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GLOBAL MONTHLY NEWSLETTER



In this issue:

- Synergy
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LEARNING BEYOND BOUNDARIES

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

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Managing your finances

Paul Nsona, Malawi

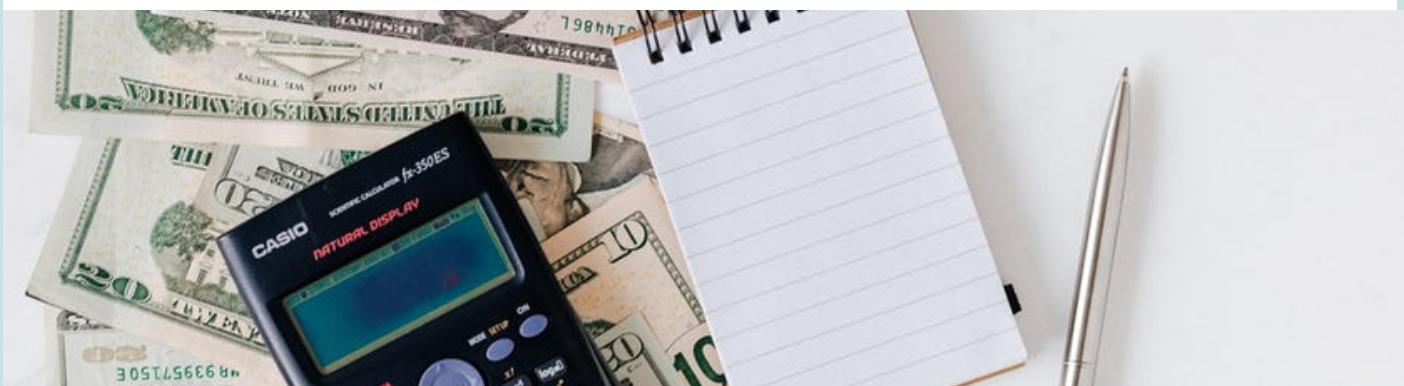
Managing personal finance is an issue that requires serious decision making. However, there has been a lot of challenges in financial management among the youths. This has been due to lack of employment among most of the youths in the society. It becomes difficult to find possible means of acquiring money for personal development when the people especially youth have idle minds.

When serious financial problems arise in life, people tend to blame the government for their misfortune. Yes, government has a role in creating conducive environment for the people to work on, to do their businesses among others. Still, the youths have also responsibilities of finding all means possible to sustain their life. Arguably, most youths do not have key skills of utilizing whatever income they get, be it small or medium. In this regard, the youths must start accommodating helpful tips for alleviating and managing their personal financial challenges.



It is absurd to see young graduates struggling in life yet we are living in world of so many opportunities. This happens in Africa, where the graduates remain idle despite having learned so many courses at university. It must be known that university must be a place where people go and attain the knowledge, afterwards, utilise whatever knowledge you have for the betterment of personal development. Certain opportunist once said that you cannot find educated young Africans selling fruits and vegetables in the streets even if you convince them that they can make huge profits worth million a week. But most of such young folks wish to go for collar jobs, or internships which can just give them a little money per month. Actually, this is done among the youths for show off than using their brain for what can help them to achieve personal financial challenges.

Without doubt, the youths can do better in life if they kill the show off and start investing any income they get. The question in mind among the youths is, where and how can they get income yet they are not employed. The answer is simple. Venturing into a small business even if you have less than 10\$ that can be found from a simple piece of work can the best start. Rome was not built in a single day. It took some time to be built. So, why can't we start now with the little we have to build our finances? There are so many financial lending institutions where the people that is, the youth can go and borrow some money. But the problem is that lending institutions do not offer their loans to those doing internships, idle people and those who do just show off. The financial institutions give out loans to the people who venture into businesses and make strides in their incomes.



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Managing your finances contd.

The ideas are so many, what is important is to turn the problems into opportunities. It is not necessary for people to be forced to take out loans without specific businesses. Actually, when people are forced to take out loans without proper management of them, the loans can pile up and eventually become unmanageable. This is the reasons why financial institutions don't give out loans to people without proper assets or business.

In order to overcome such challenges, the youths should not have the feeling of just look for jobs but try to work on what can be done to sustain finance for personal development. The challenges arise as youths are involved in alcoholism, photo shooting among others spending their hard earned income on useless. Afterwards, they complain when they remain with nothing in the pocket. Make use of any income for your betterment than for enjoyment. Learn some skills beyond your knowledge that can help you create some opportunities that can in the end create stable financial gains.



However, this article aims to provide some key financial management for the youths that will help them get started on the road to reducing their critical worries about finance. The tips to help you to finally become stable in life with financial gains matter and remain a fact of starting a journey to prosperity. The youths must have a clear view of exactly how much money do you have and which business can you set up. Then venture into it. As the journey begins, you can try to discuss with some companies or individuals that can have an interest in your products. Having been able to identify your companies or individuals and how much money you can get from those products, then you can think of your priorities that can improve your business to certain height. Again, you can strategize how you should spend your income based on your minimum monthly profits. Eventually, having these concepts in mind you will be able cover how to implement and plan to find loans if the need arises.

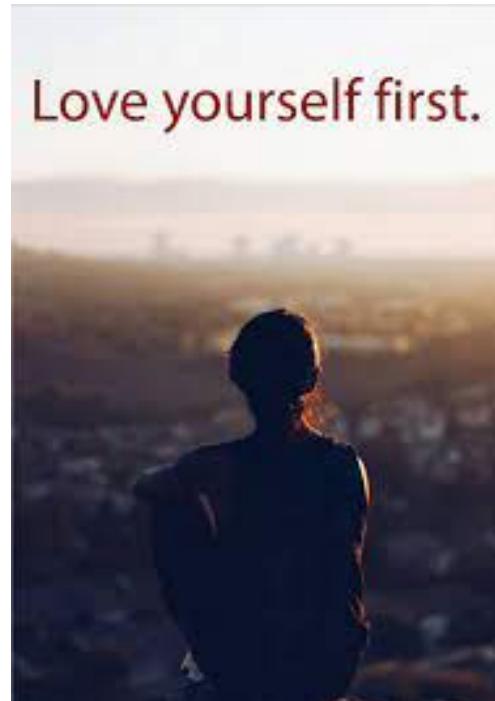
In a nut shell, acquiring a large amount of personal finances is not difficult but what matters most is to set priority in life. Proper management of finances can be a source of great achievement of your prosperity. With this, the youths will not worry in life. Value your skills and value your hard earned income. This can give you a piece of mind if you truly want to manage your finances. Finally, the youths must start learning something that can really make a difference to your everyday life.

Love Yourself

Shreya Shiva, Dubai

Looking back, that's when I began to worry about what other people thought of me and started seeing myself through their eyes. I stopped looking up at the stars at night. I stopped daydreaming. I tried to jam myself into molds that other people made. Soon, I began to shut out my voice and started to listen to the voices of others. No one called out my name, and neither did I. My heart stopped and my eyes closed shut. So, like this, I, we, all lost our names. We became like ghosts." These powerful lines were delivered by BTS's leader RM, besides his members, in the UN General Assembly as a part of their 'Love Myself' campaign with UNICEF. The central theme of the campaign was: 'True love begins first with loving oneself' Long before this campaign, BTS had always been a staunch propagator of these ideals. Their critically acclaimed album 'Love Yourself' released in 2017, dealt with their struggles with accepting themselves world with millions of fans., despite being the biggest boyband in the world individuals seeking out music for healing, BTS garnered massive attention for their introspective and comforting songs centering around issues faced by today's youth. Below are some lyrical excerpts from their album: 'Loving myself might be harder than loving someone else Let's admit it The standards I made, are, stricter for myself 'The me of yesterday, me of today, me of tomorrow (I'm learning how to love myself) With no exceptions , it's all me'

In 2020, quarantine gave me space and time to self-introspect. To do some soul-searching. While listening to BTS's 'Love Yourself' album, I had a sudden epiphany. Why is something as simple as loving ourselves, so difficult? Why is there a stigma behind this concept? Putting it in simple terms, 'Love yourself' or 'Self-Acceptance' is the art of coming in terms with your unique features and flaws. With what makes you 'you'. We, humans, crave and seek out validation. We seek perfection. We tend to measure our worth based on other's opinions and judgments of us. We put ourselves under more grueling trials and standards compared to others. We've always been taught to be perfect. To be Number 1. We're always driven by this desire to excel. To be the best always. To do everything right, all the time. Our inner voice that keeps comparing and pushing us excessively is driven by our inclination to always be at the top. That's why, now and then, we forget that everyone is born unique. In this fast-paced world, where our lives are ruled by numbers and deadlines, we forget to take a breath.



To take it easy. We forget to embrace and appreciate ourselves. To appreciate our beautiful minds and bodies. This unhealthy 'perfectionism' can erode our self-worth, making us feel unhappier and unsatisfied in life. Studies have shown that perfectionists are at a higher risk of several physical and mental illness with self-love being its potential cure. Self-compassion can actually free us from these shackles.

Love Yourself Contd.

Therefore, perfectionism and self-compassion are inextricably linked. However, this art of loving yourself is easier said than done. The journey of self-love is riddled with trials and tribulations. But the harsh winter always gives way to a joyful spring. The first thing I learned on my journey to self-acceptance was the importance of self-forgiveness. In this competitive world, we tend to be harsh towards ourselves, beating ourselves over trivial mistakes. As important as it is to forgive others, it is equally important to forgive ourselves. There have been instances where I ponder upon past actions, constantly being filled with regrets like 'I could have done better, 'I should have done it like this instead of...', 'I should be more like him/her'. I soon came to realize that forgiving myself became difficult because I was always so caught up with my emotions. I found it difficult to let go when something didn't happen my way. Therefore, nowadays, when I don't live up to my expectations or standards, I try hard to remember that: It is okay to mistakes. It's okay to not always be Number 1. We all strive to achieve this so-called 'perfection' often forgetting that nobody is indeed, actually perfect. The next step in self-love is to self-invest. With busy schedules, we tend to neglect our physical and mental health. On one's journey to self-acceptance, one should give themselves some self-love. It is vital that one listens to themselves. Listens to what their needs and desires are. Doing mindful activities, that caters to this, is a great start.

For instance, I indulge in various activities to unwind myself from stressful days like reading book or watching a sitcom. Apart from this, I make sure to devote at least 2 hours per day solely for myself. In this period, I either let out sweat through exercising, go on walks, listen to music, or simply gaze at stars from my balcony. This is my way of investing time and energy in myself to understand myself better. Similarly, one should identify activities that helps them relax. That energizes and makes you happy. Determine what boosts your serotonin and go do it. Activities can vary from an individual to another. It can range from taking breaks, having 'me-time' to spending time with loved ones. Any activity that energizes you and creates positivity, go do it. Go have that extra piece of cake. Buy that accessory you had been eyeing for a while. Go on that trekking trip you'd been planning for weeks. Go read that book you had been putting off because of work. Go for that Yoga class you never had time for before. Just remember, that you are worthy. You deserve to feel happy and loved.

Learning to balance our work and personal life is important for our physical and mental health. Initially, I found it difficult to prioritize myself over my work. I felt like I was wasting my time, or I didn't deserve the time I was 'whiling away'. However, as I got older, I realized that this wasn't wasting time, it was a form of self-investment. Striking a work-life balance not only made me happier enabling me to live a fuller life but also increased my willingness to explore and productivity. Self-love serves as a form of holistic personal development for an individual. Self -Love can help upgrade the way we live, making our lives more exciting, joyful and beautiful. Remember to Take it easy. Forgive yourself. Listen to yourself. Love Yourself.



Time Management

Mariama Marissa Kamara, Sierra-Leone

Once you are in the habit of controlling yourself according to your time table, life becomes very easy.

Time management is something which should be inculcated as a habit whether it is for work or a lifetime spend. It is a remarkably important in our routine.



TIME MANAGEMENT TIPS !

- *Organize the night before*
- *start the day early*
- *know your priorities*
- *work to plan*
- *Be realistic*
- *stay organized*



Tips for Stress Management

Mary Nweke, Nigeria

Stress is a natural physical and mental reaction to life experiences and everyone experiences it at one point or the other. Although, experts stated that one can have “positive” stress which keeps one at alert, motivated and also helps get job done faster. But stress becomes a problem when stressors continue without relief or periods of relaxation.

Let's look at some of the symptoms of stress:

- Aches and pains.
- Chest pain or a feeling like your heart is racing.
- Exhaustion or trouble sleeping.
- Anxiety or irritability.
- Depression.
- Panic attacks.

So, you ask yourself- How can I manage stress when i have so much to be done or how do I handle stress when it goes overboard?

Well, you should take note that it is not something you can avoid but you can stop it from becoming overwhelming by doing the following ;



- Try Exercising- This could be a walk, stretching yourself out, jumping..
 - Think positively- As much as possible, avoid reminiscing on tasks not completed.
 - Share with someone- Talk about it with a friend, colleague, therapist...
 - Set goals- Had a to-do list that contains daily, weekly, monthly goals.
 - Eat right and healthy, get good sleep and rest when tired.
 - Learn to say 'No' when you are over burdened with work.
 - Surround yourself with friends and families. Especially, those that make you happy.
- It is quiet normal to feel stressed as stated above. But, stress can cause some symptoms and unhealthy behaviors. It is therefore necessary that one that precautions by adhering to the strategies above. Failures for these to reduce stress may require a skilled help from a medical personnel.

In The Other Hands

Marissa Kamara, Sierra-Leonne

A paradise inhabited by the most beautiful
Souls, she is the world's largest continent;
Full of milk, fishes and minerals,
Yet, in the midst of blessings, she suffers.
A curse turned her into the most
Underdeveloped continent on the planet.
"Africa" the richest continent in the world.,
The surface of the cradle of humanity,
Blessed with infinite beauty,
Abundance of flora and fauna.
The land that is literally golden is covered
With breath-taking mountains, rivers
Flowing into oceans strolling in the
Eyes of gorgeous beaches, spreading
Over four different climatic zones.

The place where I had arrived,
The place for which I had striked,
Lay before me, unknown;
Waiting to be explored.
Now, she is just a tissue,
After use, she is thrown away;
Keep her until you benefit from her
Then ignore like she is irreverent.



Oh, How can my beloved mother last?
Like the changes of the seasons
She deteriorates so fast,
Now, men think of an angry greed,
Caste peace and love is now of the past
Oh! Folks of my mother, raise your sight,
And lift your country to the old heights.
Be to your mother a good light.

The air was thick with the bittersweet
Tang of blood, crows and wolves already
Gathering for the feast.
A sound cloud could be heard every now
And again among the dead and the dying.

We are independent from the British Raj
But more than ninety percent of us,
Not free from the hegemony of capital,
White slavery, unemployment and fear of
Losing employment; ignorance, and
Superstitions of the elite, crime, and
Corruption? We are slaves of big
Capitalists, state oppression, and
Discrimination based on religion, caste,
Region, and gender; pigeons they love to see.



In the Other Hands Contd.

*Sometimes a cry for help,
Mostly an injection for bliss,
Soldiers moved around the dead bodies,
Helping those that could not,
Out of their misery. Other figures
Move too, helping themselves to
Whatever valuable could be found on
Men, who needed them no more.
Remember those we loved,
Who fought for us, and died;
And those we never knew,
For whom others mourned and cried.
Freedom in Sierra Leone isn't really free.
It's up to our patriots,
It's up to you and I,
We've seen it all before,
And we could not let it be.
We gave our lives for freedom,
F*



*If the African people
Understand their situation and the
Reason why nothing is changing
For the better, we will be able
To fight for true independence.
Over the last couple of million years
Of evolution, it appeared that whenever
A predator became so greedy,
Overhunting and overexploiting
The resources, natural selection
Would take the predator out;
And the Black man has been
Suffering for say too long now.*

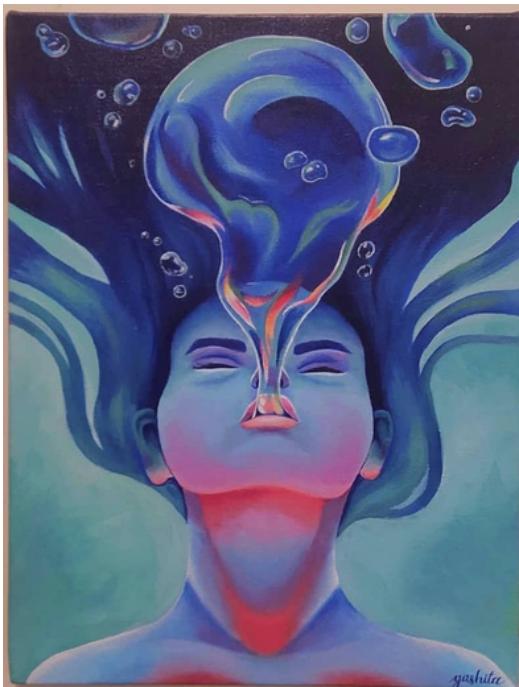
Young Leader Activities



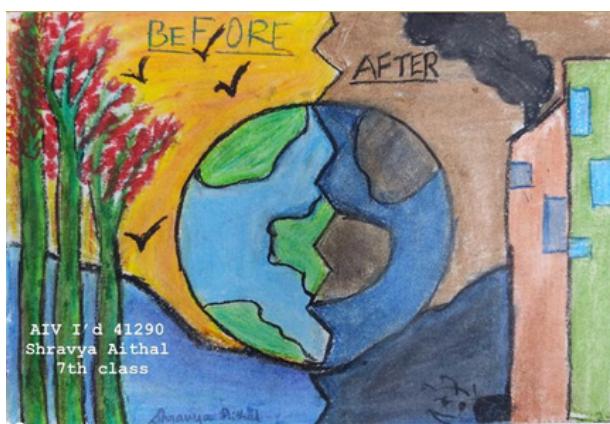
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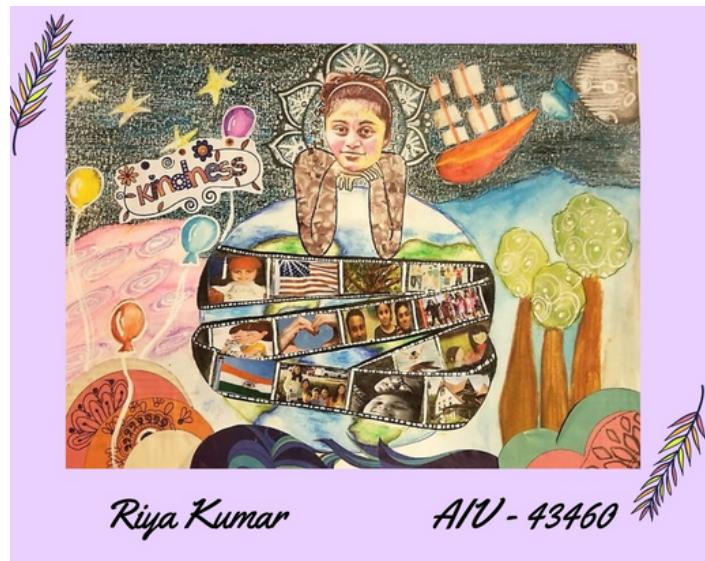
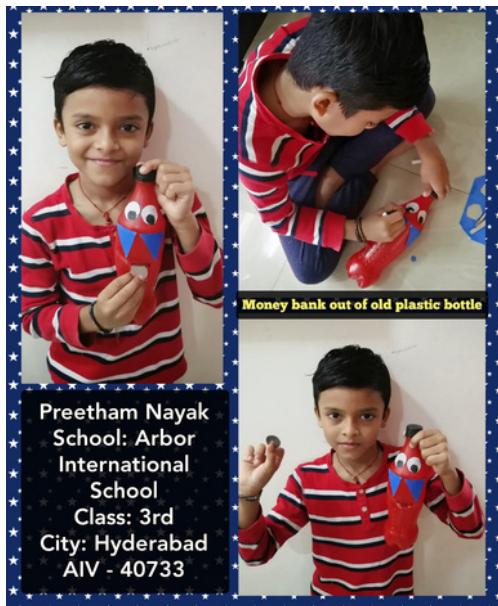
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-By Yashita Gupta



Young Leader Activities



From the Editors:

We would like to express our profound gratitude to all the young leaders and volunteers in ADORE for sending in these write-ups. The views expressed are those of the volunteers themselves, and we do not necessarily endorse them.

Your suggestions and criticism are welcome.

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