



GLOBAL MONTHLY NEWSLETTER



ACTIVITIES IN ADORE

- EVOLV
- PROGRACE
- ENGLISH
- COMMUNICATION
- YOUNG LEADERS
- SYNERGY
- CONVERSA
- SOARING WINGS
- AND MANY MORE...

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 children in schools, communities, children's homes, shelter homes 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.

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THE PURPOSE OF BEING A YOUTH

By Desire C.
Mussa, MALAWI

This universe was wonderfully made by the Creator. It has children, young adults, and adults. For instance, today at this moment, the world has little children, youths, and elderly people. This is not a coincidence. Is it?

We should have known by now that there is a purpose for being a child before being a Youth, and for being a youth before being an adult. This purpose can only be discovered if we recall from our past childhood lessons. Today's youths need to remember that we are coming from childhood level where we were taught basic necessities for the present developments. We should also realise that we are going into the elder's zone where today's actions shall matter most. Every youth was introduced to the limitless universe during his/her childhood days. Unfortunately, it seems like we have forgotten everything we learnt during our childhood.

We were taught how to speak, write, innovate, calculate, present, sing, sport, and behave. This was just preparing us for this present moment. For instance, every child was trained like an engineer, farmer, scientist, artist, linguist, and economist, just to mention a few. However, nowadays, youths focus only on limited opportunities despite being introduced to the universe of unlimited opportunities. The nation might train a youth to be one professional oriented being, but the reality is that it also introduced us to the world of multiple opportunities during our childhood days.

We might be trained to be a single minded professionals, but it does not limit us from taking other opportunities. I hope you might have seen the engineering vacancy demanding an applicant to demonstrate skills in leadership, arts, linguistics, humanity, business development, and other professional skills. This is not an error because the expectation is that we already learnt these skills during our childhood education. Unfortunately, we easily forget these vital lessons at youth.

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THE PURPOSE OF BEING A YOUTH CONTD.

It is a fact that one youth cannot do everything, but we should also understand that one youth can do more. For instance, when I was a child, I was introduced to creation, engineering, science, language, writing, speaking, and sport, just to mention a few. Now, I am a youth who has been trained to be a professional energy engineer. My University gave me energy qualification, but I also understand that my secondary, primary, and kindergarten institutions also gave me qualifications to the basic universal knowledge such as speaking, writing, farming, marketing, and business management. This should remind us that it is possible for a youth to do more personal, national, and global developments. Youth can be a professional in a certain field, but it is also possible to take positive actions towards other socio-economic developments such as becoming an entrepreneur, leader, and learner. The reason behind this scenario is that youths have enough energy that can bring the best into this universe. Therefore, the purpose of being a youth is to achieve more potential developments that are socially and economically sustainable. This can be accomplished by motivating youths to take positive action in developments. It is a fact that it takes the wisdom of elders, and young people's energy to bring positive resilient developments that are environmentally, socially, and economically viable. Nevertheless, youths need a special motivation that can enable them to realize their purpose in sustainable livelihood development. Hence, societies have great role in motivating youths to take positive action in development just like the Adore approach of youths empowerment.

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PRESSURE- TO BE THE BEST!

Ziya Saifi, INDIA



A recent student survey showed that 50 percent of NDP students joined extracurricular activities because of pressure from College and 92 percent feel over-scheduled and do not have enough time to relax.

The parents are pushing their kids into premature adulthood how more than ever before. As powerful careers have become more and more difficult to attain.

Giving children too many responsibilities puts unnecessary stress on them, making it difficult to relax, have fun and just be a kid. By giving children all these responsibilities, parents are expecting children to manage their own time and balance their own time and balance their own work and play.

The increased amount of stress and responsibilities being placed on young children has been shown to produce adverse health effects.

The children lives are over-scheduled by parents, worried that this miss on something or fall behind. And which end up giving them stressful life with passing of youth like a cloud.

There are instances of where teens exposure to media and news, facing lack of parental supervision leaving them stressful and effecing their growth.

"In a nut shell students should strive to do the best they can, but they shouldn't worry (as adults would) if they sometimes fail. Instead they should try to learn from their failures. This will enable them to , one day, grow into good adults."

Feedback :

Today we had a session on Assertiveness and Open session. In the first half an hour we had lots of fun and and we enjoyed a lot. We discuss about our childhood memories as well as others fun topics with Dipak sir and Anjali ma'am....

In the second session we discuss about Assertiveness with Neha ma'am. It was a very interactive as well as interesting session.☺

- Ms. Bidhata Koirala

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MY MOST MEMORABLE DREAM

Amal Fatima Momin, KUWAIT



All our schools are closed because of the coronavirus lockdown. Doctors have advised us all to not travel much or meet too many people. Because of this lockdown we have to stay at home for the longest time ever. It is actually not too bad because we get to spend time with family, play indoor games and we also get to watch lots of Disney movies.

I am a big fan of movies like Frozen, Beauty & the Beast and others that have stories of castles and princesses. Watching and talking about such movies most of the time is my favorite pastime.

One night after watching Frozen 2, I fell asleep thinking about it and I had the best and most memorable dream ever.

In that dream I saw that I was a princess living in a beautiful castle like in Arendelle. I met a lot of other princesses and castle guests and had a wonderful time with them. They all became my friends and we played and enjoyed for a long time. I really felt that I was actually living the life of that princess.

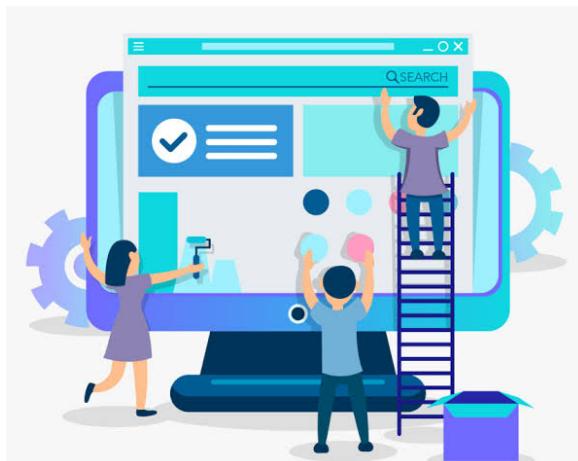
Just when I was having such a good time, my little sister Aimen crawled into my blanket and woke me up. I realized it was all a dream! I woke up with a big smile on my face.

My father says we dream about things that we think a lot about. I am not stopping to think about those lovely Disney Princesses, anytime soon!

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THE MODERN ERA IS THE AGE OF DEVELOPMENT

Lovish Bansal, INDIA



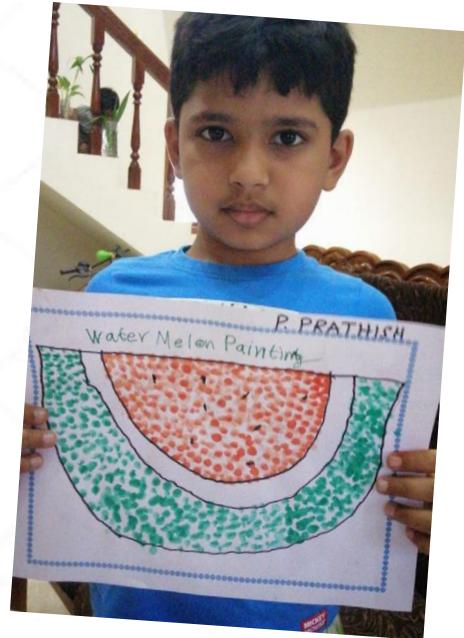
The world is progressing at an exponential rate at present. Man has made unbelievable loops in every field but despite the fact that human as a species has evolved as the smartest places on the earth its interdependency with nature and its resources is undeniable. Humans have made use of the resource in every way possible without a doubt. Our survival is not even possible without the utilisation of this resources but the fact is with power comes the abuse of power and that is what we humans have done with the resources. The world is currently grappling with issues, mismanagement of the resources stand out on top of these one such resources is food, food forms the basis of survival of not only the human species but every living being on earth. Food waste is basically the food lost which is left uneaten or discarded, in fact more than a third of a food supply is sent to rot and is turning out to be a major reason for climate change, the fact that food waste is an alarming issue it is sufficiently supported by the garbage bins and landfills even though the world producez produces enough food to feed twice the world's present population. Food waste is ironically the reason behind the billion of people who are malnourished. Global food waste is a far-reaching problems are tremendous financial, ethical and environmental costs. Food is lost on every step, from its manufacture to consumption.

The more surprising facts that the most amount of food waste is from a household. We as a people have taken this resource for granted and waste food like nothing. Lack of appropriate planning, purchase and preparation of too much food by consumer. The wastage of food at parties ,marriages, restaurant etc. Improper management in food industry are some of the major reasons of food waste.we youth have a major responsibility, if we want to overcome this problem never cook more than the requirement and served as many times as you want but keep every serve of the amount you actually want to eat, never throw away food or leave food. We need to spend more awareness about the hazards of mismanagement of food. Overall we need to realize that many people in the world crave for the food that we very ignorantly waste So respect the gift you have and do not waste food.

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IMPACT OF CORONAVIRUS LOCKDOWN ON MENTAL HEALTH OF KIDS

Manaal Mujtaba Momin, KUWAIT



COVID-19, which began in Wuhan, China, has impacted the whole world. The pandemic by this time has spread all around the World. It has infected millions of people all over the world and more than one million people have lost their lives across the globe. Because of its massive spread the World Health Organization (WHO) has announced the situation as a 'pandemic'. Because of the rapid spread of this pandemic large scale 'lockdowns' were announced. Governments all over the world are trying to slow the spread of infection by closing most public spaces and activities. During the lockdown, everything has been shut down, from shopping malls and airports to schools and play areas etc. The roads went completely empty without many cars, scooters, and other vehicles. The police were the only people allowed to stay on guard to be sure that the people did not step out of their homes into crowded areas. Before the lockdown, the kids would mostly play outdoors, which helped them to stay healthy physically and mentally, at all times. The COVID-19 pandemic forced the World Health Organization (WHO) to announce these lockdowns. This has also badly affected the life of young children, because many outdoor play areas were closed.

Kids, staying at home for too many days get bored since they cannot play outdoor games. This can also cause the health disturbance or the health imbalance for kids and even the adults.

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Impact of CoronaVirus Lockdown on mental health of kids contd.

When regular schools got closed online classes were introduced. Because of online classes, games, devices kids started to make excessive use of devices. Too much exposure to devices has made the kids irritable and somewhat mentally dependent on devices. It also led to strain on eyes and too much dependence on online services.

Every cloud has a silver lining, this pandemic also created many unique learning opportunities. Kids got the chance to learn from brilliant experts from all over the world.

My siblings and I got to attend many fun-filled learning activities organized by Adore India organization.

With the help of many kind instructors we could participate in learning programs related to coloring and painting, general knowledge, educative games and activities and so much more. All such positive engagement helps us to take care of our mental health.

The whole world is striving to bring the good and healthy times. This will be done when the vaccine against this infection becomes available for everyone. When that happens, all the kids would be able to have a lot of fun outdoors too and we will see them running around and playing like before. We all hope for the end of this Pandemic. And I also hope that there is no other disease like this in the future that will cause so much pain, suffering and loss of opportunities.

I think we must appreciate and support the work of WHO, doctors, medical staff and our scientists in this battle against this deadly pandemic.

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THE REAL SECRET TO MOTIVATION

Krithika Balakrishnan, INDIA



Motivation.

This is a word we all have heard a lot in our daily lives. From "I don't have any motivation to work" to "How do I feel motivated to work?". We've all been there and tried multiple ways to achieve the feeling of being motivated. We all have watched countless videos on getting motivated; to reading and rereading many quotes and articles on the internet which claim to give out tips that would instantly motivate you; to taking examples of role models and successful people only for us to realise that the feeling of motivation felt out of it is a very momentary feeling that leaves just as fast as it even kicks in.

So, what's the secret? Is the secret somewhere in the many Wikihow pages or in an undiscovered YouTube video we are yet to see?

The truth is that motivation and the feeling of getting up and getting work done is rather more psychological and internal than some magical external force. It's a cycle of events that take place. It's a positive reinforcement which completes this cycle and in turn makes you feel accomplished and ready to take up new tasks.

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THE REAL SECRET TO MOTIVATION CONTD.

To break it down let's take a task that you have been pushing for a long time. Sitting down and making that conscious physical effort to get yourself to start working on it is the first step. That conscious period of forcefully making yourself work would last for 10 to 20 minutes after which you become tuned into the work and your entire attention is on the task you're working on. Once you complete the task you get a sense of achievement, a release of the happy hormone dopamine which makes you feel content and satisfied. This acts as a positive reinforcement giving you that energy or motivation to take up more tasks and once again achieve the feeling of fulfilment and happiness. If done for a long period of time it becomes a habit and ensures a complete sense of motivation to take up new tasks and reduces procrastination that we are cursed with.

In the end it's all about breaking old habits and making new ones as well as taking that first painfully conscious step to something new knowing fully well it's going to be worth it in the end and that's all it takes to conquer that obstacle that's in front of you.

Feedback:

It was a really effective workshop . It helped me overcome my nervousness and gain confidence, I got knowledge about different topics like positive thinking , assertiveness , public speaking, health and hygiene. special thanks to adore workshop for providing us this golden opportunity to join this session.

- Ms. Aayushka Kafle

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FEAR OF ACCEPTING CHALLENGES

Disha Baranwal, INDIA



Fear is the emotion that is not uncommon in youth. But the fear of taking up any challenge is the most prominent apprehension which prevails in most of the youngsters. No matter how hard you try, sometimes the fear doesn't let you to explore yourself and hence you are not at all aware of the hidden capabilities you have to tackle with a given situation.

Challenges are the obstacles that turn life into a rollercoaster ride for the person living it. In other words, they are what makes life interesting and overcoming them what makes life meaningful. It doesn't matter whether you have overcome the challenge or not, the thing which really matters is that you have accepted the challenge. There will be some moments in which you'll feel that you can't take anymore challenges or you already had enough of them then at that time when you are too tired that you are ready for giving up on things, you can take a break of few days but never say no to challenges.

It's often said that while overcoming any challenge, either we succeed or we learn something new from our experience but we never fail. According to Dr. A.P.J. Abdul Kalam, FAIL means 'First Attempt In Learning'. So, we shall never have fear of failing. You have created a small boundary around yourself and you have confined yourself in it. In order to increase your limits or to push away the boundaries that you have created, you have to take up few missions to be accomplished that may also help you to know your abilities as well as your field of interest.

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Sometimes, most of the youth are scared of accepting challenges just because they don't want to be judged. People will judge you no matter what you do and no one can change this fact. They'll judge when you overcome the challenge or when you accept a challenge or when you just fail. It's really hard when you just give the driving wheel of your life in the hands of people and you just drive yourself according to them. No matter what you do to be good in someone's perspective, you'll be always bad in some other's vision. So it's better to drive your life by yourself and do what makes you happy. The decision is totally yours if you want to take the challenge or not.

Challenges make your life worth living. It's a tool which ensures your overall growth and keeps you more productive. When you accept a challenge, you also find out a way to overcome it. But that doesn't mean the path you choose is the correct one. So what I prefer is that accept the challenges, think of some way to overcome it and then even if your path is incorrect, atleast you have something to share with everyone i.e. Experience which matters the most. It's always said "Aspire to Inspire". Learn from others' experiences and make your own way.

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TIME MANAGEMENT

Chika Ruth, LAGOS



Time management is the coordination of task and activities to maximize the effectiveness of an individual effort and enabling do more work in less time

I wake up early in the morning pray to God, greet my parents, take my bath and brush my teeth's, sweep and tidy the house and prepare breakfast for the family. I study the Bible for about an hour and I move on to read inspiring book and sometimes novels till mid-afternoon.

Also i acquire new skill, learning and knowledge on the internet. sometime i watch movies in the evening or late at night.

Lastly, i have a delicious and sumptuous meal for dinner and go to bed to have a good night sleep.

Feedback:

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In the second session we discuss about Assertiveness with Neha ma'am. It was a very interactive as well as interesting session.☺

- Ms. kritika Regmi

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GROWING UP TOO FAST

Ziya Saifi, INDIA



"We worry about what a child will become tomorrow, yet we forget he is someone today."

In today's epoch, we are directed towards a concern about youth issues. So here, comes the light on "What is youth?"

Youth is the time of life when one is young and often means the time between childhood and adulthood. But today certain factors abridged this time and a child is directed towards adulthood, highlighting "Growing up too fast!"

Our youth is "growing up too fast", sometimes it feels like we have skip this beautiful journey of life where, there is freshness vigor, spirit, etc., but we are losing these characteristics.

At the earliest age, we got indulge into so many activities and accept so many responsibilities that the youthness just get fades somewhere behind the clouds of responsibilities.

There are numerous factors highlighting this issue, "technology" is amongst one of them. The increased use of technology has changed the traditional childhood dramatically. The results for this are, not only our children becoming more mature at a much younger age than ever before.

A professor of Tufts University, said that the growing physical and mental maturity of children is the result of four major factors: media exposure, pressure to compete with others, exposure to the round-the-clock news and lack of parental supervision.

This arouses an area of concern about how the children of today will learn how to discuss, debate and have dialogue with their peers and other adults because they spend less time engaging with others. Modern childhood are much more focused on technology than on outdoor activities with friends. As technology advanced and proliferates this generation of children differs more and more from past generations.

Students live in virtual days everyday. More live in virtual world than in the real world. The role of technology in the lives of young people has become almost oppressive and controls many aspects of their daily routine.

PROBLEMS FACED BY YOUTHS

Ankana, INDIA



Nowadays, youngsters are one of the sections who are surrounded with problems in many aspects in their life. Firstly, the stress is the first and foremost biggest problem from which every person is suffering from. But, nearly 50% of the youths are suffering from this stress. Like for example- education stress, everyday technology is developing and with this all the systems are changing and it is very hard to go with that pace from the beginning. It is complicating everyone's life, especially with the youths. And the education format is also changing, which is why things are getting tougher nowadays. If I see from the students point of view, many a times they get puzzled as to what to do in future and what not. Because the institutions want to have good grades and for that students are getting very pressured to do well in their studies and also they think about reaching their parents' expectations as well. And for these things many youngsters are getting very sensitive in many ways, like watching their friends doing well in their studies, getting admission to a better university after that getting a good job in their future.

Their mental health is getting damaged by seeing and thinking all of these things. That is why they opt to end their life by thinking that they cannot do well in their future. But this is not the way to deal with their own lives. Mental health is the foremost one, which needs to be taken care of by their parents. Secondly, these days youths are getting very much obsessed with their physical fitness. Unnecessarily, they goes on a diet to look fit and beautiful, earlier days girls did these types of things, but as the time flies boys are also on a rage to do these types of things and by doing this somehow they are not paying attention to their health and in a way their physical health is hampering. And unable to do proper work in future

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FOOD SURVIVAL

Mary Nweke, NIGERIA



Have you ever been in a situation without electricity, or you cannot access the grocery store due to poor weather, you'll know that you need foods you can cook using survival methods. Survival techniques are unique and usually comes in handy. You can't totally prepare for every possibility, but there are some best practices for storing or keeping emergency foods.

When stock-piling foods for emergency, always bear in mind the following :

- **Keep foods you love to eat:** This is really important as you wouldn't want anything that is boring. Eat comfort foods. I. E foods that brings smile to your face and gives you joy even in times of trouble. Don't keep food that you can not cook as this isn't the time to test your creativity skills in cooking.
- **Keep foods that would last long:** Since the foods are for 'raining days', try keeping canned foods, freeze-dry foods or one that have long shelf life. Examples of goods with long shelf life included: whole grain, flour, dry corn, dry beans, spaghetti, dry pasta, rice. The best survival foods last at least one year without refrigeration or are eaten and taken out before then.

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FOOD SURVIVAL CONTD.



- **Keep food that have Nutritional value:** Beans and rice may not be a part of your best emergency foods strategy, but they are long-lasting foods that provide a complete protein when combined. You can also opt for varieties of legumes.
- **Keep foods that are Pliable:** This is a great way of avoiding boring foods. A typical example is dried powdered milk. Although, it may not be something that will keep you satisfied on its own, but it can be used to create yogurt, cheese, puddings, and bread...
- **Keep foods that doesn't requires much cooking:** Get ready-to-eat foods. Plan to have quite a number of light-weight food sources that do not require heat.

Remember that you will need to store these items in bulk. You will also need to buy additional non-food items to make sure you can prepare the foods. Also, create a balanced diet that is nutritionally dense, easy to store long-term, and tasty in all of this!

Feedback:

leadership building classes has been very helpful to me and its entertaining as well, i would love to take more classes like this and help myself to build up confidence. And I would also like to thank all the teachers for teaching us important things that will be needed in our life!

-Ms. Prachi Basyal

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CURBING THE ACT OF BULLYING.

chika Lagos, NIGERIA



It is seen in the most students in school that bullying is one of the most practice form of indiscipline and is not a new thing to us at all. It is common in both primary, secondary and tertiary institution. And the most unfortunate part of it is that anybody deemed it at, to check the the ugly Trend.

Therefore, indiscipline means inability to control, at times yourself or somebody. while bullying is the act of intimidating somebody to do something with the act of continuous force. This act must be stopped in the school and any student should be punished for bullying his/her fellow student.

Can you imagine a senior prefect in the name of asserting authority insulting multiple student, Rich kids bullying poor once, This uncivilized act if not check may result in serious mutiny in the school. I am therefore of the opinion that the school authorities can do the following to curb the situation.

first introduce all the student and give them fresh orientation then let them know that bullying is more animalization than humans.

also let there be a standing disciplinary committee that will look into cases of bullying and all such commendable act practices should be shut against bullying In our school, Emphasis on excellence should be encourage at any level.

I frequently believe that Sanity will return to the system and bullying will be totally get rid of the above suggestions are considered.

Feedback:

It was such a great experience for me because it helped me to build up my confidence level, develop leadership skills, positive think, assertiveness etc. I'm so happy that I became a part of this workshop. Thank you for such a great learning.

- Ms. Grishma Pradhan

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motivating youth for positive action

SYNERGY

"IMPORTANCE OF CHOOSING THE
RIGHT CAREER"

By Ms. RICHA KHANNA
Senior Executive Resourcing
India

Date: 8th October 2020, Thursday
Time: 01:30 PM (IST) | 09:00 AM (WAT)
To Register, [\(+91\) 76030 37077](#)

ADORE does not charge any fee for any of its programs

www.adoreearth.org | contact@adoreearth.org | (+91) 79804 60134



Feedback :

It was a great session today. Today's session was based on Open session and Assertiveness. In the first session we had fun and enjoyed a lot. We warmed up our childhood memories and got to know a lot of new things from our friends as well as mentors. In the second session we learned about Assertiveness which was new word for us but the meaning or contents were familiar to use. We knew that assertiveness means being clam and positive and respecting oneself as well as others. We knew that we shouldn't be taking pressure or tension of anything just be who you are, prepare for it and give your best. We also knew that if you are willing to do something never think what others say or do. Just go for it give your best. Try if you can make others in your side if not then work alone work hard but never give up.

- Mr. Sachin Ghimire

ADORE
motivating youth for positive action

presents

GLOBAL YOUTH PROGRAM FOR SOCIAL EXCHANGE (GYPSE)

CULTURAL TOUR OF MYANMAR

With Dr. Lin Sandra Hlaing

For more details
WhatsApp +91 76030 37077

Date : 3rd October , Saturday
Time: 4:00 PM (IST) | 12:30 PM (CET)
OVER ZOOM

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Feedback :

Today's session was all about Google Docs and PowerPoint and communication skills I got to learn a new thing about sharing the link and working together on a project through Google Docs and PowerPoint .i will definitely try it for making my presentation And in the next class I got to learn the tips that's necessary to communicate and it was a very informative and interactive session no doubt

- Ms. Esha Rana

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presents

YOUNG LEADERS SPEAK

KESHIKA UPRETI NEPAL ASHUTOSH TIMALSINA NEPAL REEJU NEUPANE NEPAL

On 14th October 2020, Wednesday | Time: 05:30 PM (IST)
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Learning : This session mainly focused on discussing the ways through which we could improve our interaction and communication with others, along with improving our impression among others. In the first session, we discussed about interpersonal skills amongst ourselves and the moderators, and came to know about the importance of interpersonal skills, teamwork, etc.

In the second session, the speakers, Ms.Tejaswini and Ms.Aashna focused on telling us the ways about how we can improve our impression among others. The speakers mainly focused on the agenda "First impression is the last impression" and accordingly mentioned all the ways we could properly establish our first impression among others, starting from our dressing habits to our interactive skills.

Feedback : Though the speaker of the first session could not be present, it brought no flaw in the session as the moderators constantly interacted with all of us during the whole session. The second session also turned out to be equally fun and interactive. Through these sessions, we came to know about more ways to enhance our personality and improve interaction among others.

- Mr. Ashutosh Timalsina

ADORE
motivating youth for positive action

presents

GLOBAL YOUTH PROGRAM FOR SOCIAL EXCHANGE (GYSE)

CULTURAL TOUR OF MYANMAR

With Dr. Lin Sanda Hlaing

For more details
WhatsApp +91 76030 37077
Date : 10th October , Saturday
Time: 4:00 PM (IST) | 12:30 PM (CET)
OVER ZOOM

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Feedback :

It was such a interesting and beneficial class. I enjoyed all the classes soo much and also I learnt soo many things from this workshop. I lacked of many things and after each of these sessions I felt improvement in my confidence as well as my personality. Soo it was such an honor to join this workshop. Special thanks to the adore workshop and linda mam and lirisha mam for giving us this opportunity to join.

- Ms. Anusha Niraula

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ADORE
motivating youth for positive action

presents
GLOBAL YOUTH PROGRAM FOR SOCIAL EXCHANGE (GYPSE)

CULTURAL TOUR OF EGYPT
With Ms Nancy Mohamed Ghareb

For more details
WhatsApp +91 76030 37077
Date : 24th October , Saturday
Time: 4:30 PM (IST) | 1:00 PM (CET)
OVER ZOOM

ADORE does not charge any fees for any of its programs

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Feedback :

The overall experience was really great, I didn't expect there to be that many people in the audience haha. Personally I had a great time interacting with the audience, hoping that they felt the same way as well. I'm really glad that many of them did raise important questions, be it political, geographical, or social, at the end of the presentation, meaning that they did get something out of it

- Mr. Yung Hsuan Wu, (Taiwan)

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SYNERGY

"PROFIT FROM POST PANDEMIC"

By Mr. RAJEEV PODDAR
Teacher | Founder of Knowledge Capsule
Active Stock Market Trader | Mentor
India

• •

Date: 12th October 2020, Monday
Time: 05:00PM(IST) | 12:30PM(WAT)
To Register,  (+91) 76030 37077

ADORE does not charge any fee for any of its programs

www.adoreearth.org | contact@adoreearth.org | (+91) 79804 60134



Feedback :

I totally enjoyed and learnt a lot. it was very helpful as we got to know about positive thinking, communication skills, public speaking, Google Docs, Perfect diet etc., Thanks a lot for organizing a beautiful workshop.

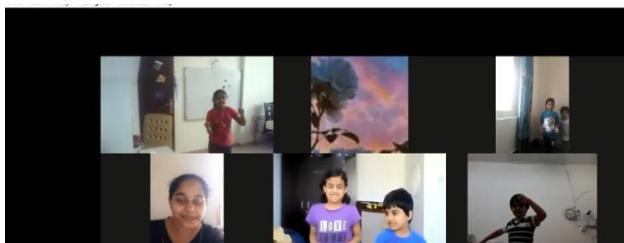
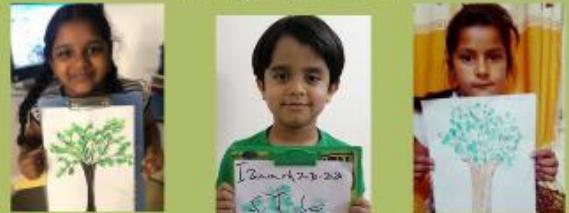
- Ms Precious Dahal

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ONLINE SESSIONS



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motivating youth for *positive* action



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FROM THE EDITORS:

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Your suggestions and criticism are welcome.

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