

Peer Treasure

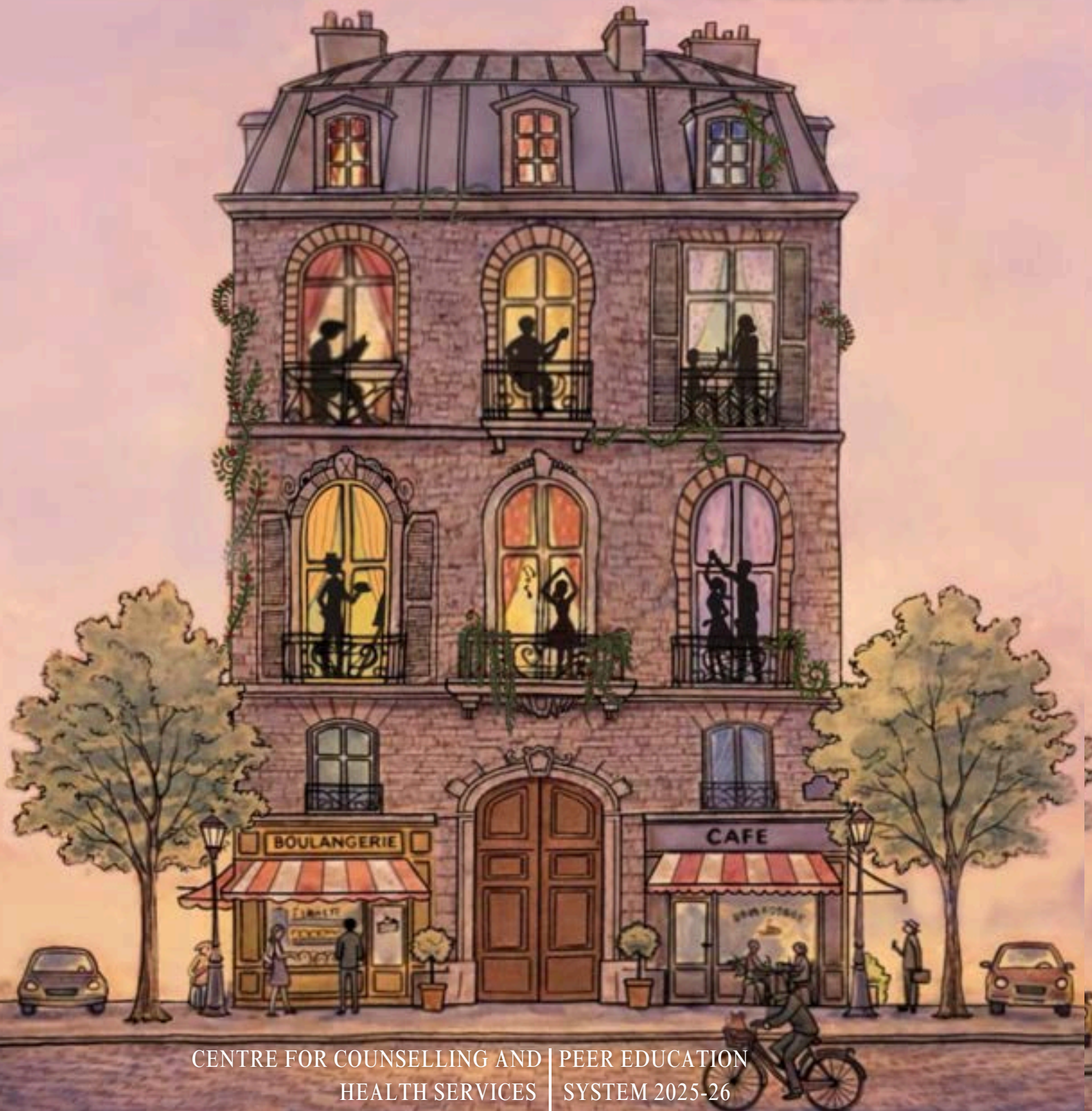


CHRIST

(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

SONDER

so much life



CENTRE FOR COUNSELLING AND PEER EDUCATION
HEALTH SERVICES | SYSTEM 2025-26

PEER TREASURE

VOLUME XVI

2025-26



DIRECTOR'S MESSAGE 2025-26

DR. FR. VIJU P. DEVASSY



A university is a shared journey of becoming, where values guide excellence and knowledge is deepened by compassion. It is more than just a centre of learning. This deeper purpose of education, based on concern, empathy, and collaboration, is what we strive to instil in our students through our Peer Education System. Christ University's Peer Education System (PES) was established in 2009 to empower students as peer leaders for holistic development, focusing on emotional well-being, life skills, and fostering a supportive peer network.

The Peer educators evolve to be messengers of hope, choosing empathy and service in a society often troubled by uncertainty and apathy.

They remind us that hope is not esoteric, but lived, shared, and powerful when it is through habitual acts of kindness that are inclusive. It is time we acknowledged that individual experiences and community wellbeing are intertwined, and therefore both essential to nurturing a culture of care.

The Peer educators are mentored and coached to manifest the profound truth of being a person for others when they stand by their peers, support their communities, parents and elders, and respond to those in need with generosity.



At CHRIST University, we view the Peer Education System as a means to create environments where everyone is respected, feels heard, and valued. The Peer Education System fulfils a fascinating paradox; caring for others often helps us find who we are. When we care for others and try to understand them, we become wiser and flourish as people. Such collective circumstances carve out values and identity, laying the foundation for responsible graduates and considerate leaders who embody justice, humility, and a spirit of service.

I applaud the peer educators and the team of counsellors for their commitment to weaving a safety net that ensures no one is left behind, care is lived, and hope is shared. May this endeavour encourage people's hearts and minds to create a community that cherishes the highest ideals of humanity as well as the more profound call to love, inclusivity, and unity.

With appreciation and best wishes,
Dr. Fr. Viju P Devassy CMI

"The best portion of a good man's life is his little, nameless, unremembered acts of kindness and love." - William Wordsworth.

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ABOUT PEER EDUCATION

The Peer Education System is an initiative of the Centre for Counselling and Health Services, which provides a dynamic approach to bonding and mutual understanding based on values and principles. The Peer Education System uses fun and interactive methods that are unique to enhance student's well being through the inculcation of life skills. The program is a self-transformation journey that selected students who are in their second year go through. The Peer Education System not only ensures students imbibe positive values and healthy behaviours but also ensures a peer to peer network exists on campus.

The peer-to-peer network acts as the first line of support for any students who may be facing any mental health or other issues on campus. This also ensures that students do not feel alone and always have friends on campus they can rely on.

With the help of various awareness sessions, mentoring and training programs, stalls, frequent listening sessions, mental health week, wellness clique, and classroom sessions accompanied by de-stress stations, the Peer Education System is committed to improve overall quality of life for students on campus.

The Peer Education program also awards three credits to selected students who have completed the course, which is beneficial to their academic progress.

The Peer Treasure Magazine is an illustration of collected stories, testimonies, artwork, and activities documented by the peer educators throughout their journey. Created by the peer educators, this magazine is presented at the end of the program during the valedictory ceremony when students are awarded letters of appreciation for the completion of their course.

MESSAGE FROM THE TEAM

The Peer Treasure Magazine is a culmination of the stories, lessons, values, and activities conducted through the Peer Education System. It represents the core teachings that Christ University stands to instil in every young mind that passes through its gates. The magazine is a heartfelt reflection of the journey and transformation of each peer educator, all laid out on these pages of the moments and lessons that shaped their lives.

The theme “Sonder” offers a vivid glimpse into the world that each individual carries. The word originates from the profound and sudden realization that life for other people exists as uniquely and as chaotic as it is for you. The theme was chosen as it reflects the journey within peer education, be it learning through shared experiences, compassion, and empathy for those around them. It is a reminder that growth starts the moment we recognise and respect the lives beside our own. Sonder rests within all individuals, and as peer educators, our aim is to encourage and inspire students to live a life that is uniquely their own.

This magazine captures the complex nature of the sondered lives of the Peer Educators Batch of 2025-2026. It stands as a symbol of community spirit and shared growth that is fostered by the Peer Education System. May each article, poem, testimony, artwork, and activity resonate in you and offer you a space where you are seen, understood and at home.

- The Editorial & Design Team

THE EDIT & DESIGN TEAM





Anandita Handa

Editor & Designer

I didn't begin peer education with certainty. It began with a nudge. Sometimes someone else sees a version of you before you do. It all began with a gentle encouragement from a friend, which opened the door to an incredible journey for me. Peer education became more than a programme. It became a mirror.

Through countless sessions and interactions, I learnt to understand people beyond the surface. Most importantly, I learnt how much of myself I had yet to discover.

And that is where *Sonder* found me.

The realisation that every person around us is living a life as complex as ours, all at the same time. The silent struggles, the late-night loneliness or the happy moments- everything unfolding simultaneously.

This magazine is an attempt to honour those feelings. It is an attempt towards life. Each page depicts a different emotion, a different feeling, coexisting the way our lives do.

To everyone reading this magazine, I hope you find a fragment of yourself in these pages.

And when everything seems to unfold all at once, I hope you find your own way, at your own pace, holding close to the things you love.



Princy Jalan

Editor & Designer

Sitting here, trying to sum up my Peer Education journey, feels incredibly bittersweet. It has truly been one of the most meaningful experiences of my college life - a journey that helped me understand both myself and the people around me much better. I would gladly sit through all those sessions again, even if it meant waiting long after my classes ended.

If there is one word that captures what this experience has taught me, it would be *Sonder* - the realization that every person around us is living a life just as complex, emotional, and meaningful as our own. Through conversations, shared stories, laughter, vulnerability, and learning spaces, Peer Education quietly nurtured this understanding within us. It taught us to listen more patiently, to speak more kindly, and to look beyond assumptions.

This magazine is a reflection of that very spirit. Each article you will read is not just a piece of writing, but a window into someone's thoughts, experiences, and reflections. Together, these pages form a collective narrative -one that celebrates individuality while reminding us of our shared humanity.

As you turn these pages, I hope you don't just read the words, but feel the voices behind them. May this issue inspire you to notice, appreciate, and value the unseen stories that exist all around you -because sometimes, the greatest lesson we learn is simply realizing that everyone has a story worth hearing.



Akshaya Abhijit Gadre

Cover designer

From my first days at Christ in 2022, the Peer Education system has been more than just a volunteer role-it's been my anchor. Having grown from a Bachelor's student to a PG candidate within these walls, I've always felt a profound connection to the mission of CCHS.

Stepping in to design this publication from scratch was a leap into the deep end. It was a challenge that tested my technical skills and my confidence alike- when a team of editors and counsellors are looking to you to bring their vision to life.

However, this experience taught me that creativity has no threshold-it only expands as far as you are willing to push it. I hope this edition inspires you to test your own limits, to say "yes" to the unexpected, and to realize that your potential is often much further than you think.



Rohith

Editor

As you read this, you are probably only conscious of your thoughts, actions, and life. You might have crossed so many people today; people you know, don't know, care about, don't care about, normal looking, crazy acting, interesting, boring, but they are all just background characters. 'Sonder' is that feeling that you are just a background character in their story. It is the realization that other people have as much life in them as you have in yours, filled with dreams, sorrows, expectations, and experiences.

The Peer Education programme has been a wonderful journey for me so far, and working on this edition of the Peer Treasure magazine in the final lap of the programme has been a privilege. Reading the articles while editing made me realize that everyone in the programme has gained something from it, whether it be memories to look back upon or lessons that help us in the future. The training sessions have helped me understand self-help and self-growth in depth, and moreover, they've also taught me how to inculcate the same in my peers. Marcus Aurelius, in his Meditations, writes, "I have often wondered how it is that every man loves himself more than all the rest of men, but yet sets less value on his own opinion of himself than on the opinion of others." But Peer Education has encouraged me to find the balance between loving and valuing myself and others equally.

This magazine features a diverse collection of articles, testimonials, artworks, and games through which we have all expressed our best selves. We, the magazine's editing and designing team, have made our modest attempts at categorizing them visually and conceptually. I hope you find a little bit of yourself and much more of the countless others around you in here.



Zephaniah .B. Nongbri

Editor

Empathy, compassion, honour, respect and kindness. These are some of the core values that my journey with peer education has taught me. It has truly been a life-fulfilling experience with lessons that have allowed me to grow and shine as an individual.

Each step as a peer educator teaches one to be aware of not just their inner selves but also of the lives around them, guiding, supporting and empowering fellow peers in their journey. Under the guidance of our counsellors, the system builds a safe space where students can be free to express themselves and create meaningful bonds, share experiences and make life-long friendships.

The Peer Treasure Megazine for me represents a culmination of the testimonies of our peer educators. Its is symbol of what the student community represents and the values we hold as Christites. It has been an honour to be part of the team working to help share the stories, lessons and the growth that my fellow peers have gone through this system. Every article, poem and artwork provides a glimpse of the growth that comes from being a peer educator.

My heartfelt gratitude to all for having been a part of my journey. I will forever cherish all the moments I spent with Peer Education.



Lakshmi KM

Editor

Peer education goes beyond being just a club or a self improvement programme for me, It has given me the tools I needed to get out of a dark period of my life and taught me how to consistently show up for myself and others. I've met some of the best people in Christ through Peer Education-whom I would not have crossed paths with otherwise.

It has given me the opportunity to be a part of an empathetic community where each person genuinely craves to make a difference and inspires me to be a better person. I will forever cherish the memories I've made being a part of this club.

Throughout the ups and dows of college life, Peer Ed has remained my safe space. "Peer Treasure" is a culmination of all the thoughts and vivid expressions of all the Peer Educators of the Batch 2025-26, and as it's editor, I hope that you feel inspired, seen and understood as you read through these pages.



Ananya Siriki

Editor

Success outward depends on peace and sanity within.

Peer Education has been an extremely enriching experience for me. It has helped me build that beautiful garden in my soul. It has held my hand while I thawed the thorns within, and taught me how to do it gently.

The knowledge I gained through Peer Education made me more suited to be in a position people look up to. When you begin your journey within, you gain the strength to navigate the world outside. Consequently, you are able to appreciate the complexities and quirks of those around you and become more capable of understanding and facing the world.

That is when you can focus on “Sonder” - understanding that those around you have lives and journeys just as complex as yours.

This magazine captures the complexity and beauty of the people who were part of the Peer Education Programme 2025–26.

We hope you are able to appreciate the depth and idiosyncrasies of every person who has contributed a part of their heart to this magazine.

Enjoy!



Daksh Daga

Editor

Being a Peer educator has been quite a journey for me. I remember the days when I gave the interview for the same in my second semester, and then finally getting in the program eventually.

The program has had a significant impact on me, and has played a very big role throughout my second year in college. This magazine is not just a magazine for me but rather a platform for all peer educators to be able to express themselves and be in their creative best.

Being able to edit this magazine has been a privilege and a very gratifying experience.

I hope that we have been able to do justice to the wonderful pieces that have been submitted to us by our fellow peer educators.

MEET THE COUNSELLORS

Ms Ashly George

Counsellor



It fills my heart with immense joy and fulfilment as I reflect on the incredible journey of the Peer Education System. Watching this group of dedicated individuals come together, learn, and grow has been one of the most fulfilling experiences of my life. I have had the privilege of working closely with a group of motivated and passionate mentees in both UG and PG Peer Education Programme. Each one has demonstrated exceptional growth, both personally and academically, throughout this journey. What stands out most is their ability to work together as a team. The sense of collaboration is inspiring – they support one another, share knowledge freely, and encourage their peers to step outside their comfort zones. This collaborative approach has not only enhanced the overall learning experience but also created a supportive environment that fosters trust and mutual respect. Several mentees have naturally stepped into leadership roles, helping their peers during their challenges. They have shown exceptional responsibility in their assigned tasks, demonstrating volunteerism and ensuring that the objectives of the programme are met.

Not only have we achieved our educational goals, but we have also seen the impact of our work ripple out into the student community. The confidence and leadership displayed by the mentees have been inspiring to witness, and it is clear that they have become true advocates for change. I am filled with joy and gratitude, knowing that this programme has had such a meaningful impact on everyone involved. The mentees are not only leaving the programme with new skills, but they are also leaving with a renewed sense of purpose and a desire to continue making a positive difference in the world. Overall, it has been an honour to be part of their learning and development journey.

Ms Smita

Counsellor



Having been a mentor for the past 11-12 years, I was quite complacent in my belief that I had seen it all, knew how students would behave, thought I understood their challenges and generally nothing would surprise me. This note is to let you all know that my latest batch of mentees blew all those assumptions out of the window and this time I truly believe this has been the best bunch I have had the honor of mentoring.

When the group Batch of 25-26 was selected the Anchor decided that since 1/3rd of the batch was from the school of Sciences I would be given students from the School of Life Sciences. In all my years of mentoring I have mostly had students from Humanities, Social Science, and Commerce, this was the first time I got mentees from Sciences. The first assumption that the Science students are quiet and meek was burst almost immediately when I found that the majority were quite verbose and had opinions, they shared freely from our first meeting. In our subsequent meetings I found them to be articulate, quite self-aware, very creative, artistic, ready to laugh at their quirks and always ready to take feedback to work on areas I asked of them.

I had a new understanding on challenging it is for them to balance their academic lives with theory classes and lab hours, plus manage their personal lives and interpersonal challenges. In spite of their busy schedules this group were amongst the first to always volunteer be it for the stalls, de-stress stations, the art committee and even be head choreographers for the flash mob.

One of mentees was part of the University band, another two were very good in poetry and four of them were excellent with art & craft. Through all this they genuinely seemed to enjoy the subjects they were studying and were hands down the most responsive bunch to messages that I have ever had.

So Group 7, thank you for allowing me to push you to rediscover your potentials , Prarthana from day 1 you always were the first to reach out , volunteer and do what was asked with grace and humour, thank you for that , Deeksha my quiet little one , you are an exceptional artist keep showing the world how amazing you are , Prajakta I am super proud of how assertive yet compassionate you are, Kushi your quiet ways hides your strong resilience stay you , Thanisha please keep being positive and speaking up for what you believe in and Alina you must know that whoever has you for a friend is lucky. That brings me to Noah , the sole male in our group , thank you keeping up with all the estrogen, you have blossomed so well and pushed yourself to change even though it hasn't been easy , super proud of each of you and I know that each of you will excel in whatever you choose to do .

Ms Deepa Venu Kumar

Counsellor



It is humbling and exhilarating to be part of the Peer Education System, which celebrates one of the most valuable strengths of university life- peer support.

As your mentor, I have learned as much from you as you may have learned from me. You remind me every day that strength is not the absence of struggle, but the courage to reach out and show up. I hope this programme has helped you recognise that no one is meant to journey alone; we grow deeper roots when we grow together.

Undergraduate or postgraduate, each of you carries your own hopes, doubts, and dreams. You will sometimes feel confident, occasionally uncertain. In those moments, look around you and you will notice potential friends, companions, and co-travellers. The smallest acts of inclusion may change someone's day and even life.

Let us normalise a culture where asking for help is celebrated as a sign of strength, and differences, such as disability or learning pace, are met with respect and support. You unearth who you are, not just through your victories, but also by caring for and lifting others as you ascend. Every individual has the right to be seen, valued, and supported. Let us find peace in knowing that as we extend support, we also deserve it.

Wish you all the best

Ms B Diana Pradeepa Mani

Counsellor



The Peer Education Programme is a wonderful initiative by CHRIST and the student counsellors. This being my first experience as a co-mentor for the UG Peer Educators batch of 2025–26, I would like to acknowledge the true essence of teaching that this programme represents. The emphasis on inclusivity for students is truly admirable, and the way they are encouraged not only to be approachable to their peers but also to build a set of skills that will support them in their future endeavours is commendable.

During my journey of co-mentoring, an exchange of thoughts, ideas, experiences, and transformation was deeply enlightening to me as a counsellor. This programme helps in viewing the many parts of a picture that together make it whole. As a counsellor and co-mentor, it allowed me to learn and re-learn alongside the students, fostering mutual growth.

From my observations, any experiential process is a two-way journey, and the Peer Education Programme truly stands out in this regard. It ensures that the teaching and learning process enables students to naturally cultivate their learnings while also positively influencing those around them. I am truly grateful to be a part of this programme and to have enriched my journey as a co-mentor with the utmost guidance from my fellow colleagues. Last but not least, I look forward to many more fruitful experiences through the Peer Education Programme.

Ms Karthika Srivastava

Counsellor



As a mentor in the Peer Education Programme, I work closely with my mentees every week, engaging in activities that build their confidence, communication, and teamwork skills.

These sessions have helped them grow, and they have also given me valuable learning experiences. Over time, I've been able to understand their strengths and challenges better, which has helped me guide them more effectively.

Overall, the programme has been a rewarding journey for me, and it has helped create a positive and supportive space for my students.

Ms Jaya Jha

Counsellor



Being a mentor to the Peer educators comes along with the responsibility of guiding our students to understand themselves better, explore their inner strengths and skills, and also awaken their social responsibility of helping their peers in need.

Interacting with the peer educators in a closed group setup, with the common mindset of working together to reach out to the larger student community on campus has been truly an enriching journey.

The guided discussions during the weekly mentor meetings not only gives the students a safe space to express themselves openly but also an opportunity for me as a mentor to understand their different perspectives on any given topic.

As each one from the group shares their personal stories and experiences, the others not only learn life lessons through their sharings but also learn to respect each other's feelings and emotions. They understand the value and importance of maintaining confidentiality, respecting each other's boundaries, and at the same time holding each other's hands to stay strong and keep moving forward.

To sum it up, mentoring the Peer educators over the past couple of months has been a truly fruitful and amazing one where learning was fun and filled with enthusiasm.

Ms Manjula

Counsellor



Peer education has always been an area of deep interest for me, and each year, I remain curious and excited to engage with a new group of mentees and guide them through their journey of self-growth. This batch was especially enthusiastic-their energy, curiosity, and willingness to work on themselves not only inspired me but also encouraged me to reflect on my own growth.

Mentoring the Group 11 students has been an enriching experience and a meaningful journey. This dynamic group of students brought energy, creativity, and enthusiasm to the peer education program, making it a great success. What I love most about mentoring is witnessing the transformation in my mentees-the way they build confidence, take on new challenges, and lead initiatives that create real impact among their peers.

I was truly impressed by their voluntary involvement in every activity of the Peer Education Programme, particularly during the panel discussion on vaping and the mental health awareness stalls. The mentees truly excelled this time, and it was rewarding to witness their confidence, knowledge sharing, and meaningful engagement within their peer groups.

A special appreciation to Alekya, Priya Darshinini, Johanna, Bhavana, Vishwas, and Tabjul for their energy and enthusiasm. Subhashree and Sachin may have been silent contributors, but their creativity and commitment did not go unnoticed. Each of them played a crucial role in shaping this journey, and I truly value their dedication.

Mentorship is not just about teaching-it's about learning, growing, and evolving together. I'm grateful to have been a part of their journey and excited to see where their potential takes them next!

Ms Ludhiya Mary

Counsellor



Mentoring my seven peer educators as part of the Peer Education System has been a meaningful experience for me. Working in this group helped in closer interaction, deeper understanding, and more consistent guidance throughout the academic year. Through regular mentor meetings, PES sessions, social media activities, and formal sessions, the students gradually grew in clarity about their roles, and I observed them move from initial hesitation to active participation, taking responsibility and showing genuine concern for the wellbeing of their peers. The mentor meetings became a safe space where they learned to listen with empathy, reflect without judgment, and support each other.

As a mentor, this journey reminded me that growth does not always happen loudly or immediately. It often unfolds through small moments of reflection, encouragement, and presence. Guiding students through challenges, celebrating their progress, and witnessing their increasing sense of ownership reaffirmed my belief in the power of peer-led initiatives.

This experience has also contributed to my own learning, strengthening my patience, adaptability, and trust in the process of mentoring. I am grateful for the opportunity to work with such a committed and talented group of peer educators and look forward to seeing them continue to evolve as empathetic, responsible, and effective contributors to the campus community.

Ms Shylaja John

Counsellor



It's been my honor and privilege to be a mentor to the most enthusiastic bunch of law students. I had the most wonderful memorable experience and a joyous journey of mentoring and guiding each peer educator from law throughout the program. I focused on their personal and emotional development, providing constructive feedback as and when they progressed and just being there for them!.

There was immense learning experience from each other and as a result, I was so happy and proud to see how each and every one of them demonstrated significant improvement in managing their emotions, problem-solving abilities, being confident and a positive impact on the team's overall productivity. My heartfelt gratitude to each and every mentee for their commitment, love and support to help us run this program successfully and for bringing in great visibility with their enthusiastic participation in creating awareness in Law school (SLCU).

Above all we were the best fun loving group!

Ms Shessy CJ

Counsellor



Each year, working with the peer educators becomes a meaningful experience that I genuinely treasure. The group discussions and sessions encourage me to pause and look inward, helping me grow and sharpen my own abilities. Connecting with students, listening to their thoughts, understanding their perspectives, and walking with them through this journey has been truly enriching. Being their mentor is something I hold with deep gratitude, and each batch leaves me with new insights and a renewed sense of purpose. Apart from being a mentor, the role of an anchor for this batch is something I truly cherish. It's one of the parts of my work that brings me energy, even on the busiest days.

Ms Vidya Vijayakumar

Counsellor



Peer Education System is a flagship programme of CCHS. Year on year we welcome a new bunch of enthusiastic peer educators eager to embark on this journey of self development and be of support to their peers. As I often say, this is a meticulously planned and executed programme.

I have had a great time mentoring the current batch of peer educators each of whom is unique and talented bringing their own distinct flavour and energy to the group. This is the largest cohort (14 students) I have mentored so far and this is also my first time coaching the PG Peer Educators, making this year particularly special and memorable.

Ms Anisha Thampy

Counsellor



Growth mindset

The power of learning from everyone and everything

Imagine you have to travel through a dark and foggy road that represents everything you could become, and the road ahead is expected with spirals, slopes, and occasional dead ends. A growth mindset is the lantern that you can carry, revealing each step and reminding you that every mishap is simply a cue for understanding, not a final conclusion or outcome. Embracing a growth mindset helps you to change your perspective on hurdles, transforming the thought as “I am not good at this now, but I can learn and grow.” Fostering this mind voice can help you inspire yourself, and the way you behave in tackling your tricky tasks will inspire others too, to follow the perception. Growth is not a destination but a habit, so the more you shift your challenges from threats to opportunities, you will see more of your confidence, and that will even push you to unlock your hidden potential. As you continue to travel with a growth mindset, with determination and curiosity, you will find that the journey itself is a reward with new vibrant experiences and success.

Ms Sara Preethi

Counsellor



Mentoring peer educators from the BBA program has been a rewarding experience for me this year. Their curiosity, leadership potential and practical mindset make peer learning dynamic. Guiding them has shown me how effectively business students can support one another. Watching them grow in confidence and teamwork has reinforced the value of peer education in shaping well-rounded, future-ready leaders.

Peer education has reaffirmed my belief in the power of shared learning. When young people teach and support one another, they create an environment that feels safe, relatable and empowering. As a mentor, I've had the privilege of guiding this process and sometimes leading, sometimes stepping back to watch their confidence and leadership unfold.

My experience has taught me that mentorship is not just about offering knowledge. It's about listening, encouraging and creating space for growth. Each session has shown me how capable and innovative young people can be when they are trusted and supported. Being part of their journey has been one of the most rewarding aspects of my work and it continues to inspire me to nurture peer-led learning wherever I can.

BECOMING

SELF REALISATION, GROWTH AND IDENTITY

THE KIND EFFORT:

A POEM ON HEALTHY SELF-IMPROVEMENT

-Daniel Ajith

4BAPENG

It isn't about the sudden leap, Or harsh demands that crash and burn;
It's quiet promises I keep, A gentle lesson I must learn.

I used to chase the finish line, A frantic race for 'better me,' But
frantic only made me pine For something I could never be.

Now, growth is just a steady hand, That waters what it wants to grow;
It's choosing health across the land, A pace that's measured, calm, and slow.

The workout isn't punishment, The plate is fuel, and not regret; It's
asking, "What feels truly spent?"
And giving kindness when we fret.

This journey is a softer pace, Not fixing parts that were not wrong,
But building strength inside this space,
Where I belong, where I am strong.

THE SHAPE OF BODY

-Sreya Amireddi

4BACE

Hidden under the light of the mind
Under the stars in the mirror

Is the wonder that
Never knows how to shape

Always flitting and fluttering
Just like the heart when seen

Hidden among the shadows of the mind
The shape you peer

Never to be seen with eyes
Always in the mind

Yet reflected with all the might
In front of the eyes

Shining bright, changing shape
Questioning things that never were

Mind, created by the ebb of happiness
Shatters through tears

Streaming like the cloth
Covering to hide the shame

The shame that never was and will be
All 'cause of the block of glass and metal

Shining the reflections of the impossible,
While telling it to be possible.

JUST ANOTHER GIRL

-Joanna Achu Thomas

4BCOM C

Hi, I'm Joanna just another girl alright!
Just someone who wants to figure out her life.
Just someone who wants to fly.
Thought I was brave all my life,
Only until recent to realize
I ain't that brave cause
Sorry, I'm just a girl, alright.

Loves everything that shines and is gold,
But never realized that her life was gold.
Sorry, I'm just a girl, alright.
Jack of all trades but never a master of one.
Extroverted & loud but never loud enough.
Sorry, I'm just a girl, alright.

Head sucks with all the made-up thoughts inside,
But it's time I make it out
Because I'm a girl, alright.

THE PATH IS ENDLESS...

-Kaashvi Mehrotra

4EMS

The path is endless, a little bumpy here and there,
I tread along everyday, but I know not it is leading to where
I think and ask and answer and think,
And just when I deem it absolute, my truth changes within a
blink

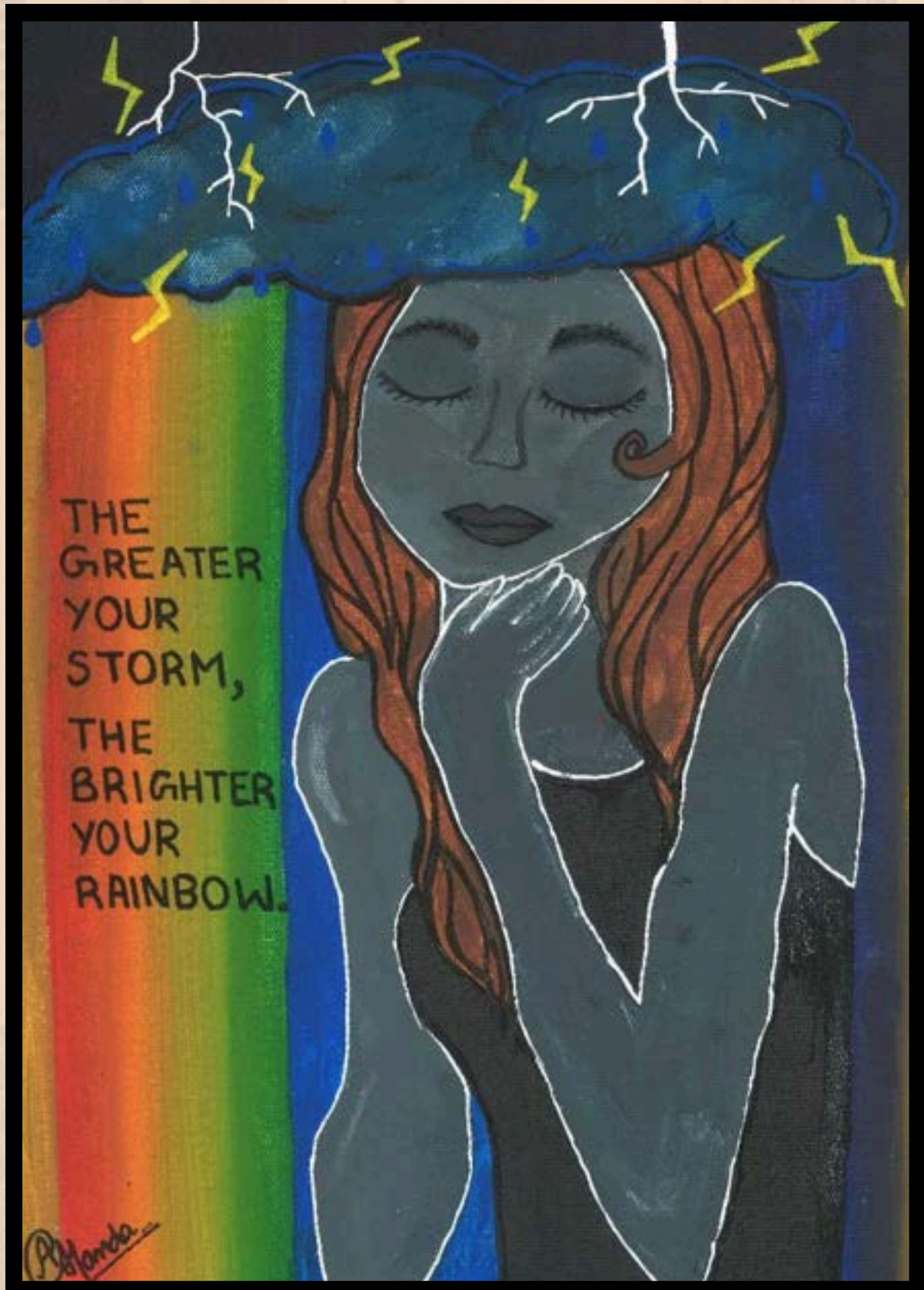
For me or not for me, I selfishly manifest,
I want the ecstasy of feeling the best
But if not, will I love me a little less?
I cannot, my soul will get hurt with my self

How long must I guess what you expect,
I don't believe when you say you know me too well
Alas! My only fear in those seven minutes as I lay,
Did I fulfill all or was there more to say?

THROUGH THE THUNDER

-Anandita Handa

4BCOM F&I A



WHAT IS RESPONSIBILITY?

-Anshuman Mookharjea
2MPCO

“With Great Power, comes Great Responsibility”. It is a quote that most of us are familiar with, mostly as a dialogue from Spiderman, said by his mentor Uncle Ben as a sort of motto that the hero adheres to. Its a nice set of words that are catchy as a superhero’s catchline, but what do these words actually mean? And how does understanding it allow for the hero to bounce off the page and into our own lives?

The Oxford English Dictionary describes the term Responsibility as: “A duty to deal with or take care of someone or something, so that it is your fault if something goes wrong.” Often times in our daily life, we use the term punitively. Taking responsibility is owning up to a mistake or fault, which appears daunting and threatening to us. It appears to carry the risk of punishment once we are “held” responsible. And this is a very essential aspect of responsibility. To be accountable for yourself and your tasks, your words and actions, and their consequences. When Spiderman tries to stop a villain, and someone close to him gets hurt because of it, it is his responsibility. It is not the same as blame or fault. Viewing responsibility as blame will lead to us being unable to make any choice or action in our life, as the blame for any slightly negative consequence of us just living our lives will be on us. He is not to blame for his loved ones being hurt, but he is responsible for their safety. Everyday he chooses to put himself and those he cares about at risk to protect the common people. He makes that choice, and he is, therefore responsible for it, in the way that he accepts that this is a risk that he is at, and it is his duty to uphold this balance..

A big part of Spiderman is the mask. The secret identity plays a massive role in the life of Peter Parker. But it isn’t just for him to look cool. The mask is a responsibility to protect those he cares about by being anonymous. Instead of shirking from the world in fear of fault and blame, he rises to the occasion and does his best to keep everyone around him safe. Because he has a great power, he must take responsibility for what happens when he uses it.

But that’s only one half of the quote, and one half of the responsibility. Spiderman must not just take responsibility for the consequences of his actions, but to act. If he has the power to save someone, to make someone happy, to create a change in the world, no matter how small, then he is responsible to act and do it. As a peer leader, this hits close to home. If I see one of my mates having a tough time, and I can choose to have a chat with them, to understand how they are feeling and give them a space to feel heard, then I have a responsibility to do so. And at the same time, the responsibility of being their confidant, of showing them respect, and of hearing them out, is on me. And if I mess up somewhere, then that is also on me.

And that is what can make us Spiderman. To see and recognise our power, to understand our responsibility to use it, and doing so, to use it responsibly.

SHADOWS OF SOCIETY

-VR. Yuvanprabu
4BBA LLB B

In crowded streets, where silence screams,
Beneath the shine, broken dreams,
Walls of hate and veils of fear,
Hold us captive year by year.

Voices lost within endless noise,
Chasing power breaking joys,
Greed grows tall, compassion small,
We let the weakest take the fall.

yet within cracks, a light still gleams,
Hope persists in whispered dreams,
Break the chains, rewrite the story,
From darkness forge a path to glory,
Society's strength lies not in might,
But in our will to do what's right.

AM I GOOD ENOUGH?

-Alina Mahesh

4BSc BtF

“Doubting yourself is normal. Letting it stop you is a choice.” – Mel Robbins

At some point in our lives, we all have asked this question – “Am I good enough?”, “Am I capable of doing this?” All of us have a little voice within our heads that chips away our confidence when we pick up the courage to do something big. Any new step that we take doesn’t come easily, and failures and downfalls are a part of it. But most of us constantly focus on the downside, which gradually leads to doubting oneself, which eventually leads to doubting one’s self-worth.

A major part of doubting one’s self-worth comes from comparison. Your peers achieving something faster than you, seeing other’s lives to be perfect while yours seems like a jigsaw puzzle that still needs to be solved etc. This makes us run behind an idealistic life that shows perfection in every other aspect, without any errors. This run behind achieving and grabbing everything that our peers have conquered makes our life feel like a blank page. We are in a run to fill the page somehow with something, but we often tend to forget that our page doesn’t have to look like anyone else’s.

Constant self-doubting, without allowing one to grow is like stabbing our mind. An injured body won’t have the ability to engage in any physical activity. So is the mind. Just as we require a proper diet and exercise to achieve a healthy body, our minds and hearts require to be healed, words of affirmation, self-confidence and most importantly to rise up when we fall. Our self-worth is determined by our values and how we perceive ourselves, not by how others see us.

To help you reconnect with yourself and nurture your self-esteem:

- Treat yourself with self-compassion and love
- Challenge your negative self-talk
- Celebrate and acknowledge your wins, no matter how small they may seem
- Embrace the challenges and hurdles that arise
- Believe in yourself

LIVE BY DESIGN, NOT BY DEFAULT

-M.Harine
4 BA LLB C

Every individual is consistently pressured to conform to societal norms, altering their behaviour, appearance, actions, reactions, speech, personality, and overall demeanour to meet the expectations of others.

We establish specific guidelines that must be met by every person to lead a conventional life, but have we ever considered who established these guidelines?

From the start of our lives, we are continually forced to live a standardised life where we lose our originality and individuality. We tend to change ourselves for the benefit of others.

Individuals are subjected to labels such as fat, skinny, curvy, short, tall, overactive, introverted, talkative, dumb, old-fashioned, stylish, fair, dark, ugly, and more. The resulting sense of insecurity and self-doubt in these individuals is a significant matter that requires attention.

At some point in our lives, we think we are not good enough, and we change who we are, what makes us unique, what makes us special, what culture we live in, and what we believe in, for other people to judge us.

We have adopted Western culture, cuisine, apparel, and beliefs and labelled them as modern and trendy. However, the reality is that we have yet to adapt our thinking and mindset towards true modernisation and maturity.

Genuine modernisation occurs through valuing all perspectives, promoting equality, minimising unwarranted critiques, and embracing distinctiveness and individual differences.

Too fat, Too skinny, Too short, Too tall, Too talkative, Too dark, Too dumb, Too anything.

There's a sense that we are "TOO" something, and we are all not enough. This is life.

Our bodies, our minds, and our hearts do not require alteration for the sake of others.

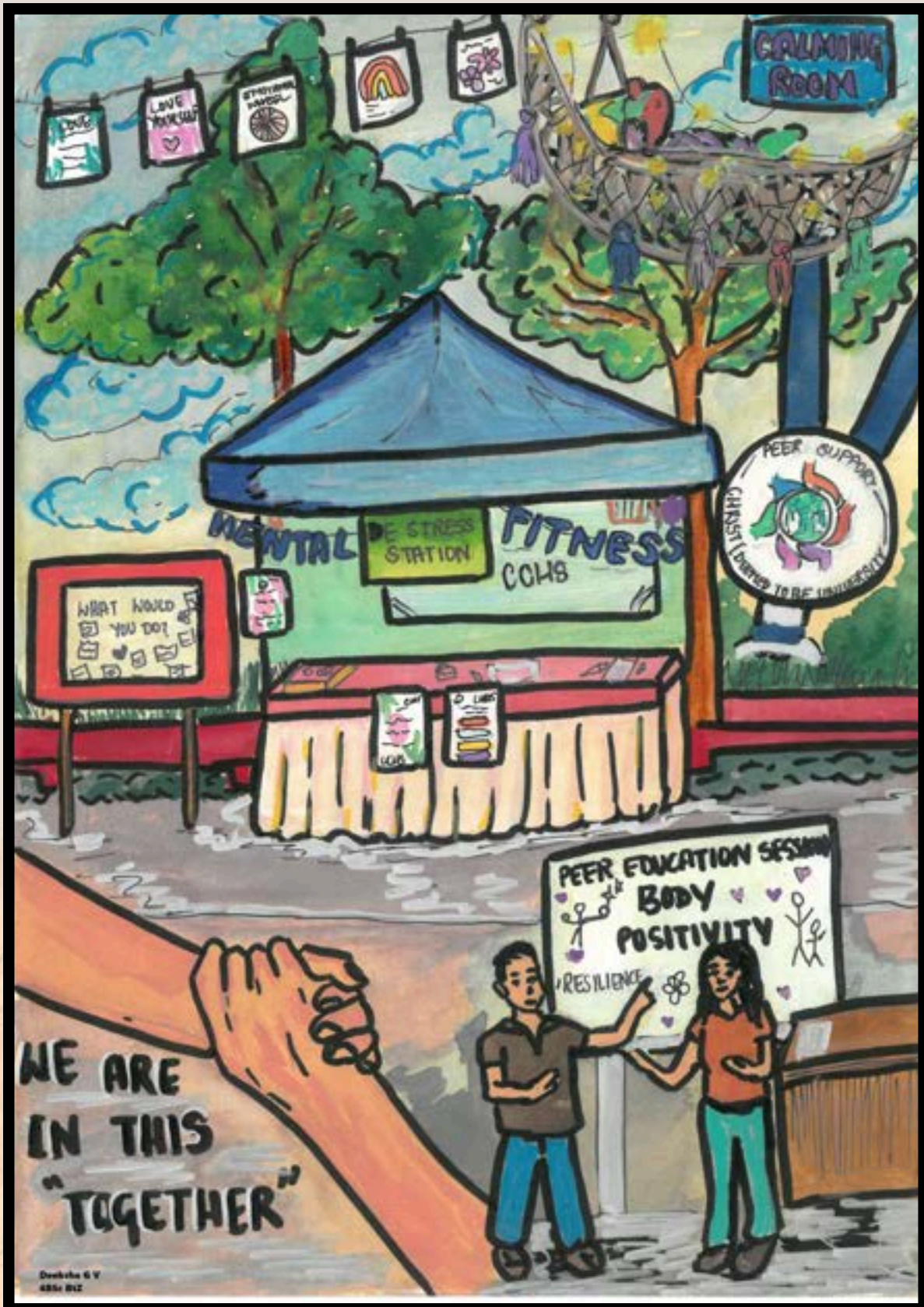
Someone sets the rules for a default life, and we blindly follow the rules, denying the design we were created for.

So let's LIVE BY DESIGN AND NOT BY DEFAULT.

WE'RE IN THIS TOGETHER

-Deeksha G V

4BScBtZ



YOUR CALLING

-Aashi Samith

4 BAJE

There's something touching about people who fall in love with what they do. Like a course or job they may have taken up, because of obligations or genuine interest, giving life a new meaning altogether.

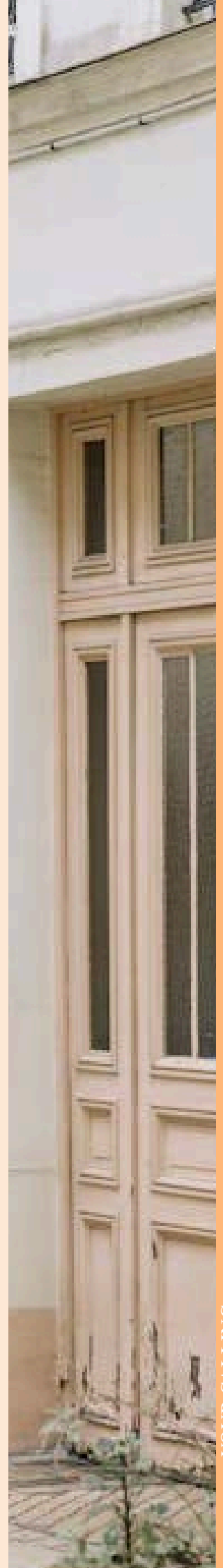
You know how people in love mirror each other, picking up phrases the other uses, shaking their heads the way the other does...almost carrying a part of the other in themselves? You can see something similar happen to someone when they fall in love with the work they do.

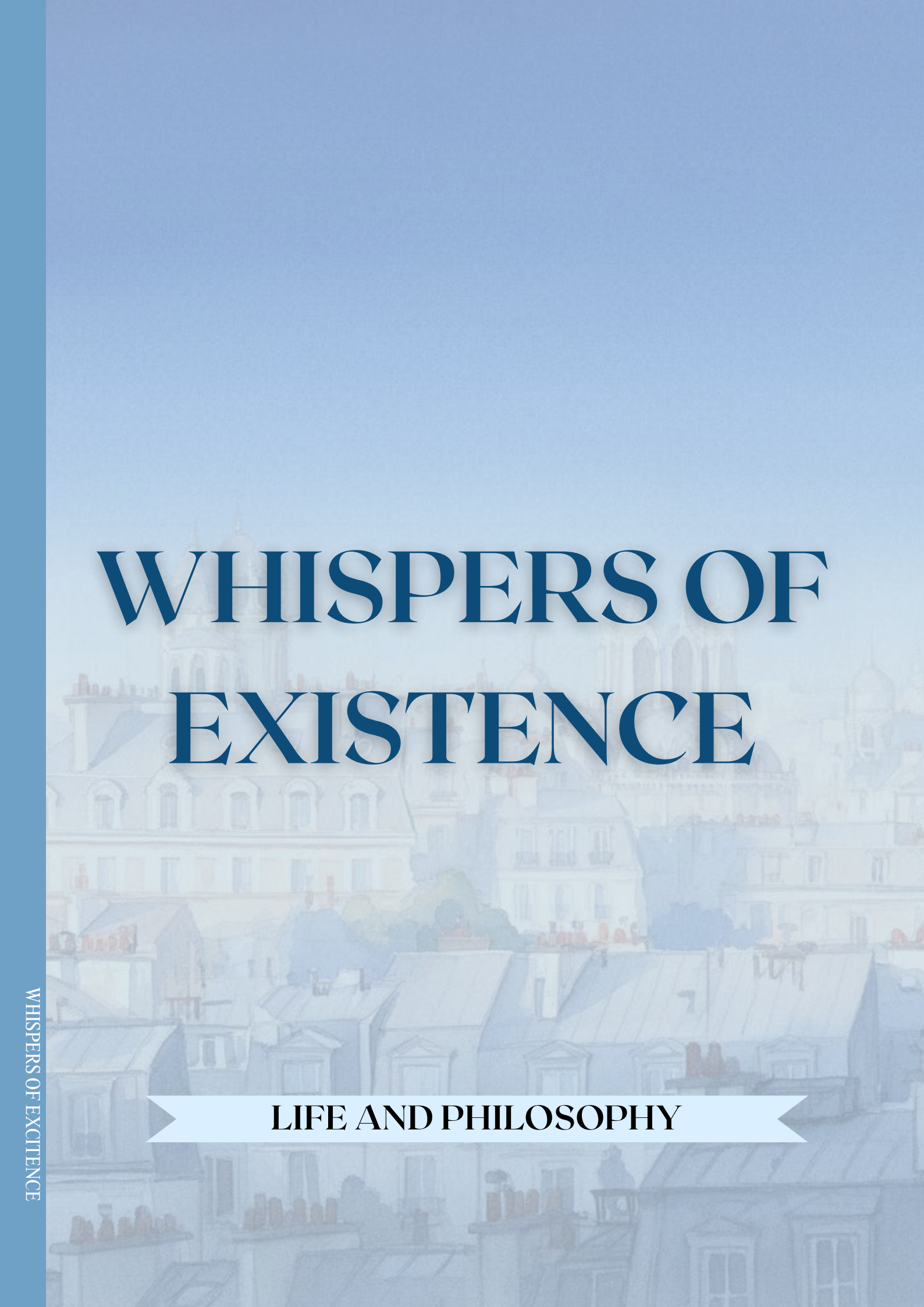
To see how they almost become a new person, heightening certain parts of themselves, noticing things they didn't before, where everything they do has a new meaning because of their line of work.

The way they tell you about their day, about what they did or wanted to do, the way the most mundane things are made delightful because of how they approach it, is oddly endearing.

What these romantics produce will undoubtedly be meaningful too. No matter what profession they're engaged in, their work will always carry an echo of their love and commitment.

It reminds you that even if you have not found your calling or your 'thing', you shouldn't stop looking. It might not be your job or your course in college, it might just be a hobby you picked up because of an instagram reel, but your 'thing' waits to be found. To be done and to be raved about.





WHISPERS OF EXISTENCE

LIFE AND PHILOSOPHY

THE POINT OF LIFE...

-Saanvi Divker
4BAPENG

Almost forgot that the point of life was life itself.

I had to smile and breathe in mountain air and that would be life, but sitting alone in my room crying silent, angry tears is life as well.

All my parties, cakes smashed into faces, dunks in pools and the echo of belly laughter in places we've long left would be life but so would the quiet wrap of arms around my shoulders on a rickety hostel bed.

The sun peeking mornings, numb fingers, blue stained wrists as I endured to get into college is supremely life but then the mundanity of sitting in a class that doesn't mean much for a dream that at a point felt like it would envelop me is also largely and simply life.

Equal parts smiling and frowning at a journey stained with nausea, tearing open imli packets and going back and forth on songs in winding roads would be life just as much as finally soaking in the snow laced peaks would.

Kyunki, zindagi se ab toh koi shikayat hai nahi
Bas ek hi baar milegi, yeh toh sahi nahi.

VALUES ALIGNMENT AND COGNITIVE REFRAMING

-Apurv Tiwari
2MPCLA

For the longest time, I struggled to be disciplined and to understand what motivates me to be disciplined. From a psychological perspective, we learn how the human brain works and how we can alter it. However, it is not that simple, as humans are not only cognitive but also emotional. Emotions are closely related to a person's values: when our behaviour aligns with them, we feel pleasure. In psychology, values are the core beliefs of our system, the things we value in our lives, and the things that help us make decisions.

Now, the human mind is divided into three types; in this context, the two most important are the intellectual and the emotional. The intelligent mind thinks from a logical perspective, makes decisions through reasoning, and the emotional mind makes decisions by putting emotion at the centre. In this context, the intelligent mind will believe that discipline is a habit formed through repetition; it is logical. On the other hand, the emotional mind is when one thinks about behaviour in the emotional context. If I do a behaviour that is close to my desired self, I will feel thrilled. On the flip side, if the behaviour is discomfoting, then I can feel disheartened to follow the path leading to quitting.

From the intelligent mind, if I had to solve this problem, the best way would be to change my thinking, which will help me change my behaviour, and that, in total, is cognitive reframing. Here, I will consider the reasons and causes hindering me from achieving my goal, and then change the way I approach it. Cognitive restructuring helps us think differently, but that doesn't sustain itself without the values.

I learned that values play an essential role in our emotional brain. Values are the concepts that we honour in our day-to-day life, consciously or unconsciously. For example, I honour fairness as my value, so I will be conscious to treat everyone through the lens of equity, and eventually those conscious decision becomes my way of life. Talking in this context, if I want to be a disciplined person, then what are the values I have to honour for my emotional brain to be in congruence with my core values? Taking newer approaches to the goals you plan to achieve is essential, but ensuring the methods do not conflict with your values is equally important. If there is conflict, the probability of failure will be higher.

The simple way to go about it is to assess your top ten values, then specify goals and make different approaches that align with your core values. By doing this, you will align your intelligent mind with your emotional mind. Being in harmony with all the cognitive restructuring processes and honouring your values simultaneously will lower the probability of failure for achieving any goal, like being disciplined.

FAVOURITES

-Mukul Vishwanath

4BScLIF

Why must I always have a favourite?

A favourite color, a favorite artist, a favourite food, a favourite language,

Why is there a need to choose just one, when I can love them all?

Is it necessary to sort my joys into neatly labeled boxes,
To shape myself into something easier for others to define?

Why must I pick a favourite animal,

When my heart finds wonder in all of nature's creations?

Does my love lose its meaning if it refuses to be confined?

Why must I justify what I love and what I don't,
As if my choices exist only to help others judge me?.

I do not have a favourite song, a favourite movie, a favourite shade,
Yet I cherish them all, in every form, in every language, in every hue.

I do not draw boundaries around my joy.

And if that makes me different,
Then let me be different.

For I am not less human for loving without limits,
I am more.

TRUTH OF LIFE

-Alban George

4BACP

Truth is, in life, happiness, peace, joy are something that we have to find, that we have to create ourselves, nobody else will, nobody else can. Likewise, conflicts, wars, fights, they are something we create ourselves, in search of peace we end up in fights. Like the way the environment shapes our lives, the same way we create our own atmosphere, our own problems, our own peace.

Destiny is powerful, sometimes, what is to come cannot be stopped. But the truth is, we are the master of our mind, only we hold the key to our lives. The family you live in, the friends you have, the people you love, in all of its depth lies your control. Your choices, the decisions you choose, ultimately you have to decide, no one else will, nobody can. The way you think, the way you perform, it's all in you, it's all from you.

In our lives, the world has no role to play, it's what you welcome in your heart and mind, it's what you struggle to live for, it's what you intend to love and choose to avoid. It was and always will be you, the way you think, the way you choose to be. In this world, do not be dependent on anyone, even if it's family or the people you love, the truth is, They will not give you the space, it's you who must make it. They will not come with helping hands every time, there will be a time when you must take a stand, a time when you must start living a life yourself, a life under your control. They will not move an inch, they will not change, you cannot make them, but you can change yourselves, and that's when you start taking control of your mind, your life...

THE WEIGHT OF ONE YEAR

-Muskan sha

2MCHE

The bad news is... a lot can change in a year.
But the good news is... a lot can change in a year.
I think about that so often —
how just one year can flip your whole life around,
in ways you never expected,
and in ways you definitely weren't ready for.
In a year, you can lose people you truly thought were permanent.
You can outgrow places you once begged to belong to.
You can fall apart in ways that feel impossible to come back from.
You watch dreams shift, watch routines fall apart,
watch old versions of yourself fade before you're ready to let them go.
Life moves without asking.
Endings come too early,
answers come too late,
and you're just standing there trying to understand who you are
in the middle of all that change.
But here's the good news —
a lot can change in a year.
You can become someone stronger, gentler, kinder to yourself.
You can find new people
who feel like home in a way you didn't even know you needed.
You can find hobbies that make you feel alive again.
You can find new reasons to wake up every morning.
You can heal from things
you once thought would destroy you.
And you can surprise yourself in ways you never imagined.
So if right now feels heavy,
or confusing,
or nothing like what you hoped for —
give it time.
Because...
a lot can change in a year.

NATURE? FUTURE?

-M.Harine

4 BA LLB C

On a recent trip to a rural village, I met a farmer who shared a concerning prediction. He warned, "The natural foods we enjoy today will vanish soon and after ten years its going to be the medicines and drugs which will be substituted in place of idlis, dosas, and rice making the upcoming generations wonder about the taste and essence of real food. " This revelation left me pondering the potential loss of the authentic flavors and nutritional value that natural food provides.

As I wandered his verdant, fragrant farm, I was struck by the vibrant beauty of the natural world. Lush greenery, diverse birds and animals, and the refreshing taste of tender coconut - the true essence of nature was palpable.

However, my lunchtime observations brought me face-to-face with a disheartening reality.

I tripped upon a factory-like structure where white rice was being processed. I noticed that some powder was being added to the rice grains. A worker casually admitted to mixing "whitening powder" into the rice to make it more visually appealing. He said the customers always used to request and order for pure white grains and the only possibility for them was to add artificial colours to enhance them. "People have shifted from eating with their tongues to eating with their eyes," he lamented. "Appearance matters most now, and artificial chemicals have supplanted nature."

This shift towards artificiality is a significant concern in today's world. We have forgotten to appreciate and embrace the natural wonders that surround us, instead chasing after the allure of artificial substitutes. This is evident in the stark contrast between the lush greenery on one side of the land and the plastic waste on the other.

On my way to a reserved forest, I encountered a thought-provoking sign that read,

"You will cut down the last tree,

poison the last river,

catch the last fish,

kill the last animal,

Can you eat money anymore?" This powerful message reminded me of the importance of preserving our environment and the delicate balance it holds. It urged to consider the consequences of prioritising material wealth over environmental preservation

In our pursuit of education, we often strive for good grades, which in turn lead to better job prospects and higher incomes. Ultimately, these achievements are meant to secure us three proper meals a day. However, amidst this pursuit, we must ask ourselves if we can truly enjoy a proper meal without considering the impact on nature.

The responsibility for finding answers to these questions lies with each and every one of us. It is crucial that we think and act wisely, taking into account the long-term consequences of our choices. Only through collective effort and mindful actions can we ensure a sustainable future for both ourselves and the generations to come.

Let's unite and be the change!

THE MUNDANE

-Tushar Nair

2 MPCO

Have you noticed what makes our life, our life? Similar to the question of Who am I? We can write down a long list of things that make us who we are. We base our lives on connections, and they end up forming our identity. We rush our entire lives chasing this connection in different forms.

Often in this rush, in this confusion of identity, we forget the mundane. Quite the unusual way to introduce the mundane in our lives, but think back to your life, think back to your day. What have you focused on other than the rush of the checklists, the commitments to fulfil, the responsibilities to carry and the drive to “Be ourselves”, to form the answer to “Who am I?”. Think about your life and see the mundane, see if you have ever taken a step back to look at what your identity is in the present, what life you have built. Why is it that we are always in such a hurry to look ahead, keep moving?

In this rush, we forget the mundane. Life keeps us so busy, so worried, with big ups and downs that we forget the mundane. The mundane make up our everyday life process. That house that is always there when we come back, that vehicle that takes us everywhere, that chair that gives us relief when life weighs us down, that tree that gives us shade when the heat is too high. For us college students, that one room which we may not love but still go back to each day, that “nothing new to talk about” between you and your mom, that one friend who shows up with a Kit Kat like every other day. Life gives us so many things that happen right by us, in our peripheral that add so much to our life, yet we forget to give them the importance they deserve. Have you ever stopped to think how lucky you are that your friend shows up every day like it's nothing? Ever wondered how it would be to not have your phone, our one lifeline?.

I want you, the readers, to be able to see the beauty in that mundane, the comfort, the safety, the contentment that helps us drive our lives forward. More often than not, we only realise the beauty of the mundane till it is gone. We forget to appreciate and thank the people in our lives, our loved ones, our friends. We forget to appreciate the very things that work every day so we could. We forget to see how there is a sense of innate beauty in these aspects that go unnoticed. Bangalore has just gone to its most beautiful version, with cold winds and warm sun. The cold breeze that freshens our spirit and gives a charm to this city whilst the sunlight hits you with a comforting warmth. The beautiful weather makes me think of all the things in our mundane lives that we forget to notice. I realised it all too late that people close to me are the ones I appreciate the least because they are already there.

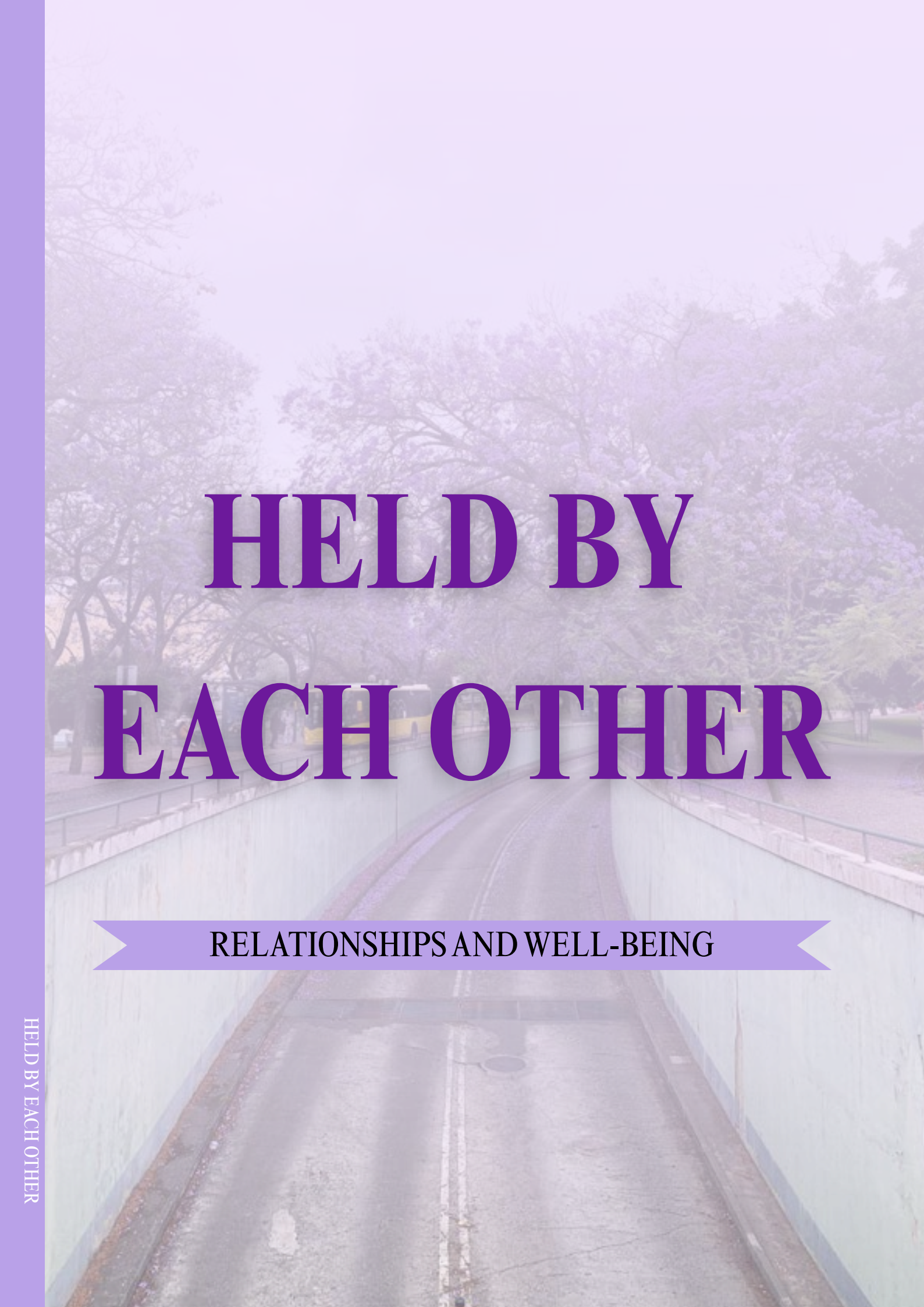
So today, right now, take this moment and stop. Just stay. Sit down, look around you, notice the people, things, the hustle of the town, and the weather of the city. Take that pause and notice the beauty within which we get to live and appreciate it.

I find something aggressively comforting in this painting. An animal like the tiger itself, made of such power in such a calm and serene state. The softness of the tiger against the harsh dark background, blocking all the noise, duties, and expectations, a moment of peace and stillness. The need to not perform or announce its power, to not have its guard up, but rather to choose the calmness, to just be, even for a while. It reminded me of the need for duality in life, the need for balance. How humans so often deny themselves the



same ease that comes naturally to nature. How we stay alert even when there's no threat, how we are preoccupied with measured steps and paranoid eyes. Somewhere along the way, balance became something we chased, and rest became something we postponed. And maybe, that's why when I painted this, when I looked at it for the first time, I felt a tightness in my chest. Was it the longing to be the tiger? to feel the peace it feels in that moment, while still looking as majestic and powerful as ever? Was it the knowledge that this feeling seems to always be just out of reach, right in front of me, but unachievable? Maybe it's the late realisation that now, now more than ever, we need to take a step back, surrender our weapons, loosen our defenses, and remember that moving forward requires knowing when to stop, breathe, and exist, without needing to do anything more than just be present.

– ERIN THOMAS
4 BAPENG



HELD BY EACH OTHER

RELATIONSHIPS AND WELL-BEING

உன்னால் பிறக்கும் மைழ (THE RAIN YOU AWAKEN)

-VR.Yuvanprabu

4 BBA LLB B

உன்னைக் காணும் கணம்,
என்னுள் பிறக்கும் மழை,
அது புறத்தில் தெரியாது,
ஆனால் என் இதழ்களில் கசிகிறது.

உன் பார்வையின் சுவை,
என் இதயத்தின் நதி,
அது பெருக்கெடுக்கும் போது,
நான் என்னவென்று மறந்துவிடுகிறேன்.

(Translation)

The moment I see you
A rain is born within me,
It doesn't show on the outside,
But it drips from my lips.
The sweetness of your gaze,
Is the river of my heart
When it floods,
I forget who I am.

DRIFTING, NOT DROWNING

When Letting Go Doesn't Mean Stopping to Care.

-Saheb Singh Hora

4 BAPENG

We often consider letting go as failure, as if giving up on something which once meant everything. In order to care for someone, to love someone- in any relationship, be it friendships or romantic relationships, we need to stay close to them, to keep showing up and never letting the bond slip to silence. But, can we love someone without needing to hold on to them?.

Life, the accumulation of experiences, probably teaches us that it is better to love someone from a distance and slowly move away, until it gets too late, until you start developing bitter feelings for the person. Sometimes it is not the presence, but the distance that actually helps to maintain the dignity of the bond without you breaking yourself each day, molding yourself each day, to a person that you are not. Holding onto a friendship that has already faded away is like watering a plant, whose roots have died, and no matter how much you water it, it won't bloom again, but in the process, you will exhaust yourself. It seems that some connections, some strings are meant to live in the memory and not in maintenance. Sometimes being a friend means mastering the art of time. There is a time for silence. A time to let go and allow yourself and the other person to hurl into their respective destinies. Letting go does not mean not caring for them, but rather caring for them in a different way. It's when you wish good for them but from afar, not at the stake of your boundaries.

It rarely happens all at once. There is no loud argument or a proper closure, but rather small instances that stretch into longer circumstances. Missed calls, messages that are kept unread, forcefully doing things that you don't enjoy just for the sake of saving the relationship, accepting the words and actions that are harming you internally, but you dismiss them as a joke, or moments where you feel ignored. And while you tell yourself that perhaps it was not their intention, but if we look into the nuances of it, you know that this is just an excuse you make to convince yourself and to save the drowning relation. But gradually, beneath these excuses, something shifts. The conversations, which were effortless, start seeming forced, the laughter becomes rehearsed, and enjoying their company becomes fake. And you still try to save everything. But it's like trying to keep autumn leaves from falling- you can tape them back to the branch, but they'll never turn green again. And when you realise it, that is the time when you let go. While letting go appears to have a negative connotation attached to it but if we go deeper into it, it is beneficial not just for you but for the other person too.

When you attach yourself to someone, a new bond is created. And no matter how beautiful the bond was, if it was meant to end someday, it would fade away. And

while you can always give a try or two to save it, but when you exert yourself too much and you realize that the other person is probably not taking your emotions seriously, as if you are a play doll, that's when you start developing a sense of hatred. You start getting irritated with the person, not wanting to be with them, and yet feeling guilty about the idea of leaving them. You start feeling conflicts in your mind, and in the process, you start hurting not just yourself but also doing wrong to the other person too. You start having sleepless nights, your mind encircled around those negative thoughts, sitting with them even when you feel discomfort or simply exhausted being near them. You may even start disliking your own self for being so different. On the other hand, when you do this, the other person remains in the dark, which is also something not correct, as you become the reason someone is holding onto a friendship that is shattered like glass, even if they start to feel the weight of your expectations. In trying to preserve the connection, we unknowingly suffocate it, leaving both hearts tired, guilty, and unable to find comfort in what once felt like home. Forcing a bond that's run its course is like keeping a candle lit long after the wax has melted; all you're left with is smoke.

There is a certain guilt that comes with choosing distance, even when your heart knows it's a gentler path. You start questioning yourself, wondering if you've become careless, or worse, cold. You scroll through old photos and think, maybe I should've tried harder, maybe we could've fixed it. But deep down, you sense that clinging would only make what's left of the bond feel heavier. It is like holding a bird too tightly, fearing of letting it go, but at the same time forgetting that it is meant to fly. Letting go does not mean abandonment but rather an act of honesty- to yourself and the other person. It is like admitting that connection without comfort is no longer giving you peace, but rather is an echo of what it once was. And in that honesty, the guilt slowly softens into understanding that sometimes, it requires you to step back, not away.

Detachment isn't the absence of emotions, but rather the presence of peace. Knowing that you can still care for the person without breaking your boundaries, without discarding your values, and most importantly, without hating them. Detachment is often considered indifference. But if we bring a shift to our perspective, we see that it is so soft, like opening the hands and seeing the petals fall away, always knowing that they were not meant to stay forever. It is like love, which is purified of expectations.

In the end, letting go is not about closing the doors but leaving them open without expecting someone to walk back through it. There is this sense of peace that comes with acceptance, when you stop trying to fix what time has already changed. And yet sometimes it aches quietly when, at moments, you miss the place that no longer feels like home. But maybe that's what a true relationship is all about-something that leaves a little trace, even when it is not there. We still think of certain people in a memory, in a shared song, and maybe a silence that once spoke everything. And when we do, it isn't anger or loss that fills us, but probably a soft kind of longing that has learned to be kind. Because letting go doesn't mean forgetting, it means choosing to love gently, even from a distance.

BADLEGA WAQT

-Daksh Daga

4 BAES

Badlega waqt aur badlenge haalat.

Badlega divas aur badlengi raat.

Badlenge baadal aur bandlenge raaste.

Badlenge ritue aur badlengi havaae.

Badlenge insaan aur badlengi kahaniya.

Badlega kaanun aur badlengi chunotia.

Badlega samaj aur badlengi sarkaare.

Badlenge pahad aur badlenge nadiyo ke kinare.

Chahe pura jagat hi kyu na badal jaye, tu mat badlna yaar.

Apne aap ko buland rakh, honsla sthir rakh, aur kabhi mat
maanna haar.

Apni acchai par bharosa rakh aur data reh barkarar.

GEHRAI

-Daksh Daga
4 BAES



*Zakhm gehre hai,
Ghav bharne me samay lagega.
Mujhe laga tha ki rishte bhi gehre hai,
Par unhe tuunt ne mai zara sa bhi waqt nahi laga.*

UNREAD MESSAGES

-Bosco Sibi Nalolickal

4 BScPM

Rohan and Aisha had been friends since eighth grade — the kind of friends who didn't need to talk every day to stay close, but somehow always did. Their chat was full of memes, inside jokes, homework complaints, and late-night "life talks."

Then one week, Rohan stopped replying.

At first, Aisha didn't think much of it. Maybe he's busy with exams, she thought. She even teased him in the group chat — "Someone's gone invisible!" — but he didn't respond. Days passed, and his online status stayed the same: last seen 3 days ago.

By the fourth day, Aisha started to worry. She scrolled through their old chats — the funny stickers, the midnight confessions, the random "you okay?" messages they used to send. The last few messages from him had been shorter. Fewer emojis. Quieter.

She typed: "Hey, you've been quiet lately. Everything okay?" Then deleted it. Typed again: "I'm here if you need to talk." Deleted that too.

Finally, she sent a voice note: "Hey, Rohan... I don't know what's going on, but I miss you. You don't have to reply. Just... hope you're okay, okay?"

Hours passed. Her screen stayed blank.

Then, just before midnight, her phone buzzed. One message:
“Thanks, Aisha. I really needed that.”

The next day, Rohan met her at school. He looked tired — eyes dull, smile faint. They didn’t say much at first. Then, sitting on the empty steps near the canteen, he finally spoke.

“I just... couldn’t handle things for a while. Pressure. Expectations. Everyone wants something. I didn’t even want to wake up some days.”

Aisha listened quietly, her eyes soft but steady. “You don’t have to go through that alone, Rohan,” she said. “You can talk to me. To anyone you trust. Silence only makes it heavier.”

Rohan nodded. For the first time in weeks, he didn’t feel invisible.

Later that night, Aisha opened their chat again. The unread messages were gone, replaced by new ones — small, ordinary ones. Memes. “Good luck for tomorrow.” “Lunch?”
Normal. But now, she understood that normal was something you rebuild, one message at a time.

Sometimes, the loudest cries are hidden in unread messages. And sometimes, a simple “Are you okay?” can save someone’s world.

THE COMPLEXITY OF HUMAN RELATIONSHIPS

-Preethi Prakash Nadar

4 BScBtB

Exchanges of sweet strange smile, vain of not receiving it
back but we take the risk, risk to embrace the unknown,

The smiles turns into a handshake, jolts of happiness in the
eyes of two souls, The handshake turns into a hug, two souls
finding peace in the snow of chaos.

The hug starts to feel like burden, boredom; the warmth
starts to fade into the blurry chaos of life. We exchange
sweet strange smile.

REH GAYE KAANTE

-Daksh Daga

4 BAES

Joh tumne mujhe phool diye the,
Murjha chuke hai, par reh gaye kante.

Joh tumne vaade kiye the,
Toont chuke hai, sirf reh gaye baate.

Joh charche the,
Tham chuke hai, par reh gaye sannate.

Joh poore karne the,
Ab adhoore hai, reh gaye hai aadhe.

Joh safar par nikle the,
Ruk chuke hai, par reh gaye hai raste.

Joh rishte the,
Toont chuke hai, par reh gaye kuch dhaage.

Joh samay tha,
Beet chuka hai, Par reh gayi yaade.

Joh tumne mujhe phool diye the,
Murjha chuke hai, par reh gaye kante.

ANALOGY FOR COMMON TRUTH

-Rohith

4 BAPECO

Imagine an Earthling. It's easier for this Earthling to convince the other Earthlings that the Sun revolves around the Earth. One day, this Earthling befriends a Sunling on Spacegram. The Sunling tells the Earthling that Earth revolves around the Sun. The Earthling gets offended and starts plotting graphs, and so does the Sunling.

The Universe is not the objects in it, but rather the relation between these objects that exist. In other words, it's not the proton, neutron, and electron that make up an atom, but rather the relationship between them and how they affect each other that make up an atom. Even a proton itself is made of the relations that the quarks have within it.

In the Earthling's graph, the Earth is always at the centre, and the Sun is plotted around it, and similarly in the Sunling's graph, the Sun is always at the centre, and the Earth is plotted around it. Now the Sunling realizes something and explains it to the Earthling, the distance always seems to be the same.

Sunling: Now, bro, you know you can still do the graph with the Sun in the centre right? Like the distance won't really change, I'd say.

Earthling: You could do the same with Earth in the centre, bro. Why will I put the Sun in the centre, uh?

After a spat, they both agree to try each other's approach. Since the distance is relative, they each end up with the other's graph. In that moment, they realize they were both right all along; it was simply a matter of seeing things from the other person's perspective.

As a part of this universe, we can never see the universe in its entirety. That's why we make abstractions, and only observe a part of it in a given instance. A proton made up of quarks is an abstraction, and so another abstraction would be that the proton, electron, and neutron that make up an atom. Abstractions can contradict each other, but in the larger picture, they would still be within the same universe.

Out of nowhere comes this Mercuryling and argues that both Earth and the Sun revolve around Mercury. Now both the Sunling and Earthling know it's false; they have spent enough time plotting graphs from so many vantage points that they know that Mercury revolves around the Sun, but not the Earth directly. From the Sun, both Mercury and the Earth revolve around it. But from the Earth, Mercury appears to revolve around the Sun, and only because of that, it revolves around the Earth too.

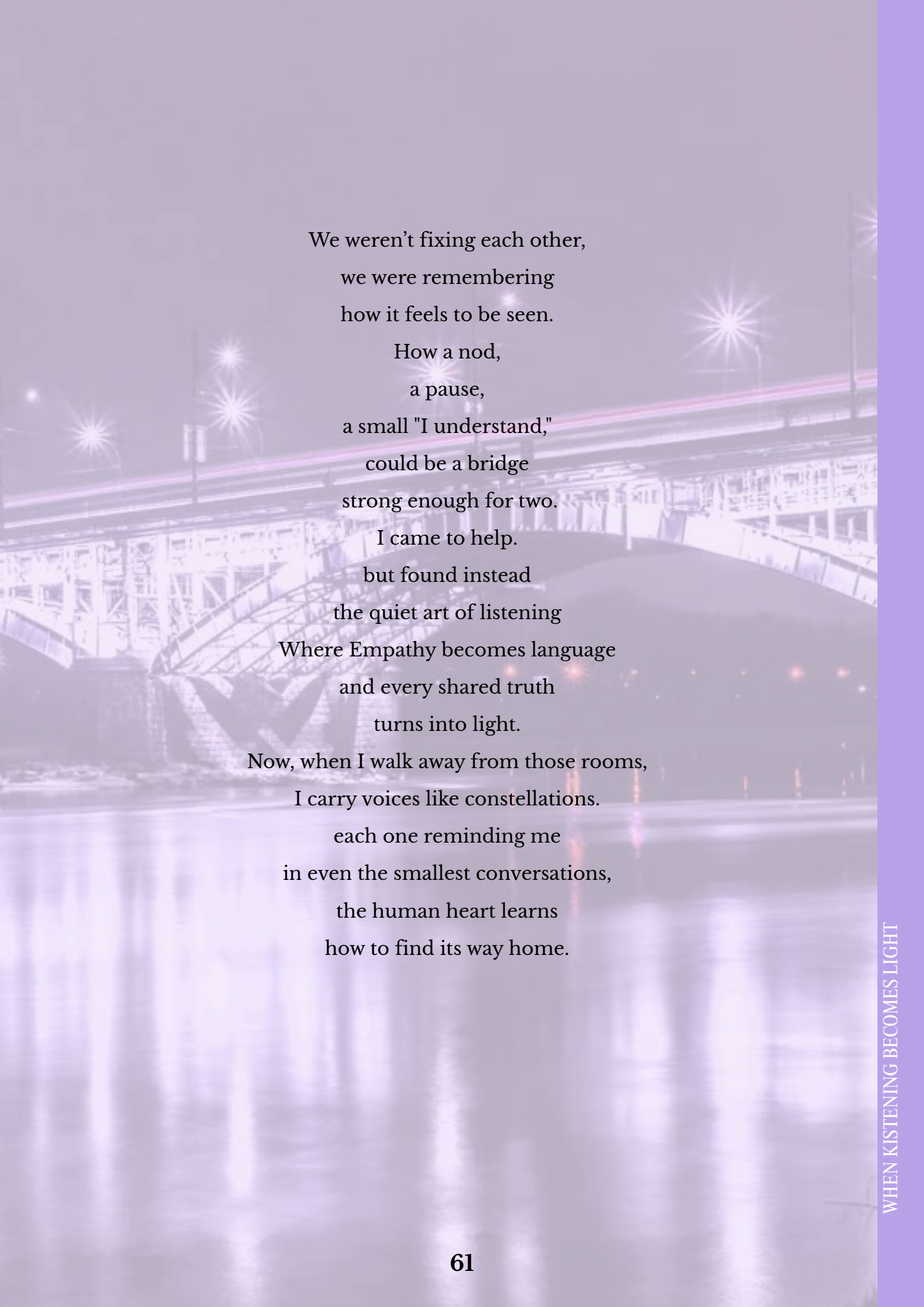
Both Earthling and the Sunling visit Mercury to see for themselves. They realized that the Mercuryling was lying, wanting to be the centre of attention, and couldn't agree that the Mercury was unimportant. Earthling and Sunling explain to the Mercuryling that in this Universe, no one is at the centre.

But not all abstractions are true. If multiple abstractions are consistent with each other, the likelihood of them being true will be higher. And if an abstraction is inconsistent, it is possible to find the cause for this inconsistency, and when it is corrected, this abstraction will also become consistent, and so closer to the truth. Truth itself becomes relative, but common to all of us who make up these abstractions everyday.

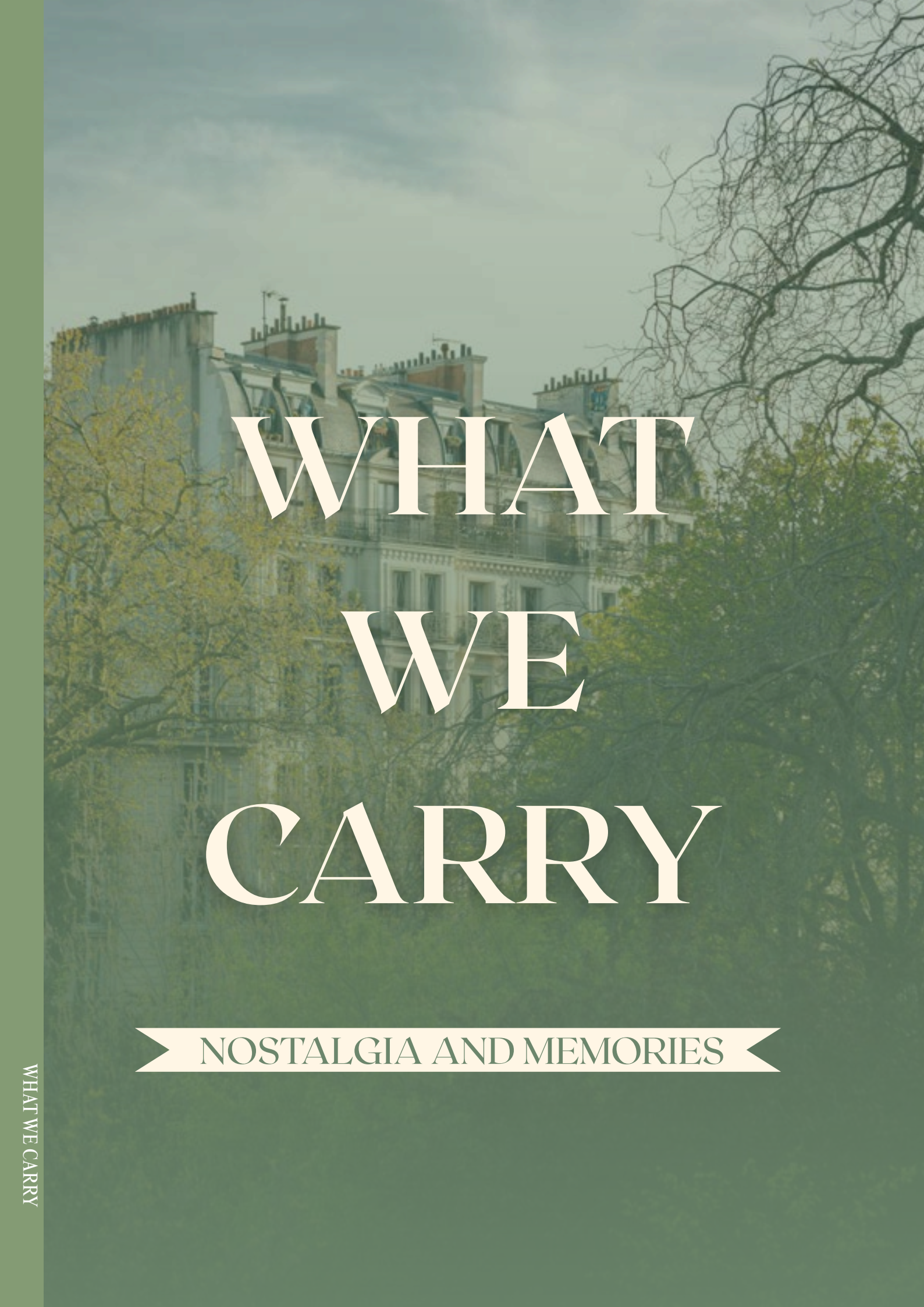
WHERE LISTENING BECOMES LIGHT

-Siddha Bhattacharya
4BBA E

It began softly.
A circle of chairs,
the hum of uncertainty
Settling between us.
No titles, no teachers
Just Hearts Learning
how to unfold.
Someone spoke of fear,
another of those days that felt too heavy to
hold. As the words found air,
I realized
Healing doesn't always roar.
Sometimes it just breathes.
There was no applause.
for honesty,
No certificate for kindness.
Yet something sacred blossomed.
each time a story met
the warmth of another's silence.



We weren't fixing each other,
we were remembering
how it feels to be seen.
How a nod,
a pause,
a small "I understand,"
could be a bridge
strong enough for two.
I came to help.
but found instead
the quiet art of listening
Where Empathy becomes language
and every shared truth
turns into light.
Now, when I walk away from those rooms,
I carry voices like constellations.
each one reminding me
in even the smallest conversations,
the human heart learns
how to find its way home.



WHAT WE CARRY

NOSTALGIA AND MEMORIES

ONCE AGAIN

-Keziah Rose Jacob

2MAECO

With a heavy heart, and an empty soul,
I long for a joyful me,
I don't wanna give up,
But something is pulling me back.

Still, I gather the courage,
To let go of the negativity,
And focus on my peace,
Asking God to help me.

I saw a hand coming in my distress
I grabbed hold of it
I heard a voice saying to me
"Child, Try Once Again".

And it's time to let go,
Of everything that's weighing me down,
And hold onto what's meant for me,
With all my strength and power.

Once Again I'm trying by,
Learning from my mistakes,
Moving on from the pains,
With the hope of a better me and future.

This time, I see myself,
Healing from everything,
Looking ahead with my eyes wide open,
Being grateful for blooming 'Once Again'.

A HURRICANE

-Elisa Chrisilda Joy
4BACP

I wanted to be a designer once,
but instead I learned how to design my own
destruction
Stroke by stroke
Drawing silhouettes out of losses
and calling it curative.

Healing feels like fraud,
one step forward,
five pulled violently back,
as if the universe is laughing
at the math of recovery.

Grief doesn't knock;
it kicks the door in,
tears the wallpaper from the heart,
sets the furniture on fire
and calls it "growth."

And hope,
hope is the sharpest weapon of all.
It cuts deeper than grief,
a blade wrapped in silk.

A person is riding a bicycle across a bridge over a canal in Amsterdam. The background shows a canal with several boats, a bridge, and a row of colorful houses. The scene is captured in a soft, slightly blurred style, giving it a dreamy or nostalgic feel. The text is overlaid on the right side of the image.

Hope is waiting for waves in a river,
knowing the water will never rise that way,
yet staring until the eyes sting,
until the impossible starts to seem
almost reasonable.

It is a fire that refuses to die,
even when the body is cinder.

And the truth tastes like blood:
That some storms are biased,
but the destruction is not.
One heart can drown,
and the river doesn't even ripple.
Some stories burn only in one mind,
yet leave smoke in the lungs for years.

I keep trying to argue with my own bones,
telling them it was imagined,
that the hurricane never existed,
but the ruins scream otherwise.
How do you dismiss a disaster
that left you unrecognizable?
How do you forget a wound
that never had a name?

Sometimes the things that were never real
are the ones that ruin you completely

JOY

-Khushi Bhardwaj

4BACP

*the one we left behind while growing older.
That gentle soul still waits for you,
For your warm embrace,
your whispered thanks,
Your gift of love.*



Her smile has always been her dagger,
just like her name, “Khushi”.
Irony has been with her,
Since her initial days.
Fate never matched with her name,
but oh boy!
That rabbit smile never faded off,
Even when her heart throbbed with fear,
When her eyes were filled with pain,
Her face always had a different story to tell altogether.

Stage became her voice,
Voice to her voiceless soul.
I still remember she was in grade 1,
When she spoke about unit tests and won.
“Girls shouldn’t be this loud”, said everyone.
But she became the loudest of all,
She became not only the voice to her younger self,
But the voice for her father’s shattered dream.
A voice so loud, that no one could ever stop.

“Oh, she’s so sensitive”, my teachers used to say,
Now, who’s gonna tell them?
“Moon” has always been her lullaby,
“Nature” her first best friend,
and “Books” her escape from this harsh world,
But she has always been kind to this harsh world,
Her little hands have always prayed for the happiness of others first.
She gave her all,
All she ever wanted was love,
Love, which she never got,
Maybe the world was insensitive,
Insensitive, to her little pure soul!

LITTLE DID SHE KNOW...

-Kanak Rohra
4BScBtC

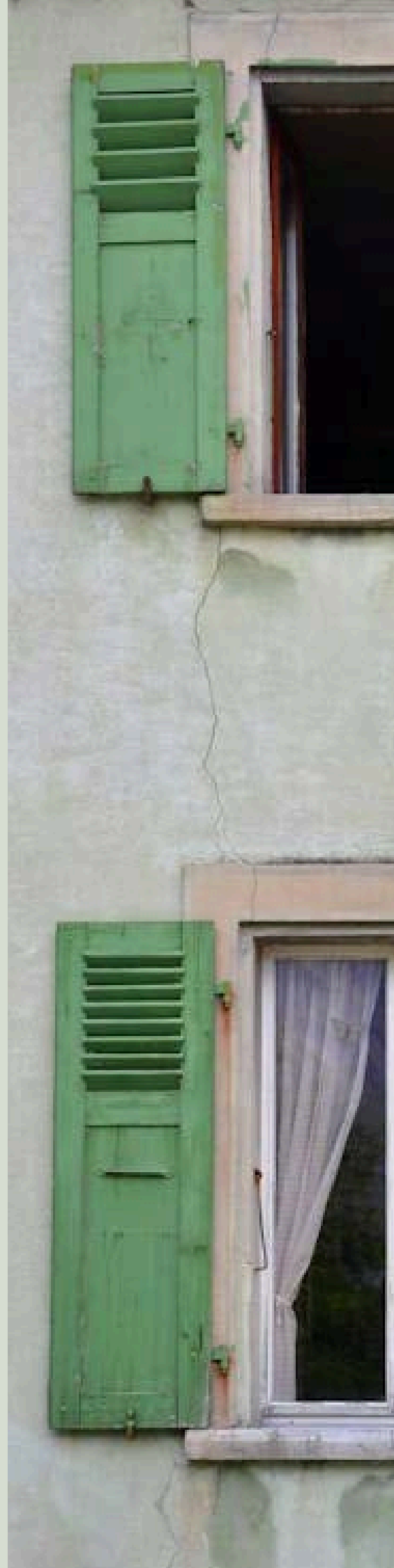
Little did she know
her life was about to change
in ways so soft, so quiet, so slow
that she would only understand them
when she looked back a year later.

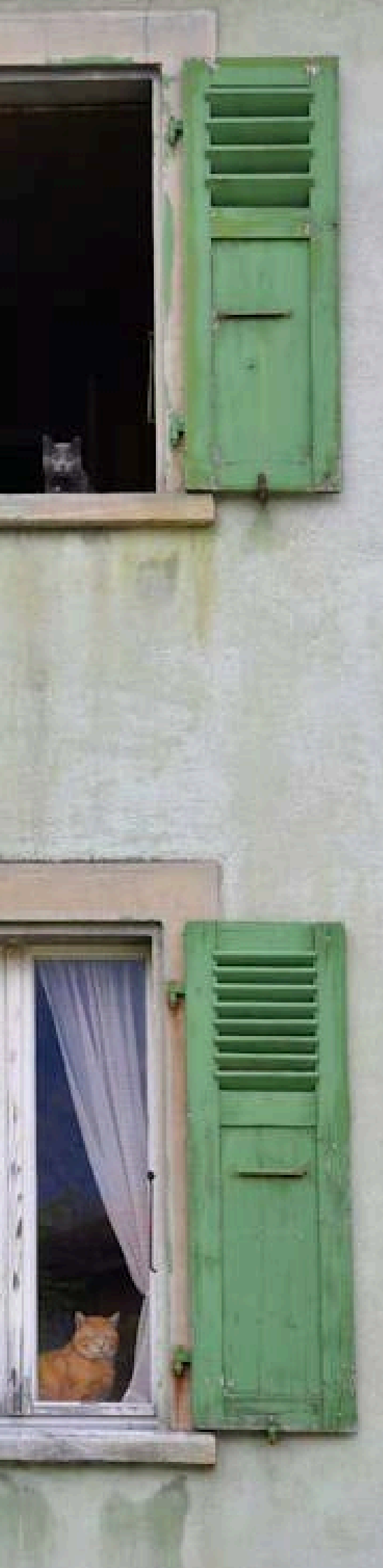
Little did she know
that she was quietly growing
into someone she had always hoped to become.

Little did she know
that showing up for one interview
on one random day would become the beginning
of the most meaningful chapter of her college
life.

Little did she know
that the mentor meetings she walked into
just trying to do her part were not simply
meetings but mirrors
reflecting a version of her that she did not know
existed.
Little did she know...

Little did she know
they looked like conversation yet were
transformation
spoken through ordinary words
shared across ordinary afternoons
that slowly rewired the way she listened
the way she spoke, the way she saw herself
and the way she understood others.





Little did she know
that she would return home for the semester
break
and find that the girl who left was not the girl who
came back.

Little did she know
that she would talk to her parents
not with rebellion, not with impatience
but with gentleness, with clarity
with the courage to communicate
and the maturity to listen.

Little did she know
that these soft skills, these tiny lessons on tone
boundaries, affirmations and emotional
bandwidth
would quietly weave themselves into her
relationships
until her home felt warmer and her voice felt
steadier.

Little did she know
that by the time she realised all this
the semester would already be ending
and she would suddenly understand
why everything finally felt different.

Little did she know
that the world outside her
had not changed
but she had.

Little did she know
that the things she noticed were now clearer
sharper and kinder.

Little did she know
that the sleeve over someone's left arm
which she once ignored would suddenly speak to
her
in a language she had learned over months of
careful training.

Little did she know
that she now understood the signs of self harm
the quiet cries for help the things unspoken
the things unseen.

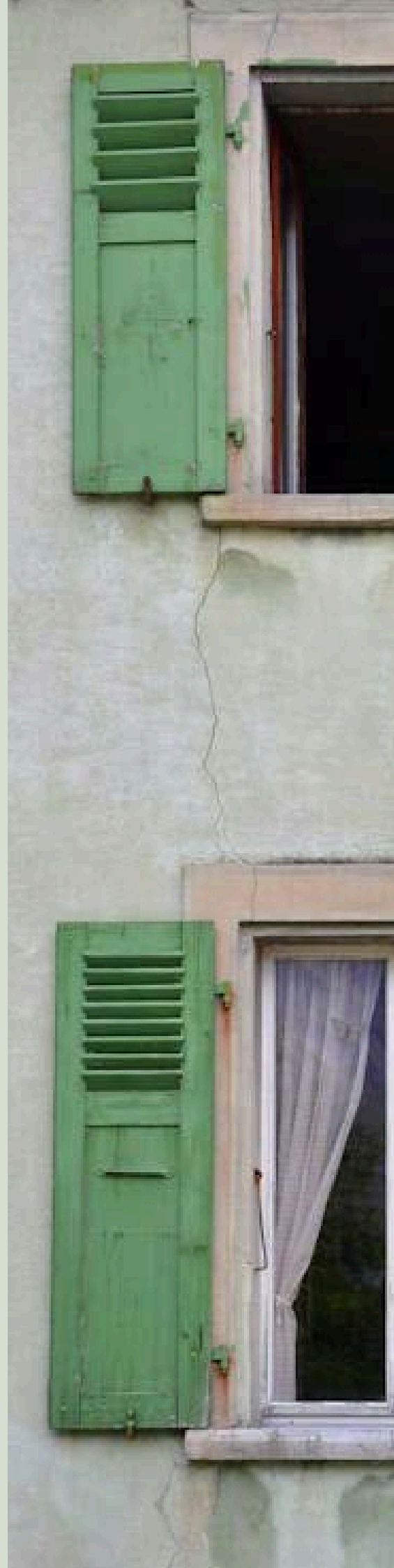
Little did she know
that suicide prevention and safety planning
and grounding techniques would become part of
her instinct
woven into the way she cared and the way she
showed up.

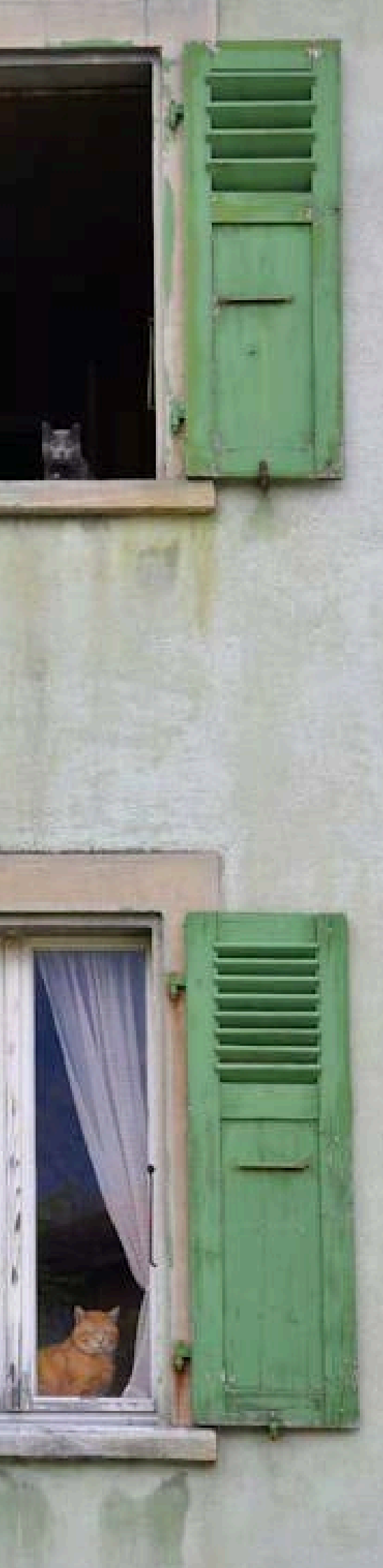
Little did she know
that people around her
would begin to see her differently
and slowly they would trust her
with their fears their worries
their long nights their quiet pain.

Little did she know
that her parents would one day call her
not for tasks but for emotional support
because her voice had become a safe place for
them.

Little did she know that a junior
a batchmate, a colleague
would feel brave enough to say
I need someone and her name
would be the first to come to their mind.

Little did she know
that listening to someone on a random Saturday
evening
would make both of their days better than they
expected.





Little did she know that saying
yes that must be very hard on you
how are you doing tell me I am here
would become part of her natural vocabulary
a ritual of compassion that she genuinely loved.

Little did she know
that confidence grows
when you are busy helping others
heal a little.

Little did she know
that she would stand at a stall promotion
speaking to nearly two hundred people
in four hours smiling at strangers
sharing warmth, relieving stress
and returning home, with a full heart.

Little did she know
that the joy of making others feel lighter
would become one of the purest joys
she had ever known.

Little did she know
that this journey
did more than fill her schedule
more than fill her hours
more than fill her resume.

Little did she know
it filled her soul.

Little did she know....

I NEVER KNEW

-D Akshayaa

4MAIS

I never knew my father was the one who quietly ironed my clothes every day
as though making my life wrinkle-free,
He filled the fridge with every snack I loved,
as if he memorized my cravings.

I never knew my mother, whom I fought with and ranted to daily,
was the one who stood in long lines to buy the food I liked,
tired from work,
And cooked my food from scratch,
even when all she needed was rest.

I never knew my grandfather tidied up everything I left chaotic in the morning,
not out of duty or habit,
but because he believed I deserved comfort,
even in small things.

I never knew my grandmother washed the plates and clothes I left behind,
never asking for thanks,
as if cleaning up after me,
was her way of staying close.

I never knew my sister- a child ten years younger-
watched me with wide eyes, thinking I was the center of her universe
tidying up my mess, lining up my scattered books and notes
spoke the loudest kind of love.

I never knew my friends in my undergraduate years were my safest
place -
until I had to leave them behind.
I never knew how much I would miss riding through the streets of
Chennai,
Or the comfort of my language in the noise of markets and trains.

I never knew I would be alone in a new city,
And never knew would enjoy the company of myself all alone.

I never knew how hard it would be
to speak to my family and friends
through cold, rectangular screens of video call
which might trigger me to cry.

I never knew how deeply
I would miss the taste of home.
I never knew I was held together
by everything I took for granted.

I never knew I would lose people I thought were forever,
I never knew I wouldn't be the top student anymore,
I never knew I would find it hard to cope up with,
I never knew I could fall asleep in silence
without the comfort of familiar footsteps.

I never knew I would grow closer to my best friend,
and two familiar friends who are here

I never knew I could still make great friends-
the kind who feels like home, even in a new city like this one.

But I never knew
I could pick myself up again and stand still,
Brick by brick,
in a city that knew nothing about me.
But surprisingly, I did.
And I am.

A PLACE CALLED HOME

-Saranya Sinha
4BATP

Sometimes the truth sits light on the tongue,
Soft as a sigh,
But heavy in consequence.
Sometimes...
You bury it deep,
Let it rot quietly
In the hollow of your heart
And wish you'd never known at all.

I wished to not cry.
Now I'm granted that curse.
Tears no longer come
But oh, how I crave the flood.
Not just to cry,
But to release
Every shard, every scream, every silent ache
That never found its voice.

I'm searching.
For something.
Someone.
A feeling that once held me like a lullaby
But slipped through my fingers
Before I could name it.
I keep looking,
Yet I tremble at the thought
Of finding it again.

So I run.
From people, from memories, from love
From myself.





I run
Until my lungs burn
With the ache of pretending.
Where does it end?
Where is the place
Where I no longer have to run?
Where there is nothing
No eyes watching, no masks needed,
Just... nothing.

I want to trust.
But my heart has learned
That even kindness carries blades.
Call me a coward,
I won't deny it
I fear,
Yet still I leap.
I give,
Even when it costs me pieces.

Why is trust both a balm
And a wound?
So easy to offer,
So devastating to hold.

I long for a place
Where I can shed this skin,
Drop the smile,
And just be.
Where my name isn't followed by
expectations,
Where love doesn't bruise,
Where silence doesn't scream.

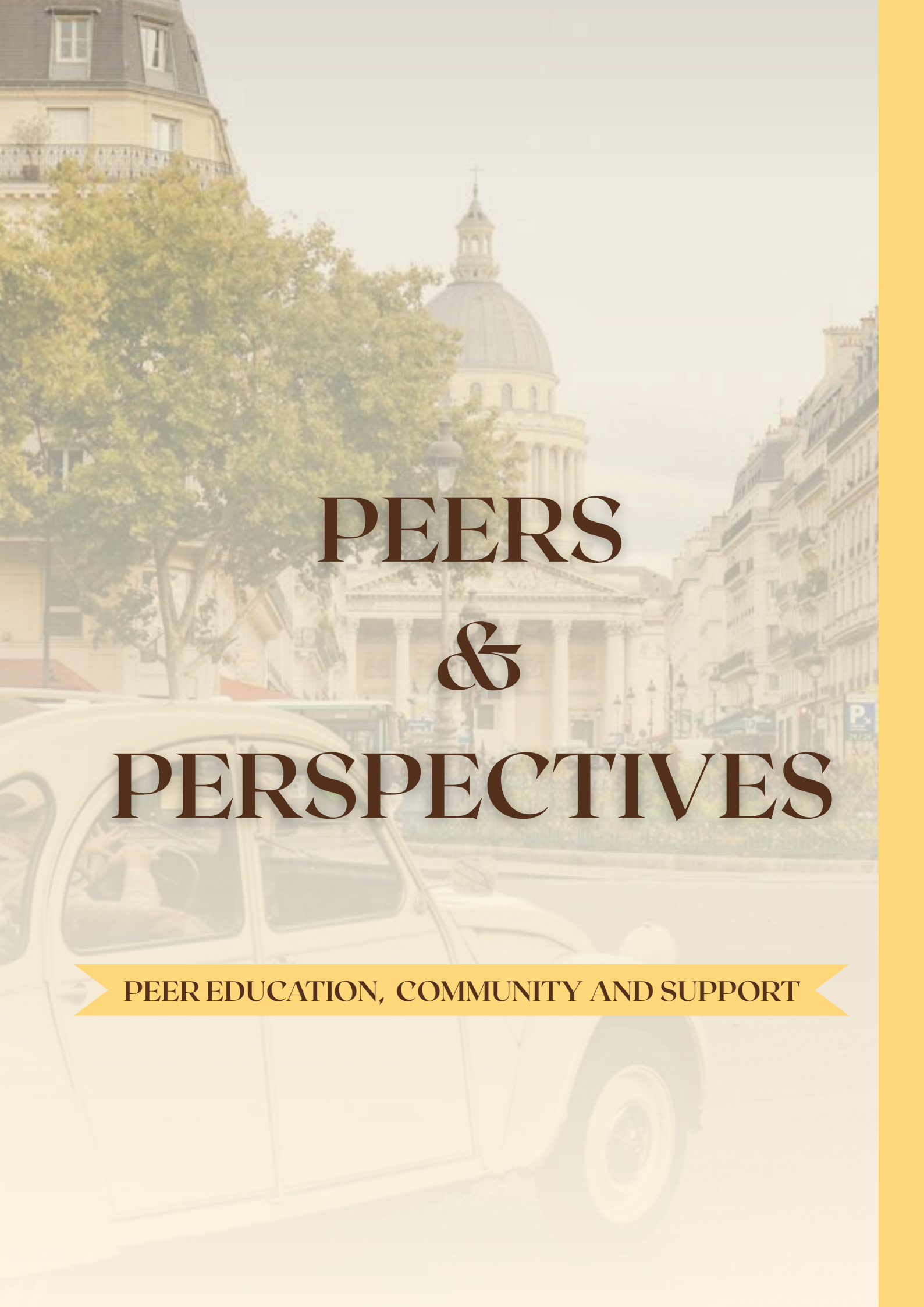
A place called home.
Not a house.
Not a name.
But a space
Where my soul can breathe
And not apologize for its shaking.

When will I find that home?
When will I find me

INTO THE DEPTHS

-Princy Jalan
4BCOM F&IA

she has vanished away
deep down those teary oceans
no means to get away
just like her suppressed emotions
she tried to swim through
but there was no destination
she did struggle though
but there was no end to the ocean
then came a huge swirl
took away all of her
into the depths of water
where no one stays with her
yet she does murmur
while no one's there to hear
she has now made accord
with the placid where she lays
now she wouldn't trade
her peace, nothing more she craves.



PEERS & PERSPECTIVES

PEER EDUCATION, COMMUNITY AND SUPPORT

STEPPING INTO THE ROLE OF A PEER EDUCATOR

-Akshatha S
4BCOM B

Little did I imagine that I had the strength to conduct a full-fledged session for my peers and juniors. Back in my first year, I would watch my seniors take sessions with such clarity, confidence, and connection that I was genuinely in awe. Their ability to guide and influence a room full of students inspired me deeply, and it was in those moments that the idea of becoming a peer educator first took root in my mind. I didn't know if I could ever do what they did, but I knew I wanted to try.

One moment that strengthened this belief happened very unexpectedly, while I was travelling in an auto with one of my juniors. She opened up about feeling left out and a little alone. I simply listened to her, trying to understand what she was going through, and for the first time, I realised how important being a good listener truly is. I shared some of the small lessons I had learned during my peer education sessions and even spoke about my own first-year experiences. I recommended a few things that helped me, like talking to trusted friends and not keeping everything bottled up. That conversation made me feel, in a quiet and real way, that I had actually begun to fulfil the role of a peer educator.

Stepping into the role has been one of the most rewarding parts of my journey. Conducting sessions taught me not just how to speak, but how to listen, understand, and create a space where others feel heard. It pushed me to grow, helped me discover my own strengths, and showed me that leadership is built through empathy and courage, not perfection. Today, when I stand in front of a group to guide them, I feel proud of how far I've come, from being inspired by my seniors to becoming someone who can inspire others.

MENTORING SESSIONS

-Palchin Negi

4 BCOM SF

The mentoring sessions are truly one of the best part of this programme. We have this session weekly, and it usually consists of the group members along with our mentor. After being a part of peer education for an entire semester, I think the term 'mentor' is highly understated in the sense that each group doesn't just have a mentor, we have a mother. We experience the same love and affection from our mentors as if they themselves have raised us. Which they do in our mentoring sessions. We all sit together and bring forth any grievances or worries that we might be carrying the entire week and are able to expel it all in a safe space with the most understanding and trustworthy people.

That is what the mentoring sessions are all about. To give support to one another and better ourselves as people, so that we in turn can prove to be inspiring role models for the rest of our peers. We learn how to share and express our emotions and feelings and also learn how to sit and actively listen to others. This is the most important quality one must have as a peer educator in my opinion. So in our mentoring sessions we sit, we talk, we laugh and we cry and it is truly the best part of our week.

A DREAM, A DUTY, A PURPOSE

— Zephaniah .B. Nongbri
4BAHP

25th June, 2025

On the bristle of the morning wind, I wake up with a sense of excitement in my spirit for the onset of a new day, heralding the dreams of a new adventure -a journey entailing new people, new experiences, new memories, and the promise of a new me....

There was a chill in the breeze as the sun rose on the eve of the 25th, making my wake that morning difficult in my warm blanket. But the taste of the journey ahead could be felt through the tinge of enthusiasm beneath my breath. The ride was marked by songs of great Bollywood legends on a wobbly seat on the rear end of the bus. My fellow peers had just as much joy and excitement as the songs and games being played. With each mile, we learned more about each other, bonding and making friends. On arriving, the sweet aroma of a warm breakfast filled our stomachs and fueled the excitement for the rest of the day. The day in-store took us through the pages of what I am reminded of Aristotle's quote. “Man is by nature, a social animal”. The complexities of a relationship and the ambiguities that followed it were eased on to us with the humor of skits and Smita Ma’am’s witty jokes. Ending such a session was a joyous dance performance by our beloved councillors.

The day was followed by the wits of bonding games, and fashionable shows, all throughout imbuing lessons of teamwork, communication, and creativity. Each challenge saw my fellow peers bonding, growing, and learning more about each other and the collective duty we had ahead of us. I learned during those moments the importance of growing a community with those around you.





The strength of standing side by side, based on the new connections and shared experience, had shaped each peer educator to deal with the challenges ahead. As we departed from the magnificent campus, I left with newfound values, memories, and connections. The journey back struck me on the true purpose of being a “Peer Educator”.

It made me wonder; the amazement of so many of my fellow Christites, having the same purpose, striving for the same dream, and hoping to create the same space. This mission of being “Peer Educators”, to create a safe, conducive, free, and sound environment, was shared by almost 130 students. Each one knew their purpose and worked to help create that space and make a change in any small way possible. The well-being of others over their own, and their humility to be guided and shaped by the councillors- this was what the Peer community was built on. I often personified the experience as sheep being guided by shepherds to green pastures, and so do these councillors guide us and shape us into brighter souls. The word ‘peer’ means friend; a friend to lean on for support and guidance during harsh times. This was our collective dream, to create such a space where one can feel space and free to be themselves.

Each Peer educator, from past to the present, came to leave a mark and be a pillar for their fellow students. That to me was what the badge stood for. It was a symbol of a student body working in unity for the well-being and greater good of the university and beyond. The role went beyond a mere badge or some credits, but rather it was a duty that one carries throughout their life.

I will forever cherish all that I have gained and will continue to carry the values of a Peer Educator in my life to come...

THE JOURNEY OF IMPROVING MYSELF!

-Sharmada Varma
4BScBtB

The peer education journey wasn't just about educating peers, but it was more about improving myself and then offering help to my companions. Joining this programme was like giving my brain a warm hug. Learning to cope, Learning to understand, and Learning to find myself was definitely a treat to my mind.

Setting goals and setting boundaries wasn't something that I practised. Still, slowly yet surely, with all the sessions and the conscious effort I put into improving my mental health, I'd say that the sessions and mentor meetings certainly changed the way my brain works for the better!

It also gave me a chance to rethink my thoughts, understand the other person, empathise with them, and offer help, which doesn't sound uncertain, but is assuring. It is indeed a pleasure to help others when they are in need. It's also great to know when they trust you and open up, just to get comfort and contentment.

Going from 'I can't' to 'I'll try', 'Impossible' to 'Possible', 'Give up' to 'Never give up', were absolutely the core principles I learned from the course because it reshaped my way of thinking and gave me a better outlook on the concept of thought.

Moreover, the programme brought me utmost happiness and joy, which I'll cherish forever!

MY SAFE SPACE

-R Shubhashree
4 BCOM A

CHRIST GAVE ME THE SPACE TO UNFURL MY WINGS.
FIRST TIME MAKING DECISIONS COMPLETELY ON MY OWN.
A VERY EXCITING AND EMPOWERING PHASE OF SELF-DISCOVERY.
I REFINED MYSELF INTO THE VERSION I WANTED THE WORLD TO SEE.
JOINED DIFFERENT CLUBS TO EXPLORE WHO I REALLY AM.
THAT JOURNEY LED ME TO BECOMING A PART OF PEER EDUCATION.



R. Shubhashree
2410153
4 BCOM A

PEER EDUCATION BECAME MY SAFE SPACE, MY LITTLE HOME.
MET PEOPLE WHO SHARED MY BELIEFS (AND EVEN WHEN THEY DIDN'T, IT WAS STILL
HEALTHY AND FUN).
FELT FREE TO TALK ABOUT LITERALLY ANYTHING WITHOUT HESITATION.
ONE-TO-ONE MENTOR SESSIONS HELPED ME OPEN UP SO MUCH.
EVERY SESSION WAS SUPER INSIGHTFUL AND FULL OF LEARNING.
LEARNED HABITS AND QUALITIES THAT ACTUALLY SHAPE A PERSON'S CHARACTER.
HELPED ME GROW IN WAYS I DIDN'T EXPECT.

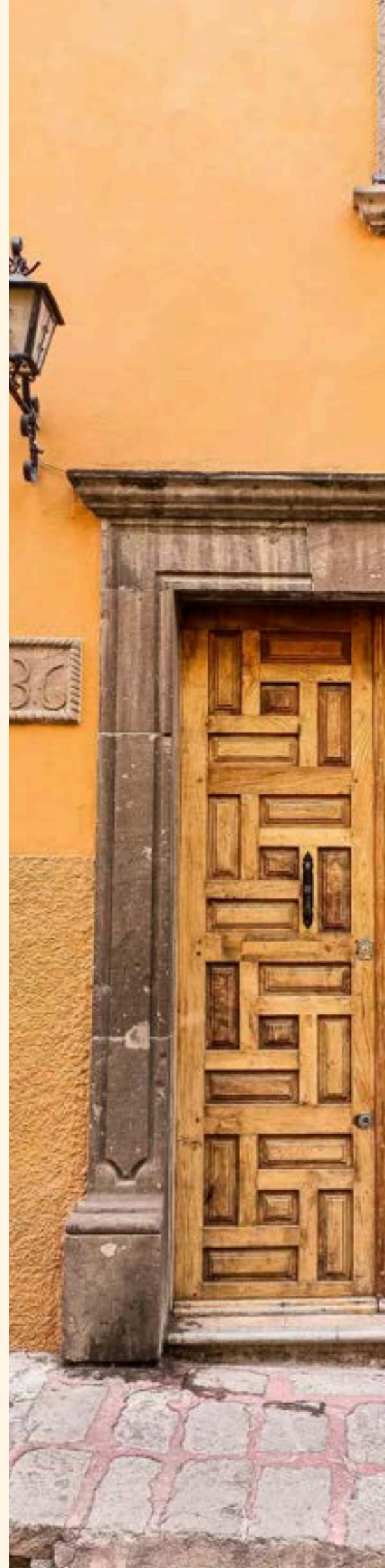
MENTORING SESSIONS: LEARNING TO SUPPORT, LISTEN, AND LEAD

-Debajyoti Saha
4BSc A&A

This peer education program has been one of the most meaningful experiences in my student life. It is not just a training; it feels like a safe space where we learn how to support each other as human beings. Every week, our counselors sit with us for two hours and guide us through topics students rarely talk about openly: cyber safety, physical safety, self-worth, suicide prevention, boundaries, and emotional wellbeing. These sessions have taught me life lessons that go far beyond the classroom.

One of the first topics we came across was cyber safety. As students, we spend so much of the day online, and the digital world is almost a second home. But with that comfort, actual risks exist: cyberbullying, fake identities, emotional harm. Through stories and discussions, the counselors helped us see how just one comment, one message, online could utterly affect the mental state of someone. I noticed how important it is to be responsible digitally and also to be a supportive friend who may be silently suffering behind a screen.

We also learned about physical safety, not in a textbook manner, but through real conversations: travelling alone, trusting your instincts, and knowing when something doesn't feel right. The counselors encouraged us all to tell our experiences, and their opening up made me realize how much we carry silently. These sessions taught us that protecting ourselves is not about fear; it is about awareness.





The most emotional sessions were those on suicide prevention. We talked about how sometimes people hide their pain behind laughter, silence, or a simple “I’m fine.” The counsellors taught us to recognize small signals—a friend withdrawing, someone who suddenly stops caring, or a shift in behaviour. More importantly, they taught us how to listen without judgment. That was the biggest lesson: You don’t need to solve someone’s problems; sometimes you just need to be there so they don’t feel alone.

Self-worth sessions really hit a chord for many of us. Living in a world where everyone compares themselves with their peers, in marks, in looks, and achievements, feeling “not enough” is just around the corner. The conversations helped us understand how harshly we treat ourselves compared to how kindly we treated our friends. We learned to embrace our strengths, forgive our mistakes, and value ourselves without needing validation.

Equally eye-opening was learning about boundaries. Many of us didn’t even realize we were allowed to say “no” without guilt. We talked about emotional boundaries, personal space, and the importance of respect towards others. It felt empowering to understand that protecting your peace is not selfish; it’s necessary.

Not just the knowledge that we gain, but the community that is formed through these mentoring sessions makes them so unique. We grow together, share without fear, and learn to be better friends, better listeners, and kinder humans. What peer education taught me is that small acts—like checking in on someone, offering a safe space, or simply being present—can change lives. Ultimately, these sessions deal with more than safety or awareness. They are about compassion. And that is a skill we all need, regardless of where life may take us.

MY MENTOR MEETING EXPERIENCE

-Priyamvada Patil

4BA LLB A

Our mentor meetings were held only within our own department, unlike the larger sessions that included students from other departments. While I enjoyed those too, I realised I appreciated the mentor meetings a lot more because they felt more personal and comfortable.

Before the first meeting, I honestly didn't know what to expect. I kept wondering how it would go and whether I would feel awkward. And being paired with a buddy I had literally never spoken to made me even more unsure of how things would turn out. But by the end, I genuinely appreciated her. She was really sweet, and we actually vibed pretty quickly.

The meetings themselves were short, but they made me think a lot more than I expected. Our mentor would ask us simple but surprisingly reflective questions. For example: "What is one area or aspect of yourself you want to see change in?" and "Is there one relationship you want to mend?" She was always encouraging and had this positive way of taking everything, which made opening up feel a lot easier.

Slowly, all of us got a little more comfortable. We didn't suddenly become close friends or anything, and we all still had our own separate friend groups, but being in those meetings did help us understand each other better. It felt like our own small space, or our "safe space," as our mentor would call it. And gradually, my perspective shifted too, and I started seeing things and the people around me in a slightly better light.

These meetings also made me notice small changes in myself. I talked about how I used to draw but had stopped for a long time, and later I actually picked it up again. At first, it was because of an activity submission, but then I ended up feeling genuinely good about it. I stepped out of my comfort zone more than once, and even though I didn't magically stop being introverted or suddenly become great at initiating conversations, I could still see that I was growing. And honestly, even the smallest change is still a change.

Having something like this in college is something I truly appreciate. It gave me space to reflect, to share, and to understand the people around me a little better. A special thanks to our mentor and all my peers who were part of these meetings.

AN ADAPTATION OF JAMINI ROY'S MOTHER AND CHILD

-Tanvi Misra

4BScBtC



This painting, an adaptation of Jamini Roy's Mother and Child, represents the clarity I gained through the Peer Education Programme. The sessions helped me articulate the kind of woman I aspire to become-strong, nurturing, grounded, and with graceful self-assurance. In this artwork, I see myself as the child, looking up with hope and curiosity at the mother, who is my future self, leading with wisdom, compassion, and strength from within. Creating this piece allowed me to visualize that journey of growth, while the programme brought clarity about the steps in becoming that woman.

HOW PEER EDUCATION SHAPED ME INTO A BETTER INDIVIDUAL - THROUGH MY DANCE JOURNEY

-K S Shraiya
4BScLIF

When I joined the Peer Education Programme, I honestly didn't expect it to have such a big impact on me. I thought it would be a simple experience, learning a few things, helping a few people, and moving on. But somewhere along the way, I started changing without even noticing it. I began discovering sides of myself I had never paid attention to before, strength I didn't know I carried, a patience I had never practised, and a kind of confidence that felt new but also like something I had been waiting to grow into.

Before becoming a peer educator, I used to get overwhelmed easily by academics, expectations, and sometimes just my own thoughts crowding my mind. But the sessions taught me how to understand what I'm feeling instead of avoiding it. I learned how to sit with discomfort, how to speak up even when I was unsure, and how to support others with empathy. These skills didn't stay limited to the programme. They quietly blended into my everyday life, and the place where I felt them the most was dance.

Dance has always been my escape, a place where I express things I can't always say. But it was also the place where my insecurities used to show up. If a choreography felt tough, or the synchronisation wasn't working, or the team vibe felt off, I would take all the pressure onto myself. After becoming a peer educator, something changed. I realised I had tools to handle these moments with more calmness and clarity.

There was one particular rehearsal I'll never forget. We were practising a semi-classical piece, and honestly, the atmosphere was heavy people were frustrated, mistakes kept happening, and no one was in the right headspace. Normally, I would've just tried to push through it silently. But that day, I felt a different sense of responsibility not towards perfection, but towards the people around me. I stepped in, gathered everyone, and said, "Let's take a minute. We'll try again." I broke down the steps slowly, made sure no one felt bad for struggling, and just tried to make the room feel lighter. By the end, we were laughing, moving together, and finally getting it right. Someone told me afterward, "You made the practice feel safe." That stayed with me. It was the moment I realised that the peer educator in me and the dancer in me weren't separate anymore. They were helping each other grow.

Another thing the programme gave me was the habit of pausing. During long, tiring practices, when my mind felt messy, I would take a few seconds to breathe, centre myself, or repeat a small affirmation. These tiny pauses made a huge difference. They helped me dance with more presence, more emotion, and less panic.

But the biggest change was inside. Peer education made me both softer and stronger. It taught me that leadership isn't about controlling others it's about uplifting them. It's about standing beside people, not ahead of them. Because of this journey, I didn't just grow as a peer educator or a dancer. I grew as a person. Someone who listens more. Someone who cares more. Someone who moves through life with a little more intention.

Now, whenever I dance, I carry all of these lessons with me. I dance with more authenticity, more confidence, and with a quiet feeling that I am constantly evolving. The Peer Education Programme didn't just shape me it helped me meet a version of myself I'm genuinely proud of. A version that feels more grounded, more aware, and more alive than before.



REFLECTION

-Michelle Rose Prasanth

4BAPENG

It was a breath of fresh air,
A reason to care,
Different than what I imagined it to be,
I was able to be at ease,
The freedom to be myself without regrets,
To be able to reflect,
To be able to make new friends,
I was caught off guard when I joined Peer Education,
It surpassed my expectation in a way in which I was able to see who I am,
Allowing me to understand more than I thought I knew,
Letting me have fun but also learn more,
Kengari Campus, the games, the activities, the questions,
Everything made sense,
I found something I didn't know I needed,
I found a second home, which was comforting in a way I didn't imagine it to be,
I realised how important is to be able to see yourself and accept who you are,
And grow into who you want to be.

A LESSON ON SELF-ACCEPTANCE

-SRISHTI DEY

4 BAHP

I had always wanted a platform where I could discuss and deliberate freely, without the pressure of competition, and the peer education programme turned out to be exactly what I had been looking for. Peer Education has not only helped me develop as an individual but helped me feel more confident and at ease with myself.

I would like to reflect on one such learning which left a lasting impact on me. The session on body positivity put forward new perspectives and forced me to think beyond the conventional ideals set forward by society. The discussion opened my eyes to how visual media tends to manipulate us by painting a façade of the so-called 'perfect body'. It made me realise how much the media has shaped my perception about myself. I learned that accepting my body means treating it with care, balance and respect. I was able to understand how even men go through body image issues even if they rarely speak about it. Hearing about the pressure men are under, in order to fit in, made me more mindful of the unrealistic standards put forward by society. One thing that stood out to me was the reminder that obesity should not be normalised, loving myself also means taking responsibility for my own health.

The session helped me re-examine the way I address body image issues, it made me more accepting and sensitive towards myself as well as others. A major take away from that session would be the importance of valuing people for who they are rather than how closely they embody society's standards.

WHAT IS BEING A PEER EDUCATOR ABOUT?

- Noah Jaden Fernandez
4 BScBtZ

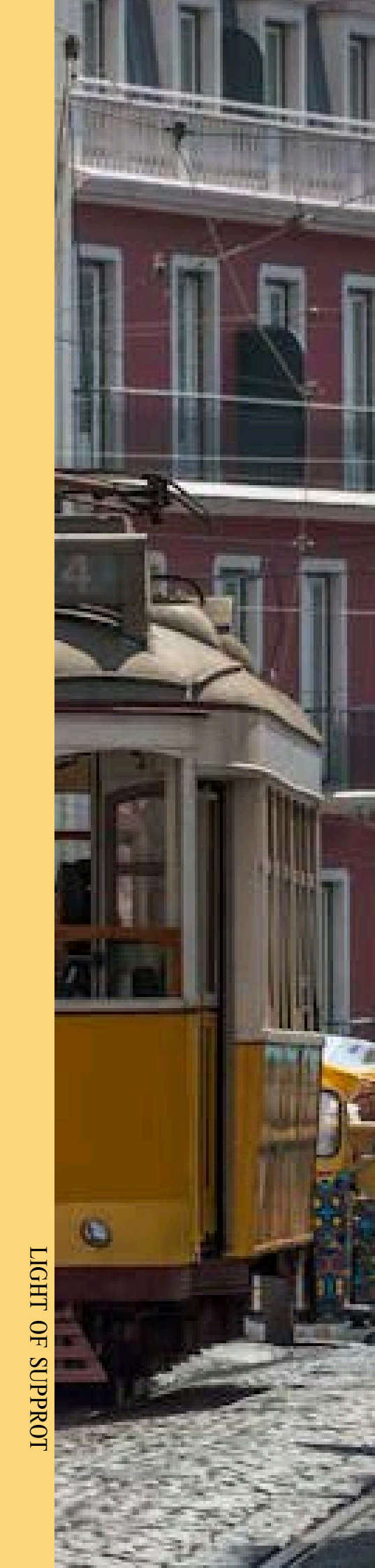
This is a question that first crossed my mind when our class was first visited by our Peer Educators in 2023. While I abided with it for the sake of attendance, I was soon interested with what the Peer Educators had to say about the stress of attending classes. It felt relatable as the advice given to us came from our seniors, rather than another teacher. And it also made me feel a sense of direction- like a wandering ship spotting a lighthouse in the distance.

When the chance arose for me to become a Peer Educator myself, I jumped at the opportunity. Although my reason might have been a bit selfish, in that I wanted to help myself feel connected to life again, it brought other benefits with it. For instance, it put me in touch with more people- old and new, and gave me a chance to contribute to the student life on campus. And, the work that I have been able to do through visiting classes to talk about topics like stress management, personal safety, etc, co-running a De-Stress station during the time of the mid-semester examinations, and even working on charts and Canva posters, helped me come out of my shell.

Before joining the Peer Education programme, I was a very introverted person who preferred to have colleagues in his life, rather than friends. While this approach to life did get me through my school days, college life taught me that all my education would be worthless if I did not interact with the people around me and build networks of my own. My lack of a functional, fulfilling network was made apparent to me when I had to take a year off from my studies for medical reasons. Due to the difficulties I faced while adjusting to a new class, schedule, and an ever-increasing traffic problem in Bangalore, I wound up feeling quite isolated from my peers. That is, until a Peer Educator came to our classroom, endorsing the Peer Education initiative by the Centre for Counselling and Health Services (CCHS). Having remembered the session that I had attended before coming back, I decided to apply to the programme.

This decision proved to be the best I had taken in all my 21 years of life, apart from joining the University Band. Working as a Peer Educator allowed me to meet and interact with students from other classes, and discuss topics with them in the same casual yet cautious manner that I noticed from the one session that I had attended back in 2023. Moreover, working after-hours on posters and presentations exposed me to the vibrant evening life on campus. In addition, being a Peer Educator meant that I could talk to more people around me, and with a newfound sense of comfort that allowed me to overcome my inhibitions and negative self-talk.

Though I don't feel like I have made that much progress since joining the programme, my self-confidence has grown in leaps and bounds over time. And the best compliment that I received in this regard was from my Counsellor, who said that I was now an active participant in various activities, rather than the silent spectator that I had been at the start.



LIGHT OF SUPPORT

-Kalyani Bansal

4 BATC

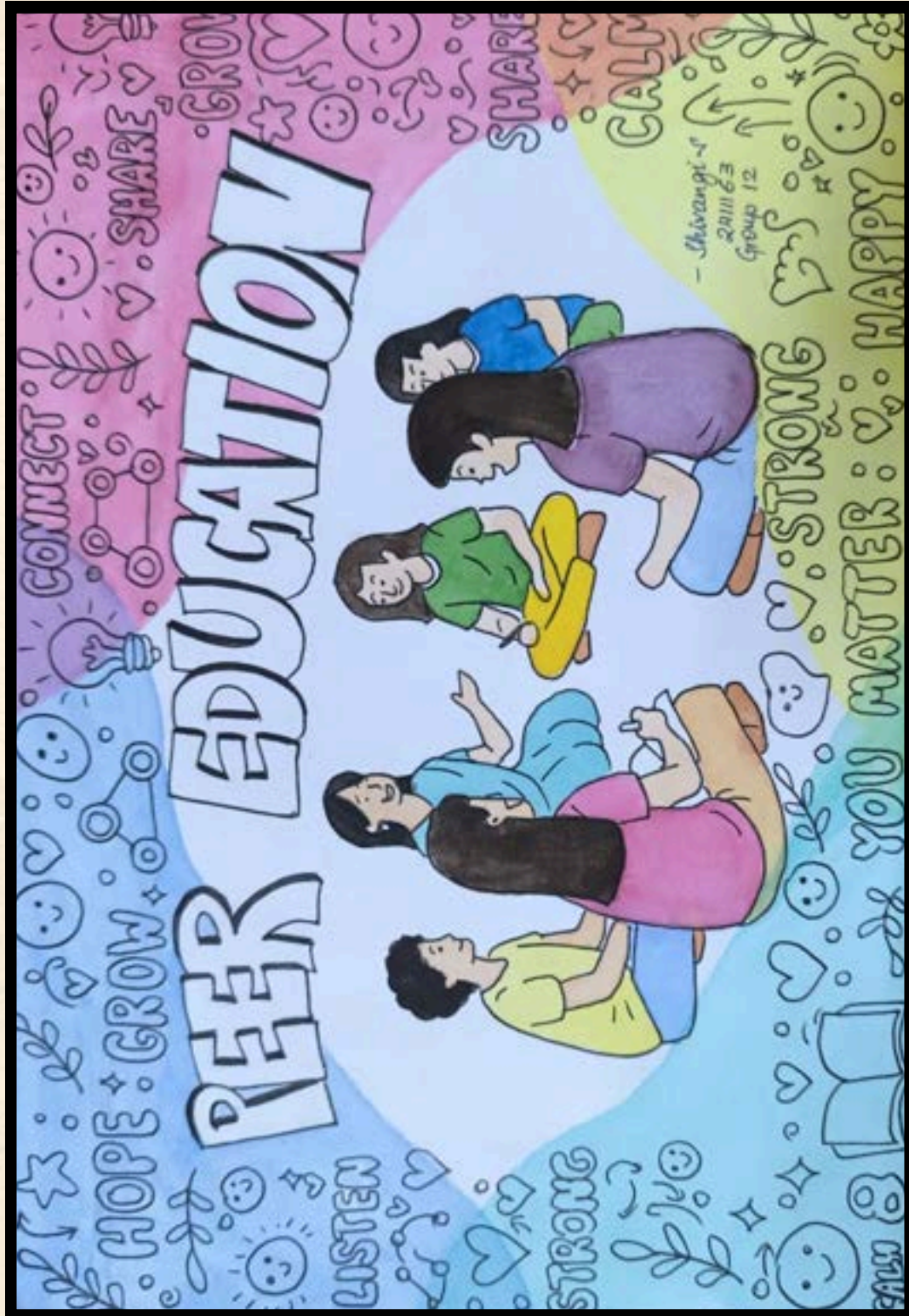
College life is not easy but is a must have experience and being a part of PeerEducation gave me an education and experience that I needed and I believe all of us needs. All the sessions and guidance over the months have made me more educated on my emotions, values and needs and has helped me become emotionally available for people around me.

Being educated over several crucial topics like goal, values, boundaries and suicide prevention has had a great impact on my personal growth and my ability to help my peers. Although I loved all the sessions we had, my other favorite part was the coffee and snacks break which refreshed our minds for the remaining session. I am grateful for all the lessons I have had under PeerEducation that has helped me become a better person and has made be able to help those in need. PeerEducation has been my light of support I needed in my crucial moments and I am ready to be one for others.

PEER EDUCATION

-Shivangi S

4 BCOM AFA



MY EXPERIENCE AT THE DESTRESS STATION STALL

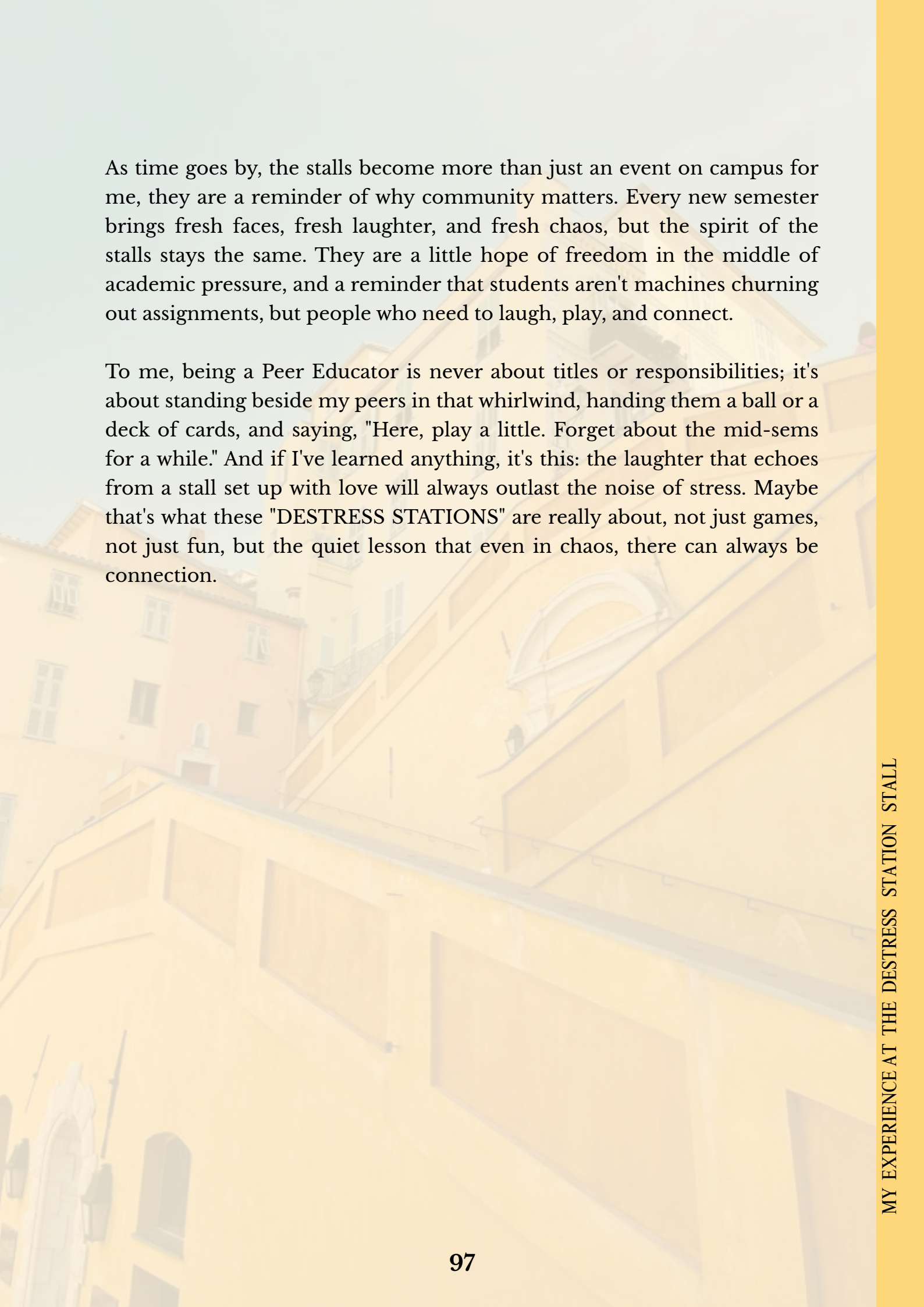
-Prarthana A Rangreji

4 BScBtZ

When I walked around Garden Street as a first semester student, I saw these stalls named "DESTRESS STATIONS" and always wondered what was going on around campus. In my second semester, I was approached by our department seniors to try out some games from the same stall I had noticed before. For fun, my friends and I played a bunch of games the stall had to offer, and we enjoyed them so much that we gathered our other classmates to join in and share the joy those games brought us. Of course, our visit to this stall was cut short due to classes and academic commitments, but the experience left a lasting impression on me. So, when the forms to apply as a Peer Educator came out, I hopped on the train so quickly that I actually made it on time to be one.

I still recall the day we set up the "DESTRESS STATION" before the mid-sem exams. The dilly-dally chaos it was! From fixing the lantern that never stayed put to managing "stressed-out" students eager to play, I was definitely lost in the chitter-chatter scatter.

ut in that very jumble of lanterns, games, and my half-eaten PB & J, I realized something important: the stall wasn't just about games. It was about creating a space where people could pause, laugh, and remember that they weren't alone in the whirlwind of deadlines and submissions. I watched strangers turn into teammates, classmates break into laughter, and even the most "too-cool-to-play" students sneak in a round or two.



As time goes by, the stalls become more than just an event on campus for me, they are a reminder of why community matters. Every new semester brings fresh faces, fresh laughter, and fresh chaos, but the spirit of the stalls stays the same. They are a little hope of freedom in the middle of academic pressure, and a reminder that students aren't machines churning out assignments, but people who need to laugh, play, and connect.

To me, being a Peer Educator is never about titles or responsibilities; it's about standing beside my peers in that whirlwind, handing them a ball or a deck of cards, and saying, "Here, play a little. Forget about the mid-terms for a while." And if I've learned anything, it's this: the laughter that echoes from a stall set up with love will always outlast the noise of stress. Maybe that's what these "DESTRESS STATIONS" are really about, not just games, not just fun, but the quiet lesson that even in chaos, there can always be connection.

FINDING HOME IN PEER EDUCATION

-Tanisha Rathi

4 BBA D

Today, when I look back, it feels almost unreal how far I've come with peer education. If someone had told me on the day of my interview that I would not only make it in, but also grow so much through it, I would've laughed it off. I remember walking into that interview convinced that peer education was probably just another club- something everyone spoke about, something people hyped up for no real reason. I didn't imagine myself belonging there. I didn't imagine anything extraordinary. But now, standing where I am, I realize how deeply wrong I was in the best possible way.

From the moment I joined, something about the space felt different- softer, safer, more human. Peer education wasn't a place where we walked in with formalities and stiff greetings. It wasn't about attendance, credits, or ticking boxes. It felt warm. It felt genuine. And somewhere along the way, it started feeling like home.

One of the biggest ways it stands apart from the rest of college is in the way we interact with people. Most days, when we're rushing across campus, juggling assignments and deadlines, we don't even stop to wish our faculty members. We're too busy, too distracted, too caught up. But with peer education, that formality simply doesn't exist. Whenever my mentor walks past, it's almost natural for me to smile- not out of obligation, but out of comfort. She always carries this gentle, radiating positivity, one of those faces that instantly makes the day feel lighter. That small, effortless exchange alone sets this space apart from the rest of college.

And the mentor sessions: they slowly became something I genuinely looked forward to. Even on the busiest days, when my schedule was overflowing, I never felt like I was expected to go or that someone would mark attendance. I went because it felt grounding. The room had this energy that let you breathe without trying too hard.

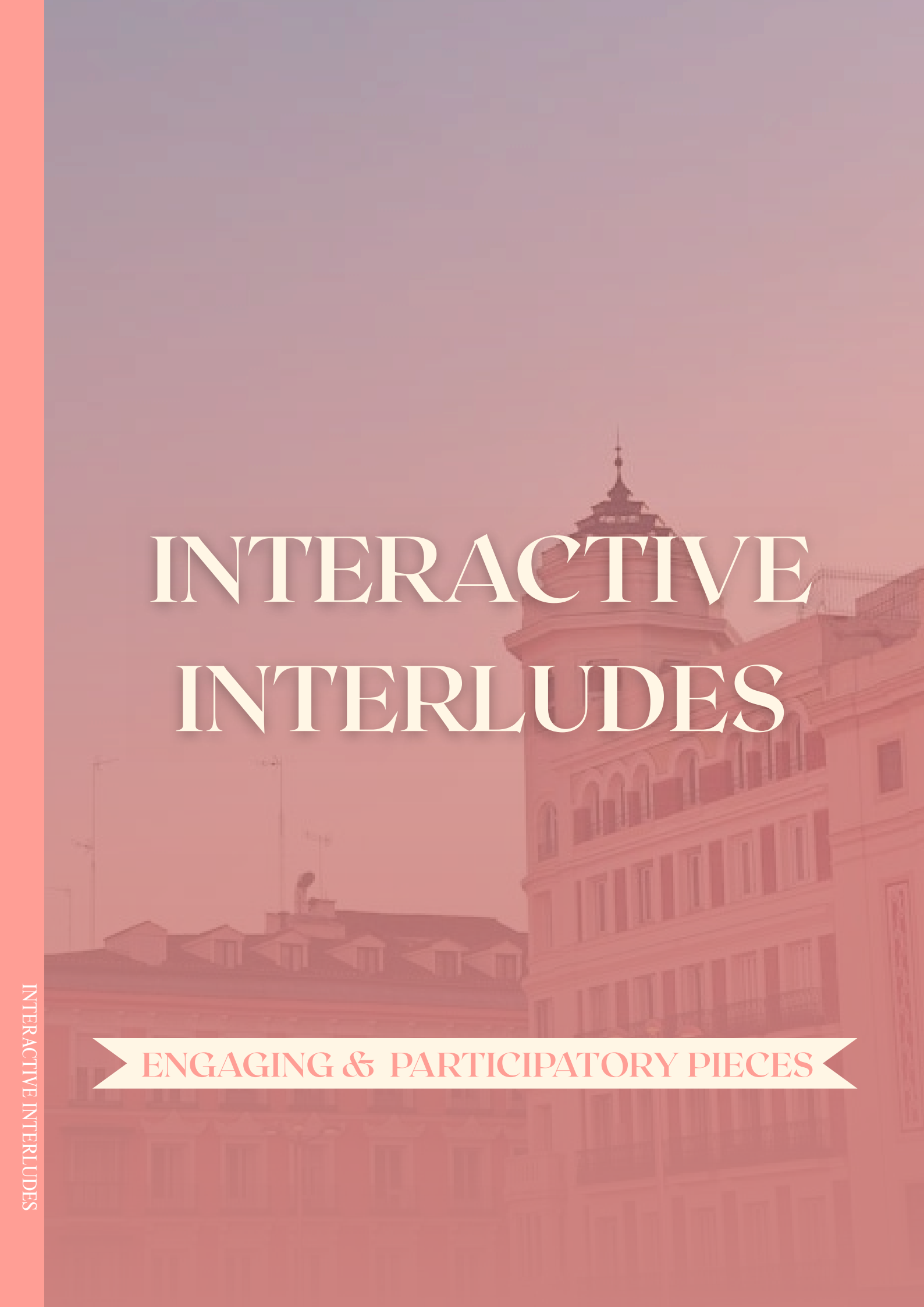
One of my favourite things we started in those meetings was sharing one good thing about our day. It sounds simple, but it became such a grounding practice. As each of us shared our highs, lows, tiny joys, and small struggles, I realized something important: it wasn't just me who had heavy days. Everyone had their own battles, their own stress, their own things weighing on them. Listening to each person opened my eyes to the fact that everyone carries untold stories. And somehow, even on the worst days, I would find myself coming back to it. Maybe something small, maybe something silly-but it shifted my focus.

Instead of replaying stress, I started noticing silver linings. It's a habit I carry with me now, something peer education quietly gifted me.

Then came the sessions we took for our juniors. I always thought we would be teaching them-but somewhere in the process, I learned more about myself. Talking to them, interacting, sharing experience, it opened me up. It made me more confident, more self-aware, more compassionate.

The moment that truly changed everything, though, was when someone close to me reached out-not to me, but to my mentor or one of us-for support. I hadn't known they were struggling. Seeing them improve, seeing them feel lighter, seeing them look forward to talking to our mentor, that was the moment I realized peer education wasn't just helping me. It was making a real difference.

And that's why I believe everyone should experience this space at least once-not for a certificate, but for themselves. For growth. For connection. For the comfort of knowing you're never really alone.



INTERACTIVE INTERLUDES

ENGAGING & PARTICIPATORY PIECES

WORD SEARCH

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

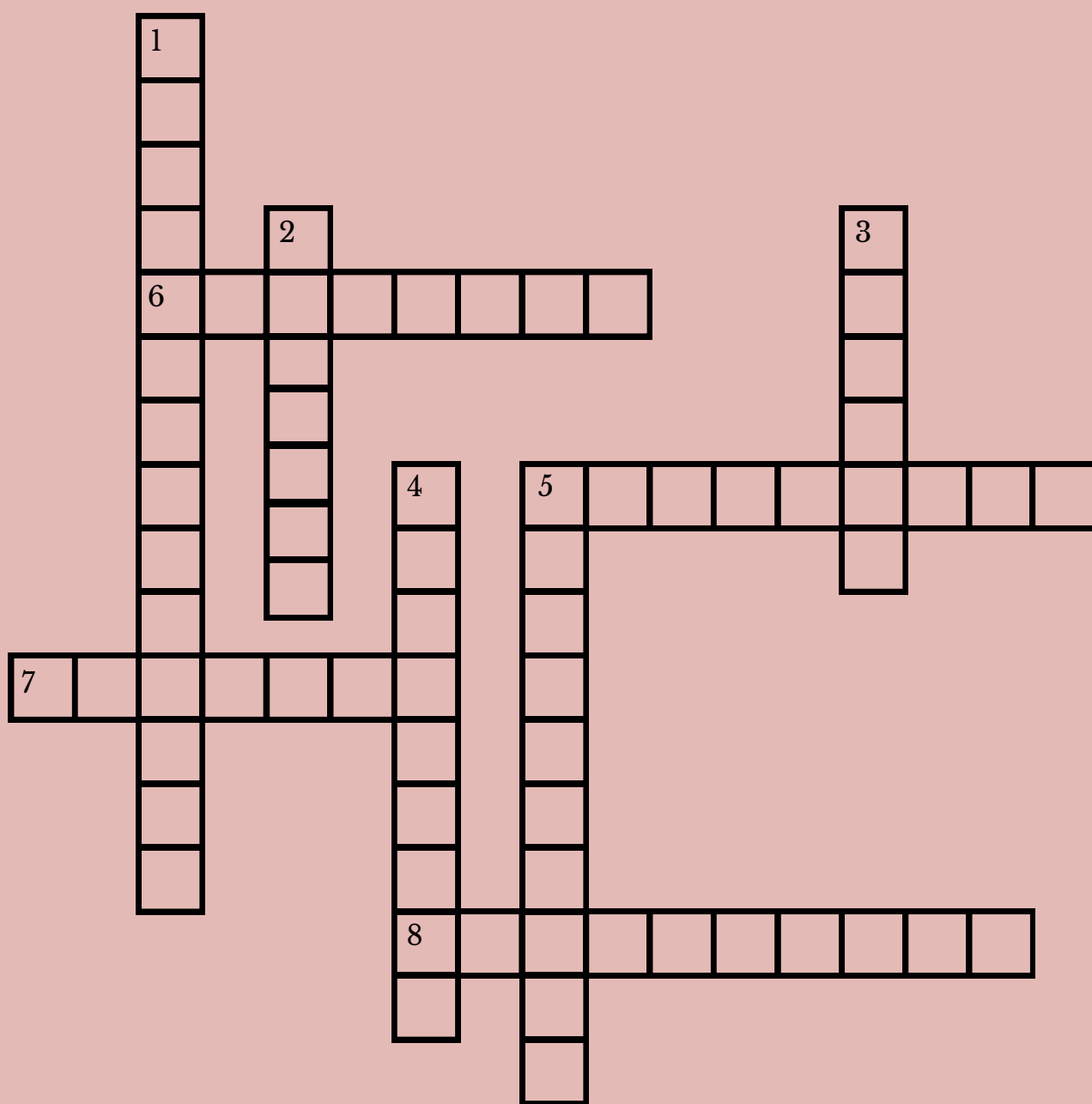
WORDS TO FIND:

- COMMUNICATE
- BOUNDARIES
- PROGRESS
- EMOTIONS
- GRATEFUL
- MINDSET
- MINDFUL
- REFLECT
- FORGIVE
- LISTEN

CROSSWORD OF CONNECTION

-Kushi Pemmaiah

4 BScBtF



CROSSWORD OF CONNECTION

Down

1. Something you are accountable for?
2. Treating someone with courtesy
3. Positive development over time
4. ability to accept others' differences
5. Consent or approval given voluntarily

Across

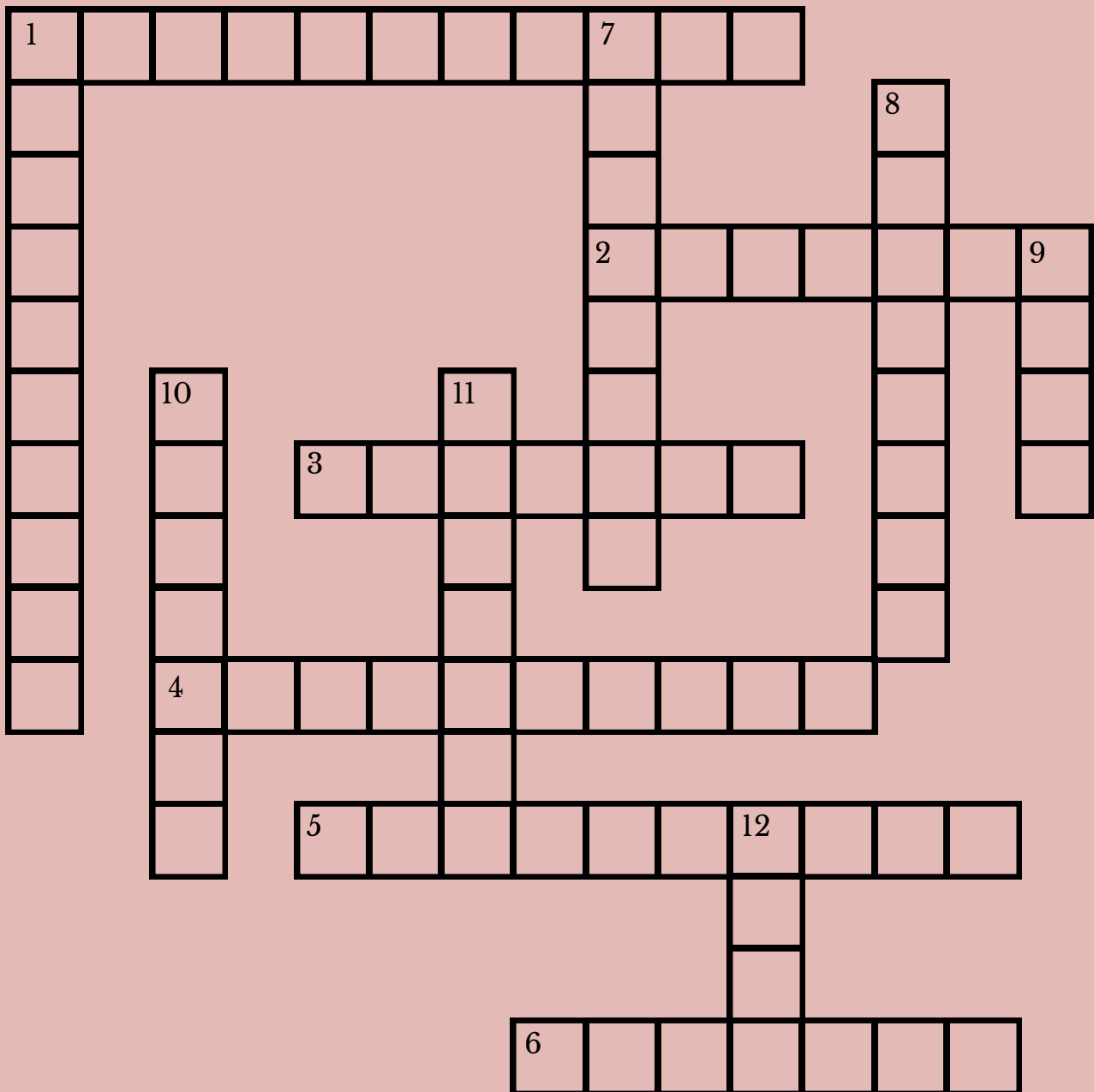
5. Confidence in expressing needs while respecting others
6. Quality of being candid and accepting
7. Healthy mix of independence and togetherness
8. Clear, honest expression that strengthens relationships

Answer Key
down
1. responsibility, 2. respect, 3. growth, 4. tolerance, 5. acceptance
across
5. assertive, 6. openness, 7. balance, 8. communication

WAY TO GO

-AARUSH TEJPAL

4 BBA D



WAY TO GO

Across

- 1) State of paying attention on purpose to the present moment.
- 2) Guided support that helps improve emotional and mental well-being.
- 3) Writing thoughts and feelings to gain clarity and release emotions.
- 4) Looking inward to understand yourself and grow.
- 5) Keeping a hopeful outlook that supports mental resilience.
- 6) Gradually restoring emotional, mental, or physical well-being.

Down

- 1) A practice of calming the mind through focused attention & awareness.
- 7) A feeling response that shapes your mental state & well-being.
- 8) Appreciating what you have
- 9) A blend of movement & breath that strengthens both body & mind.
- 10) To feed or care for yourself in a way that supports well-being.
- 11) Help or reassurance that strengthens emotional stability.
- 12) The inner self that holds your deepest feelings, values, and peace.

1. Meditation, 7. Emotion, 8. Grateful, 9. Yoga, 10. Nourish, 11. Support, 12. Soul

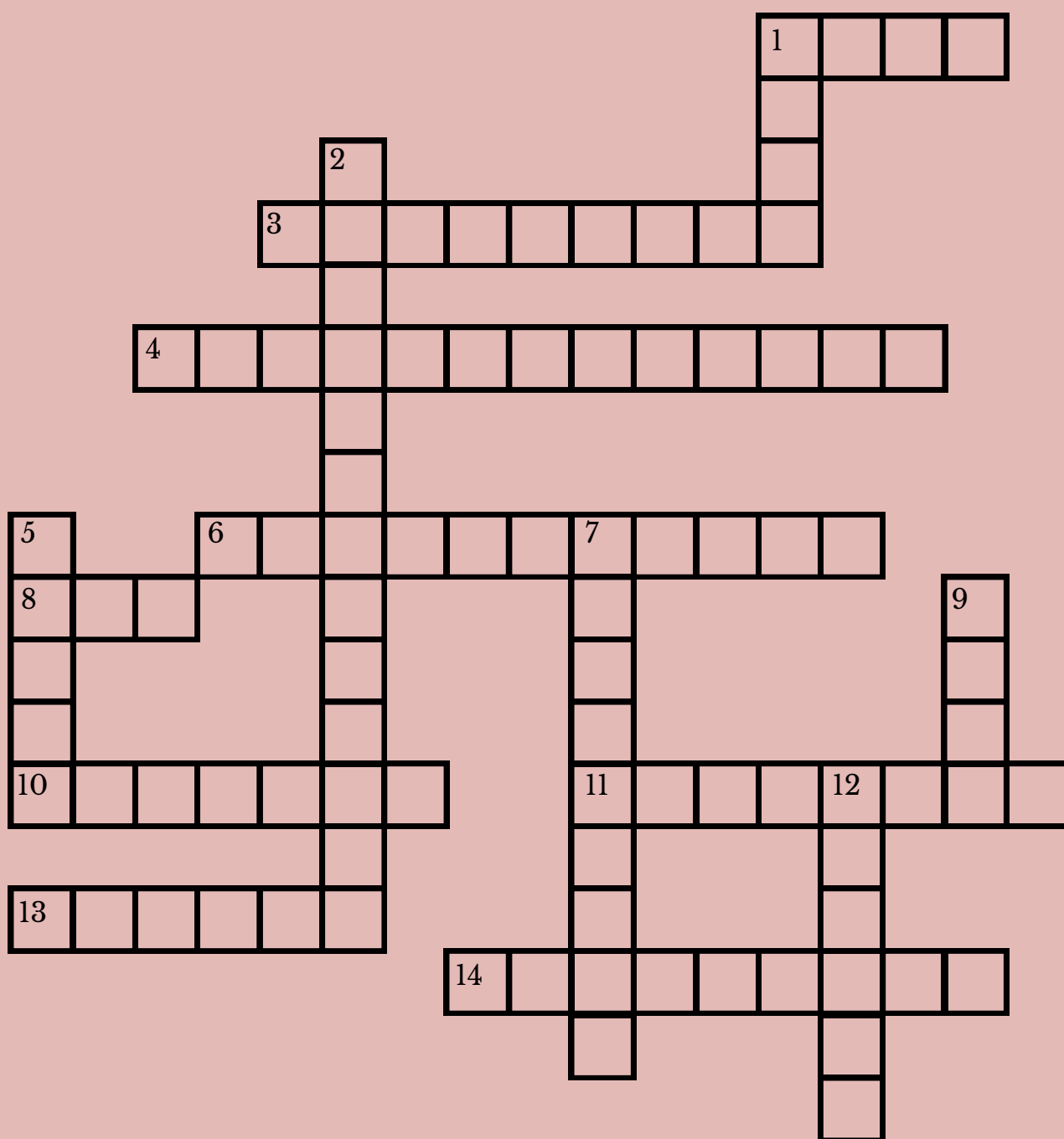
Down

1. Mindfulness, 2. Therapy, 3. Journal, 4. Introspect, 5. Optimistic, 6. Healing

Across

SOLUTIONS

CROSSWORD TIME



Across

1. You can't wear them silly it's an organisation at my college!"
3. Winter Holiday
4. The program with pookie people trying to make your experience a little more chill
6. The best day of fun, culture and celebration in unity
8. The word that can give you PTSD
10. The reason your life at Christ is amazing and memorable
11. The block that gets locked that one time you run late
13. Sport that takes place on ice
14. From ramen to bun samosa we got you covered

Down:

1. The wing to care for you physically and emotionally
2. The holiday that comes only once a month for Christites
5. Something you might need during end of the year and beginning to keep warm
7. An introvert's dream place with food nearby and books everywhere with silence on the side
9. Frozen precipitation that falls from the sky
12. The newest addition to our campus which: gives an amazing rooftop view



RIDDLES

1. I speak without a mouth and hear without ears. I have nobody, but I come alive with wind. What am I?
2. The more of this there is, the less you see. What is it?
3. I'm tall when I'm young and short when I'm old. What am I?
4. What has keys but can't open locks?
5. I have cities but no houses, forests but no trees, and rivers but no water. What am I?
6. What can travel around the world while staying in a corner?
7. I'm not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
8. What gets wetter the more it dries?
9. What has a head, a tail, is brown, and has no legs?
10. I can be cracked, made, told, and played. What am I?
11. What comes once in a minute, twice in a moment, but never in a thousand years?
12. I have one eye but cannot see. What am I?

Answer Key
11. An Echo, 2. Darkness, 3. Candle, 4. Piano (keyboard), 5. map, 6. A postage stamp
7. Fire, 8. A towel, 9. A penny, 10. A joke, 11. The letter 'M', 12. A needle

A full-page background image of a park in autumn. Large, leafy trees frame the scene, with sunlight filtering through the canopy. The ground is covered in fallen yellow and orange leaves. In the foreground, several metal park chairs are arranged on a path. The overall mood is peaceful and nostalgic.

KENGERI TESTIMONIALS

The day I showed up: I woke up with a strange feeling that morning. A tight knot of nervousness in my stomach, the kind you get when you're headed somewhere new, somewhere unfamiliar. A place I'd never been, with people whose names I didn't even know yet.

I'm not always the most social person. I have my good days and bad ones. Sure, I talk (a lot, actually) but only with people who feel like home. The kind of people I don't have to explain myself to. Lately, though, even home had started to feel a little distant. I'd been losing people I never imagined I would, and the ache of it was still fresh. Too fresh. Everything felt too loud, too quiet, too much.

I almost didn't go. Almost stayed wrapped in my blanket of sadness and silence. I wasn't in the mood for another day of sitting through back-to-back sessions, nodding along while feeling nothing. But something in me, tiny, quiet, stubborn pushed me to get up, to get dressed, to go.

And I'm so glad I did.

That day in Kengeri felt like a breath of fresh air after weeks of suffocating. It was the therapy I didn't ask for but somehow desperately needed. From the moment I stepped on the bus, something felt different. Lighter. Warmer.

I introduced myself more times than I could count, and each time, I felt a little less like a stranger. I ran around the campus, trying to find the right halls and buildings, and in the chaos, I found laughter. I danced, not caring how I looked. I sang, out of tune and out loud. I smiled, a real one this time, not the tired, practiced one I wear most days.

And for the first time in a while, I felt like myself.

I made friends. I felt seen. I felt safe. Not because everything in my life was suddenly fixed, but because for one day, the weight I'd been carrying didn't feel so heavy.

It reminded me that even when everything feels like it's falling apart, something beautiful can still find you. Even when you're tired. Even when you're on the edge of giving up. Sometimes, all you need is one day that reminds you why you're still here.

There are going to be more hard days. I know that. Days when I won't want to get out of bed, when the world feels harsh and empty. But I hope I remember this one too, the one where I chose to show up. The one where I chose life, even when it didn't feel easy.

Because it does get better. Maybe not right away. Maybe not all the time. But slowly. Quietly. In places and moments we least expect.

All we can do is keep going. Keep trying. Keep hoping. And sometimes, that's enough.

Elisa Chrisilda Joy

4 BACE

Life at law school is like watching Kamal Hassan movies without subtitles. We might think that we are following... but at the end of the day we don't really know what's happening. Everyday feels like I am Indian grandpa (without the age) fighting against corruption, manipulation etc... but honestly, I am even struggling to fight with my CIAs. However, life gave me an unexpected Panchathanthiram moment, wherein I had an opportunity to visit Kengeri campus with my co-peer educators. When we entered Kengeri, it was like entering into the world of Anbe Sivam where I got the opportunity to meet good people. However, the food was like Kamal Hassan's interviews- we had to mentally manipulate ourselves that what we were eating was idli. We had few exiting games and lectures which were amazing. Finally, we took a reel where I expected a Manmadan Anbu vibe (feel good and aesthetic) but turned out to be like Mahanathi (tragic and traumatised). Thankfully, the reel was amazing. Jokes apart, it was a memorable trip- one that made me want to include an Ilayaraja song in the background, but I am too afraid of his copyright claims.

Udham Kumar R
4 BA LLB B

Rediscovering Joy: I was not much aware of how going to Kengeri Campus would be so fun and different, even though I already knew how beautiful the campus is. It is easy to find people looking gloomy and tired with life on the central campus, for instance, myself. But this was changed after the day they spent their time in Kengeri. The day started with boarding the bus, where we played 'Antrakshari' and met two new people for a game. The fresh air on the city's outskirts came in the bus, like a gush of positivity overflowing in. As we entered the campus, all my memories of my 10-day NCC camp returned, but this time the campus was not strange like the last time, as it had become a part of my life. During the day, we had a lecture about 'Relationships', followed by a game, and a ramp walk based on the SGD goal. It also triggered the idea that so many themes were unexplored by us, and my peers successfully brought those out. After lunch came the part I loved the most- Treasure hunt, around the scenic campus. As an introvert, I don't talk to many people, but it was so fun to talk to most of them that day. After the tea, we boarded the bus for the return journey. On the way, I realized that life is so fun and exciting; it is we who choose to make it gloomy. If we decide that life can be as entertaining as we want every day, it will be, and it all depends on our choices.

Dakshraj Singh Bhati
4 BA LLB C

A Journey Of Growth: Stepping into Peer Education came with a lot of emotions- happiness, proud, excitement and a lot more. I knew it came with a lot of responsibilities and duties. However, I was not alone in this journey. The perfectly curated mentor meetings and talks helped me in developing and rebuilding myself. It was a perfect platform for me to introspect myself and look into where I could improve.

Yet, the best of all sessions was definitely the Kengeri one. I vividly remember me getting all excited and curious about the Kengeri session. Perhaps it was the campus or the fun activities, but it kept me waiting. And finally the day arrived. All of us being carried together to Kengeri campus like a small bunch of kinder-garden kids. The campus was massive and attractive, but more attractive and fun were the sessions and activities aligned for us. The session on Relationships was indeed an eye opening one for me. As social beings, we all are bound to have relationships. But a number of factors determine whether the relationship turns out to be healthy or not. Commitment from both, time, respect, trust is some of the many factors that influence a relationship. The session made me realize on the importance of setting boundaries which is an essential step in ensuring mutual respect. It also highlighted on what a healthy and toxic relationship looks like. The session was just one part of the day. What was more exciting and equally fun were the activities. Before the Kengeri session, I only interacted with people from my own group. But the activities made me talk to people from other groups which was great and fun.

Overall, the Kengeri experience was a memorable one. It helped me gain knowledge, got to know new people and most importantly had great fun and enjoyed my day to the best.

Alina Mahesh
4 BScBtF

One of the things I deeply appreciate about Peer Education is how it doesn't shy away from conversations around mental health. In a time where college often feels like a blur of deadlines, uncertainty, and constant comparison, these sessions quietly remind us that learning how to live meaningfully is just as important as grades or placements.

Every Peer Ed activity, in some way or the other, ends up giving us a life lesson we didn't know we needed. The Kengeri campus visit was a beautiful example of that. It wasn't just about a change of location but it brought out a shift in our mindset. Walking through the peaceful campus, talking to each other without distractions, and slowing down for once allowed us to truly connect not just with each other, but with ourselves.

From sitting by the lotus pond to deep conversations on the lawn, the whole experience reminded me how healing shared spaces can be. We bonded with people we had only spoken to in passing, and those few hours of calm and laughter became a core memory.

I left Kengeri feeling grounded, light, and most importantly grateful. We're genuinely looking forward to more such trips and moments with this group. There's something special here.

Ryna Sunil
4 BBA D

The trip to Kengeri campus was probably the one thing I was most excited about during June. The Peer Education sessions in our campus itself is really fun and engaging, so I was obviously looking forward to a session in a different, bigger and newer campus.

The session was everything I expected and beyond. It was just a few hours of learning, and then all the fun began. We had multiple activity sessions and icebreakers around the campus helping us bond with our teammates and get to know the campus. The campus was really huge and gave resort vibes, so the treasure hunt around the campus and the reels which were created while we were exploring the campus were really fun.

Altogether, this trip to Kengeri Campus, starting from the fun in the bus journey, to the session about 'Relationships', and to the fun we all had around the campus, just added up into becoming the best day I had so far this semester. So, it's easy to say, I shall be looking forward to more such fun and engaging sessions in Peer Education.

Shivangi S
4 BCOMAFA

How Beautiful Is Too Beautiful?:

June 25th, 2025- a date that will forever hold a special place in my heart. CHRIST Kengeri was breathtaking as a campus, but what truly made it magical was everything that unfolded within it that day.

The first session on healthy and unhealthy relationships struck a deep chord with me. And when the counsellors ended with that heartfelt dance- I couldn't hold back my tears. It was in that very moment I felt grateful for one spontaneous decision: resending that email to counsellor, saying, "Sorry for the confusion, I've decided to take up the PeerED programme." That single step led me here.

As the day went on, my purpose became clearer. I realised how powerful positivity truly is-how it can create real change. From the energizing games to the campus treasure hunt, to shooting reels- each moment tapped into my creative spirit like never before.

The games reminded us of the magic in teamwork. Through teamwork, we learnt to value every voice, every idea- and that's where true leadership begins.

That day nudged me gently out of my comfort zone and into meaningful connections with people I hadn't known before. And in doing so, I discovered how unique and incredible every individual truly is. Good food, good people, a beautiful space- and a memory etched in my heart forever.

Deeksha H J
4 BAMP

Nestled where the green trees sway,
Kengeri shines in a peaceful way.

Learners rise with dreams in sight,
In halls of thought and hearts so bright.

A campus calm- both bold and true,
by day and night in every hue.

Ribhav
4 EMS

My experience at Kengeri Campus was truly a very wonderful experience. We had gone for one of our Peer Education sessions there and it was hands down the most interactive and engaging trips that the university has ever taken us on. For me personally I had a lot of fun there. It was my first time going to Kengeri and it definitely lived up to the expectations. The campus was absolutely stunning in its beauty and humongous in its size. When we reached there we had a nice healthy breakfast and then we were on to our session of the day. It was a fun session and there were a few teams who had put on skits for us. I thoroughly enjoyed that session. After that we went for lunch and the food was amazing. Then we were divided into teams and had a few rounds of different games. It was all so fun. Finally we had a treasure hunt which allowed us to explore the campus thoroughly. All in all I found it to be an amazing day and hope that we get to go once again sometime soon.

Palchin Negi
4 BCOM SFH



PHOTO GALLERY



Meet the Peer Educators of 2025-26









Life of a Peer Educator



Kengeri Trip



25 June, 2025



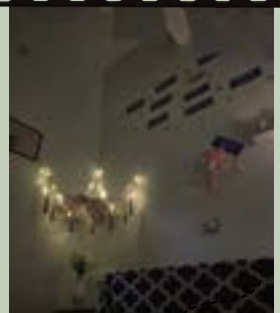




**BODY
POSTIVITY
WEEK**



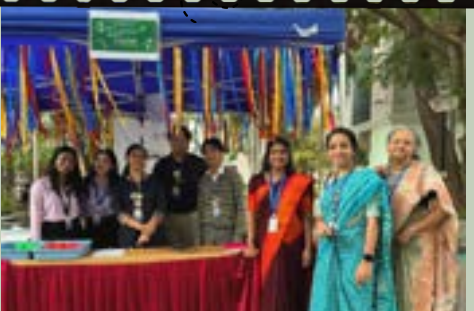
**COUNSELLING
CENTRE**



**OPEN DAY
DAKSH STALL**



**DESTRESS
STATION**

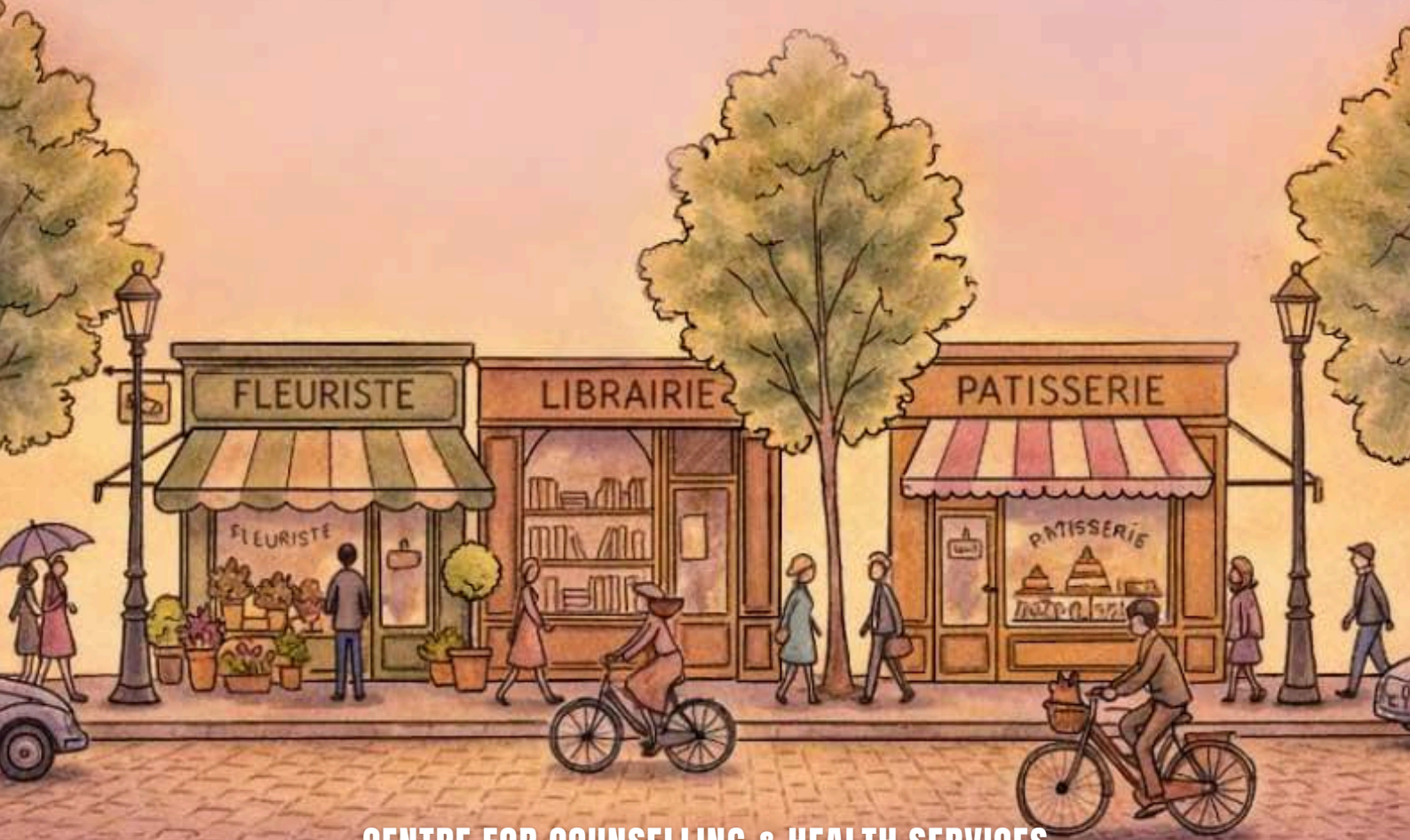






CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

So much life, behind every lit window,
every life brushing past yours, every story already in motion
- whole universes, quietly happening, all at once.



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