

PEER TREASURE

FROM THE PEER EDUCATORS OF 2020-21

SELF AWARENESS | EMOTIONS | BODY IMAGE | GOALS



COMMUNICATION | VALUES | BELIEFS | SELF ESTEEM

MESSAGE FROM THE DIRECTOR

“We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark.”

- Whoopi Goldberg



We are passing through a unique time in history. For the first time in modern history, the global population is constrained by isolation and social distancing.

“Man is by nature a social animal;” said the legendary Greek philosopher Aristotle, emphasizing that social contact is intrinsic to us. Having people, we can talk to and share our concerns with, maybe having them help us get a perspective –that’s the kind of social ties we thrive on.

With a pandemic looming over, the University was compelled to shift to virtual sessions for core academic session. We soon became present to the challenges of online education, especially in the realm of holistic development for our students. Our student community was losing out on positive relationships and supportive environments that are important resources to help tide over adversities.

Effective support for the students, friends, families, and ourselves require creativity and new thinking. This aspiration to reach out to students and the community at large through them and the conviction that our peer supporters can provide connection and hope during these unprecedented times is what encouraged us to go ahead with the Peer Education Programme in the virtual model.

To prevent excessive screen time for the students, the number of peer education training sessions were limited to one session per week along with one mentor meeting as opposed to the traditional pattern of weekly three sessions and one mentor meeting. This led to the programme which earlier finished in one semester, extending to one more semester in the online model.

As part of the programme, the peer educators initiated several awareness campaigns through videos and online sessions on life skills, gender sensitivity, sexuality, personal safety and substance use and abuse for students across campus. The Peer Treasure magazine is an annual publication by peer educators to disseminate their learnings and reflections from the programme.

The relevance of positive social connections and social safety nets that increase resiliency among students and the invaluable role played by trained peer supporters to provide connection and hope during these unprecedented times makes the Peer Education Programme unique and indispensable.

What makes this eleventh year of the Peer Education Programme exceptional is the resilience of the counsellors and our students and their willingness to embrace a new normal. Thank you for the hardwork, dedication and energy you have all invested into this programme. It is greatly appreciated.

Fr Jose CC PhD, CMI
Director,
Centre for Counselling and Health Services

EDITORIAL BOARD

“There is no surer foundation for a beautiful friendship than a mutual taste in literature.”

- P.G. Wodehouse.

It has been an absolute pleasure editing this magazine and finding the soul through the beautiful pieces of literature and art that are presented here.

All our contributors have poured a part of their heart into the pages, and we hope they will find a place in yours.

Surjo Siddhanta Ray (4 PSENG)



Every day, even the smallest of the things we do have a bigger impact than we can realize. This magazine is a collection of all these big and small changes that our Peer Education batch felt was worth sharing with the world, and needless to say, it's phenomenal! I sincerely hope you enjoy the magazine as much as we did when editing it.

Upasana Belavadi (4 PSECO)



At a time when the world was surrounded by overwhelming uncertainty, the Peer Education program helped us navigate through unprecedented times with ease. If anything, the ultimate lesson that the past year and this program has taught us is that our actions have an effect on others and only collective efforts can help us create a safer and better community. It has been a delight to compile this magazine, we hope you enjoy reading it.

Anandita Mehrotra (4 JPENG)



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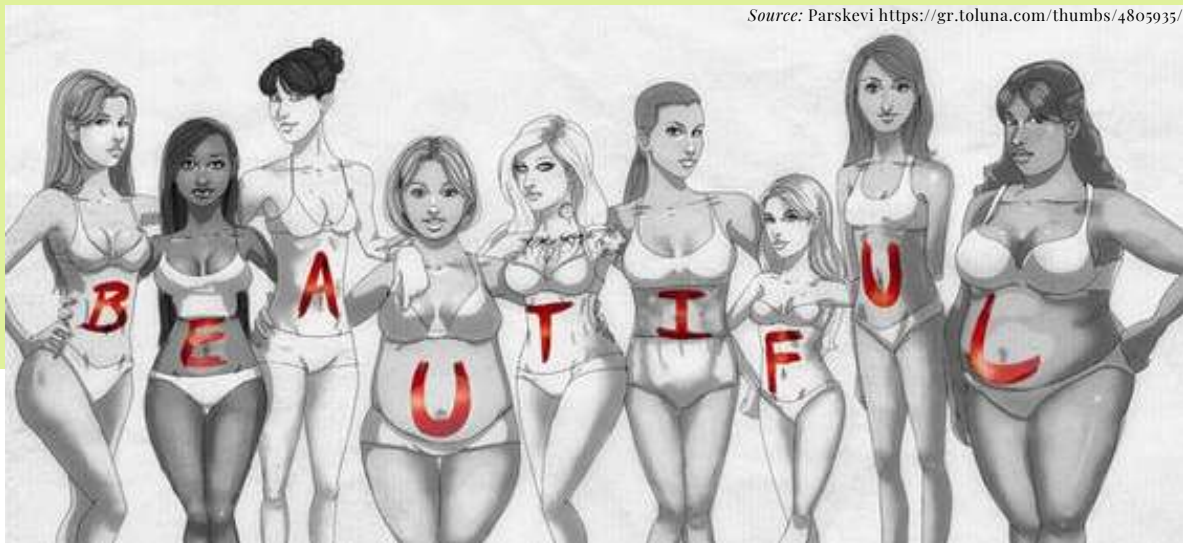
BODY IMAGE

"How I feel about myself is more important than how I look. Feeling confident, being comfortable in your skin — that's what really makes you beautiful."

-Bobbi Brown

START YOUR JOURNEY OF BUILDING POSITIVE BODY IMAGE

Aparajita Pauranik, 4HEP



I read a quote once, "Don't let your mind bully your body," and it stayed with me because at first, I didn't quite understand it. I felt, why would any individual let their mind bully their body?

However, it's the truth and most of us have done this to ourselves one way or the other. We have bullied ourselves whenever we have an unhealthy body image of us, whenever we don't accept the way we look and then we go to the ends of the Earth to change it.

What is body image?

Body image is not equating your value as an individual to the way you look. Rather, body image is about how you see yourself, how you feel about yourself. One of the worst things we can do as an individual to ourselves is

not accepting the way we look. When we don't accept the way we look, we often go down the spiral of negative self-talk and form an unhealthy body image of ourselves. To prevent this from happening, we should be aware of our worth as a being.

We should be aware of how smart, amazing, lively, enthusiastic, curious individuals we are! Does it matter that we do not look like the actress on the cover of Vogue? Does it matter that a guy you saw at the gym today had perfect abs, and you don't? Does it matter that you saw a girl slimmer than you, prettier than you, and therefore you have to get back on that dieting plan and force yourself to achieve something detrimental to you?

One of the key things that I've realised is that the most important relationship we have is the one with ourselves. So unless you fall in love with yourself, all the things mentioned above will matter. It will matter that you couldn't fit in the smaller size of a dress or that other people look flawless. It will matter, but it shouldn't! It does not weaken your personality, but it harms your self-image because you give it the power to. Building a positive body image takes effort, and it begins with the perceptions you have about your body. When we practice self-care, combat insecurities, it is only then when we reach our full potential.

The world that we live in revolves around social media to an extent we aren't ready for. Social media has infiltrated deep into our personal lives. The pressure created by scrolling social media for even one hour is unimaginable, but only if we let it.

We have to realise that the images we see online are often deceptive. They are not real! It is just a lifestyle illusion, and we all fall prey to it. This industry that feeds on our insecurities is so powerful and extensive that, at times, even the photographs of the models are photoshopped a lot before being published in the magazines, the models who are supposed to be 'perfect'.

To attain these unattainable beauty standards, many people fall victim of eating disorders. According to the National Eating Disorder Association (NEDA), 20 million women and 10 million men suffer from an eating disorder at some time in their life. Eating disorder types include anorexia nervosa, bulimia nervosa, and binge-eating disorder. Negative body image not only affects women but it affects boys and men too. We as a society need to aware ourselves and equip ourselves in fighting against these negative body images.

When we are aware of our awesome personality, our various traits such as being an empathetic person, being a good listener and a great friend, being independent, a great storyteller, singer, dancer, etc. we realise that our body image is more than just the physical appearance. When we have this realisation, when we learn and practise self-care, it is then when we can empower others!

We can then help our peers and even adults to begin their journey of building a positive body image. Instead of sacrificing a part of us to attain societal standards of beauty, let's fall in love with ourselves and create a standard of our own.

MAKING OF A DREAM

Risheek Banerjee
4HEP

All this started when I was 13,
I couldn't be this fat anymore, felt the
need to get lean,
Felt I was in a different realm cos all kids
my age bullied me until it became my
dream.
It was the body-shaming that got me all
started,
Had to quit my lazy old habits.
Being the fat kid in class was never fun,
It was time to make things right with a
smoking gun.
Now I'm 19 and I think I've come a long
way,
I could've just whined and called it a day,
But I decided to stay, give my best even on
a Sunday,
Now you all can just sit back and admire
me for who I am today,
I am Risheek Banerjee and I will make my
mark one day.

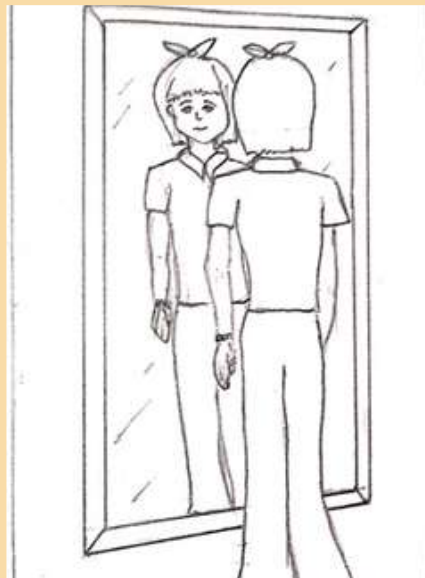


This is a small poem describing my past and one of the biggest challenges I had to overcome. The moral of the poem is that one should never quit, and it can be powerful if we take the insults and the hate we get and channel that energy into a fuel that drives us beyond limits to reach where we want.

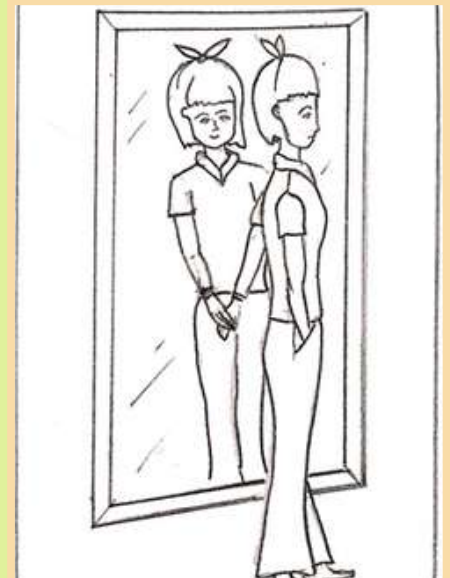


SELF CARE

C Hari Chandana
4CME



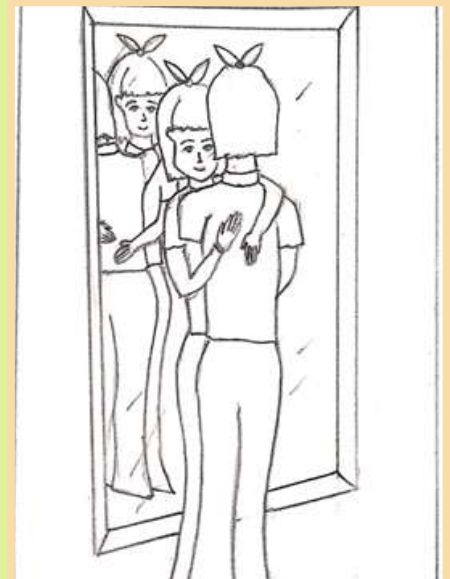
Self: Another day...(Sigh)



Self-reflection: Hey, wait.



Self: Huh?



Self-reflection: Have a nice day! You can do it.
Self: Thank you!... (Smile)

One cannot pour from an empty pot. Fill your pot first; then you can pour it into others. So, care for yourself first. When you take care of yourself, you'll know how to care for your loved ones. Self-care is not selfishness. Appreciate yourself for the things you do. Encourage yourself when you're feeling low and generously reward yourself when you achieve your goals. Take care of your body, mind, and soul because you know yourself the best.



ART WORKS



Upasana Belavadi
4PSECO



Niharika Vaz
4PSENG



Varija Maini
4HEP



INDECISION

*“A person’s greatest limitations
are not genetic, but imposed by
self-doubt, insecurities,
indecision, and timidity.”*

-Kilroy J. Oldster

DOWNWARD SPIRAL

A poem about invasive thoughts and overthinking

Ritika Mukherjee

4PSECO

The staircase led both ways
But all I could look was downwards
"Look up!" "Don't slouch!" they'd say
Little did they know, the descent had already begun.

Spirals are funny, the way they work
They'll take you all around the world
All the bad places, all the bad decisions, all the pain,
all the derision
They'll make you comfortable, all snuggled in
But the moment you want out, they'd coil and rein in
hard
Momentarily making you forget why you wanted to
leave at all

So you'll stop the struggle and seat yourself firmly
On this express of never-ending fallacies
"What's the worst that could happen?"
You'll ask yourself
Soon you'll forget the question,
the spiral wouldn't appreciate you asking

The staircase led both ways.
Why is it so hard to remember, again?





Ananya Kaushal
4CMS

FLIGHT

The curtains of the eyes
Beheld a beautiful dream
Like smoke
Diffused into thin air
Remains no more
Sat patiently
Under the shadow of our dreams
Is this the end of our story?
Or are we starting out?
Is this a new dawn?
Or is it turning dark?
Time will provide shelters
Or will these paths cross again
Still unexplored
It remains.

THE WALK

He walks and walks an evening road
His mind filled with continuous thoughts
Every inch of them, frail and thin
From the beatings he had never got

The evening skies set in everyday
Bringing with them the pink and blue
Time for him to walk those roads
He ties the laces of his blue shoe

The anxiety builds with every step he takes
His mind racing ahead of his body
He stares at every face he passes
Looking for something out of the ordinary

The skies begin to turn pitch black
The fear begins to creep in
He makes his final turn
Labrinth rejoicing in his win

Another successful journey, he sighs
His body loosening up to its original state
The walk was peaceful as always
He knew he had surrendered to his fate



Aditya Shawn
4JPENG



MOTIVATION

“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.”

– Winston Churchill

AEONIAN

Shubhi Phartiyal
4CMS

Can life be sunshine?
On the calmer day you see the blue skies,
On stormy days the raindrops,
That fall down your cheeks through the
squeezed eyes,

Can life be heaven's land?
You only reach their surpassing the hell,
Because you won't understand the "happy,"
Until you know the "sad,"

Is it what life is?
To know both happy and sad,
Because even life needs both sunshine and
raindrops
And a touch of cold and warmth to grow.

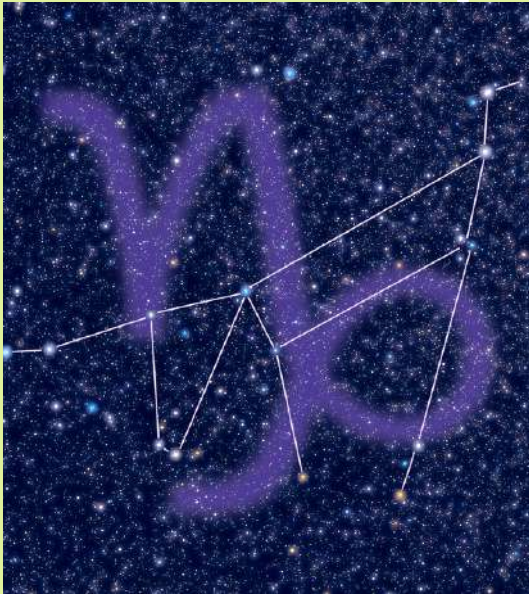


Rhea Rose Abraham
4HEP

CARRY THROUGH

There is no use in vain regret,
In hot remorse or bitten tears,
There is no sense in looking back,
To stir the memories and the fears.
What you have done, then, you have done
And all your tears won't wash it out
You cannot take a forward step,
Burdened by fear or chained by doubt.
There is no courage in the weak,
No strength in that regretting mood,
Wise men go forward though they fail,
And only weaklings sit and brood.
What you have been, too, you have been,
What you are to do is up to you,
So get up dust yourself and work,
Forget it and Carry Through

Auman Bose
4TEP



Saket Agarwal
4BCOM D

CAPRICORN

It is said that we are unforgiving
Towards both dead and living
Therefore be careful
don't break our trust
Or else you will see
The beast inside our crust

We are the most
Hard-working people you will meet
Grinding and practice is
Our daily repeat

We are dry and uptight
We know when to fight
Ambition is our oxygen
While persistence is its origin

We can be touchy at times
But we think on pessimistic lines
Loyalty is our norm
We are Capricorn
And this is how we are born

Blessytha Anu Varghese
4BCOM D



FLY HIGH



They held my wings,
Held it too tight,
As tight as they could that it
hurted me,
And they didn't know that.
They think that's right,
They think that's perfect.

When they let me fly,
I won't be able to fly
Because I'm lost and never myself.
LOsing my feathers,
I started losing my hope.
I won't be able to fly anymore.

When everything seemed like
ending,
The sun shone strength in me.
The wind boosted me up
The trees built my confidence.
The clouds said to me:
"Just because you lost few feathers
doesn't mean you can't fly".

Believing in myself,
I flew High with brave wings
Along the wind,
Between the trees,
Into the beautiful sky.
Yes, I flew High above everything.

FREE

Shubhi Phartiyal
4CMS

(Inspiration: Aazaadiyan-Udaan)

Shackles around the feet
Can't bind the imagination

Even the tiniest of seeds find their way through
The layers of the soil
Slowly but coherently

Core being housed by unfaltering desire
Being governed by their hearts
Without fear

Is there any trellis that can bar the rays of the sun?
Are there any eyes that can guard these thoughts?

Soon,
With the spread of wings
Birds will soar high
To kiss the sky

Freedom
That was never asked for
Freedom
To live



I AM MY OWN PILOT

Shravya Vemuri
4PSECO

My thoughts are not me.
They might be signals,
or they might be translations,
But they are not the truth.
My mind is quite childish, isn't it?
With all the whims and wonder.
It thinks it's quite clever,
Despite befriending hell alone.
You might hurt me
Even beyond all mend.
The despondent, lowly fits
Like a child that begs a glance.
I wait and watch longer each time,
Despite the pain in which I dwell,
Your impulsive acts that forget
I am my own pilot.



ME MYSELF

Swathishree B V
4CME

Every time I wanted to fly high
I was told I would fall
Was it the outer world which put me
down?
No, it was me myself

Every time I wanted to raise my
hand
I was told I could be wrong
Was it the outer world who stopped
me?
No, it was me myself

Every time I wanted to speak up
I was told I would not be understood
Was it the outer world which put me
to mute?
No, it was me myself

Every time I wanted to try
Something new

I was told I would fail
Was it the outer world which
stopped me from trying?
No, it was me myself

Every time I doubted myself
I was told to trust myself more
Was it the outer world which trusted
me?
No, it was me myself

Every time I wanted to quit
I was told not to give up
Was it the outer world which stood
up for me?
No, it was me myself



Source: Yaoyao Ma Van

Sreeja R
4BCOM H C

TO MY SMILE

Sun rays passing through the window
Gently touching my skin
I realise I'm the most beautiful
Sweet little smile bursts from my lips.
As day passed, I broke
I felt failure, people knocked
My confidence, I countered
With my gracious smile.
As you stayed forever,
I know I'm strong
To face the universe, because
You are my lucky charm.

NOT ALONE

Sanveer Singh
4BCOM H SF

I feel you've felt so much
This year
You've dealt so much

No idea when would it end
Whom to call, whom to depend on
Warrior, you're not alone
I'm my best friend, nobody else to belong

It's okay if nobody's there at your end
"Just a call away," tells a friend
No text backs? Have a chocolate fudge
I feel you've felt so much,
This year,
You've dealt so much

These days feel so grey
"Happens with everyone" is what they say
Communication, the key to stay afloat
But Hostel, wish I could've stayed with you
a little more

Friends, at least you've stayed in touch.
I feel you've felt so much,
This year,
You've dealt so much

Memories made at college
Not just on Snapchat
"Bun Samosa, Momos,"
Can't even have that

Recipes at your doorstep, make use of it
Can't get the same taste?
No worries, you'll get used to it

The biggest guide is you, nobody to
judge

But I feel you've felt so much,
This year,
You've dealt so much

Missing someone?

Text them. Solutions are always available at your bay, even if we fail to realise that. This year wasn't just a rollercoaster ride for everyone, it actually went up and down in a literal sense. It hits so hard when we feel alone, but that shouldn't make you vulnerable. Your only relationship, which actually stays forever, is the one you have with you. This needs your utmost attention than everything else combined. We often fail to nourish this weird, silent, unrequited relationship we have with ourselves, but this is the plant that needs to be watered every day. People call it self-introspection, or self-talk and even journaling, but it truly needs your time.



SELF LOVE

The Perfections & Imperfections

Yuvashree Suresh, 4BCOM H C



Before you read any further, I want you to close your eyes and ask yourself the following question, 'The fact that out of these billions of people in the entire world none of them has the exact same feature, character, habits or even the imperfections as me. Doesn't that already make me a special and unique person? I know that this topic is a bit cliché and cringy but it is very important to reflect on it, because we don't have a choice (just kidding^^). We always say that we love ourselves, we appreciate who we are. But do we actually mean those words? Self-love is not just LOVING but ACCEPTING, being AWARE and EMBRACING the person who you really are. When I refer to loving yourself, I mean not only the positive and perfect side of us, but I also refer to the negatives and imperfections that we carry on the other side. Straight up people hate themselves for the small insecurities that they have which they apparently consider as the biggest mistake in their

life (Trust me I've been there). But you're thinking changes when you realize that everybody in this world has some or the other insecurities that they are not proud of. The person whom we think as perfect may not regard themselves as one. Nobody is born perfect; they strive and work hard to be one. People have this misconception that self-love talks only about how we look and how we accept ourselves. But it also deals with how we think, how we assemble our thoughts, our counter actions, how we set boundaries in your life and how much we understand ourselves.

We always expect to be surrounded by people whom we cherish and who constantly show their affection and love towards us. This makes us terrified of the following thought,' What if one day I have no one? What if nobody appreciates me anymore? What if I am ALONE?' (Cue the dramatic music). But what I'm saying is that it's actually not

that bad to be alone at a certain point in your life. Just to clarify, being alone and feeling lonely are two different ideologies. Being alone means, basically, enjoying our own company. We always make sure to entertain our friends or family, surprise them, take them on vacation etc. But do we do that to ourselves? Let's be honest, how many of us actually give a small pat on our back as an appreciation when we do something nice. Instead, we seek compliments and validation from others. Take yourself to a nice morning walk, treat yourself to a good meal and feel how much you enjoy being with yourself. We always compare ourselves with almost everything. They have clear skin, and I don't. They have a perfect body, and I don't. They are very social, and I am not. They have their future planned, and I don't. But let me ask you this, why compare yourself to the standards set by society or your neighbours? Why not create your own standards? Imagine you are standing in front of a mirror. Forget about all the status that society labels you (like fat, too thin, not fair, very shy, not social etc.) and just admire yourself, removing all the labels. Smile at yourself. OF COURSE, you are going to look fabulous both inside and outside. Create your own definition of beauty and stand by it. You cannot compare yourself with everyone whom you come across in life. There are way too many people in this world. Moreover, if any two of you had the same character and the same feature

without any flaws, then there is no need for two of you in this world, right? You both serve two different purposes. Your flaws, imperfections and even the positive aspects differentiate you from other people. Instead of avoiding and hiding our insecurities, let's conquer and be confident about them. This can help us grow and helps us get out of our comfort zone.

Another important thing that we all should understand is to give ourselves enough respect to walk away from people who don't know our value. Having positive people around us can help us stay positive and can have a good influence on us. Be with people whom you are comfortable with, not with whom you are forced with. Having toxic or negative people in your life can have a huge impact on your life which is unhealthy for one's own growth. Wake up every day with a smile and think positive. Sometimes life becomes tough because we don't even ask ourselves if we are happy or satisfied with what we are doing. It is absolutely okay to step back sometimes and think about what we truly want. There are always people who discourage & underestimate us. But we have to stand up for ourselves and prove that we can do what we want. There is one person whom you have to take care of and love till the end of your life, and you know very well whom I'm talking about, and finally, just so you know, the world doesn't need the PERFECT YOU, it needs the REAL YOU.

SELF-ESTEEM

Kevin J Antony, 4BCZ



Sorrows that itched in a child's heart during the early years of his life will have a terrible impact on his or her life later. The environment that a child lives in happens to have a lot of importance as it is this environment that moulds a child. One can either motivate and build a child's self-esteem during this time or they can destroy it.

A thirteen-year-old boy who was considered inferior by everybody, even his parents, lived in pain and agony. His parents fought over things he would not understand. His father wouldn't remain sober for a very large part of a day. His mother was waiting for the day when the world would break into two and fall off from its place. She hated her life and did not want to love any longer. A few years later the father decided to stop his bad habits but by then it was too late. Liver Cirrhosis took him.

The mother who had no will to live found

it a punishment to bring up two kids. Their conditions improved after a short period of struggle. However, the boy was still in a terrible place. He was body shamed by his friends and he had no confidence in him. He was called a brainless. His last shred of dignity was destroyed when his class teacher labelled him as an unintelligent and useless being. He lost all hope but he managed to live through all embarrassments and troubles. Time flew. He turned eighteen. His Grandpa called him to wish him on his birthday. He said, "Son, try to be more responsible this year". His mother asked his younger sister to accompany him on the way to the nearest shopping complex for he couldn't be sent alone. He was considered too timid and dull to purchase a bag of groceries.

Courage, strength and confidence - he never had any. He had other qualities but nobody bothered about those. His

mother was sure that he'd make a great sweeper or driver. He wasn't bad at studies now, but he did not have the ability to express himself. He managed to get "B" grade throughout his academic life. He loved soccer but his friends would always make him the goalkeeper since he was too fat to run.

His sister, four years younger than him was better at everything. He had to live under her shadow. His mother set all her expectations on her daughter who was not only smart but also astute. He was given the food on their table, good clothes and a decent education but he did not have the privilege to understand who he really was.

There is no hero who would save him. He was not an avid reader but his uncle who resides in Europe had left him a suitcase full of old books. One day while cleaning, this boy stumbled upon the book and decided to read it. Not that he wanted to read it but he was curious to know about his uncle's taste in books. He was judging all those books by their covers and the quality of the pages until he came across a book that had a thick hard covering. It was very big and looked different from all other books. The outside of the book was covered in dust. The label wasn't visible. He opened it to see what it was.

“Are not two sparrows sold for a penny? And not one of them will fall to

the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows.”

These were the words that he saw before he started shedding tears. He got up, wiped his eyes and held the book close to his chest and walked back to his room. It felt like somebody was talking to him. He made a decision that he will change for good and that he will not remain sad; for he understood that day, that he was not worthless.

Simply believing that he wasn't worthless made him do so much better in his academics and in his personal life. His troubles didn't end there, though. Troubles kept coming up, he would stumble and fall but not very long after, he learnt to outrun his problems. He learnt that problems wouldn't leave anyone but the man who improvises and adapts is the one that finally wins. He started reading the book that he was so fond of, the book that changed his life.

He learnt to unlearn things that his relatives told him when he was a kid, things like “you'll never be able to study math” or “why can't you be like your sister”. Now he knows that he is special and that there is a plan for his existence. He started learning the subject that he loves the most with more vigour. He began going for a jog before his mother would even get up. After a few months, this boy who was once an outcast became

unrecognisable. He was smarter, healthier and he had goals to live for. He enjoyed doing what he did, and as a result, his motivation wasn't short-lived.

Some of his friends still made fun of him, his relatives would still ask him to be like his geek sister, but everybody noticed that there was something different in him now. The most important thing he learnt was that even if people sideline you or consider you good-for-nothing,

you're still valuable. More valuable and priceless. That there is nobody like you or me anywhere in this world.

Everything might not change soon.
Big things take time.
But big things will come.

"You are valuable just because you exist. Not because of what you do or what you have done, but simply because you are"
~Max Lucado.

THE VIRTUE OF BEING AVERAGE

Shubhi Phartiyal
4CMS



Look to your left,
Look to your right,
You will notice me,
While the sun shines bright!

When you see people ordinary,
And wonder why they aren't luminary,
Because we love life the way it is,
Not falling under the unique bliss.

You need not be distinctive,
For the people who are instinctive.
'Live' life following your passion,
And not indulging in crowd convention.

Life is a boon in itself,
Absurd use of it will make one regret oneself.
If there is an option of being happy or sad,
Will you make a decision so bad?

THE WARMTH OF THE RISING SUN

The light disappears behind heavy, dark clouds, the chirping sound of the bird silences, and I wander through the mist. Feeling restless, yet tired and drained; wanting to sit down but terrified of the surrounding darkness.

A storm climbs up, it throws me up, carries the feeling of anger, hatred, pessimism. I see everything through the eyes of a grinch. People trying to reach out to me, trying to pull me out of the surge but the voices in my head whisper, convincing me I should not trust them, not listen to their hypocritical persuasion. As fast as the storm has raged, as fast it vanishes and dumps me on the hard, cold ground. Deep sadness and bleakness crawl up my bones, settle in my mind, lay a grey veil over my thoughts. Loneliness anchored, I fear to drown in the dark water, drown in the self-doubt of not being enough, not trying hard enough. The tears dripping down my cheeks freeze, the night sucked out any emotions. Left alone, I feel numb, empty, dull, and exhausted.

The chirping sound of the bird wakes me up, the warmth of the rising sun caresses my skin. The voices in my head have silenced. My breathing calms down and I can feel my heart pounding as if it wants to remind me, I am still alive.

The grey veil dissolves as if my broken spectacles had been repaired, and finally, I can see clearly. Gazing around, I fall in love with the beauty of the small things, its colours, its richness, its unique melody. For a moment, I forget the burden on my shoulders and the heavy-heartedness.

It will take some time until I find my bliss again, but that is alright.

Paula Pietrowski
4PSECO



WALKING ON HELPS!

Loving and losing love cannot be everything for a person to face during their life, there are more to feel, much of that will give you joy, so walk on.

Life enters another phase, burn those love letters, they will only make you blind in your new journey, you would want to cry upon them but tears will betray.

You move on from the world of your lover's heart the moment you are released from its affection, then you walk through areas of grief, depression, less hope, less meaning in your mind, and walk on because the reality, the world outside mind remains cheerful and you are welcome to partake.

Your one kind gesture would turn on the light, like a bright sunrise, warmth will dance about you, your lover's kisses, glances, snaking about your body would no longer be needed, the stolen source of happiness you would find somewhere within yourself, day and night even without someone would be embracing again, just keep walking, sunrise will meet you every day.

When you would have walked unknown paths, crossed uncountable ghost lands, met - the misty morning, talkative birds on your jog many days, the loyal dogs heeding your appearances, a group of

elderly people, all friends joking about their daily affairs - love will be found in the journey itself, halting your search for 'one' destination, love will become a way of life than life itself, life will touch you as seductively with its loving glances as any mortal - you will once again feel lively.

And you then choose to manifest the love you find and become a source of life/love to another mortal, you will never be unloved again.

Anubhav Parasar
4BCOM A

Source: NTEMID <https://www.ntemid.com/ching-ching/>



TALE OF A DREAMER

Rakshikaa V, 4BCOM HSF



"Everything in your life is the reflection of your CHOICES."

I love this quote because I happen to see it (very often), especially whenever I find myself standing at the crossroads. I don't know if it was an accident or some divine intervention. But every time it appeared, it spoke something to me. Something more powerful. Something more meaningful. Like Harry Potter had Dumbledore to guide him through his dark times, I had this beautiful and meaningful sentence that helped me make some of the most difficult choices. Now when I look back at my life, I realise that I had come across so many crossroad moments. I can go on only one way. I made a choice. And today, I am here as the outcome of all the choices that "I" made.

I grew up in a small town. As a little girl, I was carefree, and my imaginations had no limits. I spent most of my time daydreaming and wondering about my

future. When the time for me to wake up from those dreams came, I realized that I am not an actual princess and not living in a fairy magic land. As I started growing up, I had to face the real horrors of the world. I was constantly reminded of Who I am. Every time I had to make a choice, I was reminded that I am a GIRL. The Society we all live in expects a girl to make an easy and safe choice. But I wanted to do the exact opposite of what the Society expected me to do. My Society was disappointed with my choices. But I don't regret making any of those choices. It made me stand out from the crowd. I paved a new path for myself and the next generations. I am proud of my choices. Society and its belief system always stood as an obstacle between me and my dreams. So, I started to perceive my Society as the villain of my story.

Yes, most of the people around me were not happy with me and wanted to stop me from moving forward at all the cost. But not all of them were as bad as I thought. Few people were impressed with my actions and encouraged me to be the same. Before my teenage, I had a positive approach towards every issue I faced. How can life be this simple? I wondered. Very soon, I was standing at the crossroads again. But the choices were different this time. One of the options is to finish my degree in a local college and get married. Looking for the second option? I was not given a second option. It was just one single long road in front of me. I was not happy with the challenge put in front of me. Friends and other family members brainwashed my parents. I felt my hopes coming down and dreams getting shattered. It felt like the end of the world. Even with the hope slowly dying inside me, my fighting spirit never became low. I wanted to create my way. I took a chance and tried convincing my parents. That's when I realized I was lucky enough to get great parents who were strong enough to put their daughter above everything else. I promised them I would never let them down. I got excellent scores in my 12th board exam, and I got into my dream college.

Now my life is supposed to be awesome, right? The answer would be no. I entered my college life with great expectations. The world I entered was more than I expected. This was supposed to be a good thing. But I did not take this new

phase of my life as an exciting challenge. Instead, I became hard on myself. I compared myself with everyone else around me. I started to feel the insecurity inside me. The world looked very intimidating. The language was a great barrier to me. I had a good understanding of how the English language works in general. But I had great difficulty communicating my thoughts and opinions. So, I never expressed anything to anyone. Once a social butterfly now became a person who is more socially awkward. I was able to make very few friends. The foundation that I laid for my newfound relationships were weak. I figured out it is because I stopped loving myself. Expecting others to love me when I don't love myself is completely insane. So, I won't complain about my friends. My academic performance wasn't up to my expectations, but I improved my performance over the semesters. I know I have a burning passion inside me, but I also know that there is no more fuel inside me to keep that passion burning.

I lost myself. I realized that I lost the most valuable possession in the world. I could feel that darkness inside me spreading all over my mind. I cried out loud. I cried and cried. I felt helpless. In my mind, every time I cried, I found myself standing at the funeral of a girl whom I recognized immediately after I saw her. Yes, that was the old me who was bold enough to stand against the Society but got defeated by herself. Whenever I was quiet, I heard a very cold voice coming out of nowhere. I used to look around me to know the

owner of the voice. Very little did I understand that voice came inside me and not from outside. I never heard that cold voice in my life before. The words of the cold voice were not motivating. It questioned my choices. It questioned my existence. It questioned everything about me. It always tried to insult me. It made sure that I feel low all the time. And I cannot do anything about it. I did not dare answer the questions of that strange cold voice. Even though the voice came inside me, it did not sound like me. I forgot that I have no language barrier in communicating with myself. So, I treated myself like I treated everybody else. I was awkward even around myself. I did not enjoy my own company. Many days I wished I never woke up the next morning.

One day, I happened to meet one of my schoolteachers when I visited my hometown in my holidays. My teacher was telling me how proud she is of me. When I spoke to her for almost one and half hours, I heard about myself from someone else's perspective. I saw my older self again in someone else's eyes. She was completely different from me. She had a strong mindset and great faith in herself. Nothing could stop her. She made herself deaf to both external and internal noises. She was ready to make a choice which she believes will take her closer to her dreams. She loved herself more than anyone. She became an example to others at a very young age. She proved that she has leadership qualities. She broke the social norms

and built her own life. She had strong core values and principles of her own. The real irony is that I heard all of this from someone else.

When I came back home that evening, I saw myself for the first time in the mirror after a long time. The face that I hated to see that morning now looked more beautiful. I realized where I am making my mistakes. I didn't figure out all the mistakes I made at the same time. It took time for me to identify my mistakes. My self-esteem, which hit rock bottom, is now shooting upwards. It moved slowly at first. Now the speed is optimized. I am still healing. Ever since I started to heal, I stopped hearing that cold voice inside my brain. The biggest lesson I learned is that however difficult life might seem, if you are not strong from inside, you cannot fight the external problems that pose themselves as challenges in front of you. I also learned how important I am to myself. Peer Education helped me heal from my wounds and find myself again. With all the experience I have, I am now helping other people who lost themselves in this growing world.

If I can heal, so can you. Just remember you do have a greater purpose. There is a greater reason behind your existence. You should never doubt it. Whenever you feel lonely, look around you. You will find at least one soul who struggled just like you and can understand you because they have been there. Feel free to reach out to us. You are not alone in this.



REFLECTION

*“We do not learn from
experience. We learn from
reflecting on experience.”*

– John Dewey

AN OPEN LETTER TO MY NEGATIVE INNER VOICE

Dear Inner Buzzkill,

I am writing this to you because I feel that it's time, we change our relationship. For 18 years of my life you have controlled me and I let you hold the reins because I felt that I performed my best under the pressure you put me in.

But in the last 2 years I have realised that I will always have someone in the outside world who will put me down, who will say something negative to me. And I can't control them. But I can control you. So, I have come to the conclusion that I want you to be a guiding support for me and not a demanding force.

From now onwards you are going to be my behaviour guardrail. Your job is to ensure that I'm safe. And when you warn me, instead of considering all the things that could go wrong, I will reframe the situation and make a list of all the things I have to check to see that everything goes well. Your triggering will not weaken me, it will empower me and this continuous trigger loop will become a loop of empowering self-talk.

For the longest time I listened to your rules, obligations because I thought this instinct is required to survive in the outside, dangerous world. But over time I realised that by following these rules, I am not accustomed to adapting in this world. I have interpreted experiences in ways that were not true, because I listened to you. I overcompensated in relationships because I feared that I would not be able to handle the events that unfold.

I think it's time I question you for your comments. Anytime you say something about me, I will ask for proof, for I don't doubt your intentions. I fear your harshness. I request you to take a factual and supportive tone with me. I want to view mistakes as something which should not be repeated, and not see them as an opportunity to drown in remorse and guilt. Let's have a more mindful relationship. I respect and value your opinion. But that's all it'll be. An Opinion.

Lots of love,
Your favourite,
Garimella Bhavna
4PSENG

BOOK REVIEW: NORWEGIAN WOOD BY HARUKI MURAKAMI



Preethi Mariam Alex, 2BCZ

Norwegian wood is a novel written by the Japanese author Haruki Murakami and deals with the themes of memory, nostalgia, death, suicide, mental illness, sex, love, truth, lies etc. The title of the book is taken from the Beatles song Norwegian wood (The bird has flown) and this link has been very interesting and helps us to connect with the book and the characters on a deeper level. I had listened to the song several times when I was reading the book and the more you listen to the song, the more connected you feel to the song as well as the novel.

The plot is set in the late 1960's and is told in the first person perspective by Toru Watanabe who looks back on his days as a college student living in Tokyo. Toru grew up in Kobe where he attended school and befriended Kizuki. Kizuki, his girlfriend Naoki, and Toru formed an inseparable, intimate company. Naoki and Kizuki had known each other since they were little and being in a romantic relationship was the most natural thing for them.

However, they lived in their own little world and Toru was their only connection to the outside world or normality.

This perfect symbiotic existence was dismantled when Kizuki inexplicably committed suicide. The rest of the story deals with the aftermath of this event and how this incident had affected Toru and Naoki. Both of them leave Kobe and go to Tokyo to attend university where they run into each other again. A series of events unfold and the readers are exposed to the labyrinth of pain and suffering experienced by the characters in the story. Several new characters are introduced and their characters are dissected and analyzed deeply. The novel is written in a very honest and unfiltered manner and is more like a case study for mental health and psychological disorders like bipolar, depression, self-harm and suicide. We understand that help is a challenging gift to deliver to those who are most in need.

FORGIVE ME FOR MY SINS

Khushi Bajoria, 4EPS



It has been reiterated by the wise that among those who seek shelter on this planet we call home, we never really get over the pain of the hurt inflicted by someone on us, but the prudent decision is to move ahead even when it is rather tough to move on.

It has no less than often been inevitable in our very own lives that we create doors so people can enter. We let down our walls so people can understand and we leave open our hearts so those around us receive the liberty of our trust. We more often are hurt in this process than we find easy to fathom and are soon engulfed in the shadow of mistrust and betrayal, forget the art of forgiveness.

This is the real problem with us. We blame others ever so frequently and forget to introspect. We fail to reflect on our own wrongs and so we do not reconcile with

ourselves. This renders us unable to feel the liberation we should otherwise have felt and leaves us brooding over follies, amidst the clouds of isolation.

I am a firm believer of the fact that we homo sapiens are responsible for the way we feel. We tend to disregard our feelings and emotions more often than we acknowledge them and we start shutting off, we start building walls, constructing fortifications rather, and swearing never to place the delicate petal of trust anywhere close to the horrid Venus Flytrap of the heartbreak this world has to offer.

When we face issues like that of broken trust or even abandonment, we believe that our unforgiving attitude will avenge us. The unpleasant memories constantly play on our minds like the words from a tape-recorder stuck on a loop. Initially,

we find warmth and comfort under this garb of ignorance we cover ourselves with but things do not always remain the same. Amidst all this comfort we find, in sheltering the hurt, we often forget to acknowledge the mishap or the problem and so we fail to internalize it.

Slowly and steadily we become prey to this web of solace we weave for ourselves and it starts to strangle us. As we suffocate, we in our desperation for respite weave another web of confusions and become prisoners to our own way of dealing with what is thrown at us. While we are of the thought that these webs created by us are traps of remorse for those who have wronged us, we entrap our own selves in the chaos and become prisoners for others' sins.

We, as a community of individuals, bestowed with the gift of rationality (which we make rare use of), must come to realize that we are to be blamed for the perplexity of the situations we land ourselves in. Our own lack of awareness about not only the world and milieu of emotions surrounding us but also about our own selves, leaves us unable to disarm ourselves and forgive.

We feel liberation only when we do not feel the constant need to think and overthink certain incidents and events that we dig up from the abyss of time. When we become aware of ourselves, when we truly know ourselves and when we recuperate from the pain we feel, knowing well that our sentiments are

valid, we will be able to set ourselves free from the trap of remorse we believe is for those who wrong us.

We do not realize that each time we forgive someone, we forgive our ailing selves. We liberate ourselves and enable ourselves to lead more wholesome lives. We scarce know what forgiveness has in store for us and more than often feel like we are letting people off the hook easily. In reality, we're just doing ourselves a favour by forgiving a wrong.

It has happened time and again that we suffer for days, weeks, months and sometimes even years over the errors committed by another. We consider forgiveness as the last option for their heinous crimes against us. We prefer sitting crippled on our beds with nothing less than an urge to constantly cry. However, there comes a time in life when our agitation and frustration start giving up and our minds and hearts start giving in. We build a notion around forgiveness and believe that even if we will not find easement in pardoning a wrongdoer, we will set aside a task at hand.

And when we finally build the courage for forgiveness, we in ourselves, feel an awful burden lifted off our shoulders. It leads us to think of why we did not consider this boon called forgiveness earlier. The most ironic part is, just when we feel like we are setting a prisoner from out traps of remorse, free, we feel liberated in ourselves and discover that we ourselves were these prisoners.

GOING BACK IN TIME

Saket Agarwal
4BCOM D

Have you ever wished to go back in time ?
Tinker it, change it, to make your future shine.
Remove all the events
that cause your heart to ache
And cause your world to break

Don't you want to be a regressor?
Who knows his future.
Travel the path of glory
And become a part of this world's story

Fantasy is the world above,
Reality will remain your story
Traveling back in time
Will only be a crime
It will only make you a thief
and steal your time

The journey of your life
Is the actual key
The heart ache and experience
Are the onces that will set you free
Leaders shall rise
Empires shall form
People will only witness
your true form



I KNOW NOW

Suraj Kumar K 4BCOM D

English translation by: Anubhav Parasar 4BCOM A

हमारी शिकायत खुद से थी,
हम यूही दूसरों में कमियां निकालते रहे।
जहां झुक जाते थे हौसले, निगंहे
वहां आइने ने मुस्कराते हुए सहारा दिया।
हमारे भटकते हुए वजूद को खुदगर्जी की राह दिखाई।
इस योजना ने हमें "सोच" का एक नया नजरिया सिखाई।

I know now that our complaints were not about others but about oneself, and that thus, so far, we were wrongly accusing other people for our shortcoming

I know now, that at the point where our courage drops low, if we lift our glance towards our reflection in the mirror, seeking to understand us, our situation, that would steady us, anchor us back in control of our life

I know now, that a little self-love, self-care, the me-times, could show an answering path, at least a caring pathway, to our wandering questions about one's existence, identity, worth

I also now realise - after learning so much, as told above, from the Peer education course, which has shown me a new way to living every moment - that the course has been no less than a lovely present



MIDNIGHT VERANDA DIARIES

Auman Bose
4TEP

Uneasy head, lost in thought in the dead of night.
The boy gets up from his bed and trods, rather
quietly, in the dead of the night to his Veranda
Overpeering the dark abyss of a lonely night
Streetlights so bright, yet so feeble and dull
The flickering tune and the fluttering moths drawn to
the light that lights the alley
He lights a coffin nail stolen from his father's pantry
and stares at the bleak fervourless night
With every inhale and exhale of the cancerous tab a
sense of relief dawns on his beaten soul.
Yes, this is ecstasy!
The solace of gazing at the smokescreen that covers
the stars
The twinkling lights of towering buildings
The street dwellers that wrestle by day find peace by
night
The drunkards and wasters that lurk in the dark
forgetting all their existential quandaries
Yet, the poor boy, bound by reality must continue to
face his life without question as
forefathers before him
The night grows darker
Exhaustion dawns on the adolescent and he creeps
back to the isolation of his room only to dream for a
better life...



REFLECTIONS

Chahat Notani 4BCOM SFH



I am the 'most quiet' child of my family, not like other members of my family are supremely aggressive or anything. Let's just say we are different individuals under one name. Since we are different from each other, it is implied that we have different taste, preferences and opinions which is completely normal in any kind of relationship. To have a different perspective from others is completely okay, but to say that one person is right and the other one is wrong and to not respect someone else's opinion because it differs from yours is not okay. Conflict is unavoidable but dealing with it is not. To be able to handle and manage situations that result in your good and for others around should be the goal.

A family is supposed to provide each of

its members with an atmosphere in which we live and grow. Similarly, friendships and relationships are the social families we chose on our own and they provide a different sense of comfort.

So, to give my personal view on this topic, I have always been someone who prioritized my mental wellbeing above everything and it is deeply concerning to me if someone or I myself try to disrupt my own mental peace. I don't know if it's true, but from my thinking, I have always felt like the most neglected child in my family. I have two siblings - an elder sister and a younger brother - and I share a very close bond with them. I am close to my father as well, but my mom has never really been close to me. She has always been inclined towards my siblings which is fine. I know parents have a soft corner

for some kids but that really does not mean that you neglect or make another child feel left out. I am not assuming things; I have witnessed it myself and even my sister sees it. She used to scold me for no apparent reason and made me feel like I don't belong in the family.

When I had joined Peer Education, I always wanted to find a way to resolve this issue and take this negative feeling out of my head. Thus, I personally connected with the topic "CONFLICT IN RELATIONSHIPS". Although it implies to all sort of relationships but your relation with your parents is different and very important. The importance that this relation holds was the sole reason why I wanted this to be dealt with. The mentors in the peer education program helped us understand these conflicts better and how one should go ahead dealing with them. Thus, I decided to confront my mom about the way I feel and how her actions and behavior have overtime led me to feel this way.

I sat down with my sister and mother and I told her how I felt, how all of that has affected me mentally. She firstly denied doing anything but I gave her examples and also stated that not just me, but my sister also has witnessed times when my mom has made me feel a certain way. She told me that she thought because I am not very picky or do not complain about anything so she thinks I never feel bad, but being a mom,

she would have known when she is not treating me right. I understand all mothers love their kids and I have always made myself believe that she loves me and does not do anything of that sort on purpose. I tried ignoring the most of it but I could clearly differentiate and it was no longer something that I could believe was normal.

I am not very good at sharing things or letting people know how I feel. I keep it within myself and let it affect me mentally. There have been points where I just isolate myself and not talk to anyone. All my friend and family know that I like to stay alone and enjoy my own company. I don't do it out of my own but it is a narrative that I have formed overtime that I consider right. When I am with people or even my own family, I feel like I am baggage to them - like an extra person they need to be around. Therefore, I feel like I am good on my own and do not feel like troubling anybody else.

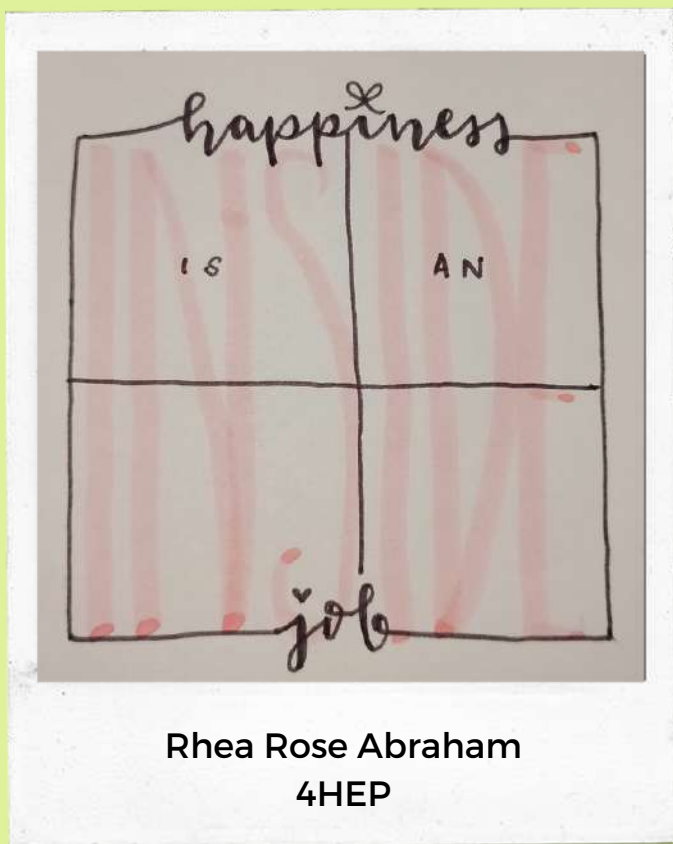
Now, I live in Bangalore with my siblings as I am very close to them and it has made me feel better. Honestly, living with my mom had affected me mentally because I felt like she never really needed a child like me. Even after confronting my mom I feel like she did not consider it enough and the fact that my mental health is not a concern to her. I've tried talking about how I feel but all I know is that I have accepted the relation that we

have, and it's okay for some bonds to NOT be okay. Sadly, in my case, it is with one of my parents.

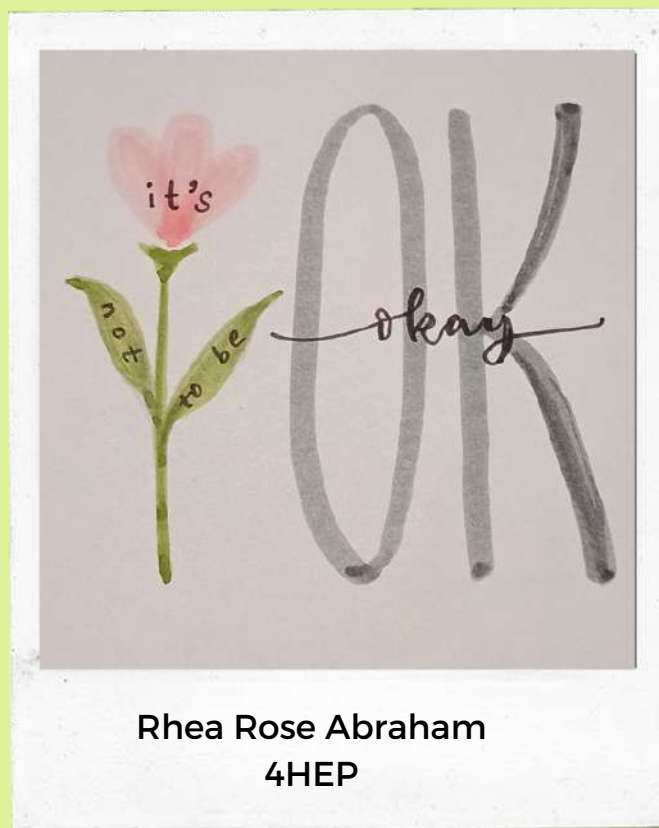
Personally, it has taught me to be more self-dependent for everything. I have now accepted whatever relations I have with everybody and tried to let it go if they lack a certain something. More than anything, I do not let it affect my mental health and try and incorporate as many self-care activities that I can. SELF-CARE is very important to me because I like to spend time alone, so I sometimes do such things that make me feel good,

like taking a good long hot water bath, put face masks on, watch movies while having popcorn and ice cream, have my favourite drink or blasting music aloud. I also like to work out, go on long walks with peaceful music, bake cakes and make my favourite pasta. Such things bring pure joy to me and I try to do one of these activities at least once a week.

Thus, having peace mentally and having NO CONFLICT with my own self and with others and alongside doing self-care things that make me feel better and relaxed mentally.



Rhea Rose Abraham
4HEP



Rhea Rose Abraham
4HEP

SEEING IS BELIEVING

Renibi Mukhia 4PSENG



'Believe in yourself', a phrase we are all bombarded with, over and over again as we scroll down the screen of 'positive vibes only'. Phrases such as these are most popular and can be heard anywhere, whether it be 30 mins into a motivational speech or whether it be a group of friends advising their fellow friend. All in all, this phrase has become of great importance to mankind and there seems to be no doubt about this potency.

The peer education sessions have provoked me to question "what is it that you believe about yourself?". What do you believe about yourself? Is it as important as believing in yourself?

I cannot help but follow my curiosity, especially during a pandemic infused life. Like any other human being, I too was

determined to be productive and complete all the innumerable goals I began during the early pandemic season. Now you may ask how are beliefs about oneself and goal setting related? Well, like most human beings, I could not complete these life-changing goals I made for myself. Thereby, believing that vigour & consistency are mere short-term exciting experiences & that perseverance and I are on two different dimensions apart.

A satisfaction, different from all else, is to see the small tick-marks against the to-do list & habit trackers which clearly was missing from goal setting pages. Sometime during the pandemic, the Peer Education sessions began, and I was introduced to goal setting again. Scepticism was in the air and I had often

wondered why would it be any different this time around. Too often we have heard tales of magical techniques working overnight at a life-skills training session and I wondered what would be so drastically different in the goal-setting method. And it's safe to say, I did learn something different: a value-based goal-setting approach wherein identification of personal values and principles aligned with the goal. Once I explicitly understood the value/motivation behind the goal, only then did I actively try to achieve

them. While this may seem obvious to some readers, it truly was a Eureka moment for me. Each small goal achieved acted as counter-examples to negative self-beliefs such as lack of perseverance. Often times, we believe in ourselves but conventionally forget that we also believe all our negative self-talk. Seeing oneself through a different lens is far from easy, it is difficult to escape from the ever-following shadow of self-doubt. But once you begin to question the beliefs about yourself, only then can one truly believe in oneself.

THE INFLUENCE OF WELL-ESTABLISHED BOUNDARIES ON THE DEVELOPMENT OF IDENTITY

Tanya James, 4BCOM HD



I used to be someone who had always struggled with saying no. I used to be apologetic for things that had nothing to do with me and found it easier to suppress my own needs and emotions out of fear of upsetting the other person. My relationships tended to be dramatic, I found decision making to be a real challenge, felt fear of abandonment and was terrified of upsetting people. I found myself regularly playing the role of an empath, but in reality, I just felt like a sponge that could no longer hold any water. For quite a while, I compromised on my identity, beliefs and personal requirements, so it was no surprise that I

began to feel like I didn't know who I was anymore. Now, a few years later, I realise that I didn't respect myself enough to set healthy and necessary boundaries for myself.

I like to think of boundaries as an invisible limit between myself and others, with a clear demarcation between where I begin, and the other person ends. Healthy boundaries are the ultimate guide to building successful and long-lasting relationships, as they set the foundation for acceptable behaviour and minimise the chances of people getting hurt. However, they are not to be

confused with a brick wall.

There are various types of boundaries, the most common of which are physical boundaries which may sound like “Don’t use my stuff without permission” or “I’m not big on hugs, but I do handshakes”. Another type of boundary that is not stressed on as much or given as much importance is emotional boundaries. Many teenagers and young adults face a violation of this boundary when their parents go through their personal information, texts and social media. Some other common violations include dismissing and being critical of someone’s feelings, emotionally off-loading on people without permission and assuming how someone else feels. However, the list doesn’t end here. Other less talked about, but equally essential boundaries are sexual boundaries, time, intellectual and material boundaries.

You might be wondering what boundaries have to do with identity? Let me break it to you, a lot. Establishing set boundaries is a huge part of defining one’s identity and makes up a crucial aspect of an individual’s mental health and emotional well-being. They directly translate to self-care. The purpose of setting them is to protect and take care of yourself, and ensure, if nothing else, stability. They stem from an individual’s core beliefs, perspective, values and opinions, and say a lot about a person. These things, in turn, are created from one’s life experiences and environment.

An individual exhibiting a total lack of boundaries may indicate that they don’t have a strong identity, are not confident in themselves or that their personalities are entangled with someone else’s. For example, in needy, co-dependent relationships, the individual’s boundaries are removed, leaving them to sacrifice their own identity to get the attention they desire by meeting the expectations of the other. This results in a loss of self-esteem.

Healthy boundaries also help one figure out who they are for themselves, their likes and dislikes, what they’re okay with and not, and what they choose to hold themselves accountable for and not. If you don’t set boundaries for yourself and others, it gives others the freedom to get away with many things that they may do to you, and will also seem like an open window for them to tell you how to think, feel and behave.

Source: Alexandra Arango



You can be a good person
with a kind heart and
still say no.

What are you, if not your thoughts and actions? Your thoughts are the very essence of your being, and they are what make you who you are. If they are not your own, then your sense of individuality is lost. It also means that you indulge in activities and invest your time and energy, doing what others want you to do over what you want to do. This leads to a feeling of unfulfillment or a sense of loss of oneself, as I had felt a few years ago.

Two years ago, I came across the concept of self-actualisation, which in layman's terms propagate the notion that every individual strives to realise their innermost potential and become the best version of themselves. I understood that to achieve this or even get a step closer to becoming the person I wanted to be, and I had to stand up for myself and be more assertive. I needed to take some time off from everything; I no longer had the energy to give my time to situations that did not allow me to grow as a person. I realised that my purpose wasn't to serve as everyone's road to healing, because at the end of the day, I was the one left to fix things for myself. So I decided to prioritise myself and finally heal and elevate myself to a higher plane of consciousness.

I've also learned that setting healthy boundaries may also empower others in your life to take responsibility for themselves and resolve their issues, which is a win-win situation. This time during quarantine has immensely helped me gain a new appreciation for my boundaries and the freedom within them. I know myself better. I've learnt how to say no and am more aware of my patterns. A lot of work and effort later, here I am, writing this reflection at 2 a.m. on a Saturday, smiling to myself, assertive, confident and unapologetic.

Here's to hoping you, reader, learn to do the same too.

THE KEY TO BEING SUCCESSFUL

Sravya Vemuri, 4PSECO

If you choose positivity as your personal goal, it's a great way to deal with challenges. However, if someone else dictates that you should look on the bright side, it's not the same story. Their advice seems... disingenuous. It could appear as if your unhappiness is making them uncomfortable. Thus, the phrase "stay positive", may come off as a selfish prioritization of their comfort over your long term happiness. In such cases, the problem isn't your pain but how they choose to deal with it if and when you open up to them. They forget that sometimes, you're not in the right headspace to deal with stress logically. All your coping mechanisms go out the window, and you can't concentrate. In these not-so-rare situations, it is much more effective to simply acknowledge your negative emotions. Pretending to be positive by downplaying or ignoring your negative experiences won't make them disappear.

Now, if you've attended any school assembly, college orientation, or even slept through a TedTalk, you would've heard people preach about the 'key' to being successful. To some, it's hard work, honesty or merely listening well. To others, it's positivity or high self-esteem. There's no doubt that all these qualities are necessary and do help us

to be the best version of ourselves. But in my opinion, the most important one of all is resilience. Possibly because it's an amalgamation of the previously mentioned values, but that's beside the point. Resilience is one's ability to overcome stress, hardship and other challenging situations while bouncing back to your normal state. Success is not necessarily the end goal, though. It's all about refusing the temptation to be stagnant or scared of failure. You can already see the characteristics that resilience shares with things like positivity and hard work.

Be resilient, but don't be relentlessly positive. Mindless positivity is temporary, but a resilient attitude will motivate you much longer. This is precisely why you need to recognize and, ideally, deal with your emotions. When you're in a bind, allow yourself to feel what you feel because those emotions motivate you to make the changes necessary for your life. They encourage you and prepare you to become strong so that you can solve the next puzzle. Remember that this, too, shall pass. It is your first step to building resilience after all. Do more, fail more, feel more. Ironically, it's a positive way to think about negativity.

UNSpoken GREED

Drowning, chiding, seething,
They sneak a glance
At their competition.
Three sisters, bound by water
Rather than blood.

'If only I had her wits', she thinks,
'I would live life a little easier.'
Late nights, in front of dim, yellow light
And aching fingers and mind
Would be long forgotten.

'If only I had her friends', the other
wonders,
'I would live life a little easier.'
My companion would be more than a
screen.
I could fight my nameless,
Faceless battles a bit better.

'If only I had her eyes', the last rants,
'I would live life a little easier.'
My happiness wouldn't depend
On how many find me worthy,
Of their time, words, or acts.

If only, she would use her smarts
If only, she would listen to loved ones,
If only, she would open her eyes.
Each would realize, the unspoken greed
and lust for which they have sinned.

Sravya Vemuri, 4PSECO

No. I still am as insecure
Even though I was thought pure
Unknown of to which side of the lure
I would ever find the right cure
But I realized I was very unsure

A difference was not agreed
I did not know if it had a proper lead
Didn't know who had the greed
To say who had to plead

Then I joined Peer Ed
Here I was heard of what I said
People listened and cared
Where we spoke and swore

My insecurity declined
I got more inclined
We had each other reclined
As our mindsets were aligned

None of our opinions were blind
All of were kind
We said all from our mind
It all came into a grind

I know I have it right
My mind shall have its sight
Opinion shall remain tight
While my security is at its height!

Prithu Yashas, 4CEP B

WAS I SECURE?



SOCIAL AWARENESS

*“You will discover that you have
two hands, one to help yourself
and one to help others.”*

~Audrey Hepburn.

MANAGING LIMITING BELIEFS

Gayathri Menon, 3CEP B



Have you ever thought to yourself that you're not good enough? Constantly compared yourself to people whom you thought were better looking, more intelligent etcetera? Well, you're not the only one. Tons of us go through crushing self-doubt regularly. It could be about anything ranging from the way we look to the way we speak and even, the way we eat.

Society today has found this as one of the perfect opportunities to cash in. Taking the example of the beauty industry, societal standards of beauty have been implemented in such a manner that they're unattainable through natural methods. Slimmer, fairer, zero stretch marks or cellulite. The acceptance of all body types and

skin colours is something that is missing in today's time. Advertisements and beauty products encourage this attitude so that their products sell quickly. All these activities and more only increase our tendency to doubt our own beauty. We fail to realize our own uniqueness and tend to involve in conformity by certain harsh methods. Thus arises eating disorders and various other mental and physical health problems.

Now how do we fight this, and is there a term describing this situation? Definitely. In psychology, we call this as managing limiting beliefs. Our beliefs or our perception about certain aspects of our body or personality tend to limit our progress and wellbeing. Having limiting beliefs is in no way an individual's fault.

Various external factors tend to play a major role in cultivating the same. However, let's look at some ways by which we can manage such limiting beliefs. And also, look at what are these limiting beliefs in detail.

Thoughts and views that one considers to be absolute truths are restricting convictions. They have a negative effect on people's lives because they keep them from improving and developing on a personal and professional level.

Limiting beliefs are typically unconscious thoughts that serve as a defensive mechanism to prevent you from feeling negative or lower vibrational emotions (such as agitation, anxiety, or anger). These convictions are often activated by real experiences that could have caused you pain in the past. As a result, the subconscious attempts to block it by altering your behaviour, which can lead to negative effects such as anxiety, procrastination, overthinking, impostor syndrome, and other reactions. Now let's talk about ways to overcome these limiting beliefs.

It's time to wrap your mind around it. Arriving in a depressing but familiar place feels amazing to some of you. The feeling of self-deprecation has become a place of comfort. You can deliberately whine and resist, and even want to slam your head against the wall, but does that make a difference? You'll always be drawn to the unconsciously attractive

goal, and you'll end up doing the polar opposite of what you think would make you happy. In this scenario, satisfaction isn't the primary objective! This is self-sabotage; a vexing addiction to a familiar negative template. Overcoming such thoughts is our aim and to do that, we need to accept the fact that we do indeed indulge in thinking these thoughts. Own your limiting convictions and conquer them. Accepting facets of yourself that you've ignored for a lifetime is crucial to overcoming restricting values and moving on with your life. This explains why restricting views are so common and enduring. Very few of us want to do that. We tend to not be accepting of the fact that our mind can sabotage our wellbeing. However, acceptance is key to overcoming this.

Daily or regular affirmations work wonders in helping us deal with limiting beliefs. For example, something as simple as looking into the mirror every day and saying one good thing about your self can play a major role in boosting your self-confidence in the long run. It might seem tough and even funny in the beginning but in such situations, ideally, start small. Start with looking at yourself. Then progress to smiling at yourself and the journey continues. Keeping a gratitude journal is also an amazing method to remind yourself of all the good things in your life.

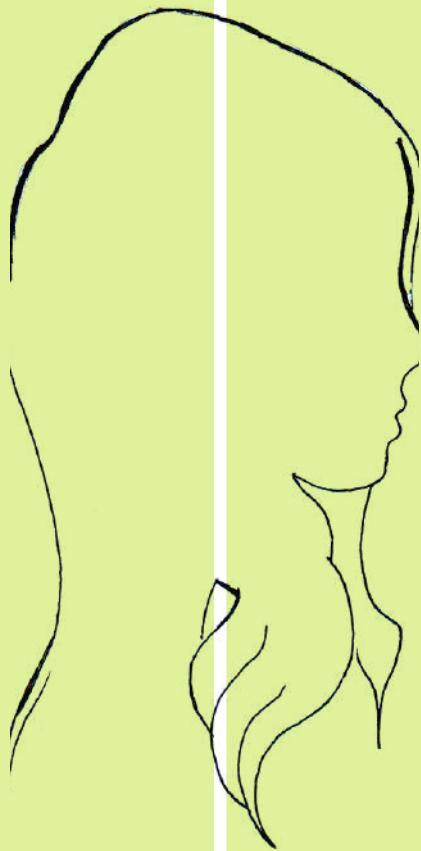
Nowadays, there are apps like 'Presently' available on the Play Store which remind you to write a single sentence every day

about something that you're grateful for.

Coming to a situation where you're limiting belief is stopping you from doing something, stop and take a deep breath. So when a thought, no matter how small or innocent, comes up to hold you back, just think to yourself:

Is that true? How do I know it's true? Where did I get that from? Could there be an alternate truth I can choose?

When you allow yourself to think these thoughts, you are redirecting your mind away from the doubts arising in your mind and thinking about all the reasons why you can do what you think you can't.



W O M A N

Ananya Madhusudana, 4EPS

Why is it me?
And not he.
Cause he a man?
And me a woman.

They say,
Be a lady.
Stay quiet,
Be polite.
Wear a smile,
Be cordial.
Choose pink,
Don't drink.
Learn to bear,
Don't swear.
Cooperate,

And tolerate.
Behave
And waive.
Be early.
Not surly.
Be pure,
Not a whore.
It's okay,
To obey.
Cause they say,
You're a lady.

Why is it me?
And not he.
Cause I'm a woman?
And he a man.

SELF HELP; BEST FORM OF HELP.

Shrestha Agrawal
BSc EMS

I ponder the idea of going to street,
But miscreants are there, for me to greet.
I travel with auto and public transport,
And look around for help & external support.
I stay working late in office,
And someone teases me with 'hiss'.
I go to party trying to fit,
But have a drink with drug in it.
I travel a lot that I love to do,
Something happens like Scooby doo.
Fed up, yes, fed up
Done for the pressure,
Willing to open up my wings,
Still a fear hunts,
What if my feathers get cut?
But how long will I stay scared,
No worries I will fly out with wings charred.
I will use, the power of being conscious,
Being aware around me,
Having knowhow of surrounding,
Use whatever I have,
To secure myself,
To stay safe,
To stay secure,
To be confident,
I will survive this world.
This world is mine and I will live.



Art by :
Shrestha Agrawal BSc EMS

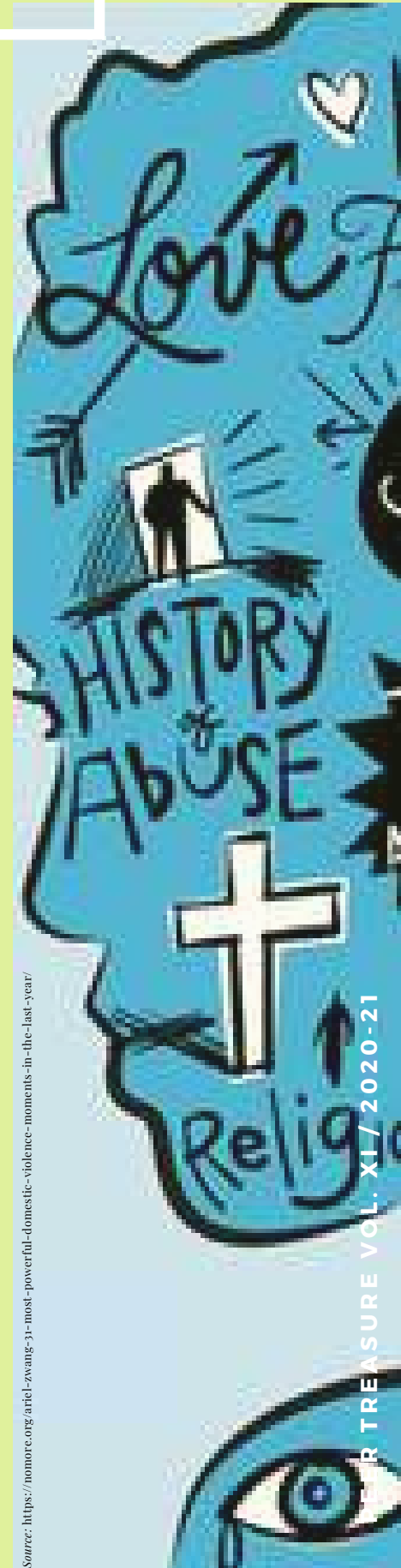
THE CHOICE

Tanisha B
EPS

The woman I met yesterday, had a faded smile on her face,
I saw her standing silent and dazed.
I stole deep glances at her, and looked away in time,
To not meet the eyes of the woman in her prime,
Her kajal smudged, cheeks bruised – wait, was she abused?
I dared not look her way again, I turned to the children fighting beside.
One hit the other, the woman seemed bothered,
She intervened and asked to apologize,
"But dad does this to you all the time", came the reply

Alarmed I stood in shock, silent as a rock.
The woman next asked me what time it was,
"Half past twelve", silence returned to as it was.
A bus came our way, the woman and children were gone.
I stood contemplating how my afternoon had just begun.
A man with soiled clothes came running with a picture of his wife to me,
With a cold voice he inquired to me,
(It was the woman who left, abused and broken)
I denied coldly just how I was bespoken

The man was a monster in disguise, his wife's bruised face now left a tear in my eyes.
Abused and lost she made a choice,
Through her actions she finally raised her voice.



Source: <https://nomore.org/ariel-zwang-31-most-powerful-domestic-violence-moments-in-the-last-year/>

R TREASURE VOL. XI / 2020-21

THE NEED FOR INTERSECTIONAL FEMINISM

Sravya Vemuri, 4PSECO



Source: TarnEllisArt

The modern-day feminist movement will eventually lose its momentum unless it begins to recognise that not every feminist advocate is white, cis, middle or upper class and able-bodied. Allow me to get a bit technical here:

Intersectional Feminism
[in-ter-sek-shuh-nl fĒMĪNĪZ(ə)m].
(Noun)

“The view that women experience oppression in varying configurations and in varying degrees of intensity. Cultural patterns of oppression are not only interrelated but are bound together and influenced by the intersectional systems of society. Examples of this include race, class, gender, ability, and ethnicity.”
(Crenshaw, 1989)

Didn't understand? Feminism advocates for gender equality. Intersectional feminism is a sub-set that helps achieve this, as it's the understanding of people's overlapping identities. The way a person experiences discrimination and oppression will be affected by their race, ethnicity, caste, class, religion and sexual orientation as well.

For example, a lower-class Dalit woman will be penalised for not only her gender but her socio-economic status and class. In addition, seemingly small things like how fair or dark she is will also impact the way she is treated. On the other hand, a white woman will be disadvantaged by her gender, but not her race. This is precisely the crux of intersectional feminism.

These interrelations show that there is feminism is not 'one-size-fits-all'. In order for the movement to work, it has to take all these differences into account as they drastically change the experiences that various people face. I believe this is all the more important in the context of the recent of Black Lives Matter movement in America.

In India, however, this has always been the need of the hour due to the countless number of stories that have come out in just the last year. Ostracization, mutilation, abuse, lynching, honour killings, and other such unspeakable crimes against vulnerable groups have almost become the norm. Along with this, our society also places unjustifiable importance on constructs like virginity and marriage. As mentioned before, the end goal of the feminist movement is to reach one step closer to gender equality. To achieve this, there is no doubt that feminism fights forces that inhibit this goal. However, as we just learnt, those forces are not the same for all women and men, because the forces of oppression such as sexism, racism, and classism intersect.

If we don't pay attention to intersectionality, we will fall behind in our cause due to many reasons.

One such reason is that there are problems that are unique to certain categories of men and women. For example, a man who is not physically or mentally abled will face a different kind of mistreatment from, say, a queer Muslim. These issues will go unaddressed if we only focus on mainstream feminism or "white feminism". White feminism only caters to the needs and problems of white women.

Intersectionality remains a somewhat new concept to the general public. However, the message that it's trying to relay is something that any feminist would be able to relate to. Start including and listening to all kinds of groups. Do not ignore the multi-faceted experiences and features that people have, and respect them. I believe that this will take us one step in the right direction.



YOU DO YOU

Sandeep N, 4PSECO



Sacred prostitution is a bone-chilling practice prevalent today where adult/adolescent girls are involved in a ritual marriage with a deity or a temple. These girls are made to believe that that is the life worth living, and this ritual will give you meaning to life. What they do not know is that the urban lifestyle and culture, education, and the number of doors it will open up for them to lead a better life. They don't have anything better to look forward to than their life as a sacred prostitute. They are content with where they are going to be, or so they would claim.

Now, imagine a girl from a wealthy family, waking up in her bed with coffee on the side table, scrambled eggs for breakfast with her friends at a fancy brunch restaurant discussing their

destination wedding with their partners after graduating from an ivy-league university. Imagine this girl forced to be a sacred prostitute. Giving up everything in her life to live and sleep on the floors of a temple. She believes and knows for sure that there is a better life to lead. Being aware of the human potential, but unable to reach it;

We all strive to attain freedom, but one should ask is what it really means to be free, and question the possibility and existence of free will. Some philosophers like Emile Durkheim believed that freedom is the loosening of moral bonds that bind society together. This school of thought expresses its concern towards the nature of human gratification and how achieving gratification only creates a comparatively greater drive for this

gratification. According to Durkheim, the one thing humans will always want is more, and of course, that is one thing that we ultimately cannot have. We are brought up with moral values, social systems and media, which create an image of what we should desire for. Our culture decides what food we like, our society decides what qualities you should look for in a partner and our media decides what our partner should look like and the perfect love story.

So do we really have free will? Maybe not. What is one of the things that is holding us back from having free will? Our prejudices and preconceived notions of what is acceptable to us and what is not. In a time, where opinions are more polarized than ever, there are more boundaries for acceptance in society. This has also resulted in a cancel culture, where a person's relevance is diminished due to difference in opinion.

Is it okay to be ignorant and not acknowledge your prejudices? Absolutely not, as it only results in more people being harmed in the process. What we can do to make this world a better place, is acknowledging our prejudices, society's role in these prejudices, reason out its existence in the first place and see if it solves the purpose.

Everybody has a unique purpose and a sense of meaning in their lives. As long as it doesn't harm anybody, we are nobody to judge whether a person chooses to graduate from an Ivy league university or sacrifice her life to the temple priests, as long as there is consent.

As a wise man once said, ***"you do you"***.

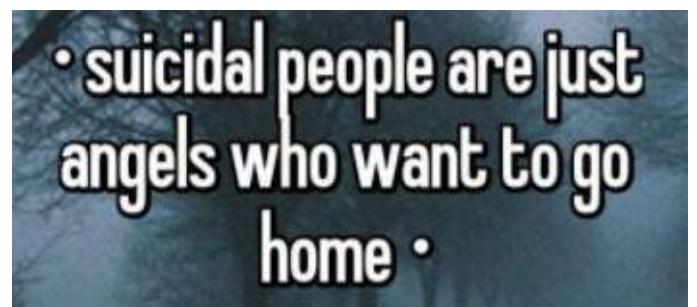
THE DUALITY OF STIGMA SURROUNDING MENTAL HEALTH

Avinash Bucha, 4CEP A

The stigma surrounding mental health isn't a novel issue by a long shot. Over the past decade, we have made groundbreaking progress in combating such stigmatization. A lot of this progress can be attributed to the information age. A clear example is social media, where victims are coming out and talking about their struggles with a multitude of disorders.

These candid declarations undoubtedly make people less averse to patients with mental health disorders. But is there a line beyond which such narratives are pushed too far?

Somehow our efforts towards deleting the stigma surrounding mental illness have metamorphosed towards a trend of blatant romanticism. In fact, this romanticism is foundational to many social media platforms. Tumblr and Whisper can be such examples; the art and memes below are images one would likely see on any given day when scrolling through them.



While mental illness shouldn't be something people are scared of, it also isn't something that people should aspire to have. It stands to reason that these images and posts might actually incite self-destructive behaviour. It might be difficult to comprehend why people would trivialize such serious issues. The truth is, misery loves company, and shared sadness can sometimes be seen as a way of fitting in, especially by adolescents who are likely to feel alienated in their offline environments.

Mental health issues aren't a fairy tale. They are palpably harrowing people's lives. For some victims, every day is a battle and requires a choice to be made between living and dying, trying and giving up. Speaking out about mental health is incredibly difficult, yet others seem to view it as quirky and an 'admirable' personality trait.

Suddenly, we have teenagers self-diagnosing and speculating whether they are victims of depression or anxiety. It's not rare to find young people describing themselves as 'fashionably depressed'. The problem is intensified as social media influencers such as Corinna Koph and clothing companies like The Souled Store release a merchandise line based on mental health issues.



Such a clothing line has multiple issues. On the surface, influencers and companies seem to monetize the mental health states of their audiences. But a deeper problem also exists but is not as apparent - this gives people an opportunity to parade around wearing clothes that 'show off' their struggles

with anxiety. Society is or perhaps has turned mental illness into something that is 'cool', 'edgy' or even 'glamorous.'

This issue is not just limited to social media platforms though. Mainstream media falls into the same trap. The Netflix original series, 13 Reasons Why can be seen as an example. The show is about a girl named Hannah, who commits suicide in an exceedingly graphic and disturbing scene. After her demise, 13 tapes are retrieved, each one containing anecdotes about one of thirteen people who coaxed Hannah to take that step, perhaps in a twisted form of revenge.

As the show mistakenly portrays, suicide is not, and never should be used as an act of vengeance against all the people that have hurt you. Additionally, the constant portrayal of Hannah on the scene even after her death is extremely problematic, because it feeds into the idea that you aren't really gone after killing yourself. This idea could be genuinely damaging to a certain type of audience, who might be on the fence regarding taking such a step. The series has been described as "the ultimate fantasy of teen suicidal ideation." It is possible 13 Reasons Why is contributing to new ways for teens to think about suicide - and not in a prevention-minded way.

The downright most damaging thing in the show is when a character is asked about her reasons for engaging in self-harm. She replies, "it's what you do instead of

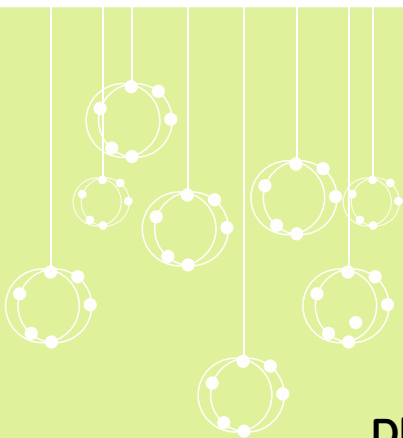
killing yourself.” This sends a message to people with suicidal thoughts that they can just self-harm, whereas there are a plethora of other healthier and non-destructive ways to deal with suicidal tendencies.

“There is a great concern that I have ... that young people are going to overidentify with Hannah in the series and we actually may see more suicides as a result of this television series,” said Dan Reidenberg, the executive director for Suicide Awareness Voices of Education, a non-profit group with the mission of suicide prevention. That is a legitimate concern seeing how although the show’s creators claim

that their goal with the series was to ‘raise awareness’, 13 Reasons Why offers very little insight into the psychology of suicide.

In conclusion, a prevailing sentiment like this certainly isn’t sustainable, especially keeping in mind our adolescent generation and frankly uncharted environment of the information age they are growing up in. By refusing to acknowledge this rampant epidemic of romanticism, perhaps we are encouraging it. All of the noise surrounding mental health is more than likely to pull attention away from the cases that are in legitimate need of help.

ART WORK



Dhruv Shah
4EMS





MISCELLANEOUS

"Miscellaneous is always the largest category."

-Joel Rosenberg

Ananya Madhusudana
4EPS



TO BE A MOTHER SOON

To be a mother soon,
With a heart full of love.
It will be better soon,
A womb full of life.
Comes driven grace.
It's why you're chosen for,
To bring life in life.
It will fetch your arms,
Feed on your warmth.
Even tend to cry,
If you're not close by.
You'll be the one.
Come what may, all it needs.
This mother boon,
Will indulge soon.

MEN CAN'T

Ananya Madhusudana 4EPS

Well, men can't do the rest,
you have to set a test,
for keeps the best,
to build the nest.

They have been ringing your doorbell,
quietly even lifting dumb-bell!
And if one asked 'how you feel?'
they have even been grounding, what to
tell.

Well, men can't sit and rest.
You have to stop them protest,
before turning out to molest,
they seek in you, their arrest.

Well, men can't do the rest.
Nor will they sit as guest.
For keeps the best.
They seek your test.

Men won't,
well, men don't.
Well men want,
but men can't.

ART WORKS

Because talent is meant to be shared...



Shrestha Agrawal
4EMS



Zara Keneddy
4JPENG



Prithu Yashas
4CEP B



Siddhi Harlalka
4PEP

TESTIMONIALS

*A reflection of what has been, and a
promise of what is to come.*



During the pandemic, Peer Education has really made a difference because the quarantine can feel very isolating. But working on oneself and talking to other peers/ friends made things relatable and less isolating.

Renibi Mukhia
4PSENG

Peer Education has changed the way I approach life and has made me look inwards on all my difficulties. It has helped me introspect better and hopefully, I will be able to implement these positive changes with regard to my fellow peers as well. Thank you for everything.

Ritika Mukherjee
4PSECO



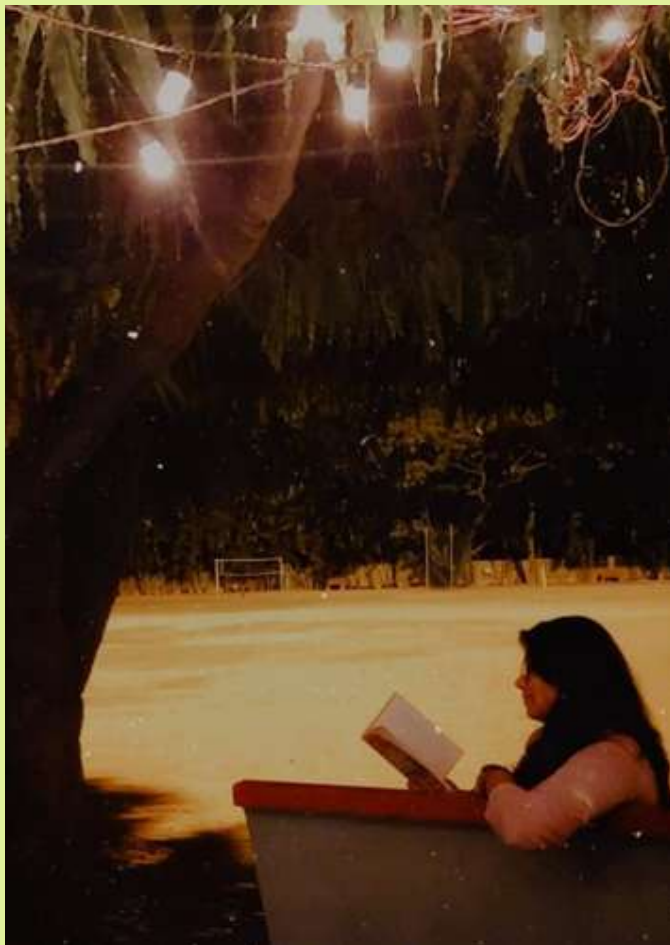
One of the few things that kept me sane during the pandemic was the Peer Education course by the Center for Counselling and Health Services. The lack of interpersonal communication gave me an opportunity to delve into myself. This introspective process can be overwhelming, but the amazing mentors in the program have steered me in the correct direction. The weekly discourse and mentor meetings have helped me become a better version of myself. Special thanks to Smita Ma'am who has been an absolute beacon in these troubling times. Her frankness and her simple ways of putting us at ease is nothing short of wondrous.

Surjo Siddhanta Ray
4PSENG



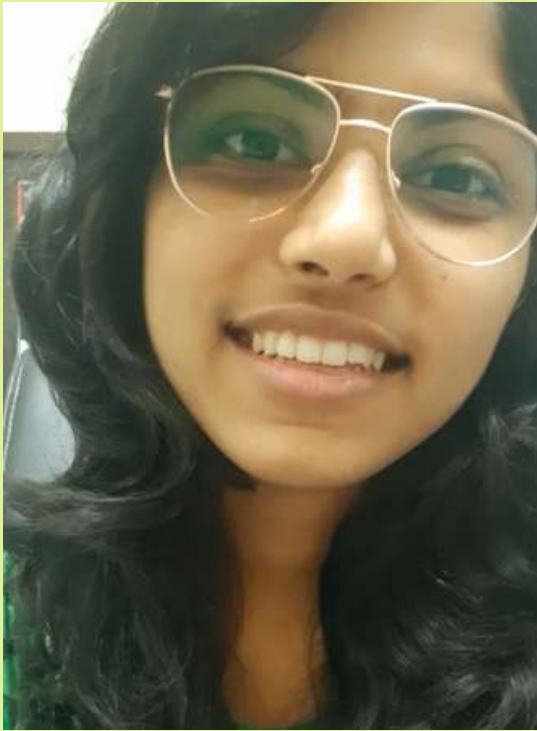
The pandemic has been overwhelming for all of us. Making the best of the situation, I joined the Peer Education programme which has helped me understand myself better. I feel that I'm better equipped to handle stressful situations and have also learnt to analyse them better. I also have a more positive approach towards things which has significantly helped me get through the pandemic. It has also helped me grow as a person. I'm grateful to the mentors and fellow peer educators for creating this safe space online.

Anandita Mehrotra
4JPENG



Peer Ed has been one of the sessions I look forward to in my week because unlike any other sessions, the focus is on ourselves. It has been extremely helpful to have mentors to guide you into being more aware of what and why we feel, think, behave and cope the way we do. Having someone who can look out for you and guide you during this pandemic has been one of the main reasons online classes haven't been as taxing as they would have. I'm extremely glad and grateful I opted for this course and I wouldn't have it any other way.

Namrata Warriar
4PEP



I had taken Peer Education as my Certificate Course this time. From the very first day, it has just been worth it. It was completely packed with beautiful sessions, interesting topics which were taught by my amazing teachers. Sincerely a very big thank you from the bottom of my heart to all the faculties and all the members who had worked hard behind this. Peer education has helped me to become a better and stronger person. It has also helped me to look at life from a completely different viewpoint. We all live a life with thousands of questions that pop up. We don't know whom should we ask, what should we do and we end up getting stuck. But for me, peer education helped me to find the answers to many of the questions. It's all worth it. Why peer education? Because it helped me, and it will

definitely help you too.

Blessytha Anu Varghese
4BCOMD

All the counsellors at the CCHS, Manisha ma'am, and experts from external institutions taught me better ways to live every day - through modules including personal safety, gender & sexuality - and motivated me to pass on and teach these to my peers and others around me.

For me, the peer education program has proved to be life-changing. I encourage all the incoming third-semester Christites to apply for this program.

Anubhav Parasar
4BCOMA

Peer education is much more than just a general elective, the option of which will be given to all in the 3rd semester.

Peer education helped me transform and look towards the world from a completely new perspective. The course is designed in such a way that it will help you connect with your real-life, day to day problems. It's a great platform to connect with people of similar minds who are trying to develop as a person for a better future. From being a third-semester student to a peer educator, the journey has been full of joyful memories that I would cherish throughout my life.

Lastly, I would thank my mentor for mentoring me throughout the course and bringing so many happy memories to the table.

Vaibhav Jhunjunwala
4BCOM Honours B



All of us who've been a part of the peer education program would undoubtedly credit our mentors and the course structure with well-deserved praises. But nonetheless how true it is, I want to emphasize on the very fundamental and simplistic ways in which this program might have changed my perspective on life. One thing I can proudly say is that over the span of six months, I have

gradually developed a better understanding of myself and have worked towards distinguishing my sense of identity from others' opinions. Each session was so wonderfully curated to address specific aspects of our individuality, and personally, some of the most impactful sessions were those that helped me identify and work on my attitude, self-esteem, managing negative self-talk, and planning my goals and working towards it. The community-like feeling with the mentors and my fellow educators definitely made me feel less alone during the difficult time of the pandemic and I sincerely cannot appreciate enough the compassion and knowledge that our mentors showered us with. I hope my future holds the opportunity to come across similar courses again!

Upasana Belavadi
4PSECO

Peer ed has been the most interactive class we have had in the last semester and one that actually isn't stressful. In fact, it's helped me worry less, overthink less, and just focus on doing what I can. The mentor meetings are especially nice,

it's the closest thing we have to an actual offline class right now. Turns out counsellors are actually pretty approachable. Peer ed takes seemingly abstract concepts like self-awareness

and emotions and presents them in very practical, applicable ways. It's been really helpful so far and probably the most useful CC I've taken.

Rhea Rose Abraham
4HEP





At first, when Deepa Ma'am approached me to join the Peer Education program at Christ University, I was excited but mostly sceptical looking at the end-results they offered since they seemed too good to become true. Undoubtedly having done such a program without physically being present with each other is a pull on all our abilities. However, I would suggest to everyone who's reading

this to take up this program if you want to understand yourself better and look at your friend's emotions from a different perspective. Deepa Ma'am is an incredibly fun, knowledgeable and modern mentor to have on your side. Moreover, this program is built around a student's lifestyle and shows you different ways of perceiving problems making the solutions easier to come. I'd like to state that I'm not forced to advertise this program and it is my personal recommendation for others to give it a try since this program is not like any other you will find on campus and it is truly an honour to be selected for this.

Risheek Banerjee
4HEP

Peer education is a one of a kind experience, where I learnt something that no class has ever taught me - empathy. We did this by delving into the life of a student, understanding the obstacles faced, and learning how to overcome them. By doing so, I explored parts of my own personal life that I previously had not noticed or paid attention to. This year has been a challenging year for a lot of us, where

we had to adapt to new changes and face uncertain times. Peer education equipped me with the skills to confront my problems. The mentors did an incredible job and lead by example. It was fulfilling to see how the teachers and students helped each other out when faced with technical difficulties and fought through them to have our thought-provoking sessions. We acknowledged our deepest desires and flaws and learnt how to manage them. It's an experience that I'd love to have all over again.

Sandeep N
4PSECO





The pandemic was difficult for all of us. It was like everything just came to a pause, yet everything happening so fast. Online mode was another realm and of course it was really hard to adapt to it. I admit that it was too late till I finally figured out what was going on and how to adjust. It was a mess even before I knew it. Living with parents and not able to see friends made the whole thing

more difficult. Each day was unproductive. When we feel low, we try talking to someone and get us back on track but this time everyone looked so diseased and was low themselves. Every day seemed dull and meaningless. Joining the peer education open elective was one of the wisest impulsive decision I had made in the lockdown. Every session was unique. The way we created a sacred space for all of us where no one was judged was amazing. Every class was relevant. We were able to discuss our personal life with our mentors. Mentors helped us understand our problems and even helped us in resolving them. I was always looking forward to the classes. The positive messages that all of us share in our group each day kept me going. Even though I have not met most of the people in the group, I feel a unique connection with all of them. The class made me understand myself better which I think was the best thing that happened during this time. I was able to help myself cope with the stress and trauma that the pandemic gave me. I also was able to help some of my friends and I'm so thankful for that.

Keerthana Ramesh
3BCB

The online Peer Education classes to me were like sessions where I could voice my problems in a safe space and get answers.

It was a place where things I never thought about and things I overthink about were discussed to gain more clarity. I really look forward to the few offline classes that might be held in college.

Siddhi Harlalka
4PEP





My experience with Peer ed classes so far has been very rewarding and productive. The mentors always ensured that the sessions are tailored for us in such a way where we do not feel pressurised and also learn something new in every session. With the ongoing pandemic, these classes have really been the silver lining. Amidst online classes, assignment deadlines and webinars to

attend, the Peer Ed classes gave me a chance to reconnect with my true self and work on my personal growth. These classes taught me many things, for example, how to practice self-awareness better, how to manage negative self-talk and how to set values, goals and develop an action plan for the future. I'd also look forward to the mentor meetings with Deepa Ma'am as she would not only clarify the doubts we had in the past week regarding classes but also create a positive and safe atmosphere for us to share our thoughts.

Aparajita Pauranik
4HEP

Being a perfectionist at heart, I've always had to struggle with accepting my flaws and my failures. Perhaps this was because I never knew that there were ways to control this. The Peer Education program came at the very right time for me, a time where I was confused about a lot of things in my life and my inner thoughts were not helping me. This program taught me the ways to take charge of them. This program

allowed me to go to bed less self-critical and allowed me to have flexibility in my approach to living. Now I know that my thoughts are normal, now I'm more accepting of my flaws and I also know that when they get the best of me, I just have to turn down the volume and shut off my inner TV chatter. I thank the mentors for choosing to keep this program during these unprecedented times, for I'm sure it would have helped everyone in some way or the other :)

Bhavna Garimella
4PSENG





Our batch is very lucky to have this course during the pandemic as we all were going through a lot, mentally. This course was one thing I would look forward to every week as it helped me get to know myself better. I have discovered so much about my thoughts and beliefs that I didn't know off before the start of this course. From this course, I learnt not to be too hard on

myself and became more proactive than reactive. Lockdown made me very negative but attending these sessions made me more positive. The most valuable thing I have learned is that 'the most important relationship is that you have with yourself', and I have been working on it.

Brinda P
4CBZ

When I gave my interview for the peer education certificate course, I didn't know what to expect. Little did I know then, that it would turn out to be the greatest blessing during this lengthy, exhausting lockdown. The topics discussed helped me reflect on my lifestyle, beliefs and values. It is effortless to get into a whorl of unproductivity but thanks to my journal, self-reflection and regular mentor



meetings, I have been able to utilise this lockdown to do things that matter and are essential in the long run. The mentor meetings helped me gain perspective and also guidance from some wonderful people. The topic that resonated most was about our belief system. We all have negative beliefs or things that limit us.

There were certain beliefs that I had established as facts. But I learnt that every time you think something to be real, you are making it true. Our thoughts have the power to change our reality.

It is essential that we think positive and regularly cleanse and purify our negative thoughts. We also practised certain exercises that we could do to focus on our thoughts and feelings. This helped to understand how I was feeling and why I was feeling a certain emotion. The entire lesson on the belief system was a treasure trove of knowledge and wisdom.

Preethi Mariam Alex
4BCZ



My experience of this course was not great when it began as I wanted to do this face to face and thought that this online one would not be very effective. But as it progressed, I started to adapt to online learning and eventually began liking the course. The first few session on self-awareness and self-esteem were some of the best sessions on improving my attitude and thinking

power. I applied that in the real world, and it was very effective for me. During one of the sessions on negative chatter and beliefs, I found myself interested in the topic and learned a lot. Now, if I talk about which ones are my favourite, it would surely be on Goal Setting and the one on Human Relationship. Even during my selection interview, I spoke about how good I was at managing human relationships and about my quality of being an extrovert to help people around me. This session helped me create a barrier to some negative things and improve my mindset on handling relationships. So I would like to conclude by saying that this was a wonderful journey with some very great mentors and friends, who have helped me to improve my social skills and to make me what I am today. A special thanks to my peer group and my mentor, Ashley ma'am, for helping me throughout this beautiful journey.

Aditya Choudhary
3BCB

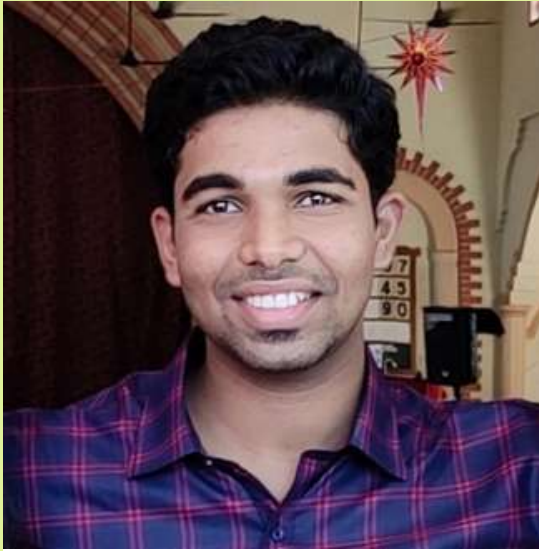
Expansion of each letter in the words 'Peer Education':

"People entering in an environment to rejuvenate, for eliminating difficulties, unhealthiness, confusions about tackling intensive obstacles in nature"

Hence, the PEER EDUCATORs stand for empowering and strengthening our peers to cheer ever!

Praveen Kumar R
3BCOMA





"It is not the mountain we conquer but ourselves" - Sir Edmund Hillary

I always wanted to be a leader; I wanted to be extraordinary. That's what brought me to Peer Education. I've had my share of failures in life but as they say "failures are the stepping stones to success". I never had the right tools or resources to shape my life. I have been

fortunate enough to be admitted to this excellent course. Peer Education cut and polished my life that had no shape into a precious best version of myself. At Peer Education, they program your mind for success. My beliefs and perceptions changed for good and now I see the world from a broader perspective. I developed confidence, a sense of self-worth, spontaneity, and happiness after my sessions with my mentors. I'd rightly say that this course was the turning point in my life. From an average student to a strong person with clear goals and principles, I owe it all to my mentors and my friends at Peer education. The course helped me to realize that everything we seek is within us and to accept and approve of my true self. My mentors were exceptional! The amount of wisdom and knowledge I gained from them is invaluable. The sessions were well planned and executed. Our doubts and queries stirred up more excitement in the class and they were well explained by our mentors.

Spending time with our personal mentor was amazing. Discussions and recreating real-life situations to learn was so much fun. We worked in teams and it brought out teamwork and leadership. We, peer trainers, have the confidence and desire to train and inspire others. As a result of the training, I've experienced exponential growth in my life. I'm sure that with all our training were one step ahead of others and it is our responsibility to help, support and motivate our peers for better results, and a happy and peaceful life.

At Peer Education, we strive to live up to the expectations of the University and the course. Improving oneself and improving other's life as well, that's what we do at peer Education. We practice EXCELLENCE AND SERVICE and we hold our heads high.

Kevin J Antony
4BCZ



Life was going pretty normally until this year. It was like everything turned upside down as soon as the pandemic started. Initially, everything was going accordingly but as the pandemic became the new normal, everything came to a standstill. The concept of online classes came into existence which had its own dimension of everything. Life started becoming more and more hectic day by

day. It took some time but finally, I got adapted to it and everything started coming in place one after another. Staying inside our home 24/7 with Indian parents and not being able to see friends made it even more difficult. There was a feeling that our life was going on without any reason and means to continue further. Even if we talk to someone, it wasn't helping as they themselves were low and distressed due to the pandemic. Every day seemed low and meaningless until I joined the peer education program. My way of looking into life changed with the progress of the course. Every session was unique in its own way, be it self-awareness, life values or goals, negative self-talk or even healthy boundaries, every session was so fun and interactive. The way everyone would respect each other without judging anyone was the best part. Every session had its own way of teaching a new thing. I had got another friend in the form of my mentor. Our Mentor helped us understand our problems and the ways to tackle them with ease. The positive messages that we would share in our group inspired me each day to live life to the fullest. Even though I haven't met everyone in our group in person. I feel a unique connection with each one of them. The class made me understand myself better which was a unique experience. Personally, I came to know how to tackle tricky situations and come out of them and how to gain confidence.

Last but not the least, being a helpful person; it helped me a lot to help others during these tough times, for which I am grateful to this course and thankful to each and every person who made this course possible even during the pandemic.

Mohammed Zaid
4BCB



The pandemic and the lockdown have been torturing for many while a boon for some. I somehow found myself in middle ground back in June. Though I did miss the college and interactions with friends, I looked at this quarantine as an opportunity to heal my “flaws” and evolve into a better individual.

I tried meditation, affirmations, shadow work and whatnot. They were helping, but only to an extent. Something was missing, the base part of the puzzle was absent. Then came the information about the Peer Education online classes through the mail in July. I didn't sense any excitement, rather I felt numb. “It's just another CC,” I thought.

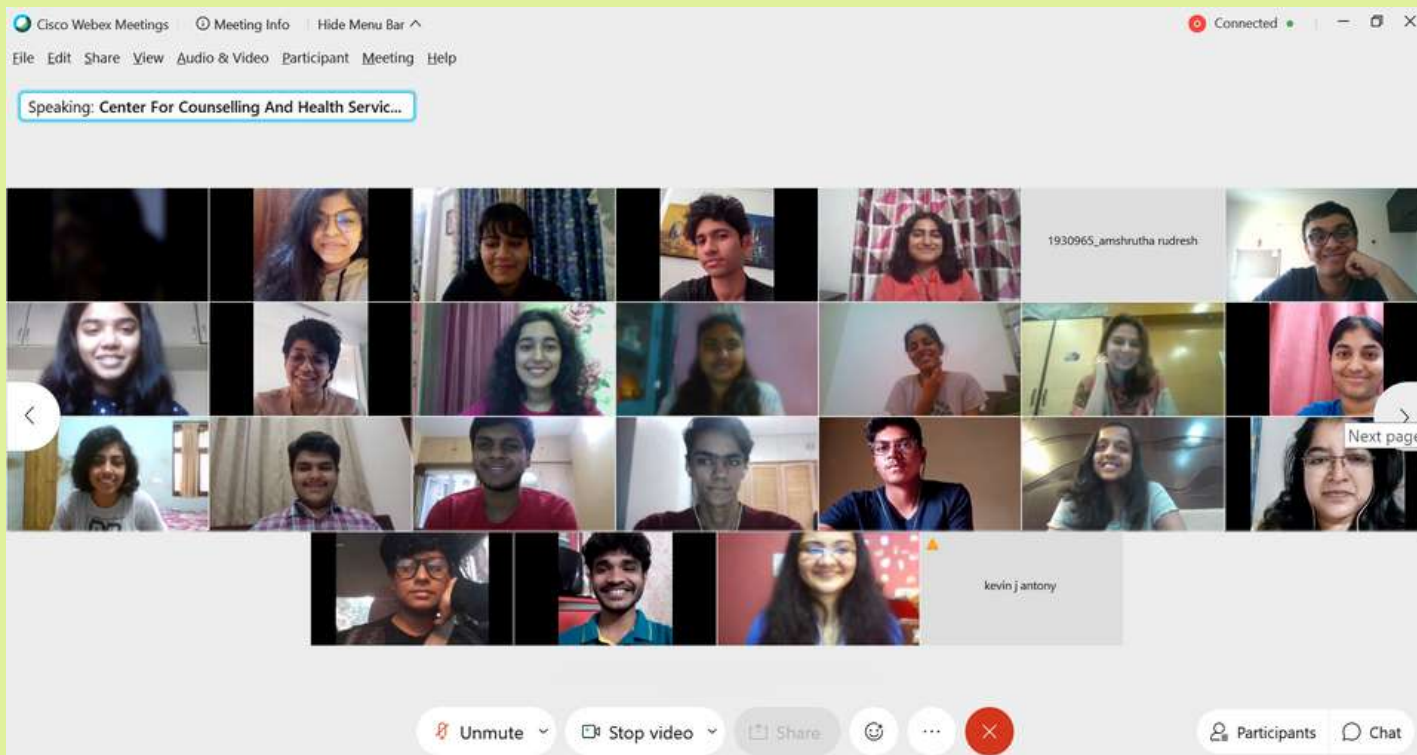
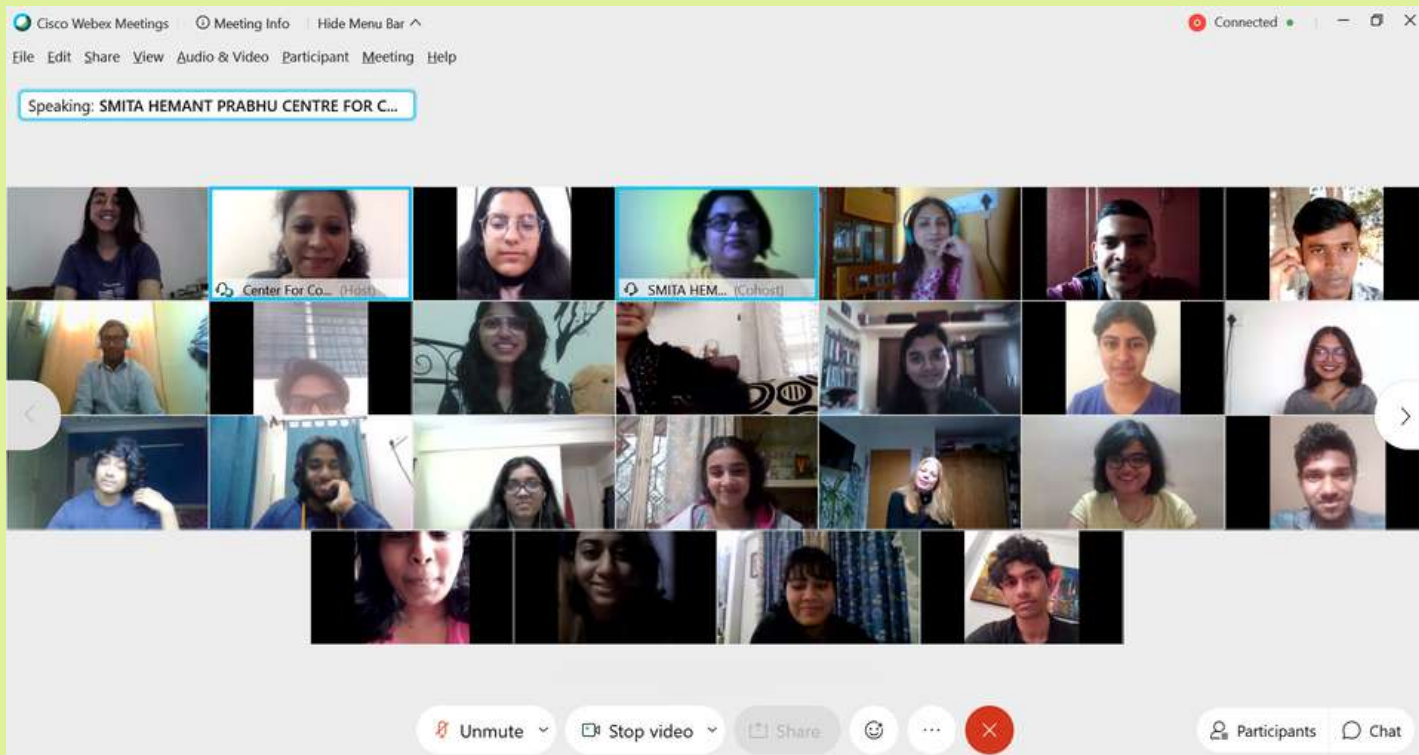
Now in November, as I think and reflect about it, enrolling into this amazing course is arguably the best decision I've made in the past few years. It is way more than JUST ANOTHER CC. The void that I always struggled to fill was just an illusion, and I could realize this only because of PE.

Somehow all seems normal, but everything has changed.
The colours look brighter,
the world seems happier,
the people I've always known seem more interesting;
the past looks like a dream,
the future looks bright,
while the present is touching perfection.
And mainly, I somehow feel I'm not boring.

The jigsaw feels complete. But I can't help but wonder how all of this could've been offline. It would be more intense and awesome. I can only imagine.

Dheeraj Adari
3CBZ

PEER EDUCATION BATCH OF 2020-21



PEER TREASURE

2020-21



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