

# UNV Newsletter

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## Home Headlines

### Volunteering to make Orissa Green

The 'Green Orissa' campaign was launched with the objective of making the state green through volunteering efforts. The campaign is being promoted as a first step to counter the effects of climate change. It seeks to inspire people to volunteer to plant, protect and nurture trees.

The Mayor of Bhubaneswar city, Mr. Anant Narayan Jena, inaugurated the campaign by planting saplings in a government girl's high school in the city. The event was attended by guests, partner organizations, teachers and more than 300 students who followed suit to plant more saplings in the school compound.

The guests at the campaign were welcomed with saplings instead of flower bouquets. This was done to inculcate a culture around plantation of trees and mark the beginning of a trend, wherein, people gift saplings for plantation as well as for taking care of them after planting.

The campaign serves as a platform for organizations and people concerned about the challenges posed by global warming and climate change. Organizations like United Nations Development Programme (UNDP), United Nations Volunteers (UNV), Indian Red Cross Society (IRCS), Bharat Integrated Social welfare Agency (BISWA), Bakul Foundation and Centre for Youth & Social Development (CYSD) have joined hands to promote volunteerism and contribute to the cause of making Orissa green. This includes activities like 'My Tree' campaign by Bakul Foundation, plantation through self-help-groups (SHGs) by BISWA and 'Green and Clean School' drive by IRCS, Orissa. CYSD plans to take the campaign across the state through its network of 150 organizations.

Further, the campaign will create awareness among the masses through seminars, debates, workshops, publicity campaigns etc. about global warming, climate change and the benefits of planting trees, as well as promote volunteerism. It will also strive to take the plantation drive forward by using government networks and imparting training to volunteers. In addition, it will undertake pilot schemes and projects to replicate a similar successful model in various other sectors and areas among a range of partners.

The spirit of volunteerism forms an integral part of the campaign, as symbolized by the logo of the campaign, 'Green Orissa' which itself was designed by an online volunteer. The ever growing community of green volunteers and partners will further drive the campaign.



Mayor Jena plants a sapling at the Green Orissa campaign launch ©UNDP India, New Delhi 2009



## UN Volunteers train NSS Youth in Chennai

Mr. Anoj Chhetri (Programme Officer) and Ms. Saoirse de Bont (Programme Support Intern for HIV and AIDS Education) served as trainers for over 400 NSS volunteers at the NSS Mega Summer Camp 2009 in the Rajiv Gandhi National Institute for Youth Development (RGNIYD) in Chennai.

They imparted training on volunteerism for 6 consecutive days in conjunction with RGNIYD staff thus covering more than 400 NSS youth. The training covered topics such as 'what is volunteering'; UNV in India and overseas; UNV business model; results indicators; Millennium Development Goals; how to volunteer; sharing of personal experiences and stories; and the importance of teamwork. They also presented the latest UNV initiative; 'STRIVE' (Support to Poverty Reduction through the Integration of Volunteer-based Approaches in Primary Education), to the NSS volunteers.

The summer camp also entailed training sessions on environment, citizenship, adolescent and career development, job readiness, rural development and a cultural programme. The training was imparted using a variety of methods such as games, stories, film shows, role play, group discussion and presentations making them highly participatory and interactive.

This association of UNV with RGNIYD proved a success as it not only led to information being imparted to and knowledge expanded by the volunteers but also set a foundation for future collaboration between the two agencies. For example, UNV next will be supporting the development of an RGNIYD manual on volunteering.



*An NSS volunteer, Ms. Saoirse de Bont (international UNV volunteer), and RGNIYD Faculty Head, Ms. Annette Mathews*



*UNV Project Officer, Mr. Anoj Chhetri addresses the volunteers.*



*Praveen Kumar G from VSO interacting with the UNV volunteers in the training.*



*UNV Programme Officer, Mr. Anoj Chhetri explaining UNV business model and motivating UNV volunteers on teamwork.*



*UNV volunteers engaged in a group activity in due course of training.*

## Volunteerism and Social Inclusion Training

UNV India Country Office Team India team organized a training on volunteerism and social inclusion for UNV volunteers based in Delhi on 8<sup>th</sup> August, 2009. The facilitators were Praveen Kumar G and Manish Mitra from Voluntary Service Overseas (VSO). The session aimed at sensitizing the UNV volunteers to the concept of social exclusion and its linkage with poverty reduction and strived to bring about an attitudinal and behavioural change in them towards socially excluded communities in India.

UNV volunteers were encouraged to share their experience wherein they were subject to social exclusion. One of the UNV volunteers reflected how, he being an Indian, was socially excluded by his schoolmates in Pakistan, by not allowing him to be a part of any cultural or sports activity. The group after a discussion reflected that social exclusion is a process by which certain groups are systematically discriminated because of their caste, religion, gender, disability, HIV status, etc. It mainly includes women and children especially from lower strata, untouchables/lower castes, tribals, religious minorities etc. These are generally the marginalised groups who are deprived of their right to live life with dignity. The group concurred that social exclusion is deeply rooted in our society.

The group then strived to understand the relation between social exclusion and poverty through an analysis of real life case studies and role playing. This helped the volunteers in comprehending the reasons for the exclusion of some groups from basic needs like elementary education, access to health, social participation, political engagement and decision-making processes. The structural and social causes of exclusion were also explored. Simulation and other group exercises were used to address UNV volunteers' attitudes and behavior towards social exclusion. The participants also discussed the barriers faced in the implementation of social inclusion and developed an inclusive framework for planning and monitoring projects through group activities and presentation.

At the end of the training, all the UNV volunteers were asked to identify areas in their daily lives, where they can include the disadvantaged and the socially excluded groups. All the UNV volunteers resolved to tackle prejudice and negative attitudes to promote inclusion by trying to raise the voices of the excluded in planning and implementation processes.

### Awareness Programme: “Save Energy- Save Earth”

On 7<sup>th</sup> June, IEEE ((Institute of Electrical and Electronics Engineers), Delhi Section and UNV India came together to celebrate “World Environment week” (5<sup>th</sup> to 11<sup>th</sup> of June) by organizing an awareness programme “Save Energy-Save Earth”. The programme focused on the issue of global warming and targeted common households to conserve fuel, water and electricity in their day to day lives.

The programme was headed by Mr. Ravindra Joshi, AGM, NDPL-Tata Power JV and Chair, Standing Committee on Human Technology Challenge (HTC) of IEEE. In addition, 45 students from various colleges such as IITs, DCE, NSIT, DU, GGSIPU etc. actively participated as volunteers to make the event a success.

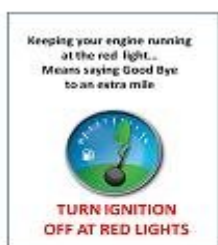
The co-sponsors for the event were IIT Roorkee Alumni Association, Power Grid Corporation of India Ltd (PGCIL), Gas Authority of India Ltd. (GAIL), Delhi Tourism, and Wave Cinemas.

The awareness drive was organized between 9 a.m. to 8.30 p.m. in various group housing societies. During the day 9 societies in Rohini and other areas of Delhi were covered with a total of about 300 residents attending the programme enthusiastically.

Venues such as society community halls, parks and local markets were chosen to get maximum participation. The banner designed by the volunteers proved instrumental in this regard.



The programme seeks to elicit the support of the youth in dealing with environmental issues and to spread awareness about global warming and its harmful effects among households. The programme also demonstrated how simple changes in routine habits can make a difference and contribute to the cause of conservation. Stickers and car hangings beautifully depicting these messages were distributed after the presentation.



The stickers were designed in such a way that they could be placed on switchboards, washbasin mirrors, and car rear view mirrors where they can serve as continuous reminders to the cause.

The volunteers also organized a stage show on Environmental Awareness at Dilli Haat and Pritampura on July 5<sup>th</sup> and on the occasion of the Mango Festival organized by Delhi Tourism. More than 500 people participated in the event making it a huge success.

## Volunteer Involving Organizations (VIO) Forum and IVD 2009 Preparations

VIO Forum was founded in 2006 under the aegis of the United Nations Volunteer Programme in the wake of creating a common platform for various stakeholders to achieve common goals. Its members include students from various schools and colleges and representatives from private and non-governmental organizations.

The vision of VIO is part of the United Nation's mandate to involve the youth and citizenry in various developmental and environmental issues at the local and global level.

The purpose of this VIO group is to monitor and analyze the various changes in the development sector in the country and keep pace with such issues that have the potential to impact this sector. Keeping the attainment of this objective in mind, the core group was mandated to meet regularly to discuss pertinent issues and to create a networking ground for pooling synergies and ideas.

The forum has been meeting regularly to discuss a wide range of issues including an update on Foreign Contribution Regulation Act (FCRA), UN handbook implementation, changes in the Income Tax Act, registration of company trust/foundation, Global Reporting initiative (GRI) and cross sector partnership training. The group also showed a keen interest in partnering with UNV in preparations for the celebration of IVD 2009. They extended their whole-hearted support in creating networks of organizations to reach out to a wide and diverse audience and volunteer base. Through a series of meetings and discussions the group has planned various events for celebrating IVD 2009. The list of events includes:

- ✓ A series of 50 workshops in schools around Delhi focusing on various aspects of volunteerism and the way young people can get involved. These sessions would help in sensitizing young people and engaging them in relevant campaigns and movements. A Poster Exhibition will also be organized where posters on the environment, climate change solutions and volunteerism will be displayed for students, which would help in reaching out to larger number of students.
- ✓ Institutionalizing the 'Volunteer Heroes' and 'Volunteer of the Year' national awards which will help in changing the perception of people towards volunteering and will encourage active citizenship.
- ✓ The final event on 5th December will include a Yamuna Clean-up where volunteers will manually clean up a section of the Yamuna River, a Music concert by popular bands and artists, and a NGO Mela and Sign-up drive at the banks of Yamuna.

The budget for the event was discussed and the members agreed that funds and resources for the events need to be mobilized soon. The group also proposed to form a Working Committee for the IVD Celebrations 2009 to make the coordination and organization of the event possible. The Working Committee would decide the Responsibility Matrix and Partnering Structure for the event's success.

## Bonn Bulletin

### 'EXPRESS, the UNV Brand Communications User Guide'

UNV Headquarters has introduced UNV's brand communications strategy to all UNV volunteers through 'EXPRESS, the UNV Brand Communications User Guide'. It is published in English, French and Spanish and can be accessed on the UNV website, at: <http://www.unv.org/branding/tools>.

*"Your work is our  
inspiration in action."*

*Flavia Pensieri  
Executive Coordinator,  
UNV*

Having a brand communications approach is very important as it helps in talking about work of UNV as an organization. A clear, coherent and consistent message is essential for UNV to be effective. EXPRESS enlists guidelines for applying the brand communications concepts in all UNV communications including the nature and use of the UNV tagline, elevator pitch and boiler plate text. Whether UNV is being discussed officially or casually with a friend, we need to be confident in describing who we are, what we stand for and what we offer.

A PowerPoint presentation introducing the UNV brand communications approach and copies of the UNV emblem in the six official UN languages, together with a guide on their correct use is also available on the website. The emblem features the new UNV tagline 'inspiration in action' which means two things. UNV is inspired by the actions of volunteers, including UNV volunteers, who contribute every day to peace and development around the world. It also means that your actions are inspired by the power and potential of volunteerism.

For further queries, email: [anoi.chhetri@undp.org](mailto:anoi.chhetri@undp.org)

## Meet Rajeev Narayan: a dedicated young professional

Rajeev Narayan from a suburb of Uttar Pradesh observed the gender based discrimination and violence against women and opted for volunteerism as a passion.

After being chosen as a National UNV volunteer, he was invited for the Global Symposium on Engaging Men and Boys in Achieving Gender Equality held at Rio de Janeiro, Brazil from 30<sup>th</sup> March – 3<sup>rd</sup> April, 2009. The workshop sought to develop a global strategy to engage men and boys in preventing gender based violence and address all forms of discrimination against women and men and to promote the health and well being of men, women and children.

He also attended a workshop on Gender and Volunteerism organized by the UNV Headquarters in Bonn, Germany held on 28<sup>th</sup> May - 29<sup>th</sup> May, 2009. The workshop was well attended by 25-30 international participants who came from a variety of backgrounds such as United Nations Volunteers (Headquarter staff as well as UNV volunteers from various nations), Volunteer Involving Organizations and other national and international agencies. The workshop emphasized on various facets of gender and volunteerism. It called upon volunteers and other national and international agencies to integrate gender as an inevitable part of volunteerism. It also encouraged and promoted future research on certain aspects of volunteerism.

Rajeev was also invited for a South Asia regional consultation, "Working Together Regionally" from 22<sup>nd</sup> June- 24<sup>th</sup> June, 2009 held in Dhaka, Bangladesh. The workshop was organized by UNFPA Bangladesh (United Nations Population Fund) and Partners for Prevention, a UNDP, UNFPA, UNIFEM (United Nations Development Fund for Women) and UNV Regional Joint Programme on gender-based violence (GBV) prevention in Asia and the Pacific. This workshop developed further strategies to work together in the region with an opportunity to learn, share and develop a strong knowledge base on masculinity and eliminating gender based violence.

The exposure to these workshops made Rajeev more aware of various global issues, barriers, strategies, and interventions to deal with the issues of GBV prevention. "Individual efforts mixed with a positive attitude to bring change are a must to keep one's morale high and the tireless efforts could get a volunteer recognition, which is a must to keep the spirit of volunteerism alive," said Rajeev.



## Notice Board

### 'Volunteering for our Planet Campaign' - Get Involved

Volunteering for our Planet is about creating awareness about all the volunteer activities that take place on environmental issues, sustainable development, and in support of adapting to or mitigating climate change.

UNV headquarters is tracking the time volunteers across the world spend on it. Please go to [www.VolunteeringForOurPlanet.org](http://www.VolunteeringForOurPlanet.org) to register your activity and no. of hours spent or to be spent on volunteering for our planet in the six months between World Environment Day, 5<sup>th</sup> June, 2009 and International Volunteer Day, 5<sup>th</sup> December, 2009.

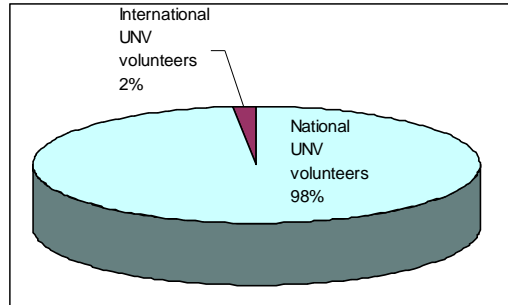
Also visit [www.SealtheDeal2009.org](http://www.SealtheDeal2009.org) and try to collect maximum signatures for the **Seal the Deal** petition.

On International Volunteer Day, 5 December, the no. of petitioners and the no. of hours spent on volunteering for our Planet, will be reported to the delegates of the UN Climate Change Conference in Copenhagen, to demonstrate that people around the world are concerned and are taking direct action.

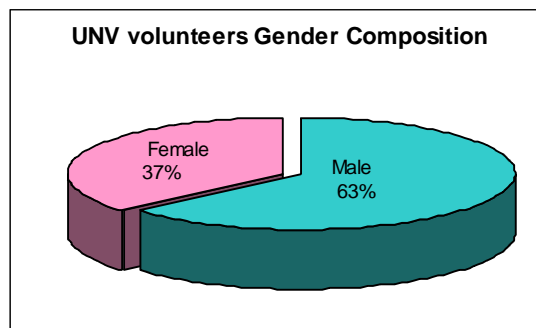
*"Make your hours count and inspire others with your activities."*

## Interesting Statistics

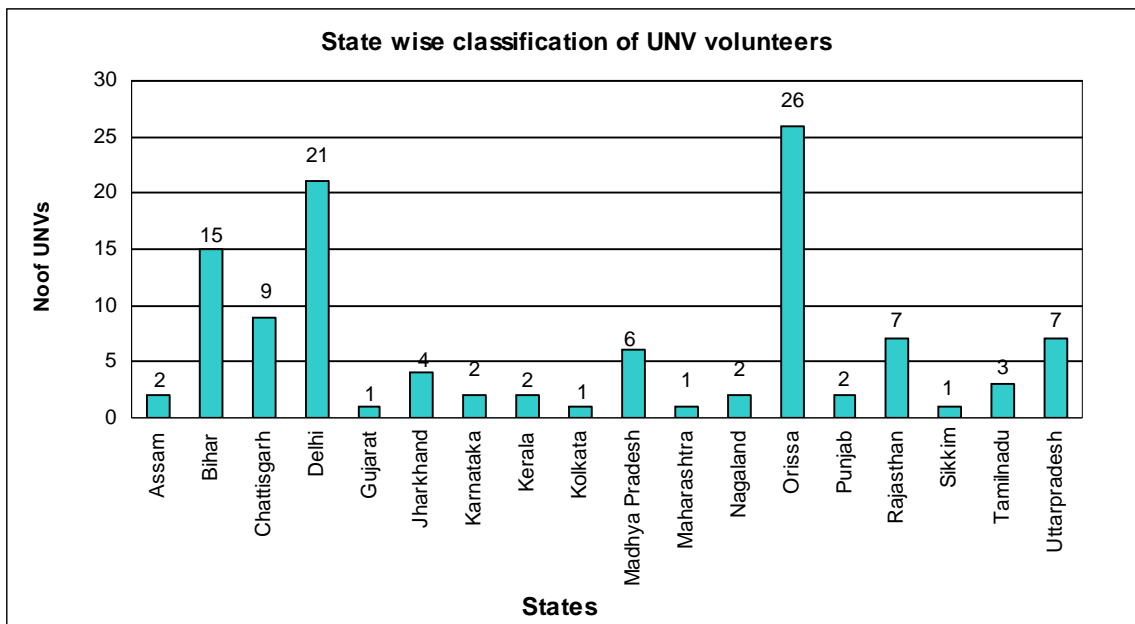
- India tops the list of member countries of UN in terms of national volunteerism with 98% National UNV volunteers.



- Gender Composition of UNV volunteers in India is fast catching up to reach a balance.



- Orissa closely followed with Delhi tops the list of states with the highest concentration of UNV volunteers.



## UN Calendar

International Literacy Day	Sept 8
United Nations Day	Oct 24
Universal Children's Day	Nov 20

## Upcoming Official Holidays

Mahatma Gandhi's Birthday	Oct 2
Guru Nanak's Birthday	Nov 2
Christmas Day	Dec 25

## Tips from the Doctor's office

### Whiners in the workplace

All of us complain about something in our life. But whiners are the people who tend to find fault with almost everything. Their complaint list can constitute anything from the amount of work in office to lousy food in the cafeteria or bad weather.

They only see the bad things and their cup decidedly remains half-empty. These chronic complainers are problem behavioral types who can go to huge lengths to point out problems to the world but do not work towards resolving them.

### *Why do people whine?*

In clinical terms they can be described as 'socio-affective recognition addicts'. In simple words these are the people who complain to seek attention and to feel appreciated and valued by those around. They can be extremely frustrating to deal with.

### *Tips to deal with whiners:*

**Try to understand them:** Whiners are insecure, jealous and low in self esteem which makes them complain.

**Make your boundaries clear:** Whiners often try pushing the limits a bit too far. So make them understand that you are available but not all the time.

**Use a mirror:** Show them how ridiculous and annoying they get when they get angry by using a mirror or capturing it on a videotape.

**Acknowledge that you have listened and heard:** If you don't want to be a mere toxic dumping ground, tell them you have heard this before as well.

**Overcome the urge to argue:** Do not argue with a complainer about what is right or wrong. Getting defensive will make the complainer even angrier. Just say where you stand.

For further queries, email: [anoj.chhetri@undp.org](mailto:anoj.chhetri@undp.org)

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*"A man or woman is only as happy as he chooses to be."*

Abraham Lincoln

Please visit our website: [www.undp.org/in/unv](http://www.undp.org/in/unv)

**Inquire:** Ask them how can you help? This makes them feel more in control of situation which is what they need.

**Minimize the amount of time spent with the complainer:** Consistently unhappy companions can even bring down your enthusiasm and make you focus more on what's not perfect in your life. Remember it's not your job to play God and fix whiner's problems.



"The alarm didn't go off, my car wouldn't start, missed the bus, my back's aching, haven't had a raise in two years ..."

### Checklist to avoid becoming a whiner:

- ✓ **Practice gratitude:** Count your blessings each day. Focusing on the positives will help you in avoiding the negatives.
- ✓ **Praise others:** Focus on what others are doing right instead of wrong. Aim for a ratio of three positive comments for a negative one.
- ✓ **Let go:** Stop complaining about things which cannot be fixed. Not trying to control everything works wonders.
- ✓ **Realize:** Whining all the time reduces the willingness of other people to help you even in time of need.
- ✓ **Seek help:** If you still cannot stop complaining all the time then seek professional help. Psychologists / Counselors can understand your situation and help in establishing a better relationship with your colleagues.
- ✓ **Introspect:** Ask yourself questions such as, "Do I really want to change? Can I change? Is it worth the effort?" If any of these questions is answered in the negative then just accept people and things as they are. Life is much too short to be angry.

## Monday Morning 'BLUES'

After two days of leisure Mondays are a bit of drag for many of us. Monday mornings seem to be very demotivating as they are the farthest point from the weekend, to be free from work and pressure. This is termed as 'Monday Morning Blues'.

### Beating the 'BLUES'



"Oh, how I... Give me a push... Hate Mondays."

- ✓ Be realistic in planning your weekend activities and do not over-plan.
- ✓ Before leaving on Friday evening, organize your desk with a ready to-do-list for Monday morning to help you start the work as soon as you reach office.
- ✓ Complete all your home projects and other errands on Saturday to enable you to unwind on Sunday, before starting the next workweek.
- ✓ Avoid taking a nap on Sunday afternoon; instead sleep early on Sunday night. This will help you relax as you wake-up early on Monday morning.
- ✓ Organize your work bag and prepare your clothes etc. on Sunday night, to avoid feeling hurried while leaving on Monday morning.
- ✓ Avoid working overtime on Mondays.
- ✓ If possible, choose work you enjoy for Monday morning.
- ✓ Avoid negative interactions at the beginning of the workweek, such as counter arguments on your project plan, emails etc.
- ✓ Schedule important meetings or project deadlines for the later part of the week to help you relax on the weekend and avoid being worried about them.
- ✓ Plan to savour little treats such as a meal at your favourite restaurant on Mondays.
- ✓ Ask yourself "would things change if the workweek begins from Tuesday, Thursday or any other day of the week". Also, it can be a great day to escape from a bad weekend (Adopted from the UN Stress Counsellor, E-Bulletin # 9, September 09).

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