



THE GREEN VOLUNTEERS

CHANGE YOURSELF CHANGE THE WORLD

Volume: 04 Issue: 01

#STAY_SAFE
#STAY_HEALTHY



ACHIEVING FINANCIAL STABILITY DURING PANDEMIC

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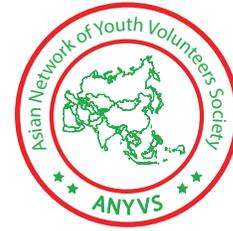
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EDITORIAL

Md. Roshidul Hasan

President, Asian Network of Youth Volunteers Society

Asian network of youth volunteers (ANYV) Society is a registered international society focusing on establishing secularism and non-discriminating Asia and the world. ANYV involved and successfully completed different national and international projects, among them Energy Efficiency and Conservation Business Coalition funded by JICA, Bangladesh Digital Summit 2019, Rajbangshi Summit 2019, School Program, and Bangladesh Economy Survey 2019 Funded by China, are remarkable. We are always standing beside the people in any emergency, i.e Team Building, Assisting during disaster, during winter, during flash floods and many mores.

“The Green Volunteers” is a regular online magazine published by ANYV. We are publishing Volume 04 Issue 01. This issue is focusing on managing financial stability during Covid-19 and beyond. We have received enormous articles from different part of the world. The effect of the pandemic disrupted everyone’s life and damages the world economy. We are trying to engage people to organize online activities, i.e. online education and photography contest. As we know, more than 1 billion youth are having their daily life disrupted by the spread of COVID-19. Students, teachers, families, and every youth stuck in this uncertainty. They become bores, hopeless, exhausted, depressed, and unstable and hesitate to take any decision. Bearing all these

into consideration, the Asian Network of Youth Volunteers (ANYV) Society determined to stand beside them with knowledge and intelligence. To utilize their time ANYV was providing free online courses so that they could build their life in this pandemic and post-pandemic. We are very thankful to all 3502 registered students of 11 different courses from 17 countries.

ANYV also arranged a photography contest 2020. As the quarantine time increases, underprivileged people of our society are in crisis. Lower-middle class families, financially poor families are going to suffer the most during this time. In this situation, we were decided to extend our hand to those who need them. The funds of the photography contests will be forwarded to the corona affected people. As there are no registration fees, we have decided to raise funds by selling the photos we get from the participants.

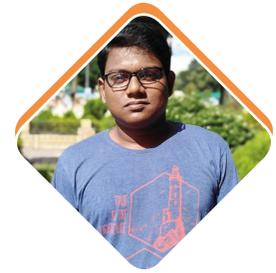
We are publishing 15 articles for this issue. The magazine is aiming to receive more articles in the upcoming issue. I am thankful to every authors, contributors and every individual who make this issue in reality.

Professor Md. Roshidul Hasan
Editor-in-Chief

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ASIAN NETWORK OF YOUTH VOLUNTEERS (ANYV) SOCIETY

VISSION & MISSION

ANYVS WILL BE A NETWORK TO ESTABLISH SECULAR AND
THE NON-DISCRIMINATING WORLD

“CHANGE YOURSELF CHANGE THE WORLD”



Asian Network of Youth Volunteers (ANYV) Society
www.anyv.org

Name of Organization	: Asian Network of Youth Volunteers (ANYV) Society
Registration	: Registered Society under Societies Registration Act XXI 1860 No S-12565/2017 of Bangladesh
Year of Registration	: 2017
Year of Journey Started	: 2010
Type of Organization	: Non-profitable, Non-Govt., Voluntary and Charitable Organization
Administrative Office	: House: 69/A, Road: 06/A, Dhanmondi, Dhaka 1209, Bangladesh
Contact	: +88 01886 313658
E-mail	: info@anyv.org
Facebook	: www.facebook.com/anyvsocieties
Website	: www.anyv.org
Moto	: “Change Yourself Change the World”

WHO WE ARE

Asian Network of Youth Volunteer Society (ANYV), registered in Bangladesh under Society Act XXI 1860 No S-12565/2017 on 5th February 2017, is a Non-political, Non-profitable, Non-Govt., voluntary and Charitable Organization.

ANYV mainly came into existence in the year 2010 in name of “Green Volunteer Organization” with the vision of deploying secularism & standing against discrimination and towards development and national progress through various types of works to achieve a self-reliant community.

Now, we help to create an indiscriminate, secular, peaceful, innovative and resilient environment and society. We are willing to stand beside our people against inequality in cities and villages across the country. It assists society's most vulnerable, helping

women, youth and minorities access justice and opportunities, to ensure no one is left behind. We do not waver in its commitment to human rights, rule of law, or inclusive governance.

OBJECTIVES:

1. Creation of self-reliance by adoption of voluntary participatory approach.
2. Emphasize on women empowerment
3. Creation of social awareness on health, nutrition, education, sanitation etc.
4. To organize Social, Cultural and Environmental activities, Channelizing youth energy into creative and constructive action
5. To encourage individuals to make the choice to change the way they live in order to achieve ongoing and long term goals in life.



Starting A SUCCESSFUL BUSINESS During Pandemic

25 April 2021, Sunday
7.00 PM Bangladesh Standard Time (GMT+6)

Keynote Speaker

- NASH LIU**
Vice President
iSoftStone, China

Panelist

- PROF. MD. ROSHIDUL HASAN**
President
Asian Network of Youth Volunteers Society
- SODALIN RONGSONG**
Former Youth Peace Ambassador,
Cambodia
- PINDARICA MALYROJSIRI**
ANYV, Thailand

EMCEE

- JEYAN SANTIOQUE**
Philippines
- DIPIKA ROY PRAPTI**
Research Student,
Universiti Putra Malaysia &
Cultural Secretary, ANYV
- DALAL IBRAHIM**
Postgraduate Student,
Universiti Putra Malaysia
Country: Sudan
- NOBONITA CHAKARVARTY**
Education Secretary
Asian Network of Youth Volunteers
Society

Asian Network of Youth Volunteers Society

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INTERNATIONAL WEBINAR ON STARTING A SUCCESSFUL BUSINESS DURING PANDEMIC

Lifestyle is changing due to the COVID-19 pandemic. People are getting adapted to the new normal life by maintaining health hygiene instructions. In this era of Coronavirus, many people lost their jobs, many businesses are forced to shut down. Again, many businesses grow with a remarkable rate of growth during this pandemic. Asian Network of Youth Volunteers always thinks for

the youth generation and organizes different programs to motivate youth for self-development. Asian Network of Youth Volunteer Society (ANYV) is a Non-political, Non-profitable, Non-Govt., voluntary and Charitable Organization. Previously ANYV successfully organized “Learn to Lead with ANYV”, a free and non-academic

e-learning platform to help lots of youths from Asia and out of this continent. Around 3502 people from 17 different countries participated in 11 different courses. Later, ANYV organized an “International Photography Contest” and awarded the top 20 Photographers and nominated 200 Photographers for their outstanding Photography.

On April 25, 2021, ANYV organized a special webinar titled, “Starting a Successful Business During Pandemic”. The webinar targeted bringing new business ideas and startup mindsets among the young generation. Focusing on the international audience, ANYV invited international guests from China, Malaysia, Sudan, Philippines, Thailand and Bangladesh. Participants from around the world registered for the event and participated in the Q/A session to express their thoughts and ideas. Speaker list was as follows:

KEYNOTE SPEAKER:

Nash Liu
Vice President, iSoftStone, China

PANELIST:

- **Prof. Md. Roshidul Hasan**
President, Asian Network of Youth Volunteers Society

- **Sodalin Rongsong**
Former Youth Peace Ambassador in Cambodia

- **Pindarica Malyrojsiri**
ANYV, Thailand

- **Jeyan Santioque**
Philliphines

- **Dipika Roy Prapti**

Research Student, Universiti Putra Malaysia & Cultural Secretary, ANYV

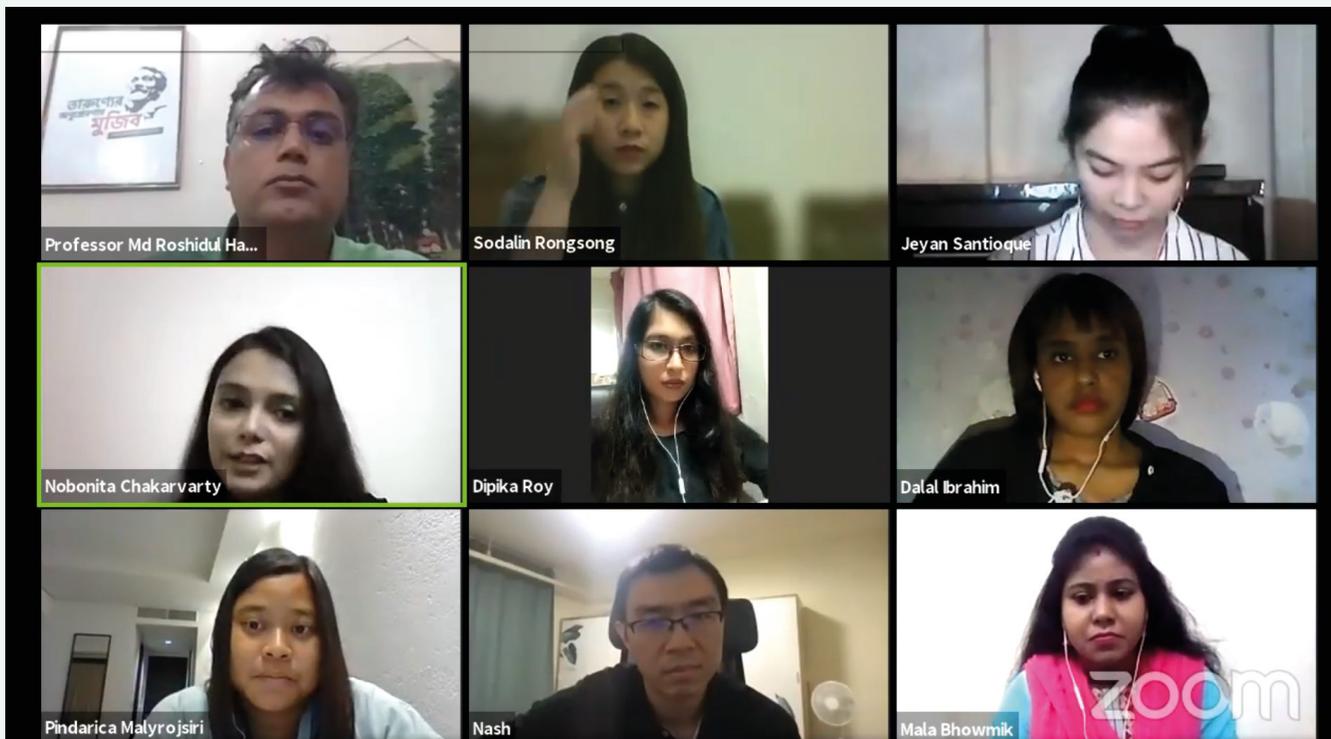
- **Dalal Ibrahim**

Postgraduate Student, Universiti Putra Malaysia Country: Sudan

EMCEE:

Nobonita Chakarvarty

Education Secretary Asian Network of Youth Volunteers Society

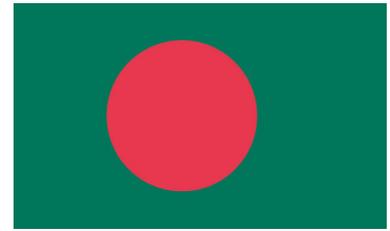


SILVER

STAY IN STYLE

**ISMAT ARA SHAMA AND
MANSURA ISLAM**

CEO & Owner of Silver



BANGLADESH



THE ONSET:

During an epidemic, it was not an easy task for us to start a business. Because we did not get any financial support from any person as well as we did not have any popularity. But we only had a dream, a zest to create our own identity that is why we work very hard. We had started our own business with a small amount of money which we save from our tuition. We are still working very hard. We believe that hard work and honesty never has any options. When something is wanted from the mind and the goal is right, dreams will come true. Silver is both our dream and goal. Today we are successful entrepreneurs based on these dreams and goals. With the zest of making our own identity, we started 'Silver' on 24th October, 2020 during an epidemic. Since then, there has been no looking back! Silver is a Time worthy fashion brand. Where we find traditional handmade women's clothing. The brand is keeping in mind the highest quality clothing of people from all walks of life in the country. Which is beautiful to look at, comfortable to wear, and affordable to buy. Our dream, Silver's journey began with the slogan "Stay In Style" during an epidemic in 2020. Silver was born

with the hard work, talent, and savings of us. Now, 'Silver' is a popular name with many people.

Clothing is one of the oldest needs of people. At a reasonable price, beautiful, eye catchy, gorgeous, stylish dresses are the dream of all age's people. People always want to look beautiful in a beautiful dress. People travel all over the world to buy all these clothes. Silver has been working for almost a year to meet this demand of the people. In its own backyard, Silver has brought a touch of aesthetics in its dresses by doing quality handwork. Since its inception, our fashion label 'Silver', has been known



for its bold prints, modern aesthetics, functional details and quirky colors targeting the youngsters of today.

MANUFACTURING AND SOURCING:

Many people in our country think that the work of Zardozi, Sequence, and Zari, etc. is available only in Pakistani and Indian cloth. They have no idea that all these things are done in Bangladesh. Silver is constantly working to change

the perception of the people to present Bangladesh more beautifully and to present another beauty of clothing to the people of our country. During Covid-19 situation it is a big challenge for us. But we do not lose our hope and zest.

Every work of Silver is done skillfully with its own craftsman, in its own house. At the time of choosing fabrics for Silver's designer dress, its topmost priority is





customer comfort as well as effortless style. Silver's first journey began online. With 100% customer satisfaction, Silver is successfully delivering its product all over the world including Bangladesh. Hopefully, very soon women's clothing as well as men's clothing is going to be added to Silver. Silver believes, "The ultimate customer satisfaction is the key to Silver's success."

EXPANSION PLANS:

COVID-19 has cast a huge impact especially for those businesses in large enterprises, as well as for those in smaller sizes. In this

situation of crisis, we decided to run silver online. We focus on online marketing. We have a plan to expand our silver more and more. We work on it. In the future, we want to add men's clothes. We are studying about it. Because we cannot compromise with product quality and customer satisfaction. That is why we work very hard.

For all achievements firstly, we thanks to Almighty Allah who gives us strength and way to do it. Then we are very much grateful to all our well-wishers, customers, workers, and all the people who are connected with it.

Without their support silver is nothing. Silver always wants your support and well-wishes. Hope you all stay connected with silver. Keep us in your prayer. Thanks to all

Our official page:

Facebook: <https://www.facebook.com/silverbangladesh>

Instagram: <https://www.instagram.com/silverbangladesh/>

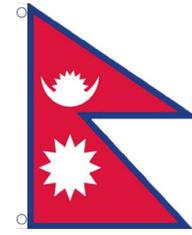
Website: www.silverbangladesh.com

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Contact us: 01882-653148

SURVIVING THE COVID-19 PANDEMIC

COVID-19 NOT ONLY AFFECT US PHYSICALLY BUT ALSO HAMPER OUR MENTAL HEALTH



NEPAL

CHADANI SHRESTHA

Kabhrepalanchok, Nepal



“Covid-19”, the hot topic of our era. Who doesn’t know about Covid. Many of us have lost our people due to Covid. Surviving Covid-19 was battle and it’s still going on. Due to this situation, we had to leave our work and get prisoned in our own home. Personally speaking during 1st lockdown, I enjoyed a lot, I never had get chance to spend this long with family. That time was joyful for many as I have seen people sharing stories, eating happily with family but that was not for all when majority of people were enjoying, other majority (who has to depend on their dairy work) they were having hard time just to get one time food. Many people suffer from covid, luckily some survived but majority died living their family devastated. But sadly some people suicide because of hunger. I once heard statement “कोरोना लागेर मर्न रुचाउछु ,तर भोक सहन सक्दनि” This statement broke my heart. COVID-19 Pandemic not only physically harm people but this due to this situation and lockdown and all, many people suffer from mental health (depression). Surviving this battle is still going on and this time its little easier than previous but of the vaccine. But one should still be carefull even if they are vaccinated. Vaccination doesn’t stop from Covid. It only arouse our immune system to fight against it.

YOUTH PARLIAMENT TO BUILD THE **FUTURE GENERATION** OF THE NATIONAL ASSEMBLY



BANGLADESH

SARKER TANVIR AHMED TANIM

The Diana Award Recipient-2021 & President of
Youth Parliament, People's Republic of Bangladesh



In the age of human civilization, the state system as a universal and very important powerful institution is flowing with the speed of life in terms of thought, a way of life, and social justice. The organization called the state has given important rights like rule of law, civil rights, representation to the citizens of the state. However, in the state, there are elements that support the development of civic personalities such as men and women, rich and poor, workers and industrialists, but there is no fundamental constitutional difference in it. Therefore, the welfare of the citizens in the state is able to achieve the basis on equality through the practice of democratic methods.

In today's world, the number and potential of youth in the demographic dividend are being considered as the driving force of state development. Therefore, the omnipotent policy position of the youth in important practices like democracy, expression of opinion, and active civic practice is essential. The younger generation, which accounts for 4% of the world's population, and UNESCO Youth predict that by 2021-2030, about 78 million new young people will be added to the world population. A glimpse

"The Youth Parliament is effective in building the future generation of Parliament as an acceptable and efficient parliamentarian in the practice of democracy."

of the potential will create an opportunity to contribute to the Sustainable Development Goals so that there is no doubt. However, from past experience, it is a matter of our concern that there is an excess of peace-destroying elements like crime. However, the practice of democracy through leadership is essential to build an ideal, principled and intelligent sustainable generation in the service of the roots. While the contribution of the youth in the present progress of Bangladesh is commendable, the challenges like militancy, extremism, rumors, juvenile delinquency, drugs will remain from the past experience, unless their leadership can be inculcated.

In the 2016 Holy Artisan attack, the immense potential and talent of the youth involved in militancy were misled and killed. At present, 60% of the world's youth are represented in Asia, with South Asia accounting for 30%. Speaking of the immense potential of Bangladesh, the number of students in school alone is equal to the population of about 38 countries in the world, so they are our resources.



Despite various obstacles, the concern is that; instead of political awareness, engaging in conflict, disinterest in running the country, disinterest in political and state system, lack of active civic responsibility and social responsibility, not knowing and obeying the law, personal lifestyle through social media, following trends, Not finding the right information, young people are being misled. As a result, appropriate civic education is needed to make proper use of youth time, whereas the owner of the state, an advocate for himself and the state.

In the first parliamentary elections of Pakistan in 1970, the Bengalis voted for a historic victory and a new attachment to the state structure was expected by all. However, without handing over the power of the Prime Minister to the Bengali people's leader Bangabandhu Sheikh Mujibur Rahman and the governance of the state, the great war of liberation of 1971 was to build new heroism in the Bengals history. Since then, the center of confidence of the people of Bangladesh has been the Parliament, the constitution, and democratic values.

Asian Network of Youth Volunteers Society

In the historical context from The Bangladesh's Liberation War, despite the practice of democracy in independent Bangladesh, the youth are only encouraged to exercise their right to vote, but most of them are not aware of the functioning of Parliament. There is a need for social values and state values for the active participation of the youth because the ultimate source of power is the people. Although the formal education system is limited to Syllabus, Result, Golden (which is not glossy) GPA, it is effective for livelihood. But the youths have the ability to be widely represented in the

state thought, the acceptance of the main criteria by the National Assembly is not much interested. Whether the well-educated and responsible generation of citizens are pioneers in establishing future leadership, but new questions raise that whether they can understand the live broadcasts of parliamentary sessions on BTV (Bangladesh Television) or not?

The Youth Parliament is effective in building the future generation of Parliament as an acceptable and efficient parliamentarian in the practice of democracy. Therefore, in the symbolic

parliamentary practice, the Youth Parliament is helpful for the youth as a civic educational system too. Like the country's Parliament, youth & students will become proficient in accountable procedures such as law-budget making, condemnation motion, and discussion on the general motion, question-and-answer session, debate and report discussion session, and so on. The youth will be able to present the needs of the Parliament to the grassroots citizens as conscious citizens of Bangladesh by participating in this globally recognized system of per to per communication. But to







be an experienced and skillful parliamentarian, there is no choice but to learn and study more of the countries and abroad matters. Therefore, this civic practice is not only a symbolic way but also an effective way to represent it through education. Young people who are practicing the constitution and the law can become strong in personality, thought, and action, realistic and can easily get the proper idea of acceptable leadership from the Youth Parliament practice.

What actually do in the Youth Parliament? The answer is that "Like the courtier's Parliament, youth can assume the responsibilities and duties of the youth MP, feel to be people representative as a youth MP represent from their constituency, by holding the posts like Hon'ble Speaker, Prime Minister, Leader of the Opposition, Minister, etc." The

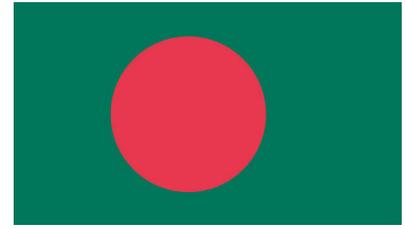
proper outcome will come from proper utilization. By pointing the important facts the problems, possibilities, and the ability to make recommendations to the government; youths are able to find the way of policymaking and advocacy by the Youth Parliament. As a result, they will be able to present the issue of social injustice parliamentary way, as well as contribute directly to the UN SDG-16 establishment of peace, justice, and strong institutions. But if it can be done nationally, it will definitely add a new dimension for the nation. Even if the textbooks do not have the Parliament-centric reading of the nation's artisans, can the comparative necessity of building an ideal generation in the Parliament be denied?

The SDGs, formulated by the United Nations, consider 11 classes of people in society as

global partners. The younger generation and civil society are among them. SDG Goal 16: The practice of democracy by the youth against the conflict in the implementation of peace, justice, and strong institutions will form the future ideal skilled citizens and politically conscious society. How far a sustainable democratic social system will go depends on the skills, abilities, democratic practices, civic values, personal views, and ideological acceptability of the youth. Of course, it will prevent the erosion of knowledge and lead to the emergence of a global partnership. Political and parliamentary etiquette as part of civic education, the practice of youth parliament is able to build a stronger politically conscious younger generation by changing the socially negative attitude towards politics.



CAREER PLANNING FOR YOUTHS



BANGLADESH

MD. MOKTAR HOSSEN

Youth Activists, ChangeMaker

Youth Speaker & Trainer



“There are many of us who think that university life is a time to have fun, to travel, to hang out. After graduation I will get a job and then I can think about my career. But how logical is this thought or idea or how helpful is it in shaping a young person’s beautiful career?”

We always hear or say “Today’s youth are tomorrow’s World”. The more efficient our young society is, the better the country will be one day. And if these young people want to develop as they deserve their career planning.

There are many of us who think that university life is a time to have fun, to travel, to hang out. After graduation I will get a job and then I can think about my career. But how logical is this thought or idea or how helpful is it in shaping a young person’s beautiful career?

The last few days I participated as a guest speaker in a live session of a youth development organization called “Basaf” and the topic of the live session was “Youth Career Thoughts”. There were a number of students asking questions, how to plan a career as a student and keep yourself ahead. I answered everyone’s questions well.

You have to think about your career as a young person or as a university student and keep yourself ahead. It is often seen that some people get a job after graduation and

move to a better position.

Then he says “I don’t have mama-chacha” then what will be the job?

I say stop now !!

The biggest tool than mama-chacha is your skills, your hard skills, your communication skills, your soft skills. I always think about my career, I always get advice from those who are in the job and I prepare myself that way.

Let’s find out what needs to be done as a youth student and how to prepare for a beautiful career.

1. Always try to keep CGPA good. Remember CGPA will always be a stepping stone for you to build a beautiful career.
2. You have to develop yourself towards computer skill or technical skill. As much free time as student time is available, it is not possible to get it in working life. So you have to learn Microsoft Word, Excel, PowerPoint work well. It is better to learn graphic design and light video editing. Then you can present yourself in front of others in a very beautiful way.
3. It is said that 75 percent of career success depends on soft skills. Leadership skills, communication skills, speaking fluently, the ability to convince someone, the ability to solve problems, critical thinking, the ability to present beautifully. You have to take these things in yourself and become proficient in these soft skills.
4. In university life, clubs and volunteers have

to work. In this way, corporate behavior can be learned and it will be possible to put one’s skills to practical use. Therefore, it is important for every youth to volunteer.

5. Networking needs to be increased and two mentors need to be fixed along with it. One of them is a campus teacher and the other is the elder brother of his sector who is now working. Mentors are very important in building a beautiful career. You can find the solution to your problem and it is always possible to get the right guideline. So I would say if you don’t have a mentor, fix it now. And maintain a good relationship with the people in your sector.
6. Try to participate in more and more seminars and conferences. As your networking circle grows, you will be able to keep up with yourself and have the opportunity to come in contact with people with real experience.

These things must be maintained in the formation of a beautiful career of a youth. I always try to abide by these and take everyone around me forward. I said at the beginning that “Today’s youth are the world of tomorrow”.

WHAT'S THE BIG DEAL?



INDIA



ANIRBAN GANGULI

Kolkata, India

Let us always try to live our lives with no regrets... pushing life to the ultimate limit and experiencing just about everything.

It takes as little as 1% of a population to create a positive change, if 100 million people underwent a personal transformation in the direction of peace, harmony, laughter, love, kindness and joy, then the world would be transformed.

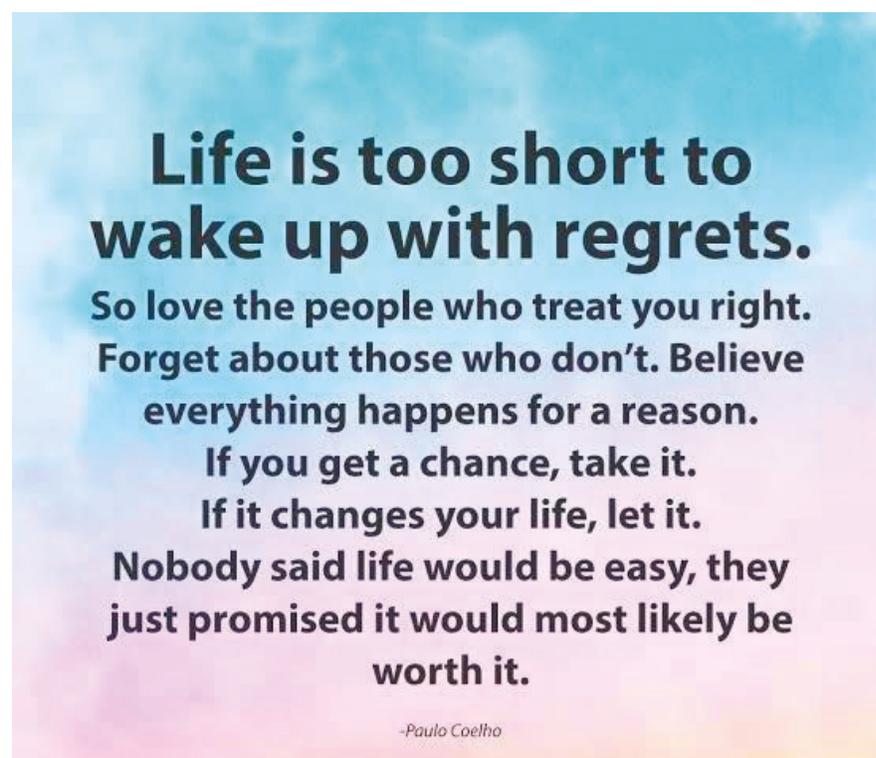
Always find a reason to laugh! It may not add years to your life but will surely add life to your years.

I watched one of my favorite hindi movie 'Chalo Dilli' again....I will recommend you to watch this one.....The story revolves around a hilarious journey by two completely different natured strangers. They are forced to travel together from Jaipur to Delhi by road and train after their plane took emergency landing in Jaipur due to some technical problem. Mihika Banerjee was in hurry to meet her husband in Delhi, which is why she was forced to take a same cab with Manu Gupta to reach Delhi. After knowing that the driver is not sleeping for hours and not able to drive normally, Manu took charge and took the wrong route. The situation got worsen when cab faced break down and Mihika found that it would be the most difficult journey of her life, with Manu, the person who never took anything seriously in his life. Apprently this movie is a

comedy road movie but has a very deep meaning on life.

Yes the protagonist Manu didn't take anything seriously in his life and was enjoying his life.....but we come to know in the end that he really didn't have any regrets in life and was an every smiling happy go lucky simple person. His wife was in coma for last 2 years due to some sudden disease with doctors not giving any hope...his loving daughters had to be sent to his sister's place far away.....he himself was a travelling ordinary middle class salesman of garments....but he was trying to enjoy his life every minute with everyone around. Yes he didn't take life seriously and kept telling 'Kaunsi Badi baat ho gayee (what's the big deal?)'. He was in deep pain but didn't like to portray it to all people.

.....he kept saying that if he told people about his problem, people will show concern and grief and this will make him feel grieved too. He didn't want to live his life with this grief. He said that....what ever is not in your hands you should not grieve or regret over that, whatever one has in their hands either if they don't like,



then they should try to change it if possible, otherwise accept it and move on.

Each one of us has our own life with frustration and regret. We have to take life as per our situation and leave these regrets and frustrations and be content. What we don't have, should not be a problem with what we have... and we should accept and try to enjoy with the current scenario.

Let us always try to live our lives with no regrets... pushing life to the ultimate limit and experiencing just about everything. With that said, it's understandable that sometimes the craziness of

the day- to-day tasks gets in the way of making progress towards our ideal life.

Unfortunately, while we are busy with the routines of life, time may fly by all too fast and before we know it we will be looking back on our life with some big regrets.

The best way to limit these regrets is first by understanding what the biggest ones are and second, by taking action before it's too late.

Some of the biggest regrets of life: Do you know what are the biggest regrets of the people in their death bed?

1. "I WISH I'D HAD THE COURAGE TO LIVE A LIFE TRUE TO MYSELF, NOT THE LIFE OTHERS EXPECTED OF ME."
2. "I WISH I HADN'T WORKED SO HARD."
3. "I WISH I'D HAD THE COURAGE TO EXPRESS MY FEELINGS."
4. "I WISH I HAD STAYED IN TOUCH WITH MY FRIENDS."
5. "I WISH THAT I HAD LET MYSELF BE HAPPIER."



**Life is not about
what we have lost,
it's about what we
can still grow.**

Here are some of the biggest regrets people may have as they look back upon their lives.

1. NOT MAKING AMENDS

Not making amends with old friends and family members makes this list. Sure, sometimes we need to let go of toxic people in our lives. Other times, we hold grudges that aren't healthy and definitely don't make us happy.

Take a minute to reflect on each situation—there is definitely at least one that popped into your head, right?—and think about whether you really want to move on or if you might want to mend that bridge. Remember that sometimes making amends isn't about making the other person feel better, but about your mental wellbeing.

2. SWEATING THE SMALL STUFF

The elderly regret having wasted much time and energy stressing over little things of life. That's understandable though, right? We all know that at the end of the day—

not to mention the end of our lives—it probably doesn't really matter that you had a bad hair day, or that your child didn't score well in class, or that your spouse forgot to take out the trash.

Letting those things go... can free up so much energy that we can redirect towards appreciating the big stuff. Worrying is the number one way of wasting precious time, which in turn severely affects our happiness, so if you're going to do it, make sure it's about something important.

3. UNACCOMPLISHED GOALS

People have their own goals in life and have bucket list ready—but sometimes they let life get in the way of completing those bucket list items. Surely many people at the end of their lives have fallen into this trap and have regrets about not achieving their dreams.

Things like busy work and, let's be real, laziness can hold us back, but more often than not it's fear that stops us from reaching our goals. Writing down our goals is a good step, but it's only the first step.

Figure out one thing that you can do every day to get one step closer to achieving what you really want.

4. WORDS LEFT UNSAID

"Looking back, I have this to regret...that too often when I loved, I did not say so." David Grayson

Another way that fear stops us from living our lives to the fullest? We're so often afraid to speak our minds, to tell people how we feel, or to say something that might make us vulnerable. Of course, that includes the usual suspects: "I love you," and "I'm sorry." But withholding your feelings when you're struggling, hurt, or upset can cause just as much damage to our relationships and lead to serious regret in the long-term. Choose your words wisely, we don't want to be hurtful, but say what you feel. When you don't you are withholding a little bit of the truth inside.

5. WORKING TOO MUCH

Having our phones in our pockets can mean constant access, making it harder than ever to mentally clock out at the end of the day. Add that to

the fact that most employees aren't encouraged to take time off of work, and we live in a real workaholic culture.

Even if your job brings you genuine joy—by the way, does it?—and you tend to overwork yourself, at some point you'll probably regret not having carved out more free time to explore the other things you love.

6. WORRYING TOO MUCH ABOUT WHAT OTHERS THINK

Everyone struggles with this self-consciousness in a different way, and it takes a long time to overcome. But the funny thing is, we all walk around worrying what others think of us. How much time do you actually spend analyzing others and judging their decisions? Not much—me neither. And they are probably not concerned with analyzing you a thousandth as much as you're doing it to yourself.

The sooner we let go of this inhibition, the sooner we'll be able to be our true selves and focus the things that actually bring us joy.

10 short pieces of advice:

1. Live today, because yesterday is gone, and tomorrow may not come.
2. If you want to be understood — explain.
3. If you are guilty, immediately admit it and don't look for excuses for yourself.
4. Remember that everyone has their own truth and it often doesn't coincide with yours.
5. Do not mess with fools.
6. Try to find pleasure in everything.
7. Remember that no one owes you anything.
8. If something is unclear — ask.
9. The main thing in life is love, everything else is just vanity.
10. Know that today is the best day of your life.

7. NOT FOLLOWING THEIR PASSION

Again, most of us aren't exactly encouraged to follow our passions in this workaholic society that believes in a conventional life of having a good 9-5 job, loving spouse, adorable children and a large home. Doing what you love doesn't necessarily mean giving all that up and quitting your job to become a painter. (It totally can, though.)

Do some real reflecting on why your dream job is your dream job, and whether you're truly setting yourself up to be happy with what you do.

8. TAKING LIFE TOO SERIOUSLY

It's difficult to fully imagine which of our stressors, achievements, failures, and dreams will still seem important to us when we're on our deathbeds. But you

can probably come up with a pretty good idea in the moment if you need to. Many of the things that we believe are “the end of the world” in the moment won’t even matter in 10 to 20 years, maybe even in a month.

It’s easy to remind ourselves not to sweat the little things, but sometimes we need reminding that those ‘big’ stressors might not actually be so big either. Plus, most times you have no control over them, just the way you react to them. So, take the time to put things into perspective and learn to laugh a little more.

9. NOT LISTENING TO THEIR INTUITION

We all know what will make us happy—and often, it’s not even buried that deep down. We can get a little mixed up and need to correct our course sometimes, but we also know what it feels like to be drawn towards one decision only to have our instinct tell us to go in another direction.

Not listening to that instinct can get us into all kinds of messes that can feel completely overwhelming; winding up in a career that

you don’t enjoy, in a city you don’t love, or neglecting a passion that you slowly let fall to the side. Check in with yourself—that intuition wants to be heard.

10. NOT SPENDING MORE TIME WITH FAMILY AND FRIENDS

In the end, our relationships with family, friends, and partners bring us more joy than working or superficial successes do. At the end of their lives, people so often regret not having spent more time with their kids, not having been a better spouse, and not keeping in touch with friends and relatives.

Luckily, this is a fairly easy one to fix: look at your calendar for the week, figure out how much time you spend in the office or doing household duties, and compare that to how much free time you have. Schedule in spending times with your loved ones, just like you would any other appointment.

When people look back on their lives, more often than not their regrets have to do with things that they didn’t do. They didn’t follow their

passion, spend more time with their family, or listen to their intuition. They wish they had been more open about their feelings, prioritized the goals that were really important to them, and brushed off other people’s opinions more often.

On a daily level, those can be incremental changes. But after decades of making those small adjustments, hopefully we can avoid sharing some of these common regrets. I hope to learn from these lessons and continue to live a “no regrets” kind of life.

COVID-19

SURVIVAL THROUGH PANDEMIC

SAGAR POUDEL

Pokhara, Nepal



NEPAL



Nowadays people are more interested on growing their own vegetables in their vegetable garden or field or also in terrace. People now know that living a simple life is more valuable.

Who doesn't remember post-apocalyptic action thriller film 'I Am Legend' of Will Smith? Well this COVID-19 pandemic was not much similar to the film's plot but people all around the world had to and still facing a lot of problems. No one had ever wondered that Corona Virus disease 19 caused by SARS-CoV-2 virus would affect each and every one day to day life. Many of the small businesses came to ground while many big companies faced huge debts.

Many families working day and night for hand to mouth had to feed in their tears and had to expect funds from others or government.

The future of the nation i.e. students of every grades faced session jam or missed their valuable time which affected their studies. Farmers and the agricultural food producers were also greatly affected as markets were closed and they had no one to go to sell their products.

There is a saying "When is will, there is a way." Although this pandemic has affected every sector of the societies, people have come up the best solutions to all the problems. Farmers have been selling their products

going house to house which has also made people to get fresh vegetables on their doors.

Teachers and students have been cooperating in matter of studying through online classes covering up the missed courses. Online banking methods have made the payment and online shopping more accessible to buy day to day usable

products. Nowadays people are more interested on growing their own vegetables in their vegetable garden or field or also in terrace. People now know that living a simple life is more valuable.

People now are aware about importance of healthy habits like regular exercises and balanced diets. This pandemic has also emerged social problems like corruptions,

domestic violence, rapes, theft, etc. which should be made a topic of concerned by the people and government. The desire of living is in our heart and our mind, which have encouraged each and every one survive throughout this pandemic and made stronger to face anything in our life.



THE IMPACT OF **ADDITIVE MANUFACTURING** IN THE INDUSTRY



NIGERIA



FORTUNE RIAGBAYIRE

Nigeria

Additive manufacturing, also known as 3D printing, is a transformative approach to industrial production that enables the creation of lighter, stronger parts and systems.

ABSTRACT

3D printing is an amazing manufacturing method for both production and prototyping. 3D printing also known as additive manufacturing for mechanical projects will allow you to make many modifications and iterations quite quickly and at a lower cost, which is very convenient for a prototyping process. Indeed, you will only have to use a 3D modeling software and make all the modifications that you need to improve your 3D models step by step.

The journey from .stl file to 3D object is revolutionizing manufacturing. Gone are the intermediary steps, like the creation of molds or dies, that cost time and money.

OBJECTIVES

The objective of this article is to highlight the importance and application of additive manufacturing to the industry. Additive manufacturing is used extensively in the automotive, aeronautics and aerospace industries to great effect.

INTRODUCTION

ADDITIVE MANUFACTURING

Additive Manufacturing is an advanced manufacturing method which builds 3D

objects by adding material layer by layer to produce the object. Additive manufacturing processes utilize the data from computer-aided design. (CAD) file that is later converted to a stereo-lithography (STL) file. These materials could be metals, polymers, composites, or other powders to “print” a scale of functional components, layer by layer, including complex structures that cannot be manufactured by any other techniques. These new methods, while still progressing are forecasted to create an accurate impact on manufacturing.

Additive manufacturing, also known as 3D printing, is a transformative approach to industrial production that enables the creation of lighter, stronger parts and systems. It is yet, another technological advancement made possible by the transition from analog to digital processes. In recent decades, communications, imaging, architecture and engineering have all undergone their own digital revolutions. Now AM can bring digital flexibility and efficiency to manufacturing operations.

Additive manufacturing adds material to create an object. By contrast, when you create an object by traditional

means, it is often necessary to remove material through milling, machining, carving, shaping or other means. In the right applications, additive manufacturing delivers a perfect trifecta of improved performance, complex geometries and simplified fabrication. As a result, opportunities abound for those who actively embrace additive manufacturing.

3D PRINTING

The 3D printing is a method of additive manufacturing that performs rapid prototyping using CAD (Computer-Aided Design). 3D Printing is becoming more and more affordable. The basic principles includes materials cartridges, flexibility of output and translation of code into a visible pattern. The stereo-lithography was developed by Charles Hull in the year 1984. The 3D Printing occurred in 2006 with the commencement of an open source operation named Reprap, which was aimed at developing a self-replicating 3D printer. Versatility to manufacture a large scale of products, where 3D printing can be done near to the point of consumption, indirectly having a massive impact to the

supply chains and business model, many operations can be eradicated like industrial distribution, warehousing and retail. An important feature of 3D printing is that a single equipment can produce different products and also create components that cannot be produced using conventional means.

Prototyping also gives designer the privilege to touch and test the product in the early design stage itself, thus avoids changes incurred in the later stage of the process thus saving time and money, significantly plus manufacturers can consequently minimize the development lifecycle.

3D printing would be a compliment on the already existing traditional manufacturing techniques, Depending on what to produce, the complexity and the quantities involved. However in the Healthcare industry where high precision is needed for some parts to be manufactured. 3D printing can easily be utilized to great effect. Examples of 3D printed materials are; iphone cases, pizzas, Medical models, 3D printed foetus to mention but few. 3D printing works on the originality and not really for creating millions of the

same model. But definitely would be a compliment on the other existing traditional manufacturing Techniques.

Effects of Additive Manufacturing in the Industry The importance and effects that additive manufacturing brings to the industry cannot be over-emphasized. 3D printing changes manufacturing through the way industries design, make production parts and support products in the aftermarket. Products Reach The Market Quickly.

A direct result of 3D printing's impact on the design process is the rate at which new products can be developed. Instead of having to wait for tooling for a given design, designers can simply print onsite or send a CAD file to a service bureau and get parts in hours or days. This has compressed the effect on the overall product development life cycle.

EFFECTIVE DESIGNS

3D printing known for its prototyping technology. It offers a faster way to go from idea to a tangible model than previously imaginable. By allowing for designs to

be drafted in a computer program and then sent to be printed. 3D printing has also helped better products come to market. With the ability to create fast iterations on tangible designs, engineering flaws, and bad ergonomics that might have taken months to identify can be identified sooner incorporated into the final design. As a result, the general quality of parts is improved by designer's ability to explore numerous designs in a shorter period of time , arriving at a better final design.

TOOLING

Apart from prototyping, Another use of the 3D printing is the tool creation. Around a decade ago the range of engineering thermoplastics available for 3D printing expanded significantly in conjunction with the growth of extrusion and powder bed 3D printing systems. The Applications allow creating unique jigs, fixture, or custom end arm effectors for better handling of items. It has been determined that 3D printers are uniquely capable of economically fabricating these often distinctive geometries that would never be suitable for traditional

mass production techniques.

APPLICATIONS

Additive manufacturing can be used in different industries. They are mainly used for prototyping. The process has wide range of uses in architecture, construction, aerospace, dental and medical technology, fashion, food industry and so on. With the integration of 3D digitizer, 3D sensor, 3D scanner, the possibilities are endless.

Engineering: It is adopted in iterative designs, robust parts and precision prototyping. This could enhance designs and makes It easy for engineering teams to manage risks and understand the performance of their designs. 3D printing can enable earlier problem resolution, which can drastically reduce the costs associated with product life cycle.

Construction: Construction components or the entire buildings can be printed using this technology. The recent growth of building information modeling (BIM) may facilitate greater use of 3D printing. Metal can be used and structures like bridges can be printed. Huge 3D

printers are used for this kind of jobs. Even the printing time is also very less, it is claimed that a house was printed in less than 20H. 3D printing in the industry is helpful in constructions in areas such as off-Earth habitats like on Moon or Mars.

Architecture: The 3D printer can be used for beautiful and durable models in order to showcase innovative designs. Complicated designs can be made easily in less time.

Aerospace: NASA has made such an advancement in aerospace that they have started testing rocket parts built by 3D printing and they may even use the same technology to build habitat in space. The achievements in aerospace industry using 3D printers:

- The Vector-R satellite launch vehicle has been successfully sent towards space with an essential 3D printed engine part for the first time.
- A group of students known as the MIT Rocket Team has successfully fired a 3D printed rocket.
- Aerojet Rocketdyne has reported two significant milestones have been reached in the development of the 3D printed AR1 rocket engine.

Electronic Industries: Electronics can be used in prototyping as well as direct manufacturing of antennas, interconnects, PCBs and other components. Recently optimec, has demonstrated the ability to print electronic circuits over 3D electronic packaged surfaces down to feature sizes 10 μ m at a reasonable.

Biomaterials: We can use 3D printer to dispense biological materials. It is done by positioning biomaterials and living cells layer by layer. By using this technology different bio-parts like tissue, bones, heart valves can be printed.

Bones: we can use hydroxyapatite a calcium mineral similar to one found in bone (it is mixed with polymers) to print bones.

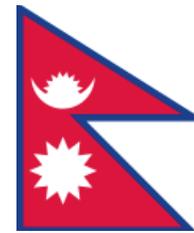
Tissues: An integrated tissue-organ printer (ITOP) is a capable of fabricating stable, human-scale tissue constructs of any shape. Mechanical stability is gained by printing cell-laden hydrogels together which uses biodegradable polymers in integrated patterns and anchored are on sacrificial hydrogels. Even organs can be printed.

CONCLUSIONS

Additive manufacturing has brought about rapid and immense change and development in various industries. Its impacts and applications were discussed and from the following conclusions are drawn and presented below:

- AM technology has been used extensively in the Health care industry to great effect. Hundreds of thousands of people are waiting for an organ donor, this technology could transform their lives.
- AM technology has been adopted to manufacture a large number of engineering components.
- In engineering 3D printing gives a better design by creating precision prototypes, reduced cost and complex shapes can be made in shorter period compared to the other traditional methods.
- 3D printing can print almost any type of materials with complex and intricate shapes and allows for faster iterations and modifications

HOW TO MANAGE FINANCIAL STABILITY DURING PANDEMIC



NEPAL

ROSHAN SHRESTHA

KATHMANDU, NEPAL



Coronavirus disease (COVID-19) is contagious disease caused by severe acute respiratory syndrome coronavirus. It was first observed /identified in Wuhan city of china in December 2019. From there the disease spread all over the world, leading to the current pandemic. The pandemic spread of Novel Coronavirus, has significantly disrupted every aspects of human life. The economy of the world was completely destroyed by the current pandemic. Due to lockdown people are stuck inside their house, millions of people around the world have lost their jobs and millions are in debt. There are lots of people around the world who hold their living by doing daily labor work. For those people it is very difficult to manage their daily food requirements also. Almost all the business activities are completely shut down. In this situation it is a big question that how we can manage financial stability?. Whatever the condition is but the life must go on. Now everyone has to think wisely about the life after pandemic.

In this world of internet and technology, we have got large platform in online market. As we have seen all the market is shut down but only online market is growing larger and larger day by day.

I am not a financial expert neither a financial student. I am a very ordinary student who is still dependent on his middleclass father,

who suffer a lot during this pandemic. Here I am writing this article just to share my experience how me and my family somehow manage our financial stability during this harsh situations. I hope my experience will be helpful in some cases. As all the sector are under lockdown travelling was also completely stopped. So the expenses from travelling was spend in household activities. We perform all the farm work by ourselves which helps to reduce the labor cost. Managing the financial activities just by reducing the family expenses will never give the fruitful result alone. We have to search for other alternatives. We can learn some skill from internet,

from neighbor like making handicrafts out of wood, bamboo etc. which has huge market in today's world. People are ready to pay large money for such handicrafts. In this world of internet and technology, we have got large platform in online market. As we have seen all the market is shut down but only online market is growing larger and larger day by day. Also in this situation online market is proven safe. So we can start marketing and selling our prepared handicrafts or also agricultural products through online. This will make us self-dependent and also helps to solve financial problem.

Beside this there are lots of businessman whose business

is completely fall apart and now they are in large debt. For such people government should provide opportunity to rise again. Government can provide subsidies in paying taxes, they can reduce the bank interest rate and increase the time duration to pay their loan. And another thing is government should encourage the youths to involve in business activities. Not only encouragement they should provide platform for those who have plans and projects for startups. So the government and the policy maker should think very wisely to rise the economy of the country and its people. Our collective efforts will bring the good days again.



HARD WORK TO SUCCESS



BANGLADESH

ZANNATUL NAYEM ZERRY

UNIVERSITY OF CHITTAGONG, BANGLADESH



He believed that hard work would take him to his destination. So he never stops working hard. He leads his life in a very disciplined way.

The sun gets the blood outwear and spreads its cold lava throughout the west of the sky. The reflections on the sea seem like all life, living inside the sea spreads their bloods to consolidate to the sun. Bivor loves to enjoy this moment sitting on the dam beside the sea.

Today he is here after ages. Once he came to this place so often. But so many years have gone in between that he hadn't come here. He came alone without telling anyone at home today, just to calculate the gettings and regrets of life.

In his childhood, he loved to study. But, there was a lot of work he had to do as for the responsibility to his family. After passing the H.S.C. he asked to join the family agricultural work with his father and brothers.

Bivor thought to himself, once he was involved in this field work, he would never come out of this. So he decided to fly away from home. He fled from his home to Dhaka watching the circular for being a soldier to serve in the Navy.

He, along with his three friends joined together in the Navy that time and started

their journey at their 18. They all worked hard in the Navy, got married, had their children. Life was going on in a very regular way.

As Bivor always dreamed about a very well established establishment, he also wanted his first child to be like that. So he gave his full emphasis to build the basics to his child. Though his first child is a daughter, still he trained her as a human.

After returning from his office he took some rest and then he spent time with his daughter. And thus their life continued. Meanwhile he became the father of two more children, and got a promotion as an officer. But he thought that with that small salary he couldn't make anything big in his career. So he decided to resign from the Navy at the age of 40.

He was in the engineering branch. So he took some courses on marine engineering. But he had no job, no income at that time. The people surrounding them start criticising him, his wife and his elder daughter a lot.



They all become depressed. But he had that faith that he would succeed very soon.

That time Bivor had to visit Dhaka most often. He never used the direct transport, rather he used the local transport to lessen the transport cost. His wife cried every night about why Bivor left the job without arranging another income source.

Bivor and his wife decided to move from Dhaka to Dinajpur to their hometown to lessen the living cost. But their relatives didn't allow them to stay there. And observing the environment of the village, Bivor decided not to move there anymore.

After having such a struggling period of getting the most desirable lifestyle, Bivor

finally got the job. He got the call from an international company as a Junior Marine Electrical Engineer.

From then on, he continued the new chapter of his life. He started to do the things he wanted in his life for his passed away parents, his family, his children moreover his village and the relatives.

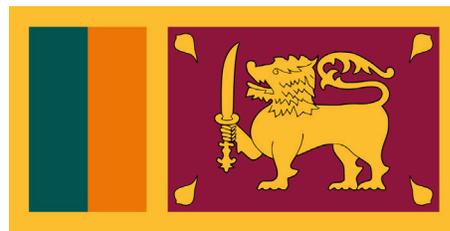
He believed that hard work would take him to his destination. So he never stops working hard. He leads his life in a very disciplined way.

You may not have the intelligences, brilliances, properties, but you are blessed with the capacity to do hard work. So keep working hard to reach your dreaming destination.

TERRARIUM

MANORI PERERA

Sri Lanka



SRI LANKA

Simply put, terrarium is a decorative small indoor garden. This ornamental miniature garden is perfect for people who love the nature but live in the place with no garden and little space for plants. It is an interesting way to keep plants in the home.

Terrarium contributes to create a unique environment for growing plants. It is mostly self-sustaining with the plants watering themselves through transpiration and condensation. This happens because moisture evaporates from both the soil and plants at the elevated temperatures inside the terrarium. And this water vapor then condenses on the wall of the glass container, and eventually falls back to the plants and soil below. Accordingly, this constant water supply prevents plants from becoming over dry. In addition, the light falling through the transparent material of the terrarium enables the plants inside to photosynthesize, a very important aspect of plant growth.

There are two main types of terrarium;

1. ENCLOSED TERRARIUM (SEALED TERRARIUM)

Enclosed terrarium or Sealed terrarium has a removable lid. It is also called as tropical



terrarium. This structure completely creates a high humidity environment. The moisture in a enclosed terrarium constantly recycles itself and continuously produces water that the plants need for growth. Tropical plant varieties are best suited for this kind of terrarium. Such as Mosses, Ferns etc.

2. OPEN TERRARIUM (UNSEALED TERRARIUM)

Open terrarium does not have a lid. It is also called as succulent terrarium. This structure maintains a lower humidity environment. Therefore, It is best suited to plants that do not require much moisture. For an example Cactus and other temperate plants.

Accordingly, terrariums provide a confined space for a garden. we all can easily make a beautiful terrarium ourselves and we should use an open or a closed transparent, glass container for this purpose. They don't need to be watered often. That means both closed and open terrarium are low maintenance for the most part. But we have to do little things to keep this terrarium long lasting and healthy. For examples;

- Prevent plants from overgrowing (Ferns)
- Remove yellow and brown leaves
- Monitor for pests (Specially for open terrarium)
- Remove the lid and then to let in some fresh air (Specially for closed terrarium)

For any terrarium, we need;

- A clear glass container with or without lid (Ex: Fish tanks, coffee pots or even a jam bottle)
- Stones (Ex: Gravel, Sand etc.)
- Activated charcoal
- Potting soil
- Plants (tropical or temperate plants)
- Gardening tools

We can make a terrarium in less than an hour with these very few materials.

Following are the steps of making terrarium;

1. Cover the bottom of terrarium with a layer of stones (This will act as drainage of terrarium)
2. Add a layer of activated charcoal (This will keep water fresh and fight off any bacterial growth in terrarium)
3. Add a layer of potting soil (Should add enough potting soil so that it is deep



- enough for plants to root into it)
4. Add plants (Try to get miniature plants)

After plants are arranged, we can decorate the terrarium as we please (decorative elements such as pebbles, ceramic animals, shells etc.)

Once the terrarium is complete, we will need to take proper care of it. Accordingly water and sunlight are two important elements for the success of terrarium. Therefore, lightly water the terrarium and place in indirect light.

So, terrarium is a great way to maintain an aesthetically pleasing mini garden and also it allows us to clear our minds better as well as restore inner calm.

Let's try to create a terrarium.

EAGLE "I"

SADIA ISLAM

VICE PRESIDENT (GLOBAL COMMITTEE)
INTERNATIONAL YOUTH SUMMIT



BANGLADESH



The Eagle always flies alone to the highest. Eagle is the most tenacious in the bird species that never goes with all the other less hardworking birds. We can see Eagle always stick to focus being fearless.

Life never goes on with the fiction of "Eagle Eye". That is why following the theory of "Eagle I" is the best one for a human being.

If we look at the lifestyle and attitude of an Eagle, we can see several differences with the other birds. The Eagle always flies alone to the highest. Eagle is the most tenacious in the bird species that never goes with all the other less hardworking birds. We can see Eagle always stick to focus being fearless. And also at the life stage of changing feather Eagle shifts to a lonely place to adopt with the change through hardship. These special kinds of attitudes make him the King of The Sky.

Similarly, we have to focus on our activity and attitude in the different stages of our life. Leadership comes with the attitude of an Eagle in practical sense. We have to stick to our vision regardless of the storm. We have to remember "Yes, I can". We have to step fearless of our comfort zone.

Success and leadership cost several challenges and sacrifice together. Be yourself. Be the successful person as you want to see yourself in your vision right now. Be the Eagle of human species with your life skills and development attitude.

TREE PLANTATION PROGRAM

BANGLADESH SCOUTS

DOCTOR G K ARAFIN

DHAKA MIDTOWN OPEN SCOUT GROUP
ROVER SCOUT LEADER



BANGLADESH



“Planting trees is the ideal approach to support nature. It additionally helps other living species, including people, in many ways. Trees give us oxygen, food, shelter, and many more.”

We called our Rovers for planting trees specially fruit-trees to make green Bangladesh greener under the social forestry programme at the time of COVID.

So we made the call virtually at the inaugural function of the tree plantation programme of Bangladesh Scouts, Dhaka District Rover at the conference room of Dhaka District Rover Office.

We also emphasized on taking social and state initiatives through tree-planting activities to protect the diversity of animals, birds and plants.

All Rovers of Dhaka Midtown Open Scout Group has undertaken the tree plantation programme with the aim of building a green country.

Rover leader virtually inaugurated the social forestry programme jointly conducted by Bangladesh Scouts, Dhaka district Rover and Dhaka Midtown Open Scout Group with the theme ‘Mujib Borshe Ongikar Kori, Sonar Bangla Sabuj Kori’.

The Rover leader of Dhaka Midtown Open Scout Group said, Prime Minister Sheikh



Hasina has announced a campaign to plant one crore trees across the country on the birth centenary of Father of the Nation Bangabandhu Sheikh Mujibur Rahman.

The programme taken by Bangladesh Scouts, Dhaka district Rover and Dhaka Midtown Open Scout Group will help to achieve the goal of the tree plantation programme announced by the Premier and that is why it is very significant.

This programme is very important for the country, for the state, for the society and for the next generation.

Appreciating Dhaka Midtown Open Scout Group's activities,

The Commissioner Prof. Enam & the Secretary of Dhaka District Rover Mr. Jahangir said that since its inception, Dhaka Midtown has been contributing a lot to the welfare of the society and the scout family through multi-dimensional creative initiatives.

They said Dhaka Midtown Open Scout Group has stood by the helpless people even during the corona period.

Planting trees is the ideal approach to support nature. It additionally helps other living species, including people, in many ways. Trees give us oxygen, food, shelter, and many more. We donated trees to the workers of the

schools. Wherever we went to plant trees, we searched for nearby schools and tried to give them fruit trees and other trees which have high value for their wood.

During the pandemic, Rovers of Dhaka Midtown has distributed food among the destitute and helpless almost every night, Secretary of Dhaka District Rover Mr. Jahangir said, adding that Rovers of Midtown has also distributed iftar almost every day last Ramadan. Not only that the Rovers of Dhaka District has distributed Face Musk to the road side people at the pandemic situation for their safety. The Flood time, Rovers has supply essential food to the effected citizen



for their hunger. Rovers build temporary home for the flood effected people.

A few days ago, on the birth anniversary of Bangamata Sheikh Fazilatunnesa Mujib, it went to rural area and organized a free medical camp to help people, he said. Commissioner Prof. Enam , Secretary Mr. Jahangir & Rover Leader of Dhaka Midtown Dr.G.K.Arafin delivered their speech on the occasion while a great plantation programme was running at varies places of Dhaka city.

Later, the Commissioner & the Secretary of Dhaka District Rover with Dhaka Midtown Rover leader planted saplings

on the premises of the six Main College's venues of Dhaka City.

Our Commissioner of Dhaka District Rover Prof Enam has also planted near about ten thousands Pulm tree at Commila District. From it , citizen will be saved from Thunder during rainy season.

Tree Plantation is one of the best activities for making the planet greener, livelier, and healthier. Planted trees help our biodiversity, ensure the supply of oxygen for the next generations, and provide us with various resources. Without trees, the existence of human life, as well as other species on earth, is impossible.

So, we should plant more and more trees. In My project, I chose various Scout Training Centers as the key place or the primary base to work on and at. Strategic plantation at training centers were our plans from the beginning but we knew that planting and maintaining centers which are far from us would be difficult as we will not have fast access to those sites. Through this project I have planted many types of tree saplings and palm seeds there. As part of this project, I planted 200 slappings at Dhaka City. Keep us in your prayers so that we can carry out this noble task in coming future.

MY DAILY ACTIVITIES AND EXPERIENCE ON COVID-19 PANDEMIC



NEPAL

NISHA SILWAL

NEPAL

COVID-19 (Coronavirus) has affected day to day life and is slowing down the global economy. This pandemic has affected thousands of peoples, who are either sick or are being killed due to the spread of this disease. Countries are banning gatherings of people to the spread and locking their population and enforcing strict quarantine to control the spread of this highly communicable disease.

The COVID-19 pandemic has presented many challenges to healthcare, economic, socially, educators, and parents and so on. People are already coping with mental health condition. The coronavirus pandemic is scary. Everyone can be infected. No one is exempt. No matter what your station in life, your status, power or popularity, the virus still can get you.

I think there has also been a positive impact. People are now more aware of the importance of being healthy and helping each other and they understand that some people for example the elderly, people with chronic conditions should be protected more than others.

In some ways, the COVID-19 era seems



“Before the pandemic, my life was so busy, used to go college. I used to hang out a lot with my friends, trying different types of restaurants and foods. This was reduced to a minimum when the pandemic and lockdown started as I’ve had to eat most of my meals at home.”

like exactly the right time to educate us on how to manage the intense sadness, isolation, and anxiety they are feeling.

To be honest, at the first time I feel like that the pandemic is an opportunity to focus on improving on myself. I was free from my responsibility and life was just so chill watching netflix and resting all of the time. But now it's has been a little bit difficult to stay only at home without any work. The isolation has been difficult I have gained weight and became sedentary. Having to cancel big family vacation plans and having no sense of when anything can be planned is depressing. I found myself watching too much TV and spending too much time online and getting little accomplished in spite of all the time.

Before the pandemic, my life was so busy, used to go college. I used to hang out a lot with my friends, trying different types of restaurants and foods. This was reduced to a minimum when the pandemic and lockdown started as I've had to eat most of my meals at home. I also

started exercising at home and following simple and healthy tips, such as using the stairs instead of the elevator and walking small distances instead of using the car. These changes have resulted in improved body weight and better healthy life. I have practiced being grateful for what I have. Sedentary behaviour and low levels of physical activity can have negative effects on the health, well-being and quality of life of individuals. So I have found physical activity and relaxation techniques as valuable tools to help me remain calm and continue to protect my health during this time.

Going beyond back to normal, I have prepared myself mentally strong. Firstly I have to set realistic expectations as it's natural to feel anxious or ambivalent when letting go of an established habit, like wearing mask. I have to live in this ways that are consistent with my values which promote well-being and reduce anxiety and depressions. I have to move on my track, engaging in activities that make me feel rewarding stave off negative mood. This is the perfect time

for growth and preservation, perception of time can influence my goals and motivation. As my emotional health improves when I do things to benefit others. Being intentional about helping others is a win-win. Many people and communities are in need right now, so I think about how i can contribute -be it time, money, resources, skills or a listening ear. Asking what my community needs to recover and thrive and how you can help address those needs, as well as considering what I and my household need, can boost everyone's well-being.

As the return to so-called normal life becomes more of a reality, don't idealize post-pandemic life or I'm bound to be disappointed. Instead, I should be grateful and intentional about what I choose to do with this gift of a reboot. With a little thought, I can do better than normal.

AS A YOUTH, THINK POSITIVE, DO POSITIVE

NUSRAT TAMANNA

STUDENT

UNIVERSITY OF CHITTAGONG



BANGLADESH



This is Nusrat Tamanna who has been writing for three consecutive times in 'The Green Volunteers Magazine' of ANYV. I want to give special thanks to ANYV for giving me & many other youths the platform to write & speak. I started my voyage with ANYV from the middle of 2020 - a time when youths were depressed with their academic life & the whole world was covered with depression.

I started with some free courses offered by ANYV & continued my sessions; leadership class worths mentioning here. This class helps me a lot to march forward in my work place. To best utilise my free times, I also grab the opportunity to attend the classes on writing section, presentation making and so on. Besides these, i also joined several others courses of Coursera that were mentioned before in my article.

As a young leader i wanted to make myself busy with distinguished works & research works to explore my knowledge level though frustration was there

Today I will briefly try to discuss a few points about what our youth should do in any crisis...

We are young, we are the trust of the nation, we have to be responsible, we have to develop the mentality of giving something to the society.

1. We,the youth, should always be engaged in the welfare of human beings, to move forward as much as possible to deal with

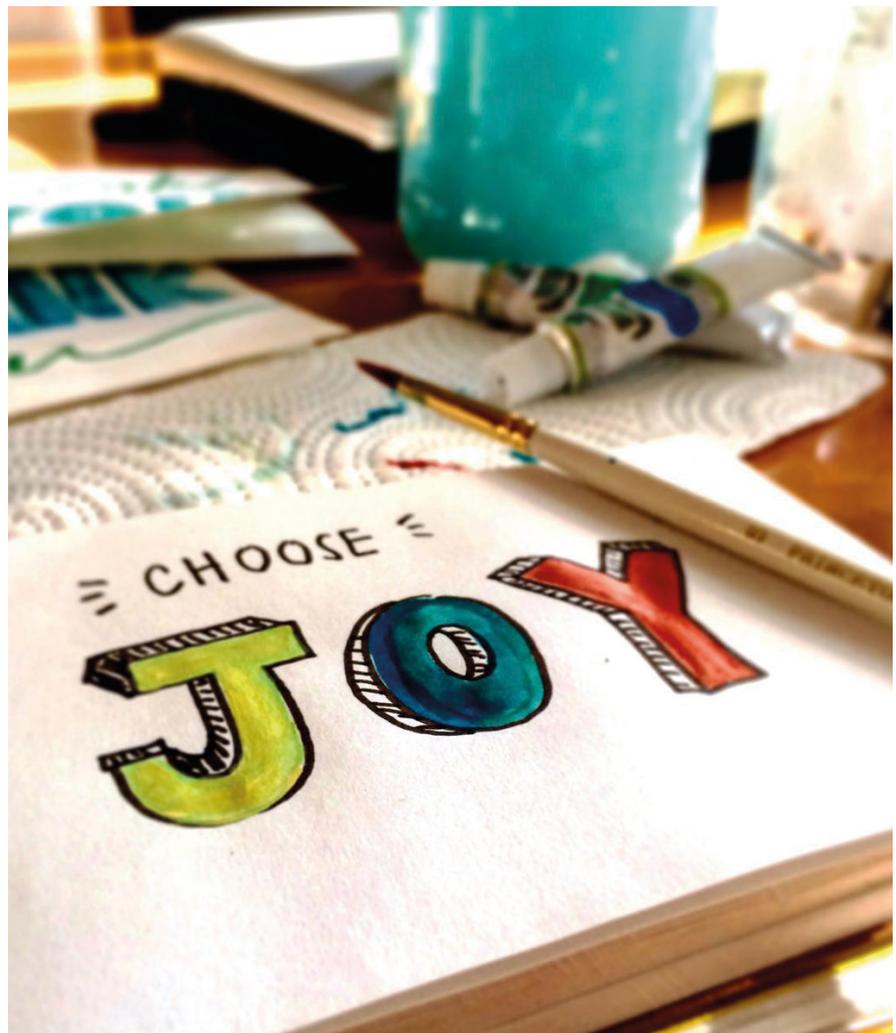
any crisis.

2. Always be positive in every aspects, and also learn from the negative aspects to avoid them.
3. To become the trust of the family, society and the state.
4. To acquire leadership qualities.
5. Above all, to be human

We are young, we are the trust of the nation, we have to be responsible, we have to develop the mentality of giving something to the society.

“Think positive, do positive. Get positive soon (In Sha Allah)”

Thank you everyone.



THE WHY OF SMOKING

HASIBUL ISLAM

RAJSHAHI MEDICAL COLLEGE



BANGLADESH



“Smoking is the practice of administering drugs or certain aerosols by burning so that the fumes reaches the lungs rapidly and therefore ingested by directly by the bloodstream. Smoking cigarettes or to be more specific nicotine is a popular recreational practice.”

ABSTRACT

Cigarette smoking has always been a burning health issue of the 21st century. Despite the reduction of smoking in recent times, death due to smoking still holds a top position in the list of reasons behind premature death. The health hazards of smoking though not unknown to none, people still cannot leave the habit of smoking. So it is utterly clearly that to strip an individual of the practice of smoking, the reasons behind smoking are to be clearly understood. Study shows that smoking in both adolescents and adolescents is established as an irresistible habit due both biological and psychological reasons.

INTRODUCTION

Smoking is one of those terms which is quite familiar throughout the world to absolutely people of all ages yet it is also the term which people tend to hide in their conversation intentionally. In short, smoking is a taboo to all. Now certain practices are known as taboos for a reason. Generally taboos are practices which society deems inappropriate, hence in most societies unapproved. Smoking on the other hand is not only deemed inappropriate by the society but by also the person who's

smoking. Well this is because smoking is one of the few habits whose psychological impact hits far before its physiological effect. Hence, smoking is considered to be an indecent act and always preferred to be kept hidden. Now smoking being a taboo doesn't explain why about 70% of the global population knowing all these have at least smoked once in their life. It's quite sure that since such a wide range of people have fallen prey to smoking, there ought to be both



biological and psychological or reasons which should be backed by socio-economic circumstances.

SMOKING: DEFINITION

Smoking at present to most of the people is merely burning cigarettes or something similar to these. Generally, smoking is the practice of administering drugs or certain aerosols by burning so that the fumes reaches the lungs rapidly and therefore ingested by directly by the bloodstream. Smoking cigarettes or to be more specific nicotine is a popular recreational practice. However nicotine is not the sole element of smoking. Drugs like marijuana, cocaine, opium or hard narcotics like heroine can also be administered via smoking. In a broad sense, anything ingested in the blood via route of lungs falls under the category of smoking as such, mosquito repellent coils are also a form of smoking that we are not aware of.



THE HISTORY OF SMOKING

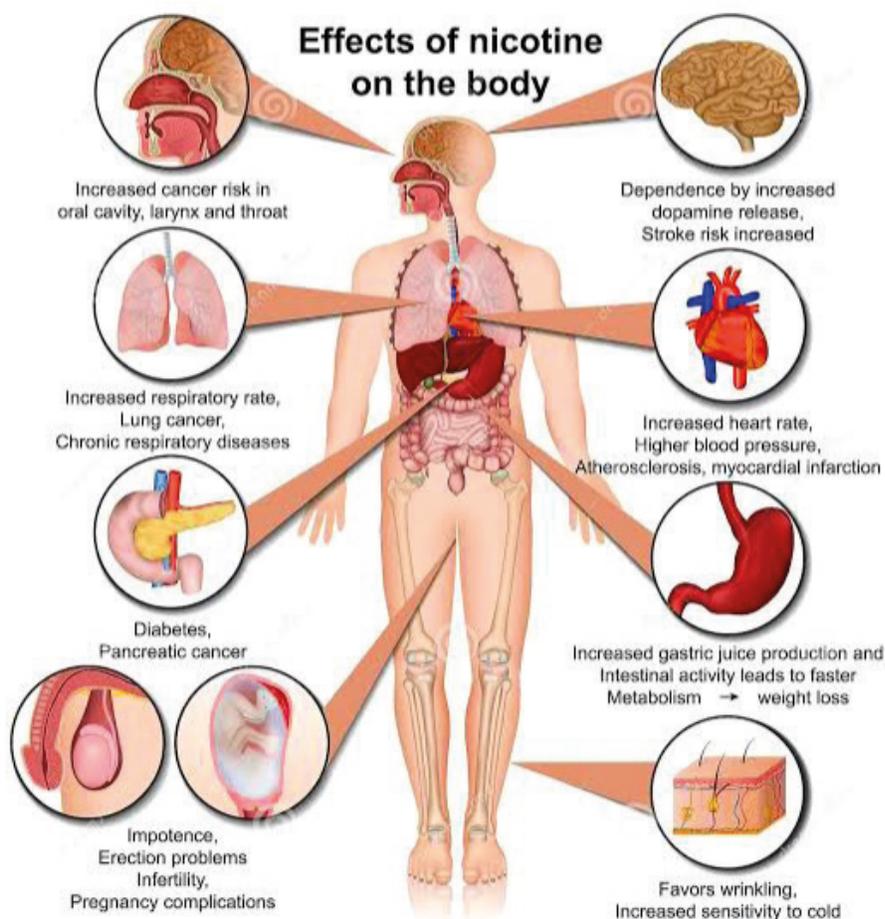
Smoking now a days though is a recreational practice of taking drugs, initially the advent of smoking occurred to serve the purpose of religious practices. The history of smoking dates as far as to 5000 BC, when smoking as thought to be a sacred religious practice which helped the priests to alter their course of thinking and strip the mind of worldly thoughts in order to connect with GOD. Again, many of the ancient civilizations like Babylonians ,Chinese, Indians burnt incense as a part of religious practices. After the European exploration and conquest of the Americas, the practice of smoking tobacco quickly spread to the rest of the world. In regions like India and Sub-Saharan Africa, it merged with existing practices of smoking (mostly of cannabis). In Europe, it introduced a new type of social activity and a form of drug intake which previously had been unknown.

Composition of a cigarette:
A cigarette is a narrow cylinder containing psychoactive material, typically tobacco,

that is rolled into thin paper for smoking. Most cigarettes contain a “reconstituted tobacco” product known as “sheet”, which consists of “recycled [tobacco] stems, stalks, scraps, collected dust, and floor sweepings”, to which are added glue, chemicals and fillers; the product is then sprayed with nicotine that was extracted from the tobacco scraps, and shaped into curls. The cigarette is ignited at one end, causing it to smoulder; the resulting smoke is orally inhaled via the opposite end. Most modern cigarettes are filtered, although this does

not make them safer.

Apart from nicotine, tar and carbon mono oxide, no less than 4000 irritating, suffocating, dissolving, inflammable, toxic, poisonous, carcinogenic gases and substances and even radioactive compounds (nickel, polonium, plutonium, etc.) have been identified in tobacco smoke. Some of these are listed hereafter: Benzopyrene, dibenzopyrene, benzene, isoprene, toluene (hydrocarbons); naphthylamines; nickel, polonium, plutonium,



arsenic, cadmium (metallic constituents); carbon dioxide, methane, ammonia, nitric oxide, nitrogen dioxide, hydrogen sulphide (gases); methyl alcohol, ethanol, glycerol or glycerine, glycol (alcohols and esters); acetaldehyde, acrolein, acetone (aldehydes and ketones); cyanhydric or prussic acid, carboxyl derivatives (acids); chrysene, pyrrolidine, nicotine, nicotinine, nicoteline, nornicotine, nitrosamines (alkaloids or bases); cresol (phenols), etc.

NICOTINE

Nicotine is the prime drug used in cigarettes. It is a widely-used stimulant and potent Parasympathomimetic alkaloid that is chemically composed of carbon, hydrogen and nitrogen. Nicotine acts as a receptor agonist at most nicotinic acetylcholine receptors (nAChRs), except at two nicotinic receptor subunits (nAChR α 9 and nAChR α 10) where it acts as a receptor antagonist. Nicotine constitutes approximately 0.6–3.0% of the dry weight of tobacco. Nicotine is also present at concentrations of millionths of a percent in

the edible family Solanaceae, including potatoes, tomatoes, and eggplants though sources disagree on whether this has any biological significance to human consumers. It functions as an antiherbivore chemical; consequently, nicotine was widely used as an insecticide in the past and neonicotinoids, such as imidacloprid, are widely used.

PHYSIOLOGY OF SMOKING

Smoking cigarettes mainly starts as an urge of mind or to quench the thirst of our curious mind. However what many of us fails to understand is that despite the first experience of smoking being awful in 95% cases, why people tend to smoke again and again. Smoking cigarettes or inhaling nicotine has a certain physiological effect on human biology which forces our body to repeatedly take the drug from time to time.

THE 'NICOTINE EFFECT'

Nicotine is both a sedative and a stimulant. When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the

adrenal glands, which results in the release of adrenaline.

This surge of adrenaline stimulates the body. There is an immediate release of glucose, as well as an increase in heart rate, breathing activity, and blood pressure. Nicotine also makes the pancreas produce less insulin, causing a slight increase in blood sugar or glucose.

Indirectly, nicotine causes the release of dopamine in the pleasure and motivation areas of the brain. A similar effect occurs when people take heroin or cocaine. The drug user experiences a pleasurable sensation.

As users become more tolerant to nicotine, they require higher doses to enjoy the same effects.

Dopamine is a brain chemical that affects emotions, movements, and sensations of pleasure and pain. If your brain dopamine levels rise, the feeling of contentment is higher.

Depending on the dose of nicotine taken and the individual's nervous system arousal, nicotine can also act

as a sedative.

PHARMACOLOGIC EFFECT:

When humans, mammals, and most other types of animals are exposed to nicotine, it increases their heart rate, heart muscle oxygen consumption rate, and heart stroke volume. These are known as pharmacologic effects

PSYCHODYNAMIC EFFECT:

Consuming nicotine is also linked to raised alertness, euphoria, and a sensation of being relaxed.

CONCENTRATION AND MEMORY:

Studies have shown that nicotine appears to improve memory and concentration. It is thought that this is due to an increase in acetylcholine and norepinephrine. Norepinephrine also increases the sensation of wakefulness, or arousal.

REDUCED ANXIETY:

Nicotine results in increased levels of beta-endorphin, which reduces anxiety.

Nicotine is one of the most difficult substances to quit

once addicted.

NICOTINE IS HIGHLY ADDICTIVE:

People who regularly consume nicotine and then suddenly stop experience withdrawal symptoms, which may include:

- cravings
- a sense of emptiness
- emptiness
- depression
- moodiness
- irritability
- difficulty focusing or paying attention

The American Heart Association says that nicotine consumed from smoking tobacco is one of the hardest substances to quit. It is considered to be at least as hard as quitting heroin.

A 2013 study showed that reducing the amount of nicotine in cigarettes also brings down their level of addictiveness.

A study carried out at the National Institute on Drug Abuse found that nicotine consumption makes cocaine more addictive

THE PSYCHOLOGY OF SMOKING

Now that we can make a statement of why quitting smoking or avoiding smoking is hard and to some extent impossible to smokers, we are to proceed toward the reason of why one starts smoking in the first place. Smoking is like a chain reaction which need certain specific factors or agents to initiate. But once started, it keeps going on increasing its impact with time.

In case of human beings, the mother factor behind initiation of smoking in the way human mind thinks or simply the human instincts. Let's explain, human mind is basically the software that runs our body. Under different circumstances, it applies different programs to manage any situation. That means any initiative or idea that pops suddenly in our mind isn't a sudden step at all. Advent of any idea originates from the necessity of solving any problem. Consider recreation for example, any idea for enjoyment originates due to the need of either passing time or adding pace to any monotonous work. Hence the idea or curiosity of smoking also originates to manage certain situations.

Basically, a person starts smoking during adolescence. Now, of course juveniles are prone to doing daring and unconventional things. But most of the teens starts smoking due to peer pressure. A tendency to cope up with friends is one of the prime reasons behind smoking. Again, teens are most prone to depression, there maybe a number of reasons, like

- familial discord
- academic pressure
- bullying
- unsolved love issue
- lack of friends
- inferiority complex

Kids, in their adolescence find

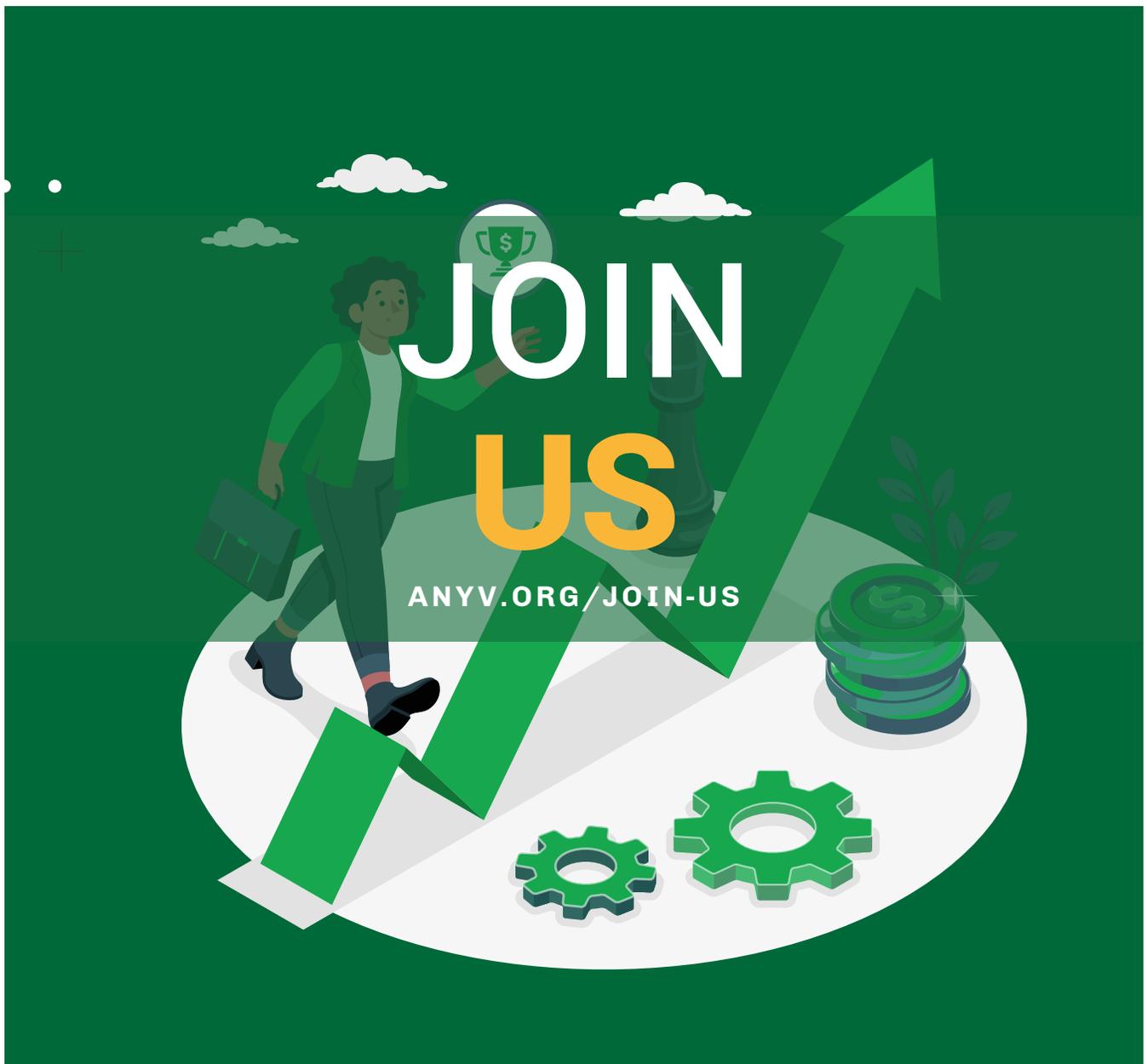
the easiest solution to these problems in smoking. Again cigarettes are the easiest available unconventional drugs in market, so juveniles find it much easy to smoke a cigarette and hence falls prey to the chain reaction of smoking.

In case of adults however, the story is different. Since nicotine relieves the mind of worldly pressure for the time being and serves the function of a nerve reliever, adults choose cigarettes as a tool for managing stress and gladly accepts the horrible side effects of smoking.

CONCLUSION

Human mind is a complex aggression of logic and sentiment where none can dominate over the other, hence we always end up adoring certain objects or practices which may pose a threat to our health, may it be physical or mental. Smoking is one of such practices which smokers just can not ignore in an instant. But a deep understanding of the causes and effects of smoking can help an individual to gradually cut short the habit of smoking.





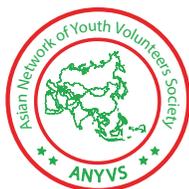
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