



CHRIST
(DEEMED TO BE UNIVERSITY)
PUNE LAVASA CAMPUS
The Hub of Analytics

**CHRIST (Deemed to be University)
Pune Lavasa Campus - 'The Hub of Analytics'**

**CENTRE FOR COUNSELLING & HEALTH SERVICES
(CCHS)**



PEER TREASURE

FOR THE PEERS, BY THE PEERS

EVOLVING MINDS AT LAVASA



**Edition 4
December 2024**



ABOUT PEER TREASURE

Peer Education becomes a strong developmental process that goes from personal experience to communal development. Now, learnings and experiences acquired by Peer Educators and facilitators from others' knowledge are stored in digital form through the Peer Treasure magazine. This magazine is a reflection tool on the discussion of many mental health issues and life experiences. With an attitude of bravery, the peer educators have discussed lesser-discussed topics and reminded us that self-discovery is never a lone player. This edition captures the essence of shared reflection, which is said to be humanity's greatest treasure. Every contributor has ensured to pour their hearts out in sparking conversation for bringing comfort in times of disquieting situations and inspiring positive change. The authors of this book are in the process of individual development, as clearly indicated from their stimulating contribution. Richly inspired by poetry, essays, contemplations, and artistic expression, Peer Treasure Magazine brings the united perspectives of the peer educators and facilitators of Batch 4 to give its most important contribution: their thoughts and insights.

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STUDENT EDITORIAL TEAM



It was a privilege to contribute to the proofreading process for the Peer Treasure Magazine. This experience allowed me to refine the articles while appreciating the dedication and creativity of my peers. Engaging with the content not only enhanced my skills but also connected me with the essence of our peer educators' stories. I am grateful to CCHS for this opportunity to grow and contribute!

Jobin Joyson (23124306)

Working on the Peer Education Magazine at CCHS has been an enriching experience, enhancing my creativity and teamwork skills. This platform allowed me to contribute meaningfully while learning to express ideas effectively and collaborate with peers to produce impactful content.

Ishwankey Gupta (22113129)



Working in the editing team of the Peer Treasure magazine was a truly rewarding experience. I particularly enjoyed the role of proofreading, where I had the opportunity to ensure clarity and accuracy in every article. It was exciting to contribute to a project that amplifies valuable insights and experiences, and I loved being part of a team dedicated to producing high-quality content.

Chaitanya Birla (22112312)



STUDENT EDITORIAL TEAM



Being a part of the Student Editorial team for the Peer Treasure magazine was quite a rewarding experience. I enjoyed handling the designing and creative aspects and it was exciting to explore different ways to make the content engaging and appealing while staying true to the magazine's theme. Seeing the final product come together was definitely a proud moment for all of us in the CCHS family.

Rose Maria Rajan (22112328)



Working in the editing team of the Peer Treasure magazine was a great experience. I helped with indexing and creating the contents page, making sure everything was well-organized and easy to follow. I also helped select articles and poems from my peers and ensured everything looked good together. It was fun to work as a team and share ideas, though we had to work hard to finish everything on time.

Jai Sharma (22112011)



Working on the Peer Ed Magazine at CCHS has been a privilege that has fostered my learning and development in many ways. Those elements of the work environment have helped me to be more creative, confident and improved my collaboration skills. CCHS is a great school for offering such platforms which recognizes our talents and challenges us to learn and discover new frontiers.

Aishwarya Desmukhya (22111404)



STUDENT EDITORIAL TEAM



It has been such an honour to work on the Peer Treasure magazine. It has been quite a learning experience because I was able to be creative in ways I would not have been if I was not part of an amazing team. The mentors have been very helpful to us always encouraging us and supporting our ideas. I have to say thank you to CCHS for providing me the opportunity to be in this team – it was a perfect mix of work, laughter, and growth.

Shashank P (22111746)

Being part of the Peer Treasure Magazine at CCHS has been an enriching experience, allowing me to develop my editorial and organizational skills. This opportunity has helped me contribute to curating engaging content, manage timelines effectively, and collaborate with a team to produce a publication that resonates with our readers.

Noella Ralph Dsilva (22112004)



Being part of the Peer Treasure Magazine at CCHS has been a rewarding journey, fostering my creativity and collaborative abilities. This experience has provided me with the opportunity to contribute valuable insights, hone my skills in expressing ideas effectively, and work closely with a team to create meaningful and impactful content.

Jason Seraphim (22112012)



MESSAGE FROM THE DIRECTOR'S DESK

-Dr Fr Lijo Thomas



The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi

Dear Students,

It gives me immense pride to present the Peer Education Programme, an initiative that embodies our dedication to nurturing a community rooted in care, collaboration, and transformation.

At CHRIST (Deemed to be University), Pune, Lavasa campus we firmly believe that peer learning is among the most impactful avenues for fostering both personal and collective growth. Peer educators are more than mentors; they are catalysts for change, offering guidance and support with empathy and understanding. Whether assisting a student facing academic, social, or emotional challenges, they serve as a beacon of hope, empowering their peers to overcome difficulties and flourish.

This programme is not just about addressing challenges but about building a culture of mutual respect, leadership, and growth. Peer educators shape lives while nurturing invaluable skills such as empathy, active listening, and leadership.

I extend my heartfelt congratulations to the Centre for Counselling & Health Services (CCHS) and the dedicated student editorial team for their tireless efforts in designing and implementing this impactful programme. Your commitment to transforming lives is truly inspiring and deeply appreciated.

MESSAGE FROM THE ACADEMIC COORDINATOR'S DESK

-Fr Justin P Varghese



Leadership isn't about a title; it's about impact, influence, and inspiration.

The Peer Education Program concludes Batch 4 and unveils the Peer Treasure Magazine, a reflection of the growth and insights gained by the Peer Educators on their journey. This milestone celebrates the dedication and achievements of Batch 4,

a group of inspiring individuals who have completed their training and are ready to take on their roles as Peer Educators on campus.

Peer education is the foundation of a collaborative and inclusive environment where students support, guide, and inspire one another. Batch 4 will now actively work as Peer Educators—listening to, guiding, and supporting their peers while fostering a culture of empathy and growth.

These leaders have embodied the essence of leadership, creating a positive impact on their peers' well-being. The Peer Treasure Magazine stands as a testament to their dedication and meaningful journey. Congratulations to Batch 4 on their accomplishments—may they continue to lead with purpose and inspire others in every step of their journey!



FROM THE CCHS COORDINATOR'S CORNER



-Arpitha Gosh

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

The Peer Education Program aims towards creating peer leaders through a 2 credit program. This magazine is an outcome of the creative expression in the form of poetry, prose and art work as a result of the Peer Educator's reflection and contemplation on the various topics covered. We believe that only when one is capable of helping themselves, can they reach out to help their peers. In the process, we are sure that there are multiple torches in our campus and together we can bring light in to all our lives. Happy reading!

MESSAGE FROM OUR COUNSELLORS

Ms Munira Kachwala

Counsellor, School of Business and Management



The Peer Education Programme, one of the best practices of Christ (Deemed to be University) is a powerful approach to student development, providing students with the skills and confidence to educate and support one another on topics like Self Awareness, Relationships, Financial Management and others. As they educate others, they gain confidence, foster a sense of responsibility and learn to lead by example, creating a ripple effect of positive influence throughout the student community.

Ms Jyoti Srivastava

Counsellor, School of Law

The Peer Education Programme fosters essential life skills, creating a safe space for open communication and mutual learning. Promoting self-awareness, peer support, and positive decision-making empowers students to thrive academically and personally. This initiative not only builds confidence but also strengthens the student community, ensuring a supportive environment where everyone can grow and make a meaningful impact.



MESSAGE FROM OUR COUNSELLORS

Ms Kajal Dass

Counsellor, School of Business and Management



Peer education offers a transformative experience, exposing educators to essential insights on diverse, relevant topics. Through dynamic discussions, hands-on activities, and personalized mentoring, they learn valuable skills to integrate into their daily lives. It creates a safe, open space for curiosity and dialogue, fostering growth through shared learning. This program highlights the strength of unity and collaboration, where each voice and experience builds a stronger, more supportive community.

Ms Najah Ummer

Counsellor, School of Sciences

The Peer Education Program cultivates an inclusive and nurturing space where students connect, share experiences, and support one another by being with each other. The program encourages open talks on well-being, growth, and responsibility, fostering a community of trust and support. Facilitating these discussions has been a rewarding experience for me as well, allowing me to witness and contribute to the positive impact on students' confidence and mental well-being.



MESSAGE FROM OUR COUNSELLORS

Ms Sheba Solomon

Counsellor, School of Commerce, Finance, and Accountancy



The Peer Education Program empowers students through shared learning experiences and peer-led discussions. This program nurtures an inclusive environment where students can openly explore topics related to personal growth, mental health, and social responsibility. By engaging in self-reflection and supporting one another, students learn to make thoughtful decisions, embrace diversity, and foster a strong sense of community. This initiative not only builds individual confidence but also promotes a culture of empathy and resilience, preparing students to become positive role models and advocates for well-being across campus.

Ms Mamata Harish Iyer

Counsellor, School of Arts & Humanities

“Some things cannot be taught; they must be experienced. You never learn the most valuable lessons in life until you go through your own journey.” - Roy T. Bennett

Peer Education allows students to be educators for their peers, teaching various topics and developing qualities like humility and leadership. Being a Peer Educator is a transformative experience that enriches students in many ways, the impact of which they are able to fathom later as alumni.



WELLNESS





LAVASA WELLNESS GUIDE



Living in Lavasa is a unique experience. Nestled in the hills and surrounded by nature, this tranquil environment provides the perfect setting to relax, reflect and recharge. However, this isolation can also present its own set of challenges, particularly with the limited phone signal and fewer entertainment options. At times, it's easy to feel cut off from the outside world, which can make it harder to stay connected with loved ones or engage in social activities. As a Peer Educator at Christ (Deemed to be University), I've picked up a few simple ways to keep your mental health in check while living here.

- 1. Get Outside:** Lavasa's beauty isn't just for looks, it's a great way to relax. Take walks, go for hikes or sit by the lake. Being in nature really helps calm the mind and ease stress after a long day of classes.
- 2. Take a Break from Screens:** The poor phone signal here might seem annoying, but it's actually a chance to unplug. Instead of worrying about social media, focus on spending time with your friends in real life. It can be refreshing to take a break from the online world.
- 3. Stay Active:** Lavasa's hills are perfect for getting in some exercise. Whether you like jogging, cycling or just walking around, staying active will lift your mood and help clear your head.
- 4. Lean on Your Friends:** Living in a small community means you've got people around who can help. Form study groups, talk to friends and share what's on your mind. It's always easier to get through tough times when you're not alone.
- 5. Practice Mindfulness:** With the quiet surroundings, Lavasa is a great place to practice mindfulness. Try taking a few minutes each day to sit quietly, focus on your breathing or just enjoy the silence. It can really help reduce stress and keep you calm.
- 6. Stick to a Routine:** It's easy to lose track of time when things are quiet, so try to keep a routine. Make time for studying, relaxing and having fun. Having some structure helps you feel more in control and less stressed.

7. Do Something Creative: Lavasa's peaceful vibe is perfect for getting creative. Try drawing, journaling or taking photos. Doing something creative is a great way to express yourself and take your mind off stress.

8. Don't Be Afraid to Ask for Help: If things ever feel too much, don't hesitate to ask for help. Talk to a peer educator, a counsellor or a teacher. There's no shame in reaching out when you need support.

Living in Lavasa has its challenges, but it's also a great place to recharge and focus on yourself. By taking small steps to care for your mental health, you can make the most of your time here and feel balanced and happy.

Shreevats Nikhil (22113074)



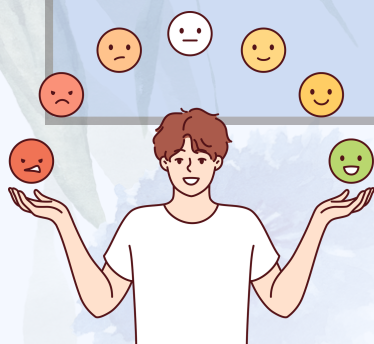
BUILDING A FOUNDATION FOR HEALTH AND HARMONY



Mental wellness is the necessity to live in harmony and satisfaction. It includes everything inside us - emotional, psychological and social aspects, shaping how we would think, feel and interact with others. Good mental health helps us on the right way to handle stress, better decision-making and healthy relationships. Mental health issues can manifest in various ways, such as relationship difficulties, reduced productivity and an inability to cope with everyday challenges. Prioritizing mental health helps individuals maintain focus, creativity, and emotional resilience in both personal and professional settings.

Another factor is that there is a very close relationship between physical and mental health. For instance, long-term stress and negative emotions can weaken the immune system and increase the risk of physical conditions like heart disease. Mental wellness supports both our physical and mental well-being. Recognizing the importance of mental well-being and encouraging open discussions can reduce the stigma surrounding mental health issues, ensuring that people receive the support they need to thrive socially and personally.

Kumud Bansal (22111428)



IS THE BRAIN NOT A PART OF OUR BODY?

If it is, then why do we not care for it as much as other parts? Why are people ashamed to discuss their mental health? Why do people hesitate to see a psychologist or a psychiatrist? Is it only due to the fear of society's judgement?

For even small problems like fever, allergies or stomach problems people readily consult the doctor, then why not for stress, depression and other mental health issues. It makes me wonder why people are not ashamed to discuss their upset stomach or constipation, then why are they embarrassed to talk about their mental health?

We know that nearly all suicide attempts occur when someone is struggling with a mental health issue. If they had been able to discuss their problems and had access to therapy or treatment, many lives could have been saved. Mental health and stability are crucial for a person. Mental disorders can lead to numerous physical issues and in worse cases even death. Moreover, mental illness not only affects individuals but also the people around them. These issues can arise at any age, from childhood to old age. Hiding mental health struggles prevent people from receiving the social support and treatment they need to thrive in today's world.

Rumaisa Rasool (23121032)





MENTAL HEALTH ASPECTS



Mental health is a fundamental aspect of our identity as humans, influencing our thoughts, feelings, actions and interactions with others. It influences every part of life, from personal relationships to professional performance. Despite their importance, mental diseases such as depression, anxiety and chronic stress continue to be stigmatized and frequently go undiagnosed, resulting in delayed care and prolong the duration of suffering.

Prevention entails finding strategies to lower risk factors and strengthen protective variables in our life in order to avoid mental health problems. Prevention begins with raising awareness about mental health, which helps people spot warning signals such as chronic melancholy, anger, changes in sleep or appetite and difficulty concentrating. Early intervention can reduce the severity of the problem, allowing for a faster and more effective recovery.

Prevention strategies include adopting a balanced lifestyle that includes healthy eating, regular physical activity and adequate sleep, as well as practices such as mindfulness, meditation, deep breathing, and journaling, which help to modulate stress and strengthen emotional resilience. Social ties are also a key aspect of prevention; spending time with friends, family, or community groups provides emotional support and a sense of belonging, all of which are essential for coping with life's numerous problems.

The workplace and schools are major contributors in the prevention of mental health concerns. Training programs and awareness campaigns can help employees and students recognize indicators of mental health issues in themselves and others. Such efforts, together with training in mental health first aid and simple access to counseling services can help establish a supportive environment that encourages people to seek help when they need it.

Another very important ingredient to prevention involves dealing with stigma. The shame and fear that unfortunately accompany mental health can be diminished by free and open discussions. When it becomes safer for a person to discuss their mental health, the likelihood of early help-seeking behaviour increases. For example, some organizations encourage "mental health days," which people take leaves for self-care, just as they might if they have a physical problem.





People who receive professional assistance, such as therapy and counseling, learn how to control their emotions, deal with stress and become more resilient. Therapy is a proactive method that helps one fight a struggle long before the challenge exceeds human endurance; it is not intended to provide a getaway during those times in life when everything seems to fall apart.

Jason Seraphim (22112012)



THE POWER OF PEER SUPPORT IN MENTAL HEALTH



As a Peer Educator, I've witnessed firsthand the profound impact peer support can have on mental health. Our role goes beyond just providing information – we offer a safe, non-judgmental space for students to express their struggles. Whether it's academic pressure, relationship issues or feelings of anxiety, having someone who understands and listens can make all the difference.




One of the key things I've learned is the importance of empathy. Sometimes, people just need to be heard and by simply listening, we help lighten their burden. Alongside this, we provide practical tips that promote well-being, like practicing mindfulness, maintaining a balanced routine and finding healthy outlets for stress.

For students, especially in a close-knit community like Lavasa, where pressures can feel magnified, peer support is invaluable. Knowing that you're not alone, that others around you are also navigating similar challenges, can be incredibly reassuring.


As we continue to raise awareness and advocate for mental health, it's important to remember that small gestures – a conversation, a kind word, or just being present – can have a lasting positive impact on someone's mental well-being. Together, as peers, we can build a healthier, more supportive campus environment.

Ishwankey Gupta (22113129)





HEALTHY GUT, HEALTHY BODY, HEALTHY MIND



Our mental health is shaped by more than just our thoughts, it's deeply connected to how we nourish our bodies and how often sedentary we are. One of the most fascinating aspects of this connection is the gut-brain relationship. Our gut, often called our "second brain," has a powerful influence on our mood and emotions. When we eat a diet high in processed foods, it can throw off the delicate balance in our gut, leading to issues like mood swings, anxiety and even depression. On the other hand, nourishing our gut with whole foods like fruits, vegetables and probiotics helps keep both our gut and our mood in check.

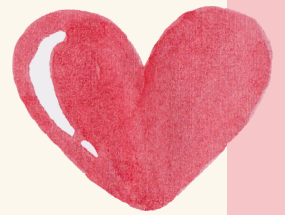
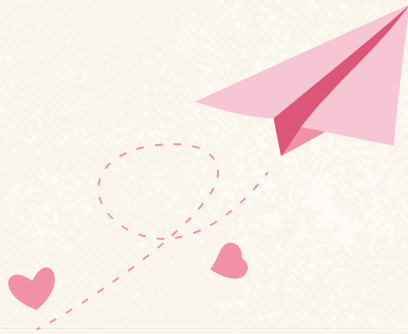
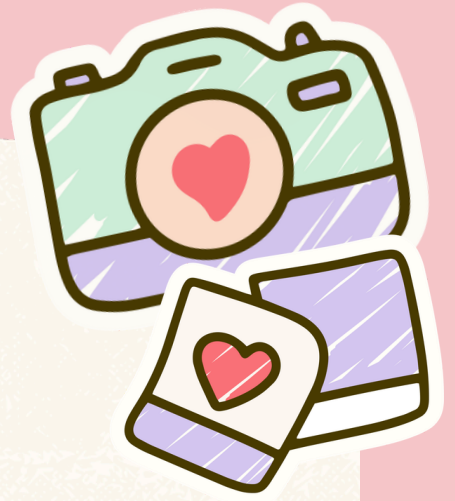
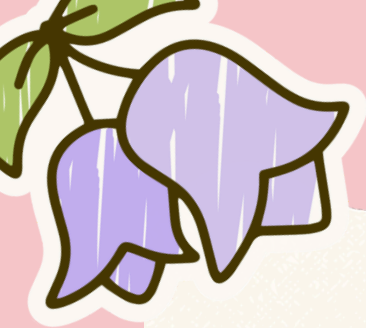
Specific nutrients play a key role in boosting mental health. Omega-3 fatty acids, found in fish are natural mood enhancers, while B-vitamins and magnesium present in leafy greens, nuts and whole grains help ease anxiety and stress. Turmeric, a spice rich in curcumin, has powerful anti-inflammatory effects that support brain health, while dark chocolate, high in antioxidants and flavonoids, has been shown to enhance mood. Fermented foods like yogurt, kefir, and kimchi promote a healthy gut, which is key to emotional stability. A diet rich in antioxidants which you can find in colorful fruits and veggies, protects our brain and enhances mental clarity. It's incredible how such simple food choices can have such a profound impact on our mental well-being!

Exercise is just as important for mental health as nutrition. Physical activity releases endorphins, the "feel-good" chemicals that give us an instant mood lift. Exercise also boosts serotonin, a neurotransmitter that helps regulate our mood and sleep patterns. Regular body movement, induced sports and exercise also helps in reducing cortisol, the hormone responsible for stress, making us feel more resilient and capable of handling life's challenges.

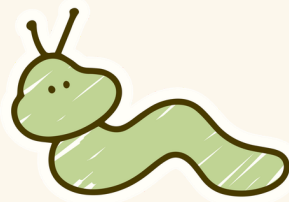
There is no need to make drastic changes overnight. Small, consistent efforts can go a long way. Adding more greens to your plate or going for a 30-minute walk each day can work wonders. These habits create a strong foundation for your mental health, acting as a natural antidote to anxiety and depression. Even something as simple as staying hydrated improves mental clarity and reduces irritability.

Noella Ralph Dsilva (22112004)



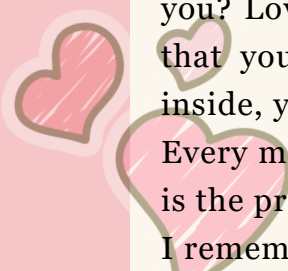


LOVE

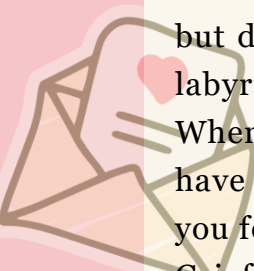




ONLY LOVE CAN HURT LIKE THIS



Isn't love supposed to be an amazingly beautiful feeling which makes you smile from ear to ear, gives you a sense of security, and fills your heart with joy? It is all of those things and much more. But then, why does it hurt when they leave you? Love wasn't made to hurt you, but somehow it does. It hurts you so much that you feel like you would want to go away with them. Somewhere, deep inside, you want to crawl into a small ball and just explode and become nothing. Every moment without them feels like one long, numbing curse. But I guess this is the price we pay for being in love.



I remember when we were young, and the teacher would ask the opposite of love we would say it's hate. The teacher would say we are wrong, but she never gave us the answer. Maybe, now I know the reason. I think the opposite of love is meant to be felt: grief. We often think that humans are complicated creatures, but do you know where these complicated beings truly unravel? In front of this labyrinthine feeling of grief.

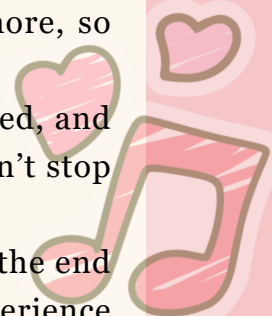

When we lose someone we love, we don't know where to pour all the love we have and that's the feeling of grief. It's all the love you can't give anymore, so you feel lost, vulnerable and hopeless.

Grief is strange. On some days, you're fine with the fact that it all happened, and you feel a sense of acceptance. And then there are days where you just can't stop sobbing and wondering where it went wrong and why it happened to you.

The thing with grief is that it never truly goes away. It stays with you till the end of time, though the pain associated with it gradually decreases as you experience more of life. One day, you're 60 and still wonder how it all happened. You may still bargain with it, but eventually acceptance sets in.

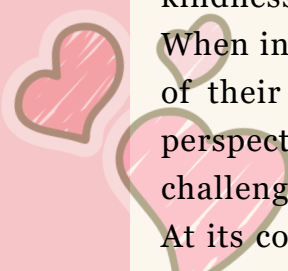
In the end, grief is as essential as love. One cannot exist without the other. The most important thing in life is to love people unconditionally and let them know how much you love and appreciate them. You don't want to live with regrets. Trust me.

And as the famous song goes, "Only love can hurt like this," so, enjoy it. Don't forget to celebrate those you've lost even in sadness, because they taught you what love is.

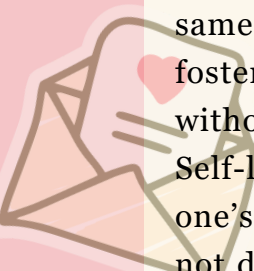




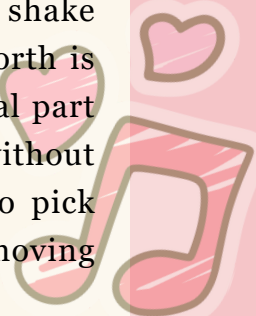
SELF-LOVE AND FAILURE: EMBRACING SETBACKS FOR GROWTH



Failure is an inevitable part of life, yet how we respond to it largely determines its impact on our personal growth. Self-love, the practice of treating oneself with kindness, acceptance and respect, plays a crucial role in navigating failure. When individuals embrace self-love, they learn to view failure not as a reflection of their worth, but as an opportunity for growth and learning. This shift in perspective empowers them to face setbacks with resilience, ultimately turning challenges into stepping stones for personal development.

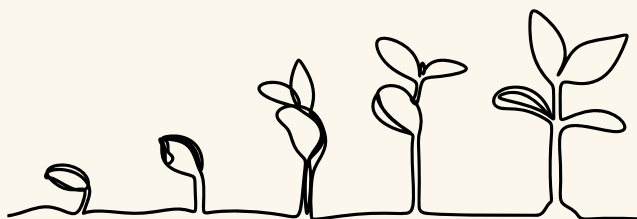


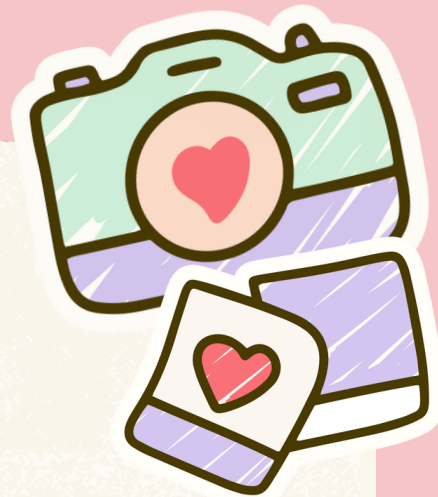
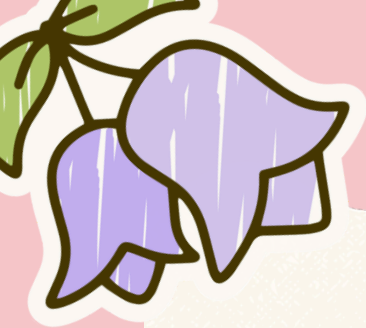
At its core, self-love is about acknowledging that everyone makes mistakes, and that perfection is neither attainable nor necessary. When people approach failure from a place of self-compassion, they avoid the trap of harsh self-criticism that can damage self-esteem. Instead, they treat themselves with the same empathy they would offer a friend in similar circumstances. This mindset fosters emotional strength, allowing individuals to learn from their experiences without being weighed down by guilt or shame.



Self-love also plays a key role in building resilience. Failure can easily shake one's confidence, but those who practice self-love recognize that their worth is not defined by their mistakes. They understand that setbacks are a natural part of the learning process and give themselves permission to fail without internalizing it as a personal flaw. This resilience enables individuals to pick themselves up after a setback, reevaluate their approach and keep moving forward toward their goals.

Moreover, self-love encourages personal accountability without the burden of perfectionism. It allows individuals to take responsibility for their actions and decisions without self-punishment. This balanced approach creates room for growth because it shifts the focus from "What did I do wrong?" to "What can I learn from this experience?" As a result, failure becomes a tool for self-improvement rather than a source of despair.





In a society that often equates success with self-worth, it's easy to see failure as something to be avoided at all costs. However, self-love teaches that failure is not the enemy; rather, it is a powerful teacher. By nurturing a compassionate relationship with oneself, individuals can approach failure with curiosity and optimism, knowing that each misstep brings them closer to personal growth and eventual success.

In conclusion, self-love and failure are deeply intertwined. While failure can challenge self-esteem, self-love provides the foundation for resilience, learning and growth. By treating oneself with kindness and understanding in the face of setbacks, individuals are better equipped to navigate life's challenges and emerge stronger. Ultimately, self-love turns failure from a stumbling block into a stepping stone on the path to personal fulfillment.

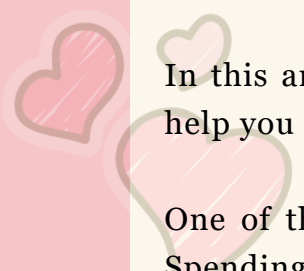
Dev Dutt Vashist (22111116)





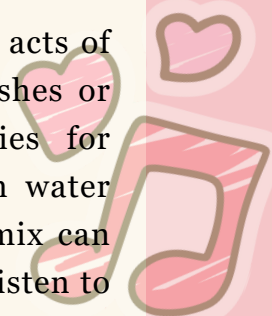
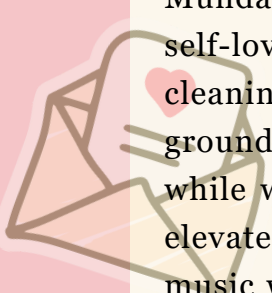
EMBRACING THE UNCONVENTIONAL

When we think about self-love, it often conjures images of spa days, bubble baths or scrolling through motivational quotes. But what if the most meaningful forms of self-love come from unexpected places? By stepping outside our routines and embracing new experiences, we can unlock deeper levels of self-acceptance and personal growth.


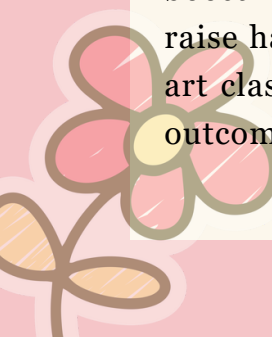


In this article, we'll explore unconventional ways to practice self-love that can help you reconnect with yourself.

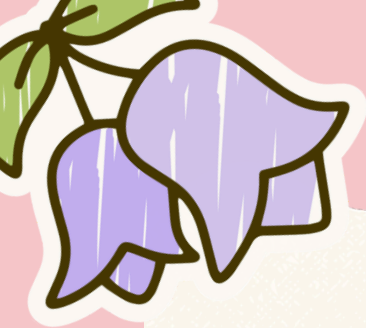
One of the most powerful yet often overlooked sources of self-love is nature. Spending time outdoors has a unique ability to calm the mind and restore balance. Whether it's hiking in the mountains, walking barefoot in the grass, or simply sitting by the beach, being in nature can significantly reduce stress. In fact, a study from the University of Utah found that just 30 minutes in nature can lower cortisol levels by 19%. The next time you feel overwhelmed, try taking a break in a nearby park or natural space, allowing nature to work its magic.



Mundane chores, which many of us dread, can also be transformed into acts of self-love. By practicing mindfulness during daily tasks like washing dishes or cleaning the house, we can turn these moments into opportunities for grounding ourselves. For example, focusing on the sensation of warm water while washing dishes can bring a sense of calm. Adding music to the mix can elevate the experience—78% of people report feeling happier when they listen to music while doing household tasks. So, next time you clean, put on some tunes and let your tasks become a celebration of your space.



Creativity is another powerful form of self-expression and self-love. You don't need to be a skilled artist to reap the benefits of creating. Whether it's painting, writing, or simply doodling, engaging in artistic activities without judgment can boost happiness. Research shows that participating in creative activities can raise happiness levels by 20%. So, embrace your inner artist—join a community art class, start a journal, or let your imagination flow freely. It's not about the outcome but the joy that comes from the process.



Reconnecting with your inner child can be a refreshing and joyful way to practice self-love. As adults, we often lose touch with our playful side, but engaging in activities that remind us of childhood fun—like coloring, visiting a playground, or building a pillow fort—can reignite our sense of joy and wonder. These moments of playfulness remind us that self-love is not just about serious reflection but also about embracing laughter and fun.

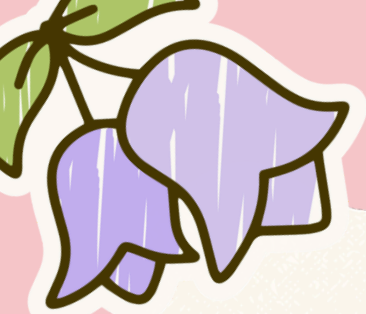
One of the most empowering acts of self-love is learning to say “No.” Many of us are conditioned to say “yes” to every opportunity, often out of fear of disappointing others. However, overcommitting can lead to burnout. Setting boundaries and learning to prioritize your needs is essential for your well-being. Though saying no may feel uncomfortable at first, it is a powerful way to assert your value and protect your energy.

Laughter, too, is an incredible form of self-love. It has real health benefits—laughter can reduce stress hormones by 20% and increase the brain’s release of feel-good chemicals. Whether it’s through watching a comedy show, spending time with friends who make you laugh or attending a stand-up comedy show, introducing more laughter into your life can lighten your mood and help you reconnect with joy. You might even consider trying laughter yoga for a unique and fun way to boost your happiness.

Taking on new physical challenges can also be a powerful act of self-love. Engaging in activities like rock climbing, dance or martial arts not only improves physical health but also boosts confidence. Studies show that 75% of people report higher self-esteem after completing challenging physical tasks. Pushing your body and mind through physical challenges fosters a sense of achievement, making you feel mentally and physically stronger.

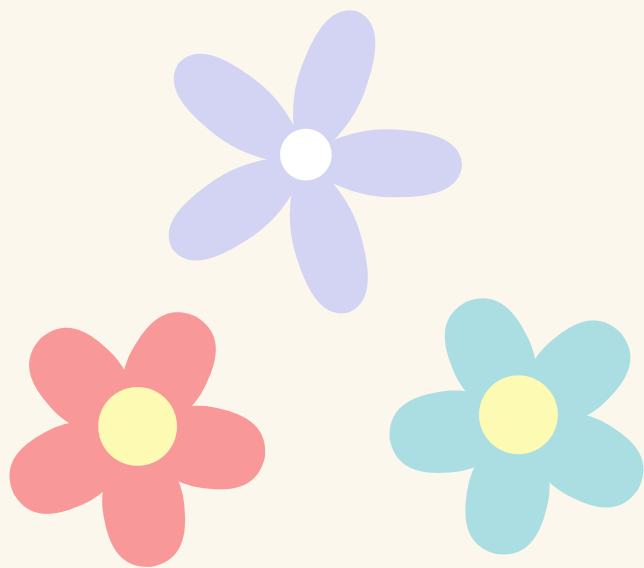
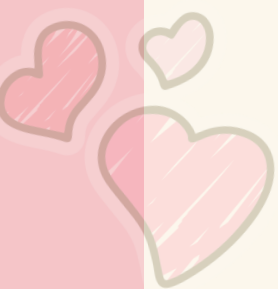
Finally, cultivating gratitude is a well-known tool for fostering a positive mindset. But instead of traditional journaling, why not try a gratitude jar? Each day, write down something you’re grateful for on a colorful slip of paper and add it to the jar. On days when you’re feeling down, pull out a few notes to remind yourself of life’s blessings. This simple and fun practice reinforces a positive outlook and serves as a visual reminder of the richness of your life.





In our quest for self-love, we often overlook unconventional paths that can lead to profound personal growth. Whether it's through spending time in nature, turning chores into mindful moments, tapping into creativity or reconnecting with your inner child, these practices can help you develop a deeper connection with yourself. By embracing laughter, learning to say no, taking on new physical challenges, and practicing gratitude in fresh ways, you'll find that self-love is not a destination but an ongoing journey. Explore these unexpected avenues and you may just discover the self-love you've been seeking all along.

Nandini (21113144)





DRAWING



Aishwarya Deshmukhya - 22111404





SHORT STORIES





THE UNSPOKEN WEIGHT

Ria was the go-to person for everyone's problems, always offering a listening ear. But despite helping others, she carried her own doubts in silence, feeling like her worries weren't important enough to share. One evening, her friend Aarav noticed her quietness. When he asked what was wrong, she hesitated but finally opened up. As she spoke, the weight she'd been carrying began to lift. In that moment, Ria realized counseling wasn't just about offering advice. Sometimes, it's about creating space to be heard. Strength, she learned, also lies in sharing your own burdens.

Bipul Hans (22111616)



THE UNTOLD STORY

Aarav was known on campus as a quiet listener, a peer educator with a gift for making others feel understood. One evening, while sitting beneath the old campus oak, he spotted Maya approaching, shoulders slumped and eyes weary. She hesitated, but Aarav gave her a small nod, inviting her to sit. After a pause, she confided, "I feel like I'm drowning... school, family, everything. I just can't keep up." Aarav listened intently, offering no immediate advice, just the comfort of his presence.

As they talked, Maya found herself slowly sharing her struggles, each word lifting a weight from her shoulders. When she finished, Aarav simply said, "You know, we're all like blank pages, with stories waiting to be told. You don't have to figure it out all at once." A faint smile crossed her face, and for the first time in weeks, she felt lighter. In that small moment of understanding, Maya realized that while her story was still unwritten, she didn't have to write it alone.

Ojashvi (22113051)





THE MEMORABLE NIGHT OF THREE FRIENDS

Few years ago, there were three lifelong friends who grew up together, attended the same school, and even graduated from the same college. After graduation, they got jobs at the same prestigious organization. Their close friendship was envied by many. Wherever they went, they went together. The three friends had high salaries and lived in a large apartment in the city. They stayed on the 60th floor to enjoy the full view of the city they lived in. They relished all the pleasures of life and achieved everything they desired.

One day, one of them suggested, "Let's take a day off to explore the city and enjoy ourselves to the fullest". The idea thrilled them, so, they took a day off from work and left early in the morning. They explored different places, tried new foods, watched movies, went shopping, relaxed at the beach, and even enjoyed the nightlife at bars and pubs. After a day packed with excitement and laughter, they returned home close to midnight, exhausted yet content.

After an eventful and exhausting day, all they wanted was to refresh themselves and collapse into bed, but an unpleasant surprise awaited them. Upon reaching their building, they discovered that a malfunction in the electricity transformer had left the entire building without power. Without electricity the elevator was out of service. Their excitement from the day quickly faded into frustration. They were extremely tired, sweaty, and aching after the long day—how could they possibly reach the 60th floor? They sat there for a while, wondering what to do.

After a few moments of silence, one of them finally spoke up, "If we sit here and wait, we'll be stuck until the power comes back, which could take hours. We can't just give up. We need to get to our room somehow," he said. He paused for a moment, then added with a glimmer of optimism, "I've got an idea. If we approach this smartly, making it to the 60th floor won't be as difficult as it seems. We each have different talents that we can use to pass the time and keep ourselves motivated. He continued, "As you all know, I can sing well. So, I will sing until we pass the first 20 floors. Listening to the songs will help us cover that distance without feeling tired.." The second friend said, "I can tell some engaging stories. Let me take the next 20 floors with my stories to keep us focused." The third friend said, " I know a lot of jokes. I will make you laugh. By listening to my jokes, we can finish the last 20 floors."





THE MEMORABLE NIGHT OF THREE FRIENDS

And so, all friends agreed.

They slowly started climbing the stairs of that huge building. The first friend began to sing a beautiful song. What a sweet song! Listening to his songs, they didn't even realize how they reached the 20th floor. His friends praised him a lot. "You sang so well. The first 20 floors are done!" Then, the second friend began telling stories. He knew many short stories. By listening to and focusing on his stories, no one felt tired, and they completed the next 20 floors. So, they passed 40 floors.

Now it was the third friend's turn. He started telling jokes. He shared many good and bad jokes. The real highlight of the climb was listening to his jokes, which kept them laughing and made the walk more enjoyable. Finally, they reached the 59th floor. What a relief! Then the third friend said, "Now I will tell you one last joke. But after hearing this, you'll cry." The other friends insisted that he tell it. Eventually, he revealed it.

Taking a deep breath, the third friend said, "I forgot the key to our room... it's in the car." Shocked, the friends stared at him in disbelief, then sank to the floor, utterly disappointed.

Moral of the story:

"Keep your eyes on the stars and your feet on the ground." – Theodore Roosevelt.

It's easy to get lost in the noise and forget what truly matters.

Balancing dreams with reality and holding onto what's precious keeps life meaningful.

Jobin Joyson (23124306)





My Journey

As a Peer Educator





TRISHA

Looking back to how I was before joining CCHS, I realize there were so many things I didn't fully understand about myself. I was confident, but I didn't know how to build on that confidence or how to truly connect with my own identity. It was almost by chance that I discovered what it means to be a peer educator.

After becoming part of CCHS and going through the peer educator process, I not only learned about self-awareness but also experienced significant personal growth. I began to understand who I am, and more importantly, I became comfortable with myself, free from self-doubt. Every session I've attended has helped me uncover more about myself.

CCHS has become a safe space where I can openly discuss my thoughts, relationships, and experiences. I highly encourage my juniors to join CCHS and get involved in its activities. Many times, people may say they are self-aware, but in reality, many are not. My journey here has been transformative, and I continue to elevate myself through this experience.



OJASHVI

"The Listener"

Spoken softly, as if to oneself.

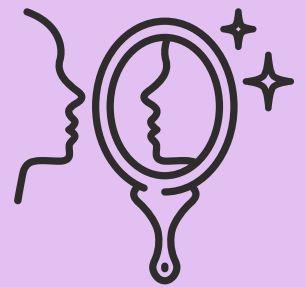
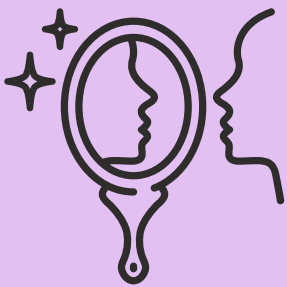
People think being a peer educator means giving advice, solving problems. But what I've learned is, it's more about listening. Just... listening. Every day, someone new sits beside me, often not saying much at first. But it's in the silences that I hear the most. The quiet is full of stories they're not ready to tell yet.

I remember a student last week—he sat down, didn't even look at me. "I don't think anyone understands," he said after a while. He didn't want answers, just someone who wouldn't judge, wouldn't push. So, I listened. And by the end of our talk, he said, "Thank you." Not because I'd given him a solution, but because, for the first time, he felt heard.

That's the thing, isn't it? These unwritten stories inside us,... sometimes they just need a listener. Someone who believes they're worth sharing, even if the words haven't come out yet.

SELF AWARENESS





UNLOCKING THE INNER FAMILY: MY JOURNEY TO SELF-AWARENESS

My First Peer Education Session: Finding Inner Strengths with Dr. Floyd

March 12, 2024, was the day I attended my first peer education session where I gained invaluable insight into the complexity of inner psychology. The session, led by guest lecturer Dr. Floyd, passionately introduced us to the Internal Family Systems (IFS) model, guiding us to explore our inner mental landscape and uncover the unique parts that shape our lives.

Discovering the Internal Family System

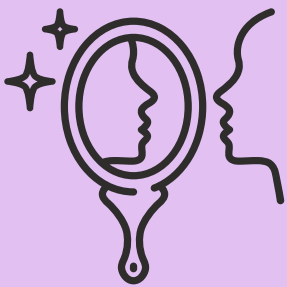
Dr. Floyd began the session talking about the theory of an Internal Family System (IFS) theory, developed by Dr. Richard Schwartz, which describes the human psyche as the "family" within the mind. According to Dr. Schwartz, the mind comprises multiple parts, each with unique perspectives which collaboratively influence our decisions. These internal parts form a complex system, each contributing a distinct voice to our thoughts, emotions, and actions.

One of the core principles of IFS is the mind's "multiplicity"—the idea that our inner parts can hold multiple, even contradictory, views of the same subject. For instance, while one part may focus on ambition, another might prioritize caring for others. Dr. Floyd explained that by recognizing and observing these parts, we can achieve greater self-awareness and inner harmony.

The Self as the Decider

A significant takeaway from the lecture was the distinction between our inner parts and the "Self." While individual parts drive us to succeed or care for others, it is ultimately the Self—the calm, wise center within—that harmonizes these opposing forces and shapes our approach to life.

The Self serves as a neutral leader, prioritizing balance and inner peace over any single part. This understanding of Self versus parts brought clarity; by connecting with this innermost part of ourselves, we can make more balanced choices and take better control of our lives.



UNLOCKING THE INNER FAMILY: MY JOURNEY TO SELF-AWARENESS

Understanding the Parts Within Us

In the second half of the session, Dr. Floyd introduced us to powerful self-reflection. We were encouraged to become familiar with our various parts, each with its own roles and responsibilities. These parts can either support or hinder certain behaviors depending on how they interpret their "job" within us. To better understand each part's influence, we were asked to reflect on questions like:

- How does this part limit me?
- When does it get active?
- When and why did it take on this role?
- How does it try to protect me?
- Was this part meant to be something else, but over time it became something else?

Reflecting on these questions, I discovered three primary parts within myself: Intellect, Safety, and Love.

Intellect

What does it value? Learning, analysis, and logic.

What does it seek? Clarity and understanding.

How does it lead me? With rational decisions and deep understanding.

What are its limitations? Tends to overthink, which can slow down spontaneity.

Safety

What does it focus on? Safety and security.

What is the role of this? A protector, shielding myself from risks.

How does it support me? Provides comfort and stability.

What are its limitations? Fear of unknowns, which restricts growth and new experiences.



UNLOCKING THE INNER FAMILY: MY JOURNEY TO SELF-AWARENESS

Love

What triggers it? Compassion and relationship building.

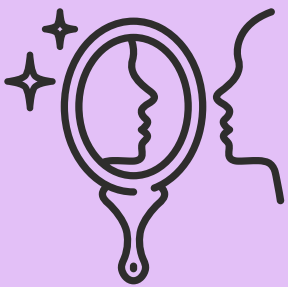
What is the role of this? Seeks connection and shared experiences.

How does it benefit me? Makes me empathetic and kind.

What are its limitations? Sometimes prioritizes others over self, potentially leading to inner conflict.

Aishwarya Desmukhya (22111404)





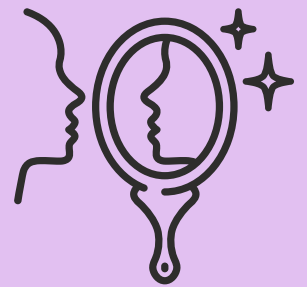
CERTAINTY, UNCERTAINTY, AND EVERYTHING IN BETWEEN

I recently came across a post that said, "Life becomes a lot easier when you're able to make decisions and stick to them most of the time." It made me pause and reflect. Decision-making is such a simple concept, yet complex in its execution. It's easy to get lost in uncertainty and feel paralyzed by the weight of choices. We're constantly told to make decisions, be resolute, choose a path and stick to it. But what happens when we don't know who we are or what we want?

The movie "The Worst Person in the World" beautifully captures this feeling of being adrift in life. Julie, the protagonist, is a woman navigating her 30s, constantly shifting between careers, relationships, and her own identity. She reflects many of us who sometimes feel lost, unsure, and restless. There's a moment in the film where she says, "I wasted so much time worrying about what could go wrong, but what did go wrong was never the thing I worried about." This resonated, because how often have we been paralyzed by the 'what ifs,' only to find that life throws us curveballs we never anticipated?

I often witness and find myself in the fear of making wrong choices, the worry of wasting time, and the anxiety of not being enough. But what if being lost isn't a failure but a necessary part of the journey? Just like Julie, or characters in films like "The Perks of Being a Wallflower" and "500 Days of Summer", we are all figuring things out as we go. Charlie, from The Perks of Being a Wallflower, felt out of place until he learned to embrace the present moment. In 500 Days of Summer, Tom's idealized love led to heartbreak, teaching him that growth often emerges from the unplanned.

There's wisdom in the reminder, "Stop trying to control everything. Life happens when you let go." Life isn't about making perfect decisions; sometimes, it's simply about not making decisions at all. Even if we're unsure. Even if we're scared. There's a unique freedom in letting go, in allowing ourselves to be imperfect, and in acknowledging that we don't have all the answers.



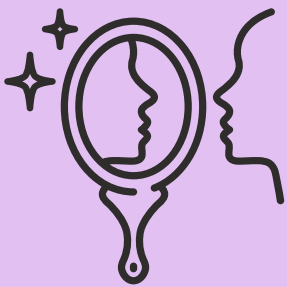
Take “Tu Hai Mera Sunday”, where five friends, each facing their own struggles, find solace in the simple joy of playing football together. Their stories reflect a shared experience—feeling lost but discovering moments of peace and purpose in the everyday. It’s not about having everything figured out but about cherishing the present and finding joy in small things.

In the end, we’re all on this journey, sometimes lost, sometimes found, but always moving forward. What we often forget is that being lost doesn’t equate to failure; it means we’re growing, exploring, and learning. So, if there’s one thing I’d remind myself and others, it’s this: it’s okay not to have everything sorted out. Life’s beauty lies in its unpredictability, and often, the most remarkable things happen when we stop worrying about what could go wrong and simply embrace the moment.

You might wonder why I’ve sprinkled so many movie references throughout. As a movie buff, I find that films can be a source of comfort and reflection, helping us navigate our own stories. They mirror our experiences and offer relatable insights into the uncertainty of decision-making and the beauty of the journey we all share. Plus, who doesn’t love a good movie moment to inspire us along the way?

Homita Ganguly (22112314)





STAYING TRUE: THE IMPORTANCE OF SELF-SECURITY AND PROTECTING YOUR PEACE

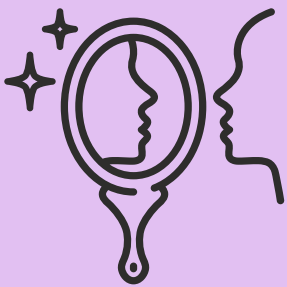
In life, we often move through different phases—new places, new people, new experiences. As we grow, it's essential to remain secure in who we are, no matter what. Being self-secure means prioritizing your inner peace and protecting it fiercely, especially in a world where distractions and negativity are all too common. It's important to recognize when a situation, or even a person, threatens your sense of self. Walking away from environments that chip away at your self-respect isn't a sign of weakness, but of strength. Building healthy boundaries is a powerful act of self-love. These boundaries protect your peace, keeping out anything or anyone that tries to make you feel small or unworthy.

As we meet different people, some may lift us up, while others may bring us down. It's easy to fall into the trap of people-pleasing in an attempt to fit in, but the cost is often losing sight of who we truly are. Authenticity is our most valuable asset—when we compromise it, we risk diminishing our self-worth. It's important to remember that you don't need to rely on others for your happiness. True fulfillment comes from within.

People will always have something to say, but how much we let their words affect us is entirely up to us. Learning to stay grounded, despite external noise, allows us to maintain control over our lives. Staying secure in yourself means not giving others the power to dictate how you feel. By embracing who you are and protecting your inner peace, you remain authentic and resilient in the face of life's challenges.

Sakshi Gare (22112332)





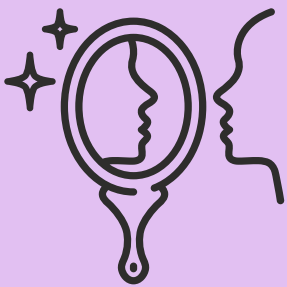
UNRAVELING THE ENIGMA: NAVIGATING THE PURSUIT OF PURPOSE AMIDST THE CONSTRAINTS OF TIME



In our fast-paced world, the search for personal and societal purpose is central to our journey. We're naturally drawn to seek meaning in life—it serves as our compass through life's challenges. Yet, the relentless march of time adds complexity to this pursuit. The pressure to live with purpose creates a sense of urgency, often pushing us to pursue our goals with even greater determination.

Purpose drives our actions, providing direction, a sense of belonging, and often reflecting our core values and beliefs. For some, purpose lies in relationships; for others, it may stem from career aspirations or creative pursuits. Grasping what truly fuels your purpose is essential for aligning your daily actions with long-term visions. Embarking on the journey to uncover your purpose is profound and life-changing, requiring introspection and a willingness to explore various dimensions of life. As you dig deeper, surprising possibilities may emerge. Someone who finds purpose in helping others might start with volunteering, which could ultimately lead them to a career in social work—impacting not only their own life but also the lives of those they serve.

Time is unique; it can either inspire or create pressure. Many cultures teach us to see life as a race against the clock. Studies show that over 80% of people feel rushed in their daily lives, often leading to impulsive rather than intentional decisions. On the flip side, recognizing time's limitations can be a catalyst for action. Knowing that every moment counts can push us to leave our comfort zones. For instance, research from the University of California found that people who feel time constraints are 60% more likely to accomplish their goals. This insight shows how time pressure, when managed well, can transform into motivation.



Living a life anchored in purpose requires practical strategies. Setting clear, realistic goals is a powerful first step. Specific, measurable goals bring clarity, remind us of our aspirations, and help us track progress. Instead of vague aims like wanting to get fit, more specific goals—such as exercising for 30 minutes, four days a week, for the next three months—build consistency.

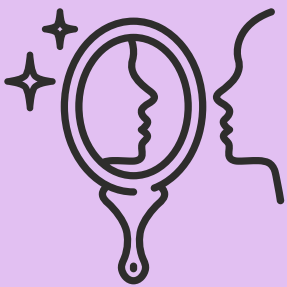
Prioritizing tasks based on their impact helps direct focus and energy toward meaningful progress, while regularly assessing daily activities ensures alignment with your larger vision. Additionally, learning to say no is a vital skill; overcommitting can distract from what truly matters. Saying no to less critical tasks helps conserve time and energy, allowing you to stay focused on priorities.

Mindfulness and reflection are also essential. Setting aside time for self-reflection brings clarity to an evolving purpose. Practices like meditation or journaling can center your thoughts, even if it's just ten minutes a day, helping you make decisions that align with your purpose. Challenges are inevitable, but learning to navigate them is key to progress. Acknowledging fears and doubts is essential, as these are natural parts of growth.

For instance, someone anxious about public speaking might benefit from gradually exposing themselves to speaking opportunities. Each small step helps counter anxiety and build confidence.

Seeking support and connection with others who share similar aims can be incredibly motivating. By joining groups or communities related to your interests, you can find guidance and encouragement. Similarly, adaptability is crucial, as life often brings unexpected changes. Being open to new directions allows you to seize opportunities that align better with your purpose. Recognizing and celebrating small achievements along the way keeps motivation alive and strengthens commitment. Each small success, whether it's completing a chapter of a book or finishing a project, is a step forward. Celebrating these moments acknowledges your hard work and keeps you focused on the larger goal.

Arshad P R (21113011)



PASSION AND SELF-ESTEEM: A POWERFUL DUO FOR PERSONAL GROWTH

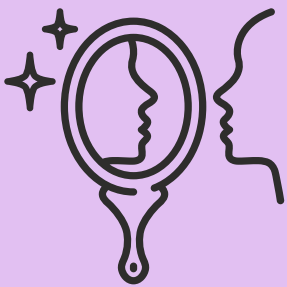
Passion and self-esteem are two key components that shape an individual's identity and influence personal growth. Passion fuels the drive to pursue what one loves, while self-esteem provides the confidence to believe in oneself throughout the journey. Together, they form a dynamic duo that can lead to profound fulfillment and success in both personal and professional aspects of life.

Passion is a deep enthusiasm or love for something that gives life purpose. It drives people to dedicate time and energy to what matters to them, whether it's a hobby, career, or personal goal. Passion sharpens focus, fuels determination, and encourages persistence through challenges. For example, an artist may perfect their craft not for recognition, but for the joy it brings, leading to personal growth and fulfillment. This intrinsic motivation propels individuals forward, pushing them to achieve more without seeking external validation.

The Role of Self-Esteem

While passion ignites the will to pursue dreams, self-esteem acts as the foundation that allows individuals to believe they are capable and worthy of success. Self-esteem reflects how one perceives their own value and abilities. High self-esteem comes from recognizing one's strengths, accepting weaknesses, and understanding that self-worth is not tied to external factors like societal approval or material accomplishments.

People with strong self-esteem are more likely to take risks, embrace challenges and maintain resilience in the face of adversity. They trust their abilities and understand that failure is not a reflection of their worth but a part of the learning process. This mindset makes them better equipped to follow their passions with confidence, knowing that their value is not contingent on the outcome.



The Connection Between Passion and Self-Esteem

Passion and self-esteem are closely linked. Pursuing passions brings fulfillment, boosting self-esteem, while strong self-esteem encourages individuals to follow their passions without fear of judgment. Engaging in meaningful activities strengthens both purpose and confidence, allowing people to take risks and strive for personal growth.

Conversely, low self-esteem can prevent people from fully embracing their passions. Fear of failure, self-doubt, or the need for external validation can act as barriers that stifle growth and creativity. In such cases, developing self-esteem becomes crucial in unlocking the courage to pursue what truly matters.

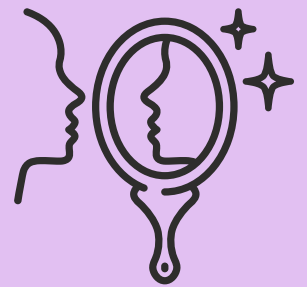
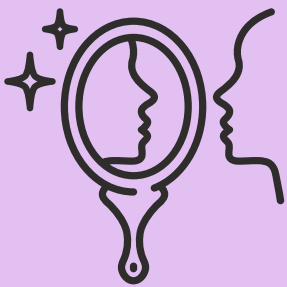
Nurturing Passion and Self-Esteem for Growth

To fully realize the benefits of passion and self-esteem, it's essential to nurture both. Engaging in activities that bring joy, learning new skills, and setting meaningful goals can fuel passion. At the same time, practicing self-compassion and celebrating achievements can build self-esteem.

When passion and self-esteem are balanced, individuals can live authentically, pursuing their dreams with confidence and without fear of judgment. Together, these two forces drive personal growth, leading to a fulfilling life filled with purpose and self-worth.

Divyansh Sinha (22111118)





THE CALM WITHIN US

Have you ever noticed how your breathing patterns change with your emotions? When you are stressed, your breathing becomes deeper; when you are excited, it quickens. Our breathing is closely connected to how we feel. This link between breath and emotions is so significant that it forms one of the foundational lessons in a monk's training. Learning to control your breath is, in many ways, learning to control your emotions.

In various situations today, we often let our emotions take control. People become upset over small inconveniences, may snap at others, or struggle to express their feelings clearly. This fluctuation in emotions affects our daily lives, relationships, and productivity, often adding pressure to our mental well-being. What if we took a moment to pause, breathe, think, and not let our emotions take over?

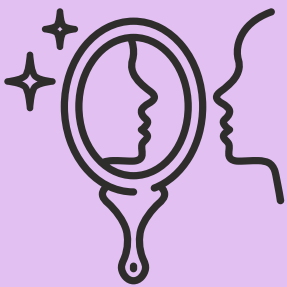
Mindful breathing is a practice accessible to all of us. By becoming aware of our breath, we create a small space between what happens and how we respond, ensuring our reactions are thoughtful, not impulsive. This simple technique can help us stay calm in different situations, express ourselves more clearly, and understand others with empathy.

In moments of frustration or stress, it's essential that kindness within us prevails. When negative emotions take over, they often lead to misunderstandings, unkind words, and actions that we may later regret but cannot change. Practicing mindfulness enables us to act with compassion and offer help to those in need. In today's world, a little kindness and understanding can go a long way.

Through my journey of peer education, I've learnt the importance of guidance in moments of overwhelm. Practicing mindful breathing can be a powerful way to regain control over oneself and prevent emotions from dominating in situations where they shouldn't. In a world where emotions often feel overpowering, this technique can help us stay grounded and resilient.

Shashank P (22111746)





MASTERING THE INNER STORM

University life is a period of immense growth and transformation, but it also comes with a significant share of stress, pressure, and emotional turbulence. Among the many emotions you may experience, anger often stands out as one of the most challenging to manage. Whether it arises from academic stress, personal conflicts, or the overwhelming burden of responsibilities, anger can feel like an uncontrollable storm. Yet, understanding and mastering this emotion is crucial for maintaining mental well-being, healthy relationships, and academic success.

In this guide, we delve into the complexities of anger, explore its underlying causes and provide effective strategies for university students to channel this powerful emotion into something constructive.

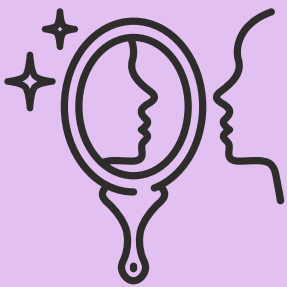
The Roots of Anger: Why Does it Happen?

Anger is often a response to situations that feel unfair, frustrating, or threatening. For university students, this could stem from a variety of triggers such as academic pressure, interpersonal conflicts, or even internal struggles with self-worth and identity. However, anger is rarely just about the immediate situation at hand—it often masks deeper emotions like fear, disappointment, or insecurity.

For example, a heated argument with a friend may trigger anger, but the underlying cause might be the fear of losing that relationship or feeling misunderstood. Similarly, frustration over poor academic performance may conceal concerns about future career prospects or self-doubt about one's abilities. Recognizing these underlying emotions is the first step in managing anger effectively.

The Consequences of Unchecked Anger

While anger is a natural emotion, allowing it to fester or express itself in unhealthy ways can have serious consequences. When anger becomes a habitual response, it keeps the body in a state of constant stress, leading to physical health issues such as high blood pressure, fatigue, and a weakened immune system.



Mentally, unchecked anger can spiral into negative thought patterns, contributing to anxiety, depression, and a general sense of dissatisfaction with life. Moreover, frequent outbursts of anger can damage relationships, leading to misunderstandings, isolation and a breakdown of trust. In a university setting, this can negatively impact both personal and professional relationships, reducing your overall sense of community and support.

Turning Anger into Action: Effective Management Strategies

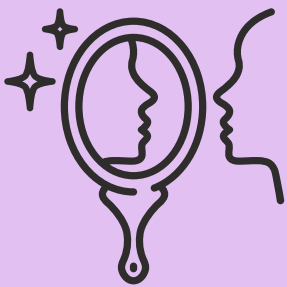
Managing anger is not about suppressing it but rather about understanding and channeling it in ways that promote growth and problem-solving. Here are some strategies for transforming anger into positive action:

- **Pause and Reflect:** Step back when anger surges. Remove yourself from the situation if needed. This helps you cool down and think clearly. Deep breathing can calm your mind and body.
- **Identify the Real Cause:** Ask yourself what's really making you angry. Recognizing the true source—whether fear, disappointment, or stress—lets you address the root issue instead of reacting impulsively.
- **Focus on Solutions, Not Problems:** Shift your focus to finding solutions once you identify the cause of your anger. This empowers you to concentrate on making things better rather than dwelling on what's wrong.
- **Practice Empathy:** Try to understand the other person's perspective. This can soften your response and foster compassion in resolving conflicts, diffusing anger and strengthening relationships.
- **Assertive Communication:** Calmly express your feelings without aggression. Use "I" statements like "I feel upset when..." to communicate your emotions without blaming others, which helps avoid escalation.

Building Emotional Resilience for Long-Term Growth

Mastering anger management is not a one-time effort—it's an ongoing process of building emotional resilience. Here are some practices that can help:

- **Mindfulness and Meditation:** Incorporating mindfulness techniques like meditation into your daily routine can help you become more aware of your emotional triggers. Regular practice can also help you remain calm and



centered in stressful situations, making it easier to manage anger when it arises.

- **Physical Exercise:** Physical activity is a great way to release pent-up tension and reduce the intensity of anger. Regular exercise not only improves your physical health but also boosts your mood, making you less prone to emotional outbursts.
- **Journaling:** Writing down your thoughts and feelings provides a healthy outlet for processing emotions. Journaling allows you to reflect on situations that made you angry, identify patterns, and develop new strategies for handling similar scenarios in the future.
- **Setting Realistic Expectations:** Many frustrations arise when expectations don't align with reality. By setting more realistic goals and being flexible with outcomes, you can reduce the likelihood of feeling disappointed or frustrated. This approach helps prevent anger from building up over time.

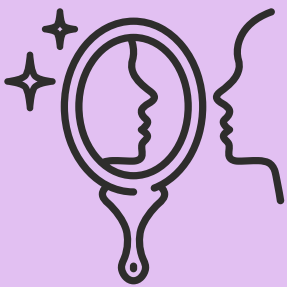
Conclusion: Embracing Growth Through Emotional Mastery

Anger is a natural emotion, but it doesn't have to be a destructive force. By understanding the root causes of your anger and using effective strategies to manage it, you can transform this powerful emotion into an opportunity for growth and self-improvement. In university, where the pressures are high and emotions can run wild, mastering anger is essential for maintaining balance, building strong relationships, and achieving academic success.

Rather than fearing anger, embrace it as a chance to learn more about yourself and improve your emotional intelligence. With the right tools and mindset, you can tame the inner storm and use its energy to fuel your journey toward a more fulfilling university experience.



Anjo Binu (23124304)



THE INFLUENCE OF PERCEPTION: SHAPING OUR REALITY

Perception significantly impacts our life experiences, shaping how we interpret, react to, and learn from events around us. The way we perceive the world isn't just about what our senses tell us; it's how we interpret those signals through the lens of our beliefs, emotions, and past experiences. Here are some ways in which perception plays a vital role in our lives:

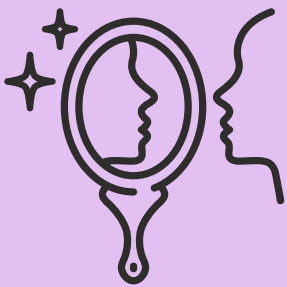
Finding Calm in Chaos: Perception helps us maintain our composure during stressful situations. For instance, someone who perceives a job loss as a devastating failure may spiral into panic and anxiety. In contrast, another person who views the same situation as an opportunity for growth and new beginnings may remain calm and take proactive steps to find new opportunities. This mindset allows us to navigate life's ups and downs with grace and resilience.

Appreciating Life's Nuances: Every small thing in life, whether it's a fleeting moment of joy or a minor setback, carries meaning. For example, noticing the beauty of a sunrise or the kindness of a stranger can enrich our day and foster a sense of gratitude. By truly listening and observing, we begin to understand the interconnectedness of our experiences. This awareness can bring a sense of peace and contentment, as we realize that everything happens for a reason.

Embracing Challenges: When good things happen, it's easy to celebrate. However, when we face adversity, our perception can transform challenges into valuable learning experiences. For instance, a student who fails an exam might perceive it as a permanent setback and give up. In contrast, another student might see it as a challenge to improve their study habits and understanding of the subject. By viewing challenges as opportunities for growth, we become better equipped to handle future difficulties and emerge stronger.

Perception determines our reactions, resilience, and overall well-being. By cultivating a positive and open mindset, we can find meaning and purpose in every moment, keep calm under pressure, and embrace the beauty of life's journey. Remember, while we may not control every circumstance, we do control how we interpret and respond to them.

Raveena Vohra (23124312)



**TRICK
OR
TREAT**

HOW OUR MINDS CREATE IMAGINARY PROBLEMS

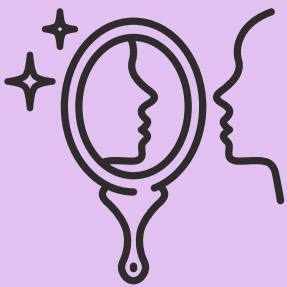
Have you ever noticed how, no matter how much things improve, we always seem to find something new to worry about? Like that time you finally got that opportunity you've been working so hard for, but now you're stressed about whether you are even competent for it. Or maybe you've gotten into shape after months of effort, but suddenly you're comparing yourself to someone even fitter. If this sounds familiar, then you've probably experienced something called the "Blue Dot Effect."

The Blue Dot Effect is a quirky psychological phenomenon that explains why we tend to expand our definition of a problem when it starts to disappear. It's like our brains are wired to find issues, even when things are on track and going good. While that can sometimes keep us alert and safe, it can also make life feel more stressful and overwhelming than it actually is.

So, what exactly is the Blue Dot Effect? In a series of eye-opening experiments, Harvard psychologist Daniel Gilbert and his student David Levari asked volunteers to identify blue dots on a screen filled with both blue and purple ones. Initially, roughly half of the dots were blue, and half were purple. It seems straightforward—blue is blue, right? In the beginning all the participants identified the color accurately. But as the researchers reduced the number of blue dots and replaced them with purple, something odd happened: the volunteers began labeling purple dots as blue. Their perception shifted. The fewer blue dots they saw, the more they started reclassifying purple ones as blue. Even when they were warned about this probability their brains kept making the same mistake.

And it doesn't stop at dots. When the researchers tried the same experiment with faces, showing images ranging from friendly to threatening, participants began to see threats even in faces that were clearly non-threatening. It's as if, when we run out of big problems, our minds start turning little problems into bigger ones.

But why do we do this? It turns out our brains are great at solving problems, but not so great at being content. Historically, humans had to stay on their toes—there were wars, famines, diseases, and natural disasters around every corner.



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HOW OUR MINDS CREATE IMAGINARY PROBLEMS

Pessimism became our survival mode. Even in relatively peaceful, prosperous times, our brains are still wired to find what's wrong, just in case the next calamity is lurking.

This explains why, even though the world has made huge leaps in progress—like advances in medicine, technology, and global well-being—many of us feel like things are getting worse. In his book, “In Enlightenment Now” Steven Pinker discusses how the human condition has actually improved over the past few centuries, yet many of us are stuck in a loop of negativity, unable to appreciate how much better things have gotten. This is the Blue Dot Effect at work, convincing us to zoom in on smaller problems as the bigger ones fade away.

Think about how this shows up in your life. Maybe you've worked hard to get to where you are in your career, but instead of celebrating your progress, you're now focused on what more you need to achieve to catch up with others. Or maybe you're frustrated because your workout routine isn't giving you the same results as the person next to you at the gym, forgetting how far you've come since you started.

The Blue Dot Effect makes us constantly compare ourselves to others, measuring our success against their achievements, and feeling like we're falling short. We look for problems even when there aren't any. And when we can't find them? Well, we tend to create them.

But here's the good news: You don't have to be trapped by the Blue Dot Effect.

While we can't entirely rewire our brains, we can learn to recognize when the Blue Dot Effect is happening and how to handle it. Here are a few ways to break the cycle:

- **Awareness:** The first step is to notice when you're creating problems out of thin air. If you find yourself stressing over something minor that wouldn't have bothered you before, pause. Ask yourself if this is really a problem or if it's just the Blue Dot Effect kicking in. Taking a step back and gaining perspective can help you see things more clearly.





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HOW OUR MINDS CREATE IMAGINARY PROBLEMS

- **Practice Gratitude:** One of the best antidotes to this mindset is gratitude. Start making a habit of focusing on what's going well in your life. Each day, take a moment to reflect on a few things you're thankful for. It doesn't have to be anything big—sometimes the smallest joys are the ones that matter most. The more you do this, the more your brain will start recognizing the “blue dots” of positivity in your life, instead of always seeking out what's wrong.
- **Help Others:** Our brains are wired to solve problems, but that doesn't mean they all have to be your problems. Channel that energy into helping others. Whether it's offering advice, volunteering, or just being there for a friend, solving someone else's problem can be a great way to shift your focus from unnecessary worries to something meaningful.
- **Redefine Success:** It's easy to get caught up in comparisons, but remember that success looks different for everyone. Instead of measuring yourself against others, think about your own journey and how far you've come. Celebrate your wins, no matter how small they might seem.

At the end of the day, life isn't about avoiding problems altogether—it's about creating better ones. As the Blue Dot Effect shows us, even when things are going well, our brains will always try to find something to stress over. But by becoming more aware of this tendency and shifting our focus to the positive, we can learn to appreciate the progress we've made and the good things in our lives.

So next time you catch yourself nitpicking or feeling overwhelmed by minor frustrations, take a deep breath, look around, and remind yourself that you're doing just fine. After all, life's too short to spend it looking for problems that don't really exist.

Now, let's go out there and appreciate some purple dots, shall we?

Chaitanya Birla (22112312)





Presenting

EVENTS

2024





NUTRITIONAL WEEK



National Nutrition Week is celebrated in the first week of September, emphasizing the importance of nutrition, health awareness, and balanced diets for overall well-being. In Christ (Deemed To Be University), Pune Lavasa Campus, the Centre for Counselling and Health Support celebrated the National Nutrition Week on the 4th of September by putting up a stall that served a sprout salad and various refreshing blends of tea, from Green tea to Chamomile tea. This event was a great success as it created an awareness among students of the university about the importance of taking care of their health in this work and academic oriented lifestyle.

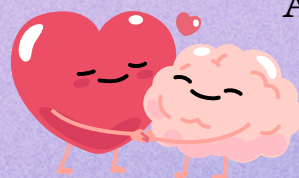
Noella Ralph Dsilva (22112004)

MENTAL HEALTH AWARENESS

As part of Mental Health Awareness Month, the screening of Inside Out by CCHS on campus was a powerful reminder of the importance of understanding our emotions. The film's unique portrayal of complex feelings like joy, sadness, fear, and anger resonated deeply with everyone in attendance. Through the lens of Riley's emotional journey, we were reminded that every feeling plays a vital role in shaping who we are. The screening sparked meaningful conversations among students about mental health, encouraging us to embrace our emotions rather than suppress them. It was not only entertaining but also deeply educational, providing insight into the mind's inner workings in a way that felt accessible and comforting. Inside Out beautifully captured the essence of the human experience, and I'm grateful to CCHS for bringing this to our campus as a way to highlight the importance of mental well-being.

The movie also helped break down the barriers around talking about mental health. By showing emotions as characters, Inside Out made it easier to understand that feelings like sadness and fear are important too. It reminded us that it's okay to not always feel happy, and that every emotion has a role to play. After the screening, many students opened up and shared their own experiences, which helped us learn from each other. Thanks to CCHS, this event wasn't just about watching a movie—it was a great way to make our campus more caring and understanding about emotions.

Angelo P Chery (22112003)



WORLD MENTAL HEALTH AWARENESS DAY

This World Mental Health Awareness Day, CCHS organized a stress relief zone. This zone had activities like Jenga, mandala art, origami, dance therapy and therapeutic letters. Students engaged in these activities after a tiring day at college with enthusiasm and brought fun energy to the event. The goal was for everyone to just relax for the time being and to let go of all the worries and it was successfully accomplished. Playing Jenga helped them concentrate only on the blocks and nothing else while mandala art had a calming effect on students. The students let out their creative self through origami and therapeutic letters were for their inner writers. The event was a fun experience and everybody left there with a smile and a relaxed mind.



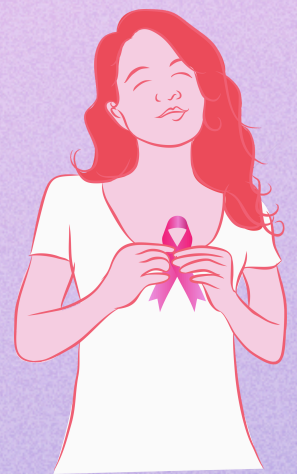
Aastha (22112301)



BREAST CANCER AWARENESS

On October 16th 2024, the campus of CHRIST (Deemed to be University), Pune-Lavasa was a beautiful sea of pink. As part of the CCHS (Center for Counselling and Health Services) "Wear Pink" campaign, we all came together to show our support for breast cancer awareness. As peer educators, we handed out pink ribbons and encouraged students and faculty to wear pink in solidarity.

It was heartwarming to see everyone come together—not just to raise awareness, but to show that we care. Even though it was a simple sign, getting everyone involved made the day special and wearing pink became more than just a symbol—it became a way of saying, "We're in this together."



Rose Maria Rajan (22112328)

WORLD SMILE DAY

World Smile Day 2024 was an event that truly touched my heart. As peer educators, we were given smiley badges with a simple task: to dedicate or give them to someone, spreading a little joy. Capturing those moments and seeing the genuine smiles that lit up people's faces was truly heartwarming. There's something magical about a smile; it can brighten even the darkest of days (though not the crooked ones!). My mother always says, "A smile is the curve that makes things straight," and I couldn't agree more. That day, those little badges worked their magic, creating tiny ripples of happiness everywhere, and it hit home for me.

Highlighting the joyful day, I created a reel, and as I pieced it together, I couldn't help but smile myself. Every person who received or shared a badge did so with such sincerity, and it was a privilege to capture those pure, candid moments. It reminded me that the simplest acts can have a profound impact.

I'm grateful to have been part of this initiative, and I hope we continue to share joy, one smile at a time.

Homita Ganguly (22112314)

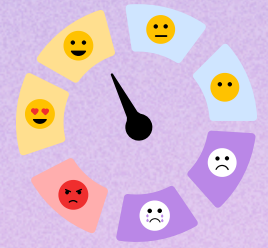
HOUSEKEEPING STAFF SESSIONS

The sessions for the housekeeping staff were fun-filled and engaging, designed to promote teamwork and uplift their spirits. Through interactive activities and lighthearted discussions, we aimed to create an enjoyable learning experience that strengthened bonds and brought smiles to everyone's faces.

Chaitanya Birla (22112312)



MENTAL HEALTH AWARENESS



Mental health is a vital part of our well-being, shaping how we experience and respond to life's challenges. This is especially true during adolescence, a time when peer pressure—the influence of friends or social groups—becomes more intense. The desire to fit in, to be accepted, and to conform to the expectations of others can have a huge impact on mental health. While peer pressure can sometimes push us toward positive behaviors, the negative side of it often leads to feelings of anxiety, stress, and low self-esteem. Constantly trying to meet others' standards can make people feel isolated, frustrated, or confused, affecting their emotional well-being.

A great example of this inner struggle is shown in the animated film **Inside Out**. The movie follows Riley, a young girl who's dealing with a big move to a new city, a new school, and a new social environment. Riley's emotions—Joy, Sadness, Anger, Fear, and Disgust—are personified, giving us a window into her internal world as she tries to make sense of her changing life. Like many kids, Riley feels the pressure to stay positive and happy even when she's scared of rejection or unsure of where she fits in. This emotional conflict is something most young people can relate to, especially when trying to balance being themselves with the desire to belong.

The sequel, **Inside Out 2**, takes this story a step further by diving into Riley's teenage years, a time when peer pressure and the need for acceptance become even more complicated. As Riley faces new social challenges, she finds herself caught between staying true to her own values and fitting into the expectations of others. This reflects the experience of many teens today, who often feel overwhelmed by the pressure to conform to society's ideals or the opinions of their peers. The movie also explores how important it is to understand and manage emotions, showing that acknowledging how we feel—whether it's joy, sadness, fear, or anger—can help us maintain a healthy mental balance.

Both **Inside Out** films remind us that peer pressure has a powerful influence on mental health, especially for young people. The key takeaway is that it's okay to feel different emotions and that seeking support from others, being kind to ourselves, and understanding that we don't always have to conform can go a long way in protecting our mental health.

Jason Seraphim (2112012)





MOVIE SCREENING

Shallow Hal – Beyond Perception

Shallow Hal is one of those rare romantic comedies with an underlying message about seeing beyond the outer cover and valuing the inner character of a person. The film stars Jack Black as Hal and Gwyneth Paltrow as Rosemary, putting viewers on a journey that explores self-acceptance, perception, and how society often places misplaced value on outward beauty.

PLOT SUMMARY AND KEY LESSONS

The story revolves around a man named Hal (Jack Black), who is mainly attracted to physical beauty, encountering a life coach, Tony Robbins, who makes him see only inner qualities of people. People start appearing before him through their inner character, leading him to think that a woman named Rosemary (Paltrow) was an extremely beautiful woman as she did not have any sort of traditional beauty about her. Through this spectacles, Hal's character changes as well, as he learns not to value superficial qualities but actual qualities such as kindness and loyalty and compassion. For example, Rosemary works behind the scenes in a children's hospital, helping youngsters without any desire for recognition-a true embodiment of the fundamental qualities Hal eventually learns to appreciate.

This message from the movie seems so refreshing as regards self-values and self-reflection, appearances matter little in personality, humility, and character. For instance, such a premise forces one to think that their perception about people isn't quite so real because what lies beyond their make-up may indeed be otherwise.

Hal becomes more skilled at comprehending the kind features and love Rosemary holds towards others only gradually, during which a quiet reminder by the movie that beautification is reflected through people's values and intentions continues.

Some themes question societal stereotypes concerning body images and what is beautiful. The movie calls for introspection and a more compassionate way of judging others, enabling Hal to look at the world in a different light. Worth and character are defined by inner values rather than the way one looks.



MOVIE TIME

This journey reminds the audience that self-acceptance is crucial. From the characters, especially Rosemary, one learns that self-worth should not be defined by others' opinions or the standards of society. One of the valuable lessons portrayed in the film is the transformation of Hal from a shallow perspective to genuine appreciation. This teaches one how to introspect and recognize biases that shape how we see others and ourselves.

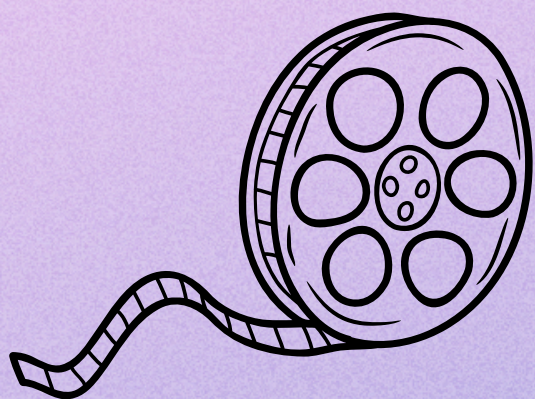
A greater lesson from *Shallow Hal* to the world may help persons with problems in self-perception or being confined within pressures from society. Here are some powerful lessons:

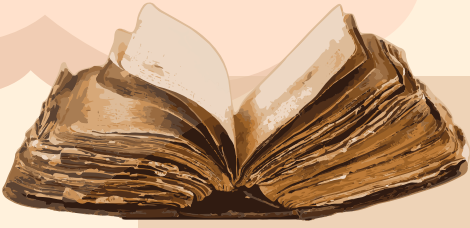
Self-acceptance and growth -The movie shows that introspection is truly the way to better a person and reject narrow minds in the concept of beauty. Journaling, reflecting, and accepting who we are encourages acceptance and boosts self-worth.

Beyond Appearances - What Hal learns is that beauty is a thing of substance, such as honesty, respect, loyalty, and providing safety to others. By seeing people's inner beauty, we enrich our relationships and foster deeper connections. **Self-Care and Reflection** - Subtly in the movie, it talks about doing something for ourselves, like meditating, journaling, and embracing personal growth can greatly impact how we see others and ourselves.

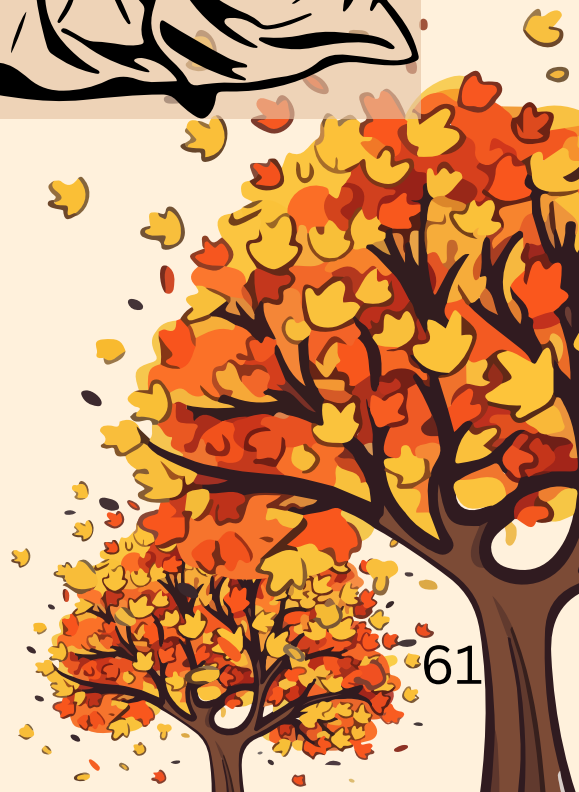
Even while it deals with serious issues, it is still a comedy, giving a light-humoured take on matters that might alleviate some of the deeper issues that arise. Examples such as Hal's wrong assumptions and comedic miscommunications provide levity without lessening the core messages that the film carries. The Farrelly brothers masterfully marry a thoughtful story with humour, making *Shallow Hal* both enjoyable and effective.

Aishwarya Deshmukya (22111404)





POEMS



"THE SILENT PHOENIX"

She wakes before dawn, quiet and still,
Carrying a weight she never chose but fulfils.
Elder daughter, the pillar, the guide—
Holding together what others confide.
Her dreams lie folded, tucked away,
In corners of night, safe from the fray.
With hands that heal and words that mend,
She lifts the world, again and again.
To her, life whispers: Be strong, give more,
As she balances dreams, family, and lore.
Careers call loudly, society demands,
Yet softer are the scars unseen on her hands.
She laughs with a grace, radiant, wide,
Yet within her chest, storms quietly hide.
They see her as steady, a beacon, a star,
Not knowing the battles or how far they scar.
And still, she rises, fierce and alight,
From the ashes of sorrow into new heights.
A phoenix reborn, adorned in her grace,
With fire in her soul, none can erase.
Though her heart may ache, and burdens lie deep,
She marches forward, her secrets to keep.
Head held high as she journeys alone—
A queen in silence, a strength of her own.

~
Ritushree Ghosh
(23121030)



“WHISPERS TO WORDS”

I used to live in quiet thoughts,
A world where voices fade,
A heart that longed to reach outside,
But silence was my shade.
I kept my feelings deep inside,
Unsure of how to show,
The parts of me that craved a voice,
Yet trembled just to grow.
But something changed, a spark ignites,
In spaces safe and kind,
With peers who listened, hearts that cared,
I learned to free my mind.
No longer bound by fear or doubt,
I've found the strength to speak,
My words, once whispers in the dark,
Now stand both bold and meek.
Through every step, I've come to see,
That I deserve a place,
To share, to listen, to connect,
To fill the empty space.
From whispers turned to words, I rise,
No longer hiding me,
With peer education, I've found
A voice that's wild and free.

Lahari (22111523)



“CITY LIGHTS TO LAVASA HEIGHTS”

I left behind my city’s chaos and roar,
Where every street I knew by name and sight,
For hills where echoes speak, and silence pours,
And the beautiful stars replace the city’s restless light.

No parents here to guide each step I take,
But in their place, new friendships start to grow.
I miss their words, but now for my own sake,
I learn to stand, to trust the things I know.

The mountains speak in whispers, calm and slow,
A stillness that I feared would be too strong.
Yet here, in nature’s quiet, I’ve come to know
The peace in finding where I belong.

With friends beside me, every day feels bright—
Even through the pressure, our laughter fills the air.
The silence here has turned from dark to light,
And I’ve found joy and strength in what we share.

Now Lavasa feels like home, not far or strange,
A place of growth, of comfort, and of change.

Angelo P Chery
(22112003)



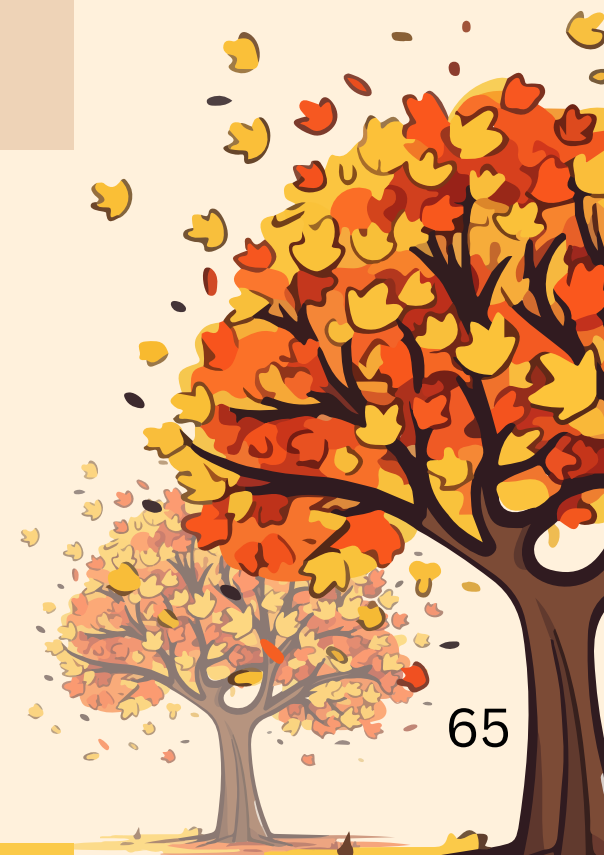
“UNWRITTEN STORIES”

Each of us, pages unwritten and bare,
With stories to tell and secrets to share.
As peers, we scribble in ink unseen,
On hearts that mend, grow, and gleam.

A word of comfort, a silent nod,
The simplest acts defy the odds.
For tThrough shared trust, we heal and thrive,
Making each other’s spirits alive.

"Unwritten Stories" is about more than just helping someone through a hard time; it’s about understanding that we’re all part of each other’s journeys. Every interaction as a peer educator is an opportunity to add to someone’s narrative, to help them become the best version of themselves, and to enrich our own lives in the process. By being present, by truly listening and offering a compassionate heart, we create an atmosphere where everyone can thrive. This is the true power of peer education, helping each other to write stories of resilience, growth, and connection.

Ojashvi (22113051)



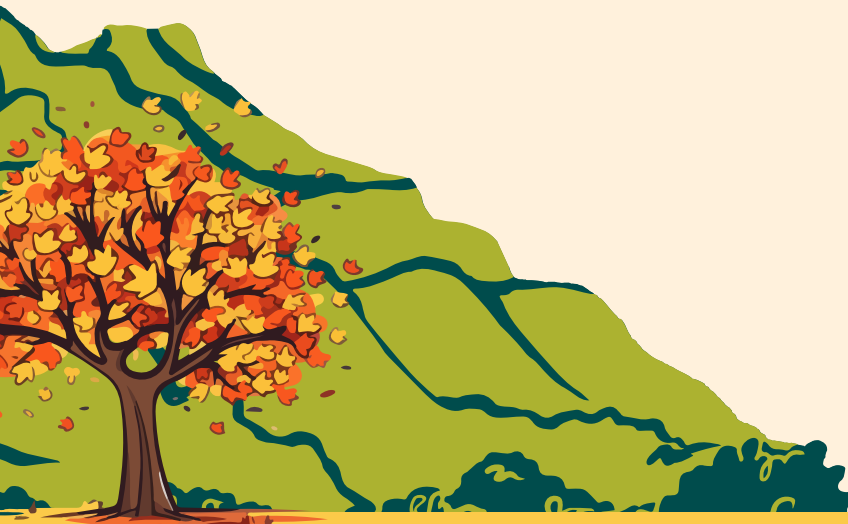
“KIND”

In a world that moves so fast,
A little kindness can truly last.
Amid the noise and daily grind,
A gentle word can heal the mind.

Be the "I" in KIND today,
Lend a hand along the way.
For every heart that feels alone,
Your kindness can become their home.

So take the time, no need to rush,
A simple smile, a caring touch.
Together, we can change the tide,
And walk through life side by side.

Sakthi Murugan
(23121127)



“WHISPERS OF CHANGE”

I leave the windows open,
hoping some gentle wind,
born between the stars,
will find me.
Maybe it will hum my worries to sleep,
in the quiet dark of night.
And by morning,
they'll feel lighter.
I'll feel stronger,
with real rest weaving through my bones.

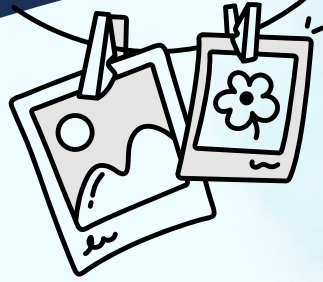
Parth Bhardwaj
(2211636)

“EMBRACING CHANGE”

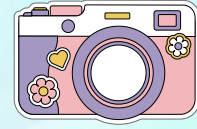
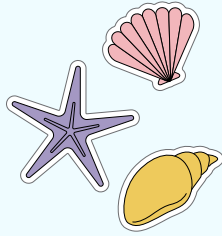
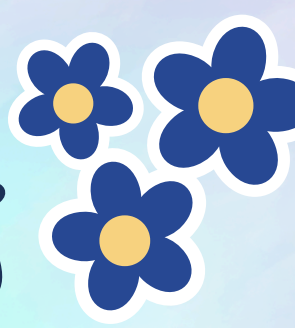
Change flows like rivers, deep and wide,
A force unseen, yet by our side.
It sweeps the ground, shifts the air,
Guiding us places we are unaware.
The days we feared, the nights we cried,
Moments of doubt, swallowed by pride.
Yet in the rush, we learn to bend,
For every storm will find its end.
New faces, new places, and hearts that grow,
Through valleys of loss, through peaks of glow.
Embracing change, we find our way,
A brighter dawn, a braver day.
So let it come, the winds, the tide,
With arms wide open, we shall ride.
For life, a journey fierce and strange,
Is painted bold when we embrace change.

Jai Sharma
(22112011)

Memories



Memories



Memories



Memories



Memories



TESTIMONIES FROM PEER EDUCATORS

Being a peer educator has been a transformative journey, helping me understand myself with gratitude and respect while empowering others. This role taught me the value of self-awareness, active listening, and creating spaces where individuals feel validated. It's not just about helping others but also about personal growth—learning patience, adaptability, and teamwork. Every challenge and conversation became a moment of shared learning. I am deeply grateful for this experience and look forward to continuing this journey of growth and support.

Aishwarya Deshmukya
(22111404)



"Participating in the Peer Education Programme has been a transformative experience. As a peer educator, I've developed confidence, leadership skills, and effective communication techniques. The programme has empowered me to address sensitive topics, foster inclusivity, and promote positive change within my peer group. I've witnessed firsthand the impact of empathetic listening and open dialogue. This programme has not only enhanced my personal growth but also equipped me with valuable life skills. I'm grateful for the opportunity to make a difference in others' lives and look forward to continuing this journey."

Shreevats Nikhil
(22113074)



TESTIMONIES FROM PEER EDUCATORS

The Peer Education Programme has been a transformative experience for me. It has not only enhanced my understanding of mental health but also equipped me with effective strategies to manage it better. The mentoring sessions have been invaluable, providing guidance and support through every step of the journey. What stands out the most are the fun and engaging activities that make learning about mental well-being both informative and enjoyable. The counselors are incredibly kind, helpful, and understanding, creating a safe space for open communication. This program has genuinely contributed to my personal growth and development, and I feel more empowered and resilient as a result.



Chaitanya Birla
(22112312)



Being a peer educator has been transformative, teaching me the value of truly listening and fostering an environment of self-awareness and growth. I've learned to manage emotions through mindful practices and create a safe space for open, meaningful conversations. This role has also equipped me with essential life skills, like financial management, which I share to encourage financial independence among my peers. At the core of my commitment is a genuine desire to guide, support, and empower others, shaping a compassionate community within the university.

Raveena Mehul Vora
(23124312)



TESTIMONIES FROM PEER EDUCATORS

Through the journey of being a peer educator, I've gained invaluable insights into the complexities of student life. I've become more sensitive to critical issues like Financing struggles, Self-love and self-care, Empathy and kindness. The expertise and mentorship have empowered me to Listen more intently, Respond more thoughtfully, Connect more meaningfully. I've become more confident and compassionate person, and for that, I'm forever grateful.

Rumaisa Rasool
(23121032)





PEER TREASURE


2024-2025

Any queries, write to:
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