

# Mingalabga

မင်္ဂလာပါ

139 | June - July 23



## Naw Mu's Story

Overcoming Adversity



# Mingalabq မင်္ဂလာပီ

ISSUE 39 | JUNE - JULY 2023

## ABOUT ADRA

The Adventist Development and Relief Agency (ADRA) is the global humanitarian arm of the Seventh-day Adventist Church - part of the 20 million strong Adventist Community, with hundreds of thousands of churches globally and the world's largest integrated healthcare and education network. ADRA delivers relief and development assistance to individuals in more than 107 countries regardless of their ethnicity, political affiliation, gender or religious association. By partnering with local communities, organizations, and local authorities we are able to deliver culturally relevant programs and build local capability for sustainable change.

## ABOUT ADRA MYANMAR

ADRA Myanmar is an 'implementing office' within the ADRA network, a registered and recognized INGO in Myanmar. Established in 1984, ADRA Myanmar is one of the oldest country offices in ADRA network providing development and relief assistance opportunities throughout the country. We operate under 4 key sectors that cater to: Livelihoods, Education, Health and Emergency. With the head office located in Yangon, ADRA Myanmar maintains 4 sub-offices within the regions of: Kayin State, Shan State, Magway and Mandalay Region.

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# EDITORIAL

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## Naw Mu's Story: Overcoming Adversity

Rise from a simple family background, Naw Mu is a 16-year-old who has faced challenges from birth due to congenital disabilities in her hands and legs.

Despite these challenges, she has persevered with the support of her family. Her family's livelihood is based on farming in Kayin State.

Naw Mu had a strong passion for learning, and she was able to attend school up until the first grade. However, when her mother gave birth to her younger sister, she had to take on additional responsibilities at home and was unable to attend school regularly.

Despite her love for learning, the difficulties of traveling to school on her own, combined with the distance

between her home and the school, made it nearly impossible for her to continue her education. As a result, she was forced to quit school, which was a difficult decision for her and her family. Nonetheless, she remained determined to continue her education in any way possible.

In 2022, an opportunity presented itself to her through NFE (Non-Formal Education) program's which was organized by ADRA Myanmar and implemented by KECD.

When she heard about this program,

she was determined to take advantage of this opportunity to continue her education. The program also provides student stipends, which helped to alleviate the financial burden on her family. With the support of the NFE program, she was able to continue her education and pursue her dreams.

The NFE program provided her with the foundation she needed to achieve success in her academic pursuits and paved the way for a brighter future.

**“ I love to learn. It's a great opportunity for me to learn. Thank you so much for your support. ”**

## SAW DAWAIT

### Field Assistant - SEAQE2

- Q1 What Race/Country are you from?**  
Kayin/Myanmar
- Q2 What is your favourite food/s to eat?**  
Spicy recipes
- Q3 What is your favourite colour?**  
Green
- Q4 What do you like to do for fun?**  
Cooking and study something
- Q5 What Place/Country would you like to visit?**  
South Korea
- Q6 In one word, what would define you?**  
Inquisitive
- Q7 What year did you join ADRA?**  
2017
- Q8 What do you love most about working in ADRA?**  
Strive to do, learn, and build towards greater stability.

## MEET OUR STAFF



## JOIN OUR TEAM!

The Adventist Development and Relief Agency (ADRA) has been serving countries all over the world for more than 60 years to reach the most vulnerable communities and ADRA Myanmar is an 'implementing office' within the ADRA network.

Please visit our website [www.adramyanmar.org](http://www.adramyanmar.org) or express your interest by emailing [recruitment@adramyanmar.org](mailto:recruitment@adramyanmar.org)



## PROJECT HIGHLIGHTS



## SEAQE2 - TVET

This month, the Norad and ADRA Norway-funded SEAQE2 project completed the following activities:

- Conducted the TVET short course training for the closing ceremony of Batch 1/2023 and the opening ceremony of Batch 2/2023 at Mountain View Academy. A total of 79 students graduated from Batch 1/2023, and 86 students have been enrolled in Batch 2/2023.
- The SEAQE2 project also held a business linkage meeting in Hpa-an. This meeting aims to connect with some business owners who accepted the intern students, microfinance linkage groups, and partner staff participated in this business linkage activity.

## SEAQE2

This month, the Norad and ADRA Norway-funded SEAQE2 project completed the following activities:

- Conducted a PTA/SMC awareness training session in 12 ACS schools, and 395 participants joined. And it focused on fostering optimal child development through the collaborative efforts of parents, teachers, and schools.
- The closing ceremony of the NFE programme batch (1/2023) was completed successfully with 49 out of 52 trainees. The closing ceremony was attended by many participants, including parents, teachers, and educational stakeholders.





# PROJECT HIGHLIGHTS



## WC4P

The UNICEF-funded “Water as Catalyst for Peace among Vulnerable People in Kayin State” (WC4P) project completed the following activities:

Inter-communal dialogue skills training was conducted in Hlaing Bwe Township. During this training 25 community members engaged.

Interfaith dialogue event was conducted with 101 community members.

Leadership, Negotiation and Mediation skill training was conducted to set up capacity of community in leadership skill for proper management in conflict resolution. 28 community members joined.

Gravity fed water supply system construction completed successfully. Through this supporting, 976 community members benefitted by this water source.

Endline survey conducted in Hlaingbwe township to evaluate the effectiveness of the whole project implementation.



## Wins

This month, the UNICEF-funded “WASH in Schools (WinS)” project completed the following activities:

- The hygiene awareness education section was conducted in 15 project-targeted schools. As a result, 684 schoolchildren received awareness.
- The project distributed Liquid disinfectant surface cleaner, a long scrubbing brush, a plastic broom, a bucket, Vinyl poster sheets to nine schools in Kayin State.





## PROJECT HIGHLIGHTS



## BRIGHT

This month, the Global Affairs Canada and ADRA Canada-funded BRIGHT project conducted basic sewing training for 24 ALP students from Hpruso Township.

The project shared basic sewing training to students on Saturday and Sunday. Through this training, the students learned on short pan for the children and Longgyi skirt subject.

The MTT teacher is also cooperating with the sewing trainer and closing supervising the ALP sewing training to ALP students .



## SHAPE

The MFAT and ADRA New Zealand-funded Sustainable Health, Agriculture, Protection, and Empowerment (SHAPE) project completed the following activities:

In this month, SHAPE project team conducted orientation for web map and offline map processing. A total of 36 participants engaged the workshop.

The project arranged for rice research and selecting a key farmer, land area, sowing five varieties of paddy seeds, preparing the land for planting, and transplanting the nursery plant in project targeted area.

Home garden monitoring visits were conducted by volunteers and other staff in project villages. During conducting these visits, we are happy to see that home garden farmers in every project village are benefit vegetable from their home garden.





## PHOTO OF THE MONTH



### PHOTO DESCRIPTION

Global Affairs Canada and ADRA Canada-funded BRIGHT project conducted the Basic Agriculture Trainings which is aimed to aware of agriculture, soils and fertilizer preparation processing in Northern Shan State.

## CONTACT US

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# TIPS OF THE MONTH

Here are some simple tips for employees to stay healthy at work:

**Stay Active:** Incorporate movement into your daily routine. Take short walks during breaks, use stairs instead of elevators, or consider standing while working if possible.

**Ergonomics:** Ensure your workstation is set up ergonomically. Adjust your chair, desk, and computer screen to maintain a comfortable and supportive posture.

**Hydration:** Drink plenty of water throughout the day to stay hydrated. Keep a water bottle at your desk as a reminder to drink regularly.

**Regular Breaks:** Take short breaks every hour to stretch and rest your eyes. This can help reduce eye strain and muscle tension.

**Hand Hygiene:** Wash your hands regularly, especially before eating, to prevent the spread of germs and reduce the risk of getting sick.

**Stress Management:** Find ways to manage stress at work, such as deep breathing exercises, brief meditation, or a quick walk outside.

**Social Interaction:** Engage with your colleagues during breaks or lunchtime. Social interaction can boost mood and overall well-being.

**Avoid Prolonged Screen Time:** Minimize excessive screen time to prevent eye strain and fatigue. Take short breaks away from your computer or device regularly.

**Workplace Cleanliness:** Keep your workspace clean and tidy to reduce exposure to allergens and germs.

**Supportive Footwear:** Choose comfortable and supportive shoes to reduce the risk of foot and back pain, especially if you have a job that requires standing for extended periods.

**Flu Vaccination:** Get a yearly flu vaccine to protect yourself and others from seasonal flu viruses.

**Work-Life Balance:** Strive to maintain a healthy work-life balance. Take time for hobbies, exercise, and spending time with loved ones to recharge and reduce burnout.





# INTRODUCING NEW STAFF MEMBERS

JUNE - JULY

1. **Zin Thaw**  
Security Guard  
ReCAP Project
2. **U La Bu**  
Security Guard  
BRIGHT Project

## CALENDAR

AUGUST 2023

SUN တနင်္ဂနွေ	MON တနင်္လာ	TUE အင်္ဂါ	WED ဗုဒ္ဓဟူး	THU ကြာသပတေး	FRI သောကြာ	SAT စနေ
		1 Waso Full Moon	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### UPCOMING EVENTS

Timesheets are  
due on the 25th of  
each month

'MINGALABA'  
Next Volume:  
15 August 2023







ADRA