

From Ideas to Impact: Visual Thinking with



Napkin AI



Get visuals from your text

Napkin turns your text into visuals so sharing your ideas is quick and effective.



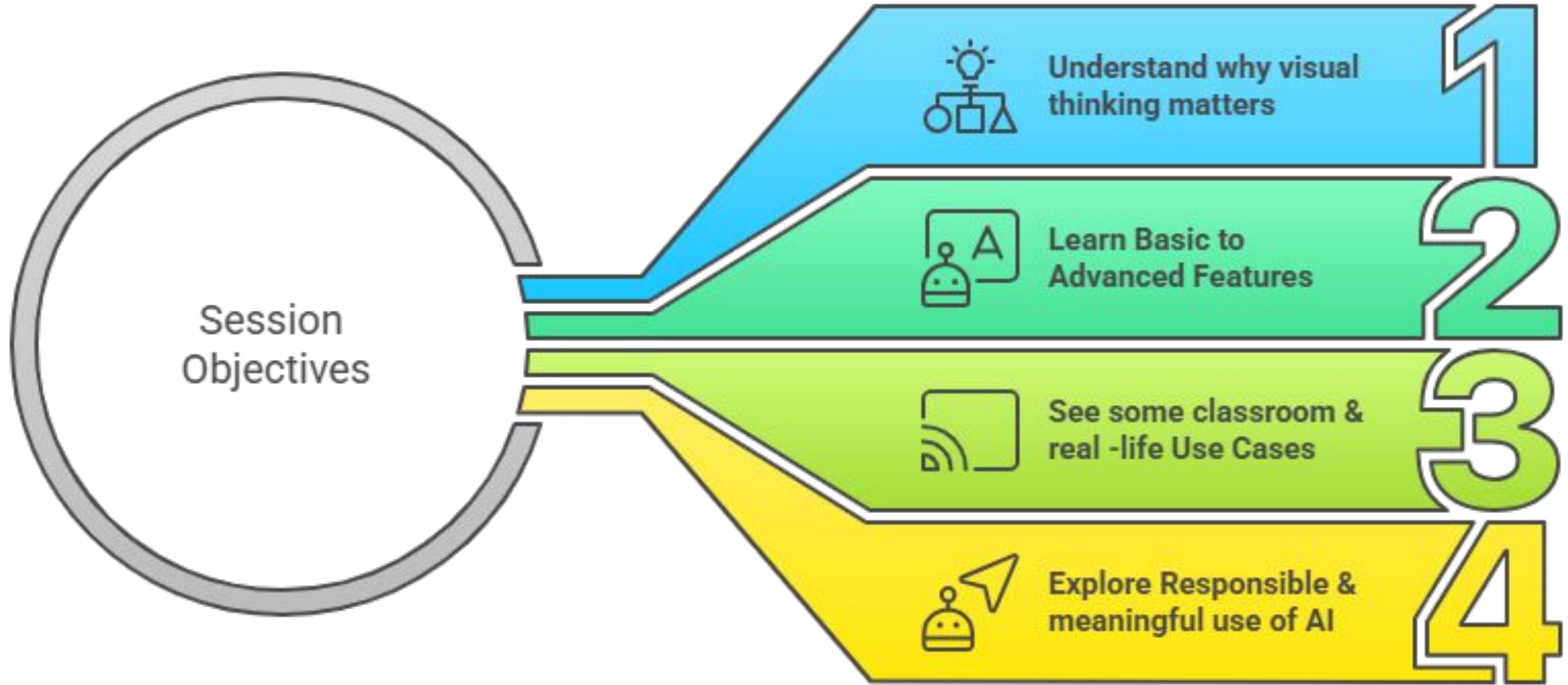
Facilitator : Ms. Mamta Narula



Napkin

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Which of these two newspaper clipping is easier for you to understand ?



Air Pollution: How air Pollution Impacts You

Delhi remained engulfed in a dense layer of smog on Sunday as the air quality index touched a hazardous level of 461, highlighting the growing public health crisis caused by air pollution.

Continuous exposure to polluted air, chafing stress, weakened immunity and genetic damage in human cells. Medical experts warn that breathing toxic air over long periods affects not only the lungs but also the heart, brain and several other vital organs.

The polluted air contains a dangerous combination of suspended particulate matter, nitrogen oxides, carbon monoxide, sulphur dioxide and ozone. Fine particulate matter, which easily enters the lungs and bloodstream, is known to cause asthma, chronic bronchitis, cardiovascular disease, organ damage and cancer. Nitrogen oxides, released mainly from fuel combustion and wood burning, damage lung tissue and reduce breathing capacity.

Carbon monoxide, from vehicle emissions interferes with oxygen supply in the blood, leading to dizziness, headaches and, in severe cases, fatal poisoning.

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health experts note that air pollution impacts nearly every major organ of the body, including eyes, nose, throat, lungs, heart, liver, kidneys, blood and skin, making it a whole-body health threat rather than just a respiratory issue.

Children are particularly vulnerable as their lungs are still developing and they breathe the more air relative to their body weight than adults, causing them to inhale larger quantities of harmful pollutants. Prolonged exposure can result in long term lung damage, especially in children under eight years of age.

Beyond physical illness, air pollution is increasingly being linked to mental health disorders. Studies have shown that long-term exposure significantly raises the risk of depression, schizophrenia, bipolar disorder and personality disorders.

pollutions, increasing the risk of depression, schizophrenia, bipolar disorder and personality disorders. Doctors advise people to avoid outdoor exercise during periods of severe pollution, as activities such as jogging on roads, exercising in parks or practising outdoor yoga may increase the intake of toxic pollutants, especially near traffic-heavy areas.

With pollution levels continuing to rise, experts stress the urgent need for collective action. Reducing emissions, discouraging waste burning, promoting cleaner transport and protecting vulnerable groups like children and the elderly are essential steps. Until lasting solutions are implemented precaution and awareness remain the only immediate safeguards against the invisible yet dangerous threat in the air we breathe.








HOW AIR POLLUTION IMPACTS YOU

Breathing in pollutants present in the air for a prolonged period of time leads to inflammation, oxidative stress, immunosuppression, and mutagenicity in cells, impacting the lungs, heart, and brain among other organs

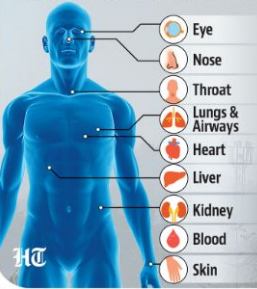
461

Delhi's air quality index on Sunday


TAKING A TOLL ON YOUR BODY

<p>Suspended Particulate Matter</p> <p style="font-size: 8px;">These are microscopic particles that can enter lungs and blood stream. These particles, sized between 2.5 and 10 microns, form the primary pollutants in Delhi's air</p>  <p>Health impact Eyes: irritation, Nose: irritation, Throat: sore throat Lungs: asthma, chronic bronchitis, damage to tissue Kidney: damage to the organ Liver: damage to tissue Heart: cardiovascular disease. It also causes heavy metal poisoning and cancer</p>	<p>Nitrogen oxides (NOx)</p> <p style="font-size: 8px;">Group of highly reactive gases including nitrogen dioxide that forms a reddish brown haze in environment Sources: Fuel combustion, wood burning</p>  <p>Health impact Lungs: damage to tissues, reduced breathing capacity, and inflammation of airways Skin: cancer Nerves: Nerve damage</p>	<p>Carbon monoxide (CO)</p> <p style="font-size: 8px;">Colourless and odourless gas that can prove fatal if inhaled for a long time at a stretch Sources: Fuel combustion from vehicles and engines</p>  <p>Health impact Eyes: blurry vision Ears: hearing loss Blood: dizziness, headache Airways: chest pain</p>	<p>Sulphur dioxide (SO2)</p> <p style="font-size: 8px;">Colourless gas that dissolves in water vapour to form acid Sources: Fuel combustion, electric utilities and industrial processes</p>  <p>Health impact Lungs: coughing, wheezing Airways: shortness of breath</p>	<p>Ozone (O3)</p> <p style="font-size: 8px;">Pale blue gas with a distinctively pungent smell. It is formed when other pollutants react under the sunlight Sources: Areas where scavenging happens</p>  <p>Health impact Eyes: watery eyes Throat: irritation Lungs: asthma, dry cough, reduced capacity, chronic pulmonary disease Airways: infection, chest tightness</p>
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ORGANS AFFECTED




A thick layer of haze near Humayun's Tomb, in Delhi on Sunday.
ARVIND YADAV/HIT PHOTO




Exercise in parks

Long-term exposure to high levels of pollution decreases lung capacity




Yoga outdoors

Instead of rejuvenating you, outdoor exercise may leave you fatigued



Jogging on the road

Dust, harmful gases are at their highest levels near roads



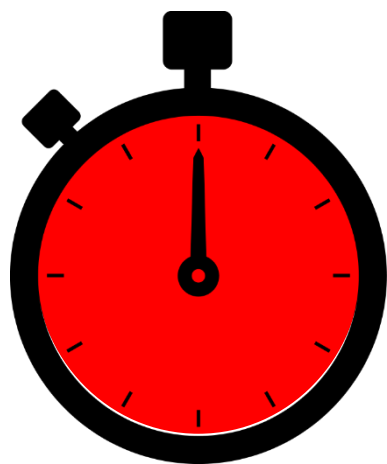
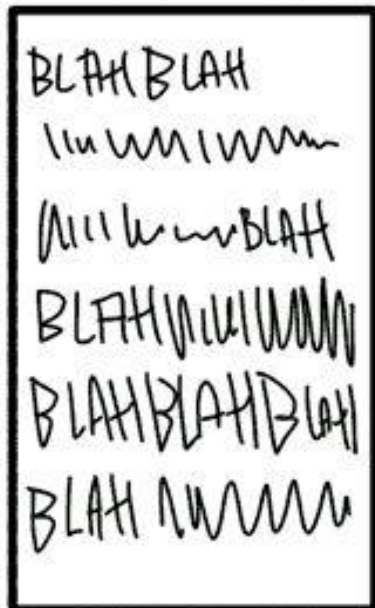
CHILDREN AT HIGHEST RISK

Young lungs are vulnerable as they breathe at twice the rate that adults, which makes them inhale larger amounts of harmful pollutants, and it does more damage to the lungs of children under eight years of age as their lungs are still developing.

EFFECT ON MENTAL HEALTH

A 2022 study conducted on a group of people from the United States and Denmark found that exposure to air pollution is significantly associated with an increased risk of psychiatric disorders including depression, schizophrenia, bipolar disorder and personality disorder

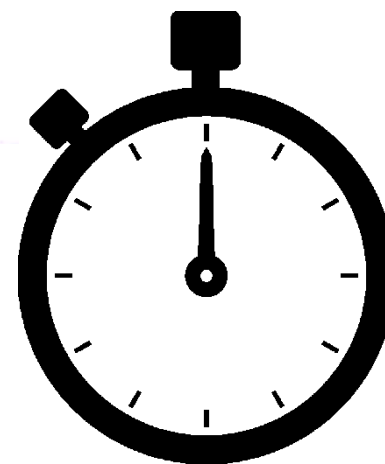
PURE TEXT



60
SECONDS

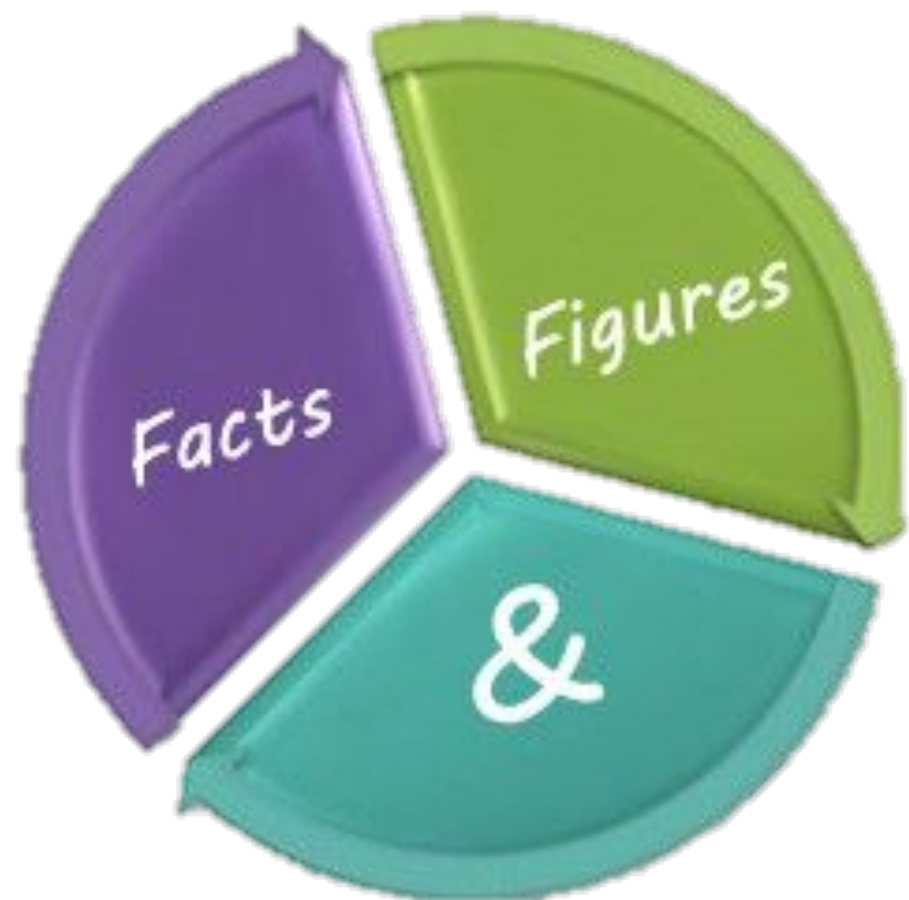
To read 200-250 words

VISUAL



1/10
SECONDS

To understand a visual scene



Persuasion levels of Audience

50%

**Verbal
presentation**

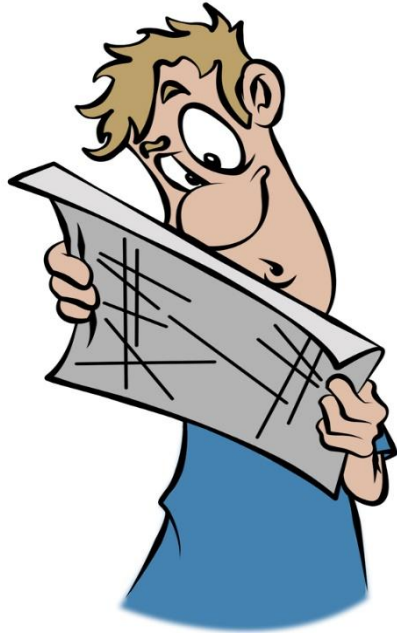


67%

**Verbal
presentation that
had
accompanying
visuals**



**People
following
directions
with text
and
illustratio
ns do**



2123456

7890

Comprehension rate of Medicine Labels



70%

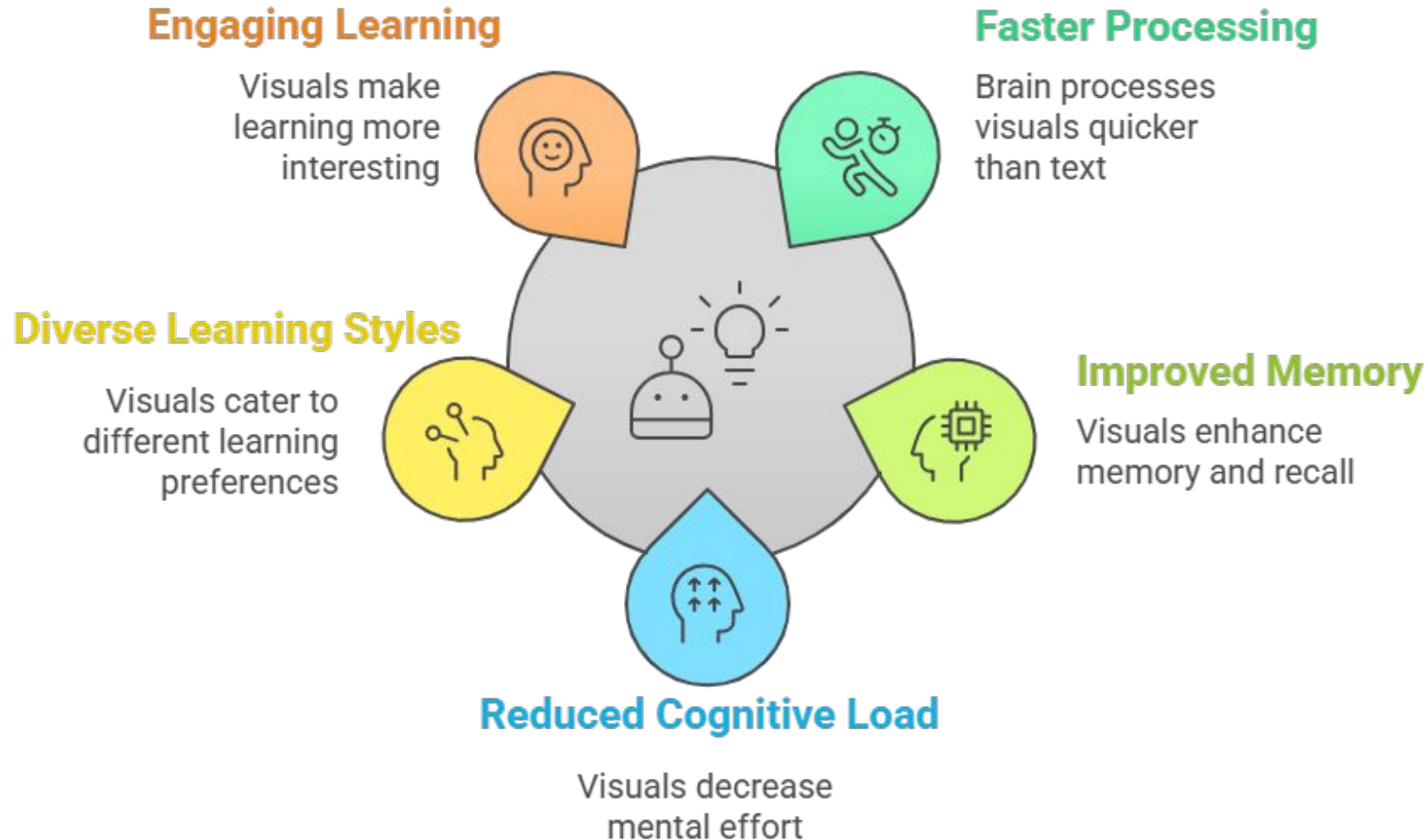
Understanding



95%

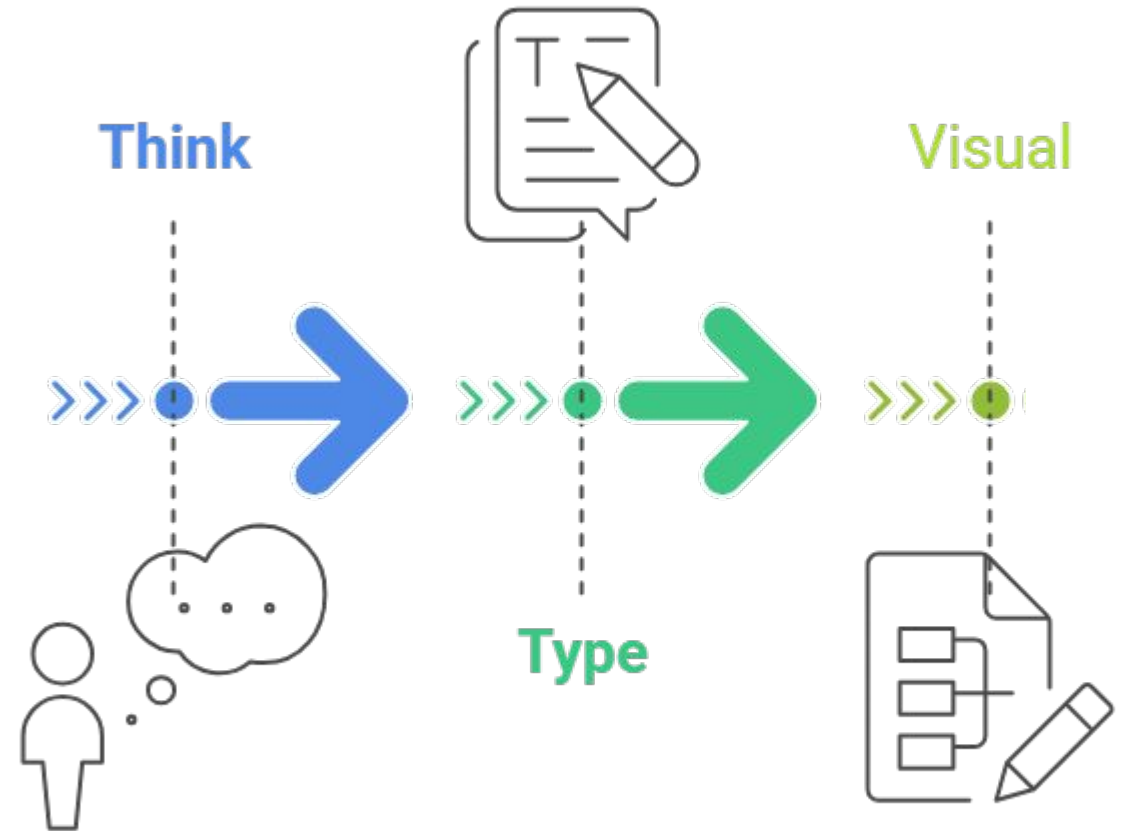
Understanding

Why Visual Thinking Matters

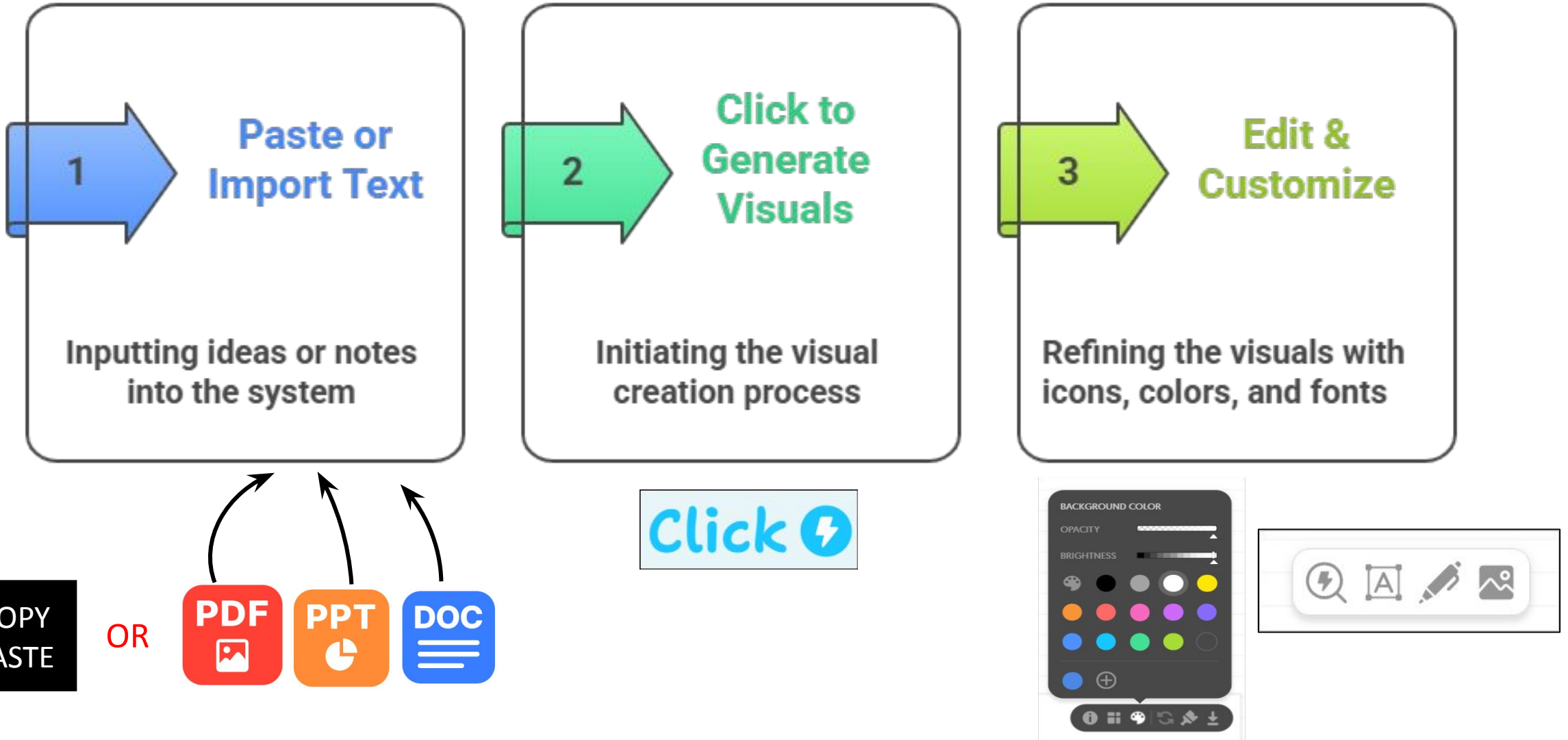


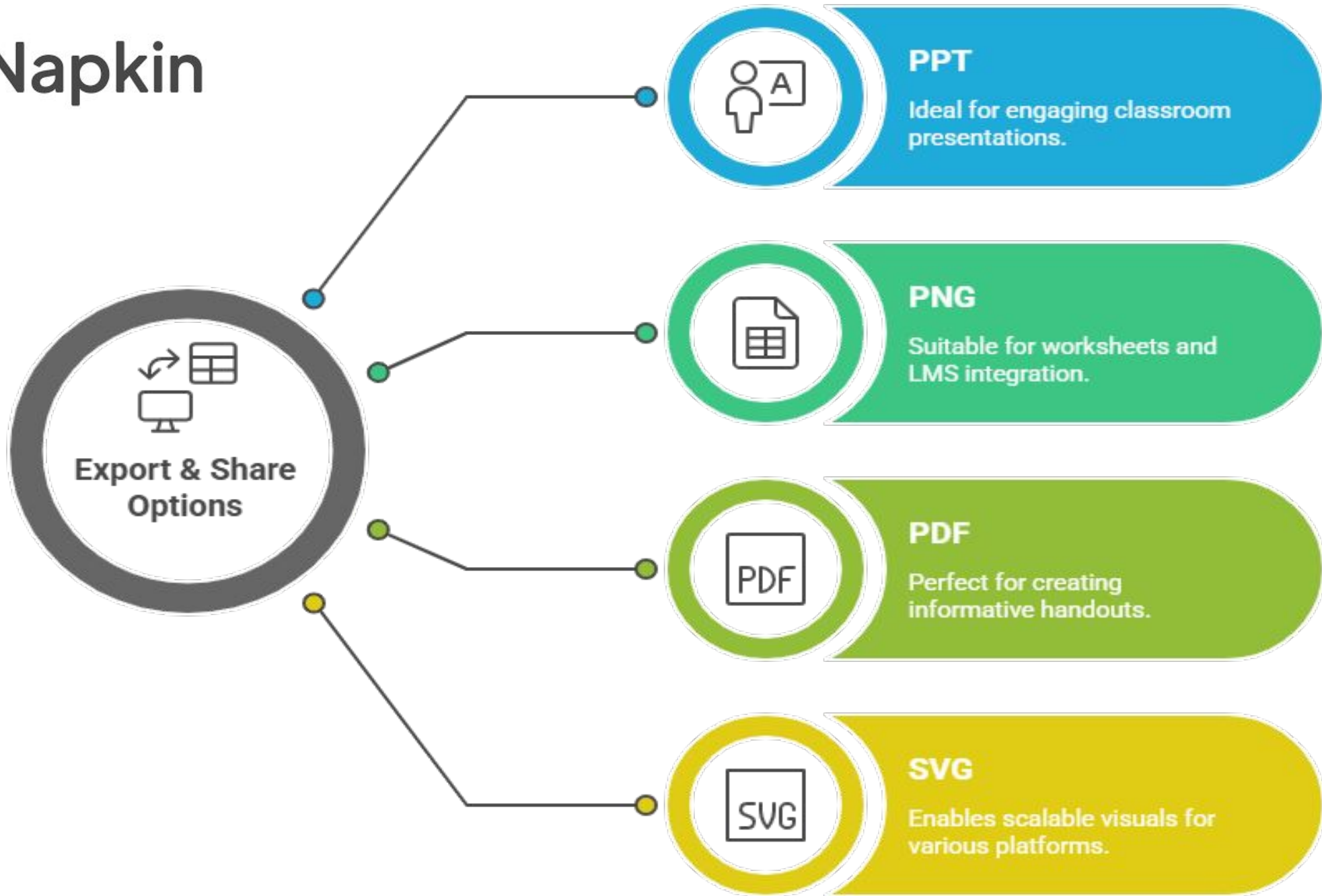
What is Napkin AI?

- AI-powered *visual creation tool*
- Turns your text into visuals like diagrams, infographics, mind maps & charts
- **No prompting required** — works directly from your text input



How Napkin AI Works










Collaboration

Share this napkin ✕

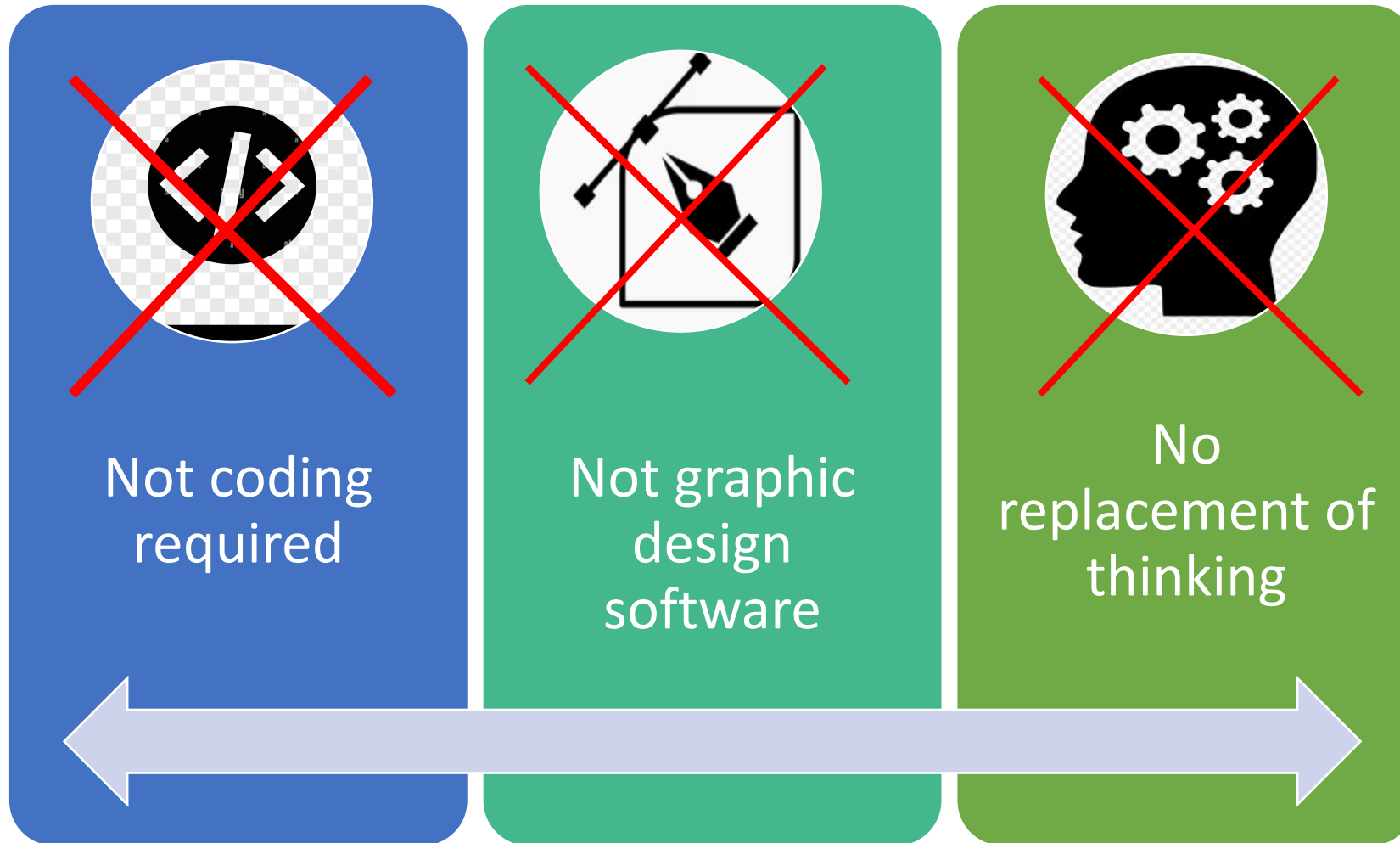
Comma-separated email addresses can view ▾ Add

 Anyone with the link ▾ can view ▾

 You can view can comment can edit can edit & share owner

Export PDF  Export all visuals  Copy Link 

What Napkin AI is **NOT**





Use Cases (Beyond the Classroom)

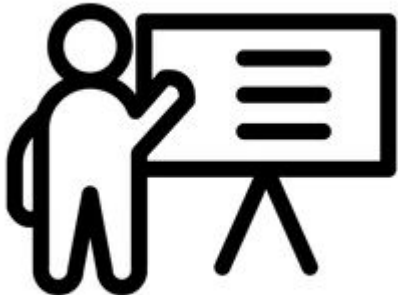
Use Cases

Presentations
(impactful
slides)

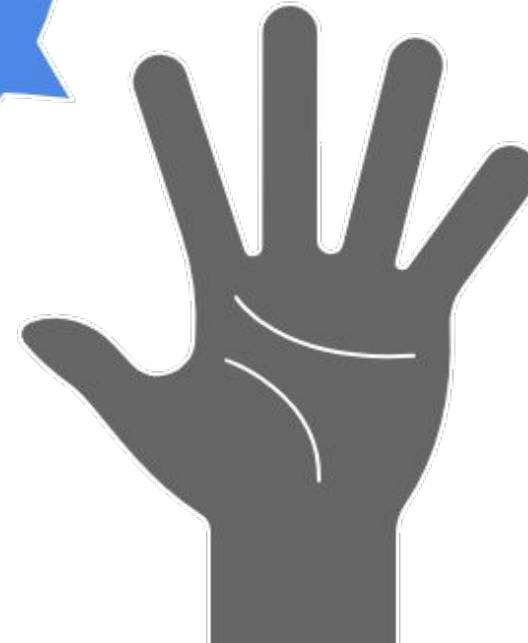
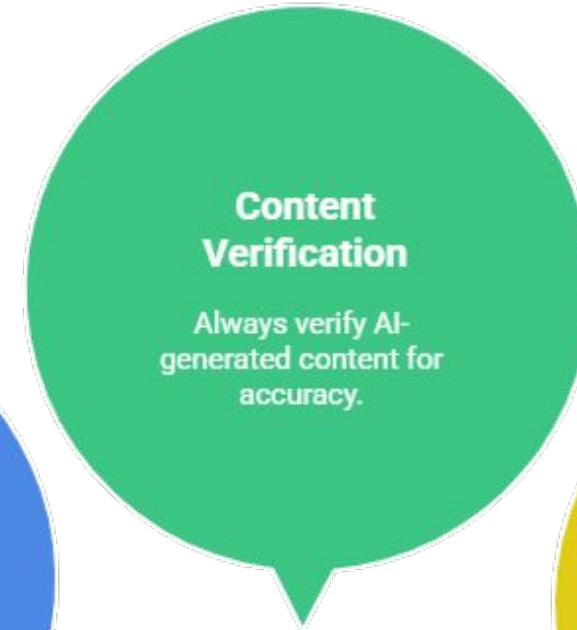
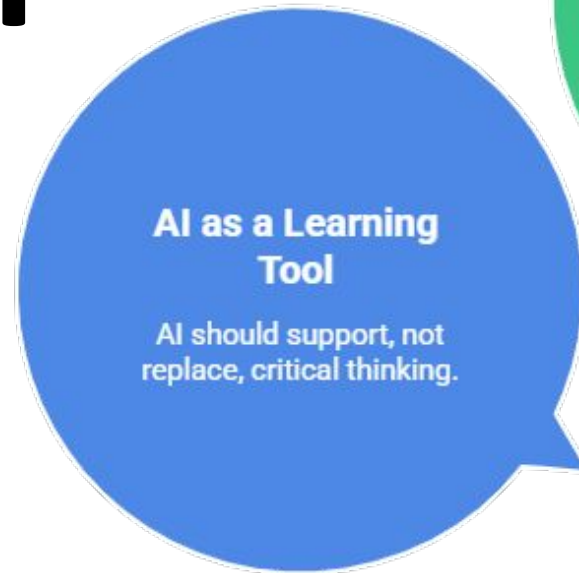
Writing
easy-to-read
documents

Social media
visuals

Blogs and
reports



Responsible Use of AI





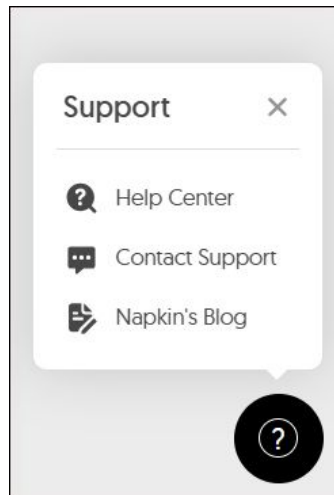
Is Napkin free to use?

Yes, Napkin offers a free plan with some limitations on quotas and features. You can find out more about our pricing



Can I use Napkin on mobile?

You can view your existing Napkins on mobile, but creating and editing Napkins is only available on desktop. We believe that the best Napkin generation and editing experience is on desktop for now. We may add generation and editing support on mobile in the future.



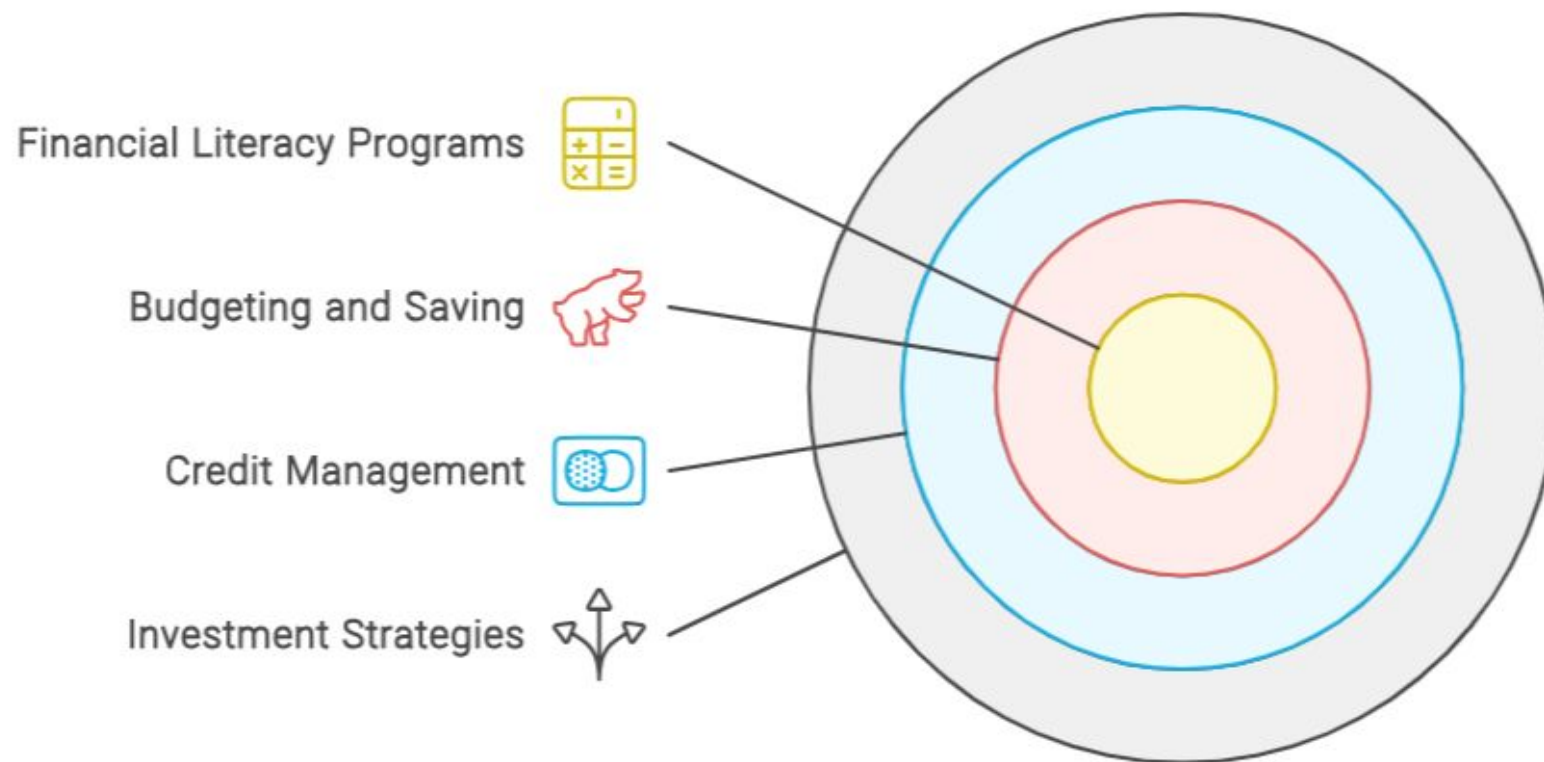
What support can I expect if I get stuck?

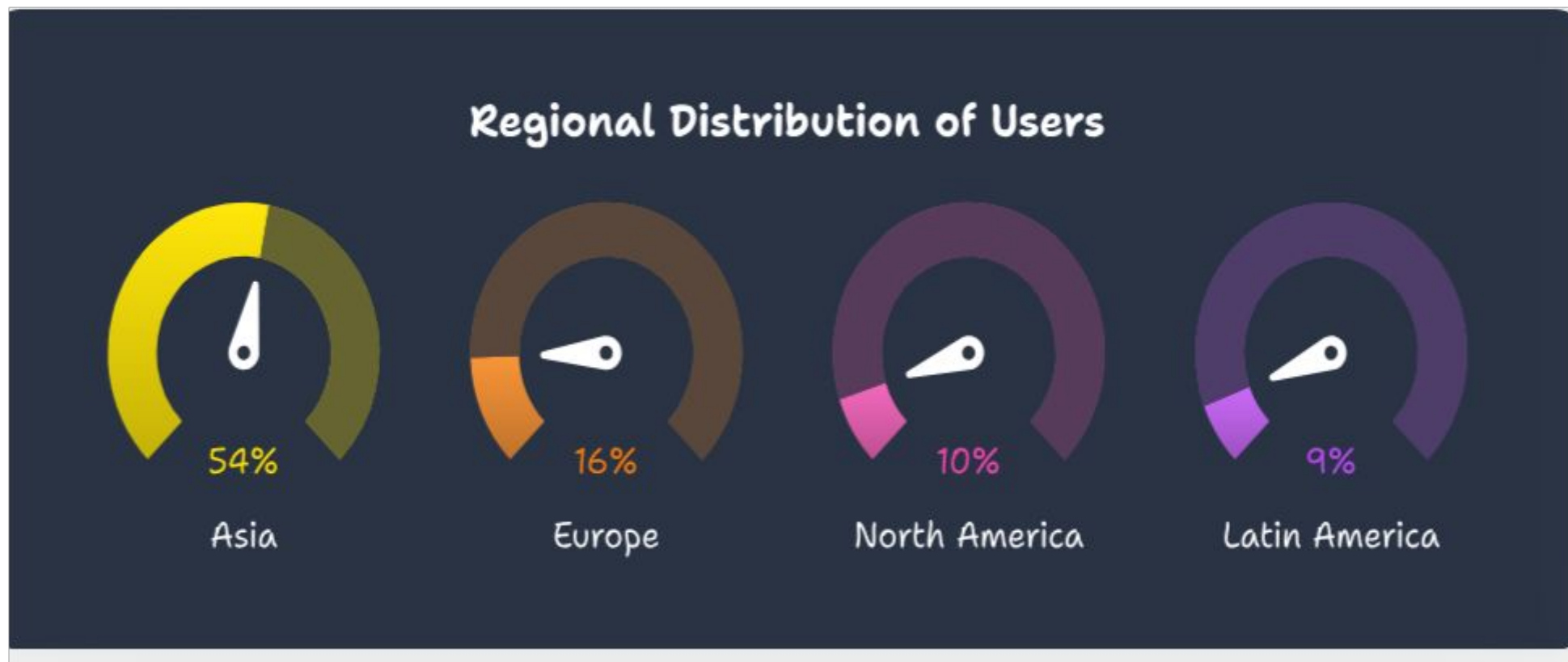
You can contact them by clicking the chat widget in the bottom-right corner of website or by emailing contact@napkin.ai with your notes, questions or feedback.

**Few examples of visual made
with  Napkin AI**



Financial Knowledge and Skills Acquisition

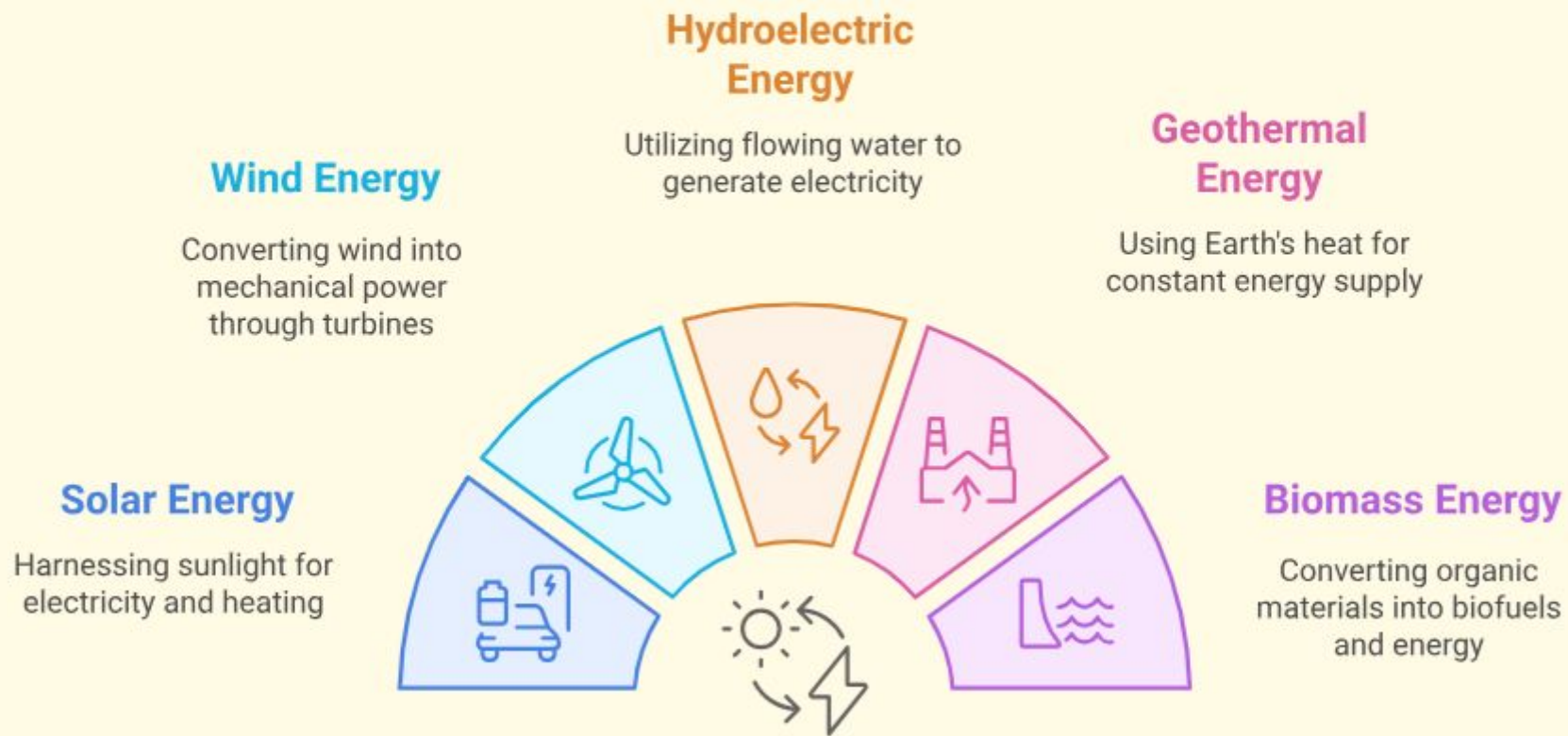


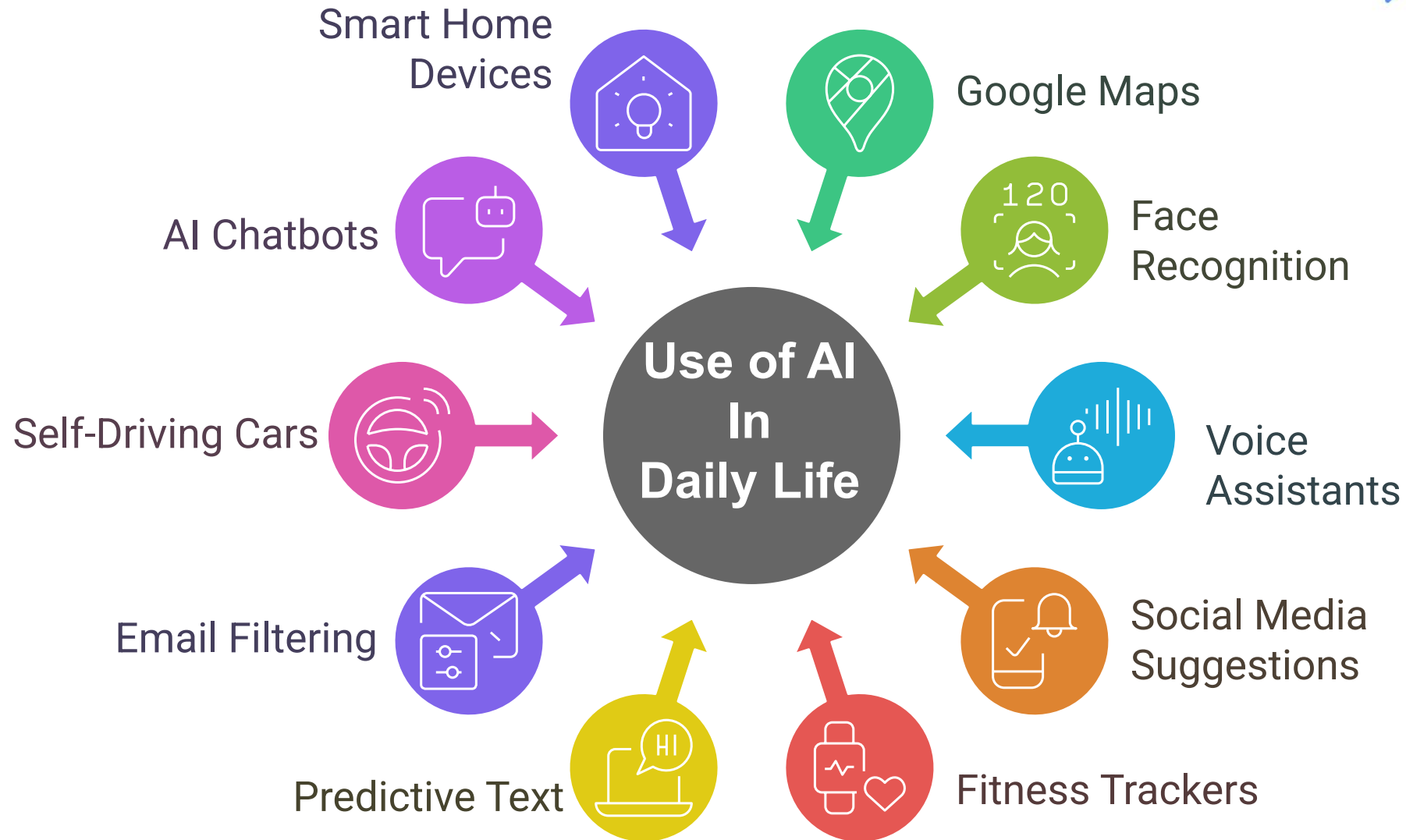


Steps to Identify Top Performers



Sustainable Energy





Key Takeaways

1. Start with visual thinking
2. Use Napkin AI to simplify ideas
3. Begin with basics, then explore advanced features
4. Visuals improve clarity, learning, and engagement

If you can think clearly, Napkin AI can help you show it clearly.

Any Questions

