

WEDIDIT.IN

Motivating | Inspiring

ISSUE 05 | APRIL 2021



**THE NEW
NORMAL**
Page No- 15

**A
SIMPLIFIED
LIFESTYLE**

Amid COVID-19 Pandemic

Page No- 05

**SIDE EFFECTS OF
THELI**

Page No- 07

TABLE OF CONTENTS



- 03** Editor's Note
- 04** Our Story
- 05** The Simplified Lifestyle
- 06** Our Superheroes 1
- 07** Theli- The Single Use Plastic
- 08** Our Superheroes 2

- 09** Inspiration
- 11** Our Superheroes 3
- 12** The Best Mates
- 13** Our Real Superheroes:
-Senior citizens
- 14** Volunteer of the Month
- 15** The New Normal

EDITOR'S NOTE

Dear Readers,

I always felt mental health is as important as physical health . Unfortunately we don't focus much on this . WHO states that Corona Virus is a large family of viruses that causes illness ranging from as mild as common cold to as severe as respiratory difficulties. Irrespective of the precautions and measures taken to avoid the further spread, more number of cases are reported everyday which has created a strong emotions among people like anger, sadness, anxiety, panic, tension as well as stress among people for the threat it poses. Everyone copes with stress in their own and unique ways.

I myself have seen my friends consuming tobacco or alcohol as a way to cope with the stress. Wanted to tell them that drinking alcohol may seem to provide some relief—positive feelings and relaxation—in the short term .Heavy alcohol consumption can lead to medical and psychological problems and increase the risk of developing alcohol use disorders.

Hence staying calm at this hour of the outbreak is important. In turn, coping in healthy ways will help to stay calm, attend and care more for self, loved ones . Crises like this tends to bring out the best as well as the worst in humanity.



Suparna Das



OUR STORY

Lockdown | Virtual Volunteering



We realized that the world needs leaders who inspire and motivate. The biggest discovery we did was to realize that people who volunteer quite often grow up as leaders. Volunteering makes people act selfless which gets ingrained in young minds.

It all started in a seminar at P.B Siddhartha collage in Vijayawada. One of the founders was addressing a large gathering about his success with startups.

A student suggested coming up with a social start up. Within a week, the concept of starting a social organisation to promote volunteering was finalised with a 5 member team.

We were supposed to launch our volunteering activities in Vijayawada. The idea was to restrict it within the campus and each volunteering activity for 3 hours. Thereby attracting more participation.

Unfortunately, after our first meeting on 20th March. India went into a complete lockdown.

We pivoted to virtual volunteering in April, it caught up like wildfire. We are happy to see the youth of this country take it to the next level.

We are honoured that our Founder, Mr Sree Krishna Seelam won the Award for Excellence in Social Entrepreneurship for WeDidIT Foundation.

We started as a 7 member team during the pandemic in March 2020, from a residential house in a containment zone. Got incorporated in July 2020. By end of January 2020, we crossed 3210 volunteer registrations, with 1274 certified volunteers and hired about 126 interns across India.

While the virtual volunteering continues, we are hoping to resume our physical volunteering activities across India, once the educational institutes reopen.

champion. Many sports leagues
make an annual champion.

A SIMPLIFIED LIFESTYLE

AMID COVID-19 PANDEMIC

The glad some , astounding Holi celebration just got over and novel corona virus took toll over the nation , leading to high number covid cases in the country, rapid spread of disease , death of quite a few patients, to control the situation it was a complete shutdown throughout the country.

Every measure of the government was turning futile as the cases were constantly increase and citizens of the nation were hoarding every possible necessary things that was needed to sustain themselves in the need of this emergency. But in between all of the chaos life somewhere shifted from being lavish to basic , just a week before every body was busy flaunting their best wine collection , branded accessory , branded outfits and most importantly their luxurious lifestyle suddenly became careful about hoarding basic things , health and family became utmost important.

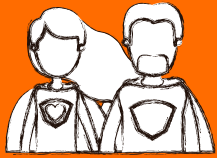
It took widespread pandemic to realise how important it is to treasure some good time with family , to be with the family , to take care of there health issues, life simplified so as the choice of the people .

Mornings did not started rushing getting ready for office it rather started with yoga , meditation , and a cup of kadha , turmeric infused milk, Sunday nights were no more about late night party at pub but it was about having good sleep . Corona virus changed the meaning and perspective of life, A life which is meant to celebrate every moment not flaunting your luxuries all the time rather investing in the people with whom you born and brought up with, and taking care of their emotional and mental sentiments, helping in their lows and highs and ups and down , you are born to give beautiful meaning to life, wakeup enjoy the moment of bliss.

Once you are gone only your charisma and pleasing personality and values are certainly remembered.



Kritika Kesarwani



OUR SUPERHEROES-I



Sai Shree

**Fr Conceicao Rodrigues Institute of
Technology, Vashi Navi Mumbai**

"I think the intension behind these tasks is very pure and nice. I thoroughly enjoyed myself throughout the process. I have been scared of dogs all my life, but through this task I didn't just feed a stray but also made a new friend. While in the other task, speaking to my grandfather I understood his perspective of things and learnt some valuable life lessons."

"I feel very good to be part of this organisation people here are soo motivating and cooperative."



Joycee Shantila Macwan
Management studies, Baroda



Poonam Pandita

**Central University of Jammu
J&K**

"Being a part of WeDidIT was a very enriching experience for me. Being a team leader & a management intern, I learnt a lot specially about the management & communication. I got the opportunity to work under the guidance of a very proficient and hardworking person who guided me and motivated me at every step. I also learnt how to effectively communicate with others and what skills are required to be an effective leader."



THELI - THE SINGLE USE PLASTIC

Don't you know the compounds such as lead, cadmium, mercury, diethylexyl phthalate (DEHP) are toxic as well as carcinogenic which can lead cancers, birth defects, immune system suppression and developmental problems in children. It not only effects the humans but also our mother earth and other living beings around us including animals and marine life.

Plastics contributes to global-warming also it's pollution has a directly and deadly effect on wildlife, thousands of seabirds and sea turtles, seals and other marine mammals are killed each year after ingesting plastic or getting entangled in it. So, after such an introduction of plastic what should be our stake onto it in order to eliminate single use of plastic. Few easy switches that you can make in your daily life such as carrying a metal water bottle with you to avoid purchasing more plastic bottles, using reusable bags when you go for shopping, opting for products that use less packaging, choose to reuse and give some of the packaging a new purpose for business, make those around you aware of the importance of reducing the consumption of plastic.

Few of the steps the government should take in order to eliminate the use of harmful plastic is by encouraging the manufacturing and use of biodegradable plastic (plastics that can be broken down into carbon dioxide, water, and minerals through natural processes) which is seemingly appealing alternative. It doesn't contain high levels of heavy metals, 90% of the plastic must break down into CO₂ within six months of being exposed to natural processes (including sunlight and hydrolysis), complete ban on plastic and these rules are uniformly applicable to all 28 states and 8 union territories as India has pledged to ban all single-use of plastics by 2022. Also it would be great if the government funds and encourages the entrepreneurs and startups to bring the biodegradable plastics and carry bags at low cost as it can create splendid effects.

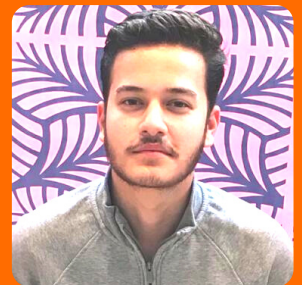
Raising awareness by documentaries and TV series is very much crucial if we are to overcome the challenges of plastic pollution. We the responsible citizens should change ourselves and be the change, So next time when you head towards the market please carry a carry-bag for a while!





OUR SUPERHEROES-II

"The experience was joyful. The Foundation made me feel comfortable and with great mentors I was able to complete my internship."



Ujjwal Bhandari
Delhi University, Delhi



Ananay Ojha
Christ Church College
Kanpur, UP

"Working at WEDIDIT FOUNDATION was a very nice Experience. I learnt many things from this internship like team play, time management etc. The mentors were really kind and supportive & helpful. My best wishes to the ever growing foundation."

"I am very great full to wedidit for selecting me as intern. The volunteering tasks were super cool and I personally love it. I learnt many lessons while doing the task. I felt so much involved and the mentors were really amazing and learnt a lot from them too. Thank you WeDidIT."



Joel Masih
Bishop Heber College
Trichy (Tamil Nadu)

INSPIRATION

Mr. Ganga Tyagi

A lot is going on in the world right now, and the coming years and decades will likely bring more disruption and less stability. Ganga Tyagi, a River rafting guide, lives in Rishikesh of Uttarakhand. He vividly recalls the day, almost seven years ago, when one of the worst natural disasters struck his hometown.

Tens of thousands were trapped in the swirling waters, and the exact number of deaths is not known even today. And with no officials in sight, people were left to fend for themselves.

Volunteers emerged as a ray of hope for those who were stranded. He saw fellow citizens not affected by the floods going to the flooded areas to get the isolated people out and inspired by the selflessness of the volunteers. He decided to make rescue as his mission for the following days. He collected money, clothes and blankets.





Initially, he has a clue how to send these materials to the people who need them most. He stopped vehicles going up the hills, requesting the passengers to hand over food items to anyone in need. The passion he has come forward to help out in this calamity shows that there is a lot of humaneness in people.



But these stories of people being selfless are a timeless reminder that offering a helping hand to a stranger in trouble – or simply doing something nice for the sake of it – are some of the most heartwarming and fulfilling things a person can do.



**2013 REMAINS A NIGHTMARE FOR LOCALS IN
KEDARNATH AND RISHIKESH**



OUR SUPERHEROES-III



"It was a nice experience to work with the organization. I worked on different internships but this one was very unique with the tasks. The objective of the organization is impressive, very proud and happy to be a part of this organization."

D. Sujitha
Christ University, Bangalore

"To be glad and so happy that i worked with wedidIt as a volunteer. It was a great learning for me and I really feel that social activities and environment are part of human life."



Rutvik Darji
LDRP Institute of
Technology and Research
Gandhinagar



"Working as a volunteer at WeDidIT foundation was an amazing experience. It made me very happy and satisfied with the tasks. My best wishes to the growing foundation."

Jerlin Oviya
Ramakrishnan college of
technology -Samayapuram,
Tiruchirapalli, Tamilnadu

THE BEST MATES

ANIMALS- OUR BEST FRIENDS DURING COVID-19

Companionship; Isn't that what we're all looking for ?? In a world where keeping distance and isolation has become a way of life!

In this scenario of COVID-19 pandemic the lockdown and self isolations have kept us away from our family and friends for a long time, due to which we tend to feel lonely. At a time like this, animals have been great companions to be around, they boost your morale when you're dull, entertain you when you're bored and also significantly boost your energy very quickly!

While it is clinically proven that interactions with animals leads to a variety of physiological and psychological benefits, spending about 15 minutes with your animal companion can help release a variety of helpful neurochemicals in our body including neurotransmitters such as oxytocin, dopamine, etc. Having said that, it is saddening to see that during the lockdown, there has been a steep rise in the number of dogs (mostly pets) that had to be rescued by NGOs and individuals. People abandoning their pets need to realise that this is a time when we all need each other- the most, even our furry friends. It's about time we showed "our loyalty" for a change!

So let's take a step in the right direction, let's feed at least one stray animal. Let's all feel responsible towards our furry friends, because we are all in this together!



B. S. Sai Sree

Superheroes: Senior citizens

D. Sujitha interviews her friend's Grandmother Chandra



What is the most significant lesson, you learnt in your life?

The important lesson which I have learned from my life is not to lie to anyone at any situation. We have to be ethical, honest and truthful to everyone and I also like the people who follow these principles in their life.

Which is the most important lesson you want to give to future generations?

Usually the contest or game is between two sides, each attempting to exceed the other. Some sports allow a tie game; others provide tie-breaking methods, to ensure one winner and one loser. A number of such two-sided contests may be arranged.

What is the most memorable experience you had in your life?

After my 6years of marriage life I did not had any kid, after so much of struggle I was blessed with a baby, he is my life and I consider him has the most precious and invaluable treasure that god has given to me. Above this my husband was a kind person; though he was poor he was lovable. I used to take rest all my years due to some disease, but he took care of me like a kid. So this was my most memorable experience I had in my life.



VOLUNTEER OF THE MONTH APRIL 2021

Anmol Singh

**Master's in Business Administration
Banasthali Vidyapith**

Anmol is a great individual who joined us as a Digital Marketing Intern in February. Through her continuous efforts, she tries to help different living creatures as well. She is a nature lover and green panther. Her compassion to help all living creature is needed in every individual to make the world better place.



THE NEW NORMAL

VIRTUAL VOLUNTEERING

THE TASK



Online Volunteering gives you an amazing opportunity to contribute your valuable time to bring lasting changes in lives of the purest souls i.e. animals. If you are the kind of person who find it difficult to volunteer because you don't have time to travel or have a hectic home or work schedule. So don't worry WeDidIt Foundation. has come up with virtual volunteering options that offers you flexibility in all terms.

To promote the act of volunteering across India, one of the founders will be doing a solo bike trip covering 28 states and 2 UT's in 30 days. He/She will be visiting 30 orphanages in each location and launching the book with them.

Through this virtual volunteering one has to feed any animal near their homes and click a picture feeding the same and post it in their respective social media accounts to promote others to do the same. The volunteers also need to interview an old age citizen that is above 75 and ask few questions and record it. After complying a bunch of interviews we have published a book (Be a rebel- 5 killer habits) on the same which is available on Amazon. All the royalties from the sale of the book will be donated to the WeDidIt foundation.





WEDIDIT!

WILL YOU?

Co-Editor-

Kashish Mahajan

Supporting Team-

Anmol Singh,
Simran Kaira,
Sandra Hasseer



weditit.in



Wedidit



WEDIDIT.IN



weditit.in



WeDidIT

Wedidit Foundation. 32-35-37/1, Jamindaar Street, Machavaram, Vijaywada 520004

(NGO) Section 8 LN 119165

CIN : U93090AP2020NPL114913

Email : help@weditit.in