



Nyla Pirani | January 2021

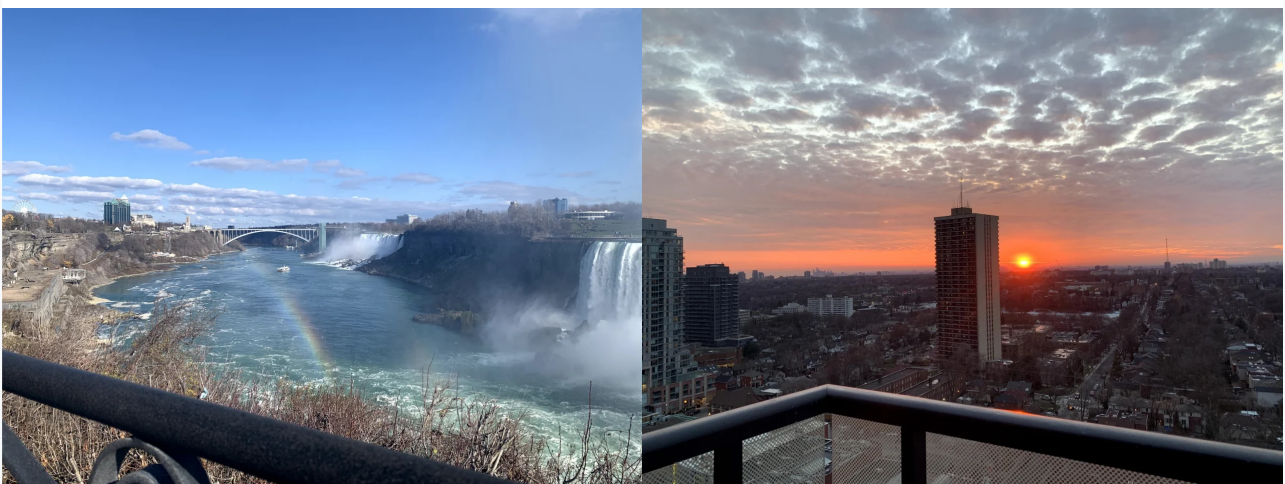
[Improving The Global Quality Of Life](#)

Every week I take time to think through and write out what I want to achieve, the meetings I get to have, school assignments that I get to tackle etc. On Sunday I started to go through that weekly process and I had an "oh shit" moment.

January 2021 is over. There are now 11 months left in 2021. I started thinking about the speed of life. It was moving incredibly fast. I was so "busy" all the time that I didn't even realize the days passing by. I'm present in certain moments. Watching the sunset or seeing 2 dogs walk by. But not in the moments where I'm not intentionally present. The problem was being too "busy".

But being "busy" is an illusion. You have to learn how to prioritize the right things and say no to what doesn't fit. I wasn't prioritizing the right things in January nor was I taking the time to truly enjoy the beauty of life.

So take a step back and make sure you aren't infected with [the disease of being busy](#). Otherwise, you might miss out on the most beautiful parts of life.



Project Updates

Over the last month, I've realized I have a huge passion for helping people get access to quality education. But there are a lot of barriers to getting people that education. The first one being access to water. Around 2.1 billion people don't have access to safe water and many children (often young girls), spend hours every day walking to collect water. This means they miss out on the opportunity to go to school. So this last month I spent time understanding the water crisis specifically in Uganda.

[51% of the Uganda population lacks access to safe drinking water](#)

I found that 19% of the Ugandan population relies on unimproved or surface water for their daily needs. This water is heavily contaminated causing Typhoid Fever, Cholera, E Coli and more! This results in 30,000+ deaths. The largest root cause that I've found to this is open defecation, but implementing an open defecation solution isn't going to immediately make the water clean which is my current focus. The approach I'm taking over the next few weeks is to identify methods of purifying water (mainly using nanotechnology).

Special thank you to all the wonderful people I got to talk to during the last month! ☺

[Startup World](#)

Internship @Spira Recap

Interning at Spira for the last two months has been so insightful. Not only do I love the work Spira is doing but the people are incredible. I launched a 6-week marketing campaign, helped prep for a crowdfunding campaign, learned about social media marketing, email marketing, what investors are looking for, product development, sales and way more. Huge shoutout to Amanda and Elliot for making this an awesome experience!

[Learn More About Spira](#)

What Else I've Been Up To

Philosophy 101

This month I've spent a fair amount of time reading, starting off with a book on philosophy called [Sophies World](#). This quote really stood out to me:

"To children, the world and everything in it is new, something that gives rise to astonishment. It is not like that for adults. Most adults accept the world as a matter of course. This is precisely where philosophers are a notable exception."

I thought on this quote a lot and ended up writing [a short blog post](#) on it! If you're interested in philosophy definitely shoot me an email I would love to talk :)

That's it for this update, who knows what February is going to bring but stay tuned for next month's newsletter to find out!

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Nyla Pirani

nylapirani

nyla.kiran@gmail.com

Toronto, Canada



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