

— T H E —

# *carpe diem*

C H R O N I C L E S



VOLUME SIX

Welcome to Carpe Diem Chronicles – Inventure Academy’s very own student-run publication. Acting as a ‘voice of the students’, CDC showcases a miscellany of submissions from across the student body. It is a space for Inventurers to express their creativity, share important ideas and stay connected to the Inventure community.

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*The Team* • Kabir Burman  
Kaavya Mundkur  
Lavanya Ranjan  
Vanshika Somani  
Aarushi Choudhary  
Rhea Chaudhary  
Mrunmayi Kamerkar



# Letter from The Editors

Dear Readers,

With this issue of The Carpe Diem Chronicles, we bring to you something special. As always we aim to showcase the voice of the Inventure community, but in this edition we are proud to showcase the work of students who embody what lies at the very heart of the Inventure community- sensitivity, compassion, and a drive to create change. In this special issue we highlight projects students have undertaken to transform the world for the better, in their own unique ways. In this 'Book of Good Deeds' you will find initiatives that tackle a multitude of issues from helping the homeless, to tackling rights and stigmas faced by women to the problems of mental health. From turning an observation into action, to overcoming the obstacles brought about by the pandemic, we take you through the inspiration, the journeys and the impact students have created.

As this unprecedented academic year comes to a close, marking the first year of the Carpe Diem Chronicles, we look forward with hope and eager anticipation for what's to come. In fact, this issue is different not just in the make-up of its content, but also in it's creation. Like all CDC issues, it started with Inventure students and their stories, however, this CDC issue was created and edited by the apprentices of the current CDC team, the heirs to the throne if you will [if we successfully pass our initiation].

With that being said, we proudly present to you the CDC Special Edition: Book of Good Deeds.

**Carpe Diem we seize the page!**

*Happy Reading!*

Faithfully,  
The Editors



**ORGANISED BY:  
ANUSHA KUMAR**

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# FOOD DRIVE

*Helping the Migrant Workers*

## QUESTIONS

1. What is this project?
2. Why did Anusha choose to tackle this problem?
3. What challenges did Anusha face while working on the project?
4. What impact has your project had?
5. How would Anusha describe her experience?
6. How did Anusha land on this idea, what inspired her to take on this project?

## ANSWERS

01

As the migrant workers in India have lost their jobs and meagre incomes, they were faced with lesser access to food and sanitation. With the help of crowdfunding, the collected funds were used to send the displaced migrant workers of Orissa food and health packages which contained items used for basic sanitation and food such as Ghee, Rice, and Tea.

02

“When the pandemic first hit there were a lot of displaced migrant workers,” Anusha mentioned. The workers lived in temporary housing, since construction was halted, they weren’t earning any wages, so they couldn’t afford basic needs. Anusha saw this as a call to action, pushing her to conduct a food drive.

03

“The only challenge faced was the struggle to bring the food to the workers amidst the pandemic,” Anusha commented. The police enforced strict measures to ensure people stayed in their homes. To overcome this issue, Anusha spoke to a police inspector to allow her to use her own transportation.

04

Anusha realised that people were willing to donate readily once they learnt of the cause she was supporting. She was able to raise two and a half lakhs from only friends and family and didn’t need to reach out to anybody else.

05

“I have always loved community outreach, helping others, and interacting with the underprivileged,” Anusha reminisced, “My favourite moment was being there, distributing the food, and seeing the smiles on the children’s faces.”

06

After seeing multiple stories reflected in the news about the plight of the displaced workers, Anusha was deeply moved. She mentioned that she saw the area the workers were living in was a developing area, several construction camps of people were left stranded with no income or means to buy food. This acted as her final push to launch the drive. It all stemmed from there, and this initiative shaped up.



# STUDYBUDDY

**In this new normal, classes are virtual, student interactions are limited and learning opportunities are diminished.**

StudyBuddy is an initiative that offers students the opportunity to unleash the potential of peer to peer learning which involves:

sharing of knowledge, ideas and experience between the students that can enhance the quality of education

It was an idea for the Changemaker Challenge that was augmented into an intricate platform that tries to make online learning more exciting and meaningful. The process starts by registering on their platform for meetings between mentors and mentees. Their YouTube channel gives a run-through on how to use the platform to make it as simple and safe as possible.





By scheduling study sessions through them, one can look at everyone else's schedule and coordinate with their classmates, avoid and battle cyber-bullying at their end, and prevent security breaches and entry of unwanted participants in the sessions. StudyBuddy takes extensive measures to ensure the safety of their mentors and mentees through regulation of entry on Zoom meetings, consent forms and offence reports.

StudyBuddy ensures easy scheduling for doubt clarification, group study and topic revision, it enables reciprocal peer-peer learning with the help of integrated tools such as whiteboard, document sharing, chat and video conferencing. It aims to build empathy and camaraderie among the students. Mentors are often from a grade above the mentees to offer insights on how to study effectively.

As research has proven, peer to peer learning is more productive than even reading the whole chapter twice. Due to social distancing, the team thinks that this is critical and that's why discussions focus on a small topic, to avoid overwhelming effects and distractions.

The core team faced challenges like lack of sufficient participation, but through determination and upskilling they persevered and now plan to expand to higher grades. As of now, they have 21 members. This project was initiated by Raashi Parekh, Diya Kakkar, Priyanka Panga (grade 10) and Krish Kakkar (grade 8). mentors and 12 mentees from grades 6, 7 and 8.



@SHARE.A.SQUARE

# Share a Square

HOW A LIGHTBULB MOMENT DURING AN EPISODE OF THE BACHELOR BECAME A STUDENT-RUN INITIATIVE THAT KEEPS HOMELESS PEOPLE ACROSS THE WORLD WARM.

## WHO, WHAT, AND WHY??

This student-run organization was founded by Sahana Athreya and Edha Singh. By collecting 6x6 inch crocheted and/or knitted squares, SAS makes blankets and ponchos for the homeless. Along with keeping hundreds of people warm, they aim to revive the art of crochet and knitting.

## HOW?

To revive an art you have to teach art. SAS conducts workshops, competitions, and events to spread awareness and expand its community. With the collection drive, they run a shop that sells knitted and crocheted items with all the proceeds going towards charity.

## A CHALLENGE THEY FACED

This project started in the early days of the pandemic, where open shops and the material required were rare. People couldn't participate in the webinars because they lacked the equipment.

## THEIR SOLUTION

They solved this by using daily household items that are accessible to anyone during the lockdown. Forks, chopsticks, and rainbow loom hooks became needles in their early days. As they progressed, they were soon able to provide every beginner with their own crochet starter kit - complete with wool and needles.

## THEIR PROGRESS SO FAR:

Over 200 orphanages across Bangalore have received Blankets from SAS! Along with that they have hosted over 30 webinars for friend groups and a webinar series for students of the Ramagondanahalli School and Krea University respectively!



## A GLOBAL ART FORM

People from across the world have started contributing to their cause. The Philippines, Singapore and Denmark, are just a few of the many places you can find members of the Share a Square community today.

## A GLOBAL COMMUNITY:

What began as a project fueled by Indian crafters has grown into a global community with chapters in Cyprus and Texas. Additional ones in other states across the USA and UK will be joining SAS later this year.

## A PLATFORM FOR ALL

SAS doesn't just connect crafters from across the world, they provide a space for artisans to speak about their art and passion on their Instagram series Saturday Knit Live. This is hosted every Saturday at 7 pm on their Instagram page (@shara.a.square) using Instagram live.

## ADVICE FROM CO-FOUNDERS OF A GLOBAL ENTERPRISE:

A common depiction of a goal is often a mountain - a great obstacle you have to climb and conquer. However, to reach that peak you have to make sure that you know exactly where your next step is going to be. As Sahana Athreya, the Co-Founder of SAS and student in the 12th grade at Inventure Academy said, "Every reel we put up is to attract more people to our page, who will then contribute squares. Every item we sell in the shop will give us more revenue to stitch blankets. In this simple example, she shows how every action they take contributed to their end goal of getting squares for blankets and ponchos. If you plan on taking up a social change initiative, this advice would come in handy.

This story of tenacity and perseverance and change all began with an episode of The Bachelor. Changemakers can come from any place, at any time, but if you have the passion that Edha and Sahana had, the question is no longer "Can we do it?" but "When do we get started?"



A recent estimate by the World Health Organization has stated that around 15% of the total disease conditions are mental illnesses. That same estimate also suggests that India has one of the largest populations affected by the same. As a result, the WHO has labelled India as the 'world's most depressing country.' Moreover, according to a study, between 1990 to 2017, one in seven people from India suffered from mental health conditions ranging from depression, anxiety to severe conditions such as schizophrenia. While the COVID-19 Pandemic may be the current headliner, it is no exaggeration to suggest that the country is experiencing a mental health epidemic as well.

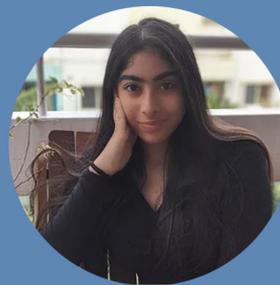
Globally, over 20% of young people describe experiencing mental disorders. However, in India, only 7.3% of its 365 million youth report such problems. One of the primary factors resulting in this vast discrepancy is the public stigma associated with mental health problems. In turn, this issue affects help-seeking behaviour, particularly amongst the youth. It is this pivotal demographic that Project Kara hopes to have an impact on. Being a by the youth-for the youth movement themselves, they aim to provide access to information and counselling to as many adolescents in India as possible. By doing so, they hope that they can help improve the state of mental health of the Indian youth and also see an increase in the number of people willing to get help.



### *What is it?*

Kara is a by the youth - for the youth movement. It aims to participate in resolving the upsurge of poor mental health of the youth in India.

### *Who are it's founders?*



Arushi Menon



Kaavya Mundkur

### *Website Link:*

[projectkara.in](http://projectkara.in)

### *Spotify Link:*

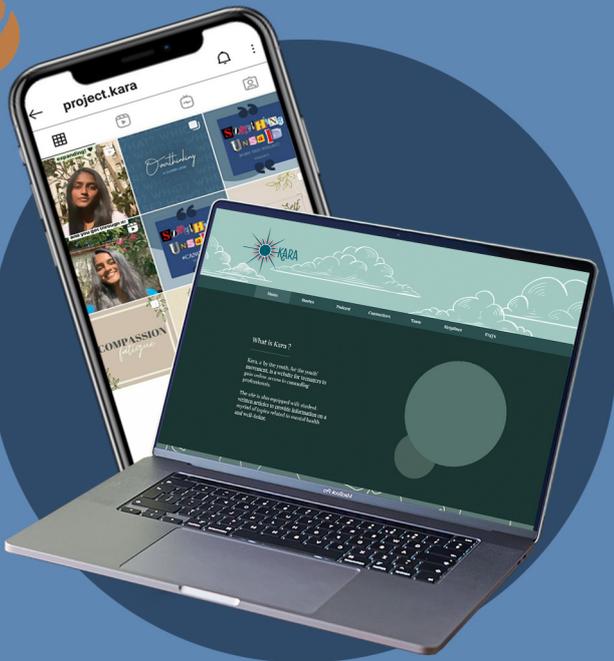
<https://open.spotify.com/show/SomethingUnsaid>

### *Instagram Link:*

[@project.kara](https://www.instagram.com/project.kara)

### *More Volunteers are needed!*

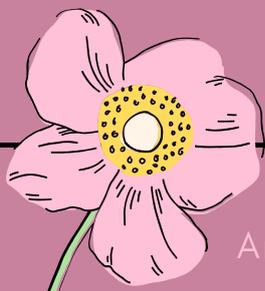
Reach out to them on their  
Instagram & Website.



Furthermore, with the onset of the COVID-19 pandemic, naturally: mental health conditions such as stress, anxiety, fear, depression, etc. have been on the rise while the number of people who are able to access counsellors and support is dwindling. Teenagers are unable to meet with their counsellors, while those who didn't opt for counselling are finding themselves in a position where they now require it. Yet, when Kaavya Mundkur and Arushi Menon were researching organizations that exist for the youth specifically, they could not find any. Meanwhile, government initiatives such as the National Health Policy (2002, 2016) and the National Mental Health Policy (2014) provided little emphasis on mental illness among the young population. Instead, they found that issues about children were being treated the same way as they would have been treated for adults. For this reason, they wanted to create a new platform, solely for the youth - "Kara".

So far, the initiative has gathered a team of 24 members with various departments, each working in tandem with another. Two Volumes of their student-led podcast 'Something Unsaid' discusses several topics that impact the youth and their mental health. The idea behind the podcast is to show that the youth still has a voice by touching upon matters that directly play a role in their lives such as Colorism, Education and Body Image. In the same manner, the articles cover a diverse range of topics with special reference to youth mental health. The literary pieces are written by a talented group of young writers, with references and citations from certified professionals. Their Social Media Page is used productively to spread awareness and remove the stigma around mental health, while also encouraging approachability amongst the youth. It also serves as a platform for the promotion of their activities. Last but certainly not least, their website serves as a platform for all of the above and new eager students to reach out and volunteer!

Project Kara recently participated in the Girl Rising: My Story challenge. Here, out of 1500 applicants across 90 countries, Project Kara was able to qualify in the final 15. With new participants joining every month or so, it is an initiative whose story is far from over. Making up a portion of the Indian youth, they hope to form a collective voice for young adults across the country and remain devoted to protecting the mental health of our fellow teenagers.



Literare  
Artem  
Resources



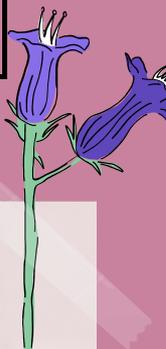
# Eunoia

"beautiful thinking"

Eunoia is a student-led organisation by Zaina Sarfaraz, Ruth Leene and Aayushi Minocha from grade 12 which aims to destigmatize mental health, and spread information, awareness and positivity. They hope to create a safe space to have authentic and honest conversations about mental health. We did a short interview with Aayushi Minocha to talk about the project and the founders.

website: <http://www.eunoia.we.com/>

instagram: @eunoia.we



## First, please explain your project a little.

Our project is mental health based and raises awareness on different topics that mostly affect the youth, but is educational for any audience. We had to make an Instagram page revolving around any mental health topic, so we chose eating disorders. We then further expanded it to topics that aren't all that talked about or topics that people are aware of, but not in much detail.

## Since this started off with an internship, I wanted to know how exactly you came about the internship.

Our psychology teacher told us about the opportunity to intern at Fortis' mental health section. It was an educational thing as well where we were going to cover topics like eating disorders, psychological phenomena like narcissistic family and how to deal with panic and anxiety attacks. Towards the end we had to make an Instagram page which we continued.

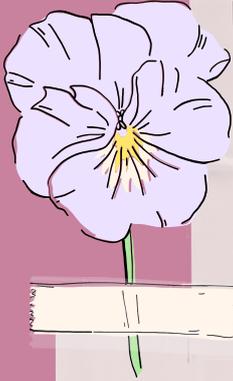
## How is the work divided between the three of you?

We first decide on a topic, and then talk about whether to do the writing, the designing, or making the captions. We've all been very closely involved in this project.



## Initially when this was a part of your internship, did you have any mentor or a guide?

No, not really. We didn't have any sort of mentor, we just did what felt right to us. We were all passionate about the topic and I think Zaina and Ruth had some experience in design. I started designing soon after. We just tried our hand at it. And we've been doing it based on instincts and what we thought.



## What impact has your project had?

I think that we've grown more of a following than we were expecting in the beginning, it was totally about the internship. And then when we decided that we wanted to keep doing this. We didn't think that we would grow such a following. It was about us spreading information about things that we were also unaware of. It was a long experience for us. Slowly people started reaching out to us and telling us that they're interested in these topics and giving ideas for more. And we really liked how passionate people were and how closely they were following our feed. I got various DMs whenever I put up Eunoia posts, telling me that people learnt something new.



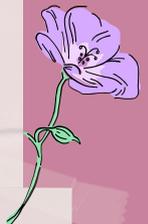
## So what challenges did you face while working on your project?

Right now, I think the biggest problem that we're tackling is trying to be consistent. We haven't seen it in a while because 12th grade gets really hectic and you don't know how to keep it going. When we have to go to college, it will probably be passed on to someone else.



## And your reflection?

This has been a learning experience for us as psychology students and a part of the youth. The pandemic has brought the topic of youth mental health to the forefront and we saw many mental health pages pop up and we wanted to be a part of the change. The submissions we get are so touching and it drives us.



## Tell me a little bit about your website.

We get many submissions from people about people submitting their poems, their articles, and they're very beautiful. We have a website where we put them up and we make posts informing people that this particular person has written about this. It's anything that comes on that under the topic of mental health, it's a huge topic. I don't think we can restrict anyone or tell anyone how they can get that information or how they get their information.

## OK, so do you have any future plans for your project?

Not as yet, but we definitely want to schedule our posts. We're contemplating if we want to cover short topics or maybe have like a week where we cover just one topic and talk about the various topics under it. We haven't come up with anything consistently: that is still a work in progress. But we do want to keep this as an ongoing project. As I said, we could always involve more people and have them help us. We could mentor them or have them tell us what their new or fresh ideas are for Eunoia. So right now, we're just looking at that.





# RutuChakra Inventure

RUTUCHAKRA IS AN AYURVEDIC TERM REFERRING TO THE ONSET OF MENSTRUAL CYCLES.

RUTUCHAKRA INVENTURE IS A CHAPTER OF RUTUCHAKRA - A NON-GOVERNMENT ORGANIZATION BY STUDENTS TO ADVOCATE FOR MENSTRUAL DIGNITY.

WE SPOKE WITH AISHWARYA VEPA, HEAD OF RUTUCHAKRA'S CHAPTER AT INVENTURE ACADEMY.

LAVANYA:

First, I'd like you to explain your project.

AISHWARYA:

RutuChakra Inventure is a youth-run organization, which works to achieve menstrual equity and dignity amongst menstruators of all ages and backgrounds, specifically in India. We do this by providing menstrual products to areas with individuals in need. We strive to increase access to education, through workshops and social media, and promote an open conversation amongst all genders.

LAVANYA:

How exactly did you land on this idea and what was your inspiration for this project?

AISHWARYA:

Technically, I didn't exactly start RutuChakra, this is just the chapter program, but I came across this sometime last year in March or April. I saw it on social media and had heard a couple of friends talking about it and I thought it was a really great idea. When they came out with their chapter program, I thought that was even smarter to increase their reach. So I decided to apply for it. Initially, I didn't apply as a chapter head, I wanted to do social media marketing for them, but they ended up coming back to me and telling me to just start RutuChakra Inventure. I like to just pick projects and do them. So this is pretty much the first time I'd say that I'm working with an organization.



LAVANYA:

Okay, that sounds interesting! So, can you talk a little bit about the problem you're tackling and why this particular one?

AISHWARYA:

Okay, so the problem that we're tackling is the fact that there's a lack of menstrual resources, lack of education and lack of inclusivity. I think it's pretty evident why we are tackling it, but especially in India, we live in a society where menstruation isn't something that is talked about, but now that's slowly changing over the decade. I did obviously know that it was a really big issue and NGOs were working towards it. We want to help people who don't have access to this kind of education or to these resources like we do because we're obviously a lot more privileged. So if there's something that we can do about it, then I really don't see why or what's stopping us.

1,54,000 PRODUCTS  
DISTRIBUTED

9100 MENSTRUATORS  
HELPED

200+ VOLUNTEERS  
ACROSS INDIA

LAVANYA:

Okay. Can you just give me a brief about what impact your project has had?

AISHWARYA:

So, right now a lot of our project has been online obviously, and now we're working towards doing workshops and distributing products. It's only been a couple of months since we started, but we've, you know, covered topics through live streams. We did one with a gynaecologist in December. And so we've spread a lot of information about various topics.



LAVANYA:

What kind of age group do you think that your particular project is reaching right now? And what kind of age groups are you hoping to reach once we can move into an offline mode?

AISHWARYA:

Right now I'd say we are reaching people who are around thirteen to college-going students. And there might be some professionals who view our content as well. Ideally, it would be for people who are starting to menstruate because we do try to help a lot with that, like tips. I think we could try to expand our reach once the offline mode starts again properly.

LAVANYA:

So are you in need of volunteers right now? Are there any specific requirements or skills that you have from these volunteers?

AISHWARYA:

I think it would be really great if people could volunteer for this. It's a really great initiative. I think if you're actually passionate about the cause that we're working for, if you understand that there's going to be time which has to be put into this, you should be good. There's no specific skill set if you're joining campaigns. In marketing, there's content writing and designing, so a brief understanding of Canva is helpful. They can send me an email at aishvepa@gmail.com.

LAVANYA:

That sounds amazing! Can you give us a little brief about what future plans you have for your project?

AISHWARYA:

So we're planning on conducting an orientation for children from an organization and then there are the long-term goals, like distributing products. I think these are the two main ones. I feel like our options and ideas will start flowing in more once offline mode starts.

LAVANYA:

So what exactly has been your reflection, as of now? What have you learned? What have you felt about it? What have you hoped that your team members have experienced?

AISHWARYA:

Well, I learned a lot about task management, time management, and patience, when something doesn't go as I would have expected and wanted to. Even though I already knew this before, it's kind of just reinforced it even more that we're so privileged and that we're so lucky to even have access to any of these products and to the education that we do. What I hope my team members are taking away from this are certain skills that will benefit them later on. But honestly, I just hope that they're having fun and are really enjoying what they're doing.



# Project Inaayat

| Impacting the Lives of the Elderly |

Website: <https://yadavnysa.wixsite.com/projectinaayat>

Instagram: @project.inaayat

Contact Nysa: [nysa.yadav@inventureacademy.com](mailto:nysa.yadav@inventureacademy.com)

Aiming to enhance the physical and mental well being of the elderly during these trying times, Project Inaayat has already impacted the lives of 150 seniors through their online platform.



During the pandemic numerous students took the initiative to begin projects concerning the mental health of the youth. A student named Nysa Yadav has taken a step ahead and looked into the well being of our elderly, the ones who take care of us. Her initiative, Project Inaayat, has already impacted the lives of 150 seniors through their online platform.

Online sessions and a fundraiser are the two ways Project Inaayat is working towards its goal.

Online sessions are conducted on a weekly basis for a group of around 120 senior citizens. These sessions allow participants to catch up with one another as they play games like ludo and chess, take part in yoga and meditation, and participate in brain strengthening exercises and singing competitions

A fundraiser, for the underserved elderly who live in old age homes, has recently been started and one lakh has already been collected. The team of Project Inaayat aims to use these funds to provide daily necessities, such as food, clothes, and medicine, to over 500 elderly.

Recently, the team held their first 'Musical Event' - where young singers from over the world were invited to perform old classics. An open mic session for the elderly also took place in the same meet. "This was an extremely successful event and we plan on conducting many such events in the future." Nysa Yadav, founder of Project Inaayat remarked.

"Getting them comfortable on an online platform is one of the biggest issues we have faced till now," said Nysa. This led to a few dropouts at the launch of the project, but the number of participants are now increasing. "It is still a foreign concept for them and will take some time for them to get used to," Nysa continued.

When asked for the inspiration behind the start of the project, Nysa said her grandparents were the key reason. "Growing up extremely close to them has made them very important members of my life. Current times, along with the fact that they live in different states, has had an impact on our relationship which I really wanted to fix," mentioned Nysa. "After talking to them I've realized that every single day of their life is extremely important, and during tough times like these we have to be fluid in our thinking to make the most out of everyday, irrespective of the situation." Nysa reached out to other seniors to find out that they all shared this opinion. This acted as the final push for her to start this initiative.

When asked to reflect on her project, Nysa noted that what seemed like a small problem on the surface, had depth and magnitude that few realize "Working with the elderly online isn't a topic which is commonly taken up," Nysa remarked, and later went on to mention the overwhelming success and enthusiasm she received. "No issue is a small one if you truly believe in it and are ready to give all you can to work on it!" she concluded.

**LOOKING  
FOR  
VOLUNTEERS**



## MELANIN MAGAZINE

### To the beat of my own drum.

In addition to a slowly shifting societal mindset towards the advocacy of women's rights in India, Melanin is an initiative set up to empower women. It's a tough battle, however, as distinction, social privilege, futility, male entitlement, authority and tradition are some of the aspects that are interwoven into Indian society creating a male dominated patriarchal power. Rhea Chaudhary of Grade 10 at Inventure Academy and Gayatri Jain of Grade 10 at Indus International school seek to raise the bar on individuality and equal acceptance of women in India. While others may be inclined to ostracise the needs and vital contribution of women in our country, Melanin wants to persuade these women to fight for recognition and accept and celebrate their growth.

India's constitution happens to be the longest in the world and yet the elevation and status of women in the country fail to meet our approval. The violence, the foeticide, the harassment and the humiliation continue to take place daily. The year is 2021 and the age old dowry system still transpires in several communities. We can only believe half of what we hear in the news, for the abuses that happen don't always manage to make it to the television or newspaper. As of 2020, a staggering and unacceptable 22,172 rape incidents per 1 lakh citizens took place.

“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.”  
– Audre Lorde.

These students understand the need for a safe haven plan to fall back on once a woman who was so brave in the light of the world has become a struggling survivor. A plan of action and safety protocol has been listed on the website of Melanin. Rather than having to scroll through a lengthy 500 page document, the rights of Indian women under the IPC have been provided in specific detail in Melanin Magazine. Additionally, it contains downloadable posters on domestic violence and harassment which can be put up in your home, workplace, school or anywhere else to create awareness.

During the last few years, Rhea has come across certain incidents which reminded her of the lack of information we hold as citizens. Our basic fundamental rights need to be learned and accepted by all; whether it may be about child marriage, or domestic violence and servitude. Melanin seeks to decolonize mindsets and remind you that you needn't be empowered, you already are. Whether it be a quick browse through or comprehensive study, it assures you that the capacity of knowing who you are, who you aren't, and who you should be, is fulfilling enough. We aim to break those myths and stereotypes around gender and celebrate and promote India's women.



47% of minor girls in India get married before the age of 18. This adds India to the top of the list of highest child brides across the world.

School has been a right for girls only since 2009. 40% of girls aged 15-18 are out of school. Around 65% of those are engaged in domestic work.

Only 25% of India's labour force is women and only 3% of women work in the organized sector, and contribute to only 18% of the GDP (one of the world's lowest).

Every year 23 million girls in India drop out of education due to a simple lack of sanitary napkins.





# MANAN AND JIYA'S ASCENT TO BAKE SALE SUPREMACY

MANAN AND JIYA GUPTA

ORGANISED A BAKE SALE IN THEIR  
COMMUNITY TO RAISE FUNDS FOR  
ORPHANAGES THROUGH THE LEO  
CLUB\*

## The goods

They arranged a two weekend-long sale where they sold delicious treats like lemonade, cake, honey biscuits and doughnuts

## Patience

Business started slow, but they persevered through and soon the customers started flowing in



## Eccentric lemonade

### A spark of ingenuity

When they realised many people weren't carrying their wallets, they started using a QR code for payments

Their menu also starred a 'Wild Card' Lemonade where you could buy lemonade flavored with a secret ingredient

### A little bit of courage

Going up to strangers to advertise their sale was a bit daunting at first but that didn't stop them



# The soundtrack to their success

The music they played at their stall turned out to be strategic brilliance as it drew intrigued people to their sale

## \*Leo Club

Leo clubs are a youth organization of Lions Clubs International - a worldwide charitable organisation dedicated to social service. Leo clubs encourage the youth to develop leadership qualities by participating in social service activities.

# The cause behind it all

All the profits from their sales went to orphanages across Bangalore. The pandemic has had harrowing effects on children's homes including food shortages, a scarcity of commodities, a drastic decrease in donation, and reduced volunteer support. So helping them raise funds goes a long way.



# THE COMMUNITY FRIDGE

By: Advaita Dubey, Harrsha Kumar, Anusha Kumar & Shaurya Appiah

## the process

1000 Fliers - in 5 different languages to spread the word in the nearby villages

Whatsapp groups - within the complex to get the word out to homeowners so they could inform the workers inside the community.

Changemaker Challenge 2019 - Through reaching the Top 10 they received 25K in funding. They used this to buy the first fridge for 24K, using the remaining 1K for the installation process.

Security - They created a wooden enclosure installed right outside the complex to protect the fridge from vandalism. This enclosure can be locked and controlled by community security.

## the project

Community fridges allow people to deposit their excess food for people in need, like labourers or house help. Installed in November 2019, the community fridge has been providing a viable way to exchange food for over a year now. Over the course of the pandemic, the accessibility it created, became more critical than ever. During a time where the food security of millions was compromised, it helped ensure that people didn't go hungry.

## the inspiration

Most households have excess food while many underprivileged people live from meal to meal. Looking at the overflowing food bins in our own dining hall, the team decided to find a way to redistribute food from those who have far too much to those in need.

## the impact

Their logging system recorded an average of 10 families contributing food every day and this correlated to 20 underprivileged people being nutritionally aided daily.

They plan to set up a new fridge in another community to increase the impact two-fold.

## the food waste crisis

Roughly one-third of the food produced in the world for human consumption every year - approximately 1.3 billion tonnes - gets lost or wasted. And yet world hunger remains rampant. Food waste is also a significant contributor to greenhouse gas emissions.

## the future

As the team graduates this year, they are looking for students to carry the project forward and continue helping the cause. Email: [teamfoodshare@gmail.com](mailto:teamfoodshare@gmail.com) to help make a change.



# MICRO-SCHOOLING

To the dismay of several students, the pandemic brought with it, the closure of schools. This gave the young change-makers of our school an opportunity to design a new approach towards education. Yash Kumar Singhal put together a micro-school within his community, to ensure that these students gained new skills and prevent the pandemic from affecting their learning ability. Yash created a way to bring the advantages of physical school to a safe, accessible environment.

Anyone had the freedom to walk in, pick up a pen and start teaching either vocational skills or just syllabus topics. Each day, the learners would cover topics ranging from basic German to Biology, public speaking, and more. This encouraged their inner curiosity and enhanced their skills and independent-thinking. Children and adults were learning out in the open air, observing and questioning one another. The classroom was conveniently located within the residential area.





The pandemic had influenced a number of people to look down upon the idea of micro-schooling. However, with the right regulations and safety protocols, the eagerness grew amongst the youth who were anxiously waiting for their schools to open up.

Yash believed that micro-schooling allowed learners to study in a classroom without walls, both physical and metaphorical. There was no age limit nor were there any syllabus restrictions. Learners were free to explore different aspects of their knowledge and encounter an entirely new experience. Even the usually silent kids broke through their barriers and took part avidly in discussions.

The cost effective project ran for around a month and gave each person who participated in it an unforgettable experience. They said that it felt like a good break to take time off the tedious day to day activities and indulge in this system. It was a diverting learning opportunity to interact with people of different ages and genders. They would come together and indulge in learning together. The younger kids particularly loved it the most. Additionally, this also eased up the tension on the parents during these stressful times.



Although the project had been implemented on a small scale, the impact was substantial. Yash took every opportunity that he could find to help the students and provide them with asynchronous classes. He hopes that in the future people would learn to take change into their own hands. The expertise and funds required for a social cause aren't unattainable and definitely not always necessary. As long as you have a passion, you will flourish.



THE

*carpe diem*

CHRONICLES

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