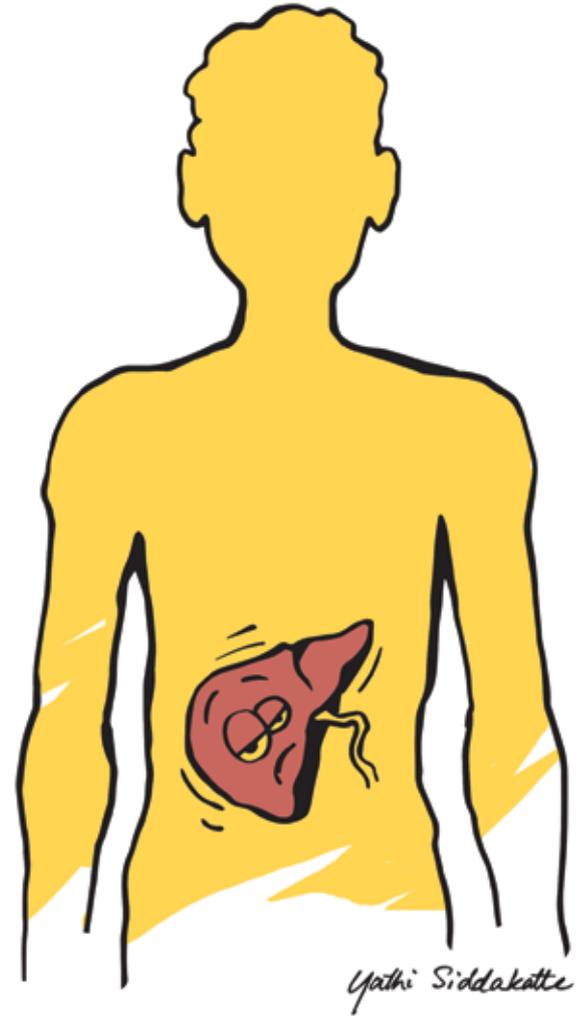
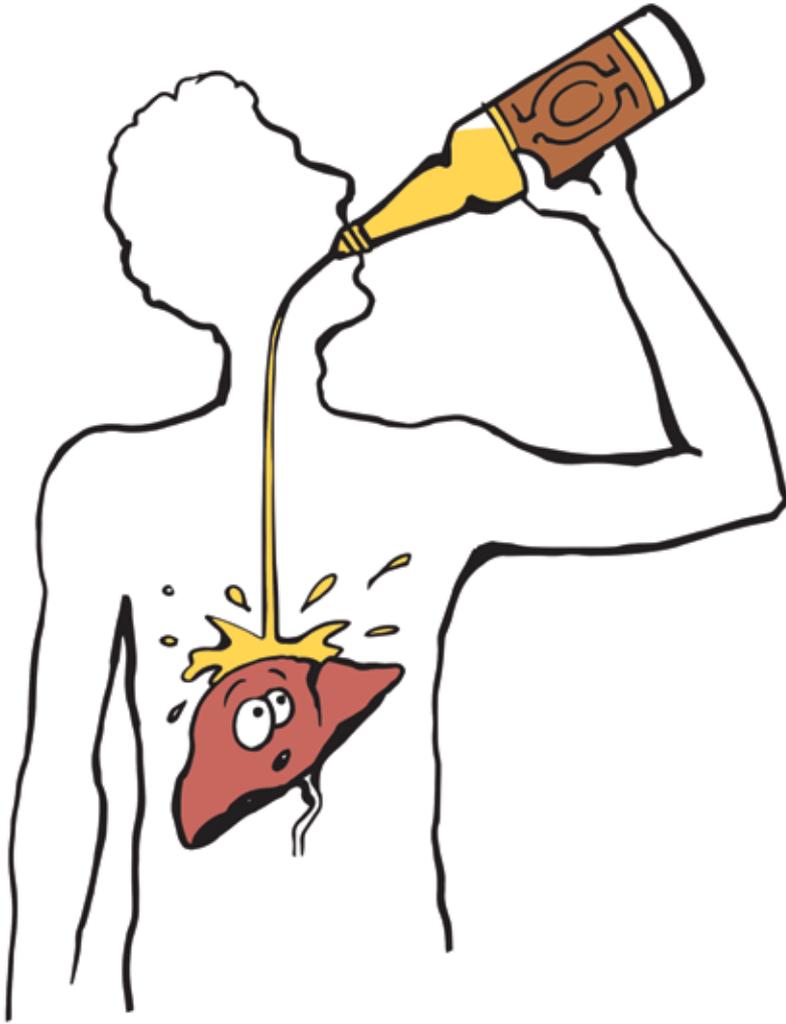
FOR GODS Sake
Live her alone!





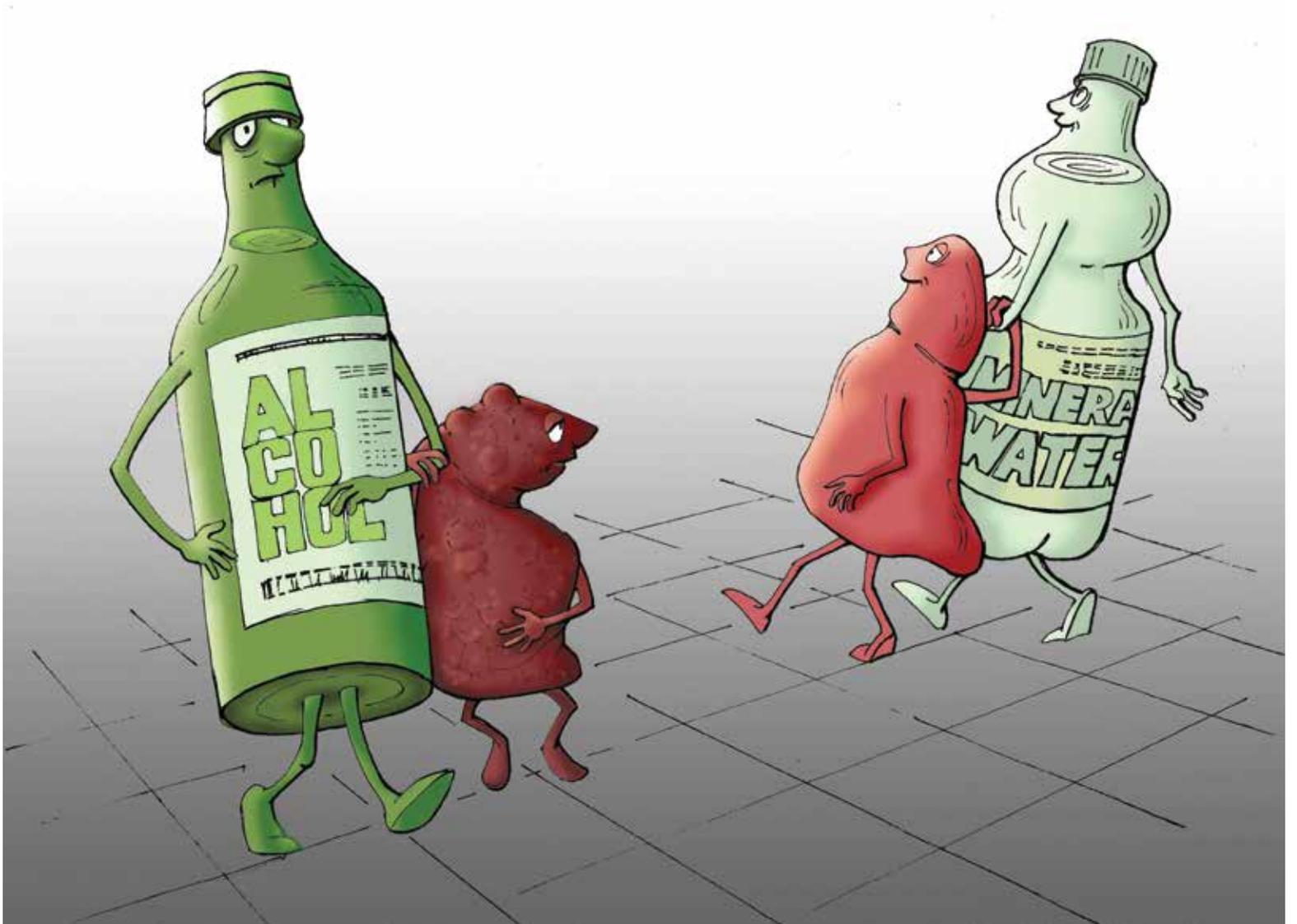




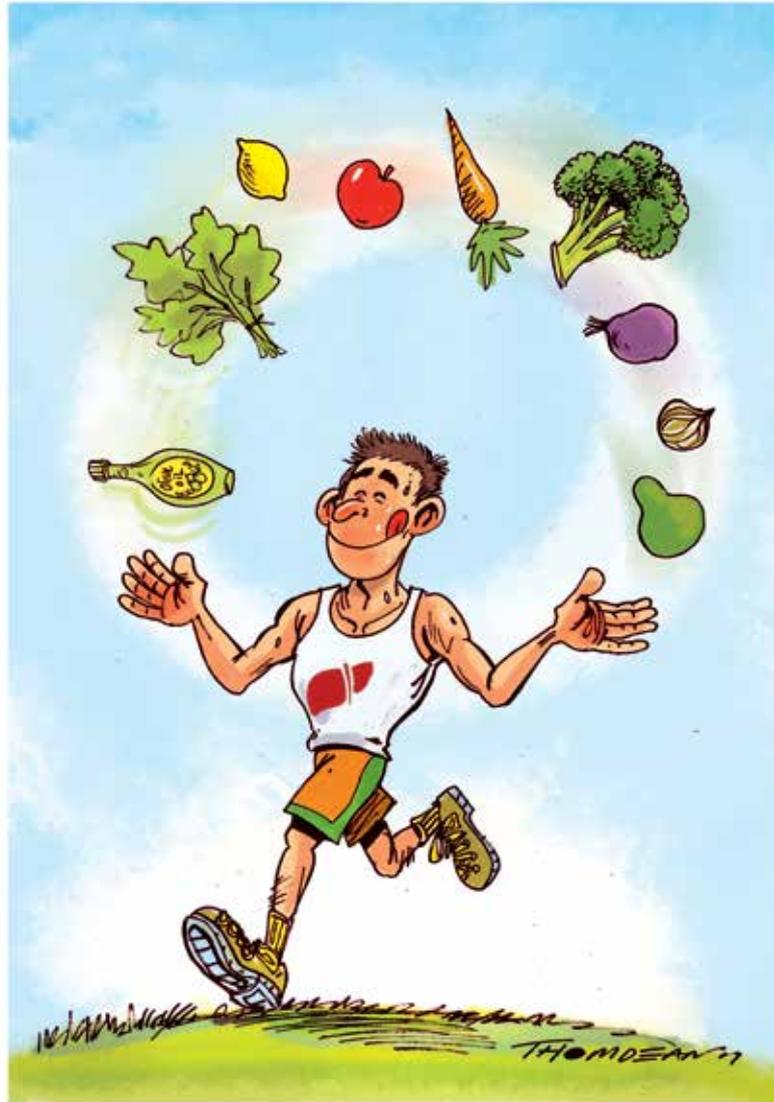


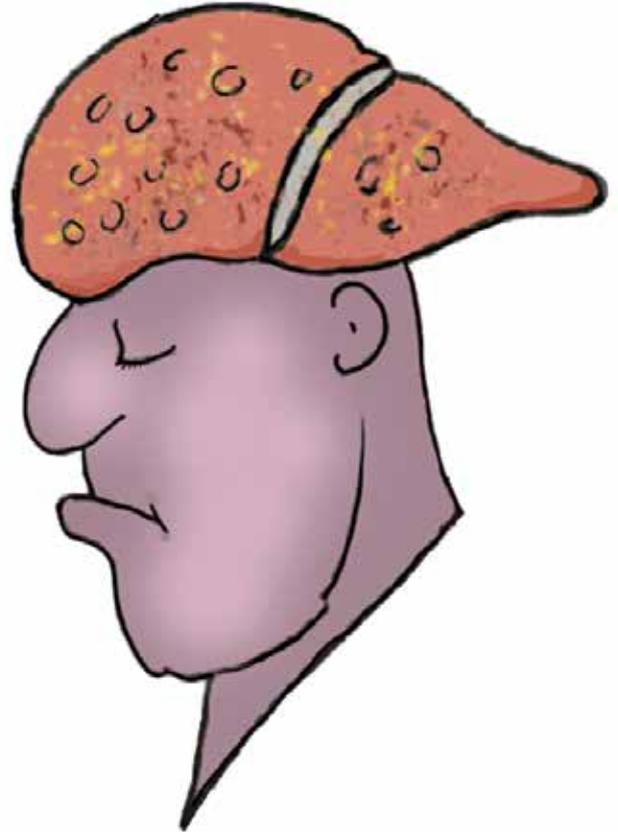


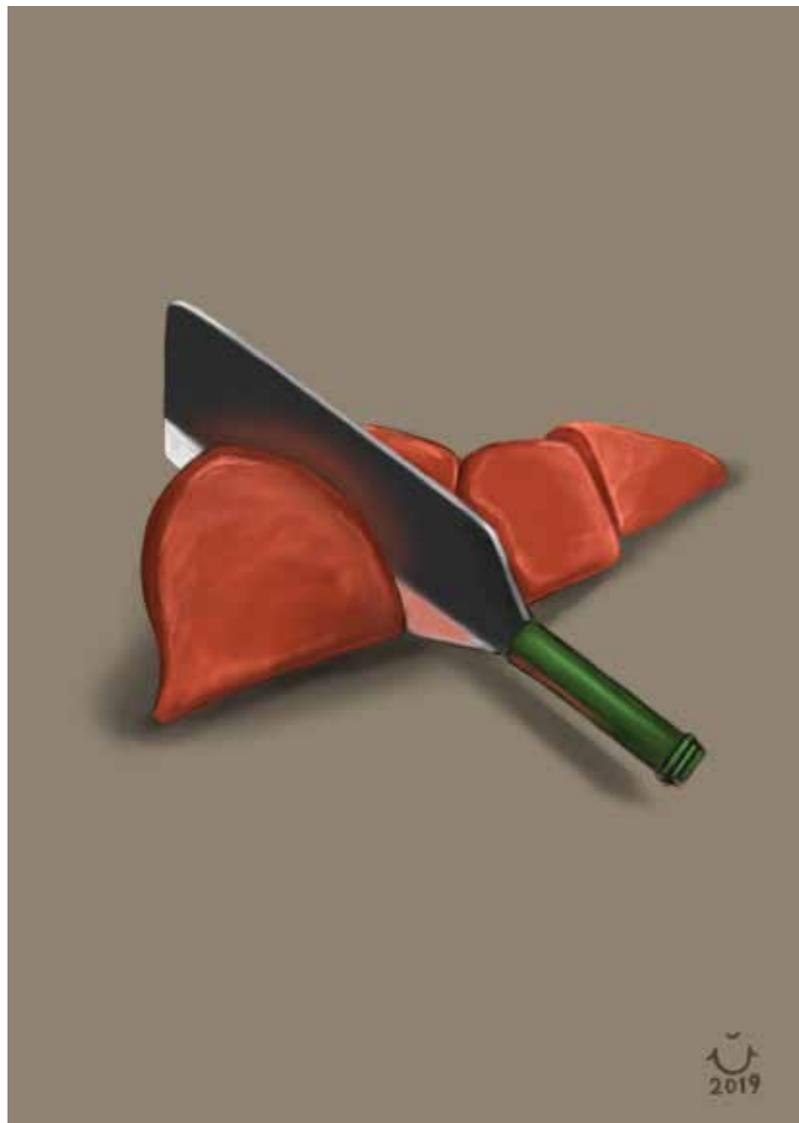
Nookapathi

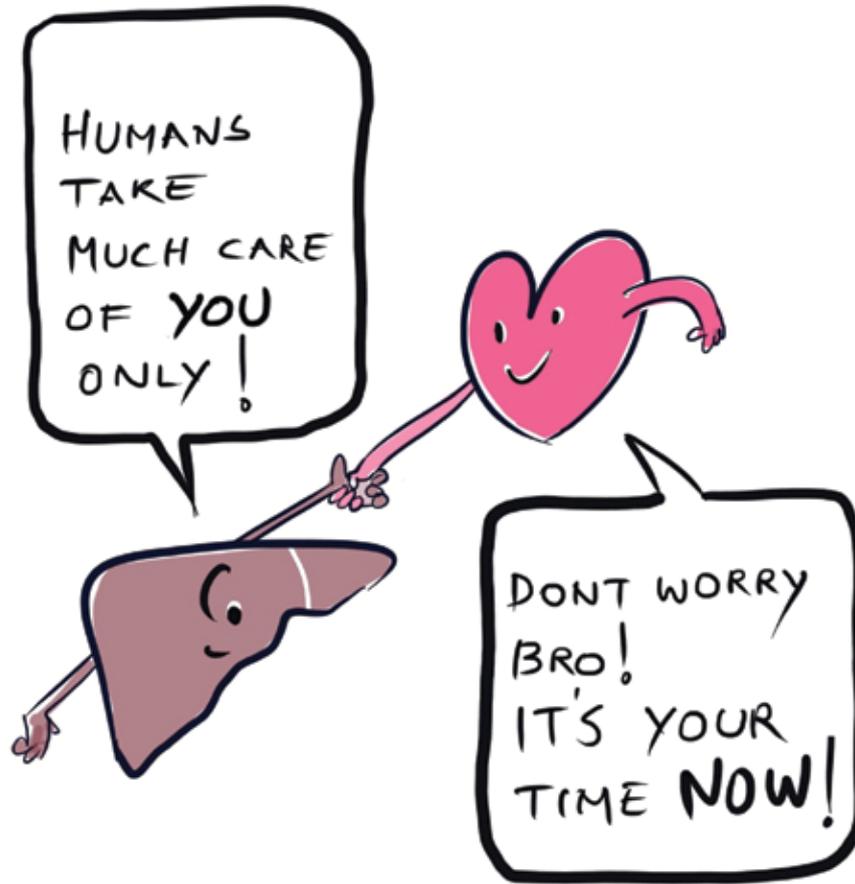






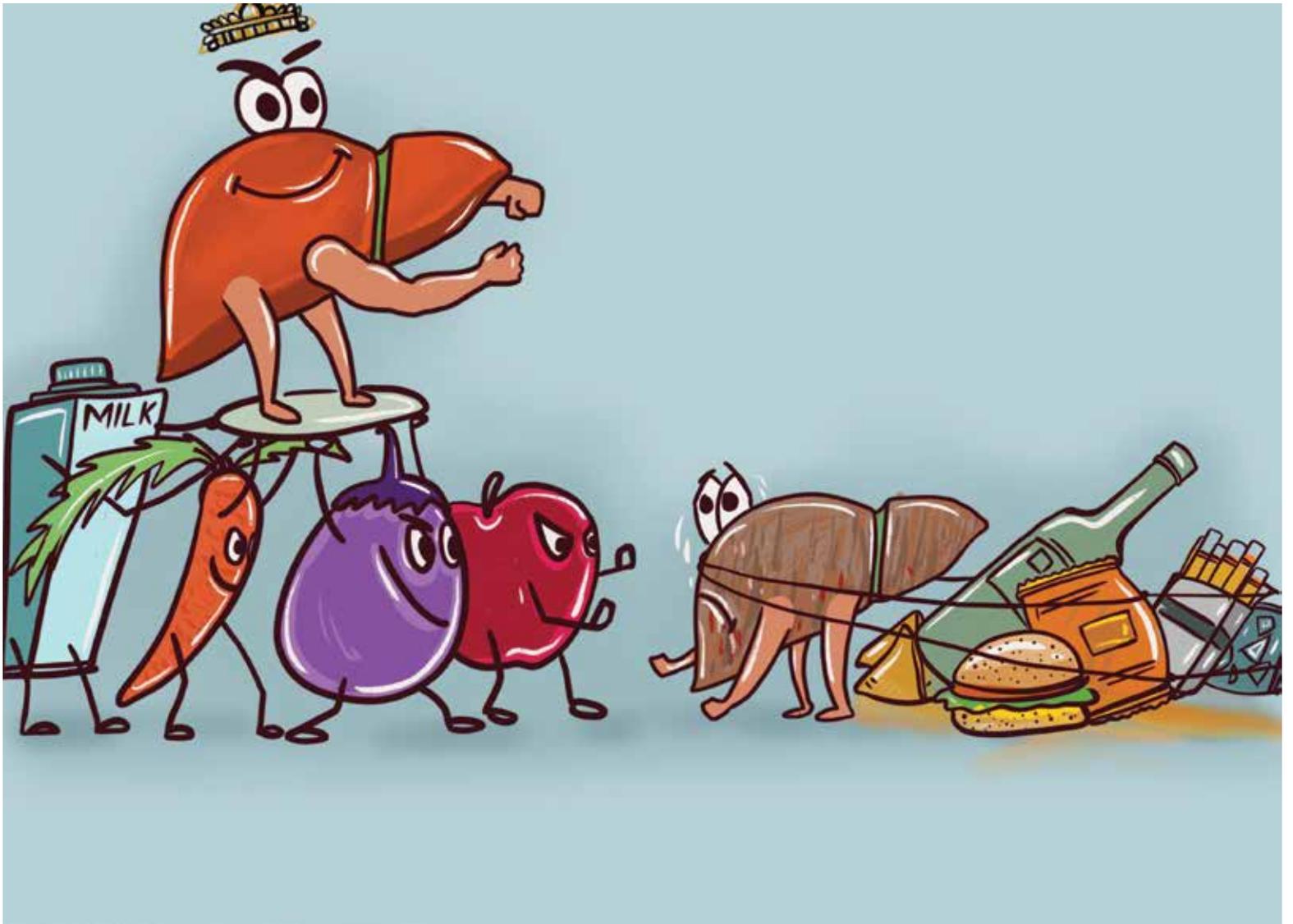




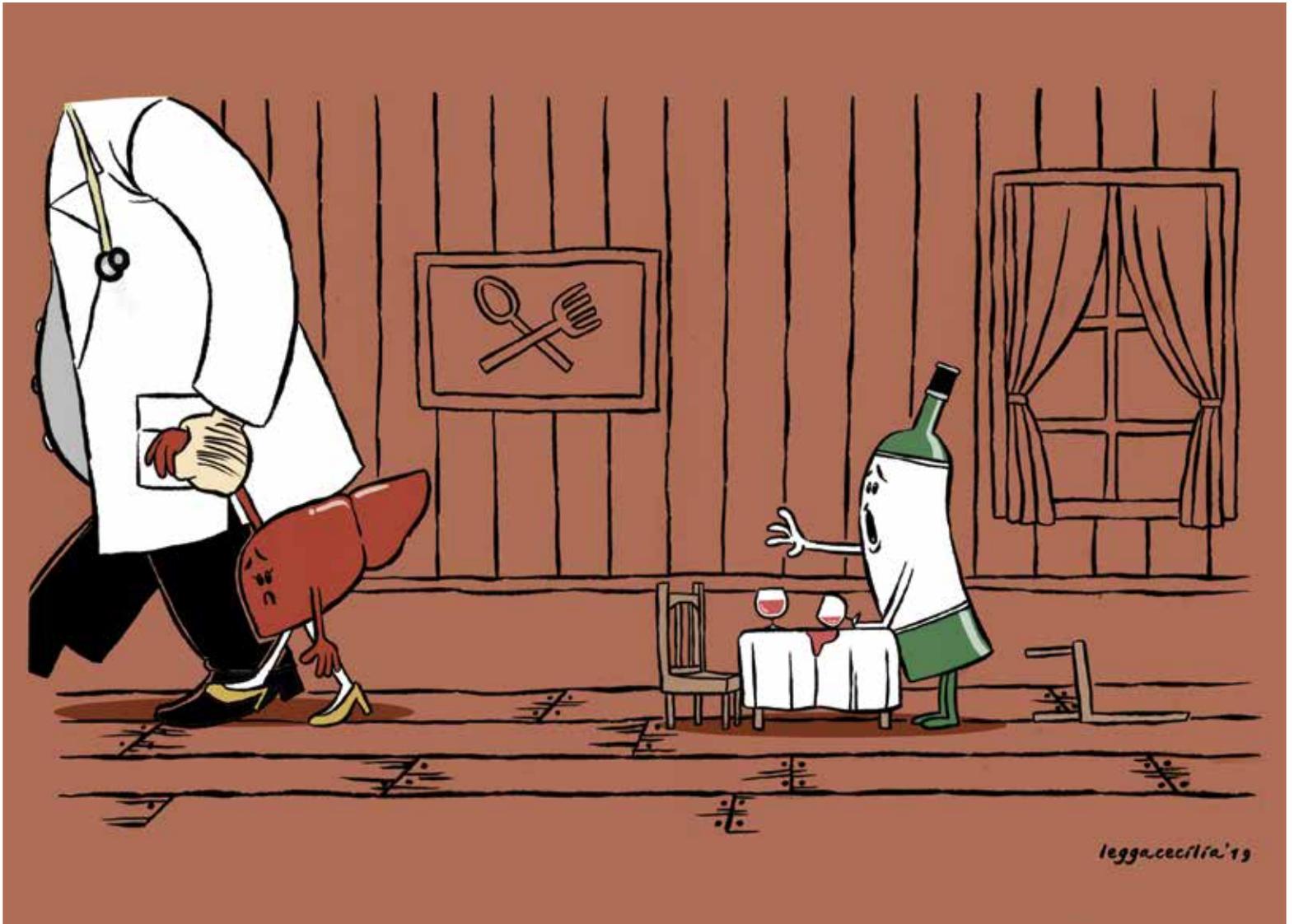


Varchaswi

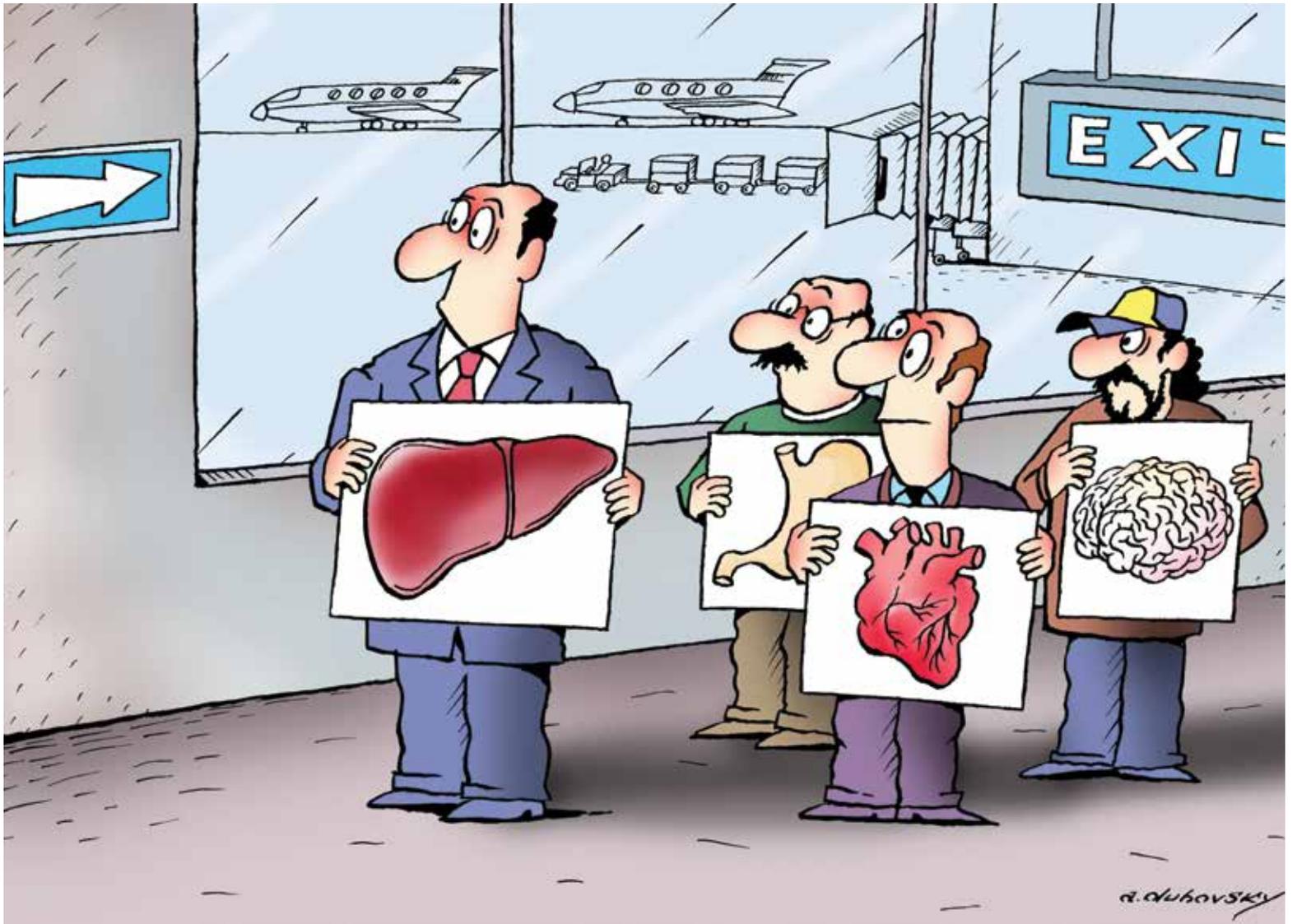




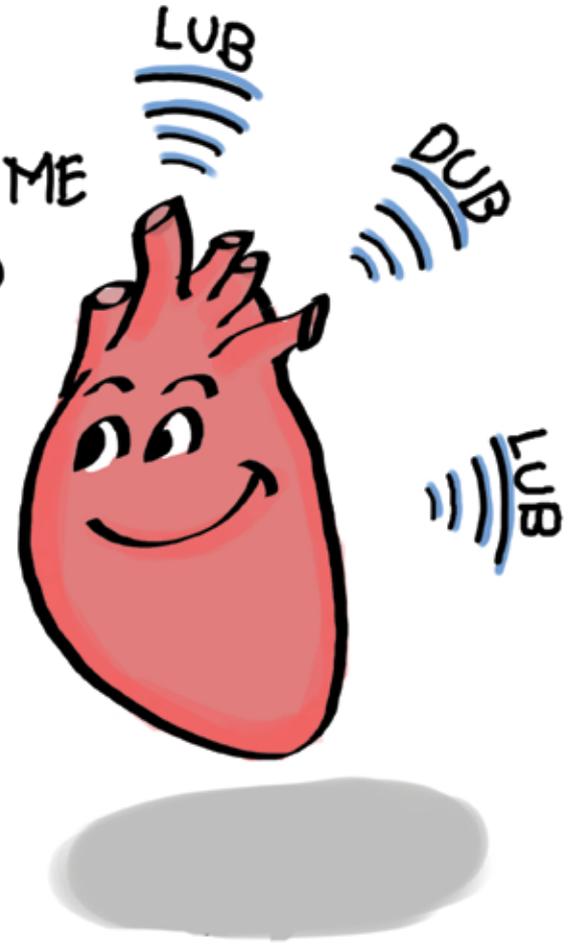
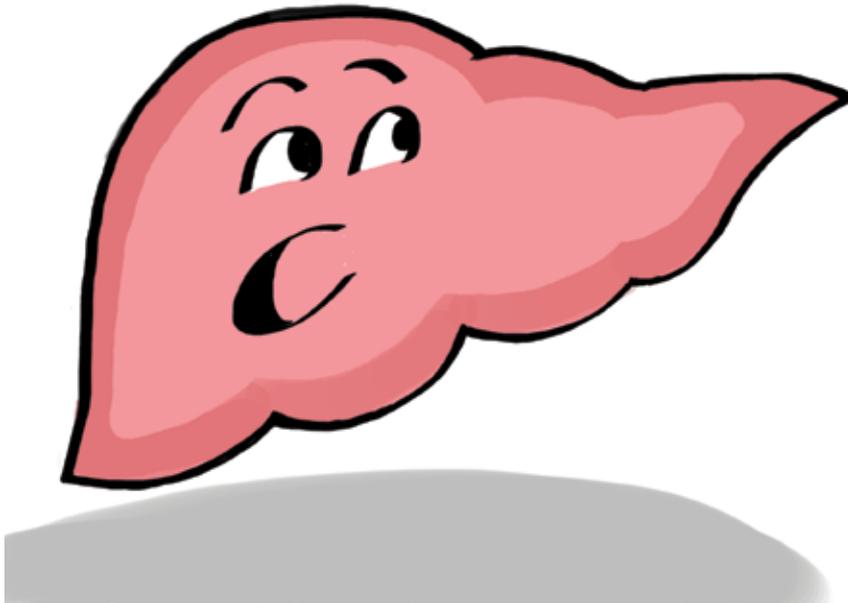




legga.cecilia'19



EVEN I WORK 24 HOURS
WITH MORE FUNCTIONS,
PEOPLE ARE NOT RECOGNISING ME
BECAUSE I DONT MAKE SOUND
LIKE YOU !!

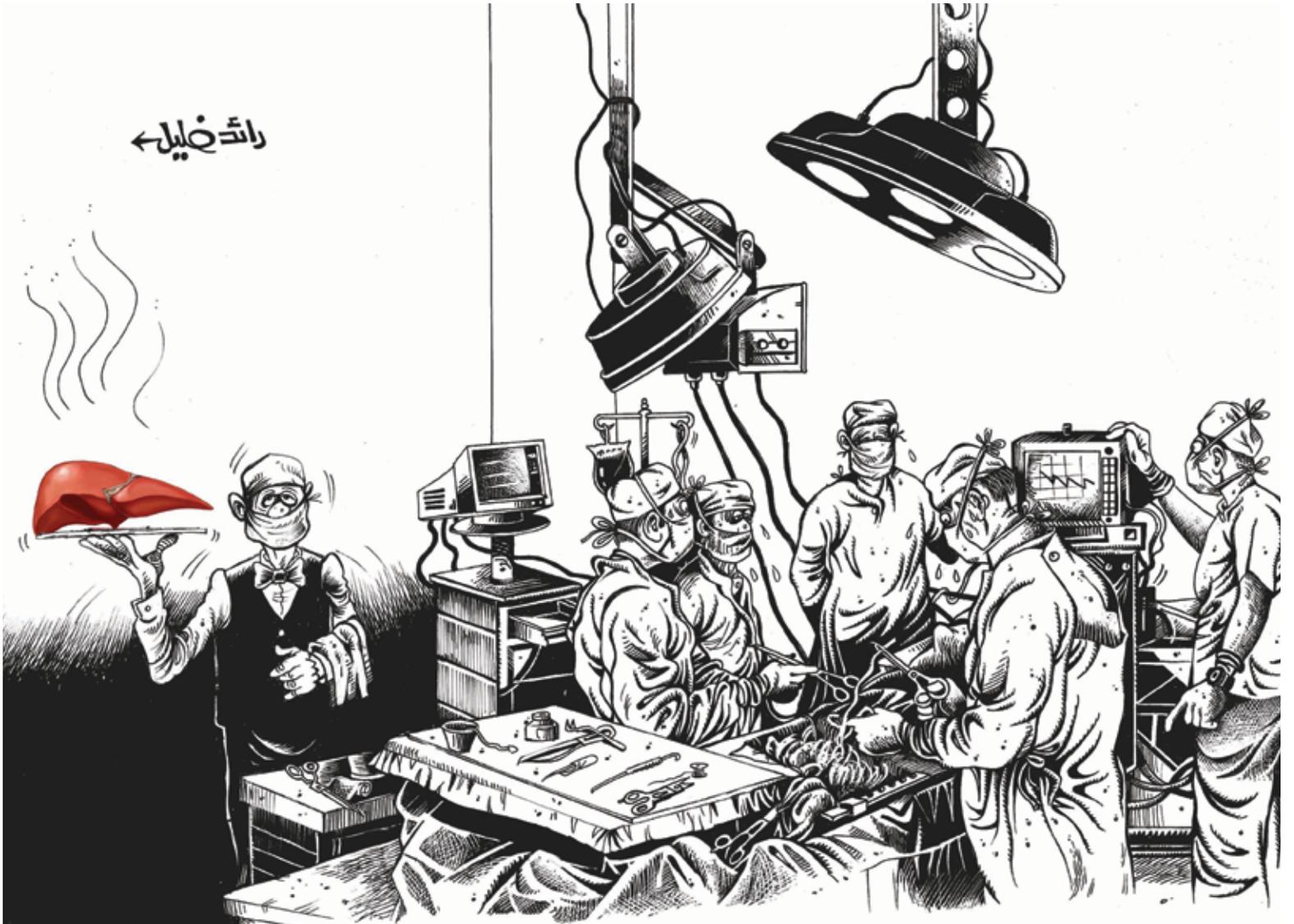




Phu Nguyen



راشد خليل ←



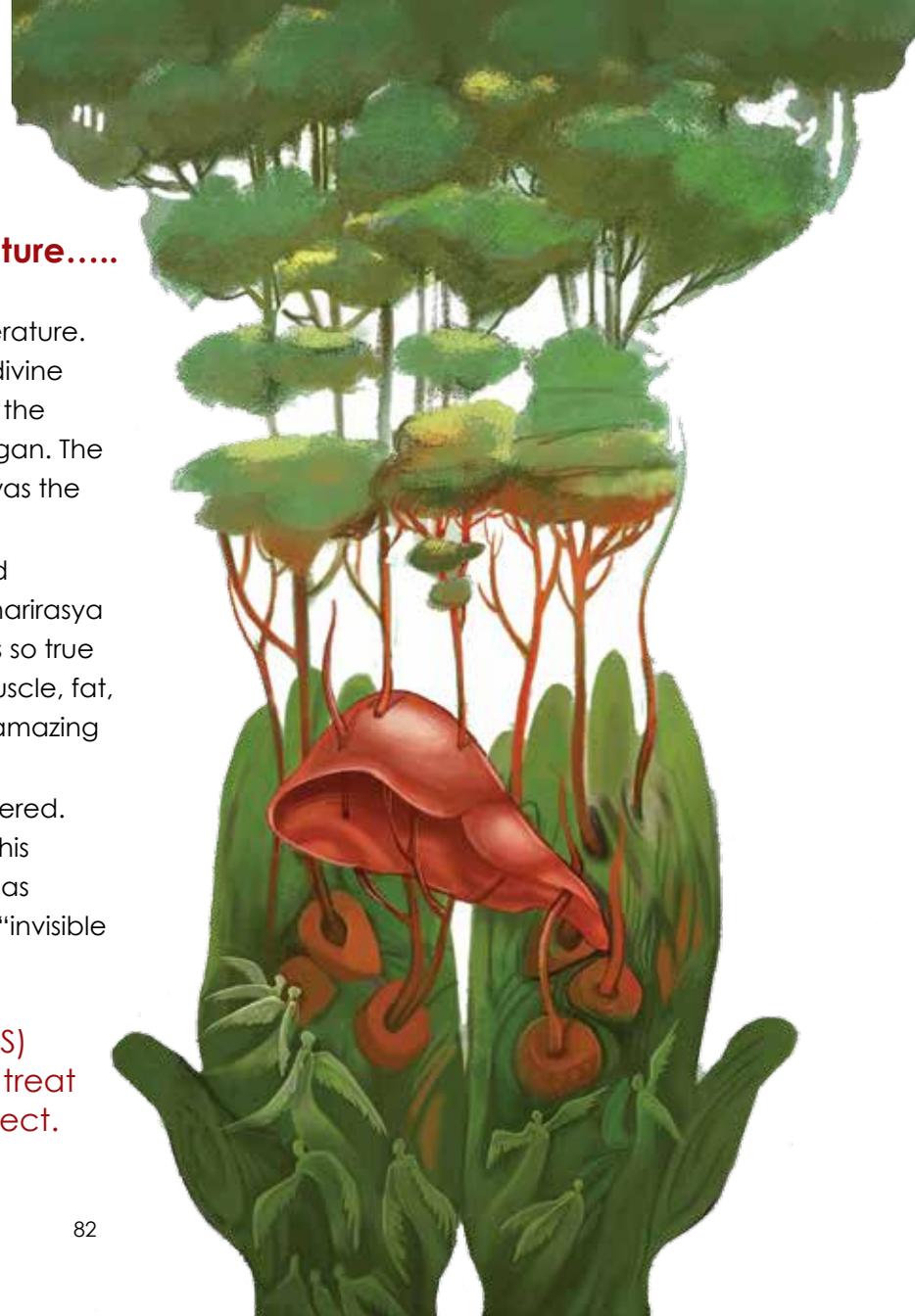
Liver in ancient culture, poetry and literature.....

The liver is praised in ancient cultures, poetry and literature. Ancient civilizations revered liver as an organ for its divine healing powers, romanticism and inspired values. To the Mesopotamians, the liver was the body's premier organ. The Greeks believed that the soul resided in the liver. It was the source of love and passion.

In Ayurveda Samhita, liver is known as 'Yakrit'. An old Sanskrit sloka says 'यकृतः शरीरस्य प्रतिबिम्ब' (Yakritah Sharirasya Pratibimba) which means 'Liver reflects your body' is so true as liver is metabolic hub and connects tissues like muscle, fat, gut, brain and even heart. It is a unique organ with amazing regenerative potential.

In Shakespeare's Macbeth, a coward is called lily-livered. Chilean writer and Nobel Laureate Pablo Neruda in his eloquent poem 'Ode to the Liver' describes the liver as "modest, together friend, profound worker" and an "invisible machine."

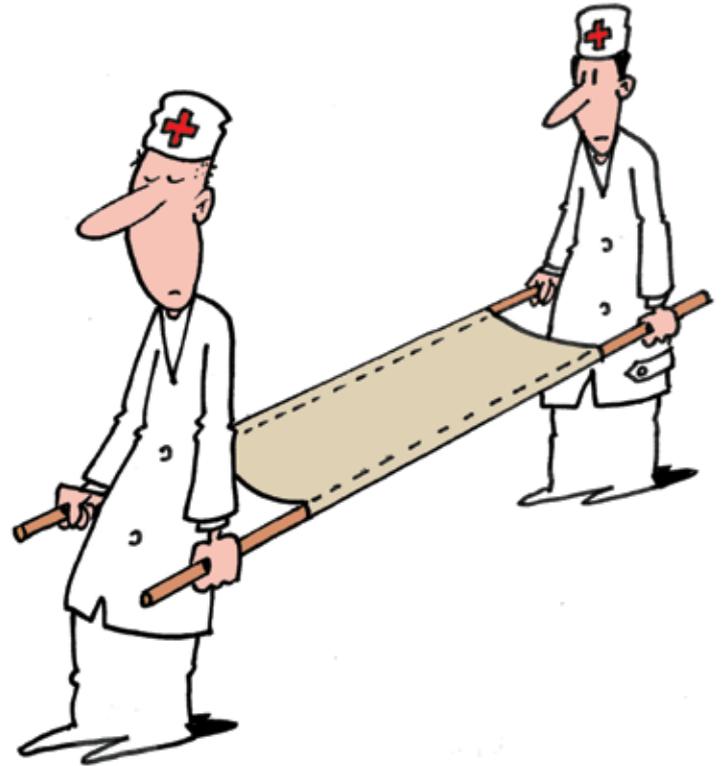
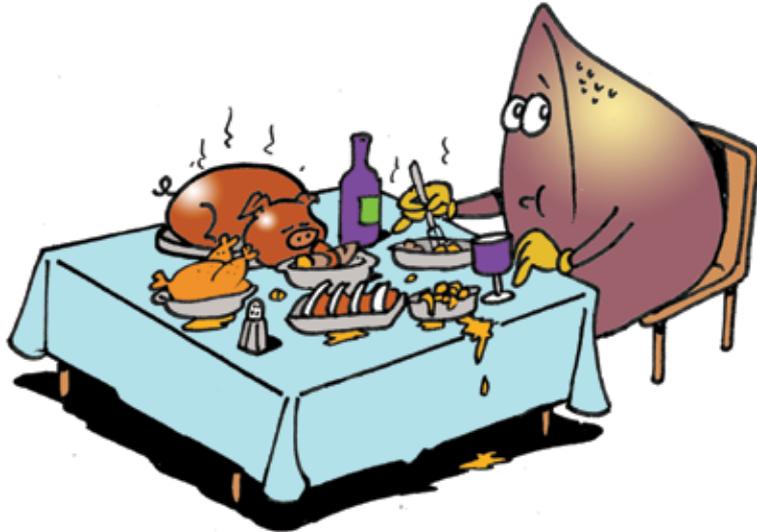
The Institute of Liver and Biliary Sciences (ILBS) envisions to keep every liver healthy and to treat every diseased one with empathy and respect.







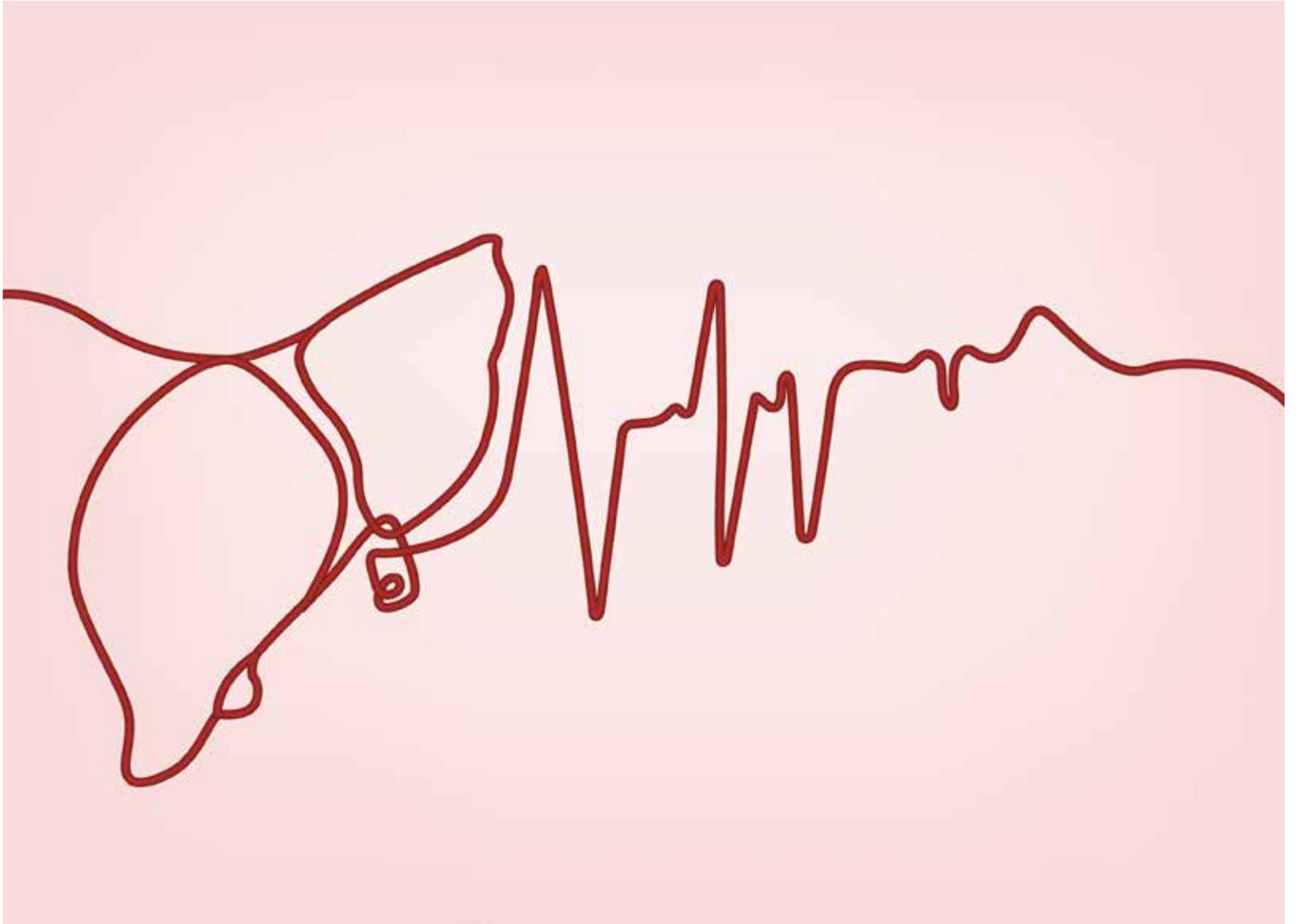
Didie Sri Widiyanto, INDONESIA



Ronaldo



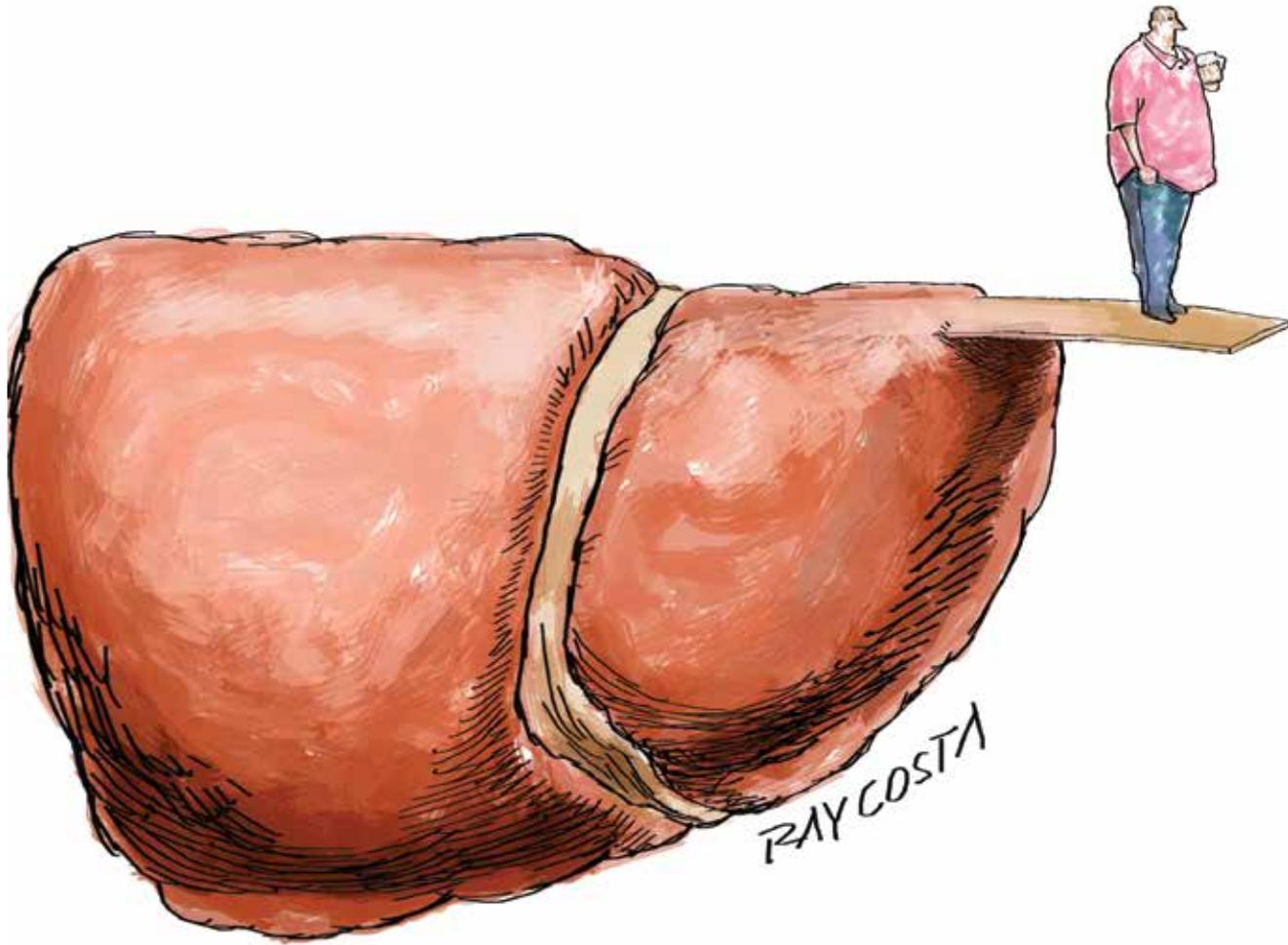
Qiang



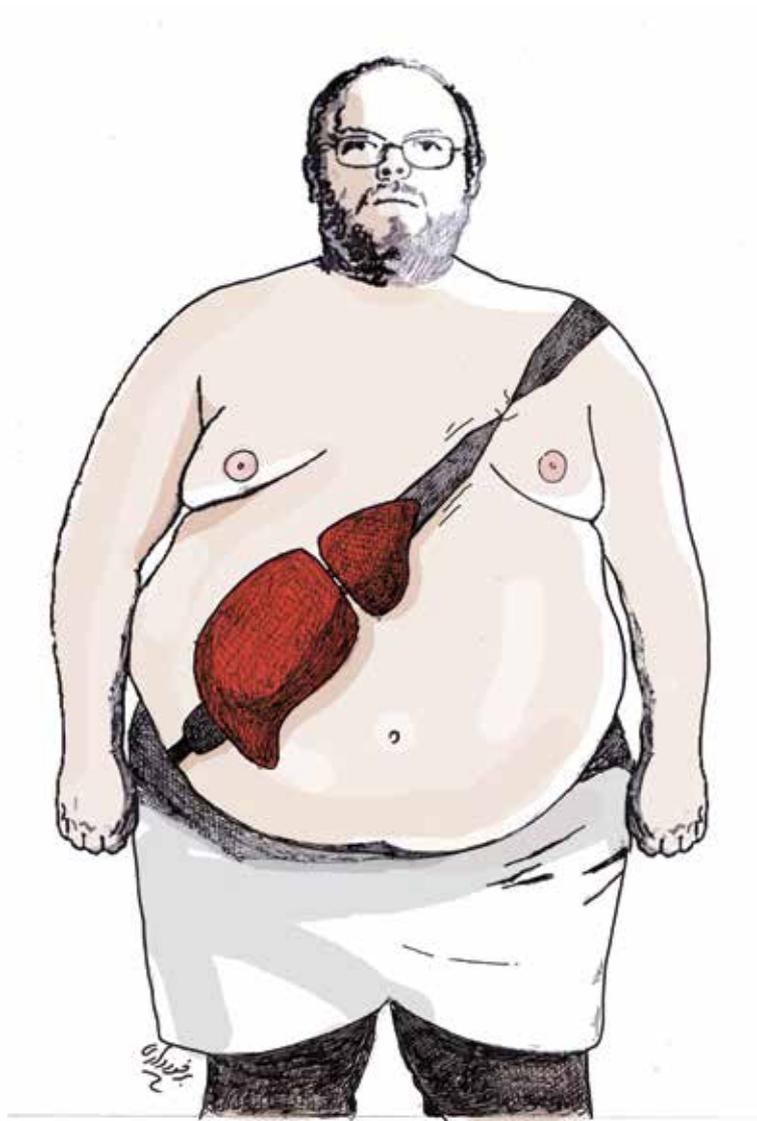


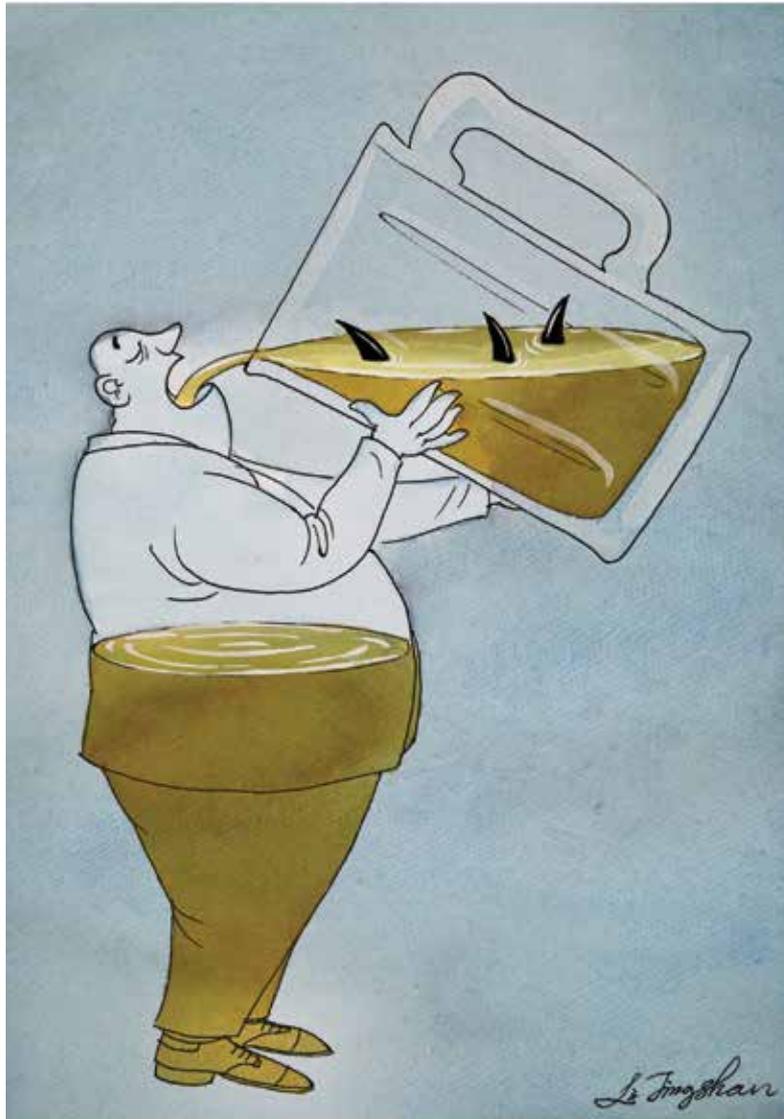


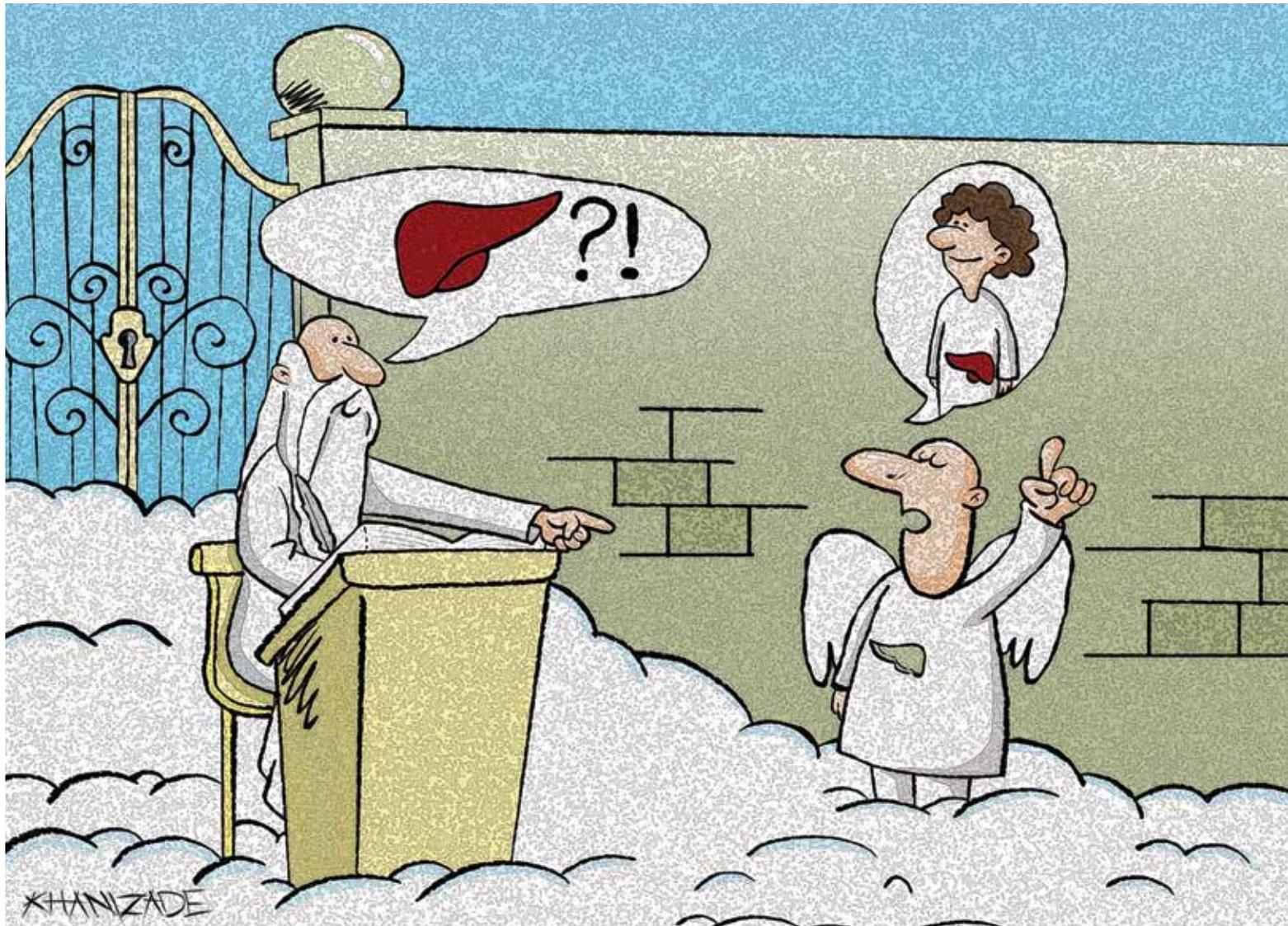






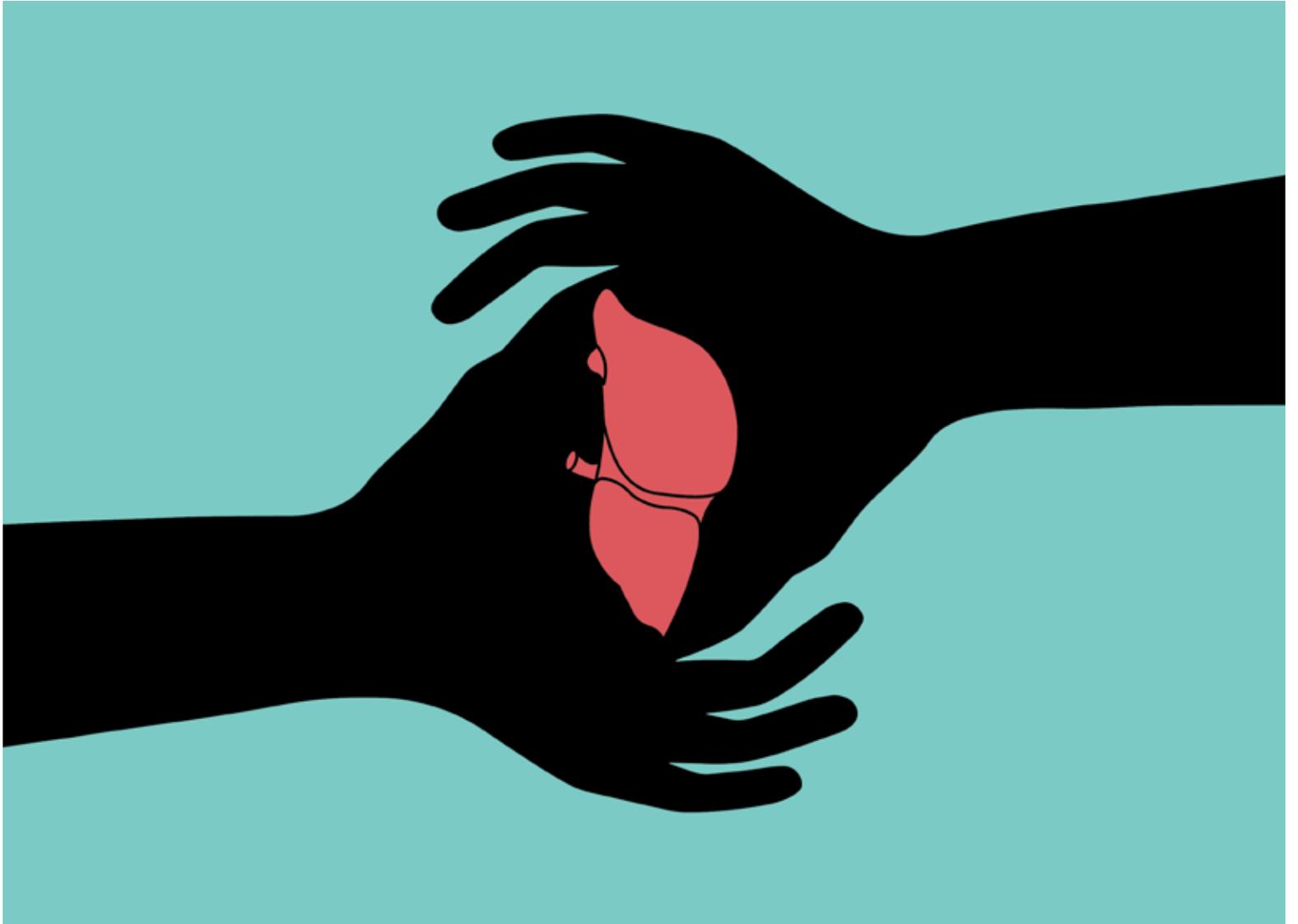


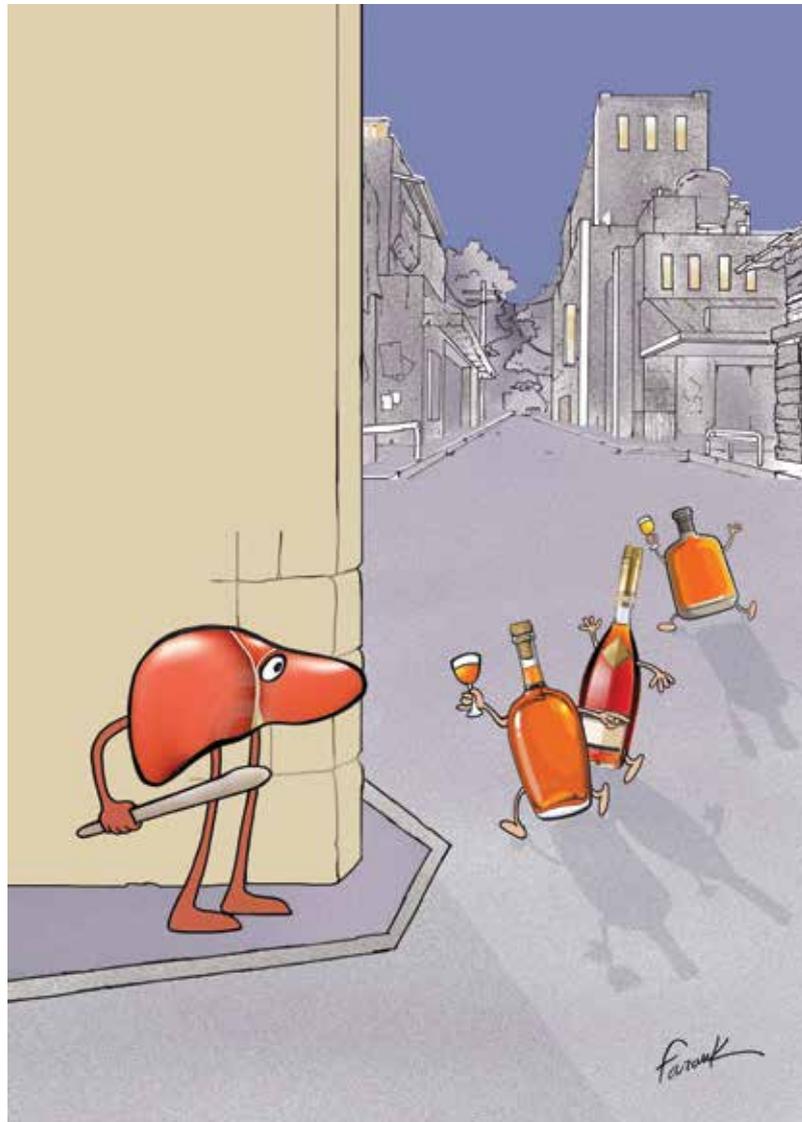


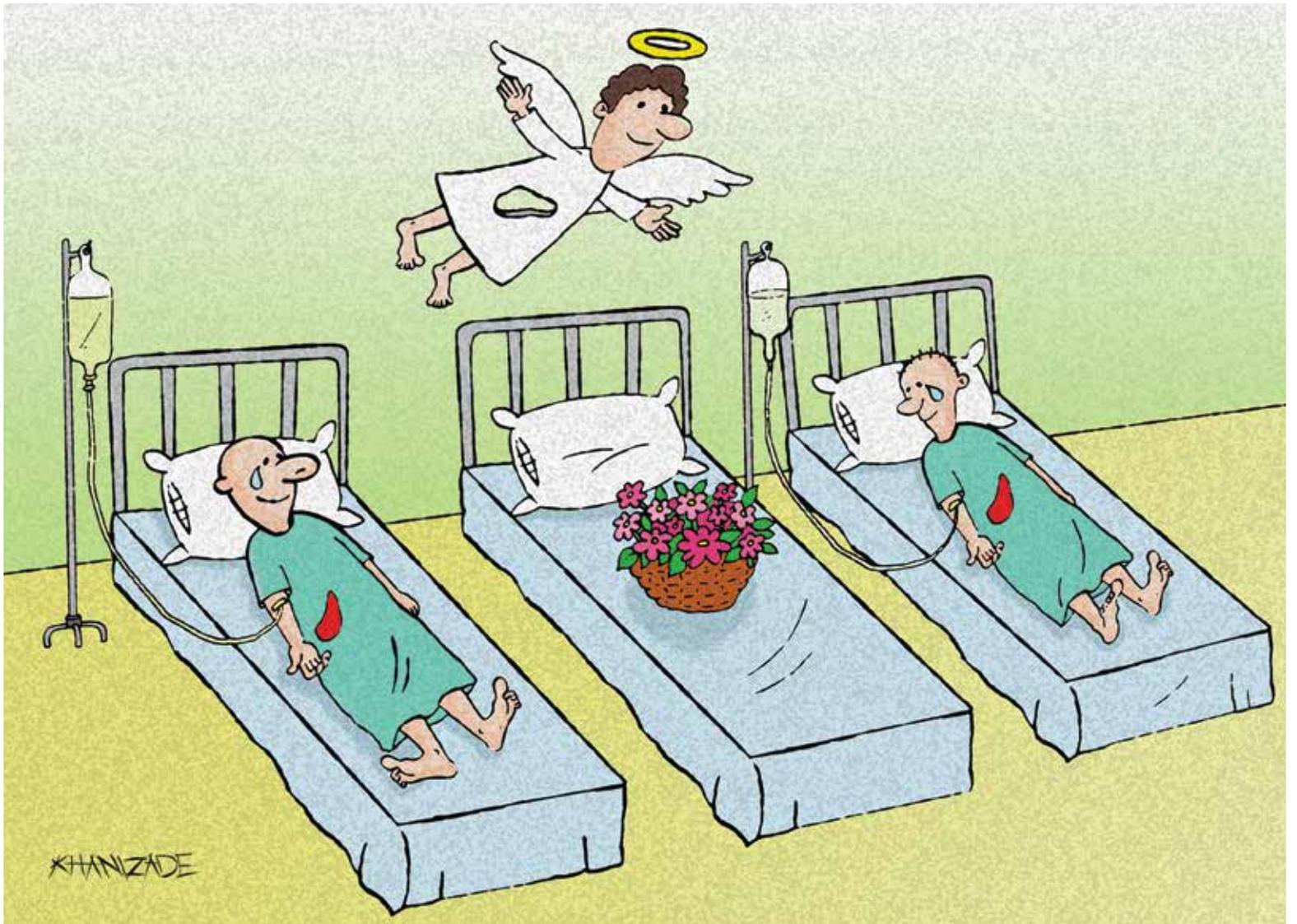






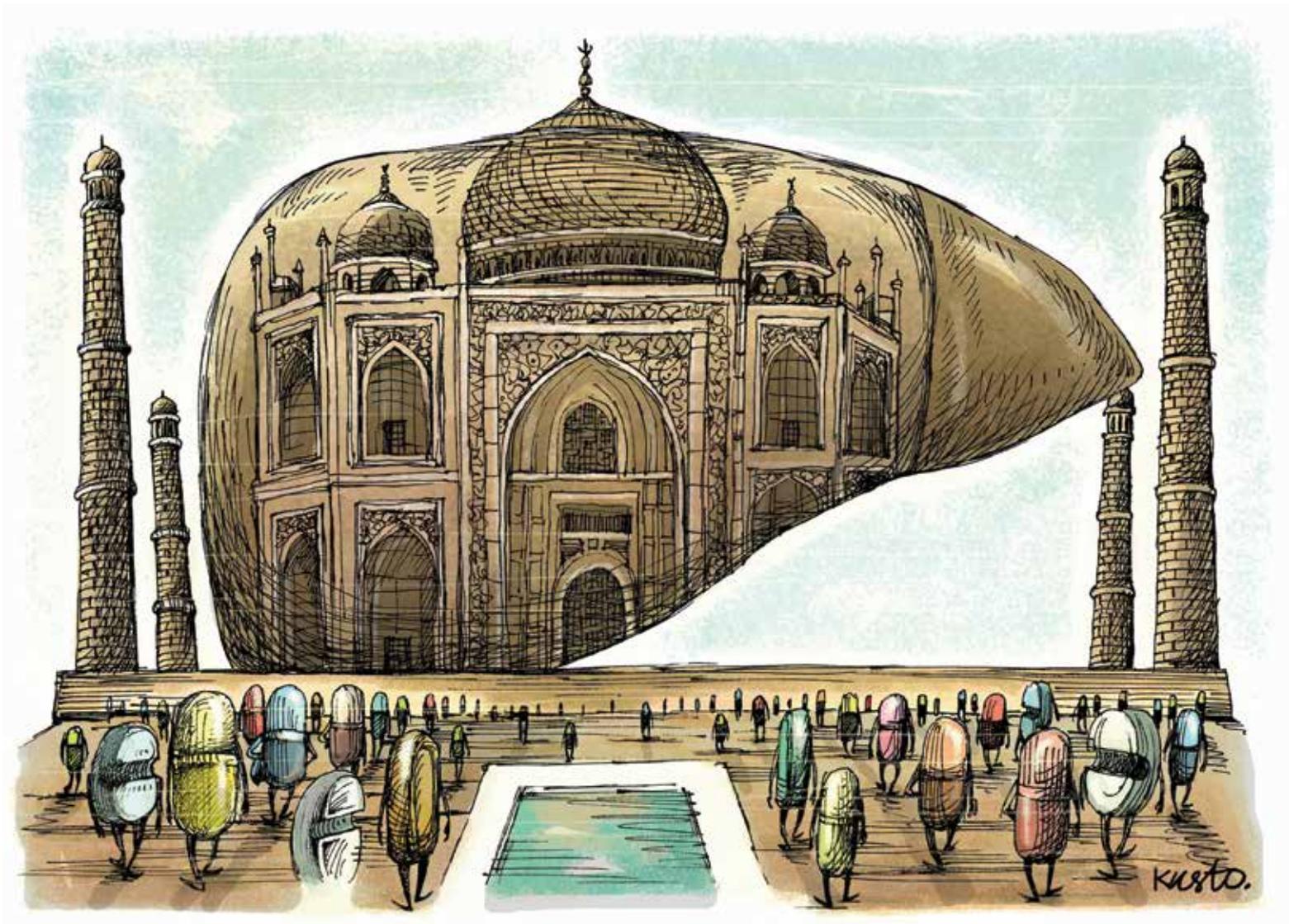






YOUR
LIFE DEPENDS ON YOUR **LIVER**







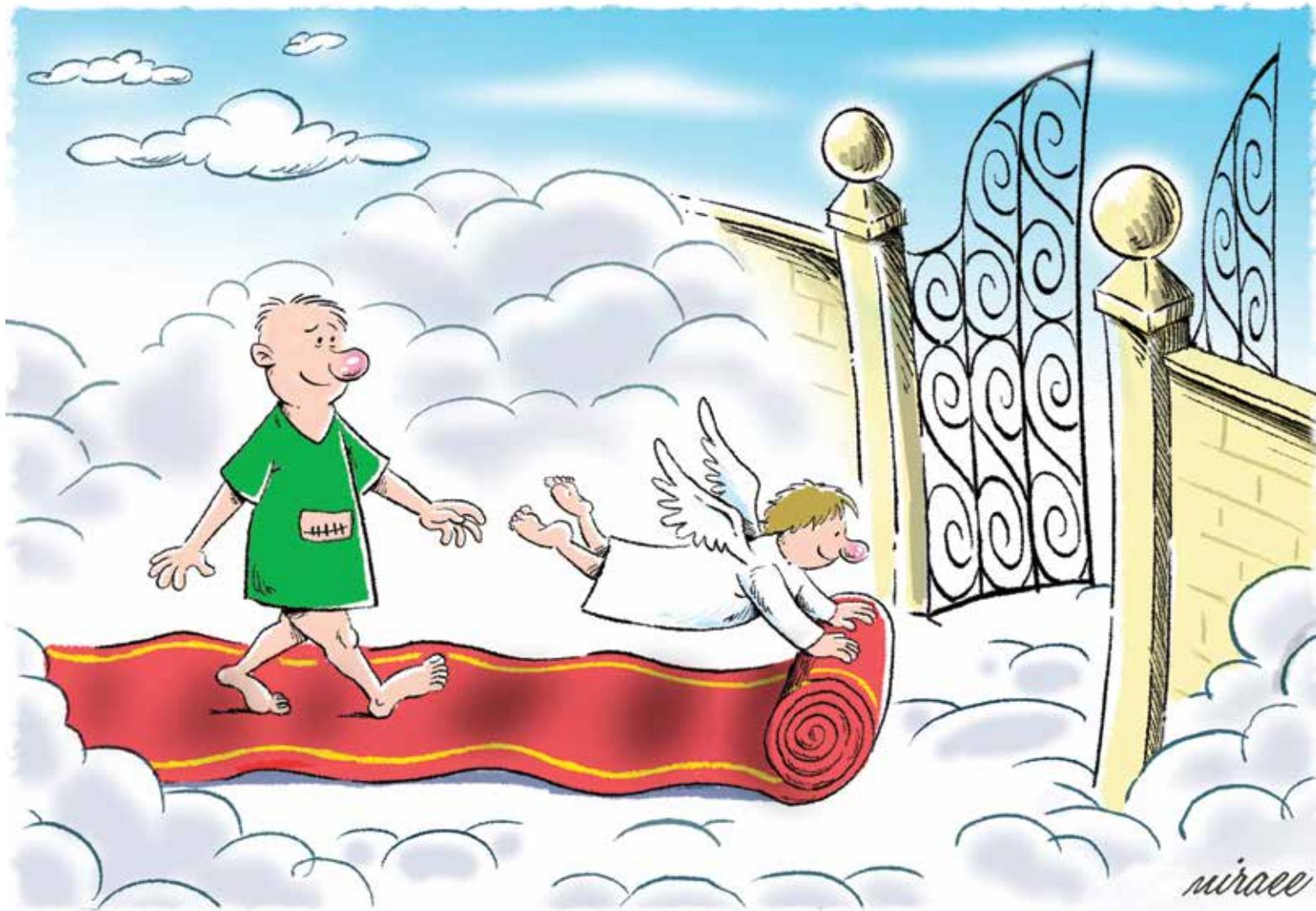


Shahrokh Heidari, FRANCE





TREAT IT AS A GIFT



Message from the Curator.....

The First International Cartoon Contest on Liver Health Awareness organised by Institute of Liver and Biliary Sciences is a remarkable attempt of its kind. The support and encouragement provided by Dr. Shiv Sarin to this initiative has a far-reaching positive impact. This platform has provided great exposure and encouragement to cartoonists and budding artists and the artworks and the exhibits have anchored public engagement on liver health issues.

The unique subject "No Time For Liver" captivated the imagination of the artists and Common people from India and the world. The Images made using humor with tongue-in-cheek messages on Liver Health and serious Liver diseases are thought provoking and impactful. This platform has also given exposure to Indian Artists on the diverse mode of expressions and perspectives used by global artists.

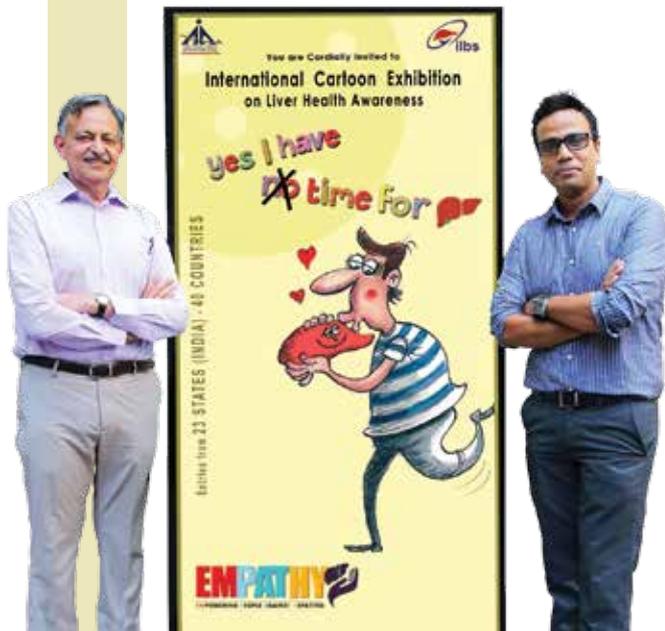
This initiative has garnered praised from all quarters, the art fraternity across India appreciated this attempt by ILBS to leverage the great power of Visual Arts to promote the message of health and wellbeing. Praising the efforts Shri AjitNinan (renowned cartoonist of India) and one of the Jury members of this contest remarked...

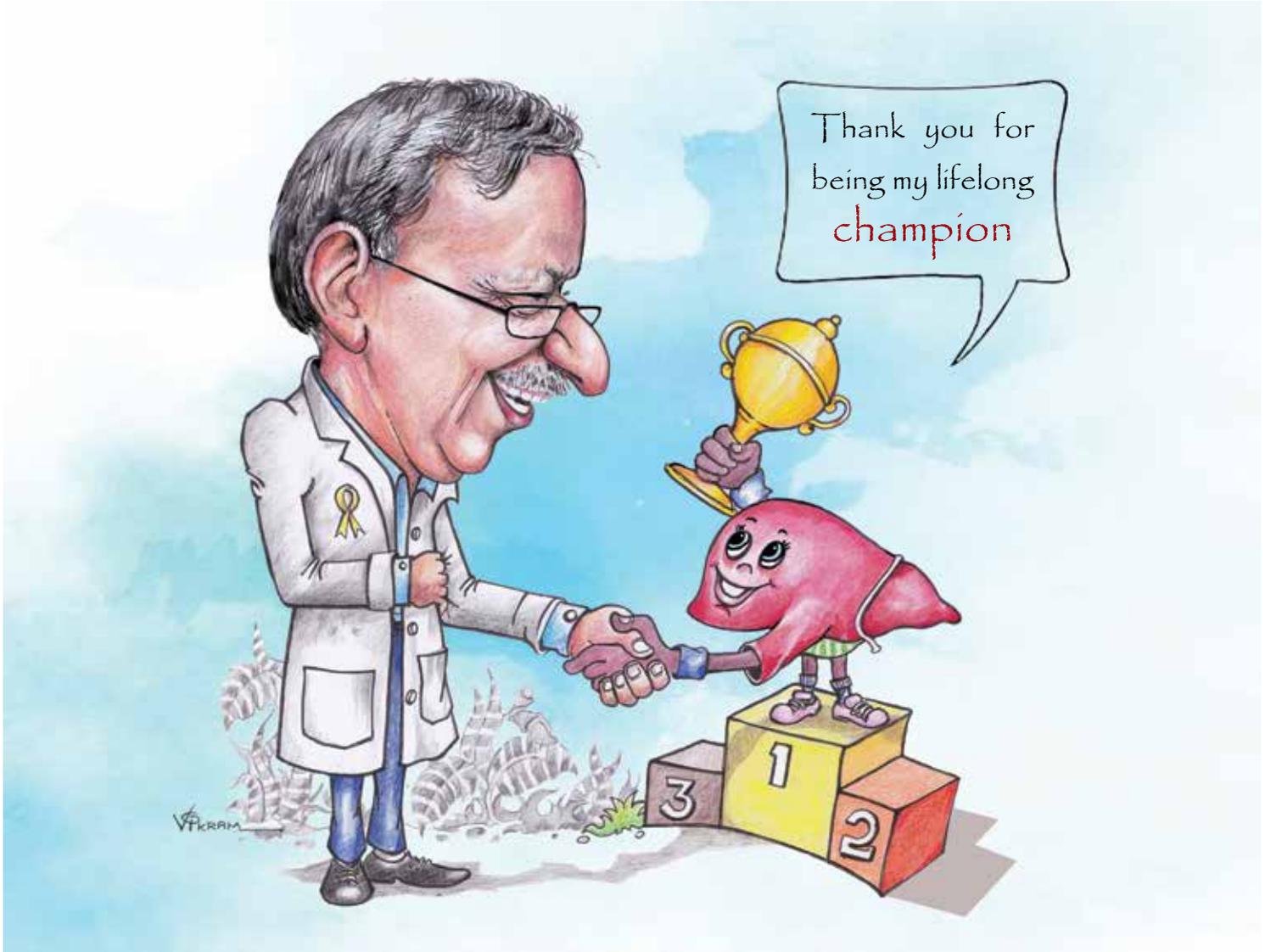
Fascinating variety of cartoons and styles on a specialized area on liver, from the simple renderings to complex compositions, across the world. Political cartoonists are in awe with such a pure bunch of life-saving cartoons. God bless all participants for the effort and creativity.

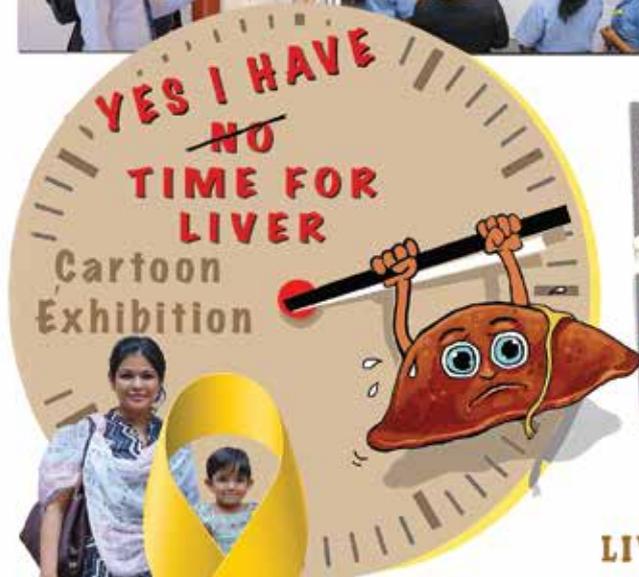
I really feel honoured and blessed that i was able to contribute my part as a Mentor and Curator of the cartoon contest. The support extended by visionary Dr. Shiv. K Sarin, Director, ILBS, has facilitated a dialogue on this topic, which otherwise does not get the attention it deserves. For me, it has been one of the most fulfilling and enriching experiences of life.

My heartfelt gratitude to the entire ILBS Team, Jury members, participants and everyone who supported us in this great endeavour.

Vikram Nayak







LIVE^R @ LOVE LAUGHTER & LOTS OF EMPATHY

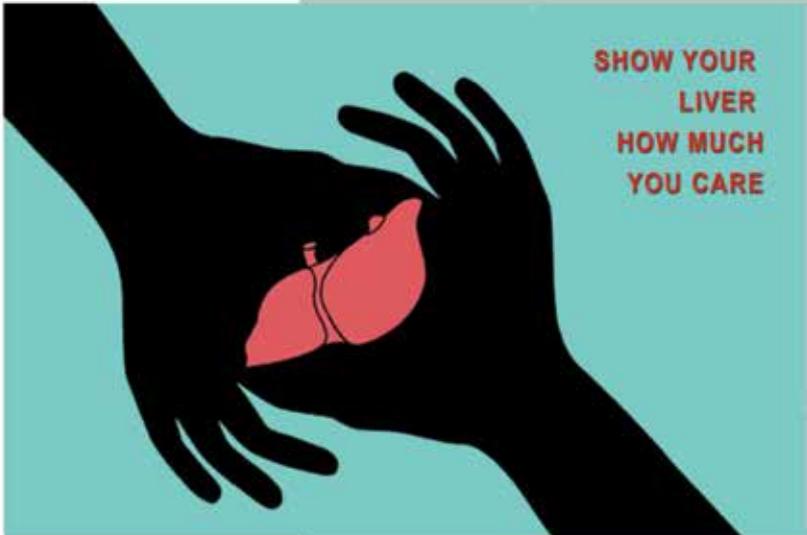




Dignitaries, Prominent personalities, students and general public enjoying the Exhibition

The President of India, Shri Ram Nath Kovind witnessing the cartoon exhibition





Letter of Appreciation to Liver



To,

Dear Liver,

Address:

Upper Right Portion of Abdomen,

Beneath The Diaphragm,

Above my stomach!

POSTPIN My Body

Website: www.theempathycampaign.com

I Pledge that I will...



- 1- Try to keep my liver healthy
- 2- Get myself & my family-tested & vaccinated
- 3- Generate dialogue with family and friends on Hepatitis
- 4- Teach 10 people about Hepatitis
- 5- Not discriminate people living with Hepatitis
- 6- Contribute in empowering people against Hepatitis

