

*Mind is an own kind of Universe,
yet to be explored to its last limits.*

परवाज़

A Flight Together

**Educational Vocational Guidance Bureau
Directorate of Education, GNCTD**

A Flight Together

परवाज़

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**ASHOK KUMAR
IAS**



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Department of Education, Delhi has made its own glorious identity for the cause of education. The aim of providing economic growth, social transformation, modernization, and national integration via education is utmost priority of our schools.

We as patrons of education have been focusing on overall development of learners. In the area of educational, emotional and career development, EVGCs have been dealing upfront with the problems and challenges of school children.

One of the best ways to address the developmental crisis among youth in India is to incorporate mental health education which is gracefully been done by the EVGCs in our schools.

I congratulate these pioneers who work tirelessly to execute their duties and achieve success in different programmes at school, zonal and district level.

I express my immense pleasure that EVGB, one of the prime branches of DOE, has also taken initiative to bring forth its magazine “परवाज़” and releasing its second edition 2023-24.

Congrats! and best wishes!

(ASHOK KUMAR)

R.N. SHARMA, IAS

Director, Education & Sports



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MESSAGE

It gives me an immense pleasure that EVG Bureau is bringing out the second edition of their annual magazine, 'परवाज़': A flight together. I hope this volume will be good source of guidance for its readers in making righteous decisions for their future.

I extend my great appreciation to Dr. Neeraj, DDE, EVGB and her team for the remarkable initiative and efforts.

Handwritten signature
06/06/2024

**R.N. SHARMA, IAS
DIRECTOR (EDUCATION)**

Dr. Patil Pranjal Lahensingh, IAS
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Message by Additional Director of Education

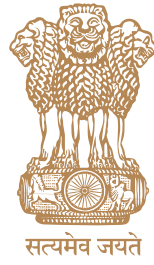
I have great pleasure in conveying my best wishes to EVG Bureau for releasing their second edition of Magazine 'परवाज़': A flight together. I believe that this magazine will establish a concrete base to build a better environment for positive mental health and well-being of students as well as other stakeholders.

I extend my great appreciation to Dr. Neeraj, Dy. Director of Education, EVGB for this remarkable initiative in her leadership. I also express my compliments to the CICs, EVGCs and the editorial team for their valuable efforts in bringing out second volume of the magazine, PARWAZ.

I wish them all success in life!

(Dr. Patil Pranjal Lahensingh, IAS)
Additional Director of Education, EVGB

PATIL PRANJAL LAHENSINGH, IAS
Addl. Director (PSB, EVGB & Happiness)
Directorate of Education
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MESSAGE

Today, while we, the Team EVGB are going to publish our second edition of the Magazine 'परवाज़' - A Flight Together, it becomes a kind of joy inexpressible in words.

I feel really overwhelmed with joy and share a moment of contentment on the accomplishment of this great initiative with all of you.

It's like a dream come true!

I express my heartiest gratitude towards my Editorial team for their consistent efforts till its last edit and first print.

This edition of magazine will go a long way in resolving all conflicts and dilemma faced by delicate and sensitive layers of Human Mind and will prove itself answers to all curiosities in their life journeys.

I hope that with passage of time, it will also grow richer and richer in its content and in such a way that not only students, but all education community at large will look up to it and wait every year for its next edition!

Congratulations and my Best Wishes Team EVGB!

Congratulations Team Editorial!

Congratulations All EVGCs/Teacher Counsellors and Students and all school Fraternity ...!

With these words, my all prayers to Goddess Saraswati for the successful and beautiful Flight of our Magazine "परवाज़" a Flight together and EVGB to unknown skies of achievement!

Keep it up!

(Dr. Neeraj)
Dy. Director EVGB

From the Desk of CIC, EVGB



I am happy to present the second edition of the magazine 'PARWAZ'- A Flight Together

It gives me immense pleasure to know that this time the EVGCs / Students have come forward to share their knowledge and understanding through their write-ups, articles, poetries, interesting & engaging activities, questionnaires, their insights of the understanding of the books, and various psychological concepts.

I congratulate the editorial team for their commendable efforts and wish them all success for the upcoming projects.

A handwritten signature in blue ink that reads "Yashist".

**YASMIN VASHIST
(CIC EVGB)**

परवाज : A flight together 2024

Dear Readers!

Thank you for your honest and encouraging reviews regarding our very first edition of 'परवाज' - a flight together.

We have tried our level best to incorporate the suggestions and retain the essence of our mission of this magazine which is to provide contributors and readers to express their concerns, educate themselves and be empowered enough to understand the psychological concerns in educational setup and be a catalyst in promoting social emotional well-being of our children.

Contributors have given their useful expressions in the form of articles, poetries, book reviews and film reviews which are relevant and insightful for our students. We have incorporated some new features such as humour in psychology, crosswords, book and film review for reading to be more engaging, informative and entertaining.

In the present issue we have contributions from our teachers and students as well. We are thankful for their articles, stories, poetry in moving a step forward in partnering with us.

Best Wishes!!

Happy Reading!!

RAKHEE SHARMA

EDITOR



editorial

Contents

Mental Health and Well-Being

- कच्ची मिट्टी से हैं मन, लिखो कोई इबारत धीरे से -डॉ. नीरज
- Mental Health is a Fundamental Right: The Imperative for Universal Access to Care (Nikhil Chaudhary)
- Perspectives and Mental Health (Neeraj Kumari)
- Mental Well-Being: A Challenge as well as a Duty (Shubham Kumar Prajapati)
- Climate Change and Mental Health (Chandni Gupta)
- विद्यार्थी जीवन में दस्तक देते मानसिक विकार (Raj Sikander)
- मानसिक स्वास्थ्य (Saroj Bala)
- Taking Care of your Mental Health (Sunita Dahiya)
- Nomophobia: Time to Log off (Priyanka Mulani)
- Excessive Use of Gadgets and Its Impact on Psychological Health (Palak Jain)

Embracing Positivity in Personality

- Optimism with a Perspective (Nisha K. Nair)
- Unleashing the Power of the Mind: A Dive into Positive Psychology (Anika Sharma)
- Attitude of Gratitude (Kanishka)
- Positivity in Life (Neeru Gulia)
- Embracing the Storms, Embracing the Smiles: The Unbreakable Union of Resilience and Happiness (Prabhat Kumar)
- Positivism: Impact and Significance in the Lives of Students (Saurabh Pandey)
- Life is a Journey (Priyanka Sawariya)
- The Power of Positivity: A Path to a Happier and Healthier Life (Vivek Kumar)

Book and Movie Reviews

- Book review of “Kitne Ghazi Aaye Kitne Ghazi Gaye” written by Lt. Gen. K.J.S. Dhillon (Retd) (Shubham Kumar Prajapati)
- Everyone has Feelings and all Feelings are Okay. Book review of “The Feelings Book by Todd Parr” (Nisha Sharma)
- A Heart-warming Journey into Childhood: A Review of the movie 'Stanley ka Dabba' (Neha Kaushik)
- SOUL – A Movie Review (Savita)
- RE-START' (12th Fail): A Movie Review (Deepa Singh)

Student Corner

- The Most Beautiful Days of my Life (Shashi Upadhaya)
- The Benefits of Positive Thinking for Students (Peeyush Prakash)
- You have Come so Far (Simran)

Social and Emotional Issues

- जन्मदिन का पुरस्कार (Ajay)
- Let's 'Think' before We 'Think'! (Varsha)

- Substance Abuse: Understanding Risk and Protective Factors for Effective Prevention (Sanjay Kumar)
- Inclusion is a Key to Mental Wellness (Megha Tiwari)
- Suicide Prevention among Adolescents (Sushmita Shukla)
- बच्चों में बढ़ती आत्महत्या की चुनौती (Kanishka)
- An Open Letter to Adolescents for Navigating Puberty (Nondini Dey)
- Menstrual Hygiene: Not a taboo (Dr. Sonica Tyagi)

Stories

- From Shadows to Sunlight: A Tale of Friendship and Success (Mohit Rana)
- Emotional Attachment of Teachers with Students (Varun Vartwal)
- Who am I? (Mahima)

EVGC and its Services

- EVGC Services: A to Z (Neeraj Kumari)
- Debunking Some Myths About Counselling and Guidance (Vinita Chamoli)

Poems

- आँखों की जुबानी (Neeraj Kumari)
- जीवन अनमोल है। (Sangeeta Gandhi)
- The Drop Rule (Priyanka Sawariya)
- Beneath the Learning Tree: A Symphony of Hope for Young Minds (Utkarsh Shrivastava)
- Fantastic (Priyanka Gupta)

Scholastics

- Self-Discipline (Himanshi Garg)
- How to score more: Exam Preparation Techniques (Meenakshi)
- सफलता की राह (परीक्षा एवं जीवन) (Deep Chand Bairwa)
- अभिशाप या आवश्यकता: स्कूल में अनुपस्थित होना (अबसेंटीज्म) (डा. अमिता गर्ग)
- Content Creator: A Modern Career Option (Anjali Rana)
- Combating Procrastination and Lethargy among School Students (Swati)
- Why Procrastinate, When You Can Prioritize (Dr. Mridula Pal Singh)

AI and EI

- How Artificial Intelligence can aid School Counseling (Utkarsh Shrivastava)
- Navigating Life's Challenges: Inculcating and nurturing Emotional Intelligence (Rakhee Sharma)
- The Interplay of Emotional Quotient and Resilience: Nurturing Well-being (Manali Gupta)

Parenting

- Parental Expectations and its Reflection on Children (Ritu Rani)
- Emotional Intelligence: A Helping hand for Parents (Swati Sonkar)
- Dilemmas in Parenting (Extracted from panel discussion on parenting scenarios by CICs)

कच्ची मिट्टी से हैं मन, लिखो कोई इबारत धीरे से...

डॉ. नीरज

(उपशिक्षा निदेशक, ई.वी.जी.बी.)



16 जून, 2024 को यूपीएससी की प्रीलिम परीक्षा संपन्न हुई। परीक्षा के पश्चात सोशल मीडिया पर दो वीडियो वायरल हुईं। प्रथम वीडियो में दृश्य था कि परीक्षा केन्द्र पर पहुंचने का समय 9.00 बजे से पहले था और पेपर लीक हो जाने की घटनाओं के चलते परीक्षा केन्द्र के इन्चार्ज का आदेश था कि गेट ठीक 9.00 बजे बन्द हो जायेगा। इस दृश्य में परीक्षार्थी एक लड़की है और क्योंकि वह परीक्षा केन्द्र पर 9.00 बजे के बाद पहुंचती है तो वह पाती है कि गेट बंद हो चुका है और उसे अन्दर जाने की अनुमति नहीं दी जा रही है। वह थोड़ा बेचैन होती है, परंतु धैर्य नहीं खोती। आश्चर्य करने वाली बात

यह है कि उसके माता-पिता, जो साथ में हैं, वे धीरज खो बैठते हैं। मां तो बेहोश हो जाती है और पिता के जो वाक्य हैं, वे घोर निराशावादी हैं।

प्रथम दृश्य

हमारा एक साल बर्बाद हो गया।

हमारा क्या होगा अब, आदि आदि।

हम यहां से नहीं हटेंगे, जब तक दरवाजा नहीं खुलता।

और ताज्जुब की बात यह है कि उनकी बच्ची उन्हें दिलासा दे रही है कि पापा! ऐसा कुछ नहीं हुआ है जो आप इतना परेशान हो रहे हो। It's not a big deal! मैं अगले साल भी दे सकती हूं पेपर। अभी तो मेरा पहला ही एटेम्प्ट है। परंतु माता-पिता के अधैर्य की कोई सीमा नहीं और वे लगभग बेहोश से हो जाते हैं।

द्वितीय दृश्य

इस दृश्य में जो परीक्षार्थी है, वह एक लड़का है और दृश्य में दोनों की WhatsApp chat है। पिता के पूछने पर पेपर देने के बाद लड़के ने बताया कि उसके 75/200 मार्क्स आयेंगे और कट-आफ 100 के आसपास जाने के आसार हैं। पिता उससे उसके किसी और मित्र की बात करते हैं तो वह बताता है कि उसके तो लगभग 120 आने के चांस हैं।

तो WhatsApp chat कुछ इस प्रकार है-

- मुझे तुमसे कोई उम्मीद नहीं है।

- उस सत्यम को देखो, उसके 120 आ रहे हैं।

- तुम्हारी जगह में होता तो 20 प्रश्न तो मैं ही हल कर देता।

- तुम देखते नहीं कि मैं कितनी मेहनत करता हूँ। मेरे बाप ने भी मेरे लिए इतना नहीं किया, जितना मैंने तुम्हारे लिए किया है। घर आकर बात करो।

बेटा कहता है OK और यहीं पर WhatsApp chat का end हो जाता है।

जब हम इन दोनों दृश्यों पर विचार करते हैं तो सबसे पहली बात जो सामने आती है, वह यह है कि हमें यह सोचना पड़ता है कि इन दोनों दृश्यों में आखिर बच्चा कौन है और बच्चे जैसा व्यवहार कौन कर रहा है। बेटी हो या बेटा, आप देख रहे होंगे कि हमारे बच्चे कितने बड़े और परिपक्व हो गये हैं। उन्हें पता है कि किस परिस्थिति में किस जगह कैसे व्यवहार करना है, शांत रहना है। धैर्य बनाये रखना है। परंतु माता-पिता! इन दोनों ही दृष्टांतों के माता पिताओं को देख कर लगता है कि जैसे वे बड़े ही नहीं हुए। यहां जो उदाहरण हैं, उनमें दोनों में ही बच्चे बहुत परिपक्व हैं, शांत हैं, धैर्यवान हैं।

अब इसकी विपरीत स्थिति में आते हैं। यदि पहली स्थिति में लड़की भी इसी तरह ही सोचने लगती कि जब उसके माता-पिता कह रहे हैं कि इस चांस के खो जाने से इतना सब बर्बाद हो गया है तो इसे ही सही मान कर वह कुछ ऐसा-वैसा कदम उठा लेती तो!

इन दोनों उदाहरणों में जो कुछ कहा जा रहा है, वह शाब्दिक है, परंतु कभी-कभी माता-पिता का मौन भी कम घातक नहीं होता।

इसी प्रकार द्वितीय दृश्य में भी यदि बेटा भी पिता की तरह सोचने लगे कि उसे स्वयं से कोई उम्मीद नहीं और कुछ गलत कर बैठे तो? और साथ ही पिता द्वारा यह सब कुछ कहना कि वे उसके लिए बहुत कुछ कर रहे हैं और यह कि घर आकर बात करो। ये दोनों वाक्य पर्याप्त मारक हैं, और जैसे आगाह करते हैं कि हो सकता है घर इसीलिए बुलाया जा रहा हो कि शहर के उसके खर्चे का the end आ रहा है। ऐसी आशंका से ही यदि उसका मन कांप उठे और वह कुछ और सोच बैठे तो?

किशोरावस्था से लेकर यह जो 25-26 वर्ष तक की अवस्था है, वह मन-मस्तिष्क के मामले में दुनिया की सबसे कोमल अवस्था है। कच्ची मिट्टी से मन होते हैं और घर की चारदीवारी के अतिरिक्त और कोई वित्तीय सहारा नहीं होता। शिक्षा इतनी नहीं हुई होती कि बाहर बाजार में खड़े होते ही रोजगार मिल जाये। अतः इन व्यंग्यों पर, तानों पर संवेदनशील मन पीपल के पत्ते सा कांप उठता है। माता-पिता और परिवार वालों के शब्द और वाक्य ही नहीं, उनका मौन, मौन प्रश्न और अपेक्षाएँ, सब उनके हृदय में शूल की तरह चुभते हैं। यहां तक कि बच्चे अपनों से नजर मिलाने से कतराने लगते हैं।

आंकड़े बताते हैं कि इन मौन और मुखर अपेक्षाओं, ताने और व्यंग्यों अथवा पित्रात्मक हिंसा के चलते बच्चे किशोरावस्था में ही सबसे ज्यादा मानसिक बीमारियों के शिकार होते हैं। यही वह अवस्था है जब बच्चे का आत्मविश्वास सर्वोच्च शिखर पर होना चाहिए, परंतु उसमें तानों के, व्यंग्यों के शूल गड़ाकर कभी न भरने

वाले ऐसे छिद्र कर दिये जाते हैं कि मन आत्मविश्वास खोकर जो किशोर युवा नीचे गिरता है, वह बड़ी मुश्किल से उठ पाता है।

इसीलिए यह देखने में आया है कि, ‘आजकल क्या कर रहे हो?’ एक बेरोजगार बेटे से समाज व परिवार की तरफ से पूछा गया वर्तमान समय का सबसे क्रूर वाक्य है।

यदि इस पर गौर करें कि क्या कारण है कि भारतीय समाज के माता-पिता और अधिकांशतः पिता इस तरह के व्यवहार से ग्रसित होते हैं तो हम पायेंगे कि यह एक दो परिवारों का किस्सा नहीं है। पूरा भारतीय मध्यम वर्ग ही इसका शिकार है।

उच्च शिक्षा को प्राप्त करने वाले आकांक्षी युवा डॉक्टर, इंजीनियर बनने लगे। यहां तक कि ब्रिटिश काल में सुभाष चन्द्र बोस ने भी ICS की परीक्षा पास की। भारतीय समाज ने उन्हें सिर आंखों पर बिठाया और वे लाखों भारतीयों के प्रेरणा-स्रोत बन गये।

‘पद’ का गौरव भारतीयों को अभिभूत करता रहा है। उपनिवेशवाद द्वारा शोषित, आहत, अपमानित भारतीय समाज को एकमात्र आशा की किरण शिक्षा में ही दिखाई देने लगी, जो उन्हें समाज के विशिष्ट स्तर पर पहुंचा सकती है और उनके जीवन में उत्साह भर सकती है।

दरअसल ध्यान से देखा जाये तो उसके बीजांकुर हमें उपनिवेशकाल में देखने को मिलेंगे, जब धीरे-धीरे भारतीय लोग शिक्षा के बल पर अपने पांवों पर खड़े होना सीख रहे थे।

उन्हें महसूस हुआ कि उच्च पदों के जरिये समाज में सम्मान मिलता है। समय के साथ ही समाज को यह भी ज्ञात हुआ कि वे सभी सुख सुविधायें पद ही नहीं, पैसे से भी खरीदी जा सकती हैं। तो उनके स्वप्न ऐसे पदों की तरफ अग्रसर हुए, जो उन्हें समाज में सम्मान के साथ पैसा भी दे सकें। इनमें सबसे ऊपर नाम आया IAS, IPS जैसे पदों का और ‘डॉक्टर’ व ‘इंजीनियर’ जैसे व्यवसायों का। फलतः भारतीय समाज की सामूहिक चेतना इन व्यवसायों की ओर दौड़ पड़ी। इनमें अब कुछ और भी नाम जुड़ चुके हैं।

कहने का मतलब यह कि उपनिवेशवाद के चंगुल से आजाद भारतीय समाज के मध्यम वर्ग की महत्वाकांक्षायें दो ध्रुवों में विभक्त हो गई हैं— एक ‘पहचान’ की आकांक्षा और दूसरी ‘पैसे’ की।

इन्हीं दोनों के बीच भारतीय मध्यमवर्गीय परिवार के स्वप्न पेंडुलम की भांति विचरित होते हैं और पेंडुलम के दो सिरे जो असली चोट करते हैं वह उनके बेरोजगार बेटे के हृदय और मस्तिष्क पर करते हैं। यह जो पहचान का संकट है, वह हमारे पिताओं के मन मस्तिष्क पर इतना हावी हुआ कि उसके दबाव में वे यह भुला बैठे कि उनकी संतान एक पृथक बेशकीमती सम्पत्ति है। अपनी महत्वाकांक्षा और स्वप्नों की वेदी पर उसकी बलि देना अनुचित है। यह ‘पहचान’ सिंड्रोम इतना भयानक है कि यदि कोई पिता अपने स्वप्नों को साकार नहीं कर पाता तो वह जाने-अनजाने बच्चों की आंखों से देखने लगता है और यह भूल जाता है कि प्रत्येक बच्चे की एक अलग पहचान है। वह अपने पृथक बायोलॉजिकल ग्रुप लेकर पैदा हुआ है और हो सकता है कि वह उनके सपनों को पूरा करने में असमर्थ हो। परंतु हमारे यहां मछली को समंदर से निकाल निकाल कर रेत पर जीवित रहने का अभ्यास कराया जा रहा है और पक्षियों को समुद्र में तैरना सिखाया जा रहा है। जो कि हो ही नहीं सकता।

बच्चों के मन-मस्तिष्क की सीमाओं से परे माता-पिता उन्हें धकेले जा रहे हैं स्वकल्पित अनंत संभावनाओं की ओर, जो बच्चों की रुचि और क्षमताओं से एकदम परे है।

और इसके लिए वे सहारा ले रहे हैं या तो अपने पितृसत्तात्मक दबाव का, डर का, मौन का या सफलता के उन सामाजिक खोखले मापदण्डों का, जिनका कोई औचित्य ही नहीं होता।

परन्तु शायद हमारे माता-पिता कुछ सोच ही नहीं पा रहे हैं। यहां तक कि यह भी नहीं कि यह उनका युग नहीं है, जब नौकरी बिखरी पड़ती थी और शिक्षित लोग कम और उनमें भी धुरंधर लोग थे। प्रतियोगिता कम थी।

आज रोजगार घट कर बहुत सीमित रह गये हैं। शिक्षित लोगों की भीड़ बढ़ती जा रही है। उसमें भी एक तबका ऐसा है जो इतना जुझारू है कि क्या से क्या कर दे। परन्तु इस जलती आग में प्रत्येक बच्चे को उतार कर छोड़ दिया जाये, यह कहां का तुक है।

अतः जरूरी है कि माता-पिता सबसे पहले स्वयं को संभालें। व्यावहारिक बनें। अपने बच्चों की क्षमता से नाराज होने की अपेक्षा उन्हें धीरे-धीरे अपनी क्षमता बढ़ाने की प्रेरणा दें। समझ दें।

बड़ी बात यह है कि उन पर विश्वास बनाये रखें। आपका विश्वास उनके जीवन की लौ है। प्रत्येक बच्चा सबसे पहले मां-पिता की पहचान के लिए ही कुछ बनना चाहता है। वह समाज को अपने मां बाप की नजरों से ही देखता है। परिवार ही उनका समाज है। परन्तु माता पिता की आंखों में उम्मीद व विश्वास की रोशनी खत्म होते देख उसके पांव लड़खड़ा जाते हैं और वह इस आखिरी उम्मीद को खोता देख कोई भी गलत कदम उठा लेता है।

तो माता-पिता को यह सोचने की जरूरत है कि उनके लिए सबसे बहुमूल्य क्या है? उस पहचान का संकट, जो उन्हें एक कमजोर समाज से विरासत में मिला है या उनके बच्चे।

आप कल्पना कीजिए कि क्या आप अपने बच्चों को खो कर जी सकते हैं? कैसा होगा आप का जीवन उनके बिना! यदि आप यह कल्पना कर सकते हैं तो शायद आप वह गलती न करें, जो उन मां-बाप ने की, जिनके बच्चे अब उनके पास नहीं रहे और उनकी जिंदगी खाली हो चुकी है सजा बन कर।

अपने बच्चों को ऐसे मत पालिये, जैसे कि वे आप के कर्जदार हों। वे आप की मर्जी से पैदा हुए हैं, उनकी मर्जी से नहीं। आप ने उनसे नहीं पूछा था कि आप उन्हें धरती पर लायें या नहीं।

कितने मां-बाप हैं जो संतान सुख के लिए तरस रहे हैं। परन्तु जिन्हें यह सुख प्राप्त है, वे इसकी कीमत नहीं समझ रहे हैं। उन्हें पैदा करने की इतनी बड़ी कीमत मत लीजिए कि उनकी आंखें आप के सपनों को जिंदा रखने में अपनी रोशनी खो बैठें और उनके कंधे आप के घर में जन्म लेने का कर्ज उतारते उतारते ही झुक जायें।

पूंजीवादी संसार की फैक्ट्री में कील की तरह फिट होने के लिए महत्वाकांक्षाओं के नाम पर जो यह बचपन और किशोरावस्था को हम उसकी उम्र से पहले उन्हें आग की भट्ठी में झोंक रहे हैं; या उनके बचपन की खेलकूद की नन्हीं इच्छाओं की टहनियां काट रहे हैं; उनके बड़े होने की प्रक्रिया का आनन्द लेने के बजाय उनकी कच्ची मिट्टी में ही कठोर पथरीली मिट्टी भर रहे हैं; वह न केवल उनसे उनका बचपन छीन रही है,

बल्कि आप से भी उनका बचपन छीन रही है। ध्यान दीजिए, क्या आप महसूस करते हैं कि आप का बच्चा प्रतिदिन आप की आंखों के सामने बड़ा हो रहा है। क्या आप महसूस करते हैं उसकी नयी उग रही कोपलों को, पल्लवों को, उसकी बदलती आवाज को, आंखों की उमंग को, चमक को!

जी नहीं। हम उपयोगितावाद और बाजारवाद की क्रूर अपेक्षाओं में सब भुला बैठे हैं। हमारा बच्चा धीरे-धीरे नहीं, जल्दी से बड़ा हो गया और हमें तब पता चला जब आत्मनिर्भर बनने के दबाव में एक दिन उसके काले बालों में चांदी की लकीर दिखाई दी। हमारी आंखें खुली, परंतु तब तक बहुत देर हो चुकी थी।

उसके मस्तिष्क की पक्की मिट्टी अब मौन हो चुकी है। वह बचपन की उमंग खो चुकी है। अब वह अनायास ही कुछ नहीं बोलती। सोच समझ कर बोलती है। वह आप का चेहरा पढ़ चुकी है, मन पढ़ चुकी है। वह पढ़ चुकी है कि आप का प्रेम एक सशर्त प्रेम बन चुका है, जिसकी शर्त है कि उसे सबसे पहले यह साबित करना होगा कि आपका बच्चा, एक बच्चा होने से पहले वह समाज की नजरों में क्या है! क्या वह अपने बल पर अपनी जिंदगी जी सकता है या नहीं! हमने प्राप्ति के सौंदर्य के लिए बचपन का, जिंदगी का सौंदर्य खो दिया है।

आज हमारी पीढ़ी समाज की सबसे परिपक्व पीढ़ी है। हमें आश्चर्य नहीं होना चाहिए, यदि उनसे निकली हवायें क्रूर हो चलीं।

इससे पहले कि ऐसा हो, हमें अपने रूख को समाज की ओर से हटा कर अपने बच्चों की ओर कर लेना चाहिए। हमें वे सारी दूरियां बांट लेनी चाहिए, जो समाज ने बनवाई हैं।

हमारा सीना बच्चे के सीने से इतना दूर न हो कि उस तक आते-आते हमारा पितृसत्तात्मक अहंकार पिघल न सके और फिर इतनी देर हो जाये कि वह हमसे गले लगने की जरूरत ही खो बैठे।

आशीर्वाद के हाथों को प्रेम के स्पर्श में बदलना होगा। आपका बच्चा प्रकृति के द्वारा बनाई गई एक खूबसूरत तस्वीर है। उसकी आंखों में अपने सपनों के रंग न भरिये। उन्हें रचने दीजिए अपने हिस्से के रंग और चुनने दीजिए अपने हिस्से का आसमान।



Mental Health is a Fundamental Right: The Imperative for Universal Access to Care

Nikhil Chaudhary (EVGC), South-East District

Mental health is an indispensable component of human well-being, yet it is often stigmatized and neglected. As societies evolve, our understanding of mental health should evolve too. The primary motive is to explore the significance of mental health as a universal right, the challenges that hinder access to mental healthcare, and the steps needed to ensure that mental health is indeed recognized as a right for everyone.



Mental health encompasses our emotional, psychological, and social states, playing a crucial role in our capacity to cope with life's challenges, maintain meaningful relationships, and make informed decisions. In today's evolving society, there is an increasing recognition that mental health is not a privilege or a luxury, but a fundamental human right that should be accessible to everyone.

Challenges to Accessing Mental Healthcare

1. **Stigma:** Stigma surrounding mental health is a significant barrier. It can lead to discrimination, reluctance to seek help, and social isolation.
2. **Inadequate Resources:** Many countries lack the necessary resources, such as mental health professionals, facilities, and funding, to provide adequate care.
3. **Policy Gaps:** Mental health policies in various countries are often outdated and do not meet the evolving needs of their populations.
4. **Economic Disparities:** Access to mental healthcare is often limited for those in lower-income brackets, exacerbating social inequalities.
5. **Lack of Awareness:** Some people do not recognize the symptoms of mental health issues, and therefore, they go untreated.

Ways to achieve access to Mental Health Care

Achieving the right to access mental health care is a critical endeavor that requires coordinated efforts from individuals, communities, governments, and healthcare systems. Here are several ways to work towards ensuring this fundamental right is upheld:

1. **Legislative Reforms:** Advocate for and participate in the creation and reform of mental health laws and policies that promote equitable access to mental health services.
2. **Education and Awareness:** Raise awareness about the importance of mental health and its accessibility. Educate communities to reduce stigma and discrimination surrounding mental health issues.
3. **Destigmatization:** Promote open and nonjudgmental conversations about mental health, encouraging individuals to seek help without fear of societal or self-stigmatization.
4. **Integration of Mental Health:** Encourage the integration of mental health services into general healthcare systems, making it easier for individuals to access care.
5. **Workplace Initiatives:** Advocate for workplace policies that prioritize employee mental health, including offering counseling services, flexible work arrangements, and mental health days.
6. **Community Support:** Establish local support networks and community resources for individuals with mental health challenges, including peer support groups and crisis helplines.
7. **Public-Private Partnerships:** Foster collaboration between government agencies and private healthcare providers to expand mental health services and increase accessibility.
8. **Telehealth Services:** Support the development and implementation of telehealth services to make mental health care accessible, especially in remote areas.
9. **Youth and School Programs:** Implement mental health education programs in schools to teach young people about mental health issues, coping strategies, and the importance of seeking help.
10. **Mental Health First Aid Training:** Offer training programs for individuals to become certified in mental health first aid, enabling them to provide initial support to those



in crisis.

11. **Suicide Prevention Programs:** Develop and promote suicide prevention programs to reduce the incidence of suicide and self-harm.
12. **Equitable Resource Allocation:** Advocate for government budgets that allocate sufficient resources to mental health services, ensuring that there are an adequate number of professionals and facilities.
13. **Reducing Financial Barriers:** Work towards affordable mental health care by advocating for insurance coverage, government-funded programs, or sliding-scale fee structures for those with lower incomes.
14. **Crisis Intervention Teams:** Establish crisis intervention teams within law enforcement to handle mental health crises in a non-confrontational and supportive manner.



15. **Public Campaigns:** Support and engage in public campaigns that focus on mental health awareness, destigmatization, and advocating for improved access to care.
16. **Research and Data Collection:** Fund and conduct research on mental health to better understand the needs of the population and to inform evidence-based policies and practices.
17. **Legal Advocacy:** Support legal organizations and advocacy groups that work to protect the rights of individuals with mental health issues and promote equitable access to care.
18. **Cultural Competence:** Promote cultural competence in mental health services, ensuring that care is sensitive to the diverse needs and backgrounds of individuals.

19. **Peer Support Programs:** Establish and maintain peer support programs that connect individuals who have experienced mental health issues with those currently seeking help.
20. **International Collaboration:** Engage in international efforts to share best practices and experiences in achieving equitable access to mental health care.

To achieve this, we must recognize its significance, overcome the challenges that hinder access, and take concrete steps towards reforming our approach to mental health. It is vital to ensure that our collective well-being includes not only physical health but also the mental health of every individual. Embracing this perspective, we can foster a more compassionate, inclusive, and healthier world for all.

EVGCs visit to Safety Observation Home for Boys during DLSA Training to understand different perspective of their Mental Health



Perspectives and Mental Health

Neeraj Kumari (EVGC), North West B District

Our perspectives vary greatly depending on our cultural, societal, individual beliefs and experiences. Mental health can be viewed through different lenses, including medical, social, psychological, and holistic perspectives.

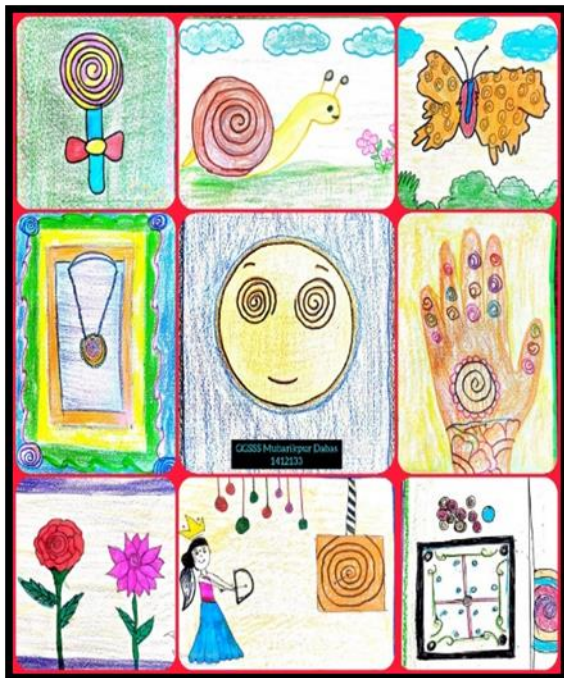
To understand the same, a drawing activity was conducted with the students of Class X. They were given a basic drawing i.e. spiral line and they were asked to draw anything that they can relate with the given spiral. They had to give a context to the spiral. This was the result.



Different drawings made by the students from a basic shape i.e. spiral

The students drew lollipop, snail, butterfly, necklace, WhatsApp emoji showing confusion, finger prints, henna design, flowers, aim board, carrom board, diwali chakri, fan, tornado, peacock feather, LPG gas stove, Jalebi, fingerprint scanner on a smartphone, specs, Wired telephone handset, watch, rangoli, Bindi etc. The same design is perceived differently by the students. Each drawing is unique in its own way. Likewise, in our life when we face problems, we deal with it differently because

we perceive it differently and that is perfectly fine.



It is important to recognize that each perspective has its own strengths and limitations. Integrating multiple perspectives can provide a more comprehensive understanding of mental health and offer a range of strategies for prevention and treatment. Additionally, it is crucial to respect individuals' personal beliefs and experiences when addressing mental health concerns, as their perspectives may differ from those of professionals or society as a whole.

Mental Well-Being: A Challenge as well as a Duty

Shubham Kumar Prajapati (EVGC), North-East District

Any transition in our life requires ability to make adjustment to the new demands and new opportunities that are created by our surroundings, and according to philosophical and scientific evidences when we are incapable of making such adjustments, we experience a level of stress which may come out as distress which affects our mental health. As we all know this fact that India is experiencing very sharp transition across all the sectors, whether it is industry, education, health, sports, science and technology, defence, etc., this skill of adjustment becomes very essential to prevail among masses for the welfare of our beloved country.



Mental health is a global concern, and in this regard, 10th October is observed as WORLD MENTAL HEALTH DAY all over the world to create awareness regarding the importance and strategies to improve the mental health of the masses. Many national and international organizations run various programs to connect with people to spread awareness. This year the theme of the day is "MENTAL HEALTH IS A UNIVERSAL RIGHT". As the theme indicates, it is very important to connect with every

individual of the society irrespective of the gender, caste, religion, place of residence, language they speak, etc. as we all have a right to live a happy and healthy life.



Recently there were cases of self-harm or suicides among the young students in different cities of country, which alarmed professionals to analyze the reasons and what can be done in this regard. According to a report published in March 2023, WHO estimates that India is 41st highest in suicide cases. Apart from the youngsters, adult population is also facing this situation, as many cases of harming self came from various groups.



Substance abuse is also a very serious issue to focus upon because consumption of any sort of drug influences mental activity of an individual in some manner. Television advertisements, misinformation by social media, peer influence are some of the major reasons why young individuals are getting trapped under the problem of addiction, many mental health issues are also induced by drugs. This problem is affecting us not only socially but economically and morally as well because it is somewhere showing a lack of guidance provided to young children.

Professionals associated with behavioral sciences (Psychologists/ Counsellors/ Psychiatrists) are taking initiatives to raise awareness among the masses at every level of the society. Now many people are aware of the fact that Mental health is not just about depression and anxiety but it is much beyond, visiting psychology professionals is also getting normalized by the support of the government, film industries, OTT programs, newspapers, etc. but still it is very important to check the reliability of information that is spreading out.

This year our goal is to promote mental health as a universal right so that each one of us can take care of our own mental health and whenever we feel a need to seek guidance and help, we can approach a mental health expert in our society without any taboo or hesitation, and together we will be able to create an ecosystem good for our mental health.

Climate Change and Mental Health

Chandni Gupta (EVGC), North-West B District

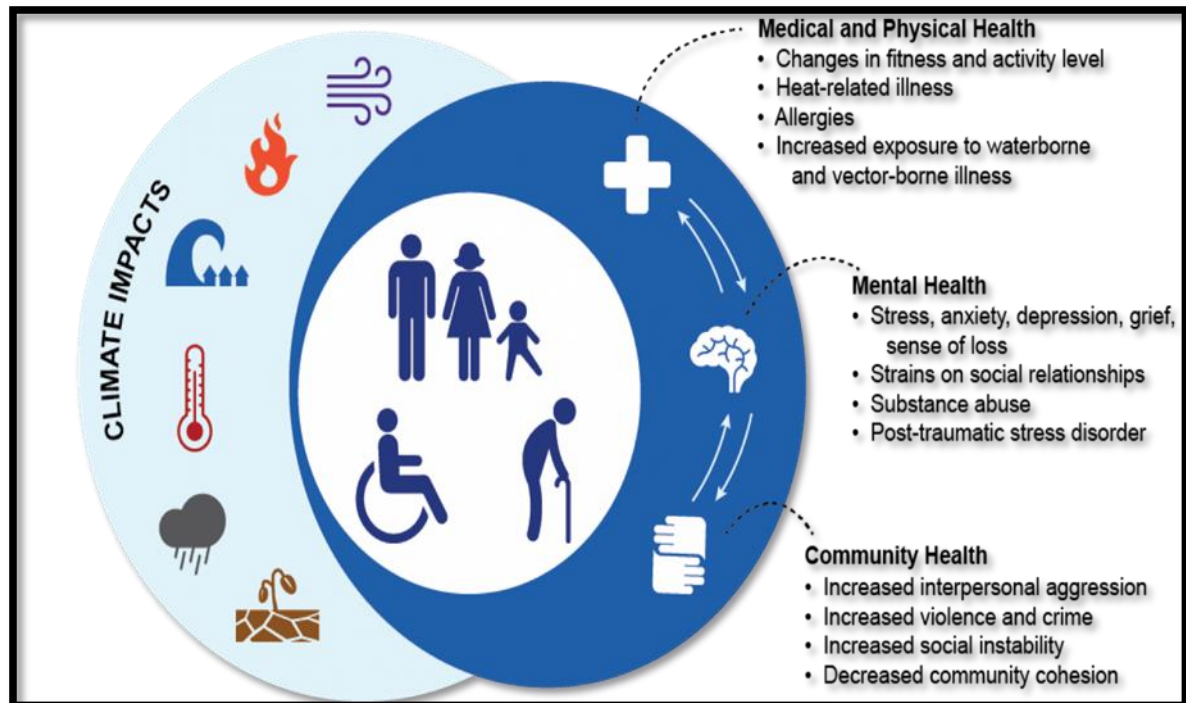
According to World Health Organisation, Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to contribute to his or her community. Whereas the United Nations Framework Convention on Climate Change (UNFCCC), defines climate change as: 'a change of climate which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability observed over comparable time periods.



A report by the Intergovernmental Panel on Climate Change (IPCC), published



in 2022. The IPCC revealed that rapidly increasing climate change poses a rising threat to mental health and psychosocial well-being; from emotional distress to anxiety, depression, grief, and suicidal behaviour.



As per WHO policy, which addresses the mental health impacts of climate change suggests the integration of climate considerations with mental health programmes, mental health support with climate action and develop community-based approaches to reduce vulnerabilities.

Promoting resilience in students

Students who have lived through a natural disaster may develop persistent worries about how climate change might impact them indirectly. We can increase their resilience to toxic stress by:

- Maintaining adult's involvement (family member/teacher) in student's life: A supportive adult may be the single most important buffer against toxic stress for a child.
- Building resilience to adversity by promoting healthy risk-taking in a responsible way: Encouraging student to step out of their comfort

zones and try new activities or make new friends can help build their self-confidence.

- Sharing instances showcasing the value of persistence: As a mental health professional, when student struggles with or fails at a task, talk with them, about times when you have had a setback. Help them understand that life comes with challenges and that persistence can help overcome them.



To conclude,

- Climate change threatens mental health.
- Substantial evidence shows that high temperatures and severe weather events are linked to mental health issues.
- Eco-anxiety (worry about the environment) can cause psychological distress.
- Removing stigma and creating awareness around mental health is important to create resilient responses to mental health impacts of climate change.

विद्यार्थी जीवन में दस्तक देते मानसिक विकार

राजसिकंदर (EVGC), North-West B District

विद्यार्थी जीवन मनुष्य के जीवन काल का वह सर्वश्रेष्ठ समय है जो उसके भविष्य को एक निश्चित दिशा प्रदान करता है। अतः विद्यार्थी जीवन का जितना आवश्यक शारीरिक रूप से स्वस्थ होना है उससे कहीं अधिक मानसिक रूप से स्वस्थ होना है।

आज के दौर में जो विज्ञान ने हमें संसाधन उपलब्ध करवाए हैं, उन्होंने प्राचीन समय से चली आ रही शिक्षा प्रणाली को बदल कर नए आयाम स्थापित किए हैं जिसके चलते भारत के विद्यार्थियों ने विश्व में अपनी एक अलग पहचान बनाई है। इस बदलती शिक्षा प्रणाली के अनेकों फायदों के साथ साथ कुछ नुकसान भी निकल कर आए हैं और उनमें से सबसे ज्यादा विद्यार्थी जीवन को प्रभावित करने वाला कारक मानसिक विकार है।



मानसिक विकार से तात्पर्य व्यक्ति के मानसिक असंतुलन से होता है जिसके चलते व्यक्ति के व्यवहार में परिवर्तन, विचारों में नकारात्मकता, समायोजन में परेशानी, गुस्सा, चिड़चिड़ापन जैसे लक्षण विकसित होने लगते हैं।

वर्तमान में देखा जा रहा है कि ये मानसिक विकार विद्यार्थी जीवन में दस्तक दे रहे हैं जिनका कारण कोरोना जैसी वैश्विक महामारी के चलते शिक्षा प्रणाली में अचानक से टेक्नोलॉजी का प्रभाव बढ़ना रहा है।

हालांकि इसमें कोई मतभेद नहीं है कि टेक्नोलॉजी का युग है और इसे विद्यार्थी जितना अधिक इस्तेमाल करना सीखेगा उसके लिए वो उतनी ही लाभकारी सिद्ध होगी लेकिन ये भी हमें मानना पड़ेगा कि टेक्नोलॉजी के इस कदर बढ़ते इस्तेमाल ने हमारी युवा पीढ़ी को मानसिक रूप से अपंग और संवेदनहीन बना दिया है। इस बात की पुष्टि इसी उदाहरण से होती है कि आज का युवा ऑनलाइन क्लास के नाम पर फ्रीफायर, पबजी जैसे गेम्स की दुनिया में जीने लगा है।

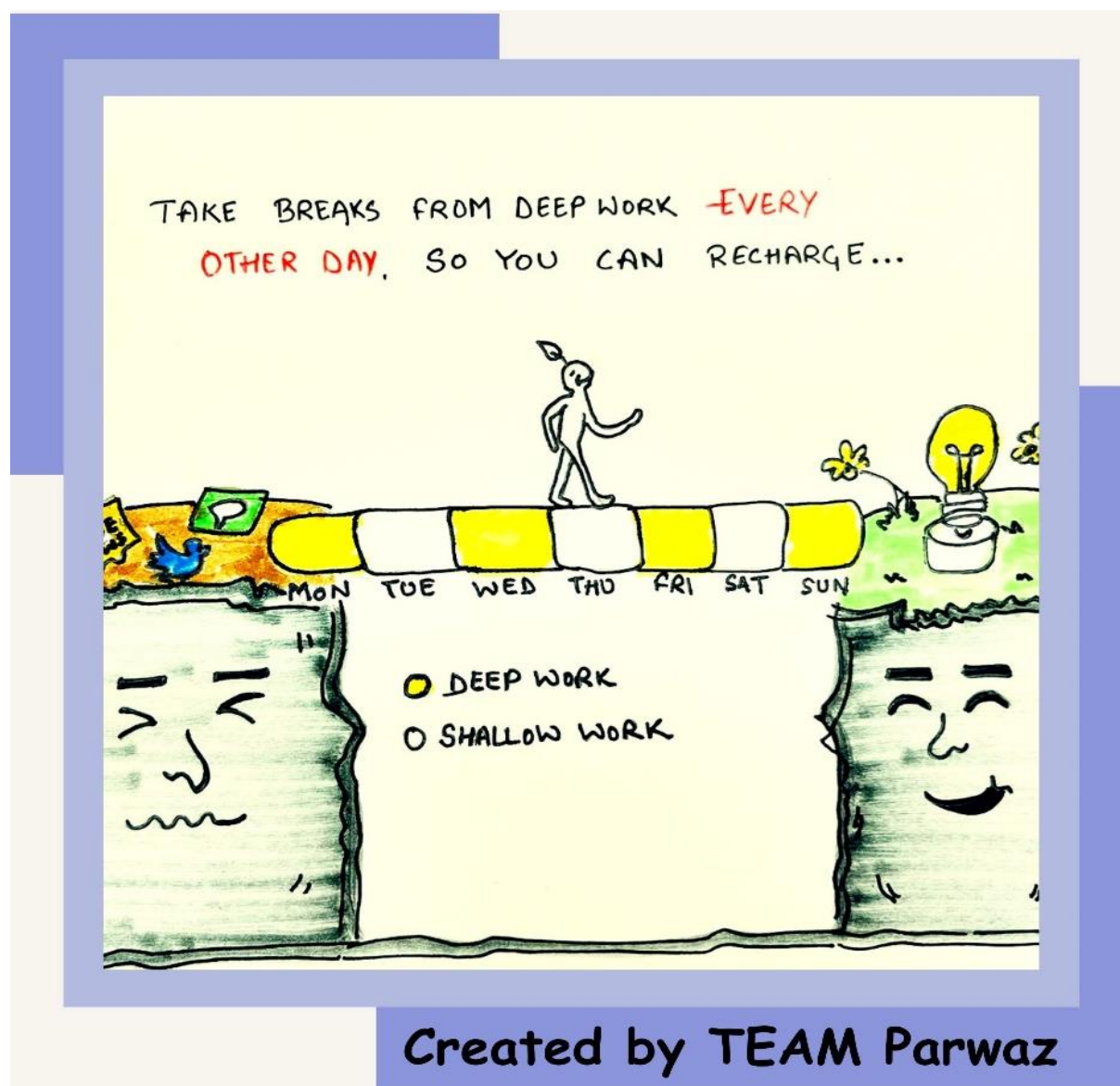
हमें इन गेम्स की दुनिया की साइकोलॉजी को समझना होगा, ये मनोरंजन के नाम पर बच्चों को एडिक्ट बना देती है। इसमें पैसे कमाने के नाम पर बच्चों को बिना मेहनत किए अमीर बनने के सपने दिखाए जाते हैं, बच्चों द्वारा रात दिन गेम्स में मारना, स्टंट करना, चोरी करना जैसी चीजें उन्हें अपराधी बनने की पहली सीढ़ी के रूप में काम करती है।

मोबाइल की दुनिया से निकला ऑनलाइन कांसेप्ट ने आपसी प्यार-प्रेम, रिश्तों, शारीरिक मेहनत, संस्कृति, रीति रिवाजों को खत्म कर सिर्फ अपने स्वार्थ के लिए सोचने वाला इंसान बनाने का काम किया है। विद्यार्थी ऑनलाइन क्लास के माध्यम से अपनी पढ़ाई तो कर रहे हैं लेकिन जो रिश्ता एक गुरु शिष्य का भावनात्मक जुड़ाव का होता था वो अब खत्म होने लगा है, ऑनलाइन मनोरंजन ने विद्यार्थियों के जीवन से वो खेल के मैदान खाली कर दिए हैं जहाँ उगते और छिपते सूरज की किरणें खेलों को और भी रोमांचित कर देती थीं, बच्चों की किलकारियाँ, उनके पसीनों में भीगे कपड़े, एक साथ गप्पे मारने के बाद लगते ठहाके, ये सब जहाँ देखने को मिलते थे। आज का युवा पबजी, फ्री फायर जैसे खेल जानता है लेकिन खो-खो, कब्बड़ी, सितोलिया, पिट्ठु जैसे खेल जो दोस्ती और शारीरिक स्वास्थ्य को अच्छा बनाने में मुख्य स्रोत हुआ करते थे वो आज के युवाओं के जीवन से लुप्त हो गए हैं, जिसके कारण मानसिक विकारों के रूप में चिंता, तनाव, अकेलापन, चिड़चिड़ापन, गुस्सा, नकारात्मक विचारों ने जगह ले ली है।

आज विद्यार्थी सामाजिक संबंधों को नहीं जानता है लेकिन सोशलमीडिया संबंधों में उलझ सा गया है वो उस इंसान पर आँख बन्द कर विश्वास कर रहा है जिससे वो कभी मिला नहीं, जो उसके परिवार, गांव, शहर, देश से संबंध भी नहीं रखता है।

जब ऐसे लोगों से जुड़ने के बाद इन्हें धोखा मिलता है तो ये अपनी दिल की बातें किसी से व्यक्त नहीं कर पाते और अंदर ही अंदर डिप्रेशन का शिकार होते हैं और कभी कभी नौबत आत्महत्या तक की आ जाती है।

श्री दयानंद सरस्वती जी ने कहा था "वेदों की ओर लौटो" लेकिन ज़माना बदल रहा है तो वेदों की ओर लौटना शायद मुश्किल हो सकता है आज की युवा पीढ़ी के लिए लेकिन एक मनोवैज्ञानिक होने के नाते मेरा मानना है कि विद्यार्थी को साधारण जीवन की ओर लौटना चाहिए जब तक कि वो अपने यौवन के 21 वर्ष कम से कम पूर्ण न करले। इसके पीछे कारण यह है कि अगर विद्यार्थी जीवन जितना साधारण, संस्कारी, खुशनुमा, शारारिक खेलों से भरा होगा वो इन मानसिक विकारों से उतना ही दूर होगा, और जब मानसिक विकार नहीं होंगे तो सफलता की सीढ़ी से मंजिल तक पहुंचना उतना ही मज़ेदार और आसान होगा।



मानसिक स्वास्थ्य

Saroj Bala (PGT Hindi), North-East I District

किसी भी परिवार, समाज या देश का विकास तभी संभव है जब वहां के लोग स्वस्थ हों। अच्छे स्वास्थ्य में न केवल तन का स्वस्थ होना आवश्यक है अपितु मन का भी पूरी तरह स्वस्थ होना आवश्यक है। एक स्वस्थ व्यक्ति को अपनी क्षमता का एहसास होता है, जीवन में आने वाली समस्या का आसानी से सामना कर सकता है। अपने परिवार, समाज व देश के प्रति लाभकारी व उपयोगी कार्य करने में सक्षम होता है। स्वस्थ व्यक्ति शारीरिक, मानसिक व भावनात्मक जैसे जीवन के सभी पहलुओं में संतुलन बनाए रखता है।



कभी कभी व्यक्ति के सामने ऐसी परिस्थितियां आ जाती हैं कि वह अपना संतुलन बनाए रखने में असमर्थ हो जाता है और मानसिक रूप से बीमार हो जाता है।

हमारे परिवार या समाज में ऐसा देखा जाता है कि जब कोई व्यक्ति शारीरिक रूप से बीमार हो जाता है तो परिवार के लोग उसका उपचार कराते हैं और अन्य लोगों से भी उसके बारे में बातचीत करते हैं लेकिन जब कोई व्यक्ति मानसिक रूप से बीमार हो जाता है तो परिवार के लोग न तो उसका इलाज कराते हैं और न ही किसी से उसके बारे में कोई ज़िक्र करते हैं। उन्हें या तो बीमारी की कोई जानकारी नहीं होती है और अगर जानकारी होती भी है तो उन्हें समाज का डर होता है कि लोग उस व्यक्ति को पागल या मैनटल कह कर उसका मज़ाक बनाएंगे। अगर कोई व्यक्ति अविवाहित है तो उसका विवाह नहीं हो पायेगा।

क्या आप जानते हैं कि मानसिक स्वास्थ्य की समस्याएं क्यों पैदा होती हैं? अभी तक हमारे समाज के अधिकांश लोग इन बातों से अनभिज्ञ हैं। मानसिक स्वास्थ्य खराब होने के कई कारण हो सकते हैं जैसे घर या कार्यालय अथवा समाज में कोई हिंसा देख लेना, बाल शोषण या यौन शोषण होना, किसी प्रिय जन की मृत्यु हो जाना, आर्थिक या सामाजिक या पारिवारिक समस्या से पीड़ित होना, शराब या नशीले पदार्थों का सेवन करना जैसे अनेक कारण हैं। वर्तमान में अधिक टीवी देखना, फ़ोन या मोबाइल का अधिक प्रयोग करना तथा समय पर रोज़गार का न मिलना भी मानसिक समस्या का कारण बन रहे हैं जिससे नींद न आना, सिर में दर्द रहना, चिड़चिड़ा होना आदि समस्या हो रही हैं।

अब सवाल यह उठता है कि कैसे पहचानें कि अमुख व्यक्ति को कोई मानसिक बीमारी है। मानसिक स्वास्थ्य की समस्याएं अलग अलग लोगों में अलग अलग हो सकती हैं। कुछ लोग उदास रहने लगते हैं, कुछ चिंता में डूबे रहते हैं, कुछ डरे हुए रहते हैं, कुछ लोगों को अनेक प्रकार की आवाज़ें सुनाई देती हैं या कुछ दिखाई देने लगता है जो वास्तव में होता ही नहीं है, कुछ लोगों को देखा गया है कि वे ज़रूरत से ज्यादा खाना खाने लगते हैं, कुछ लोग शराब या नशीले पदार्थों का सेवन करने लगते हैं, कुछ लोग छोटी-छोटी बातों पर बहुत क्रोधित हो जाते हैं, कुछ लोग स्वयं को समाज पर बोझ समझने लगते हैं और आत्महत्या करने का निर्णय ले लेते हैं।

आज के समय में यह एक बहुत ही गंभीर समस्या बनती जा रही है। जब व्यक्ति का दिमाग पूरी तरह से कार्य नहीं करता तब डिप्रेशन या एंजायटी की समस्या होती है। इस तरह की समस्याएं युवा वर्ग या 30 से 40 वर्ष की आयु के लोगों में अधिकांश रूप से देखी जा सकती है।

परिवार या समाज के किसी व्यक्ति के व्यवहार में बदलाव आने लगे जैसे कोई व्यक्ति या बच्चा बहुत चुलबुला या शरारती था या अपने कार्य के प्रति बहुत ही गंभीर था लेकिन वह अचानक से शान्त रहने लगे, लोगों से बात करना बंद कर दे या बताए गए लक्षणों में से कोई लक्षण दिखाई दें तो उसे डाक्टर के पास जाना चाहिए और उसका उपचार कराना चाहिए। आमतौर पर यह देखा गया है कि अपने देश में मानसिक रोगों का इलाज बहुत ही महंगा है। सरकारी अस्पतालों में इलाज करने वाले डाक्टर साइकेट्रिस्ट और साइकोलॉजिस्ट की बहुत ही कमी है। इसकी फीस और दवाइयां भी बहुत महंगी हैं। कारण वश लोग पूरा इलाज नहीं करा पाते।

मानसिक रूप से पीड़ित रोगी को प्यार, सहयोग व भरोसेमंद व्यक्ति की आवश्यकता होती है। ऐसे व्यक्ति को कम से कम छः से सात घंटे की नींद अवश्य लेनी चाहिए। अनुलोम विलोम प्राणायाम तथा शारीरिक व्यायाम, मेडिटेशन आदि भी मानसिक स्वास्थ्य को सुधारने में मदद कर सकते हैं। इस प्रकार की समस्याओं से बचे रहने के लिए पौष्टिक भोजन का लेना आवश्यक है। ब्रेन बूस्टर फूड्स का सेवन करना चाहिए जैसे नट्स, डार्क चॉकलेट, पम्पकिन सीड्स, ब्रॉकली, ब्लू बेरी, हरी साग सब्जियों का भरपूर सेवन करना चाहिए।



MENTAL HEALTH

TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.



Sunita Dahiya (Lecturer, Home Science), North-West A District

NOMOPHOBIA: Time to Log Off

Priyanka Mulani (EVGC), West A District

Do you find it difficult to put down your smartphone, or do you get nervous when you know service will be interrupted for a few hours? Does the thought of not having your phone make you uncomfortable?

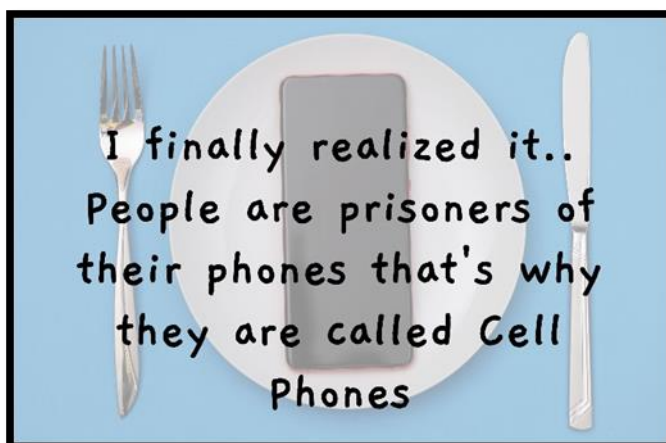
"Fear of staying away from smartphones" is the definition of nomophobia, a relatively new concept that has become a significant part of our lives in recent years due to the effective use of smartphones in daily life.



Our era is characterised by advanced technology, and as these fields develop at a swift pace, it is evident that technology has an impact on societal norms. Studies revealed that the age at which people utilize technology products has dropped until the age of primary school.

Most people use their smartphones for texting and talking, as well as for accessing the most recent information. Children become reliant on their phones as they use them for communication and to keep up with the outside world.

According to Jacobsen and Forste (2011), children's addiction to mobile phones and the amount of time they spend using them can have a negative impact on their performance in school. In addition to physical discomfort like burning or drowsiness in the eyes, as well as pain in the muscles of the neck, this addiction to



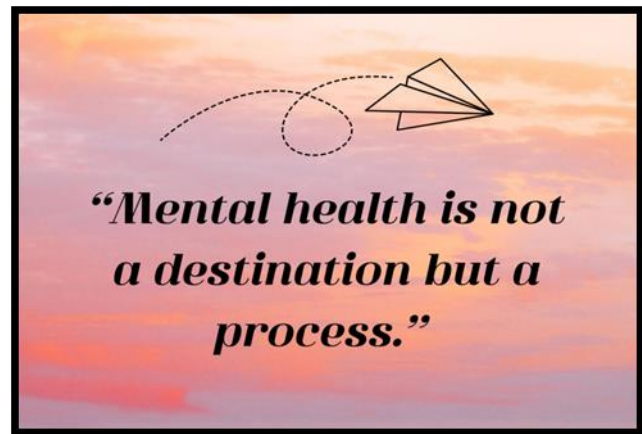
mobile phones can lead to disruptions in social activities, sleep patterns, and academic performance.

Nomophobia shares many of the same symptoms as other phobias and anxiety disorders. Among them are breathing abnormalities due to anxiety, nervousness, perspiration,

restlessness, and confusion. Tachycardia, a rapid, irregular, or regular heartbeat; obsessive thoughts and compulsive behaviour related to a smartphone.

To be classified as nomophobia, your fear of being without your mobile phone should include:

- Using a cell phone frequently, focusing on it for extended periods of time, owning multiple devices, and always carrying a charger around
- Experiencing anxiety and nervousness when one's own phone disappears, is misplaced, or cannot be used due to low battery life, poor network coverage, or no credit.



- Attempting to stay away as much as possible from locations and circumstances where using a cell phone is prohibited (e.g., public transportation, dining establishments, movie theaters, and airports)
- The behaviour of checking the phone's screen for messages or calls—a habit David Laramie has coined the term "ringxiety," which combines the terms "ringer" and "anxiety."
- Having a lot of debt or significant expenses from using a mobile phone.
- Not having many social face-to-face interactions with people, this could cause anxiety and stress.
- Preferring to communicate via new technologies.
- Sleeping with a mobile device in bed.
- Make it difficult to get enough sleep.
- Cause problems in your day-to-day activities.
- Have a negative impact on health or quality of life.

Nomophobia is not the only condition that can explain why you use your phone a lot or worry about losing it. Yet, if your symptoms have persisted for more than six months, it's a good idea to see a doctor, especially if these symptoms are frequent and persist throughout your day.

Take these actions to live a life *where your smartphone contributes rather than dominates it.*

- At least one hour before going to bed, turn off your phone.
- Consider taking brief breaks from using your phone at home, like going for a walk, picking up dinner, or making a supermarket run.
- Make an effort to engage with folks who are physically close to you more often.
- Schedule when you will check your phone.

- Read up an actual newspaper or magazine instead of relying on updates.

Treatment

Psychotherapy, combined with a few pharmacological interventions, makes up the majority of the suggested treatments. Though randomised trials are currently lacking, cognitive-behavioral psychotherapy has been proposed as an effective treatment for nomophobia.

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Excessive Use of Gadgets and Its Impact on Mental Health

Palak Jain (EVGC), North West District

In today's era, gadgets have become an inseparable part of our lives. From educational and informational purpose to entertainment and communication purpose, we are all dependent upon gadgets like mobile phones, laptops etc.



Not only adults but kids are also overly invested in gadgets most of the time. Kids can be easily spotted watching cartoons, videos or playing games on the phone while their parents feed them during meal time. Adults are also seen neglecting their kids as they are so much involved in gadgets. Parents have forgotten to play and spending quality time with their children. Excessive use of gadgets is affecting relationship of couples, parents' relationship with kids and overall family relations. Too much screen time and lack of sleep can cause lack of productivity and various health issues. It can lead to delayed speech, hyperactivity, aggression, anxiety and depression. It may cause physical health issues as well like neck pain, eye strain, obesity, improper sleep. Also, if not checked, children may be exposed to inappropriate content on gadgets which may lead them to indulge in risk behaviors, sexting on chatting platforms, cyber bullying etc. Children may start to assess themselves on the basis of number of

नुककड़ नाटक (Mental Health Day)



likes he gets on social media platforms like facebook, instagram etc.

Children needs to be educated about various digital rules like setting up daily time limit for using gadgets, sitting in correct posture while using gadgets and smartly filtering inappropriate content for them. It is important to maintain balance between screen time and other activities such as sleep, school work, meals, hobbies and family time.

At last, it won't be incorrect to say that any technology is good only till we use it for what actual purpose it was made for. May be next time when we use our gadgets mindlessly, this article strikes us and we may use our time more productively.

Optimism with a Perspective

Nisha K Nair (EVGC), North District

We have all been told several times in our lives to stay positive, think optimistically, *acha sochoge to acha hoga*, have a Positive Attitude towards life etc.



Before we move on to understand the same thread bare, it is imperative to also differentiate and clear ourselves upon what it is not. As we might end up confusing ourselves and developing a mindset which may have much heavier, harmful, disappointing consequences as opposed to what positive thinking per se promised to be bestowing us with.

What it is not?

1. What I think is right and things will happen the way I have thought.
2. I wish to have these xyz things, I want to have that and I will surely get it if I be positive about it.
3. Thinking that future will be full of good things and absolutely smooth without any difficulties if I be optimistic and positive.



All the above stream of thoughts is not positive thinking but irrational and unrealistic wishful thinking. Such believes will only foster false hopes and make one drift away from reality and will create a sense of disequilibrium resulting in

instability, confusion, disappointment, feelings of betrayal and other imbalances and one will question the whole idea of optimism and faith over Positive Attitude will gradually diminish.

So now we know what Positive Attitude is not, let us now understand what actually developing a Positive Attitude means.

- Attitude in general means the way we think, respond and behave. So, its basically how we interpret various stimuli in the given environment be it sensations, situations, conversations, problems or planning for that matter.
- While Positive Attitude means to be able to find or look for that bright side of any given situation which has a possibility to be beneficial, productive, or seeing it as a new learning opportunity. It is to remain hopeful even in challenging situation.

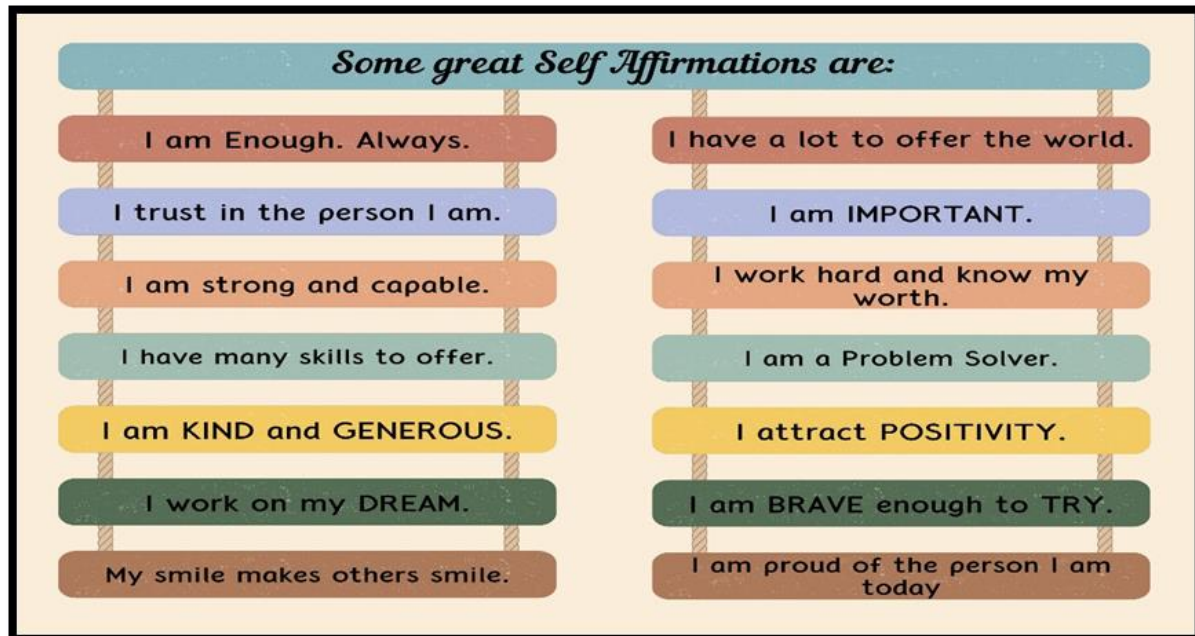
This said attitude can often be confused with being cheerful, enthusiastic and happy go lucky but all these come under temperamental inherent traits but having the Positive Attitude can be inherent as well as it can very well be developed by self-awareness, mindfulness and willingness for constant and continuous learning.

Some of the ways by which we can attempt towards developing a healthy Positive Attitude in ourselves are:-

1. Continuous and Rational introspection of our own thought process and developing intrapersonal relationship and strengthening and nurturing them with healthy thoughts, productive outlook and hopeful mindset with a readiness towards facing adversities.
2. Surrounding ourselves within positive environment, people and engage in enriching dialogue.



3. Gratitude Pill: Everyday take a generous dose of this pill, you will see remarkable opportunities around. Being thankful for simple things in life, for e.g. food, shelter, health, parents, education, life.



Activities-

- Gratitude Journal- Keep a diary, at the end of everyday write down all the things/people you are grateful for today.
- Take time to thank these people and situations, this will foster the growth of feel-good hormone in you and the person receiving the gratitude.

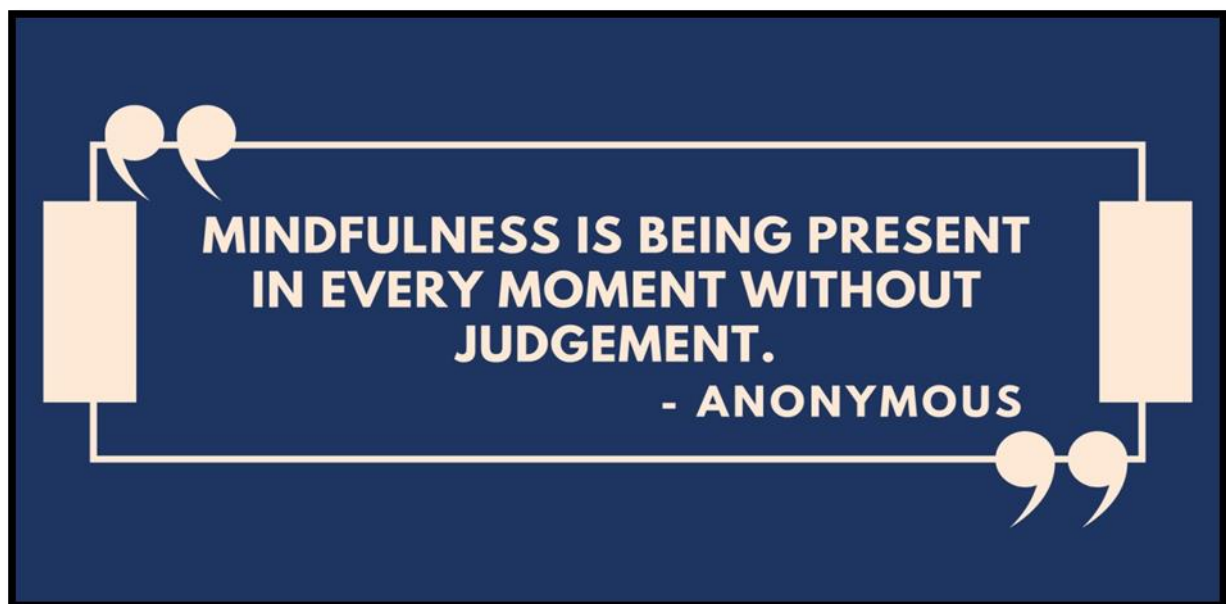
4. Self Appreciation-As much you appreciate the outside do not forget to appreciate the inside environment which sums up your thoughts, your achievements, your abilities, your potentials and even embrace the flaws.

- Like Gratitude Journal, make a Self-Affirmation Journal- write down each day what you found yourself good at, also note things you would want to improve upon, personal behaviors which helped you sail better through the day in difficult circumstances, if you helped someone etc.
- Post it Hold it- using post its stickers, write positive things/affirmations about self, qualities, achievements, strengths, aspirations, goals and stick around places where you will see it often, this will enhance your believe in yourself.

5. Learning and Developing Resilience, Acceptance: Acknowledging the fact that things or situations will not always turn around as expected and being ready with alternate ways, problem solving skills, learning from the challenges and being ready for future. Developing and equipping oneself with resilient behaviors in adverse circumstances, it is always good to have positive outlook but if it is coupled with preparedness for uncertainties, every challenge can be dealt with minimum personal damage.

“What is the difference between an obstacle and an opportunity? Our attitude toward it. Every opportunity has a difficulty, and every difficulty has an opportunity.”

- J. Sidlow Baxter



Mindfulness Challenge

Day 01

Greet your loved ones with "have a great day."

Day 02

Help a needy with daily routine tasks.

Day 03

Over a chat, wish someone a great weekend.

Day 04

Meditate

Day 05

Help a teacher/student with his/her/their belongings.

Day 06

Volunteer for any morning routine.

Day 07

Visit the school library.

Day 08

Set a mini goal for a subject.

Day 09

Eat something healthy.

Day 10

Do your assignment earlier than usual.

Day 11

Watch a documentary with your family.

Day 12

Ask for help.

Day 13

Walk around the school.

Day 14

Help a classmate/colleague.

Day 15

Compliment someone around you.

Day 16

Go under a tree's shade.

Day 17

Go to bed earlier than usual.

Day 18

Read a book.

Day 19

Have a chat with a non-teaching staff.

Day 20

Eat with classmates or friends.

Day 21

Just Play.

Day 22

Pack a lunchbox.

Day 23

Clear your school desk or locker.

Day 24

Tell a family member about your weekdays.

Day 25

Listen to music.

Day 26

Make an appreciation letter to someone.

Day 27

Help clean your room.

Day 28

Be grateful.

Day 29

Stay offline for a day.

Day 30

Let's Dance.

Unleashing the Power of the Mind

A Dive into Positive Psychology

**Anika Sharma (TGT English),
Zeenat Mahal SKV, Jafrabad, 1105018, North-East II District**

Greetings, dear readers! Today, join me on an enchanting journey into the realm of positive psychology. Positive psychology, the science of happiness and well-being, has taken the world by storm. It's like a whimsical wizard, revealing the secrets to a fulfilling life.



Positive thinking allows us to approach learning with curiosity and enthusiasm. So, let's sprinkle some fairy dust of positivity on our textbooks and make every study session a fantastical adventure! Life presents us with hurdles, but with resilience and humor, we can overcome anything.

Imagine facing a mountain of challenges, armed with a clown nose and a rubber chicken. Who says you cannot conquer life with a little laughter? So, let's embrace the setbacks, the failures, and the occasional wardrobe malfunction (we've

all been there). Remember, laughter is like a magic potion that transforms the ordinary into the extraordinary!



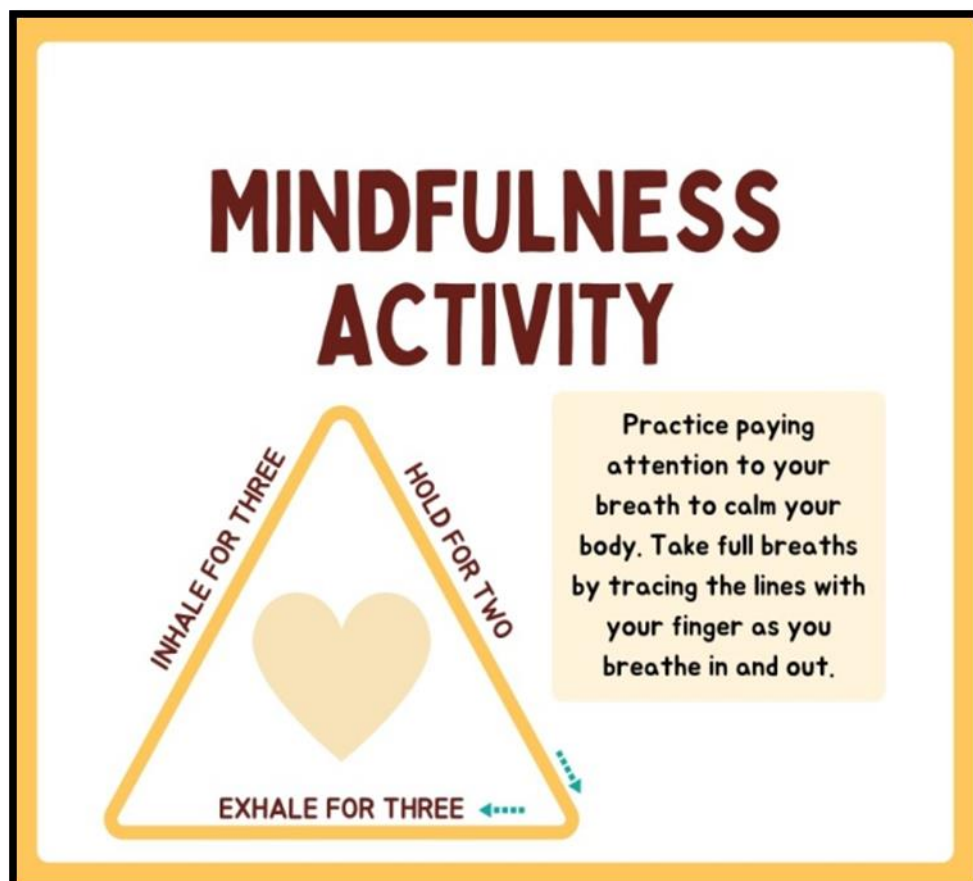
In the journey of personal growth, self-awareness and self-reflection are like our trusted companions. They guide us through the maze of self-discovery, like quirky tour guides leading the way. So, grab your magnifying glass and detective hat, and embark on a thrilling adventure to uncover your strengths, weaknesses, and deepest desires.

Positive emotions are like bursts of confetti in our minds. They color our lives with joy, creativity, and connection. So, let's pop open the metaphorical champagne bottle of positive emotions and celebrate the small victories, the belly laughs, and the heart-warming moments.

Gratitude and mindfulness, the dynamic duo of personal development! Practice gratitude to appreciate the simple pleasures in life, like a warm cup of tea or a fluffy cloud shaped like a unicorn. And mindfulness—ah, it's like taking a serene walk in a zen garden. Be present in the moment, and savor the sweetness of life's little surprises.

Believe it or not, dear readers, you hold the key to your own happiness and well-being. Positive psychology reminds us of the immense power we possess within ourselves to create a life filled with meaning and fulfillment. So, let's unleash that power, like a burst of confetti from a party popper, and embrace the extraordinary journey that lies ahead.

In conclusion, positive psychology is not just a fancy buzzword; it's a transformative way of life. And as we delve into its principles, let's do so with a playful spirit and a twinkle in our eyes. Remember, a little humor, a sprinkle of whimsy, and a dash of positivity can make all the difference in our mental well-being. So, let's embark on this delightful adventure together and make our lives shine like the brightest star in the galaxy of mental health!



Attitude of Gratitude

Ms. Kanishka (EVGC), East District

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

~ RALPH WALDO EMERSON



Ankur is a student of grade 9th. He likes to go to his hometown in Uttarakhand with his parents for his summer break. He went to his hometown this time too. He was spending good time there. One day, it rained heavily and the river near by overflowed in his town. Ankur with his family and villagers went to hill top at some distance from his town for shelter and safety. The villagers got together and organised help for others in distress. Water level went back to normal parameters after a week and situation was under control. Everything was restored. That day he promised himself to be grateful for what all he has.

Gratitude is a conscious, positive emotion one can express when feeling thankful for something one has whether tangible or intangible.



Gratitude is a two-stage process. In stage one, we acknowledge the goodness in our lives, even when things are feeling a little off. On stage two, we recognise that some of the sources of this goodness lie outside the self such as people, nature, etc.

Gratitude has many benefits. It builds over time through continuous practice. It has long lasting effects on mood and behaviour. It helps to reduce stress, and hence, preventing depression

and anxiety. It makes us more optimistic. Gratitude makes our immune system robust. It also increases our capacity to forgive, develop compassion, and reduce burn out. It makes us feel satisfied and fulfilled in relationships with our family and friends.

There are some exercises which can help us to feel great. All we need to do is to make a list of things that makes us feel grateful such as people in our life, the places we go to like beautiful mountains and everything which gives us a level of comfort and feeling of joy. For example, it could be the job we are doing which is letting us learn new skills or school which is providing education.



When we practice this exercise, we will observe how wonderful our life already is. Captivate our blessings, joy and everything and hold them close inside the deepest layers of your heart and soul and use it as fuel. Do not let the bad memories or negative emotions distract you from your goals in life. The great Kobe Bryant in an interview once said that *pressure, challenges, and negativity were opportunities for him to rise*. So, let us inculcate the practice of gratitude to feel great for every possible thing and achieve excellence, cherish every moment until the better becomes the best. Be the rising sun illuminating your own life and others too.

Gratitude Journal



Read these words, and think of the **FEELING** you get when you read them. Then write out the first thing that comes to your mind.

HIGHLIGHTS

1. Grateful for
2. Excited about
3. Worthy of
4. Happy when
5. Hopeful for
6. Loved when
7. Appreciated when
8. Passionate about
9. Creative when
10. Evolving to
11. Proud of
12. Surrender
13. Aware of
14. Trusting in
15. Blessed to
16. Releasing
17. Thankful for

Positivity in Life

Neeru Gulia (EVGC), South-West District

Positivity is a vital ingredient for a fulfilling and happy life. It acts as a guiding light, helping us navigate through the inevitable challenges and setbacks that life throws our way. When we maintain a positive outlook, we are better equipped to persevere, adapt, and overcome obstacles, fostering resilience in the face of adversity. Positivity also enhances our overall well-being, as it has been linked to reduced stress, improved mental and physical health, and stronger relationships. It enables us to approach life with an open heart and a can-do attitude, making it easier to embrace opportunities, connect with others, and find gratitude in even the simplest of moments. In essence, positivity is the cornerstone of a joyful, meaningful existence, allowing us to savor life's beauty and rise above its trials.



Positivity plays a crucial role in the lives of students, contributing to their overall well-being and academic success. Cultivating a positive mindset has several benefits for students:

1. Improved Mental Health: Positivity helps reduce stress, anxiety, and



depression. When students maintain a positive outlook, they are better equipped to cope with academic challenges and personal pressures.

2. Enhanced Resilience: A positive mindset fosters resilience, enabling students to bounce back from setbacks and failures. This resilience is essential for navigating the ups and downs of academic life and personal growth.



3. Increased Motivation: Positivity is a powerful motivator. Students with a positive mindset are more likely to set and pursue goals with enthusiasm. They see challenges as opportunities for growth, leading to increased motivation to overcome obstacles.

4. Better Relationships: Positive individuals tend to build stronger, more supportive relationships. This is particularly important for students who rely on social connections for emotional support, collaboration on projects, and a sense of community.

5. Optimized Learning: A positive mindset enhances cognitive abilities and creativity. Students who approach learning with optimism are more likely to engage

in critical thinking, problem-solving, and innovative ideas, contributing to a more effective learning experience.

6. Physical Health Benefits: Positivity is linked to improved physical health. Students who maintain a positive outlook are more likely to adopt healthy lifestyle habits, such as regular exercise and proper nutrition, which can positively impact their overall well-being.

7. Increased Academic Performance: Positivity has been correlated with better academic performance. When students approach their studies with optimism and a growth mindset, they are more likely to persevere through challenges and achieve their academic goals.

Encouraging positivity in the lives of students involves fostering a supportive and nurturing environment, promoting a growth mindset, and providing resources for mental health and well-being. By prioritizing positivity, educators and parents can contribute to the holistic development of students and help them thrive academically and personally.

Embracing the Storms, Embracing the Smiles: The Unbreakable Union of Resilience and Happiness

Prabhat Kumar (Teacher Counselor, TGT Social Science), North-West A District

Resilience, the ability to bounce back and adapt in the face of challenges, adversity, or stress. It involves maintaining mental strength, emotional well-being, and the capacity to recover from difficult situations. The power of resilience lies in its ability to help individuals and communities navigate through difficult circumstances, overcome setbacks, and emerge stronger and more capable.



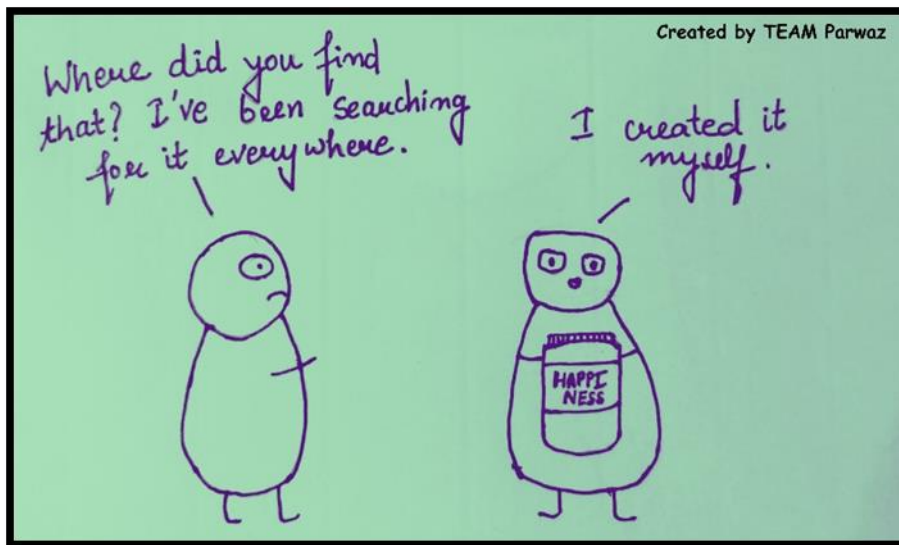
The Delhi government recognized the need to prioritize the holistic development of students, which includes their emotional and mental health, in addition to academic achievement. The Happiness Curriculum aimed to provide students with tools and techniques to manage stress, develop self-awareness, build positive relationships, and foster emotional resilience.

Some of the major causes or happenings that might have given input to the



introduction of happiness curriculum in schools include:

Rising Mental Health Issues: An increase in mental health issues among students,



such as stress, anxiety, and depression, has become a growing concern in many education systems.

High Academic Pressure: Intense academic pressure and a focus solely on exam results may lead to burnout and affect

students' overall well-being.

Global Happiness Movement: The global movement to prioritize happiness and well-being, as highlighted by the World Happiness Report and other research, influenced education policymakers to consider integrating happiness-oriented programs into schools.

Preventive Approach to Mental Health: Rather than addressing mental health issues after they arise, some policymakers and educators have adopted a preventive approach by promoting well-being and mental health from a young age.

Positive Impact on Learning: Studies and pilot programs showing the positive impact of happiness-oriented initiatives on student learning, behaviour, and overall school culture have encouraged the adoption of such programs on a broader scale.

The curriculum, launched in July 2018, was designed in collaboration with various experts, including educators and psychologists, to integrate mindfulness, meditation, and other happiness-related activities into daily school routines.

The concepts of **Madhyasth Darshan (Coexistential Philosophy)** and **Jeevan Vidya** propose a holistic understanding of human existence and the interconnectedness of all things in the universe. These concepts can contribute to the development of resilience in the following ways:

Understanding the Interconnectedness: This interconnected view of life can help people realize that they are not alone in their struggles and that they are part of a larger whole, fostering resilience.

Finding Meaning and Purpose:

By gaining clarity on their purpose, individuals can find meaning and direction in their lives, which can be a source of motivation and resilience.

Fostering Emotional

Intelligence: This self-awareness can contribute to emotional intelligence, allowing individuals to recognize and understand their emotions better.



Acceptance and Equanimity: By practicing acceptance and equanimity, individuals can better adapt to challenging circumstances and maintain emotional stability.

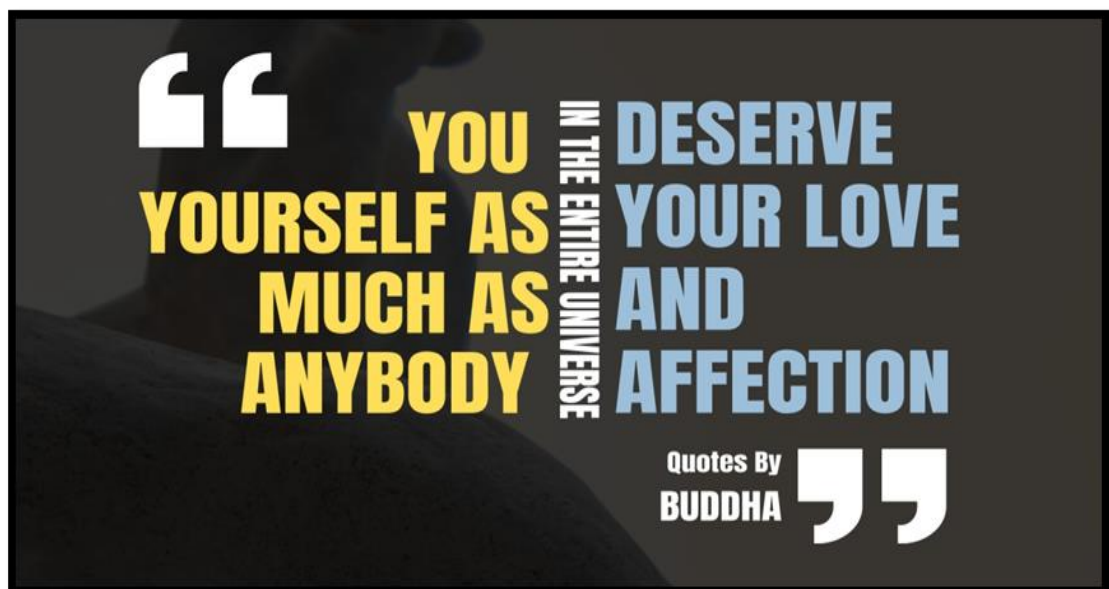
Cultivating Humane Conduct: By following ethical principles and being kind and compassionate towards others, individuals can build strong social connections and support networks.

Developing Self-Compassion: This understanding can lead to greater self-compassion and self-acceptance.



Development of resilience among students and the role of teachers:

- Promote a positive and supportive learning environment,
- Teach problem-solving and coping skills,
- Encourage self-awareness,
- Set realistic expectations,
- Foster a growth mindset,
- Provide social-emotional learning (SEL) programs,
- Promote teamwork and collaboration,
- Offer support and mentorship,
- Teach stress management techniques.
- Celebrate failures as learning opportunities,
- Create a culture of resilience
- Provide resources for support



The role of teachers in developing resilience among students is vital. They serve as role models, mentors, and guides, helping students navigate challenges and develop coping strategies. The Happiness Classes in Delhi government schools, with a focus on resilience, are creating a positive impact on students, teachers, the school environment, and society as a whole, fostering a generation of emotionally intelligent and resilient individuals who can thrive in various aspects of life. By implementing these practical approaches, educators are contributing to the development of resilience among students, empowering them to navigate challenges effectively and lead more fulfilling lives. The concepts of Madhyasth Darshan (Coexistential Philosophy) and Jeevan Vidya offer a comprehensive understanding of human existence and the universe. By recognizing interconnectedness, finding purpose, developing emotional intelligence, and cultivating humane conduct, individuals can

Don't treat your kid's report card as your visiting card: PM to parents

Manash.Gohain
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New Delhi: Prime Minister Narendra Modi Monday urged parents not to treat their children's report cards as their visiting cards and suggested that students should compete with themselves and not others. He called for reducing screen time through "no-gadget zones in house" and "no gadgets during dinner" rules to achieve tech-life balance.

Interacting with students, parents and teachers during his annual "Pariksha Pe Charcha" programme, the PM said, "It is crucial to instil resilience in our children and help them cope with pressu-



PM interacts with students during 'Pariksha Pe Charcha' on Monday

res... We cannot just switch off and the pressure is gone. One must become capable of bearing any kind of pressure." He classified stress faced by students into three types as "induced by peer pressure,

parents or self-induced".

Conceptualised to beat stress, exam-related fear continues to be among common questions in each edition.

► Related report, P 16

build resilience and effectively navigate through life's challenges with grace and strength.

Resilience and happiness are intertwined in an eternal bond, forming the pillars of a fulfilling and content life. Conclusively, this topic delves into the profound connection between resilience and happiness, unravelling how one complements the other to foster a harmonious and successful existence.

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Positivism: Impact and Significance in the Lives of Students

Saurabh Pandey (EVGC), North-East II District

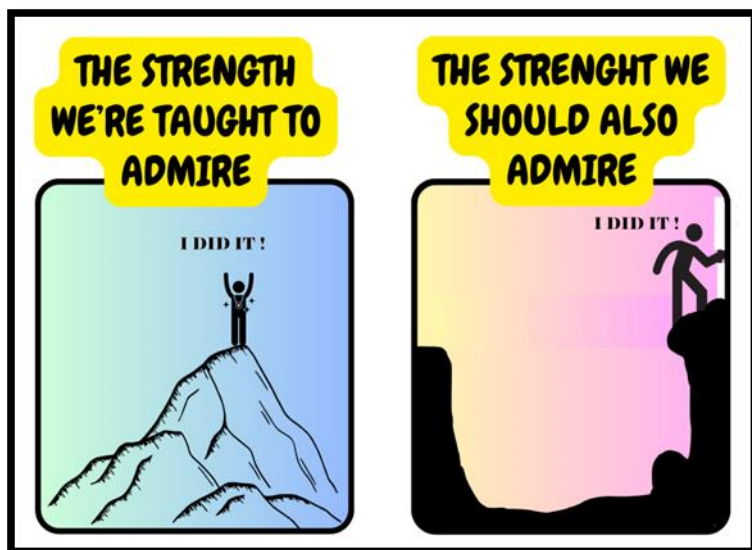
Positivism, a philosophical approach that emphasizes the importance of empirical evidence and the scientific method in understanding the world, has a significant impact on the lives of school students. This mindset encourages a constructive and optimistic outlook, which can shape students' attitudes, behaviors, and overall well-being. In this article, we will explore how positivism influences school students and why it is an essential perspective to foster in educational settings.



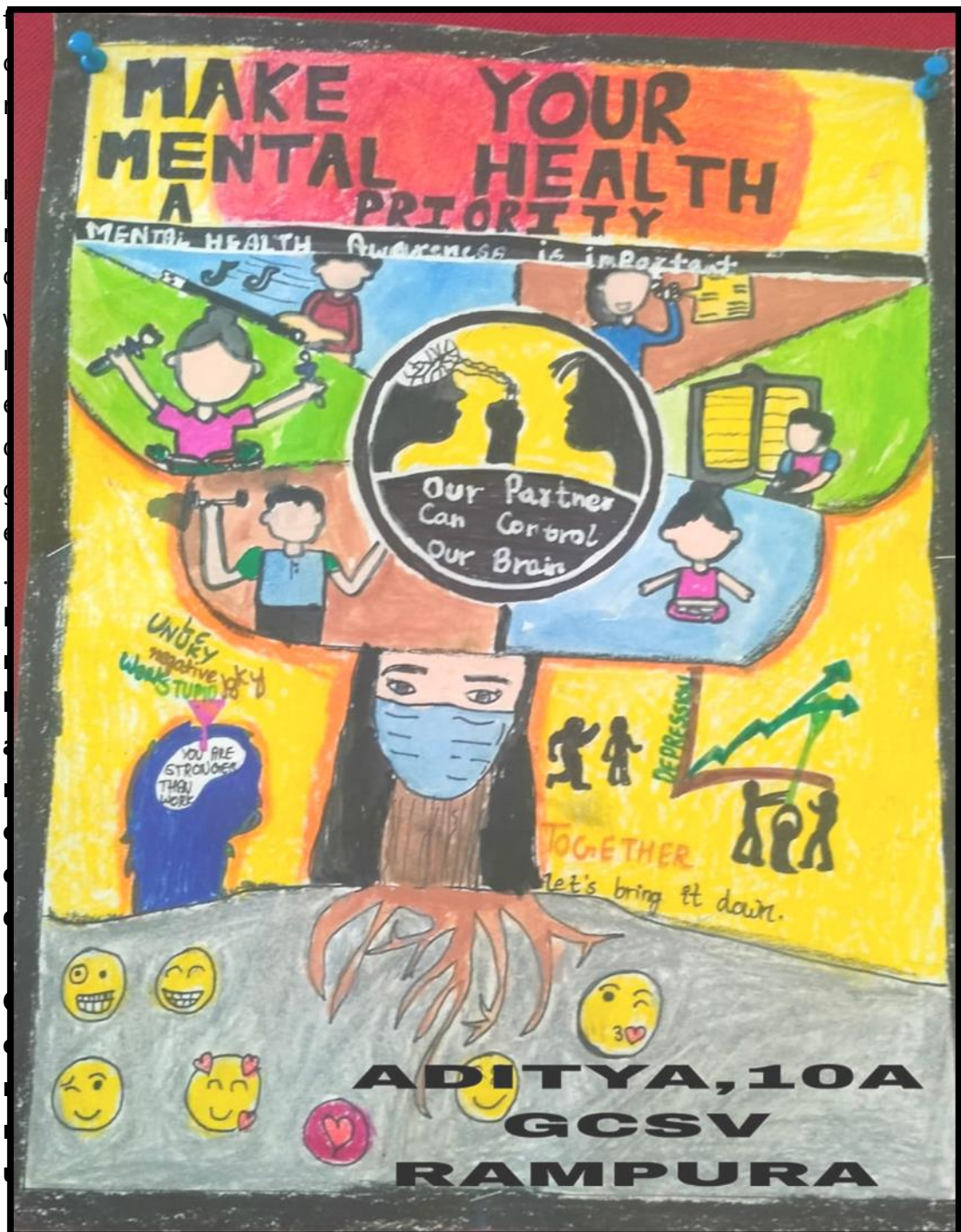
In the entirety of our curriculum and educational practises, positivist ideology is reflected. Intentionally or unintentionally, our textbooks reproduce the positivist notion of knowledge construction because they are written by subject matter experts who have achieved success in this positivistic model of education. Thus, curriculum development and education are caught in a positivist loop.

The Impact of Positivism on School Students

- **Critical Thinking and Problem-Solving:** One of the most significant influences of positivism on school students is the development of critical thinking and problem-solving skills. By emphasizing empirical evidence and scientific reasoning, positivism encourages students to approach issues and challenges analytically.



- **Resilience and Optimism:** Positivism promotes an optimistic and resilient outlook on life. School students who adopt this perspective are more likely to see setbacks as opportunities for growth rather than insurmountable obstacles.
- **A Focus on Personal Growth:** Positivism emphasizes the idea that individuals can improve themselves and their circumstances through the application of knowledge and effort.
- **Scientific Inquiry and Curiosity:** Students influenced by positivism are more likely to engage in scientific inquiry, ask questions, and seek evidence-based answers. This encourages a lifelong love of learning and a continuous quest



nication and Collaboration: The scientific method, which is fundamental to positivism, also involves clear and systematic communication. School students who are exposed to this approach learn how to express their ideas logically and persuasively.

- **Emotional Well-being:** Adopting a positivist outlook can contribute to emotional well-being. Positivism promotes a focus on positive experiences, gratitude, and personal strengths. This perspective can reduce stress, anxiety, and depression, as students are more likely to interpret challenges as opportunities for growth and positive change.

Challenges and Considerations

While the impact of positivism on school students is largely positive, it is important to strike a balance. Overemphasizing empirical evidence and scientific method can sometimes lead to an overly rigid mindset that dismisses the value of creativity, art, and subjective experiences. Students should be encouraged to explore various perspectives and appreciate the richness of human existence beyond the boundaries of strict empiricism.

Conclusion

The role of positivism in shaping the lives of school students cannot be underestimated. This philosophical perspective encourages critical thinking, resilience, optimism, and a lifelong love of learning. It equips students with the tools they need to face challenges with confidence and to approach life's mysteries with curiosity. As educators and parents, fostering a positivist outlook in our children can empower them to thrive in the complex and ever-changing world they will inherit.

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Life is a Journey

Priyanka Sawariya (EVGC), West A District

Life is all about ups and downs. At times it's all rosy and sometimes it's a thorny path, with obstacles, hurdles and many other things that keep you from achieving your life goals. Making your progress slower or sometimes stagnant.

But then it's your faith, your hope and your belief in yourself and in your dreams. That gives you the courage to move forward towards your goals, to achieve your dreams, to reach your destiny.



Your speed of progress doesn't matter, what matter is that you are moving.

Forward is forward.

You have to be patient with yourself, intact with inner peace and joy. You have to trust yourself and the timing. Because you will realise your dreams when it's God's timing. Till then you have to be in consistency with your efforts, stay calm, patient and in faith, being hopeful and happy with a positive mindset.

Life will throw stones at you, you just have to catch them and make it of good use. Use your adversities to your advantage. As they say one can learn life's best lessons when it's their hard times. So, smile at your bad times and they will pass.



The Power of Positivity: A Path to a Happier and Healthier Life

Vivek Kumar (TGT SET), South District

In a world that often seems filled with challenges and uncertainties, maintaining a positive outlook can be a valuable asset. Positivity is not just a mere disposition; it's a transformative force that can shape our well-being and the world around us.



1. Positivity and Mental Health

Positive thinking can significantly improve mental health. When we focus on the bright side of life, we reduce stress, anxiety, and depression. It helps us build resilience, enabling us to bounce back from setbacks with renewed determination.

2. The Emotional Reservoir

Positivity acts as an emotional reservoir that helps us navigate life's ups and downs. It equips us with the emotional intelligence needed to handle difficult situations with grace and composure. This doesn't mean we ignore negative emotions but rather, we acknowledge them, process them, and then seek solutions or silver linings.



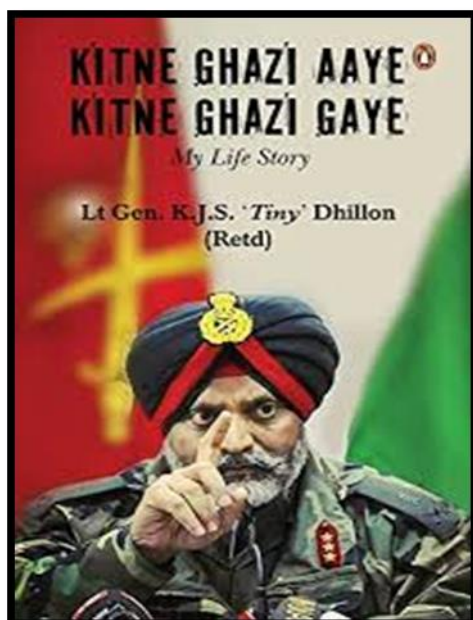
3. Physical Health Benefits

Believe it or not, staying positive can have a significant impact on your physical health. Research suggests that a positive outlook can lower blood pressure, boost the immune system, and reduce the risk of chronic diseases. Moreover, it promotes a healthier lifestyle, as individuals who maintain a positive mindset tend to engage in healthier habits like regular exercise and balanced nutrition.

Book review of “Kitne Ghazi Aaye Kitne Ghazi Gaye” written by Lt. Gen. K.J.S. Dhillon (Retd.)

Shubham Kumar Prajapati (EVGC), North-East I District

This book is written by an army veteran named Lieutenant General Kanwal Jeet Singh Dhillon, PVSM, UYSM, YSM, VSM (Retd), where he talks about the journey of a child who lost his mother very early, followed by his elder brother, brought up at his maternal uncle's home, became an army officer and was involved in some very secret missions related to national security. This book is very helpful for young individuals who want to join defence forces and is also helpful to understand how incidents happened in our lives make us ready for upcoming situations at personal and professional level.



The author mentioned several anecdotes and life stories which made a very influential effect on him and remain intact for a very long time. He talked about his family members and environment from where he learnt the sense of sacrifice from his mother when she fought with a wild animal to save her child when he was very young, his maternal uncle who was in BSF and laid down his life, coordination and planning with his cousins during childhood and adulthood through playing various games and doing innocent mischiefs of adolescence, learnt caring and got unconditional love from his grandmother. These are some important traits he learned from family and proved very helpful when he dealt with people in society and at work place.

Then he talked about his preparation for NDA exam, selection and early days at NDA. This part of the book explained that how people in our surroundings and a constructive system leads us to become a good leader and decision makers through various activities like self-confidence building, ability to influence the group through effective leadership, and showing liveliness to make oneself and others comfortable in tense

situations. I personally liked this part very much as it is very inspiring for young generation and also focuses on the skills and traits an individual requires to deal with problems in different situations.

Further it talks about the life in the army, where author described that relations in this profession are based on trust and respect for all no matter what are their ranks, religion, caste or gender. The only thing that matters is that they all are in a uniform. This is the point that we all must inculcate in our life to become a good citizen of our beloved country and serve for the humanity.

When we read a life story of a soldier, it is incomplete without some secret operations. Same goes with this book, where author talks about the missions and near death experiences, but determination and courage which was imbibed in his character since childhood played a very crucial role in these tough times, and when it came to make arrangements and handle situation in Kashmir valley during abrogation of Article 35A and 370, the skills of planning, decision making, sense of responsibility and team work made them able to avoid all kind of negative consequences and better upcoming for that particular area.

I, myself read this book twice, not just because I am a defence enthusiast but it discussed about various qualities and traits that our young generation must possess to be able to serve the society and it is not necessary that it can only be done by joining defence forces. If we possess those traits in our character and personality, we can surely contribute in the development of our nation. If I must rate this book out of 10 then going beyond 10 will be justified, so I recommend this book for students and young adults to develop professionally and at moral level, enjoy reading.



Everyone has Feelings and all Feelings are Okay.

Book Review: The Feelings Book by Todd Parr

Nisha Sharma (EVGC), North-East I District

"The Feelings Book" by Todd Parr is a delightful and colorful exploration of emotions designed for children. Published in 2005, this book has been a favourite among parents, teachers, and children for its simple yet powerful exploration of feelings. With its vivid illustrations and straightforward text, the book offers an engaging way for young readers to understand and embrace their feelings. In this review, we will delve into the book's content, artistic style, and the valuable lessons it imparts.



Todd Parr, renowned for his distinctive art style, combines bold, primary colours and simple shapes to create a visually appealing experience for children. Each page features a different emotion, with an accompanying illustration that vividly represents it. The use of easily recognizable and relatable images, such as expressive faces and relatable scenarios, makes it accessible to even the youngest readers.



The book begins by affirming that "everyone has feelings, and all feelings are okay." This sets the tone for a safe and welcoming environment in which children can explore their emotional landscape without judgment. It covers a wide range of emotions, from the most basic to more complex ones,

such as happiness, sadness, anger, and even silliness.

Additionally, Todd Parr adds a layer of interactivity to the book by asking questions on each page. For instance, he might ask, "How do you feel when you wake up in the morning?" These questions encourage children to reflect on their own emotions and connect with the book on a personal level.

"The Feelings Book" is a valuable resource not only for children but also for parents, caregivers, and educators. It provides a framework for discussing emotions with children and helps them understand that it's okay to feel the way they do.

In conclusion, its vibrant illustrations, simplicity, and emphasis on the universality of emotions make it a wonderful introduction to the world of feelings. The book creates a safe and welcoming space for children to explore their emotions, promoting self-awareness and empathy. It's a must-have addition to any child's library, and it's a book that parents and educators will find themselves turning to again and again to support children on their emotional journey. Todd Parr's book serves as a reminder that it's not only okay to have feelings, but it's essential to understand and embrace them as a fundamental part of our human experience.

A Heart-warming Journey into Childhood: A Review of the movie 'Stanley ka Dabba'

Neha Kaushik (EVGC), North-West B District

Cinema has the remarkable ability to transport its viewers into different worlds, evoke a range of emotions, and sometimes even leave a lasting impact on their psychological and emotional well-being. "**Stanley Ka Dabba**," directed by Amole Gupte, is a heartwarming film that achieves this with finesse. I too got an opportunity to watch this beautiful movie during a training session conducted by NIMHANS, Bangalore organised by EVG Bureau, Directorate of education, GNCT Delhi. This article focuses on the mental, psychological, and emotional impact it has on the wellbeing of the students.



"Stanley Ka Dabba" tells the story of Stanley (played by Partho Gupte), a bright and imaginative schoolboy who does not bring a lunchbox to school. Instead, he depends on sharing his friends' lunches or scrounging leftovers. This simple yet poignant narrative revolves around themes of friendship, innocence, and the challenges students face in a school environment.



The film has a profound psychological impact on students as it addresses crucial issues related to **bullying, peer pressure, and the importance of individuality**. In a society where children are often pressured to conform, Stanley's steadfast refusal to accept his classmates' ridicule for not bringing a lunchbox teaches young viewers about the importance of staying true to themselves. The character of Stanley encourages students to embrace their uniqueness and not succumb to peer pressure.

Moreover, the film also highlights the issue of bullying, a problem that many students face in their daily lives. Stanley's character becomes a symbol of resilience and strength in the face of adversity, which can inspire students to stand up against bullies and seek help when needed. The film sensitively portrays the psychological consequences of bullying and the importance of support systems, which can serve as a valuable lesson for students.

"Stanley Ka Dabba" is a touching portrayal of the emotional well-being of students. The relationships in the film, particularly the bond between Stanley and his teacher (played by Divya Dutta), showcase the significance of a nurturing and caring educational environment. The teacher's unwavering support for Stanley, even in the face of opposition from the school principal, reflects the impact educators can have on a student's emotional well-being. This encourages students to seek help and guidance from their teachers, knowing that they have a supportive figure to turn to.

Furthermore, the film explores the emotional turmoil of children who come from less privileged backgrounds. Stanley's struggles are a reflection of the



numerous students who face hunger, poverty, and emotional neglect. It sensitizes viewers to the emotional needs of their peers and promotes empathy and kindness, which are crucial for maintaining a healthy emotional atmosphere in schools.

Mental well-being is another essential aspect addressed in the movie. Stanley's creative imagination and storytelling are not only a source of inspiration but also a testament to the power of art and self-expression in nurturing mental health. The film encourages students to explore their creativity and engage in activities that bring them joy and relieve stress. Stanley's love for storytelling serves as a reminder that art and imagination can be powerful tools for maintaining mental well-being.

The film also underscores the importance of family support for students' mental health. Stanley's relationship with his friends, teachers, and the school staff is significant, but the film also subtly highlights the role of his friends' families in providing emotional and psychological support. It reinforces the idea that a strong family support system is essential for a student's mental well-being.

In conclusion, "Stanley Ka Dabba" is a cinematic masterpiece that leaves a lasting impact on the psychological, emotional, and mental well-being of students. The film also emphasizes the significance of empathy, kindness, and family support in maintaining a healthy and nurturing school environment.

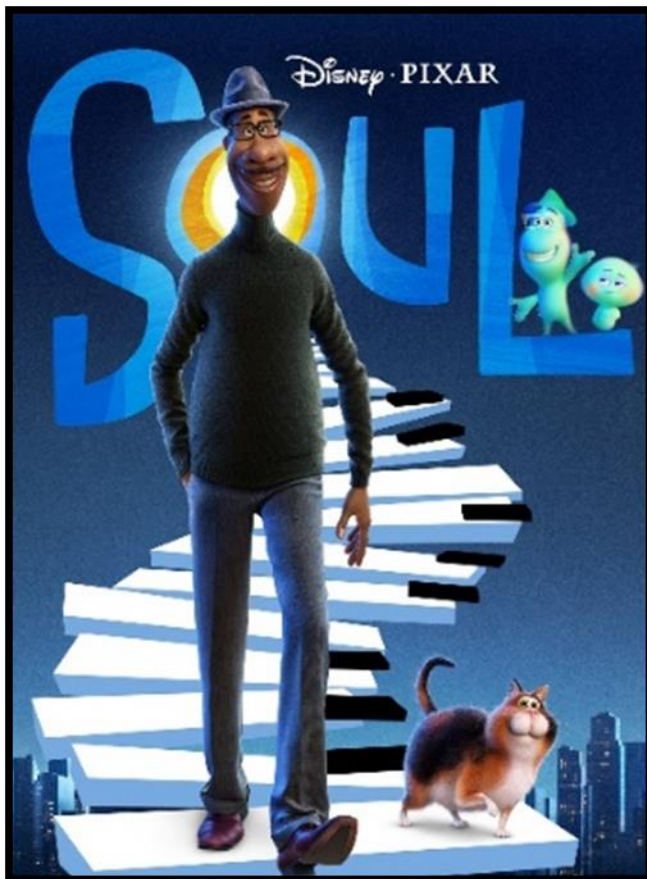
In a world where students often grapple with the challenges of academic pressure, social expectations, and emotional turbulence, "Stanley Ka Dabba" serves as a beacon of hope, reminding them of the power they hold within themselves to overcome obstacles and lead a life filled with authenticity and emotional well-being. This film is a must-watch for students and educators alike, as it not only entertains but also educates and inspires on multiple levels.

'SOUL' – A Movie Review

Savita (EVGC), North-East I District

Pixar animation studios produced animated fantasy comedy-drama film 'Soul' in 2020. Pete Docter directed this thought-provoking film written by Mike Jones (Luca) and Kemp Powers (One Night in Miami).

The story builds up around the character Joe Gardner (Jamie Foxx). Being a middle school teacher, he is an aspiring pianist, looking for 'The spark' to play on the big break offered by a famous jazz musician



Dorothy Williams to join into her club. Joe falls down into an open man-hole into the sewer drain, and he reaches to a coma state. It's ironic that when the happiest day of his life came, when he was about to play jazz in the show, death came at his door and rang a bell. Until now, he didn't even enjoy the happiness of the biggest chance that he had got. We might have also witnessed situations in our lives when happiness and sadness came to our platter at the same time and we don't get a chance to choose. It has just simply happened.

As on the big break day of Joe, he met with an accident and got into the state of coma, finds himself a disembodied soul leading into an afterlife called the "great-beyond". Unwilling to die, he tries to escape and is desperate to get back to earth but he slipped into the "Great-before"- where new souls are prepared for life on Earth. Here, he meets a naughty soul '22', who is about to get assigned a human form, so no name was given yet and just numbered as '22'. Soul 22



introduced Joe with the places where new souls are prepared to send on the earth, where souls are trained, where the soul move carrying their burden, a salvation place where souls are being counselled and finds different vision to see and live life. Soul 22, who doesn't see the point of going down to earth and Joe who wants to go back to earth. As conflicting for both of them it was, they reached Earth into switched-identities.

Actor-observer effect and fundamental attribution error, both the concepts help them to understand themselves in different ways and each teaches the other valuable and forgotten (the childhood-ness) lessons.

The movie revisits every childhood quest which we as an adult have lost today in our daily lives. Where we come from? What comes after? Who am I? Why do I exist? What next? What's the point of being alive? Following 'Coco' and 'Inside-out' this movie conjures detailed vision of before life and vivid landscapes of our personality at times of pain and pleasure. The mockery of adulthood is losing the childhood-ness and still carrying the burden of those unfulfilled desires, memory, wishes that are still residing in the adult. As a child, I wished to pick a fruit from a tree and my mother stopped me from doing that. That wish is still carried, not as a wish but as a burden, and if that adult now does that, he may relieve that burden in darkness and move to a lighter state. It is deeply picturized that how a person gets



into the darkness and further into even more darkness and how she or he delve into it and how one can over-come it 'with help' or 'by oneself'.

The movie offers the realistic concept of 'life and death', about 'longing and limitations', about 'trans' state - understood as a state of mind without memory- pure intelligence, simply-there, the most beautiful cosmic-state, as most of us must have heard of '*kun-faya*', which is the state where you live fullest- just happy and that state can bring out the person/being from darkness to light, from nothing to something, from '0-zero' to '1-one'.

Melancholy-fantasy needs, sensual and abstract dreams, physical and meta-physical world, transitory 'Great before' and 'Great after, urbanist sentimentality, everything projected had realistic expansion through animation conquered over 'Finding Nemo', 'Monsters Incr.', 'Cars', 'Ratatouille'.

The movie also focuses that every soul has a spark which has a unique purpose. So, find your purpose and direct it with your Spark that will carve out your identity for yourself and that will always lead you to move ahead for ever.

'RE-START' (12th Fail): A Movie Review

Deepa Singh (EVGC), South-East District

In a world that often celebrates academic excellence, "12th Fail" stands as a powerful testament to the fact that success is not exclusively reserved for those who ace every exam. The inspiring journey of Manoj Kumar Sharma, portrayed by Vikrant Massey, reflects a narrative of resilience, dedication, and unwavering determination.



Manoj's story begins in the heartland of Chambal, Madhya Pradesh, where he faces the setback of failing his 12th-grade exams. However, what makes his tale extraordinary is not his academic prowess but the fire within him to achieve something greater. The journey unfolds with Manoj navigating through challenges, working odd jobs, and surviving on minimal sleep, all while pursuing the dream of becoming an IPS officer.



What makes "12th Fail" truly exceptional is its portrayal of the struggles that accompany the pursuit of success. Manoj's path is not a smooth one; he restarts his journey four times, faces financial

hardships, and battles the odds stacked against him. The film intricately weaves together the elements of mentorship, friendship, and love, highlighting the importance of a support system in one's journey.

Here are some key takeaways from Manoj's inspiring story:

Resources Can't Constrain Success: The film emphasizes that success in education is not solely determined by the abundance of resources. Manoj's journey underscores the importance of grit and determination over external factors.

Honest Attitude and Behavior: Manoj's honesty and integrity shine through in the face of adversity. Maintaining an honest approach towards life, no matter the circumstances, is a key element in the journey towards success.



Dedication and Perseverance: The relentless dedication and perseverance displayed by Manoj serve as a reminder that success often requires continuous effort and a refusal to succumb to challenges.

Commitment to Goals: Manoj's unwavering commitment to his goal of becoming an IPS officer is a beacon of inspiration. Setting clear goals and staying committed to them, despite setbacks, is crucial in the pursuit of success.

Medium Is Not Important: Manoj's story challenges the notion that success is confined to those who excel in traditional educational mediums. It underscores that the journey matters more than the method.

Truthfulness: Upholding the values of truthfulness and authenticity, even in the face of difficulties, is a hallmark of Manoj's character. These virtues contribute significantly to his eventual triumph.

Accept Criticism as a Challenge: The film subtly teaches the audience to view criticism not as a setback but as a challenge to overcome. Manoj's ability to learn and grow from critiques becomes a vital part of his success story. "Hara Wahi Jo Lada Nahin": This powerful mantra encapsulates Manoj's spirit – victory belongs to those who refuse to surrender. The phrase becomes a rallying cry for anyone facing challenges on their journey to success.

"12th Fail" is not just a movie; it's a source of inspiration that encourages students to embrace their dreams, regardless of past failures. Manoj's story is a reminder that success is not limited to academic achievements but is forged through resilience, dedication, and an unyielding spirit to pursue one's goals against all odds. So, let this tale be a guiding light for every student facing their own challenges, reminding them that their journey is uniquely theirs, and success awaits those who persevere.

The Most Beautiful Days of My Life

Shashi Upadhaya (Student XII F), G.S.K.V Ranhaula, 1617005, West District

I always thought that why everyone talks about student life or about school days. But being a 12th grade student, I realized that it's not just about the building where, I spent twelve years of my life but a place where I made so many memories. It's just like my second home. I didn't realize that those unknown faces will become a part of my journey. Those teachers will become a part of my world. I still remember the first day of the school, just like other kids, I also cried a lot not because I wanted to go home but at that time for me everything was new plus, I didn't have any friends.



Friends are the relationships that we make. It was not easy for me to move to a government school from a private school and leave my old friends and make new



ones. But I did it and I feel so blessed that someone is always there to share their lunch with me, make me laugh whenever I cry. I remember that time I performed on stage and I was so nervous and underconfident because that was my first time but, I performed and my teacher was the first person who clapped for me, at that time I was in second grade. For me student life is a chapter which is full of emotions. Now I am finally in 12th

grade and have just few months left in my school. I want to live every moment, every second so that when I leave this place at least I have a bag full of memories of my school life.

My student life has taught me that no one is perfect, we all live our life with imperfections and that is okay. Life is full of challenges even for students but if we believe in ourselves, we will be able to survive. I learnt that maths is just a subject which can never define you, remember zero is not worth any value in itself but it can change the value of any number it adds to. I'm bad at maths but that's true. As a science student, I can say that we don't get results in our first attempt, we have to do it again and again until we get results. And the most important thing which I want to say is that making memories are as much important as making projects. When you leave your school only then you realize that the most beautiful era of your life has come to an end.

The Benefits of Positive Thinking for Students

**Peeyush Prakash (Student, XI F),
Govt coed SV, Rohini, 1413336, North West B District**

Positive thinking is more than just a cheerful outlook on life. It has the potential to transform the way students approach challenges and achieve their goals. In a world where stress, pressure, and uncertainty often accompany the educational journey, fostering a positive mindset can offer numerous benefits. From improved mental well-being to increased academic success, positive thinking equips students with the tools they need to thrive in their academic and personal lives. Let's explore some of the key benefits of positive thinking for students.



Enhanced Mental Well-being

Positive thinking plays a crucial role in nurturing mental health among students. By focusing on positive aspects and adopting an optimistic perspective, students can reduce stress levels, combat anxiety, and improve their overall emotional well-being. Positive thoughts promote the release of endorphins, the feel-good hormones that can alleviate negative emotions and enhance one's mood. Cultivating a positive mindset also allows students to develop resilience, bounce back from setbacks, and maintain a balanced perspective during challenging times.

Increased Motivation and Productivity

Positive thinking fuels motivation and productivity in students. When students believe in their abilities and have a positive outlook on their potential, they become more driven to achieve their goals. Optimism provides the necessary fuel to face obstacles with determination, persist through difficulties, and maintain focus on the tasks at hand. By viewing challenges as opportunities for growth rather than insurmountable barriers, students are more likely to maintain their enthusiasm and stay committed to their academic pursuits.

Improved Academic Performance

Positive thinking has a direct impact on academic performance. Students who cultivate a positive mindset are more likely to engage actively in their studies, embrace learning opportunities, and seek solutions to problems. They approach exams and assignments with confidence, allowing them to perform at their best. Positive thoughts also enhance memory and cognitive abilities, as an optimistic mindset promotes a more open and receptive state of mind, making it easier for students to grasp and retain information.

Better Relationships and Social Skills

Positive thinking can enhance students' relationships and social skills, both inside and outside the classroom. Optimistic students tend to be more approachable, empathetic, and supportive of their peers. This positive attitude fosters a harmonious



and inclusive learning environment where collaboration and teamwork flourish. By cultivating a positive outlook, students develop stronger interpersonal skills, effective communication, and conflict resolution abilities, which are crucial for success in both academic and professional spheres.

Increased Resilience and Adaptability

The ability to bounce back from setbacks and adapt to changing circumstances is a valuable life skill, particularly for students. Positive thinking equips students with resilience, helping them navigate challenges, setbacks, and failures with determination and optimism. Instead of dwelling on past mistakes, students with a positive mindset view them as learning opportunities and use them to grow and improve. This resilience and adaptability enable students to handle academic pressures, setbacks, and transitions more effectively, paving the way for long-term success.

Conclusion

Cultivating a positive mindset offers numerous benefits for students. From improved mental well-being to enhanced academic performance and better relationships, positive thinking equips students with the tools they need to thrive in the face of challenges. By fostering a positive outlook, students can unlock their full potential, develop resilience, and build a foundation for lifelong success. As educators and mentors, it is essential to encourage and support students in adopting a positive mindset, as it paves the way for a brighter and more fulfilling educational journey.



“You have come so Far”

Simran (Student, XI G), SV Sector-8, Rohini, 1413027, North-West B District

Feeling like you have lost in the dark

Feeling like you don't know who you are

When you lost all your hopes

And even your last spark

Just look back and see, You have come so far

When none understood you

None felt your pain

You have been dealing with your thoughts, Cried and cried again

You have helped yourself so much

You are still shining even in the dark

Just look back and see, you have come so far

It's not necessary to deal with it alone

It's not shameful to seek help for your own

It's okay to feel sad, it's okay to feel low

Just look at the world you are not really alone

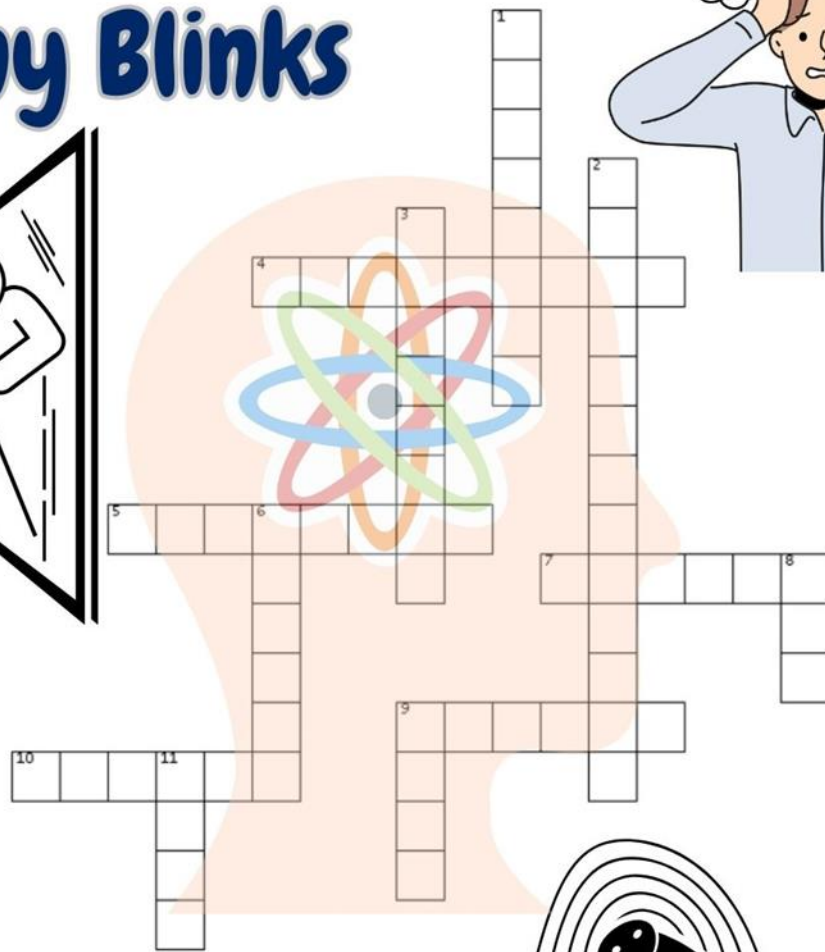
Don't give up and feel proud for who you are

Just look back and see you have come so far

Just look back and see you have come so far.



Brainy Blinks



ACROSS

4. Seeing something which is not there
5. De-motivating, lasts a while as a negative stress
7. The human mind or soul
9. Mental, emotional, or physical strain or tension
10. An abnormal intense and irrational fear

DOWN

1. A preoccupation or obsession
2. The totality of one's thoughts, feelings, and impressions
3. Makes you better, works as a booster as a positive stress
6. A powerful shock that may have long-lasting effects
8. The self of an individual person; the conscious subject
9. An individual's consciousness of his own identity or being
11. Feeling prejudice for or against something



Ans. 1. Fixation 2. Consciousness 3. Eustress 4. Delusions 5. Distress 6. Trauma
7. Psyche 8. Ego 9. Self (Down) 9. Stress (Across) 10. Phobia 11. Bias

जन्मदिन का पुरस्कार

अजय (ईवीजीसी), North-East II District



कहानी है उस दौर की जब कोरोना अपने चरम पर था। दिल्ली से लोग अपने अपने गांव वापिस जा रहे थे, भूखे-प्यासे, बीमार और भयभीत। लोग सरकार द्वारा लगाए गए लॉकडाउन को तोड़कर अपने परिवार के पास जाना चाहते थे, वो ही परिवार जिससे कुछ दिनों पहले वो अपना रिश्ता नाता लगभग खत्म कर चुके थे। लेकिन मौत का डर उनको फिर से अपनों के करीब ला रहा था। लोग हर संभव प्रयास कर रहे थे कि किसी भी तरह दिल्ली को छोड़कर वापिस जा सके।

एक परिवार ऐसा भी था जिसमें कुल चार सदस्य थे, माता-पिता और दो बच्चे। दोनों बच्चे राहुल और रेवती एक प्राइवेट स्कूल में पढ़ते थे जो भारी भरकम फीस वसूलता था लेकिन कोरोना का ग्रहण स्कूलों पर भी पड़ चुका था वो अलग बात है कि उनकी कमाई अभी भी बरकरार थी। राहुल के पिता एक फैक्ट्री में काम करते थे और शायद 8000 रुपए प्रति महीना कमाते थे। उसकी माता घर पर ही छोटी मोटी सिलाई किया करती थी और 100-50 रुपए प्रति दिन तो कमा ही लेती थी। दोनों की कमाई से वे अपने बच्चों को पढ़ा रहे थे। एक कमरे का किराया, बिजली का बिल, पानी का बिल आदि भरते थे। महीने के अन्त तक उनकी जेब लगभग खाली ही होती थी। अब फैक्ट्री बंद हो चुकी थी और उनको खाने के भी लाले पड़ रहे थे। काम धाम कुछ था नहीं और किराया और स्कूल फीस बराबर देनी ही थी। कई बार तो राहुल के पापा महेश के मन में आत्महत्या करने का खयाल भी आता था और वो कुछ परेशान रहने लगा था। उसको चिंता सता रही थी कि यदि गांव चले गए तो बच्चों की पढ़ाई का क्या होगा और यदि दिल्ली में ही रहे तो भूखे प्यासे मर जाएंगे। बेरोज़गारी इतनी बढ़ चुकी थी कि 5000 रुपए महीना भी काम नहीं मिल रहा था। एक दो बार तो गुरुद्वारे से भोजन लाकर बच्चों को खिलाता था। परेशानी उसके माथे पर बड़ी बड़ी लकीर बना चुकी थी। उसका व्यवहार बदल चुका था। उसकी पत्नी और बच्चों ने बहुत ही समझदारी से काम लिया उनको मानसिक और आर्थिक सपोर्ट दी। रेवती ने अपनी गुल्लक में वर्षों से जमा किए गए लगभग 5000 रुपए और राहुल ने अपने स्कूल में हुए विभिन्न प्रतियोगिताओं में पाए पुरस्कार राशि, महेश की पत्नी ने अपने पास जमा लगभग 8000 रुपए महेश को, 18 अगस्त को, महेश के जन्मदिन पर उनको दिए जिससे महेश ने एक नई ऊर्जा महसूस की। परिवार के सहयोग ने उसमें आत्म बल भर दिया और उसने आत्महत्या का विचार हमेशा के लिए त्याग दिया। महेश ने दिल्ली में ही रहकर सब्जी बेचने का कार्य शुरू किया और अपने बच्चों को अच्छी शिक्षा दी।

Let's 'Think' before We 'Think'!

Varsha (EVGC), West District

We keep on thinking while eating, walking, talking, playing, studying and even while sleeping. So, from where the thoughts come and where do they go? Today let's talk about it.



Studies say that, on an average a normal human mind creates about 80-85000 thoughts per day. Isn't it amazing! Reading this, I am feeling like I am an owner of a factory, where, thousands of products are created every day. Thoughts are created by our mind and they may vary person to person or situation to situation. In a day we come across many stimuli and create thoughts about them.

We all move around having 'Thought creating factory', so, as the owner of this factory it is our responsibility that every product should be useful, beautiful and creative. We would play this role of owner much better, if we know, the types of thoughts we can create. So, let's move further and know the types of thoughts we create in a day. These are –



Positive thoughts- The thoughts which are righteous, auspicious and good. When

we think about 'our powers' instead of 'the problem' or situation. These are the positive thoughts, for example-

"I am a powerful being I can change my habit of coming late to school."

"I am a peaceful being. I can choose responding instead of reacting in a situation."

Negative thoughts – The thoughts which are not worthy to think, which deplete our energy and make us feel low, for example –

"I am not a good person. I make mistakes all the time. Although I tried my best, but I always fail."

"I can never get rid of my habit of procrastinating."

Necessary thoughts - These are the thoughts related to our work, responsibilities, information and experience. For example –

"In the evening, I would study mathematics and then I would go out to play. I would complete the science chapter after coming back home."

Unnecessary thoughts- The thoughts which are useless, which only consume our time and power and create nothing. These thoughts are mostly related to our past and future, for example-

"What if I could not score good marks in Science."

"It would be better, if I had not asked her to work with me."

In a day, we come across all kinds of thoughts, but do you know what, the kind of thoughts we have the most are the unnecessary thoughts. These thoughts



make us feel tangled and confused. Thus, we need to put a check on thoughts which are useless and create anxiety. For this, we can adopt some techniques such as:

1. The Traffic control of thoughts - In this technique there are three steps -

Stop- In this step we calm down and breathe deeply.

Observe- In this step we just observe thoughts without any judgement.

Steer - In this step we make our choice for the thought which is healthy and stick to it. We can change the direction of our thoughts from negative to positive ones.

In this way we can take care of our thoughts and manage them. We can do this activity anytime in the day, just like a traffic police controls the traffic and save us from traffic jam. In the same way, this activity will save us from traffic jam of thoughts.

2. Paying Gratitude- In this activity we thank everything, person and situation that are useful and contribute to make our life a beautiful journey. We should do it every day in the morning. We should thank our parents, family and friends. We should thank the nature for giving us oxygen, water and everything we need to survive. Through this activity we would be able to leave the habit of complaining, like, we complain for electricity or water if they don't come for a day but do we thank them regularly when they come?

Hope you like the activities. So, be mindful about your thoughts. Take care while thinking. The things which are not good to speak are also not good to think. *Just think before you think.*

Substance Abuse: Understanding Risk and Protective Factors for Effective Prevention

Sanjay Kumar (EVGC), North West B District

Drug abuse refers to the harmful or hazardous use of the substance, including both legal and illegal drugs. It is characterized by the excessive or inappropriate use of drugs that can lead to physical, psychological, and social harm. It's importance to differentiate between drug abuse and drug addiction.



Here we discuss about some factors of drug abuse include a variety of protective and vulnerability or risk factors.

The vulnerability to substance abuse can be influenced by a combination of genetic, environmental, and psychological factors. While not exhaustive, some key factors contributing to vulnerability include:

1. Genetic predisposition: Certain genetic variations can influence how a person's body and brain respond to drugs or alcohol, making some individuals more vulnerable to developing addiction than others.
2. Environmental factors: Adverse childhood experiences, such as physical or emotional abuse, neglect, or household dysfunction, can increase the likelihood of developing substance abuse issues later in life.



3. Psychological factors: Mental health disorders, such as depression, anxiety, or trauma-related disorders, can make individuals more susceptible to substance abuse as a form of self-medication.

4. Social and cultural influences: Societal norms, cultural acceptance of substance use, and peer pressure can also impact an individual's vulnerability to substance abuse.

Substance abuse prevention

Protective factors play a crucial role in reducing the susceptibility to drug abuse. They serve as buffers against the risk factors that can lead individuals to experiment with or become dependent on drugs. It is essential to promote these protective factors through comprehensive education, community engagement, and the implementation of effective support system.



1. Strong family bonds: Positive and supportive family relationships, effective communication, and a stable home environment can act as protective factors against drug abuse. Family involvement and supervision can foster a sense of belonging and emotional support, reducing the likelihood of substance use.
2. Healthy peer relationships: Positive peer influences, such as associations with friends who engage in healthy activities and discourage drug use, can serve as protective factors. Social connections that promote healthy behaviors and provide social support can help individuals resist the pressure to use drugs.
3. Resilience and coping skills: Developing effective coping strategies and resilience to life's challenges can help individuals manage stress and difficult emotions without turning to drugs. Building emotional intelligence, problem-solving skills, and the ability to adapt to adversity can serve as protective factors against substance abuse.
4. Academic and social competence: Engagement in school or work activities, as well as the development of academic and social skills, can contribute to a sense of purpose and accomplishment. Involvement in extracurricular activities and the pursuit of personal interests can provide a positive outlet and reduce the risk of engaging in drug abuse.
5. Community support and resources: Access to community-based support services, such as mental health resources, substance abuse prevention programs, and recreational activities, can act as protective factors. Communities that promote a safe and nurturing environment can help individuals develop a sense of belonging and connectedness.

6. Positive personal identity: Developing a strong sense of self-worth, identity, and purpose can contribute to a healthy self-image and a reduced likelihood of turning to substance abuse. Encouraging a positive self-concept and fostering a sense of personal responsibility can be instrumental in preventing drug abuse.
7. Effective school and community policies: Implementing evidence-based prevention programs, creating drug-free policies in schools and communities, and enforcing regulations on the availability of drugs can contribute to a protective environment that discourages substance abuse.

By prioritizing these protective factors, individuals, families, and communities can create a supportive environment that helps prevent the onset of drug abuse and promote overall well-being.

Inclusion is a key to Mental Wellness

Megha Tiwari (SET), North-East I District

Inclusion

The true sense of inclusion is that people across varied identities are welcomed, respected, feel included and contribute to the development of own self and as well as of the community they belong. As essential parameter of development, Education should be accessible for all (irrespective of Race/ Caste/Creed/ Gender and Persons with Disability or Special Needs). Inclusive Education or education of today, in true sense, marks that mere getting admission in academic institution does not ensure Education, but providing opportunity to get appropriate and right education is what we strive for. Inclusion goes beyond the phenomena of equal opportunities for all, but it must be essentially Equitable. (Equity means what is need of mine I should be treated or getting the same).



Covid-19 has left impact on our lives both at personal level and on our



societal relationships. Online platform was inaccessible for many children as unavailability of smart phones, Internet connection, at times nobody was trained at home to use technology and the situation was more vicious for Children with Special Need or Disabilities, as attentiveness towards their education is very low among parents and siblings.

Children with Special Needs or Disabilities too remain confined at home without proper interventions which has raised varied physical, social and psychological issues. Researches revealed that many children are facing speech delays and sensory motor issues after COVID-19 so as children with Autism too. In above light, the question is what can be done-

At School Level:

In the Class:

Peer buddies: 'A friend in need is a friend indeed' the same phrase is the essence of the term Peer buddies.

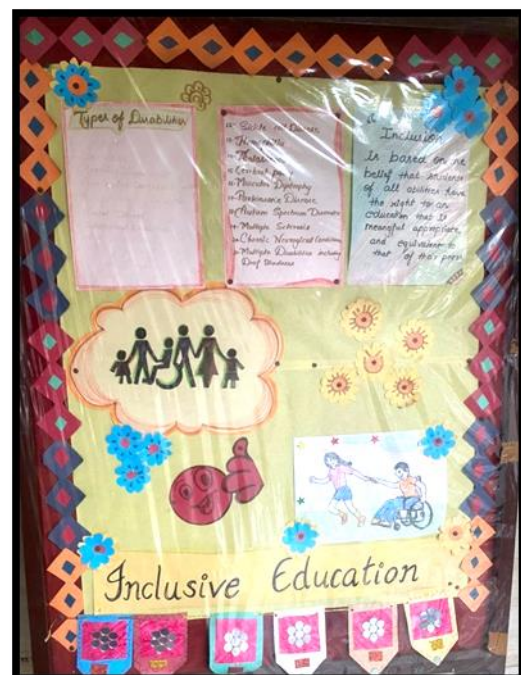
Peer is a student or a child of same age, here sitting in a classroom or studying in same school. A child with special need can teach you to be happy in all circumstances and overcoming lifelong obstacles too.

Being buddy to your special friend: You will learn to be Empathetic, Patient, Polite, be able to smile in worse situation, handle problems gracefully and will learn repetition or drilling is a key to success.

You often read the Saying, 'slow and steady wins the race', it teaches us to work with patience and persistence. We will not get things overnight or learn anything in rush, shortcuts do not help us every time but doing things again and again for sure makes you master of a task.

As Teacher/ Facilitator/ Guide:

- As teacher always give a warm hand to the seeker and be approachable to all children.
- Be sensitive towards diversity in learning styles and use multiple approaches to teach a concept.
- Prepare your class to be sensitive towards needs of others.
- Make classroom rules which help in classroom management and make it



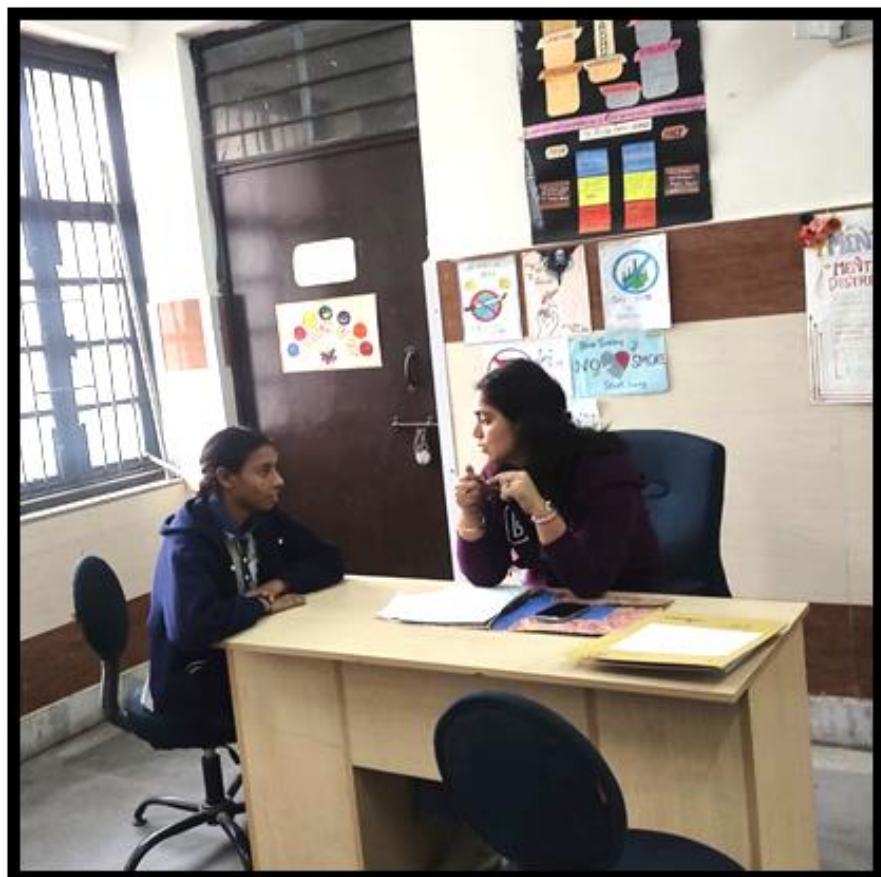
predictable, what we expect child to be doing.

- Coordinate with specialized/ special education teacher to be more oriented and educated about the needs of varied disabilities and teaching methodology.
- Allow extra time to finish up assignments and use breaks in between while teaching a lesson will help all to be together with the class.

As teachers, we are role model for our young minds, how they will behave with other children.

As an Administrator, Manager or Head of School:

- Try to remove architectural or physical barriers related to building which makes it inaccessible for Children with Disabilities or Persons with Disabilities. (Provisions for ramp, activities should be conducted on ground floor, provision for accessible Drinking water, modified toilets and lifts should be made available.)
- Organize staff training to get acquainted with more knowledge to deal with diverse learning needs and styles.
- Flexibility should be provided to choose subjects among students and provision for use of Technology should be made available at school.
- Being sensitive and providing flexibility will be the key to success and crucial to attain
Mental
Wellness.



Suicide Prevention among Adolescents

Sushmita Shukla (EVGC), South-East District

Suicide refers to the act of intentionally causing one's own death. It is a complex and tragic phenomenon and is often associated with mental health issues, emotional distress, and a sense of hopelessness. Suicide can result from a variety of factors, including psychological, social, cultural, and environmental influences.



Warning Signs

It's essential to take them seriously and seek professional assistance:

- Expressions of Hopelessness
- Withdrawal
- Changes in Behavior
- Dramatic Mood Swings
- Sleep Disturbances
- Changes in Academic Performance
- Substance Abuse
- Giving Away Possessions
- Talking about Suicide
- Preoccupation with Death
- Sudden Improvement
- Previous Suicide Attempts

Suicide Prevention

Suicide prevention refers to the collective efforts, strategies, and measures implemented to reduce the incidence of suicide and to support individuals at risk.

Key components of suicide prevention include:

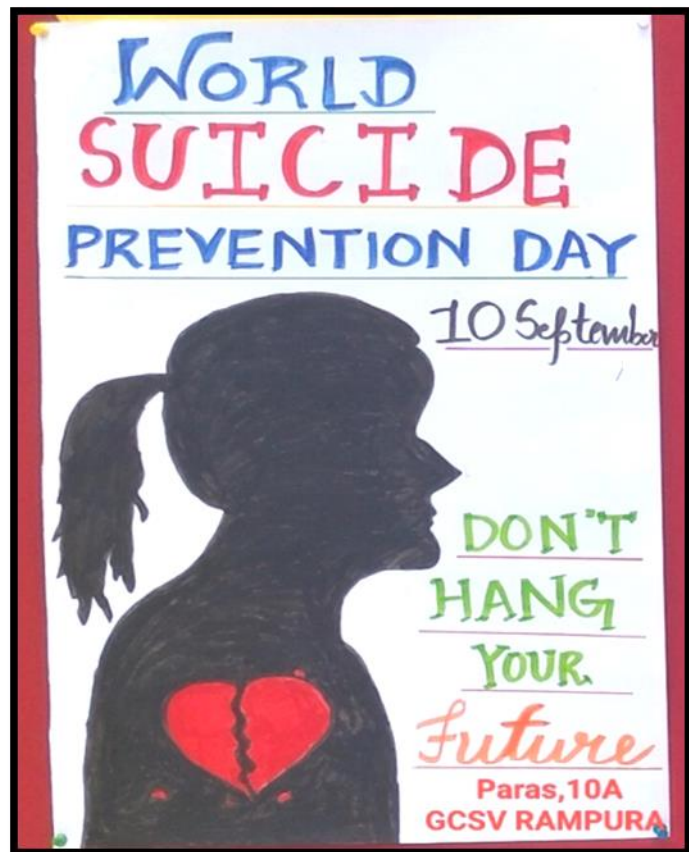
1. **Awareness and Education:** Increasing public awareness about mental health, recognizing warning signs of suicide, and reducing the stigma associated with seeking help are essential aspects of suicide prevention.



2. **Early Intervention:** Identifying individuals at risk early on and providing appropriate intervention is critical.

3. **Access to Mental Health Services:** Ensuring that individuals have access to mental health services, including counseling, therapy, and psychiatric care, is a crucial aspect of suicide prevention.

4. **Crisis Helplines:** Establishing and promoting crisis hotlines and helplines provides immediate assistance to individuals in distress. Trained professionals can offer support, counseling, and resources to those contemplating suicide.



5. **Community Support:** Communities can foster connections, promote resilience, and create networks of support. Schools, workplaces, and social organizations can play a role in promoting mental well-being.

6. **Means Restriction:** Reducing access to lethal means, such as firearms, medications, or other potentially dangerous items, can be an effective strategy in preventing impulsive suicides.

7. **Post intervention:** Providing support for individuals and communities affected by suicide is an important part of prevention. The efforts aim to reduce the risk of contagion and help those grieving the loss of a loved one.

Some of the important do's are hereunder:

Promoting Mental Health Awareness

Schools, parents, and communities should work together to destigmatize mental health issues and encourage open conversations. Incorporating mental health education into school curricula helps raise awareness, reduces stigma, and provides adolescents with the tools to recognize and address their emotional well-being.

Building Supportive Environments

Schools and communities play a pivotal role in creating such environments by promoting positive peer relationships, nurturing a culture of acceptance, and offering counseling services.

Enhancing Access to Mental Health Services

Proper access to mental health services can be a major tool to prevent suicide among adolescents.

Empowering Parents and Caregivers

Providing resources and education to parents about recognizing signs of distress, communicating effectively with their children, and fostering a supportive home environment can make a significant impact.

Therefore, suicide prevention among adolescents requires a multifaceted approach that addresses various aspects of mental health, societal attitudes, and support systems. It is a collective responsibility to foster resilience, promote well-being, and ultimately save young lives from the devastating impact of suicide.



PREVENTION OF NEGATIVE AUTOMATIC THOUGHTS (NATS)



Breathe

Stretch & Stop



4
7
8

Close your mouth, inhale through your nose to a mental count of FOUR.

Hold your breath for a count of SEVEN.

Exhale completely through your mouth to a count of EIGHT.

You need to wear a rubber band around your wrist, preferably throughout the whole day, and then snap the band against your skin every time you notice a negative thought or bad memory in your mind. This technique is known as "thought stopping", and can be used to help retrain the brain.

Next, you shout the word STOP (you can imagine saying STOP in your mind. Or say it out loud if you are alone.)



WRITE IT OUT



1800116888 or 10580



YUVA HELPLINE

Whenever an upsetting thought comes into your mind, jot it down in the journal, that doesn't need a structure. Write down any thoughts without judgment, without any need to figure out why you had the thought. Just write down your thoughts that create havoc in your life. These writings will be useful when you learn the more advance methods for tracking the thoughts to the underlying roots that trigger them.

Let Come, Write and Let Go... and then work on it...



तनाव, आत्महत्या - किशोरावस्था की चुनौतियाँ

कनिष्का (ई.वी.जी.सी.), सर्वोदय बाल विद्यालय, रानी गार्डन, East District



किशोरावस्था मानव जीवन की सीढ़ी का ऐसा चरण है जो बहुत सी चुनौतियों से भरा होता है - जैसे शारीरिक बदलाव, संज्ञानात्मक परिवर्तन, मानसिक बदलाव, विपरीत लिंग के प्रति आकर्षण, शिक्षा में अच्छा प्रदर्शन करना आदि। कुछ बच्चे अपने जीवन की चुनौतियों से निपटने में सक्षम होते हैं। वहीं कुछ बच्चों को समस्याओं पर विजय पाने के लिए अपने परिवार, मित्रों, अध्यापकों, आदि के साथ की आवश्यकता होती है।

बीते कुछ वर्षों में बच्चों, विशेषकर किशोरों में आत्महत्या के बहुत से मामले सामने आए हैं। इसके बहुत से कारण हैं जैसे कि परिवार में कलह होना, माता-पिता के बीच अलगाव, पीयर प्रेशर, किसी प्रियजन की आकस्मिक मृत्यु, बुलिंग या शोषण का शिकार होना, भेदभाव, अपने सेक्सुअल ओरियंटेशन की पहचान के साथ संघर्ष करना या इसके कारण अस्वीकार किया जाना, आदि। बच्चों में बढ़ती आत्महत्या की समस्या के लिए माता-पिता का बच्चों से अत्यधिक अपेक्षा होना भी एक प्रमुख कारण के रूप में उभर कर आया है। माता-पिता एवं उनके बच्चे प्रायः ऐसा महसूस करते हैं कि वह अलग-अलग दुनिया से हैं। दोनों को एक-दूसरे से उम्मीदें होती हैं - जैसे बच्चे चाहते हैं कि उनके माता-पिता उनकी बात सुनें, उनका भावनात्मक रूप से समर्थन करें व मार्गदर्शन करें। वहीं माता-पिता अपने बच्चों के सफल, सुखद भविष्य की कामना करते हैं। वह चाहते हैं कि बच्चा परीक्षा में 90% या उससे अधिक अंक लाए, विज्ञान के क्षेत्र में अपना करियर बनाएं, वह हरफान मौला बन जाए। बच्चा इसी बोझ के तले दबता जा रहा है और उसकी उम्मीदें धुंधली हो रही हैं। बच्चे को महसूस होता है कि उसके भावों की अवहेलना हो रही है। उसे अन्य बच्चों से तुलना कर उस पर श्रेष्ठ बनने का दबाव





बनाया जाने लगता है। उसकी व्याकुलता इतनी बढ़ जाती है कि वह अवसाद व घबराहट जैसी मानसिक समस्याओं का शिकार हो जाता है। कुछ भी हल न निकलने के बाद उसे आत्महत्या ही सटीक हल नज़र आता है।

अभिभावकों को यह ध्यान देना चाहिए कि वह भी कभी बच्चे थे और जैसे उनके अभिलाषाएं थीं वैसे ही उनके बच्चों की भी कुछ उम्मीदें, पसंद-नापसंद हैं। बच्चों को सुने कि वह क्या कहना चाहता है और स्वयं को उनके स्थान पर रखकर उनके भावों को समझने की कोशिश करें व उन्हें सपोर्ट करें। उन पर अपने विचार थोप कर उन्हें एक कठपुतली या रोबोट न बनाएं। उनसे मित्र के समान व्यवहार करें व खुले मन से बात करें। अपने शब्दों का सुचयन करें। ऐसे शब्दों का इस्तेमाल न करें जिसे बच्चे के मन को ठेस पहुंचे या उसे उपेक्षित महसूस हो। हर बच्चा अलग है, अतः उसकी तुलना दूसरे बच्चों से न करें। बच्चों के भावों के प्रति संवेदनशील रहे। उनके जीवन में रुचि लें। आवश्यकता पड़ने पर किसी मनोवैज्ञानिक या मनोचिकित्सक के

पास बच्चे को लेकर जाएं जिससे उसका तनाव कम हो एवं वह मानसिक रूप से स्वस्थ महसूस करें।

यदि बच्चों को प्रेम और मजबूत बुनियाद मिलेगी तो वह अपने जीवन की चुनौतियों का डटकर सामना कर पाएंगे और आत्महत्या जैसी गंभीर स्थिति भी उनका कुछ नहीं बिगाड़ पाएगी।

Embrace Empathy, Empower Lives

WORLD SUICIDE PREVENTION DAY

REMEMBER TO ALWAYS ASK FIRST:

1 ARE YOU HAVING SUICIDAL THOUGHTS?
ARE YOU THINKING OF KILLING YOURSELF?

2 Think you know someone who is struggling?
Let them know they're not alone.

- 
- 1 Reach out**
Insert information here.
 - 2 Listen**
Insert information here.
 - 3 Seek help**
Insert information here.

3 Checklist of suicidal thoughts

<input type="checkbox"/> DEPRESSED	<input type="checkbox"/> RESTLESS
<input type="checkbox"/> HOPELESS	<input type="checkbox"/> IRRITABLE
<input type="checkbox"/> SHAMELESS	<input type="checkbox"/> NEGATIVE
<input type="checkbox"/> HELPLESS	<input type="checkbox"/> GUILTY
<input type="checkbox"/> WORTHLESS	

4 YUVA HELPLINE

Tollfree No.
1800116888
10580

24/7



5 THOUGHTS OF A SUICIDAL PERSON

How do
I die?

I Want to Kill
myself!

I don't care
about anything
anymore!
Life is
meaningless!

I don't have any reason to
Live!

The world will be better without me!

6 HOW TO TAKE ACTIONS:

NEVER leave someone
SUICIDAL on their OWN.
COMMUNICATE with
the person.

Call for
Professional
HELP!



Remove the
MEANS of
SUICIDE
available to the
person if it is
safe to do so!

Inform immediate
Family Members
about intention of
Suicide.
Collaborate for
SAFETY.

Faith
and
Hope

7 WHAT TO SAY TO A SUICIDAL PERSON

I AM LISTENING!
I care and
I want to help.

WHAT ABOUT THOSE
IMPORTANT PEOPLE
YOU CARE ABOUT?

**I AM STRONG
I AM CAPABLE
I AM RESILIENT**

**I am
HEALTHY**

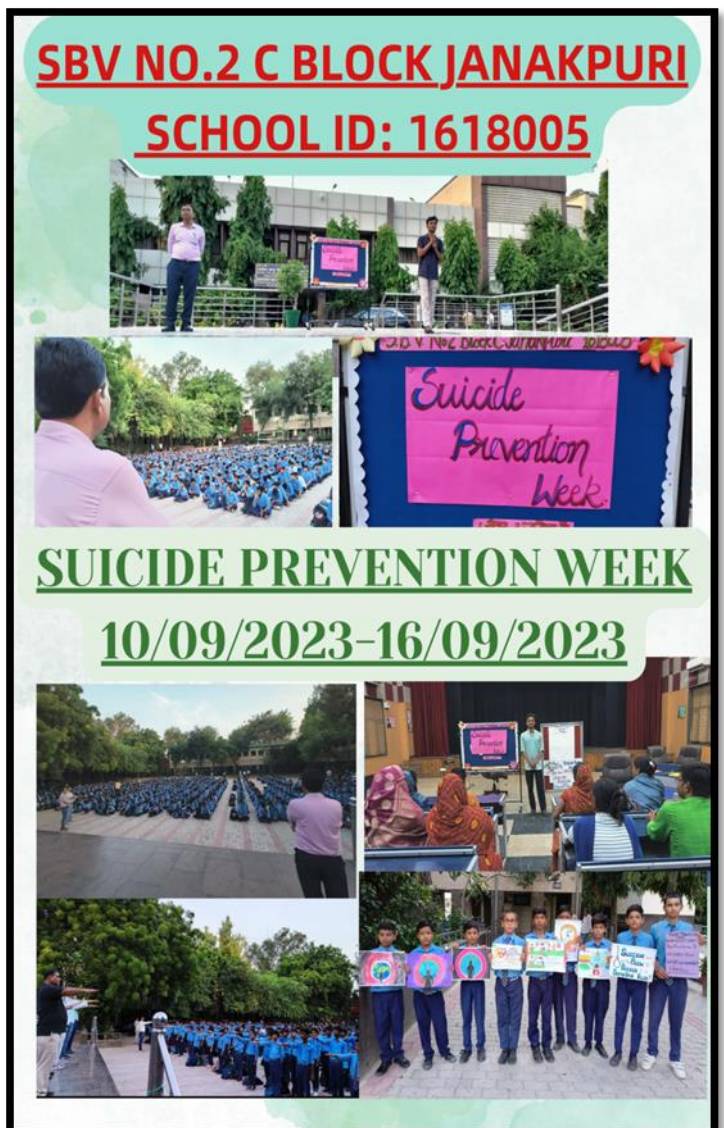
YES YOU CAN
CHANGE THINGS
FOR THE BETTER.
REMEMBER YOUR
FAITH, BELIEFS &
PERSONAL
STRENGTH.



There is HOPE
for the future!
SHARE TO ME THE
PROBLEM,
I WON'T JUDGE!

**BELIEVE
YOU CAN**





An Open Letter to Adolescents for Navigating Puberty

Nondini Dey (EVGC), North-West District

My experience with puberty was little hazy; you never know when it will strike and there's nothing you can do about it. I remember acting a little more erratic than usual; I had large pimples on my forehead that I covered with cotton swabs and concealer; everyday interpersonal drama turned the world upside down; music was the only solace; song lyrics seemed to be written directly to me and expressed all of my tone-deaf frustration.



While most of those challenges were exaggerated in retrospect, my biggest puberty-related issue was my physical growth. I was obsessed with the number growing on the scale, and when I finally reached the heavy digits—roughly 60 kg—in terms of weight, something clicked in my brain. This wasn't a good reaction; instead of accepting my growth, I rejected it. Puberty has brought a plethora of feelings of insecurity and body dysmorphia that only now, 13 years later, I begin to understand with greater clarity. Looking back, I can laugh at all the needless anxiety and stress, but if I could go back in time, I would advise myself and other teenagers to better handle puberty:

- 1. Welcome the changes in your body:** The changes occurring in your body are healthy, so don't fight them. Try to notice these changes with an appreciative awareness rather than a frantic urge to control them.

2. **Know that things pass:** Rising hormones do a number on your brain and make it much easier to dwell on minute issues. Remember: things will pass. If you ever feel overwhelmed at school, home or among friends, head outside for a walk and take



some deep breaths.

3. **Stop fixating on opposite gender:** An advice to all the adolescence out there, it's all right to be fascinated by the opposite sex (or same sex or no sex or whatever sex), but don't waste too much time wallowing over should, could, would scenarios when there's a whole world outside to explore.
4. **Keep a journal:** Write down your thoughts, feelings and even mundane facts about your day. Don't rip out and crumble up the pages. Save them — you'll appreciate it so much later and it will give you so much joy to witness your own personal growth within the pages of your journals. Don't feel compelled to be silent or keep them



inside because of your gender or outside pressures or fear.

5. **Embrace your personal growth:** Life is full of transitions. Cherish and celebrate these transitions by connecting it with your body and mind.

Adolescence is the exciting yet stressful time when there is a transition into adulthood. Many changes take place during this time, and it's not always a smooth ride. The changes are rapid and often take place at different rates. From physical development to emotional changes, be ready to support yourself as you begin to discover who you are and what your place is in the world.



Menstrual Hygiene: Not a taboo

Dr. Sonica Tyagi, (EVGC), North West A District

In the cycle of life, a sacred flow,
A woman's strength, a rhythm to know.
Menstrual waves, a gift from within,
A tale of life's beginning to spin.

With care and grace, let's navigate,
The tides of this monthly, natural state.
Menstrual hygiene, a crucial art,
To keep the body, mind, and soul smart.

A clean embrace of pads or cup,
Ensures our health, preventing any hiccup.
To wash with love, and gently tend,
To the temple that life chose to send.

Let's break the stigma, remove the veil,
Empower women, let their spirits sail.
Menstrual hygiene, a right for all,
In unity, we stand, as we heed the call.

With knowledge, care, and empathy's grace,
We champion this cause, for every woman's space.
For in the flow of life, we find our strength,
Menstrual hygiene's importance, we'll go to great length.



From Shadows to Sunlight : A Tale of Friendship and Success

Mohit Rana, (EVGC), North-West District

In a small, impoverished community, Raj faced a silent battle that was invisible to most. His depression was a result of a trifecta of hardships. First, the weight of poverty pressed down on him and his family, making every day a struggle to make ends meet. Second, his father Mohan's carpentry business was unsuccessful, causing financial stress and disappointment. Third, there was the constant shadow of caste discrimination, with people judging and mistreating them based on their low social status.



Amin, his close friend, noticed the change in Raj. He saw the sadness in Raj's eyes and the way he withdrew from activities they used to enjoy together. Amin decided to have a heart-to-heart conversation with Raj, opening up about his concerns.

One evening, as they sat beneath a tree, Amin gently said, "Raj, I've noticed that you've been feeling down lately. You can talk to me. I'm here for you."

Tears welled up in Raj's eyes as he finally found someone, he could confide in. He shared his struggles, the weight of poverty, the disappointment of his father's

unsuccessful carpentry business, and the burden of caste discrimination. Amin listened without judgment, offering a compassionate ear.

Amin's emotional support became a lifeline for Raj. Knowing he had a friend who cared deeply about him and understood his pain, particularly the complexities of poverty, his father's business, and the caste discrimination



they faced, gave Raj a glimmer of hope. They spent more time together, talking, laughing, and revisiting their favorite spots in the community.

Mrs. Khan, Amin's mother and Raj's mentor, noticed the change in Raj as well. She provided guidance not just in academics but also in addressing his emotional well-being. She recommended that Raj engage in activities he loved, like reading and carpentry, to help ease the emotional burden.

Gradually, Raj's depression began to lift. With Amin's unwavering friendship and emotional support, the heavy cloud that had hung over him started to disperse.



Together, they explored ways to cope with the challenges life threw at them.

As Raj's emotional well-being improved, he became determined to transform his family's modest carpentry business. Drawing inspiration from Amin's unwavering support and his own determination, he introduced new services, improved the customer experience, and used innovative marketing strategies.

Over the years, Raj's carpentry business started to thrive. His dedication and innovation paid off, and he managed to take his father's business to new heights, lifting them out of poverty. The community, once judgmental and dismissive, now respected their hard work and commitment.

The story of Raj and Amin's enduring friendship, Raj's victory over depression, and his success in elevating the family carpentry business became an inspiring tale in

their community. It demonstrated the transformative power of friendship, the ability to overcome personal struggles, and the potential for success with hard work, determination, and the support of a good friend by your side, particularly when facing the challenges of poverty, an unsuccessful family business, and caste discrimination.

“Some people go to priests; others to poetry; I to my friends.” – Virginia Woolf

Emotional Attachment of Teachers with Students

Varun Vartwal (EVGC), South District

अक्सर ऐसा सवाल हमें अध्यापकों से सुनने में आता है कि छात्रों से भावनात्मक तौर पर जुड़ना उनके अध्यापन में फायदा नहीं देगा। हम विभिन्न प्रशिक्षण में यह सीखते हैं कि छात्रों से भावनात्मक तौर पर जुड़ना बहुत ज़रूरी है पर वास्तव में हम यह नहीं कर पाते। विद्यालय में कक्षा अध्यापक को तो सभी छात्रों के नाम पता होते हैं पर विषय अध्यापक के लिए सभी बच्चों के नाम याद रखना भी कठिन होता है। परंतु यदि हम प्रतिदिन सिर्फ एक भी बच्चे से 5 मिनट भी बात कर सकें, उनके बारे में जान सकें तो यह उनके जीवन पर कितना गहरा असर डाल सकता है हम उसकी कल्पना भी नहीं कर सकते। मुझे आज भी याद है, कक्षा 7 में जब मेरी अध्यापिका ने पहली बार मेरा नाम लेकर मुझे बुलाया तो मेरी खुशी का ठिकाना नहीं रहा। इसी बात को आगे बढ़ाते हुए आज मैं आपको एक कहानी सुनाता हूं जिसमें एक अध्यापक के उत्साह वर्धन से एक बच्चे के जीवन में न सिर्फ बदलाव आया अपितु उस बच्चे ने ढेरों कठिनाइयों के बावजूद ऊंचाइयों को छुआ।



नीचे दी गयी कहानी में आप पढ़ेंगे कि सिर्फ हमारे एक प्यार भरे एहसास से किस प्रकार एक मुरझाया हुआ फूल फिर से खिल उठता है। अपने जीवन और समाज को जीवन भर के लिए महका सकता है।

हमारी कक्षाओं में न जाने कितने टेडी हमारा इंतजार कर रहे हैं। उन्हें हमारे सिर्फ एक प्यार भरे एहसास की ज़रूरत है। वह सब भी खिलेंगे और अपने जीवन को महकाएंगे।

अब हम बात करते हैं कि किस तरह हम अपने छात्रों से जुड़ सकते हैं। उनके जीवन को फिर से हरा-भरा बना सकते हैं।

- 1) प्रतिदिन किसी भी छात्र से 5 मिनट बात करें। उसके परिवार और उसके बारे में जानें। उनके नाम, आदतों, रुचियों आदि के बारे में जाने।
- 2) अपने जीवन से जुड़ी बातों को बताएं। अपने अध्यापक बनने का सफर बताएं।
- 3) छात्रों को सुनें। कई बार उनके शब्दों के पीछे कोई ना कोई कहानी छुपी होती है।
- 4) कक्षा में एक सुखद और मनोरंजक माहौल बनाएं। हमारी एक मुस्कुराहट भी काफी कुछ बदल सकती है।
- 5) छात्रों के लिए अपने मन के दरवाजे खुले रखें। थोड़े से अंदेशों को भी समझें और उनसे बात करने के लिए तैयार रहें।

Presenting a story of emotional attachment between teachers and students:

The Power of Encouragement Teddy and Mrs. Thompson by Bill Bratt

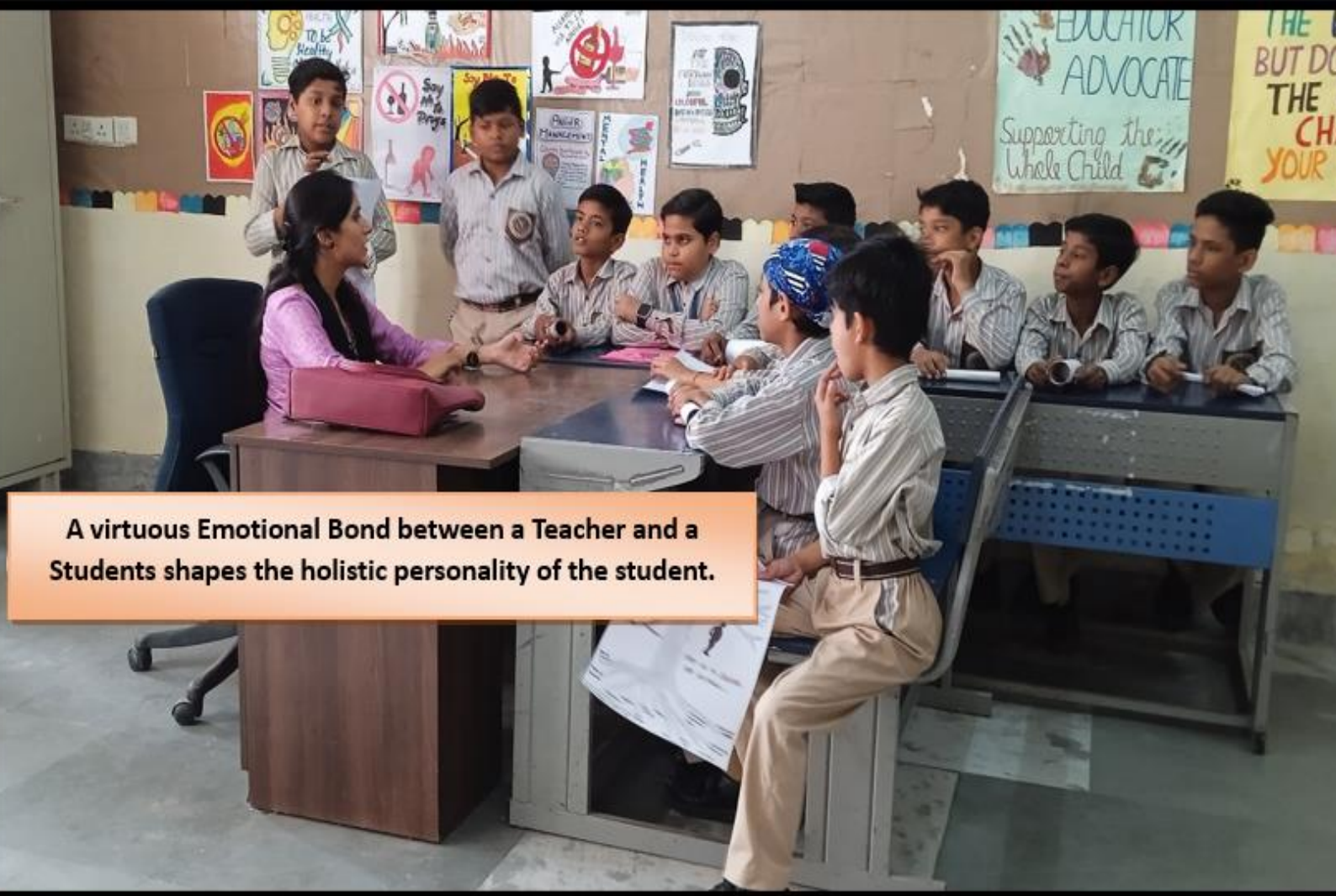
Jean Thompson stood in front of her fifth-grade class on the very first day of school in the fall and told the children a lie. Like most teachers, she looked at her pupils and said that she loved them all the same, that she would treat them all alike. And that was impossible because there in front of her, slumped in his seat on the third row, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed he didn't play well with the other children, that his clothes were unkempt and that he constantly needed a bath. And Teddy was unpleasant. It got to the point during the first few months that she would actually take delight in marking his papers with a broad red pen, making bold X's and then marking an F at the top of the paper. Because Teddy was a sullen little boy, no one else seemed to enjoy him, either.

At the school where Mrs. Thompson taught, she was required to review each child's records and she put Teddy's off until last. When she opened his file, she was in for a surprise. His first-grade teacher wrote, "Teddy is a bright, inquisitive child with a ready laugh. He does his work neatly and has good manners...he is a joy to be around."

His second-grade teacher wrote, "Teddy is an excellent student well-liked by his classmates, but he is troubled because his mother has a terminal illness and life at home must be a struggle." His third-grade teacher wrote, "Teddy continues to work hard but his mother's death has been hard on him. He tries to do his best but his father doesn't show much interest and his home life will soon affect him if some steps aren't taken." Teddy's fourth-grade teacher wrote, "Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends and sometimes sleeps in class. He is tardy and could become a problem."

By now Mrs. Thompson realized the problem but Christmas was coming fast. It was all she could do, with the school play and all, until the day before the holidays began and she was suddenly forced to focus on Teddy Stoddard. Her children brought her presents, all in beautiful ribbon and bright paper, except for Teddy's, which was clumsily wrapped in the heavy, brown paper of a scissored grocery bag. Mrs. Thompson took pains to open it in the middle of the other presents. Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing, and a bottle that was one-quarter full of cologne. She stifled the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume behind the other wrist.



A virtuous Emotional Bond between a Teacher and a Students shapes the holistic personality of the student.

Teddy Stoddard stayed behind just long enough to say, "Mrs. Thompson, today you smelled just like my mom used to." After the children left, she cried for at least an hour. On that very day, she quit teaching reading, and writing, and speaking. Instead, she began to teach children with individual attention and involvement. Jean Thompson paid particular attention to one they all called "Teddy." As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. On days there would be an important test, Mrs. Thompson would remember that cologne.

By the end of the year, he had become one of the smartest children in the class and... well, he had also become the "pet" of the teacher who had once vowed to love all of her children exactly the same. A year later she found a note under her door, from Teddy, telling her that of all the teachers he'd had in elementary school, she was his favorite. Six years went by before she got another note from Teddy. He then wrote that he had finished high school, third in his class, and she was still his favorite teacher of all time. Four years after that, she got another letter, saying that while things had been tough at times, he'd stayed in school, had stuck with it, and would graduate from college with the highest of honors.

He assured Mrs. Thompson she was still his favorite teacher. Then four more years passed and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. The letter explained that she was still his favorite teacher but that now his name was a little longer. The letter was signed, Theodore F. Stoddard, MD. The story doesn't end there. You see, there was yet another letter that spring. Teddy said he'd met this girl and was to be married. He explained that his father had died a couple of years ago and he was wondering if Mrs. Thompson might agree to sit in the pew usually reserved for the mother of the groom. And on that special day, Jean Thompson wore that bracelet, the one with the rhinestones missing. And on that special day, Jean Thompson smelled the way Teddy remembered his mother smelling on their last Christmas together. They hugged each other, and Dr. Stoddard whispered in Mrs. Thompson's ear, "Thank you Mrs. Thompson for believing in me. Thank you so much for making me feel important and showing me that I could make a difference." Mrs. Thompson, with tears in her eyes, whispered back. She said, "Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you."

THE MORAL: You can never tell what type of impact you may make on another's life by your actions or lack of action. Consider this fact in your venture through life.

Emotional Check In

START

How are you
feeling out of 10?

/10

Describe how you're
feeling in 3 words

Whom can you talk to?

- ☐ Parent/guardian
- ☐ Sibling
- ☐ Other family member
- ☐ Teacher
- ☐ Friend
- ☐ Counsellor
- ☐ Someone else

Do you feel like you have
someone trusted to talk to
about how you feel?

☐ Yes

☐ No

if yes...

Is there anything you
want to chat to your
Counsellor about today?

Would you like to chat
to your Counsellor?

☐ Yes

☐ No

if not...

FINISH

Who Am I?

Mahima (EVGC), South West B District

A student Komal sat in her classroom, her notebook open before her, pen in hand, and a thoughtful expression on her face. Her teacher, Mrs. Lata, had just asked the class a question that "Who are you?"



Komal was known as one of the brightest students in her class. She raised her hand, and when Mrs. Lata called on her, Komal began her response, "I am Komal, the name given to me by my family, a label that carries their love and expectations."

Mrs. Lata nodded, impressed by Komal's initial response. She could see that this student was approaching the question in a unique way. "But," Komal continued, "is 'Komal' the entirety of who I am? It's just a name, a symbol that represents me. It doesn't encapsulate the complexity of my being, the experiences I have had, or the person I'm becoming."

The classroom fell into a thoughtful silence, and Mrs. Lata encouraged Komal to elaborate.

"I'm a girl," Komal said, "but is that all I am? Gender is a societal construct. What it means to be a 'girl' is defined by the society we live in. It doesn't define the essence of my individuality, my thoughts, and my dreams."

The students in the class began to ponder the question more deeply, as Komal's words resonated with them. Komal pressed on, her voice steady and thoughtful.

"I'm a student," she said, "but that's merely a role I play. It's an association, not my identity. It doesn't encompass my passions, my strengths, or the full extent of my potential."

Mrs. Lata was both impressed and intrigued by Komal's perspective. Komal continued, "I am also a friend, a sister, and a daughter. I am a dreamer, a thinker, a creator. I am defined by my choices, my values, and the love and kindness I choose to give to others and hence by MY THINKING."

As Komal spoke, the classroom filled with a sense of introspection. The question, "Who are you?" was no longer a simple exercise. It had become a deep exploration of identity, values, and self-discovery.

Mrs. Lata decided to let the discussion continue, and other students began to share their thoughts and perspectives on the question. The classroom became a space for profound reflection and self-exploration, thanks to Komal's insightful response.

"This story was a reminder that our identities are not confined to labels and roles but are shaped by our experiences, choices, the love we share with others and ultimately OUR THINKING."

EVGC Services: A to Z

Neeraj Kumari (EVGC), North-West A District

Can you read anything written in English? If your answer is yes, then I am sure you know the alphabet of English. Yes, yes. I am talking about the letters from A to Z. All of us have learnt A for Apple, B for Ball, C for Cat and so on in our childhood. Those times were fun.

But now, as we aren't kids anymore, our life also does not revolve around A for Apple and B for Ball. As EVGC's, our life revolves around many concerns. Let's look at and try to understand the ABC of EVGC services.



A - Anxiety Management

B - Bullying Awareness

C - Career Guidance

D - Drugs and other Substance Abuse Awareness

E - Educational Guidance

F - Facing Examination

G - Gender Sensitization

H - Health and Hygiene

I - Internet Safety

J - Job Orientation

K - Knowledge of POCSO Act

L - Life Skills Development

M - Mental & Menstrual Health

N - No to Drugs, Yes to Life Awareness

O - Occupational Guidance

P - Personality Development

Q - Question Paper attempting Techniques

R - Responsible Behaviour

S - Safe and Unsafe Touch and Suicide Prevention

T - Tests like CUET

U - Understand Yourself

V - Vocational Guidance

W - Women Safety

X - Expressing Feelings

Y - YUVA Helpline

Z - Zero Tolerance Policy regarding Bullying

I am sure while reading this, you thought of some other topics also. Do add all those in the list, just like we say A for Alligator now.

Additionally, we learnt about some consonants and vowels in the alphabet. Now, we have committees and clubs. Let's look at some committees that we are expected to be a part of:

- Anti-Tobacco Committee (Prahari Club)
- Anti-Bullying Committee
- Disciplinary Committee
- Internal Complaints Committee
- Child Sexual Abuse Committee

See one more analogy. In English alphabet, vowels are five in number and these committees are also five. Further, there are two special letters in the English alphabet: C and K. Both are different but their sound is the same. Likewise, we have Prahari Club and Tobacco Monitors group. These are two different names but the members are performing almost the same role.

I hope, I could draw some lines of analogy through this short write up on EVGC services. It is just like a small preamble to what we do. Do share with the school staff and students. Now, your neurons would be firing and wiring and trying to draw more agreements or disagreements. Well, both are productive.



Debunking Some Myths about Counselling and Guidance

- Vinita Chamoli (EVGC), North-West District

“Don’t Be Satisfied with Stories, How Things Have Gone with Others.

Unfold Your Myth”- Rumi

The role of an Educational Vocational Guidance Counsellor has been certainly extended from mere realm of academic and career counselling at school. We at times act like a facilitator to the child who comes from a deprived home environment and secretly confides in four walls of the counselling room to gain lost hope and be reminded of how special and precious he or she is. This at times goes unnoticed but we do know the impact it creates in tangible way in that child’s life.



With majority of people recognising the role of counselling, there are some myths associated with the process, such as:

1. Myth: Only "crazy", "mad" or severely troubled people need counselling.

Reality: This is one of the most typical and conventional myth that has been debunked already as majority of people know that counselling is for anyone dealing with various life challenges or seeking personal growth.

2. Myth: Counselling is for emotional issues.

Reality: Counselling is for academic, career, emotional as well as behavioural issues. At times there might not be an issue or a person simply needs a platform to express.

3. Myth: Counsellor will solve my problems.

Reality: Unlike popular expectations counsellors don't have a magical wand to make problems disappear. Counsellors have skill, tools, guidance and they may provide support but they don't solve anyone's problem. They facilitate students to develop appropriate skills to manage difficulties themselves.

4. Myth: Counselling is only about talking.

Reality: For common people it may appear as talking but while talking with the students counsellor may be creating a rapport to make student comfortable with the process, doing mental status examination – analysing the thought process and perception, observing behavioural cues.

5. Myth: Counselling is a sign of weakness.

Reality: It requires a great deal of courage and self-assessment to acknowledge and confront that one needs help. Mostly people are curbed from taking help due to myths, stigma attached, other's opinion in general with the process. Voluntary seeking counselling shows strength and self-awareness in any individual.

6. Myth: It's time consuming.

Reality: Yes, counselling like any other process takes time and patience. But not all counselling processes are lengthy. It also depends on various factors like: the severity



of the problem faced, willingness of the student, situational factors etc.

7. Myth: It will make me happy.

Reality: Counselling is not the way to seek happiness as it is one of the emotional states and a primary emotion just like anger, sadness, shame, guilt or disgust. Often due lack of knowledge students desire to be in one state while forgetting that others have an important role to play as well in mental well-being.

Remember that counselling can be highly beneficial and it's essential to dispel these myths to encourage more students to seek help when they need it. Particularly in young and impressionable phase of life, counselling may act like a pillar to support strong foundation of a well-adjusted individual.

“What is planted in each person’s soul will sprout” – Rumi



आँखों की जुबानी

Neeraj Kumari (EVGC), North-West A District

एक बड़ी गठरी बातों की
तुम्हारे सामने खोलती हूँ।
मैंने देखी हैं आँखें कई
उन आँखों का हाल बोलती हूँ।

दो आँखें जो हुए जा रही थी
बस मन ही मन में भयभीत।
दो आँखें जो ढूँढ़ रही थी
विश्वास करने लायक मनमीत।

दो आँखें जो पूछ रही थी
सवालों के जवाब हज़ार।
दो आँखें जो सुना रही थी
अपने दिल के दुखड़े अपार।

दो आँखें जो छिपा रही थी
निशान दिल की दरारों के।

दो आँखें जो बता रही थी
नाम उन गद्दारों के।

दो आँखें जो शर्मिंदा थी
अपने किए किसी काम पर।
दो आँखें जो कम जिंदा थी
अपनी इच्छाओं को थाम कर।

दो आँखें जो चिंताकुल थी
कोई बीमार था परिवार में।
दो आँखें जो व्याकुल थी
परिणाम के इंतजार में।

दो आँखें जो समझ न पाई
अपने शरीर के बदलाव।
दो आँखें जो दे न पाई
अपने से छोटों को सुझाव।

दो आँखें जो बस नम थी
फूट पड़ी उनमें रसधारा।
दो आँखें जो समझ न आई
धरा रह गया ज्ञान सारा।

दो आँखें जो चमक रही थी
पा कर प्यार की थपकी।
दो आँखें जो खनक रही थी
पा कर जादू की झप्पी।

दो आँखें जिनमें भरा था जोश
कुछ कर गुजरने का।

दो आँखें जिनमें पूरा था होश
सही पथ पर चलने का।

इन दो आँखों ने देखे
आँखों के अनेक प्रकार।
हर बार एक बात जानी कि
इनमें संभावनाएं हैं अपरंपार।

तुम भी पढ़ते रहना आँखें
- 'नीरज' लगा रही है गुहार।



जीवन अनमोल है।

संगीता गांधी (पीजीटी इतिहास), साउथ डिस्ट्रिक्ट

जिंदगी की भाग दौड़ में व्यस्त रहा मैं जान ही नहीं पाया कि क्या खोया क्या पाया।

जब अचानक विचारों के तंत्रजाल ने एकदम से आ कर मुझे घेरा और मैं चाह कर भी उन से बाहर निकल न पाया।

फिर जैसे-तैसे संभालते हुए मैंने अपने आप को समझा और एक विक्षिप्त मनोरोगी के रूप में पाया।

बस फिर क्या था, फिर वही उधेड़ बुन, मैंने जीवन में खोया बहुत कुछ, पर कुछ न पाया।

इन उलझनों से बाहर निकलने को मैंने किया एक अथक प्रयास और घर से बाहर निकल कर अपने जैसे लोगों का एक समूह बनाया।

फिर क्या हुआ? जिंदगी में रंग भर गए और मैंने अपने आप को एकदम से जवान और तंदुरुस्त पाया।

ज़रूरत है समय के साथ विचारों में बदलाव लाने की, खुशियां बाटने और बटोरने की।

फिर किस प्रकार जिंदगी भर की मुश्किलों का आसानी से सामना करते हुए मैं शतक भी पार कर गया मैं समझ ही नहीं पाया।

साथियों जीवन अनमोल है इसे जी भर के जिए।



The Drop Rule

Priyanka Sawariya (EVGC), West A District

Drop your Ego

Drop your Pride

Drop the Worry

Drop the negative thoughts and vibes

Drop that Guilt

Drop the Fear

Drop the How, When, and What if's

Drop self-sabotage

Drop Negative People

Drop Self Doubt

Drop anything that feels obstacle in your way

And lift your actions

Lift your efforts

Lift happiness

Lift gratitude and everything

that lead you to a happy and healthy life!

#feelfree #stayauthentic



Beneath the Learning Tree: A Symphony of Hope for Young Minds

Utkarsh Shrivastava (EVGC), East District

In halls of learning,
young minds take flight,
A journey through
knowledge, both day and
night.

But within these
corridors, a silent fight,
The battle of minds,
hidden from sight.

In the realm of books and
exams so stern,
Lies a struggle, lessons
that they learn.

Not just equations and
historical dates,
But the weight they carry,
the heavy fates.

In the tender hearts of the
schoolyard crew,
Whispers of worry and
shadows grew.

Mental health, a quiet
quest,
In the midst of textbooks
and the academic crest.

Yet, let us pause; let us
take a stand,
For every student, hand in
hand.

In the tapestry of dreams
they weave,
Let empathy and kindness
interleave.

When storms of stress
begin to rise,
Encourage them to look
beyond the skies.
For in the storm, they'll
find the strength,
To go the distance,
whatever the length.

Let laughter echo in the
classroom air,
A remedy for burdens, a
cure so rare.

For joy is medicine, a
potion strong,
Healing wounds unseen,
mending what's wrong.

Dear student, in the face
of strife,
Know that you are the
author of your life.
Each challenge met with
courage true,
Shapes a resilient,
empowered you.



The journey's tough, the
road is long,
But remember, you are oh
so strong.
Your worth is not defined
by grades,
But by the love and
kindness cascades.
Talk when words build
bridges bright,
Break the silence,
embrace the light.
For mental health is a
shared embrace,
A journey together, a
sacred space.

In the tapestry of school
and strife,
Let's weave compassion,
let's weave life.
A symphony of hope, let
it play,
Motivating students,
lighting their way.



Fantastic

Priyanka Gupta (TGT English), North-East I District

I started to talk when I was around three
Confusing the words 'tree', 'free', 'spree'
I called 'yellow' orange and 'orange' red
Wondered if it's Ted or Fred who fed bread
My mother got tired and brother laughed
I always had this doubt if I should talk?



I went to the school hoping to find a friend
But laughing fingers poked me until no end
My fellows looked at me with weird looks
All my b's and d's curved in the same loop

I memorised that Humpty fell from a wall
But when I recited, the 'wall' became the 'ball'
So on and so forth was going my little story
Then came last October to change it all slowly

An awareness drive in school solved the enigma
My teacher happened to discover my charisma
A simple test discerned the cause of my troubles
A specialist helped me read bursting scary bubbles

I've discovered my strength of keen observation
Thinking outside the box and unique innovation
My peers now praise my rainbow imagination
I wish to soar high and achieve my fascination
Psychology books name my ability as **Dyslexic**.
Do you know its synonym? It's **Fantastic**.



Self-Discipline

Ms. Himanshi Garg (EVGC), North-West A District

Self-Discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do.

According to Bhagavad Geeta, a self-disciplined man has the virtue to understand evils of envy, desire for money, fondness, and ability to discriminate between happiness and misery. The spiritual insight enables man to control his senses. Senses when under control bring in happiness. It is important to gain insights and defeat senses which otherwise submit to desires, attachment, and cause instability of mind.



Self-discipline means bringing order in life and exercising control over one's feelings, impulses, desires, and behavior, with a vision of improving self and society. It enables to discard instant gratification in favor of gaining long-term satisfaction and fulfillment of more meaningful goals. It involves cultivating new thinking, new approaches, better ways of interacting with others, avoiding procrastination and impulsive actions. Organized people manage to discard temptations, prioritize the to-do-list and focus on schedules that puts more stress on the importance of work, when a work is due, when it needs to get started, and on achieving the set goals within the prescribed time-frame. So, no reasonable personal success or goal can be accomplished without self-discipline.

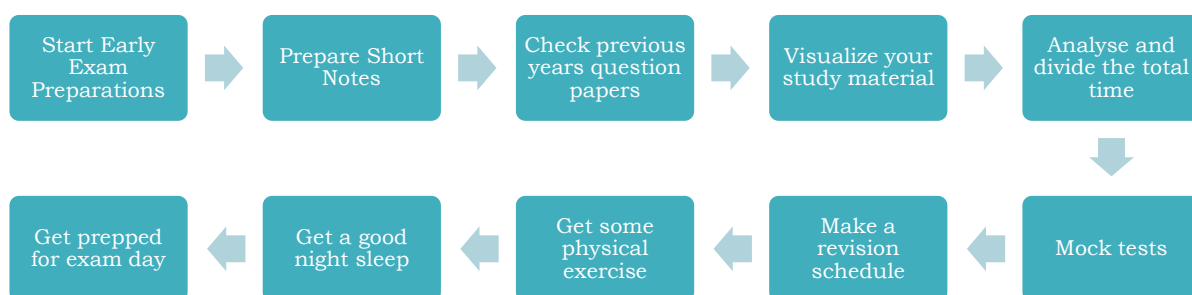
The importance of self-discipline could be different for different people and for different situations. For a student, it is about motivating self to concentrate on studies, whereas for a working person, it is getting up, no matter how he feels, dressing up, and showing up. It results in self-control that manifests as inner strength, helps overcome lethargy, and forego instant benefits for productive return later in time. Those who exercise regularly demonstrate higher levels of self-esteem and maintain a sense of self-discipline. It is one of the most important and useful skills to achieve success and everyone should possess this quality.



How to score more: Exam Preparation Techniques

Meenakshi (EVGC), North-East II District

Everybody studies a lot for preparation of exam. But some students qualify exam by spending less time than others. So, if you want to qualify the exam by doing smart work rather than hard work, then there are some strategies for preparation of exam, there is a concept called 80-20% rule, in which you do 20% of hard work, to achieve 80% of your outcome in the examination, following are the techniques for the same:



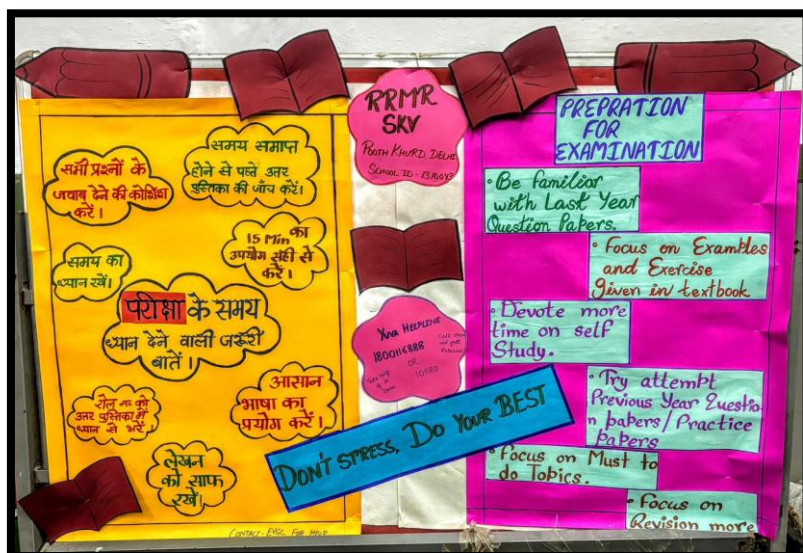
Start Early Exam Preparations

We always leave things for the last minute, but that habit increases the stress, so instead of leaving the subjects and chapters for last minute, please start early on those subjects and chapters to ensure you have enough time to understand the concepts well beforehand.

Prepare Short Notes

While studying and understanding topics make it a habit to take down notes in your own devised way. This way you can always refer to your notes and quickly revise the covered material. When exams are around you may not have the time to go through each chapter at length. But if you have short notes handy you can easily revise the topic by skimming through your notes.

Check previous years question papers



Make sure you check exam papers from the past few years as each exam type might vary. Get sample papers which contain the last years question papers. This way you can check your knowledge and get a sense of what your real exam paper will look like.

- Diagrams or visual representations aids in easily recalling the topic while sitting for an exam.
- Visualization helps our minds register and retain things far better than text.
- Diagrams help simplify complex learning and summarize information in our brain.
- Analyse and divide the total Time.
- Once your exam date is confirmed, analyse the total time at hand and the total chapters to cover. Divide your time strategically to cover all important topics and revise accordingly.

Mock Tests

Practice and practice some more! You might not get everything right on the first go, but keeping at it and practicing will ensure you are as near to perfection.

Make a Revision Schedule

Plan your revision schedule and techniques to best utilize the pre-examination time and make the most of it. Try to change up your revision routine a little by varying your techniques. If you are a note-taker and go over your notes in the revision period add variety like practice tests, curated courses, group studies, etc.

Get Some Physical Exercise

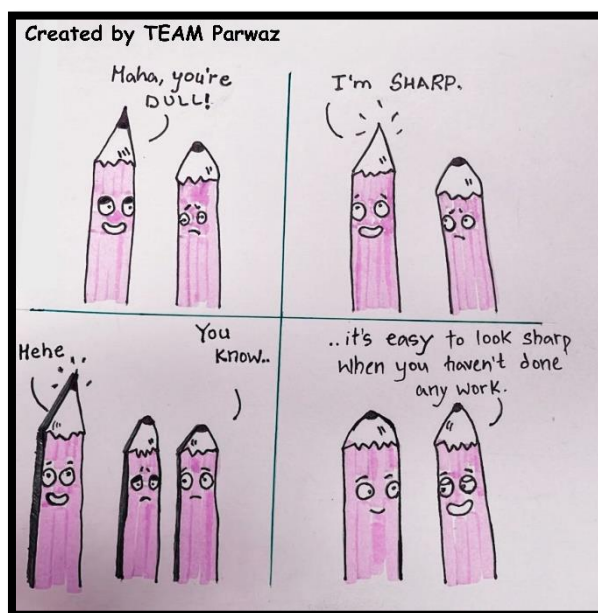
Exercising regularly or meditating keeps your body healthy and positive. It also helps you sleep better at night, keeping your mind away from stress. A brisk walk, some cardio, or Zumba with some music improves concentration levels.

Get a Good Night's Sleep

If you are sleep deprived, your ability to recall or concentrate gets affected which in turn might adversely affect your exam scores. Getting sound sleep every day is vital while revising as well as during the exam period to perform your best.

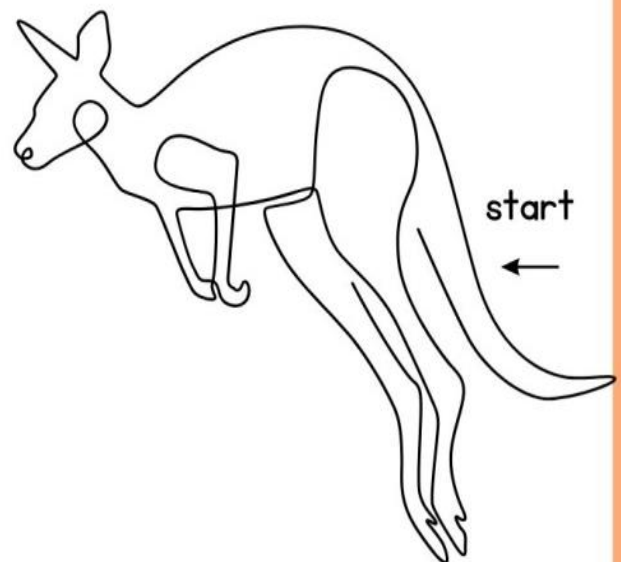
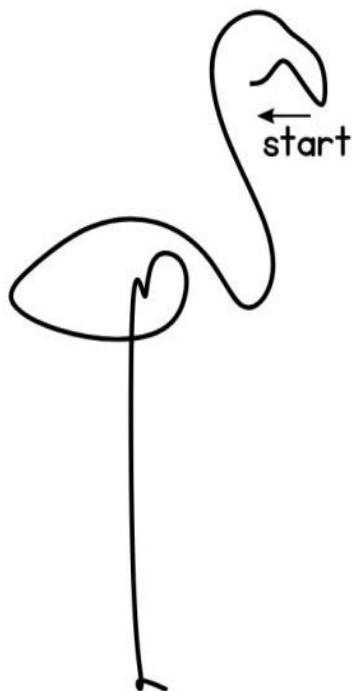
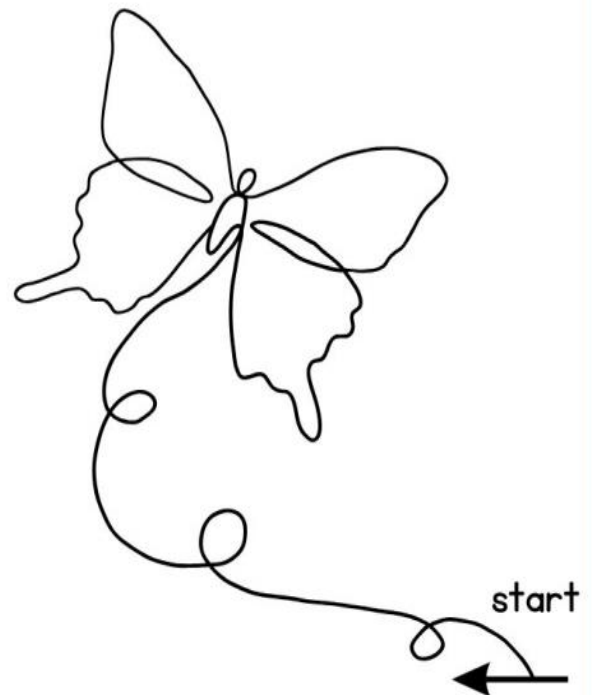
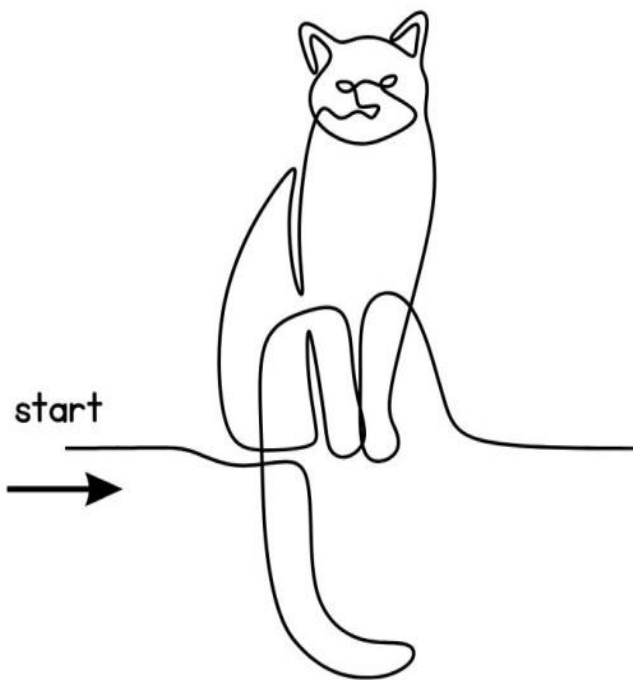
Get Prepped for Exam Day

Make a checklist to ensure you have all the practical details of your exam handy. Know the date, time, and venue of your exam well in advance. Check you have packed all essentials you need for your exam, like hall ticket, identification



CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



सफलता की राह (परीक्षा एवं जीवन)

Deep Chand Bairwa (EVGC), South-West A District

आमतौर पर सफलता को पैसे से या भौतिक सुख-सविधाओं से जोड़ कर देखा जाता है अगर आपके पास पैसे हैं, आपका नाम है तो आपको सफल व्यक्ति मान लिया जाता है, लेकिन यह सफलता की परिभाषा नहीं हो सकती है। **सफलता:-** हम अपने आर्थिक, शरीरिक और मानसिक शक्ति के अनुसार ही अपना लक्ष्य बनाते हैं और जब हम उसे प्राप्त कर लेते हैं तो हमें एक जीत का एहसास होता है जो हमें सच्चा सुख देता है यही सफलता कहलाता है। **परीक्षा:-** परीक्षा स्वयं के मूल्यांकन का एक सबसे बढ़िया तरीका है। इससे इंसान के अंदर की क्षमता एवं आत्मविश्वास का सही से आंकलन किया जा सकता है।



परीक्षा या जीवन में सफलता के लिए कुछ महत्वपूर्ण बिंदु:-

समय का महत्व समझें:- दुनिया की हर चीज़ दोबारा प्राप्त की जा सकती है लेकिन समय प्राप्त नहीं किया जा सकता। इसलिए अगर सफल होना है तो आप समय को अपने जीवन में महत्व देना शुरू कर दीजिए।

अपने मन की सुनें:- किसी के दबाव में कोई फैसला नहीं लें अपने मन की सुनें, स्कूल का रिज़ल्ट मायने नहीं रखता बड़ी सफलता के द्वार आगे भी खोले जा सकते हैं।



निरंतर अभ्यास:- किसी भी परीक्षा में सफल होने के लिए निरंतर अभ्यास करना बेहद ज़रूरी है। जब आप तैयारी कर रहे होते हैं तो रिवीजन/ अभ्यास सबसे अहम कड़ी होती है। रिवीजन/ अभ्यास के बारे में डॉक्टर आयुष जाखड़ कहते

हैं कि, 'रिवीजन/ अभ्यास के लिए 1,2,7 और 28 ट्रिंक अपनाएं। उन्होंने बताया कि जब कोई टॉपिक आप चुने उसको पहले दिन, फिर दूसरे दिन पढ़ें इसके बाद सातवें दिन फिर से उस टॉपिक को पढ़कर एक टेस्ट दें। इस टॉपिक को फिर से 28वें दिन पढ़ें इससे आप उस टॉपिक को कभी नहीं भूलेंगे।

कंफर्ट जोन: अगर सफल होना है तो कंफर्ट जोन से बाहर आकर अपनी पूरी ताकत झोंकिये, अगर पूरी ताकत लगाने के बाद असफल भी हो जाओगे तो मलाल नहीं रहेगा क्योंकि आपको पता है कि आपने पूरी ताकत लगाई थी। हर स्थिति में बाउंस बैक कीजिए।

निरंतर प्रयास/ कोशिश:- किसी लक्ष्य तक पहुंचना चाहते हैं तो बिना रुके उसे पाने के लिए तब तक प्रयास/ कोशिश करें जब तक वहां पहुंच नहीं जाते।

संगति/ वातावरण का प्रभाव:- लगातार पढ़ाई करने वाले और कड़ी मेहनत करने वाले अपने मित्रों से सीखे, अच्छे दोस्त बनाओ जो आपकी पढ़ाई में हर संभव मदद करें, जीवन में मदद करें क्योंकि विद्यार्थी जीवन में अच्छे दोस्तों की संगति का बहुत प्रभाव पड़ता है।

अपने अंदर की कमज़ोरियों के बारे में जानें:- अपने अंदर की कमज़ोरी को खुद से बेहतर कोई नहीं जानता, हर बच्चे को पता होता है कि वह किस विषय/ क्षेत्र में कमज़ोर है। इसलिए सबसे पहले अपने अंदर की कमज़ोरियों पर काम करना शुरू कीजिए ताकि आपको सफलता मिले।

अपनी काबिलियत को पहचाने:- सफलता के लिए विद्यार्थियों को यह जानना ज़रूरी है कि आप अपनी बुद्धि, अभियोग्यता, रुचि एवं काबिलियत के अनुसार ही काम करें, किसी दूसरे के जैसा बनने की कोशिश नहीं करें।

आत्म अनुशासन:- जीवन में आत्म-अनुशासन होना बहुत ज़रूरी है अगर आप सेल्फ डिसिप्लिन में नहीं हैं तो फिर आप कोई भी कार्य समय पर नहीं कर सकते, यही है जिससे आपके व्यक्तित्व में निखार आएगा और आप जीवन में हर तरह के कार्य में सफल हो जाएंगे।

संघर्ष:- जीवन में सफलता प्राप्त करनी है तो संघर्ष करना पड़ेगा। जिस प्रकार जंगल में हर रोज़ सुबह होने पर हिरण सोचता है कि मुझे शेर से ज्यादा तेज़ भागना है नहीं तो शेर मुझे मार कर खा जाएगा और शेर हर सुबह उठकर सोचता है कि मुझे हिरण से तेज़ भागना है वरना मैं भूखा मर जाऊंगा। आप शेर हो या हिरण उससे कोई मतलब नहीं है, अगर आपको



जीवन में सफल होना है तो हर रोज़ भागना पड़ेगा। संघर्ष के बिना कुछ नहीं मिलता।

बेहतर आत्मविश्वास:- परीक्षा/ जीवन के दिनों में विद्यार्थी को कोई तनाव नहीं लेना चाहिए, प्रतिशत के पीछे नहीं भागना चाहिए, जीवन में अंक ज्यादा मायने नहीं रखते, परीक्षा के समय दबाव में न आएं, बेहतर आत्मविश्वास परीक्षा में बेहतर परिणाम लाता है, मन में कभी नकारात्मक विचार न आने दें, नोट्स बनाना महत्वपूर्ण है, अपनी नींद पूरी करें और पाठ्यक्रम के अलावा भी अपनी रुचि के कार्य करें। शिक्षकों से सवाल पूछिए ताकि बाद में किसी तरह की परेशानी नहीं हो।

कठोर परिश्रम:- असफलता का सम्मान करें। अपने जीवन में किसी भी लक्ष्य को पाने के लिए आपको जी तोड़ मेहनत और कठोर परिश्रम करने की ज़रूरत होती है।

An investment in knowledge
pays the best interest.

- Benjamin Franklin

अभिशाप या आवश्यकता: स्कूल में अनुपस्थित होना: अबसेंटीज्म

डा अमिता गर्ग, नोडल आफिसर (ई वी जी सी), जिला उत्तर पश्चिम-अ

अबसेंटीज्म यानि विद्यार्थी का स्कूल या कालिज न आना एक समस्या है जो विशेषतर कोरोना के बाद से स्कूलों में बहुत ज्यादा बढ़ गई है। और समाज में अभिशाप के रूप में उभर रही है। इससे न केवल विद्यार्थी के स्वास्थ्य का नुकसान होता है बल्कि उसके व्यवसायिक और सामाजिक जीवन में भी इसका प्रभाव पड़ता है। इस आदत से न केवल बच्चा पढ़ाई में पिछड़ जाता है बल्कि लॉन्ग टर्म में उसके पूरे व्यक्तित्व पर इसका प्रभाव पड़ता है।



स्कूल में अधिक अनुपस्थित होने से विद्यार्थी को टीचर का पढ़ाया हुआ कुछ समझ नहीं आ पाता परिणाम स्वरूप वह धीरे-धीरे पढ़ाई में कमजोर हो जाता है। यदि हम उन बच्चों को देखें जिनको अपनी उम्र के हिसाब से पढ़ाई नहीं आती है और इसका मुख्य कारण ढूँढने की कोशिश करें तो पाएंगे कि इसका मुख्य कारण अबसेंटीज्म या अनियमित रूप से स्कूल आना है।

विद्यार्थियों के स्कूल में अनुपस्थित रहने के कुछ कारण निम्नलिखित हैं-

- 1) 'शारीरिक स्वास्थ्य': यदि विद्यार्थी का स्वास्थ्य ठीक नहीं रहता है तो वह स्कूल से अक्सर छुट्टी लेगा और स्कूल में अधिक अनुपस्थित रहेगा।
- 2) 'मानसिक स्वास्थ्य': शारीरिक स्वास्थ्य के साथ-साथ मानसिक स्वास्थ्य भी ठीक रहना जरूरी है। यदि बच्चे का मानसिक स्वास्थ्य ठीक नहीं है तो भी स्कूल में आने का उसका मन नहीं करेगा। उसके घर में कोई तनाव है तो यह उसकी पढ़ाई को प्रभावित करेगा जैसे यदि माता-पिता आपस में झगड़ा करते हैं तो कहीं ना कहीं चाहे वह बच्चा छोटा भी है तो भी वह सोचता है और उसके छोटे मन पर यह छोटे-छोटे तनाव भी असर करते हैं। परिणाम स्वरूप धीरे धीरे वह पढ़ाई में कमजोर हो जाता है और उसका स्कूल में आने का मन नहीं करता।

3) 'व्यवसायिक दबाव': माता-पिता के साथ काम पर जाने की वजह से भी बहुत से बच्चे छुट्टी करते हैं।

4) 'बहुत ज्यादा डिस्ट्रैक्शन': आज कल हर चीज हमारी उंगलियों पर है। इंटरनेट का ज़माना है, स्मार्टफोन बच्चों के पास है जिसकी वजह से बच्चे का मन बहुत जल्दी पढ़ाई से हट जाता है।

5) 'बुलिंग': बुलिंग भी बच्चों का स्कूल न आने का एक कारण हो सकता है। कई बार बच्चे एक दूसरे को छेड़ते/ परेशान करते हैं। बच्चा इमोशनली कमजोर है और उसे दूसरे का छेड़ना बुरा लगता है जिसकी वजह से वह स्कूल नहीं आता है।

6) 'कोचिंग': कुछ बच्चे कोचिंग या ऑनलाइन क्लास की वजह से भी स्कूल नहीं आते हैं वह कंपटीशन की तैयारी कर रहे होते हैं और स्कूल की छुट्टी करते हैं लेकिन कई बार न तो वह



कोचिंग में ध्यान देते हैं और न ही स्कूल में ध्यान देते हैं।

7) 'माता-पिता की लापरवाही': कुछ माता-पिता स्कूल रोज जाने को महत्व नहीं देते हैं वह सोचते हैं कि एक-दो दिन या दो-चार दिन स्कूल नहीं भी जाएगा तो कुछ फर्क नहीं पड़ेगा उन्हें यह नहीं पता बच्चे का एक भी दिन न जाने से उसे अगले दिन का लेसन समझ नहीं आ पाएगा और



धीरे-धीरे वह पढ़ाई में पिछड़ जाएगा, जब वह पढ़ाई में पिछड़ जाएगा तो उसका स्कूल जाने का मन नहीं करेगा।

8) 'आर्थिक तंगी': आर्थिक तंगी भी स्कूल की अनुपस्थिति का एक बहुत बड़ा कारण है। मां-बाप दोनों ही नौकरी करते हैं, उनको रोटी के लिए पैसा चाहिए व बच्चा छोटे भाई-बहनों की देखभाल करता है या घर में खाना बनाता है जिसकी वजह से वह स्कूल नहीं आता है।

9) 'टीचर': कभी-कभी टीचर भी नासमझी में बच्चे को कुछ नेगेटिव शब्द बोल देते हैं जो बच्चे के अंतर्मन तक घर कर जाती हैं जिसकी वजह से धीरे-धीरे बच्चा स्कूल आना छोड़ देता है या कभी आता है कभी नहीं आता है।

10) 'पैसा': मां-बाप बच्चों को केवल इसलिए स्कूल भेजते हैं क्योंकि वह सोचते हैं कि यदि बच्चे का स्कूल में नाम लिखवा देंगे तो कुछ पैसा हाथ में आ जाएगा, उनकी प्राथमिकता अपने बच्चे को स्कूल भेजना नहीं होती है।

11) 'सामाजिक कारण': शादी विवाह के वक्त या फसल कटने के वक्त में पूरा का पूरा परिवार गांव चला जाता है। ऐसे में बच्चे को अकेले किसके पास छोड़े और कहां छोड़े यह भी स्कूलों में कम उपस्थिति का एक मुख्य कारण है।

12) 'नशा': स्कूल में अनुपस्थित का एक मुख्य कारण नशा प्रवृत्ति भी है। नशे की चीजों को सरकार चाह कर भी नहीं रोक पाई है वह बच्चों को बड़ी आसानी से मिल जाता है और जो बच्चे नशे का शिकार हो जाते हैं वह अक्सर घर से तो आते हैं पर स्कूल नहीं आते यह भी अनियमित रूप से स्कूल आने का एक मुख्य कारण है।

13) 'टीचर स्टूडेंट अनुपात': देश आज़ाद होने के इतने साल बाद भी टीचर स्टूडेंट अनुपात हमारे देश में बहुत ज्यादा है। 70-80 बच्चों पर एक टीचर है ऐसे में टीचर सभी बच्चों पर ध्यान कैसे दे पाएगा।

14) 'उचित पब्लिक ट्रांसपोर्टेशन का न होना': यह भी स्कूल में अनुपस्थित का एक बहुत बड़ा कारण है बच्चा घर से निकलता है पर उसे समय पर बस या आटो नहीं मिल पाता है। वह स्कूल में लेट हो जाता है लेट होने की वजह से उसको स्कूल में डांट पड़ती है जिसकी वजह से उसका स्कूल में मन नहीं लगता और वह अनियमित रूप से स्कूल आता है।

15) 'बेसिक सुविधाएं': देश के आज़ाद होने के इतने साल बाद भी हमारी सरकार अपनी जनता को पूरी तरह से सभी सुविधाएं देने में सफल नहीं हो पाई है। जैसे अक्सर घरों में पानी रात में

आता है अब यदि माता-पिता रात में 3:00 बजे उठकर पानी भरेंगे व बच्चे भी उनके साथ लगेंगे तो वह सुबह कैसे उठ पाएंगे परिणाम स्वरूप स्कूल आने में अनियमितता आ जाती है।

16) 'वॉशरूम': ज्यादातर घरों में आज भी वॉशरूम की समस्या है। 10 से 15 परिवारों के बीच एक ही वाशरूम है। यह भी स्कूल में अनियमितता होने का एक बहुत बड़ा कारण है।

‘माता-पिता के लिए कुछ सुझाव’

1) बच्चे के रोज स्कूल जाने को अपनी प्राथमिकता दें। अपने बच्चे के साथ उपस्थिति के लक्ष्य तय करें और अपने बच्चे की उपस्थिति को एक कैलेंडर पर ट्रैक करें। व उन्हें छोटे छोटे पुरस्कार प्रदान करने का प्रयास करें।

2) अपने बच्चे के स्वास्थ्य का ध्यान रखें। डॉक्टर को यदि कभी दिखाना है तो स्कूल से पहले या बाद में दिखाने की कोशिश करें।

3) अपने बच्चे को अच्छी तरह से सोने में मदद करें। सबसे छोटे बच्चों को रात को 10-12 घंटे और किशोर यानि 13-18 वर्ष की आयुद्ध को 8-10 घंटे की नींद की आवश्यकता होती है। रात को तैयारी करें ताकि सुबह को सुगम बना सकें। अपने बच्चे से कहें कि वे अपने बैकपैक और लंच पैक करें।

4) अपने परिवार के सदस्य, पड़ोसी या किसी अन्य विश्वसनीय वयस्क को तैयार रखें। ताकि आवश्यकता पड़ने पर वह आपके बच्चे को स्कूल जाने में मदद कर सकें।

5) शहर से बाहर जाने की योजनाएं स्कूल की छुट्टियां में बनाएं। इससे आपके बच्चे को स्कूल

के अध्ययन में जुटे रहने

में मदद मिलेगी।

प्रारंभिक स्कूल में भी

कक्षाओं की एक सप्ताह

की अनुपस्थिति आपके

बच्चे को अध्ययन में पीछे

कर सकती है।

6) अपने बच्चे से उन

कारणों के बारे में बात



करें जिनकी वजह से वह स्कूल नहीं जाना चाहता है। जैसे कि बुलींग, असफलता का भय या

वास्तविक शारीरिक क्षति के संदर्भ में। उसे भावनात्मक रूप से मजबूत बनाने में उसकी मदद करें। यदि आपको ऐसा कुछ लगता है तो उसके शिक्षक या स्कूल काउंसलर से जरूर बात करें।

‘स्कूल के लिए सुझाव’

- 1) बच्चों को रोज स्कूल आने की प्राथमिकता के बारे में बताएं और उन्हें प्रोत्साहित करें।
- 2) अटेंडेंस का ट्रैक रखें यदि बच्चा शुरुआती दिनों में छुट्टी करता है तो पूरे साल अनियमित रूप से स्कूल आने की उसकी संभावना ज्यादा है उसी वक्त उसके मां-बाप को बुलाकर उन्हें स्कूल की प्राथमिकता समझाएं और बच्चे को रोज स्कूल भेजने के लिए प्रेरित करें।
- 3) हमेशा विद्यार्थियों से पॉजिटिव शब्दों में बात करें कोई भी ऐसा शब्द न बोले जो किसी विद्यार्थी के अंतर्मन को दुखी कर जाए।
- 4) ध्यान दें बच्चे एक दूसरे को ना चिढ़ाएं।
- 5) प्राइमरी कक्षा में विशेषरूप से यदि कोई बच्चा पिछड़ जाता है तो उसे टीचर अलग से टाइम दे ताकि प्राइमरी में ही सब बच्चों के साथ उसको पढ़ना लिखना आ जाए।
- 6) स्कूल में यदि रोज कुछ नया होगा तो बच्चा स्कूल आने के लिए प्रेरित होगा। हर बच्चे में कोई ना कोई गुण होता है टीचर उसको समझे और उसकी रुचि के अनुसार उसे विभिन्न एक्टिविटी में भाग लेने के लिए प्रेरित करें।
- 7) टीचर कोशिश करें जो भी वह पढ़ा रहे हैं वह हर बच्चे को समझ में आए। क्योंकि यदि बच्चे को पढ़ाई समझ में नहीं आएगी तो उसका मन क्लास में नहीं लगेगा और वह स्कूल से दूर भागेगा।
- 8) स्कूल एस.एम.सी. के मेंबर और स्कूल मित्रों का सहयोग ले जो बच्चे अनियमित रूप से स्कूल आते हैं या लॉन्ग अब्सेंट रहते हैं वे उनके घर जाकर कारण जानने की कोशिश करें और उनके मां-बाप को प्रेरित करें ताकि वह अपने बच्चों को रोज स्कूल भेजें।



Content Creator: A Modern Career Option

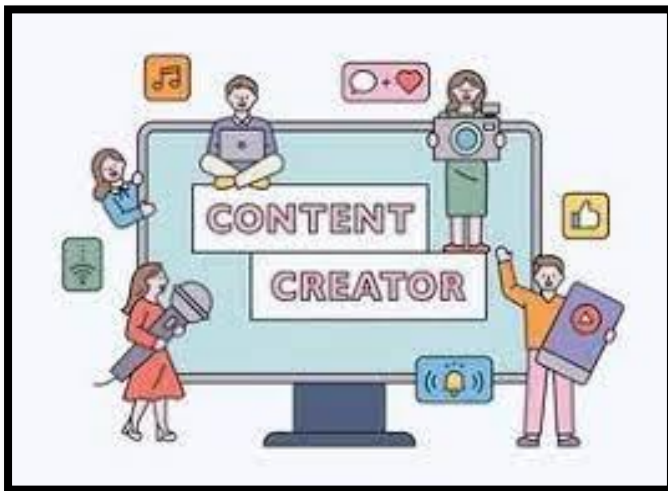
Anjali Rana (EVGC), North-East I District

If you enjoy writing, acting, shopping, skin care, then there is a future for people like you. With the growing need and use of technology in current times, the options have drastically shifted from the traditional choices of engineering, medicine, and Business Administration. Content creation is related to creating content of any form, whether words, slogans, short videos, ad videos. Earlier Blogging was considered as hobby, but today, Content creators use their digital platforms to build an audience and generate revenue from their content. India's creator economy is booming and local creators on YouTube are annually contributing an estimated ₹6,800 crore to the country's GDP and in the process generating 7 lakh jobs.



Vloggers and streamers

Vlogging or streaming might be for you. The difference between the two is slight. A vlogger is someone who creates and publishes video blogs. A streamer, however, is someone who broadcasts themselves on a live stream or posts a video after the fact. Streamers may play video games, put on tutorials, or conduct interviews.



Photographers and videographers

Photo and video freelancers often choose to become Instagram content creators. Bigger brands often outsource some of their social media asset production to creators. For example, a photographer who's good at capturing large groups of people and special moments throughout one day may choose to become a wedding photographer.

Writers

Digital copy and content writers cover a huge spectrum of content creation. As a writer, you can monetize articles, blog posts, brochures, web copy, email marketing copy, news pieces, voice-over scripts, social copy, e-books.

Influencers or brand ambassadors

Content creators who want to monetize their personal brand and other brands may be called influencers or brand ambassadors. These creators may be life coaches, speakers, reviewers of products by different brands or their own brand from where they make money off.

Designers and artists

Artists and designers have always been visual innovators. Those skills are even more important in creating content for the online world. To be successful, you'll need to know how to tell a story through your posts. You'll use elements like color, light, and composition to create visually appealing content. Instagram is a natural place to flex your artistic muscles.



Podcast Hosts

Podcast hosts come up with episode ideas, research the topics they'll talk about, write scripts, and then record and edit the episode. Once the episode is recorded, they upload it to podcasting platforms, promote it, and repeat the whole process. Many podcast hosts also post videos of their episodes on YouTube and share snippets of them on social media. On some podcasts, the host will talk about the topic on their own or discuss it with co-hosts. And some podcasts are interviewing series, where each episode has a new guest that the host interviews.

Way Forward

The future is bright for content creators. Despite the intense competition, the industry is expanding more quickly. As a result, the need for content generation will likewise keep increasing quickly.

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Combating Procrastination and Lethargy among School Students

Swati (EVGC), North West District

Understanding by Procrastination and Lethargy

Procrastination in general, means avoidance of a task that needs to be accomplished by a certain deadline. It's a kind of intentional delay to start or finish the task. E.g., a student delaying a class assignment and playing games on his phone instead.

Lethargy on the other hand, is a state of tiredness, weariness, fatigue or lack of energy. This sluggishness can be physical or mental. E.g., a child feeling too inactive and tried to finish his assignment.

Procrastination & Lethargy go hand in hand. Procrastination is not only the result of lethargy but sometimes also the cause of it. You procrastinate things because you feel lethargic and that in turn leads to more lethargy. Both behaviours are closely interrelated and form a vicious circle.



We often procrastinate tasks, may be because:

- We have no clear deadlines for finishing tasks.
- We feel low on energy levels.
- There is lack of focus or motivation to start or complete the task.
- Fear of failure makes us avoid the task at hand.
- Lack of self-control for various distractions. We get easily distracted.



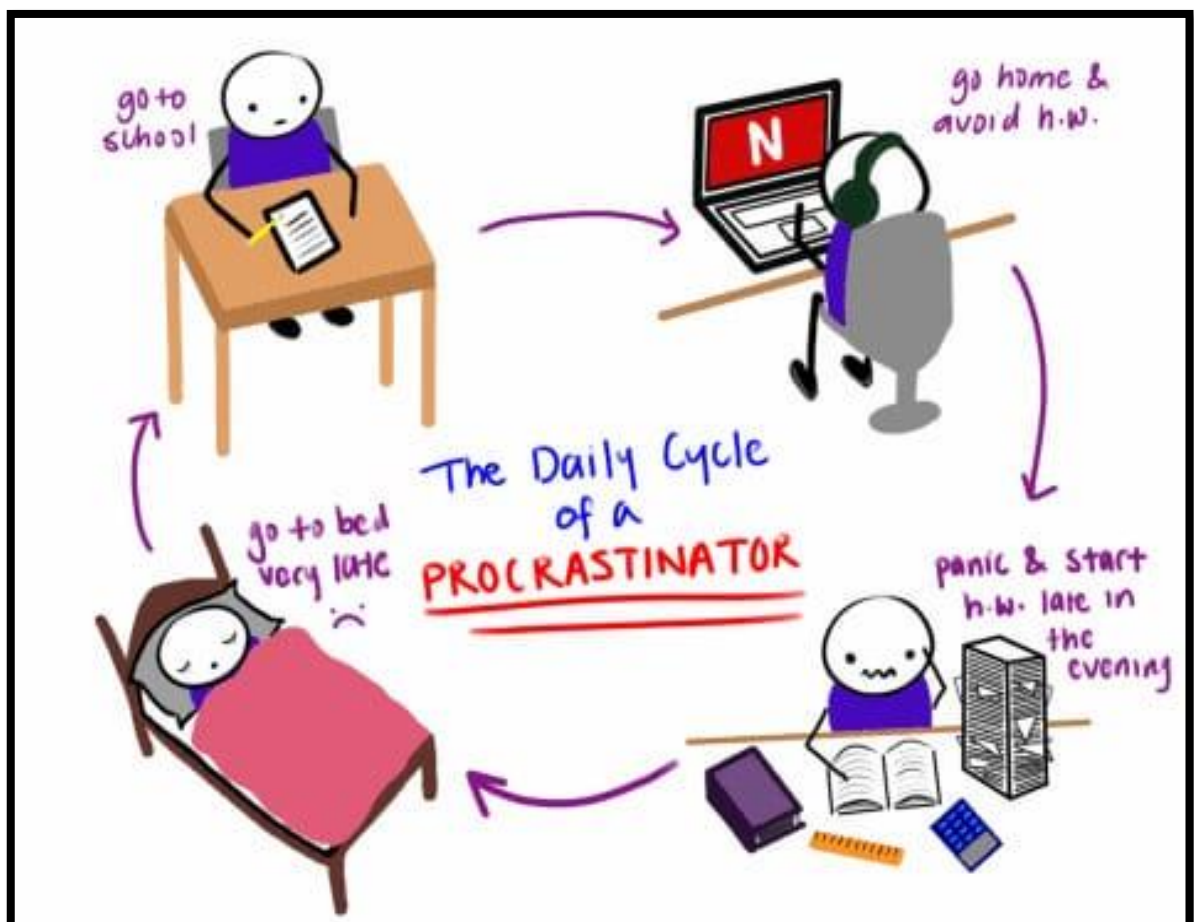
- Lack of interest in the task at hand or the task appearing boring and dull to start with.
- The rewards are far-fetched or having no rewards at all in completing the task.

How dealing with procrastination and lethargy can help us?

- Completing tasks can boost our self-esteem and confidence. We feel good about ourselves.
- Helps us to complete our tasks and commitments on time.
- We feel a sense of control over the situation which relieves us of anxiety and stress.
- It also increases the influx of positive emotions with the release of dopamine.

How can we deal with procrastination and lethargy?

- By minimizing distractions.
- Organizing or breaking the task at hand into smaller parts and dealing with each part separately instead of climbing the mountain all at once.
- Rewarding oneself with simple moments of joy to energize ourselves.
- Sometimes starting on a project is the most difficult part so you can start with the part that is most enjoyable to you. For e.g., decorating the cover page of the assignment or learning the diagrams at first.
- Completion of small tasks helps reinforce motivation, increases the release of dopamine which makes us feel happy and satisfied. Increased motivation can help us further in moving on.
- Having set realistic goals and structure. Setting deadlines for you. Use of self-talk.
- For dealing with lethargy: engage in small physical/mental exercises for at least 2-5 minutes in a day, eat a balanced nutritious diet, engage in at least one activity that you enjoy each day to keep you in high spirits.



Why Procrastinate, When You Can Prioritize

Dr. Mridula Pal Singh (EVGC), North-East II District

Time is money. Time is precious. Time is the key to everything.

We all have heard these lines so many times in our lives. But still, we find ourselves saying this rather “Oh! There is so much to do but so little time.”

Why we find ourselves more in a situation where we have less time to complete our tasks. We all are given same 24 hrs. Have you ever wondered how come few people can manage things in 24 hrs but some can't. Many of us will think that they must not be having that much to do or they must have help or something else. But the main thing is Time Management.



What we do is we think we have time and we procrastinate things thinking they can be done in lesser time than they must take. Like you have to make a project report which you think will be completed in an hour thus you don't prioritize it, but when you actually do it takes more time. So, to maintain your work load, do calculate time properly and PRIORTIZE it.

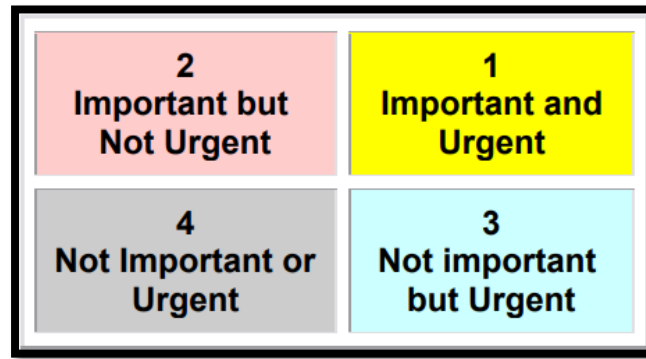


To help you prioritize your schedule, use the table below. Write the appropriate number (1, 2, 3 or 4) after each activity.

[Note: "Urgent" means that the deadline or due date is coming up very soon; "Not Urgent" means that the deadline is a while away.]

- You should focus on activities with #1, giving them the time and attention that their importance and urgency requires.
- You may need to make a decision about activities with #2. If they are important but not urgent, you may be able to spend less time on them or postpone them temporarily. But you don't want to forget about them.
- For activities with #3, you may decide to eliminate them because, even though they are coming up very soon, they aren't really that important.

- Finally, if you really are short on time, you will probably want to eliminate activities with #4.

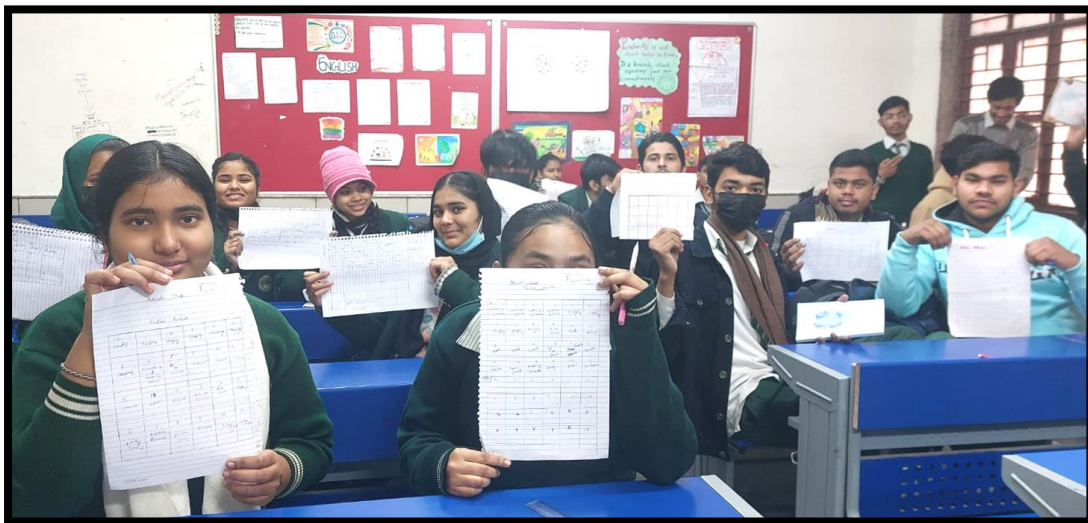


Next is the habit of **PROCRASTINATION**.

Procrastination means putting things off until a future time, postponing or deferring something.

There are many ways to deal with procrastination. Here is a list of suggestions or techniques for you to consider.

1. Set realistic goals. Don't try to do too much and don't try to do everything perfectly.
2. Do school work when your energy level is at its highest. If you are a morning person, do school work in the morning. If you are a night person, do school work at night.
3. Break large tasks into smaller ones. You don't want to be overwhelmed by the work; you need to do so by breaking smaller tasks from bigger ones. Then focus on



completing the smaller tasks one at a time until you are finished.

4. Work for realistic periods of time. If you work best at 1 hour intervals, don't try to cram in 2 hours of study. Or if 1/2 hour at a time is best for you, then follow your own needs; do not study for long periods just because your friends do.
5. Avoid study marathons (like all-nighters).
6. Mix activities. Switch subjects after a while, or try to alternate between doing things you enjoy, with things that you find challenging or boring.
7. Create an effective place to do your school work. Make your work place comfortable but not too comfortable. Try to keep distractions to a minimum (like phones, TV, and

friends). Don't forget the importance of good lighting and make sure that you have access to the materials and equipment you need.

8. Allow extra time for unexpected things. The "unexpected" can be discovering that you really need at least 5 hours to write your English composition when you had only planned for 3 hours. And you don't want to wait until the last minute to do an important assignment only to get sick or have your computer crash.
9. Schedule time for yourself -- for exercise, relaxation, and socializing. Don't forget that "all work and no play make Jack and Jill dull people," not to mention frustrated, bored, and stressed out.
10. Use your free time wisely. Make effective use of the time between classes or while you are waiting -- for buses or friends, at the doctor's office, etc.
11. Reward yourself when you have finished tasks on time. Make sure that the reward is suitable for the difficulty of the task and the time you spent on it.

PROCRASTINATION SELF TEST



NEVER 1	OCCASIONALLY 2	OFTEN 3	ALWAYS 4
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1. ___ I feel I have to "cram"(work very hard) before an exam.
2. ___ My homework is turned in on time.
3. ___ I think I get enough sleep.
4. ___ I pull all-nighters before mid-terms and finals.
5. ___ I plan activities with friends or family for a couple of nights a week and spend the amount of time with them that I planned.
6. ___ When I'm working on a paper, I put off writing until a few days before it's due.
7. ___ I cancel social activities because I feel I don't have enough time.
8. ___ I get my papers in on time.
9. ___ I find myself making a lot of excuses to my instructors about why my work isn't done.
10. ___ I feel comfortable about how I use time now.
11. ___ I feel that something is hanging over my head, that I'll never have enough time to do the work assigned.
12. ___ I feel tired.

Score A: Add up the numbers for questions 1, 4, 6, 7, 9, 11, and 12.

Score B: Add up the numbers for questions 2, 3, 5, 8, and 10.

If Score A is greater than Score B, you are probably a procrastinator. If Score A is less than Score B, you manage your time well. If the scores are equal, you may procrastinate at times, but procrastination is not a habit.

How Artificial Intelligence can aid School Counseling

Utkarsh Shrivastava (EVGC), East District

In an era marked by rapid technological advancements, the integration of artificial intelligence (AI) is reshaping various facets of our lives. One area where AI is demonstrating immense potential and positive impact is in school counseling. As educational institutions strive to provide comprehensive support for their students, AI emerges as a valuable tool to enhance the efficiency and effectiveness of school counseling services.



The Role of AI in School Counseling

1. Personalized Guidance: At the heart of AI's contribution to school counseling is its ability to process vast amounts of data swiftly and accurately. By analyzing a student's academic performance, extracurricular activities and personal preferences, AI algorithms can provide personalized guidance. This tailored approach aids students in making informed decisions about their academic paths, career choices, and personal development.

2. Early Intervention for Mental Health: Mental health is a critical aspect of a student's overall well-being, and early detection of concerns is paramount. AI can play a pivotal role in identifying early signs of mental health issues among students. By analyzing patterns in

behavior, academic performance, and social interactions, AI algorithms can flag potential concerns, allowing school counselors to intervene proactively.



3. Chatbots for Immediate Support: AI-powered chatbots are becoming increasingly popular in the realm of school counseling. These virtual assistants can offer immediate support to students in need. While chatbots cannot replace the nuanced understanding and empathy provided by human counselors, they can serve as an additional resource, especially during non-office hours.

4. Data-Driven Decision Making: The wealth of data generated in educational institutions can be overwhelming for human counselors to process efficiently. AI can assist in making sense of this data through analysis, helping school counselors make informed, data-driven decisions. By identifying trends and patterns

in student data, AI systems can provide valuable insights into areas where additional support may be needed.

5. Career Counseling and Planning: AI tools excel at processing and analyzing large datasets, making them valuable assets in the realm of career counseling. These tools can analyze career trends, job market data, and educational requirements to provide students with up-to-date information about potential career paths. AI can assist in matching students with career paths that align with their skills, interests, and aspirations, fostering a more purposeful approach to education and career planning.

6. Time Efficiency for Counselors: School counselors often face time constraints due to administrative tasks, paperwork, and other responsibilities. AI can contribute to time efficiency by automating routine administrative tasks, allowing counselors to focus more on direct student interactions. Streamlining paperwork, scheduling and data management through AI not only reduces the administrative burden on counselors but also enables them to allocate more time to building meaningful relationships with students and providing individualized support.

As we navigate the future of education, the synergy between artificial intelligence and school counseling holds immense promise. By leveraging the capabilities of AI, schools can enhance their counseling services, providing students with personalized guidance, timely interventions, and valuable resources. Striking a balance between technological innovation and the human touch ensures that students receive comprehensive support on their educational and personal journeys.

The integration of AI in school counseling represents a transformative step toward creating more responsive and student-centric support systems in our educational institutions. However, to fully realize the potential of AI in counseling, it is crucial to address challenges related to privacy, ethics, and equitable access. By navigating these challenges thoughtfully and ethically, schools can harness the power of AI to empower students, foster their well-being, and prepare them for success in the ever-evolving landscape of education and beyond.



Navigating Life's Challenges: Inculcating and nurturing Emotional Intelligence

Rakhee Sharma Nodal Officer (EVGC), North West B District

“Our emotions need to be as educated as our intellect. It is important to know how to feel, how to respond, and how to let life in so that it can touch you” -

Unknown

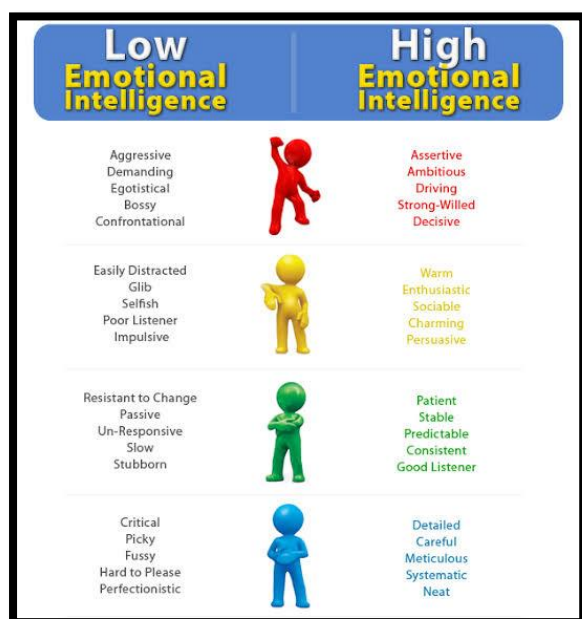


Individuals with high emotional intelligence have been found to be succeeding and excelling in different aspects of their lives such as quality of life, interpersonal relationships, personal efficiency and general mental and physical health.

Emotional intelligence refers to the ability to understand, manage and effectively use one's own emotions as well as the ability to perceive, interpret and respond to the emotions of others. The concept of emotional intelligence was popularized by psychologists **Peter Salovey** and **John Mayer** and later expanded upon by **Daniel Goldman** in the 1990s.

Emotional intelligence encompasses 4 major components:

1. **Self awareness:** Recognizing and understanding one's emotions and being aware of how one responds to specific people and situations.
2. **Self regulation:** Managing one's own emotions in various challenging situations.



3. **Social awareness:** Being attuned to the emotions of others and understanding the dynamics of interpersonal relationships.

4. **Relationship management:** Building and maintaining positive interpersonal relationships, and resolving conflicts in a constructive manner.

Individuals demonstrate varying levels of developmental stage of Emotional Intelligence. Some **express all the emotions in an unhealthy manner** without understanding the repercussions. Some cut off or **repress** all their emotions and feel dissociated with their emotions. On the other hand emotionally intelligent people **feel and**

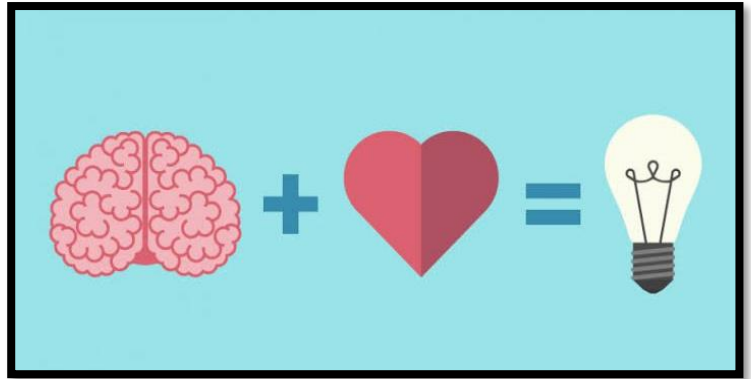
express emotions in a positive manner and their emotions don't negatively influence their actions.

One can enhance and nurture one's Emotional Intelligence by understanding and following the below mentioned skills and competencies.

Improve self awareness.

- Watch your emotions and physiological signs associated with them.

- Learn to differentiate between thoughts and feelings (e.g. When you say I feel foolish, you **think** you are foolish and may **feel** ashamed, hurt or sad)
- Observe your response in emotionally arousing situations.
- Own responsibility for your actions and words.



Learn to manage yourself using this awareness.

- Be flexible and positively direct your behaviour.
- Manage your emotional reactions to people and situations.

Identify and understand the triggers.

- Sarcastic remarks.
- Passive Aggressive Behaviour

Understand emotional red flags and breakdowns (identify and label your feelings).

- Withdrawal and isolation.
- Holding grudges and resentments.

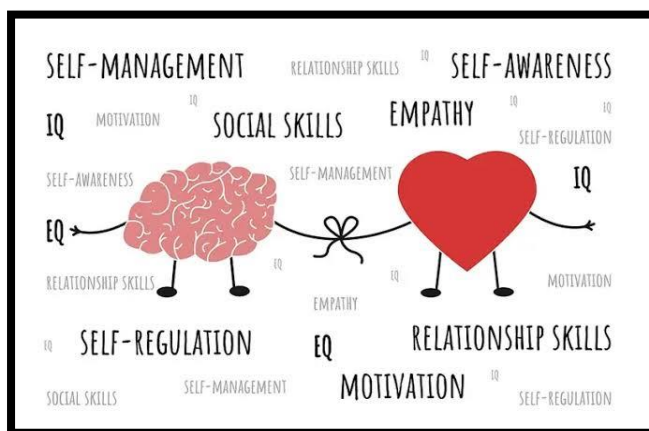
Take responsibility for your feelings.

(e.g. When you say “I feel hurt because you didn't come to my birthday party,” you **mean** to say “I feel hurt because I **think** you don't care about me and **feel** hurt)

Become Socially Aware

- Inculcate ability to understand emotions in others from their point of view by observing, listening, and asking.
- Be non-judgmental

Manage interpersonal relationships with knowledge of social awareness.



opinion and misunderstanding.

- Ensure communication and effective conflict resolution.
- Build trust and transparency in relationships.
- Be watchful of the role emotions play in your interaction with others.
- If you see an emotional reaction in another person, seek understanding by asking them.
- Seek to resolve differences of

Emotional intelligence (EI) plays a crucial role in addressing various mental and emotional health issues faced by students such as academic and societal pressures, self harm and suicide, bullying, substance abuse, gender intolerance, child sexual abuse.



- **Bullying:** Having skills to navigate social interactions, fosters empathy and reduces the likelihood of engaging in or becoming a victim of bullying.
- **Mental Health Issues:** Emotional regulation encourages healthy resilience and coping mechanisms.
- **Substance Abuse and Social Media Addiction:** Skills, such as stress management and decision-making are protective factors against addictions by providing alternative ways to cope with challenges.
- **Gender Sensitization:** Empathy and understanding contributes to creating inclusive and respectful environments that promote gender sensitive climate.
- **Prevention of Child Sexual Abuse:** Recognizing inappropriate behavior, communicating their feelings, and seeking support when faced with potentially harmful situations ensures safety of the students.
- **Suicide Prevention:** Building emotional resilience helps in preventing suicide by helping students cope with stress, building a network of support, and help seeking behaviour when needed.

By proactive integration of Emotional Intelligence into educational programs, the EVGCs as well as other stakeholders of the education of students, can address these issues and promote the overall well-being of students.





EMOTIONS

WORD SEARCH

Find the words listed below and mark them.



D	E	A	E	X	C	I	T	E	D	A	S
C	O	N	F	U	S	E	D	Y	E	D	U
A	B	G	O	T	U	V	S	Z	N	F	R
U	F	R	U	S	T	R	A	T	E	D	P
P	G	Y	H	C	I	J	D	I	R	H	R
S	K	O	L	A	S	U	V	R	V	A	I
E	P	M	U	R	A	T	I	E	O	P	S
T	N	Q	R	E	W	O	Y	D	U	P	E
B	O	R	E	D	U	Z	E	D	S	Y	D

- HAPPY
- SAD
- CONFUSED
- FRUSTRATED
- BORED
- NERVOUS
- SURPRISED
- UPSET
- SCARED
- ANGRY
- EXCITED
- TIRED



The Interplay of Emotional Quotient and Resilience: Nurturing Well-being

Ms. Manali Gupta (EVGC), South-East District

In the complex landscape of human emotions and the demands of daily life, the concepts of Emotional Quotient (EQ) and resilience play pivotal roles in shaping individual well-being. While EQ refers to one's ability to recognize, understand, and manage emotions in oneself and others, resilience is the capacity to bounce back from adversity and maintain mental and emotional equilibrium.



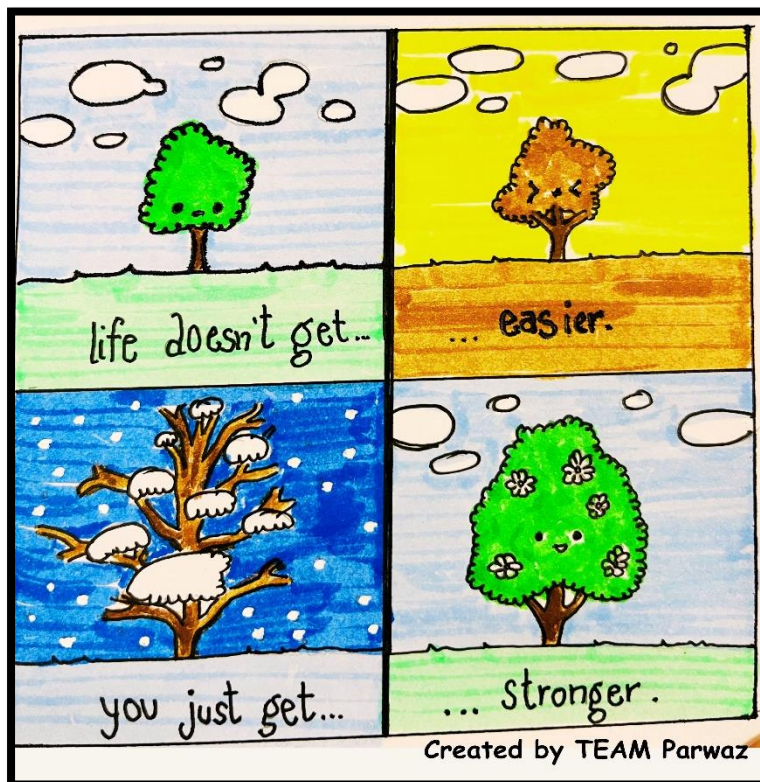
Understanding Emotional Quotient

Emotional Quotient encompasses a range of skills that contribute to effective emotional management. These skills include self-awareness, self-regulation, motivation, empathy, and social skills. Individuals with a high EQ can navigate social complexities, communicate effectively, and build meaningful relationships.

The Role of Emotional Intelligence in Building Resilience

Some of the major roles are hereunder:

1. Self-Awareness and Resilience: EQ enables individuals to recognize and understand their own emotions, fostering self-awareness. This self-awareness is crucial in the face of adversity, as it allows individuals to acknowledge their emotional responses and take constructive steps towards resilience.



2. Self-Regulation and Coping Mechanisms: A key component of emotional intelligence is the ability to regulate one's emotions. Individuals with a high EQ can employ effective coping mechanisms when confronted with stressors, setbacks, or failures, contributing to their resilience.

3. Empathy and Social Support: Empathy, a cornerstone of emotional intelligence, facilitates the development of strong social bonds. These connections

serve as a vital support system during challenging times, enhancing an individual's capacity to bounce back from difficulties.

Building Resilience

Major ways to build resilience are:

1. **Adaptability in the Face of Change:** Resilience involves adaptability and the ability to embrace change. Individuals with a high EQ are better equipped to navigate change by understanding their emotions and those of others, making them more adaptable in dynamic environments.
2. **Positive Outlook and Optimism:** Emotional intelligence contributes to a positive outlook on life. Optimistic individuals, often characterized by a high EQ, tend to approach challenges as opportunities for growth, further reinforcing their resilience.
3. **Effective Problem-Solving:** Emotional intelligence enhances problem-solving skills by incorporating emotional understanding into decision-making. This integrative approach helps individuals tackle challenges with a balanced perspective, contributing to resilience.



Conclusively, the intersection of Emotional Quotient and resilience creates a powerful synergy that empowers individuals to thrive in the face of life's complexities. Developing emotional intelligence provides the necessary tools for navigating the intricate landscape of emotions, while resilience acts as a buffer against adversity. As individuals cultivate these qualities, they not only enhance their personal well-being but also contribute to a more emotionally intelligent and resilient society. Recognizing and fostering these attributes can be a transformative journey towards a healthier, more fulfilling life.

Parental Expectations and its Reflection on Children

Ritu Rani (EVGC), North- West A District

In the era of competition, parents are living in unwanted fear that their children might lag behind. Their unwanted fear reflects in their daily routine instructions to their children. From asking to keep things at right place to achieve first position in competitive exams, from comparing children to having unrealistic expectations, all parents have a non-stop triggering element in subconscious mind. Some examples might help to understand that how parents' mind-set and expectation can affect the growth of the child



Example 1: Child who was son of a person working in government sector felt suppressed by his own parental expectations. As per Maslow's Hierarchy of needs, physiological and safety

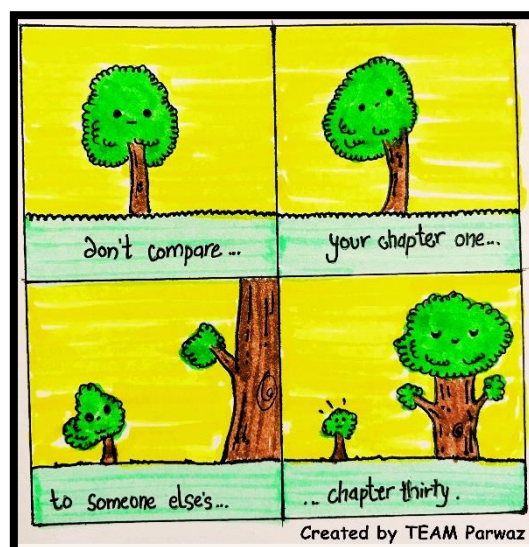


need are fulfilled but some psychological needs such as belongingness and love needs were lacking behind. A potential sports person was intrinsically and extrinsically pressurized to leave his sports to study hard for JEE exam. Though the child was academically good but his passion for sports and his social life with friends was completely stopped. His learning environment was completely changed as now he studied with JEE aspirants and did not play any sport. He doesn't want to disobey his parents order but doesn't feel happy

from inside.

Example 2: A child who scored 60% in exam results that was highest in her class. Her father was not happy for the fact that she scored highest instead was unhappy for scoring 60% out of 100%. His reaction clearly showed conflict between expectation and reality. The parent was completely unsatisfied.

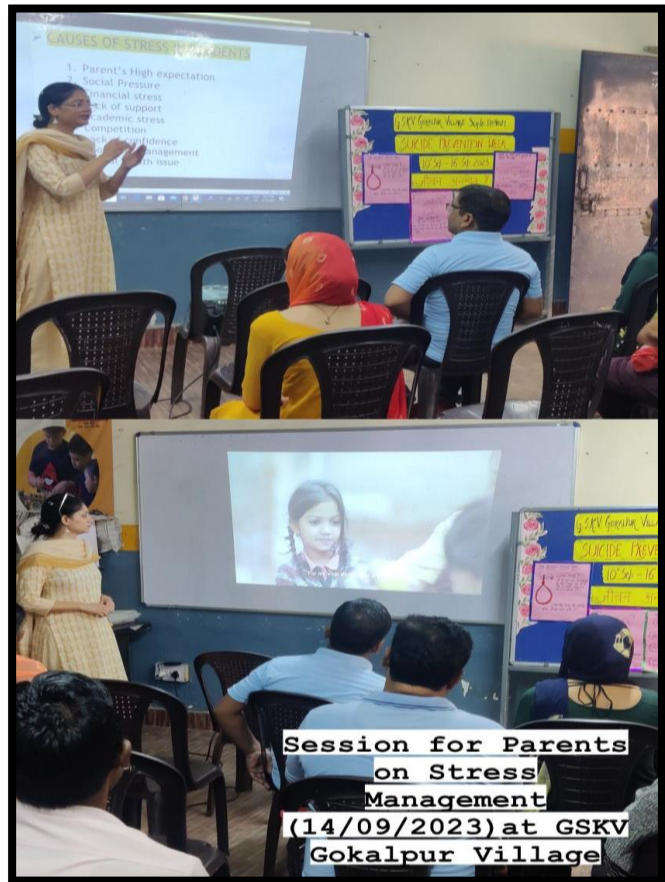
Example 3: On the same exam result day, another child who scored 35% marks came along his parents. Parents were very happy that the child was passed in all subjects and cheer him up for his progress. Child felt happy and



motivated to perform better in next exam.

In all the above examples we can clearly analyse that parent's mindset to look at things from their perspective and their experience is different from the reality at present. The cheerful attitude, the sense of appreciation and satisfaction in what they get, change the stressful situation of children. Sometimes children push down their interests and choices just to fit in the frame that their parents have decided for them.

Parents restrict children from many things for security and safety purpose but they need to understand that framing to fix shape actually hinder the psychological growth of children. They should teach children to face the reality, develop coping strategies, decide wisely, develop safe and secure social relations for them instead of restricting children from exploring new world just for the sake of safety.



Emotional Intelligence: A Helping hand for Parents

Ms. Swati Sonkar (EVGC), South-West B District

Emotional intelligence plays a pivotal role in the realm of parenting, significantly influencing the overall well-being and development of children. It is the ability to recognize, understand, and manage one's own emotions while also being attuned to the emotions of others. Parents with high emotional intelligence are better equipped to navigate the challenges of parenthood. They exhibit **empathy**, understanding their children's emotions and responding with sensitivity.



Moreover, emotionally intelligent parents are adept at regulating their own emotions, preventing the transmission of stress or anxiety to their children. This emotional regulation is crucial in **modeling** appropriate behavior for children and teaching them how to manage their own emotions effectively. Children raised in such environments often develop better coping mechanisms and emotional self-control.



Communication is another area where emotional intelligence greatly impacts parenting. Emotionally intelligent parents are skilled in effective communication, promoting open and honest dialogues with their children. This creates a safe space for children to share their thoughts and feelings, fostering a deeper understanding between parent and child.

Emotional intelligence enhances **conflict resolution** within families. Parents with high emotional intelligence are better equipped to handle conflicts calmly and constructively, teaching their children valuable skills in conflict resolution and negotiation.

Parenting Tips

Here are some tips to enhance emotional intelligence in parenting:

- 1. Self-awareness:** Understand and recognize your own emotions. Reflect on how your emotions may influence your parenting style.
- 2. Empathy:** Put yourself in your child's shoes to understand their perspective and emotions.
- 3. Active Listening:** Pay full attention to what your child is saying without interrupting or judging.

4. Emotion Regulation: Model healthy emotional regulation by managing your own emotions in a positive way.

5. Positive Reinforcement: Acknowledge and praise your child's positive behavior and efforts, fostering a positive emotional environment.

6. Open Communication: Foster an open and non-judgmental environment for your child to express themselves.

7. Teach Problem-Solving: Encourage your child to think critically about solutions to problems rather than focusing on blame.

8. Set Boundaries: Establish clear and consistent boundaries to provide a sense of security for your child.

9. Cultivate Emotional Intelligence through Play: Engage in activities that promote emotional expression, such as drawing, storytelling, or role-playing.

10. Continuous Learning: Stay informed about child development and emotional intelligence research to adapt your parenting approach.

In conclusion, the impact of emotional intelligence in parenting is profound. Parents who possess high emotional intelligence contribute to the emotional well-being, resilience, and overall development of their children. By cultivating empathy, regulating their own emotions, fostering open communication, and effectively resolving conflicts, emotionally intelligent parents create a nurturing environment that shapes positive outcomes for their children in the long run.



"Behind every young child who believes in himself is a parent who believed first."
-Matthew Jacobsen

Dilemmas in Parenting

Extracted from panel discussion on parenting scenarios by CICs/Nodal Officers

Parenting at any stage is a challenge. In current times there are many factors affecting the parenting methods and behaviour of children. Parents are mostly concerned about the influence of media, social networking sites and other societal factors.

Here are some recent questions we've heard from parents: "How can I impose expectations for chores, homework and following rules when my kids are already totally stressed out?" or "Isn't it useless to try to control my teen's social media consumption?"

For these dilemmas and many others, use a tool called the "both/and." What the heck is that? Put simply, it means that you **both** validate your child's feelings (and your own!) **and** express your wise-minded perspective or parental decision.

The goal is to avoid *reacting*, and instead choose a wise *response*.

Let's understand via certain scenarios:

An 8-year-old girl hits her 5-year-old brother because he took her tablet.

"Your anger is completely understandable. I don't like when people use my belongings without asking permission either. No one does! And it's super hard to stop the urge to get him back immediately. I appreciate everything you do to stop and use your words instead.

"And since you broke the no-hitting rule and he broke the no-stealing rule, you will both be spending some time in your rooms to calm down right now. I accept that you may think my decision is unfair."

A 14-year-old who has been struggling with her school performance has a meltdown about her outstanding school assignments. During her emotional flooding and weeping, she says she can't possibly do anything but chill out with her phone.

"It is a terrible feeling when the mountain just seems too high to climb. You look at those eight math assignments and you just want to hide. You are exhausted from your long day at school. You don't know where to start with the burden of doing more work. That totally makes sense!"

"And after you chill for a while, I'm going to bring you your favorite steamed milk with vanilla. I'm going to sit with you and do my email, while you take a crack at one assignment. We'll figure this out together because I know how upset you are."

Notice these important features in the parental responses:

- The parents offered multiple validations before they expressed their decision or policy. Parents' acceptance of their child's feelings was more





emphasized than their bottom-line decision.

- The parents were not judgmental about the child's behavior, habit or outburst.

- The parents did not lecture about how they were right about their determination and their kids were wrong.

- The parents did not expect their children to agree; in fact, they expected that their children may continue to emote or protest.

- The parents did not expect to get rid of their children's negative emotions. When the parents shifted from validating their children's feelings to expressing their own decisions,

they began with "and." Shifting to their decision with a "but" would nullify or erase their validation.

- The parents demonstrated that they can **both** empathize with their children's feelings **and** impose a decision that will be challenging or difficult for their children to accept.

Let's see few more cases:

Q1: My child has been caught lying about their whereabouts. How should I address this situation to encourage honesty?

A: Approach the situation calmly and openly. Express disappointment, emphasizing the value of honesty within our family. Create an environment where your child feels comfortable sharing the truth. Discuss the reasons behind the lie and establish clear expectations and consequences, highlighting the importance of trust.

Q2: My teenager is pushing boundaries and wants more freedom. How can I strike a balance between granting independence and maintaining rules in our family?

A: Initiate a conversation about their desire for more freedom. Discuss responsibilities, expectations, and the trust that comes with independence. Collaboratively set boundaries aligned with our family values. Gradually allow more freedom as your teenager demonstrates responsibility and adherence to the agreed-upon rules.

Q3: My child is having difficulty making friends at school. How can I support them in developing social skills and building connections within our family?

A: Be supportive and understanding. Encourage open communication, helping them develop social skills through role-playing and providing opportunities for social interactions. Foster a sense of belonging by organizing activities with classmates and reinforcing the importance of empathy and kindness in building friendships.

Q4: My child is facing academic challenges and is becoming discouraged. How can I motivate them without adding unnecessary pressure, considering our family values?

A: Focus on the process rather than outcomes. Acknowledge their efforts, celebrate small victories, and collaborate with teachers for a supportive learning environment. Encourage a growth mindset within our family, emphasizing the value of learning and personal development over grades. Collaboratively create a schedule prioritizing activities and maintaining a healthy balance.

Q5: My teenager is experimenting with risky behaviours. How should I address this situation without resorting to punishment, maintaining open communication within our family?

A: Share concerns openly, discuss potential consequences, and collaborate on strategies for making safer choices. Emphasize trust and maintain a non-judgmental atmosphere where your teenager feels comfortable discussing experiences and decision-making processes.

Q6: My child is facing a conflict with a friend. How can I guide them in resolving the issue and maintaining healthy friendships within our family?

A: Teach conflict resolution skills, encourage open communication, and help them understand different perspectives. Emphasize empathy and compromise while empowering your child to find solutions independently, fostering healthy relationship dynamics. Share stories of overcoming challenges within the family to inspire hope and personal growth.

Q7: Our family is going through a major life change, such as a relocation or divorce. How do I help my child adapt to the change while maintaining stability in our family?

A: Communicate openly, validate your child's emotions, and establish routines for stability. Involve them in decision-making and seek professional support if needed. Emphasize that the family is a team, navigating changes together, reinforcing the resilience and adaptability of our family unit.



References:

<https://www.parentmap.com/article/meet-best-solution-your-toughest-parenting-dilemmas-bothand>



REPORT ON PROGRAM BY EVGB

AARUSHI- UMMEED KI KIRAN

SUBMITTED BY SAVITA CHAUDHARY, 20225641
GSKV, YAMUNA VIHAR, C2



“Arushi” programme quoted as ‘उम्मीद की किरण’

Arushi-Umeed Ki Kiran programme is an awareness project organised by DSLSA along with Central and West District Legal Services Authorities in association with DOE, GNCTD for training of EVGC.

It is more an outreach programme for the society and common people, as at the root level they are directly connected to the schools and here EVGC's works. At one hand where DSLSA work as to provide free and competent legal services to the weaker section of the society to ensure that opportunities for securing justice are not denied to any citizen by reason of economic or other disabilities, and to organise Lok Adalats to secure that the operation of the legal system promotes justice on a basis of equal opportunity. And on the other hand, EVGC work at grassroot level with students and parents in government school. As we all know that maximum students of our government school belong to the weaker section of the society and here, EVGC work with the Personal, Social, Vocational and Educational concerns using eclectic approaches.

But working through the personal and social concerns many times as an EVGC we got stuck when it comes to legal perspectives. And here DSLSA play two-way benefit program which was provided by first hand experience holders.

In one way it helps EVGC at a grand level to know and get aware about the legalities, so that s/he can work fully functionally and secondly their aim is through this project is to aware EVGC so that they, the EVGC can reach directly to students and aware them and let them know that they have immense rights and free services provided by government and working for their well fare.

Vulnerability does not come with victim only it is the criminal who is also at vulnerability. I saw that law gives enough to each and every citizen that it considers two main principle which I appreciate the most. One that innocent till proven guilty and secondly that it is always a chance that committing crime person has also 'chance to change'.

So we should not let the person be guilty for one or the other thing but we as sane or rational or understanding person must provide space and time to the other so that change can let happen and it is always a possibility for that.



Experience as the Canvas

Painting the Portrait of Learning



As the ARUSHI refers to the first rays of the sun which has a golden touch- a ray of hope. In similar way I would really like to mention that every part of this small journey with DSLSA has great learning outcomes. Personally, the first two days learning from first hand stakeholders give us strength to face the legal authorities without any fear. As a citizen we all has fears regarding police stations, courts, centres, etc. but for the justice it is our responsibilities to at least inform about the crime. And as an informant you are not liable to any charges or misbehave during any procedure. Stakeholders of DSLSA told us their own experiences with many examples with illustrations which insights us to stand up for the students without any hesitation.

There after it comes the real hand experience to us through field visits. Visits to places such as courts, jail, de-addiction centres, correctional centres gave the real picture of what is happening around the world and how people specially children are suffering as committing different crimes and being as victims. Whether the child is a criminal or victim, in both the cases s/he is suffering and needs our help, care, protection to change his or her irrational to rational, insanity to sanity, from being alone to be part of this society who is a contributor not as a destructor.

At the school level it is our responsibility to maintain that help, assistance, care and protection so that the child must be go for the best development outcome.



Mental Health in Print Media

Govt Circulates Draft Rules To Prevent Self-Harm By Students
Set up wellness teams, pick up warning signs, schools told

आईआईटी में आत्महत्या रोकने के लिए मनोवैज्ञानिक नियुक्त होंगे

Don't treat your kid's report card as your visiting card: PM to parents

Manash.Gohain
@timesgroup.com
New Delhi: Prime Minister Narendra Modi Monday urged parents not to treat their children's report cards as their visiting cards and suggested that students should com-



मैटल हेल्थ अत्यधिक तनाव, खुद को कम आंकना और निराशा हैं इसके लक्षण
60 प्रतिशत स्टूडेंट्स एग्जाम एंजाइटी का सामना करते हैं, प्रवेश परीक्षा देने वाले छात्रों पर आता है अधिक असर

देशभर में नई शिक्षा नीति लागू करने की बड़ी तैयारी हर ब्लॉक में होंगे काउंसलर, छात्रों की रुचि व क्षमता के हिसाब से देखकर गाइड करेंगे

देश में करीब 7,200 ब्लॉक हैं, जहां अगले महीने से होगी नियुक्तियां
अनिरुद्ध शर्मा | नई दिल्ली

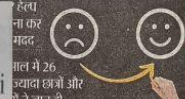
हर स्कूल को मेजा जा रहा सर्कुलर
सोबीतसिंह ने 74 स्कूलों में बीते सत्र के दौरान: बढ़ रहे मनोविज्ञान विषय पढ़ने वाले छात्र : प्रोफेसर सुरेश

दुर्ग विधिविभाग में फरवरी 2023 में 100 से भी अधिक युवा मनोवैज्ञानिक से मिले
दो छात्रों के बीच एक छात्र ने आत्महत्या करने की कोशिश की।

सिर्फ कहने के लिए एंटी सुसाइड रॉड
कोरोना के दौर में ही देशभर में आत्महत्या के मामले बढ़ रहे हैं। इसी बीच नई शिक्षा नीति लागू करने की तैयारी शुरू हो गई है।

वॉर्डन की क्या हो योग्यता, कोई पैमाना नहीं
स्कूल में जो वॉर्डन रहते हैं, वह एक तरह से छात्रों के जीवन के गार्डियन होते हैं।

2 boys allege sexual harassment by their classmates in N Delhi
ना कर मुद्दा
माल में 26 अत्याचार छात्रों और छात्रों ने जान दी



'12वीं भी नहीं करने देते और बच्चों पर डाल देते हैं बोझ'
राजस्थान सरकार ने कोटा में आत्महत्या रोकने के लिए शुरू किया मंथन

गहलोत ने कहा, पैरेंट्स बच्चों पर दबाव न बनाएं
CM अशोक गहलोत ने कहा कि उन्होंने कोशिश संचालकों के साथ बैठक की। बैठक में जो कारण

India's 1st depression surgery in Mum post Mental Health Act '17

Kids using smartphones may face mental issues
TOI 16 May 2023
Aishwariya
You believe handing your child a smartphone or a tablet early will give them a digital edge, here's a dark downside you must know about. A new survey indicates that the earlier a child is given a smartphone the more chances they have of suffering mental health problems as a young adult.

5-day meet to train 4k govt school teachers to help students become good human beings

स्कूल में विद्यार्थियों ने की हिंसा तो होगा निष्कासन

Without a strong ecosystem CwSN cannot be in mainstream schools

संसदीय समिति का सुझाव : हताश युवाओं को चिह्नित कर हो काउंसलिंग सुसाइड की बड़ी वजह बनी पढ़ाई में 'हार' व बेरोजगारी की 'मार'

चिकित्सक बोले- ये समस्याएं भी चपेट में ले रहें
1. स्मार्टफोन फिंकी : चैटिंग के दौरान जब आउट कौन्सिल पर मेसेज टाइप करने में व्यस्त होते हैं तो स्मार्टफोन और डिस्कॉन्नेक्ट हो जाते हैं।
2. कौन्सिल वॉल : चैटिंग की लत से डिस्कॉन्नेक्ट हो जाने का डर छात्रों और छात्राओं के पढ़ने में बाधा पड़ता है।
3. सल्लोपन एन्थो : सल्लोपन एन्थो का मतलब है कि किसी भी चीज में रुचि नहीं है।

स्क्रीन टाइम बढ़ने से बच्चों को परेशान कर रही बड़ों की बीमारी

चिकित्सक बोले- ये समस्याएं भी चपेट में ले रहें
1. स्मार्टफोन फिंकी : चैटिंग के दौरान जब आउट कौन्सिल पर मेसेज टाइप करने में व्यस्त होते हैं तो स्मार्टफोन और डिस्कॉन्नेक्ट हो जाते हैं।
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छात्रों के लिए बनेंगे परामर्श कक्ष

नई दिल्ली (क.सं.)। छात्रों के बेहतर मानसिक स्वास्थ्य के लिए सभी सरकारी स्कूलों में परामर्श (काउंसलिंग) कक्ष बनेंगे। छात्रों के करियर संवारने के लिए काउंसलिंग की जाएगी। शिक्षा विभाग के एजिक्युशनल वेलफेयर गाइडेंस ब्यूरो (ईबीसी) ने सर्कुलर जारी किया है।



काउंसलिंग से दूर होगा परीक्षाओं का तनाव
केंद्रीय माध्यमिक शिक्षा बोर्ड का टोल फ्री नंबर 1800-11-8004 जारी
अमर उजाला ब्यूरो

काउंसलर की मदद से तनाव दूर कर सकेंगे छात्र
नई दिल्ली। दिल्ली सरकार के शिक्षा निदेशालय ने परीक्षा संबंधी होने वाले तनाव को ध्यान में रखते हुए हेल्पलाइन नंबर जारी किया है। अब छात्र टोल फ्री युवा हेल्पलाइन नंबर 1800116888/10580 पर कॉल कर प्रशिक्षित काउंसलर से निशुल्क काउंसलिंग प्राप्त कर सकते हैं। इसके अलावा छात्रों, शिक्षकों, अभिभावकों और आम जनता के लिए कैरियर संबंधी जा-शारीरिक छवि से संबंधित, रिश्ते के मुद्दे से संबंधित सवाल भी पूछ

ऑडियो-विजुअल पॉक्सो लैंग्वेज रूप से तटस्थ कानून : हाईकोर्ट
अदालत से सरोजिनी बोर्ड मामले में केंद्र से जावा मांगा

POCSO Act is gender neutral, misleading to say it's misused: HC
The HC was hearing a man's

युवाओं में बढ़ रही है खुद को नुकसान पहुंचाने की प्रवृत्ति

बच्चा खुद को नुकसान पहुंचाए, तो उसे नाटक न समझें
बच्चों और किशोरों में खुद को नुकसान पहुंचाने की प्रवृत्ति बढ़ रही है।

आत्महत्याओं के पीछे पैरेंट्स का दबाव: SC
पीटीआई, नई दिल्ली। सुप्रीम कोर्ट ने कहा है कि परिवर्तित परिस्थितियों की वजह से बच्चों के बीच गहन प्रतिस्पर्धा और अपने अभिभावकों का दबाव देश भर में आत्महत्या की बढ़ती संख्या का मुख्य कारण है। कोर्ट ने निदेशा परीक्षा नहीं कर सकता। छात्रों के पास इन परिस्थितियों से निपटारे में उन्हें मदद मिलनी चाहिए।

समस्या: किसी के बेटे तो किसी के पति ने कर ली आत्महत्या
ऑनलाइन गेम से लाखों घर तबाह, गिरफ्त में देश के 44 करोड़ लोग

नवोदय विद्यालय के छात्र ने क्लास रूम में की आत्महत्या
नवोदय विद्यालय के छात्रों की आत्महत्या का मामला न्यायाधीशों के सामने आया है।

तनाव दूर करने को फीस देकर गायों के गले लग रहे अमरीकी

पत्रिका न्यूज नेटवर्क patrika.com

तयौ डगश

क्रोध और हिंसा को आजमा कर देख लिया
अब अहिंसा को आजमाने की जरूरत है।
धधक रही है धरती भीतर और बाहर से
सूखती नदियों में पानी लाने की जरूरत है।
पिघल रही है बर्फ और समन्दर उफना है
पानी को फिर से जमाने की जरूरत है।
अधीर हो रहा है आदमी सबको बहुत जल्दी है
धीरज से एक गीत गुनगुनाने की जरूरत है।
बन कर रह गई है जिंदगी एक दौड़ केवल
साँस लेने के लिए ठहर जाने की जरूरत है।
बहुत जी चुके बंद करके घर के दरवाजे
अब बन्द दरवाजों से बाहर आने की जरूरत है।
'हमें क्या पड़ी है' डाका तो उस घर पड़ा है
अब पराई चीख सुन हाथ बढ़ाने की जरूरत है।
जोड़ करके जो खजाना आई न तुझको नींद रात भर
उससे किसी सुबह का चूल्हा जलाने की जरूरत है।

उस दिन का इंतजार है...

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जब उन महलों के दरवाजे
फूस की कुटिया से जा मिलेंगे।
जब विदेशी खातों के खजाने
भूख से तड़पते पेट जा भरेंगे।

उस दिन का इंतजार है.....
जब छोड़ ये धूल धूसरित मातृभूमि
कोई न पराये स्वर्ग जा बसेगा
इस मिट्टी से सिंचित देह
इस मिट्टी को ही अर्पित करेगा।

उस दिन का इंतजार है.....
जब मात्र देश प्रेम ही
प्रत्येक मन का मंत्र होगा।
लोक सेवा ही रहेगा मात्र लक्ष्य
कितना सुंदर वह प्रजातंत्र होगा।

डॉ. नीरज

उप शिक्षा निदेशिका, EVGB

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