

June Editorial

**The COVID-19 Storm, the limits of health care assistance, and the scourge of war.
Our relatives, our friends, our acquaintances leave us...
Like a storm that destroys everything! So sad!**

Headlines succeed each other day by day! New information always comes up daily. It seems like that we should be living with this Virus for a long time, without giving much thought to others that might appear.

We must learn to live together! But how?

A) Using preventive measures to combat the Virus

The restrictions taken March of last year must, unfortunately, continue, therefore it must become second nature to... wash our hands, wear a mask, keep a safe distance, and communicate with the health authorities the symptoms of fever, headache, lack of smell, and palate...

Above all, the use of masks and practicing handwashing greatly supported the reduction of flu, TB, and cholera contaminations. Which is something positive that resulted from the prevention measures. This means that we must maintain these are behaviors since pandemics in Mozambique depend greatly on preventive measures to avoid large-scale transmission.

The guidance of the Ministry of Health is very salient, and we should all pay much attention to it! Nevertheless, a person is not just a body. A person is also a mind that relates to other people. Therefore, I would like to add other aspects that I consider to be important for an integrated and complementary vision in light of the current pandemic, namely:

B) Psychosomatic Training

Our mind must be active and work well, to maintain a psychological and body balance.

We must continue to think positive. Rereading the history of the world, we see how Humanity has always known how to overcome difficult periods that stay imprinted in our memory! Droughts, floods, internal wars, loss of family members and various misfortunes that affect our lives so closely! We knew how to overcome these when the time was right. We will also know how to overcome this monstrous Virus!

At the same time our body must be kept healthy and moving so that it can face situations of weakness and health danger. Consume Healthy food, engage in movement and share so much love, as if Youth never ends!

C) Engaging in innovative activities

The term “innovative” is very current. Before, people always spoke in terms of “development” ... Now it’s “Innovation”. This term and the demand for modernity attract a lot of attention, but in practice, innovation is still something that concurs to Development.

Donors like this, in spite of the fact that the declaration and assumptions of the SDGs – Sustainable Development Goals, are solely the realization of the demands that humanity seeks to fulfill to not continuously remain in a state of absolute poverty and development delays in every sense.

Therefore, **Innovation is a part of development action**, in the way it is carried out! This innovation search forces all of us to continuously look for newer and more impactful mechanisms that make our engagement in development more alive and dynamic!

D) Dedication to Work so the Institution does not Stop and continues to Grow

Engagement with dedication! That is the idea that most relates to a person's positive attitude and can enrich our daily lives. Feeling like the life of our Institution KULIMA is an intimate part of our being allows us to expand from the restricted vision of the meaning of family, of where we were born and live, as well as to go beyond the confines of the walls of our homes, and to open up to a national and even international vision.

The themes of development, fight against poverty, national and international coalition to improve the life of humanity enrich us, and this richness is transmitted to all of our collaborators and reflected in our own families!

Through our dedication to work, we have grown, overcome the fear of the pandemic, feel like we belong in the world, and have taken on as our own all the development issues needed to improve the current state of poor communities!

Together, we will grow and make our Organization grow!