



## GLOBAL MONTHLY NEWSLETTER

### In this Edition

- Prograce
- E-Volv
- Soaring Wings
- Fun N Learn
- Global Synergy

### Learning Beyond Boundaries

ADORE is a global voluntary group of college students and professionals, who have come forward together to motivate the budding youth into taking positive action. We conduct interactive sessions for youth in schools, communities etc. so that they feel a sense of belongingness and flair as successful and countable professional in the arena of their career, emerge as aware and responsible citizens and better human beings.

**Follow Us On :**



# POVERTY

## Ahmad Zahir, Afghanistan

Poverty is not having enough money, we can define poverty as the condition where the basic needs of a family like food, shelter, clothing, and education are not fulfilled. It can lead to other problems like poor literacy, unemployment, malnutrition etc. A poor person is not able to get education due to lack of money and therefore remains unemployed. How can we reduce poverty. We must pay attention on strengthening agriculture, investing in human development managing and mitigating risks that increase poor people's vulnerability. I want to end the article with a beautiful poem which says:

No stone Field flowers  
For love of you, so walk  
Faster than the fear that  
Follows you like footprints,  
They repeat as you repeat  
Words until they form  
A prayer, let the sun beat  
Down its fat old heart,  
Bring another day to its knees,  
There is nothing left  
To carry but your voice



# ONLINE ACTIVITIES CONDUCTED

## Global Synergy



We would Like to Thank

**MS. ADITY SAXENA**

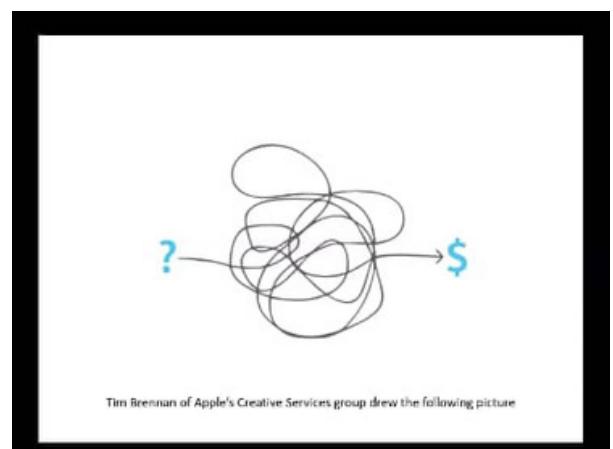
For being a part of our **SYNERGY**  
program and conducting a session  
on Design Thinking A-Z



[www.adoreearth.org](http://www.adoreearth.org) | [contact@adoreearth.org](mailto:contact@adoreearth.org) | (+91) 79804 60134

On 13th February, 2021 we had an interactive session by our eminent guest, **Ms. Adity Saxena from India (Associate Professor in Media Communication, Design Practitioner)**

In the session, shared with us the creative strategies and processes to solving problems using A-Z of Design thinking. The session was very interactive and informative.



Tim Brennan of Apple's Creative Services group drew the following picture

# E-VOLV WORKSHOP

## Denstthill Community School



### Zambia



**Topics covered in the workshop were:**

- Health and Hygiene
- Child Protection
- Listening Skills
- Anti -Bullying
- Time Management
- Creativity and Idea Generation
- Confidence Building



# Online Activities Conducted

## Tanzania Orphan Aid, Tanzania



**Our Volunteers conducted English session with kids**

# ONLINE ACTIVITIES CONDUCTED

## Global Synergy



**ADORE**  
motivating youth for *positive* action

**SYNERGY**  
**HEALTH AND HYGIENE**

---

By Elizabeth Mwanza (Zambia)

DAY: 12TH FEBRUARY, 2021  
TIME: 03:00 PM (CAT) | 06:00 PM (IST)

FOR MORE DETAILS, CONTACT US: (+91) 79804 60134

[www.adoreearth.org](http://www.adoreearth.org) | [contact@adoreearth.org](mailto:contact@adoreearth.org) | (+91) 79804 60134

**On 12th February, 2021 We had with  
us Ms. Elizabeth Mwanza,  
from Zambia, who shared with us  
some great  
Tips on Health And Hygiene.**

# Falling Apart

## Lirisha Tuladhar, Nepal

*Scrutinizing from the open window  
You'll see infinite dreams of yours  
Waiting for someone to come cherish it  
And make it accomplish forever as yours*



*Dreaming about a future untold  
Concealed beneath the charmed past  
Unfolding the paths in present to go  
Revealing the surprises past had on cast*



*One step taken, another on trail  
A step yet left to reach the top  
Following around stories all read  
Leading to dreams that lie on top*

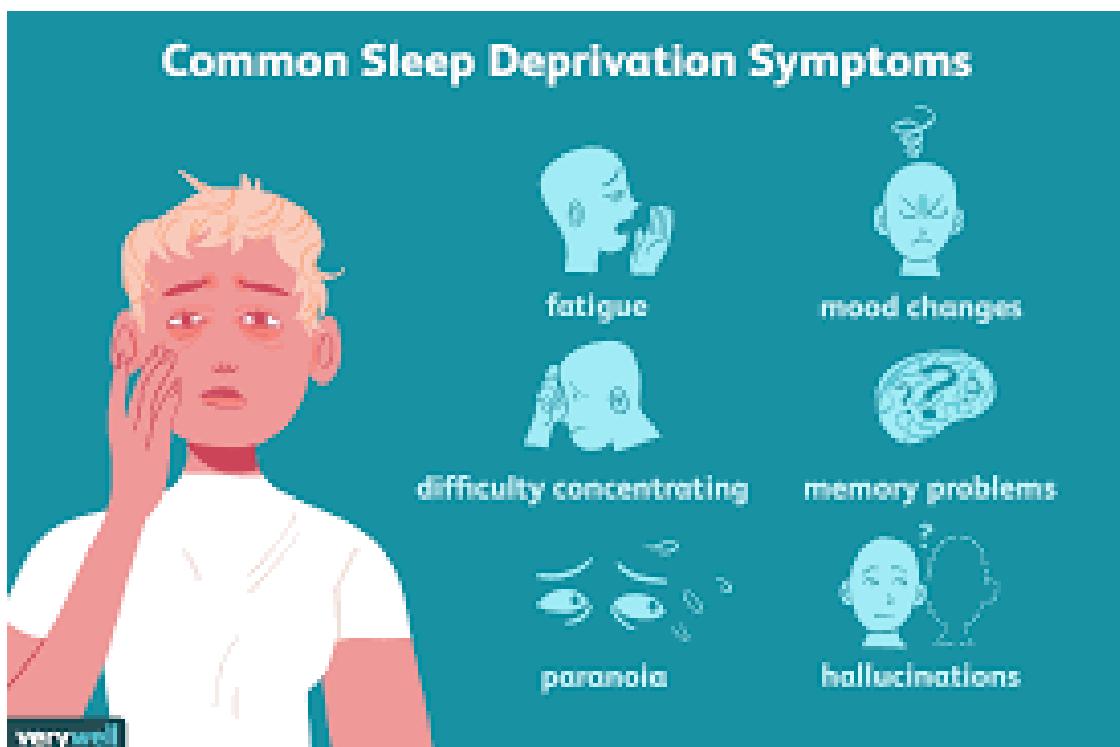


*More obstacles will remain  
That'll tear dreams falling apart  
But be determined in what you do  
And follow always the way of your heart*



# Importance of sleep

## Letisha Mbepula, Malawi



**Kugona ndikofunika chifukwa chakuti munthu ukamagona umatha kumakula (Sleep helps one grow).**

**Kugona ndikofunika chifukwa chakuti ngathi munthu unawilo topa ukagona umava bwino (sleep makes one feel refreshed after stress).**

**Kugona ndikofunika chifukwa chakuti ngati munthu unali kudwala umayenereka kuti ugone upeze mpumu ro wabwino (sleep helps one get better when feeling sick).**

**Kugona ndikofunika chifukwa chakuti ngathi munthu unagwi rantchito yolemesa umafu nika kuti upumese thupi kuzera munjira yogona (sleep is needed after a hard day work).**

# The Do's and Don'ts after getting the COVID-19 vaccine.

## Parwana Yousufy , Afghanistan

Whenever, you gain the COVID-19 booster shot, are you be allowed not to use masks and follow hygiene guidelines? Or what should you do to boost the effectiveness of the vaccine shot? As precaution, you or any of your family members has got the vaccine or is ready to get one. However, I would like to state that, here are some established ways after taking the shot of the COVID-19 vaccine.



First, there could be observed some mild side effects from COVID-19 booster shot. Be cautious to notice the symptoms (mild fever, chills, nausea, vomiting and aching) in the first 72 hours after vaccination.

Moreover, do contact a doctor if adverse effects like severe reactions last for more than 72 hours due to vaccination.

Furthermore, vaccines do not start working against the virus right away as for powering up the immune system to fight off infection but you need to eat well to boost your immunity. In addition, to generate good protection against the virus do get the second shot of the COVID-19 vaccine too ever after the first shot.

I would like to cite, a single dose may not respond properly to fight off the infection in some cases. A second dose can increase enough efficacy and immunogenicity.

## **...Continued The Do's and Don'ts after getting the COVID-19 vaccine.**

*Second, sometimes side effects show up promptly just after vaccination. Therefore, do not leave the hospital immediately after being vaccinated. To supplement to this view, though vaccination provides a certain degree of protection against the COVID-19 as it does not guarantee a complete defense. This is why, do not ditch your mask. To substantiate my view, following six-feet distance in public places is proven as one of effective ways to control the spreading of COVID-19.*



*Hence, do not forget to follow social distancing and basic hygiene guidelines. Thus, let us arrive at an inference that, I would like to establish that, by observing the do's and don'ts after receiving COVID-19 immunization you can help yourself and your family.*

# Different types of Droughts, Reasons for Drought and Impact

Azam Shah, Sri Lanka  
(Ecologists and Environmentalists)

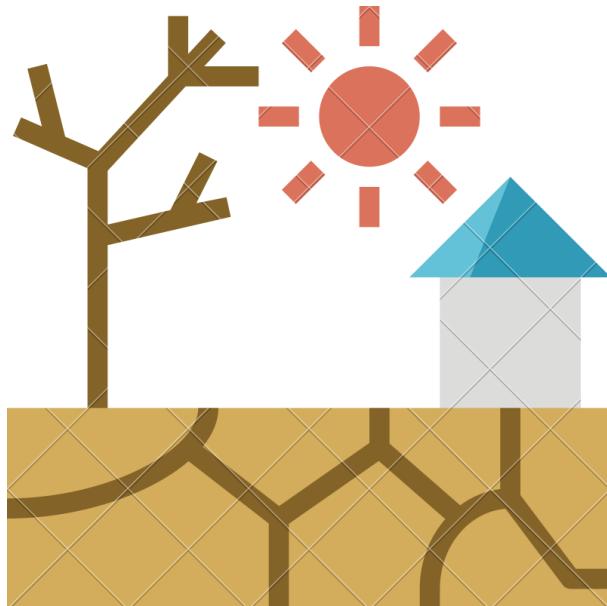
Drought is one of the naturally occurring disasters in the world. Drought also causes negative impact on human lives and economic, animals and plant survival. Next to hurricane drought mostly depend on weather events like rainfall, atmospheric pressure, relative humidity, solar radiation etc...



People those who are living in developing and under developed countries facing more vulnerable than developed society due to hunger, mass migration, economic slowdown, market forces, laws of local and international, pest outbreak, crop failure and etc... . Agricultural dependent countries like South Asia, South East Asia, African countries mostly depend on rainfall. Rainfall is the main source of water for agricultural process in this region. South Asian countries economy depend on monsoonal rainfall, due to climate change monsoonal rainfall pattern change it rise the spreading of drought periods of country.

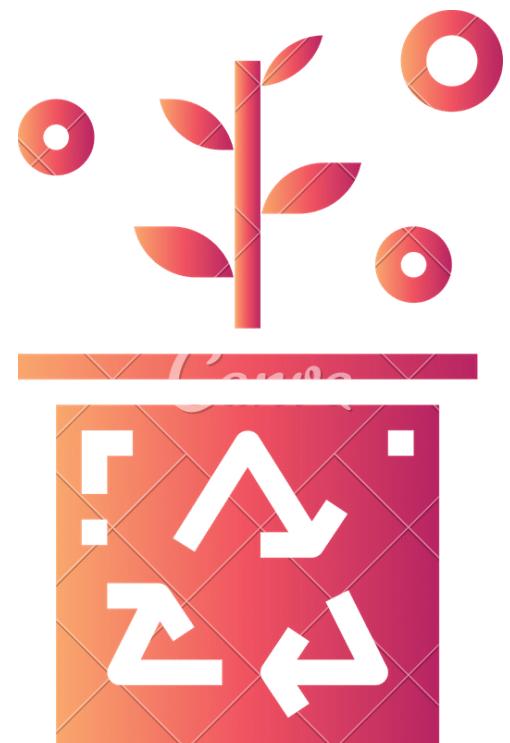


## ...Contd. Different types of Droughts, Reasons for Drought and Impact



Scientist given definition to drought that “drought is the period of time when the places or area receive lesser rainfall than normal rainfall records”, drought causing scarcity of water, due to lack of precipitation soil moisture may reduce, ultimately amount of water which store underground depletion occur, stream flowing pattern and amount of carrying water reduce ultimately, crop failure occur due to drought. Agricultural economic sector is going to suffer lot worldwide due shortage of water.

Drought is caused by several factors among that insufficiency of rainfall play major role in extent the drought period in drought prone areas, insufficient rainfall lead to affect the hydrological cycle which mean amount of water received from atmosphere reduce ultimately hydrological imbalance occur particular area or worldwide, it may lead to reduce the soil moisture , crop which depend on the from soil affect, amount of water store surface of the earth dramatically reduce, it may lead change and reduce flow of stream, animals and plants which depend on natural water flow die due to shortage of water ultimately ecosystem unbalances occur, ground water depletion occur.



## ...Contd. Different types of Droughts, Reasons for Drought and Impact

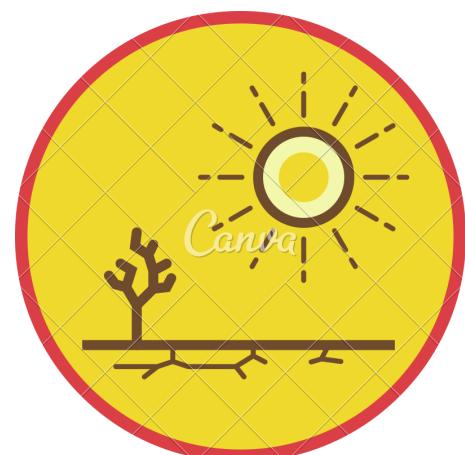
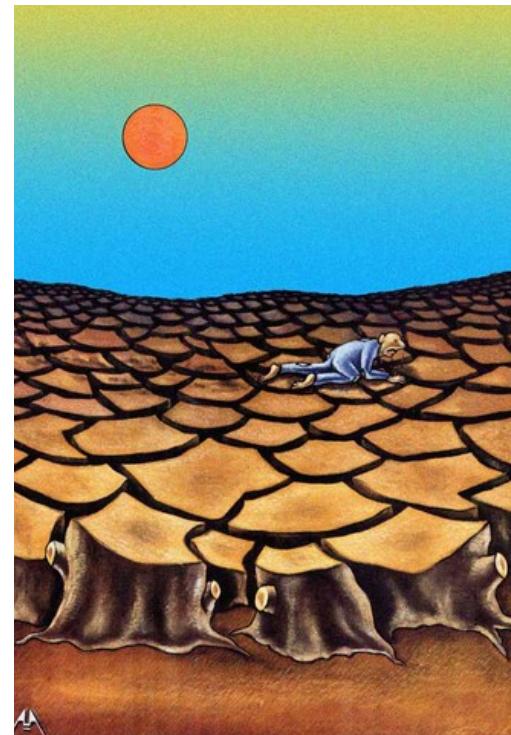
Drought is only one part of the country receive rainfall at the same time another part of country getting dried for example even East Australia getting rainfall enough amount at the same time West Australia facing drought. The drought prone countries exploitation of ground water unmanageable way so it may deplete the underground water storage very rapidly, poor management and conservation of surface water bodies like lakes and river , most of the surface water bodies dried due no proper managements as well as pollution.

Another important factor of causing flood is over population of human this factor directly and indirectly causing drought, over population increase the per capita demand of water so over extraction of water from sources, indirectly at the population rise livestock and agriculture production also simultaneously rise up both activities need huge water it further make situation worst.

In developing countries rapid deforestation causing the rainfall pattern change it lead the drought desertification process rapidly.

Climate change scenario also play important role in expand the area of drought prone areas by changing the rainfall pattern.

Farmers made false decision while selecting the crop because if the farmers planned water over extracting or water loving crop like sugarcane it consume more water it causing water shortage in long run.



## **...Contd. Different types of Droughts, Reasons for Drought and Impact**



**Initial stage of drought difficult to identified the drought it may take month to years. In some cases drought present for month or years, if the period of drought long it may causing harmful to human and other organism. Drought effect on people very diverse ways such as drought make trouble to people get clean and good water for day to day use, drought may deplete the source of the water it may put human life is question. Without adequate amount of water for survival water make human move to other places to get water in some cases women and children walk several kilometer to access the water it leading to social problem as well for example malnutrition of women and also reduce women education.**

## ...Contd. Different types of Droughts, Reasons for Drought and Impact

Without water agriculture is impossible so crop failure ultimately it lead to starvation inside the country, for irrigation over pumping may occur in stream and ground water in long practices stream and ground water depletion occur.

Further we can discussed the impact of drought in economic perspective such as farmers may loses their money , for irrigation farmers spend more money, forest department spend more money to full fill the demand of animals, business that depend on farming activity shut down due to crop failure in large scale, timber factories facing lack of inputs due to forest fires, works shop like boat construction may failure due to dry off of rivers and water bodies, power producing shifted to fuel based due to lack of supply it causing high unit cost of production, water bootless companies put extra effects to get water, ship transportation may block, people spend more money to get food.



In case of environmental impact such as loses of wild life and aquatic organism habitat, lack of food availability to animals, increase the water borne disease to animals and reduce supply of food to animals, migration of animals, increase the stress on endangered species, loss of wet land, chances to spreading the invasive species, forest fires, erosion increases, soil quality and nutrient availability reduces dramatically.

## ...Contd. Different types of Droughts, Reasons for Drought and Impact

*Point of view of social impact of drought we can discuss following aspect such as anxiety and depression of people due economical loss, health issue related to lack of quality of water, health issue with dust, human life losses, income reduce so living standard getting low.*

*Drought classified in to different categories those are; hydrological drought, meteorological drought, soil moisture drought, agricultural drought, socio economic drought.*



*The concept of metrological drought different country to country as well as region to region.” The degree of dryness and the duration of the dry period “indicate meteorological drought. Usually on the basis of degree of dryness and period of dry duration. For example some definition period of days with precipitation lesser than previous record or threshold level. The measurement of drought only possible where year around precipitation occur such tropical rainforest, humid subtropical climate (Manaus in Brazil, Louisiana in USA, London). Next parameters is rainfall pattern (USA, Northeast Brazil, West Africa observation location)*

## ...Contd. Different types of Droughts, Reasons for Drought and Impact

Point of view of social impact of drought we can discuss following aspect such as anxiety and depression of people due economical loss, health issue related to lack of quality of water, health issue with dust, human life losses, income reduce so living standard getting low.

Drought classified in to different categories those are; hydrological drought, meteorological drought, soil moisture drought, agricultural drought, socio economic drought.

The concept of metrological drought different country to country as well as region to region." The degree of dryness and the duration of the dry period "indicate meteorological drought. Usually on the basis of degree of dryness and period of dry duration. For example some definition period of days with precipitation lesser than previous record or threshold level. The measurement of drought only possible where year around precipitation occur such tropical rainforest, humid subtropical climate (Manaus in Brazil, Louisiana in USA, London). Next parameters is rainfall pattern (USA, Northeast Brazil, West Africa observation location)



Agricultural drought include charterers of meteorological drought to agricultural impact, shortage of precipitation, impact of evapotranspiration, soil and water relationship, reduction of groundwater level, physical and chemical properties of soil. It explain various susceptibility of crop during the development stage until get maturity. Reduction of top soil moisture reduce the germination of seed then it will affect the expected yield. The top deficiency in top soil moisture during the early stage of crop not going to affect the yield but if its shortage during the growing season it is going to affect the yield of crop.

## ...Contd. Different types of Droughts, Reasons for Drought and Impact

Hydrological drought deal with effect of period of precipitation shortfall on surface and sub surface water availability. It often talk about watershed or river basin level. All drought deal with shortage of precipitation but hydrological drought depend on total hydrological system. Hydrological drought associated with agricultural drought but I take long time for precipitation observation, soil moisture, and stream flow and reservoir levels. This type of drought concern about economic sectors like agriculture and power plant system. These type of drought to estimate water budget and amount of water available in future uses. This the tools used in sustainable water management.

The socio economical drought mean, associated with supply and demand of water related to economic aspect with the help of other kind of drought. It different from other types of drought because of time and region where drought occur and how it affect the economy of people. Supply of economic goods like water, forage, grains, and fish should meet the demand.



When the drought occur demands of economics good exceed the supply of economic goods, so it may causing unbalanced inside the society. People think about alternative sources for survive it may causing extra cost of living. Demand increase due population growth but recourses in nature very limited amount even technology improve the use of efficiency.

Ecological drought rise recently, "a prolonged and widespread deficit in naturally available water supplies – including changes in natural and managed hydrology – that create multiple stresses across ecosystems."

# Importance of School

## Letisha Mbepula, Malawi



Latisha, grade 7, 14 years old  
Chikamveka primary school.

*School ndikofunika chifukwa chokuti timatha kupeza yapa mwamba  
(schooling help us gain employment).*

*School ndiya bwino chifukwa chokuti timatha kupangisa kuti anthur ena  
aziwe kuwerenga. (School teaches one to read).*

*School ndiya bwino chifukwa chokuti timatha kuzathansiza alibaleathu  
pasogolo kuzera munjira yowawerengera makalata (school make one  
literate).*

*School ndiya bwino chifukwa chokuti munthu umatha kukhala ndizeru  
zozama (school helps one improve intellectually).*

*School ndiya;*

# Importance of Money

## Letisha Mbepula, Malawi



*Ndaiama ndiyofunika chifunkwa chokuti munthu umatha kugulira zovaia (money is used to buy clothes).*

*Ndaiama ndiyofunika pojulira zinthu zanyumba (money is needed to buy properties).*

*Ndaiama ndiyofunika chifunkwa chokuti munthu umatha kugulira zakudya zanyumba (we use money to buy food in the house).*

*Ndaiama ndiyofunika chifunkwa chokuti munthu umatha kupangi ra bizinesi (money is used for business)*

*Ndaiama ndiyofunika chifunkwa chokuti munthu umatha kugulira zipangizo zankumunda monga, makasu, chikwanje (money is used to buy farming tools like pang as,*

# My Best Food

## Osele Chiadika, Nigeria



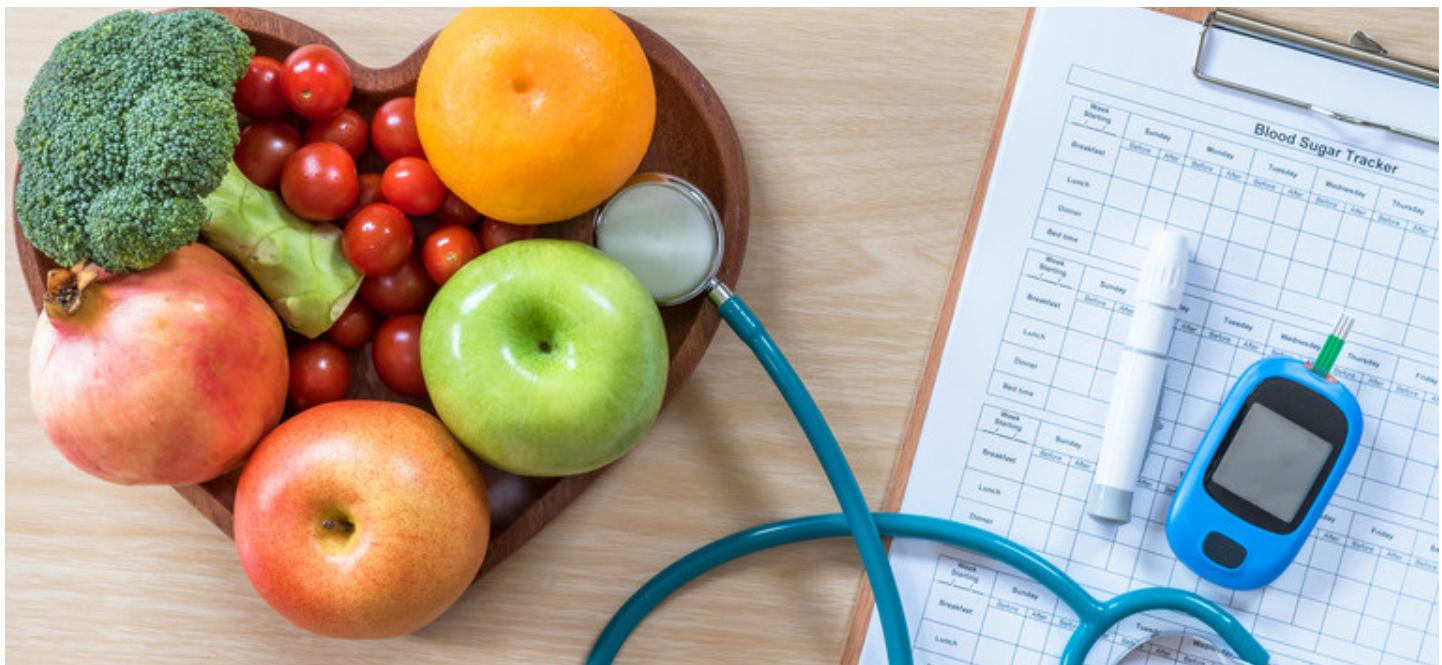
*My best food is white rice and stew. Many people also like this food. I.e. tiv, Igbo, Yoruba, Hausa, Edo... The preparation is however not easy for some people.*

*Good rice must be provided. The rice is measured properly and then washed(before or after boiling).*

*The best stew for eating this is the tomatoes stew. Others eat white rice with carrot stew. Whenever I eat white rice and stew, I am always active, happy and satisfied.*

# Importance of food to one's health

## Letisha Mbepula, Malawi



*Kudya ndikofunika chifukwa chakuti munthu umatha kukhala ndi mphavu (food gives one strength).*

*Kudya ndikofunika chifukwa chakuti munthu umatha kumanenepa (food helps one gain more weight).*

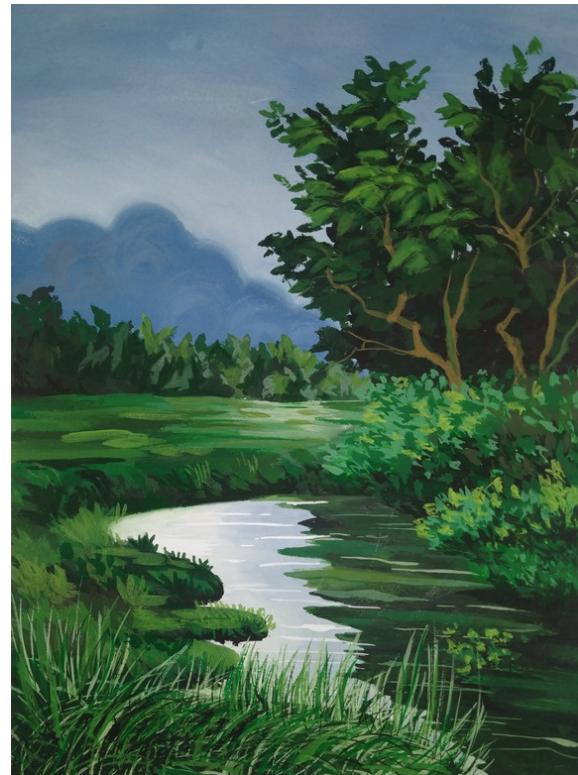
*Kudya ndikofunika chifukwa chakuti munthu umatha kukhala ndi thazi (Eating helps you to become healthy)*

*Kudya ndikofunika chifukwa chakuti munthu umatha kukhala ndi China chilicho chofunikira thupi (food provides necessary nutrients needed by the body).*

# Young Leader Activities



♥  
Riya Kumar  
AIV - 43460



-Yashita Gupta



Adore India  
Best Out of Waste

Riya Kumar  
AIV - 43460



Shreyas Rao  
AIV - 40892

# Young Leader Activities



Ashriya Tripathi, 5th  
AIV - 42855



Ashriya Tripathi, 5th  
AIV - 42855

## FROM THE EDITORS

We sincerely thank all the young leaders and volunteers at ADORE, who work selflessly for making this journal possible. All the amazing views solely belong to our responsible volunteers. It was a great opportunity working with the editorial team. We thank ADORE from the bottom of our heart for giving us this platform to showcase our skills and views, openly.

Your suggestions and criticism are welcome.

- Mary Nweke, Nigeria
- Simran Sharma, India
- Megha Gupta, India
- Riddhi Jaiswal, India