

WEDDIT.IN

MOTIVATING | INSPIRING

ISSUE 7 | JUNE 2021

On the cover & inspiration
Leena Chowdary

LGBTQ+

Pride celebration is another way of celebrating and expressing the LGBTQIA community.

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FIND

JUNE 2021
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YOURSELF

Editor's Note

Unprecedented” is a word we’ve all heard many times in the past few months as the COVID-19 pandemic continues to cause illness and death but during this tough times there are few warriors which are giving their vast contribution to the society either by creating awareness, helping needy, taking care of their loved ones or just by sitting at home and breaking the chain.

This month magazine covers people exemplified fresh thinking and embraced new strategies to thrive, ethics and morals and Pride, as opposed to shame and social stigma, is the predominant outlook that bolsters most LGBT rights movements.

As we mark almost one year of pandemic life, loss of loved ones, closing businesses, economic devastation but, their are reasons for hope. We adapted, learned and innovated. We rejoice in simple pleasures. And here it is this month we honor and celebrate it all.

 ANMOL SINGH

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 130 interns across India.

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



LGBTQIA+

MENTAL HEALTH



Mental health is a state which ensures your emotional and psychological well-being. It is something which is being ignored the most and hard to be stable in our daily lives. Having bad mental health leads to a tiring and unhealthy life. Lesbian, Gay, Bisexual, Transgender, QUEER/Questioning, Intersex and Asexual, tend to suffer from bad mental health the most. Besides this, the pandemic situation has made it worse for the LGBTQIA community.

As per the study, this community undergoes depression, PTSD (post-traumatic stress disorder), and anxiety the most. PTSD is a stress disorder that refers to failing in recovering from a terrifying event. The reason behind these statistics of a high rate of disorder is the point, how we accept and look up to this community. LGBTQIA people encounter issues expressing themselves as the way they are, and their personality. Acceptance.

It's high time to accept them socially as well.

Despite being legally accepted they are still being judged, discriminated against, and ill-treated at workplaces.

Acceptance is still the issue and major point of concern for them. People accepted this community as a whole but not individually.

They do accept and respect the LGBTQIA community but not anyone near them, whether it is a workplace, public transport, or their own house

An individual is confident the most when they are accepted as they are in the world. This would make their lives cheerful, magical, and most important, stress and illness-free. To help them from mental disorders and incorporating tough thoughts. Active listening is one step closer to accept and respect them, not just words but actions too.

This is the place where this community comes together and celebrate their presence. This thing substantiates that they belong and are being loved. India celebrates Pride by means of parade and march. Feeling connected and respected is linked with positive health and improves your mental state.

Embracing diversity is being comprised of everyone's ideas and viewpoints. It's about respecting others and being open to all.

As Daniel Radcliffe said, "You don't have to be lesbian, gay, bisexual, transgender to support them, you have to be human".

Pride celebration is another way of celebrating and expressing the LGBTQIA community.

Pratiksha Goyal



INSPIRATION

Leena Chowdary Modukuri



With the second wave of Covid-19 sweeping the nation, LEENA CHOWDARY MODUKURI, a young social-purpose leader who has become the ray of hope for many as the healthcare infrastructure seems to crumble under the burden of increasing cases.

LEENA CHOWDARY MODUKURI the chapter chairperson of Young Indians Amaravati along with Benarji B Battineni cochair of Yi Amaravati and Dr SANDEEP the director of Blossoms hospital and many other members who actively supported to assist Covid-19 patients and their kin have been praiseworthy.

The team has helped in arranging plasma, oxygen and Remdesivir injections for many critical patients. She used her party networks to help out people effectively. In addition, they have used social media accounts to reach out to hundreds who were in dire need of help. Her entire team is only on one job, to help those in need in the Covid crisis on a war footing.



"If we have to arrange plasma, we need to have a donor in place. For Covid medicines, we need to have a supplier. For beds, we need to be in touch with hospitals," Leena, who has spent almost 18 hours on her phone, said.

The trio team is constantly in touch with the people over the phone. You do need connections. You need to know people who can help. They have success stories. They also remember who they could not help despite their efforts. Leena tried her best to make sure that the team does not get demoralized tried keeping them inspiring as it is a long road ahead.



She started conducting vaccination drives for her employees' families free of cost. Leena and her team is making continuous efforts to get ready for the next wave as she feels that it would make a big difference if prepared.

Leena is putting her talent and passion into working to change the world. No matter what cause inspired her.

One of my favourite quotes says,

"Stronger people don't put others down; they lift them up".



OUR SUPERHEROES 1



Balla Sai Tanuja

**CMR College Of Engineering
& Technology, Hyderabad**

"I had an amazing time, wonderful experience with WedidIt. I have learned to be a helping hand to the stray animals, and a beautiful experience while interviewing the senior citizens. I am very glad to be a part of WedidIt"

"Being a virtual volunteer with Wedidit is a good experience. Talking to elders was an eye opener. Learning more about them is something I should have done before. Small acts of kindness make positive changes in one's life".



Shubham Sharma

**Bhim Rao Ambedkar College, DU,
New Delhi**

"I worked here as Marketing Intern for 1 month and I have a great experience with working at WeDidit. I learnt many new things here. As its name Wedidit...it denotes that (we really did it). Sometimes doing something for those community of the society gives a immense satisfaction in your mind. It motivates us to do something for other part of society. Thank you!!!!!!"



Akanksha Shukla

Arya Mahila PG College, varanasi

I WILL RISE



Ritika Jha

Shattered could be dreams, not the women i believe,
Cause she is the toughest, who resides in me,
Somewhere lighting to the blame and limiting all her pain,
With the fire lit inside, under training in her den,

She will Rise

Often angry on her fate, sometimes frightened on the wait,
Somewhere raging through her fear, calling out her traits,
For the honor she has earned, for the glory yet acclaimed,

She will Rise

When the whisper turn into cheers, scolding to applause,
Warmth of shedding tears, disappear with a gloss,
Galleries of her hustle will soon become a tale,
For all sacrifices she has made, for Ritika is her name,

She will rise,

For she rises, I'll rise too.



FROM BEING TO FASTING- A RATIONALE

My dearest co-volunteers

There is more than one way I can bring this message across to you. I can do so either by comparing or shocking and thereby guiding your attention. Let me tell you that India is both obese and malnourished at the same time. COVID-19 stunted growth of children due to lack of nutritious food. While obesity is on the rise, malnourishment was receding till COVID-19 hit us.

Total obesity of Indians is equal to the hungry people of India in kilograms of fat, in a simplistic model of world. Do you think that we can convert fat into food removing lifestyle diseases like diabetes?

Our current generation knows only limited-benefit cousin, detoxing, though all religions practice fasting. A Japanese scientist demonstrated autophagy in 2016, winning him Nobel prize in physiology. Autophagy is our body 'self-eating' damaged cells to regenerate newer and healthier cells. Thus, proving that fasting had been responsible for health benefits since ages immemorial.

It is time youth of this country shifts to intermittent fasting from binging. Binge watching or binge eating, both have immense costs and many studies showed that obesity makes you vulnerable to COVID-19 complications.

I will share my experience of fasting, answer the above question in next newsletter. Until then, "keep calm and volunteer", bringing rays of light to people in these terrible times.

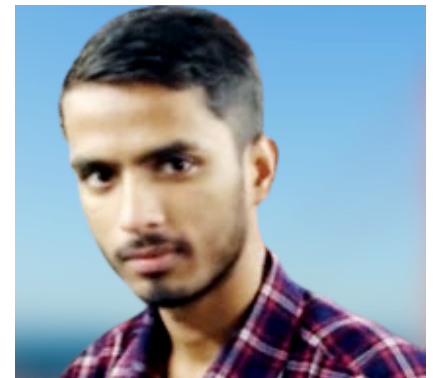
OUR SUPERHEROES 2



Sparsh Kumar

Working with Wedidit was really amazing for me. Getting the opportunity to save such loving creatures of the world and feeding them was great. Wedidit showed me the path towards showing love and care to animals also I got an great opportunity to interact with my grandparents. I am really thankful to Wedidit for making me a part of such a great full campaign.

First of all a big Thank You to the We Did It team of Non-Profit Organisation and a special thanks to my seniors as well as my mentors who has been given me a opportunity like volunteering. And a wonderful tasks has been given that I always love to do. As we know that, In the modern ages nobody else wants to do a tasks like feeding a wanderer (non-pet) animals and do not able to talk to their older ones because of their busy life.



Rahul Ranjan



Guna Venkat Doddi

GMR Institute of

Technology, Visakhapatnam

Before joining WeDidIt, I don't know how to work in organized way. After joining Wedidit I came to know how to work in organized way. The mentors are very supportive and always give me a boost to complete my task. They always encourage me to complete the task that I am assigned to do. Before I never did any poster designing work while working here I have learnt a new art (poster designing using Canva). I feel excited and happy to work with Wedidit team.

Also the environment of work is stress free.

VOLUNTEER OF THE MONTH

MOHAMMED MUDDASSIR



Worked as a volunteer in WeDidIT foundation and it's pretty amazing moment I spent by doing all the task. To be honest I do have a bit social anxiety, I avoid meet but the task made me to do such things and I learned a lot of things from this volunteering program and I guess every youth should step forward for this opportunity.

OUR SUPERHEROES 3



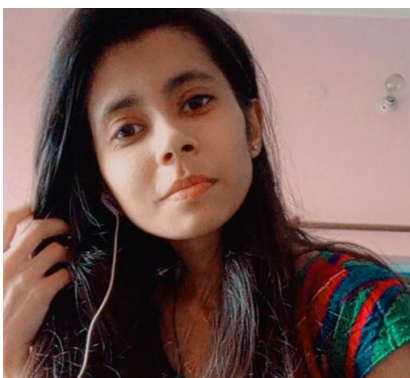
Harsha Sahni

Volunteers have to perform the given task like feeding an animal which is not only beneficial for the animals but somehow also gives rise to the feeling of empathy . Tasks like talking to grandparents about their past makes them quite happy and excited ,allow the child to take lessons from their life and strengthens the bond between grandparents and grandchildren .It motivates the young generation to do good work and makes them a better human . I think everyone should participate in this and contribute in the welfare programmes . Not immediately but slowly and definitely it would make the world a better world.

Working with Wedidit.in as a volunteer was amazing opportunity for me especially during this covid lockdown. I love animals and while performing task I feed them. I feel the animal- human relationship very closely. I got the chance to have a long conversation with my grandfather which was not less than a blessing for me.



Abhishek Uppal



Shambhavi Pandey

I am very thankful to you for giving me this golden opportunity because of this task i made the special day for my grandma and she gives me a lot of blessings and motivation for future so that i can achieve every set of target of my goal and enhance my capability. And i am very blessed for feeding an animal it is very heart touching thing i have done at my end and i will appreciate others for this deed and I am really very blessed for working with wedidit. They make me a part of greatful act towards animal feeding and older generation"



Ethics and human values

India is a country known for its values since biblical times. We begin to learn moral values from our family. Here children are taught to respect their elders, greet them properly whenever they meet them. A child knows that he should obey his elders. There are many examples from history which have represented the importance of moral values in life. An example from Ramayana is when Lord Ram goes into exile for fourteen years at his father's command. Lord Ram could have denied it, but to obey his father's, he accepted exile.

What are Moral Values

Moral values are the principles that enable an individual to differentiate between proper and improper things or what is right and what is wrong. A society also instils moral values. A person grows up with the values displayed in his or her personality. Community plays a significant role in influencing the moral values of individuals.

Moral Values at the Workplace

Moral values even happen to be applied in our workplace; people look for individuals with ethical values. Every organization has an ethical code of conduct followed by the employees for fundamental societal moral values. Organizations with people having ethical, moral values run more orderly and efficiently. Instead of just thinking about success and goals, moral values will give us the courage to look for others' happiness. A person with better values is motivated and finds all possible ways to spread good vibes in and around them.

Moral Values Importance

To Prepare Children for Their future roles to play in society.

To understand the bad and the good for society and even for themselves.

Moral values give us character and strength. If each of us follows some moral values in life, there would be peace and harmony.

Guna Venkat



SENIOR SUPERHEROES



Shambhavi interview of her grandmother : Mrs Radha Rani

Her life's valuable lesson - The goal of human life is to know oneself, who am I for whom I have come in the world? If I am able to give a smile on face of single moving creature, I consider life blessed. I believe that hiding the pain is the biggest art of smiling the biggest art as I have done the couplets of Rahim ji:

"रहिमन निज मन की व्यथा मन ही राखो गोय, सुन इठलहिये लोग सब बाटँ न लहियै कोय।"

It means that I like to share happiness among everyone and it is my opinion to not let the shadow of my pain over shadow others. I think the word is a stage of colour, the hands are above the door, a man is not going to do anything whatever is happening is already certain. Swimming is the direction of the flow of river is intelligence. It is always failure in it, the aim of my life is-चंदन विष व्यापत नहीं लिपटे रहत भुजंग। made of.

I like to live the above lines, I have learnt this from the life of Maharshi's and I want to give this message to the future generation.



Message for future generation - Being an elderly person at home I want to give this advice to my generation through my previous experience. Make your life healthy and beautiful because the children of today will be the cause of tomorrow. If they will capable and efficient than the country itself will be very important. My opinion is that children should be ignited along with the potentiality of protesting to achieve any goal on utilising the mother time in them

Be obedient is not the traffic like that many time Association comes in the life social opposition for getting a higher education that we want to do something good and people interfere by showing bigger than different kinds of things just like a child as a scientific reason and there's a lot of experiments and people make different kind of disruptions. Do not do this, don't do that, what people will say loss will happen so that, if the children stops listening to these things they can never reach their goal, so there are something to say to the children:

"Always recognised value of time and always be LimeLight and don't leave today's work on tomorrow."



Her memorable experience of life - Make your life healthy and beautiful because the children of today will be the cause of tomorrow. If they will capable and efficient than the country itself will be very important. My opinion is that children should be ignited along with the potentiality of protesting to achieve any goal on utilising the mother time in them

"पुरुष की जननी नारी, पुरुष की भगनी नारी।
पुरुष की पत्नी नारी, पुरुष की पुत्री नारी।
पुरुष की मित्र और धात्री नारी।
एक नारी सौ पुरुष पर भारी।"

That's why today I can say that achieving human life is an achievement. "By successfully completing all the rivers have to set foot on the threshold of old age and be satisfied the biggest achievement of my life.,



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