

# WEDIDIT.IN

MOTIVATING | INSPIRING

ISSUE 06 | MAY 2021 |

## UNVEILING THE KILLER

Tobacco

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A  
RENDEZVOUS  
WITH  
DR. SHIFALI

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SHATTERING THE  
+ TABOO OF  
MENSTRUATION

DISCOVER THE  
SUPERPOWER  
WE ALL HAVE

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The Power  
of Helping Others

# A FREE MAGAZINE

Presented to make the World a Better Place

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# EDITOR'S NOTE

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## *DEAR READERS*

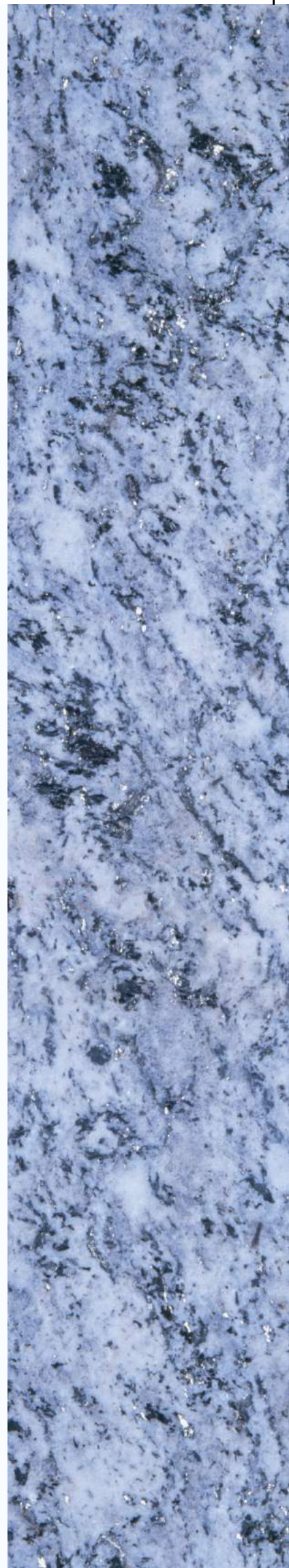
Nature has always been a benevolent provider to mankind and we have always been dependent on our ecosystem's equilibrium to ensure survival of our species. But over the years, the tyrant actions of human race have marred this equilibrium at such an irrevocable standard that many of our co-existing species of animals and bird have become endangered and some have even vanished from the face of the earth before our very eyes. So, I am convinced that it is high time now and, you and I, we all should virtually volunteer and contribute to this cause, even by mending our unconscious actions at the very grassroot level, because we certainly have responsibilities as an aware citizen and we all undoubtedly owe this resurrection to our mother earth.

Another pressing issue is tobacco consumption which is increasing year by year, and hence is dulling the bright future of our country. As addictive as it may be, the damage it tolls on a consumer is devastating, both physically and psychologically. The harsh reality is that even knowing what harm it brings, some people still consume it just for the heck of it, and I am sure we all know such a person in jeopardy in our very own lives. So the least we can do is stop that person and make him/her come to conscious senses, and trust me these small efforts will go on a long way in eradicating this menace from our country.

Finally limiting my thoughts, I would like to address the current COVID-19 situation we are battling everyday. COVID vaccine has come to our rescue finally and we are soon to see recovery and end of our sufferings. But still we have a long journey to cover for that to happen, and for that I would urge all of you to stay resilient and not lose hope and stay united as ever to defeat this virus forever from our lives !



Jasqueen kaur



# 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.





# DISCOVER THE SUPERPOWER WE ALL HAVE

## THE POWER OF HELPING OTHERS IN HARD TIMES

\*There is so much we can do and every little thing matters a lot. In difficult times like we are in right now, it might not be easy to think of others. Survival instincts tend to take over so that we expend our energy on making sure our most basic needs are being met and in case someone is unable to fulfill the basic needs like food and the dry ration that's where the thought of doing a wrong thing like theft may come in someone's mind. It's better we all help and try our best to reach out publicly that whatever help which we can provide with.

I personally started with distribution of ten ration kits and then I felt while distributing it to people that the need is genuine at this hour and I got four more requirements and then I realised that the people are in so dire need that without even publicly spreading my number through any medium I was getting the requirements, then I thought to publicly share that you can reach out to me if anything needed. With God's grace I was able to help a good number of people and then started with distribution of sanitary pads.

With the blessings of all now I'm doing sewa of distribution of kits, sanitary pads, medicines and feeding dogs on daily basis as well. And my life has become so much better and happier. And know it or not if you think you can't help others, honestly you definitely can just by keeping a check in with your family too see if anyone needs help and if there is anything you can do to help them, ask others how they are feeling and try to be attuned to emotional needs.

Helping others makes us all stronger. We know that we are helping our community and building up others who are in need. Some may not know how to help or how to ask others if they need help. They may want to help but are waiting to be asked. Often we need to try to read between the lines at things left unsaid.

Think of ways you can help today and every day this week. You don't have to do all the work, of course. Just be available and willing to help those that really need it.



**Arpanjeet Kaur**

HUMANITY

# OUR SUPERHEROES - I

"I did something peaceful some time ago and found it comforting. Feeding birds was like creating a connection even though they couldn't talk or show fantastic emotions. I realized that I need to take good things with me and leave the worst behind. It was really intimidating as well as exciting to talk to the old woman while I interviewed her."



**Shravani Kadam**  
**Vidyalankar Institute of Technology**  
**Mumbai**

"It was a great experience volunteering for WeDidIT. Feeding stray animals is very heart warming and it was definitely one of the greatest joys of my life. Thank you wedidit for joining hands in such a noble cause"



**Ritu Rani**  
**Central University of Jammu**  
**Jammu & Kashmir**

"It was an amazing experience of volunteering with WeDidIT and to be associated with such a good cause. This opportunity has taught me how important it is to feed and look after the stray animals and to make senior citizens feel important and learn from their experiences and wisdom. These tasks have given me immense joy and satisfaction and has got me one step closer to become a better human".



**Mitali Avhad**  
**Vidyalankar Institute of Technology**  
**Kalyan, Maharashtra**



# ENDANGERED SPECIES- ANIMALIA

Endangered species are the species of living organisms which are likely to be extinct in the near future if their conservation is not carried out efficiently. These endangered species have been categorized into four viz, 1) Vulnerable 2) Rare 3) Intermediate 4) Threatened. Endangered species which are on the verge of extinction are called **Threatened species**.

Some examples of the animal species being tigers, rhinos, elephants; bird species include Siberian crane, Great Indian Bustard, Florican, vultures; reptiles, and amphibians etc.

For everything that happens, there is a reason, similarly one of the main reasons for the extinction of species is the Loss of Habitat, which means the place where species dwell. As the place they are dwelling is being lost, the species are becoming endangered. The main reason is human activities; deforestation & industrialization are just two of them. Habitat loss caused by human activity is causing a threat to plant species like orchids. Overharvesting for plant products which are used as ingredients in medicine & cosmetics is also of a great concern.

*Endangered Species Day*

A common thing to hear these days is the effect of radiation. We might have heard over the news that due to the effects of radiation birds like Sparrows are less cited in cities and towns.



The radiation from base stations usually irritates the birds causing them to disappear to some other places where the radiation is low. Hence, this provides a clue for their disappearance from the cities.

You might be wondering, if species are being extinct due to human activities, hasn't the government taken any action to protect them. The answer is yes, the government took action to protect these endangered species. To protect endangered species our Indian government has created a Wildlife Protection Act in the year 1972. Under this, plants and animals are characterized according to the threat to their survival. It aims to safeguard wild animals, birds, and plants, ensure continuous use of species i.e., protection and conservation of wildlife. It provides for setting up wildlife advisory boards (in each state). Protection of rare and specified plant species, Preparation of lists of endangered, rare, and threatened species by the Botanical Survey of India (BSI) and Zoological Survey of India (ZSI). Setting up and managing National parks, wildlife sanctuaries, and Biosphere Reserves.

As residents of this earth we must understand that in order to actually make such conservation programme successful, we must do some on our part as well.

/ Guna Venkat



# OUR SUPERHEROES II

"A really good experience. I got to interact with our neighbour (whom I interviewed) and got to learn a lot about them and about life too. Feeding stray animals has made me more humble"



**Lav Dabade**  
**Vidyalankar Institute of Technology**  
**Sindhudurg**

"Both the tasks were very interesting and I enjoyed doing them. It made me more humble. The wisdom that senior citizens share is really priceless. Thank you WeDidIT for giving me this opportunity"



**Sejal Shriyan**  
**Vidyalankar Institute of Technology,**  
**Mumbai, Maharashtra**

"Volunteering with WeDidIT made me more compassionate towards the stray animals. Also talking to the elderly and learning from their experiences makes us learn so much about life. I would thank WeDidIT for giving me this wonderful opportunity"



**Sharvari Mhatre**  
**Vidyalankar Institute of Technology**  
**Mumbai, Maharashtra**





# A RENDEZVOUS WITH DR. SHIFALI

## Gynecologist (MD)

Medical officer, CHC Kot Balwal, J&K.

Taboos are a part of societies & people usually do not talk about it. One such taboo in Indian society that has been prevalent from a long time is - 'Conversation about Menstruation'.

**Menstruation** which is commonly known as periods or monthly cycle, is a beautiful process which every woman experiences in her life. It is normally characterized by vaginal bleeding (mainly consisting of blood and some tissue part from the uterus) that occurs as a part of women's monthly cycle. It is a withdrawal of hormones that usually occurs after 28 days in a regular cycle but the duration may vary from 24 days to 37 in a women.

The age at which Mensuration starts is known as menarche that mostly would be 11 to 13 years. In Indian societies, sex education is not common & girls at this age are very sensitive to the changes that go in their body due to lack of education & the taboo that surrounds it. It is an irony that girls are advised about post marriage activities but parents rarely talk to them about menses which prepares them for pregnancy.

A major concern that is related to menstruation is the lack of knowledge of hygiene down there. I get many patients who suffer from UTIs & RTIs ( Uro-Genital Track & Reproductive Tract Infections). Poor menstrual hygiene is one of the major reasons for the high prevalence of RTIs in the country and contributes significantly to female morbidity.

Not only during periods, normally also, a good hygiene method should be followed & a proper diet should be consumed, especially during growth years.

Psychological and physical changes in teenage girls can affect the puberty as well as they can lead to major issues affecting the mental and physical abilities of the girl as she develops into a young women. Very basic things that should be followed during mensuration are-

- Take a bath regularly
- Use cotton sanitary napkins/ tampon/ menstrual cup and change them at least 3 to 4 times a day even when at the last day of the menstrual cycle.
- Change the undergarments twice daily.
- Try to maintenance pH of the private parts.
- Rinse pubic region thoroughly with normal water & dry well. Don't use soap inside vagina or labia,
- Consume a balanced diet which should be rich in iron, vitamin-D & calcium. Eat fresh fruits, whole grains, cumin seed etc.

Change may not come overnight but we have to keep educating & break the taboo on periods. RTI if not taken care well may lead to cellular morphological changes called dysplasia followed by metaplasia leading to carcinomas or precancerous lesions followed by carcinomas, of genital tract. Periods are not easy as women suffer from a lot of things during those days. like-cramps, mood swings, diarrhea etc. Menses thus are really important as due to this process, human life exists.

# OUR SUPERHEROES- III

"I worked here initially as a volunteer & then as an intern. I completed projects assigned. It was nice working with the team. I thank WeDidIT for providing me this wonderful opportunity over the course of my internship period"



**Akshada Gavhane**  
**Vidyalankar Institute of Technology**  
**Kalyan, Maharashtra**

"I had volunteered as an intern in WeDidIT Foundation. The days that I was a part of WeDidIT were just amazing, rather I can say the best ones. Through the volunteer task, I got an opportunity to overcome my lifetime fear, and now it's become an habit to feed a stray animal. Also I was a little shy in talking to unknown people which I think I am never going to face again.

I am thankful to have had such great mentors. My mentors were so polite and they would make sure that we do not have any confusion. I am thankful for everything."



**Ridhi Chopra**  
**Delhi Public School ,**  
**Greater Noida**

"Thankyou WeDidIT for giving me an opportunity to volunteer for your organization. My experience here was great"



**Astha Agarwal**  
**ILEAD Kolkata,**  
**Kolkata**



# UNVEILING THE KILLER: TOBACCO

तंबाकू स्वास्थ्य के लिए हानिकारक है, इस से केन्सर होता है।

**WE COME ACROSS THIS PHRASE EVERY SINGLE DAY. BUT DO WE PAY ATTENTION OR IMPLEMENT? NO**

Tobacco in public places was prohibited nationwide, despite the fact, there are approximately 267 million tobacco users in India, according to the Global Adult Tobacco Survey India, 2016-17. According to the World Health Organization (WHO), India is home to 12% of the world's tobacco smokers. More than 1 million people die every year due to tobacco-related illnesses. As of 2015, the number of men smoking tobacco in India rose to 108 million, an increase of 36%, between 1998 and 2015.

'Smokeless' tobacco is popular in some parts of the world. It is better known as spit tobacco, chewing tobacco, chew, and dip. This typically involves using tobacco preparations for chewing, sniffing into the nose, or placing a wad in the mouth between the cheeks and gums.

Smokeless tobacco has been around for hundreds of years. Using it became more popular in the U.S. when baseball players in the 1970s began using it, thinking it was a safer alternative to smoking, but this isn't true. Smokeless tobacco is as dangerous as smoking cigarettes, and can cause serious damage to the body.

The continued popularity of tobacco appears to defy rational explanation. Users mostly acknowledge the harm they are doing to themselves and many reports that they do not enjoy it – yet they continue to smoke tobacco. Tobacco contains the chemical nicotine, which is an addictive substance. The reason is that nicotine generates strong urges that undermine and overwhelm concerns about the negative consequences of tobacco. Progress is being made in many countries in reducing tobacco prevalence but it remains one of the main causes of ill health and premature death worldwide.

Tobacco has serious health risks which include cracked/bleeding lips and gums, receding gums, increased heart rate, high blood pressure, and irregular heartbeat, higher chances of heart attacks and strokes, cancer, etc.

Oral cancer is cancer most often linked to smokeless tobacco use. But users also can get cancer in the stomach, the throat, and the bladder because the chemicals from the tobacco get into their digestive systems through their spit. In the most severe cases, problems caused by smokeless tobacco can lead to permanent disfigurements, such as the loss of teeth and even bones in the face.

Chewing tobacco is an addiction that can be overcome. As with cigarette smoking, various support systems, programs, and even prescription medications are available to help people quit using chewing tobacco.

Prescription medicines such as bupropion SR (Zyban and Wellbutrin SR) and varenicline tartrate (Chantix) have been effective in some patients who are trying to quit nicotine. Also using nicotine gum (Nicorette), nicotine patches (Habitrol, Nicoderm CQ, Nicotrol), and lozenges can eventually help to get rid of this deadly addiction.

Unfortunately, the available evidence is limited and inconclusive, and further studies are urgently needed. The overall health impact appears less from smokeless tobacco use than from smoking. However, the known and suspected health risks associated with smokeless tobacco indicate that it should not be viewed as an alternative to smoking.



**RAJVEER SINGH**





# SENIOR SUPERHEROES

*Pratiksha Tiwari's Interview of her neighbour Mrs. Munesh Kumari*

*"Life is all about struggle."*

This has been said by 75 years old Munesh Kumari who resides at Faridabad, Harayana.

"If you want to work hard, you need to push yourself and struggle enough to achieve your goals. There's no success story that doesn't involve struggle and there can't be one ever."



Life usually is full of many memorable experience.

One such in my life was "The birth of my grand daughter", as she is the first grandchild to her. It was the happiest moment where she felt fulfilled in life."



"Listen to everyone but work according to what you feel about.

Listening to others provides you a wide vision to take your decision whereas working according to your say provides you your own perspective and develops your personality. While talking decisions, choose the right side and give up the wrong."



# VOLUNTEER OF THE MONTH



Pratiksha, an amazing intern that any organisation would love to have onboarded. The fresh enthusiasm, zeal and devotion creates a positive environment in the organisation and with such good interns/volunteers the team is motivated. She is truly an amazing individual as well as a great volunteer.





# VIRTUAL VOLUNTEERING

## THE NEW NORMAL

### 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.

www.wedidit.in





**WEDIDIT!**  
WILL YOU?

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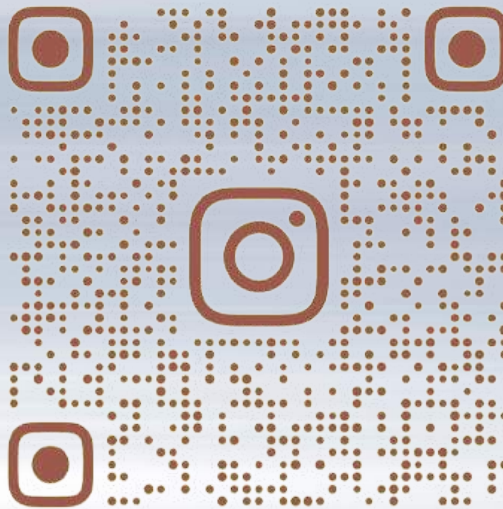
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