



Learning Beyond Boundaries

ADORE is a global voluntary group of college students and professionals, who have come forward 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 fair as successful and countable professional in the arena of their career, emerge as aware and responsible citizens and better human beings.

ACTIVITIES IN ADORE

- **Young Leader**
- **Soaring Wings**
- **Synergy**
- **E-volv**
- **Prograce**
- **Conversa**
- And many more**

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FANTASTIC TIME & HOW TO MANAGE IT

Ms. Ibna Sina Munzurul Haque, Bangladesh



Hello Time. How you doing? We live a world which is built with space, time and matter. Time Management is the process of maintaining time in a structured way to control it via specific activities. However, we don't actually manage time but we can manage ourselves in a timely manner. Every people in this world only get 24 hours of time, not more or less. But the rate of successful people is very low because of lacking skill of managing it.

Time management is a skilled training strategy to prosper in life. We need a strict habit to master it. It leads to improved efficiency and productivity. A person who successfully mange time can enjoy more freedom than other people. Proper time managemet causes less stress and more success. One can attain his goals and make the value of life in himself by skillfully managing his time in a proper way.

To be the master of time management , our first and foremost duty is to reduce time-wasting. Today, most of us waste our precious time in social medias. If anyone is available for others all the time, he may not reach his goals timely. Also, the never-ending notification of internet is another reason of time wasting. In checking the notification, we lost our way in social medias.Hence, it is very difficult for us to manage our time.But we should expertise of it in order to be a successful personality. Therefore, we should practice some activities. Firstly, we need to schedule smartly of 24 hours day. A to-do-list will serve the best. Also, some app like wunderlist, Google keep, etc. is very essential for managing our daily activities. In that case, we must segregate our task by urgent, important and shallow way and prioritize accordingly. Also, if possible, we can share some of our tasks with others in order to save time and energy.Besides we need to get rid of unnecessary hassles in our day to day life. We should set a clear deadline of each of those tasks accordingly. And hence it will give some sort of pleasant feelings when we finish it.Now, the second most important things is to say "NO" to multitasking and say "NO" to unnecessary and worthless request

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FANSTATIC TIME & HOW TO MANAGE IT contd.



As a human being we can't satisfy everyone by filling their thirst. This could ruin our daily schedule and bring some nuisance activities. We should stay focused of our schedule. Doing it by one after another is the best practice. Taking more tasks to finish accordingly would seem to be beneficial but in reality it damages our energy. Start with the small tweaks in our daily schedule will give us effective results. And thirdly, it is related to the person who will manage their time and this is all about to be healthy. We must maintain a healthy body ,mind , proper physique etc. Now to be in a great shape, one must take his exercise timely . He should plan his meals ahead of time, complete his daily workout. Moreover, A person should spend his time balanced way. Also he shouldn't forget to take a break.

Discipline is the key to time management.What absolutely important is to build a strong habit and stick to it until the end . That being the case, time management is major expertise in our daily life. One who masters in time management must be victorious in life. That being a case, don't forget to have fun ! and enjoy TIME & LIFE..

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WHEN THE RIVER TALKS TO ITS PEOPLE

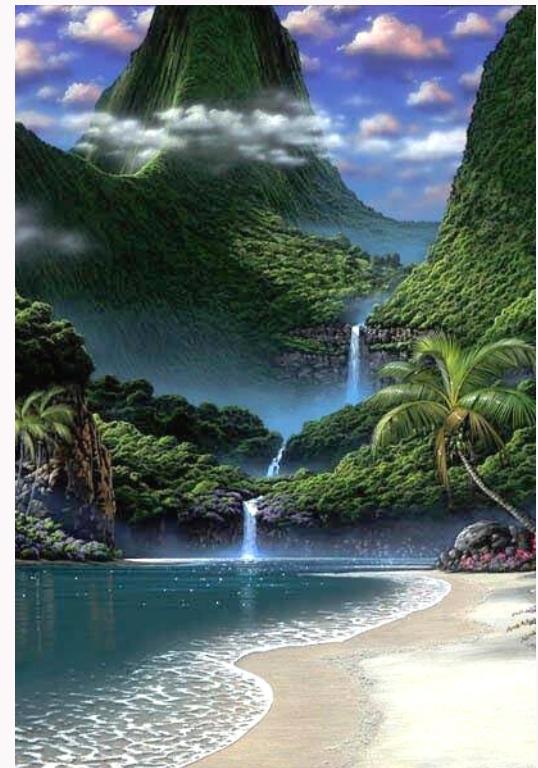
Mr. Azaam Sha, Sri Lanka

South Asia most flood prone region in the world. 45 million people affected by flood in this region. 65% of global flood exposed population live in this region. India and Bangladesh are the top flood prone countries in the world.

South Asian flood scenarios recently increases, because Indus, Brahmaputra, Ganges rivers are mostly related to flood. Now climate change and global warming process also intensified the flood incident in the region. Government policies and strategies contribute adaptation and reliance of the people to flood incidents. UN-Yokohama planning one of the key tools to protect the people in this regions.

Vulnerable community of region affected more due to flood so pre-planning should be improve the resilience of the community. Community based early warning system and ecological indicators protect the people from losses. Socio-technological changes are taking places in the light of rising climate change related uncertainty in the flood prone region.

Status of local knowledge of flood and meteorological forecasting key tools to managing the flood condition in South Asia. The flood incidents increase the impact on people living, early warning, and research studies. The flood incident depends on rainfall across the river basin and catchment homogeneity. Those rivers are very big and cross countries transboundary so managing of river so difficult, and also upstream and downstream management problems, sudden changes in discharge causing further issues related to flood.



Flood in this region made people living in dependable, local people using animal behavior to protect from flash flood. Flood alert and vulnerability of flood depends on gender of population, women are the most vulnerable gender in population than man.

Indian post and pre-colonial laws impact the flood of Bihar, in Bihar cast system, unequal land distribution of people and poverty play major role in flood impact. Habited which located inside the embankment affected more than far away habited.

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WHEN THE RIVER TALKS TO HIS PEOPLE contd.

The people indicate flood by using different type of indicators those are,

- Physical indicators: “ Halla ” warning of individual people to addressed the flood incident to others. People make noise and sounds to warn the other people.
- Ecological indicators: movement of red ants, visible of black ants movements in straight line carrying their eggs, appearance of red ants with small transparency wings, sudden entry of special type of insects, different type of frogs movements and sounds.
- Riverine indicators: increase the water level in monsoonal time, water touch the tip of the river bank, records of water rising level in bamboo pole, change the color of the water in the river, transparency of water going down, jumping behavior of fish.
- Meteorological indicator: Movement of clouds, Rainfall pattern, wind direction.
- Celestial indicator: local knowledge of flood, local agricultural cropping pattern.
- Official indicator: formal information from newspaper and radio announcement about flood, district alert of flood.
- Triangulated indicator: flood warning should have triangulated diverse set of indicators source, amount of discharge of water.

Men get warning first than women from their working places but women didn't get early warning early as possible. Women have social barriers to escape from floods even though they sensed the various indicators of flood.

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BE YOU-NIQUE

Bianca Ihua, Nigeria



You are you,
A living tool
In the Creator's hands.
No, you are not perfect,
You are just human
Thriving towards perfection.
Such a wonderful creature the world wants to
see.
You try to be used by them,
And then wish to be accepted into their realm.
Have you taken time to see the beauty in you?

Your uniqueness,
Your better self,
The best version of yourself.

Have you tried to be you?
So many times you allow them to use you
Spit on you
Look you in the face
And tell you to forget your race.
They tell you to be like them;
They see you as nothing but a mediocre.

It was a great English communication class because I know new things

For example: I know how to have a good speaking, reading, writing.

In general it was very useful.

And I am thankful to Adore's program.

– Ms. Samira (English Communication classes)

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BE YOU-UNIQUE contd.

They seductively employ you to be like them.

You tell yourself you have to be like them to turn out fine.

Why do you forget what you look like?
Why have you taken someone's mask to cover your beauty?

Each day, you compare yourself with them.
You say you're worthless,
You're not as good as them.
It's a pity you speak of yourself less.
You put out the fire of your purpose
And take up theirs.

You lie to yourself that there's nothing good about you.

That's a lie!
A big fat lie!
You're strong.
You're beautiful.

It was great session. It was about Interpersonal skill and First impression. We got know how to make good impression in our first meeting with anyone. And we also got know about self control, social as well as communication skill.
And I would definitely follow it. Hope all the sessions will be helpful and interesting... ☺

- Bidhata koirala



You were made to conquer.
You were made to be great.
You don't have to be like anyone.
You don't have to please the world.
Are you pleasing them?
Are you happy lying to yourself what you are not?
Wake up!
Be YOU-nique!
Discover your purpose,
Get it fulfilled.
You're not them,
You're you!
A strong you,
A better you,
A unique you.

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During this workshop I have learned a lot and gain new experiences with my new trainers. It was amazing and wonderful. Looking forward to Join more useful workshop like this in future.

Thank you ADORE for helping and support.

- Ms. Nilofar Naderi

In those 10 days workshop organized by ADORE, we learnt many things about different topics. All the mentor were really helpful and interactive.

We had got a chance to learn about time management, personality development, public speaking, positive thinking and many others topic which can be helpful for us in future. So I would like to thank ADORE for organizing such a wonderful , great and helpful session...

Thank you ADORE

- Kritika Regmi

The ten day long session organized by ADORE was really fruitful to all of us. Through this session, we got the opportunity to develop our personality, thinking and we also learnt about a few new technologies such as google docs, google slides, etc. The instructors and speakers made us clear about all our questions and existing curiosities. Thank you, ADORE for such a wonderful session !!

- Ashutosh Timalsina



FEEDBACK BY A PARTICIPANT OF EVOLV WORKSHOP

It was a great session today. The sessions were completely related to the topics Interpersonal skill and First Impression. We got to know a lot of things which were told by our mentors. It was fun as well as an interactive session.

In Interpersonal skill session, we knew about social skills, communication skills and self control. Whereas in First impression session we knew about sincerity, transparency and understanding and went deep within the topics.

We also knew that knowing little or as much as you can about someone or something will be plus point for us. We also new that appearance also matters in the first meeting until you are familiar with the one. We also must have allignet or diplomatic voice. We also knew that we must agree even when we disagree until it effect us.

- SACHIN GHIMIRE

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Thank you very much for today's session. It was very educative and I have learnt more skills on communication than before. Pass my regards to the tutor for the wonderful session on Communication. I have learnt much from today's session. In fact, all the sessions I have attended so far, they are all practical in nature, and very important. Thank you very much

- Desire Mussa

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COVID 19 & ITS CONSEQUENCES

Lirisha Tuladhar, Nepal



The COVID-19 abbreviated for Corona Virus Disease was reported in Wuhan of China in December 2019. It is astonishing isn't it? A small petty case of fever and cough has now turned into a worldwide pandemic with an alarming rate of death tolls and infected people all over. It's a historic milestone where the pandemic has managed to cross the record of deaths more than the World Wars. The tragic enigmatic virus has unfolded itself differently in different communities according to their social conditions which has been controversial regarding its concrete existence. The COVID-19 has become that fear globally that is inflicting uncountable consequences diverted in various aspects all around the globe.

The COVID-19 had entered the arena with the serious health issue of fever and respiratory problem. Presently it has now woven its threads and extended its enormities to much fatal condition of death. The labyrinth of effects has been much difficult for everyone to pass through due to its unknown origin and inability to find a cure. The consequences without an in-depth scrutiny is portraying a spectrum ranging from the individual to the international level problematic factors. The influence has chained the people of all ages, all levels, all places, all social conditions and much more.

The main concerned consequence is on health of the people infected and the suspects. The health workers are being given a roller-coaster ride to a new experience of fear, precaution, confusion, success and failures. The government everywhere has been focused upon giving its best to keep the check on the COVID situation including quarantine and isolation, practices of the hygiene being revived and maintain social distancing.

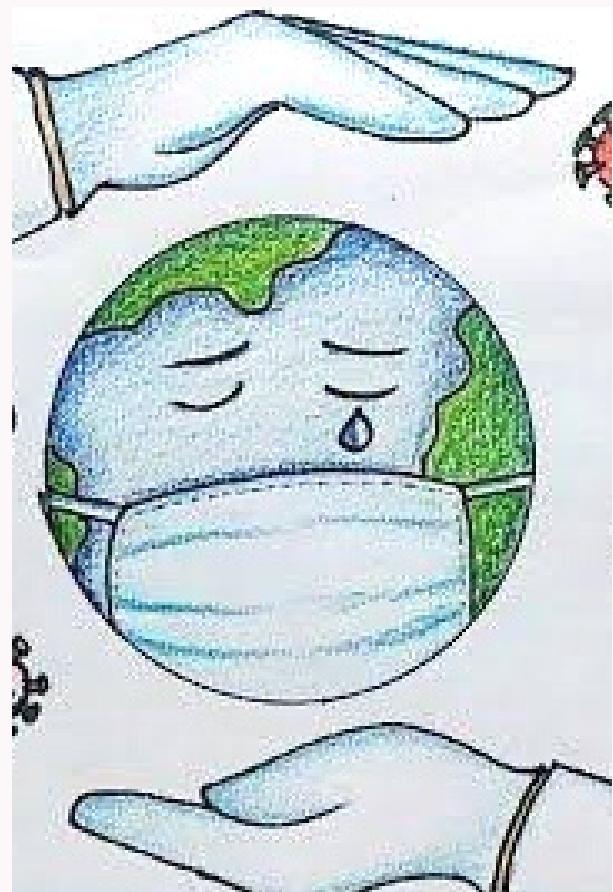
Yet, on the other hand, the diversion by COVID has diverted the health concern from the already existing priority health issues like sexual and reproductive health, adolescent health, child and new-born health crating much other fatal health affairs.

COVID 19 & ITS CONSEQUENCES Contd.

Other than health consequences, the worldwide lock downs for preventive measures has created a chain of difficulties for people to live their normal daily life. For some people, it is privileged lockdown in the sanctuary of their homes. Yet for the migrated working class and socio-economic poor communities it's a curse— without employment, homes, food and financial support. Even the nation itself are having a hard time to provide relief to their citizens compressed with mental pressure leading to suicides, violence and hunger deaths.

The lockdowns have been that knots, tying down the nation's economy in a way such that, people ranging from entrepreneurs to the staffs and the wage workers are at a risk of declining in their productivity. Similarly, in terms of education, the students and children are getting affected despite the efforts of digital learning.

There is no telescopic view yet to navigate the point of the end of COVID. The best way to avoid the consequence is undeniably to adjust with the preventive measures being taken and self-awareness.

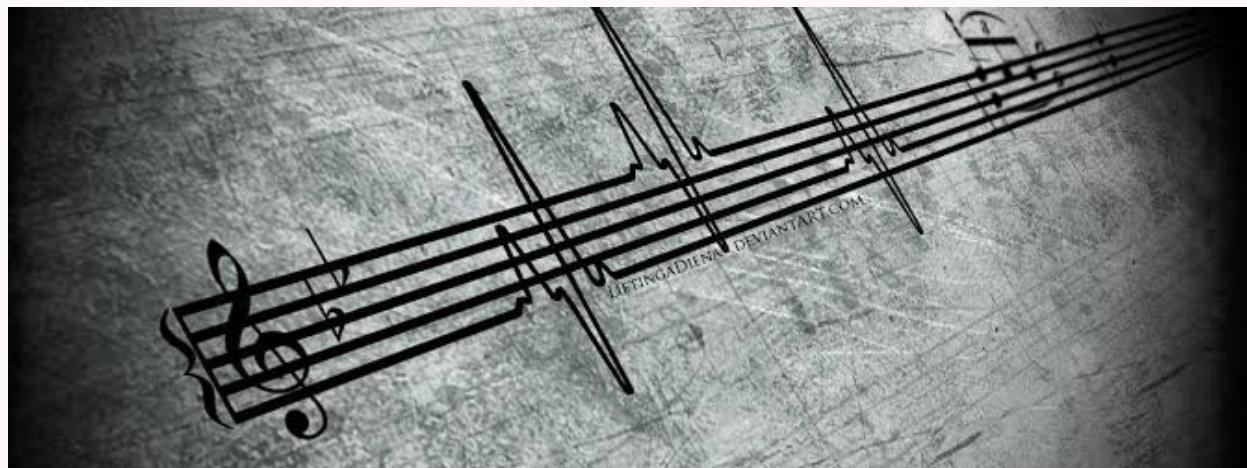


Thus, in the present context it is very important that individually as well as collaboratively we all need to try to keep safe by staying home, following the rules as allocated and maintaining preventive measures to fight against the disease. In a nutshell, we are the ones who can change the consequences of COVID from negative to positive. So, let's all make a change and fight this pandemic together!!

[**Click here to join us**](#)

LIFE'S WAVES

Abigail Omoleye, Nigeria



Music; the combination of sounds that are pleasing to the ear, is not only displayed in sounds and rhythms as events, happenings, activities, emotions carry their different tunes peculiar to their nomenclature. I've never seen anyone who has so much displeasure or nonchalance for music, although not all kinds/ genres of music appeal to everyone, everyone still loves music. Music has it's peculiar ways of bringing soothing solutions to certain jig saw puzzles we are faced with. It carries meaning in every phrase and is symbolic for every situation. The most exciting part is it's rhythm upon which every soul is translated to a higher realm, as our bodies swing in response to it's intriguing and mystical force. However, there's a peculiar music for every individual under the earth which we've got to dance to, whether it pleases us or not. "LIFE" offers a variety of it as we journey through it's pathway, and it's waves –the events that play out– are the beats of the music.

As an individual, so far, in my years of living, I've realized that everything that happens to one in life is a kind of music.

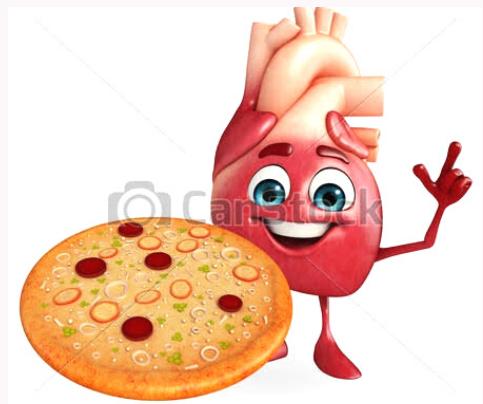
The cry of a new born baby upon it's delivery sends melodious chords to the hearts of everyone, especially it's parents... "I'm alive", it rings out!! The new chords heralds the song from an endless soul. Alluding this to be the first note of life's mystical rhythm, it is accompanied by successive chords and several distinct styles of music. The chords that are played by every good event that takes place in life brings smiles on our faces and unprecedented joy to our hearts. We dance easily to this type of tunes cause we find it enjoyable. However, when we are faced with seeming difficulties in life, the music takes an unsolicited solemn pace and we are soon carried down the flowing tide. Whereas, we fail to decode what notes these chords sends because we are locked up in our insensitivity. Just as the only way to get the coconut water out of the coconut and savour the flavour of it's unspotted white flesh, is to break it's hard shell; similarly, the only way to understand life's uncertain music is to break out of your insensitivity. Sometimes it requires extra diligence, a little patience, some words of prayer.

Other times, it may call for a discontinuance of a particular pattern of living and maybe a paradigm shift. What we fail to do in such situations is to tune our ears to the music being played so we know how to respond to it's beats. Moreover, is because humans sometimes have our ears diluted to this music that's why we are unable to denote the notes hence, we are quick to conclude that life is so dull and void of rhythm.

So, next times you hear life's music being played, do well to open up to what message the notes sends and you'll know how best to sing along and respond appropriately to it's rhythmic movement.

HEART FOR THE FOOD?

Mary Nweke, Nigeria



The heart is a very important part of human being, so is food.

Food or diet as we all know play a huge role in having a healthy heart. We should also be aware that some of these foods we eat can trigger cholesterol levels, blood pressure, inflammation and the likes.

Today, we will be looking at various foods we can eat to keep our heart healthy.

1. Green Vegetables: Green vegetables such as spinach, kale are known to be high in vitamin K, vitamins, minerals, antioxidants and nitrates, which can help reduce blood pressure and improve arterial function. Studies show that a higher intake of leafy greens is associated with a lower risk of heart disease.

2. Whole Grain: These includes whole wheat, brown rice, oats... According to research, eating whole grains is associated with lower cholesterol and systolic blood pressure, as well as a lower risk of heart disease.

3. Berries : which includes strawberries, blueberries, blackberries and raspberries are filled with important nutrients that play an important role in heart health. Berries are rich in antioxidants. Studies show that eating them can reduce multiple risk factors for heart disease.

4. Fatty fish and fish oil: Yes, you read that right! Fatty fish like salmon, mackerel, sardines and tuna are loaded with omega-3 fatty acids, which have been studied extensively for their heart-health benefits.

5. Beans: Beans contain resistant starch, which resists digestion and is fermented by the beneficial bacteria in your gut. Eating beans has also been linked to reduced blood pressure and inflammation, both of which are risk factors for heart disease. So, don't avoid beans like a plague. Think of your heart.

6. Dark Chocolate: I know chocolate lovers are grinning from ear to ear. Yes, dark chocolate is rich in antioxidants like which can help boost heart health. Also, chocolate can be high in sugar and calories, which can negate many of its health-promoting properties.

7. Avocado: These are excellent sources of heart-healthy monounsaturated fats, which have been linked to reduced levels of cholesterol and a lower risk of heart disease. Avocados are also rich in potassium, a nutrient that's essential to heart health.

8. Tomatoes: They contain antioxidants help neutralize harmful free radicals, preventing oxidative damage and inflammation, both of which can contribute to heart disease.

9. Garlic: it has always been used to treat various ailments. Be sure to consume garlic raw, or crush it and let it sit for a few minutes before cooking. This allows for the formation of allicin, maximizing its potential health benefits.

10. Walnut: They are said to be a great source of fiber and micronutrients like magnesium, copper and manganese. Research shows that regular intake of walnuts in your diet can help protect against heart disease.

In conclusion, what you place on your plate matters a lot. Keep eating healthy diet and minimize your risk of health diseases.

ORAL HYGIENE MANAGEMENT AMONG TEENAGERS

Rasma Muzaffar, Bangladesh

Dental caries or tooth decay is an infectious disease occurring in all age groups. Adolescents of age 12–17 are very prone to dental. Dental caries can occur at any age, but adolescents are at high risk due to several factors:

1. During this **age** period there are many physical, psychological, and social changes which the individual undergo.
2. **Independence** — During the ages of 12 – 20, the individual generally completes school and then enters college or the work force. Each stage brings with it more individual freedom from the immediate supervision of parents. The teenager is able to choose friends, clothes, habits, foods, and more without supervision
3. **Taste** — One recent study on decision-making processes for sugar consumption summarized that with adolescents, the immediate pleasurable taste of sugar outweighed and deferred the recognition of dangers associated with its consumption.
4. **Dental caries in adolescence** — Although decreasing over the past two decades, the condition of carious teeth among children still exists and represents an oral health problem. Dental caries continues to be the major infectious disease.



Oral hygiene management

Oral hygiene is the practice of keeping the mouth clean and healthy by brushing and flossing to prevent tooth decay and gum disease. Maintaining oral hygiene should be a lifelong habit.

1. Tooth brushing

School success correlated positively with tooth brushing frequency in the younger age groups. Brushing should be performed with a toothbrush and a fluoride toothpaste at least twice a day and preferably after every meal and snack. Effective brushing must clean each outer tooth surface, inner tooth surface, and the flat chewing surfaces of the back teeth.

2. Flossing

Tooth brushing is effective for maintaining clean teeth surfaces. However, for cleaning the surfaces in between teeth, flossing is important. Flossing once a day helps prevent gum disease by removing food particles and plaque at and below the gum line as well as between teeth.

3. Food habits

Eat more of fiber rich fruits, vegetables, cheese, milk, yoghurt. Drink green and black tea. Chew sugarless gums. These food types prevent tooth decay and some are saliva makers. Avoid sticky candies, sweets, starchy food like potato chips bread and carbonated drinks. When drinking sugary beverages, use straws.

SPICE EAT

Mary Nweke, Nigeria

When it comes to spices there are so many flavors. Each of them having their own essence. They play an important role in what we cook and the way we cook it. Using the right combination of these spices gives you the perfect taste. Spices come with notable nutritional values and provide some major health benefits. I have gathered here few of these spices some of which are familiar to us.

1. Black Pepper: This is also known as Kampot 'pepper corn'. This pepper is regarded as one of the finest pepper in the world and named after the city of production. These can either be reddish or black in colour. Black pepper is loved all over the world and can be combined with other spice. When added to any recipe, it enhances the flavor. It can be eaten with fruits, chocolate, sauces, seafoods and so on. When next you are preparing a meal, try adding this spice. This spice promotes weight loss, helps relieve cold and cough, improves digestion, improves food processing and treats many skin problems.

2. Ginger: As we all know that this is a well-travelled spice. It is root plant native to Southern Asia and grown in nearly every country with a warm climate, heavy rainfall, and plenty of sunshine. Ginger's peppery bite are enjoyed within almost all of the world's major cuisines, especially in beverages. Ginger beer, herbal teas, and turmeric milk frequently rely on this spice. Ginger can be dried, ground, used fresh or crystallized. It can also be used in savory blend like curry powder, lemon, garlic.. as well as fruits. It has been used to help digestion, reduce nausea and help fight the flu and common cold. Making ginger juice can perform this trick.

3. Cinnamon: This is a spice gotten from the inner part of a tree. It is used as flavouring and condiments in a wide variety of cuisines, sweet and savoury dishes, breakfast cereals, snackfoods, tea and traditional foods. Cinnamon adds its distinct flavor and fragrance to a wide array of foods. It has large number of antioxidants which protects body from body diseases and have many anti-inflammatory. It also has the ability to reduce bloated tummy.

4. Garlic: Garlic is widely used around the world for its unique taste and condiments. It is primarily used as an herb or spice, often added to dishes in small amounts to increase flavour. Garlic can be cooked either grinded, peeled, or whole. It's most commonly roasted, boiled, or sautéed. Garlic can be eaten at home, taste it in sauces, and eat it in dishes like pasta or soups. It has been used as a medicine for ages because of its anti-microbial properties. Eating garlic on a daily basis (in food or raw) helps to lower cholesterol levels because of the anti-oxidant properties. It is also of great benefit to regulate blood pressure and blood sugar levels.

5. Nutmeg: This is a popular spice used in cooking across the globe and it is also famous for its health and nutritional benefits. It is commonly used in the preparation of various dishes across various cuisines, and valued for its sweet aroma and aromatic spice. Nutmegs can be used for numerous remedies to improve health. It improves bad breath, helps detox the livers, helps you to sleep well and is also known to improve the texture of your skin.

6. Turmeric: This spice is packed with antioxidant, anti-viral, anti-bacterial, anti-fungal, anti-carcinogenic, anti-mutagenic and anti-inflammatory properties. It is a flavorsome spice and so super nutritious. Has a warm, bitter, black pepper-like flavor and earthy, mustard-like aroma. This spice is good for your brain, relieves arthritis, prevents cancer and has healing properties. Turmeric's anti-inflammatory properties have been instrumental in treating osteoarthritis and rheumatoid arthritis. The antioxidant also destroys the free radicals in the body that damage the cells.

Spices can add new flavours and aromas to your cooking without added fat, sodium or calories. To get the most aroma and flavour out of spices, buy them in small quantities and use them up quickly.

You can grind them with mortal and pestel or with a coffee grinder. Now, Its time to experiment and broaden your flavour palate!



ADORE 7+

Adeniyi Gabriel, Nigeria

Class: Primary 5

Age: Ten years old

A composition about myself

My Name is Adeniyi Gabriel I am 10 years old the name of my best colour is white. The name of my state is ekiti. The name of my parent is mr and mrs Adeniyi. The name of my school is charis brighter future academy. I have four brother named Samuel, micheal, semilore, semilog. The name of my best friend is Emmanuel and makinde. My best subject is mathematics I like reading and football I would like to be a pilot in future.
hank you.

Adeniyi Michael, Nigeria

Class: JSS 2

Age: 12 years old

A composition about myself

My name is Adeniyi Michael, I am twelve(12) years old. I am from Ekiti State. My best colour is white and blue. The name of my best food is pounded Yam & Egusi Soup. I attend Jeth Crown College. I am dark in complexion.

The name of my brothers are Samuel, Gabriel, Semilore and Semilog. The name of my best subject is English. The name of my parent is Mr and mrs ADeniyi.

The name of my friends are: winner, Ayodele, Chinedu, and Emmanuel. I like playing football and table tennis.

And I will like to be a lawyer in future. Thank you for reading the composition about myself.

ADORE 7+

**Adeniyi Michael, Nigeria
Class: JSS 2
Age: 12 years old
MY TEACHER**

There are many traders in my school, But the one I live most is Mr Emmanuel. Mr Emmanuel is Fair in complexion, he's a tall guy, he's 27 years old with an handsome face. His best food is rice and plantain. He hails from Ondo State. He is a mathematics teacher.

He went to Obafemi Awolowo University (OAU) at Osun State where he studied Engineering. He faces his studies and he never got anything to do with bad gang.

He's a brilliant teacher and he always want all his student to pass their examination. He taught us moral lesson with a lot of stories to make it an interesting and understandable one. Whenever he is teaching he will always advice his student to pay attention and he gives money to his student who passes his test and examination and with this all student will definitely prepare for his examination.

He is an easy going man who will never get himself troubled and he love everyone around him especially his wife and his two kids namely Bisola and Tayo.

Thank you.

**Adeniyi Gabriel, Nigeria
Class: primary 5
Age: 10 years old
My school**

My mane is Adeniyi Gabriel. I am 10 years old. I want to about my school.

First of all my school has 20 class room and we have 5 staff rooms. They are 20 teacher in my school.

My school is painted yellow white and purple.

The name of my school is Brighter Future Academy. I like my school because it is grate school. Thank you

ACTIVITIES



"Do your parents know what's best for you?"

By Mr. Neville Gaunt

CEO of Mind Fit Ltd, United Kingdom
Author | Speaker | Coach

SYNERGY



Date: 29th September 2020, Tuesday

Time: 5:00PM(IST) | 1:30PM(CET)

To Register, Whats App: +91 9663024193

ADORE does not charge any fee for any of its programs

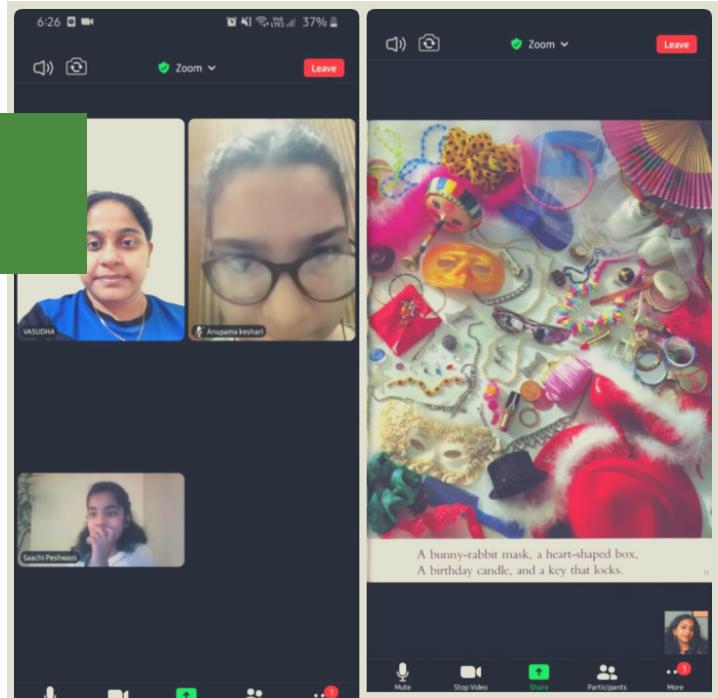
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Global Synergy

Expertise in various fields engage with youths and broadens their knowledge

Fun N Learn

These sessions were conducted by ADORE volunteers for students in Kuwait, UAE and Pakistan. The students learn from the activities done.



presents
GLOBAL YOUTH PROGRAM FOR SOCIAL EXCHANGE (GYPSE)

CULTURAL TOUR OF ASSAM

With Ms. Roselin Rongpi

For more details

WhatsApp +91 76030 37077

Date : 26th September, Saturday

Time: 4:00 PM (IST) | 12:30 PM (CET)

OVER ZOOM

ADORE does not charge any fees for any of its programs

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GYPSE Session

GYPSE exposes youth to various cultures.

Click here to join us

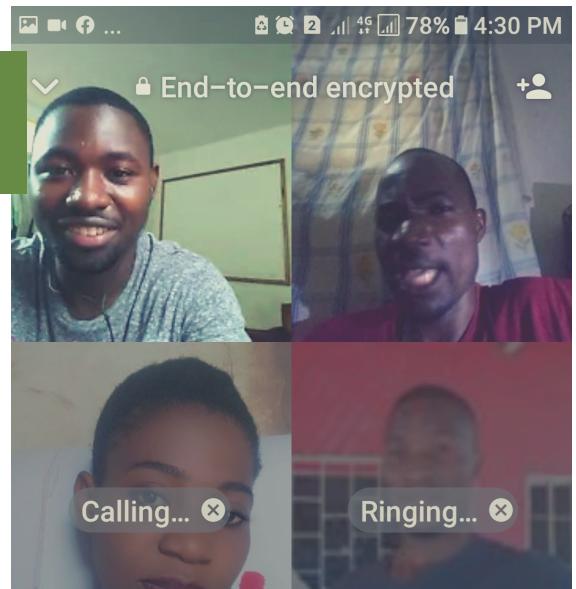


ENGLISH COMMUNICATION

English communication workshops help youth develop their speaking, writing and reading skills. These sessions were conducted by various volunteers

PROGRACE

Pro-grace sessions are organized for college students to develop certain skills. These sessions were taken by various volunteers of ADORE



From the Editor:

We say a big thank you to all the young leaders and volunteers in ADORE For sending on these write-up. The views expressed are those of the volunteers themselves, and we do not necessarily endorse them.

Your suggestions and criticism are welcome.

Please write to us at info@adoreearth.org

**- Mary Nweke, NIGERIA
- Simran Sharma, INDIA**