

# LIFE RESET



Youth Volunteering Update  
VOL 10 January 2022



## HAPPY NEW YEAR

BY: SHYAM ARAKERE,  
Executive Creative Officer



On behalf of LifeReset International, I would like to wish everyone a happy New Year. In 2021, we were able to do our part in helping make the world a better place. We were able to give back to our community through beach cleanups, donations, articles, and community service. In 2022, we hope to continue giving back and serving our community.

We would like to thank our amazing officers, members, and advisors for all their hard work. We appreciate everything you do.

We look forward for an amazing year!

## NEWSLETTER HIGHLIGHTS

A Message of Hope from the  
Executive Creative Officer

Creating a Culture of Innovation

10 Secrets of Effective Meetings

Balancing Work and Home Life

A Year in Review: Our Wins  
and Milestones

# JANUARY ACTIVITY

## Tree Planting

On December 18, Life Reset members gathered to take care of the green spaces at Plymouth Elementary School in Monrovia, CA. This school is located in one of the under-served communities in the Los Angeles Basin. Furthermore, the school site is situated in the lowest part of the neighborhood, which causes many problems and damages during the rainy season. To prevent any future water damage, we dug a drainage on the side of the field area and planted shrubs around. Hopefully the students at Plymouth won't see those big puddles of water on their campus anymore in this rainy season.



## Jeremy Lee(9th) Reforestation Coordinator

When the leader was explaining how western United States was in a drought, it really impacted my opinion on how crucial the amount of water in this country really is. It was amazing how planting a few trees and plants could make such a significant difference to the water level of a location. Learning about how plants and trees gather up water with their roots and store it underground was interesting, since it doesn't naturally occur to a human's brain that things of nature that small would be able to do great things like that. Digging out the roots of the weeds was the most boring experience of the day, but digging the dirt and planting was more influential in that experience.



# Upcoming Events and Updates

## Lesbos Refugee Camp Support

Life Reset has been allocating \$150 a month to support Lesbos Refugees through Global Partners USA since the beginning of this service year. The fund has been used for transportation expenses for those who are relocated out of the camp to settle in Europe. Starting January, we will raise our support to \$250 to help Hashem Ahmadi. He is a 16-year-old boy who came from Afghanistan. It has been three years since he arrived at the camp. He is all by himself without his family. His father passed; he has his mom and two siblings left behind in Afghanistan. He is worried about his family because Afghanistan is currently suffering from famine, cold weather, and mostly tyranny under Taliban. He is working at a farm whenever there's work, but his dream is to study. With our scholarship, we hope to provide him an opportunity to continue his education to fulfill his dream. Thank you, all the LR members, for your help and support.



Hashem Ahmadi

## Upcoming Events

- Jan 29th Beach Cleanup at San Gabriel River Jetty 9-11AM
- February 12 Orange County rescue mission 9- 11AM



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@K7eadc

# Article of the Month

## Gender Equality

by May Lee (8th) Townsend Jr. High

Rights are fundamental principles that cannot be taken away. The topic of equal rights has sparked much debate and controversy in the past. Many believe that men are superior to women as they can act in ways women can't, while others believe that equal rights should be given to both genders. Equal rights can be defined in several different ways. The basic concept of the word details that men and women should exist equally without discrimination towards the opposite gender. Both genders should be able to have the right to equal opportunities regardless of their sex. Although laws state that men and women are equals, men are still treated as superiors and with more respect in society. It is argued that men and women should possess equal rights to prevent violence, stimulate economic growth, and provide stability.

Fundamentally, women should possess equal rights as men to prevent violence throughout the world. The rates of discrimination and violence toward women increases with every growing day. Gender inequality and male entitlement leads men to believe that they are superior and that there will be no consequences for their actions toward women. Violence towards women include physical assault, sexual assault, child marriage, and many more. Nowadays, women must be aware of the type of clothes they wear in order to protect themselves against harm designated by men. Women are vulnerable to violence everyday because of the idea in society that women are less superior than men and patriarchal views. Reports were made by survivors of violence to calculate the most accurate estimate of the generality of violence towards women. The analysis was made in 2018 across 161 countries and areas by the world health organization, an organization that works to promote health and serve the vulnerable. The study shows that 1 out of 3, or 30% of women have been victims of physical or sexual assault, or both. 38% of all deaths of women made globally are shown to be committed by intimate partners. Especially during COVID-19 and the quarantine lockdown, women have been more vulnerable to violence and risk factors while limiting their access to resources that provide help(who.int). The amount of violence that is targeted towards women is increasing everyday. The ultimate cause of violence towards women is this; the idea or thought that a perpetrator believes he has a right to abuse women and escape consequences. Gender stereotypes allow men to believe that women are weaker than them, and consequently allows women to become victims of violence.

Subsequently, equal rights for men and women can achieve greater economic growth and reduce poverty. Poverty rates are the highest among women compared to men. This is because women don't have access to the same jobs and opportunities as men do. When it comes to senior positions in firms, women are usually underestimated for their talent and skill, whereas men aren't. Women's salaries are also much lower compared to men, even if they work jobs that complete more work in less hours. YouGov, a market research company and data analytics firm, carried out a survey in 17 different workplaces. They surveyed men and women about how they felt about the opportunities they were given in their workplace. The results show that while about 60% of men speculated that they had the chance to take charge on a project, less than 50% of women revealed the same. Over 50% of men also proposed that they have experienced a pay or bonus not connected to promotions while less than 40% of women said the same. Not only that, but when asked if they felt they had been "rewarded" for their work in the past, 65% of men said they had while only half of the women agreed (YouGov.com). The distinction between men and women in workplaces is transparent. Although women sometimes possess better talent and skill than men, they continue to be treated as inferior. If women are given the same education, opportunities and jobs that men are able to receive, it is safe to say that they would be able to thrive. In India, which experiences major gender inequality, women could grow the economy by up to 60 percent. Furthermore, the global GDP could grow by over 26% just by adding women to the workforce (McKinsey Global Institute). Women should be able to receive the same opportunities and education as men. The economy can benefit from it as a whole. The economy would thrive and poverty rates would be reduced. Women and men should have equal rights to improve the economy and poverty rates.

In a society that continues to grow and thrive everyday, it is impactful to remember the benefits of gender equality. Injustices are made toward women that need to be heard and corrected. If we want to live in a society that seeks to be economically successful and peaceful, equality is the key. Gender inequality is only implementing harm to our society. If we do not recognize this fault in our society, women will lose their voice to oppose injustice and society will crumble.



# LR leadership

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