

# परवाज़

*A Flight Together*

**EDUCATIONAL VOCATIONAL GUIDANCE BUREAU  
DIRECTORATE OF EDUCATION, GNCTD**

# PARWAZ

A Flight Together

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**MESSAGE**

As dedicated patrons of education, our focus has always been on the holistic development and guidance of learners. Whether it is academic growth, emotional well-being, or career planning, our EVGCs have been at the forefront, addressing the challenges faced by school children with unwavering commitment and expertise.

It is truly heartening to know that EVGB is bringing out another edition of its annual magazine, PARWAZ. This initiative serves as a meaningful platform to share the insights, experiences, and expert opinions of our counsellors with students, parents, and key stakeholders in the education system. By fostering a collective effort, we can all contribute more effectively and play our roles in an informed and impactful manner.

I believe this magazine will not only showcase the immense literary talent within our EVGC community, teachers, and students, but also provide a broad spectrum of solutions to mental health challenges. It is a step forward in creating awareness and encouraging meaningful conversations on crucial aspects of student well-being.

I am confident that our dedicated counsellors and expert teams will bring forth their best insights and original perspectives. My heartfelt congratulations to the entire EVGB team for their commendable efforts in making PARWAZ a reality.

Wishing you continued success!

***Congratulations!***

**(VEDITHA REDDY, IAS)**

**Dr. Patil Pranjal Lahensingh, IAS**  
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**MESSAGE**

It is widely acknowledged that the increasing pressure and stress faced by students today not only impact their academic performance but also affect their social and emotional well-being. Education, therefore, must extend beyond the traditional domains of reading, writing, and arithmetic, and should aim to equip students with the essential skills required to lead balanced, successful, and fulfilling lives.

In the rapidly evolving world of today, life skills such as creative and critical thinking, problem-solving, decision-making, effective communication, interpersonal relationships, self-awareness, and empathy. In this context, Educational and Vocational Guidance Counsellors (EVGCs) play a pivotal role in nurturing these competencies and empowering students to face challenges with confidence, resilience, and sensitivity.

It is indeed a matter of immense pride and pleasure that the EVG Bureau is bringing out the next edition of its magazine, *PARWAZ – A Flight Together*. The magazine reflects the commitment, dedication, and collaborative spirit of the EVGC fraternity and serves as a meaningful platform for sharing experiences, innovative practices, and valuable insights that contribute towards the holistic development and well-being of students.

I extend my heartfelt appreciation and congratulations to Team EVGB for this commendable initiative and for successfully making *PARWAZ* a reality. I convey my best wishes for the continued success of this endeavour in promoting awareness, knowledge-sharing, and growth.

**Congratulations and best wishes to all associated with this inspiring initiative.**

(PATIL PRANJAL LAHENSINGH, IAS)

**EDUCATIONAL VOCATIONAL GUIDANCE COUNSELLING BUREAU,  
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I am delighted to extend my heartfelt congratulations to the EVGB team on the launch of the third edition of the annual magazine, PARWAZ – A Flight Together. This publication is a proud reflection of the shared commitment, creativity, and dedication of our entire EVGB community.



As educators, we believe that learning extends far beyond textbooks and examinations. It involves nurturing essential life skills such as critical thinking, effective communication, problem-solving, and emotional intelligence, enabling our students to thrive in all spheres of life. PARWAZ beautifully captures this spirit by not only celebrating academic achievements but also emphasizing holistic growth and well-being.

This magazine stands as a testament to our collective efforts and the vibrant spirit of collaboration within the EVGB family. It is truly inspiring to see such talent, insight, and creativity come together in one meaningful publication.

I wholeheartedly appreciate the efforts of everyone involved in bringing out this edition. I am confident that PARWAZ will continue to motivate and inspire our students, educators, and the wider community.

Wishing you all continued success in your future endeavors.

A handwritten signature in blue ink, appearing to read 'Seema', followed by a long horizontal flourish.

**Seema Roy Chowdhury**

**DDE  
EVGB**

**EDUCATIONAL VOCATIONAL GUIDANCE COUNSELLING BUREAU,  
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I am pleased to convey my gratitude to the EVGB team on the publication of the third edition of PARWAZ – A Flight Together. The magazine reflects the considerate efforts and enthusiasm of the students and team who have contributed to its creation.



PARWAZ continues to offer a meaningful space for students to express their ideas, showcase their achievements, and engage in creative learning beyond the classroom. It is encouraging to see a platform that supports holistic development and highlights the diverse strengths of our learners.

I commend the editorial team for their efficient coordination and commitment to maintaining the quality of this annual publication. May PARWAZ continue to inspire and strengthen the spirit of collaboration within the EVGB community.

Best wishes for continued growth and success in future editions.

A handwritten signature in blue ink, appearing to read 'Pramod'.

**Pramod  
OSD, EVGB**

**EDUCATIONAL VOCATIONAL GUIDANCE COUNSELLING BUREAU,  
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It is with immense joy and pride that I extend my warm wishes and congratulate the entire EVGB team on the launch of the third edition of PARWAZ – A Flight Together. This magazine is a beautiful reflection of the tireless efforts and dedication of the entire EVGB community, and seeing it come together in such a meaningful way fills me with great pride.



As the Counsellor In-Charge (CIC), I have had the privilege of working closely with an incredibly talented and committed team. From our first meeting to completing the final pages, the journey has been filled with hard work, creative ideas, and a shared belief in the importance of bringing this vision to life. Every contributor, whether through their writing, editing, or support, has played a crucial role in making this edition a reality, and I am deeply grateful to all of them.

As educators, we know that learning isn't just about academics—it's about shaping students into all-rounded individuals who are prepared to face life's challenges with confidence and resilience. PARWAZ captures this holistic approach by not only celebrating our academic achievements but also by shining a light on the importance of emotional and mental well-being, as well as fostering essential life skills like communication, critical thinking, and problem-solving.

This magazine is truly a collective effort that demonstrates what we can accomplish when we come together as a team, united by a common goal. It is inspiring to see how much PARWAZ has grown, and I believe it will continue to inspire, motivate, and uplift our students, educators, and the entire EVGB community.

Congratulations once again to everyone involved in making this edition a success. Everyone's hard work has created something truly special, and I am excited to see how PARWAZ continues to evolve and make a positive impact in the future. I look forward to seeing the next chapters of this beautiful journey unfold.

Wishing everyone triumph and fulfilment.

A handwritten signature in blue ink that reads "Swati Sonkar".

**Swati Sonkar**  
CIC, EVGB

**EDUCATIONAL VOCATIONAL GUIDANCE COUNSELLING BUREAU,  
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The release of the third edition of PARWAZ – A Flight Together is a moment of quiet pride and collective accomplishment for EVGB. This magazine stands as a testimony to the thoughtful work, shared responsibility, and sincere engagement of everyone who contributed to it.



PARWAZ brings together reflections, experiences, and voices that highlight what truly matters in education—emotional strength, self-awareness, empathy, and the courage to grow. It mirrors our everyday efforts to support students not just academically, but as individuals navigating real-life challenges.

I acknowledge and appreciate the commitment of the entire team whose consistent efforts have shaped this edition with purpose and sensitivity. Their work reinforces the values we stand for and the direction we continue to move in together.

May PARWAZ remain a platform that encourages expression, understanding, and meaningful dialogue and continue to evolve as a source of learning and inspiration for its readers.

With best wishes for the journey ahead.

A handwritten signature in blue ink, appearing to read 'Swati'.

**Swati  
CIC, EVGB (Officiating)**

## Editorial Team

As Educational and Vocational Guidance Counsellors, we play a vital role in empowering students and shaping their lives. Our magazine PARWAZ – A Flight Together is dedicated in providing valuable insights to support students' emotional and mental well-being. PARWAZ aims to empower readers with the knowledge, skills, and resources needed to promote mental wellness, reduce stigma, and provide support to those struggling with mental health issues.

Our counsellors, teachers, and students have shared their articles, poems, books, film reviews, posters, and photographs to achieve this purpose.

The theme of this edition is "Empower Minds, Strengthen the Nation—Say No to Drugs and Build a Nasha Mukht Bharat."

The articles thus received, in addition to other critical topics, aim at sensitization, prevention and demand reduction, elaborating on risks and consequences of substance abuse.

We hope the readers enjoy reading this edition and gain valuable insights.

We welcome suggestions for improvement.

Regards!

Editorial Team



## **EVGB Vision:**

### **Building Emotionally Safe, Digitally Responsible and Career-Ready Schools**

*Pragya Shandilya, Nodal officer EVGB*

In today's rapidly changing world, schools are no longer just spaces for academic instruction they are ecosystems where emotional wellbeing, ethical behaviour, and future readiness must grow together. The Educational and Vocational Guidance Bureau (EVGB) envisions a transformative shift in how government schools in Delhi nurture their students—placing wellbeing, guidance, and purpose at the heart of education.



The EVGB vision is anchored in a simple yet powerful belief: every child deserves to feel safe, heard, guided, and hopeful about the future. By 2030, EVGB aims to build a unified, structured, and data-driven support system that enables students not only to cope, but to thrive.

At the core of this vision lies a uniform mental health ecosystem across all schools. EVGB envisions schools as emotionally safe spaces where early identification of distress is possible, counselling is structured and professional, and referrals are seamless. Through standardized policies and zonal counselling centres, emotional support will move from being reactive to preventive. Mental health will no longer be an isolated intervention—it will become a shared responsibility of schools, families, and systems.

Equally central to EVGB's vision is career guidance as a continuous journey, not a one-time conversation. Through initiatives like MARG Chetna Mahotsav, EVGB seeks to ensure that every student—irrespective of background—develops awareness of diverse academic, vocational, skill-based, and emerging career pathways. Career readiness portfolios, mentorship, industry exposure, and experiential learning will empower students to make informed choices rooted in self-awareness rather than pressure or limitation.

In an age dominated by technology, EVGB also recognizes the urgent need for digital responsibility and cyber safety. The vision extends beyond awareness to action—standardized cyber safety guidelines, student pledges, parent engagement, school audits, and reporting systems will create a culture of ethical and safe digital behaviour. Students will not just learn how to use technology, but how to use it wisely.

A defining pillar of EVGB's vision is the professionalization of the counselling workforce. EVGCs are envisioned not merely as coordinators, but as trained professionals supported by clear roles, supervision systems, continuous development, and ethical standards. This structured cadre will ensure quality, accountability, and sustainability of guidance services across schools.

Finally, EVGB envisions a future guided by evidence, not assumptions. Integrated dashboards, case management systems, and state-level reviews will enable data-driven decision-making—helping policymakers understand trends, identify gaps, and continuously improve interventions.

By 2030, EVGB seeks to establish a model where student wellbeing, career clarity, digital safety, and professional guidance function as a single, cohesive system. This vision is not just about programs—it is about building resilient individuals and compassionate institutions. When schools care for the mind, guide the future, and protect the child, education truly becomes transformative.

## Appointment of Ms. Seema Roy Chowdhury as Deputy Director of Education (DDE), EVGB A New Chapter of Leadership and Vision

On 18<sup>th</sup> May 2025, Ms. Seema Roy Chowdhury assumed charge as the **Deputy Director of Education (DDE)** of the **Educational and Vocational Guidance Bureau (EVGB)**, marking an important moment in the Bureau's leadership journey.

Her joining was witnessed by **Counsellor In-Charges (CICs)** and members of the **administrative staff** of the EVGB office, reflecting a collective welcome from the professional community she now leads. The presence of senior counsellors and staff underscored the significance of the occasion and the shared commitment towards strengthening guidance and mental health services in schools.

As Deputy Director of Education, EVGB, Ms. Seema Roy Chowdhury takes on a pivotal **leadership role**, providing **strategic direction**, **administrative oversight**, and **academic guidance** to the Bureau's counselling framework. Her position, being at a higher level of responsibility, carries the mandate of shaping policies, mentoring leadership teams, and ensuring the effective implementation of student-centric initiatives across schools.

Known for her **professional integrity**, **empathetic leadership**, and **clarity of vision**, Ms. Seema Roy Chowdhury's association with EVGB is expected to further enhance the Bureau's focus on student well-being, educational guidance, and vocational preparedness. Her approach reflects a balanced blend of administrative strength and human sensitivity—an essential quality in the domain of educational and mental health support.

Her joining not only signifies a leadership transition but also reinforces the Directorate's continued emphasis on nurturing supportive, inclusive, and future-ready guidance systems for students. The **EVGB** fraternity extends a warm welcome and looks forward to her guidance in steering the Bureau towards greater impact and excellence.



## **Appointment of Ms. Swati Sonkar as Counsellor Incharge (CIC), EVGB – A Momentous Occasion**

On the 27th of March 2025, Ms. Swati Sonkar was officially appointed as the **Counsellor In-Charge (CIC)** of the **Educational Vocational Guidance Bureau (EVGB)**. This significant milestone marked a new chapter in the bureau's commitment to student guidance and psychological support.

The ceremony was graced by the esteemed presence of **Dr. Neeraj, Deputy Director of Education (DDE), EVGB**. She congratulated Ms. Swati and bestowed her with good wishes to understand the pivotal role of CIC by managing the counselling services for shaping student well-being & academic development and work upon the same with utmost honesty. Also in attendance was **Ms. Rakhee Sharma, CIC, Central District**, whose words of encouragement resonated with all present.

On 6<sup>th</sup> November 2025, Ms. Swati Sharma officially joined as the Counsellor In-Charge (CIC) (Officiating) of the **Educational Vocational Guidance Bureau (EVGB)**.

The event brought together a host of **administrative staff and fellow Educational and Vocational Guidance Counsellors (EVGCs)**, whose collective presence underscored the collaborative spirit and unity within the mental health professionals. Their support added warmth and encouragement to the occasion, making it a truly memorable one.

Appointment as CICs reflects their dedication, leadership qualities, and unwavering commitment to the holistic development of students. Their vision and experience are expected to further strengthen the services offered by EVGB, ensuring a nurturing and supportive environment for both students and counsellors.



**Ms. Swati Sonkar**



**Ms. Swati Sharma**

## **Disclaimer**

*The contents of the articles published in the PARWAZ magazine (3<sup>rd</sup> Edition) are solely the respective contributor's opinion. All the articles submitted for the publication are peer reviewed for quality, relevance and authenticity. Authors are individually responsible for originality of the published work.*

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## Nasha Mukh Bharat Abhiyaan

### Building Resilience: How to Help Teens Resist the Pressure of Social Media Influences on Substance Abuse *Jyoti Rawat EVGC, District South-East*

Social media is a major factor in forming teens' identities and lives in the current digital era. In addition to serving as places for creativity and interaction, social media sites like Facebook, Instagram, YouTube, and Snapchat expose teenagers to a wide range of influences, some of which glamorize harmful behaviors like drug use. Teens must therefore be given the tools necessary to deal with these pressures. To help kids resist the attraction of harmful influences from social media, resilience-building is essential.



#### Understanding the Impact of Social Media on Teens

Social media presents a carefully calibrated picture of life, which can result in inflated expectations and social pressure. A lot of celebrities and content producers support drug-using lifestyles, frequently depicting it as glamorous or necessary for social acceptance. Teens may believe that engaging in these kinds of acts is acceptable or even desirable as a result of this representation.

Since teenagers are still forming their identities and frequently look to their peers and online role models for advice, the influence of this content can be significant. Their favorite influencers' substance usage might normalize these habits for them, which can encourage more experimenting and, in some situations, lead to addiction.

#### Strategies for Building Resilience



1. Promote Open Communication: Promote candid discussions regarding the impact of social media postings. Establish a safe area where teenagers may share their ideas and opinions about what they see on the internet. Talk about the distinctions between virtual representations and actual outcomes.

2. Encourage Critical Thinking: Instruct teenagers in content analysis. Urge them to consider

the veracity of social media posts, acknowledging that a lot of influencers tailor their life to attract attention rather than being true. They can recognize unhealthy behaviors and fend off peer pressure with the aid of this critical perspective.

3. Create Coping Strategies: Give teenagers coping skills to handle peer pressure. This could involve engaging in physical activity or practicing stress-reduction strategies like mindfulness and meditation. The temptation to use drugs can be lessened by assisting them in finding constructive hobbies.

4. Promote Positive Role Models: Expose them to prominent personalities and influencers that uphold positive values and healthy lives. Draw attention to role models who candidly address the value of mental health and the dangers of substance abuse. This can assist in balancing out the unfavorable stories kids come across online.



5. Create a Helping Community: Motivate teenagers to prioritize making healthy decisions and develop relationships with others who hold similar beliefs. Creating a network of friends who are there for you can help you feel like you belong and act as a buffer against the demands of social media.

6. Educate About the Risks of Substance Use: Give thorough instruction regarding the consequences of substance use on one's bodily and mental well-being. Teens can be more empowered to resist social pressure and make wise decisions if they are aware of the possible outcomes.

7. Make Good Use of social media: Show teenagers how to use social media to effect change. Inspire people to talk about mental health and wellbeing, encourage them to share their own experiences, and support good lifestyle choices. This can assist kids in viewing social media as an encouraging medium rather than a means of exerting pressure.

8. Promote Extracurricular Activity Participation: Teens who are active in athletics, groups, and volunteer work can develop a feeling of purpose and self-worth. Participating in team-building and personal development activities can lessen the risk of substance abuse.



9. Model healthy behaviour: Parents and other adults who provide care for children should set an example of good social media and lifestyle behaviors. Adolescents may emulate actions of those who have shown perseverance in the face of societal pressure.

10. When Help Is Needed, Seek Professional Support: Consulting a Mental Health Professional might be helpful if a kid is having trouble with substance abuse or the pressures of social media. They may learn coping mechanisms and emotional navigation techniques in therapy

Therefore, Teens need to learn how to be resilient in order to withstand the demands that social media puts on them. We can equip young people to make informed decisions and fend off harmful influences by encouraging open communication, critical thinking, and positive role models. It is our duty as a community—parents, teachers, and peers—to assist teenagers in acquiring the abilities necessary to prosper in the digital age, making sure they can

prioritize their health and well-being over the intricacies of social media. By these initiatives, we may assist them in developing a resilient attitude that shields them from the negative effects of substance use and promotes a more promising future.



## Physical Fitness, Physical Education & Sports: Protectors Against Drug Abuse

*Kushal Verma, Lecturer Physical Education, District South-East*

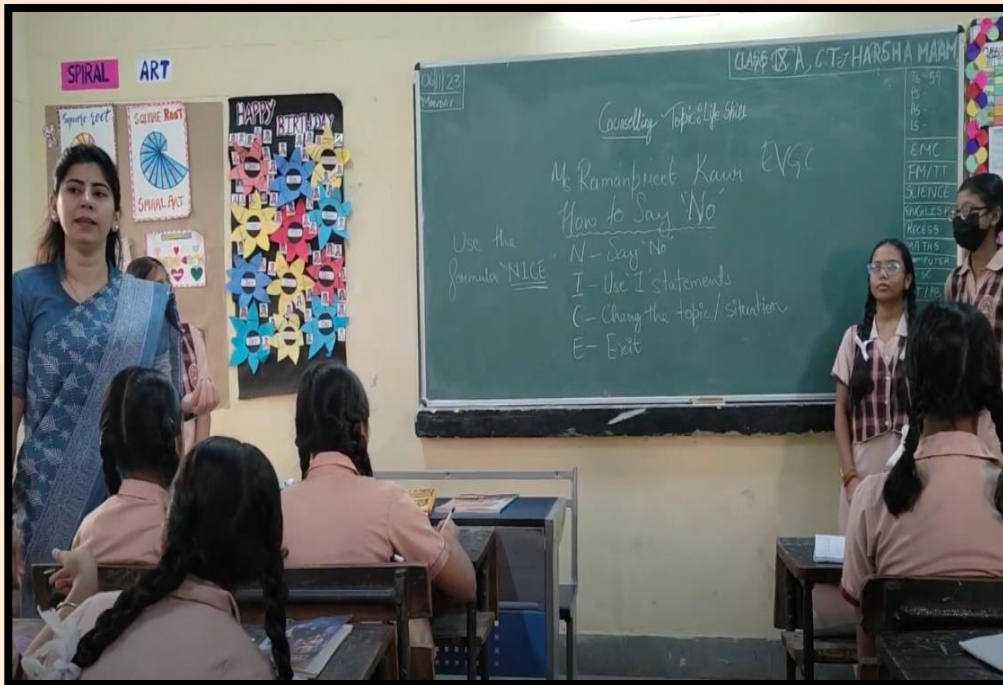
Once upon a time in a bustling school, students faced the pressures of homework, peer expectations, and societal norms. Amidst these challenges, a quiet hero emerged: physical fitness. Through physical education and sports, students discovered not only the joys of activity but also a powerful shield against the temptation of drug abuse. Let's dive into their stories.



### The Joy of Running: Ankit's Discovery

Meet Ankit, a 12th grader who felt overwhelmed by stress. One day, during his physical education class, he tried running for the first time. It wasn't just about the distance—Ankit felt a rhythm in his steps, the cool breeze on his face, and a sense of peace with every stride. Running became his escape, a way to clear his mind and relax.

For Ankit, running was like a natural medicine that made him feel good and kept him away from drugs. As he ran, his body released endorphins, which are like little happiness boosters. These endorphins helped Ankit manage his stress and made him less likely to seek relief in harmful substances.



**Keerti's Journey to Discipline:** Now, let's talk about Keerti, who loved yoga but struggled with staying disciplined. Her life took a turn when she joined the school yoga team. She started waking up early for practice, worked hard on her poses, and learned to work well with her teammates.

Keerti's journey taught her the value of discipline. The dedication needed for yoga made her realize how important it was to stay focused on her goals. With this newfound discipline, Keerti found it easier to avoid the lure of drugs because she understood the importance of her progress and goals.

**Priyanshu's Team Spirit:** In another corner of the school, Priyanshu found his place in the football team. He felt like he finally belonged to a group that cared about him. His teammates became his second

family, offering support during tough times and celebrating together during victories.

Priyanshu's story shows how sports build a sense of community. Being part of a team helped him avoid feeling isolated and falling into negative influences. The friendships and support from his teammates reinforced the idea that making healthy choices benefits everyone involved.

**The Strength to Overcome:** A Lesson in Resilience Finally, sports taught students' valuable lessons about resilience. Athletes faced failures, setbacks, and tough moments, but each challenge was a chance to learn and grow. They learned to bounce back and keep going, no matter how hard things got.

Students who developed this mental toughness through sports found it easier to handle life's challenges without turning to drugs. They learned to manage stress and setbacks in healthy ways, becoming stronger both mentally and physically.

In the world of physical education and sports, students found more than just activities—they found tools of empowerment. These activities kept them active, focused, and resilient, offering a natural defence against drug abuse. As schools work towards a drug-free future, they are shaping not just athletes but a generation ready to face life's challenges with strength and positivity.



## Saying 'No to Drugs': Parental Perspective

*Priyanka Sawariya, EVGC, District West A*

### Empowering Perspective from Parents on saying No to Drugs

As parents, we want our children to grow up healthy, happy, and successful. Drugs can jeopardize that future, damaging mental and physical health, relationships, and opportunities.

#### Parents' Role in the Hike of Drug Abuse:

1. Lack of family involvement.
2. Lack of bond between parents and children.
3. Low Socio-economic backgrounds.
4. Both parents are Working, so have less or no family time.
5. The child at home may be Emotionally neglected or abused by parents.
6. Lack of parental supervision.
7. Domestic violence.
8. Basic needs of a child are not met (food, shelter etc.)
9. A child may be Physically abused at home.
10. Projection of any stressful situation at home or at workplace of a parent onto the child.
11. Lack of belongingness or real connections between parents and a child
12. Financial problems at home
13. Age gap or Generational gap between parents and children which leads to poor Communication
14. Idealising the parents' behaviour and habits by the child
15. Lack of awareness and the right information, etc.



#### Reasons to Say No:

1. **Health Risks:** Drugs can lead to addiction, overdose, and long-term physical and mental health problems.
2. **Loss of Potential:** Drug use can impair cognitive function, judgment, and motivation, hindering academic and professional success.
3. **Safety Concerns:** Drug use increases the risk of accidents, violence, and exploitation.
4. **Relationship Damage:** Drug addiction can strain family bonds and friendships.
5. **Legal Consequences:** Drug offenses can result in serious legal repercussions.

#### How to Encourage Kids to Say No:

1. **Open Communication:** Talk honestly and listen actively.
2. **Set Clear Expectations:** Establish firm boundaries and consequences.

3. Educate: Share facts about drug risks and effects.
4. Lead by Example: Demonstrate healthy choices.
5. Encourage Healthy Alternatives: Support sports, hobbies, and positive peer relationships.
6. Build Self-Esteem: Foster confidence and resilience.
7. Monitor and Supervise: Keep track of activities and surroundings.
8. Keeping the good Interpersonal relationships with the child.
9. Making and providing a Safe environment to the child to feel comfortable to share his or her feelings and thoughts.
10. By making a positive circle around the child, to boost up his self-belief and to motivate him/her towards a bright future, giving them a ray of hope.

### **Empowering**

#### **Messages:**

1. “You are capable of making smart choices.”
2. “Your health and well-being matter.”
3. “I believe in you.”
4. “Drugs are not the answer to stress or peer pressure.”
5. “You have a bright future ahead.”

Counsellors at schools educate and sensitise the children and teachers in a large number about the impacts of Drug



abuse on our mental health as well as physical health.

Also parents are sensitised for the repercussions of Substance use and regularly guidance and counseling sessions provided to them with the special awareness programs like Role play, Nukkad Natak, Rallies and Campaigns in schools.

It's not only about the school and the teachers but also the major part of parents that play a vital role in overall development of a child's wellbeing socially, emotionally, physically and mentally. To save our future and to empower the young minds and the country by making it a Nasha Mukta Bharat.

By working together, we can empower our children to make informed choices and live healthy, drug-free lives.

## Role of Parents in Preventing Substance Use

*Ranjeet Kaur, EVGC, West A*

Parents are the first-person child interacts with, imitate and learn from parents, so it is important for parents to be like how they want their children to be. Therefore, parents' role becomes so important for a child. There are various factors for the child to start using Substance and misuse also. Here we discuss about role of parent to prevent children from using drugs.

Healthy parenting plays a crucial role in children's life in every phase of life. To become healthy parent, they need to be NON-JUDGEMENTAL, Empathetic, not to compare with others, give UNCONDITIONAL POSITIVE REGARD, UNCONDITIONAL LOVE and appreciate efforts put by their children.

During our counselling sessions and classroom interactions with children, they share their experiences like their parents compare them and do not recognize their efforts what they made in household works. That really dishearten children and affect parent child relationship and can also cause low self-esteem. So, for preventive approach parents need to check regularly to their children. Spend more time with your children for recognizing the warning signs of drug use or abuse.

Be aware of possible red flags, such as:

- Sudden or extreme change in friends, eating habits, sleeping patterns, physical appearance, requests for money, coordination or school performance
- Irresponsible behavior, poor judgment and general lack of interest



- Breaking rules or withdrawing from the family
- The presence of medicine containers, despite a lack of illness, or drug paraphernalia in your child's room.
- Know your child's whereabouts and ask questions about the outing when your child returns home.

Inspire of warning signs there are other ways:

There are some ways for parents to prevent their children for starting using and misusing substances.

### **Talking to your child about drug use**

Parents may have many talks with their child about drug and alcohol use. If you are starting a conversation about substance use, choose a place where you and your children are both comfortable and choose a time when you are unlikely to be interrupted. That means you both will need to set aside phones. It is also

important to know when not to have a conversation. When parents are angry or when teens are frustrated, it's best to delay the talk.

### **Know their point of view**

Ask your child's views. Avoid lectures. Instead, listen to your children's opinions and questions about drugs. Parents can assure children that they can be honest and have a discussion without getting in trouble.

### **Discuss reasons not to use drugs**

Discuss about consequences. Emphasize how drug use can affect the things that are important to your child. Some examples might be sports performance, driving, health or appearance. Discuss your point of view also.

### **Check out what your Child sees and hear**

Consider media messages. Social media, television programs, movies and songs can make drug use seem normal or glamorous. Talk about what your child sees and hears.

### **Handling peer pressure, teach them how to say 'No'**

Discuss ways to deal with peer pressure. Brainstorm with your teen about how to turn down offers of drugs. Teach them how to say "NO"

### **Be aware of your own drug use**

Be open to discuss your own drug use (if you take). Think about how you'll respond if your children ask about your own drug use, including alcohol. If you chose not to use drugs, explain why. If you did use drugs, share what the experience taught you.

### **Know your teen's activities**

Pay attention to your teen's whereabouts. Find out what adult-supervised activities your teen is interested in and encourage your child to get involved.

### **Establish rules and consequences**

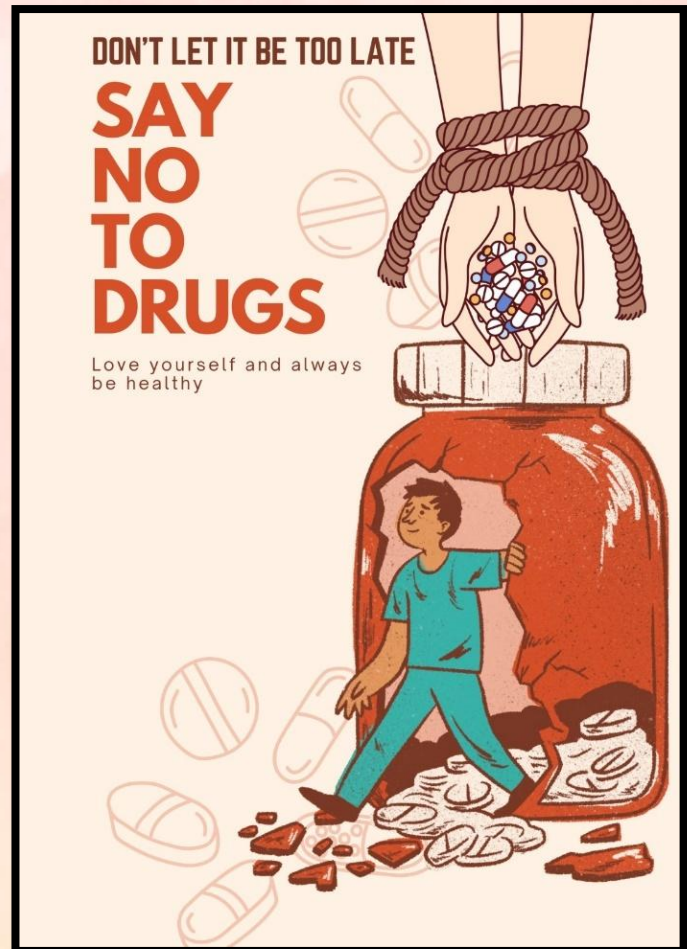
Explain your family rules, such as leaving a party where drug use occurs and not riding in a car with a driver who's been using drugs. Work with your children to figure out a plan to get home safely if the person who drove is using substances. If your child breaks the rules, consistently enforce consequences.

### **Know your child's friends**

If your teen friends use drugs, your child might feel pressure to experiment, too.

Keep track of prescription drugs. Take an inventory of all prescription and over-the-counter medications in your home.

### **Provide support**



Offer praise and encouragement when your child succeeds. A strong bond between you and your teen might help prevent your teen from using drugs.

If you suspect or know that your child is experimenting with or misusing drugs: is experimenting with or misusing drugs:

### **Plan your action**

Finding out your child is using drugs or suspecting it can bring up strong emotions. Before talking to your child, make sure you and anyone who shares caregiving responsibility for the child is ready. It can help to have a goal for the conversation. It can also help to figure out how you'll respond to the different ways your child might react.

### **Talk to your child**

You can never step in too early. Casual drug use can turn into too much use or addiction. This can lead to accidents, legal trouble, and health problems.

### **Encourage honesty**

- Speak calmly and express that you are coming from a place of concern. Share specific details to back up your suspicion. Verify any claims your child makes.
- "Focus on the behavior, not the person". Emphasize that drug use is dangerous but that doesn't mean your child is a bad person.
- Get professional help. If you think your child is involved in drug use, contact a health care provider or counselor for help.

***"It's never too soon to start talking to your child about drug abuse."***

***"The conversations you have today can help your teen make healthy choices in the future."***



# The Smoke Screen: Uncovering the Vaping Industry's Tactics Targeting Indian Youth

*Priyanka Mulani, EVGC, District West A*

India's youth are facing an unprecedented health crisis, with the vaping epidemic spreading its tentacles across the country. The alarming rise in electronic cigarette use, fuelled by flavoured products and aggressive marketing strategies, has sounded a red alert among health experts, policymakers, and concerned citizens.



The vulnerability of Indian youth to the allure of vaping products is particularly disturbing. With over 50% of India's population below the age of 25, the country's demographic dividend is at risk of being compromised by the devastating consequences of nicotine addiction. The World Health Organization (WHO) has already warned that vaping poses significant health risks, including respiratory and cardiovascular diseases, cancer, and neurological disorders.

## What is Vaping?

Vaping or electronic cigarette use, involves inhaling aerosolized liquid through a battery-powered device.

## How is Vaping Different from Cigarettes?

While both vaping and smoking deliver nicotine, key differences exist:

### Vaping vs. Cigarettes: A Comparison

Characteristics	Vaping	Cigarettes
Nicotine Delivery	Adjustable nicotine levels	Fixed nicotine levels
Tobacco Content	No tobacco	Burning tobacco
Chemicals	Variable chemicals, flavourings	Known toxic chemicals
Smoke/Aerosol	Aerosolized liquid	Combustion smoke
Additives	Flavourings, sweeteners	Chemical additives
Health Risks	Respiratory, cardiovascular, neurological	Cancer, cardiovascular, respiratory

Despite these differences, vaping poses significant health risks, particularly for youth.

## The Flavour Factor: Luring Kids into Nicotine Addiction

Flavoured vaping products are the gateway to nicotine addiction. Research reveals that 73% of youth vapers use flavoured products, with fruit flavors being the most popular (44%), followed by mint (26%) and chocolate (15%). These flavors mask nicotine's harsh taste, making it appealing to youth.



Dr. P. C. Gupta, Director of Healix-Sekhsaria Institute for Public Health, warns, "The vaping industry is using flavors to lure kids into a lifetime of nicotine addiction. We must regulate flavors and restrict access to these products." Flavoured products are designed to attract youth, with bright packaging and appealing names.

### **The Influencer Effect: Disguised Promotions**

Social media

influencers and gaming partnerships promote vaping products, effectively targeting young Indians. 71% of Indian youth (15-24 years) use social media, and 55% of Indian gamers (18-24 years) see vaping ads during online gaming.

Influencer marketing increases vaping susceptibility by 32% among Indian youth. Dr. Ravi Gupta, Additional Director of National Tobacco Control Programme, notes, "Influencer marketing is a sinister strategy, making vaping appear cool and desirable. We need stricter regulations on advertising and sponsorships."

### **The Nicotine Trap: Severe Consequences**

Nicotine addiction can have devastating consequences. India reports over 1.5 million vaping-related health issues annually. Nicotine exposure can lead to:

- 50% increased cardiovascular disease risk among Indian youth
- 1 in 5 Indian youth vapers experience nicotine withdrawal symptoms
- Increased risk of respiratory problems, cancer, and neurological disorders

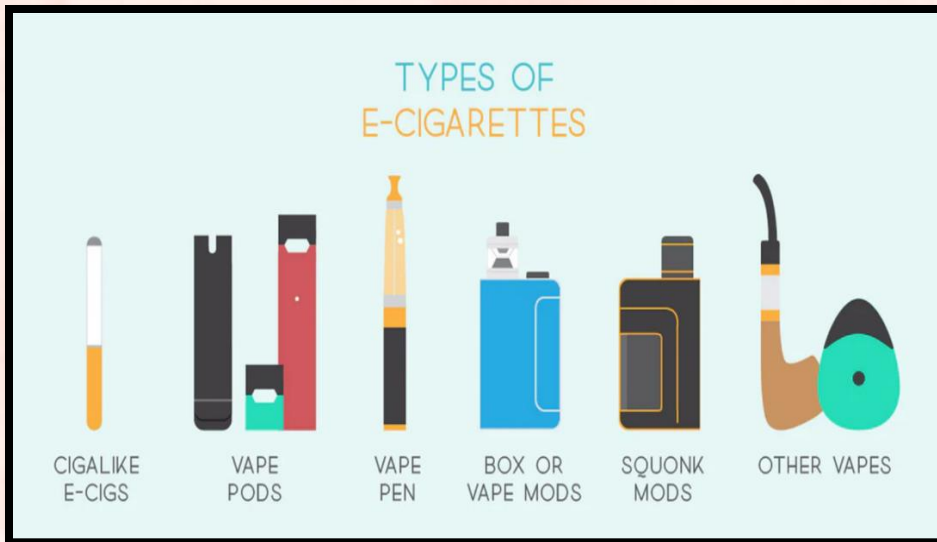
Dr. Gupta cautions, "Nicotine addiction is a serious concern. We must educate youth about the risks and provide support for addiction recovery."

### **The Regulatory Loophole: Exploiting Weaknesses**

Lax regulations enable vaping companies to operate with impunity. India's vaping industry is projected to reach ₹5,000 crores by 2025, with minimal regulations.

65% of Indian youth can purchase e-cigarettes online without age verification. Dr. Ravi Gupta emphasizes, "Only 22 states in India have banned e-cigarettes, leaving a regulatory gap. We need national regulations and enforcement to protect our youth."





## The Human Cost: Real Stories

Behind the statistics are real stories. Over 50% of Indian parents report their children have tried vaping. 30% of Indian youth vapers experience nicotine withdrawal symptoms.

Vaping-related hospitalizations increased by 25% in India between 2018-2020. The lives of Indian youth are being

ravaged by nicotine addiction.

### Breaking the Smoke Screen: Solutions

- To protect India's youth, urgent action is necessary
- Stricter regulations and enforcement
- Public awareness campaigns
- Increased education and support for addiction recovery
- Collaboration with international authorities to combat illegal imports

### Experts recommend comprehensive measures:

- Ban flavoured products
- Restrict online sales
- Increase taxes on vaping products
- Support nicotine cessation programs

### Vaping-Related Incidents in India

1. **India's First Vaping-Related Death:** A 32-year-old man in Delhi died due to vaping-related illness in 2019 (Source: Times of India).
2. **Vaping-Related Hospitalizations:** Over 1,000 vaping-related hospitalizations were reported in India between 2018-2020 (Source: Indian Journal of Community Medicine).
3. **Youth Vaping Epidemic:** 50% of Indian youth (15-24 years) have tried vaping, with 30% experiencing nicotine withdrawal symptoms (Source: National Tobacco Control Programme).
4. **Vaping-Related Respiratory Issues:** 25% increase in vaping-related respiratory problems reported in Indian hospitals between 2019-2020 (Source: Journal of Cardiovascular Disease Research).
5. **E-Cigarette Ban:** 22 Indian states have banned e-cigarettes, while others have implemented partial restrictions (Source: Ministry of Health and Family Welfare).
6. **Vaping-Related Nicotine Poisoning:** 100 cases of nicotine poisoning due to vaping reported in Indian hospitals between 2020-2022 (Source: Indian Journal of Medical Research).

7. **Vaping-Related Seizures:** 20 cases of vaping-related seizures reported among Indian youth between 2019-2021 (Source: Neurology India).

The rising popularity of vaping among India's youth is not just a passing trend; it is a severe public health crisis that requires urgent response from all sectors of society. The dire need for comprehensive action is demonstrated by the disturbing figures surrounding hospitalizations, illnesses associated with vaping, and the widespread appeal of flavoured e-cigarettes. Stricter laws governing the promotion and distribution of e-cigarettes are an absolute necessity for legislators, particularly for those aimed at juvenile customers. It is necessary to start public health campaigns that highlight the dangers of vaping and the detrimental effects that nicotine addiction has on one's health.

Moreover, coordination among health experts, educators, and policymakers is vital to develop effective prevention programs and support networks for individuals already afflicted by vaping. "The vaping epidemic is a ticking time bomb, and we cannot afford to wait," says Dr. P.

C. Gupta in a moving statement. It is time to take action. We can safeguard our youth, maintain our demographic dividend, and eventually build a stronger, healthier society for future generations if we act decisively to stop the vaping epidemic.

## Therapeutic Interventions for Substance Use

- ◆ Cognitive Behavioral Therapy (CBT)  
Helps change negative thought patterns and behaviors.
- ◆ Motivational Interviewing (MI)  
Enhances self-motivation for change.
- ◆ Group Therapy  
Builds peer support and reduces isolation.
- ◆ Family Counseling  
Strengthens family dynamics and support systems.
- ◆ Medication-Assisted Treatment (MAT)  
Combines therapy with approved medications.
- ◆ 12-Step Programs  
Structured peer support and accountability.
- ◆ Mindfulness & Stress Management  
Teaches coping without substance use.
- ◆ Relapse Prevention Planning  
Identifies triggers and builds safety strategies.

**Currently I can:**  
 ↓  
**I need to improve:**  
 ↓  
**My goal is to:**  
 ↓  
**To reach it I can:**  
 ↓  
**I will achieve it :**

## Say No to Drugs: A School's Responsibility

*Pooja Poonia, EVGC, District North West A*

Drugs have become a pervasive issue in society, affecting individuals of all ages, particularly the youth. Schools play a crucial role in combating drug use and promoting healthy choices. By fostering a supportive environment and providing education, schools can empower students to say no to drugs.



### The Impact of Drugs on Students

The influence of drugs on students is profound and far-reaching. Substance abuse can lead to academic decline, mental health issues, and strained relationships. Many young people may experiment with drugs due to peer pressure, stress, or curiosity. When students use drugs, they often struggle with concentration, motivation, and overall performance in school. This decline not only affects the individual but also disrupts the classroom environment, hindering the educational experience for all students.

### Education and Awareness

One of the most effective ways schools can help students say no to drugs is through education. Comprehensive drug education programs should be implemented to inform students about the risks and consequences associated with drug use. These programs can include workshops, guest speakers, and interactive activities that engage students in meaningful discussions about drug prevention. By understanding the dangers of drugs, students are more likely to make informed decisions and resist peer pressure.

### Building a Supportive Community

Creating a supportive school environment is essential in preventing drug use. Schools should promote open communication and foster strong relationships between students and staff. Counselors and teachers can provide guidance and support for students facing challenges, making them feel valued and understood. Additionally, schools can organize extracurricular activities that offer healthy outlets for stress and provide students with positive experiences, reducing the allure of drugs.



## Peer Support Programs

Peer support programs can also be instrumental in encouraging students to say no to drugs. By training student leaders to promote healthy behaviors and serve as role models, schools can create a culture of support and accountability. These peer leaders can facilitate discussions, share their experiences, and encourage their classmates to seek help if they are struggling. Peer influence is powerful, and having trusted peers advocate against drug use can make a significant difference.

## Parental Involvement

Lastly, parental involvement is crucial in the fight against drug abuse. Schools can organize workshops and seminars to educate parents about the signs of drug use and effective communication strategies. By fostering a strong partnership between parents and schools, students receive consistent messages about the importance of staying drug-free. Encouraging parents to engage with their children about the risks of drugs can create a united front against substance abuse.

In conclusion, saying no to drugs is a collective effort that requires the involvement of schools, students, parents, and the community. By implementing effective education programs, fostering a supportive environment, and encouraging peer support, schools can empower students to make healthy choices. The consequences of drug use are too significant to ignore, and it is the responsibility of every school to help students navigate these challenges and promote a drug-free lifestyle. Together, we can build a brighter future for our youth, free from the grip of drugs.



दिमाग को सशक्त करें, राष्ट्र को मजबूत बनाएं – ड्रग्स को ना कहें और नशा मुक्त भारत बनाएं

भारत भूषण, पीजीटी हिंदी डिस्ट्रिक्ट – साउथ वेस्ट A

आज का भारत विश्व गुरु बनने की ओर अग्रसर है और साथ ही हर क्षेत्र में विकसित होने के लिए हमारे युवाओं का योगदान सर्वोपरि है। एक युवा अपने ज्ञान, कौशल, अनुभव और निरंतर प्रयासों से एक राष्ट्र को मजबूत बनाने का प्रयास करने की ओर अग्रसर रहता है इन सबके पीछे उसका दिमाग होता है और यह दिमाग तभी सकारात्मक कार्य करेगा जब यह स्वस्थ रहता है कहा भी गया है-



“स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का विकास होता है।”

आज का युवा अपने शरीर और स्वास्थ्य दोनों को प्रभावित कर रहा है जिसमें नशा अपनी भूमिका निभा रहा है। आज किशोर वर्ग और युवावर्ग अपने मनोरंजन और शौक को पूरा करने के लिए किसी भी परिस्थिति और अवसर पर ड्रग्स का सहारा लेता है, ड्रग्स के तीन मुख्य प्रकार हैं: अवसादक, उत्तेजक और मतिभ्रमक, इन ड्रग्स में प्रमुख

रूप हैं-शराब, मारिजुआना और निकोटीन जैसे पदार्थों को भी ड्रग्स माना जाता है। छात्रों के ऐसे अभिभावक, जो अपनी व्यापारिक व्यस्तताओं में उलझे रहते हैं, अपने बच्चों को समय नहीं दे पाते। वह कहा जाता है, किससे मिलता है, उसके मित्रों की आदतों की जानकारी लेने की चिंता नहीं करते हैं।



ड्रग्स और नशीले शरीर पर अवसादकारी प्रभाव पड़ता है और यह विचारों, भावनाओं और कार्यों को नकारात्मक रूप से प्रभावित कर सकती है। ड्रग्स जैसी बेचैनी, प्रेरणा की कमी, मूड में बड़े बदलाव पैदा कर सकती है और तनाव और चिंता में वृद्धि हुई। यह मौजूदा मानसिक स्वास्थ्य समस्याओं के विकास में योगदान दे सकती है या उन्हें बदतर बना सकती है।

आज के वर्तमान समय में हमें जागरूकता अभियान की जरूरत है युवाओं में नशे की बढ़ती प्रवृत्ति को रोकने के लिए सरकार को नशे से संबंधित सामानों पर पूर्णतः प्रतिबंध लगाना चाहिए। सोशल

मीडिया, प्रिंट मीडिया व सामाजिक संस्थाओं के साथ मिलकर जागरूकता अभियान चलाया जाना चाहिए। वर्तमान समय में सरकारी तंत्र के पुलिस विभाग को युवाओं में बढ़ती नशे की लत पर लगाम लगाने के लिए दृढ़ इच्छाशक्ति का परिचय देना होगा। जिस युवा पीढ़ी के बल पर सरकार देश के विकास की प्रगति के स्वप्न देख रही है, वह युवा नशे के जाल में फंस कर अपना दिमागी संतुलन खोता जा रहा है।

ड्रग्स और नशीली दवाओं के दुरुपयोग और अवैध तस्करी को रोकने के लिए प्रत्येक वर्ष 26 जून को अंतरराष्ट्रीय नशा निषेध दिवस मनाया जाता है। संयुक्त राष्ट्र महासभा ने अपने एक प्रस्ताव में 1989 से इसे मनाने का निर्णय लिया था। इसका उद्देश्य लोगों को नशे की बुरी आदत से छुटकारा दिलाना तथा उन्हें नशे से होने वाले दुष्प्रभाव से बचाना है। भारत देश को नशे की समस्या से मुक्त कराने के लिए एक सामूहिक प्रयास और समग्र दृष्टिकोण की आवश्यकता है।

इस वर्ष का अंतरराष्ट्रीय नशा निषेध दिवस मादक पदार्थों का उपयोग करने वालों में जागरूकता बढ़ाने पर केंद्रित है। नशा करने वाले युवाओं को नशीले पदार्थों के दुरुपयोग के विकारों, उपलब्ध उपचारों और सहायता के महत्व के बारे में शिक्षित करना भी शामिल है।

भारत में 2018 के दौरान नेशनल ड्रग डिपेंडेंस ट्रीटमेंट सेंटर, गाजियाबाद द्वारा एक राष्ट्रीय सर्वेक्षण आयोजित किया गया था। इससे भारत में मादक पदार्थों के उपयोग और

रुझान के बारे में पता चला। इसके अनुसार, तब देश में 10 से 17 वर्ष की आयु के 6.06 प्रतिशत बच्चे और किशोर शराब, भांग, अफीम, इनहेलेंट, कोकीन आदि। लोगों को नशे की गंभीर समस्या से बाहर निकालने की हम सबकी सामूहिक जिम्मेदारी है। इसके तहत महिलाओं, बच्चों, शैक्षणिक संस्थानों, नागरिक संगठनों आदि जैसे हितधारकों की भागीदारी पर विशेष जोर दिया जाता है।

एक बड़े समुदाय तक पहुंचने में आंगनबाड़ी केंद्रों, आशा कार्यकर्ताओं, एएनएम, महिला मंडलों और महिला स्व-सहायता समूहों की दो करोड़ से अधिक महिलाओं का योगदान भी महत्वपूर्ण रहा है। नशा मुक्त भारत अभियान के तहत देश भर में अब तक 1.19 लाख से अधिक शैक्षणिक संस्थानों ने छात्रों एवं युवाओं को मादक द्रव्यों के सेवन से पैदा होने वाली समस्याओं के बारे में शिक्षित करने के लिए गतिविधियां





आयोजित की हैं। मादक पदार्थों की लत को जड़ से समाप्त करने के लिए स्वापक औषधि एवं मनः प्रभावी पदार्थ अधिनियम, 1985 (1985 का केंद्रीय अधिनियम-61) के अंतर्गत नियम अधिसूचित किए गए हैं।

वर्तमान समय में स्वास्थ्य विभाग, भारतीय रेड क्रॉस सोसायटी की प्रदेश एवं जिला स्तरीय संस्थाएं, राज्य बाल परिषद की संस्थाएं एवं स्वैच्छिक संस्थाओं द्वारा नशामुक्ति केंद्रों का संचालन किया जा रहा है। मेडिकल कालेजों में स्थापित नशा मुक्ति एवं परामर्श केंद्रों के माध्यम से भी इस बीमारी को जड़ से समाप्त करने के लिए सभी आवश्यक कदम उठाए जा रहे हैं। इसके अलावा मादक पदार्थों के दुरुपयोग की रोकथाम के क्षेत्र में बेहतर कार्य करने वालों को पुरस्कार भी दिया जाता है।

नशा मुक्त भारत अभियान के तहत देश भर में अब तक 1.19 लाख से अधिक शैक्षणिक संस्थानों ने छात्रों एवं युवाओं को मादक द्रव्यों के सेवन से पैदा होने वाली समस्याओं के बारे में शिक्षित करने के लिए गतिविधियां आयोजित की हैं। मादक पदार्थों की लत को जड़ से समाप्त करने के लिए स्वापक औषधि एवं मनः प्रभावी पदार्थ अधिनियम, 1985 (1985 का केंद्रीय अधिनियम-61) के अंतर्गत नियम अधिसूचित किए गए हैं।

एक राष्ट्र की सर्वोच्च जिम्मेदारी होती है कि वह अपने नागरिकों को शारीरिक एवं मानसिक रूप से स्वस्थ रखे। एक स्वस्थ एवं समृद्ध राष्ट्र के निर्माण के लिए उसके नागरिकों का स्वस्थ होना आवश्यक है, लेकिन यह तभी संभव है जब हम सभी को ड्रग्स को हमेशा के लिए ना कहें और भारत को नशा मुक्त बनाए।

**“जन – जन का यही संदेश  
नशा मुक्त हो भारत देश।”**

# Mental Health: Shield Against Drug Abuse

*Deeksha, EVGC, West A*

## Mental Health: Breaking the Stigma

One of the core components of a Nasha Mukta Bharat is addressing mental health. The interplay between drug abuse and mental health issues is undeniable; many individuals turn to substances as a means of coping with underlying psychological distress. Unfortunately, this only exacerbates their mental health problems, creating a vicious cycle.



## The Issue

Mental health issues, especially among students, are often shrouded in stigma and misunderstanding. Anxiety, depression, and stress are common, yet they frequently go unrecognized or untreated. The pressure to perform academically, social expectations, and personal challenges can push students towards drugs as an escape. The stigma surrounding mental health prevents many from seeking the help they need, compounding the problem.

## The Solution

- 1. Education and Awareness:** Schools should integrate mental health education into their curricula's. This includes teaching students about the signs and symptoms of mental health issues and substance abuse. It also involves educating them on how to seek help and support their peers.
- 2. Accessible Support Systems:** Counseling services should be readily available in schools. Trained mental health professionals can provide the necessary support and guidance to students struggling



with these issues. Peer support programs can also play a critical role, as students often find it easier to confide in their peers.

**3. Innovative Approaches:** Schools can adopt creative strategies to address mental health and drug abuse. This includes activities like art therapy, mindfulness sessions, and stress-relief workshops. These activities not only provide healthy outlets for stress but also teach students coping mechanisms that can prevent the onset of substance abuse.

**4. Community Involvement:** Building a supportive network around students is essential. Parents, teachers, and community leaders must work together to create an environment where students feel safe and understood. Community awareness campaigns can help reduce the stigma associated with mental health and encourage those in need to seek help.

**5. Policy and Advocacy:** Governments and policymakers need to prioritize mental health and drug abuse prevention in their agendas. This includes funding for mental health programs in schools, public awareness campaigns, and accessible treatment options for those struggling with addiction.

By fostering a supportive, informed, and proactive environment, we can guide our students away from the peril of drugs and towards a brighter, healthier future for India.



## **Rising Threat of Substance Abuse in Schools**

*Ms. Deepa Tomar, Head of School, SKV Rana Pratap Bagh, 1309028*

The future of our country lies in the hands of our youth. Their energy, ideas, and aspirations are the building blocks of a strong and prosperous India. However, one of the gravest threats facing our nation's youth today is substance abuse. In recent years, drug addiction has emerged as a significant challenge, posing severe psycho-social issues, especially within schools. It is critical that we address this growing concern and work collectively to empower students, safeguard their mental health, and ensure they have the tools they need to contribute positively to society. The vision of a *Nasha Mukta Bharat*, or a drug-free India, must become our collective goal.



### **The Rising Threat of Substance Abuse in Schools**

India is home to one of the world's largest populations of young people, and schools play a crucial role in shaping their futures. Unfortunately, with this vast student population comes the increased risk of substance abuse. Reports indicate that students, even as young as those in high school, are exposed to illegal drugs and alcohol. Peer pressure, academic stress, and lack of awareness about the consequences of addiction often contribute to students falling into the trap of drug abuse.



For many students, the consumption of drugs is seen as an escape from academic pressures or personal problems. But what starts as an occasional experiment can quickly spiral into a harmful addiction. The damage that drugs inflict on the mind and body is immense, leading to poor academic performance, deteriorating physical and

mental health, and strained relationships with family and friends. If left unchecked, this problem can undermine not just the future of individual students but also the strength and unity of the nation.

### **The Role of Schools in Preventing Substance Abuse**

Schools are not just centers of academic learning but also places where children learn essential life skills. Educational institutions must actively work towards raising awareness about the dangers of drugs and empower students to make informed decisions.

1. **Awareness and Education Programs:** Schools should organize regular workshops and seminars to inform students about the harmful effects of drug use.
2. **Counseling and Support:** Mental health concerns among students often lead to substance abuse. Schools should have dedicated counselors to provide students with support.
3. **Engaging Parents:** Schools must partner with parents to create a unified front in the battle against drug abuse.

4. Extracurricular Activities: Engaging students in sports, arts, and other activities can reduce the likelihood of them turning to drugs.

### **Empowering Students for a Better Future**

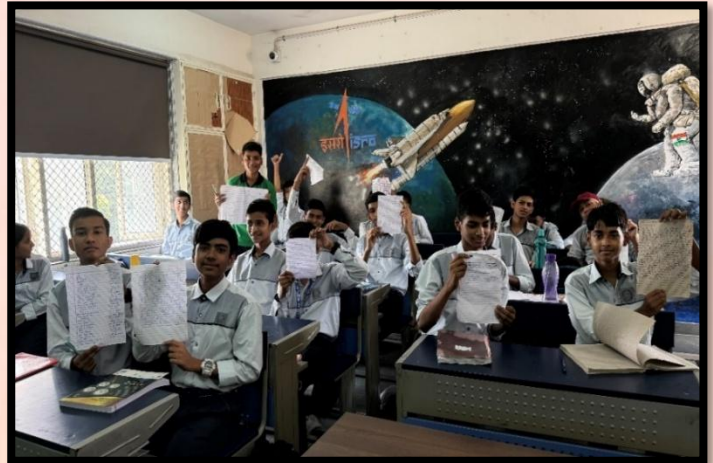
Empowerment is a key to building a drug-free nation. Schools must instill a sense of responsibility in students, teaching them the value of making decisions that positively impact their futures.

1. Promoting Mental Health Awareness: Students must be taught to prioritize their mental well-being.
2. Encouraging Peer Support: Peer influence can be a positive force if guided properly.
3. Building Leadership Skills: By encouraging students to take on leadership roles, schools can foster a sense of accountability.

### **Innovative Approaches for a Nasha Mukta Bharat**

Creating a drug-free India requires innovative strategies that go beyond traditional education. Schools and communities can come together to explore new approaches.

1. Use of Technology: Interactive apps, social media campaigns, and online platforms can engage students in drug prevention.
2. Community Involvement: Schools can organize community awareness drives.
3. Art and Storytelling: Encouraging students to express themselves through creative outlets can serve as an emotional outlet.



### **Building a Drug-Free Nation**

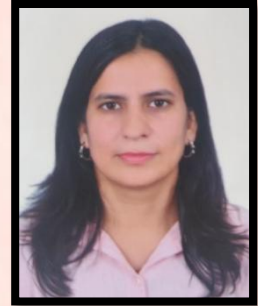
The vision of a Nasha Mukta Bharat can only be realized if we come together as a community to empower our youth. Schools, families, and society must work in tandem to ensure that students understand the dangers of substance abuse and are equipped with the tools they need to make positive choices. A drug-free youth means a stronger, healthier, and more prosperous India, where every individual can contribute to the nation's growth and development.



# Effective Strategies to Combat Drug Abuse

*Dr. Manju, EVGC, South West-B*

The slogan itself conveys a powerful message about combating substance abuse and creating a drug-free nation. "Empower Minds" focuses on the need to strengthen the mental health and well-being of individuals, encouraging informed choices and resilience against drugs. "Strengthen the Nation" suggests that a healthy and drug-free population is essential for national progress, linking individual well-being with the nation's strength. "Say No to Drugs" is a direct call for rejecting substance abuse, appealing to individuals to make responsible choices. "Build a Nasha Mukta Bharat" refers to the collective effort towards achieving a drug-free India, emphasizing national unity and societal responsibility. In the school context, empowering and strengthening school students to avoid drugs, tobacco, alcohol, etc. requires a holistic approach that includes education, parent-child communication, healthy peer interaction, life skills development, a supportive school environment, continuous monitoring, and community involvement. Here are several strategies to achieve this goal:



## 1. Parent-Child Communication

Open and honest conversations between parents and children about the dangers of drugs significantly reduce the likelihood of substance use. Parents should model healthy behavior and guide how to handle peer pressure and daily life hassles. Also, parents who actively monitor their children's activities, friends, and behavior are more likely to prevent them from engaging in risky behaviors like substance use. Teaching children how to resist negative peer pressure and empowering them to make independent choices can prevent drug experimentation.

## 2. Positive Peer Relationships

Students who have a circle of friends with positive habits are less likely to experiment with drugs and promote healthy behavior. Developing mentorship programs where older students mentor younger ones fosters positive relationships and a strong, drug-free peer culture.

## 3. Supportive School Culture

A nurturing and inclusive school environment help students feel connected and valued, reducing the chances of them turning to drugs for validation or escape. Strong relationships between teachers and students encourage students to seek help and talk about their struggles before turning to drugs. The school's clear anti-drug policies, along with regular awareness programs, send a strong message and create an environment where drugs are not tolerated.



## 4. Mental Health Support

Students who experience stress, anxiety, or depression are more likely to consume such substances as their coping mechanisms. Providing access to mental health resources like counseling can reduce this risk. Helping students develop emotional resilience and coping mechanisms for dealing with

challenges, stress, and peer pressure lowers their likelihood of seeking drugs as an escape.

### 5. Substance Use Education Programs

Age-appropriate education about the physical, emotional, financial, and social effects of substance use is crucial. Knowledgeable students are less likely to experiment with drugs. Life Skills Training Programs that focus on decision-making, problem-solving, and critical thinking help students make informed choices and avoid substance abuse.

### 6. Community Engagement

A community that promotes drug-free living and positive values reinforces school efforts to prevent drug use. Involving community leaders and role models can enhance these efforts. Participation in extracurricular activities keeps students engaged and less likely to seek out drugs. These activities also promote teamwork, self-esteem, and a sense of belonging. Creating arts and hobbies like music, theatre, or creative writing clubs gives students productive ways to express their emotions and develop a strong sense of self.

### 7. Individual strengths

Students with high self-esteem and confidence are better equipped to resist peer pressure and make positive choices. Encouraging students to set personal goals and work toward a meaningful future can motivate them to stay away from drugs that could derail their progress. Engaging students in leadership roles within school clubs, student councils, or volunteer programs, helping them build confidence and purpose.

### 8. Early Identification and Intervention

Identifying students who are at higher risk of substance use due to family issues, mental health challenges, personal issues, and career or academic struggles allows for early intervention. Providing timely intervention through EVGCs and schools for at-risk students can prevent drug use before it escalates.

### 9. Media and Social Influence

Teaching students to critically evaluate social media content that glorifies substance use helps them recognize misleading information and make better choices. Highlighting successful individuals who lead healthy, drug-free lives can inspire students to follow in their footsteps.

### 10. Continuous Monitoring and Support

Regular monitoring through screening and assessment to gauge student awareness, stress levels, and potential risk factors for substance use and then timely intervention might help in preventing and dealing with any such case of substance use.

By implementing these strategies, schools can create an environment that educates, empowers, and strengthens students, helping them make informed choices and stay away from substance use. A strong support system combined with effective education and life skills development is key to building a “Nasha Mukta Bharat” starting from the school level.



## **Empower your mind - Strengthen your Nation**

*Gurpreet Kaur, EVGC, District North*

In today's age when we are progressing rapidly, mental strength is as important as physical strength. Mental Health and Empowerment have a direct impact on the progress of our society and nation. Therefore, empowering the mind is not just personal development, but it is also the basis of the development of the Nation.



### **1. Meaning of Mental Empowerment**

Mental Empowerment means strengthening our thoughts, emotions and decision-making power. When we empower our mind, we not only feel dedicated and motivated, but we also inspire people around us. A person with an empowered mindset has positivity, tolerance and the ability to solve problems.

### **2. Contribution to the Empowerment of the Nation**

When every person empowers his mind, the family associated with that person, society and ultimately the entire nation becomes stronger. Thoughtful and empowered citizens understand their rights and duties. They make informed choices, remain active in society and work for the betterment of their community. Thus, mental empowerment becomes an important factor in the progress of a nation.

### **3. Importance of Education and Awareness**

Education and Awareness are of special importance for empowering the mind. Awareness makes a person sensitive to the problems around him. If we promote new ideology, innovation and positive attitude, we not only change our lives but also infuse a new energy in the society.

Through education we not only gain knowledge, but it also develops our thinking power. We can find better ways to face problems. Citizens with an empowered mind are able to bring about change in society.

### **4. Morale and Positivity**

Apart from this, maintaining morale and positivity is also a part of mental empowerment. When we have a positive attitude, we can face challenges with more confidence. An empowered mind also improves human relations. When people support each other, it builds collective energy. It is clear that the idea of “Empower the Mind – Strengthen the Nation” is not just a slogan but it is the foundation of our society. It is a powerful message to change our thinking and motivate us to move forward collectively.

Let us all together empower our minds and contribute towards building a strong nation. When the mind is strong, the nation becomes great. This is the time to recognize the power within us and dedicate it to the upliftment of the society.



## "नशीली दवाओं का दुरुपयोग बनाम लत"

रोशनी दूबे , ईवीजीसी, डिस्ट्रिक्ट वेस्ट A

वर्तमान परिपेक्ष में एक व्यक्ति स्वस्थ आदतों का उपयोग करने के बजाय जीवन के तनाव से निपटने के लिए मन को बदलने वाले पदार्थ का उपयोग करते हैं, इससे मादक द्रव्यों के सेवन और लत की स्थिति और खराब हो और सकती है। सौभाग्य से मादक द्रव्यों के सेवन या कई पदार्थ की समस्या वाले व्यक्ति नकारात्मक परिणामों से सीख सकते हैं और अपना व्यवहार बदल सकते हैं।

यहां यह समझना महत्वपूर्ण है की व्यसन से ग्रस्त लोगों में एक रासायनिक निर्भरता होती है जो उन्हें खुद को बदलने से रोकती है, केवल इच्छा शक्ति उन्हें उनके विनाशकारी व्यवहार से नहीं बचा सकती मादक पदार्थ की लालसा उन्हें अपने दैनिक जीवन की उपेक्षा करने और गैर जिम्मेदाराना तरीके से कार्य करने के लिए प्रेरित करती हैं। इस हद तक कि उनका जीवन अस्त-व्यस्त तरीके से हो जाता है, फिर भी वह कभी-कभी अपने जीवन में विनाशकारी शक्ति के रूप में अपने पदार्थ के उपयोग की सीमा को कम आंकते हैं, और अक्सर इसके परिणाम के लिए बाहरी कारकों को दोषी ठहराते हैं, कभी-कभी व्यसन से ग्रस्त व्यक्ति अपने पदार्थ के उपयोग को अपनी कठिनाइयों के कारण के रूप में पहचान सकता है, लेकिन फिर भी इसका उपयोग बंद नहीं कर सकता क्योंकि वे पदार्थ पर रासायनिक रूप से निर्भर है।

मादक द्रव्यों का सेवन और मादक द्रव्यों की लत को अक्सर एक दूसरे के स्थान पर इस्तेमाल किया जाता है, वास्तव में मादक

द्रव्यों के आदी लोग और मादक द्रव्यों का सेवन करने वाले लोग अलग-अलग होते हैं, जबकि दोनों का व्यक्ति के जीवन पर प्रतिकूल प्रभाव पड़ता है। दुरुपयोग बनाम लत के बीच अंतर जानने से आपको स्थिति के समझने और उसका समाधान करने में मदद मिलेगी जो लोग नशीली दवाओं और शराब का उपयोग करते हैं, वह अभी भी अपने जीवन पर नियंत्रण रखते हैं जबकि व्यसन वाले लोग एक बीमारी से पीड़ित होते हैं जो उनके जीवन के कई पहलुओं को



प्रभावित करती है, जबकि वास्तव में उनका जीवन बिखरने लगता है, इसी तरह दुरुपयोग की समस्या वाले लोग शायद ऐसा लगे कि उन्हें लत है। लेकिन वास्तव में वे अपने मादक द्रव्यों के जीवन पर नियंत्रण रख सकते हैं, और नशे से छुटकारा पा सकते हैं। ऐसे में व्यक्ति को दृढसंकल्पित होना आवश्यक है।

## Stand Together for a Nasha Mukta Bharat

*Somya (Student, VII B), School of Excellence, 1821282, South-West*

Drugs are a serious problem that affects not only individuals but also families and society as a whole. In recent years, drug abuse has become more common, especially among young people. This issue threatens the future of our nation. It is essential to empower our minds and say no to drugs in order to build a Nasha Mukta Bharat, which means a drug-free India. This goal can only be achieved if we work together as a community to raise awareness, support each other, and promote healthy choices.



The increasing availability of drugs has made it easier for young people to experiment with them. Many turn to drugs out of curiosity, peer pressure, or to escape from stress and problems in their lives. However, using drugs can lead to addiction, which has harmful effects on health, relationships, and overall well-being.

Addiction can ruin lives, causing individuals to neglect their responsibilities, struggle academically, and harm their relationships with family and friends. Moreover, drug addiction does not just affect the user; it also brings pain and suffering to their loved ones.

To combat this issue, education and awareness are crucial. Schools and community organizations can play a significant role in teaching young people about the dangers of drugs. Programs that explain how drugs affect the brain and body can help students understand the risks involved. It is important to create an environment where students feel comfortable discussing these topics and asking questions. When young people are educated about the negative impacts of drug use, they are more likely to make informed decisions and avoid risky behaviors.

Parents also have a vital role in preventing drug abuse. They should have open conversations with their children about the dangers of drugs and the importance of making healthy choices. By providing a supportive and understanding atmosphere, parents can help their children feel safe discussing their feelings and



challenges. If children know they can talk to their parents, they are less likely to turn to drugs as a way to cope with their problems.

In addition to education, community support is essential for building a drug-free society. Initiatives like the *Nasha Mukta Bharat Abhiyan* aim to reduce drug abuse and promote a healthier lifestyle. This program encourages collaboration among government agencies, NGOs, and local communities to provide resources for prevention and rehabilitation. By working together, we can create programs that support those struggling with addiction and offer guidance for families affected by drug use.

Rehabilitation centers play a crucial role in helping individuals overcome addiction. These centers provide medical assistance, counseling, and support to help people recover from their dependence on drugs. It is not just about quitting drugs; it is also about rebuilding lives. Many centers offer vocational training and

life skills programs to help individuals reintegrate into society. By supporting these centers and promoting their services, we can help those in need find a path to recovery and a brighter future. Moreover, promoting healthy activities and hobbies can be an effective way to prevent drug use. Encouraging young people to participate in sports, arts, and community service helps them build self-esteem and find positive outlets for their energy and creativity. When young individuals engage in meaningful activities, they



Some glimpses of zonal awareness programs on substance abuse on 30/12/2024 at SBV Zeenat Mahal

are less likely to seek harmful alternatives like drugs.

The fight against drug abuse requires the commitment of every citizen. We must unite as a community to support those in need and create an environment where drug use is not accepted. By saying no to drugs, we are making a choice to prioritize our health and well-being. Each of us has a role to play in promoting a drug-free India.

In conclusion, building a *Nasha Mukta Bharat* is essential for the future of our nation. By empowering minds, raising awareness, and supporting one another, we can create a society that values health and well-being. Let us work together to say no to drugs and build a stronger, healthier India for generations to come. Together, we can make a difference and ensure a bright future free from the dangers of drug abuse.

## Drugs and Vulnerable Youth: Alarming Reality

*Soni Kumari, School of Excellence, Dwarka sec-22, 1821282, South West B*

India, a nation brimming with potential, is grappling with the menacing issue of drug abuse. The scourge of substance addiction threatens to undermine the very fabric of our society, imperiling the future of our youth and compromising national progress. It is imperative that we confront this challenge head-on, fostering a collective resolve to build a *Nasha Mukta Bharat* – a nation free from the clutches of intoxication.



### The Alarming Reality

Drug abuse has assumed alarming proportions in India, with approximately 3.1 crore individuals struggling with substance dependence. This phenomenon not only ravages individual lives but also perpetuates a vicious cycle of crime, violence, and social decay. The consequences are far-reaching, affecting families, communities, and the nation at large.

### The Vulnerable Youth

Our youth, the future architects of India's growth, are particularly susceptible to the allure of substance abuse. Factors such as peer pressure, stress, and lack of awareness contribute to this vulnerability. The statistics are staggering:

- 45% of drug addicts in India are between 15-25 years old.

70% of substance abusers initiate drug use before the age of 18.

### Empowering Minds, Transforming Lives

To combat this menace, it is essential to empower minds and strengthen the nation's resolve. Education and awareness are pivotal in this endeavor. By disseminating knowledge about the perils of drug abuse, we can inoculate our youth against the allure of intoxicants.



## Key Strategies:

1. Education and Awareness: Integrate drug abuse prevention programs into school curricula, emphasizing the risks and consequences.
2. Community Engagement: Foster community-led initiatives, promoting healthy alternatives and support networks.
3. Rehabilitation and Support: Provide accessible, effective rehabilitation services and counseling.
4. Policy Enforcement: Strengthen laws and enforcement mechanisms to curb drug trafficking and distribution.

## Role of Family and Society

Families and communities play a vital role in preventing substance abuse. By:

- Encouraging open communication
- Fostering emotional support
- Promoting healthy habits
- Setting positive examples
- 
- We can create a nurturing environment that discourages drug experimentation.

## Government Initiatives

The Indian government has launched several initiatives to combat drug abuse:

- National Toll-Free Drug De-Addiction Helpline (14420)
- National Drug Abuse Prevention Program
- Narcotics Control Bureau

## Nasha Mukht Bharat Abhiyan

This nationwide campaign aims to:

- Educate 10 crore youth about drug abuse risks
- Engage 1 lakh community volunteers
- Provide rehabilitation support to 5 lakh individuals

## Collective Action, Brighter Future

Building a Nasha Mukht Bharat demands collective action. We must unite as a society, pooling our resources and resolve to:

1. Protect Our Youth: Safeguard vulnerable minds from the allure of substance abuse.
2. Promote Healthy Choices: Encourage physical activity, creative pursuits, and holistic well-being.
3. Support Recovery: Embrace and empower those struggling with addiction.

A Nasha Mukht Bharat is not merely a slogan; it is a beacon of hope for a brighter, healthier India. By empowering minds and strengthening our collective resolve, we can vanquish the spectre of drug abuse. Let us join hands to create a nation where our youth thrive, unfettered by the shackles of addiction. Together, we can build a stronger, more resilient India – an India that shines as a beacon of hope, prosperity, and promise.





**Family and Community Involvement:** The family can play a crucial role in preventing drug use. Open communication, trust, and active involvement in an adolescent's life can significantly lower the risk of substance abuse.

**Open communication:** If a family can create a home environment where adolescents feel comfortable discussing their problems, fears, and doubts, it helps build a strong connection between child and parents. Honest conversations about drugs, without judgment or punishment can prevent the topic of drug use from becoming a taboo.

**Be a Role Model:** Parents and caregivers should model healthy behaviors. Children who see their family members make positive choices are more likely to do the same as they grow up to become an adolescent and later adults.

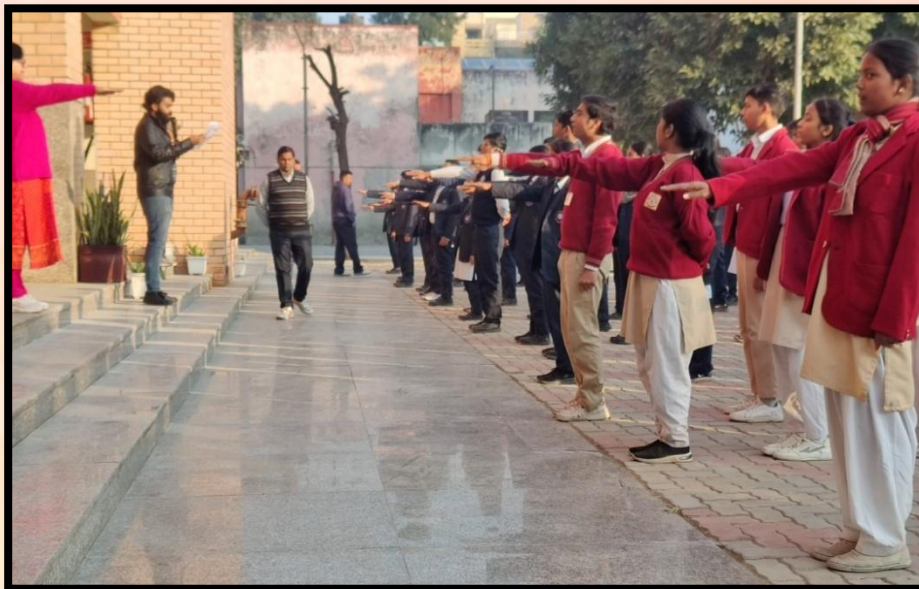
**Encouraging Healthy Alternatives:** When adolescents are given a chance to engage in fulfilling activities, they are less likely to turn to drugs. As a community plays an important role in shaping adolescents' behavior, having social activities, and group sports can offer alternatives that reduce the desire for risky behavior.

**Physical activities:** Sports, yoga, and any other form of physical activity not only improve physical health but also boost mental well-being. Exercise gives rise to endorphins, the happy hormone, and helps

adolescents healthily manage emotions.

**Hobbies & creative outlet:** Adolescents should be encouraged to pursue interests like music, art, writing, or coding, etc. These activities can provide a sense of achievement and keep them focused on positive goals.

**Community engagement:** Volunteering and getting involved in community service can help adolescents develop a sense of purpose



and social responsibility. Being part of something larger than themselves gives them less reason to turn to drugs for fulfillment.

**Developing Strong Coping Mechanisms:** Knowing how to cope with stress, anxiety, and peer pressure can prove essential for preventing drug use. Instead of turning to substances for relief, they can use healthy strategies to deal with emotional challenges.

**Mindfulness & Relaxation Techniques:** Mindfulness practices, such as deep breathing, diaphragmatic breathing, and progressive muscle relaxation (JPMR), can help adolescents stay calm and centred during stressful situations.

**Positive peer relationships:** Adolescents should be encouraged to form friendships with peers who have similar values and interests. A strong, supportive relationship can help them resist the temptation of drugs.

**Problem-solving skills:** equip adolescents with the ability to break down problem into manageable steps. They can be taught various techniques of viewing a problem and approaching it with a calm mind. This helps them feel more in control of their lives and reduces the need for risky coping mechanisms like drug use.

**Sharing real-life stories:** One of the most influential and powerful ways to inspire adolescents to stay away from drugs is by sharing real-life stories of individuals who overcame drug-related challenges in



their lives. These stories help adolescents believe that it is possible to resist temptation and build a successful and content life.

**Inviting guest speakers:** Schools can invite guest speakers, such as people who were former addicts and now have been sober, to share their journey in detail with students. Health professionals can also be invited to provide insight into the dangers of drug use.

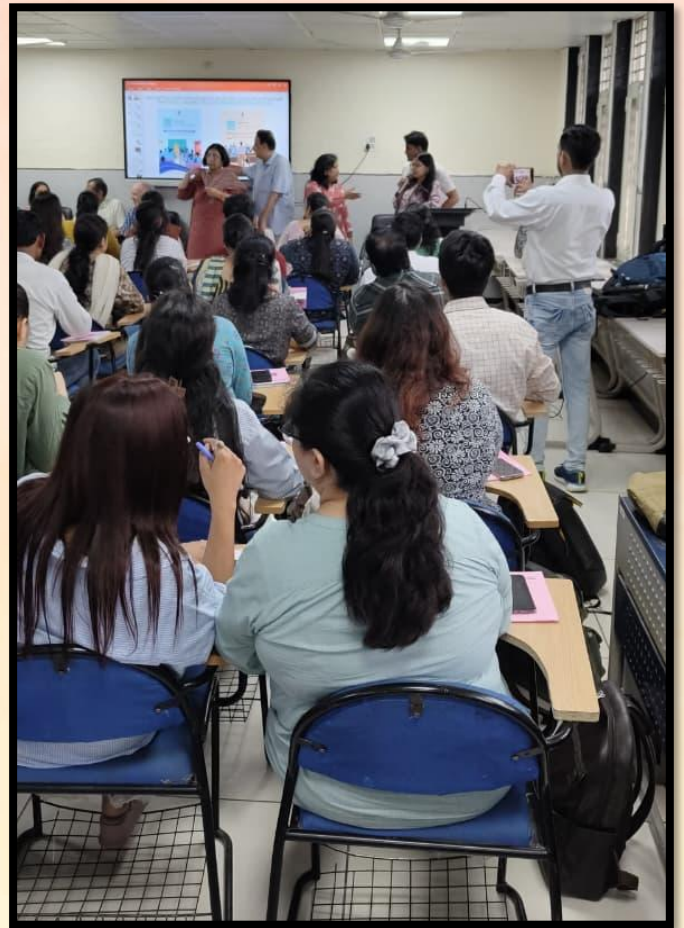
**Peer mentorship program:** Older students or young adults can visit schools as alumni and interact with the adolescents to guide them through the pressures of growing up. They can provide practical advice and support.

**Building Awareness Through Campaigns:** Public awareness campaigns are essential for spreading the message of drug prevention. These campaigns can educate adolescents about the risks of substance use and offer resources for those who need help.

**Anti-drug programs:** Such programs can be implemented in schools to educate students on especially how to say “NO” to drugs. These programs can include role-playing, interactive workshops, and dissemination of educational videos.

Together, we can create an environment where adolescents feel confident, valued, and capable of resisting the temptation/urge of drugs, which would ensure a brighter, healthier future for the next generation.

## Glimpses of Brief Intervention and Navchetna Training in 10 Cycles





# Glimpses of SCERT Training in 10 Cycles



## Mental Health

### Breaking the Stigma: Men, Psychological Help and the Struggle against Masculinity Norms

*Amit Kumar, EVGC, District South-West B*

Kunal, a 35-year-old software engineer, had been struggling with anxiety and depression for years. He often found himself awake at night, overwhelmed with thoughts of failure, yet he never spoke about it. "Men don't cry. Men don't need therapy," he told himself, echoing words he had heard all his life. It wasn't until he reached a breaking point—an anxiety attack at work—that he considered seeking help. But even then, the stigma loomed large (*to be continued...*).



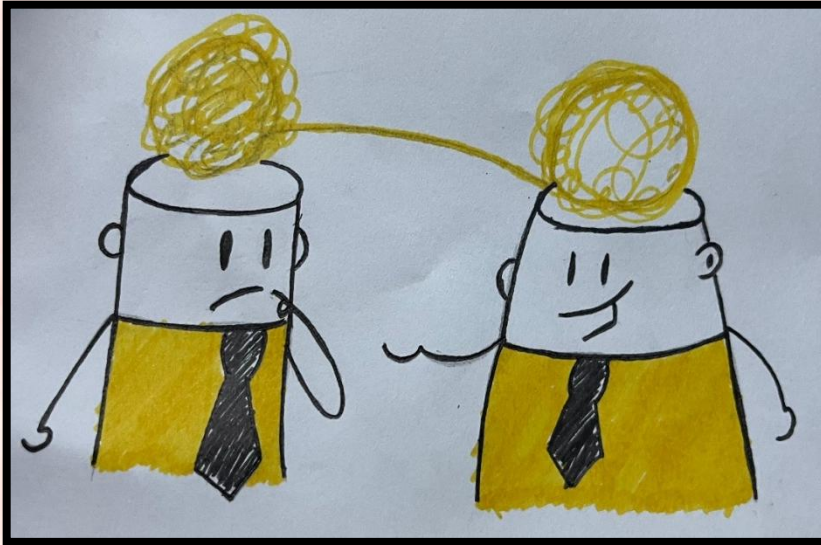
#### The Stigma Surrounding Men's Mental Health

Men seeking therapy often face an uphill battle against deeply ingrained societal norms. The traditional definition of masculinity—being strong, self-sufficient, and unemotional—has led many to believe that asking for help is a sign of weakness. Phrases like "man up" or "be tough" reinforce the notion that emotional vulnerability is unacceptable.

This stigma operates in multiple ways:

1. **Internal Resistance:** Many men fear being perceived as weak. They suppress emotions, hoping the problem will disappear on its own.
2. **External Judgment:** Family, friends, and workplaces can sometimes reinforce the stigma. Comments like "You don't need a therapist, just get over it" discourage men from seeking help.





3. **Lack of Awareness:** Many men are not educated about mental health, leaving them unaware that their struggles are valid and treatable.

### **The Connection between Masculinity and Mental Health Struggles**

Masculinity norms play a significant role in shaping men's mental health experiences. Research shows that men are less likely to seek therapy compared to women, yet

they have higher rates of suicide and substance abuse. Suppressing emotions can lead to destructive coping mechanisms like excessive drinking, aggression, or complete withdrawal from loved ones.

For example, take Mihir, a veteran who returned home from service and suffered from Post Traumatic Stress Disorder (PTSD). He refused therapy, thinking it would make him appear "less of a man." Instead, he resorted to alcohol, damaging his relationships and career. Only after a close friend shared his own therapy journey did Mihir decide to seek help, changing his life dramatically.

### **Breaking the Barriers: How to Make Mental Health Help More Accessible for Men**

1. **Reframing Therapy as Strength** – Therapy should be positioned as a tool for resilience, not weakness. Highlighting stories of men—athletes, celebrities, and professionals—who have benefited from therapy can help shift perceptions.
2. **Normalizing Conversations** – Encouraging open discussions about mental health among men, whether in workplaces, sports teams, or social circles, can dismantle the stigma.
3. **Making Therapy More Approachable** – Online therapy and anonymous mental health services provide safe spaces where men can seek help without fear of judgment.
4. **Educating from an Early Age** – Teaching boys that emotions are normal and seeking help is courageous can reshape societal expectations over time.

### **The Road Ahead**

Convincingly, Kunal eventually sought therapy, learning to manage his anxiety and redefine what strength meant to him. "Being vulnerable is not weakness," he realized, "it's the bravest thing I've ever done."

Therefore, the fight against stigma starts with changing perceptions—one conversation, one therapy session, one man at a time. By challenging outdated norms and fostering a culture of acceptance, we can ensure that no man feels ashamed to seek the help he deserves.

# Mental Health of Caregivers: Navigating Emotional Challenges & Self-Care

*Deepa Singh, EVGC, District East*

Caring for a loved one with a chronic illness is an act of profound love and dedication, but it also comes with immense emotional and psychological burdens. The role of a caregiver, whether for an aging parent with Alzheimer's, a spouse battling cancer, or a child with a lifelong disability, is both rewarding and exhausting. The mental health of caregivers often takes a backseat as they focus entirely on the well-being of their loved ones.



## The Emotional Toll of Care giving

Sara, a 42-year-old working professional, found herself suddenly thrust into the role of a full-time caregiver when her husband was diagnosed with Parkinson's disease. Initially, she felt honored to care for her husband, but as time passed, the responsibilities became overwhelming. Juggling her career, household, and her husband's increasing needs left her physically exhausted and emotionally drained. Sara often experienced guilt when she took time for herself, leading to stress and isolation.

Caregivers like Sara often experience anxiety, depression, and chronic stress due to the relentless demands of care giving. The unpredictability of a loved one's condition, coupled with the feeling of *helplessness*, can result in *emotional burnout*.

## Burnout among Caregivers

Burnout is a significant risk for caregivers who *fail to prioritize their own health*. Common symptoms include:

- Chronic fatigue and sleep disturbances
- Loss of interest in previously enjoyed activities
- Feelings of helplessness and resentment
- Increased irritability and withdrawal from social interactions
- Physical ailments such as headaches, body pain, or weakened immunity

When caregivers neglect their own needs, they risk becoming unable to provide effective care. Ironically, in striving to be the best caregiver possible, they may unconsciously harm both themselves and the loved one they are caring for.

## Challenges Faced by Mental Health Professionals

Even *mental health professionals*, who dedicate their careers to helping others navigate psychological distress, face unique challenges. *Therapists* and *counselors* dealing with caregivers may experience emotional transference, where they absorb the pain and stress of their clients. This can lead to compassion fatigue, making it difficult for them to separate work stress from personal life.

The weight of constant exposure to human suffering can cause burnout if they do not implement strong self-care strategies.

### Strategies for Self-Care among Caregivers

- **Seek Support:** Join a caregiver support group or speak with a mental health professional to share experiences and emotions.
- **Prioritize Breaks:** Even short respites, such as a walk or meditation session, can help rejuvenate the mind and body.
- **Set Boundaries:** Recognize your limitations and seek assistance from family, friends, or professional caregivers.
- **Engage in Enjoyable Activities:** Dedicate time to hobbies or activities that bring joy, such as reading, music, or exercise.
- **Practice Mindfulness:** Simple breathing exercises or journaling can help caregivers process emotions effectively.



### Quick Psychological Tips for Maintaining Positivity

1. **Reframe Thoughts:** Instead of thinking, “I have to do this,” shift to “I am doing this because I love them.”
2. **Celebrate Small Wins:** Acknowledge daily accomplishments, no matter how minor.
3. **Stay Connected:** Regular interactions with friends can provide emotional relief.
4. **Express Gratitude:** Focus on positive moments, even amidst challenges.
5. **Accept Help:** Understand that accepting help is not a weakness but a necessity.

Caring for a loved one is an *emotional journey* filled with highs and lows. To sustain their ability to provide support, caregivers must also prioritize their own well-being. By embracing self-care, seeking help when needed, and maintaining a positive outlook, caregivers can continue to provide compassionate care while safeguarding their own mental health.

# Importance of Mental Health in Schools: An Indian Perspective

*Priya Verma, EVGC, District West A*

In India, where academic excellence is highly emphasized, mental health often takes a backseat, leading to alarming issues such as anxiety, depression, substance abuse, and even suicide among students. From a psychologist's perspective, fostering mental health in schools is imperative for nurturing balanced, resilient, and capable individuals.



## Understanding Mental Health in Indian Schools

Mental health is not merely the absence of mental illness but the presence of positive emotional and psychological well-being. It includes coping effectively with stress, establishing positive relationships, and making responsible decisions. In the Indian educational system, children are subjected to high expectations, peer pressure, and a rigid curriculum, all of which can negatively impact their mental health.

Despite the increasing awareness of mental health globally, India continues to grapple with stigmas and misconceptions surrounding psychological issues. This stigma often prevents students from seeking help, further exacerbating their struggles. Therefore, it is essential for Indian schools to prioritize mental health education and create a supportive environment that encourages open communication and emotional well-being.

## The Role of Value Education in Mental Health

Value education plays a pivotal role in shaping a child's personality and emotional resilience. In the Indian context, where moral values are deeply rooted in cultural heritage, integrating value education in schools can significantly enhance students' mental health.



Value education fosters a positive school environment that encourages kindness, cooperation, and mutual respect among students. **Career Counseling: Navigating Academic Pressure**

Career-related stress is a significant contributor to mental health issues among Indian students. The societal emphasis on conventional career paths, coupled with parental expectations, creates immense pressure on children to excel academically. This pressure often leads to anxiety, low self-esteem, and even suicidal tendencies.

Implementing effective career counseling in schools can help students make informed decisions about their future while alleviating academic stress. Psychologists and trained counsellors can assist students in identifying their interests, strengths, and aptitudes, thereby guiding them toward suitable career choices.

### **Skill Education: Building Resilience and Confidence**

Skills such as problem-solving, critical thinking, communication, and emotional intelligence enable children to navigate life's challenges more effectively. Moreover, skill education promotes self-efficacy, reducing anxiety and stress associated with academic performance. It also empowers students to pursue their passions and hobbies, which can serve as a positive outlet for emotional expression and stress relief.

### **Involvement of Parents in Decision Making**

Parents play a crucial role in a child's mental health and educational journey. In the Indian context, parental involvement is often limited to academic performance, neglecting emotional and psychological well-being. This gap can be bridged by encouraging parents to participate in decision-making processes related to their child's education and mental health.

Schools can organize regular parent-teacher meetings, workshops, and counseling sessions to create awareness about mental health issues and the importance of emotional support at home. Open communication between parents, teachers, and counselors can help identify early signs of mental distress and provide timely intervention.



### **Strategies to Improve Mental Health in Schools**

To promote mental health in schools, a holistic approach is required that includes the following strategies:

1. **Mental Health Curriculum:** Integrate mental health education into the school curriculum to create awareness and reduce stigma.

2. **Training Teachers and Staff:** Equip teachers with the skills to identify signs of mental distress and provide psychological first aid.

3. **Counseling Services:** Establish dedicated counseling cells with trained psychologists to provide emotional support and intervention.

4. **Safe and Inclusive Environment:** Foster an inclusive environment where students feel safe to express their emotions without fear of judgment.

5. **Extracurricular Activities:** Encourage participation in extracurricular activities like sports, arts, and mindfulness programs to promote emotional well-being.

Mental health is an indispensable part of a child's development, influencing their academic performance, behavior, and overall quality of life. By recognizing the importance of mental health and implementing strategic interventions, Indian schools can create a positive and supportive environment where every child can thrive emotionally, socially, and academically.



# Understanding Anxiety



Instructions: For each statement, choose how often you experience this. Use the following options:

- Rarely (1 point)
- Sometimes (2 points)
- Often (3 points)
- Almost All the Time (4 points)

Statements	4	3	2	1
I feel nervous or anxious without a clear reason.				
I worry about things I can't control.				
I avoid situations or people that make me uncomfortable.				
I have difficulty concentrating on tasks.				
I feel my heart racing, even when I'm not exercising.				
I overthink what others might think of me.				
I find it hard to relax, even in a calm environment.				
I feel overwhelmed by my responsibilities.				
I have trouble falling asleep because of my thoughts.				
I feel tense or restless throughout the day.				

Scoring Guide:

After completing the quiz, add up your scores to see where you fall:

- 10-15 points: Low anxiety levels – Anxiety is rarely a major issue, but it's good to monitor how you feel.
- 16-25 points: Moderate anxiety – You experience some signs of anxiety. Using relaxation techniques might help.
- 26-35 points: High anxiety – You often feel anxious. Finding healthy ways to manage anxiety may improve your well-being.
- 36-40 points: Very high anxiety – Anxiety affects you frequently. It might be beneficial to seek support from a counselor or therapist.

## Empathy: Sensitivity towards other's Mental Health

*Kusum EVGC, District North*

Empathising with others is essential for healthy relationships and communication. After all, it's hard to know how to relate to others if you can't understand their feelings.

Empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine yourself in their place. Essentially, it is putting yourself in someone else's position and feeling what they are feeling.



### Empathy vs Sympathy

These two words are often used interchangeably, but there is huge difference between



sympathy and empathy. Unlike empathy, sympathy doesn't involve sharing what someone else feels. Sympathy means you simply care about the person's problem or misfortune and feel sorry for their suffering, but you don't fully feel their pain.

Sympathy is more of a feeling of pity for the person, while empathy is more a feeling of compassion for them.

Empathy plays an important role in supporting good mental health, as it allows us to better understand ourselves and others, fostering feelings of connection and purpose which are fundamental for maintaining a healthy state of mind.

Developing empathy is essential not only for one's own mental state but it also helps people to become aware of mental health related issues in society and to develop a positive perspective towards other people's needs.

However, today's generation lacks this important aspect in their life and therefore becoming more insensitive towards their needs and creating a negative environment for development and growth.

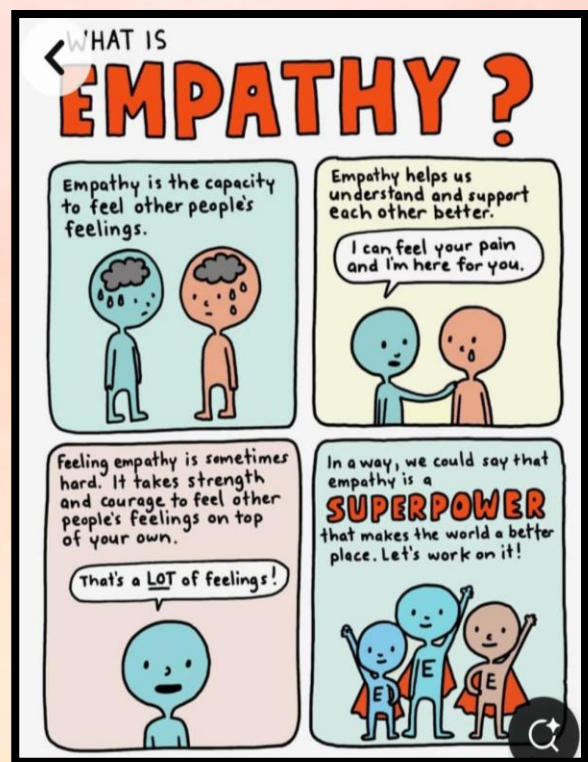
As a counsellor we can help them to understand this concept in order to create a mind-set which is sensitive towards other's needs and mental Wellbeing, thus creating a helping hand for each other''

## Here are some reasons why empathy is so important in mental health:

1. Empathy helps to **reduce stigma and discrimination** associated with mental health. When we show empathy towards someone who is struggling with mental health issues, we help to reduce the shame and isolation that often accompany these challenges. Further help them to open up.
2. Empathy **promotes healing**: When someone feels seen and heard, they are more likely to open up and seek help. This can be particularly important in the workplace, where individuals may be reluctant to share their struggles due to fears of discrimination or negative consequences.
3. Empathy leads to **healthy relationships**. When we are empathetic, we are able to build deeper connections with others and create a more positive and supportive work environment.

## How can we practise being more empathetic? Here are a few tips:

1. **Listen actively**: -When someone is speaking, give them your full attention and show that you care about what they have to say and do not judge them for what they say
2. **Put yourself in others' shoes**: -Try to imagine how you would feel if you were in their situation. This helps in better understanding of other person emotions.
3. **Validate others' emotions**: - Let them know that their feelings are valid and important.
4. **Offer support**: - offering support means providing a listening ear or practical help, let others know that you are there for them.
5. **Ask questions instead of making assumptions**:  
- Instead of guessing at what someone else is feeling, ask them. Asking instead of making assumption demonstrate a level of care and a curiosity to understand another person's unique experiences and point of view.



6. **Cultivate humility by stepping out of your comfort zone**: -Nothing helps us develop empathy like getting out of our comfort zone. New experiences and challenges cultivate a sense of humility which can help us appreciate feelings we might not be familiar with. This, in turn, can encourage us to meet others with more empathy.

*“Students learning empathy by putting them self in other person’s shoes with some fun music”*

Teaching empathy from a young age is important because it helps children learn to recognize and manage their own emotions while also understanding the feelings of others. Empathetic individuals show kindness, display better conflict-resolution skills, and contribute positively to their communities. By practising empathy, we can create a supportive and inclusive environment that promotes mental health and wellbeing for all.

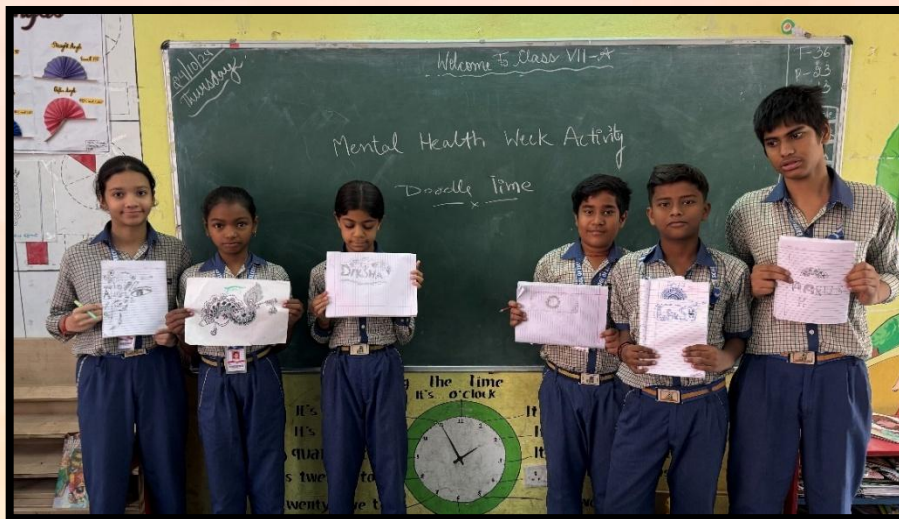
## Mental Health issues among Adolescents

*Monika Tanwar, EVGC, District West B*

Adolescence is a transitional phase between childhood and adulthood, characterized by several cognitive, emotional, physical, intellectual, and attitudinal changes as well as by changes in social roles, relationships, and expectations. While it is a phase of tremendous growth in preparation of adults' roles and skills to sustain pressures and challenges, it is also a transition phase that can increase risk of various, psychological disorders, adjustment problems, and suicidal tendencies.



According to the National Mental Health Survey of India (2015–2016), the prevalence of psychiatric disorders among adolescents (13–17 years) is around 7.3%. Approximately 40%–90% of “adolescents with depression” have a comorbid psychiatric disorder such as anxiety disorders, conduct disorders, substance abuse, or personality disorders. Suicide is a leading cause of death among young people, leading to death of at least 25% of deaths in adolescent boys and 50%–75% in adolescent girls. Therefore, there is a need for positive and promotive mental health among adolescent youths, to ensure a smooth progress of adolescents to their adult life.



Children spend more time in school than in any other formal institutional structure. As such, schools play a key part in children's development, from peer relationships and social interactions to academic attainment and cognitive progress, emotional control and behavioral expectations, and

physical and moral development. All these areas are reciprocally affected by mental health. There are studies in India, showing a higher (44.1%) prevalence of depression among higher secondary school students. According to the burden of mental disorders across the states of India (2017), one among every seven people in India had a mental disorder, ranging from mild to severe.

It is recommended that the government should take initiative to start a counseling center with psychologists, school counselors, and psychiatric social workers in every school with the facility or access for screening periodically. Early diagnosis and necessary counseling/treatment will reduce the mental health problems among adolescents. Mental health education and training should be a part of routine school activity.

# Benefits Of Therapy: How It Can Help to Detangle Your Thoughts

Deepika, EVGC, South-West B

Seeking therapy has become one of the most proactive measures you can take to improve your mental and overall health. Although therapy is often controversial and questionable, it is true that it can change your life.

## 1. Improved Mental Health

Improved mental health is one of the most important benefits of therapy. Counseling provides a supportive and confidential space for people to discuss their thoughts, feelings, and actions. Using this free fellowship and many other therapeutic techniques and approaches helps people gain a deeper understanding of their problems related to anxiety, depression, or stress.

An effective form of therapy, cognitive-behavioral therapy (CBT), helps bring these negative thoughts into consciousness so they can be acknowledged and then addressed. By addressing these patterns, therapy can lead not only to a clear reduction in symptoms but also to an improvement in the capacity for emotional regulation.

## 2. Increased self-awareness

Therapy prompts self-examination and discovery. As a person explores in therapy, he or she often learns things about his or her own behavior, motivation, and life experiences that are extremely useful. The more self-aware you become, the easier it is to see your strengths and weaknesses, so you can begin to work toward personal growth.

It can also help people understand what causes certain behaviors or feelings, leading to more rational and healthier coping habits. This self-realization is a powerful asset in dealing with life's problems and growth.

## 3. Improved relationships

Relationships (including family members, partners, and friends) can be profoundly impacted in a positive way by therapy. Through exploring ways to change relationship dynamics and underlying wounds, people can develop better communication skills in conflict resolution or healthier dating patterns.

For example, a couple can learn to work on poor communication or pending



### Four Simple Tips for Mindfulness & Meditation

**Start Your Day Mindfully**  
Morning Meditation: Begin with 5-10 minutes of deep breathing to set a calm tone for the day.

**Practice Mindful Breathing**  
Deep Breaths: Whenever stress arises, pause and take a few slow, deep breaths to center yourself.

**Embrace Mindful Activities**  
Mindful Eating or Walking: Focus on the sensations of what you're doing—whether eating or walking—fully engage your senses.

**End Your Day with Reflection**  
Evening Meditation or Journaling: Wind down with a short meditation or jot down your thoughts to release any tension.

issues with the help of couples' therapy. Couples can benefit from therapy to identify healthier ways to deal with conflict as well as improve emotional intimacy.

#### 4. Greater emotional resilience

When people go to therapy, they learn coping skills and strategies to not be so affected by their emotions. Resilience is about coping with both minor and overwhelming adversity. In understanding these mechanisms, individuals can apply them to their lives to cope with the stresses they face or transition from one stage of life to another. Mindfulness or relaxation exercises are therapeutic tools that can help create a more calm and focused emotional self. Greater resilience results in facing challenges in an optimistic way and with a proactive attitude.

#### 5. Growth/personal empowerment

Therapy is not just about fixing problems – it helps us develop personal growth and empowerment. Therapy can provide a way to set and create personal goals, learn new skills for your life so you can thrive. In therapy, we help our clients clarify their strengths and areas of growth so they can make plans towards achieving what they want. Setting goals honestly and trying your best to achieve them, even if you fail in the process, can perhaps make life a little less monotonous.

#### 6. Expert guidance and support

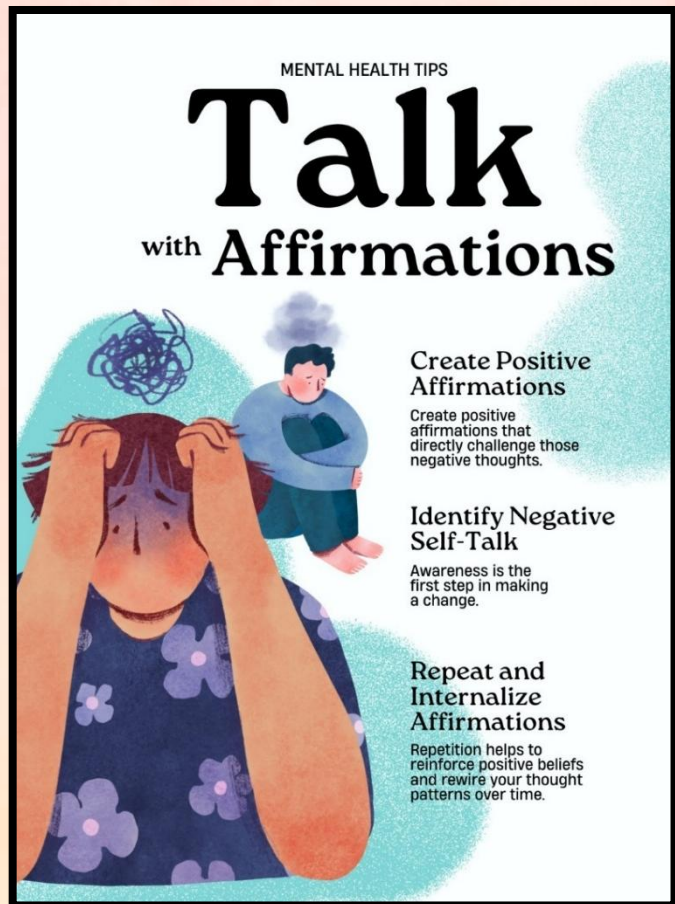
Therapy provides you with professional help and support. Our therapists are trained to provide care with interventions and treatments that have been shown by research to be necessary for problems. They provide a non-judgmental and supportive approach to help their clients process challenging emotions and experiences.

Therapists can also provide feedback or insight to help clarify and put into perspective. Such professional assistance can be very important for making appropriate and informed decisions, ensuring effective solace for life-problems.

#### 7. Reduced stress and depression

If you suffer from symptoms associated with mental health disorders such as anxiety and depression, therapy can play an important role in a person's treatment. Therapists collaborate with clients to address symptoms and figure out how to best deal with those symptoms.

For example, a person with post-traumatic stress disorder (PTSD) may rely heavily on trauma-focused therapy that helps them confront and recover from past trauma. And, for individuals with



obsessive-compulsive disorder (OCD), exposure and response prevention therapy can help practice coping and managing compulsive behaviors.

### 8. Higher self-esteem and confidence

If self-limiting beliefs and negative beliefs about oneself are the problem, therapy can work wonders in changing all of these, for example by building self-esteem by forgiving oneself. By applying therapeutic strategies, people can learn to question (and respond to) negative thinking and develop a more positive view of themselves. The more positive self-worth and therefore confidence a person has, the more likely they are to pursue their goals, take on new challenges, and engage in activities that are overall favorable for them.

### 9. Supporting life changes

Sometimes major changes in our lives (careers, relationships, other life events) can feel overwhelming and cumbersome. Therapy is a change agent that provides emotional and practical support as we move from one state to another. Whether it is finding your footing in a new job, getting over a breakup or coping with the loss of someone close to you, therapy can provide much-needed

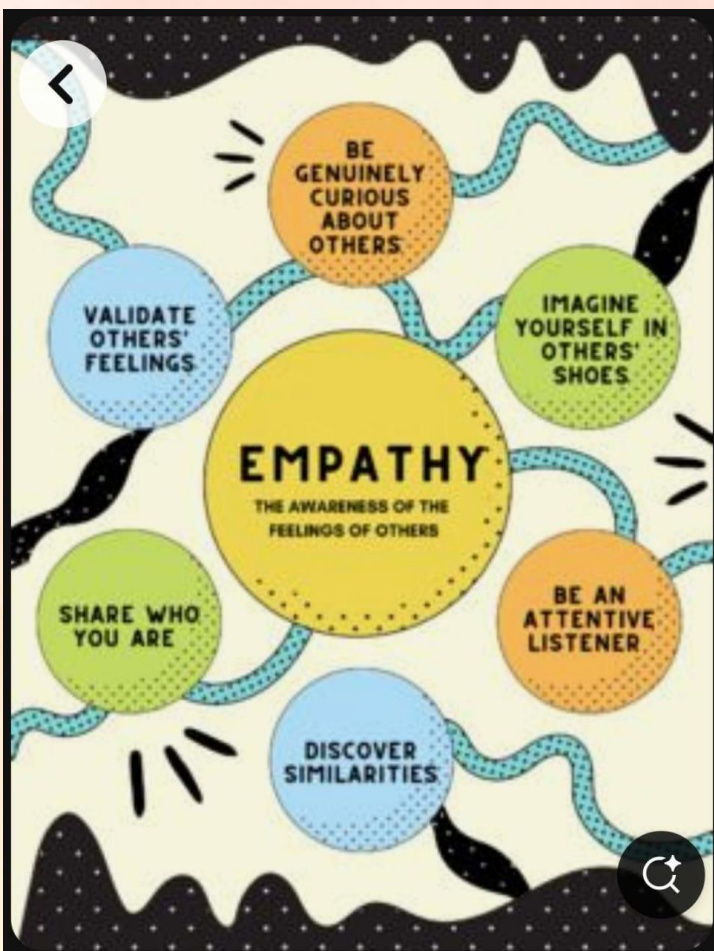
support and help individuals move forward.

### 10. Prevents other mental health problems

How therapy can be a form of mental health prevention, not just treatment for existing problems. This positive transfer of energy can help heal healthy coping mechanisms that ultimately make them more efficient in dealing with stress and avoid triggers that lead to mental health problems in the future. It also prepares a person to understand the early stages indicating certain mental and physical imbalances, so gentle care can be initiated or sought in time.

There are many benefits of therapy that enhance one's mental health, development, and well-being. Whether you want to learn more about yourself, develop stronger emotional intelligence or improve your relationships and work life, therapy is a tool that will stand the test of

time for individuals who want to live their lives in a more joyful way. When therapy is viewed as a proactive and empowering resource, individuals are often given the opportunity to reach their potential before they hit the inevitable dead ends in life.



# Counselling: A Shield against Substance Abuse

*Shivani, EVGC, District West B*

## Counselling Basics

Consider the metaphor of a hiker and a guide. While the guide helps the hiker to know where to go, the hiker still climbs the mountain on her own. The counsellor guides the client through the early stages of recovery, but the recovery process ultimately belongs to the client. The client alone is responsible and accountable for his or her recovery. The counsellor must emphasize this point to facilitate personal responsibility.



## Context of Counselling

First of all, we need to know the **context for counselling**:

- Who are the kinds of people who come for counselling?
- What are the kinds of things that individuals returning from drug rehabilitation centres feel?
- What are some the attitudes of the community towards these people?
- What are individuals' concerns when they seek counselling?
- How might they expect you to help them?

## Why drug users come to seek counselling?

- They are forced by parents, the community, and/or law enforcement agencies.
- They come for methadone treatment, not for counselling, but counselling was a part of treatment, so they joined.
- They come to please someone such as a spouse partner, family member etc.
- They want to quit or reduce their drug use.



## Why do drug users not seek counselling?

- Many of them think/believe that only they know their problems and no one else can help.
- They deny that they have a drug problem.
- They are too proud to talk about their personal issues, faults or weaknesses.
- They are afraid of breach of confidentiality.

- They have failed many times before and do not want to try again.
- They had a bad experience with a previous counsellor who dictated terms or orders for them.
- Counsellors have not used drugs, so drug users think they won't understand.

In their daily lives, drug users experience discrimination, stigmatization and rejection. They are often viewed as criminals and outcasts and a target for the community's anger and fear.



### **What do drug users worry about?**

- Further discrimination
- Their future
- Others talking about their drug use
- Lack of treatment access
- Counselling won't work
- Lack of treatment (HIV)

As a counsellor, it is important for you to understand drug users' worries. So, when clients come to you for counselling, you have an opportunity to help them understand how counselling can help relieve many of the worries that they may have. You will learn many techniques and skills throughout this training to assist your clients and alleviate their worries.

### **Myths about Drug Abuse**

Although in recent years there is an increasing number of community education programs to raise awareness and understanding about drug use, drug users and community health, there remain many myths about drug users.

- "People who use drugs are always morally weak."
- "Addicts are beyond help."
- "All drug users are drug addicts."
- "All drug users are criminals."

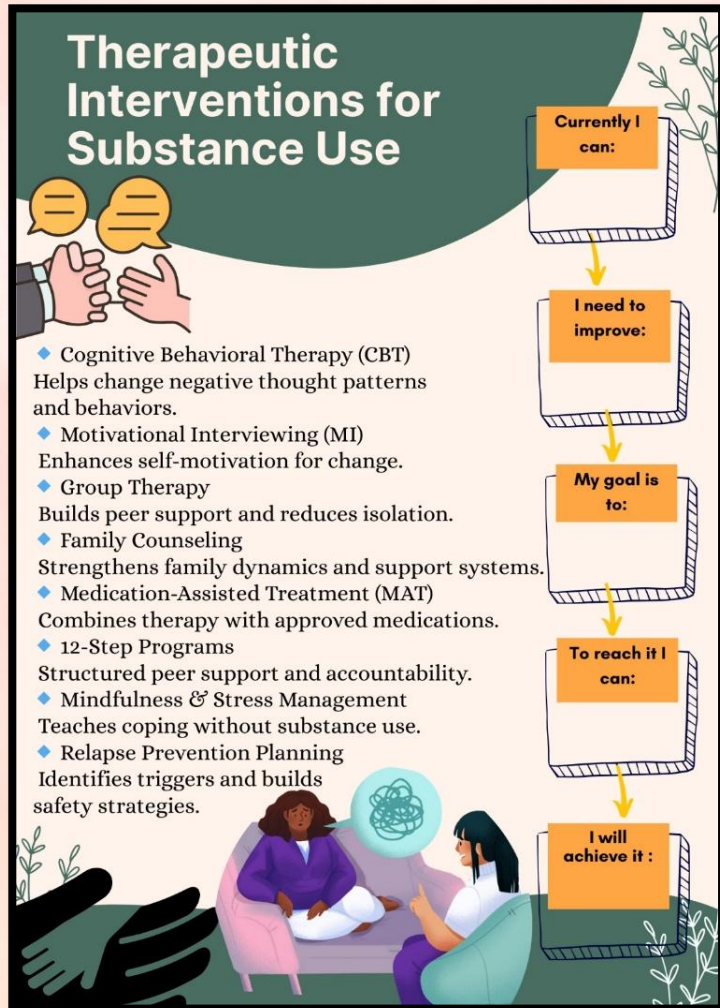
Drug users often resort to crime to pay for their drugs. Some drug users are criminals before they start using drugs. Many people in the community feel that drug addiction is a moral weakness and do not understand that it is a chronic relapsing disorder that involves changes in the brain, body, and spirit of the drug user. They do not understand that these changes make it difficult for some individuals to avoid using drugs.

### **What is Counselling?**

Counselling is catered to the specific needs, issues and circumstances of each individual client. Counselling should also be focused, with specific goals obtained by asking questions, eliciting

information, reviewing options and developing action plans. It considers an individual's social and cultural context, and readiness to change.

- Counselling can be provided to individuals, couples, groups or families.
- Counselling is most effective when it is voluntary.
- Conversations are a mechanism for exchange of information, but they are not purposeful in changing behaviour.
- Collaboration in effective counselling is essential; it is important to remain open-minded and flexible in your approach.
- It is an interactive process through which both counselor and client cooperate on achieving agreed upon short-term goals.



**Attributes of an Ideal Counsellor**

A good counsellor is creative and imaginative and can help clients identify linkages between their thoughts, feelings and behaviours. Many clients will appreciate counsellors who can help them organize and articulate their thoughts around specific goals they would like to achieve. A good counsellor is flexible and can give practical guidance on ways that clients can achieve their goals.

**Counselling helps individuals to take charge of their lives by:**

- helping them to develop the ability to make wise and realistic decisions
- altering their behaviour to produce desirable consequences
- providing them useful information for informed decision making
- Can be for individuals, couples or families
- Should be provided by counsellors who are creative and imaginative, use a practical approach, are able to show respect for their clients, are action-oriented, and do not impose their own views or concerns.

## Stress Management During Exams: Case Study

*Vandana Pal, EVGC, District North*

### Case Study

S is a 17-year-old XII class student who is preparing for her board exams. She is an academically driven student, involved in several extracurricular activities including debate and poem reciting in school. Despite her strong academic record, S has recently been experiencing significant stress related to her upcoming exams.

### Presenting Problem:

S reports feeling overwhelmed by the pressure of her exams. She is anxious about her performance and is struggling to manage her study schedule. She describes experiencing physical symptoms such as headaches, fatigue, and difficulty sleeping. Her stress has started to affect her social interactions and overall well-being.



### Assessment:

#### Academic Pressure:

S feels immense pressure to perform well due to her ambition of attending a prestigious university. This pressure is compounded by high expectations from her parents and teachers.

#### Study Habits:

S has developed a study routine that includes long hours of study, but she has not incorporated effective time management techniques. She often crams at the last minute and experiences difficulty balancing study with rest.

#### Physical and Emotional Symptoms:

S reports frequent headaches, disrupted sleep patterns, and a lack of appetite. Emotionally, she is experiencing anxiety and occasional feelings of hopelessness.

**Social Impact:**

S’s stress has led her to withdraw from social activities and interactions with friends and family. Her relationships are becoming strained as she isolates herself to focus on studying.

**Intervention Strategies:  
Cognitive-Behavioral  
Therapy (CBT):**

CBT techniques can help S reframe her negative thoughts about her exams and reduce anxiety. Therapy can focus on managing her expectations, setting realistic goals, and developing coping strategies.

- Challenge and Reframe thoughts.
- Preparation.
- Time management.
- Relaxation techniques.
- Positive visualisation.
- Goal settings (Short-term and long-term).

**Time Management and Study Skills:**

S can benefit from learning effective study techniques, such as breaking study sessions into manageable blocks, using active recall and spaced repetition, and scheduling regular breaks.

# Stress Management Techniques



**Practice Deep Breathing**

Take slow, deep breaths to calm your mind and body.



**Get Moving**

Exercise, stretch, or go for a walk to release tension.



**Listen to Music**

Play calming or uplifting tunes to improve your mood.



**Take Breaks**

Step away from tasks regularly to recharge and refocus.



**Write It Down**

Jot down your thoughts or practice gratitude journaling.



**Talk It Out**

Share your feelings with a friend or loved one for support.



**Stress Reduction Techniques:**

Incorporating relaxation techniques such as mindfulness, deep breathing exercises, and physical activity can help S manage her stress levels. Encouraging regular exercise and a balanced diet is also important.

**Social Support:**

Reconnecting with friends and family can provide with emotional support. Encouraging her to participate in social activities and maintain relationships can help alleviate feelings of isolation.

**Sleep Hygiene:**

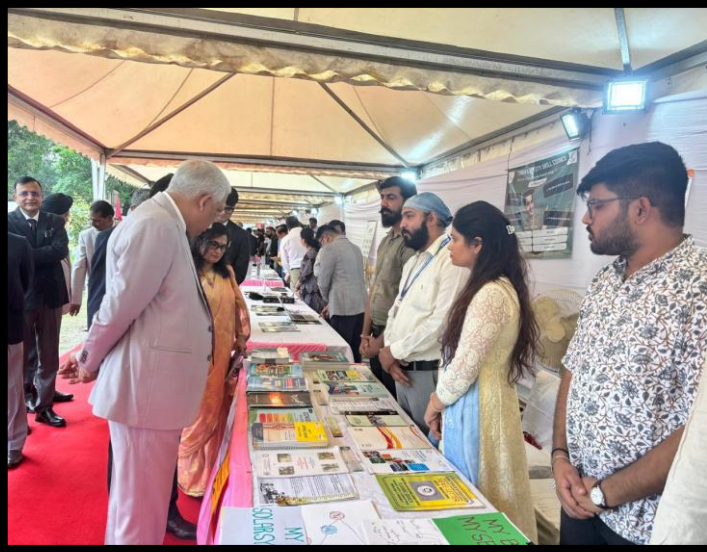
Improving her sleep routine by establishing a consistent sleep schedule and creating a restful environment can help address the issues with sleep.

With the implementation of these strategies, S’s stress levels decreased, leading to improved sleep, reduced anxiety, and better overall well-being. Her academic performance improved as she adopted healthier study habits and learned to balance her workload. S also began to re-engage with her social circle, which contributed positively to her emotional state.

S’s case highlights the importance of a holistic approach in managing exam-related stress. By addressing academic pressure, improving study habits, incorporating stress reduction techniques, and maintaining social connections, S was able to navigate her stress effectively and perform better academically. This case underscores the need for support systems and effective coping strategies to help students manage exam stress.



# Career Fair at Seva Kutir, 30<sup>th</sup> August, 2025



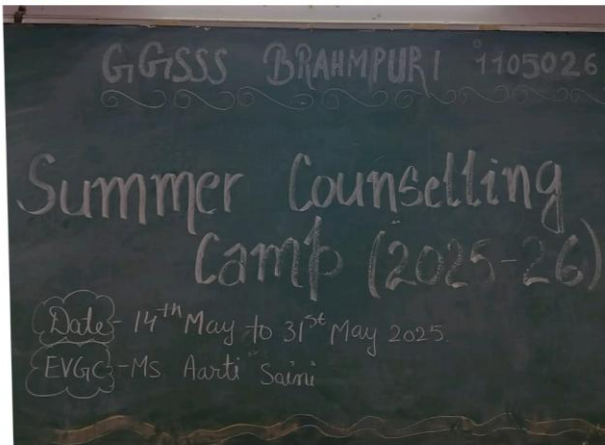
# Summer Counselling Camp, 2025-26



Summer counselling  
camp



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## Emotional Intelligence

### Trauma-Informed Interventions in Schools: Managing Emotional Regulation through the Window of Tolerance

*Utkarsh Srivastava, EVGC, District East*

Trauma therapy is a specialized psychotherapeutic approach aimed at treating the deep psychological, emotional, and somatic effects of trauma. As defined by **Dr. Judith Herman**, a renowned psychologist and expert in trauma studies, trauma refers to “*an affliction of the powerless,*” where an overwhelming event shatters an individual's sense of safety, control, and self-worth. Trauma therapy aims to restore these fundamental aspects by creating a secure, structured environment where individuals can process traumatic experiences, alleviate distress, and regain emotional equilibrium.



Evidence-based techniques such as Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Somatic Experiencing are commonly used. These approaches help individuals reprocess traumatic memories, restructure maladaptive thought patterns, and release stored tension in the body. Trauma therapy emphasizes empowerment, emotional regulation, and resilience building, allowing individuals to reclaim a sense of control and autonomy.

Key principles of trauma therapy, such as safety, trust, and cultural sensitivity, ensure that treatment is non-retraumatizing and supportive of the individual's unique experiences. By addressing both the emotional and physiological impact of trauma, this therapy fosters long-term healing, resilience, and well-being, allowing individuals to regain a sense of safety and stability in their lives.

*“Even if you’ve accumulated a house full of nice things and the picture of your life fits inside a beautiful frame, if you have experienced trauma but haven’t excavated it, the wounded parts of you will affect everything you’ve managed to build.” – Oprah Winfrey*

The **Window of Tolerance** is a concept developed by Dr. Dan Siegel that describes the optimal zone of arousal for an individual, where they can effectively manage emotions, think clearly, and engage with others. Understanding this concept is crucial in a school setting, especially when dealing with students who have experienced trauma. Here’s an overview of the Window of Tolerance and its application in a school environment.

#### **Zones of Arousal:**

**Within the Window:** When students are within their Window of Tolerance, they can process information, communicate effectively, and engage in learning. They feel safe, grounded, and are able to express their emotions appropriately.

**Hyperarousal (Above the Window):** In this state, students may experience heightened anxiety, agitation, or intense emotions. Signs include excessive talking, restlessness, or aggressive behavior. This state can hinder learning and interaction, as the brain’s ability to think critically is compromised.

**Hypoarousal (Below the Window):** In this state, students may feel numb, shut down, or disengaged. They may show signs of withdrawal, fatigue, or lack of motivation. This response can stem from feeling overwhelmed or helpless.

The pathway to healing isn't always straight forward. Possible causes of trauma include:

- Physical, emotional, or sexual abuse
- Domestic violence
- Natural disasters (e.g., earthquakes, floods)
- Accidents (e.g., car crashes)
- War or combat experiences
- Serious illness or injury
- Sudden loss of a loved one
- Neglect or abandonment
- Bullying or harassment
- Witnessing violence or death
- Prolonged exposure to chronic stress (e.g., systemic oppression, poverty)
- Childhood trauma or adverse childhood experiences (ACEs)
- Medical trauma (e.g., surgeries, severe medical conditions)
- Displacement or forced migration (e.g., refugees)

Signs and symptoms of trauma can manifest in various emotional, psychological, and physical ways. Common indicators include:

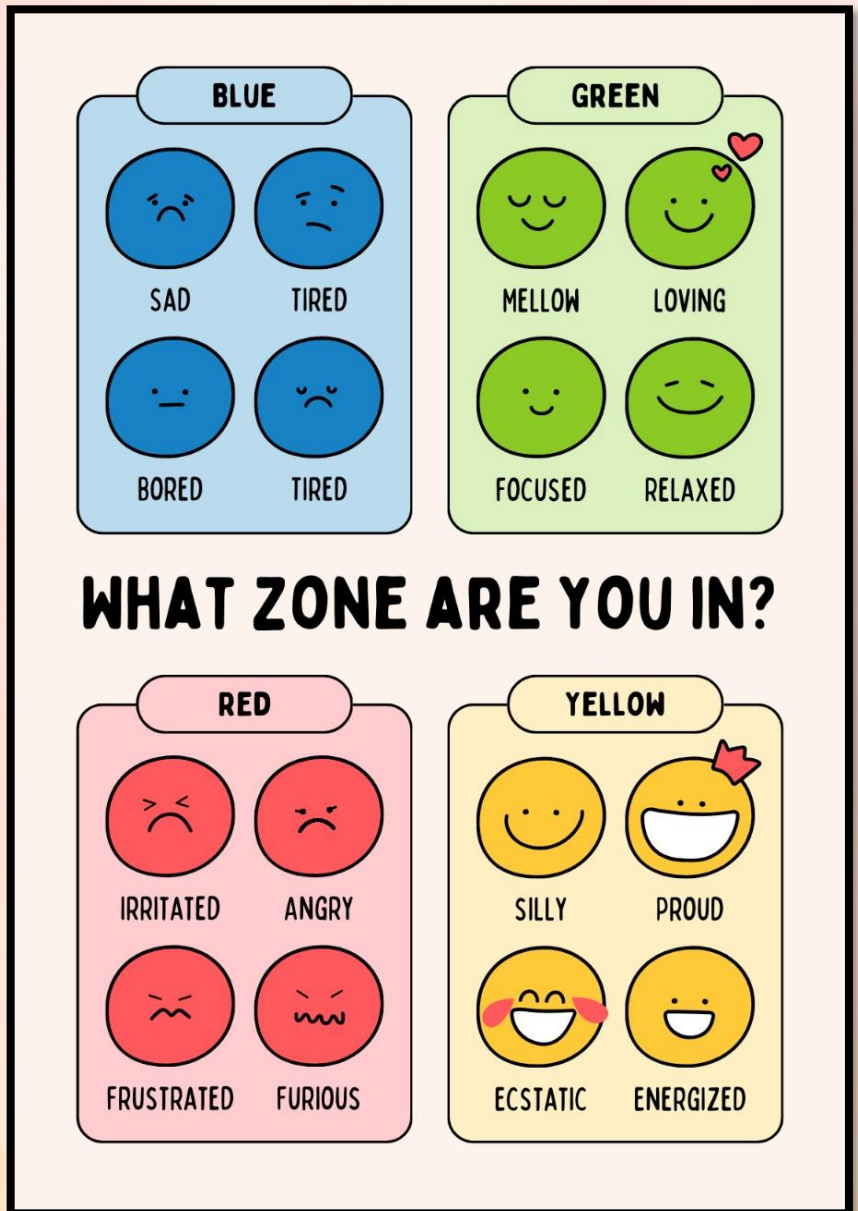
**Anxiety:** Persistent feelings of fear or unease.

**Depression:** Feelings of sadness, hopelessness, or despair.

**Mood Swings:** Rapid changes in emotional state, including irritability or anger.

**Guilt or Shame:** Intense feelings of self-blame or inadequacy.

**Emotional Numbness:** Difficulty experiencing emotions or feeling disconnected.



Psychological Symptoms:

**Flashbacks:** Re-experiencing the traumatic event through intrusive memories.

**Nightmares:** Disturbing dreams related to the trauma.

**Avoidance:** Steering clear of reminders or discussions about the traumatic event.

**Hyper vigilance:** Heightened awareness of surroundings and constant feeling of being on guard.

**Difficulty Concentrating:** Trouble focusing on tasks or making decisions.

Physical Symptoms:

**Sleep Disturbances:** Insomnia or disrupted sleep patterns.

**Somatic Complaints:** Unexplained physical symptoms like headaches or stomachaches.

**Fatigue:** Chronic tiredness or low energy.

**Changes in Appetite:** Eating too much or too little.

**Startle Response:** Easily startled or jumpy in response to unexpected stimuli.

Behavioral Symptoms:

**Withdrawal:** Avoiding social interactions or isolating oneself.

**Substance Abuse:** Using alcohol or drugs to cope with distress.

**Risky Behaviors:** Engaging in self-destructive or reckless activities.

**Case Study:** Understanding the Window of Tolerance in an Indian School Setting Background

**Student Profile:**

**Name:** XYZ



**Age:** 14 years

**Grade:** 9

**Location:** A government school in a small town in India

**Trauma History:** XYZ experienced domestic violence at home, leading to emotional distress. Their family struggled financially, adding to their anxiety. Following a particularly violent incident, XYZ became withdrawn and showed signs of

academic decline.

Identification of Needs Signs of Trauma:

**Hyperarousal:** XYZ displayed signs of agitation, difficulty concentrating, and frequent outbursts in class. They were often restless and struggled to follow instructions.

**Hypoarousal:** At times, XYZ seemed emotionally numb, disengaged from peers, and unresponsive during discussions, which indicated a shutdown response to stress.

**Behavioral Changes:** XYZ's academic performance dropped significantly, and they began to isolate themselves from friends

**Teacher's Observations:** XYZ's social studies teacher, Mrs. Rao, noticed their struggles and reached out to the school counselor, Ms. Patel, to discuss the changes in XYZ's behavior. They decided to implement an intervention plan focused on understanding and managing XYZ's Window of Tolerance.

Intervention Plan Intervention Plan for XYZ

**Creating a Safe Environment:**  
**Classroom Structure:** Clear routines and predictable schedules were set to help XYZ feel more secure.

**Calm Corner:** A space was designated in the classroom for XYZ to use when feeling overwhelmed.

Teacher Training:

**Workshops:** Teachers received trauma-informed training to recognize trauma signs and support students like XYZ.

Self-Regulation Techniques:

**Mindfulness & Relaxation:** XYZ learned mindfulness exercises and breathing techniques to manage stress.

**Physical Activity:** Regular yoga sessions were introduced to help with emotional regulation.

Counseling Support:

**Weekly Counseling:** XYZ attended weekly sessions with the school counselor to process their emotions and develop coping strategies.

**Cognitive Behavioral Therapy (CBT):** Techniques were used to help XYZ challenge negative thoughts and build resilience.

Peer Support:

**Buddy System:** XYZ was paired with a classmate for peer support and social engagement.

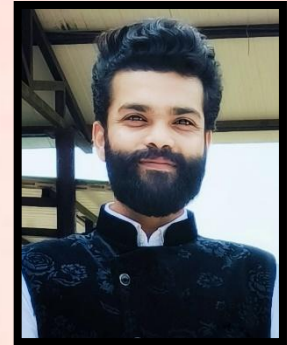
This streamlined intervention provided XYZ with the necessary emotional support and strategies for coping with trauma, resulting in noticeable academic and social improvements.



## Emotional Well-being: Significance in School Life

*Nikhil Chaudhary, EVGC, District South-East*

Emotional well-being is all about understanding, managing, and expressing emotions in a healthy way. It helps students cope with stress, adapt to change, and maintain a positive outlook on life. When students feel emotionally balanced, they perform better academically, build strong relationships, and grow into confident individuals.



### Why Emotional Well-being Matters for Students

1. **Better Focus and Learning** – When students feel emotionally stable, they can concentrate better in class, grasp new concepts faster, and stay motivated.
2. **Stronger Friendships** – Understanding emotions helps students communicate better, resolve conflicts, and develop meaningful friendships.
3. **Less Stress, More Happiness** – Learning how to manage emotions reduces anxiety, making school life more enjoyable.
4. **Healthy Mind, Healthy Body** – Emotional well-being also influences physical health by reducing stress-related problems like headaches or fatigue.



### Key Elements of Emotional Well-being

1. **Self-Awareness** – Recognizing and understanding emotions helps students control reactions and make thoughtful decisions.

2. **Managing Emotions** – Learning to

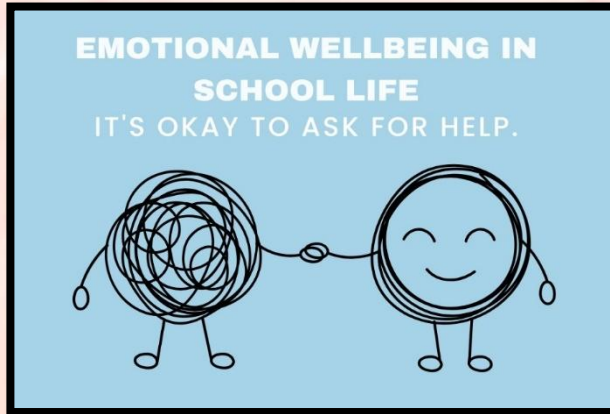
stay calm in tough situations through mindfulness, deep breathing, or simply talking about feelings.

3. **Resilience** – Bouncing back from failures or setbacks with a positive mindset and learning from mistakes.
4. **Healthy Relationships** – Building trust, showing kindness, and seeking support from teachers, friends, and family.
5. **Coping Strategies** – Finding enjoyable activities like sports, music, art, or reading to relax and recharge.

**Mira's Story:** Mira, a high school student, used to feel overwhelmed with exams, homework, and social pressure. She often bottled up her emotions, which led to stress and frequent

headaches. One day, her teacher introduced mindfulness exercises in class, and Mira decided to give them a try. She also started journaling her thoughts and talking to a school counselor when she felt overwhelmed. Over time, Mira found herself managing stress better, improving her focus, and even enjoying school more. Her experience shows that small steps towards emotional well-being can make a big difference!

### How Schools Can Support Emotional Well-being



1. **Social and Emotional Learning (SEL)** – Teaching students’ self-awareness, empathy, and problem-solving skills in the classroom.
2. **Safe and Supportive Environments** – Encouraging open discussions, promoting kindness, and preventing bullying.
3. **Access to Mental Health Support** – Having school counselors or teachers who listen and guide students through challenges.

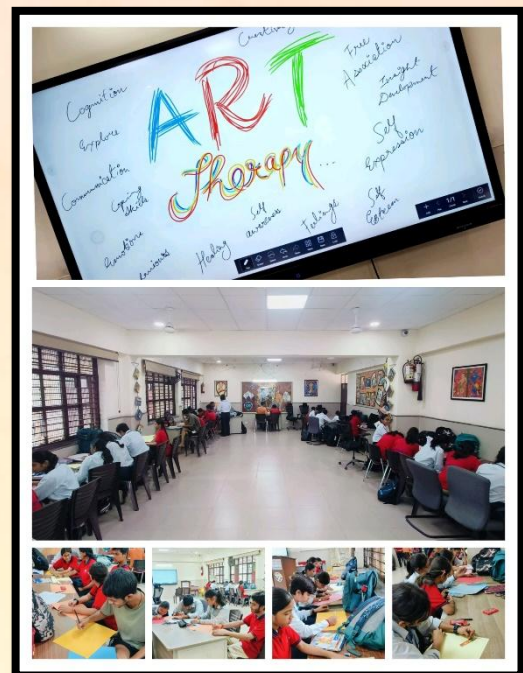
4. **Encouraging Physical Activity** – Exercise releases happy hormones, boosting mood and reducing stress.
5. **Balancing Academics and Fun** – Schools should promote hobbies, creativity, and leisure activities alongside studies.

### Simple Tips for Students to Improve Emotional Well-being

- **Practice Gratitude** – Write down three good things each day to focus on positivity.
- **Talk It Out** – Share feelings with a trusted friend, teacher, or family member.
- **Stay Active** – Engage in sports, dance, or even a quick walk to refresh the mind.
- **Take Breaks** – Avoid burnout by balancing studies with relaxation.
- **Sleep Well** – A well-rested mind helps in managing emotions better.

Conclusively, emotional well-being is as important as academic success. Schools play a vital role in creating a positive environment where students feel safe, supported, and empowered. When students take care of their emotional health, they build resilience, form meaningful connections, and enjoy learning.

Prioritizing emotional well-being leads to a happier and more fulfilling school life!



## Social Awareness

### Becoming a Better Version of Oneself: Life Skills from the Bhagavad Gita for Students and their Personal Growth

*Manali Gupta, EVGC, District South-East*

The *Bhagavad Gita* is more than just an ancient scripture; it's a guidebook to mastering life. It provides profound lessons that are incredibly relevant to students, helping them navigate academic stress, personal growth, and future aspirations. Let's dive into some life-changing principles from the *Bhagavad Gita* that can help shape a successful and fulfilling life.



#### 1. Focus on Effort, Not Just Results

One of the biggest sources of stress for students is worrying about results. The Bhagavad Gita teaches that we should focus on our efforts and not obsess over outcomes. Imagine a student preparing for an exam. If they study diligently with full concentration rather than worrying about grades, they will perform better. When you give your best without excessive fear of results, success follows naturally.

#### 2. Master Self-Discipline and Consistency

Lord Krishna emphasizes the importance of self-control and discipline. A student who maintains a consistent study schedule, practices good habits, and stays away from distractions is far more likely to succeed than someone who studies only before exams. Even in life beyond academics, discipline in small things—waking up early, exercising, and sticking to goals—builds strong character.

#### 3. Overcome Fear and Self-Doubt

At the start of the Bhagavad Gita, Arjuna is paralyzed by doubt and fear, much like students facing new challenges. Krishna reassures him that fear is natural, but taking action despite fear is what leads to growth. Whether it's public speaking, attempting a tough subject, or making



important decisions, confidence grows when we step out of our comfort zones.

**LETTER TO**  
*Yourself*

Understanding and accepting yourself is key to developing self-esteem. Write a letter to yourself to build your essential skills.

**LETTER TO YOUR FUTURE SELF**

**LETTER TO YOUR PAST SELF**

**THANK YOU LETTER TO YOUR SELF**

#### 4. Develop Emotional Stability

Life is full of highs and lows, but the Bhagavad Gita teaches us to remain balanced in both success and failure. If a student receives bad grades, instead of giving up, they should take it as a learning experience. Similarly, success should not make one arrogant. Staying emotionally stable helps in handling life's uncertainties gracefully.

#### 5. Adopt a Growth Mindset

Krishna explains that knowledge is ever-expanding. Instead of fearing failure, students should embrace mistakes as learning opportunities. If someone fails in math, instead of saying, "I'm bad at math," they should think, "I haven't mastered it yet." This small shift in

mindset leads to long-term growth and improvement.

#### 6. Be Mindful and Present

In today's world of distractions, students often struggle with focus. The Bhagavad Gita teaches mindfulness—doing one thing at a time with full attention. Whether studying, eating, or talking to someone, being fully present enhances efficiency and enjoyment in life.

#### 7. Serve Others and Stay Humble

True success is not just about personal achievements but also about contributing to society. Krishna teaches that selfless action leads to real happiness. Helping classmates, respecting teachers, and being kind to others create a positive impact and build meaningful relationships.

The *Bhagavad Gita* is a timeless source of wisdom. By following its teachings—focusing on efforts, practicing discipline, overcoming fear, and maintaining emotional balance—students can transform into stronger, wiser, and more fulfilled individuals. The real journey of life is not just about academic success but about becoming the best version of ourselves!

# The Double-Edged Sword of Sharenting: A Deep Dive into Its Impact on Children

*Mridula Pal Singh, EVGC, District North-East II*

In an age where social media dominates our lives, "sharenting"—a term that combines "sharing" and "parenting"—has become an increasingly common practice. Parents post pictures, videos, and milestones of their children on social platforms, often with the best intentions. However, what begins as an innocent act of sharing joy can have unforeseen consequences, particularly for the child's mental health and security.



## Ways of Sharenting and Its Growing Prevalence

Sharenting takes various forms, from sharing baby photos and birthday celebrations to documenting a child's academic and extracurricular achievements. Some parents even create dedicated social media pages for their children, unknowingly turning them into digital personalities before they can even walk. Others engage in influencer culture, using their child's likeness to promote brands and generate income.



A well-known case is that of **Mayra's parents**, who started a YouTube channel documenting her daily life from infancy. By the age of ten, Mayra had thousands of followers, but the reality behind the scenes was darker—she felt constantly under pressure to perform, and her privacy was virtually non-existent.

## The Impact on Children: Mental Health and Security Concerns

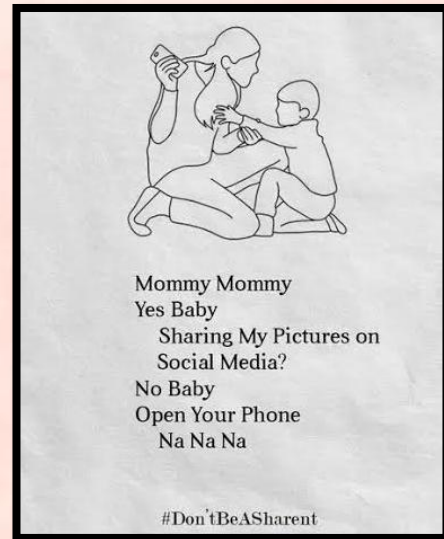
While parents see sharenting as a means of celebrating their children, children themselves may experience feelings of anxiety, embarrassment, and resentment as they grow older. When personal moments become public, children may feel their autonomy is compromised, leading to issues such as:

- **Loss of Privacy:** Children often have little say in what is posted about them, and these digital footprints remain accessible for years.
- **Identity Crisis:** Growing up in the shadow of an online persona can make it difficult for children to develop a sense of self independent of what is curated online.

- **Cyber bullying & Exploitation:** Strangers can misuse shared photos, and personal details can be exploited for identity theft or inappropriate use.

## Long-Term Psychological Effects

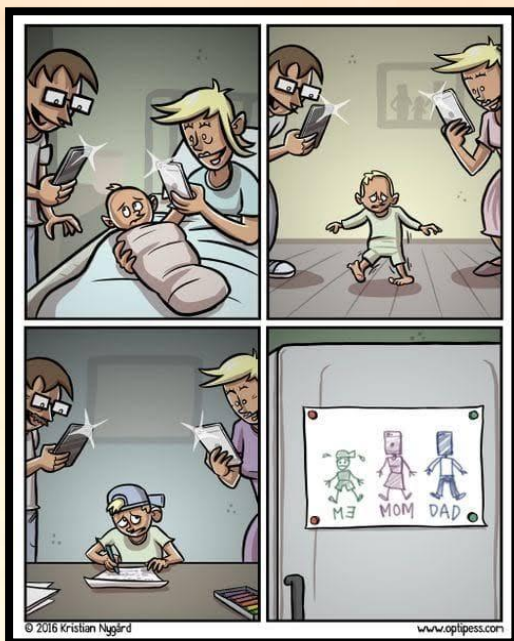
The long-term impact of sharenting can extend into adulthood, with some individuals struggling with trust issues, anxiety, and social withdrawal. Studies suggest that children whose lives were excessively documented online may experience **heightened self-consciousness, digital fatigue, and body image concerns**. Moreover, excessive parental over sharing can create unrealistic expectations, leading to a **perfectionist mindset and increased stress**.



## Measures to Control Sharenting

To balance the joy of sharing with the need for privacy and security, parents should adopt thoughtful practices such as:

- **Asking for Consent:** Once children reach an appropriate age, they should be consulted before their images or personal stories are posted.
- **Limiting Personal Details:** Avoid sharing identifiable information such as school names, birth dates, or locations.
- **Using Privacy Settings:** Restricting posts to close family and friends can minimize security risks.
- **Digital Footprint Awareness:** Parents should consider how long-term online exposure may affect their child's future opportunities and mental well-being.



## Psychological Interventions and Awareness

If children express discomfort or distress due to sharenting, **proper guidance, requisite counselling and open conversations** can help mitigate the psychological impact. Parents should be educated on the consequences of overexposing their child's life and should strive to **foster an environment where children feel heard and respected**. Sharenting, when done responsibly, can be a beautiful way to celebrate family moments. However, unchecked, it can lead to emotional distress and security risks for children. As digital awareness grows, it is crucial for parents to strike a balance between sharing memories and safeguarding their child's mental and emotional well-being.

## Doom Scrolling: The Digital Trap Impacting Adolescents and Families

Nadeem Akhtar Ansari, EVGC, District South-East

Have you ever caught yourself endlessly scrolling through your phone, consuming a never-ending stream of negative news, tragic stories, and distressing updates? That's doom scrolling—a habit that has become increasingly common, especially among adolescents. While it may seem harmless at first, its impact on mental health, student life, and family dynamics is profound and concerning.



### How Doom scrolling Affects Adolescents

Adolescents are particularly vulnerable to doom scrolling due to their developing brains and heightened emotional sensitivity. Social media platforms, news sites, and even entertainment apps use algorithms designed to keep users engaged, often bombarding them with alarming content.



This excessive exposure to negative news can lead to:

- **Anxiety and Depression:** Constant exposure to distressing news creates a sense of hopelessness and fear about the world.
- **Sleep Disturbances:** Late-night scrolling over stimulates the brain, delaying sleep and causing fatigue.
- **Decreased Focus and Productivity:** Students struggling with doom scrolling often find it

hard to concentrate in class or complete assignments efficiently.

- **Social Withdrawal:** Adolescents may isolate themselves, preferring digital updates over real-world interactions.

### Impact on Students and Their Families

Doom scrolling doesn't just affect the individual—it seeps into family life as well. Parents and guardians may notice their children becoming more irritable, distant, or emotionally overwhelmed. Academic performance can decline, and once-active students may show a lack of interest in extracurricular activities.

For parents, the stress of watching their child struggle with anxiety can create tension at home. Some even fall into the doom scrolling trap themselves, worsening the cycle of fear and negativity in the household.

### **Breaking free: How to Stop Doom Scrolling?**

Overcoming doom scrolling requires conscious effort, intervention and daily practices that promote positive digital habits. Here are some effective strategies:

#### **1. Set Screen Time Limits**

Use apps or built-in phone features to limit social media and news consumption. A 30-minute cap on news-related apps can prevent excessive exposure to distressing content.

#### **2. Replace Scrolling with Engaging Activities**

Encourage adolescents to take up hobbies that don't involve screens—reading, painting, playing a sport, or even journaling can help shift focus away from negative online content.

#### **3. Practice Digital Mindfulness**

Before opening an app, ask: *Why am I checking this? Is this necessary?* This simple self-awareness technique helps reduce mindless scrolling.

#### **4. Implement a No-Phone Zone**

Create phone-free times, such as during meals and before bedtime, to encourage in-person interactions and better sleep hygiene.

#### **5. Engage in Gratitude Exercises**

Each evening, write down three positive things that happened during the day. This practice rewires the brain to focus on positivity rather than negative digital content.

### **Reclaiming Control over Digital Consumption**

Doom scrolling is a modern challenge, but with the right awareness and interventions, adolescents and their families can break free from its grip. By setting boundaries, fostering real-life connections, and promoting mindful media consumption, we can create a healthier digital balance—one where technology serves us rather than controls us.

# ARE YOU A DOOMSCROLLER?

## Section 1: Identifying Your Habits

1. How often do you find yourself scrolling through negative news or distressing content online?

- Multiple times a day
- Once a day
- A few times a week
- Rarely
- Never

2. Do you feel an urge to keep scrolling, even when you know it's making you anxious or upset?

- Yes, all the time
- Sometimes
- Rarely
- No

3. How long do you typically spend doomscrolling in one sitting?

- Less than 5 minutes
- 5-15 minutes
- 15-30 minutes
- More than 30 minutes

4. What time of day do you engage in doomscrolling the most?

- Morning
- Afternoon
- Evening
- Late at night

## Section 2: Psychological & Physical Effects

5. How does doomscrolling affect your emotions?

- I feel anxious, stressed, or overwhelmed
- I feel sad or hopeless
- I feel informed but mentally drained
- It doesn't affect me much

6. Have you ever lost sleep due to doomscrolling?

- Yes, frequently
- Occasionally
- No

7. Have you noticed any physical effects from doomscrolling? (Select all that apply)

- Trouble sleeping
- Eye strain or headaches
- Increased heart rate or anxiety
- None of the above

## Section 3: Control & Awareness

8. Have you ever tried to stop doomscrolling but struggled?

- Yes, I can't seem to stop
- I've tried, but I relapse
- No, but I want to
- No, I don't see a need to stop

9. Do you set time limits or use any tools to restrict your scrolling?

- Yes, I actively limit my screen time
- Sometimes, but I don't always follow through
- No, I don't take any steps to limit it

10. If you answered "Yes" to doomscrolling, what's the main reason you do it?

- I feel the need to stay updated on world events
- I get stuck in a cycle of clicking on related content
- It's just a habit I can't break
- Other: \_\_\_\_\_

### Scoring & Results

- **Mostly "Yes"** Frequent answers -> You might be a doomscroller! Consider ways to reduce exposure to negative content.

- **Mixed answers** -> You engage in some doomscrolling but have some control. Try setting limits.

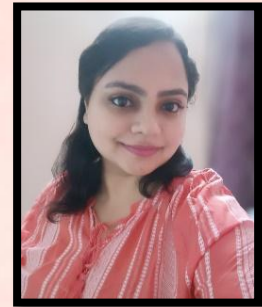
- **Mostly "No"** answers -> You likely have a healthy relationship with online content.



## Role of Appreciation in an individual's life – Your words Matter

*Priyanka Sawariya, EVGC, District West A*

In today's age, when there is a boom in technology, awareness, and a lot of competition amongst the youngsters, let us say career wise, fashion wise, showcasing their lifestyle or personal life, academically or any other way. Likely because of increased use of social media, YouTube and reel culture, everybody is in haste, each one is trying to influence one or the other, they just want to increase their followers, subscribers, likes and comments on their posts by hook or crook.



Whether be it in Real life or in Reel life - virtually on social media platforms, everybody is there to pull each other's leg, trolling and passing derogatory comments personally and also on the internet.

Which has increased a lot of hatred and negativity in the world. Mostly people are competing not to improve themselves, but to make other person feel down, in any scenario whether at workplace, in family, amongst friends or on the internet.

However, it's very important to **find a healthy balance with competition**, as too much of it can bring stress and harm to your mental well-being.



There are very few people who genuinely support and appreciate each other.

### **Trying is courageous**

On the other hand, what matters is the effort of a person. A person is who is trying, showing up, is courageous and fearless. Pushing himself out of his comfort zone and thriving to improve to make a better change, that person should be acknowledged and

appreciated.

It can be any person of any age, say- a nursery kid trying to pack his own school bag, a housewife, a mother doing every household chore tirelessly and also making delicious food for the family, a father providing the needs of his family. An average student trying to improve his academic performance to excel in exams.

A sportsman or any employee working and putting his or her efforts, showing and innovating the new work techniques and methods time again. All the hard efforts they are putting should be recognised, acknowledged and appreciated by their family, friends, colleagues and the workplace authorities.

## How little kind words do wonders!!

Little words of kindness and Appreciation time to time for a person can do wonders. It not only motivates a person to do better further, but also builds a sense of trust in self and in others, encouragement and sense of validation of his efforts.

### Appreciation has a vital role in a well-being of a person.

It gives him a sense of contentment, satisfaction and kind of self-awareness that he is on the right track. Little words of appreciation build a person's confidence, and self believe.

An environment of a family or a workplace should be supportive and friendly, where one can



speak up his mind and brings up his own unique ideas, which boosts up creativity and innovation. And also, if someone's do a good job he must be acknowledged and appreciated amongst all, it also encourages others to do good work, and also creates a healthy work environment, people can rely and trust on each other, seeking support and assistance to do better, and on whole which increases the work quality and efficiency and productivity for themselves and for the society.

# APPRECIATION

Appreciation are short-long, powerful statements that help you to control your thoughts, overcome negative patterns, and reinforce a belief in yourself.

**AWESOME GREAT WORK**

**KEEP TRYING!**

How Appreciation Works:

**KEEP IT UP**

- Rewire Thought Patterns: With repetition, they can change the neural pathways in your brain.
- Counteract Negativity: They're a tool to fight back against self-doubt and fear.
- Fuel Growth: Affirmations can serve as reminders of your capability and potential.

<p><b>ASKING for HELP is OK</b></p>	<p>I am capable of achieving my dreams.</p>	<p>I attract positivity and abundance into my life.</p>	<p>I radiate positivity and attract positive people.</p>
<p><b>COOL</b></p>	<p>I am confident in my abilities.</p>	<p>I embrace change as an opportunity for growth.</p>	<p>I am a magnet for success and prosperity.</p>

**VERY GOOD**

**WELL DONE**

**believe achieve succeed**

**KEEP LEARNING**

**YOU ARE DOING GREAT**

**YOU MATTER**

### Words are potent weapons for all the causes, good or bad.

Where discouraging words can destroy a person's confidence and mental wellbeing. Meanwhile Few kind words, words of appreciation can lead him to hope and improvement and motivates a person.

So, why not well spread a word of

Peace, Love, Hope and Appreciation to make this world a healthy, happy, positive and a Safe space for all of us.

## Internet friendships: Don't Overstep your Boundaries

Deepika, EVGC, South-West B

The Internet, which is the backbone of the world today, has completely changed our social behavior and made it easier than ever to befriend anyone and everyone around the world. Online friendships can give you the best of all: convenience, variety and instant contact. On the one hand, these cyberspace relationships can be extremely superficial and unsatisfying, but on the other hand they are unmatched in some respects.



Part of the appeal of making Internet-friendships is that you can easily connect with them. People who are shy, introverted or socially isolated can find themselves having a form of social life online and develop relationships to meet their needs. Similarly, web friendships can provide a degree of security of identity; you can be more independent than you are in reality.

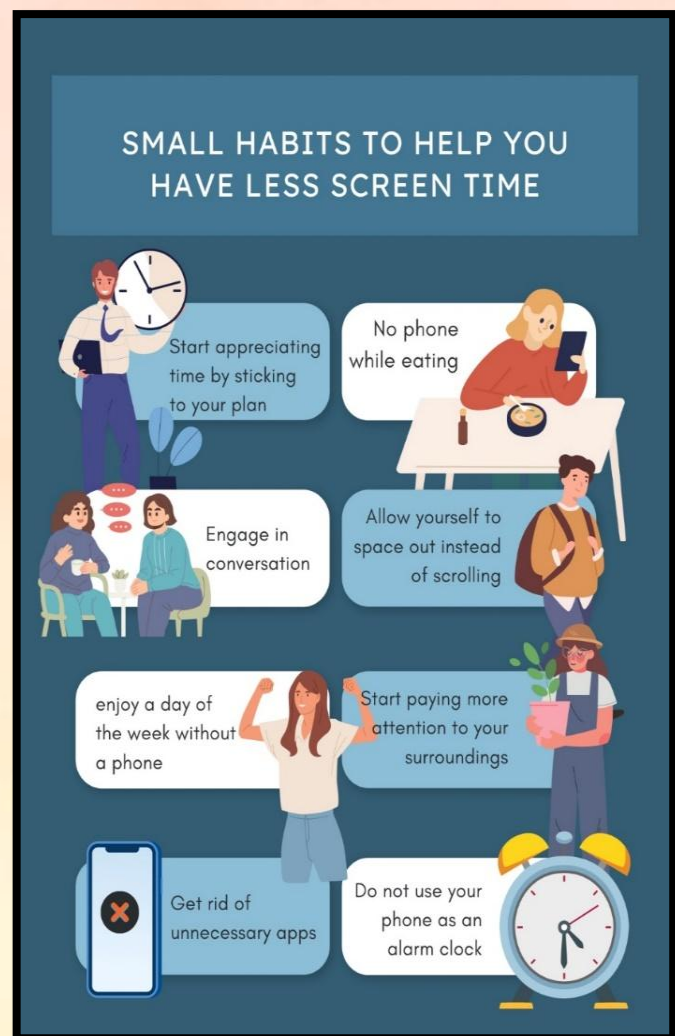
### Risks and Challenges

Online interactions are anonymous and you don't need to be in the same room with each other, and this can lead to misunderstandings, misrepresentations – even lies. People can pretend to be someone on social media and so when someone reveals their true identity, they can feel cheated or broken.

Another important issue is **privacy**. Internet Friendships When making friends with strangers on the Internet, you must be careful about what information we give them. Also, there is the risk of oversharing sensitive information at your expense (such as identity theft, cyberbullying or other forms of online harassment). When talking to strangers (people you may or may not know), it is important to exercise a certain degree of caution and discretion.

### Set boundaries

Setting boundaries is the key to keeping internet friendships happy and healthy. Here are some tips for managing online relationships:



1. Oversharing personal information: Don't give away too much information about yourself, for example where you live or your number or personal financial information.
2. Evidence checking: Don't trust the virtual people you interact with. Compare stories and topics, notice inconsistencies or a lack of personal examples.
3. Respect the privacy of others: Just as you expect others to respect your privacy, you should do the same. Don't force someone to give away too much information and be aware of their limits.
4. Caution on emotional investment: Virtual friends can have meaningful relationships; however, it is good to remember that one should not depend too much on virtualism. Try to keep your online relationships and real-world connections in such a way that they do not replace each other but complement each other.
5. Identify warning signs: Look out for red flags that can make an online friendship toxic or manipulative. This can be in the form of irrational jealousy, rigid controlling behaviour or a tendency to pull you away from your other relationships.



#### **Navigate both the online and offline worlds**

Evolving in the digital world, we can get caught up in that microcosm and forget our physical commitments and connections. In no way should online friendships take you away from ways to connect, work or grow personally in person.



Also, mixing your online and offline worlds can be helpful. Bringing an internet friend into real life and meeting up, like if you both live in the same neighborhood or something, can definitely feel good.

Set the privacy and security features that are present in online platforms. To some extent, most social media sites offer control over who can see you and communicate with you.

Understand these settings well and use them judiciously, online security standards may vary, respect your boundaries.

#### **The bottom line**

Friendships formed on the internet are a real, beautiful thing – even if they start in an unconventional way. That being said, just like any other type of relationship; they need to be navigated deliberately and carefully. Like anything in life, the secret to having healthy and fulfilling internet friendships is to be honest and have the right attitude.

# Menstruation Awareness among Adolescents: Breaking the Silence

*Savita Choudhary, EVGC, District North-East-I*

## Introduction

Menstruation is a natural biological process that every girl experiences, yet it remains a topic shrouded in myths and stigma. Awareness among both boys and girls is crucial in fostering a supportive and inclusive environment. Educating adolescents about menstruation at the right age helps build empathy, understanding, and confidence, making it a shared responsibility rather than a gender-specific issue.



## The Right Age for Awareness

Children should be introduced to the concept of menstruation around the ages of **9 to 12**, as puberty begins. This allows them to understand changes in their own bodies (for girls) and those of their peers (for boys) without misinformation or fear. Age-appropriate discussions should continue through adolescence to normalize conversations about periods.

## Importance of Menstruation Awareness

1. **Reduces Stigma & Myths** – Awareness breaks cultural taboos and dispels misinformation.
2. **Promotes Hygiene & Health** – Educating girls about menstrual hygiene prevents infections and health issues.
3. **Encourages Gender Equality** – Teaching boys about menstruation helps them become supportive allies instead of fostering shame or embarrassment.
4. **Boosts Confidence** – When adolescents understand their bodies, they feel more secure and prepared for life changes.
5. **Creates a Supportive Environment** – Open discussions ensure girls never feel isolated or ashamed.



## Playful and Engaging Ways to Spread Awareness

Making menstruation awareness fun and engaging can help children grasp the concept better. Here are some activities:

1. **Storytelling & Comics** – Create and share illustrated stories about menstruation featuring relatable characters and real-life situations.
2. **Menstrual Bingo** – A fun bingo game with terms related to menstruation, hygiene, and myths.
3. **DIY Period Kits** – Boys and girls can assemble period kits with sanitary pads, disposal bags, and hand sanitizers to promote understanding.
4. **Role-Playing Games** – Let boys and girls step into each other’s shoes through skits and role-playing exercises.
5. **Q&A Sessions with Experts** – Inviting doctors or educators to answer questions in an interactive session.
6. **Art & Poster Competitions** – Encourage students to create posters or artworks about menstrual health and hygiene.
7. **Myth-Busting Quizzes** – A fun and educational way to challenge misconceptions about menstruation.

## Roles of Boys and Girls in Menstruation Awareness

### Girls’ Role:

- Be open to discussing their experiences with trusted adults and peers.
- Support each other emotionally and practically.
- Maintain proper hygiene and encourage others to do the same.



### Boys’ Role:

- Show respect and empathy towards menstruating girls.
- Help create a non-judgmental environment in schools and communities.
- Speak up against period shaming and myths.

Convincingly, menstruation is a natural part of life, and the more we talk about it, the fewer stigmas it carries. By educating boys and girls together in a fun, interactive manner, we empower the next generation to be knowledgeable, empathetic, and supportive. Schools, parents, and communities must work together to ensure that menstruation awareness is not just a girl’s issue but a collective responsibility. Let’s normalize periods and make every adolescent feel informed and confident.

## 'No' is a NICE word: Empowering Teens to Make Healthy Choices

*Ramanpreet, EVGC, West A*

As we strive towards building a Nasha Mukta Bharat, it's essential to empower our youth with essential life skills to navigate challenging situations. Substance use and negative peer influence can have devastating consequences, especially during adolescence. Setting boundaries is a crucial aspect of maintaining physical, emotional, and mental well-being.



### The Importance of Boundary Setting

Boundary setting enables individuals to protect themselves from harmful influences, develop self-awareness and confidence, foster healthy relationships and communication, and make informed choices. It's vital to equip students with these skills to ensure their overall empowerment and well-being.

### The NICE Formula

To simplify boundary setting, the NICE formula can be used:

**N** – Say No

**I** – Use 'I' statements

**C** – Change the topic or situation

**E** – Exit

This formula has yielded remarkably positive responses from students, empowering them to assertively decline harmful offers, express feelings and needs effectively, redirect conversations and situations, and remove themselves from harmful environments.

### The Power of "No"



The word "no" is the second most powerful word, next only to "yes." It's a complete sentence in itself, conveying a clear and assertive message. Learning to say "no" without justification or explanation is crucial for maintaining healthy boundaries. As author and researcher Brené Brown aptly puts it-  
*"You cannot get to yes without going through no."*

## Rapid Adoption and Positive Response to the NICE Formula

The introduction of the NICE formula to students in classes 6<sup>th</sup>-11<sup>th</sup> yielded remarkably positive results. Students quickly grasped the formula's essence, demonstrating an impressive ability to understand and apply its principles.

### Role-Play Activity: A Catalyst for Effective Learning

To reinforce the NICE formula's practical application, a role-play activity was conducted. Students participated in groups of two, acting out various scenarios that tested their ability to navigate challenging situations.

Scenario Examples:

**Peer Pressure:** Student 1 asks Student 2 to bunk school and join senior friends for an unauthorized outing.

**Substance Offer:** Student 1 offers Student 2 a cigarette or vape.

**Social Media Safety:** Student 1 shares inappropriate content with Student 2.



### Effective Navigation using NICE Formula:



In each scenario, students demonstrated impressive proficiency in using the NICE formula:

**N – Say No:** Students confidently declined harmful invitations.

**I – Use ‘I’ statements:** Students expressed their feelings and needs effectively.

**C – Change the topic or situation:** Students skilfully redirected conversations or exited harmful situations.

**E – Exit:** Students removed themselves from potentially harmful environments.

**Empowering Students through ‘Navchetna’ Module**

The 'Navchetna- A New Consciousness on Life Skills and Drug Education for School Children' Teacher Trainer Resource Module for classes 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> is an excellent resource for promoting boundary setting skills. This module enhances students' self-awareness and confidence, fosters healthy relationships and communication, addresses mental health concerns, and promotes responsible decision-making.

### **Innovative Approaches**

Schools can adopt innovative strategies to promote boundary setting:

Conducting workshops and awareness programs

Encouraging peer support groups

Collaborating with counsellors and mental health professionals

### **By teaching boundary setting skills, we can:**

Enhance students' overall empowerment

Address mental health concerns

Foster responsible decision-making

Promote healthy relationships



### **Conclusion**

Empowering young minds with boundary setting skills is crucial for building a Nasha Mukta Bharat. By adopting the NICE formula and utilizing resources like the Navchetna Module, we can strengthen students' resilience against negative influences and foster a culture of healthy relationships and decision-making. As educators and mentors, it's our responsibility to provide students with the tools necessary to navigate life's challenges. The NICE formula is a powerful instrument in this endeavour.

## What children want their parents to know?

*Aprajita Rana EVGC, District North-East II*

As a counselor that works a lot with children and adolescents, I am often the person who hears both sides of the story. I hear the worries of the parents, which usually comes from wanting a better future for their child, and I hear the complaints of the child which contain a variation of the complaint that they are not heard.



Sometimes, I like to imagine what the world would be like if there was direct communication between these two parties. It is not the lack of trying, but often, our biases and beliefs enter the picture, creating issues in communication. It is almost like a phone call in a bad network area. We both want to hear each other but we cannot because of the disturbances. Today, I want to be a messenger for the parents (hoping to improve some of the network). There are 5 things which children often want their parents to know.

### 1) Listen to us with Empathy. We Want you to Take Interest in us.

Imagine a situation where your child comes and tells you they had a bad day at school. They got into a fight with a friend who was teasing them over their looks. How do you respond?

Most people are either dismissive or begin preaching when children share such things. Responses range from, “what did you do...oh you should not have done that”, to “ignore all this, go and play”, or “next time just do xyz” and at times, “don’t bug me, I am working”.



Children want their parents to listen and show empathy. They do not want advice or life lessons. In their book, *How to Talk so Kids Will Listen and Listen so Kids Will Talk*, Faber and Mazlish emphasize that empathetic listening is the cornerstone of a better relationship. Just saying things like “Oh, you sound upset at this, tell me what happened”, or “oh, are you angry?” and proceeding to listen with full interest can make children feel seen, heard and validated.

## 2) We see Your Pain and We See You

Many families believe that children will do as they say, that if you teach children, they will learn. But this is rarely true. Children learn through observation. Once a parent shared that her daughter is constantly anxious and needs counseling. During the session with the child, it was apparent that she is anxious about a lot of things but there was no recent or distant event which could justify this anxiety. With more exploration, we found that the mother too had this issue of anxiety. The anxiety in the child was somewhat learned. Irrespective of the origin, children do observe and are affected by all these issues.



Shelja Sen, in her book *All you Need is Love* talks about how parenting is more about you than your child. No matter how much you hide or ignore, children do pick up on your emotions. It is therefore best to work on yourself and if needed, discuss with the child (in an age-appropriate manner) what is going on and how you are planning to work on it.

## 3) We Want to Play and Spend Time Together

Children mostly want to spend time with their parents, may be in form of routine activities like cooking, playing, gardening etc. As parents, life is very busy thus finding time specially to play with their kids gets very difficult. They need to create opportunities to spend as much as time as they can with their kids, so finding such time while doing household chores can be a very good idea.

Many times, when we talk about good memories with parents in counseling sessions, most children bring up memories of the fun time they had with their parents. The small moments of connection, of messing with each other, of a time when they laughed together. Even 10 minutes of play and fun time together can not only improve parental bonds with children but also enhance the social and emotional development of a child. In fact, more and more studies and articles are now suggesting parents have an increased focus on play time or family time with children.

## 4) It Matters When You Accept and Support us

There is nothing that strengthens a child's self-esteem like a parent's support. Parents worry if they are doing good or not. But in most cases, just showing up and telling the child that they did good is enough.

I often hear parents comparing their children to children to others (or to a sibling). And while it is a common practice, it is something that hurts children the most. Many parents also joke about their kids or about their kid's actions, personality, or beliefs. Indirectly, these things

become a message to the child that you are not worthy and that others are better than you and that you are not accepted. Sometimes, parents are direct in expressing the sentiment of “why can’t you be more like xyz”.

When children grow up with these messages, the idea that “I am unworthy” and that “I can never be good enough” become their core beliefs and affect their self-esteem. These core beliefs then put them at risk for a number of mental health issues and also affect their success in life.

### 5) Let us Make Mistakes, let us Control our Lives

Children must have the right to determine what they want for themselves and be accepted even when they make a mistake. As parents, the job is to keep them safe and help them make an informed decision by building skills of analysis and critique. Children are not meant to obey parents but work together with them. Further, the degree of control needs to increase with age. One cannot decide things for a 13-year-old like they do for a 3-year-old. It is also helpful to remember, that the child has a right to their own life, they are not here to fulfil anyone’s dreams but their own.

One quote that I often find useful is a quote by Khalil Gibran in his book “The Prophet”:

*Your children are not your children.*

*They are the sons and daughters of Life’s longing for itself.*

*They come through you but not from you,*

*And though they are with you, yet they belong not from you.*

*You may give them your love but not your thoughts,*

*For they have their own thoughts.*

*You may house their bodies but not their souls,*

*For their souls’ dwell in the house of tomorrow, which you cannot visit, not even in your dreams.*

*You may strive to be like them but seek not to make them like you.*

*For life goes not backward nor tarries with yesterday.*



## **Teenage Dating Violence**

*Priyanka Kumari EVGC, District South-East*

Teen dating violence — also called intimate relationship violence or adolescent relationship abuse. It can take various forms, including physical, psychological, or sexual abuse.

Thousands of children become victims of this new type of violence known as “Teen Dating Violence” due to the idea of maintaining relationships. Not just in India but all throughout the world, teen dating violence is on the rise.

Teen dating violence affects both boys and girls as victims. Girls, though, are more likely to experience dating violence

TEENAGE dating violence is increasing because it is extremely common for youngsters to make many friends in school/college settings. If they turn out to be incorrect, they occasionally suffer both physical and psychological assault. They are abused in the name of a breakup or infidelity if they refuse to submit to their partner’s requests. They are made to engage in physical contact, given access to their social media accounts, barred from establishing new friends, and pushed to become physical.



### **Types of Teen Dating Violence**

**1. Physical Violence-** The use of physical force to cause harm or intimidation.

- Hitting, slapping, or punching
- Pushing or shoving
- Strangling or choking
- Using weapons or objects to inflict harm

**2. Emotional or Psychological Abuse-** Behaviours aimed at controlling, belittling, or emotionally manipulating the partner.

- Insults, name-calling, or constant criticism
- Humiliating or embarrassing the partner (especially in front of others)
- Threats of self-harm or violence to manipulate
- Gaslighting (making the victim question their reality or sanity)
- Blaming the victim for the abuse

**3. Sexual Violence-** Any sexual activity or behaviour without consent.

- Forcing or pressuring a partner into sexual acts
- Unwanted sexual touching or groping
- Sexual assault or rape
- Coercion into sending or receiving explicit photos or texts
- Withholding contraception or sabotaging birth control (reproductive coercion)

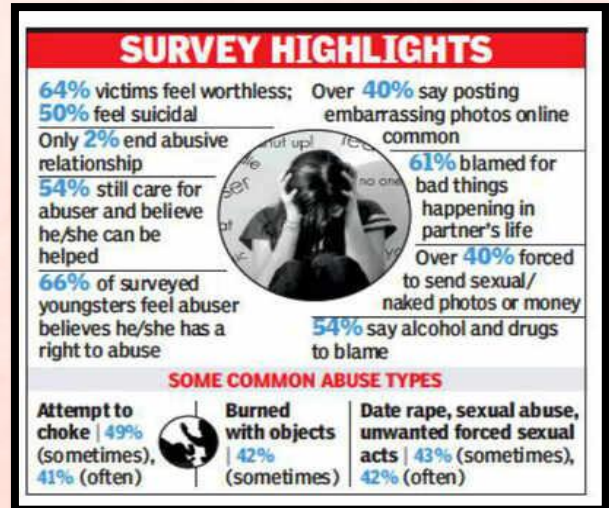
**4. Digital or Cyber Abuse-** The use of technology or social media to control, harass, or intimidate a partner.

- Sending threatening or insulting messages
- Stalking through social media or tracking apps

- Demanding access to passwords or devices
- Publicly posting or threatening to share private information or photos
- Excessive monitoring or jealousy over online interactions

**5. Financial Abuse-** Controlling or exploiting a partner's financial resources.

- Stealing money or possessions
- Controlling spending or access to finances
- Pressuring a partner into financial dependency
- Using money as a tool for control or manipulation



**Signs of Dating Violence**

- Unexplained injuries or bruises
- Sudden changes in behaviour or mood
- Isolation from family and friends
- Fearfulness or anxiety around their partner
- Decreased self-esteem

**Preventive measures of Teen Dating Violence**

**Educate Teens About Healthy Relationships**

- Teach the difference between **healthy, unhealthy, and abusive behaviours.**
- Promote **respect, boundaries, and consent.**
- Discuss **red flags** of dating violence (e.g., jealousy, controlling behaviour, isolation).

**Encourage Open Communication**

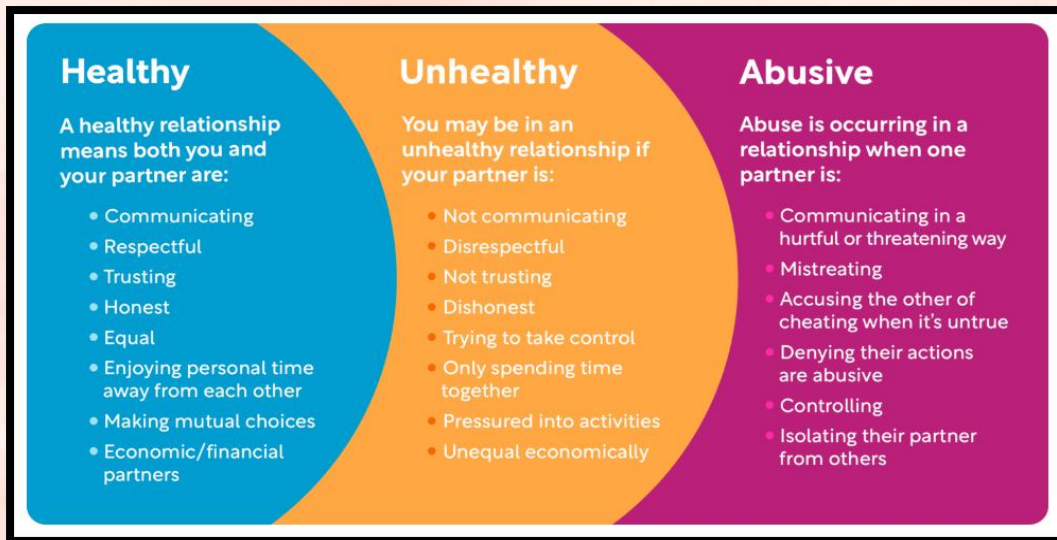
- Teens are more likely to seek help if they feel safe and supported, create a **judgment-free space** for teens to talk about their relationships.
- Listen actively without jumping to conclusions.
- Ask **open-ended questions** (e.g., “How does your partner treat you when you disagree?”).



- Reassure them that they won't be blamed if they are in an unhealthy relationship.

**Teach Digital Safety**

- Encourage teens to **protect their passwords** and personal information.
- Explain the dangers of **sharing intimate photos** and the risks of digital blackmail.
- Help them recognize **cyberstalking** or harassment.



- Promote **privacy settings** on social media platforms.

### Promote Self-Esteem and Confidence

- Teens with strong self-esteem are less likely to tolerate abusive behaviour. Encourage participation in **hobbies, sports, or activities** that build confidence.
- Compliment their **strengths and individuality**.
- Help them develop **assertiveness skills** to say no and set boundaries.

### Identify Warning Signs Early

- Watch for **changes in behaviour**, such as withdrawal, mood swings, or sudden anxiety.
- Notice physical signs of abuse (e.g., bruises, cuts).
- Be aware if they become **isolated from friends**.
- Look for signs of **controlling or possessive partners**.

### Involve Schools and Communities

- Share resources like **helplines, counsellors, or trusted adults**.
- **School programs** on healthy relationships and dating violence prevention.
- **Encourage bystander intervention:** Teach teens how to safely intervene or seek help if they witness dating violence.





## छात्रों का समग्र सशक्तिकरण सुनील कुमार, EVGC, डिस्ट्रिक्ट - नॉर्थ

आज के इस तेजी से बदलते युग में छात्रों का समग्र सशक्तिकरण अत्यंत आवश्यक हो गया है। शिक्षा का उद्देश्य केवल ज्ञान प्रदान करना नहीं है, बल्कि छात्रों को एक सक्षम नागरिक बनाना भी है, जो समाज की उन्नति में योगदान दे सके। छात्रों का सशक्तिकरण न केवल उनके व्यक्तिगत विकास के लिए महत्वपूर्ण है, बल्कि यह संपूर्ण समाज के विकास के लिए भी आवश्यक है।

### 1. छात्रों का आत्मविश्वास

सशक्तिकरण का पहला चरण आत्मविश्वास का निर्माण करना है। जब हम छात्रों को अपनी क्षमताओं पर विश्वास करने के लिए प्रेरित करते हैं, तब वे चुनौतीपूर्ण परिस्थितियों का सामना करने में सक्षम होते हैं। छात्रों को यह महसूस कराना महत्वपूर्ण है कि वे अपनी प्रतिभा का उपयोग कर सकते हैं, चाहे वह खेल के क्षेत्र में हो, कला में हो या विज्ञान में। आत्मविश्वास से भरे छात्र न केवल अपने लिए, बल्कि अपने साथियों के लिए भी प्रेरणा स्रोत बनते हैं।

### 2. शिक्षा प्रणाली में सुधार

छात्रों के सशक्तिकरण के लिए शिक्षा प्रणाली में सुधार की आवश्यकता है। आज की शिक्षा पद्धति अक्सर रटने पर आधारित होती है, जिससे छात्रों की सोचने और आलोचनात्मक दृष्टिकोण विकसित करने की क्षमता



कमजोर होती है। हमें ऐसी शिक्षा पद्धति की आवश्यकता है, जो छात्रों को रचनात्मकता, समस्या समाधान और सहयोग की भावना के साथ जूड़ने में मदद करे। जब छात्र सक्रिय रूप से सीखते हैं, तो उनका सशक्तिकरण स्वाभाविक रूप से बढ़ता है।

### 3. कौशल विकास

छात्रों का सशक्तिकरण केवल अकादमिक ज्ञान तक ही सीमित नहीं होना चाहिए, बल्कि उन्हें जीवन कौशल और पेशेवर

कौशल में भी प्रशिक्षित करने की आवश्यकता है। विभिन्न उद्योगों की मांग के अनुसार कौशल विकास कार्यक्रमों का आयोजन किया जाना चाहिए। जब छात्र प्रायोगिक ज्ञान और कौशल प्राप्त करते हैं, तो वे रोजगार के लिए बेहतर ढंग से तैयार होते हैं, और उन्हें आत्मनिर्भर बनने का अवसर मिलता है।

### 4. सामाजिक जिम्मेदारी

छात्रों का समग्र सशक्तिकरण उन्हें सामाजिक जिम्मेदारियों का पालन करने के लिए भी प्रेरित करता है। जब छात्र अपने अधिकारों और कर्तव्यों को समझते हैं, तो वे समाज में सकारात्मक परिवर्तन लाने में सक्षम होते हैं। सामुदायिक सेवा, पर्यावरण संरक्षण और सामाजिक मुद्दों पर जागरूकता जैसे अवसरों के माध्यम से, छात्र अपने आस-पास के समाज में महत्वपूर्ण योगदान कर सकते हैं।

छात्रों का समग्र सशक्तिकरण एक दीर्घकालिक प्रक्रिया है, लेकिन यह आवश्यक है। हमें एक ऐसा वातावरण तैयार करना होगा जहाँ छात्रों को आत्मविश्वास, कौशल, और सामाजिक जिम्मेदारी का अनुभव मिले। यदि हम अपने छात्रों का सशक्तिकरण सुनिश्चित करते हैं, तो वे न केवल अपने भविष्य को बेहतर बनाएंगे, बल्कि सम्पूर्ण समाज को भी प्रगति की ओर ले जाने में सक्षम होंगे। इसलिए, सभी को मिलकर इस दिशा में प्रयास करना चाहिए और छात्रों के सशक्तिकरण को अपनी प्राथमिकता बनानी चाहिए।



## Embracing Adolescence: The Ups and Downs

Shalini Jha (Student, School Id- 1821290), District- South-West

**Mental health issues**, anxiety, depression are becoming a new normal among students in present day. To state the obvious, it's very unhealthy. Often it is taken lightly, it has been thought that we teenagers are trying to get attention and why wouldn't they. Adolescence is the age when we try to get attention anywhere we can.



We confuse our identity, make crushes, get rejected and some of us even lose friends in this growing age. I remember I also have crushed on so many boys so many times, but it always fades after few days. I too have lost friends in the process of growing. We take out our temper, our irritation on everyone without any reason no matter how much we feel bad for it later. This age of adolescence is where some of us start understanding the real world properly.

All these issues affect our studies. We start hiding our problems with everyone. Once a joyful person becomes a silent buddy or becomes overly joyful to hide his pain beneath the mask of happiness. We develop mistrust for everyone and start keeping a distance from everyone at this stage. These are the things which makes us believe that we lose everything which we gain, we don't deserve anything good, we start disliking ourselves and lose confidence in ourselves. Some of us even feel like that we can't push through another day. There are lots of days when I feel like I just can't go out there and behave like I am best friends with everyone. You know what I do then? Just click the pause button and take a breather.

Do a simple trick of deep breath in- deep breath out it personally helps. Talk to yourself and



make yourself hear in your own voice that how strong you are. You are feeling mistrust on a friend then just speak it out. You are feeling irritation every now and then just meditate. You need to refresh listen to calming music. Every problem has a solution we only need to look for it. It's easier said than done but we must start from somewhere anyway, so, why not from protecting our peace of mind.

The thing we need to understand is it's okay. It's completely okay whatever we are feeling because these are our personal emotions. But

others too are not obliged to bear our mood swings, depressed mood or even our temper. We must not compare ourselves with anyone except us. We are in a competition. Yes, but with ourselves more than with others. We must always express ourselves. All the important things happened with us to anyone or anyhow whether it's by talking with your best friend/ some family member or through writing it.

Emotions are in excess in our body when we are adolescent that we need to take out rather than keeping in. We can always write our emotions, sing them, dance them out, draw them with *colors* or even box and punch it out. The point is don't keep your emotions within yourself because it affects us in long term. This is an age of enjoyment and having fun with friends. This is the stage we start finding ourselves, define our personality positively. Adolescence teaches us **“Hope for the best but prepare for worst”**. Start enjoying the beautiful side of adolescence while you still can, improving the less beautiful side on the way. Everything has pros and cons it's on us that how we celebrate the pros and tackle the cons. One thing to always remember while growing is that **“Nothing is perfect and perfect is boring”**.



## **The Link Between Personal Boundaries and Self-Worth: Why Setting Boundaries Matters**

*Khushboo Saini, EVGC, District North*

In today's world, where we constantly navigate social interactions, relationships, and responsibilities, the concept of personal boundaries plays a pivotal role in maintaining our mental and emotional well-being. Boundaries are the invisible lines we set to define what is acceptable and what is not in our interactions with others. They protect our time, energy, and personal space, serving as an essential tool for nurturing our self-worth.



Personal boundaries and self-worth are intricately connected. Establishing clear boundaries signals to others—and to ourselves—that we recognize our own value and deserve respect. However, without well-defined boundaries, we often find ourselves overextended, taken for granted, or engaged in relationships that undermine our self-esteem.

### **What Are Personal Boundaries?**

Personal boundaries are the limits and rules we set for ourselves within relationships. They come in various forms—physical, emotional, mental, and even time-related. Whether it's deciding how much personal space we need or determining how we want to be treated emotionally, boundaries are essential for maintaining a healthy balance between personal well-being and our interactions with others.

### **The Connection Between Personal Boundaries and Self-Worth**

At the core of setting boundaries is the recognition of one's self-worth. Self-worth is a deeply rooted belief in our inherent value, separate from external achievements or others' opinions. It's the understanding that we are deserving of respect, care, and consideration, regardless of circumstances. When we value ourselves, setting boundaries becomes a natural extension of that self-appreciation.

#### **1. Self-Worth Drives the Creation of Boundaries**

A strong sense of self-worth enables us to set healthy boundaries with others. When we believe in our value, we are less likely to tolerate behaviours that undermine our emotional or physical well-being.

#### **2. Boundaries Reinforce Self-Worth**

When we successfully set and maintain boundaries, it serves as an ongoing reminder to ourselves that our needs and feelings matter. Each time we assert a boundary we reinforce the idea that we are worthy of care and respect. This can strengthen our sense of self-worth, as we witness firsthand the power of standing up for ourselves and protecting our well-being.

## Why Setting Boundaries Is Essential for Self-Worth



Failing to set boundaries can often lead to people-pleasing behaviours, where we prioritize others' needs over our own. While this might seem like a way to maintain harmony in relationships, it can be damaging to our self-esteem in the long run. Constantly giving in to others' demands or not voicing our own needs can leave us feeling drained, resentful, and undervalued.

### How to Set and Maintain Healthy Boundaries

Setting and maintaining personal boundaries is an ongoing process, but it is one that pays off significantly in terms of self-worth and emotional well-being. Here are some steps to help a person establish effective boundaries:

#### 1. Identify Your Limits

Start by reflecting on what makes you feel uncomfortable or stressed in your interactions with others. Are there situations where you feel taken advantage of, exhausted, or disrespected? These moments often indicate areas where you need to set clearer boundaries. Take note of your emotional reactions in these scenarios to better understand where you need to draw the line.

#### 2. Communicate Clearly

Once you've identified your boundaries, it's important to communicate them openly and assertively. Use "I" statements to express your feelings and needs in a non-

confrontational way. For example, if you need more personal space, you might say, “I need some alone time right now to recharge.”

### 3. Enforce Your Boundaries Consistently

Setting boundaries is only the first step—you also need to consistently uphold them. When someone crosses a boundary, address the issue right away by reaffirming your limits. Let them know that their behaviour is not acceptable and clarify your expectations moving forward. Being consistent in enforcing your boundaries not only prevents future violations but also reinforces your self-worth.

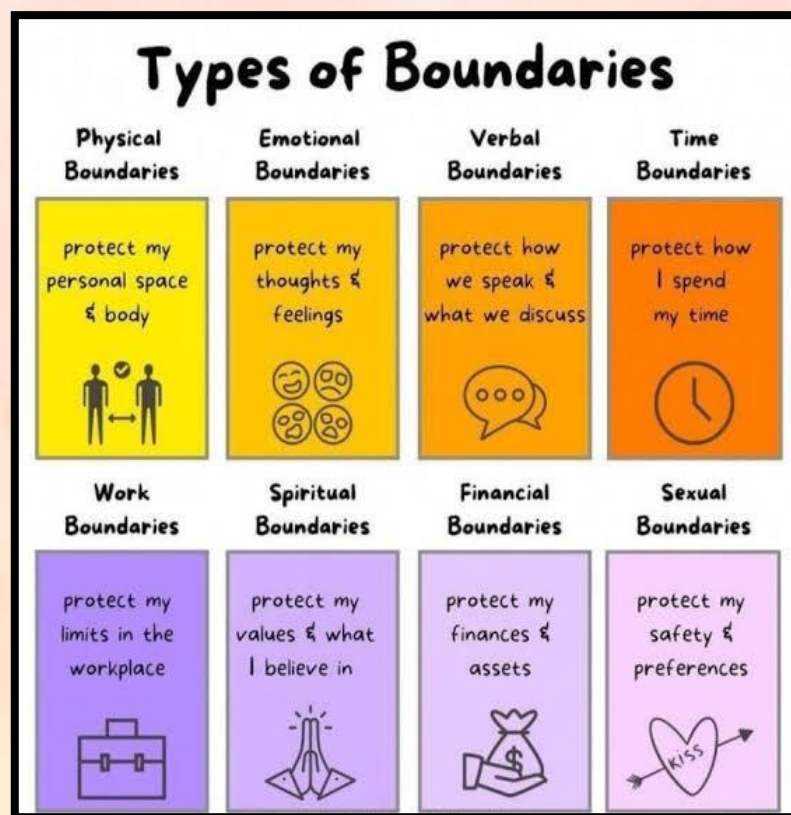
### 4. Practice Self Care

Boundaries are an act of self-care. By setting and maintaining them, you create an environment where your emotional and physical well-being is prioritized. Self-care strengthens your self-worth, as it involves recognizing your value and protecting your energy from being depleted by unhealthy dynamics.

### 5. Revisit and adjust boundaries as needed

As you grow and evolve, your boundaries may need to shift as well.

Periodically reflect on your boundaries and assess whether they are still serving you. If not, don't hesitate to adjust them. Personal growth often involves re-evaluating what you need to feel respected, valued, and supported.



Establishing personal boundaries is crucial for cultivating a positive sense of self-worth. By setting clear limits in our relationships and interactions, we protect our emotional, physical, and mental well-being. Boundaries are not about keeping people out—they are about creating space for respect, understanding, and mutual care. The more we honour our boundaries, the stronger our self-worth becomes, leading to more balanced and fulfilling relationships.

## Self-Esteem: A way to Heal and Grow

*Kusum, EVGC, District North*

Self-esteem is a major key to success in life, the development of a positive self-concept is extremely important for the happiness, growth and success of a person.

One can define Self-esteem simply as how you feel about yourself and the value you place on yourself. It revolves around your opinion of yourself and what you have accomplished. As the children are growing fast, a low self-esteem has become a major problem among teenagers. Children with low self-esteem often feel low about themselves and later develop negative thought processes which lead to mental health issues. Therefore, development of a healthy self-esteem is important for their overall growth.



**Some common sign and symptoms of low self-esteem which can be seen among students are:**

- Self-comparison
- Negative self-talk
- Focusing on negative side of life
- Fear of being alone
- Dependency
- Fear of failure
- Feeling unloved



### Ways of enhancing self-esteem

**1. Positive self-talk:** The way you think about self has a huge impact on your self-esteem. If you keep telling yourself that you are no good you might start to believe it. Therefore, one should practise positive self-talk to boost their self-esteem.

**2. Say No to comparison:** Your progress and self-worth shouldn't be connected to how well other people are doing. There will always be someone better at something than you,

but that doesn't mean you're not good at what you do, or good enough. Comparison with others often affects our own self-concept and leads to development of low opinion about self in a person who is suffering from low self-esteem. Instead of comparing oneself with others one should measure their own worth and strengths.



**3. Don't strive for perfection:** - Nobody is perfect in their life, it's great that one wants to do things well, but always keep in mind that it is not always possible, so accept yourself with your flaws and work on your strengths.

**4. Accept the failure and learn from your mistakes:** - do not hesitate to try again and again. Failure is a key to success. Learn from your mistake and go for it again

**5. Surround yourself with positive people:** - don't be with people who bring you down and make you feel low. Surround yourself with people who make you feel good, challenge you in a good way and

help you in your growth.

**6. Step Outside your comfort zone:** Those with low self-esteem tend to avoid challenges and new opportunities. This can be due to fears or self-doubt. But when you succeed in any big or small way, you show yourself that you can persevere through rough moments. Stepping outside your comfort zone doesn't mean that you have to throw yourself into highly uncomfortable situations. It means you're willing to try new things even if you enter difficult situations.

**7. Identify your strengths:** - Identify your strengths and skills and practice them. Focusing on strength rather than on weakness helps in developing positive self-esteem.

**8. Set realistic goals:** Setting realistic goals means setting goals which are achievable. Setting realistic goals and working towards it helps in developing positive self-concept, such goals also

help you in achieving long term goals as well eventually helping the person to achieve more success.

**9. Stop being a people pleaser:** People with poor self-esteem can feel obligated to say yes to requests. They often put helping others before their own mental health. This can lead to being easily overwhelmed, whether that's at work or in your personal life. That, in turn, causes a lot of stress.

It's nice to be helpful and supportive when you can, but your self-esteem eventually suffers when you tie your self-worth to how much you do for others. Learn how to say no to others.

**10. Use Affirmation:**

To stop negative thoughts, affirmation can be used. These are encouraging messages we can give to ourselves every day until they become part of our daily life. Affirmations are great way to develop positive self-esteem, for example:

-I am competent and smart

-I am growing and changing for the better



Overall, a low self-esteem has become a growing concern among teenagers, which is one of the major reasons for developing various mental health related issues. But it is always up to us how one looks at ourselves. And while you're learning how to improve your self-esteem, you'll experience setbacks. You'll have days where your poor self-esteem seems overpowering. Be patient with yourself. Progress doesn't happen overnight and isn't always linear.

***“The world is not always going to be good with you,  
so be good for yourself.”***

**Role play: Child Rights**  
*Manjeet, Baby Giri, Lisha, EVGCs, District West B*

**ऑपनिंग नैरेटर**

आप सभी को मेरे व मेरे साथियों की तरफ से नमस्कार। आज हम आप सभी को आए दिन होती छेड़खानी , शारीरिक और मानसिक शोषण , बच्चों के साथ होने वाले अत्याचार व उसके रोकथाम के लिए मिले कुछ खास संवैधानिक कानूनों के बारे में जागरूक करने के लिए , एक नाटक प्रस्तुत कर रहे हैं।



**(दृश्य1, स्कूल में... कक्षा का दृश्य.)**

**अध्यापक/ अध्यापिका...** बच्चों एक महीने पहले बाहर से आई टीम ने प्रतिभाशाली बच्चों का एक एग्जाम लिया था। उसमें हमारे स्कूल से कुछ बच्चों ने भाग लिया था। आपको जानकर खुशी होगी कि नैसी ने सभी बच्चों में 1st पोजिशन हासिल की है। सभी बच्चे जोरदार तालियों के साथ हौसला बढ़ाए। , तालियां बजाईं..

**दूसरा दृश्य...** बच्चे को अध्यापिका ने अलग से बात की

**अध्यापिका/अध्यापिका** .....बेटा परीक्षा में फर्स्ट आकार भी तुम खुश नजर नहीं आ रही, क्या हुआ।

**नैसी..** मैडम ऐसी कोई बात नहीं। बस तबियत थोड़ी खराब लग रही है

**अध्यापिका** ....ok बेटा ध्यान रखो। घर जाओ।



**(अगला दृश्य...** लड़की स्कूल से घर जाते हुए, रास्ते में कुछ शरारती लड़के उस लड़की को परेशान करते हैं।)

**शरारती आवारा लड़का.....**ओय लड़की क्या करेगी स्कूल जाकर , इधर आ , रुक जा नहीं तो अच्छा नहीं होगा (फिर जैसे ही उनमें से से एक लड़का उस लड़की का हाथ पकड़ता है।) लड़की हाथ छुड़ा कर)

**लड़की...**क्या दिक्कत है तुम्हें। पिछले 10 दिन से मुझे परेशान कर रखा है। मैं पढ़ाई नहीं कर पा

रही। मैं अच्छे से सो नहीं पा रही। मुझे परेशान करना बंद करो।

**सीन पॉज**

**नैरेटर....** इस तरह की छेड़खानी, किसी का भी जीवन बर्बाद कर सकती है और यहां हमारी चुप्पी ऐसे लोगो की हिम्मत को बढ़ावा देती है और बड़े अपराध को जन्म देती है। आज हमे इन अपराधो के लिए बने कानून को समझने की जरूरत है और उन पर अम्ल करने की जरूरत है। ऐसे समय पे **चाइल्ड हेल्पलाइन 1098** पे या पुलिस के पास अपनी शिकायत दर्ज करवाएं।

अब लड़की के मन में सवाल आते है कि वो क्या करे घर बताए या नहीं। किसी को बताया तो कही मुझे ही परेशानी हो। किसी को बताऊं या नहीं।

(अगला दृश्य.... घर का का दृश्य )

**पिता पत्नी से.....** क्या तुम्हें पता है की नैसी के बारे में पूरी गली में क्या बातें हो रही हैं और श्यामलाल बता रहा था कि तुम्हारी लड़की किसी लड़के का हाथ पकड़ कर बाहर घूम रही थी

**माता .....** नहीं नहीं ऐसा नहीं हो सकता

**पिता.....** तो क्या मैं झूठ बोल रहा हूं। बुलाओ नैसी को उसी से पूछता हूं।

**पिता लड़की से ...** कौन है वह लड़का जिसके साथ बाहर घूम रही थी।

**लड़की..** पापा कौन लड़का ऐसा कुछ भी नहीं है।

**पिता..** कल श्यामलाल ने बताया तुमने स्कूल के पास एक लड़के का हाथ पकड़ा हुआ था।

लड़की ...नहीं पापा ऐसा कुछ नहीं है मैं उसे नहीं जानती एक लड़का पिछले 10 दिनों से मुझे परेशान कर रहा है। मारने की धमकी दे रहा है। मैं परेशान हो गई।

**पिता ...**अच्छा ऐसा था तो तूने हमें बताया क्यों नहीं जा अब अपना काम करो और कल से स्कूल जाने की कोई जरूरत नहीं है।

**लड़की..** पापा मुझे पढ़ना है अपना करियर बनाना है।

**पिता ..** अभी तुम अंदर जाओ।

**पिता अपनी पत्नी से...** बहुत हो गई अगर नैसी को स्कूल जाने में इतनी परेशानी हो रही है और लोग ऐसी वैसी बात कर रहे हैं तो कल से स्कूल जाना बंद अब इसकी

शादी कर देते हैं

**माता....** अभी शादी



पिता....वैसे भी 17 साल के होने को है इससे पहले कि यह छेड़खानी कोई बड़े हादसे का रूप ले।

### सीन पॉज

**नैरेटर...**बाल विवाह की जंजीर तोड़े।

समाज की इन कुरीतियों को छोड़े।

कानूनों के बारे में जानकारी न होने व उन पर अमल न करने की वजह से एक बच्चे की जिंदगी की दिशा ही बदल गई , बच्ची इतने दिनों तक स्कूल नहीं आ रही थी इस वजह से स्कूल अथॉरिटी ने पेरेंट्स को बच्चों के साथ स्कूल बुलाया अध्यापक ने सारी बात समझकर अभिभावक व बच्ची को काउंसलर के पास भेजा ।

### स्कूल का दृश्य..

**नैसी....** may I come in sir/madam?

**काउंसलर ....** Yes, come in

**नैसी व पिता ...** नमस्ते सर/ मैडम

**काउंसलर** नमस्ते

**नैसी ....** सर/ मैडम क्लास टीचर मैडम ने आपसे बात करने को कहा था

**काउंसलर ...** हा बेटा उनसे बात हुई है मेरी आप बैठो

**नैसी ..** थैंक यू सर

**काउंसलर....** क्या बात बेटा आप स्कूल क्यों नहीं आ रहे इतने दिन से तबीयत तो ठीक है आपकी ?

**पिता ...**हां जी सब ठीक है बस हमें इसे नहीं पढ़ाना अब ,हम सब गांव जा रहे हैं ?



**काउंसलर....** बेटा नैसी आप कुछ देर बाहर बैठी आपसे मैं बाद में बात करता हूं

**काउंसलर...** देखिए कोई भी बात हो आप निश्चिंत होकर हमारे सामने रखे. ऐसी क्या परेशानी हो गई जो आप बच्ची की पढ़ाई छुड़वा रहे हैं।

**पिता...** सर मेरी बेटी के साथ पिछले काफी दिनों से छेड़खानी हो रही थी इसीलिए हमने इसे स्कूल नहीं भेजा और अब हम गांव जाकर इसके शादी कर देंगे .

**काउंसलर.....**तो आपने अब तक इसके बारे में किसी को बताया क्यों नहीं ?

**पिता...** हमें इन सब झंझटों में नहीं पड़ना ,

**काउंसलर.....**क्या आपको नहीं लगता आप ऐसा करके आप ऐसे अपराधो को बढ़ावा दे रहें है जो आजकल बच्चो के साथ हो रहे हैं।

पिता... बढ़ावा तो नहीं दे रहे हैं सर

काउंसलर.... आज नैसी के साथ ऐसा हुआ है कल को और किसी के साथ होगा .

पिता... सर वैसे भी लड़की है क्या करेगी ज्यादा पढ़ाई करके। अब इसकी शादी करनी है हमें।

काउंसलर..... क्या आपको पता है आप अनजाने में कई कानून तोड़ रहे हैं। जिसमें सजा का प्रावधान है।

पिता... कैसे सर

काउंसलर.... Ok आज मैं आपको कुछ बच्चे से जुड़े कुछ कानून के बारे में जानकारी देता हूँ। जिनका उलंघन ना हो उसका हमें विशेष ध्यान देना होगा।

पिता ... ठीक है सर

काउंसलर.... पहली बात जब किसी भी 18 साल से काम उम्र बच्चे साथ कोई छेड़खानी ,चाइल्ड सेक्सुअल एब्यूज ,बच्चों के साथ गलत तरह की हरकते या अन्य इस प्रकार का कोई अपराध होता है तो इसकी शिकायत करना बहुत जरूरी है। ऐसे अपराधों को छुपाना भी कानूनी अपराध होता है। क्या आपको ये बात पता है ।

पिता.... नहीं सर

नेरेटर पब्लिक से ... क्या आपको भी इसके बारे में पता है?

ऐसे अपराधियों को **POCSO act** के तहत कड़ी से कड़ी सजा के प्रावधान हैं।

चाइल्ड सेक्सुअल एब्यूज के अपराधों को छुपाने पर भी सजा का प्रावधान है।

नेरेटर पब्लिक से ... क्या आपको इसके बारे में पता है?

काउंसलर.... चाइल्ड मैरिज एक्ट कहता है कि शादी के लिए लड़के की न्यूनतम उम्र 21 और लड़की की 18 है क्या आप अभी लड़की की शादी करवाकर एक और अपराध नहीं कर रहे हैं।

अगर कोई अभिभावक ऐसा करता है तो उसके लिए सजा का प्रावधान है। आपका छोटा बेटा जो इस स्कूल में पढ़ता था मुझे पता चला आप ने उसका नाम कटवाकर कहीं और एडमिशन नहीं करवाया।

पिता ..... सर वो फैक्ट्री में जाता है काम सिख रहा है ।

काउंसलर ... उसकी उम्र क्या है

पिता ....13 साल

काउंसलर.... क्या आप बाल श्रम कानून के बारे में जानते है।

पिता ... नहीं सर

काउंसलर.... **बाल श्रम कानून के** अनुसार अगर कोई भी व्यक्ति बच्चों से श्रम करवाकर पैसा कमा रहा है उनको अपने अधिकारों से वंचित कर रहा है तो उनके लिए सजा के प्रावधान हैं इसमें आपको और फैक्ट्री मालिक को जेल हो सकती है। और क्या नहीं लगता आपने बच्चे के शिक्षा के अधिकार को भी छीना है जो गैर कानूनी है। **RTE act 2009** जिसमें 14 साल तक के बच्चों के लिए फ्री और अनिवार्य शिक्षा का प्रावधान है । इसलिए आप बच्चे को पढ़ाइए। उसको पढ़ाई में कहीं दिक्कत आती है तो सब उसकी मदद करेंगे

पिता... सर मुझे ज्यादा पता नहीं था मैं उसका नाम दुबारा लिखवा देता हूँ।

**काउंसलर..गुड** |आज आपको ही नहीं हर एक व्यक्ति को इन कानूनों के प्रति जागरूक की जरूरत है ताकि बच्चे अपने अधिकारों से वंचित न हो और उन्हें इन कानूनों से संरक्षण भी मिले।

### सीन पॉज

इस तरह से काउंसलर के साथ बातचीत में पिता ने बच्चों से जुड़े कानूनों को अच्छे से समझा। बच्ची को आगे पढ़ाया, बेटे का भी दुबारा एडमिशन दिलवाला। काउंसलिंग के लिए पिता व नैन्सी से अलग अलग लम्बी बात जो की प्ले में इतने कम समय में दिखाना संभव नहीं।

आज हम सबको इन कानूनों के बारे में जागरूकता होनी जरूरी है।



अगर कोई व्यक्ति किसी बच्चे के साथ किसी तरह की छेड़खानी जोर जबरदस्ती करता है अश्लील फोटो या वीडियो भेजता है यह सब चाइल्ड सेक्सुअल एब्यूज के तहत आता है प्रत्येक नागरिक को इसके खिलाफ आवाज उठाते हुए तुरंत अपनी शिकायत दर्ज करानी चाहिए क्योंकि हमारी खामोशी ही ऐसे लोगों की हिम्मत बढ़ाती है और किसी बड़े अपराध का कारण बनती है बहुत से व्यक्ति समाज के डर से इन समस्याओं का सामना करने की बजाए इनसे दूर होने का प्रयास करते हैं या तो उसे जगह से चले जाते हैं या फिर अपने बच्चों की

कम उम्र में ही शादी कर देते हैं और एक अपराध से निपटने के लिए एक और अपराध को जन्म दे देते हैं। इसके साथ-साथ यह भी देखा गया है कि अगर घर के किसी एक बच्चे के साथ कोई अपराध होता है तो उसका असर उसके बहन भाई पर भी पड़ता है जिसका परिणाम होता है की माता-पिता उन्हें भी स्कूल ना भेज कर सुरक्षा के दृष्टिकोण से अपने साथ काम पर ले जाना शुरू कर देते हैं जो की बाल श्रम के तहत एक गैर कानूनी कार्य है।



**शिक्षा व जागरूकता ही ऐसा साधन है जो इन समस्याओं से छुटकारा दिला सकती है अगर हम शिक्षित और जागरूक बनेंगे तो ही अपने कर्तव्य और अधिकारों के बारे में जान पाएंगे और उनका सही समय पर सही इस्तेमाल कर पाएंगे।**

आप सबको पता भी होगा कि सरकार ने 2009 में आरटीई एक्ट बनाया था जिसके तहत 6 से 14 साल की

सभी बच्चों को फ्री और कंपलसरी एजुकेशन का प्रावधान है और किसी बच्चे को शिक्षा से वंचित रखना कानूनी अपराध है।

अगर हम तथ्यों की बात करें तो आप सबको जानकर आश्चर्य होगा कि नेशनल हेल्थ राइट कमीशन की रिपोर्ट के अनुसार 2020 से 2022 में CSA के cases 10 गुना से भी ज्यादा बढ़े हैं यह केसेस 2020 में 17390 थी जो 2022 में 24056 हो गए।

अगर चाइल्ड मैरिज की बात करते हैं तो एनसीआरबी नेशनल क्राइम रिकॉर्ड ब्यूरो 2017-22 के अनुसार इसमें रिपोर्टेड केसेस में इजाफा हुआ है जो 2017 में 395 से बढ़कर 2021 में 1050 हो गए हैं।

उसके साथ बाल श्रम के आंकड़े भी डरावन हैं हमारे देश में 5 से 14 साल के लगभग 44 लाख बच्चे बाल श्रम कर रहे हैं जो की 2011 के census में दर्ज किया गया है और अगर बात करें शिक्षा के अधिकारों की तो इसमें भी हमारा देश पीछे नहीं है हिंदुस्तान टाइम की रिपोर्ट 8 फरवरी 2023 के अनुसार लगभग 12 लाख 50 बच्चे ऐसे हैं जो स्कूल नहीं जा रहे हैं यह तथ्य सुनकर आप सबको लग रहा होगा कि देश के विकास के साथ-साथ क्राइम बढ़ रहा है और अधिकारों का हनन भी बढ़ रहा है परंतु ऐसा नहीं है अगर आप ध्यान दें तो रिपोर्टिंग बड़ी है crime पहले भी होता था परंतु अशिक्षा और अधिकारों की अज्ञानता के कारण केस दर्ज नहीं होते थे रिपोर्टिंग बढ़ने का सबसे बड़ा कारण है लोग शिक्षित हुए अपने अधिकारों के बारे में जागृत हुई और उन्होंने अधिकार अपराधों के खिलाफ आवाज उठाने शुरू करे।

**जय हिंद!**



# The Hustle Culture vs. the Slow-Living Movement: Striking the Right Balance

*Ms. Swati Sonkar, CIC EVGB*

In today's fast-paced world, the pressure to succeed and constantly achieve is greater than ever. This has given rise to what is known as "hustle culture," a lifestyle that glorifies overworking, productivity, and ambition at the cost of personal well-being. On the other hand, the slow-living movement has emerged as a response to this relentless grind, advocating for mindfulness, intentionality, and a balanced approach to life. Understanding these two opposing ideologies is essential in maintaining one's mental health and overall well-being.



## Understanding Hustle Culture

Hustle culture is the societal pressure to keep pushing, working longer hours, and constantly striving for success. It is often associated with:

- Long working hours with little rest
- Constant self-improvement and goal setting
- Prioritization of career over personal life
- A feeling of guilt when resting or taking breaks

While hustle culture can lead to career growth and financial success, it often comes at the cost of mental exhaustion, burnout, and deteriorating physical health.

## Case Study: The Downsides of Hustle Culture

Elon Musk, the CEO of Tesla and SpaceX, is a well-known advocate of hustle culture. He has publicly stated that working 80-100 hours a week is necessary for success. While his companies have flourished, Musk himself has admitted to extreme stress, lack of sleep, and personal sacrifices. This case highlights the toll excessive work can take on an individual's well-being.

## The Slow-Living Movement

Contrary to hustle culture, the slow-living movement emphasizes a more deliberate and thoughtful approach to life. It encourages individuals to:

- Prioritize self-care and mental health
- Engage in meaningful activities rather than just productivity
- Create boundaries between work and personal life
- Embrace mindfulness and gratitude

Slow living does not mean a lack of ambition; rather, it promotes sustainable growth while maintaining well-being.

### **Case Study: The Benefits of Slow Living**

Carl Honoré, author of *In Praise of Slow*, shifted from a high-pressure journalism career to embrace slow living. He found that by working at a more sustainable pace, he was not only happier but also more productive in the long run. His journey underscores how slowing down can enhance creativity and life satisfaction.

### **Striking a Balance: The Middle Path**

While hustle culture and slow living seem contradictory, it is possible to find a balance between the two. Here is how:

#### **1. Set Clear Boundaries**

- Avoid overworking by setting work hours and respecting personal time.
- Take regular breaks to recharge and prevent burnout.

#### **2. Prioritize Quality over Quantity**

- Focus on meaningful work rather than just completing tasks.
- Learn to say no to unnecessary commitments.

#### **3. Incorporate Mindfulness Practices**

- Engage in activities like meditation or journaling to stay grounded.
- Practice gratitude to maintain a positive mindset.

#### **4. Embrace Rest as a Productivity Tool**

- Recognize that rest improves efficiency and creativity.
- Take vacations or short breaks without guilt.

#### **5. Define Personal Success**

- Align goals with values rather than societal expectations.
- Pursue a balanced approach to achievement and happiness.

Hence by integrating elements of both hustle culture and slow living, individuals can maintain their mental health while still achieving their aspirations. The key is to work hard without compromising well-being, ensuring a sustainable and fulfilling life.

**EVGB Exhibition at Tyagaraj Stadium on 5<sup>th</sup> September, 2025 on the occasion of Shikshak Mahakumbh**





**EVGCs participation and Stall Exhibition in International Adolescent Leadership Summit on 17<sup>th</sup> to 19<sup>th</sup> December, 2025**



## Poems

### “नशा विनाश, दृढ मन का प्रकाश”

स्वाति सक्सेना, इ वी जी सी, डिस्ट्रिक्ट - वेस्ट B

मन है वो शक्ति, जो गढ़े हर इतिहास,  
फिर क्यों बंधे नशे की बेड़ी में,  
खोते अपना विश्वास?

ये नशा नहीं,  
है काल का क्रूर आह्वान,  
जो निगल जाए हिम्मत, तोड़ दे हर अरमान।  
ये विष है, जो धीरे-धीरे घुलता रक्त में,  
हर खुशी को चुरा लेता, डुबोता अंधेरे पथ में।  
कलेजे में बसा दर्द, दिमाग को कर देता शून्य,  
हर सपना बिखर जाता, बचती सिर्फ धुंध।



युवा हो तुम, देश की धड़कन, इसकी पहचान,  
फिर क्यों छोड़ते हो सशक्त जीवन का ये मान?  
तुम्हारी नसों में बहती है भविष्य की मशाल,  
क्यों बुझाते हो उसे इस ज़हर से हर हाल?

नशा सिर्फ शरीर नहीं, आत्मा को भी निगलता,  
हर रिश्ते को जला देता, घरों में जहर भरता।  
जो कदम बढ़ा इस दलदल में, उसने पाया सिर्फ पतन,  
बदनामी, अपमान, और मौत ही है इसका अंतिम  
धन।

समाज का हर कण बने एक मशाल जलती हुई,  
जो जलेगी नशे की हर बेड़ी को पिघलाती हुई।  
हर घर, हर हाथ बने मदद की रोशनी,  
जो डूबते को थाम सके, नशे की राह रोके खड़ी।

हर मां, हर बाप, हर दोस्त पुकारे,  
 "तुम अकेले नहीं, हम तुम्हारे सहारे।"  
 समाज हो वो शक्ति जो नशे को करे ध्वस्त,  
 हर आंसू को मुस्कान में बदलने का हो यथार्थ।

नशा नहीं, हो ज्ञान का प्रवाह,  
 युवाओं में उठे फिर से उम्मीद की चाह।  
 मन को कर मजबूत, चुनो जीवन की राह,  
 नशा मुक्त भारत बने, यही हो हमारा लक्ष्य  
 अथाह।

जागो, उठो, बढ़ाओ हाथ, बनो परिवर्तन की रौशनी,  
 नशा मुक्त हो हर प्राण, तब भारत होगा सच्चा वीर  
 भूमि।

## सर्वोदय कन्या विद्यालय, टीकरी खुर्द दिल्ली की छात्राओं का नशा मुक्ति अभियान एवं जनजागरण का संदेश



### ♦ जनभावना टाइम्स

नई दिल्ली। सर्वोदय कन्या विद्यालय टीकरी खुर्द, दिल्ली की छात्राओं ने एक अनूठी पहल करते हुए नशा मुक्ति अभियान एवम् जनजागरण का संदेश देते हुए मार्च निकाला। इस अभियान का उद्देश्य समाज में युवाओं को नशे

से बचाना और जागृति पैदा करना रहा। क्योंकि नशा ही सब सामाजिक बुराइयों का मुख्य कारण है। नशा मुक्ति अभियान एवम् जनजागरण का शुभारंभ करते हुए प्राध्यापिका श्रीमती पूनम मनोचा जी बच्चों नशा मुक्ति के लिए संदेश दिया और समाज इस बुराई का विरोध करने के प्रेरित किया।

अध्यापकों और बच्चों ने इसके बाद नशा मुक्ति से संबंधित जनजागृति संदेशों से युक्त तख्तियों के साथ आसपास के क्षेत्र में मार्च निकाला। इस अभियान में विद्यालय की सभी अध्यापिकाओं सहयोगी स्टाफ़ एवं विद्यार्थियों ने बढ़-चढ़कर भाग लिया और आयोजन को सफल बनाया।



कैसे दिखते हैं हम?  
वर्षा, इ वी जी सी, डिस्ट्रिक्ट- वेस्ट B

कैसे दिखते हैं हम ?  
जांचते हर कदम ।

स्कूल, पार्टी या ऑफिस जाने से पहले  
या फिर ऐसे ही,  
खुद को करते सही ।

पर क्या सिर्फ इतना जांचना काफी है ?  
ऐसा तो नहीं की चमकते चेहरे के पीछे,  
छिपा हो 'सिर्फ अच्छा' ही दिखने का डर  
नहीं हो अपनी प्रतिभा की कोई कदर ।



जरूरी है बाहर जांचना,  
पर खुद को कभी कम ना आंकना ।  
इसके लिए प्रतिदिन,  
शीशे के सामने,  
जांचे अपनी खुशी का स्तर,  
विचारों व भावनाओं द्वारा बनी  
अपने चेहरे की मुद्रा ।

इसके बाद तुरंत करेक्ट कर लें ।  
खुद को खुद से कनेक्ट कर ले ।

'दुनिया का सबसे खूबसूरत इंसान'  
आपके सामने है ।

वक्त ही तो हैं बीत जाएगा  
दीपिका, ईवीजीसी, साउथ वेस्ट B

वक्त ही तो हैं बीत जाएगा,  
उसके बाद, सब ठीक हो जायेगा ।  
पता ही नहीं किस हाल में हूं,  
बस एक धुंधले से एहसास में हूं...  
याद नहीं, आज कुछ भी...  
जैसे किसी अंधकार में हूं।।



खामोशी का सैलाब फैला पड़ा हैं,  
जिसमें मैं स्थिर पड़ा हूं...  
तैरना जानता तो हूं  
पर फिर भी ना जाने क्यों डर रहा हूं ।  
शोर बहुत है मुझमें  
फिर क्यों निशब्द बना हूं।  
क्या मैं कोई चुनौती ले रहा हूं,  
या फिर.... जान कर उलझा पड़ा हूं...  
क्या कोई नहीं? जो मुझे यहां से निकलेगा...  
या ऐसा तो नहीं कि मैं ही सब कुछ रोके खड़ा हूं???  
मुझे शायद एहसास नहीं कि  
मैं क्या और क्यों कर रहा हूं  
पर ये भी यकीन है...  
ये वक्त बीत जायेगा,  
उसके बाद सब ठीक हो जाएगा ।

## National Education Policy

### राष्ट्रीय शिक्षा नीति 2020

(नुक्कड़ नाटक)

Akansha Saxena, EVGC, District North

(मंच पर अर्धवृत्त बनाकर सभी कलाकार खड़े हुए है)

**प्रिया और सांवी:** सुनो सुनो भई सुनो सुनो , सुनो सुनो भई सुनो सुनो  
राष्ट्रीय शिक्षा नीति का हम सार सुनाते हैं , हम सार सुनाते हैं ।  
सबको सार सुनाते हैं ।  
राष्ट्रीय शिक्षा नीति गुणकारी , श्रेष्ठ बताते हैं ।  
सब श्रेष्ठ बताते हैं ।



**वैभवी:** कदम से कदम मिलना है, सबको साक्षर बनाना है ।  
सपना साकार कर दिखाना है , देश को भी तो आगे बढ़ाना है ।

( सब साथ में बोलेंगे )  
हाँ भई हाँ , हाँ भई हाँ, आगे बढ़ाना है ।

**गणेश :** ज्ञान और कौशल मूल्यों की खान बताते हैं। सब खान बताते हैं।  
इस नई सदी की नई नीति को सभी सराहते हैं ।

( सब साथ में बोलेंगे )  
हाँ सभी सराहते हैं, विकास बताते हैं ।

**अदीबा:** बिना शिक्षा के है , जीवन ऐसा  
बिना पंखों के हो , पक्षी जैसा

**प्रिया और सांवी:** सुनो सुनो भई सुनो सुनो,  
सुनो सुनो भई सुनो सुनो,  
काम की बातें, अच्छी बातें, सच्ची बातें,  
सुनो सुनो भई सुनो सुनो,  
सुनो सुनो भई सुनो सुनो

**सक्षम :** अरे भई कितना गीत गाओगे , कोई  
काम भी करोगे या गीत ही गाते रहोगे ?

**प्रांजल :** अरे भाई सबको बुला लो , एक -  
एक को जागरूक तो बना दें ।



राष्ट्रीय शिक्षा नीति का सबको मतलब तो समझा दें ।

**वंश :** लेकर आए है एक नई शिक्षा प्रणाली, जो है बहुत काम वाली ।

**सांवी:** ये तो बताओ क्या है यह नई शिक्षा प्रणाली?

(सब साथ में बोलेंगे )

हमे भी बताओ , हमे भी बताओ ।

**कविता:** समतामूलक और समावेशी शिक्षा है इसका आधार,  
शिक्षा प्राप्त कर विद्यार्थी करें अपने सपने साकार ,  
राष्ट्रीय शिक्षा नीति का है यही आधार ।

**युवराज:** 34 साल बाद स्कूली शिक्षा से लेकर , उच्च शिक्षा तक कई बड़े बदलाव लेकर आई है ।  
देखो भारत में एक नई शिक्षा नीति आई है ।

( सब साथ में बोलेंगे )

देखो भारत में एक नई शिक्षा नीति आई है ।

**हर्षिका:** फाउंडेशनल लिटरेसी एंड न्यूमरेसी है जिसकी सर्वोच्च प्राथमिकता। 2025 तक प्राथमिक  
विद्यालय में सार्वभौमिक मूलभूत साक्षरता और संख्या-ज्ञान प्राप्त करना है लक्ष्य जिसका ।

**प्रतिष्ठा:** मानव संसाधन विकास मंत्रालय का नाम बदलकर हुआ है शिक्षा मंत्रालय ।  
यह बदलाव भी लाई है, भारत में नई शिक्षा नीति आई है ।



( सब साथ में बोलेंगे )

देखो भारत में एक नई शिक्षा  
नीति आई है ।

**हरसिमरन :** 10+2 फॉर्मेट बदल  
कर हुआ 5+3+3+4 फॉर्मेट ।

बदले फॉर्मेट से बदल  
रहा है बच्चों का प्यूचर ,  
बालवाटिका में बच्चों को मिल रहें  
हैं

प्रशिक्षित शिक्षक ।

**आरिषा:** बच्चों के अधिकार के  
लिए, कम से कम कक्षा 5 तक  
घर की भाषा, मातृभाषा, स्थानीय

भाषा या क्षेत्रीय भाषा में पढ़ने का सुझाव लेकर आई है। देखो भारत में एक नई शिक्षा नीति आई है।

**( सब साथ में बोलेंगे )**

देखो भारत में एक नई शिक्षा नीति आई है।

**अर्पण:** करके सीख रहे है बच्चे, ना है अब रट्टा फिकेशन।

पढ़ाई के साथ साथ वोकेशनल कोर्स हो रहे है शुरू , शुरू किया नया पैटर्न, छात्र इंटरशिप कार्यक्रम भी किया शुरू।

**वैभवी:** पाठ्यक्रम एनसीईआरटी (NCERT) का बच्चें कर रहे हैं मंथन, बैगलेस (bagless) हो रहे हैं साल में 10 दिन, जिसमे बच्चे सीख रहे हैं नए कौशल।

**शिवांशु:** विज्ञान कला वाणिज्य के संग में सीखो राग मल्हार,  
विषय चुनो अपनी मर्जी से जिसका जैसा बने विचार।

**अनिरुद्ध:** नई राष्ट्रीय शिक्षा नीति से आएगा संस्कृत का स्वर्णिम युग,  
संस्कृत भाषा के प्रचार प्रसार को मिल रहा है बढ़ावा।

**नैसी:** बिना डिग्री हुए, पहले साल सर्टिफिकेट और दूसरे साल डिप्लोमा का तोहफा भी लाई है।

देखो भारत में एक नई शिक्षा नीति आई है।

**दिव्यांश:** राष्ट्रीय आंकलन केंद्र "परख" द्वारा हो रहा है मूल्यांकन।

नई शिक्षा नीति से भारत हो रहा है जग में रोशन।

शिक्षा संस्कृति से हम जगत गुरु कहलाते है।

इस नई सदी की नई नीति को सभी सराहते हैं।



**(सब साथ में बोलेंगे)**

हाँ सभी सराहते हैं, विकास बताते हैं।

**सुमित:** पूर्व कैबिनेट सचिव स्वर्गीय श्री टी.एस.आर. सुब्रमण्यन जी की अध्यक्षता में 'नई शिक्षा नीति के विकास के लिए एक समिति' का गठन किया गया, जिसने मई, 2016 में अपनी रिपोर्ट प्रस्तुत की और डॉ.

के. कस्तूरीरंगन जी की अध्यक्षता में बनी राष्ट्रीय शिक्षा नीति के सफलतापूर्वक 3 वर्ष पूरे होने पर, 29 जुलाई 2023 को माननीय प्रधानमंत्री श्री नरेंद्र मोदी जी ने भारत मंडपम में अखिल भारतीय शिक्षा समागम का किया उद्घाटन ।

**रोशनी:** अंत में हम सभी भारतीय मूल्यों से विकसित राष्ट्रीय शिक्षा नीति जिसका लक्ष्य है “सभी को उच्च गुणवत्ता वाली शिक्षा उपलब्ध कराके भारत को वैश्विक ज्ञान महाशक्ति बनाना” के आने की आप सभी को शुभकामनाएँ देते हैं ।

**धन्यवाद!**



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