



# ADORE YOUTH

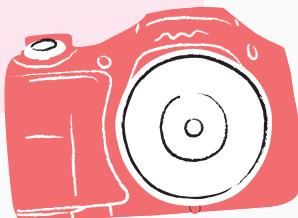
*motivating youth for positive action*

## Global Monthly Newsletter



### IN THIS EDITION

- Webinars
- E-Sessions
- Young Leader Activities
- Workshops
- Blogs



## 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 a successful and countable professional in the arena of their career, and emerge as aware and responsible citizens and better human beings.



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# Budge Budge Institute of Technology Public School, Kolkata



## Seminar on Young Leaders Program by Raj Agarwal



# Webinars

ADORE  
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Presents A Webinar  
**Build your Brand using Social Media**  
by **Tania Roy Choudhury**  
(India)  
Founder and Director at Catalyst Advisory Services  
Thursday, May 12th, 2022  
at 6:00 PM IST  
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**Build Your Brand Using Social Media**  
*-by Ms. Tania Roy Choudhary, India*

**Harnessing Self Trust For Personal Breakthroughs**  
*- by Ms. Yvette Bethel, USA*

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Presents  
**SAY YES TO ME! - HARNESSING SELF-TRUST FOR PERSONAL BREAKTHROUGHS**  
by **Ms. Yvette Bethel**  
(United States)  
CED | Award-Winning Author | Six Seconds Preferred Partner | Thought Leader in Trust | Global Thought Leader in (Organizational) Ecosystems | Global Thought Leader in Culture | Founder of the iF Global Network  
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**Overcoming Ignorance and Arrogance**  
*- by Ms. Varshini Parthiban, India*

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Presents A Webinar  
**OVERCOMING IGNORANCE AND ARROGANCE**  
By Ms. Varshini Parthiban  
(India)  
Content Writer at Aashman Foundation  
Friday | May 27th, 2022  
at 6:00 PM IST  
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**How To Increase Emotional Intelligence**  
*- by Ms. Rachel White, USA*

Online Webinar on  
**HOW TO INCREASE EMOTIONAL INTELLIGENCE**  
by **Rachel White**  
(USA)  
Motivational Speaker | Life Coach | Published Author | Advocate for Survivors of Abuse  
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ADORE  
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Online Webinar on  
**Corporate Etiquette**  
by **PUNAM AGARWAL**  
(India)  
Founder & Director,  
Neostylus OPC Pvt Ltd  
MAY 6, 2022 | FRIDAY |  
7 PM IST  
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**Corporate Etiquette**  
*- by Ms. Punam Agarwal , India*

**ADORE**  
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Presents A Webinar

## Skills To Ace Public Speaking

by Mr. Sagar Ranshoor  
(India)  
Public Speaking Coach | Startup Consultant | Head of Operations at SidAngel & Founder of Tuckin Food & Beverages

Thursday, May 14th , 2022  
at 6:00 PM IST

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## Skills to Ace Public Speaking

- by Mr. Sagar Ranshoor, India

**ADORE**  
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ONLINE WEBINAR

### "5 WAYS TO FIND SELF CONFIDENCE AND FOSTER IT"

by Ms.Daniela Elster  
(Spain)  
Owner of Sunrise Delight Coaching | Psychological Coach | Systemic Coach

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## 5 Ways to Find Self Confidence And Foster It

- by Ms. Daniela Elster, Spain

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presents an online session on

### LinkedIn Profile Building

by Mr. Aryan Dhamankar  
Pursuing Post-Baccalaureate Diploma from Douglas College in British Columbia, Canada. BMS Graduate, Audit Assurance Analyst at KPMG

DAY: MONDAY  
DATE: 09TH MAY, 2022  
TIME: 6:30 PM IST  
PLATFORM: ZOOM

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## Linkedin Profile Building

- by Mr. Aryan Dhamankar, India

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Online Webinar on

### The Ground Rules of Communication

AMITA PARWAL  
(India)  
Communication Skills and Public Speaking Coach | Soft Skills Trainer

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MAY 19, 2022 | Thursday | 6 PM IST

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## The Ground Rules of Communication

- by Ms. Amita Parwal, India

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presents an online session on

### Resume Building

by Ms. Amrita Kolay  
Award winning Certified Master Resume Writer, LinkedIn Profile Writer, Member of CDI & India Authors Federation (IAF)

DAY: FRIDAY  
DATE: 13TH MAY, 2022  
TIME: 6:30 PM IST  
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## Resume Building

- by Mrs. Amrita Kolay, India

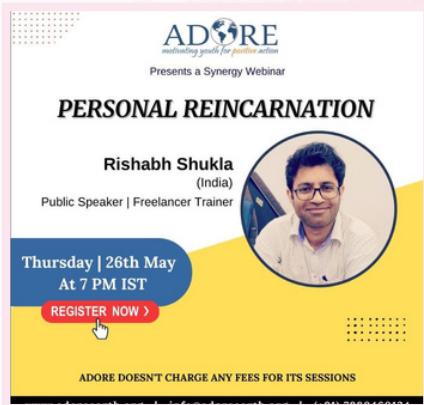


## Corporate Etiquette and Grooming

-by Ms. Taranjeet Kaur, India

## Personal Branding

- by Ms. Himani Mehta, India



## Personal Reincarnation

-by Mr. Rishabh Shukla

# Glimpses of the webinars



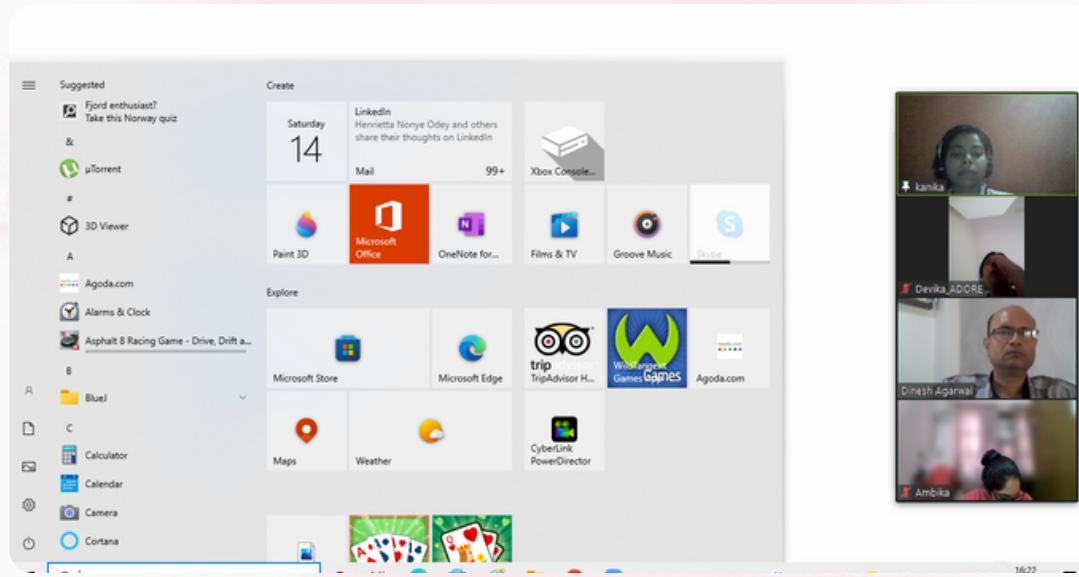
## ANATOMY OF A PITCH

10 SEC. INTRODUCTION

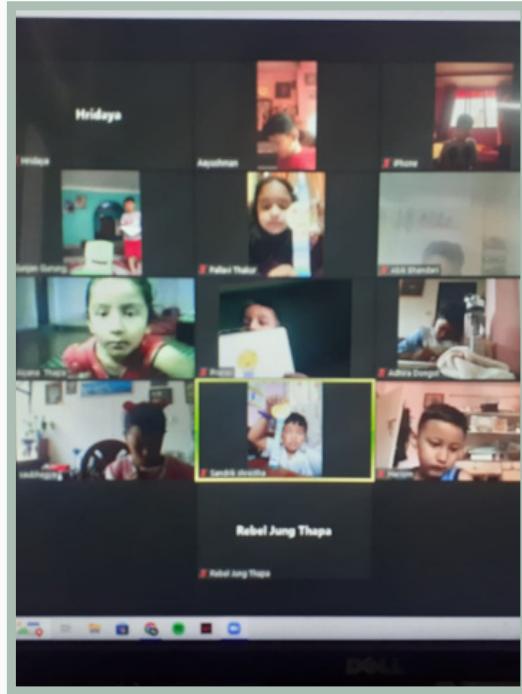
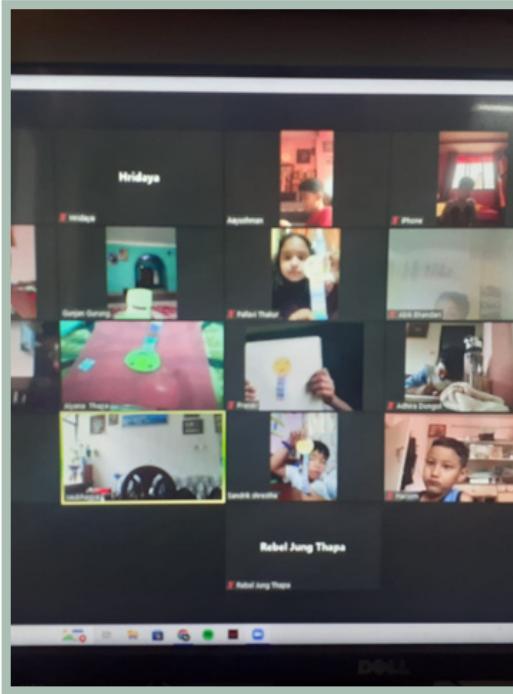
15 SEC. PROBLEM/OPPORTUNITY/CONTEXT

25 SEC. SOLUTION/HELP/BENEFIT

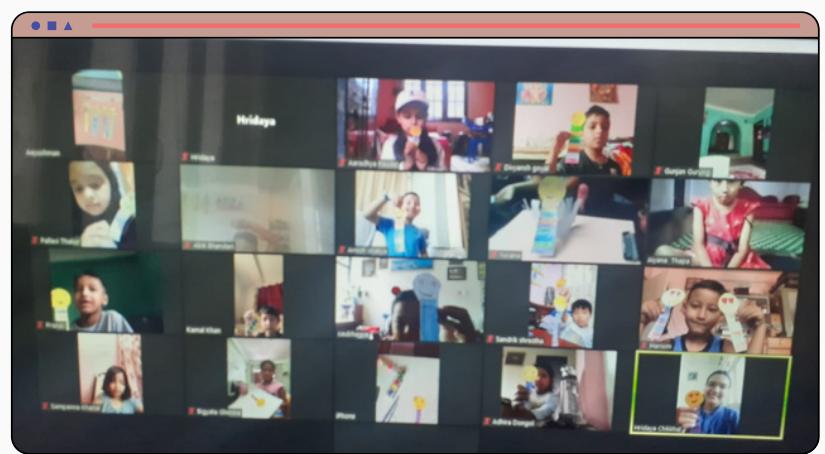
10 SEC. ASK/WHY



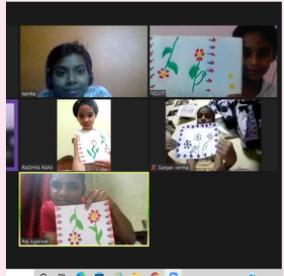
# Nepal E-Sessions



Session by Hridaya Chikkhal on Bookmark Making



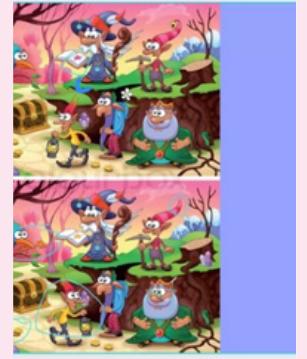
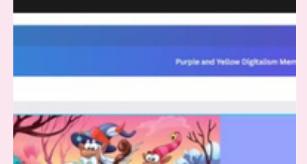
# Fun N Learn Workshop



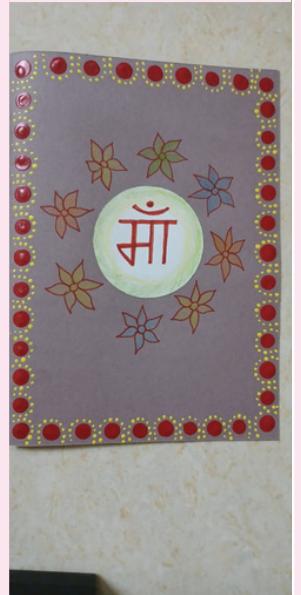
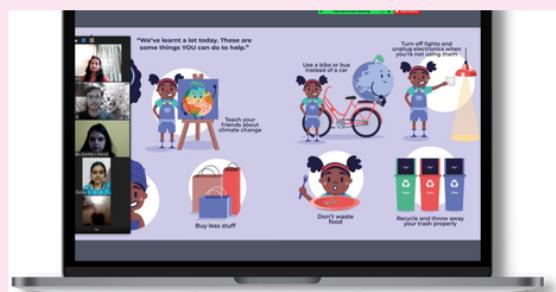
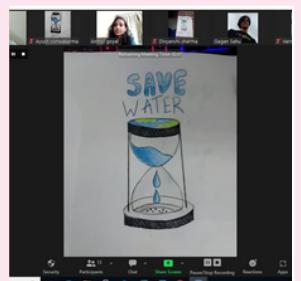
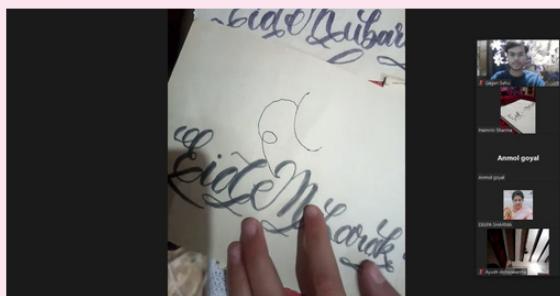
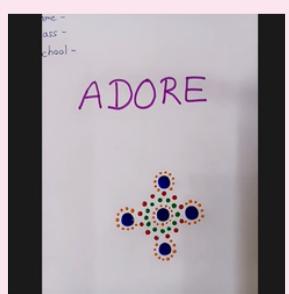
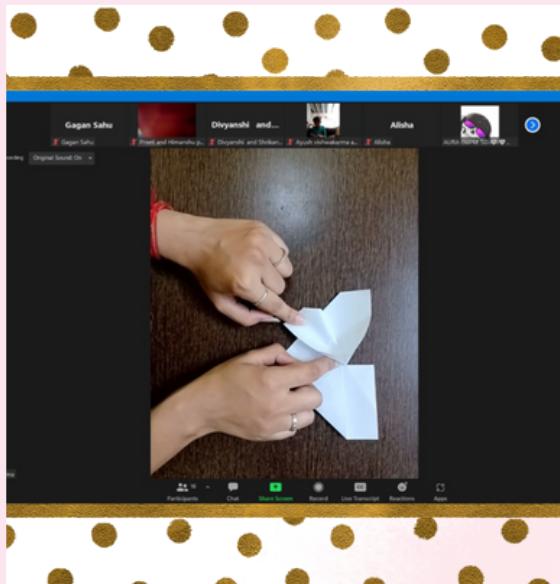
THE GOLDEN TEMPLE  
The Golden Temple is a gurdwara located in the city of Amritsar, Punjab, India. Surrounded by a Sacred Sarovar. Before offering prayers, one has to take a bath in the holy water of the Sarovar.



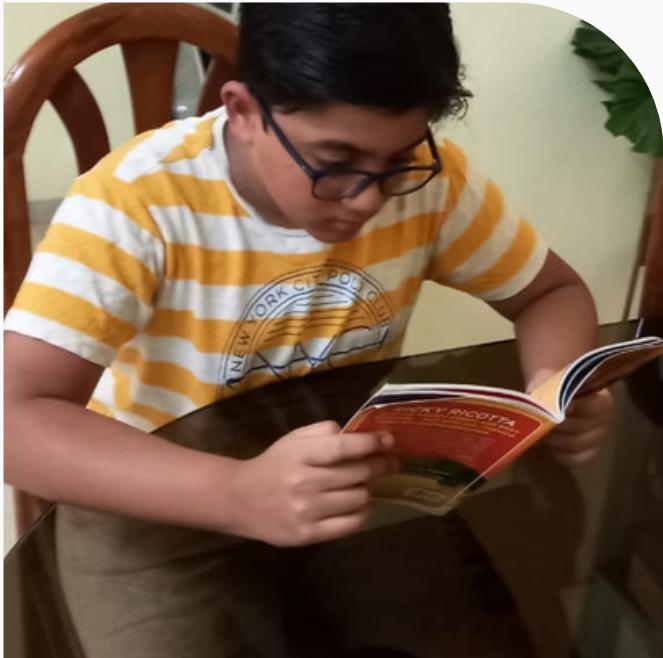
kanika  
YOGITA  
RADHYA RANI  
Gulshan verma  
Raj Agarwal



# E-Volv Workshop



# Young Leader Activities



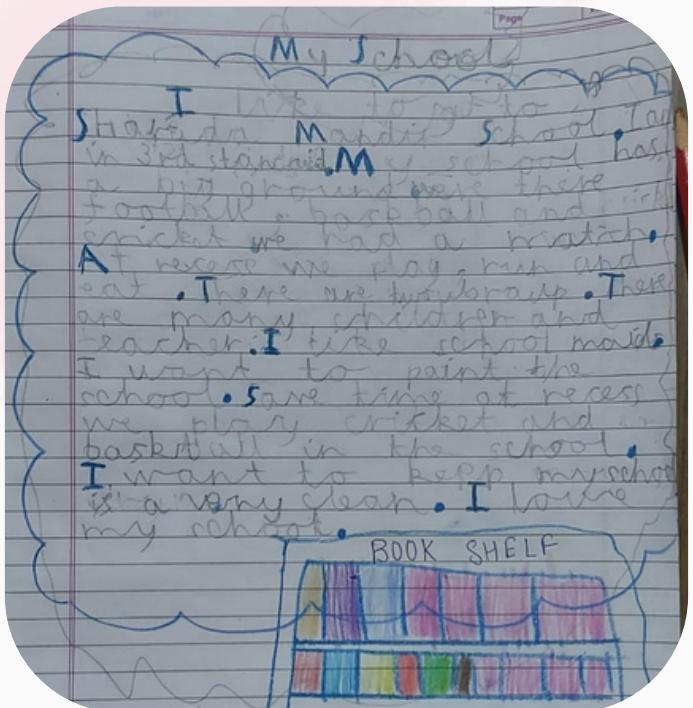
Vivaan Jarial - 7th std  
Sharada Mandir School



Aura Gupte - 5th std  
Leelavati Podar International School



Aura Gupte - 5th std  
Leelavati Podar International School



Shivansh Parekh - 3rd std  
Sharada Mandir School



# Youth Opportunities

-by Abhas Dua, India

The COVID-19 pandemic has had an undeniable impact on young people. An International Labour Organisation ( ILO ) study found that 'the impact of the pandemic on young people [is] systematic, deep and disproportionate.' Twenty-three percent of young people aged 18-24 who were working pre-pandemic are now unemployed, and those who are working have reported reductions in hours and income.

"Students' perceptions of their future career prospects are bleak, with 40 percent facing the future with uncertainty and 14 percent with fear," the report adds. Globally, young people are feeling more uncertain about what the future holds. Youth is the most important and dynamic segment of the population in any country.



We can undoubtedly say that today's young are tomorrow's innovators, creators, builders and leaders. But they need the required support in terms of good health, education, training and opportunities to transform the future. India has the edge of demographic dividend.

They have the power to change the nation. Young mind will be more fresh and innovative which helps in the progress of the country. But adequate opportunities should be given to the youth to represent their ideas and policies for the upliftment of the nation. Only way to express the ideas. Young people should be motivated to take part in politics and to occupy the high positions such as Prime Minister, Chief Minister and Governor.

""It is believed that developing countries with large youth population could see tremendous growth, provided they invest in young people's education, health and protect and guarantee their rights.""



""The role of the youth in the nation building is crucial. They are problem solvers, have a positive influence on other.""

Young people and the nation, and are extremely ambitious. They have the ability to create an identity for themselves and move the nation forward.

However, they will not be able to do this without the support of family community, Government and fellow youths. Then the youth can make their beautiful land flourish and shine in success.



# Youth Challenges and Opportunities in Tanzania

*-by Ramadhan Msang, Tanzania*

Young people in Tanzania are facing some challenges, the young people constitute of a large population but the main challenges faced by these young people his lack of identity. However, challenges include drugs and substance abuse which often leads to disrespect towards their elders and lack of focus in life.

Therefore, moral issues are part of the list of problems facing the youth in Tanzania. Family is the foundation of good morals and thus Africa needs a political system that can protect the family. Young people have a crisis identity where they do not know who they are and their responsibilities in society.

Therefore, despite the fact that Tanzania has the largest number of young people in East Africa these young people have nothing to offer to society. And sometimes these young people are very academic credentials but they are yet to comprehend their part in society.

Unemployment of young people is also a problem facing Tanzanian youth. And this gives them a license to engage in criminal activities and drug abuse. However, the youth possess a great deal of talent and creativity which can be harnessed to change the world. This calls for youth empowerment where the youth are given information and education so that they can be aggressive and objective towards their approach in life. All the above problems facing the youth in Tanzania have affected or influenced the foreign policy in Tanzania.



That is the internal relations between the African countries themselves and Africa as a whole with the rest of the world. For instance, Africa has opened itself to China to try and curb the unemployment crisis in the region. By so doing China has established over 800 corporations in Africa which targets the young intellectual minds.



Furthermore, improved relations between Africa, China, and other countries have opened opportunities for young people to study and work abroad attempt to solve the unemployment crisis in Africa. In addition, the internal relations between African nations have improved with an effort to help the youth.

Most countries in Africa are rooting for economic integration which will open markets to African countries within a specific region." For instance, Rwanda has opened its markets to other African countries like Kenya, Uganda, and Tanzania among others for foreign direct investment and trade.

# Empowerment of the Unemployed Youth in Zimbabwe

by Anthony Masaga, Zimbabwe

Rappaport in 1987, empowerment is the mechanism by which people, groups, and communities gain control over their affairs and the empowerment of young people provides a framework for understanding the processes and outcomes of the actions of young people in the civic, or socio-political domain.

As many young people in Zimbabwe are not cognizant of the social and political issues that are faced, they are not developing participatory competence to change the abhorrent the situation for a better future, and it is also difficult to act on these problems as they are a group that is largely marginalized and poorly served by the society's institutions.

Hence it is our job to empower them by enabling them in channeling their potential into positive attachments for their communities, developing their leadership skills and self-esteem, cleanliness to Soft skills, from Career Orientation to Self-Development, etc.

""Our youth are not failing the system; the system is failing our youth. Ironically, the very youth who are being treated the worst are the young people who are going to lead us out of this nightmare." - Rachel Jackson. ""



# Youth Unemployment in Zimbabwe



J

In 1990, the Economic Structural Adjustment Program was formed, this was an economic reform program aimed at improving the economy of Zimbabwe. The effects of this reform were rather a detrimental effect as the rate of unemployment increased in 1992.

Whereby a large number of people vacated the rural areas to populate the urban area in search of employment. Unending corruption from the government in 1995 became a norm 1995, this led to the unemployment rate spiraling, Businesses starting to close, employees being retrenched, labor demand deficiency, etc.

""By the end of 2001, 6000 jobs had been lost and this was from different sectors(EMCOZ survey, 2001). The increase in the unemployment rate did not stop as the government kept failing to create opportunities to invigorate the industrial expansion. This has been the case up to date, as the now current unemployment rate sits at 8.0% (estimate) as of 2019.""



# Causes of Unemployment in Zimbabwe



- A large proportion of this is caused by political, economic, and social reasons
- Impoverished macro-economic policy environment: In the modern world, the monetary policy directly influences interest rates and indirectly influences exchange rates, the economic growth, investment, and employment are also influenced by these policies. Above all, the price stability in the country is the most important as it regulates the economy, but that is not the case in Zimbabwe as these policies are usually railroaded for political expediency's sake. This has negatively affected different sectors of the economy, resulting in unemployment.

**Land reforms:** These were initially initiated by the war veterans when the land was taken from its owners after independence. A large number of farm workers lost their jobs and by doing this, the government lost created fewer winners to more losers as these farmers ended up on the job market. If the land reform initiative had gone a different way, self-sustenance jobs would have been created in the rural areas, which would have resulted in the negation of overpopulation in the urban areas.



- Population growth rate: A direct increase in the population of Zimbabwe has been a problem as it has no complementary increase in the job opportunities, this means that the majority of the students from tertiary education(the youth) are jobless and this is also a result of the retirement age being at 65, which is a bit too high. The effects of this will, later on, be explained in the article.
- Investment climate: Most firms want to invest in a climate that is profitable and attractive. The climate for investment in Zimbabwe is not sufficiently capable to attract foreign investment, this is because the regulations concerning capital repatriation are unfavorable. This discourages foreign companies to invest, hence unemployment increases.
- Export performance: In Zimbabwe, we direly need all our the products that we manufacture. This decreases the supply of goods for foreign countries and we end up with weak generation of foreign currency, and this has resulted in most companies selling to the black market for foreign currency. Nonetheless, the more goods are exported, the more injection of foreign currency, the more capital companies make, this will increase employment.

# Effects of Unemployment in Zimbabwe



- Effects of unemployment vary on whether they are economic or social. Some examples of the effects on the economy are, market instability, increase in welfare costs, erosion of the tax base and unused investments in education and training.

## Socially the effects are -



- Health problems – Most people in Zimbabwe do not have health insurance, they rely on their salaries to cater for their health needs. It is unlikely that the unemployed spend money on health-related expenses e.g. healthy foods, and gym; absconding from these health measures will lead to a decline in physical health.
- Most of them now end up engaging in criminal activities, drug addiction and prostitution which takes them away from normal labour market activities. It is now normal in urban areas of Zimbabwe to find young women and girls engaging in activities like prostitution. Most of these acts emanate from the problem of youth unemployment
- Mental health problems – One of many problems caused by unemployment is anxiety, the group often experiences a high number of mental health days as compared to the employed population. Unemployment also causes psychosomatic symptoms, lower self-esteem etc.
- In the recent years, there has been an increase in legal and illegal migration as unemployed youth go to search for decent employment to better their life, Most of these youths are being used as cheap labour since the Labour laws of those countries do not protect them since because most of them are illegal immigrants.



## Economically, the effects are -

- Purchasing power –

Reduction in purchasing power leads to the reduction in the VAT, this is a form of tax that is added on when goods are purchased, this has a direct effect on the economy as the will not improve anyhow, hence the government will create fewer jobs due to not having much budget towards that.



- Informal sector –

In Zimbabwe, it is difficult to get employment in the formal sector due to many reasons stated earlier, this has led to the youth resorting to the informal sector, which means that there is no tax(Pay as you earn) charged in this sector, this form of tax is the most source of income for the government and fewer job opportunities are created by the government due to this.



- Decreased revenue

The unemployed purchase less than the employed, this means that companies that are in production or manufacturing of those products are left with decreased revenue, hence they cannot hire more manpower to balance out the demand for products.

## Solutions to these problems -



- Structures to support youth - Structures like the Ministry of Small and Micro Enterprises, Ministry of youth, Zimbabwe Youth Council, and vocational training centers should be put in place to help promote entrepreneurial ideas that help to create jobs for other youth, there are mechanisms that will have to monitor and evaluate whether these structures are benefiting the target group which is every youth in Zimbabwe(able-bodied or not).
- Create an opportune environment of investment - Improvement in global relationships attracts investment. There also is a need to reduce the current tariffs and introduce special economic zones. This assures the foreign investors that it is safe to do business in Zimbabwe.



- Informal employment formalization - This helps to reduce the problem of youth unemployment by motivating more youth to engage in different activities that are informal.
- Loans provision to youths – This is a scheme that helps the unprivileged youth to either fund their education or it could be to fund youth with good business ideas to implement those ideas to perhaps create employment in the near future.

# Youth Opportunities

by Subha Sri M, India



It is always said that today's youth are tomorrow's future and they are considered to be the building blocks of every nation. In an over populated country like India, despite the fact that 22 percent of India's population constitute of youth (18-29 years old) and our country can easily be one of the developed nations using youth power, the youth in here lack opportunities even though they have the power to bring a change and have millions of ideas within them.

While there are various opportunities available for them ranging from agricultural fields to tech side, the two main reasons are the lack of awareness about these opportunities and the high population that they don't get a chance to prove themselves which leads to unemployment. "But still, great things are achieved by youth, for example, various NGOs provide them opportunities in various sectors like climate change, education, health, etc where they use their skills and act with like-minded peers to help people to make this country a better place.

Opportunities for them range from internships, volunteering, apprenticeships, to entrepreneurial support, etc. Nowadays, a lot of organizations prefer only youth, with the fact that they are provided with stipend or other facilities for them to work in that particular area. "As rightly said by Franklin D Roosevelt: "We cannot always build the future of our youth, but we can build our youth for the future", I strongly believe that the youth should be given the chance and provided with much opportunities in almost all sectors as they are very much updated and have the required skills to go along with the speed of this pacing world.

# Together We Can Fight, and Defeat Drug Abuse affect Our Youth

*by Anthony Masaga, Zimbabwe*

According to the Constitution of Zimbabwe Act, the youths are defined as people between the ages of 15-35 years; guided by Africa Youth Charter for which Zimbabwe is a signatory. Section 20 sets the youth agenda for the rights of youths in Zimbabwe by stating that the State and its institutions and agencies at every level must take reasonable measures, including affirmative action to ensure that youths:

Have access to education and training, have the opportunity to associate and to be represented and participate in political, social, economic, and other spheres of life, afforded opportunities for employment and other avenues to economic empowerment, have opportunities for recreational activities, and access to recreational facilities and be free from harmful cultural practices and all forms of abuse or exploitation.

Harare's central business district, where many youths have ventured into illicit and dangerous drugs such as Mutoriro, the numbers rising as the lockdown cut them off from their usual social lives. Known scientifically as methamphetamine, crystal meth is a highly addictive stimulant used for its powerful euphoric effects. Although the drug has been used in Zimbabwe for some years, its use has grown in the townships as the economic crisis grips the country, with the youth worst affected. The drug-pushers have taken advantage of the use of foreign currency as legal tender in the country to milk the drug-thirsty market.



"Sources explain that crystal meth is smuggled into the country through Zimbabwe's porous borders. Despite the prohibitive costs, many addicts find a way to fund their insatiable appetite by selling their possessions, while others are driven to steal."

The section concludes by noting that all these measures must be inclusive, nonpartisan, and national in character. Youths in Zimbabwe face challenges such as unemployment, unaffordable education, and lack of access to health care due to excessive poverty, forced mobility (migration) due to limited opportunities, child marriages, and sexual abuse of young women among others, and high drug uptake (drug abuse).

With many young people battling drug addiction, the health system has been found wanting. Zimbabwe's hospitals cannot treat addicts and the few rehabilitation centers are expensive. Experts in mental health, say the lack of public rehabilitation centers has worsened drug-induced mental health issues in the country.

Personnel needs requisite training, and the use of technology (drones) and sniffer dogs must become part of the equation to stop the inflow of drugs within the country. A multi-pronged approach where all stakeholders get involved where known and unknown drug peddlers are tracked and arrested. Just like a seed, these have to start from households to communities to townships to cities then the whole country embraces the fight against drugs.



As much as there is so many expectations from the government to provide a better economic environment since most of such has resulted from a poor economy, the population, in general, should understand and embrace that we are the government, and the power is with us to raise a drug-free community. It is my son or daughter buying or selling that drug therefore the power is very much within us to educate train and advocate for a big NO towards drug distribution.



It takes a community to raise a child if the mentality needed to curb this enemy that has crippled our youth. This is the fight everyone should be involved in despite political, religious, or any difference because a better today gives hope and guarantee a better tomorrow.

# Every challenge, every adversity, contains within it the seeds of opportunity and growth

-by Roy Bennett, India

The youth are the backbone of any society. Youth is the time in life when one is young, and it often means the time between childhood and adulthood (maturity). As per the National Youth Policy, 2014, all young people in the age group of 15–29 years constitute the youth population, which is a diverse group with varying needs, aspirations, and requirements.

Youth, being enthusiastic, vibrant, innovative, and dynamic in nature, show strong passion, motivation, and willpower, making them a valuable human resource for fostering economic, cultural, and political growth. In India, youth are faced with the problem of a lack of skills.

Skilling and reskilling are vital because of the increasing number of new fields and opportunities.



India may not be able to take advantage of the opportunities because of a low human capital base and a less skilled labour force. Government initiatives such as "Skill India" have done little to improve the country's flawed educational system. While the issue of youth unemployment is universal, According to the NSSO Periodic Labour Force Survey 2017-18, India's labour force participation rate for the age group 15-59 is about 53%. This means that about half of the working-age population is jobless. Taking the steps needed to promote skilling and reskilling on par with the growing job demands is a need of the hour.



""Promoting entrepreneurship and supporting businesses' growth needs to encourage job creation.

Startup India and Make in India are some government initiatives that can create jobs. Last but not least, encouraging the expansion of labor-intensive industries: These include the agricultural sector and manufacturing sectors like food processing, textiles, apparel, leather, wood, furniture, handicrafts, etc.



When we give young people decent jobs, political weight, negotiating muscle, and real influence in our world, they will create a better future.""

# Youth Opportunities

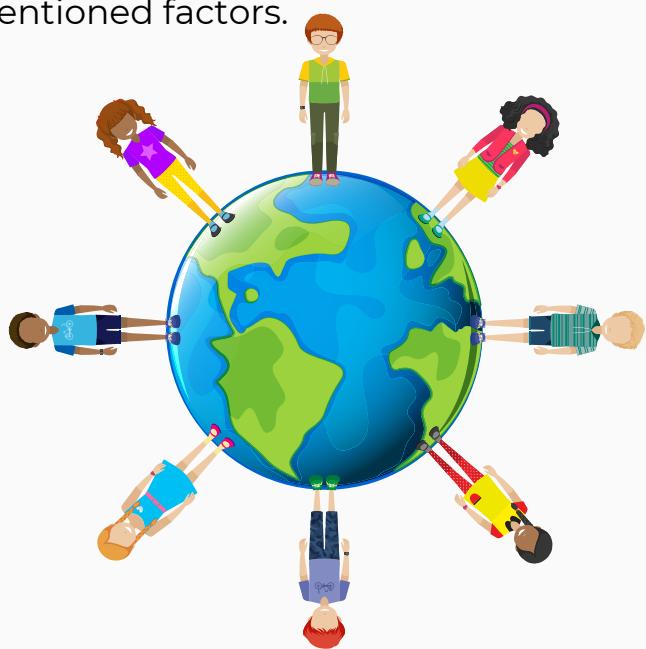
*Chandni Kushalappa k, India*

Every generation has had to overcome obstacles or master new techniques that came up during times. For example, the industrial revolution brought trains and for India, the railways brought opportunities and change in the lives of the marginalised but artisans lost their way of living.

In recent times covid has proven to be a boon and curse for the youth. It has been a boon to many small business owners and startups as it provided people with time to think over their game plan and execute it. Where as for some people it has cost them their job as the world's economy plummeted. The worst affected are the people in the marginalised community.

Why is it some people were able to sustain themselves while others couldn't. The first thing that comes to mind is vocational training. In schools and colleges students are taught topics that are information heavy, that is it helps the student understand which field they are better suited for. But it does not teach them the life skills required to obtain the job and retain it. Life skills such as public speaking, team work, communication and learning to deal with failure are not propagated.

Hence people, especially the youth, who have bachelors degrees and subject wise knowledge find it hard to get a job. Other factors such as gender, caste and race play a role in the availability of opportunities. India is a country where society has been patriarchal, castist and racist since before colonial rule. Opportunities are slim servings in a country where girls are discouraged from going to school let alone dream of a job. Opportunities are given to a person from a high class and/or caste because it meant to be their "birth right". Only a small percent of youth get opportunities to excel, the majority are deprived of them due to the above mentioned factors.





# Youth development

*Shaheer Khan, India*



Youth are the future asset of any society. This enthusiastic and determined youth devote their ideas and thoughts for wellbeing and uplift of society.

So, the youth must be developed positively into effective personalities that results in positive contribution by outreaching complex situations and solving them to cast positive impact on community.



The action of procedural activities and steps that helps youngsters to face challenges of their adulthood, making them aware of their potentials along with that providing them guidance on developing social, ethical, physical and intellectual competences is termed as youth development.

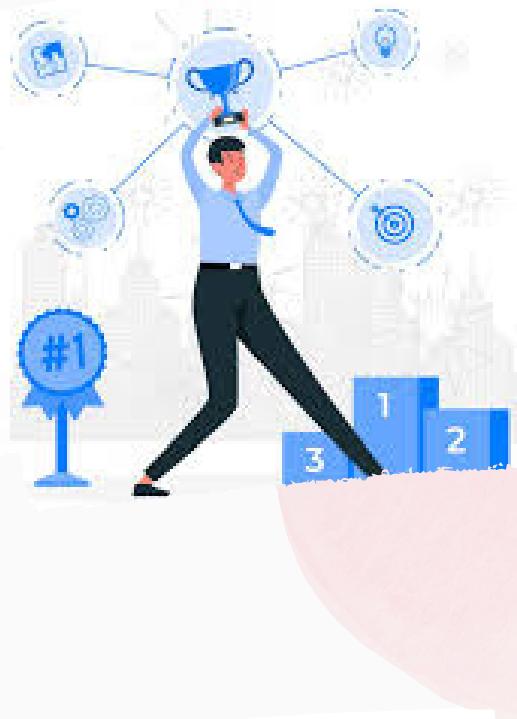


The most important factor of youth development is making youth analyze of their strengths and weaknesses, boosting self-esteem, enabling them to establish social network and participating in community life with positive enthusiasm. Developing above mentioned aspects in personality of youngsters needs different strategies among different age groups. Youth go through four growth phases from kindergarten through high school.

These phases are sometimes referred to as:

- Early Childhood that comprises Ages of 5-8 years
- Middle Childhood: that comprises Ages of 9-11 years
- Early Adolescence: that comprises Ages of 12-14 years
- Middle Adolescence: that comprises Ages of 15-18 years

Here important factors to keep in focus while development are two main principles age and growth rate.



## 1. Age factor

Age isn't always a good indicator of maturity. Most children follow a predictable pattern, although the ages at which they do so vary greatly. An activity that would be well within one youngster's capabilities may be far too challenging for another child of the same age.

The ideal situation is to provide a variety of activities or many levels of complexity within a single activity.



## 2. Growth rate

Within an individual kid, growth may occur at varying rates in various developmental domains. A youngster that is physically advanced may be average in cerebral aptitude but below average in emotional and social development.

To attain his or her greatest potential, a youngster may require distinct exposures in all of these areas.



# Little Good in Bad and Little Bad in Good

-by Raj Agarwal, India

when we say that we should always go in the path of positive vibes or we say this person is too good there is no bad in him or the person is very bad there is no good in him, its not right.

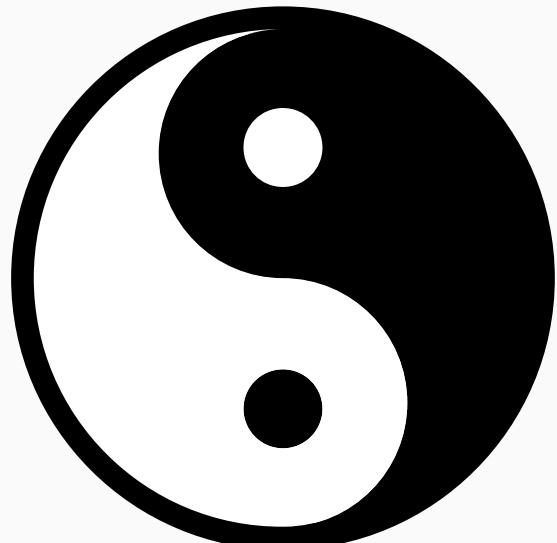
According to my opinion every coin has two faces if there is positive side then there should be a negative side so that the good thing would have its appropriate value, if there is success then failure must be there otherwise none will understand what success is then success word would be as mere as having bead without butter .



Meaning is that, negative defines the positive. so every person has a negative side and a positive side in their inner self.

There is a cosmic duality of nature in every living being by which the universe is governed this idea is extracted by the yin and yang symbol it is not just a symbol its the philosophy of life.

1. First, we can see a black half of a circle.
2. Second, we will see a small white circle within that black half.
3. Third, we can see the white half of a circle.
4. Fourth, we see a small black circle within that white half.
5. Lastly, you see the cohesive whole, the entire circle with the black half, the white half, the black circle, and the white circle. Its the conclusion of whole life in just a picture



**""LITTLE GOOD IN BAD AND LITTLE BAD IN GOOD""...**

# 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 to work with the editorial team. We thank ADORE from the bottom of our hearts for giving us this platform to showcase our skills and views, openly.

Your suggestions and criticism are welcome.

